



The Sentinel

Serving Redwood City's older adult
community for over 41 years!
January/ February 2026 Edition

The Veterans Memorial Senior Center

A Publication of the City of Redwood City and Friends of the VMSC

The official guide to the many programs and services offered at the
Veterans Memorial Senior Center.

A Note from VMSC Community Services Recreation Manager: Bruce Utecht

Welcome to January! As we turn the page to 2026, there is a wonderful sense of a fresh start in the air. While the weather outside might be chilly and rainy, our center is warm, bustling, and ready for a brand-new year of friendship and community.

January is often a time for reflection and "new beginnings," but it's also a perfect time to simply enjoy the present. Whether you're looking to pick up a new hobby, stay active in our fitness classes, or just enjoy lunch with friends, we are so glad you're here to share the journey with us.

Let's make 2026 a year filled with health, laughter, and shared stories. We look forward to seeing your smiling faces at the VMSC!

Bruce

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HAPPY
**Valentine's
Day
LUNCH**

FRIDAY, FEBRUARY 13

12 NOON

\$20/PERSON

RESERVATIONS START
TUESDAY, JANUARY 6, 2026 @10AM
PLEASE CALL (650) 670-2206 OR
GO TO THE FRONT DESK
TO MAKE YOUR RESERVATIONS.

PLEASE NOTE ALL RESERVATIONS MUST BE PAID BY
FRIDAY, FEBRUARY 6TH, 2026. ANY TICKETS NOT
PAID FOR BY THIS DATE COULD LOSE THEIR SPOT
AND BE PLACED ON A WAIT LIST.



Valentine Dance
Featuring the Aurora Mandolin Orchestra

Friday February 13, 2026

7pm-9pm

\$20 per person

Get ready for a lovely evening featuring the beautiful sounds of the Aurora Mandolin Orchestra. We'll be serving a variety of light bites, sweet treats, and refreshments to keep the celebration going.

We can't wait to see you there!

To make reservation please call
Anna Carlos at (650) 670-2206
or you could register on line and
use the following activity #89.004





Why I Should Take This Course

- Recognize current driving challenges as we age
 - Effects of medications
 - Changes in eyesight
 - Differences in cognitive skills
 - Physical Limitations
- Minimize crash risks and collisions
- Refresh your driving skills; learn research-based driving strategies
- Review rules of the road
- Learn defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment: left turns, right-of-way and roundabouts
- Increase personal confidence
- Maintain independence and extend mobility
- Learn latest car tech features
- Proper car-fit, driver/passenger air bags, use of antilock brakes

Plus

- Upon completion you may be eligible to receive an auto insurance discount. Consult your agent for details.

CLASSROOM COURSE

Dates & Times for 8 hour class

(divided into two 4 hour sessions):

Jan 23, 2026 9:30am-1:30pm Part 1 &

Jan 24, 2026 9:30am-1:30pm Part 2 &

Location:

Veterans Memorial Senior Center

1455 Madison Ave, Redwood City, CA

94061

TO Register

Office: 650-670-2206

CLASSROOM COST

\$20 for AARP members

\$25 for non-members

(pay at time of class)

VMSC MOVIES

January - February

Movies start at 1:15 PM

1/9 **NO MOVIE**

1/16 **Train Dreams** — Robert Grainier lives all of his years in the forests of the Pacific Northwest, working on the land, helping to create a new world at the turn of the 20th century.

2025 | PG-13 | 1H 42M | DRAMA

1/23 **The Room Next Door** — Ingrid and Martha became close friends while working together at the same magazine. After years of being out of touch, they meet again in an extreme but strangely sweet situation.

2024 | PG-13 | 1H 50M | DRAMA / NARRATIVE

1/30 **If I Had Legs I'd Kick You** — With her life crashing down around her, Linda tries to navigate her daughter's mysterious illness, her absent husband, a missing person, and an increasingly hostile relationship with her therapist.

2025 | R | 1H 53M | COMEDY / DRAMA

2/6 **Lilly**— About a courageous factory worker who fights for justice when cheated and mistreated by her company. Based on the life of Lilly Ledbetter.

