



THE BEACON

THE SENIOR COASTSIDERS NEWSLETTER

MAY 2024

如需中文支持服务, 请联系 Kiki: kwolfeld@seniorcoastsiders.org

Para servicios en español por favor de contactar a Emma: enavarrete@seniorcoastsiders.org

Email and website addresses are included in this newsletter. For easy, clickable links, view The Beacon online at seniorcoastsiders.org/beacon

Announcements & Reminders

- Our Coastside Gives Day Open House is Thursday, May 2 from 3pm to 5pm.
- Senior Coastsiders is closed on Monday, May 27 in observance of Memorial Day. All classes are canceled that day. If you receive home delivered meals, you will receive an extra meal on Friday, May 24 in lieu of Monday's meal.
- Our 35th Annual Home Repair Day is Saturday, June 8 (see details below)
- Poplar Street will be under construction until Spring 2024. For more details, contact the HMB Public Works Dept. at 650-726-7177



Senior Coastsiders
925 Main Street
Half Moon Bay
CA 94019

For an application, call
(650) 726-9056 or email
Mary Jane Hamilton at
mjhamilton@seniorcoastsiders.org

Monday-Thursday 8:00-4:00
Friday 8:00-3:00

The applying homeowner must be 60 years of age or older, and/or considered disabled.

Free Home Repair Year-Round and One Day Event

Do you or a neighbor need some repair help?

Senior Coastsiders offers a FREE minor home repair program all year long and a special one-day event on Saturday, June 8, 2024. Contractors and volunteers provide repairs for homeowners at no cost on the coast of San Mateo County. Our mission is to promote successful aging by assuring people live independently in safe and accessible homes. Applications accepted year round but to be considered for our June event, application must have been received no later than April 12, 2024.

FLOORING AND WINDOW REPAIR ● PLUMBING ● INTERIOR & EXTERIOR PAINTING
BATHROOM SAFETY IMPROVEMENTS ● RAILING & RAMP INSTALLATION
SIDING/SKIRTING REPLACEMENT & YARD DEBRIS REMOVAL

Income of all persons living in the home must be reported to determine eligibility. Your total **gross** income from all adults 18 and over living in the home must be **below** the following:

1 person - \$104,400 2 people - \$119,300 3 or more - inquire at Senior Coastsiders

Funding for this program comes primarily from a Housing and Urban Development, Community Development Block Grant.



Senior Coastsiders Staff

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

Tracey Gould, Care Manager
Casey McClung, Project Coordinator
Judith Matienzo, Data Entry
Kiki Wolfeld, Community Liaison
Toni LaBate, Volunteer Coordinator

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

925 Main Street, Half Moon Bay, CA 94019 | (650)726-9056 | www.seniorcoastsiders.org

Hours: Monday-Thursday, 8:00 am to 4:00 pm / Friday, 8:00 am to 3:00 pm Follow Senior Coastsiders on Facebook/Instagram for additional up-to-date info.

May Is Mental Health Month!

According to the World Health Organization, more than half of people worldwide will live with a mental health condition in their lifetime. Mental Health Month is one of the best times of the year to increase awareness and inspire action to reduce stigma against those with mental health and substance use conditions.

Senior Coastsiders has received a grant from San Mateo County Health's Behavioral Health & Recovery Services to introduce Emotional Freedom Techniques/Tapping (EFT) as

a simple and effective self-help tool to reduce feelings of stress and anxiety. Join us on May 15 at 5:00PM to learn how to use your fingertips to tap specific acupuncture points to lower stress in a matter of minutes.

Tap Into Wellness During Mental Health Month!

Learn how to use Emotional Freedom Techniques/Tapping to quickly release feelings of stress.

**May 15,
5-6:30PM at
Senior
Coastsiders
FREE but
registration is
required!**



Scan the QR
code to
register or call
650-726-9056



SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH
& RECOVERY SERVICES

This free presentation will be led by Certified EFT Practitioner Casey McClung. Casey will teach you how to use EFT and will lead you through several rounds of tapping so you can feel the results for yourself. Scan the QR code above to register at <https://bit.ly/SeniorCoastsidersEFT> or call our office at 650-726-9056.

Please note: this session is not intended to diagnose, treat or cure any psychological or medical conditions. Nothing discussed or presented in this session is to be construed as any form of medical advice or diagnosis.

Mark Your Calendar For Our Very First Pet Buddy Event– Pet Fest! Friday, May 24, 3:00-5:00pm

Join us for an afternoon of delicious treats for our pets and humans alike. Raffle prizes to include a framed photo of you and your pet along with a beautiful handmade whimsical quilt. Stay tuned for more information.



OLDER AMERICANS MONTH 2024

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. At Senior Coastsiders we see the impact that seniors have on a community.

To honor Older Americans Month we are asking our Seniors to pass on their advice about family, relationships, work, or life to the future generations of Coastsiders. Please send your words of wisdom to dsoares@seniorcoastsiders.org or come by the office at Senior Coastsiders before May 31, 2024.

