

OUR SCENE

SAN BRUNO SENIOR SERVICES NEWS

MARCH 2026

SENIOR ADVISORY BOARD

Regular Meeting



TUE • MAR 17 • 9:00am

Senior Center Conference Room.
All are welcome.

Meet the Board

Details on page 2.

COME BACK BINGO

SUN • MAR 22

Details on page 6.

SEAT SAVING

For Congregate Lunch Program.

Details on page 2.

BOCCE IS HERE!

Learn how to play- See page 3.

Spring League begins 3/20 -
signup now! See page 7.

 **THANK YOU FOR YOUR GENEROUS DONATION!**

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

**Anonymous • Roberta Hatch
Patricia Murad • Hussain Rajbhoy**



Pictured: St. Patrick's Day Party, 2025



SPRING IS HERE

March is a time of renewal, fresh energy, and the first signs of spring. As the days grow a little longer and everything begins to bloom, the Senior Center continues to be a place to stay active, connected, and engaged - whether you're enjoying a favorite class, sharing a meal with friends, or trying something new.

This month brings plenty to look forward to, including festive St. Patrick's Day fun, engaging programs, and lots of opportunities for laughter and connection. March reminds us that new beginnings can happen at any age, and our community continues to flourish because of the friendships and experiences we share together.

Thank you for being part of what makes the Senior Center such a warm and welcoming place. Your energy, participation, and support truly bring our community to life. We look forward to another wonderful month together.

Happy March!

Meghan Rosin
Senior Services Manager



ANNOUNCEMENTS

MEET YOUR SENIOR ADVISORY BOARD

We are pleased to introduce the
2026 Senior Advisory Board

Joyce Satow, Chair
Linda Boscono, Vice Chair
Bonnie Bonzani
Carolyn Chin
Joanna Dunn
Liz Hom
Pam Madden

The Senior Advisory Board serves as a voice for older adults in San Bruno, advising City leadership on programs, services, and policies that support aging well. Board members help identify community needs, provide advice on Senior Center services and initiatives, and advocate for resources that enhance the health, independence, and overall quality of life for San Bruno's senior community.



SEAT SAVING PRACTICE CONGREGATE LUNCH PROGRAM

DAILY FROM 8:00AM-12:45PM

- Seats may only be saved for patrons participating in the lunch program (placemat) and **arriving by 11:00am**.
- **After 11:00am**, any seat not occupied by a lunch program participant (placemat), may be re-allocated to a patron in need of one for the lunch program.
- Staff and volunteers will respectfully manage seating to support smooth service and equitable access.

HIGHLANDS SCHOOL STUDENTS & INTERGENERATIONAL PROGRAMS

FRI, MARCH 6, 13, & 20

The students from the **Highlands School** return for additional visits - bringing more opportunities for laughter, conversation, and shared activities.

Take part! Sign up with Justine or 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!



DONATION TABLE - WHAT CAN I LEAVE?

DAILY 9:00am-3:00pm

- A Maximum of **four (4)** items may be donated each day.

Item DO's

- Lightly Used
- In Good Condition
- Clean

Item DONT's

- Medicines
- Food
- Dirty or Broken

Items may include books, cards, stationary, small household items, mobility aids, and other items helpful for the aging adult community.

All items will be cleared and donated (when possible) after 3:00pm on Fridays.

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 3/6 @ 11:30am: Bob Mateo
Friday 3/13 @ 10:00am: Party with Live Band
Friday 3/27 @ 11:30am: Jerry Curiano



SPECIALTY CLASSES & ACTIVITIES

ORIGAMI - FOLD, CREATE, ENJOY TUE, MAR 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!

SENIOR CENTER ORIENTATION FRI, MAR 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

BOCCE: INTRO FOR BEGINNERS TUE, MAR 17 • 10:00AM

Interested in playing bocce but need a refresher? Brand new to the game? Join our beginner-friendly Bocce intro and learn the basics from other players at the center prior to the Spring Bocce League beginning at the end of the month.



