



CITY OF SANTA CLARA

SENIOR CENTER NEWSLETTER

May 2022

What's Inside:

Resources

Page 2 & 3

Health & Wellness

Page 4 & 5

Fitness Classes & More

Page 6—8

Recipes

Page 9

Travel

Page 10

Craft Inspiration

Page 11

Brain Teasers

Page 12

Senior Center

Senior Center closed May 30 for the Memorial Day Holiday & May 31—June 3 for scheduled periodic facility closure.

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

CustServSrCenter@SantaClaraCA.gov

www.santaclaraca.gov/seniorcenter



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

City of Santa Clara Parks & Recreation Department

"Be Strong, Live Long"

Health & Wellness Fair

Friday, May 20, 2022

10 am - 1 pm at Fremont Park

In Person!

**50 Exhibitors
BBQ Lunch**

Resources

Sponsored by: Santa Clara Senior Advisory Commission and...



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

Santa Clara Senior Center ~ 1303 Fremont St. ~

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 May 30—June 3.

May 2022

SENIOR NUTRITION PROGRAM

The County of Santa Clara's Senior Nutrition Program is a congregate meal program, served at the Santa Clara Senior Center. Beginning Friday, July 1, take-away will no longer be available. Participants are invited to join us in the congregate setting for a lunch-time meal.

Dining will be available Monday – Friday, from 11:30 am – 12:30 pm. Doors will open at 11:30 am for check-in and seating in the Senior Center Multi-Purpose Room. Meals will be served until 12:15 pm to allow for enough dine-in time. Masks are strongly encouraged for all attending the program. **A \$3.00 contribution is recommended.**

Individuals age 60+ will need to reserve their meal by 12 pm 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 May 31—June 3.

RESOURCES

Front Desk Assistance at the Senior Center

We are here to help when the center is open! Monday — Friday, from 7 am to 3 pm. 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.

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, May 23, 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.

RESOURCES

Older Americans Month

Every May, the Administration for Community Living (ACL) leads the nation’s observance of Older Americans Month (OAM). This year, ACL focuses on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. “Age My Way” is an opportunity to explore the many ways older adults can remain in and be involved with their communities. Planning, participation, accessibility, and making connections all play a role in aging in place – emphasizing that what each person needs and prefers is unique.



In celebration of OAM, please join us at the 6th Annual “Be Strong, Live Long,” Health & Wellness Fair on May 20th to discover the community resources with whom you can partner and receive support.

Bike to the Health Fair! We’ll have an Energizer Station!

In addition to all of the wonderful non-profit organizations, agencies, and community resource groups, our “Be Strong, Live Long” Health & Wellness Fair will also have a Silicon Valley Bicycle Coalition “Energizer Station!” Their booth volunteers will have lots of information about the benefits of biking, issues around getting around safely, and more. If you pledge in advance to ride your bike in celebration of “Bike to Wherever Days,” you can check in at the station to receive a free SVBC tote.



Registration is on their website: <https://www.eventbrite.com/e/pledge-to-ride-for-bike-to-wherever-days-2022-tickets-276527700797> What a great way to get some exercise and enjoy the health fair! If you have questions, please contact Mallory von Kugelgen, Health & Wellness Coordinator, at (408) 615-3180, mvonkugelgen@santaclaraca.gov



SEE IT AGAIN

In Case You Missed It—

Presentations of the Senior Scam Stopper and The MIND Diet Presentation – What to Eat for a Healthy Brain, are available to view by visiting the Health & Wellness section of the Senior Center webpage. <https://www.santaclaraca.gov/our-city/departments-g-z/parks-recreation/community-centers/senior-center/health-wellness>



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 am to 3 pm



Our free **Blood Pressure Screening Drop-in Clinic** resumes on Wednesdays, 10am to 11am. Please take a number at the Health & Wellness Program door (Rm 210) and Larisa will call when it's your turn.

Contact us:

Larisa Polozova, RN, (Wednesday—Friday)

lpolozova@santaclaraca.gov

(408) 615-3797

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

mvonkugelgen@santaclaraca.gov

(408) 615-3180

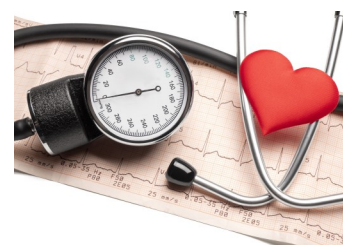
Health & Wellness Program “Howdy”



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 (408 615-3797 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.

Blood Pressure Clinic – Drop In Wednesdays, 10 – 11 am

Our Health & Wellness Program nurses provide free blood pressure screenings each Wednesday from 10 – 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. Larisa will call when it's your turn.



