



Adults 50+

VETERANS MEMORIAL SENIOR CENTER 1455 MADISON AVENUE, REDWOOD CITY

The Veterans Memorial Senior Center is dedicated to the health & wellness of older adults by enhancing the body, mind and spirit. Some of the current programs offered are:

Senior Services:

Provides patrons and family members with information, support & referrals. 650.780.7274

Nutrition Program:

Offers home-style meals daily for a low cost of \$5.00. Take-Out Too! 650.780.7259

Classes / Programs:

A wide range of classes/programs specific to older adults. 650.780.7270

Special Events:

Dances, Socials, Festivals and More! Special Events Hotline 650.780.7264

SENIOR AFFAIRS COMMISSION 2011 MEETING SCHEDULE

All meetings are usually held on the 2nd Thursday of each month at 1pm at alternating locations.

Sept 8 th	Veterans Memorial Senior Center
October	No Meeting
Nov 10 th	Veterans Memorial Senior Center
December	No Meeting

Arbor Gift Shop

Support your senior community by purchasing affordable handcrafted items, greeting cards, snacks and more at the Arbor Gift Shop. Call (650) 780-7338 for info.

Hours: Tuesday-Friday 9:00am-2:30pm
ALSO OPEN DURING BINGO GAME HOURS!



FAIR OAKS INTERGENERATIONAL CENTER FAMILY SERVICE AGENCY OF SAN MATEO COUNTY

**2600 MIDDLEFIELD ROAD, REDWOOD CITY, CA
(650) 780-7525**

The program goal is to assist those people attending the center with tools to maintain their independence in the community via case management, social programs, well-balanced meals, exercise, transportation, and much more! The center is open from 9am-5pm Monday through Friday. For more info call (650) 780-7525.



TRANSPORTATION TO THE SENIOR CENTER

The Veterans Memorial Senior Center offers transportation to and from the Senior Center Tues/Wed/Thurs. The cost is \$2.00 round-trip within Redwood City. For further information or to request an application, please call (650) 780-7344.

Special Events!

Italian Dinner & Concert

Friday, October 7, 2011 • 6:00-9:30pm

Enjoy a home-cooked Italian feast followed by a beautiful concert presented by the Aurora Mandolins. Proceeds for this event will go towards scholarships for the VMSC Adaptive Fitness Program. \$20.00 includes dinner and concert. Don't miss the fun! Reservations, call (650) 780-7259.

Thanksgiving Gathering (Lunch)

Thursday, November 17, 2011 • 12noon

Spend an afternoon with your friends at the Veterans Memorial Senior Center and celebrate the art of gratitude for the blessings in your life. This special luncheon will provide a full thanksgiving feast, along with entertainment and few surprises. Cost is \$7.

Senior Center Decoration Party

Monday, November 28, 2011 • 10am-12pm

Get into the holiday spirit by decorating the Veterans Memorial Senior Center with your friends and family. A winter themed extravaganza will take over the rooms and lobby of the VMSC! Complimentary pizza lunch will be provided for those who volunteer and sign up. Sign up by calling Christina at (650) 780-7343

Holiday Gift Bag Assembly

Monday, December 5, 2011 • 9:30-11am

Get into the holiday spirit by decorating the Veterans Memorial Senior Center with your friends and family. A winter themed extravaganza will take over the rooms and lobby of the VMSC! Complimentary pizza lunch will be provided for those who volunteer and sign up. Sign up by calling Christina at (650) 780-7343

BINGO!

Support senior programs by embracing the classic game of Bingo! Everyone age 18+ is welcome! Call (650) 780-7381 for information or to volunteer.

CASH PRIZES AWARDED

ATM machine is available.
Call 650.780.7381 for info.

SUNDAYS: doors open at 9am

Early Bird@ 12:00pm

Regular Game @ 12:30pm

1ST & 3RD WEDNESDAYS:

doors open at 4pm

Regular Game @ 6:30pm



ADULT ENRICHMENT



BEG & INT WATERCOLOR PAINTING

with Guy Magallanes

Experience the magic of watercolor in a fun and challenging class, designed for beginners and seasoned watercolor students. In this fast paced class, you will learn to transfer a line drawing, and paint with the techniques taught right in front of your eyes. Instructor posts the weekly class progression on his website for student's reference. Students must register with instructor on the first day of class.

