

November 2016 Lunch Menu

Mon	Tue	Wed	Thu	Fri
	1 CHICKEN CACCIATORE	2 RAVIOLI BAKE	3 HAM & POTATOES	4 WANNETTA'S 100TH BIRTHDAY LIDIA'S BAKED SALMON
7 MEATLOAF & MASHED POTATOES	8 CHICKEN POT PIE	9 MEATBALL SANDWICH	10 CHICKEN MARSALA	11 CLOSED VETERANS DAY
14 PORK TAMALES	15 TUNA SANDWICH AND SOUP	16 PORK SPARE RIBS WITH BARBECUE SAUCE	17 CHICKEN ENCHILADAS	18 THANKSGIVING PARTY LIDIA'S TURKEY LUNCH
21 SPAGHETTI & MEATBALLS	22 LIDIA'S TILAPIA AND POTATOES AU GRATIN	23 SPINACH & CHEESE MANICOTTI	24 CLOSED HAPPY THANKSGIVING	25 CLOSED HAPPY THANKSGIVING
28 LIDIA'S CHICKEN WITH BARBECUE SAUCE	29 BEEF LASAGNA	30 TURKEY STUFFED BELL PEPPERS		

Aging and Adult Services from the County of San Mateo requires that all people under the age of 60 (including caregivers) pay a \$5.50 charge for lunch.

Enjoy Music Before Lunch

Mondays and Wednesdays

Bob Gutierrez Band

Tuesdays

DJ Joe Sheldon

Thursdays

Vince Mantia's Accordion Dance Music

Fridays

11/4 Capuchino String Ensemble & 11/18 Ron Borelli Trio

Meals served Monday through Friday at Noon for a suggested donation of \$3.00 for people who are 60+

The San Bruno Senior Center Newsletter

November 2016



Thanksgiving Party Friday, November 18
10:30 am - 1:00pm

Dancing to the Ron Borelli Trio plus a turkey lunch with all the fixings. *Suggested Donation: \$6.00. Tickets at the reception desk. NO Bingo today*

Demo on Android, Windows & Microsoft Phones

Thursday, November 3 1:00 - 3:00 pm The Computer Club will teach this free class.

The Capuchino String Ensemble will play for us on **Friday, Nov. 4 at 11 am.**

Central Coast Energy Services Table Wednesday, November 9 10:00 am - Noon

Some income levels can qualify for a credit up to \$307 on your PG&E bill. Bring your latest PG&E bill and income information and a representative will help you apply.

Brain Games Monday, November 21 10:30 am Join Leah for 45 minutes of brain teasers, tricks and trainers to test your skills and get those neurons working.

Senior Citizens Advisory Board

Bill Goff, Chair	Bill Hayes
Flori Green, Vice Chair	Karen Hornung
Dorothy Carmichael	Ken Kreisel
Ellen Donnelly	Barbara Luzaich

"Make the Most of Your Doctor Visits" plus Preventing Problems with Medications Monday, November 14 10:30 am
Janel Jurosky from Mills Peninsula will discuss these topics in this free class.

Art Appreciation Class Monday, November 28 12:45 - 2:00 pm

This month's topic with Linda Dever will be Palaces & Royalty Art collections.

"Diabetes: Taking Control" Presentation Wednesday, November 30 10:30 am Come to this free session and learn how you can have better blood sugar control. Controlling blood sugar may help reduce your risk of diabetes-related complications.

Big Bingo will be held on **Wednesday, November 9 and 30** this month. We will be **closed on November 11, 24 & 25.**

Senior Center Staff

Kerry Burns Community Services Director 650.616.7181	Danielle Brewer Community Services Superintendent 650.616.7182
Mary Tessier Supervisor: Recreation Programs 650.616.7152	Gloria Deeter Supervisor: Nutrition Program 650.616.7154
Leah Madonich Coordinator: Information & Referral 650.616.7155	Wendy Mines San Bruno Non-Profit Nutrition Site Council 650.616.7151



