

ALMADEN

OLDER ADULTS 50+

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

September 2024

CENTER INFO

Center Staff

Karen Aguirre	Center Supervisor
Lesly Elizondo	Senior Specialist
Marissa Roberts	Leisure Specialist
David Torres	Sports & Fitness Specialist
Amanda Martinez	Youth Specialist
Jelena Gonzalez	Rental/ Front Desk Coordinator

Trio Staff

Latisha Vargas	Site Kitchen Manager
Jose Medrona	Cook

HOLIDAY CLOSURES

Monday, September 2
Labor Day



Monday, October 14
Indigenous People Day



UPCOMING EVENTS

A SEPTEMBER TO REMEMBER



Saturday, September 21, 2024 | 12pm - 3pm
Mem: \$22 | Non-Mem: \$25 (Cash or Check only)

We will entertain you with music of the 50's, 60's, and 70's by musicians Sandi & Mike Bell.

If you have a high school jersey, letter sweater, poodle skirt, bell bottom pants or leather jacket, you can wear them if you want to. Or you can bring them and any other memorabilia so that we can display them. Photos of yourself or a yearbook would be fun.

Join us for lunch of traditional Italian dishes of spaghetti & meatballs, vegetable lasagna, zucchini parmesan, baked chicken, salads, antipasto & fruit. Dessert & Peach Bellini's (alcohol or virgin) included.

Ticket sales are now on sale in the lobby of the Almaden Community Center every MWF from 8am-10am

For more info call Jeanne @ 408-425-5723

251.2.2004: Older Adult 50+ Paint Class

Monday, September 23, 2024 | 1:30 - 3:30 p.m
FREE!



A high school student will lead a FREE step-by-step painting class! At the end of the day, you will take your own masterpiece home! All materials will be provided.

Registration is required! Register at the front desk or on www.sjregistration.com

CASINO CACHE CREEK CASINO



When: Tuesday, September 17, 2024
Arrive at the Community Center at 7:45am Depart: 8am Return to ACC: 6:30pm (estimated) Price: \$50 per person. As a bonus, you get \$20 free play Sign up on MWF from 8 to 10am in the ACC Lobby or call Rich at 408-219-8641

251.2.2022: Fall Prevention Bingo

Friday, September 27, 2024 | 1 - 2 p.m.

Join us for a FREE game of bingo "Fall Prevention" themed and win some door prizes in partnership with On Lok! On Lok has been caring for seniors with chronic health conditions in the community for over 50 years!

Fall Prevention Bingo is a fun and engaging opportunity where participants play traditional bingo, except the bingo letters have been replaced with fall prevention information. Spend time together while learning and improving your knowledge of fall risks among older adults in Fall Prevention Awareness Week.

Registration is required! Register at the front desk or on www.sjregistration.com

MESSAGE FROM THE ALMADEN SENIOR ASSOCIATION, SEPTEMBER 2024

Your Association:

We need your help. We have the need for volunteers for the following positions. Without you, the Association will need to discontinue operations in December. If that happens, we will no longer be able to put on trips and events as we have for almost 20 years. Time is getting short, please volunteer now so we can continue our association, events and trips.

- President: The president runs meetings and is the chairman of the board
 - Secretary: The secretary takes notes at the meetings and publishes minutes
 - Treasurer: The treasurer make deposits into and payments from the association bank account and reports on the state of the account at monthly meetings.
 - Historian: Historian keeps a record of what the association does
- Please volunteer to keep the Almaden Senior Association running.

Events and Trips:

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

Cache Creek Casino, Tues, Sept 17:

Hop on the bus for a ride to Cache Creek Casino for a day of gaming. Depart ACC at 8am and return around 6:30pm.

A September to Remember: Sat, Sept 21st, 12 to 3pm.

Music of the 50's, 60's, and 70's by Sandi and Mike Bell. Italian lunch of spaghetti, lasagna, chicken, and antipasto. Drinks and dessert included.

