

Gilroy Senior Center
Prime Times...



Month: October 2008

Gilroy Senior Nutrition Program



Happy Hooo-lloween!!!
to all at the
Senior Center

Dress up in
Your Favorite
Halloween
Attire!

HAPPY HALLOWEEN

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p> <p>6 Lasagna Garlic Bread Italian Blend Vegetables Tropical Fruit Cup</p>	<p>CONTAINS MORE THAN 1000 MG SODIUM</p> <p>7 Tri Tip Steak Dinner Roll Baked Potato Mixed Vegetables Cook's Choice Fruit</p>	<p>1 Roast Turkey with Gravy Cranberry Sauce, Stuffing Peas and Carrots Tropical Fruit Cup</p>	<p>2 Spaghetti with Meat-Sauce, Garlic Bread Tossed Salad Pineapple Chunks</p>	<p>3 Chile Relleno Spanish Rice Mixed Greens with Green Onions & Tomatoes Fortified Fruit Juice</p>
<p>13 SENIOR CENTER CLOSED COLUMBUS DAY!</p>	<p>14 Chicken Enchiladas Refried Beans Cauliflower Fruit</p>	<p>8 Ham with Pineapple Whole Grain Bread Peas with Onions Sweet Potatoes Pineapple Chunks</p>	<p>9 Herb Crusted Chicken Seasoned Brown Rice Cook's Choice Vegetables Lentil Soup Mandarin Orange Sections</p>	<p>10 Pork Roast with Gravy Mashed Potatoes Whole Grain Bread Broccoli Fruit in Season</p>
<p>20 Crispy Chicken Macaroni & Cheese Mixed Vegetables, Spinach Salad, Pineapple</p>	<p>22 Roast Beef with Gravy Cook's Choice Potatoes Brown Rice, Broccoli Fruit Cocktail</p>	<p>15 Pork Chop & Gravy, Cook's Choice Potatoes Brown Rice, Broccoli Fruit Cocktail</p>	<p>16 Meatloaf with Gravy Seasoned Pasta, Bread Brussels Sprouts, Carrot Raisin Salad, Pear Slices</p>	<p>17 Roast Turkey & Gravy Cranberry Sauce, Sweet Potatoes, Seasoned Peas Pineapple</p>
<p>21 Spaghetti with Sauce Garlic Bread Tossed Salad Mandarin Orange Section</p>	<p>23 BBQ Pork Ribs Brown Rice Corn with Green Peppers Salad Greens, Fruit</p>	<p>22 Roast Beef with Gravy Cook's Choice Potatoes Bread, Cauliflower with Parsley Flakes, Fruit</p>	<p>24 Lasagna Italian Blend Vegetables Whole Grain Bread Tropical Fruit</p>	
<p>27 Corned Beef & Cabbage Potatoes & Carrots Whole Grain Bread Mixed Fruit Cup with Mandarin Oranges</p>	<p>28 Fish with Sauce Tossed Green Salad Rice Fortified Fruit Juice</p>	<p>29 Chicken Enchilada Refried Beans Cauliflower with Carrots Fruit</p>	<p>30 Tri Tip Steak Baked Potato, Dinner Roll Mixed Vegetables Cook's Choice Fruit</p>	<p>31 Hamburger Lettuce, Tomato & Onions Orange</p>

Services

Nutrition Program (408) 846-0428
Catholic Charities, in conjunction with United Way Silicon Valley and the County of Santa Clara, provide a daily noon-time meal. Meals are served Monday thru Friday in the Senior Center Main Dining Hall beginning at 11:30 a.m. Suggested meal donation is \$2.00 for persons over 60 years old. Transportation is available by contacting Nutrition Program Site Manager, Maria Delgado.

Council on Aging—Silicon Valley 1 (800) 510-2020
Provides many services and resources for older and disabled county residents.

Outreach Transportation 1 (800) 400-6222
Taxi rides are available to pre-qualified older adults and disabled county residents. Two to three days advance notice should be provided to schedule a ride. Transportation is available for medical appointments, grocery shopping or similar trips within county limits.

S.A.L.A. (408) 846-0414
Senior Adult Legal Assistance (SALA) lawyers are on-site bi-monthly to provide legal advice and assist with basic legal matters. Please call to schedule an appointment since space is limited.

