

# San Mateo Senior Center

## Hello

HERE  
STAMP  
PLACE  
PLEASE

## UP-COMING BIRTHDAYS!

### JANUARY

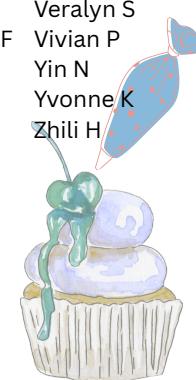
Andree L Jane Z Parneela R  
Andrew F Joan D Parvin R  
Asami D John D Patricia B  
Barbara H John P Patricia P  
Birdie Y Joy C Paul C  
Che Chen L Judith D Peter K  
Christine R Kamala K Rita H  
Cynthia Z Kathy J C  
David H Keira L Robert M  
Deborah F Kini V Ron S  
Dorothy C Larry M Rose B  
Elaine K Librada A Rozalia M  
Elizabeth J Loretta M Sandy F  
Esmenia D Luci B Sharon W  
Estee C Manuel S Sheila K  
Frances S Margaret N Teresa H  
Frances Z Maria S Teri C  
Frank S Mariko N Theresa P  
Fredda F Marilyn F Tom L  
Gerald O Mary Jane R Tom T  
Geri C Mary Joy D Tricia C  
Gloria J Mary R Vicky (Mhay) H  
Grace C Masa L Vincent S  
Han Sun H Michael S Wayne S  
Nina R William M

### FEBRUARY

Adriana L Lillian W  
Alice d Lily L  
Alice R Marie D  
Angelina P Marlene S  
Barb S Marti S  
Barbara M Mary F  
Clyde S Mary S  
Colleen W Maryam C  
David S Michelle M  
David T Miriam P  
Debora T Nermin D  
Edward H Patricia S  
Elena T Pradeep R  
Evelyn Y Pui N  
Fred H Robert S  
George J C Rula K  
Gloria B Sandra R  
Isabell T Sofia H  
Janice B Susan G  
Jim S Susan S  
Joel K Thoa D  
Julie C H Yee Man Y

### MARCH

Aline S Jon W Rita A  
Anna W Josette S Ritsuko F  
Annie S Joyce B Rosemary F  
Armine S June L Ruth R  
Armine S Karam M Sandra R  
Betty J Billie Lou S Kathryn B Sandra W  
Carol L Christine B Kim J Sherrill O  
Christine B Connie A Lenora J Sherry F  
Connie A Daisy C Leon D Shirley C  
Daisy C Diana C Linda F Siosi T  
Diana C Doris N Linda L Stella T  
Doris N Edward W Margaret M M Suryaprabha B  
Edward W Pradeep R Maria C Susan S  
Eileen T Pui N Maria S Terry B  
Elaine T Pradeep R Marianne R Veralyn S  
Elizabeth H Rula K Marie Marguerite F Vivian P  
Faran M Rula K Marina H Yin N  
Frances B Sofia H Marion D Yvonne K  
Frank T Susan G Marlene L Zhili H  
Gary T. S Maureen T  
Gwen M Mete T  
Haydee R Nancy B  
Jean B Ny S  
Jerry R Pamela M  
Joan C Rashmikant S  
Joanne R Richard E



San Mateo Senior Center

# WINTER 2026 NEWSLETTER

## Inside this Newsletter:

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### Senior Center Facility Closure:

#### HOLIDAY BREAK

Monday, December 22, 2025-  
Friday, January 2, 2026

#### MARTIN LUTHER KING JR. DAY

Monday, January 19, 2026

#### PRESIDENTS DAY

Monday, February 16, 2026

### 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

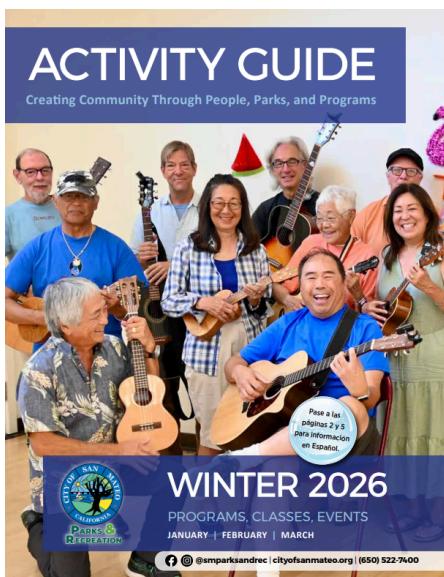


### Senior Services Staff

Zack Silva, Community Services Manager  
Tommy Cook, Community Services Supervisor  
Adeline Jones, Community Services Coordinator  
Maria Gomez, Senior Program Assistant  
Kendall Catanzaro, Lunch Program Specialist



# REGISTRATION INFORMATION



**Winter Session is from January-March 2026**

Register online or in-person starting:

- City of San Mateo Residents on Tuesday, November 18 at 9AM
- Non-Residents on Thursday, November 20 at 9AM

You can register online at [www.sanmateorec.org](http://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

## GET AROUND PROGRAM

Are you a City of San Mateo resident 60+ years old looking for an alternative to driving? Do you still drive but occasionally would like to leave the driving to someone else?

The City of San Mateo's *Get Around!* Senior Rides Program was created for you! Registration for the program is required and can be done online, in person, or by mail. One can schedule rides on-demand 24 hours a day 7 days a week, without advanced reservations. Upon registration, participants receive a pre-loaded membership card with 8 one-way trips (or 4 round trips) for only \$5.00 per one-way ride (\$2 per one-way ride if Recreation Fee Assistance scholarship is approved).\*

Destinations must be between the cities of San Mateo, Belmont, Burlingame, Foster City, Hillsborough, Redwood City, San Carlos, Veteran's Hospitals in Menlo Park|Palo Alto and Stanford Affiliated Medical Offices.

**Please note that all rides must begin or end in the City of San Mateo.**

After registration, you will receive additional information and a membership card for your rides within 5-7 business days. If you are interested in participating in this program, complete and return a registration form along with proof of residence. Forms can be found on the City's website, or stop by the Senior Center to fill one out in person. \*The Get Around Senior Transportation Program is now eligible for the Recreation Fee Assistance Program. The Recreation Fee Assistance Program is designed to allow access to all City of San Mateo residents. For residents with financial hardships, assistance is available to offset the cost of the Get Around! Program rides.



## COMMUNITY RESOURCES

*A wide variety of services exist in San Mateo County to support the need of aging adults and their families, and to support independent living. If you want additional information please call our 24 hour voicemail (650) 522-7490.*

### HELP AT HOME REFERENCE GUIDE

Get your free copy of this San Mateo County mini reference guide, designed to assist adults to remain in their own homes when they are ill, disabled, or in crisis. The guide includes listings for adult day centers, grocery and meal delivery services, medical equipment, home care services, transportation, and more.

Spanish and Chinese versions are available. Call (650) 573-2643 or download an online version, [www.smchealth.org/helpathome](http://www.smchealth.org/helpathome)

### T.I.E.S (County of San Mateo)

Phone Hotline (844) 868-0938, 711 for California Relay Services (TDD) Teamwork Insuring Elderly Support (T.I.E.S.) provides general information on all senior services. Featuring a 24-hour hotline, designed to assist vulnerable elderly and dependent adults who need help but may be unable to get it for themselves.

### Medical Equipment Loan Closet (MELP)

The Medical Equipment Loan Program ("MELP") creates medical equity and improves lives by providing used durable medical equipment to anyone who needs it. MELP is jointly run by volunteers from the Belmont & Redwood Shores Rotary Club, San Carlos Rotary Club, Villages of San Mateo County, and local community.

### Distribution Pick-Up Hours:

Every Saturday 9:30 AM to 11:30 AM  
1063 E. San Carlos Ave, San Carlos

### Donation and Return Drop-Off Hours:

Every Wednesday 2 PM to 4 PM  
1063 E. San Carlos Ave, San Carlos

### 211 PHONE LINE

(United Way of the Bay Area) - A nationwide 24/7 comprehensive information and referral service that accommodates all languages and hearing impaired to provide health and human services. [www.211bayarea.org](http://www.211bayarea.org).

