

The *Santa Cruz Seniors Connect* newsletter is an initiative of the Seniors Council of Santa Cruz and San Benito Counties, made possible by federal, state, and local funding, including private grants and donations.

This newsletter supports programs and services that enrich the lives of our seniors. Together, we're building a stronger, more connected community.



Your Monthly News & Updates

Santa Cruz County Seniors Connect Newsletter

Santa Cruz County



Seniors Council

Concilio de Personas Mayores

Service • Support • Advocacy

Seniors Connect

September
2026

Fun and Education in Santa Cruz County

Santa Cruz has a lot going on in September! Find out what's happening in this issue of Seniors Connect.

On September 10, Highlands Park Senior & Community Center is hosting a Caregiver & Family Resource Fair. Check the flyer for resources and more details.

Plan on visiting our award-winning County Fair (Sept. 16–20) for music, food, and more!



Seniors Council in the News

Our Foster Grandparent Program was recently featured in a special section of the Santa Cruz Sentinel. Read on to find a link to this article highlighting the work of our wonderful volunteers and staff!

Add Something New to Your Schedule

Looking for a new activity or hobby? Want to build your skills and social network? Check out weekly classes at our local senior and community centers!

Visit Our Website:



www.seniorscouncil.org

The Seniors Council In The News: Foster Grandparent Program Highlight

In the News! 
Proud to be featured in the
YOUNG AT HEART section of the
Santa Cruz Sentinel!



FOSTER GRANDPARENTS

*Program benefits
seniors & kids* 

“ The Foster Grandparents Program connects older adults with local schools, giving students extra support and giving volunteers a meaningful way to share their time, wisdom, and heart. ”




**MAKING A DIFFERENCE—
ONE CHILD & ONE SMILE
AT A TIME.**
Thank you, Foster Grandparents! 



READ THE FULL ARTICLE!

Young at Heart – July 2026
Santa Cruz Sentinel



santacruzsentinel.com/special-sections/



FOSTER GRANDPARENT PROGRAM | *Changing lives. Strengthening communities.*



Did you Know? Calendar Events

September 5 is the International Day of Charity!

The UN recognizes that volunteering and philanthropic work provides social bonding while creating resilient societies. Giving to those in need helps to alleviate the worst effect of humanitarian crises. The basic necessities of food, clothing, and shelter are provided when others give. Consider [donating](#) to your local service agency today.

September 13 is Grandparents Day!

#DoSomethingGrand and celebrate Grandparents Day throughout the month of September! Check out the official [Grandparents Day Take Action Guide](#), created by Generations United with support from “Far From Alone” and Humana, for tons of ideas on how you can celebrate intergenerational connections and make a difference in your families or communities.

September 21-25 is Falls Prevention Awareness Week!

Join this nationwide effort to raise awareness that falls are preventable. Encourage older adults to be falls free and independent by leveraging

Since releasing the Santa Cruz County Master Plan for Aging Playbook, community partners have already begun putting ideas into action! From supporting caregivers to home improvements that let seniors age in place, local efforts are shaping an age-friendly future one step at a time.

- 🏠 Housing for All Ages & Stages
- 👤 Health Reimagined
- 👐 Inclusion & Equity, Not Isolation
- 👵 Caregiving That Works
- 💰 Affording Aging

📖 Keep an eye out as we highlight progress from each goal area in the months ahead.

[Read the full playbook CLICK HERE](#)

Upcoming Events and Classes SENIOR Focused

Learn about what's happening in your community and how you can participate. Classes and events that focus on seniors, caregivers, and families in Santa Cruz County

Highlands Park Senior Center Caregiver & Family Resource Fair

If you're in the San Lorenzo Valley area and want to learn more about services available, come on down to Highlands Park Senior Center on September 10 from 4-7 PM. Experts from every level of senior care will be sharing vital information. Learn more at tinyurl.com/caregiverfair



Senior Caregiver & Family Resource Fair



Thursday, September 10th



4-7pm



Highlands Park Senior & Community Center
8500 Hwy 9,
Ben Lomond, CA. 95005

Join us! 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.

Explore Senior and Caregiver Resources serving the SLV region all under one roof!



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...

- Free cell & hearing support phones
- Computers & laptops
- Internet service
- Water service
- Eye glasses
- Pet supplies & care
- Phone & electricity

Hosted by



Sponsored by



LEARN MORE OR CONTACT US @



<https://tinyurl.com/caregiverfair>



seniorcenterslv8500@gmail.com



831-336-8900



831-278-0611

Join us for a **FREE 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**



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.



Highlands Park Senior & Community Center

8500 Hwy. 9, Ben Lomond, CA. 95005

Location: Auditorium

(831) 336-8900 | www.highlandsparkseniorcenter.org





Highlands Park Senior & Community Center

8500 Hwy 9, Ben Lomond, CA. 95005



FREE SERVICE - OPEN TO ALL AGES!