"Listen to your elder's advice. Not because they are always right but because they have more EXPERIENCES of being wrong."
-unknown

"By learning from seniors, we can gain valuable insights into life, personal growth, relationships, and technology."
-unknown

"Let's embrace the wisdom and experience of our elders and build a better future together."
-unknown





Mark Your Calendars To Attend A Series Of Three Presentations To Help You Navigate The Medicare Landscape!

RSVP by calling the Senior Coastsiders office at 650-726-9056.

Session 1: Medicare 101, May 1, 3-5PM

Learn about the many facets of Medicare and provide an overview of different coverage options, as well as what you can expect if just enrolling. In addition to providing a foundation for the coming sessions, important changes for 2024 will also be covered.



Session 2: Preventing Medicare Fraud, June 5, 3-5 PM

Learn the many facets of Medicare fraud. Understand the three crucial steps to guard your Medicare coverage, and take with you valuable tips and information to protect yourself from medical identity theft.

Session 3: Medicare Annual Election Period, September 11, 3-5 PM

You will not want to miss this important planning session! Learn about the changes you can make and some proactive steps you can take to prepare for this important season and make sure your coverage will work for you now, and in the near future.



Sessions 1 - 3 are
conducted by HICAP
representative, Virginia
Kroger



The Health Insurance Counseling & Advocacy Program (HICAP) is a state and federally funded program that provides free, unbiased counseling and community education on Medicare and related health insurance issues. HICAP does not sell, endorse, or recommend any specific health insurance. HICAP counselors are registered by the California Department of Aging and provide confidential one-on-one counseling appointments both in person and over the phone.

GET HELP WITH MEDICARE OR OTHER RELATED HEALTH INSURANCE!

HICAP 1:1 COUNSELING APPTS START IN MAY!



Wednesdays, 12–2pm:

5/15, 5/29, 6/12, 6/26

Call to make an
appointment

650-627-9350

**APPOINTMENTS
REQUIRED!**

The Health Insurance Counseling & Advocacy Program (HICAP) is a state and federally funded program that provides free, unbiased counseling and community education on Medicare and related health insurance issues. HICAP does not sell, endorse, or recommend any specific health insurance. HICAP counselors are registered by the California Department of Aging and provide confidential one-on-one counseling appointments both in person and over the phone.



Book a 1:1 session with a state-certified HICAP counselor at Senior Coastsiders two Wednesdays a month from 12pm – 2pm. Funded by both the state and federal government, the Health Insurance Counseling and Advocacy Program (HICAP) of San Mateo County extends free, unbiased counseling and educational outreach regarding Medicare and other related health insurance matters. HICAP counselors are registered by the California Department of Aging (CDA).

You must call to schedule, these are not drop-in hours.

Call HICAP to book your spot today (650) 627-9350!

AARP Safe Driver Class

In this driving refresher course, participants will learn about updated and state specific driving rules in order to ensure older adults remain confident, independent, and safe on the road.

Completion of this course may qualify you for discounts on your car insurance- contact your insurance carrier to confirm.

Participants must attend both sessions. Class cost is \$20 for AARP members and \$25 for non-members. Please call the Senior Coastsiders office at (650) 726-9056 to reserve a spot or stop by our office.



Safe Drivers Class
by AARP

12:30-4:30 pm

May 22 AND May 23
(must attend both classes)

925 Main Street
Half Moon Bay
650-726-9056

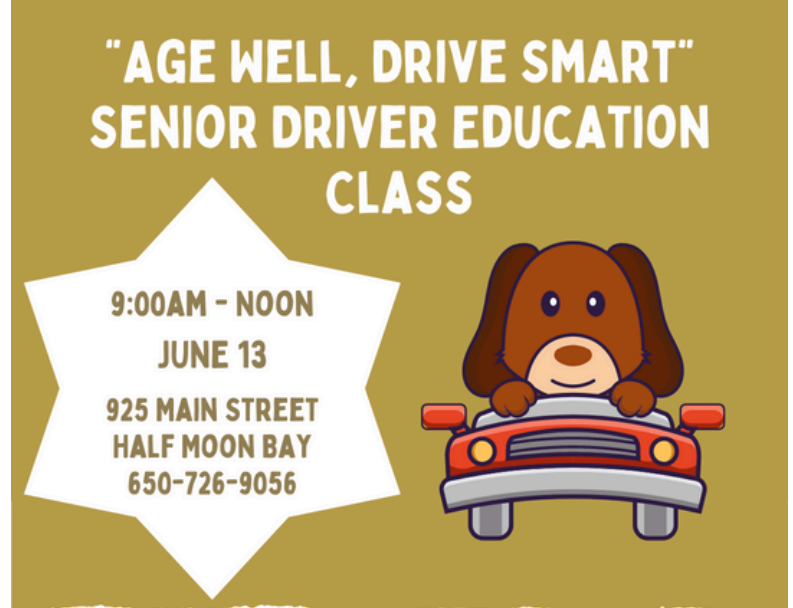


“Age Well, Drive Smart”

Take part in the California Highway Patrol’s (CHP) Age Well, Drive Smart senior driver education class. Age Well, Drive Smart was developed to assist senior drivers, 65 years of age and older, to continue to drive safely.

