



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

July 2026

## President's Address

Hello and happy summer,  
We've made it through June gloom and right into celebrating the Fourth of July with our 250<sup>th</sup> year celebration! We hope our community is enjoying barbeques, hikes, and get-together's with friends and family. If you need more friends and outings come and visit with us. You will see pictures in the newsletter of events and outing members have been enjoying this summer. Please complete the survey enclosed and have a great month, we hope to see you soon!

*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.

## Donor Highlights

**We Celebrate Reaching our Matching Donation Campaign Goal! Thank you to our Match Funders...**

*Carol Fuller & Gary Walter*

**Thank you to our Final Match Donors:**

*Liz & Dan Taylor-Selling, Dolores Sudduth, Daniel Mendez, Maryanne Claire, Tina Noland Karen McNamara, Roberta Power, Tim & Lisa Robinson, and Nancy Graff!*

*Together we can do anything, big thanks to ALL who donated!*



## Highlands Park Board Meeting

The Senior Citizens Organization of San Lorenzo Valley will hold its Board Meeting on July 23<sup>rd</sup> from 1:15–2:15 pm (by invitation only). Call 831-336-8900 to submit a special request to attend.



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(831) 426-1111





# A Month of Community, Celebrations & Playing in the Sun!



There is much to explore and enjoy in our amazing valley, there are even places long-term residents have never visited! We captured a few of you out and about. **Email us your favorite summer fun photo and we'll include a few pictures in the August newsletter! Send your pics to seniorcenterslv8500@gmail.com.**

A wonderful group of members gathered to enjoy the free boat tour of beautiful Loch Lomond Reservoir! (Left to Right: Varyl, Diana Sue, Bob, Garrett, Susan & Heather)



Blanca Uribe, Board Member & Sponsor, fishing in the bay for King Salmon!



**Highlands Park itself has so much to offer.** The skate park, tennis courts, playground and access to a beautiful, shaded, waist-deep wading and soaking spot along the riverbank. It is a popular local alternative to larger, busier state park swimming holes.

## It is Park & Recreation Month!

We hope you'll check out some of the celebrations, summer play spots, and other activities in SLV and throughout Santa Cruz County in July.

### Here are a few of to consider:

**Boulder Creek 4th of July Parade & Street Fair:** Catch the famous small-town parade down Highway 9 in downtown Boulder Creek from 10:00 AM to 2:00 PM.

**Alba Schoolhouse Celebration:** Community BBQ & music. Sequoia Retreat Center, Ben Lomond. July 4, Mid-day.

**Tuesday Night Live Concert:** July 14<sup>th</sup> @ Santa Cruz Wharf featuring Sweet VooDoo from 6pm - 8pm.

**FREE Lawn Bowling Lessons:** Join the Santa Cruz Bowls Club on Sunday, July 12<sup>th</sup> @ 12:30pm at San Lorenzo Park.

**Food Truck Fridays & Live Music:** July 31<sup>st</sup>, @ Sky Park in Scotts Valley. Local food trucks, desserts, live tunes, Beer & Wine Garden, and Face Painting from 5-8pm.







# You Help Guide Our Collective Vision & Programming

With the fiscal year coming to a close we are revisiting our mission and collective vision in July with our Programming Survey. We need to hear from the community we serve and those who make it all possible (members, volunteers, partners, and supporters)! The Center is dedicated to providing the resources, experiences, and support networks that help you and your loved ones thrive as you age and more easily navigate the challenges. **SLV community feedback guides our collective vision for the Center and our programming. We invite you to complete and submit the survey in the center of the newsletter. Each person who completes a survey receives a FREE class pass!** Please Note: Your email or name must be on your survey to receive your pass.

**We invite you to pass on the survey to other SLV adults age 50+,** you can text them the link to our survey on the website ([www.highlandsparkseniorcenter.org/survey](http://www.highlandsparkseniorcenter.org/survey)), hand them a paper survey (available at the Center), or share the Survey posted on our Facebook and Nextdoor profiles.

In August we will share programming updates based on your feedback and suggestions and celebrate our collective accomplishments from the past year.

**We are in this together and your participation is bringing our vision to life!**

.....  
**Please complete the Survey**  
**insert on page 4 & 5**  
**and mail it back to us,**  
**drop it off at the Center,**  
**or click the link below to**  
**complete online.**  
 .....

