

# ALMADEN

## OLDER ADULTS 50+

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

# JULY 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, July 3**  
**Fourth of July Observance**
- **Saturday, July 4**  
**Fourth of July**



### 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](http://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:

#### Save The Date

Almaden Senior Association Trip to  
 Graton Casino  on Tuesday, **September 15, 2026.**

Watch for a flier in the ACC lobby and on  
<http://almadenseniors.org>

More details to follow in the next newsletter.

### Almaden Senior Association: Almaden Seniors BBQ Luncheon

Saturday, July 11th, 12pm to 2:30pm: Celebrate summer with a classic American BBQ, music, and great company!

Enjoy Build Your Own Burger, beef, chicken or veggie, baked beans, corn on the cob, green salad, coleslaw, fresh fruit and ice cream.

Live musical entertainment by singer/guitarist Fred McCarty

Location: Almaden Community Center Patio  
Tickets: \$25. Cash or Check

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

Sign up in the ACC lobby M/W/F, 8-10am.  
For more info contact 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, July 23  
Thursday, August 27  
Thursday, September 24  
Thursday, October 22

For more info visit  
[happyhollow.org/seniorsafari](http://happyhollow.org/seniorsafari)

## BROADWAY SAN JOSE

### Phantom of the Opera, Saturday, October 17, 2pm Tickets go on sale starting July 6th

Phantom of the Opera follows a disfigured musical genius who haunts the depths of the Paris Opera House. He becomes dangerously obsessed with a young soprano, Christine, grooming her for stardom. When her childhood sweetheart returns and courts her, the Phantom's jealousy sparks chaos and a tragic love triangle.

Tickets go on sale starting July 6, 2026, M/W/F, 8am to 10am in the ACC lobby

Seats will be assigned when tickets are paid for \$95 Cash or check, (make checks out to ASA) Transportation on your own.

Questions: Call Cathy Michelin: 408-218-3165

## 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!

## 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+ 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.

### Upcoming Events:

7/2: Fourth of July Celebration

7/13: SNAP 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 | July 2026

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
<p><b>Baked Tilapia</b> Cilantro, Tomato &amp; Onion Whole Wheat Tortilla Roasted Zucchini Coleslaw w/ Carrots Fresh Orange Low Fat Milk</p>	<p><b>Chicken Fettuccine Alfredo</b> Whole Wheat Bread Italian Vegetable Blend Broccoli Fresh Fruit in Season Low Fat Milk Margarine</p>	<p><b>Coconut Curry Chicken</b> Brown Rice Kernel Corn w/ Red Bell Peppers</p>	<p><b>Pork Ribs</b> Whole Wheat Roll Potato Salad Cilantro Coleslaw w/ Carrots Fresh Orange Low Fat Milk Margarine Ice Cream</p>	<p><b>Holiday</b></p>	<p><b>WEEKLY ALTERNATE CHOICES</b> WEEKLY ALTERNATES Chickpea Spinach Salad OR Black Bean Patty</p>
<p><b>Turkey Stuffed Peppers</b> Whole Wheat Bread Sliced Carrots Bell Peppers (in entrée) Fresh Orange Low Fat Milk Margarine</p>	<p><b>Chinese Chicken Salad</b> Whole Wheat Bread Lettuce Mix (in entrée) Mandarin Oranges Low Fat Milk Sesame Dressing Margarine</p>	<p><b>Roast Pork w/ Soy Ginger Sauce</b> Whole Grain Spaghetti Brussels Sprouts Carrot Raisin Salad Fresh Fruit in Season Low Fat Milk</p>	<p><b>Chicken Tikka Masala</b> Cilantro Garnish Brown Rice Chickpea Salad Garden Vegetable Blend Fresh Orange Low Fat Milk</p>	<p><b>Beef &amp; Turkey Sloppy Joe Sandwich</b> Whole Wheat Hamburger Bun Potato Wedges Green Beans Tropical Fruit Low Fat Milk</p>	<p><b>WEEKLY ALTERNATES</b> Vegetarian Hummus and Feta Pita Wrap OR Tuna Salad Sandwich OR Black Bean Patty</p>
<p><b>Sweet &amp; Sour Pork</b> Brown Rice Peas &amp; Carrots Tossed Salad Fresh Orange Low Fat Milk Salad Dressing</p>	<p><b>Hawaiian Beef Meatballs</b> Whole Grain Rotini Pasta Japanese Vegetable Blend Spinach Mandarin Oranges Low Fat Milk</p>	<p><b>Beef Meatballs w/ Gravy</b> Whole Wheat Bread Whipped Potatoes Diced Carrots Tropical Fruit Low Fat Milk Margarine</p>	<p><b>Breaded Pollock Sandwich</b> Lettuce, Tomato &amp; Onion Whole Wheat Hamburger Bun Dill Coleslaw 4-Way Vegetable Blend Fresh Fruit in Season Low Fat Milk Tartar Sauce</p>	<p><b>Cuban Citrus Mojo Chicken Thigh</b> Brown Rice Fiesta Mixed Vegetables Coleslaw Fresh Banana Low Fat Milk</p>	<p><b>WEEKLY ALTERNATES</b> Garden Chicken Salad OR Vegetarian Hummus and Feta Pita Wrap OR Black Bean Patty</p>
<p><b>Sliced Turkey w/ Gravy</b> Whole Wheat Bread Whipped Potatoes California Vegetable Blend Fresh Orange Low Fat Milk Margarine</p>	<p><b>Tilapia Fish Vera Cruz</b> WG Corn Tortilla Mexican Diced Potatoes Coleslaw Fresh Apple Low Fat Milk</p>	<p><b>Teriyaki Turkey Burger</b> Whole Wheat Hamburger Bun 4-Way Vegetable Blend Coleslaw Fresh Seasonal Fruit Low Fat Milk</p>	<p><b>Greek Chicken Thigh</b> Lemon Orzo Whole Wheat Pita Cauliflower Creamy Dill Cucumber Salad Fresh Apple Low Fat Milk</p>	<p><b>Romesco Tilapia</b> Spanish Brown Rice Whole Kernel Corn Tossed Salad w/ Carrots Fresh Orange Low Fat Milk</p>	<p><b>WEEKLY ALTERNATES</b> Beet, Spinach &amp; Feta Salad w/ Chicken OR Dill Chicken Salad Sandwich OR Black Bean Patty</p>
		<p><b>Korean Beef &amp; Turkey Bibimbap Rice Bowl</b> Brown Rice (in entrée) Sliced Carrots Sesame Green Beans Fresh Orange Low Fat Milk</p>	<p><b>Pork w/ Chimichurri Sauce</b> Brown Rice Pilaf Whole Kernel Corn Garden Vegetable Blend Mandarin Oranges Low Fat Milk</p>	<p><b>Beef Stroganoff w/ Egg Noodles</b> Whole Wheat Bread 4-Way Vegetable Blend Broccoli Salad Fresh Fruit in Season Low Fat Milk Margarine</p>	<p><b>WEEKLY ALTERNATES</b> Curried Turkey Salad OR Egg Salad Sandwich OR Black Bean Patty</p>