This is a FREE class taught by a CHP Officer and co-taught by a CHP Senior Volunteer. The curriculum addresses such topics as aging and its effects on safe driving, maintaining good physical health, self-assessment, and more.


Registration is required- contact Senior Coastsiders at 650-726-9056 to reserve your seat! Funding is provided by the Office of Traffic Safety, Keeping Everyone Safe Grant.



“AGE WELL, DRIVE SMART”
SENIOR DRIVER EDUCATION
CLASS

9:00AM - NOON
JUNE 13

925 MAIN STREET
HALF MOON BAY
650-726-9056



Learn How To Navigate Devices, Apps & The Internet With FREE 1:1 Technology Instruction & Technology Workshops!

Senior Coastsiders is helping older adults and adults with disabilities get connected! Learn how technology can improve your day-to-day life with things like:



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

Classes are offered in English and Chinese.

May Technology Workshop Schedule

- Android Basics - CHINESE - every Tues & Thurs 4p-4:30p
- iPhone Essentials - Monday 5/6
- Android Essentials - Monday, 5/13
- Telehealth Workshop - Monday 5/20



**Appointments are required for 1:1 instruction.
For more information, please call 650-726-9056.**



COUNTY OF SAN MATEO



STUDY PARTICIPANTS NEEDED



You qualify for this study if you:

- Are 65+ years old
- Use a technology device daily
- Use social media applications

Participate!



Participation Involves:

- **CONSENT FORM**
Read and agree to the consent form
- **ONLINE SURVEY**
2-3 minute online survey
- **SCHEDULE**
1 Hour one-on-one interview and a 1 hour focus group

Participants will receive a \$10 gift card at completion of both interview and focus group

Why Participate?

The purpose of this study is to learn how older adults describe challenges faced when using technology devices, how they overcome those challenges, and their favorite uses of technology devices.

ABOUT ME: My name is Raquel Guzman, I am a doctoral student at Grand Canyon University. My proposal aims to find how older adults describe challenges they face when using technology devices and how it affects their health and well-being.

For more information:

Please contact: Raquel Guzman
by email at: rguzman7@my.gcu.edu

The 46th Annual Pumpkin Run By Senior Coastsiders Happens On Sunday, October 20th!

Join us for this local favorite as we take to the Coastal Trail for a 5K, 10K, and half marathon! As always, we'll have a fun race for kids and everyone will go home with a pumpkin! Can't make it on October 20th? No problem, we also have virtual run options! Are your running days behind you? We'd love to have you come volunteer with us on race day!

Registration opens May 31st!



Senior Coastsiders And Past Pumpkin Run Shirts For Sale While They Last!

We have teal, cotton blend short sleeved Senior Coastsiders t-shirts on sale in a variety of sizes, in both women's and men's cuts, for \$10.

We also have long-sleeved t-shirts from past Pumpkin Runs on sale: 2022 t-shirt \$3, 2023 t-shirt \$5.

Please do not call to inquire- stop by to purchase! Quantities limited to inventory on hand.





On-Demand Van Rides

We are expanding opportunities for older adults to use our bus to get to and from their home to locations on the Coast (Montara to Canada Cove). This shared-ride service will be available each weekday EXCEPT Wednesdays.

Reservations must be made by 10 am the previous work day.

Recommended contribution = \$1 each way.



Trader Joe's Shopping Trip – Thursday, May 30, 9:30-11:30am

Call Emma at 650-726-9056 if you would be interested in going to Trader Joe's in San Mateo. Spots fill up fast, so don't delay.

Recommended contribution = \$2 round trip.



International Lunch in the Dining Room – Wednesday, May 8

Join us for our monthly international lunch as we celebrate Poland with trivia and Manny's delicious Golumpki (Cabbage Rolls)!



Seniors' English Lessons (SEL), Tuesday (Beginners) and Thursday (Intermediate), 3:00-4:00pm

SEL classes are for older adults who want to learn or improve English language skills. All seniors are welcome!



Creative Writing Group, Thursdays, 10:00-11:30am

Calling all writers! Share your poetry, fiction and essays with a friendly group of senior writers. Feel free to drop in! All seniors are welcome.



Trivia Hour – Monday, May 6 and Wednesday, May 15 at 1:00pm

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!



Monday Matinee Movie – Mrs. Harris Goes to Paris, May 13, 3:00pm

In partnership with the House of Dior, "Mrs. Harris Goes To Paris" tells the story of a widowed cleaning lady in 1950's London who falls madly in love with a couture Dior dress and decides that she must have one of her own. After she works, starves, and gambles to raise the funds to pursue her dream, she embarks on an adventure to Paris which will change not only her own outlook, but the very future of the House of Dior. Rated PG

Starring: Lesley Manville, Isabelle Huppert, Anthony Fabian

Running time 1hr, 55min. Popcorn and refreshments will be available.



