

OUR SCENE

SAN BRUNO SENIOR SERVICES NEWS

SEPTEMBER 2025

SENIOR ADVISORY BOARD MEETING

TUE • Sep 16 • 9:00am
Senior Center Conference Room. All are welcome.

HOLIDAY CLOSURE

Mon., 9/1 - CLOSED for Labor Day

NUTRITION PROGRAM FEE UPDATE

New fees effective Sep 1.
See page 2 for details.

CENTENARIAN DAY

MON • Sep 22 • 11:00am
Celebrate our amazing 100+ years young community! See page 2 for details.



Pictured: Senior Citizens Day, 2025

FROM SUMMER SUN TO SEPTEMBER FUN

As fall peeks around the corner, the Senior Center is still buzzing with energy. September is a great time to join a game of bocce, try a new class, or simply catch up with friends over lunch.

In August, we celebrated Senior Citizens Day with games, sundaes, and a special moment as Mayor Rico Medina presented a proclamation honoring the contributions of older adults in our community. Thank you to everyone who joined us for this festive and meaningful day.

Quick Reminders:

- The Service Desk is here! Stop by the Front Desk for class registrations and payments during our soft launch.
- New lunch prices begin September 1—see page 2 for details.

Thank you for bringing joy and connection to our community. Let's make this season one to remember!

Meghan Rosin
Senior Services Manager

ANNOUNCEMENTS

NUTRITION PROGRAM FEE UPDATE EFFECTIVE SEP 1

Beginning **September 1, 2025**, there will be a modest increase to the Congregate Nutrition Program Fees.

Eligible adults 60+	Suggested Contribution	\$4
Adults 59 and under	Fee	\$8
Party	Fee	\$9

This adjustment helps narrow the gap between rising food & program costs and available funding, while continuing to keep meals affordable for our community. For full details, please see the FAQs available at the Front Desk and in the hallway.

CALL for VOLUNTEERS

Looking to **get involved** and make a **difference**? We're looking for friendly faces to join our amazing volunteer team—**could it be YOU!**

Help us keep things running smoothly in roles that support Bingo, Freddie's Café, Kitchen Assistance, Pastry Table, Front Desk, and Lunch Desk.

Interested? Submit a volunteer application at the Front Desk—we'd love to have you on board.



NAT'L CENTENARIAN DAY MON., SEP 22

Celebrate 100 Years of Life, Laughter, & **Legacy!**

Mark your calendars for **Monday, September 22, at 11:00am**, as we honor our very own centenarians- including two of our beloved regulars. We can't wait to celebrate and recognize their joy, wisdom, and incredible stories with everyone.

This special celebration is open to all — and if you know another centenarian in our community, please bring them along so we can celebrate together!

Enjoy snacks, refreshments, and a fun game of "Who Knows Them Best?" — a lighthearted way to learn more about our honored guests and share in the joy of their incredible stories.

Don't miss this chance to celebrate a century of life, laughter, and community spirit!



Thank you for your generous donation!

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

Reiko Ferry

Anonymous



OUR SCENE

LUNCHTIME ENTERTAINMENT

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

Mondays and Wednesdays @ 10:45 am: Bob Gutierrez Band
Tuesdays @ 10:30 am: DJ Music with Joe Sheldon
Thursdays @ 11:30 am: Accordion Music with Ron Borelli or Joe Simoni
Friday 9/5 @ 11:30 am: Bob Mateo
Friday 9/26 @ 11:30 am: Jerry Curiano

SPECIALTY CLASSES & ACTIVITIES

FUN FRIDAYS ARE EXTENDED FRIDAYS • THROUGH SEP 26

Bring your playful spirit, because **Fridays are all about you having FUN!**

Good news—Summer Fun Fridays aren't over yet! We're keeping the fun going with more themed Fridays filled with laughter, creativity, and community. Whether you dive into the activities or simply soak up the festive atmosphere, everyone's welcome to join in.

Here's the fabulous Friday lineup:

- 9/5 - Tropical/Luau Day
- 9/12 - Twin Day
- 9/19 - Wear Purple Day (for Alzheimer's Day)
- 9/26 - Flannel Friday - Summer is Over

No sign-up needed. Just show up, dress up (if you like), and join in for some Friday tomfoolery. Let's keep the fun coming as we turn to Fall.

Origami - Fold, Create, Enjoy Tue., Sep 2 • 1:00pm-2:30pm

Origami is the Japanese art of paper folding. Join us as we learn how to transform a flat piece of paper into a beautiful 3-D sculpture. No experience is required - just bring your eye for beauty and creativity, and be prepared to have fun and impress your friends.

