



Highlands Park Senior & Community Center

August 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

Welcome to August! The Center feels alive with participating members and our community. We added seven new programs since the first of the year and the energy in our center is exhilarating! I want to thank everyone who is putting so much energy and love into our center. It's just wonderful. Thank you all and have a great August.

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 & Partner Highlights

Thank you,



We are delighted to share that CFSCC has awarded The Center a grant and provides resources to help us move towards sustainable funding! This critical and essential support helps to ensure San Lorenzo Valley Seniors have a vibrant and resourced Center.

Highlands Park Board Meeting

The Senior Citizens Organization of San Lorenzo Valley will hold its Board Meeting on August 27th from 1:15-2:15 pm (by invitation only).
Call 831-336-8900 to submit a special request to attend.



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August Brings End-of-Summer Fun!

Have you been busy? We sure have!

Our members are thriving this summer enjoying our new offerings, sharing their unique gifts, exploring diverse social outings, and stepping into new leadership roles to guide us forward with inspiration, thoughtfulness, creativity and joy!

Our member, Choreographer and Dance Historian, Connie DeNault and other dancers, performed a festive Rag Time Era dance in the Boulder Creek 4th of July Parade! Stay tuned, more dance is coming to the Center soon.

Our Heralding the Holidays with Harry Potter Gala theme is in creative development with a fabulous team of volunteers having a blast creating an unforgettable event & auction for everyone to enjoy!



There is so much to enjoy this August here at the Center and in our greater SLV Community. We hope you'll join in the fun, check out the options highlighted in the following pages.



Here are a few activities in the area to consider:

Guided Hike at Castle Rock: Join State Park docent, James Peters, Tuesday, August 11th @ 11am @ Castle Rock State Park Kirkwood Entrance. Learn about natural and cultural history, along with hiking tips to reduce pain. Free.

Line Dance @ Park Hall with Ben Lomond Village Alliance: Wendy's Mountain Line Dance will lead a variety of easy-to-follow and favorite line dances, making it a great night for beginners and experienced dancers alike. All levels welcome! Saturday, August 8th | 7:00 – 8:30PM, \$10. Ben Lomond.

New Works Weekend by Mountain Community Theater: Friday, August 14th - Sunday, August 16th; Eight brand-new, 10 minute original plays crafted entirely by talented authors from our own community. Only \$10/ticket, Park Hall, Ben Lomond.

Scotts Valley Art, Wine and Beer Festival: Saturday, August 15 & Sunday, August 16, at Skypark, featuring over 100 local artists, regional wine, craft beer, food trucks, the Cops n' Rodders Car Show on Saturday, and Dog Day on Sunday.





SURVEY UPDATES!
**You Impact Our Collective
Vision, Access to Funding, &
Help Shape Programming**

We are so grateful to each person who has completed the survey, we have 67 responses so far!

Your feedback is so essential to our success and ability to serve the needs of all SLV residents 50+ who seek resources here, receive long-term health and well being support, and find friendship and purpose engaging here!

Our goal is to receive at least 150-200 survey responses as we have almost 600 active members and serve thousands of people throughout the year.

**If you haven't completed the Survey
please do so by Monday, August 31st.
Stop by the front desk or visit our
website to submit the survey virtually.**

(Shortly after the deadline, those who provided their email address on the survey will receive an email with a FREE class pass!)

[illegible]

We have begun incorporating suggestions and adjusting programming and services to meet your desires and needs!

When your needs are clear we are able to
advocate on your behalf.





Upcoming Activities, Classes & Events



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

FREE SERVICE FOR ANYONE, ANY AGE!

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.

Tech Wiz

FREE Drop-in Tech support
(First come, first serve.)



Monday
9:30am-11am

Location: Art Room

DROP-IN SUPPORT DATES:

AUGUST 10

AUGUST 17



Meet IT Professional and
Volunteer, Ari Robins

JOIN “THE CENTER” FOR **PANCAKES IN THE PARK**



AT HIGHLANDS PARK
SENIOR & COMMUNITY CENTER

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

✧ **Upcoming Dates** ✧

**August 16th, September 20th,
October 18th**

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
cash-credit-debit accepted
highlandsparkseniorcenter.org



EVERYONE IS WELCOME!



