



# THE BEACON

THE SENIOR COASTSIDERS NEWSLETTER

January 2024

Much of the information included is for online/virtual classes and programming. For easy click-on links, we recommend you go to our website at [www.seniorcoastsiders.org](http://www.seniorcoastsiders.org) and go to the digital version of this newsletter. Alternatively, you can type in websites and email addresses directly.

如需中文支持服务, 请联系 Kiki: [kwolfeld@seniorcoastsiders.org](mailto:kwolfeld@seniorcoastsiders.org)

Para servicios en español por favor de contactar a Emma [enavarrete@seniorcoastsiders.org](mailto:enavarrete@seniorcoastsiders.org)

## Important Reminders

- Senior Coastsiders is closed on January 1
- Card Making class is canceled on January 4
- Tai Chi is canceled on January 4
- Senior Coastsiders is closed on January 15
- Craft Group is canceled on January 29



\*Poplar Street will be under construction until Spring 2024.

For more details, contact the HMB Public Works Department at 650-726-7177 \*

## Noteworthy

- NEW! Digital Shopping Workshop on January 29 (more information below)
- "ESL" is now called "SEL: Seniors' English Lessons"

## Vaccination Clinic - January 29

### GET YOUR COVID & FLU VACCINES

January 29, 3-5PM at Senior Coastsiders  
925 Main Street, HMB



Covid and the Flu are always lurking! Protect yourself with the latest COVID and flu shots, Monday, January 29 from 3-5PM at Senior Coastsiders. Thanks to a generous grant from the National Council on Aging, we are partnering with BayPLS to provide 500 Flu and/or Covid shots by April 2024. You must have Medicare or Medicaid to participate in this clinic! Register now at: [www.seniorcoastsiders.org](http://www.seniorcoastsiders.org)

### Senior Coastsiders Staff

Sandra Winter, Executive Director  
Darcy Soares, Program Manager  
Emma Navarrete, Office Manager  
Rose Hernandez, After Hours Coordinator

Tracey Gould, Care Manager  
Casey McClung, Project Coordinator  
Judith Matienzo, Administrative Assistant  
Kiki Wolfeld, Community Liaison

Nabor Huerta, Bus Driver  
Chris Isley, Kitchen Manager  
Manny Orozco, Chef  
Edinson Ledezma, Kitchen Assistant

# SENIOR COASTSIDERS HAS A NEW KITCHEN MANAGER

Hello, my name is Chris Isley, and I am the new kitchen manager here at Senior Coastsiders.



I've worked in the hospitality industry for over 20 years. I started in catering, then went to Culinary school at the California Culinary Academy in San Francisco. I've worked at the Ritz Carlton here in Half Moon Bay, then at Stanford University before working for myself as a private caterer on the coast. I really enjoy connecting with people in my community here, and so I am really looking forward to expanding this further here at Senior Coastsiders.



Everyone here has been so welcoming and supportive to me, and really gives me great enthusiasm to be part of the Senior Coastsiders family!

I look forward to meeting you all.

## AARP Tax Services Tax Assistance



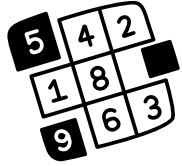
AARP Foundation Tax-Aide is the nation's largest, free, in-person tax preparation service. Volunteers are trained and IRS certified each year.

Partnering with Senior Coastsiders, they offer tax preparation help to everyone, and if you're 50 and older and can't afford tax preparation services, they are especially for you! This service will be offered Wednesdays, with appointments from 9:00am - 2:30pm starting February 14th and running through April 17th at Senior Coastsiders. Appointments last one hour and can be made by calling Senior Coastsiders at 650-726-9056 starting January 8.

*Please note that certain complex tax situations, such as taxpayers who own rental property or operate complex businesses, are not within the training of our Tax-Aide volunteers and cannot be completed.*

## Seniors' English Lessons (SEL) - Beginning Tuesday, January 2

Senior Coastsiders volunteer, Ho Wing, will be teaching English Lessons for our Senior Community on Tuesdays and Thursdays beginning on January 2. Classes will run from 4pm - 5pm and all are welcome to join.



