

# ALMADEN

## OLDER ADULTS 50+

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

# JUNE 2026

### CENTER INFO

#### Center Staff

Karen Aguirre	Center Supervisor
Lesly Elizondo	Maternity Leave
Marissa Roberts	Leisure Specialist
David Torres	Older Adults Specialist
Amanda Martinez	Youth Specialist
Jenna Johnson	Sports and Fitness Specialist

#### Trio Staff

Latisha Vargas	Site Kitchen Manager
Jose Medrona	Cook

### HOLIDAY CLOSURES

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



**Friday, July 3**  
**Fourth of July**



### 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)

**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**

## MORE UPCOMING EVENTS

### 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 & Greets
- Zookeeper chats
- 10,000-step challenge
- Variety of activities
- Healthy breakfasts and coffee available for purchase

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: Almaden Seniors BBQ

#### Luncheon

Celebrate summer with a classic American BBQ, music, and great company!

**Date: Saturday, July 11th, 12 pm**

Location: Almaden Community Center Patio

Tickets: \$25

Join us for a festive, all-American afternoon filled with good food, friendly faces, and summer spirit.

Menu and entertainment details to follow soon. Sign ups start June 15th and will continue M/W/F from 8-10 am in the lobby.

## HELLO FROM YOUR NEW PROGRAM SPECIALIST

Hello everyone,

My name is David, and I will be taking over for Lesly while she is on maternity leave. Some of you may have already seen me around the center, as I was the Sports Leisure Specialist here at Almaden Community Center.

I am excited for the opportunity to work with the Older Adult community and get to know everyone. I look forward to helping make your experience here enjoyable, welcoming, and fun. Please feel free to stop by and say hello if you see me around the center!

A few fun facts about me are that I am an avid fan of the San Francisco 49ers, and I also have two cats and a dog!



## 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 WILL BE SHOWN FROM JUNE THROUGH AUGUST. MOVIES WILL RESUME IN SEPTEMBER.**

## 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 David Torres at [David.Torres@sanjoseca.gov](mailto:David.Torres@sanjoseca.gov) if interested!

## SENIOR NUTRITION PROGRAM

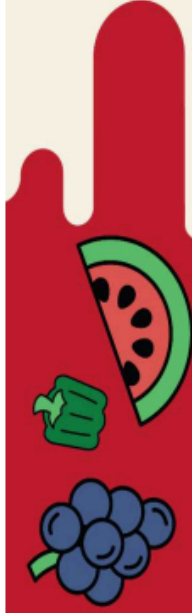
The City of San Jose in partnership with the Santa Clara County and TRIO Community Meals provides nutritious meals, to older adults who are 60+ years old. A delicious lunch is served Monday through Friday from 11:30am-12pm. Doors open at 11:15am for you to come in. Serving time is from 11:30am-12:00pm. 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:**

6/18: Father's Day - Flowers will be given to all fathers in attendance.

6/29: We will be celebrating June birthdays in our Lunch Program with some special treats for those whose birthday falls in the month of June. Please reserve for lunch.

Check out the June Nutrition Lunch Menu on the next page. Menu items are subject to change without notice. We apologize for any inconvenience this may cause. In-person dining only..



