CAMPBELL 50+ NEWS

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

FALL 2026

TRIP REGISTRATION OPENS TUESDAY, AUGUST 4, 2026 AT 9:00 AM.
ADULT CENTER MEMBERSHIP REQUIRED | REGISTER ONLINE

TRIPS

Bridge, Brunch and a Boat...Oh my!

Thursday, September 10, 2026
10:00 AM - 6:00 PM
$ 135.00



Enjoy a classic San Francisco Bay adventure! Travel by bus to the Golden Gate Bridge, take a scenic walk across the bridge at your own pace, then head to Sausalito for brunch and waterfront time. Afterward, board a ferry for a beautiful ride across San Francisco Bay before meeting the bus for the return trip to Campbell. Expect moderate walking, layered weather, and unforgettable views. (participants can ride the bus across the bridge)

Level 3: Maximum Activity



Fleet Week Flight Fest

Friday, October 9, 2026
11:00 AM - 6:00 PM
$ 200.00

Experience the excitement of San Francisco Fleet Week while on the water as world-class pilots take to the skies over the Bay. Enjoy spectacular aerial demonstrations, breathtaking precision flying, and a day on the bay while celebrating one of the Bay Area's most popular annual event. Lunch is included.

Level 2: Moderate Activity

TRIPS

TRIPS

Oh Mary!

Wednesday, October 28, 2026
11:00 AM - 4:00 PM
$ 175.00



Get ready for one of Broadway's biggest comedy hits! Oh, Mary! is a wildly funny, Tony Award®-winning play that reimagines Mary Todd Lincoln as an aspiring cabaret star with dreams far bigger than life in the White House. Packed with sharp wit, outrageous humor, and unexpected twists, this fast-paced comedy offers a delightfully absurd take on American history and has audiences laughing from start to finish. Boxed lunch included.
All tickets must be purchased by Sept 14. No wheelchair access.

Level 1: Minimum Activity

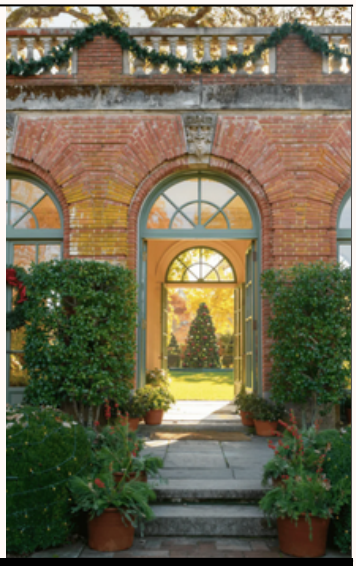
TRIPS

Festive Filoli & Holiday Dinner

Thursday, December 10, 2026
3:00 PM - 7:30 PM
$ 165.00

Celebrate the season with a magical visit to Filoli, beautifully adorned with dazzling holiday decorations and festive displays. Stroll through the decorated estate and gardens, then gather with friends for a delicious holiday dinner before returning home filled with seasonal cheer.

Level 1: Minimum Activity



EVENTS

Caregivers Count! Conference

The Caregivers Count! Conference is an annual educational forum designed for families and friends caring for aging loved ones. This year's conference features a two-part series:

September 19 | 10:00 a.m.–12:00 p.m.
(Virtual)

Session 1: From Conflict to Connection- Managing expectations and roles in caregiving.

A panel of experts will explore the legal, emotional, and safety aspects of caregiving while offering practical strategies for navigating family dynamics, clarifying roles, and fostering stronger connections.

September 26 | 9:00 a.m.–12:00 p.m.
(In Person)
Campbell Community Center
1 W. Campbell Ave. Room Q80
Campbell, CA

Session 2: You Matter too:
An Interactive Self-Care Experience.

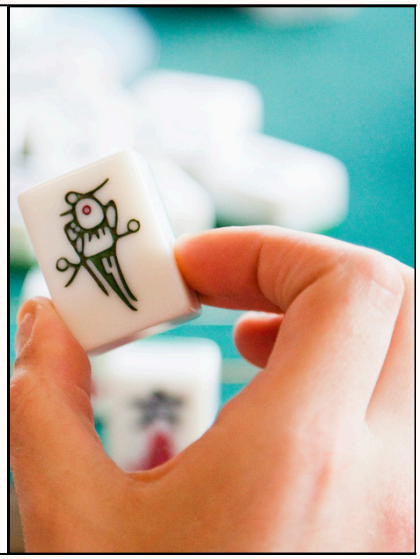
Caregivers will discover effective coping strategies and participate in engaging self-care activities, wellness demonstrations, and interactive experiences designed to support their own health and well-being.

Registration is available at www.caregiverscount.net

SCAN HERE

Mahjong Social

Friday, Oct. 16, 2026
1:00 - 3:00 PM
C-35



Calling Mahjong players! Campbell Adult Center is hosting a ***FREE*** Mahjong Social where players can meet, play, and enjoy the game. This is not an instructional class, but an introduction and way to meet other players interested in forming a community. Come have some fun, make some friends, and play a game!

