

## Sunday Dances

### 1st Sunday of the Month

November 7

Line Dance with Jeanette Feinberg

1:00-4:00pm, \$7 per person

Lessons, refreshments, and dancing

### 2nd Sunday of the Month

November 14

Social Line Dance Mixer with Allen Isidro

1:00-4:00pm, \$10 per person

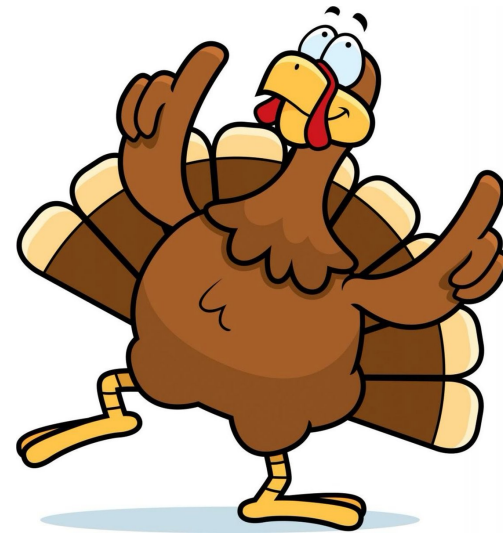
Lessons, refreshments, and dancing

### 3rd and Last Sunday of the Month

November 21 & 28

Come and dance the afternoon away with the Bob Gutierrez Band. Refreshments served by your hosts Raoul Epling and Akira Tsunoda.

1:00-3:30pm, \$6 per person



## November Lunchtime Entertainment

Mondays @ 10:45am: Bob Gutierrez Band

Tuesdays @ 10:30am: D.J. Music with Joe

Wednesdays @ 10:45am: Bob Gutierrez Band

Thursdays @ 11:30am: Accordion Music with Vince Mantia

Friday, November 5 @ 11:15 am: Patrick Maier Electric Piano & Vocals

## Friday Movie: November 12th at 9:30am "Harriet"

This film portrays Harriet Tubman's life story, from her daring escape out of slavery to her role as conductor of the Underground Railroad. Cynthia Erivo stars as Harriet.

Film length: 2 hours, 5 minutes.



# SENIOR CENTER NEWSLETTER



**Masks are required for everyone entering the Senior Center. This policy will be strictly enforced for the safety of all. Please sign in at the front door before entering the building for any reason.**

**Every person that plans to receive a meal needs to check in at the lunch desk and get a placemat. This allows us to keep an accurate count of how many meals to serve.**

The Senior Center continues to be quite busy as more people become aware that we are open. This month we will host a Thanksgiving Party with Greg Hutto and the "Full House Band". We are limiting capacity to 150 people. We are thankful that we are able to gather together as a community again. We will have a brief recognition ceremony on Wednesday, November 10th at Noon to honor our Veterans. The Senior Center will be closed on Thursday, November 11th for Veteran's Day and Thursday and Friday November 25th and 26th for Thanksgiving. Should you have any questions, you can contact the Senior Center main line at 650-616-7150.

### Thanksgiving Party Friday, November 19<sup>th</sup>

10:30 am - 1:00 pm

Music and dancing with the "Full House Band". Lidia's Turkey lunch at Noon. Suggested Donation for 60 years & older \$6.00; under 60: \$6 fee. 150 tickets at the reception desk. No tickets at the door. Dessert provided by Cadence Senior Living. *No Zumba, Bingo, or Ping Pong today.*

### "Responsive Behavior in Dementia"

Presentation by Janice Cunanan from Geriatric Care Solution Wednesday, November 17th at 10:30 am

Fostering a Healthy Environment: caring for an older adult is a demanding, consistently tough job. In this class family/caregivers will learn different techniques on how to handle behaviors that come with dementia. Pre-registration required; please sign up at the reception desk.

### Daytime Bingo

Mondays, Wednesdays, and Fridays  
from 1:00 - 3:00 PM

We will be offering our **Daytime Big Bingo** on **Wednesday, November 10<sup>th</sup>**. The Buy-In is \$10 on that day with \$100 payouts. A single sheet is \$2.50 and Blackout is \$.50 per sheet. No Bingo on Friday, November 19th due to the Thanksgiving Party. Thursday evening Bingo will return in 2022.

### Free Art Appreciation Lecture & Film with Linda Dever

Monday, November 22nd  
1:30 - 3:00 pm

The topic will be Impressionism and color with a focus on Degas, which is currently on display at the Legion of Honor.

### In the City with a Heart, We Want to Hear From You!

Join us for a focus group discussion about public safety and local policing. Community feedback is essential for identifying ways to enhance San Bruno's public safety and policing practices. For this reason, we are eager to hear from you! Results will be used to support the San Bruno Safe and Equitable Policing Review.


