

Engage!

YOUR COMMUNITY CONNECTION TO HEALTHFUL AGING

FRIENDS SOCIAL SUPPORT
FITNESS ENHANCE TAI CHI
LEARNING ENERGY TRAVEL
HEALTH YOGA LECTURES
RESOURCES ACTIVITIES

September 2016

Rethink Aging

Engage! is a new publication to keep you informed about dynamic services available at community centers close to you. Located throughout Santa Clara County, these centers are here to serve adults over 50 and help our community, too.

Aging is a journey with unique opportunities and experiences. Thanks to science and shared knowledge, experts have a better understanding about classic as well as new paths to positive living – from 50 to 100 and beyond. As a group of independent centers, we want to share our evidence-based resources, support, expertise and information. By doing so, we're offering valuable tools to help you live and age well.

Each community center is unique and contributes varied and valued services that can have life-changing effects. Whether it's through social activities, exciting events and



state-of-the-art education, or health screenings, grief support, insurance counseling and other practical help, our community centers directly impact lives.

Science-Based Benefits

Getting involved in community center activities is fun and beneficial. According to the National Institutes of Health (NIH), regular exercise and physical activity can improve your health and help you maintain your independence as you age. Research from the National Council on Aging (NCOA) shows that older adult center participants have higher levels of health, social interaction and life satisfaction compared with their peers.

According to the NCOA, community centers have become important focal points. The NCOA cites numerous benefits including information on aging well, science-based training for professionals and others in the community, and programs that introduce innovative approaches to aging.



Parks, Recreation and
Neighborhood Services



City of Santa Clara
The Center of What's Possible



Celebrate L.I.F.E.

The NCOA sums up the benefits of participating in community centers as a celebration of L.I.F.E. — Learning, Independence, Friends and Energy:

LEARNING: Expand your knowledge.

It's never too late to learn a new skill. Through art classes, literary clubs, computer training and more, community centers offer educational activities to keep your mind sharp.

INDEPENDENCE: Live on your terms.

Choose your own course in life. Check out programs that will help you stay healthy and economically secure, learn new life skills, and give back to your community. Some locations may offer meal and nutrition, transportation, employment and other programs.

FRIENDS: Enjoy life! Good friends are a rich reward. When you participate, you'll meet new people in your neighborhood.

ENERGY: Renew health and vitality.

Staying active improves how you feel while preventing health problems. Options include aerobics, yoga and Tai Chi — an evidence-based program with a wide range of health and fitness benefits.

In Santa Clara County, our centers provide these and other meaningful ways to stay engaged and healthy. Our services and programs are based on current expertise, plus a heart for serving older adults.

Your Center, Your Style



Drop in to one of your local, leading-edge community centers to see what's new. We're always finding better ways to serve you and your community.

You'll find that our participants vary widely in age groups, interests and preferences. You can be as active or relaxed as you wish — from shooting pool to chatting over coffee, to dancing, taking Bay Area excursions or going on global adventures. We offer computer labs and lectures, language lessons, activities like Pickle-ball® and Zumba, and much more.

Our participants range from 50-somethings to young-at-heart centenarians. The sooner you start, the more you benefit. Get involved to stay healthy, ease stress, feel your best and find more reasons to smile.

How to Participate

Programs, services, activities and resources — as well as participation guidelines and registration details — vary widely. See *About Us* in this newsletter to learn more.

Resources and More

Each center has unique programs and services. Call or go online to learn more. Here are just a few of the offerings that may be available at locations near you:

- **Age-defying resources.** Work out in convenient fitness facilities or take a low-impact Zumba Gold class. Our programs offer fun, social and health-enhancing exercise and activities.
- **Adventurous travel.** Watch for local and international travel opportunities with old and new friends, including knowledgeable tour escorts.
- **Expert lectures.** Hear leading-edge lecturers, including specialists in the latest health and wellness topics.
- **Classes and workshops.** Learn something new, including informative and social brownbag lunch presentations on current topics.
- **Health screenings and resources.** Stay healthy with medical services such as hearing and eye exams, blood/glucose screening and immunizations. We will also connect you with community partners who can help provide you with resources for caring for your loved one.
- **Health insurance counseling and advocacy program (HICAP).** Talk to an expert HICAP counselor for one-to-one help with navigating insurance plans, benefits and options.

