



Colette Clark, Chair  
Sandy March, Committee Member  
Judith Murphy, Committee Member  
Wajeeha Khan, Committee Member  
Udaya Rajbhandari, Committee Member  
Xeno Rasmussen, Committee Member  
Noreen Rodenhurst, Committee Member  
Don Downey, Alternate Committee Member  
Sherri Muller, Alternate Committee Member

## Senior Citizens Advisory Committee Agenda

Alcosta Senior and Community Center  
Park and Gardens  
9300 Alcosta Blvd.

June 1, 2026  
10:00 AM  
Regular Meeting

*Agenda Questions: Contact Parks & Community Services at (925) 973-3207*

### 1. Call To Order/Roll Call

### 2. Public Comment

At this time, members of the public are encouraged to address the Committee on any item not already included in tonight's agenda. Comments should not exceed three (3) minutes. During public comment, members of the public are permitted to address the Committee on items that are not on the agenda and are within the Committee's jurisdiction.

Comments from the public may also be submitted by email to [scox@sanramon.ca.gov](mailto:scox@sanramon.ca.gov). No Committee action can be taken at this meeting on issues raised during Public Comment. Written Public Comment emails must be submitted to the email above prior to the commencement of the meeting. Comments received by email will not be read aloud; however, they will be forwarded to the Committee for their consideration. If you wish to make your comments heard, you must participate in the meeting.

### 3. Committee Business

3.1 Approval of April 6, 2026 Meeting Minutes

3.2 Overview of the Pups and Tots Village Organization, Volunteer Opportunities, and Employment Pathways

*Presentation by June Dhar, Pups and Tots CEO*

3.3 Home Match Presentation on Affordable Housing, Senior Roommate Matching, Social Connection, and Supplemental Income

*Presentation by Logan Robertson, Home Match Contra Costa Director*

3.4 Alcosta Senior and Community Center Participation Report  
*Presentation by Suzy Chow, Recreation Coordinator*

3.5 Committee Reports and Announcements

#### **4. Adjournment**

*This agenda is posted in accordance with Government Code Section 54954.2(a). To make a request for disability-related accommodation to participate in the meeting, please contact the City Clerk's Office 48 hours in advance of the meeting at 925-973-2539, or [cityclerk@sanramon.ca.gov](mailto:cityclerk@sanramon.ca.gov).*

#### **Attendee Conduct**

There will be zero tolerance for any person addressing the Committee making profane, offensive and disruptive remarks, or engaging in loud, boisterous, or other disorderly conduct, that disrupts the orderly conduct of the public meeting. Specifically, it is important for all speakers to adhere to the following guidelines for participation in this meeting:

- a. No profanity or obscenity
- b. Refrain from personal threats or attacks.
- c. Refrain from hateful epithets and demeaning language based on any person's race, religion, sexual orientation, ethnicity, gender, or disability.
- d. Respect all people that are present.

At the discretion of the Committee Chair, a speaker may forfeit speaking time for any of the following reasons:

- a. Exceeding the allotted time to speak;
- b. Yelling, screaming, or other behavior that renders this Committee unable to continue the meeting;
- c. Excessive profanity or slander; Specific threats or "fighting words" that incite violence; or
- d. Speech that is outside the subject matter jurisdiction of the Policy Committee or the specific agenda item in which you are speaking.

**While the City of San Ramon upholds the First Amendment rights of all participants, we do not accept or endorse offensive or hateful comments made during our meetings. We celebrate the diversity of our community and strive to maintain a welcoming and inclusive environment for all.**

**CITY OF SAN RAMON  
SENIOR CITIZENS' ADVISORY COMMITTEE**

April 6, 2026  
Regular Meeting  
**Draft**

**1. CALL TO ORDER/ROLL CALL**

Acting Chair Clark called the meeting to order at 10:15 AM.

