



Santa Clara Senior Center NEWS

June 2013

Dining Out Needs Your Support: How You Can Make A Difference

Santa Clara County runs Dining Out, the Senior Nutrition Program. The Santa Clara Senior Center is budgeted to serve 450 meals each week and each week we serve 450 meals. The cost of each meal is \$6.76. One of the County's priorities is that money not be an obstacle to food. Those who are able are asked to donate \$3.00 per meal. By design, donations are anonymous. Santa Clara seniors donate an average of \$.84 per meal.

Donate to Help Feed Seniors

Donations are always welcome and can be made by anyone. You don't have to participate in Dining Out to help! Donations can be made during the program, given to a staff person or mailed to the Senior Center (checks only, payable to "City of Santa Clara"). Donations can be made anonymously or we'd be proud to celebrate your generosity.

- Donate \$30 a month to feed 11 seniors
- Donate \$60 a month to feed 22 seniors
- Donate \$90 a month to feed 33 seniors
- Donate any amount to help feed a hungry senior



How Your Contribution Will Help

1. If everyone contributed \$3.00 we could:
Serve higher quality meals, Open a new Nutrition site in Santa Clara County, Serve 100,000 more meals in Santa Clara County, Never have to turn away a senior, Help ensure that no senior goes hungry.
2. What would happen if no one contributed?
Loss of 15% of Program funding (Approximately \$800,000 in Santa Clara County), Possible reduction in meal sites, meal quality or number of daily meals served.
3. Contributions made at the Santa Clara Senior Center are used to directly support and sustain the Dining Out in the City of Santa Clara.
4. Each Senior Nutrition Meal provides a fully balanced meal with 1/3 of the Recommended Daily Allowance:
One serving of protein, One to two servings of vegetables, One serving of fruit, One serving of milk, One serving of Bread/Whole Grain, Wonderful friends, Great conversation, Fantastic volunteers.

Santa Clara Parks and Recreation Department, 1303 Fremont St., Santa Clara, CA 95050 • 1-408-615-3170
www.santaclaraca.gov/seniorcenter • custsersrcenter@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)*



SERVICES AVAILABLE AT THE SENIOR CENTER

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

	Provider	Phone/Website
<p>Care Management Services Services available by appointment: in-home assessment, connection to community resources, service coordination. Services available to City of Santa Clara seniors age 60+.</p>	<p>Santa Clara Parks & Recreation and Council on Aging Silicon Valley</p>	<p>615-3170 www.santaclaraca.gov www.coasiliconvalley.com</p>
<p>Health and Wellness Services Services available by appointment: health education, healthcare coaching, social engagement, home visits, blood pressure. Services available on drop in basis: blood pressure clinic Thursdays 9:30-11:30am. Services available to City of Santa Clara seniors age 50+.</p>	<p>Santa Clara Parks & Recreation</p>	<p>615-3170 www.santaclaraca.gov</p>
<p>Health Insurance & Medicare Counseling (HICAP) Free information and assistance on Medicare related issues. Tuesdays by appointment. Services available to anyone on Medicare.</p>	<p>Council on Aging Silicon Valley</p>	<p>615-3170 www.coasiliconvalley.com</p>
<p>Senior Information and Resources Information, resource, and referral services for seniors at home. Services available to City of Santa Clara seniors age 50+</p>	<p>Santa Clara Parks & Recreation</p>	<p>615-3170 www.santaclaraca.gov</p>
<p>SPA 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.</p>	<p>Santa Clara Parks & Recreation</p>	<p>615-3170 www.santaclaraca.gov</p>
<p>Legal Assistance Free legal assistance available two Wednesdays per month, by appointment. Services available to Santa Clara County seniors age 60+</p>	<p>Senior Adult Legal Assistance (SALA)</p>	<p>615-3170 www.sala.org</p>
<p>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+.</p>	<p>Santa Clara Parks & Recreation and Santa Clara County</p>	<p>615-3174 www.santaclaraca.gov</p>
<p>Tax Assistance Offered throughout the year.</p>	<p>AARP volunteers</p>	<p>615-3170</p>
<p>Notary Service Fifteen minute appointments are available on the 2nd and 4th Friday afternoons of the month from 4:00-4:45pm. This service is provided at no coast to seniors age 50+ by appointment.</p>	<p>Volunteer</p>	<p>615-3170 www.santaclaraca.gov</p>

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.

