Santa Clara Senior Center
NEWS
April 2014

Volunteer Recognition Dinner: April in Paris
April 25, 2014

Thank You Senior Center Volunteers! April is Volunteer Appreciation Month. We want to take this opportunity to thank our Senior Center volunteers. Our dedicated volunteers give their time and share their skills to ensure our community of seniors has a wide range of programs, services, and activities available to them.

In the past year, more than 175 Senior Center volunteers gave over 20,000 hours of service to the Senior Center. More than 125 volunteers participate on a regular basis. Our volunteers are here come rain or shine. They come in early and stay late. Last minute calls for fill-ins from a colleague are answered with a cheerful "Yes, I'll be right there."

To recognize and honor the dedication and commitment of our Senior Center volunteers, a Volunteer Recognition Event is scheduled for Friday evening April 25, 2014. We hope all of our 2013/2014 volunteers have saved this date. We look forward to serving you for a change and offer our sincere appreciation for all you do to keep our large variety of programs and services running smoothly.

Thank you for your continued service and support. We couldn't do it without you.

Senior Scam Stopper Seminar
Saturday, April 5, 9:00-11:00 am
Santa Clara Senior Center Auditorium

Hosted by Assemblymember Bob Wieckowski in partnership with the State Bar of California and the City of Santa Clara Parks and Recreation Department.

Learn how to protect yourself from various types of fraud relating to financial, home improvement, insurance, telemarketing and real estate scams. Seniors, their families and caregivers are welcome to attend this FREE seminar.

Refreshments and coffee will be provided!

For more information, please call (510) 440-9030
or go to Assemblymember Wieckowski's website: http://www.asmdc.org/members/a25/
or the State Bar of California: www.calbar.ca.gov/

Santa Clara Parks and Recreation Department
Santa Clara Senior Center
1303 Fremont St., Santa Clara, CA 95050 • 1-408-615-3170
www.santaclaraca.gov/seniorcenter • custservsrcenter@santaclaraca.gov
Monday–Friday 7:00 AM-5:00 PM • Saturday 9:00 AM-12:00 PM *(The office closes 30 minutes prior to the building)*

Santa Clara
All-America City
2001

SERVICES AVAILABLE AT THE SENIOR CENTER

All numbers are area code 1-(408) unless otherwise noted.

	Provider	Phone/Website
Care Management Services Services available by appointment: in-home assessment, connection to community resources, and service coordination. Services available to City of Santa Clara seniors age 60+.	Santa Clara Parks & Recreation and Sourcewise	1-408-615-3170 www.santaclaraca.gov www.mysourcewise.com
Health and Wellness Services Services available by appointment: health education, healthcare coaching, social engagement, home visits, and blood pressure. Services available on a drop in basis: blood pressure clinic Thursdays 9:30-11:30am. Services available to City of Santa Clara seniors age 50+.	Santa Clara Parks & Recreation	1-408-615-3170 www.santaclaraca.gov
Health Insurance & Medicare Counseling (HICAP) Free information and assistance on Medicare related issues. Tuesdays by appointment. Services available to anyone on Medicare.	Sourcewise	1-408-615-3170 www.mysourcewise.com
Senior Information and Resources Information, resource, and referral services for seniors at home. Services available to City of Santa Clara seniors age 50+	Santa Clara Parks & Recreation	1-408-615-3170 www.santaclaraca.gov
Senior Peer Advocate Services available by appointment: information and assistance to connect Santa Clara residents to a variety of community resources, services, and benefits, such as transportation, housing, food, healthcare, caregiving/ family support, legal services, and social/educational activities.	Santa Clara Parks & Recreation	1-408-615-3170 www.santaclaraca.gov
Legal Assistance Free legal assistance available by appointment. Services available to Santa Clara County seniors age 60+	Senior Adult Legal Assistance (SALA)	1-408-615-3170 www.sala.org
Dining Out Nutritionally balanced lunch served weekdays 11:30am. Advanced reservations are required. $3.00 donation. Services available to Santa Clara County seniors age 60+.	Santa Clara Parks & Recreation and Santa Clara County	1-408-615-3174 www.santaclaraca.gov
Tax Assistance Offered throughout the year.	AARP volunteers	1-408-615-3170
Notary Service Free service by appointment, the first and third Monday of each month in 15 minute increments, Starting at 4:15pm. Signer must be present and provide government issued identification. Services available to senriors age 50+.	Volunteer	1-408-615-3170 www.santaclaraca.gov

Additional resources for seniors are available online @ www.santaclaraca.gov or at the Senior Center.

