

On The Go

MEMBERSHIP UPDATE

Please Note: Effective August 1, 2018 the annual membership dues for the Adult Center will be \$25 for Campbell Residents and \$30 for all others.

Travel Day Trips

FALL FARMS

TH. SEPT. 27 8:15am-5:00pm \$81



Spend a wonderful day in the Salinas Valley, touring the local area's vegetable farms with an knowledgeable local guide. Learn about the artichoke capital of the world at Pezzini Farms. Enjoy lunch at the Flying Artichoke in Salinas with your choices of: BBQ Pulled Pork Sandwich, Tuna Sandwich or a Turkey Sandwich. Take a drive through the Salinas Valley agricultural area and observe modern vegetable production. Find out all about gourds, squash and pumpkins at Borchard Farms. There will be an opportunity to purchase items at each stop along the way. Level 2: Moderate Activity

VIEWS & VISTAS W/ GARY

TH. OCT. 18 8:15am – 5:30pm \$79

Visit the new Salesforce Tower, the tallest building in San Francisco and the second tallest building in the Western US with the great Gary Holloway. Explore Salesforce Park, a beautiful 5.4 acre rooftop public park that features a botanical garden and an outdoor amphitheater. Learn about the tallest residential building, the sinking Millennium tower. Enjoy lunch at Pompei's Grotto with your entrée choices of: Chicken Picatta, Pasta Angelina or Filet of Sole. Finish off the day with a driving tour to view the new architecture in SF – the future home of Golden State Warriors-Chase Arena and the adjoining tower that will house the new headquarters of Uber. Level 2: Moderate Activity



GOING TO THE DOGS

FRI. NOV. 9 7:30am – 5:30pm \$69



Explore all the delightful exhibits at the Charles M. Schulz Museum in Santa Rosa. The current special exhibits include "The World According to Sally" and "Working Dogs". Enjoy a boxed lunch at the Warm Puppy Café with a choice of Turkey/Swiss Sandwich, Tuna Salad Sandwich or a Veggie Wrap. Experience the Canine Companion graduation ceremony which represents the culmination of hard work, love and dedication of many people. Join the graduates and their Canine Companions assistance dogs as they team up and embark on their new lives with increased independence.

Level: 2 Moderate Activity



See page
7&8 for Trip
Registration
Details

**Campbell Adult Center
Fall 2018**

Travel Day Trips



CHRISTMAS AT THE INNS

TUE. NOV. 27 2:00pm – 10:30pm \$89

Enjoy the sights, sounds and tastes of this wonderful Pacific Grove holiday tradition. Visit several bed & breakfast inns that are decorated for the holidays and will feature live music and holiday treats along the way. Before visiting the Inns there will be an early dinner at Bubba Gumps on Cannery Row in Monterey. The menu choices are: Accidental Fish, Captain's Fish & Chips or Chicken Scampi. There will also be a short amount of time on your own to browse the shops at cannery row after the meal. Level 3: Maximum Activity



DECEMBER DELIGHTS

THUR. DEC. 13 8:00am – 5:45pm \$68



Discover the city of Modesto's only original Victorian home, the McHenry Mansion which will be decorated for the holidays. Enjoy lunch at Greens Market with your entrée options of a Sonoma Chicken Salad Sandwich, a Roast Beef

Sandwich or a Tuna Melt. Start your holiday shopping at Duarte's Nursery a family owned and operated nursery. This nursery grows over 60,000 poinsettias with over 30 varieties and colors. Visit Sciabica's Olive Oil to continue your holiday shopping and learn about one of the oldest cold pressing olive oil producers in the U.S.. Level 2: Moderate Activity

COME FROM AWAY

WED. JAN. 23 10:15am – 6:30pm \$119

This New York Times Critics' Pick takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures



clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships. Enjoy rear center orchestra seats for this new Broadway smash hit! Lunch will be on your own at the Westfield Shopping Center before the matinee show. Level 1: Minimum Activity

CIRQUE DU SOLEIL - VOLTA!

FRI. FEB 15 3:00pm-7:45pm \$84



Cirque du Soleil returns to San Jose with their spectacular new production, Volta! Drawing inspiration from the world of sports, the troupe's usual array of supremely talented trapeze artists, gymnasts and dancers will be joined by BMX riders and skaters. Volta is the story of transformation and being true to oneself. This advance sale allows us to secure the best possible group seats for this unique entertainment event. Level 1: Minimum Activity

Travel

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.

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 & Botanical Gardens; a top-notch New Year's Eve Party, plus more.



CHERRY BLOSSOM FESTIVAL **NEW!**

4/6/19-4/15/19

Price per person: \$4,205 double, \$4,990 single; \$250 deposit; balance due 2/5/19



Sample the best highlights of the mid-Atlantic Region as you visit Delaware, Maryland, Virginia, Philadelphia, Amish Country and Washington D.C. View historical landmarks, decadent mansions plus enjoy wonderful entertainment and local cuisine. All of this before having premium seats for the Cherry Blossom Festival Parade. Visits to the US Naval Academy, Arlington National Cemetery, the Smithsonian, Mt. Vernon and much more are included.

