



CITY OF SANTA CLARA

SENIOR CENTER

NEWSLETTER

May 2023

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Senior Center

The Senior Center will be closed
May 29—June 2.

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

“Be Strong, Live Long,” Health & Wellness Fair

Who is Coming to the Fair? (Besides you!)

Over 55 outstanding nonprofit organizations and community resource agencies will be at this year's Health & Wellness Fair on Friday, May 19, from 11am to 2pm. We hope you've got it on your calendar!

But who else will be there? Helpful groups who provide information and services for all the areas of life that can be challenging. These folks are problem-solvers. Please help celebrate Older Americans Month by connecting with their representatives. They are eager to meet you!

...see the full list of exhibitors on pages 2 & 3



Older American's Month Selfie Challenge

May celebrates National Older American's Month and we want to share your wisdom! The theme this year is “Aging Unbound.”

Join us in a Selfie Challenge by finishing the statement, “Aging Unbound' means...”. Share how you maintain your vitality or what you do to get out of your comfort zone. How do you keep your mind sharp? What's your key to aging well? What's your secret to life?



Write your answer with a marker on an 8x11 piece of paper, then take a selfie (or have someone take a picture of you) holding your sign. Email your selfie to kgatydelia@santaclaraca.gov by May 15th. Or drop by the Health & Wellness Program office and we'll help you out! We'll share a few in June's Howdy Packet and on the Senior Center's Health & Wellness bulletin board upstairs. Please share your ideas, wisdom, and experiences in honor of Older American's month. Have fun and get creative!

SENIOR CENTER UPDATES

...contd. from previous page

Who is Coming to the Health and Wellness Fair? (Besides you!)

<p>Outdoors: Bay Area Older Adults Santa Clara Lawn Bowls Club Santa Clara Valley Beekeepers Guild Santa Clara Valley Open Space Authority UCCE Composting Education Program</p>	<p>Transportation: Peninsula Volunteers Inc. Silicon Valley Bicycle Coalition — Energizer Station Santa Clara Valley Transportation Authority (VTA)</p>
<p>Housing: City of Santa Clara Housing & Community Services Project Sentinel Rebuilding Together Silicon Valley Valley Village Retirement Community</p>	<p>Ways to be Social: City of Santa Clara Senior Center Friendly Voices Live Oak Adult Day Services Santa Clara Women’s League Yu-Ai Kai Japanese American Senior Center</p>
<p>Respect & Social Inclusion: DCARA (Deaf Counseling Advocacy & Referral Agency) SCC Dept of Aging and Adult Services Silicon Valley Independent Living Center</p>	<p>Communication & Information: City of Santa Clara Library City of Santa Clara Information Technology Department Clear Captions</p>
<p>Community & Health Services (by category):</p> <p>Animals Humane Society Silicon Valley Silicon Valley Animal Control Authority</p> <p>Dental Foothill College Community Dental Health</p> <p>End-of & Quality-of Life Mission Hospice & Home Care Stepping Stones</p> <p>Family Caregiving Family Caregiver Alliance Sourcewise—Caregivers Network</p> <p>Food Second Harvest Silicon Valley</p>	<p>Health Alcoholics Anonymous Alzheimer’s Association Breathe California of the Bay Area Cancer CAREpoint SCC Public Health Department — Healthy Communities Branch</p> <p>Healthcare Systems Kaiser Permanente On Lok PACE SCC Valley Health Plan Santa Clara Family Health Plan VA Palo Alto Health Care System</p> <p>Hearing Pacific Hearing Connection</p> <p>Insurance Sourcewise—Health Insurance Counseling & Advocacy Program (HICAP)</p>

You thought that was the whole list...there’s more

...contd. on next page

SENIOR CENTER UPDATES

...contd. from previous page

Who is Coming to the Health and Wellness Fair? (Besides you!)

Community & Health Services (by category):

Legal

Senior Adult Legal Assistance (SALA)

Safety

Catholic Charities of SCC Long-term
Care Ombudsman Program

City of Santa Clara Fire Department

City of Santa Clara Police Department

Elder Abuse Task Force

SCC Suicide Prevention Program

SCC Victim Services Unit

SC Valley Medical Center—

Injury Prevention Program &

VMC Burn Center

Support Services – independence at home

Catholic Charities of SCC Programs

City of Santa Clara Environmental
Programs

City of Santa Clara Senior Center
Health & Wellness Program

Heart of the Valley

Seniors Council—

Foster Grandparent & Senior
Companion Programs

Silicon Valley Ostomy Support Group

Silicon Valley Power

And performances by:

Dancers from the Hui Ilima Hawaiian Club of Santa Clara led by Haunani Neil

Senior Center Bean Bag Tournament

The Senior Advisory Commission hosted a Bean Bag Tournament (also known as Corn Hole) on Wednesday, April 19. Teams competed in a double elimination format with many of the players being novices. After lots of laughter, concentration, and competitive spirit, Team Weizhi Gu and Xiang Di Hao emerged as the victors with Team Vera Chen and Kanchana Tippakorn placing 2nd.



