

**THE**

# **Sentinel**

**July & August 2018**



**The Bi-monthly Publication of the Redwood City Veterans Memorial Senior Center**

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## Important Phone Numbers

Main Line	(650) 780-7270	Adaptive Physical Education	(650) 368-7732
Lunch Reservations	(650) 780-7259	Senior Services	(650) 780-7343
Gift Shop	(650) 780-7338	Fax Line	(650) 366-5276
SNAP	(650) 780-7343	Ombudsman	(650) 780-5707

### Save the Dates: [Adaptive Physical Education 368-7732](tel:368-7732)

Blood Pressure Testing- July 3, 2018

Blood Pressure Testing- August 7, 2018

Blood Glucose Testing- August 8, 2018



### **Active Aging Week Health Fair runs Monday, September 24**

**to Friday, September 28, 2018.** Try many fun, new activities and learn about important health information. Get your flu shot, learn to use your cell phone and sleep better. Try Laughter Yoga and Line Dancing, and play Lawn Games. Come to the Kick-Off Breakfast and pick up your free T-shirt. Sign ups begin the first week of September.

**Please note!**

**There will be no movie or sack-bar service on Friday, August 3rd.**

**ALSO**

**The Arbor Gift Shop will be closed the week of  
July 30th- August 3rd.**

# Special Events at the VMSC



## 4th Annual Fisher House Fundraiser

**Support our Veterans**  
**Saturday Aug 25th, 2018**  
**11am– 3pm**  
**1455 Madison Ave.**  
**Redwood City, CA 94061**

Honor Guard— Bagpipes  
Classic Car and Motorcycle show  
Booths with resources for Veterans  
Live Music

BBQ  
Kids Play Zone with Bounce House (FREE)  
Face Painting (FREE)  
Raffle,

**Cockpit from the USS Hornet**  
Baked Goods and much more

**Come Join the Fun!**



# Power Walking Competition Added to Bay Area Senior Games

The Bay Area Senior Games, which take place each spring on the Peninsula, added a new sport this year - power walking. Redwood City residents, Georgi LaBerge, a gold medalist in power walking at the Huntsman World Senior Games in St. George, Utah, and Dorothy McCartney, a new power walking enthusiast, were named commissioners for the competition which took place on the College of San Mateo track on Sunday, May 27. To launch the new sport, a 1500 meter race was scheduled.

Women and men over 50 were eligible to participate. Ages ranged from 50+ to 80+ in 5 year increments. Walkers received a tee shirt and medals were awarded to first, second and third place winners. To register, go to [www.bayareaseniorgames.org](http://www.bayareaseniorgames.org).

The new commissioners lead a free power walking training class, sponsored by the Sequoia YMCA, on Tuesdays at 8 AM at the Sequoia High School track in Redwood City. Interested walkers are encouraged to simply show up. All fitness levels are welcome.

The Senior Games will take place annually in April to May in cities including San Francisco, San Mateo, Palo Alto and San Jose. Among the 19 sports offering competitions are pickleball, cycling, swimming, track and field, basketball, and volleyball.



## CLUBS at the VMSC:

**American Association of Retired Persons 746:** 11:00am - Noon • 3rd Wednesday of the month • Goldstar Room  
AARP Chapter 746, was founded to promote independence, dignity and a good quality of life for older persons. We have monthly meetings with speakers or entertainment following. We provide some travel trips, meeting-day lunch gatherings and holiday luncheons. Donations from club assets are regularly made to local charities and to our Senior Center.

**Fun After Fifty:** 11:00am-Noon • Every Tuesday • Theater • Bingo follows lunch.

Dance - Last Friday of the month (except for Nov. & Dec.) 7:30-10pm. Other activities include monthly board meeting, entertainment and guest speakers with information of interest to seniors. We have pastries, weekly drawings for a free lunch and, sometimes, bags of groceries. Membership is \$15/year and open to anyone 50 years and older. We have Bingo on Tuesdays after the lunch room is cleared. We have special luncheons during the year and a picnic in July. Activities are not restricted to members only. Anyone can participate. However, you must be 18 years of age or older to play Bingo. Contact our bandleader, Dennis Berglund, at (650) 747-0264 for more info on our monthly dances.

**Hearing Loss Association of the Peninsula:** 1 -3:00pm • 1st Monday of the month • Goldstar Room  
Learn how to thrive even with hearing loss. Questions and answers, refreshments and friendship. For more information, please call Marjorie Heymans at (650) 593-6760.

