



# Santa Clara Senior Center NEWS

September 2013

## Fall Prevention Awareness Week: Preventing Falls - One Step at a Time

In a blink your life can change, just by missing the step up to your door. 765 Santa Clarans, age 50+, spent time in the emergency room due to a fall in 2011, and 190 more were hospitalized. Sometimes, after a fall, we never return to our previous level of ability, and just the fact that we fell once means we are more at risk of falling again.

During the week of September 22 - 28, the Health & Wellness Program puts the spotlight on preventing falls.

See the nurses for more information, to schedule a free home safety check, and learn about ways to lower your risk. Don't become a fall statistic - learn how to keep steady and strong.



## Senior Center Emergency Generator is Operational

The Senior Center has a new generator to use as a community resource during declared emergencies. When the Director of the Emergency Operations Center (EOC) declares an emergency in the City of Santa Clara, the Senior Center can be opened as a community shelter once it has been declared safe. After authorization from the EOC, the generator may be activated by trained City staff. The generator will be exercised regularly and maintained by the Building Maintenance Division of the Public Works Department. To ensure the generator is ready to perform in a declared emergency, it will not be activated during an ordinary power outage.

## The Nurses Need Your Help!

The Health & Wellness Program has been approved for a grant from the Parks & Recreation Commission, which disperses funds raised by the City's annual Art & Wine Festival in support of local organizations and groups.

### Saturday & Sunday, September 14 & 15

We need about 25 volunteers who are available for two-hour shifts to help man our booth selling beer/wine tickets and commemorative glasses.

We'd love to have you join us - please contact: Mallory, Larisa, or Wendy ASAP at (408) 615-3170 to sign up.

*We guarantee you'll have a great time in exchange for your support of Santa Clara seniors!*

## Lunch Meet:

### Managing Your Records and Information

Thursday, September 19, 12:30 – 1:30 p.m. Room 232

- Do you have papers piling up?
- How long should you keep documents, receipts, and warranties?
- How long should you hold on to tax records?
- What do I need to know about Senior Shred Day?

Learn how to manage your records. Representatives from ARMA will tell you what to keep and what to toss. You can then sort your stacks of paper and put those important documents in order. ARMA will also highlight the details for Senior Shred Day in October when you may safely dispose of any unwanted paper clutter.

All are welcome to attend this free drop-in program. Bring your lunch if you'd like. No registration is required.

Santa Clara Parks and Recreation Department

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

[www.santaclaraca.gov/seniorcenter](http://www.santaclaraca.gov/seniorcenter) • [custservscenter@santaclaraca.gov](mailto:custservscenter@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*)



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# SERVICES AVAILABLE AT THE SENIOR CENTER

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

	Provider	Phone/Website
<p><b>Care Management Services</b>            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><b>Santa Clara Parks &amp; Recreation and Sourcewise</b></p>	<p><b>615-3170</b>  <a href="http://www.santaclaraca.gov">www.santaclaraca.gov</a>  <a href="http://www.mysourcewise.com">www.mysourcewise.com</a></p>
<p><b>Health and Wellness Services</b>            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><b>Santa Clara Parks &amp; Recreation</b></p>	<p><b>615-3170</b>  <a href="http://www.santaclaraca.gov">www.santaclaraca.gov</a></p>
<p><b>Health Insurance &amp; Medicare Counseling (HICAP)</b>            Free information and assistance on Medicare related issues.            Tuesdays by appointment. Services available to anyone on Medicare.</p>	<p><b>Sourcewise</b></p>	<p><b>615-3170</b>  <a href="http://www.mysourcewise.com">www.mysourcewise.com</a></p>
<p><b>Senior Information and Resources</b>            Information, resource, and referral services for seniors at home.            Services available to City of Santa Clara seniors age 50+</p>	<p><b>Santa Clara Parks &amp; Recreation</b></p>	<p><b>615-3170</b>  <a href="http://www.santaclaraca.gov">www.santaclaraca.gov</a></p>
<p><b>SPA</b>            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><b>Santa Clara Parks &amp; Recreation</b></p>	<p><b>615-3170</b>  <a href="http://www.santaclaraca.gov">www.santaclaraca.gov</a></p>
<p><b>Legal Assistance</b>            Free legal assistance available by appointment. Services available to Santa Clara County seniors age 60+</p>	<p><b>Senior Adult Legal Assistance (SALA)</b></p>	<p><b>615-3170</b>  <a href="http://www.sala.org">www.sala.org</a></p>
<p><b>Dining Out</b>            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><b>Santa Clara Parks &amp; Recreation and Santa Clara County</b></p>	<p><b>615-3174</b>  <a href="http://www.santaclaraca.gov">www.santaclaraca.gov</a></p>
<p><b>Tax Assistance</b>            Offered throughout the year.</p>	<p><b>AARP volunteers</b></p>	<p><b>615-3170</b></p>
<p><b>Notary Service</b>            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><b>Volunteer</b></p>	<p><b>615-3170</b>  <a href="http://www.santaclaraca.gov">www.santaclaraca.gov</a></p>

