



Santa Clara Senior Center NEWS

August 2013

Ice Cream Social & Open House

Wednesday, August 28th 1:00 – 3:00pm

We're celebrating you on "Senior Day" so please join us for our annual Ice Cream social. There will be plenty of ice cream and toppings to create your favorite sundae, along with some rollicking good tunes, compliments of the Peninsula Banjo Band.

While enjoying your sundae, check out our Open House on the patio, to see what we're up to here at the Senior Center. Meet Senior Center ambassadors to learn about our wide range of services and programs. Representatives from some of our community partners will be there, too. This is a chance to find a new hobby or meet a new friend, so treat yourself on "Senior Day" - we look forward to seeing you!

Tickets will be available for purchase on: August 28th, starting at 7:45, in the snack bar.

Price: \$2; Santa Clara Senior discount: \$1



Santa Clara Senior Center

Holiday Craft Faire

Crafters get ready to take part in the Senior Center's annual Holiday Craft Faire! Talented artisans are encouraged to apply. **Applications will be available** at the Senior Center and online (www.santaclaraca.gov) beginning September 3rd.

Spots fill quickly and are assigned by staff on a first-come first-served basis.

For more information contact our front office at 615-3170. Don't delay. This year's faire will be held on **Saturday, November 16, from 9:00am-2:00pm.**

We Want To Hear From You!

Participants - Please choose one of the following newsletter name suggestions listed below - identified with an ALPHA.

Submit your vote to the front desk no later than Monday 8-12-13 at Noon.

Scratch paper/voting box will be located at front desk beginning Thursday 8-1-13. Results will be posted and used for September 2013 newsletter. Thanks in advance for your participation.

- A Mission City Monthly
- B Mission City Connection
- C Mission City Scene
- D Mission City Gazette
- E Mission City Crier
- F Mission City Messenger
- G Mission City Orchard Press
- H NO change - leave as is...

Santa Clara Parks and Recreation Department

1303 Fremont St., Santa Clara, CA 95050 • 1-408-615-3170

www.santaclaraca.gov/seniorcenter • custservrcenter@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*)



2001

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 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 cost 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. **Stretch, Observe & Strengthen** 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*

Senior Computer Class - Drop-in Help #50653

Wednesday • August 28 • 1–2 p.m.

Senior Center Computer Lab, Room 231

Are you new to computers and need a little extra help? Do you have questions about email? Don't know how to cut and paste? Did you need to sign-up for email or learn how to upload your photos? Are you curious about Twitter? Bring your technology questions and get one-on-one help.

Instructor - Library Staff

**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

Summer Wellness Series

Tuesdays • 1–2:30 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).*

Give Care and Take Care #48924

Tuesday, August 6

In this overview class for those caring for loved ones, we will discuss planning ahead, helpful legal documents to prepare and the options for support and respite.

Instructor: Mallory von Kugelgen, RN, PHN

Pain: Speak Up, Don't Give Up #48925

Tuesday, August 20

Pain is real and should be taken seriously. We'll learn ways to distinguish the type and severity of pain and discuss methods for eliminating or managing it. Don't suffer in silence. Pain can be managed. Instructors: Wendy Talbert, RN

Transitions Support Group

Mondays • 1–2:30 p.m. • Room 205 • August 5–26

Feeling lost or overwhelmed by life changes? As we move through life transition, 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

Mondays • 11 a.m.–12:30 p.m. • Room 149

August 5-26

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.*

Brain Busters (formerly Walk a Block)

Mondays • 9–10 a.m. • Room 149

Come join our new group which will incorporate a gentle fitness portion, latest research in how to keep our brain healthy, and fun brain teasers and puzzles to keep our minds sharp. Start your day out the right way as you exercise both mind and body! This is a drop-in group, and no registration is required—come join us anytime!

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.

Lavender 50+ Support Group

Mondays • 10–11 a.m. • Room 149

This group will provide a safe forum for discussion about the LGBT Senior experience, help build community, and promote a healthy identity about being an LGBT Senior. Topics may include aging in the gay community, family relationships, or grief and loss around losing a partner. Participation is free. **This is drop-in group, no registration required.**

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 preventing ourselves from becoming overwhelmed by stuff and on maintaining our growth and progress as we learn different ways to think about our belongings. We are using *Buried in Treasures* (Tolin, D., Frost, R., & Steketee, G., Oxford University Press, 2007.) for discussion and homework, since current research shows that groups using the workbook can have up to a 30% reduction in clutter. It's not too late to join us. Please drop in on our next meeting or, if you'd like more information, call Mallory von Kugelgen, Geriatric Care Manager, at (408) 615-3170.

