

Almaden

SENIOR PROGRAM



6445 Camden Avenue, San Jose, CA 95120 (408) 268-1133

August 2011

<http://www.almadenseniors.org>

FREE

SAVE THE DATE

**Hawaiian Luau -
September 25 at 2 p.m.**

A delicious buffet of Hawaiian Luau food & drinks will be served. Entertainment will be Hawaiian & Tahitian style dancers. Ticket sale dates and cost will be posted in the September brochure.



Membership Perks:

Members of the Almaden Senior Program receive wonderful perks and we've just added one more. All Active Adult Classes & Programs will now include an \$8 non-member fee. Sign up to be a member and avoid the \$8 charge associated with non-members.



Changes to the Activity Card

Thank you to all the participants who have helped to make the transition to the activity card a success. With the end of the 2010-2011 fiscal year we saw a large shift of staff and the loss of our front desk staff person. Without a full time staff person at the front desk many centers are experiencing congestion at the front desk. In order to alleviate this pile up, help collect data and manage classes we will now process all activity card programs through registration at the beginning of each season (Summer/Fall/Winter/Spring).

Instead of stopping by the front desk each day, you will now stop at the front desk once per season. A roster with all who have paid will be used to monitor who has signed up for the program. Fees will remain the same as they were with the activity card.

Prices are as follows:

A 2 hour class will be \$10 for 12 weeks for members and \$18 for non-members.

A class that meets 2.5 hours or more would be \$20 for 12 weeks for members and \$28 for non-members.

If a participant is new to the Center or visiting in town for a short visit they can purchase a "visitors" card at the front desk for \$5. That will allow them two visits to any program.

Thank you for your continued support!

CENTER STAFF

Bekah Hill, Gerontology Specialist
Torie O'Reilly, Recreation Supervisor
Jamie Garcia, Recreation Specialist
Brandon Kwock, Youth Specialist
Dominique Pacolba, Therapeutic Specialist
Marissa Roberts, Rental Coordinator
Aaron Bojorquez, Executive Chef
Luis Cong, Kitchen Aid

Register for Fall Classes Today!

**Refer to pages 4, 5 & 9 for a
complete listing of Fall classes.**

ALMADEN SENIOR PROGRAM INFORMATION & SERVICES

OFFICE HOURS

Almaden Community Center 6445 Camden Avenue, San Jose, CA 95120 (408) 268-1133.

The Community Center hours are Monday through Thursday from 8 a.m. to 8 p.m. Fridays from 8 a.m. to 3 p.m. Saturdays from 9 a.m. to 1 p.m. Call ahead if you need assistance from a specific staff person.

NUTRITION

The current nutrition program has been extended to October 31, 2011. After that time a partnership will be formed with an outside organization to provide lunch. We will keep you informed of the progress on this as it happens.

Lunch is served Monday through Friday at noon. Menu items change daily and are listed on the calendar in the center of the brochure. Reservations are required 24 hours in advance. ***If you made a reservation, you need to check in for lunch before 12:15 p.m. After 12:15 p.m. lunch is first come-first served and walk-ins are welcome at this time. All walk-ins should check in before 12 noon to place their names on the list, only if there are extra lunches will you be served a lunch. It is best to sign up the day before to ensure you will have a lunch.

WEBSITE!

Check out the website at www.almadenseniors.org, designed and operated by the Almaden Senior Association. The site is updated monthly & has information on all our programs and activities. ***New photos from recent events have been added to the website.**

MEMBERSHIP AND PARTICIPATION CARDS

Become a member of the Almaden senior program today to receive great benefits at low or no cost to the members. In addition to the great feeling you get from supporting your program, membership includes discounted tickets on events, discounted class fees, notary service, better rates on classes and the option of getting your monthly brochure via U.S. mail. Cost for membership is only \$10.00 and is good until December 31, 2011.

NOTARY SERVICE

A notary is available on-site as a service to **program members**. **Appointments** are available every Monday between 1:00 p.m. and 2:00 p.m. Each member may get up to three signatures per year at no charge. Additional signatures are \$5.00 each.

HAIRSTYLIST

Every Wednesday & Thursday from 9:30-11:15 a.m. our Hairstylist takes appointments. This service is for members only. Call the front desk at (408) 268-1133 to set up your appointment.

