



CITY OF SANTA CLARA

SENIOR CENTER

NEWSLETTER

April 2025

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Senior Center

The Senior Center will be closed on
Friday, April 18 for City Holiday

Senior Center Hours:

Monday & Wednesday: 7 am - 7 pm

Tues./Thurs./Fri.: 7 am - 3 pm

Saturday: 8 am - 12 pm

Closed Sunday

***Front Desk closes 30 minutes prior to
facility closing.**

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

In Case You Missed It

On Friday, March 21, the Senior Center hosted a BBQ and honored Senior Center staff, Jessica Carter for 27 years of service to the City of Santa Clara. Jessica is retiring and the Senior Center thanks her for her dedication to the Senior Center patrons. We will miss her dearly and wish her well on her new adventures.



Get Free Tax Help

[AARP Foundation Tax-Aide](#) is focused on taxpayers who are over 50 or have low to moderate income. Beginning February 1—April 15, you can find Tax-Aide locations through [IRS.gov](https://www.irs.gov) or through AARP.



For locations near Santa Clara visit [https://](https://www.aarpfoundation.org/taxaide)

www.aarpfoundation.org/taxaide or call 888-227-7669 or 888-687-2277. You can also email taxaide@aarp.org.

Other Tax Assistance Resources

*United Way Bay Area Tax Help <https://uwba.org/what-we-do/free-tax-help/>

*VITA (Volunteer Income Tax Assistance) – 800-906-9887

*Call 211

*IRS Phone Number – 800-829-1040

April 2025

SENIOR CENTER NEWS

9th Annual “Be Strong, Live Long” Health & Wellness Fair—Save the Dates

Four Fridays, May 2 ~ May 9 ~ May 16 ~ May 23
12 – 3pm each day

- Different Organizations Each Week!
- Entertainment ~ Yummy Boxed Lunch for Sale ~ Prizes
- Free blood pressure screening upstairs!

Please join us to celebrate May’s Older Adults Month. We’re offering a series of four mini-fairs throughout the Senior Center and on our patio. We’ll have music, lunch, and activities in addition to all the wonderful information provided by our exhibitors. Please come to enjoy the afternoon while discovering valuable community organizations that can help make life easier.

Schedule of the Day:

Date	May 2	May 9
Time	12 – 3 PM Musical Performance by Miena Yoo	12 – 3 PM
Exhibitors	<ul style="list-style-type: none">• ACA Care Alliance• Alcoholics Anonymous• Alzheimer's Association• Cancer CAREpoint• Catholic Charities Long Term Care Ombudsman• Clear Caption• City of Santa Clara Library Older Adults• City of Santa Clara Senior Center—Health & Wellness Program• Friendly Voices Phone Buddies for Seniors• Kaiser Permanente• Live Oak Adult Day Services• Mission Hospice• Santa Clara Valley Transportation Authority• Santa Clara Women's League (1st of 2 dates)• Santa Clara County Suicide Prevention Program	<ul style="list-style-type: none">• Alcoholics Anonymous• Breathe California• Caption Call by Sorenson• City of Santa Clara—Mission City Memorial Park• City of Santa Clara Senior Center— Health & Wellness Program• El Camino Hospital Road Runners Transportation• Heart of the Valley• Pacific Gas & Electric• Pacific Hearing Center• Project Sentinel• PVI• Adult Day Services at Rosener House• Rebuilding Together Silicon Valley• Santa Clara County District Attorney's Office—Victim Services Unit• Santa Clara Family Health Plan• Santa Clara Women's League

April 2025

SENIOR CENTER NEWS

9th Annual “Be Strong, Live Long” Health & Wellness Fair

Schedule of the Day contd.:

Date	May 2	May 9
Exhibitors	<ul style="list-style-type: none">• Santa Clara Valley Medical Center Burn Unit• Seniors Council - Foster Grandparent/Senior Companion Program• Yu-Ai Kai Japanese Community Senior Services	<ul style="list-style-type: none">• Seniors Council - Foster Grandparent/Senior Companion Program• Silicon Valley Independent Living Center• Silicon Valley Ostomy Support Group
Date	May 16	May 23
Time	12 – 3 PM Musical Performance by OJ Jellison	12 – 3 PM Dance performance by Hui Ilima Dancers
Exhibitors	<ul style="list-style-type: none">• Alcoholics Anonymous• Bay Area Older Adults• Caption Call by Sorenson• City of Santa Clara Department of Public Works - Environmental Programs• City of Santa Clara Fire Department• City of Santa Clara Housing & Community Services• City of Santa Clara Library Bookmobile, 12 - 1pm• Elder Abuse Task Force• Pacific Gas & Electric• Santa Clara County—Department of Environmental Health• Senior Adults Legal Assistance (SALA)• Seniors Council—Foster Grandparent/Senior Companion Program• Silicon Valley Animal Control• Silicon Valley Bicycle Coalition Energizer Station• Silicon Valley Power• Stepping Stones—Quality of Life Advocacy• Valley Village Retirement Community	<ul style="list-style-type: none">• Alcoholics Anonymous• Caption Call by Sorenson• City of Santa Clara Senior Center— Health & Wellness Program• Clear Caption• Open Space Authority of Santa Clara County• Pacific Gas & Electric• Peninsula Humane Society & SPCA Wildlife Care Center• Project Sentinel• Santa Clara County—Department of Environmental Health• Seniors Council - Foster Grandparent/Senior Companion Program• Silicon Valley Ostomy Support Group• Sourcewise Caregivers Network• Sourcewise Health Insurance Counseling & Advocacy Project (HICAP)• Sourcewise Information & Awareness• UCCE Composting Education Program

SENIOR CENTER NEWS

Senior Center Lending Library

Thanks to the generous donations of gently used books, the Lending Library is open for those who love books and those that want to share books. Take a Book, Leave a Book, Love a Book, Keep a Book.

The Lending Library works like this—

- Feel free to take a book if you see something you would like to read.
- Return the book when you're done.
- Donate a book if you have a book you'd like to pass on.

When returning a book, please return books to the book return cupboards labeled "Book Return". Volunteers will then organize and return books to the proper section.

The Lending Library is once again accepting book donations. Please drop them off at the Front Desk



Help Needed at the Senior Center!

The Senior Center is looking to hire part time individuals who are customer service oriented, energetic, motivated, and have experience working with older adults age 50+. Areas of interest could be but are not limited to: Fitness Attendants and Instructors, Front Desk, Woodshop and Stone-work Instructors.



Schedule and rate of pay depends on position. If you or someone you know are interested, please apply online at: the City of Santa Clara's Human Resources webpage: <https://www.santaclaraca.gov/our-city/departments-g-z/human-resources>

For more information or questions, please call Recreation Supervisor, Jennifer Herb at

MAHJONG CLUB

Mondays, 1—3 pm

Tuesdays, 9:30—11:30 am

If you have Mahjong experience and you would like to play on your own, the Senior Center has sets available at the front desk. Older adults age 50+ that possess a Senior Center Basic or Premium Membership Card, can sign in at the Front Desk using their Membership Card and receive necessary equipment.



RESOURCES

Front Desk Assistance at the Senior Center

Monday & Wednesday, 7 am—7 pm
Tuesday/Thursday/Friday, 7 am—3 pm
Saturday, 8 am—12 pm.



If you have a question about any of our programs or need assistance, we'll be happy to assist you. Please note: the front desk closes 30 minutes prior to the facility closing. 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.

For more information, view the [Senior Center Membership Brochure](#) or call the Front Desk at (408) 615-3170.



HICAP— Health Insurance Counseling & Advocacy Program

Monthly Appointments During Open Enrollment

2nd and 4th Tuesday of the Month

9 am, 10 am and 11 am time slots



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

RESOURCES

Managing Money: A Caregiver's Guide to Finances

By the Alzheimer's Association

Thursday, April 24

1 – 2:30pm

Activity #: [32270](#)

If you or someone you know is facing Alzheimer's disease, dementia, or another chronic illness, it's never too early to put financial plans in place. Betty and Dave from the Alzheimer's Association return to explain:

- Tips for managing someone else's finances
- How to prepare for future care costs
- The benefits of early planning

This presentation is free, but advanced registration is required. Seating is limited so don't delay! Register online at: http://apm.activecommunities.com/santaclara/Activity_Search/27274 or ask the Front Desk to assist you.