\$70 + \$10 lab fee *no 11/25*

Fridays 9am-12pm 9/2-10/14 7 classes VMSC

Fridays 9am-12pm 10/21-12/9 7 classes VMSC

WRITING CLUB

Want to be creative? Writing allows individuals to look into the past and create meaning from it. In addition, it gives the writer, and the reader, new perspectives about life events. Come join the Writing Club to share your own stories. Class acts as a supportive, encouraging environment for self expression with helpful suggestions. Everyone welcomed. Students must register with instructor on the first day of class.

Thurs 9:30-11:30am On-Going Goldstar, VMSC
Suggested Donation of \$5 three times a year

CRAFTS SOCIAL CLUB (ON-GOING & FREE!)

Bring you art / crafts / hobby project to the Veterans Memorial Senior Center. An opportunity to work on your project, demonstrate your skills and socialize with new friends. Everyone welcomed. *Students must register with instructor on the first day of class.*

Mon 1-3pm ongoing Sunset Room FREE

UKULELE

CLASS: For the complete beginner or those who want a full review of the basics. Expect to learn basic chords and strums and try picking out a tune from tablature or notes. Upon completion you can join our ongoing Intermediate Strummers.

INTERMEDIATE STRUMMERS: If you are already playing ukulele we need you! We meet weekly to build our skills by learning songs from many eras and playing them in the community. Our group is ongoing, payable monthly.

To sign up for either class call or e-mail Nancy Solomon, 650-366-2954 or nsnancysolomon@yahoo.com, fee is \$50 per month.

BEG Wed 10-11am ongoing






INT Wed 11am-12pm ongoing

VMSC COMPUTER EDUCATION

SPRING 2011 QUARTER: SEPTEMBER - NOVEMBER

Classes are held at the Community Wellness Center, 711 Nevada Street - Redwood City

How to register

	ONLINE: Log on to: www.redwoodcity.org/parks and go to "Online Registration."	
	MAIL-IN: Send Registration Form (on page 5) to: Red Morton Community Center 1120 Roosevelt Ave. Redwood City, CA 94061	
	FAX-IN: Send Registration Form (on page 5) to: Red Morton Community Center (650) 364-9980	
	WALK-IN: Registration Hours: Mon-Fri 8:30am-5pm at Red Morton Community Center	

CLASS	DAY	TIME	DATES	FEE	INSTRUCTOR
Beyond Adobe Photoshop Elements (Prerequisite: Previously taken Photoshop Elements 6 or higher classes) code: 88.422	Mon	9:30-11:45am	9/19-11/21	\$35	Iby Heller
Windows 7 Basics- Morning code: 88.424	Wed	9:30-11:45am	9/14-11/16	\$35	John Matthews
Windows XP Basics-Afternoon code: 88.425	Thurs	1:00-3:15pm	9/15-11/17	\$35	Betty Merrill
User's Group Forum code: 88.426	Fri	9:30-11:45am	9/16-11/18	\$25	Ray Odell
Overcoming Technophobia code: 88.431	Tues	9:30-11:45am	9/13-11/15	\$25	Al Brown
Computer Lab code: 88.430 (Prerequisite: Enrollment any of our computer classes)	Tues & Wed	12:45-2:45pm	9/13-11/16	Free* registered in another computer class	Sonya Basegio, Joe Carr, Al Montisano, Daisy Tindall, Joe Zucker

For additional information call (650) 780-7270

Visit our Web Page for class descriptions: <http://www.redwoodcity.org/parks/adults50/computers.html>

CLASSES ARE DESIGNED FOR PC USERS, NOT APPLE / MAC USERS

PROGRAMS AT THE VMSC

LOW INTERMEDIATE & INTERMEDIATE

TAP DANCING

with Cheryl McNamara

This class will get you moving! Includes warm-up, basic tap steps, rhythmic moves that will sizzle with high-energy fun and short combinations giving you a chance to “shine”. Wear comfortable clothes and tennis shoes (tap shoes are optional).

Students must register with instructor on the first day of class.

No online / mail-in registration. For more information, please call (650) 780-7270.

