

OUR SCENE

SAN BRUNO SENIOR SERVICES NEWS

NOVEMBER 2025

UPCOMING HOLIDAY CLOSURES

HAPPY HOLIDAYS

TUE • Nov 11 • Veterans Day
THU • Nov 27 • Thanksgiving
FRI • Nov 28 • Day After Thanksgiving
THU • Dec 25 • Christmas Day
FRI • Dec 26 • Day After Christmas
THU • Jan 1 • New Year's Day

HOLIDAY HOURS:

Mon., Dec 22 - Fri., Jan 2 • 8:00am - 1:00pm



Pictured: Thanksgiving 2024

SENIOR ADVISORY BOARD MEETING



TUE • Nov 18 • 9:00am
Senior Center Conference Room. All are welcome.

NOTE: December's meeting is cancelled.

DAYLIGHT SAVINGS

SUN • Nov 2 • 2:00am

Time to **fall back** one hour!

RENEW NOW!

WED • Nov 12

2026 Membership Renewals out.
See Page 10 for details.

A TIME FOR THANKS, CHOSEN FAMILY, AND TOGETHERNESS.

November is a month to gather, give thanks, and savor the cozy moments that make our community so special. As the days grow shorter and the air turns crisp, they're also filled with warmth, laughter, and friendship.

This month, join us for festive activities, heartwarming celebrations, and a spirit of gratitude that shines through it all. We have so much to celebrate—and even more to be thankful for.

Be sure to check the calendar for holiday closures, holiday hours, and upcoming events. We're grateful for each of you who help make the Senior Center such a welcoming and joyful place to be. Wishing you a wonderful month filled with connection, kindness, and gratitude!

Meghan Rosin
Senior Services Manager



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OUR SCENE

ANNOUNCEMENTS



Thank you for your generous donation!

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

Christine Peterson

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.**

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!



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.

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 11/7 @ 11:30 am:	Bob Mateo
Friday 11/14 @ 11:30 am:	Highlands Elementary School Choir

OUR SCENE

SPECIALTY CLASSES & ACTIVITIES

CELEBRATE THE SEASON OF GRATITUDE MONTH OF NOVEMBER

This November, help our grow our **Thankful Thoughts Pumpkin Patch** grow! Stop by the lobby to add a pumpkin, sharing something you're thankful for. It could be a person, memory, or simple joy. As the month goes on, our patch will overflow with messages of thanks, creating a display of community and connection. Pumpkins and markers are provided. Take a moment to share your gratitude and fill the Senior Center with warmth and cheer!

DO YOU KNOW THESE PEOPLE? WEEK OF NOV 3-7 • DAILY IN THE LIBRARY

Over the years, we've proudly displayed photos of our wonderful patrons, events, and memories throughout the Senior Center. As we make room for new memories, this is your chance to **take a little piece of history home!** There will be many photos from the past on display in the hallway near the Library - stop by, take a look, and if you recognize yourself, a friend, or a familiar face, please take the photo with you and give it a new home. Come reminisce, share stories, and celebrate the many people that have made the San Bruno Senior Center such a special place!

TECH CLASS/RESOURCE OVERVIEW IN MANDARIN

MON., NOV 10 • 1:00PM-2:00PM

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 11月10日, 星期一 • 下午1:00-2:00

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

ORIGAMI - FOLD, CREATE, ENJOY TUE., NOV 4 • 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.

SPECIALTY CLASSES & ACTIVITIES

MEDICARE MADE SIMPLE THU., NOV 6 • 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 **Register at the Front Desk to reserve your spot.** Handouts and community resource lists will be provided.

MONTHLY TALK WITH OFFICER ZERON WED., NOV 12TH • 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.**



This open forum is your chance to:

- Learn about more ways to participate in the City with a Heart.
- Learn how you can start your own neighborhood watch group.

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.

HIGHLANDS SCHOOL STUDENTS INTERGENERATIONAL PROGRAM FRI., NOV 7 & 14 • 12:00PM-2:00PM

We're so excited to welcome back the **students from Highlands School** again this year. Their first few visits saw them, and YOU, enjoy serving lunch, playing cornhole & bocce ball, and most importantly - connecting across generations.

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. They will be participating in the holiday card making days in November. Intergenerational programs like these are truly special—offering meaningful experiences and lasting memories for both the students and our patrons. Don't miss out.

HOLIDAY CARD MAKING WORKSHOP INTERGENERATIONAL PROGRAM FRI., NOV 7 & 14 • 1:00PM-2:00PM

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 in between, 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.



