



**City of
Santa Clara**
The Center of What's Possible

Santa Clara Senior Center

NEWS

July 2015

EXTENDED SENIOR CENTER HOURS

Monday—Thursday: 7:00 am—7:00 pm

Friday: 7:00 am—5:00 pm

Saturday: 9:00 am—12:00 pm

We are proud to announce the Senior Center's extended hours are now in effect on Monday and Wednesday evenings. Residents of the City of Santa Clara ages 50+ and individuals with special needs can utilize the facility four evenings a week, Monday—Thursday. Patrons can increase their strength and complete their cardio at the Fitness Center or enjoy aquatic offerings such as open swim, aquatic therapy, swim classes and a spa in the Natatorium. A new Ceramics Open Studio is available along with other evening classes. All seniors 50+ can take part in other activities which include Billiards, Ping Pong, Computer Lab, and Woodshop. Take a look inside for details on classes, activities, and other ways to participate at the Senior Center.

Coming Soon

A Historic Image Display

Thanks to a very generous grant from the Santa Clara Historic Home Tour, a photographic history of the Santa Clara Senior Center is being developed. This Historic Image Display is comprised of approximately 32 photographs from the City's Historical Photo Collections which dates back to the late 1890s. The photographs chronicle the history of the Santa Clara Senior Center from its roots in Lafayette Park in 1960, to a small house at 930 Bellomy Street dubbed "The White House." Here seniors held weekly Saturday meetings to have a potluck and play bridge. The display tracks the history of the Senior Center through the 1970s when the Parks & Recreation Department won a grant from the California Commission on Aging to build a Senior Center at the former site of Fremont High School. The Historic Image Display is scheduled to be unveiled in the hallways of the Senior Center this Fall.

Ceramics

Back by popular demand, Ceramics will be offered with a hand-building class and drop-in open studio hours. See evening classes for more details.

Tech Training Coming Soon

Due to a very positive response to the previously held training, we will be offering another Tech Training session this summer. We will be offering basic 1:1 assistance on a variety of tech devices and topics. Time and date to be determined. Contact the Front Desk if you are interested in attending by calling (408) 615-3170.

Santa Clara Parks and Recreation Department
Santa Clara Senior Center
1303 Fremont St., Santa Clara, CA 95050 - (408) 615-3170

www.santaclaraca.gov/seniorcenter

www.facebook.com/santaclaraparksandrec

Email: custservscenter@santaclaraca.gov

Monday through Thursday 7:00 am - 7:00pm / Friday 7:00 am - 5:00 pm / Saturday 9:00 am - 12:00 pm

SERVICES AVAILABLE AT THE SENIOR CENTER

	Provider	Phone/Website
<p>Health and Wellness Services Services available by appointment: care management, health education, healthcare coaching, social engagement, home visits, blood pressure, in-home assessment, connection to community resources, and service coordination. The service available on a drop-in basis is: blood pressure clinic, Thursdays, 9:30 - 11:30 am. Services are available to City of Santa Clara seniors age 50+.</p>	Santa Clara Parks & Recreation	(408) 615-3170 www.santaclaraca.gov
<p>Health Insurance & Medicare Counseling (HICAP) A free service available by appointment for information and assistance on Medicare related issues. Services are available to anyone on Medicare.</p>	Sourcewise	(408) 615-3170 www.mysourcewise.com
<p>Senior Information and Resources Information, resources, and referral services for seniors at home. Services are available to City of Santa Clara seniors at age 50+.</p>	Santa Clara Parks & Recreation	(408) 615-3170 www.santaclaraca.gov
<p>Senior Peer Advocate Services available by appointment: Information and assistance to connect Santa Clara residents to a variety of community resources, services, and benefits such as: transportation, housing, food, healthcare, caregiving/family support, legal services, and social/educational activities.</p>	Santa Clara Parks & Recreation	(408) 615-3170 www.santaclaraca.gov
<p>Legal Assistance (SALA) Free legal assistance available by appointment. Services are available to Santa Clara County seniors age 60+.</p>	Senior Adult Legal Assistance (SALA)	(408) 615-3170 www.sala.org
<p>Dining Out A nutritionally balanced lunch served weekdays at 11:30 am. Advanced reservation is required. A \$3.00 donation suggested. Services are available to Santa Clara County seniors age 60+.</p>	Santa Clara Parks & Recreation and Santa Clara County	(408) 615-3170 www.santaclaraca.gov
<p>Tax Assistance Offered throughout the year.</p>	AARP Volunteers	(408) 615-3170
<p>Notary Service Free service by appointment. Signer must be present and provide government issued identification. Services are available to seniors age 50+.</p>	Volunteer	(408) 615-3170 www.santaclaraca.gov

Discover additional resources for seniors @ www.santaclaraca.gov/SeniorCenter 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 modification 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 (408) 615-2220.

DAY CLASSES

Join us for exciting classes that will 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 schedules.

Fitness for All

Mondays, 9:00 - 9:45 am

Wednesdays, 10:30 - 11:15 am

Gentle aerobic, toning, and stretching exercise 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.

Instructor - A. Biscardi

Introduction to Woodworking

#56289 July 20, July 22, & July 24

09:00 am - 1:00 pm

This class is presented in two parts: lecture and Demonstrations, and construction of your projects. Learn the joy of woodworking and make this a part of your life.

