

Southside Adults 50+ Newsletter

Special Events

Veterans Day Luncheon and Celebration- Wednesday and Thursday, November 8th & 9th

Join our Senior Nutrition Program for our annual Veteran's Day celebration!! We will have a wonderful performance by our Dazzling Diva Tap Dancers at 11:30a.m. on November 8th and the Luncheon Celebration on November 9th. Reservations required for lunch.

Thanksgiving Luncheon-Friday November 17th

We will be having our Senior Nutrition Program Thanksgiving Luncheon. The event will run from 10:00a.m. to 1:00p.m.

Our menu is:

Roasted Turkey with Gravy

Cranberry Sauce

Green Bean Casserole

Fresh Glazed Carrots

Fresh Orange

Pumpkin Pie

November: Let's remember how to help each other

November is National Family Stories Month. Let's try to reflect on past family occasions while looking forward to whatever life throws at us. Please try and support each other during this month.

November is a month of togetherness and looking back on life's past experiences so lets not just reflect during Thanksgiving but also throughout the days of November.

Contact

Front Office: 408-629-3336

Lunch Reservations: 408-629-9606

Address: 5585 Cottle Rd, San Jose, CA 95123

Center Closures

We will be closed **Friday, November 10th** in observance of Veterans Day.

The center will re-open Monday, November 13th.

We will also be closed Thursday and **Friday November 23rd and 24th** in observance of Thanksgiving. We will re-open Monday, November 27th.

SOUTHSIDE SENIOR PROGRAM INFORMATION & SERVICES

- ◆ We will be having Jaye Phillips, a city employee, coming by to talk and see what you are interested in having in regards to support programs for you. Please start thinking about possible speakers you are interested in having speak and how we can better support you.
- ◆ Please let us know about any possible field trip ideas that you are interested in. We will have Barbara Crum here twice a week to help organize upcoming field trips. We look forward to your input.
- ◆ If you are interested in having some special visitors or presenters here to come and talk during the Senior Nutrition Program time. Please let me, Dustin Gordon Recreation Specialist, know. We are looking for new speakers for your interest.

Southside Senior Advisory Meeting

Second Wednesday of the month at 1:00p.m.

Join us at our monthly Senior Advisory meeting to get the scoop on the latest news in senior programs!

Thursday Dances

Every Thursday from 1:30p.m.—3:30p.m.

Do you love dancing!? Come join us Thursday afternoons for fun, joyous friends, and music to get you moving! Don't forget your dancing shoes! Only \$1!



Bingo!

Tuesdays at 1:15p.m.

Join us Tuesdays for Bingo fun!!

You'll get free snacks, door prizes and play special Bingo games. Payouts for regular games are \$90 and \$140 for Blackout. Bingo packs are sold for \$6 a pack (all 10 games) and daubers are sold for \$1.

Bring your friends and come have some fun!!



Volunteers Needed!!!

Are you interested in becoming more involved with your community? Do you have a special skill you would like to teach others!? If so, please talk to Dustin at the front office! We are in need of volunteers to help set up bread in the morning, organize ceramics and to teach new classes at Southside (such as arts and crafts, painting parties and more!).



