

On The Go

NEWSLETTER ANNOUNCEMENT

PLEASE NOTE: EFFECTIVE JULY 1, 2018 the "On The Go" newsletter will only be mailed to those whose membership with the Campbell Adult Center **is current**. The newsletter is also available to view online at <https://ca-campbell.civicplus.com/231/Adult-Center-50> OR sign up to receive an emailed version of this newsletter.

Travel Day Trips

OAKLAND ZOO

WED. JULY 18 8:30am–4:45pm \$75



Venture into the 100 acre Oakland Zoo which features over 660 native and exotic animals. Take a docent led tour of the veterinary hospital, a 17,000 sq. ft. facility that can accommodate the smallest birds to the largest bears. Then spend the rest of the day exploring the zoo at your own pace – watch the elephants and lions roam at the African safari and learn about the animals that live in the rain forests and more! Enjoy a bite to eat on your own at one of their cafes. Then we will enjoy a yummy sundae at Fenton's Creamery – an old fashion ice cream parlor. Level 3: Maximum Activity.

MARIN MARVELS

WED. AUGUST 1 8:15am – 6:00pm \$83

Join us on a behind-the-scenes tour of the beloved Marin County Civic Center designed by renowned architect Frank Lloyd Wright. In this exclusive tour, you will see custom furniture designed by Frank Lloyd Wright and built by inmates from San Quentin's wood shop, learn the scandalous history of the creation of the building, plus more. Enjoy lunch at Servino Ristorante in the charming town of Tiburon with views of the San Francisco skyline. Your choices are: Chicken Breast, Eggplant Parmesan, or Pasta Bolognese. After lunch, enjoy a little time on your own to shop. Then visit the only fully restored Nike missile site in the country. These sites were designed as the last line of defense against Soviet bombers during the Cold War. Explore the Nike Missile site with a park ranger at the Marin Headlands. Level 2: Moderate Activity.

LES MISERABLES

WED. AUGUST 15

10:15am – 7:00pm

Enjoy rear-orchestra seats at the Orpheum Theatre for an award-winning musical performance of Les Miserables, an enthralling story of broken dreams and redemption. Set against the backdrop of 19th-century France, Les Miserables tells a story of unrequited love, passion, and sacrifice – a timeless testament to the survival of the human spirit. This epic and uplifting story has become one of the most celebrated musicals in theatrical history. Lunch is on your own at the Westfield San Francisco Shopping Centre before the play. Level 1: Minimal Activity.

\$119



See page
7&8 for Trip
Registration
Details

**Campbell Adult Center
Summer 2018**

Travel Day Trips

SANTA CRUZ FOLLIES

THUR. SEPTEMBER 13

9:00am – 5:30pm

\$77



Take a Sentimental Journey back to “The Way We Were” performed by the Santa Cruz Follies. The cast consists of 35 performers who are all over the age of 50. This musical/variety show is a shout out to memorable singers and songs with a little bit of Elvis thrown in. Enjoy brunch before the performance at Zachary’s Restaurant in Santa Cruz

with your option of: Mike’s Mess (eggs, bacon, mushrooms, and home fries), Pancakes or Artichoke Frittata. After the performance we will stop for a treat at Marianne’s Ice Cream. Level 1: Minimum Activity.

THE PHANTOM OF THE OPERA

WED. SEPT. 26 10:15am – 6:30pm \$119

Join us for a spectacular production of The Phantom of the Opera. We have reserved orchestra seats to see this beloved story with thrilling music.

The story revolves around a beautiful soprano who becomes the obsession of a mysterious and disfigured musical genius who lives in the labyrinth beneath the Opera house. Andrew Lloyd Webber’s masterwork is a timeless story of seduction and despair and has become the longest running show in Broadway history. Lunch is on your own in San Francisco’s Union Square before the show. Level 1: Minimal Activity.



ON YOUR FEET

WED. OCT. 3 10:15am – 6:30pm \$109

On Your Feet is one of the most inspiring musicals in recent history! From their humble beginnings in Cuba, Emilio and Gloria Estefan came to America and broke through all barriers to become a crossover sensation at the very top of the pop music world. But just when they thought they had it all, they almost lost everything. From international



superstardom to life-threatening tragedy, On Your Feet takes you behind the music and inside the real story of this record-making and groundbreaking couple, who in the face of adversity, found a way to end up on their feet. We have reserved mezzanine seating at the Golden Gate Theatre with limited handicapped rear orchestra seating. **Staff approval is needed for access to handicapped seating.** Lunch is on your own at San Francisco’s Ferry Building. Level 2: Moderate Activity – no elevators for Mezzanine seating.



