



# CAMPBELL 50+ NEWS

1 WEST CAMPBELL AVE., CAMPBELL CA 95008 / 408-866-2146

## WINTER 2026



View classes, activities and trips and register online at:

[www.campbellca.gov/adultcenterclasses](http://www.campbellca.gov/adultcenterclasses)

12/2/25 9:00 AM - Campbell Residents

12/3/25 9:00 AM - All Residents

### Holiday Closures Schedule

**Community Center closed on:**

12/24/25 - 1/1/26

**Lunch Program closed on:**

Wed., 12/24/25                      Wed., 12/31/2025

Thurs., 12/25/25                     Thurs., 1/1/2026



### Lunar New Year Celebration Year of the Horse



February 27, 2026

5-7 pm Orchard City Banquet Hall

\$25.00 per person

- NO ADULT CENTER MEMBERSHIP REQUIRED
- FEATURING: ENTERTAINMENT BY CHINESE PERFORMING ARTS OF AMERICA
- DINNER/DRAWING

Doors open at 4:30 PM.

Ticket sales start January 20, 2026.

Last day to purchase tickets is February 24, 2026.

There will be no ticket sales at the door. For more information, please call 408-866-2146.



## T R I P S

**Trips Registration: 12/2/25 9:00 AM - All Residents**

### **THE BOOK OF MORMON**

**Wednesday 1/28 \$160**  
**11:00 AM**

Get ready for a night of laughter and outrageous fun with The Book of Mormon! From the creators of South Park, this Tony Award–winning musical is a wildly clever and irreverent hit that’s been delighting audiences around the world. Join us for an unforgettable evening filled with catchy songs, sharp wit, and a storyline that will have you laughing long after the curtain falls.

**LEVEL 1: Minimum Activity**

### **MONTEREY BAY AQUARIUM**

**Thursday 3/5 \$130**  
**9:30 AM**

Dive into the wonders of the sea with a trip to the world-renowned Monterey Bay Aquarium! Experience the beauty of California’s marine life up close—from playful sea otters to mesmerizing jellyfish and giant kelp forests. Enjoy free time on historic Cannery Row for shopping and seaside dining, making this a perfect coastal escape full of discovery and relaxation.

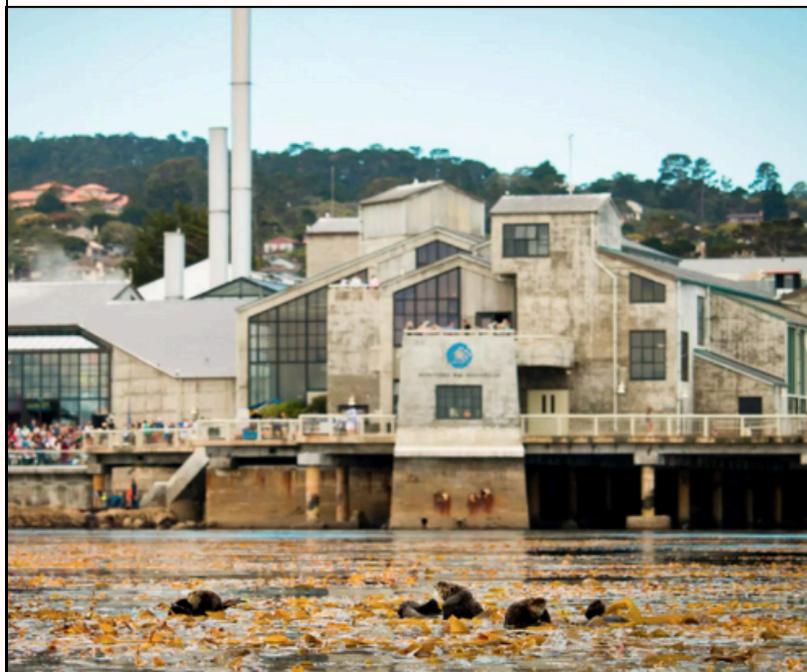
**LEVEL 2: Moderate Activity**

### **BLACKHAWK MUSEUM**

**Friday 4/17 \$110**  
**9:00 AM**

Step into a world of elegance and innovation at the stunning Blackhawk Museum in Danville. Explore a dazzling collection of classic automobiles, natural history exhibits dedicated to the Old West, The world of nature, and art from Africa and China. It’s a day of beauty, nostalgia, and inspiration—perfect for anyone who loves style and history.

**LEVEL 2: Moderate Activity**



## ANNOUNCEMENTS



West Coast Theater Arts Presents  
**MARY POPPINS**  
JR. MUSICAL

### MARY POPPINS JR. MUSICAL Mon., Dec. 1, 2025

Get ready for an enchanting experience as the West Coast Theater Arts Company brings the magic of *Mary Poppins, Jr.* to life on **December 1, at 1:00 pm** at the **Campbell Community Center, Orchard City Banquet Hall**. Join us for the Supercalifragilisticexpialidocious adventure based on the award-winning Broadway musical and classic Walt Disney film. The delightful production features performers from ages 5-17. All are welcome to enjoy this free community event! RSVP [online](#) or call the Adult Center at 408-866-2146.



