Santa Clara Senior Center *News*

November 2011

Holiday Craft Faire

Saturday • November 19 • 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 artist 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.

Annual Holiday Tree Lighting Ceremony

Friday • December 2 • 6:00 p.m.

Feel the spirit of the holidays! This year's merrymaking will be a celebration of lights, music, entertainment and the arrival of Santa Claus aboard a red fire engine! Kettle Korn, bbq hamburgers and hot dogs will be available for purchase. The event is free, open to all, and will take place at the corner of Civic Center Drive and Lincoln Avenue in Santa Clara. Please bring a canned food item to donate to Second Harvest Food Bank. Tree lighting is at approximately 6:30 pm.

Santa Clara Parks and Recreation Department
1303 Fremont St., Santa Clara, CA 95050
(408) 615-3170 • www.santaclaraca.gov • 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 FOR SENIORS AVAILABLE AT THE SENIOR CENTER

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

	Provider	Phone/Website
Bus and lightrail passes Monthly bus and light rail pass stickers for Regional Transit Discount Card	**Valley Transportation Authority**	**321-2300** **www.vta.org**
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 Council on Aging Silicon Valley**	**615-3170** **www.santaclaraca.gov** **www.coasiliconvalley.com**
Health and Wellness Services Services available by appointment: health education, healthcare coaching, social engagement, home visits, blood pressure and blood glucose screening 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	**Council on Aging Silicon Valley**	**615-3170** **www.coasiliconvalley.com**
Help At Home 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**
Legal Assistance Free legal assistance available two Wednesdays per month, by appointment Services available to Santa Clara County seniors age 60+	**Senior Adult Legal Assistance (SALA)**	**615-3170** **www.sala.org**
Notary Service Free service by appointment, Fridays 8:00-9:00am Signer must be present and provide government issued identification Services available to seniors age 50+	**Volunteer**	**615-3170** **www.santaclaraca.gov**
Dining Out Nutritionally balanced lunch served Monday-Friday 11:30am Call one day ahead for reservations, $2.50 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 to seniors age 50+	**AARP volunteers**	**615-3170**

A complete listing of resources for seniors is 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 (408) 615-2220.

CLASSES, MEETINGS AND MORE

Classes run monthly. It's never too late to join. Register at the beginning of each month.

Jazz Dance

Tuesdays · 1:00–2:00 p.m.

Register on a monthly basis; Santa Clara senior discount applies. This class is designed for those who want to strengthen their balance, flexibility, memorization and gross motor coordination. Participants will learn basic jazz dance technique, steps, combinations and routines. All levels are welcome. *Instructor – S. Van Dyne*

No Falls S.O.S.

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

Register on a monthly basis; Santa Clara senior discount applies. **S**tretch, **O**bserve & **S**trengthen your way to decreasing the risk of falling. Class is designed to accommodate the needs of those with physical health and mobility challenges. Focusing on falls prevention, this class provides you with gentle exercises to develop and improve your balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength. Improve your overall health and quality of life while decreasing the risk of falls. Some exercises will include the use of chairs for props while sitting and/or standing. All abilities welcome. Individuals utilizing mobility aides (walkers, wheelchairs, etc.) are encouraged to register. *Instructor – S. Van Dyne*

Jazzercise with Jerome!

Monday and Wednesday · 7:30–8:30 a.m.

Join Jerome as he brings his fun filled, energizing and rejuvenating jazz technique-based program to mornings at the Santa Clara Senior Center and online at *www.santaclaraca.gov. Instructor – J. Flowers*

Did You Know!

Medicare open enrollment period has begun! Oct. 15-Dec. 7, is the time to make changes to your Medicare health or prescription drug coverage for 2012. You may want to review your plan's quality rating by going to: www.medicare.gov. If you need help with open enrollment, you can make an appointment with HICAP (Health Insurance Counseling & Advocacy Program) at the senior center front desk or call the Council on Aging at (408) 350-3200 and select option 2 for the HICAP department.

