

Southside Community Center Adults 50+ Newsletter



Special Events

Mardi Gras Celebration and Luncheon-Friday February 9, 2018 10:00a.m. to 1:00p.m.

Come join us for our Mardi Gras Celebration at Southside Community Center. The event will feature the Adrian Gormley Jazz Band. We will also be having Beignets as a new dessert that will accompany the celebration. Please do not forget to reserve your meal prior to the day of the event. The meal for the day will be:

- Chicken & Sausage Jambalaya
- Dirty Rice
- Collard Greens
- Fresh Tossed Salad
- Fresh Fruit

Lunar New Year Celebration and Luncheon- Wednesday February 28, 2018 10:00a.m. to 1:00p.m.

Ticket signups for the event will start Monday, February 5, 2018 at 10:00a.m. in the Multi Purpose Room. There will be exciting performances by our Yuan Ji Dance and Tai Chi classes. A fun meal will be provided, as well. **Tickets are required.** The meal for the day will be:

- ◆ Wonton Soup
- ◆ Lion Head Meatballs
- ◆ Brown Rice
- ◆ Fresh Sautéed Sesame Cabbage
- ◆ Asian Blend Vegetables

February: A Month of Fun and Importance

This is an exciting month for us! We have so many events happening that we're looking forward to! We have a bunch of celebrations, like our Mardi Gras Event, Valentine's Day Dance and Lunch, President's Day Lunch, and Lunar New Year Celebration. Please be sure to sign up for everything you would like to participate in! You wouldn't want to miss out on the fun!

Southside Community Center will also be honoring Black History Month on Friday, February 16, 2018. There will be decorations and very important information about Black History Month and how it originated that will be placed around the Multi Purpose Room about this meaningful time in history.

Contact

Front Office: 408-629-3336

Lunch Reservations: 408-629-9606

Address: 5585 Cottle Rd, San Jose, CA 95123

Center Closures

In observance of the President's Day holiday Southside Community Center will be **CLOSED** on the following date:

February 19, 2018

The center will **RE-OPEN** on Tuesday, February 20, 2018.

SOUTHSIDE SENIOR PROGRAM INFORMATION & SERVICES

- ◆ Come celebrate Valentine's Day on Wednesday, February 14, 2018 with an enjoyable meal and decorations. On Thursday, February 15, 2018 we will have a Valentine's Day Dance in the Multi Purpose Room from 1:30p.m. to 3:30p.m. We will have DJ Fullmoon provide the music. The event is sponsored by the Senior Advisory Council.
- ◆ We will have Jaye Phillips from the City of San José coming by to speak to the participants and see what programs and services you would be interested in having at Southside Community Center.
- ◆ If you are interested in having some new visitors or presenters here to come and talk during the Senior Nutrition Program time, please contact Recreation Specialist, Dustin Gordon, in the front office.
- ◆ Southside Community Center is offering a President's Week Camp for youth during the week of February 20-February 23. We look forward to having those little ones having fun at Southside.

Southside Senior Advisory Meeting

Second Wednesday of the month at 1:00p.m.

Join us at our monthly Senior Advisory meeting to get the latest news and updates in senior programs!

Thursday Dances

Every Thursday from 1:30p.m.—3:30p.m.

Do you love dancing!? Come join us Thursday afternoons for fun, joyous friends and music to get you moving! Don't forget your dancing shoes! Only \$1!



Bingo!

Every Tuesday at 1:15p.m.

Join us Tuesdays for bingo fun!!

You'll get free snacks, door prizes and play memorable bingo games. Payouts for regular games are \$90 and \$140 for Blackout.

Bingo packs are sold for \$6 per pack (all 10 games) and daubers are sold for \$1 each.



Bring your friends and come have some fun!!


Volunteers Needed!!!

Are you interested in becoming more involved with your community? Do you have a special skill you would like to teach others? If so, please contact Dustin Gordon at the front office!



February

Suggested contribution is \$3.00 for 60+ and required contribution of \$8.00 for all 59 and under
Lunch served @ 12pm Mon-Fri. Call (408) 629-9606 for reservations