AMERICANS WITH DISABILITIES ACT (ADA) – In accordance with the Americans with Disabilities Act of 1990, the City of Santa Clara Parks and Recreation Department will ensure that all existing facilities will be made accessible to individuals with disabilities. Reasonable modifications in policies, procedures, and/or practices will be made as necessary to ensure full and equal access and enjoyment of all programs and activities for all individuals with a disability. In order to allow participation by individuals with severe allergies, environmental illnesses, multiple chemical sensitivity, or related disabilities, **please DO NOT wear scented products** to programs/activities at City facilities. Contact the Santa Clara Senior Center at (408) 615-3170 with accessibility concerns specific to this facility, and the Parks and Recreation office at (408) 615-2260 for accessibility concerns regarding other parks and recreation facilities/ programs. For all other ADA questions, contact the City Clerk's office at 1-(408) 615-2220.

CLASSES

Dance for Health

Mondays • 11:00–12:00 p.m.

Some exercises will include the use of chairs for props while sitting and/or standing. Strengthen your balance, flexibility, memorization, and coordination while enjoying upbeat music. All abilities are welcome. ***Instructor – A. Biscardi***

No Falls S.O.S.

Tuesdays and Thursdays • 11:00–11:30 a.m.

Stretch, **O**bserve & **S**trengthen your way to decreasing the risk of falling. Focusing on falls prevention, this class aims to improve your balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength.
Instructor – M. Pozzi

Pilates Mat – Building the Foundation

Tuesdays and Thursdays • 7:30–8:30 a.m.

This class will focus on the fundamental principles of Pilates to achieve greater overall body strength and flexibility by concentrating on the physical core. The class will flow in a manner that challenges and adapts to the needs of the participants. ***Instructor – J. Russum***

Jazzercise with Jerome!

Mondays and Wednesdays • 7:30–8:30 a.m.

This fun, energizing jazz program consists of cardio, strength building, and stretching moves. Modifications to each routine are offered to meet the needs and fitness levels of all participants. ***Instructor – J. Flowers***

Zumba Gold® with Ginger

Mondays • 10:00–10:45 a.m.
Wednesdays • 9:30–10:15 a.m.

Zumba Gold® with Ginger is a Latin dance-inspired workout. Let the music move you in this upbeat, "fitness party." Zumba Gold with Ginger is a lower impact, easy-to-follow fitness class that keeps you in the groove of life! ***Instructor – G. Willson***

Fitness for All

Mondays • 9:00–9:45 a.m.

Wednesdays • 10:30–11:15 a.m.

Gentle aerobic, toning and stretching exercises will improve your balance, flexibility, endurance, range of motion, sense of equilibrium and core muscular strength. Exercises will include chairs for props while sitting or standing. All abilities are welcome. Individuals utilizing mobility aids (walkers, canes, wheelchairs, etc) are encouraged to register.
Instructor – A. Biscardi

Tai Chi for Life!

Tuesdays and Thursdays • 8:45–9:45 a.m. • Intermediate Level

Tuesdays and Thursdays • 9:45–10:45 a.m. • Beginner Level

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gentle and slow, whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity. ***Instructor - L. Scheer***

Introduction to Woodworking

April 21, 23, 25 • 9:00 a.m.-1:00 p.m. • #51578

If you like working with your hands and learning new things, this class is for you! This class will get you started in the right direction and is presented in two parts: lecture and demonstrations and construction of your project. Learn the joy of woodworking and make this a part of your life!
Instructor – T. Freitas

NEW! Strength & Conditioning, Beginning

Tuesdays and Thursdays • 11:00 a.m.-12:00 p.m.