Travel Overnight Trip



HUMBOLDT HIGHLIGHTS

Sept. 4-7, 2018

PRICE: \$898*pp double; \$1,138*pp single

\$75 deposit; balance due 8/31/18; *3% check/cash discounted price

Balance made at the Campbell Adult Center with checks payable to Kanen Tours

TOUR HIGHLIGHTS:

- * 3 nights accommodations at the Best Western, Eureka
- * Drive thru the redwoods in Prairie Creek State Park
- * Humboldt Bay Cruise aboard the Madakat
- * Lost Coast Brewery Tour
- * Tour of the Julia Morgan Estate in Benbow
- * Roundtrip transportation, baggage handling, all taxes & gratuities
- * Hosted dinner at Samoa Cookhouse
- * Visit the Trees of Mystery
- * Tour of the Blue Ox Millworks
- * Step-on guided tour of Ferndale
- * Hosted lunch at the Benbow Inn

Day One: Arrive at the Campbell Community Center at 7:30am. Stop in Willets for a hosted luncheon at the Lumberjack Restaurant. Check into the Bayshore Best Western Inn in Eureka for a three night stay. Enjoy a yummy hosted family-styled dinner at the famous Samoa Cookhouse.

Day Two: Hosted breakfast buffet at the hotel. Marvel at the gigantic redwood trees on our drive through the Prairie Creek State Park and also explore the visitor's center. Walk through the Trees of Mystery, experience the gondola ride above the trees plus have a no-host lunch at the Forest Café. See Humboldt Bay by boat aboard the Madakat. End the day with a hosted BBQ dinner at Shamus T Bone.

Day Three: Hosted breakfast buffet at the hotel. Start off with a guided tour of the Blue Ox Millworks (specializes in custom woodworking using old-fashioned tools). Visit the Lost Coast Brewery for a tour, tasting & box lunch. Discover all the Victorian charm of Ferndale with a step-on guided tour through the town then have time on your own to shop and have dinner.

Day Four: Hosted breakfast buffet at the hotel. On the way home stop in Garberville for a tour of Julia Morgan's Redwood Grove Estate and a hosted lunch at the renowned Benbow Inn. Arrive back at the Campbell Community Center at 7:00pm. Level 2: Moderate Activity. **Escorted by Donna Rice & arranged by Kanen Tours

***Optional Travel Insurance is available upon request for the Humboldt trip**

Extended Trips

The Campbell Adult Center partners with Talbot Tours to offer extended trips. Each trip includes airfare, baggage handling and home pick-up transfers to the airport. Brochures with complete details are available in the Adult Center Office.

ROCKY MOUNTAINEER (2 DIFFERENT ITINERARIES)

First Passage to the West

9/16-9/23/18

Price per person: \$4,615-\$5,865 double; deposit \$710-\$957. balance due 7/2/18

Includes Vancouver, Kamloops, Columbia Icefield, Lake Louise, Banff & Calgary

Journey Through the Clouds

9/27-10/4/18

Price per person: \$4,305-\$5,765 double; deposit \$643-\$963. balance due 7/16/18

Includes Jasper, Vancouver, Kamloops, Columbia Icefield, Lake Louise, Banff & Calgary



Travel Extended Trips



THE BIG "E" - The largest fair on the East Coast 9/17-9/25/18

Price per person: \$4,070 double; \$4,730 single; deposit \$350. balance due 8/1/18

Highlights include: The Big E Circus, Parade & Concert tickets; Storowton Village; Norman Rockwell Museum; Hancock Shaker Village w/ lunch; Dinner & Entertainment at the Yankee Candle Village; Ben & Jerry's Ice Cream Factory Tour; lunch at the Trapp Family Lodge, Quechee Gorge, Loon Gondola Ride, plus more!