1st & 3rd Tuesdays between 1-4pm

“1-on-1 Counseling with a Financial Planner”

Appointment required, one session per person. Open to All Ages!
Stop by the office or Call @ 831-336-8900 to set your time.

Meet our member & expert Ted George,
Retired **CERTIFIED FINANCIAL PLANNER®** professional



Sessions will be 45 minutes: Address personal finance questions

**This is a pro bono (free) public service.
There will be no selling, marketing or
soliciting to you during sessions.**

Ted has a Master of Science in Financial Planning. Before retiring in 2020, he was the founder and principal of Wealthscape Advisors, LLC, an independent, fee-only financial planning and registered investment advisor based in Santa Cruz.



Your host:
Local Vocalist & Musician
Helen Souranoff

Fridays | 12:30 - 2:30pm

MUSICIANS 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!

**LOCATION: AUDITORIUM @ HIGHLANDS PARK
SENIOR & COMMUNITY CENTER
8500 HWY 9, BEN LOMOND, CA
*831-336-8900***

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



Join Our

CENTER BAND!

Grey Bears

Grey Bears improves the health and well-being of seniors and our community through food and meal delivery, volunteerism, resource conservation and reuse. Visit <https://greybears.org/> for more info.

Weekly Grey Bears Classes

Spanish Class with Richard!

Beginner Spanish Class
Starting Wednesday, June 3, 2026
9:00 AM – 9:45 AM
Location: Grey Bears Board Room

Weekly Classes:
Wednesdays • 12:00 PM – 1:30 PM
Location: Grey Bears Board Room

Join Señor Ricardo for lively conversation and interactive Spanish language practice in a welcoming group setting.

Whether you're just starting out or already fluent, everyone is welcome!

Drop-ins encouraged.

heartfulness
purity weaves destiny



Learn to Meditate The Heartfulness Way



Learn to meditate the heartfulness way with a certified trainer and guided mediation. Begin your journey towards living a heartfelt life and expanding your consciousness. Free to all. Beginner? No problem. Have experience? Come join us!

Every Monday 10-11 a.m.

Grey Bears Boardroom
2710 Chanticleer Ave.
Santa Cruz, CA 95065



Women's Group!



For attendance inquire with Deb Abbott, debabbott.lmft@gmail.com or 831-345-1925. Enjoy lively conversations, tasty lunches, and new friends. Come share your trials and triumphs. Women's groups meet on alternate Fridays in the Grey Bears' classroom.

Deb Abbott, a licensed therapist, has been facilitating local support groups for 30+ years. For more info and to register, please first contact Deb via e-mail or phone: debabbott.lmft@gmail.com or 831-345-1925.

Yoga with Suzi

Fridays 9:30 am, Grey Bears Board Room

Join Suzi Mahler's Yoga for Seniors! Three classes weekly via Zoom on Tuesdays, Thursdays and Fridays at 9:30am. The Friday class is also taught live in person in our classroom at 9:30am and via Zoom.





GREY
BEARS

53rd Annual HARVEST FESTIVAL

2710 Chanticleer Ave.  September 19, 2026
Grey Bears  11 AM-3 PM



Walk to End Alzheimer's - Sign Up Now

Join the Alzheimer's Association for a fundraiser supporting promising new treatments and research for patients and family members.



NOW

IS THE TIME FOR ACTION

WALK TO END[®]
ALZHEIMER'S
ALZHEIMER'S ASSOCIATION[®]

2026 CENTRAL COAST
ALZHEIMER'S ASSOCIATION WALK
TO END ALZHEIMER'S

SANTA CRUZ

September 19, 2026

Seascape Park/Resort
Sumner Ave
Santa Cruz, CA 95003



MONTEREY

October 17, 2026

Custom House Plaza
20 Custom House Plaza
Monterey, CA 93940



Now is the moment we've been waiting for. With new treatments emerging in the fight against Alzheimer's and all other dementia, now is the time for hope. Now is the time for action.

Help us keep the momentum going in your community at the Alzheimer's Association Walk to End Alzheimer's[®], the world's largest fundraiser to fight the disease. Register today at alz.org/walk.

Register at alz.org/walk
800.272.3900

Bilingual Chair Yoga at the Watsonville Senior Center

Yoga for All Movement brings gentle chair-based yoga classes taught in both English and Spanish ensuring accessibility to a diverse group of seniors. These classes not only promote physical health through yoga but also foster a sense of community and belonging.

Tuesdays & Thursdays | 9-10 AM & 10:15-11:15 AM

Location

114 E. 5th Street

Contact

831) 768-3279



Events at Your Local Library

Santa Cruz Public Libraries offer a whole lot more than just books! Check out the calendar below for a wide variety of senior-focused classes and activities. Try a new hobby or find a social group today!



Date Range
09/01/2026 - 09/30/2026



Location
All Locations



Event Type



Age Group
All Ages

REGISTERED EVENTS

Some events require registration, see each listing for details. Check back for newly added events!

