



Santa Clara Senior Center NEWS

July 2014



Check Out Our New And Improved Senior Center Website!

We are delighted to announce the new Santa Clara Senior Center website. This version makes it easy to locate information: News, Events, Meetings, and Frequently Asked Questions (FAQ). You will find just what you are looking for throughout the site.

Find us at: www.SantaClaraCA.gov/SeniorCenter

We are also on Facebook!

Please let us know what you think of the site by contacting us at:
CustServSrCenter@santaclaraca.gov

Santa Clara Parks and Recreation Department
Santa Clara Senior Center
1303 Fremont St., Santa Clara, CA 95050 • 1-408-615-3170
www.santaclaraca.gov/seniorcenter • custservsrcenter@santaclaraca.gov
Monday–Friday 7:00 AM–5:00 PM • Saturday 9:00 AM–12:00 PM *(The office closes 30 minutes prior to the building)*



2001

SERVICES AVAILABLE AT THE SENIOR CENTER

All numbers are area code 1-(408) unless otherwise noted.

	Provider	Phone/Website
<p>Care Management Services Services available by appointment: in-home assessment, connection to community resources, and service coordination. Services available to City of Santa Clara seniors age 60+.</p>	Santa Clara Parks & Recreation and Sourcewise	1-408-615-3170 www.santaclaraca.gov www.mysourcewise.com
<p>Health and Wellness Services Services available by appointment: health education, healthcare coaching, social engagement, home visits, and blood pressure. Services available on a drop in basis: blood pressure clinic Thursdays 9:30-11:30am. Services available to City of Santa Clara seniors age 50+.</p>	Santa Clara Parks & Recreation	1-408-615-3170 www.santaclaraca.gov
<p>Health Insurance & Medicare Counseling (HICAP) Free information and assistance on Medicare related issues. Tuesdays by appointment. Services available to anyone on Medicare.</p>	Sourcewise	1-408-615-3170 www.mysourcewise.com
<p>Senior Information and Resources Information, resource, and referral services for seniors at home. Services available to City of Santa Clara seniors age 50+</p>	Santa Clara Parks & Recreation	1-408-615-3170 www.santaclaraca.gov
<p>Senior Peer Advocate Services available by appointment: information and assistance to connect Santa Clara residents to a variety of community resources, services, and benefits, such as transportation, housing, food, healthcare, caregiving/family support, legal services, and social/educational activities.</p>	Santa Clara Parks & Recreation	1-408-615-3170 www.santaclaraca.gov
<p>Legal Assistance Free legal assistance available by appointment. Services available to Santa Clara County seniors age 60+</p>	Senior Adult Legal Assistance (SALA)	1-408-615-3170 www.sala.org
<p>Dining Out Nutritionally balanced lunch served weekdays 11:30am. Advanced reservations are required. \$3.00 donation. Services available to Santa Clara County seniors age 60+.</p>	Santa Clara Parks & Recreation and Santa Clara County	1-408-615-3174 www.santaclaraca.gov
<p>Tax Assistance Offered throughout the year.</p>	AARP volunteers	1-408-615-3170
<p>Notary Service Free service by appointment. Signer must be present and provide government issued identification. Services available to Seniors age 50+.</p>	Volunteer	1-408-615-3170 www.santaclaraca.gov

Discover additional resources for seniors @ www.santaclaraca.gov or at the Senior Center.

AMERICANS WITH DISABILITIES ACT (ADA) – In accordance with the Americans with Disabilities Act of 1990, the City of Santa Clara Parks and Recreation Department will ensure that all existing facilities will be made accessible to individuals with disabilities. Reasonable modifications in policies, procedures, and/or practices will be made as necessary to ensure full and equal access and enjoyment of all programs and activities for all individuals with a disability. In order to allow participation by individuals with severe allergies, environmental illnesses, multiple chemical sensitivity, or related disabilities, **please DO NOT wear scented products** to programs/activities at City facilities. Contact the Santa Clara Senior Center at (408) 615-3170 with accessibility concerns specific to this facility, and the Parks and Recreation office at (408) 615-2260 for accessibility concerns regarding other parks and recreation facilities/programs. For all other ADA questions, contact the City Clerk's office at 1-(408) 615-2220.

CLASSES

Dance for Health

Mondays • 11 a.m.–12 p.m.