Zumba Gold® with Ginger

Mondays · 10:00–10:45 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. Wilson*

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, exercise to exercise, in a manner that challenges, yet adapts to the needs of the participants. *Instructor – A. Strauss*

Fitness for All

Wednesdays · 10:30–11:15 a.m.

Strengthen and tone your body to enhance overall health and physical fitness level. Gentle aerobic, toning and stretching exercises will improve your balance, flexibility, endurance, range of motion, sense of equilibrium and core muscular strength. Exercises will include chairs for props while sitting or standing. Class is designed to accommodate the needs of those with physical health and mobility challenges. All abilities are welcome. Individuals utilizing mobility aids (walkers, canes, wheelchairs, etc) are encouraged to register. *Instructor- S. Van Dyne*

NEW! Tai Chi for Life!

Tuesdays & Thursdays · 8:45–9:45 a.m.

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gentle and slow, whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity. *Instructor - L. Scheer*

Woodshop Orientation

November 16 · 9:30–11:30 a.m. · $10

This orientation is intended to provide a basic introduction to the hand tools, power tools and machines available for use. It is an introduction to operational and safety procedures of the Senior Center's woodshop. New users will be shown where to find materials and equipment in the Woodshop. Set up procedures and clean up procedures will be reviewed with students as well. Woodshop Classes will be offered soon! Make sure you are ready and sign up for your orientation now!

HEALTH & WELLNESS, CARE MANAGEMENT

Walk 'n' Talk

Wednesdays · 10:00–11:00 a.m.

Burn some calories and meet new friends on a self-paced walk around the block (3 laps = 1.2m). We leave the lobby at 10:00 a.m., walk, then join up again on the patio for some friendly conversation (or multi-purpose room if it's too hot). There is no fee; all are welcome.

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.

Fall Wellness Series

We're off and running with our fall series of classes – we promise a good time and some great information. Space is still available and registration is required in advance. Classes are $7 per class or Santa Clara senior discount is $5/class. Here are the remaining classes:

Disaster Prep • Nov 10 • Course #43671

Are you ready for "the big one" or any other type of disaster? As we've seen this year, nobody knows when Mother Nature will throw us for a loop. Learn how to move from knowing what to do to actually doing it! *Instructor: Susan Bates, Resource Specialist.*

Actively Aging • Dec 1 • Course #43672

Frustrated by those extra pounds, achy joints, or the couch-potato habits that leave you wondering if this is as good as it gets? Fear not! Join us to explore tips, tricks, & resources to turn minutes a week into better health. *Instructors: Renee Furtado, RTC, CTRS, & Mallory von Kugelgen, RN, PHN.*

Free Hearing Testing!

Tuesday, November 8 - 9:00am - 10:40am

San Jose State University Speech and Language Pathology students and a supervising licensed audiologist will return to offer hearing screening and information. This free service is by appointment only and spaces are limited. Please see the front desk to register. Call for more information (408) 615-3170 or *custservsrcenter@santaclaraca.gov*

Thanks to the Women's League...

Much appreciation to the members of the Women's League, who kindly donated cookies, water, and volunteer staff for the Flu Clinic on October 20th.

Clutter Masters

2nd and Last Thursday of each month
10:30 a.m.–12:00 p.m.

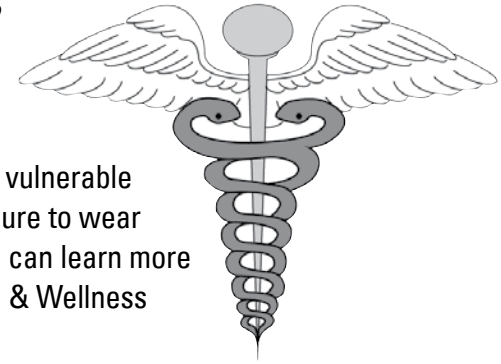
Please join us for support and information.