## Puzzle Time with Professor Symmons

Challenge your Brain Cells as we tackle a recent Sudoku, Ken-Ken, and the Crossword puzzle presented in the Daily Journal. Group will be led by Professor Richard Symmons as he guides participants through puzzle strategy - but with the focus on class contributions and participation! Class is offered on Tuesdays at 1pm.

## Trivia Hour

Test your brain and meet up with friends for Trivia Day at Senior Coastsiders. Our trivia master is Larry De Young, a long-time Coastside resident, who wants you to get those "Little Grey Cells" working. Larry formulates excellent questions with the support of fantastic slides, a timer, and score sheet. His questions will have your synapses snapping! Grab a smart friend or two to form a team - or join a team when you arrive. If you win, you'll enjoy...bragging rights! First Monday (canceled for January) and third Wednesday (January 17) of each month at 1:00PM.



## Lunch with your instructor

Pre and post class time can be a bit hectic with busy schedules. Wouldn't it be nice to sit and chat over a meal with your class instructor? Come join Senior Coastsiders Instructors for lunch and a chance to chat on Friday, January 5!



## Monday Matinee Movie

*Book Club* (2018) Four longtime friends and book club members have their lives upended when they aim to spice up their mundane routines by reading the provocative bestseller *Fifty Shades of Grey*. With newfound confidence, they each begin to come alive as exciting romances are ignited and old flames are rekindled.

Starring Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen  
Monday, January 22, starting at 2:30pm.  
Running time 1h 44m. Popcorn and refreshments will be available.

## Senior's Dinner Club at It's Italia

Enjoy the fun and community of a family style dinner served at It's Italia's "Grandfather Table" that seats 10 guests. The Seniors' Dinner Club meets the second Thursday of each month (January 11 this month) for a 5:00PM seating. Enjoy a three-course seasonal menu designed by Chef Maile del Fierro for a set price of \$25 (Includes coffee, tea, and soft drinks. Alcoholic beverages and gratuity not included).



Payment and reservation to be made with the Senior Coastsiders office. Space is limited to the first 10 people who sign up and pay each month. This is a great chance to meet new or old friends at one of our fine downtown establishments. Be sure to take advantage of this amazing deal!



## Rhythms with Richard

Come find a comfortable rhythm with a drum or other percussion. Instruments provided, but bring what you have! Basic instructions & gentle guidance offered as well. Since everyone alive has a heartbeat, rhythm is built in! All are welcome! Beginners encouraged to join. The group will meet on the second Monday of each month in the Sunroom from 2:00-3:00PM (January 8 this month)

## Men's Discussion Group

This is a participant led discussion group for older men looking to connect with peers, chat about the challenges and opportunities of aging, or just find a new avenue for socializing. Group will meet on the first Tuesday of each month at 10:30AM in the dining room over coffee. (January 2 this month)



## New and Upcoming (continued)

### Parkinson's Support Group

Wednesday, January 3, from 2pm - 3pm. The group is made up of those with Parkinson's and their family members and caregivers and provides a wonderful opportunity to share experiences and resources.



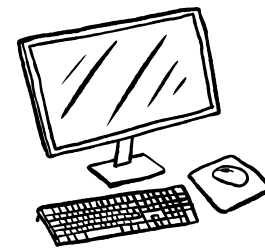
### Parkinson's Exercise Class

is for individuals with Parkinson's Disease and is designed to delay symptoms. Students will go through a series of exercises that will adjust to individual needs and will be both challenging and fun. Class is held in person on Wednesdays from 1:00-2:00pm. Instructor Jetta van Hemert. Class cost is \$10.00.

