

February



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

President's Message: Nancy Velasco

The February 13th general meeting is our last before Showtime 2024. This meeting will cover leadership primer-the discussion of officer's responsibilities and a big focus on Showtime.

I'm looking forward to seeing all of you.

Breakfast Club: Tuesday, February 20th, 9:00, (Monday is a holiday) Mission City Grill.

Health & Wellness Program News

We are focusing on multiple health issues in February, including National Heart Health, National Donor Day, and Eating Disorder Awareness Week at the end of the month. We hope everyone is taking steps (literally!) to improve how they move and how they eat to improve overall health, but especially for the heart.

We decided to include eating disorders in our health observance this month because we were surprised to learn that the prevalence for older adults with eating disorders is on the rise. The thinking is that many of the people with this problem have been struggling with it for decades and, with the added changes from getting older, the signs and symptoms are more easily observed. Please check out our Howdy letter for more information and links.

We are also happy to welcome our new nursing students from USF. They'll be at the Senior Center on Tuesdays and Thursdays. We would love to bring them by for a home visit – they can check your blood pressure, review medications, answer health questions, or just sit for a short friendly conversation about the day. Please contact Mallory von Kugelgen at (408) 615-3180 mvonkugelgen@santaclaraca.gov for an appointment. There is no charge and you would really be helping these young learners about life as an older person. Thanks in advance! ~ Mallory, Larisa, Jodi, and Katy

SHOWTIME 2024

Our Showtime Committee members are knee deep in the planning for Showtime 2024. Our next committee meeting will be Thursday, February 1st at 11 AM at Georgias Sutter's home. This will be our last meeting before our Showtime event.

Alma Guillot has a few more spaces to fill on the Showtime Work Schedule – anyone who would like to volunteer to work the event, please call Alma. It's a great way to include yourself in this wonderful event and we'd love to have you.

If you plan on donating an opportunity basket, please contact Mallory von Kugelgen as the deadline date is approaching. Please provide a \$25.00 gift card with your basket.

We really need your support to fill the stands; invite your family, friends, church fellowship and/or any other organization that you may be affiliated with.

Nancy will bring flyers to the meeting.

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

Showtime Opportunity Baskets

Okay gang, it is TIME!!! If you have not already notified me or delivered your basket/items/donations, please contact me. All donations need to be received by the end of day on Friday, February 9th, OR, if you plan on attending the SCWL meeting on the 13th, you can bring your items to the meeting. Our Basket team is Diane Lounsbury, Debbie Bruce, and me. We will be assembling, organizing, and footing all baskets right after that and we need time to get everything together. So far, we have received enough to make up 20 baskets – 10 more baskets are needed. Please let me know we can count on you! Thanks everyone! Mallory and team

Jokes

Why is the third hand on a watch called the second hand?

Why are the first 5 days after the weekend always the hardest?

Why are they called “stands” when they are made for sitting?

Why do “tug boats” push their barges?

How come “slow down” and “slow up” mean the exact same thing?

Thought for February

Man is the only animal for whom his own existence is a problem which he has to solve.

—Erich Fromm

Check out our updated website – Click [SHOWTIME](#) to see our gorgeous flyer and encourage your friends to buy their tickets online.

2023 – 2024

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Showtime Chair	Emily Adorable
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Yearbook	Wanda Buck
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Please invite to SHOWTIME people who might become a member.

There will be a membership table at Showtime with information about the SCWL, and an opportunity for new membership sign ups.