



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)

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

## Announcements & Reminders

- Senior Coastsiders is closed Monday, February 19, for President's Day
- Qigong is canceled through February; resuming March 5
- AARP Tax Services Tax Assistance February 14 - April 17 (Appointments spots are filling up quickly so book today!)
- Poplar Street will be under construction until Spring 2024. For more details, contact the HMB Public Works Dept. at 650-726-7177



## “Pink Is The Daughter of Red”, Featuring the Exquisite Watercolors of Jennifer Roberts Almodova

The M Stark Gallery Reception for “Pink Is The Daughter of Red” is February 18, from 2-4pm. Doors open at 2pm.

PINK IS THE DAUGHTER OF RED  
SOLO EXHIBITION BY  
JENNIFER ROBERTS ALMODOVA  
GALLERY RECEPTION



FEB 18  
2:00-4:00PM  
Artist's remarks at 2:30PM

RSVP to [mstarkgallery@gmail.com](mailto:mstarkgallery@gmail.com) M Stark Gallery  
727 Main Street, HMB



M Stark Gallery is located at 727 Main Street in Half Moon Bay. Please RSVP to [mstarkgallery@gmail.com](mailto:mstarkgallery@gmail.com).

Jennifer Roberts Almodova's flowers are wild and unkempt, memorialized in situ before the beauty queens are chosen for composed arrangements. Her new series of oversize watercolors capture the opera of unremarkable gardens. Starting at 2:30pm, the artist will share her process for this new body of work and answer questions about the medium of watercolor. Your guests are welcome to join you at this event.

For more information about the artist go to [mstarkgallery.com/robertsalmodova](http://mstarkgallery.com/robertsalmodova)

### 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

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](http://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.

## ASK A LAWYER!

Monthly sessions by appointment only

- Elder rights issues
- Legal consultations
- Direct services
- Referrals to pro bono attorneys

9am-noon

- February 23
- March 22
- April 26
- June 28

Call Senior Coastsiders to  
make an appointment  
650-726-9056



Mark Cotter  
Elder Rights Attorney at Legal Aid  
Society of San Mateo County

LEGAL AID SOCIETY  
OF SAN MATEO COUNTY



## Ask A Lawyer Clinics

Starting this month, Legal Aid's Elder Rights Staff attorney Mark Cotter will be onsite monthly thru June, 2024 for "Ask A Lawyer" clinics where he will answer your legal issues. Legal consultations, direct services and referrals to outside pro bono attorneys also available.

**Call Senior Coastsiders at  
650-726-9056 to reserve your 20 minute  
appointment with us now!**

## Vaccination Clinic - Monday February 26

**GET YOUR COVID & FLU VACCINES**  
February 26, 3-5PM at Senior Coastsiders  
925 Main Street, HMB

Registration Recommended  
Call 650-726-9056

**Must have Medicare  
or Medicaid!**

BayPLS Senior Coastsiders ncoa national council on aging

Can't make it to the clinic? See our "On Demand Van Rides" information on page 3

Senior Coastsiders has received a generous grant from the National Council on Aging (NCOA) to deliver 500 Covid and Flu shots to adults aged 65 and older by April 2024. We're partnering with BayPLS to hold monthly clinics in order to protect as many older adults as possible! You must have Medicare or Medicaid to participate. Appointments are encouraged, but walk-ins are also welcome. Bring your insurance and vaccination record. Monday, February 26 from 3-5pm. **Call 650-726-9056 to register!**

## 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. AARP has partnered with Senior Coastsiders, offering tax preparation to those 50 and older who can't afford tax preparation services. One hour appointments are offered Wednesdays, between 9:00am - 2:30pm starting February 14 and running through April 17 at Senior Coastsiders.

**Call 650-726-9056 to book your appointment!**

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.

## NEW!

### 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 between 10 am and 11 am. Please give us 48 hours notice for reservations. Call Emma to schedule and discuss the details of your ride. *Recommended contribution = \$1 each way.*

## NEW!

### Grocery Shopping Opportunity to Pacifica Grocery Outlet

Call the office at 650-726-9056 if you would be interested in a once a month grocery shopping trip to Grocery Outlet in Pacifica.



### Seniors' English Lessons (SEL)

We will be offering SEL (Senior English Lessons) Classes in 2024. Classes are scheduled Tuesdays (Beginners) and Thursdays (Intermediate), 3:00pm-4:00pm. All seniors are welcome!



