Santa Clara Senior Center
NEWS
October 2013

Senior Shred Day

Friday, October 11 • 9:00 a.m.–12:00 p.m.
Santa Clara Senior Center

Are you a senior who is being buried in piles of paper work? You are not alone and we can help. A partnership between ARMA Silicon Valley Chapter, Iron Mountain, and the City of Santa Clara will provide an opportunity for seniors to safely dispose of unnecessary paper. Seniors may bring up to four cubic feet of material Two secure bins will be available at the Senior Center for early drop off from Tuesday October 8 through Thursday October 10. Call the Senior Center 1-408-615-3170 with questions.

Holiday Craft Faire

Saturday, November 16 • 9:00 a.m.–2:00 p.m.

The Holiday Season is fast approaching and the Senior Center is ready to help! This year's Craft Faire is packed with talented artists and crafters. Don't miss your chance to purchase beautifully hand-crafted gifts for all the "nice" people on your list!

This year's Faire will showcase items from many different disciplines, including woodworking, knitting, photography, ceramics, jewelry and more. While you wander through the booths listening to holiday music, make sure to have a cup of hot chocolate from our snack bar where you can find breakfast, lunch and snack items.

LADIES, LADIES – UP FOR SOME SPOOKY FUN?

Thursday, October 10 • 2:00 p.m. • Auditorium

Have you noticed ghosts and goblins around the Senior Center lately? Not the scary ones - only the friendly ones of course! Now that we have your attention, we want to invite you to our Santa Clara Women's League Open House. You can munch on delicious snacks, make some new friends, maybe win a prize AND hear all about our organization.

We were founded in 1983 by an ambitious group of women who wanted to assure the Senior Center Health and Wellness Program remained strong and funded in the future.

We need your help in continuing that pledge – we have one purpose only – a commitment to improving the quality of life for the seniors in Santa Clara through our support of the Health and Wellness Program. We need you- Make a difference, Be the difference. We promise it will be a fun-filled afternoon with friendly phantoms all around! If you are unable to attend, but would like more information about the Santa Clara Women's League, please contact Emily Adorable, SCWL President at 408-296-6560 or aadorable@sbcglobal.net.

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

Santa Clara All-America City 2001

SERVICES AVAILABLE AT THE SENIOR CENTER

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

	Provider	Phone/Website
Care Management Services Services available by appointment: in-home assessment, connection to community resources, service coordination. Services available to City of Santa Clara seniors age 60+.	**Santa Clara Parks & Recreation and Sourcewise**	**615-3170** **www.santaclaraca.gov** **www.mysourcewise.com**
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+.	**Santa Clara Parks & Recreation**	**615-3170** **www.santaclaraca.gov**
Health Insurance & Medicare Counseling (HICAP) Free information and assistance on Medicare related issues. Tuesdays by appointment. Services available to anyone on Medicare.	**Sourcewise**	**615-3170** **www.mysourcewise.com**
Senior Information and Resources Information, resource, and referral services for seniors at home. Services available to City of Santa Clara seniors age 50+	**Santa Clara Parks & Recreation**	**615-3170** **www.santaclaraca.gov**
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.	**Santa Clara Parks & Recreation**	**615-3170** **www.santaclaraca.gov**
Legal Assistance Free legal assistance available by appointment. Services available to Santa Clara County seniors age 60+	**Senior Adult Legal Assistance (SALA)**	**615-3170** **www.sala.org**
Dining Out Nutritionally balanced lunch served weekdays 11:30am. Advanced reservations are required. $3.00 donation. Services available to Santa Clara County seniors age 60+.	**Santa Clara Parks & Recreation and Santa Clara County**	**615-3174** **www.santaclaraca.gov**
Tax Assistance Offered throughout the year.	**AARP volunteers**	**615-3170**
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.	**Volunteer**	**615-3170** **www.santaclaraca.gov**

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

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

CLASSES

Dance for Health

Mondays • 11:00–12:00 p.m.

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

No Falls S.O.S.

