



# Highlands Park Senior & Community Center

May 2026

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

## President’s Address

### Hello and Happy May!

April showers did bring us a ton of May flowers. I don’t know about you, but I have a lot of fruit on my trees, too. We hope everyone is enjoying spring and getting ready for Mother’s Day. May all families and extended families, enjoy the day and help celebrate with love. **We have exciting news! Two gracious supporters have pledged to match all donations, dollar-for-dollar, up to \$10,000 through June 15th! Yes, you heard me, right. Help us reach our 2026 fundraising goal with this fabulous match opportunity. Details on page 2.**

Together we ensure “The Center” is here to enjoy and serve the public needs!

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 as they age.

## Meet our Generous Donation Matchmakers!

*Carol Fuller & Gary Walter*

*We are profoundly grateful for their caring support and community inspiration!*

***Let’s come together to ensure the “Center” is funded fully in 2026 to continue providing essential services to the SLV community!***

*Drop in or visit our website to make a donation by June 15<sup>th</sup> to double your impact!*

***<https://www.highlandsparkseniorcenter.org/donations>***



## Highlands Park Board Meeting

The Senior Citizens Organization of San Lorenzo Valley will hold its Board Meeting on May 28<sup>th</sup> from 1:15–2:15 pm



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Santa Cruz CA  
(831) 426-1111



# Welcome to May! It's Older Americans Month 2026 Theme: Champion Your Health

.....  
We celebrate you and our community of older adults who are creating something wonderful together! 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 blessing the Community with their personalities and interests; volunteering in so many helpful ways; becoming sponsors and donors; creating new socials, and classes to sharing your life and wisdom with others.

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

We hope you are enjoying the Center's exercise classes, social activities, seminars, healthy meals, communal dining, financial counseling sessions, resource fair, civic events, music and cooking classes, and volunteer opportunities that support your health and optimal well-being!



**Your presence and support makes a huge difference!**

*"We're excited to keep this going and hope you'll help us secure the funding to continue. We have even more in store for you—stay tuned!"*



We invite our members, visitors, and the greater SLV community to join our mission to ensure a fully funded, sustainable, resourceful, and engaging Senior & Community Center for all to enjoy and depend on!

**Make Double the Impact with a Donation during the dollar-for-dollar Match up to \$10,000 through June 15th!**

**We've raised \$33,500 of our 2026 Funding Goal of \$100,000**



**Drop by to Give or Visit  
[www.tinyurl.com/hp-donate](http://www.tinyurl.com/hp-donate)**

Or mail to: P.O. Box 136, Ben Lomond, CA. 95005

# Upcoming Activities, Classes & Events



**Join us for Bingo~  
ALL ADULTS  
WELCOME!**

**Win some  
awesome prizes!**

Bring your friends and help create a **VIBRANT COMMUNITY** others want to be a part of too!

**1ST & 3RD THURSDAYS OF THE MONTH**  
DOORS OPEN 1:00 PM, GAME 1:30- 3:30 PM  
LOCATION: AUDITORIUM



**Expert, Ted George,**  
Retired **CERTIFIED FINANCIAL PLANNER®**  
professional


**UPDATE:**  
**SESSIONS AVAILABLE TO EVERYONE**

1st & 3rd Tuesdays between 1-4pm

**“1-on-1 Counseling with a Financial Planner”**

Appointment Required.  
45 Minutes to address personal finance questions. **Stop by the office or call 831-336-8900 to set your time.**

**This is a pro bono (free) public service. There will be no selling, marketing or soliciting in sessions.**



**FREE 1-TO-1 TECH SUPPORT FOR SENIORS**

(First come, first served.)

**Dara Brady is here to help!**  
Drop in on Tuesdays, 10:15-11:45 - available only through May 26<sup>th</sup>, 2026

**Location: Art Room**  
*(Will resume soon if funding is secured.)*



**Join Our New**

**CENTER BAND!**

**Fridays | 12:30 -2:30pm**

LOCATION: AUDITORIUM

\$5 FOR MEMBERS / \$7 NON-MEMBERS

**FREE SLV Caregiver Support Group**

**1st Thursday of the Month @ 2pm - 3:30pm**

**Location: Valley Women’s Club Office**  
in the Highlands Park Senior and Community Center

The SLV Caregiver Support Group will provide informational programs, peer support, and discussions. Meetings are open to all persons providing care for a family member or friend afflicted with memory loss, cognitive impairment and other symptoms of dementia. Please share this with anyone you know who might benefit.



Questions?  831-335-4949



# YOUR VOTE Starts Here

**CANDIDATE'S FORUM**  
— MAY 14, 2026 —



## CURIOUS WHO'S RUNNING— AND WHAT THEY STAND FOR?

Join us for a Candidate's Forum ahead of the upcoming elections. Candidates for key races will share their perspectives and respond to community questions.



### FEATURED RACES

- ✓ U.S. Representative, District 19
- ✓ CA State Assembly, District 28
- ✓ Santa Cruz County Superior Court Judge



### FORMAT

Moderated by the League of Woman Voters  
Opening Statements + audience-submitted questions



**MAY 14, 2026**



**6:00–8:30 PM**



**HIGHLANDS PARK**  
Senior & Community Center  
Ben Lomond



Light refreshments



**FREE** and open  
to the public

**GET UPDATES**  
for the  
Candidate's Forum



Presented by the Valley Women's Club of San Lorenzo Valley  
In partnership with Highlands Park Senior & Community Center

Don't miss our ...



**Social Mixer**  
**May 18<sup>th</sup>, Monday**  
**1:30–3:30pm**

**Come to socialize and enjoy a variety of activities together!**

It's a cozy perfect time for SLV residents 50+ to sip, chat, and enjoy good company. **Everyone is welcome to this Free event.**

*(If you'd like a snack—bring one to share!)*

**The last mixer was well attended, join us!**



**LOCATION:**  
MULTI-PURPOSE ROOM

## "THE CENTER"

INVITES EVERYONE TO...

