

ALMADEN

OLDER ADULTS 50+

6445 Camden Ave, San José, CA 95120 (408) 268-1133

May 2024

CENTER INFO

Center Staff

Ruth Perez	Center Supervisor
Lesly Elizondo	Senior Specialist
Marissa Roberts	Leisure Specialist
Jarrad Pagan	Interim Youth Specialist
Amanda Martinez	Youth Specialist
Jelena Gonzalez	Rental/ Front Desk Coordinator

Trio Staff

Latisha Vargas	Site Kitchen Manager
Jose Medrona	Cook

HOLIDAY CLOSURES

Monday, May 27
Memorial Day



Wednesday, June 19
Juneteenth



UPCOMING EVENTS

**Early registration for
2024 senior members opens on
Wednesday, May 1, 2024 at 10 a.m.**

***Any participant over the age of 18 must fill out their own registration form.**

FREE ! Ice Cream Dance Social 50+

In celebration of Older American's Month, come and get your groove on , do some karaoke, and indulge in a delightful experience of flavors, fun, and frozen treats at our Ice Cream Dance Social event!

Friday, 5/24/2024
12:30 - 2 p.m.

In the community room

Sign up at the front desk or call 408-268-1133



Older Adult 50+ Color Walk: Come and represent Almaden Community Center!

Course #: 008.4.2000
Friday, May 17, 2024
Member: \$8 | Non-Mem: \$13
(FREE T-SHIRT FOR COLOR WALKERS!)

Check-in starts at 10a.m.
10:30 a.m. Color Walk Starts
11 a.m. Resource Fair
11:30 a.m. Lunch/Performance

The Color Walk is an untimed lap event. At each quarter mile mark, color walkers are doused from head to toe in a different colored powder. Participants wear white at the starting line and finish the race plastered in color. (THERE IS AN OPTION OF NOT BEING SPLASHED WITH COLOR) Once the race is over, there will be Older Adult resources, food, music, activity booths, and more!

Register now at www.sjregistration.com or in-person
For more questions, email olderadultprograms@sanjoseca.gov



MESSAGE FROM THE ALMADEN SENIOR ASSOCIATION, MAY 2024

Volunteers Needed:

Do you have ideas for trips and events? Are you an organizer? Do you like writing? Do you have computer or web related skills? If you have any of these abilities and many others not listed here, we would like your help. By using the talents you already have, you can contribute to the Almaden Senior Association. If you are willing to help, we can use you. Please contact me and let me know you would like to help. Rich, 408-219-8641.

Events and Trips:

Tickets for all events and trips on sale in ACC lobby, M,W,F 8am to 10am. Look for flyers in ACC lobby or on the ASA Website AlmadenSeniors.org 'Activities'.

Cinco de Mayo: Saturday, May 4, 12pm:

Come join the excitement for a Cinco de Mayo Mexican Lunch served at noon followed by entertainment by Indivi Duo, a Latin singing/dancing couple.

\$22 members, \$25 non-members, Cash or Check

Tickets are on sale now in the ACC lobby.

For more info call Jeanne at 408-425-5723

Social Media:

Look for more information on our social media pages. Facebook:

<https://facebook.com/almadenseniors>, Website: <https://almadenseniors.org>

May 2024 Happenings:

May 1: May Day, Celebration of the international worker.

May 4: Cinco de Mayo event by the Almaden Senior Association, 12pm

May 4: Kentucky Derby,

May 4: Star Wars Day, May the 4th be with you

May 5: Cinco de Mayo, Celebrating the victory of the battle of Puebla

May 12: Mother's Day

May 17: Color Walk and Resource Fair, Lake Cunningham 10am, \$8

May 23: Happy Hollow, Senior Safari, Free entry for seniors between 9 and 10am

May 24: Ice Cream and dance social, Almaden Community Center, 12:30pm, free

May 27: Memorial Day, remember those who died for our freedom. The center is closed.

Rich Sanders,

President, Almaden Senior Association



ALMADEN SENIOR ASSOCIATION UPDATES

Monthly Meeting Almaden Senior Association Wednesday May 1, 2024, 10am

Date and Time:

Wednesday May 1, 2024, 10am Pacific Time

Attend in Person:

Please plan to attend this meeting in-person at the Almaden Community Center. This month's meeting will be upstairs at the Almaden Community Center, Classroom 4.

