

ALMADEN

OLDER ADULTS 50+

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

December 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

Tuesday, December 24

Wednesday, December 25

Holiday Break



Wednesday, January 1

New Years Holiday



Holiday Hours:

Monday, 12/23 - Thursday, 1/2

Office Hours: 10am - 1pm

Gym:CLOSED

UPCOMING EVENTS

Almaden Senior Association Annual Soup Party

Saturday, January 18, 2025
12pm to 2pm (Soup served at noon)
\$10 member and non-member
Cash or check only

Come enjoy 4 different homemade soups served with fresh bread and cookies.

Soups are Corn Chowder, Chicken Taco, Sausage Rice, and Pumpkin Squash.

Early ticket sales will be December 2,4,6,9,11,13 from 8-10am in the ACC Lobby

We will continue to sell tickets if available on Monday, January 6th every MWF from 8-10am

Call Jeanne for more info (408) 425-5723

FREE DENTAL SERVICES: Tooth Mobile:

The Tooth Mobile will be stopping by Almaden Community Center to provide free dental services such as oral exams, x-rays, and oral cancer screenings on 1/29 & 2/12

To make an appointment,
please call (408)268- 1133

2024 Holiday Wish Drive

The Almaden Senior Association is proud to partner with the Family Giving Tree this year!

If you have taken a wish card from the Christmas tree in the ACC lobby, please have your gift returned to the ACC lobby by December 4th.

Thank you for your support and donations!

MESSAGE FROM THE ALMADEN SENIOR ASSOCIATION, DECEMBER 2024

THANK YOU!

December 31st will be my last day as the President of the Almaden Senior Association. The Association is dedicated to providing you with great social opportunities in the events and trips that we provide. I hope we have done that over the 5 years I have served as the association's president.

My time has been challenging. I was elected to be President in December 2019 and took office January 1, 2020. Three months later on March 16, 2020, the government issued a lock down order due to the spread of the COVID-19 virus. This included the closure of the Almaden Community Center and the end to all classes and programs at the center and the events and trips we offered.

We all thought at that time we would be out for a couple of weeks or maybe a month. Little did we know that the closure would last almost two years. During that time, we lost many of our citizens including many seniors to COVID. By lost, I mean not just those at the Almaden Community Center, I mean those in our neighborhoods, city, state and country. A terrible loss, most of which happened in the first year. Vaccines started to be given in January 2021 and the disease began to subside.

It wasn't until February 2022 however that the community center began offering classes again including the senior's favorite Morning Stretch on a limited basis. It wasn't until June 2022 that the Senior Association offered the first event since the shutdown. We only offered two events that year. We recovered in 2023 to have 9 events. Trips also were stopped in 2020 to start slowly again in 2023. During the shutdown, we lost many of our regular volunteers to life changes.

While this was a dark period for us, there were many bright spots during this time. We discovered a new program called Zoom for meetings and started using it to continue our monthly ASA meetings. The ASA board stayed together and using remote tools, continued what programs we could. In cooperation with the PRNS staff at the Almaden Community Center we started Morning Stretch Classes via Zoom. As we returned early in 2022 with Morning Stretch classes that were size restricted, we ran those both in-person and via Zoom. We started running ASA monthly meetings in hybrid mode also both in-person and online which continue today.

During my time we made some advancements in technology. We redesigned the almadenseniors.org website. We started using Facebook at facebook.com/almadenseniors and we formed a contract with the Almaden Times to advertise our organization and activities. We have continued to donate to the Summer Concert Series, July 4th at Almaden Lake Park and Christmas in the Park.

It's been my pleasure to be the president of this organization, and I plan to remain involved moving forward. Mostly it's been my pleasure to be with all of you at events or just talking in the halls of ACC.

Thank you!

December 2024 Happenings:

Dec 7: Pearl Harbor Remembrance Day

Dec 24: Christmas Eve

Dec 25: Christmas Day

Dec 25: Hannukah, Dec 25, 2024 to Jan 2, 2025

Dec 26: Boxing Day

Dec 26: Kwanzaa, Dec 26, 2024 to Jan 1, 2025

Dec 31: New Year's Eve

Almaden Senior Association Monthly Meeting- Date and Time: Wednesday, December 4, 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.