SENIOR CENTER UPDATES

Volunteers Needed at the Senior Center!

The Senior Center is searching for volunteers to assist in different areas of the facility. We are looking for fun, energetic, and motivated individuals who are eager to help for a few of hours every week.

Bingo

Responsibilities may include:

- Signing in players
- Handing out Bingo cards
- Verifying BINGOs
- Calling out Bingo numbers

If you are interested in volunteering or have any questions please contact Dino Medar, Program Coordinator at dmedar@santaclaraca.gov or at (408) 615-3190.



Fitness Center

Responsibilities may include:

- Check-in/out of users
- Monitor proper use of equipment
- Answer question pertaining to use of machines

If you are interested in volunteering or have any questions please contact Jessica Carter, Senior Center Coordinator at jcarter@santaclaraca.gov or at (408) 615-3179.



Computer Lab

Responsibilities may include:

- Verify Membership cards
- Ensure proper use of equipment
- Ensure Computer Lab guidelines are adhered to
- Assist with basic computer needs/questions

If you are interested in volunteering or have any questions please contact Dino Medar, Program Coordinator at dmedar@santaclaraca.gov or at (408) 615-3190.



SENIOR CENTER UPDATES

To Get Acquainted —Ballroom Dance Program

Join us on Tuesdays from 12:45—2:45 pm for lively music, friendly smiles, and an opportunity to move your feet. Check-in begins at 12:30 pm outside the Multi-Purpose Room. Admission is \$1.00 but may vary based on the music provided. Please see calendar below.



Individuals who possess a Senior Center Card can present their card at check-in. Those who don't possess a Senior Center Card will need to sign the liability form prior to the program.

April Ballroom Dance Schedule:

- May 2 — DJ Harvey
- May 9 — DJ Geri Foley (Cinco de Mayo)
- May 16 — DJ Sam Tran
- May 23 — DJ Ginger

BINGO—Returns to the Senior Center

Join us on Fridays in the Auditorium for BINGO. We are excited the program has returned to the Senior Center. Doors open at 12:45 PM with the first game starting at 1:00 PM. The final game will conclude at 2:30 PM. Gift Card prizes available for the winners.



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 28—June 1.

IN CASE YOU MISSED IT

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>



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 Memberships

The Senior Center offers two (2) membership levels, (a) Basic and (b) Premium which include access to programs and services across the City. Patrons may choose the appropriate membership based on interest. Fees generated by memberships will contribute to the general fund.



Memberships will be renewed at the new levels when a patron's membership expires (ex. if your membership expires in January, you will need to renew and pay the fee at that time). Scholarships will be made available for those who qualify. Current Senior Cards benefits are valid through expiration date. View the [Senior Center Membership Brochure](#) for more information.

For those of you wanting to renew their membership, sign up for a new membership, or upgrade their membership, please bring the following to the front desk:

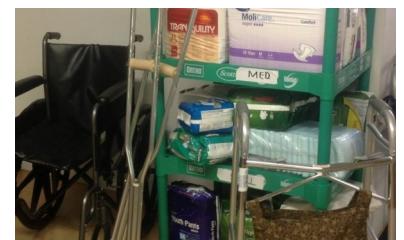
Current membership card and current proof of Santa Clara residency. Current proof can be any one of the following:

- 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 membership renewal, and 15 minutes for a new membership, 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.

Community Closet, Health & Wellness Program

We have transport wheelchairs and rollator walkers to lend for temporary use through our Community Closet. We also have incontinence briefs in all sizes. If you need an item, please contact Larisa Polozova at lpolozova@santaclaraca.gov or call (408) 615-3797.



RESOURCES

HICAP— Health Insurance Counseling & Advocacy Program Returns to Bi-Monthly Appointments

2nd and 4th Tuesdays of Each Month
9am, 10am and 11am time slots

Trained HICAP Counselors from Sourcewise do not sell, endorse, and are not affiliated with any insurance companies. Their goal is to educate the community so you can make an informed decision on something as important as Medicare. HICAP Counselors can answer questions about:

- Original Medicare (Part A & B)
- Medicare Advantage Plans (Part C)
- Prescription Drug Coverage (Part D)
- Supplemental Insurance (Medigap)
- Limited Income Programs for Medicare
- Medicare and Medi-Cal Options
- Tips for Avoiding Medicare Fraud

HICAP is funded by the California Department of Aging and Sourcewise.