### Creative Writing Group

Calling all writers! Share your poetry, fiction and essays with a friendly group of senior writers on Thursdays from 10:00 am-12:00 pm. Feel free to drop in! All seniors are welcome.



### 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! Monday, February 5 from 1-2pm.



### Monday Matinee Movie - The Best Exotic Marigold Hotel

British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways. (Rated PG-13)

Starring: Judi Dench, Maggie Smith, Bill Nighy

Monday, February 12, starting at 2:30pm.

Running time 2h 4m. Popcorn and refreshments will be available.



### 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](mailto:rhernandez@seniorcoastsiders.org)



### Mystery Book Club

February Book: *The Feather Thief*, by Kirk W. Johnson

This group meets the first Wednesday of each month at 12:00PM (February 7 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.



### Parkinson's Support Group

Wednesday, February 7, 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.



## 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 (February 12 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. (February 6 this month)



## Parkinson's Exercise Class

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 on Wednesdays from 1:00-2:00pm with instructor Jetta van Hemert. \$10.00/class.



## "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. This month we are offering:

- Android Basics: CHINESE - every Tues & Thurs 4:00-4:30 pm
- Android Basics: SPANISH - every Friday 1:00-2:00 pm
- Android Basics - Mon & Thurs 2/1, 2/5, 2/12, 2/15, 2/22, 2/26, 2/29 2:00-3:00 pm



**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

Appointments required. Please schedule with the Senior Coastsiders office.



## 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 (February 15 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!



## International Day in the Dining Room - Scotland

One day each month will feature an international dish. Join us Wednesday, February 14 for a delicious Fish n' Chips lunch. Come by to enjoy Chef Manny's take on the Scottish classic. Passports not required!



## Join us for lunch with our local Sheriffs!

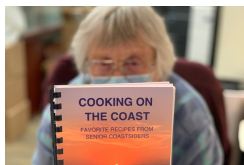
Local sheriffs will be joining us for lunch on Tuesday, March 19, and we would love to have you here too! The officers want to get to know our community to better understand our needs and concerns. This is a great opportunity to get to know our sheriffs, ask questions, and connect while sharing a delicious meal!

## LIVE MUSIC

### 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 - February 6
- Lighthouse String Band: Second Wednesday of the month - February 14
- Coastsiders Singers: Third Thursday of the month - February 29th this month
- Vocalist Tina & guitarist Harry: Third Wednesday of the month - February 21
- Blue City Jazz: Fourth Thursday of the month - February 22



### 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.



### Half Moon Bay Library at Senior Coastsiders

Library staff will be in the Senior Coastsiders Dining Room the third Wednesday of each month (February 21) 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).

***We welcome volunteer dog walkers!***

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.

- February 2 - Please see website
- February 9 - Rebecca Ellis
- February 16 - Nancee McDonald
- February 23 - Patti Appel



### Senior's Day Out - February 22, 10am - 2pm at Pescadero & Harley Farms

Spend the morning in downtown Pescadero for coffee, grab a sandwich or enjoy pie at Duarte's and continue to Harley Farms for a picnic and a leisurely stroll around the goat farm. Call the office to reserve your space in advance.

## **Aging In Place –**

I've shared this statistic before and do so again because I find it mind boggling - demographers predict that 50% of children who are aged 5 years old now will live to be 100! This is the future to which my grandchildren can look forward. Right now, in the US there are over 100,000 centenarians, according to the Census Bureau, and that number is projected to more than quadruple to 421,000 by midcentury. Will these extra years of life be lived in good physical and mental health and be filled with opportunities to create, contribute, and connect? The tremendous advances in medical science and technology we've experienced in the past are likely to continue which gives cause for optimism, but there is work to be done in other areas.



Most older adults say they want to “age in place”. In the years ahead we need to embrace different models for older adult housing. The Senior Housing Campus we have here on the Coast in which the housing is provided by three independent nonprofits with Senior Coastsiders and Coastside Adult Day Health Center offering programs and support for older adults with differing physical and mental health capabilities is somewhat unique. Multi-generational housing refers not only to different generations living in the same household, but housing developments with homes for families and seniors. Senior cohousing is a type of communal living that combines private homes with clustered and shared living spaces. Home sharing allows older adults to rent out spare rooms to individuals looking for an affordable place to live, sometimes including an exchange of household chores for a reduced rent. Dementia villages are gaining in popularity around the world. These pioneering care facilities are laid out to function as a regular village. Residents within these centers live their lives as unrestricted as possible with access to restaurants, shops, hairdressers and other amenities like theatres and courtyards while receiving services and support from caregivers who often live on-site. Advances in technology that support aging in place include voice activated Smart home automated systems, remote home monitors and sensors, GPS tracking devices, virtual reality experiences and mobile applications for medical care.

