

August 2014

Gce Cream Social & Open House

Wednesday, August 27th 1:00 - 3:00pm

We're celebrating you on "Senior Day" so please join us for our annual Ice Cream social. There will be plenty of ice cream and toppings to create your favorite sundae, along with some rollicking good tunes, compliments of the Peninsula Banjo Band. While enjoying your sundae, visit our Open House, to see what we're up to at the

Senior Center. Come meet Senior Center ambassadors to learn about our wide range of services and programs. Representatives from some of our community partners will be there, too. This is a chance to find a new hobby or meet a new friend, so treat yourself on "Senior Day" - we look forward to seeing you!



Tickets will be available for purchase on: August 27th, starting at 7:45, in the snack bar. Cost for the event is \$1 for Santa Clara seniors, \$2 for seniors who live in other cities.

CRAFT FAIR

Crafters get ready to take part in the Senior Center's annual Holiday Craft Faire! Talented artisans are encouraged to apply. **Applications will be available at the Senior Center and online (www.santaclaraca.gov) beginning September 2nd.**

Spots fill quickly and are assigned by staff on a first-come first-served basis. For more information contact our front office at 615-3170. Don't delay. This year's faire will be held on **Saturday, November 15, from 9:00am-2:00pm**.

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
www.facebook.com/santaclaraparksandrec
Monday—Friday 7:00 AM-5:00 PM • Saturday 9:00 AM-12:00 PM (The office closes 30 minutes prior to the building)



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, and service coordination. Services available to City of Santa Clara seniors age 60+.	Santa Clara Parks & Recreation and Sourcewise	1-408-615-3170 www.santaclaraca.gov www.mysourcewise.com
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+.	Santa Clara Parks & Recreation	1-408-615-3170 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	1-408-615-3170 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	1-408-615-3170 www.santaclaraca.gov
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.	Santa Clara Parks & Recreation	1-408-615-3170 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)	1-408-615-3170 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	1-408-615-3174 www.santaclaraca.gov
Tax Assistance Offered throughout the year.	AARP volunteers	1-408-615-3170
Notary Service Free service by appointment. Signer must be present and provide government issued identification. Services available to Seniors age 50+.	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, **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 - 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

August 18, 20, 22 • 9 a.m.-1 p.m. • #53021

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 Psoriasis Awareness Month

Stop by the Health & Wellness Program table on **August 13, 10 am-12 pm** to visit with our volunteer RNs. We'll be in the lobby! They'll have lots of helpful materials about how psoriasis can impact your total body health and talk about treatment options.

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.

The Nurses Need Your Help! Saturday & Sunday, September 13 & 14

The Health & Wellness Program has been approved for a grant from the Parks & Recreation Commission, which disperses funds raised by the City's annual Art & Wine Festival in support of local organizations and groups. We need about 25 volunteers who are available for two hour shifts to help in our booth selling beer/wine tokens and commemorative glasses. We'd love to have you join us-please contact Mallory, Larisa, or Wendy at 408-615-3170 to sign up. We guarantee you'll have a great time in exchange for your support of Santa Clara seniors!

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).

Pain: Speak Up; Don't Give Up

August 5 #52849

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

Cataracts: Seeing Straight August 19 #52850

Vision loss and blindness are not a normal part of aging, but you can be at an increased risk of eye-related problems as you get older, such as cataracts. Come find out more about why cataracts develop options and treatments, and ways to keeps your vision healthy for a lifetime.

Instructor: Wendy Talbert, RN, BSN

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 • June10 - 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.

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 August, the Tuesday dance lesson will be Intermediate ChaCha and the Thursday dance lesson will be Quickstep/Foxtrot. 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.

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 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		
		Ca	rd 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.m4:30 p.m. 9:00-11:30 a.m.	Fitness Center	Staff 615-3170	Welcome		

AUGUST

MONDAY TUESDAY		TUESDAY		WEDNESDAY	
	4		5		6
Computer Lab, Billiard Room Snack Bar	7-4:30 8-4	Computer Lab, Billiard Room Snack Bar Wood Shop Bingo	7-4:30 8-4 8-12 12:15-2:45	Computer Lab, Billiard Room Snack Bar Walk a Block	7-4:30 8-4 10-10:30
		TGA Tuesday Dance NOB HILLS SOUNDS 7:30-10:	30PM		
	11		12		13
Computer Lab, Billiard Room Snack Bar	7-4:30 8-4	Computer Lab, Billiard Room Snack Bar Wood Shop Bingo	7-4:30 8-4 8-12 12:15-2:45	Computer Lab, Billiard Room Snack Bar Walk a Block	7-4:30 8-4 10-10:30
		TGA Tuesday Dance TENOR BAND 7:30-10:30	pm		
	18		19		20
Computer Lab, Billiard Room Snack Bar	7-4:30 8-4	Computer Lab, Billiard Room Snack Bar Wood Shop Bingo	7-4:30 8-4 8-12 12:15-2:45	LET'S TALK TRAVEL Computer Lab/Billiard Room Snack Bar Walk a Block	12:30 7-4:30 8-4 10-10:30
		TGA Tuesday Dance GERI FOLEY, D.J. 7:30-10:30	PM		
	25		26		27
Computer Lab, Billiard Room Snack Bar	7-4:30 8-4	Computer Lab, Billiard Room Snack Bar Wood Shop Bingo TGA Tuesday Dance 10TH AVENUE BAND 7:30-10:	7-4:30 8-4 8-12 12:15-2:45	Ice Cream Social Computer Lab/Billiard Room Snack Bar Walk a Block Computer Lab Closed for Class	1:00 7-4:30 8-4 10-10:30 12:30-2:30

