Santa Clara Senior Center
NEWS
September 2014

SENIOR CENTER BARBEQUE

Date: Thursday, September 18th
Time: 12:00 pm
Location: Senior Center Patio

COME AND JOIN US FOR LUNCH WITH FRIENDS AND NEIGHBORS.

Lunch plates will be $5.00 each. Hot dogs and hamburgers will be prepared by our Senior Center Volunteers!

Flu Shot Clinic

Wednesday, 10/1/14
10:00 am-12:00 pm
Room 232

Don't be scared-come and get your flu shot! This drop-in clinic is for everyone 18 years of age and older, and is free of charge. **If you have Medicare, please bring a copy of your Medicare card.** This important service is being provided in partnership with Santa Clara County Dept. of Public Health. Sorry, Kaiser Patients are not eligible.

Santa Clara Parks and Recreation Department
Santa Clara Senior Center
1303 Fremont St., Santa Clara, CA 95050 • 1-408-615-3170
www.santaclaraca.gov/seniorcenter • custservsrcenter@santaclaraca.gov
www.facebook.com/santaclaraparksandrec
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, and service coordination. Services available to City of Santa Clara seniors age 60+.	Santa Clara Parks & Recreation and Sourcewise	1-408-615-3170 www.santaclaraca.gov www.mysourcewise.com
Health and Wellness Services Services available by appointment: health education, healthcare coaching, social engagement, home visits, and blood pressure. Services available on a 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	1-408-615-3170 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	1-408-615-3170 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	1-408-615-3170 www.santaclaraca.gov
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.	Santa Clara Parks & Recreation	1-408-615-3170 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)	1-408-615-3170 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	1-408-615-3174 www.santaclaraca.gov
Tax Assistance Offered throughout the year.	AARP volunteers	1-408-615-3170
Notary Service Free service by appointment. Signer must be present and provide government issued identification. Services available to Seniors age 50+.	Volunteer	1-408-615-3170 www.santaclaraca.gov

Discover additional resources for seniors @ 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

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 schedule.

No Falls S.O.S.

Tuesdays and Thursdays • 11–11:30 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 – M. Pozzi

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 – J. Russum***

Jazzercise with Jerome!

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

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***

Zumba Gold® with Ginger

Mondays • 10–10:45 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

Mondays • 9–9:45 a.m.
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 – A. Biscardi

Tai Chi for Life!

Tuesdays and Thursdays • 8:45–9:45 a.m. • Intermediate Level
Tuesdays and 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***

Introduction to Woodworking

September 15, 17, 19 • 9 a.m.-1 p.m. • #53387

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

HEALTH & WELLNESS, CARE MANAGEMENT

Blood Pressure Clinic
Thursdays • 9:30–11:30 a.m.
Free drop-in blood pressure check by our volunteer nurse every Thursday morning in the Health & Wellness office.

Clutter 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 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, Geriatric Care Manager, (408) 615-3180, for more information.

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.

Wednesday Walk a Block
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 area at 10:00 am, and walk for approximately 30 minutes. Bring a friend! Join your fellow walkers for some fresh air and exercise.

The Nurses Need Your Help!
Saturday & Sunday, September 13 & 14
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.
We need about 25 volunteers who are available for two hour shifts to help in our booth selling beer/wine tokens and commemorative glasses. We'd love to have you join us-please contact Mallory, Larisa, or Wendy at 408-615-3170 to sign up. We guarantee you'll have a great time in exchange for your support of Santa Clara seniors!

Fall Wellness Series
Tuesdays • 1-2 p.m. • Room 149
Pre-registration is required. Each class costs $6 with Santa Clara senior discount, or $8 non-resident. Join us for some interesting discussion and up-to-date information. Please register early (classes will be cancelled due to low enrollment).

Health & Wellness Class Registration Tip
We are thrilled when Senior Center participants are interested in taking one of our classes – we spend a lot of time selecting topics and putting together an informative and enjoyable curriculum. But if no one registers for the class one week prior to the scheduled date, we have to cancel it, and this is disappointing for us all. So please, if you're thinking you'll join us, please sign up right away! Many thanks from the nurses ~

Falls Prevention: Stay Strong, Stay Safe
September 23 #53074
Fall prevention may not seem like a lively topic, but it's important. As you get older, physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, learn and consider simple fall-prevention strategies.
Instructor: Larisa Polozova, RN, MMS

Transitions
Mondays • 1-2:30 p.m. • 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.

Collage Art Therapy
10 week workshop series • Tuesdays, Sep 16 - Nov 18
1:30-3 p.m. • Room 205
Expressing ourselves non-verbally can allow healing and self-discovery that verbal expression would not. Magazines, glue sticks and poster board will be provided. Just bring yourself! No experience or artistic talent necessary. No registration is necessary, and participation is free.

It's Good To Be Alive!
10 week workshop series • Tuesdays, Sep 16 - Nov 18
3:15-4:45 p.m. • Room 205
Learn ways to feel happier and really enjoy your life! You will learn how to do this using Cognitive Behavioral Therapy (CBT) and Mindfulness skills. No registration is necessary 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. **For the month of September, the Tuesday dance lesson will be Intermediate Foxtrot and the Thursday dance lesson will be Waltz.** 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. www.santaclarawomensleague.org.

