

ALMADEN

OLDER ADULTS 50+

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

April 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

Monday, May 25
Memorial Day



Course number: 008.4.4001
Emergency Preparedness Wildfire
Safety Workshop

Monday, April 27, 2026 | Time: 1PM - 2 PM
FREE

This workshop teaches essential skills and knowledge to stay safe during emergencies, with a special focus on wildfire preparedness and disaster readiness. Topics include wildfire risk awareness, home safety tips, communication plans, and steps to stay informed during emergencies. Each participant will receive valuable preparedness materials to take home.

You may register in-person or online at www.sjregistration.com. For questions email: olderadultprograms@sanjoseca.gov

UPCOMING EVENTS

EARLY SUMMER REGISTRATION FOR 2026 SENIOR MEMBERS OPENS ON WEDNESDAY, APRIL 29 AT 10:00 AM.

Registration is available online at www.sjregistration.com or in person at any community center.

We understand that lines on the day registration opens can be long. For shorter wait times, consider visiting Willow Glen Community Center or Cypress Community Center. We strongly encourage those who are able to register online to do so for convenience.

Please note that registration is conducted on a first-come, first-served basis citywide. Additionally, no classes will be scheduled on Wednesday, April 29, to avoid any scheduling conflicts.

Older Americans Month: Hawaiian Luau

Course number: 251.4.2026
Friday, May 1, 2026 from 2 - 4 PM
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! Wear your favorite tropical attire and get ready to celebrate in true aloha style while making memories together.

Sponsored by the Almaden Senior Association, enjoy a delicious island-inspired menu: Hawaiian BBQ Chicken, macaroni salad, and white rice.

Plus, enjoy live entertainment by Island Breeze Entertainment

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

MORE UPCOMING EVENTS!

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

Almaden Senior Association: Spring Takes Flight

Saturday, May 9th, 2026

2pm-4pm | Cost: \$25.00

Join us for a delightful spring afternoon featuring a delicious luncheon and a special live performance by the Happy Birds Parrot Show!

Food will be carved baked ham, lemon roasted chicken, scalloped potatoes, pasta primavera, vegetables, spring lettuce salad, fruit, and dinner rolls.

Tickets go on sales at ACC Monday, April 6 from 8am-10am and every M/W/F.

For info contact Jennifer at 408-757-4536

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.

**NO MOVIES &
POPCORN AND
SOCIAL DANCES
FROM
JUNE - AUGUST.**

**ACTIVITIES WILL
RESUME IN
SEPTEMBER**

Almaden Senior Association: Cache Creek Casino Bus Trip

Tuesday, June 16, 2026

Arrive at ACC: 8:00am | Depart ACC: 8:30am

Return to ACC: approx. 6:30pm

Cost \$50.00 cash or check

You will receive a \$20.00 bonus (free play) with ID

Sign up M/W/F 8:00-10:00 am in the lobby of the Almaden Community Center.

For more info call Rich @ 408-219-8641

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. NO MOVIES FROM JUNE - AUGUST. MOVIES WILL RESUME IN SEPTEMBER



4/14 @ 1 p.m.
Knives Out (2019)
Mystery/ Thriller
PG-13 | 2h 10m

When renowned crime novelist Harlan Thrombey is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc is mysteriously enlisted to investigate.

Cast: Daniel Craig, Chris Evans, Ana de Armas



5/12
Top Gun: Maverick
Action/ Adventure
PG-13 | 2h 11m

The story involves Maverick confronting his past while training a group of younger Top Gun graduates, including the son of his deceased best friend, for a dangerous mission.