**Receive a FREE class pass**  
**when you submit your survey,**  
**only one per person.**

## Why is Your Feedback so Essential?

1. Your feedback is the way we identify the specific needs of residents in SLV, track if we are fulfilling those needs or providing helpful alternative resources, and it allows us to document the positive impact we make in the lives of those we serve.
2. This data is required to qualify for and secure funding from our largest funding sources.
3. We want you to be heard, supported, inspired, enlivened, engaged, and valued!

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.

We appreciate your time and value your feedback!

## 2026 Programming Survey

Thank you for providing us with this vital information. Please complete all sections. Your personal data is never shared or attached to your identity.

### Part 1: Demographics & Geography

#### 1. What is your current age? (check the box)

- ☐ Under 50 ☐ 50–59 ☐ 60–69 ☐ 70–79 ☐ 80–89 ☐ 90+

#### 2. Do you have a pet/animals you care for? (check the box or write in)

- ☐ Dog ☐ Cat ☐ None ☐ Other/s \_\_\_\_\_

#### 3. Circle the circumstance that best describes your employment or retirement status? (check the box)

- ☐ Employed Full-time (not retired) ☐ Employed Part-time (not retired) ☐ Retired and working part-time  
☐ Retired and not working ☐ Other: \_\_\_\_\_

#### 4. Which community do you live in? (check the box)

- ☐ Felton ☐ Ben Lomond ☐ Brookdale ☐ Boulder Creek ☐ Zayante / Lompico / Mount Hermon  
☐ Other SLV/Mountain area: \_\_\_\_\_

#### 5. What is your income range? (check the box) Note: This is crucial data that helps us qualify for funding.

- ☐ Below \$24,000 ☐ \$25K–50,000 ☐ \$50K–75,000 ☐ \$76K–90,000 ☐ \$91K–130,000 ☐ Over \$130K

### Part 2: Your Current Participation @ the Center

#### Check the various boxes below that identify the ways you participate and engage at the Center.

- ☐ I'm a Member ☐ Donate/Sponsor ☐ Volunteer ☐ Attend Events/Classes ☐ Seek a Variety of Resources ☐ Access Services
- ☐ Exercise Class M/W ☐ Exercise Class T/Th ☐ Bridge Club ☐ Technology Support/Classes ☐ Meals on Wheels Lunch  
☐ Monthly Social Mixer ☐ Circle Dance ☐ Art Classes ☐ Caregiver Support Group ☐ Financial Planning Presentation  
☐ Financial Planning 1 to 1 Counseling ☐ Project Scout– Tax filing ☐ Guest Presentations – wellness, fraud prevention  
☐ HICAP: Medicare Presentations ☐ HICAP: Medicare 1 to 1 Counseling ☐ Bingo ☐ Greybears Grocery Pick-up ☐ Ukelele Class  
☐ Center Band Jam ☐ Cooking with Colly ☐ caregiver & Family Resource Fair ☐ Herald the Holidays ☐ Various Seasonal Socials  
☐ Pancake Breakfast ☐ Singing Bowls Sunday ☐ Supervisor Office Hours ☐ Townhall Meetings ☐ Movie Day  
☐ Home Arts ☐ Other \_\_\_\_\_

### Part 3: Connection, Transportation & Caregiving

#### 1. How do you primarily get around for errands, appointments, and social visits? (check the boxes that apply)

- ☐ I drive myself ☐ A family member, friend, or neighbor drives me ☐ METRO Fixed-Route Bus Line 35 ☐ Uber ☐ Lift-Line  
☐ ParaCruz or specialized medical transport ☐ I often skip trips because I lack transportation options

#### 2. In the past year, how often have you felt lonely, isolated, or cut off from the community? (check the box)

- ☐ Always or almost always ☐ Some of the time ☐ Rarely ☐ Never

#### 3. Which statement best describes your current involvement with caregiving? (check the box)

- ☐ I am currently a caregiver for an aging family member, spouse, or adult child. ☐ Caregiving is not part of my life right now.  
☐ I currently receive care or help from a family member, friend, or paid helper.  
☐ I am a "sandwich generation" caregiver (caring for both children and aging relatives).

