



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  
Blanca Uribe  
Helen Souranoff

# Highlands Park Senior & Community Center

October 2026

## President's Address

***Autumn is upon us, enjoy this beautiful time of year!***

*I want to thank all who participated in our Caregivers Support Fair. It was a huge success and we are grateful to the senior resource organizations, residents who attended, and volunteers who made it possible. Enjoy event photos inside the newsletter, along with resource highlights and videos on our Facebook page.*

*October offers a wonderful calendar of activities to enjoy and create excitement for our November Gala extravaganza – Heralding the Holidays at Hogwarts! This event is our primary fundraiser for the “Center” and our art department is creating an amazing set, auction, and planning such a fun party. We hope everybody’s planning on coming and we look forward to enjoying this event with you!*

***Save the Date: Saturday, November 14, 2026, 4–7 PM.***

*Coco*

## Our Mission

We provide programs and activities for the San Lorenzo Valley community, with a focus on helping older adults remain engaged and involved. By promoting and supporting education, recreation and social programs, we help ensure that all members of our community live full and satisfying lives.

## Sponsor Highlight

**We would like to thank our Sponsors Blanca & Arturo Uribe for their donation to our Pancake Breakfast fund.**

**This generosity helped to make possible our last two Pancake Breakfasts of the year!**

*Pancakes in the Park is an important fundraiser for the Center and beloved by our SLV Community! Join us for the last breakfast Sunday, October 18<sup>th</sup>, 8:30am - Noon!*



## Highlands Park Board Meeting

The Senior Citizens Organization of San Lorenzo Valley will hold its Board Meeting on Oct. 22nd from 1:15–2:15 pm (by invitation only). Call 831-336-8900 to submit a special request to attend.



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Santa Cruz CA (831) 426-1111



8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611

# Welcome to Autumn - Time for Nature Walks, Harvest Festivals & Celebrating Community Connection



**We have so much to celebrate!** Over the past year we collectively renewed the energy of the Center with our new and existing community members providing vital feedback, suggestions, engagement, funding, and essential volunteer support.

**Thank you to everyone who has been a part of this renewal-** our sponsors and mentors; volunteers, new leaders and facilitators; board members, new and long-term active members; SLV residents and businesses; and our existing and new senior service organization partners!

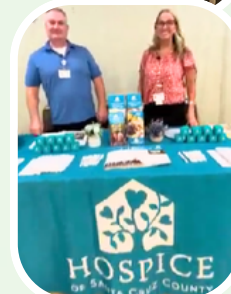
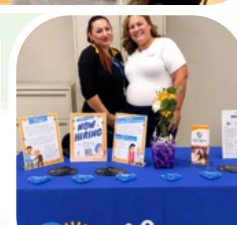


**We've put in the hard work and now our community is enjoying the harvest of our inspired action.** Along the way community members have developed new meaningful and supportive relationships and tapped into resources that deeply enrich their lives. **Members enjoy fun new creative projects, activities, and programming that provide opportunities to share their expertise and make a difference in the lives of others.**

**One of the most impactful ways we serve the San Lorenzo Valley community is through our Annual Senior Caregiver & Family Resource Fair.** We succeed in curating a comprehensive group of resource providers that were capable of addressing over 50 of the most common Senior support needs, all under one roof!

We met amazing local residents who shared their needs with us and received empowering guidance and information from industry professionals. It was a fun and enlivening evening. **We love being of service fulfilling our mission!**

## Senior Caregiver & Family Resource Fair





## Upcoming Activities, Classes & Events



### RECONNECT & RECHARGE

Come experience Helen's amazing new gong!

## SINGING BOWLS



Your host, Sound Healer,  
Helen Souranoff

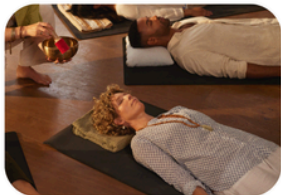
Sunday

October 4th, 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



Come join the fun!!

Thursdays, October 1<sup>st</sup> & 15<sup>th</sup>

1:00 pm - 3:30 pm



- 1 Packet (10 games) \$15 / 3 for \$30
- Additional packet \$10
- Bingo Markers \$2 each or rent for 25c



- Raffle tickets \$3 each / 2 for \$5
- Drinks and snacks \$2+

We accept:  
Cash-Debit-Credit



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.