Clue (the play): SJCPA, November 2, 2024, 2pm.

You've played the board game and seen the movie... Now see the play! A mansion. A murder. A mystery: Clue is the ultimate whodunit.

Social Media:

Look for more information on our social media pages.

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

September 2024 Happenings:

Sept 2: Labor Day, the community center is closed. No classes.

Sept 4: Almaden Senior Association meeting, 10am

Sept 9: California Admission Day, California became the 31st state on this date in 1850.

Sept 10: Movies and Popcorn, Jurassic Park, 1pm

Sept 13: Fingo, Fun Bingo, 1pm

Sept 17: Bus trip to Cache Creek Casino, 8am

Sept 21: A September to Remember, ASA event, 12 to 3pm

Sept 22: Autumnal Equinox (Start of Fall), hours of daylight and night are equal

Sept 23 Older Adult 50+ Paint Class, 1:30 to 3:30pm

Sept 26: Senior Safari, Happy Hollow Park & Zoo. FREE parking and entry for seniors if you arrive between 9 and 10am.

Sept 27: Fall Prevention Bingo, 1pm. For Fall Prevention week



Rich Sanders, President,
Almaden Senior Association

Monthly Meeting

Date and Time: Wednesday, September 4, 2024, 10am Pacific Time

Attend in Zoom or In-Person at ACC in Room 4

Meeting ID: 3470748947

To join this meeting via Zoom, at 10am on

Wednesday September 4, 2024:

Using your web browser, simply click on this link:

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

Using your Zoom app:

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

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 2 minutes at the meetng.

OLDER ADULTS 50+ CLASSES

**FALL SESSION:
09/09 - 12/06**

**FALL REGISTRATION
IS NOW OPEN!**

**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
251.2.1830 - Basic Accounting	09/11 - 10/30	10 a.m. - 12 p.m.	Wednesday	\$76 / \$84
251.2.1906 - History Club (In Person)	09/25 - 12/04	10 a.m. - 12 p.m.	Wednesday	\$11 / \$19
251.2.1907 - History Club (Virtual)	09/25 - 12/04	10 a.m. - 12 p.m.	Wednesday	\$11 / \$19
251.2.1950 - Creative Crafts	09/13 - 12/06	10 a.m. - 12 p.m.	Friday	\$12/\$20
251.2.1942 - Phone Basics	09/09 - 10/21	4 - 5 p.m.	Monday	\$6 / \$14
251.2.1902 - Ballroom Dance	09/09 - 11/25	10:45 - 11:45 a.m.	Monday	\$10 / \$18
251.2.1824 - Line Dance Level 1 - 2	09/12 - 11/21	8:45 - 10:15 a.m.	Thursday	\$76 / \$84
251.2.1825 - Line Dance Level 2 - 3	09/10 - 11/19	8:45 - 10:15 a.m.	Tuesday	\$76 / \$84
251.2.1940 - Cardio Drumming	09/11 - 11/20	9:30 - 10:30 a.m.	Wednesday	\$8 / \$16
251.2.1905 - Creative Writing	09/10 - 12/03	1 - 3 p.m.	Tuesday	\$13 / \$21
251.2.1831 - Yoga - Gentle	09/09 - 12/02	9 - 10 a.m.	Monday	\$58 / \$66
251.2.1832 - Awareness Through Movement (Feldenkrais)	09/09 - 12/02	10:15 - 11:15 a.m.	Monday	\$58 / \$66
251.2.1828 - Morning Stretch	09/09 - 12/13	8:15 - 8:55 a.m.	M W F	\$40 / \$48
251.2.1829 - Morning Stretch	09/09 - 12/13	9:10 - 9:50 a.m.	M W F	\$40 / \$48
251.2.1941 - Mah Jong Open Play	09/11 - 12/04	12:45 - 2:45 p.m.	Wednesday	\$13 / \$21
251.2.1919 - Bridge Level 1-2	09/10 - 11/19	1 - 3 p.m.	Tuesday	\$8 / \$16
251.2.1920 - Bridge Level 3	09/12 - 11/21	1 - 3 p.m.	Thursday	\$8 / \$16
251.2.1921 - Bridge Open Play	09/12 - 12/05	9:30 - 11:30 a.m.	Thursday	\$12 / \$20

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.