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. This is a peer-led, drop-in social group who welcomes anyone willing to share their thoughts, interests, and experiences. No registration is required and participation is free. Please see the Health and Wellness Program nurses for more information, or just drop by next Friday!

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.

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).

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 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.

New VTA Bus Stop

Effective July 8th, the VTA bus #32 is now stopping at the Senior Center. The bus stop signs are located on Monroe near Fremont and on Monroe near Harrison.

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

AUGUST

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">5</p> <p>Brain Busters 9-10 Lavendar 50+ Support Group 10-11 Finding Peace in a Frantic World 11-12:30 Transitions Support Group 1-2:30 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4</p>	<p style="text-align: right;">6</p> <p>Computer Lab 7-4:30 Snack bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45</p> <p style="text-align: center;">TGA Tuesday Dance Nob Hill 7:30-10:30pm</p>	<p style="text-align: right;">7</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4</p>
<p style="text-align: right;">12</p> <p>Brain Busters 9-10 Lavendar 50+ Support Group 10-11 Finding Peace in a Frantic World 11-12:30 Transitions Support Group 1-2:30 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4</p>	<p style="text-align: right;">13</p> <p>ADVENTURES TO GO: Murals of the Mission 8:30 Computer Lab 7-4:30 Snack bar 8-4 Wood Shop 8-12 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;">14</p> <p>Computer Lab, Billiards 7-4:30 Snack Bar 8-4</p>
<p style="text-align: right;">19</p> <p>Brain Busters 9-10 Lavendar 50+ Support Group 10-11 Finding Peace in a Frantic World 11-12:30 Transitions Support Group 1-2:30 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4</p>	<p style="text-align: right;">20</p> <p>Computer Lab 7-4:30 Snack bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45</p> <p style="text-align: center;">TGA Tuesday Dance Nob Hill 7:30-10:30 PM</p>	<p style="text-align: right;">21</p> <p>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4</p>
<p style="text-align: right;">26</p> <p>Brain Busters 9-10 Lavendar 50+ Support Group 10-11 Finding Peace in a Frantic World 11-12:30 Transitions Support Group 1-2:30 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4</p>	<p style="text-align: right;">27</p> <p>VTA 11:00-11:30 Computer Lab 7-4:30 Snack bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45</p> <p style="text-align: center;">TGA Tuesday Dance Geri Foley, D.J. 7:30-10:30 PM</p>	<p style="text-align: right;">28</p> <p>Let's Talk Travel 12:30 Ice Cream Social & Open House 1-3 Computer Lab/Billiard Room 7-4:30 Computer Lab Closed for Computer Class 12:30-2:30 Snack Bar 8-4</p>

THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;">1</p> <p>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</p> <p style="text-align: center;">Thursday Night Dance Geri Foley, D.J. 7:30-10:30pm</p>	<p style="text-align: right;">2</p> <p>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</p>	<p style="text-align: right;">3</p> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<p style="text-align: right;">8</p> <p>ADVENTURES TO GO: Monterey Movie Tour 8:00 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;">9</p> <p>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</p>	<p style="text-align: right;">10</p> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<p style="text-align: right;">15</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;">16</p> <p>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</p>	<p style="text-align: right;">17</p> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<p style="text-align: right;">22</p> <p>ADVENTURES TO GO: Golden Gate Fields 10:00 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;">23</p> <p>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</p>	<p style="text-align: right;">24</p> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<p style="text-align: right;">29</p> <p>ADVENTURES TO GO: Cache Creek 7:30 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</p> <p style="text-align: center;">Thursday Night Dance 10th Avenue Band 7:30-10:30pm</p>	<p style="text-align: right;">30</p> <p>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</p>	<p style="text-align: right;">31</p> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>