SALA (Senior Adult Legal Assistance) ~ FREE

Due to a diminishing budget this program is on hold until funding can be found. We apologize for the inconvenience.

BREAD DELIVERY TUESDAYS & THURSDAYS ~ FREE

Please call (408) 268-1133 to check on the availability of baked goods if you are making a special trip for this service, as some weeks bread may not be available.

HICAP (Health Insurance Counseling Advocacy Program) ~ FREE

9:00 a.m. - 12:00 p.m. Assistance will be available every third Tuesday of the month. Please call ahead to schedule your appointment at 268-1133.

IMPORTANT MONTHLY & SPECIAL EVENTS

Almaden Senior Association

Wednesday, August 3, 2011 9:45 a.m. in The Community Room

Our Almaden Senior Program is a diverse group which continually grows and changes to meet the needs of our senior population. The Almaden Senior Association, a group of four elected officers and any interested members, is primarily responsible for the organizational direction. This group meets the first Wednesday of every month to discuss, plan and authorize current and future activities. A representative from our San José District 10 Councilmember's office will be in attendance. All members are invited to join this meeting to offer your thoughts and help to make our program even better.



Ukulele Strumming Seniors

Wednesday, August 24 2011 10:00 a.m. in Room 2

Back by popular demand!! Learn to play the ukulele with Gillian. Playing the ukulele is good exercise for the fingers and increases hand strength and dexterity. Songsheets with chord diagrams and lyrics will be provided. Please bring your own ukulele.

Set Up a Living Will

Make Your Health
Care Preferences
Known

Advance Health Care Directives

Friday, August 12, 2011 10 a.m.

Have you been meaning to get all those important papers in order but haven't had the time? Here is the perfect opportunity! Make your wishes for health care decisions known before you have an emergency. This workshop will include the latest documents to prepare and inform.

Thursday Lunch Group

Thursday, August 11 at 11:30 a.m.

Khanh's Restaurant 335 South Winchester Blvd.

A delicious vietnamese experience awaits you. This restaurant was sampled and found to be delicious! To view the menu go to our website; www.almadenseniors.org or stop by the front desk. Reserve your seat by calling (408) 268-1133 or give your name at the front desk before **Tuesday, August 9.**



AARP Driver Safety Program

Monday & Thursday August 22 & 25, 2011 in Room 4

9:00-1:00 Almaden Community Center 6445 Camden Avenue

The Almaden Senior Program and AARP sponsor this driver safety course. Seniors 50 and older who complete this course will receive a certificate that may entitle them to a premium discount on their automobile insurance. Advance registration is required. Cost is \$12 for AARP members or \$14 for non-members. Make checks payable to AARP and pay at time of registration prior to class.



Creative Expressions	Fee	Day	Dates
Creative Arts 10 a.m. in Room 4	\$10 mem/\$18 non	F	8/26-12/16
Creative Writing 1 p.m. in Conference Room	\$10 mem/\$18 non	T	8/16-11/1
Open Studio 9 a.m. in Room 4	\$15 mem/\$23 non	Th	8/11-12/15
Using your Mind	Fee	Day	Dates
Bridge Beginning 9:30 a.m. in Room 2	\$10 mem/\$18 non	Th	8/18-11/8
1 p.m. in Room 2	\$10 mem/\$18 non	Th	8/18-11/8
Bridge Intermediate 10 a.m. in Room 2	\$10 mem/\$18 non	T	8/16-11/1
Gametime 1 p.m. in Room 2	\$10 mem/\$18 non	F	9/9-12/16
Genealogy 9:30 a.m. in Room 3	\$34 mem/\$42 non	T	9/6-10/11
History Club 10:15 in Room 4 No meeting 1st Wed. of the month	\$10 mem/\$18 non	W	8/10-11/16
Mah Jongg 1 p.m. in NSP	\$10 mem/\$18 non	W	8/17-11/2
Memoir Writing 10:30 a.m. in Room 4	\$34 mem/\$42 non	M	8/15-9/26
Piano Keyboard Beginners 1A 9:30 in Rm 4 Intermediate 1B 10:30	\$15 mem/\$23 non \$15 mem/\$23 non	F F	8/19-11/4 8/19-11/4
Pinochle Beginning 1 p.m. in Room 2	\$10 mem/\$18 non	Th	8/18-11/3
Pinochle Intermediate 1 p.m. in Room 2	\$10 mem/\$18 non	M	8/15-11/14
Spanish Intermediate 12 p.m. in Room 3	\$65 mem/\$73 non	M	8/15-12/12
Views on the News 10 a.m. in Room 2	\$10 mem/\$18 non	M	8/29-12/12
Special Interest	Fee	Day	Dates
Couples Communication 6 p.m. in Room 3	\$54 Res/\$58 non	Th	9/8-9/29
Happiness 10 a.m. in Room 3	\$54 Res/\$58 non	M	9/12-10/3
Voice Lessons 3 p.m. in Room 4	\$34 mem/\$42 non	T	9/6-11/22