**Additional resources for seniors are available online @ [www.santaclaraca.gov](http://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 aims to improve your balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength. *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. • Intermediate Level**

**Tuesdays & 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*

## Senior Computer Class - Improve Your Internet Search #50415

**Wednesday • September 25 • 1–2 p.m.**

**Senior Center Computer Lab, Room 231**

Looking for something? Receive hands-on instruction in using an Internet browser to navigate the web and for finding materials in the Library’s catalog. Get search tips and resources for improving your Internet searches.

*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

## Health & Wellness Survey!

We want to hear from YOU! To continue to ensure quality service for our seniors, please participate in our Health & Wellness Survey. Surveys will be available for two weeks, and can be picked up at various locations at the Senior Center. Please turn in completed surveys at the front desk, and receive a raffle ticket in return. A raffle will be held at the completion of the survey period (you do not need to be present to win). Thank you for the opportunity to learn how we can serve you even better!

### Fall Wellness Series

**Tuesdays • 12:30–2 p.m. • Room 149**

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

### Beat the Winter Bug #50606

**Tuesday, September 24**

Do Vitamin C and zinc really work against colds? How do you know if you have just a virus or something more serious? Are you sure you are washing your hands the right way? Come find out the answers to these questions and more! There is a lot we can do to prevent illness during the fall and winter months, and small changes can make a big difference in getting sick or staying healthy. Come join us to learn how you can “beat the bug”!

## FREE Flu Shot Clinic-Coming in October

Fall is coming, and that means it's almost time for your annual flu shot! The Flu Shot clinic will be held at the Senior Center in October (exact date/time TBD), and is FREE for all adults 18 yrs. and older. If you are on Medicare, you will need to bring a copy of your Medicare card with you. Sorry, Kaiser patients are not eligible for this clinic. Stay tuned for more details! This important service is being provided in partnership with Santa Clara County Dept. of Public Health.

## 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.

## Blood Pressure Volunteers Needed

**Thursdays • 9:30–11:30 a.m.**

Our health conscious seniors need you! We are seeking a friendly nurse with a current CA nursing license to join us on a couple of Thursday mornings, and volunteer for this important service! Contact Susan Bates, Volunteer Coordinator, or Wendy Talbert, RN in the Health and Wellness Program for more information (408-615-3170).

## Transitions Support Group

**Mondays • 1–2:30 p.m. • Room 205**

**September 16–November 25**

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.