Let's move! Learn how to properly and safely use the machines in the fitness center. This circuit-training class includes a cardio warm-up, stretching, instruction on the purpose and use of the fitness equipment, and a cool-down. Maximize your potential with efficient workouts.
Instructor – T. Anderson

Join us for exciting classes that are designed to energize & motivate you to increase your fitness & activity levels.

Seniors of all ages (50 & up) and abilities are encouraged to register!
Please refer to the Recreation Activities Guide for class fees and schedule.

HEALTH & WELLNESS, CARE MANAGEMENT

Expressive Arts Support Group

Tuesdays • March 11-April 18
9:30-11:30a.m. • Room 149

Moving beyond words through art allows us to mourn our losses and begin to heal. This new support group will explore grief through the medium of art. No artistic experience or talent is required. Group will meet for six weeks. There is no cost to participate, but due to the limited class size, pre-registration is required.*

Transitions

Mondays • 1-2:30 p.m. • Room 205

Feeling lost or overwhelmed? This support group can help you navigate life's changes. This is a drop-in group, and participation is free. Join anytime-you are welcome here.

*Facilitated by supervised, pre-licensed therapists through partnership with Process Therapy Institute, a counseling and education-oriented nonprofit organization committed to enhancing self-awareness and improving the quality of relationships.

Winter/Spring Wellness Series

Tuesdays • 1:00-2:00 p.m. • Room 149

Pre-registration is required. Each class costs $6 with Santa Clara senior discount, or $8 non-resident. Join us for some interesting discussion and up-to-date information. Please register early (classes will be cancelled due to low enrollment).

Green Funerals #50749

Tuesday, April 8

There are lots of choices to consider when planning your "final party", such as a green funeral. Making your own final arrangements can be a comfort and gift to ourselves and our families. Join a discussion about new resources available, and how the process can be. Instructor: Mallory von Kugelgen, RN, PHN.

Blood Pressure Clinic

Thursdays • 9:30–11:30 a.m.

Free drop-in blood pressure check by our volunteer nurse every Thursday morning in the Health & Wellness office.

Clutter Free

10:30 a.m.–12 p.m. • Room 205
The second and last Thursday of each month

This peer-led support group focuses on new skills and perspectives as we share strategies for managing all our stuff. Please drop in on our next meeting or call Mallory von Kugelgen, Geriatric Care Manager, (408) 615-3180, for more information.

A Few Good Men (and Women too!)

Fridays • 12:30–2 p.m. • Room 205

We would like to increase the fun and invite a few good women to join—the more the merrier! Come share some stories and laughs, current events, or just compare notes with a lively group who enjoy discussing what's on their minds. No registration is required and participation is free.

Wednesday Walk a Block

One of the easiest ways to keep your heart healthy is by walking! Join us for Walk a Block on Wednesday mornings at 10:00am-10:30am. Walkers meet in the front lobby area, and walk for approximately 30 minutes. Bring a friend, and come with your fellow walkers for some fresh air and exercise.

April Hearing Testing

Wednesday, April 16 • 9–11 a.m

Screenings will be provided by a licensed audiologist and San Jose State Univ. Speech and Language Pathology interns. A representative from California Telephone Access Program will also be available to provide information and assistance in obtaining specialized phones for those that qualify. Appointments are limited, and registration is required at the front desk. Hearing screening check-in will be on the second floor in the Health and Wellness seating area.

Observe Your Feet

National Health Observances are special days, weeks, or months focused on raising awareness about important issues related to health and well-being. April's observance is National Foot Health Awareness Month. Keep an eye out for the Health & Wellness Program table in the lobby near the multi-purpose room this month to visit with our volunteer RNs. They'll have lots of helpful materials about how foot health impacts total body health. Take care of your feet, so you can keep on with your happy dance!

ALWAYS HAPPENING

Ballroom Dancing

Tuesdays and Thursdays • 7:30–10:30 p.m.

Dancing is a great way to exercise, socialize, and connect with friends new and old. Dance lessons are free with paid admission. Dance lessons change every month. Dances taught include Waltz, Fox Trot, Latin and more. Lessons are from 6:30–7:30 p.m. Dances are from 7:30-10:30 p.m.. Admission to the dance is $6 when live bands play and $5 when hosted by a DJ.

Santa Clara Women's League

2nd Tuesday of each month • 1 p.m.

