

OUR SCENE

SAN BRUNO SENIOR SERVICES NEWS

APRIL 2026

SENIOR ADVISORY BOARD

Regular Meeting



TUE • APR 21 • 9:00am
Senior Center Conference Room. All are welcome.

SPRING BOCCE

Details on page 2.

TAX DAY: 4/15

Don't forget to file!



Pictured: St. Patrick's Day Party, 2026

CORNHOLE TOURNAMENT

Get ready to compete! Details on page 4.

LUNCHTIME ENTERTAINMENT

Entertainment is funded by Nutrition Site Council, a 501(c)(3)

- Mondays and Wednesdays @ 10:45am:** Bob Gutierrez & Mandy Flowers
Tuesdays @ 10:30am: DJ Music with Joe Sheldon
Thursdays @ 11:30am: Accordion Music with Ron Borelli
Friday 4/3 @ 11:30am: Bob Mateo
Friday 4/24 @ 11:30am: Jerry Curiano

SPECIALTY CLASSES & ACTIVITIES

SENIOR CENTER ORIENTATION FRI, APR 3 • 10:30AM-11:30AM

New to the Senior Center or just want to learn more? Join us for a friendly and informative orientation! **Discover** our programs, classes, and activities, meet staff and fellow patrons, and find out how to make the most of your time here. For more information, call Justine at 650-616-7152.

AARP FREE TAX ASSISTANCE LAST TUE IS APR 7 • 9:00AM-3:00PM

Need help with your taxes? AARP is offering free tax assistance every Tuesday beginning FEB 10 through APR 7. You **MUST schedule an appointment with the Front Desk** in person, or call (650) 616-7150.

SPECIALTY CLASSES & ACTIVITIES

SPRING BOCCE LEAGUE MONDAYS, APR 6-JUN 15 • 10:00AM-11:15AM

Get ready to **roll into spring** with our Bocce League starting April 6! Whether you're a seasoned player or have never picked up a bocce ball, this league is all about having fun, staying active, and connecting with others in a relaxed and welcoming environment.

WHEN: MONDAYS, APRIL 6-JUNE 15

TIME: 10:00AM-11:15PM

WHO: EVERYONE IS WELCOME -
NO EXPERIENCE NEEDED!



FORM A TEAM: Teams can have up to 4 players, so grab your friends and sign up together for a fun shared experience. Don't wait - **REGISTRATION ENDS THURSDAY, APRIL 2!**

Don't have a team? No problem at all. We're happy to help place you on a team so you can join in and be part of the fun. Come roll, relax, and connect - we can't wait to see you on the court!

ORIGAMI - FOLD, CREATE, ENJOY TUE, APR 7 • 1:00PM-2:30PM

Origami is the **creative, meditative art of Japanese paper folding**. You'll truly be amazed and delighted at what we can create out of a simple piece of paper! The models we create are beginner-friendly; no prior experience is required. Enjoy creating a variety of items, including flowers, boxes, hearts, envelopes, and other whimsical 3D designs.

This is a **FREE** ongoing class offered every first Tuesday of the month, facilitated by **Lisa Yamashiro-Young**.

NOTE: Please bring your own 6" standard multi-color origami paper.



Check out our class resource website (Scan the QR code) for more details!

SPECIALTY CLASSES & ACTIVITIES

SOUND BATH EXPERIENCE WED, APR 8 • 10:30AM-11:30AM

What is a sound bath? This experience is a therapeutic practice where **you are “immersed” in soothing sounds** and vibrations, produced by instruments like gongs, singing bowls, chimes, tuning forks, and other resonant tools. The goal is to promote deep relaxation, mental clarity, and overall well-being. Join practitioner **Callista Shepherd Smith** for this FREE experience.



HIGHLANDS SCHOOL STUDENTS & INTERGENERATIONAL PROGRAMS FRI, APR 10 • 1:00PM-3:00PM

We're so excited to welcome the students back for more laughter, great conversation, and meaningful connection! Get ready for our **“Tote-ally Creative” Contest**: This is a **one-time opportunity** to spend some time with a student, and stretch your creative muscles.

