



# THE BEACON

THE SENIOR COASTSIDERS NEWSLETTER

MARCH 2024

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

- Watercolor Wednesday (drop-in & class) are canceled on March 6 & Watercolor drop-in is also canceled on March 13, 20 & 27
- Trivia Hour is canceled on March 20
- AARP Tax Services Tax Assistance available by appointment now through April 17 (see details on page 2)
- Poplar Street will be under construction until Spring 2024. For more details, contact the HMB Public Works Dept. at 650-726-7177



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

Flower Piano Concert & Cocktails and a Botanical Silent Auction, Sunday, April 7 from 4:00-7:00pm

Enjoy classical music 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 tickets and information follow the link on our homepage at [seniorcoastsiders.org](http://seniorcoastsiders.org)

### 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.



# We Recently Earned a Candid Platinum Seal of Transparency!

Check out the GuideStar Senior Coastsiders nonprofit profile by clicking on the Candid logo located at the bottom of

[www.seniorcoastsiders.org](http://www.seniorcoastsiders.org). Keep this link handy to stay up to date with our impact! We want to make sure you always have the information you need to support our work with trust and confidence.

## ASK A LAWYER!

*Monthly sessions by appointment only*

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



Legal Aid’s Elder Rights Staff attorney Mark Cotter will be onsite monthly through June, 2024 for “Ask A Lawyer” clinic where he will answer your legal issues. Legal consultations, direct services and referrals to outside pro bono attorneys also available. Reserve your 20 minute appointment with us now!

**9:00am - Noon**  
**March 22, April 26, June 28**

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

## **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 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.

# SENIOR COASTSIDERS IS HERE TO HELP OLDER ADULTS IN OUR COMMUNITY...

- FIND A PHARMACY
- SCHEDULE APPOINTMENTS
- LOCATE TRANSPORTATION

CALL US AT 650-726-9056  
WE'RE HERE TO HELP!

Senior  
Coastsiders



## We Can Schedule You For Your Next Vaccination!

Senior Coastsiders has received a generous grant from the National Council on Aging (NCOA) to help 500 older adults receive their Covid, Flu, and other shots by April 2024. We get credit every time we help schedule a vaccine or provide transportation to and from a vaccination appointment.

**Why not let us help you make your next appointment? Just call us at 650-726-9056 to schedule your next shot, or to get a ride there and back again!**

## 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!





# 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 between 10 am and 11 am, EXCEPT Wednesdays. **Reservations must be made by 10 am the previous work day.** Recommended contribution = \$1 each way.



## Trader Joe's Shopping Trip – Thursday, March 28, 9:30am

Call Emma at 650-726-9056 if you would be interested in doing a grocery trip to Trader Joe's in San Mateo!



## International Day in the Dining Room – Wednesday, March 13

Join us for our monthly international dish as we celebrate Morocco with delicious chicken kebabs. Passports not required!



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

We will be offering SEL (Seniors' English Lessons) Classes in 2024. 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, March 4, 1:00-2:00pm

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! (Reminder, the 3/20 class is canceled.)



## Monday Matinee Movie – Monday, March 18, 3:00-5:00pm

Featuring *Downton Abbey*! Lord Robert Crawley, Earl of Grantham (Hugh Bonneville) sees his family heritage, especially the grand country home Downton Abbey, as his mission in life. The death of his heir aboard R.M.S. Titanic means distant cousin Matthew Crawley (Dan Stevens), a Manchester lawyer, suddenly is next in line and accepts moving onto the vast estate with his even more modernist, socially engaged mother, who clashes with his Lordship's domineering, conservative mother, the dowager countess. Marrying off the daughters is another concern. (Rated PG-13) Starring: Judi Dench, Maggie Smith, Bill Nighy Running time 2h 2m. 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)



## 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, March 6, 2:00-3:00pm

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.



## New and Upcoming (continued)



### **Grief Support Group, Thursday, March 14, 11:00am**

This is an opportunity to come together and talk about and share memories of your loved one, to share where you are in your grief process, or just come to give and receive support around loss. This gathering is being led by Senior Coastsiders' Social Worker/Care Manager Jeannine Clark.



