PRIME TIME NEWS

MOUNTAIN VIEW SENIOR CENTER

November 2010

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SENIOR CENTER HOURS

Monday - Wednesday
8:30 a.m. - 9:00 p.m.
Thursday - Friday
8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

STEVE ACHABAL
Senior Recreation Coordinator

MEGAN GARVERICK
Recreation Coordinator

CYNTHIA SPINELLA
Office Assistant III

SARAH FOSTER
NANCY HUGYIK
JUSTINA LINAN
Recreation Specialists

ELIZABETH MUSSO
Lunch Program
650-964-6586

EVENING BUILDING ATTENDANTS
Morgan Byler
Jose DeAnda
Rich Stephens
Kari Thorson
Adam Turrey

Senior Center Closed
November 11
Veteran's Day
&
November 25 & 26
Thanksgiving Holiday

WORKSHOPS: Please note that space is limited for all workshops and pre-registration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

IS IT ALZHEIMER'S OR NORMAL AGING?

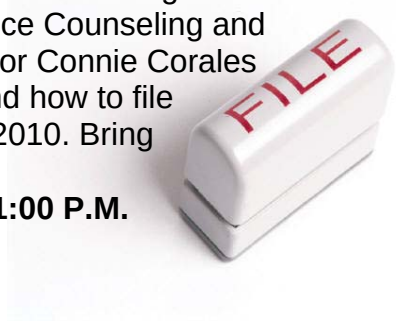
Realizing that you are forgetting names of people, places, or things can be frightening, but this may not necessarily indicate Alzheimer's Disease. Come hear Gerontologist Elna Tymes discuss the difference between the common kinds of forgetfulness and memory loss that can be a sign of early stage Alzheimer's. Also, learn memory-strengthening mental exercises.
When: Tuesday, November 9, 1:00 P.M.
Location: TBA

PILLOWCASE MAKING WITH MARIE

Join our sewing & quilting crafts expert Marie and learn how to make pillowcases! Receive a pattern to take home and practice sewing pillowcases. Marie will provide supplies and finished projects will be donated to children in foster care.
When: Tuesday, November 16, 10:00 A.M.
Location: Multipurpose Room B

FILING FOR MEDICARE

The Medicare filing period and deadline are just around the corner, and it is important to learn about changes in Medicare and Medicaid. Join Health Insurance Counseling and Advocacy Program (HICAP) advisor Connie Corales as she discusses new changes and how to file during November and December 2010. Bring a list of your concerns.
When: Tuesday, November 23, 1:00 P.M.
Location: TBA



YOUR CELL PHONE

Have a cell phone, but confused about its functions: checking voicemail, returning missed calls, text messaging, etc.? Join our high school tech master Raymond for a mini rundown of your cell phone. Space is limited, and you must know your cell phone brand and model to reserve a spot.
When: Wednesday, November 24, call for an appointment
Location: TBA

WORKSHOPS

City of Mountain View, CSD, Recreation Division
266 Escuela Ave., Mountain View, Ca 94040 (650) 903-6330, www.mountainview.gov

MOVIE MATINEE

MOVIE MATINEE

Come to one of our double showings!
WHEN: Tuesdays and Fridays
TIME: 1:00 p.m
WHERE: Multipurpose Room B
Both screenings will now have captions for the hard-of-hearing, **when available on the DVD.** There is no fee to enjoy these popular movies, and seating begins at 12:30 p.m.

THE LAST STATION: Tues, November 2 and Fri, Nov 5

RATED: R
LENGTH: 113 Minutes
DESCRIPTION: Set during the last year of Russian novelist Leo Tolstoy's life, this biopic explores the fractious relationship between Tolstoy (Oscar nominee Christopher Plummer) and his wife (Oscar nominee Helen Mirren), as he embraces a life of asceticism. Paul Giamatti co-stars as impassioned Tolstoy devotee Vladimir Chertkov, with James McAvoy playing the aging writer's assistant caught in the middle of various struggles.

