

# OUR SCENE

## SAN BRUNO SENIOR SERVICES NEWS

AUGUST 2025

### SENIOR ADVISORY BOARD MEETING

TUE • Aug 19 • 9:00am  
Senior Center Conference Room. All are welcome.

### REGISTRATION PROCESS UPDATE

Beginning Aug 1, register for classes at Front Desk. See page 2 for details.

### NUTRITION PROGRAM FEE UPDATE

New fees effective Sep 1. See page 2 for details.

### SENIOR CITIZEN DAY - AUG 21

It's your day—you won't want to miss it! Something special is coming... see page 2 for details.



*Pictured: BBQ Party, July 3, 2025*

## STILL SIZZLIN' WITH SUMMER FUN

Though summer is winding down, the good times here are still going strong! From lively games of cornhole and bingo, to peaceful moments in the shade, there's no shortage of ways to stay active, connected, and joyful at the Senior Center.

**A quick reminder:** Beginning August 1 we are soft-launching our Service Desk! Patrons will need to register and pay for classes at the Front Desk with a Service Desk team member, rather than directly with the instructor. Full details are available at the Front Desk—feel free to stop by and ask questions.

Whether you're here every day or just dropping in, know that you're a valued part of our community. Let's make the most of these warm days—together.

**Meghan Rosin**  
Senior Services Manager

## ANNOUNCEMENTS

### NEW REGISTRATION PROCESS LAUNCHING AUG 1!



*Pictured: Service Desk Staff & Front Desk Volunteer at the Senior Center*

Starting Friday, August 1, we're soft-launching our new registration process for all classes, programs, activities, and leagues. Moving forward, **all payments** will be handled directly by a Service Desk staff member at the Front Desk. We will still be accepting cash and check, as well as credit card payments. For full details, check out the FAQ handouts available at the Front Desk and posted on the hallway bulletin board.

### NUTRITION PROGRAM FEE UPDATE EFFECTIVE SEP 1

Beginning September 1, 2025, there will be a modest increase to the Congregate Nutrition Program Fees.

Eligible adults 60+	Suggested Contribution	\$3 to \$4
Adults 59 and under	Fee	\$6 to \$8
Party	Fee	\$7 to \$9

This adjustment helps narrow the gap between rising food & program costs and available funding, while continuing to keep meals affordable for our community. For full details, please see the FAQs available at the Front Desk and in the hallway.



### CALL for VOLUNTEERS

Looking to **get involved** and **give back**? We're seeking new volunteers—could it be YOU!? Help us keep things running smoothly in roles that support Bingo, Freddie's Café, Kitchen Assistance, Pastry Table donation pickups, the Front Desk, and Lunch Desk. Interested? Submit a volunteer application at the Front Desk—we'd love to have you on board.



### SENIOR CITIZENS DAY THU., AUG 21

Celebrate National Senior Citizens Day with us—stop by for fun and a few surprises! It's your day, and we can't wait to say thank you with a little something special.

# 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 8/1 @ 11:30 am:** Bob Mateo  
**Friday 8/29 @ 11:30 am:** Jerry Curiano

## SUNDAY DANCES

Join us for dancing, lessons, and great fun.

**Aug. 3**  
**1:00pm - 4:00pm**  
Line Dance with  
Jeanette Feinberg  
\$7 per person

**Aug. 17 & 31**  
**1:00pm - 3:30pm**  
The Bob Gutierrez Band  
Raoul & Akira's Legacy Dance  
\$6 per person

**Aug. 10: CANCELLED**



**Thank you for your generous donation!**

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

**Reiko Ferry**

**Eudimilia Valverde**



**SUMMER FUN FRIDAYS are Here**  
**Fridays • Through Aug 29**

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

Here's the fabulous Friday lineup for August

- 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!



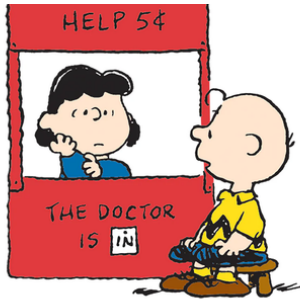
*Pictured: Pajama Friday, 2025*

## SPECIALTY CLASSES & ACTIVITIES

### Tech Help with Jacob the Expert Fridays • 1:30pm - 2:30pm

Need help with your smartphone, tablet, or other device? Swing by the lobby for **free one-on-one tech support from Jacob**—a local teen generously sharing his time and skills!

Whether it's sending photos, adjusting settings, or exploring apps, Jacob's here to help you feel more confident and connected. No appointment needed—just bring your iPhone/iPad and your questions. Let's learn together and build community right here in San Bruno.



