

November Upcoming Events

IN-PERSON: Fall Prevention & Wellness Resources - Host: Cupertino - 2022

Learn how to identify fall risks and simple and effective home modifications to prevent falls. Learn six steps to prevent falls and what to do right after a fall happens. Get connected with community resources to maintain safety and wellness.

Register: Call the Cupertino Senior Center at 408-777-3150 or email senior_center@cupertino.org

When: Thursday, November 10, 2022, from 10:00 AM - 11:00 AM (PST)

Location: Cupertino Senior Center (21251 Stevens Creek Boulevard, Cupertino, CA 95014)

FUN – Happy Hollow Sensational Seniors: Species Survival Plan

The Species Survival Plan program helps decide breeding pairs and zoo placement for evaluated animal species. This class will provide background and details about this program about why an animal is alone and why there may not be babies.

If you like Senior Safari, you are going to love being a “Sensational Senior.” This monthly class includes mini walking tours, animal encounters, crafts, activities, and a light breakfast. This is a seniors-only program (50 years & up) and meets on the second Thursday of the month from November through March.

Register: https://apm.activecommunities.com/sanjoseparksandrec/Activity_Search/sensational-seniors-species-survival-plan-11-10-9-a-m/105070

When: November 10

Per class fee: \$10.80 Members | \$12 Non-members

Location: Happy Hollow Park & Zoo Learning LODGE at 1300 Senter Rd, San Jose, CA 95112

Senior J.O.Y. Luncheon - Family Community Church

Seniors...come enjoy our FREE monthly J.O.Y. luncheon, every second Thursday of the month, for an awesome time of laughs, fellowship, and encouragement. J.O.Y stands for “Just Older Youth”....a

CONNECT group for anyone 55+! Bring a hot dish, salad, or dessert to share. FCC provides drinks and everything else!

When: Thursday, November 10, 2022, from 12:00 PM - 1:30 PM

Location: 478 Piercy Road, San Jose, CA 95138 Room 253

Contact information: info@familycommunity.church

<https://familycommunity.church/event/joy-luncheon/2022-11-10/>



Abrahamic Alliance International (AAi) Food Distribution

Help distribute food to low income families and seniors at an affordable housing complex in San Jose

Register: <https://www.eventbrite.com/e/aai-food-distribution-registration-402239889337>

When: Thursday, November 10, 2022, from 3:30 PM - 5:30 PM

Location: 1900 Poco Way, San Jose, CA

Caring for Aging Parents Resource Fair

The Caring for Aging Parents Resource Fair is hosted by Saratoga Federated Church. Sourcewise will provide information about how our programs and services may work for you or a loved one. Engage with community-based organizations like With Grace Hospice, Live Oak, Adult Day Services, and more during the event.

When: Saturday, November 12, 2022, from 4:00 PM - 5:30 PM

Location: 20390 Park Pl, Saratoga, CA 95070 (Richard's Hall/High School Room)

California Department of Aging All Stakeholder Meeting

CDA leadership will provide updates on department programs and initiatives, Master Plan for Aging implementation, COVID-19 vaccine outreach, and more. Time will be reserved for questions and comments. Closed captioning and American Sign Language interpreting will be provided.

Register: <https://calendar.time.ly/im3nu7pv/event/74494403>

When: November 14 at 2:00 pm



FREE – CampeSinOs: America's Unsung Heroes

Please join us for a special screening event on November 15, 2022. On Lok and Bay Area Community Health is honored to present CampeSinOs: America's Unsung Heroes. This documentary helps tell the stories of California farmworkers and documents their perseverance during one of the most challenging times in recent history, the COVID-19 pandemic.

This event includes a private film screening, On Lok Moderated panel with Silicon Valley Latino Founder & CEO Alex Ontiveros, Dr. Salazar from Bay Area Community Health, and filmmaker Joe Poni.

Register: <https://www.eventbrite.com/e/special-screening-campesinos-americas-unsung-heroes-tickets-441727517897>

When: November 15 at 5:30 PM

Location: 1700 Alum. Rock Ave. San Jose, CA 95116

Table JFNA Webinar: End-of-Life Care for Older Adults with a History of Trauma and their Family Caregivers

This webinar will focus on the topic of end-of-life care and how to incorporate Person-Centered, Trauma-Informed (PCTI) principles into end-of-life care. PCTI care is a holistic approach to service provision developed by the JFNA Center on Holocaust Survivor Care and Institute on Aging and Trauma that infuses knowledge about trauma into agency programs and procedures to promote the well-being and empowerment of trauma survivors.

