

ALMADEN

OLDER ADULTS 50+

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

AUGUST 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

- **Monday, September 7th**
Labor Day



UPCOMING EVENTS

Older Adult 50+: San Francisco Giants vs. Houston Game

Course number: 008.1.0012

Wed, Aug 12, 2026 | Game starts at 12:45
p.m.

Seats: Section 130–135

Members: \$72 | Non-members: \$80

Join us for a fun-filled day at Oracle Park as the San Francisco Giants take on the Houston Astros! Enjoy beautiful waterfront views, ballpark traditions, and the excitement of live baseball with fellow older adult participants. Whether you're a longtime fan or just love a great day out in San Francisco, this game is the perfect way to cheer, relax, and soak in the energy of one of the most iconic ballparks in the country. Let's root, root, root for the home team and make unforgettable memories together!

Pick-up locations:

Southside Community Center at 10:00 a.m.

Cypress Community Center at 10:30 a.m.

Register online at sjregistration.com

For questions, email:

olderadultprograms@sanjoseca.gov

MORE UPCOMING EVENTS

ALMADEN SENIOR ASSOCIATION:

GRATON CASINO DAY TRIP

Tuesday September 15, 2026

\$55 gets you \$20 free play with a valid CA ID and 5 hours of casino play; Lunch on your own.

Arrive to the ACC by 7:45am and return around 6:30-6:45pm

Tickets go on sale July 27 in the ACC lobby, then M/W/F 8-10am

Cash or check; please make checks out to ASA.

Look for flyers in the ACC lobby and on almadenseniors.org

ALMADEN SENIOR ASSOCIATION:

BIG BAND EVENT

Swing & Sway with the

Millennium Sounds Orchestra

Saturday, September 26th, 12:00pm to 3:00pm

Celebrate Fall with the music of a big band! Listen to the music of Benny Goodman, Tommy Dorsey, and Glenn Miller. Dress to party with big band music and enjoy socializing with friends.

Menu will be a buffet with carved roast beef, carved ham, baked chicken, mashed potatoes, vegetables, salad, roll and dessert.

Location: Almaden Community Center Multi-Purpose Room

Tickets: \$35. Cash or Check made out to ASA.

Signups begin Monday, August 17, in the ACC lobby M/W/F, 8-10am.

For more info contact Rich at 408-219-8641 or Jennifer at 408-757-4536.

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, August 27

Thursday, September 24

Thursday, October 22

For more info visit
happyhollow.org/seniorsafari

ALMADEN SENIOR ASSOCIATION: BROADWAY SAN JOSE



February 6, 2027



June 12, 2027



July 10, 2027

For the 2026–2027 season, Broadway San Jose is offering an exciting series of plays. The Almaden Senior Association will be selling tickets for 3 future plays. Plays are all Saturday matinees.

We will announce when tickets for these shows go on sale and how to purchase tickets for them in future newsletters.

Transportation is on your own.

The 3 future plays offered are:

The Bodyguard

Mamma Mia

Hamilton

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 NEXT MONTH.

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 NEXT MONTH.

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!

HANDWORK FOR OTHERS DONATION REQUEST

The Handwork for Others class is currently accepting donations for upcoming projects.

Needed items include cotton fabrics, cotton batting, cotton flannel, thread, bias tape, zippers, buttons, and clean full skeins of yarn.

Donations may be dropped off with staff at the front desk or brought upstairs to Room 2 on Fridays from 10:00 a.m. to 12:00 p.m.

Thank you for supporting the Handwork for Others class!

Older Adult 50+ Fall 2026

Almaden Community Center



Be sure to check out the list of classes on the front and back page!