OLDER ADULTS 50+ CLASSES

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

**WINTER 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./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.

OLDER ADULTS 50+ CLASSES

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

**WINTER 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
251.3.1920 - 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

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.

BROADWAY SAN JOSE



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

Cher, Saturday, March 22, 2025 at 2pm, Price \$80

Six, Saturday, April 26, 2025 at 2pm, Price \$95

Moulin Rouge, Saturday July 19, 2025 at 2pm, Price \$95

MJ, Saturday, August 2, 2025 at 2pm, Price \$95

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.



12/10 @ 1 p.m

Christmas with the Kranks (2004)

Family/ Comedy

PG | 1h 34m

With their daughter, Blair, away in Peru, Luther and Nora Krank decide to skip Christmas all together until she decides to come home, causing an uproar when they have to celebrate it at the last minute.

Starring: Tim Allen, Jamie Lee Curtis, Dan Aykroyd



1/14 @ 1 p.m.

Going in Style (2017)

Comedy/ Crime

PG-13 | 1h 36m

Desperate to pay their bills and support their loved ones, lifelong pals Willy Davis, Albert Gardner, and Joe Harding risk it all by robbing the bank that absconded with the pension money that they earned from working there for years.

Starring: Morgan Freeman, Michael Caine, Alan Arkin

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 (HICAP)

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 (408) 559-8553
Willow Glen Community Center (408) 448-6400
Southside Community Center (408) 629-3336
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 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.

Celebrations:

We will be celebrating December birthdays in our Nutrition Lunch Program. We will be celebrating with some treats for those whose birthday is the month of December on 12/30. Please reserve for lunch.

Check out the December 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 | December 2024

Almaden Community Center | 6445 Camden Ave | (408) 268-1133

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATES
Banh Mi Sandwich Whole Wheat Hoagie Bun 4-Way Vegetable Blend Cabbage Fresh Orange Low Fat Milk	Split Pea Soup Vegetarian Spinach Lasagna Whole Wheat Roll Brussels Sprouts (Mixed Vegetables in entrée) Fresh Apple Low Fat Milk Margarine	Smothered Chicken Leg Quarter Brown Rice Pilaf Peas and Carrots Fresh Tossed Salad Mandarin Oranges Low Fat Milk Salad Dressing	Beef & Tky Shepherd's Pie Whole Wheat Bread Mixed Vegetable Blend Broccoli & Cauliflower Fresh Seasonal Fruit Low Fat Milk Margarine	Chicken w/ Cranberry Orange Sauce Whole Wheat Roll Green Beans Sweet Potatoes Mixed Fruit Low Fat Milk Margarine	BBQ Chicken Salad OR Egg Salad Sandwich OR Black Bean Burger
Fish w/ Red Pepper Sauce Whole Wheat Bread California Vegetable Blend Peas Mixed Fruit Low Fat Milk Margarine	Tomato Basil Soup Chicken w/ Cacciatore Sauce Penne Pasta Whole Wheat Roll Carrots Roasted Brussels Sprouts Fresh Orange Low Fat Milk Margarine	Western Beef Patty Whole Wheat Bread Whipped Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk Margarine	Cranberry Dijon Chicken Brown Rice Green Beans w/ Red Pepper Roasted Red Potatoes Fresh Banana Low Fat Milk	Smothered Pork Loin Whole Wheat Roll Whole Kernel Corn Spinach Salad Tropical Fruit Low Fat Milk Margarine Salad Dressing	Mediterranean Salad OR Curry Apple Chicken Wrap OR Black Bean Burger
Chicken w/ General Tso Sauce Whole Grain Garlic Noodles Cabbage Fresh Tossed Salad Tropical Fruit Low Fat Milk Salad Dressing	Corn Chowder Soup Pollock Fish Sandwich Whole Wheat Hamburger Bun Spinach Cauliflower Fresh Seasonal Fruit Low Fat Milk Tartar Sauce	Chinese Chicken Salad Whole Wheat Bread (Salad Mix in entrée) Fresh Orange Low Fat Milk Margarine	Salisbury Steak w/ Gravy Whole Wheat Roll Whipped Potatoes California Vegetable Blend Fresh Seasonal Fruit Low Fat Milk Margarine	Christmas Meal Pork Carnitas Mexican Rice & Corn Tortilla Pinto Beans Tossed Salad w/ Carrots Fresh Orange Low Fat Milk Christmas Dessert Surprise Salad Dressing	Cottage Cheese Fruit Sid OR Tky & Cranberry Sdw OR Black Bean Burger
Beef & Turkey Enchilada (Corn Tortilla in entrée) Roasted Zucchini California Vegetable Salad Fresh Orange Low Fat Milk	Closed for Christmas	Closed for Christmas	Fish w/ Roasted Garlic Marsala Spanish Brown Rice Broccoli Coleslaw w/ Carrot Fresh Apple Low Fat Milk	New Years Meal Garlic Rosemary Chicken w/ Mushroom Gravy Whole Wheat Roll Red Diced Potatoes Carrots Fresh Orange Low Fat Milk Chocolate Chip Cookie Margarine	Chef Salad OR Vegetarian Wrap OR Black Bean Burger
Chicken w/ Creamy Tuscan Sauce Whole Wheat Bread Roasted Cauliflower 4-Way Vegetable Blend Mixed Fruit Low Fat Milk Margarine	Vegetarian Chili Whole Wheat Roll Tossed Salad w/ Red Peppers (Tomatoes & Onion in entrée) Fresh Apple Low Fat Milk Margarine Salad Dressing				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.
 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 November 6, 2024