Creative Arts -
Experience a variety of creative crafts in this friendly and supportive group.

Genealogy -
Discover proof of your families a ancestry as we dig through records. Monthly field trips to libraries & archives give Hands - on experience.



Memoir Writing -
Have you always wanted to write your story? Have you already started but need some help putting it together in an easy to read book.

Couples Communication -
Discover how to effectively communicate with one another. Create new ways to relate to one another.

Physical Activities	Fee	Day	Dates
Ballroom Dance			
1 p.m. in Dance Studio	\$10 mem/\$18 non	M	8/15-11/14
6 p.m. in Dance Studio	\$10 mem/\$18 non	F	8/19-11/4
Body Conditioning/ Morning Stretch			
8 & 8:50 a.m. in Comm. Rm	\$21 mem/\$29 non	MWF	8/19-12/16
Feldenkrais			
9:40 a.m. in Gym	\$34 mem/\$42 non	F	8/19-9/30
Feldenkrais II*			
9:50 in Gym	\$34 mem/\$42 non	M	8/15-10/17
*Must have taken a previous Feldenkrais class			
Golf Lessons			
10 a.m. in Almaden CC	\$104 mem/\$112 non	Th	9/1-9/29
Hanna Somatic			
10 a.m. in Comm Room	\$34 mem/\$42 non	W	8/10-9/14
Line Dance			
8:45 in Tiny Town C	\$24 mem/\$32 non	F	8/19-9/30
8:45 in Community Room	\$20 mem/\$28 non	Th	8/18-9/19
9:15 in Community Room	\$20 mem/\$28 non	Th	8/18-9/19
Ping Pong/Table Tennis			
9:45 a.m. in Comm Room	\$10 mem/\$18 non	M	8/22-12/3
1:30 p.m. in Comm Room	\$10 mem/\$18 non	W/Th	8/17-11/2
Tai Chi - Short Form			
10:30 a.m. in Gym	\$34 mem/\$42 non	W	8/24-9/28
Yuan Ji Dance			
1 p.m. in Comm Room	\$10 mem/ \$18 non	M	8/22-12/3
Yoga Introduction to Gentle*			
11 a.m. in Gym	\$25 mem/\$33 non	M	8/15-10/17
*45 minute class			
Yoga Gentle			
10:50 a.m. in Gym	\$34 mem/\$42 non	F	8/19-9/13
Zumba Platinum			
11 a.m. in Dance Studio	\$29 mem/\$37 non	M	8/15-9/26
Community Helpers	Fee	Day	Dates
Crochet & Knitting			
10 a.m. in Room 2	FREE	F	On-going
Happy Singers			
12:30 p.m. in Room 4	FREE*membership	F	On-going
On Our Own			
1 p.m. in Room 2	FREE	W	On-going
Senior Health			
9:30 a.m. in Room 4	FREE	W	On-going
No meeting 1st Wed. of the month.			

Hanna Somatic -

Mind & Body exercises that will enhance mobility. Loosen tight muscles and gain strength.



Tai Chi -

Tai chi short form uses slow circular movements & deep breaths to complete each pose. Relieve stress and tension.

Zumba Platinum -


Zumba Platinum fitness & dance class is geared for the active adult. Set to a variety of music this class will have you dancing and smiling in no time.

Crochet & Knitting -



Join this fun and social group. Learn how to knit or crochet. Bring yarn & needles.



