

Campbell Adult Center Newsletter Winter 2021

*The Campbell Adult
Center cordially invites
you to a virtual*

HOLIDAY TEA

SATURDAY DEC. 12, 2020

3:00 pm \$6pp



Celebrate the Holidays by sharing in a virtual Holiday Tea (via Zoom) with the Adult Center staff and the Campbell Youth Commission.

- * Enjoy spending time together to do two simple Holiday Crafts, play Seasonal games all while nibbling on tea treats and sipping tea.
- * Get into the Event Spirit by wearing your favorite Holiday Sweater or Tea Hat.



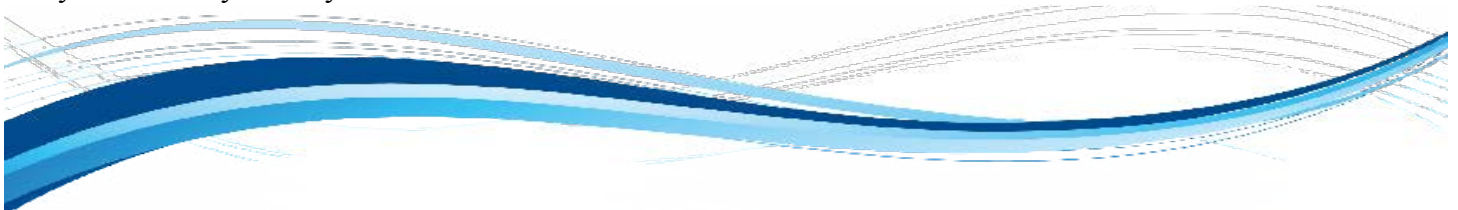
* Participants will drive-by the Community Center (Campbell Parking lot, end of Bld. Q (between the Theatre & Pool) on Friday, Dec. 11th between 3:00-4:30 pm to pick-up a goodie bag with all the materials for the crafts, games, tea treats and tea. The Zoom link for the event will be emailed to participants in the afternoon on Fri. 12/11.

*Space is limited! Registration is available from 12/3 at 9:00 am through 12/9 at 4:00 pm. Register online [HERE](#) or call the Adult Center at 408-866-2146.

*****NEW REGISTRATION SOFTWARE*****

The Campbell Recreation Department appreciates your participation and support in our programs, especially during these challenging times. We are excited to announce that in a one week we will be changing our registration software where you sign up for all Campbell Recreation Activities. The new software is called Civic Rec. In order to provide a smooth transition **we need your help**. Attached [here](#) are instructions that will walk you through the process so you will be ready to go when it's time to register for your next class or activity. By taking a few minutes to do this now, you will be ready when registration starts on 12/8 for Campbell Residents and 12/9 for all others.

Get started [here](#) to set up your new account. Select "Login/Create New" then select "Create your CRCS Account" and you'll be on your way!



VIRTUAL CLASSES

Classes are being offered virtually using the Zoom platform Class descriptions/details are available [HERE](#).

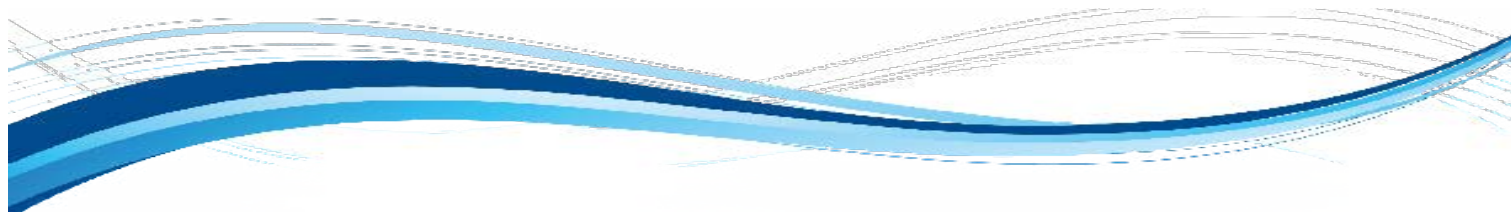
CLASS	DAYS	DATES	TIMES	FEE	INSTRUCTOR
Enhance Fitness	M/W/F	1/4-2/12* ¹	1:00-2:00 pm	\$55	Ana Esmaili
Enhance Fitness	M/W	1/4-2/10* ¹	1:00-2:00 pm	\$36	Ana Esmaili
Enhance Fitness	M/W/F	2/17-3/19	1:00-2:00 pm	\$45	Ana Esmaili
Enhance Fitness	M/W	2/17-3/17	1:00-2:00 pm	\$29	Ana Esmaili
Forever Young	M/W/F	1/4-2/12* ¹	10:30-11:30 am	\$55	Candace Wright
Forever Young	M/W	1/4-2/10* ¹	10:30-11:30 am	\$36	Candace Wright
Forever Young	M/W/F	2/17-3/26	10:30-11:30 am	\$55	Candace Wright
Forever Young	M/W	2/17-3/24	10:30-11:30 am	\$36	Candace Wright
Line Dance, Beg.	Thur.	1/7-1/28	10:00-11:00 am	\$20	Mandi Muscolo
Line Dance, Beg.	Thur.	2/4-3/4* ²	10:00-11:00 am	\$20	Mandi Muscolo
Line Dance, Low Int.	Thur.	1/7-1/28	11:30-12:30 pm	\$20	Mandi Muscolo
Line Dance, Low Int.	Thur.	2/4-3/4* ²	11:30-12:30 pm	\$20	Mandi Muscolo
Sketching & Drawing	Mon.	1/11-2/8	9:30 - 11:00 am	\$28	James Green
Strength Training	M/W	1/4-2/10* ¹	9:15-10:00 am	\$50	Tricia Seivers
Strength Training	M/W	2/17-3/24	9:15-10:00 am	\$50	Tricia Seivers
Strength Training	Fri	1/8-2/12	9:15-10:00 am	\$27	Tricia Seivers
Strength Training	Fri	2/19-3/26	9:15-10:00 am	\$27	Tricia Seivers
Tai Chi Chuan, Int.	W	1/13-2/17	10:00-11:00 am	\$29	Tatiana Perfilov
Tai Chi Chuan, Int.	W	2/24-3/31	10:00-11:00 am	\$29	Tatiana Perfilov
Total Body Fitness	T/Th	1/5-2/12	8:00-8:45 am	\$35	Mary Kearns
Total Body Fitness	T/Th	2/16-3/25	8:00-8:45 am	\$35	Mary Kearns
Yogilates	T/Th	1/5-1/28	10:30-11:30 am	\$40	Melissa Gambino
Yogilates	T/Th	2/2-2/25* ³	10:30-11:30 am	\$35	Melissa Gambino
Yogilates	Th	1/7-1/28	10:30-11:30 am	\$20	Melissa Gambino
Yogilates	Th	2/4-2/25* ³	10:30-11:30 am	\$15	Melissa Gambino
Zumba Gold	M	1/11-2/8* ¹	9:00-10:00 am	\$18	Lilian Zeljko
Zumba Gold	M	2/22-3/15	9:00-10:00 am	\$18	Lilian Zeljko
Zumba Gold	W	1/6-2/10	9:00-10:00 am	\$27	Lilian Zeljko
Zumba Gold	W	2/24-3/10	9:00-10:00 am	\$14	Lilian Zeljko
Zumba Gold	F	1/8-2/12	9:00-10:00 am	\$27	Lilian Zeljko
Zumba Gold	F	2/26-3/12	9:00-10:00 am	\$14	Lilian Zeljko