VALENTINE'S DAY: Tues, November 9 and Fri, Nov 12

RATED: PG-13
LENGTH: 125 Minutes
DESCRIPTION: In this Los Angeles-set comedy from director Garry Marshall (Pretty Woman), the tripwires of modern love are exposed in a carousel involving relationships and the single life on the most romantic day of the year: February 14. Proposals, infidelity, loneliness and more are explored. Julia Roberts, Ashton Kutcher, Jamie Foxx, Jessica Alba, Jessica Biel, Jennifer Garner, Bradley Cooper and Patrick Dempsey co-star.

SHUTTER ISLAND: Tues, November 16 and Fri, Nov 19

RATED: R
LENGTH: 138 Minutes
DESCRIPTION: WWII soldier-turned-U.S. marshal Teddy Daniels (Leonardo DiCaprio) investigates the disappearance of a patient from a hospital for the criminally insane, but his efforts are compromised by his own troubling visions and by Dr. Cawley (Ben Kingsley). Mark Ruffalo, Michelle Williams, and Emily Mortimer co-star in director Martin Scorsese's plot twist-filled psychological thriller set on a Massachusetts island in 1954.

THE BOUNTY HUNTER: Tuesday, November 23 ONLY

RATED: PG-13
LENGTH: 110 Minutes
DESCRIPTION: Milo Boyd (Gerard Butler) is a bounty hunter whose latest gig is rather satisfying, as he finds out that the bail-skipper he must chase down is his own ex-wife, Nicole (Jennifer Aniston) -- but she has no intention of getting nabbed without a fight. Complicating matters, Nicole's wannabe-boyfriend, Stewart (Jason Sudeikis), joins the chase in this high-octane comedy from director Andy Tennant (Hitch).

REMEMBER ME: Tues, November 30 and Fri, December 3

RATED: PG-13
LENGTH: 133 Minutes
DESCRIPTION: Still reeling from a heartbreaking family event and his parents' subsequent divorce, Tyler Hawkins (Robert Pattinson) discovers a fresh lease on life when he meets Ally Craig (Emilie de Ravin), a gregarious beauty who witnessed her mother's death. But as the couple draws closer, the fallout from their separate tragedies jeopardizes their love. Allen Coulter directs this romantic drama that co-stars Pierce Brosnan.

**__NOTE__: Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building, and some people tend to need an extra layer of clothing during the movie.

OUR CENTER - policies, bingo, newcomers' group, books, DVDs, computer help and donations

NEWCOMERS' GROUP

An orientation & tour of the Senior Center is scheduled for **Monday, November 15, at 2:00 p.m.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

BIG BINGO - Feeling lucky? Join us for Big Bingo on **Monday, November 1, at 1:00 p.m.** in the Social Hall.

COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, several volunteers are here to help: Mondays with Judy and Tuesdays with Pennie from 1:00 p.m. to 3:00 p.m., and Fridays with Randy from 10:30 a.m. to 12:30 p.m. and also with Raymond from 1:00 p.m.—3:00 p.m. Come to the lab and ask questions, it's that easy!

BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, which can be paid at the front desk. Maximum amount to be purchased at one time is five!

DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!

DONATIONS, DONATIONS, DONATIONS

The Senior Center accepts a variety of donations, including:

- Old eyeglasses
- Magazines
- DVDs
- Paperback books
- **(no romance novels)**

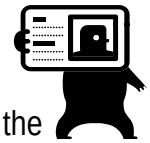
FREE TABLE

Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. Small items only please!

COMPUTER PRINTER POLICY

All printouts from the Technology Room are **5 cents** per page. Printouts can be picked up at the front desk and payment is required at that time. You must pay for all pages you print.