2024 | PG-13 | 1H 33M | DRAMA

2/13 **Nouvelle Vague**— The behind the scenes of the filming of Jean-Luc Godard's *Breathless* (1960), a landmark of the French New Wave film movement.

2025 | R | 1H 46M | COMEDY

2/20 **Steve** — Follows headteacher Steve battling for his reform college's survival while managing his mental health. Concurrently, troubled student Shy navigates his violent tendencies and fragility, torn between his past and futures prospects.

2025 | R | 1H 32M | DRAMA

2/27 **The Unlikely Pilgrimage of Harold Fry**— A seemingly unremarkable man in his sixties named Harold one day learns that his old friend Queenie is dying. He goes to mail a letter, only to keep walking for over 700km until he reaches Queenie's hospice, much to the despair of his wife Maureen.

2024 | R | 1H 48M | DRAMA

You're Invited! "Club 1333" Senior Speakers Series Kickoff!



The Veterans Memorial Senior Center is thrilled to invite you to our "Club 1333" Senior

Speakers Series! Join us for engaging presentations and valuable information tailored just for you.

Session #9:

Guest Speaker: Lieutenant Diana Villegas

Redwood City Police Department

Topic: Chat with a Lieutenant

Date: Tuesday, January 20 **Time:** 10:00 AM **Location:** Sunset Room, Veterans Memorial Senior Center

Session #10:

Guest Speaker: To Be Determined

Topic:

Description:

Date: Tuesday, February 17 **Time:** 10:00 AM **Location:** Sunset Room, Veterans Memorial Senior Center



Mark Your Calendars for Future "Club 1333" Sessions:

- The March date for Club 1333 speaker series is being changed from March 17 to March 24 due to St. Patrick's day Luncheon.



All "Club 1333" Senior Speakers Series programs will be held on the third Tuesday of the month at 10:00 AM in the Sunset Room.

FIELD TRIP FRIDAY & BAY AREA DAY TRIPPER



REDWOOD CITY PARKS, RECREATION & COMMUNITY SERVICES DEPARTMENT
VETERANS MEMORIAL BUILDING
1455 MADISON AVE. REDWOOD CITY



BAY AREA DAY-TRIPPERS

COME HIKE WITH US!

WHEN WAS THE LAST TIME YOU SPENT SOME TIME WALKING ALONG THE BAY UP IN SF OR WALKED UNDER REDWOODS NEXT TO A BREATHTAKING CREEK? JOIN US FOR A SHORT HIKE (1.5-3 MILES) AS WE EXPLORE A FEW OF THE MOST PEACEFUL AND SCENIC LOCATIONS THAT WE ARE BLESSED TO HAVE SO CLOSE TO HOME.

\$20 EACH TRIP AGES 50+

FEB. TRIP 2/4
SF WATERFRONT EMARCADE RO TO MCCOVEY COVE
MODERATE 2.9 MILE HIKE
ACTIVITY #89.100

MAR. TRIP 3/4
COYOTE HILLS REGIONAL PARK BAYVIEW AND NIKE LOOP
MODERATE 2.4 MILE HIKE
ACTIVITY #89.101

VANS DEPART VMSC AT 9:05AM, BAG LUNCH INCLUDED
PRE-REGISTRATION REQUIRED
FOR MORE INFORMATION AND TO SIGN-UP PLEASE SEE AUSTIN 650 780-7399

REDWOOD CITY PARKS, RECREATION & COMMUNITY SERVICES DEPARTMENT
VETERANS MEMORIAL BUILDING
1455 MADISON AVE. REDWOOD CITY

\$10 ACTIVITY# 89.104

AUGUSTE RODIN EXHIBIT

@Cantor Arts Center

FRIDAY 1/30

EXPERIENCE THE BREATHTAKING WORKS OF AUGUSTE RODIN UP CLOSE ON OUR FIELD TRIP TO THE RENOWNED RODIN SCULPTURE GARDEN AND EXHIBIT AT STANFORD UNIVERSITY. ENJOY A RELAXING DAY STROLLING AMONG WORLD-FAMOUS BRONZE MASTERPIECES, INCLUDING THE THINKER AND THE GATES OF HELL, WHILE LEARNING ABOUT RODIN'S ARTISTIC BRILLIANCE AND INFLUENCE ON MODERN SCULPTURE. THIS IS THE PERFECT OUTING FOR ART LOVERS AND ANYONE LOOKING FOR AN INSPIRING CULTURAL EXPERIENCE IN A BEAUTIFUL OUTDOOR AND MUSEUM SETTING. JOIN US FOR A MEMORABLE DAY OF CREATIVITY, HISTORY, AND CONVERSATION!