Come out & get moving! This class is designed for adults 50 and older who wish to stay fit and learn basic jazz dance technique, steps, combinations, and routines in a fun and supportive atmosphere. 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 – S. Van Dyne*

No Falls S.O.S.

Tuesday and Thursday • 11:00–11:30 a.m.

Register on a monthly basis; Santa Clara senior discount applies. **S**tretch, **O**bserve & **S**trengthen your way to decreasing the risk of falling. Class is designed to accommodate the needs of those with physical health and mobility challenges. Focusing on falls prevention, this class provides you with gentle exercises to develop and improve your balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength. Improve your overall health and quality of life while decreasing the risk of falls. Some exercises will include the use of chairs for props while sitting and/or standing. All abilities welcome. Individuals utilizing mobility aides (walkers, wheelchairs, etc.) are encouraged to register. *Instructor – S. Van Dyne*

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 – A. Strauss*

Jazzercise with Jerome!

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

This fun, energizing jazz program consists of cardio, strength building, & stretching moves. Modifications to each routine are offered to meet the needs & 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

Wednesdays • 10:30–11:15 a.m.

Strengthen and tone your body to enhance overall health and physical fitness level. 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. Class is designed to accommodate the needs of those with physical health and mobility challenges. All abilities are welcome. Individuals utilizing mobility aids (walkers, canes, wheelchairs, etc) are encouraged to register. *Instructor – S. Van Dyne*

Tai Chi for Life!

Tuesdays & Thursdays • 8:45–9:45 a.m.

Tuesdays & Thursdays • 9:45–10:45 a.m.

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*

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

Walk A Block

Walk A Block will be changing! June will be the last month for our regularly scheduled walking group led by the Health and Wellness nurses. We meet Mondays and Wednesdays at 10:00am in the front lobby, and walk as many laps around the block as we can in 30 minutes. More information about our new group taking the place of Walk A Block will be available in the July newsletter.

N&W! Wellness Series

Tuesdays • 12:30 – 2 p.m. • Room 149

Pre-registration is required. Each class costs \$10 or Santa Clara senior discount of \$8. Join us for some interesting discussion and up-to-date information! *Please register early (classes will be cancelled due to low enrollment).*

Clutter 101 #48920

Tuesday June 11

If you have so much stuff that it's getting in your way, learn the difference between being a pack rat or collector and a more serious problem. We'll discuss how to get help when "too much is too much." **Instructor - Mallory von Kugelgen, RN, PHN**

Cardiovascular Disease in Women —Prevention and Strategies #50471

Tuesday June 18 • 12:30–2:00 p.m.

Cardiovascular disease affects 1 in 3 women in the United States. Prevention is essential for reducing deaths from the disease, and many women are unaware of the impact this disease can have on their life. Women may ignore serious symptoms of heart disease and not make necessary changes to reduce their risk. Elizabeth Scruth, RN, PhD will explore the many aspects of heart disease in women and the strategies women can take to reduce risk and lead healthier lives.

Healthy Eating After 50 #48921

Tuesday June 25

We know we should eat healthy food. What is a serving size and why do our favorite foods not taste the same anymore? We'll look at making better food choices as we get older. **Instructor - Wendy Talbert RN**

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 Masters

2nd & Last Thursday each month 10:30 a.m.–12 p.m.

Sometimes we collect more treasures than we have space to keep them, and sometimes we have trouble making choices about what to let go. If this is you, join us for motivation and practical support. There is no fee and all are welcome.

