JUNE 2021

SENIOR CENTER NEWSLETTER

A MESSAGE FROM YOUR COMMUNITY SERVICES STAFF

Happy summer to all of our San Bruno Senior Center friends. Welcome to another newsletter from your friendly staff here at the Center. We hope you have been enjoying the virtual activities these past few months. This month there are some in person outdoor programs happening, including an awesome dance party to celebrate Father's Day and usher in the summer. We also included another recipe from Fabi's Kitchen - Salmon this time! We know how you love salmon. If you prepare the recipe, please let us know how you liked it. With California's announcement of the Beyond the Blueprint plan, we hope to open the Center later this summer. Staff is working diligently on a plan to welcome everyone back safely. Please be on the lookout for more information regarding the reopening. In the meantime, we hope to see you at the dance party!

Community Services Staff

Father's Day Dance Party
with Have A Party Pros

Friday, June 18
2:30 – 4:00pm
Senior Center Parking Lot

Celebrate Dads with a fun dance party! Join Joe and Kathy for an exciting parking lot event you don't want to miss! They will play music for your listening and dancing pleasure. Light snacks and a treat for everyone.

Pre-registration is mandatory. No drop-ins allowed. Call the Senior Center at 650-616-7150 by June 11 to register. Space is limited. Please park in the lot across the street for this event.

Zoom BINGO

We know you've been missing BINGO! You can pick up BINGO papers from the Senior Center prior to the event and then sign on to Zoom on the scheduled date. There will be small gift prizes for winners. This is a free events and no money will be exchanged for prizes. Questions? Call 650-616 -7150. Sponsored by the San Bruno Nutrition Site Council Non-Profit.

Thursday, June 24 — 2:00-3:15pm
Pick up your BINGO pack at the Senior Center on 6/22 or 6/23 from 11:30am– 12:30pm
Join Zoom BINGO:
Meeting ID: 966 8809 8174
Passcode: Bingo

Be Healthy Be Fit with Kathy Schmidt

Every Wednesday morning at Noon & Friday mornings at 11:00 am
This class used to be called Sit and Be Fit. Exercises for Healthy Joints. Movement and stretches for beginners, seated or standing holding onto a sturdy chair.
Join the Zoom Class
Meeting ID: 971 9767 4727

Zumba Gold with Kathy Schmidt

Every Friday morning through June 25!
9:45-10:45am
Friday's are for Fun! Enjoy this great workout to fun and lively music!
Meeting ID: 944 3672 5930

Fun and Fitness Kathy Schmidt

Every Wednesday morning at 9:45-10:30am
This is a low impact class with music from the 40's to today!
Join the Zoom Class
Meeting ID: 944 3672 5930

ZOOM OUTBURST

Tuesday, June 29 — 2:00–3:00pm
Outburst is a game of lists that will get you on the edge of your seat as players write out words to match as many top 10 answers that are on the card while the timer ticks down. Come prepared with pencil and paper to play this fun game with staff.

Join the Zoom Meeting
Meeting ID: 915 9607 6582
Passcode: outburst

CALIFORNIANS,

When Do You Need Your Mask?

The following masking guidance will be in effect until June 15 when California aims to fully reopen the economy.*

Out in Public

Everyone

Wear a mask indoors in public places (unless you're eating or drinking).

Wear a mask at all times on public transportation.

Wear a mask in indoor and outdoor crowded places such as concerts, parades, sporting events, fairs, etc.

If you can maintain physical distance from others, you may go unmasked outdoors.

**This guidance does not apply to healthcare settings.*

†You are fully vaccinated two weeks or more after your second dose of Pfizer/Moderna or two weeks after your single dose of the J&J vaccine.

Indoors at Home

If You are Fully Vaccinated†...

You may go unmasked if everyone is vaccinated.

You may go unmasked if those who are unvaccinated are members of a single household, and also at low risk for severe COVID-19 disease.

Wear a mask if anyone present is both unvaccinated and at high risk for severe COVID-19 disease.

