

March 2020 Lunch Menu

Mon	Tue	Wed	Thu	Fri
2 Pork Roast with Applesauce Mashed Potatoes	3 <u>"Mardi Gras"</u> Chicken & Andouille Jambalaya	4 Turkey Stuffed Bell Peppers	5 Beef Hot Dog with Turkey Chili	6 Eggplant Parmesan Bake w/ Pesto Pasta
9 Korean Ground Beef Steamed Rice	10 Chicken Mozzarella Spaghetti Pasta	11 Salisbury Steak with Mushroom Gravy Mashed Potatoes	12 BBQ Glazed Chicken Potato Salad	13 <u>Lidia's</u> Veggie Frittata Roasted Potatoes
16 Baked Cod Orzo with Pesto	17 <u>Lidia's</u> <u>St. Patrick's Day</u> <u>Party</u> Corned Beef & Cabbage	18 Chicken with Tomato Salsa Mexican Rice	19 Orange Chicken Steamed Rice	20 Shrimp Alfredo
23 Meatloaf Mashed Potatoes	24 Chicken Spinach Asiago Sausage Penne Pasta	25 Pork Spare Ribs w/ BBQ Sauce Baked Beans	26 <u>Lidia's</u> Turkey Sandwich & Lentil Soup	27 Battered Fish Rice Pilaf Coleslaw
30 Spaghetti & Meatballs	31 Roasted Salmon Herb Rice Pilaf	Meals served Monday through Friday at Noon for a suggested donation of \$3.00 for people who are 60+ and registered in the lunch program and \$5.50 fee for people under 60. The suggested donation for parties varies. The program is funded in part by the Older Americans Act. No eligible Individual shall be denied participation because of failure or inability to contribute. The menu is subject to change.		

Enjoy Music Before Lunch

Mondays and Wednesdays

Bob Gutierrez Band

Tuesdays

DJ Joe Sheldon

Thursdays

Vince Mantia's Accordion Music

Fridays

3/13 Eric Shifrin and 3/20 Dave Crimmen

March 2020 Activities

Sun	Mon	Tue	Wed	Thu	Fri
1 1:00 - 4:00 Western Line Dance \$7	2 8:15 Hike 9:00 Bocce 10:30 Book Club 11:00 Pickleball 1:10 Bingo	3 11:00 Library Services 11:30 Bocce	4 8:15 Hike 9:30 Horseshoes 11:00 Pickleball 1:10 BINGO	5 9:30 Softball 12:30 Pedro 5:00 Bingo	6 8:15 Hike 9:30 Movie: "The Lion King" 1:00 Ping Pong 1:10 BINGO
8	9 8:15 Hike 9:00 Bocce 10:30 Book Club 11:00 Pickleball 1:10 Bingo	10 11:30 Bocce	11 8:15 Hike 9:30 Horseshoes 11:00 Pickleball 1:10 BIG BINGO	12 9:30 Softball 12:30 Pedro 5:00 Bingo	13 8:15 Hike 10:30 Paper Crafts 11:15 Eric Shifrin Piano 1:00 Ping Pong 1:10 BINGO
15 1:00 - 3:30 Ballroom Dance with live music! \$5	16 8:15 Hike 9:00 Bocce 11:00 Pickleball 1:10 Bingo 3:30 Chair Yoga	17 10:30 St. Patrick's Party 6:00 Birthday Dinner at Garden Club in SSF \$24	18 8:15 Hike 9:30 Horseshoes 11:00 Pickleball 1:10 BINGO	19 9:30 Softball 12:30 Pedro 1:00 Windows 10 Software Demo 5:00 Bingo	20 8:15 Hike 11:15 Dave Crimmen Music 1:00 Ping Pong 1:10 BINGO
22	23 8:15 Hike 9:00 Bocce 11:00 Pickleball 1:10 Bingo	24 11:30 Bocce	25 8:15 Hike 9:30 Horseshoes 11:00 Pickleball 1:10 BINGO	26 9:30 Softball 12:30 Pedro 5:00 Bingo	27 8:15 Hike 9:00 - 11:00 Health Screening 1:00 Ping Pong 1:10 BIG BINGO
29 1:00 - 3:30 Ballroom Dance with live music! \$5	30 8:15 Hike 9:00 Bocce 11:00 Pickleball 1:10 BINGO	31 11:30 Bocce	Drop-In Activities Billiards, Puzzles, Cards, Mahjong, Friday Afternoon Bridge	Computer Club M-F: 1-3 pm: computer time for members. Supervised lessons: (M & W: 1 - 3 pm)	Library We have a lending library with paper & hardback books & some movies

