



8500 Highway 9
Ben Lomond, CA 95005

Office hours

Monday: 10– 3:30
Tuesday: 10–3:30
Wednesday: 10–3:30
Thursday: 10–1
Friday: 10 –1

Senior Citizens Organization of San Lorenzo Valley

Volunteer Board of
Directors

President:
Coco Raner-Walter

Vice President:
Susan McKenney

Treasurer:

Nancy King

Secretary:

Alisan Andrews

Directors:

Diana Sue Miller

Bob Eback

Joey Alvarez

Garrett Wallace

Blanca Uribe

Highlands Park Senior & Community Center

November 2025

President's Address

Dear Community,

Thanksgiving is a time for gratitude, and I would like to express my appreciation to everyone who has helped us grow, expand, and achieve some of “The Center’s” goals. We have an incredible group of volunteers—from our board members to our pancake breakfast staff, outreach ambassadors, and community supporters who contribute both financially and emotionally. I thank you from the bottom of my heart; we couldn’t have accomplished this without you.

Happy holidays to one and all!

Coco

Our Mission

We provide programs and activities for the San Lorenzo Valley community, with a focus on helping older adults to remain engaged and involved. By promoting and supporting education, recreation and social programs, we work to ensure that all members of our community can live full and satisfying lives.

Sponsor Highlight



We at Highlands Park Senior and Community Center, a vital community asset for 50+, are thankful for two of our pivotal benefactors & champions!

**Assembly Member, Gail Pellerin, and
our dear past board member, Lynn McKibbin.**

These amazing women have helped us sustain viability since Covid 19. We would not have been able to survive and serve the public without them.

We thank you from the bottom of our hearts!



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Santa Cruz CA (831) 426-1111

Highlands Park Board Meeting

No meeting in November, will resume in December.



8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611



Welcome to the Season of Giving & Gratitude!



Autumn reminds us that there is a time in life to let go and stop trying to do everything alone. It encourages us to accept help and be open to receiving support. When we come together, we navigate life's cycles with greater love and grace. That is something to be grateful for!

This truth was beautifully exemplified at our **Annual Caregiver & Family Resource Fair**. We honor caregivers, those receiving care, and the organizations that support them. **A heartfelt thanks goes to each participating organization!** Your dedication, meaningful missions, and **generous hearts make a profound difference in caring for our community's diverse needs.**

It was wonderful to visit with residents who attended and opened to discover and receive the support available.

Until we gather again in 2026, residents are welcome to visit the Center or join the SLV Caregiver Support Group, hosted by the Valley Women's Club, to receive support and connect with caregiver and family resources.



SAN LORENZO VALLEY
**CAREGIVER
SUPPORT
GROUP**



1st Thursday of the Month

TIME: 2:00-3:30 PM

LOCATION:

VWC Office at the
Highlands Park Senior &
Community Center,
8500 Hwy 9,
Ben Lomond, CA.

Announcement: Word Game Results & Winners!

Thank you to all who participated in the Word Game, choosing new inspiring terms to replace 'Senior Citizen' & 'The Elderly'.

The votes are in and the **#1 term choice is Savvy Senior**. The **#2 term choice is Wise One's**. We will continue having fun using the suggested terms throughout the year to come.

Congratulations to term submission winners ~ Shirley Madan & Lesley Tierra! You won **2 pancake breakfast tickets** each or one **Free 6 Class Pass** to be used towards Exercise, Ukelele, or Circle Dance. Stop by the office to pick up your prizes!

We invite everyone to lean into "The Center" through the Winter, it's a time of nourishment and planting your hearts desires into our collective vision for 2026!





Highlands
Park Senior &
Community
Center

Office hours

Mon: 10-3:30
Tues: 10-3:30
Wed: 10-3:30
Thur: 10-1
Frid: 10-1



Scan the code
to visit our site.

ACTIVITIES CALENDAR NOVEMBER 2025

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAY
 Meals on Wheels Dining 11am-1pm	 Exercise class 10-11 am	 Meals on Wheels Dining 11am-1pm	 Exercise class 10-11 am	 Grey Bears Grocery Pickup 9:30-10:30am	 HERALDING THE HOLIDAYS FUNDRAISER GALA <i>Tiny Bubbles</i> SATURDAY, NOVEMBER 15TH 4:00 PM-7:00 PM \$50/TICKET
 Bridge Club 11:30am-2:30pm	 Meals on Wheels Dining 11am-1pm	 Movie Day: Enjoy some Holiday Cheer 1-3pm	 Meals on Wheels Dining 11am-1pm	 Ukulele Class 10:30-11:30am	
 Grief Support Group CANCELLED	 Nov. 11 th No Meals on Wheels, No Exercise Cyber-Seniors® Tech Class 10:15-11:45 ----- Art + Tech Class 1:30-3pm	 Circle Dance 'Be UpLifted' 3-4pm	 1st & 3rd Thursdays 1-3:30pm Happy Thanksgiving Closed Nov. 27 th	 Meals on Wheels Dining 11am-1pm	

