



OUR SCENE

SAN BRUNO SENIOR SERVICES NEWS



DECEMBER 2025


UPCOMING HOLIDAYS *HAPPY HOLIDAYS*

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: 2024 Holiday Party

SENIOR ADVISORY BOARD 

Meeting cancelled for December.
 Elections for 2 Board positions.

RENEW NOW!

2026 Membership Renewals out.
 See page 2 for details.

HOLIDAY PARTY

Friday, Dec 12. Doors open at 9:00am, music starts at 10:00am

NEW YEARS TOAST

Wed, Dec 31 at 11:30am

SILVER SNEAKERS

COMING SOON!
 See page 2 for details.

ANNOUNCEMENTS

CONGREGATE LUNCH PROGRAM UPDATE

To stay in compliance with our San Mateo County grant and continue providing healthy meals daily, the following updates will **take effect Monday, December 1, 2025:**

- **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.



OUR SCENE



ANNOUNCEMENTS



COMING SOON



The City is partnering to bring SilverSneakers, a **free health-and-fitness** benefit offered through many Medicare Advantage and Medigap plans, to you. With it, eligible members can access thousands of gyms and take fitness classes at no extra cost.

↓ SENIOR ADVISORY BOARD ELECTIONS ↓

Applications for two board positions will be accepted at the Senior Center Front Desk Wed, Dec 17, 2025 through January 24, 2026. A Candidate Forum will occur prior to lunch in the Assembly Room on Mon, Feb 4, 2026 if there are three or more applicants.

Board members advise and assist in the coordination of programs and services at the Senior Center. Members serve two-year terms. Anyone wishing to run must be 50 years or older and reside in San Bruno. Applications may be obtained at the front desk or online at www.sanbruno.ca.gov/SeniorAdvisoryBoard

NEWSLETTER & MEMBERSHIPS



RENEW NOW!

ALL Memberships and Newsletter Subscriptions **expire on Dec 31! 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:

- All Memberships and Subscriptions expire annually on December 31.

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

RECIPE BOOK

GET YOURS NOW

Spice up the holidays with our Senior Center Recipe Book - a fun collection of recipes from our community! **It's the perfect gift.** Grab one for \$1.00 at the Front Desk.



LUNCHTIME ENTERTAINMENT

Entertainment is funded by Nutrition Site Council, a 501(c)(3)



Mondays and Wednesdays @ 10:45 am:

Tuesdays @ 10:30 am:

Thursdays @ 11:30 am:

Friday 12/5 @ 11:30 am:

Friday 12/12 @ 11:30 am:

Bob Gutierrez Band

DJ Music with Joe Sheldon

Accordion Music with Ron Borelli or Joe Simoni

Bob Mateo

Party - The Heartthrob Band

SPECIALTY CLASSES & ACTIVITIES

ORIGAMI - FOLD, CREATE, ENJOY TUE, DEC 2 • 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 & 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, DEC 9 • 1:00 PM

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.

- 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 - Drop in encouraged.

TECH CLASS/RESOURCE OVERVIEW IN MANDARIN MON, DEC 8 • 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

AARP SENIOR SMART DRIVER COURSE WED/THU, DEC 3 & 4 • 8:30AM-12:30PM



Take some time with **AARP** to refresh your driving skills and boost your confidence on the road. In this 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!*

普通话技术课程/资源概述 12月8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

SPECIALTY CLASSES & ACTIVITIES

MEDICARE MADE SIMPLE THU, DEC 11 • 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.



WINTER HOLIDAY PARTY

FRI, DEC 12 • 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 from the Heartthrob Band, 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.

HOLIDAY GIFT WRAPPING EXTRAVAGANZA MON/TUE, DEC 15 & 16 • 1:00PM-3:30PM

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)!



OUR SCENE

SPECIALTY CLASSES & ACTIVITIES

SOUND BATH EXPERIENCE

WED, DEC 17 • 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



ESCAPE ARTIST BOOK CLUB

THU, DEC 18 • 9:30AM-10:30AM

Join the **Escape Artist Book Club** for a lively discussion of “The 19th Christmas” by James Patterson. It follows Lindsay Boxer and the Women’s Murder Club as they race to stop a high-stakes criminal plot threatening San Francisco during the holiday season.

HOLIDAY SING-ALONG

THU, DEC 18 • 10:30AM



Join us for a heartwarming Holiday Sing-Along as we gather to celebrate the season with music and laughter. We’ll enjoy familiar favorites - everything from classic carols to cheerful holiday tunes - led at a relaxed, easygoing pace so everyone can join in. No singing experience needed, just bring your holiday spirit! **Let’s fill the Center with warmth, joy, and a little musical magic.**



MONTHLY GRIEF SUPPORT GROUP

THU, DEC 18 • 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.