A Few Good Men

Fridays • 12:30–2:00 p.m. • Room 205

Tired of the "same old-same old"? Get off the couch and come hang out with the guys. Share some stories and laughs, and compare notes with other men who enjoy discussing what's on their mind. This is a peer-led, drop-in social group of men who welcomes anyone willing to share their thoughts, interests, and experiences, and to just have some fun. No registration is required and participation is free. Please see the Health and Wellness Program nurses for more information, or just drop on by next Friday!

Transitions Support Group #50472

Mondays • 1–2:30 p.m. • Room 205 • June 3-24

Feeling lost or overwhelmed by life changes? As we move through life transitions, there can be a sense of loss for what used to be. This group will provide an avenue of support so you can access resources and strengthen and enrich your life.

Finding Peace in a Frantic World

#49690

Tuesdays • 10:30 a.m.–12 p.m. • Room 149

June 4- 25

Feeling stressed or worried? This Mindfulness Stress Reduction program is aimed at helping you find peace and contentment using Mindfulness-Based Cognitive Therapy (MBCT). Discover some simple practices to incorporate into your daily life to progressively free yourself from anxiety and stress.

****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. Participation is free but space is limited and registration is required.*

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.

Drop-In Crafts

Thursdays • 1:00-3:00 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 (such as glues, paints or materials with toxic components). Finishing products are not allowed in the Senior Center. All seniors, age 50+, are welcome. Engage your brain as well as your creativity.

Dining Out

Served Monday-Friday • 11:30 a.m. • \$3.00 donation.

Call our reservation hotline at (408) 615-3174

Visit with old friends or make new ones while enjoying a nutritionally balanced hot lunch. Menus, constructed by a registered dietician with input from seniors, 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 to 90 participants per day. 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.

Santa Clara Women's League

2nd Tuesday of each month • 1:00 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>

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
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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
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JUNE

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">3</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30 Transitions Support Group 1-2:30</p>	<p style="text-align: right;">4</p> <p>ADVENTURES TO GO: SAFARI WEST 7:30 Computer Lab 7-4:30 Snack bar 8-4 Wood Shop 8-12 Finding Peace in a Frantic World 10:30-12 Bingo 12:15-2:45</p> <p style="text-align: center;">TGA Tuesday Dance NOB HILL SOUNDS 7:30-10:30pm Country Western Dance Night. Wear Your Best Western Clothes.</p>	<p style="text-align: right;">5</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30</p>
<p style="text-align: right;">10</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30 Transitions Support Group 1-2:30</p>	<p style="text-align: right;">11</p> <p>ADVENTURES TO GO: DAY IN DOWNTOWN SONOMA 8:30 Computer Lab / Billiard Room 7-4:30 Snack bar 8-4 Wood Shop 8-12 Finding Peace in a Frantic World 10:30-12 Bingo 12:15-2:45</p> <p style="text-align: center;">TGA Tuesday Dance 10TH AVENUE BAND 7:30-10:30pm</p>	<p style="text-align: right;">12</p> <p>Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30</p>
<p style="text-align: right;">17</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30 Transitions Support Group 1-2:30</p>	<p style="text-align: right;">18</p> <p>Computer Lab / Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Finding Peace in a Frantic World 10:30-12 Bingo 12:15-2:45</p> <p style="text-align: center;">TGA Tuesday Dance THE CASUALS 7:30-10:30 PM</p>	<p style="text-align: right;">19</p> <p>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30</p>
<p style="text-align: right;">24</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30 Transitions Support Group 1-2:30</p>	<p style="text-align: right;">25</p> <p>ADVENTURES TO GO: COLUSA CASINO VTA 7:30 VTA 11-11:30 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Finding Peace in a Frantic World 10:30-12 Bingo 12:15-2:45</p> <p style="text-align: center;">TGA Tuesday Dance TENOR BAND 7:30-10:30 PM</p>	<p style="text-align: right;">26</p> <p>Let's Talk Travel! 12:30 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30</p>

