

# On The Go

Adult Center #  
408-866-2146

## MAY IS OLDER AMERICANS MONTH

In the month of May we celebrate Older Americans Month by encouraging older adults and the community to connect, create & contribute.

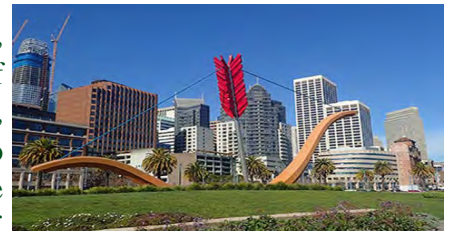
- ❖ **Connect** with friends, family and services that support participation.
- ❖ **Create** by engaging in activities that promote learning, health and personal enrichment.
- ❖ **Contribute** time, talent and life experience to benefit others.

## Travel Day Trips

### EXPLORING THE EMBARCADERO

WED. AUG. 21 8:45am-6:15pm \$82

The Embarcadero has it all: boats, museums, sports, restaurants, art, shopping and more! Learn the history of the Embarcadero with lively commentary by local guide, Marilyn Straka. From hidden secrets in Mission Bay, to the latest art at Crissy Field, to the newly renamed Oracle Baseball stadium. This tour offers a look at the best of what's new and fun in San Francisco. Along the way enjoy lunch at Pompei's Grotto with your choice of: Chicken Picatta, Pasta Angelina or Filet of Sole. Level 3: Maximum Activity.



### TALE OF TWO CITIES w/ Gary

THUR. OCT. 3 8:15am-5:30pm \$75



Join us on a driving tour with guide extraordinaire Gary Holloway to discover the two cities which frame the Carquinez Strait. Benicia is full of unique architecture and many stories of early California. Learn about Benicia, at the Benicia Capitol State Historic Park and discover the Fischer-Hanlon House that was part of a fire-damaged, gold-rush-era hotel. Have lunch at Sailor Jack's with a choice of: Chicken Fettuccine Alfredo, Grilled Atlantic Salmon or Fish and Chips. Cross to the south side of the Strait to visit Martinez. Gain an in-depth view of Muir's contributions to the conservation and preservation of wilderness in the U.S. and explore the house and the grounds of the John Muir National Historic Site. Level 3: Maximum Activity.

### STORIES OF STEINBECK

WED. OCT. 23 9:15am-6:30pm \$83



Explore Steinbeck country with local guide Gael Gallagher, a John Steinbeck enthusiast. Travel to Monterey to learn about Steinbeck's writings and then head back in time to Salinas where Steinbeck grew up. Delight in a hosted lunch at John Steinbeck's birth place and boyhood home with a special talk by a docent. Lunch choices are: Bacon, Lettuce, Avocado, and Tomato (BLAT) Sandwich or a Turkey Avocado Wrap. After lunch, spend some time on your own exploring the only museum in the U.S. dedicated to a single author, the National Steinbeck Center. Level 2: Moderate Activity.

See page  
7&8 for Trip  
Registration  
Details

**Campbell Adult Center  
Summer 2019**

# Travel Overnight Trip

## SANTA BARBARA

WED. SEPT. 4 - FRI. SEPT. 6, 2019

\$889\*pp double; \$1,129\* pp single

\$79 deposit; balance due 8/1/19

\*check or cash price as advertised; a 3% service fee from Kanen Tours will be added to the final payment when a credit card is used.

### TOUR HIGHLIGHTS:

- \*2 nights accommodations at Holiday Inn Express, Santa Barbara
- \*Hosted meals: 2 breakfasts, 2 lunches and 2 dinners
- \*Tour of Santa Barbara's historic Courthouse
- \*Time on your own to Sightsee in Santa Barbara with the hop-on, hop-off trolley
- \*A narrated scenic Coastal cruise
- \*Free time to explore Cambria
- \*Wine Tasting at Castoro Winery in Templeton
- \*Roundtrip transportation, baggage handling, all taxes & gratuities



**Day One:** Arrive at the Campbell Community Center at 8:00am. Stop in Paso Robles at Big Bubba's Bad BBQ for a hosted lunch. Tour the historic Santa Barbara Courthouse before checking into the Holiday Inn Express for a two night stay. Enjoy a hosted dinner at the Waterfront Grill.