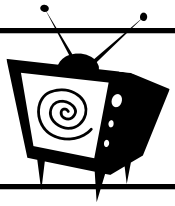
EXERCISE ROOM CARD



Based on the popularity of the exercise room and the nature of exercising, this room could not function without your patience and understanding. For safety reasons and for the protection of our equipment, please remember that if you do not bring your card, you cannot exercise in the room. All those without cards will be asked to stop exercising and come to the front desk. <u>If you have never received an exercise card, please come to the front desk and sign up for exercise orientation. Orientation is on Tuesday evenings and Wednesday afternoons.</u> We appreciate your cooperation.

WHEN <u>NOT</u> TO COME TO THE EXERCISE ROOM? Staff asks that you allow new participants to use the room during orientation. You may be asked to leave the Exercise Room during the following times:
TUESDAYS: 7:00 p.m.–7:30 p.m.
WEDNESDAYS: 2:30 p.m.–3:00 p.m.

SENIOR CENTER TELEVISION POLICY - To maintain a tranquil and pleasant environment, the front lobby television is used only for major news and sporting events. Senior Center staff determines a television volume that respects the activities of other patrons in the lobby. Thank you!



KEEPING CURRENT

Holiday Gala

Enjoy an afternoon of dancing to Jerry Jay's Quartet as well as free refreshments and plenty of holiday cheer. Join us in the Social Hall on Wednesday, December 22, from 4:00 p.m. - 6:00 p.m. This event is free for all: we'll see you there!

BOOK CLUB

Anyone can join the Senior Center Book Club! Meetings are held the second Tuesday of each month **(11/9/10)** in Multipurpose room B from 10:30 – 11:30 a.m. Next book for review is "**American Wife" by Curtis Sittenfeld**. December's book will be "A Christmas Memory" by Truman Capote.

Wii BOWLING

Wii bowling will resume soon in the month of November. Look for information available soon at the front desk about dates and times. Learn the basics of the Wii video game system while bowling with fellow seniors! Haven't bowled in a while? No worries! No shoe rental, no heavy balls, just fun and wireless remote controls.

2010 HOLIDAY BAZAAR

Our Holiday Bazaar has something for everyone! Get a jump start on your holiday shopping, while celebrating the beginning of the festive season. Mark your calendar for **Saturday, November 20, from 8:30 a.m. to 2:00 p.m.** as the Senior Center hosts its annual Holiday Bazaar. The bazaar features a fine selection of handcrafted goods for sale. You will enjoy shopping, live entertainment, lunch available for purchase, an ornament contest, and a raffle. See the front desk for more information. We look forward to celebrating the holiday season with you.

RAFFLE TICKETS FOR THE HOLIDAY BAZAAR

Raffle tickets will be on sale at the front desk from October 22 until November 19 (the day before the Holiday Bazaar) for 50 cents each. Write your name legibly on your raffle ticket and turn it back in. On the day of the bazaar, November 20, a list of raffle winners will be posted. The Grand Prize will be drawn at 1:00 p.m.! All winners must be present to win. Stop by the display case during November to see examples of crafts for sale and prizes that you could win!

HOLIDAY ORNAMENT CONTEST!

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Get out your glue gun and gems – because the third annual ornament contest is on its way. All participants must turn their entries in no later than Saturday, November 20 at 10am. No more than three entries per contestant. We look forward to seeing your artistic expressions! For more information please contact the front desk.

VOLUNTEER CORNER

September 2010

Brown Bag	**192**
Lunch Program	**337**
Receptionists	**175**
Social Services	**45**
Teaching	**240.75**
Total	**989.75 hours!**

ANNUAL COMMUNITY TREE LIGHTING CELEBRATION

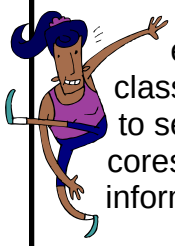
Join us at the Civic Center Plaza in Downtown Mountain View for a great community event, which will take place on Monday, December 6 from 5:30 p.m.—7:30 p.m. This event is free, but donations of canned food for the Giving Tree will be accepted.

SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except August & December 2010) from 2:00 p.m. - 4:00 p.m. Upcoming meetings will be: November 17, January 19, and February 16.

