

Sunday Dances

1st Sunday of the Month

January 2

Line Dance with Jeanette Feinberg

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

Lessons, refreshments, and dancing

2nd Sunday of the Month

January 9

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

January 16 & 30

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



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 all programs and services reason.

Happy New Year to everyone! We look forward to a New Year and making new memories with all of you. The Senior Center is celebrating it's 35th Anniversary this year. We will have an Anniversary Party with "The Patrick Maier Trio" on Friday, January 14. We will continue to limit capacity to 150 people. Tickets will go on sale on January 4th and we are limiting ticket purchases to two per person. Throughout the year there will be 35 activities or surprises in celebration of our anniversary. Look for the 35 year logo to indicate some of these activities. The Senior Center will be closed on Monday, January 17 for Martin Luther King Jr. Day. Should you have any questions, you can contact the Senior Center main line at 650-616-7150.

Senior Advisory Board Nominations

The Senior Advisory Board members provide oversight and coordination of program and activities at the Senior Center. Application for five board positions will be accepted at the Senior Center beginning December 20, 2021 through January 21, 2022. Three members will serve a one year team and two members will serve a two year term. Anyone wishing to run must be 50 years or older and reside in San Bruno. Applications can be obtained at the Senior Center front desk.

January 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, January 7 @ 11:00 am: Rick Keane: Guitar & Vocals

Friday, January 21 @ 11:00 am: Precious Alvarez-Ramos: Vocals

Friday Movie: January 28 at 9:30am "Mulan"

Mulan is a 2020 American fantasy action drama film produced by Walt Disney Pictures. To keep her ailing father from serving in the Imperial Army, a fearless young woman disguises herself as a man and battles northern invaders in China.

Film length: 1 hour 55 minutes.

35th Anniversary Party

Friday, January 14 10:30 am - 1:00 pm

Music and dancing with the "The Patrick Maier Trio". Salmon lunch at Noon. Suggested Donation for 60 years & older \$6.00; under 60: \$6 fee. 150 tickets at the reception desk starting January 4th. There will be a **2 ticket limit per person**. Anniversary Cake provided by Supple Senior Care. *No Zumba, Bingo, or Ping Pong today.*



Tax Assistance

Make an appointment starting January 10th. Free assistance will be available on Tuesdays starting February 8th - April 12th. From 9 am - 3 pm.

"A New Year, A Healthier You"
Presentation with Margaret Baggerly
Thursday, January 26 10:30 am



Margaret from Supple Senior Care will share 35 tips to enhance and improve your health and well-being in the New Year. Get some ideas for New Year's resolutions during this free presentation.

Daytime Bingo

Mondays, Wednesdays, and Fridays
from 1:00 - 3:00 PM (Buy-Ins are sold between
11:00am-12:55pm in the front lobby.)

Daytime **Big Bingo** will now be twice a month on the second Wednesday and last Friday. Join us on **Wednesday, January 12 and Friday January 28**. 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, January 14 due to the Anniversary Party.

"Miracle-Ear Checks"

Friday, January 7 9:00 am - Noon

The Miracle-Ear team from San Bruno will be offering free ear checks to look for wax build up that can cause hearing loss. Sign up for an appointment at the reception desk. Those who attend will receive a raffle ticket for a \$35 gift card prize.



Free Art Appreciation Lecture & Video
with Linda Dever

Monday, January 24 1:30 - 3:00 pm

This month's topic will be: Exploring museums of Europe with a focus on realistic painting.

Classes & Programs

Monday	8:15am Hike (Free) 9:00am Mahjong (Free) 9:00am Ceramics Workshop (\$3 supply fee) 1:00pm Tap Class (\$5) 1:00pm Bingo (\$2 Buy-in) 1:00pm Computer Club (Membership) 2:45pm Pilates/Yoga Fusion (The new Adult School semester begins on 1/3/22) 4:00pm Yoga (The new Adult School semester begins on 1/3/22)
Tuesday	9:30am Zumba Gold (\$4 SB resident; \$5 non-resident) 10:00am Spanish (Free) 10:30am Sit & Workout \$5 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)
Wednesday	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 (The new Adult School semester begins on 1/5/22) 2:00pm American Line Dance Level 2 (\$4 SB resident; \$5 non-resident)
Thursday	9:00am Fun & 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 (The new Adult School semester begins on 1/6/22) 12:30pm Pedro (\$3.00) 12:30pm Music & 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)
Friday	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)

January Menu

Mon	Tue	Wed	Thu	Fri
3 Ham with Scalloped Potatoes	4 Orange Chicken with Broccoli and Rice	5 Beef Enchilada Bake with Black Beans	6 Turkey Sandwich and Lentil Soup	7 Breaded Pollock Tartar Sauce Rice Pilaf
10 Pork Tamales with Spanish Rice	11 Salisbury Steak with Mushroom Gravy and Mashed Potatoes	12 BIG BINGO Cheese Ravioli with Marinara Sauce	13 Turkey Stuffed Bell Peppers	14 Anniversary Party Salmon with Rice Pilaf No Grab & Go Today
17 Closed for Martin Luther King Holiday	18 Beef Lasagna & Caesar Salad	19 Tomato Beef over Rice	20 Pork Loin with Apple Sauce	21 Baked Potato with Turkey Chili
24 Tuna Sandwich with Tomato Soup	25 Italian Sausage & Peppers Sandwich	26 Pork Spare Ribs with BBQ Sauce	27 Veggie and Cheese Frittata with Potatoes	28 BIG BINGO Beef Chili Verdi with Black Beans
31 Turkey Taco Salad				

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.