ALMADEN SENIOR PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1	2	3
	8:00/8:50 Morning Stretch 9:45 Ping Pong/ Table Tennis 10:00 Views on the News 11:00 Zumba Platinum 1:00 Ballroom Dancing 1:00 Pinochle 1:00 Yuan Ji Dance 1:00 Notary Appointments 6:00 Dog Obedience	8:00 Quicksilver walking Group 8:30 Line Dance 8:30 Bocce Ball 10:00 Intermediate Bridge 10:00 Restorative Pilates 1:00 Creative Writing	8:00/8:50 Morning Stretch 9:45 Senior Association Meeting 10:00 Hanna Somatics 10:05 History Club 10:30 Tai chi 1:00 On Our Own 1:00 Mah Jongg 1:30 Ping Pong/Table Tennis
7	8	9	10
	8:00/8:50 Morning Stretch 9:45 Ping Pong/ Table Tennis 10:00 Views on the News 1:00 Ballroom Dancing 1:00 Pinochle 1:00 Yuan Ji Dance 1:00 Notary Appointments 6:00 Dog Obedience	8:00 Quicksilver walking Group 8:30 Line Dance 8:30 Bocce Ball 9:30 SALA 10:00 Intermediate Bridge 10:00 Restorative Pilates 1:00 Creative Writing	8:00/8:50 Morning Stretch 9:30 Senior Health 10:00 Hanna Somatics 10:05 History Club 10:30 Tai chi 1:00 On Our Own 1:00 Mah Jongg 1:30 Ping Pong/Table Tennis
14	15	16	17
	8:00/8:50 Morning Stretch 9:45 Ping Pong/ Table Tennis 10:00 Views on the News 11:00 Zumba Platinum 1:00 Ballroom Dancing 1:00 Pinochle 1:00 Yuan Ji Dance 1:00 Notary Appointments 6:00 Dog Obedience	8:00 Quicksilver walking Group 8:30 Line Dance 8:30 Bocce Ball 9:30 HICAP 10:00 Intermediate Bridge 10:00 Restorative Pilates 1:00 Creative Writing	8:00/8:50 Morning Stretch 9:30 Senior Health 10:00 Hanna Somatics 10:05 History Club 10:30 Tai chi 1:00 On Our Own 1:00 Mah Jongg 1:30 Ping Pong/Table Tennis
21	22	23	24
	8:00/8:50 Morning Stretch 9:00 AARP Driver Safety Class 9:45 Ping Pong/ Table Tennis 10:00 Views on the News 11:00 Zumba Platinum 1:00 Ballroom Dancing 1:00 Pinochle 1:00 Yuan Ji Dance 1:00 Notary Appointments 6:00 Dog Obedience	8:00 Quicksilver walking Group 8:30 Line Dance 8:30 Bocce Ball 10:00 Intermediate Bridge 10:00 Restorative Pilates 1:00 Creative Writing	8:00/8:50 Morning Stretch 9:30 Senior Health 10:00 Hanna Somatics 10:00 Ukulele-Strumming Seniors 10:05 History Club 10:30 Tai chi 1:00 On Our Own 1:00 Mah Jongg 1:30 Ping Pong/Table Tennis
28	29	30	31
	8:00/8:50 Morning Stretch 9:45 Ping Pong/ Table Tennis 10:00 Views on the News 11:00 Zumba Platinum 1:00 Ballroom Dancing 1:00 Pinochle 1:00 Yuan Ji Dance 1:00 Notary Appointments	8:00 Quicksilver w 8:30 Line Dance 8:30 Bocce Ball 10:00 Intermediate Bridge 10:00 Restorative Pilates 1:00 Creative Writing	8:00/8:50 Morning Stretch 9:30 Senior Health 10:00 Hanna Somatics 10:05 History Club 10:30 Tai chi 1:00 On Our Own 1:00 Mah Jongg 1:30 Ping Pong/Table Tennis