**National Active & Retired Federal Employees (NARFE):** 1 - 3:00pm • 3rd Saturday of the month • Goldstar Room  
NARFE is a nonprofit, 501(c)5 membership association dedicated to protecting and improving the benefits of federal employees. NARFE has some 300,000 members: active federal employees, retirees, their spouses and survivors.

**Native Daughters of the Golden West:** 6:30pm - 9:30pm • 2nd Thursday of the month • Goldstar Room  
The Order of the Native Daughters of the Golden West is a fraternal and patriotic organization founded on the following principles: Love of Home, Devotion to Flag, Veneration of Pioneers and Faith in the Existence of God. We believe in preserving the past, meeting the challenge of the present and fulfilling the dream of the future. Some of our projects are: Historical Landmarks, Civic Participation, California Missions, Children's Foundations, Education & Scholarships and Environmental Issues. Anyone born in California can join our organization by contacting the head office in San Francisco at (800) 994-6349. Or visit our website: ndgw.org

**San Mateo County Retired Personnel Association:** 1 - 3:00pm • 4th Wednesday of the month • Goldstar Room  
The San Mateo County Retired Personnel Association (SCORPA) was established in 1975 to provide a representative voice for all San Mateo county retirees before the Board of Supervisors, The SamCERA Retirement Board and the California Retired County Employees Association (CRCEA). Our general meetings are 4th Wednesday in January, April, July and October from 1-3:30 with an informational speaker on subjects of interest which is mentioned in our bi-monthly newsletter.

## Veterans Organizations at the VMSC:

**AMVETS Post #53:** 11:00am - Noon • 4th Saturday of the month • Goldstar Room.

AMVETS is a veteran's service organization that is distinctive for its open-door policy. Eligibility for membership includes veterans from wars of all eras who have received an honorable discharge. We also welcome current service members, including the National Guard and Reserves, but we are not limited to combat or war veterans. Any person with an honorable discharge is welcome.

**Disabled American Veterans Chapter 16:** 11:00am - 3:00pm • 2nd Saturday of the month • Goldstar Room  
If you have a service-related disability, the members of the Edmund Parrot Chapter 16 invite you to join our chapter. The DAV is dedicated to a single purpose: Building Better Lives for All of Our Nation's Disabled Veterans and Their Families. This is done through our core values of service, quality, integrity and leadership in representation and advocacy services, now and in the future.

**Veterans of Foreign Wars Post 69:** 12:30 - 3:00pm • 4th Saturday of the month • Goldstar Room

The objectives of the VFW are to serve needy veterans and their families, insure a strong national defense, and promote true patriotism and allegiance to the United States of America. Projects we support include: Little League, Boy Scouts of America, USO, Blue Star Mothers and monthly parties at the Menlo Park V.A. Hospital Nursing Home. We welcome all honorably discharged veterans and currently serving military personnel who have a campaign medal for service in a combat zone. Join us as "Veterans Serving Veterans."

**Vietnam Veterans of America, Steven Warren Memorial Chapter #464:** 10 - 11:00am • 4th Sat. • Goldstar Room  
Founded in 1978, Vietnam Veterans of America is the only national Vietnam veterans organization congressionally chartered and exclusively dedicated to Vietnam-era veterans and their families. VVA is organized as a not-for-profit corporation and is tax-exempt under Section 501 (c) (19) of the Internal Revenue Service Code.

