

# Sunday Dances

## 1st Sunday of the Month

August 7

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

## 2nd Sunday of the Month

August 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

August 21 and August 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

### One Hot Day in the Cotton Fields

By Maria Elena Bernal de Barre

Full of hope that cool morning.  
I stoop to lace my faded tennis shoes  
Grab my cotton sack, then head to the cotton field  
I pick to the end of the row  
I pick till the end of the day  
In the haze of the noon day sun, with hope  
I approach the scale  
I visted wrong ---the scale read---too low, not 100 yet  
In the midst of sweat and tears I collapsed. My tennis shoes  
Followed suit and fell apart too  
But manana after a good night's sleep  
With my tennis shoes tied with rags  
I will start over again  
Si manana,  
My feet will follow again the labyrinth of rows  
Of cotton to pick: coffee, beans, rice and lard to buy  
Still no money, for tennis shoes, yet I pick, and I dream  
Some day!

This piece is written by a member of the Creative Writing Group. The group meets every Thursday at 10:00am in the Craft Room at the Senior Center. Everyone is welcome!

# SENIOR CENTER NEWSLETTER

San Bruno Senior Center 1555 Crystal Springs Road 650.616.7150 www.sanbruno.ca.gov



### End of Summer Party

Friday, August 26, 10:30am - 1:00pm

Celebrate the end of the summer with the music of the Paul Fontes Trio! Enjoy steak and scalloped potatoes and dessert sponsored by Cadence. Tickets go on sale Thursday, August 4 at 9:00am in the Senior Center lobby. 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 August 26.**



Please note: Beginning in September, the suggested donation for the parties will be \$7.00 for those 60 and over. The fee for all under 60 will be \$7.00.

### Did you know the San Bruno Senior Center has had their own Computer Club for over 30 years?

Some of the benefits of joining the Computer Club includes: fellowship and camaraderie, free Wi-Fi, and the use of club computers (including our newly purchased mini-Mac) during open club hours. You can also sign up for personalized, one-on-one training on your iPhone, PC/Windows, and Mac. To learn more about class offerings and other benefits, stop by during our open hours, Monday through Thursday from 1:00 to 3:00pm.

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

Impressionism and Museum D'Orsay  
Monday, August 29 1:30-3:00pm

Explore Paris and the D'Orsay museum with lecture and film on French Impressionism. Lecture by Linda Dever. Masks required.

### A Safe and Healthy Home Wednesday, August 17 at 10:30 am

Margaret Baggerly from Supple Senior Care will review the Surgeon General's Healthy Home Checklist, disaster and emergency preparedness, and provide tips on enhancements to your indoor environment that will boost your mood and clean the air.



## Thank You for your kind donations



Maggie & Ken Ho  
William Kaktis  
AARP in Memory of Bill Goff  
AARP in Memory of Joanne Tracey

### "Clear Captions" Information

Monday, August 1, 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's table for more information. She will have candies and a \$35 gift card raffle.



### Presentation: Villages of San Mateo County Thursday, August 18 at 10:30 am

Come learn about this nonprofit organization serving over 250 older adults residing in San Mateo County to live in their own homes and in the communities they love. Some of the services included in their annual membership are minor home repairs, transportation, tech services, friendly visits, social events, excursion and more. Come hear this informative presentation! There will be a \$35 gift card raffle for all that attend.



## August 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, August 12 @ 11:15am: Music with Dave Crimmen

## Friday Movie: Spencer August 19 at 9:30am

*Spencer* is a 2021 historical fiction psychological drama film about Princess Diana's existential crisis during the Christmas of 1991, as she considers divorcing Prince Charles and leaving the British royal family. Kristen Stewart and Jack Farthing star as Princess Diana and Prince Charles respectively, joined by Timothy Spall, Sean Harris, and Sally Hawkins.



### 2022 Senior Advisory Board


Bunny Epperson, Chair  
Priscilla Martinez, Vice-Chair  
Herb Chu                      Barbara Cox  
Linda Holeman              Ralph Olcese  
Joyce Satow

## 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 <b>(All Welcome)</b> 2:45pm Intro to Yoga & Core Strength (Adult School) (Starts 8/22) 4:00pm Yoga (Adult School) (Starts 8/22)
<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 <b>(All Welcome)</b>
<b>Wednesday</b>	8:15am Hike (Free) 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 <b>(All Welcome)</b> 1:00pm American Line Dance Level 1 (\$4 SB resident; \$5 non-resident) 1:30pm Current Events (Adult School) (Starts 8/24) 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; \$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) (Starts 8/18) 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 <b>(All Welcome)</b> 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

## August 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 Beef Chili Stuffed Baked Potatoes	2 Chicken Bites with Green Salad and French Dressing	3 Teriyaki Salmon with Brown Rice	4 Chicken and Sausage Jambalaya	5 Chicken Enchiladas with Mexican Rice
8 Chicken with Penne Pasta Mushroom Cream Sauce	9 Pork Carnitas Cilantro Rice Bowl	10 Beef Stew with Mashed Potatoes <b>Big Bingo</b>	11 Garlic Shrimp with Rice Pilaf	12 Turkey Sandwich and Lentil Soup
15 Cheese Tortellini with Grilled Chicken	16 Salisbury Steak, Mushroom Gravy, Mashed Potatoes	17 Ham and Yams	18 Bacon Spinach Frittata with Hash Brown	19 Beef Stroganoff with Egg Noodles <b>Big Bingo</b>
22 Spaghetti and Meatballs	23 Pork Roast with Applesauce with Mashed Potatoes	24 Breaded Cod with Rice Pilaf and Tarter Sauce	25 Turkey Stuffed Bell Peppers	26 <b>End of Summer Party</b> Pan Seared Steak with Scalloped Potatoes <b>No Bingo Today</b>
29 Beef with Broccoli and Steamed Rice	30 Tuna Sandwich and Italian Wedding Soup	31 BBQ Ribs, Baked Beans and 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. 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.