Some exercises will include the use of chairs for props while sitting and/or standing. Strengthen your balance, flexibility, memorization, and coordination while enjoying upbeat music. All abilities are welcome. *Instructor – A. Biscardi*

No Falls S.O.S.

Tuesdays and Thursdays • 11–11:30 a.m.

Stretch, Observe & Strengthen your way to decreasing the risk of falling. Focusing on falls prevention, this class aims to improve your balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength.

Instructor – M. Pozzi

Pilates Mat – Building the Foundation

Tuesdays and Thursdays • 7:30–8:30 a.m.

This class will focus on the fundamental principles of Pilates to achieve greater overall body strength and flexibility by concentrating on the physical core. The class will flow in a manner that challenges and adapts to the needs of the participants. *Instructor – J. Russum*

Jazzercise with Jerome!

Mondays and Wednesdays • 7:30–8:30 a.m.

This fun, energizing jazz program consists of cardio, strength building, and stretching moves. Modifications to each routine are offered to meet the needs and fitness levels of all participants. *Instructor – J. Flowers*

Zumba Gold® with Ginger

Mondays • 10–10:45 a.m.

Wednesdays • 9:30–10:15 a.m.

Zumba Gold® with Ginger is a Latin dance-inspired workout. Let the music move you in this upbeat, “fitness party.” Zumba Gold with Ginger is a lower impact, easy-to-follow fitness class that keeps you in the groove of life! *Instructor – G. Willson*

Fitness for All

Mondays • 9–9:45 a.m.

Wednesdays • 10:30–11:15 a.m.

Gentle aerobic, toning and stretching exercises will improve your balance, flexibility, endurance, range of motion, sense of equilibrium and core muscular strength. Exercises will include chairs for props while sitting or standing. All abilities are welcome. Individuals utilizing mobility aids (walkers, canes, wheelchairs, etc) are encouraged to register.

Instructor – A. Biscardi

Tai Chi for Life!

Tuesdays and Thursdays • 8:45–9:45 a.m. • Intermediate Level

Tuesdays and Thursdays • 9:45–10:45 a.m. • Beginner Level

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gentle and slow, whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity. *Instructor – L. Scheer*

Introduction to Woodworking

July 21, 23, 25 • 9 a.m.-1 p.m. • #52833

If you like working with your hands and learning new things, this class is for you! This class will get you started in the right direction and is presented in two parts: lecture and demonstrations and construction of your project. Learn the joy of woodworking and make this a part of your life!

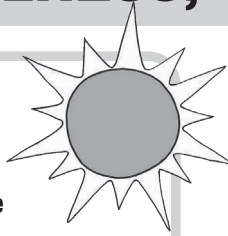
Instructor – T. Freitas

Join us for exciting classes that will energize & motivate you to increase your fitness & activity levels.

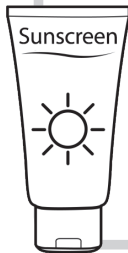
Seniors of all ages (50 & up) and abilities are encouraged to register!
Please refer to the Recreation Activities Guide for class fees and schedule.

HEALTH & WELLNESS, CARE MANAGEMENT

National Health Observances are special days, weeks, or months focused on raising awareness about important issues related to health and well-being. **July's observance is Sun Safety Awareness Month.**



Stop by the Health & Wellness Program table in the lobby near the multi-purpose room on July 16 from 10 a.m. - 12 p.m. to visit with our volunteer RNs. They'll have lots of helpful materials about tips for better sun protection to prevent sun damage, leading to skin aging and potentially cancer. Block the sun, not the fun!



A Few Good Men (and Women too!) Fridays • 12:30–2 p.m. • Room 205

We would like to increase the fun and invite a few good women to join—the more the merrier! Come share some stories and laughs, current events, or just compare notes with a lively group who enjoy discussing what's on their minds. No registration is required and participation is free.

Wednesday Walk a Block

One of the easiest ways to keep your heart healthy is by walking! Join us for Walk a Block on Wednesday mornings from 10:00-10:30 am. Walkers meet in the front lobby area at 10:00 am, and walk for approximately 30 minutes. Bring a friend! Join your fellow walkers for some fresh air and exercise.

Summer Wellness Series

Tuesdays • 1-2 p.m. • Room 149

Pre-registration is required. Each class costs \$6 with Santa Clara senior discount, or \$8 non-resident. Join us for some interesting discussion and up-to-date information. Please register early (classes will be cancelled due to low enrollment).