### "Basics" Tech Classes

Join computer tutors for a basics course on your Android, Windows, or iOS device. Course content will include: basic computer vocabulary, touch screen gestures, notifications and settings, wifi connection, dictation, basic internet, email, and more! Please call the office to sign up. Classes will be:

- Android Basics: CHINESE - every Tues & Thurs 3:00PM - 4:00PM
- iPhone Basics - Mon, 1/8 2:00PM - 3:00PM
- iPhone Basics - Thurs, 1/18 2:00PM - 3:00PM
- Android Basics: SPANISH - Fri, 1/19 1:00pm - 2:00PM
- iPhone Basics - Mon, 1/22 2:00PM - 3:00PM
- iPhone Basics - Thurs, 1/25 2:00PM - 3:00PM
- Digital Shopping Workshop - Monday, 1/29 2:00PM - 3:00PM



**Computer Tutoring** We have volunteer tech tutors four days a week. Come in and troubleshoot or learn how to better use your computer or smart phone!

- Mondays with Wanda
- Tuesdays with Carolyn
- Wednesdays / Fridays with Becci
- Thursdays with James

### TECH CORNER



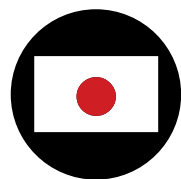
Appointments required. Please schedule with the Senior Coastsiders office.



### Mystery Book Club

January Book: *The Dry*, by Jane Harper

This group meets the first Wednesday of each month at 12:00PM (January 3 this month). The group meets in person with Zoom option. To connect via Zoom contact Vaughn Harrison at [vaughnharrison@yahoo.com](mailto:vaughnharrison@yahoo.com). Future books can be picked up at the Senior Coastsiders office at 925 Main Street one month in advance of each meeting.



### International Day in the Dining Room - Japan

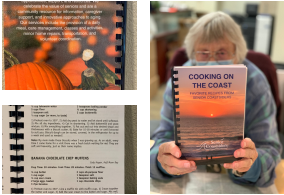
One day each month will feature an international dish. Join us Wednesday, January 10 for a delicious chicken teriyaki lunch. Come by to enjoy Chef Manny's take on the Japanese classic. Passports not required!

### Live Music!

Who doesn't love a little live music!? We have live music in the dining room at least once a week during lunch! Come see who's playing!

- Peter Master on piano the first Tuesday of each month - January 2
- Coastside Celtic Collaboration the second Wednesday of each month - January 10
- Vocalist Tina and guitarist Harry the third Wednesday of each month - January 17
- Coastside Singers the third Thursday of each month - January 18
- Blue City Jazz on the fourth Thursday of each month - Wednesday, January 25





## Senior Coastsiders Cookbook - Cooking on the Coast

This collection of recipes comes from volunteers, participants, and even our own chef! Cookbooks available for purchase now for \$20.00 each. Call or come to the Senior Coastsiders office to purchase.

## Half Moon Bay Library at Senior Coastsiders

Library staff will be in the Senior Coastsiders Dining Room the third Wednesday of each month (January 17) during our birthday celebration. Swing by the table to check out and return books and see what's new at the library!



## Welcome to Yoga and Welcome Back to Yoga

Have you been curious about yoga, but have never taken a class? Have you enjoyed practicing yoga in the past, but have not taken a class in awhile because you are recovering from surgery, injury, illness or other life circumstance? If so, this opportunity is for you. LindaGrace offers a three or four class series to new or returning students to evaluate current strength, flexibility, balance, and familiarize you with the warm ups and basic poses before you enter the Gentle Yoga Class or the Wise Woman Yoga Class. These intro classes can be arranged directly with LindaGrace at [lindagrace@wisewoman-yoga.com](mailto:lindagrace@wisewoman-yoga.com)

**Senior Coastsiders Pet Buddy Program** provides support services for seniors and their pets. Volunteers can help with temporary dog walking, in home cat care, medication assistance, transportation to the vet, and more! The program also provides pet food, cat litter, and limited financial assistance towards veterinary care. Are you living on a fixed income and struggling with the high cost of quality pet food? Senior Coastsiders' Pet Buddy program can help by providing low-income seniors free pet food (regular and prescription). Please call Tracey at 650-726-9056 for more information or to sign up.



