

ALMADEN

OLDER ADULTS 50+

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

November 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

UPCOMING EVENTS

Friends of the Almaden Library Book Sale

Saturday, November 2 from 9AM to 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 used to support local library programs.

Handwork for Others Holiday Boutique!

Saturday, November 2 from 9AM - NOON

Many one-of-a-kind handmade items for children and adults will be for sale for very reasonable prices. NO CREDIT CARDS! Cash and personal checks will be accepted. We donate hats, scarves and blankets to local charities and donate money to the Almaden Community Center. Thanks for your support!

Almaden Senior Association Holiday Afternoon Dessert Party

Saturday, November 23, 2024
2pm-5pm
\$10 member and non-member
(Cash or check only)

Enjoy a buffet of delicious desserts. Bite size pieces of pie, cake, cookies, and snacks along with coffee, tea, and hot chocolate with toppings.

Castillero Middle School Choral Group will entertain you while you munch on goodies.

Tickets go on sale October 30th MWF from 8-10am in the ACC Lobby

Call Jeanne for more info (408) 425-5723

HOLIDAY CLOSURES

Monday, November 11
Veteran's Day



Thursday, November 28 | Friday, November 29
Thanksgiving Holiday



Tuesday, December 24 | Wednesday, December 25
Holiday Break



Tuesday, December 31
New Years Holiday

Veteran's Day Celebration Friday, 11/8 , 11:45am - 12:30pm

Come and watch a special ceremony to honor Veterans! Ceremony will be an Honor Guard Presentation of Colors, Recognition, and more

We invite those who served to participate by sharing a photo of themselves in their military uniform. These photos will be displayed in our center from 11/4 -11/8. Please bring your photo to the front desk by Monday, October 28.

MESSAGE FROM THE ALMADEN SENIOR ASSOCIATION, NOVEMBER 2024

VOTE:

I have voted in every election since I became eligible at age 21. There were several elections that felt important that I do so. But this election feels like one of the most important in our history. Not only are we electing a president but also, D5 county supervisor and D10 city councilmember. Along with that there are several propositions at the state and local level that can affect you. Please make an informed vote.

AVCA Election Forums:

Thank you to the Almaden Valley Community Association for holding election forums in August, September and October to meet the candidates and learn about the propositions for this year's election. The Almaden Senior Association is proud to have been a co-sponsor of these events along with the D10 Leadership Coalition and The Youth Leadership Coalition.

Your Association:

At the end of December, our current Secretary, Treasurer and President will be termed out of office. As a non-profit in California, we cannot continue to operate without a President, Secretary and Treasurer. Without these officers, we will discontinue operations at the end of December. At that point, we will be unable or severely limited to being able to put on trips and events as we have for almost 20 years. Please volunteer for election as an officer of the Association so we can continue our association, events and trips. Contact me if you are willing to fill any of these positions.

Social Media: Look for more information on our social media pages.

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

November 2024 Happenings:

Nov 1: Dia De Los Muertos and All Saint's Day.

Nov 1: Membership registration Almaden Community Center

Nov 2: Book Sale and Handwork for Others sale.

Nov 5: VOTE!

Nov 8: Special Veteran's Day event at Almaden Community Center, 11:45am.

Nov 11: Veteran's Day, A Day to honor the Active and Fallen in our military. Community Center is closed

Nov 13: Register for Winter Classes at Almaden Community Center

Nov 23: Afternoon Dessert event at ACC, 2pm. Castellero Middle School Choir

Nov 28 Thanksgiving Day. The Community Center is closed Thursday thru Sunday

Nov 29: Black Friday, Shop 'till you drop.

Almaden Senior Association Monthly Meeting- Date and Time: Wednesday, November 6, 2024, 10am PST

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

Meeting ID: 3470748947

Using your web browser, simply click on this link:

<https://us02web.zoom.us/j/3470748947> or use the zoom app and click 'Join a Meeting' and enter the meeting ID 3470748947

