

# Senior Adult Services

## San Bruno Senior Center - Adults 50+

1555 Crystal Springs Road - (650) 616-7150  
 Art, Special Interests, Exercise, Music & Dance

### MONDAYS

3-Mile Hike	8:15am
*Ceramics	9:30am
Zumba Gold	9:30am
Ballroom Dancing (to live music)	11:00am
Advanced Tap Dance	12:20pm
Computer Club	1:00pm
BINGO	1:10pm
Beginning Tap	1:15pm
Karaoke Class	2:00pm
*Gentle Pilates	3:30pm
*Yoga for Health	4:30pm

### TUESDAYS

Fun & Fitness Exercise	9:00am
Spanish Lessons	10:00am
Dance Party - DJ	10:30am
Sit and Workout	10:30am
Computer Club	1:00pm
Ukulele Lessons	1:00pm
Ballroom Dance Lessons	2:00pm

### WEDNESDAYS

3 Mile Hike	8:15am
Advanced Western Line Dancing	9:00am
Stained Glass	9:30am
Ballroom Dance (to live music)	10:45am
Computer Club	1:00pm
*Current Affairs	1:00pm
Beginning Western Line Dancing	1:00pm
BINGO	1:10pm
Intermediate Western Line Dancing	2:00pm
*TaiChi	3:30pm
*Qi Gong: Gentle Meditative Exercises.	4:30pm

### THURSDAYS

Fun & Fitness Exercise	9:00am
Softball	9:30am
Creative Writing	10:00am
*Yoga	10:15am
Pedro	12:00pm
*Oil/Acrylic Painting	12:30pm
Ballroom Line Dancing	1:00pm
Thursday Night BINGO	5:00pm

(conducted by Non-Profit Nutrition Site Council)

### FRIDAYS

3 Mile Hike	8:15am
Knitting	9:00am
Movie (1st Friday)	9:30am
Zumba Gold	10:00am
Music Sing Along (One Friday per month)	11:00am
Gardening Group	11:00am
Computer Club	1:00pm
Bridge	1:00pm
BINGO	1:10pm
Ping Pong	1:30pm

San Mateo Adult Education Programs Held at San Bruno Senior Center. All seniors (50+) are invited to participate in all classes. Co-sponsored with San Mateo Union High School District. There is a nominal fee for the below co-sponsored programs.

\*Sponsored by San Mateo Adult Education

Class	Instructor	Day	Times
Ceramics	Ann Grannis	M	12:30pm
Pilates	Stephanie Funk	M	3:30pm
Yoga for Health	Christine Salah	M	4:30pm
Current Affairs	Tim Simmers	W	1-2:30pm
Tai Chi	Deborah Ah	W	3:30pm
Qi Gong	Sharon Kuusisto	W	4:30pm
Yoga	Daniela Scott	Th	10:15-11:15am
Painting	Jeri McGovern	Th	1:00-4:00pm

Individual Class Fees range from free to \$6 per class. Adult Education Classes: \$39 Class Card per course for 65+. \$59 Class Card per course for 50-64 years. Painting and Ceramic classes are \$65 per session. Current Affairs class is \$41.

### Daily Drop In Activities

Puzzles	Friday afternoon Bridge Club
Cards	Weekly Pedro Tournaments
Pool Tables	

Lunch & Transportation programs sponsored in part by San Mateo County Area Agency on Aging.

### AARP Smart Driver Refresher Course

8:30am-12:30pm      October 13, 2016

AARP & San Bruno Senior Center sponsor a safe driving class for adults 50 and over. The cost is \$15 for AARP Members and \$20 for Non-AARP Members for this 4-hour session. Call the Senior Center to register.