

# ALMADEN

## OLDER ADULTS 50+

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

# May 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**



**Friday, June 19**  
**Juneteenth Day**



#### Ice Cream Social: Kick off to Summer

252.4.1210  
Saturday, May 16, 2026  
1 - 3pm | Cost: \$3

Join us for a fun, all-ages community ice cream social! Bring your friends, neighbors, and family, and come see what the community center has to offer.

Registration is required. You may register in-person or online by visiting [www.sjregistration.com](http://www.sjregistration.com)

For more info call (408)268-1133



### UPCOMING EVENTS

#### 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](http://www.sjregistration.com) or in-person. For more information, call 408-268-1133

#### 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

# MORE UPCOMING EVENTS!

## **Older Adult 50+: Color Walk**

Course number: 008.1.3006  
Friday, June 5, 2026 | 10am - 2pm  
Members: \$10 | Non-members: \$15

Join us at Lake Cunningham Park on for a colorful walk!

The Color Walk is an untimed lap event. At each quarter-mile mark, Color Walkers are thrown different colored powder on their shirt. Participants wear white at the starting line and finish the walk plastered in color. If you want to join the color walk but do not want to be with color on your shirt, you still can! Once the race is over, the fun continues with a resource fair, food, music, prizes, and more!  
Lunch and parking are included.

Registration is now open! You can register in-person or on [www.sjregistration.com](http://www.sjregistration.com)

For questions, email [olderadultprograms@sanjoseca.gov](mailto:olderadultprograms@sanjoseca.gov)

## **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

## **SENIOR SAFARI !**

Happy Hollow Park & Zoo is a place for the young and the young at heart. Visitors age 50 and up are invited to take over San Jose's iconic Happy Hollow Park & Zoo and feel like a kid again! This program is a joint partnership between Happy Hollow Park & Zoo and Happy Hollow Foundation. Get some fresh air and exercise as you enjoy:

- Early entry and parking is FREE into the park and zoo between 9- 10 a.m.
- Animal Meet & Greet
- Zookeeper chats
- 10,000-step challenge
- Variety of activities
- Healthy breakfasts and coffee available for purchase

Thursday, May 28  
Thursday, June 25  
Thursday, July 23  
Thursday, August 27  
Thursday, September 24  
Thursday, October 22  
For more info visit [happyhollow.org/seniorsafari](http://happyhollow.org/seniorsafari)

## **Almaden Senior Association: SAVE THE DATE: Senior Summer BBQ Luncheon**

Celebrate summer with a classic American BBQ and great company!

Saturday, July 11  
BBQ Lunch  
Location & additional details coming soon

Join us for a festive, all-American afternoon filled with good food, friendly faces, and summer spirit. More details to follow—stay tuned!

We look forward to celebrating with you!

**Friendly reminder: The Neighborhood Services Room (NSP) Upstairs will be closed from June - August. If you get books from the book section upstairs, we will have a Pick Up 'n' Go service, where participants can choose books to pick up from the room next to the NSP room. \*Only during the following hours: Mondays and Wednesdays from 8am - 12pm**

# 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**



**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!

# BROADWAY SAN JOSE



**October 2026**



**February 2027**



**June 2027**



**July 2027**

# BROADWAY★SAN JOSE

For the 2026-2027 season, Broadway San Jose is offering an exciting series of plays. The Almaden Senior Association will be selling tickets for 4 of these plays. Plays will be Saturday matinees.

We will announce final dates and times and how to purchase tickets for these shows in future newsletters. Transportation is on your own.

The 4 plays selected are:

Phantom of the Opera, The Bodyguard, Mama Mia, and Hamilton

# OLDER ADULT 50+ CLASSES

**SUMMER SESSION**  
6/15 - 8/29

Summer registration opens  
on Wednesday, April 29

REGISTER [WWW.SJREGISTRATION.COM](http://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.

## 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.

## 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](mailto: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.

### **Celebrations:**

5/7: In celebration of Mother's Day, we will be giving flowers to all mothers as a small token of appreciation.

