



# CITY OF SANTA CLARA

## SENIOR CENTER NEWSLETTER

## December 2021

### HIGHLIGHTS

#### Holiday Tree Lighting

Page 1

#### Giving Tree

Page 4

#### Navigating the Pandemic During the Holidays Presentation

Page 5

#### Free Medicare Presentation

Page 6

#### Fitness Classes

Page 8 & 9

#### Craft Inspiration

Page 11

### Senior Center CLOSED

December 20—31

(Senior Nutrition will be served)

#### Senior Center Hours

Monday—Friday, 7 am - 3 pm

Closed Saturday & Sunday

#### Senior Center Location

Santa Clara Senior Center

1303 Fremont St., Santa Clara, CA

95050 (408) 615-3170

[CustServSrCentr@SantaClaraCA.gov](mailto:CustServSrCentr@SantaClaraCA.gov)

[www.santaclaraca.gov/seniorcenter](http://www.santaclaraca.gov/seniorcenter)

### Facility Closure Dates

The City's fiscal year 2021/22 and 2022/23 operating budget includes periodic facility closures and recreation office level of service reductions. The reductions will help to address revenue shortfalls. The Senior Center will be closed December 20—31.



PICTURE WITH SANTA • LOCAL PERFORMANCES

FOOD • COMMUNITY GROUPS

SNOW PARK PRESENTED BY SILICON VALLEY POWER



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



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



[SantaClaraCA.gov/TreeLighting](http://SantaClaraCA.gov/TreeLighting)

# SENIOR NUTRITION PROGRAM

The County of Santa Clara's Senior Nutrition Program is a congregate meal program, served at the Santa Clara Senior Center.

Indoor Dining will be available Monday – Friday, from 11 a.m. – 12 p.m. Doors will open at 10:50 a.m. for check-in and seating in the Senior Center Multi-Purpose Room. Meals will be served until 11:45 a.m. to allow for enough dining time. Masks will be required for all attending the program. **A \$3.00 contribution is recommended.**



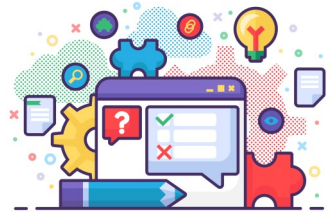
Individuals age 60+ will need to reserve their meal by 12 p.m. the previous business day in order to dine with us. Please call the Nutrition line at (408) 615– 3181 to make a reservation.

**Please note: The Senior Nutrition Program will be available December 20—23 and December 27—30.**

## RESOURCES

### Front Desk Assistance at the Senior Center

We are here to help when the center is open! Monday — Friday, from 7 a.m. to 3 p.m. If you have a question about any of our programs or need assistance, we'll be happy to assist you. If you happen to call when the office is closed, please leave a message and staff will return your call the following business day (408) 615-3170.



### Senior Center Card Renewal or New Activation

For those of you wanting to renew your Senior Center card or sign up for a new card, please bring the following:

Current Senior Center card and current proof of Santa Clara residency.

Current proof can be any one of the following:

- Current utility bill (dated within the last 30 days) containing your name and Santa Clara residential address.
- Current year's property tax bill with your name and Santa Clara property address.
- Business mail with your name and Santa Clara residential address dated within the last 30 days.
- Current, valid automobile registration with your name and Santa Clara residential address.



With all the correct documentation, it takes about 10 minutes for a card renewal, and 15 minutes for a new card, valid for one year from date of renewal. Please also let us know if any of your contact, medical, or emergency contact information has changed so we can update it in our system.

## STAY IN THE KNOW

### Don't be Grinched by Cybercriminals this Holiday Season

...Be cautious and observant when shopping on line

The holiday season is a prime time for hackers, scammers, and online thieves. Due to the pandemic, cybercriminals are working harder than ever to steal your stuff, but there are ways we can protect ourselves.

