



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

September 2026

President's Address

*Welcome to the beginning of fall!
Please join us for our Caregiver's Fair on Thursday,
September 10th, from 4:00 PM to 7:00 PM. This community
event is designed to help families prepare for emergencies.
As we age, having immediate access to the right services and
information is vital for navigating stressful situations. We
listened to your requests for support and emergency
preparedness, and we hope to see you there!*

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 Highlight



Scarborough Home Center
9470 Highway 9, Ben Lomond, California 95005
(831) 336-5142

We would like to thank Vicki Scarborough and the Scarborough family for sponsoring Highlands Park Senior and Community Center for many, many years. Your support enlivens and resources this diverse and growing community!

Highlands Park Board Meeting

The Senior Citizens Organization of San Lorenzo Valley will hold its Board Meeting on Sept. 24th from 1:15–2:15 pm (by invitation only).
Call 831-336-8900 to submit a special request to attend.



Printed by Maverick Mailing,
Santa Cruz CA (831) 426-1111



8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611

Celebrate National Senior Center Month with Us!

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September is National Senior Center Month, we continue together rewriting what growing older looks and feels like — through purpose, connection, and creative energy!

At Highlands Park, we're flipping the script not just on aging—but on **what this center can be for YOU and the generations to come**. We hope you'll invite your neighbors and friends to our modern **community hub where all generations come together to make life at 50+, 60+, and beyond vibrant, social, enriching, and energizing!**



Here we are celebrating impact and all stages of life: You're not just aging — you're wiser, active, creative, and ever evolving. **We're redefining "The Center"** thank you for helping shape, co-create, expand, and lead!



Big Thanks to all who submit a Programming Survey, we received 106 so far!

We are listening and rolling out our first new offerings in September in response to your suggestions.

Join us for ... Art class, Tai Chi, the Caregiver Fair, Guest Expert talks on Aging Well & Long-Term Care Planning, a Roller Derby Social Outing, and to Volunteer to hang flyers around SLV for upcoming events! Stay tuned for even more to come in the next six months. **Your 'Free Class Pass' will arrive by email, please print and bring to class to redeem.**



Upcoming Activities, Classes & Events

Join us for the Senior Caregiver & Family Resource Fair



Thursday, September 10th



4-7pm



Highlands Park Senior & Community Center Auditorium

Meet experts from every level of senior care, offering vital information and support for **seniors, veterans, caregivers and their families** to plan for and navigate aging with greater ease!



CARE MANAGEMENT, CAREGIVING & SENIOR LIVING



HOUSING RESOURCES



DEGENERATIVE DISEASE RESOURCE REFERRALS



SENIOR TRANSPORT OPTIONS



SOCIAL CONNECTIONS & INCLUSIVITY



HEALTH & WELL BEING RESOURCES



CAREGIVER RESPITE & END OF LIFE CARE



FOOD & NUTRITION RESOURCES



DISASTER PREPARATION, FINANCIAL PLANNING & LEGAL AIDE



FRAUD PREVENTION & TECHNOLOGY TRAINING



AFFORDING AGING
Options to reduce cost of living expenses for...

- PHONES & SERVICE
- COMPUTERS & LAPTOPS
- INTERNET SERVICE
- WATER SERVICE
- EYE GLASSES
- PET SUPPLIES & CARE
- ELECTRICITY



Sponsored by



&





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

EXPERT TALKS

“Long-Term Care
Planning”

Mon, Sept. 14th
1:30- 3pm

Multi-Purpose Room

CORE Wellness

Academy

“Healthy Aging-
Stay Strong, Mobile
& Independent”

Wed, Sept. 30th

11:15-Noon

Auditorium

ACTIVITIES CALENDAR SEPTEMBER 2026

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SUNDAY
 Aerobic Exercise class 10-11 am	 Exercise class 10-11 am	 Exercise class 10-11 am	 Exercise class 10-11 am	 Grey Bears Grocery Pickup 9:30 - 10:30am	 Singing Bowl Sunday Sept 6th
 Meals on Wheels Dining 11am - 1pm	 Meals on Wheels Dining 11am - 1pm	 Aerobics 9 th & 23 rd ----- Tai Chi 2 nd , 16 th & 30 th	 Meals on Wheels Dining 11am-1pm	 Ukulele Class 10:30 - 11:30am	 Begins @ 7pm (Arrive @ 6:45)
 Bridge Club 11:30am - 2:30pm	 Mah Jongg Club FULL 1:30 - 3pm	 Meals on Wheels 11am - 1pm	 SLV Caregiver Support Group 2-3:30pm Sept. 3rd	 Meals on Wheels Dining 11am - 1pm	 Sept 20th Pancake Breakfast 8:30am - 12
 HAPPY ★LABOR★ DAY	 Financial Planning 1 to 1 ----- Tuesdays September 1st & 15th	 Circle Dance 3-4pm	 BINGO 1 st & 3 rd Thursdays 1 - 3:30pm	 ‘The Center Band’ with the ‘Back Beat Boomers’ 12:30 - 2:30pm	 + BALE SALE

T/TH EXERCISE CLASS SCHEDULE

Tues & Thur
10-11am Class

Includes:

Weight bearing
full body and core
every session.

