



Highlands Park Senior & Community Center

June 2026

President's Address

We are energized and excited that we received a grant from Community Foundation Santa Cruz County, this annual support is essential in meeting our fundraising goals for this year. Thank you Community Foundation. There will be a survey in the July newsletter, please fill it out and send it back. We need your feedback for the fundraising we'll be doing this year.

Coco

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

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.

Donor Highlights

We celebrate the latest donors joining our Matching Donation Campaign, made possible by...

Carol Fuller & Gary Walter

Thank you to our Match Donors:
Lynne McKibbin, Lori Noell, Liz and Dan Taylor-Selling, Judi Sherman, Carol DeLauder, Lynne Nichols, and Priscilla Broberg.



Become a Match Donor! Drop by the office or visit our website to make a donation by June 15th 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 June 25th from 1:15–2:15 pm



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Santa Cruz CA
(831) 426-1111



Welcome to June! A month to get out into the Great Outdoors & Connect with Community



The summer is kicking off in the Valley and there is so much to experience! Grab a friend and join the fun.

Here are a few of our favorites:

Village Market @ Mill Street, Ben Lomond – Saturday, June 6 • 10-2pm hosted by Ben Lomond Village Alliance

Wine, Charcuterie & Crush Pad concert with Steve Abrams Jazz Trio @ Roberts Ranch Vineyards, Ben Lomond – Saturday, June 6 • 3:00pm

Free Boat Tours @ Loch Lomond Reservoir, Felton - Saturday & Sunday, June 13 & 14th • 11am

Father's Day Pancakes in the Park & Bake Sale! Join us here @ The Center – Sunday, June 21 • 8:30am - 12pm

Father's Day Steam Train, Live Music, Kids Activities & Chuck Wagon BBQ @ Roaring Camp Railroad, Felton – Sunday, June 21 • 10:30am - 4pm

Hike and learn at Quail Hollow Ranch, Felton – Wednesday – Sundays 10 - 4pm

Summer Sundays Concert Series at The River Run Beer Garden @ Brookdale Lodge – Sundays 1 - 4pm



5 Summer Sun Safety Tips as Temps Rise!

In June SLV has projected highs between 78 & 88 degrees. The heat will peak during Father's Day Weekend. Bring on the fun and sunshine!

- **Stay Hydrated**- bring extra water, snack on watermelon, crisp lettuce, juicy peaches, ripe tomatoes, succulent strawberries, or oranges for excellent hydration.
- **Dress For Protection**- choose cooling fabrics that are light in weight and color, don't forget the sunscreen and a hat or umbrella. Consider long sleeves to avoid exposure.
- **Know When to Stay Inside & Stay Cool** - Check the forecast and look for fun cooling spots in the heat of the day! (Join us for Bingo or our Social Mixer for a cool indoor activity).
- **Check Your Medications** - some become less active in the heat or cause light sensitivity.
- **Stay Connected** - Hike or walk with friends, take a cell phone with you, and ensure your emergency contacts are easily accessible.



Announcements & Upcoming Activities

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

Sponsored by the San Lorenzo Valley Women's Club

Sign up for your FREE "1-on-1 Counseling Session with a Financial Planner"

Provided by Member & Guest Expert Ted George



Retired CERTIFIED FINANCIAL PLANNER® professional

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

1st & 3rd Tuesdays between 1-4pm

There will be no selling, marketing or soliciting in sessions.

SINGING BOWLS



Sunday



Your host, Sound Healer, Helen Souranoff



Sunday, June 7th @ 7pm

Arrive @ 6:40pm to choose your spot- bring your yoga mat, pillow, and blanket. Wear soft loose clothing. (Doors will close @ 6:55pm)

Fee: \$5/member \$7/non-member

LOCATION: AUDITORIUM

RECONNECT & RECHARGE

Join us for a sound experience with singing bowls for relaxation, meditation, and re-energizing for the days ahead. This is a time just for you!