Here are a few steps that can help:

- **Check your devices**—Before making any online purchases, make sure the device you're using to shop online is up to date. Next, look at your accounts and ask, do they each have strong passwords? And even better, if multi-factor authentication is available, are you using it? Change the default password for the website account you have just signed up.
- **Shop only through trusted sources**—Watch out for lookalike sites or fake websites like iClouddd.top; itunes-appleid.com. Always verify the legitimacy before supplying any information.
- **Don't connect to unsecure public Wi-Fi, especially to do your banking or shopping. Watch out for phishing email.** Don't click links or download attachments unless you're confident of where they came from. If you're unsure if an email is legitimate, type the URL of the retailer or other company into your web browser as opposed to clicking the link
- **Use safe methods for purchases**—Use a credit card instead of a debit card to limit your liability. Check your credit card and bank statement for any fraudulent charges. Beware of requests for personal information to confirm a purchase or account information. Never provide password or financial information to unsolicited email. Make sure you are using a secure web site during purchases. A secure website starts with **https://** not **http://**.



**Please Remember: Do not click links or open any attachments from emails that seem suspicious or out of place.**

The City of Santa Clara Cyber Security Team wishes you all a safe and happy Holiday Season!

### Senior Advisory Commission Meeting—Stay Informed

The Senior Advisory Commission meets the 4th Monday of the month virtually, to discuss matters pertaining to the older adult community in Santa Clara. These meetings are open to the public. The next meeting will be held on Monday, January 24, starting at 10:00 am. If you are interested in attending, please call the Senior Center Front Desk at (408) 615-3170 or click here <https://bit.ly/31dwIY0> (URL is case sensitive) for the Agenda packet and Zoom Link.

# HEALTH AND WELLNESS

## Health & Wellness Program

We provide free assistance to find resources, apply for programs, understand health information, apply for utility discounts, figure out a long-term care plan, and problem-solve issues that are making life challenging.



We're available by phone, email, or in-person appointments, Monday - Friday: 8 a.m. to 3 p.m.

Contact us:

Larisa Polozova, RN, (Wednesdays and Thursdays)

[lpolozova@santaclaraca.gov](mailto:lpolozova@santaclaraca.gov)

(408) 615-3797

Mallory von Kugelgen, RN, Health & Wellness Coordinator (Monday – Friday)

[mvonkugelgen@santaclaraca.gov](mailto:mvonkugelgen@santaclaraca.gov)

(408) 615-3180

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## Health & Wellness Program “Howdy”



Each month, the nurses in the Health & Wellness Program mail out a packet of current health information and resources, the Senior Center newsletter, an activity page or two, and community resource flyers. It's our friendly hello to help us stay in touch with you. Call or email Larisa Polozova, RN, at (408) 615-3797 or [lpolozova@santaclaraca.gov](mailto:lpolozova@santaclaraca.gov) to add yourself to the mailing. If you get Larisa's voicemail, please leave the correct spelling of your name, phone number, and address. We mail our “Howdy Packets” by the first of each month.

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## Senior Center's Giving Tree

**Gift Deadline: Tuesday, December 14, 3 pm**

Please join the Senior Center in providing some basic necessities and holiday cheer for those who could use some TLC. Visit our Giving Tree in the Senior Center lobby beginning December 1 to select an ornament or two that lists items for you to purchase. Then deliver your unwrapped gift(s) to the Senior Center Front Desk no later than Tuesday, December 14th. We will wrap items and make sure they reach their intended recipients. If you know of someone who would benefit from The Giving Tree, please contact Mallory, providing the name, contact information, item needed, and any specifics such as size or preferences. All information is confidential. Thank you in advance! For more information, please contact the Health & Wellness Program staff, Larisa Polozova and Mallory von Kugelgen [mvonkugelgen@santaclaraca.gov](mailto:mvonkugelgen@santaclaraca.gov) (408) 615-3180, [lpolozova@santaclaraca.gov](mailto:lpolozova@santaclaraca.gov) (408) 615-3797.





