

# Almaden

## SENIOR PROGRAM

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



**July 2011**

<http://www.almadenseniors.org>

**FREE**

### Tailgate Party

**Tuesday, July 12 at 11 a.m.**

Celebrate Baseball's All Star Game. The home run derby will be on the big screen. Wear your favorite team hats, jerseys and colors. Our ballpark style food stands will be serving up all your favorites:

Peanuts, popcorn & cracker jacks  
Nachos  
BBQ Ribs  
Hamburgers, Cheeseburger or Veggieburger sliders  
Buffalo Wings  
Cole slaw & Macaroni Salad  
French Fries  
Ice Cream Cups  
Selection of Beverages

8 volunteers are needed to set up Tuesday morning July 12, 5 are needed in the kitchen on Tuesday morning, 8 servers are needed. Sign up to volunteer at the front desk.

Tickets are on sale! \$8 for members \$12 for non-members.

### New! Fall 2011 Classes Begin August

**Members:** You can register for Fall classes on Wednesday, July 27th, 3 days earlier than the general public. Refer to pages 4, 5 & 9 for the listing. Have you been trying to get into that Feldenkrais class? Become a member and you'll be able to register early!

### Center Closed

Monday, July 4, 2011  
4th of July Holiday



### Summer Concert Series

Thursdays in July from 6:30-8:30 p.m.  
Graystone Park

Thursday, July 7  
The Hitmen

Thursday, July 14  
The Groove Kings

Thursday, July 21  
Silicon Valley House Rockers

Thursday, July 28  
Sage



### CENTER STAFF

Bekah Hill, Gerontology Specialist  
Torie O'Reilly, Recreation Supervisor  
Jamie Garcia, Recreation Specialist  
Brandon Kwock, Youth Specialist  
Dominique Pacolba, Therapeutic Specialist  
Sharon Kelleher, Recreation Leader  
Vacant, Rental Coordinator  
Aaron Bojorquez, Executive Chef

# 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 8:00 a.m. to 8:00 p.m. Fridays from 8:00 a.m. to 3:00 p.m. Saturdays from 9:00 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](http://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, July 6, 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.



## Senior Crime Prevention Presentation

**Wednesday, July 13 2011 9:45 a.m. in The Community Room**



Frank McLaughlin from Councilmember Pyle's Office will be here to discuss crime prevention. Frank is a retired police officer and has many years experience with crime and crime prevention. Learn simple tips to protect your home and self.

## Thermometer Exchange

**Friday, July 15, 2011 11-2 p.m. in the Lobby**



Bring in your glass mercury fever thermometer and exchange it for a FREE digital thermometer. Mercury is toxic and can cause damage to the nervous system, brain, kidneys, liver, and immune system in humans and animals. Help to rid our waterways of poisonous mercury and bring in those old thermometers today!

## Thursday Lunch Group

**Thursday, July 14 at 11:30 a.m.**

Antonella's Ristorante 1701 Park Avenue

A delicious new restaurant, Antonellas. It's an Italian style restaurant with great reviews. To view the menu go to our website [www.almadenseniors.org](http://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, July 12.**



## AARP Driver Safety Program - One Day Course

**Monday, July 25 2011 in Room 3**

**9:00-1:30 Almaden Community Center 6445 Camden Avenue**

The Almaden Senior Program and AARP sponsor this driver safety course. To take this one day course you must have taken a 2 day course within the past 3 years. 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 ARTS

### Open Studio

This is a drop-in program where artists of every level will have the opportunity to paint in a friendly and supportive atmosphere. No instruction will be provided, but you will get advice and encouragement from the group to help you grow as an artist. Bring your own supplies and join us for a morning of painting or drop by and observe. This could be the class you've been searching for.

Day	Date	Time	Location	Cost
Th	On-going	9:00	ACC	\$1

### Crochet and Knitting

Learn to crochet or knit with some help from one of our volunteers. If you already know how, bring a project and work on it in a fun, friendly environment. This group also prepares items to donate or to sell at our annual boutique.