Meals on Wheels 1 (800) 510-2020
The program delivers either hot or frozen meals to the door of homebound older adults. Contact the Council On Aging for more program information.
Hot Meals: (408) 961-9870
Frozen Meals: (408) 350-3246

Brown Bag Grocery Program (800) 984-3663
This program distributes a bag of food every Thursday morning to low-income seniors who meet eligibility requirements. For more information, please call the Second Harvest Food Bank hotline at 1-800-984-3663.

Vision Impaired Program (408) 846-0414
The program provides essential support in coping with and enhancing the lives of people affected by vision loss. Services are designed to educate and develop lifestyle independence.

Live Oak Adult Day Services (408) 847-5491
Live Oak Adult Day Services is the only older adult day care services in southern Santa Clara County. For program information, contact Cheryl Huguenor, Program Director.

Blood Pressure Screening (408) 846-0414
Blood pressure screenings are provided monthly at the Senior Center Gift Shop between 9:00 a.m. and 12:00 p.m. A facilitating registered nurse will be available to answer questions and provide advice on controlling blood pressure. All support services are provided by Day Break Respite Services.

VTA Flash Passes (408) 846-0400
Bus passes are available through City of Gilroy Finance Department at City Hall. Flash passes are valid on all VTA transportation systems.


Computer Classes (408) 846-0414
Classes provided cover computer basics, technology terminology, and introduction to the internet. Space is limited. Please enroll at the Senior Center front counter.
\$25.00 fee per class

Craft Classes (408) 846-0414
Craft class meets every Tuesday in the Senior Center Main Hall at 9:30 a.m. Classes cover new crafts and projects every few weeks. Project topics include basic painting, sketching and yarn work. Fee per project varies

Music and Movement (408) 846-0414
Class provides instruction in safe stretching and aerobic fitness to your favorite music. The program is adaptable to suit all participants' abilities and needs. This class is offered in conjunction with Gavilan College Community Education. Classes meet every Wednesday from 10:00 to 11:00 a.m. and Fridays from 1:30 to 2:30 p.m.
Free Course

Line Dancing Class (408) 846-0414
Class meets every Friday from 12:30 to 1:30 p.m. in the Senior Center Main Dining Hall. Dolores Corrales and Fern Colyer are your instructors.
Free Course

Upcoming VTA Photo Days:
Wednesday, October 15, 2008
10:00 a.m. - 12:00 p.m.



Rae's Cookin' Corner

Penne Salami Bake

- ✓ 2 cups uncooked penne or medium tube pasta
- ✓ 1 small onion, diced
- ✓ 1 garlic clove, minced
- ✓ 3 tablespoons of olive oil
- ✓ 2 cups of canned diced tomatoes, drained
- ✓ 1 tablespoon of tomato paste
- ✓ 1 medium green pepper and red pepper, EACH chopped
- ✓ 1/3 pound of salami, cubed
- ✓ 10 pitted ripe olives, halved
- ✓ Salt and pepper
- ✓ 1 cup (4 ounces) shredded mozzarella cheese
- ✓ 1 cup (4 ounces) shredded cheddar cheese

Cook pasta according to package directions. Drain and set aside. In a large skillet, sauté onion and garlic in oil until tender; stir in tomatoes, tomato paste, green and red peppers, salami, olives, salt and pepper. Simmer uncovered for 5 minutes. Remove from heat, stir in pasta and combine cheeses. Spoon half of pasta mixture into a greased 2-quart baking dish and sprinkle with 1-1/3 cups of cheese. Top with remaining pasta and cheese. Bake, uncovered at 350 degrees for 15-20 minutes or until cheese is melted. Serves 4-6.

Warm Pecan Cabbage Slaw

- ✓ 4 cups coarsely shredded cabbage
- ✓ 1/2 cup of a shredded carrot
- ✓ 1/4 cup sliced green onions
- ✓ 2 tablespoons of water
- ✓ 1/2 teaspoon of salt
- ✓ 1/4 teaspoon of pepper
- ✓ 1 tablespoon of melted butter
- ✓ 1 teaspoon of Dijon mustard
- ✓ 1/4 cup of chopped pecans, toasted

In a large saucepan, combine the cabbage, carrot, green onions, water, salt and pepper. Cover and cook over medium heat for 5-7 minute or until cabbage is crisp tender. Combine butter and mustard; pour over cabbage mixture and toss to coat. Stir in pecans. Serves 6.

City of Gilroy
Community Services Department

Let's take a gamble and go to....

ChukChansi



Casino Resort in
Coarsegold, California



Date: Tuesday, October 14, 2008

Location: 7371 Hanna Street

Time: Depart @ 8:00 a.m.
Return @ 6:00 p.m.

