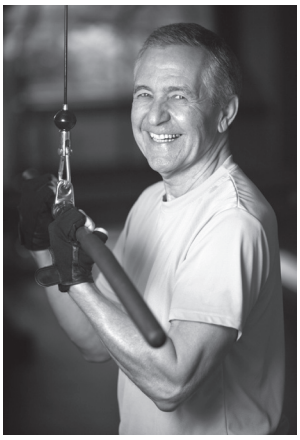
Santa Clara Senior Center
NEWS
December 2013

City of Santa Clara Holiday Tree Lighting

Friday, December 6 • 6:00 p.m. • Civic Center Plaza

Join us as the City of Santa Clara kicks off the holiday season with family, friends, and neighbors. This year's festivities will be a celebration of lights, music, entertainment and the arrival of Santa Claus! Have your family picture taken with Santa Claus. Kettle Korn, grilled hamburgers and hot dogs will be fresh and ready to eat. The event is free and open to all.

- Civic Center Plaza is located at the corner of Civic Center Drive and Lincoln Street.
- Santa arrives at approximately 6:00pm.
- Lighting of the tree is at approximately 6:45pm.
- Please bring canned food items to donate to Second Harvest Food Bank.



Are you a Current Fitness/Natatorium User?

Then it is time to renew your card.

You will need to:

- Provide current proof of residency
- Update your information and sign a new liability release
- Bring your card with you so a 2014 sticker can be affixed

Dates To Remember:

January 3, 2014 — 2014 registration begins

February 21, 2014 — Your Fitness/Natatorium card will no longer be valid without a 2014 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 • 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)*

Santa Clara All-America City 2001

SERVICES AVAILABLE AT THE SENIOR CENTER

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

	Provider	Phone/Website
Care Management Services Services available by appointment: in-home assessment, connection to community resources, service coordination. Services available to City of Santa Clara seniors age 60+.	Santa Clara Parks & Recreation and Sourcewise	615-3170 www.santaclaraca.gov www.mysourcewise.com
Health and Wellness Services Services available by appointment: health education, healthcare coaching, social engagement, home visits, blood pressure. Services available on drop in basis: blood pressure clinic Thursdays 9:30-11:30am. Services available to City of Santa Clara seniors age 50+.	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
Health Insurance & Medicare Counseling (HICAP) Free information and assistance on Medicare related issues. Tuesdays by appointment. Services available to anyone on Medicare.	Sourcewise	615-3170 www.mysourcewise.com
Senior Information and Resources Information, resource, and referral services for seniors at home. Services available to City of Santa Clara seniors age 50+	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
SPA 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.	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
Legal Assistance Free legal assistance available by appointment. Services available to Santa Clara County seniors age 60+	Senior Adult Legal Assistance (SALA)	615-3170 www.sala.org
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+.	Santa Clara Parks & Recreation and Santa Clara County	615-3174 www.santaclaraca.gov
Tax Assistance Offered throughout the year.	AARP volunteers	615-3170

Additional resources for seniors are available online @ 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 • 11:00–12:00 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 – S. Van Dyne***

No Falls S.O.S.

Tuesday and Thursday • 11:00–11:30 a.m.

Stretch, **O**bserve & **S**trengthen 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 – S. Van Dyne

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, & stretching moves. Modifications to each routine are offered to meet the needs & fitness levels of all participants.
Instructor – J. Flowers

Zumba Gold® with Ginger

Mondays • 10:00–10:45 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

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 – S. Van Dyne

Tai Chi for Life!

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

December 16, 18, 20 • 8:30-11:30 a.m. • #50578

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 are designed to 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

As 2013 comes to a close, we would like to express how grateful we are to all who have supported the Health & Wellness Program. We would especially like to thank our wonderful Health & Wellness volunteers which include Jim Tellefson, Marlene Davis, Sarah Parker, Mary Schweier, Gloria Goldsberry-Fama, Robin Fong, and Maria Gonzales. We would also like to thank the Parks and Recreation Commission for choosing our program to receive funds from the Santa Clara Art & Wine Festival. We are very appreciative, and send a big thank you to Commissioners Mike Walke and George Guerra for working in the Art & Wine Pavilion booth with us. Last but definitely not least, the Santa Clara Women's League has been a tireless source of support and generosity for our program. None of this would be possible without this wonderful group of women. Thank you everyone, and wishing you health and happiness in 2014.