THURSDAY	FRIDAY	SATURDAY
		1 Snack Bar, Computer Lab, Billiards 9-11:30
<p style="text-align: right;">6</p> <p>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</p> <p style="text-align: center;">Thursday Night Dance GERI FOLEY, D.J. 7:30-10:30pm</p>	<p style="text-align: right;">7</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45 A Few Good Men 12:30-2:00</p>	<p style="text-align: right;">8</p> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<p style="text-align: right;">13</p> <p>Clutter Masters 10:30-12:00 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</p> <p style="text-align: center;">Thursday Night Dance THE CASUALS 7:30-10:30pm</p>	<p style="text-align: right;">14</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45 A Few Good Men 12:30-2:00</p>	<p style="text-align: right;">15</p> <p>ADVENTURES TO GO: AT&T PARK TOUR 9:30 Snack Bar, Computer Lab, Billiards 9-11:30</p>
<p style="text-align: right;">20</p> <p>Welcome Newcomers! 10:30 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</p> <p style="text-align: center;">Thursday Night Dance LYRATONES 7:30-10:30pm</p>	<p style="text-align: right;">21</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45 A Few Good Men 12:30-2:00</p>	<p style="text-align: right;">22</p> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<p style="text-align: right;">27</p> <p>Clutter Masters 10:30-12:00 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</p> <p style="text-align: center;">Thursday Night Dance NOB HILL SOUNDS 7:30-10:30pm</p>	<p style="text-align: right;">28</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45 A Few Good Men 12:30-2:00</p>	<p style="text-align: right;">29</p> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>

DINING OUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Veal with Scaloppini Sauce Rotini Whole Grain Noodles California Blend Vegetables Whole Kernel Corn Chilled Peaches	4 Roast Turkey w/Gravy Whipped Potatoes Mixed Vegetables Fresh Orange	5  Stuffed Green Peppers Tuscan Bean Soup Italian Blend Vegetables Romaine Tossed Salad Chilled Peaches Chocolate Cookie	6 Oven Baked Chicken Brown Rice Mixed Bean Medley Pineapple Slaw Fresh Banana	7  Baked Beef Rigatoni Garlic Bread Spinach Garden Vegetable Salad Fresh Fruit in Season
Alternative Meal (Week #1): Chicken Pasta Salad or Vegetarian Cottage Cheese Salad or Egg Sandwich or Vegetarian Patty Burger 				
10 Roast Pork w/Applesauce Bread Dressing Red Cabbage & Apples Green Beans Pineapple Tidbits	11 Baked Fish w/Tartar Sauce Marinated Garbanzo Beans Salad California Blend Vegetables Fortified Juice Snicker Doodle Cookie	12 Beef Mushroom Patty w/Gravy Wheat Roll Whipped Potatoes w/Gravy Cabbage & Carrots Fresh Orange	13 Stuffed Cabbage Roll Capri Blend Vegetable Romaine Iceberg Salad Fresh Fruit in Season	14  Italian Herb Chicken Beef Barley Soup Seasoned Brown Rice Brussels Sprouts Cucumber, Tomato & Onion Salad Fresh Fruit in Season
Alternative Meal (Week #2): Chef Salad or Vegetarian Bean Salad or Turkey Sandwich or Vegetarian Patty Burger 				
17 Cheeseburger w/Lettuce & Tomato Chuck wagon Corn Contetti Coleslaw Fresh Fruit in Season	18  Chicken Adobo w/Gravy Tomato Bisque Soup Asian Rice Noodles Asian Blend Vegetables Carrot Raisin Salad Fresh Orange	19 Baked Fish w/Tartar Sauce Seasoned Brown Rice Spinach Tossed Salad Succotash Banana Oatmeal Raisin Cookie	20 Chicken w/Supreme Sauce Parried Potatoes Broccoli & Carrots Fruit Cocktail	21  Green Chile Turkey Enchilada w/ Cheese Green Beans Garden Salad Fresh Orange
Alternative Meal (Week #3): Greek Chicken Salad or Vegetarian Cottage Cheese Salad or Tuna Sandwich or Vegetarian Patty Burger 				
24  Hot Roast Beef Sandwich w/Gravy Whipped Potatoes w/Gravy Brussels Sprouts Banana	25 Port Cutlet w/Gravy Seasoned Noodles Italian Blend Vegetables Tossed Garden Vegetable Salad Chilled Pears	26  Teriyaki Chicken Vegetable Soup Brown Rice Pilaf w/Mushrooms Capri Blend Vegetables Citrus Salad Fortified Juice Ice Cream Cup	27 Roast Turkey w/Gravy Whipped Potatoes w/Gravy Mixed Vegetables Mandarin Oranges	28 Beef Swiss Style Patty w/Gravy Corn Bread Peas and Carrots Broccoli Slaw Fresh Fruit in Season
Alternative Meal (Week #4): Tuna Salad or Vegetarian Cottage Cheese Salad or Roast Beef Sandwich or Vegetarian Patty Burger 				