# City of San José Senior Nutrition Program | June 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES WEEKLY ALTERNATES
<b>1</b> <b>Baked Tilapia</b> Cilantro, Tomato & Onion Whole Wheat Tortilla Roasted Zucchini Colelaw w/ Carrots Fresh Orange Low Fat Milk	<b>2</b> <b>Chicken Fettuccine Alfredo</b> Whole Wheat Bread Italian Vegetable Blend Broccoli Fresh Fruit in Season Low Fat Milk Margarine	<b>3</b> <b>Roast Pork w/ Soy Ginger Sauce</b> Whole Grain Spaghetti Brussels Sprouts Carrot Raisin Salad Fresh Fruit in Season Low Fat Milk	<b>4</b> <b>Chicken Tikka Masala</b> Cilantro Garnish Brown Rice Chickpea Salad Garden Vegetable Blend Fresh Orange Low Fat Milk	<b>5</b> <b>Beef &amp; Turkey Sloppy Joe Sandwich</b> Whole Wheat Hamburger Bun Potato Wedges Green Beans Tropical Fruit Low Fat Milk	<b>WEEKLY ALTERNATE CHOICES</b> <b>WEEKLY ALTERNATES</b> Vegetarian Hummus and Feta Pita Wrap OR Tuna Salad Sandwich OR Black Bean Patty
<b>8</b> <b>Turkey Stuffed Peppers</b> Whole Wheat Bread Sliced Carrots Bell Peppers (in entrée) Fresh Orange Low Fat Milk Margarine	<b>9</b> <b>Chinese Chicken Salad</b> Whole Wheat Bread Lettuce Mix (in entrée) Mandarin Oranges Low Fat Milk Sesame Dressing Margarine	<b>10</b> <b>Beef Meatballs w/ Gravy</b> Whole Wheat Bread Whipped Potatoes Diced Carrots Tropical Fruit Low Fat Milk Margarine	<b>11</b> <b>Breaded Pollock Sandwich</b> Lettuce, Tomato & Onion Whole Wheat Hamburger Bun Dill Colelaw 4-Way Vegetable Blend Fresh Fruit in Season Low Fat Milk Tartar Sauce	<b>12</b> <b>Cuban Citrus Mojo Chicken Thigh</b> Brown Rice Fiesta Mixed Vegetables Colelaw Fresh Banana Low Fat Milk	<b>WEEKLY ALTERNATES</b> Garden Chicken Salad OR Vegetarian Hummus and Feta Pita Wrap OR Black Bean Patty
<b>15</b> <b>Sweet &amp; Sour Pork</b> Brown Rice Peas & Carrots Tossed Salad Fresh Orange Low Fat Milk Salad Dressing	<b>16</b> <b>Hawaiian Beef Meatballs</b> Whole Grain Rotini Pasta Japanese Vegetable Blend Spinach Mandarin Oranges Low Fat Milk	<b>17</b> <b>Teriyaki Turkey Burger</b> Whole Wheat Hamburger Bun 4-Way Vegetable Blend Colelaw Fresh Seasonal Fruit Low Fat Milk	<b>18</b> <i>Father's Day</i> <b>BBQ Pulled Pork</b> Whole Wheat Hamburger Bun Corn on the Cob Carrot Colelaw Fresh Orange Low Fat Milk Brownie	<b>19</b> <b>Holiday</b>	<b>WEEKLY ALTERNATES</b> Beet, Spinach & Feta Salad w/ Chicken OR Dill Chicken Salad Sandwich OR Black Bean Patty
<b>22</b> <b>Sliced Turkey w/ Gravy</b> Whole Wheat Bread Whipped Potatoes California Vegetable Blend Fresh Orange Low Fat Milk Margarine	<b>23</b> <b>Tilapia Fish Vera Cruz</b> WG Corn Tortilla Mexican Diced Potatoes Colelaw Fresh Apple Low Fat Milk	<b>24</b> <b>Korean Beef &amp; Turkey Bibimbap Rice Bowl</b> Brown Rice (in entrée) Sliced Carrots Sesame Green Beans Fresh Orange Low Fat Milk	<b>25</b> <b>Pork w/ Chimichurri Sauce</b> Brown Rice Pilaf Whole Kernel Corn Garden Vegetable Blend Mandarin Oranges Low Fat Milk	<b>26</b> <b>Beef Stroganoff w/ Egg Noodles</b> Whole Wheat Bread 4-Way Vegetable Blend Broccoli Salad Fresh Fruit in Season Low Fat Milk Margarine	<b>WEEKLY ALTERNATES</b> <b>Curried Turkey Salad</b> OR Egg Salad Sandwich OR Black Bean Patty
<b>29</b> <b>Beef &amp; Turkey Taco Salad</b> Spanish Brown Rice Lettuce Mix (in entrée) Fresh Orange Low Fat Milk	<b>30</b> <b>Pork Banh Mi Sandwich</b> Whole Wheat Hoagie (in entrée) Diced Carrots Cilantro Colelaw Fresh Fruit in Season Low Fat Milk	 an elior company			<b>WEEKLY ALTERNATES</b> Chickpea Spinach Salad 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)

**SAN JOSE**  
**PARKS, RECREATION & NEIGHBORHOOD SERVICES**

Building Community Through Fun

**SOURCEWISE**  
 COMMUNITY RESOURCE SOLUTIONS

# ALMADEN SENIOR ASSOCIATION MESSAGE, JUNE 2026

**Dear Fellow Members,**

Welcome to the beautiful month of June and the beginning of the summer season! As the days grow longer and warmer, we look forward to spending time together, enjoying friendship, community, and the many wonderful activities that make our association so special.



- ✚ Our **June 3 meeting** promises to be an especially meaningful and enjoyable gathering as we take time to recognize and celebrate the many **volunteers** who give so generously of their time and talents throughout the year. We are deeply grateful to the dedicated members of our **Trips Committee** and Events **Committee**, whose hard work creates so many opportunities for fun, learning, and connection for our seniors.
- ✚ We also thank the young women and their mothers from the **National Charity League**, whose kindness, energy, and support help make many of our activities possible. Together with all our volunteers, they reflect the caring spirit that makes the Almaden Senior Association such a welcoming and vibrant community. Our volunteers make it possible for us to serve seniors throughout the community, and we look forward to honoring them.
- ✚ In addition to our volunteer recognition, we are proud to welcome **Councilmember George Casey**, who will speak about important issues affecting District 10 and the City of San Jose. We will also hear updates from representatives of Assemblymember Gail Pellerin and County Supervisor Margaret Abe-Koga, helping keep us informed about matters that impact our community and our lives.
- ✚ We are especially pleased to announce our special guest speaker and friend of the association, **Richard Crowley, Vice Chair of the San Jose Senior Citizens Commission**. Richard's topic is: "What's It All About? How Can the Commission Benefit the Seniors in Our Community?" This will be an excellent opportunity to learn more about the commission's work and how it serves older adults in our community. Please bring your questions and suggestions for Richard in this important conversation.

Most of all, join us in celebrating our wonderful volunteers, engaging with our speakers, and enjoying a morning of friendship, appreciation, and community spirit. We look forward to seeing you there!

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 VALLEY SUMMER CONCERT SERIES**

**Located at Greystone Park on the corner of  
Mt. Carmel and Camden Ave**

**\*Bring your chair or blanket & enjoy the show\***

**LIVE MUSIC FROM 6:30 - 8 PM**

**July 9th - The Iconics  
July 16th - Chain of Fools  
July 23rd - Country Cougars  
July 30th - The Houserockers**

**Sponsored by the Almaden Youth Advisory  
Council, Almaden Senior Association, and Lazy Dpg**