

ALMADEN



Parks, Recreation and
Neighborhood Services

SENIOR PROGRAM

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

March 2010

<http://www.almadenseniors.org>

FREE

St. Patrick's Day Celebration Thursday, March 18 at 12 p.m.

Councilmember Nancy Pyle & the Almaden Senior Nutrition program present a St. Patrick's Day Celebration. Join us for a delicious lunch of corned beef & cabbage, potatoes, carrots, coffee & dessert.

Entertainment will include lively Irish dancers & an Irish sing-along. Tickets go on sale Friday, March 5 at 10 a.m. near the sports and fitness desk. Tickets cost \$8 for members and \$12 for non-members. Only 2 tickets per person.



March 6: Senior Net Registration

Intermediate class registration begins at 11:30
Beginner class registration begins at 1 p.m.
Refer to page 10



Tax Season is Here

Tax-Aid volunteers are available to assist low income seniors & families free of charge. Only basic forms; 1040-EZ, 1040 A or 1040 with Schedules A and B and California State Income Tax Returns will be processed. One hour appointments are available on Thursday, April 8 at 1:00 p.m., 2:00 p.m. & 3:00 p.m. Members should call (408) 268-1133 to set up an appointment.

Center Closed

Wednesday, March 31, 2010
Ceasar Chavez Day

CENTER STAFF

Bekah Hill, Gerontology Specialist
Torie O'Reilly, Recreation Supervisor
Karen Cocanour, Office Specialist II
Jamie McChristian, Recreation Specialist
Brandon Kwock, Youth Specialist
Matt Bettencourt, Sports & Fitness Specialist
James Barcia, Food Service Coordinator
Melissa Dominguez, Rental Coordinator
Aaron Bojorquez, Executive Chef
Marianne Martignetti, Kitchen Aide

Nutrition Participants: Your lunch will served in the community room on Thursday, March 18th at 12 noon. Please disregard the location change noted in the menu.

Building Healthy Communities through People, Parks & Programs

ALMADEN SENIOR PROGRAM INFORMATION & SERVICES

STAFF LOCATION

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

OFFICE HOURS

Monday through Friday from 8:00 a.m. to 5:00 p.m. Call ahead if you need assistance from a specific staff person.

NUTRITION

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 make a reservation, you need to check in for lunch by 12:15 p.m. After 12:15 p.m., lunch is first come-first served. No senior aged 60 or over shall be denied a meal based on their inability to make a contribution.

WEBSITE!

Check our 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.

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 certain events, notary service, free haircuts with our stylist Pui Wong 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, 2010.

If you choose not to become a member, you can still participate in many of our great activities once you fill out a participation card. These cards provide us with contact information in the event of an emergency. Cards are available in the office. Thanks for your cooperation in this matter.

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 per year at no charge. Additional signatures are \$5.00 each.

SALA (Senior Adult Legal Assistance) ~ FREE

9:30 a.m. - 11:00 a.m., *Assistance available on the second Tuesday of each month.*

SALA provides free legal advice, brief consultations, and representation in a wide variety of matters to residents of Santa Clara County who are 60 years of age or older. Items covered by SALA include matters with Social Security, SSI, support services, elder abuse, housing, nursing homes, simple wills and durable power of attorney for health care. Please call ahead to schedule your appointment. (408) 268-1133.

BREAD DELIVERY 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.

OLDER ADULT RESOURCE SPECIALIST ~ FREE

The Older Adult Resource Program provides information and linkage to services that promote independent living and enhance quality of life. The Resource Specialist works with seniors and their families to identify needs through an assessment process. Once needs are identified, the Resource Specialist will review options and coordinate resources. Lois, our Care Advocate will be available every Friday. Call ahead for an appointment (408) 268-1133. For immediate help call (408) 979-7906.

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, March 3, 2010 9:45 a.m. in Room 4

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.



Physical Therapy

Wednesday, March 10 at 9:30 a.m. in Room 2

Total hip replacement and Physical Therapy Management. Supria, a physical therapist from Almaden Valley, will be here to share her knowledge of physical therapy to help reduce pain.

