

# OUR SCENE

## SAN BRUNO SENIOR SERVICES NEWS

JUNE 2025

### SENIOR ADVISORY BOARD MEETING

TUE • June 17 • 9:00am  
Senior Center Conference Room. All are welcome.

### SUMMER FUN FRIDAYS

Beginning FRI • June 27  
**PAJAMA DAY!**  
See page 5 for more info.

### CITY EVENTS

See page 8 for details on Community Day and Juneteenth!

### JUNE MENU

Get ready for some seriously great food from our Creekside Grill!  
Check out page 9 for the menu, and 10 for program information.



*Pictured: (Left) Volunteers at the Sports Fans Party  
(Right) Volunteers and Staff feeding hungry Sports Fans*

## LETTER FROM THE MANAGER...

Welcome to ***Our Scene!***

I'm thrilled to welcome you to the first edition of Our Scene. This new look will continue to allow us to share class info, important updates, and celebrate what makes our Center special now that we've outgrown 4 pages.

No matter how often you visit, you're a valued part of this community. I hope this space reflects the warmth and energy you bring to the Center every day.

See you soon,

**Meghan Rosin**  
Senior Services Manager

# OUR SCENE

## LUNCHTIME ENTERTAINMENT

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

<b>Mondays and Wednesdays @ 10:45 am:</b>	Bob Gutierrez Band
<b>Tuesdays @ 10:30 am:</b>	DJ Music with Joe Sheldon
<b>Thursdays @ 11:30 am:</b>	Accordion Music with Ron Borelli or Joe Simoni
<b>Friday 6/6 @ 11:30 am:</b>	Bob Mateo
<b>Friday 6/20 @ 11:30 am:</b>	Flute Music with Gayle Edwards

## NEW ENTRY SIGN



The next time you're here, take a moment to look UP at our beautiful and sleek new entry sign.

## PARCEL TAX EXEMPTION

San Bruno homeowners aged 65 and older, may be eligible for an exemption from the Measure X Parcel Tax.

**Applications now available** at the Front Desk. Submit your complete application to:

San Bruno Park School District  
500 Acacia Avenue, San Bruno

Your application must be:  
received **on or before** Tuesday, July 1, 2025.

Don't miss this opportunity!



## Thank you for your generous donation!

Every dollar donated goes back into programs and services that make this place special!

Ruth Bawden  
Arup & Vinita Ghosh  
Roberta Hatch

Alexa Howes  
Eleanora Mizzi-Rivera  
Johnson Wong

## GARDEN AREA UPDATE

**Discover your new favorite spot!** Take a moment to enjoy the newly refreshed garden area near the bocce court. We've removed the old fencing, cleared out the weeds, and added fresh wood chips to create a clean, welcoming space. Seating and a table will be added soon—perfect for relaxing with a snack, watching a bocce match, or getting lost in a good book. It's your new go-to outdoor hangout—come check it out!



## PARKING UPDATE

- **RED FIRE LANE**
  - Parking in the red fire-lane is **NOT PERMITTED**. Citations will be issued, and information transmitted to the San Bruno Police Department. Further action, including ticketing and towing, may occur.
- **PARKING SPACE LINES**
  - Be courteous - parking on/over space lines, or taking up multiple spaces, doesn't leave enough parking for everyone!

# OUR SCENE

## SPECIALTY CLASSES & ACTIVITIES

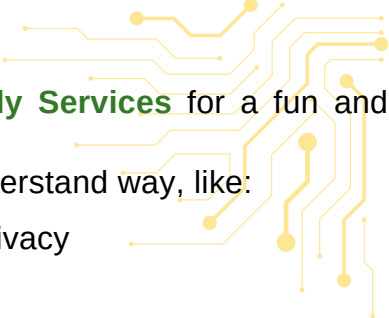


**Get APP-Y Tech Help Workshop  
Tue., June 10 • 1:00pm-2:00pm**

Feeling a little lost when it comes to technology? Join **Peninsula Family Services** for a fun and helpful workshop designed to boost your tech confidence!

