



# Senior Expressions

October - December 2016

## Tree Lighting Ceremony

Wednesday, December 7th at 6:00p.m.  
Recreation Center Patio

**Free Community Event!**  
**Music, Refreshments, a Special Visitor and  
more!**

In the spirit of giving please bring a non-  
perishable item or a canned good that will  
be donated to a local charity.

**For questions please call (650) 286-3380 or  
visit [www.fostercity.org](http://www.fostercity.org)**



Foster City  
Parks and Recreation Department

Senior Wing  
650 Shell Boulevard  
Foster City, CA 94404  
650.286.2585  
[www.fostercity.org](http://www.fostercity.org)  
Hours:  
Monday-Friday 9:00a.m. - 4:00p.m.  
Closed Saturday & Sunday

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## Upcoming Events

### October

- 4th - Senior Meals, Bluebird Room, 11:30a.m.
- 5th - Medicare Seminar, Mist Room, 10:00a.m.
- 12th - Day Trip: Pace Art + Technology Gallery, 10:15a.m. - 3:00p.m.
- 17th - Legal Aid Society Seminar, Mist Room, 9:00a.m. - 9:30a.m.
- 19th - Lunch Bunch: Crepevine, Burlingame, 11:15a.m.
- 22nd - Flu Shot Clinic, Sunfish Room, 9:00a.m. - 12:00p.m.
- 26th - Day Trip: Charles M. Schulz Museum, 9:15a.m. - 5:00p.m.

### November

- 1st - Senior Meals, Bluebird Room, 11:30a.m.
- 9th - Day Trip: Oakland Museum of California, 10:00a.m. - 3:00p.m.
- 11th - Buildings CLOSED for Veterans Day
- 16th - Lunch Bunch: West Coast Café, San Bruno, 11:15a.m.
- 23rd - Day Trip: The Lion King Musical, 12:30p.m. - 5:30p.m.
- 24th, 25th- Buildings CLOSED for Thanksgiving
- 27th - Lions Club Luncheon and Bingo

### December

- 6th - Senior Meals, Bluebird Room, 11:30a.m.
- 7th - Tree Lighting Ceremony
- 7th- Day Trip: A Christmas Carol, 12:30p.m. - 5:00p.m.
- 21st - Lunch Bunch: Urban Bistro, Burlingame, 11:15a.m.
- 23rd, 26th, 30th - Buildings CLOSED for Holidays

**Trip Sign-up Start Dates**

Residents Begin: October 3, 2016

Non-residents Begin: October 5, 2016

# October Trips

## Pace Art + Technology Gallery

Join the Foster City Senior Wing on a self-guided tour to the Pace Art + Technology Gallery! Pace is a leading contemporary art gallery representing many of the most significant international artists and estates of the 20th and 21st centuries. Pace has introduced many renowned artists' work to the public for the first time and over the past five decades, the gallery has mounted more than 700 exhibitions. Today, Pace has locations worldwide found in New York, London, Beijing, Hong Kong and now, Pace Art + Technology here in the Bay Area. After, we will have lunch at Oasis located in Menlo Park!

**Contact the Senior Wing for menu options.**

**Don't miss out on this only opportunity to explore some unique galleries!**

**Date:**  
Wednesday, October 12th  
**Depart:**  
10:15 a.m.  
**Return:**  
3:00 p.m.

**Fee: \$65**  
*No refunds after Oct. 5th*



**RSVP required for all trips. Sign up at the Senior Wing front desk or call 286.2585 for more information. Trips are subject to possible schedule modifications and times are approximate.**

## Charles M. Schulz Museum

Join the Foster City Senior Wing on a trip to view the largest collection of original Peanuts art work in the world at the Charles M. Schulz Museum in Sonoma County! Visitors can laugh at Schulz's original comic strips, learn about the art of cartooning and Schulz's role in its development, view a re-creation of Schulz's art studio, and watch animated Peanuts specials and documentaries in the Theatre. After, we will have lunch at La Rosa Tequileria and Grille in the heart of downtown Santa Rosa. **Contact the Senior Wing for menu options.**

**Don't miss out on this exciting day trip to the North Bay!**

**Date:**  
Wednesday, October 26th  
**Depart:**  
9:15a.m.  
**Return:**  
5:00p.m.

**Fee: \$80**  
*No refunds after Oct. 19th*



# November Trips

Trip Sign-up Start Dates

Residents Begin: October 3, 2016

Non-residents Begin: October 5, 2016

**Date:**

Wednesday, Nov. 9th

**Depart:**

10:00 a.m.

