

Creating Community through People, Parks and Programs



Senior Expressions

October - December 2015

CHECK OUT OUR SENIOR EXPRESS BUS!



Trip registration begins October 1st for Foster City residents and October 5th for non-residents.

**Foster City
Parks and Recreation Department**

**Senior Wing
650 Shell Boulevard
Foster City, CA 94404
650.286.2585**

www.fostercity.org

**Hours:
Monday-Friday: 9:00a.m. - 4:00p.m.
Saturday & Sunday: Closed**

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UPCOMING EVENTS

October

- 6th - Medicare Seminar, Mist Room, 10:00a.m.
- 7th - Overview of Senior Care, Mist Room, 1:30p.m.
- 14th - Day Trip: Marin County, 10:15a.m. - 4:00p.m.
- 21st - Collette Travel Seminar, Mist Room, 1:00p.m.
- 21st - Lunch Bunch: Fish Market, San Mateo, 11:15a.m.
- 24th - Flu Shot Clinic, Sunfish Room, 9:00a.m.-12:00p.m.
- 28th - Day Trip: San Francisco Botanical Garden, 10:00a.m. - 4:30p.m.
- 31st - Halloween Festival, The Vibe, 11a.m. - 2:00p.m.

November

- 3rd - Election Day
- 4th - Lunch Bunch : Nini's, San Mateo, 11:15a.m.
- 8th - Day Trip: Beach Blanket Babylon, 12:15 - 4:30p.m.
- 11th - Facility CLOSED in observance of Veteran's Day
- 18th - Day Trip: Asian Art Museum, 10:00a.m. - 4:00p.m.
- 26th, 27th - Facility CLOSED for Thanksgiving weekend

December

- 2nd - Tree Lighting Ceremony, Lagoon Room, 6:00p.m.
- 9th - Day Trip: Fogarty Winery, 10:00a.m. - 4:00p.m.
- 16th - Lunch Bunch: Osteria Coppa, San Mateo, 11:15a.m.
- 17th - Holiday Mingle, Senior Wing, 10:00a.m. - 2:00p.m.
- 24th, 25th, 31st - Facility CLOSED for Holidays and New Year

Trip Sign-up Start Dates
Residents Begin: October 1st
Non-residents Begin: October 5th

October

Frank Lloyd Wright's Marin County Civic Center

Join us for a fun-filled day in Marin! First, we will enjoy lunch at Chalet Basque with a vinaigrette salad, and your choice of grilled chicken breast with mustard seed sauce, fresh fillet of rock cod, or pasta prawns. Spumoni ice cream will top off this lunch, before we head on to the next destination. Next, we will take a docent led tour through Marin County Civic Center, a national historic landmark from the 1960's with its unique architectural design and history. Its pink stucco walls, blue roof and scalloped balconies are distinctive. The smaller wing is the county administration building and the larger one is the Hall of Justice, joined by a round structure on a small hill that houses a county library. Don't miss out on seeing this architectural masterpiece!

Date:
Wednesday, October 14
Depart:
10:15 a.m.
Return:
4:00 p.m.

Fee: \$70
No refunds after October 7th



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.

San Francisco Botanical Garden

We will start off the day at the San Francisco Botanical Garden, where you will enjoy the beautiful 55 acres of serene gardens showcasing diverse plants from around the world. The famous Magnolia collection has been attracting visitors with its dazzling display of winter flowers, and is recognized as the world's fourth most significant collection of Magnolia for conservation purposes, and the most important outside China, where a majority of Magnolia species are found.

Next, lunch will be at Pacific Catch just down the street. Menu details are available at the Senior Wing front desk.

Date:
Wednesday, October 28
Depart:
10:00 a.m.
Return:
4:30 p.m.

Fee: \$77
No refunds after October 21st



November

Trip Sign-up Start Dates
Residents Begin: October 1st
Non-residents Begin: October 5th

Date:

Sunday,
November 8th

Depart:

12:15p.m.

Return:

4:30p.m.

Beach Blanket Babylon

Enjoy this awesome show sitting in Cabaret seats in the venue Club Fugazi! This matinee show is not one to miss with your friends!

