



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

Santa Clara Senior Center NEWS

June 2017

MY NEIGHBORS ARE LEAVING ~ WHAT SHOULD I DO?

Wanda Puder

Monday, June 12, 2017, 2:30 - 4:00 pm

\$10

This workshop will help you think through some of the pros and cons of staying in your home or moving. There will be plenty of time for discussion as we talk together about decisions many are considering as you enter new seasons of your lives.

- What options do you have—stay in your home or move?
- What do *you* want to do?
- Are there other people or health concerns that are motivating a move?
- How do you feel about the decisions you may need to make?
- What's keeping you from making those decisions?

Please join us for this special time together!

DATES TO REMEMBER

Senior Center BBQ

June 1, 12:00 - 1:00 pm
(see page 5 for details)

Summer classes begin

June 2nd

Jumbo Memory Training

June 7th - June 28th
10:00 - 12:00 pm
(See page 3 for more details)

Silicon Valley BBQ

June 23rd & 24th
4:00 - 10:00 pm & 11:00 - 8:00 pm

All City Picnic & Fireworks

July 4th, 12:00 - 10:00 pm

Are you a resident of Santa Clara, age 50 or over?

The City of Santa Clara wants your input and ideas to help in updating the Senior Needs Assessment for the City of Santa Clara!

The results of the assessment will be used to identify gaps in current services and programs and to enhance the quality of life for Seniors.

Your responses will not be visible to the public and your personal information will be treated confidentially. Information gathered from this survey will be collated as anonymous data for a public report in early 2018. The deadline to complete the survey is July 14, 2017.

- To take the online survey visit <http://www.peakdemocracy.com/4957>
- If you prefer to participate with a paper survey, you can pick one up at the Santa Clara Senior Center, located at 1303 Fremont Street.

Thank you for your participation.

Santa Clara Parks and Recreation Department ~ Santa Clara Senior Center

1303 Fremont St., Santa Clara, CA 95050 - (408) 615-3170

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

www.santaclaraca.gov/seniorcenter - custservsrcenter@santaclaraca.gov - www.facebook.com/santaclaraparksandrec



“BE STRONG, LIVE LONG”

Health & Wellness Fair



On Saturday, May 20, the inaugural "Be Strong, Live Long," Health & Wellness Fair was held at Fremont Park, from 10:00 am – 2:00 pm. The event, co-sponsored by the Senior Center and Senior Advisory Commission, provided the Santa Clara community with access to 23 resource booths supporting older adults who are working to improve their own health while caring for their older family members, friends, and or neighbors. With an estimated 200 in attendance, the event, which included tours of the Senior Center, fitness class demonstrations, BBQ lunch, and free hearing and vision screenings by the Santa Clara Lions Club, was well received by attendees.



DINING OUT

Dining Out Needs your Support: How you can Make a Difference

Contributions made at the Santa Clara Senior Center are used to directly support and sustain the Dining Out in the City of Santa Clara.

Each Senior Nutrition Meal provides a fully balanced meal with 1/3 of the Recommended Daily Allowance:

One serving of protein, one to two servings of vegetables, one serving of fruit, one serving of milk, one serving of bread/whole grain.

In addition Wonderful friends, Great conversation, Fantastic volunteers!!!!



Welcome Saraswathi!

We have a new member joining the Health & Wellness Program team, Saraswathi Ram Mohan, MSW. Saraswathi has a Masters in Social Work and over 20+ years' experience. Most recently, she worked as a Care Manager at the Sunnyvale Senior Center and the Community Services Agency in Mountain View. She will be focusing on some of the more complex **care management clients we serve, as well as facilitating some support groups.** Please take a minute to welcome her to the Senior Center!



June Table Event **National Aphasia** **Awareness**

Tuesday, June 13th from
10:00 am - 12:00 pm

Aphasia is an acquired communication disorder that impairs a person's ability to process language, but does not affect intelligence. Aphasia impairs the ability to speak and understand others.

It is most often caused by injury to parts of the brain that control speech and language resulting from a stroke.

About 2,000, 000 people in the Unites States are affected by aphasia.

Stop by the Health & Wellness Program table in the lobby near the multi-purpose room to visit with our volunteer RNs.