## 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!

## 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.

## 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.

## 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
<b>Games, Games, Games</b>					
Mexican Train, Dominos, Cribbage and more	Mon, Wed	1:00-3:00 p.m.	Auditorium	Staff 615-3170	Welcome
<b>Card Games</b>					
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
<b>Active Games</b>					
Wii	Mon-Fri Sat	7:00 a.m.-4:30 p.m. 9:00-11:30 a.m.	Fitness Center	Staff 615-3170	Welcome

# SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;"><b>2</b></p> <p style="text-align: center;"><b>CENTER CLOSED</b> <b>LABOR DAY HOLIDAY</b></p>	<p style="text-align: right;"><b>3</b></p> <p>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45</p> <p style="text-align: center;"><b>TGA Tuesday Dance</b> <b>Nob Hill Sounds 7:30-10:30pm</b></p>	<p style="text-align: right;"><b>4</b></p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4</p>
<p style="text-align: right;"><b>9</b></p> <p style="text-align: center;"><b>CENTER CLOSED</b> <b>ADMISSION DAY HOLIDAY</b></p>	<p style="text-align: right;"><b>10</b></p> <p>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45</p> <p style="text-align: center;"><b>TGA Tuesday Dance</b> <b>10th Avenue Band 7:30-10:30pm</b></p>	<p style="text-align: right;"><b>11</b></p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4</p>
<p style="text-align: right;"><b>16</b></p> <p>Brain Busters 9-10 Transitions Support Group 1-2:30 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4</p>	<p style="text-align: right;"><b>17</b></p> <p>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45</p> <p style="text-align: center;"><b>TGA Tuesday Dance</b> <b>Colin Dickey, D.J. 7:30-10:30pm</b></p>	<p style="text-align: right;"><b>18</b></p> <p>Computer Lab, Billiards 7-4:30 Snack Bar 8-4</p>
<p style="text-align: right;"><b>23</b></p> <p>Brain Busters 9-10 Transitions Support Group 1-2:30 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4</p>	<p style="text-align: right;"><b>24</b></p> <p><b>ADVENTURES TO GO:</b> <b>Duck Tour 8:30</b> Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45</p> <p style="text-align: center;"><b>TGA Tuesday Dance</b> <b>Tenor Band 7:30-10:30 PM</b></p>	<p style="text-align: right;"><b>25</b></p> <p><b>Woodshop Orientation Class 9:30-11:30</b> <b>Let's Talk Travel 12:30</b> Computer Lab/Billiard Room 7-4:30 <b>Computer Lab Closed for Computer Class 12:30-2:30</b> Snack Bar 8-4</p>
<p style="text-align: right;"><b>30</b></p> <p>Brain Busters 9-10 Transitions Support Group 1-2:30 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4</p>		

THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;"><b>5</b></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;"><b>Thursday Night Dance</b>  <b>Geri Foley, D.J. 7:30-10:30pm</b></p>	<p style="text-align: right;"><b>6</b></p> <p><b>A Few Good Men (and Women too!) 12:30-2</b>                      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;"><b>7</b></p> <p><b>ADVENTURES TO GO:</b>  <b>Santa Rosalia Festa Italia 9:00</b>                      Snack Bar, Computer Lab, Billiards 9-11:30</p>
<p style="text-align: right;"><b>12</b></p> <p><b>ADVENTURES TO GO:</b>  <b>Santa Cru Follies 10:00</b>  <b>Clutter Free 10:30-12</b>                      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;"><b>Thursday Night Dance</b>  <b>The Casuals 7:30-10:30pm</b></p>	<p style="text-align: right;"><b>13</b></p> <p><b>A Few Good Men (and Women too!) 12:30-2</b>                      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;"><b>14</b></p> <p><b>Art &amp; Wine Festival 14th &amp; 15th 10-5</b>                      Snack Bar, Computer Lab, Billiards 9-11:30</p>
<p style="text-align: right;"><b>19</b></p> <p><b>Welcome Newcomers! 10:30</b>  <b>Lunch meet 12:30</b>                      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;"><b>Thursday Night Dance</b>  <b>Lyratones 7:30-10:30pm</b></p>	<p style="text-align: right;"><b>20</b></p> <p><b>A Few Good Men (and Women too!) 12:30-2</b>                      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;"><b>21</b></p> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<p style="text-align: right;"><b>26</b></p> <p><b>Clutter Free 10:30-12</b>                      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;"><b>Thursday Night Dance</b>  <b>Nob Hill Sounds 7:30-10:30pm</b></p>	<p style="text-align: right;"><b>27</b></p> <p><b>A Few Good Men (and Women too!) 12:30-2</b>                      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;"><b>28</b></p> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>

