HIGHLIGHTS

Better Breath for Better Health
Monday, July 8 (page 3)

Diabetes Self Management
Wednesday, July 10 (page 3)

Toy Building
Wednesday, July 10 (page 2)

Problem Solvers
Thursday, July 11 (page 3)

Table Talk
Tuesday, July 23 (page 3)

Sr. Center BBQ
Thursday, July 25 (page 1)

Senior Center BBQ
Join us Thursday, July 25th @ noon, on the Senior Center Patio for good eats with good friends! The menu includes your choice of a hamburger, hot dog, black bean burger or a superfood veggie burger, along with salad, and dessert.

Tickets are $6.00 and will be on sale at the Snack Bar the day of the event. Tickets can also be purchased at the BBQ. A limited number of meals will be served, so get your tickets early. Hope to see you there!

July is Parks and Recreation Month

“Parks are made for moving at your own pace - our family walks, plays and cycles. The recreation programs make it easy to stay healthy.”

“Parks are like holidays, bringing us together to share good times. They are the common ground that connects us all.”
Art & Wine Volunteers Needed!

Our Senior Center Health & Wellness Program has been approved by the Parks & Rec Commission to be a participant in this year’s Art & Wine Festival this September 14th and 15th. This means that again we will be staffing and operating a booth, checking IDs and selling glasses and tokens. We need your help! If you can stand for two or more hours, make simple change, and enjoy meeting the public, please give us a call and we’ll sign you up. Proceeds earned help pay for our annual “Be Strong, Live Long” Health & Wellness Fair in May – a win win! City of Santa Clara volunteers must be fingerprinted and in our system prior to the Festival so please call now! For more information or to sign up call Larisa Polozova, RN (408) 615-3797.

Many Thanks to the Santa Clara Women’s League!

It is with great appreciation and affection that we thank the members of the Santa Clara Women’s League for their generous $15,000 donation in support of the Health & Wellness Program. The SCWL spends all year working events to raise funds for this annual donation – hours and hours of time devoted to Showtime in March, assisting in the booth at the Art & Wine Festival in September, and providing fun, beautiful baskets for donation drawings during the annual Home Tour in December. And they’ve been doing this for almost 40 years. Thanks to the SCWL from all of us here at the Senior Center ~ we are so fortunate to have your support.

Toy Building in the Woodshop

Each month the Santa Clara Woodshop offers a Woodshop 101 class that features a different fun project and includes woodshop orientation and proper use of power tools for all experience levels. Each month will focus on a different project with July featuring “Toy Building”. Register early, space is limited.

Wednesday, July 10
1 pm - 3 pm
$31.00 Res./$36.00 Non-Res.
Course #17581
Sign up at the front desk for our next monthly class.

Service Appointments
Need to speak to someone about Medicare or legal assistance? Maybe you need a Notary or help with your taxes. See below for available services.

- Health Insurance Counseling & Advocacy Program (HICAP), Tuesdays, in room 205
- Notary - Appointments available the second and fourth Tuesdays in room 205
- Senior Adults Legal Assistance (SALA) - First, Third and Fourth Wednesdays in room 205

Call the front desk at (408) 615-3170 or stop by to book your appointment.
Better Breath for Better Health Workshop  
Monday, July 8, 11 am - 11:30 am (Room 149) 
While breathing is an involuntary function, knowing how to use different techniques to enhance your activity is an art form. Join the staff from Breathe California of the Bay Area for a 30-minute, fun workshop on better breathing for exercise. Learn the fundamentals of yoga breathing from a seated position in a chair as you practice breathing awareness, belly breathing, chest breathing and alternate nostril breathing. This is a very relaxed session and for beginners. Workshop is free; No registration needed.

Diabetes Self-Management Workshop  
Wednesdays, July 10 - August 14, 9 am - 11:30 am (Room 149) 
Back by popular demand! This is a free, weekly, peer-taught health education workshop for people with diabetes. It’s an evidence-based, six-session program designed by Stanford’s Patient Education Center and provided by The Health Trust. The workshop’s goal is to help you take day-to-day responsibility for your care by increasing the skills needed to manage your diabetes and to work effectively with your healthcare providers. The classes are free but registration is required: The Health Trust (408) 961-9877.