If You are Not Vaccinated...

Wear a mask if those who are unvaccinated are from two or more different households (e.g., children from two or more different households).

You may go unmasked if those who are unvaccinated are members of a single household.

Please see our complete Guidance for the Use of Face Coverings at cdph.ca.gov for more information.

CDPH California Department of Public Health

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We Have Zoomed On!

Undaunted by the pandemic, The Crystal Springs Creative Writers (San Bruno Senior Center) have been pursuing their craft. Since March 2020, the group has met via Zoom each Thursday to read and critique their memoirs, pieces of fiction, poetry, and essays on current events. They have been able to share and improve their writing while relishing the convivial companionship of their fellow writers and, as an additional benefit, developed their Zoom skills.

FROM FABI'S KITCHEN

Pan Seared Salmon with Peach and Corn Salsa

Serves 6

INGREDIENTS

6 salmon filets (4 oz each skin skin-on)
Olive oil
salt and pepper to season the fish

For the Salsa:

3 medium peaches, diced (make sure peaches are ripe but not squishy)
1/2 red bell pepper, diced
½ - 1 cup cooked fresh corn kernels (you can also use thawed frozen corn or canned)
1/3 cup diced red onion
1/2 cup minced cilantro
Juice from 1 lime
1 minced jalapeño (optional)
1/2 teaspoon sea salt and pepper (more to taste)

Mix all the salsa ingredients together in a medium-sized bowl. The salsa is best if you let it sit for about 15 minutes but it can be eaten right away if you are in a hurry.

For the salmon - using a large skillet, heat 1 tablespoon oil over medium-high heat until it shimmers. Add salmon fillets skin-side down and let cook for 3 minutes, until the skin is crisp. Reduce the heat to medium, flip the fillets over and cook 2 to 4 minutes more. Allow it to rest for a few minutes and then serve with the salsa. You can sub in diced pineapple, cucumber, plums, or grapes instead of the peaches and corn.

Myth Busters: 6 Common Misconceptions About Nutrition as We Age

To help provide clarity on how older adults can achieve nutrition goals, Hogan busts some common myths on healthy eating habits for individuals 65 and older.

Myth: Older adults must eat three "proper meals" a day.
Fact: Caloric needs vary from person to person. Eating three full meals a day can sometimes be a struggle for older adults who experience a loss of appetite or find cooking time consuming. Pre-packaged meals or convenience dishes such as frozen vegetables can often do the trick. If three meals are too many, consider swapping them for five or six healthy snacks throughout the day.

Myth: All hydration needs to come from fluids.
Fact: Staying hydrated is vital for health, but some older adults can struggle to get the appropriate amount of water. While water is the best source of hydration, consuming water-rich foods like watermelon, lettuce, peaches, tomatoes or strawberries can be a great supplement.

Myth: Supplements are sufficient on their own.
Fact: Dietary supplements are often seen as a quick way to get your daily vitamins and minerals in, but the best way to receive nutrients is through the food we eat. For older adults who have difficulty eating a variety of foods, talk with a doctor about the best approach.

Myth: Low-sodium or low-fat diets are better for everyone.
Fact: Despite popular beliefs, a low-fat diet or low-sodium diet isn't always the best. Unless an older adult has certain health conditions, such as high blood pressure, eliminating salt can make food unappetizing and lead to missed meals. Meanwhile, fat is an important source of calories and something that's especially important for aging adults who struggle to keep weight on. It's all about moderation. Before making any extreme changes to diet, consult a physician.

Myth: Older adults don't need as much protein as younger generations.
Fact: Older adults need *more* protein than adults under the age of 65. Proteins — lean meats, poultry, fish and eggs — should form the center of a meal. The food group is vital to keeping bones and organs healthy, as well as the immune system functioning well.

Myth: We don't need to worry about nutrition in our later years.
Fact: A healthy lifestyle should be pursued at every stage of life. The National Council on Aging recommends older adults eat a variety of foods, including lean proteins, fruits and vegetables, whole grains and low-fat dairy. It's alright for older adults to occasionally enjoy guilty pleasures, so long as their diet is balanced with healthy options as well.