COWBOYS, INDIANS & OIL BARONS 10/8-10/15/18

Price per person: \$3,545 double; \$4,205 single; deposit \$300. balance due 8/1/18

This American journey is one everyone should experience! Explore Oklahoma's Frontier; travel on Route 66, visit Will Rogers Home and experience American Indian Culture. **Tour highlights:** Oklahoma City National Memorial & Museum; National Cowboy & Western Heritage Museum; Woodie Guthrie Center; National Weather Center, Chickasaw Cultural Center and much more!

AT HOME WITH THE PRESIDENTS 10/10-10/16/18

Price per person: \$3,000 double; \$3,570 single; deposit \$350. balance due 7/23/18



Follow the trail of 10 US Presidents through Washington DC, Virginia, Maryland and Pennsylvania. **Highlights:** tours of 5 Presidential Homes: Mount Vernon, Montpelier, Monticello, Ash Lawn, Lincoln's DC Cottage & Eisenhower's Gettysburg Home. Also includes DC sights & memorials; stops at the US Capitol & White House Visitors Center; Gettysburg battlefield tour; Annapolis, Baltimore & more.

CANADA & COLONIAL AMERICA 10/26-11/9/18

Price per person: \$3,850-\$4,955 double; \$6,170-\$8,345 single; deposit \$454-\$1,352. balance due 7/27/18

Board the Royal Princess for a 14 day cruise from Quebec to Ft. Lauderdale with an overnight stay in Quebec. **Ports of Call:** Quebec City; Saquenay, Quebec; Sydney, Nova Scotia; Halifax; St. John, New Brunswick; Bar Harbor, Boston, Norfolk & Ft. Lauderdale. Price includes all transfers, applicable air, government & port taxes.

TUCSON NEW YEAR'S 12/30/18-1/3/19

Price per person: \$2,055 double; \$2,400 single; deposit \$250. balance due 11/1/18

Spend the New Year in luxury at the Grand Four Star Westward Look Resort in Tucson! **Highlights include:** Tours of Mission San Xavier Del Bac, the Pima Air & Space Museum, Kartchner Caverns & Limestone Caves plus a day in Tombstone; a visit to the Arizona-Sonora Desert Museum, Zoo, and a New Year's Eve Party. plus more.

2019 Offerings:

- * 3/30-4/6 Princess California Coastline Cruise (SF, Santa Barbara, LA, San Diego, Ensenada, SF)
- * 4/24-4/28 San Antonio Fiesta (includes a visit to the Alamo!)
- * 4/30-5/13 Princess British Isles Cruise (pre-night in London w/ England, Ireland, Scotland & France)
- * 7/11-7/20 Royal Clipper Corsica & French Riviera (pre-night in Cannes w/ Portifino, Corsica, St. Tropez & more)
- * 10/10-10/14 Albuquerque Balloon Festival

2020 Offering:

- * 9/14-9/26 Oberammergau (also includes Munich, Prague, Budapest, Vienna & Salzburg)

What's New

HEARING SCREENING

FRI., MAY 18 9:00-12:00pm Rm.C33 FREE

Hearing loss may occur at any age but can have significant implications for older adults. The Adult Center is partnering with HearWell Audiology to provide free hearing screenings. The screening is a quick test to determine how well you hear different sounds. Hearing screenings are recommended annually for those who pass the test. A more comprehensive hearing evaluation is recommended for those who fail the screening. Please call the Adult Center Office at 408-866-2146 to book an appointment.



CAREGIVERS COUNT CONFERENCE

SAT. MAY 19 8:30am-2:00pm
Banquet Hall \$15

This is a conference for families and friends caring for an aging loved one. Sessions include self-care and compassion fatigue, discharge planning and advocacy, and a caregiver panel. Register for the conference at <http://bit.ly/2C6rhYD>, obtain a registration form at the Adult Center, or call 408-260-3915. A box lunch is included, seating is limited and **preregistration by May 11th is required**. A limited amount of scholarships are available upon request. For more information, call Tina Wong-Erling at 408-866-2147.



PICKLEBALL BEGINNERS CLINIC

FRI. MAY 18 9:00-11:00am Main Gym \$10

Pickleball is a cross between badminton, tennis and ping pong, and is the fastest growing sport in America! People of all different levels enjoy this activity. Learn the basic skills needed to start playing and join in the fun. Pre-register by 5/16.