Present: Acting Chair Colette Clark, Committee Members Sandy March, Judith Murphy, Xenon Rasmusson, Don Downey (alternate) & Sherri Muller (alternate)

Absent: Chair Udaya Rajbhandari, Committee Members Wajeeha Khan, & Noreen Rodenhurst

Other Attendees:

Jennifer Gault, Parks and Community Services Program Manager; Steve Cox, Parks and Community Services Recreation Supervisor; Peter Chan, Parks and Community Services Office Technician II; Julia Oseland, Parks and Community Services Commissioner

**2. PUBLIC COMMENT**

*At this time, those in the audience are encouraged to address the Senior Advisory Committee on any items not already included on today's Agenda. If possible, comments should not exceed three minutes. If this is not considered sufficient time to address the issue, please arrange with the Secretary to have that item placed on the Agenda for a future Committee meeting.*

Recreation Supervisor Cox read a comment from the suggestion box.

Three public comments were made.

**3. COMMITTEE BUSINESS**

**3.1 Approval of the February 2, 2026, Meeting Minutes**

Committee Member March's motion to accept the February 2, 2026 meeting minutes was seconded by Committee Member Murphy and passed 6-0-1-0.

**3.2 Election of Officers**

Committee Member March's nomination for Committee Member Clark for Chair of the Senior Citizens' Advisory Committee was seconded by Committee Member Rasmusson and passed 6-0-1-0.

46 Committee Member March's nomination for Committee Member Rasmusson for  
47 Vice Chair of the Senior Citizens' Advisory Committee was seconded by Committee  
48 Member Murphy and passed 6-0-1-0  
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### 50 **3.3 Committee Liaison Appointments**

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52 Chair Clark provided an overview of all available councils/committees and liaison  
53 appointments were chosen by the members of the Senior Citizens' Advisory  
54 Committee.  
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### 56 **3.4 CityServe of the Tri-Valley Presentation**

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58 Christine Beitsch-Bahmani, CityServe of the Tri-Valley CEO, gave a presentation.  
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### 60 **3.5 Mobility Matters San Ramon Presentation**

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62 David Benet, Mobility Matters Volunteer Coordinator, gave a presentation.  
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### 64 **3.4 Committee Reports and Announcements**

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66 Parks Commissioner Oseland, Chair Clark, and Vice Chair Rasmusson provided  
67 updates.  
68

## 69 **4. ADJOURNMENT**

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71 Chair Clark adjourned the meeting at 11:43 AM.  
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73 Submitted by Steve Cox, Recreation Supervisor



# ***Senior Citizens Advisory Committee***

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## **Meeting Staff Report**

**Date: June 1, 2026**

**From: Henry Perezalonso, Director**

**Prepared and presented by: Suzy Chow, Recreation Coordinator**

**Subject: Alcosta Senior and Community Center Quarterly Report**

### **San Ramon Café Costa**

The Senior Nutrition Program continues to offer a variety of three lunch selections each weekday. Seniors can choose from the traditional menu, the vegetarian menu, or a monthly-rotating salad. New food items and offerings are introduced monthly, and staff continue to gather feedback on these items.

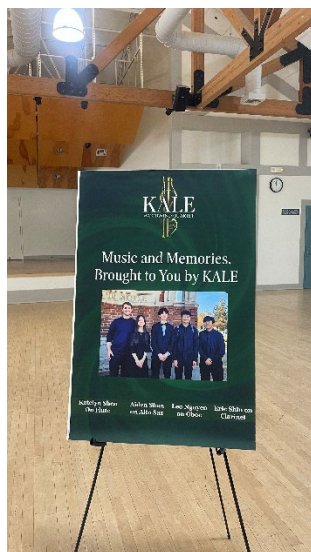
On average, Café Costa served 37 seniors daily, which is a decrease of seven participants per day from the previous quarter. However, this daily average is the same compared to the same period last year, as shown in the quarterly comparison table at the end of the report. Two additional factors influenced the lunch attendance this quarter as well. During the first week and half of 2026, the Vista Grande Room was closed for painting and maintenance, so lunch service was not offered during this time. Instead of a large lunch followed by Chinese New Year show, a small celebration was substituted to keep lunch numbers lower and within the updated County guidelines.

Café Costa celebrates participants with birthdays each month with a birthday song, visits from staff, cake, and goody bags provided by Senior Outreach Sponsors, as they did on Wednesday, January 21st. In addition, the lunches feature special seasonal meals, short informational presentations, and occasional musical performances.

