

# OUR SCENE

## SAN BRUNO SENIOR SERVICES NEWS

JULY 2025

### SENIOR ADVISORY BOARD MEETING

TUE • July 15 • 9:00am  
Senior Center Conference Room. All are welcome.

### HOLIDAY CLOSURE

We will be closed on  
Friday, July 4, 2025.

### SUMMER FUN FRIDAYS

Fridays through August!  
See page 3 for more info.

### CITY EVENTS

July 19 is Community Day at the RAC! See page 8 for details.



### JULY MENU

See pages 9 and 10 for details.



*Pictured: Fourth of July Party 2024*

## KEEPING OUR SCENE SIZZLING!

Summer is  **heating up** —and so is the fun here! Whether you're soaking up the sunshine during bocce, cooling off with a good book in the library, or just sharing laughs over lunch, there's something special happening here every day.

Keep an eye out this month for new programs, familiar favorites, and a few surprises along the way. Your energy and enthusiasm make this place shine.

See you around the Center,

**Meghan Rosin**  
Senior Services Manager

# OUR SCENE

## LUNCHTIME ENTERTAINMENT

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 Simoni  
**Friday 7/11 @ 11:30 am:** Bob Mateo  
**Friday 7/25 @ 11:30 am:** Jerry Curiano

## SUNDAY DANCES

Join us on most Sundays for dancing, lessons, and great fun!

**July 6**  
**1:00pm - 4:00pm**  
Line Dance with  
Jeanette Feinberg  
*\$7 per person*

**July 13**  
**1:00pm - 4:00pm**  
Social Line Dance Mixer  
with Allen Isidro  
*\$10 per person*

**July 20 & 27**  
**1:00pm - 3:30pm**  
The Bob Gutierrez Band  
Raoul & Akira's Legacy Dance  
*\$6 per person*

## ANNOUNCEMENTS

### NEW REGISTRATION PROCESS - AUG 1



Beginning August 1, 2025, the roll-out of our new registration process will begin. Instead of paying for classes with individual instructors, patrons will instead need to check-in and register/pay at the Front Desk. Alternately, we will now also be able to take credit card payments! More information will be released in July, so keep your eyes open.



**Thank you for your  
generous donation!**

Every dollar donated goes back into programs and services that make this place special!

**Qassim Moon**

### PARKING REMINDER

- **PARK BETWEEN  
THE LINES**



- Be courteous - parking on/over space lines, or taking up multiple spaces, doesn't leave enough parking for everyone!

# OUR SCENE

## SPECIALTY CLASSES & ACTIVITIES

### Origami - Fold, Create, Enjoy Tue., July 1 • 1:00pm-2:30pm

Discover the **art of paper folding** - no experience needed! Just bring your creativity, some origami paper and have fun while making beautiful designs.



*Pictured: Origami - Fold, Create, Enjoy*



### SUMMER FUN FRIDAYS are Here! Fridays • Through August 29

Get ready to bring your playful spirit—because this summer, **Fridays are all about you having FUN!** We're kicking off Summer Fun Fridays — a series of themed days filled with laughter, creativity, and community. Whether you go all out or just come to enjoy the atmosphere, everyone's welcome to join the fun.

Here's the fabulous Friday lineup:

- June 27 – Pajama Day
- July 3 – Western Day (Thu.) \*\*\*\*\*
- July 11 – Red, White, & Blue Day \*\*\*\*\*
- July 18 – Fancy Hat Day
- July 25 – Sports Fan Day
- August 1 – Silly Sock Day
- August 8 – Decade Day (Dress from your favorite era!)
- August 15 – Favorite Movie Character Day
- August 22 – Crazy Hair Day
- August 29 – Mismatch Day

No sign-up needed — just show up, dress up (if you like), and join in for some summer silliness! Let's make this summer memorable — one fun Friday at a time!

\*\*\*\* **NOTE CHANGE - July 3<sup>rd</sup> is WESTERN DAY \*\*\*\*\***

### Circle Dance July 7 and July 21 Mondays • 1:00pm-2:00pm

Step outside (onto our back deck) and into something special. Sacred circle folk dancing with **Friedel Cohen** offers a peaceful yet energizing experience you won't want to miss. This **FREE** class will occur the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month through August.



*Pictured: Example of Circle Dance*

## SPECIALTY CLASSES & ACTIVITIES



### Get APP-Y Tech Help Workshop Tue., July 8 • 1:00pm-2:00pm

Feeling a little lost when it comes to technology? Join **Peninsula Family Services** for a fun and helpful workshop designed to boost your tech confidence!