INTERMEDIATE SKILLS CLINIC

MON. JUNE 11 10:30-12:30pm Main Gym \$10

If you have been playing Pickleball for awhile then this is your chance to take your game to the next level. Learn some "insider" tricks and tips for serving/returns; body positioning and ball placement. Pre-register by 6/7.

Both clinics will be taught by Steve Sutton, Area Pickleball Ambassador. A minimum number of preregistrations is needed to hold these clinics, please register online or in the Adult Center Office.

HEALTHY BODY, HEALTHY BRAIN

FRI. JUNE 8 10:00 - 11:00am Rm. C35 FREE

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us for this workshop presented by Alex Morris, a Professional Training Specialist with the Alzheimer's Association, to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. To register please call the Adult Center Office at 408-866-2146.

CURRENT EVENTS WITH A TWIST

WED. 6/20-8/15 12:30-2:00pm Rm. E42 FREE

The Campbell Adult Center is launching a new group with volunteer leader Kathleen Hooper. Explore current and past events in local, state, national and global history through fun activities that encourage active participation, creative thinking, problem solving and imagining "what could have been if only...!" If you'd like to express yourself, interact with others and have a lot of FUN, drop-in and become a part of this group.



What's New, cont.

HOME SAFETY FOR SENIORS

FRI. JUNE 22 10:00 – 11:00am Rm. Q80 FREE



Falls are the most common cause of fatal injury of people over 65. The Santa Clara County Fire Department will be presenting various topics such as fall prevention, fire escape planning, and heating and electrical safety.

Training provided in partnership with the Campbell Police Department who will also be presenting topics on elder fraud and crime prevention. After the presentation, there will be time for questions and a tour of the fire engine and a police department vehicle. To register please call the Adult Center Office at 408-866-2146.

ASK THE GARDENER!

FRI. JULY 20 9:30-11:30am E42 FREE

Are you looking for new ideas to take your garden to the next level? Look no further as we are offering an interactive session of "Ask the Gardener!" This workshop will focus on plant choices for the right environment. Participants will learn about specific plant upgrades to enhance their garden. To prepare for the workshop we are asking participants to submit one question by July 2nd. The workshop will be instructed by Dave Olson and Cole Walker, Parks Maintenance Staff. Please RSVP by calling the Adult Center Office at 408-866-2146.



Announcements

TECH TUTORING

TUESDAYS 4:30-5:30pm Rm. C33 FREE

Have you purchased or received a new phone, tablet or laptop recently and are not sure how to use it? Do you have questions about some of the features or how to set up safeguards? Help is on the way! A High School student from Teach Seniors Technology (TST) will meet with you one-on-one to answer your questions about basic operations, surfing the net or social networking. Call the Adult Center Office to get on the interest list.

DRIVER SAFETY PROGRAM

WED. 7/18 & FRI. 7/20 9am-1pm Rm. Q80

\$15 AARP members; \$20 non-members. Review of safe driving habits. Pre-registration is required. To register, contact instructor Ron Berube at 408-926-9663.

RECREATION SWIM

FRI. 5/11-6/8 1:45-2:45 \$2*

WED. 6/20-8/29 10:20-11:20 \$2*

FRI. 9/7-11/16 1:45-2:45 \$2*

Drop-in. Exercise on your own in the shallow end or lap swim in the deep end. Lifeguard on duty, no instructor. *Fee payable at the pool.