Instructor - T. Freitas

Jazzercise with Jerome

Mondays and Wednesdays - 7:30 - 8:30 am

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

Instructor - J. Flowers

No Falls S.O.S.

Tuesdays and Thursdays - 11:00 - 11:30 am

Stretch, Observe, & Strengthen your way to decreasing the risk of falling. Focusing on falls prevention, this class aims to Improve your balance, sense of equilibrium, flexibility, spatial awareness, and core muscular strength.

Instructor - M. Pozzi

Pilates Mat—Building the Foundation

Tuesdays and Thursdays - 7:30 - 8:30 am

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

Instructor - J. Russum

P90X for Active Seniors

To Be Offered in Fall

P90X is a full-body, strength conditioning class for active adults with healthy joints. The class goes back to the fundamentals, practicing balance, agility, and strength using hand weights. Participants need to be able to move to the floor and back into a standing position easily. Please note this is a high-activity level class..

Instructor - T. Anderson

Small Group Fitness Training

Tuesdays and Thursdays - 11:00 - 11:55 am

Intermediate Level

Is personal training too expensive or intimidating? Try our small group fitness training! Led by a certified personal trainer, you will be supervised through cardiovascular warm-up, stretching, and led through a small group workout which will include machines, free weights, and assorted fitness equipment.

Instructor - T. Anderson

Tai Chi for Life

Tuesdays and Thursdays,

8:45 - 9:45 am, Intermediate level

(Beginner level pre-requisite)

Tuesdays and Thursdays,

9:45 - 10:45 am, Beginner level

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gently and slowly using whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity.

Instructor - L. Scheer

Woodshop Orientation

#56344

Jul 21

R \$10 / NR \$13

Intended to provide a basic introduction to the hand tools, power tools, and machines available for use. Serves as an introduction to procedures of operation, set up, and clean up. Orientation is mandatory for participating in the drop-in woodshop program.

Fees: Resident (R) / Non-Resident (NR).

Instructor - T. Freitas

Zumba Gold® with Ginger

Mondays, 10:00 - 10:45 am, and

Wednesdays, 9:30 - 10:15 am

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

Instructor - G. Wilson

EVENING CLASSES

Improve Your Mind and Body

Sign up for Fitness and Special Interest Classes

Balanced Aquatic Conditioning

#56540 Aug 6 - Aug 27 R \$71 / NR \$89

Thursday 5:45 pm - 6:30 pm

This no-nonsense shallow and deep water workout formula delivers high intensity training options with and without equipment designed to target fitness components of agility, balance, coordination, speed and cardio capacity. In this group class format, participants perform a blend of traditional calisthenics, body weight and equipment-based resistance exercises and interval training techniques in a variety of positions vertical/horizontal/diagonal) to enhance the full fitness spectrum (anaerobic, aerobic and mobility) that is targeted in each session. This class is open to beginners who are very comfortable in shallow and deep water. Fees: Resident (R) / Non-Resident (NR).

Instructor-M. Pozzi

Beginning Guitar

#56537 Jul 2 - Jul 30 R \$62 / NR \$78

#56538 Aug 6 - Aug 27 R \$50 / NR \$63

Thursday 5:15 pm - 6:00 pm

Learn basic rhythm, chords, and tablature as well as playing with proper technique in a group setting. No experience necessary! Please bring your own instrument to class. Fees: Resident (R) / Non-Resident (NR).

Instructor-Lee

Beginning Ukulele

#56535 Jul 2 - Jul 30 R \$62 / NR \$78

#56536 Aug 6 - Aug 27 R \$50 / NR \$63

Thursday 6:05 pm - 6:50 pm

Learn basic rhythm, chords, and tablature as well as playing with proper technique in a group setting. No experience necessary! Please bring your own instrument to class. Fees: Resident (R) / Non-Resident (NR).

Instructor-Lee

Ceramics, Hand Building

#57488 Jul 7 - Aug 4 R \$161 / NR \$201

Tuesdays 4:00 pm - 5:30 pm

This class is appropriate for brand new or continuing students. Begin learning the fun of hand building with clay, or join us to learn new techniques as we complete many different class projects. Demonstrations are given and individualized instruction is the goal. Students will need to purchase a toolkit (\$12) on the first day. All clay, glaze, and firing costs are included in the fee. Class fee includes one session of Open Ceramics Studio. Fees: Resident (R) / Non-Resident (NR).

Instructor-E. Carrender

Drop in Open Ceramics Studio

Mondays, July 6th - Sept 14th

Wednesdays, July 29th - Sept 16th

4:00 pm - 6:00 pm

Open Ceramics Studio is available to seniors who have previous clay experience and are familiar with the equipment and basic techniques. No formal instruction will be given, but an attendant is available to provide information as needed. (Open studio fee \$4.50 per hour, with an additional \$25.00 clay fee).