“Beach Blanket Babylon, San Francisco's hilarious pop-culture musical revue is a perfect night out with friends. Celebrating over 15,000 performances, and seen by nearly six million people from around the world, this internationally acclaimed production continues to delight audiences at Club Fugazi in San Francisco's North Beach district with its spectacular costumes and outrageously gigantic hats!” - *beachblanketbabylon.com*

Fee: \$84

No refunds after Oct. 30th



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,
November 18th

Depart:

10:00a.m.

Return:

4:00p.m.

Asian Art Museum

First, you will start the day off with lunch at the museum in Café Asia, where you will have your choice of miso soup or mixed green salad, salmon misoyaki with brown rice and cucumber namasu, Japanese curry chicken over steamed rice, or wok noodles with vegetables. Dessert is the Chef's selection.

Next, the docent led *Collection's tour* will boast the museum's most comprehensive Asian art collections in the world, with over 18,000 works of art in its permanent collection, some as many as 6,000 years old! Major galleries are devoted to the arts of South Asia, West Asia and Central Asia, Southeast Asia, the Himalayas, China, Korea and Japan. There are 2,500 works on display in the permanent collection. Don't miss it!

Fee: \$ 70

No refunds after Nov. 4th



Trip Sign-up Start Dates
Residents Begin: October 1st
Non-residents Begin: October 5th

December

Thomas Fogarty Winery

Join us on a trip to the Thomas Fogarty Winery in Woodside! You will have the opportunity to taste some delicious wines and sample some complimentary snacks to excite your Wednesday taste buds!

Date:
Wednesday,
December 9th
Depart:
10:00a.m.
Return:
4:00p.m.

“From the very beginning, it was the vision of Thomas Fogarty Sr. that when the winery and 30 acre vineyard was developed, the remaining 330 acres from his 360 acre estate would be set aside to remain in an open space preserve. Our farming practices reflect this respect for the land, by respecting and working with the soils natural micro biological systems.” - *fogartywinery.com*

Fee: \$ 85
No refunds after Dec. 2nd



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.

Extended Travel: Collette Vacations



Expand your horizons or add a stamp to that already full passport with the Foster City Senior Wing. We have partnered with our friends at Collette Travel to offer active adults trips four times a year to destinations throughout the world. We will travel on meticulously planned tours that include:

- Canadian Rockies (August 2016)**
- Ireland—Shades (September 2016)**
- Southern Charm (October 2016)**



Please join us for a seminar at the Foster City Recreation Center (located at 650 Shell Blvd.) on **Wednesday, October 21st at 1pm in the Mist Room** to learn about the specific tour details for all of the exciting trips planned for next year. For more information, please call the Foster City 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.

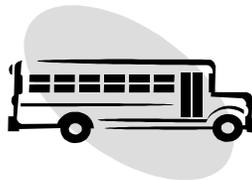
Reservations are required and the payment method is a punch card that can be purchased at the Senior Wing front desk.

| <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.