**Return:**

3:00 p.m.

## Oakland Museum of California

The Oakland Museum of California is an interdisciplinary museum dedicated to the art, history, and natural science of California. The museum contains more than 1.8 million objects dedicated to "telling the extraordinary story of California." The museum represents California's history and cultures from the era before Europeans arrived, to the 21st century. The strongest collections are in photography; California native baskets and other material; California Gold Rush era artifacts; and material that relates to California technology, agriculture, business and labor, domestic life, and significant events such as World War II. After the tour, we will have lunch at Blue Oak Café inside the museum.

**Fee: \$77**

*No refunds after Nov. 2nd*



**Contact the Senior Wing Front Desk for menu options.**

**RSVP required for all trips. Sign up at the Senior Wing front desk or call 286.2585 for more information. Trips are subject to possible schedule modifications and times are approximate.**

**Date:**

Wednesday, Nov. 23rd

**Depart:**

12:30 p.m.

**Return:**

5:30 p.m.

## The Lion King

Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. Join the Foster City Senior Wing on a trip to see *Disney's The Lion King*, making its triumphant return to the SHN Orpheum Theatre! Winner of six Tony Awards, including best musical, the Lion King brings together one of the most imaginative creative teams on Broadway. Tony Award-winning director Julie Taymor brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. Come enjoy this musical in Mezzanine seats for a 2:00p.m. Matinee show!

**Fee: \$120**

*No refunds after Nov. 16th*



**Lunch is not provided on this trip. Please eat prior to attending.**

**Trip Sign-up Start Dates**

Residents Begin: October 3, 2016

Non-residents Begin: October 5, 2016

# December Trips

## A Christmas Carol

Join the Foster City Senior Wing on a trip to see one of the original works by Charles Dickens! *A Christmas Carol* is a novella about Ebenezer Scrooge, an old man, who is well-known for his miserly ways. On Christmas Eve, Scrooge is visited by a series of ghosts, starting with his old business partner, Jacob Marley. The three spirits which follow, the Ghosts of Christmas Past, Christmas Present and Christmas Yet to Come, show Scrooge how his mean behavior has affected those around him. At the end of the story he is relieved to discover that there is still time for him to change and we see him transformed into a generous and kind-hearted human being. Let's get in the holiday spirit and enjoy this 2:00p.m. Matinee show in Orchestra seats at the American Conservatory Theater in San Francisco!

**Date:**

Wednesday, Dec. 7th

**Depart:**

12:30pm

**Return:**

5:00p.m.

**Fee: \$110**

*No refunds after Nov. 30th*



**Lunch is not provided on this trip. Please eat prior to attending.**

**RSVP required for all trips. Sign up at the Senior Wing front desk or call 286.2585 for more information. Trips are subject to possible schedule modifications and times are approximate.**

## Holiday Mingle

Thursday, December 15th

10am - 12pm

**FREE holiday treats, drinks, and gift wrapping services!**



**Requirements & Information:**

- Gift must be in a box
- Limit of 2 gifts wrapped per person
- All wrapping supplies provided
- Gifts will be wrapped on a first come, first served basis

**For more information, contact the Senior Wing at 650-286-2585.**

## Trip Policies

When signing up for a trip through the Foster City Senior Wing, please be aware of the following:

- Trip reservations cannot be made without payment
- We accept cash (*must have exact change*) or check only
- Foster City residents have priority to sign up for trips two days before non-residents
- Your current medical waiver must be on file or filled out prior to the trip departure (New medical waivers are required at the start of each new year)
- No refunds will be granted one week (subject to change) prior to the trip.

**Exception:** If there is a waiting list for the trip, we will attempt to fill your spot. If we are able to fill your spot from the waiting list, you will be provided with a refund. If there is no waiting list and you cannot find a replacement on your own, you will not be granted a refund for the trip.

