

ALMADEN



OLDER ADULTS 50+

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

April 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, April 1
Cesar Chavez Day



Monday, May 27
Memorial Day



ALMADEN SENIOR ASSOCIATION CINCO de MAYO



Saturday, May 4, 2024
Cinco de Mayo Mexican taco lunch served at
noon
\$22 Member | \$25 Non-Member
Check or Cash

Entertainment by Indivi Duo, a latin
singing/dancing couple

Tickets will go on sale Monday, April 15 in the
Almaden Community Center Lobby from
8am- 10am and every MWF until sold out.

Watch for a flyer in the lobby soon for more
details!

For more info contact Jeanne at 408-425-5723

UPCOMING EVENTS

Spring Wreath Making Workshop: 251.4.2022



Friday, April 19, 2024
10 a.m. - 12 p.m..



Member : \$12 | Non-Member: \$20

Embrace the joys of spring this season! Learn how
to create a beautiful, blooming 10 inch spring
wreath. Participants will use an assortment of
materials to create faux floral wreaths in this
interactive wreath making workshop. By the end
of the workshop, you will have a beautiful spring
wreath to display in your home. Supplies will be
provided.

Register at the front desk or on
www.sjregistration.com

VIVA CALLESJ: SoFA to the Streets

Sunday, April 21, 2024 | 10 a.m. - 3 p.m.



Come out and explore the route! Open streets,
resources, vendors, food trucks, performances,
family activities, and more. For more contact
reach out to vivacallesj@sanjoseca.gov

SOFA District | SCC Fairgrounds | Martial Cottle
Park

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!

FREE!

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



In the community room

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

MESSAGE FROM THE ALMADEN SENIOR ASSOCIATION, APRIL 2024

Spring is here:

We've had some pretty wild weather in the past few months. It seemed like spring would never get here. Officially it became spring last Tuesday March 19 at 8:06pm. It's still a bit chilly in the mornings and there is still rain in the forecast. I can see signs of spring in the plants in my yard and the neighborhood. I had my rose plants pruned and now only a few weeks later, I see growth on them with new leaves. Spring also brings an opportunity to clean out, reduce, reuse, recycle. I am working on this as I know I have too much 'stuff', much of which hasn't seen the light of day in years. I'm not good at doing this but I'm going to work to get better. I love this time of the year. It holds the promise of warmer days before the heat of summer hits. Enjoy your springtime.

Solar Eclipse:

On April 8 parts of the country will experience a total eclipse of the sun. This is where the moon gets directly between the earth and the sun and blocks the light from the sun. The path of totality will go from Texas to Maine. In the Bay Area, we will experience a "bite" out of the sun starting at 10:14am. with the "maximum bite" occurring at 11:13am ending at around 12:16pm. Never look directly at the sun. Use a pinhole camera or extremely dark glass like welding glass. Go to <https://www.timeanddate.com/eclipse/in/usa/san-jose?iso=20240408> for more information.

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 Taco Lunch served at noon followed by entertainment by Indivi Duo, a Latin singing/dancing couple, \$22 members, \$25 non-members, Cash or Check
Tickets on sale Monday, April 15, 8-10am. For more info call Jeanne at 408-425-5723

Kooza:

Friday, April 19, 4pm: We have one ticket remaining for Cirque Du Soleil, Kooza at the San Jose fairgrounds on April 19 at 4pm. KOOZA tells the story of the Innocent, a melancholy loner in search of his place in the world. The Cirque Du Soleil will be in the parking lot across from the fairgrounds entrance on Tully Rd. \$85 cash or check. Call Rich at 408-219-8641 or Ann at 408-221-8205 for information.

