



# MAY MENU



Our congregate meal program is funded in part by the Older Americans Act and is intended for seniors 60 years and older. **The suggested contribution is \$3.00 per meal, and \$7.00 per meal on party days.** A meal will not be denied to any senior unable to give a contribution. Patrons aged 59 years and under must pay a fee of \$6.00. There is a limited number of meals for walk-ins. Some days we may reach capacity, so early arrival is recommended. The Lunch Desk is open 9:00am-12:00pm, Monday through Friday.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>28</b> Dishes with this symbol contain dairy Dishes with this symbol contain pork <i>Please be advised that all meals may have come in contact with dairy or pork, as they are prepared in a kitchen that uses both regularly.</i>	<b>29</b> 	<b>30</b> 	<b>1</b> Teriyaki Ginger Shrimp Rice Bowl Mushrooms & Tomatoes	<b>2</b> Fresh Roasted Turkey Mashed Potatoes & Gravy Carrots & Green Beans 
<b>5</b> Baked Salmon Lemon Butter Sauce Brown Rice Pilaf Cauliflower & Green Beans 	<b>6</b> BBQ Spiced Pork Loin Mashed Potatoes Broccoli & Carrots 	<b>7</b> Chicken Stir Fry Whole Grain Rice Mixed Asian Cabbage & Carrots	<b>8</b> Grilled Chicken Thigh Pasta Puttanesca w/Olive Oil, Capers, & Garlic Squash Medley	<b>9</b> Shredded Beef Enchiladas w/Spanish Rice and Black Beans, Peppers & Onions 
<b>12</b> Beef Tortellini Ragu Sauce Squash & Onions	<b>13</b> Chicken Marsala Brown Rice Mushrooms & Green Beans	<b>14 BIG BINGO</b> Turkey Meatloaf Mashed Potatoes & Gravy Broccoli & Carrots 	<b>15</b> Grilled English Whiting Fish Cous Cous Blue Lake Green Beans & Peppers 	<b>16 PARTY</b> Cheeseburger Housemade Chips Macaroni Salad Sliced Watermelon 
<b>19</b> Verde Chicken Burrito Spanish Rice Pinto Beans Peppers & Onions Corn Salsa	<b>20</b> Grilled Alaskan Cod Risotto Cabbage Salad Carrots & Peas 	<b>21</b> Beef Stew Mashed Potatoes & Gravy Green Bean, Onion, & Mushroom Medley 	<b>22</b> Oregano Brick Chicken Wheat Pasta Broccoli & Carrots	<b>23</b> Thai Basil Cashew Pork Curry Sauce Sticky Rice Corn & Peas 
<b>26 Sorry We're CLOSED</b> 	<b>27</b> Garlic Chicken over Pasta Broccoli & Carrots 	<b>28</b> Fish & Housemade Chips Coleslaw Green Bean, Carrot, & Tomato Salad 	<b>29</b> Baked BBQ Chicken Thighs Garlic Mashed Potatoes Broccoli & Carrots 	<b>30 BIG BINGO</b> Pork Pot Roast Roasted Potatoes Carrots, Celery, & Onions 

**San Bruno Residents:** reserve your meal one week in advance. Reservation forms are due no later than 12:00pm the Thursday prior to the following week, and are located at the Lunch and Front desks. Please be prepared to show San Bruno identification. **\*\*The menu is subject to change without notice\*\***

# SENIOR CENTER NEWSLETTER

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

## Senior Advisory Board Meeting

Tuesday, May 20 • 9:00am  
Senior Center Conference Room



## Origami - Fold, Create, Enjoy

Tuesday, May 13 • 1:00pm-2:30pm  
Discover the wonderful art of paper folding with **Lisa Yamashiro-Young**. No experience needed! Just bring your creativity and have fun while making beautiful designs.



