

ALMADEN

OLDER ADULTS 50+

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

March 2026

CENTER INFO

Center Staff

Karen Aguirre	Center Supervisor
Lesly Elizondo	Senior Specialist
Marissa Roberts	Leisure Specialist
David Torres	Sports and Fitness Specialist
Amanda Martinez	Youth Specialist
Jenna Johnson	Rental Coordinator

Trio Staff

Latisha Vargas	Site Kitchen Manager
Jose Medrona	Cook

HOLIDAY CLOSURES

Tuesday, March 31
Cesar Chavez Day



Older Adult 50+: Art and Wellness Exhibition

Course number: 008.4.3005
Friday, April 3, 2026
Time: 9:30 AM - 2 PM

Leninger Community Center & Kelley Park
Member \$15 | Non-member: \$20

Join us for a vibrant Art & Wellness Fair hosted by the Older Adults 50+ Citywide Program with art exhibitions, wellness workshops, and a resource fair! Lunch and parking is included.

Register at your local community center or online at sjregistration.com

For questions email:
olderadultprograms@sanjoseca.gov

UPCOMING EVENTS

Almaden Senior Association:

St. Patrick's Day Party

Saturday, March 14th
2pm-4pm

Price \$30. Cash or Check



Menu will be corned beef, cabbage, potatoes, vegetables, rolls.
Catered by Country Inn Restaurant includes dessert and coffee

Entertainment by the Greene Academy of Irish Dance

Ticket sales begin Monday, February 23rd in the ACC lobby and every M/W/F from 8am - 10am until sold out

For more info call Jeanne at 408-425-5723

Friends of the Almaden Library Spring Book Sale!

Saturday, Apr 18 from 9AM to 2:30PM
at Almaden Branch Library

All the books are different from our previous sale. We have children's books, mysteries, history, craft books, fiction, coffee table books and biographies. A variety of non-English children's books are also available. Music CD's and movie DVD's, too. Adult hard back books are \$3 and adult paperback books are \$2. Cash and credit card payments are accepted. All proceeds benefit the Almaden library.

CHECK OUT THE NEXT PAGE FOR MORE UPCOMING EVENTS !

MORE UPCOMING EVENTS!

To Morning Stretch Participants:

From March 16 through March 25, we will not be having a live instructor.

We are looking for a committed volunteer to help lead the sessions on 3/16, 3/18, 3/23, 3/25. One volunteer for the 8:15 a.m. session and one for the 9:10 a.m. session

If you are interested, please contact lesly.elizondo@sanjoseca.gov

FREE DENTAL SERVICES: Tooth Mobile Appointments

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 Wednesday, March 4, 2026.

Limited Space is available.

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



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, 2/7 - Tuesday, 4/14. Appointments are required. Please call ahead to schedule your appointment at (408)268-1133.

Friendly Reminder: The Neighborhood Services Room (NSP) upstairs will be closed every Tuesday from February 3 - April 12 to support the services and programming offered at Almaden Community Center.

Early summer registration for senior members opens on Wednesday, April 29 at 10am

Interested in volunteering?

We are looking for volunteers to help us in our monthly movies and popcorn in popping popcorn once a month!

We are also looking for volunteers in the Senior Nutrition Program from 10:30 a.m. - 12:30 p.m.! No experience is needed. The following areas where we need assistance is the following:

- Setting up the tables and chairs
- Distributing meals
- Clean-up

Contact Lesly Elizondo at lesly.elizondo@sanjoseca.gov if interested!

SAVE THE DATE: Older Americans Month: Hawaiian Luau

Course number: 251.4.2026

Friday, May 1, 2026 from 2 - 4 p.m.

Member: \$25 | Non-member: \$33

Aloha! In honor of Older Americans Month, we're bringing the islands to you!

Join us for a festive Hawaiian luau featuring delicious island-inspired food, lively entertainment, and wonderful company. Wear your favorite tropical attire and get ready to celebrate together in true aloha style while making lasting memories! More details will be available in the next April newsletter!

Registration is required. You may register online at www.sjregistration.com or in-person. For more information, call 408-268-1133

MONTHLY SOCIAL DANCES

Almaden Community Center is hosting monthly social dances for a \$1 drop in every last Thursday of the month from 1 - 2:30pm.

Each month, the Dance Studio will be open from 1–2:30 PM for our older adults ages 50+ to enjoy dancing and socialize! You'll be able to request songs you'd like to hear and dance with your friends. No partner necessary, No experience necessary

No social dances from June - August. Social Dances will resume in September.

MOVIES & POPCORN

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



3/10 @ 1 p.m.
F1: The Movie
Action/ Sport
PG-13 | 2h 35m

A retired Formula 1 legend, Sonny Hayes, who comes out of a 30-year hiatus to mentor a young hotshot driver and lead a struggling underdog team to glory, confronting his past and a fierce rivalry with his young teammate in a redemption

Cast: Brad Pitt, Damson Idris, Javier Bardem

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!

