



CITY OF SANTA CLARA

SENIOR CENTER

NEWSLETTER

November 2024

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Senior Center

The Senior Center will be closed
November 11 and November 28 & 29.

Senior Center Hours:

Monday & Wednesday: 7 am - 7 pm

Tues./Thurs./Fri.: 7 am - 3 pm

Saturday: 8 am - 12 pm

Closed Sunday

Senior Center Location:

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

CustServSrCenter@SantaClaraCA.gov

www.santaclaraca.gov/seniorcenter



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

Pie Day at the Senior Center

November 21, 1—2 pm

Celebrate the Thanksgiving holiday a week early and enjoy a piece of pie, while listening to live music. We'll be serving a slice of pumpkin or apple pie with a cup of hot coffee. Tickets will be \$2.00 with Senior Center Membership Card or \$3.00 without. You can purchase your tickets starting the week before the event or the day of the event at the front desk.



A limited number of slices will be served, so get your tickets early!

Bean Bag Toss Tournament

How good is your aim? See how many points you can get. All levels are welcome. Invite your friends!

Thursday, November 21

Play will begin at 10am

The tournament details:

- Teams of 2
- Single/Double Elimination (based on sign-ups)
- Senior Center Members—Free
- Non-Member—Res.\$5.00/Non-res. \$7.00 day pass (available at the Front Desk)
- Maximum number of teams is 16/Minimum of 8
- Prizes awarded to 1st & 2nd place
- Sign up at the front desk

Deadline to sign up is Monday, November 18. Space is limited, so sign up today. Feel free to practice ahead of time. The bean bags are available at the Front Desk.

For more information or questions, contact Dino Medar at (408) 615-3190 or dmedar@santaclaraca.gov



SENIOR CENTER NEWS

Natatorium Maintenance Closure December 2 - January 18

The Natatorium will be closed for a scheduled pool resurfacing project December 2 - January 18. During this time, pools will be drained, re-plastered, cleaned, and refilled.

Patrons who wish to swim can utilize their Senior Center Premium Membership at the **Mary Gomez Swim Center** (located at 651 Bucher Ave.) Individuals can take part in Adult Lap Swim for free with their **Senior Premium Membership** during the following times:

- Sunday, 8 a.m.—12 p.m.
- Monday/Tuesday/Thursday/Friday, 10 a.m.—2 p.m.
- Tuesdays & Thursdays, 5—7 p.m.



Senior Center daily programming and nutrition services will continue as regularly programmed. Thank you for your patience and understanding.

If you have questions please contact: Jennifer Herb, Recreation Supervisor, at (408) 615-3171 or jherb@santaclaraca.gov

Friday Block Walk

Fridays, 10 – 10:30 am
October 4 – November 22
Activity [#30656](#)



Here's a walking group for folks who like a leisurely stroll or perhaps use a walker or cane. Walking just 30 minutes can improve cardiovascular fitness, strengthen bones, reduce visceral fat, boost muscle power, and increase endurance. Meet Health & Wellness Program staff on the Senior Center patio then head out for two gentle laps around the block (0.8 mile total). Keep yourself moving, enjoy some friendly conversation, and get out of the house! Please wear good walking shoes and bring water.

Registration is required so we can communicate with the group regarding rain or other weather. Please click the activity link above to register or visit: http://apm.activecommunities.com/santaclara/Activity_Search/25660

Contact the Front Desk if you need assistance with signing up (408) 615-3170.

SENIOR CENTER NEWS

MAHJONG CLUB

Mondays, 1—3 pm

Tuesdays, 9:30 — 11:30 am

If you have Mahjong experience and you would like to play on your own, the Senior Center has sets available at the front desk. Older adults age 50+ that possess a Senior Center Basic or Premium Membership Card, can sign in at the Front Desk using their Membership Card and receive necessary equipment.



A Clean and Dry Holiday

December 2 – December 18

This year, we are changing up our Giving Tree to respond to an urgent community need: incontinence supplies. Incontinence is a very real problem for many older adults and adult briefs, wipes, and pads are expensive. Not having the right supplies to manage symptoms can mean that a person will:

- Skimp on other needs, such as food, medicine, or home care
 - Stay home to avoid embarrassing episodes
 - Risk other illnesses that come from not being able to change briefs when needed
- Experience loss of dignity and increased isolation



Beginning December 2nd, please select an ornament from our Giving Tree in the Fireside Lobby. Purchase the item listed on the back and return it unwrapped to the Front Desk no later than December 18. In addition to the supplies we're requesting, we're also asking for a few specific gift cards to further support folks who could use a little TLC. Thank you so much for your generosity in supporting this event. You are greatly appreciated!

If you have questions, please contact Mallory von Kugelgen, RN, Health & Wellness Coordinator (408) 615-3180 mvonkugelgen@santaclaraca.gov

Computer Lab Printing

Individuals wishing to print in the Computer Lab can visit the front desk and scan their Senior Center Membership card to receive 10, 8.5 x 11 sheets of paper at no charge. Anything more than 10 pages are the responsibility of the user. Color printing, scanning and faxing, as well as "print from anywhere" is available at the Library.



SENIOR CENTER NEWS

Senior Center Lending Library

Thanks to the generous donations of gently used books, the Lending Library is open for those who love books and those that want to share books. Take a Book, Leave a Book, Love a Book, Keep a Book.

The Lending Library works like this—

- Feel free to take a book if you see something you would like to read.
- Return the book when you're done.
- Donate a book if you have a book you'd like to pass on.

When returning a book, please return books to the book return cupboards labeled "Book Return". Volunteers will then organize and return books to the proper section.

Please note—at this time we are not accepting book donations.



Help Needed at the Senior Center!

The Senior Center is looking to hire part time individuals who are customer service oriented, energetic, motivated, and have experience working with older adults age 50+. Areas of interest could be but are not limited to: Fitness Instructors, Woodshop and Stone-work Instructors.