### HIP HOUSING

HIP Housing is a non-profit based in San Mateo County that matches households with spare rooms with individuals seeking housing. HIP Housing interviews applicants, conducts background searches, develops a "Living Together Agreement," and provides ongoing follow-up support. For more information or to request a virtual appointment, call (650) 348-6660, email [mailbox@hiphousing.org](mailto:mailbox@hiphousing.org), or visit [www.hiphousing.org](http://www.hiphousing.org).

### LEGAL AID SOCIETY OF SAN MATEO COUNTY

The Legal Aid Society of San Mateo County operates a special program for older adults. Any San Mateo County resident over the age of 60 is eligible for these services. They which include legal advice, advocacy, and representation in several areas. [www.legalaidsmc.org](http://www.legalaidsmc.org) (800) 381-8898 or (650) 558-0915 [www.legalaidsmc.org/senior-advocates-program](http://www.legalaidsmc.org/senior-advocates-program).

### HICAP

(Health Insurance and Counseling Advocacy Program) to help you understand your Medicare options call (800) 434-0222 for an appointment.



## BAY TREE BISTRO

The Bay Tree Bistro is a lunch program for Seniors 60+. Our nutritious, delicious meals include a salad, main course, and fruit or dessert. Assembly room doors open at 11:30 AM. Lunch is served at 12:00 PM and no arrivals past 12:15 PM. The room will remain open from 12:00-1:00 PM. Reservations are required.

*\*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, San Mateo

The cost for lunch at the San Mateo Senior Center is \$7.00

Contact us at (650)522-7490 for more information.



## VOLUNTEERS NEEDED!

LEND A HAND, BRIGHTEN A DAY



## LOOKING FOR CARING VOLUNTEERS

Current Openings Include:

**Lunch Program - Server/Kitchen Helper**  
(M-F, 10:30am-1:15pm)

**Front Desk Assistant and Greeter**  
(M-F 10am-2pm)

**Technology Program Volunteer**  
(Days and times TBA)

**Monthly Walking with Friends**  
(Days and times TBA)

## STAY CONNECTED

### You're Not Alone Support Group

Caring for others can be both meaningful and exhausting and doing it alone makes it even harder. Our "Talk, We Listen" group offers a supportive space for older adults and caregivers to connect, share experiences, and feel heard. Come as you are, no judgment, just support.

#### Martin Luther King Jr. Community Center

#### Caregiver and Peer Support Group

Course# 142509-A1      Thursday      1/8-3/5      12:30-1:30 PM

FREE

#### Senior Center

#### Grief and Loss Support Group

Course# 142509-A2      Thursday      1/8-3/5      10:30-11:30 AM

FREE

Join our amazing San Mateo Senior Center Team Now!

# STAY CONNECTED

## Watercolor with San Mateo Adult School: age 50+ yrs

Join illustrator Matt Crane for a watercolor workshop tailored for intermediate and experienced adult watercolorists. Each week, Matt will demonstrate a range of painting techniques, offering valuable insights and practical skills. Elevate your individual style with personalized instruction and consultation, available upon request.

### Senior Center

Course# 141902-A1      Thursday      1/8-3/5      9:30 AM-12:00 PM      \$172



## Caregiving and Aging Support

Whether you're currently caregiving or plan on beginning, these presentations offer valuable education, support, and peace of mind. You'll walk away with practical tools, community resources, and a deeper understanding of how to care for the people who matter most. Led by an experienced caregiver and the owner of Assisting Hands in San Carlos, each session is grounded in real-world knowledge and compassion. Register online or in-person and join us now!

