

# OUR SCENE

## SAN BRUNO SENIOR SERVICES NEWS

OCTOBER 2025

### SENIOR ADVISORY BOARD MEETING



TUE • Oct 21 • 9:00am  
Senior Center Conference Room. All are welcome.

### DAYLIGHT SAVINGS

SUN • Nov 2 • 2:00am  
Time to **fall back** one hour!



Pictured: Halloween 2024

### UPCOMING HOLIDAYS

TUE • Nov 11 • Veterans Day  
THU • Nov 27 • Thanksgiving  
FRI • Nov 28 • Day After Thanksgiving  
THU • Dec 25 • Christmas Day  
FRI • Dec 26 • Observance of Day Before Christmas

HAPPY HOLIDAYS

## A SPOOK-TACULAR OCTOBER AWAITS



October brings crisp mornings, golden leaves, and plenty of fun. This month, join us for festive gatherings, lively games, and a chance to enjoy the season together.

Don't miss our **Halloween Party** on Friday, October 31, with music by Georgia Jackson, costume contest, games, and treats. Wear your best costume for a chance to win a prize before the contest closes at 11:30 a.m.!

**Quick reminders:** Daylight Saving Time ends Sunday, November 2—be sure to **set your clocks back** one hour. And with the holidays approaching, keep an eye on the calendar for upcoming celebrations and Center closures.

Holiday closures are listed above—plan ahead so you don't miss your favorite programs.

Thank you for making the Senior Center a warm and welcoming place this fall. Let's make October one to remember!

Meghan Rosin  
Senior Services Manager

## ANNOUNCEMENTS



### Thank you for your generous donation!

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

**Qassim Moon    Anonymous  
Bunny Epperson**



## CALL for VOLUNTEERS

Want to give back and **be part of something special**? We need caring, energetic volunteers to join our team—maybe that's you!

Lend a hand in areas like Bingo, Freddie's Café, Kitchen, Pastry Table, Front Desk, or Lunch Desk, and help keep our Center thriving.

Ready to jump in? Pick up a volunteer application at the Front Desk—we can't wait to welcome you!

## NEWSLETTER & MEMBERSHIPS



**RENEW BEGINNING WED., NOV 12**

ALL Memberships and Newsletter Subscriptions expire on Dec 31! Make sure to **renew so you don't miss out.**

### Membership Benefits Include:

- Commemorative item and membership card
- Waived league fees, and member rates for specific classes/events/programs
- Member focused events and programs
- 2 Recreation and Aquatic Center Daily Passes (while supplies last)

### Newsletter Subscriptions Include:

- Hard copy of monthly Senior Center Newsletter mailed to your home

### Additional Details:

- Memberships and Subscriptions expire annually on December 31.

Support your local Senior Center! For more information see the Front Desk.

## Thank you FOR A FANTASTIC SUMMER OF FUN FRIDAYS!

A heartfelt **thank you** to everyone who joined us for Summer Fun Fridays. Your energy, laughter, and creativity made each week a joy to share. From games and music to festive themes and community spirit, Fridays truly came alive because of you. We're grateful for all the wonderful memories made this summer—here's to even more fun ahead at the Senior Center.



Sports Fan Day



Who's Who?



Luau Day



Silly Sock Day



Fancy Hat Day

# 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 10/3 @ 11:30 am:** Bob Mateo  
**Friday 10/24 @ 11:30 am:** Jerry Curiano

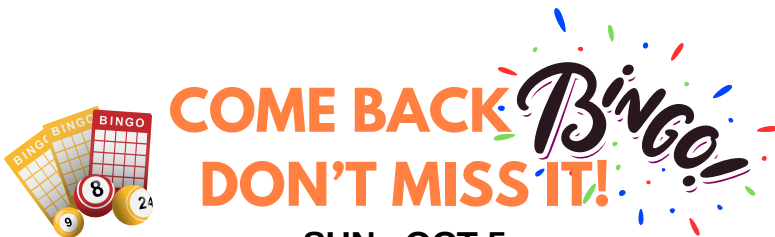
## SPECIALTY CLASSES & ACTIVITIES

**HIGHLANDS SCHOOL STUDENTS ARE BACK  
FRI., OCT 3, 24, & 31**

We're so excited to welcome back the **students from Highlands School** again this year! Their first visit on September 19 saw them, and YOU, enjoy serving lunch, playing cornhole & bocce ball, and most importantly - connecting with another generation.