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

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.

OLDER ADULT 50+ CLASSES

SPRING SESSION
3/23 - 6/6

SPRING 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
251.4.1901 - Painting Group	03/26 - 06/04	9 a.m. - 12 p.m	Thursday	\$22 / \$30
251.4.1907 - Ballroom Dance	03/23 - 05/11	10:45 - 11:45 a.m.	Monday	\$8 / \$16
251.4.1803 - Line Dance Beginners	03/24 -05/19	10:30 - 11:30 a.m.	Tuesday	\$49 / \$57
251.4.1804 - Line Dance Level 1 - 2	03/26 - 05/21	8:45 - 10:15 a.m.	Thursday	\$74 / \$82
251.4.1805 - Line Dance Level 2 - 3	03/24 - 05/19	8:45 - 10:15 a.m.	Tuesday	\$66 / \$74
251.4.1902 - Yuan Ji (Chih) Dance	03/23 - 06/08	1 - 3 p.m.	Monday	\$11 / \$19
251.4.1909 - Creative Crafts	03/27 - 06/12	10 a.m. - 12 p.m.	Friday	\$12 / \$20
251.4.1910 - Creative Writing	03/24 - 06/02	1 - 3 p.m.	Tuesday	\$10/ \$18
251.4.1914 - History Club (In Person)	03/25 - 06/03	10 a.m. - 12 p.m.	Wednesday	\$10 / \$18
	03/25 - 06/03	10 a.m. - 12 p.m.	Wednesday	\$10 / \$18
251.4.1928 - Cardio Drumming	03/25 - 05/13	9:30 - 10:30 a.m.	Wednesday	\$7 / \$15
251.4.1908 - Chair Yoga	03/25 - 06/03	8:15 - 9 a.m.	Wednesday	\$10 / \$18
251.4.1801 - Yoga - Gentle	04/06 - 05/18	9 - 10 a.m.	Monday	\$44/ \$52
251.4.1802 - Awareness Through Movement (Feldenkrais)	04/06 - 05/18	10:15 - 11:15 a.m.	Monday	\$44/ \$52
251.4.1806- Morning Stretch (M) 8:15 a.m.	03/23 - 06/08	8:15 - 8:55 a.m.	Monday	\$11 / \$19
251.4.1807- Morning Stretch (M) 9:10 a.m.	03/23 - 06/08	9:10 - 9:50 a.m.	Monday	\$11 / \$19
251.4.1808- Morning Stretch (W) 8:15 a.m.	03/25 - 06/10	8:15 - 8:55 a.m.	Wednesday	\$11 / \$19
251.4.1809- Morning Stretch (W) 9:10 a.m.	03/25 - 06/10	9:10 - 9:50 a.m.	Wednesday	\$11 / \$19
251.4.1810- Morning Stretch (F) 8:15 a.m.	03/27 - 06/12	8:15 - 8:55 a.m.	Friday	\$12 / \$20
251.4.1811- Morning Stretch (F) 9:10 a.m.	03/27 - 06/12	9:10 - 9:50 a.m.	Friday	\$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.

