



# Highlands Park Senior & Community Center

March 2026

## President's Address

### Happy March!

*Spring is popping out all over, in front of our eyes and it's a glorious sight!* I want to reminisce a bit about February. It was such an amazing month. I want to thank all of our partners for our open house and chamber mixer. **The SLV Chamber of Commerce, SLV Post, Ben Lomond Village Alliance, the San Lorenzo Valley Rotary, San Lorenzo Valley Museum and many, many others.** We appreciate you all so much and are so grateful to you and our community for attending. Thank you. We had our first social mixer this week on Monday and it was a huge success. **Thank you, Mary and Mark Bushman for putting it on!** Enjoy our offerings this month, hope to see you soon.

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

Once again we want to thank **our incredible partners** who helped us reach the public with greater ease and co-hosted our **February Mix & Mingle Open House!**



## Highlands Park Board Meeting

The Senior Citizens Organization of San Lorenzo Valley will hold its Board Meeting on March 26<sup>th</sup> from 1:15–2:15 pm



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# Spring is Here & We're Growing!



Each generation engages with a unique expression, contribution, leadership, and programming support that will meet the needs and desires of the Community.

*We are evolving into a multi-generational resource hub that nourishes one another as we age. Help us SHAPE, ENLIVEN, & ENSURE the future of the Center!*

We had a diverse and wonderful group of people attend our Open House! We loved meeting you all and welcome to our new members, volunteers, and partners.

We shared our **Unfolding Vision** and the ways we are **"Flipping the Script,"** rewriting what growing older looks and feels like — through purpose, multi-generational programs, connection, and creative energy.

**This month we invite you to introduce the Center to a friend or neighbor, join expanding activities and discover all the ways you can be part of the community!**





# Together we make an Impact! Our hardwork is paying off.

## 2025 Impact Highlights

HERE'S A TASTE  
OF WHAT WE  
ACCOMPLISHED  
LAST YEAR –  
TOGETHER.

8500 Highway 9,  
Ben Lomond, CA 95005  
831-336-2800

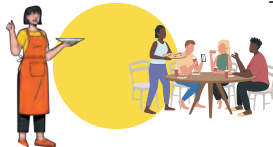
www.highlandsparkseniorcenter.org

### Partnership Impact Highlights

Meals on Wheels  
Dining Center Partner

**2112 Senior Meals**

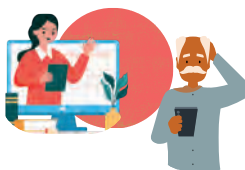
Seniors have a place to gather for socialization & healthy meals. An opportunity to make a difference volunteering.



Cyber-Seniors  
Technology Partner

**118 Seniors**

Became MoreTech Savvy & Increased Social Engagement



### Homegrown Program Impact Highlights

M/W Exercise Classes

**69 - 50+ Adults**  
**6127 Hours Enjoyed**

Maintain their health & well-being participating and socializing!



Circle Dance Class- 1xwk

**43- 50+ Adults**  
**831 Hours Enjoyed**

Increasing social connection & mental and emotional well-being, long-term relationships!



### Increased Outreach , Memberships, Sponsors & Served More of the SLV Population

Population #'s Served	12,293	▲ 21%
New Program Participants	197	▲ 46%
New Participants under 50	24	▲ 300%
Children & Teens	35	▲ 400%
New Individual Members Age 50-75	143	▲ 308%
New Sponsors & Donors	16	▲ 33%
Increased funding by \$12,000		

All of these results improve our Sustainability!  
Help us keep it going...

## Help us Meet our 2026 GOALS to...

- Offer more inter-generational programming for all to enjoy!
- Collaborate with Businesses, Residents, Social Clubs & Non-Profits.
- **Increase Visibility, Rentals, Community Outreach, & Active Members.**
- Establish Internships for administration, culinary arts, and more!
- Secure funding for two part-time staff members to write grants, etc.
- **Stabilize funding with members putting annual fees on auto-renewal.**



**2026 Funding Goal: \$100,000**

We've raised \$47k .... help us hit our goal!