SALA (Senior Adults Legal Assistance) - FREE

Bi-Monthly Appointments

1st and 3rd Wednesday of each month

10 am, 10:30 am, 11 am, 11:30 am, 12 pm time slots



SALA provides free legal assistance to Santa Clara County Residents age 60+ on legal matters pertaining to:

- Social Security, SSI, Medicare, Medi-Cal, and In-Home Supportive Services
- Nursing Homes, Residential Care, Alternatives to Institutionalization
- Restraining or Protective Orders (to prevent elder abuse or domestic violence), Revocation of Powers of Attorney (for fiduciary abuse)
- Landlord-Tenant, Subsidized/Senior Housing, Mobile Home Residence matters, Utilities
- Medicare HMO, Supplemental Insurance, Long-Term Care Insurance problems
- Advance Health Care Directives, Health Care Powers of Attorney, Uniform Statutory Form Powers of Attorney (for financial management)
- Death of Joint Tenant Affidavits, Small Estate Affidavits (valued at \$184,500 or less)
- Statutory Wills or Holographic (handwritten) Wills for elders with modest assets

SALA provides assessment, advice, and/or referral for other types of legal matters.

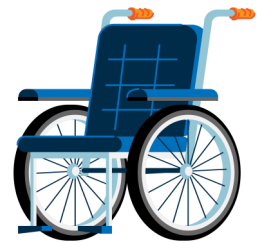
For more information or to book your appointment, see the Senior Center Front Desk or call (408) 615-3170.

RESOURCES

Community Closet, Health & Wellness Program

We have transport wheelchairs and walkers to lend for temporary use through our Community Closet. We also provide incontinence supplies (briefs/diapers, disposable pads, wipes) free of charge.

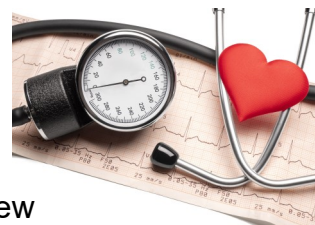
Please contact Larisa Polozova at lpolozova@santaclaraca.gov or call her directly Wed – Fri at (408) 6715-3797 to see if we have an item you need.



Blood Pressure Clinic - Drop In

Wednesdays, 10:30 am - 12 pm, Health & Wellness Program Waiting Area

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.



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
(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



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. 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 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>

Pistachio Oat Squares

Ingredients

1 c. raw shelled pistachios
1 c. rolled oats
½ tsp. sea salt
¼ c. maple syrup, more for drizzling on top
2 tbsp. olive oil
⅓ c. unsweetened coconut flakes
additional handful of chopped pistachios for the topping

Instructions

Preheat the oven to 350 degrees. Line an 8-inch square pan with parchment paper. In a food processor with S-blade attached, process

pistachios, oats, and salt for about 30 seconds, until meal starts to form. Drizzle in maple syrup and olive oil while the motor is running and meal begins to come together into a crumbly, almost-wet dough.

Press dough evenly into pan and cover it with coconut flakes and remaining pistachios. Bake for 10 - 12 minutes until coconut is nice and golden brown and dough is cooked through. You want squares to be a little soft - don't overbake.

Carefully lift cooled dough out of pan by holding two sides of the parchment paper. Cut into squares. Drizzle a little maple syrup over the top for extra sweetness, if you like.

Keep Calm & Carry Yarn—A Social Handiwork Meet-Up

Drop-In

Wednesdays, 10 - 11:30 am

Through - May 21

Room 231

If you love to crochet, knit, embroider, needlepoint, or do other handiwork, please join our weekly group. Bring your work in progress to socialize with others while you work. Studies show that creative activities like knitting and crocheting can improve overall brain health, help relieve depression, and reduce anxiety. Get out of the house! Please note that this is not an instructional class. Crafters of all skill levels are welcome.



Contact Jodi Bisely, RN, Health & Wellness Program with questions: jbisely@santaclaraca.gov or (408) 615-3175 Monday & Tuesdays only.

HEALTH & WELLNESS

Heart & Mind: Emotional Health Corner

by Katy Gaty-Delia, LCSW, Health & Wellness Program

In the US, many communities don't discuss death openly, and because it is less common to live in intergenerational households where kids and grandkids take care of older family members, many of us are not exposed to the realities of aging and death until we are facing it ourselves. As difficult as it can be to discuss death, there are some huge gifts for you and your family that can be gleaned from time spent in consideration of mortality. First is the practical side of things - getting your final paperwork completed that outlines who will speak and care for you if you can no longer speak or care for yourself (it is more common than you may think), how your assets will be distributed, and how to access essential information. Then there are the important emotional, ethical, and spiritual questions that inevitably arise. This can be the greatest gift - clarifying what is important, what you value in your life, and the opportunity to live as closely as you can to that truth. If you would like support in considering end of life planning, reach out to the staff of the Health & Wellness Program for resources that can help guide these decisions. May you reap the blessings of this difficult work!



