



Highlands Park Senior & Community Center

April 2026

President's Address

Welcome to spring!

Glorious weather and heat waves. April is the kickoff month for our pancake breakfast. They run April through October, the 3rd Sunday of the month from 8:30AM - Noon.

I would like to thank two of our sponsors who help us very much for pancake breakfast, Costco and Driscoll's. Each in their special way help us afford, to put on our breakfast at a reasonable rate to our community. Thank you, Costco and Driscoll's, for sponsoring our center!

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.

Sponsor & Partner Highlights

A big shout out to our
Pancake Breakfast Season Sponsors!
Your support is essential and makes fundraising possible.



Highlands Park Board Meeting

The Senior Citizens Organization of San Lorenzo Valley will hold its Board Meeting on April 23rd from 1:15–2:15 pm

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Santa Cruz CA
(831) 426-1111



April is a time of Renewal, Celebrating Rebirth & the Earth!

Nature is bursting with energy and growth, bringing forth the beauty we all enjoy here in this gorgeous area, we all call home!

It reminds us that our individual and collective stewardship is needed to ensure we all thrive together through the challenges and joys of the seasons.

With Easter, Arbor Day and Earth Day coming up you may feel inspired to Renew Your Spirit, do some Spring Cleaning, Decluttering, Gardening, and Volunteering!

What are you inspired to Renew in your Life and Community?



Help us kick off our 2026 Season of PANCAKES IN THE PARK!



How can you be a part of our season?

Do you have a yummy bread, muffin, cookie or other pastry recipe? Consider baking a batch for our bake sale fundraiser!

Do you enjoy socializing and meeting new people? Consider hanging fliers or helping in the dining room one month!

This is a wonderful community gathering that is a substantial fundraiser for the Center. Please join us and invite friends!

Together, we ensure the "Center" is here for all generations to come!





Upcoming Activities, Classes & Events

"THE CENTER" INVITES THE COMMUNITY TO... 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 OUR KICK OFF
BREAKFAST ON
APRIL 19TH



Easter Saturday

Cooking with Colly

Make an "Easter Sunday Morning Breakfast Special"
of
Cinnamon Buns and a Breakfast Frittata

When: Saturday, April 4, 2026 Time: 11am-2pm

Where: Highlands Park Senior and Community Center
8500 Hwy. 9, Ben Lomond. Phone # 336-8900

Cost: \$25.00 (payable in advance & non-refundable)

Sign ups: start March 23rd at 10 am. Limit of 8 participants

Need to bring: rolling pin & container to take home



Would you like to learn American Mah Jongg?

We'd love to start a class if
we have enough interest!



Class instructor:
Alisan Andrews
16 years Experienced
Player/Teacher

If you have any questions or would like to add your name to the class list
contact Alisan at 650-400-8623 or by email: alisanandrews@yahoo.com



Office Hours with Supervisor Monica Martinez

Thursday, April 30th
9:30am - 11am
Location: Multipurpose Room

Schedule a time to meet with Supervisor Monica Martinez, during the office hours at our center.

Go to this link to reserve a 15 minute time-slot in advance: <https://tinyurl.com/martinez-appt>.

*Drop-in visitors are still welcome, and will be seen in order of arrival as time allows between or after reservations.



If you have a problem that will require more than 15 minutes to discuss, or you cannot come during the times listed above, please arrange a separate meeting time by contacting the supervisor's office at fifth.district@santacruzcounty.us



FREE 1-TO-1 TECH SUPPORT FOR SENIORS

(First come, first served.)

We're here to help!

Drop in on Tuesdays, 10:15-11:45 - available through May 26th, 2026

(No Sessions April 7th)

Location: Art Room

Save the Date

CANDIDATES FORUM

Thursday, May 14th @ 6 - 8:30 pm

LOCATION: Auditorium

8500 Hwy 9 Ben Lomond, CA. 95005

Highlands Park Senior & Community Center

Co-Sponsored by



Monica Martinez District 5

Subsidized Green Waste Disposal Days for District 5 Residents



My Green Waste Disposal Program is back!

District 5 residents in the unincorporated areas are invited to dispose of yard trimmings and other green waste at no cost at the Ben Lomond Transfer Station.

The program, started March 28, runs on the last Saturday of each month until June from 7:30 a.m. to 3:30 p.m.

For more details on load limits, green waste size and materials restrictions, and more, check here: <https://tinyurl.com/5thdistrictdisposal>



Expert, Ted George,
Retired CERTIFIED FINANCIAL PLANNER® professional

NEW FREE SERVICE FOR MEMBERS

1st & 3rd Tuesdays between 1-4pm

"1-on-1 Counseling with a Financial Planner"

Appointment Required. One per member. 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.



Don't miss our **NEW...**



Social Mixer

Last Monday of the Month
1:30-3:30pm
April 27th!



LOCATION:
MULTI-PURPOSE ROOM

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!



Join Our New

CENTER BAND!

Fridays | 12:30 -2:30pm

LOCATION: AUDITORIUM

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

MUSICIANS & SINGERS NEEDED:

Do you play Brass, Percussion, Woodwinds, 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 us for Bingo!

Come to socialize, our group is growing!

Fun games, laughter, yummy snacks, and chances to win raffle 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

SLV Caregiver Support Group

Thursday, April 2nd @ 2pm

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

CELEBRATE Earth Day

APRIL 22



ACTIVITIES CALENDAR APRIL 2026



Highlands Park Senior & Community Center

Office hours

Mon: 10-4pm
 Tues: 10-4pm
 Wed: 10-4pm
 Thur: 10-1pm
 Frid: 10-1pm



Happy Easter!

and



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
 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	 Cooking with Colly Cinnamon Buns & Breakfast Frittata ----- April 4th 11-2pm
 Meals on Wheels Dining 11am - 1pm	 1-to-1 Tech Support 10:15-11:45	 Meals on Wheels Dining 11am - 1pm	 Meals on Wheels Dining 11am-1pm	 Ukulele Class 10:30 - 11:30am	 SUNDAY
 Bridge Club 11:30am - 2:30pm	 MOW Dining Closed April 28th	 Circle Dance 3-4pm "Dance with us on Earth Day April 22nd!"	 SLV Caregiver Support Group 2-3:30pm March 5th	 'The Center Band' Jam 12:30 - 2:30pm	 April 19th Pancake Breakfast 8:30 am -12 &
 Social Mixer March 30th 1:30-3:30pm	 1-on-1 Financial Planning Sessions 1st & 3rd Tuesdays 1-4pm	 Earth Day April 22nd!	 BINGO 1 st & 3 rd Thursdays 1 - 3:30pm		 BAKE SALE

EXERCISE CLASS SCHEDULE

Tues & Thur Class
 core & strength training with weights every session
 +

Tuesdays
 7th - Yoga
 14th - Surprise
 21st - Yoga
 28th - Balance & Line Dance

Thursdays
 Qi Gong

PRESENTATIONS

Thurs, April 23rd
HICAP Presentation
 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 3rd 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 Partners & Sponsors!