DINING OUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALTERNATIVE MEALS				
WEEK 1: Chicken Pasta Salad, Vegetarian Cottage Cheese Salad, Tuna Salad Sandwich, Veg. Patty Burger				
WEEK 2: Chef Salad, Vegetarian Green Peas Salad, Roast Beef Sandwich, Veg. Patty Burger w/Pita Bread				
WEEK 3: Greek Chicken Salad, Vegetarian Bean Salad, Turkey Sandwich, Vegetarian Patty Burger.				
WEEK 4: Santa Fe Chicken Salad, Vegetarian Summer Corn Salad, Roast Pork Sandwich, Veg. Patty Burger				
WEEK 5: Chef Salad, Vegetarian Bean Salad, Tuna Salad Sandwich, Veg. Patty Burger				
<p>5</p> <p>Braised Chicken w Black Bean Sc Brown Rice California Blend Vegetables Tossed Salad Fresh Watermelon</p>	<p>6</p> <p>Chili w/Turkey & Beans Cornbread French Cut Green Beans Spinach Romaine Salad Fresh Cantaloupe</p>	<p>7</p> <p>Roast Beef Patty Wheat Roll Diced Potatoes Broccoli Salad w/Raisins Apple Crisp</p>	<p>1</p> <p> Beef Lasagna Whole Grain Bread Calif. Blend Vegetables Spinach Romaine Salad Fresh Fruit in Season</p>	<p>2</p> <p> Chicken Salad Navy Bean Soup Mixed Greens & Tomato Salad Pasta Vegetable Salad Fresh Strawberries</p>
<p>12</p> <p> Roast Turkey w/Gravy Bread Stuffing Capri Blend Vegetables Spinach Romaine Salad Pineapple-Mandarin Oranges</p>	<p>13</p> <p>Cabbage Roll Whole Grain Bread Italian Blend Vegetables O'Brien Potatoes Fresh Honeydew Melon</p>	<p>14</p> <p>Baked Fish Steamed Brown Rice Green Peas Romaine Iceberg Salad Fresh Orange</p>	<p>15</p> <p> Crispy Oven Baked Chicken Beef Barley Soup Steamed Spinach Coleslaw Fresh Banana</p>	<p>16</p> <p>Meatloaf w/Gravy Wheat Roll Normandy Blend Vegetables Whipped Potatoes Mixed Fruit Cup</p>
<p>19</p> <p> Veal Parmesan Whole Grain Pasta Glazed Carrots Garden Veg. Salad w/Broccoli Fresh Watermelon</p>	<p>20</p> <p>Ginger Pork w/Broccoli Brown Rice Peas & Onions Romaine Iceberg Salad Fresh Honeydew Melon</p>	<p>21</p> <p> BBQ Chicken Vegetarian Soup Steamed Spinach Potato Salad Fresh Banana</p>	<p>22</p> <p>Roast Pork w/ Gravy Rye Bread Broccoli & Cauliflower Blend Whipped Potatoes Fresh Fruit in Season</p>	<p>23</p> <p>Fish Sandwich Whole Wheat Bun Mixed Vegetables Mixed Greens & Tomato Salad Fresh Orange</p>
<p>26</p> <p>Chicken Marsala Whole Grain Pasta Green Peas & Carrots Zucchini & Summer Squash Tropical Fruit</p>	<p>27</p> <p> Beef Enchilada w/Cheese Tortilla Soup Spanish Rice Chukwagon Corn Garden Vegetable Salad Fresh Orange</p>	<p>28</p> <p>Roast Pork w/Apples Whole Grain Bread California Blend Vegetables Parslied Potatoes Fresh Watermelon</p>	<p>29</p> <p>Orange Glazed Chicken Imperial Brown Rice Spinach Shred. Carrots & Mand. Salad Fresh Fruit in Season</p>	<p>30</p> <p>Hamburger w/Cheese Country Potato Salad Cucum., Tom. & Onion Salad Fresh Honeydew Melon</p>

 = Higher in sodium

ALWAYS HAPPENING

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.

Did You Know?

U.S. citizens or permanent residents who are at least 62 years old, or those who receive disability benefits can purchase a Lifetime Senior Pass to U.S. National Parks and other sites for a one-time processing fee of \$10. This pass admits seniors free of charge to most U.S. national parks, forests, refuges, monuments and recreation areas.

- In national parks where a “per person” entrance fee is charged, the Senior Pass admits you plus three other adults (who need not be seniors).
- The lifetime national parks Senior Pass also gives seniors a 50 percent discount on federal use fees charged for camping, swimming, boat launching, parking and tours.