Jumbo Memory Training - **Wednesday, June 7th - 28th** **10:00 am - 12:00pm, Rm 149** **\$99 Resident/\$124 Non-resident**

Use it, don't lose it! This course, developed by UCLA neuroscientist Dr. Gary Small, helps conquer the 4 most common memory challenges: names/faces, lost items, future appointments, and lists. **Attending each class is mandatory.** *Instructor Dave Mora is licensed through the UCLA Longevity Center.*

*This class is not designed for those with dementia or moderate/severe memory loss.

FREE! Smartphone Class!—Monday June 12th, 10:00 - 12:00 pm, Room 131

Having difficulty with your smartphone? Attend this free workshop by California Phones and make your smartphone work better for you!

Learn how to:

- Make your phone louder and easier to hear
- Send text messages
- Connect Bluetooth devices
- Create alerts
- Operate the basic functions of your smart phone ...and much more!

SPACE IS LIMITED, REGISTER NOW!

Call: 1-866-271-1540

Email: smartphonetraining@ddtp.org

JUNE SPOTLIGHT

...Did You Know?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>New Fitness Classes start at the beginning of every month! Sign up now for June</p>			
4	5	6	7
Center Closed	<p>Drop-in Group - X Jazzercise <i>(every Monday 6-7pm)</i></p>	<p>Adventures To Go Napa River Cruise TGA Tuesday Night Dance <i>Cha Cha Dance Lesson</i> 6:30 - 7:30 pm <i>Nob Hill Sounds</i> 7:30 - 10:30 pm</p>	<p>Jumbo Memory Training 10:00 - 12:00 pm Drop-in Group - X Jazzercise <i>(every Wednesday 6-7pm)</i></p>
11	12	13	14
<p>Adventures To Go Roman Holiday Center Closed</p>	<p>My Neighbors are leaving 2:30—4:00 pm</p>	<p>Table Event 10:00 - 12:00 pm TGA Tuesday Night Dance <i>Cha Cha Dance Lesson</i> 6:30 - 7:30 pm <i>Geri Foley, DJ</i> 7:30 - 10:30 pm</p>	<p>Adventures To Go UCSC Arboretum</p>
18	19	20	21
Center Closed	<p>Intro To Woodworking 9:00 - 1:00 pm</p>	<p>TGA Tuesday Night Dance <i>Cha Cha Dance Lesson</i> 6:30 - 7:30 pm <i>Island Waves Band</i> 7:30 - 10:30 pm</p>	<p>Intro To Woodworking 9:00 - 1:00 pm Let's Talk Travel 12:30 - 1:00pm</p>
25	26	27	28
Center Closed	<p>Senior Advisory Commission 10:00—12:00 pm</p>	<p>TGA Tuesday Night Dance <i>Cha Cha Dance Lesson</i> 6:30 - 7:30 pm <i>Colin Dickie, DJ</i> 7:30 - 10:30 pm</p>	<p>Adventures To Go Summer of Love</p>

JUNE SPOTLIGHT

...*Did You Know?*

THURSDAY	FRIDAY	SATURDAY
1	2	3
<p>Senior Center BBQ 12:00—1:00 pm (\$7.00, includes chicken/veggie sandwich with salad and dessert)</p> <p>Thursday Night Dance <i>Tango</i> Dance Lesson 6:30 - 7:30 pm <i>Island Waves Band</i>, 7:30 - 10:30 pm</p>		<p>Join us on Saturdays from 9:00 am - 12:00 pm for billiards, shuffleboard, and darts.</p>
8	9	10
<p>Thursday Night Dance <i>Tango</i> Dance Lesson 6:30 - 7:30 pm <i>Geri Foley, DJ</i>, 7:30 - 10:30 pm</p>		
15	16	17
<p>Welcome Newcomers 10.30 am - 11.30 am (Room 205)</p> <p>Thursday Night Dance <i>Tango</i> Dance Lesson 6:30 - 7:30 pm <i>Nob Hill Sounds Band</i>, 7:30 - 10:30 pm</p>	<p>Intro to Woodworking 9:00 - 1:00 pm</p>	
22	23	24
<p>Adventures To Go Black Oak Casino</p> <p>Thursday Night Dance <i>Tango</i> Dance Lesson 6:30 - 7:30 pm <i>Hal Sanders, DJ</i>, 7:30 - 10:30 pm</p>	<p>Intro To Woodworking 9:00 - 1:00 pm</p> <p>Silicon Valley Barbeque 4:00 - 10:00 pm</p>	<p>Silicon Valley Barbeque 11:00 - 8:00 pm</p>
29	30	
<p>Thursday Night Dance <i>Tango</i> Dance Lesson 6:30 - 7:30 pm <i>Metro Big Band</i>, 7:30 - 10:30 pm</p>		