***(Continued on page 7...)***

## ***“Aging In Place” continued...***

Essential to aging in place are adequate home and community-based services. These include home health care, case management, congregate and home delivered meals, transportation, minor home repairs, financial and legal services, and hospice care - to name a few. These services are delivered by senior serving organizations such as ours and by paid and unpaid family caregivers. There is a shortage of paid caregivers who are often undervalued, paid low wages with minimal benefits, and work long hours doing physically and mentally demanding work. Family caregivers (who are often older adults themselves) face financial strain, emotional and physical stress, lack of privacy, difficulty managing all the demands on their time, sleep deprivation and depression and isolation. AARP's recently updated “Valuing the Invaluable” report estimates that family caregivers provided 36 billion hours of unpaid care worth \$600 billion in 2021!

If an older adult can no longer age in place with the support of home and community-based services and requires institutional care, the high costs can lead to financial ruin. The National Commission on Aging estimates that 80% of older adults are financially struggling today or are at risk of falling into economic insecurity as they age. As a result, many older adults are working past the traditional retirement age, helped by generally improved individual level health status and more flexible work schedules and environments. The upside of a longer work life includes increased lifetime income, more social engagement, and opportunities for bi-directional inter-generational mentorship. In California the recently introduced CalSavers program provides a mechanism for all workers without access to a work-related retirement savings plan to save for their retirement. Savers contribute a portion of each paycheck to their own Individual Retirement Account (IRA) and decide how much to contribute and where this money is invested. Hopefully this will help centenarians of the future.


It's more important now than ever before that young people make smart choices to set themselves up for century long lives – their lifestyle behaviors, education, career choices, financial planning, and relationships.

My great grandmother lived to be 104 so I have “good genes”. I’m also committed to other factors associated with healthy longevity such as remaining physically active, spending time outdoors and having strong connections with family and friends. I hope to reach 100 – what about you?



**Sandi Winter**  
Senior Coastsiders  
Executive Director

A handwritten signature in black ink that reads "Sandi Winter".



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

**We exceeded our goal and received a little over \$200,000!**

These gifts will be used to make a difference in the lives of older Coastsiders adults and we are so very grateful.



Join Us to Celebrate Our 10th Anniversary  
at 925 Main Street

Flower Piano Concert & Cocktails  
and a Botanical Silent Auction

Sunday, April 7 - 4-7pm

Our programs and staff have blossomed and grown over the past decade.

Enjoy wonderful classical performances by Mauro Ffortissimo and friends.

Bid on beautiful plants, succulents, flower arrangements, and more!

See and support the exciting plans for our office enhancements and expansion.

For more information, call the office:  
(650) 726-9056.





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

Senior Coastsiders is helping older adults and adults with disabilities get connected! Learn how technology can improve your day-to-day 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, Chinese, and Spanish. Appointments are required for 1:1 instruction. For more information, please call 650-726-9056.



## CARING CONNECTIONS A Memory Loss Workshop

Come join us on February 3rd for an informational workshop on the 10 Warning Signs of Alzheimer's. Lunch and information on local senior resources will be provided.

**FEBRUARY 3, SATURDAY  
11:30 AM- 2 PM**

**LIMITED SPOTS,  
RSVP TODAY**

COASTSIDE ADULT DAY HEALTH CENTER  
925 MAIN STREET, STE A  
HALF MOON BAY, CA 94019

LEARN ALL ABOUT MEMORY LOSS, LOCAL SENIOR RESOURCES AND MORE!



Scan the QR code to register online or call CADHC at 650-726-5067

## Art Class Exhibition!

Participants of the Coastal Arts League classes held at Senior Coastsiders will be exhibiting their creations at the Coastal Arts League Gallery, February 1-25!

Drop by the gallery to unlock your own creative juices- then join us every Friday to create your own masterpieces!

The Coastal Arts League is located at 300 Main Street in Half Moon Bay.