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 29 Herb Citrus Chicken Whole Wheat Roll Malibu Blend Vegetables Fresh Roasted Red Potato Fresh Fruit in Season | 30 Beef Burgundy Pasta Fresh Glazed Carrots Fresh Garden Salad Fresh Orange | 31 Wonton Soup  Miso Glazed Fish Asian Brown Rice Fresh Sautéed Cabbage Stir Fry Vegetables Fresh Fruit in Season | 1 Honey Garlic Pork Chop Whole Grain Bread Fresh Baked Sweet Potato California Blend Vegetables Apple Crisp | 2 Tuscan Bean Soup Vegetarian Lasagna Caribbean Blend Vegetables Fresh Romaine Salad w/ Shredded Carrots Fresh Banana |
| 5 Fresh Carrot & Ginger Soup Stir Fry Sesame Pork Brown Rice Fresh Sauteéd Cabbage Fresh Fruit in Season | 6 Beef Meatloaf w/ Gravy Whole Wheat Roll Broccoli Spears Fresh Mashed Potatoes Fresh Fruit in Season | 7 Macaroni Soup Tilapia Vera Cruz Spanish Brown Rice Fiesta Blend Vegetables Fresh Tossed Salad w/ Shredded Carrots Fresh Orange | 8 Lemon Chicken Piccata Pasta Fresh Scalloped Tomatoes Fresh Herbed Zucchini Ambrosia Salad w/ Pineapple and Mandarin Oranges | 9 Mardi Gras Celebration Chicken & Sausage Jambalaya Dirty Rice  Collard Greens Fresh Tossed Salad Fresh Fruit in Season |
| 12 Split Pea Soup Tandoori Chicken Basmati Rice Roasted Cauliflower Green Peas & Carrots Fresh Apple | 13 Roasted Pork w/ Honey Apple Glaze Whole Wheat Roll Fresh Baked Sweet Potatoes Caribbean Blend Vegetables Fresh Fruit in Season | 14 Valentine's Day Luncheon Waikiki Chicken White Rice Oriental Blend Vegetables Fresh Garden Salad Tropical Fruit | 15 Corn Chowder Soup  Sloppy Joe's Baked Sweet Potato Fries Baked Beans Fresh Orange | 16 Cheese Enchilada Corn Tortilla Fiesta Blend Vegetables Chuckwagon Corn Fresh Banana |
| 19  | 20 Fagioli Soup Lemon, Basil & Garlic Chicken Wild Rice California Blend Vegetables Fresh Carrots & Raisin Salad Fresh Whole Fruit | 21 Beef Stew Cornbread Fresh Potatoes, Carrots & Onions in entrée Fresh Spinach Salad w/ Red Bell Peppers Peach Crisp | 22 Vegetable Soup Chicken Marsala Pasta Broccoli Spears Fresh Garden Salad Fresh Apple | 23 Presidents Day Special Meal BBQ Ribs  Whole Wheat Roll Corn on the Cob Fresh Potato Salad |
| 26 Turkey Chili Cornbread Kidney Beans, Onions & Corn in entrée Romaine Salad w/ Shredded Carrots Fruited Gelatin w/ Mandarin Oranges | 27 Kale & Black Bean Soup Baked Fish w/ Chimichurri Sauce Wild Rice California Blend Vegetables Fresh Caprese Salad Fresh Whole Fruit | 28 Lunar New Year Celebration Wonton Soup Lion Head Meatballs Brown Rice Fresh Sautéed Sesame Cabbage Asian Blend Vegetables Fresh Apple | 1 BBQ Pulled Pork Sandwich Corn on the Cob Fresh Coleslaw w/ Shredded Carrots Fresh Banana | 2 Spinach Quiche Whole Grain Bread Fresh Roasted Red Potatoes Fresh Orange |

1/29-2/2: Egg Salad Sandwich (V) or Turkey Cobb Salad (M) or Black Bean Patty (H)

2/5-2/9: Orange, Beet & Quinoa Salad (V) or Tuna Sandwich (M) or Black Bean Patty (H)

2/12-2/16: Vegetable Wrap (V) or Chicken Barley Spring Salad (M) or Black Bean Patty (H)

2/20-2/23: Black Bean Orzo Salad (V) or Greek Chicken Pita (M) or Black Bean Patty (H)

2/26-3/2: Egg Sandwich (V) or Chinese Chicken Salad (M) or Black Bean Patty (H)

SOUTHSIDE SENIOR PROGRAM UPCOMING INFORMATION

- ◆ Sign up as a 2018 Southside Community and Senior Center member! It only costs \$10 for the entire year and you'll get many great perks. Your membership includes early registration dates, discounted tickets on events, and better rates on classes and programs. Membership is valid through December 31, 2018.
- ◆ We value your input and would love to hear what classes, programs and services you are interested in having here at Southside Community Center. We look forward to hearing from you.
- ◆ The next field trip for the San José City Wide Field Trips will go to Fairfield Travis Air Museum and the Jelly Belly Factory. Please remember to arrive early at your pickup location. To attend please pre-register in person at your local community center or online at sjregistration.com

Choose your pick up location when you register:

Willow Glen Com. Center
2175 Lincoln Ave
Pick up: 7:30a.m.

Southside Com. Center
5585 Cottle Road
Pick up: 8:00a.m.

Evergreen Com. Center
4860 San Felipe Rd.
Pick up: 8:30a.m.

For more information please contact Barbara Crum at 408-794-6867 or email her at barbara.crum@sanjoseca.gov



SAN JOSE
**PARKS, RECREATION &
NEIGHBORHOOD SERVICES**