Location: VMSC Theatre

\$50 • 10 classes

Thursdays 10:30am-Noon 9/8-11/10

MORNING WALKS (ON-GOING & FREE!)

Get up and get out! Meet a group of dedicated walkers for a stroll through Red Morton Park. Walkers leave at 9am from the VMSC lobby. Call 780-7270 for more info or drop by!

GENTLE YOGA

with Orlene Chartain

Gentle and easy, this class is a wonderful way to strengthen, stretch and relax. You will learn and practice basic Yoga postures, relaxation and breathing techniques. Own mat is recommended. Wear comfortable clothes. Students must register with instructor, Orlene Chartain, directly at class. For info call: 650.346.8273

Location: VMSC

Mon 9-10:15am On-Going \$5 Drop In VMSC



ANNUAL FITNESS GYM MEMBERSHIP

Enjoy access to treadmills, stair climbers, NordicTrack, exercise bicycles, universal weight station and free weights in our drop-in fitness gym. To get your membership, you will need to fill out appropriate paperwork and attend an orientation class.

Cost per year is \$100 / \$50 (62+). Call (650) 823-1225 for more information. No online / mail-in registration.

CHAIR EXERCISE (ON-GOING & FREE!)

with Marie Hubbell

Come for fun and fitness. It is the perfect class for those who may have physical limitations. Strengthen and tone muscles while sitting. Students must register with instructor on the first day of class.

Location: Sequoia Room, Wellness Center

Tues & Fri 9:25-10:30am

MORNING FITNESS (ON-GOING & FREE!)

with Marie Hubbell

Start your morning with a free eye-opening exercise class that combines stretching, conditioning, low-impact aerobics and even a little country line dancing! Students must register with instructor on the first day of class.

Location: Sequoia Room, Wellness Center

Wed 9-10am ongoing

CHI KUNG EXERCISE FOR HEALTH

with Ming Wu

The purpose of Chi Kung is to learn how to generate, conserve, and channel “Chi” (internal energy) for health and longevity. The Chi Kung exercises help to generate, channel, conserve, store and direct the energy into the body for achieving optimum health.

Location: Wellness Center, Sequoia Room (VMSC)

\$100 for 10 classes / \$10 drop-in (\$80 SR/ \$8 drop-in)

Tues 11am-12pm 9/13-11/15

YANG STYLE TAI CHI FOR HEALTH

with Ming Wu

The aim of Tai Chi is to foster a calm and tranquil mind through the precise execution of exercises. The practice of Tai Chi can in some measure contribute to being able to better stand, walk, move, run, etc. Yang Style Tai Chi is the most commonly practiced style. Call 650.780.7270 for info.

Location: VMSC, Sequoia Room

\$100 for 10 classes / \$10 drop-in (\$80 SR/ \$8 drop-in)

Thurs 11:30am-12:30pm 9/15-11/17 VMSC

ONGOING PROGRAMS AT THE VMSC

WEEKLY MOVIES

Enjoy Friday afternoon FREE flicks at the Vets Theatre! Call (650) 780-7270 for the latest film information.

DAILY HOT LUNCH PROGRAM

Enjoy home-style lunches cooked on-site Tuesday-Wednesday-Thursday at an affordable cost of \$5.00! For more information or to make a reservation, please call (650) 780-7259.

SONGBIRDS SENIOR CHOIR

People of all ages are welcome to join this wonderful group of singers. Join us on Fridays at 10:45AM and sing old and new songs while meeting fantastic people. This is a volunteer / free program. If interested call Edith at (650) 364-2508.

SENIOR SERVICES

The Senior Center offers a wide variety of senior services including: Information & Referral, Loan Closet for Medical Equipment, Tax Preparation Services, Health Insurance Counseling, Blood Pressure Screening & Health Education Seminars, Driver's Safety Programs, AND MORE. Call (650) 780-7274 to obtain any of these services.