- You must arrive at least 5 minutes prior to departure
- Efforts will be made to make reminder calls, but they are not guaranteed
- Trips are subject to possible schedule modifications and times are approximate
- Subscribing to the Senior Expressions Newsletter does not guarantee priority registration for trips

## Medical Waiver Forms

If you plan on attending a Senior Wing trip, you must fill out a Medical Waiver Form. Medical Waiver Forms are available at the Senior Wing Front Desk and must be filled out every 12 months to be sure that we have your most current information. If you are unsure of your last Medical Waiver Form update, you may inquire at the Senior Wing Front Desk.

For additional questions, please contact the Senior Wing front desk at 650-286-2585.



## Senior Express Bus

Let the Senior Express Bus do the driving for you to run errands, go to appointments, and to take you wherever else you need to go! The bus operates as far north as Trousdale Avenue/Peninsula Hospital in Burlingame and as far south as Veterans Boulevard/Kaiser in Redwood City. The bus also travels to Stanford Hospital and the Millbrae BART station.

The Senior Express operates on Tuesdays from 9:00 a.m. to 3:30 p.m. within Foster City and San Mateo, Wednesdays from 9:00 a.m. to 5:00 p.m. throughout the specified territory and Thursdays from 10:00 a.m. to 3:30 p.m. within Foster City and San Mateo.

Reservations are required and the payment method is a punch card that can be purchased at the Senior Wing front desk.

<u>In Town Bus Pass</u>	<u>Out of Town Bus Pass</u>
6-pack Punch Card: \$12 (\$2/ride)	6-pack Punch Card: \$30 (\$5/ride)
10-pack Punch Card: \$18 (1 free)	10-pack Punch Card: \$45 (1 free)
20-pack Punch Card: \$30 (5 free)	20-pack Punch Card: \$75 (5 free)

\* All Bus Pass purchases are final (No refunds can be issued).

For more information, and specific details of the program policies, pick up a Senior Express Bus Program brochure from the Senior Wing.

**To make an appointment, please call 286.2585 between the hours of 9:00 a.m. and 1:00 p.m. only. Appointments MUST be made at least one day in advance.**



# October Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>12:30 - Watercolor 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong</p>	<p>4</p> <p>9:30 - Painting/Drawing 10:45 &amp; 11:45 - Zumba 11:00 - Yoga 12:30 - Bingo 12:30 - Painting/Drawing 1:00 - Tai Chi 1:00 - Open Play</p>	<p>5</p> <p>10:30 - Qi Gong 1:15 - Knitting</p>	<p>6</p> <p>11:00 - 55+ Club 12:15 - Yoga 12:30 - Movie 1:00 - Bridge 1:00 - Tai Chi</p>	<p>7</p> <p>9:30 - Sewing 10:00 - Open Play 1:00 - Canasta/Open Play</p>
<p>10</p> <p>12:30 - Watercolor 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong</p>	<p>11</p> <p>9:30 - Painting/Drawing 10:45 &amp; 11:45 - Zumba 11:00 - Yoga 12:30 - Bingo 12:30 - Painting/Drawing 1:00 - Tai Chi 1:00 - Open Play</p>	<p>12</p> <p>10:15 - Day Trip 10:30 - Qi Gong 1:15 - Knitting</p>	<p>13</p> <p>11:00 - 55+ Club 12:15 - Yoga 12:30 - Movie 1:00 - Bridge 1:00 - Tai Chi</p>	<p>14</p> <p>9:30 - Sewing 10:00 - Open Play 1:00 - Canasta/Open Play</p>
<p>17</p> <p>12:30 - Watercolor 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong</p>	<p>18</p> <p>9:30 - Painting/Drawing 10:45 &amp; 11:45 - Zumba 11:00 - Yoga 12:30 - Bingo 12:30 - Painting/Drawing 1:00 - Tai Chi 1:00 - Open Play</p>	<p>19</p> <p>10:30 - Qi Gong 11:15 - Lunch Bunch 1:15 - Knitting</p>	<p>20</p> <p>11:00 - 55+ Club 12:15 - Yoga 12:30 - Movie 1:00 - Bridge 1:00 - Tai Chi</p>	<p>21</p> <p>9:30 - Sewing 10:00 - Open Play 1:00 - Canasta/Open Play</p>
<p>24</p> <p>12:30 - Watercolor 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong</p>	<p>25</p> <p>9:30 - Painting/Drawing 10:45 &amp; 11:45 - Zumba 11:00 - Yoga 12:30 - Bingo 12:30 - Painting/Drawing 1:00 - Tai Chi 1:00 - Open Play</p>	<p>26</p> <p>9:15 - Day Trip 10:30 - Qi Gong 1:15 - Knitting</p>	<p>27</p> <p>11:00 - 55+ Club 12:15 - Yoga 12:30 - Movie 1:00 - Bridge 1:00 - Tai Chi</p>	<p>29</p> <p>9:30 - Sewing 10:00 - Open Play 1:00 - Canasta/Open Play</p>
<p>31</p> <p>12:30 - Watercolor 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong</p>		<p>Happy Halloween!</p>		