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

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

Gentle aerobic, toning and stretching exercises will improve your balance, flexibility, endurance, range of motion, sense of equilibrium and core muscular strength. Exercises will include chairs for props while sitting or standing. All abilities are welcome. Individuals utilizing mobility aids (walkers, canes, wheelchairs, etc) are encouraged to register.
Instructor – 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 - Drop-In Lab Help #50416

Wednesday • October 23 • 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***

Introduction to Woodworking

October 21, 23, 25 • 8:30-11:30 a.m. • #50576
November 18, 20, 22 • 8:30-11:30 a.m. • #50577

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

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

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 seniors. Join us for some interesting discussions and up-to-date information! *Please register early (classes will be cancelled due to low enrollment).*

Planning Your Final Party #50607

Tuesday, October 8

Making your own final arrangements can be a comfort and a gift to ourselves and to our families. There are lots of options to consider, and many new resources, thanks to the Internet. This is not about wills and forms - join our discussion to think about the end, and to share ideas and experiences. Instructor: Mallory von Kugelgen, RN, PHN, Geriatric Care Manager.

Wake Up Your Thyroid #50608

Tuesday, October 22

A properly functioning thyroid helps regulate many body systems, but what happens if your thyroid is not working well? Join us for an overview on how the thyroid works, signs and symptoms of thyroid problems, and what we can do to maintain a healthy thyroid. Instructor: Larisa Polozova, RN, MMS

Senior Center Flu Shot Clinic

Tuesday, October 15th • 11:00am-1:00pm
Room 222

Free flu shots for all adults 18 yrs and over. If you are on Medicare, please bring a copy of your Medicare card. Sorry, Kaiser patients are not eligible for this clinic. This important service is being provided in partnership with Santa Clara County Dept. of Public Health.

Hearing Testing

Friday, November 8th • 9:00-11:00am

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

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.

Coming in October! New Stress Reduction Session on Saturdays!

Please contact Wendy Talbert, RN at 615-3175 for more information.

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.

Finding Peace in a Frantic World

Mondays • 12–1 p.m. • Room 149
October 7–November 7

Back by popular demand, our new session will help you reduce stress and take control of anxiety using Mindfulness Based Cognitive Therapy (MBCT) techniques. Stop stressing, start living!

Brain Busters

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. 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. No registration is required and participation is free.

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
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

OCTOBER

MONDAY	TUESDAY	WEDNESDAY
	1 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 **TGA Tuesday Dance** **Nob Hill Sounds 7:30-10:30pm**	**2** **ADVENTURES TO GO:** **Southern Oregon Getaway 8:00** Computer Lab, Billiard Room 7-4:30 **Computer Lab Closed for Class 8:15-11:30** Snack Bar 8-4
7 **Brain Busters 9-10** **Transitions Support Group 1-2:30** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**8** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 **TGA Tuesday Dance** **10th Avenue Band 7:30-10:30pm**	**9** **ADVENTURES TO GO:** **Dragon Slayers 10:00** Computer Lab, Billiard Room 7-4:30 **Computer Lab Closed for Class 8:15-11:30** Snack Bar 8-4
14 **CENTER CLOSED** **COLUMBUS DAY HOLDIDAY**	**15** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 **TGA Tuesday Dance** **Ron Borelli, D.J. 7:30-10:30pm**	**16** Computer Lab, Billiard Room 7-4:30 **Computer Lab Closed for Class 8:15-11:30** Snack Bar 8-4
21 **Brain Busters 9-10** **Transitions Support Group 1-2:30** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**22** VTA **11-11:30** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 **TGA Tuesday Dance** **Casuals 7:30-10:30 PM**	**23** **Let's Talk Travel 12:30** Computer Lab, Billiard Room 7-4:30 **Computer Lab Closed for Class 8:15-11:30** **Computer Lab Closed for Class 12:30-2:30** Snack Bar 8-4
28 **Brain Busters 9-10** **Transitions Support Group 1-2:30** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**29** **ADVENTURES TO GO:** **Jackson Rancheria Casino 7:30** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 **TGA Tuesday Dance** **Geri Foley, D.J. 7:30-10:30 PM**	**30** Computer Lab, Billiard Room 7-4:30 **Computer Lab Closed for Class 8:15-11:30** Snack Bar 8-4