Mindfulness Meditation

Tuesdays through May 20

10 – 11am

- First Tuesday of the Month: On Zoom with Chris Becker
- All other Tuesdays: In Person with Mallory, Room 231

Activity #: [31115](#)

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 by centering yourself and calming your mind. Chris will lead the group via Zoom on the first Tuesday of each month while you participate at home via your own device. All other Tuesday meetings will be in person at the Senior Center, led by Mallory. You are welcome to participate however you wish. Join us to practice this easy, gentle meditation and to explore different ways of mindfulness. This is a free group, but registration in advance is required.



Register online at: http://apm.activecommunities.com/santaclarita/Activity_Search/26119 or call the Front Desk (408) 615-3170 for assistance in signing up. The Zoom link will be made available after your registration. Email is required for timely communication.

Contact Mallory von Kugelgen, RN, Health & Wellness Coordinator, with questions:
mvonkugelgen@santaclarita.gov (408) 615-3170.

April 2025

HEALTH & WELLNESS

Coloring for a Clear Mind

A Free Stress-Reduction Activity

Thursday, April 17

10am – 11:30am in Room 131

Join USF Student Nurse Ayah for a stress reduction session to explore easy but powerful techniques to feel more at ease and in control. There will be coloring to do to help calm your mind. Learn about stress reduction tips to help you relax and recharge. Drop in to learn how to turn down the stress dial and invite more peace into your life! Materials will be provided on a first come basis.

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



GET INVOLVED

Memories & Hugs Workshop

Third Monday of the month, 1 - 2pm

Through May 19

Room 231

Activity # [31119](#)

We are sewers who partner with Kaiser Hospice to create bears or pillows in memory of loved ones, transforming garments into keepsakes. We meet monthly 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 as our work load allows.



Participation is free and registration is required. You may register online at:

http://apm.activecommunities.com/santaclaraca/Activity_Search/26123 or call the Senior Center Front Desk for assistance.

For questions, contact Jodi Bisely at jbisely@santaclaraca.gov or call (408) 615-3175 on Mondays & Tuesdays.

Volunteers Needed

The Senior Center is looking for enthusiastic, energetic, and motivated individuals who are eager to help for a few hours every week. Current areas of volunteer needs are:

- **Bingo**—contact Dino Medar, at dmedar@santaclaraca.gov or at (408) 615-3190.
- **Card Games**—If you have experience teaching others how to play card games such as Bridge, Cribbage, Rummy, Poker or Blackjack, contact Dino Medar, at dmedar@santaclaraca.gov or at (408) 615-3190
- **Computer Lab**—contact Dino Medar, at dmedar@santaclaraca.gov or at (408) 615-3190.
- **Fitness Center Attendants**—contact Jennifer Herb at jherb@santaclaraca.gov or (408) 615-3171
- **Senior Nutrition Servers**—contact Jennifer Herb, Senior Center Supervisor at jherb@santaclaraca.gov or at (408) 615-3171.
- **Snack Bar attendants**—contact Jennifer Herb, Senior Center Supervisor at jherb@santaclaraca.gov or at (408) 615-3171.



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, sign up for the Fitness Center Orientation class at the Front Desk. Once registered, the instructor will contact you to schedule a 30 minute session. Fee is \$35.00.

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.

Thermometers are located in each pool. Users may make an informed decision whether water temperature is suitable for their needs.

For the most up-to-date schedule, be sure to check the posted Natatorium Schedule in the building, or check with the front desk as classes may be added or canceled and the pool availability may change for swimming/walking.



NATATORIUM SCHEDULE

Three Lane Lap Pool: 80-84 Degrees F, 27' x 60 in Length, 3.5' to 5.5' Deep

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 - 9 am	Open	Open	Open	Open	Closed	Open 8:30—11:30 am
9 - 10 am						
10 - 11 am						
11 am - 12 pm	P&R Class— AquaFit		P&R Class— AquaFit			
12 - 1 pm	Open		Open			
4 - 5:30 pm	Open	Closed	Open	Closed		Closed
5:30 - 6:30 pm						

Additional Lap Swim is available at Mary Gomez Swim Center

Lap swim 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/classes-activities/swimming> for lap swim schedule.