Social Media:

Look for more information on our social media pages. Facebook: <https://facebook.com/almadenseniors>, Website: <https://almadenseniors.org>

April 2024 Happenings:

- April 1: April Fool's Day, Cesar Chavez day. The center will be closed.
- April 8: Solar eclipse
- April 15: Tax Day: Your 2023 tax filing is due.
- April 15: Tickets go on sale for our Cinco de Mayo event in the ACC lobby.
- April 19: Kooza, Cirque du Soleil, San Jose Fairgrounds, 4pm, 1 ticket left.
- April 22: Earth day
- April 26: Arbor day



Rich Sanders
President, Almaden Senior Association

ALMADEN SENIOR ASSOCIATION UPDATES

Date and Time: Wednesday, April 3, 2024, 10:00 A.M. Pacific Time
Attend In Zoom or In-Person at ACC in Room 4
Meeting ID: 3470748947

To join this meeting at 10:00 am on Wednesday, April 3, 2024:

Using your web browser, simply click on this link:

<https://us02web.zoom.us/j/3470748947> or enter the meeting ID 3470748947

Please read the minutes in the back of this newsletter. I will ask for your approval of those minutes at the meeting.

Rich Sanders, President,

2 Almaden Senior Association

OLDER ADULTS 50+ CLASSES

**SPRING SESSION:
03/25 - 06/01**

**SPRING REGISTRATION IS
NOW OPEN**

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

Activity	Dates	Time	Day(s)	Mem./Non
251.4.1964 - History Club (In Person)	03/27 - 06/05	10 a.m. - 12 p.m.	Wednesday	\$9 / \$17
251.4.1965 - History Club (Virtual)	03/27 - 06/05	10 a.m. - 12 p.m.	Wednesday	\$9 / \$17
251.4.1974 - Cardio Drumming (Beginning)	03/27 - 05/15	9:30 - 10:30 a.m.	Wednesday	\$8 / \$16
251.4.1963 - Creative Crafts	03/29 - 06/07	10 a.m. - 12 p.m.	Friday	\$11 / \$19
251.4.1894 - Happy Singers (Group Singing)	03/29 - 05/24	1 - 3 p.m.	Friday	\$86 / \$94
251.4.1970 - Ballroom Dance	03/25 - 05/20	10:45 - 11:45 a.m.	Monday	\$8 / \$16
251.4.1897 - Line Dance Level 1 - 2	03/28 - 05/16	8:45 - 10:15 a.m.	Thursday	\$61 / \$69
251.4.1898 - Line Dance Level 2 - 3	03/26 - 05/14	8:45 - 10:15 a.m.	Tuesday	\$61 / \$69
251.4.1966 - Creative Writing	03/26 - 06/04	1 - 3 p.m.	Tuesday	\$11 / \$19
251.4.1891 - Yoga - Gentle	03/25 - 05/20	9 - 10 a.m.	Monday	\$46 / \$54
251.4.1890 - Feldenkrais	03/25 - 05/20	10:15 - 11:15 a.m.	Monday	\$46 / \$54
251.4.1899 - Morning Stretch	03/25 - 06/07	8:15 - 8:55 a.m.	M W F	\$32 / \$40
251.4.1800 - Morning Stretch	03/25 - 06/07	9:10 - 9:50 a.m.	M W F	\$32 / \$40
251.4.1971 - Bridge Level 1-2	03/26 - 05/14	1 - 3 p.m.	Tuesday	\$8 / \$16
251.4.1972 - Bridge Level 3	03/28 - 05/16	1 - 3 p.m.	Thursday	\$8 / \$16
251.4.1973 - Bridge Open Play	03/28 - 05/16	9:30 - 11:30 a.m.	Thursday	\$8 / \$16
251.4.1960 - Painting Group	03/28 - 06/06	9 a.m. - 12 p.m.	Thursday	\$22 / \$30
251.4.1892 - Watercolor (T)	03/26 - 05/14	10 a.m. - 12 p.m.	Tuesday	\$76 / \$84
251.4.1893 Watercolor (Th)	03/28 - 05/16	10 a.m. - 12 p.m.	Thursday	\$76 / \$84

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.