Senior Services	Fee	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Arbor Gift Shop</b> - Resource Building Tuesdays, Thursdays & Fridays, 9:30 AM – 1:30 PM Closed Mondays, Wednesdays, and Weekends Vendor day is Tuesdays from 10-11:30 AM	Varied		X		X	X		
<b>Blood Pressure Screenings</b> 1st Tuesday of Month 9:00 – 11:00 AM, Main Bldg., Goldstar Room 11:00AM - Noon, Wellness Bldg., Adaptive PE Room Call (650) 368-7732 for more info.	FREE		1st Tues. of mo.					
<b>Blood Glucose Screening</b> (quarterly) Call (650) 368-7732 for more info.	FREE			X				
<b>FISH</b> – Friends In Service to Humanity Providing volunteer transportation assistance to doctor appointments or nursing homes. Please call one week in advance: (650) 593-1288. <u>Donations gratefully accepted.</u>	FREE	X	X	X	X	X		
<b>Hair &amp; Nail Care for Seniors</b> - <u>By appointment only.</u> Thurs. 10:00 AM - 4:00 PM. Call Monday thru Saturday only, <u>no calls</u> on Sundays or holidays. (415) 285-2879	See Flier				X			
<b>Hearing Loss Association of the Peninsula</b> 1 <sup>st</sup> Monday - 1:00 - 3:00 PM (No mtg. July or August.) Main Bldg. - Goldstar Room For further info, call (650) 369-4717.	FREE	X						
<b>HICAP</b> - Health Insurance Counseling & Advocacy Program A nonprofit program offering free, unbiased & confidential one-on-one counseling on Medicare matters. Call (650) 637- 9350 to make an appointment.	FREE (by appt. only)				X			
<b>Information/Resources/Referrals</b> Need assistance w/taxes, housing, legal aide, care giving, medical resources or more? Call Senior Services: (650) 780-7270. M-T-W-Th-F	FREE	X	X	X	X	X		
<b>Loan Closet</b> - Medical equipment available: Canes, Walkers, and Wheelchairs. No sanitary equipment. Call (650) 780-7270 for appointment or info.	FREE	X	X	X	X	X		
<b>Movies</b> Fridays 1:15 PM Main Building - Theater Everyone's invited to attend! Check Sentinel for Schedule.	FREE					X		
<b>Nutrition Program</b> Prepared Lunch: Tu, Wed, & Thurs at Noon Main Building - Redwood Room For reservations, call (650) 780-7259. Meals are prepared on site. Café at the Center Fridays - 11:30AM - 1:00PM	\$8.00 Lunch		X	X	X	X (Café)		
<b>Ombudsman Services of San Mateo County</b> Advocating for residents in long-term care facilities. (650) 780 -5707 * Office closed but calls returned.	FREE	X	X	X	X	X	X*	X*
<b>Tax Preparation Service</b> – During tax season, AARP volunteers provide free tax preparation assistance.	FREE			X				
<b>TOPS</b> (Take Off Pounds Sensibly) Thursdays 6:00 - 7:30PM Wellness Center Game Room	\$32 / year + \$4 / mo.				X			
<b>Master Gardeners</b> You are welcome to visit our office to consult with us during Helpline hours. Please bring your plant or pest problems with you in a sealed bag or container. Thursdays 9am - 4pm (650) 276-7430	Free				X			
<b>Sequoia Village</b> Supporting our members with services, resources and community connections, so they can enjoy vibrant, healthy, and fulfilling lives in their own homes. Monday through Friday: 9am-1pm 650-260-4569 EMAIL: <a href="mailto:info@villagesofsmc.org">info@villagesofsmc.org</a>		X	X	X	X	X		

<b>Senior Services, cont.</b>	<b>Fee</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	
<b>Transportation -</b> To & from the VMSC on Tuesdays, Wednesdays & Thursdays. For more info, call (650) 537-2969.	<b>FREE</b>		X	X	X				
<b>Lyft to the Doctor-</b> Veteran's Memorial Senior Center in partnership with the Sequoia Healthcare District and Little House, is pleased to offer a cost-effective ride option, offering rides to VMSC and doctor's appointments, dentist and other medical services, from San Mateo to Palo Alto. Call 650-272-5040	<b>\$4.00 Each way</b>	X 8am-8pm	X 8am-8pm	X 8am-8pm	X 8am-8pm	X 8am-8pm	X 8am-11am		
<b>70 Strong</b> Come meet one of our navigators here at the Veterans Memorial Senior Center lobby across from the Hospitality desk between 10:00am-12:00noon on the second Wednesday of the Month. July 11th <b>No August</b> . 70 Strong helps connect you to the activities and hobbies you love!	<b>FREE</b>			X					
<b>Pet Pantry</b> Available to all our VMSC Friends. We carry Cat & Dog Food. We have Dry & Canned Food Open everyday the VMSC is open. We have plenty to share and little to waste.	<b>FREE</b>	X	X	X	X	X	X		
<b>Computer Classes (PC's only)</b>		<b>Fee</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>User's Group Forum</b> Fridays, 9:30 - 11:45 AM	<b>\$25</b>						X		
*NEW*									
<b>Chess Club</b> Wellness Building Library Call 408-761-668 for more information	<b>Free</b>		X						
<b>Special Needs Programs</b>		<b>Fee</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>Chef Club</b> 5:30 - 8:30 PM VMSC Main Building, Kitchen Call Anna Carlos at (650) 780 - 7343 for info. For teens and adults (14+), this club will teach participants how to plan & cook healthy meals.	<b>\$80 / mo.</b>					X			
<b>Special Needs Afternoon Program (SNAP)</b>		<b>Fee</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>Get Moving!</b> 2 - 6 PM Adaptive Fitness & Health - Let's get a move on! Call Anna Carlos at (650) 780 - 7343 for info. Wellness Building - Sequoia Room	<b>\$130 / mo.</b>	X							
<b>Music / Movies / Technology</b> 2 - 6 PM We'll explore the fun of today's technology alternating with music and movies. Call Anna Carlos at (650) 780 - 7343 for info. Wellness Building - Sequoia Room	<b>\$130 / mo.</b>		X						
<b>Local Adventures &amp; Horseback Riding</b> 2 - 6 PM We'll make trips to local destinations and, once a month, enjoy therapeutic Horseback Riding at the B.O/K. Ranch, right here in Redwood City. Call Anna Carlos at (650) 780 - 7343 for info. Wellness Building - Sequoia Room	<b>\$130 / mo.</b>			X					
<b>Mix It Up</b> 2 - 6 PM Arts & crafts activities Call Anna Carlos at (650) 780 - 7343 for info. Wellness Building - Sequoia Room	<b>\$130 / mo.</b>				X				
<b>Outings</b> 2 - 6 PM Call Anna Carlos at (650) 780 - 7343 for info. Meet at the Sequoia Room in the Wellness Building and we'll travel to various places	<b>\$130 / mo.</b>					X			