Senior Health

Wednesday, March 10 & 17 & 24 at 9:30 a.m. in Room 4

Now a permanent class moderated by Tom McMahon. The purpose of this class is to educate Seniors in the complexity of modern medicine and how to be in control of quality of life as we age. Medical professional guest speakers will be brought in periodically.



Cancer Detection Programs

Monday, March 29 at 10 a.m. in Room 2

Did you know at age 50 you have a 1 in 50 chance of having had breast cancer in your lifetime? Every Woman Counts is an organization that provides free breast & cervical cancer screenings for low income, uninsured and underinsured women over 40. Mandarin Chinese/English Presentation.



Hair Stylist Appointments

Wednesday's & Thursday's in March at 9:30 a.m. Neighborhood Services Room

Hair Stylist, Pui Wong has over 50 years of experience. We are now accepting appointments from 9:30 a.m. to 11:15 p.m. Call the front desk at (408) 268-1133. Free service for members only.

Second Thursday Lunch Group

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

Giacobbe's 4472 Pearl Avenue

This brand new restaurant has rave reviews! A menu is available at the front desk. Reservations must be made by **Tuesday, March 9**. Call the front desk at (408) 268-1133.

AARP Driver Safety Program

Monday & Thursday, March 8 & March 11, 2010

9:00-1:00 at the Office on Aging 5730 Chambertin Drive

Almaden Senior Program and AARP sponsor this two-day driver safety course. Seniors 50 and older who complete the two-session 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

Ikebana-Flower Arranging 252.4.1442

Learn the beautiful art of Ikebana flower arranging. This class will teach you to use all parts of a plant such as the stem and leaves to create a gorgeous arrangement. Minimal supplies needed will be listed on registration receipt. Flowers & greenery supplied.

Day	Date	Time	Location	Cost
Th	4/22-5/27	10:30	ACC	\$92

Open Studio

Are you looking for an open, fun, friendly and extremely positive environment to work on your painting skills? Join us in open studio. No instruction will be provided, but Mary Sheehan, our long time watercolor instructor, will be on hand to provide tips and encouragement. There is no charge for this program. All are welcome to join us and express your unique creativity now.

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	N/A

Happy Singers (Group singing)

We want you! We need Tenor and Bass singers but all voices are welcome. We perform at different venues in San Jose during the year. Please join us!

Day	Date	Time	Location	Cost
F	On-going	12:30	ACC	N/A

World of Watercolor 252.4.0113

Enjoy the wonderful world of painting by exploring the flowing medium of watercolor. You may complete 2-5 small paintings in this course. All levels of experience are encouraged, as the instructor works one-on-one with each student. A material list will be given out after registration. Ages 50+

Day	Date	Time	Location	Cost
W	4/14-6/2	6:00 p.m.	ACC	\$93

Guitar for Adults

9 a.m. 252.4.0601 or 10:15 a.m. 252.4.0613

Intro to guitar for adults is a class designed for aspiring guitar players with little or no experience. The primary goal of the class will be to teach students how to play chord accompaniments for singers.

Day	Date	Time	Location	Cost
M	4/12-6/7	9 a.m.	ACC	\$89
M-Private	4/12-5/3	10:15 or 4:30	ACC	\$184

*** Metropolitan Education Classes**

To find out more information about Adult Education (Metro Ed) Classes call (408) 723-6725 or go online to www.metroed.org.

CREATIVE ARTS (cont)

Group Voice Lessons 252.3.1420

Tuesday 3:00 p.m. - 5:00 p.m.

The goals are to teach proper singing techniques including breathing, voice production, diction, expression and posture, reading and understanding of music, music theory and music interpretation. A wide range of music repertoire will be offered, including classical, popular, musicals and opera, as well as songs from different countries and in different languages.

