

ALMADEN

OLDER ADULTS 50+

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

February 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

Monday, February 17
President's Day



AARP TAX Services

AARP tax aid volunteers are available to assist seniors and low-income families in preparing your tax returns for FREE!

Appointments are available on selected Saturdays & Tuesdays, starting Saturday, 2/1 - Tuesday, 4/15. Appointments are required. Please call ahead to schedule your appointment at (408)268-1133.

SJREGISTRATION WORKSHOP

In this free workshop, we will provide step-by-step on how to register for classes and programs on www.sjregistration.com through your laptop or smartphone. Below are the workshops available:

251.3.2105: For Smart Phone Users
Monday, February 3, 2025 from 1-2pm

251.3.2106: For Laptop Users
Tuesday, February 4, 2025 from 1 - 2pm

Registration is required.

UPCOMING EVENTS

Early Spring Registration for 2025 senior members opens on Wednesday, February 12 @ 10am

251.3.2025: Valentine's Silent Disco Dance!

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

ALMADEN SENIOR ASSOCIATION **ST. PATRICK'S PARTY**

Saturday, March 15, 2025
12pm-3pm

\$25 Member & Non-Member
Check or Cash

Lunch will be served at noon and will include corned beef, cabbage, carrots, potatoes, rolls, dessert, and punch. Live Entertainment.

Tickets go on sale Monday, February 24th in the Almaden Community Center Lobby from 8am- 10am and every MWF until March 7th or until sold out.

For more info call Jeanne @ 408-425-5723

MESSAGE FROM THE ALMADEN SENIOR ASSOCIATION, JANUARY 2025

Dear Fellow Seniors,

You may know that our Almaden Senior Association (almost 1600 members!) has a Board of Directors, but do you know what we do? Our Board is dedicated to serving you, our seniors, and supporting our Center by providing quality events and opportunities that enhance your lives and experiences and by working together to meet our goals.

Responsibilities of our Board include strategic planning such as setting long-term vision and goals, financial oversight, establishing and overseeing committees focused on specific areas such as events, trips, and technology, and interacting with other community organizations.

A key responsibility is community engagement: representing our Association publicly and building relationships with you, our members. The Board of directors is the face of our Association.

Meet our 2025 Board!



Nancy Royal
President



Donna Smith
Vice President



Bill Hubka
Secretary



Art Randall
Treasurer



Richard Sanders



Jeanne Sanders



Monica Bellizzi



Janet Haver

February 2025 Happenings

Feb. 2, Groundhog Day.

Feb 5, ASA 10:00AM General Meeting

Feb. 14, Valentines Day ♥

Feb. 17, Center closed – Presidents' Day

Almaden Senior Association Monthly Meeting, Wednesday, February 5, 2025, 10am PST

***** PLEASE NOTE: The Zoom ID has changed for this meeting. Please use the ID shown below *****

Please Attend in-Person at ACC in Room 4 or via Zoom. Meeting ID: 5100724787

Simply click on this link: <https://bit.ly/ASA-Meeting>

Or Use your zoom app, click 'Join a Meeting' and enter the meeting ID 5100724787

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.