During February, participants enjoyed a variety of festive lunchtime celebrations. Valentine's Day was celebrated on Friday, February 13. The Happy Group singers provided lunchtime entertainment and passed out lucky red envelopes to seniors on Tuesday, February 17 for Lunar New Year. On Wednesday, February 18, Café Costa recognized monthly birthday participants

with festive cake and birthday goodie bags generously provided by Senior Outreach Sponsors, Horizon Elder Law and Angel's Heart. The week concluded with a Black History Month celebration on Friday, February 20, which included a brief discussion recognizing the significance of the month and highlighting inspirational quotes and sayings from notable Black Americans.

During March, participants enjoyed festive lunchtime music and celebrations throughout the week of St. Patrick's Day. The festivities began on Monday, March 16, with a performance by a talented student woodwind quartet, followed by a festive Irish-themed lunch featuring gold coins and traditional Irish tunes provided by San Ramon resident Mike Thelen. The week concluded with piano music and a singalong led by Stanley Ng, leader of the Center's Happy Group Singers. On Wednesday, March 18, Café Costa also celebrated monthly birthday participants with festive cake and birthday goodie bags generously provided by Senior Outreach Sponsors, Horizon Elder Law and Angel's Heart.





### **Presentations & Gathering Points**

During the winter quarter, seniors had the opportunity to attend a variety of gatherings, including author workshops, senior-focused health and wellness presentations, and more.

Two gathering opportunities took place during the first month of the year. TED Talks held its bi-monthly gathering on Thursday, January 22, to view and discuss *Why We Need to Know Our Lives Matter*. The video discusses the importance of feeling valued and knowing that work makes a difference for personal well-being and society. A new group, The Meet & Greet Friendship Group, met at ASCC on Thursday, January 29, at the request of a San Ramon senior. The group is for those that are looking to make new friends or recently widowed. The group is open to all and hopes to help seniors connect and build new friendships.

The Meet & Greet Friendship Group, met at ASCC on Thursday, February 19, making new connections and has plans to meet at the center for future activities. Then on Monday, February 23, the Page Turners met to discuss the book of the month, *Beautiful Ugly*. The senior-based book discussion group has grown over the past few years and typically will see between 20 to 25 participants each month.

Seniors got connected with transportation options at the quarterly County Connection Mobile Lobby on Tuesday, March 10. County staff were on hand to help determine eligibility for LINK, the ADA paratransit service, and assist with applications for riders. The Page Turners met on Monday, March 16, to discuss the book of the month, *The Emperor of Gladness*, followed by a lively discussion. The Meet & Greet Friendship Group, met again at ASCC on Thursday, March 19. The group is making new connections and met up at the center for activities, conversation and walks on the Iron Horse Trail. The final TED Talk group met on Thursday March 19 with an interesting talk on “How to Humor your Stress”, followed by a lively discussion. Going forward, the Expertise Talks on various topics will be presented monthly, starting with a discussion of how to care for and sharpen your gardening tools by a local knife and tool sharpening expert.



### **Winter Lunch Bunch Trips**

The senior participants headed out on two Lunch Bunch Trips during January. On Wednesday, January 14, a packed van of seniors visited the popular Sam's Chowder House in Half Moon Bay. On Wednesday, January 28, participants enjoyed a delicious lunch at Farmstead at Long Meadow Ranch in St. Helena.

ASCC seniors enjoyed two Lunch Bunch Trips during February. On Wednesday, February 4, a busy van of seniors enjoyed the beautiful weather on a coastal trip to Capitola with a stop at Gayle's Bakery. On Wednesday, February 25, participants enjoyed walking in Muir Woods, followed by lunch in downtown Mill Valley.

March included two Lunch Bunch trip offerings for seniors. On Wednesday, March 11, 11 lunch bunchers headed off to shop and dine at Stanford Shopping Center and enjoyed the warm weather as they browsed. On Wednesday, March 18, a packed van with 14 seniors journeyed to the San Francisco Ferry Building to eat, shop, and take in the views of this popular waterside gathering place.