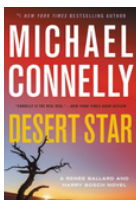
### **Rhythms with Richard – Monday, March 11 & 25, 2:00-3:00pm**

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, March 5, 10:30am**

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, March 6, 12:00pm**

March Book: Desert Star, by Michael Connelly.  
The group meets in person with Zoom option. To connect via Zoom contact Vaughn Harrison at [vaughnharrison@yahoo.com](mailto:vaughnharrison@yahoo.com). Copies of the book are available at Senior Coastsiders or the San Mateo County libraries. All copies must be returned to the library or Senior Coastsiders after finishing the book.



### **"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 4:00PM - 4:30PM
- Android Basics - SPANISH - every Fri - 1:00PM - 2:00PM
- iPhone Basics - 3/4, 3/7, 3/14, 3/28, 2:00PM - 3:00PM
- Digital Shopping Workshop - Mon 3/11, 2:00PM-3:30PM
- Photos Workshop - Mon 3/18, 2:00PM - 3:30PM
- Windows Workshop - Thurs 3/21, 2:00PM - 3:00PM



### **Computer Tutoring With Volunteer Tech Tutors - 4 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 Beccie
- Thursdays with James

Appointments required. Please schedule with the Senior Coastsiders office.



IT'S ITALIA

### **Senior's Dinner Club at It's Italia – Thursday, March 14, 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 \$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!

## LIVE MUSIC

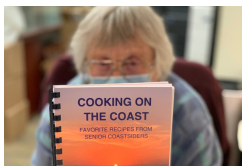
### Live Music in the Dining Room at Least Once a Week During Lunch

Who doesn't love a little live music!? This month, we're welcoming back Spanish Guitarist Mike McCall, a coastsider favorite! Come see who else is playing and singing!

- Peter Master on Piano: Tuesday 3/5
- Mike McCall on Spanish Guitar: Tuesday 3/12
- Lighthouse String Band: Wednesday 3/13
- Vocalist Tina & guitarist Harry: Wednesday 3/20
- Coastsider Singers: Thursday 3/21
- Blue City Jazz: Thursday 3/28

### 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 – Wednesday, March 20

Library staff will be in the Senior Coastsiders Dining Room the third Wednesday of each month (March 20) 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 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#](http://coastside-artists.com/art-classes.html#/) for info.

- March 1 - TBD
- March 8 - TBD
- March 15 - Rebecca Ellis
- March 22 - Patti Appel
- March 29- Nancee McDonnel



### Senior's Day Out – Thursday, March 21, 10am - 2pm at the San Mateo County History Museum

The History Museum is an innovative regional history center. Featuring interactive experiences, the long-term exhibits are the place where you can explore the county's rich and colorful history. Call the Senior Coastsiders office to reserve your space in advance. 650-726-9056.



## Thoughts On A Universal Basic Income Program For Older Adults In San Mateo County

Nearly half of all households in the US – including many older adults in our own Coastsiders community - don't have \$400 in cash on hand to deal with an emergency or unexpected bill. Financial insecurity is one of the top concerns for many older adults, particularly in San Mateo County which has greater income inequality than any other county in California. The average income of the top 1% of residents is nearly 50 times greater than the average income of the bottom 99%. I'm part of the leadership of the Age Forward Coalition – a broad consortium of San Mateo County nonprofit and community organizations that advocates for increased funding to maintain, protect, promote, and enhance equitable services and support for older adults in our County. In January we selected four advocacy issue areas for 2024 and these include transportation, caregiving, coordination of services, and Universal Basic Income (UBI) for older adults.