no class *1/20; *2/11

OUTDOOR CLASS

CLASS	DAYS	DATES	TIMES	FEE	INSTRUCTOR
Aqua Aerobics	T/Th	1/5-2/4	9:45-10:30 am	\$46	Jennifer Correia/Deb Hedge
Aqua Aerobics	T/Th	2/9-3/11	9:45-10:30 am	\$46	Jennifer Correia/Deb Hedge
Aqua Aerobics	Sat	2/13-3/13	10:45-11:30	\$23	Marlene Suits

REGISTRATION INFORMATION IS ON THE NEXT PAGE



CLASS REGISTRATION

Registration for all classes listed is available [online here](#) at or by phone at 408-866-2146 starting at **9:00 am** Tuesday Dec. 8th for Campbell Residents OR Wednesday Dec. 9th for All Others

BINGOsize (virtual)

TU & TH 1/12-3/18 10am-Noon FREE

Looking for a fun way to be more active? Stanford Health Care is sponsoring a 10 week program that combines bingo with exercise. Play bingo, exercise with others and learn techniques to reduce falls. For more details call 650-724-9369 or email ecorman@stanfordhealthcare.org. Registration is required and class size is limited. Registration deadline is 1/2/21.

B I N G O				
7	25	44	57	62
15	22	40	50	70
11	30	FREE SPACE	46	74
2	28	37	55	68
10	27	39	59	75

IN-HOME PEER RESPITE CARE



Gardner Health Services is offering a FREE in-home peer program for older adults who are homebound and have a caregiver. This program is scheduled to last

for six months and will offer four hours of service per week. The peer specialist will come to the home and perform an assessment to identify a service plan. These services include respite for the caregiver, companionship, counseling, psycho-education, linkage to community resources, plus education with family members and caregivers. For additional information or to register for the program call 408-287-6200. Additional information is available online at www.gardnerhealthservices.org.

SHARE YOUR STORY



Would you like to find meaning in your past experiences? Would you like your family to know you and understand you better? Would you like to pass on your wisdom and

leave a legacy? If you answered YES to these questions and are 60+ then you are eligible to participate in a Story Telling Program sponsored by Gardner Health Services. Sharing your story is a wonderful way to deepen your communication with your loved ones, enrich their lives and leave a legacy. If you are interested in this program, call 408-287-6200 for more details. To ensure the health and safety of all the participants, stories will be shared via phone.

Check out the Virtual Recreation activities that are on the Campbell Adult Center web page at

www.campbellca.gov/virtualrecac

The current activities are:

MindfulMonday–ThanksgivingWord Scramble

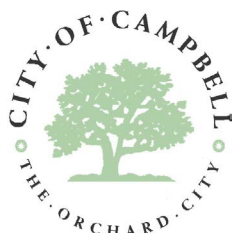
Trivia Tuesday – Thanksgiving Trivia

Wellness Wednesday – 30 Day Thankfulness Challenge

Travel Thursday – Visit Unbelievable Places that Actually Exist (virtually)

Fitness Friday – Silver Sneakers 20 minute workout

These activities are updated bi-weekly for your enjoyment.



Campbell Adult Center
408-866-2146

Parks
Make
Life
Better!