Sign up at
santacruzpl.libnet.info/events
or call 831-427-7713.

Wednesday September 2, 2026



REGISTERED EVENT

Cyber-Seniors Digital Literacy Series

📍 SCOTTS VALLEY BRANCH
10:30am - 12:00pm

A 12 week series on Wednesdays from 10:30AM-12PM that introduces foundational digital literacy concepts and teaches useful digital skills.

📁 Adults 65+ | Digital Literacy | Technology
👤 Adults 18+ years

Friday September 4, 2026

REGISTERED EVENT

Stress and Digestion

📍 APTOS BRANCH
1:30pm - 2:30pm

Fix Your Digestion, Boost Your Energy Learn how stress and imbalances affect digestion and discover tools to improve energy, weight, and wellbeing in this free talk with nutritionist Rebecca Hazelton.

📁 Adults 65+ | Health & Wellness
👤 Adults 18+ years

Wednesday September 9, 2026

REGISTERED EVENT

Cyber-Seniors Digital Literacy Series

📍 SCOTTS VALLEY BRANCH
10:30am - 12:00pm

A 12 week series on Wednesdays from 10:30AM-12PM that introduces foundational digital literacy concepts and teaches useful digital skills.

📁 Adults 65+ | Digital Literacy | Technology
👤 Adults 18+ years

Monday September 14, 2026

Aptos Bridge Club

📍 APTOS BRANCH
10:30am - 12:00pm
Join us Mondays 10:30am-12pm at Aptos Library for social Bridge! All skill levels welcome. Enjoy fun, friendship, and mental stimulation.

📁 Adults 65+ | Games
👤 Adults 18+ years

Wednesday September 16, 2026

REGISTERED EVENT

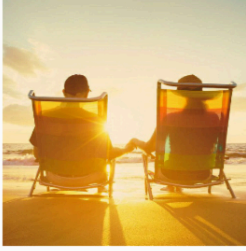
Cyber-Seniors Digital Literacy Series

📍 SCOTTS VALLEY BRANCH
10:30am - 12:00pm

A 12 week series on Wednesdays from 10:30AM-12PM that introduces foundational digital literacy concepts and teaches useful digital skills.

📁 Adults 65+ | Digital Literacy | Technology
👤 Adults 18+ years

Friday September 18, 2026



RESCHEDULED TO FRIDAY, SEPTEMBER 25 2026

Medicare & Long Term Care Planning

📍 SCOTTS VALLEY BRANCH

1:00pm - 2:30pm

Learn the essentials of Medicare and Long-Term Care in this free talk. Get clear guidance on coverage, costs, options, and planning from local specialists.

📁 Adults 65+ | Health & Wellness

👤 Adults 18+ years

Saturday September 19, 2026

📅 REGISTERED EVENT

Medicare & Long Term Care Planning

📍 DOWNTOWN BRANCH

11:00am - 12:30pm

Learn the essentials of Medicare and Long-Term Care in this free talk. Get clear guidance on coverage, costs, options, and planning from local specialists.

📁 Adults 65+ | Health & Wellness

👤 Adults 18+ years

Monday September 21, 2026

Aptos Bridge Club

📍 APTOS BRANCH

10:30am - 12:00pm

Join us Mondays 10:30am-12pm at Aptos Library for social Bridge! All skill levels welcome. Enjoy fun, friendship, and mental stimulation.

📁 Adults 65+ | Games

👤 Adults 18+ years

Preparing for Life's Transitions

📍 APTOS BRANCH

12:30pm - 2:30pm

Brought to you by Village Santa Cruz - Topics covered are personal, legal, medical, financial, insurance, real estate, living options, daily living, crisis plan, home health, hospice and end of life.

📁 Adults 65+ | Financial Literacy | Legal

👤 Adults 18+ years

Tuesday September 22, 2026

Mobile Health Clinic

📍 BOULDER CREEK BRANCH

10:00am - 3:00pm

Providing equitable care with a monthly visit on the 4th Tuesday of the month to the Boulder Creek Branch Library.

📁 Adults 65+ | Families | Health & Wellness

👤 Family, All Ages

Wednesday September 23, 2026



📅 REGISTERED EVENT

Cyber-Seniors Digital Literacy Series

📍 SCOTTS VALLEY BRANCH

10:30am - 12:00pm

A 12 week series on Wednesdays from 10:30AM-12PM that introduces foundational digital literacy concepts and teaches useful digital skills.

📁 Adults 65+ | Digital Literacy | Technology

👤 Adults 18+ years

Friday September 25, 2026

📅 REGISTERED EVENT

Medicare & Long Term Care Planning

📍 SCOTTS VALLEY BRANCH

1:00pm - 2:30pm

Learn the essentials of Medicare and Long-Term Care in this free talk. Get clear guidance on coverage, costs, options, and planning from local specialists.

