

Foster City Senior Wing

**650 Shell Blvd. in Foster City
(650) 286-2585**

Are you looking for great things to do, exciting places to go, and fun people to meet? Stop by the Foster City Senior Wing! We have all this and more! Listed below is a sampling of activities. More information can be found in the Senior Expressions newsletter, which is available at the Senior Wing or by subscription.

Senior Wing Hours:

Monday - Friday 9a-4p Front Desk

Senior Expressions

Published on a quarterly basis, the newsletter includes class information, services, trips and tours, and special event announcements. Please pick one up at the Senior Wing, or have it mailed directly to your home by purchasing the Senior Expressions newsletter subscription. Call 650-286-2585 for more information.

Benefits:

- Receive the newsletter four times a year at your home, before it is available to non-subscribers
- Receive a discount at special events

Fee:

- \$12 per year
- Prorated after January

Thursday Matinees

Join the Foster City Senior Wing on Thursday afternoons for the weekly movie. Movies start at 12:30p in the Sunfish Room. Call or stop by the Senior Wing for the list of upcoming movies.

Day: Thursdays
Time: 12:30p
Location: Sunfish Room
Cost: FREE!

Trips

The Senior Wing goes on many exciting trips every month. Trips include historic sites, performances, factories, museums, gardens, restaurants, and much more! Trips depart from the Senior Wing and transportation is included. Look in the Senior Expressions Newsletter for trip information or stop by the Senior Wing front desk to find out where the next trip is going. Join us for a fun-filled day!

Lunch Bunch

The Lunch Bunch program meets on the third Wednesday of each month at 11:15a. We meet in the Senior Wing lobby and take the Senior Express Bus to a variety of local restaurants. Don't miss the chance to meet new people and enjoy a delicious meal. The cost of transportation is \$4 round-trip.

Participants are responsible for paying for their own lunch.

Senior Express Bus

Let the Senior Express Bus do the driving for you to run errands, go to appointments, and take you wherever else you need to go! The Senior Express program offers door-to-door service for Foster City seniors.

Territory:

The bus operates as far north as Trousdale Avenue/ Peninsula Hospital in Burlingame, and as far south as Veteran Boulevard/Kaiser in Redwood City. The bus also travels to the Stanford Hospital and the Millbrae BART station.

Operation:

Days	Times	Destination
Tuesdays	9a-3:30p	Foster City/San Mateo
Wednesdays	9a-5p	Specified Territory
Thursdays	9a-3:30p	Foster City/San Mateo

Reservations & Payment:

Reservations are required and can be made by calling 650-286-2585 between 9a-1p.

Appointments must be made at least one day in advance.

Payment method is a punch card that can be purchased at the Senior Wing front desk.

For more information and specific details on the program policies, pick up a Senior Express Bus program brochure from the Senior Wing or call 650-286-2585.

Senior Game Schedule

Day	Game	Time	Room
Monday	Mah Jong	1p-3p	Bow Room
Monday	Pedro	1p-4p	Sail Room, Comm. Ctr.
Monday	Bridge	1p-4p	Mist Room
Tuesday	Bingo	12:30p-2:30p	Bluebird Room
Tuesday	Open Play	1p-3p	Bow Room
Thursday	Bingo	12:30p-2:30p	Lagoon Room
Thursday	Bridge	1p-4p	Spray Room
Friday	Open Play	10a-12p	Bow Room
Friday	Canasta	1p-3p	Bow Room
Friday	Open Play	1p-3p	Bow Room

Supply own materials; No money exchanged

Walk for Health

Grab a friend and take a walk around beautiful Foster City. Choose one of three separate walks of 3.6 or 9 miles. All walks begin and end near the Recreation Center. Maps and additional information are available at the Foster City Recreation Center. Just ask for literature from the San Francisco Bay Bandits "Volksmarch Club's white box". Walks are free; membership in the Walking Club is optional. Children must be accompanied by an adult. Self-guided – ongoing, Monday-Saturday, 8a-5p.

Walk With a Doc

Come and enjoy a stroll with a physician volunteers who can answer your health-related questions along the way. People of all ages and fitness levels are invited to this free community health program. All walks start at 10:00 AM and last approximately one hour. Walkers receive a complimentary pedometer, bottled water and a healthy snack. Walks are scheduled for following dates:

September 12, 2015

This is a free program and you can sign up for as many walks as you'd like. We are looking forward to seeing you there.

For more information, please call (650) 312-1623 or visit <http://www.smcma.org/walkwithadoc>.

Seniors

Senior Classes

The Senior Wing offers a wide variety of classes to meet your interests. Join one of our fun-filled classes to learn a new skill, meet new friends, and stay healthy. Senior classes are sponsored by the San Mateo Adult School. For more class options, please visit the Adult section of the Activity Guide.

Fees* Per Course, Per Semester:

65+ years old: \$43
50-64 years old: \$63
Under 50 years old: \$85

Knitting, Painting & Drawing, or Sewing Fees:

65+ years old: \$70
50-64 years old: \$90
Under 50 years old: \$100

***All classes include a \$5 administrative fee for the Parks and Recreation Department**

Enrollment:

To register for a class, please contact the San Mateo Adult School directly. Enrollment is accepted on an ongoing basis, but class fees are not prorated if you start after a session begins. Enrollment fees are paid directly to the instructor on the first day of class. Please be sure to sign in with the class instructor and in the Senior Wing binder. Please see class descriptions in the Senior Expressions newsletter or the San Mateo Adult School brochure.

Class Schedule

Please check San Mateo Adult School Brochure for class dates or visit www.smace.org.

Day	Class	Time	Room
Mon	Drawing & Watercolor	9:30a & 12:30p	Sunfish Room
Tues	Painting & Multimedia	9:30a & 12:30p	Sunfish Room
Tues	Yoga	10a	Bluebird Room
Tues	Zumba Gold	10:45a & 11:45a	Spirit Room
Tues	Tai Chi- Beginner	1p	Spirit Room
Wed	Hand & Machine Knitting	9:30a & 12:30p	Sunfish Room
Wed	Qi Gong Fitness	10:30a	Lagoon Room
Thurs	Tai Chi- Intensive	9a & 1p	Spirit Room
Thurs	Yoga for Health	12p	Bluebird Room
Fri	Sewing & Pattern Making	9:30a	Sunfish Room

Smart Driver Course

An interactive class for drivers 50 years of age and older in which participants can sharpen their driving skills and develop strategies for age-related changes in vision, hearing, and reaction time. The fee includes workbook, DMV certificate for insurance discount, and administrative fees.

Registration:

- Register at the Foster City Senior Wing, or call 650-286-2585
- Registration fee paid in class

Fee:

- \$15 - AARP Members
- \$20 - Non-members

Class Dates:

- November 16 & 20 -- 9a-1:30p
- November 21 -- 8:30a-5:30p