

CAMPBELL 50+ NEWS

SPRING 2022 NEWSLETTER

<https://www.campbellca.gov/231/Adult-50Center-50>

408-866-2146


Summer 2022 Registration





View classes and register online at <https://secure.rec1.com/CA/campbell-ca/catalog> or call 408-866-2146.


- **Tues., 5/3** 9:00 am Campbell Residents
- **Wed., 5/4** 9:00 am All residents
- **Aqua Aerobics Class** – Registration for Non-residents is Wed., 5/4 at 11:00 am.

Program Updates


 The CAMPBELL SENIOR LUNCH PROGRAM is open for indoor dining or takeout meals for senior ages 60+. Lunch is served Monday thru Friday at 11:00 am in room M50. No reservations are required as lunch is served on a first come first serve basis.


 AARP meets 3rd Tuesday of each month, 10:00 am in room Q80.

 BOOK CLUB meets 2nd Friday of each month, 1:00 pm in room C35.

 SENIOR RECREATION SWIM is back for the summer! Mondays, 6/13-8/29, 2:15-3:15 pm. Cost is \$5.00. Pre-registration is required online at <https://secure.rec1.com/CA/campbell-ca/catalog> or call 408-866-2146.

More Program Updates

 PICKLEBALL – Purchase a monthly pass to play every Tuesday, 8:30-10:45 am for the corresponding month. Adult Center membership is required. Register online at <https://secure.rec1.com/CA/campbell-ca/catalog> or call 408-866-2146.

 HEALTH INSURANCE COUNSELING ADVOCACY PROGRAM (HICAP) in-person appointments are available 3rd Tuesday of each month, 9:00 am-12:00 pm. **Call 408-866-2146 to schedule an appointment.**



HEAP Update

Spring is the perfect time to apply for one-time energy assistance. People who are also enrolled in the PG&E Care discount rate program are eligible to apply.

Schedule an appointment with Pat Martinez, Case Manager at 408-871-5164 or patriciam@campbellca.gov

Health Insurance Counseling Advocacy Program (HICAP) Presentation



Tuesday, 4/26, 11:00 am at room C35. RSVP at 408-866-2146

Are you 65 years old and have questions about Medicare? If so, don't miss the HICAP presentation that will cover services available to Medicare beneficiaries living in Santa Clara County. This presentation also provides information for those about to become eligible for benefits and anyone who wants to learn about buying health insurance while planning for retirement. HICAP is part of the national network of State Health Insurance Assistance Program (SHIP) and is the Santa Clara source for unbiased and objective Medicare-related counseling and information.

Santa Clara County Library Workshops

Purifying Wastewater to Combat the Drought

Come join a free program introducing the Silicon Valley Advanced Water Purification Center to learn how technology can help Santa Clara County combat the drought.

Friday, May 13, 2022 • 10-11 am • Room C-35 • Campbell Community Center



Recycle for your Health & Environment

Learn how to recycle properly and how to dispose of hazardous waste to protect your health, environment and community.

Friday, June 3, 2022 • 10-11 am • Room C-35 • Campbell Community Center



Register at www.scclld.org/events

Face mask is required for in-door programs sponsored by Santa Clara County Library.



Bay Area Older Adult *Virtual* Workshop

Blair Ranch Preserve Wildlife on Friday April 22, 2022 at 1:00 pm

Join us as we explore Blair Ranch Open Space Preserve, normally closed to the public, located in the foothills of the Santa Cruz Mountains. Learn about the variety of wildlife that makes its home in this preserve from two naturalists and an entomologist who are accompanying us on the journey through meadows with wildflowers, to a hidden pond bustling with insect life and endangered Western Pond Turtles, and on the hills studded with oak trees that harbor hidden insects. This program is hosted by Bay Area Older Adults www.bayareaolderadults.org

Please email share@bayareaolderadults.org to register.

Medication Take Back Program

Friday, June 3, 2022 from 9-11 am

C-34



Spring clean your medicine cabinet! Bay Area Older Adults staff will provide free mail-back envelopes for over-the-counter and prescription medicines. They will help you cross out your personal information and pack your medications in special medicine envelopes for safe disposal. Safely disposing of your medicine prevents accidental poisoning, protects your health and our drinking water. Please don't bring sharps, inhalers, supplements or personal care products. For more information, please visit

<https://www.bayareaolderadults.org/content/6.3.2022CampbellCC.pdf>



12th Annual Caregivers Count! Conference

Save the Date

Registration info at <https://www.caregiverscount.net>



9/10
Caregiver
Self-Care

9/17
Cognition &
Communication

9/24
Keeping
Safe at
Home

10/1
Long-term Care
Planning



2022 Community Wildfire Preparedness Webinar

Santa Clara County Fire Department presents 3 webinars for safety and emergency preparedness.

Home Insurance: Roadmap to Preparedness on May 3 or May 17 at 6:30 – 8:00 pm.

May 3: <https://upmay32022.eventbrite.com>

May 17: <https://upmay1722.eventbrite.com>

Zonehaven: Know Your Zone on April 26 or May 12 at 6:30 – 7:30 pm.

April 26: <https://zonehavenapril22.eventbrite.com>

May 12: <https://zonehavemay22.eventbrite.com>

Home Ignition Zone on April 28 or May 10 at 6:30 – 8:30 pm.

April 28: <https://hizapril22.eventbrite.com>

May 10: <https://hizmay22.eventbrite.com>

Register at SCCFD.EVENTBRITE.COM or call 408-378-4010



Senior Safari



Happy Hollow Park & Zoo is a place for the young and the young at heart. To better serve older adults in our community, visitors age 50 and up are invited to take over San Jose's iconic Happy Hollow Park & Zoo in a kid-free environment! Get some fresh air and exercise as you enjoy: Early entry into the park & zoo ; Animal meet-and-greets ; Zookeeper chats ; 10,000-step challenge ; Variety of activities ; Healthy breakfasts available for purchase

Senior Safari admission and parking are free, and guests are welcome to stay for the day after gates open to the general public. Guests who enter before 10 a.m. may stay the whole day for free!

Senior Safari 2022 Events

May 26 . July 28 . Sept. 22 . June 23 . Aug 25 . Oct. 27