GET READY TO ZUMBA!

Beginning in January, Zumba will be offered at the Senior Center every Thursday before lunch! Carla Kenworthy, who was recently featured in Active Over 50 magazine, will be instructing class once a week for those looking to get in shape for the new year and improve their health. Carla has over 20 years experience instructing group exercise classes, and she loves teaching Zumba to seniors while they strengthen their cores in a fun environment. More class information will be available in December.



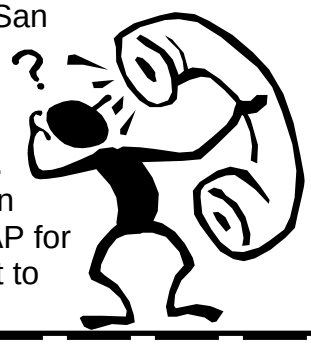
COMMUNITY SERVICES AGENCY INFORMATION & REFERRALS

On the **third Tuesday of each month (11/16/10) at 11:00 a.m.**, representatives from the Community Services Agency of Mountain View and Los Altos will be on-site to answer your questions. You will find them in the hallway in front of the Social Hall. Stop by to ask them about all of the valuable services and resources available to you. No appointment is necessary.

CALIFORNIA TELEPHONE ASSISTANCE PROGRAM (CTAP)

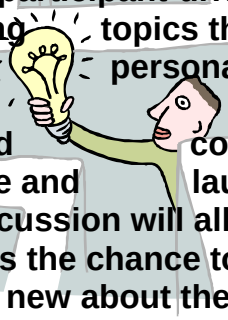
TUESDAY, NOVEMBER 2

Do you have difficulty hearing people on the phone? Get a free hearing screening and CTAP application, approved as you wait, so you can receive a free specialized phone by mail. San Jose State students will be performing free hearing screenings on **Tuesday, November 2 starting at 9:00 a.m.** for those who sign up in advance at the front desk. CTAP will have applications for the free program, and San Jose State Instructor Evelyn Merritt will be able to sign off on the CTAP application form. Patrons can then turn in the signed form to CTAP for a free phone to be sent to them. Sign up now.



THE BRAIN GANG

If you are willing to share, prepared to laugh, and ready to interact, the Brain Gang may be just what the doctor ordered…This new class will focus on the relationship between emotional wellness and mental acuity. Each week, this participant-driven group will be exploring topics that can impact our overall personal health. From decision-making and communication to gratitude and laughter, each area of discussion will allow participants the chance to learn something new about themselves. Join our interest list at the front desk so we can start this class in January.



"For everything you have missed you have gained something else, and for everything you gain, you lose something else."

-Author Unknown
Submitted by Carl Glassman
A dedicated senior

ETCETERA

HEALTH SERVICES

ALZHEIMER'S SCREENING - Free behavioral screenings offered on the **fourth Wednesday** of each month **(11/24/10).** PLEASE NOTE: this is NOT a medical screening, only a behavioral analysis.

BLOOD PRESSURE CHECK - Come to the counseling room to have your blood pressure checked by volunteer nurses on **Fridays between 10:30-11:30 a.m.**

EYEGLASS REPAIR - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**11/9/10 and 11/23/10).**

HEARING SCREENING - Visit Dr. Tang the **second Monday** of each month **(11/8/10 from 2:00 - 4:00 p.m.) .**

HICAP - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second and fourth Tuesday** of each month (**11/9/10 - A.M. Appts and 11/23/10 - P.M. Appts**)

NOTARY SERVICE - New notary service offered the **first Thursday (11/4/10)** of each month. Appointments available from 8:30-10:30 a.m.

PODIATRY SCREENING - Free evaluations on **third Wednesday (11/17/10)** of each month**.** NOTE: Feet are NOT touched in the consultation, it is only an evaluation.