Senior's Day Out: Thursday, May 9 – Gamble Garden, Palo Alto

The Colonial/Georgian Revival house was built in 1904 for \$6,039 by San Jose contractor C.A. Bates. The original house was later enhanced by minor additions. It has been designated a Point of Historical Interest by the State of California. A light lunch will be provided. Call the Senior Coastsiders office to reserve your space in advance at 650-726-9056.



Parkinson's Exercise Class – Wednesdays, 1:00-2:00pm

This 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 with instructor Jetta van Hemert. \$10.00/class.)



Parkinson's Support Group – Wednesday, May 1, 2:00-3:00 pm

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. This support group meets the first Wednesday of the month.

New and Upcoming (continued)



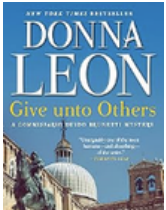
Rhythms with Richard – Monday, May 13, 2:00-3:00pm

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.



Men's Discussion Group – Tuesday, May 7, 10:30am-11:30am

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 meets in the dining room over coffee.)



Mystery Book Club – Wednesday, May 1, 12:00pm

April Book: *Give Unto Others*, by Donna Leon.

The group meets in person with Zoom option. To connect via Zoom contact Vaughn Harrison at vaughnharrison@yahoo.com. Copies of the book are available at Senior Coastsiders and the San Mateo County libraries.



Computer Tutoring With Volunteer Tech Tutors

Come in and troubleshoot or learn how to better use your computer or smart phone!

- Mondays with Wanda
- Tuesdays with Carolyn
- Tuesday afternoons with Tatyana
- Wednesdays & Fridays with Beccie
- Thursdays with James

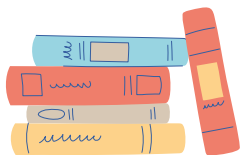
Appointments required. Please schedule with the Senior Coastsiders office.



Live Music in the Dining Room at Least Once a Week During Lunch

Who doesn't love a little live music!?

- Peter Master on Piano: Tuesday 5/7
- Lighthouse String Band: Wednesday 5/8
- Vocalist Tina & guitarist Harry: Wednesday 5/15
- Blue City Jazz: Thursday 5/23
- Mike McCall on Spanish Guitar: Tuesday 5/28



Half Moon Bay Library at Senior Coastsiders – Wednesday, May 15 at noon

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



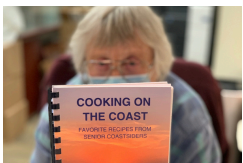
Welcome to Yoga and Welcome Back to Yoga

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.

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.





Grocery Bus Service Offered on Tuesdays & Fridays to 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.*



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! **We welcome volunteer dog walkers!**

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). Our program also provides pet food, cat litter, and limited financial assistance towards veterinary care. Please call Tracey at 650-726-9056 for more information or to sign up.



Coastal Arts League Art Classes – Fridays, 1:00pm (NEW start time!)

Coastal artists volunteer to teach various art mediums to our participants every Friday. This free class is limited to 12 participants and starts promptly at 1:00 pm. Visit coastside-artists.com/art-classes.html#/ for info.

- May 3 - Rebecca Ellis
- May 10 - Patti Appel - Acrylic Painting
- May 17 - TBA
- May 24 - Nancee McDonnel - Collage
- May 31- Kathy Shields - Inspired Beading



Community Garden Update

Our community garden is growing and thriving! The garden is available for everyone to enjoy. Please feel free to harvest whatever you like and remember...only take what you are able to eat. When harvesting, please be thoughtful and gentle and remove leaves from plants carefully so as not to "shock" or damage the plant. There is plenty to share. If you are interested in being part of the Garden Group or would simply like to plant something of your own, please contact Rose, at rhernandez@seniorcoastsiders.org



Coastsider Farmers' Markets

Half Moon Bay - Saturdays, 9:00am-1:00pm, at Shoreline Station, 225 Cabrillo Highway.

Pacifica - Wednesdays, 2:00-6:00pm at Rockaway Beach.





Senior's Dinner Club at It's Italia – Thursday, May 9, 5:00pm

Enjoy the fun and community of a family style dinner served at It's Italia's "Grandfather Table" that seats 10 guests. Enjoy a three-course seasonal menu designed by Chef Maile del Fierro for a set price of \$30 (please note new price.) Beverages and gratuity are not included, so please remember to tip your server!

Payment and reservation to be made with the Senior Coastsiders office. Space is limited to the first 10 people, aged 65 or older, who sign up and pay each month. This is a very popular evening, so call early to get on the reservation list for June! 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!

Join the May waitlist!



iT'S ITALIA

IT'S ITALIA WELCOMES YOU!