The students will bring even more opportunities for laughter, conversation, and shared activities on their next visits. If you'd like to join in on the fun, sign up at the front desk to participate in the organized activities with them.

Intergenerational programs like these are truly special—offering meaningful experiences and lasting memories for both the students and our patrons. Don't miss out.



**SUN., OCT 5**

**Doors open at 10:30am • Games at 1:00pm**  
The **Nutrition Site Council**, in partnership with Senior Services, invites you to a special event you won't want to miss!

- 🕒 Doors open at 10:30am for Early Dabs & Strips
- 🕒 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!**

## SPECIALTY CLASSES & ACTIVITIES

### ORIGAMI - FOLD, CREATE, ENJOY TUE., OCT 7 • 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.



### FALL CORNHOLE TOURNAMENT WED., OCT 8 • 9:30AM



Grab your lucky beanbag and get ready to toss! Our Fall Cornhole Tournament is back, and it promises plenty of laughs, friendly competition, and maybe even a little bragging rights to become **Fall Champs!** This is a 2-person team event, but here's the **twist**—teams will be drawn at random the morning of the tournament, with at least one patron on each team.

#### Tournament Details:

- **Teams:** 2-person teams – minimum one patron per team
- **Format:** Double elimination (so you'll get at least two games!)
- **Where:** Back Deck
- **Team Drawing:** 9:20am, before play begins
- **Sign Up Deadline:** Monday, Oct 6 – Register at the Front Desk

#### Why Join?

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



*Pictured: Cornhole Tournament, March 2025*

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



### SENIOR CENTER ORIENTATION FRI., OCT 10 • 10:30AM

Whether you're brand new to the Senior Center or a longtime visitor who wants to learn more about all we have to offer, **this orientation is for you!** This friendly, informative session lets you discover the wide variety of programs, classes, and activities that make our center such a vibrant place. From fitness and recreation to social events and support services, there's something here for everyone.

You'll meet staff and fellow patrons, ask questions, and find out how to make the most of your time here. This is a wonderful opportunity to connect, feel at home, and explore all the ways you can be involved.

# OUR SCENE

## SPECIALTY CLASSES & ACTIVITIES

### TECH CLASS/RESOURCE OVERVIEW IN MANDARIN

MON., OCT 13 • 1:00PM-2:30PM

**Peninsula Family Services is back!**

Need help using your smartphone, tablet, or computer? Want to learn more about local resources available in Mandarin? Join us for a friendly, hands-on session led in Mandarin.

We'll cover:

- Basic device setup & troubleshooting
- How to use popular apps and online tools
- Internet safety tips
- Community resources and services available in Mandarin

Bring your questions and your device—personalized help will be available!

Free • All skill levels welcome

### 普通话技术课程/资源概述

10月13日, 星期一 • 下午1:00至下午2:30

**半岛家庭服务中心**回来了!

需要帮助使用您的智能手机、平板电脑或电脑吗? 想了解更多本地中文资源吗? 欢迎加入我们, 体验我们以中文进行的友好互动课程。

我们将介绍:

- 基本设备设置和故障排除
- 如何使用热门应用和在线工具
- 网络安全提示
- 提供普通话版本的社区资源和服务

带上您的问题和设备——我们将提供个性化帮助!

免费 • 欢迎所有技能水平的参与者 • 普通话讲解

### GET APP-Y TECH HELP WORKSHOP TUE., OCT 14 • 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!

### ON THE ROAD TO THE FUTURE: GETTING TO KNOW WAYMO WED., OCT 15 • 10:30AM-11:45AM

**Waymo** is an autonomous driving tech company on a mission to make it safe and easy for people and things to get where they're going. Founded here in the Bay Area, Waymo also partners with more than 75 local nonprofits to support the community. Come and learn more about their company, mission, and about a form of transportation that could potentially help you. More at [waymo.com](http://waymo.com).