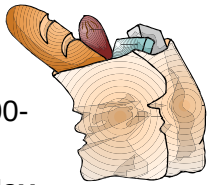
Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

SOCIAL SERVICES

SENIOR ADULT LEGAL ASSISTANCE (SALA) - The 1st and 3rd Thursday (11/4/10, 11/18/10). Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Call the front desk at (650) 903-6330 for an appointment. **Please see upcoming newsletters for important updates regarding appointments.**

FOOD SERVICES

BROWN BAG - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.



NUTRITION PROGRAM - Lunch is served **Monday - Friday** at 11:45 a.m., sign in by 11:15 a.m. Suggested donation is **$2.50** and more information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.

VTA TRANSIT SENIOR CITIZEN CARDS/ STICKERS

VTA will be at the Senior Center on Thursday, November 4 at 10:00 a.m to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a $3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 15th of each month. Tickets are sold Monday-Friday, 8:30 a.m. - noon. Exact change is necessary. The cost is $25.00 per sticker. Cash only please. Stickers are also available for sale online at www.vta.org/store.

NEW VTA ROUTE 34

The new route for bus line 34 runs from San Antonio Shopping Center to downtown Mtn. View with a stop at the Senior Center!

SAMPLE DRIVING TESTS

The Center only carries driver safety handbooks, no driving tests. Sample tests are available on the DMV website: www.dmv.ca.gov.

AARP DRIVER SAFETY

REFRESHER COURSE - Tuesday, December 14, 2010 from 6:00 p.m. to 10:00 p.m. The fee for the refresher driving instruction session is $12 for AARP members and $14 for non-members.

REGULAR CLASS -The Safety Program class offered by AARP at the Senior Center is scheduled for November 9 and 16 from 6:00 p.m. to 10:00 p.m. The fee for the 8 hour classroom driving instruction session is $12 for AARP members and $14 for non-members. For insurance benefits, contact your insurance carrier directly.

To register for classes, come in or mail a check, payable to AARP, dated the day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. Cash cannot be accepted.

ONLINE - Driver Safety program now available. Visit www.aarp.org for information & to sign up.

Mountain View Seasoned Travelers

For travel information, registration and payment:
Monday, Tuesday, Wednesday and Fridays at the front desk, 8:30 a.m. - 12:00 p.m. and Thursdays at the travel desk in front of the Social Hall from 10:00 a.m. - 11:45 a.m.

Let's Talk Travel

Monday, November 15, 2010
1:00 P.M.

Everyone interested in travel should join the Mountain View Seasoned Travelers in the Social Hall as we discuss upcoming travel opportunities for 2011. Enjoy a presentation of upcoming tours, domestic and abroad, and refreshments. RSVP requested, not required, for this fun, free, & informative event.

FABULOUS PALM SPRING FOLLIES

WHEN: **Wednesday, December 1 until Friday, December 3, 2010**
COST: $580.00 per person
INCLUDES: The annual "Jolly Follies Christmas Show" featuring guest stars, The Crystals! This getaway includes a two-night luxury accommodation at the Spa Casino Resort, Fabulous Palm Springs Follies Show, and all meals. Full refund if you need to cancel on or before 11/1/10. This could be your last chance to sign up!
DEPART: 7:30 a.m. from Rengstorff Park, Dec 1
RETURN: Approximately 6:00 p.m., Dec 3

RADIO CITY MUSIC SPECTACULAR

WHEN: **Saturday, December 18, 2010**
COST: $97.00 per person
INCLUDES: The ultimate Christmas destination for people everywhere! Featuring dynamic Rockette performances, breathtaking special effects, gorgeous costumes and astounding scenes. Includes transportation to and from the HP Pavilion.

DEPART: 5:00 p.m. from Rengstorff Park
RETURN: Approximately 10:00 p.m.

CACHE CREEK CASINO, Brooks

WHEN: **Wednesday, November 10, 2010**
COST: $33.00 per person
INCLUDES: Casino bonus ($10 Match Play & $5 Food), round trip transportation via luxury motor coach and driver's gratuity.
DEPART: 7:30 a.m. from Rengstorff Park
RETURN: Approximately 5:30 p.m.

