



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



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

Sadly, I need to let you know that we have lost two special people in January. Maria Lopes was a member for several years but her health issues caused her to not renew her membership the last couple of years, even though she was not an active member she still remained in our hearts. She passed away in early January. Marge Banko has been a member for many years, serving as President from 1993-1995. At the age of 95, Marge passed away last week after a fall. She was always a dedicated supporter of SCWL and she and her late husband Russ worked at Showtime for many, many years. These two women will be missed and remembered for their tireless work for our cause.

Showtime is just around the corner and advertising has begun. We are on the marquis outside the CRC and you should be seeing posters and flyers around town!! Thank you to our publicity committee for getting the word out BUT remember we are all publicity – we raise lots of money only when we have lots of audience members so tell everyone you can about Showtime. Tickets go on sale online on February 1 and you should have all received your cash prize tickets to either buy or sell. Basket information should be to Mallory by now and baskets are due February 21! If you have any questions about baskets, please contact Mallory. If you any questions about tickets, please contact Anna Guibao Any other Showtime questions can be answered at our next general meeting on February 11 at 1 PM in Room 321 at the Senior Center. I hope to see lots of members at the meeting as we make our final push for Showtime 2025!!!!

**Health & Wellness Program News**

We have begun working hard on the 9th annual "Be Strong, Live Long" Health & Wellness Fair – woo hoo! The big news is, we are changing the event this year to accommodate more people with mobility challenges (getting off the grass), and to also accommodate Senior Center needs. We are having retirements soon and we are still short-staffed within the P&R Department. SO this year, we will be staging a series of four mini-fairs from 12pm- 3pm on the first four Fridays in May: May 2, May 9, May 16, and May 23. We will move inside (mostly) with tables throughout the Senior Center and patio. We'll offer a boxed lunch for purchase, and hope to feature a musical performance on the stage prior to the start of the fair. There will be 15-17 organizations each week, as well as blood pressure checks and activities. So far, our exhibitors have been enthusiastic and many are asking to attend multiple Fridays. This means the SCWL members need to think about how they would like to participate as our sponsor – one date? Two? All? We are happy to support your table however you'd like to manage it.

We're promoting Blue Zones this month and there is some great information in our February Howdy packet. You can receive this at home via mail (it's about 20 pages of information) or you can access it online via the Health & Wellness Programs page on the Senior Center's website (here's a link:

<https://www.santaclaraca.gov/home/showpublisheddocument/78000/638714095054770000> ). If you aren't using the computer, you can call Larisa and ask to be added to the mailing: (408) 615-3797 [lpolozova@santaclaraca.gov](mailto:lpolozova@santaclaraca.gov).

A new session of Bingocize is starting at the end of February and there are a few spots left. This is taught by Santa Clara Valley Medical Center's Trauma Center RNs to promote fall prevention, health learning, movement, and it's a lot of fun! It's free and will be meeting on two days each week (Wednesday 1-2pm and Thursday 11am – 12pm). Each session builds on the previous learning so registration will close after the first week. Don't miss it! You can sign up online or call the Senior Center Front desk for help (408) 615-3170. We have been pretty busy this January, and expect that it will continue at this pace. We're helping a lot of families manage chronic illness, including dementia. We'll be scheduling more presentations by

the Alzheimer's Association in April. These have been well-attended and people seem to really appreciate what they hear. The next session will be about paperwork and legal needs. Keep an eye on the newsletter for the date.

Please get out and enjoy the sunshine. A ten minute walk or chair exercise routine can greatly improve our mood, energy, and strength so let's get going

Take care, Mallory, Katy, Jodi, and Larisa



I intend to live forever. So far so good.



When so many are lonely as seem to be lonely, it would be inexcusably selfish to be lonely alone.

—Tennessee Williams

### Showtime Opportunity Baskets Due! It's time to give me your stuff!

#### Mallory

I am out and about often each week, so it's very easy for me to swing by your home for a pick up. Or ~ you are welcome to bring it to me. Please **call or email first** so I know to expect you. I need your items **NO LATER THAN Friday, February 21st** to give me enough time to catalog and complete 30 baskets – please help me out by being on time!

#### When you submit your basket, please include a page that lists:

- Your name and contact info
- Total retail value of all items combined
- A list of "ingredients" by name, for example: "3 Starbucks Coffee Mugs" instead of "coffee mugs." It's sometimes difficult to see everything in a basket through the cellophane wrapping and people need to know exactly what they're getting.
- If your basket items are the same as your Commitment form, there is no need to do a second list. The folks who did those forms did a great job of being thorough – thank you!



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**Workers Needed for Showtime!**

There are still plenty of work slots waiting to be filled for both days of Showtime, so please come to our February General meeting to sign up for one or both days. It is fine to email or call me with your preference too. There is a lot of teamwork and enjoyment to be found in these “jobs”—don’t miss out!

**Kathy Del Pino**

**Chair, Showtime Work Schedule**

**From 2<sup>nd</sup> VP Wanda Buck**

I expect members to invite everyone possible to Showtime.

February 2025 breakfast is on the **3RD Tuesday 2/18** rather than on Monday.

**Next General Meeting:** Tuesday, Feb 11, 2025-1pm, Room 321 at the Senior Center

**Breakfast Club:** Tuesday, Feb 18, 2025-9am, Mission City Grill, Santa Clara

