



# OUR SCENE

## SAN BRUNO SENIOR SERVICES NEWS



**JANUARY 2026**

### UPCOMING HOLIDAYS

THU • Jan 1 • New Year's Day

MON • Jan 19 • MLK Day

### HOLIDAY HOURS:

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



*Pictured: 2025 Holiday Party*

### SENIOR ADVISORY BOARD



TUE • JAN 20 • 9:00am  
Senior Center Conference Room. All are welcome.

### BECOME A SENIOR ADVISORY BOARD MEMBER

Applications Accepted through  
**JAN 23, 4:00pm**  
See page 2 for details.

### RENEW NOW!

2026 Membership Renewals out.  
See page 2 for details.

### SILVER SNEAKERS

IS HERE!  
See right side of page for details.

## ANNOUNCEMENTS

### NEWSLETTER & MEMBERSHIPS



**RENEW NOW!**

ALL 2025 Memberships and Newsletter Subscriptions **expired 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.**



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## ANNOUNCEMENTS

**COMING SOON**



We're thrilled to share that SilverSneakers®, a **free health-and-fitness** benefit offered through many Medicare Advantage and Medigap plans, will soon be offered at the San Bruno Recreation and Aquatic Center. This popular fitness program helps older adults stay active, healthy, and connected—watch for upcoming launch details.

### RECIPE BOOK

**GET YOURS NOW**



Spice up the holidays with our Senior Center Recipe Book - a fun collection of recipes from our community. **Grab one for \$1.00 today.**

### SENIOR ADVISORY BOARD ELECTIONS

**Applications for two board positions** will be accepted at the Senior Center Front Desk through 4:00pm January 23, 2026. If more than two candidates apply, a Candidate Forum will occur prior to lunch in the Assembly Room on Mon, Feb 2, 2026, with an election on Wed, Feb 4, 2026.

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](http://www.sanbruno.ca.gov/SeniorAdvisoryBoard)

## CONGREGATE LUNCH PROGRAM UPDATE

To stay in compliance with our San Mateo County grant and continue providing healthy meals daily, the following updates **took effect on 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.

### DON'T FORGET

**PHOTO MEMORIES  
WED, JAN 7 - JAN 21**

Stop by the table in the Hallway beginning WED, JAN 7 through JAN 21 to look through the photos and memories. Is that a photo of you or a loved one? **Please take it!** We are happy to make color copies of any of the photos if multiple people would like it.

# OUR SCENE

## LUNCHTIME ENTERTAINMENT

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

<b>Mondays and Wednesdays @ 10:45am:</b>	Bob Gutierrez Band
<b>Tuesdays @ 10:30am:</b>	DJ Music with Joe Sheldon
<b>Thursdays @ 11:30am:</b>	Accordion Music with Ron Borelli or Joe Simoni
<b>Friday 1/16 @ 11:30am:</b>	Bob Mateo
<b>Friday 1/23 @ 11:30am:</b>	Highlands Choir
<b>Friday 1/30 @ 11:30am:</b>	Jerry Curiano

## SPECIALTY CLASSES & ACTIVITIES

### ORIGAMI - FOLD, CREATE, ENJOY TUE, JAN 6 • 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.

### 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.

### SOUND BATH EXPERIENCE WED, JAN 14 • 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*

## SPECIALTY CLASSES & ACTIVITIES

### 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 New Year 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.

### IN-HOME SUPPORT SERVICES TALK WED, JAN 14 • 10:00AM-12:00PM

Are you or a loved one curious about the programs and services available to support aging and independent living? Join us for an informative talk covering the wide range of Aging & Disability programs right here in San Mateo County. A special **focus will be on In-Home Support Services (IHSS)**, one of the most frequently asked-about resources for seniors and people with disabilities.

This is a great opportunity to get your questions answered, learn how to access assistance, and discover what support is available to help you or your loved ones stay safe, independent, and connected.

### LET'S TALK ABOUT DEATH AND DYING TUE, JAN 20 • 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 you appreciate about aging? What are some of your challenges about aging? Have your ideas about aging changed over time? Have your ideas about death and dying changed with age? Come as you are, bring your curiosity, and join a caring community of others ready to reflect, share, and grow together.

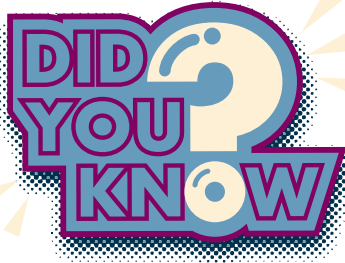
# OUR SCENE

## SPECIALTY CLASSES & ACTIVITIES

### AARP Free Tax Assistance TUE's, FEB 10 - APR 7 • 9:00am-3:00pm

Need help with your taxes? AARP is offering free tax assistance every Tuesday beginning FEB 10 through APR 7.

You **MUST** schedule an appointment at the front desk starting TUE, JAN 20.



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](http://www.godirect.gov) or calling (800) 333-1795 for assistance.

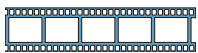
### ESCAPE ARTIST BOOK CLUB THU, JAN 22 • 9:30AM-10:30AM

Join the **Escape Artist Book Club** for a lively discussion of "The Thursday Murder Club" by Richard Osman. In a quiet retirement community, four unlikely sleuths spend their Thursdays solving old crimes for fun—until one turns deadly. Smart, funny, and full of unexpected turns, this mystery proves that age is no barrier to cracking a case.