San Bruno Senior Center
1555 Crystal Springs Road
San Bruno, CA 94066

650.616.7150
www.sanbruno.ca.gov
Open Monday-Friday

November 2016 Activities

Sun	Mon	Tue	Wed	Thu	Fri
Computer Club M-F: 1-3 pm: computer time for members. Supervised lessons: (M & W: 1 - 3 pm)	Library We have a lend- ing library with paper & hard- back books & some movies	1 11:30 Bocce	2 8:15 Hike 9:00 Horseshoes 11:00 Pickleball 1:10 BINGO	3 9:30 Softball 12:30 Pedro 1:00 Demo on An- droid, Windows & Microsoft Phones 5:00 BINGO	4 8:15 Hike 9:30 Movie: "Race" 11:00 Capuchino String Ensemble 1:10 BINGO 1:30 Ping Pong
6 1:00-4:00 Western Line Dancing \$5	7 8:15 Hike 9:00 Bocce 10:30 Book Club 1:10 BINGO	8 11:30 Bocce	9 8:15 Hike 9:00 Horseshoes 10:00 Central Coast Energy Services Table 11:00 Pickleball 1:10 <u>BIG</u> BINGO	10 9:30 Softball 12:30 Pedro 5:00 BINGO	11 CLOSED VETERANS DAY
13	14 8:15 Hike 9:00 Bocce 10:30 Health Presentation: "Make the Most of Your Doctor Visits" 1:10 BINGO	15 9:00 Senior Advisory Board Meeting 11:30 Bocce 6:00 pm Birthday Dinner at Garden Club in SSF. \$20	16 8:15 Hike 9:30 Horseshoes 11:00 Pickleball 1:10 BINGO	17 9:30 Softball 12:30 Pedro 5:00 BINGO	18 8:15 Hike 9:30 BP/Glucose 10:30 Thanksgiving Party 11:15 Nutrition Talk 1:10 <u>NO</u> BINGO 1:30 Ping Pong
20 1:00-3:30 Ballroom Dance with live music! \$5	21 8:15 Hike 9:00 Bocce 10:30 Brain Teasers with Leah 1:10 BINGO	22 11:30 Bocce	23 8:15 Hike 9:00 Horseshoes 11:00 Pickleball 1:10 BINGO	24 CLOSED HAPPY THANKSGIVING	25 CLOSED HAPPY THANKSGIVING
27 1:00-3:30 Ballroom Dance with live music! \$5	28 8:15 Hike 9:00 Bocce 12:45 Art Appreci- ation Class 1:10 BINGO	29 11:30 Bocce	30 8:15 Hike 9:00 Horseshoes 10:30 Diabetes: "Taking Control" 11:00 Pickleball 1:10 <u>BIG</u> BINGO	Drop-In Activities Billiards, Puzzle, Cards, Friday Afternoon Bridge	

Services and Resources

CALL 211- Confidential information on a variety of social Services.	211
County Adult Protective Services/Meals on Wheels/Redi-Wheels	1.800.675.8437
Health Insurance Counseling and Advocacy (HICAP)	1.800.434-0222
Year Round Home Repairs	650.366-6597
HIP Housing Homesharing/Housemate finding service	650.348.6660
Family Services Agency Employment Opportunities	650.403.4300 ext 4369

November 2016 Classes

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:30 Ceramics 9:30 Zumba Gold \$4/\$5 * 12:20 Int. Tap & 1:20 Beg Tap \$4/ \$5 * 2:00 Karaoke \$5/\$6 * 2:15 Yoga <u>New</u> Class 3:30 Pilates 4:30 Yoga	9:00 Fun & Fitness Exercise \$3/\$3.50 10:00 Spanish 10:30 Sit & Work Out \$5 12:30 Beginner Line Dance \$3/\$3.50 * 1:00 Ukulele lessons \$3/\$3.50 * 2:00 Ballroom Dance \$2/\$2.50 * FoxTrot: Slow- Quick-Quick Timing	9:00 Advanced Line Dance \$3/\$3.50 * 9:30 Stained Glass \$5 per month 11:00 Pickleball at the Gym <u>American Line Dance -</u> <u>Western</u> \$3/\$3.50 * 12:30 Beginner review 1:00 Level 1 2:00 Level 2 1:00 Current Events 3:30 Tai Chi	9:00 Fun & Fitness Exercise \$3/\$3.50 10:00 Creative Writing 10:15 Yoga 1:00 Oil and Acrylic Painting 1:00 American Line Dancing - Ballroom \$3/\$3.50 *	9:30 Knitting 10:00 Zumba Gold \$4/\$5 * 11:00 Gardening Group 1:30 "The Presi- dential Election" \$1 * (San Bruno Resident Rate/Non-San Bruno Resident Rate)
Classes in bold are sponsored by San Mateo Adult School		Fees: Age 65+: \$38 per session, with the exception of Painting & Ceramics, which are \$65 per session.	Age 50-64: \$59 per class per 16-week session and \$85 for Painting & Ceramics. \$6.00 Guest Fee	Visit www.smace.org/ registration.html to print a registration form or call (650) 558-2100

Movie: Friday, November 4th at 9:30 am: "Race" While Hitler saw the 1936 Berlin Olympics as an opportunity to demonstrate Aryan supremacy, one African-American man - Jesse Owens - shattered that dream with a display of athleticism that resulted in four gold medals. This film tells his story.

Trips

Casino Day Trips: No Casino Day Trips until February 2017	Dorothy Carmichael, 1901 Evergreen Drive, SB 94066 650-588-8375	<u>Agatha Christie's</u> "Murder on the Nile" at Mercy High School in SF. Thursday, Nov 10 \$5 plus lunch money. Play followed by lunch at Stonestown. Depart from Senior Center at 9:30 am. Escort: Mary 616-7150	<u>Southern Charm</u> April 30, 2017 - 9 days Charleston, Savannah & Jekyll Island Contact: Bill Goff 650- 583-4499
Shows and Tours: <u>Holiday Sweets and</u> <u>Goodies</u> Fri Dec 9 \$61 WAIT LIST Escort: Dorothy Carmichael	<u>Jesus Christ Superstar</u> Sun Jan 29, 2017 \$124 Brunch at the Zephyr Grill followed by the musical in Livermore. Escort: Marilyn Levene These trips and plays leave from Magnolia & Library in Millbrae	<u>Extended Trips</u> <u>Tropical Costa Rica</u> Feb 20, 2017 - 9 days	<u>Reno Holiday Overnight</u> Dec. 4-5, 2016 Stay at the Eldorado plus "Miracle on 34th Street" The Musical. Price: \$187 Dbl; \$222 Single. Contact: June Wydler 650-355-1748 or 650-451-2501
<u>A Day at Golden Gate</u> <u>Fields</u> Fri Nov 11 \$86 Fundraiser for AARP Make Checks payable to AARP #2895 Send to:			