Arthritis: Finding a Balance July 8 #52847

Understanding the challenges that arthritis brings can help reduce stress and improve ways to cope. There are things you can do every day to help you feel better. Learn strategies for managing arthritis, and put together a plan that works for you. Instructor: Wendy Talbert, RN, BSN

Sun Safety July 22 #52848

Sun safety isn't just for vacations—we need to make sure we are practicing it every day here in sunny California! Learn the latest about skin cancer prevention and early detection, avoiding heat exhaustion, and other topics to enjoy your summer and stay safe in the sun. Instructor: Larisa Polozova, RN, MM

Blood Pressure Clinic

Thursdays • 9:30–11:30 a.m.

Free drop-in blood pressure check by our volunteer nurse every Thursday morning in the Health & Wellness office.

Clutter Free

10:30 a.m.–12 p.m. • Room 205

The second and last Thursday of each month

This peer-led support group focuses on new skills and perspectives as we share strategies for managing all our stuff. Please drop in on our next meeting or call Mallory von Kugelgen, Geriatric Care Manager, (408) 615-3180, for more information.

Connections Support Group NEW!

Thursdays • July 10 - August 28

12:30-2 p.m. • Room 205

Are you feeling like you could use more support around the relationships you want or don't have in your life? Come join us on Thursdays. This is a drop in group. You are welcome to join at any time.

Feeling Good Workshop

Tuesdays • June 10 - August 12

3-4:45 p.m. • Room 205

Feeling a little down lately? This free workshop will help you find ways to be more positive and really enjoy your life. This is a drop-in group, and no registration is necessary. Feel free to join at any time, and improve your health and well-being.

Celebrating Your Life Through Art

5 week expressive arts group • July 8 - August 5

Tuesdays • 10:30 a.m.-12:15 p.m.

Come and explore the juiciness of your life as we create art and discussion around themes such as joy, gratitude, forgiveness, strength, shadow, and legacy. This is an opportunity for you to view your life through a lens of curiosity, wonder, and empowerment.

Transitions

Mondays • 1-2:30 p.m. • Room 205

Feeling lost or overwhelmed? This support group can help you navigate life's changes. This is a drop-in group, and participation is free. Join anytime—you are welcome here.

ALWAYS HAPPENING

Ballroom Dancing

Tuesdays and Thursdays • 7:30–10:30 p.m.

Dancing is a great way to exercise, socialize, and connect with friends new and old. Dance lessons are free with paid admission. For the month of July, the Tuesday dance lesson will be Intermediate Waltz and the Thursday dance lesson will be East Coast Swing. Dance lessons change every month. Dances taught include Waltz, Fox Trot, Latin and more. Lessons are from 6:30–7:30 p.m. Dances are from 7:30-10:30 p.m.. Admission to the dance is \$6 when live bands play and \$5 when hosted by a DJ.

Santa Clara Women’s League

2nd Tuesday of each month • 1 p.m.

The Santa Clara Women’s League is a service organization which supports the Health and Wellness Program at the Senior Center. Membership flyers are available at the Santa Clara Senior Center. New members are always welcome.
<http://santaclarawomensleague.org>.

Drop-In Crafts

Thursdays • 1-3 p.m. • Room 149

The Santa Clara Senior Center invites you to revisit an old hobby or take up a new one. Here is an opportunity to work on your own self-directed project in the company of others who share your love of crafts. Please, do not bring in projects that produce strong fumes. Finishing products are not allowed in the Senior Center. All seniors, age 50+, are welcome. Engage your brain as well as your creativity.

Welcome Newcomers

10:30–11:30 a.m. • Room 205

Join us for an informal yet informative get-together as we introduce you to the activities, programs, and services the Santa Clara Senior Center has to offer. An escorted tour of the 60,000 square foot facility will be available to those interested. Seniors, family members, and caregivers are welcome to attend. No preregistration is necessary.

Game On!

Santa Clara Parks and Recreation Department invites you to play at the Senior Center. Playing games is a great way to spend time with old friends and meet new friends all while keeping your mind sharp and staying “on top your game”. Most games can accommodate any number of drop in players. Refer to the table below for more information on a game that interests you.