📁 Adults 65+ | Health & Wellness

👤 Adults 18+ years

Monday September 28, 2026

Aptos Bridge Club

📍 **APTOS BRANCH**

10:30am - 12:00pm

Join us Mondays 10:30am-12pm at Aptos Library for social Bridge! All skill levels welcome. Enjoy fun, friendship, and mental stimulation.

📅 **Adults 65+ | Games**

👤 **Adults 18+ years**

Wednesday September 30, 2026

🔪 **REGISTERED EVENT**

Cyber-Seniors Digital Literacy Series

📍 **SCOTTS VALLEY BRANCH**

10:30am - 12:00pm

A 12 week series on Wednesdays from 10:30AM-12PM that introduces foundational digital literacy concepts and teaches useful digital skills.

📅 **Adults 65+ | Digital Literacy | Technology**

👤 **Adults 18+ years**

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Upcoming Online Classes: Alzheimer's & Dementia Education

Topics include early warning signs, caregiving basics, communication, and healthy brain habits.

To register click [HERE](#) or call (800)272-3900

For on-demand recorded classes, click [HERE](#)

JOIN US IN JULY, AUGUST & SEPTEMBER ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



ENGLISH CLASSES

Exploring Care and Support Services

Tuesday, July 21, 10-11 a.m. | [Register](#)

Communicating Effectively

Thursday, July 30, 2-3 p.m. | [Register](#)

Navigating Dementia-From Diagnosis to Living Well

Thursday, August 13, 10-11 a.m. | [Register](#)

The Impact of Alzheimer's and Dementia in Our Community

Tuesday, August 25, Noon-12:30 p.m. | [Register](#)

Responding to Dementia-Related Behaviors

Thursday, September 10, 10-11 a.m. | [Register](#)

Building Brain-Healthy Habits

Tuesday, September 22, 2-3 p.m. | [Register](#)

SPANISH CLASSES

The Impact of Alzheimer's and Dementia in Our Community

Tuesday, July 21, 6:30-7 p.m. | [Register](#)

Understanding Alzheimer's and Dementia

Tuesday, August 18, 6:30-7:30 p.m. | [Register](#)

Healthy Living for Your Brain and Body

Tuesday, August 15, 6:30-7:30 p.m. | [Register](#)

FOR ADDITIONAL EDUCATIONAL OFFERINGS VISIT:

Recorded Classes: alz.org/education

Live Learning Webinars:
alz.org/livelearnings

ALZ Talks: alz.org/ALZtalks

To register, please call 800.272.3900 or visit us online at alz.org/crf

ALZHEIMER'S  ASSOCIATION®

MONTEREY, SAN BENITO & SANTA CRUZ DEMENTIA FAMILY CAREGIVER SUPPORT GROUPS

Presented by the Alzheimer's Association®



VIRTUAL GROUPS

Santa Cruz, Monterey, San Benito Counties Evening Caregiver Support Group
1st Wednesday of the month, 5:30-7 p.m.

Santa Cruz, Monterey, San Benito Counties Afternoon Caregiver Support Group
4th Wednesday of the month, 2-3:30 p.m.

SPANISH VIRTUAL GROUP

Spanish Speaking Caregiver Support Group
2nd Wednesday of the month, 7-8:30 p.m.

ADDITIONAL VIRTUAL GROUPS

The Alzheimer's Association has a number of dementia caregiver support groups meeting virtually throughout the month. See below to find a support group that best fits your schedule.

Morning Dementia Caregiver Support Groups
tinyurl.com/NCNVCGSGVirtualMorning

Afternoon Dementia Caregiver Support Groups
tinyurl.com/NCNVCGSGVirtualAfternoon

Evening Dementia Caregiver Support Groups
tinyurl.com/NCNVCGSGVirtualEvening

SPECIALIZED VIRTUAL GROUPS

The Northern California and Northern Nevada Chapter of the Alzheimer's Association has a number of specialized caregiver support groups (e.g., adult children, spousal specific, frontotemporal dementia and many more) currently meeting virtually.

Visit tinyurl.com/NCNVCGSGSpecialized for a list of current specialized groups offered by our chapter.

ALZHEIMER'S  ASSOCIATION®

Caregiver Support & Education

The **Del Mar Caregiver Resource Center** and **Health Projects Center** invite family caregivers to join their regular workshops at the Cabrillo Stroke Center and online.

Each session offers practical caregiving tips, valuable resources, and compassionate support to help you care for a loved one while also caring for yourself.



