

SENIOR CENTER NEWSLETTER

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



Thank You for your kind donations

Bill Kaktis
Karen McIntosh



Farewell to Dave!



The city of San Bruno's Senior Center wishes our beloved bus driver Dave best wishes on his new cross-country adventure.

Sunday Dances

1st and 3rd Sunday of the Month
January 1 & January 15 (No Dance)

2nd Sunday of the Month
January 8

Social Line Dance Mixer with Allen Isidro
12:00-4:00 pm, \$10 per person

4th and Last Sunday of the Month
January 22 and 29

Come and dance the afternoon away with the Bob Gutierrez Band. Refreshments served by your hosts Raoul Epling and Akira Tsunoda.

January Lunchtime Entertainment

Mondays @ 10:45 am: Bob Gutierrez Band

Tuesdays @ 10:30 am: D.J. Music with Joe Sheldon

Wednesdays @ 10:45 am: Bob Gutierrez Band

Thursdays @ 11:30 am: Accordion Music with Ron Borelli

Friday, January 6 @ 11:15 am: Piano solo w/Eric Shifrin

Friday, January 27 @ 11:15am: Vocals & Guitar w/Scott Hill

Friday Movie: Elvis January 13 at 9:30am

Reminisce about the life of American music icon Elvis Presley (played by Austin Butler), from his childhood to becoming a rock and music star in the 1950s. Depicted from the perspective of his manager, Colonel Tom Parker (played by Tom Hanks), this movie is one of American Film Institute's Movie of the Year 2022 and American Music Award winner for Best Soundtrack.



Senior Advisory Board Nominations

Applications for three board positions will be accepted at the Senior Center through **January 20, 2023.**

The Senior Advisory Board members provide oversight and coordination of programs and activities at the Senior Center. The three members elected will serve a two year term. Anyone wishing to run must be 50 years or older and reside in San Bruno. Applications can be obtained at the Senior Center front desk.

Villages of San Mateo County
Presentation with Eric Hanson

Thursday, January 19 10:00am

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, excursions, and more. Come hear this informative presentation! **There will be a \$35 gift card raffle for all that attend.**

AARP Tax Assistance

Free assistance will be available on Tuesdays starting February 8 through April 12 from 9:00am-noon. Make an appointment at the front desk starting January 19.

Free Art Appreciation Lecture & Video with Linda Dever *Masks preferred, please.

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

This month's topic will be Japan's art and culture.

collette Collette Trips & Tours

Tuesday, January 24 10:45-11:45am

Meet our Collette representative and get all your questions answered regarding the American Music Cities Tour (May) and the New England Colors Tour (October).

The San Bruno Senior Center will be closed on the following dates:

Monday, January 2
Monday, January 16



There will be no lunch program, transportation, or activities on these days.

"Fundamental Health Indicators"

Presentation with Margaret Baggerly
Thursday, January 26 10:30am

According to the World Health Organization (WHO), good health is a state of complete physical, mental, and social well-being, and not just the absence of disease or infirmity. We'll go over some of the fundamental indicators of good health, along with suggestions on ways to achieve them.

Blood Pressure Checks

Wednesday, January 25 9am-10am

The College of San Mateo nursing program is providing **free** blood pressure checks beginning in January through May 2023.

Escape Artist Book Club

Thursday, January 12 9:30am

"The Sweetness of Water" by Nathan Harris will be discussed in January. You need not have attended the December meeting to participate. All are welcome.

Senior Center's 36th Anniversary Toast

Join us for a toast at lunch on **Friday, January 6** to recognize the Senior Center's 36 years of service and tradition. Cider graciously provided by ClearCaptions. They provide federally funded no-cost captioning products and services to individuals with hearing loss.

Thank you ClearCaptions!

Technology Assistance

Monday-Thursday 1:00-3:00pm

If you purchased or received a new device (Android or Apple) and need help with set up, please inquire with Computer Club volunteers.