Note: Please bring your own origami paper.



Pictured: Fancy Hat Friday, 2025



Contact Terrie • (650) 616-7152

Are you interested in **learning** the card game PEDRO? Contact Program Coordinator Terrie Tomasello for more information. Beginner classes tentatively scheduled for Wednesdays at 2pm. Please call to confirm.

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SPECIALTY CLASSES & ACTIVITIES

Emergency Preparedness Talk Wed., Sep 3 • 10:30-11:30am

September is National Preparedness Month - **are you ready?** Join us for this FREE talk on emergency preparedness designed for older adults. Learn how to prepare for earthquakes, power outages, wildfires, and more. We'll cover what essentials to keep on hand, how to create a personal plan, and easy steps to boost your resilience.

Every participant will receive a starter "Go Bag" with basic emergency essentials to help you begin building your kit. Don't miss this chance to ask questions, get resources, and feel more confident about handling the unexpected. Preparedness is peace of mind—start today!

Aging with Support: Navigating County Resources and IHSS Thu., Sep 4 • 10:00am - 11:30am

Are you or a loved one curious about the **programs and services available to support aging and independent living?** Come for an informative talk covering the wide range of Aging & Disability programs right here in San Mateo County. A special focus will be on In-Home Support Services (IHSS), one of the most frequently asked-about resources for seniors and people with disabilities. This is a great opportunity to get your questions answered, learn how to access assistance, and discover what support is available to help you or your loved ones stay safe, independent, and connected.

COME BACK *Bingo!* DON'T MISS IT!



Sun., Sep 7

Doors open at 10:30am • Games at 1:00pm

The **Nutrition Site Council**, in partnership with Senior Services, invites you to a special event you won't want to miss!

- ⌚ Doors open at 10:30am for Early Dabs & Strips
- ⌚ Regular Bingo starts at 1:00pm



Pictured: Bingo!

For \$25, you'll receive 2 packs of 10 games (6-on) with \$250 payouts! The fun doesn't stop there—enjoy extra games like Strips, Dab Games, Specials, and even a free raffle for all players. Feeling hungry? Sandwiches, chips, desserts, and drinks will be available for purchase throughout the day.

Come join the fun, support a great cause, and maybe even **shout Bingo!**



OUR SCENE

SPECIALTY CLASSES & ACTIVITIES

Tech Class/Resource Overview in Mandarin Mon., Sep 8 • 1:00pm-2:30pm

Peninsula Family Services is back!

Need help using your smartphone, tablet, or computer? Want to learn more about local resources available in Mandarin? Join us for a friendly, hands-on session led in Mandarin.

We'll cover:

- Basic device setup & troubleshooting
- How to use popular apps and online tools
- Internet safety tips
- Community resources and services available in Mandarin

Bring your questions and your device—personalized help will be available!

Free • All skill levels welcome • Presented in Mandarin

普通话技术课程/资源概述

9月8日星期一 • 下午1:00至下午2:30

半岛家庭服务中心回来了!

需要帮助使用您的智能手机、平板电脑或电脑吗? 想了解更多本地中文资源吗? 欢迎加入我们, 体验我们以中文进行的友好互动课程。

我们将介绍:

- 基本设备设置和故障排除
- 如何使用热门应用和在线工具
- 网络安全提示
- 提供普通话版本的社区资源和服务

带上您的问题和设备——我们将提供个性化帮助!

免费 • 欢迎所有技能水平的参与者 • 普通话讲解

Get APP-Y Tech Help Workshop Tue., Sep 9 • 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
- Online safety and privacy
- Downloading and using apps
- 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!



Monthly Talk with Officer Zeron Wed., Sep 10th • 10:45am



Stay safe, smart, and engaged in your community. Join us for a relaxed and informative conversation with our Police Department's Community **Services Support Officer, Denise Zeron**, along with members of local Neighborhood Watch groups.

This open forum is your chance to:

- Learn how civic responsibility strengthens community safety - Hear how Neighborhood Watch works and how you can get involved
- Get tips for protecting yourself and your neighbors - Ask questions and share your concerns.

Whether you're already active in your community or looking for ways to make a difference, this session will give you the tools and knowledge to help keep our city safe.

Bring your questions—together, we can make a stronger, safer community.