# November Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>1</i> 9:30 - Painting/Drawing 10:45 & 11:45 - Zumba 11:00 - Yoga 12:30 - Bingo 12:30 - Painting/Drawing 1:00 - Tai Chi 1:00 - Open Play	<i>2</i> 10:30 - Qi Gong 1:15 - Knitting	<i>3</i> 11:00 - 55+ Club 12:15 - Yoga 12:30 - Movie 1:00 - Bridge 1:00 - Tai Chi	<i>4</i> 9:30 - Sewing 10:00 - Open Play 1:00 - Canasta/Open Play
<i>7</i> 12:30 - Watercolor 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong	<i>8</i> 9:30 - Painting/Drawing 10:45 & 11:45 - Zumba 11:00 - Yoga 12:30 - Bingo 12:30 - Painting/Drawing 1:00 - Tai Chi 1:00 - Open Play	<i>9</i> 10:00 - Day Trip 10:30 - Qi Gong 1:15 - Knitting	<i>10</i> 11:00 - 55+ Club 12:15 - Yoga 12:30 - Movie 1:00 - Bridge 1:00 - Tai Chi	<i>11</i> <b>CLOSED</b> <b>Veterans Day</b>
<i>14</i> 12:30 - Watercolor 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong	<i>15</i> 9:30 - Painting/Drawing 10:45 & 11:45 - Zumba 11:00 - Yoga 12:30 - Bingo 12:30 - Painting/Drawing 1:00 - Tai Chi 1:00 - Open Play	<i>16</i> 10:30 - Qi Gong 11:15 - Lunch Bunch 1:15 - Knitting	<i>17</i> 11:00 - 55+ Club 12:15 - Yoga 12:30 - Movie 1:00 - Bridge 1:00 - Tai Chi	<i>18</i> 9:30 - Sewing 10:00 - Open Play 1:00 - Canasta/Open Play
<i>21</i> 12:30 - Watercolor 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong	<i>22</i> 12:30 - Bingo 1:00 - Open Play	<i>23</i> 12:30 - Day Trip	<i>24</i> <b>CLOSED</b> <b>Thanksgiving</b>	<i>25</i> <b>CLOSED</b> <b>Thanksgiving</b>
<i>28</i> 12:30 - Watercolor 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong	<i>29</i> 9:30 - Painting/Drawing 10:45 & 11:45 - Zumba 11:00 - Yoga 12:30 - Bingo 12:30 - Painting/Drawing 1:00 - Tai Chi 1:00 - Open Play	<i>30</i> 10:30 - Qi Gong 1:15 - Knitting		