UBI is a regular, unconditional cash payment that is made monthly to a defined group of people. UBI experiments have been conducted in countries as different as Kenya, Finland, Namibia, India, and Canada. In the United States a successful pilot project was conducted here in the Bay Area. The Stockton Economic Empowerment Demonstration (SEED) gave 125 randomly selected families \$500 per month for 24 months as part of a mayor-led program. The results were dramatic. In addition to experiencing less income volatility, SEED participants were more likely to find full-time employment. Participants found they had resources and time for things like job training that could advance them to more secure positions. They also reported enhanced well-being, and less anxiety and depression.

In August 2023 in San Mateo County, former US Representative Jackie Speier and San Mateo Supervisors Noelia Corzo and Ray Mueller announced a pilot UBI program that will provide \$300 a month to 200 families with children aged 0-3 years who qualify through Medicaid. The Jackie Speier Foundation is putting up \$350,000, while the county will provide the other \$350,000. The Age Forward Coalition is going to advocate for a similar program for older adults in our County. I'm interested in your thoughts on this and happy to speak with you – just let me know.



**Sandi Winter**  
Senior Coastsiders  
Executive Director

A handwritten signature in black ink, appearing to read "Sandi Winter".

## Thank You To Our Donors For Helping Make Weekly Art Classes Possible

We have amazingly talented artists who attend classes at the Center which are provided by members of the Coastal Arts League – a public nonprofit gallery in Half Moon Bay. In February the work of our artists was featured in the gallery, and I was both impressed and proud of the quality of the exhibit. We are grateful to the Coastal Arts League for their continued partnership with Senior Coastsiders. I encourage you to check out their website for information about upcoming shows - [coastside-artists.com](http://coastside-artists.com).



# 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 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, Chinese, and Spanish. Appointments are required for 1:1 instruction. For more information, please call 650-726-9056.

See the schedule for group classes on page 5



COUNTY OF SAN MATEO



## Got Wheels!, An Affordable On Demand Taxi Service Has Re-Opened Registration!

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](http://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](mailto:cqmoreno@pfso.org)**



Residents of Daly City, Colma, Brisbane, South San Francisco, San Bruno, Millbrae, Burlingame, Hillsborough, Montara, Moss Beach, El Granada and Half Moon Bay – must be 70 Years and older to participate.

# 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](mailto:rguzman7@my.gcu.edu)

## Other Upcoming Community Events & Info



### Coast Pride, March 13 (Pacifica) & March 16 (HMB)

Agin' Well serves up social and fun monthly activities for our (mostly) 50+ community members. March 13 from 6:00-7:00pm at the Pacifica Community Center and March 16 from 1:30-3:00pm at the Coast Pride Center in HMB. 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, March 14, 7:30pm

*She Loves Me*, was nominated for five Tony Awards in 1964, and both revivals in 1994 and 2016 snagged numerous nominations and awards. Considered by many to be the most charming musical ever written, *She Loves Me* is a warm romantic comedy with an endearing innocence and a touch of old-world elegance.

More information at [www.coastalrep.com/upcoming](http://www.coastalrep.com/upcoming)



### VOTC Movie Night at the HMB Library, March 21, 5:30pm

Join other Village members at the movies! Featuring *A Man Called Otto*. Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.



### 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](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.



## Say Goodbye to Gas With Used EV Rebates

INCOME-QUALIFYING RESIDENTS

Get up to \$2,000  
to purchase a  
used EV!



Electric vehicles (EVs) provide lasting benefits to individuals and the community at large. In addition to offering significantly lower operation and maintenance costs to drivers, EVs emit significantly less emissions than gasoline-powered cars.

That's why Peninsula Clean Energy is helping San Mateo County and Los Banos go electric with rebates of up to \$2,000 for the purchase of a used fully electric EV or used plug-in hybrid for income-qualifying residents. These rebates can be stacked with other incentives for huge savings, up to \$10,000 off!