Sign up for a free one-on-one counseling appointment at the Senior Center front desk (408) 615-3170.



Senior Advisory Commission Meeting—Stay Informed

The Senior Advisory Commission meets the 4th Monday of the month in-person, to discuss matters pertaining to the older adult community in Santa Clara. These meetings are open to the public. The Commission meeting will be on Monday, May 22, 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.

Keep them Safe. Clean them Out. Take them Back

The drug overdose epidemic in the United States is a clear and present public health, public safety, and national security threat. Too often, unused prescription drugs find their way into the wrong hands. That's dangerous and often tragic. That's why it was great to see thousands of folks from across the country clean out their medicine cabinets and turn in - safely and anonymously - a record amount of prescription drugs.

Visit DEATakeBack.com for a collection site new you



HEALTH & 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



Jodi Bisely, RN Monday & Tuesday, 9am—3pm
(408) 615-3175 jbisely@santaclaraca.gov

Larisa Polozova, RN, MMS Wednesday—Friday, 9am—3pm
(408) 615-3797 lpolozova@santaclaraca.gov

Mallory von Kugelgen, RN, Health & Wellness Coordinator Monday—Friday, 9am—3pm
(408) 615-3180 mvonkugelgen@santaclaraca.gov

Welcome to our new Health & Wellness Program staff, Katy Gaty-Delia!

We are so excited to add Katy Gaty-Delia to our team in the Health & Wellness Program. She is a LCSW with a Master's in Social Work. Katy is experienced in all aspects of social work in a variety of settings, such as palliative care/hospice, animal-assisted therapies, and working with people experiencing homelessness. Her focus at the Senior Center will be to facilitate some very engaging support groups and to support our RNs with care management and client consultations. Keep an eye out for news of her first group, starting in June. And see her article in this month's Howdy Packet, available on the Health & Wellness Program page on the Senior Center website. <https://www.santaclaraca.gov/our-city/departments-g-z/parks-recreation/community-centers/senior-center/health-wellness>

Howdy Packet

Each month, the Health & Wellness Program RNs curate a collection of current health information and resources, the Senior Center newsletter, an activity page or two, and event flyers. Our mailed packet is available to those who are homebound, or who do not use email or the internet. For all other members, we are happy to email you a soft copy. If you are interested, please contact Larisa Polozova, RN—Health & Wellness Program, (408) 615-3797 lpolozova@santaclaraca.gov



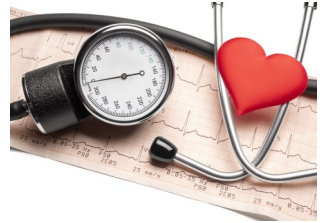
For those interested in accessing the Howdy Packet online, it's now available on the Health & Wellness page of the Senior Center at <https://www.santaclaraca.gov/our-city/departments-g-z/parks-recreation/community-centers/senior-center/health-wellness>

HEALTH & WELLNESS

Blood Pressure Clinic - Drop In

Wednesdays, 10:30 am - 12 pm, Room 210

Health & Wellness Program nurses provide free blood pressure screenings on a first-come, first-served basis. Take a number at the door and then rest a few minutes prior to your screening. Larisa will call when it's your turn. 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. Learn your numbers and do regular checks to make sure your heart is tip-top.



Older American's Month 2023: Aging Unbound!

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2023 theme is Aging Unbound, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.



Photo credit: Scott Vick, "Angie, 72 years old, at the skatepark."

GET INVOLVED

Memories & Hugs Workshop

Third Monday of each month, 12:30 - 2:30 pm

Activity # [25651](#)

We are sewers who partner with Kaiser Hospice to create bears or pillows in memory of loved ones, transforming provided garments into keepsakes. We use our meeting time to check in, exchange materials, do finish work (hand sewing, stuffing), and deliver finished items. We are also available to transform items from those who are not Kaiser Hospice clients. Contact Jodi Bisely at jbisely@santaclaraca.gov or (408) 615-3175.



Participation is free but registration is required. You may register online: https://apm.activecommunities.com/santaclara/Activity_Search/20655 or by calling the Senior Center Front Desk at (408) 615-3170.