Schedule and rate of pay depends on position. If you or someone you know are interested, please apply online at: the City of Santa Clara's Human Resources webpage: <https://www.santaclaraca.gov/our-city/departments-g-z/human-resources>

For more information or questions, please call Recreation Supervisor, Jennifer Herb at (408) 615-3171 or jherb@santaclaraca.gov



RESOURCES

Front Desk Assistance at the Senior Center

We are here to help when the center is open!

Monday & Wednesday, 7 am—7 pm
Tuesday/Thursday/Friday, 7 am—3 pm
Saturday, 8 am—12 pm.

If you have a question about any of our programs or need assistance, we'll be happy to assist you. Please note: the front desk closes 30 minutes prior to the facility closing. If you happen to call when the office is closed, please leave a message and staff will return your call the following business day (408) 615-3170.



RESOURCES

Senior Center Memberships

The Senior Center offers two (2) membership levels, (a) Basic and (b) Premium which include access to programs and services across the City. Patrons may choose the appropriate membership based on interest.

For more information, view the [Senior Center Membership Brochure](#) or call the Front Desk at (408) 615-3170.



Presentation—Medicare 2025 Annual Open Enrollment—Sign Up Now!

By Sourcewise's Health Insurance Counseling & Advocacy Program (HICAP)

Friday, November 1, 2024

10 - 11 am

Activity #[30540](#)



SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS

Every year, Medicare, Part D drug plans, and Part C Medicare Advantage plans make changes to their coverage and costs, including deductibles, premiums, and copayments/coinsurance. This is called the Annual Enrollment Period (AEP), which takes place from October 15 – December 7, 2024. This is when you can determine if your current plans are the best for you and make changes if you chose. Sourcewise provides Santa Clara County residents the Health Insurance Counseling & Advocacy Program (HICAP). Their trained counselors provide free, objective, and unbiased information to help Medicare beneficiaries, their families, and caregivers understand their Medicare benefits and best health care options. Attend this presentation to learn about the changes to Medicare that will be coming on January 1, 2025.

This presentation is free, but registration is required. Sign up online http://apm.activecommunities.com/santaclara/Activity_Search/25544 or call the Senior Center Front Desk at (408) 615-3170 for assistance.

Community Closet, Health & Wellness Program

We have transport wheelchairs and walkers to lend for temporary use through our Community Closet. We also have free incontinence briefs/diapers available in most sizes. We're in need of XL adult diapers (with the side tabs) and disposable wipes, if you have them to donate!



Please contact Larisa Polozova at lpolozova@santaclaraca.gov or call her directly Wed – Fri at (408) 6715-3797 if you need an item.

RESOURCES

Supporting Independence

By Alzheimer's Association's Vanessa Souza, LCSW

Thursday, November 7

10am – 11am

Activity # [31066](#)

Online Registration: http://apm.activecommunities.com/santaclara/Activity_Search/26070



Understand the changes in independence that happen for people living with Alzheimer's and other dementias. Identify ways to know the right amount of help. Learn the four steps for helping with personal care activities that encourage independence and help you to maintain your relationship. This free presentation is part of the Empowered Caregiver series.

Table Talk: Thriving Together

Wednesday, November 13

10:30 – 11:30 am

Senior Center Fireside Lobby



Thriving Together provides opportunities for building community and social enrichment, as well as help with everyday duties and errands. They are the first Santa Clara County-led program to bring together volunteers and LGBTQ+ older adults.

Many cisgender heterosexual folks have the support of their biological families when entering their later years, but many queer and trans folks do not. What they **do** have is a large and caring community, filled with people of all ages who care about their older adults, and want to step up. Thriving Together is thrilled to provide a simple, well-supported program to activate this potential and turn it into real support for older queer and trans adults in our communities. This program is sponsored by the County of Santa Clara Office of LGBTQ+ Affairs.

To learn more about obtaining services or signing up to be a volunteer, visit Thriving Together staff at their table in our Fireside Lobby.

Senior Advisory Commission Meeting

Stay informed on matters pertaining to older adults age 50+, in the Santa Clara community.

The Senior Advisory Commission typically meets on the 3rd Monday of the month, and are open to the public. **The next meeting will be on Monday, November 18, starting at 5 pm.** For more information contact Jennifer Herb at (408) 615-3171 or jherb@santaclaraca.gov. For a copy of the monthly agenda packet, or Zoom link option, click here: <https://bit.ly/31dwIY0> (URL is case sensitive).



RESOURCES

Winter Energy Savings Tips

Thursday, November 21

10am – 11 am

Activity # [31101](#)

Online Registration: http://apm.activecommunities.com/santaclara/Activity_Search/26105



Silicon Valley Power staff have a great free presentation tailored specifically for older adults. Learn ways to improve accessibility and safety when using your heat and appliances this winter:

- Understanding Energy Usage in Winter
- Tips for Efficient Heating
- Weatherization (Insulation)
- Efficient Use of Appliances
- Lighting and Electronics
- Simple Everyday Habits
- Financial Assistance Programs

Don't miss this enjoyable and informative meeting for helpful pointers before the winter chill sets in.

HICAP— Health Insurance Counseling & Advocacy Program

Monthly Appointments During Open Enrollment

Every Tuesday and Thursdays

October 8—December 10

9 am, 10 am and 11 am time slots



Trained HICAP Counselors from Sourcewise do not sell, endorse, and are not affiliated with any insurance companies. Their goal is to educate the community so you can make an informed decision on something as important as Medicare. HICAP Counselors can answer questions about:

- Original Medicare (Part A & B)
- Medicare Advantage Plans (Part C)
- Prescription Drug Coverage (Part D)
- Supplemental Insurance (Medigap)
- Limited Income Programs for Medicare
- Medicare and Medi-Cal Options
- Tips for Avoiding Medicare Fraud

HICAP is funded by the California Department of Aging and Sourcewise. Sign up for a free one-on-one counseling appointment at the Senior Center front desk (408) 615-3170.