THUNDER VALLEY CASINO, Lincoln

WHEN: **Thursday, December 9, 2010**
COST: $26.00 per person
INCLUDES: Casino bonus ($10 Match Play & $5 Food), round trip transportation via luxury motor coach and driver's gratuity.
DEPART: 7:30 a.m. from Rengstorff Park
RETURN: Approximately 5:30 p.m.

RED HAWK CASINO, Folsom

WHEN: **Thursday, January 6, 2011**
COST: $31.00 per person
INCLUDES: Round trip transportation via luxury motor coach, casino bonus, and driver's gratuity.
DEPART: 7:30 a.m. from Rengstorff Park
RETURN: Approximately 5:30 p.m.

AMERICA'S MUSIC CITIES, 8 Days

FEATURING: New Orleans, Memphis & Nashville
HIGHLIGHTS: French Quarter, New Orleans School of Cooking, Graceland, Grand Ole Opry, Historic RCA Studio B, Wildhorse Saloon
COST: $1,599.00*

COPPER CANYON ADVENTURE, 9 Days

FEATURING: Tucson, San Carlos, El Fuerte, Chichuahua-Pacifico Railroad, Creel, Chihuahua, El Paso
COST: $1,599.00*

*per person, land only, double occupancy. Contact Kanen Tours for airfare from your gateway. Multiple departure dates to choose from.

Find information for more trips at the flyer stand adjacent to the Senior Center front desk.

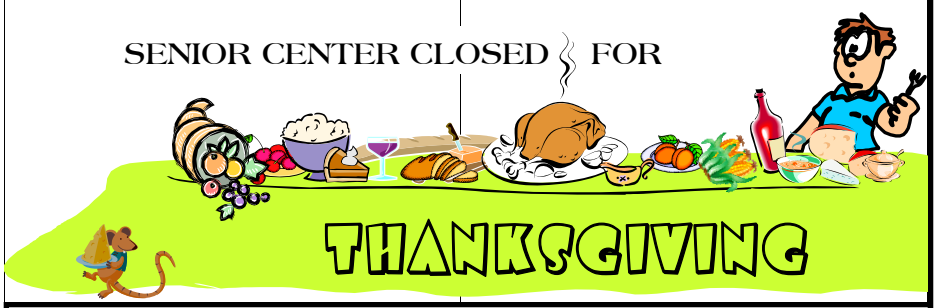
Travel Arrangements by Kanen Tours CST # 2095653-50