Pillars of Brain Health

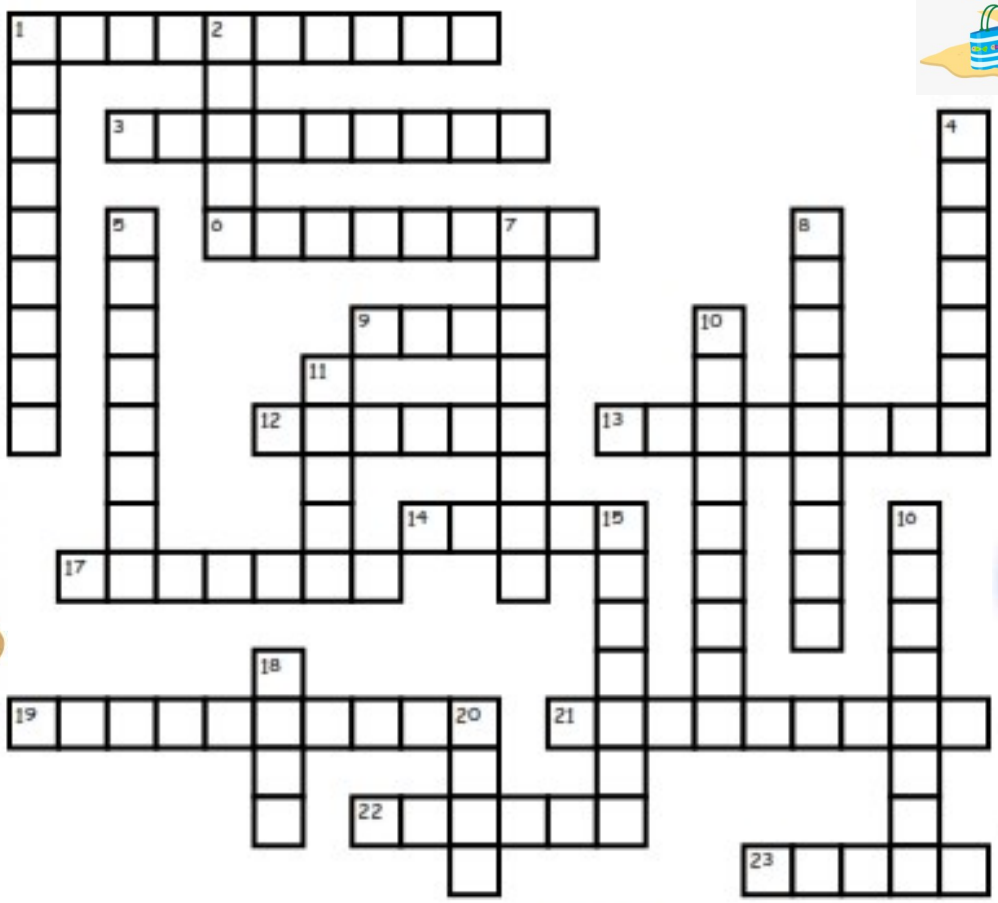
Your brain is the most complex, essential organ in your body, and as you age, it becomes especially important to support it as best you can. Take a look at these six tips for a few ways to help your brain stay as healthy as possible.

Get Active	Eat to Think	Hit the Hay
People who exercise are less likely to develop Alzheimer's and other forms of dementia due to increased blood flow to the brain. Try to get 30-60 minutes of exercise a few times each week to keep your body (and brain) in peak condition!	Studies show that a diet low in fat and rich in antioxidants can significantly reduce the occurrence of cognitive decline. Include fish, nuts and a variety of whole grains in your daily meals to keep your brain happy and healthy!	Sleep plays a vital role in supporting and sustaining optimal brain function. Getting seven to nine consecutive hours of restful sleep every night will help your brain consolidate and store your memories effectively, keeping it running at top speed!
Trash the Ash	**Stay Social**	**Live and Learn**
Any substance that alters our mood, such as alcohol and nicotine, can also impair our thinking by limiting our focus, memory and attention. Quit smoking and limit your alcohol intake to avoid these negative impacts on your overall brain health!	Studies show that older adults who are socially active are less likely to experience cognitive change. Finding ways to connect with loved ones and friends can help keep loneliness and stress at bay, two factors linked with memory loss.	Learning new things causes your brain to strengthen the connection between brain cells, and may even help to create new ones! Challenge your mind by doing a puzzle, playing strategic games (like cards) or learning a new language or skill.

