



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
Helen Souranoff
Ted George
Grace Chavez

Highlands Park Senior & Community Center

November 2026

President's Address

Hello and welcome to November!

*We are quickly approaching the holiday season. We here at Highlands Park Senior & Community Center want to wish everyone a safe and happy start to the holiday season. We are getting ready for our **Heralding the Holidays** fundraiser. This year we're at Hogwarts. If you haven't heard of it, I'm sure you will see information on the inside of this newsletter. All of us here are very excited. We have been painting, designing, and creating amazing things, to entice all of your senses. We hope to see you here on Saturday, November 14 at 4 PM!*

Coco

Board of Directors Highlight & May 2027 Elections

We are thrilled to announce our three New Interim Directors:

Grace Chavez, Ted George & Helen Souranoff

Each director has contributed in wonderful ways to enhance our community experience.

PROGRAMS & EVENTS THEY LEAD

Grace and her husband, Dennis, brought us Bingo.
Ted brought us Expert Financial Planning Support.
Helen brought us the Center Band & Singing Bowls Sunday.

In May 2027 we will hold a **Members Meeting to formally elect our New Board**. If you are a Member, you will have a vote to cast, stay tuned for more details.

We look forward to sharing more about each of our amazing Directors in the December newsletter!



Highlands Park Board Meeting

The Senior Citizens Organization of San Lorenzo Valley Board of Directors will recess its formal November meeting to prioritize and advance our critical year-end fundraising campaigns.



Printed by Maverick Mailing,
Santa Cruz CA (831) 426-1111



8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611

Welcome to the Season of Giving & Gratitude!

It's that time of year again to basket in all we have created together and come together to ensure funding to keep our dreams and mission alive and well! In 2025 we redefined "The Center" as yours to help shape, co-create, expand, and lead. We are delighted that so many new and existing members are engaged and making it all real in 2026.

Your laughter, joy, help, and heart-felt care for others is truly transforming!

⚡ We Have Some AWESOME News! ⚡

We are thrilled to announce that our organization has officially won a **\$1,000 Awesome Grant Award** from The Awesome Foundation Santa Cruz Chapter.

Who is The Awesome Foundation?

They are a global, grassroots community dedicated to "forwarding the interest of awesome in the universe, \$1,000 at a time".

Why We Won

Our upcoming Gala is so incredible that we won a grant for the unique artistry and engaging multi-generational community event - Heralding the Holidays at Hogwarts!

The foundation's trustees loved our vision for bringing community members of all generations together through this magical adventure.

We appreciate Alisan Andrews for writing the grant and all the contributors to this creative community project!



We had an incredible Pancakes in the Park season & unforgettable last breakfast with a truly spooky and fun Halloween theme!

Kids loved the scavenger hunt, volunteers in costume, triple headed dragon, and Halloween treats. Adults enjoyed a wonderful breakfast in our amazing community.

Thank you to all who joined us for breakfast and volunteered to help throughout the season.

Having breakfast with us is an impactful way to contribute to the Centers fundraising efforts!



Join us for an Epic Fundraiser Gala...

HERALDING THE HOLIDAYS AT **Hogwarts**



NOVEMBER 14TH, 2026 | 4:00 PM-7:00 PM
HIGHLANDS PARK SENIOR & COMMUNITY CENTER
8500 HWY 9, BEN LOMOND



Enter Hogwarts Castle donning your favorite character costume if you're inspired to do so, holiday dress is also wonderful!

Follow the steps of an invisibility cloaked guide through Hogwarts Halls to view the Custom Made Headmaster Portraits.

Find your friends or make new ones in the Great Hall, sit at your favorite House table!

Visit the Sorting Hat to discover the Hogwarts House you belong in.

Find refreshing libations like Giggewater, Beer Pumpkin Juice, Gillywaters, Wine and more in the Herbology & Potion Class Room!

While you're in line for drinks peruse our amazing Silent Auction items. Find holiday items for all ages - don't miss rare Harry Potter Gifts!!

Enjoy delectable traditional holiday and themed Hor d'oeuvres & Desserts! .

Don't miss a performance by our new Center Band- The Back Beat Boomers!

Mingle & Celebrate our Community- take fun pictures in one of our Theme Vignettes!

Buy tickets to win your favorite items in our Huge Holiday Gift Raffle!



LIMITED TICKETS ~ Only 42 left. \$50/adult & \$25/child under 12

GET YOURS NOW BEFORE WE SELL OUT!