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

**WINTER SESSION:
01/06 - 03/15**

**WINTER REGISTRATION
OPENS 11/13 AT 10 A.M.**

**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./No n
251.3.1917 - History Club (In Person)	01/08 - 03/05	10 a.m. - 12 p.m.	Wednesday	\$8 / \$16
251.3.1918 - History Club (Virtual)	01/08 - 03/05	10 a.m. - 12 p.m.	Wednesday	\$8 / \$16
251.3.1915 - Creative Crafts	01/10 - 03/21	10 a.m. - 12 p.m.	Friday	\$11/\$19
251.3.1903 - Ballroom Dance	01/06 - 03/05	10:45 - 11:45 a.m.	Monday	\$7 / \$15
251.3.1962 - Line Dance Beginners	01/15 - 03/05	10:45 a.m. - 12 p.m.	Wednesday	\$7 / \$15
251.3.1803 - Line Dance Level 1 - 2	01/09 - 02/27	8:45 - 10:15 a.m.	Thursday	\$61 / \$69
251.3.1804 - Line Dance Level 2 - 3	01/07 - 02/25	8:45 - 10:15 a.m.	Tuesday	\$61 / \$69
251.3.1921 - Cardio Drumming	01/15 - 03/05	9:30 - 10:30 a.m.	Wednesday	\$7 / \$15
251.3.1905 - Creative Writing	01/07 - 03/18	1 - 3 p.m.	Tuesday	\$11 / \$19
251.3.1801 - Yoga - Gentle	01/06 - 03/10	9 - 10 a.m.	Monday	\$46 / \$54
251.3.1802 - Awareness Through Movement (Feldenkrais)	01/06 - 03/10	10:15 - 11:15 a.m.	Monday	\$46 / \$54
251.3.1810 - Morning Stretch	01/06 - 03/21	8:15 - 8:55 a.m.	M W F	\$32 / \$40
251.3.1811 - Morning Stretch	01/06 - 03/21	9:10 - 9:50 a.m.	M W F	\$32 / \$40
251.3.1922 - Mah Jong Open Play	01/08 - 03/19	12:45 - 2:45 p.m.	Wednesday	\$10 / \$18
251.3.1960 - Bridge Level 1-2	01/14 - 02/25	1 - 3 p.m.	Tuesday	\$7 / \$15
251.3.1961 - Bridge Level 3	01/16 - 02/27	1 - 3 p.m.	Thursday	\$7 / \$15
251.3.1919 - Bridge Open Play	01/09 - 03/21	9:30 - 11:30 a.m.	Thursday	\$11 / \$19

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
251.3.1920 - Painting Group	01/09 - 03/20	9 a.m. - 12 p.m	Thursday	\$22 / \$30
251.3.1805 - Watercolor (T)	01/07 -03/04	10 a.m. - 12 p.m.	Tuesday	\$76 / \$84
251.3.1806 - Watercolor (Th)	01/09 - 03/06	10 a.m. - 12 p.m.	Thursday	\$76 / \$84
251.3.1906 -Pickleball Open Play (T)	01/07 - 03/18	8:15 - 10:15 a.m.	Tuesday	\$11 / \$19
251.3.1907 - Pickleball Open Play (T)	01/07 - 03/18	10:15 a.m. - 12:15 p.m.	Tuesday	\$11 / \$19
251.3.1908 - Pickleball 70+ Open Play	01/07 - 03/18	12:15 - 2:15 p.m.	Tuesday	\$11 / \$19
251.3.1909 -Pickleball Open Play (Th)	01/09 - 03/20	11:30 a.m. - 1 p.m.	Thursday	\$11/ \$19
251.3.1910 -Pickleball Open Play (Th)	01/09 - 03/20	1 - 2:30 p.m.	Thursday	\$11/ \$19
251.3.1913 - Badminton Open Play (Th.)	01/09 - 03/20	9 - 11 a.m.	Thursday	\$11 / \$19
251.3.1914 - Badminton Open Play (Fri.)	01/10 - 03/21	9 - 11 a.m.	Friday	\$11 / \$19
251.3.1902 - Table Tennis / Ping Pong (M)	01/06 - 03/17	3:30 - 5:30 p.m.	Monday	\$9 / \$17
251.3.1911 - Table Tennis / Ping Pong (W)	01/08 - 03/19	1:30 - 4:30 p.m.	Wednesday	\$20 / \$28
251.3.1912 - Table Tennis / Ping Pong (Th)	01/09 - 03/20	1:30 - 3:30 p.m.	Thursday	\$11 / \$19
251.3.1963 - Tai Chi	01/08 - 03/12	9:30 - 11 a.m.	Wednesday	\$9 / \$17
251.3.1904 - Quilters	01/14 - 03/18	3 - 6 p.m.	Tuesday	\$20 / \$28
251.3.1916 - Handwork For Others	01/10 - 03/21	10 a.m. - 12 p.m.	Friday	FREE
251.3.1901 - Yuan Ji (Chih) Dance	01/06 - 03/17	1 - 3 p.m.	Monday	\$9 / \$17

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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.