Brain Teaser for Brain Health

stand I	man board	cover agent	wear long
CHAIR	TIRE	T O W N	R R O O A D D S S

Summer Fun at the Beach



Across

1. something you build at the beach
3. wood walkway with rides, games, shops and food
6. something you buy to remember your trip
9. a flying toy that's fun to use at the beach
12. place to keep food and drinks cold
13. something that floats that uses the wind's power
14. small sea creatures with pincher claws
17. a type of bird seen at the beach
19. worn to protect eyes from the sun's glare
21. a lotion that protects your skin from the sun
22. you get this by laying in the sun
23. salty water with waves

Down

1. pretty things you find on the beach
2. sea creature,has shell,find by digging for them
4. a cloth you can lay on at the beach
5. a cool drink for a hot day at the beach
7. frozen treat, eat before it melts!
8. large object used to ride the waves
10. beach shoes
11. dries you when you come out of the water
15. what you get if you stay in the sun too long
16. makes shade for you at the beach
18. another name for a bucket
20. very tiny tan grains of rocks on the beach

Summer Fun Word Search

BARBECUE
BATHINGSUIT
BEACH BOAT
CAR TRIP
CHALK
FAMILY
FIREFLIES
FIREWORKS
FRIENDS
FUN
GAMES
ICE CREAM
LEMONADE
PARTY
PICNIC
POOL
SUNGLASSES
SUNSHINE
SWIM
TOWEL
VACATION
VOLLEYBALL
ZOO

L	F	I	R	E	F	L	I	E	S	S	D	M	V	E
L	E	S	O	O	Z	I	S	A	E	U	A	Y	A	N
A	Q	W	H	K	K	N	R	S	Y	E	X	T	C	I
B	D	I	O	L	B	M	S	E	R	F	P	R	A	H
Y	R	M	A	T	I	A	B	C	W	I	J	A	T	S
E	Q	H	I	Q	L	A	E	V	C	O	I	P	I	N
L	C	I	S	G	R	C	T	N	K	F	R	X	O	U
L	C	O	N	B	I	K	I	F	V	A	U	K	N	S
O	G	U	E	F	B	C	F	R	R	M	Z	U	S	H
V	S	C	G	T	I	U	S	G	N	I	H	T	A	B
K	U	C	A	R	T	R	I	P	L	L	E	N	S	Q
E	G	A	M	E	S	E	L	B	O	Y	Y	N	U	X
H	C	A	E	B	Y	O	O	P	X	O	B	E	D	F
D	S	B	G	E	D	A	N	O	M	E	L	S	N	S
C	Z	H	U	R	T	J	E	M	T	C	K	Q	X	Z

PUZZLE ANSWERS

Summer Fun at the Beach Answers

Across
1. Sandcastle
3. Boardwalk
6. Soubenir
9. Kite
12. Cooler
13. Sailboat
14. Crabs
17. Seagull
19. Sunglasses
21. Sunscreen
22. Suntan
23. Ocean

Down
1. Seashells
2. Clams
4. Blanket
5. Lemonade
7. Ice cream
8. Surfboard
10. Flip flops
11. Towel
15. Sun burn
16. Umbrella
18. Pail
20. Sand

Brain Teaser for Brain Health Answers
I Understand
Man Overboard
Undercover Agent
Long Underwear
High Chair
Flat Tire
Downtown
Crossroads