SPECIALTY CLASSES & ACTIVITIES

Plan Ahead with Free Legal Advice Thu., Sep 11 • 9:00am-12:00pm

Get personalized help preparing for future health care and financial decisions. Learn how to document your wishes and designate someone you trust to carry them out. Volunteer attorneys from the [Legal Aid Society of San Mateo County](#) will meet with you and complete these essential forms. Sign up at the front desk in advance for a time slot.

Pole Walking for Balance & Mobility Thu., Sep 11 • 1:15pm-3:45pm

Pole Walking is a whole-body exercise! Learn and practice skills with [Jayah Faye Paley, AFAA & ACE](#), to reduce fall risk and improve endurance, spine function, and posture. Using specially designed poles, you'll enjoy moving with greater ease while strengthening your core, improving balance, and protecting your joints. This class is a wonderful way to stay active, build confidence, and have fun while walking. No experience is needed, equipment is provided. **Register in advance** at the Front Desk. Cost \$31R/ \$37NR

Let's Talk About Death and Dying Tue., Sep 16 • 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.

Understanding VA Benefits for Veterans & Their Families

Wed., Sep 17 • 10:30am-11:45am

Do you know a veteran—or are you one yourself—who may be missing out on benefits they've earned? Join [Kathy Schwarz and Jane Price from At Home Support Senior Care](#) for an informative presentation on navigating the VA system. Jane Price, a former VA employee, will share insider knowledge and practical tips for understanding and accessing the benefits you or your loved ones deserve.

In this session, you'll learn about:

- Benefits available to veterans, spouses, and survivors
- How to qualify and apply
- Financial assistance, healthcare, and long-term care options
- Local resources for help with claims and forms
- Answers to your questions from knowledgeable presenters

Whether you're a veteran, a spouse, a family member, or a friend who wants to support those who served, this talk will give you the tools and confidence to navigate the VA system successfully.

Escape Artist Book Club

Thu., Sep 18 • 9:30am-10:30am

Join the [Escape Artist Book Club](#) for a lively discussion of "The Authenticity Project" by Clare Pooley.



SPECIALTY CLASSES & ACTIVITIES

Senior Center Orientation Friday, Sep 19 • 10:30am

Whether you're brand new to the Senior Center or a longtime visitor who wants to learn more about all we have to offer, this orientation is for you! We've designed it as a friendly, informative session where you'll discover the wide variety of programs, classes, and activities that make our center such a vibrant place. From fitness and recreation to social events and support services, there's something here for everyone.

You'll also meet staff and fellow patrons, ask questions, and find out how to make the most of your membership. This is a wonderful opportunity to get connected, feel at home, and explore all the ways you can be involved. We hope you'll join us and see just how much the San Bruno Senior Center has to offer!

Art Appreciation - Explore Past Cultures Mon., Sept 22 • 1:30pm-3:00pm

Come for an engaging lecture and film with [Linda Dever](#), retired professor from City College of San Francisco. Discover the rich history and stunning architecture of Russia through Linda's expert storytelling and film selections. Don't miss this chance to learn and be inspired. *Masks are appreciated.*

AARP Senior Smart Driver - Refresher Course Wed., Sep 24 • 8:30am-12:30pm

Take some time with [AARP](#) to refresh your driving skills and boost your confidence on the road. In this 4-hour refresher 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, payable via cash/check the day-of.

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!



Pictured: Sound Bath Experience

Sound Bath Experience Thu., Sep 25 • 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

Monthly Grief Support Group Thu., Sep 25 • 1:15pm-2:45pm

Grieving can be a lonely road, but it doesn't have to be. Join this open and welcoming Grief 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.

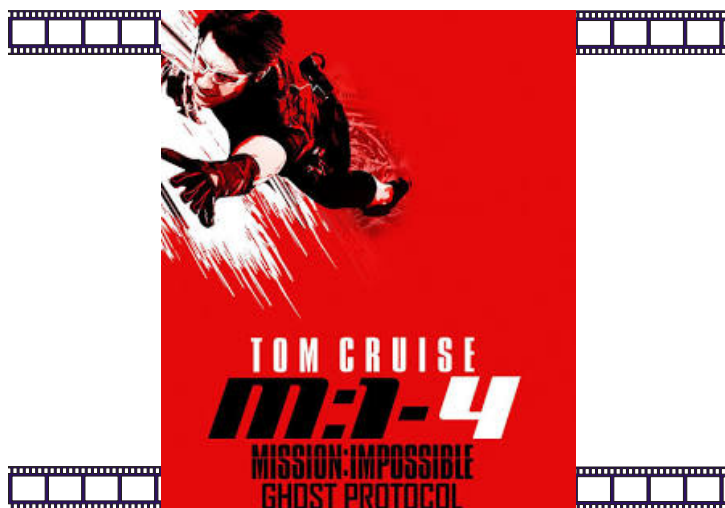
MOVIE SCREENING

"Mission Impossible: Ghost Protocol"