Bike to Wherever Days: May 18 - 20

Whether you bike every day or once every couple of months - to work, to school, to the farmer's market, to the library - you're invited to join thousands in celebration of the humble bicycle.

May is Bike Month, and you, your friends, and your family are welcome to ride on May 18, 19 and 20 for Bike to Wherever Days. Will you pledge to ride? You'll receive a free Bike to Wherever Days 2023 tote bag on the weekend of the event, and you will be entered into a random drawing for a prize from Silicon Valley Bicycle Coalition.



Click on "Pledge to Ride" below and pick up your tote at our Energizer Station at the 7th Annual "Be Strong, Live Long" Health & Wellness Fair on Friday, May 19th, 11am - 2pm, at the Santa Clara Senior Center!

<https://bikesiliconvalley.org/p2r>

Pledge to ride!

OPEN STUDIO

Open Studio Hours

Ceramics, Lapidary, and Woodshop Open Studio Hours are available at the Senior Center. Open to adults (ages 50+) who are interested in completing small projects with minimal supervision. No formal instruction is given, but an attendant is available to provide basic information and assistance as needed. Individuals are encouraged to stop by and say hello, and see what the Open Studio has to offer.

Studio Passes are available at the Senior Center Front Desk in multiples of 4, up to 20 classes. Cost is \$13.00 per session for Santa Clara residents:

- Passes do not expire and are non-transferable.
- Passes are valid only for Open Studio at the Senior Center.

Single Drop-in is available for those that want to try out Open Studio Hours without committing to a multi-pass. Cost is \$17.00 for residents and slightly higher for non-residents.

Patrons need to sign in at the front desk and will receive a Studio Pass to be given to the Studio Attendant when they enter the Woodshop or Ceramics Studio.

For more information, call the front desk at (408) 615-3170.

Ceramics Open Studio

Space is limited to 8—10 users at a time. Fee includes access to clay, glazes and firings. For larger projects, a separate bag of clay may be recommended for purchase at \$25.00 per bag.



Lapidary Open Studio (Opening in May)

Space is limited to 6 users at a time. Fee includes access to equipment. Users will need to bring their own supplies. A safety assessment may be administered to Open Studio patrons before use of equipment is authorized.

Woodshop Open Studio

Space is limited to 6 users at a time. Fee includes access to equipment and some consumables. A safety assessment may be administered to Open Studio patrons before use of equipment is authorized.

Single Drop-in Cost: \$17.00 res.

Multi- Pass Cost:

# of Classes	Resident	Non-Res.
4	\$52	\$65
8	\$104	\$130
12	\$156	\$195
16	\$208	\$260
20	\$260	\$325

Open Studio Schedule	Ages	Days	Times
Open Lapidary Studio	50+	Tues.	TBD
Open Woodshop Studio	50+	Wed	9—11 am
Open Ceramics Studio	50+	Thurs	12—2 pm

FITNESS CENTER & NATATORIUM



The Fitness Center is a 3,000 square foot area, equipped with newly upgraded cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. Many pieces of equipment are wheelchair accessible.

Users of the Fitness Center must possess and present a current Senior Center Card or Premium Membership Card at check-in.

If you are new to the Fitness Center and would like to familiarize yourself with the equipment, look for the new Fitness Center Orientation class beginning in April.

The Women's Locker Room is Closed for Cleaning: Wednesdays, 2:00 - 2:30 pm

The Natatorium has three indoor pools that provide opportunities for aquatic exercise, stretching, and low impact/slow muscle movement. It is staffed by certified lifeguards and classes are taught by aquatic instructors.

Users of the Natatorium must possess and present a current Senior Center Card or Premium Membership Card at check-in.

To make an informed decision of whether or not the water temperature is suitable for your needs, there is one (1) thermometer in each pool.

For the latest lap pool and warm water pool schedule, please see the weekly schedule posted in the Natatorium and locker room entrances.

The Women's Locker Room is Closed for Cleaning: Wednesdays, 2:00 - 2:30 pm



NATATORIUM SCHEDULE

WHAT'S YOUR LANE?

For the most up-to-date schedule, **please call or check at the front desk** as classes may get canceled and the pool may become available for swimming/walking.

