San Mateo Senior Center

FALL 2026 NEWSLETTER



San Mateo Senior Center
2645 Alameda de las Pulgas,
San Mateo, CA 94403
Phone: (650) 522-7490

Hours of Operation:
Monday & Friday: 9:00 AM - 5:00 PM
Tuesday & Thursday: 9:00 AM - 8:30 PM
Wednesday: 9:00 AM- 8:00 PM

Senior Center Facility Closure:

Labor Day
Monday, September 7, 2026

Veteran's Day
Wednesday, November 11, 2026

Thanksgiving
Thursday - Friday, November 26 - 27, 2026

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Senior Services Staff

Tommy Cook - Community Services Supervisor
Adeline Jones - Community Services Coordinator
Emily Gomes - Senior Program Assistant
Emmie Koenig - Lunch Program Specialist

New This Fall!



Senior Chef Stars

Take your taste buds on a culinary adventure! Learn new cooking techniques, prepare delicious dishes, and explore cuisines from around the world in a fun, welcoming environment.

Class	Code	Day	Dates	Time	Price	Location
Savoring Spain	541948 - A1	Monday	9/14	4:00 PM - 6:00 PM	$120	Senior Center
Taste of Tuscany	541949 - A1	Monday	10/19	4:00 PM - 6:00 PM	$120	Senior Center
Southern Comfort	541950 - A1	Monday	11/16	4:00 PM - 6:00 PM	$120	Senior Center

Retirement Peer Support Group

Retirement is a big life change. Whether you're planning, newly retired, or have been retired for years, this group is a place to connect, share experiences, and stay active and engaged.

Code	Day	Dates	Time	Price	Location
542036 - A1	Wednesday	9/16 - 12/16	10:30 AM - 11:30 AM	Free	Senior Center

Mexican Train Dominoes

Learn to play Mexican Train, a fun and easy domino game! We'll cover the basic rules, tips and strategies so you can enjoy playing with family and friends.

Code	Day	Dates	Time	Price	Location
542230 - A1	Tuesday	9/22 - 11/17	1:30 PM - 2:30 PM	Free	Senior Center



Day Trip: San Mateo Wastewater Treatment Plant Tour



Join the Senior Center Team in visiting our new Wastewater Treatment Plant. This tour, we'll learn how wastewater is collected, cleaned & safely returned to the environment. Facility staff will guide us through the treatment process & share insight into the technology & operations. Bring a packed lunch to enjoy together following the tour.

Code	Day	Dates	Time	Price	Location
542059 - A1	Friday	10/9	10:00 AM - 11:30 AM	Free	San Mateo Wastewater Treatment Plant

There's more to Discover! Explore the Fall 2026 Activity Guide for more opportunities to stay active, learn something new, and have fun! https://www.cityofsanmateo.org/1430/Activity-Guide

Senior Hubs

Intro to Pickleball Clinic

Learn pickleball basics in a fun, supportive environment while connecting with your community, just bring comfortable shoes, water, and a paddle if you have one.

Dr. Martin Luther King Jr. Community Center

Code	Day	Dates	Time	Price
542546 - A1	Wednesday	9/9	10:00 AM - 12:00 PM	$8
542546 - A2	Wednesday	10/7	10:00 AM - 12:00 PM	$8
542546 - A3	Wednesday	11/4	10:00 AM - 12:00 PM	$8

Wreath Making Workshop

Discover the joy of crafting while enhancing memory, building confidence, learning a new skill and socializing with others.

Dr. Martin Luther King Jr. Community Center

Code	Day	Dates	Time	Price
542017 - A1	Tuesday	12/8	1:00 PM - 3:00 PM	$15



Succulent Pumpkin Planter Workshop

Celebrate the season by creating your own succulent pumpkin planter, a relaxing, hands-on class where you'll work with natural materials, explore your creativity, connect with others, and take home a festive fall arrangement.