**Del Mar Caregiver
Resource Center**
Supporting Caregivers through their Journey

Support Groups

The following groups are open to family, friends, and relatives of people living with the onset of a neurological disorder with onset after age 18 in Monterey, Santa Cruz, and San Benito Counties. **Groups are open and welcoming of new members.**

Caring for a Spouse or Life Partner Caregiver Support Group

When: 2nd Tuesday every month: 2:30pm – 4:00pm

Where: Online Group

Facilitator: Jessica Mattila, Family Consultant

Latino Caregivers Support & Education Group

When: 2nd Monday of every month: 5:30pm – 7:30pm

Where: Online Group

Facilitator: Maria Martinez-Navarro, Therapist

Memory Impairment Caregivers Support Group

When: 1st Wednesday of every month: 6:00pm – 7:30pm

Where: Online Group

Facilitator: Lory Carriedo, Family Consultant

Caregiver Support Group

When: 4th Wednesday every month 1:30 – 3:00PM

Where: Community Foundation of San Benito County Epicenter Building
440 San Benito Street, Hollister

Facilitator: Christina Andrade, Senior Family Consultant

Cognitive Impairment Caregiver Support Group

When: 2nd Tuesday of every month 11:15am – 12:45pm

Where: Cabrillo Stroke Center
6767 Soquel Drive, Aptos

Facilitator: Melissa West Kevan, Family Consultant

For information about caregiver services, call:

Del Mar Caregiver Resource Center | 1-800-624-8304

Or visit: www.delmarcaregiver.org



Del Mar Caregiver Resource Center

Supporting Caregivers through their Journey

Helping family caregivers care for their loved ones and themselves

Del Mar Caregiver Resource Center supports family caregivers (family members or friends) of adults living with a cognitive disorder such as:

- Alzheimer's disease
- Stroke
- Dementia
- Huntington's disease
- Parkinson's disease
- Multiple Sclerosis
- Brain tumors or brain injury
- Mild cognitive impairment
- Other conditions that may cause memory loss or confusion



What Services Do We Provide?

- Care Planning
- Counseling and Support Groups
- Education, Workshops and Trainings
- Information and Referral
- Legal and Financial Consultation
- Respite Care

Serving Monterey, Santa Cruz and San Benito Counties

Services are free or low-cost sliding scale

Del Mar CRC is a program of



For information about caregiver services, call:

Del Mar Caregiver Resource Center

1-800-624-8304

Or visit: www.delmarcaregiver.org

Adult Day Health Care

Elderday provides a safe, fun adult health care center in the heart of Watsonville. Participants will socialize, maintain and build strength in the gym, and receive help accessing community resources. Enrolling now!

Do you know someone who needs a fun, safe adult day health care center where participants socialize, receive first-rate health care, maintain and regain strength in the gym, get help with social and community resources, and participate in planned therapeutic activities?



Enrolling Now!



ELDERDAY
ADULT DAY HEALTH CARE
COMMUNITY BRIDGES
PUENTES DE LA COMUNIDAD 

*For adults in Santa Cruz County
with physical, emotional or
cognitive impairments*

*For families and caregivers
needing respite from the daily
responsibilities of caring for a
loved one*

*Costs can be covered by Medi-
Cal, Veterans Administration,
some long-term care insurances
or private pay on a sliding scale.*

Elderday Adult Day Health Care, a program of Community Bridges, 501 Main Street, Watsonville, CA 95076 Phone 831.458.3481

Events Happening in the Community

Glean with Grey Bears!

Help us nourish seniors in our community!



Our gleaning roots trace back to the founding of Grey Bears. When Kristina Mailliard, a 23-year-old UCSC graduate, and her partner Gary Denny discovered that many seniors in the community were undernourished, they decided to act.

They began harvesting fruits and vegetables from their own gardens and sharing them with local seniors. That same year, they organized a harvest festival attended by 300 seniors, with 60 participants bringing food to share.

Today, we proudly continue this food rescue tradition to ensure seniors have access to fresh, healthy produce!

Do You Have Fruit Trees or Extra Produce?

If you have fruit trees or produce on your property that you can't harvest or use, we would love your permission to glean it.

Interested in gleaning?

Contact River Goodyear, Grey Bears Volunteer Coordinator to schedule a gleaning or volunteer as a gleaner!

river@greybears.org



**GREY
BEARS**

Sustainably Feeding Senior Bodies, Minds and Souls.



Santa Cruz County Fair

Food, Music, and More! Visit www.santacruzcountyfair.com for Fair schedule and ticket information.



Best Annual Event
IN SANTA CRUZ COUNTY

THREE YEARS IN A ROW!



SANTA CRUZ COUNTY FAIR

SEPTEMBER 16 - 20, 2026

Apple Pies and Starry Skies



NIGHTLY ENTERTAINMENT



**WEDNESDAY &
THURSDAY EVENINGS**
MONSTER X TOUR • MONSTER TRUCKS
(Separate Ticket - Grandstand)



FRIDAY EVENING
ANDY VARGAS & LA VERDAD
(Longtime Lead Vocalist for the
legendary Santana)



SATURDAY EVENING
JAMES DURBIN & THE LOST BOYS



SUNDAY AFTERNOON
ESCARAMUSA CHARRA SHOW
WITH LOLA MONTES



SUNDAY NIGHT STAGE
LOS MISMOS



ELECTRIC SKY DRONE SHOW
Friday, Saturday & Sunday Evenings



DAILY AT THE FAIR!



