

# Campbell Adult Center Newsletter Spring 2021

## ANNOUNCEMENTS

### DONNA RICE'S RETIREMENT



Donna Rice, Senior Services Coordinator, will be retiring on February 26th. Since 1984, Donna has made enormous contributions in the development of the Campbell Adult Center's recreation programs. The success of the Adult Center's Trips program and Classes are largely attributed to Donna's hard work and dedication.

Donna has made a lasting impression with her passion for serving older adults and bringing joy to their lives. Over the years, she has helped many seniors and families beyond their recreational needs. We congratulate and thank Donna immensely for thirty-seven years of service to the Campbell Senior Community!

Due to the current County Covid restrictions we are unable to host a farewell party for Donna at this time. When guidelines permit an event will be organized to honor Donna and provide the opportunity for the community to celebrate her. Please stay tuned for more information.



### COUNTY OF SANTA CLARA COVID-19 VACCINE INFORMATION

The State of California has authorized all healthcare systems statewide to vaccinate any persons age 65 and older, in addition to continuing vaccinations for healthcare workers and residents of long-term care facilities. However, due to limited vaccine supply, some healthcare systems in our County are offering vaccination only to people age 75 and older at this time. Following the State's priority phases and tiers, each healthcare system decides what categories of patients they have the capacity to vaccinate at any given time. The City of Campbell and Santa Clara County do not determine vaccine eligibility.



For more information visit, [www.sccfreevax.org](http://www.sccfreevax.org).



The AARP Tax Aide Program is scheduled to tentatively start at the Campbell Community Center in mid-February. Due to COVID restrictions there are changes to the way in which income tax assistance will be provided this year. Please call **669-237-2882** and leave your name and phone number or send an email requesting an appointment to **[s74051101@aarpfoundation.org](mailto:s74051101@aarpfoundation.org)**. A volunteer will call you back to explain the process for completing your income tax returns.

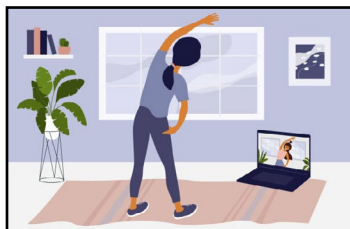
**SEE PAGE 4 FOR MORE ANNOUNCEMENTS**

# VIRTUAL CLASSES

Classes are being offered virtually using the Zoom platform Class descriptions/details are available [HERE](#)

CLASS	DAYS	DATES	TIMES	FEE	INSTRUCTOR
Enhance Fitness	M/W/F	3/29-4/28	1:00-2:00 pm	\$46	Ana Esmaili
Enhance Fitness	M/W/F	5/3-6/7*6	1:00-2:00 pm	\$49	Ana Esmaili
Enhance Fitness	M/W	3/29-4/28	1:00-2:00 pm	\$33	Ana Esmaili
Enhance Fitness	M/W	5/3-6/7*6	1:00-2:00 pm	\$33	Ana Esmaili
Forever Young	M/W/F	3/29-4/30	10:30-11:30 am	\$49	Candace Wright
Forever Young	M/W/F	5/3-6/11*6	10:30-11:30 am	\$55	Candace Wright
Forever Young	M/W	3/29-4/28	10:30-11:30 am	\$33	Candace Wright
Forever Young	M/W	5/3-6/9*6	10:30-11:30 am	\$36	Candace Wright
Line Dance, Beg.	Thur.	3/11-4/8*1	10:00-11:00 am	\$20	Mandi Muscolo
Line Dance, Beg.	Thur.	4/15-5/6	10:00-11:00 am	\$20	Mandi Muscolo
Line Dance, Beg.	Thur.	5/13-6/10*5	10:00-11:00 am	\$20	Mandi Muscolo
Line Dance, Low Int.	Thur.	3/11-4/8*1	11:30-12:30 pm	\$20	Mandi Muscolo
Line Dance, Low Int.	Thur.	4/15-5/6	11:30-12:30 pm	\$20	Mandi Muscolo
Line Dance, Low Int.	Thur.	5/13-6/10*5	11:30-12:30 pm	\$20	Mandi Muscolo
Sketching & Drawing	Mon.	3/1-3/22	9:30 - 11:00 am	\$28	James Green
Sketching & Drawing	Mon.	4/5-5/3	9:30 - 11:00 am	\$35	James Green
Sketching & Drawing	Mon.	5/17-6/21*6	9:30 - 11:00 am	\$35	James Green
Stay or Go Homeowner	Th	3/18-4/1	2:00-4:00 pm	\$30	Brian Swatka
Stay or Go WHERE	Th	4/8	2:00-4:00 pm	\$10	Brian Swatka
Total Body Fitness	T/Th	3/30-4/29	8:00-8:45 am	\$34	Mary Kearns
Total Body Fitness	T/Th	5/4-6/10	8:00-8:45 am	\$40	Mary Kearns
Yogilates	T/Th	3/2-3/25	10:30-11:30 am	\$40	Melissa Gambino
Yogilates	T/Th	3/30-4/29	10:30-11:30 am	\$50	Melissa Gambino
Yogilates	T/Th	5/4-6/10	10:30-11:30 am	\$60	Melissa Gambino
Yogilates	Th	3/4-3/25	10:30-11:30 am	\$20	Melissa Gambino
Yogilates	Th	4/1-4/29	10:30-11:30 am	\$25	Melissa Gambino
Yogilates	Th	5/6-6/10	10:30-11:30 am	\$30	Melissa Gambino
Zumba Gold	M	3/29-4/19*2	9:00-10:00 am	\$14	Lilian Zeljko
Zumba Gold	M	5/10-6/14*6	9:00-10:00 am	\$18	Lilian Zeljko
Zumba Gold	W	3/24-4/21*3	9:00-10:00 am	\$18	Lilian Zeljko
Zumba Gold	W	5/5-6/9	9:00-10:00 am	\$27	Lilian Zeljko
Zumba Gold	F	3/26-4/23*4	9:00-10:00 am	\$18	Lilian Zeljko
Zumba Gold	F	5/7-6/11	9:00-10:00 am	\$27	Lilian Zeljko

