



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

President's Message: *Emily Adorable*

I apologize for not being present at the August meeting (damn COVID!!) but a big thanks to our First VP, Sharon Andrzejewski, for filling in for me and Marti Ragone for helping Sharon to lead our first meeting! It is so wonderful to feel I can rely on our members and officers to always step up to help!! I know the first meeting was a long one and we are working to streamline the meetings, so they stay within our 1 ½ hour time limit from now on. August is always full because of budget and goal setting, etc.

The important thing is we need ALL of you to be at our September 10 meeting because it has one purpose – organizing Showtime 2025! We will spend time informing our new members about what Showtime is and how it all works and then we will ask members to sign up for Showtime committees and volunteer for committee chairs if needed. We are so lucky to have two new Showtime co-chairs: Sharon Andrzejewski and Carolyn Johnson. Thank you for volunteering Sharon and Carolyn! Nancy Velasco and I have served as co-chairs for many years so we will be mentoring Sharon and Carolyn along the way.

Our August breakfast at MCG was very well attended and a wonderful time to meet new friends! We will be sending out information on Showtime before our meeting that should be especially helpful to new members, so please take the time to read it and hope to see ALL of you at our September 10 general meeting at 1:00 PM, Room 231, Santa Clara Senior Center.



From Kathy Del Pino (Yearbook Committee)

Please pick up your new 2024–2025 Yearbook at the Sept. 10th meeting!

Breakfast Club- Monday, September 16, 2024- 9:00am, Mission City Grill.

Next General Meeting- Tuesday, September 10, 2024- 1:00pm, Santa Clara Senior Center Rm 231

Health & Wellness Program Updates

There are some significant observances happening in September (National Healthy Aging Month and Fall Prevention Awareness Week), so please see the newsletter and Howdy Packet. We have presentations coming up from the Alzheimer's Association in Mandarin and in Spanish on the 10 Warning Signs of Alzheimer's. Katy will begin new support groups in October, but registration opens in September. We are hopeful that the paperwork will be complete so our new offering of Bingocize can begin on 9/17. Fingers crossed. Walk & Talk resumes in October, and registration will open in mid-September. Also mid-month, our USF student nurses return and we would love to come visit you at home for a blood pressure check or just a friendly visit. Please call Mallory if you're available.

Health & Wellness staff will be taking some time for self-care and to recharge. The Senior Center will be closed to the public for the four days after Labor Day (9/3 – 9/6) to provide department budget savings. We will also be closed on Monday, 9/9, for Admissions Day. Mallory will be taking advantage of those closures to take some vacation time, and will be back at her desk on Monday, 9/16. Katy will be out for the last two weeks of September and Larisa may also take some time this month, dates TBD. Jodi will be holding down the fort. We're getting centered before the run up to the holidays.

We wish you a wonderful month and we'll see you soon.

~ Mallory, Katy, Larisa, and Jodi

SCWL participation on 10/5 in The Parade of Champions!

Please contact me to get help or get info.
It will be fun!!!

Wanda Buck

From 2nd VP Wanda Buck

Our Membership is currently 55 members & growing!

Thanks to all members, & especially those able to invite others to join us. Let's keep the momentum going!



How come "overlook" and "oversee" mean opposite things?

Why "phonics" is not spelled the way it sounds?

If Webster wrote the first dictionary, where did he get the words?

2024 – 2025

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I think I don't regret a single excess of my responsive youth—I only regret, in my chilled age, certain occasions and possibilities I didn't embrace.