THURSDAY	FRIDAY	SATURDAY
3 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 **Thursday Night Dance** **Geri Foley, D.J. 7:30-10:30pm**	**4** **A Few Good Men (and Women too!) 12:30-2** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45	**5** Snack Bar, Computer Lab, Billiards 9-11:30
10 **Clutter Free 10:30–12** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 **Thursday Night Dance** **The Casuals 7:30-10:30pm**	**11** **A Few Good Men (and Women too!) 12:30-2** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45	**12** Snack Bar, Computer Lab, Billiards 9-11:30
17 **ADVENTURES TO GO:** **Myster Trip 8:00** **Welcome Newcomers! 10:30** **Lunch meet 12:30** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 **Thursday Night Dance** **Lyratones 7:30-10:30pm**	**18** **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	**19** **ADVENTURES TO GO:** **Bay Bridge Lights 3:15** Snack Bar, Computer Lab, Billiards 9-11:30
24 Computer Lab / Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 **Thursday Night Dance** **Nob Hill Sounds 7:30-10:30pm**	**25** **A Few Good Men (and Women too!) 12:30-2** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45	**26** Snack Bar, Computer Lab, Billiards 9-11:30
31 **Clutter Free 10:30–12** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 **Thursday Night Dance** **10th Avenue Band 7:30-10:30pm**		

DINING OUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cabbage Roll Italian Blend Vegetables O'Brien Potatoes Fresh Honeydew Melon	**2** Baked Fish Steamed Brown Rice Green Peas Romaine Iceberg Salad Fresh Orange	**3** Crispy Oven Baked Chicken Beef Barley Soup Steamed Spinach Coleslaw Fresh Banana	**4** Meatloaf w/Gravy Normandy Blend Vegetables Wheat Roll Whipped Potatoes Mixed Fruit Cup
7 Hot Turkey Sandwich Country Trio Vegetables Whipped Potatoes w/Gravy Tropical Fruit	**8** Chicken Cacciatore/Bell Pep. Brown Grain Pasta Italian Blend Vegetables Spinach Romaine Salad Pineapple Tidbits	**9** Meatloaf w/Gravy Rye Bread Chuckwagon Corn Parslied Potatoes Fresh Orange	**10** Unbreaded Baked Fish Herbed Brown Rice Pilaf Peas & Pearl Onions Confetti Slaw Fresh Banana	**11** Beef Stuffed Bell Peppers Tuscan Bean Soup Mixed Vegetables Tossed Green Salad Apple Crisp
14 Holiday No Meal	**15** Roast Beef w/Gravy Mixed Vegetables Whipped Potatoes Citrus Fruit w/Gelatin	**16** Breaded Baked Fish /Tartar Lentil Soup Steamed Brown Rice California Blend Vegetables Marin. Spring Garden Sal.	**17** Spaghetti w/ Meat Sauce Oregon Bean Medley Garden Salad Mandarin Orange	**18** Ginger Pork w/Broccoli Oriental Blend Vegetables Herbed Potatoes Fresh Pear
21 Roast Turkey/Gravy Whole Grain Bread Stuffing Cut Green Beans Whipped Potatoes w/Gravy Citrus Fruit Cup	**22** Chicken Fajita w/Bell Pepper Fresh Pinto Beans Mixed Green Salad Fresh Fruit in Season	**23** Beef Salisbury Patty Dinner Roll Peas & Carrots Delmonico Potatoes Fresh Orange	**24** Roast Pork w/Gravy Beef Barley Soup Spinach Sweet Potatoes Peach Crisp	**25** Filipino Chicken Adobo Rice Noodles Asian Blend Vegetables Romaine Iceberg Salad Tropical Fruit Cup
28 Unbreaded Fish w/Tartar Sc Brown Rice Pilaf Capri Blend Vegetables Marinated Zucchini Salad Fresh Orange	**29** BBQ Pulled Pork Minestrone Soup Green Salad Chuckwagon Corn Tropical Fruit Cup	**30** Beef Cabbage Roll Mixed Vegetables Tossed Saladw/Broccoli Apple Crisp	**31** Crispy Oven Chicken Dinner Roll California Blend Vegetables Carrot Raisin Salad Halloween Dessert	