Attend Online:

This will be a hybrid meeting. We would love to see you in person, but you can attend online via Zoom. Regardless of how you do it, please attend this Almaden Senior Association meeting.

To join this meeting via Zoom, at 10am on Wednesday May 1, 2024:

Using your web browser, simply click on this link:

<https://us02web.zoom.us/j/3470748947>

or

Using your Zoom app:

Open your Zoom app, click 'Join a Meeting' and enter the meeting ID 3470748947

or

Call in to the meeting:

By phone (audio only), Call 669-900-6833 and when prompted enter the code 3470748947.

Press the following buttons to interface while on a Zoom Phone Call.

Mute/Unmute - *6

Raise Hand - *9

Please read the minutes inside the back page of this newsletter.

I will ask you, our members, for their approval of those minutes at the meeting.

Rich Sanders, President,
Almaden Senior Association



OLDER ADULTS 50+ CLASSES

**SUMMER SESSION:
06/10 - 08/31**

**Summer Registration opens
on Wednesday, May 1**

**REGISTER WWW.SJREGISTRATION.COM OR
IN-PERSON AT ALMADEN COMMUNITY
FRONT OFFICE**

**ANY PARTICIPANT OVER THE AGE OF 18 MUST FILL OUT
THEIR OWN REGISTRATION FORM.**

Activity	Dates	Time	Day(s)	Mem./Non
251.1.1924 - Creative Crafts	06/14 - 09/6	10 a.m. - 12 p.m.	Friday	\$13 / \$21
251.1.1830 - Line Dance Level 1 - 2	06/13 - 08/08	8:45 - 10:15 a.m.	Thursday	\$61 / \$69
251.1.1831 - Line Dance Level 2 - 3	06/11 - 07/30	8:45 - 10:15 a.m.	Tuesday	\$61 / \$69
251.1.1925 - Creative Writing	06/11 - 09/03	1 - 3 p.m.	Tuesday	\$13 / \$21
251.1.1832 - Morning Stretch	06/10 - 09/06	8:15 - 8:55 a.m.	M W F	\$40 / \$48
251.1.1833 - Morning Stretch	06/10 - 09/06	9:10 - 9:50 a.m.	M W F	\$40 / \$48
251.1.1927 - Bridge Level 1-2	06/11 - 07/30	1 - 3 p.m.	Tuesday	\$8 / \$16
251.1.1928 - Bridge Level 3	06/13 - 08/01	1 - 3 p.m.	Thursday	\$7 / \$15
251.1.1929 - Bridge Open Play	06/13 - 08/01	9:30 - 11:30 a.m.	Thursday	\$7 / \$15
251.1.1920 - Table Tennis/ Ping Pong (M)	06/10 - 08/26	3:30 - 5:30 p.m.	Monday	\$12 / \$28
251.1.1921 - Table Tennis / Ping Pong (W)	06/12 - 09/04	1:30 - 4:30 p.m.	Wednesday	\$24 / \$32
251.1.1922 - Tai Chi	06/12 - 09/04	9:30 - 11 a.m.	Wednesday	\$12 / \$20
251.1.1923 - Yuan Ji (Chih) Dance	06/10 - 08/26	1 - 3 p.m.	Monday	\$12 / \$20
251.1.1930 - Quilters	06/18 - 09/03	3:15 - 6:15 p.m.	Tuesday	\$20 / \$28
251.1.1926 - Handwork for Others	06/14 - 09/06	10 a.m. - 12 p.m.	Friday	FREE

Refunds will be given for class cancellations received in writing by the City at least 14 days prior to the start of the program/class. No refunds will be made for requests received less than 14 calendar days prior to the start of the activity.

There will be a \$10 Processing Fee for each activity and each person. It may not be possible to refund the class materials charged by the instructor.

MOVIES & POPCORN

Come and enjoy a movie and some popcorn!

Every 2nd Tuesday of the month at 1 p.m. Movie can be subject to change.

