

# LOOKING AHEAD - Special Events in November

<p><b>Social Bingo</b> Friday November 17 from 11:00 AM to 12:00 PM Enjoy a fun game before lunch in the MPR! You must sign up for lunch to participate</p> <p><b>Birthday Lunch</b> Thursday November 16 from 11:00 AM to 1:00 PM Sign up during lunch - celebrate with cake!</p> <p><b>Holiday Gift Box Boutique</b> Saturday November 18 from 10:00 AM– 3:00 PM Shop for handmade one-of-a-kind gifts from local artists</p>	<p><b>Volunteer Meeting</b> Thursday November 16 from 11:00 AM to 11:30 AM All volunteers are encouraged to attend - Room 5</p> <p><b>Thanksgiving Luncheon</b> Wednesday November 22 from 12:00 PM to 1:00 PM</p> <p><b>Freecycle Table</b> Thursday November 30 from 10:30 AM to 12:30 PM Give and take lightly used treasures! Donated items can be dropped off on November 30 only.</p>
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**Please note: the center will be closed on Friday, November 10 in observance of the Veterans Day holiday**

STAFF	
Bekah Hill	Supervisor
Leo Mejia	Active Adult Programs
Fabiola Saucedo	Youth Programs
Edward Sabando	Leisure Classes
Arlene Gonzalez	Nutrition Assistant
Tyler Hasse	Facilities Coordinator
Nick Hotchkiss, Margarita Villareal	Front Desk Admin
Rafael Zepeda	Site Manager, Bateman
Abraham Verdejo	Kitchen Chef, Bateman
<a href="http://www.sanjoseca.gov/willowglenc">www.sanjoseca.gov/willowglenc</a> <a href="http://www.sanjoseca.gov/prns">www.sanjoseca.gov/prns</a> <a href="http://www.facebook.com/willowglenc">www.facebook.com/willowglenc</a>	

**VOLUNTEERS**

The City of San Jose started a new program city wide for all volunteers. We will be tracking your volunteer hours monthly on the computer.

**\*IMPORTANT:** If you have computer access at home, we are asking you to please set up your own log in and password. Please see a Specialist in the office for assistance.

## CITY POLICY

**Discrimination Policy:** It is the City of San José's policy to afford all persons equal opportunity by prohibiting discrimination or harassment on the basis of race, color, religion sex, national origin, ancestry, physical or mental disability, age, sexual orientation, gender identity, marital status, medical condition (cancer related, AIDS, HIV) or other non-merit factors. It is also the City's policy to afford people with disabilities access to City services, programs and facilities.

**Americans with Disabilities Act:** To request an accommodation for City-sponsored events or an alternative format for printed materials, please contact the Willow Glen Community Center at (408) 448-6400 (TTY) as soon as possible, but at least three business days before the event.

# WILLOW GLEN COMMUNITY CENTER



**October 2017**  
**Active Adult 50+**

Join us for this month's special events

**Annual Membership only \$10**

<p><b>Center Closed: Monday October 9</b> The center will be closed in observance of the Columbus Day holiday</p> <p><b>Presentation: SALA</b> Tuesday October 3 from 11:15 AM to 11:45 AM Learn about the latest research &amp; helpful tips</p> <p><b>Flu-Shot Clinic</b> Thursday October 19 from 9:00 AM to 11:00 AM Receive <b>FREE</b> flu vaccinations for free. Provided by the Santa Clara County Public Health Department</p> <p><b>Social Bingo</b> Friday October 13 from 11:00 AM to 12:00 PM Enjoy a fun game before lunch in the MPR! You must sign up for lunch to participate</p> <p><b>Birthday Lunch</b> Thursday October 19 from 11:00 AM to 1:00 PM Sign up during lunch - celebrate with cake!</p>	<p><b>Masquerade Ballroom Dance</b> Wednesday October 25 from 1:30 PM to 3:00 PM</p> <p><b>Field Trip - Monterey</b> Wednesday October 18 from 9:00 AM to 5:00 PM</p> <p><b>Senior Safari at Happy Hollow Park &amp; Zoo</b> Thursday October 26 from 9:00 AM to 10:00 AM Free admission, parking and senior classes/activities</p> <p><b>Freecycle Table</b> Thursday October 28 from 10:30 AM to 12:30 PM Give and take lightly used treasures! Donated items can be dropped off on August 24 only.</p> <p><b>Volunteer Meeting</b> Friday October 29 from 11:00 AM to 11:30 AM All volunteers are encouraged to attend - Room 5</p> <p><b>City-Wide Field Trip –Apple Hill</b> Wednesday October 25 from 7:00 AM to 6:00 PM</p>
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2175 Lincoln Ave. San Jose CA 95125 [www.sanjoseca.gov/willowglenc](http://www.sanjoseca.gov/willowglenc)

### Phone Numbers

Willow Glen Center (408) 448-6400  
Willows Café - Lunch (408) 265-0915

### Center Hours

Monday-Thursday 8:00 AM-7:00 PM  
Friday 8:00 AM-4:00 PM

**Building Community Through Fun**

## BALLROOM DANCE



Come join us every Wednesday for some various dancing and fun socializing. Dress is casual and singles are welcomed. Come try out the exciting world of ballroom dancing; including the slow gliding foxtrot to sensuous rumba, to a vivacious cha cha...there is something for everyone. No partners or previous experience is required, just a desire to have some fun! Participants pay at the door. \$1 for members and \$2 for non-members of the Willow Glen Community Center. Music is provided by volunteer DJ's.