## MOVIE DAY OCTOBER



Wednesday Afternoons 1:00-3:00

We will kick off this 3 movie series mid-month!

October 21st: "Harry Potter and the Sorcerer's Stone"

Get into the Harry Potter Hogwarts School vibe!

October 28th: "Harry Potter and the Chamber of Secrets"

Discover possible fun costume choices for the Holiday Gala!  
The third movie will be on the first Wednesday of November.



\$5 Per  
Ticket



Includes: Movie, Popcorn & a Small Soda or Water



8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611

## Upcoming Activities, Classes & Events

JOIN "THE CENTER" FOR THE  
LAST BREAKFAST OF THE YEAR!

### PANCAKES IN THE PARK

AT HIGHLANDS PARK  
SENIOR & COMMUNITY CENTER

**SUNDAY, OCTOBER 19TH**

**8:30AM - NOON**

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

#### BREAKFAST INCLUDES:

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

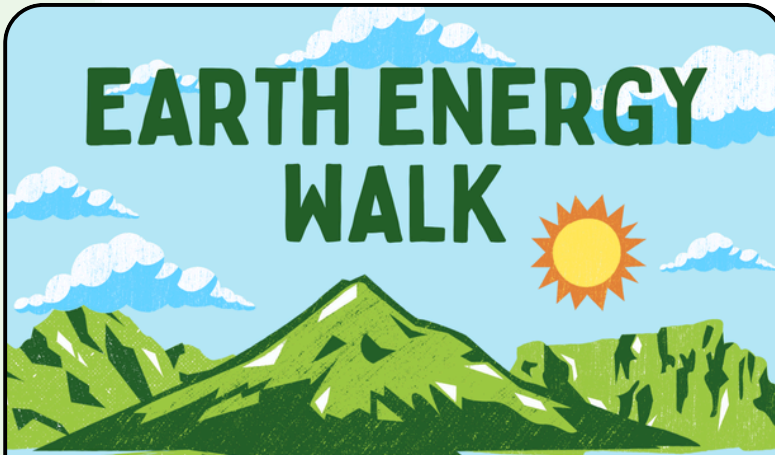
**Halloween  
Gift for Children  
&  
Indoor  
Scavenger  
Hunt**



LOCATION: 8500 HWY 9 BEN LOMOND, CA



## EARTH ENERGY WALK



**Lead by: Sharon Barbour of  
Community Seed**

(Sharon is 70 and is able to gauge difficulty well. Everyone moves at their own pace, and the group will adjust to meet the needs of others.)

**SAN VINCENTE- OCTOBER 17<sup>TH</sup>, 2026**

We gather at 10:45, begin at 11:00

**12001 Empire Grade, Santa Cruz, Ca.**

<https://santacruztrails.org/san-vincente-redwoods>

We enter the hiking area in silence to commune with nature. We return chattering like magpies to commune with each other. Some walks are out and back, some are a loop.

To arrange attendance email sharon @  
wendingwanderer@gmail.com



## Join our American Mah Jongg Club



**Tuesdays 1:30pm -3:00pm**

This is no longer an instruction series, it  
is a weekly club for open play!

**Location: Auditorium**

**Hosted by: Volunteer, Alisan Andrews**

16 years Experience playing Mah Jongg

**\$5/meet-up  
for members  
\$7/meet-up  
for non-members**



# NEW EXERCISE CLASS

MEMBER \$5  
NON-MEMBER \$7  
CLASS FEE

MONDAY & WEDNESDAY  
10-11 AM

-----

Facilitator: Donna Woodruff

## Low - Moderate - High Intensity Workouts

Diverse aerobic workout videos to improve heart health, balance, muscle strength, flexibility, and more! *This is an energetic group, come see if this class is for you!*

## SCHEDULE

**1<sup>st</sup> & 3<sup>rd</sup> Mondays:** Tabata (Includes strength training with weights.)

**1<sup>st</sup> & 3<sup>rd</sup> Wednesdays:** Tai Chi

**2<sup>nd</sup> & 4<sup>th</sup> Monday & Wednesdays:** Walk Aerobics -30-40 minutes with strength training following (weights/bands).