FITNESS CENTER

Fitness Room Hours of Operation:

Monday– Thursday, 7:00 am - 7:00 pm

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

The Women's Locker Room is Closed for Cleaning:

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

Fitness Center Orientation- Our volunteers are happy to offer you a one-on-one introduction to the facility which includes: a Fitness Orientation Video, a walk-through of the facility, introduction to the machines, free weights, and stretching area. Our New User Operation Manual is available at the "Check-in" table along with fitness literature. We are always available to answer any questions!

Our 3,000 square foot Fitness Center offers a one-stop-shop for your cardio, weight training, stretching, and over all fitness needs! We have quality commercial cardio equipment: treadmills, exercise bikes (recumbent and upright), rowing machines and cross trainer/elliptical machines. We also feature the NuStep. This low-impact recumbent trainer gently gives you a full body, cardio and strength training workout and is accessible for people of almost every ability. We offer an array of cardiovascular machines which include treadmills, upright and recumbent bikes, NuSteps, Cross trainers and low rowing machines. This easy-to-use machine is a great way to practice **mindfulness exercising**. After your workout, grab a friend for a quick round of bowling or tennis on the Wii game system. **Many pieces of equipment are wheelchair accessible.**



For more information please call the Front Desk office at 408-615-3170 or email us at:

CustServSrCenter@santaclaraca.gov.

NATATORIUM

The **Natatorium** is equipped with three indoor pools, providing an excellent opportunity to get fit through aquatic exercise. It is staffed with professionally trained lifeguards. 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.



Natatorium Hours of Operation:

Monday - Thursday, 7:00 am - 6.30 pm

Friday, 7:00 am - 4:30 pm

Saturday, 9:00 am - 11:30 am

Rules for the Pools

Please observe these good hygiene manners before entering any of the Senior Center pools:

- ◆ Shower with soap before swimming.
- ◆ Don't use the pool if you have open cuts, sores, bandages, or illnesses that can be passed on to others. This includes diarrhea, colds, coughs or infected eyes.
- ◆ Swimmers who are incontinent must wear waterproof swim pants. (our nurses can tell you where to get them)

Thanks for protecting our water for all to enjoy!

NATATORIUM SCHEDULE

WHAT'S YOUR LANE? Some prefer to swim, others prefer to walk, but they all want to exercise! For your convenience **please call or check at the front desk for current schedule** as classes may get canceled due to low enrollment and the pool may become available for swimming/walking.

Three Lane Lap Pool: 81 - 84° F

Length: 27' x 60 Depth 3 1/2' to 5 1/2'

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 - 9:00 am	All Lanes Swim					CLOSED
9:00 - 10:00 am	Lane #1 - Walk Only	Lane #1 - Walk Only	Lane #1 - Walk Only	Lane #1 Walk Only	Lane #1 - Walk Only	All Lanes Swim
10:00 - 11:00 am			Class Adult Ed (5/10-7/19)		Class Adult Ed (5/12-7/21)	
11:00 - 11:30 am			Lane #1 - Walk Only	Lane #1 - Walk Only		
11:30 am - 12:30 pm		All Lanes Swim	All Lanes Swim			
12:30 - 1:30 pm	All Lanes Swim					CLOSED
1:30 - 3:00 pm	CLOSED FOR CLEANING					
3:00 - 4:30 pm	Lane #1 Swim Only	Lane #1 Walk Only	Lane #1 Swim Only	Lane #1 Walk Only	Lane #1 Swim Only	
4:30 - 5:30 pm				CLASSES P&R (6/15 - 7/6)	CLOSED	
5:30 - 6:00 pm						
6:00 - 6:30 pm						

Warm Water Pool: 90 - 94° F

Length: 21' x 21' Depth: 3' to 4'