 = Higher in sodium

ALWAYS HAPPENING

Lapidary

Thursdays and Fridays • 9:00 a.m.–1:00 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).*

Woodshop

Tuesdays and Thursdays • 8:00 a.m.–12:00 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)*

Welcome Newcomers

3rd Thurs. of each month • 10:30–11:30 a.m. • Rm 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.

Notary Service for Seniors

Fifteen minute appointments are available on the 2nd and 4th Friday afternoons of the month from 4:00-4:45 pm. This service is provided at no cost to seniors age 50+ by appointment. Call 1-408-615-3170 to book your appointment.

To have a signature notarized:

- Patron must bring current picture ID. Acceptable forms of ID include current driver's license, current state issued ID, current military ID, and current passport. Temporary Driver Licenses do NOT constitute an acceptable form of identification
- All signers must be present at the appointment and speak English (no translation allowed during the notarization)
- Documents NOT able to be notarized include: all vital records (birth, marriage, and death certificates), trusts related documents, wills, loan/mortgage documents

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

Mondays • 10 a.m.–12 p.m., Tuesdays • 1–3 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. Volunteers are available to meet with you on Mondays 10am-12pm and Tuesdays 1pm-3pm. 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.

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, Donna Marencia, 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.

A vacancy is now available on the Senior Advisory Commission. Applications will be accepted until 5:00 p.m. on June 19. Interviews will be held on June 25 at 6:00 p.m.. Applications available on the city website.

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.

The Fitness Room and Natatorium are open

Monday-Friday 7:00 a.m.–4:30 p.m.

Saturday 9:00–11:30 a.m.

The Natatorium is closed for cleaning

Monday-Friday 1:30pm–3pm

Fitness Center Orientation

Do you have questions about how to use a machine properly? If you are new to the Fitness Center, please watch the "Fitness Center Orientation Video." The video walks you through the Fitness Center and shows you how to properly use each piece of equipment. The video can be watched any time the Senior Center is open.

Walkers Are Welcome!

Lane #1 is reserved for participants wishing to walk or water jog during the following days and times:

Monday: 7:00 a.m.–1:30 p.m. • Wednesday & Friday: 7:00–10:00 a.m. and 11:00 a.m.–1:30 p.m.

Tuesday & Thursday: 3:00–4:30 p.m.

Lanes #2 and #3 are always designated for swimmers only.

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 from 81-84° F.

Warm Water Pool: Water temperature ranges from 90-94° F.

Spa: Water temperature ranges from 97-101° F.



Rules for the Pools

Please observe these good hygiene manners before entering any of the Senior Center pools:

- Shower with soap before swimming.
- Don't use the pool if you have open cuts, sores, bandages, or illnesses that can be passed on to others. This includes diarrhea, colds, coughs, or infected eyes.
- Swimmers who are incontinent must wear waterproof swim pants. (Our nurses can tell you where to get them.)

Thanks for protecting our water for all to enjoy!

Open Lap Pool Schedule

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

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	

ADVENTURES TO GO

Adventures to Go...carefree travel for ages 50 plus

Try it! We think you'll like it. The Senior Center travel program, Adventures to Go, offers a wide variety of options for travelers 50 years and up. Embark on a day or overnight "adventure" to different locations throughout California. A monthly Adventures to Go newsletter with details for all our upcoming trips is available at the Senior Center or online at www.santaclara.ca.gov. Drop by the Senior Center or call (408) 615-3170 for registration information.