= 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 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.Woodshop

Lunch Meet

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

Project Sentinel

Do you have questions regarding your rights as a tenant? Do you feel you are being denied housing unfairly? Items to be discussed include tenant/landlord assistance and fair housing counseling. Project Sentinel can assist individuals with:

- housing issues such as discrimination,
- mortgage foreclosure & delinquency,
- rental issues including repairs, deposits, privacy, dispute resolution,
- home buyer education,
- post purchase education, and
- reverse mortgages.

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

Did You Know?

The Buck Institute for Research on Aging is a world class center focused exclusively on aging research. The Buck Institute brings scientists from many disciplines together to work in a collaborative environment focused on understanding how normal aging contributes to development of conditions associated with age such as Alzheimer's, Parkinson's, cancer, stroke, diabetes, heart disease, macular degeneration, and glaucoma. The research is focused on creating the potential to extend the healthy years of life.

Originally funded through the estate of Beryl Hamilton Buck who died in 1975, the Buck Institute opened its doors in August 1999. The internationally acclaimed architect I.M. Pei designed the facility. The Buck Institute offers community seminars, videos, podcasts, e-newsletters, and information on past and present research. Tours of the facility are offered on Thursday mornings at 10:30 am. Reservations are required. You may contact the Buck Institute for Research on Aging at 1-405-209-2000 or www.buckinstitute.org.

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.

Get clean before getting in.

Shower with soap before jumping in. What you can't see on your skin ends up in the pool, such as bacteria, lotions, or body oil. This is hard on the equipment and is not safe for your fellow swimmers. Please help us keep the pools safe and healthy for all 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.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.

Day/Overnight Trips

Southern Oregon Getaway ..... *October 2–6*
Dragon Slayers ..... *October 9*
Mystery Trip ..... *October 17*
Bay Bridge Lights ..... *October 19*
Jackson Rancheria Casino ..... *October 29*
Day In Old Sacramento ..... *November 7*
Sargent Equestrian Center ..... *November 13*
Reno Getaway ..... *November 18–20*
Poinsettias, Fruit & Nuts ..... *December 5*
Beach Blanket Babylong ..... *December 8*
Golden Gate Fields ..... *December 12*
Beach Blanket Babylon ..... *December 15*
Book of Mormon ..... *January 5*

Let's Talk Travel

October 23, 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 September 25. Santa Clara Resident Registration began at that time. Non-resident registration began on the following Monday. See the October 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.

Day In Old Sacramento

No. 51439 • Thursday, November 7 • $55 per person

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

Join us for a day in Old Sacramento. You will have plenty of time to explore the area and do what you please at your own pace. Whether it be visiting a museum, shopping, or enjoying a leisurely lunch, there will be plenty to keep you busy. Old Sacramento is a blast from the past of the American West, Gold Rush, and great railroad era. With a State Historic Park and several period museums, it gives you a rare look at the era that put Sacramento on the map and established California as a powerhouse of the United States. Be sure to set aside time to visit the California State Railroad Museum, widely regarded as North America's finest and most popular railroad museum. Please note: The trip fee does not cover admissions or lunch. **Motor coach leaves promptly at 8:30 AM and returns at approximately 6:30 PM.**

Sargent Equestrian Center

No. 51437 • Wednesday, November 13 • $121 per person

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

The Sargent Equestrian Center in Lodi is home to the Laurelvale Clydesdales. Enjoy a private group presentation that includes draft horses, quarter horses and mustangs. Learn about the different breeds, tour the barns and enjoy a carriage ride along the countryside. Afterward enjoy a delicious catered buffet luncheon and wine tasting at Oak Ridge Winery. Founded in 1934 and housed in a historic landmark building this winery is proud of its heritage and passionate about creating wonderful wines. From there make a stop at the San Joaquin County Historical Museum and discover the roots of California's heartland as a docent led tour reveals the fascinating history of the region. **Motor coach leaves promptly at 8:00 AM and returns at approximately 6:30 PM.**

Reno Getaway

No. 50648 • Monday-Wednesday, November 18-20

Per person: $219 double occupancy and $269 single occupancy

Optional: No. 50649 Reno Dinner & Show Package

Tuesday, November 19 • $42 per person

Activity level: MEDIUM/HIGH – approx. 6 hour drive each way that includes an extended rest stop for no-host meal. A detailed itinerary will be mailed to the travelers approximately two weeks prior to the trip.