OLDER ADULTS 50+ CLASSES

**SPRING SESSION:
03/25 - 06/01**

**SPRING REGISTRATION IS
NOW OPEN**

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

Activity	Dates	Time	Day(s)	Mem./Non
251.4.1895 - Spanish Beginning (Virtual)	04/02 - 05/21	10 a.m. - 12 p.m.	Tuesday	\$76 / \$84
251.4.1896 - Spanish Intermediate (Virtual)	04/03 - 05/22	10 a.m. - 12 p.m.	Wednesday	\$76 / \$84
251.4.1975 - Pickleball Open Play (T)	03/26 - 06/04	9 a.m. - 12 p.m.	Tuesday	\$22 / \$30
251.4.1976 - Pickleball Open Play (Th)	03/28 - 06/06	12 - 2:30 p.m.	Thursday	\$22 / \$30
251.4.1984 - Pickleball 70+ Open Play	03/26 - 06/04	12 - 2:30 p.m.	Tuesday	\$22 / \$30
251.4.1978 - Badminton Open Play (Th.)	03/28 - 06/06	9 - 11 a.m.	Thursday	\$11 / \$19
251.4.1979 - Badminton Open Play (Fri.)	03/29 - 06/07	9 - 11 a.m.	Friday	\$11 / \$19
251.4.1980 - Table Tennis / Ping Pong (M)	03/25 - 06/03	3:30 - 5:30 p.m.	Monday	\$9 / \$17
251.4.1981 - Table Tennis / Ping Pong (W)	03/27 - 06/05	1:30 - 4:30 p.m.	Wednesday	\$22 / \$30
251.4.1982 - Table Tennis / Ping Pong (Th)	03/28 - 06/06	1:30 - 3:30 p.m.	Thursday	\$11 / \$19
251.4.1969 - Tai Chi	03/27 - 05/29	9:30 - 11 a.m.	Wednesday	\$10 / \$18
251.4.1962 - Quilters	03/26 - 06/04	3 - 6 p.m.	Tuesday	\$22 / \$30
251.4.1961 - Handwork For Others	03/29 - 06/07	10 a.m. - 12 p.m.	Friday	FREE
251.4.1968 - Yuan Ji (Chih) Dance	03/25 - 06/03	1 - 3 p.m.	Monday	\$9 / \$17
251.4.1983 - Music Appreciation	03/26 - 05/28	1:30 - 2:30 p.m.	Tuesday	\$10 / \$18

**Looking to make a difference in your community?
Any special hobby, skill, or interest to volunteer in teaching:**

email lesly.elizondo@sanjoseca.gov

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



4/9
NYAD (2023)
 Drama
 PG-13 | 2h 1m



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

Athlete Diana Nyad sets out at 60 to achieve a nearly impossible lifelong dream: to swim from Cuba to Florida across more than 100 miles of open ocean.

Starring: Annette Bening, Jodie Foster, Rhys Ifans

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 **April 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 Easter Break NO CLASS	2	3 Fitness Apps	4 Windows Updates	5 Internet Browsers	6
7	8 Manage Notifications: Phone/Desktop	9	10 iPhone Settings & Customization Class in Milpitas	11 Spotting Scams Delete Phone Apps (Spanish at Fair Oaks)	12 Keyboard Shortcuts	13
14	15 Get to know Gmail	16	17 Using Apple Mail	18	19 Emails, Organize, Setting Filters at Vi Living @ 1pm	20
21	22 Reddit, A community of communities	23	24 Buying/Selling Nextdoor/Craigslist Class in Milpitas	25 Security Do's and Don't (Spanish at Fair Oaks)	26	27
28	29 Photo editing with Smartphone, online	29 Class at Pride Center - Passwords	30			

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:

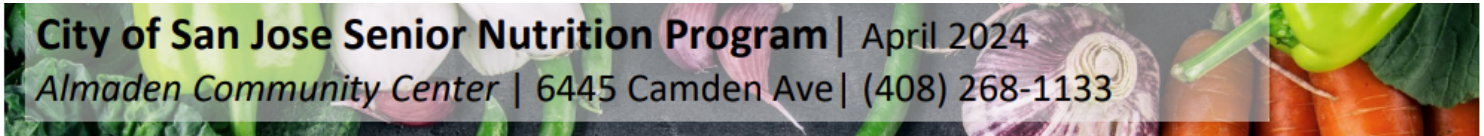
4/5: Breathe CA will be coming out to do free health screenings. Please reserve for lunch. There will be limited additional seating for those not staying for lunch.