Day	Date	Time	Location	Cost
T	1/26-4/6	3:00	ACC	\$30.00



USING YOUR MIND

History Club

In March we are into the study of indigenous peoples, esp. Inca and Aztecs who populated Central and South America and the scandalous destruction of their kingdoms by European Conquistadors in the 1500's. Time Change Below:

Day	Date	Time	Location	Cost
W	3/10,3/17,3/24	10:15	ACC	\$1

Spanish, Conversation and Culture*

Be prepared when you visit Mexico or the corner market. Learn everyday phrases, simple conversations, Hispanic culture and more from a dynamic instructor.

Day	Date	Time	Location	Cost
T	1/21-5/28	1:00	ACC	\$30

Genealogy*

Discover proof of your family's ancestry as we dig through records available around the Bay Area and on the Internet. Monthly field trips to libraries and archives give hands-on experience after participating in class discussions.

Day	Date	Time	Location	Cost
T	1/21-5/28	9:00	ACC	\$30

Creative Writing

We are looking for a volunteer to lead this class. If you are interested or know someone who is please contact Bekah at the front desk. Class is still being held, no instruction available at this time.

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

Cancer Support Group

Have you fought the battle with cancer and are now in remission? Are you fighting cancer and need someone to talk to? This group is meant to be a positive pick me up. This is a confidential & safe place to meet and discuss your feelings & experiences.

Day	Date	Time	Location	Cost
M	3/8, 3/22	9:45 a.m.	ACC-Rm.2	N/A

PHYSICAL ACTIVITIES

Body Conditioning/Morning Stretch 252.3.1430

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	1/6-6/11	8:00/8:50	ACC	\$10

Feldenkrais*

Awareness through movement. Help improve your flexibility and reduce muscular tension while enhancing mobility, balance, and coordination. Safe comfortable movement sequences from a certified teacher. Ideal for people with arthritis, fibromyalgia, and other painful conditions.

Day	Date	Time	Location	Cost
F	1/22-5/28	9:30	ACC	\$30
M	1/25-3/22	10:00	ACC	\$36

Gentle Yoga*

Stretches based on the Feldenkrais method to increase flexibility and balanced mobility in the mature body.

Day	Date	Time	Location	Cost
F	1/20-5/28	11:00	ACC	\$30

Tai Chi Long Form*

A combination of graceful exercises using slow circular movements and deep breathing. Tai Chi helps relieve stress, tension, and improves strength and balance.

Day	Date	Time	Location	Cost
W	1/20-5/28	10:30	ACC	\$30

Golf

Become part of a foursome at Rancho del Pueblo, a beautiful executive nine hole course. Call Edith (408) 997-9539 if you would like to join us.

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

Golf Lessons

This five-week class will introduce you to the various shots a golfer will face while playing. These shots include putting, chipping, pitching, full swing, and driving. These classes will provide meaningful insight for the different shots.

Day	Date	Time	Location	Cost
TH	TBD	10:00	RDP	\$80

Introduction to Belly Dancing

Have fun while learning and executing basic dance steps. This class is for anyone with interest in taking belly dancing.

Day	Date	Time	Location	Cost
T	On-going	9:45	ACC	\$1

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 252.3.1441

The Zumba Platinum fitness class is geared towards the older adult. Set to a variety of music.

Day	Date	Time	Location	Cost
M	3/8-4/5	11:00	ACC	\$29

***THIS CLASS BROUGHT TO YOU THROUGH AN EXCITING PARTNERSHIP BETWEEN ALMADEN SENIOR PROGRAM AND METRO ED'S MAEP (www.metroed.org)**

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	\$8

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 DeAnza 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. Equipment (must be a member) can be checked out at the center.

Day	Date	Time	Location	Cost
T/F	On-going	9:00	ALP	N/A

Restorative Pilates

Tuesdays 252.3.0537 & Fridays 252.3.0539

Develop deep strength and great posture; a stronger core will help you move better in all aspects of life! Get individualized help from a highly qualified Pilates Instructor.