This will allow us to become self-sustaining over the coming years.

Ensuring that you and your loved ones of all generations have the Community Center to enjoy!

BECOME A  
MEMBER

or

SPONSOR

\*

PUT YOUR  
ANNUAL  
PAYMENT  
ON AUTO PAY

\*

DONATE

\*

VOLUNTEER

\*

ATTEND  
CLASSES  
& EVENTS!



## Upcoming Activities, Classes & Events

### Beginners American Mah Jongg Class

This is a 3 week, twice a week cumulative learning experience. Each week you will move swiftly ahead, and with practice, be playing the full game quickly!



#### Kicks off March 20th

Tuesdays & Fridays: 1:00pm -3:00pm

March: 20, 24, 27, 31st

April: 3<sup>rd</sup> & 7th

Location: Art Room

**Taught by: Alisan Andrews**

16 years Experienced Player/Teacher



**Max:** 8 students

**Fee:** \$120 - 6 classes

Scan the Code to sign up or drop by the office to save your spot & pay.

If you have any questions, contact Alisan at 650-400-8623 or by email: [alisanandrews@yahoo.com](mailto:alisanandrews@yahoo.com)

#### Time Change Notice! NOW 10 - 11AM

#### Monday & Wednesday Exercise Class

#### Light - Moderate Intensity Aerobics

\$5/Class for Members

\$7/Class for Non-Members

Strength bands every class\* Diverse aerobic workout videos to improve heart health. (Incorporating Stretching, Tai Chi, Core Workout, Marching, Dancing, Lunges and More!)

Facilitator: Volunteer, Donna Woodruff

\*Donna has found a great fullbody band workout. She'll share the type of bands you'll need to buy to fit your strength level and bring to class.



#### Tuesday & Thursday Exercise Class

10 - 11am

#### Light - Moderate Intensity Workout

\$5/Class for Members

\$7/Class for Non-Members

Weight-bearing exercise every session plus ...

Tuesdays: Yoga or Balance & Line Dance or Surprise Workout

Thursdays: Qi Gong

Facilitator: Volunteer, Sonia Wyman

Diverse workout videos for core strength and overall toning using weights, Yoga for stretching, Qi Gong for balance and breathing, and Line Dance for coordination and fun!





# 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**



TUESDAY

# HAPPY ST. PATRICK'S DAY

MARCH 17TH

"For every storm, a rainbow, For every tear, a smile, For every care, a promise, And a blessing in each trial".



## Free Guest Expert Seminar "What to do When a Loved one Dies"



Join our guest expert, Ted George, a retired CERTIFIED FINANCIAL PLANNER® professional, for this seminar.



- Chances are we will at some time have to make decisions following the death of a loved one. The myriad actions one needs to take at that time can be daunting, especially in the face of the associated grief.
- Even though you can't prepare emotionally, there are personal finance actions you can take in advance that will ease the transition.
- This seminar will discuss the steps to take once a loved one has passed on. It will also review actions to take ahead of time.

**DON'T MISS IT:** Ted will be sharing his inspiring personal experience that motivated him to help others experience more grace in these transitions!

**NOTE:** It is strictly educational and informational.

**Tuesday,  
March 31st  
1:30-2:50pm**

**LOCATION:  
Multi-Purpose  
Room**



8500 Hwy 9, Ben Lomond, CA 95005



831-336-8900



831-278-0611



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.**

# Happy Caregivers Day!



*We celebrate  
the essential  
contributions  
of love,  
kindness,  
and care you  
give!*

**Shower them with love & support  
Caregivers well-being!**

**February 21<sup>st</sup>,  
2026**



## Join Our New **CENTER BAND**

Your host:  
Vocalist & Musician  
Helen Souranoff

### **MUSICIANS & SINGERS NEEDED!**

Do you play Harp, 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!