The Santa Clara Women's League is a service organization which supports the Health and Wellness Program at the Senior Center. Membership flyers are available at the Santa Clara Senior Center. New members are always welcome. http://santaclarawomensleague.org.

Drop-In Crafts

Thursdays • 1-3 p.m.

The Santa Clara Senior Center invites you to revisit an old hobby or take up a new one. Here is an opportunity to work on your own self-directed project in the company of others who share your love of crafts. Please, do not bring in projects that produce strong fumes. Finishing products are not allowed in the Senior Center. All seniors, age 50+, are welcome. Engage your brain as well as your creativity.

Welcome Newcomers

10:30–11:30 a.m. • Room 205

Join us for an informal yet informative get-together as we introduce you to the activities, programs, and services the Santa Clara Senior Center has to offer. An escorted tour of the 60,000 square foot facility will be available to those interested. Seniors, family members, and caregivers are welcome to attend. No preregistration is necessary.

Dining Out

Served Monday-Friday • 11:30 a.m. • $3.00 donation.
Call our reservation hot line at (408) 615-3174

Visit with old friends or make new ones while enjoying a nutritionally balanced hot lunch. Menus change throughout the seasons. There is always an option to the hot meal such as meat or vegetarian salads, and sandwiches. Advance reservations are required and are limited. Participants without a confirmed reservation may check with Dining Out staff or volunteers for the availability of stand-by meals. Meals not claimed by 11:45 am will be made available to stand-by diners. Services available to Santa Clara County seniors age 60+. Fee for guests under the age of 60, is $6.00.

Game On!

Santa Clara Parks and Recreation Department invites you to play at the Senior Center. Playing games is a great way to spend time with old friends and meet new friends all while keeping your mind sharp and staying "on top your game". Most games can accommodate any number of drop in players. Refer to the table below for more information on a game that interests you.

Game	Day	Time	Location	Contact	Drop Ins
Bingo	Tue, Fri	12:15-2:45 p.m.	Auditorium	Staff 615-3170	Welcome
Games, Games, Games					
Mexican Train, Dominos, Cribbage and more	Mon, Wed	1:00-3:00 p.m.	Auditorium	Staff 615-3170	Welcome
Card Games					
Bridge, Intermediate	Mon, Wed, Fri	12:30-3:00 p.m.	Mezzanine *Auditorium on 4th Wed*	Duane 246-9794	Call first
Bridge, Intermediate	Tue	12:00-4:00 p.m.	Mezzanine	Manny 828-7741	Welcome
Bridge, Intermediate	Wed	9:00-11:30 a.m.	Mezzanine	Betty 248-3952	Call first
Canasta, Pinochle	Tue	12:00-4:00 p.m.	Mezzanine	Staff 615-3170	Welcome
Poker	Mon-Fri	7:30-10:00 a.m.	Mezzanine	Staff 615-3170	Welcome
Active Games					
Wii	Mon-Fri Sat	7:00 a.m.-4:30 p.m. 9:00-11:30 a.m.	Fitness Center	Staff 615-3170	Welcome

APRIL

MONDAY	TUESDAY	WEDNESDAY
	1 Billiard Room 7-4:30 Computer Lab CLOSED Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 **TGA Tuesday Dance** **NOB HILL SOUNDS 7:30-10:30pm**	**2** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4
7 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**8** Billiard Room 7-4:30 Computer Lab CLOSED Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 **TGA Tuesday Dance** **10th AVENUE BAND 7:30-10:30pm**	**9** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4
14 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**15** Billiard Room 7-4:30 Computer Lab CLOSED Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 **TGA Tuesday Dance** **GERI FOLEY, D.J. 7:30-10:30pm**	**16** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4
21 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**22** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 **TGA Tuesday Dance** **TENOR BAND 7:30-10:30 PM**	**23** **Let's Talk Travel 12:30** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4
28 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**29** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 **TGA Tuesday Dance** **RON BORELLI BAND 7:30-10:30 PM**	**30** Computer Lab/Billiard Room 7-4:30 Computer Lab Closed 12:30-2:30 Snack Bar 8-4