## Coastal Arts League Friday Art Classes

Class topics/mediums change each week but class is sure to delight and educate! Join this free class on Fridays from 12:30-2:00PM. This class is capped at 12 - please arrive early to ensure your spot. Visit [coastside-artists.com/art-classes.html#/](http://coastside-artists.com/art-classes.html#/) for info.

- January 5 - Rebecca Ellis
- January 12 - Laura McHugh
- January 19 - TBD
- January 26 - Framing Artwork

## We Won!

New Leaf Community Markets' Envirotoken program supports local, non-profit organizations working for the environment and encourages shoppers to bring in and reuse grocery bags. The community voted for Senior Coastsiders as one of the organizations to benefit from this great program. Customers will receive tokens worth 10¢ to give to local, non-profit organizations for each large grocery bag they reuse. Make sure to drop your tokens in the bin for Senior Coastsiders!



## Grocery Bus Service Now Offered on Tuesdays & Fridays

Drop off available at both Safeway and New Leaf shopping centers. Bus will pick up behind the center at 12:45PM and return to campus at 2:00PM. If you would like to take advantage of this service, you must sign-up at the office or call Emma at 650-726-9056. Suggested contribution of \$2 round-trip.

## Free Home Covid Tests & KN95 Masks Available

Senior Coastsiders has home Covid tests and KN95 masks available for older adults on a first come, first served basis. Please call or stop by for more information or to pick up a test. Limit 2 per person



At this time of the year, it feels inevitable that we will make New Year's Resolutions, promising ourselves to do all manner of noble things - lose weight, exercise more, manage our stress better, etc., etc. I've been thinking of mounting a counteroffensive! Instead of resolving to DO certain things, how about we consider NOT doing certain things – gossiping, procrastinating, comparing ourselves with others, etc., etc.

Another variation would be to focus our New Year's Resolutions not on ourselves and our own behavior, but on others. For example, you might resolve to volunteer, become a blood donor, or help someone in need with small tasks like grocery shopping or mowing their lawn.

We could also resolve to do more for our planet such as supporting our local farmers market, planting native species in our gardens, and reducing food waste through careful shopping and using leftovers in soups and casseroles – perfect for this time of year!

You could create a bucket list of things you plan to do within the next year – examples of things you could add to your list include visiting a local state park or museum, getting a tattoo, going to a spa, watching the sun rise or set and being grateful, traveling, or being a tourist in your own city.



I'd love to hear about your New Year's Resolutions. For me personally, I think I'm going to resolve to learn one Spanish word a day because I want to be able to converse with our Latino participants here at the Center.

Sending you very best wishes for 2024.  
Sandi

## Supporting Senior Coastsiders

Thank you so much to those donors who have supported us during our year end giving campaign!

At the time of writing (Dec 27th), we have received a little over \$122,500 which is 82% toward our goal of \$150,000. These gifts will be used to make a difference in the lives of older Coastside adults and we are so very grateful.



# Free Musical Concert at Senior Coastsiders

Sunday, January 7th - 2:00PM

Come enjoy a range of music from Western classical to traditional Chinese performed by Bay Area musicians. They graduated from the Xinghai Conservatory of Music with excellent majors: Xu Zhuoming's flute, Zhuang yile's pipa and Wu Rong's violin, and Li Minchang and Li Qinke's artistic singing. They have won many music competition awards. They also brought students to participate in flute performances and piano solos. We also specially invited San Francisco Yayun Troupe and our 92-year-old voice professor Li Cheng to attend the concert.

歡迎前來欣賞由灣區音樂家表演的從西方古典到中國傳統的一系列音樂。他們畢業於星海音樂學院，專業都很出色：許卓明的笛子，莊綺勒的琵琶和巫蓉的小提琴，李敏嫦和李勤科的藝術歌唱。他們獲得了許多音樂比賽獎項。他們還帶了學生參加表演笛子、鋼琴獨奏。我們還特別邀請了三藩市雅韻艺术团和我們92歲的聲樂教授李誠來參加演出。



## It's time...to get connected!

Senior Coastsiders is offering **FREE** technology classes!