Day	Date	Time	Location	Cost
T	2/23-3/30	9:30	ACC	\$57
F	2/26-4/2	10:00	ACC	\$55

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

Wednesday 252.3.1463 & Friday 252.3.1462

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	2/24-4/7	10:00	ACC	\$29
F	2/26-4/2	10:00	WRY	\$29

ALMADEN SENIOR PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1	2	3
	8:00/8:50 Morning Stretch 9:45 Ping Pong/ Table Tennis 10:00 Feldenkrais 11:00 Zumba Platinum 11:00 Nutrition * Refer to Metro 1:00 Ballroom Dancing 1:00 Pinochle 1:00 Yuan Ji Dance 1:00 Notary Appointments 2:00 Intermediate Spanish 6:00 Dog Obedience	8:00 Quicksilver walking Group 8:45 Line Dance 9:00 Bocce Ball 9:00 Geneology 9:45 Introduction to Belly Dancing 10:00 Intermediate Bridge 1:00 Creative Writing 1:00 Spanish, Conversation & Culture 1:00 Spanish, Conversation & Culture	8:00/8:50 Morning Stretch 9:00 Almaden Lake Walking Group 9:45 Association Meeting 10:00 ESL- Survival English 10:00 Hanna Somatics 1:00 Mah Jongg 12:30 On Our Own 1:30 Ping Pong/Table Tennis 6:00 World of Watercolor
7	8	9	10
	8:00/8:50 Morning Stretch 9:45 Cancer Support Group 9:45 Ping Pong/ Table Tennis 10:00 Feldenkrais 11:00 Zumba Platinum 11:00 Nutrition * Refer to Metro 1:00 Ballroom Dancing 1:00 Pinochle 1:00 Yuan Ji Dance 1:00 Notary Appointments 2:00 Intermediate Spanish 6:00 Dog Obedience	8:00 Quicksilver walking Group 8:45 Line Dance 9:00 Bocce Ball 9:00 Geneology 9:45 Introduction to Belly Dancing 10:00 SALA 10:00 Intermediate Bridge 1:00 Creative Writing 1:00 Spanish, Conversation & Culture 3:00 Group Voice Lessons	8:00/8:50 Morning Stretch 9:00 Almaden Lake Walking Group 9:30 Physical Therapy 9:30 Senior Health 10:00 Esl- Survival English 10:00 Hanna Somatics 10:45 History Club 1:00 Mah Jongg 12:30 On Our Own 1:30 Ping Pong/Table Tennis 6:00 World of Watercolor
14	15	16	17
	8:00/8:50 Morning Stretch 9:45 Ping Pong/ Table Tennis 10:00 Feldenkrais 11:00 Zumba Platinum 11:00 Nutrition * Refer to Metro 1:00 Ballroom Dancing 1:00 Pinochle 1:00 Yuan Ji Dance 1:00 Notary Appointments 2:00 Intermediate Spanish 6:00 Dog Obedience	8:00 Quicksilver walking Group 8:45 Line Dance 9:00 Bocce Ball 9:00 Geneology 9:00 HICAP 9:45 Introduction to Belly Dancing 10:00 Intermediate Bridge 10:00 Restorative Pilates 1:00 Spanish, Conversation & Culture 1:00 Creative Writing 2:00 Popcorn & a Movie 3:00 Group Voice Lessons	8:00/8:50 Morning Stretch 9:00 Almaden Lake Walking Group 9:30 Senior Health 10:00 ESL - Survival English 10:00 Hanna Somatics 10:45 History Club 10:30 Tai Chi 1:00 Mah Jongg 12:30 On Our Own 6:00 World of Watercolor
21	22	23	24
	8:00/8:50 Morning Stretch 9:45 Ping Pong/ Table Tennis 9:45 Cancer Support Group 10:00 Feldenkrais 11:00 Zumba Platinum 11:00 Nutrition * Refer to Metro 1:00 Ballroom Dancing 1:00 Pinochle 1:00 Yuan Ji Dance 1:00 Notary Appointments 2:00 Intermediate Spanish 6:00 Dog Obedience	8:00 Quicksilver walking Group 8:45 Line Dance 9:00 Bocce Ball 9:00 Geneology 9:45 Introduction to Belly Dancing 10:00 Intermediate Bridge 10:00 Restorative Pilates 1:00 Spanish, Conversation & Culture 1:00 Creative Writing 3:00 Group Voice Lessons	8:00/8:50 Morning Stretch 9:00 Almaden Lake Walking Group 9:30 Senior Health 10:00 ESL - Survival English 10:00 Hanna Somatics 10:45 History Club 10:30 Tai Chi 1:00 Mah Jongg 12:30 On Our Own 1:30 Ping Pong/Table Tennis 6:00 World of Watercolor
28	29	30	31
	10:00 Cancer Detection Program 10:00 Feldenkrais 11:00 Zumba Platinum 11:00 Nutrition * Refer to Metro 1:00 Ballroom Dancing 1:00 Pinochle 1:00 Yuan Ji Dance 1:00 Notary Appointments 2:00 Intermediate Spanish 6:00 Dog Obedience	9:00 Bocce Ball 9:00 Geneology 9:45 Introduction to Belly Dancing 10:00 Restorative Pilates 10:00 Intermediate Bridge 12:30 Birthday Bash 12:45 Popcorn & a Movie 1:00 Creative Writing 1:00 Spanish, Conversation & Culture 3:00 Group Voice Lessons	Center Closed Cesar Chavez Day