A Few Good Men

Fridays · 12:30–2:00 p.m.

Need to get out of the house and enjoy the company of a few other good men? Join other men as they share some stories, explore the process of getting older and learn about their health. For more information, please call the Health & Wellness Program nurses. There is no fee and all are welcome to attend.

November is Foot Health Issues Related to Diabetes Awareness Month



Do you know how to take care of your feet properly if you have diabetes? The Knock Your Socks Off campaign, by the American Podiatric Medical Association, stresses that seemingly minor foot problems can turn into major medical complications down the road if you don't manage your diabetes and keep an eye on your feet. Having diabetes makes feet more vulnerable to common foot problems like athlete's foot and fungal infections. Make sure to wear well-fitting socks and shoes, and get regular check-ups for your feet. You can learn more about foot care online at *www.adma.com* or visit the nurses in the Health & Wellness office for more information.

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. We dance on one of the best wooden floors in Santa Clara. The building is air conditioned and coffee, water, and sweets are served during intermissions. Free dance lessons (Waltz, Fox Trot, Latin and more) are offered from 6:30–7:30 p.m. Admission to the dances is $6 when live bands play and $5 when hosted by a DJ. On the first Tuesday of each month a selected couple demonstrates a dance of their choice during intermission and then we all line dance to Elvira and the polka. Check our monthly newsletter or visit our website for the monthly calendar which lists the bands and DJs who will perform *(www.santaclaraca.gov)*.

Dining Out

Served Monday-Friday · 11:30 a.m. · $2.50 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, constructed by a dietician with input from seniors, change throughout the seasons. There is always an option to the hot meal such as meat or vegetarian salads, and sandwiches. Please make your reservation no later than 11:30 a.m., one day prior to the day you would like to eat so that a meal can be ordered for you. Services available to Santa Clara County seniors age 60+.

Fall Flowers

If you haven't seen them yet, check out the new flowers on each of the Dining Out tables. A hearty and sincere thank you goes to Senior Center staff and volunteers for adding new flower arrangements to each table. The bright colors, freshness, and pizzazz go a long way to liven up the dining room. Senior Center Office Specialist II Judy Borrego-Mendieta organized a combination of staff and volunteers to collect vases, beautiful synthetic flowers, and decorative rocks as a centerpiece for each dining table. Also contributing their time and resources were: Grounds Maintenance Worker II Patti Blevins, Recreation Superintendent Marilyn Dippell, Recreation Supervisor Renee Furtado, Typist Clerk I Christine Martinez (and daughter Michelle), Recreation Supervisor Phil Orr, Typist Clerk II Vickie Santos, Office Specialist II Sue Souza, and Judy's husband Ric Mendieta. Thank you to all those who contributed.

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.

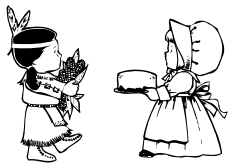
Game	Day	Time	Location	Contact	Drop Ins
Bingo	Tue, Fri	12:15-2:30 p.m.	Auditorium	Staff 615-3170	Welcome
Games, Games, Games					
Mexican Train, Dominos, Cribbage and more	Mon, Wed	1:00-3:00 p.m.	Auditorium	Staff 615-3170	Welcome
Card Games					
Bridge, Intermediate	Mon, Wed	12:30-3:00 p.m.	Mezzanine *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	Tue Sat	12:00-4:00 p.m. 9:00-11:30 a.m.	Rm 232 • Mezzanine	Staff 615-3170	Welcome
Pinochle	Tue	12:00-4:00 p.m.	Rm 232	Staff 615-3170	Welcome
Poker	Mon-Fri	7:30-10:00 a.m.	Mezzanine	Staff 615-3170	Welcome
Active Games					
Wii	Mon-Fri Sat	7:30 a.m.-4:30 p.m. 9:00-11:30 a.m.	Fitness Center	Staff 615-3170	Welcome