Each monthly hour long session will explore useful topics in an easy-to-understand way, like:

- How to use smartphones and tablets
- Downloading and using apps
- Online safety and privacy
- And more!



Come just once, or come every month—it's totally up to you! No registration required. Just drop in and get APP-Y with us!



**Learn How To Play Pedro!**

**Contact Terrie • (650) 616-7152**

Are you interested in learning the card game PEDRO? Contact Program Coordinator Terrie Tomasello for more information!

## MOVIE SCREENING

**“The Boys in the Boat” • Fri., June 27 • 9:30am**

The Boys in the Boat is a sports drama based on the #1 New York Times bestselling non-fiction novel written by Daniel James Brown. The film, directed by George Clooney, is about the 1936 University of Washington rowing team that competed for gold at the Summer Olympics in Berlin. This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight and take on elite rivals from around the world.

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



## SUNDAY DANCES

**Join us on most Sundays for dancing, lessons, and great fun!**

<p><b>June 1</b> <b>1:00pm - 4:00pm</b> Line Dance with Jeanette Feinberg \$7 per person</p>	<p><b>June 8</b> <b>1:00pm - 4:00pm</b> Social Line Dance Mixer with Allen Isidro \$10 per person</p>	<p><b>June 15 &amp; 29</b> <b>1:00pm - 3:30pm</b> The Bob Gutierrez Band Raoul &amp; Akira’s Legacy Dance \$6 per person</p>
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## SPECIALTY CLASSES & ACTIVITIES

### Origami - Fold, Create, Enjoy Tue., June 3 • 1:00pm-2:30pm

Discover the **art of paper folding** - no experience needed! Just bring your creativity, some origami paper and have fun while making beautiful designs.



*Pictured: Origami - Fold, Create, Enjoy*

### YOUR VOICE MATTERS! How to Write to Your Elected Officials Fri., June 6 • 10:00am

You have something to say—and this is your chance to say it! At this special letter-writing event, you'll **get everything you need to reach out** to your local, state, and national representatives.

You'll have access to:

- Paper and envelopes
- Up to 5 postage stamps per participant
- Assistance with names/addresses of elected officials

This event is open to everyone—regardless of political beliefs or party affiliation. It's not about debate or persuasion; it's about sharing your concerns in a respectful, personal way. Whether it's healthcare, housing, transportation, or another issue close to your heart, your voice matters. Take a moment to speak up—on your terms, in your words.

### Hoarding Resource Overview Wed., June 4 • 10:30am-11:30am

You're invited to a compassionate presentation from **Adult Protective Services** all about hoarding—what it is, why it happens, and how support is available.

Whether you're looking for resources for yourself, helping someone else, or just curious, this is a safe space to learn and ask questions—no pressure, no judgment.

Don't miss this chance to gain insight, find support, and explore helpful resources in a welcoming environment. Everyone is welcome.

### Your Transportation Resources Wed., June 11 • 10:00am-11:30am

Don't wait until you need a ride—learn what's available to you *now*! **Margaret Baggerly** from the San Mateo County Transit District will walk you through a variety of helpful programs, including public transit, paratransit, senior memberships, city-sponsored services, & more!

You'll also have a chance to talk with representatives from **Got Wheels** and **The Villages**, who will be on hand to answer your questions and connect you with the right support. Take a moment to explore your options—you'll be glad you did!

### Monthly Grief Support Group Thu., June 26 • 1:15pm-2:45pm

Grief is a journey you don't have to walk alone. Bereavement Coordinator **Delany Woo, LCSW**, with **Mission Hospice & Home Care**, facilitates this open, welcoming group—whether your loss is recent or from years past.

It's a safe space to share, listen, and heal at your own pace—no pressure, no expectations.

No registration needed—just come as you are.