SAN ANTONIO SPRING FIESTA

4/24/19-4/28/19

Price per person: \$2,510 double, \$3,200 single
\$400 deposit; balance due 2/24/19

Highlights include a City tour of San Antonio with a visit to the Alamo; reserved seats for the annual Fiesta Flambeau Parade; a private boat tour of Paseo del Rio; the Admiral Nimitz Museum; the LBJ Ranch & Library; the Lady Bird Wildflower Center; Mission San Jose and more.



ALASKA aboard the QUEEN ELIZABETH **NEW!**

6/20/19-7/3/19



Price per person: \$3,360-\$5,655 double; \$5,190-\$9,210 single
\$1,140-\$2,254 deposit; balance due 3/22/19

Spend 13 nights in luxury aboard the Queen Elizabeth! Highlights include: Vancouver, the Inside Passage, Juneau, Tracy Arm Cruising, Skagway, Icy Strait point with cruising by the Hubbard Glacier, Sitka and Victoria with a San Francisco port arrival home. The price also includes home pick-up, airfare from the Bay Area to Vancouver, all shipboard meals and entertainment, luggage handling of one suitcase per person, all applicable taxes, plus porter gratuities and a pre-trip orientation.

Travel Extended Trips

ROYAL CLIPPER - CORSICA & FRENCH RIVIERA 7/11/19-7/20/19

Price per person: \$4,215-\$4,885 double; \$5,385-\$6,385 single
\$500 deposit; balance due 4/13/19



Don't miss the chance to experience an authentic (yet modern) tall ship sailing adventure in the Mediterranean aboard the Royal Clipper! The Royal Clipper is the largest full-rigged sailing ship in the world! Ports of call are: Cannes, France; Portofino, Italy; Corsica, France; Porquerolles, Iles d'Hyeres, France; Sanary-sue-Mer, France and St. Tropez beach & port. A pre-night stay in Cannes is also included.

ALBUQUERQUE BALLOON FESTIVAL

10/10/19-10/14/19

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

Experience diverse cultures, rich history and beautiful landscapes during the world's largest Balloon Festival. Tour highlights include the Twilight Twinkle Glow & Afterglow Fireworks show; viewing the Mass Ascension of Balloons; Old Town Albuquerque, the Indian Pueblo Culture Center, Acoma Pueblo; Turquoise Trail & Madrid plus a tour of Santa Fe.



What's New

BELLY BUTTON HEALING

THUR. SEPT. 13 10:00am – 11:00am
Rm. Q84 FREE

Join us for a presentation on Belly Button Healing by Santa Clara Body and Brain. Belly Button Healing is a quick, one-step, self-healing method that mindfully stimulates the belly button for gut and brain health, more energy, less stress plus pain relief. The belly button is an important reflexology point at the center of your body that stimulates your intestines and brain at the same time. To learn more please register by calling the Adult Center Office at 408-866-2146.



BE READY: SENIORS PREPARED

FRI. SEPT. 14 10:00am – 11:00am
Rm. Q84 FREE

The Santa Clara County Fire Department will be discussing the risks of where you live and the safety steps to take during a disaster. Learn to make a disaster kit for your home and car, as well as creating a communication plan with friends and family, and making preparations for the next disaster. Receive a free whistle and L.I.F.E file to begin your home emergency preparedness kit and meet the local fire engine crew. To register please call the Adult Center Office at 408-866-2146.



What's New, cont.

TRAVEL PARTY

TUE. OCT. 2 10:15am Rm. C35 FREE

This is your opportunity to find out about all the different travel possibilities with the Campbell Adult Center. A slide



presentation from Talbot Tours will be featured as well as information about the Adult Center's upcoming one-day and overnight trips. There will also be refreshments and door prizes! Please RSVP at 408-866-2146 by Fri. 9/28.

SOCIAL PINOCHLE

WEDNESDAYS 12:30-4pm Rm C-34 FREE

Social Pinochle is a trick-taking card game that consists of two or more players and played with a 48-card deck. Players score points by trick-taking and also by



forming combinations of cards into melds. Social pinochle is a great way to socialize and make new friends as well as keeping the mind active. Beginners are welcomed and can be taught directly by our instructor Joy Swezey. There is an informational pamphlet available in the Adult Center Office. Stop by if you would like to play! Please contact Joy if you have any questions at joyswezey@hotmail.com

GOOD FOR WHAT AILS YOU!

FRI. OCT. 5 & 12 10:30am-12:30pm Rm. N76 \$20

Poor alignment that results from hours in the car, at computers or even relaxing on the sofa at home can be bothersome and even cause pain: soreness in the knees and back, tension in the neck and shoulders, sensitive aching feet, are but a few of the "ails".