Day	Date	Time	Location	Cost
F	On-going	10:00	ACC	\$1



### Happy Singers (Group singing)

We perform at different venues in San Jose during the year. Please join us! \*Annual membership to cover pianist & copies of music score sheet.

Day	Date	Time	Location	Cost
F	On-going	12:30	ACC	\$100*

### Creative Arts

For two hours a week experience a variety of creative crafts. Join this friendly & supportive group.

Day	Date	Time	Location	Cost
F	On-going	10:00 am	ACC	\$1

### Creative Writing

Join this class to learn writing techniques, participate in writing exercises & much more.

Day	Date	Time	Location	Cost
T	On-going	1:00	ACC	\$1

## USING YOUR MIND

### History Club

Our study of slavery has begun with the American Civil War. This study spans 356 bce to current day. We are flushing out the human inhumanity to human beings and what people can do. This class does not meet the first Wednesday of the month.

Day	Date	Time	Location	Cost
W	On-going	10:05	ACC	\$1



## NEW FALL CLASSES

### Couple Communication Skills

Take your relationship to a whole new level. Through this workshop you will discover how to effectively communicate with your partner while creating new ways to relate to one another. Enhance your relationship for a lifetime. Fee is per couple.

Day	Date	Time	Location	Cost
Th	9/8-9/29	6:00 p.m.	ACC	\$54

### Feldenkrais

Learn healing thought Feldenkrais exercise. Help improve flexibility and reduce muscular tension while enhancing mobility, balance & coordination.

Day	Date	Time	Location	Cost
F	8/19-9/30	9:40	ACC	\$34

### Feldenkrais II\*

Must have taken Feldenkrais with Joan McCarten.

Day	Date	Time	Location	Cost
M	8/15-10/17	9:50	ACC	\$34

### Genealogy

Discover proof of your family's ancestry as we dig through records. Monthly field trips to libraries and archives give hands-on experience.

Day	Date	Time	Location	Cost
T	9/6-10/11	9:30	ACC	\$34

### Golf Lessons

Learn how to swing, putt, chip & drive with the various clubs in golf. You'll learn golf etiquette & practice the various shots a golfer will face while playing. By the end of the game you'll be putting into practice what you've learned by playing a round of golf.

Day	Date	Time	Location	Cost
Th	9/1-9/29	10:00	ACC	\$104

### Hanna Somatic

Hanna Somatic Education is a natural, gentle and safe way to end chronic pain, relieve stress & restore freedom of movement.

Day	Date	Time	Location	Cost
W	8/10-9/14	10:00	ACC	\$34

### Happiness

This is a class to discuss happiness, explore the research and enhance your own happiness.

Day	Date	Time	Location	Cost
M	9/12-10/3	10:00	ACC	\$54

### 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? Join this class to find inspiration and information on writing your story.

Day	Date	Time	Location	Cost
M	8/15-9/26	10:30	ACC	\$34





## NEW FALL CLASSES CONT.

### Spanish

Learn the Spanish language without ever leaving the comfort of your own community. Learn everyday phrases, simple conversations, hispanic culture and more from a dynamic instructor.

Day	Date	Time	Location	Cost
T	8/16-9/20	1pm	ACC	\$34

### Spanish Intermediate

In depth Spanish lessons, culture & conversation.

Day	Date	Time	Location	Cost
M	8/15-9/26	11:00	ACC	\$29

### Tai Chi

A combination of graceful exercises using slow circular movements and deep breathing.

Day	Date	Time	Location	Cost
W	8/24-9/28	10:30	ACC	\$34

### Yoga Introduction to Gentle

Awaken your mind and body with Gentle Yoga. This class is for beginners.

Day	Date	Time	Location	Cost
M	8/15-10/17	11:00	ACC	\$34

### Yoga Gentle

You must have taken a yoga class with Joan McCarten to take this class.

Day	Date	Time	Location	Cost
F	8/19-9/30	10:50	ACC	\$34

### Zumba Gold

Let's Salsa to better health! Join this dance party geared for the active older adult.