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Activity	Dates	Time	Day(s)	Mem./Non
251.2.1901 - Painting Group	09/12 - 12/05	9 a.m. - 12 p.m	Thursday	\$24 / \$32
251.2.1826 - Watercolor (T)	09/10 - 10/29	10 a.m. - 12 p.m.	Tuesday	\$76 / \$84
251.2.1827 Watercolor (Th)	09/12 - 11/07	10 a.m. - 12 p.m.	Thursday	\$76 / \$84
251.2.1912 -Pickleball Open Play (T)	09/10 - 12/03	8:15 - 10:15 a.m.	Tuesday	\$13 / \$21
251.2.1913 - Pickleball Open Play (T)	09/10 - 12/03	10:15 a.m. - 12:15 p.m.	Tuesday	\$13 / \$21
251.2.1914 - Pickleball 70+ Open Play	09/10 - 12/03	12:15 - 2:15 p.m.	Tuesday	\$13 / \$21
251.2.1915 -Pickleball Open Play (Th)	09/12 - 12/05	11:30 a.m. - 1 p.m.	Thursday	\$12 / \$20
251.2.1916 -Pickleball Open Play (Th)	09/12 - 12/05	1 - 2:30 p.m.	Thursday	\$12 / \$20
251.2.1917 - Badminton Open Play (Th.)	09/12 - 12/05	9 - 11 a.m.	Thursday	\$12 / \$20
251.2.1918 - Badminton Open Play (Fri.)	09/13 - 12/06	9 - 11 a.m.	Friday	\$12 / \$20
251.2.1908 - Table Tennis / Ping Pong (M)	09/09 - 12/02	3:30 - 5:30 p.m.	Monday	\$11 / \$19
251.2.1909 - Table Tennis / Ping Pong (W)	09/11 - 12/04	1:30 - 4:30 p.m.	Wednesday	\$26 / \$34
251.2.1910 - Table Tennis / Ping Pong (Th)	09/12 - 12/05	1:30 - 3:30 p.m.	Thursday	\$12 / \$20
251.2.1923 - Tai Chi	09/11 - 12/04	9:30 - 11 a.m.	Wednesday	\$13 / \$21
251.2.1904 - Quilters	09/10 - 12/03	3 - 6 p.m.	Tuesday	\$26 / \$34
251.2.1903 - Handwork For Others	09/13 - 12/13	10 a.m. - 12 p.m.	Friday	FREE
251.2.1911 - Yuan Ji (Chih) Dance	09/19 - 12/02	1 - 3 p.m.	Monday	\$11 / \$19

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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. in the community room.
Movie can be subject to change.



9/10 @ 1 p.m
Jurassic Park (1993)
Adventure/ Sci-Fi
PG-13 | 2h 2m

An industrialist invites some experts to visit his theme park of cloned dinosaurs. After a power failure, the creatures run loose, putting everyone's lives, including his grandchildren's, in danger.

Starring: Sam Neill, Laura Dern, Jeff Goldblum



10/8 @ 1 p.m
Oppenheimer (2023)
Drama
R | 3h

The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb.

Starring: Cillian Murphy, Emily Blunt, Matt Damon

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.

SALA (LEGAL ASSISTANCE)

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

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:

9/23 - SNAP from Sourcewise will be coming out to hand out information and education on SNAP.

Celebrations:

We will be celebrating September birthdays in our Nutrition Lunch Program. We will be celebrating with some treats for those whose birthday is the month of September on 9/30. Please reserve for lunch.