Three Lane Lap Pool:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8 - 9:30 am	Closed	Lane #1 - Walk Only	Closed	Lane #1 -	Closed
9:30 - 10:15 am	Closed	P&R Class— Water Walking 9:30—10:15 am Lane #1 - Only	Closed	P&R Class— Water Walking 9:30—10:15 am Lane #1 - Only	
10 - 11 am	P&R Class— Beginning Aquatic Cond. 10—10:45 am	Lane #1 - Walk Only	P&R Class— Beginning Aquatic Cond. 10—10:45 am	Lane #1 - Walk Only	
11 am - 12 pm	P&R Class—Aqua Fit 11—11:45 am	Lane #1 - Walk Only	P&R Class—Aqua Fit 11—11:45 am	Lane #1 - Walk Only	

Warm Water Pool:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8 - 9 am	Closed	Open	Closed	Open	Closed
9 - 10 am	P&R Class— BackHab 9—9:45 am		P&R Class— BackHab 9—9:45 am		
10 - 11 am	Closed		Closed		
11 am - 12 pm	Closed		Closed		

Warm-up Pool:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8 - 9 am	Closed	Open	Closed	Open	Closed
9 - 10 am	Closed		Closed		
10 - 11 am	Closed		Closed		
11 am - 12 pm	Closed		Closed		

Water Temperature

The water temperatures are set to allow seniors to exercise safely, while maintaining optimal ambient temperatures and humidity levels for equipment to function properly. Thermometers are located in each pool so pool users may make an informed decision whether water temperature is suitable for their needs. See locations below.

Please consult your primary health care provider before participating in warm water activities.

Pool	Pool Dimensions & Depth	Temperature Range	Thermometer location
Lap Pool	27' x 60' in length 3 ½' to 5 ½' deep	80-84 degrees F	Right handrail, near end of wet ramp
Warm Water Pool	21' x 21' in length 3' to 4' deep	90-94 degrees F	Outside handrail, near end of dry ramp
Warm-up Pool (formerly Hot Tub)	3' deep	90-94 degrees F	Left handrail as you enter

CLASSES

The Senior Center offers a range of older adult opportunities. Classes at the Senior Center are open to Santa Clara residents and non-residents and include options such as: mind & body, fitness, creative arts, and individuals with limited mobilities. To view the full list of offerings or register for classes, visit SantaClaraCA.gov/ActiveNet or see pages 14—18 in the newsletter. Sign up early to ensure your favorite class is not cancelled.

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

Adults 50+



IN THIS SECTION

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AQUATICS

Aqua Core

Water walking is a stunningly powerful low impact workout. Water provides many beneficial properties such as resistance, assistance, drag, and turbulence. Tone and strengthen your body, improve balance, posture, agility, and coordination. Class is sweat and hairstyle proof. No previous experience needed. Participants must be able to walk and be independent.

Instructor: Morgan Pozzi

Location: Senior Center

Res/Non-res

26486 T,Th 6/6-29 9:30-10:15 a.m. \$79/\$98

27001 T,Th 7/6-27 9:30-10:15 a.m. \$109/\$136

Aquafit

This fun full-body workout to music includes strengthening, stretching and conditioning with water exercise equipment provided. Water workouts are good for everyone, improving upon strength, coordination, and balance. You don't need to be a swimmer; head stays above the water.

Instructor: Pauline Mount

Location: Senior Center

Res/Non-res

27317 M 6/12-26 11-11:55 a.m. \$39/\$49

27318 M 6/12-26 6-6:55 p.m. \$39/\$49

27319 W 6/14-28 11-11:55 a.m. \$39/\$49

27320 W 6/14-28 6-6:55 p.m. \$39/\$49

27321 M 7/3-24 11-11:55 a.m. \$52/\$65

27322 M 7/3-24 6-6:55 p.m. \$52/\$65

27323 W 7/5-26 11-11:55 a.m. \$52/\$65

27324 W 7/5-26 6-6:55 p.m. \$52/\$65

CLASSES

BackHab

Program focuses on relearning functional movement patterns with carryover to activities of daily living. Progressions are included to further challenge qualities such as balance, coordination, endurance, trunk stability and gait. Precautions and modifications are addressed.

Instructor: Morgan Pozzi

Location: Senior Center	Res/Non-res
26347 M,W 6/5-28 9-9:45 a.m. \$94/\$117	FULL
27347 M,W 6/5-28 11-11:45 a.m. \$94/\$117	
26988 M,W 7/5-31 9-9:45 a.m. \$124/\$155	
27348 M,W 7/5-31 11-11:45 a.m. \$124/\$155	

Balanced Body

Stretch, observe, and strengthen your way to decrease the risk of falling. Chairs will be used as props while sitting and standing. Those with mobility challenges can be accommodated.