Stress Less: Reducing Stress Together

Saturdays October 5-December 7 • 9:30-11:30a.m. • Room 232

This ongoing support group will offer you a journey toward balance and well-being. Join us each Saturday as we work to reduce stress and enjoy life more.*

Book Club: Understanding Our Life Through Stories

Thursdays November 14-February 27 10-11:30 a.m. Room 149

Participation is free, but space is limited. Pre-registration required. Based on the concept of narrative therapy, this new support group will be reading and discussing fiction that explores our perspectives and beliefs about aging, and will allow participants to discover a more well-rounded vision of their lives.*

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

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.

Brain Busters

Mondays • 9–10 a.m. • Room 149

Keep your brain healthy with a little exercise and some fun games. Come learn more about ways to improve your memory, and the latest information about brain fitness. This is a drop-in group and no registration is required-join us anytime!

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.

Note:

We need a little help de-cluttering our Health & Wellness equipment closet! We have several boxes of Depends Undergarments for Men, size Small/Medium available. If this is something you could use, please contact the nurses in the Health & Wellness office.

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. 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.

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 Thurs. of each month • 10:30–11:30 a.m. • Rm 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.

Dining Out

Served Monday-Friday • 11:30 a.m. • $3.00 donation.
Call our reservation hotline 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.

New VTA Bus Stop

Effective July 8th, the VTA bus #32 is now stopping at the Senior Center. The bus stop signs are located on Monroe near Fremont and on Monroe near Harrison.

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

DECEMBER

MONDAY	TUESDAY	WEDNESDAY
2 **Brain Busters** **9-10** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**3** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 **TGA Tuesday Dance** **RON BORELLI 7:30-10:30pm**	**4** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4
9 **Brain Busters** **9-10** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**10** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 **TGA Tuesday Dance** **10th AVENUE BAND 7:30-10:30pm**	**11** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4
16 **Brain Busters** **9-10** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**17** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 **TGA Tuesday Dance** **NOB HILL BAND 7:30-10:30pm**	**18** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4
23 **Brain Busters** **9-10** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**24** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 **NO DANCE**	**25** **CENTER CLOSED** **Christmas Day Holiday**
30 **Brain Busters** **9-10** Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4	**31** Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:45 **NO DANCE**	

THURSDAY	FRIDAY	SATURDAY
5 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 **Thursday Night Dance** **GERI FOLEY, D.J. 7:30-10:30pm**	**6** **Tree Lighting Ceremony 6-7:30** **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	**7** Snack Bar, Computer Lab, Billiards 9-11:30
12 **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 **Thursday Night Dance** **CASUALS 7:30-10:30pm**	**13** **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	**14** Snack Bar, Computer Lab, Billiards 9-11:30
19 **VTA 11–11:30** **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 **Thursday Night Dance** **LYRATONES 7:30-10:30pm**	**20** **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	**21** **HOLIDAY CRAFT FAIRE 9-2** Snack Bar, Computer Lab, Billiards 9-11:30
26 **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 **NO DANCE**	**27** **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	**28** Snack Bar, Computer Lab, Billiards 9-11:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Lemon Herbed Chicken Seasoned Brown Rice Capri Blend Vegetables Tossed Green Salad Orange	**3** Roast Beef w/Gravy Mixed Vegetables Whipped Potatoes Citrus Fruit w/Gelatin	**4** Breaded Baked Fish Lentil Soup Steamed Brown Rice California Blend Vegetables Fresh Fruit in Season	**5** Spaghetti w/Meat Sauce Dinner Roll Oregon Bean Medley Garden Salad Mandarin Orange	**6** Ginger Pork w/Broccoli Oriental Blend Vegetables Herbed Potatoes Fresh Pear
9 Roast Turkey w/Gravy Cut Green Beans Whipped Potaotes Citrus Fruit Cup	**10** Chicken Fajita w/Bell Peppers Fresh Pinto Beans Mixed Green Salad Fresh Fruit in Season	**11** Beef Salisbury Patty Peas & Carrots Delmonico Potatoes Fresh Orange	**12** Roast Pork w/Gravy Beef Barley Soup Spinach Sweet Potatoes Peach Crisp	**13** Filipino Chicken Adobo Rice Noodles Asian Blend Vegetables Romaine Iceberg Salad Tropical Fruit Cup
16 Unbreaded Fish w/Tartar Brown Rice Pilaf Capri Blend Vegetables Marinated Zucchini Salad Fresh Orange	**17** BBQ Pulled Pork Minestrone Soup Chuckwagon Corn Spinach Romaine Salad Tropical Fruit Cup	**18** Beef Cabbage Roll Mixed Vegetables Tossed Salad w/Broccoli Apple Crisp	**19** Crispy Oven Chicken California Blend Vegetables Carrot Raisin Salad Fresh Fruit in Season	**20** Rib Roast Au Jus Green Beans & Red Peppers Red Potatoes Fresh Fruit in Season Cheesecake w/ Strawberry
23 Orange Glazed Chicken Spinach Chuckwagon Corn Citrus Fruit Cup	**24** Beef Stew w/Carrots, Celery and Onions Green Peas Spinach Romaine Salad Fresh Orange	**25** **HOLIDAY** **NO MEAL**	**26** Breaded Baked Fish Brown Rice Pilaf Curry Garbanzo Beans Romaine Iceberg Salad Fruited Gelatin	**27** Roast Turkey w/Gravy Carrots & Cauliflower Whipped Potatoes Fresh Banana New Year's Eve Dessert
30 Spinach Lasagna Carrots & Cauliflower Romaine Iceberg Salad Fresh Banana	**31** Seafood Salad Vegetable Soup Mixed Green Salad Fresh Orange Oatmeal Cookie			