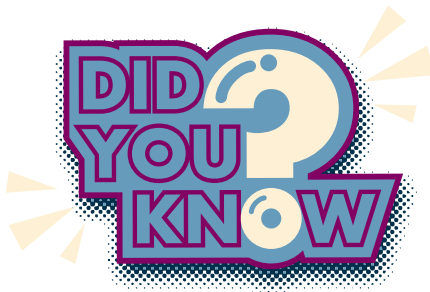
Pictured: Bocce

AARP FREE TAX ASSISTANCE TUE'S, THROUGH - 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, 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.



SOUND BATH EXPERIENCE WED, MAR 11 • 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.



SPECIALTY CLASSES & ACTIVITIES

COLLETTE TRAVEL
THU 3/12 3:15-4:00PM

Collette Travel will be discussing three of their most popular upcoming tours: “New York City Holidays,” “Iceland’s Magical Northern Lights,” and “Shades of Ireland.”

Discover opportunities to explore festive cityscapes, breathtaking natural wonders, and rich cultural experiences while learning what makes each journey unique. It’s a wonderful opportunity to get inspired and start planning your next adventure.



ST. PATRICK'S DAY PARTY

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



Celebrate St. Patrick’s Day with an afternoon full of festive fun and Irish spirit! **Wear your favorite green attire** and enjoy a delicious traditional meal, lively music, and great company. It’s the perfect opportunity to gather with friends, share a few laughs, and enjoy a little luck of the Irish together. Don’t miss this spirited celebration at the Senior Center!

IMPORTANT INFO FOR ALL:

- **Lunch & Entry:** Only patrons who are participating in the congregate lunch program that 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.



Let's Talk About Death and Dying

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.

TUE, MAR 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

SPECIALTY CLASSES & ACTIVITIES

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

Join the **Escape Artist Book Club** for a lively discussion of “**We are all guilty here** “ by **Karin Slaughter**: a gripping crime thriller set in a small town shaken by the disappearance of two teenage girls. As a local deputy investigates, long-buried secrets and hidden tensions rise to the surface. Suspenseful and twist-filled, it’s a compelling read for mystery lovers.

MONTHLY GRIEF SUPPORT GROUP THU, MAR 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.

COME BACK BINGO!

SUN, MAR 22 DOORS AT 10:30AM GAMES AT 1:00PM

Get your Bingo Dabbers ready for Come Back Bingo with the Nutrition Site Council! Doors open at 10:30am for Early Dabs and Strips. Regular Bingo games will begin at 1:00pm. There is a \$25 buy-in for 2 packs of 10 games (6-on) with \$250 payouts. The day will include extra games including Strips, Dab Games, Specials, and a free raffle. Sandwiches, chips, desserts, and drinks will be available for purchase.

POLE WALKING FOR BALANCE & MOBILITY FRI, MAR 27 • 9:15PM-12:30PM

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 techniques with certified instructor **Jayah Faye Paley (AFAA & ACE)** to improve balance, endurance, and alignment while reducing fall risk. Poles help engage your core, support joint health, and promote natural 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.

ART APPRECIATION MON, MAR 23 • 1:30PM-3:00PM

Join **Linda Dever** for an engaging and lively discussion on Claude Monet, the famed Impressionist known as the “Master of Water.” Discover how his shimmering brushstrokes and love of light transformed everyday scenes into breathtaking works of art.