Meals on Wheels Reservations: arrange lunch the day before by calling 831-336-5366

EXERCISE CLASS SCHEDULE

Weight bearing full
body exercise
every session +

Tuesdays

4th-Balance &

Line Dance

11th- No Class

18th-Surprise

25th- Yoga

Thursdays

Qi Gong

PLEASE NOTE

SLV Caregiver
Support Group
Nov. 6th, Thursday
2-3:30pm
.....

No Home Arts
.....

5th District Town Hall
Thurs, Nov. 13th @
5:45pm - Auditorium
.....

No Cyber-Seniors
Tues Nov. 25th
.....

Suggested
donation: \$3.50



8500 Hwy 9, Ben Lomond, CA 95005
www.highlandsparkseniorcenter.org



831-336-8900



seniorcenterslv8500@gmail.com



Meals on Wheels
Dining Center



It's Time to Celebrate 2025 & Gather Resources for our Collective Vision for 2026!

JOIN US FOR... HERALDING THE HOLIDAYS FUNDRAISER GALA *Tiny Bubbles*

A "BE-BOP" INSPIRED EVENING INCLUDING:

- *Celebrating our Community*
- *Live Jazz Music Interludes*
- *Silent Auction of Fabulous Items*
- *Drinks & Hor d'oeuvres*
- *Acknowledging Volunteers & Supporters*

SCAN ME



TICKETS \$50/PERSON

(LIMITED SEATING)

GET YOUR TICKETS ASAP!

ONLINE @ [HTTPS://TINYURL.COM/HTHIN2025](https://tinyurl.com/HTHIN2025)

IN PERSON @ THE CENTER

OR SCAN THE CODE

**SATURDAY, NOVEMBER 15TH, 2025
4:00 PM-7:00 PM**

**LOCATION: AUDITORIUM @ THE CENTER
8500 HWY 9, BEN LOMOND, CA 95005**



GARY WALTER
ABBOT'S THRIFT
NANCY & JOHN KING
VIVIAN & STEVEN LEIB
PACIFIC GAS & ELECTRIC

Sponsors

CAROL FULLER
CAMERON HASTE
SCARBOROUGH LUMBER
BAY FEDERAL CREDIT UNION
ASSEMBLY MEMBER, GAIL PELLERIN
CONGRESSMAN, JIMMY PANETTA



8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611

More Events, Classes & Activities



FREE TECH TRAINING FOR OLDER ADULTS (Beginner to Intermediate)



Technology Basics Class

10:15-11:45am Tuesday

- **Nov. 4th:** Orientation & Getting Connected
- **Nov. 11th:** Internet Browsers
- **Nov. 18th:** Basics of Email

Music & Technology Class

1:30-3pm Tuesday

- **Nov. 4th:** Learning Music Online
- **Nov. 11th:** Music Creation with Tech- Part 1
- **Nov. 18th:** Music Creation with Tech - Part 2



District 5 State of the Roads Town Hall

Thursday, November 13, 6PM-7:30PM

Highlands Park Senior & Community Center,
8500 Highway 9, Ben Lomond, CA 95005

Event Overview:

Supervisor Martinez is hosting a presentation on the current status of road and highway projects in District 5. While we'll touch on storm preparations, the main focus will be on the progress, updates, and future plans for our roads and highways.

Panelists Include:



 SANTA CRUZ COUNTY OFFICE OF
RESPONSE, RECOVERY & RESILIENCE

Doors open at 5:45. Come early for refreshments and to pick up resource materials.

Planning to attend? Let us know by scanning the QR code.



shorturl.at/mJfSW

Questions about this meeting or to request accommodations, please email: Fifth.District@santacruzcountyca.gov



MOVIE DAY November

Wednesday Afternoons
1:00-3:00

Nov. 5th:

"Planes, Trains and Automobiles"
With Steve Martin & John Candy, etc.

Nov. 12th: "Singin' in the Rain"

With Gene Kelly, Donald O'Connor, Debbie Reynolds, etc.

Nov. 19th: "Oklahoma"

With Gordon MacRae, Gloria Grahame, Gene Nelson, Shirley Jones, etc.

Nov. 26th: "The Family Stone"

With Dermot Mulroney, Sarah Jessica Parker, Diane Keaton, Claire Danes, etc.



