

Sunday Dances

1st Sunday of the Month

March 5

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

2nd Sunday of the Month

March 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

March 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 donation:

Billy Kaktiz Grace Fosson



Donald & Dale Suenaga celebrate February's Valentine's Day party at the Senior Center.

SENIOR CENTER NEWSLETTER



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

The Saint Patrick's Day Party with "Johnny Z & the Camaros" is on Friday, March 17. 150 Tickets will go on sale on **Thursday, March 2** with a limit of two tickets per person. If you need to return a ticket for any reason before the day of the party, please bring it to the reception desk for a refund and we will sell it to the next person on the wait list. Do not give or sell your ticket to another person or friend. We can not take back any tickets on the day of the party. This will help our receptionists when checking in patrons for the party. A Supple Senior Care representative will have an information table on March 17 and will be providing dessert to all in attendance. Should you have any questions, you can contact the Senior Center main line at 650-616-7150.

St. Patrick's Day Party

Friday, March 17 10:30 am - 1:00 pm

Enjoy a traditional Corned Beef & Cabbage lunch and music and dancing with "Johnny Z & the Camaros." Ticket prices are \$7.00 for anyone under 60 years old. Suggested donation is \$7.00 for all people over 60 years old with an intake form on file. 150 tickets will be sold at the Bingo table starting Thursday, March 2nd at 9 am. There will be a 2 ticket limit per person. St. Patrick's Dessert provided by **Supple Senior Care**. No Zumba, Bingo, or Ping Pong Today.

Villages of San Mateo County
Presentation with Eric Hanson
Thursday, March 9 10:30 am

Come learn about this nonprofit organization serving over 250 older adults residing in San Mateo County, helping them 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.**

Escape Artist Book Club

Thursday, March 23 9:30 am

Join us for a lively discussion of "**The Never Game**", the first novel in a thrilling new series by Jefferey Deaver. Get wrapped up in an investigation that uncovers the dark side of the video gaming industry set in Silicon Valley.

Free Health Presentation

Thursday, March 16 10:30 am

What's in your kitchen? Your cupboards? The groceries that we buy and the food that we eat should be a top priority... not just to survive, but to **THRIVE**. Real food is magical...from the way it grows to the way it heals. Learn shopping tips and ways to stock a longevity kitchen to help us live healthier, stronger, and longer. Margaret Baggerly from **Supple Senior Care** will lead the discussion.

Free Art Appreciation Lecture & Video
with Linda Dever

Monday, March 27 1:30 - 3:00 pm

Come on this exciting adventure as we explore India's culture, art, and temples. Masks are required, please.

April Spring Fling Party

Friday, April 7 10:30 am—1:00 pm

Join us for a live DJ experience brought to you by **Pinnacle Real Estate**. Tickets (limit of 2 tickets per person) will go on sale on Thursday, March 30 where attendees can make their song requests.

March Lunchtime Entertainment

Mondays @ 10:45am: Bob Gutierrez Band

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

Wednesdays @ 10:45am: Bob Gutierrez Band

Thursdays @ 11:30am: Accordion Music with Ron Borelli or Joe Simoni

Friday, March 3 @ 11:15am: Paul Fontes, Piano & Vocals

Friday, March 17 @ 10:30am: Johnny Z & the Camaros

Friday Movie: "No Time to Die" March 31 at 9:30am

In No Time To Die, James Bond has left active service and is enjoying a tranquil life in Jamaica. His peace is short-lived when his old friend Felix Leiter from the CIA turns up asking for help. The mission to rescue a kidnapped scientist turns out to be far more treacherous than expected, leading Bond onto the trail of a mysterious villain armed with dangerous new technology. PG-13

2023 Senior Advisory Board

Bunny Epperson, Chair



Priscilla Martinez, Vice-Chair

Barbara Cox

Linda Boscono Ralph Olcese


Yasmin Froehling Joyce Satow

Classes & Programs

Monday	8:15 am Hike (Free) 9:00 am Mahjong (Free) 9:00 am Ceramics Workshop (\$1 supply fee) 9:45 am Beginner Tap Class (\$5) 10:00 am Bocce League (\$5 for non-members) 1:00 pm Tap Class (\$5) 1:00 pm Bingo (\$2 Buy-in) 1:00 pm Computer Club (All welcome) 2:45 pm Pilates/Yoga Fusion (Adult School) 4:00 pm Gentle Yoga (Adult School)	
Tuesday	9:00 am - 3:00 pm AARP Tax Assistance - by appointment only 9:30 am Zumba Gold (\$5 SB resident; \$6 non-resident) 9:30 am Spanish - New time during tax season (Free) 10:00 am Bocce League (\$5 for non-members) 10:00 am Travel Talk - Meets in the lobby (All Welcome) 10:45 am Sit & Workout - New time during tax season (\$5) 12:45 pm Beg. Line Dancing (\$4 SB resident; \$4.50 non-resident) 1:00 pm Ukulele (\$3.00 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 (\$4 SB resident; \$5 non-resident) 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 to members) 10:00 am Creative Writing (Free) 10:15 am Yoga (Adult School) 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) 10:00 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)	

March 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 pm 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
	March 1-16 meals catered by Vienna	1 Meatloaf w/ Gravy Mashed Potatoes	2 Pork Schnitzel Roasted Potatoes	3 Teriyaki Salmon Brown Rice
6 Baked Penne & Turkey Meat Sauce Green Salad	7 Beef Stroganoff Egg Noodles	8 BIG BINGO Grilled Chicken Caesar Salad	9 Teriyaki Chicken Steamed Rice	10 Garlic Shrimp w/ Lemon Mashed Potatoes
13 Chicken Alfredo Pasta	14 Pork Carnitas w/Cilantro Rice Bowl	15 Salisbury Steak w/Gravy Mashed Potatoes	16 Grilled Chicken Roasted Sweet Potatoes	17 St. Patrick's Day Party Corned Beef & Cabbage Steamed Potatoes
20 Turkey Sandwiches Chicken Noodle Soup	21 Chicken Enchiladas Mexican Rice	22 Italian Sausage w/Peppers & Onions Penne Pasta	23 Beef Chile Verde Pinto Beans	24 BIG BINGO Sweet & Sour Pollock Nuggets Steamed Rice
27 Chicken Marsala w/ Mashed Potatoes	28 BBQ Pork Ribs Baked Beans Coleslaw	29 Cuban Sandwiches (Roast Pork, Swiss, Pickles, & Mustard)	30 Cheese Tortellini w/Pesto Grilled Chicken	31 Krabby Cake Tartar Sauce Rice Pilaf

The suggested contribution 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. A meal will not be denied to any senior who does not or can not give a contribution. Meals are first come, first serve. There will be a limited number of lunches and there will be no lunch alternatives such as the salad bar. We may sell out on certain days, so early arrival is recommended. No advance reservations will be taken. The menu is subject to change.