RESOURCES

SALA (Senior Adults Legal Assistance) - FREE

Bi-Monthly Appointments

1st and 3rd Wednesday of each month

10 am, 10:30 am, 11 am, 11:30 am, 12 pm time slots



SALA provides free legal assistance to Santa Clara County Residents age 60+ on legal matters pertaining to:

- Social Security, SSI, Medicare, Medi-Cal, and In-Home Supportive Services
- Nursing Homes, Residential Care, Alternatives to Institutionalization
- Restraining or Protective Orders (to prevent elder abuse or domestic violence), Revocation of Powers of Attorney (for fiduciary abuse)
- Landlord-Tenant, Subsidized/Senior Housing, Mobile Home Residence matters, Utilities
- Medicare HMO, Supplemental Insurance, Long-Term Care Insurance problems
- Advance Health Care Directives, Health Care Powers of Attorney, Uniform Statutory Form Powers of Attorney (for financial management)
- Death of Joint Tenant Affidavits, Small Estate Affidavits (valued at \$184,500 or less)
- Statutory Wills or Holographic (handwritten) Wills for elders with modest assets

SALA provides assessment, advice, and/or referral for other types of legal matters.

For more information or to book your appointment, see the Senior Center Front Desk or call (408) 615-3170.

ADVENTURES TO GO

Visit the Heart of the Peninsula

Downtown San Mateo

Thursday, November 21

8:45 a.m.—4 p.m.

Activity [#30584](#)

Activity Level: Low

\$48 Res./\$60 Non-Res



Visit a variety of shops from traditional to trendy, experience local art, and walk colorful streets leading to award-winning restaurants. Stroll through Central Park to experience the Japanese, Rose, and Fairy Gardens.

Limited spaces available. To register visit: http://apm.activecommunities.com/santaclarala/Activity_Search/25588

For more information contact Jon Kawada at (408) 615-3741 or jkawada@santaclaraca.gov.

ADVENTURES TO GO

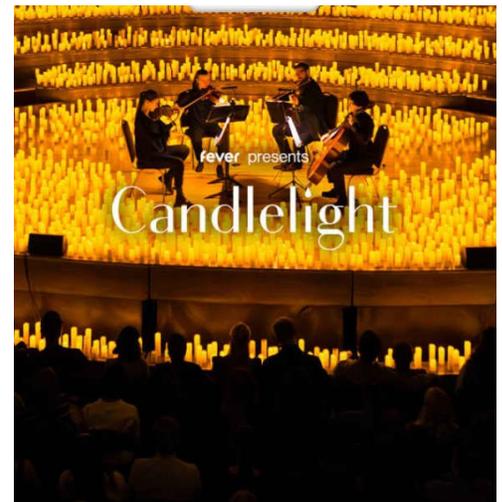
Save the Date—Candlelight Concert

Friday, December 13
3:45—9 p.m.

Candlelight concerts bring the magic of a live, multi-sensory musical experience to awe-inspiring locations like never seen before. A unique ambience of thousands of candles will illuminate the Hammer Theatre Center in San Jose, creating a serene atmosphere that will enhance your listening experience.

We will start with dinner at the Old Spaghetti Factory, then enjoy this 60-minute concert of the Vivaldi's Four Seasons. After the concert, the group will take a short walk to the San Jose—Christmas in the Park, and experience the holiday festivities.

Pricing and registration details to come. For more information contact Jon Kawada at (408) 615-3741 or jkawada@santaclaraca.gov.



HEALTH & WELLNESS

Health & Wellness Program

We provide free assistance to find resources, apply for programs, understand health information, apply for utility discounts, figure out a long-term care plan, and problem-solve issues that are making life challenging. We're available by phone, email, or in-person appointments, Monday - Friday 8 am to 3 pm

Jodi Bisely, RN, Monday - Wednesday, 9am—3pm
(408) 615-3175 jbisely@santaclaraca.gov

Larisa Polozova, RN, MMS, Wednesday - Friday, 9am—3pm
(408) 615-3797 lpolozova@santaclaraca.gov

Mallory von Kugelgen, RN, Health & Wellness Coordinator, Monday—Friday, 9am—3pm
(408) 615-3180 mvonkugelgen@santaclaraca.gov



HEALTH & WELLNESS

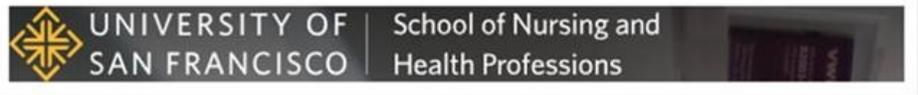
Table Talk: Incontinence

By USF Nursing Students with the Health & Wellness Program

Thursday, November 14

10am – 11:30pm

Senior Center Fireside Lobby



Incontinence is the loss of bladder or bowel control, and nobody likes to talk about it. Incontinence can be embarrassing and can severely impact a person's quality of life, but it can often be treated or controlled. Today, there are more treatments and ways to manage incontinence than ever before. The choice of treatment depends on the type of control problem you have, how serious it is, and what best fits your lifestyle. Visit our table in the Fireside Lobby to learn the basics of bowel and urinary incontinence, how to get help from your healthcare provider, and some simple methods for improving the situation. (We're okay with asking "for a friend.")

Yoga Breathing and Lung Function Screening

By Breathe California

Tuesday, November 19

10:30am – 11:30am

Activity # [31102](#)

Online Registration: http://apm.activecommunities.com/santaclarita/Activity_Search/26106



There is more to breathing than just inhaling and exhaling! This relaxing 20-minute practice can show you how. From a seated position in chairs, Breathe California staff will guide you as you learn breathing awareness, belly breathing, chest breathing, and alternate nostril breathing. Discover which method works best for you. At the end of this session, staff will also provide a lung capacity screening, which is a simple test that measures the volume and flow characteristics of air exhaled from your lungs.