Instructor: Morgan Pozzi

Location: Senior Center	Res/Non-res
26344 T,Th 6/6-29 11-11:45 a.m. \$59/\$73	
26989 T,Th 7/6-27 11-11:45 a.m. \$81/\$101	

Beginning Aquatic Conditioning

A shallow water workout targets agility, balance, coordination, speed, and cardio-respiratory capacity, while using the water to challenge movements.

Instructor: Morgan Pozzi

Location: Senior Center	Res/Non-res
26347 M,W 6/5-28 10-10:45 a.m. \$94/\$117	
26990 M,W 7/5-31 10-10:45 a.m. \$124/\$155	

1:1 Fitness Center Orientation

1:1 orientation teaches you how to properly use the different machines and equipment so you will feel more comfortable. Premium Membership or current Resident Senior Center Card required. Once registered, an instructor will contact you to schedule a 30 minute session. Fee is \$35 for residents.

Orientations held Fridays, June-July.

Visit SantaClaraCA.gov/ActiveNet to register.

FITNESS

Boot Camp with Amber

Kick your fitness into high gear and push your body to the max! Improve your physical health and mental toughness on your way to accomplishing fitness goals you never thought possible. In this fast paced, moderate intensity fitness class, participants will work out on and off fitness mats. When possible, exercise adaptations will be made for those recovering from injury.

Instructor: Amber Biscardi

Location: Senior Center	Res/Non-res
26744 F 6/9-30 9-9:45 a.m. \$24/\$30	
27350 F 7/7-28 9-9:45 a.m. \$46/\$58	

Fitness for All

Strengthen, tone, and improve overall health and fitness with light cardio, weights, and balance workouts.

Instructor: Amber Biscardi

Location: Senior Center	Res/Non-res
26350 W 6/7-28 9-9:45 a.m. \$26/\$32	
26353 W 6/7-28 1-1:45 p.m. \$26/\$32	
26991 W 7/5-26 9-9:45 a.m. \$48/\$60	
26992 W 7/5-26 1-1:45 p.m. \$48/\$60	

Fitness for All — Circuit Training

A great class for a full body workout! This is a great way to start building your own fitness routine or to add to your current repertoire. This class is held in the Senior Center Fitness Center and you will have the opportunity to utilize free weights, exercise balls, steps and more. No prior experience required.

Instructor: Amber Biscardi

Location: Senior Center	Res/Non-res
26356 M 6/5-26 9-9:45 a.m. \$26/\$32	
26993 M 7/10-31 9-9:45 a.m. \$48/\$60	

CLASSES

Indoor Group Cycling

All levels are welcome to join in the fun, as we cycle to upbeat, fun music. In this class, students will learn the different methods of cycling, while getting a great cardio workout. Whether you have never been on a "Spin" bike or are a seasoned professional, this class will meet your needs.

Instructor: Amber Biscardi

Location: Senior Center			Res/Non-res
26359 M	6/5-26	11:15 a.m.-12 p.m.	\$27/\$33
26994 M	7/10-31	11:15 a.m.-12 p.m.	\$49/\$61

Small Group Fitness Training

Class is great for those who want to challenge themselves a bit more, in a small group atmosphere. In this class, you will utilize free weights, cardio machines and weight machines. Each class is different and focuses on helping you accomplish your fitness goals.

Instructor: Amber Biscardi

Location: Senior Center			Res/Non-res
26362 M	6/5-26	10-11 a.m.	\$44/\$55
26995 M	7/10-31	10-11 a.m.	\$84/\$105

Stretch and Core on the Floor

Get your mats out, we're getting on the floor! In this class, you will learn and practice how to get down onto and up from the floor using a chair. Our focus will be proper breathing, stretching, core strengthening and stabilization techniques. Each class will end with stillness, where we'll notice our breath and allow our bodies to reap the benefits of being intentionally on the floor.

Instructor: Morgan Pozzi

Location: Senior Center			Res/Non-res
26365 T,Th	6/6-29	12-12:45 p.m.	\$59/\$73
26996 T,Th	7/6-27	1-12:45 p.m.	\$81/\$101

Tai Chi for Life! Level 1-4

Tai Chi is a slow, gentle, flowing martial art promoting balance, flexibility, strength, and clarity. New participants are highly encouraged to sign up for two consecutive months in order to develop good practice and routine. To move up to the next level, you must have completed the previous level and receive instructor approval.