No Movies from June - August. Movies will resume in September



5/14
Society of the Snow
 Drama
 R | 2h 25m

Following a plane crash in the remote heart of the Andes, survivors join forces and become each other's best hope as they navigate their way back home.

Starring: Enzo Vogrincic, Agustín Pardella, Matías Recalt

FINGO! (BINGO FOR FUN)

Come play Fingo at Almaden for \$1 drop in ! Every 2nd Friday of the month at 1pm in Room 2. Enjoy spending time with your friends and winning door prizes!

HEALTH INSURANCE COUNSELING ADVOCACY PROGRAM

FREE Health Insurance Counseling and Advocacy Program (HICAP) at Almaden Community Center every 3rd Tuesday of the month! HICAP answers any questions and concerns about Medicare. Appointment services are offered in Mandarin and English. Please call ahead to schedule for a free one-on-one counseling appointment with a HICAP volunteer at the front desk or call 408-268-1133.

TECH TIP: ANEW VISTA COMMUNITY SERVICES SALA (LEGAL ASSISTANCE)

Class Calendar							May 2024		AnewVista Community Services a 501c(3) Organization www.anvcs.org/classes	
FREE TECH CLASSES FOR ALL SENIORS - ON ZOOM										
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
			1 iPhone Widgets	2 Accessibility Options Desktop	3 iPhone Accessibility Options	4				
5	6 Smart Speakers	7	8 Printers Class in Minitas	9 Access Health Apps (Spanish at Fair Oaks)	10	11				
12	13 Using your Smartphone Keyboard, Dictation	14	15 Spring cleaning your Desktop files	16	18 Deep Fakes & Reliable News at Vi Living @ 1pm	19				
20	21 Bluetooth devices and your phone	22 Deep Fakes and Reliable News at PJC	23 Spring Cleaning your Photos Class in Minitas	24 Understand the Cloud (Spanish at Fair Oaks)	25 Avenidas Vistas Talk @ 11 am You've been hacked...					
26 Memorial Day NO CLASS	27	28	29 Accessibility Options Cellphone & Hearing Aids	30	31					

SALA is a non-profit elder law office whose mission is to support older persons in their efforts to live safely, independently, non-institutionalized, and with dignity. SALA's provides quality legal services from simple advice and referrals to reviewing legal matters and relevant documents.

FOR AN APPOINTMENTS PLEASE CALL CAMDEN COMMUNITY CENTER, WILLOW GLEN COMMUNITY CENTER, SOUTHSIDE COMMUNITY CENTER OR SALA MAIN OFFICE: (408) 295 - 5991



www.anvcs.org
info@anvcs.org
 (650) 300-0688

Monday (FREE) 10:30 – 11:30 am PT
 Wednesday (FREE) 10:30 – 11:30 am PT
 Thursday & Friday (FREE) Check Time

SENIOR NUTRITION PROGRAM

The City of San Jose in partnership with the Santa Clara County and TRIO Community Meals provides nutritious meals, to older adults who are 60+ years old at 14 community centers throughout San Jose. A delicious lunch is served Monday through Friday from 11:30am-12pm. Doors open at 11:15am for you to come in. Serving time is from 11:30am-12:00pm. Reservations open up at 10 a.m. every Friday for the following week, and can reserve up to a week in advance. If available, reservations & cancellations are required 24 hours in advance before 1pm. Walk-ins are only accepted in the event of a cancellation or no show. Lunch is a suggested contribution of \$3.00 for those 60 years and older, and a required cost of \$9.00 for all others. Meals are limited. For reservations or cancellations, call (408)268-1133.

Guest Speakers:

5/9 - Breathe California will be conducting a Tuberculosis Awareness Presentation.

Celebrations:

We will be celebrating May birthdays in our Nutrition Lunch Program. We will be celebrating with some treats for those whose birthday is the month of May on 5/20. Please reserve for lunch.

Check out the May Nutrition Menu. Items on the lunch menu are subject to change without notice. We apologize in advance for any inconvenience this may cause. In-person dining only.