SPECIALTY CLASSES & ACTIVITIES

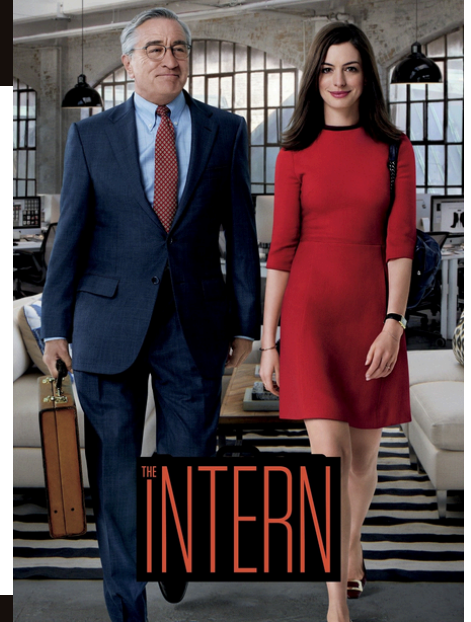
MOVIE SCREENING

THE INTERN

FRI, MAR 27 • 9:30AM

Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back into the game, 70-year-old widower Ben Whittaker (Robert De Niro) seizes the opportunity to become a senior intern at an online fashion site. Ben soon becomes popular with his younger co-workers, including Jules Ostin (Anne Hathaway), the boss and founder of the company. Whittaker's charm, wisdom and sense of humor help him develop a special bond and growing friendship with Jules.

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



SPRING BOCCE LEAGUE FIRST GAMES ON MON, MAR 30

Our Spring League will focus on fun, friendly competition, teamwork, and connection. **No experience necessary**... just bring your enthusiasm! This league is about more than the game - it's about community, laughter, and staying active together.

To sign-up or for more info, contact Program Coordinator Justine at 650-616-7152 or stop by the Front Desk. All are welcome. Let's roll into spring together!



WEEKLY CLASSES & ACTIVITIES

| | Start | End | Cost | Activity |
|-------------------|---------|---------|---------------|---|
| Mondays | 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 | 2:00pm | Free | Sacred Circle Dance, Beginning 3/23 |
| | 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 |
| 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 |
| 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 |
| 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/>



MARCH 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 Shredded Pork Rice Bowl with Sweet Peppers, Onions, & Squash Medley |  3 Beef Meatball & Mushroom Stroganoff Wheat Pasta Veggies |  4 Chicken & Spinach Frittata Topped w/ Ricotta & Cheddar Roasted Potatoes | 5 Baked Wild Pollack Lemon Caper Sauce Rice Pilaf Green Beans |  6 Lemon Zest & Garlic Roasted Chicken Mashed Potatoes Gravy Peas & Corn |
|  9 House-made Salisbury Steak w/ Merlot Demi Glaze Brown Rice Cauliflower & Broccoli |   10 Thin Sliced Roasted Parmesan Pork Topped w/Ragu Sauce Penne Pasta Squash Medley | BIG BINGO 11 Roasted Salmon Couscous Blue Lake Green Beans & Mushrooms |   12 Beef & Sausage Lasagna Garlic Wheat Bread Cabbage, Spinach, & Carrots |  13 Corned Beef & Cabbage Roasted Potatoes, Carrots, & Onions |
|  16 Shrimp Louie Salad w/ 1,000-Island Dressing House-made Minestrone Soup | 17 Beef Cube Steak Stew Potatoes, Peas, Corn, & Carrots Caesar Salad |  18 Garlic & Rosemary Pork Loin Jasmine Rice Green Beans & Carrots |  19 Shrimp with Pesto Cream Sauce over Macaroni Noodles Squash Medley |  20 Shredded Chicken & Mushroom Stroganoff Wheat Pasta Veggie Medley |
| 23 Beef Brisket & Cabbage Red Roasted Potatoes Carrots |  24 Basil Cashew Chicken Curry Sauce Sticky Rice Corn & Peas | 25 BBQ Chicken Thighs Coleslaw Baked Beans Sauteed Corn & Peas |   26 Spaghetti Bolognese Parmesan Cheese Garlic Wheat Bread Squash Medley | BIG BINGO 27 Fried Chicken Breast Fritter w/Country Gravy  Mac & Cheese Peas, Carrots, & Corn |
|  30 Shredded Beef Enchilada Casserole Spanish Rice Black Beans Veggie Medley | 31 Oregano Chicken Thighs Brown Rice Green Beans & Carrots |  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****
 v. 2.23.26

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.**