Hydro-Pilates

#56534 Aug 4 - Aug 25 R \$66 / NR \$83

Tuesday 5:30 pm - 6:30 pm

Hydro-Pilates is a low to non-impact strengthening and stretching movements that require precise breathing and muscle control. Practicing Pilates in the water helps develop better trunk stabilization, encourages postural alignment, helps relieve stress, and aids to facilitate increased range of motion around joints. This series of exercises initiates movement from the trunk abdominals, mid/low back, hip and buttocks, and flows outward to the extremities. Training the muscles to be both movers as well as stabilizers helps improve posture, balance and encourages an overall sense of well-being. The postures and movements are adaptable for everyone. Fees: Resident (R) / Non-Resident (NR).

Instructor-M. Pozzi

Self-Defense for Seniors

#56531 Jul 7 - Jul 28 R \$39 / NR \$49

Tuesday 5:15 pm - 6:15 pm

Strength to protect oneself comes from an awareness of surroundings, a fearless presence, and an understanding of your capabilities. Participants will learn strategies to help protect themselves from assaults and escape from attackers, whether it be in the home, in public, or in an automobile. Instructor will also discuss everyday items that can be used for self-defense. Fees: Resident (R) / Non-Resident (NR).

Instructor-T. Janovich

Sometimes classes are cancelled because people wait too long to register. Please register early to avoid disappointment.

HEALTH & WELLNESS/CARE MANAGEMENT

National Health Observances are special days, weeks, or months focused on raising awareness about important issues related to health and well-being. **July's observance is Sun Safety.**

Block the sun, not the fun. Sun exposure leads to many health concerns, including aging and a possibility of cancer, yet only about 20% of Americans use sunscreen daily. In the prime of summer, this month is dedicated to informing and encouraging people to take control of their health. Teach a child, grab a hat, and lather up with SPF 30+ and enjoy the great outdoors.

Stop by our Senior Center lobby at the Health & Wellness Program table on **July 7th from 10am - 12pm** to raise awareness about Sun Safety and learn about behavior modification. Together we CAN make a difference in reducing the incidence of skin cancer. There will be helpful handouts and friendly volunteer nurses to answer your questions.

A Few Good Men (and Women too!)

Fridays, 12:30 - 2:00 pm, Room 205

Let's increase the fun and invite a few good women to join - the more the merrier! Come share 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.

Blood Pressure Clinic

Thursdays, 9:30 - 11:30 am

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

Clutter Free

The 2nd and last Thursday of each month

10:30 am - 12:00 pm, Room 205

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

Senior Peer Advocate (SPA)

Mondays, 10:00 am - 12:00 pm, Room 205

SPA volunteers provide information and assistance to connect you to all sorts of community resources. SPA appointments are free and available through the Senior Center front desk. Whether you're looking for ways to get more help at home or need information about grab bars, we'll do our best to help.

Transitions

Mondays, 1:00 - 2:30 pm, Room 205

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

Wednesday Walk-a-Block

Wednesdays, 10:00 - 10:30 am

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

Summer Wellness Series

Classes are held on Tuesdays from 1:00 - 2:00 pm in Room 149 (unless otherwise noted). Pre-registration is required at the Front Desk or online. Each class costs \$6 with a Santa Clara senior resident discount or \$8 for non-residents. Join us for some interesting discussions and up-to-date information! **Register early! Classes not meeting the enrollment requirement will be canceled one week prior to the class date.**

Get Out, Be Healthy - Course #56338

Date: July 14 - Room: 149 - Time: 1:00 pm - 2:00 pm






This July marks the 30th year celebration of National Parks and Recreation Month. Here in Santa Clara, we are fortunate to have so many beautiful parks and spaces to appreciate nature, exercise, socialize, and have fun. Please join us for this interactive class as we travel outside, take a walk, and discuss what we can do to get outside and live healthier. Please wear good walking shoes, hat, sunscreen, and bring a water bottle to stay hydrated as we enjoy the great outdoors. We will be meeting first in Rm 149 before going outside.

July SPOTLIGHT ...Did You Know?

MONDAY	TUESDAY	WEDNESDAY
<p>New Fitness Classes start at the beginning of every month! Sign up now for August</p>		1
6	7	8
<p>Drop-In Open Ceramics Studio 4:00 pm - 6:00 pm</p>	<p>TGA Tuesday Night Dance Waltz Dance Lesson, 6:30 - 7:30 pm Nob Hill Sounds, 7:30 - 10:30 pm</p> <p>Self Defense for Seniors 5:15-6:15 pm Ceramics, Hand Bldg. 4:00-5:30 pm</p>	<p>Games, Games, Games 1:00 - 3:00 pm</p>
13	14	15
<p>Drop-In Open Ceramics Studio 4:00 pm - 6:00 pm</p>	<p>TGA Tuesday Night Dance Waltz Dance Lesson, 6:30 - 7:30 pm 10th Avenue Band, 7:30 - 10:30 pm</p> <p>Self Defense for Seniors 5:15-6:15 pm Ceramics, Hand Bldg. 4:00-5:30 pm</p>	<p>Poker 7:30 - 9:00 am</p>
20	21	22
<p>Intro. to Woodworking 9:00 am - 1:00 pm</p> <p>Drop-In Open Ceramics Studio 4:00 pm - 6:00 pm</p>	<p>TGA Tuesday Night Dance Waltz Dance Lesson, 6:30 - 7:30 pm Tenor Band, 7:30 - 10:30 pm</p> <p>Woodshop Orientation 9:30-11:30 am Self Defense for Seniors 5:15-6:15 pm Ceramics, Hand Bldg. 4:00-5:30 pm</p>	<p>Intro. To Woodworking 9:00-1:00 pm Intm. Bridge 9:00 am- 12:00 pm Intm. Bridge 12:30 - 3:00 pm</p>
27	28	29
<p>Senior Advisory Committee 10:00 am - 12:00 pm</p> <p>Drop-In Open Ceramics Studio 4:00 pm - 6:00 pm</p>	<p>TGA Tuesday Night Dance Waltz Dance Lesson, 6:30 - 7:30 pm Gerri Foley, DJ, 7:30 - 10:30 pm</p> <p>Self Defense for Seniors 5.15-6.15 pm Ceramics, Hand Bldg. 4:00-5:30 pm</p>	<p>Games, Games, Games 1:00- 3:00pm</p>