CALIFORNIA YOUTH SYMPHONY

SUN. 5/13 2:30 pm

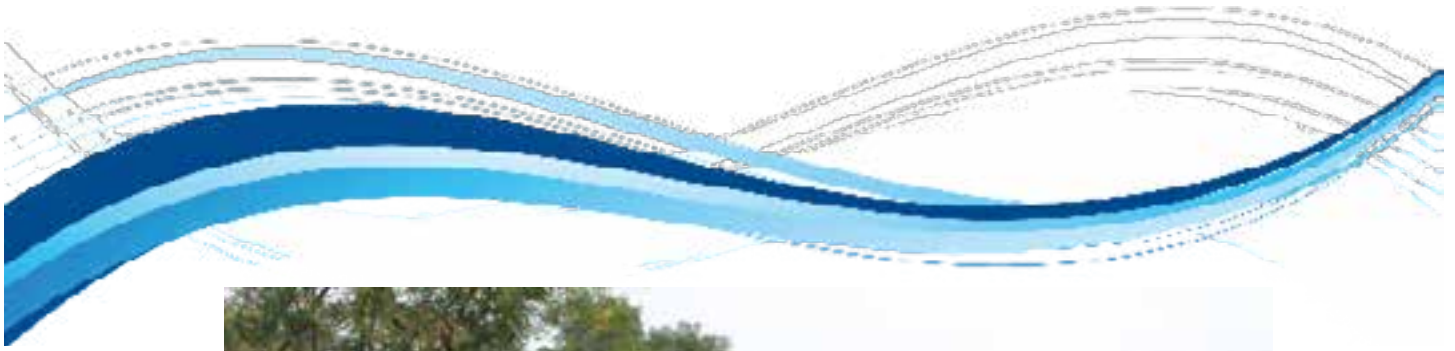
Flint Center, Cupertino FREE

FREE tickets are available for a performance of the California Youth Symphony. This Symphony is a group of talented high school students from the Bay Area. Reserve your tickets in the Adult Center by the Thurs. before the concert.



HOLIDAY SCHEDULE

The Adult Center & the Lunch Program will both be closed on Mon. 5/28 and Wed. 7/4.



Trip Registration

First Priority	<i>Campbell Residents</i>	Registration begins on Wed. May 16th @ 8am On-Line, Walk-in or Mail-in
Each Campbell resident may register for themselves and ONLY one other travel companion, regardless of residency.		
Second Priority	<i>Non-Residents</i>	Registration begins on Fri. May 18th @ 8am On-Line, Walk-in or Mail-in
Each person may register for themselves and ONLY one other person.		

All participants must be 50+ years of age and a MEMBER of the Adult Center.

- Mail-In Reg. sent to: Campbell Adult Center, "Trip Reg.," 1 W. Campbell Ave. #C-33; Campbell, CA 95008
- Mail postmarked before the designated date will be returned unprocessed.
- Registration will be returned if trip is full.
- If two people wish to sit together/room together, they must register together.
- Itineraries available in the Adult Center Office upon request.
- If you have any special needs, you must contact the Adult Center before registering for a trip.
- Bus departs from the Campbell Avenue Parking Lot.

Level 1	Minimal Activity	Minimal walking, standing, no stairs
Level 2	Moderate Activity	Moderate walking, standing and/or some stairs.
Level 3	Maximum Activity	Walking of over one mile, standing, stairs and/or multiple times on/off bus

City of Campbell Recreation &
Community Services Department
1 W. Campbell Avenue, Ste. C-31
Campbell, CA 95008-1039

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U.S. Postage Paid
Campbell, CA
Permit NO. 32

OR CURRENT RESIDENT

Name	Trip	Fee	Meal		
1.	Oakland Zoo 7/18	\$75	lunch on your own at the Zoo		
2.	Oakland Zoo 7/18	\$75	lunch on your own at the Zoo		
1.	Marin Marvels 8/1	\$83	Chicken	Pasta	Eggplant
2.	Marin Marvels 8/1	\$83	Chicken	Pasta	Eggplant
1.	Les Miserables 8/15	\$119	lunch on your own at the SF Shopping Ctr.		
2.	Les Miserables 8/15	\$119	lunch on your own at the SF Shopping Ctr.		
1.	Santa Cruz Follies 9/13	\$77	Mike's Mess	Pancakes	Frittata
2.	Santa Cruz Follies 9/13	\$77	Mike's Mess	Pancakes	Frittata
1.	Phantom of the Opera 9/26	\$119	lunch on your own in Union Square		
2.	Phantom of the Opera 9/26	\$119	lunch on your own in Union Square		
1.	On Your Feet 10/3	\$109	lunch on your own at the Ferry Building		
2.	On Your Feet 10/3	\$109	lunch on your own at the Ferry Building		
1.	Humboldt Highlights	\$75dep	3 breakfasts, 3 lunches, 2 dinners		
2.	Humboldt Highlights	\$75dep	3 breakfasts, 3 lunches, 2 dinners		

NOTE: Driver Gratuity is included in the price of each trip.

TO PAY BY CREDIT CARD: _____

Name on credit card (Include billing address if different than Residential address)

BILLING ADDRESS: _____

CREDIT CARD NUMBER: _____

EXPIRATION DATE: (mm/yr) _____