## the Birthday of the Women's Army Corps

Wednesday, May 14 • 9:30am  
Step into a powerful story of service and sisterhood. In honor of the anniversary of the Women's Army Corps (WAC), we'll celebrate the courageous women who served in the U.S. military - those who paved the way with strength, dedication, and sacrifice. Come be a part of a meaningful morning of appreciation, shared stories, and camaraderie - with a special screening of **The Six Triple Eight** to follow.



## Escape Artist Book Club

Thursday, May 15 • 9:30am-10:30am

Join the **Escape Artist Book Club** for a lively discussion of "The Killers of a Certain Age" by Diana Rayborn.

## Exploring Ancient Cultures and Art

Monday, May 19 • 1:30pm-3:00pm  
Join **Linda Dever** on an adventure back to the past. Enjoy a lecture and a film. Masks are appreciated.

## Let's Talk About Death and Dying

Tuesday, May 20 • 1:30pm-3:00pm  
Explore life's big questions with **Patti Murad, LMFT**, in a thoughtful, **FREE** conversation about how we think about death, dying, and what gives life meaning. In this safe, supportive space, we'll delve into topics like: What do I want my final days to look like? How do I talk about death with my loved ones? What brings meaning to my life as I prepare for its eventual end? Let's reflect, share, and learn in community.

## Holiday Schedule

Monday, May 26 • Memorial Day  
*The Senior Center is closed. No programming will occur on this date.*

## Sound Bath Experience

Wednesday, May 21 • 10:30am-11:30am

A sound bath experience is a type of therapeutic practice where you are "immersed" in soothing sounds and vibrations, typically produced by instruments like gongs, singing bowls, chimes, tuning forks, and other resonant tools. The goal is to promote deep relaxation, mental clarity, and overall well-being. Join practitioner **Callista Shepherd Smith**, for this **FREE** experience!

## Healthy Living for your Brain & Body

Thursday, May 22 • 10:00am-11:00am

Learn how lifestyle choices - like diet, exercise, staying social, and keeping your brain active - can support healthy aging. This **FREE** talk from the **Alzheimer's Association** includes research-based tips and practical tools to help you build a plan for lifelong wellness.

## Benefits of Exercise

Tuesday, May 27 • 1:00pm -2:00pm

Join **Breathe California** of the Bay Area, Golden Gate and Central Coast, for an informative presentation on the physical and mental benefits of exercise - How to get motivated to move, and receive the benefits and independence exercise brings.

## Grief Support Group

Thursday, May 29 • 1:15pm-2:45pm

Bereavement Coordinator Delany Woo, LCSW, with **Mission Hospice & Home Care**, facilitates a grief support group the last Thursday of every month that is open to all. No advanced registration needed.

## POLE Walking for Balance & Mobility

Friday, May 30 • 9:00am-11:30am

Pole Walking is whole-body exercise! Learn and practice skills with **Jayah Faye Paley, AFAA & ACE**, to reduce fall risk and improve endurance, spine function, and posture. Register in advance at the Front Desk. Cost \$31R/ \$37NR



