


October 2020



All Classes are Virtual

Mon	Tue	Wed	Thu	Fri	Sat
<p>All Classes Require Registration: Register online at: www.sanmateorec.org</p> <p>All Classes are taught virtually</p>			<p>1 Ageless Yoga 10:15-11:15a Chair Yoga 12:45-1:45p Acoustic & Folk Play Along 6:30-8:30p Hula 7:30-8:30p</p>	<p>2 Coffee & Chat 9-10:15a Staying Fit with Arthritis 1-2p</p>	<p>3 Freedom from Fractures 10-11:30a</p>
<p>5 Tech Talk -Technology 1-2:15p Staying Fit with Arthritis 1-2p American Line Dance 2-3p</p>	<p>6 Ageless Yoga 10:15-11:15a Chair Yoga 12:45-1:45p Men Called it Frisco 1:15-2:45p</p>	<p>7 Mastering iPad/ iPhone 10-11:30a Staying Fit with Arthritis 1-2p</p>	<p>8 Sutter's "Safe at Home" 10-11a Ageless Yoga 10:15-11:15a Chair Yoga 12:45-1:45p Acoustic & Folk Play Along 6:30-8:30p Hula 7:30-8:30p</p>	<p>9 Staying Fit with Arthritis 1-2p</p>	<p>10</p>
<p>12 Staying Fit with Arthritis 1-2p American Line Dance 2-3p Tech Help 3-4:30p</p>	<p>13 Book Club: 10-11:30a Ageless Yoga 10:15-11:15a Chair Yoga 12:45-1:45p Men Called it Frisco 1:15-2:45p Medicare/Medi-Cal 101: 4-5pm</p>	<p>14 Computer Basics Windows 10 10-11:30a Staying Fit with Arthritis 1-2p</p>	<p>15 Sutter's "Safe at Home" 10-11a Ageless Yoga 10:15-11:15a Chair Yoga 12:45-1:45p Monthly Film & Discussion 1:30-2:30p Acoustic & Folk Play Along 6:30-8:30p Hula 7:30-8:30p</p>	<p>16 Staying Fit with Arthritis 1-2p</p>	<p>17 Understanding Medicare Options 9:30-11a</p>
<p>19 Smart Phone: iPhone 10-11a Tech Talk: Social Media 1-2:15p Staying Fit with Arthritis 1-2p American Line Dance 2-3p</p>	<p>22 Smart Phone: iPhone 10-11a Ageless Yoga 10:15-11:15a Chair Yoga 12:45-1:45p Men Called it Frisco</p>	<p>23 Computer Basics Windows 10 10-11:30a Sutter's "Safe at Home" 1-2p Staying Fit with Arthritis 1-2p</p>	<p>24 Ageless Yoga 10:15-11:15a Chair Yoga 12:45-1:45p Acoustic & Folk Play Along 6:30-8:30p Hula 7:30-8:30p</p>	<p>3 Staying Fit with Arthritis 1-2p</p>	<p>24</p>
<p>26 Staying Fit with Arthritis 1-2p American Line Dance 2-3p Tech Help 3-4:30p</p>	<p>27 Ageless Yoga 10:15-11:15a Chair Yoga 12:45-1:45p Men Called it Frisco 1:30-2:45p</p>	<p>28 Computer Basics Windows 10: 10-11:30a Staying Fit with Arthritis 1-2p</p>	<p>29 Medicare/Medi-Cal 101: 10-11a Ageless Yoga 10:15-11:15a Chair Yoga 12:45-1:45p Acoustic & Folk Play Along 6:30-8:30p Hula 7:30-8:30p</p>	<p>30</p>	<p>31 </p>

If you have any question or need assistance contact us 650-522-7490



GRAB and GO – October 2020



San Mateo Senior Center

King Center

--- MEALS SUBJECT TO CHANGE ---
 2645 Alameda de las Pulgas, San Mateo, CA 94403
 Cost: \$6.00

--- MEALS SUBJECT TO CHANGE ---
 725 Monte Diablo, San Mateo, CA 94401
 Ages : 60yrs +, Suggested donation of \$4.00, 59yrs & under, \$7.50

<u>MONDAY</u>	<u>WEDNESDAY</u>	<u>FRIDAY</u>
<u>5</u>	<u>7</u>	<u>9</u>
Ground Beef Lasagna, green salad, garlic bread and dessert	Beef Stroganoff over wheat pasta, garden salad, dinner roll, and a mushroom medley and dessert	Grilled Alaskan Cod served over brown rice, broccoli and cauliflower, and dessert
<u>12</u>	<u>14</u>	<u>16</u>
Baked garlic chicken, with whole grain pasta, steamed squash and carrots, Caesar salad with dessert	Beef Raviolis, Caesar salad, mushrooms, carrots and dessert	Chicken Enchiladas, Spanish rice, pinto beans, cabbage and tomato and bell pepper salad salsa and dessert
<u>19</u>	<u>21</u>	<u>23</u>
Tuna Salad Sandwich with homemade chips, apple and dessert	Baked Pork Loin Sauvignon, w/blanc cream sauce, wheat penne pasta, carrots/green beans and dessert	Shrimp Louie Salad served with Manhattan Clam Chowder and dessert
<u>26</u>	<u>28</u>	<u>30</u>
Sliced Beef and Mushroom Stroganoff over wheat pasta, garden salad, veggies, dinner roll and dessert	Oven Fried Chicken, mashed potatoes and gravy, cabbage & mushroom sauté, and dessert	BBQ Chicken, coleslaw, baked beans, sautéed corn, peas and dessert

<u>TUESDAY</u>	<u>THURSDAY</u>
<u>6</u>	<u>8</u>
Slow roasted pork, mashed potatoes, carrots, celery, onions, salad bread and fruit	Roasted Chicken, garlic mashed potatoes, broccoli, carrots, salad, fruit and bread.
<u>13</u>	<u>15</u>
Tortellini pesto primavera with veggies, salad with kidney beans, bread and fruit	Lemon herb red snapper, brown rice, Napa cabbage, bell peppers, salad, bread and fruit
<u>20</u>	<u>22</u>
Grilled Salmon, sticky rice, carrots, spinach salad, bread and fruit	Vegetarian Lasagna, broccoli, carrots, salad with chick peas, bread and fruit
<u>27</u>	<u>29</u>
Penne Marinara and Veal meatballs, broccoli, carrots, salad, bread and fruit	Chicken provolone bake with alfredo sauce, penne pasta, green beans, bread and fruit

The San Mateo Senior Services Section is offering Grab and Go Lunches for Seniors 60+. Lunch includes main course, veggies, salad and a dessert or fruit. **Contact us at (650) 522-7490 for reservations, cancellations or for more information.** Lunch will only be available the following times:

- In car pick-ups: 12-12:30pm
- Walk ups or by bicycle: 12:30-12:45pm

At each location, please remain in your cars to pick-up lunches. There will be two stations set-up: the first stop will be check-in and payment, and the second stop the food will be handed to you through your passenger side window.

Please wear a mask to keep yourself and Parks and Recreation staff safe.