VOLUNTEERS

**Suggested contribution is \$3.00 for 60+ and
 November required contribution of \$8.00 for all 59 and under
 Lunch served @ 12pm Mon-Fri. Call (408) 629-9606 for reservations**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Teriyaki Meatballs White Rice Oriental Blend Vegetables Fresh Garden Salad w/ Mandarin Oranges Fresh Fruit in Season	2 Baked Fish w/ Lemon & Garlic Aioli Sauce Brown Rice Pilaf Fresh Herbed Zucchini Fresh Glazed Carrots Pineapple Chunks	3 Butternut Squash Soup Balsamic Glazed Pork Chop Whole Wheat Roll Fresh Roasted Red Potatoes Fresh Spinach
6 Tortilla Soup Cheese Enchilada Fresh Cooked Pinto Beans Chuckwagon Corn Fresh Orange	7 Spaghetti & Meatballs Capri Blend Vegetables Spinach Salad w/ Red Bell Peppers Fresh Whole Fruit in Season	8 Herbed Pork Roast w/ Orange Glaze Whole Grain Bread Garlic Roasted Mashed Cauliflower Garlic Green Beans Peach Crisp	9 Veterans Day Meal BBQ Ribs Whole Wheat Roll Fresh Glazed Carrots w/ Cranberries Fresh Potato Salad Fresh Orange Red Jello w/ Whip Cream	Closed
13 Sweet & Sour Pork Asian Brown Rice Fresh Red Bell Peppers & Onions Fresh Sautéed Cabbage Fresh Fruit in Season	14 Split Pea Soup Breaded Fish w/ Lemon & Dill Sauce Parmesan Orzo Garlic Spinach & Onions Caribbean Blend Veggies Fruited Gelatin w/ Mandarin Oranges	15 Beef Stuffed Cabbage Rolls Whole Wheat Roll Italian Blend Vegetables Fresh Garden Salad Fresh Orange	16 Carrot & Ginger Soup Chicken Divan Casserole Brown Rice Broccoli Spears Caribbean Blend Vegetables Fresh Fruit in Season	17 Thanksgiving Luncheon Roasted Turkey w/ Gravy Cranberry Sauce Stuffing Green Bean Casserole Fresh Glazed Carrots Fresh Orange Pumpkin Pie
20 Herb Citrus Chicken Whole Wheat Roll Malibu Blend Vegetables Fresh Roasted Red Potato Fresh Fruit in Season	21 Beef Burgandy Pasta Fresh Glazed Carrots Fresh Garden Salad Fresh Orange	22 Wonton Soup Miso Glazed Fish Asian Brown Rice Fresh Sautéed Cabbage Japanese Blend Stir Fry Vegetables Fresh Fruit in Season	Closed	Closed
27 Tomato & Basil Soup Roast Pork w/ Gravy Whole Wheat Roll Fresh Baked Sweet Potato Broccoli & Cauliflower Blend Fresh Fruit in Season	28 Parmesan Crusted Fish Orzo California Blend Vegetables Carrot & Raisin Salad Fresh Fruit in Season	29 Turkey Chili Cornbread Red Bell Peppers, Tomatoes, Onions and Corn in Entrée Ambrosia Salad w/ Mandarin Oranges & Pineapples	30 French Onion Soup Rosemary Chicken w/ Mushroom Sauce Whole Wheat Penne Pasta Broccoli Spears Capreses Salad	1 Rotary Luncheon Filet Mignon Whole Wheat Garlic Breadstick Baked Potato California Blend Veggies Cheesecake

- 10/30-11/3:** Grilled Cheese Sandwich (V) or Chinese Chicken Salad (M) or Black Bean Patty (H)
- 11/6-11/9:** Vegetarian Pita Sandwich (V) or Chicken Pasta Salad (M) or Black Bean Patty (H)
- 11/13-11/17:** Spinach, Walnut, Egg & Cranberry Salad (V) or Turkey Wrap (M) or Black Bean Patty (H)
- 11/20-11/22:** Egg Salad Sandwich (V) or Turkey Cobb Salad (M) or Black Bean Patty (H)
- 11/27-12/1:** Cottage Cheese Salad (V) or Tuna Sandwich (M) or Black Bean Patty (H)

SOUTHSIDE SENIOR PROGRAM UPCOMING INFORMATION

- ◆ CHP Safe Driver Class. **Wednesday November 29th. 9:00a.m. to 1:00p.m.** Registration is Required. Sign-up for this information class on Driver Safety. This course may be submitted to your insurance for a potential discount (please check with your insurance as not all insurances accept this class). To register, please sign-up at the front desk or call 408-629-3336. Space is limited!!
- ◆ Veterans' Day Parade. **Saturday November 11th.** It is the 99th Anniversary of Armistice Day. **The ceremony begins at 10:00a.m. with the parade starting at 11:00a.m.** The event will take place in Downtown San José on Market Street at Plaza de Cesar Chavez. Please come and enjoy the festivities while honoring veterans.
- ◆ Approaching in the near future will be our field trip to Monterey Bay and the world famous 17-Mile Drive experience. The exciting trip will take place on **Tuesday November 28th.** The trip includes transportation, the opportunity to shop at the local markets and eat some of the great local food in the vicinity. After that wonderful portion of the trip you will be able to enjoy the enchanting 17 Mile Drive. You will arrive back at your community centers by 6:00p.m. To attend please pre-register in person at your local community center or online at sjregistration.com

Choose your pick up location when you register:

Willow Glen Community Center

2175 Lincoln Ave

Pick up: 6:45a.m.

Call Barbara at 408-794-6867 for more details

Camden Community Center

3369 Union Avenue

Pick up: 7:15a.m.



SAN JOSE
PARKS, RECREATION &
NEIGHBORHOOD SERVICES