5/18: We will be celebrating May birthdays in our Nutrition Lunch Program. We will be celebrating with some treats for those whose birthday is the month of May, 5/18. Please reserve for lunch.

Check out the May 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 | May 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
<b>4</b> <b>Chicken Piccata</b> Spaghetti Whole Grain Garlic Breadstick Pineapple Carrots Fresh Apple Low Fat Milk	<b>5</b> <b>Lentil Feta Salad</b> Whole Wheat Roll Mandarin Oranges Low Fat Milk	<b>6</b> Corn Chowder <b>Brazilian Coconut Chicken</b> White Rice Zucchini w/ Red Peppers Pineapple Carrots Fresh Apple Low Fat Milk	<b>7</b> <b>Spaghetti &amp; Meatballs w/ Mozzarella</b> Whole Grain Spaghetti Winter Vegetable Blend Fresh Tossed Salad Low Fat Milk Salad Dressing	<b>1</b> <b>Beef &amp; Turkey Meatloaf w/ Gravy</b> Whole Wheat Roll Whipped Potatoes California Vegetable Blend Fresh Banana Low Fat Milk Margarine	<b>WEEKLY ALTERNATES</b> Black Bean & Corn Salad OR Turkey and Cheese Sandwich OR Black Bean Patty
<b>11</b> Cream of Broccoli Soup <b>Beef &amp; Turkey Bell Pepper Casserole</b> Whole Wheat Roll Peas & Carrots Fresh Orange Low Fat Milk Margarine	<b>12</b> <b>Green Chile &amp; Cheese Tamale</b> Black Beans Corn Tortilla Shredded Lettuce & Tomato California Vegetable Blend Tropical Fruit Low Fat Milk	<b>13</b> <b>Ginger Pepper Beef</b> Whole Grain Roll Red Diced Potatoes Spinach Mandarin Oranges Low Fat Milk	<b>14</b> <b>Curry Chicken Thigh</b> Basmati Rice Whole Wheat Pita Green Beans w/Peppers Herbed Carrots Fresh Banana Low Fat Milk	<b>15</b> <b>Citrus Basil Tilapia</b> Whole Grain Spaghetti Parmesan Brussels Sprouts Tossed Salad Fresh Seasonal Fruit Low Fat Milk Salad Dressing	<b>WEEKLY ALTERNATES</b> Chickpea Spinach Salad OR Chicken Caesar Wrap OR Black Bean Patty
<b>18</b> <b>Chicken Tikka Masala</b> Brown Rice Cauliflower Spinach Fresh Seasonal Fruit Low Fat Milk	<b>19</b> <b>Beef Patty w/ Balsamic Onion Sauce</b> Whole Wheat Bread Whipped Potatoes Zucchini w/ Red Peppers Fresh Apple Low Fat Milk Margarine	<b>20</b> Tortilla Soup <b>Fiesta Chicken</b> Corn Tortilla Fiesta Vegetable Blend Black Beans Fresh Orange Low Fat Milk	<b>21</b> <b>Baked Tilapia w/Creamy Paprika Sauce</b> Whole Wheat Roll Sweet Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk Margarine	<b>22</b> <i>Memorial Day</i> <b>BBQ Chicken Quarter</b> Whole Grain Biscuit Potato Salad Coleslaw w/ Carrots Watermelon Low Fat Milk Double Chocolate Chip Cookie	<b>WEEKLY ALTERNATES</b> Cottage Cheese & Fruit Plate OR Asian Tuna Salad Sandwich OR Black Bean Patty
<b>25</b> <b>Memorial Day Holiday</b>	<b>26</b> <b>BBQ Pulled Pork</b> Whole Wheat Roll 4-Way Vegetable Blend Fresh Tossed Salad Fresh Orange Low Fat Milk Margarine Salad Dressing	<b>27</b> Split Pea Soup <b>Hawaiian Chicken</b> Brown Rice Cauliflower Broccoli Ranch Slaw Fresh Seasonal Fruit Low Fat Milk	<b>28</b> <b>Sloppy Joe</b> Whole Wheat Hamburger Bun Squash & Zucchini Carrot Raisin Salad Tropical Fruit Low Fat Milk	<b>29</b> <b>Chicken w/ Spinach Florentine Sauce</b> Garlic Parmesan Brown Rice Green Peas w/Mushrooms Oven Roasted Tomatoes Mandarin Oranges Low Fat Milk	<b>WEEKLY ALTERNATES</b> Chicken Caesar Salad OR Caprese Wrap 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 **Fun SOURCEWISE**  
 COMMUNITY RESOURCE COLLABORATIVE

