

ALMADEN

OLDER ADULTS 50+

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

January 2025

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

Holiday Hours:

Monday, 12/23 - Thursday, 1/2

Office Hours: 10am - 1pm

Gym: CLOSED



Wednesday, January 1

New Years Holiday



Monday, January 20

Martin Luther King Jr. Day



Wednesday, 1/29

Lunar New Year Day



UPCOMING EVENTS

Family Giving Tree

Thank you to all those who brought gifts and donated money to the Holiday Wish Drive for the Family Giving Tree. It is much appreciated!

-Almaden Senior Association

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 dessert.

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

We will continue to sell tickets 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 at different community centers to provide free dental services such as oral exams, x-rays, and oral cancer screenings.

Almaden Community Center will be offering appointments on 1/28 & 2/12

For further information or to make an appointment at Almaden, please call (408)268- 1133

MESSAGE FROM THE ALMADEN SENIOR ASSOCIATION, JANUARY 2025

Dear Fellow Seniors,

In December, the term of several distinguished Board officers came to an end, and new leaders have joined our ASA Board. I am honored to be your incoming President. Before introducing myself, I first want to acknowledge the leadership provided by Rich Sanders and last term's Board. Thank you, on behalf of us all. I am excited to welcome new and returning Directors to the Board: Donna Smith who continues as Vice President, and joining the Board, Bill Hubka, Secretary, and Art Randall, Treasurer. I am certain that their expertise, enthusiasm, and commitment will ensure their success as we move forward!

Just to give you a little background about myself. First, professionally, I have dedicated myself to cultural and educational enrichment and service to the community. After studying in Greece on a Fulbright and excavating at several archaeological sites in Greece and Israel, I taught Classical Languages, and Ancient Art History and Literature at Santa Clara University, UC Santa Cruz, and UC Berkeley, where I completed graduate degrees in Classical Archaeology. Four years ago, I retired from the Diocese of San Jose having worked as a Pastoral Associate and Faith Formation Director for several Catholic parishes.

Over the last three years you may have seen me in our (8:15!) Morning Stretch classes and at various Senior Association events and trips. Having experienced firsthand the benefits and value that the Association and Center offer, I have a passionate interest in furthering our mission to "initiate and promote programs and activities for the active adult (50+) population in San Jose." My goals are, with your active participation, to grow a vibrant, fun community where we can form deep connections, enhance our mental, physical, and social wellbeing, and participate in enriching cultural and educational opportunities, and meet the challenges facing us. We can't do this without you! We are nearly 1600 members strong. As we embark on this journey together, I invite each one of you to collaborate and grow with us. Please share your thoughts and ideas and consider how you can contribute to our efforts.

Here are two ways to do that:

1. Email us at: almadenseniors1@gmail.com
2. Attend our Community meetings where you have input, can grow our community, and actively participate in the solutions.

Thank you for entrusting me with the leadership of this remarkable Association. I look forward to hearing from you. I am excited about what we will achieve together!

January 2025 Happenings

- Jan 1: New Years Day. Happy New Year! Community Center Closed
- Jan 2, 3: No classes at the community center
- Jan 2: Last day of Hanukkah
- Jan 6: Feast of the Epiphany
- Jan 6: First day of Winter 2025 classes at Almaden Community Center
- Jan 18: Soup Party. 4 homemade soups
- Jan 20: Martin Luther King Day. The Center is Closed
- Jan 29: Lunar New Year, Community Center Closed



With warmest regards,
Nancy Royal President,
Almaden Senior Association Board

Almaden Senior Association Monthly Meeting- Date and Time: Wednesday, January 8, 2025, 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.

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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, 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.



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



2/11 @ 1 p.m.
The Notebook (2004)
Romance/ Comedy
PG-13 | 2h 1m

Two young lovers are torn apart by war and class differences in the 1940s in this adaptation of Nicholas Sparks's bestselling novel.

Starring: Ryan Gosling, Rachel McAdams, James Garner

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 open up every Thursday at 10 a.m. for the following week. 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.