Dr. Martin Luther King Jr. Community Center

Code	Day	Dates	Time	Price
542015 - A1	Tuesday	10/13	1:00 PM - 3:00 PM	$15



Senior Lunch Program

The Bay Tree Bistro is a lunch program for Seniors 60+. Our nutritious, delicious meals include a salad, main course, and fruit or dessert. Contact (650) 522-7490 for more information.

BAY TREE BISTRO

**This program is partially funded by the Older Americans Act*

San Mateo Senior Center
Monday. Wednesday. Friday
12:00 - 1:00 PM
2645 Alameda de las Pulgas
Cost for lunch at the San Mateo Senior Center is $7.00

Dr. Martin Luther King Jr. Community Center
Tuesday . Thursday
12:00 - 1:00 PM
725 Monte Diablo Ave
Suggested voluntary contribution for lunches is $5.00

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Adult Music

Beginning Ukulele Group Lesson

Looking to gain a little island style or have fun playing along on a joyful instrument? Then the Ukulele may be just what you need. Join us in an 10-week group lesson for beginners.

Code	Day	Dates	Time	Price	Location
541802 - A1	Monday	9/14 - 11/16	1:30 PM - 3:00 PM	$115	Senior Center

Karaoke and Sing Along

Love to sing? Singing is good for mental and physical health. We have 7000 songs, and we hope you can find your favorite songs. Come sing with us!

Code	Day	Dates	Time	Price	Location
541809 - A1	Wednesday	9/9 - 12/16	1:00 PM - 3:00 PM	Free	Senior Center

Tech Help

Check out the tech classes held at the Senior Center!

For class details, call (650) 522-7490 or visit www.sanmateorec.org.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Tech Tutoring - Basics 11:30am - 12:30pm	**iPhone/iPad Class** 1:00 - 2:30pm	**Tech Tutoring - Google Products & Android** 10:00 - 11:00am	**Tech Tutoring - Microsoft Products, PC & Laptops** 10:00 - 11:00am
Tech Talk 1:00 - 2:15pm	**What's All This Artificial Intelligence About?** 1:00 - 2:00pm	***Please note all tech programs are not offered daily.***	
Tech Tutoring - Apple Products, iPhones, iPad 1:00 - 2:00pm	***all classes require pre-registration***	***Please check online or in-person for availability.***	

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Health & Wellness



Senior Support & Community Resource Connection

Need help finding resources or navigating services? Catholic Charities Staff will provide personalized support to older adults, individuals with disabilities, and their families.

Code	Day	Dates	Time	Price	Location
542014 - A1	Thursday	9/10	10:00 AM - 11:30 AM	Free	Senior Center
542014 - A2	Thursday	10/8	10:00 AM - 11:30 AM	Free	Senior Center
542014 - A3	Thursday	11/12	10:00 AM - 11:30 AM	Free	Senior Center

Doctor Talk: Senior Health & Nutrition

Join Dr. Sharon Ou, a Kaiser Permanente physician, for a virtual discussion on senior nutrition. Learn which nutrients support healthy aging, common nutritional gaps, & how today's diet.

Code	Day	Dates	Time	Price	Location
542506 - V1	Wednesday	9/16	2:00 PM - 3:00 PM	Free	Virtual





Self-Help for the Elderly
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Since 1966, Self-Help for the Elderly has provided assistance and support to seniors in the San Francisco area. We provide trustworthy and devoted care for seniors to promote their independence, dignity, and self-worth. Our non-profit services and companionship help guide seniors to wellness and happiness. We want to contribute to longer, healthier, more purposeful lives for seniors.

50 E Fifth Avenue, San Mateo, CA 94401
(650) 342-0822

info@selfhelpelderly.org
selfhelpelderly.org

San Mateo Age Friendly Coalition

Age-Friendly San Mateo News #45
Reduce the Risk of Falling

Falls are the leading cause of injury-related death among adults aged 65 and older. It therefore makes sense to take steps to reduce the risk of falling.

Stanford University offers a free, home-based fall prevention program called Farewell to Falls. An occupational therapist will come to your home to look at risk factors for falls. The therapist also tests your strength and balance and reviews your medications. After the visit, you get a home safety evaluation that tells you what you can do to prevent falls.