Howdy Packet

Each month, the Health & Wellness Program staff curates a collection of current health information and resources, the Senior Center newsletter, an activity page or two, and event flyers. Our mailed packet is available to those who are homebound, or who do not use the internet. For all other members, we are happy to email you a soft copy. If you are interested in being on our mailing list, please contact Larisa Polozova, RN—Health & Wellness Program, (408) 615-3797 lpolozova@santaclarita.gov



For those interested in accessing the Howdy Packet online, it's now available on the Health & Wellness page of the Senior Center at <https://www.santaclarita.gov/our-city/departments-g-z/parks-recreation/community-centers/senior-center/health-wellness>

Heart & Mind: Emotional Health Corner

by Katy Gaty-Delia, LCSW, Health & Wellness Program

There's a lot to be learned from the natural world that applies to our own lives. We are cyclical creatures as well, and our bodies are being cued to do things a little differently as the weather and light shifts. We likely will want different foods, more restful activities, less social time – this is all natural and normal, but it can also lead to winter blues, a slump in motivation, or a lack of inspiration. What changes for yourself do you notice as the weather moves us into the cooler, wetter months? Are there any habits you'd like to sustain, or others that you'd like to transition with the season? There may be a fine balance between listening to your instincts to quiet down life during the winter months, getting the rest and restoration you need, and letting yourself get into a rut. This winter, try some ways to stay out of a slump: start with small changes, build more "firsts" into your life, and disrupt old routines with new habits and lifelong learning.



Walk & Talk

Tuesdays, 1 – 2pm
Through December 17
Activity # [30589](#)

This is a chance for active walkers to get outdoors, stay in shape, explore the town, and meet new people. Join Health & Wellness Program staff, Katy and Mallory, for weekly walks starting out from different Santa Clara locations, such as parks and neighborhoods. Walks will begin and end at our selected destination and will be between 1.5 - 2 miles on flat, mostly paved surfaces. Bring water, wear good shoes, and dress for the weather.



Note: we will not walk if the temperature is over 75f or the AQI is unhealthy, so your email is required for last minute updates.

This activity is free, but registration is required. Online Registration: http://apm.activecommunities.com/santaclarala/Activity_Search/25593 or contact the Senior Center Front Desk for assistance (408) 615-3170.

Contact Mallory von Kugelgen, Health & Wellness Coordinator with questions mvonkugelgen@santaclaraca.gov . (408) 615-3180.

HEALTH & WELLNESS

Blood Pressure Clinic - Drop In

Wednesdays, 10:30 am - 12 pm, Health & Wellness Program Waiting Area



Health & Wellness Program nurses provide free blood pressure screenings on a first-come, first-served basis. Take a number at the door and then rest a few minutes prior to your screening. Larisa will call when it's your turn. High blood pressure adds to the workload of your heart. If left untreated, over time your heart, kidneys, eyes, and brain may all be affected. Learn your numbers and do regular checks to make sure your heart is tip-top.

Keep Calm & Carry Yarn

Drop In Social Handiwork Group

Wednesdays

10 - 11:30 am

Room 131



If you love to crochet, knit, embroider, needlepoint or do other handiwork, please join Jodi for a weekly group. Bring your work in progress and socialize with others while you work. Studies have shown that creative activities like knitting and crocheting can improve overall brain health, help relieve depression, and reduce anxiety. Get out of the house! Please note that this is not an instructional class, but crafters of all skill levels are welcome.

Contact Jodi Bisely, RN, Health & Wellness Program with questions: jbisely@santaclaraca.gov or (408) 615-3180, Monday - Wednesday.

Mindful Meditation with Chris Becker—Online

Mindfulness practices focusing our thoughts and energy into what is happening now, instead of hashing over old experiences or worrying about future ones. Using techniques like quiet breathing, mindfulness helps lower stress and enhances life experience. Chris guides this easy, gentle meditation by helping participants center themselves and calm their minds. Participation is via Zoom with your computer camera or smart phone. This is a free group, but registration in advance is required.



Register online at: http://apm.activecommunities.com/santaclaraca/Activity_Search/18112 or call the Front Desk (408) 615-3170 for assistance in signing up. The Zoom link will be made available after your registration.

| | | | | | | |
|--------|--------|-------|------------------|--------|---------|------|
| #23108 | Online | Tues. | 10:15 – 11:15 am | Nov. 5 | Nov. 26 | Free |
|--------|--------|-------|------------------|--------|---------|------|

GET INVOLVED

Memories & Hugs Workshop

Monday, November 18

1 - 2pm in Room 231

Activity #[28610](#)

We so appreciate the sewers who transform cherished garments into keepsake bears or pillows. We would love to have you join us! Our regular meeting day is the third Monday of the month, but dates change sometimes if there is a Monday holiday when the Senior Center is closed. We work from home, but meet monthly to check in, socialize, exchange materials, do finish work like stuffing or hand sewing, and deliver finished items. In partnership with Kaiser Hospice, this is a wonderful way to support families who have recently lost someone and it's a great way to meet new friends who like to sew. Please contact Jodi Bisely with questions jbisely@santaclaraca.gov or (408) 615-3175.



Participation is free and registration is required. **Register online:** http://apm.activecommunities.com/santaclara/Activity_Search/23614 or contact the Senior Center Front Desk for assistance (408) 615-3170.



"Thank you for the teddy bear! It made me cry but also made me happy. Thank you for everything you do at hospice, and thank you to the sewing volunteers at the senior center."



Volunteers Needed

The Senior Center is looking for enthusiastic, energetic, and motivated individuals who are eager to help for a few hours every week. Current areas of volunteering are:

- **Bingo/Computer Lab**—If you are interested in volunteering or have any questions please contact Dino Medar, Program Coordinator at dmedar@santaclaraca.gov or at (408) 615-3190.
- **Fitness Center/Snack Bar**—If you are interested in volunteering or have any questions please contact Jessica Carter, Senior Center Coordinator at jcarter@santaclaraca.gov or at (408) 615-3179.
- **Card Games**—If you have experience teaching others how to play card games such as Bridge, Cribbage, Rummy, Poker or Blackjack, please contact Dino Medar, Program Coordinator at dmedar@santaclaraca.gov or at (408) 615-3190.