Includes: Movie,
Popcorn &
a Small Soda or Water





More Events, Classes & Updates

TO ALL VETERANS

AND ACTIVE MILITARY:

Happy
VETERANS DAY

NOVEMBER 11TH

YOUR HONOR, COURAGE, AND SACRIFICE WILL BE REMEMBERED FOREVER.

TODAY, WE SALUTE YOU FOR YOUR SERVICE.



Join us for Bingo!
ALL ADULTS WELCOME

Bring your friends and enjoy a cozy winter activity! Help create a VIBRANT COMMUNITY others want to be a part of too!

Fun games, laughter, yummy snacks, and chances to win raffle prizes from SLV businesses.

BUSINESS BINGO

1ST & 3RD THURSDAYS OF THE MONTH
DOORS OPEN @ 1:00 PM
BINGO FROM 1:30- 3:30 PM



**WE WISH YOU A
WARM AND JOYFUL
THANKSGIVING!**



WE WILL BE
Closed

**Thursday Nov. 27th &
Friday Nov. 28th.
See you Monday!**

Goodbye with love
**TO THE LADIES OF HOME ARTS AS YOU
MOVE ON TO A LARGER SPACE!**

It's been just magical having your joy and creativity in the center. We look forward to seeing you soon for other activities. And congratulations for attracting many more people to your fantastic group! Wonderful to see so many interested in these incredible arts.






BROOKDALE
SENIOR LIVING

AN INVITATION ESPECIALLY FOR YOU!

Brookdale Senior Living warmly welcomes ALL Members to join us for two special upcoming events. We would love to see you there!

VETERAN'S CELEBRATION WEDNESDAY, NOVEMBER 6TH 4:00PM

Join us as we honor the brave men and women who have served our country.

- Presentation of commemorative pins to each veteran
- Inspirational message of gratitude from Folds of Honor
- Special recognition of each military branch
- Enjoy a delicious communal meal and meaningful connection

Please RSVP to (831) 438-7533 by November 4th

BROOKDALE OPEN HOUSE WEDNESDAY, DECEMBER 3RD 11:00AM - 7:00PM

Stop by anytime for a warm welcome and a closer look at our community

- Guided tours of our beautiful community
- Meet-and-greet with our friendly staff
- Refreshments served throughout the day

No RSVP needed - Just drop in and say hello!

MARK YOUR CALENDAR FOR BOTH DATES!



Brookdale Senior Living - 100 Lockwood Lane Scotts Valley

This is a paid advertisement.

Gratitude for the Generous Hearts that Make it All Possible!



Pancake Breakfast Crew & Bake Sale Bakers!
Thanks to those in the picture and those not.
(Including Brookdale Senior Living Center)

Did you know it takes 18+ people to put on our Breakfast & Bake Sale?



**New Bookkeeper &
Child Activity Volunteer.**
We're so lucky!



**Bingo & Exercise
Leaders! Everyday heroes.**
We love you.



Klus Services
669-268-6000
Our Roof & Gutter Savors!
Thank you for your service
donation, as we don't
get on the roof!



8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611



Volunteers & Ambassadors Needed for these Projects

Join us to fund, lead, enliven and renew
"The Center" for the next generations to enjoy!
Call us to get started @ 831-336-8900.

EVENT SUPPORT



- Event set up/break down for
Heralding the Holidays & Bingo

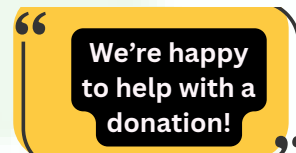


HELP US FUNDRAISE

SLV, WE CAN DO IT TOGETHER!

- Do Sponsor Outreach: invite businesses and organizations to fund a class, event, or program they are passionate about.
- Be part of our new Crowd-Sourcing Campaign!

Text message or post on social media an invitation to
SLV residents ... asking for only a \$5 donation.
We can meet our fundraising goals together!



TOP FUNDRAISERS
WILL WIN AMAZING PRIZES!
SIGN UP FOR TEXT MESSAGES,
SCAN THE CODE



NEEDED

- Cell phone & social media users to help us promote our crowd-sourcing campaign. Just share the invitation with people who live in the Valley! (Super-easy, we'll teach you how.)





Thank you to our Partners & Sponsors!



GAIL PELLERIN
Assemblymember, District 28

U.S. Representative
Jimmy Panetta



Driscoll's
Only the Finest Berries

 *The Abbot's Thrift*



Meals on Wheels
FOR SANTA CRUZ COUNTY
COMMUNITY BRIDGES
PUENTES DE LA COMUNIDAD



 **BROOKDALE**
SENIOR LIVING

**Boulder Creek
Pizza & Pub**



 **NONPROFIT
Connection**
Santa Cruz County



**Del Mar Caregiver
Resource Center**
A Program of Health Projects Center