Game	Day	Time	Location	Contact	Drop Ins
Bingo	Tue, Fri	12:15-2:45 p.m.	Auditorium	Staff 615-3170	Welcome
Games, Games, Games					
Mexican Train, Dominos, Cribbage and more	Mon, Wed	1:00-3:00 p.m.	Auditorium	Staff 615-3170	Welcome
Card Games					
Bridge, Intermediate	Mon, Wed, Fri	12:30-3:00 p.m.	Mezzanine *Auditorium on 4th Wed*	Duane 246-9794	Call first
Bridge, Intermediate	Tue	12:00-4:00 p.m.	Mezzanine	Manny 828-7741	Welcome
Bridge, Intermediate	Wed	9:00-11:30 a.m.	Mezzanine	Betty 248-3952	Call first
Canasta, Pinochle	Tue	12:00-4:00 p.m.	Mezzanine	Staff 615-3170	Welcome
Poker	Mon-Fri	7:30-10:00 a.m.	Mezzanine	Staff 615-3170	Welcome
Active Games					
Wii	Mon-Fri Sat	7:00 a.m.-4:30 p.m. 9:00-11:30 a.m.	Fitness Center	Staff 615-3170	Welcome

JULY

MONDAY	TUESDAY	WEDNESDAY
	<p style="text-align: right;">1</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45</p> <p style="text-align: center;">TGA Tuesday Dance NOB HILL SOUNDS 7:30-10:30PM</p>	<p style="text-align: right;">2</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30</p>
<p style="text-align: right;">7</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4</p>	<p style="text-align: right;">8</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45</p> <p style="text-align: center;">TGA Tuesday Dance 10th AVENUE BAND 7:30-10:30PM</p>	<p style="text-align: right;">9</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30</p>
<p style="text-align: right;">14</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4</p>	<p style="text-align: right;">15</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45</p> <p style="text-align: center;">TGA Tuesday Dance TENOR BAND 7:30-10:30pm</p>	<p style="text-align: right;">16</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30</p>
<p style="text-align: right;">21</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4</p>	<p style="text-align: right;">22</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45</p> <p style="text-align: center;">TGA Tuesday Dance RON BORELLI BAND 7:30-10:30 PM</p>	<p style="text-align: right;">23</p> <p>LET'S TALK TRAVEL 12:30 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30 Computer Lab Closed for Class 12:30-2:30</p>
<p style="text-align: right;">28</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4</p>	<p style="text-align: right;">29</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45</p> <p style="text-align: center;">TGA Tuesday Dance GERI FOLEY, D.J. 7:30-10:30 PM</p>	<p style="text-align: right;">30</p> <p>Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30</p>

THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;">3</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30</p> <p style="text-align: center;">Thursday Night Dance STEVE EDWARDS, D.J. 7:30-10:30PM</p>	<p style="text-align: right;">4</p> <p style="text-align: center;">CENTER CLOSED INDEPENDENCE DAY HOLIDAY</p>	<p style="text-align: right;">5</p> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<p style="text-align: right;">10</p> <p>Clutter Free 10:30-12 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30</p> <p style="text-align: center;">Thursday Night Dance THE CASUALS 7:30-10:30pm</p>	<p style="text-align: right;">11</p> <p>A Few Good Men (and Women too!) 12:30-2 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45</p>	<p style="text-align: right;">12</p> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<p style="text-align: right;">17</p> <p>Welcome Newcomers! 10:30 Lunch Meet 12:30 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30</p> <p style="text-align: center;">Thursday Night Dance LYRATONES 7:30-10:30pm</p>	<p style="text-align: right;">18</p> <p>A Few Good Men (and Women too!) 12:30-2 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45</p>	<p style="text-align: right;">19</p> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<p style="text-align: right;">24</p> <p>Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30</p> <p style="text-align: center;">Thursday Night Dance NOB HILL SOUNDS 7:30-10:30pm</p>	<p style="text-align: right;">25</p> <p>A Few Good Men (and Women too!) 12:30-2 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:45</p>	<p style="text-align: right;">26</p> <p>Snack Bar, Computer Lab, Billiards 9-11:30</p>
<p style="text-align: right;">31</p> <p>Clutter Free 10:30-12 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30</p> <p style="text-align: center;">Thursday Night Dance 10th AVENUE BAND 7:30-10:30pm</p>		