<https://www.coastside-artists.com/#/>

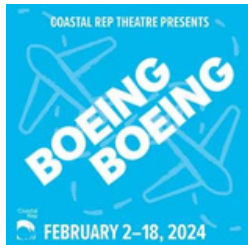


## Other Upcoming Community Events & Info



### 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. They'll have a meet-up on February 14 from 6-7pm at the Pacifica Community Center and on February 17 from 1:30-3pm at the Coast Pride 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 *My Big Fat Greek Wedding 3*, 5:30pm on February 22. Join other Village members at the movies! After the death of the family's patriarch, Toula attempts to locate her father's childhood friends in Greece for a family reunion.



### 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!



**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)



**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.

## Peninsula Clean Energy - Help Paying Your Utility Bill



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.

### Do you need help paying your utility bill?

There are several programs available to help you pay your utility bill!

- Sign up for the income-qualified CARE or FERA monthly energy program
- If you are behind on paying your utility bill, sign up for HEAP assistance
- If you have a medical device that requires electricity, sign up for the Medical Baseline discount

### Interested in learning more?

Tracey at Senior Coastsiders can answer your questions and help you sign up for these programs! Call Senior Coastsiders at 650-726-9056.

Learn more about the many programs available at: [peninsulacleanenergy.com](http://peninsulacleanenergy.com)

## The Latest Issue of the Senior Mobility Guide - 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/community/recreation 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



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

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<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>"In the coldest February, as in every other month in every other year, the best thing to hold on to in this world is each other." — Linda Ellerbee</p>	<p><b>Veggie Omelet</b> Whole Wheat Bread Roasted Yams Fruit</p> 	<p><b>Meatballs</b> Whole Wheat Pasta Veggies Fruit</p>
5	6	7	8	9
<p><b>Fried Chicken</b> Whole Wheat Bread Mashed Sweet Potatoes Coleslaw Fruit</p> 	<p><b>Beef Stroganoff</b> Pasta Veggies Fruit</p> 	<p><b>Chicken Soft Taco</b> Corn Tortilla Brown Rice Veggies Fruit</p> 	<p><b>CELEBRATING CHINESE NEW YEAR</b></p> <p><b>Chicken Chow Mein*</b> Veggies Fruit</p>	<p><b>NATIONAL PIZZA DAY!</b></p> <p><b>Veggie Cheese Pizza</b> Veggies Fruit</p> 
12	13	14	15	16
<p><b>Fish Veracruz</b> Brown Rice Veggies Fruit</p> 	<p><b>Beef Bobotie*</b> Brown Rice Veggies Fruit</p>	<p><b>INTERNATIONAL DAY SCOTLAND</b></p> <p><b>Fish n' Chips</b> Whole Wheat Bread Veggies Fruit</p> 	<p><b>Roasted Pork</b> Polenta Veggies Fruit</p>	<p><b>Hamburgers</b> Whole Wheat Bun Veggies Fruit</p> 
<b>CLOSED</b> 19	20	21	22	23
	<p><b>Pasta w/Bolognese</b> Sauce Veggies Fruit</p> 	<p><b>Chicken Parmesan*</b> Brown Rice Veggies Fruit</p>  <p><b>BIRTHDAY LUNCH</b></p> 	<p><b>Chicken Paella</b> Brown Rice Mashed Potatoes Veggies Fruit</p> 	<p><b>Meatloaf</b> Mashed Sweet Potatoes Veggies Fruit</p>
26	27	28	29	
<p><b>Chicken Enchiladas</b> Brown Rice Veggies Fruit</p>	<p><b>Tuna Salad Sandwich*</b> Whole Wheat Bread Coleslaw Fruit</p>	<p><b>Breaded Pork Loin</b> Polenta Veggies Fruit</p> 	<p><b>Chicken Teriyaki</b> Brown Rice Veggies Fruit</p> 	<p><b>LEAP YEAR</b></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

# FEBRUARY 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.

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



9:30 Pilates Fusion <sup>1</sup>  
 10:00 Creative Writing  
 11:00 Group Singing Chinese  
 12:30 Card Making Class  
 1:00 Group Singing English  
 1:15 Tai Chi  
 2:00 Android Basics  
 3:00 SEL Class  
 4:00 Computer Basics Chinese  
 Computer Tutoring by appt.