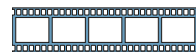


### MONTHLY GRIEF SUPPORT GROUP THU, JAN 29 • 1:15PM-2:45PM

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.



## MOVIE SCREENING



### JULIE & JULIA FRI, JAN 30 • 9:30AM

Frustrated with a soul-killing job, New Yorker Julie Powell (Amy Adams) embarks on a daring project: she vows to prepare all 524 recipes in Julia Childs' landmark cookbook, "Mastering the Art of French Cooking." Intertwined with Julie's story is the true tale of how Julia Child (Meryl Streep) herself conquered French cuisine with passion, fearlessness, and plenty of butter.

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



# OUR SCENE

## FUTURE EVENTS & PROGRAMS

**1-ON-1 IN-PERSON GUIDANCE ON:  
TRANSPORTATION RESOURCES FOR OLDER ADULTS  
TUE, FEB 10 • 10:00AM-12:00PM  
ALSO ON MAR 10**

Get **personalized support** navigating local transportation options for older adults. Experts will be at the Center Feb 10 & Mar 10 to assist you getting help with transportation when you need it.



**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



*Pictured: Pole Walking for Mobility*



## VALENTINE'S PARTY



**FRI, FEB 13 • 9:00AM-1:30PM  
DOORS OPEN AT 9:00AM  
MUSIC BEGINS AT 10:00AM**

Get ready for a Valentine's celebration filled with love, laughter, and great company! Enjoy live music, a delicious meal, and plenty of fun as we gather to celebrate friendship and community. Bring your Valentine spirit and come share the joy.

### **IMPORTANT INFO FOR ALL:**

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

# OUR SCENE

## WEEKLY CLASSES & PROGRAMS

<b>Monday</b> <b>Closed 1/19</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, 1/5 - 4/20, NO CLASS 1/19, 2/16</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>**On Hiatus as of 1/12/26**</b>
<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 <b>**No Class until end of FEB**</b> American Line Dance Level 2 <b>**No Class until end of FEB**</b>
<b>Thursday</b> <b>Closed 1/1</b>	10:00am 10:15am 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 <b>** San Mateo Adult School, 1/8 - 4/17</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 Stretch with Joy (Chair Yoga)

**\*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.

## 2025 MEMORIES



*St. Patty's Party w/Highlands School*



*Kathy and Joe, St. Patty's Day*



*Halloween Fun*



*Santa and his Elf Helper*



*Circle Dance*



*Decades Day*



*Fancy Hats in the Summer*



*Wear Purple for Alzeheimers*



*Celebrating Women in the Military*

# OUR SCENE

# JANUARY 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
<b>29</b> Dishes with this symbol contain dairy Dishes with this symbol contain pork	<b>30</b> Join us at 11:30am on Wed., 12/31 for a New Year's Toast	<b>31</b> Toast to a New Year! 	<b>1</b> <b>SORRY WE'RE CLOSED</b>	<b>2</b> Spaghetti & Meatballs w/ Marinara Sauce Veggie Medley
<b>5</b> Beef Ravioli Ragu Sauce w/ Squash & Onion Medley	<b>6</b> BBQ Shredded Pork Sandwich on Wheat Hoagie Cole Slaw Baked Beans	<b>7</b> Chicken Stir Fry Whole Grain Rice Asian Cabbage & Carrots	<b>8</b> Meatballs with Wheat Pasta Puttanesca Tomatoes, Olive Oil, Capers, & Garlic	<b>9</b> Shrimp Enchiladas Spanish Rice Black Beans Cabbage Salad Pepper & Onion Sauté
<b>12</b> Baked Salmon w/Lemon Butter Sauce Brown Rice Pilaf Green Beans & Cauliflower	<b>13</b> Chicken Piccata Brown Rice Green Beans & Mushrooms	<b>14</b> <b>BIG BINGO</b> Meatloaf Mashed Potatoes & Gravy Broccoli & Carrots	<b>15</b> Grilled English Whiting Fish Couscous Blue Lake Green Beans & Peppers	<b>16</b> Chicken Taco Bowl Spanish Rice Pinto Beans Peppers & Onions Corn Salsa
<b>19</b> <b>CLOSED FOR</b> 	<b>20</b> Gilled Alaskan Cod Brown Rice Cabbage Salad Carrots & Peas	<b>21</b> Beef Stew Mashed Potatoes w/ Gravy Green Bean, Onion, & Mushroom Medley	<b>22</b> Chicken Marsala Angel Hair Pasta Broccoli & Carrots	<b>23</b> Thai Basil Cashew Chicken w/ Curry Sauce Sticky Rice Corn & Peas
<b>26</b> Honey Baked Ham Mashed Potatoes Peas & Corn	<b>27</b> Garlic Chicken Fettucine Steamed Veggie Medley Caesar Salad	<b>28</b> Meatballs with Linguini Marinara Cauliflower & Corn	<b>29</b> Baked BBQ Chicken Thighs Roasted Rosemary Potatoes Broccoli & Carrots	<b>30</b> <b>BIG BINGO</b> Pork Pot Roast Garlic Mashed Potatoes Carrots, Celery, & Onion

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 leftovers so they don'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.**