For more information, to complete a pre-application, or to find a participating dealership, visit [peninsulacleanenergy.com](http://peninsulacleanenergy.com)

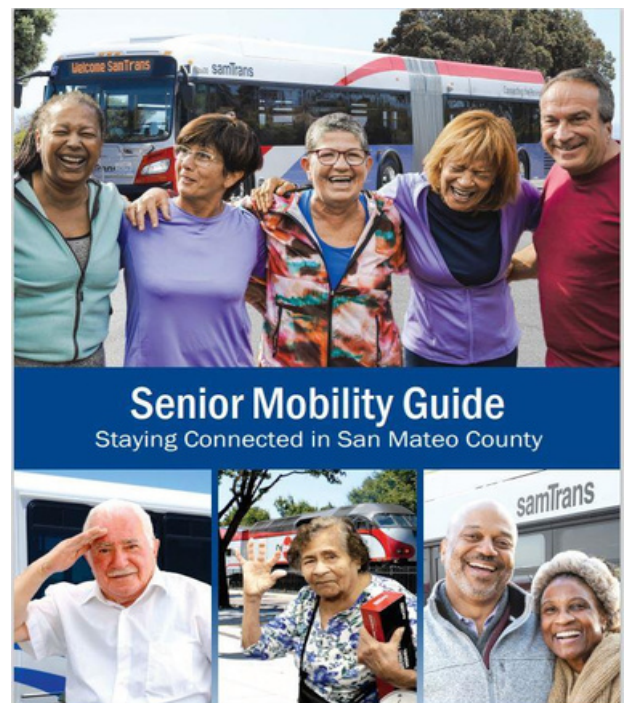
## Receiving CalFresh?

If you lost food during the latest storms and purchased food using CalFresh, you may be entitled for reimbursement. To file a claim, visit [www.smcgov.org/hsa/calfresh](http://www.smcgov.org/hsa/calfresh) or call CalFresh Service Center at 800-223-8383.

## 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](http://www.samtrans.com/rider-info/seniors).



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

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
<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>"Springtime is the land awakening. The March winds are the morning yawn." — Lewis Grizzard</p>		<p><b>Cabbage Rolls</b> Brown Rice Veggies Fruit</p>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<p><b>Meatloaf</b> Mashed Sweet Potatoes Veggies Fruit</p>	<p><b>Shepherd's Pie</b> Whole Wheat Bread Veggies Fruit</p>	<p><b>Chicken Curry</b> Brown Rice Veggies Fruit</p>	<p><b>Veggie Frittata</b> Roasted Sweet Potatoes Veggies Fruit</p>	<p><b>Beef Bobotie*</b> Brown Rice Veggies Fruit</p>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<p><b>Stuffed Chicken Breast</b> Orzo Veggies Fruit</p>	<p><b>Hamburgers</b> Whole Wheat Bun Veggies Fruit</p>	<p><b>INTERNATIONAL DAY MOROCCO</b> <b>Chicken Kebab</b> Brown Rice Veggies Fruit</p>	<p><b>Tuna Cake</b> Brown Rice Veggies Fruit</p>	<p><b>Corned Beef &amp; Cabbage</b> Whole Wheat Bread Veggies Fruit</p>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p><b>Veggie Omelet</b> Whole Wheat Bread Roasted Yams Fruit</p>	<p><b>Pork Soft Taco</b> Corn Tortilla Brown Rice Veggies Fruit</p>	<p><b>Fried Chicken</b> Whole Wheat Bread Mashed Sweet Potatoes Coleslaw Fruit</p>	<p><b>Fish Veracruz</b> Brown Rice Veggies Fruit</p>	<p><b>Chicken Burrito*</b> Brown Rice Veggies Fruit</p>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p><b>Pasta w/Bolognese Sauce</b> Veggies Fruit</p>	<p><b>Ratatouille</b> Veggies Fruit</p>	<p><b>Pork Loin</b> Yams Veggies Fruit</p>	<p><b>Chicken Teriyaki</b> Brown Rice Veggies Fruit</p>	<p><b>Tuna Salad Sandwich*</b> Whole Wheat Bread Coleslaw 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