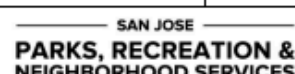


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
		Bok Choy Soup 1 Beef and Broccoli Brown Rice (Broccoli in entrée) Cabbage w/ Shredded Carrots Fresh Apple Low Fat Milk	2 Chicken Fajita Whole Wheat Tortilla Pinto Beans Roasted Zucchini Mandarin Oranges Low Fat Milk	3 Meatloaf w/ Gravy Whole Wheat Bread Whipped Potatoes California Vegetable Blend Fresh Banana Low Fat Milk Margarine	Black Bean Fiesta Salad OR Turkey & Cheese Wrap OR Black Bean Burger
6 Breaded Chicken Piccata Whole Grain Rotini Spinach Broccoli Raisin Salad Fresh Apple Low Fat Milk	7 Beef and Turkey Hash Whole Wheat Bread (Potatoes in entrée) Brussels Sprouts Fresh Orange Low Fat Milk Margarine	8 Vegetable Soup Chicken Adobo Brown Rice Broccoli Sliced Carrots Fresh Seasonal Fruit Low Fat Milk	9 Spaghetti w/ Bf/Trky Meatballs w/ Shredded Mozzarella Whole Grain Noodles Zucchini w/ Red Peppers Green Beans Fresh Orange Low Fat Milk	10 Mother's Day Meal Fish w/ Garlic Herb Sauce Whole Wheat Bread Roasted Tomatoes Cilantro Coleslaw w/ Carrots Fresh Orange Low Fat Milk Sugar Cookie	WEEKLY ALTERNATES Turkey Tzatziki Salad OR Egg Salad Sandwich OR Black Bean Burger
13 Stuffed Pepper Beef/Tky Casserole Whole Wheat Roll Brussels Sprouts Salad w/ Carrots Fresh Seasonal Fruit Low Fat Milk Margarine	14 Cheese Lasagna Casserole Whole Wheat Bread California Vegetable Blend Roasted Zucchini Fresh Apple Low Fat Milk	15 Tomato Cream Soup Open Faced Turkey Sandwich with Gravy (Whole Wheat Bread in entrée) Whipped Potatoes Green Beans Fresh Seasonal Fruit Low Fat Milk	16 Chicken Curry Brown Rice Broccoli Parslied Carrots Fresh Seasonal Fruit Low Fat Milk	17 Roast Pork w/ Sesame Sauce WG Garlic Noodles Stir Fry Vegetable Blend Spinach Fresh Banana Low Fat Milk	WEEKLY ALTERNATES Chickpea Spinach Salad OR Chicken Caesar Wrap OR Black Bean Burger
20 Garbanzo Bean Stew Brown Rice California Vegetable Blend (Carrots & Spinach in entrée) Tropical Fruit Low Fat Milk	21 Salisbury Steak w/ Gravy Whole Wheat Bread Whipped Potatoes Zucchini w/ Bell Pepper Fresh Apple Low Fat Milk	22 Tortilla Soup Fiesta Chicken Corn Tortilla Fiesta Vegetable Blend Green Beans Fresh Orange Low Fat Milk	23 Fish w/ Mediterranean Sc Whole Wheat Roll Sweet Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk Margarine	24 Memorial Day Meal BBQ Cheeseburger Whole Wheat Hamburger Bun Tater Tots Coleslaw w/ Carrots Fresh Orange Low Fat Milk Fresh Baked Cookie	WEEKLY ALTERNATES Cottage Cheese Fruit Sld OR Tuna Salad Sandwich OR Black Bean Burger
27 Closed for Memorial Day	28 Fish w/ Lemon Wedge Whole Wheat Bread Green Beans w/ Bell Pepper Diced Carrots Fresh Apple Low Fat Milk	29 Lentil Soup BBQ Pulled Pork Whole Wheat Roll Capri Vegetable Blend Spinach Fresh Orange Low Fat Milk Margarine	30 Bf/Tky Sloppy Joe Sandwich Whole Wheat Hamburger Bun Brussels Sprouts Carrot Raisin Salad Fresh Seasonal Fruit Low Fat Milk	31 Ranchero Chicken Cilantro Brown Rice Roasted Zucchini Whole Kernel Corn Mandarin Oranges Low Fat Milk	WEEKLY ALTERNATES Chicken Caesar Salad OR Vegetarian Hummus Wrap OR Black Bean Burger

Menu subject to change based on availability. If an alternate entree is desired, please order in advance. Suggested meal contributions for participants age 60+ is \$3 per meal.