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.

HEALTH AND WELLNESS

Free Hearing Screening—In Person with California Phones

By Appointment Only

Wednesday, May 4, 9 a.m. to 10:40 a.m.

San Jose State University Speech and Language Pathology interns and their instructor, a licensed audiologist, return to provide free hearing tests by appointment only. Space is limited! Book your appointment at the Front Desk or call (408) 615-3170. California Phones will be joining us to provide free adaptive phones if your screening shows hearing loss. The instructor can sign off on your application. Information about CA Phones is also available for anyone who is interested.

Contact Mallory von Kugelgen, RN, Health & Wellness Coordinator, (408) 615-3180 mvonkugelgen@santaclaraca.gov with questions.

Making the Best of the End

(with Phil Orr of Santa Clara’s Mission City Memorial Park)

Friday, May 13—In Person

10 am - 11 am, Room 232

Activity # 25059

There is one life event we will all experience that we may have time to contemplate... It’s not fun to think about funeral options and costs, but planning ahead can provide peace of mind and spare your family the burden of making these decisions for you. Phil Orr of Mission City Memorial Park will explain the many aspects of what happens at “The End,” from funeral home to cemetery, obituaries, paperwork, and what all this can cost. Learning how the industry works might just save you money, perhaps thousands. This is a free, in-person presentation at the Santa Clara Senior Center. Seating is limited. Pre-registration is required either online:

https://apm.activecommunities.com/santaclaraca/Activity_Search/20063 or call the Senior Center Front Desk for assistance (408) 615-3170.

Mindful Meditation with Chris Becker—Online

Every Tuesday, 10:15 – 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://apm.activecommunities.com/santaclaraca/Home> or call the Front Desk (408) 615-3170 for assistance in signing up. The Zoom link will be made available after your registration.

FITNESS

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.



Exercise for People over 50

Adapted from goboomerang.com

It may be tempting to think of exercise as something best left to young people. But exercise is just as important for people over 50, and it has many benefits to offer. Exercise for older adults can be a great way to gain muscle, improve mental and emotional health, lose weight, enhance mobility, and prolong life by helping avoid injury and reduce falls. As we age, we are more vulnerable to muscular loss and prone to fragility or falls as our bodies change.



The best exercises for older people suit a broad range of physical abilities while reinforcing stability, muscle and strength. Exercise is well worth the effort you put in at any age; you may be surprised at how easy it is to lift groceries or climb those dreaded stairs to the top floor after a few weeks of a new exercise regimen. Exercise is essential for a full, healthy life and can help you prevent injury as you build up cardiovascular and physical stamina.

The importance of exercise for older adults

We all know exercise is important, but the benefits become even more relevant as we head into our senior years.

- In addition to physical benefits like losing weight and improving energy levels, regular exercise can also provide mental health benefits.
- Exercise is a key component in helping older adults to prevent or delay cognitive decline and prevent depression.
- Activities like strength training can reinforce muscle strength and help you avoid injury in a myriad of ways. But the cognitive benefits are just as valuable as the physical.
- Strength-based exercise has even been shown to lower mortality across the board in elderly adults; this includes cardiac-based mortality, cancer, and all other causes of death.
- As you become more conscious of your body, you may also be more aware of where you put that set of keys you always lose or find your breathing to be more steady and deep.

Sign up for May Fitness Classes

The Senior Center offers a range of older adult fitness opportunities. Spring 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 or see pages 7 and 8 in the newsletter.

For more information, contact the Senior Center at CustServSrCenter@SantaClaraCA.gov or 408-615-3170.

MAY CLASSES

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**

[24184](#) Tues./Thurs. 12—12:45 p.m.
May 3—26 \$92 Res. /\$114 Non-res.
Room—232

Fall Prevention - Full Body Flexibility

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

[24187](#) Tues./Thurs. 11—11:45 a.m.
May 3—26 \$92 Res. /\$114 Non-res.
Room—232

Fitness for All

Strengthen and tone your body with gentle aerobic and stretching exercises designed to enhance overall health and fitness level. Exercises will include chairs for sitting or standing, and aim to improve balance, flexibility, endurance, range of motion, sense of equilibrium, and core muscular strength. All abilities are welcome and individuals utilizing mobility aids (walkers, canes, wheelchairs, etc.) are encouraged to register. **Instructor- A. Biscardi**

[24190](#) Wed. 9—9:45 a.m.
May 4—25 **FULL** \$48 Res./\$60 Non-res.
Room—222

[25108](#) Wed. 1—1:45 p.m.
May 4—25 \$48 Res./\$60 Non-res.
Room—222

Fitness for All - Circuit Training

Strengthen and tone your body with gentle aerobic and stretching exercises designed to enhance overall health and fitness level. Exercises will include chairs for sitting or standing, and aim to improve balance, flexibility, endurance, range of motion, sense of equilibrium, and core muscular strength. All abilities are welcome. This class will utilize equipment in the gym.