Fri., Sep 26 • 9:30am

Blamed for a terrorist attack on the Kremlin, Ethan Hunt (Tom Cruise) and the entire IMF agency are disavowed by the U.S. government, while the president initiates the Ghost Protocol. Forced to go "off the grid" - left without resources or backup - Hunt must somehow clear the agency's name and prevent another attack. Complicating matters even more, Ethan must undertake the impossible mission with a group of fellow IMF fugitives whose actual motives are suspect.

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



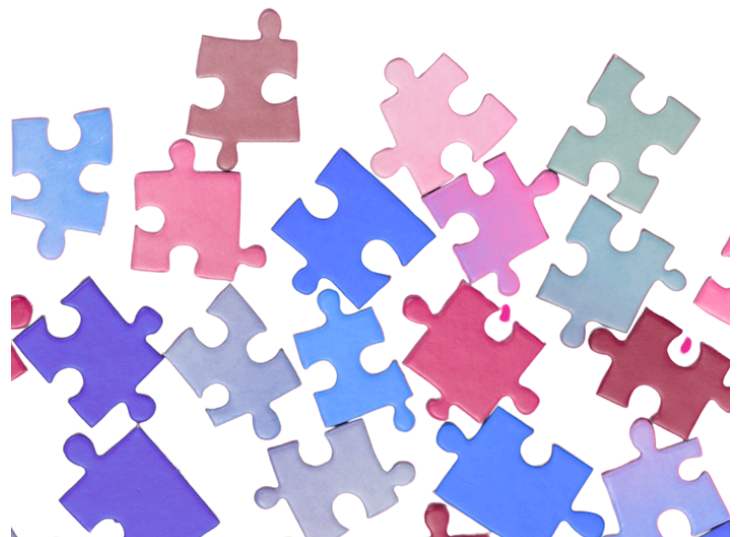
PIECE IT TOGETHER: PUZZLE SHOWDOWN

Tue., Sep 30 • 1:30pm-4:00pm (if needed)

ARE YOU A PUZZLE FIEND!? Teams of 2 to 3, randomly drawn at 1:20pm, will each work on the exact same 500-piece puzzle.

- First team to complete the border gets a free snack
- First team to complete their puzzle gets a prize
- If no teams have completed their puzzle within the allotted time, the team with the most pieces correctly interlocked and placed wins.

To register, contact Terrie Tomasello at ttomasello@sanbruno.ca.gov or call 650.616.7152



FUTURE EVENTS & PROGRAMS

Medicare Made Simple Fri., Oct 17 • 10:30am

Don't miss this essential Medicare information session! A local Medicare expert will guide you through enrolling, making changes, and navigating the often-confusing system. Whether you're turning 65, new to Medicare, or reviewing your coverage, you'll get **clear explanations of Parts A, B, C, and D.**

Learn how to compare plans, avoid costly mistakes, and gather the right documents for enrollment. With Open Enrollment coming soon, this is the perfect time to get practical guidance so you can make confident decisions.

A live Q&A will follow—bring your questions and any paperwork you'd like help understanding. This free session is open to all, and friends or caregivers are welcome.

Space is limited, so **RSVP at the Senior Center to reserve your spot.** Handouts and community resource lists will be provided.

Holiday Card Making Workshop Tue., Oct 28 • 1:30pm-3:00pm

Nothing brightens someone's day quite like a card in the mail. Get creative and have fun at this card-making session. Whether you're celebrating Halloween, Thanksgiving, or any of the December holidays, this is a chance to design something special for friends and family.

All supplies will be provided — just bring your creativity and holiday spirit! Come enjoy good company while making cards that will spread joy.



HALLOWEEN PARTY

Fri., Oct 31 • 9:00am-1:30pm
Doors Open at 9:00am
Music Begins at 10:00am

Get Ready for a Spook-tacular Halloween Party! Prepare for frightfully fun times with music, costumes, games, and sweet treats! Wear your best costume for a chance to win a prize. Let's celebrate Halloween together with laughter and community spirit!



Pictured: Halloween Party, 2024

33RD ANNUAL Holiday Boutique

Sat., Nov 29 • 10:00am-4:00pm

Vendor Registration opens Wed., September 3 at 12:00pm. Full details are available online at www.sanbruno.ca.gov/holidayboutique and at the Front Desk.