4/15: Sourcewise and the Public Health Department are working together and will be conducting a 30 minute SNAP- Ed presentation.

Celebrations:

We will be celebrating April birthdays in our Nutrition Lunch Program. We will be celebrating with some treats for those whose birthday is the month of April on 4/29. Please reserve for lunch.

Check out the April 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
1 Closed for Easter	2 Beef and Turkey Hash Whole Wheat Bread (Potatoes in entrée) Brussels Sprouts Fresh Orange Low Fat Milk Margarine	3 Vegetable Soup Chicken Adobo Brown Rice Broccoli Sliced Carrots Fresh Seasonal Fruit Low Fat Milk	4 Spaghetti w/ Bf/Trky Meatballs w/ Shredded Mozzarella Whole Grain Noodles Zucchini w/ Red Peppers Green Beans Fresh Orange Low Fat Milk	5 Potato-Crusted Fish Sandwich Whole Wheat Hamburger Bun Roasted Sweet Potatoes Fresh Coleslaw Fresh Banana Low Fat Milk Tartar Sauce	Turkey Tzatziki Salad OR Egg Salad Sandwich OR Black Bean Burger
8 Stuffed Pepper Beef/Tky Casserole Whole Wheat Roll Brussels Sprouts Salad w/ Carrots Fresh Seasonal Fruit Low Fat Milk Margarine	9 Cheese Lasagna Casserole Whole Wheat Bread California Vegetable Blend Roasted Zucchini Fresh Apple Low Fat Milk	10 Tomato Cream Soup Open Faced Turkey Sandwich with Gravy (Whole Wheat Bread in entrée) Whipped Potatoes Green Beans Fresh Seasonal Fruit Low Fat Milk	11 Chicken Curry Brown Rice Broccoli Parslied Carrots Fresh Seasonal Fruit Low Fat Milk	12 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
15 Garbanzo Bean Stew Brown Rice California Vegetable Blend (Carrots & Spinach in entrée) Tropical Fruit Low Fat Milk	16 Salisbury Steak w/ Gravy Whole Wheat Bread Whipped Potatoes Zucchini w/ Bell Pepper Fresh Apple Low Fat Milk	17 Tortilla Soup Fiesta Chicken Corn Tortilla Fiesta Vegetable Blend Green Beans Fresh Orange Low Fat Milk	18 Fish w/ Mediterranean Sc Whole Wheat Roll Sweet Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk Margarine	19 Ginger Pepper Beef Whole Grain Garlic Noodles Steamed Cabbage Peas and Carrots Fresh Banana Low Fat Milk	WEEKLY ALTERNATES Cottage Cheese Fruit Sld OR Tuna Salad Sandwich OR Black Bean Burger
22 Hawaiian Chicken Brown Rice Broccoli & Cauliflower Fresh Garden Salad w/Dressing Fresh Fruit in Season Low Fat Milk	23 Fish w/ Lemon Wedge Whole Wheat Bread Green Beans w/ Bell Pepper Diced Carrots Fresh Apple Low Fat Milk	24 Lentil Soup BBQ Pulled Pork Whole Wheat Roll Capri Vegetable Blend Spinach Fresh Orange Low Fat Milk Margarine	25 Bf/Tky Sloppy Joe Sandwich Whole Wheat Hamburger Bun Brussels Sprouts Carrot Raisin Salad Fresh Seasonal Fruit Low Fat Milk	26 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
29 Turkey Burger Whole Wheat Hamburger Bun Sweet Potatoes Salad w/ Bell Pepper Fresh Orange Low Fat Milk Mustard	30 Rosemary Chicken Whole Wheat Bread Cauliflower Peas Fresh Seasonal Fruit Low Fat Milk Margarine				WEEKLY ALTERNATES Black Bean Fiesta Salad OR Turkey & Cheese Wrap OR Black Bean Burger

6 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,

2024 SENIOR ASSOCIATION

The Almaden Senior Association Minutes of the Meeting of March 6, 2024

Board Members:

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

March 6, 2024 ASA Minutes

Call to Order at 10:02 am by President Rich Sanders.