August 2011

THURSDAY	FRIDAY	SATURDAY
4	5	6
8:00 Quicksilver Walking Group 8:45 Line Dance Beginners 9:00 Open Studio 9:20 Golf 9:30 Beginning Bridge 10:30 Line Dance Intermediate 1:00 Beginning Pinochle 1:30 Ping Pong/ Table Tennis	8:00/8:50 Morning Stretch 8:30 Bocce Ball 9:30 Softball 10:00 Crochet and Knitting 1:00 Gametime 6:30 Ballroom Dance	8:00 Quicksilver Walking Group 1:45 Bowling
11	12	13
8:00 Quicksilver Walking Group 8:45 Line Dance Beginners 9:00 Open Studio 9:20 Golf 9:30 Beginning Bridge 10:30 Line Dance Intermediate 11:30 2nd Thursday Lunch Group 1:00 Beginning Pinochle 1:30 Ping Pong/ Table Tennis	8:00/8:50 Morning Stretch 8:30 Bocce Ball 9:30 Softball 10:00 Advance Healthcare Workshop 10:00 Crochet and Knitting 1:00 Bingo 6:30 Ballroom Dance	8:00 Quicksilver Walking Group 1:45 Bowling
18	19	20
8:00 Quicksilver Walking Group 8:45 Line Dance Beginners 9:00 Open Studio 9:20 Golf 9:30 Beginning Bridge 10:30 Line Dance Intermediate 1:00 Beginning Pinochle 1:30 Ping Pong/ Table Tennis	8:00/8:50 Morning Stretch 8:30 Bocce Ball 9:30 Softball 10:00 Crochet and Knitting 1:00 Gametime 6:30 Ballroom Dance	8:00 Quicksilver Walking Group 1:45 Bowling
25	26	27
8:00 Quicksilver Walking Group 8:45 Line Dance Beginners 9:00 Open Studio 9:00 AARP Driver Safety Class 9:20 Golf 9:30 Beginning Bridge 10:30 Line Dance Intermediate 1:00 Beginning Pinochle 1:30 Ping Pong/ Table Tennis	8:00/8:50 Morning Stretch 8:30 Bocce Ball 9:30 Softball 10:00 Crochet and Knitting 10:00 Restorative Pilates 1:00 Gametime 6:30 Ballroom Dance	8:00 Quicksilver Walking Group 1:45 Bowling
		

Café Almaden August 2011

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Kiev 🍴 Rice Pilaf Seasoned Vegetables Fresh Fruit Low Fat Milk	2 Baked Fish Oven Baked "Fries" Coleslaw Fresh Fruit Low Fat Milk	3 Roasted Pork Collard Greens Green Salad Fresh Fruit Low Fat Milk	4 Chicken Caesar Wrap Pop Chips 🍴 Pasta Salad Fresh Fruit Low Fat Milk	5 Spaghetti w/ Meat Sauce Italian Vegetable Blend Fresh Fruit Low Fat Milk
8 Chicken Cordon Bleu 🍴 Rice Pilaf Seasoned Vegetables Fresh Fruit Low Fat Milk	9 Grilled Sausage w/ Onions & Peppers Garlic Mashed Potatoes Green Salad Fresh Fruit Low Fat Milk	10 Oven Fried Chicken Mashed Potatoes Green Beans Fresh Fruit Low Fat Milk	11 Chicken Marsala Rice Pilaf Seasoned Vegetables Fresh Fruit Low Fat Milk	12 Grilled Beef & Cavatappi Bleu Cheese Cream Green Salad Fresh Fruit Low Fat Milk
15 Asian Beef Salad Sesame Dressing Fresh Fruit Low Fat Milk	16 Fish w/ Tomato Sauce Rice Pilaf Seasoned Vegetables Fresh Fruit Low Fat Milk	17 Chicken Tamale Spanish Rice Refried Beans Green Salad Fresh Fruit Low Fat Milk	18 Grilled Pork Chops Apple Slaw Gratin Potatoes Fresh Fruit Low Fat Milk	19 Chicken Piccata Brown & Wild Rice Green Salad Fresh Fruit Low Fat Milk
22 Southwest Chili Cornbread Coleslaw Fresh Fruit Low Fat Milk	23 Spinach & Chicken Salad Honey Dijon Dressing Whole Wheat Rolls Fresh Fruit Low Fat Milk	24 Fish Tacos Mexican Slaw Rice & Beans Fresh Fruit Low Fat Milk	25 Chicken "Katsu" Steamed Rice Pasta Salad Seasoned Vegetables Fresh Fruit Low Fat Milk	26 BBQ Ribs Pasta Salad Garden Salad Fresh Fruit Low Fat Milk
29 Chicken Tacos Pinto Beans 🍴 Spanish Rice Mixed Green Salad Fresh Fruit Low Fat Milk	30 Baked Salmon w/ Lemon Basil Brown & Wild Rice Green Beans Fresh Fruit Low Fat Milk	31 Chicken w/ Peas & Onions Garlic Cream Sauce Buttered Noodles Fresh Fruit Low Fat Milk		