# PANCAKES IN THE PARK

AT HIGHLANDS PARK  
SENIOR & COMMUNITY CENTER

**3RD SUNDAY OF THE MONTH**  
**8:30AM– NOON**  
April–October

**JOIN US MAY 17TH!**



### **BREAKFAST INCLUDES:**

Table service, eggs cooked to order, fresh fruit salad, famous potatoes, unlimited pancakes, homemade fruit spreads, breakfast meats, juice, coffee, and tea!

**\$5 kids under 7 & \$12 adults**



*We will be closed on  
Memorial Day  
Honoring those lost  
Serving our Country*





Join Guest Expert: Ted George  
CERTIFIED FINANCIAL PLANNER®  
professional for...

## Investment Fundamentals

FREE PRESENTATION



In our highly financialized economy, most people have some level of investment in stocks or bonds. If you have little or no understanding of stocks, bonds or market indexes like the S&P 500, this seminar is for you!

You will gain a conceptual and practical understanding of investment fundamentals including stocks, bonds, mutual funds, ETFs, indexes, public financial markets, private equity, private credit, dividends, risk, diversification, asset allocation, and how to create a basic investment plan.

Tuesday, May 26th  
1:30-2:50pm

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

PLEASE NOTE: Ted is retired so you can be sure that this is NOT a sales presentation. It is strictly educational and informational.



Thank you for an amazing kick-off to our Pancakes in the Park Season!

So many wonderful new volunteers and diners joined us, we could hardly keep up.

We're making some service adjustments to quicken our pace and can't wait to see you on Sunday, May 17<sup>th</sup>!

SAVE THE DATE: SUNDAY, JUNE 7<sup>th</sup>, 7pm

# SINGING BOWLS

*Tune into Wellness. Vibrate with Harmony.*

Join Helen for a sound experience with singing bowls for relaxation, meditation, and re-energizing for the days ahead.

*This is a time just for you!*

Sunday

with  
Your host, Sound Healer,

Helen Souranoff



## Message from...

As Highlands Park becomes more active, please honor the **5 mph speed limit** to protect children playing, seniors walking, and other visitors. Together, we ensure a safe park for all!



# ACTIVITIES CALENDAR MAY 2026



**Highlands Park Senior & Community Center**



**Aerobic Exercise class**  
10-11 am



**Exercise class**  
10-11 am



**Aerobic Exercise class**  
10-11 am



**Exercise class**  
10-11 am



**Grey Bears Grocery Pickup**  
9:30 - 10:30am



May 10th



**Ukulele Class**  
10:30 - 11:30am



May 17th

**Pancake Breakfast**  
8:30 am -12 &



**Meals on Wheels Dining**  
11am - 1pm



**1-to-1 Tech Support**  
10:15-11:45



**Meals on Wheels Dining**  
11am - 1pm



**Bridge Club**  
11:30am - 2:30pm

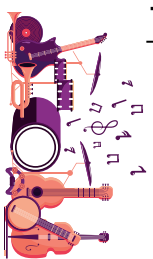


**Circle Dance**  
3-4pm



**Meals on Wheels Dining**  
11am-1pm

**SLV Caregiver Support Group**  
2-3:30pm  
May 7th



**Meals on Wheels Dining**  
11am - 1pm



**BINGO**  
1<sup>st</sup> & 3<sup>rd</sup>  
Thursdays  
1 - 3:30pm

**'The Center Band' Jam**  
12:30 - 2:30pm

**Social Mixer**  
May 18th  
1:30-3:30pm



**1-on-1 Financial Planning Sessions**  
1st & 3rd  
Tuesdays  
1-4pm

**The Center is Closed**  
Monday, May 25th



## EXERCISE CLASS SCHEDULE

**Tues & Thur 10-11am Class**  
Includes:  
core & strength training with weights every session  
**PLUS**

**Tuesdays**  
5<sup>th</sup> - Yoga  
12<sup>th</sup> - Surprise  
19<sup>th</sup> - Yoga  
26<sup>th</sup> - Balance or Line Dance  
**Thursdays**  
Qi Gong

**FREE**

## PRESENTATIONS

**Tues, May 26th**  
"Investment Fundamentals"  
1:30-3pm  
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**Thurs, May 28th**  
What's New in Medicare for 2026  
12 - 1pm

8500 Hwy 9, Ben Lomond, CA 95005

831-336-8900

831-278-0611

www.highlandsparkseniorcenter.org

seniorcenterslv8500@gmail.com



# Volunteers & Ambassadors Needed for these Projects

## EVENT SUPPORT



Be a part of a big fun crew that serves the community our famous Pancake Breakfast - the 3<sup>rd</sup> Sunday of the month, April - October.

### We need...

- Strong & able bodies to set up & break down
- Dining Servers & Busers
- Bakers for the Bake Sale - you can bake for just one month



Volunteering for just one or two events helps out tremendously!

## HELP US IN THE OFFICE

Would you like to help out in the office once a week or a couple days a month?

This may be the perfect volunteer activity fit for you!

- Greet visitors, share membership benefits, give tours and enter attendance data into the computer.
- Help set up or close up a room for a class or presentation.
- Answer the phone, share resources, and assist our amazing community members in a variety of ways.



Each member brings a unique energy, wisdom, and skill set to "The Center"!

Explore how you can be engaged in our community. Stop by or call us to get started @ 831-336-8900.



**Thank you to our Business & Organization Partners, Donors & Sponsors!**



Highlands Park Senior  
& Community Center  
P.O. Box 136  
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