### Senior Center

Navigating Tough Talk with Aging Loved Ones  
Course# 142543-A1      Friday      1/16      1:00-2:00 PM      FREE

Long-Term Care Insurance: Do You Know How to Use It?  
Course# 142543-A2      Friday      2/13      1:00-2:00 PM      FREE



# GAMES & MORE

## Bingo

Who doesn't like the thrill of waiting for that last number that you need, raising your hand and shouting BINGO? Plan a FUN Wednesday afternoon with your friends this Winter! Doors open at 1:45pm and cards are \$1.00

### Senior Center

Course# 742214-A1      Wednesday      1/7-12/16      2:00-3:30 PM      FREE

## Shanghai Rummy

Looking for a fun way to challenge your mind and connect with others? Learn how to play Shanghai Rummy—a classic, strategic card game that's easy to pick up and hard to put down. Whether you're a seasoned card player or just getting started, this class will guide you through the rules, gameplay, and tips to master all seven exciting rounds. Bring a friend or make new ones around the table!

### Dr. Martin Luther King Jr. Community Center

Course# 142023-A1      Tuesday      1/6-3/3      1:00-3:00 PM



## Beginning California Mah Jong

The instructor and author of "Mahjong Secrets for Beginners to Experts" shows how easy and fun it is to learn California Mahjong. With a modernized set of rules based on originals from the late 1800s, you'll be hooked by the end of the first day.

### Senior Center

Course# 142217-A1      Tuesday      1/6-3/3      10:00 AM-12:00 PM      \$20  
Course# 142217-A2      Tuesday      1/6-3/3      1:00 PM-3:00 PM      \$20

## California Mahjong Open Play- Intermediate

Continue the fun and excitement of California Mahjong. Join your friends and other Mahjong enthusiasts in creating exciting hands. Please note that completion of two sessions of Beginning Mahjong is a requirement, as there are many ways to play Mahjong, and California Mahjong is unique.

### Senior Center

Course# 142406-A1      Monday      1/5-3/2      1:00 PM-3:00 PM      \$5  
Course# 142406-A2      Thursday      1/8-3/5      10:00 AM-12:00 PM      \$5  
Course# 142406-A3      Thursday      1/8-3/5      1:00 PM-3:00 PM      \$5

# HOOKED & LOOPED

## Crochet and Hand Knitting

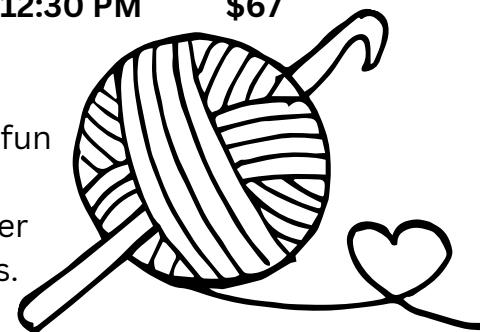
Knitters of all levels are welcome! Learn basic and advanced skills in this fun and collaborative knitting/crochet workshop. Beginners learn to read pattern books, and/or design and create their own knitted garment and gifts. Master your techniques and bring projects you're currently working on.

### Senior Center

Course# 141937-A1	Wednesday	1/7-1/28	10:30 AM-12:30 PM	\$67
Course# 141937-A2	Wednesday	2/4-2/25	10:30 AM-12:30 PM	\$67

## Hand and Machine Knitting

Get ready to master hand and machine knitting techniques in this fun class that teaches basic and advanced skills! You will learn how to read patterns and even design your own knitted creations. Discover new techniques and get guidance on your current knitting projects. Required supplies will be listed on your confirmation receipt.



### Senior Center

Course# 141938-A1	Wednesday	1/7-1/28	1:00-3:00 PM	\$67
Course# 141938-A2	Wednesday	2/4-2/25	1:00-3:00 PM	\$67

# STAY CONNECTED

## Fridays at the Movies

Grab a seat and join us for Fridays at the Movies at the Senior Center! Enjoy a fun mix of new releases, classic 90s hits, and timeless black-and-white films. Bring your favorite snack or just indulge in FREE popcorn while you relax and unwind!

### Senior Center

Course# 142209-A1	Friday	1/9-3/6	1:00- 3:15 PM	FREE
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## History of Rock 'n Roll

Continue to learn about the History of Rock 'n Roll! This class is PART 2 in a series of classes. PART 1 is not required, but recommended. PART 2 begins with Elvis Presley and focuses on the influences of radio and television on Rock 'n Roll in the late 1950s to early 1960s.