March 2010

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 12:30 Jewelry Making * Refer to Metro Sched 1:00 Beginning Pinochle Lessons 1:30 Ping Pong/ Table Tennis	8:00/8:50 Morning Stretch 8:30 Line Dance Absolute Beg. 9:00 Resource Specialist 9:00 Bocce Ball 9:30 Softball 9:30 Feldenkrais 10:00 Crochet and Knitting 10:00 Piano Keyboarding Adults 10:00 Restorative Pilates 11:00 Gentle Yoga 12:30 Happy Singers (Group Singing) 1:00 Gametime 6:30 Ballroom Dance	8:00 Quicksilver Walking Group 11:30 Ballroom Dancing 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 12:30 Jewelry Making * Refer to Metro Sched 1:00 Beginning Pinochle Lessons 1:30 Ping Pong/ Table Tennis	8:00/8:50 Morning Stretch 8:30 Line Dance Absolute Beg. 9:00 Bocce Ball 9:00 Resource Specialist 9:30 Softball 9:30 Feldenkrais 10:00 Crochet and Knitting 10:00 Piano Keyboarding Adults 10:00 Restorative Pilates 11:00 Gentle Yoga 12:30 Happy Singers (Group Singing) 1:00 Bingo 6:30 Ballroom Dance	8:00 Quicksilver Walking Group 11:30 Ballroom Dancing 1:45 Bowling
18	19	20
8:00 Quicksilver Walking Group 9:00 Open Studio 9:20 Golf 9:30 Beginning Bridge 12:00 St. Patrick's Day Celebration 12:30 Jewelry Making * Refer to Metro Sched 1:00 Beginning Pinochle Lessons	8:00/8:50 Morning Stretch 8:30 Line Dance Absolute Beg. 9:00 Resource Specialist 9:00 Bocce Ball 9:30 Feldenkrais 9:30 Softball 10:00 Crochet and Knitting 10:00 Restorative Pilates 10:00 Piano Keyboarding Adults 11:00 Gentle Yoga 12:30 Happy Singers (Group Singing) 1:00 Gametime 6:30 Ballroom Dance	8:00 Quicksilver Walking Group 11:30 Ballroom Dancing 1:45 Bowling
25	26	27
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 12:30 Jewelry Making * Refer to Metro Sched 1:00 Beginning Pinochle Lessons 1:30 Ping Pong/ Table Tennis	8:00/8:50 Morning Stretch 8:30 Line Dance Absolute Beg. 9:00 Resource Specialist 9:00 Bocce Ball 9:30 Feldenkrais 9:30 Softball 10:00 Crochet and Knitting 10:00 Piano Keyboarding Adults 10:00 Restorative Pilates 11:00 Gentle Yoga 12:30 Happy Singers (Group Singing) 1:00 Gametime 6:30 Ballroom Dance	8:00 Quicksilver Walking Group 11:30 Ballroom Dancing 1:45 Bowling