Each monthly hour long session will explore useful topics in an easy-to-understand way, like:

- How to use smartphones and tablets
- Downloading and using apps
- Online safety and privacy
- And more!

Come just once, or come every month—it's totally up to you! No registration required. Just drop in and get APP-Y with us!



### Meet Our Community Services Officer with San Bruno PD Wed., July 9 • 10:45am

Stay safe, smart, and connected. Come for a relaxed and informative chat with our Police Department's **Community Services Support Officer**. This open forum is your chance to ask questions, voice concerns, and pick up practical safety tips. As the first of an ongoing series, we'll dive into important topics like scam prevention, personal safety, and how to protect yourself from crime—because knowledge is power!

### Housing Readiness Info Session Thu., July 10 • 10:00am-11:30am

Struggling to find stable housing—or just want to be prepared? Come to this free, informal session with **HIP Housing** to learn about their Housing Readiness Program, designed to support San Mateo County residents in navigating the housing process.

You'll learn how to:

- Get help with applications
- Create a personalized housing plan
- Become "housing ready"
- Overcome common barriers

Services are available in English, Spanish, Tagalog, and Mandarin/Cantonese. Whether you need support now or are planning ahead, this is a great chance to explore your options.



### Learn How To Play Pedro!



Contact Terrie • (650) 616-7152

Are you interested in **learning** the card game PEDRO? Contact Program Coordinator Terrie Tomasello for more information!

## SPECIALTY CLASSES & ACTIVITIES

### Let's Talk About Death and Dying Tue., July 15 • 1:30pm-3:00pm

You're invited to explore life's big questions with **Patti Murad, LMFT**, in a thoughtful conversation about how we think about death, dying, and what gives *your* life meaning. In this safe, supportive space, you'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? Come as you are, bring your curiosity, and join a caring community of others ready to reflect, share, and grow together.

### Understanding Alzheimer's & Dementia Wed., July 16 • 10:00am-11:00am

Alzheimer's isn't a normal part of aging—it's a disease that affects memory, thinking, and behavior. Join a representative from the **Alzheimer's Association** to learn about the impact of Alzheimer's, how it differs from dementia, the stages and risk factors, and the latest resources, research, and treatments. Whether you're concerned about your own memory or a loved one's, this session offers helpful insights, support, and hope.

### Escape Artist Book Club

Thu., July 17 • 9:30am-10:30am

Join the **Escape Artist Book Club** for a lively discussion of "The Last Flight" by Julie Clark.



### Art Appreciation - Explore Past Cultures Mon., July 21 • 1:30pm-3:00pm







Join **Linda Dever** for a free lecture and a film covering Mexican art and temples. Masks are appreciated.

## SUMMER CORNHOLE TOURNAMENT

Tue., July 22 • 9:30am

Get ready for some friendly competition, lots of laughs, and the chance to become **Summertime Champs!** Whether you're a cornhole pro or just in it for the fun, this is your chance to join the action.

### Tournament Details:

-  **Teams:** 2-person teams – staff and patrons will pair up
-  **Format:** Double elimination (so you'll get at least two games!)
-  **Requirement:** Each team must include at least one senior
-  **Where:** Back Deck
-  **Team Drawing:** Tuesday, July 22, in the morning
-  **Sign Up Deadline:** Thursday, July 17 – Register at the Front Desk

Teams will be randomly drawn: This is a great way to meet someone new, cheer each other on, and maybe even learn a trick shot or two!

### Why Join?

- Bragging rights as the Summertime Champs
- Lots of laughs and light-hearted fun

Don't sit this one out—grab your spot and let's make it a summer to remember!

## SPECIALTY CLASSES & ACTIVITIES

### Sound Bath Experience

Wed., July 23 • 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!

### Monthly Grief Support Group

Thu., July 31 • 1:15pm-2:45pm

Grief is a journey you don't have to walk alone. Bereavement Coordinator **Delany Woo, LCSW**, with **Mission Hospice & Home Care**, facilitates this open, welcoming group—whether your loss is recent or from years past.

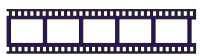
It's a safe space to share, listen, and heal at your own pace—no pressure, no expectations.

No registration needed—just come as you are.