“TOTE-ALLY CREATIVE” CONTEST - CELEBRATE EARTH DAY! MON, APR 22 • 1:30PM-2:30PM

Stop by on Friday and pick-up your tote bag, sit with Highland's Students, and participate in a special intergenerational contest as a way to celebrate Earth Day. You can use the provided supplies to design a tote that is creative, meaningful, and stylish. Return your completed tote by **Wed, April 22 at 10:00am** (Earth Day) and be entered in the contest.

There are **three categories**: Most Creative, Most Meaningful Story, and Most Stylish Tote. Winners will be announced during lunch on Wed, April 22. We look forward to celebrating creativity, community, and Earth Day with you!



SACRED CIRCLE DANCE MON, APR 13 & 20 • 1:00PM-2:00PM

Enjoy Sacred Circle Folk Dancing with **Friedel Cohen**. Step outside onto our back deck and into something special. Learn traditional dances from around the world and new choreographies: some meditative, some playful.

No partners needed; all levels welcome. **Free drop-in, no registration required!**

SPECIALTY CLASSES & ACTIVITIES

DON'T WAIT TO BE WAITLISTED: UNDERSTANDING SUBSIDIZED SENIOR HOUSING WAITLISTS WED, APR 15 • 10:00AM-11:30AM

Planning ahead can make all the difference when it comes to housing as we age.

Join **Terrie Tomasello** for insight on low-income senior housing options and why it's important to **get on waitlists early**, even if you think you may never need it, as many range from 1 to 10 years! Early planning is a smart and proactive step. Learn your options, how to apply, and how preparing now helps protect your independence and peace of mind. Whether you're planning for yourself or a loved one, this is valuable information **you won't want to miss**.

ESCAPE ARTIST BOOK CLUB THU, APR 16 • 9:30AM-10:30AM

Join the **Escape Artist Book Club** as we read **Devil's Delight by M.C. Beaton and R.W. Green**. Step into a lively Western mystery filled with humor, suspense, and unforgettable characters. Relax, share your thoughts, and enjoy warm conversation with fellow readers. We'd love to have you join us!

ART APPRECIATION MON, APR 20 • 1:30PM-3:00PM

Join **Linda Dever** and discover the bold, beautiful world of **Georgia O'Keeffe** through film and guided discussion. You will learn how she used color, shape, and nature to create her iconic style, and gain a deeper appreciation for one of America's most influential artists.
No experience needed - just curiosity!

SPRING CORNHOLE TOURNAMENT TUE, APR 14 • 9:15AM (TEAM LOTS), 9:30AM (GAMES BEGIN)

Get ready for some friendly competition, lots of laughs, and the chance to become **Spring Champs!** Whether you're a cornhole pro or just in it for the fun, this is your chance to join the action.

Tournament Details:

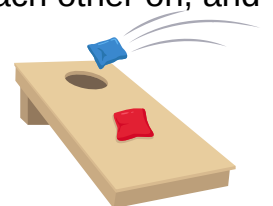
- *Teams:* 2-person teams, at least one person must be aged 50+
- *Format:* Double elimination (you'll get at least two games!)
- *Where:* Back Deck
- *Team Drawing:* 9:15am, before play begins
- **Sign Up or Show Up:** Register at the Front Desk, or come the day of, all are welcome

Teams will be randomly drawn: This is a great way to meet someone new, cheer each other on, and maybe even learn a trick shot or two!

Why Join?

- Bragging rights as the Springtime Champs
- Lots of laughs and light-hearted fun

Don't sit this one out - grab your spot and let's make it a summer to remember!



SPECIALTY CLASSES & ACTIVITIES

LET'S TALK ABOUT DEATH & DYING TUE, APR 21 • 1:30PM-3:00PM

You're invited to explore life's big questions with Patti Murad, LMFT, in a thoughtful conversation about how we think about death, dying, and what gives your life meaning. In **this safe, supportive space**, you'll delve into topics like: What do I want my final days to look like? How do I talk about death with my loved ones? What brings meaning to my life as I prepare for its eventual end? Come as you are, bring your curiosity, and join a caring community of others ready to reflect, share, and grow together.