<b>Fitness Classes, cont.</b>	<b>Fee</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>General Fitness</b> Wednesdays 12:30 - 1:30 PM Wellness Center – Sequoia Room	<b>\$5.00 Drop in Fee</b>			X				
<b>Gentle Yoga</b> Mondays 10:00 - 11:15 AM Goldstar Room Restorative Yoga Thursdays 1 - 2:15pm Main Building – Sunset Room	<b>\$5.00 Drop In Fee</b>	X			X			
<b>Morning Fitness</b> Wednesdays 9:00 - 10:00 AM Wellness Center – Sequoia Room	<b>FREE</b>			X				
<b>Morning Walks</b> Monday, Wednesday & Friday 9:00 - 10:00 AM Main Building - Meet in Lobby	<b>FREE</b>	X		X		X		
<b>One-on-One Personal Training</b> By Appointment. Call Scott Lohmann (650) 823-1225 Or Sandra Burgess (650) 380 - 0882 Or Sang Pvongnak (510) 469 - 7682	<b>Varies</b>							
<b>Evening Weight Loss Fitness</b> Mondays 7:00 - 8:00PM [a] Thursdays 7:00 - 8:00 PM [b] Wellness Center – Adaptive PE Room	<b>\$100/ 10 classes [each class]</b>	X [a]			X [b]			
<b>Weight Training Program</b> Fridays 2:00 - 3:00 PM Wellness Center – Adaptive PE Room	<b>\$5.00 Drop In Fee</b>					X		
<b>Level 2 Circuit Training</b> (2 separate classes) Tuesdays 2:30 - 3:30 PM [a] Thursday 2:30 - 3:30 PM [b] Wellness Center – Adaptive PE Room	<b>\$100 / 10 classes</b>		X [a]		X [b]			
<b>Modified Zumba! - Tailored for Seniors</b> Monday 10 - 11: AM Sequoia Room, Wellness Bldg. Call (650) 368 - 7732 for further info.	<b>\$60 / 10 classes</b>	X						
<b>Tai Chi - Yang Style</b> Thursdays 11:30 AM - 12:30 PM Wellness Center – Sequoia Room	<b>\$100 10 Classes</b>				X			
<b>Guan Bo Tai Chi for Beginners</b> Tu 11:30AM-12:30PM Wellness Bldg. - Sequoia Room	<b>\$100/\$10 drop in Sr. \$96/\$8 12 Classes</b>		X					
<b>Yoga</b> Thursdays 9:30 - 10:30 AM Wellness Center – Sequoia Room	<b>See Flier</b>				X			
<b>Line Dancing</b> Mondays 9:00 - 10:15 AM, High Beginner and 10:15 - 11:30 AM, Easy Intermediate Main Building - Redwood Room	<b>\$6.00 Drop In Fee</b>	X						
<b>Pickle Ball</b> Fridays 10:00AM - Noon Wednesday 2-5 PM Redwood Room	<b>FREE</b>			X		X		
<b>Ping Pong</b> Thursdays 1:30 - 3:30 PM Main Building - Redwood Room	<b>FREE</b>				X			
<b>Senior Spokes Bike Club</b> – Mondays 10:00 AM Location varies. For information call Jerry at 650-362-0692	<b>FREE</b>	X						
<b>Guided Meditation Class</b> Wednesdays 3:00-4:00pm Sunset Room This Class is ongoing	<b>\$5 Drop-In</b>			X				
<b>Restorative Yoga Thursdays</b> 1-2:15pm Props are used to gently relax the spine into gradual bends to restore comfort from lower back pain, boost the immune system and rejuvenate you physically and mentally.	<b>\$5 Drop-In</b>				X			
<b>RHYTHM CIRCLE' - DRUM CALL</b> 3rd Tuesday of the month 6:00 pm to 8:00 pm Sunset Room Facilitator Patter Hatfield	<b>Free</b>		X 3rd					