Problem-Solvers Club: Getting Started  
Thursday, July 11 and Thursday, July 25 ~ 10:30 am - 12 pm (Room 205) 
Meet with our Health & Wellness Program Care Managers and other professionals to learn about resources and options for making life easier. As we get older, things surely change and sometimes we need new trick, right?! We’ll meet twice a month; the first meeting will be to introduce a new challenge and discover resources. The second meeting will be to share what worked, what didn’t, and what else could be done. Our meetings in July will focus on topics to cover for the year – finding rides, locations for recycling, getting rid of clutter, social services, housing, and more. This is a drop-in group and free of charge. If you have more questions, please contact Mallory von Kugelgen, RN, PHN, at (408) 615-3180 or mvonkugelgen@santaclaraca.gov.

Table Talk: UV Safety Month  
The Sun, UV Radiation and Your Eyes  
Tuesday, 7/23, 10 am - 12 pm, Fireplace Lobby  
Diseases like cataracts and eye cancers can take many years to develop. Each time we’re out in the sun without protection, we could be adding damage that increases our risk for these serious disorders. People of all ages should take precautions whenever they are outdoors, including your kids and grandkids. Meet with our Health & Wellness Program RN to learn more about UV radiation and how to protect your eyes.

Nordic Walking Group – Free  
Every Monday, 10 am - 10:30 am, Front Lobby area  
Get fit the Nordic Way! Started in Finland, Nordic walking uses the rhythmic motion of swinging and pushing off with Nordic trekking poles while walking, conditioning the upper and lower body at the same time. This is a facilitated, self-paced activity, and great for all fitness levels-no experience is necessary! Loaner poles are provided, and participants will need to sign up at the Front Desk to reserve a spot. Come join us, and learn a fun, new technique to stay active!

For more information, call the Health & Wellness Program staff at (408) 615-3170.
### July 2019

#### Monthly Calendar of Events

**City of Santa Clara Parks and Recreation Department — Senior Center, 1303 Fremont St., Santa Clara, CA 95050**

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tr>
<td>Every Monday</td>
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</table>
- Poker: 7:30 - 9 am  
- Bridge: 12:30 - 3 pm  
- Games: 1 - 3 pm  
- Wii: 7 - 7 pm  
- Drop-In Ceramics: 4 - 6:30 pm  
- Group-X Jazzercise: 6-7 pm  
- Nordic Walking Group: 10 - 10:30 am |  
- Poker: 7:30 - 9 am  
- Bingo: 12:45-2:45 pm  
- Pinochle: 11 - 3 pm  
- Wii: 7 am - 7:00 pm  
- Group-X Woodshop: 8 am - 12 pm |  
- Poker: 7:30 - 9 am  
- Bridge: 9 am - 12 pm  
- Bridge: 12:30 - 3 pm  
- Games: 1 - 3 pm  
- Wii: 7 am - 7 pm  
- Walk-a-Block: 10 - 10:30 am  
- BP Clinic: 10:30 am - 12 pm  
- Mindfulness: 10:30-11:30 am |  
- Drop-In Ceramics: 4 - 6:30 pm  
- Drop-In Woodshop: 5 - 7 pm  
- Group-X Woodshop: 6 - 7 pm |

**New classes Start at the beginning of every month! Sign up early to keep classes from being cancelled.**

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| Nordic Walking Group: 10 - 10:30 am  
- TGA Dance Night Quickstep Lesson, 6:30 - 7:30pm  
- Nob Hill Sounds (Independence): 7:30 - 10:30 pm | TGA Dance Night Quickstep Lesson, 6:30 - 7:30pm  
- Geri Foley DJ: 7:30 - 10:30 pm | Diabetes Workshop 9 - 11:30 am  
- Woodshop 101 “Toy Building”: 9 - 11:30 am  
- Paul Fontes Band: 7:30 - 10:30 pm |