# HEALTH AND WELLNESS

## Mindful Meditation with Chris Becker—Online

**Every Tuesday, 10:15 a.m. – 11:15 a.m.**

**Activity Number:** [23108](#)

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



**Register online** at: <https://pm.activecommunities.com/santaclara/Home> or call the Front Desk (408) 615-3170 for assistance in signing up. The Zoom link will be made available after your registration.

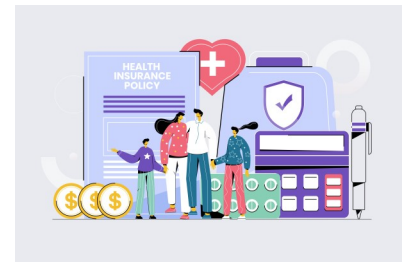
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## Medicare Open Enrollment is Happening

Now's the time to review and compare your Medicare plan options for 2022. Open Enrollment is available until December 7. See if you can find lower costs or better coverage, or just make sure your current plan is still the best way to go. We have two local nonprofits that can provide personal assistance to help you understand your options, free of charge:

HICAP (Health Insurance Counseling and Advocacy Program) through Sourcewise. [www.mysourcewise.com](http://www.mysourcewise.com) (408) 350-3200, option 2

Community Health Partnership (408) 579-6020 (website under design; Find them on Facebook)



## Navigating Through the Holidays During the Pandemic (Zoom Presentation)

**Thursday, December 16, 2021  
10—11 am**

**Activity Number:** [24130](#)



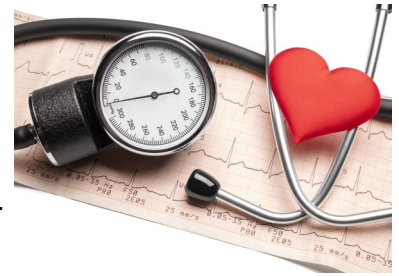
The holidays can be stressful, but what about the added stress or anxiety of the holidays during a pandemic? Join Dr. Carolyn (Carrie) Stineman, PhD, Clinical Psychologist, Behavioral Health Manager, as she talks about ways to cope with these challenges. She will also focus on how we can reduce isolation and engage with others in a safe way.

This presentation is FREE, but requires registration. To register, please visit: <https://pm.activecommunities.com/santaclara/Home> or call the Front Desk (408) 615-3170 for assistance in signing up. The Zoom link will be made available after your registration.

## HEALTH AND WELLNESS

### Blood Pressure Clinic – Drop In Wednesdays, 9:30am – 11am

Our Health & Wellness Program nurses provide free blood pressure screenings each Wednesday from 9:30am – 11 am upstairs in Room 210. Screenings are first-come, first served. Take a number at the door and then rest a few minutes prior to screening. High blood pressure is a controllable risk factor for heart attack and stroke. High blood pressure adds to the workload of your heart. If left untreated, over time your heart, kidneys, eyes, and brain may all be affected, so learn your numbers and do regular checks to make sure your heart is tip-top.



### The MIND Diet Presentation – What to Eat for a Healthy Brain

If you missed our fantastic talk in September by SCC Public Health Nutritionist, Jocelyn Dubin, MS, RD, you can listen to the recording by visiting the Senior Center webpage. Scroll down to The MIND Diet and click on the arrow or use this link: <https://www.santaclaraca.gov/our-city/departments-g-z/parks-recreation/community-centers/senior-center>



### Back by Popular Demand! Medicare's Annual Open Enrollment (AEP) – Free Presentation



**SOURCEWISE**  
COMMUNITY RESOURCE SOLUTIONS

### Sourcewise—Health Insurance Counseling and Advocacy Program (HICAP) Thursday, December 2, 10 a.m. to 11 a.m., In-Person Only Room 231, Santa Clara Senior Center

Our HICAP in-person presentation last month was full. Luckily we could schedule a second presentation, thanks to the great staff at Sourcewise. Every year, Medicare, Part C Medicare Advantage plans, and Part D Drug plans make changes to their coverage and costs. Find out what is in store for 2022 and how you might be affected! We expect this presentation to also fill up, so don't delay.