In celebration of the Moon Festival, on Tuesday, 9/17, we will be celebrating with a special Chinese Folk Dance and will be serving moon cakes! Please reserve for lunch. There will be limited additional seating for those not staying for lunch.

Check out the September 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.

City of San Jose Senior Nutrition Program September 2024						
Almaden Community Center 6445 Camden Ave (408) 268-1133						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES	
2 Closed for Labor Day Holiday	3 Summer Veggie Soup Fish Vera Cruz Corn Tortilla Black Beans Coleslaw Fresh Apple Low Fat Milk	4 Korean Beef and Turkey Bibimbap Rice Bowl (Brown Rice in entrée) Sliced Carrots Marinated Green Bean Salad Fresh Orange Low Fat Milk	5 Beef Stroganoff w/ Egg Noodles Whole Wheat Roll 4-Way Vegetable Blend Broccoli Salad Fresh Seasonal Fruit Low Fat Milk Margarine	6 Smothered Pork Loin Whole Wheat Bread Whipped Potatoes Scandinavian Vegetable Blend Mandarin Oranges Low Fat Milk Margarine	<ul style="list-style-type: none"> Curried Turkey Salad OR Egg Salad Sandwich OR Black Bean Burger 	
9 Chicken w/ Spanish Brown Rice (Spanish Brown Rice in entrée) Peas Coleslaw Fresh Orange Low Fat Milk	10 Bf & Tky Pizza Casserole Whole Wheat Bread Diced Carrots Brussels Sprouts Fresh Seasonal Fruit Low Fat Milk Margarine	11 Vegetarian Frittata Whole Wheat Bread Corn w/ Bell Peppers Garden Salad w/ Carrots Fresh Apple Low Fat Milk Margarine	12 Cabbage Soup Fish w/ Lemon Sauce Brown Rice Spinach Whole Kernel Corn Tropical Fruit Low Fat Milk	13 Garlic Rosemary Chicken Whole Wheat Roll Roasted Roma Tomatoes Potato Wedges Fresh Banana Low Fat Milk Margarine	WEEKLY ALTERNATES <ul style="list-style-type: none"> Chickpea Spinach Salad OR Turkey & Cheese Sandwich OR Black Bean Burger 	
16 Kale Soup Fish Taco Corn Tortilla Roasted Zucchini Carrot Pepper Slaw Fresh Orange Low Fat Milk Salsa Packet	17 Moon Festival Sweet & Sour Pork Asian Brown Rice Edamame Beans Cucumber & Rice Vinegar Salad Mandarin Oranges Pineapple Cake Low Fat Milk	18 Chile Lime Chicken Cilantro Brown Rice California Vegetable Blend Fresh Garden Salad Fresh Banana Low Fat Milk Salad Dressing	19 Roast Pork w/ Soy Ginger Sauce Whole Grain Garlic Noodles Brussels Sprouts Carrot Raisin Salad Fresh Seasonal Fruit Low Fat Milk	20 Sloppy Joe Sandwich Whole Wheat Hamburger Bun Green Beans Potato Wedges Tropical Fruit Low Fat Milk	WEEKLY ALTERNATES <ul style="list-style-type: none"> Melon Salad w/ Greek Yogurt OR Tuna Salad Sandwich OR Black Bean Burger 	
23 Cannellini Bean Cacciatore Whole Wheat Bread Spinach (Mixed Vegetables in entrée) Fresh Orange Low Fat Milk Margarine	24 Chinese Chicken Salad Whole Wheat Roll (Mixed Salad Greens in entrée) (Mandarin Oranges in entrée) Low Fat Milk Margarine	25 Cream of Broccoli Soup Meatballs w/ Gravy Whole Wheat Bread Whipped Potatoes Diced Carrots Tropical Fruit Low Fat Milk Margarine	26 Breaded Fish Sandwich Whole Wheat Hamburger Bun Broccoli 4-Way Vegetable Blend Fresh Seasonal Fruit Low Fat Milk Tartar Sauce	27 Cuban Citrus Mojo Chicken Brown Rice Fiesta Vegetable Blend Coleslaw Fresh Banana Low Fat Milk	WEEKLY ALTERNATES <ul style="list-style-type: none"> Chicken Salad OR Vegetarian Hummus Wrap OR Black Bean Burger 	
30 Sweet and Sour Pork Brown Rice Peas and Carrots Fresh Garden Salad Fresh Orange Low Fat Milk Salad Dressing					WEEKLY ALTERNATES <ul style="list-style-type: none"> Watermelon Salad w/ Greek Yogurt OR Chicken Caesar Salad OR Black Bean Burger 	

