

ALMADEN

OLDER ADULTS 50+

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

November 2026

CENTER INFO

Center Staff

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

Trio Staff

Sabrina	Site Kitchen Manager
Jose Medrona	Cook

HOLIDAY CLOSURES

- **Wednesday, November 11**
 - Veteran's Day
- **Thursday, November 26**
 - Thanksgiving Day
- **Friday, November 27**
 - Thanksgiving Closure
- **Thursday, December 24 | Friday, December 25**
 - Holiday Closure
- **Friday, January 1**
 - New Year's Day

CHECK OUT THE NEXT PAGE FOR MORE UPCOMING EVENTS!

UPCOMING EVENTS

WINTER 2027 CLASS REGISTRATION

Wednesday, November 18, 2026 at 10 a.m.

Register Online: www.sjregistration.com

Register In Person: At any City of San Jose Community Center.

IMPORTANT: Early registration on November 18 is available ONLY to participants with an active 2027 Almaden Older Adults Membership.

If you do not have an active 2027 membership on the day of registration, you will not be able to register.

HANDWORK FOR OTHERS BOUTIQUE SALE

The Handwork for Others Class is having its Annual Boutiques on Saturday, November 7 and Friday, November 13 from 9 am until noon in the Almaden Community Center lobby. We will have lots of crocheted, knitted, sewn, quilted and craft items for sale at great prices! Cash and personal checks accepted. No credit or debit cards, please!

We donate handmade hats, scarves, blankets and other warm clothing to local charities. We also give money to the Almaden Senior Association and the Almaden Advisory Council (for youth programs).

MORE UPCOMING EVENTS!

Fall Book Sale: Friends of the Almaden Library

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!

Citywide Trips

008.2.0001: Santa Cruz Boardwalk Hot Rod Car Show

Saturday, November 7, 2026

Time: 9AM - 5 PM

Member: \$37 | Non-member: \$45

008.2.0002: Golden Gate View Point & San Francisco Union Square

Friday, December 11, 2026

Time: 9AM - 6 PM

Member: \$37 | Non-member: \$45

008.2.0003: Graton Resort & Casino

Friday, January 8, 2027

Time: 7AM - 6 PM

Member: \$50 | Non-member: \$58

008.2.0004: Golden Gate View Point & Downtown Sausalito

Friday, February 12, 2027

Time: 8AM - 6 PM

Member: \$37 | Non-member: \$45

008.2.0005: SF Chinatown & Japantown

Friday, February 19, 2027

Time: 9AM - 6 PM

Member: \$37 | Non-member: \$45

Pick-up locations are Southside Community Center and Cypress Community Center. You may register at front desk or www.sjregistration.com. For more information please call 408-268-1133

Almaden Senior Association: Annual Soup Party Luncheon

Saturday, January 23, from 12:00–3:00 PM.

Join us for Our Annual Soup Party Luncheon! Warm up your winter with delicious homemade soups and a fun afternoon with friends!

Enjoy a selection of four delicious soups, bread and butter, and dessert, followed by a lively game of BINGO with prizes! Soup selections will be announced closer to the event, so stay tuned!

Sign-ups will be held December 2–11 and will resume January 4, on Mondays, Wednesdays, and Fridays from 8:00–10:00 AM in the ACC lobby. The price is \$18 per person. Cash or check accepted.

Don't miss this cozy afternoon of good food, great company, and plenty of fun!

Almaden Senior Association:

is hosting its next casino trip Tuesday, February 23, 2027. We are headed to Cache Creek Casino. See flier located in the lobby for more details.

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.

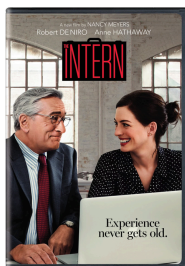
MONTHLY SOCIAL DANCES

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.



11/10 @ 1 p.m.
The Intern (2015)
Comedy/ Drama
PG-13 | 2 h 1m

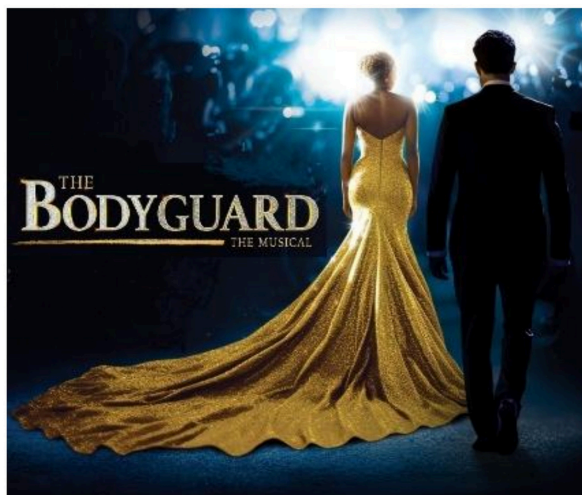
Harried fashion entrepreneur Jules gets a surprise boost from Ben, a 70-year-old widower who answers an ad for an internship at her company.