PLUS

Tuesdays

9/1 - Surprise

9/8 - Yoga

9/15 - Balance +

Line Dance

9/22 - Yoga

Thursdays

Qi Gong

ANNUAL EVENT

Senior Caregiver &
Family Resource Fair

Thurs, Sept. 10th

4-7pm

Auditorium

📍 8500 Hwy 9, Ben Lomond, CA 95005

📞 831-336-8900

📞 831-278-0611



www.highlandsparkseniorcenter.org



seniorcenterslv8500@gmail.com

Santa Cruz
London Nelson Center
301 Center Street
427-0901
12pm

Live Oak
Live Oak Senior Center
1777 Capicola Rd.
475-7177
12-1pm

COMMUNITY BRIDGES
PUENTES DE LA COMUNIDAD

Ben Lomond
Highlands Park Sr. Center
8500 Hwy 9
336-5366
12:00 pm

Watsonville
Watsonville Senior Center
114 E. Fifth St.
768-3279
11:30 AM

Please call the dining site of
your choice to make
reservations the day before you
plan to attend.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
* Represents Vegetarian CLOSED	1 Turkey Tostada Cauliflower & Peppers 2 Sweet & Sour Shrimp w/ Rice Summer Squash Napa Cabbage Salad w/ Sesame Dressing Pineapple Chunks Fortune Cookie 3 Split Pea Soup Mushroom Vegetable Salad Mixed Green Salad Whole Wheat Bread & Butter Berry Fruit Crisp 4 BBQ Chicken Baked Beans Spinach Salad Whole Grain Cornbread & Butter Watermelon & Strawberries	2 3 4 Labor Day Celebration!	1 2 3 4	1 2 3 4	Contributions of \$3.50 are suggested and appreciated!
Happy Holiday All Centers Will Be Closed	8 Sloppy Joes Succotash Romaine Salad w/ Broccoli Whole Wheat Bun Banana 9 Hearty Lima Bean Chowder Couscous Vegetable Salad Low Sodium V8 Juice Whole Wheat Roll & Butter Cantaloupe 10 Turkey Stew Broccoli Coleslaw Whole Wheat Biscuit & Butter Pears 11 Tuna Noodle Casserole Peas and Mushrooms Carrot Raisin Salad Whole Wheat Bread Strawberries	16 Chicken Tamales Refried Beans Mixed Green Salad w/ Carrots Spanish Rice Honeydew Melon 17 Beef & Broccoli Stir Fry Napa Cabbage Salad w/ Sesame Dressing Brown Rice Gelatin w/ Fruit 18 Navy Bean Soup Vegetable Pasta Salad Romaine Salad w/ Mandarins Whole Wheat Roll & Butter Banana	21 Meatloaf with Low Sodium Gravy Mashed Potatoes Green Salad w/ Red Peppers Whole Wheat Bread & Butter Graham Crackers Spiced Apple Slices 22 Turkey Salad Sandwich Butternut Squash Soup Spinach Salad w/ Tomatoes Whole Wheat Bread Banana 23 Crab Crepe Lentil Salad Mixed Green Salad Whole Wheat Roll & Butter Tangerine 24 Eggplant Parmesan Three Bean Salad Green Salad w/ Hard Boiled Egg Whole Wheat Roll Orange Juice 25 Meatball Soup Cauliflower w/ Peppers Romaine Salad w/ Carrots Whole Grain Cornbread & Butter Peaches Birthday Cake	28 Chicken Alfredo Casserole Steamed Carrots Spinach Salad Whole Wheat Roll & Butter Orange Juice 29 Baked Fish w/ Lemon Wedge Zucchini Coleslaw w/ Carrots Brown Rice Cantaloupe 30 Mexican Stew (Picadillo) Cauliflower Romaine Salad w/ Carrots Mexican Rice & Corn Tortilla Banana	Each meal is served with a 1/2 pint of 1% milk. Transportation may be available.
MEALSONWHEELSFORSANTACRUZCOUNTY 1777CAPITOLARD. SANTACRUZ,CA 95062 (831) 464-3180 COMMUNITYBRIDGES.ORG/MEALSONWHEELS					



LIFT LINE
COMMUNITY BRIDGES
PUENTES DE LA COMUNIDAD

Meals on Wheels
FOR SANTA CRUZ COUNTY





8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611



WEEKLY FREE TECH TRAINING FOR OLDER ADULTS

(Beginner to Intermediate)

Resumes on September 2nd!

