

MARCH



President's Message: Nancy

Velasco

Our Showtime event will be held this weekend. The committee members have worked very hard and now it's time to reap the rewards. The cast members are ready and very excited to perform as well. I want to thank everyone for their dedication and teamwork to make this happen.

The dress rehearsal will be held Friday, March 1st at the Community Recreation Center, 969 Kiely Blvd., Santa Clara at 7:00 pm in the auditorium.

**All league members are invited to attend. Don't forget to wear black pants, white top and your pin.
See you at Showtime 2024!!!!**

At the March general meeting, I will review officer responsibilities and appoint a nominating committee that will be responsible for recommending officers to be elected for the new fiscal year 2023-2024. The nominating committee will report at the April general meeting.

You can help our general meetings to run smoother and more efficiently by:

- Meetings are held on the second Tuesday of the month from 1:15-3:00-please plan to stay for the entire meeting if possible. (I know sometimes life gets in the way)
- Your comments are encouraged and always welcomed. Try to keep your comments/input to a minute or two so we can stay within the room rental time allotted.
- If you're having side-bar conversations then you're missing out on what the speaker is saying, please save them for after the meeting or the appropriate time.

Every member is valued and important to the success of our organization.

Breakfast Club: Monday, March 18th, 9:00, Mission City Grill.

Health & Wellness Program Highlights

Showtime is this weekend and I will be there representing the team and Evan plans on attending a show, as well. Now I just need to find my white shirt...hmmm.

In March, we focus on Healthy Nutrition Month, as well as some great tabling events and groups.

March/6, Larisa and Katy will do a Table Talk on Eating Disorders, which is occurring more frequently in older adults. While this is not necessarily a fun topic, they do have some games and prizes to help participants learn more about this serious condition. Katy is also starting a new session of Color Me Calm, which has been a big hit, to practice mindfulness and deep conversation.

March/12, Silicon Valley Independent Living Center will provide updated information on rental housing, with special emphasis on avoiding scams and landlord fraud.

March/13, Katy is beginning a Short Story Reading Group. Readers discuss the week's assigned short story (fiction and nonfiction) and receive the next meeting's assignment. We are super excited about this 8 week session.

March/15, Breathe California will visit again with staff to do a Table Talk on lung health, providing free blood pressure checks, lung assessments, and blood oxygen measurements.

March/21, Stop the Bleed returns for another workshop. This has been such a popular class; the workshop's RN instructor has roped in two more nurses so that we can offer 30 seats. This is an important skill to learn, especially for those who live alone and/or who are on blood thinners.

See the Senior Center March newsletter or our March Howdy Packet for all the details!!

Take care ~ Mallory, with Katy, Larisa, and Jody



Note from Wanda
NEW MEMBER APPLICATIONS & SIGN UPS AVAILABLE AT
SHOWTIME!

2023 – 2024

BOARD OF DIRECTORS

President	Nancy Velasco
1st Vice President	Marti Ragone
2nd Vice President	Wanda Buck
Treasurer	Kathy Del Pino
Recording Secretary	Alma Guillot
Corresponding Secretary	Mary Hanel
Immediate Past President	Georgia Sutter
Parliamentarian	Nancy Toledo

Committee Appointees

Audit	Marti Ragone
Email Notification	Maria Landaveri
Finance	Kathy Del Pino
Holiday Meals	Georgia Sutter
Membership	Wanda Buck
Newsletter	Maria Landaveri
Phone	Diane Jones
Showtime Chair	Emily Adorable
Speakers	Alma Guillot
Sunshine	Judy Hubbard
Yearbook	Wanda Buck
Webmaster	Emily Adorable

Jokes

I lost my mind, and I'm sure the kids took it.

I didn't want to believe my father was stealing from his job as a road worker, but, when I got home, all the signs were there.

Thought

There is as much dignity in tilling a field as in writing a poem.

—Booker T. Washington

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



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