Day	Date	Time	Location	Cost
T	8/16-9/13	10:30	ACC	\$24

### Zumba Platinum

Join the latest exercise craze, ZUMBA! This fitness/dance is a ton of fun and geared for the active older adult.

Day	Date	Time	Location	Cost
M	8/15-9/26	11:00	ACC	\$29

## PHYSICAL ACTIVITIES

### Body Conditioning/Morning Stretch 8:00 a.m. 8:50 a.m.

Come for a head-to-toe workout. Improve your cardiovascular, respiratory, and circulatory systems and increase muscle tone and improve flexibility.

Day	Date	Time	Location	Cost
MWF	6/20-8/12	8:00/8:50	ACC	\$10

### Tai Chi -Short Form

\*Class location is the Almaden Winery

Day	Date	Time	Location	Cost
W	6/1-7/6	10:30	WRY	\$34

### Golf

Become part of a foursome at Rancho del Pueblo, a beautiful executive nine-hole course.

Day	Date	Time	Location	Cost
Th	On-going	9:20	RDP	\$10

## PHYSICAL ACTIVITIES (cont)

### Bowling

Have you bowled in the past and would like to take it up again? Have you never bowled, but would like to give it a try now? Our bowlers meet weekly at Cambrian Bowl to play three games and have some fun. All are welcome. For more information call Dennis at (408) 997-9539

Day	Date	Time	Location	Cost
Sat	On-going	1:45	CB	\$9

### Quicksilver Walking Group (Walks on Los Alamitos Trail)

Looking for exercise, fresh air and socialization all rolled into one? Join our group as we walk the Los Alamitos Trail. The group departs from the bridge on Graystone just past Almaden Expressway.

Day	Date	Time	Location	Cost
TTHS	On-going	8:00	LOS	N/A

### Softball

Softball is the most popular participant sport in the United States. An estimated 56 million Americans will play at least one game of softball during a year. Will you be one of those people? All are welcome to join us as we meet each Friday at Paul Moore Park. No talent is needed, just the desire to have fun.

Day	Date	Time	Location	Cost
F	On-going	9:30	DEA	N/A

### Bocce Ball

Bocce is a fun game similar to Lawn Bowling. There are four players on a team and each player takes a turn rolling the ball towards the Pallino (a smaller ball). Players are awarded points for the balls rolled closest to the Pallino ball.

**BEGINNERS** should pick up equipment (must be a member) at the center.

Day	Date	Time	Location	Cost
T/F	On-going	8:30	ALP	N/A

### Yuan Ji Dance

Yuan Ji Dance is a special dance that combines the movement from martial arts, tai chi, music and dance. All are welcome to check out this class and join in on the experience.

Day	Date	Time	Location	Cost
M	On-going	1:00	ACC	\$1

### Hanna Somatic

Hanna Somatic Education is a natural, gentle and safe way to end chronic pain, relieve stress, and restore freedom of movement.

Day	Date	Time	Location	Cost
W	5/11-6/15	10:00	ACC	\$34

### Ping Pong/Table Tennis

Play is on a drop-in basis and all are welcome to attend. Tables and ball barriers are provided.




Day	Date	Time	Location	Cost
M	On-going	9:45	ACC	\$1
W TH	On-going	1:30	ACC	\$1

### Zumba Platinum




\*Class location is the Almaden Winery

Day	Date	Time	Location	Cost
M	6/20-8/1	11:00	WRY	\$29


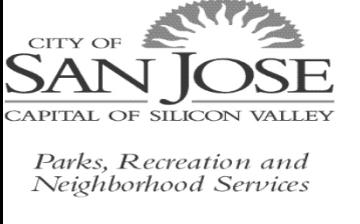
# ALMADEN SENIOR PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	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 3:00 Group Voice Lessons	8:00/8:50 Morning Stretch <b>9:45 Senior Association Meeting</b> 10:00 Hanna Somatics 10:30 Tai chi 1:00 On Our Own 1:00 Mah Jongg 1:30 Ping Pong/Table Tennis
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	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 SALA 10:00 Intermediate Bridge 10:00 Restorative Pilates <b>11:00 Tailgate Party</b> 1:00 Creative Writing	8:00/8:50 Morning Stretch 9:30 Senior Health <b>9:45 Crime Prevention Workshop</b> 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
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	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
<b>24/ 31</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>1:30 Line Dance Social</b> 	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 6:00 Dog Obedience	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