Thursday, November 4<sup>th</sup>  
10:30am-11:30am  
Hosted by Impact Justice

Focus Group participants will receive a Starbucks Gift Card for their time. Learn more about the San Bruno Safe and Equitable Policing Review at [www.sanbruno.ca.gov/IJsurvey](http://www.sanbruno.ca.gov/IJsurvey)

# Classes and Programs

<b>Monday</b>	<p>8:15am Hike (Free)            9:00am Mahjong (Free)            9:00am Ceramics Workshop (\$3 supply fee)            9:00am Bocce League in Progress            1:00pm Tap Class (\$5)            1:00pm Bingo (\$2 Buy-in)            1:00pm Computer Club (Membership)            2:45pm Pilates/Yoga Fusion (Adult School)            4:00pm Yoga (Adult School)</p>
<b>Tuesday</b>	<p>9:30am Zumba Gold (\$4 SB resident; \$5 non-resident)            10:00am Spanish (Free)            10:30am Sit &amp; Workout \$5            11:30am Bocce League in Progress            12:45pm Beg. Line Dancing (\$3 SB resident; \$3.50 non-resident)            1:00pm Ukulele (\$3.00 SB resident; \$3.50 non-resident)            1:00pm Computer Club (Membership)</p>
<b>Wednesday</b>	<p>8:15am Hike (Free)            9:00am Advanced Line Dance (\$5)            9:30am Stained Glass Workshop (\$5 per month)            9:30am Horseshoe League (\$5 or Free for Members)            12:30pm Beginner Western Review with Dolly (Free)            1:00pm Bingo (\$2 Buy-in)            1:00pm Computer Club (Membership)            1:00pm American Line Dance Level 1 (\$4 SB resident; \$5 non-resident)            1:30pm Current Events (Adult School)            2:00pm American Line Dance Level 2 (\$4 SB resident; \$5 non-resident)</p>
<b>Thursday</b>	<p>9:00am Fun &amp; Fitness Exercise with Karen (\$3 SB resident; \$3.50 non-resident)            9:30am Softball at Lion's Field (\$10 per year or free to members)            10:00am Creative Writing (Free)            10:15am Yoga (Adult School)            12:30pm Pedro (\$3.00)            12:30pm Music &amp; Motion (Free)            1:00pm American Line Dancing (\$4 SB resident; \$5 non-resident)            1:00pm Painting Workshop \$1            1:00pm Computer Club (Membership)            1:30pm Drop-in "Cornhole" (Bean Bag Game) (Free)</p>
<b>Friday</b>	<p>8:15am Hike (Free)            9:30am Knitting (Drop-in Social Group) (Free)            9:30am Crocheting (Instruction) (Free)            9:45am Zumba Gold (\$4 SB resident; \$5 non-resident)            1:00pm Bingo (\$2 Buy-in)            1:00pm Ping Pong (Free)            1:00pm Bridge Drop-in (Free)</p>

# November Lunch Menu

Mon	Tue	Wed	Thu	Fri
1 Penne Pasta Meat Sauce (D)	2 Crunchy Beef Tacos Black Beans (D)	3 Tuna Sandwich Lentil Soup (D)	4 Homestyle Chick- en & Veggies with Biscuit (D)	5 Breaded Pollock with Tartar Sauce Rice Pilaf
8 Shrimp Alfredo Pasta (D)	9 Pork Roast Mashed Potatoes (D)	10 Orange Chicken Steamed Rice <b>Big Bingo</b>	11 <b>Closed for Veteran's Day</b>	12 BBQ Glazed Chicken Potato Salad
15 Beef Hot Dog with Turkey Chili (D)	16 Meatloaf Mashed Potatoes (D)	17 Pesto Cheese Tortellinis with Grilled Chicken (D)	18 Chicken Adobo Steamed Rice	19 <u>Thanksgiving Party</u> Lidia's Turkey Lunch <b>No Grab &amp; Go Today</b>
22 Korean Ground Beef Rice Bowl	23 Italian Sausage and Peppers Penne Pasta (D)	24 Roasted Salmon Rice Pilaf	25 <b>Closed for Thanksgiving Holiday</b>	26 <b>Closed for Thanksgiving Holiday</b>
29 Shredded Beef with Red Salsa Mexican Rice	30 BBQ Pulled Pork Sandwich Cole Slaw			

**The suggested donation is \$3.00 per meal. The Program is funded in part by the Older Americans Act and is available for adults who are 60 years and older. Meals are first come, first serve. There will be a limited number of lunches and there will be no lunch alternatives such as the salad bar. We may sell out on certain days, so early arrival is recommended. No advance reservations will be taken. The menu is subject to change. (D) indicates dish has dairy.**