DINING OUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Chicken & Dumplings Whole Grain Bread California Blend Vegetables Garden Salad w/Carrots Mandarin Oranges</p> <p>7</p>	<p>Roast Pork w/Apples Whole Grain Bread California Blend Vegetables Parslief Potatoes Fresh Fruit in Season</p> <p>1</p>	<p> Chicken Fajita Tortilla Soup Fresh Pinto Beans Cabbage & Pineapple Slaw Fresh Watermelon</p> <p>2</p>	<p>B.B.Q. Chicken Cornbread Fresh Baked Beans Coleslaw Watermelon & Ice Cream</p> <p>3</p>	<p>Holiday No Meal</p> <p>4</p>
<p>Breaded Fish Steamed Brown Rice Romaine Salad w/ Mandarin Oranges Fresh Strawberries</p> <p>14</p>	<p>Crispy Oven Baked Chicken Whole Grain Bread Steamed Spinach Coleslaw Fresh Banana</p> <p>15</p>	<p>Cabbage Roll Whole Grain Bread Italian Blend Vegetables Romaine Iceberg Salad Fresh Honeydew Melon</p> <p>16</p>	<p>Roast Turkey w/Gravy Bread Stuffing Capri Blend Vegetables Carrot Raisin Salad Mandarin Pineapple Cup</p> <p>17</p>	<p> Chicken Milano Vegetable Soup Whole Grain Pasta, Peas & Carrots Marinated Cucumber, Tomato and Onion</p> <p>18</p>
<p>Hot Turkey Sandwich Whole Grain Bread Yams Garden Vegetable Salad Tropical Fruit Cup</p> <p>21</p>	<p>Asian Pork Sesame Noodles Oriental Blend Vegetable Romaine Iceberg Salad Fresh Orange</p> <p>22</p>	<p> B.B.Q. Chicken Corn Chowder Steamed Spinach Potato Salad Fresh Banana</p> <p>23</p>	<p>Beef Pot Roast w/Vegetables Rye Bread, Corn Spinach Salad w/ Mandarin Oranges Pineapple</p> <p>24</p>	<p>Unbread Fish Brown Rice Pilaf Mixed Vegetables Coleslaw Fresh Honeydew Melon</p> <p>25</p>
<p>Chile Lime Chicken Brown Rice California Blend Vegetables Mixed Green Salad Sliced Apples</p> <p>28</p>	<p>Roast Beef w/Gravy Whole Wheat Roll Capri Blend Vegetables Whipped Potatoes Fresh Orange</p> <p>29</p>	<p>B.B.Q. Pulled Pork Sandwich Green Beans Broccoli & Cranberry Salad Fresh Fruit in Season</p> <p>30</p>	<p>Hawaiian Chicken Imperial Brown Rice Oriental Blend Vegetables Carrot Mandarin Salad Watermelon</p> <p>31</p>	

ALTERNATIVE MEALS:

Week 1: Chicken Cranberry Salad, Vegetarian Cottage Cheese Salad, Tuna Sandwich or Black Bean Burger

Week 2: Tuna Salad, Orzo Bean Salad, Roast Beef Sandwich or Vegetarian Pita Sandwich

Week 3: Chinese Chicken Salad, Vegetarian Nicoise Salad, Turkey Wrap, or Vegetarian Sandwich

Week 4: Turkey Cobb Salad, Summer Corn & Black Bean Salad, Roast Pork Sandwich, or Vegetarian Patty Burger

Week 5: Chicken Taco Salad, Vegetarian Beans & Cheese Salad, Tuna Sandwich, or Black Bean Burger.

 = Higher in sodium

ALWAYS HAPPENING

Lapidary

Thursdays and Fridays • 9 a.m.–1 p.m.

Join the Lapidary drop-in program and learn to cut and polish rocks and begin making beautiful jewelry. Registration/Release is needed to participate. (Donations accepted are used to replenish consumable lapidary supplies).

Senior Advisory Commission

The Senior Advisory Commission consists of seven Santa Clara seniors who meet monthly, along with City staff, to discuss community-wide issues which impact seniors. Information is presented and shared and recommendations are offered on ways to improve the quality of life of all Santa Clara seniors. The role of the Commission is to make recommendations to the City Council on policy issues important to all seniors in our community. Commission members include Wanda Buck, Dwight Collins, ArLyne Diamond Ph.D, Barbara A. (Bobbi) Estrada, Frank Kadlecek, Sam Orme and Alice Pivacek.