Pro Wrestling Revolution / Lucha Libre • Thrill Extravaganza Circus
• Twinkle Time • Michael Mezmer DangerMagik & TranceNosis •
All Alaskan Racing Pigs • The Magic of Frank Thurston • Powerhouse!!!
Percussive Dance • Cisco Jim • Jeremy The Juggler • Karen Quest Stilt
Characters • Horse Shows • Livestock • Midway of Fun Carnival
• Exhibits • Delicious Fair Food!



Walking Adventure Group

The London Nelson Community Center in Downtown Santa Cruz has some fun adventures planned on both Tuesdays and Thursdays for people who are looking to get some exercise and make new friends while enjoying the beauty of our local parks! Walks meet at 9:30 am and aim to return by 11:30 am.

[Join the monthly email list!](#)

Call 831-420-6180 or email WalkingAdventureGroup@gmail.com.

Walking Adventure Group

Tuesdays: Enjoy a leisurely walk of a different area each week. The intention of this group is to get outside, move our body, and enjoy nature unfolding.

Thursdays : A slightly faster paced walk for people who enjoy walking 2-4 miles at various elevation gains.

Please go on walks that feel comfortable for you within the corresponding parameters.



Call 831-420-6180 or email WalkingAdventureGroup@gmail.com.

Health and Wellness Tips

Tips for Staying Healthy and Happy
Stay vibrant and healthy! Explore our wellness tips each month for simple ways to boost your well-being.



Summer Safety for Seniors

Summer is a great time to review your emergency plans. Wildfires, power outages, extreme heat, and other unexpected events can happen at any time, and being prepared can make all the difference.

The **California Department of Aging's Emergency Preparedness Guide** offers practical tips to help older adults, individuals with disabilities, and caregivers prepare for emergencies. Inside you'll find guidance on:

- Creating an emergency plan
- Packing a Go Bag and building a Stay Box
- Organizing important documents and medications
- Planning for medical, mobility, and communication needs
- Staying informed before, during, and after an emergency

Take a few minutes today to prepare—you'll have greater peace of mind knowing you're ready if an emergency occurs.

👉 [Click here to download the free Emergency Preparedness Guide:](#)

Make this a Summer of Safety

Wildfires are a part of life in California, but you can take steps to prepare and keep yourself and your family safe. California LISTOS has prepared tips to make this a Summer of Safety.

MAKE THIS A SUMMER OF SAFETY



STAY SAFE IN A WILDFIRE



Sign Up for Alerts & Make A Plan

- Sign up for free emergency alerts with your county or local officials because wildfires can move quickly.
- You can choose how to get alerts sent to you when you sign up, including cell phone, home phone, email, text messages, and in some cases, TTY devices.



Make A Plan

- Wildfires may cause power outages, so have backup plans for electrical medical devices and medicines that must be refrigerated and have a battery-powered radio so you can hear emergency updates.
- Get a map and plan three different exit routes where you live and work in case of road closures or unexpected changes in conditions.
- Talk with your family and make an evacuation plan so everyone knows where to go when disaster strikes.
 - Choose familiar places to meet up and practice getting there. Pick one in your neighborhood, one outside your neighborhood, and one outside your town in case you have to change plan based on fire location. These could be the home of a relative or friend or a store, library, or park.
 - If you have pets or service animals, think about animal-friendly places to meet.
- Have a Go Bag packed with necessary items like money, important documents, phones, medicines and medical devices. Make sure to have key items for babies, elders, people with medical needs, and pets.



Don't Wait, Evacuate

- Listen and watch for evacuation warnings and orders. An **evacuation warning** means get ready to leave.
- If you need extra time to leave because of children, older adults, people with access and functional needs or pets and livestock, then leave during an **evacuation warning**.
- An **evacuation order** means leave immediately. Don't wait because your life and your family are in danger.
- To find exit routes and safe shelters during a wildfire call your local or county authorities. Know that public disaster shelters are free and no one can ask you for ID. Reach out ahead to see which shelters may better serve people with disabilities or pets.
- If you become trapped by fire, call 9-1-1 and tell them where you are. So rescuers know where to find you, turn on the lights in your home, or vehicle headlights and emergency flashers. Help may not be able to reach you or come quickly. That's why evacuating early is very important.



Cal OES
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OF EMERGENCY SERVICES

ListosCalifornia.org

LISTOS CALIFORNIA EMERGENCY PREPAREDNESS TIPS



STAY SAFE IN A WILDFIRE

Be prepared for wildfires. Make a plan, listen to warnings, and coordinate with your family and community members.



Sign Up for Alerts

- Sign up for free emergency alerts with your county or local officials because wildfires can move quickly.
- You can choose how to get alerts sent to you when you sign up, including cell phone, home phone, email, text messages, and in some cases, TTY devices.