With warmest regards,
Nancy Royal President
Almaden Senior Association

OLDER ADULTS 50+ CLASSES

**SPRING SESSION:
03/24 - 06/07**

**SPRING REGISTRATION
OPENS ON 2/12 AT 10AM**

**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
251.4.1910 - History Club (In Person)	03/26 - 06/04	10 a.m. - 12 p.m.	Wednesday	\$10 / \$18
251.4.1911 - History Club (Virtual)	03/26 - 06/04	10 a.m. - 12 p.m.	Wednesday	\$10 / \$18
251.4.1908 - Creative Crafts	03/28 - 06/13	10 a.m. - 12 p.m.	Friday	\$12 / \$20
251.4.1902 - Ballroom Dance	03/24 - 05/19	10:45 - 11:45 a.m.	Monday	\$8 / \$16
251.4.1920 - Line Dance Beginners	04/02- 05/21	10:45 a.m. - 12 p.m.	Wednesday	\$7 / \$15
251.4.1804 - Line Dance Level 1 - 2	03/27 - 05/15	8:45 - 10:15 a.m.	Thursday	\$61 / \$69
251.4.1805 - Line Dance Level 2 - 3	03/25 - 05/13	8:45 - 10:15 a.m.	Tuesday	\$61 / \$69
251.4.1914 - Cardio Drumming	04/02 - 05/21	9:30 - 10:30 a.m.	Wednesday	\$7 / \$15
251.4.1904 - Creative Writing	03/25 - 06/10	1 - 3 p.m.	Tuesday	\$12 / \$20
251.4.1800 - Yoga - Gentle	03/24 - 06/02	9 - 10 a.m.	Monday	\$35/ \$43
251.4.1801 - Awareness Through Movement (Feldenkrais)	03/24 - 06/02	10:15 - 11:15 a.m.	Monday	\$35/ \$43
251.4.1806 - Morning Stretch	03/24 - 06/13	8:15 - 8:55 a.m.	M W F	\$32 / \$40
251.4.1807 - Morning Stretch	03/24 - 06/13	9:10 - 9:50 a.m.	M W F	\$32 / \$40
251.4.1915 - Mah Jong Open Play	03/26 - 06/11	12:45 - 2:45 p.m.	Wednesday	\$12 / \$20
251.4.1918 - Bridge Level 1-2	03/25 - 05/13	1 - 3 p.m.	Tuesday	\$8 / \$16
251.4.1919 - Bridge Level 3	03/27 - 05/15	1 - 3 p.m.	Thursday	\$8 / \$16
251.4.1913 - Bridge Open Play	03/27 - 06/12	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
251.4.1912 - Painting Group	03/27 - 06/05	9 a.m. - 12 p.m	Thursday	\$20 / \$28
251.4.1802 - Watercolor (T)	03/25 - 05/20	10 a.m. - 12 p.m.	Tuesday	\$76 / \$84
251.4.1803 - Watercolor (Th)	03/27 - 05/22	10 a.m. - 12 p.m.	Thursday	\$76 / \$84
251.4.1928 -Pickleball Open Play (T)	03/25 - 06/03	8:15 - 10:15 a.m.	Tuesday	\$11 / \$19
251.4.1929 - Pickleball Open Play (T)	03/25 - 06/03	10:15 a.m. - 12:15 p.m.	Tuesday	\$11 / \$19
251.4.1932 - Pickleball Open Play (T)	03/25 - 06/03	12:15 - 2:15 p.m.	Tuesday	\$11 / \$19
251.4.1930 -Pickleball Open Play (Th)	03/27 - 06/05	11:30 a.m. - 1 p.m.	Thursday	\$11/ \$19
251.4.1931 -Pickleball Open Play (Th)	03/27 - 06/05	1 - 2:30 p.m.	Thursday	\$11/ \$19
251.4.1916 - Badminton Open Play (Th.)	03/27 - 06/05	9 - 11 a.m.	Thursday	\$11 / \$19
251.4.1917 - Badminton Open Play (Fri.)	03/28 - 06/06	9 - 11:30 a.m.	Friday	\$22 / \$30
251.4.1905 - Table Tennis / Ping Pong (M)	03/24 - 06/09	3:30 - 5:30 p.m.	Monday	\$10 / \$18
251.4.1906 - Table Tennis / Ping Pong (W)	03/26 - 06/11	1:30 - 4:30 p.m.	Wednesday	\$24 / \$32
251.4.1907 - Table Tennis / Ping Pong (Th)	03/27 - 06/12	1:30 - 3:30 p.m.	Thursday	\$12 / \$20
251.4.1921 - Tai Chi	03/26 -06/04	9:30 - 11 a.m.	Wednesday	\$11 / \$19
251.4.1903 - Quilters	03/25 - 06/03	3 - 6 p.m.	Tuesday	\$22 / \$30
251.4.1909 - Handwork For Others	03/28 - 06/13	10 a.m. - 12 p.m.	Friday	FREE
251.4.1901 - Yuan Ji (Chih) Dance	03/24 - 06/09	1 - 3 p.m.	Monday	\$10 / \$18

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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, SOLD OUT!

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.



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



3/11 @ 1 p.m
Rogue One: A Star Wars Story
Action/ Sci-Fi
PG-13 | 2h 13m

In a time of conflict, a group of unlikely heroes band together on a mission to steal the plans to the Death Star, the Empire's ultimate weapon of destruction. This key event in the Star Wars timeline brings together ordinary people who choose to do extraordinary things, and in doing so, become part of something greater than themselves.

Starring: Felicity Jones, Diego Luna, Ben Mendelsohn

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:

2/5 - Foster Grandparent & Senior Companion Program

This volunteer program will be tabling about the information they offer where seniors can be mentors and companions to children with developmental disabilities. .

