

OUR SCENE

SAN BRUNO SENIOR SERVICES NEWS

FEBRUARY 2026

SENIOR ADVISORY BOARD

Regular Meeting



TUE • FEB 17 • 9:00am

Senior Center Conference Room.
All are welcome.

Candidate Forum

MON • FEB 2 • 11:30am

Election

WED • FEB 4 • 9:00am-3:00pm

See page 2 for details.



Pictured: Valentine's Day Party

HOLIDAY CLOSURE

MON • FEB 16



We're closed for President's Day

SILVER SNEAKERS

IS HERE!

See page 2 for details.



VALENTINE'S PARTY

FRI • FEB 13

Doors at 9:00am. See page 5
for details.



♡♡♡ 2026 IS HERE ♡♡♡

February is a month all about connection, kindness, and celebrating the people who make our community so special. As we settle into the heart of winter, the Senior Center continues to be a place to stay active, engaged, and connected—whether you're joining a favorite class, sharing a meal with friends, or trying something new.

This month brings plenty to look forward to, including our Valentine's celebration, Groundhog Day (will there be more winter?), music, and laughter. It's a wonderful reminder that the Senior Center is more than a building - it's a community built on friendship, wellness, and shared experiences. Be sure to check the calendar for special events, programs, and any schedule updates so you don't miss out.

Thank you for being part of what makes the Senior Center such a welcoming and vibrant place. Your energy, participation, and support are what truly bring it to life. We look forward to another month of great moments together.

Happy February!

Meghan Rosin
Senior Services Manager



ANNOUNCEMENTS

SENIOR ADVISORY BOARD ELECTIONS

Candidate Forum: Mon, Feb 2 | 11:30am

- Assembly Room (before lunch)
- Meet the candidates and hear why they'd be a great fit for the Board

Election Day: Wed, Feb 4 | 9:00am-3:00pm

- Conference Room
- Open to San Bruno residents age 50+ (Bring proof of age and residency)

About the Board

- Board members advise and assist with Senior Center programs and services. Terms are two years.

HIGHLANDS SCHOOL STUDENTS RETURN

FRI, FEB 6, 20, & 27

We're excited to welcome back the students from **Highlands School**. The students will return for additional visits, bringing more opportunities for laughter, conversation, and shared activities.

If you'd like to take part, please sign up at the Front Desk to participate in organized activities such as cornhole, bocce ball, word games, and most importantly - connecting across generations!

Intergenerational programs like these create meaningful connections and lasting memories for everyone involved. Don't miss out!



THANK YOU FOR YOUR GENEROUS DONATION!

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

**Mei Chen • Barbara Cox
Bunny Epperson • Reiko Ferry
Annette Lapuyade • Mike Palmer
Kayoko Sorensen**



NEW SilverSneakers

SilverSneakers® is a fitness and wellness benefit included with many Medicare Advantage and Medicare Supplement (Medigap) plans. If you're eligible, you can enjoy **free access to the San Bruno Recreation and Aquatic Center (RAC)** and other participating gyms, including strength training, group exercise, water workouts, and online options - designed for all fitness levels.

Eligible participants may use SilverSneakers at the RAC at **no cost - no RAC membership required**. Your SilverSneakers benefit includes a basic RAC membership, providing access to select amenities such as the pools, fitness room, and designated group exercise classes.

Getting started is easy:

- Confirm your eligibility through your Medicare plan, online at www.silversneakers.com, or call the RAC at (650) 616-7180
- Create a free account to receive your SilverSneakers ID
- Bring that ID number to the RAC to enroll

ANNOUNCEMENTS

FRIENDLY REMINDERS

Sign in upon arrival at the Center:

- This helps us be aware of who is in the building in case of an emergency and to learn where patrons visit from.

Program times and locations may change:

- Check with the Front Desk, online, or the Activity Board for updates.

Lunch Program:

- Congregate lunch is served on-site. Thank you for enjoying your meal with us.
- Seating is prioritized for lunch participants during program hours. **See additional information posted for details.**

Membership & Programs:

- Senior Center Membership perks are awesome - ask the Front Desk for details.
- New programs such as SilverSneakers® launch this month - try them out!
- Oldies and goodies are back - like AARP Tax Prep, and Poles for Mobility. Sign-up today!

Recipe Books - Get Yours Today!


- Spice up your meals with a community-created collection of favorite recipes, shared by fellow seniors. Available now for just \$1.00!



LUNCHTIME ENTERTAINMENT

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

Mondays and Wednesdays @ 10:45am:	Bob Gutierrez & Mandy Flowers
Tuesdays @ 10:30am:	DJ Music with Joe Sheldon
Thursdays @ 11:30am:	Accordion Music with Ron Borelli
Friday 2/6 @ 11:30am:	Bob Mateo
Friday 2/13 @ 10:00am:	Party with Live Band
Friday 2/27 @ 11:30am:	Jerry Curiano



SPECIALTY CLASSES & ACTIVITIES



SENIOR CENTER ORIENTATION
FRI, FEB 6 • 10:30AM



Whether you're new to the Senior Center or a longtime visitor, this friendly orientation is for you! Learn about the wide variety of programs, classes, and activities that make our Center such a vibrant place.