Space is limited so sign up by calling the Adult Center front desk at 408-866-2146 or stopping by the office 8am-4pm M-F in room C-33.



Tech Tutoring Workshop - How to Use Uber/Lyft

Wednesday, October 14, 2026
4:00 PM
C-35

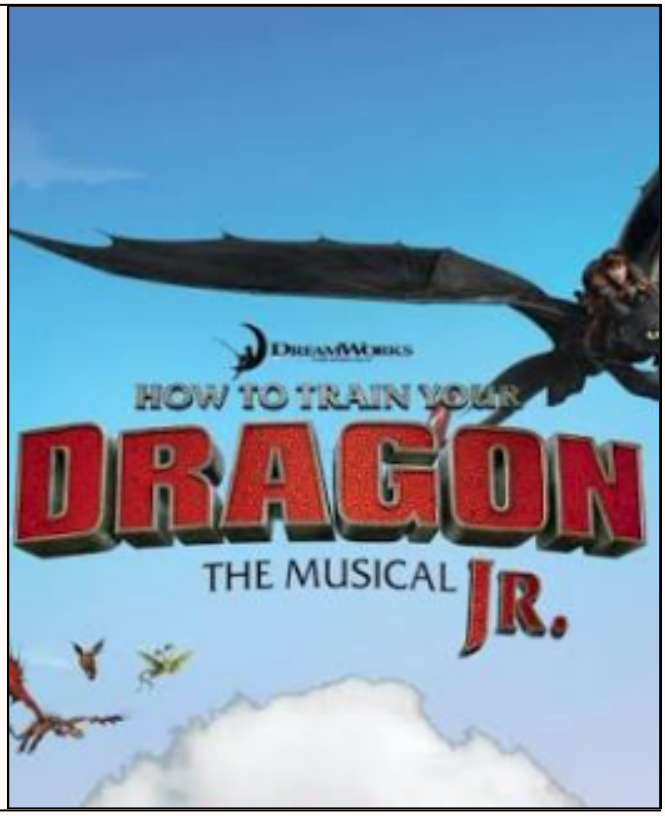
Ride sharing apps are a great way to get around unfamiliar areas or even get a ride to the store when you don't feel like driving. They can make getting to the airport a breeze and getting home from a night out even safer. They are becoming a great app to be familiar with and utilize when needed.

This special ***FREE*** Tech Tutoring edition will teach you how to set up an account and call for a ride when you need it. You will feel the freedom having the ability to get wherever you want to go whenever you want at the tip of your fingers. ***Sign up by calling the Adult Center at 408-866-2146.***

The West Coast Theater Arts Presents HOW TO TRAIN YOUR DRAGON, JR.

Thursday, Dec. 3
1:00 PM - 2:30 PM
Orchard City Banquet Hall

A ***FREE***, live performance, How To Train Your Dragon the Musical Jr. is a fire breathing, action packed adventure based on the DreamWorks animated movie. Our story follows a young viking named Hiccup, whose greatest desire is to prove his worth by slaying a dragon, but he lacks all of the qualities to do so. In a twist of fate he befriends a dragon, Toothless, and together they must work together to save both of their worlds. With a score of beautiful musical numbers, original dance choreography, and epic battles, you won't want to miss this spectacular performance! ***Tickets are free and available by scanning the QR code or calling the Adult Center at 408-866-2146.***



How to Identify and Avoid Becoming a Victim to Common Scams

A Fraud Prevention Seminar

Presented by County of Santa Clara - Office of the District Attorney

October 22, 2026
1:00 - 2:00 PM
Q-80, Campbell Community Center,
1 West Campbell Ave, Campbell 95008

Learn about the Santa Clara County - Consumer Mediation Services Program in addition to Common Scams targeting the elderly:

Grandparents Scams

Tech Support Scams

Refund and Recovery Scams

Romance Scams

Register by using the QR code or call the Adult Center at 408-866-2146.

HICAP Presentation

October 13, 2026
10:00-11:00 AM
Room C35



The Medicare Annual Enrollment Period runs from October 15 through December 7. If you have questions about enrolling in Medicare or reviewing your coverage options, join the Health Insurance Counseling & Advocacy Program (HICAP) for an informative presentation on October 13, 10:00–11:00 a.m. in room C35.
Learn about:

- Medicare Advantage plans
- Part D prescription drug coverage
- Important plan changes for the coming year
- Programs and strategies that may help lower your healthcare costs

This program is presented by Sourcewise. HICAP counselors do not sell insurance—they provide free, unbiased information and guidance to help you make informed Medicare decisions with confidence.

RSVP by calling the Adult Center 408-866-2146.