Instructor- A. Biscardi

[24192](#) Mon. 9—9:45 a.m.
May 2—23 \$48 Res./\$60 Non-res.
Room—Fitness Center

Indoor Group Cycling

Peddle with a group in our beginning indoor cycling class. This class offers a high-energy workout, set to music. The focus of this class will be for participants to become comfortable with different cycling workouts, both in and out of the saddle, at varying intensities, on an upright, stationary bike. This class includes 15 minutes for individual set up and warm up time with a 30 minute cycling class.

Instructor- A. Biscardi

[24194](#) Mon. 11:15 a.m. - 12 p.m.
May 2—23 \$49 Res./\$61 Non-res.
Room—222



MAY CLASSES

Small Group Fitness Training

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

24198 Mon. 10—11 a.m. (In-person)
May 2—23 \$84 Res./\$105 Non-res.
Room—Fitness Center



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.

24200 Wed. 9:30—10:30 a.m.
May 4—11 **FULL** \$46 Res./\$58 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.

24203 Tues./Thurs. 11:45 a.m.—12:45 p.m.
May 3—31 \$90 Res./\$112 Non-res.
Room—222

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**

24214 Mon. 10—10:45 a.m.
May 2—23 \$36 Res./\$44 Non-res.
Room—222

24213 Fri. 10—10:45 a.m.
May 6—27 \$36 Res./\$44 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.

24206 Tues./Thurs. 9:45—10:45 a.m.
May 3—31 \$90 Res./\$112 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.

24209 Tues./Thurs. 8:45—9:45 a.m.
May 3—31 \$90 Res./\$112 Non-res.
Room—222

RECIPE

One-Pot Tomato Basil Pasta

EatingWell.com

This one-pot pasta with tangy tomato-basil sauce is a simple, fast, and easy dinner that follows **The Mind Diet** guidelines. All your ingredients go into one pot, and with a bit of stirring and about 25 minutes of cook time, you'll have a healthy four servings for tonight and perhaps a left-over lunch later in the week!

Total: 30 mins

Active: 30 mins

Servings: 4



Ingredients

- 8 ounces whole-wheat rotini
- 1 cup water
- 2 cups low-sodium chicken broth
- 1 (15 ounce) can no-salt-added diced tomatoes
- 2 tablespoons extra-virgin olive oil
- 1 ½ teaspoons Italian seasoning
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon crushed red pepper
- 6 cups baby kale or baby spinach
- ½ cup slivered fresh basil
- Grated Parmesan cheese for garnish

Directions

1. Combine pasta, water, broth, tomatoes, oil, Italian seasoning, onion powder, garlic powder, salt and crushed red pepper in a large pot. Cover and bring to a boil over high heat.
2. Uncover, reduce heat to medium-high and cook, stirring frequently, for 10 minutes.
3. Stir in kale and cook, stirring often, until most of the liquid has been absorbed, 5 to 7 minutes more. (If using spinach, add it after about 10 minutes, so it cooks in the remaining 2 to 3 minutes.)
4. Stir in basil.
5. Garnish with Parmesan, if desired.

Why Expedition Cruising Is Booming — and What to Know Before You Book

New small ships offer high-end adventure and wildlife viewing in Antarctica and Alaska, down the Amazon and more

Adapted from: Janice Wald Henderson, AARP
April 20, 2022

<https://www.aarp.org/travel/vacation-ideas/cruises/info-2022/cruise-expeditions.html>



Expedition cruises are all about once-in-a-lifetime experiences, thrilling their passengers with exhilarating adventures and eye-opening cultural and wildlife-spotting outings on land and at sea. That might include spying howler monkeys in a rain forest, watching rare pink dolphins from a Zodiac, assisting marine scientists with real-life research, or meeting indigenous people in a remote village in a faraway place.

If that sounds appealing, you now have many more of these sailings to choose from: Nearly a dozen new expedition ships, all carrying fewer than 400 passengers, recently debuted or will make a splashy entrance in the coming months. Given their small size, these vessels can sail where so many big cruise ships can't, and thus can deliver unique experiences.

But don't think you'll be roughing it. Along with goosebump-producing adventures, expedition ships — many of them operated by higher-end cruise lines — typically pamper guests with multiple dining options, fitness centers, wellness spas, heated indoor pools and, in many cases, all-suite accommodations.