# July 2011

THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 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	<b>2</b> 8:00 Quicksilver Walking Group 1:45 Bowling
	<b>7</b> 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 <b>6:30 The Hitmen at Graystone</b>	<b>8</b> 8:00/8:50 Morning Stretch 8:30 Bocce Ball 9:30 Softball 10:00 Crochet and Knitting 1:00 Bingo 6:30 Ballroom Dance
<b>14</b> 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 <b>11:30 2nd Thursday Lunch Group</b> 1:00 Beginning Pinochle 1:30 Ping Pong/ Table Tennis <b>6:30 The Groove Kings at Graystone</b>	<b>15</b> 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	<b>16</b> 8:00 Quicksilver Walking Group 1:45 Bowling
<b>21</b> 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 <b>6:30 Silicon Valley House Rockers at Graystone</b>	<b>22</b> 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	<b>23</b> 8:00 Quicksilver Walking Group <b>11:30 Senior Net Registration</b> 1:45 Bowling  
<b>28</b> 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 <b>6:30 Sage at Graystone Park</b>	<b>29</b> 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	<b>30</b> 8:00 Quicksilver Walking Group 1:45 Bowling  

# Café Almaden July 2011

Monday	Tuesday	Wednesday	Thursday	Friday
				1 French Dip w/ Au Jus Potato Salad Green Salad Fresh Fruit Low Fat Milk
4 <b>Closed</b>	5 Oven Fried Chicken Mashed Potatoes Green Beans Fresh Fruit Low Fat Milk	6 Asian Beef Salad Sesame Dressing Fresh Fruit Low Fat Milk	7 Baked Fish Oven Baked "Fries" Coleslaw Fresh Fruit Low Fat Milk	8 Grilled Sausage w/ Onions & Peppers Garlic Mashed Potatoes Green Salad Fresh Fruit Low Fat Milk
11 Spaghetti w/ Meat Sauce Italian Vegetable Blend Fresh Fruit Low Fat Milk	12 Hot Dogs 🍔 Pop Chips Oatmeal Cookie Fresh Fruit Low Fat Milk	13 Chicken Tamale Spanish Rice Refried Beans Green Salad Fresh Fruit Low Fat Milk	14 Fish Tacos Mexican Slaw Spanish Rice Pinto Beans Fresh Fruit Low Fat Milk	15 Chicken Piccata Brown & Wild Rice Green Salad Fresh Fruit Low Fat Milk
18 Fish w/ Tomato Sauce Rice Pilaf Seasoned Vegetables Fresh Fruit Low Fat Milk	19 Southwest Chili 🍲 Cornbread Coleslaw Fresh Fruit Low Fat Milk	20 BBQ Ribs Potato Salad Garden Salad Fresh Fruit Low Fat Milk	21 Chopped Chicken Salad Whole Wheat Rolls Fresh Fruit Low Fat Milk	22 Chicken Cordon Bleu 🍗 Rice Pilaf Seasoned Vegetables Fresh Fruit Low Fat Milk
25 Grilled Beef & Cavatappi Bleu Cheese Cream Green Salad Fresh Fruit Low Fat Milk	26 Chicken w/ Peas & Onions Garlic Cream Sauce Buttered Noodles Fresh Fruit Low Fat Milk	27 Baked Salmon w/ Lemon Basil Brown & Wild Rice Green Beans Fresh Fruit Low Fat Milk	28 Chicken Tacos Pinto Beans Spanish Rice Mixed Green Salad Fresh Fruit Low Fat Milk	29 Grilled Pork Chops Apple Slaw Gratin Potatoes Fresh Fruit Low Fat Milk
Alternative Menu June 27 - July 1 (Garden Fresh Salad)   July 4 - July 8 (Tuna Salad)   July 11 - July 15 (Greek Salad) July 18 - July 22 (Grilled Beef Salad)   July 25 - July 29 (Grilled Chicken Salad) <b>No senior aged 60 or over shall be denied a meal based on their inability to make a contribution".</b>				