July SPOTLIGHT ...Did You Know?

THURSDAY	FRIDAY	SATURDAY
2	3	4
<p>Thursday Night Dance East Coast Swing Dance Lesson, 6:30 - 7:30 pm Colin Dickie, DJ, 7:30 - 10:30 pm</p> <p>Beginning Guitar 5:15 - 6:00 pm Beginning Ukulele 6:05 - 6:50 pm</p>	<p>Independence Day</p> <p>Holiday</p> <p>Center Closed</p>	<p>Independence Day</p> <p>Holiday</p> <p>Center Closed</p>
9	10	11
<p>Thursday Night Dance East Coast Swing Dance Lesson 6:30 - 7:30 pm Lyratones Band, 7:30 - 10:30 pm</p> <p>Beginning Guitar 5:15 - 6:00 pm Beginning Ukulele 6:05 - 6:50 pm</p>	<p>Intermediate Bridge 12:30 - 3:00 pm</p>	<p>Wii 9:00 am -12:00 pm</p>
16	17	18
<p>Thursday Night Dance East Coast Swing Dance Lesson 6:30 - 7:30 pm Colin Dickie, DJ, 7:30 - 10:30 pm</p> <p>Beginning Guitar 5:15 - 6:00 pm Beginning Ukulele 6:05 - 6:50 pm</p>	<p>Poker 7:30-9:00 am</p>	<p>Wii 9:00 am -12:00 pm</p>
23	24	25
<p>Thursday Night Dance East Coast Swing Dance Lesson 6:30 - 7:30 pm 10th Avenue Band, 7:30 - 10:30 pm</p> <p>Beginning Guitar 5:15 - 6:00 pm Beginning Ukulele 6:05 - 6:50 pm</p>	<p>Intro. to Woodworking 9:00-1:00 pm</p> <p>Wii 7:00 am - 4:30 pm</p>	<p>Wii 9:00 am -12:00 pm</p>
30	31	
<p>Thursday Night Dance East Coast Swing Dance Lesson 6:30 - 7:30 pm Geri Foley, DJ, 7:30 - 10:30 pm</p> <p>Beginning Guitar 5:15 - 6:00 pm Beginning Ukulele 6:05 - 6:50 pm</p>	<p>Bingo 12:45 -3:00 pm</p>	<p>Wii 9:00 am -12:00 pm</p>

Monday	Tuesday	Wednesday	Thursday	Friday
		B.B.Q. Ribs Whole Grain Bread Fresh Baked Beans Cantaloupe Apple Pie 	Lemon Herbed Chicken Whole Grain Bread Steamed Spinach Herbed Potatoes Gelatin w/Tropical Fruit	Independence Day Holiday Center Closed
6	7	8	9	10
Chicken Salad w/Cranberries Vegetable Chowder Mixed Green Salad Three Bean Salad Fresh Orange 	Baked Fish Brown Rice Pilaf Normandy Blend Vegetables Coleslaw Fresh Fruit in Season	Crispy Oven Chicken Whole Grain Bread Steamed Spinach Calico Corn Mandarin Oranges	Beef Enchilada Spanish Rice Pinto Beans Fiesta Salad Fresh Cantaloupe	Creamy Turkey w/Vegetables Biscuit/Margarine Squash Medley Garden Salad w/Broccoli Pineapple Tidbits
13	14	15	16	17
Sweet & Sour Pork Brown Rice Broccoli & Carrots Zucchini & Bell Pepper Salad Fruit Cocktail	Chicken Scaloppini Fettuccini Pasta Garlic Green Beans Carrot Raisin Salad Fresh Orange	Open-Faced Turkey Sandwich Whole Grain Bread Italian Blend Vegetables Whipped Potatoes Fresh Strawberries	 Vegetarian Lasagna Chicken & Orzo Soup Malibu Blend Vegetables Green Salad w/Tomatoes Fresh Watermelon	Pork Loin w/Gravy Fusilli Noodles Caribbean Blend Vegetables Spinach Romaine Salad Tropical Fruit
20	21	22	23	24
B.B.Q. Chicken Whole Grain Bread Steamed Spinach Potato Salad Gelatin w/Mandarin Orange	Roast Beef w/Gravy  Tomato Basil Soup Normandy Blend Vegetables Whipped Potatoes Pineapple Tidbits	Breaded Fish Sandwich Whole Grain Bun Peas w/Pimentos Spinach Romaine Salad Fresh Orange	Sesame Pork White Rice Oriental Blend Vegetables Carrot Raisin Salad Cantaloupe	Hamburger w/Cheese Whole Grain Bun Broccoli Slaw Sweet Potato Fries Fresh Watermelon
27	28	29	30	31
Baked Tiapia w/Fresh Salsa Brown Rice Pilaf Steamed Carrots Garlic Green Beans Fresh Orange	Roast Turkey w/Gravy Bread Stuffing California Blend Vegetables Spinach Romaine Salad Peach Crisp	Orange Glazed Chicken Minestrone Soup Brown Rice  Caribbean Blend Vegetables Fresh Fruit in Season	Meatloaf w/Gravy Whole Grain Roll Normandy Blend Vegetables Whipped Potatoes Tropical Fruit	Pineapple Glazed Pork Sesame Noodles Steamed Broccoli Spinach Romaine Salad Fresh Banana