FITNESS CENTER & NATATORIUM



The Fitness Center is a 3,000 square foot area, equipped with newly upgraded cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. Many pieces of equipment are wheelchair accessible.

Users of the Fitness Center must possess and present a current Senior Center Card or Premium Membership Card at check-in.

If you are new to the Fitness Center and would like to familiarize yourself with the equipment, look for the Fitness Center Orientation class available on Fridays. See page 16 for more information.

The Natatorium has three indoor pools that provide opportunities for aquatic exercise, stretching, and low impact/slow muscle movement. It is staffed by certified lifeguards and classes are taught by aquatic instructors.

Users of the Natatorium must possess and present a current Senior Center Card or Premium Membership Card at check-in.

Thermometers are located in each pool. Users may make an informed decision whether water temperature is suitable for their needs.

For the most up-to-date schedule, please call or check at the front desk as classes may be added or canceled and the pool availability may change for swimming/walking.

Please note that the Natatorium will be closed for maintenance December 2—January 18.



NATATORIUM SCHEDULE

Three Lane Lap Pool: 80-84 Degrees F

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|--|---------|--|----------|--------|-----------------------|
| 8 - 9 am | Open | Open | Open | Open | Closed | Open 8:30—11:30 am |
| 9 - 10 am | | | | | | |
| 10 - 11 am | | | | | | |
| 11 am - 12 pm | P&R Class— AquaFit (Begins 11/4) | Open | P&R Class— AquaFit (Begins 11/6) | | | |
| 12 - 1 pm | Open | | Open | | | |
| 4 - 6:30 pm | Open | Closed | Open | Closed | | |

Additional Lap Swim is available at Mary Gomez Swim Center

Lap swim is available to Seniors and Adults. Please call 408-615-3140 for more information or visit <https://www.santaclaraca.gov/our-city/departments-g-z/parks-recreation/classes-activities/swimming> for lap swim schedule.

Warm Water Pool: 90-94 Degrees F

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|--|---------|--|----------|--------|-----------------------|
| 8 - 9 am | Open | Open | Open | Open | Closed | Open 8:30—11:30 am |
| 9 - 10 am | | | | | | |
| 10 - 11 am | | | | | | |
| 11 am - 12 pm | | | | | | |
| 12 - 1 pm | | | | | | |
| 4 - 5:30 pm | Open | Closed | Open | Closed | | Closed |
| 5:30—6:30 pm | P&R Class— AquaFit (Begins 11/4) | | P&R Class— AquaFit (Begins 11/6) | | | |

Warm-up Pool: 90-94 Degrees F

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|--------|---------|-----------|----------|--------|-----------------------|
| 8 am - 1 pm | Open | Open | Open | Open | Closed | Open 8:30—11:30 am |
| 4 - 6:30 pm | Open | Closed | Open | Closed | | Closed |

Water Temperature

Temperatures are set to allow patrons to exercise safely, while maintaining optimal ambient temperatures and humidity levels for equipment to function properly. Please consult your primary health care provider before participating in warm water activities.

CLASSES

The Senior Center offers a range of older adult opportunities. Classes at the Senior Center are open to Santa Clara residents and non-residents and include options such as: aquatics, mind & body, fitness, creative arts, and individuals with limited mobilities. To view the full list of offerings or register for classes, visit SantaClaraCA.gov/ActiveNet or see pages 16—20 in the newsletter. Sign up early to ensure a spot in your favorite class or to avoid cancellation.

For more information, contact the Senior Center at CustServSrCenter@SantaClaraCA.gov or 408-615-3170.



IN THIS SECTION

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AQUATICS

Aquafit

This fun full-body workout to music includes strengthening, stretching and conditioning with water exercise equipment provided. Water workouts are good for everyone, improving strength, coordination, and balance. You don't need to be a swimmer; head stays above the water.

Instructor: Pauline Mount

Location: Senior Center

Res/Non-res

| | | | | |
|-------|---|---------|----------------|-----------|
| 29788 | M | 9/16-30 | 11-11:55 a.m. | \$39/\$49 |
| 29790 | M | 9/16-30 | 5:30-6:25 p.m. | \$39/\$49 |
| 29789 | W | 9/11-25 | 11-11:55 a.m. | \$39/\$49 |
| 29791 | W | 9/11-25 | 5:30-6:25 p.m. | \$39/\$49 |
| 29792 | M | 10/7-28 | 11-11:55 a.m. | \$39/\$49 |
| 29794 | M | 10/7-28 | 5:30-6:25 p.m. | \$39/\$49 |
| 29793 | W | 10/9-30 | 11-11:55 a.m. | \$52/\$65 |
| 29795 | W | 10/9-30 | 5:30-6:25 p.m. | \$52/\$65 |
| 29796 | M | 11/4-25 | 11-11:55 a.m. | \$39/\$49 |
| 29797 | M | 11/4-25 | 5:30-6:25 p.m. | \$39/\$49 |
| 29798 | W | 11/6-27 | 11-11:55 a.m. | \$52/\$65 |
| 29799 | W | 11/6-27 | 5:30-6:25 p.m. | \$52/\$65 |

1:1 Fitness Center Orientation

1:1 orientation teaches you how to properly use the different machines and equipment so you will feel more comfortable. Premium Membership or current Resident Senior Center Card required. Once registered, an instructor will contact you to schedule a 30 minute session.

Fee is \$35 for residents.

Visit SantaClaraCA.gov/ActiveNet to register.

CLASSES

CREATIVE ARTS

Introduction to Tangle Art

Discover a new drawing technique and celebrate the beauty of nature! Represent the natural world in a new and unexpected way, through an engaging, easy, and relaxing art activity that will bring your designs to life. Craft your own artwork with a method of drawing repetitive lines, shapes, and other designs that when combined create a "tangle".