Make A Plan



- Wildfires may cause power outages, so have backup plans for electrical medical devices and medicines that must be refrigerated and have a battery-powered radio so you can hear emergency updates.
- Get a map and plan three different exit routes where you live and work in case of road closures or unexpected changes in conditions.
- Talk with your family and make an evacuation plan so everyone knows where to go when disaster strikes.
 - Choose familiar places to meet up and practice getting there. Pick one in your neighborhood, one outside your neighborhood, and one outside your town in case you have to change plans based on fire location. These could be the home of a relative or friend or a store, library, or park.
 - If you have pets or service animals, think about animal-friendly places to meet.
- Have a Go Bag packed with necessary items like money, important documents, phones, medicines, and medical devices. Make sure to have key items for babies, elders, people with medical needs, and pets.



Don't Wait, Evacuate

- Listen and watch for evacuation warnings and orders. An **evacuation warning** means get ready to leave.
- If you need extra time to leave because of children, older adults, people with access and functional needs, or pets and livestock, then leave during an evacuation warning.
- An **evacuation order** means leave immediately. Don't wait because your life and your family are in danger.
- To find exit routes and safe shelters during a wildfire call your local or county authorities. Know that public disaster shelters are free and no one can ask you for ID. Reach out ahead to see which shelters may better serve people with disabilities or pets.



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STAY SAFE AFTER A WILDFIRE

RETURN HOME ONLY WHEN AUTHORITIES SAY IT IS SAFE

If your home was damaged during the fire:



Wait until it is daytime to go back into your home. This will allow you to see possible dangers more clearly, especially if the electricity is out.



Check carefully on and around your home for embers, including roofs and gutters; overhangs, decks and crawl spaces; debris or wood piles; and on lawns, in gardens and on trees.



Beware of falling trees and damaged structures. Watch for hidden embers in trees and structures and for "hot spots" on the ground.



Use a flashlight to look around your home. If you think there might be damage to your electric or gas system, do NOT light matches or turn on electrical switches. This can cause an explosion. If you smell or suspect a gas leak, stay out. From a safe distance, call 9-1-1 or your utility.



If there are electrical wires on the ground or hanging low, do NOT touch them. Report it to your utility company as quickly as you can. If downed lines may be life-threatening, call 9-1-1.



If you have insurance, try to contact your insurance company and see what repairs they will pay for. Take photos or video of any damage to your home before you start making repairs and cleaning yourself, or make lists and notes.

KEEPING YOUR FAMILY SAFE

- Wildfire ash can be dangerous to you and your family's health, especially to the young and the old and to anyone with certain health conditions like asthma.
- Watch out where kids play and keep them away from ash and debris. Do not let them help with the cleanup and keep dusty fingers out of their mouths. Wash off any toys before allowing children to play with them.
- Everyone should wash hands thoroughly after working in the debris and again before eating. Use sanitizer if soap and safe or bottled water is not available.

KEEP YOUR PETS SAFE

- Pets can also get sick from ash. Try to keep them indoors or create safe areas where they can be outside
- If your pets may have been exposed to ash, clean or bathe them – and clean your own hands after, too.

BEGIN RECOVERY

- You can find recovery resources at listoscalifornia.org/recovery
- Check to see if there's aid available to survivors through local, state or federal programs.
- After a wildfire, your home may be affected by smoke, soot and ash, chemicals, structural damage, and water damage.
- If you are doing your own clean up, wear proper safety equipment and avoid activities that can blow harmful particles back into the air.
- If you have to hire someone to help repair your home, ensure they have a license from the Contractors State License Board. Look it up at [cslb.ca.gov](https://www.cslb.ca.gov).

ListosCalifornia.org



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Community Partner Highlights

Discover the latest from our partners and see how we're all working together to support and uplift seniors in our community.



BITE INTO *life*

Oral Health at Home

10 Tips for a Healthy Smile Later in Life

A healthy smile is super important, especially for seniors! Small daily steps can boost your oral health, even if you wear dentures or have missing teeth. Good oral health helps keep conditions like diabetes, arthritis, or heart disease in check. Try these easy tips to keep your oral health in top shape in between visits to the dentist.



Brush Right:

Use a soft-bristled toothbrush and fluoride toothpaste to brush after breakfast and before bedtime.



Mouthwash Magic:

Rinse your mouth with alcohol-free antibacterial mouthwash after brushing or flossing to get rid of harmful bacteria.



Floss Daily:

Floss between teeth every day. If you're missing teeth, use a soft, clean cloth to wipe plaque from your gums.



Fight Dry Mouth & Drink Water

Many medicines cause dry mouth, so drink plenty of water and consider sugar-free gum to help make saliva.



Calcium Champions:

Foods with lots of calcium are great for your teeth, keeping them healthy and lowering the risk of osteoporosis.



Denture Care:

Take good care of your dental appliances by cleaning them every day and leaving them out at night.