Alternative Meals are higher in sodium.

Week 1 : Turkey/Citrus Salad, Tuscan Bean Salad, Chicken Salad Sandwich, Lentil/Feta Wrap
 Week 2: Chicken/Cranberries Salad, Black Bean/Quinoa Salad, Roast Beef Sandwich, Black Bean Burger
 Week 3: Santa Fe Chicken Salad, Spinach/Almond/Egg Salad, Turkey/Grape Wrap, Grilled Vegetable/Cheese on Sourdough
 Week 4: Turkey Cobb Salad, Cottage Cheese Salad, Tuna Salad Sandwich, Veg. Wrap
 Week 5: Chef Salad, Black Bean/Orzo Salad, Roast Beef Sandwich (Rye Bread), Black Bean Burger

DINING OUT

ALWAYS HAPPENING

Ballroom Dancing

Tuesdays and Thursdays, 7:30 - 10:30 pm

(Dance Lessons, 6:30 - 7:30 pm / Dances, 7:30 - 10:30 pm)

Dancing is a great way to exercise, socialize, and connect with friends new and old. Dance lessons are free with paid admission, and the lessons change every month. Dances taught include: Waltz, Fox Trot, Latin, and more. For the month of July, the Tuesday dance lesson is Waltz, and the Thursday dance lesson will be the East Coast Swing. Admission to the dance is \$6 when live bands play and \$5 when hosted by a DJ.

Drop-In Crafts

Thursdays, 1:00 - 3:00 pm, Room 149

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.

Santa Clara Women's League

2nd Tuesday of each month, 1:00 pm

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.

www.santaclarawomensleague.org

Welcome Newcomers

3rd Thursday of each month, 10:30 - 11:30 am, Room 205

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

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 of 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 Activities	Day	Time	Location	Contact	Drop Ins
Bingo	Tues Fri	12:45 - 2:45 pm 12:45 - 3:00 pm	Multi-purpose Room	Staff, 615-3170	Welcome

Games, Games, Games

Mexican Train, Dominos, Cribbage, and more	Mon, Wed	1:00 - 3:00 pm	Multi-purpose Room	Staff, 615-3170	Welcome
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Cards Games

Bridge, Intermediate	Mon, Wed, Fri	12:30 - 3:00 pm	Mezzanine (Multi-purpose Room on 4th Wed.)	Duane, 246-9794	Call first
Bridge, Intermediate	Wed	9:00 am - 12:00 pm	Multi-purpose Room	Betty, 248-3952	Call first
Canasta, Pinochle	Tues	12:00 - 4:00 pm	Multi-purpose Room	Staff, 615-3170	Welcome
Poker	Mon - Fri	7:30 - 9:00 am	Multi-purpose Room	Staff, 615-3170	Welcome

Active Games

Wii	Mon Wed Fri Tues and Thur. Sat	7:00 am - 4:30 pm 7:00 am - 7:00 pm 9:00 am - 12:00 pm	Fitness Center	Staff, 615-3170	Welcome
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ALWAYS HAPPENING

AARP Mature Driving

Mondays once a month, 12:30 pm - 5:00 pm
Room 232 Dance/Theater

Class offered by Steven Corelis. Please call 408-993-1794 to register. On completion of the class, a certificate is awarded which offers an insurance discount for mature drivers.

Billiards

Monday - Thursday, 7:00 am - 7:00 pm
Friday, 7:00 am - 5:00 pm
Saturday, 9:00 am - 12:00 pm

Come play a "round of pool" with friends. The billiards room at the Senior Center offers everything you need to get the game going. Five standard pool tables covered with Simonis billiards cloth, pool balls, cue sticks, and bridges are available for use on a first-come, first-served basis.

Computer Lab

Monday - Thursday, 7:00 am - 7:00 pm
Friday, 7:00 am - 5:00 pm
Saturday, 9:00 am - 12:00 pm

With 13 personal computers you have access to utilizing Windows 7 and Microsoft 2010. Also available are two laptop Internet access ports. Computers are unable to save work, so please provide your own storage device. Check computer Calendar for closures.

Darts

Monday - Thursday, 7:00 am - 7:00 pm
Friday, 7:00 am - 5:00 pm
Saturday, 9:00 am - 12:00 pm

Also featured in the Billiards Room is a dart board. Come and play a game of Around the World, 500, or Cricket.