# CLASSES & PROGRAMS

<b>Monday</b>	8:15 am Hike (Free) 9:00 am Mahjong (Free) 9:00 am Ceramics Workshop (\$3) 9:30 am Drop-In Cornhole (Free) 1:00 pm Tap Class (\$5) 1:00 pm Bingo (\$3 Buy-in) 2:30 pm Pilates/Yoga Fusion ** 4:00 pm Gentle Yoga ** <b>**San Mateo Adult School, 5/5 - 7/14, NO CLASS 5/26</b>
<b>Tuesday</b>	9:30 am Zumba Gold (\$5 SB resident; \$6 non-resident) 10:00 am Spanish (Free) 10:45 am Sit & Workout (\$5) 12:45 pm Beg. Line Dancing (\$4 SB resident; \$4.50 non-resident) 1:00 pm Ukulele, 2-hour class (\$3 SB resident; \$3.50 non-resident)
<b>Wednesday</b>	8:15 am Hike (Free) 9:30 am Stained Glass Workshop (\$5 per month) 9:30 am Drop-In Cornhole (Free) <b>NOT ON WED 5/7</b> 12:30 pm Beginner Western Review w/Dolly (Free) 1:00 pm Bingo (\$3 Buy-in) 1:00 pm Hula (Free) 1:00 pm American Line Dance Level 1 (\$4 SB resident; \$5 non-resident) 2:00 pm American Line Dance Level 2 (\$4 SB resident; \$5 non-resident) 2:00 pm Beginner Pedro Lessons (Free)
<b>Thursday</b>	9:00 am Fun & Fitness Exercise (\$4 SB resident; \$5 non-resident) 10:00 am Creative Writing (Free) 10:15 am Yoga for Health <b>** San Mateo Adult School, 5/8 - 7/17, NO CLASS 6/19</b> 12:30 pm Pedro (\$3) 12:30 pm Music & Motion (Free) 1:00 pm Painting Workshop (\$1 Donation) 1:00 pm American Line Dancing (\$4 SB resident; \$5 non-resident)
<b>Friday</b>	8:15 am Hike (Free) 9:30 am Knitting & Crocheting, Drop-in Social Group (Free) 9:45 am Zumba Gold (\$5 SB resident; \$6 non-resident) 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 (\$6)

\*All San Mateo Adult School classes require preregistration on their website\*  
<https://sanmateoadulted.org/programs/active-adults/>

# LUNCHTIME ENTERTAINMENT

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

**Mondays and Wednesdays @ 10:45 am:** Bob Gutierrez Band  
**Tuesdays @ 10:30 am:** DJ Music with Joe Sheldon  
**Thursdays @ 11:30 am:** Accordion Music with Ron Borelli or Joe Simon  
**Friday 5/9 @ 11:30 am:** Bob Mateo  
**Friday 5/30 @ 11:30 am:** Great Tunes with Jerry Curiano

## SUNDAY DANCES

Join us on the 1st, 2nd, 3rd, and last Sunday every month for dancing, lessons, and refreshments.

**May 4**  
**1:00pm - 4:00pm**  
 Line Dance with  
 Jeanette Feinberg  
 \$7 per person

**May 11**  
**1:00pm - 4:00pm**  
 Social Line Dance Mixer  
 with Allen Isidro  
 \$10 per person

**May 18 & 25**  
**1:00pm - 3:30pm**  
 The Bob Gutierrez Band  
 Raoul & Akira's Legacy Dance  
 \$6 per person

### PARKING UPDATE



- **RED FIRE LANE**
  - Parking in the red fire-lane is **not permitted**. Citations will be issued, and information transmitted to the San Bruno Police Department. Further action, including ticketing and towing, may occur.
- **PARKING SPACE LINES**
  - Be courteous - parking on/over space lines, or taking up multiple spaces, doesn't leave enough parking for everyone!

### GAME ON: Tailgates & Tunes

Friday, May 16 • 10:30am-1:00pm



Calling all sports fans - time to suit up and celebrate! We're calling die-hard superfans and those just in it for the snacks & vibes...this promises to be the ultimate pre-game (or post-game...or no-game-at-all!) party you don't want to miss. **Wear your jersey, bring your A-game, and get ready to eat a juicy cheeseburger!** We'll have live music, great atmosphere, and a crowd full of champions - a.k.a. **YOU!** Please note, no Zumba, Bingo, Line Dance, or Ping Pong this day. Trust us, this party's gonna be a total touchdown.

## MOVIE SCREENING

"Hypnotic" Friday, May 30 • 9:30am

Determined to find his missing daughter, Austin detective Danny Rourke finds himself spiraling down a rabbit hole investigating a series of reality-bending crimes where he will ultimately call into question his most basic assumptions about everything and everyone in his world. Aided by Diana Cruz, a gifted psychic, Rourke simultaneously pursues and is pursued by a lethal specter -- the one man he believes holds the key to finding the missing girl -- only to discover more than he ever bargained for.

Movie description provided by Rotten Tomatoes. Rated R