# ALMADEN SENIOR ASSOCIATION MESSAGE, MAY 2026

**Hello fellow members!**

✚ **April showers bring May flowers.**

That's what they say. We should be booming with blooms with the rain we've had this April. May is a refreshing time of year when nature feels fully awake, flowers are in bloom, days are longer and warmer, and there's a sense of energy and renewal in the air.

May is a cause for celebration and remembrance. Celebrate Cinco de Mayo on Tuesday, May 5<sup>th</sup>. Celebrate Moms on Mother's Day, Sunday, May 10<sup>th</sup>. Remember and honor our fallen soldiers on Memorial Day, Monday May 25<sup>th</sup>.

There are more fun days in May. The Kentucky Derby is May 2, World Laughter Day (May 3), Star Wars day, May the 4<sup>th</sup> be with you, National Apple Pie Day (May 13), National Burger Day (May 28) and finally National Smile Day (May 31). We need more Laughter and Smiles.



✚ **ASA General Meetings, the First Wednesday of the Month**

Our Almaden Senior Association General Meetings, the first Wednesday of each 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 was Sue Monahan, who presented "How to talk to Your Grandchildren About College Part 2: College Application Results Are In—What Are Their Options Now?"

Our May meeting is on Wednesday May 6<sup>th</sup> at 10am at the Almaden Community Center. Councilmember George Casey will be there to update us on District 10 and San Jose issues. Area officials from the county and state will be there to keep us up to date on their issues. Come in-person or by Zoom, ID 5100724787 or use the link: <https://bit.ly/ASA-Meeting>.

✚ **Events and Trips**

Our April 21<sup>st</sup> excursion to Alcatraz and Pier 39 in San Francisco was cancelled by the folks at Alcatraz Cruises because of the need for urgent dock repairs. Up next is our Spring Takes Flight lunch event at the Almaden Community Center on Saturday, May 9<sup>th</sup> at 2pm then a trip to Cache Creek Casino on June 16<sup>th</sup>. Finally, we're offering a 2-hr cruise on the Franklin Delano Roosevelt Presidential Yacht, USS Potomac out of Oakland's Jack London Square with Lunch included at the Oakland Grill. You can sign up for any of these activities at our table at the Community Center, M/W/F between 8 and 10 a.m. Don't miss out on these activities!!

✚ **Risk Assessment Attorney**

We are looking for an attorney to conduct a Risk Assessment for our Association. If you have someone to recommend, please let me know.

Wishing you a joyful May!  
Warm regards,  
Nancy Royal, President



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

## EDITORS CHOICE

**ALMADEN SENIOR ASSOCIATION:**  
**USS POTOMAC CRUISE**  
**Thursday, July 23, 2026**

Join us for a wonderful day of history, scenery and fun on the USS Potomac, President Franklin D. Roosevelt's historic yacht, sailing out of Jack London Square in Oakland.

While taking our 2-hour cruise around the Bay, we will see picturesque views of the San Francisco skyline and waterfront. We'll cruise by lighthouses, islands and under bridges while we hear the history of surrounding landmarks and the ship.

After the cruise, we will take our bus to the Oakland Grill Restaurant for a relaxing lunch before heading back to Almaden.

Depart ACC at 8am and return at approximately 5:30pm  
Cost \$125 per person (cash or check)  
Includes bus transportation, cruise and lunch.

Sign-ups begin Monday, April 27th, 8am-10am then every M/W/F  
in the lobby of the Almaden Community Center  
For more info call Jeanne at 408-425-5723