OUR SCENE

SPECIALTY CLASSES & ACTIVITIES



HONORING OUR VETERANS MON., NOV 10 • 11:30AM

This November, we come together to honor the brave people who have served for our country. There will be a short recognition ceremony to acknowledge our veterans, followed by music and even a lively sing-along.

All are welcome to share in this special morning of gratitude, music, and community spirit as we celebrate those who have given so much.

Let's raise our voices and our hearts in appreciation for those who served!



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



Pictured: Pole Walking Class, 2025



SENIOR CENTER ORIENTATION FRI., NOV 14 • 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

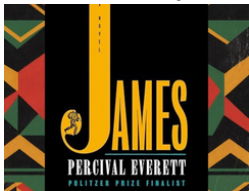
SPECIALTY CLASSES & ACTIVITIES

LET'S TALK ABOUT DEATH AND DYING
TUE., NOV 18 • 1:30PM-3:00PM

Let's Talk About Death and Dying

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.

ESCAPE ARTIST BOOK CLUB
THU., NOV 20 • 9:30AM-10:30AM



Join the **Escape Artist Book Club** for a lively discussion of "James" by Percival Everett.

MONTHLY GRIEF SUPPORT GROUP
THU., NOV 20 • 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 (Licensed Clinical Social Worker)**, 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.

SOUND BATH EXPERIENCE
WED., NOV 19 • 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.



Pictured: Sound Bath Experience



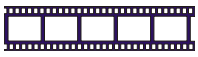
CONTACT TERRIE • (650) 616-7152

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

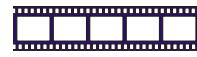


OUR SCENE

SPECIALTY CLASSES & ACTIVITIES



MOVIE SCREENING



JUROR # 2

FRI., NOV 14 • 9:30AM

"Juror #2" follows family man Justin Kemp (Nicholas Hoult) who, while serving as a juror in a high profile murder trial, finds himself struggling with a serious moral dilemma... one he could use to sway the jury verdict and potentially convict-or free-the accused killer.

Movie description provided by Rotten Tomatoes. Rated PG-13



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

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 party day.
- No Zumba, Bingo, Line Dance, or Ping Pong this day.

NATIONAL GAME & PUZZLE WEEK NOV 24-26 (CLOSED NOV 27-28)

Get your game on! It's time to celebrate the joy of play and the power of keeping our minds active. Games and puzzles aren't just fun—they help boost memory, focus, and creativity while bringing people together.

Stop by the front desk Mon., Nov 24 through Wed., Nov 26 to pick up a variety of games and puzzles to enjoy all week long. Try a word search, crossword, or trivia challenge—you can even take on a friend for a little friendly competition. Keep those brains buzzing and have some fun while you're at it!

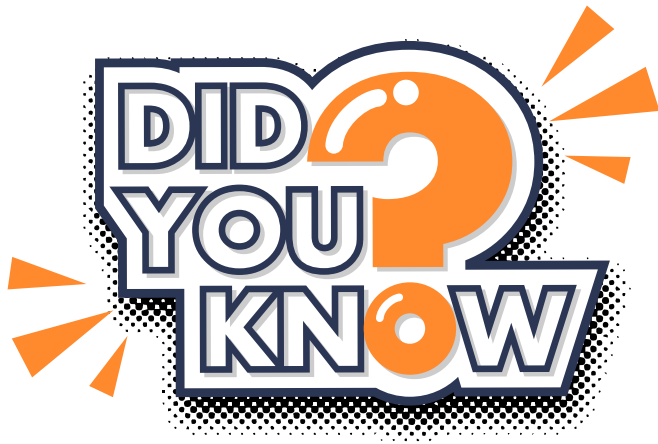


EVENTS

33RD ANNUAL
Holiday Boutique

SAT., NOV 29 • 10:00AM-4:00PM

Kick off the Holidays San Bruno Style at the Holiday Boutique! Enjoy a festive day of shopping, local crafts & handmade gifts, and community cheer. Admission is free, so treat yourself or even bring your friends and family and find the perfect gift.



All federal benefit payments — including Social Security, SSI, and Disability (SSD/SSDI) — are now required to be made electronically. **Paper checks are no longer issued.**

If you're still receiving a paper check, you'll need to switch to direct deposit or a Direct Express® Debit Mastercard®. You can make the change easily by visiting www.godirect.gov or calling (800) 333-1795 for assistance.

FUTURE EVENTS & PROGRAMS



HOLIDAY GIFT WRAPPING EXTRAVAGANZA FRI., DEC 10, 11, & 18 • 1:30PM-2:30PM

Love to wrap? Be a volunteer gift wrapper and help spread some holiday cheer.

Not a fan of wrapping? Bring your unwrapped gifts, and our amazing volunteers will wrap them for you the same day.

