



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



President's Message: *Emily Adorable*

I want to give a huge THANK YOU to Wanda Buck for all the hours she put in to organize our first participation in the renewed Santa Clara Parade of Champions on Saturday, October 5 at 11 AM. We have several members who are walking in costume, carrying our banner and letting all the spectators know about Santa Clara Women's League. Wanda also procured an antique car to lead our group during the parade. Please make sure you stand on the sidewalk and cheer your fellow members on if you are not walking. 10AM is the Opening Ceremonies and the parade starts at 11AM. After the parade there is a street dance at 1:30 and various organizations will have informational booths and food trucks on Monroe and Franklin. The parade travels from Market and Monroe, north on Monroe to Harrison and then east on Harrison to Washington. Come and support SCWL and enjoy the parade!!!!

I asked member Nancy Toledo to write an article in this newsletter about a new addition to Santa Clara – Silicon Valley Hopper. This is especially valuable to those who don't drive anymore, and it is a very affordable way to get around! Please make sure to read her article.

Showtime is happening and we appreciate all the members who signed up for committees at our September meeting. Our co-chairs, Sharon Andrzejewski and Carolyn Johnson will give you an update at our October 8 meeting and let you know how you can help. Don't miss it!! See you at the parade and our next general meeting on Tuesday, October 8 at 1 PM in Room 231 of the SC Senior Center.



Health & Wellness

Program Updates

In September, we all took a breather – it has been very busy in our offices and what we do is emotionally intense. (Larisa is still on break until October 9th.) We are working with people on a wide variety of problems – rent increases, incontinence supplies needed, support for family caregivers, hospice referrals, mental health flare-ups, help with making appointments, navigating new cell phones, finding resources – it has been nonstop since the 16th. Whew!

Our new program, Bingocize, began on September 17 and it is a lot of fun. Registration for this session is closed, but we will be sure to offer it again after the holidays. The student nurses from the University of San Francisco have started their onsite clinical experience – Community Health and Psychology. They will be at the Senior Center on Tuesdays and Thursdays until Thanksgiving. We would love to come by for a home visit. Please call Mallory (408) 615-3170 if you're interested. They are super friendly students and would love to practice taking a blood pressure on your arm! 😊

Our Tuesday 1pm – 2pm walking group (Walk & Talk) still has openings and we are starting a new group, Friday Block Walk, 10am – 10:30am for those who are not quite as speedy as our Tuesday group turned out to be. The Friday walk is two laps around the block, starting at the Senior Center, and perfect for those who need a little slower pace and shorter distance, who are perhaps recovering from health problems or who use a cane or walker. Both groups are free and registration is required so we know who's coming.

Last, but not least, it's time to get your annual vaccinations – Covid is always a little bit of a mystery and we've had a nice respite from higher infection rates, but there is always a winter surge in cases – don't get it!

Happy autumn (soon) ~ Mallory, Jodi, Larisa and Katy

Showtime 2025

Sharon Andrzejewski and Carolyn Johnson volunteered to be co-chairs of Showtime and several members volunteered for other committee chairs. NOW it's time for all members to step up and let us know how you will help! Will you put together a basket or volunteer to chair a committee? Will you ask for donations and sponsorships? Will you donate money for Showtime? Whatever works for you is perfect. The most important thing is that every SCWL member does something to help beforehand AND then plan on working at Showtime on either March 1 or 2, 2025 or both performances. Please come to the October 8th general meeting and let us know how you plan to do your part!



Sign in a barbershop window: HAIRCUTS, ONLY \$7.

Sign in the window of a barbershop down the street: WE REPAIR \$7 HAIRCUTS.



You don't have to write a book in order to reflect reality.

You can also write a book to create reality.

Have you tried the Hopper?

Silicon Valley Hopper is a local transportation option that is very handy for getting around the south side of Santa Clara (does not include Rivermark area), Cal train stations and Cupertino

You can order a car with the app. You will be asked for your location and destination and then you'll be provided with a pickup time (usually within 10 to 20 minutes) and a pickup spot.

That's what differentiates Hopper from Uber or Lyft. It will pick you up and drop you off near your request, might be as much as ½ to 1 block away. For me, it's almost always been my exact address. The other notable thing that differentiates Hopper from Lyft or Uber, is the price. I have paid \$12 to \$15 for a local Uber trip. Hopper charges \$1.75 for seniors!!!! For information, go to the website santaclaraca.gov and search for Silicon Valley Hopper

Try it. You might like it!! I do. Call or email me if you have questions. I'm in the book.

It is not too late!

You can still join SCWL in **Parade of Champions**

Sat. 10/5

Info Call Wanda Buck

2024 – 2025

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Showtime

Holiday Meals

commitment