

# Sunday Dances

## 1st Sunday of the Month

May 1  
Line Dance with Jeanette Feinberg  
1:00-4:00pm, \$7 per person  
Lessons, refreshments, and dancing

## 2nd Sunday of the Month

May 8  
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

May 15 & 29  
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

Thank you for your kind donation:

Maggie Y Ho  
Bill Kaktis  
Ingrid Mullan  
Noreen Mutz  
Joyce Sandvick



Face masks required



Smiles still encouraged

Thank you!

# SENIOR CENTER NEWSLETTER



The Senior Center Parking Lot repaving and restriping continues to progress according to plan. The east end of the parking lot has been repaved and restriped and patrons are already parking in the new stalls! Construction has moved to the front of the building and is estimated to take approximately three weeks to complete. Once the contractor finishes work at the front of the building, they will move to the staff parking lot area and the trash enclosure construction. The Senior Center will remain open and all programs and classes will continue during the construction. Please be cautious while driving in the parking lot during construction and pay attention to all signage. We will offer a shuttle service when it is necessary for patrons to park at the overflow lot at Crystal Springs and Cypress Avenues. Please be careful when crossing at the light from the upper parking lot! Please be patient as we move through this process.

## Free Art Appreciation Lecture & Video with Linda Dever

Monday, May 23 1:30 - 3:00 pm

This month's topic will focus on Impressionism and Manet, the leader of the Impressionist movement.

## Mother's Day Party CANCELLED

Due to parking construction and limited parking, the Mother's Day Party will be combined with Father's Day on June 17.

## "ClearCaptions" Information Table Wednesday, May 4 10:30 am - Noon

Clear Captions is a federally-funded, no cost captioned phone service, which is available for internet, landline, and mobile calling. If you are having difficulty hearing on the phone, visit Elli Tehrani at her table for more information. Elli will have candies and a \$35 gift card raffle in honor of Mother's Day.

## Prevent Falls & Regain Your Balance Wednesday, May 18 10:30 am

Margaret Baggerly from Supple Senior Care will go over risk factors and some common causes of falling. She will also discuss how balance is affected, along with ways to strengthen your balance.



## May Highlights!

This month's 35th Anniversary activities include the "ClearCaptions" information and \$35 gift card raffle, Mother's Day pastries sponsored by the Lions Club, and a special Bingo event.

Daytime Bingo will continue on Monday, Wednesdays, and Fridays. Daytime Big Bingo will be held on Wednesday, May 11 and Friday, May 27.

Should you have any questions, you can contact the Senior Center main line at 650-616-7150.

## Presentation on Medicare 2022: Updates and Safety Wednesday, May 25 10:30 am

Lori Lievore from HICAP (Health Insurance Counseling and Advocacy Program) will discuss Medicare changes for 2022. Learn about Medicare Parts A, B and D in addition to Supplemental Plans. She will also discuss Medicare Fraud Alerts and how to protect yourself.

## BINGO Special Event: "Come Back Bingo" Sunday, May 22 Doors open at 11:30 am

Buy-in is \$25 for 10 games. \$250 payouts! There will be strips, daub games and specials. Snacks will be available. YOU WILL BE REQUIRED TO WEAR A MASK AT ALL TIMES.

# May Lunchtime Entertainment

Mondays @ 10:45 am: Bob Gutierrez Band  
Tuesdays @ 10:30 am: D.J. Music with Joe  
Wednesdays @ 10:45 am: Bob Gutierrez Band  
Thursdays @ 11:30 am: Accordion Music with Vince Mantia  
Friday, May 6 @ 11:15 am: "J&J" Duo: Accordion & Vocals  
Friday, May 20 @ 11:15 am: Jerry Curiano: Vocals



# Friday Movie: May 27 at 9:30am "Queen Bees"

While her house undergoes repairs, a fiercely independent widow (Ellen Burstyn) stays at the nearby retirement community and realizes it is like high school all over again: full of flirting, mean girls, and maybe another chance at love in this comedy about second chances and staying young at heart. Film length: 1 hour and 42 minutes.




# Classes & Programs

<b>Monday</b>	8:15am Hike (Free) 9:00am Mahjong (Free) 9:00am Ceramics Workshop (\$3 supply fee) 9:00am Bocce League 9:45am Beginner Tap Class (\$5) 1:00pm Tap Class (\$5) 1:00pm Bingo (\$2 Buy-in) 1:00pm Computer Club (Membership) 2:45pm Intro to Yoga & Core Strength (Adult School) Starts on 5/9 4:00pm Yoga (Adult School) Starts on 5/9
<b>Tuesday</b>	9:30am Zumba Gold (\$5 SB resident; \$6 non-resident) 10:00am Spanish (Free) 10:30am Sit & Workout (\$5) 11:30am Bocce League 12:45pm Beg. Line Dancing (\$4 SB resident; \$4.50 non-resident) 1:00pm Ukulele (\$3.00 SB resident; \$3.50 non-resident) 1:00pm Computer Club (Membership)
<b>Wednesday</b>	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)
<b>Thursday</b>	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 (Adult School) 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 Donation) 1:00pm Computer Club (Membership) 1:30pm Drop-in "Cornhole" (Bean Bag Game) (Free)
<b>Friday</b>	8:15am Hike (Free) 9:30am Knitting (Drop-in Social Group) (Free) 9:45am Zumba Gold (\$5 SB resident; \$6 non-resident) 1:00pm Bingo (\$2 Buy-in) 1:00pm Ping Pong (Free) 1:00pm Bridge Drop-in (Free) 1:15pm Chair Yoga/Qi Gong (Donation) (Resumes on 5/20)

# May Menu

San Bruno residents ages 60 and over can make reservations for their lunch a week in advance. Reservation slips can be obtained at the lunch desk each week. The reservation is due to staff at 12:00 noon the Thursday prior to the start of the week. For more information, please see a staff person and they can help you make your first reservation. Anyone making a reservation must be prepared to show their San Bruno Identification.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Mozzarella with Spaghetti Pasta	3 Kahlua Pork with Coconut Rice	4 Tuna Salad Over Leafy Greens, Tomatoes, Cucumbers	5 Steak Ranchero Mexican Rice	6 Ham with Scalloped Potatoes
9 Orange Chicken Brown Rice	10 Roast Pork w/Applesauce Mashed Potatoes	11 Turkey Sloppy Joe Stuffed Potatoes <b>Big Bingo</b>	12 Seafood Sandwich Split Pea Soup with Ham	13 BBQ glazed Chicken Macaroni Salad
16 Chicken Marsala Rotini Pasta	17 Salisbury Steak with Mushroom Gravy and Mashed Potatoes	18 Teriyaki Salmon Steamed Rice	19 Stuffed Peppers with Turkey, Brown Rice & Marinara	20 Chicken Tikka Masala Cumin Rice
23 Italian Sausage & Peppers with Penne Pasta	24 Meatloaf Scalloped Potatoes	25 BBQ Ribs Baked Beans Coleslaw	26 Spaghetti & Meatballs	27 Beef Hot Dog with Chili Beans <b>Big Bingo</b>
30 <b>Closed for Memorial Day Holiday</b>	31 Chicken with Arti- chokes and Bal- samic Cream Penne Pasta			

**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. San Bruno residents may reserve their meal a week in advance. There will be a limited number of lunches available for walk in seniors and there will be no lunch alternatives such as the salad bar. We may sell out on certain days, so early arrival is recommended. The menu is subject to change.