### Circle Dance Aug 4 & 18 Mondays • 1:00pm-2:00pm

Step outside, onto the 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*

### Origami - Fold, Create, Enjoy Tue., Aug 5 • 1:00pm-2:30pm

Origami is the Japanese art of paper folding. Join us as we learn how to transform a flat piece of paper into a beautiful 3-D sculpture. No experience is required - just bring your eye for beauty and creativity, and be prepared to have fun and impress your friends.

**Note:** Please bring your own origami paper.

### Get APP-Y Tech Help Workshop Tue., Aug 12 • 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
- Online safety and privacy
- Downloading and using apps
- 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!

## SPECIALTY CLASSES & ACTIVITIES

### Phone Captioning for Hearing Loss Wed., Aug 13 • 10:30am-11:30am

Struggling to hear phone conversations? **ClearCaptions** provides real-time phone call captions—free of charge—for qualified, hard-of-hearing U.S. residents, thanks to the Americans with Disabilities Act (ADA). This free service is funded by the FCC through the Telecommunications Relay Services (TRS) program, and ensures equal access to phone communication—it's your right! Learn more about how to get started at this free talk.

### Let's Talk About Death and Dying Tue., Aug 19 • 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.



### Monthly Talk with Officer Zeron Wed., Aug 20 • 10:45am



Stay safe, smart, and connected. Join us for a relaxed and informative chat with our Police Department's Community Services Support Officer, **Denise Zeron**. This open forum is your opportunity to ask questions, voice concerns, and pick up practical safety tips to help protect yourself and your neighborhood. August's topic is **Home Protection and Burglary Safety**, covering everything from securing your home to staying aware of current trends in local crime. Bring your questions—knowledge is power.

### FREE Advanced Healthcare Directive Workshop Thu., Aug 21 • 10:30am-11:45am

Join **AgeUp, Inc.** for this informative workshop in partnership with UCSF's evidence-based PREPARE program. Learn the importance of Advance Healthcare Directives, get your questions answered, and receive optional help completing the documents.

These vital legal tools let you express your medical care wishes if you're ever unable to speak for yourself—don't miss this chance to get informed and prepared!

### Escape Artist Book Club Thu., Aug 21 • 9:30am-10:30am

Join the **Escape Artist Book Club** for a lively discussion of "The Authenticity Project" by Clare Pooley.



### Art Appreciation - Explore Past Cultures Mon., Aug 25 • 1:30pm-3:00pm

Join **Linda Dever** for a free lecture and a film covering China - history and art achievements. Masks are appreciated.



## SPECIALTY CLASSES & ACTIVITIES

### “We Need to Talk” Driving Safety Seminar Thu., Aug 28 • 10:30am-11:30am

When is it time for a loved one to stop driving, and how do you talk about it? **AARP** presents this free online seminar which offers practical tools to help you assess driving skills and start this important conversation with care and confidence.

Join us in the Library to watch as a group, or tune in from home—anyone can participate.

### Monthly Grief Support Group Thu., Aug 28 • 1:15pm-2:45pm

Grieving can be a lonely road, but it doesn't have to be. Join this open and welcoming Grief Support Group offered by **Delany Woo LCSW**, a Bereavement Coordinator from **Mission Hospice & Home Care**. Delany leads compassionate conversations around grief and healing - whether your loss is recent or from years past.

The Group is a safe place to share, listen and heal at your own pace - without pressure or expectations. No registration needed, just come as you are.

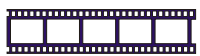


### Learn How To Play Pedro!

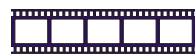


Contact Terrie • (650) 616-7152

Are you interested in **learning** the card game PEDRO? Contact Program Coordinator Terrie Tomasello for more information. Beginner classes tentatively scheduled for Wednesdays at 2pm. Please call to confirm.



## MOVIE SCREENING



### “The Fall Guy” • Fri., Aug 29 • 9:30am

He's a stuntman, and like everyone in the stunt community, he gets blown up, shot, crashed, thrown through windows and dropped from the highest of heights, all for our entertainment. And now, fresh off an almost career-ending accident, this working-class hero has to track down a missing movie star, solve a conspiracy and try to win back the love of his life while still doing his day job. What could possibly go right?

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



## FUTURE EVENTS & PROGRAMS

### COME BACK *BINGO!* DON'T MISS IT!

Sun., Sep 7

Doors open at 10:30am • Games at 1:00pm

The **Nutrition Site Council**, in partnership with the Senior Center, invites you to a special event you won't want to miss...Come Back Bingo!