Instructor: Linda Scheer

Location: Senior Center			Res/Non-res
Level 1			
26368 W	6/7-28	9:30-10:30 a.m.	\$46/\$57
26997 W	7/5-26	9:30-10:30 a.m.	\$46/\$57
Level 2			
26371 T,Th	6/6-29	11:45 a.m.-12:45 p.m.	\$90/\$112
26998 T,Th	7/6-27	11:45 a.m.-12:45 p.m.	\$79/\$98
Level 3			
26374 T,Th	6/6-29	9:45-10:45 a.m.	\$90/\$112
26999 T,Th	7/6-27	9:45-10:45 a.m.	\$79/\$98
Level 4			
26377 T,Th	6/6-29	8:45-9:45 a.m.	\$90/\$112
27000 T,Th	7/6-27	8:45-9:45 a.m.	\$79/\$98

Zumba Gold®

A Latin dance-inspired workout. Let the music move you in this upbeat "fitness party." Zumba Gold® a lower impact, easy-to-follow fitness class that keeps you in the groove of life!

Instructor: Ginger Willson

Location: Senior Center			Res/Non-res
26385 M	6/5-26	10-10:45 a.m.	\$36/\$45
26384 F	6/9-30	10-10:45 a.m.	\$36/\$45
27002 F	7/7-28	10-10:45 a.m.	\$36/\$45
27003 M	7/10-31	10-10:45 a.m.	\$36/\$45

CLASSES

To view the full list of Spring/Summer Creative Arts and Special Interest offerings or register for classes, visit SantaClaraCA.gov/ActiveNet or call the Front Desk (408) 615-3170 for assistance in signing up. Be sure to sign up early to ensure your favorite class is not cancelled.

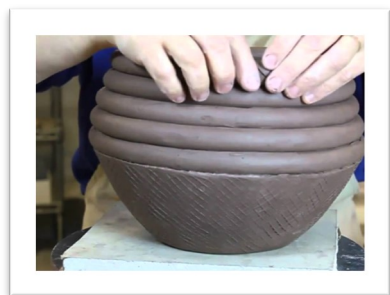
For more information, contact the Senior Center at CustServSrCenter@SantaClaraCA.gov or 408-615-3170.

CREATIVE ARTS

Introduction to Hand-Building

Instructor: M. Smelik

This class is organized for people who like to try new things! You will learn basic hand-building techniques such as pinching, coiling, and slab, and create unique ceramic projects. Our instructor will provide students with step-by-step instructions and detailed demonstrations.

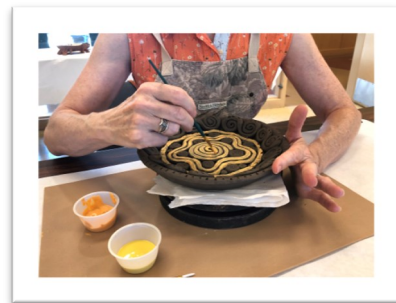


#26979	Room 149	Wed.	10 am - 12 pm	May 3	May 24	Res.\$140 /Non-Res. \$170
#27356	Room 149	Wed.	10 am - 12 pm	June 7	June 28	Res.\$140 /Non-Res. \$170
#27357	Room 149	Wed.	10 am - 12 pm	July 5	July 26	Res.\$140 /Non-Res. \$170

Intermediate Hand-Built Ceramics—NEW!

Instructor: M. Smelik

Delve deeper into the world of hand-building ceramics. With a focus on technique and design, learn advanced skills such as coil building, slab building, and surface decoration. Guided by an experienced instructor, participants will have the opportunity to experiment with various forms and textures to create unique and functional pieces.



Note: It is recommended that students have completed a basic ceramics course or have equivalent experience prior to enrolling in this class. Instructor approval may be required prior to registration.

#26930	Room 149	Tues.	12 - 2 pm	May 2	May 23	Res.\$140 /Non-Res. \$170
#27358	Room 149	Tues.	12 - 2 pm	June 6	June 27	Res.\$140 /Non-Res. \$170
#27362	Room 149	Tues.	12 - 2 pm	July 11	July 25	Res.\$105 /Non-Res. \$128

CLASSES

CREATIVE ARTS

Silk Painting for Beginners (Cold Batik)— NEW!

Instructor: M. Smelik

Learn the beautiful, creative art of silk painting!

Students will be introduced to materials and silk painting techniques with step-by-step demos. This class is suitable for all, whether experienced in painting or new learners.

Students will be able to create their own scarf that can be used as part of their wardrobe or given as a gift.

Sign up early, class size is limited.

Register online at: <https://apm.activecommunities.com/santaclara/Home> or call the Front Desk (408) 615-3170 for assistance in signing up.