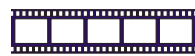
### Fall Prevention

Thu., July 24 • 10:30am

Falls are the leading cause of injury for older adults—but many can be prevented with the right tools and strategies. You're invited to join this FREE, hands-on Fall Prevention class with **Anson Wong, LVN**, designed especially for older adults. This isn't just a lecture—you'll actively participate, ask questions, and practice simple techniques to improve balance, strength, and safety. Whether you want to stay independent, feel more confident in your movements, or reduce your risk of falling, this friendly, interactive session will give you the knowledge and support you need.



## MOVIE SCREENING



"Wonka" • Fri., July 25 • 9:30am

Based on the extraordinary character at the center of Charlie and the Chocolate Factory, Roald Dahl's most iconic children's book and one of the best-selling children's books of all time, "Wonka" tells the wondrous story of how the world's greatest inventor, magician and chocolate-maker became the beloved Willy Wonka we know today.

*Movie description provided by Rotten Tomatoes. Rated PG-13*



# OUR SCENE

## WEEKLY CLASSES & PROGRAMS

<b>Monday</b>	8:15am 9:00am 9:00am 9:30am 1:00pm 1:00pm 1:00pm 2:30pm 4:00pm	Free Free \$3 Free Free \$5 \$3 Buy-In ** **	Hiking Mahjong Ceramics Workshop Drop-In Cornhole Sacred Circle Folkdancing (July 7 and July 21 only) Tap Class Bingo Pilates/Yoga Fusion ** Gentle Yoga ** <b>**San Mateo Adult School, 5/5 - 7/14, NO CLASS 5/26</b>
<b>Tuesday</b>	9:30am 9:30am 10:45am 12:45pm 1:00pm	\$5R/\$6NR Free \$5 \$4R/\$4.50NR \$3R/\$3.50NR	Zumba Gold <b>(NO CLASS 7/15)</b> Spanish Sit & Workout Beginning Line Dancing Ukulele, 2-hour class
<b>Wednesday</b>	8:15am 9:30am 9:30am 12:30pm 1:00pm 1:00pm 1:00pm 2:00pm	Free \$5 per month Free Free \$3 Buy-In Free \$4R/\$5NR \$4R/\$5NR	Hiking Stained Glass Workshop Drop-In Cornhole Beginner Western Review with Dolly Bingo Hula American Line Dance Level 1 American Line Dance Level 2
<b>Thursday</b>	9:00am 10:00am 10:15am 12:30pm 12:30pm 1:00pm 1:00pm	\$4R/\$5NR Free ** \$3 Free \$1 \$4R/\$5NR	Fun & Fitness Exercise Creative Writing Yoga for Health ** Pedro Music & Motion Painting Workshop American Line Dancing <b>** San Mateo Adult School, 5/8 - 7/17, NO CLASS 6/19</b>
<b>Friday</b>  <b>CLOSED 7/4</b>	8:15am 9:30am 9:45am 1:00pm 1:00pm 1:00pm 1:15pm	Free Free \$5R/\$6NR \$3 Buy-In Free Free \$6	Hiking Knitting & Crocheting, Drop-in Social Group Zumba Gold Bingo Ping Pong Bridge Drop-in Chair Yoga/Qi Gong Class

**\*All San Mateo Adult School classes require preregistration on their website\***

<https://sanmateoadulted.org/programs/active-adults/>

# OUR SCENE

## UPCOMING CITY EVENTS



**SAN BRUNO**  
*Community Day*  
**at the RAC**

July 19, 2025 | 12pm– 5pm  
Evening Concert Begins at 5pm



**FREE Community Event!**

Live Music | Food Trucks  
Additional Fees Apply | Local Vendors

Children's Activities & Inflatable Fun

Pool Games | Sports Competitions | & more!

*Recreation & Aquatic Center*  
251 City Park Way, San Bruno CA 94066

 [www.sanbruno.ca.gov/communityday](http://www.sanbruno.ca.gov/communityday) (650) 616-7180 

**Come one, come all** to the San Bruno Recreation and Aquatic Center for our biggest community celebration of the year! Join us on Saturday, July 19, 2025 from 12pm – 5pm, for Community Day—a no-admission-charge, family-friendly festival packed with fun. Stroll through a lively vendor marketplace, grab delicious bites from local food trucks, enjoy live entertainment, and take part in games and activities for all ages. This is your chance to connect with neighbors, support local businesses, and celebrate everything that makes San Bruno shine. No registration required—just bring your friends, family, and festive spirit! For more information, call (650) 616-7180