Menu subject to change based on availability.  
 For an alternate entrée, 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, JULY 2026

**Dear Fellow Members,**

As July begins, we pause with gratitude for the freedoms and blessings we share as Americans. This year holds special meaning as our nation prepares to celebrate its **250th anniversary**—a time to come together, honor our history, and reflect on the opportunities that have shaped our lives and on the many ways we contribute to our families, friends, and communities.



- ✚ A major concern for everyone is taking control of our digital footprint. At our **Wednesday, July 1** General Meeting (10:00 am, Library Program Room) join special guest speaker **Tom Kemp** from the California Privacy Protection Agency (CPPA) who will present **“Introducing DROP,”** California’s free program that can help you reduce your personal data shared and sold online. You won’t want to miss this second installment in our important series, “Protecting Yourself in a Digital World.”
- ✚ It was wonderful to see the smiles from the seniors at the Center for the gorgeous roses and sunflowers that we donated for Mother’s Day and Father’s Day. Small gestures like these help brighten the season and remind our fellow seniors how much they are valued.
- ✚ We are pleased to announce that once again we are sponsoring the **Iconics**, playing **Thursday, July 9, 6:30-8:00 pm** in the first of four free concerts of the Almaden Valley Summer Concert Series, at Greystone Park (corner of Camden Avenue and Mt. Carmel Drive). Bring your lawn chairs, snacks, and refreshments and join us as we “rock out” to one of the best bands in the series.
- ✚ Nothing says summer like a barbeque! Celebrate with us at our **Summer Luncheon** on **Saturday, July 11, from 12:00 to 2:30 pm** on the Community Center patio. Enjoy a delicious barbecue lunch and live music by singer-guitarist Fred McCarty. Tickets are \$25 and are available MWF, 8:00–10:00 am, in the Community Center lobby.
- ✚ Our ticket sales for our July 23 excursion on the USS Potomac are a sold-out success. Keep checking our newsletters so you don't miss out on our other exciting adventures, and visit our website ([almadenseniors.org](http://almadenseniors.org)), Facebook ([facebook.com/almadenseniors](https://facebook.com/almadenseniors)) and Almaden Times website ([timesmedia.pageflip.site/publications/AlmadenTimes](http://timesmedia.pageflip.site/publications/AlmadenTimes)) for our announcements between newsletters.

## **Coming August**

- ✚ **Don't miss our August 5 General Meeting** featuring the return of County Supervisor Margaret Abe-Koga! She will share crucial updates on the key issues shaping our district and county. Bring your questions, voice your concerns, and connect directly with your supervisor.

Wishing you and your loved ones a safe, happy, and memorable July!

**Nancy Royal, President**

**almadenseniors1@gmail.com**

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**