While the fares can be eye-popping, they typically include nearly everything other than the most extreme outings. Plus, with interest in expedition sailing booming, value-conscious lines such as American Queen and Viking are entering the market, offering more manageable sailing prices for the budget-minded in closer-to-home areas like Alaska and the Great Lakes.

Ways to Save on Expedition Cruises

While these cruises are high on excitement, they can be high on the price meter, too. Make them more budget-friendly with these seven cost-trimming tips.

1. Skip the balcony.
2. Book very early or book late.
3. Take advantage of loyalty programs.
4. Choose your cruise line carefully.
5. Time your trip carefully.
6. Book a non-expedition location.
7. Pick an older ship.



CRAFT INSPIRATION

How to Make Your Own Succulent Centerpiece

(adapted from www.houzz.com)

Why bother with fresh flowers when you can have a fresh focal point that's just as beautiful but lasts for years? If you haven't already hopped on the succulent bandwagon, perhaps you can be convinced by this easy step by step process.



1. Find your container. Choose a vessel that's relatively shallow and a good tabletop size. This can be a low plant container from the nursery, a repurposed ceramic serving bowl or a funky recycled vessel such as a large shell, an antique metal tray or a collection of jars. For outdoor containers, make sure there's a drainage hole, as succulents rot in wet soil. For indoor containers, you can choose a vessel without a drainage hole but be sure not to overwater.

2. Choose your succulents. Depending on the look you'd like for your centerpiece, select a mix of small succulents of various shapes, sizes and colors to plant together or choose one or two stand-alone specimens to each occupy its own container. In general, it's a good idea to include one or two low-growing fillers (like hens-and-chicks) and trailing varieties (such as stonecrop) to cover the exposed soil.

Also consider where you'd like to place your succulent centerpiece. For outdoor displays, choose succulents that thrive in sunlight. For indoor containers, use succulents such as some types of aeonium and mistletoe cactus (*Rhipsalis baccifera*) that can be grown in lower light.

3. Get planting. Use a quick-draining potting mix and plant succulents and cactuses shallowly — making sure that the soil does not cover their crowns or fleshy leaves. For mixed plantings, start with your largest succulents as anchors and plant smaller varieties around their base, leaving room to tuck in trailing varieties (like *Sedum* 'Angelina') at the edges of the container.

4. Add finishing touches. Cover the soil with a top-dressing material, such as gravel, sea glass, fine bark mulch or preserved moss, or fill in gaps with low-growing succulents to naturally cover the soil. The top-dressing not only gives the container a finished look but also cuts down on the need for water.

5. Care for your plants. Most succulents grow best with four to six hours of bright, indirect sunlight per day. You may need to periodically move indoor containers outdoors to give them a dose of sunshine, or choose succulents that can tolerate less light exposure for use indoors. Keep in mind that some succulents — particularly those used to growing indoors — can burn if exposed to hot, baking sun.

Water about once a week at the base of plants, avoiding overhead spraying. Allow the top 1 to 2 inches of soil to dry out before watering again.

BRAIN TEASERS

The Stroop Test: Great brain teaser to challenge your mental vitality and flexibility

October 5, 2006 by SharpBrains.com

Ready to test your mental vitality and flexibility?

1. **Quick** — say aloud what color you see in every word, **NOT** the word you read. Go from left to right, from top to down. Ready. Set. Go!

Not easy, right? This task is called the Stroop Test, and is used in neuropsychological evaluations to measure mental vitality and flexibility, since performing well requires strong attention, inhibition and self-regulation capability (also called executive functions).

2. **Quick!** Count the number of times that the letter F appears in the following sentence:

“Finished files are the result of years of scientific study combined with the experience of years.”

How many did you find?

Solution: Most people say three. Why? We often don't correctly process the word “OF” for two reasons. First, the letter F usually makes the “f” sound, like in “fox”. However, in the word “of”, it makes a “v” sound. Second, you have probably read the word “of” so many times in your life that you process it as one unit, overlooking the second letter/ sound

3. **Quick!** Is the inner shape a real circle?

Brain functions involved:

Here you are exercising your visual perception and decision-making skills. The visual cortex in your occipital lobes processes visual input from your eyes. Not only is the occipital lobe mainly responsible for visual reception, it also contains association areas that help in the visual recognition of shapes and colors. The problem solving, selective attention, and executive functions used in this exercise are handled by the anterior portion of the frontal lobes.

Hint:

Sometimes extraneous information around your target can distort your view. Try covering the lines with a piece of card to remove some of the interfering information

ANSWER:

Believe it or not, both shapes are perfect circles