WK 1 Chinese Chicken Salad,Veg. Nicoise Salad,Egg Salad Sandwich,Veg. Patty Burger

WK 2 Tuna Salad, Veg. Cucumber Salad, Turkey Sandwich, Vegetarian Pita Sandwich

WK 3 Chef Salad, Veg. Cottage Cheese Salad, Chicken Sandwich, Veg. Black Bean Burger

WK 4 Greek Chicken Salad, Veg. Green Pea Salad, Roast Beef Sandwich, Veg. Pita Sand.

WK. 5 Chicken Caesar Salad, Veg. Bean Salad, Turkey Sandwich, Veg. Patty 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).

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).

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., Tuesdays • 1–3 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. Volunteers are available to meet with you on Mondays 10am-12pm and Tuesdays 1pm-3pm.

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.

Lunch Meet

Thursday, December 19 • 12:30–1:30 p.m. • Room 232

Topic: Silicon Valley FACES

For more than 45 years we've been building communities free of bias, bigotry, and violence. We'll give you tips to remain safe in your community. We'll tell you how we assist crime victims and witnesses by providing resources and referrals, court escorts, victim compensation assistance, and more. We'll provide information on financial abuse prevention, elder abuse prevention, and how to obtain legal assistance.

All are welcome to attend this free event. Pre-registration is not required. Bring your lunch if you like. Friends and family are welcome.

Did You Know?

The Federal Bureau of Investigation (FBI) has resources specifically for seniors. Seniors are often targeted by con artists because they usually have excellent credit, a "nest egg", and can be uncomfortable reporting a fraud or scam against them. As the busy holiday season approaches take a few moments to familiarize yourself with ways to protect yourself.

Common types of fraud the FBI highlights include:

- Telemarketing fraud
- Investment schemes
- Internet fraud
- Health care & Health Insurance Fraud
- "Anti-Aging" product fraud
- Funeral & Cemetery Fraud
- Tips to avoid counterfeit prescription drugs
- Reverse Mortgage schemes

For detailed information go to www.fbi.gov/scams-safety/fraud/seniors or contact the local FBI office located in San Francisco 1-415-553-7400 or email san.francisco@ic.fbi.gov

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 and Natatorium are open
Monday-Friday 7:00 a.m.–4:30 p.m.
Saturday 9:00–11:30 a.m.

The Natatorium is closed for cleaning
Monday-Friday 1:30pm–3pm

The Women's Locker Room is closed for cleaning
Monday-Friday 2:00pm-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.

Fitness Center Orientation

Do you have questions about how to use a machine properly? If you are new to the Fitness Center, please watch the "Fitness Center Orientation Video." The video walks you through the Fitness Center and shows you how to properly use each piece of equipment. The video can be watched any time the Senior Center is open.

Tips to Use the Spa Safely

The Centers for Disease Control (CDC) recommend that you:

- Don't use the spa while under the influence of alcohol, tranquilizers, or other drugs that cause drowsiness or that raise/lower blood pressure.
- Pregnant women, elderly persons, and persons with heart disease should not enter the spa without prior medical consultation and permission from a doctor.
- Observe reasonable time limits. Generally, 15 minutes or less is recommended. Leave the water to cool down before returning for another brief stay.

ATTENTION

Due to routine pool maintenance: The Natatorium will be closed Monday, December 16th through Friday, December 27th.

Lane #1 Walk/Swim Schedule (Lanes #2 and #3 are always designated for swimmers only)

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	
Walk	Swim	Walk	Swim	Walk	Swim
3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	
Swim	Walk	Swim	Walk	Swim	

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	

In Our Thoughts....

As this years comes to a close, we wanted to stop and remember some of Senior Center community that we lost in the past year.