**Fridays  
12:30 - 2:30pm**

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





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



### Social Mixer

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



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!**



Seniors Council  
Concilio de Personas Mayores  
Service • Support • Advocacy

## Project SCOUT Tax Preparation

Appointments are available here at  
**Highlands Park Senior & Community Center**  
from  
**10am-1pm on Wednesday & Thursday**

**February 4th to April 15th**

Stop in to set your time and pick up a preparation packet.

**8500 Hwy. 9, Ben Lomond, CA. 95005**

**Project Scout** provides free tax assistance to seniors, individuals with a disability, low-income families and other individuals in Santa Cruz County. We also provide assistance with general tax questions. Income must be \$67,000 or less; simple tax returns only.

## 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

Valley Women's Club Office in the Highlands Park Senior and Community Center at:  
**8500 Hwy 9 in Ben Lomond, CA**

**Ongoing First Thursday Every Month**

**2:00 - 3:30 pm**

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.

Connect with us on Facebook! Share the knowledge!



Event URL: <https://valleywomensclub.org/programs/caregiver-support>



@SLVcaregiver

Questions?



831-335-4949

Sponsored by the San Lorenzo Valley Women's Club



**We hope you enjoyed Binging a Series with us!**

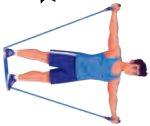
**PLEASE NOTE**  
Movie afternoons are over for now.



# ACTIVITIES CALENDAR MARCH 2026



**Highlands Park Senior & Community Center**



**Aerobic Exercise class**  
**NEW TIME**  
10-11 am



**Exercise class**  
10-11 am



**Aerobic Exercise class**  
**NEW TIME**  
10-11 am



**Exercise class**  
10-11 am



**Grey Bears Grocery Pickup**  
9:30 - 10:30am

**Drawing & Painting Class**



**SATURDAYS**  
9:30 - Noon

6 Week Class Starts March 14th

Stop by to sign up NOW!



**Ukulele Class**  
10:30 - 11:30am



**Meals on Wheels Dining**  
11am-1pm



**Meals on Wheels Dining**  
11am - 1pm

**Project SCOUT**  
**FREE Tax Preparation**  
Appointment Required  
10-1pm Wed & Thurs.

1-to-1 Tech Support  
10:15-11:45



**Meals on Wheels Dining**  
11am - 1pm



**Bridge Club**  
11:30am - 2:30pm



**Free Seminar**  
"What to do when a Loved one Dies"  
1:30-2:50 pm



**Social Mixer**  
March 30th  
1:30-3:30pm

**1-on-1 Financial Planning Sessions**  
1st & 3rd Tuesdays  
1-4pm



**Circle Dance**  
'Be Uplifted'  
3-4pm



**SLV Caregiver Support Group**  
2-3:30pm  
March 5th



**'The Center Band' Jam**  
12:30 - 2:30pm

**BINGO**  
1st & 3rd Thursdays  
1 - 3:30pm

**Bread & Bisquits**  
**SOLD OUT**

March 21st  
11-2pm

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
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**We have STARLINK High-Speed Internet & a Generator!**

**We're a cozy & active location for you during our open hours when your power is out.**



## EXERCISE CLASS SCHEDULE

**Tues/Thur Class -**  
Weight bearing exercise every session +

### Tuesdays

3<sup>rd</sup> - Balance &

Line Dance

10<sup>th</sup> - Yoga

17<sup>th</sup> - Surprise

24<sup>th</sup> - Yoga

31<sup>st</sup> - Balance &

Line Dance

### Thursdays

Qi Gong

**Monday & Wednesday Aerobics Class**

10 - 11am

Class details in newsletter pg. 4

## PRESENTATION

**Thurs, March 26th**

**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 3<sup>rd</sup> 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 GET THE WORD OUT AS AN AMBASSADOR



Do you like to be out in the community, meeting people around town at social events? 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



Join us to engage the next generations to enliven "The Center" with their unique energy and gifts! Stop by or call us to get started @ 831-336-8900.

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



Highlands Park Senior  
& Community Center  
P.O. Box 136  
Ben Lomond, CA 95005