#27359	Room 149	Tues.	9 - 11 am	June 6	July 18	Res.\$198 /Non-Res. \$240
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SPECIAL INTEREST

Mindful Meditation with Chris Becker—Online

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: http://apm.activecommunities.com/santaclara/Activity_Search/18112 or call the Front Desk (408) 615-3170 for assistance in signing up. The Zoom link will be made available after your registration.

#23108	Online	Tues.	10:15 – 11:15 am	Apr. 4	Apr. 25	Free
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DROP-IN ACTIVITIES

Games and More!

Older adults age 50+ that possess a Senior Center Basic or Premium Membership or current Senior Center Card, can sign in at the Front Desk using their Senior Center Card and receive necessary equipment to take part in the activities below:

Monday — Friday, 7 am— 3 pm <ul style="list-style-type: none">• Bean Bag Toss (Patio)• Billiards Room• Computer Lab (8 am—3 pm)• Croquet (Fremont Park)• Darts (Billiards Room)• Ladder Ball (Patio)• Shuffleboard (Billiards Room)• Table Tennis (Patio)	Mon./Wed./Fri., 1—2:45 pm <ul style="list-style-type: none">• Board games (Auditorium)• Bridge (Auditorium)• Cribbage (Auditorium)• Domino Games (Auditorium)• Poker (Auditorium)	Fridays, 12:45—2:30 pm <ul style="list-style-type: none">• BINGO (Auditorium)
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For information on the above programs, or how to sign-up for a Senior Center Membership please see the front desk or call (408) 615-3170.

DIY CRAFT

Mini Framed Spring

[\(A Diamond In the Stuff\)](#)

This cute DIY “Spring” frame project can easily be customized with your own pictures frames, favorite paint, scrapbook paper and font!



All you need are little picture frames that can be purchased from the Dollar Store or the dollar bins at Michael’s or Target. They can be the same shape and size, or you can mix it up using different styles, shapes, and sizes. This project was created with different shapes and styles, but keeping them relatively the same size. Don’t worry if they are a mismatch of colors, you can either use them as they are, or spray paint them all one color. In this photo, a glossy white used to make them uniform

Next gather up some bright and springy coordinated scrapbook papers for the backgrounds. Using a computer, you can use different fonts to create your letters, or you can pre-purchase letter at a craft store. This project used black cardstock for the letters. Glue the letters to the pretty papers and popped them into the frames.

You can use this same approach for different seasons or even holidays. How creative will you get?

PUZZLE

Across

- 1. Kind of wool
- 6. Listening devices
- 10. Remote button
- 14. Praise highly
- 15. Stuff to the gills
- 16. "Heat of the Moment" band
- 17. Sacrifice site
- 18. Ambitious ones
- 20. Downturn
- 22. Car radio button
- 23. Make better
- 24. Boot attachment
- 25. Cheer starter
- 27. New England capital
- 32. "Without further ___..."

- 33. Nautical hazard
- 34. Geometric line
- 36. Colored eye part
- 38. "Argo" actor Alan
- 40. Place for mascara
- 41. Sausage units
- 43. Take up again
- 45. Sargasso, for one
- 46. "Cinderella" meanie
- 48. Be a busybody
- 49. Gets even with?
- 50. Airplane maneuver
- 52. What a train follows
- 55. Flowering vine
- 59. Having a short fuse
- 61. Tiniest bit
- 62. Orchestral reed

- 63. Think (over)
 - 64. Keyboard key
 - 65. Mail letters?
 - 66. Whirling current
 - 67. Strapped
- Down**
- 1. Coveted role
 - 2. Wheel turner
 - 3. Tense tennis moment
 - 4. Play loudly
 - 5. Watches on Netflix, say
 - 6. Baker's dozen?
 - 7. Moisturizer additive
 - 8. Woven product
 - 9. Treeless plain

- 10. Kind of witness
- 11. Exploits
- 12. Bicycle part
- 13. Seat anagram
- 19. Lionel Richie hit
- 21. Halawa hello
- 24. Bone brace
- 25. Summon, as a cab
- 26. Actor Elba
- 28. Chuck of action films
- 29. Movie shots
- 30. Try the patience of
- 31. Staircase part
- 35. Open carriage
- 37. Quick drawings
- 39. Has to have
- 42. Railroad nail
- 44. On paper
- 47. Elmo's street
- 51. Captain Nemo's creator
- 52. Archaic pronoun
- 53. Pulls a heist on
- 54. Mounted on
- 55. Actress Tuesday
- 56. One way to stand by
- 57. Type of tea
- 58. High nest (var.)
- 60. Fizzled firecracker

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