BROADWAY SAN JOSE



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

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

MOVIES & POPCORN

Come and enjoy a movie and some popcorn for \$1!
Every 2nd Tuesday of the month at 1 p.m. in the community room.
Movie can be subject to change.



11/12 @ 1 p.m
Unfrosted (2024)
Comedy
PG-13 | 1h 36m

In a time when milk and cereal ruled breakfast, a fierce corporate battle begins over a revolutionary new pastry. A Pop-Tart comedy from Jerry Seinfeld.

Starring: Jerry Seinfeld, Melissa McCarthy, Jim Gaffigan

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.

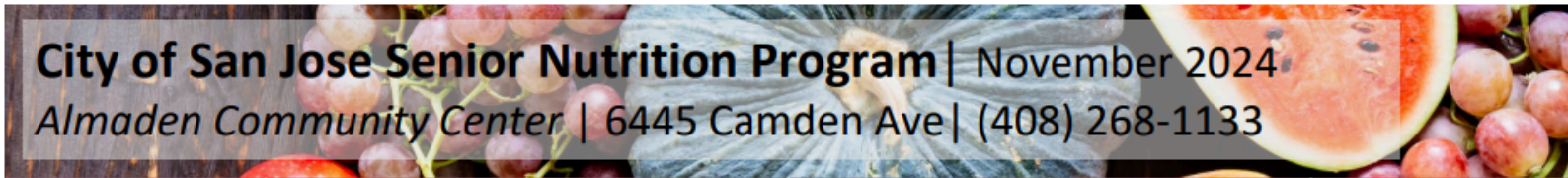
Guest Speakers:

11/18 - The Crime Prevention Unit will be coming out to guest speaker to our Senior Nutrition participants

Celebrations:

We will be celebrating November birthdays in our Nutrition Lunch Program. We will be celebrating with some treats for those whose birthday is the month of November on 11/25. Please reserve for lunch.