<b>Creative Expressions</b>	<b>Fee</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>Argentine Tango</b> Saturday 2:00 – 4:00 PM Wellness Building Sequoia Room ***New Day, time and Room****	<b>FREE</b>						<b>X</b>	
<b>Craft Social Club</b> Mondays 1 - 3:00 PM Main Building – Sunset Room	<b>FREE</b>	<b>X</b>						
<b>Photo Vision</b> 4th Wednesday of the Month, 9:30 AM - 11:30AM Wellness Center – Game Room	<b>FREE</b>			<b>X</b>				
<b>Afternoon Quilting</b> Mondays 12:30 - 4:00 PM Main Building – Redwood Room	<b>\$80.00</b> <b>(9 classes)</b>	<b>X</b>						
<b>Evening Quilting</b> Mondays 6 - 9:00 PM Main Building – Sunset Room	<b>\$80.00</b> <b>(9 classes)</b>	<b>X</b>						
<b>Mandolin Orchestra</b> Wednesdays 6:45 - 9:30PM Wellness Bldg. Sequoia Room For information, call (650) 593 - 9337	<b>FREE</b>			<b>X</b>				
<b>Songbirds Senior Choir</b> Fridays 10:30 AM - Noon Main Building - Sunset Room For information, call Alice @ (650) 787-5016	<b>FREE</b>					<b>X</b>		
<b>Watercolor Classes</b> Fridays 9:00 AM - Noon Main Building – Goldstar Room	<b>\$80.00 +</b> <b>\$20/materials fee</b>					<b>X</b>		
<b>The Writing Club</b> Thursdays 9:30 - 11:30 AM Main Building – Goldstar Room	<b>\$5.00</b> <b>3 times / year</b>				<b>X</b>			
<b>Music Lovers</b> Wednesday 1:15-2:30pm Sunset Room Music from the 1930's to present including world music especially from Latin America and Europe. Class looks at songs, singers, composers and musical films. Call Todd at 650-533-1076 10am-10pm	<b>\$30.00</b> <b>7 weeks</b> <b>7/11-8/22</b>			<b>X</b>				
<b>Fitness Classes</b>	<b>Fee</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>Drop In Fitness</b> M, W, TH, F -- 8:00 AM - 8:30 PM Tu -- 8:00 AM - 5:00 PM Wellness Center – Drop In Fitness Room	<b>\$50 (62+)</b> <b>\$100/ (61-)</b> <b>Annual</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>		
<b>Chair Yoga</b> Fridays 10:30am - 11:30am Wellness Building, Sequoia Room	<b>\$60 / 10 classes</b>					<b>X</b>		
<b>Adaptive Physical Education</b> Call (650) 368-7732 for class offerings & fees. Wellness Center - Adaptive PE Room	<b>Varies</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>		
<b>Yoga for Parkinson's</b> Tuesdays 10:00-11:00 AM Wellness Ctr. Game Rm. 10:30am - 11:30am Goldstar Room	<b>FREE</b>		<b>X</b>					
<b>Parkinson's Exercise - Intermediate Level</b> Mondays 4 - 5:00 PM Contact instr. before registering: (650) 299-4717 Email: Kparafi@gmail.com	<b>\$48 / 8 classes</b>	<b>X</b>						
<b>Parkinson's Exercise - Advanced Level</b> Thursdays 9 - 10:00 AM Contact instr. before registering: (650) 393-9073 Email: theresa@synapticpt.com	<b>\$60 / 10 classes</b>				<b>X</b>			
<b>Parkinson's PWR!Moves™ Circuit Class</b> Wednesdays 4 - 5:00 PM - Adaptive PE Room Must call instructor at (650) 823-1225 for more info, or email to: info@adaptivePEVMSC.org	<b>\$100 / 10 classes</b>			<b>X</b>				

# July-August 2018 MOVIES

Movies Are Presented In The VMSC Theatre On Our State-of-the-Art Projection Screen!  
**Movies Begin At 1:15PM On Friday, Unless Otherwise Announced.**  
MOVIES ARE FREE & EVERYONE IS INVITED  
Whenever possible, movies are captioned.