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 - 9:00 am	OPEN					CLOSED
9:00 - 10:00 am	Class Adult Ed (5/8-7/17)	Class Adult Ed (5/9-7/18)	Class Adult Ed (5/10-7/19)	Class Adult Ed (5/11-7/20)	Class Adult Ed (5/12-7/21)	OPEN
10:15 - 11:15 am		OPEN		OPEN		
11:30 am - 12:30 pm		OPEN				
12:30 - 1:30 pm	CLOSED FOR CLEANING					
3:00 - 4:30 pm	OPEN	CLASSES Adult Ed (5/9 - 7/18)	OPEN	CLASSES Adult Ed (5/11 - 7/20)	OPEN	
4:30 - 5:30 pm		CLASSES TRS (6/13-7/25)		CLASSES TRS (6/15-7/27)	CLOSED	
5:45 - 6:00 pm		CLASSES P&R (6/13 - 7/4)		OPEN		
6:00 - 6:30 pm						

Spa: 97 - 101° F

Capacity 17 person

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
1:30 - 3:00 pm CLOSED FOR CLEANING					CLOSED
3:00 pm - 6:30 pm	3:00 pm - 6:30 pm	CLOSED	3:00 pm - 6:30 pm	3:00 pm - 4:30 pm	

VOLUNTEERS

Have you thought about volunteering at the Senior Center? We're looking for new volunteers. Sign up today!

The **Senior Center Computer Lab** was recently renovated and features new carpet, new furniture, new large screen computers, a new color copier/printer, and a dedicated proctor/volunteer station. We have computer lab volunteer opportunities available as well as opportunities for substitute volunteers. Thank you to our current and new volunteers who trained at the library to learn the new systems so they can assist our computer lab patrons.

The **Fitness Center** is in need of permanent volunteers. With so many of our active senior volunteers on vacations, we are in need of substitute volunteers also. This is the perfect volunteer opportunity for those seeking volunteer hours without a permanent commitment or those seeking volunteer opportunities during the summer only.

Thank you to all our dedicated volunteers who keep the Senior Center programs and services running so smoothly.

ALWAYS HAPPENING

- Bingo - Tues./Fri. 12:45 pm - 2:45 pm –MP Room
- Bridge - Wed, 9:00 am - 12:00 pm, -Mezzanine
- Bridge - Mon/Wed/Fri, 12:30pm - 3:00 pm, -Mezzanine
- Canasta, Pinochle - Tues, 12:00 pm - 4:00 pm -Mezzanine
- Games, Games, Games - Mon/Wed, 1:00 pm - 3:00 pm
- Poker - Mon - Fri, 7:30 am - 9:00 am, -MP Room
- Wii - Mon - Thu, 7:00 am - 7:00 pm, Fri - 7:00am - 5:00 pm, Sat - 9:00 am - 12:00 pm

- Drop-In Group-X - Mon & Wed, 6:00 pm - 7:00 pm - MP Rm
- Drop-In Ceramics - Mons & Weds, 4:00 pm - 6:30 pm –Rm 149
- Drop-In Crafts - Thu, 1:00 pm - 3:00 pm—Rm. 149
- Drop-In Lapidary - Thu and Fri, 9:00 am - 1:00 pm
- Drop-In Woodshop - Tue & Thu, 8:00 am - 12:00 pm; Wed, 5:00 pm- 7:00 pm

- A Few Good Men (and Women too) - Thu, 12:30 pm - 2:00 pm—Rm. 205
- Blood Pressure - Wed, 10:30 am - 12:00 pm (Nurse's Office)
- Clutter Free - 2nd & last Thu, 10:30 am - 12:00 pm, Rm 205
- Nutrition - 11:30 am - 12:30 pm (Mon - Fri)
- Snack Bar - Mon - Fri - 8:00 am - 4:00 pm
- Wednesday Walk-a-Block - Wed, 10:00 am - 10:30 am (Meet by the Front Desk)
- Welcome Newcomers - 3rd Thu, 10:30 am - 11:30 am, Rm 205

By Appointment ONLY

- Health Insurance Counseling & Advocacy Program (HICAP)/ Medicare - Tues, Rm 205
- Information Referral for Seniors (IRFS) - Mon, 10:00 am - 12:00 pm, Rm 205
- Notary - 2nd & 4th Mon & 2nd & 4th Tues, Rm 205
- Senior Adults Legal Assistance (SALA) - 1st and 3rd Wed, Rm 205
- Tax Assistance - Offered year round.
- Woodshop Orientation - Every Tuesday at 8:00 am