Attending the event as a participant is FREE!



OUR SCENE

WEEKLY CLASSES & PROGRAMS

Monday	8:15am 9:00am 9:00am 9:30am 1:00pm 1:00pm 2:30pm 4:00pm	Free Free \$3 Free \$5 \$3 Buy-In ** **	Hiking Mahjong Ceramics Workshop Drop-In Cornhole Tap Class Bingo Pilates/Yoga Fusion ** Gentle Yoga ** **San Mateo Adult School, 8/11 - 12/1, NO CLASS 11/26
Tuesday	9:30am 10:00am 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
Wednesday	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
Thursday	9:00am 10:00am 10:30am 12:30pm 12:30pm 1:00pm 1:00pm	\$4R/\$5NR Free ** Free Free \$1 \$4R/\$5NR	Fun & Fitness Exercise Creative Writing Yoga for Health ** Pedro Music & Motion Painting Workshop American Line Dancing ** San Mateo Adult School, 8/14 - 12/11, NO CLASS 11/27
Friday	8:15am 9:30am 9:45am 1:00pm 1:00pm 1:15pm	Free Free \$5R/\$6NR \$3 Buy-In Free \$6	Hiking Knitting & Crocheting, Drop-in Social Group Zumba Gold Bingo Ping Pong Chair Yoga/Qi Gong Class
















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

OUR SCENE

SEPTEMBER 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. 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
1 	2 Baked Rock Fish with Lemon Caper Sauce Rice Pilaf Green Beans & Carrots	3 Meatballs & Linguini in Marinara Sauce Squash Medley Garden Salad	4  Chicken Fritters Mac & Cheese Green Beans & Mushrooms	5   Pork Pot Roast Mashed Potatoes Gravy Broccoli & Carrots
8  Beef Ravioli with Pomodoro Sauce Mushrooms & Green Beans	9 Sesame Chicken Stir Fry Broccoli, Carrots, & Mushrooms Whole Grain Rice	10 BIG BINGO Oven Baked Tahini Chicken Mashed Potatoes Cabbage & Mushroom Sauté	11   Dry Rubbed Pork Ribs with BBQ Sauce Cole Slaw Steak Fries	12  Ground Beef Enchiladas Cheese, Sour Cream, Lettuce, & Tomato Rice & Beans
15 Garlic Chicken Penne Pasta Sautéed Squash & Carrot	16  Orange Glazed Pork Loin Jasmine Rice Veggies	17 Meatloaf Mashed Potatoes Gravy Green Beans	18 Chicken Marsala Brown Rice Green Beans	19 Beef & Mushroom Stroganoff Wheat Pasta Cabbage, Carrots, & Corn Medley
22  Meatball Provolone Sandwich with Lettuce, Tomato, & Onion House-made Chips	23 Grilled Cod with Panko Crusting Cous Cous Blue Lake Green Beans	24  Kalua Pork Sauté Jasmine Sticky Rice Grilled Pineapples & Onion	25 Roasted Turkey Mashed Potatoes Gravy Carrots & Green Beans	26 BIG BINGO  Cobb Salad Vegetarian Minestrone Soup
29 Thai Basil Cashew Chicken with a Curry Sauce Sticky Rice Corn & Peas	30 Shredded Beef Brisket Mushroom & Rice Bowl Sweet Peppers, Onions, & Squash	1  	2 Dishes with this symbol contain dairy 	3 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 UPDATE



EFFECTIVE SEPTEMBER 1, 2025

- This modest fee increase helps narrow the gap between rising food & program costs and available funding, while continuing to keep meals affordable for our community.

Eligible adults 60+	Suggested Contribution	\$4
Adults 59 and under	Fee	\$8
Party	Fee	\$9

MINI FAQ

- **CAN I STILL BUY A BOOK OF 10 LUNCH TICKETS?**
 - **YES:**
 - **PURPLE** books for eligible adults aged 60+ will cost \$40.
 - **ORANGE** books for adults aged 59 and under will cost \$80.
- **WHY CAN'T I TAKE MY LUNCH TO-GO?**
 - The 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).
- **WHAT ABOUT SECONDS?**
 - Sometimes we are able to re-open the kitchen for seconds of some or all of the day's lunch. There is **no guarantee** of this occurring, or what may be available.
 - **Seconds should be consumed on site, and are not a to-go/take-out option.**

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