THURSDAY		FRIDAY		SATURDAY
		A Few Good Men (and Women too!) Computer Lab, Billiard Room Snack Bar Lapidary Bingo	12:30-2 7-4:30 8-4 9-1 12:15-2:45	Snack Bar, Computer Lab, Billiards 9-11:30
Computer Lab, Billiard Room Snack Bar Wood Shop Lapidary Blood Pressure Drop-In Thursday Night Dance	7-4:30 8-4 8-12 9-1 9:30-11:30	A Few Good Men (and Women too!) Computer Lab, Billiard Room Snack Bar Lapidary Bingo	12:30-2 7-4:30 8-4 9-1 12:15-2:45	Snack Bar, Computer Lab, Billiards 9-11:30
STEVE EDWARDS, D.J. 7:30-10:3	30pm 14		15	16
Clutter Free Computer Lab, Billiard Room Snack Bar Wood Shop Lapidary Blood Pressure Drop-In Thursday Night Dance TBD 7:30-10:30pm	10:30–12 7-4:30 8-4 8-12 9-1 9:30-11:30	A Few Good Men (and Women too!) Computer Lab, Billiard Room Snack Bar Lapidary Bingo	12:30-2 7-4:30 8-4 9-1 12:15-2:45	Snack Bar, Computer Lab, Billiards 9-11:30
ווועטנינו-טני, מפו	21		22	23
Welcome Newcomers! Lunch Meet Computer Lab, Billiard Room Snack Bar Wood Shop Lapidary Blood Pressure Drop-In	10:30 12:30 7-4:30 8-4 8-12 9-1 9:30-11:30	A Few Good Men (and Women too!) Computer Lab, Billiard Room Snack Bar Lapidary Bingo	12:30-2 7-4:30 8-4 9-1 12:15-2:45	Snack Bar, Computer Lab, Billiards 9-11:30
Thursday Night Dance LYRATONES 7:30-10:30pm				
Clutter Free Computer Lab, Billiard Room Snack Bar Wood Shop Lapidary Blood Pressure Drop-In	10:30-12 7-4:30 8-4 8-12 9-1 9:30-11:30	A Few Good Men (and Women too!) Computer Lab, Billiard Room Snack Bar Lapidary Bingo	12:30-2 7-4:30 8-4 9-1 12:15-2:45	Snack Bar, Computer Lab, Billiards 9-11:30
Thursday Night Dance NOB HILL SOUNDS 7:30-10:30	pm			

DINING OUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Combination Flat Bread Pizza Tomato Florentine Spinach Greek Salad Fresh Strawberries
Roast Pork w/Gravy Whole Grain Bread Red Potatoes Broccoli Salad Fresh Fruit in Season	Breaded Fish Herbed Brown Rice Pilaf Broccoli & Cauliflower Tossed Green Salad Pineapple	Chicken Parmesan Whole Grain Pasta Mixed Vegetables Marinated Cucumber Salad Strawberry Whip	Meatloaf w/Gravy Lentil Soup Peas & Carrots Whipped Potatoes Fresh Orange	Creamed Turkey w/Vegetables Buttermilk Biscuit Country Trio Vegetables Romaine Salad w/Broccoli Fresh Honeydew Melon
Unbreaded Fish Brown Rice Pilaf Fiesta Blend Vegetables Coleslaw Fresh Fruit in Season	Lemon Herb Chicken Minestrone or Vegetable Soup California Blend Vegetables Parslied Potatoes Chilled Pears	Beef & Butternut Squash Stew Whole Wheat Roll Green Peas Romaine Salad w/Cabbage Pineapple	Turkey Sloppy Joe Spinach Potato Salad Fresh Cantaloupe	Chicken Broccoli Divan Whole Grain Pasta Carrots Romaine Salad w/Mandarin Oranges Fresh Banana
Roast Beef w/Gravy Whole Wheat Roll Peas & Carrots Whipped Potatoes Citrus Fruit Cup	Roast Pork w/Apples Whole Grain Bread California Blend Vegetables Parslied Potatoes Fresh Fruit in Season	Chicken Fajita Tortilla Soup Fresh Pinto Beans Cababage & Pineapple Slaw Fresh Watermelon	Stuffed Bell Peppers Whole Grain Bread Italian Blend Vegetables Romaine Iceberg Salad w/Broccoli Fresh Orange	Cajun Turkey Pasta Whole Grain Pasta Cut Green Beans Fresh Cantaloupe
Chicken & Dumplings Whole Grain Bread California Blend Vegetables Garden Salad w/Carrots Mandarin Oranges	Fish Tacos Spanish Rice Peas & Carrots Romaine Salad w/Tomatoes Fresh Orange	Roast Pork w/Sage Whole Grain Bread Chuckwagon Corn Whipped Potatoes Fresh Cantaloupe	Chicken Salad Black Bean Soup Spinach Romaine Salad Marinated Green Beans Fresh Banana	Beef Hamburger Baked Sweet Potato Fries Cucumber, Tomato, & Onion Salad Fresh Strawberries Ice Cream