VISIT: <https://tinyurl.com/HTHGala26> OR SCAN THE CODE

SCAN ME



We want to thank our Auction Donors, Event kick-off Sponsors & Volunteers!

Special acknowledgements for all will unfold in
the coming weeks and into the new year!

Your generosity has made this one of a kind event possible and inspired new sponsors and members to join our Community, thank you! This financial support, auction donations, volunteer service, and inspiration ensure every resident age 50+ in San Lorenzo Valley has a vibrant and resourceful Center to enjoy and rely on. Our long-term annual donors are the critical foundation that brings financial security to the Center - we are profoundly grateful for those who stepped up to fill the funding gaps in these challenging times. Your dedication allows the Center to respond appropriately to the needs of the fastest growing Senior population in the state!

Together, we nourish our community everyday in profound ways!

Sponsor Acknowledgment

Legacy \$5000+

- Lynne McKibbin
- Gary Walters
- Carol Fuller
- Blanca & Arturo Uribe

Sustaining \$1000+

- Tami Tracey
- Nancy & Les Gardner
- Mary & Mark Bushman
- The Awesome Foundation-Santa Cruz Chapter
- Congressman Jimmy Pinetta

Silver \$250+

- Lisa & Tim Robinson
- Cameron Haste
- Assemblyperson Gail Pellerin



Benefactor \$2500+

- Vivian & Steve Lieb
- Linda & Kelly Skeff
- Nancy & John King

Gold \$500+

- Christopher Wolters & Kirk Scott
- Vickie Scarborough & Scarborough Lumber
- Cindy & Ron Sekkel
- Dolores Sudduth & Tim McNiff
- Donna Ziel
- Paula Kutty
- Mary Ann Claire & Pauline Ross

For those who are inspired to become a Sponsor, we are still accepting donations!

We have unique acknowledgments for Sponsors at the Gala, along with being honored in our Center entrance throughout 2027!

Silent Auction & Huge Gift Raffle Highlights

We have wonderful diverse items for individuals, families, and all ages! Perfect for the Holiday season, do your shopping early here at the Gala.

Give a one of a kind gift and make a positive impact in your Community at the same time!

Bring your credit/debit card, check book or cash ~ have fun bidding or playfully drop raffle tickets into a jar for a chance to win for your favorite items!

SNEAK PEAK AUCTION & RAFFLE ITEMS



Options for lovers of everything Harry Potter, Star Wars, Snoopy, Cats, Family Game or Puzzle Night, SLV Art, Redwood Lore, Forest Witch, Baking, Self-Care, Golf and more....



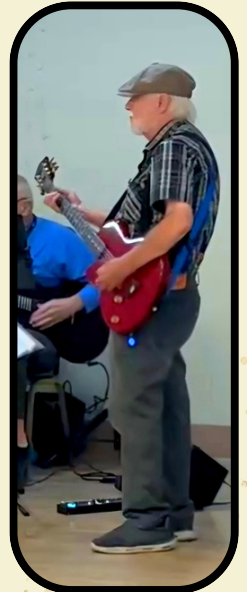
Don't miss booksets for the reader in your life, comfort and party baskets (cocktails, wine, coffee, tea), gorgeous handmade quilt and table runners, popular theme kids activity backpacks, and so much more..... come see it all!



‘The Backbeat Boomers’

Over the last year our New Center Band has been forming into a fun and talented group of singers and musicians enjoying their love of music! If you are here at the Center on Friday's you know they've got some talent and are preparing some entertainment for all who attend the Gala.

We are so grateful they are willing to share their gifts and good vibes with us!



**They have a great play list,
don't miss this great first
performance
of our own band!!**

**LIMITED TICKETS ~ Only 42 left. \$50/adult & \$25/child under 12
GET YOURS NOW BEFORE WE SELL OUT!
VISIT: <https://tinyurl.com/HTHGala26> OR SCAN THE CODE**

SCAN ME





Upcoming Activities, Classes & Events





RECONNECT & RECHARGE
Come experience Helen's amazing new gong!

SINGING BOWLS

Sunday

November 1st, 2026 @ 7pm
Flat Fee: \$10/person

Arrive early, we begin promptly @ 7pm.
Bring a mat, pillow and light blanket.
Wear soft comfortable clothing.
Location: Auditorium



BINGO!

Come join the fun!!