Drop-In Crafts

Thursdays • 1-3 p.m. • 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.

Welcome Newcomers

3rd Thursday of each month
10:30–11:30 a.m. • 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 preregistration 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 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

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY
1 CENTER CLOSED LABOR DAY HOLIDAY	**2** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45 TGA Tuesday Dance NOB HILL SOUNDS 7:30-10:30pm	**3** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30
8 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**9** CENTER CLOSED ADMISSION DAY HOLIDAY	**10** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30
15 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**16** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 TGA Tuesday Dance TENOR BAND 7:30-10:30pm	**17** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30
22 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**23** 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	**24** LET'S TALK TRAVEL 12:30 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30
29 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**30** 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 BAND 7:30-10:30 PM	

THURSDAY	FRIDAY	SATURDAY
4 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance STEVE EDWARDS, D.J. 7:30-10:30pm	**5** 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	**6** Snack Bar, Computer Lab, Billiards 9-11:30
11 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 TBD 7:30-10:30pm	**12** 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	**13** ART & WINE FESTIVAL, CENTRAL PARK 10-5 Snack Bar, Computer Lab, Billiards 9-11:30
18 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	**19** 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	**20** Snack Bar, Computer Lab, Billiards 9-11:30
25 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 NOB HILL SOUNDS 7:30-10:30pm	**26** 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	**27** Snack Bar, Computer Lab, Billiards 9-11:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 **Holiday** **No Meal**	**2** Crispy Oven Baked Chicken Whole Grain Bread Steamed Spinach Coleslaw Fresh Banana	**3** Cabbage Roll Whole Grain Bread Italian Blend Vegetables Romaine Iceberg Salad Fresh Honeydew Melon	**4** Roast Turkey w/Gravy Bread Stuffing Capri Blend Vegetables Carrot Raisin Salad Mandarin Pineapple Cup	**5** Chicken Milano Whole Grain Pasta Peas & Carrots Marinated Cucumber, Tomato,Onions Fresh Orange
8 Hot Turkey Sandwich w/ Gravy Yams Garden Vegetable Salad Tropical Fruit Cup	**9** **Holiday** **No Meal**	**10** B.B.Q. Chicken Corn Chowder Steamed Spinach Potato Salad Fresh Banana	**11** Beef Pot Roast w/Vegetables Rye Bread Corn Spinach Salad w/Mandarin Oranges Pineapple	**12** Unbreaded Fish Brown Rice Pilaf Mixed Vegetables Coleslaw Fresh Honeydew Melon
15 Chile Lime Chicken Brown Rice California Blend Vegetables Mixed Green Salad Sliced Apples	**16** Roast Beef w/Gravy Whole Wheat Roll Capri Blend Vegetables Whipped Potatoes Fresh Orange	**17** B.B.Q. Pulled Pork Sandwich Green Beans Broccoli & Cranberry Salad Fresh Fruit in Season	**18** Hawaiian Chicken Imperial Brown Rice Oriental Blend Vegetables Carrot Mandarin Salad Watermelon	**19** Combination Flat Bread Pizza Tomato Florentine Spinach Greek Salad Fresh Strawberries
22 Roast Pork w/Gravy Whole Grain Bread Red Potatoes Broccoli Salad Fresh Fruit in Season	**23** Breaded Fish Herbed Brown Rice Pilaf Broccoli & Cauliflower Tossed Green Salad w/Cabbage Pineapple	**24** Chicken Parmesan Whole Grain Pasta Mixed Vegetables Marinated Cucumber Salad Strawberry Whip	**25** Meatloaf w/Gravy Lentil Soup Peas & Carrots Whipped Potatoes Fresh Orange	**26** Creamed Turkey w/Vegetables Buttermilk Biscuit Country Trio Vegetables Romaine Salad w/Broccoli Fresh Honeydew Melon
29 Unbreaded Fish Brown Rice Pilaf Fiesta Blend Vegetables Coleslaw Fresh Fruit in Season	**30** Lemon Herb Chicken Minestrone or Vegetable Soup California Blend Vegetables Parslied Potatoes Chilled Pears			

= Higher in sodium

ALTERNATIVE MEALS:

WK 1 Chinese Chicken Salad, Vegetarian Nicoise Salad, Turkey Wrap, or Vegetarian Sandwich
WK 2 Turkey Cobb Salad, Summer Corn & Black Bean Salad, Roast Pork Sandwich, or Veg. Patty Burger.
WK 3 Chicken Taco Salad, Vegetarian Beans & Cheese Salad, Tuna Sandwich, or Black Bean Burger.
WK 4 Chef Salad, Quinoa & Black Bean Salad, Egg Salad Sandwich, or Vegetarian Pita Sandwich.
WK 5 Greek Chicken Salad, Vegetarian Creamy Cucumber Salad, Turkey Sandwich, or Vegetarian Wrap.

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).

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, Sam Orme 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.

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.

Whether you're looking for ways to get more help at home or need information about grab bars, we'll do our best to help you find solutions.