8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611

BINGO

WIN CASH PRIZES!

- Raffle
- Snack bar



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

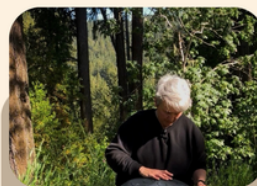


**RECONNECT
& RECHARGE**



SINGING BOWLS

Sunday



Your host, Sound Healer,
Helen Souranoff



August 2nd, 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

SAVE THE DATE

*Caregiver
& Family*
RESOURCE FAIR



Thursday,
September 10th
4-7pm

LOCATION:
The Center Auditorium



**Ice Cream
Social Mixer**
August 31st, Monday
1:30-3:30pm

PLEASE NOTE:

From 1:30-2pm
Ice Cream & Socialize
From 2-3:30pm
Play Games

Everyone is welcome to
this Free event.

**If you'd like more snacks-
bring one to share!**



LOCATION:
MULTI-PURPOSE ROOM

Hosted by Volunteers:
Mary & Mark Bushman

ACTIVITIES CALENDAR AUGUST 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



Join us here for
COOL
Environment
Activities!



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SUNDAY
Tech Wiz Tech support 1 to 1 9:30am - 11am August 10th & 17th 	 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 August 2nd
 Aerobic Exercise class 10-11 am	 Meals on Wheels Dining 11am - 1pm	 Meals on Wheels Dining 11am - 1pm	 Meals on Wheels Dining 11am-1pm	 Ukulele Class 10:30 - 11:30am	 Begins @ 7pm (Arrive @ 6:45)
 Meals on Wheels Dining 11am - 1pm	 Mah Jongg Club FULL 1:30 - 3pm	 Meals on Wheels Dining 11am - 1pm	 SLV Caregiver Support Group 2-3:30pm Aug. 6th	 Meals on Wheels Dining 11am - 1pm	 August 16th Pancake Breakfast 8:30am - 12
 Bridge Club 11:30am - 2:30pm	 Financial Planning 1 to 1 Tuesdays August 4th & 18th	 Circle Dance 3-4pm	 BINGO 1st & 3rd Thursdays 1 - 3:30pm Aug 6th & 20th	 'The Center Band' Jam with the 'Back Beat Boomers' 12:30 - 2:30pm	 + BAKE SALE
 Social Mixer Aug. 31st 1:30-3:30pm		 Share Wednesday Activity ideas with us!			

EXERCISE CLASS SCHEDULE

**Tues & Thur
10-11am Class**

Includes:

Weight bearing a
and core full
body exercises
every session

PLUS

Tuesdays

4th - Surprise
11th - Yoga
18th - Balance &
Line Dance
25th - Yoga

Thursdays

Qi Gong

FREE

PRESENTATION

Thurs, Aug. 27th
What's New in
Medicare for 2026
12 - 1pm



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



831-336-8900



seniorcenterslv8500@gmail.com



831-278-0611



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831-278-0611



Volunteers & Donors- Help Needed!

If you have volunteered in the past year please drop by the office to fill out a Volunteer Hour Tracking Sheet. This is vital information that helps us qualify for grant funding to keep the Center open!



FABULOUS AUCTION ITEMS NEEDED FOR...



WILL YOU HELP US GET THE WORD OUT AS AN AMBASSADOR



**Do you like to be out in the community?
This may be the perfect fit for you!
Our Ambassadors...**

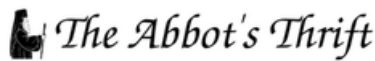
- Handout fliers and hang posters around SLV
- Represent and share our Center from our booth at markets
- Post our classes, events and services on social media



Together we will create an amazing Holiday Gala for all & attract even more members to fill the Center with life and joy!

Call us to share your auction item idea or volunteer @ 831-336-8900.

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



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P.O. Box 136
Ben Lomond, CA 95005