Presentations: Thursday, 1/23

The Crime Prevention Unit will be coming to present a topic about crime prevention. Please reserve for lunch. There will be additional seating for those not staying for lunch.

Celebrations:

We will be celebrating January birthdays in our Nutrition Lunch Program on Monday, 1/27. Please reserve for lunch.

Check out the January 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 | January 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
		1 Closed for New Year's Day	2 BBQ Chicken Sandwich Lettuce & Tomato Whole Wheat Hamburger Bun Garden Vegetable Blend Fresh Tossed Salad Fresh Orange Low Fat Milk	3 Pollock w/ Lemon Herb Sauce Brown Rice Pilaf Peas and Carrots O'Brien Diced Potatoes Tropical Fruit Low Fat Milk	Veggie Chickpea Chef Salad OR Tky-Ham & Apple Sdw OR Black Bean Burger
6 Banh Mi Sandwich Whole Wheat Hoagie Bun 4-Way Vegetable Blend Cabbage Fresh Orange Low Fat Milk	7 Split Pea Soup Vegetarian Spinach Lasagna Whole Wheat Roll Brussels Sprouts (Mixed Vegetables in entrée) Fresh Apple Low Fat Milk Margarine	8 Smothered Chicken Leg Quarter Brown Rice Pilaf Peas and Carrots Fresh Tossed Salad Mandarin Oranges Low Fat Milk Salad Dressing	9 Beef & Tky Shepherd's Pie Whole Wheat Bread Mixed Vegetable Blend Broccoli & Cauliflower Fresh Seasonal Fruit Low Fat Milk Margarine	10 Chicken w/ Cranberry Orange Sauce Whole Wheat Roll Green Beans Sweet Potatoes Mixed Fruit Low Fat Milk Margarine	WEEKLY ALTERNATES BBQ Chicken Salad OR Egg Salad Sandwich OR Black Bean Burger
13 Fish w/ Red Pepper Sauce Whole Wheat Bread California Vegetable Blend Peas Mixed Fruit Low Fat Milk Margarine	14 Tomato Basil Soup Chicken w/ Cacciatore Sauce Penne Pasta Whole Wheat Roll Carrots Roasted Brussels Sprouts Fresh Orange Low Fat Milk Margarine	15 Western Beef Patty Whole Wheat Bread Whipped Potatoes Broccoli Carrots Fresh Seasonal Fruit Low Fat Milk Margarine	16 Cranberry Dijon Chicken Brown Rice Green Beans w/ Red Pepper Roasted Red Potatoes Fresh Banana Low Fat Milk	17 Smothered Pork Loin Whole Wheat Roll Whole Kernel Corn Spinach Salad Tropical Fruit Low Fat Milk Margarine Salad Dressing	WEEKLY ALTERNATES Mediterranean Salad OR Curry Apple Chicken Wrap OR Black Bean Burger
20 Closed for MLK Day	21 Corn Chowder Soup Pollock Fish Sandwich Whole Wheat Hamburger Bun Spinach Cauliflower Fresh Seasonal Fruit Low Fat Milk Tartar Sauce	22 Chinese Chicken Salad Whole Wheat Bread (Salad Mix in entrée) Fresh Orange Low Fat Milk Margarine	23 Salisbury Steak w/ Gravy Whole Wheat Roll Whipped Potatoes California Vegetable Blend Fresh Seasonal Fruit Low Fat Milk Margarine	24 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
27 Beef & Turkey Enchilada (Corn Tortilla in entrée) Roasted Zucchini California Vegetable Salad Fresh Orange Low Fat Milk	28 King Ranch Chicken Leg Quarter Whole Wheat Bread & Margarine Brussels Sprouts Fresh Tossed Salad Fresh Apple Low Fat Milk	29 Closed for Lunar New Year	30 Fish w/ Roasted Garlic Marsala Spanish Brown Rice Broccoli Coleslaw w/ Carrot Fresh Apple Low Fat Milk	31 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

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. Senior Nutrition Program is now implementing a Reservation System. Reservation can be either in-person or phone every Thursday at 10am to 1pm for the following week.

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.

