



# Santa Clara Senior Center NEWS

January 2015

## Tax Assistance

AARP Tax Aide volunteers will be here on Tuesdays and Thursdays starting Tuesday, February 3, through Tuesday, April 14, 8:30-4:00, to help you with your Year 2014 Federal and State Income Tax Returns. Please note: the volunteers are not trained to prepare tax forms that report business, rental, or partnership income. Please bring the following with you when you come for your appointment:

- Valid photo identification and taxpayer identification number(s) (Social Security Number).
- Birth dates of all individuals to appear on the return.
- Bank routing numbers and an account number for direct deposit.
- Copies of your Tax Returns and supporting documents you filed for Year 2013.
- Your W-2 Forms from each employer for Year 2014.
- Your 1099 G Forms for unemployment.
- Your SA-1099 Forms for Social Security received in Year 2014.
- All 1099 Forms (1099 INT, 1099 DIV, 1099-R, 1099 MISC) for interest, Dividends, Pensions, Annuity, IRA Distributions, and Miscellaneous Income received in Year 2014.
- Your Cost Basis and Acquisition Date for the sale, or exchange, of Stocks, Bonds, etc., in Year 2014. Form 1099-B.
- Your record of withholding and Estimated Tax payments for Year 2014. (Forms 1040-ES and 540 ESS).
- Name and address of landlord to receive State Renter's credit.
- If you plan to Itemize Deductions, please bring a consolidated list of your Year 2014 Medical Expenses, Contributions of cash or goods, Tax Payments, Home Mortgage Interest Payments, and Miscellaneous deductions.

**Call the Senior Center office at 408-615-3170 to make an appointment. Appointments are required.**

## SAVE A DATE TO RENEW YOUR CARD

To be a current fitness/natatorium user, you will need to renew your card from Monday, January 5, 2015 through Friday, February 20, 2015.

### WHEN RENEWING YOUR CARD YOU WILL:

- Provide current proof of residency
- Update your information and sign a new liability release
- Bring your card with you so a 2015 sticker can be affixed

### DATES TO REMEMBER:

**January 5, 2015** – Ongoing registration begins for 2015

**February 21, 2015** – Your Fitness/Natatorium card will no longer be valid without a 2015 sticker.

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](http://www.santaclaraca.gov/seniorcenter) • [custservsrcenter@santaclaraca.gov](mailto:custservsrcenter@santaclaraca.gov)  
[www.facebook.com/santaclaraparksandrec](http://www.facebook.com/santaclaraparksandrec)  
Monday–Friday 7:00 AM–5:00 PM • Saturday 9:00 AM–12:00 PM *(All programs and the front office services end 30 minutes prior to the building closure)*



# SERVICES AVAILABLE AT THE SENIOR CENTER

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

	Provider	Phone/Website
<p><b>Care Management Services</b>            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	1-408-615-3170 www.santaclaraca.gov
<p><b>Health and Wellness Services</b>            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><b>Health Insurance &amp; Medicare Counseling (HICAP)</b>            Free service available by appointment. Information and assistance on Medicare related issues. Services available to anyone on Medicare.</p>	Sourcewise	1-408-615-3170 www.mysourcewise.com
<p><b>Senior Information and Resources</b>            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><b>Senior Peer Advocate</b>            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><b>Legal Assistance</b>            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><b>Dining Out</b>            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><b>Tax Assistance</b>            Offered throughout the year.</p>	AARP volunteers	1-408-615-3170
<p><b>Notary Service</b>            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](http://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

**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.**

## **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**

## **P90X for Active Seniors**

**Tuesdays and Thursdays • 12–12:45 p.m.**

P90X is a full-body, strength conditioning class for active adults with healthy joints. The class goes back to the fundamentals, practicing balance, agility, and strength using hand weights. Participants need to be able to move to the floor and back into a standing position easily. Please note this is a high-activity level class.

**Instructor – T. Anderson**

## **Small Group Fitness Training**

**Tuesdays and Thursdays • 11–11:55 a.m. • Intermediate Level**

Is personal training too expensive or intimidating? Try our small group fitness training! Led by a certified personal trainer, you will be supervised through cardiovascular warm-up, stretching, and led through a small group workout which will include machines, free weights, and assorted fitness equipment.