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| Center Closed: 10 - 10:30 am  
- Better Breath for Better Health: 11 - 11:30 am | TGA Dance Night Quickstep Lesson, 6:30 - 7:30pm  
- Geri Foley DJ: 7:30 - 10:30 pm | Diabetes Workshop 9 - 11:30 am  
- Let's Talk Travel: 12:30 - 1 pm |

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| Center Closed: 10 - 10:30 am | Nordic Walking Group: 10 - 10:30 am  
- TGA Dance Night Quickstep Lesson, 6:30 - 7:30pm  
- Island Wave Band: 7:30 - 10:30 pm | Diabetes Workshop 9 - 11:30 am,  
- Let's Talk Travel: 12:30 - 1 pm |  
- Let's Talk Travel: 12:30 - 1 pm |

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| Center Closed: 10 - 10:30 am  
- Senior Advisory Commission meeting: 10 am - 12 pm | Table Talk: UV Safety 10 - 12 pm,  
- TGA Dance Night Quickstep Lesson, 6:30 - 7:30pm  
- Paul Fontes Band: 7:30 - 10:30 pm | Diabetes Workshop 9 - 11:30 am  
- Let's Talk Travel: 12:30 - 1 pm | Diabetes Workshop 9 - 11:30 am  
- Let's Talk Travel: 12:30 - 1 pm |

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- Geri Foley DJ: 7:30 - 10:30 pm | Diabetes Workshop 9 - 11:30 am |  
- Let's Talk Travel: 12:30 - 1 pm |

City of Santa Clara Parks and Recreation Department — Senior Center, 1303 Fremont St., Santa Clara, CA 95050
### JULY 2019

#### Monthly Calendar of Events

<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tr>
<td><strong>Every Thursday</strong></td>
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<tr>
<td>Poker</td>
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<td>Wii</td>
<td>7 am - 7 pm</td>
<td>7:30 - 9 am</td>
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<tr>
<td>Drop-in Crafts</td>
<td>1 - 3 pm</td>
<td>12:30 - 3 pm</td>
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<tr>
<td>Drop-in Woodshop</td>
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<td>12:45 - 3 pm</td>
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<tr>
<td>Drop-in Lapidary</td>
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<td>9 am - 1 pm</td>
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<tr>
<td><strong>Closed on July 4th</strong></td>
<td>Mindful Meditation with Chris Becker</td>
<td>Drop-In Jazzercise</td>
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<td></td>
<td>11 am - 11:45 am</td>
<td>9:15 - 10:15 am</td>
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#### Closed on July 4th

- City Holiday

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<tr>
<td><strong>Every Thursday</strong></td>
<td><strong>Every Friday</strong></td>
<td><strong>Every Saturday</strong></td>
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<tr>
<td>Poker</td>
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<td>Natatorium</td>
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<tr>
<td>Wii</td>
<td>Poker</td>
<td>Fitness Center</td>
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<tr>
<td>Drop-in Crafts</td>
<td>Bridge</td>
<td>Wii</td>
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<td>Bingo</td>
<td>Billiards</td>
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<td>Lapidary</td>
<td>Shuffleboard</td>
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<td>Few Good Men (and Women Too)</td>
<td>Darts</td>
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<td>9 am - 1 pm</td>
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<td>12:30 - 2 pm</td>
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#### Problem-Solvers Club

- 10:30am – 12pm
- 10:30 am - 11:30 am,

#### Welcome Newcomers

- 10:30 am - 11:30 am,

#### Problem-Solvers Club

- 10:30am – 12pm

#### Mindful Meditation

- With Chris Becker
- 11 am - 11:45 am

#### Drop-In Jazzercise

- 9:15 - 10:15 am

#### Happy 4th

City of Santa Clara Parks and Recreation Department — Senior Center, 1303 Fremont St., Santa Clara, CA 95050
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. Users of the Natatorium must possess and present a current Senior Center Fitness/Natatorium Card.