All guests under 60 will be charged \$9 per meal. Green leafy vegetables, berries, beans, whole grains, fish, lean poultry and nuts promote brain health.

Each meal has ~750 to 900 mg sodium. indicates meal contains more than 1000 mg sodium.



Building Community Through **FUN**

2024 SENIOR ASSOCIATION

The Almaden Senior Association Minutes of the Meeting of April 3, 2024

Board Members:

President - Richard Sanders
Vice-President - Donna Smith
Treasurer - Bill Lavallee
Secretary - Marilyn Entin

April 3, 2024 ASA Meeting

Call to order and announcements at 10:02 am by President Rich Sanders. The ASA Board approved a donation of \$500 to the July 4th Event at Almaden Lake Park and a donation of \$750 for the Summer Concert Series at Greystone Park. ASA received a commendation from D10 Councilmember Arjun Batra. There is an AVCA meeting with Mayor Matt Mahan concerning budget priorities on April 15 at 7 pm at Westgate Church. The ASA is still searching for a new president.

Minutes – M/S/P to accept the minutes as written.

Treasurer's Report – Bill Lavallee reported deposits of \$2233 and payments of \$3487.93. The year to date is -\$1514.39.

D10 Councilmember Arjun Batra discussed the opening of the Fire Training Academy and Emergency Operations at 1571 Senter Road. Public tours are available. He also expressed the need to get rid of encampments and offering interim shelters for the homeless. On April 13 from 9 – 12 there will be a Shredding and E-Waste Event at Victory Outreach and a Town Hall concerning Public Safety on April 13 from 2 – 3 pm at ACC.

D5 County Supervisor representative Peter Estaniel discussed online accessibility – expanding connectivity, affordable computers, and skills to navigate the internet for seniors. He also mentioned an older adult caregivers study and mental health options. There are openings on county boards and commissions. Senior Commissioner D10 Donna Tran gave updates from the last meeting – income tax appointments and teeth screening are available at community centers, a color walk on May 17, and Senior Nutrition Programs are progressing well.

RYDE representative Sam Piencenaves discussed the Reach Your Destination Easily Program. It serves seniors 65+ and a companion. Fees are on a sliding scale, a maximum of 8 miles or 16 miles for medical appointments, Monday – Friday from 8 am to 4 pm, and appointments can be made a minimum of 2 days in advance or up to 2 months in advance. Call 408-892-9739.

PRNS – Lesly Elizondo reported that ASA has 1179 senior members, 30 Newsletters are mailed to members, and the Membership Fund has \$3373.01. The Senior Nutrition Program has changed from a monthly to a weekly reservation system. She thanked the ASA for sponsoring a band at the Summer Concert Series. A mural will be painted on the staircase wall in May. Senior registration for classes will begin on May 1. See the Newsletter for Events and Classes.

Trips – Rich Sanders reported that the Whale Watching trip was a success. April 19 will be the Cirque du Soleil trip.

Events – Jeanne Sanders reported on the Cinco de Mayo event on May 4 from 12 – 3 which will include lunch and entertainment. Tickets are \$22 for members and \$25 for non-members and will go on sale on April 15.

No old or new business

Meeting adjourned at 11:10 am. Respectfully submitted by Marilyn Entin, Recording Secretary

Almaden Community Center
6445 Camden Ave.
San Jose, CA 95120
408-268-1133

EDITORS CHOICE

Older Adult 50+ Resource Fair

This is a free event to learn about all the different resources available!

When: Friday, June 7, 2024

Time: 11:30 a.m. - 1:30 p.m.

Location: Almaden Community Center Courtyard!

Senior Safari

Feel like a kid again at Happy Hollow Park & Zoo! Get some fresh air and exercise as you enjoy! Entry and parking is FREE between 9am - 10am.



Thursday, May 23

Thursday, June 27

Thursday, July 25

For more info visit happyhollow.org/seniorsafari