



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 \$3.00 per meal, and \$7.00 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 \$6.00. 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
31	1 Oven Baked Chicken Fritters & Country Gravy, Roasted Potatoes, Cabbage & Mushroom Sauté	2 Gilled English Whiting Fillets, Cous Cous Blue Lake Green Beans	3 Bratwurst Sheppard's Pie with Mashed Potatoes Celery, Carrots, & Corn	4 Almond Crusted Orange Chicken Thighs Brown Rice Green Beans
7 Baked Chicken Florentine Lasagna Squash Medley Green Salad	8 BBQ Pork Ribs w/Housemade BBQ Sauce Cole Slaw Baked Beans	9 BIG BINGO Shredded Beef Brisket & Mushroom Rice Bowl w/Sweet Peppers, Squash Medley & Onions	10 Chicken Parmesan Wheat Pasta Broccoli & Carrots Garden Salad	11 Panko Crusted Cod Brown Rice Cauliflower & Broccoli
14 Pork Pot Roast Mashed Potatoes Carrots, Celery, & Onion	15 Chicken&Mushroom Casserole Served w/Polenta Veggies	16 Beef Ravioli Mushrooms & Carrots Romaine Salad	17 Chicken Stir Fry Rice Noodles Mixed Asian Cabbage & Carrots	18 Salmon Saute with Mustard Glaze Jasmine Rice Carrots & Spinach Salad
21 Zatar Spiced Chicken Thighs Brown Rice Peppers, Onions, & Button Mushrooms	22 Chicken & Veal Meatballs with Pasta Marinara Squash Medley	23 Pork Chili Verde Bowl Spanish (Brown) Rice Peppers, Onions, & Corn Tomatillo Sauce	24 Garlic Chicken Risotto Steamed Squash & Carrots Caesar Salad	25 BIG BINGO Ground Beef Stroganoff Wheat Pasta Mushroom Medley Garden Salad
28 Steak Enchilada Tortilla Bake Spanish Rice & Pinto Beans Corn Sauté	29 Lemon Herb Rockfish Brown Rice Napa Cabbage & Bell Peppers	30 Honey Glazed Ham Mac & Cheese Sautéed Corn & Peas	1	2

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. ****The menu is subject to change without notice****

SENIOR CENTER NEWSLETTER

San Bruno Senior Center 1555 Crystal Springs Road 650.616.7150 www.sanbruno.ca.gov/seniorcenter

Senior Advisory Board Meeting

Tuesday, April 15 • 9:00am
Senior Center Conference Room



Spring Cornhole Tournament

Thursday, April 24 • 1:30pm
2 person teams of staff and patrons will compete in a double elimination tournament to crown the **April Champs!** Teams must have at least one senior and will be assigned randomly. Sign up at the front desk by Tuesday, 4/15.

FREE Hula Classes Return!

Wednesday • 1:00pm

Don't miss out! **Ofelia** is back to show you how to move, groove, and enjoy the rhythm of the islands. Classes on Wednesdays, 1:00pm-2:00pm, starting March 5 in the Senior Center's Library.

POLE Walking for Balance & Mobility

Wednesday, April 30 • 9:00am-11:30am
Pole Walking is whole-body exercise! Learn and practice skills with **Jayah Faye Paley, AFAA & ACE**, to reduce fall risk and improve endurance, spine function, and posture. Register in advance at the Front Desk. Cost \$31. Future class 5/30.

Let's Talk About Death and Dying

Tuesday, April 22, 1:30-3pm
Join us for an open and thoughtful discussion about our own experiences, fears and wishes around death and dying. This will be a safe space to explore questions like: What do I want my final days to look like? How can I talk about death with my loved ones? What gives my life meaning as I prepare for its eventual end? Let's talk, listen and learn together **Join us for this FREE experience!**

Escape Artist Book Club

Thursday, April 17 • 9:30am-10:30am
Join the **Escape Artist Book Club** for a lively discussion of "The Wager" by David Grann.

Grief Support Group

Thursday, April 24 • 1:15pm - 2:45pm
Bereavement Coordinator Delany Woo, LCSW, with **Mission Hospice & Home Care**, facilitates a grief support group the last Thursday of every month that is open to all. No advanced registration needed.

Collette Tours - Travel Talk

Friday, April 4 • 11:00am
Join us for a slide show of **Collette Travel's** exciting tours in 2025/26. Smokey Mountains/Blue Grass trip October 2025 and New York City Spring 2026. It's always good to have something to look forward to!

Intergenerational Program

Students of Highlands Christian School
April 11th and April 25th.
Students from Highlands Christian School will be here to wow us with their cornhole skills, get a round of bocce in, create art projects, and help with lunch. **Come get to know our younger neighbors** from up the hill and see how we can work together for a better San Bruno. Please sign up with Terrie (650)616-7152 to participate in advance.

Metropolitan and Other American Museums

Monday, April 21 • 1:30pm - 3:00pm
Join **Linda Dever** in a talk about studio art of Tanforan and Linda's studio members. Focused on the variety of styles. Masks encouraged.

