



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



President's Message: *Emily Adorable*

After a VERY successful Showtime fundraiser, we will be deciding soon on the donation amount for this year that we will give to the Senior Center Programs. Our treasurer Bobbi will give us an update at our April meeting of the Showtime profits and then in May we will vote on the amount.

Another important decision for the April 8 meeting will be voting on the Officers for 2025-26. Please be sure to attend to help make all these decisions.

Our next event will be the Health and Wellness Fair – we will have a table at the May 2nd and 9th events. Thank you to Georgia Sutter, who will give an update at our April meeting, for organizing our participation in this event.

I am in the process of getting our League on the June agenda for City Council so we can present our donation check. I will keep you informed as to the date so we can have a large group of members attend. Please join us on Tuesday, April 8 at 1:00PM in Room 231 at the Senior Center for our general meeting and on Monday, April 21 at 9:00 AM for breakfast at Denny's!! Come and meet some new friends, enjoy lively conversation and if you would like to - bring a friend!!



Health & Wellness Program Updates

In April, we're focusing on National Stress Awareness Month. We're all aware that life brings stress, both good and bad. Good stress gives us energy, motivation, and focus. Bad stress saps our energy, hinders our abilities to function well, and puts us at risk for all sorts of things. And the thing about stress is that our coping strategy tends to be "doubling down." When we double-down, we're too close to the problem to consider other ways of solving problems or relieving our stress – we just continue what we're doing, just trying harder. Here is the Health & Wellness Program, we are stressed all the time – we have deadlines, goals, things we want to accomplish, and it's also stressful sitting with people who are stressed or in pain. We find that a good way to help our stress is to s-l-o-w d-o-w-n. This lets us reassess our stress, change our approach or perspective, reconsider the best ways to operate. Maybe that's something you could try, too, if you're feeling bombarded and your shoulders are up under your ears!

We look forward to seeing you all at the 9th Annual "Be Strong, Live Long" Health & Wellness Fair in May! Please see the Senior Center's April newsletter for details ~ should be a lot of fun!

Calmly and in peace ~

Larisa, Jodi, Katy and Mallory

SAVE THE DATE MEMBERSHIP
APPRECIATION

COFFEE & TREATS SC SENIOR CENTER
PATIO

MAY 31ST SAT. 9:30-11



2024 – 2025 BOARD OF DIRECTORS

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Phone	Diane Jones
Showtime	Sharon Andrzejewski Carolyn Johnson
Speakers	Judy Hubbard
Sunshine	Judy Hubbard
Yearbook	Kathy Del Pino
Webmaster	Emily Adorable

Next General Meeting: Tuesday, April 8, 2025-1pm, Room 321 at the SC Senior Center

Breakfast Club: Monday, April 21, 2025-9am, Denny's in Santa Clara