The good news is that there are practical solutions to these issues. This workshop will be good for what ails you by starting you on your way to better health and ease of movement by:

- * Recognizing alignment issues and poor postural habits,
- * Identifying the situations in daily life that contribute to these habits
- * Finding helpful solutions through assessing alignment issues and
- * Creating new habits that can bring relief from stress and discomfort

Certified Fitness Professional Melissa Gambino will lead this workshop. Registration is available online or in the Adult Center Office, registration deadline is Wed. 10/3.



HOLIDAY BLUES

FRI. NOV. 16 10:00am – 11:00am Rm. E42 FREE



The holidays are around the corner and for most this is a wonderful time to share with family and friends. However for many older adults the holidays can be stressful, confusing and lonely. Older adults are at risk of the holiday blues which impacts their mental, emotional and physical health. Join us for a presentation on beating the holiday blues with tips from our speaker, Vivian I. Silva, MSW/Educator. Vivian will be going over various questions and challenges about holiday blues and how to cope. To register please call the Adult Center Office at 408-866-2146.

HOLIDAY PREVIEW!!!

Coming in December...The Adult Center will host our second annual Holiday Tea with entertainment and lite tea-treats. Complete information will be available in the Adult Center Office starting on Mon. Nov. 5th.



Announcements

NEW NUTRITION SITE MANAGER



The Adult Center is pleased to announce the appointment of Gayathri Balasubramanian to the Nutrition Site Manager position. Gayathri graduated with a Bachelor's of Science Degree in Nutrition and Dietetics from Chennai, India where she worked as a Therapeutic Dietician. Gayathri is passionate in helping seniors remain active and healthy. Her positive and caring attitude will enable her to work effectively in the Senior Nutrition Program.

Gayathri is married with a son and daughter in college and high school respectively. She enjoys gardening, cooking, and reading in her leisure time. Please join us in welcoming Gayathri to the City of Campbell!

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. 10/10 & FRI, 10/12 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.

REACH YOUR DESTINATION EASILY



Reach Your Destination Easily (RYDE) is a senior transportation service for older adults age 55+ who reside in the cities of Campbell, Cupertino, Los Gatos, Monte Sereno, and Saratoga. Senior can schedule RYDEs for visits with friends, shopping, and appointments. Campbell residents may register for RYDE by calling 669-220-0831.

RYDE is also looking for volunteer drivers! Volunteer as little as two hours per week to help seniors remain in their own homes and prevent social isolation. For more information call 669-220-0831 or email sams@wvcommunityservices.org

L.I.F.E. File

The Santa Clara County Fire Department has introduced the new Lifesaving Information for Emergencies (L.I.F.E.) File. The L.I.F.E. File enables emergency medical personnel to quickly locate helpful information regarding your medical history in a time of crisis. Older adults are encouraged to utilize the L.I.F.E. File as seniors often live alone and have chronic conditions that may necessitate emergency medical services. The L.I.F.E. File is free and available at the Adult Center Office.



RECREATION SWIM

WED. 8/1-8/29 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.



HOLIDAY SCHEDULE

The Adult Center & the Lunch Program will both be closed on Mon. 9/3, Thur. 11/22 & Fri 11/23. The Lunch Program ONLY will be closed on Mon. 11/12.



Trip Registration

First Priority	<i>Campbell Residents</i>	Registration begins on Wed. Aug. 15th @ 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. Aug. 17th @ 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

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

OR CURRENT RESIDENT

Name	Trip	Fee	Meal		
1.	Fall Farms 9/27	\$81	Pulled Pork	Tuna	Turkey
2.	Fall Farms 9/27	\$81	Pulled Pork	Tuna	Turkey
1.	Views & Vistas w/ Gary 10/18	\$79	Chicken	Pasta	Filet of Sole
2.	Views & Vistas w/ Gary 10/18	\$79	Chicken	Pasta	Filet of Sole
1.	Going to the Dogs 11/9	\$69	Turkey/Swiss	Tuna	Veggie Wrap
2.	Going to the Dogs 11/9	\$69	Turkey/Swiss	Tuna	Veggie Wrap
1.	Christmas at the Inns 11/27	\$89	Acc. Fish	Chicken	Fish & Chips
2.	Christmas at the Inns 11/27	\$89	Acc. Fish	Chicken	Fish & Chips
1.	December Delights 12/13	\$68	Chick. Salad	Tuna Melt	Roast Beef
2.	December Delights 12/13	\$68	Chick. Salad	Tuna Melt	Roast Beef
1.	Come From Away 1/23/19	\$119	lunch on own @ SF Shopping Center		
2.	Come From Away 1/23/19	\$119	lunch on own @ SF Shopping Center		
1.	Volta-Cirqus du Soleil 2/15/19	\$84	no meal included		
2.	Volta-Cirqus du Soleil 2/15/19	\$84	no meal included		
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) _____

