



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

Santa Clara Senior Center NEWS

May 2017

Kudos to the AARP TAX VOLUNTEERS 2017



DATES TO REMEMBER

Computer Lab Closure

May 8th - 13th
(see page 8 for more details)

Opioid Talk

Tuesday, May 16th
11:45 - 12:00 pm
(see page 3 for more details)

Health & Wellness Fair

Saturday, May 20th
10:00 am - 2:00 pm
(See front page for more details)

Let's Talk Travel with a special

guest from Kanen Tours
Wednesday, May 24th
12.30 - 1:00 pm

Senior Center Closed

Monday, May 29th



“BE STRONG, LIVE LONG” Health & Wellness Fair Saturday, May 20th, 10:00 am - 2:00 pm

Join us out in Fremont Park, to celebrate and support older adults who are working to improve their own health and who are also caring for their older family members. With more than 20 resource booths specializing in health issues, attendees can:

- Gather information on how to age in place
- Tap into community resources
- Try out some mini classes, such as Jazzercise, Flex Fitness, No Falls, and Tai Chi
- Tour the Senior Center
- Take part in **free** Hearing and Vision Screenings (thanks to Lions Club Santa Clara)
- Enjoy a barbeque lunch for \$7 (cash or check only)

Parking is limited so we recommend carpooling. A Bike Watch will be provided during the event.



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

ALWAYS HAPPENING

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

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

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

By Appointment ONLY

- Health Insurance Counseling & Advocacy Program (HICAP)/ Medicare - Tues, Rm 205
- Information Referral for Seniors (IRFS) - Mon, 10:00 - 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

DINING OUT

Good nutrition is important throughout your life! It can help you feel your best and stay strong. It can help reduce the risk of some diseases that are common among older adults. And, if you already have certain health issues, good nutrition can help you manage the symptoms.

EAT RIGHT

- Choose foods rich in fiber to help keep you regular.
- Drink plenty of fluids to stay hydrated.
- Limit sweets to decrease empty calories.
- Choose and prepare foods with less salt or sodium.

The Senior Center **Dining Out Lunch Program** provides a well-rounded meal Monday-Friday. Check out the menu and program requirements at the front desk. Please call in advance to reserve your spot at the table.



HEALTH & WELLNESS

Opioid Talk: Tuesday, May 16, 11:45am – 12pm, Multipurpose Room

Sandy Davis, a RN from Santa Clara County's Behavioral Health Department will be here on Tuesday, May 16th, from 11:45am to 12pm, to give a short presentation. The BHD is concerned about the growing risk of opioid misuse by older adults.

Join Sandy in the multi-purpose room at the end of lunch service to get your questions answered. Contact the RN Care Managers in the Health & Wellness Program for more information.



May Table Event

Older American Month
Tuesday, May 9th from
10:00 am - 12:00 pm

More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed and it is a perfect opportunity to recognize and celebrate what getting older looks like today. Let's amplify the many voices of older Americans and raise awareness of vital aging issues across the country.

Stop by the Health & Wellness Program table in the lobby for more information and visit with our volunteer RNs.

Coming In JUNE!!!!

#8813, Jumbo Memory Training
Wednesday, 6/7 - 6/28 from
10:00 am - 12:00 pm

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.**

Ask Pat!


Pat is our friendly **Information & Referrals for Seniors** volunteer. She's a highly trained resource finder and problem-solver, who can help you find the community help you need to stay safely and independently in your home. Areas she knows about are transportation, legal and financial help, meals, insurance, activities, and more. She has free, half-hour appointments on Mondays – see the front desk for her next opening.

And please help us say "Thanks Pat!," for her time and efforts on behalf of adults, 50+ in our city.