2025 SENIOR ASSOCIATION

The Almaden Senior Association Minutes of the Meeting of December 4, 2024

Board Members:

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

December 4, 2024 ASA Meeting Call to order and announcements by President Rich Sanders at 10:00am. The transfer from CM Batra to Mr. Casey will be Dec. 10.

Minutes - M/S/P to accept minutes as written.

Treasurers Report - Bill Lavallee reported deposits of \$2170. including a donation of \$500. Payments were \$2335.71 which amounts to a loss of \$622.04. He reported the CD is \$25,109.02.

PRNS- David Torres gave the report in the absence of Karen and Lesly. \$2528.75 remains in their account. He asked that everyone fill out the survey. Movie and bingo and tooth mobile all coming up.

Cheryl Washington commented on how the morning stretch classes make a difference in people's lives and thanked Rich and Jeanne for their hard work.

Trips - Rich gave the report in Donna's absence about shows at Broadway San Jose. Cher, Six, Moulin Rouge, MJ.

Events- Jeanne reported the Dessert Party in November made a profit of \$267.63. Next event is the soup party on January 18, 2025 at noon. Currently, selling tickets at \$10.00. 4 homemade soups by seniors.

Jeanne gave a report on Christmas in the Park tree decorated by members. Trees are bought by corporations, non-profits, families, schools and memorials, also council office trees. Our trees #460 and #515. CITP is currently hoping for donations to keep it going next year. Donate as a regular contribution or donate when you go downtown to see the displays. Question: Can we think about giving CITP as a contribution from ASA. We would like to go back to being a philanthropic organization. We have continued to contribute to Almaden Lake 4th of July event and concert series at Graystone Park. We do have expenses as an organization. We can think about raising funds as a volunteer donation from our members.

Rich announced that we have been looking for volunteers to keep our association afloat. Our nominee for President, is Nancy Royal. She has a lot of experience and will be a good addition. Nancy stated that she is excited to begin. Secretary nominee Bill Hubka is a former ASA president and comes with knowledge of the association.

Nancy Royal for President and Bill Hubka for Secretary were both approved by the members present in a vote by unanimous consent. They will begin Jan 1, 2025.

Councilmember Arjun Batra talked to the members about his time in office. Rich then thanked CM Batra for being a friend to the ASA and presented him with a certificate of appreciation from the ASA members.

Proposed By-Laws changes were discussed. Some proposed changes announced previously were removed from the proposed by-law list. A document showing remaining sections was presented to the members present. It was mentioned that these sections are viewed as being non-controversial.

A motion was made and seconded that we table the voting until members can look at the proposed changes. Discussion included that the board is responsible for managing the association and we have worked for over a year to get volunteers for the board officers. It was mentioned that these proposed by-law changes were intended to help the association survive, to get volunteers and to make operations more flexible. The question was called on the motion to postponing vote on acceptance of the proposed by-law changes. 2 voted in favor. 21 voted against. The motion was defeated. A motion was made and seconded that the by-law changes be approved as presented. The vote was one person against and 22 in favor. The motion passed. A question was asked why the paper is dated Nov. 4th vs. Dec. 4. Answer, they were approved at the board meeting in November.

Outgoing President Rich Sanders spoke to the audience of his appreciation and enjoyment of being president for the last 5 years. He thanked each board member individually.

Meeting adjourned at 11:27am. Respectfully submitted by Jeanne Sanders for Secretary Marilyn Entin

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

EDITORS CHOICE

Valentine's Silent Disco Dance!

Course #: 251.3.2025
Date: Friday, 2/14/2025
Time: 1PM - 2:30PM
Price: \$5
Registration is required!



This event is for anyone who loves dancing! A silent disco is a fun and festive way to spend the holiday with all your friends! Spend your Valentine's Day with your friends, put on your dancing shoes, and get ready for a moment of music, dancing, and memories that will last a lifetime. Happy Valentine's Day!

A silent disco is an event where participants dance while tuning into music through wireless headphones. Instead of traditional speakers, music is broadcasted via a radio transmitter, allowing dancers to choose from different music channels.

Register in person or on www.sjregistration.com

For more info call (408)268-1133