

Have Fun With Us!

If you are looking for a more casual setting and the ability to interact with people who have similar interests, our programs for adults 50+ offer a wide range of possibilities. You can brush up on your painting; learn how to play new card games or step into some new dance skills while enjoying the company of those around you.

Throughout San Jose, we offer classes in:

- Health & Fitness
- Dance
- Arts & Crafts
- Enrichment & Education
- Music & Theater Arts

Please visit www.sanjoseca.gov/prns to learn about our classes. You can register online or at any community center.



Talk To Us!

For more information, contact us:

- A:** Senior Services
200 E. Santa Clara St., 9th Floor
San Jose Ca 95113
- P:** (408) 535-3576
- F:** (408) 292-6299
- W:** www.sanjoseca.gov/prns

To request an accommodation for City-sponsored events or an alternative format for printed material, please contact the event organizer as soon as possible, but at least three business days before the event



SAN JOSE
PARKS, RECREATION &
NEIGHBORHOOD SERVICES

ADULTS 50+

Stay active and engaged
with our classes programs
and events.



Building Community Through **Fun**

Senior Services

Each community center in San Jose offers a variety of services and activities such as:

- Guest Speakers
- Special Events
- Field Trips
- Monthly Newsletters
- Tax Assistance (AARP)
- Senior Peer Advocates (SPA)
- Senior Adult Legal Assistance (SALA)
- Health Insurance Counseling (HICAP)

“It’s not the years in your life, but the life in your years that count. Life is enriched from seeking, not from sitting.”



Senior Program Sites

Alma Community Center
(408) 275-1315

Almaden Community Center
(408) 268-1133

Alviso (Nutrition Site)
(408) 251-8553

Berryessa Community Center
(408) 251-6392

Camden Community Center
(408) 559-8553

Cypress Community & Senior Center
(408) 244-1353

Evergreen Community Center
(408) 270-2220

Gardner Community Center
(408) 279-1498

Mayfair Community Center
(408) 794-1060

Roosevelt Community Center
(408) 794-7555

Seven Trees Community & Senior Center
(408) 794-1690

Southside Community & Senior Center
(408) 629-3336

Willow Glen Community & Senior
(408) 448-6400

Senior Lunch Program

The City of San Jose, in partnership with Bateman Senior Meals, provides nutrition meals for Adults 60+ at 13 community centers throughout the city. All well-balanced meals served at our community centers meet county health standards. We invite you to experience why community centers are the heart of our districts.



Benefits of the Senior Nutrition Program:

- Lunch served 12-1pm, Monday to Friday
- Only \$3 for those 60+ years
- Only \$8 for those under 60 years
- New meals weekly!

For more info, visit <http://sanjoseca.gov/DocumentCenter/View/9078>