no class \*14/1; \*24/5; \*34/7; \*44/9; \*55/27; \*65/31



## OUTDOOR CLASSES\*\*\*

CLASS	DAYS	DATES	TIMES	FEE	INSTRUCTOR
Aqua Aerobics	T/Th	3/16-4/22	9:45-10:30 am	\$56	Jennifer Correia/Deb Hedge
Aqua Aerobics	T/Th	4/27-6/3	9:45-10:30 am	\$56	Jennifer Correia/Deb Hedge
Aqua Aerobics	Sat	3/20-4/24	10:45-11:30	\$28	Marlene Suits
Aqua Aerobics	Sat	5/1-6/5	10:45-11:30	\$28	Marlene Suits
Body Conditioning	T/Th	3/30-4/29	9:00-10:00	\$34	Marian Chiaramonte
Body Conditioning	T/Th	5/4-6/10	9:00-10:00	\$40	Marian Chiaramonte
Strength Training	M/W	3/29-4/28	8:15-9:15 am	\$46	Tricia Seivers
Strength Training	M/W	5/3-6/9*6	8:15-9:15 am	\$51	Tricia Seivers
Strength Training	M/W	3/29-4/28	9:40-10:40 am	\$46	Tricia Seivers
Strength Training	M/W	5/3-6/9*6	9:40-10:40 am	\$51	Tricia Seivers
Strength Training	T/Th	3/30-4/29	9:15-10:15	\$46	Mary Kearns
Strength Training	T/Th	5/4-6/10	9:15-10:15	\$56	Mary Kearns
Strength Training	Fri	4/2-4/30	9:15-10:00 am	\$24	Tricia Seivers
Strength Training	Fri	5/7-6/11	9:15-10:00 am	\$28	Tricia Seivers
Tai Chi Chuan, Int.	W	5/5-6/9	10:00-11:00 am	\$30	Tatiana Perfilov

no class \*6/5/31

\*\*\*Please Note: Outdoor Classes will be held if allowed by the County Covid Guidelines.

### CLASS REGISTRATION

Registration for all classes listed is available [online here](#) or by phone at 408-866-2146 starting at 9:00 am Tuesday Feb 16th for Campbell Residents OR Wednesday Feb. 17th for All Others

## Extended Trips

EXCURSIONS OFFERED THROUGH TALBOT TOURS INCLUDE BAGGAGE FEES AND HOME PICK-UP!!!