MAY SPOTLIGHT

...Did You Know?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1	2	3
<p>New Fitness Classes start at the beginning of every month! Sign up now for May</p>	<p>Drop-in Group - X <i>(every Monday 6-7pm)</i></p>	<p>TGA Tuesday Night Dance <i>Cha Cha Dance Lesson</i> 6:30 - 7:30 pm <i>Nob Hill Sounds Band</i> 7:30 - 10:30 pm</p>	<p>Drop-in Group - X <i>(every Wednesday 6-7pm)</i></p>
7	8	9	10
<p>Center Closed</p>	<p>Computer Lab Closed</p> <p>Adventures To Go Colorado Rockies Orientation and Documents 11:00 am</p>	<p>Computer Lab Closed</p> <p>Table Event 10:30 - 12:00 pm</p> <p>TGA Tuesday Night Dance <i>Cha Cha Dance Lesson</i> 6:30 - 7:30 pm <i>10th Avenue Band</i> 7:30 - 10:30 pm</p>	<p>Computer Lab Closed</p> <p>Intro to Fitness (Strength & Stretching) 10:30 - 11:15 am</p> <p>Adventures To Go Oakland Zoo</p>
14	15	16	17
<p>Center Closed</p>	<p>Intro to Woodworking 9:00 - 1:00 pm</p>	<p>Opioid Talk 11:45 - 12:00 pm</p> <p>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>Intro to Woodworking 9:00 - 1:00 pm</p>
21	22	23	24
<p>Center Closed</p>	<p>Adventures To Go Red Hawk Casino</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>Let's Talk Travel with a special guest from Kanen Tours 12:30 - 1:00pm</p>
28	29	30	31
<p>Center Closed</p>	<p>Center Closed</p> 	<p>TGA Tuesday Night Dance <i>Cha Cha Dance Lesson</i> 6:30 - 7:30 pm <i>Tenor Band</i> 7:30 - 10:30 pm</p>	

MAY SPOTLIGHT

...Did You Know?

THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;">4</p> <p>Thursday Night Dance <i>Nightclub Two-Step</i> Dance Lesson 6:30 - 7:30 pm <i>Island Waves Band</i>, 7:30 - 10:30 pm</p>	<p style="text-align: right;">5</p>	<p style="text-align: right;">6</p> <p>Join us on Saturdays from 9:00 am - 12:00 pm for billiards, shuffleboard, and darts.</p>
<p style="text-align: right;">11</p> <p>Computer Lab Closed</p> <p>Intro to Fitness (Cardio & Stretching) 11:00 - 11:45 am</p> <p>Thursday Night Dance <i>Nightclub Two-Step</i> Dance Lesson 6:30 - 7:30 pm <i>Metro Big Band</i>, 7:30 - 10:30 pm</p>	<p style="text-align: right;">12</p> <p>Computer Lab Closed</p>	<p style="text-align: right;">13</p> <p>Computer Lab Closed</p>
<p style="text-align: right;">18</p> <p>Welcome Newcomers 10.30 am - 11.30 am (Room 205)</p> <p>Thursday Night Dance <i>Nightclub Two-Step</i> Dance Lesson 6:30 - 7:30 pm <i>Hal Sanders, DJ</i>, 7:30 - 10:30 pm</p>	<p style="text-align: right;">19</p> <p>Intro to Woodworking 9:00 - 1:00 pm</p>	<p style="text-align: right;">20</p> <p>Health and Wellness Fair 10.00 am - 2.00 pm</p>
<p style="text-align: right;">25</p> <p>Adventures To Go Cornerstone Gardens</p> <p>Thursday Night Dance <i>Nightclub Two-Step</i> Dance Lesson 6:30 - 7:30 pm <i>10th Avenue Band</i>, 7:30 - 10:30 pm</p>	<p style="text-align: right;">26</p> <p>Adventures To Go Colorado Rockies (5/26 - 6/3)</p>	<p style="text-align: right;">27</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

Improve Your Mind, Body, & Spirit

Senior Center is offering different classes in the **Fitness Area** to help seniors get more fit and healthy and you do not have to do it alone.



#10179 - Small Group Fitness, Tue/ Thurs, 9:45 - 10:45 am

Small Group Fitness - If you like working in smaller groups and want to learn new exercises that can improve your strength and endurance, then this is the class for you!