## Movie Schedule



July  
6

**12 STRONG** Chris Hemsworth, Michael Shannon, Michael Peña  
12 Strong tells the story of the first Special Forces team deployed to Afghanistan after 9/11; under the leadership of a new captain, the team must work with an Afghan warlord to take down the Taliban. **DRAMA 130min**

July  
13

**HOSTILE** Christian Bale, Rosamund Pike, Wes Studi  
In 1892, a legendary Army captain reluctantly agrees to escort a Cheyenne chief and his family through dangerous territory. **DRAMA 134min**

July  
20

**RED SPARROW** Jennifer Lawrence, Joel Edgerton, Matthias Schoenaerts  
Ballerina Dominika Egorova is recruited to 'Sparrow School,' a Russian intelligence service where she is forced to use her body as a weapon. Her first mission, targeting a C.I.A. agent, threatens to unravel the security of both nations. **DRAMA 140min**

July  
27

**I CAN ONLY IMAGINE** J. Michael Finley, Madeline Carroll, Dennis Quaid  
The inspiring and unknown true story behind Mercy Me's beloved, chart topping song that brings ultimate hope to so many is a gripping reminder of the power of true forgiveness. **DRAMA 110min**

August  
3

**NO MOVIE**

August  
10

**CHAPPAQUIDDICK** Jason Clarke, Ed Helms, Jim Gaffigan  
Depicting Ted Kennedy's involvement in the fatal 1969 car accident that claims the life of a young campaign strategist, Mary Jo Kopechne. **DRAMA 106min**

August  
17

**OVERBOARD** Anna Faris, Eva Longoria, Eugenio Derbez  
A spoiled, wealthy yacht owner is thrown overboard and becomes the target of revenge from his mistreated employee. **COMEDY 112min**

August  
24

**BOOK CLUB** Diane Keaton, Jane Fonda, Candice Bergen  
Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club. **COMEDY, DRAMA, ROMANCE 104min**

August  
31

~~**TULLY** Mackenzie Davis, Charlize Theron, Mark Duplass~~  
~~A mother of three including a newborn, is gifted a night nanny by her brother. Hesitant to the extravagance at first, the mother comes to form a unique bond with the thoughtful, surprising, and sometimes challenging young nanny named Tully. **COMEDY, DRAMA 95min**~~

**\*\* Films may be changed at anytime due to availability.**



# TRAVEL TALK



**NEW: SANTA CRUZ FOLLIES** September 12, 2018—"The Way We Were" - Memorable singles and songs. Lunch at the Crow's Nest included. \$110.00 per person. This is a popular day trip, so sign up early.

**CANADA/NEW ENGLAND CRUISE** October 5—16, 2018  
Sail with the Royal Princess from Quebec City, with stops in Villa Saguenay, Sydney, Halifax, Portland, Bar Harbor, Boston, Newport and New York. See brochure for prices. Includes roundtrip air fare from SF /Quebec—New York/San Francisco.

**TEXAS HEROS & PRESIDENTS** October 14-20, 2018  
Explore 3 presidential libraries and more during visits to San Antonio, Austin, Dallas and Fort Worth. \$3245 single, \$2660 per person double.

**NEW: TUCSON NEW YEAR'S!** December 30, 2018—January 3, 2019  
Five days, four nights at the Westward Look Grand Resort. Daily tours including Mission San Xavier Del Bac; Arizona-Sonora Desert Museum, Zoo & Botanical Gardens; Pima Air & Space Museum; A day in Tombstone; New Year's Eve party with cocktails, dinner and live band. Travel package including airfare: \$1985 each per double; \$2315 per single. See brochure in main building.

**Visit our Travel Desk** on Fridays from 10am - Noon.  
The Travel Desk is located at the Information Desk in the Main Building.  
Trips can be booked there.

For further information on all trips:  
Please contact Little House Travel Desk at (650) 326 - 2025, ext. 5018,  
during office hours, Fridays 9:30 - 12:30 or call De Modderman at (650) 366-2844.

Mail all payments to Little House Travel Desk, 800 Middle Avenue, Menlo Park, CA 94025

## Upcoming Master Gardener Classes



July 14, 2018 - Companion Planting and Integrated Pest Management in Edible Gardening

August 4, 2018 - Roses in Your Garden

Classes are in the Goldstar Room from 10:00am-12:00noon.  
To register please go to : <http://smsf-mastergardeners.ucanr.edu>



## Get the Sentinel On –Line



<http://www.redwoodcity.org/departments/parks-recreation-and-community-services/seniors>

## A Thank You to The Writing Club

When I was simply floundering, not sure of how to cope,  
this magical group welcomed me, giving the gift of hope.

Although we were but strangers, perhaps will always be,  
today I'm taking this moment to describe the Club I see.

Ann is the boss, organized and the master of control,  
yet never does she fail to show the soft side of her soul.