Wednesdays 2- 3:30pm

1 to 1 Technology Support

First come first serve!



Monthly Class

Wednesday, Sept. 23rd @ 2-3:30pm

Facebook Intro

- Basics (setting up an account, security considerations, and connecting with friends)
- Intermediate (sending messages, finding events, joining groups, following pages, and playing games)

Join us for Bingo to Celebrate
**NATIONAL
SENIOR CITIZEN CENTER MONTH!**

Bring your friends and help
create a **VIBRANT
COMMUNITY** others want to
be a part of too!

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



1ST & 3RD THURSDAYS OF THE MONTH
DOORS OPEN @ 1:00 PM
BINGO FROM 1:30- 3:30 PM

Happy LABOR DAY!

MONDAY, SEPTEMBER 7TH, 2026

WE WILL BE CLOSED IN OBSERVANCE



We honor and appreciate the work that sustains our amazing communities every day!



RECONNECT & RECHARGE

Come experience Helen's amazing new gong!

SINGING BOWLS



Your host, Sound Healer,
Helen Souranoff



Sunday

Sept. 6th, 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



Join Member & Guest Expert:

Ted George

CERTIFIED FINANCIAL PLANNER®
professional for...

Long-Term Care Planning

FREE PRESENTATION



It's not just about insurance. **Planning for potential transitions due to incapacity include thinking about living, driving, healthcare, and finances which may or may not involve insurance.** Determining what role individuals and institutions play as well as related finances is best done ahead of time.

This presentation will discuss the multiple aspects of Long-Term Care, providing you with valuable information and the chance to ask questions.

Monday, Sept. 14th
1:30-2:50pm

Location: Multi-Purpose Room
8500 Hwy 9, Ben Lomond, CA.

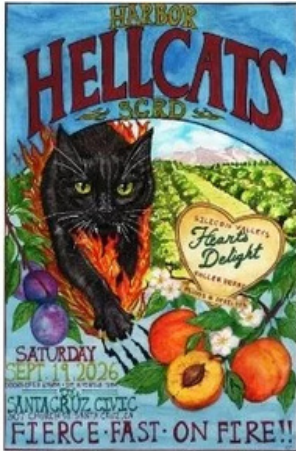


Ready for a fun social outing?

Gather friends, carpool, and join us at the Derby!

Get your tickets in advance for best pricing.

Visit: <https://tinyurl.com/scderbysept>



Santa Cruz Roller Derby presents

HARBOR HELLCATS VS Heart's Delight Roller Derby

Saturday, September 19th
Doors 6:15pm | 7:00 First Whistle

Social Mixer Update



Our social mixers are taking a fall recess. We won't be meeting in September, October, or November.

**Big thanks to our hosts Mary
& Mark Bushman!**

We hope everyone will join us for our other special social events during these months.



Check the Calendar for:

- Social Outing to The Santa Cruz Derby
- Senior Caregiver & Family Resource Fair
- Pancake Breakfast & Bake Sale
- Heralding the Holidays Gala



Office Hours with Supervisor Monica Martinez

**Monday, Sept. 21st
4pm - 5:30pm**

**Location:
8500 Hwy 9
Highlands Park Senior &
Community Center
Multipurpose Room**

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

**Reserve your 15 minute time-slot in advance:
<https://tinyurl.com/MMSeptOfficeHours>**

***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



8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611

Join us for a Guest Expert Talk Series with CORE Wellness Academy



**CONVERSATION #1:
HEALTHY AGING – HOW TO STAY STRONG,
MOBILE & INDEPENDENT AS YOU AGE**

**Wednesday,
September 30th
11:15am - Noon**

**Location:
Auditorium**



Longevity & Healthy Aging

At Santa Cruz CORE, we believe healthy aging is about more than simply adding years to your life—it's about adding life to your years. As an integrative wellness center, we take a whole-person approach to helping you stay strong, active, healthy, and engaged at every stage of life.

This is our first talk in a monthly education series, where we'll explore topics designed to help you live healthier, stronger, and more vibrant for years to come.

Longevity isn't just about living longer—it's about living better, with strength, vitality, independence, and purpose.



Volunteer & Donor Opportunities!

We need help to hang flyers around SLV. Stop by the office to pick up flyers.

We need fabulous high quality auction items for our upcoming Gala!



HIGHLANDS PARK SENIOR & COMMUNITY CENTER'S FUNDRAISER GALA

HERALDING THE HOLIDAYS AT HOGWARTS

SAVE THE DATE:
NOVEMBER 14TH, 2026 4:00 PM-7:00 PM

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



Public Notice: Please honor the 5mph speed limit in Highlands County Park. This ensures a safe park for all visitors. Young children are playing and Seniors are walking on the road. Thank you for working together to make Highlands a wonderful community space.

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



Expert Care For Your Loved One