# OUR SCENE

## SPECIALTY CLASSES & ACTIVITIES

**ESCAPE ARTIST BOOK CLUB  
THU., OCT 16 • 9:30AM-10:30AM**

Join the **Escape Artist Book Club** for a lively discussion of “Think Twice” by Harlan Coben.



**MEDICARE MADE SIMPLE  
FRI., OCT 17 • 10:30AM**

Don't miss this essential Medicare information session! A local Medicare expert will guide you through enrolling, making changes, and navigating the often-confusing system. Whether you're turning 65, new to Medicare, or reviewing your coverage, you'll get **clear explanations of Parts A, B, C, and D.**

Learn how to compare plans, avoid costly mistakes, and gather the right documents for enrollment. With Open Enrollment coming soon, this is the perfect time to get practical guidance so you can make confident decisions. A live Q&A will follow—bring your questions and any paperwork you'd like help understanding. This free session is open to all, and friends or caregivers are welcome. Space is limited, so **RSVP at the Senior Center to reserve your spot.** Handouts and community resource lists will be provided.

**ART APPRECIATION  
EXPLORING PAST CULTURES  
MON., OCT 20 • 1:30PM-3:00PM**

Come for an engaging lecture and film with **Linda**, retired professor from City College of San Francisco. Enjoy rediscovering impressionism and visiting old and new artists such as **Monet and Pizarro.** Don't miss this chance to learn and be inspired. *Masks are appreciated.*

**LET'S TALK ABOUT DEATH AND DYING  
TUE., OCT 21 • 1:30PM-3:00PM**

The image is a title card for the event 'Let's Talk About Death and Dying'. The text 'Let's Talk About' is in a yellow, sans-serif font, and 'Death and Dying' is in a white, cursive font. The background is a dark, starry space.

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.

**MEET THE VIOLINIST:  
50 YEARS WITH THE PENINSULA  
SYMPHONY ORCHESTRA**

**MON., OCT 20 • 2:00PM-3:30PM**

Join **Deborah Passanisi**, Peninsula Symphony Orchestra violinist, to hear about her lifetime of music. Discover how decades of performances have enriched her journey in reaching others through music, and learn how music enhances memory, reduces stress, and brings joy at any age.



# OUR SCENE

## SPECIALTY CLASSES & ACTIVITIES



Pictured: Sound Bath Experience

### SOUND BATH EXPERIENCE WED., OCT 22 • 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.

## MOVIE SCREENING

### “BEETLEJUICE, BEETLEJUICE” • FRI., OCT 24 • 9:30AM

Beetlejuice is back! After an unexpected family tragedy, three generations of the Deetz family return home to Winter River. Still haunted by Beetlejuice, Lydia's life is turned upside down when her rebellious teenage daughter, Astrid, discovers the mysterious model of the town in the attic and the portal to the Afterlife is accidentally opened. With trouble brewing in both realms, it's only a matter of time until someone says Beetlejuice's name three times and the mischievous demon returns to unleash his very own brand of mayhem.

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



### EMERGENCY PREPAREDNESS TALK TUE., OCT 28 • 1:00PM - 2:00PM

September was National Preparedness Month, and due to popular demand we have an encore presentation in October - **are you ready?** Join us for this FREE talk on emergency preparedness designed for older adults. Learn how to prepare for earthquakes, power outages, wildfires, and more. We'll cover what essentials to keep on hand, how to create a personal plan, and easy steps to boost your resilience.

Every participant will receive a starter “Go Bag” with basic **emergency essentials** and checklist to help you begin building your kit. Don't miss this chance to ask questions, get resources, and feel more confident about handling the unexpected. Preparedness is peace of mind—start today!



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.

# OUR SCENE

## SPECIALTY CLASSES & ACTIVITIES



**MONTHLY TALK WITH OFFICER ZERON**  
**WED., OCT 29TH • 10:45AM**



Stay safe, smart, and engaged in your community. Join us for a relaxed and informative conversation with our Police Department's Community **Services Support Officer, Denise Zeron**, along with members of local Neighborhood Watch groups.

