

# Sunday Dances

## 1st Sunday of the Month

July 3

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

## 2nd Sunday of the Month

July 10

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

July 17 and July 31

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**



Selma Bocauto  
William Kaktis  
Ethel Klein, *In Memory of Vince Mantia*

**Face masks  
required**



**Smiles still  
encouraged  
Thank you!**

# July 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, July 15 @ 11:15am: Music with J & J  
Friday, July 29 @ 11:15am: Music with Patrick Maier

# Friday Movie: Disney's Jungle Cruise July 22 at 9:30am

Disney's Jungle Cruise tells the story of Dr. Lily Houghton who enlists the aid of wisecracking skipper Frank Wolff to take her down the Amazon in his ramshackle boat. Together, they search for an ancient tree that holds the power to heal -- a discovery that will change the future of medicine.



# SENIOR CENTER NEWSLETTER



Happy 4th of July! Please note the City of San Bruno will be closed on Monday, July 4 in observance of Independence Day.

We are excited to announce the parking lot repaving and restriping is almost completed! The full parking lot has been repaved and restriped and patron parking is open for all in the new stalls! Construction of the trash enclosure and the repaving of the staff parking area is still pending, however, that construction should not affect the parking for our seniors.

We are also pleased to announce that the chiller for the HVAC system has been replaced and the air conditioning is repaired just in time for summer!

## Still looking for tax services?

Tax Aid is a free service and appointments are still available.  
Contact tax-aid.org or call 415-229-9240.

## 4th of July Party

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

Celebrate 4th of July with the music of Johnny Z and the Camaros! Enjoy an All-American lunch of hot dogs and chili beans. Check the reception desk for ticket availability. 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.**

## Free Art Appreciation Lecture & Video with Linda Dever No class in July

Linda will be back in August with a class covering "Impressionism" and Museum D' Orsay on August 29.

## "Clear Captions" Information Table Wednesday, July 6, 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 Independence Day.

## July Highlights!

This month's 35th Anniversary activities include the "ClearCaptions" information and \$35 gift card raffle, 4th of July Party sponsored by the Always Better Care, and a fun 35 facts about San Bruno trivia game.

Daytime Bingo will continue on Mondays, Wednesdays, and Fridays. Daytime Big Bingo will be held on Wednesday, July 6 and Friday, July 22.

Bocce will begin the week of July 11. Deadline to register is Thursday, June 30. Contact Kathy Gordon at 650-888-7808 if you are interested in playing. Or ask at the reception desk.

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

## How Food and Hydration Affect Your Health Wednesday, July 20 at 10:30 am

Margaret Baggerly from Supple Senior Care will discuss how eating the right foods along with proper hydration can optimize the health of your brain and body.



## Advanced Health Care Directive Clinic Friday, July 15 at 10:30 am


Join the Legal Aid Society to learn about how Advanced Health Care Directors allow you to make choices regarding your medical decisions and how the Attorneys can assist you through this free service.

# 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) (Ends 7/11) 4:00pm Yoga (Adult School) (Ends 7/11)
<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 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) 2:00pm American Line Dance Level 2 (\$4 SB resident; \$5 non-resident) Current Events (Adult School) <b>Will return in the Fall</b>
<b>Thursday</b>	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) <b>NEW MEMBERS WELCOME</b> 10:15am Yoga (Adult School) (Ends 7/14) 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 Class

# July 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.

Mon	Tue	Wed	Thu	Fri
				1 <b>July 4th Party</b> Hot Dogs with Beef Chili and Potato Salad
4 <b>Closed</b> 	5 Chicken Adobo with Steamed Rice	6 Meatloaf with Mashed Potatoes <b>Big Bingo</b>	7 Cheese Raviolis with Meat Sauce	8 Country Fried Steak with Country Gravy and Mashed Potatoes
11 Orange Chicken with Steamed Rice	12 Salisbury Steak Mushroom Gravy, Mashed Potatoes	13 Breaded Chicken and Pasta with Pesto	14 Chicken Pita with Hummus and Potato Wedges	15 Salmon with Dijon Cream Sauce and Rice Pilaf
18 Ground Beef Rice Bowl	19 Chicken Pot Pie with Green Salad	20 BBQ Ribs with Baked Beans and Coleslaw	21 Shredded Chicken Stroganoff with Egg Noodles	22 Breaded Pollock with Tartar Sauce and Rice Pilaf <b>Big Bingo</b>
25 Italian Sausage and Peppers with Penne Pasta	26 Beef with Yellow Thai Curry and Steamed Rice	27 Roasted Turkey, Stuffing, and Mashed Potatoes	28 Turkey Taco Salad	29 Seafood Sandwich with Roasted Tomato Soup

**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 reach capacity on certain days, so early arrival is recommended. The menu is subject to change.