### Part 4: Program & Resource Needs & Access Timeline

#### Identify your interest in the resources and programs below and when you need to access them.

(Check boxes that apply to your needs and circle the topics of interest in each category)

##### Affordable Housing

- ☐ Ready to Learn More ☐ Need to Access soon ☐ Need to Access in 3–8 years ☐ Won't Need  
Circle: (Downsizing, sub-letting, home repair grant, room rental, shared housing, selling and relocating.)

##### Wildfire & Storm Prep

- ☐ Ready to Learn More ☐ Need to Access soon ☐ Need to Access in 3–8 years ☐ Won't Need  
Circle: (Preparation Guidance for your dwelling, emergency and evacuation response options.)

##### Home Safety Modifications

- ☐ Ready to Learn More ☐ Need to Access soon ☐ Need to Access in 3–8 years ☐ Won't Need  
Circle: (Installing arm rails, shower handles, wheelchair ramp, Safety Modification class, etc.)

##### Local Caregiver Resources

- ☐ Ready to Learn More ☐ Need to Access soon ☐ Need to Access in 3–8 years ☐ Won't Need  
Circle: (In-home Care, Alzheimer's, Hospice, Respite & Grief Support, Guidance/Planning, All options.)

##### Affording Aging

- ☐ Ready to Learn More ☐ Need to Access soon ☐ Need to Access in 3–8 years ☐ Won't Need  
Circle: (Financial planning, lowering expenses, discount services – food, eye glasses, transportation, etc.)

##### Aging Well Health & Longevity

- ☐ Ready to Learn More ☐ Need to Access soon ☐ Need to Access in 3–8 years ☐ Won't Need  
Circle: (Exercise & Nutrition guidance, Illness & Disease Prevention, Mental & Emotional Health Tips, Social Activities, Volunteering/Having Purpose, Supportive Relationships, etc.)



Part 5: 2026 Programming Interests & Suggestions

Check the boxes of the programs, classes, talks, events or services are you interested in & will attend/use.

- ☐ Presentation: Senior Employment Options ☐ Social Outings ☐ Chair Massage ☐ Community BBQ  
☐ Dating Mixer ☐ Seminar – Pain Relief/Balance/Sleep/Nutrition ☐ Stress Relief Techniques ☐ Meditation  
☐ Music & Dance Social Mixer ☐ Home Arts- knitting/sewing/crochet/etc. ☐ Art- painting, collage, etc.  
Dance Classes: ☐ Rag Time ☐ Swing/Big Band ☐ Waltz/Fox Trot ☐ Cha Cha –Salsa/Rumba/Bachata  
☐ Line Dance ☐ 60's& 70's solo dances- The Twist, Mashed Potato, Watusi, Frug, Jerk, etc.) ☐ Book Club

Programming Suggestions:

Financial Planning Presentation topics: (check those of interest)

- ☐ Preparing for Retirement (Age 30-69) ☐ Credit and Debt Management ☐ Money & Crypto Basics  
☐ Cash Flow- Budgeting ☐ Estate Planning Essentials ☐ Elder Financial Abuse & Exploitation ☐ Safely  
Manage Retirement Nest Egg ☐ Annuities: Everything you need to know (The Good & The Bad)

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Your name is not required on the survey but your email is if you'd like to receive your free class pass voucher.  
Print, fill out, and mail or drop off your survey.

Stamp

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Highlands Park Senior &  
Community Center  
PO BOX 136  
Ben Lomond CA 95005





8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611

## Announcements & Upcoming Activities



# BINGO

**WIN CASH PRIZES!**

- Raffle
- Snack bar



Join us on the  
1st & 3rd  
Thursdays

of the month  
**1:00 pm - 3:30 pm**



**DON'T MISS OUR LATEST OFFERING  
FOR YOUR HIGHEST WELL BEING!**



**RECONNECT  
& RECHARGE**



Your host, Sound Healer,  
Helen Souranoff

**Sunday, July 5<sup>th</sup> @ 7pm**

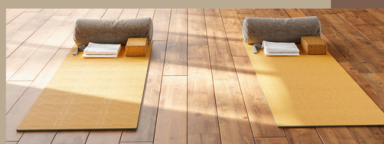
Arrive @ 6:40pm to choose your spot—  
bring your yoga mat, pillow, and  
blanket. Wear soft loose clothing.  
(Doors will close @ 6:55pm)

**Flat fee: \$10/person**

LOCATION: AUDITORIUM

**SINGING  
BOWLS**

*Sunday*



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!