Dining Out

Served Monday - Friday, 11:30 am
\$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 a guest under the age of 60 is \$6.00

Lapidary

Thursdays and Fridays, 9:00 am - 1:00 pm

Join the Lapidary drop-in program and learn to cut and polish rocks and begin making beautiful jewelry. A current Registration/Release of Liability Form is required to participate. (There is a participant fee of \$1.00 per day).

Let's Talk Travel

4th Wednesday of most months,
12:30 - 1:30 pm, Mezzanine

Share ideas, interact with others who love to travel, and enjoy presentations by tour specialists and staff.

Shuffleboard

Monday - Thursday, 7:00 am - 7:00 pm
Friday, 7:00 am - 5:00 pm
Saturday, 9:00 am - 12:00 pm

Located in the Billiards Room is our indoor shuffleboard table. So apply your hand to slide the weight or shuckle and enjoy a game that has a history dating back 500 years.

ALWAYS HAPPENING



Thursday, July 16, 2015

12:30 - 1:30pm, Room 232

Topic: Senior Resources, Services, and Programs

Our July Lunch Meet Program will feature presenter Rene Ramsay, Community Resource Specialist with Sourcewise (*formerly Council on Aging Silicon Valley*). Many persons such as family members, caregivers, or individuals with disabilities can benefit from Sourcewise. Meals on Wheels, senior employment, care management, the health insurance counseling and advocacy program, and more are offered within Sourcewise. Rene will provide information on how to qualify and highlight resources, services, and programs that may benefit you.

The Lunch Meet Program is offered at no cost to you. There is no registration required and all are welcome to attend. Bring a senior, a family member, and/or a caregiver to learn more about Sourcewise. **No food is served; however, you may bring a lunch if you wish.**

Senior Advisory Commission

4th Monday of the month,

10:00 am - 12:00 pm, Room 232

The Senior Advisory Commission was established to act in an advisory capacity, providing City Council with insight regarding matters pertaining to the senior population in our community. The Commission consists of seven Santa Clara residents, who meet monthly, along with City staff. Information is presented and shared, and recommendations are offered on ways to improve the quality of life for all Santa Clara seniors. Commission members include: Wanda Buck, Dwight Collins, ArLyne Diamond Ph.D., Barbara A. (Bobbi) Estrada, Sam Orme, Alice Pivacek, and Nancy Toledo. Meetings are open to the public and individuals can join the discussion or share opinions on important matters. Agendas are posted in the Senior Center lobby and online at www.santaclaraca.gov.

Snack Bar

Mondays - Fridays, 8:00 am - 4:00 pm,

Saturdays, 9:00 am - 12:00 pm

Let's go out to the lobby for a hot dog, sandwich, or soda! Visit our snack bar and enjoy the many goodies we have available.

Woodshop

Tuesdays and Thursdays,

8:00 am - 12:00 pm

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. A current Registration/Release of Liability Form is required to participate. (Donations accepted are used to replenish consumable Woodshop supplies).

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. To make an informed decision of whether or not the water temperature is suitable for your needs, there is one (1) thermometer in each pool.

Lap Pool: Water temperature ranges from: 81 - 84° F

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

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

The Women's Locker Room is Closed for Cleaning:

Monday - Friday, 2:00 - 2:30 pm

The Fitness Room is Open on:

Monday- Thursday:

7:00 am - 7:00 pm

Friday:

7:00 am - 5:00 pm

Saturday:

9:00 - 12:00 am

ID Fit Program

Santa Clara residents under the age of 50 with a qualifying disability or medical condition may utilize the Fitness Center and Natatorium. A completed Registration and Release of Liability Form is reviewed by the Health and Wellness Staff for approval. For more information on the requirements of the ID Fit Program, read through the Senior Center Guidelines for Use.

Lap Pool Schedule - CLOSED FOR CLEANING Monday - Friday 1:30—3:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am - 1:30 pm All Lanes Open Lane #1 - Walk Only	7:00 am - 1:30 pm All Lanes Open Lane #1 - Swim Only	7:00 am - 10:00 am All Lanes Open Lane #1 - Walk Only	7:00 am - 1:30 pm All Lanes Open Lane #1 - Swim Only	7:00 am - 10:00 am All Lanes Open Lane #1 - Walk Only	9:00 am - 11:30 am All Lanes Open Lane #1 - Swim Only
		CLASSES Adult Ed		CLASSES Adult Ed	
		11:00 am - 1:30 pm All Lanes Open Lane #1 - Walk Only		11:00 am - 1:30 pm All Lanes Open Lane #1 - Walk Only	
CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	
3:00 pm - 4:30 pm All Lanes Open Lane #1 - Swim Only	3:00 pm - 4:30 pm All Lanes Open Lane #1 - Walk Only	3:00 pm - 4:30 pm All Lanes Open Lane #1 - Swim Only	3:00 pm - 4:30 pm All Lanes Open Lane #1 - Walk Only	3:00 pm - 4:30 pm All Lanes Open Lane #1 - Swim Only	CLOSED
4:30 pm - 6:30 pm All Lanes Open for Swim Only	CLASSES TRS	4:30 pm - 6:30 pm All Lanes Open for Swim Only	4:30 pm - 5:30 pm All Lanes Open For Swim Only	CLOSED	
	5:30 pm - 6:30 pm All Lanes Open for Swim Only		5:30 pm - 6:30 pm Lane #1 - Swim Only Lane #2&3 CLASSES		