Warm Water Pool: 90-94 Degrees F, 21' x 21' in Length, 3' to 4' Deep

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 - 9 am	Open	Open	Open	Open	Closed	Open 8:30—11:30 am
9 - 10 am						
10 - 11 am						
11 am - 12 pm						
12 - 1 pm						
4 - 5:30 pm	Open	Closed	Open	Closed	Closed	Closed
5:30 - 6:30 pm	P&R Class— AquaFit		P&R Class— AquaFit			

Warm-up Pool: 90-94 Degrees F, 3' Deep

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 am - 1 pm	Open	Open	Open	Open	Closed	Open 8:30—11:30 am
4 - 6:30 pm	Open	Closed	Open	Closed		Closed

Water Temperature

Temperatures are set to allow patrons to exercise safely, while maintaining optimal ambient temperatures and humidity levels for equipment to function properly. Please consult your primary health care provider before participating in warm water activities.

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: aquatics, 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. Sign up early to ensure a spot in your favorite class or to avoid cancellation.

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



AQUATICS

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. No drop-ins allowed.

Instructor: Pauline Mount

Location: Senior Center, Lap Pool

Res/Non-res

31338	M	4/7-4/28	11-11:55 a.m.	\$41/\$51
31340	M	4/7-4/28	5:30-6:25 p.m.	\$41/\$51
31342	M	5/5-5/19	11-11:55 a.m.	\$41/\$51
31344	M	5/5-5/19	5:30-6:25 p.m.	\$41/\$51
31346	M	6/9-6/30	11-11:55 a.m.	\$55/\$69
31348	M	6/9-6/30	5:30-6:25 p.m.	\$55/\$69
31350	M	7/7-7/28	11-11:55 a.m.	\$55/\$69
31352	M	7/7-7/28	5:30-6:25 p.m.	\$55/\$69
31347	W	6/11-7/2	11-11:55 a.m.	\$55/\$69
31349	W	6/11-7/2	5:30-6:25 p.m.	\$55/\$69
31351	W	7/9-7/30	11-11:55 a.m.	\$55/\$69
31353	W	7/9-7/30	5:30-6:25 p.m.	\$55/\$69

Location: Senior Center, Warm Water Pool

Res/Non-res

31339	W	4/9-4/30	11-11:55 a.m.	\$41/\$51
31341	W	4/9-4/30	5:30-6:25 p.m.	\$41/\$51
31343	W	5/7-5/28	11-11:55 a.m.	\$41/\$51
31345	W	5/7-5/21	5:30-6:25 p.m.	\$41/\$51

CLASSES

CREATIVE ARTS

Chain Maille Jewelry: Ancient Art & Elegance

Prepare to be enchanted by the ancient art of chain maille! In this class, you'll learn six timeless chain maille weaves — 6-in-3, Dragon Tail, Helm, Ruffles, Box, and Byzantine — to create intricate and beautiful jewelry pieces. Creating chain maille jewelry is not only a way to design unique accessories but also a calming, meditative process as you link rings together. Ideal for crafters of all skill levels.

Instructor: Sue Toorans

Location: Senior Center

Res/Non-res

32120	W	4/16-5/21	5-7 p.m.	\$128/\$158
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Cut, Paste, Create: Collage Card-Making

Unleash your creativity by crafting unique, handmade cards using the art of collage! In this class, you'll experiment with a variety of materials — from patterned and textured paper to magazine clippings and recycled materials — to design personalized cards for any occasion. All skill levels are welcome.

Instructor: Giada Conte

Location: Senior Center

Res/Non-res

32136	M	5/5-5/12	9-11 a.m.	\$40/\$48
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32138	M	7/14-7/21	9-11 a.m.	\$40/\$48
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Introduction to Tangle Art

Discover a new drawing technique and celebrate the beauty of nature! This class invites you to represent the natural world in a new and unexpected way, through an engaging, easy, and relaxing art activity that will bring your designs to life. Craft your own artwork with a method of drawing repetitive lines, shapes, and other designs that when combined create a "tangle".

Instructor: Giada Conte

Location: Senior Center

Res/Non-res

32133	T	4/8-4/22	9-11 a.m.	\$68/\$83
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32139	T	6/3-6/24	9-11 a.m.	\$68/\$83
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Pottery

Dive into the realm of hand-built pottery with our ongoing program. You'll explore the art of hand-shaping, coiling, slab, and pinching techniques to manifest creations from your inner artist. Embark on this timeless journey of expression, where every session enriches your understanding and appreciation of hand-built pottery. Intermediate class requires prior experience and will include surface decoration and advanced skills.