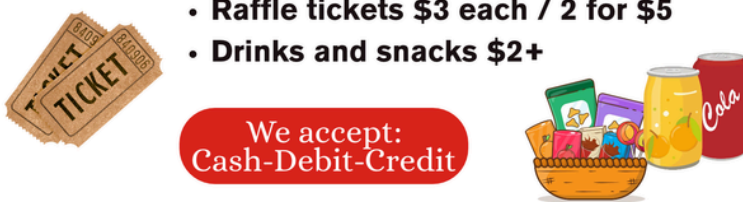
Thursdays, November 5th & 19th
1:00 pm - 3:30 pm



- 1 Packet (10 games) \$15 / 3 for \$30
- Additional packet \$10
- Bingo Markers \$2 each or rent for 25c

- Raffle tickets \$3 each / 2 for \$5
- Drinks and snacks \$2+

We accept:
Cash-Debit-Credit




MOVIE DAY

NOVEMBER

Wednesday Afternoons 1:00-3:00

November 4th: 1-3:25pm
"Harry Potter and the Prisoner of Azkaban"- Harry faces soul-sucking Dementors while uncovering the truth about a dangerous, recently escaped convict who has a mysterious connection to his past.



November 18th: "Grumpy Old Men"
romantic comedy about a lifelong, bitter rivalry between two neighbors in Minnesota whose competitive bickering escalates into an all-out war when an eccentric, attractive woman moves in across the street.



November 25th: "The Family Stone"- a disastrously awkward Christmas holiday comedy, uptight girlfriend meets eccentric and deeply unwelcoming family.



Includes: Movie, Popcorn & a Small Soda or Water

VETERANS DAY

NOVEMBER 11TH

THANK YOU, VETERANS,
FOR YOUR SERVICE AND SACRIFICE.

(WE WILL BE CLOSED TO HONOR THIS DAY)





8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611

ANNUAL ENROLLMENT PERIOD

MEDICARE OPTIONS FOR 2027

(AEP)FORUM

SENIOR
NETWORK
SERVICES

HICAP

Health Insurance
Counseling & Advocacy
Program



NOVEMBER 19TH, THURSDAY @ 11:10AM
LOCATION: AUDITORIUM

FREE PRESENTATION for Medicare Recipients
Medicare Annual Enrollment Period: October 15 - December 7

Learn how to:

- Compare Medicare plans- Make sure you have the right plans.
- Review your health and prescription drug coverage
- Learn what's new with Medicare in 2027

Call HICAP to reserve a spot today (831) 462-5510



SAVE THE DATE!



Free Guest Expert Seminar

"Protecting your Retirement from Inflation"



Join our member & guest expert,
Ted George, a retired
CERTIFIED FINANCIAL PLANNER®
professional, for this informative
presentation.

Inflation impacts the cost of living for everybody but is especially difficult for retirees who live on a fixed income and past savings. As inflation erodes purchasing power, each dollar buys less.

This seminar will present the best strategies for keeping up with inflation to protect your retirement. In addition to providing you with valuable information, the session will include ample time for questions.

Tuesday, December 8th
1pm-2:50pm

Location: Multi-purpose Room
8500 Hwy 9, Ben Lomond, CA.

Join us for a **FREE** Guest Expert Talk Series
with **CORE Wellness Academy**

Longevity & Healthy Aging



CONVERSATION #2:
HEALTHY AGING – TOPIC TBA



Tuesday,
December 15th
11:15am - Noon
Auditorium



HAPPY

Thanksgiving

We will be Closed
Thursday, November 26th &
Friday, November 27th



Don't miss this
Free Guest Expert Talk

"Aging in Place: The Power of Care at Home"

Join Taylor Wood with



Family Matters
IN-HOME CARE

Learn how home care supports seniors in maintaining independence, dignity, safety, and quality of life while remaining in the comfort of their own homes.

As our members may be aware, the San Lorenzo Valley is currently in a Caregiver Crisis! Residents are struggling to find in home care services that will serve our area. We recently discovered a well know company that has now dedicated service to our region.

Come meet their warm-hearted representative!

Wednesday, December 2nd
11:10am - Noon

Location: Auditorium
8500 Hwy 9, Ben Lomond, CA.



VETERANS & SENIOR Resource Fair

SAVE THE DATE:

WEDNESDAY, DECEMBER 16TH

9am - 2:30pm | Location: Auditorium

Stay tuned for more details!



Trusted, Compassionate Care in the Comfort of Home

Stay independent at home with support that fits your life. For more than 20 years, Family Matters In-Home Care has provided compassionate, reliable care to help older adults stay safe, comfortable and independent while giving families peace of mind.