Meet staff and fellow patrons, ask questions, and discover how to make the most of your time here. It's a great way to connect, feel at home, and get involved.

SPECIALTY CLASSES & ACTIVITIES

ORIGAMI - FOLD, CREATE, ENJOY
TUE, FEB 3 • 1:00PM-2:30PM

Origami is the **creative, meditative art of Japanese paper folding**. You'll truly be amazed and delighted at what we can create out of a simple piece of paper! The models we create are beginner-friendly; no prior experience is required. Enjoy creating a variety of items, including flowers, boxes, hearts, envelopes, and other whimsical 3D designs.

This is a **FREE** ongoing class offered every first Tuesday of the month from 1:00-2:30 pm, facilitated by **Lisa Yamashiro-Young**.

Welcome!

NOTE: Please bring your own 6" standard multi-color origami paper.



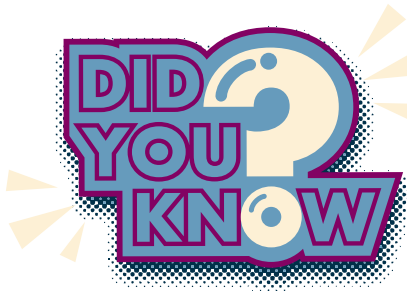
Check out our class resource website (Scan the QR code) for more details!

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 with the Front Desk** in person, or call (650) 616-7150.

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.



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

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

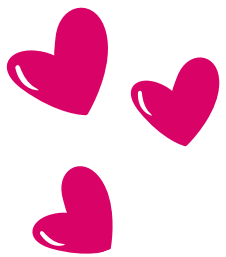


SPECIALTY CLASSES & ACTIVITIES

SOUND BATH EXPERIENCE

WED, FEB 11 • 10:30AM-11:30PM

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.



VALENTINE'S PARTY



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

Get ready for a heart-warming celebration full of love, laughter, and great company! Enjoy live music, a delicious holiday meal, and plenty of fun as we come together to celebrate friendship, community, and the Valentine's spirit. Bring your smiles, your sweet side, and **get ready to 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.



SPECIALTY CLASSES & ACTIVITIES

Let's Talk About Death and Dying

TUE, FEB 17 • 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.

**ESCAPE ARTIST BOOK CLUB
THU, FEB 19 • 9:30AM-10:30AM**

Join the **Escape Artist Book Club** for a lively discussion of "Dial A for Aunties" by **Jesse Q. Sutanto**. A laugh-out-loud murder mystery where a disastrous blind date turns deadly and a crew of lovable, meddling aunties will stop at nothing to save the family—body disposal, romance, and wedding chaos included



**POLE WALKING
FOR BALANCE & MOBILITY
THU, FEB 19 • 1:15PM-4:30PM**

Pole walking is a fun, low-impact, full-body workout designed to help you move with greater confidence and ease. In this class, you'll learn proper pole-walking techniques with certified instructor **Jayah Faye Paley (AFAA & ACE)** to improve balance, posture, endurance, and spinal alignment while reducing fall risk. Specially designed poles help engage your core, support joint health, and promote natural, upright movement.

This class is ideal for staying active, building strength, and enjoying walking in a supportive environment. No experience necessary—poles are provided. **Register in advance at the Front Desk. Cost:** \$31 Residents / \$37 Non-Residents.



SPECIALTY CLASSES & ACTIVITIES

MONTHLY GRIEF SUPPORT GROUP THU, FEB 26 • 1:15PM-2:45PM

Grieving the **loss of a loved one** can be a lonely road, but it doesn't have to be. Join this open and welcoming 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

SLEEPLESS IN SEATTLE FRI, FEB 27 • 9:30AM

After the death of his wife, Sam Baldwin (Tom Hanks) moves to Seattle with his son, Jonah (Ross Malinger). When Jonah calls in to a talk-radio program to find a new wife for his father, Sam grudgingly gets on the line to discuss his feelings. Annie Reed (Meg Ryan), a reporter in Baltimore, hears Sam speak and falls for him, even though she is engaged. Unsure where it will lead, she writes Sam a letter asking him to meet her at the Empire State Building on Valentine's Day.

Movie description provided by Rotten Tomatoes. Rated PG.



FEBRUARY: A MONTH FULL OF MEANING

February may be the shortest month of the year, but it's packed with purpose! It's **Black History Month**, a time to honor the achievements, culture, and contributions of Black Americans who have shaped our history, communities, arts, and everyday life. From trailblazing leaders and inventors to musicians, educators, and activists, February invites us to learn, reflect, and celebrate stories that deserve recognition year-round.