OLDER ADULTS 50+ CLASSES

SPRING SESSION
3/23 - 6/6

**SPRING 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
251.4.1812 - Watercolor (T)	03/24 - 05/19	10 a.m. - 12 p.m.	Tuesday	\$82 / \$90
251.4.1813 - Watercolor (Th)	03/26 - 05/21	10 a.m. - 12 p.m.	Thursday	\$82 / \$90
251.4.1917 -Pickleball Open Play (T)	03/24 - 06/02	8:15 - 10:15 a.m.	Tuesday	\$10 / \$18
251.4.1918 - Pickleball Open Play (T)	03/24 - 06/02	10:20a.m.-12:20 p.m.	Tuesday	\$10 / \$18
251.4.1919 - Pickleball Open Play (T)	03/24 - 06/02	12:25 - 2:25 p.m.	Tuesday	\$10 / \$18
251.4.1920 -Pickleball Open Play (Th)	03/26 - 06/04	11:30 a.m. - 1 p.m.	Thursday	\$11/ \$19
251.4.1921 -Pickleball Open Play (Th)	03/26 - 06/04	1:05 - 2:35 p.m.	Thursday	\$11/ \$19
251.4.1903 - Badminton Open Play (Th.)	03/26 - 06/04	9 - 11 a.m.	Thursday	\$11/ \$19
251.4.1904 - Badminton Open Play (Fri.)	03/27 - 06/05	9 - 11:30 a.m.	Friday	\$11/ \$19
251.4.1922 - Table Tennis / Ping Pong (M)	03/23 - 06/08	3:30 - 5:30 p.m.	Monday	\$11 / \$19
251.4.1923 - Table Tennis / Ping Pong (W)	03/25 - 06/10	1:30 - 4:30 p.m.	Wednesday	\$20 / \$28
251.4.1924 - Table Tennis/ Ping Pong (Th)	03/26 - 06/11	1:30 - 3:30 p.m.	Thursday	\$12 / \$20
251.4.1906 - Quilters	03/24 - 06/02	3 - 6 p.m.	Tuesday	\$20 / \$28
251.4.1905 - Handwork For Others	03/27 - 06/12	10 a.m. - 12 p.m.	Friday	FREE
251.4.1926 - Mah Jong Open Play (M)	03/23 - 06/08	12:45 - 2:45 p.m.	Monday	\$11 / \$19
251.4.1927 - Mah Jong Open Play (W)	03/25 - 06/10	12:45 - 2:45 p.m.	Wednesday	\$12 / \$20
251.4.1912 - Bridge Level 1-2	03/24 -05/19	1 - 3 p.m.	Tuesday	\$8 / \$16
251.4.1913 - Bridge Level 3	03/26 - 06/11	1 - 3 p.m.	Thursday	\$8 / \$16
251.4.1911 - Bridge Open Play	03/26 - 06/11	9:30 - 11:30 a.m.	Thursday	\$12 / \$20
251.4.1930 - Tai Chi Beginners	03/27 - 05/29	9:30 - 11:30 a.m.	Friday	\$10/ \$18
251.4.1916 - Tai Chi Practice	03/25 - 05/27	9:30 - 11 a.m.	Wednesday	\$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.

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. 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 \$5.00 for those 60 years and older, and a required cost of \$15.00 for all others. Meals are limited. For reservations or cancellations, call (408)268-1133.

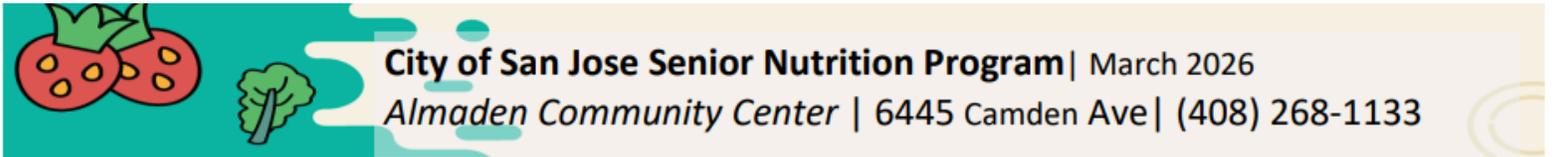
Presentations:

3/9: Gardner Health Services will be coming out to present on healthy aging and the well-being of senior citizens

Celebrations:

3/30: We will be celebrating March birthdays in our Nutrition Lunch Program. We will be celebrating with some treats for those whose birthday is the month of March, 3/30. Please reserve for lunch.