TRAVEL

NOVEMBER 2010 LUNCH MENU AND ACTIVITIES

Mon	Tue	Wed
1 10:30 Dancing, lunch room 11:45 LUNCH MENU Sesame Orange Chicken Brown Rice Green Salad Orange 1:00 Big Bingo	2 9:00 CTAP Hearing Screening 10:30 Dancing w/ Jan & Duane 11:45 LUNCH MENU Salmon Fillet Brown Rice & Steamed Spinach Minestrone Soup & Apple 1:00 Movie: The Last Station	3 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Beef Stroganoff Whole Grain Roll Chilled Broccoli Salad Fruit 12:45 Bingo, lunch room
8 10:30 Dancing, lunch room 11:45 LUNCH MENU Korean B.B.Q. Beef Brown Rice Potato Salad Sesame Parmesan Zucchini Mandarin Oranges 2:00 Hearing Screening	9 8:30 HICAP 9:15 Eyeglass Repair 10:30 Book Club - "American Wife" 10:30 Dancing w/ Jan & Duane 11:45 LUNCH MENU Chicken Asparagus Pecan Pasta Tossed Green Salad Tropical Fruit Cup 1:00 Movie: Valentine's Day 1:00 Workshop: Is it Alzheimer's?	10 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Breaded Fish Fillet Whole Grain Roll Sautéed Cabbage and Carrots Sautéed Mushrooms Orange 12:45 Bingo, lunch room
15 10:30 Dancing, lunch room 11:45 LUNCH MENU Baked Fish w/ Seasonings Whole Grain Roll Seasoned Broccoli Sweet Potatoes Fresh Fruit 1:00 MV Seasoned Travelers Meeting 2:00 Newcomers' Group	16 10:00 Workshop: Pillowcase Making 10:30 Dancing w/ Jan & Duane 11:00 CSA Information + Referral 11:45 LUNCH MENU Boneless Pork Chop Whole Grain Roll Garden Salad Vegan Split Pea Soup Tangerine & Sugar-Free Jello 1:00 Movie: Shutter Island	17 10:00 Podiatry Screening 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Chicken Enchiladas Mexicali Corn w/ Bell peppers Parsley Buttered Carrots Tropical Fruit Cup 12:45 Bingo, lunch room 2:00 Senior Advisory Committee Meeting
22 10:30 Dancing, lunch room 11:45 LUNCH MENU Oven Roasted Chicken Breast w/ mushroom gravy Brown Rice Sautéed Fresh Broccoli & Cauliflower Peaches	23 9:15 Eyeglass Repair 10:30 Dancing w/ Jan & Duane 11:45 LUNCH MENU Chinese Pepper Steak Fried Brown Rice Oriental Vegetables Spinach & Banana 1:00 HICAP 1:00 Movie: The Bounty Hunter 1:00 Workshop: Filing for Medicare	24 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Thanksgiving Turkey Whole-wheat stuffing (low-sodium) Sweet Potato Seasonal Vegetables Fresh Fruit Pumpkin Pie 12:30 Alzheimers' Screening 12:45 Bingo, lunch room
29 10:30 Dancing, lunch room 11:45 LUNCH MENU Beef Stew Whole Grain Bread Garden Salad w/ Broccoli Sugar-Free Jello w/ Pineapple	30 10:30 Dancing w/ Jan & Duane 11:45 LUNCH MENU Teriyaki Chicken Brown Rice Sautéed Asparagus Corn Orange 1:00 Movie: Remember Me	

Thu	Fri
4 8:30 Notary Service 10:00 VTA Transit Cards 11:45 LUNCH MENU Chicken Pot Pie (vegetarian available) Confetti Coleslaw Banana 1:30 SALA Appointments	5 10:30 Blood Pressure Check 10:30 Dancing w/ Anna & Irv 11:45 LUNCH MENU Spaghetti w/ Meatballs Sautéed Fresh Broccoli Marinated Salad w/ olives, cucumbers and red bell pepper Pineapple 1:00 Movie: The Last Station
11 VETERAN'S DAY HOLIDAY 	12 10:30 Blood Pressure Check 10:30 Dancing w/ Anna & Irv 11:45 LUNCH MENU Chicken Cacciatore Spinach Fresh Fruit 1:00 Movie: Valentine's Day
18 11:15 Trans-Fat Free Campaign Activity "Choose Foods with 0 Grams Trans Fat" 11:45 LUNCH MENU Egg Frittata Croissant Salad Three Bean Salad Pineapple 1:30 SALA Appointments	19 10:30 Blood Pressure Check 10:30 Dancing w/ Anna & Irv 11:45 LUNCH MENU Swedish Meatballs Baked Tomato Spinach Salad Banana Celebrating November Birthdays w/ Birthday Cake 1:00 Movie: Shutter Island Don't Forget to buy raffle tickets for the Holiday Bazaar tomorrow!
25	26



NUTRITION PROGRAM - The suggested contribution is $2.50 for people 60 years and over. The meal cost is $5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.

= Meal contains more than 1000mg sodium

ONION ROASTED SWEET POTATOES

INGREDIENTS:

- 2 (1 ounce) packages dry onion soup mix
- 2 pounds sweet potatoes, peeled and diced
- 1/3 cup vegetable oil

DIRECTIONS:

1. Preheat oven to 450 degrees F (230 degrees C).
2. In a large bowl, toss the dry onion soup mix, sweet potatoes and vegetable oil until the sweet potatoes are well coated.
3. Arrange the mixture on a large baking sheet. Bake in the preheated oven 40 to 50 minutes, or until the sweet potatoes are tender.