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!

ALMADEN SENIOR ASSOCIATION: BROADWAY SAN JOSE

BROADWAY★SAN JOSE



February 6, 2027, 2pm at SJCPA

Based on the 1992 film, **THE BODYGUARD** is a thrilling, romantic musical with high-stakes suspense and unforgettable music. Former Secret Service agent turned bodyguard, Frank Farmer, is hired to protect superstar Rachel Marron from a stalker. They don't expect to fall in love.

THE BODYGUARD features unforgettable music including 'Queen of the Night', 'Greatest Love of All', 'Saving All My Love for You', 'Run to You', 'I Will Always Love You', 'I Have Nothing', 'I'm Every Woman', 'One Moment in Time', 'I Wanna Dance with Somebody', along with thrilling plot twists and drama. **THE BODYGUARD** is an electrifying combination of romance, suspense and chart-topping music that is not to be missed.

Tickets are \$85 and go on sale Friday Nov 13, then each M/W/F 8am to 10am in the ACC lobby. Contact Cathy at 408-218-3165 for more information.

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 - 3/16	1 - 3 p.m.	Tu	\$10/\$18
251.3.1959	Bridge Level 3	1/7 - 3/18	1 - 3 p.m.	Th	\$10/\$18
251.3.1966	Cardio Drumming	1/6 - 3/3	10 - 11 a.m.	W	\$7/\$15
251.3.1972	Chair Assisted Yoga	1/6 - 3/10	8:15 - 9:15 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 2027 Senior Members opens on Wednesday, November 18 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 2027 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
251.3.1980	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 Lesly Elizondo at Lesly.Elizondo@sanjoseca.gov if interested!

SENIOR NUTRITION PROGRAM

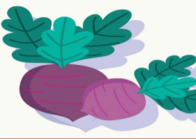
The City of San Jose in partnership with the Santa Clara County and TRIO Community Meals provides nutritious meals, to older adults who are 60+ years old. A delicious lunch is served Monday through Friday from 11:30am-12pm. Doors open at 11:15am for you to come in. Serving time is from 11:30am-12:00pm.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

Veteran's Day Celebration: Tuesday, November 10, 2026 | 11:45 AM- 12:30 PM

Take part in a special ceremony honoring our veterans!

To reserve a lunch on Tuesday, 11/10 for the Senior Nutrition Program. Participant must be 60 years or older and reserve a meal no later than Monday, November 9 by 1pm. Lunch will be served from 11:30am - 12pm. If you do not have a reserved meal, you will need to wait until 12:00 PM to see if any cancellations are available. Additional seating will be provided for those who wish to enjoy the performance only and are not staying for lunch.

Check out the November 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.