November 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 **ADVENTURES TO GO:** **RENO GETAWAY 8:30** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Cards-Poker 8-10:30 Bridge/Pinochle/Canasta 12-3 Bingo 12:15-2:15 **TGA Tuesday Dance** **Nob Hill Sounds • 7:30-10:30pm**	**2** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Bridge 9-11:30 Walk 'n' Talk 10:00 Games, Games, Games 1-3	**3** Computer Lab/ Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 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** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15	**5** Snack Bar, Computer Lab, Billiards 9-11:30
7 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Games, Games, Games 1-3	**8** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Cards-Poker 8-10:30 Bridge/Pinochle/Canasta 12-3 Bingo 12:15-2:15 **TGA Tuesday Dance** **Nob Hill Sounds • 7:30-10:30pm**	**9** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Bridge 9-11:30 Walk 'n' Talk 10:00 Games, Games, Games 1-3	**10** **ADVENTURES TO GO:** **BUDWEISER & JELLY BELLY TOUR 8:00** Clutter Masters 10:30-12 Computer Lab/ Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 **Thursday Night Dance** **CASUALS • 7:30-10:30pm**	**11** **CENTER CLOSED** **VETERANS DAY HOLIDAY**	**12** Snack Bar, Computer Lab, Billiards 9-11:30
14 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Games, Games, Games 1-3	**15** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Cards-Poker 8-10:30 Bridge/Pinochle/Canasta 12-3 Bingo 12:15-2:15 **TGA Tuesday Dance** **Colin Dickie, DJ • 7:30-10:30pm**	**16** **ADVENTURES TO GO:** **MARINE MAMMAL CENTER & PIER 39** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Bridge 9-11:30 Walk 'n' Talk 10:00 Games, Games, Games 1-3	**17** **WELCOME NEWCOMERS! 10:30** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 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**	**18** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15	**19** Snack Bar, Computer Lab, Billiards 9-11:30
21 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Games, Games, Games 1-3	**22** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Cards-Poker 8-10:30 Bridge/Pinochle/Canasta 12-3 Bingo 12:15-2:15 **TGA Tuesday Dance** **The Casuals • 7:30-10:30pm**	**23** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Bridge 9-11:30 Walk 'n' Talk 10:00 Games, Games, Games 1-3	**24** **CENTER CLOSED** **THANKSGIVING DAY HOLIDAY**	**25** **CENTER CLOSED** **THANKSGIVING DAY HOLIDAY**	**26** Snack Bar, Computer Lab, Billiards 9-11:30
28 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Games, Games, Games 1-3	**29** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Cards-Poker 8-10:30 Bridge/Pinochle/Canasta 12-3 Bingo 12:15-2:15 **TGA Tuesday Dance** **The Tenor Band • 7:30-10:30pm**	**30** **ADVENTURES TO GO:** **POINSETTIAS, CHEESE & CHOCOLATE 8:00** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Cards-Poker 8-10:30 Bridge 9-11:30 Walk 'n' Talk 10:00 Games, Games, Games 1-3			