Register: <https://form.jotform.com/222864388876172>

When: Wednesday, November 16, 2022, at 2:00 PM - 3:15 PM EST

Questions: aging@jewishfederation.org

Webinar: Power Up Your Congregate Meal Program - Tips to Keep Those We Serve at the Table

- Understand the behaviors and preferences of older adults attending congregate nutrition sites,
- Understand ways to keep congregate participants coming back.
- Apply learned techniques to increase congregate and other program participations

Register here: https://connect.ncoa.org/products/power-up-your-congregate-meal-program-tips-to-keep-those-we-serve-at-the-table#tab-product_tab_overview

When: Thursday, November 17, 2022, from 12:00 PM (PST)



AARP Self-Care for Caregivers – The Benefits of Qi Gong: November 17th

Join AARP California as Kathy Yep, a certified mindfulness facilitator and a practitioner of Dayan Qi Gong, engages in a conversation with AARP volunteer and caregiver Lily Liu about the importance of caring for yourself as a caregiver and the benefits of meditative practices like Qi Gong. Dr. Yep will also provide a short demonstration of Qi Gong's gentle, flowing movements and breathing technique. Learn more and register [HERE](#). This virtual event is FREE and open to the public. Registration is required and space is limited.

Register: <https://events.aarp.org/event/0c40dc34-8a47-4ff2-8e8d-cfb6c347ff97/summary>

When: Thursday, November 17, 2022, from 12:00 PM PST

AARP CA: Daily Habits to Support Brain Health with Sarita

Join us for a brain health workshop led by AARP volunteer, Sarita. Discover how living an active life - by learning more, being social, staying fit, eating right, sleeping better, and managing stress - is our best bet for maintaining our brain health. This session is a good overview for anyone interested in improving their brain health and will provide you with actionable steps you can take.

Register: <https://local.aarp.org/aarp-event/aarp-ca-daily-habits-to-support-brain-health-with-sarita-111822-nln23pxmwn6.html>

When: Friday, November 18, 2022, from 12:00 PM to 1:00 PM

Location: Zoom (online)

Happening Now!

CalFresh EBT at Local Farmer's Markets

Most Santa Clara County Farmers' Markets now accept CalFresh EBT cards or WIC Farmers' Market Checks. A recipient can swipe their EBT card at the market info booth and get CalFresh dollars to spend at the market. Many markets also have a FREE matching program called Market Match. For every CalFresh dollar that is spent, they will receive a dollar-for-dollar match up to \$10 per day to spend on fruits and vegetables.

Find fresh fruit and vegetables, food vendors, and more! [Visit a Farmer's Market Near You!](#)

Friendly Voices Offers Training: How do we get beyond the small talk to engage our older adult clients in effective, meaningful conversation?

This 45-minute interactive training will coach your volunteers in best-practice communication skills so they can create authentic and effective relationships with your clients. Skills include open questions, active listening, holding silence, and more. Friendly Voices training used by San Mateo County Ombudsman and Institute on Aging. Training is live either by Zoom or in-person; sliding scale fee, training conducted by Laura Steuer, of [Friendly Voices](#). To schedule your training session, contact laura@friendlyvoices.org.

Medicare's 2022 Annual Enrollment Period and Updates for 2023 Presentation in Mandarin

Join the Sourcewise Health Insurance Counseling & Advocacy Program (HICAP) at Asian Americans Community for Community Involvement (AACI)! HICAP's offering an AEP presentation for Santa Clara County residents who want to learn more about Medicare changes taking effect on January 1, 2023.

When: October through December (see calendar for different dates

<https://mysourcewise.com/calendar/>)

Location: AACI, 2400 Moorpark Ave. Suite 111, San Jose, CA 95128, USA



RYDE is Expanding to more San Jose zip codes - Volunteer Drivers Needed!

RYDE (Reach Your Destination Easily) is an affordable curb-to-curb transportation service for adults 65+ who live in certain areas. RYDE can take you to non-medical trips up to 8 miles from your home, and medical appointments up to 16 miles from your home. You can take RYDE to many places, such as senior centers, errands, socializing, shopping, movies, and more! Interested in making a difference in your community? RYDE is also looking for volunteer drivers.

RYDE is now available for those who reside in the San Jose zip codes **95110, 95112, 95116, 95118, 95119, 95122, 95123 and 95139**. For more information, visit www.rydesc.org, email RYDE@ssa.sccgov.org, or call 408-755-7614.

[RYDE is seeking a part-time driver \(24 hours per week\) to serve riders in select zip codes in San Jose. Compensation is \\$21.15 per hour. Click here to apply now!](#)

Santa Clara County Senior Care Commission Vacancies

Interested in serving your community? There are currently four vacancies on the Senior Care Commission. For internet access to the vacancies list and applications, visit www.sccgov.org/vacancies.