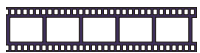
OUR SCENE

SPECIALTY CLASSES & ACTIVITIES

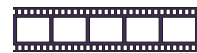


HOLIDAY SWEATER DAY FRI, DEC 19 • ALL DAY

Get ready to add a little extra sparkle to the season! This Holiday Sweater Day everyone is invited to **wear your most festive, cozy, or delightfully tacky holiday sweater**. Covered in snowflakes, reindeer, or twinkling lights... we want to see it! We'll snap a group photo to display at the Center and share some holiday cheer together. Come celebrate the season in style—and warmth!



MOVIE SCREENING



ONE LIFE

FRI, DEC 19 • 9:30AM

Based on the book *If It's Not Impossible...: The Life of Sir Nicholas Winton* by Barbara Winton, **ONE LIFE** tells the incredible, emotional true story of Nicholas 'Nicky' Winton (Johnny Flynn), a young London broker who visits Prague in December 1938. In a race against time, Winton convinces Trevor Chadwick (Alex Sharp) and Doreen Warriner (Romola Garai) of the British Committee for Refugees in Czechoslovakia to rescue hundreds of predominantly Jewish children before Nazi occupation closes the borders. Fifty years later, Nicky (Anthony Hopkins) is haunted by the fate of the children he wasn't able to bring to safety in England. It's not until the BBC show "That's Life!" re-introduces him to some of those he helped rescue that he finally begins to come to terms with the guilt and grief he carried - all the while skyrocketing from anonymity to a national hero.

Movie description provided by Rotten Tomatoes. Rated PG.



FUTURE EVENTS & PROGRAMS



NEW YEAR CORNHOLE TOURNAMENT

WED, JAN 14 • 9:30AM



Grab your lucky beanbag and get ready to toss! Our Cornhole Tournament is back, and it promises plenty of laughs, friendly competition, and maybe even a little bragging rights to become **New Year 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:** Tuesday, Jan 13 – Register at the Front Desk

Why Join?

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



Pictured: Cornhole

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

SENIOR CENTER ORIENTATION

FRI, JAN 9 • 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.

POLE WALKING

FOR BALANCE & MOBILITY

THU, FEB 19 • 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

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, 1/5 - 4/20, NO CLASS 1/19, 2/16
Tuesday	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 American Line Dance Level 1 American Line Dance Level 2
Thursday Closed 12/25	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, 1/8 - 4/16
Friday Closed 12/26	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/>

Monday, 12/22 through Friday, 1/2, the **Center closes at 1:00pm**. All programs that normally begin at 1pm or later are **cancelled** during this time. This includes: Bingo, Transportation, and other scheduled programs.

OUR SCENE

DECEMBER 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, and \$9.00 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
1 Chili Verde Rice Bowl Sweet Peppers & Onions Squash Medley	2  Housemade Salisbury Steak Merlot Demi Glaze Brown Rice Cauliflower & Broccoli	3  Baked Rock Fish w/ Lemon Caper Sauce Rice Pilaf Green Beans	4  Beef & Mushroom Stroganoff Wheat Pasta Garden Salad Veggies	5 Lemon Zest Oven Roasted Chicken Mashed Potatoes Gravy Peas & Corn
8  Lightly Spiced Cajun Pork Loin Roasted Potatoes Green Beans & Carrots	9  Ricotta Ravioli and Baked Chicken Primavera w/ Zucchini & Squash Garlic Wheat Bread	10 BIG BINGO Pesto Shrimp Bowl Brown Rice Mushrooms, Tomatoes, & Pesto Sauce 	11 Roasted Chicken Thighs Orange Ginger Glaze Brown Rice Carrot & Snow Peas	12 PARTY  Honey Baked Ham Mac & Cheese Squash Medley Spring Salad
15 Baked Salmon Couscous Blue Lake Green Beans	16   Pork Loin w/ Sauvignon Blanc Cream Sauce Wheat Pasta Green Beans & Turnips	17  Beef Ravioli Marinara Sauce w/ Arugula, Spinach, & Peppers Parmesan Cheese	18 Oregano Chicken Thighs Brown Rice Green Beans & Carrots	19 BIG BINGO  Meatloaf Creamy Polenta Diced Eggplant & Mushrooms Salad
22  Fried Chicken Fritters Garlic Mashed Potatoes Country Gravy Peas, Corn, & Carrots	23 Beef Pot Roast Mashed Potatoes Broccoli & Mushrooms	24   Meatball Florentine Fettuccine Noodles Napa Cabbage, Spinach, & Carrots Garlic Wheat Bread	25 	26 
29  Chicken Marsala Brown Rice Green Beans & Mushrooms	30  Ground Beef Enchilada Casserole Spanish Rice Black Beans Cabbage Salad	31  Roast Turkey Herb Stuffing Candied Yams Mixed Greens Medley	1 Toast to a New Year! 	2  Dishes with this symbol contain dairy  Dishes with this symbol contain pork

Join us at 11:30am on Wed., 12/31 for a New Year's Toast

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.**