November 2011

Dining Out Reservations (408) 615-3174

Monday	Tuesday	Wednesday	Thursday	Friday
	**11/1** Stroganoff w/Meatballs, Rotini Noodles, Green Beans, Spinach Romaine Salad w/Honey Mustard, Chilled Peaches	**11/2** Baked Fish w/Lemon Sauce, Whipped Potatoes, Capri Blend Vegetable, Fresh Orange, Banana Pudding	**11/3** Roast Pork Sandwich w/BBQ Sauce, Mixed Vegetables, Tossed Salad w/Broccoli w/ French Dressing, Tropical Fruit Cup	**11/4** Roasted Chicken, Oven Baked Red Potatoes, Calif. Blend Vegetables, Fortified Juice, Apple Pie
Alternative Meal Nov 2-4: Chef Salad or Vegetarian Bean Salad or Turkey Sandwich or Vegetarian Patty Burger.				
11/7 Meatloaf w/Gravy, Scalloped Potatoes, Brussel Sprouts, Fruit Gelatin, Banana Nut Cake	**11/8** Roast Pork w/Gravy, Whipped Potatoes w/Gravy, Italian Blend Vegetables, Fresh Orange	**11/9** Rotisserie Seasoned Chicken, Lentil Soup, Spinach, Mexicali Corn Salad, Citrus Fruit Cup	**11/10** Baked Fish w/Tartar Sauce, Brown Rice, Green Peas, Romaine Iceberg Salad w/ French, Fortified Juice, Sherbet	**11/11** **HOLIDAY** **NO MEAL**
Alternative Meal Nov 7-11: Santa Fe Salad or Vegetarian Cottage Cheese Salad or Roast Beef Sandwich or Vegetarian Patty Burger.				
11/14 Swedish Meatballs, Seasoned Noodles, Carrots & Cauliflower, Romaine-Iceberg Salad w/Creamy Italian, Fresh Fruit in Season	**11/15** California Chicken Salad w/Egg, Meaty Vegetable Soup, Mixed Greens & Tomato, Veggies in Soup, Fresh Orange, Chocolate Brownie	**11/16** Roast Beef w/Gravy, Rye Bread, Whipped Potatoes w/Gravy, California Blend Vegetables, Fresh Fruit in Season	**11/17** BBQ Chicken, Diced Potatoes Spinach, Fresh Banana	**11/18** Veal Cutlet w/Gravy, Whole Grain Pasta, Mixed Vegetables, Garden Vegetable Salad w/Creamy Italian, Fortified Juice, Sugar Cookie
Alternative Meal Nov 14-18: Tuna Salad or Vegetarian Bean Salad or Roast Beef Sandwich or Vegetarian Patty Burger.				
11/21 Roast Pork w/Applesauce, Whole Grain Pasta, Green Peas, Red Cabbage Slaw, Fresh Fruit in Season	**11/22** Roast Turkey/gravy & Cran. Sc, Bread Stuffing, Broccoli Cuts, Spinach Romaine Salad w/Dressing, Pumpkin Pie w/ Whipped Topping	**11/23** Roast Chicken, Imperial Brown Rice, Spinach, Capri Blend Vegetables, Fortified Juice, Chocolate Chip Cookie	**11/24** **HOLIDAY** **NO MEAL**	**11/25** **HOLIDAY** **NO MEAL**
Alternative Meal Nov 21-25: Chinese Chicken Salad or Vegetarian Bean Salad or Turkey Sandwich or Vegetarian Patty Burger.				
11/28 Beef Stuffed Bell Pepper w/ Tomato, Mixed Vegetables, Marinated Zucchini Salad, Fresh Fruit in Season	**11/29** Chicken Cacciatore, Whole Grain Pasta, Italian Blend Vegetable, Spinach Romaine Salad w/Thousand Island, Fortified Juice, Ice Cream	**11/30** Meatloaf w/Gravy, Rye Bread, Parslied Potatoes, Chuck wagon Corn, Tropical Fruit Cup	Happy Thanksgiving	
Alternative Meal Nov 28-30: Chef Salad or Vegetarian Cottage Cheese Salad or Roast Pork Sandwich or Vegetarian Patty Burger.				

= Higher in sodium

Senior Advisory Commission

There are presently two openings on the Senior Advisory Commission. Applications can be obtained from the City's website (*www.SantaClaraCA.gov*) or from the City Clerk's Office (408) 615-2220 or (*Clerk@SantaClaraCA.gov*). Applications are due in the City Clerk's Office by Nov. 9. 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 Dwight Collins, Frank Kadlecek, Donna Marencia, Alice Pivacek, and Chuck Roberts.

Meetings

4th Monday of each month-10:00 a.m.