THURSDAY	FRIDAY	SATURDAY
3 Billiard Room 7-4:30 Computer Lab CLOSED Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 **Thursday Night Dance** **STEVE EDWARDS, D.J. 7:30-10:30pm**	**4** **A Few Good Men (and Women too!) 12:30-2** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45	**5** Snack Bar, Computer Lab, Billiards 9-11:30
10 **Clutter Free 10:30–12** Billiard Room 7-4:30 Computer Lab CLOSED Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 **Thursday Night Dance** **THE CASUALS 7:30-10:30pm**	**11** **A Few Good Men (and Women too!) 12:30-2** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45	**12** Snack Bar, Computer Lab, Billiards 9-11:30
17 **Welcome Newcomers! 10:30** **Lunch Meet 12:30** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 **Thursday Night Dance** **LYRATONES 7:30-10:30pm**	**18** **CENTER CLOSED** **SPRING HOLIDAY**	**19** Snack Bar, Computer Lab, Billiards 9-11:30
24 **Clutter Free 10:30–12** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 **Thursday Night Dance** **NOB HILL SOUNDS 7:30-10:30pm**	**25** **A Few Good Men (and Women too!) 12:30-2** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45	**26** Snack Bar, Computer Lab, Billiards 9-11:30

DINING OUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Navy Bean Soup BBQ Pulled Pork Sandwich Potato Salad Broccoli & Cauliflower Chilled Peaches	**2** Rosemary Turkey w/Gravy Steamed Spinach Roasted Diced Potatoes Whole Grain Bread Tropical Fruit Cup	**3** Meatloaf w/Gravy Mashed Potaotes w/Gravy French Cut Green Beans Rye Bread Mandarin Oranges	**4** Chicken Divan California Blend Vegetables Green Salad Whole Grain Bread Fresh Fruit in Season
7 Spaghetti & Meat Sauce Broccoli Cuts Green Salad Garlic Bread Fruit Cocktail	**8** Crispy Oven Chicken Brown Rice Pilaf Capri Blend Vegetables Tossed Green Salad Fresh Orange	**9** Roast Pork w/Gravy Oven Baked Red Potatoes Normandy Blend Vegetable Whole Grain Bread Fresh Banana	**10** Cajun Chicken Pasta Minestrone Soup Steamed Spinach Confetti Bean Salad Tropical Fruit Cup	**11** Turkey Flatbread Pizza Mixed Vegetables Spring Garden Salad Gelatin w/ Mandarin Oranges
14 Lamb Stew California Blend Vegetables Whole Kernel Corn Whole Grain Rotini Noodles Chilled Pears	**15** Roast Turkey w/Gravy Whipped Potatoes w/Gravy Mixed Vegetables Whole Grain Bread Fresh Orange	**16** Beef Rigatoni Tuscan Bean Soup Steamed Spinach Broccoli Garden Salad Fresh Fruit in Season	**17** Chicken Tortilla Bake Mixed Bean Medley Pineapple/Cabbage Slaw Brown Rice Fresh Banana	**18** Spring Holiday No Meal
21 Roast Pork w/Applesauce Bread Dressing Italian Blend Vegetables Red Cabbage & Apples Pineapple Tidbits	**22** Beef Tamale Pie Beef Barley Soup Spanish Rice Refried Beans Fresh Orange & Flan	**23** Baked Fish w/Tartar Sauce California Blend Vegetables Marinated Garbanzo Bean Salad Chilled Peaches	**24** Stuffed Cabbage Roll Capri Blend Vegetables Romaine Iceberg Salad w/Broccoli Fresh Fruit in Season	**25** Italian Herb Chicken Breast Seasoned Brown Rice Brussels Sprouts Cucumber/Tom/Onion Salad Fresh Fruit in Season
28 Teriyaki Chicken Asian Soba Noodles Asian Blend Vegetables Carrot Raisin Salad Fresh Orange	**29** Breaded Baked Fish Seasoned Brown Rice Succotash Broccoli Spinach Salad Fresh Banana	**30** Cheeseburger Tomato Soup Chuckwagon Corn Confetti Coleslaw Fresh Fruit in Season		

ALTERNATIVE MEALS:

WK1 Greek Chicken Salad, Pasta Roasted Vegetarian Salad, Roast Beef or Vegetarian Pita Sandwich