# December Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			<i>1</i> 11:00 - 55+ Club 12:15 - Yoga 12:30 - Movie 1:00 - Bridge	<i>2</i> 9:30 - Sewing 10:00 - Open Play 1:00 - Canasta/Open Play
<i>5</i> 12:30 - Watercolor 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong	<i>6</i> 9:30 - Painting/Drawing 10:45 & 11:45 - Zumba 11:00 - Yoga 12:30 - Bingo 12:30 - Painting/Drawing 1:00 - Tai Chi 1:00 - Open Play	<i>7</i> 10:30 - Qi Gong 12:30 - Day Trip 1:15 - Knitting	<i>8</i> 11:00 - 55+ Club 12:15 - Yoga 12:30 - Movie 1:00 - Bridge	<i>9</i> 9:30 - Sewing 10:00 - Open Play 1:00 - Canasta/Open Play
<i>12</i> 12:30 - Watercolor 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong	<i>13</i> 9:30 - Painting/Drawing 10:45 & 11:45 - Zumba 11:00 - Yoga 12:30 - Bingo 12:30 - Painting/Drawing 1:00 - Tai Chi 1:00 - Open Play	<i>14</i> 10:30 - Qi Gong 1:15 - Knitting	<i>15</i> 12:15 - Yoga 12:30 - Movie 1:00 - Bridge	<i>16</i> 9:30 - Sewing 10:00 - Open Play 1:00 - Canasta/Open Play
<i>19</i> 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong	<i>20</i> 12:30 - Bingo 1:00 - Open Play	<i>21</i> 11:15 - Lunch Bunch	<i>22</i> 12:30 - Movie 1:00 - Bridge	<i>23</i> <b>CLOSED Holidays</b>
<i>26</i> <b>CLOSED Holidays</b>	<i>27</i> 12:30 - Bingo 1:00 - Open Play	<i>28</i>	<i>29</i> 12:30 - Movie 1:00 - Bridge	<i>30</i> <b>CLOSED Holidays</b>

## Community Events

### Medicare Seminar

Wednesday, October 5 • 10:00a.m. • Foster City Recreation Center - Mist Room

Do you need help walking through the complex Medicare programs and finding what is most suitable for you? Would you benefit from a review of different Eligibility Periods? Are you eligible for extra help with the costs of your prescription drugs? If the answer to any of these questions is yes, we encourage you to join us for a free educational seminar. The presenters are professionals, licensed by the State of California, and are knowledgeable in answering your questions about Medicare.

#### **Presentation topics include:**

\*Medicare Eligibility, Coverage, Characteristics

**Part A:**Hospital Stays, **Part B:**Doctor Visits/Outpatients, **Part C:**Medicare Advantage,

**Part D:**Prescription Drugs Medicare Supplement (Medi Gap)

\*Initial Enrollment Period (IEP) \*Annual Enrollment Period (AEP) \*Special Enrollment Period (SEP) \*Special Need Plan (SNP)

\*Extra help with prescription drugs \*Other topics of interest

Light refreshments will be provided. Seats are limited. To reserve your seat, please contact the Foster City Senior Wing at (650) 286-2585 or email [zlothenberg@gmail.com](mailto:zlothenberg@gmail.com).

## **TUESDAY BINGO**

**Time:** 12:30-2:30pm

**Location:** Clipper Room, Foster City Recreation Center

**Cost:** 25 cents per card

Join the Foster City Senior Wing every Tuesday for some afternoon fun! Payouts will be based on the number of players and games played. One special prize will be awarded to the final round winner. **Hope to see you there!**



### Legal Aid Society Seminar

Monday, October 17 • 9:00a.m. - 9:30a.m. • Foster City Recreation Center - Mist Room

Do you want to know how the Legal Aid Society can help you? What the specific needs are for getting seniors legal help? What elder abuse is and what can be done about it? If the answer to any of these questions is yes, we encourage you to join us for a free educational seminar. Contact the Senior Wing front desk at 650-286-2585 for more information and to reserve your spot!

# Classes

To register for a class and payment instruction, please contact the San Mateo Adult School directly

## Mondays

**Drawing & Watercolor:** 12:30p.m. - 3:00p.m., Sail Room, Foster City Community Center

Explore a selection of drawing and painting techniques under the guidance of illustrator, Matt Crane. Learn how to augment shadow and light, create mood and bring dimension to your paintings. For a materials list email: [jmcgovern@smace.org](mailto:jmcgovern@smace.org). **Dates: 8/29-12/19**

## Tuesdays

**Painting & Drawing:** 9:30a.m. - 12:00p.m. & 12:30p.m. - 3:00p.m., Sunfish Room

Class emphasis is on enjoyment and skill development. Explore various media including watercolor, water-soluble colored pencils and pastels. **The materials fee will be discussed at first class meeting.**

**Dates: 8/23-12/13**

**Yoga for Health:** 11:00a.m. - 12:00p.m., Port Room, Foster City Community Center

Practice beneficial yoga postures designed to increase your range of motion, augment flexibility, enhance vitality, and strengthen your sense of inner calm. Resistance bands and yoga blocks are used to facilitate some postures. Wear comfortable clothing. Bring a towel, small blanket and yoga mat.