To register, contact Mallory von Kugelgen, Health & Wellness Coordinator (408) 615-3180 or [mvonkugelgen@santaclaraca.gov](mailto:mvonkugelgen@santaclaraca.gov). **Face Covering Requirement as of Aug. 2, 2021:** The City of Santa Clara requires all members of the public and employees, regardless of vaccination status, to wear a mask in indoor settings at all public City of Santa Clara facilities.

# HEALTH AND WELLNESS

## Time to Get Your Flu Vaccination!

Symptoms of the flu can be like early symptoms of COVID-19. Getting vaccinated protects your family, community, and you from the flu. Flu shots are now available where you get your usual healthcare, as well as at the SCC County Fairground and most local pharmacies. Many locations are providing them for people getting their third COVID19 vaccination dose, so please ask your provider. Contact the Health & Wellness Program nurses if you have questions or need help finding a location. (408) 615-3170.



# TRAVEL

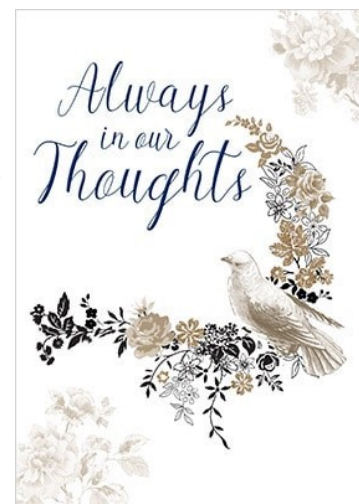
Duke of Gloucester Street in Colonial Williamsburg, Virginia was coined the most historic avenue in all of America. George Washington, Thomas Jefferson, Patrick Henry and other founding fathers once walked down this very road and formed the idea of a free nation here at Capitol city of Colonial Virginia. [Historic Walking Tour of Entire Duke of Gloucester Street in Colonial Williamsburg, Virginia - - YouTube](#)



Or type in this link (case sensitive): <https://www.youtube.com/watch?v=EVzZohQxHhk>

# IN MEMORIAM

We were sorry to say **good-bye** to some of our community members this year. Some came to the Senior Center for decades, some were daily visitors, and some we were just getting to know. All enriched our time here and we miss you: Kathy Allen, Nathan Bernstein, Bessie Groehlke, Judy Hight, Al Laguna, Tony LePres, Glorian Quigley, and Gil Rodriguez.



## LAP SWIM

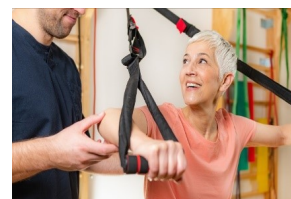
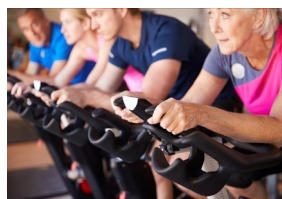
### ADULT Lap Swim available at International Swim Center

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



**Coming soon - Natatorium.** Please note that the Natatorium is currently under construction. Be sure to stay up to date on City news and follow the Senior Center through [GovDelivery](#). For additional information call the Senior Center Front Desk at (408) 615-3170.

## FITNESS CLASSES



### Sign up for December Fitness Classes —

The Senior Center offers a range of older adult fitness opportunities. Fall classes at the Senior Center are open to Santa Clara residents and non-residents and include options such as: mind & body, fitness, and individuals with limited mobilities. To view a full list of offerings or register for classes, visit [SantaClaraCA.gov/ActiveNet](https://SantaClaraCA.gov/ActiveNet) or see pages 8 and 9 in the newsletter.

For more information, contact the Senior Center at [CustServSrCenter@SantaClaraCA.gov](mailto:CustServSrCenter@SantaClaraCA.gov) or 408-615-3170.