Instructor: Marina Smelik

Location: Senior Center

Beginning

Res/Non-res

32111	W	4/23-5/21	10 a.m.-12 p.m.	\$175/\$213
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32112	W	6/4-7/16	10 a.m.-12 p.m.	\$199/\$244
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Intermediate

Res/Non-res

32113	T	4/22-5/20	12-2 p.m.	\$175/\$213
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32114	T	6/3-7/15	12-2 p.m.	\$199/\$244
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Silk and Fabrique Painting

Unveil the colorful realm of Silk and Fabrique Painting in our inclusive class. Delve into the intricacies of working with silk and other fabrics, introducing you to the subtleties of paint application and technique. Novices need not worry, as we provide curated patterns to help jumpstart your creative journey. Join us as we merge art with textile, crafting visual symphonies that are delightful to view as they are to wear.

Instructor: Marina Smelik

Location: Senior Center

Res/Non-res

32109	T	4/22-5/20	9-11 a.m.	\$165/\$200
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32110	T	6/3-7/15	9-11 a.m.	\$198/\$240
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CLASSES

Skills in Wire Weaving — Stone Donut Pendant

Learn the art of jewelry wire weaving. Learn three different weaves to create a stone donut pendant, other items, and methods to prevent snags. Participants will develop the skills to make the pendant and other wire woven items. Magnifying lamps will be available in class. Note: This class is for those with some prior crafting experience and finger/hand dexterity.

Instructor: Sue Toorans

Location: Senior Center				Res/Non-res
32119	M	4/14-5/19	5-7 p.m.	\$128/\$158

From Links to Luxe: Wire Weaving Jewelry

Craft a personalized piece of jewelry using wire-weaving techniques. Beginners and experienced jewelry makers will learn approximately six link styles. Once mastered, you'll combine these links into your own necklace, bracelet, or earrings. Perfect for anyone looking to express their unique style and develop a rewarding new skill!

Instructor: Sue Toorans

Location: Senior Center				Res/Non-res
32121	M	6/9-7/14	5-7 p.m.	\$128/\$158

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 to meet your fitness goals. In this fast paced, moderate intensity fitness class, students will work out on and off fitness mats.

Instructor: Amber Biscardi

Location: Senior Center				Res/Non-res
31702	T	4/1-4/29	1-1:45 p.m.	\$48/\$60
31703	T	5/6-5/20	1-1:45 p.m.	\$37/\$46
32027	T	6/3-6/24	1-1:45 p.m.	\$37/\$46
31699	W	4/2-4/30	10-10:45 a.m.	\$48/\$60
31700	W	5/7-5/21	10-10:45 a.m.	\$37/\$46
31701	W	6/4-6/25	10-10:45 a.m.	\$37/\$46

Circuit Training with Amber

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. You will have the opportunity to utilize free weights, exercise balls, steps and more.

Instructor: Amber Biscardi

Location: Senior Center				Res/Non-res
31707	M	4/7-4/28	9-9:45 a.m.	\$37/\$46
31708	M	5/5-5/19	9-9:45 a.m.	\$37/\$46
31709	M	6/2-6/30	9-9:45 a.m.	\$48/\$60
31710	Th	4/3-4/24	1-1:45 p.m.	\$37/\$46
31711	Th	5/1-5/22	1-1:45 p.m.	\$48/\$60
31712	Th	6/5-6/26	1-1:45 p.m.	\$37/\$46

Fitness for All with Amber

Strengthen and tone your body and improve your overall health and fitness level. All abilities are welcome as we move through light cardio, weights, and balance workouts in our upstairs aerobics room.

Instructor: Amber Biscardi

Location: Senior Center				Res/Non-res
31714	M	4/7-4/28	12:30-1:15 p.m.	\$37/\$46
31716	M	5/5-5/19	12:30-1:15 p.m.	\$37/\$46
31718	M	6/2-6/30	12:30-1:15 p.m.	\$48/\$60
31713	W	4/2-4/30	9-9:45 a.m.	\$48/\$60
31715	W	5/7-5/21	9-9:45 a.m.	\$37/\$46
31717	W	6/4-6/25	9-9:45 a.m.	\$37/\$46

Chair Yoga with Sindhu

This chair-based yoga class works in stretching, flexibility, and strengthening the body with the help of various yogic postures. This class includes variations in postures for everyone to adapt accordingly using chairs, and props landing you into calm and contented at the end of the class. Laughter yoga is included!