Room 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. Feel free to join the discussion or share your opinions on matters important to you.

Drop-In Crafts

Thursdays · 1:00-3:00 p.m. · Santa Clara Senior Center

The Santa Clara Senior Center invites you to revisit an old hobby or take up a new one. Your interests may include basketry, crochet, embroidery, calligraphy, knitting, drawing, origami, quilting or scrapbooking. Here is an opportunity to work on your own self-directed project in the company of others who share your love of crafts. Enjoy seeing what others are creating and share tips and ideas! Crafters are expected to bring their own materials, and to clean up after themselves. Please, do not bring in projects that produce strong fumes (such as glues, paints or materials with toxic components). Finishing products are not allowed in the Senior Center. Please check with the front desk for the room assignment each week. All seniors, age 50+, are welcome. Space is limited; first come, first served. Storage space is not available at the Senior Center. Engage your brain as well as your creativity.

Lunch Meet

3rd Thursday of each month · 12:30–1:30 p.m.

Join us as the Silicon Valley Animal Control Authority (SVACA) shares Information about their facility, their animal control duties and how they improve our community. A (SVACA) representative will discuss cat and dog socializing, their foster program, adoption program, low cost services that may be available to you. this is a free program and no registration is required. Bring your lunch if you like.

Santa Clara Women's League

2nd Tuesday of each month · 1:00 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.

Santa Clara Men's League

4th Thursday of each month · 11:30 a.m.

The Men's League gets together for lunch, informational speaker, and socialization. Speaker topics vary from each month. Membership information is available at the Santa Clara Senior Center. New members are always welcome.

Woodshop

Tuesdays and Thursdays · 8:00 a.m.–12:00 p.m.

Donations Accepted Residents $3 · Non-Residents $5

(Donations accepted are used to replenish consumable woodshop supplies) The Woodshop is a great place to work on small projects and repairs. Join others who enjoy the art of woodworking. A woodshop orientation is required. Beginners are welcome.

Lapidary

Thursdays and Fridays · 9:00 a.m.–1:00 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.

Welcome Newcomers

3rd Thursday 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. We'll share some history of the center, describe our role in the community, and let you in on the secret to our success. You will get to ask questions and we'll do our best to provide thoughtful answers; 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 and the service is free of charge.

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. (Please check the schedule for when the Natatorium is closed for classes or cleaning)

Fitness Center Orientation

Do you have questions about how to use a machine properly? If you are new to the Fitness Center, please watch the "Fitness Center Orientation Video." The video walks you through the Fitness Center and shows you how to properly use each piece of equipment. The video can be watched any time the Senior Center is open.

So that pool users may make an informed decision whether or not water temperature is suitable for their needs, there is one (1) thermometer in each pool.

Lap Pool:

- Water temperature ranges from 81 to 84 degrees F.

Warm Water Pool:

- Water temperature ranges from 90 to 94 degrees F.

Spa:

- Water temperature ranges from 97 to 101 degrees F.

No spitting, spouting, or nose blowing in the pool!

Substances from our bodies can be passed in microscopic amounts from swimmer to swimmer, even in well maintained pools. Do not spit, spout or blow your nose in the pool or on the deck. Please observe the Natatorium guidelines and shower with soap before swimming, and take a break from swimming if you've recently had a contagious illness, such as diarrhea, or have open sores. It's not good for you and it's not safe for your friends in the water.

Lane #1 is reserved for participants wishing to walk or water jog during the following days and times:
Monday: 7:00 a.m.–1:30 p.m. · Wednesday & Friday: 7:00–10:00 a.m. and 11:00 a.m.–1:30 p.m. ·
Tuesday & Thursday: 3:00–4:30 p.m.

Lanes #2 & #3 are always designated for swimmers only.