**Message from Tour Suppliers:** *It will be a healthier travel environment than ever before; most tours will be limited to just 25 participants, which means on most motorcoaches one seat per person, there will be respectful distances between tables at restaurants and more thorough sanitation measures will be practiced in hotel rooms, sightseeing attractions, museums and every mode of travel.*

### GLACIER NATIONAL PARK

**JULY 21-27, 2021**

Price per person: \$3,185 double; \$3,895 single. \$250 deposit, balance due 3/23/21

Experience Glacier's pristine forests, alpine meadows, rugged mountains and spectacular lakes. Highlights include Spokane and Historic Wallace Idaho; Smokejumpers Base, Scenic Float Trip on Flathead River; Glacier National Park; Scenic cruise on Swiftcurrent Lake; Going to the Sun Road; Silver Mountain Gondola Ride plus more.

### CHICAGO

**SEPT. 3-9, 2021**

Price per person: \$3,075 double; \$3,895 single. \$350 deposit, balance due 6/8/21

Highlights include an all-access City tour; visits to Wrigley Baseball Field, the Willis Tower Skydeck, Frank Lloyd Wright's Oak Park studio, the Art Institute of Chicago; Johnson Wax Headquarters; a narrated Architectural Cruise on the Chicago River and a special "Untouchables" Gangster Tour, plus much more.



# Extended Trips, cont.

## NEWPORT MANSIONS & CAPE COD ISLANDS SEPT. 11-17, 2021 Price TBD

Tour highlights include: Newport Breakers Mansion, Elms Mansion, Providence, Nantucket Island, Martha's Vineyard, Cape Cod/Hyannis, Provinceton, Sciolo Brothers Bakery behind the scenes tour, Kennedy & Korean War memorials, St. Francis Xavier Church, Whale Watching plus more.

## RED CLIFFS ADVENTURE BY RAIL OCT. 2-9, 2021 Price TBD

Ride the rails via Amtrak to experience the beauty of Colorado & Utah- ride from Denver to Grand Junction. Highlights include: a scenic raft trip on the Colorado River; Dead Horse State Park; a Jet Boat tour of Canyonlands National Park; visits to Arches, Bryce & Zion National Parks; plus more!

## NIAGARA FALLS & THE GRAND HOTEL OCT. 14-21, 2021

Price per person: \$3,275 double; \$3,940 single. \$250 deposit, balance due 7/19/21

Visit the Grand Hotel on Mackinac Island and see the magical Niagara Falls! Highlights include: Henry Ford Museum; Mackinac Island tour; Frankenmuth, MI and the "Maid-of-the Mist" cruise plus more.

## TRAVEL OPPORTUNITIES COMING IN 2022

### WYOMING ADVENTURE AUG. 22-29, 2022 Price TBD

Tour highlights include Fort Laramie; Devils Tower National Monument; Shells Fall; Buffalo Bill Historic Center; Yellowstone National Park including Old Faithful; Grand Tetons National Park; the Wild Horse Sanctuary; the Terry Bison Ranch and much more.

### GEMS OF UTAH SEPT. 22- OCT. 4, 2022 Price TBD

Highlights include a tour of Salt Lake City; several National Parks - Zion, Bryce, Canyonlands & Arches plus Deadhorse Point State Park, Jurassic National Monument & Dinosaur National Monument & more.

**For complete details or to book any of these travel opportunities, please contact Talbot Tours at 408-879-0101x112.**

## ANNOUNCEMENTS, cont.

### CARE MANAGER



The Campbell Adult Center provides Care Management to those 50+. This service connects older adults, families and caregivers to resources that promote wellness, enhance quality

of life and independence. The Care Manager is able to make referrals that include home health, transportation, housing, legal aid and more. Pat Martinez is available for phone consultations on M, T & Th from 9am - 1pm. Call 408-871-5154 to schedule an appointment

### FRIENDLY VOICES

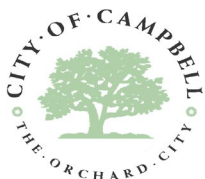


Would you like someone to talk to? Are you feeling lonely or isolated? Did you know that just 10 minutes of talking can improve your memory?

Then you might like a phone buddy - a trained, compassionate volunteer who will be like a penpal except over the phone. Weekly phone conversations, friendly and neutral. Research shows that talking enhances memory, focus and mood.

Seniors can sign up for a phone buddy or have a family member sign them up on their behalf. For more info go to [www.friendlyvoices.org](http://www.friendlyvoices.org).

Interested in volunteering with this organization? Contact [laura@friendlyvoices.org](mailto:laura@friendlyvoices.org).



**Campbell Adult Center**  
**408-866-2146**

**Parks**  
**Make**  
**Life**  
**Better!**