AARP Senior Smart Driver Course

Wed. 4/16 & Wed. 4/23 • 8:30am - 12:30pm
Take some time with **AARP** to learn valuable defensive driving strategies, get a refresher on the rules of the road, and gain research-based tips to adapt and compensate for physical and cognitive changes that occur with aging. This 8-hour Initial course costs \$20 for AARP members and \$25 for non-members. Space is limited, register at the Front Desk.



Senior Mobility Guide
San Mateo County Transportation Resources



Pick up the latest issue of the **Senior Mobility Guide** ... Available at a local senior center or library or call **800-660-4287 (TTY) 650-508-6448** to request a copy by mail

San Mateo County TRANSIT DISTRICT



CLASSES & PROGRAMS

Monday	8:15 am Hike (Free) 9:00 am Mahjong (Free) 9:00 am Ceramics Workshop (\$3) 9:30 am Drop-In Cornhole (Free) 1:00 pm Tap Class (\$5) 1:00 pm Bingo (\$3 Buy-in) 2:30 pm Pilates/Yoga Fusion ** 4:00 pm Gentle Yoga ** **San Mateo Adult School, 1/9 - 4/21
Tuesday	9:30 am Zumba Gold (\$5 SB resident; \$6 non-resident) 9:30 am Spanish (Free) **Starts at 9:30am through 4/8 10:45 am Sit & Workout (\$5) 12:45 pm Beg. Line Dancing (\$4 SB resident; \$4.50 non-resident) 1:00 pm Ukulele, 2-hour class (\$3 SB resident; \$3.50 non-resident)
Wednesday	8:15 am Hike (Free) 9:30 am Stained Glass Workshop (\$5 per month) 9:30 am Drop-In Cornhole (Free) 12:30 pm Beginner Western Review w/Dolly (Free) 1:00 pm Bingo (\$3 Buy-in) 1:00 pm Hula (Free) 1:00 pm American Line Dance Level 1 (\$4 SB resident; \$5 non-resident) 2:00 pm American Line Dance Level 2 (\$4 SB resident; \$5 non-resident) 2:00 pm Beginner Pedro Lessons (Free)
Thursday	9:00 am Fun & Fitness Exercise (\$4 SB resident; \$5 non-resident) 9:30 am Softball at Lion's Field (\$10/year; free to Senior Center members) 10:00 am Creative Writing (Free) 10:15 am Yoga for Health ** San Mateo Adult School, 1/9 - 4/21 12:30 pm Pedro (\$3) 12:30 pm Music & Motion (Free) 1:00 pm Painting Workshop (\$1 Donation) 1:00 pm American Line Dancing (\$4 SB resident; \$5 non-resident)
Friday	8:15 am Hike (Free) 9:30 am Knitting & Crocheting, Drop-in Social Group (Free) 9:45 am Zumba Gold (\$5 SB resident; \$6 non-resident) 1:00 pm Bingo (\$3 Buy-in) 1:00 pm Ping Pong (Free) 1:00 pm Bridge Drop-in (Free) 1:15 pm Chair Yoga/Qi Gong Class (\$6)

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

LUNCHTIME ENTERTAINMENT

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

- Mondays @ 10:45 am:** Bob Gutierrez Band
- Tuesdays @ 10:30 am:** DJ Music with Joe Sheldon
- Wednesdays @ 10:45 am:** Bob Gutierrez Band
- Thursdays @ 11:30 am:** Accordion Music with Ron Borelli or Joe Simoni
- Friday 4/11 @ 11:30 am:** Bob Mateo
- Friday 4/18 @ 11:30 am:** Great Tunes with Jerry Curiano

SUNDAY DANCES

Join us on the 1st, 2nd, 3rd, and last Sunday every month for dancing, lessons, and refreshments.

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| April 6
1:00pm - 4:00pm
Line Dance with
Jeanette Feinberg
\$7 per person | April 13
1:00pm - 4:00pm
Social Line Dance Mixer
with Allen Isidro
\$10 per person | April 20 & 27
1:00pm - 3:30pm
The Bob Gutierrez Band
Raoul & Akira's Legacy Dance
\$6 per person |
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THANK YOU TO ALL OUR VOLUNTEERS

THANK YOU, to every single person who donates their time, heart, and spirit in making this amazing center the place of welcoming and care it is.

In 2024, our amazing volunteers contributed **over 15,454.5** hours - that's the equivalent of more than 7 full time staff - to the programs, events, and services here.



MOVIE SCREENING

"The Ministry of Ungentlemanly Warfare." Friday, April 25 • 9:30am

Based upon recently declassified files of the British War Department and inspired by true events, THE MINISTRY OF UNGENTLEMANLY WARFARE is an action-comedy that tells the story of the first-ever special forces organization formed during WWII by UK Prime Minister Winston Churchill and a small group of military officials including author Ian Fleming. The top-secret combat unit, composed of a motley crew of rogues and mavericks, goes on a daring mission against the Nazis using entirely unconventional and utterly "ungentlemanly" fighting techniques.

Movie description provided by Rotten Tomatoes. Rated R