Cost: \$25.00 (Includes water and transportation)
Participants will receive a \$5.00 food voucher and \$10.00 e-cash. Please make checks payable to the "City of Gilroy". Refund package subject to change without notice. No refunds will be made without a paid replacement.

For further information, please contact the Senior Center at (408) 846-0414.

Clubs

The Gilroy Senior Center is home to many community clubs, targeting a wide-range of demographics throughout the community. All clubs are open to any interested parties and always welcomes new members. Information regarding individual clubs can be obtained from Senior Center staff or a club representative.

Club Name:	Meeting Time and Date
Community Senior's Club	11:00 a.m., Second Tuesday, Monthly
Fil-Am Club	12:30 p.m., Third Thursday, Monthly
Gilroy Senior's Club	12:30 p.m., Wednesdays, Weekly
Las Rosita's Club	10:00 a.m., Second Wednesday, Monthly
Senior Advisory Board	9:30 a.m., Third Monday, Monthly
R.P.E.A. (Retired Public Employees Association)	1:00 p.m., First Monday, Monthly
Senior Gift Shop Managers Board	1:00 p.m., Third Wednesday, Monthly

FIL-AM NEWS

The next Fil-Am meeting is scheduled for Thursday, October 16, 2008 at 12:45 p.m. Come and bring a friend to the meeting. All are welcomed. Happy Columbus Day and have a Happy Halloween!

Thanks,
Fil-Am President,
Raymond Valadez



Community Seniors Club

The Community Seniors Club will meet on Tuesday, November 14, 2008 at 11:00 a.m. All officers and members must be present, as some very important topics will be discussed. Please come and bring a friend!



Thank You,
Club President,
Nina York

Senior Advisory Board News

The Senior Advisory Board invites all seniors to attend the meetings and share any ideas or concerns you may have with the Advisory Board. The meetings are held on the third Monday of the month from 9:30 to 10:30 a.m. in the Senior Center Meeting Room. The next meeting is scheduled for Monday, October, 2008. For any questions about the Senior Advisory Board, please contact the office at (408) 846-0414 and leave a message for Norma Seager, Senior Advisory Board President.

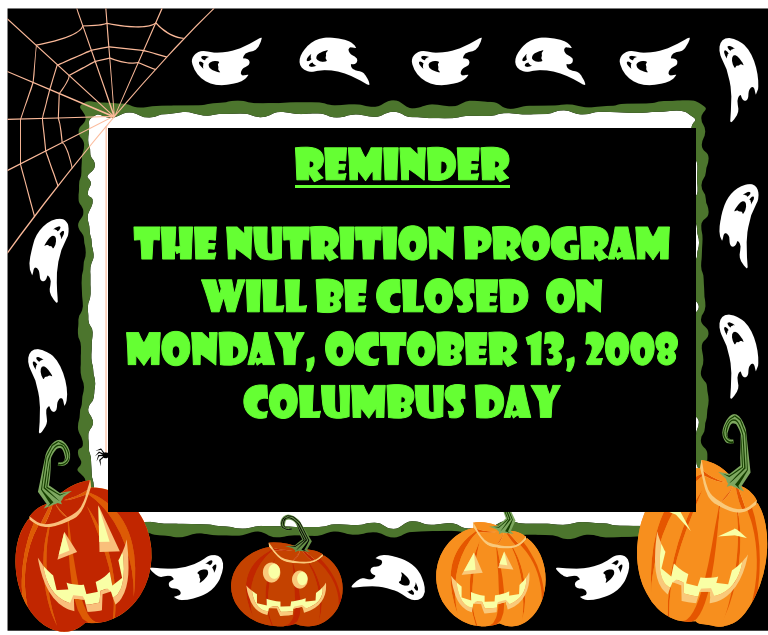
GLUCOSE & CHOLESTEROL CHECKS

Glucose and cholesterol checks will be provided at the Senior Center. Sister Rachela from St. Louise Hospital has graciously volunteered to provide this valuable service. She will be coming to the Senior Center on October 23, 2008 from 10:00—11:30 a.m.

BLOOD PRESSURE CHECKS
ON THE 2ND FRIDAY OF THE MONTH,
October 10, 2008 from 9:00 a.m. to 12:00 p.m.
Sponsored by Catholic Charities
Day Break Respite Care Program

GILROY SENIOR CENTER...tell a friend!!