MONTHLY GRIEF SUPPORT GROUP THU, APR 23 • 1:15PM-2:45PM

Grieving the **loss of a loved one** can be a lonely road, but it doesn't have to be. Join this open and welcoming Support Group offered by **Delany Woo LCSW**, a Bereavement Coordinator from **Mission Hospice & Home Care**. Delany leads compassionate conversations around grief and healing - whether your loss is recent or from years past. The Group is a safe place to share, listen and heal at your own pace - without pressure or expectations. No registration needed, just come as you are.

MOVIE SCREENING: ON GOLDEN POND FRI, APR 24 • 9:30AM

Enjoy a delightful morning with *On Golden Pond*, starring Henry Fonda and Katharine



Hepburn as an elderly couple navigating the twilight of their lives at their beloved summer home. Set by a peaceful lakeside, this heartwarming classic is filled with gentle humor, love, and reflection—perfect for sharing smiles and meaningful moments together. Join us for an uplifting film that celebrates connection, memories, and the beauty of every stage of life.

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

COME BACK **BINGO!**

SUN, APR 26

DOORS OPEN AT 10:30AM

PRE GAMES AT 12:30PM

REGULAR GAMES AT 1:00PM

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

WEEKLY CLASSES & ACTIVITIES

	Start	End	Cost	Activity
Mondays	8:15am 9:00am 9:00am 9:30am 1:00pm 1:00pm 1:00pm 2:30pm 4:00pm	9:30am 11:45am 1:00pm 4:00pm 2:00pm 2:00pm 3:00pm 3:30pm 5:00pm	Free Free \$3 Free \$5 Free \$3 Buy-In ** **	Hiking Mahjong Ceramics Workshop Drop-In Cornhole Tap Class Sacred Circle Dance, Beginning 3/23 Bingo Pilates/Yoga Fusion ** Gentle Yoga ** **San Mateo Adult School, 1/5 - 4/20
Tuesdays	9:30am 10:00am 10:45am 12:45pm 1:00pm	10:15am 11:00am 11:45am 1:45pm 3:00pm	\$5R/\$6NR Free \$5 \$4R/\$4.50NR \$3R/\$3.50NR	Zumba Gold Spanish Sit & Workout Beginning Line Dancing Ukulele
Wednesdays	8:15am 9:30am 9:30am 12:30pm 1:00pm 1:00pm 1:00pm 2:00pm	9:30am 11:30am 4:00pm 1:30pm 3:00pm 2:00pm 2:00pm 3:00pm	Free \$5 per month Free Free \$3 Buy-In Free Free \$4R/\$5NR \$4R/\$5NR	Hiking Stained Glass Workshop Drop-In Cornhole Beginner Western Review with Dolly Bingo Hula American Line Dance Level 1 American Line Dance Level 2
Thursdays	10:00am 10:15am 12:30pm 12:30pm 1:00pm 1:00pm	12:00pm 11:15am 3:30pm 2:00pm 2:00pm 2:00pm	Free ** Free Free \$1 \$4R/\$5NR	Creative Writing Yoga for Health ** Pedro Music & Motion Painting Workshop American Line Dancing ** San Mateo Adult School, 1/8 - 4/16
Fridays	8:15am 9:30am 9:45am 1:00pm 1:00pm 1:15pm	9:30am 10:30am 10:30am 3:00pm 3:30pm 2:00pm	Free Free \$5R/\$6NR \$3 Buy-In Free \$6	Hiking Knitting & Crocheting, Drop-in Social Group Zumba Gold Bingo Ping Pong Stretch with Joy (Chair Yoga)

All San Mateo Adult School classes require preregistration on their website
<https://sanmateoadulted.org/programs/active-adults/>