Instructor: Giada Conte

| Location: Senior Center | | | Res/Non-res |
|-------------------------|---|------------------|-------------|
| 30460 | W | 9/11-25 9-11a.m. | \$46/\$56 |
| 30461 | T | 10/1-22 9-11a.m. | \$68/\$83 |
| 30462 | T | 11/5-26 9-11a.m. | \$68/\$83 |
| 30463 | T | 12/3-17 9-11a.m. | \$46/\$56 |

Plants on the Patio

Get your hands (a little) dirty! Let your creativity shine while creating your own take-home project. Each month may feature a different theme around herbs, succulents, or other plants. Materials, instruction, and light refreshments are provided.

Instructor: SCPRD

| Location: Senior Center | | | Res/Non-res |
|-------------------------|----|----------------|-------------|
| 30468 | W | 9/25 5-7 p.m. | \$20/\$23 |
| 30469 | Th | 9/26 1-3 p.m. | \$20/\$23 |
| 30470 | W | 10/23 5-7 p.m. | \$20/\$23 |
| 30471 | Th | 10/24 1-3 p.m. | \$20/\$23 |



Pottery

Dive into the captivating realm of hand-built pottery! Explore the age-old art of hand-shaping, coiling, slab, and pinching techniques to manifest creations that echo your inner artist. Embark on this timeless journey of tactile expression, where every session enriches your understanding and appreciation of hand-built pottery.

Instructor: Marina Smelik

| Location: Senior Center | | | Res/Non-res |
|-------------------------|---|----------------------------|-------------|
| 29701 | W | 8/14-9/25 10 a.m.-12 p.m. | \$199/\$244 |
| 30456 | W | 10/2-11/6 10 a.m.-12 p.m. | \$199/\$244 |
| 30457 | W | 11/13-12/18 10a.m.-12 p.m. | \$166/\$204 |

Pottery Intermediate

Journey further into the nuances of hand-built pottery with our intermediate-focused program. This class is curated to bridge foundational knowledge with advanced methodologies, offering students an opportunity to amplify their artistry. Under the watchful eye of our expert instructor, you'll fine-tune your hand-building techniques, surface decoration skills, and experiment with innovative design concepts. Prior experience required.

Instructor: Marina Smelik

| Location: Senior Center | | | Res/Non-res |
|-------------------------|---|-------------------|-------------|
| 29702 | T | 8/13-27 12-2 p.m. | \$105/\$128 |
| 30458 | T | 9/10-24 12-2 p.m. | \$105/\$128 |
| 30459 | T | 10/1-29 12-2 p.m. | \$175/\$213 |
| 30493 | T | 11/5-19 12-2 p.m. | \$105/\$128 |
| 30494 | T | 12/3-17 12-2 p.m. | \$105/\$128 |

CLASSES

Silk and Fabrique Painting

Unveil the colorful realm of Silk and Fabrique Painting in our inclusive class. Delve into the intricacies of working with silk and other fabrics, guided by our seasoned professional who will introduce you to the subtleties of paint application and technique. Novices need not worry, as we provide curated patterns to help jumpstart your creative journey, ensuring everyone can produce a piece they're proud of.

Instructor: Marina Smelik

| Location: Senior Center | | | Res/Non-res |
|-------------------------|---|----------------------|-------------|
| 30454 | T | 10/1-11/5 9-11a.m. | \$198/\$240 |
| 30455 | T | 11/12-12/17 9-11a.m. | \$165/\$200 |

Chain Maille Jewelry

Prepare to be enchanted by the ancient art of chain maille! Regarded as a technological advance when it was used to create thick layers of metal rings in order to protect soldiers in battle, now you can learn chain maille weaves and techniques to create beautiful jewelry (without fear of injury), including necklaces, bracelets, and earrings. We put together six chain maille jewelry patterns just for you including 6 in 3, Dragon Tail, Helm, Ruffles, Box, and Byzantine.

Instructor: Sue Toorans

| Location: Senior Center | | | Res/Non-res |
|-------------------------|----|---------------------|-------------|
| 30512 | Th | 9/19-10/31 3-5 p.m. | \$128/\$158 |
| 30528 | Th | 11/7-12/19 3-5 p.m. | \$128/\$158 |

Skills in Wire Weaving

Learn the beautiful art of jewelry wire weaving! The Tree of Life class is suitable for all levels and the Stone Donut class is for those with prior crafting experience. All weaves will be demonstrated and practiced to create beautiful, wearable works of art.

Instructor: Sue Toorans

| Stone Donut | | | Res/Non-res |
|--------------|---|---------------------|-------------|
| 30464 | W | 9/18-10/23 1-3 p.m. | \$128/\$158 |
| Tree of Life | | | Res/Non-res |
| 30467 | W | 11/6-12/11 1-3 p.m. | \$128/\$158 |

FITNESS

Boot Camp with Amber

Improve your physical health and mental toughness on your way to accomplishing fitness goals you never thought possible. In this fast paced, moderate intensity fitness class, students will work out on and off fitness mats. When possible, exercise adaptations will be made for students recovering from injury.

Instructor: Amber Biscardi

| Location: Senior Center | | | Res/Non-res |
|-------------------------|---|-----------------------|-------------|
| 30378 | W | 9/11-25 10-10:45 a.m. | \$37/\$46 |
| 30379 | W | 10/2-30 10-10:45 a.m. | \$59/\$73 |
| 30380 | W | 11/6-27 10-10:45 a.m. | \$48/\$60 |
| 30415 | W | 12/4-18 10-10:45 a.m. | \$37/\$46 |

Circuit Training with Amber

A great class for a full body workout! Start building your own fitness routine or to add to your current repertoire. You will have the opportunity to utilize free weights, exercise balls, steps and more. No prior experience required.

Instructor: Amber Biscardi

| Location: Senior Center | | | Res/Non-res |
|-------------------------|---|---------------------|-------------|
| 30381 | M | 9/16-30 9-9:45 a.m. | \$37/\$46 |
| 30382 | M | 10/7-28 9-9:45 a.m. | \$37/\$46 |
| 30416 | M | 11/4-25 9-9:45 a.m. | \$37/\$46 |
| 30416 | M | 12/2-16 9-9:45 a.m. | \$37/\$46 |

Fitness for All

Strengthen and tone your body and improve your overall health and fitness level. All abilities are welcome as we move through light cardio, weights and balance workouts. Participants will utilize weights, a chair and elastic bands.

