



## SPRING 2026



## TRIPS



### Monterey Aquarium

Thursday 3/5

\$130

Enjoy a special behind the scenes tour of the world-famous Monterey Aquarium. Trip will also have time for a "on your own" lunch and shopping time in the nostalgic cannery row.

**LEVEL 2: Moderate Activity**

### Blackhawk Museum

Friday 4/17

\$110

A hidden gem of the Bay Area, the Blackhawk Museum boasts some great exhibits. From China, Africa, American Southwest and even nostalgic cars this trip will impress. Finish the day with a catered lunch and we have an amazing time in store for all participants.

**➔ Sign up NOW! Few seats available.**

**LEVEL 2: Moderate Activity**



### San Jose Giants

Saturday 5/9

\$140

Your 2025 California League Champions are the destination for May. Enjoy VIP deck seating right on the field and a meal (included) as you take in the fantastic play of up-and-coming professional baseball players. Everyone enjoys taking in America's Pastime. Great seats, good times, Giant fun.

**➔ Register NOW!**

**LEVEL 1: Minimum Activity**



**FREE**

**E V E N T S**

**West Coast Theater Arts Presents  
Wizard of Oz Musical**



**Thursday, April 30<sup>th</sup> - 12:00 PM**  
**Campbell CC | Orchard City Banquet Hall**

Join us for a magical journey down the Yellow Brick Road as our talented local youth bring The Wizard of Oz to life! This family-friendly production features all your favorite characters—Dorothy, Toto, Scarecrow, Tin Man, and the Cowardly Lion—along with unforgettable songs and plenty of heart. Come support our amazing young performers and experience the wonder, friendship, and adventure of this beloved classic right here at the Orchard City Banquet Hall. *Don't miss it!*

➔ **Sign up at <https://forms.office.com/g/9zZNTvR4iQ> or call 408-866-2146**



**C L A S S E S**

**NEW**

**Flex Strength Training – With Ed**  
**Mondays, May 4th - 1:00 PM**

*Introducing* a new afternoon fitness opportunity with one of our amazing instructors. Stretch for those fitness goals with Ed in the afternoon as part of our strength conditioning classes. Using our weight room and circuit style training our instructor will guide you through a strength conditioning program designed to help you move through summer.

➔ **Register NOW!**



**A N N O U N C E M E N T S**



**You're Not Alone:  
Support for Emotional Well-Being**

**Tues., April 21, 2026**  
**10:00 PM | Room C-35**



[namisantaclara.org](http://namisantaclara.org)

Are you feeling stressed, lonely, or going through a difficult time? You're not alone. The National Alliance on Mental Illness (NAMI)- Santa Clara County offers free mental health services through education, peer-led support groups, and advocacy. Join us to learn more about NAMI's programs and how they can support your emotional well-being. Please RSVP for this presentation by calling the Adult Center Office 408-866-2146.

**Senior Volunteers Needed!**

Want to donate your time and support your community?  
**CADRE**, the main coordinating group for non-government disaster response in Santa Clara County, is seeking adults age 55 and older to help share important information about disaster readiness and recovery. Any skill level is welcome. CADRE has supported every major disaster in the county since 1989 and continues to bring communities together for a strong and fair response.

Interested? **Email [Antonia@CADREsv.org](mailto:Antonia@CADREsv.org)**





### Love Games? Join Rummikub!

The Adult Center is launching a new **Rummikub Group on Thursdays, 1:00-3:00 pm**. Rummikub is a fun, tile-based game that blends elements of the card game rummy and mahjong. It's a great way to learn a new game and make new friends! Adult Center membership is required.



**Please call the Adult Center Office 408-866-2146 if you are interested.**

### Safer Driving Can Save You Money

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

4 Hour Course

April 10, 2026 | 9 AM - 1 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.



### 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.



**Please call 408-866-2146 for appointments.**



### Health Insurance Counseling & Advocacy Program (HICAP) – Long-Term Care Insurance Support

Get free, confidential, one-on-one counseling to help you understand Long-Term Care (LTC) insurance, what it covers, how it works, and whether it fits your needs. LTC insurance helps pay for care when you need assistance with everyday activities due to aging, illness, or disability, whether at home, in the community, in assisted living, or in a nursing facility.

Our trained HICAP counselors explain LTC insurance options, help you compare policies, answer your questions, and guide you through informed planning, all at no cost, with no sales pressure.

**Appointments available – call to schedule your free session (408) 350-3288.**



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## Springing Into Healthier Habits

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**S**pring always feels like an invitation. The days get a little longer, the air feels a little lighter, and suddenly it doesn't seem quite so hard to open the windows and let something new in.

When we think about spring, we often think about cleaning—closets, garages, maybe that one drawer we all avoid. But spring is also a great time to take a look at our **habits**, not to overhaul everything, but to gently ask, “Is this still working for me?”

Healthy habits don't have to mean big changes. In fact, the ones that last are usually small and practical. Things like taking a short walk instead of skipping movement altogether. Drinking one extra glass of water a day. Standing up and stretching during commercials. These little choices add up, and more importantly, they make daily life feel easier.

Spring is also a good reminder that **making life better doesn't have to be complicated**. Sometimes it's about simplifying. Keeping frequently used items within reach. Writing things down instead of trying to remember everything. Giving yourself permission to rest when your body asks for it. These aren't signs of slowing down—they are signs of living smarter.

Another habit worth “springing into” is staying connected. As the weather improves, it's a great time to say yes to a class, a trip, or just a conversation over coffee. Staying social keeps us moving, laughing, and engaged, and those are some of the healthiest habits there are.

If there's one takeaway this spring, it's this: **you don't need a fresh start ... just a small step forward**. Choose one thing that makes your day a little easier or a little better, and start there. Spring has a way of reminding us that growth doesn't have to be rushed. It just has to be intentional.

Here's to lighter days, healthier habits, and a season of feeling just a bit better every day.