Celebrations:

2/7- Superbowl Day:

Wear your favorite team jersey. join us to watch the season highlights!

2/24 -

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

Check out the February 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 February 2025 Almaden Community Center 6445 Camden Ave (408) 268-1133					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
Bean Chana Masala 3 Brown Rice California Vegetable Blend Spinach Tropical Fruit Low Fat Milk	Beef Patty w/ Balsamic Onion Sauce 4 Whole Wheat Bread Whipped Potatoes Zucchini w/ Red Peppers Fresh Apple Low Fat Milk Margarine	Tortilla Soup 5 Fiesta Chicken Corn Tortilla Fiesta Vegetable Blend Black Beans Fresh Orange Low Fat Milk	Fish w/ Creamy Paprika Sauce 6 Whole Wheat Roll Sweet Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk Margarine	Super Bowl Party 7 Sticky Teriyaki Ribs White Rice / WW Roll Peas Coleslaw with Carrots Fresh Orange Fresh Baked Cookie Margarine	WEEKLY ALTERNATES Cottage Cheese Fruit Salad OR Asian Tuna Salad OR Black Bean Patty
Fish w/ Coconut Curry Sauce 10 Whole Wheat Bread Green Beans w/ Red Peppers Spinach Tropical Fruit Low Fat Milk Margarine	Split Pea Soup 11 Hawaiian Chicken Brown Rice Cauliflower Fresh Tossed Salad Fresh Seasonal Fruit Low Fat Milk	BBQ Pulled Pork 12 Whole Wheat Roll Broccoli Ranch Coleslaw 4-Way Vegetable Blend Fresh Orange Low Fat Milk Margarine	Sloppy Joe Sandwich 13 WW Hamburger Bun Brussels Sprouts Carrot Raisin Salad Fresh Seasonal Fruit Low Fat Milk	Valentine's Day Meal 14 Chicken w/ French Onion & Mushroom Sauce Brown Rice Pilaf Mixed Vegetable Blend Peas Fresh Orange Low Fat Milk Strawberry Cake	WEEKLY ALTERNATES Chicken Caesar Salad OR Veggie Hummus Pita OR Black Bean Patty
Closed for President's Day 17	Tilapia w/ Lemon 18 Lemon Slice Whole Grain Garlic Noodles Cauliflower Mixed Vegetable Blend Pineapple Tidbits Low Fat Milk	Vegetable Soup 19 Beef and Broccoli Brown Rice (Broccoli in entrée) Cabbage w/ Carrots Fresh Apple Low Fat Milk	Chicken Tandoori 20 Cilantro & Lemon Brown Rice Pilaf Roasted Brussels Sprouts Chickpeas Mandarin Oranges Low Fat Milk	Meatloaf w/ Gravy 21 Whole Wheat Bread Whipped Potatoes California Vegetable Blend Fresh Banana Low Fat Milk Margarine	WEEKLY ALTERNATES Bean & Corn Fiesta Sld OR Turkey & Chs Sandwich OR Black Bean Patty
Chicken Piccata 24 Whole Grain Penne 4-Way Vegetable Blend Broccoli Raisin Salad Fresh Apple Low Fat Milk	Vegetarian Kofta Meatballs 25 Herbed Brown Rice Chickpea Salad Peas Mandarin Oranges Low Fat Milk	California Vegetable Soup 26 Chicken Adobo White Rice Brussels Sprouts Sliced Carrots Fresh Seasonal Fruit Low Fat Milk	Spaghetti and Meatballs 27 Whole Grain Spaghetti Roasted Zucchini Whole Kernel Corn Fresh Orange Low Fat Milk	Fish Pollock Sandwich 28 WW Hamburger Bun Sweet Potatoes Fresh Coleslaw Fresh Banana Low Fat Milk Tartar Sauce	WEEKLY ALTERNATES Turkey Tzatziki Salad OR Egg Salad Sandwich OR Black Bean Patty

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.

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SAN JOSE
PARKS, RECREATION & NEIGHBORHOOD SERVICES



Building Community Through Fun

2025 SENIOR ASSOCIATION

The Almaden Senior Association Minutes of the Meeting of January 8, 2025

Board Members:

President - Nancy Royal
Vice-President - Donna Smith
Treasurer - Art Randall
Secretary - Bill Hubka

The meeting was called to order at 10:00am by President Nancy Royal. After introducing herself she introduced the BoD for 2025, all of whom were present:

- Elected Officers: Nancy Royal, President; Donna Smith, Vice-President; Bill Hubka, Secretary.
- Appointed Board Members: Art Randall, Treasurer, Rich Sanders, Monica Bellizzi, Jeanne Sanders, Janet Haver.