If you are 65 years or older and live in San Mateo or Santa Clara County call 650-724-9369 for more information and to register or go to Stanford Health Care - Farewell to Falls.

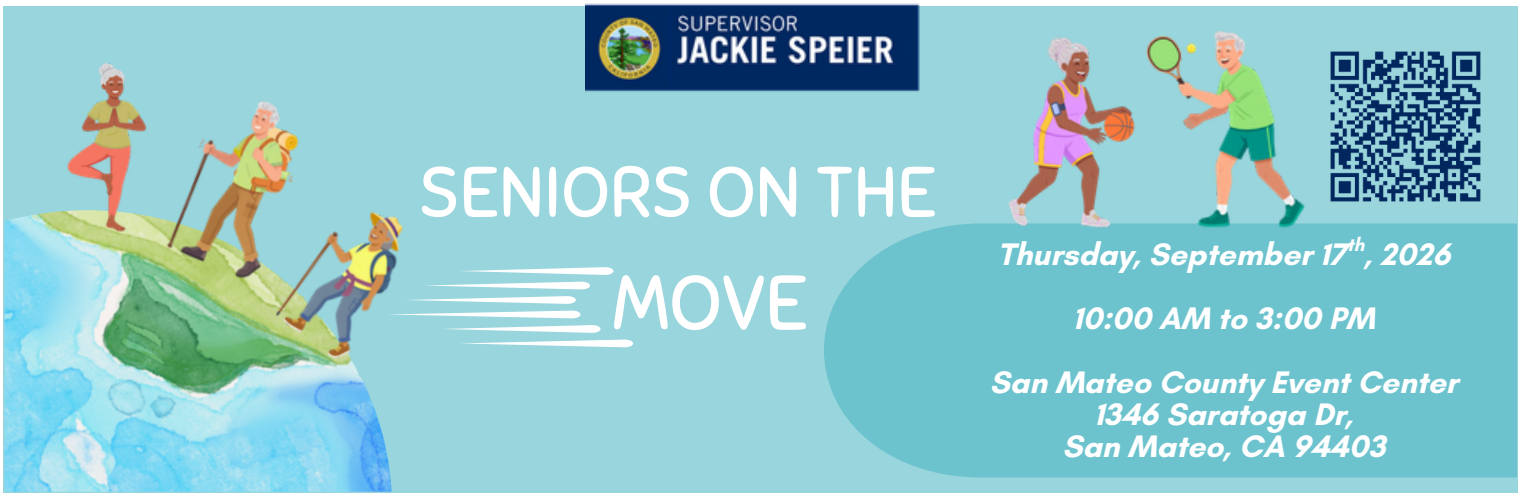
This information is brought to you by the San Mateo Age-Friendly Coalition. Contact agefriendlysanmateo@gmail.com if you would like to learn more about our work.

There's more to Discover! Explore the Fall 2026 Activity Guide for more opportunities to stay active, learn something new, and have fun! https://www.cityofsanmateo.org/1430/Activity-Guide

Senior Fall Programs

There's more to Discover! Explore the Fall 2026 Activity Guide for more opportunities to stay active, learn something new, and have fun! https://www.cityofsanmateo.org/1430/Activity-Guide