Activity Number	Activity Name	Dates	Time	Day	Mem./Non
251.2.1851	Awareness Through Movement (Feldenkrais)	9/14 - 12/7	10:15 - 11:15 a.m.	M	\$62/\$70
251.2.1967	Badminton Open Play (Th)	9/17 - 12/10	9 - 11 a.m.	Th	\$12/\$20
251.2.1968	Badminton Open Play (F)	9/18 - 12/11	9 - 11:30 a.m.	F	\$24/\$32
251.2.1963	Ballroom Dance	9/14 - 11/30	10:45 - 11:45 a.m.	M	\$11/\$19
251.2.1977	Bridge Open Play	9/17 - 12/10	9:30 - 11:30 a.m.	Th	\$11/\$19
251.2.1978	Bridge Level 1-2	9/15 - 11/17	1 - 3 p.m.	Tu	\$9/\$17
251.2.1979	Bridge Level 3	9/17 - 11/19	1 - 3 p.m.	Th	\$9/\$17
251.2.1969	Cardio Drumming	9/16 - 11/18	10 - 11 a.m.	W	\$8/\$16
251.2.1973	Chair Assisted Yoga	9/16 - 12/9	8:15 - 9:15 a.m.	W	\$11/\$19
251.2.1971	Creative Crafts	9/18 - 12/11	10 a.m. - 12 p.m.	F	\$12/\$20
251.2.1964	Creative Writing	9/15 - 12/8	1 - 3 p.m.	Tu	\$11/\$19
251.2.1965	Handwork For Others	9/18 - 12/18	10 a.m. - 12 p.m.	F	FREE
251.2.1961	History Club In-Person	9/23 - 12/9	10 a.m. - 12 p.m.	W	\$9/\$17
251.2.1962	History Club Virtual	9/23 - 12/9	10 a.m. - 12 p.m.	W	\$9/\$17
251.2.1847	Line Dance Beginners	9/15 - 11/17	10:30 - 11:30 a.m.	Tu	\$62/\$70
251.2.1848	Line Dance Level 1-2	9/17 - 11/19	8:45 - 10:15 a.m.	Th	\$82/\$90
251.2.1849	Line Dance Level 2-3	9/15 - 11/17	8:45 - 10:15 a.m.	Tu	\$82/\$90
251.2.1987	Mah Jong Open Play (M)	9/14 - 12/7	12:45 - 2:45 p.m.	M	\$11/\$19
251.2.1988	Mah Jong Open Play (W)	9/16 - 12/9	12:45 - 2:45 p.m.	W	\$9/\$17

Early registration for 2026 Senior Members opens on Wednesday, July 22 at 10 a.m. Register in-person or on www.sjregistration.com

To ensure you get early registration and receive your discount on senior classes and programming. Please sign up for your FREE 2026 senior membership prior registration.

Older Adult 50+ Fall 2026

Almaden Community Center



Activity Number	Activity Name	Dates	Time	Day	Mem./No n
251.2.1840	Morning Stretch (M) 8:15 a.m.	9/14 - 12/7	8:15 - 8:55 a.m.	M	\$12/\$20
251.2.1841	Morning Stretch (M) 9:10 a.m.	9/14 - 12/7	9:10- 9:50 a.m.	M	\$12/\$20
251.2.1842	Morning Stretch Video (M) 9:10 a.m.	9/14 - 12/7	9:10 - 9:50 a.m.	M	\$11/\$19
251.2.1843	Morning Stretch (W) 8:15 a.m.	9/16 - 12/9	8:15 - 8:55 a.m.	W	\$11/\$19
251.2.1844	Morning Stretch (W) 9:10 a.m.	9/16 - 12/9	9:10 - 9:50 a.m.	W	\$11/\$19
251.2.1845	Morning Stretch (F) 8:15 a.m.	9/18 - 12/11	8:15 - 8:55 a.m.	F	\$12/\$20
251.2.1846	Morning Stretch (F) 9:10 a.m.	9/18 - 12/11	9:10 - 9:50 a.m.	F	\$12/\$20
251.2.1960	Painting Group	9/17 - 12/10	9 - 11 a.m.	Th	\$11/\$19
251.2.1982	Pickleball Open Play (T) 8:30 a.m.	9/15 - 12/8	8:30 - 10:15 a.m.	Tu	\$13/\$21
251.2.1983	Pickleball Open Play (T) 10:20 a.m.	9/15 - 12/8	10:20 a.m. - 12:20 p.m.	Tu	\$13/\$21
251.2.1984	Pickleball Open Play (T) 12:25 p.m.	9/15 - 12/8	12:25 - 2:25 p.m.	Tu	\$13/\$21
251.2.1985	Pickleball Open Play (Th) 11:30 a.m.	9/17 - 12/10	11:30 a.m. - 1 p.m.	Th	\$12/\$20
251.2.1986	Pickleball Open Play (Th) 1:05 p.m.	9/17 - 12/10	1:05 - 2:35 p.m.	Th	\$12/\$20
251.2.1972	Quilters	9/15 - 12/8	3 - 6 p.m.	Tu	\$18/\$26
251.2.1974	Table Tennis (M)	9/14 - 12/7	3:30 - 5:30 p.m.	M	\$12/\$20
251.2.1975	Table Tennis (W)	9/16 - 12/9	1:30 - 4:30 p.m.	W	\$22/\$30
251.2.1976	Table Tennis (Th)	9/17 - 12/10	1:30 - 3:30 p.m.	Th	\$12/\$20
251.2.1981	Tai Chi Beginners	9/18 - 12/11	9:30 - 10:30 a.m.	F	\$12/\$20
251.2.1980	Tai Chi Practice	9/16 - 12/9	9:30 - 11 a.m.	W	\$11/\$19
251.2.1852	Watercolor (T)	9/15 - 11/10	10 a.m. - 12 p.m.	Tu	\$82/\$90
251.2.1853	Watercolor (Th)	9/17 - 11/12	10 a.m. - 12 p.m.	Th	\$82/\$90
251.2.1850	Yoga - Gentle	9/14 - 12/7	9 - 10 a.m.	M	\$62/\$70
251.2.1966	Yuan Ji (Chih) Dance	9/14 - 12/7	1 - 3 p.m.	M	\$12/\$20