Senior Coastsiders will be connecting older adults and adults with disabilities to 1:1 instruction, workshops as well as free classes which cover topics such as:



- Online banking
- Zoom/FaceTime calls
- Cyber safety/scams
- Youtube/Facebook/Instagram
- iPhone/iPad basics
- Digital shopping
- eBooks/Audio books
- Telehealth
- Basic operations of web searches
- Android phone/tablet essentials



Classes are offered in English, Chinese, and Spanish.

Appointments are required for 1:1 instruction.

For more information, please call 650-726-9056.

# Other Upcoming Community Events & Info

## Coast Pride

Agin' Well serves up social and fun monthly activities for our (mostly) 50+ community members. These activities are selected by the participants and are available in Pacifica and Half Moon Bay. For January, they'll have a meet-up on January 10 from 6-7pm at the Pacifica Community Center and on January 20 from 1:30-3pm at the CoastPride Center. If you'd like to be added to the Agin' Well newsletter distribution list, please email Elana at [aginwellfacilitators@coastpride.org](mailto:aginwellfacilitators@coastpride.org)



## Coastal Repertory Theater "Pay What You Can" Night - February 1 @ 7:30pm

*Boeing Boeing* - follow the misadventures of suave bachelor Bernard, who finds himself juggling not one, not two, but three gorgeous stewardesses without their knowledge! Just when he thinks he has everything under control, his friend Robert shows up and everything goes haywire. With a new and speedy Boeing jet and unexpected weather changes, Bernard's life becomes a hilarious comedy of errors, and you're in for a wild ride! So come join us and fasten your seatbelts for Boeing Boeing!



## VOTC Movie Night at the HMB Library

featuring *Top Gun Maverick*, 5:30pm on January 18. Join other Village members at the movies! *Top Gun Maverick*: After thirty years, Maverick is still pushing the envelope as a top naval aviator but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.



## Zoom Dance Party

If you are looking for more ways to get your groove on, you can join other like minded dancers via Zoom. Sessions are held every Monday, Wednesday, and Friday from 5pm-6pm. For links and more information, email Joyce [jshanahan@yahoo.com](mailto:jshanahan@yahoo.com)

## Good to Know!

### Donate Your Car to Senior Coastsiders

Do you have an old car just taking up space? Wish you had a way of easily donating it? You're in luck! Charitable Adult Rides and Services (CARS) makes donating your car easy. They take care of everything from the pick-up and sale to sending you the donation receipt and necessary tax documents. To make it even



better, Senior Coastsiders receives a donation for every car you donate! To donate, go to: [www.seniorcoastsiders.org](http://www.seniorcoastsiders.org) or call 855-500-7433. Thank you!

**Did you know** that in addition to congregate dining and home delivered meals, Senior Coastsiders provides ongoing information and assistance including referrals and care management? Information on a variety of services is available to respond to the diverse needs and interests of older adults and adults with disabilities, enhance their dignity, support their independence, and encourage their involvement in the community. A care manager is available on staff to consult, advise, and assist older adults and adults with disabilities with the issues they may face. Check with the Senior Coastsiders office for more information.

**Senior Gateway** is a one-stop website intended to provide seniors, their families, and caregivers with the information they need to connect to helpful services and resources, to find answers, and solve problems. Find information on such topics as:

- Avoiding and Reporting Abuse & Neglect
- Preventing Fraud, Financial Abuse & Common Scams
- Health Care Information
- Your Rights

Check it out at [seniors.insurance.ca.gov](http://seniors.insurance.ca.gov)





## We want to know what's keeping you from buying an electric vehicle (EV)!

Share your feedback at our focus group on January 31, 6-8pm! Senior Coastsiders 925 Main St, HMB

Refreshments served! \$150 gift card for participants! *Spanish speaking only!*

Call Senior Coastsiders if interested! 650-726-9056



Senior Coastsiders is partnering with Peninsula Clean Energy and El Concilio to hold a focus group geared towards understanding the barriers to purchasing electric vehicles on the coast. The focus group is on January 31st, from 6-8pm at Senior Coastsiders, 925 Main Street, HMB. This focus group is geared towards the Hispanic community living on the coast and will be held entirely in Spanish.

