

4C Senior Nutrition  
Program  
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Northside Community Center  
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Living it up!

We are on the web  
[www.4c.org](http://www.4c.org)

## Special Announcements



**Halloween Celebration**  
Costume Contest, Entertainment & Social Dance  
Sunday, October 24  
1 to 5 PM  
Please join in on the fun. Entry \$3.00 per person.

### In the Center: Volunteers

JTS Northside is proud to be collaborating with the Senior Volunteer Program (RSVP) of San Jose. RSVP engages seniors 55 and older seeking activities and who want to use life learned skills in

community organizations. Seniors are encouraged to apply. To contact RSVP call (408) 979-7906 or in person at 5730 Chamberlin Drive, San Jose, CA 95118.

## Transportation: Getting Around Town



Outreach has been providing services in Santa Clara county for over 30 years and is a non-profit that is committed to supporting older adults, individuals with disabilities and low-income families by offering a range of transportation assistance. For more information or on qualifications and services please call Outreach (408) 436-2865 or visit their website <http://www.outreach1.org>.

Community seniors and veterans use Outreach transportation services to enjoy the nutritional program, activities and services offered at JTS Northside.

Seniors who qualify for Outreach services can visit the JTS Northside reception window to submit a weekly transportation form for rides to and from the Center.



JTS Northside offers seniors more fun activities and services like: a nutritional lunch five days a week, birthday celebrations once a month, hair cut appointments on Sundays, and classes on Conversational English, English as a second language and various dance classes. JTS is where the community comes to live it up!



# Living it up!

JTS Northside Newsletter

## Welcome to JTS Northside

# JTS Northside is Back!

Council is honored to serve as the lead operator of the JTS Northside Community Center, adjacent to *Mabuhay* Court Senior Housing in the historic neighborhood in Japan town and near downtown San Jose.

Originally built in 1975, the Center has run its senior programs since 1979 and was completely rebuilt in 2003 as the Jacinto "Tony" Siquig Northside Community Center as a multifunctional community center.

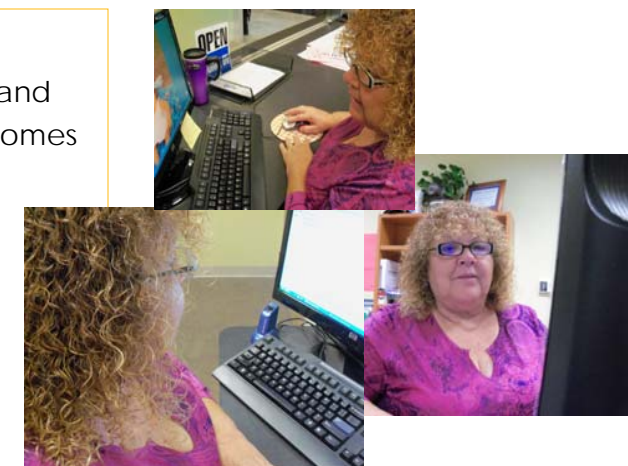


JTS is where the community comes to live it up!

### At Northside: Welcome Back

#### Familiar Faces

At the Center, there are new and familiar faces. Lily Ponce welcomes all community members once again. She returns to the Reception Window at JTS Northside after retiring earlier this year.



### "I was at Northside for five years with the City of San Jose."

Her friendly smile and vast experience are an asset to starting classes and daily activities.

Ponce tells, "I was at Northside for five years with the City of San Jose." She worked with animal services and Happy Hallow park, and adds, "I have worked with seniors, children, teens, adults for the past 30 years at community centers."

Issue 2

October 2010

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## At Northside: Nutritional Meals



### Senior Nutrition Meals

Your savory meals are cooked and served by Cook Olivia Solis and Cook Aid, Tammy Silva. Site Coordinator Nenita

Geda works with Lily Ponce coordinate your monthly menu with the county. In September we served over 900 nutritional senior lunches. Lunch is \$2.50 for people over 60 and \$5 for non-seniors. Lunch cards are available at \$25 for 11 meals.