Alternative Menu

Aug 1 - Aug 5 (Garden Fresh Salad) | Aug 8 - Aug 12 (Tuna Salad) | Aug 15 - Aug 19 (Greek Salad)
 Aug 22 - Aug 26 (Grilled Beef Salad) | Aug 29 - Sept 2 (Chopped Chicken Salad)

No senior aged 60 or over shall be denied a meal based on their inability to make a contribution".

Out and About	Fee	Day	Dates
Bocce Ball 8:30 a.m. at ALP	FREE	T/F	On-going
Bowling 1:45 p.m. at CB	\$9 all	Sat	On-going
Golf 9:20 a.m. at RDP	\$10 mem/ \$13 non	Th	On-going
Softball 9:30 at DEA	FREE	F	On-going
Quicksilver Walking Group 8 a.m. at Los	FREE	TTHS	On-going
Just for Fun	Fee	Day	Dates
Popcorn & a Movie 1:00 p.m. in Comm Room	\$1 mem/\$9 non	T	8/16 & 8/30
8/16- The Lincoln Lawyer 8/30- Limitless			



<u>Activity Location Guide</u>
Room 2 - 2nd level, 1st door on left
Room 3 - 2nd level, 3rd door on left
Room 4 - 2nd level, door at the end of the hallway
NSP - Neighborhood Services Room - 2nd door on left
Dance Studio - 1st level, left hallway
Gym - 1st level, left hallway
Conference Room - 1st level, 3rd door on left
Community Room - 1st level, large room before library
Tiny Town C - 1st level, right hallway past front desk
RDP - Rancho del Pueblo - 1649 Hermocilla Way
CB - Cambrian Bowl - 14900 Camden Avenue
LOS - Los Alamitos Creek Trail
ALP - Almaden Lake Park (Winfield Gate)
DEA - DeAnza Park Softball Field
PMP- Paul Moore Park-Hillsdale & Cherry Avenue

Did you know?

August is National Golf Month. Take a golf class or join the golf group.

Golf Lessons 10 a.m. in Almaden CC	\$104 mem/\$112 non	Th	9/1-9/29
Golf 9:20 a.m. at RDP	\$10 mem/ \$13 non	Th	On-going



ALMADEN TRIPS

August 16, 2011 Tuesday

Red Hawk Casino \$36

Pick Up: 7:30 AM Almaden Center

October 20, 2011 Thursday

Cruise on the USS Potomac

Pick Up: 8:15 AM Almaden Center

Overnight Trip

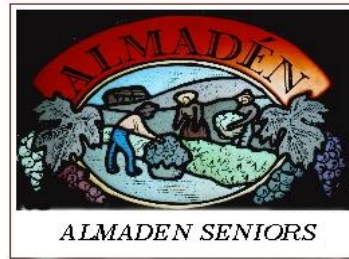
~~August 8 & 9, Monday & Tuesday~~ FULL

Chuckchansi Gold Casino

To sign up and get details regarding these trips Angela, your tour representative, will be available every Wednesday at 10 a.m. in the lobby at the travel desk.



Royal Coach Tours



Bowling

Saturdays at 1:45 p.m. at Cambrian Bowl

Are you looking for a way to meet others? Why not join this fun bowling group. No experience necessary, just a desire to meet others and have some fun! A fee of \$9 for three games will be charged. For more information call Dennis at (408) 997-9539.



Bringing Wisdom to the Information Age

- Learning
- Center
- of
- Almaden

SeniorNet is an international non-profit organization for people 50 years and older who want to learn how to use a computer or improve their computer skills.