## JUST FOR FUN

### On Our Own

Meet with other widowers and widows for a social and fun time. Join us for games and talk. This group meets off-site for lunch at a local restaurant the third Wednesday of the month.

Day	Date	Time	Location	Cost
W	On-going	1:00	ACC	N/A

### Gametime

Join us for an afternoon of good old-fashioned game playing. We have a variety of board and card games. The second week of each month we play BINGO for prizes.

Day	Date	Time	Location	Cost
F	On-going	1:00	ACC	\$1

### Intermediate Bridge

Day	Date	Time	Location	Cost
T	On-going	10:00	ACC	\$1

### Beginning Bridge

Day	Date	Time	Location	Cost
Th	On-going	9:30	ACC	\$1

### Pinochle

Day	Date	Time	Location	Cost
M	On-going	1:00	ACC	\$1

### Beginning Pinochle Lessons

Day	Date	Time	Location	Cost
Th	On-going	1:00	ACC	\$1

### Mah Jongg

Mah Jongg is a game of skill, strategy, intelligence, calculation and luck. Depending on the variation which is played, luck can be anything from a minor to a dominant factor in success.

Day	Date	Time	Location	Cost
W	On-going	1:00	ACC	\$1



#### Activity Location Guide

- ACC - Almaden Community Center
- RDP - Rancho del Pueblo - 1649 Hermocilla Way
- CB - Cambrian Bowl - 14900 Camden Avenue
- LOS - Los Alamos Creek Trail
- ALP - Almaden Lake Park (Winfield Gate)
- DEA - DeAnza Park Softball Field
- LBR - Program Room, Almaden Library
- WRY - Almaden Winery - 5730 Chambertin Drive
- PMP - Paul Moore Park - Hillsdale & Cherry Avenue

## SPECIAL INTEREST

### Views on the News

This class takes an in depth look at the news. All are invited to join this open class.

Day	Date	Time	Location	Cost
M	On-going	10:00 am	ACC	\$1

### Piano Keyboarding for Adults Beginners (1A) at 9:30 a.m.



### Intermediate (1B) at 10:30 a.m.

Students share portable keyboards and learn how to read music and play simple, popular pieces. Beginning piano music is welcomed. However, Alfred's Basic Piano Adult All-In-One course book is strongly recommended

Day	Date	Time	Location	Cost
F	8/19-11/4	9:30 am	ACC	\$15
F	8/19-11/4	10:30 am	ACC	\$15



### Line Dance Classes

#### Line Dance Social Sunday, July 24 at 1:30 pm

\*For currently enrolled students only



#### Absolute Beginner Class 252.4.1825

Day	Date	Time	Location	Cost
Th	6/2-8/4	8:45	ACC	\$24.00 (9)

#### Beginner & Intermediate Class 252.4.1830

Day	Date	Time	Location	Cost
Th	6/2-8/4	10:30	ACC	\$24.00 (9)

### Ballroom Dance

Monday 1:00 p.m.

Friday 6:30 p.m.



Come try out the exciting world of ballroom dancing from the slow gliding foxtrot to sensuous rumba, to a vivacious cha cha... there is something for everyone. No partners or previous experience needed, just a desire to have some fun!