## AARP Tax Aide

AARP once again offered free tax preparation through its Tax-Aide program onsite at the Alcosta Senior & Community Center each Wednesday through April 15. AARP provides trained and certified IRS counselors to prepare income tax returns at the Center. Counselors prepare and file tax returns electronically, ensuring accuracy and completing tax payment arrangements efficiently. The program serves taxpayers of all ages, with special attention given to seniors aged 50 and older. While Tax-Aide does not have an income limit, it focuses on individuals with low to moderate incomes. Over 500 seniors received assistance with their taxes this year through the AARP Tax Aide Program.

Senior Center staff and volunteers once again provided Encore! Newsletters to individuals in the Center for tax appointments, led facility tours, and answered many questions from seniors visiting the Alcosta Senior & Community Center for the first time. Staff look forward to welcoming these new visitors back for future programs and services.

### Quarterly Participation Update Comparison

#### Quarter 1 25-26

July - Sept ASCC Programs				
2025-2026	July	Aug	Sept	Q1 Totals
Meals	825	900	865	2590
Daily Van Trips	226	252	266	744
Lunch Bunch Trips	39	24	20	83
Special Events- Summer BBQ, Presentations, Live Well Resource Fair, Monday Movie Matinee, National Senior Center Month activities	97	87	648	832
Fitness classes	957	875	827	2659
Other Drop-in Classes- Line Dancing, Card Games, Bridge, Drawing & Painting, Bocce Ball, etc.	1272	1274	1367	3913
<b>Totals</b>	<b>3,416</b>	<b>3,412</b>	<b>3,993</b>	<b>10,821</b>

#### Quarter 2 25-26

Oct - Dec ASCC Programs				
2025-2026	Oct	Nov	Dec	Q2 Totals
Meals	883	738	700	2321
Daily Van Trips	335	208	192	735
Lunch Bunch Trips	41	15	23	79
Special Events- Presentations, Holiday Variety Show, Jingle & Mingle Lunch, Monday Movie Matinee	83	93	298	474
Fitness classes	900	877	720	2497
Other Drop-in Classes- Line Dancing, Card Games, Karaoke, Bridge, Bocce Ball, Painting	1347	923	841	3111
<b>Totals</b>	<b>3,589</b>	<b>2,854</b>	<b>2,774</b>	<b>9,217</b>

**Quarter 3 25-26**

<b>Jan - Mar ASCC Programs</b>				
<b>2025-2026</b>	<b>Jan</b>	<b>Feb</b>	<b>Mar</b>	<b>Q3 Totals</b>
Meals	***487	657	818	1962
Daily Van Trips	163	155	230	***548
Lunch Bunch Trips	26	29	25	80
Special Events ** Lunar New Year, TED Talk, Monday Movie Matinees, Presentations, AARP Tax Assistance	38	259	246	***543
Drop-In Fitness classes	499	601	785	***1885
Other Drop-in classes** Line Dancing, Card Games, Karaoke, Bocce Ball, etc.	1035	1120	1091	3246
<b>Totals</b>	<b>2,248</b>	<b>2,821</b>	<b>3,195</b>	<b>8,264</b>

A Quarter 3 comparison between 24-25 and 25-26, shows growth over the same period last year in drop-in classes and lunch bunch trips. \*\*\*However, due to the capacity restraints on the Senior Nutrition Program, changes to drop-in fitness classes, special events, and corresponding van trips, lower numbers are seen in these categories.

**Quarter 3 24-25**

<b>Jan - Mar ASCC Programs</b>				
<b>2024-2025</b>	<b>Jan</b>	<b>Feb</b>	<b>Mar</b>	<b>Q3 Totals</b>
Meals	859	735	756	2350
Daily Van Trips	230	209	248	687
Lunch Bunch Trips	20	30	9	59
Special Events ** Lunar New Year, TED Talk, Monday Movie Matinees, Presentations, AARP Tax Assistance	76	247	312	635
Fitness classes	877	783	774	2434
Other Drop-in classes** Line Dancing, Card Games, Karaoke, Bocce Ball, etc	993	872	995	2860
<b>Totals</b>	<b>3,055</b>	<b>2,876</b>	<b>3,094</b>	<b>9,025</b>