### Senior Center

Course# 142632-A1	Monday	1/5-3/2	1:00-2:00 PM	FREE
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ALL CLASSES REQUIRE PRE-REGISTRATION

# STAY CONNECTED

## Latino/Latina Discussion Group

The Latino/Latina Discussion Group brings community members together to gain friendships, knowledge, support, and assistance. The group will provide laughter, motivation, and a wide variety of discussion topics.



### Senior Center

Course# 142211-A1	2nd & 4th Wednesday	1/14-2/25	11:00 AM-12:30 PM	FREE
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## Grupo de Discusión Latino/Latina

El Grupo de Discusión Latino/Latina reúne a miembros de la comunidad para obtener amistades, conocimiento, apoyo y asistencia. El grupo proporcionará risas, motivación, y una amplia variedad de temas de discusión. ¡Todos son bienvenidos!

### Senior Center

Course# 142211-A1	2nd & 4th Miércoles del Mes	1/14-2/25	11:00 AM-12:30 PM	GRATIS
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## Memoir Writing

Do you want to pass down a written legacy to the next generation? Write your first-person life narrative. You will learn proper technique, practice your craft, receive encouragement, partner up, and polish your text.

### Senior Center

Course# 142630-A1	Tuesday	1/6-3/3	10:00-11:00 AM	FREE
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# AGE- FRIENDLY: SAN MATEO



<https://www.bakingartsandcoffee.com/>



Peninsula Family Service  
AGE-FRIENDLY  
BUSINESS  
<https://peninsulafamilyservice.org>



Congratulations to the  
City of San Mateo's First  
Age-Friendly  
Certified Businesses!



<https://footwearetc.com>



<https://sanmateolockworks.com>



<https://peninsulacrittercare.com>



<https://piazzaslovesfood.com>



Add your business here!



<https://chillspotrendezvous.com/>



<https://sunriseseniorliving.com>



<https://siteforsoreeyes.com>



<https://porterhousesanmateo.com>



<https://qbacubankitchen.com>



<https://calartsupply.com>

Scan the QR code to learn more about this program and apply or go to:  
<https://cityofsanmateo.org/4826/Age-Friendly-Business-Certification>

# ADULT MUSIC

## Acoustic & Folk Music Session

Play along with a variety of multi-generational music using acoustic instruments. Current attendees play guitar, ukulele, mandolin, bass, and more. Song styles include folk rock, Americana, and Western Swing.

### Senior Center

Course# 141804-A1	Tuesday	1/6-3/3	1:00-3:15 PM	\$45
Course# 141804-A2	Thursday	1/8-3/5	6:00-8:00 PM	\$45

## Fiddle Jam

Join others in playing a collection of "fiddle tunes" such as: Angelina Baker, Joe Bane's Barn Dance, Whiskey Before Breakfast. Fiddles are optional, bring your guitar, mandolin or whatever to play along. Styles vary from Bluegrass to Irish reels.

### Senior Center

Course# 141807-A1	Monday	1/9-3/6	10:00 AM-12:00 PM	\$45
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## The Senior Center Band

Do you play an instrument? The Senior Center Band is always looking for new musicians at all levels. This activity is not only fun, but it is good for your mental and physical health.

Bring your instrument and enjoy some music time.

All are welcome!

### Senior Center

Course# 142210-A1	Friday	1/9-3/6	9:30-11:00 AM	FREE
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## The Golden Tones Chorus

Love to sing? Join our friendly chorus and enjoy singing tunes from the Great American Songbook! It's a lot of fun: relaxing, sociable, and good for your health, brain, and mood. Share your love of music and make new friends. No experience necessary!

### Senior Center

Course# 141812-A1	Friday	1/9-3/6	11:00 AM -12:00 PM	FREE
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## Karaoke and Sing Along

Singing is good for mental and physical health. Whether you think you are a good or bad singer, it doesn't matter! Singing is for fun. We have 7,000 songs, and we're sure you can find your favorite songs. Come sing with us!