ALTERNATIVE MEALS:

Week 3: Greek Chicken Salad, Vegetarian Creamy Cucumber Salad, Turkey Sandwich, or Vegetarian Wrap Week 2: Chef Salad, Quinoa & Black Bean Salad, Egg Salad Sandwich or Vegetarian Pita Sandwich Week 1: Chicken Taco Salad, Vegetarian Beans & Cheese Salad, Tuna Sandwich, or Black Bean Burger

Week 5: Tuna Salad, Orzo Bean Salad, Roast Beef Sandwich, or Vegetarian Pita Sandwich

Week 4: Chicken Cranberry Salad, Vegetarian Cottage 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 on the class description for the month.

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, August 21 • 12:30–1:30 p.m. Room 232

Senior Adults Legal Assistance (SALA) Do I need a Will? Do I need a Trust? What's the difference?

Learn the basics about legal planning for your future. An experienced SALA attorney will highlight the importance of planning ahead, clarify who should have a will and/or trust, explain what to include in your will or trust, and identify who to go to for assistance in preparing these documents. Time will be available to answer your questions.

Everyone is welcome to attend this free program. You are welcome to bring a friend or family member. Pre-registration is not required. You may 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.

Natatorium 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	
	*		*		

Natatorium 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	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 (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	

COMMUNITY

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?

Are you looking for unique places to visit close to home to visit this summer?

The NASA's Ames Research Center, an important facility for many of NASA's missions and projects, has a free Visitor Center offering self-guided tours. Features include:

- Science on a Sphere —Originally developed by NOAA, the Science on a Sphere offers visitors a look at planets in the Universe via a large, spherical projection system. You will see weather patterns, earthquake data, and much more!
- Ames Spacecraft Missions NASA's Ames Research Center has been involved in pivotal spacecraft missions that have redefined our view of our planetary neighbors and beyond! Come and view models of recent spacecraft missions from NASA Ames.
- Discovering the Moon On loan from Marshal Space Flight Center, the Magic Planet system allows us to see the Moon in a whole new light! Featuring NASA mission data, Discovering the Moon highlights discoveries about the Moon and what more we hope to learn.
- Real Moon Rock —a real lunar sample retrieved by the crew of Apollo 15 from the Moon's Hadley-Apennine region. This sample is part of the 169 pounds retrieved from the lunar surface during the crew's 66.9-hour stay on the Moon.

The NASA Ames Research Center is located at Moffett Field. For more information:

http://www.nasa.gov/centers/ames/home/exploration.html

Or call the Visitor Center: (650) 604-6497

During the years 1953 to 1979 the U.S. Army built and operated close to 300 Nike missile firing batteries in the United States. These sites were the last line of defense against Soviet bombers. Today a group of volunteers works in partnership with the Golden Gate National Recreation Area on restoring site SF-88 which has been turned into a museum. This is the only restored Nike missile site in the country. The Nike missile site is located in the beautiful Marin headlands. This free site is open to visitors Thursday through Saturday 12:30 to 3:30 pm. For more information visit www.nps.gov/goga/marin-headlands.htm. Or call the Visitor Center (415) 331-1540.

Be on the lookout for the

SENIOR CENTER



Will be held in September on our patio



The date is still to be determined but the menu is set for hot dogs and hamburgers to be prepared by our Senior Center Volunteers. More information will be provided in our September Newsletter and flyers posted on our billboards.



Follow us on Facebook!

Functioning under the department of Parks and Recreation, you will find the Senior Center in Facebook where we tell our story through photos, friendships, and personal milestones.



Stay informed with Santa Clara Parks and Recreation Department news and activities by visiting us today: www.facebook.com/santaclaraparksandrec