This open forum is your chance to:

- Learn how civic responsibility strengthens community safety - Hear how Neighborhood Watch works and how you can get involved
- Get tips for protecting yourself and your neighbors - Ask questions and share your concerns.

Whether you're already active in your community or looking for ways to make a difference, this session will give you the tools and knowledge to help keep our city safe.

Bring your questions—together, we can make a stronger, safer community.

**MONTHLY GRIEF SUPPORT GROUP**  
**THU., OCT 30 • 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.

## HALLOWEEN PARTY

**FRI., OCT 31 • 9:00AM-1:30PM**  
**DOORS OPEN AT 9:00AM**  
**MUSIC BEGINS AT 10:00AM**

Get Ready for a Spook-tacular Halloween Party! Prepare for frightfully fun times with music from Georgia Jackson, costumes, games, and sweet treats! Wear your best costume for a chance to win a prize. Let's celebrate Halloween together with laughter and community spirit!



*Pictured: Halloween Party, 2024*

### IMPORTANT INFO FOR ALL:

- Lunch & Entry: Only patrons who have purchased lunch for the day may enter the Assembly Room.
- Pastry Table: Available 8:00am–9:30am only on Halloween morning.
- No Zumba, Bingo, Line Dance, or Ping Pong this day.

## FUTURE EVENTS & PROGRAMS

### POLE WALKING FOR BALANCE & MOBILITY THU., NOV 13 • 1:15PM-3:45PM

Pole Walking is a whole-body exercise! Learn and practice skills with **Jayah Faye Paley, AFAA & ACE**, to reduce fall risk and improve endurance, spine function, and posture. Using specially designed poles, you'll enjoy moving with greater ease while strengthening your core, improving balance, and protecting your joints. This class is a wonderful way to stay active, build confidence, and have fun while walking. No experience is needed, equipment is provided. **Register in advance** at the Front Desk. Cost \$31R/ \$37NR

### HOLIDAY CARD MAKING WORKSHOP NOV 7 & 14 - NOTE NEW DATES

Nothing brightens someone's day quite like a card in the mail. Get creative and have fun at this card-making session. Whether you're celebrating Thanksgiving, Christmas, Kwanzaa, or anything inbetween, this is a chance to design something special for friends and family.

All supplies will be provided — just bring your creativity and holiday spirit! Come enjoy good company while making cards that will spread joy.



### THANKSGIVING PARTY

FRI., NOV 21 • 9:00AM-1:30PM  
DOORS OPEN AT 9:00AM  
MUSIC BEGINS AT 10:00AM

Prepare for a party **full of gratitude, laughter, and celebration** with live music, fun, and a delicious holiday meal. Bring your friends and your festive spirit as we come together to give thanks for our wonderful community. Let's share joy, friendship, and plenty of good cheer this Thanksgiving.



*Pictured: Thanksgiving Party 2024*

### 33RD ANNUAL Holiday Boutique

SAT., NOV 29 • 10:00AM-4:00PM

Vendor Registration opened Wed., September 3 at 12:00pm. Full details are available online at [www.sanbruno.ca.gov/holidayboutique](http://www.sanbruno.ca.gov/holidayboutique) and at the Front Desk.

Attending the event as a participant is FREE!



# OUR SCENE

## WEEKLY CLASSES & PROGRAMS

<b>Monday</b>	8:15am 9:00am 9:00am 9:30am 1:00pm 1:00pm 2:30pm 4:00pm	Free Free \$3 Free \$5 \$3 Buy-In ** **	Hiking Mahjong Ceramics Workshop Drop-In Cornhole 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 (No class Oct 1 & 8) American Line Dance Level 2 (No class Oct 1 & 8)
<b>Thursday</b>	10:00am 10:30am 12:30pm 12:30pm 1:00pm 1:00pm	Free ** Free Free \$1 \$4R/\$5NR	Creative Writing Yoga for Health ** Pedro Music & Motion Painting Workshop American Line Dancing (No class Oct 2, 9 & 16) <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 1:15pm	Free Free \$5R/\$6NR \$3 Buy-In Free \$6	Hiking Knitting & Crocheting, Drop-in Social Group Zumba Gold Bingo Ping Pong Chair Yoga/Qi Gong Class