WK2 Chicken Caesar Salad, Vegetarian Bean Salad, Turkey Sandwich,Vegetarian Patty Burger

WK3 Santa Fe Chick. Salad, Lentil Salad, Roast Pork or Vegtable Pita Sandwich

WK4 Cranberry Chicken Salad, Vegetarian Bean Salad, Tuna Salad Sandwich or Vegetarian Pita Sandwich

WK5 Chinese Chicken Salad, Vegetarian Nicoise Salad, Egg Salad Sandwich or Vegetarian Patty Burger

= Higher in sodium

ALWAYS HAPPENING

Lapidary

Thursdays and Fridays • 9 a.m.–1 p.m.

Join the Lapidary drop-in program and learn to cut and polish rocks and begin making beautiful jewelry. Registration/Release is needed to participate. (Donations accepted are used to replenish consumable lapidary supplies).

Senior Advisory Commission

The Senior Advisory Commission consists of seven Santa Clara seniors who meet monthly, along with City staff, to discuss community-wide issues which impact seniors. Information is presented and shared and recommendations are offered on ways to improve the quality of life of all Santa Clara seniors. The role of the Commission is to make recommendations to the City Council on policy issues important to all seniors in our community. Commission members include Wanda Buck, Dwight Collins, ArLyne Diamond Ph.D, Barbara A. (Bobbi) Estrada, Frank Kadlecek, Sam Orme and Alice Pivacek.

Mtgs: 4th Mon. each month • 10 a.m. • Rm 232

Meetings are open to the public and agendas are posted in the Senior Center lobby and online at *www.santaclaraca.gov*.

You are welcome to drop in for any of our meetings and join the discussion or share your opinions on matters important to you.

Senior Peer Advocate (SPA) — Help at the Senior Center

Mondays • 10 a.m.–12 p.m.

When we were young, our parents supported and nurtured us, and helped us solve problems and meet challenges. Now we're grown, and it's our turn to support and nurture our parents, and help them meet the challenges of growing older with dignity and grace. The Senior Center can help meet those challenges through our Senior Peer Advocate (SPA) program. SPA volunteers are trained to provide information and assistance to connect you to all sorts of community resources. SPA appointments are free and available through the Senior Center front desk.

Whether you're looking for ways to get more help at home or need information about grab bars, we'll do our best to help you find solutions.

Woodshop

Tuesdays and Thursdays • 8 a.m.–12 p.m.

The Woodshop is a great place to work on small projects and repairs. Join others who enjoy woodworking. A woodshop orientation is required. Beginners are welcome. (Donations accepted are used to replenish consumable woodshop supplies).

Lunch Meet

Thursday, April 17 • 12:30–1:30 p.m. • Room 232

In California, every hour 16 people are newly diagnosed with cancer. Do you know what you would do if this happened to you, a family member, a friend?

Join us when a representative from the American Cancer Society's Relay for Life of Santa Clara teaches us how to fight back once a diagnosis is made as well as ways to reduce your risks. The presentation will highlight available support services, 24/7 hotline support, the Road to Recovery program, Look Good- Feel Better programs, online tools, and more. We'll learn about the Relay for Life and an invitation to survivors to register for the Survivor Lap.

Whether you are a cancer survivor, a caregiver, or know someone with cancer and want to help, come learn about the services available through the American Cancer Society. Having cancer is hard…finding help shouldn't be. All are welcome. It's free. No registration necessary. Bring your lunch if you'd like.

FITNESS CENTER & NATATORIUM

The 3,000 square foot Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. There is something for everyone. **Starting January 27th we will have a new Strength & Conditioning class in the fitness room. Please see page 3 for more information on this new class.**

Fitness Center – Drop-In Fitness Center Hours Beginning January 27, 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Drop in Fitness:					9:00–11:30am
7:00-10:45am	7:00-10:45am	7:00-10:45am	7:00-10:45am	7:00-10:45am	
12:00-4:30pm	12:00-4:30pm	12:00-4:30pm	12:00-4:30pm	12:00-4:30pm	
Classes:					
10:45am-12:00pm	10:45am-12:00pm	10:45am-12:00pm	10:45am-12:00pm	10:45am-12:00pm	

So that pool users may make an informed decision whether or not water temperature is suitable for their needs, there is one (1) thermometer in each pool.