- Companionship, meal preparation and light housekeeping
- Help with bathing, dressing and daily routines
- Transportation to appointments and errands
- Specialized Alzheimer's and dementia care



Call us for a free consultation.

We'd love to show you how we go above and beyond for every family.
Serving Santa Cruz County.

(888) 962-4836 | FamilyMattersHC.com





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

M/W EXERCISE CLASS SCHEDULE

Mon & Wed 10-11am Class

M - 11/2 - Tabata
w/weights
W - 11/4 - Tai Chi
M - 11/9 Aerobics
w/weights or bands
W - 11/11 - Closed
M - 11/16-Tabata
w/weights
W - 11/18- Tai Chi
M - 11/23-Aerobics
w/weights or bands
W - 11/25-Aerobics
w/weights or bands



ACTIVITIES CALENDAR NOVEMBER 2026

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
 Exercise class 10-11 am	 Exercise class 10-11 am	 Exercise class 10-11 am	 Exercise class 10-11 am	 Grey Bears Grocery Pickup 9:30 - 10:30am	 Earth Energy Walk with Community Seed Nov. 21st Meet @ 10:45am Natural Bridges	 Singing Bowl Sunday November 1st
 Meals on Wheels Dining 11am - 1pm	 Meals on Wheels Dining 11am - 1pm	 Meals on Wheels 11am - 1pm	 Meals on Wheels Dining 11am-1pm	 Ukulele Class 10:30 - 11:30am	 Meals on Wheels Dining 11am - 1pm	 Meals on Wheels Dining 11am - 1pm
 Bridge Club 11:30am - 2:30pm	 American Mah Jongg Club Open Play 1:30 - 3pm	 Wednesday Movie Day 1-3:30 pm	 HiCAP Medi-Cal 2027 Plan Options Presentation November 19th 11:0am-12pm	 Band Practice 'Back Beat Boomers' 12:30 - 2:30pm	 AT Hogwarts HERALDING THE HOLIDAYS Don't miss our Annual Fundraiser Gala...	 Meals on Wheels Dining 11am - 1pm
 Financial Planning 1 to 1 Tuesdays November 3rd & 17th	 Circle Dance 3-4pm	 VETERANS HONORING DAY September 17th CLOSED	 1st & 3rd Thursdays 1 - 3:30pm	 CLOSED BLACK FRIDAY	 Saturday, November 14th 4-7pm	 Meals on Wheels Dining 11am - 1pm

T/TH EXERCISE CLASS SCHEDULE

Tues & Thur 10-11am Class

Includes:
Weight bearing
full body exercise
every session.

PLUS

Tuesdays
11/3- Yoga
11/10 - Balance
11/17- Yoga
10/24 - Balance

Thursdays
Qi Gong
(No class Nov. 26th)