February is also **American Heart Month**, reminding us to take care of our hearts—through movement, connection, laughter, and healthy choices. And of course, the month of Valentine's Day celebrates love in all its forms: friendship, community, and the joy of coming together.

Short month, big heart, powerful history—February gives us plenty to celebrate!



WEEKLY CLASSES & ACTIVITIES

	Start	End	Cost	Activity
Mondays Closed 2/16	8:15am	9:30am	Free	Hiking
	9:00am	11:45am	Free	Mahjong
	9:00am	1:00pm	\$3	Ceramics Workshop
	9:30am	4:00pm	Free	Drop-In Cornhole
	1:00pm	2:00pm	\$5	Tap Class
	1:00pm	3:00pm	\$3 Buy-In	Bingo
	2:30pm	3:30pm	**	Pilates/Yoga Fusion **
	4:00pm	5:00pm	**	Gentle Yoga ** **San Mateo Adult School, 1/5 - 4/20, NO CLASS 2/16
Tuesdays	9:30am	10:15am	\$5R/\$6NR	Zumba Gold
	10:00am	11:00am	Free	Spanish
	10:45am	11:45am	\$5	Sit & Workout
	12:45pm	1:45pm	\$4R/\$4.50NR	Beginning Line Dancing
	1:00pm	3:00pm	\$3R/\$3.50NR	Ukulele
Wednesdays	8:15am	9:30am	Free	Hiking
	9:30am	11:30am	\$5 per month	Stained Glass Workshop
	9:30am	4:00pm	Free	Drop-In Cornhole
	12:30pm	1:30pm	Free	Beginner Western Review with Dolly
	1:00pm	3:00pm	\$3 Buy-In	Bingo
	1:00pm	2:00pm	Free	Hula
	1:00pm	2:00pm	\$4R/\$5NR	American Line Dance Level 1**
	2:00pm	3:00pm	\$4R/\$5NR	American Line Dance Level 2** ** Class will not begin until end of month
Thursdays	10:00am	12:00pm	Free	Creative Writing
	10:15am	11:15am	**	Yoga for Health **
	12:30pm	3:30pm	Free	Pedro
	12:30pm	2:00pm	Free	Music & Motion
	1:00pm	2:00pm	\$1	Painting Workshop
	1:00pm	2:00pm	\$4R/\$5NR	American Line Dancing***
				** San Mateo Adult School, 1/8 - 4/16 *** 2 Hour class until end of month
Fridays	8:15am	9:30am	Free	Hiking
	9:30am	10:30am	Free	Knitting & Crocheting, Drop-in Social Group
	9:45am	10:30am	\$5R/\$6NR	Zumba Gold
	1:00pm	3:00pm	\$3 Buy-In	Bingo
	1:00pm	3:30pm	Free	Ping Pong
	1:15pm	2:00pm	\$6	Stretch with Joy (Chair Yoga)

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

FEBRUARY 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
2 Roasted Pork & Mushroom Stroganoff Wheat Pasta Green Beans, Carrots, & Peppers	3 Meatballs with Linguini Marinara Cauliflower & Carrots	4 Grilled English Whiting Fish Roasted Potatoes Blue Lake Green Beans & Carrots	5 Chicken Taco Salad & Chicken Tortilla Soup with Pinto Beans Spanish Rice Veggie Salsa	6 Sesame Ginger Salmon Stir Fry Jasmine Sticky Rice Veggies
9 Chicken Florentine Lasagna Green Beans & Carrots Salad	10 BBQ Chicken Baked Beans Coleslaw Peas & Corn	BIG BINGO 11 Beef Stroganoff Wheat Pasta Mushrooms & Carrots	12 Chicken Marsala Brown Rice Broccoli & Carrots	PARTY! 13 Red Snapper with Lemon Herb Sauce Couscous Napa Cabbage & Bell Peppers
CLOSED 16 PRESIDENT'S DAY	17 Beef Stew Roasted Potato Medley Broccoli & Mushrooms	18 Chicken Stir Fry Whole Grain Rice Napa Cabbage & Carrots	19 Turkey Tetrazzini Casserole with Creamy Mushroom Sauce Broccoli & Carrots	20 Baked Garlic Chicken Mashed Potatoes Broccoli & Carrots
23 Shrimp Sauté w/Cabbage & Carrots Brown Rice	24 Chicken Enchiladas Spanish Rice Pinto Beans Veggie Medley	25 Baked Pork Loin w/ Sauvignon Sauce Wheat Penne Green Beans & Carrots	26 Grilled Alaskan Cod Brown Rice Broccoli & Cauliflower	BIG BINGO 27 Beef Raviolis in Marinara Sauce Mushrooms & Carrots
Dishes with this symbol contain dairy Dishes with this symbol contain pork	2/2 is Groundhog's Day.... Do you think <i>Punxsutawney Phil</i> would tell us "another 6 weeks of Winter"?			

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

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.**