Mr. Randall was appointed Treasurer in late December following the resignation of Bill Lavelle; Mr. Randall was appointed to serve a one-year term ending December 31, 2025.

President Royal announced that:

- The ASA is looking for ways to improve our communications; she proposed we implement a direct contact email program such as Constant Contact to create our own independent email Association Newsletter and database of Association members.
- The Association has agreed to co-sponsor an event on January 13th with the Almaden Valley Community Association (AVCA).

The Minutes of the ASA meeting of December 4, 2024, were approved with corrections by vote. The Minutes were edited to state the amount of cash in the bank account. These Minutes are archived on the ASA website.

Treasurer Randall reviewed income and expense data for December 2024, and for the year of 2024. As of December 31, 2024, the Association has a bank balance of \$73,837.65 (\$50,000 in a 9-month CD maturing in March 2025, the remainder in cash).

Newly-elected D-10 Councilmember George Casey was introduced; he delivered some comments and observations:

- Provided information about his background, education and prior job experience.
- Announced that a suspect in the stabbing incident on Los Alamitos Creek Trail has been identified but no arrest has been made.
- Provided his views on the makeup of the new City Council but refrained from making predictions; he expressed hope that Matt Mahan's proposals will be better received by the new Council than in the past.
- Addressed questions about street maintenance, offering aid for the LA fire situation, and homelessness.
- Addressed the needs ASA has for increased City assistance (our lack of income and need for increased person-hours of assistance for events production); the take-away is that there will be nothing forthcoming.

Rob Moore presented on behalf of CA Assemblymember Gail Pellerin and provided a general summary of the Assemblymember's current involvements in the State Assembly as well as some pending legislation.

Lesly Elizondo reported that for the year 2024 the Association had 1564 members.

Karen Aguirre added the following:

- Wants to make people more aware of the Fitness Room and encourage its use.
- An upcoming celebration of the Chinese New Year (Tet) on January 29.
- Announced that an opening is available for a Senior Commissioner from District 10.

Vice-President Donna Smith discussed status of planned Trips upcoming for 2025.

- Activity is underway for theater performances. The Cher event at Broadway San Jose is sold out, but three other musicals are still available, as is Cirque du Soleil.

Jeanne Sanders reported on the following Events activities:

- The ASA-sponsored tree at Christmas in the Park was decorated right after Thanksgiving, looked good through the CITP event, and decommissioned on January 2. Bill Hubka and Martie Degutis sponsored a second tree which they decorated.
- The January 18th Soup Party is on-track and sold out at 120 tickets.
- The St. Patrick's Day party is scheduled for March 15 and the room is reserved, a caterer is TBD, entertainment is available, but no Chairperson is available. The Planning Committee is active but not volunteering to lead; they are looking for outside volunteers.

President Royal formed a Goal Setting Committee to establish ASA goals for 2025; Vice-President Donna Smith, Monica Bellizzi, and Jeanne Sanders were appointed to the Committee.

The meeting was adjourned at 11:13am.

Minutes revised by Bill Hubka 1/14/2025

CORRECTION to meeting minutes from December 4, 2024:

The Treasurer's Report section has been changed...

From "He reported the CD is \$25,109.02."

To: "He reported the bank balance is \$25,109.02."

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

EDITORS CHOICE

Friends of the Almaden Library Book Sale

Friends of the Almaden Library are holding their Spring book sale

Saturday, March 29
9AM to 2:30PM.

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 are also music CD's and movie DVD's for sale, \$1 each. Cash and credit card payments are accepted.

The book sale is held at the Almaden branch library, 6445 Camden Ave, San Jose, 95120. See you there!

Almaden Senior Association Cirque du Soleil ECHO

At the Fairgrounds on
Saturday, April 26, at noon
\$90 cash or check.

Tickets are limited, sales start Feb 10 in ACC lobby, 8-10am, on MWF

For Echo, the main female heroine "Future" and other characters discover that their choices have the potential to influence the world as they progress through stages of evolution. Cirque du Soleil ECHO allows the audience to join in a world of color, inspired by youthful optimism, the inventive power, and the value of empathy.

See Flyer for more details.