Refreshments will be served and every participant will receive a \$150 gift card to a local grocery store.

To qualify, you must live or work on the coast, regularly drive a vehicle, and be fluent in Spanish.

**Registration is required.** Call 650-726-9056 to determine eligibility and register.

The latest issue of the Senior Mobility Guide is now available! Compiled by the San Mateo County Transit District's Accessible Transit Services team, this comprehensive 53-page guide is beneficial to seniors, veterans, and people with disabilities who prefer not to drive, are unable to drive, or want to be prepared for "what if's" and future transition. Even for those who are currently able to drive, driving abilities may be affected temporarily or long term by unexpected illness, injury, or surgery, so advance awareness of available options will help lessen the impact on your mobility and independence. The Senior Mobility Guide covers options available through public transit local shuttles, free or low-cost transportation programs available through senior centers and community groups, as well as private services. Spanish and Chinese editions of the Senior Mobility Guide are anticipated to be available around late January.

Copies of the guide can be picked up at your local senior centers or by calling the Transit District's Customer Service at 800-660-4287 to request a copy to be mailed to you.



## Senior Mobility Guide

Staying Connected in San Mateo County



# JANUARY 2024

Vegetarian options are always available in the dining room upon request.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>CLOSED</b> 1	2	3	4	5
* <i>Happy New Year</i> *	Beef Bobotie* Brown Rice Veggies Fruit 	Burgers Whole Wheat Bun Veggies Fruit 	Ratatouille Polenta Veggies Fruit	Stuffed Chicken Breast Orzo Veggies Fruit
8	9	10	11	12
Pasta w/Meat Sauce Whole Wheat Bun Veggies Fruit	Pork Chop Brown Rice Veggies Fruit	<b>INTERNATIONAL DAY JAPAN</b> Chicken Teriyaki Brown Rice Veggies Fruit 	Chicken Chow Mein* Veggies Fruit	Roast Chicken Brown Rice Veggies Fruit 
<b>CLOSED</b> 15	16	17	18	19
	Chicken Lasagna Whole Wheat Pasta Veggies Fruit	 Fish Veracruz Brown Rice Veggies Fruit  <b>BIRTHDAY LUNCH</b>	Veggie Omelet Whole Wheat Bread Veggies Fruit 	Fried Chicken Whole Wheat Bread Mashed Potatoes Coleslaw Fruit
22	23	24	25	26
Meatballs Whole Wheat Pasta Veggies Fruit 	Pork Loin Yams Veggies Fruit	Tuna Salad Sandwich* Whole Wheat Bread Coleslaw Fruit 	Meatloaf Mashed Potatoes Veggies Fruit 	Chicken Marsala Brown Rice Mashed Potatoes Veggies Fruit
29	30	31		
Veggie Stir Fry* Brown Rice Veggies Fruit 	Meat Lasagna Whole Wheat Pasta Veggies Fruit	Korean Fried Chicken Brown Rice Veggies Fruit	<i>Services provided at Senior Coastsiders are partially funded by San Mateo County Area Agency on Aging. Senior Dining is for those 60 years and over.</i>	<i>\$4.00 is the voluntary contribution. No one will be denied a meal if they are unable to contribute.</i>

\* > 740 mg. sodium / Whole grain and 1% milk served daily / Senior Dining is for those 60 and over. Lunch is served at noon.  Live music