### Senior Center

Course# 141809-A1	Friday	1/9-3/6	1:00-3:00 PM	FREE
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ALL CLASSES REQUIRE PRE-REGISTRATION

# DANCE AND FITNESS CLASSES

Check out the circled classes held at the Senior Center!

For class details, call (650) 522-7440 or visit [www.sanmateorec.org](http://www.sanmateorec.org).

## Adult Fitness

ADULT WINTER DANCE & FITNESS PROGRAM					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Strength & Resistance 9:00-10:00am BRC	Cardio Strength 9:00-10:00am BRC & ZOOM	Strength/Resistance 9:00-10:00am BRC	Zumba Gold 9:00-9:50am BRC	Strength/Resistance 9:00-10:00am BRC	Cardio Kickboxing 9:15-10:15am BRC
Zumba* 9:30-10:30am BRC	Cardio Strength 50+ 10:00-11:00am SC	Cardio Blast & Toning 9:00-10:00am BRC & ZOOM	Cardio Strength 50+ 10:00-11:00am SC	Cardio Strength 50+ 10:00-11:00am SC	Zumba* 10:30-11:30am BRC
Staying Fit-Arthritis 10:00-11:00am SC	Strength Training 10:15-11:15am BRC	Pilates Mat 10:00-11:00am ZOOM	Strength/Posture 10:15-11:15am BRC	Pilates Mat Strength 10:00-11:00am BRC & ZOOM	
Pilates Mat 10:00-11:00am ZOOM	Gentle Aerobics 10:15-11:15am MLK	Staying Fit-Arthritis 10:00-11:00am SC	Gentle Aerobics 10:15-11:15am MLK	Cardio Dance 10:15-11:15am BRC	Ballet Teen/Adult 6:15-7:30pm BRC & ZOOM
Cardio Dance 10:15-11:15am BRC	Chair Yoga 12:30-1:30pm BRC & ZOOM	Yoga Flow 10:15-11:15am BRC	Chair Yoga 12:30-1:30pm BRC & ZOOM		
Cardio Strength 6:00-7:00pm BRC	Yoga 1 6:00-7:00pm ZOOM	Cardio Dance 10:15-11:15am BRC	Qigong 1:00-2:00pm SC		
Zumba* 6:30-7:30pm SMHS & MLK	Hip Hop 6:10-7:10pm MLK	Int/Adv Jazz 11:45am-1:00pm BRC	Yoga 1 5:00-6:15pm SC	Zumba* 5:30-6:30pm BRC	
Tap II 6:30-7:30pm BRC	Tai Chi-Beginning 6:00-7:00pm SC	Staying Fit-Arthritis 1:00-2:00pm SC	Zumba* 6:30-7:30pm MLK		
K-Pop I 7:15-8:30pm MLK	Zumba* 6:15-7:15pm BRC	Gentle Yoga 5:05-6:20pm SC	Zumba* 6:30-7:30pm MLK	CIRCL Mobility™ 6:30-7:00pm MLK	
Tap I 7:45-8:45pm BRC	Piloxing 6:30-7:30pm SMHS	Zumba* Toning 6:30-7:30pm BRC	Yoga 1 6:30-7:45pm SC	Hula - Introduction 6:30-7:30pm SC	
K-Pop II 7:15-8:30pm MLK	Yoga Fusion 6:30-7:30pm BRC	Line Dance Beg. 6:30-7:30pm BRC	K-Pop II 7:15-8:30pm MLK	Mexican Folkloric 6:10-7:00pm MLK	
Tai Chi-Intermediate 7:15-8:30pm SC	Argentine Tango I 7:30-8:20pm BRC	Line Dance Next Level 7:30-8:30pm BRC	Tai Chi-Intermediate 7:15-8:30pm SC	Line Dance Beg. 6:30-7:30pm BRC	
	Intro to Tap 7:45-8:45pm BRC			Argentine Tango II 8:30-9:20pm BRC	



BBK = Broadway Babies & Kids

BP = Beresford Park

BRC = Beresford Recreation Center

MLK = Dr. Martin Luther King Jr.