For more information, call the National Park Service at 1-888-ASK-USGS (1-888-275-8747) or visit www.nationalparkstraveler.com.

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 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., 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.

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

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.

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.

Please don't swim with infections, sores, or wounds.

Germs that cause illness can be spread from broken skin, even just microscopic amounts, in well-maintained pools. And even if your wound is covered, pool water can dry out and damage newly forming skin cells. This means swimming with open sores is bad for you and not safe for others. Please help make sure that everyone has a healthy pool to enjoy.

Lane #1 Walk/Swim Schedule (Lanes #2 and #3 are always designated for swimmers only)

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	
Walk	Swim	Walk	Swim	Walk	Swim
					
3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	
Swim	Walk	Swim	Walk	Swim	
					

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.santaclaraca.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.

Day/Overnight Trips

<i>Monterey Movie Tour</i>	<i>August 8</i>
<i>Murals of the Mission</i>	<i>August 13</i>
<i>Golden Gate Fields</i>	<i>August 22</i>
<i>Cache Creek</i>	<i>August 29</i>
<i>Santa Rosalia Festa Italia</i>	<i>September 7</i>
<i>Santa Cruz Follies</i>	<i>September 12</i>
<i>Duck Tour</i>	<i>September 24</i>
<i>SF Giants vs. San Diego Padres</i>	<i>September 29</i>
<i>Southern Oregon Getaway</i>	<i>October 2–6</i>
<i>Dragon Slayers</i>	<i>October 9</i>
<i>Mystery Trip</i>	<i>October 17</i>
<i>Jackson Rancheria Casino</i>	<i>October 29</i>

Let's Talk Travel

August 28, 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.

New Trips

New trips were released at 1:00 p.m. on July 24. Santa Clara Residents were allowed to register for the new trips at that time. Non-resident registration began on the following Monday. See the August 2013 issue of the Adventures To Go Newsletter for detailed trip information and a complete listing of 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.

Duck Tour

No. 50590 • Tuesday, September 24 • \$106 per person

Activity level: MEDIUM – approx. 1 1/2 hour drive each way; periods of walking, standing, and sitting. Wear good walking shoes and dress in layers.

Laugh and Learn by Land & Sea aboard a San Francisco Duck as the captain takes you through San Francisco, a splash into the San Francisco bay and a cruise around McCovey Cove. While on the water get behind the wheel and drive the duck, if you want. Your captain will entertain you with stories of past and present. Learn about San Francisco history, the bay, its famous personalities and the area's impact on the state and our nation. Find out about the city's role in film, song and sports too! You'll pass by many San Francisco attractions and historic sites. Afterward enjoy a hosted lunch at Delancey Street restaurant. The meal will include a cup of Soup Du Jour, choice of: ½ Roasted Chicken, Caribbean Grilled Chicken Salad, Grilled Filet of Salmon, Chipotle Glazed Pork Loin, or Vegetarian Pasta Primavera, a non-alcoholic beverage, and Vanilla Bean Ice Cream with Biscotti for dessert. **Motor coach leaves promptly at 8:30 AM and returns at approximately 3:30 PM.**

ADVENTURES TO GO

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.

SF Giants vs. San Diego Padres

No. 50476 • Sunday, September 29 • \$84 per person

Activity level: MEDIUM – approx. 1 hour drive each way; long walk to seats from motor coach; stairs to seats. Dress in layers; wear a hat and sunscreen. Seats are in the shade but may be in the sun for part of the day.

It's Fan Appreciation Day at AT&T Park in San Francisco – always a sell out – and we have tickets! Throughout the game there will be prizes galore given to fans sitting in the “lucky” seats. You may be the fan to win the car at the end of the game. We will arrive at the ballpark early to give you plenty of time to explore and purchase food before the game begins at 1:05 PM. We will be dropped off at the entrance near the Orlando Cepeda statue for easy access to our lower box seats that are located in a shaded area by left field. Please note: Game time is subject to change for television coverage; you will be notified if game time changes. **Motor coach leaves promptly at 10:00 AM and returns at approximately 5:30 PM.**

Southern Oregon Getaway

No. 50477 • Wednesday-Sunday, October 2–6

Per person: \$992 double occupancy and \$1318 single occupancy

Half the fee is due at time of registration; balance due August 2

Activity level: MEDIUM/HIGH – approx. 9 hour drive each way that includes two extended rest stops for dining and/or shopping. A detailed itinerary will be mailed to the travelers approximately two weeks prior to the trip.