In person at the center

# JANUARY 2024

In person at the center

Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>CLOSED</b> 1</p> 	<p>2</p> <p>9:30 Pilates Fusion 10:30 Men's Discussion Group 11:15 Wise Woman Yoga 12:30 Upcycling Craft Group 12:45 Grocery Bus 1:00 QiGong 1:00 Puzzle Time 2:00 American Mah Jong 3:00 Computer Basics Chinese 4:00 SEL Class Computer Tutoring by appt</p>	<p>3</p> <p>8:45 Gentle Yoga 9:30 Drop-in Painting 10:30 Rosen Movement 12:00 Mystery Book Club 1:00 Parkinson's Exercise 1:30 Watercolor w/ Mary Kay 2:00 Parkinson's Support Group Computer Tutoring by appt</p>	<p>4</p> <p>9:30 Pilates Fusion 10:00 Creative Writing 11:00 Group Singing Chinese <del>12:30 Card Making Class</del> 1:00 Group Singing English <del>1:15 Tai Chi</del> 3:00 Computer Basics Chinese 4:00 SEL Class Computer Tutoring by appt.</p>	<p>5</p> <p>9:15 Line Dancing 10:30 Functional Movement 11:45 Duplicate Bridge 12:00 Chinese Mah Jong 12:30 CAL Art Class 12:45 Grocery Bus Computer Tutoring by appt</p>
<p>8</p> <p>8:45 Gentle Yoga 10:30 Functional Movement 1:00 Casual Bridge 1:00 Craft Group 2:00 Rhythms with Richard 2:00 iPhone Basics Class Computer Tutoring by appt</p>	<p>9</p> <p>9:30 Pilates Fusion 11:15 Wise Woman Yoga 12:30 Upcycling Craft Group 12:45 Grocery Bus 1:00 QiGong 1:00 Puzzle Time 2:00 American Mah Jong 3:00 Computer Basics Chinese 4:00 SEL Class Computer Tutoring by appt</p>	<p>10</p> <p>8:45 Gentle Yoga 9:30 Drop-in Painting 10:30 Rosen Movement <b>12:00 Lunch &amp; Music International Day (Japan)</b> 1:00 Parkinson's Exercise 1:30 Watercolor w/ Mary Kay</p>	<p>11</p> <p>9:30 Pilates Fusion 10:00 Creative Writing 11:00 Group Singing Chinese 1:00 Group Singing English 1:15 Tai Chi 3:00 Computer Basics Chinese 4:00 SEL Class <b>5:00 Seniors Supper Club (reservations required)</b> Computer Tutoring by appt.</p>	<p>12</p> <p>9:15 Line Dancing 10:30 Functional Movement 11:45 Duplicate Bridge 12:00 Chinese Mah Jong 12:30 CAL Art Class 12:45 Grocery Bus</p>
<p><b>CLOSED</b> 15</p> 	<p>16</p> <p>9:30 Pilates Fusion 11:15 Wise Woman Yoga 12:30 Upcycling Craft Group 12:45 Grocery Bus 1:00 QiGong 1:00 Puzzle Time 2:00 American Mah Jong 3:00 Computer Basics Chinese 4:00 SEL Class <del>Computer Tutoring by appt</del></p>	<p>17</p> <p>8:45 Gentle Yoga 9:30 Drop-in Painting 10:30 Rosen Movement <b>12:00 B-Day Lunch &amp; Music</b> 12:00 HMB Library on-site 1:00 Parkinson's Exercise 1:00 Trivia Hour 1:30 Watercolor w/ Mary Kay Computer Tutoring by appt</p>	<p>18</p> <p>9:30 Pilates Fusion 10:00 Creative Writing 11:00 Group Singing Chinese 1:00 Group Singing English 1:15 Tai Chi 2:00 iPhone Basics Class 3:00 Computer Basics Chinese 4:00 SEL Class Computer Tutoring by appt.</p>	<p>19</p> <p>9:15 Line Dancing 10:30 Functional Movement 11:45 Duplicate Bridge 12:00 Chinese Mah Jong 12:30 CAL Art Class 12:45 Grocery Bus 1:00 Android Basics: Spanish Computer Tutoring by appt</p>
<p>22</p> <p>8:45 Gentle Yoga 10:30 Functional Movement 1:00 Casual Bridge 1:00 Craft Group 2:00 iPhone Basics Class 3:00 Movie Time Computer Tutoring by appt</p>	<p>23</p> <p>9:30 Pilates Fusion 11:15 Wise Woman Yoga 12:30 Upcycling Craft Group 12:45 Grocery Bus 1:00 QiGong 1:00 Puzzle Time 2:00 American Mah Jong 3:00 Computer Basics Chinese 4:00 SEL Class <del>Computer Tutoring by appt</del></p>	<p>24</p> <p>8:45 Gentle Yoga 9:30 Drop-in Painting 10:30 Rosen Movement 1:00 Parkinson's Exercise 1:30 Watercolor w/ Mary Kay</p>	<p>25</p> <p>9:30 Pilates Fusion 10:00 Creative Writing 11:00 Group Singing Chinese 1:00 Group Singing English 1:15 Tai Chi 2:00 iPhone Basics Class 3:00 Computer Basics Chinese 4:00 SEL Class <del>Computer Tutoring by appt</del></p>	<p>26</p> <p>9:15 Line Dancing 10:30 Functional Movement 11:45 Duplicate Bridge 12:00 Chinese Mah Jong 12:30 CAL Art Class 12:45 Grocery Bus</p>
<p>29</p> <p>8:45 Gentle Yoga 10:30 Functional Movement 1:00 Casual Bridge <del>1:00 Craft Group</del> 2:00 Digital Shopping Workshop <b>3-5:00 Vaccination Clinic</b> Computer Tutoring by appt</p>	<p>30</p> <p>9:30 Pilates Fusion 11:15 Wise Woman Yoga 12:30 Upcycling Craft Group 12:45 Grocery Bus 1:00 QiGong 1:00 Puzzle Time 2:00 American Mah Jong 3:00 Computer Basics Chinese 4:00 SEL Class Computer Tutoring by appt</p>	<p>31</p> <p>8:45 Gentle Yoga 9:30 Drop-in Painting 10:30 Rosen Movement 1:00 Parkinson's Exercise 1:30 Watercolor w/ Mary Kay <b>6-8:00 EV Focus Group (Spanish; Registrtaion required)</b> Computer Tutoring by appt</p>	<p><b>Bolded items in red indicate new or special class/programming for the month.</b></p>	<p><b>Red line strikethrough indicates cancelled class.</b></p> <hr style="border: 1px solid red;"/> <p><b>Lunch is served M-F from noon-12:20 PM</b></p>