Join our Senior Nutrition Program at JTS Northside. Feel free to call Nenita Geda, Nutritional Site Coordinator, with questions (408) 343-7711. The Monthly menu is distributed in the center pages of the JTS Monthly Newsletter *Living it up!* We have a menu and activities calendar posted on the information bulletin board and on the 4C website.



"Laugh and your life will be lengthened for this is the great secret of long life."  
-Og Mandino

## Northside Activities: Laugh

### Hasyayoga with Claire

JTS Northside Community Center is a place where you can laugh as an exercise. Yes, get a great work out by chuckling and giggling. Laughing Yoga originated by Jiten Kohi and popularized as

an exercise by Dr. Madan Kataria (Wikipedia). Pour your tea, break a necklace, and open your mail with laughter. This activity is sure to brighten up your day. Join Claire Powell's class on Wednesdays from 11:30 AM to 12 PM.

## Health Care & Prevention



Flu Clinic:  
Free Flu Shots available on  
**Sunday, October 31**  
and  
**Sunday, November 7**

**10a.m.- to 1p.m.**

Co-sponsored by 4C and Maharlika Lions Club

## Seasonal Flu Vaccination

According to the Center for Disease Control (CDC), there are shots and nasal-spray flu vaccines. Keep in mind the two options:

**The flu shot** is an inactivated vaccine given with a needle and is "approved for use in people older than 6 months, including healthy people and people with chronic medical conditions."

**The nasal-spray flu vaccine** is made with live, weakened flu viruses that do not cause the

flu is approved for use in healthy people 2-49 years of age and not pregnant.

The vaccine change yearly based on international surveillance and scientists' estimations about which types and strains of viruses will circulate that year.

Please read more by visiting their website on Influenza Frequently Asked Questions under Vaccines and Preventable Diseases <http://www.cdc.gov/flu/about/qa/vaccineeffect.htm>

**HAPPY HALLOWEEN**

# October 2010 Weekly Senior Program Activities Calendar at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sunday events may vary	9:30-10:30AM Knitting (Comm Rm)	10AM-12PM Conversational English by Mr. Lai (\$5.00 Donation)	11-11:30AM English as a 2nd language by Geeta (Comm. Rm)	10AM-12PM Conversational English By Mr. Lai (\$5.00 Donation)	CLOSED Only Child Development Center is Open for 4C Early Literacy Program	CLOSED
10:30AM-12PM Hair Cuts (\$4.00)	10-11AM Line Dance by Lynette	10:30-11:30 AM Korean Tai-Chi by Ella	11:30AM-12PM Laughing Yoga by Claire	12-1PM Senior Nutrition Lunch		
12-1PM Senior Nutrition Lunch	12-1PM Senior Nutrition Lunch	12-1PM Senior Nutrition Lunch	12-1PM Senior Nutrition Lunch	12-1PM Senior Nutrition Lunch		
1-3:30PM Senior Social Dance	1-2PM Beginner vanced Ballroom Dance Class by Sol - \$2.00	1-3PM Line Dance Class by Shirley \$10 per month	*Turn in Outreach Transportation Forms by noon to Reception (Sheila)	1-3PM Line Dance Class by Shirley		
				1:00-2:00PM American Legion Meeting (Comm.)		

### Sundays additional:

First Sunday from 9:30 to 12 p.m. noon—American Legion Post and 585 meetings Main Room and Community Rooms; Second Sunday from 1 to 3 p.m. Lions group meets in the Community Room; Third Sunday American Legion Post and 715 hold meetings 10a.m. to 1p.m. and 1 to 3p.m. (Please check with your leaders to confirm meeting time); Third Sundays are also JTS Northside Birthday Sunday where we will be celebrating community senior birthdays; HOLIDAY on Monday, October 11 (The Center will be Closed) SPECIAL THIS MONTH: Halloween Celebration on Sunday October 24 and Flu Clinic (Free Flu Shots) on Sunday, October 31 and November 7 10 AM to 1 PM