Instructor: Amber Biscardi

| Location: Senior Center | | | Res/Non-res |
|-------------------------|---|-------------------------|-------------|
| 30384 | W | 9/11-25 9-9:45 a.m. | \$37/\$46 |
| 30385 | M | 9/16-30 12:30-1:15 p.m. | \$37/\$46 |
| 30386 | W | 10/2-30 9-9:45 a.m. | \$59/\$73 |
| 30387 | M | 10/7-28 12:30-1:15 p.m. | \$37/\$46 |
| 30389 | M | 11/4-25 12:30-1:15 p.m. | \$37/\$46 |
| 30418 | M | 12/2-16 12:30-1:15 p.m. | \$37/\$46 |
| 30417 | W | 11/6-27 9-9:45 a.m. | \$48/\$60 |
| 30417 | W | 12/4-18 9-9:45 a.m. | \$37/\$46 |

CLASSES

Holistic Yoga

Relax the mind and strengthen the body with this rejuvenating yoga class. Class will focus on breathwork, relaxation, meditation and will teach various yogic postures that focus on stretching, flexibility, and strengthening core muscle groups. This is a mat-based class. Pose and exercise modifications available.

Instructor: Sindhu Singal

| Location: Senior Center | | Res/Non-res |
|-------------------------|-------------------------------|-------------|
| 30429 | T,Th 9/10-26 10:30-11:30 a.m. | \$94/\$117 |
| 30431 | T,Th 10/1-31 10:30-11:30 a.m. | \$154/\$192 |
| 30432 | T,Th 11/5-26 10:30-11:30 a.m. | \$109/\$136 |
| 30434 | T,Th 12/3-19 10:30-11:30 a.m. | \$94/\$117 |

Indoor Group Cycling

Join in the fun, as we cycle to upbeat, fun music. You will learn the different methods of cycling, while getting a great cardio workout. Whether you have never been on a "Spin" bike or are a seasoned professional, this is the perfect class.

Instructor: Amber Biscardi

| Location: Senior Center | | Res/Non-res |
|-------------------------|------------------------------|-------------|
| 30390 | M 9/16-30 11:15 a.m.-12 p.m. | \$38/\$47 |
| 30391 | M 10/7-28 11:15 a.m.-12 p.m. | \$38/\$47 |
| 30392 | M 11/4-25 11:15 a.m.-12 p.m. | \$38/\$47 |
| 30419 | M 12/2-16 11:15 a.m.-12 p.m. | \$38/\$47 |

Pilates with Amber

This mat-based Pilates class will focus on building strength in your core to increase stability and improve flexibility and posture. While challenging your core muscle groups by using slow, controlled movements, there will be an emphasis in proper breathing techniques.

Instructor: Amber Biscardi

| Location: Senior Center | | Res/Non-res |
|-------------------------|-----------------------------------|-------------|
| 30393 | M 9/16-30 10-10:45 a.m. | \$37/\$46 |
| 30394 | M 10/7-28 10-10:45 a.m. | \$37/\$46 |
| 30418 | FULL 11/4-25 10-10:45 a.m. | \$37/\$46 |
| 30420 | M 12/2-16 10-10:45 a.m. | \$37/\$46 |

Tai Chi for Life!

Tai Chi is a slow, gentle, flowing martial art promoting balance, flexibility, strength, and clarity. New participants are highly encouraged to sign up for two consecutive months. Instructor approval required to move up to the next level.

Instructor: Linda Scheer

Location: Senior Center

| Beginning | | Res/Non-res |
|-----------|-------------------------------------|-------------|
| 30396 | W 9/11-25 9:30-10:30 a.m. | \$35/\$43 |
| 30397 | W 10/2-30 9:30-10:30 a.m. | \$46/\$57 |
| 30403 | FULL 11/6-27 9:30-10:30 a.m. | \$35/\$43 |
| 30421 | W 12/4-18 9:30-10:30 a.m. | \$24/\$30 |

| Intermediate — Practice | | Res/Non-res |
|-------------------------|------------------------------------|-------------|
| 30399 | T,Th 9/10-26 11:45 a.m.-12:45 p.m. | \$68/\$85 |
| 30400 | T,Th 10/1-31 11:45 a.m.-12:45 p.m. | \$112/\$140 |
| 30401 | T,Th 11/5-26 11:45 a.m.-12:45 p.m. | \$79/\$98 |
| 30422 | T,Th 12/3-19 11:45 a.m.-12:45 p.m. | \$68/\$85 |

| Intermediate — Pose | | Res/Non-res |
|---------------------|------------------------------|-------------|
| 30402 | T,Th 9/10-26 9:45-10:45 a.m. | \$68/\$85 |
| 30403 | T,Th 10/1-31 9:45-10:45 a.m. | \$112/\$140 |
| 30404 | T,Th 11/5-26 9:45-10:45 a.m. | \$79/\$98 |
| 30423 | T,Th 12/3-19 9:45-10:45 a.m. | \$46/\$57 |

| Advanced | | Res/Non-res |
|----------|-----------------------------|-------------|
| 30405 | T,Th 9/10-26 8:45-9:45 a.m. | \$68/\$85 |
| 30406 | T,Th 10/1-31 8:45-9:45 a.m. | \$112/\$140 |
| 30407 | T,Th 11/5-26 8:45-9:45 a.m. | \$79/\$98 |
| 30424 | T,Th 12/3-19 8:45-9:45 a.m. | \$46/\$57 |

Zumba Gold®

Let the music move you in this upbeat "fitness party." Zumba Gold" is a lower impact, easy-to-follow fitness class.