**Instructor - T. Anderson**

## **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.

**Instructor – A. Biscardi**

## **Tai Chi for Life!**

**Tu and Th • 8:45–9:45 a.m. • Intermediate Level**

**Tu and Th • 10:30–11:15 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**

**January 26, 28, 30 • 9 a.m.-1 p.m. • #54626**

This class 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**

# 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. **January's observance is Healthy Weight Awareness Month.**

Healthy Weight Month celebrates healthy lifestyles that last a lifetime and prevent eating and weight problems—a welcome antidote to the dieting and bingeing that typically start the New Year. This is a time for people of all sizes to live actively, eat well, and feel good about themselves and others.

Stop by our Health & Wellness Program table in the lobby on January 18th, and learn about the latest research, the connection between diet and arthritis, the best exercises, and more. There will be helpful handouts and friendly volunteer nurses to answer your questions. Learn how you can control arthritis, so it doesn't control you.

## 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.

## 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.

## Senior Peer Advocate (SPA)

### Help at the Senior Center

**Mondays • 10 a.m.–12 p.m.**

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.

## Winter/Spring Wellness Series

Classes are held on Tuesdays, 1:00-2:00 p.m., in Room 149 (unless otherwise noted). Pre-registration is required. Each class costs \$6, or Santa Clara senior discount of \$5. Join us for some interesting discussion and up-to-date information.

## Glaucoma: Don't Lose Sight

**January 27 • Course # 54873**

Glaucoma is a group of diseases that can damage the eye's optic nerve, and left untreated can lead to permanent vision loss or blindness. Glaucoma has no warning signs, so it's important to know how to protect your vision from this disease. Join us to learn more about what causes glaucoma, who is at risk, and what you can do to keep your eyes healthy.

## Transitions

**Jan 26 - Feb 23 • 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.

## Connections Support Group

**Thursdays • 12:30-2 p.m. • Room 205**

Are you going through changes or struggles in your relationships with your family and/or friends? Relationships can be difficult at times. Talking about things can help. This is a drop-in group for both men and women. You are welcome to join at any time.

## It's Good To Be Alive!

**7-week series • Dec 2 - Jan 27 • 3:15-4:45 p.m. • Room 205**

Learn ways to feel happier and really enjoy your life! You will learn how to do this using Cognitive Behavioral Therapy (CBT) and Mindfulness skills. Participation is free. This is a drop in group. No registration is required.

*Facilitated by supervised, pre-licensed therapists through a partnership with the Process Therapy Institute, a counseling and education-oriented nonprofit organization committed to enhancing self-awareness and improving the quality of relationships.*

# 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 January, the Tuesday dance lesson is Foxtrot and the Thursday dance lesson will be Cha Cha.**

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.

[www.santaclarawomensleague.org](http://www.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

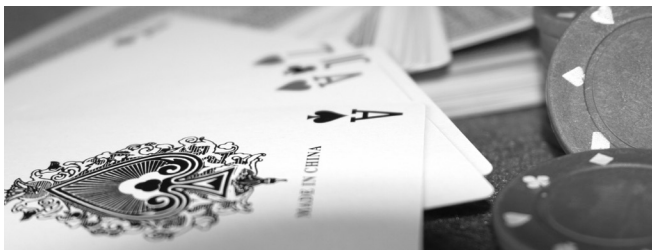
**3rd Thursday of each month  
10:30–11:30 a.m. • Room 205**

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 of 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
<b>Games, Games, Games</b>					
Mexican Train, Dominos, Cribbage and more	Mon, Wed	1:00-3:00 p.m.	Auditorium	Staff 615-3170	Welcome
<b>Card Games</b>					
Bridge, Intermediate	Mon, Wed, Fri	12:30-3:00 p.m.	Mezzanine *Auditorium on 4th Wed*	Duane 246-9794	Call first
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
<b>Active Games</b>					
Wii	Mon-Fri Sat	7:00 a.m.-4:30 p.m. 9:00-11:30 a.m.	Fitness Center	Staff 615-3170	Welcome



## Do you enjoy playing poker?

Our poker players are looking for friends.

