

## Sunday Dances

### 1st Sunday of the Month September 4

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

### 2nd Sunday of the Month September 11

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 September 18 and September 25

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

Bunny Epperson  
William Kaktis



### Voice of Memory

By Maria Elena Bernal de Barre

Survivors of the San Bruno Explosion, returning to a new life and some of you to new homes. Rejoice! When you sit down to the celebration table and see the empty chair, remember me. You see, except for cruel fate, I too would be here, family, friends and neighbors to greet.

Remember, how on that fateful sunny morning, I happily waved. Not knowing that good-bye would be forever. Let me embrace and welcome you back. Together let us pause for a moment to speak in the voice of memory and, herald to all that I too once was alive, that I too once lived here.

Because a memory cannot be burned, let me live in your hearts and in your minds, as a sweet reverie thus saving me from the more devouring fire: Oblivion.

Written in memory of the eight lives that perished in the San Bruno explosion on September 9, 2010.

# SENIOR CENTER NEWSLETTER



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

### Welcome Fall Party

Friday, September 23, 10:30am - 1:00pm

Celebrate the start of fall with the music of the Patrick Maier Trio! Enjoy chicken cordon bleu, mashed potatoes, and dessert sponsored by Beacon Homecare. Ticket prices are \$7.00 for anyone under 60 years old. Suggested donation is \$7.00 for all people over 60 with an intake form on file. Tickets go on sale Thursday, September 1 at 9:00am in the Senior Center lobby.

No Bingo on September 23



### Clear Captions Presentation

Wednesday, September 14 at 10:30am

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, come hear the presentation from Elli Tehrani to learn how this free service can help you.

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

Discovering Asian Art

Monday, September 19 1:30-3:00pm

Discover Asian art, particularly Chinese textile costumes by Guo Pei. Join us for a film and lecture with Linda Dever who has a studio at the AZ Gallery at Tanforan. Masks required.

### Arthritis in Older Adults

Wednesday, September 7 at 10:30 am

Arthritis is the leading cause of disability among older adults in the United States. Margaret Baggerly from Supple Senior Care will present different ways you can reduce arthritis symptoms.



### The FITT Principal

Thursday, September 22, 10:30am

Join the YMCA and Linda Finnigan for the Healthy Eating Active Living workshops. In this interactive workshop, you will understand the evidence-based approach to building a well-rounded fitness routine. This class is sponsored by the Peninsula Health Care District.

### Fall Bocce League

League days: Monday, Tuesday, Friday  
Leagues begin: Week of September 26  
Cost: \$5 per person or free for members  
Monday league is four person, Tuesday and Friday league is 2 person teams. Free agents welcome!  
If you are interested in playing, sign up at the front desk or email [boccesanbrunokathy@gmail.com](mailto:boccesanbrunokathy@gmail.com).

### Fall Horse Shoe League

League days: Wednesday  
Leagues begin: Wednesday, September 21  
Cost: \$5 per person or free for members  
If you are interested in playing in the Horseshoe league, please contact Danielle at [dbrewer@sanbruno.ca.gov](mailto:dbrewer@sanbruno.ca.gov) or 650-616-7182 or sign up at the front desk at the Senior Center.

### Senior Center Suggestion Box

The suggestion box is located at the registration desk in the Senior Center Lobby. All suggestions are collected and reviewed weekly. Watch the newsletter each month for our response to select items. If you don't see your suggestion being addressed, please contact Danielle at the Senior Center for follow-up.

### Student Pen Pals

Are you interested in becoming a pen pal with students from St. Roberts? Adults will be paired with students to exchange letters each month. We will also have the students join everyone for lunch one day so you can all meet in person. If you are interested please contact Danielle at 650-616-7182 or sign up at the front desk.



## September 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, September 2 @ 11:15am: Music with Jerry Curiano  
Friday, September 16 @ 11:15am: Music with Scott Hill



## Friday Movie: Belfast September 30 at 9:30am

This British coming-of-age drama is written and directed by Kenneth Branagh. The film stars Caitriona Balfe, Judi Dench, Jamie Dornan, Ciarán Hinds, Colin Morgan, and newcomer Jude Hill. The film follows a young boy's childhood in Belfast, Northern Ireland, at the beginning of The Troubles in 1969.



### 2022 Senior Advisory Board



Bunny Epperson, Chair  
Priscilla Martinez, Vice-Chair  
Barbara Cox  
Linda Holman  
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) 4:00pm Yoga (Adult School)
<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) 2:00pm American Line Dance Level 2 (\$4 SB resident; \$5 non-resident)
<b>Thursday</b>	9:00am Fun & Fitness Exercise with Karen <b>(\$4 SB resident; \$5 non-res) New Price</b> 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) 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 <b>(Returns September 9)</b>

# September 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 12:00pm 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 Chicken Cacciatore with Spaghetti	2 Meatloaf with Mushroom Gravy and Mashed Potatoes
5 <b>Closed for Labor Day</b>	6 Beef Lasagna and Green Salad	7 Cuban Sandwich (Shredded Pork, Swiss, Ham, Mustard)	8 Spinach Cheese Baked Eggs, Biscuits and Sausage Gravy	9 Chicken Enchiladas and Black Beans
12 Baked Meatballs and Penne Pasta	13 Herb Chicken Creamy Pesto Pasta	14 Breaded Cod with Rice Pilaf and Tartar Sauce <b>Big Bingo</b>	15 Braised Beef with Red Salsa and Mexican Rice	16 Roasted Chicken and Mashed Potatoes
19 Turkey Sandwich and Vegetable Barley Soup	20 Chicken Adobo with Steamed Rice	21 Krabby Cake with Tartar Sauce and Rice Pilaf	22 Broccoli Beef with Steamed Rice	23 <b>Fall Party</b> Chicken Cordon Bleu and Mashed Potatoes <b>No Bingo Today</b>
26 Chicken Tamales with Mexican Rice	27 Teriyaki Beef Patty with Steamed Rice	28 BBQ Chicken and Potato Salad	29 Raviolis with Turkey Meat Sauce	30 Eggplant Parmesan <b>Big Bingo</b>

**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.