Senior Center Registration Form: Travelers are required to complete a new registration form and sign a liability release each calendar year. Forms are available at the Senior Center, and must be completed and submitted to the Senior Center office prior to participation in the travel program.

Adventures to Go Participation Guidelines: For Trip Registration procedures, Refund Policy, Travel Insurance recommendations, and Health and Physical Considerations, see the Santa Clara Senior Center Participation Guidelines, available at the Senior Center.

Trip Pick-Up/Drop-Off Area: Parking lot by the old police station at City Hall, located near the corner of Civic Center Drive and Lincoln Avenue in Santa Clara. Please arrive at least 15 minutes before trip departure for check-in. Motor coach will leave promptly at time specified.

Gratuities: All trip fees include a modest gratuity for the driver of the motor coach and servers at hosted meals, where applicable. When you experience exceptional service, you may choose to tip an additional amount. City of Santa Clara employees and tour escorts cannot accept gratuities.

New Trips

New trips were released at Let's Talk Travel on May 22. Santa Clara Residents were allowed to register for the new trips at that time. Non-resident registration began on the following Monday. See the June 2013 issue of the Adventures To Go Newsletter for detailed trip information and a complete listing of all upcoming trips. You may pick up a copy at the Senior Center or view it online at www.santaclaraca.gov under Parks & Recreation and Senior Center. For registration information, drop by the Senior Center office or call (408) 615-3170.

The following are just a few of the trips that were available at the time this publication was printed. For a complete listing of trips, see the Adventures To Go Newsletter. Contact the Senior Center for registration information.

AT&T Park Tour

No. 49553 • Saturday, June 15 • \$91 per person

Activity level: MEDIUM – approx. 1 hour drive; long periods of walking and standing during 1 1/2 hour tour; some stairs. Wear good walking shoes.

Get the players' eye view of baseball's perfect address, 24 Willie Mays Drive, better known as AT&T Park, home of the 2012 World Champion San Francisco Giants. At this spectacular ball field, home runs can be "splash hits" and the breathtaking Bay view rivals the action on the field. On your behind-the-scenes ballpark tour you will go to places only the players and staff go including a dugout, indoor batting cage, Visitor's Clubhouse, the Press Box, and a luxury suite. Your tour will include a deli sandwich lunch at the ballpark and time to shop at the Giant's Dugout. Lunch includes choice of Turkey & Havarti Cheese on sourdough roll, Tuna Salad on sourdough roll, Roast Beef on sliced sourdough, Turkey & Cranberry on sliced sourdough, Bavarian Ham & Cheese on sliced sourdough, California Vegetarian on Multigrain bread, and chips, water and dessert. **Motor coach departs promptly at 9:30 AM & returns at approximately 4:00 PM.**

Day/Overnight Trips

<i>Safari West</i>	June 4
<i>Day in Downtown Sonoma</i>	June 11
<i>AT&T Park Tour</i>	June 15
<i>Colusa Casino</i>	June 25
<i>SF Giants vs. LA Dodgers</i>	July 7
<i>Santa Clara County Crime Lab</i>	July 11
<i>Table Mountain Casino</i>	July 23
<i>Respect</i>	July 28
<i>Monterey Movie Tour</i>	August 8
<i>Murals of the Mission</i>	August 13
<i>Golden Gate Fields</i>	August 22

Let's Talk Travel

June 26, 12:30 p.m.

Join us and Let's Talk Travel! We meet on the fourth Wednesday of the month at 12:30 p.m. in the Mezzanine. Come and learn more about upcoming tours, see travel presentations, or just to talk travel. Santa Clara residents can register for newly released tours following Let's Talk Travel. Call 1-408-615-3170 for more information.

ADVENTURES TO GO

Santa Clara County Crime Lab

No. 49699 • Sunday, July 11 • \$70 per person

Activity level: MEDIUM – approx. 1/2 hour drive; periods of walking and standing; some stairs. There is no elevator at the restaurant for upstairs dining. Wear good walking shoes.