#### Fall Prevention - Core and More on the Floor

Get your mats out, we're getting on the floor! You will learn how to get down onto and stand up from the floor using a chair. The focus will be learning proper stretching techniques, core strengthening, and stabilization. We will finish each class with one of the most challenging exercises, stillness. We will notice our breath and allow our bodies to relax and soak in some of the benefits of being on the floor. Be sure to wear comfortable clothing. **Instructor—M. Pozzi**

**23306** Tues./Thurs. 12-12:30 p.m.  
December 2—16 \$34 Res. /\$42 Non-res.  
Room—232

#### Fall Prevention - Full Body Fitness

Stretch, Observe, and Strengthen your way into decreasing the risk of falling. Improve overall health and quality of life while learning exercises to help improve your balance, flexibility, and core muscular strength. Chairs, light hand weights, and stretch cords will be used as props while sitting or standing. Class accommodates the needs of those with mobility challenges (walkers, wheelchairs, etc.).

**Instructor- M. Pozzi**

**23297** Tues./Thurs. 11-11:45 a.m.  
December 2—16 \$59 Res./\$73 Non-res.  
Room—232



## DECEMBER CLASSES

### Small Group Fitness Training—Online

If you like working in smaller groups and want to learn new exercises that can improve your strength and endurance, then this is the class for you! In this class, you will be guided through an engaging warm-up, small group workout, and a cool-down that aims to increase overall fitness. This class is for individuals of all different skill levels and physical abilities. All individuals are welcome and encouraged to participate! In-person and online classes available.

**Instructor- A. Biscardi**

**23299** Thurs. 4-5 p.m. (Online)  
December 2—16 \$64 Res./\$80 Non-res.  
Room—Fitness Center

### Zumba Gold®

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

**23300** Fri. 10-10:45 a.m.  
December 3—17 \$28 Res./\$35 Non-res.  
Room—222

**23301** Mon. 10-10:45 a.m.  
December 6—13 \$20 Res./\$25 Non-res.  
Room—222



### Tai Chi for Life! - Instructor- L. Scheer

Tai Chi is a slow, gentle, flowing martial art promoting balance, flexibility, strength, and clarity. Online classes available for all levels at <https://bit.ly/3ohJyOf>

#### Level 1

This is an entry level class.

**23639** Wed. 9:30-10:30 a.m.  
December 1—15 \$35 Res./\$44 Non-res.  
Room—232

#### Level 2

Students must take Tai Chi for Life! Level 1 or have prior approval from the instructor to move up to Tai Chi for Life! Level 2.

**23640** Tues./Thurs. 11:45 a.m.-12:45 p.m.  
December 2—16 \$57 Res./\$71 Non-res.  
Room—222

#### Level 3

Tai Chi for Life! Level 3 is for the student who has mastered the basics, and it requires instructor pre-approval.

**23641** Tues./Thurs. 9:45-10:45 a.m.  
December 2—16 \$57 Res./\$71 Non-res.  
Room—222

#### Level 4

Tai Chi for Life! Level 4 is for the student who has mastered the basic and intermediate skills, and it requires instructor pre-approval.

**23642** Tues./Thurs. 8:45-9:45 a.m.  
December 2—16 \$57 Res./\$71 Non-res.  
Room—222

## RECIPE

### Native American Recipe: Wild Rice Sauté with Sweet Potato

A nourishing, special dish from an award-winning Native American Chef. Dr. Lois Ellen Frank writes that wild rice “is a Native American grain that is part of the Ojibwe communities and native to the Great Lakes regions.” She recommends purchasing from [Native Harvest](#), where the heirloom rice is “hand harvested by canoe as it has been for generations, and grows naturally in the lakes of these areas.”

Practically speaking, wild rice takes a long time to cook — over an hour. So be sure to cook your wild rice in advance. Prep Time: 15 minutes. Cook time: 1-1/2 hours. Serves 6 to 8 people as a side dish. This wild rice sauté is delicious on its own, but serving it over a baked sweet potato is even better.