They play Monday – Friday, from 7:30 – 10 a.m.

Stop by and say “Hi!”





# JANUARY

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;"><b>5</b></p> <p>SPA-Senior Peer Advocate 10-12 Notary (By Appointment)</p>	<p style="text-align: right;"><b>6</b></p> <p>Medicare/HICAP (By Appointment) Wood Shop 8-12 Bingo 12:15-2:45</p> <p style="text-align: center;"><b>TGA Tuesday Dance NOB HILL SOUNDS 7:30-10:30 PM New Year's Dance Dress Code: Black &amp; White</b></p>	<p style="text-align: right;"><b>7</b></p> <p>Computer Lab Closed for a Class 8:45-11:15 Walk a Block 10-10:30</p>
<p style="text-align: right;"><b>12</b></p> <p>SPA-Senior Peer Advocate 10-12</p>	<p style="text-align: right;"><b>13</b></p> <p>Medicare/HICAP (By Appointment) Wood Shop 8-12 Bingo 12:15-2:45</p> <p style="text-align: center;"><b>TGA Tuesday Dance 10th AVENUE BAND 7:30-10:30pm</b></p>	<p style="text-align: right;"><b>14</b></p> <p>SALA (By Appointment) Computer Lab Closed for a Class 8:45-11:15 Walk a Block 10-10:30 Notary (By Appointment)</p>
<p style="text-align: right;"><b>19</b></p> <p style="text-align: center;"><b>CENTER CLOSED MARTIN LUTHER KING Jr. HOLIDAY</b></p>	<p style="text-align: right;"><b>20</b></p> <p>Medicare/HICAP (By Appointment) Wood Shop 8-12 Bingo 12:15-2:45</p> <p style="text-align: center;"><b>TGA Tuesday Dance TENOR BAND 7:30-10:30 PM</b></p>	<p style="text-align: right;"><b>21</b></p> <p>Computer Lab Closed for a Class 8:45-11:15 Walk a Block 10-10:30</p>
<p style="text-align: right;"><b>26</b></p> <p>SPA-Senior Peer Advocate 10-12</p>	<p style="text-align: right;"><b>27</b></p> <p>Medicare/HICAP (By Appointment) Wood Shop 8-12 Bingo 12:15-2:45</p> <p style="text-align: center;"><b>TGA Tuesday Dance GERI FOLEY D.J. 7:30-10:30 PM</b></p>	<p style="text-align: right;"><b>28</b></p> <p>Let's Talk Travel 12:30 Computer Lab Closed for a Class 8:45-11:15 Walk a Block 10-10:30 Notary (By Appointment)</p>



THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b>	<b>3</b>
<b>CENTER CLOSED</b>  <b>NEW YEAR'S DAY</b>	A Few Good Men (and Women too!) 12:30-2 Lapidary 9-1 Bingo 12-3	
<b>8</b>	<b>9</b>	<b>10</b>
Clutter Free 10:30-12 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30  <b>Thursday Night Dance</b> <b>STEVE EDWARDS, D.J. 7:30-10:30 PM</b>	A Few Good Men (and Women too!) 12:30-2 Lapidary 9-1 Bingo 12-3	
<b>15</b>	<b>16</b>	<b>17</b>
Welcome Newcomers! 10:30 Lunch Meet 12:30 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30  <b>Thursday Night Dance</b> <b>LYRATONES 7:30-10:30pm</b>	A Few Good Men (and Women too!) 12:30-2 Lapidary 9-1 Bingo 12-3	
<b>22</b>	<b>23</b>	<b>24</b>
Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30  <b>Thursday Night Dance</b> <b>COLIN DICKE D.J. 7:30-10:30 PM</b>	A Few Good Men (and Women too!) 12:30-2 Lapidary 9-1 Bingo 12-3	
<b>29</b>	<b>30</b>	<b>31</b>
Clutter Free 10:30 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30  <b>Thursday Night Dance</b> <b>10th AVENUE BAND 7:30-10:30pm</b>	A Few Good Men (and Women too!) 12:30-2 Lapidary 9-1 Bingo 12-3 12:15-2:45	