SENIOR DINNER CLUB

insalata

ceasar | baby gems, creamy anchovy dressing, asiago and manchego cheese, parmesan crisps, fresh garden herbs

entrée

please select one of the following

lasagna | layers of pasta, tomato meat ragu, mushrooms, ricotta, mozzarella

chicken marsala | button mushrooms, spinach, marsala wine, garlic, daylight farms fresh herbs, asiago, garlic mashed potatoes

basil pesto cavatapi with burrata | toasted pine nuts, shaved grana padano

chicken parmesan | breaded chicken breast, mozzarella, spaghetti marinara

spaghetti meatball bolognese | pork, beef, and italian sausage meatball, tomato meat ragu, grana padano

dolce

raspberry italia | amarena cherries and raspberries over ice cream

**\$30 per person, excludes beverages and gratuity
Welcoming seniors sixty five years and older please

IT'S ITALIA RESTAURANT AND BAR
401 main street 650*726*4444 www.itsitaliarestaurant.com

Advocating For Long-Term, Person-Centered Care

This month's piece has lots of acronyms! I've mentioned before that I am part of the leadership team of the Age Forward Coalition (AFC) of San Mateo County - a broad consortium of nonprofit and community organizations and individuals whose mission is to advocate for increased funding for services and programs for older adults. The AFC is in turn a member of the California Collaborative of Long-Term Services and Supports (CCLTSS). Long-term services and supports refers to both institutional care and home- and community-based services (HCBS). HCBS are person-centered care delivered in the home and community that are designed to enable people to stay in their homes, rather than moving to a facility for care. Many of the services provided by Senior Coastsiders are HCBS - congregate and home-delivered meals, care management, transportation, the loan of durable medical equipment (like wheelchairs), home repairs and modifications, information and referral services, and financial and legal services that we provide in partnership with content experts.

Each year, members of the AFC partner with CCLTSS during Advocacy Day which is May 9th this year. Meetings are being scheduled with the legislative staff from the offices of Senators Becker and Wiener and Assemblymembers Berman, Ting and Papan. To set the context, the following information is being shared with elected leaders:

There is an unprecedented need for LTSS/HCBS:

- Older adults turning 65 in 2023 have a 70% chance of needing long-term care in their remaining years. One in five of those adults will need long-term care for more than five years.
- By 2030, 1 million+ Californians will have self-care limitations.
- The number of people living with Alzheimer's Disease in California will nearly double from an estimate of 660,000 in 2019 to over 1.5 million in 2040.
- Currently 1 in 4 Californians live with a disability. Between 2015 and 2060, the number of older disabled Californians is set to increase by 160% from 1 million in 2015 to 2.7 million in 2060.
- More older adults are aging alone and without family support. These individuals can experience sudden changes or declines in health and functioning, and their health and housing status can similarly become precarious, often requiring costly crisis and/or emergency response.



The CCLTSS advocacy priorities for this year are: 1) expand access to Long-Term Services and Supports, including Home and Community Based Services, 2) address California's caregiver crisis, and 3) prioritize older adults in housing policy. These align closely with the advocacy priorities established by the AFC in January of this year: 1) develop a strategic plan for San Mateo County that aligns with the Master Plan on Aging to establish a coordinated approach among service providers and sectors to address the needs of older adults, 2) provide more financial assistance to the most vulnerable older adults, potentially by piloting a Universal Basic Income program, 3) increase financial support for on-demand transportation services for older adults, and 4) increase financial support for family caregivers including for respite, counseling and support, and paying for unmet medical costs.

It's important to advocate to elected leaders to educate them about the pressing needs of older adults and to ensure that at the highest level resources are allocated to meet these needs.



Sandi Winter
Senior Coastsiders
Executive Director

Thanks To Our Donors, The Senior Coastsiders Inaugural Flower Piano Event Was A Huge Success!

♥ Our Silent Auction Donors

Alena Jeans
Bob and Cecile Pinto
Coastside Books
Dotty Petrosky
Driftwood & Roses Floral Design
Earth Impact
Emma Navarrete
Gail Evenari
Goldworks
Green hearts
Half Moon Flowers and Garden
Half Moon Bay Nursery
Highway 92 succulents
Ink Spell Books
Karen Allyn
Kikuchi + Kankel Design Group
Linda Frisch
Linda Rutherford
Lisa Berlin Solberg
Luz Luna
Mary Kay Jolley
Mauro Ffortissimo
Meg Redden
Paper Crane
Personal FX
Posh Moon
Seascapes Succulents
Senior Coastsiders water color group
Susan Kerby
The Salty Mermaid (Rose Francis)
Vinoteca
Wood Sorrel (Suzanne Elliot)
Yerba Buena Nursery

♥ Our Plant Donors

Bongard's Treescape Nursery
Garden Apothecary
Half Moon Bay Nursery
Highway 92 Succulents
Robin Kirby

♥ Our Food Donors

Jetty Wave
Le Moon Zest
Gibraltar Gems

♥ Our Musicians

Mauro Ffortissimo
Esther Aeschbach
Elektra Schmidt



Special thanks to Lisa Berlin Solberg who provided all the beautiful flower decorations for the event.





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 or call 855-500-7433. Thank you!



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



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.

Other Upcoming Community Events & Info



Get Free or Low-Cost Museum Entry With Your EBT Card!

Did you know that you can get free or low-cost admittance to several Bay Area museums if you receive food assistance? If you participate in the CalFresh program (food stamps, SNAP) you can access free or reduced admission through the Museums for All program and all you have to do is show your EBT card (the card you receive your benefits funds on) and a valid ID. Participating museums include the de Young Museum, the Exploratorium, Filoli Historic House & Garden, and many more.