Café Almaden March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Cacciatore Buttered Noodles Italian Vegetables Orange Juice Oatmeal Cookie Low Fat Milk	2  Chicken Monterey Herb Rice Swiss Chard Fresh Fruit Whole Wheat Roll Low Fat Milk	3 Beef Stew w/Potatoes and Vegetables Garden Salad Fresh Fruit Low Fat Milk	4 Grilled Lemon Chicken Spanish Rice Black Bean Jicama Salad Fresh Fruit Low Fat Milk	5 Spaghetti w/Meat Sauce Italian Blend Vegetables Italian Salad Pineapple Chunks Low Fat Milk
8 Southwest Chili Corn Bread Coleslaw Apple Juice Chef surprise dessert Low Fat Milk	9 Tuscan Chicken Roasted Red Potatoes Spinach Fresh Fruit Low Fat Milk	10 Roasted Pork Loin Carrots & Corn Au Gratin Potatoes Chilled Peaches Low Fat Milk	11 Stewed Chicken Mixed Vegetables Garlic Mashed Potatoes Apple Low Fat Milk	12 Grilled Chicken Sandwich w/ Roasted Red Pepper Garden Salad Tropical Fruit Low Fat Milk
15 Roast Beef Sandwich  Pop Chips Garden Salad Apple Juice Oatmeal Cookie Low Fat Milk	16 Honey Mustard Chicken Steamed Brown Rice Steamed Broccoli Orange Low Fat Milk	17  BBQ Ribs Chuckwagon Corn Pasta Salad Garden Salad Cantaloupe Low Fat Milk	18 Beef Stroganoff Rotini Pasta Garden Vegetables Banana Low Fat Milk Lunch Will Be Served Upstairs	19 Baked Fish Wild & Brown Rice Spinach Pear Low Fat Milk
22 Chicken Noodle Soup Garden Salad Cantaloupe Low Fat Milk	23 Chicken Marsala Seasoned Carrots Spinach Banana Low Fat Milk	24 Roast Pork Sandwich Seasoned Carrots Apple Sauce Low Fat Milk	25 Chicken Fajitas Salad Spanish Rice Mexican Coleslaw Fruit Cocktail Low Fat Milk	26 Swedish Meatballs Roasted Red Potatoes Broccoli Cuts Orange Juice Fresh Apple Low Fat Milk
29 Grilled Chicken Rice Pilaf Chuckwagon Corn Chilled Peaches Low Fat Milk	30 Herb Roasted Chicken Roasted Red Potatoes Cauliflower Pineapple Chunks Low Fat Milk	31 Closed		Funds for this program are brought to you by the Healthy Neighborhood Venture Funds; a tobacco settlement fund.

Alternative Menu

{March 1 thru 5 Tuna Salad} {March 8 Thru 12 Garden Salad} {March 15 thru 19 Grilled Chicken Salad}
 {March 22 thru 26 Wedge Salad} {March 29 thru April 2 Tuna Salad}

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

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	12:30	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

Popcorn & a Movie

What a deal! A movie and popcorn all for only \$1 in the community room at Almaden Community Center. \$1 at the door gets you a bag of popcorn.

Day	Date	Time	Location	Cost
T	3/16	2:00	ACC	\$1
T	3/30	12:45	ACC	\$1

The Time Travelers Wife was a book written by Audrey Niffinger. This movie will play March 16

Activity Location Guide

ACC - Almaden Community Center
 EKS - Erickson Elementary - 4849 Pearl Avenue, Rm. 18
 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
 LBR - Program Room, Almaden Library
 WRY - Almaden Winery - 5730 Chambertin Drive



SPECIAL INTEREST

ESL-Survival English*

Through conversations, grammar review, and vocabulary-building exercises, this class will help you learn to speak English in everyday situations.