Instructor: Sindhu Singal

Location: Senior Center				Res/Non-res
31704	Th	4/3-4/24	10:30-11:30 a.m.	\$64/\$80
31705	Th	5/1-5/22	10:30-11:30 a.m.	\$64/\$80
31706	Th	6/5-6/26	10:30-11:30 a.m.	\$64/\$80

CLASSES

Gentle Yoga with Miki

In this alignment-based class, we practice classic and therapeutic yoga poses designed to increase the flexibility of your spine and strengthen your core which supports it. Our practice takes us through a wide range of motion in all the major joints of your body, increasing flexibility and balance, improving posture and creating an overall sense of relaxation and well-being. Beginners are welcome.

Instructor: Miki Bousso

Location: Senior Center

Res/Non-res

31719	T	4/1-4/29	9-9:45 a.m.	\$64/\$80
31720	T	5/6-5/20	9-9:45 a.m.	\$49/\$61
32011	T	6/3-6/24	9-9:45 a.m.	\$64/\$80

Holistic Yoga with Sindhu

Relax the mind and strengthen the body with this rejuvenating yoga class. Class with focus on breathwork, relaxation, meditation and will teach various yogic postures the focus on stretching, flexibility, and strengthening core muscle groups. This is a mat-based class.

Instructor: Sindhu Singal

Location: Senior Center

Res/Non-res

31721	T	4/1-4/29	10:30-11:30 a.m.	\$79/\$98
31722	T	5/6-5/20	10:30-11:30 a.m.	\$49/\$61
31723	T	6/3-6/24	10:30-11:30 a.m.	\$64/\$80

Guided Meditation with Sindhu

We will walk through various limbs of yoga, from subtle physical practices, to tame the body to be in a comfortable state, focus on the breath, to the final destination of meditation. Through various breathing techniques, you will learn to quiet the mind progressively and make it one-pointed. Practice meditation that can help improve sleep, reduce stress and anxiety, and bring clarity of the mind, inner peace, and self-awareness.

Instructor: Sindhu Singal

Location: Senior Center

Res/Non-res

32065	M	4/7-4/28	12:30-1 p.m.	\$30/\$38
32066	M	5/5-5/19	12:30-1 p.m.	\$23/\$29
32067	M	6/2-6/30	12:30-1 p.m.	\$37/\$46

Indoor Group Cycling with Amber

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

31724	M	4/7-4/28	11:15 a.m.-12 p.m.	\$38/\$47
31725	M	5/5-5/19	11:15 a.m.-12 p.m.	\$38/\$47
31726	M	6/2-6/30	11:15 a.m.-12 p.m.	\$49/\$61

Move More Mile Challenge with Amber

This brand-new engaging class is designed for seniors who want to stay active and improve their cardiovascular health by walking a mile indoors to upbeat music. Set to a lively playlist, participants will walk at a comfortable pace that suits their fitness level. Throughout the class we will monitor heart rates to ensure everyone is working within a safe and effective range.

Instructor: Amber Biscardi

Location: Senior Center

Res/Non-res

31727	M	4/7-4/28	1:30-2 p.m.	\$17/\$21
31728	M	5/5-5/19	1:30-2 p.m.	\$17/\$21
31729	M	6/2-6/30	1:30-2 p.m.	\$22/\$28

Nia Dance with Miki

This dance class is a fun, dynamic, non-impact easy-to-follow dance sequence which combines moves from Yoga, Pilates, Tai-chi, Tae-kwon-do, Aikido, Jazz and a can dance. We dance to a variety of music. Each song and choreography is very different in nature. No prior dance experience is needed.

Instructor: Miki Bousso

Location: Senior Center

Res/Non-res

31730	M	4/7-4/28	6:20-6:45 p.m.	\$23/\$29
31731	M	5/5-5/19	6:20-6:45 p.m.	\$23/\$29
32012	M	6/2-6/30	6:20-6:45 p.m.	\$37/\$46

CLASSES

Pilates with Amber

This mat-based Pilates class will focus on building strength in your core to increase stability and improve flexibility and posture. While challenging your core muscle groups by using slow, controlled movements, there will be an emphasis in proper breathing techniques.

Instructor: Amber Biscardi

Location: Senior Center				Res/Non-res
31732	M	4/7-4/28	10-10:45 a.m.	\$37/\$46
31733	M	5/5-5/19	10-10:45 a.m.	\$37/\$46
31734	M	6/2-6/30	10-10:45 a.m.	\$48/\$60
31735	Th	4/3-4/24	9-9:45 a.m.	\$37/\$46
31736	Th	5/1-5/22	9-9:45 a.m.	\$48/\$60
31737	Th	6/5-6/26	9-9:45 a.m.	\$26/\$32

Pilates with Miki

In this alignment-based Pilates class, we will move through a dynamic sequence to strengthen and improve posture, enhance flexibility, tone the entire body, and move all the major joints through their full range of motion. Beginners are welcome.