Community Center

SMHS = San Mateo High School

SC = Senior Center

ZOOM = Virtual Class via Zoom

Questions? Call (650) 522-7440 for more information.

Check your confirmation receipt for class requirements; for most classes bring water and a mat.

# ADULT FITNESS

## Staying Fit with Arthritis

Through a combination of slow movements to loosen up stiff joints, strengthen muscles, and increase flexibility, this low-impact intensity workout will improve endurance and balance. All the exercises can be performed seated or standing.

### Senior Center

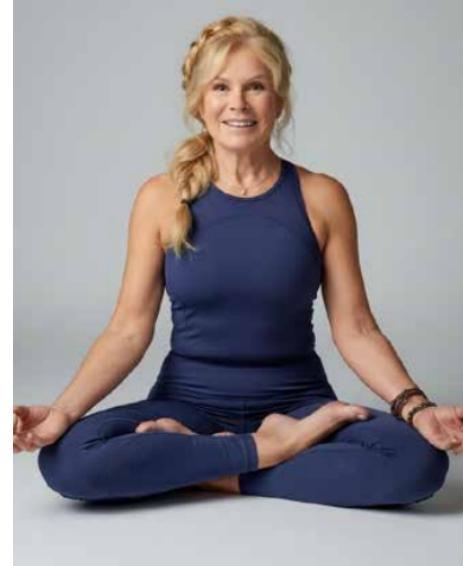
Course# 141632-B2	Monday	1/5-3/2	10:00-11:00 AM	\$93
Course# 141632-B5	Wednesday	1/7-3/4	10:00-11:00 AM	\$118
Course# 141632-B4	Wednesday	1/7-3/4	1:00-2:00 PM	\$118

## Cardio/Strength & Stretch for 50+

This is a low-impact class combining a cardio warm-up, followed by strength training using weights/elastic bands for flexibility, stretching, and abdominal work, which can be done on the floor or seated in a chair.

### Senior Center

Course# 141537-S2	Tuesday	1/6-3/3	10:00-11:00 AM	\$118
Course# 141537-S3	Thursday	1/8-3/5	10:00-11:00 AM	\$118
Course# 141537-S1	Friday	1/9-3/6	10:00-11:00 AM	\$118



## Gentle Yoga

Receive the benefits of relaxation, flexibility and recovery with this slow-paced class for all ages and levels. Gentle movements, breathing exercises, and relaxation tools will allow you to loosen tight muscles, relax your mind, improve balance and build healthy tissues in your body. Most of the postures are done seated on the floor.

### Senior Center

Course# 141607-B1	Wednesday	1/7-3/4	5:05-6:20 PM	\$148
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# ADULT MUSIC

## Ukulele, Play and Sing-a-Long

Playing the ukulele is simply more fun if you are in the company of others. If you are looking for that perfect group to show off your skills, look no further. Bring your Ukulele and join us. We are here to have fun!

### Senior Center

Course# 141800	Tuesday	1/6-3/3	10:00-11:30 AM	FREE
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# ADULT MOVEMENT

## Qigong

Qigong literally means "practice of vita energy". Practice a series of gentle spiral movements that help to open all the major joints in the body and increase internal energy flow, promoting better flexibility and mobility while reducing tension and strain.

### Senior Center

Course# 141635-B1	Thur.	1/8-3/5	1:00-2:00 PM	\$185
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## Tai Chi Series

Tai Chi Series Chen Taiji form is the ancestor of all Tai Chi styles. This class emphasizes the basic Taiji foundation, silk-reeling exercises, and Qigong. The lessons are designed to encourage life-long physical wellness, mind-body connection, stress reduction and better joint mobility. Movements can be performed slowly and gently, or faster and more powerful for fitness and self-defense applications.

