



## Benefits of Membership

Drop-in programs and services are free to members or \$2.00 for non-members, unless noted by this symbol **◆** (please call for pricing). Some drop-in programs also require an membership to the Chinese Club, noted by **☯**. For more information about the programs and services listed below and/or to make an appointment, please call the Senior Center (408) 730-7360.

### DROP-IN PROGRAMS

Program	Meets
Billiards	M-Sa, times vary
Book Club	2 <sup>nd</sup> Friday, 1:15-3:00pm
Bridge	Tu & Th, 12:15-3:30pm
Canasta	F, Noon
Chess Club	Th, 2:30-5:30pm
Chinese Dance Club ☯	Tu, 1:30 – 4:00pm
Computer Club	2 <sup>nd</sup> F, 9:30-11:30am
Computer Help	M-F, 9:00-11:00am
Computer Lab ◆	M-F, time varies
Dancing for Health ☯	Th, 3:00-5:00pm
Diabetes Support	9/24, 10/28 1:00-2:30pm
Duplicate Bridge	Mon. 12:30-4:00pm
First Cup ◆	M-F, 8:30am-3:00pm
Fitness Room	M-Sa, time varies
Game Day	F, 1:00-4:00pm
Lawn Bowls ◆	M-Sat, 12:30-3:00pm
Mah Jong	Th, 9:30-11:30am
Movies	1 <sup>st</sup> & 3 <sup>rd</sup> F, 1:00pm
Sudoku	Call: (408) 730-7360
Table Tennis ◆	MWF, 10:00am-4:30pm
Tai Chi ☯	Th, 1:30-2:30pm
Wu's Tai Chi ☯	F, 9:00-11:00am
Women's Network	Tu, 10:30-11:30am
Yuan Chi	F, 9:00-11:00am <span style="float: right;">KW</span>

### SERVICES

Service	Available / Call
Advance Health Care Directive	By appt. - call
BART Tickets ◆	Anytime
Blood Pressure	MTh, 10:00am-Noon
Care Management	Call: (408) 730-7732
El Camino Hospital Resource Library	Tu., 11:30am-12:30pm
Flu Shots	Call for information
Foot Care ◆	9/27, By appt. - call
Hearing Screenings	Call for information
Health Insurance Counseling and Advocacy Program (HICAP)	By appt. - call
Mercury Thermometer Exchange & Outdated Medicine Drop	9/22, 11:00am-1:00pm
Notary Services	By appt - call
VTA Photo ID	9/14, Sign up required - call
Senior Services Directory	Front Desk - \$5.00
Housing Guide ◆	Anytime <span style="float: right;">NH</span>