Day	Date	Time	Location	Cost
W	1/21-5/28	10:00 am	ACC	\$30

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
T	On-going	10:00 am	WRY	N/A

Piano Keyboarding for Adults

Have you always wanted to learn to play the piano? Have you played in the past, but would like a re-fresher? We have the perfect class for you. Join Mera as she shares her love of piano teaching with you.

Day	Date	Time	Location	Cost
F	1/29-4/9	10:00 am	ACC	\$15

Cooking with Wine 252.4.1449

Enjoy wine? Learn to pair wine with foods & cook with wine in four sessions. We'll taste and enjoy the results in class.

Day	Date	Time	Location	Cost
W	4/7-4/30	12:00 pm	ACC	\$100

Line Dance Classes



Absolute Beginners Class 252.3.1416

Day	Date	Time	Location	Cost
F	3/5-4/30	8:30	ACC	\$30.00 (8)

Beginners Class 252.3.1412

Day	Date	Time	Location	Cost
Th	3/4-4/22	8:45	ACC	\$17.50 (7)

Intermediate Class 252.3.1413

Day	Date	Time	Location	Cost
Th	3/4-4/22	10:30	ACC	\$17.50 (7)

Ballroom Dance



Monday 1:00 p.m. \$1

Friday 6:30 p.m. \$1

Saturday 11:30 a.m. \$1 for members

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.

***THIS CLASS BROUGHT TO YOU THROUGH AN EXCITING PARTNERSHIP BETWEEN ALMADEN SENIOR PROGRAM AND METRO ED'S MAEP (www.metroed.org)**

ALMADEN TRIPS

March 31, 2010 Wednesday

Black Oak Casino \$39 p/p
Pick ups: 7:30 a.m. at Kirk Center
Or 7:50 at Cypress Center



March 25, 2010 Thursday

Ferry to Sausalito \$85 p/p
Pick up: 9:15 a.m. at Almaden

March 24-April 1, 2010

Costa Rica \$2,399 (includes airfare)
Arenal Volcano Hot Springs Monteverde
Cloud Forest Guanacaste

April 24-May 1, 2010

Great Smokies & Kentucky \$2,524 (incl. air)
Churchhill Downs Kentucky Horse Park
Maker's Mark Distillery Cherokee Reserva-
tion Great Smoky Mountain Railroad Smoky
Mountain National Park Grand Ole Opry

May 17-27, 2010

Switzerland \$4,699 (includes airfare)
Austrian Alps Salzburg Mirabell Gardens

July 18-27, 2010

Eastern Canada \$2,549 (includes airfare)
Montreal St. Joseph's Oratory Quebec
City St. Anne de Beaupre Ottawa VIA Rail
Toronto Niagara Falls

September 14-23, 2010

Ireland \$2,799 (includes airfare)
Dublin Irish Evening Kilkenny Waterford
Crystal Blarney Castle Jaunting Car Ride
Ring of Kerry Limerick Cliffs of Moher

December 6-10, 2010

Holiday at the Waldorf \$2,649 (incl. airfare)
Greenwich Village Wall Street Christmas
Spectacular at Radio City Music Hall Statue of
Liberty Ellis Island Metropolitan Museum of
Art Broadway Show

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.



- 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 Vista, 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

March 6, 2010

11:30 AM Intermediate

1:00 PM Beginners

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 Don House at 268-1703. You can also visit our website at <http://www.snicsj.org/almaden>