## TAX REFUND

### AARP Foundation Tax-Aide

February 3 - April 10, 2026  
Tuesdays - 1:00 PM - 5:00 PM  
Fridays - 9:30 AM - 12:30 PM

Appointments must be made in person by coming to the site during above dates/times.  
Campbell Community Center C-34

## AARP

### Safer Driving Can Save You Money

Take the AARP Smart Driver classroom course and you could lower your auto insurance.

2-Day Course (attendance both days required)

- 2/7/2025, 9:00 AM–1:00 PM
- 2/10/2025, 9:00 AM–1:00 PM

Location

Campbell Adult Center, Room Q-84  
1 West Campbell Ave., Campbell, CA

Register online: [aarp.org/findacourse](https://aarp.org/findacourse). Enter your zip code above the map and scroll to find the course.

Cost: \$20 AARP members / \$25 non-members  
Need help registering? Call the Adult Center Office at 408-866-2146.

## SERVICES

### Caregiving Consultations

The Sourcewise Caregivers Network Program provides free consultations to family caregivers. Meet with a Care Manager to explore care options and learn about community resources.

### Notary By Appointment

Notary Service is available with a volunteer by appointment.

### Technology Tutoring

Do you need help understanding your technology device? We can help! Meet with a student who can teach the basics of operating your smart phone, tablet, computer, applications, or surfing the web.

**CALL 408-866-2146**



## NEW CLASSES

### Poetry as a Tool for Wellness

In a warm, supportive space, explore how poems and your own words can help you reflect, process, and grow. Guided exercises, group conversation, and sharing bring clarity and care.

Date: Jan 7<sup>th</sup>- March 4<sup>th</sup>  
Time: Wednesdays 1pm-2:30pm  
Room: E42      Cost: \$15

### Stay or Go Homeowner Class (50+)

Deciding whether to stay in your home or make a transition to a new home may be one of the most important decisions you will make in your lifetime. There are many pieces to your stay or go puzzle and one wrong choice could possibly cost you thousands of dollars. This class will help homeowners decide if they should stay or go. You will learn how to evaluate where you stand, calculate your capital gains taxes, what to do should a co-owner pass, creative cash-flow ideas, downsizing, real estate 101 and much, much more.

Date: Jan 8<sup>th</sup> - 29<sup>th</sup>  
Time: 10:30am-11:30am  
Room: Q84      Cost: \$10/class or \$30/ all 4 seminars

## TIMELY RESOURCES

### Property Tax Exemption: School Assessments

Senior Citizen or Disabled Person. Many school districts, including Campbell Union High School District, provide an exemption. Contact your school district office. Campbell Union High School District: Application mailed on request. 408-371-0960 [www.cuhsd.org/apps/pages/parcel\\_tax](http://www.cuhsd.org/apps/pages/parcel_tax)

### Property Tax Postponement

For homeowners who are seniors (62+), are blind, or have a disability to defer current year property taxes on their primary residence if they meet certain criteria. Criteria include 40 % equity in the home and an annual income of \$54,574 or less. A lien is placed against the property. Property taxes must eventually be paid. Contact Office of the California State Controller. 800-952-5661

### California Utility Tax Exemption UTT

Senior Citizen (62+), head of household, must be receiving SSI. Must submit a written application to the State of California Office of the Treasurer and Tax Collector. Google California Utility Tax Exemption.

## INFORMATION

### Senior Guided Pathways (SGP)

Looking to refresh your job skills or explore new interests in retirement? Senior Guided Pathways (SGP) at West Valley College was developed in collaboration with Successful Aging Solutions & Community Consulting (SASCC) to make education more accessible for adults 50 and older. SGP creates clear, supportive pathways to help you reach your goals, whether that means returning to the workforce, advancing your skills, or pursuing lifelong learning just for fun.

Getting started is easy: Visit the Student Services Center, open Monday through Thursday from 7:30 a.m. to 5 p.m., or visit to learn more and register, or visit [tinyurl.com/sgp-westvalleycollege](http://tinyurl.com/sgp-westvalleycollege).



# Wellness Workshop: Older Adults



As we age, good mental well-being becomes even more important for a vibrant and fulfilling life. Taking small steps toward overall health can have a big impact on your well-being.



Learn practical tips



Participate in fun activities



Connect with resources

Register by calling the Campbell Adult Center 408-866-2146.

Tuesday

December 9

1-2 PM

1 W. Campbell Avenue, Room C35





## FINDING BALANCE

### Meet Our Tai Chi and Qigong Instructors: Tatiana and Doug

If you've ever walked by room N76 and seen graceful, flowing movements paired with calm concentration, you've likely witnessed our Tai Chi and Qigong (pronounced Chi-Gong) classes in action. These ancient Chinese practices combine movement, breathing, and mindfulness—offering powerful benefits for balance, flexibility, and overall well-being.

I sat down with Tatiana, our Tai Chi instructor, and Doug, who leads our Qigong class, to learn about their journeys and what these arts can offer to beginners and experienced participants alike.