9:15 Line Dancing <sup>2</sup>  
 10:30 Functional Movement  
 11:45 Duplicate Bridge  
 12:00 Chinese MahJong  
 12:30 CAL Art Class  
 12:45 Grocery Bus  
 1:00 Android Basics: Spanish

8:45 Gentle Yoga <sup>5</sup>  
 10:30 Functional Movement  
 1:00 Casual Bridge  
 1:00 Craft Group  
 1:00 Trivia Hour  
 2:00 Android Basics  
  
 Computer Tutoring by appt

9:30 Pilates Fusion <sup>6</sup>  
 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 <sup>7</sup>  
 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

9:30 Pilates Fusion <sup>8</sup>  
 10:00 Creative Writing  
 11:00 Group Singing Chinese  
 1:00 Group Singing English  
 1:15 Tai Chi  
 3:00 SEL Class  
 4:00 Computer Basics Chinese  
  
 Computer Tutoring by appt.

9:15 Line Dancing <sup>9</sup>  
 10:30 Functional Movement  
 11:45 Duplicate Bridge  
 12:00 Chinese MahJong  
 12:30 CAL Art Class  
 12:45 Grocery Bus  
 1:00 Android Basics: Spanish

8:45 Gentle Yoga <sup>12</sup>  
 10:30 Functional Movement  
 1:00 Casual Bridge  
 1:00 Craft Group  
 2:00 Android Basics  
 2:00 Rhythms with Richard  
 2:30 Movie Matinee: *Best Exotic Marigold Hotel*  
  
 Computer Tutoring by appt

9:30 Pilates Fusion <sup>13</sup>  
 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

8:00-4:00 AARP Taxes by <sup>14</sup>  
 appt only  
 8:45 Gentle Yoga   
~~9:30 Drop-in Painting~~  
 10:30 Rosen Movement  
**12:00 Lunch & Music International Day (Scotland)**  
 1:00 Parkinson's Exercise  
 1:30 Watercolor w/ Mary Kay  
~~Computer Tutoring by appt~~

9:30 Pilates Fusion <sup>15</sup>  
 10:00 Creative Writing  
 11:00 Group Singing Chinese  
 1:00 Group Singing English  
 1:15 Tai Chi  
 2:00 Android Basics  
 3:00 SEL Class  
 4:00 Computer Basics Chinese  
  
 Computer Tutoring by appt.

9:15 Line Dancing <sup>16</sup>  
 10:30 Functional Movement  
 11:45 Duplicate Bridge  
 12:00 Chinese MahJong  
 12:30 CAL Art Class  
 12:45 Grocery Bus  
 1:00 Android Basics: Spanish

**CLOSED** <sup>19</sup>

**PRESIDENTS DAY**

9:30 Pilates Fusion <sup>20</sup>  
 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

8:00-4:00 AARP Taxes by <sup>21</sup>  
 appt only  
 8:45 Gentle Yoga  
~~9:30 Drop-in Painting~~  
 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  
 Computer Tutoring by appt

9:30 Pilates Fusion <sup>22</sup>  
 10:00 Creative Writing  
 11:00 Group Singing Chinese  
 1:00 Group Singing English  
 1:15 Tai Chi  
 2:00 Android Basics  
 3:00 SEL Class  
 4:00 Computer Basics Chinese  
  
 Computer Tutoring by appt.

9:15 Line Dancing <sup>23</sup>  
 10:30 Functional Movement  
 11:45 Duplicate Bridge  
 12:00 Chinese MahJong  
 12:30 CAL Art Class  
 12:45 Grocery Bus  
 1:00 Android Basics: Spanish  
  
 Computer Tutoring by appt

8:45 Gentle Yoga <sup>26</sup>  
 10:30 Functional Movement  
 1:00 Casual Bridge  
 1:00 Craft Group  
 2:00 Android Basics  
 3:00 Flu and COVID Vaccine Clinic  
  
~~Computer Tutoring by appt~~

9:30 Pilates Fusion <sup>27</sup>  
 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

8:00-4:00 AARP Taxes by <sup>28</sup>  
 appt only  
 8:45 Gentle Yoga  
~~9:30 Drop-in Painting~~  
 10:30 Rosen Movement  
 1:00 Parkinson's Exercise  
 1:30 Watercolor w/ Mary Kay  
  
~~Computer Tutoring by appt~~

9:30 Pilates Fusion <sup>29</sup>  
 10:00 Creative Writing  
 11:00 Group Singing Chinese  
 1:00 Group Singing English  
 1:15 Tai Chi  
 2:00 Android Basics  
 3:00 SEL Class  
 4:00 Computer Basics Chinese  
  
 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.

**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](http://www.seniorcoastsiders.org/classes-1)**