Ruth Bailey
Mike Bennett
Vivienne Bersik
Harry Billings
Barbara Blank
Joe Bryant
Donald Buchanan
Norah Casner
May Chu
Laura Couto
Lin Fish
Rey Giese
Robert Grilli
Catharine Hagen
Edward Hansen
Isabel Lara
Foster Lopes
Joe Reilly
Bonnie Sayre
Robert Schwalbe
Dorothy Souza
Walt Steever
Emma Trucano
Stanislaw Wicka
Charley Zeroun

Safety Tips for Seniors

by Arlyne Diamond, PH.D.

From scams and identify thefts:

- Never offer information to strange callers, or e-mail solicitors. Do not give out your social security card, your birth date, etc. unless you have personally initiated the call or request to a vendor you are sure of.
- Be particularly careful of anyone offering to give you money. That's The Trojan Horse to get you to give them what they need to scam you.
- One of the latest scams is to have a caller cry hysterically on the phone pretending to be a relative of yours, or with a relative of yours needing money. It's probably a scam.
- If possible, do your banking and bill paying by direct deposit and on line. This is actually safer than the potential of someone grabbing your mail.
- Oh, and if you can protect your mailbox, either by having a locked box, or a slot in your garage instead of an external mailbox, do it.

Chat with the Chief

Wednesday, January 15 • 10:00–11:30 a.m.
Santa Clara Senior Center

As part of the City of Santa Clara's ongoing commitment to outstanding customer service, the Police Chief has started a new program, "Chat with the Chief."

This program will provide residents with an opportunity to personally meet with their elected Police Chief and other police representatives in a friendly, casual setting. At Chat with the Chief residents can discuss community matters of interest, get to know Michael Sellers and meet other people in the community committed to public safety. "I believe this program can be a unique way to strengthen the partnership between the police department and the community we serve," said Police Chief Michael Sellers.

Adventures to Go… Travel for Ages 50 Plus

The Senior Center travel program, Adventures to Go, offers a variety of trips for travelers 50 years and up. Day and overnight trips are offered to various locations. A monthly Adventures to Go newsletter with details on upcoming trips is available at the Senior Center or online at www.santaclara.ca.gov/seniorcenter. Visit the Senior Center or call (408) 615-3170 for registration information.

Senior Center Registration Form: Travelers are required to have a new registration form and signed liability release on file each year. Forms are available at the Senior Center, and must be completed and submitted to the Senior Center office prior to participation in the travel program.

Adventures to Go Participation Guidelines: For Trip Registration procedures, Refund Policy, Travel Insurance recommendations, and Health and Physical Considerations, see the Santa Clara Senior Center Participation Guidelines, available at the Senior Center.

Trip Pick-Up/Drop-Off Area: Parking lot by the old police station at City Hall, located near the corner of Civic Center Drive and Lincoln Avenue in Santa Clara. Motor coach will leave promptly at time specified.

New Trips

New Trips were released on November 27. Santa Clara Resident Registration began at that time. Non-resident registration began on the following Monday. See the December 2013 issue of the Adventures To Go Newsletter for detailed trip information and fees. You may pick up a copy at the Senior Center or view it online at: www.santaclaraca.gov/seniorcenter.

Day Trips

Beach Blanket Babylon ..... *December 8 and 15*
Shopping in Union Square ..... *December 10*
Golden Gate Fields ..... *December 12*
Book of Mormon ..... *January 5*
Exploratorium ..... *January 16*
Thunder Valley Casino ..... *January 28*
Love Letters ..... *February 9*
Georgia O'Keeffe & Pier 39 ..... *February 20*
NEW! Cache Creek Casino ..... *February 25*
Cirque du Soleil AMALUNA ..... *March 2*
A Tangled Web We Weave ..... *March 8*
NEW! Canepa Motors & Crow's Nest ..... *March 13*
NEW! Black Oak Casino ..... *March 18*
NEW! Stanford & Cantor Arts Center ..... *April 3*
NEW! Niles Canyon Railway & Sunol ..... *April 6*
NEW! Graton Casino ..... *April 29*

Overnight Trips

Spring Training & Sedona ..... *March 21-25*
NEW! Pageant of the Masters ..... *July 22-24*

Cache Creek Casino	No. 51837	$43 per person	Tuesday, February 25
Canepa Motors & Crow's Nest	No. 51838	$80 per person	Thursday, March 13
Black Oak Casino	No. 51839	$43 per person	Tuesday, March 18
Stanford & Cantor Arts	No. 51840	$69 per person	Thursday, April 3
Niles Canyon Railway	No. 51841	$80 per person	Sunday, April 6
Graton Casino	No. 51843	$43 per person	Tuesday, April 29
Pageant of the Masters	No. 51845	$637 Double $796 Single	Tuesday-Thursday, July 22-24