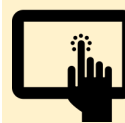




Better Choices, Better Health (BCBH) FREE

Tuesdays, 3/3 to 3/24, 9:00am-11:30am

A fun and interactive self-management program to confront the ever-changing challenges of living with ongoing health conditions such as diabetes, asthma, heart disease, and high cholesterol.



Technology Class for Mobile Devices with Cisco FREE

Fridays, 3/6 & 3/13, 10:00am-11:30am

Learn how to use mobile devices to explore ways to seamlessly integrate digital processes into your daily life.



Rebuilding Together Silicon Valley (RTSV) FREE

Tuesday, 3/24, 9:30am-10:30am

RTSV provides critical home repairs to over 600 clients per year. The Safe at Home program shares an informative session on Fall Prevention, Accessibility, Mobility and Aging-in place.



1:1 Health Insurance Counseling FREE

Last Friday of the month by appointment, 9:00am - 12:00pm

Counselor appointment available on the fourth Friday of each month to help answer any questions and concerns related to senior's health insurance. **MUST** contact program staff to schedule an appointment.

ESL- Daily Conversation Monday to Friday 9:30 -11:30am Class is based on the principle of lifelong learning. To help support and increase the elderly's ability to communicate with others living in the USA. Class focuses on Life Experience, Motivation, Building Confidence, Social Element and Memory. <i>\$40 annually for members</i>	Chair Yoga for Elderly Wednesday 9:00-9:30am Chair Yoga is one of the gentlest forms of yoga. Seniors perform postures and breathing exercises with a chair. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction. <i>\$5 quarterly for members only</i>	Senior Nutrition Lunch Tuesday to Friday 11:30am-12:00pm This program is designed in support to elderly health, socialization and independence in their communities. Lunch is served on site with no takeout or delivery available. Reserve Lunch by 10am, (408)975-2374 <i>\$3 suggested donation fee for 60+ seniors, otherwise \$9</i>	Line Dance Tuesday 12:30-1:30pm Socialize and brain training with the rhythm of music. Brainhand- feet training all at once to maintain or even improve muscle strength, balance, endurance, and other forms of physical health in older adults.No partner needed. <i>\$20 quarterly for members only</i>
Tai-chi Thursday 10:00-11:30am Class comprises gentle physical exercise & stretching with mindfulness (Yang style). It can help maintain strength, flexibility, and balance. <i>FREE for members only</i>	Karaoke Thursday 12:15-1:30pm Karaoke Social offers opportunities to build friendship and social network. Practice the learning form Vocal training class and improve the strength of your voice. Non vocal students please check availability with staff For Vocal students only	Vocal Training Thursday 1:30-3:30pm Class enhances an impressive impact to elderly daily life. Help to build more confident and more comfortable conveying ideas and thoughts during speaking. It's also support in lung exercise and overall health. <i>\$20/session for members only</i>	Social Dance Wed & Fri 12:30-2:00 pm Social Dance gives the brain and body healthy stimulations. To improve physical health to create strong social connections that enhance self-confidence. Some Basic Dance skills required. <i>\$20 quarterly for members only</i>

Service Location 2400 Moorpark Ave #111 San Jose CA 95128 General Info (408) 975-2339 www.aaci.org	Senior Wellness Center Operation Hours Monday to Friday 8:30am-2:00pm Weekend & holidays closed	Lunch Reservations from 8:30am-10:00am Please call to reserve at (408) 975-2374	Senior Wellness Program welcomes 55+ older adults to join. Contact Senior.Wellness@aaci.org	Special Note Class schedule subject to change due to special events. AACI Senior Wellness Program reserves the rights for all changes.
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