## SPECIALTY CLASSES & ACTIVITIES



### SUMMER FUN FRIDAYS are Here! Fridays • June 27 to August 29

Get ready to bring your playful spirit—because this summer, **Fridays are all about you having FUN!** We're kicking off Summer Fun Fridays — a series of themed days filled with laughter, creativity, and community. Whether you go all out or just come to enjoy the atmosphere, everyone's welcome to join the fun.

Here's the fabulous Friday lineup:

- June 27 – Pajama Day
- July 3 – Red, White, & Blue Day (Thu.)
- July 11 – Western Day
- July 18 – Fancy Hat Day
- July 25 – Sports Fan Day
- August 1 – Silly Sock Day
- August 8 – Decade Day (Dress from your favorite era!)
- August 15 – Favorite Movie Character Day
- August 22 – Crazy Hair Day
- August 29 – Mismatch Day

No sign-up needed — just show up, dress up (if you like), and join in for some summer silliness! Let's make this summer memorable — one fun Friday at a time!

### Housing Readiness Info Session

**Thu., June 12 • 10:00am-12:00pm**

Struggling to find stable housing—or just want to be prepared? Come to this free, informal session with **HIP Housing** to learn about their Housing Readiness Program, designed to support San Mateo County residents in navigating the housing process.

You'll learn how to:

- Get help with applications
- Create a personalized housing plan
- Become "housing ready"
- Overcome common barriers

Services are available in English, Spanish, Tagalog, and Mandarin/Cantonese. Whether you need support now or are planning ahead, this is a great chance to explore your options.

### Escape Artist Book Club

**Thu., June 19 • 9:30am-10:30am**

Join the **Escape Artist Book Club** for a lively discussion of "The Queens of Crime" by Marie Benedict.

### Let's Talk About Death and Dying

**Tue., June 17 • 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.

### Sound Bath Experience

**Wed., June 18 • 10:30am-11:30am**

A sound bath experience is a type of therapeutic practice where you are "immersed" in soothing sounds and vibrations, typically 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!

## SPECIALTY CLASSES & ACTIVITIES

**Circle Dance 6/16, 6/23 and 6/30  
Mondays • 1:00pm-2:00pm**

**NEW**

Step outside (onto our back deck) and into something special. Sacred circle folk dancing with **Friedel Cohen** offers a peaceful yet energizing experience you won't want to miss.

**Art Appreciation - Explore Past Cultures  
Mon., June 23 • 1:30pm-3:00pm**

Join **Linda Dever** on an adventure back to the past. Enjoy a lecture and a film. Masks are appreciated.

### AARP Senior Smart Driver Course

**Wed., June 25 & Thu., June 26 • 8:30am-12:30pm**

Take some time with **AARP** to refresh your driving skills and boost your confidence on the road. In this engaging 8-hour course, you'll learn valuable defensive driving techniques, review current road rules, and get research-based tips on how to adapt to age-related changes in vision, hearing, reaction time, and more.

This course is perfect for older drivers who want to stay safe, independent, and informed behind the wheel.

Cost: \$20 for AARP members, \$25 for non-members

**Space is limited—register at the Front Desk.**

Some insurance companies may offer a discount for completing the course—check with yours to see if you qualify!



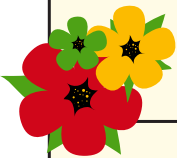
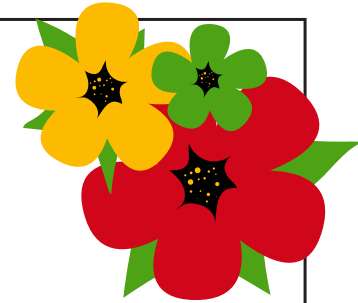
## JUNE: A MONTH OF MANY CELEBRATIONS