TOPS (TAKE OFF POUNDS SENSIBLY)

Join this fun and supportive group! TOPS is a great way to take off a few pounds and improve your overall health. Join us on Thursdays at the VETS at 6PM to weight-in or join us at 6:30PM for a meeting. Cost is only \$24 a year or \$2 a month! Game Room. For more information, call (650) 368-5926

BLOOD PRESSURE SCREENING

1st Tuesday of the month 9-11AM at the VMSC, Room 20, Wellness Building. 2nd, 3rd & 4th Mondays, 10:30-11:30AM in the VMSC, Lobby. FREE. Call (650)780-7274 for more info.

HAIRCUTS, MANICURES, PEDICURES

Enjoy low-cost pampering at the VMSC on Thursdays compliments of Linda Washington. Please call Linda at (650) 322-5787 to make your appointment!

PENINSULA VIDEO MAKERS

Have a passion for making movies? Then join our group on the 4th Friday of each month. We meet at 7PM in the Sunset Room of the VMSC. FREE. Call Ralph Nobles at (650) 365-0675 for more information.

PHOTO VISION CLUB

If you enjoy the art of photography, please join our FREE club! Call Bruce at (650) 368-7834 for more information.



PING PONG

Social group of dedicated ping pong players. Join us Thursdays from 1:30-3:30pm at the VMSC, Sunset Room.

SENIOR SPOKES BIKE CLUB

Have a passion for bike riding? We ride every Monday at 10AM. Call Nancy Francis (650) 321-3302 to join us!

HEARING LOSS ASSOCIATION OF AMERICA-PENINSULA CHAPTER (FORMERLY SHHH)

Learn how to thrive even with a hearing loss. Meet 1st Monday of every month at 1:30pm at the VMSC, Goldstar Room. Questions & Answers, Refreshments and Friendships! For more information, call Marjorie at (650) 593-6760.

CAN'T FIND WHAT YOU ARE LOOKING FOR?

If you haven't found it here, check out the Sequoia Adult School for more classes and programs for adults. www.adultschool.seq.org or call (650) 306-8866.

SAMTRANS SENIOR MOBILITY PROGRAM

A Mobility Ambassador can help you with many transportation-related issues, including planning a trip using public transit, finding a driver safety class, and learning about alternatives to driving such as community shuttles. Ambassadors also give educational presentations, conduct group and one-on-one rider training, and organize group training trips on transit to interesting destinations.

To learn more about the Mobility Ambassador Program, to schedule an appointment with an Ambassador, or to volunteer, contact Jean Conger at 650-508-6362, or email us at Ambassador@samtrans.com.

ON GOING PROGRAMS AT FAIR OAKS

2600 MIDDLEFIELD RD., REDWOOD CITY, 94063

Classes and services are free or low cost. Please call 780-7525 for more info.

HOT DELICIOUS LUNCH

Tired of your own cooking, washing dishes and dining alone? Join us for Hot Tasty Lunch **Tuesday-Friday 12pm (Monday brunch @ 11am)**. Meals are nutritious, balanced and low in fat and salt. The meals are compliant with the new federal guidelines. For persons 60 years and older (and spouse), \$2.50 donation requested. Younger guests are \$6.00.



FREE BLOOD PRESSURE TEST

4th Tuesday of each month from 11:30am-12:30pm. A case manager will be present with the nurse. (Bilingual). Diabetes monitoring 4 x a year.

HOLIDAY PARTIES

April 14th Spring Fling Party

May 5th Mother's Day

June 16th Father's Day

For more information, (650) 780-7525. Celebrate your birthday on the month you were born the last Friday of each month. Please call to make a reservation 650 780-7525.

HEALTHY BREAKFAST

Brunch Monday @ 11:00am. Come join us for a delicious, healthy breakfast Tuesday through Friday at 10am in the multipurpose room.

GARDEN CLUB

Do you like to garden? Plant, nurture and harvest organic vegetables and flowers at our raised garden beds in Redwood City. **Friday at 10am.** Volunteers are needed to water other mornings during the week.

WEEKLY SPANISH-SPEAKING SUPPORT GROUP

led by a trained volunteer from La Esperanza Vive, one of the programs of the Peninsula Family Service Peer Counseling Program. Meets every Monday @ 11:15-12:30. A pre-screening is done prior to joining the group. For more info, call (650) 780-7525.

