



MySantaClara wants me to be healthy

The Santa Clara-San Jose-Sunnyvale metro area has the highest life expectancy in the U.S. – 82.7 years – according to an analysis conducted in 2016 by 24/7 Wall St. The report attributed this achievement in part to access to parks, recreation and other places for physical activity.

The City of Santa Clara helps residents live long and prosper through its commitment to expanding parks, playgrounds, sports centers and the San Tomas Aquino Trail. It is recognized by the League of American Bicyclists as one of only 404 “Bicycle Friendly Communities” in all 50 states.

Central Park Library is a weekly pick-up location for subscribers to local programs for fresh, organic food and sustainably harvested fish. Both the Library and Parks and Recreation offer classes on healthy cooking, and a weekly Blood Pressure Clinic is held at the Senior Center as part of its emphasis on health and wellness for older adults.

The City of Santa Clara contracts with the Healthier Kids Foundation to provide youngsters with vision, dental and hearing screenings and to help uninsured children obtain health coverage.

“I sign up for a different recreation fitness class every year. Great exercise and I meet new people. Favorite is Bellywood Fusion.”

#MySantaClara



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	Historical & Landmarks Commission 7 p.m. 2	Friday Night Live SES Hall 3	“Librarypalooza,” Central Park Library 6:30-9 p.m. Sister Cities Tea Social, Senior Center, 1-4 p.m. 4
5	Board of Library Trustees 6:30 p.m. Cultural Commission 7 p.m. 6	City Council 7 p.m. 7	Planning Commission 7 p.m. 8	Housing Rehabilitation Loan Committee 8 a.m. 9	10	11
12	13	Youth Commission 6 p.m. 14	Architectural Committee 7 p.m. 15	16	17	Compost Basics Class, FREE. To register call (408) 918-4640 18
19	Presidents Day Holiday City offices closed Regular Garbage, Clean Green, Recycling Collection Day 20	City Council 7 p.m. Parks & Recreation Commission 7 p.m. 21	Planning Commission 7 p.m. Spring/Summer Activity Guide available online at SantaClaraCA.gov/ParksAndRec 22	Spring/Summer Activity Guide available at City facilities 23	24	Camellia Show, Community Recreation Center. Entries accepted 6:30-10 a.m. Public Viewing 2-5 p.m. 25
Camellia Show, Community Recreation Center. Public Viewing 11 a.m. to 4 p.m. 26	Senior Advisory Commission 10 a.m. 27	28			JANUARY S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MARCH S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31