Menu subject to change based on availability. If an alternate entrée 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.



2024 SENIOR ASSOCIATION

The Almaden Senior Association Minutes of the Meeting of August 7, 2024

Board Members:

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

August 7, 2024 ASA Meeting

Call to order and announcements at 10:05 am by President Rich Sanders. ASA is searching for new candidates for the Board of Directors.

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

Treasurer's Report – Bill Lavallee reported deposits of \$3163.00 and payments of \$2084.59. YTD = (\$537.28)

City Council D10 Chief of Staff Michelle Dexter reported that the motion to vote on the tax measure for the upcoming ballot was deferred. There will be Dumpster Days in August and September.

Julie Del Fava of County Supervisor Joe Simitian's office gave updates on We're Building Together for Silicon Valley (working with homeowners to see what they need in homes), AT&T will continue serving the area, Santa Clara County needs applicants for boards and commissions, Supervisor Simitian will be available at Princeton Plaza from 9:30 to 10:30 on September 15 and be aware of fire dangers on Almaden Expressway.

Guest Speakers Marcella Gulmon and Colleen Alger – They discussed the 80-year history of the Santa Clara County Fair and Heritage Hall. Their purpose is to collect, preserve, document and share items from the County Fair over the past 80 years.

PRNS – Karen Aguirre reported that the summer programs are ending and the roof repair will continue through mid-October. Lesly Elizondo stated that there are 1438 ASA members, 34 Newsletters are mailed to members and there is \$3086.36 in the Membership Fund. She thanked the ASA for supporting the Summer Concert Series. See the Newsletter for upcoming classes and activities.

Trips – Donna Smith reported on the Cache Creek Casino trip on September 17 for \$50. Clue tickets are being sold for the November 2nd performance. There will be a Travel Presentation on Scotland at the Almaden Community Center on Wednesday, September 25 at 10 am. Admission is free.

Events – Jeanne Sanders reported on the September to Remember event on September 21 from 12 – 3 pm. Tickets go on sale on August 26: \$22 for ASA members and \$25 for non-members. Please wear and/or bring memorabilia from the 50's, 60's or 70's.

No Old Business

New Business – AVCA, D10 Leadership Coalition, ASA and D10 YLC are sponsoring upcoming meetings at Westgate Church: August 12 at 7 pm – Law and order on the November ballot, September 9 – D10 Councilmember candidates, October 14 at 7 pm – County Supervisor candidates. These meetings are in-person and on Zoom.

Meeting adjourned at 11:09 am.

Respectfully submitted by Marilyn Entin, recording secretary

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

EDITORS CHOICE

BROADWAY SAN JOSE



NEW UPCOMING SHOWS AT THE SAN JOSE CENTER FOR THE PERFORMING ARTS

- Clue, Saturday, November 2, 2024 at 2pm | PRICE: \$90
- Cher, Saturday, March 22, 2025 at 2pm
- Six, Saturday, April 26, 2025 at 2pm
- Moulin Rouge, Saturday, July 19, 2025 at 2pm
- MJ, Saturday, August 2, 2025 at 2pm

If you are interested in attending, contact Donna Smith at dsmith95118@sbcglobal.net or 408.266.4938