The Santa Clara County District Attorney's Crime Laboratory is a nationally accredited forensic laboratory servicing all criminal justice agencies in Santa Clara County. The examiners evaluate and analyze evidence, interpret results, provide expert testimony related to the full spectrum of physical evidence recovered from crime scenes, and offer technical assistance and training to all user agencies. Service is provided in the major analytical disciplines of controlled substance analysis, firearms/tool marks, forensic biology (DNA), forensic toxicology, latent print processing, questioned documents, trace evidence and computer crimes. Even though we are not permitted to visit the lab, a video presentation conducted by a Criminologist will give us a good overview of the services the crime laboratory offers and offer an insightful question and answer session. Afterward, we'll enjoy a hosted lunch at Original Joe's in San Jose. Entrée choices include Ravioli & Meatball, Open Face Roast Beef Sandwich Au Jus, or Shrimp Salad, with a non-alcoholic beverage and dessert. **Motor coach leaves promptly at 9:30 AM and returns at approximately 2:00 PM.**

Table Mountain Casino

No. 49705 • Tuesday, July 23 • \$38 per person

Activity level: MEDIUM – approx. 3 hour drive; long periods of sitting.

This Central Valley gaming destination has been celebrating big FUN and big WINS for a quarter of a century! The fun is offered through personalized service, a selection of 2,000 slot machines, an array of table games, a friendly poker room, and delicious dining. Come play at Table Mountain Casino and see for yourself why the Fun Starts here! Casino Bonus: \$5 per person. **Motor coach leaves promptly at 7:30 AM and returns at approximately 6:30 PM.**

Respect

No. 49700 • Sunday, July 28 • \$116 per person

Activity level: MEDIUM – approx. 3 hour drive; long periods of sitting.

Join us for a matinee performance at the East Sonora Theater. The international hit musical, RESPECT tells the exciting story of women through popular music and the real adventures of women realizing dreams, lost loves, relationships and careers. The song list includes "Won't You Come Home Bill Bailey," "Someone to Watch Over Me," "Boogie Woogie Bugle Boy," "Diamonds Are A Girl's Best Friend," "I Enjoy Being a Girl," "Where The Boys Are" to "I Am Woman," "Seventeen," "Boots Are Made For Walkin'," "R.E.S.P.E.C.T.," "I Will Survive" and dozens more! "It's one heck of a fun ride – a must-see and must-hear musical that you will want to see more than once!" says Broadway World. Prior to the show we'll enjoy a hosted lunch at the historic National Hotel in Jamestown. The meal will include a choice of Garlic-Rosemary Tri-Tip, Chicken Saute Sec, or Spinach Fettuccine Alfredo, Crème Brulee' for dessert and coffee. **Motor coach leaves promptly at 8:00 AM and returns at approximately 6:30 PM.**

Murals of the Mission

No. 49707 • Tuesday, August 13 • \$87 per person

Activity level: MEDIUM/HIGH – approx. 1 hour drive. This is a walking tour; wear good walking shoes and dress in layers.

The Mission is the oldest, warmest and largest district in San Francisco. There are over 700 murals in the City...and we will see many of the best with San Francisco tour guide Craig Smith. Our day will begin with a tour of Mission Dolores, the Mission Museum and the cemetery. We will remain in the area to see some of the largest murals in San Francisco. Mid-day we will stop for a hosted lunch at Tacolicious. Lunch will be served "family style" and includes chips with salsa and guacamole, salad, two tacos (meat or vegetarian), and a non-alcoholic beverage. The afternoon will take us to 24th Street to see the Street of the Flags of Latin America. Along the way we will see many splendid murals in the heart of the Mission. Our tour will include a walk through Balmy Alley and a visit to the Precita Eyes Mural Center. **Motor coach leaves promptly at 8:30 AM and returns at approximately 5:30 PM.**

The above are just a few of the trips that were available at the time this publication was printed. For a complete listing of trips, see the Adventures To Go Newsletter. Contact the Senior Center for registration information.