Check out the March 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
2 Cream of Broccoli Soup Beef and Turkey Bell Pepper Casserole Whole Wheat Roll Onion & Tomato & Peppers Peas and Carrots Fresh Orange Low Fat Milk Margarine	3 Green Chile & Cheese Tamale Black Beans Corn Tortilla Lettuce & Tomato California Vegetable Blend Tropical Fruit Low Fat Milk	4 Ginger Pepper Beef Whole Grain Roll Red Diced Potatoes Spinach Mandarin Oranges Low Fat Milk Margarine	5 Curry Chicken Thigh Basmati Rice Whole Wheat Pita Green Beans w/Peppers Herbed Carrots Fresh Banana Low Fat Milk	6 Citrus Basil Tilapia Whole Grain Spaghetti Parmesan Brussels Sprouts Tossed Salad Fresh Seasonal Fruit Low Fat Milk Salad Dressing	WEEKLY ALTERNATES Chickpea Spinach Salad OR Chicken Caesar Wrap OR Black Bean Patty
9 Chicken Tikka Masala Brown Rice Cauliflower Spinach Fresh Seasonal Fruit Low Fat Milk	10 Beef Patty w/Balsamic Onion Sauce Whole Wheat Bread Whipped Potatoes Zucchini and Peppers Fresh Apple Low Fat Milk Margarine	11 Tortilla Soup Fiesta Chicken Corn Tortilla Fiesta Vegetable Blend Black Beans Fresh Orange Low Fat Milk	12 Baked Tilapia w/Creamy Paprika Sauce Whole Wheat Roll Sweet Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk Margarine	13 Pork Egg Roll Bowl Brown Rice Cabbage 4-Way Vegetable Blend Fresh Banana Low Fat Milk	WEEKLY ALTERNATES Cottage Cheese & Fruit Plate OR Asian Tuna Salad Sandwich OR Black Bean Patty
16 Coconut Curry Tilapia Whole Grain Garlic Noodles Green Beans w/Red Peppers Spinach Fresh Apple Low Fat Milk	17 St. Patrick's Day Corned Beef w/Cabbage Whole Wheat Bread Cabbage & Potatoes Glazed Carrots Fresh Orange Low Fat Milk Green Poke Cake	18 Split Pea Soup Hawaiian Chicken Brown Rice Cauliflower Broccoli Ranch Slaw Fresh Seasonal Fruit Low Fat Milk	19 Sloppy Joe Whole Wheat Hamburger Bun Squash & Zucchini Carrot Raisin Salad Tropical Fruit Low Fat Milk	20 Chicken w/Spinach Florentine Sauce Garlic Parmesan Brown Rice Peas w/Mushrooms Oven Roasted Tomatoes Mandarin Oranges Low Fat Milk	WEEKLY ALTERNATES Chicken Caesar Salad OR Caprese Wrap OR Black Bean Patty
23 Turkey Burger Whole Wheat Hamburger Bun Lettuce/Tomato/Onion Sweet Potatoes Tossed Salad Fresh Orange Low Fat Milk Salad Dressing	24 Tilapia/Lemon Sauce Lemon Wedge Whole Grain Garlic Noodles Cauliflower 4-Way Vegetable Blend Pineapple Tidbits Low Fat Milk	25 Vegetable Soup Beef & Broccoli Stir Fry Cilantro Rice Cabbage and Carrots Fresh Apple Low Fat Milk	26 Tandoori Chicken Cilantro & Lemon Wedge Brown Rice Pilaf Chickpeas Roasted Zucchini Mandarin Oranges Low Fat Milk	27 Beef and Turkey Meatloaf Whole Wheat Roll Whipped Potatoes California Vegetable Blend Fresh Banana Low Fat Milk Margarine	WEEKLY ALTERNATES Black Bean & Corn Salad OR Turkey and Cheese Sandwich OR Black Bean Patty
30 Chicken Piccata Spaghetti Whole Grain Garlic Breadstick Herbed Green Peas Italian Vegetable Blend Fresh Orange Low Fat Milk	Closed for the City HOLIDAY Cesar Chavez Day				WEEKLY ALTERNATES Turkey Tzatziki Salad OR Egg Salad Sandwich OR Black Bean Patty

Menu subject to change based on availability.

For an alternate entree, please order in advance. Suggested contributions for eligible participants age 60+ is \$5 per meal. Guest fee is \$15 per meal. Reservations may be required. Contact the site managers for availability. Each meal has ~750 to 900 mg sodium.



HIGH SALT (more than 1000 mg sodium)

VEGETARIAN



SAN JOSE
PARKS, RECREATION & NEIGHBORHOOD SERVICES



Building Community Through Fun SOURCEWISE 5 COMMUNITY RESOURCE SOLUTIONS

ALMADEN SENIOR ASSOCIATION MESSAGE, MARCH 2026

ASA General Meeting



COME EARLY AND ENJOY THE SNACKS!!!

All Are Welcome!

When: Wednesday March 4, 10 a.m. Hospitality: 9:30
Where: Almaden Community Center 2nd floor, Room 4

Special Guest

Alex Cadenas



“Protect Yourself From Fraud”



In today's digital world, fraud and scams are rampant. From phishing emails to investment scams, it's more important than ever to be vigilant. Join our presentation to learn the latest tactics scammers use and

how to protect yourself and your community. We'll cover common scams, red flags to watch out for, and practical steps you can take to stay safe.

We'll see you there!

Nancy Royal, President

almadenseniors1@gmail.com

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

EDITORS CHOICE

Almaden Senior Association :Alcatraz Island Trip



Come join us on a bus trip to visit Alcatraz Island in San Francisco on Tuesday, April 21st. Alcatraz, also known as The Rock, was a maximum-security federal prison from 1934 to 1963. It was a cold foreboding place as a prison. Now it's a national park that you can visit and learn the history of being a prisoner there.

We will depart from the Almaden Community Center at 8:00am and return to the center around 6:30pm. We will travel to Pier 33 to take a ferry to Alcatraz. Take a tour of the prison on your own while listening to the provided audio system. Then go to Pier 39 for lunch and shopping on your own before catching the bus to return to the community center.

We will supply you with a bottle of water and a small snack. You may bring food with you. Please wear appropriate clothing for San Francisco.

Price \$90. Cash or Check (check made out to ASA).
Sign up in the ACC lobby M/W/F from 8am-10am
For more information call Rich @ 408-219-8641