For more information and a list of participating museums, visit: museums4all.org

VOTC Movie Night at the HMB Library, May 16, 5:30-7:00pm

Join other Village members at the movies! Featuring *Oppenheimer*. The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb.



Zoom Dance Party, Every Monday, Wednesday & Friday, 5:00-6:00pm

If you are looking for more ways to get your groove on, you can join other like minded dancers via Zoom. For links and more information, email Joyce jshanahan@yahoo.com.



Coastal Repertory Theater, Frozen Jr., May 3-12

May's performance is Sold Out...however, mark your calendars for the June "Pay What You Can" night on Thursday, June 6 for the performance of "The Children's Hour."

Coastside Land Trust: Free Community Webinar!



**Compost on the Coast: A Sense of Humus,
Presented by Doug Millar
Saturday, May 18, 2024 at 10:00am**

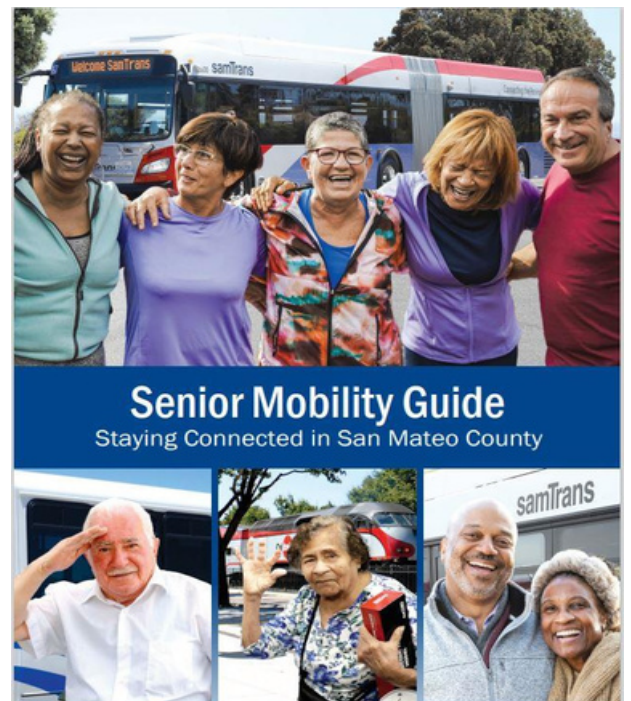
Join the Coastside Land Trust as we welcome Doug Millar, Conservation Project Manager for the San Mateo Resource Conservation District. Millar will share some of the basic principles and best practices of composting, as well as his insight into composting for soil health, carbon farm planning, and the work being done to keep our compost local. Millar has 25 years of experience working in this field- including significant work with local TomKat Ranch and the HEAL Project.

Register and learn more at www.coastsidelandtrust.org/events

San Mateo County Transit District

Get your copy of The Senior Mobility Guide, a brochure that provides information about free or low-cost transportation options for older people in San Mateo County. The Guide includes information about driver safety, shuttles, public transportation, walking, and other mobility topics beneficial to seniors, veterans, 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. Advance awareness of available options will help lessen the impact on your mobility and independence.

English, Spanish and Chinese editions of the Senior Mobility Guide are available. Copies of the guide can be picked up at your local senior/community/recreation centers, by calling the Transit District’s Customer Service at 800-660-4287 to request a copy or online at www.samtrans.com/rider-info/seniors.



Peninsula Family Service
Got Wheels!

An Affordable Taxi Service On Demand 24/7
Has Re-Opened Registration!

**For residents of Daly City, Colma, Brisbane, South San Francisco, San Bruno, Millbrae, Burlingame, Hillsborough, Montara, Moss Beach, El Granada and Half Moon Bay
– 70 Years and Older**

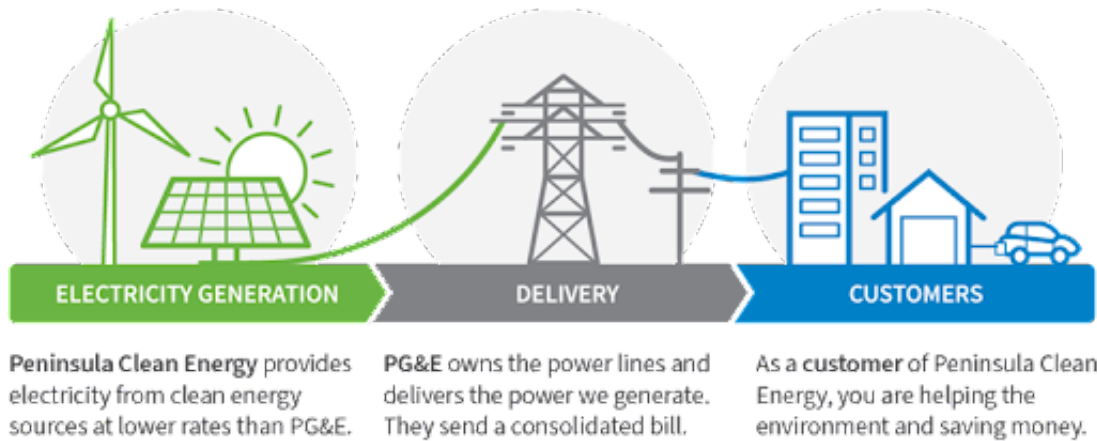
Join Peninsula Family Service no-cost membership transportation program ***Got Wheels!*** available on demand 24 hours every day. Members get up to 6 one-way rides a month for \$5 each one-way ride. PFS subsidizes remainder of the fare.