- **Pride Month:** A month-long celebration recognizing the contributions of the LGBTQ+ community and promoting equality.
- **National Iced Tea Month:** A time to enjoy iced tea in its various forms.
- **Alzheimer's & Brain Awareness Month:** Aims to raise awareness about Alzheimer's disease and dementia.
- **Men's Health Month:** Focuses on men's well-being and encouraging preventative health measures.
- **African-American Music Appreciation Month:** Celebrates the rich history and influence of African American music.
- **National Soul Food Month:** Celebrates the diverse flavors and traditions of soul food.
- **Immigrant Heritage Month:** Recognizes the contributions of immigrants and their impact on communities.
- **American Indian Citizenship Day, June 2:** Commemorates the day in 1924 when all Native Americans born in the US were granted citizenship.
- **Father's Day, June 16:** Celebrated on the third Sunday of June - take time to celebrate your dad, brother, son, husband, and important father-figure(s) in your life.
- **Juneteenth, June 19:** Commemorates the emancipation of enslaved people in the United States.
- **National Meteor Watch Day, June 30:** Look up and make a wish! This day celebrates the magic of those "shooting stars" blazing through the night sky.

# OUR SCENE

## WEEKLY CLASSES & PROGRAMS

<b>Monday</b>	8:15am 9:00am 9:00am 9:30am 1:00pm 1:00pm 1:00pm 2:30pm 4:00pm	Free Free \$3 Free Free \$5 \$3 Buy-In ** **	Hiking Mahjong Ceramics Workshop Drop-In Cornhole Sacred Circle Folkdancing Tap Class Bingo Pilates/Yoga Fusion ** Gentle Yoga ** <b>**San Mateo Adult School, 5/5 - 7/14, NO CLASS 5/26</b>
<b>Tuesday</b>	9:30am 9:30am 10:45am 12:45pm 1:00pm	\$5R/\$6NR Free \$5 \$4R/\$4.50NR \$3R/\$3.50NR	Zumba Gold Spanish Sit & Workout Beginning Line Dancing Ukulele, 2-hour class
<b>Wednesday</b>	8:15am 9:30am 9:30am 12:30pm 1:00pm 1:00pm 1:00pm 2:00pm	Free \$5 per month Free Free \$3 Buy-In 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
<b>Thursday</b>	9:00am 10:00am 10:15am 12:30pm 12:30pm 1:00pm 1:00pm	\$4R/\$5NR Free ** \$3 Free \$1 \$4R/\$5NR	Fun & Fitness Exercise Creative Writing Yoga for Health ** Pedro Music & Motion Painting Workshop American Line Dancing <b>** San Mateo Adult School, 5/8 - 7/17, NO CLASS 6/19</b>
<b>Friday</b>	8:15am 9:30am 9:45am 1:00pm 1:00pm 1:00pm 1:15pm	Free Free \$5R/\$6NR \$3 Buy-In Free Free \$6	Hiking Knitting & Crocheting, Drop-in Social Group Zumba Gold Bingo <b>(No Bingo June 13)</b> Ping Pong Bridge Drop-in Chair Yoga/Qi Gong Class



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

# OUR SCENE

## UPCOMING CITY EVENTS

Celebrate freedom, culture, and community at the San Bruno Library's Juneteenth Celebration, proudly sponsored by the San Bruno Culture and Arts Commission and the City of Millbrae.

Enjoy a delicious lunch from Hip Hop BBQ Shack, powerful performances by DJ Olga T, Hope Briggs, Domingo and Friends, vibrant dance by Spark of Creation Studios, and captivating storytelling by Kirk Waller.

Connect with local organizations and partners who help shape our community—from public safety to education and the arts.

**Come one, come all** to the San Bruno Recreation and Aquatic Center for our biggest community celebration of the year!

Join us on Saturday, July 19, 2025 from 12pm – 5pm, for Community Day—a no-admission-charge, family-friendly festival packed with fun.

Stroll through a lively vendor marketplace, grab delicious bites from local food trucks, enjoy live entertainment, and take part in games and activities for all ages. This is your chance to connect with neighbors, support local businesses, and celebrate everything that makes San Bruno shine.

No registration required—just bring your friends, family, and festive spirit!

