



### **President's Message: Nancy Velasco**

May is the last general meeting of the FY 2023-2024. We have had a very successful year in many ways. Showtime 2024 proceeds were almost \$12,000.00, membership has increased, we have a new slate of officers (President pending) for the new FY and we have enjoyed the company, collaboration and teamwork of all the members. I'm looking forward to the next 2024-2025 year and it was a pleasure serving the SCWL as your president for the past two years.

**Emily Adorable** has volunteered to be our new president for the next FY. We will continue to work closely together and support each other as situations change in our lives. This will be voted upon at the May meeting.

**August Meeting-** Beginning August 2024, general meetings will be held in room 231 from 1:00-2:30pm.

**Next General Meeting: Tuesday, May 14** at 1:15pm Santa Clara Senior Center. Mary Hanel is the guest speaker.

**Breakfast Club: Monday, May 20** at 9:00am Mission City Grill.

#### **---- Guest Speaker needed----**

We need someone to continue to get guest speakers for the 2024-25 FY

Information about the Monthly Speaker

1. First speaker would be for September 2024.
2. The speakers need to be from a non-profit organization or non-fee service provider.
3. They would speak at the beginning of the meetings @ 1:15 or as soon as the President calls the meeting to order.
4. The time would be 15 minutes with a 5 minute Q&A to follow.

If you have any questions, please contact Alma Guillot

### **Health & Wellness Program Updates**

Many thanks to the SCWL members for joining us on **Friday, May 17, 10am - 1pm in Fremont Park, adjacent to the Senior Center, for our 8th Annual "Be Strong, Live Long" Health & Wellness Fair**. Your generous donation makes this fair happen and we so appreciate that. May is Older Americans Month and we are ready to party!

This year we host over 60 nonprofits and government agencies that will provide lots of helpful information, services, and ideas to help all of us older adults. This helps us live well while also supporting aging family, friends, and neighbors. Many of the exhibitors are returning, like the SCWL!, with updated information and options, so don't pass them by. There are new organizations, too. See the Senior Center's May newsletter for a list of participants.

- The **Hui Ilima Dancers**, from the Hui Ilima Hawaiian Club of Santa Clara, led by Haunani Neil, return for performances at 10:30am and 11:30am.
- Jessica's food booth will be serving grilled chicken sandwiches or a veggie option, with sides and a drink for \$7.
- **Silicon Valley Power** will present a talk in the **Multi-purpose Room at 9:30am**, just before the fair begins, on older adult vision and lighting. They will teach about good lighting sources, placement, and what will help us see the best in our homes.
- The **Health & Wellness Program** booth will be promoting Digital Connections ~ what is it, why do we need it, and how do we get it? We will also provide BP checks so please come see us!

At the Senior Center in May, Jodi's "**Keep Calm & Carry Yarn**" handiwork group begins on May 8th, 10am - 11:30am in the Mezzanine. Bring your crochet, knitting, needlework project and visit with like-minded folks for fun conversation.

A new session begins, also on May 8, for the Diabetes Self-Management Program. If you have diabetes or have been diagnosed with pre-diabetes, this is a powerful class to help you learn to manage symptoms, eat well, and exercise to keep your glucose in check. It's also a fun group of people, so you can enjoy learning about this serious health condition. See the newsletter or the Howdy Packet for the registration link (you can also ask the Front Desk for help).

Community groups **PVI at Rosener House** and **OnLok PACE** will also be visiting, so check out the May Senior Center newsletter so you don't miss out!

Take care ~ Larisa, Katy, Jodi, and Mallory

### Joke

"If there is anything the nonconformist hates worse than a **conformist**, it's another **nonconformist** who doesn't conform to the prevailing standard of **nonconformity**."

-Bill Vaughan

### Thought

Good judgment comes from experience.

Experience comes from bad judgement.

—Jim Horning

### *From Alma Guillot*

Our very own Mary Hanel will be our May Guest Speaker. Mary will be sharing the history of the Lass Farm House in Santa Clara now known as the Harris Lass Museum. She will challenge our imagination with some very interesting artifacts.

Can you guess what they were used for?

Mary will also share some upcoming events this summer.

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

## RENEWAL MEMBERSHIP DUES DUE & DEADLINE JUNE 30TH

- Pay at the May meeting
- Mail check to P.O. Box 3033 Santa Clara CA 95055-3033
- Pay online at [www.SantaClaraWomensLeague.org](http://www.SantaClaraWomensLeague.org)

**INVITATION:** "Coffee & Treats Member Orientation Meeting" for all members who have joined in the last year. The date is **6/1 Sat. 9:30-11** on the Santa Clara Senior Center patio.

Please call 2ND VP Wanda Buck if questions or to RSVP at 408-296-0298.



## Santa Clara Women's League Installation Lunch

Tuesday, June 11<sup>th</sup> from 2:00-4:00pm

Marie Callendar's Restaurant  
751 E. El Camino Real  
Sunnyvale, CA 94087  
Order anything off the menu.

Please be prepared to pay your own bill plus tax and tip.

RSVP to Nancy Velasco or Marti Ragone by June 5<sup>th</sup>.

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