The Center will be closed Friday



To honor & Celebrate **JUNE TEENTH** Freedom



Don't miss the Santa Cruz Juneteenth Festival June 13th, Noon - 6pm @ Laurel Park Parade - Music - Dance - Poetry & More

HAPPY FATHER'S DAY



June 21st

"[FATHERHOOD IS] THE GREATEST THING THAT COULD EVER HAPPEN. YOU CAN'T EXPLAIN IT UNTIL IT HAPPENS; IT'S LIKE TELLING SOMEBODY WHAT WATER FEELS LIKE BEFORE THEY'VE EVER SWAM IN IT." —MICHAEL BUBLÉ

PANCAKES IN THE PARK



AT HIGHLANDS PARK SENIOR & COMMUNITY CENTER

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



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



JOIN US FOR BREAKFAST ON FATHER'S DAY JUNE 21ST!



Social Mixer
June 29th, Monday
1:30-3:30pm
LOCATION:
MULTI-PURPOSE ROOM



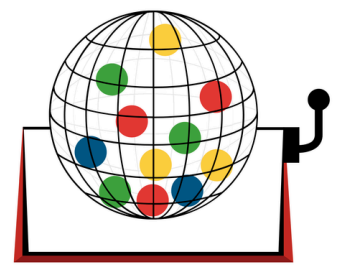
Come to socialize, play games, and share fun ideas for future activities together!
It's a great time for SLV residents 50+ to sip, chat, and enjoy good company.
Everyone is welcome to this Free event. (If you'd like a snack- bring one to share!)



WIN CASH PRIZES!

Join us on the 1st & 3rd Thursdays of the month
1:00 pm - 3:30 pm

- Raffle
- Snack bar



HAPPY PRIDE MONTH

Circle Dance Class

Circle Dance brings all people together to celebrate music and dance from around the world!



Be uplifted in an inclusive environment and by heart-centered community connection.

(Beginners are truly welcome and you don't need a partner to dance.)

\$5/class for members, \$7/class for non-members

Wednesday's 3-4pm

ACTIVITIES CALENDAR JUNE 2026



Highlands Park Senior & Community Center

Office hours
 Mon: 10-3:30pm
 Tues: 10-3:30pm
 Wed: 10-3:30pm
 Thur: 10-1pm
 Frid: 10-1pm

June is a great month to explore our parks!

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SUNDAY
 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	 Singing Bowl Sunday June 7th
 Meals on Wheels Dining 11am - 1pm	 Meals on Wheels Dining 11am - 1pm	 Meals on Wheels Dining 11am - 1pm	 Meals on Wheels Dining 11am-1pm	 Ukulele Class 10:30 - 11:30am	 HAPPY FATHER'S DAY June 21st and
 Bridge Club 11:30am - 2:30pm	 1-on-1 Financial Planning Sessions 1st & 3rd Tuesdays 1-4pm (Not available in July)	 Circle Dance 3-4pm	 SLV Caregiver Support Group 2-3:30pm June 4th	 'The Center Band' Jam 12:30 - 2:30pm	 Pancake Breakfast 8:30am -12
 Social Mixer June 29th 1:30-3:30pm	 BINGO 1st & 3rd Thursdays 1 - 3:30pm	 JUNE FIFTEENTH Closed 19th	 BAKE SALE		

EXERCISE CLASS SCHEDULE

Tues & Thur 10-11am Class

Includes:
 FULL BODY weight bearing exercise every session plus

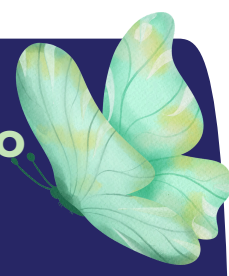
- Tuesdays**
 2nd - Yoga
 9th - Surprise
 16th - Yoga
 23rd - Balance & Line Dance
 29th - Yoga
- Thursdays**
 Qi Gong

FREE PRESENTATION

Thurs, June 25th
 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





We hope you will invite neighbors and friends to participate in our Matching Funds Campaign.

Contributions ensure a fully funded, sustainable, resourceful, and engaging Senior & Community Center is here 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!

Since May 1st incredible supporters have donated \$7,200!



Together we've raised \$43,015 of our 2026 Calendar Year Funding Goal of **\$100,000**

Drop by to Give or Visit: www.tinyurl.com/hp-donate

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



Volunteers Needed!



• Bakers for the Father's Day Bake Sale

Make it a family tradition! Do you have a child or grandchild who would enjoy time with you learning how to bake a favorite family treat to contribute to the bake sale on Father's Day? It's a beautiful way to teach younger generations fun ways they can contribute to their community. Call us @ 831-336-8900 to sign up.



Thank you to our Partners & Sponsors!