BAY AREA OLDER ADULTS

Are you someone who likes to walk in nature? Join other adults age 50+ for free wildflower, wetlands, birding, redwood and wine history walks that include transportation and a picnic lunch! To learn more and to register (required), please visit: **https://www.bayareaolderadults.org/bao-hikes.**

SERVICES

Long-Term Care Counseling

Do you have questions about planning for Long-Term Care (LTC)? The Health Insurance Counseling & Advocacy Program (HICAP) offers free, unbiased counseling to help you understand long-term care insurance, care options, and the Medicare and Medi-Cal benefits that may be available to you.
HICAP counselors do not sell insurance. Their role is to provide trusted, impartial information and guidance so you can make informed decisions about your long-term care needs with confidence.
To schedule an appointment, call (408) 350-3288 or book online by clicking **here.**

DATES TO REMEMBER



Campbell Residents Priority Registration	8/4 at 9:00 AM
Open Registration	8/5 at 9:00 AM
Trips Registration	8/4 at 9:00 AM
Thanksgiving Closure	11/26/26 - 11/27/26
Holiday Closure	12/24/26 - 1/1/27

ANNOUNCEMENTS



Ainsley House Museum Fall Events

- **Sept. 13, 2026**
  Make 'N Mingle: Tin Can Luminary at the Carriage House
- **Sept. 18, 2026**
  San Jose Gambling with Ted Ramos
- **Sept. 26, 2026**
  Groovin' in the Garden,
  A 70's Flashback Fundraiser
- **Oct. 4, 2026**
  Make 'N Mingle: Pumpkin Decoupage at the Carriage House
- **Nov. 19, 2026**
  Holidays at the Ainsley House

Visit Campbell Museums for the full schedule and tickets or call 408-866-2119.

Oktoberfest Fun Run 10/17/2026

Whether you walk or run, join us for the 19th Oktoberfest Fun Run!

Register early and secure your spot.
https://campbellca.gov/376/Oktoberfest-Fun-Run

AARP

Safer Driving May Save You Money

Take the AARP Smart Driver classroom course and you could save money on your auto insurance!

4-Hour Refresher Course
10/16, 9:00 AM - 1:00 PM
2-Day Course (both days are required)
12/11, 9:00 AM - 1:00 PM
12/14, 9:00 AM - 1:00 PM

Location:
Campbell Adult Center, Room Q-84,
1 West Campbell Ave., Campbell CA
Visit aarp.org/driving36 or call 1-888-773-7160

NEW CLASS

BODY CONDITIONING
Mondays/Wednesdays

Body Conditioning now has Monday and Wednesday classes. This very popular class has music, weights, and a great attitude.

9958.21	**Mon**	**11:15 AM**	**9/14-10/26**	**$46.00**
9958.22	**Wed**	**12:30 PM**	**9/2-10/28**	**$54.00**
9958.23	**Mon**	**11:15 AM**	**11/2-12/14**	**$46.00**
9958.24	**Wed**	**12:30 PM**	**11/4-12/16**	**$42.00**

Learn Intermediate Tap!
Tuesday

Take this 4-day course and be ready for the next session of Intermediate Tap. Instructor Pat will get you ready for the next level by teaching the basics of what is needed to graduate from the Beginner class.

9235.23 Tues 2:40 PM 9/8-9/29 $26.00

Kevin's Korner

The Lost Art of Being Bored



When I was growing up, one phrase struck fear in my parent's ears:

"I'm bored."

Of course, there wasn't much sympathy. The standard response was usually something along the lines of, "Well, go find something to do." And somehow...I did. Because if I didn't, there was always wood to be chopped, post holes to be dug, barns to be cleaned...never an end to chores on a farm. But it's not just me, an entire generation built forts out of blankets. We rode our bikes until the streetlights came on. We played catch, climbed trees, made up games with neighborhood kids, we wandered. If we wanted to know the answer to a question, we couldn't ask our phones—we asked our parents, teachers, or made a trip to the library. Entertainment wasn't delivered to us with the touch of a screen. We created it ourselves. It forced us to use our imagination, solve problems, make friends, and create experiences that are unknown to kids today.

Now, the world is different. The ability to stream any movie, play a video game with someone halfway around the world, or ask our phones everything is like a scene from another planet.

Our memories are history; lessons about resilience, family, creativity, and how people connected before the digital age.

Our past, is extraordinary! My parents put me on a train, without supervision or cell phone tracking, with only a piece of paper that had a phone number and a quarter taped to the corner just in case, from Seattle to Portland when I was 6 years old. Yesterday, I saw a parent with their kid on a leash. We lived a life that no longer exists!

So this fall, if you find yourself with a little free time—or maybe even a little boredom—consider putting pen to paper. Take our Guided Autobiography or our Poetry class. Your stories deserve to be told.

After all, we didn't just live through history. We are the living embodiment of a foreign world.