Monday	Tuesday	Wednesday	Thursday	Friday
Senior Lunch 12pm - 1pm ***SC***	**Senior Writing Club** 10am - 11am ***SC***	**Retirement Peer Support Group** 10:30am - 11:30am ***SC***	**Watercolor w/San Mateo Adult School** 9:30am - 12pm ***SC***	**Senior Center Band** 9:30am - 11:30am ***SC***
History of Rock 'n Roll 1pm - 2pm ***SC***	**Ukulele, Play and Sing-a-long** 10am - 11:30am ***SC***	**Crochet & Hand Knitting** 10:30am - 12:30pm ***SC***	**Ping Pong** 10:30am - 2:30pm ***MLK***	**Golden Tones Chorus** 11am - 12pm ***SC***
Intermediate Mahjong 1pm - 3pm ***SC***	**Senior Lunch** 12pm - 1pm ***MLK***	**Latino Support Group** 11am - 12:30pm ***SC***	**Grief and Loss Support Group** 10:30am - 11:30am ***SC***	**Senior Lunch** 12pm - 1pm ***SC***
Drop In Ping Pong 1pm - 3pm ***SC***	**Mexican Train** 1:30pm - 2:30pm ***SC***	**Senior Lunch** 12pm - 1pm ***SC***	**Senior Lunch** 12pm - 1pm ***MLK***	**Friday Movie** 1pm - 3pm ***SC***
HAPPY BIRTHDAY To all our Fall Senior Members!		**Hand & Machine Knitting** 1pm - 3pm ***SC***	**Caregiver and Peer Support Group** 1pm - 2pm ***MLK***	**Drop-In Game Time** 1pm - 3pm ***SC***
		Karaoke 1pm - 3pm ***SC***	**Shanghai Rummy** 1pm - 3:30pm ***SC***	**Friendship Quilting Group** 1:30pm - 4:30pm ***BRC***
SC Senior Center ***MLK*** Dr. Martin Luther King Jr. Community Center ***BRC*** Beresford Recreation Center		**Bingo** 1:45pm - 3:45pm ***SC***		



Community Resources & Transportation

Resources are available at the Senior Center. Please call (650) 522-7490 for more information.

HELP AT HOME REFERENCE GUIDE:
The San Mateo County reference guide provides local resources for adults of all incomes, including aging services, food, clothing, transportation & more.
Call (650) 573-2643 or download the online version, www.smchealth.org/helpathome

MEDICAL EQUIPMENT LOAN CLOSET (MELP):
1063 E. SAN CARLOS AVE, SAN CARLOS. *CALL (650) 590-9112*
Distribution Pick-Up Hours: Saturday 9:30 AM to 11:30 AM.
Donation and Return Drop-Off Hours: Every Wednesday 2 PM to 4 PM

2-1-1:
2-1-1 San Mateo provides free, confidential, multilingual referrals to food, housing, health care, legal aid, child care, counseling, senior services, and more.
Call 2-1-1 or www.211bayarea.org

CENTER FOR INDEPENDENCE OF INDIVIDUALS WITH DISABILITIES (CID):
CID supports people with disabilities in San Mateo County through advocacy, education & community services.
CALL (650) 645-1780, TTY (650) 522-9313, OR WWW.CIDSANMATEO.ORG

HEATH INSURANCE & COUNSELING ADVOCACY PROGRAM (H.I.C.A.P.):
Call (800) 434-0222 for an appointment

Get Around:
Affordable transportation for City of San Mateo residents 60+ years old. For questions or to join the waitlist please contact (650) 522-7490. We understand the importance of reliable transporation. You can find additional resources within San Mateo County at Peninsula Rides.

Get Up & Go:
Monday - Friday, 9:30 AM to 3:30 PM. Call (650) 378-2750 or pjcc.org/go

RIDE PVI:
PVI will arrange for a Lyft or Uber driver to pick you up from your home and monitors your ride to ensure you get to your destination. No cell phone needed!

Call (650) 272-5006 or email: ride@1pvi.org. Available Monday - Friday, 9:00 AM to 5:00 PM and Saturdays, 10:00 AM - 2:00 PM.

REDI WHEELS:
Redi-Wheels is a paratransit service provided through SamTrans Transportation for Mobility Impaired. To apply, call (650) 366-4856.







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City of San Mateo
Senior Center
2645 Alameda de las Pulgas
San Mateo, CA 94403

Registration Information

Fall Session from September - December 2026

Register online or in-person:

- San Mateo Residents on Tuesday August 11, 2026 at 9am
- Non-Residents on Thursday August 13, 2026 at 9am

You can register online at www.sanmateorec.org,
In person at San Mateo Senior Center, Beresford Recreation Center,
and MLK Community Center or by mailing in your Registration Form to:
San Mateo Parks & Recreation Department, 330 W. 20th Ave, San Mateo, CA 94403
with a check payable to City of San Mateo