Refund requests must be submitted in writing to the City at least 14 calendar days before the program or class begins. Refunds will not be issued for requests received less than 14 calendar days before the start date. A \$10 processing fee will be charged for each activity and each participant.

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 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.

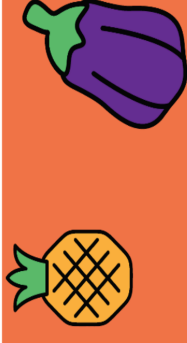
Upcoming Events:

8/6: Gardner Health Services Presentation

Check out the July 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 | August 2026

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES WEEKLY ALTERNATES
Beef & Turkey Taco Salad Spanish Brown Rice Fresh Orange Milk	Pork Bahn Mi Diced Carrots Cilantro Coleslaw Fresh Seasonal Fruit Milk	Coconut Curry Chicken Brown Rice Corn w/Bell Peppers Salad w/Carrots Fresh Apple Milk Italian Dressing	Beef & Pork Meatballs Marinara Sauce Whole Grain Penne Pasta Green Beans Garden Vegetable Blend Mandarin Oranges	Baked Chicken Spinach Artichoke Sauce Whole Wheat Bread Oven Roasted Tomatoes Potato Wedges Fresh Orange Milk Margarine	Chickpea Spinach Salad OR Black Bean Patty
Baked Tilapia Pico de Gallo Whole Wheat Tortilla Roasted Zucchini Pepper Slaw Fresh Orange Milk	Chicken Alfredo Whole Wheat Bread Italian Vegetable Blend Broccoli Fresh Seasonal Fruit Milk Margarine	Roast Pork Ginger Soy Sauce Whole Grain Garlic Noodles Brussels Sprouts Carrot Raisin Salad Fresh Seasonal Fruit Milk	Baked Chicken Breast Tikka Masala Sauce Brown Rice Cilantro Garnish Garden Vegetable Blend Chickpea Salad Fresh Orange Milk	Beef & Turkey Sloppy Joe Whole Wheat Hamburger Bun Green Beans Potato Wedges Tropical Fruit Milk	WEEKLY ALTERNATES Vegetarian Hummus and Feta Pita Wrap OR Tuna Salad Sandwich OR Black Bean Patty
Stuffed Pepper Whole Wheat Bread Sliced Carrots Fresh Orange Milk Margarine	Chinese Chicken Salad Whole Wheat Bread Mandarin Oranges Milk Margarine	Beef & Pork Meatballs Brown Gravy Whole Wheat Bread Whipped Potatoes Diced Carrots Tropical Fruit Milk Margarine	Breaded Pollock Fish Whole Wheat Hamburger Bun Lettuce/Tomato/Onion Dill Coleslaw 4-Way Vegetable Blend Fresh Seasonal Fruit Milk Tartar Sauce	Cuban Citrus Mojo Chicken Brown Rice Fiesta Vegetable Blend Coleslaw Fresh Banana Milk	WEEKLY ALTERNATES Garden Chicken Salad OR Vegetarian Hummus and Feta Pita Wrap OR Black Bean Patty
Sweet & Sour Pork Brown Rice Peas & Carrots Tossed Salad Fresh Orange Milk Ranch Dressing	Hawaiian Meatballs Whole Grain Rotini Japanese Vegetable Blend Spinach Mandarin Oranges Milk	Turkey Burger Teriyaki Sauce Whole Wheat Hamburger Bun 4-Way Vegetable Blend Coleslaw Fresh Seasonal Fruit Milk	Greek Chicken Lemon Orzo Whole Wheat Pita Bread Cauliflower Dill Cucumber Salad Fresh Apple Milk	Baked Tilapia Romesco Sauce Spanish Brown Rice Salad w/Carrots Whole Kernel Corn Fresh Orange Milk Ranch Dressing	WEEKLY ALTERNATES Beet, Spinach & Feta Salad w/ Chicken OR Dill Chicken Salad Sandwich OR Black Bean Patty
Turkey Breast Poultry Gravy Whole Wheat Bread California Vegetable Blend Potatoes w/Skins Fresh Orange Milk Margarine	Building Community Through Fun SOURCEWISE COMMUNITY RESOURCE SOLUTIONS				WEEKLY ALTERNATES Curried Turkey 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