We'll travel by deluxe motor coach provided by Royal Coach Tours and spend 4 nights at the luxurious Ashland Springs Hotel located in the heart of Ashland, just steps away from the Shakespeare Festival. Amenities include baggage handling, expanded continental breakfast, late night snack, hosted welcome dinner, fitness room, restaurant, spa, non-smoking environment, feather down pillows and blankets, flat screen TV with HBO, English Garden, gift shop, and more. On Thursday, there will be plenty of time to shop, explore the galleries, take a tour, or relax before we go to an evening performance of A Streetcar Named Desire at the Angus Browner Theatre. On Friday we will tour the Harry and David Factory to see how America's favorite treats are made. There will be time to shop at the Harry and David Country Store for holiday gift packages, cooking items, home décor, and fresh produce. In the afternoon we will step back in time in Jacksonville. We will start our visit with a hosted lunch at the historic Jacksonville Inn then take a guided tour in a trolley where a costumed docent will share interesting stories and about this gold rush era town. Entrée choices include Hazelnut Chicken with Fresh Pear Sauce, Grilled Salmon Flatbread Sandwich, Classic French Dip, and Grilled Garden Vegetable Fettuccine Marinara with Kalamatta Olives. On Saturday we will enjoy a Oregon Shakespeare Backstage Tour that includes a visit to three auditoriums and the areas behind the Elizabethan

Stage. We will also travel the scenic Hwy 66 with a step-on guide who will share interesting facts and points of interest along the way and enjoy a hosted lunch at the historic Pinehurst Inn. Entrée choices include Chicken Piccata, Italian Sausage Spaghetti, and Spinach Ravioli. That evening we will see a performance of Cymbeline at the Elizabethan Theatre under the stars. Please note: On our travel days to and from Ashland, we will take an extended rest stop at Granzella's in Williams and downtown Mount Shasta to break up our time on the motor coach. A trip flyer with more information is available at the Senior Center. **Motor coach leaves promptly at 8:00 AM on Wednesday and returns at approximately 4:00 PM on Sunday.**

Dragon Slayers

No. 50591 • Wednesday, October 9 • \$66 per person

Activity level: MEDIUM – approx. 45 minute drive each way; periods of walking, standing, and sitting. Wear good walking shoes and dress in layers. Bring a lunch or purchase lunch.

River's Crest Dragon Slayers in Aptos is an innovative, animal therapy program for physically challenged children and adults, using rare and unusual animals as a medium. Teaching self-confidence, awareness and conservation, Dragon Slayers has served the physically challenged community for over 35 years. A visit to this beautiful, one-of-a-kind facility offers unmatched learning opportunities and lots of fun! During the 90-minute tour, you'll interact with animals from all over the world, and meet incredible people who share their lives with these wonderful creatures. Meet, touch and learn about animals: including emu, camel, zebra, miniature Brahma bull family, llama, giant African tortoises, miniature horses and donkeys, a wide array of unusual birds, and many more animal residents. Afterward enjoy free time (no host lunch) in downtown Capitola-by-the-Sea. Explore the shops, galleries, and museum in downtown Capitola with time for lunch on your own. Bring your own lunch and take a seat at one of the many benches lining the beach or enjoy ocean view dining at one of the many restaurants along the water's edge. **Motor coach leaves promptly at 10:00 AM and returns at approximately 4:30 PM.**

Jackson Rancheria Casino

No. 50593 • Tuesday, October 29 • \$43 per person

Activity level: MEDIUM – approx. 2 1/2 hour drive each way; periods of walking, standing, and sitting.

Let the games begin! There are 49 gaming tables, 9 poker tables and over 1500 slot and video poker machines for your enjoyment at this casino in Jackson. Dining options include a buffet at Raging River or an expanded menu at Uncle Bud's. For a quick snack there's Café Express, offering hot dogs, salads, sweet treats, side dishes, and beverages. Casino bonus: \$10 Slot Play and \$5 Food Credit. Please note: bonuses subject to change without notice. **Motor coach leaves promptly at 7:30 AM and returns at approximately 6:00 PM.**