



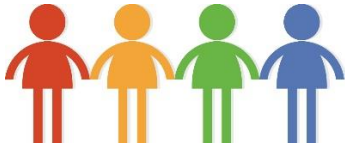
SANTA CLARA WOMEN'S LEAGUE
P.O. Box 3033 - Santa Clara, CA 95055-3033



President's Message: *Nancy Velasco*

Good afternoon, everyone. I'd like to personally welcome all of our new members and we are all very excited to have you as a part of our team. Our cause is so great and dear to our hearts, "Our Seniors". Having new members will allow us to expand fundraising ideas and implement them to really make a difference and donate more.

Robin Burdick, Showtime Director and Cast, have committed to Showtime 2024 Saturday, March 2 and 3, 2024. We look forward to working with them in preparation for this event. Emily Adorable has already started working on the preliminaries for this event. Shadowing a seasoned member is a great way to become involved.



Our next general meeting will be held **Tuesday, September 12, 2023 1:00** at the Santa Clara Senior Center.

"The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime." -Babe Ruth

Health & Wellness Program *News*

Lots of news for September! Katy and Mallory are starting a new walking group on Tuesday afternoons. Katy is also starting a new mindfulness practice using mandalas and art. We have activities in observance of several important health issues. Observances provide a moment to focus on conditions, situations, values, or practical concepts that can help us live better in this world. This month we focus on Fall Prevention Week, September 18 - 22. Falls are such a hazard and the consequences of a fall can be so life-altering, we really want to help people create safe

environments and be as balanced and strong as possible. Our RN friend from SC Valley Medical Center, Hong Nguyen, will return on Monday, 9/18, for a quick review of what to look out for. She'll also be giving a sneak peek of Bingocize, a program that is part fall prevention education, part moving around, part Bingo, and part hilarious fun. Please join us for this meeting! Then on Wednesday, September 20, in observance of World Alzheimer's Day, we will be hosting a free, in-person screening of the documentary "Keys, Bags, Names, Words." This 85 minute film shares with us peoples' experiences, as well as doctors, therapists, artists, and more who are thinking outside the box about dementia. Doors open at 4:30 and we'll serve a light dinner. Staff from the Alzheimer's Association and Sourcewise's Caregivers Network will be on hand to provide resource information. Please come! Lastly, our USF student nurses are returning mid-September. It was such a wonderful, impactful experience for us to visit you in your homes. We hope we can do that again this semester. If you or a family member could use a friendly visit on a Thursday, please call Mallory to find a time. (408) 615-3180 mvonkugelgen@santaclaraca.gov. Our students are smart, friendly, polite, and knowledgeable. They would love to come by for a quick blood pressure check, to share health information, and to hear from you what it's like to be an older adult in Santa Clara. Lots more is going on so be sure to see the Senior Center newsletter. We wish you the best as we move into Fall.~ Mallory, Larisa, Jodi, and Katy

Thought

Finally I am coming to the conclusion that my highest ambition is to be what I already am.

—Thomas Merton

SHOWTIME 2024

Wait, isn't it 2023?? Yes, it is!!! but since Showtime is our main event each year, we begin preparing for it in September. At the September 12 General meeting we will be asking members to sign up for Showtime Committees that will do all the prep work for our March event. Dates are March 2 and 3, 2024 (please mark those dates on your new calendar now) and our first Showtime Committee meeting will be in October. I am attaching a list of committees and their responsibilities. Please take a look and see where you fit in. I have put the color green on Showtime tasks that are less time consuming and might be a great way for new members to ease into this event. As a SCWL member we are asking that each of you be involved **three** ways: **1)** serve on a committee before Showtime; **2)** donate items for Opportunity Baskets or prepare a basket yourself or with a fellow member and **3)** work on March 2 or 3 (or both days) at Showtime. This event is our way to earn the money that we donate each year to the Senior Center Programs. Thank you to each of you for supporting SCWL in these three ways.

Showtime co-chair Emily Adorable and _____ (looking for a co-chair who wants to help coordinate the Showtime committees)

Can't wait to see all of you at our Member Event on September 12 at 1:00 PM!! Prizes to win and a special gift for every member!!! Meet our new members and celebrate our returning members!!!

2023 – 2024 BOARD OF DIRECTORS

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Newsletter	Maria Landaveri
Phone	Diane Jones
Showtime Chair	Emily Adorable
Speakers	Alma Guillot
Sunshine	Judy Hubbard
Yearbook	Wanda Buck
Webmaster	Emily Adorable

A note from Alma: "Harris Lass Museum will be opened for tours on Saturday, September 2nd from 12PM to 2PM and there will be a GIANT yearly Rummage sale on the Museum Grounds on Saturday, September 9th from 8AM to 2PM."

GENERAL MEETING: Tue., September 12 at 1:00 pm
SCSC

BREAKFAST CLUB: Mon., September 19th 9:00 am
Mission City Grill



*If you try to fail
and succeed, what have you
done?*

*Why is it that no matter what
color bubble bath you use, the
bubbles are always white?*