**5<sup>th</sup> Monday &/or Wednesday:** Workout with be a Surprise!

**Tabata** is a high-intensity interval training (HIIT) workout protocol featuring 20 seconds of maximum-effort exercise followed by 10 seconds of rest, repeated for eight rounds over four minutes. Its main benefits include rapidly boosting both aerobic and anaerobic fitness (VO2 max), accelerating metabolism, and improving muscle endurance in a very time-efficient manner. Light weights for strength training incorporated.

**Tai Chi** is a low-to-moderate intensity mind-body exercise that combines gentle physical movements, deep breathing, and meditation to improve balance, strength, flexibility, cardiovascular health, and mental well-being.

**See our updated Activity Calendar on the next page!**



# ACTIVITIES CALENDAR OCTOBER 2026

*hello Autumn*

## Highlands Park Senior & Community Center

### Office hours

Mon: 10-3:30  
Tues: 10-3:30  
Wed: 10-3:30  
Thur: 10-1  
Frid: 10-1

## M/W EXERCISE CLASS SCHEDULE

### Mon & Wed 10-11am Class

M - 10/5 - Tabata w/weights  
W - 10/7 - Tai Chi  
M - 10/12 Aerobics w/weights or bands  
W - 10/14 - Aerobics w/weights or bands  
M - 10/19-Tabata w/weights  
W - 10/21- Tai Chi  
M - 10/26-Aerobics w/weights or bands  
W - 10/28-Aerobics w/weights or bands

| MONDAYS                                                                                              | TUESDAYS                                                                                                                                                     | WEDNESDAYS                                                                                                                                                                                                                                 | THURSDAYS                                                                                                                                                                                                                                                      | FRIDAYS                                                                                                                                                                                          | SATURDAY                                                                                                            | SUNDAY                                                                                                                           |
|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| Aerobic Exercise class 10-11 am<br>Meals on Wheels Dining 11am - 1pm<br>Bridge Club 11:30am - 2:30pm | Exercise class 10-11 am<br>Meals on Wheels Dining 11am - 1pm<br>Mah Jongg Club Open Play 1:30 - 3pm<br>Financial Planning 1 to 1 Tuesdays October 6th & 20th | Exercise class 10-11 am<br>Meals on Wheels Dining 11am - 1pm<br>Movie Day 1-3 pm Oct. 21 & 28th Harry Potter Films #1 & #2<br>SLV Caregiver Support Group 2-4:30pm October 1st<br>BINGO 1st & 3rd Thursdays 1-3:30pm<br>Circle Dance 3-4pm | Exercise class 10-11 am<br>Meals on Wheels Dining 11am-1pm<br>Ukulele Class 10:30 - 11:30am<br>Grey Bears Grocery Pickup 9:30 - 10:30am<br>Earth Energy Walk with Community Seed Oct. 17th Meet @ 10:45am San Vicente Redwoods<br>Singing Bowl Sunday Oct. 4th | Ukulele Class 10:30 - 11:30am<br>Grey Bears Grocery Pickup 9:30 - 10:30am<br>Earth Energy Walk with Community Seed Oct. 17th Meet @ 10:45am San Vicente Redwoods<br>Singing Bowl Sunday Oct. 4th | Earth Energy Walk with Community Seed Oct. 17th Meet @ 10:45am San Vicente Redwoods<br>Singing Bowl Sunday Oct. 4th | Singing Bowl Sunday Oct. 4th<br>Pancake Breakfast 8:30am - 12 + FREE BAKE SALE<br>FREE Halloween Gift for Kids & Scavenger Hunt! |

8500 Hwy 9, Ben Lomond, CA 95005 831-336-8900 831-278-0611  
www.highlandsparkseniorcenter.org seniorcenterslv8500@gmail.com

## T/TH EXERCISE CLASS SCHEDULE

Tues & Thur 10-11am Class

**Includes:**  
Weight bearing full body and core every session.

### PLUS

**Tuesdays**  
10/6 - Yoga  
10/13 - Balance + Line Dance  
10/20 - Yoga  
10/27 - Surprise  
**Thursdays**  
Qi Gong



# Highlands Park Senior & Community Center,

8500 Hwy 9, Ben Lomond, CA.

## LUNCH TIME: NOON

Note: Please call 831-336-5366  
to reserve 24 hours in advance.