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About Us



Visit your local centers or check them out online to see what new opportunities are in store. Each independent facility has its own personality – distinct, diverse and vibrant. Whether a particular location has the appeal of an inviting country home or a more contemporary flair, all share a passion for making life better and easier for older adults.

We believe in evidence-based programs known to get real-time results. Our philosophy includes applying study-proven steps that enhance wellness and health. It might be an exercise program shown to improve balance or improve bone density, social activities that deepen relationships and social connections, health and safety tips, or classes, lectures and adventures to keep your mind sharp and your attitude fresh.

Our services focus on a positive, proactive approach to aging. Our participants have fun, while staying physically, socially, emotionally and intellectually involved, healthy and happy ... always engaged with friends, neighbors and *life*.

Resources and More Continued

- **Support groups.** Find compassionate help when you need it through grief groups and other specialized support. Expert guides share information, encouragement and mutual help.
- **Care management.** Get help with some of the challenges of growing older or caring for an older parent or grandparent. Our services include information and referral, care planning, monitoring and advocacy. We help older adults find ways to stay at home and live independently. If needed, we may help families transition to higher levels of care.
- **Computer connections and technology classes.** Stay connected through sites that offer convenient, well-networked computer labs and other tech resources. Available at some locations, these services help you stay in touch with current technology.
- **Recreation, social events and fun.** Enjoy new experiences such as national park adventures, line dancing and much more.
- **Places to chat and relax.** Read a book or catch up with old and new friends in cozy lounges and other places set aside for rest and relaxation.



Find a Center

Check the list below to find a center near you. Center offerings and participation guidelines vary. An expert can answer these and other questions about specific programs and services at each center.

Participating Centers

— **CAMPBELL** —
Campbell Adult Center 50+
1 W. Campbell Ave. #C33
Campbell, CA 95008
408-866-2146
tinaw@cityofcampbell.com
www.cityofcampbell.com

— **CUPERTINO** —
City of Cupertino
Senior Center
21251 Stevens Creek Blvd.
Cupertino, CA 95014
408-777-3150
seniorcntr@cupertino.org
www.cupertino.org/
index.aspx?page=182

— **LOS ALTOS** —
City of Los Altos
Senior Center
97 Hillview Ave.
Los Altos, CA 94022
650-947-2797
recreation@losaltosca.gov
losaltosrecreation.org

— **MOUNTAIN VIEW** —
City of Mountain View
Senior Center
266 Escuela Ave.
Mountain View CA 94040
650-903-6330
senior.center@mountainview.gov
www.mountainview.gov/seniors

— **SAN JOSE** —
City of San José
Community and Senior
Centers (13 Locations)
408-793-4309
teresa.walsh@sanjoseca.gov
www.sanjoseca.gov/prns

Eastside Neighborhood Center
2150 Alum Rock Ave.
San Jose, CA 95116
408-251-0215
mcadena@
catholiccharitiesscc.org
www.catholiccharitiesscc.org/
eastside-neighborhood-center

John XXIII Multi-service Center
195 E. San Fernando St.
San Jose, CA 95112
408-282-8600
mcadena@
catholiccharitiesscc.org
www.catholiccharitiesscc.org/
john-xxiii-multiservice-center

Yu-Ai Kai
588 N. 4th St.
San Jose, CA 95112
408-294-2505
staff@yuaikai.org
www.yuaikai.org

— **SANTA CLARA** —
City of Santa Clara Parks and
Recreation — Senior Center
1303 Fremont St.
Santa Clara, CA 95050
408-615-3170
custservsrcenter@
santaclaraca.gov
www.santaclaraca.gov/
seniorcenter

— **SARATOGA** —
Saratoga Area Senior Center
19655 Allendale Ave.
Saratoga, CA 95070
408-868-1257
info@sascc.org
www.sascc.org

— **SUNNYVALE** —
Sunnyvale Senior Center
550 East Remington Drive
Sunnyvale CA 94087
408-730-7360
gmanuel@sunnyvale.ca.gov
recreation.inSunnyvale.com

Frequently Asked Questions

- Is your center open to nonresidents?
- Is there a membership requirement?
- Are your drop-in programs or lectures free or is there a fee?
- What is the minimum age for participation at your center?

Contact Us

Engage! Newsletter
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EL CAMINO HOSPITAL

This publication is a collaborative partnership sponsored by El Camino Hospital — a nonprofit organization with campuses in Mountain View and Los Gatos. Our hospitals have served communities in the South San Francisco Bay Area for over 50 years. Learn more at www.elcaminohospital.org/engage