It's a fun, easy way to get into the holiday mood and cross one more thing off your list. Donations are gratefully accepted and support programs at the Senior Center. Come share the joy of the season among ribbons, bows, and good company (guaranteed)!

FUTURE EVENTS & PROGRAMS



SAN BRUNO PRESENTS

Holiday Tree Lighting

Tuesday, December 2

5:00pm

Centennial Plaza

Join us for an evening of festive fun! Enjoy live music, holiday activities, and a dazzling tree lighting celebration you won't want to miss!

After, catch Santa zooming through San Bruno on a Fire Truck for **Jingle Around the Block!** Starting at approximately 6:00pm



OUR SCENE

WEEKLY CLASSES & PROGRAMS

Monday	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 ** **San Mateo Adult School, 8/11 - 12/1, NO CLASS 11/24
Tuesday Closed 11/11	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
Wednesday	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 (no class 11/5 and 11/12) American Line Dance Level 1 American Line Dance Level 2
Thursday Closed 11/27	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) ** San Mateo Adult School, 8/14 - 12/11, NO CLASS 11/27
Friday Closed 11/28	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

NOVEMBER 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 per meal, and \$9 on party days. 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
3  Veal Meatballs Penne Marinara Broccoli & Carrots Garlic Bread	4  Shrimp Enchiladas Spanish Rice Pinto Beans Cabbage, Tomato, & Bell Peppers	5 Dijon Garlic Chicken Roasted Potatoes Peas, Corn, & Carrots Salad	6 Grilled Alaskan Pollack Brown Rice Broccoli & Cauliflower	7 BBQ Chicken Thighs Garlic Mashed Potatoes Baked Veggies
10 Housemade Shredded Beef Enchiladas Spanish Rice Black Beans Cabbage Salad	11   VETERANS DAY <i>November 11th</i>	12 BIG BINGO Beef Raviolis w/ Parmesan Cheese Caesar Salad Mushrooms & Carrots	13 Slow Roasted Pork Pot Roast Mashed Potatoes Carrots, Celery, & Onion	14 Baked Chicken Fritters Biscuits w/ Country Gravy Lima Beans, Carrots, & Corn
17 Florentine Butter Chicken Brown Rice Peppers, Onions, & Button Mushrooms	18  Meatloaf Creamy Polenta Diced Eggplant & Mushrooms	19  Pork Loin Milanese w/ Marinara Sauce Whole Grain Pasta Salad	20  Chicken Provolone w/ Alfredo Sauce Wheat Noodles Veggies 	21 Party Fresh Roasted Turkey Herb Stuffing Mashed Potatoes Green Beans & Carrots Salad 
24 Almond Crusted Orange Glazed Cod Brown Rice Green Beans	25  Baked Ham Scalloped Potatoes Peas & Corn Salad	26 Shrimp Louie Salad Vegetable Minestrone Soup		
1	2	3	4	5
			 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****

OUR SCENE

Congregate Lunch Program

KEEPING OUR MEAL PROGRAM STRONG!

UPDATE

EFFECTIVE DECEMBER 1, 2025

To stay in compliance with our San Mateo County grant and continue providing over 100 healthy meals daily, the following updates will take effect:

- **MEALS MUST BE EATEN ON-SITE.**
 - The Congregate Nutrition Program requires all meals to be enjoyed together in the Assembly Room.
- **NO TO-GO FOOD OR LEFTOVERS.**
 - Meals and any leftover items may not be taken home, per County grant requirements.

WHY THIS MATTERS:

Keeping in compliance with our grant contract helps ensure we can continue offering this valuable program to our community.

MINI FAQ

- **Can't I just take the little that's leftover so it doesn't go to waste?**
 - No. The funding we receive for the program relies on us being in compliance with the grant requirement that all meals must be enjoyed on site.
- **What if I can't stay to eat?**
 - We understand that schedules can be tricky, which is why there is a resource list of alternatives available at the front desk. Otherwise, meals must be eaten on site for us to be in compliance with grant program requirements
- **What happens to leftover food?**
 - Any extra food is safely donated to local organizations in accordance with County guidelines.
- **Can I share my meal with someone who isn't getting a lunch today?**
 - **No.** Meals are prepared and tracked for individuals only, as part of grant reporting requirements.
- **What if I'm not feeling well and don't want to eat inside?**
 - We understand, and To-Go meals are not allowed under the grant, but you're always welcome to return when you're feeling better - your health comes first!
- **Why is this change happening now?**
 - These updates take effect December 1, 2025 to keep our program in full compliance with County and federal requirements as we enter a new grant application period.

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