Board Members:

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

November 6, 2024 ASA Meeting

Call to order and announcements at 10 am by President Rich Sanders. AVCA will honor the ASA for co-sponsoring their Candidates Nights on November 11 at 7 pm at Westgate Church.

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

Treasurer's Report – Bill Lavallee reported deposits of \$1,116 and payments of \$1,613. YTD=-\$456.33.

Councilmember D10 Arjun Batra reported on street safety and a consolidated homelessness plan that includes RV parking in VTA facilities rather than in front of private homes.

PRNS – Supervisor Karen Aguirre reported that the ACC construction will be concluded by the end of November. The center will be closed on Monday, November 11 for Veterans' Day and November 28 – 29 for Thanksgiving. Senior Specialist Lesly Elizondo reported that ASA has 1552 members, 39 Newsletters are mailed to ASA members and there is \$2,528.75 in the Membership Fund. Free Senior Membership is open and Winter Semester Class Registration is on November 13 at 10 am. There will be an Honor Guard performance on November 8 during the Nutrition Program lunch. Interest surveys will be available soon.

Election Review – Election results in the area served by the Community Center were reviewed.

Trips – Donna Smith reported that Broadway San Jose tickets will be available for upcoming shows. The Roaring Camp trip was successful.

Events – Jeanne Sanders reported that tickets for the Dessert Party on November 23 are on sale now. The Soup Party will be on January 18. The cost is \$10.

Old Business – ASA Election update – Nancy Royal will be running for President and Anna Noriega for Secretary of ASA.

New Business – Jeanne Sanders noted that Christmas in the Park tree has been purchased and will be decorated between November 25 and 27. The Family Giving Tree is in the ACC lobby

Meeting adjourned at 10:55 am.

Respectfully submitted by Marilyn Entin, Recording Secretary

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

EDITORS CHOICE

Citywide Older Adult 50+ Field Trip: The Nutcracker Ballet



Course number: 008.2.2024

Wednesday, December 18, 2024

Performance Time: 3pm

Bus shuttle will pick up at Willow Glen Community Center to event location at 1pm

Prices: Member: \$50 | Non-member: \$65

Join us for a delightful afternoon as we experience the magic of the season with a trip to the Nutcracker Ballet at the Heritage Theatre in Downtown Campbell with balcony seating. Don't wait, as space is limited or you may miss this outing and the opportunity to socialize and create lasting holiday memories!

Register in person or online at www.sjregistration.com

For questions, please contact:

olderadultsprogram@sanjoseca.go or (408)590-6335