# DINING OUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Holiday No Meal</p> <p><b>2</b></p>	<p>Baked Fish Herbed Brown Rice Pilaf Mixed Vegetables Confetti Slaw Pineapple</p> <p><b>3</b></p>	<p>Chicken Cacciatore Whole Grain Pasta Spinach Mixed Green Salad Strawberry Whip</p> <p><b>4</b></p>	<p> Stuffed Bell Peppers Lentil Soup Seasoned Carrots Tossed Green Salad Fresh Melon Cup</p> <p><b>5</b></p>	<p>Creamed Turkey &amp; Vegetables Buttermilk Biscuit Country Trio Vegetables Romaine Iceberg Salad Tropical Fruit Cup</p> <p><b>6</b></p>
<p>Holiday No Meal</p> <p><b>9</b></p>	<p> Spaghetti w/Meatballs Ministrone Soup Oregon Bean Medley Tossed Salad Fresh Cantaloupe</p> <p><b>10</b></p>	<p>BBQ Pulled Pork Succotash Spinach Romaine Salad Tropical Fruit</p> <p><b>11</b></p>	<p>Homestyle Turkey Patty w/Gravy California Blend Vegetables Sweet Potatoes Chilled Pears</p> <p><b>12</b></p>	<p>Roast Beef w/Gravy Whole Grain Bread French Cut Green Beans Whipped Potatoes Fresh Orange</p> <p><b>13</b></p>
<p>Beef Salisbury Patty w/Gravy Whole Grain Bread Peas &amp; Carrots Whipped Potatoes Fresh Orange</p> <p><b>16</b></p>	<p>Chicken Fajita w/Cheese Bell Peppers &amp; Onions Fresh Pinto Beans Fiesta Slaw Pineapple</p> <p><b>17</b></p>	<p>Roast Turkey w/Gravy Whole Grain Bread Mixed Vegetables Romaine Iceberg Salad Citrus Fruit Cup</p> <p><b>18</b></p>	<p> Beef Lasagna Whole Grain Bread California Blend Vegetables Spinach Romaine Salad Fresh Fruit in Season</p> <p><b>19</b></p>	<p> Chicken Salad Navy Bean Soup Mixed Greens &amp; Tomato Salad Pasta Vegetable Salad Fresh Strawberries</p> <p><b>20</b></p>
<p>Braised Chicken w/Bean Sauce Brown Rice California Blend Vegetables Tossed Salad Fresh Watermelon</p> <p><b>23</b></p>	<p> Chili w/Turkey &amp; Beans Cornbread French Cut Green Beans Spinach Romaine Salad Fresh Cantaloupe</p> <p><b>24</b></p>	<p>Roast Beef Patty Wheat Roll Diced Potatoes Broccoli Salad w/Raisins Apple Crisp</p> <p><b>25</b></p>	<p>Roast Pork w/Gravy Whole Grain Bread Mixed Vegetables Carrot Pineapple Salad Fresh Orange</p> <p><b>26</b></p>	<p>Baked Fish w/Fresh Salsa Brown Rice Pilaf Oregon Bean Medley Coleslaw Fresh Banana</p> <p><b>27</b></p>
<p> Roast Turkey w/Gravy Bread Stuffing Capri Blend Vegetables Spinach Romaine Salad Pineapple-Mandarin Oranges</p> <p><b>30</b></p>	<p>ALTERNATIVE MEALS</p> <p>WEEK 1: Chinese Chicken Salad, Vegetarian Niçoise Salad, Egg Salad Sandwich, Vegetarian Patty Burger w/Pita Bread</p> <p>WEEK 2: Tuna Salad, Vegetarian Cucumber Salad, Turkey Sandwich, Vegetarian Patty Burger</p> <p>WEEK 3: Chicken Pasta Salad, Vegetarian Cottage Cheese Salad, Tuna Salad Sandwich, Vegetarian Patty Burger</p> <p>WEEK 4: Chef Salad, Vegetarian Green Peas Salad, Roast Beef Sandwich, Vegetarian Patty Burger w/Pita Bread</p> <p>WEEK 5: Greek Chicken Salad, Vegetarian Bean Salad, Turkey Sandwich, Vegetarian Patty Burger</p>			

 = 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).