March

Toni Mallory	1		
Ruth LeBas	3	Gloria Garcia	25
Sandy Baldwin	3	Mary Vasovich	25
Francine Devlin	3	Sham Kaul	25
Esther Rochelle	4	Genevieve Hylton	26
Chuin Hou	4	Tillie Sheppard	26
Florence Giacinto	5	Kimiko Stratton	26
Marilyn Wright	5	Leela Bhat	26
Susan Tam	5	Dora Sanchez	27
Stephen Herrold	5	Jan Hageman	27
Robert Turner	5	Cardelia Daniel	27
Josephine DeGroot	6	Francis McCaskey	28
Diane Truempier	6	Robert Bickar	28
Janet Chakraborty	6	Nora Curtis	29
Robert Weitenstein	6	Thomas Kiesnowski	30
June Sweeney	7	Stan Yumen	30
Weitsi Kay	7	Janet Haver	30
Lawrence Nemeth	8	Lula Baheri	30
Hsiang-Lan Tung	9	Judy Paciano	30
Dennis Ikerd	10	Bob O'Neill	31
Chin Li	10	Derick Kennedy	31
Josephine Vannucci	11	Joann Macaluso	31
James Reese	11	Marie Cox	31
Charlene Nemeth	12	George Tuita	31
Dee Howard	12		
Marilyn Entin	12	The March Birthday Bash	
Arlene DeMoss	12	will be Tuesday, March 30 at	
Verl Hannah	13	12:30 p.m. We will provide	
Gerry Binkhorst	14	cake for everyone. No sign	
Patricia Denver	15	ups required.	
Ruth Price	15		
Lalitha Mohan	15	This months movie is a book	
Donald Arndt	15	written by Audrey The movie	
Ken Lee	15	begins at 12:45 p.m. If	
Sam Campbell	16	you'd like to join us for	
Shiv Mehdiratta	16	lunch at 12:00 p.m. please	
Mary Flickinger	17	contact the front desk with at	
Peter Silva	17	least 24 hours advance	
Lester Smith	17	notice.	
Yung Lee	17	(408) 268-1133.	
Gail Maggiani	17		
Cleo Barthule	18		
Billie Royal	19		
Changsook Choi	19		
Vicki Danforth	19		
Isobel Hubner	20		
Cathy Farnsworth	20		
Elaine Sceva	21		
Joyce Ogawa	22		
Gan Lee	22		
Vera Olsen	22		
Mike Filipek	23		
Richard Dadisman	23		
Elisabetta Chiamaram	23		



Activity Cards

Drop in activities cost \$1 to attend & can be paid at the front desk. Activity Cards are an easy way to pay for the activities that you love. 12 use activity card = \$10
25 use activity card = \$20

Senior Association Officers

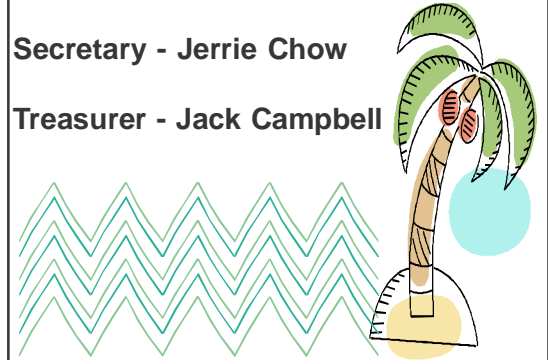
As many of you know, our program has a very active group of volunteers who help keep things running smoothly on a daily basis. This group is headed up by four officers who set program agenda items and make sure they are put into action. Our association of elected officers are:

President - Diane Perovich

Vice President - Marilyn Entin

Secretary - Jerrie Chow

Treasurer - Jack Campbell

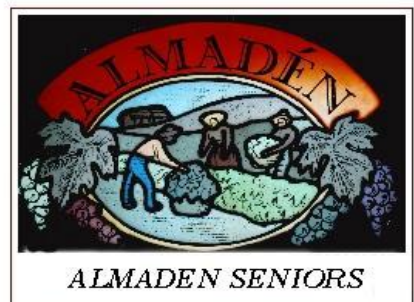


Membership Renewal

2010 membership cards are available at the front desk. Be sure to pick up your 2010 Senior Services Directory FREE with your yearly membership.

Cost is \$10.00 and your membership card is good till December 2010.

The New Almaden Senior Loao



Almaden Senior Program
6445 Camden Avenue
San Jose CA 95120