Cast: Tom Cruise, Jennifer Connelly, Miles Teller

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

SUMMER SESSION
6/15 - 8/29

Summer registration opens
on Wednesday, April 29

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
251.1.1851 - Line Dance Level 1 - 2	06/18 - 08/27	8:45 - 10:15 a.m.	Thursday	\$74 / \$82
251.1.1852 - Line Dance Level 2 - 3	06/16 - 08/25	8:45 - 10:15 a.m.	Tuesday	\$74 / \$82
251.1.1959 - Bridge Level 1-2	06/16 - 08/18	1 - 3 p.m.	Tuesday	\$8 / \$16
251.1.1960 - Bridge Level 3	06/18 - 08/20	1 - 3 p.m.	Thursday	\$8 / \$16
251.1.1958 - Bridge Open Play	06/18 - 09/10	9:30 - 11:30 a.m.	Thursday	\$13 / \$21
251.1.1953 - Mah Jong Open Play (M)	06/15 - 08/31	12:45 - 2:45 p.m.	Monday	\$12 / \$20
251.1.1954 - Mah Jong Open Play (W)	06/17 - 09/09	12:45 - 2:45 p.m.	Wednesday	\$12 / \$20
251.1.1957 - Creative Writing	06/16 - 09/08	1 - 3 p.m.	Tuesday	\$13/ \$21
251.1.1951 - Quilters	06/23 - 09/08	3:15 - 6:15 p.m.	Tuesday	\$20 / \$28
251.1.1950 - Handwork For Others	06/26 - 09/11	10 a.m. - 12 p.m.	Friday	FREE
251.1.1955 - Table Tennis / Ping Pong (M)	06/15 - 08/31	3:30 - 5:30 p.m.	Monday	\$12 / \$20
251.1.1956 - Table Tennis / Ping Pong (W)	06/17 - 09/09	1:30 - 4:30 p.m.	Wednesday	\$24 / \$32
251.1.1952 - Yuan Ji (Chih) Dance	06/15 - 08/31	1 - 3 p.m.	Monday	\$12 / \$20
251.1.1845- Morning Stretch (M) 8:15 a.m.	06/15 - 08/31	8:15 - 8:55 a.m.	Monday	\$12/ \$20
251.1.1846- Morning Stretch (M) 9:10 a.m.	06/15 - 08/31	9:10 - 9:50 a.m.	Monday	\$12/ \$20
251.1.1847- Morning Stretch (W) 8:15 a.m.	06/17 - 09/09	8:15 - 8:55 a.m.	Wednesday	\$12/ \$20
251.1.1848- Morning Stretch (W) 9:10 a.m.	06/17 - 09/09	9:10 - 9:50 a.m.	Wednesday	\$12/ \$20
251.1.1849- Morning Stretch (F) 8:15 a.m.	06/26 - 09/11	8:15 - 8:55 a.m.	Friday	\$11 / \$19
251.1.1850- Morning Stretch (F) 9:10 a.m.	06/26 - 09/11	9:10 - 9:50 a.m.	Friday	\$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.

INTERESTED IN VOLUNTEERS

Senior Nutrition Program

We are 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!

Gen2Gen: Garden Planting Wednesday, April 22 at 10am

We are looking for 4 volunteers to support our San Jose Recreation Preschoolers with planting at our garden and have a Gen2Gen activity.

What is Gen2Gen? Gen2gen is all about bridging the gap between generations and connecting!

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

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:

4/7: The Protection and Security Program from Sourcewise will be coming in to present about staying safe from scams and fraud. There will be limited additional seating for those not staying for lunch.

4/21: The Volunteer Engagement Coordinator for CADRE, the Voluntary Organizations Active in Disaster (VOAD) for Santa Clara County will be coming in to present .There will be limited additional seating for those not staying for lunch.

Celebrations:

4/17: In partnership with the San Jose Public Library, the Jazz Trio Band will be coming in to perform during our senior nutrition program. There will be limited additional seating for those not staying for lunch.

4/27: We will be celebrating April birthdays in our Nutrition Lunch Program. We will be celebrating with some treats for those whose birthday is the month of April, 4/27. Please reserve for lunch.

Check out the April nutrition menu on the next page. 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 | April 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
6 Cream of Broccoli Soup Beef and Turkey Bell Pepper Casserole Whole Wheat Roll Onion & Tomato & Peppers Peas and Carrots Fresh Orange Low Fat Milk	7 Green Chile & Cheese Tamale Black Beans Corn Tortilla Lettuce & Tomato California Vegetable Blend Tropical Fruit Low Fat Milk	8 Ginger Pepper Beef Whole Grain Roll Red Diced Potatoes Spinach Mandarin Oranges Low Fat Milk	9 Curry Chicken Thigh Basmati Rice Whole Wheat Pita Green Beans w/Peppers Herbed Carrots Fresh Banana Low Fat Milk	10 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
13 Chicken Tikka Masala Brown Rice Cauliflower Spinach Fresh Seasonal Fruit Low Fat Milk	14 Beef Patty w/ Balsamic Onion Sauce Whole Wheat Bread Whipped Potatoes Zucchini w/ Red Peppers Fresh Apple Low Fat Milk Margarine	15 Tortilla Soup Fiesta Chicken Corn Tortilla Fiesta Vegetable Blend Black Beans Fresh Orange Low Fat Milk	16 Baked Tilapia w/Creamy Paprika Sauce Whole Wheat Roll Sweet Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk Margarine	17 Pork Egg Roll Bowl Brown Rice 4-Way Vegetable Blend Fresh Banana Low Fat Milk	WEEKLY ALTERNATES 🍴 Cottage Cheese & Fruit Plate OR 🍴 Asian Tuna Salad Sandwich OR 🍴 Black Bean Patty
20 Coconut Curry Tilapia Whole Grain Garlic Noodles Green Beans w/Red Peppers Spinach Fresh Apple Low Fat Milk	21 BBQ Pulled Pork Sandwich Whole Wheat Roll 4-Way Vegetable Blend Fresh Tossed Salad Fresh Orange Low Fat Milk Margarine Salad Dressing	22 Split Pea Soup Hawaiian Chicken Brown Rice Cauliflower Broccoli Ranch Slaw Fresh Seasonal Fruit Low Fat Milk	23 Sloppy Joe Whole Wheat Hamburger Bun Squash & Zucchini Carrot Raisin Salad Tropical Fruit Low Fat Milk	24 Chicken w/ Spinach Florentine Sauce Garlic Parmesan Brown Rice Green Peas w/Mushrooms Oven Roasted Tomatoes Mandarin Oranges Low Fat Milk	WEEKLY ALTERNATES 🍴 Chicken Caesar Salad OR 🍴 Caprese Wrap OR 🍴 Black Bean Patty
27 Turkey Burger Whole Wheat Hamburger Bun Lettuce/Tomato/Onion Sweet Potatoes Tossed Salad Fresh Apple Low Fat Milk Ketchup & Mustard Salad Dressing	28 Tilapia w/ Lemon Sauce Lemon Wedge Whole Grain Garlic Noodles Cauliflower 4-Way Vegetable Blend Pineapple Tidbits Low Fat Milk	29 Beef & Broccoli Stir Fry Cilantro White Rice Cabbage w/ Carrots Fresh Apple Low Fat Milk	30 Tandoori Chicken Cilantro & Lemon Wedge Brown Rice Pilaf Chickpeas Roasted Zucchini Mandarin Oranges Low Fat Milk	WEEKLY ALTERNATES 🍴 Black Bean & Corn Salad OR 🍴 Turkey and Cheese 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. VEGETARIAN HIGH SALT (more than 1000 mg sodium)