**Day Two:** Sightsee on your own on the Santa Barbara hop-on, hop off trolley (trolley fee included). The trolley stops at several attractions including the Botanical Gardens, the Maritime Museum, the Zoo, the Mission and the Natural History Musuem. Before dinner enjoy a narrated Coastal cruise. A hosted dinner at Harbor Restaurant located on Stearns Wharf.

**Day Three:** Hosted breakfast at the hotel. Journey to Cambria to have a little time on our to explore the town. A tasty lunch at Linn's Fruit Bin is included. Stop at Castoro Winery in Templeton for a tour and tasting before arriving back at the Campbell Community Center at 6:30 pm. Level 2: Moderate Activity.

\*\*\*Tour arranged by Kanen Tours and escorted by Donna Rice. \*\*\*Optional travel insurance information is available upon request.



# Travel

## Extended Trips

**NEW!**

### **CAVERNS, WHISKEY & MUSIC LEGENDS** **JULY 22-28, 2019**

Price per person: \$2,515 double; \$3,100 single.  
\$250 deposit; balance due 6/13/19

Explore Tennessee in a unique and new way! Highlights of this special tour include a visit to the Grand Ole Opry, Jack Daniels Distillery, Gruhn's Guitars, Tennessee's Museum of Art, Bean Creek Winery and more. Experience an underground bluegrass concert in a cave and a dinner show with a hit songwriter at the Nashville Palace. All this and more on this in-depth visit to the rolling hills of Tennessee.



### **NEW YORK, That's Entertainment!** **SEPT. 1-6, 2019**

Price per person: \$3,450 double; \$4,095 single  
\$250 deposit; balance due 6/18/19

Amazing entertainment and sites await you in the Big Apple (New York City)! Highlights include tickets to a top Broadway show; a behind-the-scenes tour of Radio City Music Hall; a Mid-town Manhattan narrated city tour; "Meet the Artist" theatre seminar; Ferry to the Statue of Liberty & Ellis Island; a visit to the New One World Observatory/Ground Zero/9-11 Memorial & Museum plus free time to sightsee and explore on your own.



### **COLORADO TRAINS** *New Dates!* **SEPT. 14-21, 2019**

Price per person: \$3,315 double; \$3,990 single.  
\$250 deposit; balance due 7/20/19

Travel through the ruggedly beautiful Colorado Rocky Mountains on-board historic railroads. Be transported back in time to the Wild West era when mining towns thrived and panning for gold was a way of life. Travel on three railroads: the Royal Gorge, the Cumbres-Teltec and the Durango-Silerton! Visit the US Airforce Academy, the Garden of the Gods, the Penrose Heritage Museum, Mesa Verde National Park, the Colorado National Monument, Great Sand Dunes National Park, plus more.



### **ALBUQUERQUE BALLOON FIESTA** **OCT. 10-14, 2019** **WAIT LIST ONLY**

Price per person: \$2,475 double; \$2,990 single.  
\$250 deposit, balance due 8/10/19

Discover why they call New Mexico "The Land of Enchantment" as you experience diverse cultures, rich history and



beautiful landscapes during the world's largest balloon Festival! Be immersed in all the features of the Balloon Festival: the Twilight Twinkle Glow & Afterglow Fireworks show, the Dawn Patrol, the Mass Ascension & the Chasers Club. Also included in this tour is a visit to Old Town Albuquerque, the Indian Pueblo Culture Center, Acoma Pueblo, the ghost town of Madrid, Sante Fe and more.



# Travel

## Extended Trips, cont.

### KENTUCKY WITH NOAH'S ARK OCT. 23-28, 2019

Price per person: \$3,030 double; \$3,325 single.  
\$250 deposit, balance due 8/9/19



Visit Bluegrass & Bourbon Country & see the life-size replica of Noah's Ark. Tour Churchill Downs, the Kentucky

Derby Museum, the Louisville Slugger Bat Factory, the Maker's Mark Bourbon Distillery, the Historic Shaker Village in Harrodsburg, the Toyota Auto plant and more.

### FALL IN THE GREAT SMOKIES! NOV. 4-9, 2019

Price per person: \$2,570 double; \$3,130 single. \$250 deposit; balance due 9/26/19



Witness the amazing Fall Foliage in the Great Smokie Mountains! Other highlights include touring the Biltmore Estate & Winery, the Titanic replica and Dollywood plus visits to Pigeon Forge and

Gatlinburg. Enjoy the Great Pumpkin Luminights and Southern Gospel Celebration, the Anakeesta Mountain Gondola Ride and a Treetop Canopy Walk.