### Senior Center (Beginner)

Course# 141633-S1	Tuesday	1/6-3/3	6:00-7:00 PM	\$125
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### Intermediate

Course# 141636-S2	Tuesday	1/6-3/3	7:15-8:30 PM	\$138
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# HEALTH & WELLNESS

## Understanding Your Medicare Options

Join us for an informative Medicare Educational Workshop designed for individuals turning 65+ and those who have delayed their Medicare enrollment. Whether you are approaching your 65th birthday or considering your Medicare options after a delay, this workshop will provide valuable insights and answers to your questions.

**Senior Center (In-Person)**  
Course # 142504-A1    Wednesday    1/21    5:00-6:30 PM    FREE

**Senior Center (In-Person)**  
Course # 142504-A2    Wednesday    2/25    5:00-6:30 PM    FREE

## Redefining Aging

Active seniors- Mid-Peninsula Village offers shared activities and services for aging in place in our own homes and apartments by helping maintain your home, reduce stress, and keep you mobile. Join us as a member or as a volunteer!

**Senior Center**  
Course # 142533-A1    Friday    2/6    10:30-11:30 AM    FREE

## Breathing Exercises

Improve your muscle tone, circulation, and breathing. Increase the feeling of energy and well-being by attending this breathing exercises class, this can be done sitting down too!

**Senior Center**  
Course# 142518-A1    Tuesday    2/10    12:00-1:00 PM    FREE

## Health Screening

The Breath California Team will be doing a health screening to measure blood pressure, oxygen saturation, and lung health. Once done you will be given their results on paper and recommendations to follow up with their healthcare provider for abnormal readings.

**Dr. Martin Luther King Jr. Community Center**  
Course# 142516-A1    Tuesday    2/17    11:00 AM-12:00 PM    FREE

## Health Education: Managing Asthma

Join us for an informative session focused on understanding and managing asthma more effectively. Led by the expert team at Breathe California, this class is designed for individuals living with asthma, caregivers, educators, and anyone interested in respiratory health.

**Senior Center**  
Course# 142532-A1    Tuesday    3/3    11:00 AM-12:00 PM    FREE



# HEALTH & WELLNESS

## Health Education: Is it a Cold Flu or Pneumonia

The Breathe California Team is giving a presentation on colds, flu, and pneumonia, including the differences in symptoms and the proper actions to take to maintain health.

**Dr. Martin Luther King Jr. Community Center**  
Course# 142517-A1    Tuesday    2/24    11:00 AM-12:00 PM    FREE

## TECH HELP

## Tech Tutoring

Looking for one-on-one help to improve your technology skills? Get 2 one-hour sessions of individualized help from one of our tech experts. Working with a tech volunteer tutor will allow you to resolve your specific technology issues and get more out of your PC, tablet, and mobile devices. *Once registered, a tutor will contact you to understand your needs and set up specific meeting times.*

*This class is offered in-person.*

**Senior Center**  
Course # 142707-A1    Date/Time to be determined    1/12-3/6    \$15

## Tech Help Lab

Do you need help with your phone, tablet, computer, or just want to feel more confident using technology? This monthly session is designed to provide hands-on guidance with everyday technology capabilities- whether it's sending photos, managing emails, apps, or staying safe online.

**Senior Center**  
Course# 142701-A1    Thursday    1/8-3/5    1:00-2:15 PM    \$15

## iPhone/ iPad Class

Looking to get more out of your iPhone? Take your skills to the next level by learning the latest features, functions, tips, and tricks. The comprehensive class will be interactive and hands-on with plenty of time for Q&A.

**Senior Center**  
Course # 142711-A1    Tuesday    1/6-1/27    1:00-2:30 PM    \$15

## Having Trouble Talking on the Phone?

Looking to get more out of your iPhone? Take your skills to the next level by learning the latest features, functions, tips, and tricks. The comprehensive class will be interactive and hands-on with plenty of time for Q&A.

**Senior Center**  
Course# 142606-A1    Wednesday    1/7    10:30-11:30 AM    FREE  
Course# 142606-A2    Wednesday    2/11    10:30-11:30 AM    FREE  
Course# 142606-A3    Wednesday    3/4    10:30-11:30 AM    FREE