Senior Computer Class

Third Wednesday of the Month • 1–2 p.m.

Senior Center Computer Lab • Room 231

The class ranges in topic and is taught by the library staff. This class is free, but registration is required.
Please call 408 615-3170 for information on the class description for the month.

Woodshop

Tuesdays 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).

Dining Out

Served Monday-Friday • 11:30 a.m. • $3.00 donation.
Call our reservation hot line 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.

Lunch Meet

Topic/Presenter: ARMA

Thursday, September 18 • 12:30–1:30 p.m.
Room 232

Do you have paper clutter piling up? Do you have documents you don't know what to do with? How long should you keep your paper records? Do you know how to safely dispose of confidential documents?

Join us for Lunch Meet on Thursday September 18 when ARMA representatives will highlight what to keep, how long to keep your records, and what to safely dispose of. You will also learn how to store your documents. We will also provide additional information regarding an upcoming Senior Shred Day (date to be determined).

There is no pre-registration. Everyone is welcome to attend this free program. While no food is served, you are welcome to bring your lunch if you like.

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.

Fitness Center – Drop-In Fitness Center Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Drop in Fitness:					9:00–11:30am
7:00-10:45am	7:00-10:45am	7:00-10:45am	7:00-10:45am	7:00am-4:30pm	
12:00-4:30pm	12:00-4:30pm	12:00-4:30pm	12:00-4:30pm		
Classes:					
10:45am-12:00pm	10:45am-12:00pm	10:45am-12:00pm	10:45am-12:00pm		

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.

Natatorium Schedule- Swim/Walk Schedule For Lap Pool, Lane #1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-1:30pm Walk	7:00am-1:30pm Swim	7:00-10:00am 11:00am-1:30pm Walk	7:00am-1:30pm Swim	7:00-10:00am 11:00am-1:30pm Walk	9:00–11:30am Swim
3:00-4:30pm Swim	3:00-4:30pm Walk	3:00-4:30pm Swim	3:00-4:30pm Walk	3:00-4:30pm Swim	

Natatorium Schedule- Open Lap Pool Schedule (Closed for cleaning Monday–Friday 1:30-3:00pm)

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 (Closed for cleaning Monday–Friday 1:30-3:00pm)

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	

Women's Locker Room - Closed for Cleaning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00-2:30pm	2:00-2:30pm	2:00-2:30pm	2:00-2:30pm	2:00-2:30pm	

CRAFT FAIR

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

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

For more information contact our front office at 615-3170. Don't delay.
This year's faire will be held on **Saturday, November 15, from 9:00am-2:00pm**.

Free Notary Service for Seniors

Free Notary service is available for seniors at the Santa Clara Senior Center. To have a signature notarized the signer must appear in person, present current valid government issued identification containing the signer's photo, and the signer must speak English. Trusts, loans, and/or mortgage documents are not eligible for this free service.

Appointments are available on:

1. First and third Monday afternoon of each month.
2. Second and fourth Wednesday morning of each month.

For more information, contact the Santa Clara Senior Center by phone (1-408-615-3170) or email CustServSrCenter@SantaClaraCA.gov.

Did You Know?

The City of Santa Clara's recycler, Recology, will hold an Environment Day.

Please go to the City of Santa Clara website www.santaclaraca.gov or Phone Recology: 1-408-970-5100 for more information.

What: Paper and electronic document destruction
e-waste, plastic play structures/toys, and clothing recycling at no charge.
No appointment required.

When: Saturday, October 18, 2014
9:00 am to 1:00 pm

Where: Recology
650 Martin Avenue
Santa Clara

Must be a City of Santa Clara Resident with valid ID and proof of residency to participate.

Need Senior Center information now? Can't get here in person?

You have 24/7 access to Senior Center information by logging on to our website: **www.santaclaraca.gov/seniorcenter.**

Follow us on Facebook!

Functioning under the department of Parks and Recreation, you will find the Senior Center in Facebook where we tell our story through photos, friendships, and personal milestones.

Stay informed with Santa Clara Parks and Recreation Department news and activities by visiting us today: **www.facebook.com/santaclaraparksandrec**

1,000 Hour Volunteer Recognition Plaque

Congratulations to our four Senior Center Volunteers who reached 1,000 hours of service during the recently completed volunteer year July 1, 2013 to June 30, 2014. The following will be added to the Volunteer Plaque: **Manuel Alves, Mary Jane Karas, Ed Souza, Jim Ziegler**.

Volunteers have always played a large role in the success of the Santa Clara Senior Center's programs and services. Without the continued dedication of our volunteers, the Center would not be able to offer such a large variety of programs and services. In the volunteer year 2013-2014 Senior Center volunteers contributed over 20,000 hours of their valuable time to the Santa Clara Senior Center.

The names of volunteers reaching 1,000 hours of service are engraved on the Senior Center 1,000 Hour Plaque. This plaque is located near the auditorium. Please stop by and see the names of your friends, community members, and fellow volunteers who have achieved this milestone.

Thank you to all of our volunteers for your continued support and giving your time so generously to the Santa Clara Senior Center Volunteer Program.