# DINING OUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Beef Strips w/Peppers Brown Rice Chuckwagon Corn Spinach Romaine Salad Fresh Fruit in Season</p>	<p>Roasted Pork w/Rosemary Whole Grain Bread Normandy Blend Vegetables Baked Potato Peach Crisp</p>	<p> Rotisserie Style Chicken Vegetable Chowder Soup Peas &amp; Carrots Marinated Cucumber Salad Tropical Fruit Cup</p>	<p><b>New Year Holiday Center Closed</b></p>	<p>Roast Pork w/Gravy Whole Grain Bread Capri Blend Vegetables Whipped Potatoes Fresh Orange</p>
<p><b>5</b></p>	<p><b>6</b></p>	<p><b>7</b></p>	<p><b>1</b></p>	<p><b>2</b></p>
<p>Unbreaded Baked Fish Brown Rice Pilaf Peas &amp; Carrots Coleslaw Fresh Fruit in Season</p>	<p>Honey Pecan Chicken Whole Grain Bread Steamed Spinach Broccoli Raisin Salad Pineapple Tidbits</p>	<p>Pineapple Glazed Pork Sesame Noodles Green Beans Spinach Romaine Salad Fresh Orange</p>	<p>Open-Face Hot Turkey Sandw. Whole Grain Bread Country Trio Vegetables Whipped Potatoes w/Gravy Tropical Fruit Cup</p>	<p> Beef Stuffed Bell Peppers Tuscan Bean Soup Mixed Vegetables Tossed Green Salad Fresh Banana</p>
<p><b>12</b></p>	<p><b>13</b></p>	<p><b>14</b></p>	<p><b>15</b></p>	<p><b>16</b></p>
<p><b>Martin Luther King, Jr. Holiday Center Closed</b></p>				
<p><b>19</b></p>	<p> Roast Beef w/Gravy Minestone Soup Mixed Vegetables Whipped Potatoes Mandarin Oranges</p>	<p>Rosemary Chicken Brown Rice Potatoes,Celery, Onion Entrée Marinated Broccoli Salad Peach Crisp</p>	<p>Spaghetti w/Meatballs French Bread Italian Blend Vegetables Spinach Romaine Salad Fresh Orange</p>	<p>Honey Mustard Chicken Whole Grain Bread Normandy Blend Vegetables Herbed Red Potatoes Fresh Fruit in Season</p>
<p><b>26</b></p>	<p><b>20</b></p>	<p><b>21</b></p>	<p><b>22</b></p>	<p><b>23</b></p>
<p>Roast Turkey w/Gravy Whole Grain Bread Cut Green Beans Whipped Potatoes Citrus Fruit Cup</p>	<p>Breaded Fish Sandwich Wheat Bun Spinach Coleslaw Fresh Fruit in Season</p>	<p>Herbed Crusted Pork Whole Grain Bread Peas &amp; Carrots O'Brien Potatoes Fresh Orange</p>	<p> Chicken Fajita w/Bell Peppers Tortilla Soup Flour Tortilla&amp; Baja Rice Green Salad Pineapple</p>	<p>Beef Stuffed Cabbage Roll Whole Grain Bread Mixed Vegetables Tossed Salad w/Broccoli Fresh Banana</p>
<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>30</b></p>

## ALTERNATIVE MEALS:

 = Higher in sodium

- WK 1 Chinese Chicken Salad, Veg. Black Bean & Quinoa Salad, Chicken Salad Wrap, Veg. Patty Burger
- WK 2 Sante Fe Chicken Salad, Lentil Salad, Grilled Turkey & Cheese on Sourdough Bread, Veg. Wrap
- WK 3 Chef Salad, Veg. Black Bean & Orzo Salad, Tuna Salad Sandwich, Veg. Pita Sandwich
- WK 4 Chinese Chicken Salad, Veg. Nicoise Salad, Roast Beef on Rye Bread, Veg. Patty Burger
- WK 5 Chicken & Cranberry Salad, Veg. Black Creamy Cucumber Salad, Turkey Sandwich, Veg. Wrap



# 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

**Meetings: 4th Monday of each month  
10 a.m. • Room 232**

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.