#9963 - Thurs, 11:00-11:45 am, May 11

Cardio Machines & Stretching - This class will include a basic demonstration of each cardiovascular machine, including how to program the machine to personalize your workout, and specific equipment in the Stretching Area that coincide with your cardio or weight workout.



#9950 - Weight Machines, Wed. 10:30-11:15 am, May 10

Weight Machines & Stretching - This class will include a demonstration of all 17 weight machines and specific equipment in the Stretching Area that coincide with your weight workout.

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 (from 5/10)		Class Adult Ed (from 5/12)	
11:00 - 11:30 am			Lane #1 - Walk Only		Lane #1 - Walk Only	
11:30 am - 12:30 pm			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 (5/11 - 6/1)	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 - 11:30 am	Class Adult Ed (from 5/8)					OPEN				
11:30 am - 12:30 pm						OPEN	CLASSES Adult Ed (5/9 - 7/18)	OPEN	CLASSES Adult Ed (5/11 - 7/20)	CLOSED
12:30 - 1:30 pm	OPEN									
1:30 - 3:00 pm	CLOSED FOR CLEANING									
3:00 - 4:30 pm	OPEN	CLASSES TRS (5/2-5/23)	OPEN	CLASSES TRS (5/4-5/25)	CLOSED					
4:30 - 5:30 pm										
5:45 - 6:00 pm						CLASSES P&R (5/9 - 5/30)	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

Thank you



On Wednesday, April 5, the Senior Center recognized more than 150 volunteers at their annual recognition dinner. Of the 150 faithful volunteers, 90 were in attendance. Including our oldest volunteers John and Norma Giudici who are 95 and 93. The “Wanted” Western Theme brought out cowboys and cowgirls in their best attire, to enjoy an evening of celebration, with BBQ dinner and line dancing.



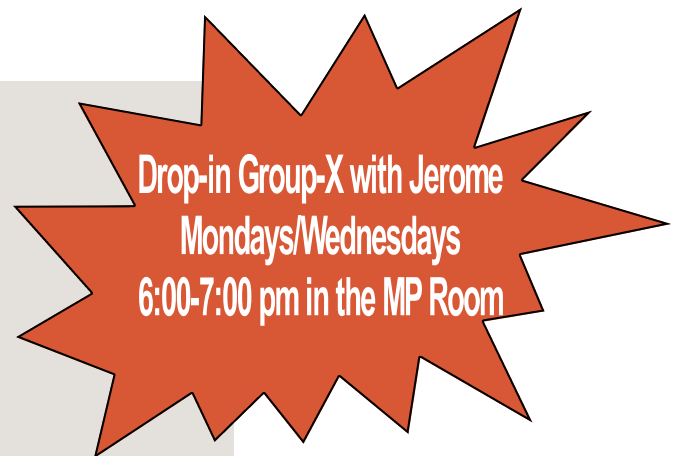
Senior Center Highlights

Join us for exciting classes beginning MAY 8!!

Please refer to the current Recreation Activity Guide or see the front desk for details.

- Balance Basics 101
- Beginning Aquatic Conditioning
- Fitness For All
- Flex Fitness
- Rock Your Body (Sculpting with Ginger)
- Small Group Fitness

For current schedule of classes please go to our website at apm.activecommunities.com/santaclara



**Drop-in Group-X with Jerome
Mondays/Wednesdays
6:00-7:00 pm in the MP Room**

Computer Lab Upgrade Closure

The Computer Lab will be closed Monday, May 8—Saturday, May 13, as the last phase of the upgrade. During which time, the old furniture, computers and carpet will be removed and replaced.

Adventures To Go

Trips coming in June-

- Napa River Cruise & Mare Island - 6/6
- Roman Holiday - 6/11
- UCSC Arboretum/Shadowbrook - 6/14
- Black Oak Casino - 6/22
- Summer of Love with Gary Holloway - 6/28