ALMADEN SENIOR ASSOCIATION MESSAGE, AUGUST 2026

Hello Seniors! Happy August!

Can you believe we are already in the final stretch of summer? August is the perfect time to soak up the remaining long, warm days, enjoy the golden evenings, and share a cool drink with good friends. While the year is flying by, our community is staying as active and vibrant as ever.



Sizzling Summer Fun: BBQ & Beats!

We had an absolute blast at our July summer outdoor barbecue! The weather was perfect, the food was delicious, and the energy was unmatched. A huge thank you to everyone who joined us for a wonderful afternoon filled with an all-American barbeque, fantastic live music, and some incredibly talented line dancing. It was wonderful to see so many of you on your feet, laughing, and showing off your moves.

Save the Date: September's Big Band Event!

Mark your calendars, dust off your dancing shoes, and get ready to swing!

- ✚ **What:** *"Swing and Sway with The Millennium Sounds Orchestra."*
- ✚ **When:** **Saturday, September 26, 12pm-3pm.** Ticket sales start August 17. Check out the flyer.
- ✚ **Why:** You won't want to miss this exciting afternoon of big band tunes, dancing, delicious food, and wonderful company.

August's Whimsical Holidays

August is packed with some hilariously unique national holidays to bring a smile to your face. Here are a few to celebrate this month:

- ✚ **August 1:** National Disc Golf Day (A great excuse to toss a frisbee in the park!)
- ✚ **August 6:** National Wiggle Your Toes Day (Let them feel the grass or the sand!)
- ✚ **August 8:** National Sneak Some Zucchini onto Your Neighbor's Porch Day (For those with overflowing gardens!)
- ✚ **August 15:** National Relaxation Day (The perfect excuse to do absolutely nothing.)
- ✚ **August 28:** National Bow Tie Day (Dress to impress, even if you are just staying in!)

August is also **National Wellness Month**, so be sure to take extra care of yourself, stay hydrated in the summer heat, and take time to relax.

ASA General Meetings

First Wednesday of the Month, 10:00 a.m. Our Almaden Senior Association General Meetings remain the heart of our community. They are open to all and provide a fantastic opportunity to stay updated on local happenings, connect with civic representatives, and hear from engaging guest speakers. Be sure to join us on **Wednesday, August 5** for our next session. Join the conversation: Bring your questions for a lively Q&A with special guest speaker **Santa Clara County Supervisor Margaret Abe-Koga!**

Wishing you a safe, joyful, and beautifully sunny rest of your summer!

Warm regards,

Nancy Royal, President
Almaden Senior Association
almadenseniors1.org