Classes & Programs

Monday	8:15 am Hike (Free) 9:00 am Mahjong (Free) 9:00 am Ceramics Workshop (\$1 supply fee) 10:00 am Bocce League (\$5 for non-members) 9:45 am Beginner Tap Class (\$5) 1:00 pm Tap Class (\$5) 1:00 pm Bingo (\$2 Buy-in) 1:00 pm Computer Club (All Welcome) 2:30 pm Pilates-Yoga Fusion (Adult School) 4:00 pm Gentle Yoga (Adult School)
Tuesday	9:30 am Zumba Gold (\$5 SB resident; \$6 non-resident) 10:00 am Spanish (Free) 10:00 am Bocce League (\$5 for non-members) 10:30 am Sit & Workout (\$5) 12:45 pm Beg. Line Dancing (\$4 SB resident; \$4.50 non-resident) 1:00 pm Ukulele (\$3 SB resident; \$3.50 non-resident) 1:00 pm Computer Club (All Welcome)
Wednesday	8:15 am Hike (Free) 9:30 am Stained Glass Workshop (\$5 per month) 12:30 pm Beginner Western Review with Dolly (Free) 1:00 pm Bingo (\$2 Buy-in) 1:00 pm Computer Club (All Welcome) 1:00 pm American Line Dance Level 1 (Free during January) 1:30 pm Current Events (Adult School) 2:00 pm American Line Dance Level 2 (\$4 SB resident; \$5 non-resident)
Thursday	9:00 am Fun & Fitness Exercise with Karen (\$4 SB resident; \$5 non-resident) 9:30 am Softball at Lion's Field (\$10 per year or free for members) 10:00 am Creative Writing (Free) 10:15 am Yoga (Adult School) (No class 1/5) 12:30 pm Pedro (\$3.00) 12:30 pm Music & Motion (Free) 1:00 pm American Line Dancing (\$4 SB resident; \$5 non-resident) 1:00 pm Painting Workshop (\$1 Donation) 1:00 pm Computer Club (All Welcome) 1:30 pm Drop-in "Cornhole" (Bean Bag Game) (Free)
Friday	8:15 am Hike (Free) 9:30 am Knitting (Drop-in Social Group) (Free) 9:45 am Zumba Gold (\$5 SB resident; \$6 non-resident) 11:30 am Bocce League (\$5 for non-members) 1:00 pm Bingo (\$2 Buy-in) 1:00 pm Ping Pong (Free) 1:00 pm Bridge Drop-in (Free) 1:15 pm Chair Yoga/Qi Gong Class (Donation)

Please note the Senior Center is closed Monday, January 2 and Monday, January 16

January 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
2 Closed New Year's Holiday	3 Turkey Sandwiches Minestrone Soup	4 Tuna Salad over Mixed Green Salad	5 Teriyaki Chicken Breast Steamed Rice	6 Marsala Chicken Penne Pasta
9 Turkey Sandwiches Lentil Soup	10 BBQ Chicken Breast Potato Salad	11 Cheese Raviolis w/Beef Meat sauce Green Salad Big Bingo	12 Breaded Cod Tartar Sauce Rice Pilaf	13 Chicken Scallopini Penne Pasta
16 Closed MLK, Jr. Holiday	17 BBQ Pork Ribs Macaroni & Cheese	18 Meatloaf w/ Mushroom Gravy Mashed Potatoes	19 Shrimp and Egg Fried Rice Miso Soup	20 Roast Salmon Herb Rice Pilaf
23 Pasta Primavera w/ Grilled Chicken	24 Chicken Japanese Curry w/Steamed Rice	25 Beef Stroganoff Egg Noodles	26 Miso Pork Brown Rice	27 Grilled Chicken w/Alfredo Pasta Green Salad Big Bingo
30 Pork Carnitas Cilantro Rice Bowl	31 Chicken Pesto Spaghetti Pasta		Jan.3-13 meals catered by Lidia's Deli	Jan,17-19 & Jan.23-31 meals catered by Vienna's

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.**