Vince has a spirit built of a veteran's elegance,  
that only is surpassed by his life story's eloquence.

Alice, a beacon of fashion, is delightful to the eye,  
but her deep searching questions can take you by surprise.

Kazue turns the ordinary, seen through her vision,  
into the extraordinary that in life may lie hidden.

Rick dives us into oceans deep, so chilling with murky lore;  
Steve creates suspenseful plots that make us beg for more.

Gloria has fresh updates of the center's travel events;  
Ed explains world politics, so they can make some sense.

Dr. Tom speaks of saving lives down in Newport Beach;  
Kim mastered the gift of dialect that we wish she could teach.

Linda bares all with trust, even conflicting emotions;  
David at her side confirms the partnership devotion.

Mike's witty sense of humor always keeps the meetings bright;  
Janet will fly around the world but choose here to alight.

Aurora shares with pride her family's strong survivors;  
Nina takes us back in time to the life of Midwest farmers.

Jim is a Redwood City scholar filled with history;  
Michael slowly is unfolding his novel's mystery.

Edith lovingly writes of Austrian holidays and charm;  
Laura spins tales from her youth, to mother Ann's alarm?

Me, I feel privileged to hear what you write and say;  
thank you for being you and giving life back to me this way.

Sharon Gibbings - March 8, 2018



## *A Bit of History: The High Cost of a Land of the Free*

By Mary Carnevale

*Have you ever wondered what happened to the 56 men who signed the Declaration of Independence?*

Five signers were captured by the British as traitors and tortured before they died. Twelve had their homes ransacked and burned. Two lost their sons who served in the Revolutionary Army. Nine of the 56 fought and died from wounds or the hardships of the Revolutionary War. They pledged their lives, their fortunes, and their sacred honor.

What kind of men were they? Twenty-four were lawyers and jurists. Eleven were merchants. Nine were farmers and plantation owners. All were men of means and well-educated, but they signed the Declaration of Independence knowing that the penalty would be death if they were captured.

Carter Braxton of Virginia, a wealthy planter and trader, saw his ships swept from the seas by the British Navy. He sold his home and properties to pay his debts and died in rags. Thomas McKean was so hounded by the British that he was forced to move his family constantly. He served in the Congress, without pay, and his family was kept in hiding. His possessions were taken and poverty was his reward. Vandals or soldiers looted the properties of Ellery, Hall, Clymer, Walton, Gwinnet, Heyward, Tutledge, and Middleton.

At the Battle of Yorktown, Thomas Nelson, Jr. noted that British Gen. Cornwallis had taken over the Nelson home for his headquarters. He quietly urged Gen. Washington to open fire. The home was destroyed and Nelson died bankrupt. The home of Francis Lewis was destroyed. The enemy jailed his wife and she died within a few months.

John Hart was driven from the bedside of his dying wife. Their 13 children fled for their lives. His fields and gristmill were laid to waste. For more than a year he lived in forests and caves, returning home to find his wife dead and his children gone. He died shortly thereafter, heartbroken. Morris and Livingston suffered similar fates.

Such were the stories and sacrifices of the American revolution. There were not wild-eyed, rabble-rousing ruffians. They were soft-spoken men of means and education. They had security, but they valued liberty more. Standing tall, straight and unwavering, they pledged "for the support of this Declaration, with a firm Reliance on the Protection of the divine Providence, we mutually pledge to each other our Lives, our Fortunes and our Sacred Honor."

They gave us a free and independent America. The history books never tell us much of what happened in the Revolutionary War. We were British subjects at that time and we fought against our own government. Too often, we now take our liberties for granted. So, while you are enjoying the festivities of the July 4th holiday, take a few minutes and silently thank these patriots for their heroic contributions. It is not too much to ask for the price they paid: **Freedom is never free.**