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

Reno Getaway, November 1-3
Reno Dinner & Show Pkg., November 2
Budweiser & Jelly Belly Tour, November 10
Marine Mammal Center & Pier 39, November 16
Poinsettias, Cheese, and Chocolate, November 30
Christmas Creche Exhibit, December 6
Shopping In Union Square, December 8
Beach Blanket Babylon, December 11
A Johnny Mathis Christmas, December 23
World of Wonders & BINGO the Musical, January 5
Natural Bridges & Seymour Marine Lab, January 10
Nimbus Fish Hatchery & Folsom Prison Museum, January 18
San Francisco Symphony, January 25

New Trips

New trips were released at *Let's Talk Travel* on October 26. Resident Registration began at that time and Non-resident Registration began on the following Monday. For trip details, see the November issue of the *Adventures to Go Newsletter*. You may pick up a copy at the Senior Center or view it online at: *www.santaclaraca.gov* under Parks & Recreation and Senior Center.

The following trips 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.

Christmas Crèche Exhibit

No. 43725 • Tuesday, December 6 • $72 per person

Activity level: MEDIUM – long periods of walking and standing; wear comfortable walking shoes.

Whether called the French crèche, the Italian presipio, the German krippe, the Spanish nacimiento, or the English crib, the depiction of the nativity scene is one of the oldest and most beloved Christmas traditions. While focusing on the central figures of the mother Mary and the Christ Child, crèche artists often telescope time and place to bring together a host of earthly and heavenly participants - shepherds, animals, and angels. Exhibitors from throughout the Bay Area who represent many faiths loan their treasured nativities for this special exhibit held each year in Palo Alto. Each crèche offers a unique representation, reflecting the culture and perspective of artists around the world. You find many unique artist medians represented such as abalone, bamboo, coconut shell, clay, corn husk, fir, glass, porcelain, mod podge, marble, raku pottery, straw, tapestry, teak and many more. Afterward we'll share a meal together at the California Cafe and free time for Holiday Shopping at the Stanford Mall. Menu selections include Asian Chicken Salad, Grilled Chicken Sandwich, Angel Hair Pomodoro or Grilled Angus Cheddar Burger. All meals include dessert and and beverage. *Bus leaves promptly at 10:00 AM and returns at approximately 5:00 PM.*

Shopping in Union Square

No. 43724 • Thursday, December 8 • $36 per person

Activity level: MEDIUM – long periods of walking and standing; wear comfortable walking shoes and dress in layers.

Feel the energy of the holiday season in San Francisco! You will be dropped off at Union Square, where you can do what you please. Enjoy a leisurely breakfast or lunch at one of the many fine restaurants in the area, browse and shop for those perfect Christmas gifts, take in the beauty of the holiday decorations in the stores and on the streets. *Bus leaves promptly at 8:30 AM and returns at approximately 4:00 PM.*

Let's Talk Travel!

Next meeting: January 25 · 12:30 p.m.
No meeting in November and December

Join us and **Let's Talk Travel!** We meet on the fourth Wednesday of each 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 (408) 615-3170 for more information. *Note: For new releases in November, see the November/December issue of the* ***Adventures To Go Newsletter,*** *available on November 23.*

World of Wonders & BINGO The Musical

No. 44406 • Thursday, January 5 • $106 per person

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

A ceramist, sculptor, and self-proclaimed "mad scientist," Clayton Bailey aims to surprise and delight with his art. This World of Wonders exhibition at the Crocker Museum in Sacramento presents the full range of his inspired eccentricity in clay and metal, including his early ceramic critters, signature "exploding pots," life-sized robot sculptures, and ray guns realized from discarded aluminum. Also included are Bailey's pseudo-scientific discoveries, including proof of "Big Foot" and ceramic fossils from the "Bone Age," made under the name of his scientific alter-ego, Dr. George Gladstone. Visitors to the exhibition will also experience the artist's fully realized environments, including his backyard "Kaolithic" discoveries and mockumentary "Museum of Wonders" from his home in the Bay Area. In all, 180 works and complementary ephemera span 50 years of Bailey's prodigious production of genuine marvels. After the exhibit we will enjoy a hosted box lunch at the Crocker Café followed by the hilarious musical comedy: BINGO The Musical at The Cosmopolitan Cabaret, California Musical Theatre. Bingo is a splashy, zippy, outrageously funny new musical. Come meet Vern, Honey, and Patsy: three pals that have driven through a terrible storm in the name of their weekly obsession. In between the number calling, strange rituals and fierce competition, love blossoms and long lost friends reunite. *Bus leaves promptly at 7:30 AM and returns at approximately 7:00 PM.*