BILINGUAL CASE MANAGEMENT

Bilingual information and referral, advocacy and outreach services for seniors and their families. Are you having problems with health care? Housing? We are also a resource for diabetes education. Transportation? In-home care? Understanding letters and obligations? Call for an appointment. Ask for Richard Arthur- bilingual (650) 780-7525. 60+, Se habla espanol.

FIX YOUR GLASSES

10am the 3rd Friday of each month we will have a Optician come to adjust your glasses- FREE!

HAIR CUTS BY ROSA

We provide Hair cuts @ \$7 each- every other Tuesday. Please call 650 780-7525.

PENNY BINGO

Feeling lucky? Looking for a lively time? Then join our bingo group. Each card costs a penny per game. Games are held in the multipurpose room. Mon, Tues, Thurs, Fri: 10-11:45am.

LIVING WELL WITH DIABETES

As part of a collaborative program of Peninsula Family Service, Sequoia Hospital, Samaritan House and Cañada College. Classes in Spanish and English . April Watson , MPH , RD 650-367-5991 (bilingual) for more info. *The next quarterly support group will meet on May 20th at 11:00am to 12:00pm.*

For more information, please call Yanina Izquierdo, Wellness Navigator at 650-780 7525. (group will meet quarterly).

FREE GLUCOSE TESTING

Free testing quarterly- next test Oct 26 9:30-10:30am – please abstain from eating prior to the test.

ADULTS 50+

ON GOING PROGRAMS AT FAIR OAKS

ADULTS 50+



SENIOR PEER COUNSELING

Senior Peer Counseling is a free counseling service for San Mateo County residents age 55+. Separate program in Spanish.

The Counseling offers a 1-on-1 service provided by trained older adult volunteers who offer emotional support, guidance, and empathy to older adults. Senior Peer Counseling is available in English, Spanish, Tagalog and Mandarin and to the LGBT community. Please call (650) 403-4300, extension 4389.

RELAXATION AND GUIDED IMAGERY FOR HEALTH

Learn easy relaxation techniques that quiet mind and body. Reach your own resources...

Through Guided Imagery, you can:

- Go back in time...better your present state of health based on memory of past strengths.
- Reprogram yourself unconsciously that way so things happen more automatically. (eat the right foods in the right amount or transform scary anxiety or anger into more manageable states)

And much more. This class is free.

Wednesdays 10:15-11:45am

SECOND HARVEST BROWN-BAG

Each Friday, "Second Harvest Food Bank" prepares and donates a grocery bag of food to low income older adults in the community. You may come to the center to pick up your food. **Preregistration is required.** Please call (650) 780-7525 for more information.



FITNESS CLASSES

Questions? Call (650) 780-7525

SOUL LINE DANCING

Thursday at 10am.

No cost for those 55 and older.

"STRONG FOR LIFE"

sponsored by Stanford University

Thursdays at 12:45pm. A program designed to help strengthen your muscles, improves energy, less stiffness in joints & muscles and improves balance. This program can be done in a seated position.

TAI-CHI

instructed by Sequoia Adult School

Participants 54 and younger, \$2.00 per session. Call 780-7525.

Mon & Weds 12:30pm.

YOGA (BEG.)

Instructed by Sequoia Adult School. Open to all. Participants 54 and younger \$2.00 per session. **Wed 9-10am & Fri 8:45-9:45am.** For info (650) 780-7525.

LOW IMPACT EXERCISE

Instructed by Foothill College

FREE for seniors. **Tuesday at 9:15am.**

PERFORMING ARTS

BALLET FOLKLORICO

Learn the fundamentals of Latin Folklorico Dance using basic movements & techniques. **Wednesdays 11am.**

EL CANTO CLUB

Join us in singing together Latin folk songs usually with accompaniment.

Drop-in. Tuesdays 12:30pm.

COMPUTERS

OPEN LAB

Come join us in our lab and practice your skills with a knowledgeable tutor. **Wed & Fri 1:00-3:00pm.** \$2.00 per session.

"BASIC" "BASIC" COMPUTER CLASS

Do not be afraid. Our computers have been trained not to scare you. Learn to : Google, Surf the Net, Email family and friends around the world. The first class will begin Jan 20, 2011. Classes will meet Wednesday and Friday. Please call the Center 650-780-7525 to reserve a seat for this wonderful class. \$2.00 per week.

