

ALMADEN

OLDER ADULTS 50+

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

OCTOBER 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

HOLIDAY CLOSURES

- Monday, October 12th
Indigenous People's Day



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, October 22

For more info visit
happyhollow.org/seniorsafari

A NOTE FROM DAVID

Lesly is expected to return on October 19! It has been a pleasure working with our older adult community and getting to know so many of you. Thank you for the warm welcome, kindness, and support during my time with the program. You'll still see me around Almaden Community Center as I return to my previous role with Leisure and Fitness programs, so please continue to stop by and say hello!

ALMADEN SENIOR ASSOCIATION:

DAY TRIP TO OLD SACRAMENTO

Thursday, October 22, 2026, 7:15am to 6:30pm

Enjoy a day exploring historic Old Sacramento at your own pace. Shop the unique stores, visit the California State Railroad Museum, Sacramento History Museum for a small additional fee 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.

Location: Meet at the Almaden Community Center 7:15am, return around 6:30pm (estimated)
Cost \$90, Cash or Check made out to ASA, includes the Scenic Historic River Cruise
Sign-up now, in the ACC lobby M/W/F, 8-10am.

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.

ALMADEN SENIOR ASSOCIATION: ELECTION

ELECTION ASA BOARD NOMINATIONS ARE 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 advance the Association's goals for seniors and the broader community.

Key Election Details:

- Term: Two years, beginning January 2027.
- Eligibility: Any current ASA member may be nominated.
- Incumbents: The current President and Secretary may seek a second and final term under the organization's two-term limit.
- Nomination deadline: Wednesday, November 4, at the General Meeting.
- Voting: Wednesday, December 2, at the General Meeting.

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

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.

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!

FRIENDS OF THE LIBRARY

Friends of the Almaden Library are holding their Fall book sale, Saturday, Nov 7 from 9AM to 2:30PM. All the books are different from our previous sale. We have children's books, mysteries, craft books, fiction, coffee table books and biographies. A variety of non-English books are also available. Music CD's and movie DVD's, too. Adult hard back books are \$3 and adult paperback books are \$2. Children's books have various prices. Cash, Apple Pay, and credit card payments are accepted. All proceeds benefit the Almaden library.

The book sale is held at the Almaden branch library, 6445 Camden Ave, San Jose, 95120. See you there!

Older Adult 50+ Winter 2027

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
251.3.1861	Awareness Through Movement (Feldenkrais)	1/11 - 3/8	10:15 - 11:15 a.m.	M	\$44/\$52
251.3.1949	Badminton Open Play (Th)	1/7 - 3/11	9 - 11 a.m.	Th	\$10/\$18
251.3.1950	Badminton Open Play (F)	1/8 - 3/12	9 - 11:30 a.m.	F	\$18/\$26
251.3.1952	Ballroom Dance	1/4 - 3/8	10:45 - 11:45 a.m.	M	\$8/\$16
251.3.1957	Bridge Open Play	1/7 - 3/11	9:30 - 11:30 a.m.	Th	\$10/\$18
251.3.1958	Bridge Level 1-2	1/5 - 3/9	1 - 3 p.m.	Tu	\$10/\$18
251.3.1959	Bridge Level 3	1/7 - 3/11	1 - 3 p.m.	Th	\$10/\$18
251.3.1966	Cardio Drumming	1/6 - 2/24	9:30 - 10:30 a.m.	W	\$7/\$15
251.3.1972	Chair Yoga	1/6 - 3/10	8:15 - 9 a.m.	W	\$9/\$17
251.3.1954	Creative Crafts	1/8 - 3/12	10 a.m. - 12 p.m.	F	\$9/\$17
251.3.1953	Creative Writing	1/5 - 3/9	1 - 3 p.m.	Tu	\$10/\$18
251.3.1955	Handwork For Others	1/8 - 3/12	10 a.m. - 12 p.m.	F	FREE
251.3.1967	History Club In-Person	1/6 - 3/3	10 a.m. - 12 p.m.	W	\$8/\$16
251.3.1968	History Club Virtual	1/6 - 3/3	10 a.m. - 12 p.m.	W	\$8/\$16
251.3.1863	Line Dance Beginners	1/5 - 3/9	10:30 - 11:30 a.m.	Tu	\$56/\$64
251.3.1864	Line Dance Level 1-2	1/7 - 3/11	8:45 - 10:15 a.m.	Th	\$82/\$90
251.3.1865	Line Dance Level 2-3	1/12 - 3/9	8:45 - 10:15 a.m.	Tu	\$74/\$82
251.3.1973	Mah Jong Open Play (M)	1/4 - 3/8	12:45 - 2:45 p.m.	M	\$8/\$16
251.3.1974	Mah Jong Open Play (W)	1/6 - 3/10	12:45 - 2:45 p.m.	W	\$9/\$17
251.3.1975	Mah Jong Open Play (Tues)	1/5 - 3/9	9:30 a.m. - 11:30 p.m.	Tu	\$10/\$18