Instructor: Miki Bousso

Location: Senior Center				Res/Non-res
31738	M	4/7-4/28	5:30-6:15 p.m.	\$49/\$61
31739	M	5/5-5/19	5:30-6:15 p.m.	\$49/\$61
32013	M	6/2-6/30	5:30-6:15 p.m.	\$79/\$98

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.

Visit SantaClaraCA.gov/ActiveNet to register.

Tai Chi for Life!

Tai Chi is a slow, gentle, martial art promoting balance, flexibility, strength, clarity. New students are encouraged to sign up for two consecutive months to develop good practice and routine. Intermediate — Pose participants will learn individual form moves through the long form sequence, while Intermediate — Practice participants will learn to apply form moves for independent practice. Intermediate/advanced classes require instructor approval.

Instructor: Linda Scheer

Location: Senior Center

Beginning				Res/Non-res
31743	W	4/2-4/30	9:30-10:30 a.m.	\$57/\$71
31744	W	5/7-5/21	9:30-10:30 a.m.	\$35/\$43
31745	W	6/4-6/25	9:30-10:30 a.m.	\$46/\$57
Intermediate – Pose				Res/Non-res
31746	T,Th	4/1-4/29	9:45-10:45 a.m.	\$101/\$126
31747	T,Th	5/1-5/22	9:45-10:45 a.m.	\$79/\$98
31748	T,Th	6/3-6/26	9:45-10:45 a.m.	\$90/\$112
Intermediate – Practice				Res/Non-res
31749	T,Th	4/1-4/29	11:45 a.m.-12:45 p.m.	\$101/\$126
31750	T,Th	5/1-5/22	11:45 a.m.-12:45 p.m.	\$79/\$98
31751	T,Th	6/3-6/26	11:45 a.m.-12:45 p.m.	\$90/\$112
Advanced				Res/Non-res
31740	T,Th	4/1-4/29	8:45-9:45 a.m.	\$101/\$126
31741	T,Th	5/1-5/22	8:45-9:45 a.m.	\$79/\$98
31742	T,Th	6/3-6/26	8:45-9:45 a.m.	\$90/\$112

Zumba Gold®

This class is a Latin dance-inspired workout. Let the music move you in this upbeat "fitness party". It's 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
31752	M	4/7-4/28	10-10:45 a.m.	\$36/\$45
31754	M	5/5-5/19	10-10:45 a.m.	\$28/\$35
31756	M	6/2-6/30	10-10:45 a.m.	\$44/\$55
31753	F	4/4-4/25	10-10:45 a.m.	\$36/\$45
31755	F	5/2-5/23	10-10:45 a.m.	\$36/\$45
31757	F	6/6-6/27	10-10:45 a.m.	\$36/\$45

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:

- Visits are in 2-hour increments
- Passes do not expire and are non-transferable.
- Passes are valid only for Open Studio at the Senior Center.

Passes start at \$17.00 for residents and slightly higher for non-residents. Single and multi-pass discounts are available.

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 Ceramics, Lapidary, or Woodshop Studio.

Single Drop-in Cost: \$17.00 Res.

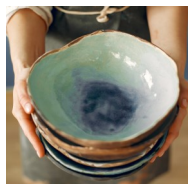
Multi-Pass Cost:

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

Ceramics Open Studio

Thursday 12—2 pm

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

Tuesday 9 am—1pm

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

Wednesday 9—11 am

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.

For more information, call the Front Desk at (408) 615-3170.

DROP-IN ACTIVITIES

Games and More!

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

Mon./Wed., 7 am - 7 pm Tues./Thurs./Fri., 7 am - 3 pm Sat., 8 am - 12 pm <ul style="list-style-type: none">• Bean Bag Toss (Patio)• Billiards Room• Computer Lab (opens 8 am)• Croquet (Fremont Park)• Darts (Billiards Room)• Ladder Ball (Patio)• Mahjong• 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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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:

- April 1 - DJ Sam Tran
- April 8 - Thomas Vuong
- April 15 - DJ Sam Tran
- April 22 - DJ Harvey Yee
- April 29 - DJ Gilbert Hwang

For information on the above programs, please contact the Senior Center Front Desk at (408) 615-3170 or CustServSrCenter@SantaClaraCA.gov