Service area includes San Francisco International Airport plus the cities listed above.

Don't miss out. Apply now. Applications available at www.pfso.org or upon request at contact information below. A ***Got Wheels!*** membership card and fact sheet will be mailed upon approval of application.

**For more information, contact Cherie, *Got Wheels!* Program Manager:
(650) 403-4300 Extension 4329 or cqmoreno@pfso.org**





Who is Peninsula Clean Energy and what do they do?

Peninsula Clean Energy has been the community electricity provider for San Mateo County since 2016, providing clean electricity at lower rates. There's nothing you have to do to reap the benefits, either- it's an automatic benefit of living in San Mateo County. Peninsula Clean Energy works in collaboration with PG&E, buying electricity from clean sources but using PG&E's lines to deliver that clean electricity to your home. They provide clean energy from sources like the wind and sun, which helps protect the planet for our kids and future generations.

Don't waste another dollar at the gas station

Electric vehicle (EV) owners already save thousands of dollars on fueling and maintenance costs compared to gas vehicles. In fact, Consumer Reports calculates that when people make the smart choice to go electric, they can expect to save \$6,000–\$10,000 over the life of their EV. And now, for a limited time, local, state, and federal organizations are providing thousands of dollars in rebates and tax credits to make EVs as easy on your bank account as they are on the environment. With so many thousands of dollars available in upfront and operational savings, it's no wonder so many San Mateo County residents are making the smart economic decision to switch to EVs.

Get up to \$2000 to purchase a used EV!

Income-qualifying residents can get up to \$2,000 for the purchase of a used plug-in hybrid or fully-electric vehicle. This rebate can be combined with the Federal Used Vehicle Credit from the IRS (up to \$4,000), the Pre-Owned Electric Vehicle Rebate Program from PG&E (up to \$4,000), or any other available incentive. Please check that your income qualifies for this program before applying

Want to learn more?

Learn all about the many programs Peninsula Clean Energy has to help you save money while doing something good for the environment! Visit peninsulacleanenergy.com/usedev.



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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p><i>Services provided at Senior Coastsiders are partially funded by San Mateo County Area Agency on Aging.</i></p> <p><i>Senior Dining is for those 60 years and over.</i></p>	<p><i>\$4.00 is the voluntary contribution. No one will be denied a meal if they are unable to contribute.</i></p>	<p>Veggie Frittata Roasted Sweet Potatoes Veggies Fruit</p>	<p>Meatballs Whole Wheat Pasta Veggies Fruit</p> 	<p>Chicken Enchiladas Brown Rice Veggies Fruit</p>
6	7	8	9	10
<p>Veggie Omelet Whole Wheat Bread Roasted Potatoes Fruit</p> 	<p>Chicken Alfredo Pasta Veggies Fruit</p>	<p>INTERNATIONAL DAY POLAND Golumpki (Cabbage Rolls) Brown Rice Veggies Fruit</p> 	<p>Cheese Ravioli w/Meat Sauce Veggies Fruit</p>	<p>Stuffed Fish Brown Rice Veggies Fruit</p>
13	14	15	16	17
<p>Breaded Pork Loin Polenta Veggies Fruit</p>	<p>Meatball Soup w/Carrots, peas, & Potatoes Whole Wheat Bread Veggies Fruit</p>	<p>BIRTHDAY LUNCH Chicken Pot Pie with Wheat Biscuit Veggies Fruit</p> 	<p>Veggie Stir Fry* Brown Rice Veggies Fruit</p> 	<p>Burgers Whole Wheat Bun Veggies Fruit</p>
20	21	22	23	24
<p>Chicken Paella Brown Rice Veggies Fruit</p>	<p>Lentil Soup Whole Wheat Bread Veggies Fruit</p> 	<p>*Chicken Salad Wrap Whole Wheat Tortilla Coleslaw Fruit</p>	<p>*Chicken Chow Mein Veggies Fruit</p> 	<p>Meat Lasagna Wheat Pasta Veggies Fruit</p>
27	28	29	30	31
<p>CLOSED FOR MEMORIAL DAY</p> 	<p>Chicken Marsala Brown Rice Veggies Fruit</p> 	<p>Meatloaf Mashed Sweet Potatoes Veggies Fruit</p>	<p>Fried Chicken Whole Wheat Bread Mashed Potatoes Coleslaw Fruit</p> 	<p>Pork Chop Brown Rice Veggies Fruit</p>

* > 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

May 2024

In person at the center

Monday

Tuesday

Wednesday



Thursday

Friday

Bolded items in red indicate new or special class/programming for the month.