| MONDAY                                                                                                                                                    | TUESDAY                                                                                                                                                                                                                                          | WEDNESDAY                                                                                                                                                                                                                                | THURSDAY                                                                                                                                                                                                         | FRIDAY                                                                                                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>COMMUNITY BRIDGES</b><br>PUENTES DE LA COMUNIDAD<br>                |  <b>* Represents Vegetarian</b><br><br><b>Each meal is served with a 1/2 pint of 1% milk.</b>                                                                 |                                                                                                                                                      | <b>1</b><br>Stir Fry Chicken w/ LS Soy Sauce<br>Stir Fry Vegetable Blend<br>Sesame Carrots<br>Brown Rice<br>Pineapple Chunks/Fortune Cookie/Banana                                                               | <b>2</b><br>Three Bean Minestrone<br>Tabouli Salad<br>Green Salad w/ Hard Boiled Egg<br>Whole Wheat Roll & Butter         |
|                                                                                                                                                           |                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                          | <b>8</b><br>Lentil Soup w/ Crackers<br>Couscous Vegetable Salad<br>Spinach Salad w/ Mandarins<br>Whole Wheat Roll<br>Banana  | <b>9</b><br>Chicken Enchilada Casserole<br>Summer Squash<br>Fiesta Cabbage Salad<br>Spanish Rice<br>Apple                                                                                                      |
|                                                                                                                                                           |                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                          | <b>15</b><br>Turkey Mole<br>Garden Blend Vegetables<br>Romaine Salad w/ Kidney Beans<br>Spanish Rice<br>Corn Tortilla<br>Apple                                                                                   | <b>16</b><br>Egg Salad w/ Lettuce<br>Cream of Broccoli Soup<br>Mixed Green Salad w/ Carrots<br>Whole Wheat Bread<br>Banana  |
|                                                                                                                                                           |                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                          | <b>22</b><br>Turkey Grape Salad<br>Carrot Ginger Soup<br>Romaine Salad<br>Whole Wheat Bread<br>Whole Wheat Crackers<br>Banana                                                                                    | <b>23</b><br>Mexican Chicken Noodle Soup<br>Pinto Beans<br>Mixed Green Salad<br>Corn Tortilla<br>Citrus Fruit Salad<br>Pudding                                                                                 |
|                                                                                                                                                           |                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                          | <b>29</b><br>Baked Fish w/ Lemon Wedge<br>Potato Wedges<br>Coleslaw w/ Carrots<br>Whole Wheat Bread & Butter<br>Pear                                                                                             | <b>30</b><br><b>Happy Halloween!</b><br>Devil'd Chicken w/ Orange Glaze<br>Baked Yam<br>Peas & Carrots<br>Whole Wheat Roll & Butter<br>Tangerine<br>Halloween Birthday Cake                                    |
| <b>5</b><br>Savory Casserole<br>Broccoli<br>Mixed Green Salad<br>Whole Wheat Roll & Butter<br>Applesauce                                                  | <b>6</b><br>Tuna Salad w/ Lettuce<br>Vegetable Barley Soup<br>Cucumber Tomato Salad<br>Whole Wheat Bread<br>Gelatin w/ Mandarins                                                                                                                 | <b>7</b><br>Turkey Pot Roast w/ Gravy<br>Roasted Red Potatoes<br>Romaine Salad w/ Carrots<br>Whole Wheat Roll & Butter<br>Pears                                                                                                          | <b>1</b><br>Stir Fry Chicken w/ LS Soy Sauce<br>Stir Fry Vegetable Blend<br>Sesame Carrots<br>Brown Rice<br>Pineapple Chunks/Fortune Cookie/Banana                                                               | <b>2</b><br>Three Bean Minestrone<br>Tabouli Salad<br>Green Salad w/ Hard Boiled Egg<br>Whole Wheat Roll & Butter         |
| <b>12</b><br>BBQ Pork w/ LS BBQ Sauce<br>Mashed Potatoes<br>Coleslaw<br>Whole Wheat Bread & Butter<br>Spiced Apple Slices                                 | <b>13</b><br>Beef Stew<br>Peas<br>Spinach Salad<br>Whole Wheat Biscuit & Butter<br>Tangerine                                                                                                                                                     | <b>14</b><br><b>*No 1/2 Pint Milk Served</b><br>Macaroni & Cheese<br>Three Bean Salad<br>Green Salad w/ Broccoli<br>Whole Wheat Roll<br>Orange Juice  | <b>15</b><br>Turkey Mole<br>Garden Blend Vegetables<br>Romaine Salad w/ Kidney Beans<br>Spanish Rice<br>Corn Tortilla<br>Apple                                                                                   | <b>16</b><br>Egg Salad w/ Lettuce<br>Cream of Broccoli Soup<br>Mixed Green Salad w/ Carrots<br>Whole Wheat Bread<br>Banana  |
| <b>19</b><br>Salisbury Steak w/ Low Sodium Gravy<br>Mashed Potatoes<br>Romaine Salad w/ Red Pepper<br>Whole Wheat Bread & Butter<br>Graham Crackers/Apple | <b>20</b><br><b>*No 1/2 Pint Milk Served</b><br>Vegetarian Lasagna<br>Zucchini<br>Caesar Salad w/ Hard Boiled Egg<br>Whole Wheat Roll & Butter<br>Orange Juice  | <b>21</b><br>Sweet & Sour Shrimp w/ Rice<br>Sesame Green Beans<br>Napa Cabbage Salad w/ Sesame Dressing<br>Pineapple Chunks<br>Fortune Cookie                                                                                            | <b>22</b><br>Turkey Grape Salad<br>Carrot Ginger Soup<br>Romaine Salad<br>Whole Wheat Bread<br>Whole Wheat Crackers<br>Banana                                                                                    | <b>23</b><br>Mexican Chicken Noodle Soup<br>Pinto Beans<br>Mixed Green Salad<br>Corn Tortilla<br>Citrus Fruit Salad<br>Pudding                                                                                 |
| <b>26</b><br>Spaghetti & Meatballs<br>Green Beans<br>Spinach Salad w/ Broccoli<br>Whole Wheat Roll & Butter                                               | <b>27</b><br>Chicken Fajitas<br>Refried Beans<br>Romaine Salad<br>Spanish Rice/ Tortilla<br>Peaches                                                                                                                                              | <b>28</b><br>Vegetarian Chili<br>Cauliflower<br>Green Salad<br>Whole Grain Cornbread & Butter<br>Banana                                               | <b>29</b><br>Baked Fish w/ Lemon Wedge<br>Potato Wedges<br>Coleslaw w/ Carrots<br>Whole Wheat Bread & Butter<br>Pear                                                                                             | <b>30</b><br><b>Happy Halloween!</b><br>Devil'd Chicken w/ Orange Glaze<br>Baked Yam<br>Peas & Carrots<br>Whole Wheat Roll & Butter<br>Tangerine<br>Halloween Birthday Cake                                    |

