

Sunday Dances

1st Sunday of the Month

May 7

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

2nd Sunday of the Month

May 14

Social Line Dance Mixer with Allen Isidro
1:00 - 4:00 pm, \$10 per person
Lessons, refreshments, and dancing

3rd and Last Sunday of the Month

May 21 & 28

Come and dance the afternoon away with the Bob Gutierrez Band. Refreshments served by your hosts, Raoul Epling and Akira Tsunoda.
1:00 - 3:30 pm, \$6 per person



Meet Lynne Handlos, Recreation Services Supervisor, who leads the team that oversees the operation of the San Bruno Senior Center. She brings a wealth of experience to our team with over twenty years of municipal recreation experience. Please introduce yourself, if you have not already met her.

May 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, May 12 @ 11:15 am: Dave Crimmen, Vocals & Guitar
- Friday, May 26 @ 10:30 am: Patrick Maier Band, Vocals & Piano

* All entertainment is funded by Nutrition Site Council, a 501(c)(3).

Friday Movie: "Father Stu" May 19 at 9:30 am

Father Stu, a biographical drama film, stars Mark Wahlberg as Stuart Long, a boxer turned-Catholic priest who lives with a progressive muscle disorder. Written and directed by Rosalind Ross in her directorial debut, this movie was released in April 2022, during the Christian Holy Week. Rated PG-13



SENIOR CENTER NEWSLETTER

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



Mother's & Father's Day Party Friday, May 26 10:30 am - 1:00 pm

Enjoy a chicken cordon bleu lunch and music and dancing with the "Patrick Maier Band." Ticket prices are \$7.00 for anyone under 60 years old. Suggested contribution 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, May 11 at 9 am. There will be a 2 ticket limit per person. Dessert provided by **Beacon Home Care**. *No Zumba, Bingo, Bridge or Ping Pong*

* If you need to return a ticket for any reason before or on 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 waitlist. Do not give or sell your ticket to another person or friend.

Escape Artist Book Club Thursday, May 25 9:30 am

Join us for a lively discussion of "Murder in Tuscany", by T.A. Williams, the first in a crime series set.

Should I Stay or Should I Go?

Wednesday, May 17 10:15 - 11:45 am

How do you know when it's time to consider senior living? Learn about various opportunities today that were never available for our parents. Come hear from Terrie Tomasello of Better Living to make the move easier.

Senior Center Closed Monday, May 29



Sleeping & Aging Seminar Thursday, May 18 10:30 am

Many older adults don't sleep well, but getting enough sleep is crucial for you to stay healthy and alert. An ongoing lack of sleep (or poor-quality sleep) increases your risk of health problems such as high blood pressure, diabetes, depression, memory loss, and more. Margaret Baggerly of Supple Senior Care will go over some common causes of poor sleep, along with tips to get better sleep.

Dance Fitness/Functional Strength Every Wednesday, 3:00 - 4:00 pm

The Peninsula YMCA's blended class of dance and strength essentials has started. Increase your cardio respiratory capacity & have fun with weekly-alternating instructors, Phoebe and Farah.



Free Art Appreciation Lecture & Video with Linda Dever

Monday, May 22 1:30 - 3:00 pm

Come on this exciting adventure as we explore Europe's art. Masks are required, please.



Thank you for your kind donation:

Billy Kaktis Noreen Mutz Ruth Bawden

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 (\$3 Buy-in) 1:00 pm Computer Club (All welcome) 2:45 pm Pilates/Yoga Fusion (Adult School) 4:00 pm Gentle Yoga (Adult School)	
Monday, May 29	Note: The Senior Center is closed	
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 (\$3.00 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) 9:30 am Horseshoe League (\$5 or Free for Members) 12:30 pm Beginner Western Review with Dolly (Free) 1:00 pm Bingo (\$3 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) 3:00 pm Dance Fitness (Free) (5/10, 5/24 only) 3:00 pm Functional Strength (Free) (5/3, 5/17 & 5/31 only)	
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) 11:30 am Bocce League (\$5 for non-members) 1:00 pm Bingo (\$3 Buy-in) 1:00 pm Ping Pong (Free) 1:00 pm Bridge Drop-in (Free) 1:15 pm Chair Yoga/Qi Gong Class (Donation—no class 5/19 & 5/26)	

May 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
1 Meatloaf with Mushroom Gravy Mashed Potatoes	2 Roasted Pork Loin Mashed Potatoes	3 Baked Salmon Rice Pilaf	4 Cheese Tortellini with Beef Meat Sauce	5 Lemon Zest Chicken Mashed Potatoes Veggies
8 Sesame Ginger Glazed Chicken Thighs Brown Rice Veggies	9 Chicken & Mushroom Stroganoff with Pasta and Salad	10 Chicken Cobb Salad & Minestrone Soup Big Bingo	11 Beef Lasagna Salad & Veggies	12 Pesto Shrimp Linguine with Veggies
15 Salmon & Couscous with Veggies	16 Cream Sauce Baked Pork Loin with Pasta & Veggies	17 Garlic Chicken Fettuccine w/veggies & salad	18 Chicken Thighs Brown Rice & Veggies	19 Big Bingo Beef & Mushroom Stroganoff w/Pasta and Salad
22 Fried Chicken Breast Gravy & Mashed Potatoes Veggies	23 Grilled Shrimp Pasta w/Marinara sauce & veggies	24 Chicken Marsala Brown Rice Veggies	25 Beef Ravioli w/ Marinara Sauce & Veggies	26 Mother/Father Party Chicken Cordon Bleu Mashed Potatoes No Big Bingo!!!
29 CLOSED FOR MEMORIAL DAY	30 Chicken Enchilada Spanish Rice Salad	31 Shrimp Bento Box Brown Rice Veggies		

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 cannot give a contribution. 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.