Enjoy round trip motor coach transportation provided by Royal Coach Tours and 2 nights deluxe accommodations at the Eldorado Hotel & Casino in Reno. On Monday we will make a stop mid-way for a no-host meal and will arrive in the Biggest Little City in the World at lunchtime. Upon arrival we will stop at the Nugget Casino in Sparks where you'll receive a casino bonus of $5 Cash & $5 Food Credit. The $10 total bonus may be used for your lunch while at the casino. We will check in at the hotel around 5:15 PM. The remainder of the time in Reno is free to use as you wish. On Tuesday there will be an optional trip to Sheel's in Sparks. You'll be amazed at this shopping experience offering over 248,000 square feet of retail space that includes a Ferris wheel, 16,000 gallon aquarium, fudge factory and more! You may also add an optional dinner & show package which includes the fabulous Eldorado buffet and Fantasy on Ice at the beautiful Eldorado Showroom; register at the Senior Center. Don't miss the opportunity to experience this brand new original production where Cirque meets Ice. Our return trip will include a casino stop at Boomtown in Verdi where you'll receive a casino bonus of $5 Cash and $5 Food Credit. While at Boomtown you may enjoy the complimentary shuttle for a visit to Cabela's, a 125,000 square foot retail showroom featuring décor of museum-quality animal displays. Price includes driver gratuity, baggage handling, and breakfast buffet during your stay at the Eldorado. **Motor coach leaves promptly at 7:30 AM on Monday and returns at approximately 5:30 PM on Wednesday.**

Poinsettias, Fruit & Nuts

No. 50664 • Thursday, December 5 • $93 per person

Activity level: MEDIUM – approx. 1 1/2 hour drive each way; periods of walking, standing, and sitting. Wear good walking shoes. Cash or check required at Duarte's Nursery.

We've put a new twist on an old favorite! A unique holiday shopping experience awaits you as we tour, taste, and shop our way through a few central valley towns. Visit Duarte's Nursery for a guided tour and opportunity to purchase spectacular Poinsettia and Cyclamen plants to grace porches, hearths and to be given as gifts. Duarte's Nursery will be overflowing with crimson, pink, cream, seven different reds and now purple flowers creating a sea of brilliant color. Remember to bring cash or check, as credit cards are not accepted. From there we'll enjoy a hosted lunch at the Fruit Yard Restaurant, Modesto. From there we'll make stops at Nature's Country Store, Manteca for the opportunity to purchase farm fresh fruit, nuts, wine and more. We've saved the best for last with a visit to the Ghirardelli Factory Outlet, Lathrop. As you enter you'll be greeted by the wonderful aroma of chocolate and a free sample. Purchase a treat for yourself at the ice cream counter and coffee bar or shop for friends at family with many special holiday gift packs available for purchase. **Motor coach leaves promptly at 8:30 AM and returns at approximately 6:00 PM.**

Golden Gate Fields

No. 51438 • Thursday, December 12 • $78 per person

Activity level: LOW – approx. 1 hour drive each way; moderate walking; some stairs; elevator.

Enjoy Thoroughbred horse racing at Golden Gate Fields in Berkeley. A buffet lunch at the Turf Club will include prime rib, chicken, a variety of salads, fresh fruits, desserts, and non-alcoholic beverage. View the races from your Turf Club seats. Please remember there is a dress code of "Business Casual," meaning no jeans, shorts, tank tops, or flip flops. Men must wear collared shirts. **Motor coach leaves promptly at 10:00 AM and returns at approximately 6:30 PM.**