# MARCH 2024

In person at the center

Monday

Tuesday

Wednesday

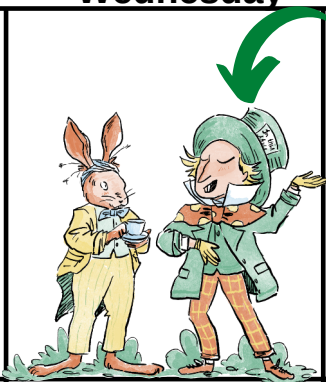
Thursday

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



1

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

4  
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 Basics  
  
Computer Tutoring by appt

5  
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

6  
8:00-4:00 AARP Taxes by appt only  
8:45 Gentle Yoga  
~~9:30 Drop-in Painting~~  
10:30 Rosen Movement  
12:00 Mystery Book Club  
1:00 Parkinson's Exercise  
2:00 Parkinsons Support Group  
~~1:30 Watercolor w/ Mary Kay~~  
Computer Tutoring by appt

7  
9:30 Pilates Fusion  
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 iPhone Basics  
3:00 SEL Class  
4:00 Computer Basics Chinese  
Computer Tutoring by appt.

8  
9:15 Line Dancing  
10:30 Functional Movement  
11:45 Duplicate Bridge  
12:00 Chinese MahJong  
1:00 CAL Art Class  
12:45 Grocery Bus  
1:00 Android Basics: Spanish  
  
Computer Tutoring by appt.

11  
8:45 Gentle Yoga  
10:30 Functional Movement  
12:00 Group Singing English  
1:00 Casual Bridge  
1:00 Craft Group  
2:00 Digital Shopping Workshop  
2:00 Rhythms with Richard  
  
Computer Tutoring by appt

12  
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

13  
8:00-4:00 AARP Taxes by appt only  
8:45 Gentle Yoga  
~~9:30 Drop-in Painting~~  
10:30 Rosen Movement  
**12:00 Lunch & Music International Day (Morocco)**  
1:00 Parkinson's Exercise  
1:30 Watercolor w/ Mary Kay  
Computer Tutoring by appt

14  
9:30 Pilates Fusion  
10:00 Creative Writing  
11:00 Group Singing Chinese  
**11:00 Grief Support Group**  
1:00 Group Singing English  
1:15 Tai Chi  
2:00 iPhone Basics  
3:00 SEL Class  
4:00 Computer Basics Chinese  
Computer Tutoring by appt.

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

18  
8:45 Gentle Yoga  
10:30 Functional Movement  
12:00 Group Singing English  
1:00 Casual Bridge  
1:00 Craft Group  
2:00 Photos Workshop  
3:00 Movie Matinee: Downton Abbey  
Computer Tutoring by appt

19  
9:30 Pilates Fusion  
11:15 Wise Woman Yoga  
**12:00 Sheriffs at lunch**  
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

20  
8:00-4:00 AARP Taxes by 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~~

21  
9:30 Pilates Fusion  
10:00 Creative Writing  
11:00 Group Singing Chinese  
1:00 Group Singing English  
1:15 Tai Chi  
2:00 Windows Basics  
3:00 SEL Class  
4:00 Computer Basics Chinese  
Computer Tutoring by appt.

22  
9:15 Line Dancing  
10:30 Functional Movement  
11:45 Duplicate Bridge  
12:00 Chinese MahJong  
1:00 CAL Art Class  
12:45 Grocery Bus  
1:00 Android Basics: Spanish  
  
Ask a Lawyer by appt only

25  
8:45 Gentle Yoga  
10:30 Functional Movement  
12:00 Group Singing English  
1:00 Casual Bridge  
1:00 Craft Group  
2:00 iPhone Basics  
2:00 Rhythms with Richard  
  
~~Computer Tutoring by appt~~

26  
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

27  
8:00-4:00 AARP Taxes by 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

28  
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  
3:00 SEL Class  
4:00 Computer Basics Chinese  
Computer Tutoring by appt.

29  
9:15 Line Dancing  
10:30 Functional Movement  
11:45 Duplicate Bridge  
12:00 Chinese MahJong  
1:00 CAL Art Class  
12:45 Grocery Bus  
1:00 Android Basics: Spanish



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