Lap Pool: Water temperature ranges: 81-84° F.
Warm Water Pool: Water temperature ranges: 90-94° F.
Spa: Water temperature ranges: 97-101° F.

Natatorium Schedule- Swim/Walk Schedule For Lap Pool, Lane #1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-1:30pm Walk	7:00am-1:30pm Swim	7:00-10:00am 11:00am-1:30pm Walk	7:00am-1:30pm Swim	7:00-10:00am 11:00am-1:30pm Walk	9:00–11:30am Swim
3:00-4:30pm Swim	3:00-4:30pm Walk	3:00-4:30pm Swim	3:00-4:30pm Walk	3:00-4:30pm Swim	

Natatorium Schedule- Open Lap Pool Schedule (Closed for cleaning Monday–Friday 1:30-3:00pm)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-1:30pm	7:00am-1:30pm	7:00-10:00am	7:00am-1:30pm	7:00-10:00am	9:00–11:30am
		11:00am-1:30pm		11:00am-1:30pm	
3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	

Open Warm Water Pool Schedule (Closed for cleaning Monday–Friday 1:30-3:00pm)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	9:00–11:30am
12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	
3:00-4:30pm		3:00-4:30pm		3:00-4:30pm	

Women's Locker Room - Closed for Cleaning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00-2:30pm	2:00-2:30pm	2:00-2:30pm	2:00-2:30pm	2:00-2:30pm	

Thank You Santa Clara Women's League!

On March 7, 8 and 9 Santa Clara community members of all ages enjoyed the 32nd annual production of "Showtime," an old-fashioned melodrama entitled "OZ, the Last Chapter" or "Wishes, Witches and Wizards." After booing the villains and cheering for the heroes or heroines, there was a lot more to see during the olio acts: dancing by the Sizzling Seniors, amazing magic tricks, vocalists and more. All of it came to a finish on Sunday afternoon when the grand prizes were raffled: a laptop computer and printer, travel packages, golf packages and much more. 100% of the Showtime profits are given to the Health and Wellness Program at the Santa Clara Senior Center. Showtime is sponsored by volunteer members of the Santa Clara Women's League. We are grateful to all those who spend months organizing and preparing for the annual event.

Notary Service for Seniors

Notary service is available at the Santa Clara Senior Center. Appointments are available the first and third Monday afternoons of each month. This service is provided by volunteers at no cost to seniors. To have a signature notarized the signer must appear in person, present current valid government issued identification containing signer's photo, and speak English. Trusts, loan and/or mortgage documents are not eligible for this free service. Book a free notary appointment by calling the Santa Clara Senior Center (1-408-615-3170).

Tax Assistance

AARP Tax Aide volunteers will be here on Tuesdays and Thursdays starting Tuesday, February 4, through Tuesday, April 15, 8:30-4:00, to help you with your Year 2013 Federal and State Income Tax Returns. Please note: the volunteers are not trained to prepare tax forms that report business, rental, or partnership income. Please bring the following with you when you come for your appointment:

- Valid photo identification and taxpayer identification number(s) (Social Security Number).
- Birth dates of all individuals to appear on the return.
- Bank routing numbers and an account number for direct deposit.
- Copies of your Tax Returns and supporting documents you filed for Year 2012.
- Your W-2 Forms from each employer for Year 2013.
- Your 1099 G Forms for unemployment.
- Your SA-1099 Forms for Social Security received in Year 2013.
- All 1099 Forms (1099 INT, 1099 DIV, 1099-R, 1099 MISC) for interest, Dividends, Pensions, Annuity, IRA Distributions, and Miscellaneous Income received in Year 2013.
- Your Cost Basis and Acquisition Date for the sale, or exchange, of Stocks, Bonds, etc., in Year 2013. Form 1099-B.
- Your record of withholding and Estimated Tax payments for Year 2013. (Forms 1040-ES and 540 ESS).
- Name and address of landlord to receive State Renter's credit.
- If you plan to Itemize Deductions, please bring a consolidated list of your Year 2013 Medical Expenses, Contributions of cash or goods, Tax Payments, Home Mortgage Interest Payments, and Miscellaneous deductions.