Warm Water Pool Schedule - CLOSED FOR CLEANING Monday - Friday 1:30 - 3:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am - 9:00 am	7:00 am - 9:00 am	7:00 am - 9:00 am	7:00 am - 9:00 am	7:00 am - 9:00 am	9:00 am - 11:30 am
CLASSES Adult Ed	CLASSES Adult Ed	CLASSES Adult Ed	CLASSES Adult Ed	CLASSES Adult Ed	
12:30 pm - 1:30 pm	12:30 pm - 1:30 pm	12:30 pm - 1:30 pm	12:30 pm - 1:30 pm	12:30 pm - 1:30 pm	
CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED
3:00 pm - 6:30 pm	CLASSES Adult Ed	3:00 pm - 6:30 pm	CLASSES Adult Ed	3:00 pm - 4:30 pm	
	CLASSES TRS		4:30 pm - 6:30 pm		

Spa Schedule - CLOSED FOR CLEANING Monday - Friday 1:30 - 3:00 pm and Wednesday from 1:30 - 4:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am - 1:30 pm	7:00 am - 1:30 pm	7:00 am - 1:30 pm	7:00 am - 1:30 pm	7:00 am - 1:30 pm	9:00 am - 11:30 am
CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED
3:00 pm - 6:30 pm	3:00 pm - 6:30 pm		3:00 pm - 6:30 pm	3:00 pm - 4:30 pm	

COMMUNITY

The Senior Center BBQ Lunch

Join us Thursday, July 30th @ 12 pm in the patio for a BBQ and an opportunity to learn about the Senior Center's Volunteer Program, as well as other volunteer opportunities that exist within the City. The BBQ lunch will include BBQ chicken, potato salad, watermelon, and a tasty treat for dessert. All this for only \$6.00. Tickets will be available for sale starting Thursday morning at the Snack Bar. and will also be available at the event. Hope to see you all there!

Santa Clara Senior Center Health and Wellness on the Go

Blood Pressure Clinic

Date: Tuesday, July 21

Time: 11:00 am - 12:30 pm

Location: Northside Library, Group Study Room 1

Know your numbers and meet the nurses from Santa Clara Senior Center's Health & Wellness Program. For 35 years, the Health & Wellness Program RNs and Geriatric Care Manager have been helping Santa Clara's older adults, age 50+, live healthier, more independent lives by providing health coaching, referrals to community resources, and care management services. We will meet in Group Study Room 1, once a month over the summer for free blood pressure checks and to provide information about community resources - including Senior Center activities and services. This is a drop-in event that is free of charge. Please stop by – we'd love to meet you.

Stanford COMPASS Study

Is physical activity a part of your weekly routine? Would you like to help other members of your community be more active and become more physically fit? The City of Santa Clara is partnering with the Stanford Prevention Research Center's Healthy Aging Research group to promote successful aging through the Stanford COMPASS Study. Stanford University is looking for people to participate as health promoters and partner with older adults to be more physically active. The COMPASS study will last approximately 12 months and has a flexible schedule. As a health promoter you will:

- Receive special individual training
- Advise 8-10 older adults
- Contact participants on a weekly basis to review their progress
- Participate in promoter meetings

If you are interested in being a health promoter, please contact Ines Campero (408)507-1852 or German Blanco (650)248-8345

June Lunch Meet Recap: Healthy Body, Healthy Brain

At a recent Lunch Meet Program, Alex Morris from the Alzheimer's Association presented information regarding ways we can help our chances of staving off Alzheimer's Disease. One way is to engage our brain every day. Some suggested ways were: learn a new skill, read something different than your usual, volunteer, make simple changes, and travel to new places.

The four pillars to good brain health are:

- **Mental Stimulation**
 - Life-long learning
 - Games, puzzles, playing a musical instrument, reading, etc.
 - Enriching, stimulating environments which help us learn faster and remember longer
- **Nutrition**
 - Mediterranean diet
 - Dark green leafy vegetables
 - Omega 3 fatty acids
 - Berries – all types
- **Exercise**
 - Exercise to your optimal heart rate range
 - All forms of exercise are good
- **Social Connection**
 - Get together with friends
 - Come to the Senior Center
 - Talk to neighbors on a regular basis

The Alzheimer's Association offers a 24/7 family helpline. Call 1-800-272-3900 or go to alz.org for additional information.

4th of July All-City Picnic

Participate at the All City Picnic & Fireworks Extravaganza with food booths, public swimming, carnival games, live entertainment, and more. Activities start at 12 noon with Flag Dedication Ceremony followed by entertainment by Live Wire, Sizzling Seniors, and Sage. Attractions include jump houses, face painting, crafts, carnival games and kids' activities provided by the City of Santa Clara Library. Evening entertainment runs from 5:00 pm through 9:30 pm followed by a fireworks extravaganza. With all the activities, don't forget the Italian Sausage, French Fries, BBQ, Cookie Turtle Sundaes, Kettle Corn, Strawberry Shortcake, and More to satisfy everyone's palate.