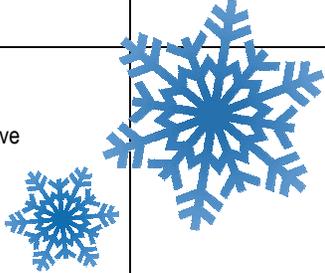
October Calendar

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

November Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| <p>2</p> <p>9:30 - Watercolor 12:30 - Watercolor 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong</p> | <p>3</p> <p>9:30 - Painting/Drawing 10:00 - Yoga 10:45 & 11:45 - Zumba 12:30 - Bingo 12:30 - Painting/Drawing 1:00 - Tai Chi 1:00 - Open Play</p> | <p>4</p> <p>9:30 - Knitting 10:30 - Qi Gong 11:15 - Lunch Bunch 12:30 - Knitting</p> | <p>5</p> <p>11:00 - 55+ Club 12:00 - Yoga 12:30 - Bingo 12:30 - Movie 1:00 - Bridge 1:00 - Tai Chi</p> | <p>6</p> <p>10:00 - Open Play 1:00 - Canasta/Open Play 6:00 - Summer Concert</p> |
| <p>9</p> <p>9:30 - Watercolor 12:30 - Watercolor 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong</p> | <p>10</p> <p>9:30 - Painting/Drawing 10:00 - Yoga 10:45 & 11:45 - Zumba 12:30 - Bingo 12:30 - Painting/Drawing 1:00 - Tai Chi 1:00 - Open Play</p> | <p>11</p> <p>CLOSED Veteran's Day</p> | <p>12</p> <p>11:00 - 55+ Club 12:00 - Yoga 12:30 - Bingo 12:30 - Movie 1:00 - Bridge 1:00 - Tai Chi</p> | <p>13</p> <p>10:00 - Open Play 1:00 - Canasta/Open Play 6:00 - Summer Concert</p> |
| <p>16</p> <p>9:30 - Watercolor 12:30 - Watercolor 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong</p> | <p>17</p> <p>9:30 - Painting/Drawing 10:00 - Yoga 10:45 & 11:45 - Zumba 12:30 - Bingo 12:30 - Painting/Drawing 1:00 - Tai Chi 1:00 - Open Play</p> | <p>18</p> <p>9:30 - Knitting 10:00 - Day Trip 10:30 - Qi Gong 12:30 - Knitting</p> | <p>19</p> <p>11:00 - 55+ Club 12:00 - Yoga 12:30 - Bingo 12:30 - Movie 1:00 - Bridge</p> | <p>20</p> <p>10:00 - Open Play 1:00 - Canasta/Open Play 6:00 - Summer Concert</p> |
| <p>23</p> <p>9:30 - Watercolor 12:30 - Watercolor 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong</p> | <p>24</p> <p>9:30 - Painting/Drawing 10:00 - Yoga 10:45 & 11:45 - Zumba 12:30 - Bingo 12:30 - Painting/Drawing 1:00 - Tai Chi 1:00 - Open Play</p> | <p>25</p> <p>9:30 - Knitting 10:30 - Qi Gong 12:30 - Knitting</p> | <p>26</p> <p>CLOSED Thanksgiving</p> | <p>27</p> <p>CLOSED Thanksgiving</p> |
| <p>30</p> <p>9:30 - Watercolor 12:30 - Watercolor 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong</p> | <p>Happy Thanksgiving!</p> | |  | |

December Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
|  | <i>1</i> 9:30 - Painting/Drawing 10:00 - Yoga 10:45 & 11:45 - Zumba 12:30 - Bingo 12:30 - Painting/Drawing 1:00 - Tai Chi 1:00 - Open Play | <i>2</i> 9:30 - Knitting 10:30 - Qi Gong 12:30 - Knitting 6:00 - Tree Lighting | <i>3</i> 12:00 - Yoga 12:30 - Movie 1:00 - Bridge | <i>4</i> 9:30 - Sewing 10:00 - Open Play 1:00 - Canasta/Open Play |
| | <i>7</i> 9:00 - Watercolor 12:30 - Watercolor 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong | <i>8</i> 9:30 - Painting/Drawing 10:00 - Yoga 10:45 & 11:45 - Zumba 12:30 - Bingo 12:30 - Painting/Drawing 1:00 - Tai Chi 1:00 - Open Play | <i>9</i> 9:30 - Knitting 10:00 - Day Trip 10:30 - Qi Gong 12:30 - Knitting | <i>10</i> 12:00 - Yoga 12:30 - Movie 1:00 - Bridge |
| <i>14</i> 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong | <i>15</i> 10:00 - Yoga 10:45 & 11:45 - Zumba 12:30 - Bingo 1:00 - Tai Chi 1:00 - Open Play | <i>16</i> 9:30 - Knitting 11:15 - Lunch Bunch 10:30 - Qi Gong 12:30 - Knitting | <i>17</i> 10:00 - Holiday Mingle 12:00 - Yoga 12:30 - Movie 1:00 - Bridge | <i>18</i> 10:00 - Open Play 1:00 - Canasta/Open Play |
| <i>21</i> 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong | <i>22</i> 12:30 - Bingo 1:00 - Open Play | <i>23</i> | 24 CLOSED Christmas Eve | 25 CLOSED Christmas Day |
| <i>28</i> 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong | <i>29</i> 12:30 - Bingo 1:00 - Open Play | <i>30</i> | 31 CLOSED New Year's Eve |  |

Community Events

Medicare Seminar

Tuesday, October 6 • 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.

