

LOOKING AHEAD - Special Events in May

<p>Registration for Summer programs Wednesday May 2 starting at 10:00 AM Add your name to the list starting at 9:00 AM</p> <p>Cinco de Mayo Luncheon Friday May 4 from 11:00 AM to 1:00 PM Celebrate with a special menu, music, and prizes</p> <p>Senior Theater Performance Thursday May 10 from 12:45 PM to 1:45 PM in the MPR. Come see a radio play and more - free admission and Raffle!</p> <p>Mother's Day Luncheon Friday May 11 from 11:00 AM to 1:00 PM Celebrate with a special menu, music, and prizes</p> <p>Jump into Summer Saturday May 12 from 10:00 AM to 2:00 PM A free carnival with bounce houses, games, & food</p> <p>Birthday Lunch Thursday May 17 from 11:00 AM to 1:00 PM Sign up during lunch - celebrate with cake!</p>	<p>City-Wide Field Trip—Yosemite Wednesday - Friday, May 16 - 18, pick up time 6:30 am and stay for two days. Enjoy 5 meals, cooked for us in the mess hall. Take part in archery, arts & crafts, fishing, hiking, swimming, BINGO, or just relax and listen to the beautiful music that mother nature provides.</p> <p>Social Bingo Friday May 18 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>Freecycle Table Thursday May 25 from 10:30 AM to 12:30 PM Give and take lightly used treasures! Donated items can be dropped off in the office.</p> <p>Volunteer Meeting Friday May 26 from 11:00 AM to 11:30 AM All volunteers are encouraged to attend - Senior Lounge</p>
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STAFF

Bekah Hill	Supervisor
Alvaro Celaya	Active Adult Programs
Fabiola Saucedo	Youth Programs
Edward Sabando	Leisure Classes
Arlene Gonzalez	Nutrition Assistant
Farishta Khan	Facilities Coordinator
Nick Hotchkiss, Margarita Villareal	Front Desk Admin
Rafael Zepeda	Site Manager, Bateman
Abrahan Verdejo	Kitchen Chef, Bateman
www.sanjoseca.gov/willowglenc	
www.sanjoseca.gov/prns	

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

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



APRIL 2018
Active Adult 50+



Join us for this month's special events

Annual Membership only \$10

<p>Spring Classes Begin Monday April 2 Register in the office or online: www.sjregistration.com</p> <p>Spring Celebration Luncheon Friday April 6 from 11:00 AM to 1:00 PM Celebrate with friends, music, and prizes</p> <p>Lima Bean Respect Day Luncheon Friday April 20 from 11:00 AM to 1:00 PM National Lima Bean Respect Day is observed on April 20. Lima beans are an excellent source of protein, iron, magnesium, potassium and zinc.</p> <p>13th Annual West Valley Senior Walk Friday April 13 from 8:00 AM to 10:00 AM Free breakfast & prizes - Westfield Valley Fair Mall</p> <p>Social Bingo Friday April 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>Birthday Lunch Thursday April 19 from 11:00 AM to 1:00 PM Sign up during lunch - celebrate with cake!</p>	<p>City-Wide Field Trip—Cache Creek Casino Thursday, April 26, from 7:30am till 6:30pm. Enjoy the olive mill grows, a tour of how olive oil is produce, and a little wine and honey tasting. Don't forget your \$15 bonus for machines.</p> <p>Freecycle Table Thursday April 26 from 10:30 AM to 12:30 PM Give and take lightly used treasures! Donated items can be dropped off in the office.</p> <p>Volunteer Meeting Friday April 27 from 11:00 AM to 11:30 AM All volunteers are encouraged to attend - Senior Lounge</p> <p>Spring Gift Box Boutique Saturday April 28 from 10:00 AM to 3:00 PM Shop for handmade gifts created by local artisans</p> <p>AARP Foundation Tax-Aide Last Month to do your taxes. January through April 2018, the nation's largest volunteer-run tax assistance will be in room 3 assisting older adults 60+ with their taxes. Sign up in the front office to reserve a time slot.</p>
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2175 Lincoln Ave. San Jose CA 95125 www.sanjoseca.gov/willowglenc

Bus #64: Lincoln & Curtner - **Bus #26:** Curtner & Radio

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.

APRIL FIELD TRIP

SAN JOSE CITY – WIDE (50+)

CACHE CREEK CASINO & EXPLORE THE SEKA OLIVE OIL, HONEY, & WINE FARM
Thursday, APRIL 26TH, 2018

Pick up at Willow Glen Community Center at 7:00 AM
drop off at 6:30 PM



Take a day trip and have some fun at Cache Creek Casino. Visit the Seka Hills named by a Native American Heritage Tribe 'Yocha Dehe Wintun Nation'. The Olive Mill grows 16 crops on 1500 of the 14,000 acres. Take a tour and find-out how Olive Oil is produced. In addition, stay for the Wine & Honey Tastings. Plan to shop in their gift shop for delicious goodies. Hurry & Sign Up, it will be a **DAY TO REMEMBER!!!**

Cost: \$55 for Members and \$65 for Non-Members
Course #: 008.4.0418 REGISTER AT: sjregistration.com
or at Your Community Center

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!



Founded in 1986

COMPUTER Classes for Adults 50+

At the Willow Glen Community Center

2175 Lincoln Ave., San Jose – Bus Routes 64 & 26

A non-profit, all volunteer organization serving the San Jose senior community since 1994. We offer beginner and advanced courses for PC, tablet, and smart phone users at an affordable cost. *We are seniors teaching seniors!*

Go to our website www.snicsj.org/willows for more information, to register online, or sign up for our mailing list. Or pick up a registration packet at the center's office.

Questions? Email seniornet.willows@gmail.com
Or phone Libby at 408-371-3999

SPRING GIFT BOX BOUTIQUE ON APRIL 28

Do you love crafting & want to share your handcrafted items with others? We are currently selling tables for the Spring Boutique on April 28, 10:00 AM - 3:00 PM. All vendors need a California Resale Permit in order to sell their items. Tables are \$28 for members and \$38 for non-members. Please see Jane in the Boutique for more info between 10:00 AM and 2:00 PM Monday through Friday. Or you can call Jane at the Boutique: (408) 794-7903. Admission for shoppers is free!

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.

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.

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 and ask to talk to Arlene 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.

VOLUNTEER RECOGNITION

Thank You so much to all of our volunteers for your dedication and hard work! Our Senior Nutrition Program is looking for volunteers to help with the breakdown of the multipurpose room on Tuesday and Thursday. We are also looking for volunteers with special skills like but not limited to yoga, pilates, or dance. Please contact Alvaro for more info: email Alvaro.Celaya@sanjoseca.gov or call

(408) 448-6400.