**Dates: 8/23-12/13**

**Zumba Gold:** 10:45a.m. - 11:45a.m. & 11:45a.m. - 12:45p.m., Spirit Room

Tone up, build strength, feel good! Join us every Tuesday morning and get your day off to a great start. Zumba "Gold" is an easy-to-follow, cardio based, lower impact, Latin-inspired dance-fitness class. The music is rhythmic and motivating, the movements are, by design, modified so all levels can participate. All classes conclude with strength training using hand weights. S. Funk is a Zumba certified instructor.

**Dates: 8/23-12/13**

**Tai Chi - Beginning Zungu Chen Family Taiji:** 1:00p.m. - 2:00p.m., Spirit Room

This beginning Tai Chi class introduces the traditional Chen Taiji form and the silk reeling exercises to increase joint mobility and overall flexibility. Under the skilled and supportive instruction of Debbie Au, these uncomplicated and beneficial postures will lead to a fine tuning of proper body alignment. Please wear comfortable clothing and shoes; no sandals. **Dates: 8/23-12/13**

## Wednesdays

**Qi Gong:** 10:30am-11:30am, Lagoon Room

This class is a hybrid class with Qi Gong used as a meditative warm-up followed by light aerobics, weight work, and stretching. Enjoy an hour of moving and strengthening your whole body. All levels from beginners to advanced are welcome. Bring hand weights. **Dates: 8/24-12/14**

**Hand Knitting & Machine Knitting:** 1:45p.m. - 4:15p.m., Sunfish Room

Interested in learning how to create your own knitted garments and gifts? Give it a try. Learn basic or advanced knitting skills. Complete an introductory project, or learn new techniques to add to your current skills. Learn to read the pattern books to create designs that inspire you. Bring size 7 single-point needles and medium weight worsted yarn. **Dates: 8/24-12/14**

To register for a class and payment instruction,  
please contact the San Mateo Adult School directly

## Classes

### Thursdays

**Yoga for Health:** 12:15p.m.-1:15p.m., Port Room, Foster City Community Center

Practice beneficial yoga postures designed to increase your range of motion, augment flexibility, enhance vitality, and strengthen your sense of inner calm. Resistance bands and yoga blocks are used to facilitate some postures. Class will conclude with 15 minutes of meditative relaxation exercises. Wear comfortable clothing. Bring a towel, small blanket and yoga mat. **Dates: 8/25-12/15**

**Tai Chi: 10 Week Intensive:** 1:00p.m. – 2:00p.m., Spirit Room, \$65

A continuation of the Zungu Chen Family Taijiquan (Lao Jia) First Form, in a supportive limited class-sized environment. Each student will receive individualized attention. Each class session begins with the silk reeling exercises for joint mobility and overall flexibility. You will then proceed to practice the Tai Chi form placing emphasis on posture and balance. Class limited to 15 students. Wear comfortable clothing and shoes. Prerequisite: Beginning Zungu Chen Family Taiji 101 and instructor's permission.

**Dates: 9/15-11/17**

### Fridays

**Sewing:** 9:30am-12:30pm, Sunfish Room

Construct garments and adjust patterns. Tailor your clothes and projects to reflect what you like. Learn how to achieve a perfect fit for your unique body! All levels, from beginning seamstresses to experienced sewers are welcomed. Beginners will learn to measure themselves and make simple patterns. A few sewing machines are available; bring your own if you wish.

**All students pay \$10 materials fee directly to the instructor. Dates: 8/26-12/16**

### Important Class Information

The **Fall Session** starts on August 22nd and goes through December 16th.

**No Classes will be held on 11/11, 11/22-25.**

(Please check with specific instructors for other class cancellations).

For more Information please see **San Mateo Adult School** brochure or visit [www.smace.org](http://www.smace.org).

**To register for a class and payment instruction, please contact the San Mateo Adult School directly at (650) 558-2100.**

Enrollment is accepted for San Mateo Adult Education classes on an ongoing basis.

(Note: class fees are not prorated if you start after the session begins.)