Sugar and Acid Attack:

Watch out for sugary and acidic foods and drinks. If you consume them, rinse your mouth with water.



No to Smoking:

Say no to smoking of any kind. Smoking & tobacco can cause gum disease and cancers in your mouth & throat.

BITEINTOLIFE.ORG



Fundamentals of Art

3-day clinic



Watsonville Senior Center



2 PM-4 PM



September 16, 17, and 18



Registration required.
Visit website for more details.





Get help by appointment!

Call: 831-724-2606

email: projectscout@seniorscouncil.org

Attention Seniors! GET HELP WITH CALFRESH!

Calfresh is a financial assistance program for purchasing food that gives you a monthly deposit into a debit card (EBT) that can be used at:

- Supermarkets
- Farmers Markets
- Restaurants (through Restaurant Meal Program RMP)

Calfresh Application Checklist:

- 1- Current ID with Picture
- 2- Social Security card or statement 1099-SSA
- 3- List of ALL income received
- 4- Medical expenses
- 5- Household expenses
- 6- Any dependent care paid
- 7- Proof Immigration status (non-citizens only)

Gross Monthly Income Eligibility Standards for Modified Categorical Eligibility (MCE)/Broad-Based Categorical Eligibility (BBCE) (200% of Poverty Level)

Household Size	Gross Income
1	\$2,510
2	\$3,408
3	\$4,304
4	\$5,200
5	\$6,098
6	\$6,994
7	\$7,890
8	\$8,722
Each additional member	+ \$898

*Project SCOUT is an agency of
the Seniors Council of Santa
Cruz and San Benito Counties*



Reciba ayuda con cita!

llame: 831-724-2606

email: projectscout@seniorscouncil.org



Project Scout **FREE TAX PREP**

OUR SERVICE

Free tax assistance for those with reportable income of \$67,000 or less; simple tax returns only. To schedule an appointment with one of our tax prep volunteers, call 831-724-2606, email projectscout@seniorscouncil.org, or in person at our appointment or walk-in sites. Please leave a message with your full name, phone number, age, city or town where you live, and what forms or sources of income you need to report in your taxes. You will be contacted for an appointment.

**We will not prepare married filing separate, rental income, net losses, losses of \$35,000 or more, some K-1s with other income, deductions, and credits, plus others.

DIY SERVICE

Facilitated Self-Assistance Option. Do your taxes for free by using our free link: www.tinyurl.com/SCOUTESA income limit \$84,000.00!



REQUIREMENTS

The Following are mandatory for your Tax Preparation Appointment:

- ✓ **FORMS of IDENTIFICATION:**
 - Valid Picture ID such as Drivers License or Passport
 - Social Security Card, 1099-SSA form for those with Social Security income
 - Official ITIN card or letter from IRS with ITIN for those without Social Security.
- ✓ **INTAKE SHEET:**
 - Provided by Project SCOUT, please fill out prior to appointment.
- ✓ **PRIOR YEAR RETURN:**
 - Or most recent if prior year not available.
- ✓ **INCOME:**
 - W-2 and 1099 forms
 - ANY OTHER amounts of income received.
- ✓ **DEDUCTIONS:**
 - Tip and overtime income (Schedule 1-A)
 - Itemized expenses by type (Schedule A)
 - Itemized expenses by type for self-employed (Schedule C)
 - For others consult your volunteer tax preparer.
- ✓ **HEALTHCARE:**
 - Form 1095 showing type of healthcare coverage

Thank you to our partners & sponsors!



PROJECT SCOUT

*A program of the Seniors Council of
Santa Cruz and San Benito Counties*

<https://seniorscouncil.org/project-scout>



CONTACT US

For appointment services:

Call: 831-724-2606

email: projectscout@seniorscouncil.org

Do you know what a donor-advised fund can do for
you? Do you know what it can do for your
community?

Click [HERE](#) to learn more

what is a...

DONOR-ADVISED FUND?



A donor-advised fund (DAF) is a **charitable investment account** that allows individuals to contribute money to **support charities** while **receiving tax benefits**:

- A donor contributes cash, stocks, real estate, or other assets to a sponsoring organization, such as the **Community Foundation for San Benito County**.
- The donor receives a tax receipt and deduction for their contribution. The Community Foundation manages the funds, which **grow tax-free**. The donor retains **advisory privileges** over the funds, including the investment strategy and how they are distributed to charities.

Stay Connected!



Get In Touch

- Phone: **831-688-0400 ext 126**
- Address: **175 Westridge Drive, Watsonville, CA 95076**
- Email: **ZacharyJ@seniorscouncil.org**
- Website: **www.seniorscouncil.org**

You can make a difference by making a **[donation!](#)**

The Seniors Council of Santa Cruz and San Benito Counties is a community-based non-profit, tax exempt 501(c)(3) organization. Our mission is funded through a combination of federal, state, and private sources. We appreciate any support that you feel comfortable giving.





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