Natural Bridges & Seymour Marine Lab

No. 44407 • Tuesday, January 10 • $96 per person

Activity level: MEDIUM – long periods of walking and standing; wear comfortable walking shoes and dress in layers.

Visit the Monarch Butterfly Grove of Natural Bridges State Park. There is a boardwalk that leads to the Eucalyptus Grove with multiple benches along the way. The park's Monarch Grove provides a temporary home for up to 100,000 Monarchs each winter. From roughly mid-October through mid-February, the Monarchs form a "city in the trees." The area's mild ocean air and eucalyptus grove provide a safe roost until spring. In the spring and summer, the butterflies live in the valley regions west of the Rocky Mountains where milkweed, the only plant a Monarch caterpillar eats, is plentiful. Monarch migration is variable, and numbers vary each year. The park maintains a demonstration milkweed patch where visitors may view Monarch eggs, caterpillars and chrysalides. For about half a year, milkweed is the Monarch's home, super market and maternity ward. The Monarch larva eats only the milkweed plant. We will enjoy a hosted lunch at the Crow's Nest. Entrée choices include Seafood Thermidor – Scallops, Crab, and Shrimp, Chicken Marsala, and Spice Rubbed Top Sirloin. In the afternoon we'll take a guided tour of a working marine laboratory, Seymour Marine Discovery Center, featuring exhibit halls, aquarium, touch tanks, Ocean Discovery Shop, and unsurpassed vistas of the Monterey Bay National Marine Sanctuary. Hold a sea star-marvel at the world's largest whale skeleton –touch a shark – think like a scientist. *Bus leaves promptly at 8:45am and returns at approximately 5:00pm.*

Nimbus Fish Hatchery & Folsom Prison Museum

No. 44408 · Wednesday, January 18 · $75 per person
Activity level: MEDIUM – Approx. 2 1/2 hour drive; long periods of walking and standing; wear comfortable walking shoes and dress in layers.

The Nimbus Fish Hatchery was constructed in the late 50s as a way to mitigate the impact that the Folsom-Nimbus Dam had created for the salmon and steelhead trout population in the American River. The hatchery harvests the eggs from the female fish, fertilizes it with "milt" from the male, and raises the fry once they have hatched. This whole process can easily be observed by the public through a glass window that divides the visitor's center from the hatchery floor. There is also a short film that goes through the life cycle of a fish, including what is done at the hatchery. One of the highlights at the center is the raceway ponds, where you can feed pellets to fish who are being kept at the facility until they are large enough to be released back to the river. Feeding fish may not sound thrilling, but to watch these large fish swimming in unison through a large pond suddenly thrash around trying to catch the pellets you threw into the water, then return to their calm, peaceful swim is something to see. We'll travel over the Rainbow Bridge and into historic downtown Folsom for a hosted lunch at the Hacienda Del Rio. "THE HAC" is a historic Folsom favorite, offering traditional Mexican favorites and fun to Sutter Street for over 30 years! After lunch there will be free time to explore downtown Folsom offering many shops and a history museum. We will also visit the Folsom Prison Museum, housed in a small historic home on the state prison property. Discover the legend and the lore of this state penitentiary with a retired guard as your guide. Bus leaves promptly at 7:45 AM and returns at approximately 6:30 PM.