<div>  <div> City of San José Senior Nutrition Program November 2026 Almaden Community Center 6445 Camden Ave (408) 268-1133 </div>  </div>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY ALTERNATE CHOICES
2 Smothered Pork Whole Wheat Roll 4-Way Mixed Vegetables Sweet Potatoes Applesauce Cup Low Fat Milk Margarine	3 Tomato Basil Soup Salisbury Steak w/ Brown Gravy Whole Wheat Bread Whipped Potatoes Broccoli Fresh Seasonal Fruit Low Fat Milk Margarine	4 Seafood Jambalaya Cornbread Black-eyed Peas Collard Greens Fresh Seasonal Fruit Low Fat Milk	5 Chinese Chicken Salad Whole Wheat Roll Lettuce Mix (in entrée) Mandarin Oranges Low Fat Milk Margarine Sesame Dressing	6 Vietnamese Turmeric Tilapia Garlic Spaghetti Green Beans & Carrots Cauliflower Fresh Apple Low Fat Milk	WEEKLY ALTERNATES Turkey Taco Salad OR Southwest Chicken Wrap OR  Black Bean Patty
9 Beef Macaroni & Cheese Whole Grain Rotini (in entrée) Green Beans Tossed Salad w/ Carrots Mandarin Oranges Low Fat Milk Italian Dressing	10 Veteran's Day BBQ Chicken Breast Whole Wheat Hoagie Bun Collard Greens Baked Beans Fresh Seasonal Fruit Low Fat Milk Chocolate/Vanilla Ice Cream	11 Holiday	12 Chicken Fried Brown Rice Brown Rice (in entrée) Japanese Vegetable Blend Green Peas Fresh Orange Low Fat Milk	13 Open Face Turkey w/ Gravy Whole Wheat Bread (in entrée) Sweet Potatoes Broccoli Fresh Pear Low Fat Milk	WEEKLY ALTERNATES  Curried Turkey Salad OR Chicken Breast Sandwich OR  Black Bean Patty
16 Baked Tilapia w/ Roasted Garlic Marsala Sauce Penne Pasta Whole Wheat Roll Tossed Salad w/ Carrots Broccoli Fresh Seasonal Fruit Low Fat Milk Margarine Italian Dressing	17 Pork Loin w/ Piccata Sauce Whole Grain Spaghetti Parmesan Tomatoes w/ Breadcrumbs Whipped Sweet Potatoes Fresh Orange Low Fat Milk	18 Santa Fe Beef Stew Whole Wheat Bread Roasted Zucchini Tossed Salad Applesauce Cup Low Fat Milk Margarine Ranch Dressing	19 King Ranch Chicken Leg Quarter Whole Wheat Roll Peas & Carrots Cauliflower Fresh Apple Low Fat Milk Margarine	20 Hamburger w/ Steakhouse Sauce Lettuce, Tomato, Onion Whole Wheat Hamburger Bun Potato Wedges Coleslaw Fresh Seasonal Fruit Low Fat Milk	WEEKLY ALTERNATES Santa Fe Chicken Salad OR  Vegetarian Hummus and Feta Pita Wrap OR  Black Bean Patty
23 Beef & Broccoli Stir Fry Brown Rice Broccoli (in entrée) Cabbage w/ Tomatoes, Celery Onions, & Peppers Fresh Apple Low Fat Milk	24 Breaded Pollock Sandwich Lettuce, Tomato, Onion Whole Wheat Hamburger Bun Red Diced Potatoes California Vegetable Blend Mandarin Oranges Low Fat Milk Tartar Sauce	25 Thanksgiving Turkey Breast w/ Gravy Cranberry Sauce Whole Wheat Roll Whipped Potatoes Baby Carrots Fresh Orange Low Fat Milk Margarine Pumpkin Cake	26 Holiday	27 Holiday	WEEKLY ALTERNATES Beet, Spinach & Feta Salad w/ Chicken OR  Egg Salad Sandwich OR  Black Bean Patty
30 Baked Tilapia w/ Sweet Thai Chili Sauce Asian Brown Rice Cabbage Garden Vegetable Blend Fresh Seasonal Fruit Low Fat Milk	<div>   <div> SAN JOSE PARKS, RECREATION & NEIGHBORHOOD SERVICES Building Community Through Fun </div>  <div>  </div> </div>				WEEKLY ALTERNATES Chicken Caesar Salad OR Tuna 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 President's Letter



Dear Friends,

Welcome to November! As autumn leaves fall and the days grow shorter, we are entering a wonderful season of gratitude and connection. I want to personally thank everyone who volunteered, attended our meetings or events, or lent a helping hand to a fellow member—your dedication is what keeps our Association thriving. We are busy planning an exciting lineup for 2027, including two highly anticipated events to kick off the new year. Whether you enjoy sharing a warm, comforting meal with friends or setting out on a lively day-trip adventure, there will be something for everyone.



SAVE THE DATES!

Mark your calendars, invite a friend, and join us for great company and plenty of fun! Cache Creek registration begins **Fri, November 13**—Soup Party **Wed, December 2**, 8:00 to 10:00 AM in the Almaden Community Center lobby.

Annual Soup Party

- **Saturday, January 23** 12:00–3:00 PM. Gather with fellow seniors to enjoy four delicious homemade soups, fresh bread, and dessert—all you can eat!

Cache Creek Casino Day Trip

- **Tuesday, February 23** 8:30 AM–6:30 PM. Get away for the day on a comfortable bus trip for a fun day gaming, dining, and a chance to relax.



Our next **General Meeting** is **Wednesday, November 4**, 10:00 AM, Room 1
All are welcome. We will see you there!

Nancy Royal, President
Almaden Senior Association
almadenseniors1.org