Meetings are open to the public and agendas are posted in the Senior Center lobby and online at [www.santaclaraca.gov](http://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.

## 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.

## Snack Bar

**Mondays-Fridays • 8 a.m.–4 p.m.  
Saturdays • 9–11:30 a.m.**

Let's go out to the lobby for a hot dog, sandwich, or soda! Visit our snack bar and enjoy the many goodies we have available.

## Computer Lab

**Mondays-Fridays • 7 a.m.–4:30 p.m.  
Saturdays • 9–11:30 a.m.**

With 13 personal computers, you have access to utilizing Windows 7 and Microsoft 2010. Also available are two laptop internet access ports. Computers are unable to save work so please provide your own storage device.

## Billiards/Shuffleboard/Darts

**Mondays-Fridays • 7 a.m.–4:30 p.m.  
Saturdays • 9–11:30 a.m.**

Come play a "round of pool" with friends. The billiards room at the Senior Center offers everything you need to get the game going. Five standard pool tables covered with Simonis billiards cloth, pool balls, cue sticks, and bridges are available for use on a first-come, first-served basis. The room is also equipped with shuffleboard table and a dart board.

## Lunch Meet

**Thursday, January 15 12:30 – 1:30 pm Room 232**

**Speaker: Representative from the American Cancer Society's, Relay for Life**

In California, every hour... 16 people are newly diagnosed with cancer.

Do you know what you would do if this happened to you, or a family member, or a friend? Or someone you know?

Join us for Lunch Meet as a representative from the American Cancer Society's Relay for Life of Santa Clara addresses how to fight back once a diagnosis is made as well as ways to reduce your risk of cancer.

Whether you are a cancer survivor, a caregiver to a cancer survivor, or just know someone with cancer and want to help but don't know how, come learn about the options that are available through the American Cancer Society. Having cancer is hard... finding help shouldn't be.

Everyone is welcome to attend this free program. There is no registration required. Bring a friend and a family member. While no food is served, you may bring your own lunch.

# 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.

**The Fitness Room is Open:**

Monday-Friday 7:00am-4:30pm

Saturday 9:00-11:30am

**The Women's Locker Room is Closed for Cleaning:**

Monday-Friday 2:00-2:30pm












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.

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

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

**The Lap Pool, Warm Water Pool and Spa are Closed for Cleaning:** Monday-Friday 1:30-3:00pm

**Open Lap Pool Schedule**

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

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	

**Spa Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-1:30pm	7:00am-1:30pm	7:00am-1:30pm	7:00am-1:30pm	7:00am-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	

## Did You Know?

The California Department of Motor Vehicles (DMV) provides Senior Driver information on its website [www.DMV.ca.gov](http://www.DMV.ca.gov) or by phone 1-800-777-0133. As we age we change physically and mentally. These changes can and do affect our driving skills.

These include but are not limited to:

- **Health**

Physical functions such as flexibility, reflexes, and coordination slow as we age. Stiff joints and muscle weakness may make it difficult to turn the head or apply brakes. Hearing decreases. Physical handicaps may necessitate modifications and/or special additions to vehicles in order to drive safely.

- **Vision**

The ability to see clearly changes with age. We may have difficulty seeing an object up close, need more light, notice changes in color perception, have difficulty seeing in the dark, be less able to adapt to glare, or experience a loss in side vision. Bright sunlight or headlights may impair vision. It may become difficult to judge distances, speed, and depth perception.

- **Cognitive Functions**

Cognitive function is the awareness to a person's ability to process information. This includes being aware of one's surroundings using reasoning, intuition, memory, judgment, and perception. A decrease in cognitive function negatively affects the ability to drive safely. Some causes of cognitive impairment include dementia, brain tumors, multiple sclerosis, Parkinson's disease, seizure disorders, sleep disorders, strokes, and vertigo. Cognitive impairment may be progressive.