Please be sure to sign in with the class instructor and on the Senior Wing attendance sheet.

#### **Exercise Fees:**

65+ years old: \$43 for one course per semester\*

50-64 years old: \$64 for one course per semester\*

Under 50 years old: \$85 for one course per semester\*

#### **Knitting, Painting & Drawing, or Sewing Fees:**

65+ years old: \$70 for one course per semester\*

50-64 years old: \$90 for one course per semester\*

Under 50 years old: \$100 for one course per semester\*

*\*All classes include a \$5 administration fee for the Parks & Recreation Department*

# Ongoing Activities

## Game Schedule

DAY	GAME	TIME	ROOM
Monday	Bridge	1pm - 4pm	Clipper Room
Monday	Pedro	1pm-4pm	Sunfish Room
Monday	Mah Jong	1pm - 3pm	Senior Wing Lobby
Tuesday	Bingo	12:30pm-2:30pm	Clipper Room
Tuesday	Open Play	1pm-3pm	Senior Wing Lobby
Thursday	Bridge	1pm-4pm	Clipper Room
Friday	Open Play	10am-12pm	Senior Wing Lobby
Friday	Canasta/Open Play	1pm-3pm	Clipper Room

**\*\* Thursday Bingo has been cancelled until further notice. If you or someone you know is interested in becoming a BINGO caller, please contact the Senior Wing Front Desk immediately!**

Please Note:

1. Players are responsible for forming own groups; inform Front Desk if you would like to be listed as a contact person to coordinate a group; Parks and Recreation Department will only furnish the free space.
2. Bring your own materials.
3. No money may be exchanged in play with the exception of Bingo.
4. No formal instruction for play is available; however, group participants will assist in teaching games.

### Driver Safety Program

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:

\$15 for AARP Members

\$20 for Non-members

**(Due to instructor at class)**

### November

11/2 & 11/4	9:00am-1:30pm	Mist Rm
11/5	8:30am-5:30pm	Mallard Rm

**RSVP:** The Foster City Senior Wing or call 650.286.2585

### Thursday Movies

Join the Foster City Senior Wing on Thursday afternoons for the weekly movie. Movies start at 12:30pm in the Sunfish Room. Free popcorn and water are provided. Call or stop by the Senior Wing front desk for the list of upcoming movies: 286-2585.

**Day:** Thursdays

**Time:** 12:30pm

**Location:** Sunfish Room

**Cost:** FREE!



## Social Activities

### Senior Meals

Join the Foster City Senior Wing and the Foster City Rotary Club for a delicious hot lunch that includes soup, an entrée, and dessert. Preregister at the Senior Wing front desk and pay the \$4 fee (cash only) at the door. Space is limited to the first 40 participants. Upcoming meals will be held in the Bluebird Room from 11:30am-12:30pm on the following days:

- Tuesday, October 4th
- Tuesday, November 1st
- Tuesday, December 6th



## *Lunch Bunch*

The Lunch Bunch program meets on the third **Wednesday** of each month at **11:15am**. We meet in the Senior Wing lobby and take the Senior Express Bus to a variety of local restaurants. Don't miss this opportunity 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.**

### Upcoming Restaurants

October 19th - Crepevine, Burlingame

November 16th - West Coast Café, San Bruno

December 21st - Urban Bistro, Burlingame



### Lions Club Luncheon & Bingo

**Date:** Sunday, November 27th

**Time:** 11:30am - 2:30pm

**Location:** Lagoon Room, Foster City Recreation Center

The annual Lions Club Luncheon & Bingo celebration is just around the corner! Enjoy a delicious lunch of Chicken Cordon Bleu and an afternoon of Bingo and prizes. This event is FREE, but please bring a canned food donation.





Foster City Senior Wing  
650 Shell Boulevard  
Foster City, CA 94404

## Lions Club Flu Shot Clinic

Protect yourself this flu season! The flu virus changes often and the protection from the vaccine only lasts for about a year. If you're not immunized against this year's expected virus strains, you are at risk for getting the flu.



**Date:** Saturday, October 22nd

**Time:** 9am-12pm

**Location:** Sunfish Room

**Cost:** \$7 (optional donation)

Open to all ages at risk.  
First Come, First Serve