8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611

## Did you know Penny Drew?

She was a dear friend to many, a member, volunteer, and benefactor here at the Center for years! She contributed in so many roles and helped to keep our beloved Center alive and kicking for the next generations to enjoy!



There will be a **Celebration of Life** for her at the Center on

**July 12<sup>th</sup>, Sunday**  
**11am - 2pm**



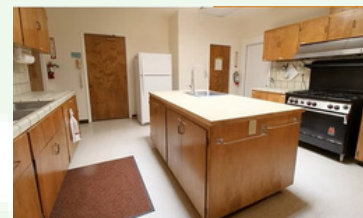
## Open House: Facility Tours

Wednesday, July 15th @ 4:30-6:30pm



Are you hosting an event and need a venue?

**Drop in** to tour Facility Rental Space & explore Catering Options here at Highlands Park Senior & Community Center (Great for Weddings, dinners, parties, classes, baby showers, breakfast/lunch buffets, celebrations, retreats, and more.)



Rental Discounts available for non-profits!

<https://www.highlandsparkseniorcenter.org/rentals>

Or call us: 831-336-8900 / 831-278-0611

**"THE CENTER"**

INVITES EVERYONE TO...

# PANCAKES IN THE PARK



### 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

AT HIGHLANDS PARK  
SENIOR & COMMUNITY CENTER

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

JOIN US! Upcoming Dates:

July 19th  
August 16th

September 20th  
October 18th

Location: Auditorium @ 8500 Hwy 9, Ben Lomond, Ca. 95060  
[www.highlandsparkseniorcenter.org](http://www.highlandsparkseniorcenter.org)





## Social Mixer July 27th, Monday 1:30-3:30pm

**LOCATION:**  
**MULTI-PURPOSE ROOM**

Everyone is welcome to  
this Free event.  
(Bring a snack to share!)



**Come to socialize, play games, and plan fun outings together.**

If you'd like to learn more about Mahjong, stop in to watch the game and  
sign up for Mahjong club - beginning soon!

(Mahjong Club will be once a week- \$5/members & \$7/non-members.)

### 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**



**Volunteer Instructor:**  
**Maureen Atkins**



### Tech Wiz

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

**Monday**  
**9:30am-11am**

**Location: Art Room**  
**DROP-IN SUPPORT DATES:**

**JULY 6**  
**AUGUST 10**  
**AUGUST 17**



Meet IT Professional and  
Volunteer, Ari Robins



Your host:  
Local Vocalist & Musician  
Helen Souranoff

### **MUSICIANS NEEDED:**

Do you play Percussion, Keyboard, Guitar or other instrument? Want to be in a band?  
We'll share our collective skills, instruments, and genres of interest with the intention of  
creating a fun jam band. The focus is to learn to play together music you enjoy!

## Join Our **CENTER BAND** Fridays | 12:30 -2:30pm

**LOCATION: AUDITORIUM**

**CLASS FEE: \$5 FOR MEMBERS/\$7 NON-MEMBERS**





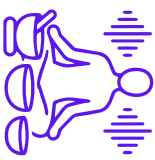
## Highlands Park Senior & Community Center