- ① Doors open at 10:30am for Early Dabs & Strips.
- ② Regular Bingo starts at 1:00pm.



*Pictured: Bingo!*

For \$25, you'll receive 2 packs of 10 games (6-on) with \$250 payouts! The fun doesn't stop there—enjoy extra games like Strips, Dab Games, Specials, and even a free raffle for all players. Feeling hungry? Sandwiches, chips, desserts, and drinks will be available for purchase throughout the day.

Come join the fun, support a great cause, and maybe even shout Bingo!

### AARP Senior Smart Driver - Refresher Course

Wed., Sep 24 • 8:30am-12:30pm

Take some time with **AARP** to refresh your driving skills and boost your confidence on the road. In this engaging 4-hour refresher course, you'll learn valuable defensive driving techniques, review current road rules, and get research-based tips on how to adapt to age-related changes in vision, hearing, reaction time, and more.

This course is perfect for older drivers who want to stay safe, independent, and informed behind the wheel.

Cost: \$20 for AARP members, \$25 for non-members, payable via cash/check the day-of

Space is limited—register at the Front Desk.

Some insurance companies may offer a discount for completing the course—check with yours to see if you qualify!

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## Holiday Boutique

Sat., Nov 29 • 10:00am-4:00pm

Vendor Registration opens Wed., September 3 at 12:00pm. Full details will be available online at [www.sanbruno.ca.gov/holidayboutique](http://www.sanbruno.ca.gov/holidayboutique) and at the Front Desk beginning in August.

Attending the event as a participant is FREE!



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## 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 (Aug 4 & 18 only) Tap Class Bingo Pilates/Yoga Fusion ** Gentle Yoga ** <b>**San Mateo Adult School, 8/11 - 12/1, NO CLASS 11/26</b>
<b>Tuesday</b>	9:30am 10:00am 10:45am 12:45pm 1:00pm	\$5R/\$6NR Free \$5 \$4R/\$4.50NR \$3R/\$3.50NR	Zumba Gold 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 10:30am 12:30pm 12:30pm 1:00pm 1:00pm	\$4R/\$5NR Free ** \$3 Free \$1 \$4R/\$5NR	Fun & Fitness Exercise (no class 8/14) Creative Writing Yoga for Health ** Pedro Music & Motion Painting Workshop American Line Dancing <b>** San Mateo Adult School, 8/14 - 12/11, NO CLASS 11/27</b>
<b>Friday</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

# AUGUST 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
28	29	30  Dishes with this symbol contain dairy  Dishes with this symbol contain pork	31	1  Meatball & Mushroom Stroganoff Wheat Pasta Turnips & Carrots
4  Chicken & Spinach Enchilada Casserole Spanish Rice Black Beans Broccoli & Carrots	5 House-made Italian Meatloaf with Gravy Mashed Potatoes Seasonal Peas & Corn	6 Chicken Stir Fry Brown Rice Broccoli & Carrots	7 Oven Baked Salmon Lemon Butter Sauce Cous Cous Green Beans, Carrots, & Onions	8 Baked Lasagna with Ground Beef Marinara Polenta Squash Medley with Onions
11  Chicken w/ Chenin Blanc Cream Sauce Brown Rice Brussel Sprouts & Carrots	12  Pork Pot Roast Mashed Potatoes Gravy Veggie Sauté	13 <b>BIG BINGO</b> Rock Fish Vera Cruz Salsa Verde Sauce Spanish Brown Rice Green Beans & Red Onions	14 Sesame Ginger Glazed Chicken Brown Rice Green Beans & Carrots	15  Beef Ravioli Creamy Ragu Sauce Broccoli & Carrots
18  Shrimp Enchiladas Spanish Rice Black Beans Wheat Tortillas	19  Chicken Marsala Wheat Pasta Peppers & Broccoli	20 Beef Pot Roast Mashed Potatoes Broccoli	21  Kalua Pork Sauté w/ Sweet Corn, Chopped Pineapple, Red Onion Brown Rice Squash Medley	22 Breaded Cod Fillet Roasted Potatoes Veggie Sauté
25 Ground Beef & Onion Zatar Kabob Rice Pilaf Corn & Peas	26 BBQ Chicken Thighs Mashed Potatoes Cauliflower & Carrots Coleslaw	27  Pork Chili Verde Spanish Rice Bowl w/ Peppers, Onion, Corn Tomatillo Sauce	28 House-made Salisbury Steak Roasted Red Potatoes Green Bean Sauté	29 <b>BIG BINGO</b> Orange Chicken Whole Grain Brown Rice Sesame Ginger Salad

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-in 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.**