#### Tatiana Perfilov: From Computer Science to Inner Stillness

Before becoming an instructor, Tatiana worked in computer science and database systems—long hours at a desk that eventually led her to seek balance and better health. “Tai Chi has helped me in ways I never expected,” she shares. “It’s not just physical—there’s a calm and focus that grows with practice.”

Tatiana teaches Cheng Style Tai Chi, a gentle yet deeply effective form derived from the Yang tradition. She emphasizes that Tai Chi is adaptable for all levels: “You can make it as simple or as challenging as you want. There’s always room to grow.”

Over her years of teaching, Tatiana has seen students transform: “Their posture improves, their confidence grows, and they become more self-assured. People often come in unsure of themselves and leave feeling strong and capable.”

### Doug Hall: Healing and Energy Through Qigong

Doug’s journey began with a referral from his acupuncturist nearly a decade ago. Within months of practicing, he noticed a remarkable difference—his energy improved and he rarely got sick. “All of a sudden, I wasn’t getting colds as often. I had more energy,” he recalls.

Doug studied both Tibetan Tai Chi and Qigong, later earning certification in Medical Tai Chi. Today, he teaches the 18 Forms of Qigong, one of the most widely practiced styles worldwide. “Qigong doesn’t require memorizing long routines,” Doug explains. “It’s about finding stillness through movement—being at ease but alert.”

He adds, “You can go as light or as strong as you want. The movements are gentle but powerful.”

### The Benefits: Mind, Body, and Community

Both instructors agree—Tai Chi and Qigong are about more than physical exercise. They nurture mental calm, improve balance, increase energy, and foster community.

“Some people think it’s too easy,” Tatiana laughs. “Then they realize how much strength and focus it really takes!” Doug adds, “It’s not about pushing hard. It’s about being where you are and growing from there.”

Beyond the individual benefits, both see the class setting as essential. “People come for the class but stay for the community,” Doug says. “They form friendships, encourage each other, and find motivation together.”

### Advice for Beginners

Both Tatiana and Doug offer the same advice to anyone curious about starting: be patient. “Progress in Tai Chi and Qigong is slow but steady,” Tatiana notes. “Even small improvements matter.” Doug agrees: “Commit to showing up. One hour a week can create lasting change.”

## TRY A CLASS!

QIGONG | MONDAY | 1PM  
TAI CHI | WEDNESDAY | 9 & 10AM



## Celebrating Harvest Festivals Around the World

**A**s autumn paints the trees in shades of gold and crimson, communities across the globe gather to celebrate the bounty of the harvest. While we often think of Thanksgiving here in the U.S., many cultures have their own unique traditions that give thanks for a fruitful season and honor the connection between people and the land.

In China, families come together for the Mid-Autumn Festival, one of the most beloved holidays of the year. Lanterns light up the night sky, symbolizing hope and unity, while friends and families share mooncakes—round pastries filled with lotus seed paste or red bean. The moon itself represents reunion, and enjoying mooncakes under its glow is a cherished tradition passed down for generations.

Meanwhile, in India, the Pongal Festival marks a time of gratitude for the sun, the rain, and the farmers who provide food for the nation.

Celebrated mainly in the southern state of Tamil Nadu, the highlight of Pongal is a dish by the same name—sweetened rice cooked with milk, jaggery (a natural sugar), and ghee. Families gather around to cook Pongal outdoors in clay pots as the first rays of sunlight greet the new harvest season.

These festivals remind us that no matter where we come from, gratitude and togetherness are at the heart of every harvest celebration.

### Chinese Mooncakes (Simplified Recipe)

#### Ingredients:

- 1 cup golden syrup
- ¼ cup vegetable oil
- 2 tsp alkaline water (or baking soda in water)
- 2½ cups all-purpose flour
- 1 can sweet red bean paste (or lotus seed paste)



#### Instructions:

1. Mix syrup, oil, and alkaline water. Gradually stir in flour until a dough forms. Rest for 30 minutes.
2. Divide dough and filling into equal portions (about 1 tablespoon each). Flatten dough, fill with paste, and shape into a ball.
3. Press each ball into a mooncake mold, then release onto a baking sheet.
4. Bake at 350°F for 10 minutes, cool for 10 minutes, then bake again for another 10–15 minutes until golden brown.
5. Allow to rest 1–2 days for the flavor and texture to soften before serving.

### Indian Sweet Pongal

#### Ingredients:

- ½ cup rice
- ¼ cup yellow moong dal (split mung beans)
- 3 cups milk
- ½ cup jaggery (or brown sugar)
- 2 tbsp ghee (clarified butter)
- 10 cashews and a few raisins
- ½ tsp cardamom powder



#### Instructions:

1. Rinse and cook rice and dal together in milk until soft and creamy.
2. In another pan, melt jaggery with a few tablespoons of water to make syrup. Strain and mix into the cooked rice.
3. In ghee, fry cashews and raisins until golden, then add to the mixture along with cardamom.
4. Stir well and serve warm for a taste of South India's harvest joy!