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

Treasurer's Report – Bill Lavallee reported deposits of \$5685 and payments of \$3362.31.
YTD = -\$159.46

City Council D10 Chief of Staff Michelle Dexter reported on the successful Oakridge Senior Winter Walk as well as the Shredding and E-waste activity, Dumpster Day will occur at Mescalero Drive on March 16 from 8 – 12, Talk with Batra is on March 23 on Zoom.

Julie del Fava and Peter Estaniel from the D5 County Supervisor's Office reported on Services for Seniors – provided Senior Services brochures and flyers as well as discussing the RYDE program (Reach Your Destination Easily).

Nina Chaung from State Assemblymember D28 Assemblymember Gail Pellerin's Office discussed legislation – issues with AI in the election process, civic education programs at the high school level, mental health bills, making the banana slug the state slug, and the winter intern, Alex Tingle, was introduced.

Senior Commissioner D10 Donna Tran reported on the commission's recommendations for the San Jose budget.

PRNS – ACC Supervisor Ruth Perez reported that the center will be closed on April 1, the sound system and projector have been repaired. Jared Pagan is the new Interim Sports and Fitness Specialist. There are 1092 ASA members, 27 ASA members have their newsletters mailed to them, and there is \$3410.06 in the Membership Fund. See the ACC Newsletter for March and April classes and events.

Trips – Donna Smith reported on the Graton Casino Trip on March 19 and the Whale Watching Trip on March 26.

Events – Jeanne Sanders reported that 100 tickets have been sold for the March 16 St. Patrick's Day event. Upcoming activities include Cinco de Mayo Luncheon on May 4 and a Beach Theme Party on July 13.

Old Business – Art Randall gave the ASA Annual Audit Report. His audit committee included Jeanne Sanders, Marcella and Gary Gulmon. They found that the financial and audit procedures are obsolete and need to be revised. There were no improper procedures for 2023 and documentation has improved dramatically. Rich Sanders reported that cloud storage of all documents has been set up.

Status of ASA Officer Search – We need a new President, Secretary and Treasurer for 2025. David Heindel and Michelle Dexter will publish job descriptions.

Meeting adjourned at 10:54 am.

Respectfully submitted by Marilyn Entin, Recording Secretary

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

EDITORS CHOICE

FRIENDS OF THE ALMADEN LIBRARY

Spring Book Sale
Saturday, April 20, 9am - 2:30pm



The sale will be held at the Almaden Branch library, 6445 Camden Ave, San Jose. All the books are different from our previous sale. Most hardback books are \$2 and paperback books are \$1. Children's books are less. There will also be CD's and DVD's for \$1. All proceeds are used to support local library programs.



COLOR WALK 50+ @ LAKE CUNNINGHAM PARK

Friday, May 17, 2024

10am - 3pm

Price: \$20

We invite you to join us at Lake Cunningham Park for the upcoming Color Walk and Resource Faire, a vibrant and engaging event tailored to celebrate Older Americans Month!

A Color Walk is a unique and lively event that combines fitness, fun, and vibrant colors. Participants, often in large groups, embark on a walk through a designated course, and at various points along the route, they are showered with colorful powders. These colors are usually made of safe, non-toxic cornstarch or similar material. Participants typically wear white clothing to showcase the vivid colors that accumulate on them as they move through the course. The primary goal of a Color Walk or Color Run is to promote a sense of community, physical activity, and joy. It's a non-competitive and inclusive event, suitable for people of all ages and fitness levels.