

ALMADEN

OLDER ADULTS 50+

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

SEPTEMBER 2026

CENTER INFO

Center Staff

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

Trio Staff

Sabrina	Site Kitchen Manager
Jose Medrona	Cook

UPCOMING EVENTS

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, September 24
Thursday, October 22

For more info visit
happyhollow.org/seniorsafari

HOLIDAY CLOSURES

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



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

Sign Up Now in the ACC lobby 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, dance 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. A Vegetarian Option is available

Location: Almaden Community Center Multi-Purpose Room

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

Signup now, in the ACC lobby M/W/F, 8-10am.

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

ALMADEN SENIOR

ASSOCIATION:

DAY TRIP TO OLD SACRAMENTO

OCTOBER 22, 2026

Enjoy a day exploring historic Old Sacramento at your own pace. Shop the unique stores, visit the California State Railroad Museum, Sacramento History Museum and enjoy lunch at a restaurant of your choice. The trip includes a one-hour historic cruise with views of the city on the Sacramento River from 1:00pm to 2:00pm, followed by additional time to finish your visit before heading home. Sign Up Now in the ACC lobby Monday, Wednesday, and Friday from 8:00am to 10:00am. Cost is \$90 per person, cash or check, includes bus transportation and the Scenic Historic River Cruise. For more information, call Rich at 408-219-8641 or Ann at 408-221-8205.

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 three future plays. All plays are on Saturdays at 2:00 p.m. ASA will announce when tickets for these shows go on sale and how to purchase them in future newsletters and flyers. Transportation is on your own.

The three future plays offered are:

- The Bodyguard
- Mamma Mia!
- Hamilton

Questions? Call Cathy at 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

SOCIAL DANCES ARE BACK STARTING SEPTEMBER 24TH. WE HOPE TO SEE YOU!

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.

MOVIES ARE BACK THIS MONTH! PLEASE SEE THE FLYER FOR MORE INFORMATION.

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.

Check out the September 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 | September 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES	
 Holiday	 Baked Tilapia Vera Cruz Sauce Corn Tortilla Mexican Diced Potatoes Coleslaw Fresh Apple Milk	Beef/Turkey Bibimbap Sliced Carrots Sesame Green Beans Fresh Orange Milk	Pork Loin Chimichurri Sauce Brown Rice Pilaf Whole Kernel Corn Garden Vegetables Mandarin Oranges Milk	<i>Labor Day</i> BBQ Beef Brisket Whole Wheat Hamburger Bun California Vegetable Blend Baked Beans Tropical Fruit Milk Ice Cream	WEEKLY ALTERNATES  Curried Turkey Salad OR  Egg Salad Sandwich OR  Black Bean Patty	
7	Pork Bahn Mi Diced Carrots Cilantro Colelaw Fresh Seasonal Fruit Milk	Coconut Curry Chicken Brown Rice Corn w/ Bell Peppers Salad w/ 1oz Carrots Fresh Apple Milk Italian Dressing	Beef/Pork Meatballs Marinara Sauce WG Penne Pasta Green Beans Garden Vegetables Mandarin Oranges Milk	Baked Chicken Spinach Artichoke Sauce Whole Wheat Bread Oven Roasted Tomatoes Potato Wedges Fresh Orange Milk Margarine	WEEKLY ALTERNATES  Chickpea Spinach Salad OR  Black Bean Patty	
14	Baked Tilapia Pico da Gallo Whole Wheat Tortilla Roasted Zucchini Pepper Slaw Fresh Orange Milk	Roast Pork Ginger Soy Sauce WG Garlic Noodles Brussels Sprouts Carrot/Raisin Salad Fresh Seasonal Fruit Milk Margarine	Baked Chicken Breast Tikka Masala Sauce Brown Rice Cilantro Garnish Garden Vegetables Chickpea Salad Fresh Orange Milk	Beef/Turkey Sloppy Joes 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	
21	Stuffed Pepper Whole Wheat Bread Sliced Carrots Fresh Orange Milk Margarine	 Beef/Pork Meatballs Brown Gravy Whole Wheat Bread Whipped Potatoes Diced Carrots Tropical Fruit Milk Margarine	Breaded Pollock Whole Wheat Hamburger Bun Lettuce/Tomato/Onion Dill Colelaw 4-Way Mixed Vegetables Fresh Seasonal Fruit Milk Tartar Sauce	Cuban Citrus Mojo Chicken Brown Rice Fiesta Vegetables Coleslaw Fresh Banana Milk	WEEKLY ALTERNATES  Garden Chicken Salad OR  Vegetarian Hummus and Feta Pita Wrap OR  Black Bean Patty	
28	Sweet & Sour Pork Brown Rice Peas & Carrots Tossed Salad Fresh Orange Milk Ranch Dressing	Hawaiian Meatballs WG Rotini Japanese Vegetables Spinach Mandarin Oranges Milk	 Building Community Through Fun SOURCEWISE COMMUNITY RESOURCE SOLUTIONS			WEEKLY ALTERNATES Beet, Spinach & Feta Salad w/ Chicken OR Dill Chicken 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, SEPTEMBER 2026

🍁 Happy September, Almaden Senior Association Members!

September brings a fresh season and a great opportunity to reconnect with friends, enjoy activities, and look ahead together.



SPECIAL GUEST SPEAKER VICE MAYOR PAM FOLEY!

Join us at **10:00 AM on Wednesday, September 2**, for our monthly **General Meeting**. We will welcome **San Jose Vice Mayor and District 9 Councilmember Pam Foley** for a lively Q&A session, along with **D10 Councilmember George Casey**, who will share updates.

BIG EVENT!

Don't miss our spectacular fall event to kick off the new season: **Swing and Sway, our Big Band Bash dinner dance**, on **Saturday, September 26**. Dust off your dancing shoes for an unforgettable evening of live music, great food, and wonderful company!

DAY TRIPS

We have two fantastic day trips coming up:

- **Graton Casino Day Trip:** Heading out in just two weeks on **Tuesday, September 15**.
- **Old Sacramento Day Trip:** On **Thursday, October 22**. Get ready for a great day in historic Sacramento to shop the stores, visit the railroad and history museums, and enjoy a relaxing one-hour cruise on the Sacramento River.

Flyers included here and in our monthly ASA Constant Contact Newsletter include full pricing, schedules, and signup details. If you are not already on our ASA digital newsletter mailing list and would like to be added, contact me directly at nancy.royal@gmail.com.

ELECTION - ALMADEN SENIOR ASSOCIATION BOARD NOMINATIONS NOW OPEN!

Nominations are open for **President** and **Secretary** of the Almaden Senior Association Board of Directors. Board members provide leadership, oversight, and strategic direction to support the Association's goals for seniors and the community.

Key Election Information:

- **Term:** Two years, beginning January 2027.
- **Eligibility:** All current ASA members are welcome to be nominated.
- **Incumbent Status:** The current President and Secretary are eligible to run for a second and final term under the organization's two-term limit, which would extend their leadership through the upcoming year.
- **Nomination deadline:** Wednesday, November 4 General Meeting.
- **Voting:** Wednesday, December 2 General Meeting.

See you at our next meeting!

Nancy Royal
President, Almaden Senior Association