Mtgs: 4th Mon. each month • 10 a.m. • Rm 232

Meetings are open to the public and agendas are posted in the Senior Center lobby and online at www.santaclaraca.gov.

You are welcome to drop in for any of our meetings and join the discussion or share your opinions on matters important to you.

Senior Peer Advocate (SPA) — Help at the Senior Center

Mondays • 10 a.m.–12 p.m.

When we were young, our parents supported and nurtured us, and helped us solve problems and meet challenges. Now we're grown, and it's our turn to support and nurture our parents, and help them meet the challenges of growing older with dignity and grace. The Senior Center can help meet those challenges through our Senior Peer Advocate (SPA) program. SPA volunteers are trained to provide information and assistance to connect you to all sorts of community resources. SPA appointments are free and available through the Senior Center front desk.

Whether you're looking for ways to get more help at home or need information about grab bars, we'll do our best to help you find solutions.

Senior Computer Class

Third Wednesday of the Month • 1–2 p.m.

Senior Center Computer Lab • Room 231

The class ranges in topic and is taught by the library staff. This class is free, but registration is required.

Please call 408 615-3170 for information or visit our website: www.santaclaraca.gov/seniorcenter

Woodshop

Tuesdays and Thursdays • 8 a.m.–12 p.m.

The Woodshop is a great place to work on small projects and repairs. Join others who enjoy woodworking. A woodshop orientation is required. Beginners are welcome. (Donations accepted are used to replenish consumable woodshop supplies).

Dining Out

**Served Monday-Friday • 11:30 a.m. • \$3.00 donation.
Call our reservation hot line at (408) 615-3174**

Visit with old friends or make new ones while enjoying a nutritionally balanced hot lunch. Menus change throughout the seasons. There is always an option to the hot meal such as meat or vegetarian salads, and sandwiches. Advance reservations are required and are limited. Participants without a confirmed reservation may check with Dining Out staff or volunteers for the availability of stand-by meals. Meals not claimed by 11:45 am will be made available to stand-by diners. Services available to Santa Clara County seniors age 60+. Fee for guests under the age of 60, is \$6.00.

Lunch Meet

**Thursday, July 17 • 12:30–1:30 p.m. • Room 232
My War, My Life by Sophie Stallman**

Can you imagine what life was like for a young girl growing up in Poland during the German invasion of World War II? Learn how one teenage girl living in Warsaw demonstrated youthful resilience, adapted, and quickly matured as she and her family faced a daily life of deprivation, fear, and struggle. You will learn how she and her family fought the occupying forces as members of the Polish Underground. Sophie Stallman will join us to share her memories of the near escapes, border crossings, dangerous missions, and wartime experiences she endured as well as her determination to pursue her academic education and love of music and dance during those trying times.

Everyone is welcome to attend this free program. Bring a friend and/or family member. There is no fee. No pre-registration is required. While no food is provided, feel free to bring your lunch if you like.

FITNESS CENTER & NATATORIUM

The 3,000 square foot Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. There is something for everyone.

Fitness Center – Drop-In Fitness Center Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Drop in Fitness:					9:00–11:30am
7:00-10:45am	7:00-10:45am	7:00-10:45am	7:00-10:45am	7:00am-4:30pm	
12:00-4:30pm	12:00-4:30pm	12:00-4:30pm	12:00-4:30pm		
Classes:					
10:45am-12:00pm	10:45am-12:00pm	10:45am-12:00pm	10:45am-12:00pm		








So that pool users may make an informed decision whether or not water temperature is suitable for their needs, there is one (1) thermometer in each pool.

Lap Pool: Water temperature ranges: 81-84° F.

Warm Water Pool: Water temperature ranges: 90-94° F.

Spa: Water temperature ranges: 97-101° F.