8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



seniorcenterslv8500@gmail.com



www.highlandsparkseniorcenter.org



831-278-0611



seniorcenterslv8500@gmail.com





NOVEMBER 2026 | Senior Dining Center

Highlands Park Senior & Community Center,

8500 Hwy 9, Ben Lomond, CA.

LUNCH TIME: NOON

Note: Please call 831-336-5366 to reserve 24 hours in advance.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2 *No 1/2 Pint Milk Served Rigatoni Casserole Green Salad w/ Hard Boiled Egg Three Bean Salad Whole Wheat Roll & Butter Orange Juice ✓	3 Tuna Salad w/ Lettuce Potato Leek Soup Spinach Salad w/ Tomatoes Whole Wheat Bread Graham Crackers/Banana	4 Split Pea Soup Mushroom Vegetable Salad Mixed Green Salad Whole Wheat Bread & Butter Berry Fruit Crisp CLOSED ✓	5 Meatball Soup California Mixed Vegetables Romaine Salad Whole Grain Cornbread & Butter Peaches	6 Green Bean Chicken w/ Rice Sesame Carrots Napa Cabbage Salad w/ Sesame Dressing Pineapple Chunks/Fortune Cookie					
9 Meatloaf with Low Sodium Gravy Mashed Potatoes Green Salad w/ Red Peppers Whole Wheat Bread & Butter Graham Crackers Spiced Apple Slices	10 Turkey Tostada Cauliflower & Peppers Refried Beans Spanish Rice Apple	11 Happy Holiday All Centers Will Be Closed		12 Hearty Lima Bean Chowder Couscous Vegetable Salad Mixed Green Salad Whole Wheat Roll & Butter Orange ✓	13 Salmon Patty w/ Tzatziki Sauce Broccoli Spinach Salad w/ Carrots Pesto Noodles Peaches				
16 Savory Casserole California Mixed Vegetables Mixed Green Salad Whole Wheat Roll & Butter Applesauce	17 Vegetable Frittata Roasted Potatoes Green Salad w/ Kidney Beans Whole Wheat Oatmeal Muffin & Butter Orange Juice ✓	18 Crab Cakes w/ Lemon Wedge Herbed Cauliflower Spinach Salad w/ Carrots Brown Rice Pilaf Apple	19 Happy Thanksgiving! Turkey w/ Gravy, Stuffing & Cranberry Sauce Fresh Mixed Vegetables Mashed Potatoes Whole Wheat Roll & Butter Pumpkin Pie, Apple Juice 🍷🍷	20 Navy Bean Soup Vegetable Pasta Salad Romaine Salad w/ Mandarins Banana Birthday Cake ✓					
23 Sloppy Joes Succotash Romaine Salad w/ Broccoli Whole Wheat Bun Banana	24 Baked Fish w/ Lemon Wedge Broccoli Spinach Salad Brown Rice Pilaf Pear	25 Pizza Three Bean Salad Caesar Salad w/ Hard Boiled Egg Banana ✓	26 CLOSED Happy Holiday All Centers Will Be Closed	27 CLOSED Happy Holiday All Centers Will Be Closed					
30 Tuna Noodle Casserole Peas and Mushrooms Romaine Salad Whole Wheat Bread Banana			✓ * Represents Vegetarian * Represents High Sodium						

Contributions of \$3.50 are suggested and appreciated!

There is no obligation to contribute, contribution is voluntary, and no one will be denied participation.



EXERCISE CLASS UPDATES

MONDAY & WEDNESDAY
10-11 AM

MEMBER \$5
NON- MEMBER \$7
CLASS FEE

Low - Moderate - High Intensity Workouts

Facilitator: Donna Woodruff

Diverse aerobic workout videos to improve heart health, balance, muscle strength, flexibility, and more.
This is an energetic group, come see if this class is for you!

SCHEDULE

1st & 3rd Mondays: Tabata (Includes strength training with weights.)

1st & 3rd Wednesdays: Tai Chi

2nd & 4th Monday & Wednesdays: Walk Aerobics 30-40 minutes with strength training following (weights/bands).

5th Monday &/or Wednesday: Workout with be a Surprise!

Tabata is a high-intensity interval training (HIIT) workout protocol featuring 20 seconds of maximum-effort exercise followed by 10 seconds of rest, repeated for eight rounds over four minutes. Its main benefits include rapidly boosting both aerobic and anaerobic fitness (VO2 max), accelerating metabolism, and improving muscle endurance in a very time-efficient manner. Light weights for strength training incorporated.

Tai Chi is a low-to-moderate intensity mind-body exercise that combines gentle physical movements, deep breathing, and meditation to improve balance, strength, flexibility, cardiovascular health, and mental well-being.

EARTH ENERGY WALK

Lead by: Sharon Barbour of Community Seed

(Sharon is 70 and is able to gauge difficulty well. Everyone moves at their own pace. and the group will adjust to meet the needs of others.)

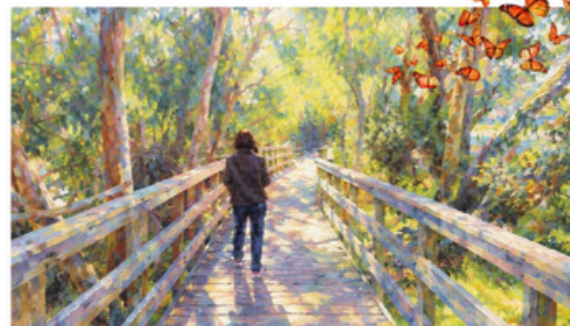
NATURAL BRIDGES - November 21st, 2026

We gather at 10:45, begin at 11:00

Entrance on Delaware Avenue near Natural
Bridges Drive - <https://tinyurl.com/naturalbridgeshike>

**We enter the hiking area in silence to commune
with nature. We return chattering like
magpies to commune with each other.**

Some walks are out and back, some are a loop.





Sponsor, Donor, & Partner Highlights

Thank you for your support!



U.S. Representative 
Jimmy Panetta



GAIL PELLERIN
Assemblymember, District 28



Seniors Council
Concilio de Personas Mayores
Service • Support • Advocacy



SAN LORENZO VALLEY
CHAMBER
OF COMMERCE