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+ Winter 2027

Almaden Community Center



Activity Number	Activity Name	Dates	Time	Day	Mem./Non
251.3.1880	Morning Stretch (M) 8:15 a.m.	1/4 - 3/15	8:15 - 8:55 a.m.	M	\$9/\$17
251.3.1883	Morning Stretch (M) 9:10 a.m.	1/4 - 3/15	9:10 - 9:50 a.m.	M	\$9/\$17
251.3.1886	Morning Stretch Video (M) 9:10 a.m.	1/4 - 3/15	9:10 - 9:50 a.m.	M	\$9/\$17
251.3.1881	Morning Stretch (W) 8:15 a.m.	1/6 - 3/17	8:15 - 8:55 a.m.	W	\$10/\$18
251.3.1884	Morning Stretch (W) 9:10 a.m.	1/6 - 3/17	9:10 - 9:50 a.m.	W	\$10/\$18
251.3.1882	Morning Stretch (F) 8:15 a.m.	1/8 - 3/19	8:15 - 8:55 a.m.	F	\$10/\$18
251.3.1885	Morning Stretch (F) 9:10 a.m.	1/8 - 3/19	9:10 - 9:50 a.m.	F	\$10/\$18
251.3.1951	Painting Group	1/7 - 3/11	9 a.m. - 12 p.m.	Th	\$20/\$28
251.3.1943	Pickleball Open Play (T) 8:15 a.m.	1/5 - 3/9	8:15 - 10:15 a.m.	Tu	\$10/\$18
251.3.1944	Pickleball Open Play (T) 10:20 a.m.	1/5 - 3/9	10:20 a.m. - 12:20 p.m.	Tu	\$10/\$18
251.3.1945	Pickleball Open Play (T) 12:25 p.m.	1/5 - 3/9	12:25 - 2:25 p.m.	Tu	\$10/\$18
251.3.1946	Pickleball Open Play (Th) 11:30 a.m.	1/7 - 3/11	11:30 a.m. - 1 p.m.	Th	\$10/\$18
251.3.1947	Pickleball Open Play (Th) 1:05 p.m.	1/7 - 3/11	1:05 - 2:35 p.m.	Th	\$10/\$18
251.3.1956	Quilters	1/12 - 3/9	3 - 6 p.m.	Tu	\$18/\$26
251.3.1940	Table Tennis (M)	1/4 - 3/8	3:30 - 5:30 p.m.	M	\$8/\$16
251.3.1941	Table Tennis (W)	1/6 - 3/10	1:30 - 4:30 p.m.	W	\$18/\$26
251.3.1942	Table Tennis (Th)	1/7 - 3/11	1:30 - 3:30 p.m.	Th	\$10/\$18
251.3.1971	Tai Chi Beginners	1/8 - 3/12	9:30 - 11 a.m.	F	\$8/\$16
251.3.1970	Tai Chi Practice	1/6 - 3/10	9:30 - 11 a.m.	W	\$9/\$17
251.3.1874	Watercolor (T)	1/5 - 3/9	10 a.m. - 12 p.m.	Tu	\$102/\$110
251.3.1875	Watercolor (Th)	1/7 - 3/11	10 a.m. - 12 p.m.	Th	\$102/\$110
251.3.1862	Yoga - Gentle	1/11 - 3/8	9 - 10 a.m.	M	\$44/\$52
251.3.1960	Yuan Ji (Chih) Dance	1/4 - 3/8	1 - 3 p.m.	M	\$8/\$16

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.