TRS—THERAPEUTIC RECREATION SERVICES

Social Recreation, Special Interest/Wellness Classes and Co-Sponsored Programs provide opportunities to DEVELOP, EXPRESS, CREATE, LEARN and GROW at his/her own level of functioning. Programs and activities are **positive, achievable and non-competitive** oriented focusing on one's **ABILITIES** rather than disabilities.



Meaningful and Purposeful Activities are planned that Develop and Enhance:

- Leisure Awareness • Personal Growth & Development • Self-Esteem • Increased Independence • Social Skills
- Community Awareness • Self-Confidence • Health and Wellness • Communication
- Fine & Gross Motor Coordination • Community Pride • Quality of Life

SOCIAL RECREATION PROGRAMS

Adult Social Club (Ages 21+)

Tuesday 6:00 pm—8:30 pm

This club is designed for individuals who enjoy being physically active, learning new games, socializing with peers, and developing new friendships all in a fun energetic environment. Focus is on group process, appropriate social interaction, and leisure education. **Participant must be able to attend a large social gathering with minimal supervision and minimal assistance from staff. (1:12 ratio provided).**

CapABILITIES Club (Ages 40-60+)

Wednesday 5:30 pm - 7:30 pm

This social recreation club is designed to meet the needs of individuals who require additional assistance in communication, physical “hand-over-hand” activity, and conflict resolution. This club is perfect for the older participant interested in socializing with peers in smaller groups. Activities are geared to motivate and stimulate the senses at a comfortable more relaxed pace.

Participant must be able to attend a social gathering with limited supervision, or bring an attendant (1:8 ratio provided).

The “Social-Lites” Club (Ages 21+)

Friday 6:00 pm - 9:00 pm

Step out on Friday nights! Community, social, and leisure awareness is the focus of this group. Spend time with friends. Organize group outings, activities, and special events. Strengthen life skills in money management and social etiquette. Two to three outings are planned per session. Transportation is not provided.

This club is designed for the independent, higher functioning individual. Participants must be able to attend and interact with minimal supervision, and/or independently direct staff for assistance. (1:12 ratio provided)

Children’s Recreation (Ages 4-12)

Saturday 9:30 am - 11:30 am

Wake up! Get out! Come play on Saturday mornings! Participants are placed in a designated playgroup with peers based on age and functioning level. Activities for the younger participant’s group are geared towards parallel play and provide exploration, self-expression, independence, and physical development. The older participant’s group emphasizes small group play, appropriate social interaction, decision making, and skill development. **Please send your child with a healthy snack each week. (1:5 ratio provided).**

Teen Club (Ages 13+)

Thursday 6:00 pm - 8:30 pm

Teens just want to have FUN! And that’s what this high energy active group enjoys each week. Join friends and make new ones while participating in active group games, crafts, music, and special events. At the Teen Center, participants can hang out with teens while having fun with games, crafts, movies, and much more!

Participants must be able to attend a social gathering with limited supervision and minimal assistance provided, or bring an attendant.

(1:8 ratio provided)

Certified Therapeutic Recreation Specialists and qualified Therapeutic Recreation Staff manage and supervise TRS, ensuring the highest quality and knowledge of therapeutic modalities and intervention. Enthusiastic teams of TR Leaders serve as positive role models and are prepared to meet the social and recreational needs of individuals with disabilities.

For more information contact

Therapeutic Recreation Coordinator
Melissa Santos, CTRS - 408-615-3183

TRS—THERAPEUTIC RECREATION SERVICES



Children's Recreation



For Youth With Disabilities Ages 4-12

This is a play program designed for children with disabilities including those with Autism Spectrum Disorders. The class includes music, games, arts and crafts, and movement activities. Children should bring a snack to class each week. Staff to Participant ratio is 1:5.

This program is designed to increase:

- Social Interaction Skills
- Creative Expression Skills
- Physical Development and Independence

Where: Community Recreation Center
969 Kiely Blvd.
Santa Clara, CA 95051

When: July 11, 2015 - August 29, 2015
9:30 am - 11:30 am
Course #56323

Therapeutic Recreation Swim Classes

For Youth (4-12) and Adults (13+) with Disabilities

Swim classes are designed for persons with disabilities and focus on safety, water adjustment, health/wellness, fitness, relaxation, self-esteem, and enjoyment. Water safety is emphasized through adapted basic swim instruction and challenging water play/activities. Small group classes are structured to provide a positive, non-threatening environment. 1:2-5 Ratio provided.

This program is designed to increase:

- Water Safety Skills
- Health and Wellness
- Physical Development and Self-esteem

Where: Santa Clara Natatorium (indoor swim facility)
1303 Fremont Street
Santa Clara, CA 95050

When: July 7, 2015 - August 11, 2015
Course #57403 4:30 pm - 5:00 pm (Ages 4-12)
Course #57404 5:00 pm - 5:30 pm (Ages 13+)

REGISTRATION: For Registration information please contact,

Melissa Santos, CTRS - Therapeutic Recreation Coordinator
Phone: 408-615-3183
email: msantos@santaclaraca.gov