Call the Senior Center office at 408-615-3170 to make an appointment. Appointments are required.

Intergenerational Activities - Things To Do With Your Grandchildren

Easter Egg Hunt

Saturday, April 19 • 10 a.m. SHARP! • Central Park

On your mark… get set… go, to the annual Easter Egg Hunt in Central Park. Now in its 40th year, the hunt is scheduled rain or shine, and will begin promptly at 10:00 am. Parking is limited; you are encouraged to arrive early and take part in the pre-hunt activities that will start at 9:00 am. Divisions include ages 2 and under, 3-4, 5-6, 7-8, and special needs. For a nominal fee, families will have the opportunity to participate in face painting by the Roberta Jones Junior Theatre and there will be a concession booth with tasty morning snacks for sale. Don't forget your Easter basket to place your candy in! This popular event is sponsored by the Santa Clara Parks & Recreation Department, with support from a variety of local community groups. Call 408.615.3140 for more information.

Learn to Fish at Civic Center Plaza

Saturday, May 3 • 6–10 a.m.

Children, ages 3-11, can try their luck fishing at the annual Fish Derby. The reflection pool will be transformed into a fishing pond filled with active, healthy trout for the children to catch. Rods and bait will be provided. The Santa Clara Kiwanis Club, Santa Clara Elks, Santa Clara Lions Club, and Santa Clara Parks and Recreation Department sponsor this event, with support from a variety of local community groups. Call the Parks and Recreation office at 408-615-2260 for more information.

Summer Camps

Save the dates for Summer 2014! Online registration is available. Camps begin the week of June 16. Registration fees include supervision, field trip admission, bus transportation, and a camp T-shirt (depends on program). If you would like to receive the Early Bird Registration Booklet, please go to www.santaclaraca.gov and register for eNotify. Be sure to choose "Parks & Recreation News."

Gymnastics Camp..... Ages 3-14

Enjoy gymnastics, healthy snacks, fitness games, a show-off day, and making new friends.

Little Tennis & Rallyers Camp..... Ages 4-6

Provides a variety of fun drills and games designed to teach basic tennis skills, foot work, and hand-eye coordination to our campers.

Little Explorers..... Ages 4-6

A recreation-based program with a variety of activities, crafts, and songs to reinforce the concepts of color, shapes, and numbers.

Sport Adventure Camp..... Ages 5-7

Join us for fun-filled days of sports, weekly field trips, swimming, and sports-related arts and craft projects.

Tiny Timbers and Day Camp.....Ages 5-7 and 8-10

Participate in dynamic games, catchy songs, engaging arts and crafts, exciting weekly field trips, camp BBQ, and swim days.

Fine Arts Camp Extraordinaire (F.A.C.E.)..... Ages 7-12

Camp brings out creative expression in all through art, dance, and drama. Campers will enjoy weekly field trips, swimming, theme weeks, recreational games, and will prepare an end-of-the- summer show performed on the last day of camp.

Junior Improvement/Match Play Camps..... Ages 7-15

Tennis campers will learn and improve groundstrokes, net game, and serve through our unique "court rotation and activity system." Intermediate campers develop specialty shots and learn singles and doubles strategy through live ball drills and match play.

Sports Jam Camp..... Ages 8-10

Participants will enjoy field trips, journeys to local swim centers, and making new friends. Sports Jam encourages everybody to participate and emphasizes sportsmanship and fun!

C.A.T.S. (Creative Artistic Theatrical Showcase) Ages 8-15

Participants come to daily acting, dancing, and singing rehearsals, culminating in the production of a full-scale stage musical.

Tech Camp..... Ages 8-18

Participants will learn how to set-up and operate sound, lighting, and fly systems, use scene shop tools, and work with special theatrical painting techniques.

Sport Escape Camp..... Ages 11-13

All summer long we'll be playing challenging games and sports, swimming, making new friends, and going on cool teen trips.

Teen Breakaway..... Ages 11-15

Field trips, movies, shopping, and amusement parks are some of the destinations we visit weekly.