Overview of Senior Care

At the Foster City Recreation Center, Mist Room

650 Shell Blvd., Foster City, CA 94404

7th October, Wednesday, 1:30PM - 3:00PM

RSVP: Senior Wing - (650) 286-2585



At Home Support
Senior Care, LLC

We bring comfort to your home.

At Home Support Senior Care, LLC is a family-owned non-medical senior home care staffing agency. It is our company's and our caregivers' passion to serve the elderly with personalized care plans that come from the heart. Contact us for a free at-home assessment at (650) 585 4447 or info@hsseniorcare.com. More information at www.hsseniorcare.com.



Lions Club Luncheon & Bingo

Date: Sunday, November 29th

Time: 11:30am - 2:30pm

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.

Space is limited; please RSVP at the Foster City Senior Wing



Classes

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

Mondays

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

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. **Dates: 8/24-12/7**

Tuesdays

Painting - Multimedia: 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: 8/25-12/8**

Yoga for Health: 10:00a.m. - 11:00a.m., Bluebird Room

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: 8/25-12/15**

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: 8/25-12/15**

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: 8/25-12/15**

Wednesdays

Hand Knitting & Machine Knitting: 9:30a.m. -12:00p.m. & 12:30p.m. - 3:00p.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: 9/2-12/16**

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: 8/26-12/16**

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

Classes

Thursdays

Tai Chi: 10 Week Intensive: 1:00p.m. – 2:00p.m., Spirit Room, \$62

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 over all 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: 9/10-11/12**

Yoga for Health: 12:00p.m.-1:00p.m., Bluebird Room

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: 8/27-12/17**

Fridays

Sewing & Pattern Making: 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: 8/28-12/11

Important Class Information

The **Fall Session** starts on August 24th and goes through December 18th.

No Classes will be held on 11/11, 11/24-27.

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

For more Information please see **San Mateo Adult School** brochure or visit **www.smace.org**.

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

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 in the Senior Wing attendance binder.

Exercise Fees:

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

50-64 years old: \$63 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 | Mist Room |
| Monday | Pedro | 1pm-4pm | Sail Room, Comm. Ctr |
| Monday | Mah Jong | 1pm - 3pm | Bow Room |
| Tuesday | Bingo | 12:30pm-2:30pm | Bluebird Room |
| Tuesday | Open Play | 1pm-3pm | Bow Room |
| Thursday | Bingo | 12:30pm-2:30pm | Lagoon Room |
| Thursday | Bridge | 1pm-4pm | Spray Room |
| Friday | Open Play | 10am-12pm | Bow Room |
| Friday | Canasta/Open Play | 1pm-3pm | Bow Room |

*Open play is for any game group that wishes to use the space.

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

11/16 & 11/20 9:00am-1:30pm Crane Rm, Gull Rm

11/21 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. 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!



Holiday Mingle

Thursday, December 17th from 10am-2pm in the Senior Wing!

Meet and Mingle!

FREE holiday treats, drinks, and gift wrapping services!

Free Gift Wrapping 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

Wrapping Services Graciously Donated By: Jim Wagner

Tree Lighting Ceremony

Wednesday, December 2nd, starts at 6:00p.m.

Recreation Center Patio

Free Community Event!

Music, Refreshments, Coloring, 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



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 21 - Fish Market, San Mateo

November 4 - (*meeting first week instead*) Nini's, San Mateo

December 16th - Osteria Coppa, San Mateo

For more information, call the Senior Wing front desk at 650.286.2585.





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

Extras



Halloween Festival

Saturday, October 31st

11:00 a.m. - 2:00 p.m.

The Vibe Teen Center (670 Shell Boulevard)

Admission: \$3.00



Haunted House, Games, Crafts, Costume Contests, Food and More!

This event is geared towards preschool through fifth grade children.

Proceeds from this event will benefit the Foster City Youth and Teen Foundation.



For questions please call (650) 286-3254
or visit www.fostercity.org.