The SeniorNet Learning Center of Almaden has a classroom on the second floor of the Community Center. WE HAVE TWO CATEGORIES OF CLASSES The first category, Beginning Computer Skills, is designed for students with little or no knowledge of computers. You will learn to use the mouse and keyboard to tell the computer what you want to do, such as send and receive e-mail, view interesting web sites, play games, write a novel, etc. The second category, Intermediate/Advanced, explores specific areas such as Windows 7, Windows XP, Internet & Email, Word Processing, Quicken, using Google, using a digital camera, managing and editing your digital photos, making greeting cards and more.

NEXT REGISTRATION

TBA

11:30 AM For All Levels

Registration and classes are held at the Almaden Community Center, 6445 Camden Avenue, San Jose CA 95120. For more information or questions on SeniorNet classes call 677-7698. You can also visit our website at <http://www.snicsj.org/almaden>



August Birthdays

Paul Shih	1	Helen Grant	17
Peter Sheehan	1	Mary Rodarte	17
Jack Hawkins	2	Ron Postelle	17
Carolyn Giomi-Ribino	2	Veronika Phillips	17
Kaye Bergren	3	Golda Anderson	17
Judy Kumagai	3	Robert Price	18
James Martinek	3	Jan King	18
Caroline Rose	4	Nathan Mitakides	18
Lucia Bickar	4	Elaine Bartelson	19
Alice Wong	5	Janet Jones	19
Lalla Baker	5	Ann Mirassou	20
Janet Cullum	5	Carolyn Crowley	20
Yvonne Saito	6	John Lee	20
Raul Sanchez	7	Ines Kingston	21
Mary Mueller	7	Claire Thompson	21
Amalendu Sinha	7	Donald Dennis	21
Kyoko Mitsudome	7	Lynda Garofalo	22
Diana Bluer	8	Dorothy Wong	22
Robert Imobersteg	8	Robert Moen	22
Thomas Koehler	8	James Fulks	22
Rae Leong	9	Andarge Abate	23
Esther Jacobson	10	Lois Nemeth	24
Jacoba Braun	10	Dawson Lee	24
Ming Mei Chen	11	Lauren Bowker	24
Trinidad Sanchez	11	Ruth Ann Kerkoc	24
Helen Emerson	12	Ann Raynor	25
Jeanne Sanders	13	Freda Findlay	25
Mary Kingsley	14	Jane Sanders	25
Margaret Heredia-Riester	14	Mary Ellen	26
Franey Romer	14	McCarthy	26
Sandra Rosenberg	15	Inez Regan	26
Frances Casey	15	Jamileh Shaheen	27
Wilbur Jackson	15	Ramesh Varshney	27
Margie Cowell	15	Kathleen Henry	28
Sandra Dorfman	15	Lucy Hsu	28
Beverley Rohr	16	Tommie Smith	28
Melvin Woodall	16	Tina Minato	28
Steve Fisher	16	Edith McFerran	29
Betty Mallamace	16	Carl Rook	29
Roselyn	16	Eovaldo	29
Bergmann	16	Hernandez	29
Diana Fasheh	16	Lillian Morimoto	29
Barbara	16	Walter Dean	29
Lamascus	16	Pat Eagan	30
Chris Monahan	16	Phyllis House	30
Bud Dyer	17	Joyce Price	30
		Gool Bugwadia	30
		Maureen Welch	31
		Kit Pleck	31

Saving Strokes

Tuesday, September 20
10 a.m.-2 p.m.



Free golf clinic for stroke survivors. Adaptive Golf Equipment will be available. Lunch will be provided. Stop by the front desk to pick up a registration form. Register early as this program is limited.

Special Cookbook Sale by Friends of the Almaden Library:

Cookbooks in a new donation fill over 35 boxes, too many to store until our November Book Sale! Special sale in the hallway of the Almaden Library/Community Center, 6445 Camden Ave., San Jose 95120 on Wednesday morning, August 3, starting at 9 AM. For more information, 408.997.7319 or info@AlmadenFriends.org



Senior Association Officers

Our dedicated group of volunteers are headed up by four officers who set the program agenda and make sure they are put into action. They keep things running smoothly on a daily basis. Our association of elected officers are:

President - Marilyn Entin

**Vice President - Erin Barclay
Jack Campbell**

Secretary - Sherry Jensen

Treasurer - Roger Simons



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6445 Camden Avenue
San Jose CA 95120

