

Sunday Dances

1st Sunday of the Month

Dance for this month is cancelled
 Line Dance with Jeanette Feinberg
 1:00-4:00pm, \$7 per person
 Lessons, refreshments, and dancing

2nd Sunday of the Month

June 12
 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

June 19 & 26
 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 donations



Bill Kaktis
 Sumie Yamawaki

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 two more 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.

Mother's Day & Fathers Day Party Friday, June 17, 10:30am - 1:00pm

Celebrate Mother's Day and Father's Day with the music of the Full House Band! Enjoy a delicious lunch of Chicken Cordon Bleu and mashed potatoes. Tickets for the party go on sale on Thursday, June 2 at 9:00am. Ticket prices are \$6.00 for anyone under 60 years old. Suggested donation is \$6.00 for all people over 60 with an intake form on file. **No Bingo on June 17.**

Free Art Appreciation Lecture & Video with Linda Dever

Monday, June 20 - 1:30 - 3:00pm

This month's topic will focus on Impressionism of Renoir. Enjoy a lecture and film while revisiting this exciting period of art in France. Masks required. Free class.

"ClearCaptions" Information Table Tuesday, June 7 - 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 Father's Day.

June Highlights!

This month's 35th Anniversary activities include the "ClearCaptions" information and \$35 gift card raffle, Mother's and Fathers Day Party sponsored by the SF Campus for Jewish Living, and a fun 35 years of trivia game.

Daytime Bingo will continue on Mondays, Wednesdays, and Fridays. Daytime Big Bingo will be held on Wednesday, June 8 and Friday, June 24.

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

4th of July Party

Friday, July 1, 10:30am - 1:00pm

Celebrate 4th of July with the music of the Johnny Z and the Camaros! Enjoy an All American lunch of hot dogs and chili beans. Tickets for the party go on sale on Thursday, June 16 at 9:00am. Ticket prices are \$6.00 for anyone under 60 years old. Suggested donation is \$6.00 for all people over 60 with an intake form on file. **No Bingo on July 1.**

Sleep and Aging

Wednesday, June 8 at 10:30 am

Margaret Baggerly from Supple Senior Care will discuss how getting enough sleep is critical to your health. She will also discuss some common causes and tips to get better sleep.

June 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 Ron Borelli or Joe Simoni
- Friday, June 3 @ 11:15am: Music with Rick Laub

Friday Movie: Love, Gilda June 24 at 9:30am

Love, Gilda is an American-Canadian documentary film about the life and career of American comedian Gilda Radner. *Love, Gilda* presents the life and career of Gilda Radner through her own eyes using her diaries, audio tapes, home movies, and interviews of some of her closest friends at that time. Film length: 88 minutes.





Classes & Programs

Monday	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) (No class 6/13) 1:00pm Tap Class (\$5) (No class 6/13) 1:00pm Bingo (\$2 Buy-in) 1:00pm Computer Club (Membership) 2:45pm Intro to Yoga & Core Strength (Adult School) 4:00pm Yoga (Adult School)
Tuesday	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)
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 (Adult School) 2:00pm American Line Dance Level 2 (\$4 SB resident; \$5 non-resident)
Thursday	9:00am Fun & Fitness Exercise with Karen (\$3 SB resident; \$4 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)
Friday	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)

June 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
		1 Cajun Grilled Chicken Alfredo	2 Baked Eggs with Bacon & Spinach and Hash Brown Patty	3 BBQ Pulled Pork Sandwich with Coleslaw
6 Penne with Beef Meat Sauce	7 Chicken a la King Egg Noodles	8 Moroccan Beef With Couscous Big Bingo	9 Beef Hot Dog 2 Bean Chili	10 Krabby Cakes Tartar Sauce Rice Pilaf
13 Chicken Mozzarella	14 Open Face Hot Roast Beef Sandwich with Mashed Potatoes and Gravy	15 Salmon Florentine with Rice Pilaf	16 Pork Chili Verde with Mexican Rice	17 Mother's/Father's Day Party Chicken Cordon Bleu with Mashed Potatoes No Bingo Today
20 Baked Cod with Herbed Brown Rice Pilaf	21 Teriyaki Chicken with Brown Rice	22 Spaghetti & Meatballs	23 Chicken Tamales with Black Beans	24 Meatloaf with Mashed Potatoes Big Bingo
27 Turkey Sandwich and Lentil Soup	28 Sweet and Sour Pollock Nuggets with Steamed Rice	29 Beef Lasagna and Green Salad	30 Salisbury Steak with Mashed Potatoes and Mushroom Gravy	

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.