Check out the November 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
				Chicken w/ Cranberry Orange Sauce Whole Wheat Roll Green Beans Sweet Potatoes Mixed Fruit Low Fat Milk	1 BBQ Chicken Salad OR Egg Salad Sandwich OR Black Bean Burger
4 Fish w/ Red Pepper Sauce Whole Wheat Bread California Vegetable Blend Peas Mixed Fruit Low Fat Milk Margarine	5 Tomato Basil Soup Chicken w/ Cacciatore Sauce Penne Pasta Whole Wheat Roll Carrots Roasted Brussels Sprouts Fresh Orange Low Fat Milk	6 Western Beef Patty Whole Wheat Bread Whipped Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk Margarine	7 Cranberry Dijon Chicken Brown Rice Green Beans w/ Red Pepper Roasted Red Potatoes Fresh Banana Low Fat Milk	8 Veteran's Day Meal BBQ Hamburger Lettuce & Tomato WW Hamburger Bun Baked Beans Cilantro Carrot Coleslaw Fresh Orange Low Fat Milk/Cookie	WEEKLY ALTERNATES Mediterranean Salad OR Curry Apple Chicken Wrap OR Black Bean Burger
11 Closed for Veteran's Day	12 Corn Chowder Soup Pollock Fish Sandwich Whole Wheat Hamburger Bun Spinach Cauliflower Fresh Seasonal Fruit Low Fat Milk Tartar Sauce	13 Chinese Chicken Salad Whole Wheat Bread (Salad Mix in entrée) Fresh Orange Low Fat Milk Margarine	14 Salisbury Steak w/ Gravy Whole Wheat Roll & Margarine Whipped Potatoes California Vegetable Blend Fresh Seasonal Fruit Low Fat Milk	15 Garlic Rosemary Chicken Whole Wheat Bread Whole Kernel Corn Carrot Raisin Salad Mixed Fruit Low Fat Milk Margarine	WEEKLY ALTERNATES Cottage Cheese Fruit Sld OR Tky & Cranberry Sdw OR Black Bean Burger
18 Beef & Turkey Enchilada (Corn Tortilla in entrée) Roasted Zucchini California Vegetable Salad Fresh Orange Low Fat Milk	19 King Ranch Chicken Leg Quarter Whole Wheat Bread & Margarine Brussels Sprouts Fresh Tossed Salad Fresh Apple Low Fat Milk	20 Vegetable Soup Sweet & Sour Pork Brown Rice Asian Vegetable Blend Spinach Mandarin Oranges Low Fat Milk	21 Fish w/ Roasted Garlic Marsala Spanish Brown Rice Broccoli Coleslaw w/ Carrot Fresh Apple Low Fat Milk	22 Beef & Turkey Meatloaf w/ Gravy Whole Wheat Bread & Margarine Whipped Potatoes Green Beans Fresh Orange Low Fat Milk	WEEKLY ALTERNATES Chef Salad OR Vegetarian Wrap OR Black Bean Burger
25 Chicken w/ Creamy Tuscan Sauce Whole Wheat Bread Roasted Cauliflower 4-Way Vegetable Blend Mixed Fruit Low Fat Milk Margarine	26 Vegetarian Chili Whole Wheat Roll Tossed Salad w/ Red Peppers (Tomatoes & Onion in entrée) Fresh Apple Low Fat Milk Margarine	27 Thanksgiving Meal Turkey w/ Gravy & Cranberry Sauce Whole Wheat Roll Parslied Carrots Whipped Potatoes Fresh Orange Low Fat Milk Glazed Pumpkin Cake	28 Closed for Thanksgiving	29 Closed for Thanksgiving	WEEKLY ALTERNATES Veggie Chickpea Chef Salad OR Tky-Ham & Apple Sdw 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.
 6 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 October 2, 2024

Board Members:

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

October 2, 2024 ASA Meeting

Call to order and announcements at 10 am by President Rich Sanders – Harvest Festival is on October 19, Handwork for Others Sale is on November 2 from 9 am to noon, Candidates for the San Jose School District Forum is on October 14 at 7 pm at Westgate Church, and the Santa Clara County Special Board Meeting concerning Unhoused People and Environment Summit will occur on October 11 at 9 am at the SCC Center.

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

Treasurer's Report – Bill Lavallee reported deposits of \$5,052 and payments of \$4,566.12. YTD (\$149.33) D10 Councilmember Arjun Batra stated that PG&E will be putting wires underground on Almaden Expressway between Camden and McAbee and the City Council is working on an incentive scheme to get companies to relocate to downtown San Jose. There will be a Shredding and E-Waste Day on October 12 and a Dumpster Day on October 26.

Rob Moore from Assemblymember Pellerin's office gave updates – She is working on lowering oil and gas prices. She got many of her bills passed: preventing schemes to deceive voters through AI, foster family children and technical bills. She also recognized individuals who did good work.

PRNS – Karen Aguirre discussed the Harvest Festival on October 19. Roof repair is just about done and Emergency Preparedness work is almost completed. Lesly Elizondo stated that there are 1537 members of ASA, 39 Newsletters are mailed to members and there is \$2,553.80 in the Membership Fund. See the Newsletter for events and classes.

Trips – Rich Sanders is looking to get a larger bus for the Roaring Camp trip and Clue, the play, is sold out.

Events – Jeanne Sanders reported on A September to Remember. There was a profit of \$256.77 and 92 tickets were sold. The next event will be a Dessert Buffet on November 23. The cost is \$10. Tickets will go on sale on October 30.

Old Business – Volunteers are needed for the offices of President and Treasurer of the ASA.

Announcements – the Friends of the Library Book Sale will be on November 2 from 9 am to 2:30 pm.

Meeting adjourned at 11 am.

Respectfully submitted by Marilyn Entin, Recording Secretary

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

EDITORS CHOICE

2025 Senior Membership Drive opens on November 1st!

To ensure you get early registration and receive your discount on senior classes and programming. Please sign up for your FREE 2025 senior membership prior registration.

Early Winter registration for 2025 senior members opens on Wednesday, 11/13 at 10 a.m.