SAN JOSE
PARKS, RECREATION & NEIGHBORHOOD SERVICES



Building Community Through Fun



SOURCEWISE
 COMMUNITY RESOURCE SOLUTIONS

ALMADEN SENIOR ASSOCIATION MESSAGE, APRIL 2026

Hello fellow members!



✚ Happy Spring!

Can you believe we are already in the second quarter of the year? April is a great time to refresh our routines, step outside to enjoy the blooming flowers, and connect with friends.

April is filled with many fun holidays, starting with the widely recognized April Fools' Day on April 1. But did you know that April 7 is National No Housework Day? Other notable dates include National Grilled Cheese Day (April 11), National Gardening Day (April 14), Save the Elephant Day (April 16), Earth Day (April 22), World Penguin Day (April 25), and National Raisin Day (April 30), among others. Since April is also National Stress Awareness Month, it's a great time to unwind, take time to relax and enjoy!

✚ **ASA General Meetings, the First Wednesday of the Month, 10:00 a.m.**

Our Almaden Senior Association General Meetings, the first Wednesday of month, are open to all and provide you with the opportunity to engage with D10 Councilmember George Casey and other city, county, and state representatives. So far this year we've had a full calendar of Special Guest Speakers. Matthew Quevada, Deputy Chief of Staff for Neighborhood Outreach for Mayor Matt Mahan, spoke at our February meeting on important issues such as homelessness. Our March meeting featured Alex Cadenas from the California State Department of Financial Protection and Innovation spoke on how to "Protect Yourself Against Fraud." Our April Speaker is Sue Monahan, presenting "How to talk to Your Grandchildren About College Part 2: College Application Results Are In—What Are Their Options Now?" Check out our flyer. And coming in May, Special Guest Santa Clara County Supervisor Margaret Abe-Koga, returns to update you on important issues and to answer your questions and concerns.

✚ **Events and Trips**

March featured a visit to the John Steinbeck Center and lunch at the Steinbeck House in Salinas, and our St. Patrick's Day Party which we celebrated here at the Almaden Community Center. Tickets are still available for our April 21 excursion to Alcatraz and Pier 39 in San Francisco. You can purchase tickets at our table at the Center MWF between 8 and 10 a.m. Don't miss out on this exciting trip!

✚ **Risk Assessment Attorney**

Our Association is seeking an attorney, preferably on a pro-bono basis, to perform a Risk Assessment. If you have any recommendations, please do not hesitate to contact me.

Wishing you a joyful and exciting Spring!

Warm regards,

Nancy Royal, President
Almaden Senior Association
almadenseniors1.org

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

EDITORS CHOICE

Almaden Senior Association: Save The Date **Thursday, July 23, 2026**



Cruise SF Bay waters followed by lunch in Jack London Square

Travel to Oakland by bus and take a 2 hour cruise on President Franklin D. Roosevelt's historic yacht the USS Potomac.

While cruising on the Potomac, you'll enjoy picturesque views of the San Francisco skyline and waterfront. We'll cruise by lighthouses, islands, travel under bridges, while you hear about the rich history of surrounding landmarks and the ship.

Watch for flyers for more information and when signups will begin.

Reminder: Check out our website. Go to Almadenseniors.org. There you can see newsletters, minutes of our meetings, photos of events and trips and upcoming activities.