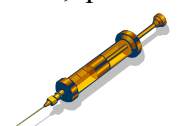
REMINDER
THE NUTRITION PROGRAM
WILL BE CLOSED ON
MONDAY, OCTOBER 13, 2008
COLUMBUS DAY

VISION IMPAIRED SENIORS
 Walter Schenke, Senior Advisory Board and Handicapped Board of Appeals member would like to inform all seniors of the Visual Resources and Equipment available. For more information or assistance, please contact Walter Schenke at (408) 847-4331.

ATTENTION ALL SENIORS AND GUESTS!
 The Senior Nutrition Program is working diligently to provide the best nutritional and enjoyable lunch experience possible. All food is served on actual plates and real silverware is used. In addition, there is an employee from the Title V program who washes all of the dishes and utensils. Please keep in mind the plates used are not paper plates and the utensils are not plastic. Just recently, a lot of silverware used for the nutrition lunch program has gone missing. Either the silverware was mistakenly thrown away, since people simply don't realize the silverware is silver, not plastic, or it is being blatantly taken from the tables. Please help address this concern by setting your own silverware and dishes on the table next to the kitchen when you are done eating. Thank you for your help. If you have any questions, please contact Maria Delgado at (408) 846-0428.

FLU SHOT INFORMATION:
 The Santa Clara County Health Department has cancelled the Flu Shots at the Gilroy Senior Center for this year. They are short staffed and will not be coming to the Gilroy Area. For more information, please call (408) 683-4697.

Sister Rachela has saved the day!
 She will be providing free flu shots to seniors on Friday, November 7th from 10:00 a.m. to 12:00 p.m. in the Senior Center office. No appointment is required. Shots will be given in order of arrivals. Any questions, please call the Senior Center Office at (408) 846-0414.



COFFEE

Starting on October 1st, 2008 regular coffee will be served at the senior center. Decaffeinated coffee will NOT be available. Unfortunately, coffee is not part of the nutrition program. Regular coffee is being served thanks to the donations received from caring seniors and the Bridge Club. We understand the majority of you enjoy a hot drink in the morning, especially during the cold season. All donations for this effort would be appreciated. If you have any questions, please feel free to contact Nutrition Site Manager, Maria Delgado at (408) 846-0428.



Dish: _____ Recipe Serves: _____

Join the **"Recipe Exchange Club"**! Everyone is excited about the newest club at the Senior Center. Meetings occur every **Monday from 10:30 - 11:30 a.m.** at the Senior Center Meeting Room, where members will exchange and discuss their favorite recipes. Each meeting will have a theme such as appetizers, desserts, Italian, Mexican, Chinese and BBQ.

Come join the fun of sharing food!
Oct. 6th - Meat Loaf Recipes
Oct. 20th - Soup Recipe
Oct. 27th - Pie Recipes



Senior Center Tai Chi Class

Tai Chi class will introduce you to an ancient Chinese method to gentle, mental and spiritual health. Learn to move slowly and continuously through the 24 positions, improving your balance, flexibility, breathing and injury prevention.

DATES AND TIMES: Mondays from 9:00 to 9:45 a.m. in the Senior Center Meeting Room.

Senior Fitness Class

The Senior Fitness Class meets on Wednesdays at 10:00 a.m. and Fridays at 1:30 p.m. in the Senior Center Meeting Room. There is space for more participants to join the class which is provided by Gavilan College. If you are interested, please see Sandra or Rae for more information.



Ping Pong Anyone?

A ping pong table is available for use in Section D, in the Main Dining Hall at the Senior Center. Please check with the office staff for availability and use of equipment. Table tennis is aerobic, improves hand-eye coordination, encourages both upper and lower body movement and increases brain activity. Table tennis will keep you fit your entire life!



Happy Halloween

Senior Citizen Longevity & Statistics

"Life expectancy passes 78 years, death rates drastically decline," says new CDC (Center for Disease Control) report.

Death rates for 8 of the 10 leading causes of death in U.S. all dropped significantly in 2006; Alzheimer's passed diabetes becoming the sixth leading cause of death.

June 11, 2008 - Age-adjusted death rates in the United States declined significantly between 2005 and 2006 and life expectancy hit another record high – 78.1 years, according to preliminary death statistics released today by CDC's National Center for Health Statistics.

The 2006 age-adjusted death rate fell to 776.4 deaths per 100,000 population, down from 799 deaths per 100,000 in 2005.

In addition, death rates for 8 of the 10 leading causes of death in the United States all dropped significantly in 2006, including a very sharp drop in mortality from influenza and pneumonia.