# Class Descriptions - Exercise, Health, and Well Being

**Beginning Line Dancing** - Join in for some casual and fun line dancing with Carmen! This class is geared toward beginners.

**Functional Movement** - This class is designed to improve your movement for everyday life by including exercises like squats, balance training, pushing and pulling movements, and more! We will use both body weight training in addition to bands, weights (or other forms of resistance that you can find around your house). Class is held both in-person and virtually.

**Gentle Yoga** - This class is composed of vibrant, active seniors who wish to develop strength and maintain mobility and flexibility. Students should be comfortable getting up and down from the floor and will also use chairs and other tools to further practice. Class is held both in-person and virtually.

**Parkinson's Exercise Class** - This class is for individuals with Parkinson's Disease and is designed to delay symptoms. Students will go through a series of exercises that will adjust to individual needs and will be both challenging and fun. Class is held both in-person and virtually.

**Pilates Fusion** - This class builds core strength and stability using a mat, towel, roller, small ball, bands, floorwork and barre work. Class is held both in-person and virtually.

**Qigong** - This class is an ancient art that helps develop flexibility and balance. Class is held both in-person and virtually.

**Rosen Movement** - This class uses fluid motion to increase joint mobility and flexibility. Class is held both in-person and virtually.

**Tai Chi** - This class uses Silk Reeling exercises, a series of spiral movements, designed to open up all the joints of the body, promoting muscle relaxation and flexibility, and reducing tension and strain in the Chen style Tai Chi form.

**Wise Woman Yoga** - This class will focus on yoga practices for bone building, the pelvic floor, stiff joints, insomnia and hot flashes. Class is held both in-person and virtually.

For more information on our classes, please visit our website at:  
<https://www.seniorcoastsiders.org/classes-1>