



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



### **President's Message:** *Emily Adorable*

Each month brings us closer to our biggest event of our year, SHOWTIME 2025!! Since we have only one more general meeting before the first of the year, we need as many members as possible to attend our general meeting on November 12. We do not meet in December and then there are only two months before Showtime. If you have not been attending meetings, please do your best to be there in November!

We will talk about Opportunity baskets which every member needs to participate in and upcoming Holiday sales are the best time to find bargains for your basket. You can prepare your own basket or choose another member to share the task with, but it is an expectation that all members contribute to one of the baskets. We will give you ideas and themes to make your basket the best!! Our Opportunity Basket chair, Mallory von Kugelgen, is an expert and if you provide the contents, she will make your basket look WOW!!!! Come and hear how you can get started!

In December we have our Holiday Social and First VP, Sharon Andrzejewski, will tell you all about it at our meeting. Our Showtime committees are busy getting things ready, but they can always use more help. Although we have a Publicity Committee, we ALL need to help by publicizing Showtime to everyone you know. Please, please, please come to Senior Center Room 231 on Tuesday, November 12 at 1:00 PM and enjoy the comradery of SCWL and learn how YOU can start getting ready for Showtime. See you there!



If we could sell our experiences for what they cost us, we'd be millionaires.

—Abigail Van Buren

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

In November, our program focus is on National Family Caregivers Month. That means YOU! On average, in their care of another adult or dependent child, caregivers spend:

- 13 days each month on tasks such as shopping, food preparation, housekeeping, laundry, transportation, and giving medication;
- 6 days per month on feeding, dressing, grooming, walking, bathing, and assistance toileting;
- 13 hours per month researching care services or information on disease, coordinating physician visits or managing financial matters.

This is essential, exhausting, important work and we honor those who are filling these roles in their families.

We have a lot of activities this month and our nursing students are available for home visits to check blood pressures, provide health information, and just chat. They're with us on Tuesdays and Thursdays for the month, so please contact Mallory to book an appointment!

We are changing the Giving Tree a bit this year. We have been supporting about a dozen households with free incontinence supplies – diapers and pull-ups, disposable pads for the bed or chair, and body wipes. These items are often not covered by insurance and are really expensive. When people don't have the supplies they need, they stay home, they don't stay as clean as they should (so are more at risk for UTIs and other infections), and sometimes forfeit food or other necessities in order to buy what they need. This year, we ask for "A Clean and Dry" holiday with the donation of these items. Our Giving Trees in the Senior Center lobby will have ornaments of specific items. We are also collecting gift cards for some of our regulars who need our TLC this holiday. Deadline for donations is Friday, December 20, 3pm.

Many thanks and Happy Thanksgiving to all who celebrate,

Mallory, Katy, Larisa, and Jodi

## Showtime Opportunity Baskets Needed

As you shop for the holidays, please keep an eye out for some good items for your basket donation! In January, I will ask you for your specific basket theme and your completed basket will be due to my little hands by the end of February. Re-gifting is fine, but items should be new or very, very gently used. Think about seeing a line of baskets – what would make you exclaim, “OOO I want that!”? Successful baskets donated in the past have been ingredients to make a delicious simple meal, chocolate, gardening, outings, safety items, and games. Each basket should contain a gift card along with the items to support your theme. When you turn in your basket, I will need an inventory of the contents by full name and retail value. If you have any questions, please contact Mallory. Thanks for your help!



Now that I can afford a big house, I don't have the energy to clean it. —Denise Tiffany

Age is a question of mind over matter. If you don't mind, it doesn't matter

SCWL 2024 Holiday Party  
Tuesday, December 10<sup>th</sup> from 2-4 pm  
Marie Callender'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 gratuity

Also, please bring an unwrapped toy to be donated to "Toys for Tots"

RSVP to Sharon Andrzejewski by December 2<sup>nd</sup> by email or phone

Special thanks SCWL members & ShowTime Players in the parade!

The SC Parade of Champions was great publicity for our cause.

SCWL brought the fun!!! See pictures on the SCWL website.

Join the fun on October 4, 2025

Wanda Buck

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