#### Ingredients:

- 2 tablespoons olive oil
- 1 medium yellow onion, diced
- 8 cloves garlic, peeled
- 2 cups white mushrooms, cleaned and sliced (about 10 ounces)
- 2 cups brown cremini mushrooms, cleaned and sliced
- 1/2 cup dried tart cherries or dried cranberries
- 1/2 cup fresh or frozen corn kernels
- 2 cups cooked wild rice (from about 3/4 cups dried)
- salt and pepper, to taste
- 4 tablespoons fresh green scallions, finely sliced (about 3 to 4 scallions)
- Roasted sweet potatoes, to serve (optional)

#### Directions:

1. Cook the wild rice according to the package directions. This will take about an hour.
2. While the rice cooks, heat a small skillet over medium-high heat until hot. Add the garlic cloves and cook until they start to blacken. Toss and lightly blacken on all sides. remove from heat and place into a small bowl to cool. Once the garlic cloves are cooled, finely chop them.
3. Heat a medium- to large-sized pan. Add the olive oil and add the onions and sauté, stirring for 4 minutes to prevent burning. Add the blackened garlic and sauté for 2 more minutes, stirring constantly to prevent burning. Add the mushrooms and cook, stirring, for 4 to 6 minutes. Add the dried cherries or cranberries and stir. Cook for another few minutes and then add the corn kernels. Stir and cook for an additional 1 to 2 minutes. Add the cooked rice, salt, and pepper. Stir for two minutes more, until completely hot. *Ed. Note: I used about 1 1/4 teaspoons of salt.*
4. Remove from heat, garnish with fresh sliced scallions, and serve immediately. This wild rice sauté can be served on its own, or over a roasted, halved sweet potatoes that have been drizzled with a mixture of 1 cup maple syrup, juice of 1 lime, and 2 teaspoons mild to medium chili powder.



# CRAFT INSPIRATION

## Sock Snowmen

### What You'll Need:

- Pair of calf-length tube socks
- Pair of cute patterned girls socks
- Rice (or beans, or lentils)
- Rubber bands
- Twine
- Buttons and/or felt for shirt/eyes/nose
- Craft glue or hot glue gun



### Directions

1) Cut the foot off of one tube sock and toss. You will only need the top of the sock.

2) Turn the tube part of the sock inside out and wrap one end tight with a rubber band. Then, turn it right side out again and begin to fill with rice! Push rice down into the sock so it will stretch out and become a chubby little snowman body.

3) Once you have filled the sock to the almost-brim, wrap another rubber band around the top to secure.

4) Take out your patterned socks. Cut the heel and toe off of one sock, so you just have the middle. This will be the snowman's shirt. Then take the other sock and cut off the heel. This will be the snowman's hat.



5) Shimmy the "shirt" over his plump belly. Then, if you want to make a traditional snowman with three snow rolls, take a string of twine and tie a tight knot around the bottom of the sweater. Then, take another piece of twine and tie it around the top of the sweater. Or...if you like your snowman fat and happy, only tie twine around the top of the sweater. This will give them a cute rounded belly.

6) For his hat, take another piece of twine and tie it near the top of the sock toe. This will make it look more like a hat and also cause it to fall cutely to the side.

7) Okay, now for his face! Use what you have. Using craft glue or a hot glue gun, glue on the eyes and nose to create the face. You can also glue buttons on the sweater as well, or leave them off. Which ever you prefer.



# JUST FOR FUN

## REINDEER SUDOKU

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Here are 4 easy word Sudoku for Christmas. Remember, use the letter one time in a column, row or box. We didn't make it too hard, so you will probably be able to solve it without looking at a solution (see the next page if you need it)!



# JUST FOR FUN

## REINDEER SUDOKU

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SOLUTION

*Happy Holidays!*  
*From all of us*  
*at the Senior Center!*

*Jennífer      Jessica      Mallory      Omeed*  
*Gabí           John           Nodíra*  
*Araceli      Larisa      Hilda      Heather*  
*Morgan      Amber      Helen*  
*Don           Albert      Nancy      Justín*  
*Meme           Kirby*