Instructor: Ginger Willson

Location: Senior Center

| | | Res/Non-res |
|-------|-------------------------|-------------|
| 30408 | F 9/13-27 10-10:45 a.m. | \$28/\$35 |
| 30409 | M 9/16-30 10-10:45 a.m. | \$28/\$35 |
| 30410 | F 10/4-25 10-10:45 a.m. | \$36/\$45 |
| 30411 | M 10/7-28 10-10:45 a.m. | \$28/\$35 |
| 30412 | F 11/1-22 10-10:45 a.m. | \$36/\$45 |
| 30413 | M 11/4-25 10-10:45 a.m. | \$28/\$35 |
| 30426 | M 12/2-16 10-10:45 a.m. | \$28/\$35 |
| 30425 | F 12/6-20 10-10:45 a.m. | \$28/\$35 |

OPEN STUDIO

Open Studio Hours

Ceramics, Lapidary, and Woodshop Open Studio Hours are available at the Senior Center. Open to adults (ages 50+) who are interested in completing small projects with minimal supervision. No formal instruction is given, but an attendant is available to provide basic information and assistance as needed. Individuals are encouraged to stop by and say hello, and see what the Open Studio has to offer.

Studio Passes are available at the Senior Center Front Desk:

- Visits are in 2-hour increments
- Passes do not expire and are non-transferable.
- Passes are valid only for Open Studio at the Senior Center.

Passes start at \$17.00 for residents and slightly higher for non-residents. Single and multi-pass discounts are available.

Patrons need to sign in at the front desk and will receive a Studio Pass to be given to the Studio Attendant when they enter the Ceramics, Lapidary, or Woodshop Studio.

Single Drop-in Cost: \$17.00 Res.

Multi-Pass Cost:

| # of Visits | Resident | Non-Res. |
|-------------|----------|----------|
| 4 | \$52 | \$65 |
| 8 | \$104 | \$130 |
| 12 | \$156 | \$195 |
| 16 | \$208 | \$260 |
| 20 | \$260 | \$325 |

Ceramics Open Studio

Thursday 12—2 pm

Space is limited to 8—10 users at a time. Fee includes access to clay, glazes and firings. For larger projects, a separate bag of clay may be recommended for purchase at \$25.00 per bag.



Lapidary Open Studio

Tuesday 9 am—1pm

Space is limited to 6 users at a time. Fee includes access to equipment. Users will need to bring their own supplies. A safety assessment may be administered to Open Studio patrons before use of equipment is authorized.

Woodshop Open Studio

Wednesday 9—11 am

Space is limited to 6 users at a time. Fee includes access to equipment and some consumables. A safety assessment may be administered to Open Studio patrons before use of equipment is authorized.

For more information, call the Front Desk at (408) 615-3170.

DROP-IN ACTIVITIES

Games and More!

Older adults age 50+ that possess a Senior Center Basic or Premium Membership Card, can sign in at the Front Desk using their Membership Card and receive necessary equipment to take part in the activities below:

| | | |
|---|--|--|
| Mon./Wed., 7 am - 7 pm Tues./Thurs./Fri., 7 am - 3 pm Sat., 8 am - 12 pm <ul style="list-style-type: none">• Bean Bag Toss (Patio)• Billiards Room• Computer Lab (opens 8 am)• Croquet (Fremont Park)• Darts (Billiards Room)• Ladder Ball (Patio)• Mahjong• Shuffleboard (Billiards Room)• Table Tennis (Patio) | Mon./Wed./Fri., 1—2:45 pm <ul style="list-style-type: none">• Board games (Auditorium)• Bridge (Auditorium)• Cribbage (Auditorium)• Domino Games (Auditorium)• Poker (Auditorium) | Fridays, 12:45—2:30 pm <ul style="list-style-type: none">• BINGO (Auditorium) |
|---|--|--|

To Get Acquainted —Ballroom Dance Program

Join us on Tuesdays from 12:45—2:45 pm for lively music, friendly smiles, and an opportunity to move your feet. Check-in begins at 12:30 pm outside the Multi-Purpose Room. Admission is \$1.00 but may vary based on the music provided. Please see calendar below.



Individuals who possess a Senior Center Card can present their card at check-in. Those who don't possess a Senior Center Card will need to sign the liability form prior to the program.

October Ballroom Dance Schedule:

- November 5 - DJ Thomas
- November 12 - DJ Sam (Veteran's Celebration)
- November 19 - DJ Gilbert
- November 26 - DJ Hank

For information on the above programs, please contact the Senior Center Front Desk at (408) 615-3170 or CustServSrCenter@SantaClaraCA.gov

Social Engineering Tsunami

- Phishing, Vishing, and Smishing, Oh My!
(City of Santa Clara IT Department)

Every day we get inundated with countless phone calls, emails, and text marketing messages—some welcome, many not. Stay informed and Report: The best way to navigate the chaos is to know what to look for! Some of the most common social engineering attacks to look out for include:

Phishing Emails or Messages: These emails or messages attempt to fool you into taking an action, such as clicking on a malicious link, opening an infected attachment, or filling out an online form.

How To Spot

- Generic greetings rather than using your name or title.
- The From or Reply-To address sometimes is from a personal email address, such as @gmail.com or @hotmail.com or from a slightly misspelled domain such as bankamerica.com.
- An offer that plays on your curiosity or seems too good to be true, such as notification of a package delivery even though you did not order anything.

What To Do

- Never click on the links in the text or email.
- Call or email the company/person in a separate email or call to confirm what the message is saying.
- Delete the message
- Report as Junk/Spam mail or text

Phone Calls (aka Vishing): Attackers can call you on the phone pretending to be an individual or organization you know and trust, such as the help desk or a vendor.

What to Do

- Be very suspicious if someone creates a strong sense of urgency or asks you to help them without first proving who they are.
- Always verify a person's identity before discussing any sensitive information over the phone.

Text SMS Phishing (aka Smishing): Attackers also conduct cyber-attacks with misleading text messages, an increasing popular tactic as many phones lack filtering capabilities.

What to Do

- Refrain from replying, even with STOP or NO, this is a common ploy to confirm an active number.
- Delete the message