### NEW YEAR'S IN NEW ORLEANS

DEC. 30, 2019 - JAN. 3, 2020

**NEW!**

Price per person: \$2,505 double; \$3,095 single. \$250 deposit, balance due 11/1/19



Let the good times roll in New Orleans! Bring in the New Year in style while staying at the Astor Crown Plaza in the French Quarter. Highlights include: visiting Oak Alley Plantation with a Cajun Buffet Lunch; a New Year's Eve Gala featuring a cocktail reception, a scrumptious dinner plus an evening of music and dancing; a full day to explore the "Big Easy" on your own; a choice between an excursion to a WWII Museum exhibit and Pontoon Bayou Swamp tour OR a New Orleans School of Cooking Demonstration with lunch followed by a visit to Mardi Gras World.

### \*\*\*COMING IN 2020\*\*\*

\*BRITISH ISLES CRUISE - June 2020

\*ALPINE SWISS VILLAGES - July/August 2020

\*NIAGARA FALLS & GRAND HOTEL - October 2020



**ALL EXCURSIONS OFFERED THROUGH TALBOT TOURS INCLUDES  
ALL BAGGAGE FEES AND HOME PICK-UP!!!**

**DETAILED BROCHURES FOR ALL EXTENDED TRIPS  
ARE AVAILABLE IN THE ADULT CENTER OFFICE**

# What's New



## Celebration

**MON. MAY 13** 11:15am-12:45pm  
**\$3.00 suggested donation for lunch** Rm. Q80  
 The Senior Nutrition Program is celebrating Older Americans Month with special entertainment and lunch.  
 11:15-11:45 music from the Karmonikatz  
 11:45-12:15 LUNCH  
 Menu: a choice of Chicken Florentine w/ Garlic Spinach; Chicken Pasta Salad, Orange Beet & Quinoa Salad, Tuna Sandwich or Hummus Vegetarian Pita Sandwich.  
 12:15-12:45 Sizzling Seniors performance  
 Please call the Lunch Program at 408-866-2764 by Noon on 5/10/19 to make your reservation.



## CAREGIVERS COUNT CONFERENCE

**SAT. MAY 18** 8:30am-2:00pm  
 Banquet Hall \$15



A conference for families and friends caring for an aging loved one. Keynote Speaker Dan McClure will present "Humor Heals Hopelessness." Other topics will include Long Term Care Options and Coping with Grief & Loss.

Pre-registration is recommended. Additional details and registration forms are available at [www.caregiverscount.net](http://www.caregiverscount.net) or in the Adult Center Office. A box lunch is included. A limited amount of scholarships are available upon request. For more information, call Tina Wong-Erling at 408-866-2147

## TAKE A HIKE



The Campbell Adult Center is pleased to announce the start of a hiking group! Each hike will be led by a certified fitness instructor. Hikes will be rated by level of difficulty. Transportation to the hiking site is on your own, carpools may be arranged by the individuals registered for each hike (meet at the Community Center). Register for each hike individually. FEE: \$12 per hike.

### Saturdays (led by Lilian Zeljko)

9am 5/18	Villa Montalvo, 3 miles; Level 1-2	8am 6/1	Garrod Farms, 3-4 miles; Level 2
8am 6/15	Garrod Farms, 3-4 miles; Level 2	9am 8/3	Villa Montalvo, 3 miles; Level 1-2
8am 8/17	Picchetti Ranch Preserve, 3 miles; Level 1-2		

### Tuesday/Thursdays (led by Tricia Seivers)

8:30am 5/16	Almaden Lake Park, 3 miles; Level 1	8:30am 5/30	Los Gatos Perc Ponds, 3 miles; Level 1
8:30am 6/11	Campbell Creek Trail, 4 miles; Level 1	8:30am 6/25	Almaden Lake Park, 4 miles; Level 1
8:30am 7/9	Los Gatos Perc Ponds, 4 miles; Level 1	9:00am 7/23	Vasona Oak Meadow Park, 4 miles, Level 1
11:30am 8/6	Hellyer County Park, 5 miles; Level 2	8:30am 8/22	Jeffrey Fontana Park, 4 miles; Level 2

\*\*\*Complete hike details available in the Adult Center Office



<p>Level 1: EASY - 3-4 miles, flat terrain with minimal elevation gain</p> <p>Level 2: MODERATE - 4-5 miles with some elevation gains</p> <p>Level 3: MAXIMUM - 5 miles or more with over 1000 ft. elevation gains</p>
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# Announcements

