



October

President's Message:

Nancy Velasco

We had such a wonderful turnout at our October meeting, and it was a lot of fun. I'd like to thank the new members and guests for joining us. Jennifer Herb and Mallory von Kugelgen, our guest speakers, were very informative, creative and we appreciate their time. I'd like to thank Alma, Debbie, Judy and Wanda for volunteering to be on the Future Fundraising Committee. I can't wait for them to share their ideas with us.

December Holiday Party: Marti Ragone, First Vice President, will be planning a holiday party in December. This lunch will take the place of our regular meeting. More information to come.



December Holiday Meal Program: We will be providing the Santa Clara Senior Center Nutrition Program with a wonderful holiday meal and entertainment. We will also be volunteering for this event. More information to come.

Breakfast Club: Monday, October 16th 9:00 am Mission City Grill

Next General Meeting: Tuesday, November 14, 2023.

SANTA CLARA WOMEN'S LEAGUE

P.O. Box 3033 - Santa Clara, CA 95055-3033

Don't eat anything your great-grandmother wouldn't recognize as good...Don't eat anything with more than five ingredients, or ingredients you can't pronounce.

—Michael Pollan

Health & Wellness Program News

In September, we have had a busy few weeks reconnecting with clients with whom we worked prior to the Covid closure. It's always a pleasure to catch up and see how things have gone for folks during that tumultuous time. We hosted a screening of "Keys Bags Names Words" in observance of World Alzheimer's Day and we had a terrific turn-out with 63 in attendance. It was a meaningful experience and we appreciate all those who took the time to come. Feedback has been very positive and we will look for another opportunity to host a Senior Center Cinema film. Also, we started a new walking group on Tuesdays at 1pm, Walk & Talk, with 11 happy, energetic walkers joining Jodi and Mallory for a quick jaunt down to the Carmelites. Katy will be joining us for future walks and we will be targeting other Santa Clara destinations. It was a lot of fun - please join us!

In October, we are focusing on Breast Cancer Awareness Month and Fire Prevention Week (10/8 - 10/14). Please see the Senior Center newsletter and October Howdy Packet for details on activities supporting those important health and safety concerns. We are especially grateful to host a presentation on Wednesday, October 11, by Nancy Birang, a Board Certified Holistic Nutritionist, who will talk about how to best support our health when experiencing cancer treatment or in recovery, for individuals and their families. It is always a treat to meet with a nutritionist, as they are difficult to access, if even available, through healthcare systems. Please consider attending.

As always, we are available to help make things easier, so please give us a call if you have a question, are looking for a resource, or need support.

Take care,

Jodi, Larisa, Katy, and Mallory

SHOWTIME 2024

As an 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.

A big THANK YOU to everyone who has signed up to be a co-chair or committee member. You should have received an email from me last week showing where we still need help. If you haven't signed up and want to help, please call or email Emily Adorable. At our October meeting we will talk more about Showtime and what our plans are for this year's event.

Showtime co-chairs Emily Adorable, Judy Hubbard and Nancy Velasco

making that race, it'll freeze that way.

Notes from 2ND VP Membership Chair

Membership, please invite potential members as guests.
Yearbooks & Badges if not received yet will be at meetings.

Let me know if need help on any of the above.

Thanks, Wanda Buck

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Note from Speakers Committee Chair: Alma Guillot

October Speaker: Kari Rodgers is a Fire Prevention Specialist with the Santa Clara Fire Department. She will be speaking about "Fire Safety at Home," and distributing flyers.

My mother taught me ESP: "Put your sweater on, don't you think I know when you're cold?"

My mother taught me humor: "When the lawn mower cuts off your toes, don't come running to me!"

2023 – 2024

President

Nancy Velasco