### Office hours

Mon: 10–3:30pm  
Tues: 10–3:30pm  
Wed: 10–3:30pm  
Thur: 10–1pm  
Frid: 10–1pm



# ACTIVITIES CALENDAR JULY 2026

| MONDAYS                                                                                                                                                                              | TUESDAYS                                                                                                                                  | WEDNESDAYS                                                                                                                        | THURSDAYS                                                                                                                                                       | FRIDAYS                                                                                                                              | SUNDAY                                                                                                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <b>Tech Wiz</b><br>Tech support<br>1 to 1<br>9:30am - 11am<br><b>July 6<sup>th</sup> only</b><br> | <br>Exercise class<br>10-11 am                         | <br>Aerobic Exercise class<br>10-11 am         | <br>Exercise class<br>10-11 am                                              | <br>Grey Bears Grocery Pickup<br>9:30 - 10:30am | <b>Singing Bowl Sunday</b><br>July 5th<br> |
| <br>Aerobic Exercise class<br>10-11 am                                                             | <br>Meals on Wheels Dining<br>11am - 1pm                | <br>Meals on Wheels Dining<br>11am - 1pm        | <br>Meals on Wheels Dining<br>11am-1pm                                       | <br>Ukulele Class<br>10:30 - 11:30am            | <b>July 19th</b><br>                         |
| <br>Meals on Wheels Dining<br>11am - 1pm                                                            | <br>Meals on Wheels Dining<br>11am - 1pm                | <br>Meals on Wheels Dining<br>11am - 1pm         | <br>Meals on Wheels Dining<br>11am-1pm                                       | <br>Meals on Wheels Dining<br>11am - 1pm          | -----                                                                                                                           |
| <br>Bridge Club<br>11:30am - 2:30pm                                                                 | <br>What activity would you enjoy on Tuesday afternoons? | <br>Circle Dance<br>3-4pm                        | <br>SLV Caregiver Support Group<br>2-3:30pm<br>July 2nd                      | <br>'The Center Band' Jam<br>12:30 - 2:30pm       | <b>Pancake Breakfast</b><br>8:30am - 12                                                                                         |
| <br><b>Social Mixer</b><br>July 26th<br>1:30-3:30pm                                                 | <br>Share your ideas in the survey!                      | <br>Open House Tours<br>July 15th<br>4:30-6:30pm | <br><b>BINGO</b><br>1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays<br>1 - 3:30pm | <br><b>Closed</b><br>July 3rd                     | <br>BAKE SALE +                              |

## EXERCISE CLASS SCHEDULE

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

**Includes:**  
Weight bearing and core full body exercises every session  
**PLUS**

**Tuesdays**  
7<sup>th</sup> - Surprise  
14<sup>th</sup> - Yoga  
21<sup>st</sup> - Balance & Line Dance  
28<sup>th</sup> - Yoga

**Thursdays**  
Qi Gong

## FREE PRESENTATION

**Thurs, July 23rd**  
What's New in Medicare for 2026  
**12 - 1pm**



8500 Hwy 9, Ben Lomond, CA 95005  
[www.highlandsparkseniorcenter.org](http://www.highlandsparkseniorcenter.org)



831-336-8900



seniorcenterslv8500@gmail.com





# We Impact Lives Long-term

**Legacy Volunteer (20yrs),  
Alumni Board Member,  
Epic Baker**



*At 94, I still enjoy helping out and it makes a huge difference for me! The Center is the welcoming, safe community that encourages me to learn new things, stay healthy and engaged with activities, share my gifts, and enjoy long-term friendships. It's a place full of imagination and joy, I love being here! Having lived alone for 14 years after my husband passed, volunteering to serve lunch onsite with our partner, Meals on Wheels, has given me a reason to get up! The Center has provided me opportunities to give to the world in ways only I can - heading up the bake sale and making yummy treats, serving on the Board of Directors, and helping in any way I am inspired to!*

*When I moved back to California in October 2024, after living in Arizona for 14 years, I was concerned about making friends. My daughter suggested that I check out the Center. I was greeted with open arms and warm smiles by the staff and community. They explained the fabulous classes and many opportunities to enjoy myself while building friendships. I immediately became a member and explored the various classes, expert talks, social events, and opportunities to volunteer. Along the way I've built lasting friendships, I feel cared for and supported with laughter and hugs being a big part of our weekday communal lunches! I am working to get back in shape and having fun at the same time. I am now one of their volunteers, setting up lunch, facilitating one of the exercise classes and helping out with the monthly newsletter. I am so very grateful and pleased for having found this fabulous Center!*



**New Member, Donor,  
Volunteer- Exercise  
Class Facilitator, and  
Epic Quilter**



## Volunteers Needed!



- **Pancake Breakfast - Plater & Bussers**
- **Social Outings Organizer and Transportation Provider**

**Call us @ 831-336-8900 or stop by the office to sign up!**







8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611

## Thank you to our Partners & Sponsors!



SAN LORENZO VALLEY  
CHAMBER  
OF COMMERCE



Del Mar Caregiver  
Resource Center  
A Program of Health Projects Center