Services and Resources

CALL 211- Confidential information on a variety of Social Services.	211
County Adult Protective Services	1-800-675-8437
Health Insurance Counseling and Advocacy (HICAP)	1-800-434-0222
Meals on Wheels	650-323-2022
HIP Housing Home sharing/Housemate finding service	650-348-6660
Redi-Wheels	650-366-4856

March 2020 Classes

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:00 - Noon Mahjong 9:00 - Noon Ceramics \$1 9:30 Zumba Gold \$4/\$5 * 10:30 Pickleball at the Gym \$2/\$3 * 12:20 Int. Tap & 1:20 Beg Tap \$5/ \$5.50 * 2:00 Karaoke \$5/\$6 * 2:15 Yoga 4:30 Yoga	9:15 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 \$3/\$3.50 * 2:00 Social Ballroom Dance Lessons \$2/\$2.50 * Cha Cha	9:00 Advanced Line Dance \$4/5 * 9:30 Stained Glass \$5 per month 10:30 Pickleball at the Gym \$2/\$3 * 12:20 Beginner West- ern Review w/ Dolly: no fee <u>American Line</u> <u>Dance</u> \$3/\$3.50 * 1:00 Level 1 2:00 Level 2 1:00 Current Events	9:00 Fun & Fitness Exercise \$3/\$3.50 * 10:00 Creative Writing 10:00 Hula Dance \$3/\$4 10:15 Yoga 12:30 Music & Motion 1:00 American Line Dance \$3/\$3.50 * 1:00 - 4:00 Painting Workshop \$1	9:30 Knitting 9:30 Crocheting 10:00 Zumba Gold \$4/\$5 * 11:00 Gardening Group 1:00 "Distinguished Americans" \$1 * (San Bruno Resident Rate/Non-San Bruno Resident Rate)
Classes in bold are sponsored by San Mateo Adult School (SMAS)	SMAS classes are \$50 per semester or \$8 Guest Fee Visit www.smace.org/reg_form.pdf	to print a registration form or call (650) 558-2100 789 E. Poplar Ave, San Mateo	For information to reserve the San Bruno Senior Center on weekends, contact Kelsey at 650.616.7189	

Movie: Friday March 6th at 9:30 am: "The Lion King" (2019)

From Disney Live Action, director Jon Favreau's all-new musical "The Lion King" journeys to the African savanna where a future king is born. Simba idolizes his father, King Mufasa, and takes to heart his won royal destiny. But not everyone in the kingdom celebrates the new cub's arrival. Movie Length: 1 Hour & 58 minutes

Trips

CASINO DAY TRIPS <u>Graton</u> Monday, April 13 \$36 <u>Cache Creek</u> Monday, June 8 \$36	Old Spaghetti Factory & time at Hiller Aviation. Escort: Dorothy Carmi- chael 650-616-7150 "9 to 5 The Musical" at <u>Leshner Theatre</u> Sunday, April 19 \$126 Lunch at Skipolini's Pizza & Pasta followed by the play in Walnut Creek. Escort: Marilyn Levene 650-616-7150	Depart from Magnolia & Library in Millbrae <u>SF Youth Symphony at Davies Symphony Hall</u> Sunday, March 15 Includes concert, bus & a bag lunch. Price: \$20 Payable to "UPLSFS" Depart from the Senior Center at 12:15 pm	EXTENDED TRIPS: <u>Roaming Coastal Maine</u> August 23-29, 2020 \$3,299 Double <u>Autumn in Vermont</u> October 11-17, 2020 \$2,799 Double Contact: Bill Goff 650-583-4499
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