- Friday, October 2nd - On Lok Presentation
- Friday, October 30th - Halloween Celebration

Check out the October 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 | October 2026

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES WEEKLY ALTERNATES
 Beef Macaroni & Cheese Whole Grain Rotini (in entrée) Green Beans Tossed Salad w/ Carrots Mandarin Oranges Low Fat Milk Italian Dressing	 Vera Cruz Breaded Pollock Cilantro Lime Brown Rice Chuckwagon Corn Black Beans Tropical Fruit Low Fat Milk	 Corn Chowder Pork Loin w/ Gravy Whole Wheat Roll Cauliflower Spinach Fresh Seasonal Fruit Low Fat Milk Margarine	Greek Chicken Thigh Lemon Orzo Whole Wheat Pita Cauliflower Creamy Dill Cucumber Salad Fresh Apple Low Fat Milk	Romesco Tilapia Spanish Brown Rice Whole Kernel Corn Tossed Salad w/ Carrots Fresh Orange Low Fat Milk Ranch Dressing	Beet, Spinach, & Feta Salad w/ Chicken OR Yogurt Dill Chicken Salad Sandwich OR Black Bean Patty
Holiday	5	6	7	8	9
12	13	14	15	16	WEEKLY ALTERNATES Santa Fe Chicken Salad OR Vegetarian Hummus and Feta Pita Wrap OR Black Bean Patty
19	20	21	22	23	WEEKLY ALTERNATES Beet, Spinach & Feta Salad w/ Chicken OR Egg Salad Sandwich OR Black Bean Patty
26	27	28	29	30	WEEKLY ALTERNATES Chicken Caesar Salad OR Tuna Salad Sandwich OR Black Bean Patty
Baked Tilapia w/ Sweet Thai Chili Sauce Asian Brown Rice Garden Mixed Vegetables Cabbage Fresh Seasonal Fruit Low Fat Milk	Garlic Rosemary Chicken Breast Whole Wheat Roll Broccoli Whipped Sweet Potatoes Fresh Apple Low Fat Milk Margarine	Pork Stir Fry Asian Brown Rice Japanese Vegetable Blend (in entrée) Sliced Carrots Tropical Fruit Low Fat Milk	Turkey Pot Pie Whole Grain Biscuit (in entrée) Carrots, Celery, Onions, & Peas (in entrée) Tossed Salad Fresh Orange Low Fat Milk Ranch Dressing	Beef & Pork Marinara Meatballs Spaghetti Whole Wheat Roll Tossed Salad w/ Carrots Green Peas Applesauce Cup Low Fat Milk Carnival Cookie Margarine & Ranch Dressing	Meatloaf w/ Gravy Whole Wheat Roll Whipped Potatoes Collard Greens Fresh Seasonal Fruit Low Fat Milk Margarine
Beef & Broccoli Stir Fry Brown Rice Broccoli (in entrée) Cabbage w/ Tomatoes, Celery Onions, & Peppers Fresh Apple Low Fat Milk	Breaded Pollock Sandwich Lettuce, Tomato, Onion Whole Wheat Hamburger Bun Red Diced Potatoes California Vegetable Blend Mandarin Oranges Low Fat Milk Tartar Sauce	Turkey Chili Shredded Cheese Cornbread Green Beans Baby Glazed Carrots Applesauce Cup Low Fat Milk Margarine	Chicken Tinga Whole Wheat Tortilla Black Beans Mexican Corn Fresh Orange Low Fat Milk	Hamburger w/ Steakhouse Sauce Lettuce, Tomato, Onion Whole Wheat Hamburger Bun Potato Wedges Coleslaw Fresh Seasonal Fruit Low Fat Milk	Open Face Turkey w/ Gravy Whole Wheat Bread (in entrée) Sweet Potatoes Broccoli Fresh Pear Low Fat Milk

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 President's Newsletter

Hello everyone, Happy October!

Our next General Meeting will feature special guest speakers and information you won't want to miss. Please see the flyer below for details. We look forward to seeing you there!

Warm regards, Nancy Royal



ALL ARE WELCOME!

Discover the Hidden Gems in Your Community



Wednesday, October 7
10:00 AM
(Doors Open at 9:30 AM)



Almaden Community Center
6445 Camden Avenue
2nd Floor, Room 4



Come early and enjoy the snacks!

JOIN THE CONVERSATION.

Special Guest Speakers



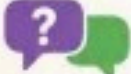
Paul Wilson
*Senior Librarian &
Almaden Library
Branch Manager*



Karen Aguirre
*Almaden Community
Center Supervisor*



Discover the Resources Right Here in Our Community
Our guest speakers will shine a light on the hidden gems, lesser-known resources, and valuable services available through the Almaden Library and Almaden Community Center—including opportunities that can enhance, enrich, and make everyday life more enjoyable for seniors.



Following the presentation, enjoy a brief Q&A session and bring your questions!



Community Update

D10 Councilmember George Casey will provide a brief community update.



CAN'T JOIN US IN PERSON?
Join Us on Zoom!
Meeting ID: 510 072 4787
Join through the Zoom app or use the link:
<https://bit.ly/ASA-Meeting>



We Will See You There!

Nancy Royal, President
Almaden Senior Association
 almadenseniors1@gmail.com