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

# OUR SCENE

## OCTOBER 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 \$4.00 per meal, and \$9.00 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 \$8.00. 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>29</b>  Dishes with this symbol contain dairy  Dishes with this symbol contain pork	<b>30</b> symbol contain dairy symbol contain pork	<b>1</b> Pork Chili Verde Spanish Rice Bowl Peppers, Onions, Corn Tomatillo Sauce	<b>2</b>  Pineapple Dijon Glazed Ham Sweet Potato Mash Broccoli & Carrots	<b>3</b> Teriyaki Ginger Shrimp Sauté Over Rice Mushrooms & Tomatoes
<b>6</b>  Housemade Shredded Beef Enchiladas Spanish Rice Black Beans Cabbage Salad	<b>7</b>  BBQ Spiced Pork Loin Mashed Potatoes Broccoli & Carrots	<b>8 BIG BINGO</b> Chicken Stir Fry Whole Grain Rice Asian Cabbage & Carrots	<b>9</b>  Pasta Puttanesca w/ Grilled Italian Sausage Wheat Pasta Squash Medley	<b>10</b> Baked Salmon Lemon Butter Sauce Brown Rice Pilaf Green Beans & Cauliflower
<b>13</b> Meatballs with Ragu Sauce Penne Pasta Squash & Onion Medley	<b>14</b>  Chicken Marsala Brown Rice Green Beans & Mushrooms	<b>15</b> Housemade Meatloaf Mashed Potatoes Gravy Broccoli & Carrots	<b>16</b> Grilled English Whiting Fish Couscous Blue Lake Green Beans & Peppers	<b>17</b> Fresh Roasted Turkey Mashed Potatoes Gravy Carrots & Green Beans
<b>20</b>  Steak Taco Salad Spanish Rice Pinto Beans Pepper & Squash Medley	<b>21</b> Chicken Cacciatore Mashed Potatoes Cauliflower, Corn, & Carrots	<b>22</b> Beef Stew Mashed Potatoes Gravy Green Beans, Onions, & Mushrooms	<b>23</b>   Thai Basil Cashew Pork Curry Sauce Sticky Rice Corn & Peas	<b>24 BIG BINGO</b> Oregano Brick Chicken Wheat Pasta Broccoli & Carrots
<b>27</b> Lemon Zest & Garlic Spiced Pork Loin Roasted Potatoes Peas & Corn	<b>28</b> Garlic Chicken Wheat Pasta Broccoli & Carrots	<b>29</b> Baked Panko Crusted Alaskan Cod Lemon Butter Sauce Risotto Cabbage Salad	<b>30</b>  Pork Pot Roast Mashed Potatoes Carrots, Celery, & Onion	<b>31</b>  BBQ Ribs Mac & Cheese Coleslaw



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\*\***

# OUR SCENE

Congregate

# Lunch Program UPDATE



## EFFECTIVE SEPTEMBER 1, 2025

- This modest fee increase helps narrow the gap between rising food & program costs and available funding, while continuing to keep meals affordable for our community.

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

## MINI FAQ

- **CAN I STILL BUY A BOOK OF 10 LUNCH TICKETS?**
  - YES:
    - **PURPLE** books for eligible adults aged 60+ will cost \$40.
    - **ORANGE** books for adults aged 59 and under will cost \$80.
- **WHY CAN'T I TAKE MY LUNCH TO-GO?**
  - The 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).
- **WHAT ABOUT SECONDS?**
  - Sometimes we are able to re-open the kitchen for seconds of some or all of the day's lunch. There is **no guarantee** of this occurring, or what may be available.
  - **Seconds should be consumed on site, and are not a to-go/take-out option.**

**\*Our Congregate Lunch Program is partly funded by the Older Americans Act, and the Nutrition Site Council.**