MEALS ON WHEELS FOR SANTA CRUZ COUNTY | 1777 CAPITOLA RD. | SANTA CRUZ, CA | 95062 | (831)464-3180 |

Contributions of \$3.50 are suggested and appreciated!

There is no obligation to contribute, contribution is voluntary, and no one will be denied participation.

# Community Recognition

## Susan McKenney Home Arts Winner!



### 1<sup>st</sup> PLACE AWARD

### 3D Beaded Aquarium Animals in a Tank

*Drop by the Center to view  
this work of art!*



## Garrett Wallace Cheesecake Winner!

**Stellar Achievement**  
**(3) 1<sup>st</sup> Place Awards, (1) 3<sup>rd</sup> Place  
& 2-Honorable Mentions**



# Volunteers & Donors- Help Needed!

## EVENT & FACILITY HELP

- Event set up/break down and various service roles (bakers, kitchen crew, bartender, check-in table, etc.) for our Heralding the Holidays Gala!
- Power washing the exterior of the building.



- Hanging fliers for the Gala!



## Auction Donations

- Restaurant Gift Certificates
- Golfing Certificates
- 2-3 Day Timeshare Vacation
- Santa Cruz Mountain Wine Tour and Tasting
- Sporting Event Tickets- Hockey/Baseball
- Concert Tickets or other Special Events



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



**GAIL PELLERIN**  
Assemblymember, District 28



**Seniors Council**  
Concilio de Personas Mayores  
*Service • Support • Advocacy*



**Del Mar Caregiver  
Resource Center**  
A Program of Health Projects Center



**Meals on Wheels**  
FOR SANTA CRUZ COUNTY  
COMMUNITY BRIDGES  
PUENTES DE LA COMUNIDAD



Expert Care For Your Loved One



COUNTY OF SANTA CRUZ  
**HUMAN  
SERVICES  
DEPARTMENT**



**VolunteerCenter**  
Connect for Good