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.

For the latest lap pool schedule, please see the weekly schedules posted in the Natatorium and locker room entrances.

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

The Women's Locker Room is Closed for Cleaning: Monday - Friday, 2:00 - 2:30 pm

Monthly Fitness Classes—
Fitness classes start at the beginning of every month. Sign up early for the July classes to avoid cancellation. Whether you’re looking for something related to Mind and Body, Cardio, Aquatics or Strength Training, the Senior Center has a class for everyone. Check out the Spring/Summer Activity Guide or grab a flyer, both available at the Front Desk.

Classes that may interest you—

**Muscle Building** - Tue and Thu  
**Pop Pilates** - Tue and Thu  
**Mobility Stretch** - Wed  
**Cardio Circuit** - Mon and Wed  
**Total Body Strength** - Mon and Wed  
**Yoga Stretch** - Mon, Wed and Tue, Thu

In addition to Tai Chi, Zumba, Small Group Fitness, Jazzercise, No Falls, to name a few.
WHAT'S YOUR LANE? Some prefer to swim, others prefer to walk, but we all want to exercise! For the most up-to-date schedule, please call or check at the front desk as classes may get canceled and the pool may become available for swimming/walking.

### Three Lane Lap Pool: 81°-84° F

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<tr>
<td>7:00 - 9:00 am</td>
<td>All Lanes Swim</td>
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<td>Lane #1 Walk Only</td>
<td>Lane #1 Walk Only</td>
<td>Lane #1 Walk Only</td>
<td>Class Adult Ed (through 7/31)</td>
<td>All Lanes Swim</td>
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<td>10:00 - 11:00 am</td>
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<td>Lane #1 Walk Only</td>
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### Warm Water Pool: 90°-94° F

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<td>Class Adult Ed (through 7/30)</td>
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<td>Class Adult Ed (through 8/1)</td>
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### Spa: 97°-101° F

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Capacity 17 persons
What is sodium?
Sodium is a mineral, and most of the sodium in our foods comes from salt. We all need a little sodium to stay healthy. Eating too much sodium can lead to high blood pressure (hypertension). High blood pressure can raise your risk of having a heart attack or stroke. The good news is that cutting down on sodium can help lower your blood pressure.

How can I cut down on sodium?
Pay close attention to the foods you choose when you’re grocery shopping and eating out. Try making these 5 small changes.

- **Check the Nutrition Facts label.**
  Before you buy a food or drink, look for the amount of sodium on the Nutrition Facts label. Compare different options and choose the one with the lowest amount. You can also look out for foods that are labeled low-sodium, reduced sodium, or no-salt-added.

- **Find out which foods you eat have the most sodium.**
  You can use the USDA’s SuperTracker (https://supertracker.usda.gov) to get an idea. For dishes higher in sodium, consider eating smaller portions or eating them less often.

- **Make healthy shifts.**
  Snack on unsalted nuts. Choose fresh skinless chicken and turkey, lean meats, and seafood instead of processed meats. Go for fresh, frozen vegetables without sauce, and canned vegetables with the least amount of sodium. When eating out, you can look for items that are lower in sodium. Get dressings and sauces on the side — and add only the amount you need to your meal. Ask to have no salt added to your food.

- **Cook more at home.**
  Making your own meals — instead of eating at restaurants or buying packaged foods — is a great way to eat less sodium because you’re in control. To add flavor, use spices instead of salt or packaged sauces and mixes.

- **Consider the Dietary Approaches to Stop Hypertension (DASH) eating plan.**
  Based on scientific evidence, the DASH plan helps limit sodium and unhealthy fats.

**Daily Lunch at the Senior Center: The Dining Out Program** at the Senior Center is available Monday - Friday at 11:30 am (seating begins at 11 am). Participants have until 11:45 to claim their meal or it will be given away to someone waiting “Stand-By.” Drop-ins are welcome and may eat on a first-come first-served basis. Call the front desk at 408-615-3174 for more information or to make a reservation.