For more information, call (650) 616-7180

# OUR SCENE

## JUNE 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
<b>2</b>  Shredded Pork Rice Bowl Sweet Peppers Squash Medley & Onions	<b>3</b> Meatloaf Mashed Potatoes Green Beans & Carrots Garden Salad	<b>4</b>  Chicken & Mushroom Frittata, topped with Ricotta and Cheddar Roasted Potatoes	<b>5</b>  Baked Wild Pollack Lemon Caper Sauce Rice Pilaf Green Beans	<b>6</b> Lemon Zest & Garlic Spiced Roasted Chicken Thighs Mashed Potatoes & Gravy Peas & Corn
<b>9</b>  Roasted Parmesan Pork Penne Pasta Ragu Sauce Squash Medley	<b>10</b> Housemade Salisbury Steak with Merlot Demi Glaze Brown Rice Cauliflower & Broccoli	<b>11 BIG BINGO</b> Oven Roasted Salmon Cous Cous Blue Lake Green Beans & Mushrooms	<b>12</b>  Beef Lasagna Garlic Wheat Bread Napa Cabbage & Carrots	<b>13</b>  Shrimp with Macaroni Noodles and a Pesto Cream Sauce Mushrooms & Tomatoes
<b>16</b> Beef Brisket Roasted Red Potatoes Cabbage & Carrots	<b>17</b> Shrimp Louie Salad Thousand Island Dressing Minestrone Soup	<b>18</b>  Garlic & Rosemary Baked Pork Loin Jasmine Rice Green Beans & Carrots	<b>19</b> Beef Stew with Potatoes, Peas, Corn, & Carrots Caesar Salad	<b>20</b>  Shredded Chicken & Mushroom Stroganoff Wheat Pasta Cabbage, Carrots, & Corn Medley
<b>23</b>   Pork Loin with Sauvignon Blanc Cream Sauce Creamy Polenta Veggies	<b>24</b> Basil Cashew Chicken Curry Sauce Sticky Rice Corn & Peas	<b>25</b> BBQ Chicken Thighs Baked Beans Sauteed Veggies	<b>26</b>  Penne Bolognese Parmesan Cheese Garlic Wheat Bread Squash Medley	<b>27 BIG BINGO</b> Fried Chicken Breast Country Gravy Mac & Cheese  Carrots, Corn, & Peas
<b>30</b>  Shredded Beef Enchilada Casserole Spanish Rice Black Beans Sauteed Veggies	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
 Dishes with this symbol contain dairy  Dishes with this symbol contain pork				

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\*\***

# CONGREGATE LUNCH PROGRAM

## INFORMATION

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### STEP 1: REGISTER

- If you are **aged 60+**, fill out an intake form (available at the Front & Lunch Desks).
- Submit your completed intake form to the Lunch Desk.
- If you are aged **59 or younger**, you do not need an intake form.

### STEP 2: SIGN IN

- The Lunch Desk is open Mon-Fri, 9:00am - 12:00pm. Line up to sign-up and get your cup, silverware, and lunch mat.
- Provide the Lunch Desk attendant your first and last name.
- Initial next to your name in the correct day's column.
- If you are **59 or younger**, you will be added manually to the sign in sheet, and sign in there.

**All patrons must be present, and must sign in.**

### STEP 3: YOUR CONTRIBUTION MATTERS

- If you are aged **59 or younger**, the lunch fee is \$6.00.
- If you are **aged 60+** and have a valid intake form on file, the suggested contribution is \$3.

**Your contribution is vital to this program. It helps pay for staffing, admin, and items our grant doesn't cover. Thank you for supporting such an important program.**

### ADDITIONAL INFORMATION

- The Congregate Lunch Program\*\* is required to follow specific guidelines outlined by San Mateo County in order to receive funding. This includes:
  - Patrons must be present to sign in.
  - Patrons must eat their meal on-site (This is not a To-Go meal program).
  - Approval from Senior Services Manager is required for reasonable accommodations.

**\*\*OUR CONGREGATE LUNCH PROGRAM IS PARTLY FUNDED BY THE OLDER AMERICANS ACT.**

