



The Winter/Spring 2023 Activity Guide will be available at the end of November.

View classes and register online at www.campbellca.gov/adultcenterclasses.

12/6/22 – 9:00 am–Campbell Residents

12/7/22 – 9:00 am–All Residents

*Aqua Aerobics 50+ Classes – Registration for Non- Residents is Wed., 12/7/22 at 11:00 am

SERVICES

• **Caregiving Consultations**
By Appointment

Are you caring for an elderly loved one? The Sourcewise Caregivers Network Program provides free consultations to family caregivers. Meet with a care Manager to explore care options and learn about community resources. The consultation is designed to evaluate individual needs and identify services to enhance quality of life for the caregiver and care recipient.

• **Notary**
By Appointment

Notary service is available with a volunteer by appointment.

• **Tech Tutoring**
Wednesdays, 3:30 – 4:30 pm

Do you need help understanding your technology device? We can help! Meet with a student who can teach the basics of operating your smart phone, tablet, computer, or surf the web.

• **AARP TAX-AIDE PROGRAM**
Feb. 3 thru April 14, 2023
Tuesday 1:00 - 4:00 pm
Friday 9:30 am - 12:30 pm
Room C-35

Appointments are required and can only be made in-person during the operating hours.



HOLIDAY SCHEDULE

The Campbell Community Center will be CLOSED:
Fri., 12/23/22 thru Mon., 1/2/23.

The Lunch Program is closed only on
Fri., 12/23/22 and Mon., 1/2/23

City Offices will reopen Tues., 1/3/23

Holiday Tea

Monday, December 5, 2022, 2:30 – 4:30 pm
Orchard City Banquet Hall \$10.00/pp

Get into the spirit of the holiday season at this year's Holiday Tea. Enjoy holiday music featuring guitarist/vocalist Janet Sumpter and the Westmont High School Jazz Band.

Register at the Recreation Office, room C31 or online. Last day to register is Wed., Nov. 30. This is a ticketless event. Your name will be added to the roster on event day.



Lunar New Year Celebration

TBD
Orchard City Banquet Hall \$20.00/pp

Flyers with complete details and registration available starting Mon., Jan. 9, 2023. Last day to register is Jan. 27, 2023. This is a ticketless event. Your name will be added to the roster on event day.



SEMINARS



California Phones

January 10, 2023 10:00 - 11:00 am
Room C35

Do you have a hard time using your landline or cell phone? California Phones can help. CA phones is a state program that provides over 30 specialized equipment for FREE to help California residents who have difficulty using their phone. There's even a free smartphone class to teach how to use your smartphones better. RSVP 408-866-2146 or online [here](#).



10 Warning Signs of Alzheimer's Disease

What to Watch for in Yourself and Others
January 20, 2023 10:00 - 11:00 am
Room C35

10 warning signs of Alzheimer's and other dementias cause memory, thinking and behavior changes that interfere with daily living. Learn about common warning signs of Alzheimer's and what symptoms to look for in yourself and others, as well as tips to approach someone who is experiencing changes in their memory, the benefit of early detection and diagnosis, and more. RSVP 408-866-2146 or online [here](#).

Become a Community Advocate for Older Adults

The Advisory Council for Sourcewise has openings for new members.

Sourcewise is the area agency on aging for Santa Clara County. It supports older adults, caregivers, and individuals with disabilities through programs like meals on wheels, legal services, and

Alzheimer's adult day care. Current openings on the Advisory Council

include representatives for the Asian American Community, the Hispanic/Latino(a) community, and the Native American community. If you are interested in learning more about serving on the Sourcewise Advisory Council, contact Shirley Loffer (shirleyoffer@aol.com) or Tom Picraux (stpicaux@gmail.com).



NEW CLASSES

Fun with Spanish

Days: Tues

Have you ever wanted to learn Español? Come learn Spanish by a variety of fun methods. We offer 2 levels of the "Spanish Basics" which is an introduction and "Elementary Spanish" which is advanced beginners that is geared for continuing students.

Buff Bones

Days: Tues/Thurs

This class is a medically-endorsed system of movement for bone and joint health. These workouts can benefit anyone looking to tone up, enhance posture, improve balance, and gain overall strength for people with osteoporosis and arthritis.

CLASS UPDATES



Intermediate Tap

Know basic steps and want to learn more? Join Thursdays 1:30 pm - 2:30 pm
Rm: N-76



Quilting

Continuing a project? Want to start a new one? Join Wednesdays 9:30 am - 12:30 pm
RM E-42

FRIDAY FLICKS

1st & 3rd Fridays
Beginning Fri., 12/2/22
Room E44 12:45 pm

CARDS ANYONE?

We are taking an interest list for Canasta, Pinochle, and other card games. Please call the Adult Center Office at 408-866-2146.

Registration begins **Tuesday, Dec. 6, 2022 at 9:00 am**
[online](#), phone or in person in C33.



De Young **1/10/23**

Come see Ramses the Great and the Gold of the Pharaohs exhibition. This self-guided tour you takes you among towering statues and the immersive multimedia productions that re-create moments from Rameses's life, including his triumph at Kadesh. After the exhibition, enjoy a hosted lunch at the Café.



Tri-Valley Visit **2/16/23**

Do you know about Eugene O'Neill? Get a tour of this beautiful home and learn about the engaging story of O'Neill, a winning Nobel Prize Playwright. Our other stop will be at the Dublin Heritage Park and museum for another learning experience. We will take a break for lunch and beer at the Hazy BBQ.



Learn in Lodi **3/9/23**

Ever experience the wonder of Lodi? Spend the day learning about San Joaquin County history at Lodi's biggest park and a historic tour of Lodi. For lunch, enjoy a 3-course meal at Piero's Trattoria.



Gardens & Tea **3/28/23**

Spring is coming soon and it's time for flowers and plants to boom. Explore a variety of gardens at Lake Merit and Heather Farms at your own pace. At the end, relax with an enchanting afternoon tea experience.