Prep Time: 15 Minutes
Cook Time: 40 Minutes
Ready In: 55 Minutes
Servings: 8

Mountain View Senior Nutrition Program 650-964-6586

WEEKLY EVENTS (regularly scheduled classes & events that may occur each week)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Adaptive Yoga	9:00 Drawing/Watercolor	9:00 Ceramics-Sm Sculpt	8:45 Adaptive Yoga	8:45 ESL-Beginning Low
8:45 ESL - Beginning Low	9:30 Brown Bag	9:00 Digital Scrapbooking	8:45 ESL - Beginning Low	8:45 ESL - Intermediate
8:45 ESL - Intermediate	10:30 Strong for Life	9:00 Painting Club	8:45 ESL - Intermediate	9:00 Calligraphy
9:00 Creative Stitchery	11:45 Lunch	9:00 Holiday Calendars	9:00 Ceramics– E, G, & F	10:00 Feldenkrais
9:00 Digital Scrapbooking	12:30 Spanish Conv.	9:30 Chorus	10:00 Qigong, Com Ctr	10:30 Computer Help
9:00 Holiday Calendars	1:00 Computer Help	10:00 Therapeutic Yoga	10:00 Stepping Strong	10:30 ESL -Beg. High
10:15 T'ai Chi	1:00 Karaoke	11:45 Lunch	10:15 Lifetime of S, E, & F	10:30 ESL –Adv. Low
10:30 ESL -Beginning High	1:00 Low Impact Aerobics	1:00 Ceramics-Basic/Int.	10:30 ESL -Beginning High	10:30 Blood Pressure
10:30 ESL –Advanced Low	1:00 Movie Matinee	1:00 Knitting/Crochet	10:30 ESL –Advanced Low	11:45 Lunch
11:45 Lunch	1:00 Workout/Broadway II	1:15 Orchestra	10:00 Trips Desk	1:00 Computer Help
1:00 Computer Help	2:15 Workout/Broadway I	5:30 Qigong	11:00 Health Library	1:00 English Conv.
1:00 Current Affairs	2:30 Chinese Chorus	7:00 Chinese Folk Dance	11:45 Lunch	1:00 Line Dancing
1:00 Lifetime of S, E, & F	6:30 Exercise Orientation	7:00 Joy of Movement	12:30 Memoirs	1:00 Movie Matinee
1:00 Woodcarving	7:00 Digital Photography		1:00 Low Impact Aerobics	2:00 Chinese Folk
1:30 Quiltmaking Tech.			1:00 Marie's Quilting	2:15 Square Dancing
2:30 T'ai Chi/Qigong			1:00 Workout/Broadway II	
7:00 Social Dance Club			2:15 Workout/Broadway I	
7:00 Chinese Folk Dance			2:45 Beg. Social Dance	

The classes listed above occur periodically throughout the month.

PICK UP A PINK CLASS GUIDE AT THE FRONT DESK

to find out the dates for each class, as well as times, registration and other information.

Registration for the classes that occur at our center takes place through the following agencies:

MV-LA, Mountain View Los Altos Adult Education

Three options for registration:

1. Visit MV-LA at 333 Moffett Blvd
2. Call **(650) 940-1333** with your credit card available.
3. Visit their website to register for this class at www.mvlaae.net

DEANZA COMMUNITY COLLEGE

Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information you can call **(408) 864-5300.**

VOLUNTEER

These classes are free and there is no need to register. Please just attend.

IN CLASS

Register for these classes with the class instructor.

GIVE US YOUR EMAIL

If you would like to receive the *Senior Center Monthly Prime Time News Newsletter* via email, please come to the front desk to give us your name and email address. Newsletters are sent on the last Friday of the month so check your inbox!