## Stay or Go WHERE?

THUR. JUNE 6 1:30-4:30pm Rm. Q84 \$15



Silicon Valley enjoys gorgeous weather, unlimited activities and plenty of jobs for all. Unfortunately it's also expensive, congested, and a bit different than it used to be. If you could find another place to live that was affordable, had comparable weather, offered good health care and transportation, would you consider relocating? This workshop is led by Brian Schwatka and will introduce you to other areas that are comparable to Silicon Valley. In addition, we will cover topics like creative buying/selling/renting of real estate, the costs of staying vs. going and planning your perfect future. The registration deadline is Tues. 6/4.

## MYTHS OF RETIREMENT LIVING

THUR. MAY 30 2-4pm Rm. Q84 \$10



"I've heard the stories about those places... What's so great about living at a retirement community anyway? I love my house and it's cheaper and easier to just stay put." This workshop will dispel all of the myths surrounding retirement communities and show you what it's like to live on a cruise ship on land. A panel of experts from the top retirement communities in the area will answer all of your tough questions without the sales pitch. The deadline to register is Tues. 5/28.

## TECH TUTORING

THURS. & FRI. 3:00-4:00pm Rm. C33 FREE

Have you purchased or received a new phone, tablet or laptop recently and are not sure how to use it? Help is on the way! A High School student from 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 be placed on the interest list.

## DRIVER SAFETY PROGRAM

WED. 8/28 & FRI, 8/30 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. 5/10-6/7	1:45-2:45	\$2*
WED.6/21-8/30	10:20-11:20	\$2*
FRI. 9/6-11/22	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.



## JOIN A GROUP OR CLUB!

### KNITTERS

3rd Tuesday 1pm – 3pm Rm. C-34 \*FREE



Join this truly knit tight group that meets every third Tuesday of the month! Enjoy the lively company of other members, designing items through knitting. If you are stuck on a project, there are plenty of expert knitters to help you out. Everyone is welcome!

### WALKING GROUP

Tues. & Thur. 8:30a Track \*FREE

Time to get moving! Join our friendly and lively walking group wearing Hawaiian leis. Simply walking 30 minutes every day can have a great impact on your body and mind by improving cardiovascular health, increasing your mental sharpness and increasing your balance and stability. Just one foot in front of the other!

\*Membership is required to participate in Adult Center groups and clubs.



# Trip Registration

<b>First Priority</b>	<i>Campbell Residents</i>	Registration begins on <b>Tue. May 7<sup>th</sup></b> @ 8am On-Line, Walk-in or Mail-in
Each Campbell resident may register for themselves and <b>ONLY</b> one other travel companion, regardless of residency.		
<b>Second Priority</b>	<i>Non-Residents</i>	Registration begins on <b>Thur. May 9<sup>th</sup></b> @ 8am On-Line, Walk-in or Mail-in
Each person may register for themselves and <b>ONLY</b> 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.

<b>Level 1</b>	Minimal Activity	Minimal walking, standing, no stairs
<b>Level 2</b>	Moderate Activity	Moderate walking, standing and/or some stairs.
<b>Level 3</b>	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

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

OR CURRENT RESIDENT

Name		Trip		Fee		Meal		
1.		Exploring the Embarcadero	8/21	\$82		Chicken	Pasta	Sole
2.		Exploring the Embarcadero	8/21	\$82		Chicken	Pasta	Sole
1.		Tale of Two Cities	10/3	\$75		Chicken Fet	Salmon	Fish & Chips
2.		Tale of Two Cities	10/3	\$75		Chicken Fet	Salmon	Fish & Chips
1.		Stories of Steinbeck	10/23	\$83		BLAT Sandwich		Turkey Wrap
2.		Stories of Steinbeck	10/23	\$83		BLAT Sandwich		Turkey Wrap
1.		Santa Barbara		\$889dbl		2 breakfasts, 2 lunches & 2 dinners		
2.		Santa Barbara		\$889dbl		2 breakfasts, 2 lunches & 2 dinners		
1.		Santa Barbara		\$1129sgl		2 breakfasts, 2 lunches & 2 dinners		
<b>NOTE: Driver Gratuity is included in the price of each trip.</b>								

**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)** \_\_\_\_\_ **CVV#:** \_\_\_\_\_