## OCTOBER FIELD TRIP EXPLORE MONTEREY, CA

Wednesday, October 18



Spend a day in Monterey exploring Old Fisherman's Wharf and Cannery Row. Enjoy the shops, restaurants, art galleries, wine tasting rooms and walk along the Monterey Peninsula Recreational Trail. Or you can choose to visit the Monterey Museum of Art or the fabulous Monterey Bay Aquarium. Please bring your own lunch or money to purchase lunch. Registration includes transportation and parking.

\$30 for members  
\$38 for non-members

## SENIOR MEMBERSHIP

Our annual senior membership, open to anyone 50+ years old, costs only \$10 for the entire year. Your membership dollars provide the funding for our special events, entertainment, favors, decorations and raffle prizes throughout the year. Since our Community Center no longer has an Advisory Council, these membership funds are also used to purchase coffee, sugar, creamer, plates, napkins, cups and silverware for the MPR and the Senior Lounge. Please remember to pay 50 cents for each cup of coffee, so we can continue to provide entertainment for the monthly special events. If you have any questions, please contact the office at (408) 448-6400. Thanks very much!

## SENIORNET COMPUTER & TECHNOLOGY CLASSES FOR ADULTS 50+

SeniorNet is a non-profit, 100% volunteer organization – seniors teaching seniors -- serving the San Jose senior community since 1994.

Our courses include basic computers for beginners and advanced users of PCs, iPad, iPhone, and other mobile devices. Also how to manage and protect computers and electronic devices; digital photography, DNA and genealogy; how to find information on the Internet; how to use iTunes, eBay, Pinterest, social media such as Facebook, etc.

### Fall 2017 CLASSES AND WORKSHOPS start on September 18th. Registration ends Sept. 9th

Pick up a copy of the registration packet for Fall classes at the Center's Office, or go online at [www.snlcsj.org/willows](http://www.snlcsj.org/willows).

Questions? Send an email to [seniornet.willows@gmail.com](mailto:seniornet.willows@gmail.com) or call Libby Harbour at 408-371-3999.



## RESOURCES

### ADULT PROTECTIVE SERVICES

Elder abuse and mistreatment can take many forms including physical abuse, violation of rights, neglect, financial or emotional abuse. Financial Abuse Specialist Team (FAST) rapid response team intervenes to preserve a client's assets and prevent loss due to fraud or undue influence.

**Types of abuse:** Counterfeit prescription drugs, funeral and cemetery fraud, health insurance fraud, identity theft, internet fraud, investment schemes, predatory lending, sweepstakes or lottery fraud and telemarketing fraud. Be safe and investigate! For more information call: **408-975-4900 or 1-800-414-2002**

### SOURCEWISE

SourceWise, located on the Alameda, provides many resources such as Care Management, Senior Employment, Long Term Care Insurance, and much more. You can reach them at **408-350-3200** or visit them online at [www.caseaccess.org](http://www.caseaccess.org).

### SECOND HARVEST FOOD BANK

Refers to agencies that provide emergency food. Also provides weekly supplemental bag of groceries to seniors age 60+ and disabled persons age 55+ who meet eligibility. Please call **408-266-8866**.

### UNITED WAY 2-1-1

2-1-1 provides FREE and confidential information. Call 2-1-1 for information on housing, food, health care, employment and more! They are available 24 hours a day, 7 days a week! You can call 2-1-1 from your phone or visit them online at [www.211us.org](http://www.211us.org).

## TRANSPORTATION

### VTA MOBILITY OPTIONS

VTA has several resources available for seniors who need mobility assistance. Some examples include their Paratransit program (rides to doctor appointments, grocery store, etc) and also the Mobility Management Program (bus passes for attendance to lunch programs). Stop by the front office today to receive more information.

## MEETINGS

### VOLUNTEER MEETING

The Willow Glen Community Center Volunteer Program holds a monthly meeting that informs our community's members about our ongoing programs and activities. We also address the needs or concerns of our members. All are welcome.

## FREE SERVICES CALL 408-448-6400

### BREAD DONATION

Wednesdays and Fridays at 10:00 AM. Please line up in front of the Multi-Purpose Room.

### HEALTH INSURANCE COUNSELING (HICAP)

1st & 3rd Friday of each month by appointment only from 10 AM to 1 PM. Assistance in making informed insurance decisions with Medicare. Please call to schedule a one-hour appointment.

### SENIOR ADULT LEGAL ASSISTANCE (SALA)

1st & 3rd Thursday of each month by appointment only from 9:30 AM to 11:30 PM. A half hour of free legal assistance for seniors who are age 60 and older and a resident of Santa Clara County.

### SENIOR PEER ADVOCATES (SPA)

Willow Glen no longer has a Senior Peer Advocate volunteer. If you would like information and resources on Food & Nutrition, Housing, Transportation, Care-Giving and Family Support, and Social or Educational Activities, please contact other community centers for availability. Cypress, Gardner, Mayfair and Southside Community Centers currently have SPA volunteers available to schedule appointments.

## WILLOW GLEN 2017 ACTIVE ADULT MEMBERSHIP

Our annual membership costs \$10.00 and will last from January through December of 2017. Receive an \$8.00 discount off all active adult classes and special events, as well as priority registration for programs and classes. Also, if you provide an email address, you will receive this monthly newsletter by email every month.