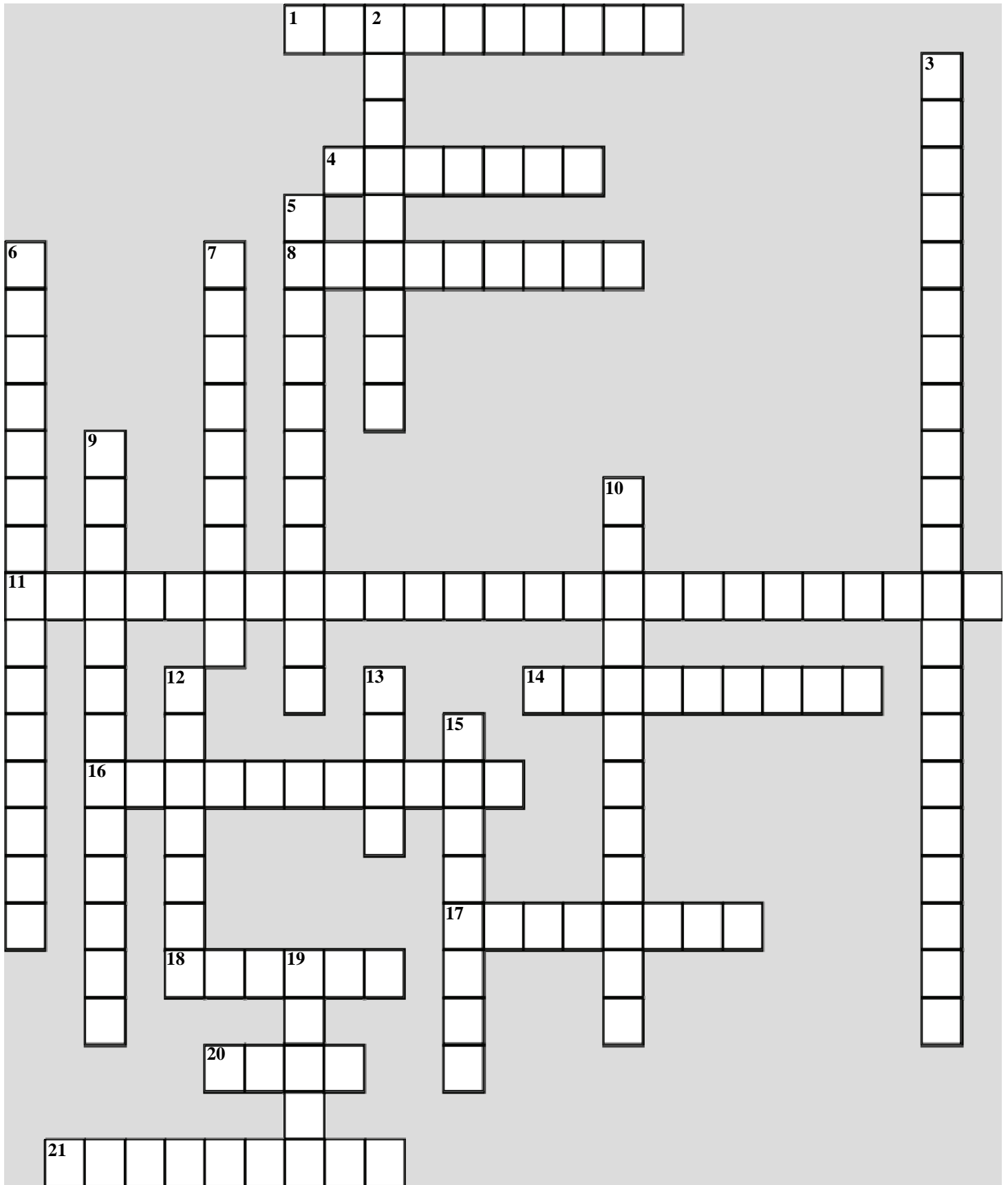
## Across

1. A paddle sport that combines elements of badminton, tennis, and table tennis
4. The Sequoia \_\_\_\_\_
8. A person who investigates and attempts to resolve complaints and problems
11. APE
14. 650-780-7259
16. Our Dining place
7. The publication you are looking at right now
18. The 36th State
20. Soup maker and a gem
21. Singing with feathers and wings

## Down

2. Mr. Redwood City 2018
3. VFW
5. Former headquarters of the San Francisco \_\_\_\_\_ football team
6. Volunteers trained to provide research-based informant about home horticulture and pest management
7. A Catholic saint and founder of the Franciscan Order
9. A Social Club
10. To benefit another person, group or organization
12. 4th President of the United States
13. American Association of Retired Persons
15. American mothers who lost sons or daughters in service of the United States Armed Forces
19. The \_\_\_\_\_ Gift Shop

# The Veterans Memorial Senior Center



[www.redwoodcity.org](http://www.redwoodcity.org)

Veterans Memorial Senior Center Advisory Fund  
1455 Madison Avenue  
Redwood City, CA 94061-1459

Main Phone Line:  
(650) 780 - 7270

# Farewell Kathy Bede and thank you for your 20 years of service to the Veterans Memorial Senior Center and Redwood City, Parks, Recreation & Community Services!

**\*\* We Need Your Support! \*\***

The Veterans Memorial Senior Center relies heavily on your support to continue our mission: providing innovative, progressive and essential programs to our older adult community. Please send your tax deductible donations to:

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