APRIL MENU



Our congregate meal program is funded in part by the Older Americans Act and is intended for seniors 60 years and older. The **suggested contribution is \$4.00 per meal, and \$9.00 per meal on party days**. A meal will not be denied to any senior unable to give a contribution. Patrons aged 59 years and under must pay a fee of \$8.00, and \$9.00 on party days. There is a limited number of meals for walk-ins. Some days we may reach capacity, so early arrival is recommended. The Lunch Desk is open 9:00am-12:00pm, Monday through Friday.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Dishes with this symbol contain dairy Dishes with this symbol contain pork	31	1 Pork Chili Verde Spanish Rice Bowl Peppers, Onions, Corn Tomatillo Sauce	2 Roast Turkey Breast Mashed Potatoes Carrots & Green Beans	3 Shrimp Saute with Teriyaki Ginger Sauce over Rice, with Mushrooms & Tomatoes
6 Shredded Beef Enchiladas Spanish Rice & Black Beans; Cabbage, Peppers, & Onions	7 BBQ Spiced Pork Loin Mashed Potatoes Broccoli & Carrots	8 BIG BINGO Chicken Stir Fry Whole Grain Rice Asian Cabbage & Carrots	9 Stuffed Steak Burrito w/ Spanish Rice & Pinto Beans Peppers, Onions, & Corn	10 Baked Salmon Lemon Butter Sauce Brown Rice Pilaf Green Beans & Cauliflower
13 Meatballs and Penne Pasta in Ragu Sauce Squash & Onion Medley	14 Pineapple-Dijon Glazed Ham Sweet Potato Mash Broccoli & Carrots	15 Housemade Meatloaf Mashed Potatoes with Gravy Veggies	16 Grilled English Whiting Fish Couscous Blue Lake Green Beans & Peppers	17 Chicken Marsala Brown Rice Mushrooms & Green Beans
20 Grilled Italian Sausage Pasta Puttanesca w/ Tomatoes, Capers, & Garlic Veggie Medley	21 Chicken Cacciatore Mashed Potatoes Cauliflower, Corn, & Carrots	22 Beef Stew Mashed Potatoes w/ Gravy Green Beans, Mushrooms, & Onions	23 Oregano Brick Chicken Wheat Pasta Broccoli & Carrots	24 BIG BINGO Thai Basil Cashew Pork Curry Sauce Sticky Rice Corn & Peas
27 Lemon Zest & Garlic Spiced Pork Loin Mashed Potatoes w/ Gravy Veggie Medley	28 Garlic Chicken Wheat Pasta Broccoli & Carrots	29 Baked Panko-Crusted Alaskan Cod w/ Lemon Butter Sauce Risotto Veggie Medley	30 Pork Pot Roast Mashed Potatoes Carrots, Celery, & Onions	

San Bruno Residents: reserve your meal one week in advance. Reservation forms are due no later than 12:00pm the Thursday prior to the following week, and are located at the Lunch and Front desks.

Please be prepared to show San Bruno identification. ****Menu subject to change without notice****

Congregate Lunch Program

KEEPING OUR MEAL PROGRAM STRONG!

UPDATE

EFFECTIVE DECEMBER 1, 2025

To stay in compliance with our San Mateo County grant and continue providing over 100 healthy meals daily, the following updates will take effect:

- **MEALS MUST BE EATEN ON-SITE.**
 - The Congregate Nutrition Program requires all meals to be enjoyed together in the Assembly Room.
- **NO TO-GO FOOD OR LEFTOVERS.**
 - Meals and any leftover items may not be taken home, per County grant requirements.

WHY THIS MATTERS:

Keeping in compliance with our grant contract helps ensure we can continue offering this valuable program to our community.

MINI FAQ

- **Can't I just take the leftovers so they don't go to waste?**
 - No. The funding we receive for the program relies on us being in compliance with the grant requirement that all meals must be enjoyed on site.
- **What if I can't stay to eat?**
 - We understand that schedules can be tricky, which is why there is a resource list of alternatives available at the front desk. Otherwise, meals must be eaten on site for us to be in compliance with grant program requirements.
- **What happens to leftover food?**
 - Any extra food is safely donated to local organizations in accordance with County guidelines.
- **Can I share my meal with someone who isn't getting a lunch today?**
 - **No.** Meals are prepared and tracked for individuals only, as part of grant reporting requirements.
- **What if I'm not feeling well and don't want to eat inside?**
 - We understand, and To-Go meals are not allowed under the grant, but you're always welcome to return when you're feeling better - your health comes first!
- **Why is this change happening now?**
 - These updates take effect December 1, 2025 to keep our program in full compliance with County and federal requirements as we enter a new grant application period.

***Our Congregate Lunch Program is partly funded by the Older Americans Act, and the Nutrition Site Council.**