**SUMMER CONCERT SERIES**

Performances From  
**TALENTED LOCAL BANDS**

**FREE** ALL AGES WELCOME!

Music | Food | Drinks | Activities

San Bruno City Park  
251 City Park Way  
San Bruno, CA 94066

FRIDAYS IN  
**AUGUST**  
@ 6:00PM

For More Information  
[www.sanbruno.ca.gov/concerts](http://www.sanbruno.ca.gov/concerts)  
SBCS@sanbruno.ca.gov


















# OUR SCENE

## JULY 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
30	<b>1</b> Pesto Chicken Burger Wheat Bun Broccoli & Carrots	<b>2</b> Pesto Shrimp Rice Bowl served with Mushrooms & Tomatoes	<b>3</b> BBQ Pork Ribs Baked Beans Mac & Cheese Squash Medley  	<b>4</b>  <b>Sorry We're CLOSED</b>
<b>7</b> Baked Athens Chicken Thighs with Olive Tapenade Brown Rice Green Beans, Carrots	<b>8</b> Beef Sheppard Pie Polenta Cucumber, Tomato, and Garbanzo Bean Salad	<b>9</b> <b>BIG BINGO</b>	<b>10</b> Chicken Fried Steak Mashed Potatoes Gravy Peas, Corn, & Carrots 	<b>11</b> Mushroom Ravioli Primavera with Baked Chicken Squash & Peppers 
<b>14</b> Baked Salmon Brown Rice Blue Lake Green Beans & Carrots	<b>15</b> Baked Pork Loin with Sauvignon Blanc Cream Sauce Polenta Green Beans & Turnip	<b>16</b>  Beef Florentine Lasagna Garlic Wheat Bread Cabbage, Spinach, & Carrots	<b>17</b> Baked Garlic Chicken Brown Rice Squash & Green Bean Medley	<b>18</b> Beef & Mushroom Stroganoff Wheat Pasta Cabbage, Carrot, & Corn Medley 
<b>21</b>   Shrimp Louie Salad Blue Cheese Dressing Minestrone Soup	<b>22</b>  Beef Ravioli Marinara Arugula, Spinach, & Peppers Parmesan Cheese	<b>23</b> Grilled Shrimp & Penne Pasta Bake Light Marinara Sauce Broccoli & Mushrooms Provolone Cheese	<b>24</b>  Chicken Marsala Brown Rice Green Beans & Mushrooms	<b>25</b> <b>BIG BINGO</b> Rock Fish Vera Cruz Salsa Verde Sauce Spanish Brown Rice Green Beans & Red Onions
<b>28</b>  Baked Rock Fish with Lemon Caper Sauce Rice Pilaf Green Beans	<b>29</b>  Chicken Enchilada Casserole Spanish Rice Black Beans Cabbage & Peppers	<b>30</b> Sizzling Sesame Ginger Salmon Bento Brown Rice Zucchini Squash, Peppers, & Carrots	<b>31</b> Slow Braised Beef Sirloin Mashed Potatoes Broccoli & Carrots	 Dishes with this symbol contain dairy  Dishes with this symbol contain pork

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\*\***

# CONGREGATE LUNCH PROGRAM

## INFORMATION

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### STEP 1: REGISTER

- If you are **aged 60+**, fill out an intake form (available at the Front & Lunch Desks).
- Submit your completed intake form to the Lunch Desk.
- If you are aged **59 or younger**, you do not need an intake form.

### STEP 2: SIGN IN

- The Lunch Desk is open Mon-Fri, 9:00am - 12:00pm. Line up to sign-up and get your cup, silverware, and lunch mat.
- Provide the Lunch Desk attendant your first and last name.
- Initial next to your name in the correct day's column.
- If you are **59 or younger**, you will be added manually to the sign in sheet, and sign in there.

**All patrons must be present, and must sign in.**

### STEP 3: YOUR CONTRIBUTION MATTERS

- If you are aged **59 or younger**, the lunch fee is \$6.00.
- If you are **aged 60+** and have a valid intake form on file, the suggested contribution is \$3.

**Your contribution is vital to this program. It helps pay for staffing, admin, and items our grant doesn't cover. Thank you for supporting such an important program.**

### ADDITIONAL INFORMATION

- The Congregate Lunch Program\*\* is required to follow specific guidelines outlined by San Mateo County in order to receive funding. This includes:
  - Patrons must be present to sign in.
  - Patrons must eat their meal on-site (This is not a To-Go meal program).
  - Approval from Senior Services Manager is required for reasonable accommodations.

**\*\*OUR CONGREGATE LUNCH PROGRAM IS PARTLY FUNDED BY THE OLDER AMERICANS ACT.**