- **Medications**

Many seniors take prescription medications, over-the-counter medications, and herbal supplements. Age-related changes, as well as the number of medications a person takes, may put them at risk for medication-related problems that may affect the ability to drive safely.

According to the National Highway Traffic Safety Administration ([www.nhtsa.gov](http://www.nhtsa.gov) or 1-888-327-4236) warning signs that may point to the need of an evaluation or assessment to address unsafe or risky driving conditions may include:

- Confusing the gas and brake pedals or difficulty using them.
- Ignoring or missing stop signs and traffic signals, or inattention to traffic conditions.
- Weaving or straddling traffic lanes and signaling incorrectly or not at all.
- Honking the horn frequently or passing other cars when traffic is moving slowly.
- Getting lost or disoriented easily, even in familiar places.
- Driving too fast or too slow for conditions.

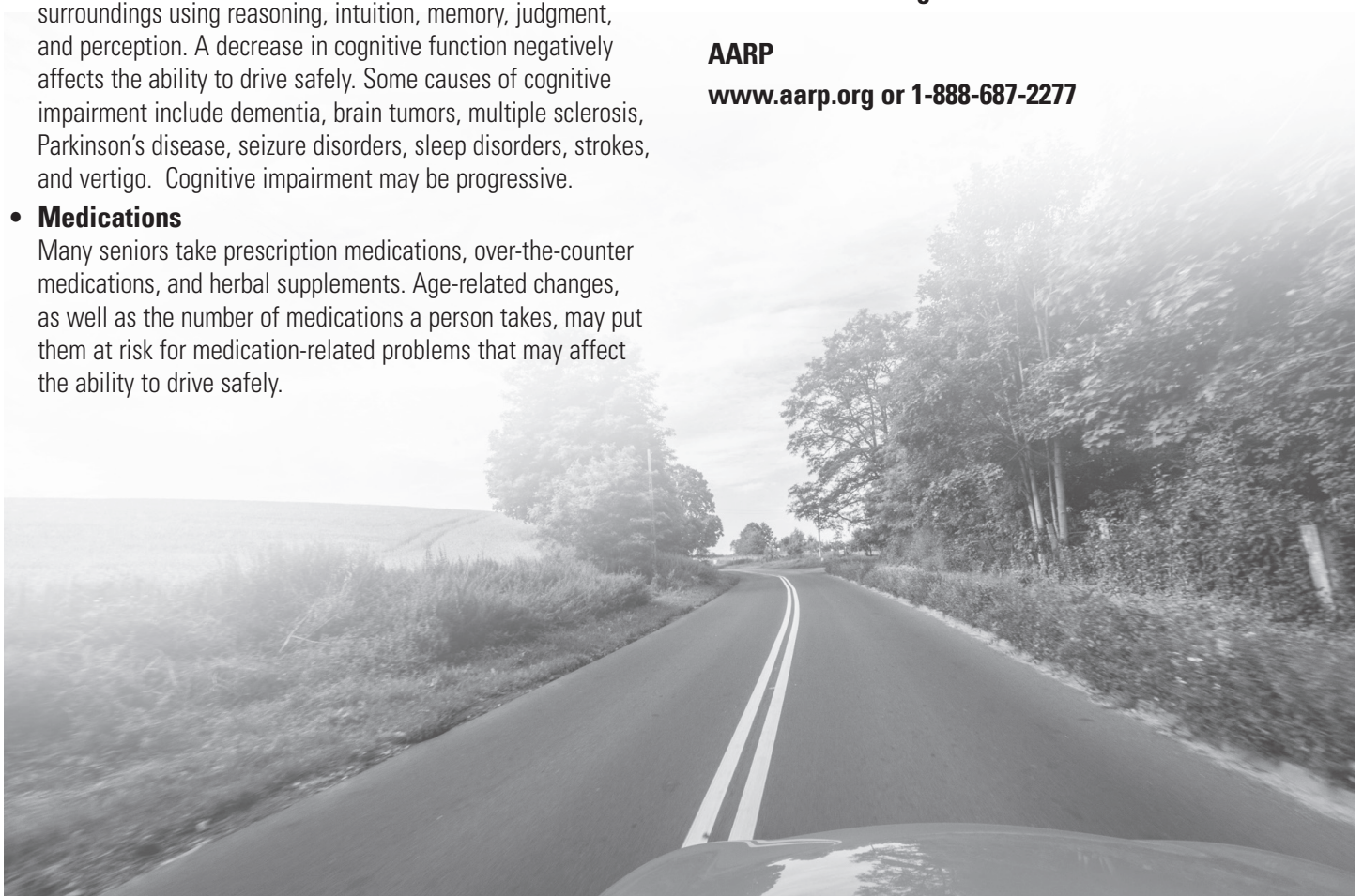
Additional resources for senior drivers:

**American Automobile Association (AAA)**

[www.seniordriving.aaa.com](http://www.seniordriving.aaa.com) or 1-202-638-5944

**AARP**

[www.aarp.org](http://www.aarp.org) or 1-888-687-2277



# COMMUNITY

## Post-Holiday Note from the Nurses

Every December, the Health & Wellness Program RNs partner with the Santa Clara Women's League to deliver 60 hot turkey dinners and goodies to folks who could use a little TLC over the holidays – perhaps there has been a recent death of a spouse, or no family left with whom to celebrate the season, or someone is isolated due to health problems. It is a meaningful and humbling experience for all who are involved, including the 35 or so volunteers who deliver the meals and perhaps stay for a visit.

This year, at Thanksgiving, we were also able to help support the Marsalli Family Foundation, who provided over 700 free dinners at St. Clare's and other locations around the city. Five SCWL volunteers delivered 15 meals to homebound seniors on Thanksgiving Day, and it was a wonderful new experience for all, to be involved in this annual community outpouring of sustenance and care. As one volunteer put it, in a note following the Thanksgiving event (edited for space and privacy):

*"Today's delivery of hot turkey meals with all the trimming was fun and rewarding. I delivered to [two people] today. Both had praise for Wendy and said how much she helps them. Today's delivery was smooth and easy. I particularly liked being solo. I could stay as long as the people wanted and talk about whatever they wanted. I would support doing this again next year. Only one area to improve - in [one person's] meal, the mash potato serving size was too small and not enough gravy. But turkey, dressing, a few chunks of sweet potato, veggies, dessert, fruit were all generous and looked and smelled delicious. Thank you ladies, for making this possible. You mean a lot to these people and made a very positive impact on their lives."*

Many thanks to Senior Center staff and SCWL members who helped make both of these events possible – your efforts put ripples of good will out into the community that will have positive effects for seniors all the next year.

We wish you all a positive, meaningful 2015 (with lots of veggies) ~

From The Health & Wellness Program staff

Larisa Polozova, Wendy Talbert, and Mallory von Kugelgen

## *Showtime is Coming! Showtime is Coming!*

### *“Who Dunit in Doomstown”? or “A Game of Clue”*

Santa Clara Community Recreation Center  
969 Kiely Blvd., Santa Clara CA 95051  
408-615-3140

**Friday, March 6 at 7:0 pm - \$5.00**  
**Saturday, March 7 at 7:00 pm - \$7.00**  
**Sunday, March 8 at 2:00 pm - \$7.00**

Support the Health and Wellness program at the Santa Clara Senior Center by attending Showtime 2015. Showtime features local talent performing an old fashioned melodrama, olio acts (magician, singers, dancers and more), delicious food and drink, fantastic entertainment prizes and Opportunity Baskets to win.

Showtime is organized and run by volunteer members of the Santa Clara Women's League whose goal is to raise funds for your own Health and Wellness program.

Advanced tickets may be purchased at the CRC starting January 5th and at the Senior Center on Tuesdays from 8 – 11 am and Fridays 10 – 1 pm in February. Ticket order forms are available at the Senior Center, 1303 Fremont Street during business hours.

We hope to see you in March as you enjoy a terrific show that appeals to everyone – age 4 to 94!

For more information visit [www.santaclarawomensleague.org](http://www.santaclarawomensleague.org).