Natorium Schedule- Swim/Walk Schedule For Lap Pool, Lane #1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-1:30pm	7:00am-1:30pm	7:00-10:00am 11:00am-1:30pm	7:00am-1:30pm	7:00-10:00am 11:00am-1:30pm	9:00–11:30am
Walk 	Swim 	Walk 	Swim 	Walk 	Swim 
3:00-4:30pm Swim 	3:00-4:30pm Walk 	3:00-4:30pm Swim 	3:00-4:30pm Walk 	3:00-4:30pm Swim 	

Natorium Schedule- Open Lap Pool Schedule (Closed for cleaning Monday–Friday 1:30-3:00pm)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-1:30pm	7:00am-1:30pm	7:00-10:00am 11:00am-1:30pm	7:00am-1:30pm	7:00-10:00am 11:00am-1:30pm	9:00–11:30am
3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	

Open Warm Water Pool Schedule (Closed for cleaning Monday–Friday 1:30-3:00pm)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	9:00–11:30am
12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	
3:00-4:30pm		3:00-4:30pm		3:00-4:30pm	

Women's Locker Room - Closed for Cleaning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00-2:30pm	2:00-2:30pm	2:00-2:30pm	2:00-2:30pm	2:00-2:30pm	

Free Notary Service for Seniors

Free Notary service is available for seniors at the Santa Clara Senior Center. To have a signature notarized the signer must appear in person, present current valid government issued identification containing the signer's photo, and the signer must speak English. Trusts, loans, and/or mortgage documents are not eligible for this free service.

Appointments are available on:

1. First and third Monday afternoon of each month.
2. Second and fourth Wednesday morning of each month.

For more information, contact the Santa Clara Senior Center by phone (1-408-615-3170) or email CustServSrCenter@SantaClaraCA.gov.

Did You Know?

Did you know that the City of Santa Clara offers a wide variety of exercise opportunities, outdoor activities, educational options, and cultural experiences?

- The San Tomas Aquino Creek Trail is open for walking, running, and bicycling and is located along the west bank of the San Tomas Aquino Creek. Free parking is provided at a trailhead lot on Monroe Street just West of San Tomas Expressway. A dedicated traffic light for trail users crosses Monroe and provides trail access. For more information, visit www.rhorii.com/STACT/SanTomasTrl.html
- The Parks & Recreation Department is responsible for operating and maintaining the City's park areas. Facilities include picnic areas, playgrounds, tennis courts, ball fields, soccer parks, swimming pools, neighborhood park buildings, as well as the Senior, Community Recreation, Teen, and Youth activities centers. For more information, visit www.santaclaraca.gov/ParksandRec.
- Looking for indoor activities? A free Alcatraz exhibit is on display off the lobby of the Hyatt Regency Hotel in Santa Clara. The "Alcatraz: Life on the Rock" and "Alcatraz: The Last Day" exhibits are free and open to the public at the Hyatt Regency. For more information, call (408) 200-1234 or visit www.santaclara.hyatt.com.
- The deSaisset Museum (www.scu.edu/desaisset/) and Triton Museum of Art (www.tritonmuseum.org/) offer free indoor art exhibits.
- The Intel Museum highlights the early days of the tech industry all the way up to the latest innovations and there is no charge. For more information, visit www.intel.com/museum
- Are you a music lover? The free Concerts in the Park Series offer great entertainment. For more information, call (408) 615-2210.

Celebrate Independence Day **at the All-City Picnic and Fireworks Extravaganza!**

The picnic will be held on July 4, in scenic Central Park, located at 909 Kiely Blvd., from 12:00 pm to 5:00 pm. Admission is free! Bring a picnic lunch or purchase all-American foods prepared by local community groups. Sit back, relax, and enjoy live entertainment at the Pavilion. Kids can have fun too with carnival games, face painting, and swimming at the International Swim Center.

The event begins in the Pavilion with a welcome from our Mayor Jaime Matthews, and a Flag Dedication Ceremony by the Veterans Post 419 Honor Guard. Then you can get up and dance to live music from bands performing cover tunes.

The fun will continue into the evening, so bring your blankets and lawn chairs to the lawn area adjacent to the Community Recreation Center, where there will be music, a variety of food booths, and food trucks, followed by a patriotic fireworks display at 9:30 pm. Call (408) 615-3140 for additional information.



Santa Clara Senior Center 8-Ball Tournament

Friday, July 25

The Santa Clara Senior Center will be hosting an 8-Ball Tournament on Friday, July 25th, 2014. Sign-ups begin on July 1st. If you are interested, please sign up at the Senior Center Front Office, Santa Clara Residents is \$5 / Non-residents \$7. The event is open to anyone 50+. Prizes will be awarded to 1st - 3rd place finishers. Sign-ups are limited to the first 16 players.