The first hour will be lessons. The second hour is open for social dance. All are welcome to come to the first or second hour or both. **\$1**

# ALMADEN TRIPS

## July 8, 2011 Friday

San Francisco Moving Movie Tour \$89  
Pick Up: 8:30 AM Almaden Center

## July 30, 2011 Saturday

Assisted Living: The Musical \$98  
Pick Up: 10 AM Almaden Center

## August 16, 2011 Tuesday

Red Hawk Casino \$36  
Pick Up: 7:30 AM Almaden Center

## September TBA

Cruise on the Potomac  
Pick Up: TBA

**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

## Overnight Trip

### August 8-9, 2011 Monday & Tuesday

Changchansi Gold Casino \$169 p/p double occ.  
Day 1: Lunch at the Cheesecake Factory (Lunch included)

Overnight: Chukchansi Hotel and Casino

Casino: \$10 play and (2) \$5 food

Day 2: Yosemite National Park (Lunch-on your own)

\*Check with Bekah at the front desk for more information.

### Membership Perks:

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



- 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

July 23, 2011

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>

# July Birthdays

Richard Clark	1	Nancy Bowers	17
James Dillman	1	Yoshiko Wilson	17
Lucille Connick	1	Kathleen Gardner	18
Michael Ross	1	William Kurtz	18
Kathleen Sauter	2	Wilma Blehm	19
Elizabeth McGowan	2	Jeff Kazarnovsky	20
Anita Layman	2	Michie Kimizuka	21
Carol Martinek	2	Valerie Klaus	22
Sujit Chakraborty	2	Ralph Stevens	22
Eugene Conry	3	Angela Cefali	23
Joanne Sadler	3	Margaret Christiansen	23
Elaine Elkin	3	John Lawrence	23
Lorna Williams	3	Charlotte Kindlund	23
Margaret Baron	4	Joan Morton	23
Al Kusters	4	Louise Pfeiffer	24
Sylvia Allaire	4	Nirmal Shankar	25
Evelyn Swezea	5	Gerry Praskins	25
William Jacobs	6	Carolyn Bates	25
June Smith	6	Marshal Matthews	25
Joan Gamache	7	Rose Hansen	26
Vimal Bhopale	7	Frank Perovich	26
Jan Hoy	7	Navin Choy	26
Max Robinson	7	Donald Capozzi	26
Rod Eaton	8	Marie Amaral	27
Maureen Brown	9	Kathleen Carman	27
Mera Seifert	10	Dianne Munch	27
Beth Bond	10	Dennis Wheelwright	27
Dennis Cocanour	11	Betty Hernandez	28
Nallepilli Rangan	12	Ann Schlice	28
Barbara Kahnberg	12	Barbara Perry	29
Suzanne Mayo	12	Erika Molitor	29
Kiyoshi Shintani	13	Shirley Aschenbrenner	29
Bob Pennell	13	Robert Lee	30
Glenn Herrell	14	John Dullea	31
Nahida Fattaleh	14		
Carmen Barrera	14		
James Wong	15		
Thomas Wilson	15		
Shirlene Caston	15		
Amir Bakhtiari	15		
Cleo Constantin	15		
Jean Arndt	16		
Esther Lee	16		
Wolfgang Truempler	16		
Pat Oakstar	16		
Ted Witrykus	17		



## Volunteers Needed Fitness Desk

As many of you know the Almaden Community Center is being impacted by this year's budget cuts in a variety of ways.

One major effect is that we will no longer have a full time staff person to operate our front desk. To minimize the impact to our customers, we are hoping to utilize staff that currently work at the fitness desk at our front counter and staff our fitness counter primarily with volunteers.

To do this we will need to significantly increase the number of volunteers we use at our fitness desk. Volunteer duties at the fitness desk include, greeting and checking in fitness participants, monitoring the fitness room and alerting the front desk if a problem arises, light equipment cleaning. Some computer use is needed but we will train. Shifts are 2-4 hours one day per week between 8:00 am – Noon or between 5:00 pm -9:00 pm. **NO EXPERIENCE IS NEEDED.** If you are interested in helping us out in this area, please stop by the front desk or call Dominique at (408) 268-1133. Thanks in advance for your interest.

### 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**



**Almaden Senior Program**  
**6445 Camden Avenue**  
**San Jose CA 95120**