## Woodshop

**Thursdays 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).

## 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 Kadlecsek 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](http://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.

## Holiday Craft Faire

**Saturday, November 16, from 9 a.m.-2 p.m.**

Talented artisans are encouraged to apply.

Applications will be available: at the Senior Center and online ([www.santaclaraca.gov](http://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.

### Did You Know?

Seniors today face an increasingly difficult time when making decisions about insurance. Changing laws, more choices, and the threat of scams combine to make these decisions even more stressful. The California Department of Insurance (CDI) has a Senior Insurance Bill of Rights (SIBOR). It is illegal under California law for an insurance agent or insurance company to misrepresent the terms or benefits of any insurance policy. If you are 65 years of age or older you are owed a duty of honesty, good faith, and fair dealing by an insurer, broker, or agent.

You will find valuable alerts, advisories, and press releases on the senior section of the CDI website along with information about long term care insurance, Medicare, annuities, and more. Before buying an insurance policy:

- Obtain all proposals in writing.
- Take as much time as you need to review the information.
- Do not sign anything you do not understand.

For more information go to: <http://www.insurance.ca.gov/0150-seniors> or call the California Department of Insurance Consumer Hotline at 1-800-927 4357.

# 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

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.

## 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.

## Shower with soap before suiting up!

What you can’t see on your skin ends up in the pool, such as bacteria, lotions, and body oil. This means we have to change the spa water more often than regularly scheduled. Just tiny amounts of germs that cause diarrhea can spread when other swimmers swallow contaminated water, even in well-maintained pools. Please do not swim if you have been ill within the last two weeks with diarrhea. We know it can feel like a hassle to take this extra step, but ***please take the time to shower with soap before you swim.***

## 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](http://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>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>Bay Bridge Lights</i> .....	<i>October 19</i>
<i>Jackson Rancheria Casino</i> .....	<i>October 29</i>
<i>Reno Getaway</i> .....	<i>November 18–20</i>
<i>Beach Blanket Babylong</i> .....	<i>December 8</i>
<i>Beach Blanket Babylon</i> .....	<i>December 15</i>

## Let's Talk Travel

**September 25, 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 Let's Talk Travel on August 28. Santa Clara Resident Registration began at that time. Non-resident registration began on the following Monday. See the September 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](http://www.santaclaraca.gov) under Parks & Recreation and Senior Center. For registration information, drop by the Senior Center office or call (408) 615-3170.

## 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.**

# 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.*

## 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 an 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.**

## 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.**

## Beach Blanket Babylon

**No. 50650 • Sunday, December 8**

**No. 50651 • Sunday, December 15**

**\$139 per person**

*Activity level: MEDIUM – approx. 1 hour drive each way; moderate walking. You must be able to walk one flight of stairs to theatre entrance and to the balcony.*

We're off to San Francisco for a hosted luncheon at Capp's Corner. The meal begins with minestrone soup and green salad. Your entrée choice of Filet of Sole, Eggplant Parmigiana, Chicken Scaloppini, or Pork Tenderloin will be served with pasta marinara and braised vegetables. Dessert is Spumoni Ice Cream. After lunch we'll enjoy a festive holiday performance of Beach Blanket Babylon, the longest running musical revue in theatre history. The delightfully entertaining musical spoof of pop culture featuring extravagant costumes and outrageously huge hats is a great way to usher in the holidays, and an excellent excuse to let loose and laugh. The holiday show features a chorus line of tap dancing Christmas trees, special parodies of traditional Christmas carols, and those GIGANTIC zany hats that have made the show so famous. We'll end our day with a holiday lights tour. **Motor coach leaves promptly at 1:30 PM and returns at approximately 8:00 PM.**