Red line strikethrough indicates cancelled class.

Lunch is served M-F from noon-12:20 PM

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		8:45 Gentle Yoga 9:30 Drop-in Watercolor 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 3:00 Medicare 101 Computer Tutoring by appt	Costside Gives! 9:30 Pilates Fusion 10:00 Creative Writing 11:00 Group Singing Chinese 12:30 Card Making Class 1:15 Tai Chi 3:00 SEL Class 3:00 Coastside Gives Open House 4:00 Computer Basics Chinese Computer Tutoring by appt.	9:15 Line Dancing 10:30 Functional Movement 11:45 Duplicate Bridge 12:00 Chinese MahJong 12:45 Grocery Bus 1:00 CAL Art Class Computer Tutoring by appt
6	7	8	9	10
8:45 Gentle Yoga 10:30 Functional Movement 12:00 Group Singing English 1:00 Casual Bridge 1:00 Craft Group 1:00 Trivia Hour 2:00 iPhone Essentials Computer Tutoring by appt	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 SEL Class 4:00 Computer Basics Chinese Computer Tutoring by appt	8:45 Gentle Yoga 9:30 Drop-in Watercolor 10:30 Rosen Movement 12:00 International Day: Poland 1:00 Parkinson's Exercise 1:30 Watercolor w/ Mary Kay Computer Tutoring by appt	9:30 Pilates Fusion 10:00 Creative Writing 11:00 Group Singing Chinese 1:15 Tai Chi 3:00 SEL Class 4:00 Computer Basics Chinese Computer Tutoring by appt.	9:15 Line Dancing 10:30 Functional Movement 11:45 Duplicate Bridge 12:00 Chinese MahJong 12:45 Grocery Bus 1:00 CAL Art Class Computer Tutoring by appt.
13	14	15	16	17
8:45 Gentle Yoga 10:30 Functional Movement 12:00 Group Singing English 1:00 Casual Bridge 1:00 Craft Group 2:00 Android Essentials 2:00 Rhythms with Richard 3:00 Movie Matinee: Mrs. Harris Goes to Paris Computer Tutoring by appt	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 SEL Class 4:00 Computer Basics Chinese Computer Tutoring by appt	8:45 Gentle Yoga 9:30 Drop-in Watercolor 10:30 Rosen Movement 12:00 B-Day Lunch & Music 12:00 HMB Library on-site 1:00 Parkinson's Exercise 1:00 Trivia Hour 1:30 Watercolor w/ Mary Kay 5:00 Tap Into Wellness Computer Tutoring by appt	9:30 Pilates Fusion 10:00 Creative Writing 11:00 Group Singing Chinese 1:15 Tai Chi 3:00 SEL Class 4:00 Computer Basics Chinese Computer Tutoring by appt.	9:15 Line Dancing 10:30 Functional Movement 11:45 Duplicate Bridge 12:00 Chinese MahJong 12:45 Grocery Bus 1:00 CAL Art Class Computer Tutoring by appt
20	21	22	23	24
8:45 Gentle Yoga 10:30 Functional Movement 12:00 Group Singing English 1:00 Casual Bridge 1:00 Craft Group 2:00 iPhone Essentials Computer Tutoring by appt	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 SEL Class 4:00 Computer Basics Chinese Computer Tutoring by appt	8:45 Gentle Yoga 9:30 Drop-in Watercolor 10:30 Rosen Movement 12:30 AARP Safe Drivers Class (session 1) 1:00 Parkinson's Exercise 1:30 Watercolor w/ Mary Kay Computer Tutoring by appt	9:30 Pilates Fusion 10:00 Creative Writing 11:00 Group Singing Chinese 12:30 AARP Safe Drivers Class (session 2) 1:15 Tai Chi 3:00 SEL Class 4:00 Computer Basics Chinese Computer Tutoring by appt.	9:15 Line Dancing 10:30 Functional Movement 11:45 Duplicate Bridge 12:00 Chinese MahJong 12:45 Grocery Bus 1:00 CAL Art Class 2:00 Pet Buddy Event Computer Tutoring by appt
27	28	29	30	31
 	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 SEL Class 4:00 Computer Basics Chinese Computer Tutoring by appt	8:45 Gentle Yoga 9:30 Drop-in Watercolor 10:30 Rosen Movement 1:00 Parkinson's Exercise 1:30 Watercolor w/ Mary Kay Computer Tutoring by appt	9:30 Pilates Fusion 10:00 Creative Writing 11:00 Group Singing Chinese 1:15 Tai Chi 3:00 SEL Class 4:00 Computer Basics Chinese Computer Tutoring by appt.	9:15 Line Dancing 10:30 Functional Movement 11:45 Duplicate Bridge 12:00 Chinese MahJong 12:45 Grocery Bus 1:00 CAL Art Class Computer Tutoring by appt

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 - is an ancient art that helps develop flexibility and balance. Class will be offered 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:
www.seniorcoastsiders.org/classes-1