- REGISTRATION REQUIRED
- VANS DEPART THE VETERANS MEMORIAL BUILDING AT 10:00AM
- RETURN BY 2:30PM
- PLEASE BRING YOUR OWN BAG LUNCH
- FOR MORE INFORMATION OR TO SIGN UP PLEASE SEE AUSTIN (650) 780-7399

AGES 50+





BOOK CLUB *and* BOOK BUDDIES

WOULD YOU LIKE TO READ SOME BOOKS TO A SMALL GROUP OF CHILDREN?

COME JOIN OUR

READING BUDDIES PROGRAM

Wednesday 1/28, 2/25, 3/25, 4/29

The "Reading Buddies" Program is an Intergenerational Learning Partnership between the VMSC and our Camp High 5 Summer Camp. We have found many benefits not just for the children, but for the adults and community at large. Benefits include:

- Social awareness for communicating with older people
- Positive attitudes toward aging and the elderly
- Mentoring and positive role models
- An experience of community belonging
- Learning social skills in a nurturing environment
- Reduce social isolation

10am-10:40am
Little Learners Room
Red Morton Community Center

For more information and to sign-up please see Austin 650 780-7399



REDWOOD CITY PARKS, RECREATION & COMMUNITY SERVICES DEPARTMENT VETERANS MEMORIAL BUILDING
1455 MADISON AVE. REDWOOD CITY

BLACK HISTORY MONTH FIELD TRIP

AGES 50+

COME JOIN US AND WE EXPLORE THE DOMINI HOSKINS BLACK HISTORY MUSEUM AND LEARNING CENTER IN REDWOOD CITY—AN INSPIRING SPACE DEDICATED TO CELEBRATING THE RICH CONTRIBUTIONS OF AFRICAN AMERICANS THROUGH THOUGHTFUL EXHIBITS AND COMMUNITY-CENTERED PROGRAMMING. WE WILL GET A PRIVATE TOUR OF THE 22,000 SQUARE FOOT SPACE FROM MUSEUM FOUNDER AND CURATOR, CAROLYN HOSKINS.

27 FEB \$12 CLASS# 89.105

10AM-1PM
FOR MORE INFORMATION OR TO SIGN UP PLEASE CONTACT AUSTIN (650) 780-7399



Parks and Recreation Classes

Afternoon Quilting

With Barbara Hall

Come learn basic quilting techniques! Open to beginning & advanced students. This class is for all ages and skill levels. You must register with the instructor on the first day of class. Materials not included.

For more information, please call Barbara Hall at (650) 224-0024

Location: CAB 2/3/4 Rooms

Code	Day	Time	Date	Fee
89.131	Mon	12:30-4:00 PM	1/5-3/23	\$80

Chen Family Style Taiji

With Joe Boscolo, Taiji practitioner, 10 plus years in traditional Chen Taiji Quan Styles, created by Chen Wangting in the 1600'S.

Traditional Taiji Quan can be practiced solely for health benefits and/or internal Martial arts. Research has shown that when Taiji is practiced with a graceful, slow and light movement, it can enhance longevity with its deep regulated natural breathing, relaxed frame of mind and smooth circular movements. Today regular and consistent practice of Taiji has proven and shown remarkable success as curative for many health problems.

Pay in full and secure your spot. Drop-ins will be accepted at \$10 per class as space permits and are paid directly to the instructor at class.

All drop-in participants must sign a waiver prior to participating.

Location: VMSC Sunset / Goldstar Rooms

Code	Day	Time	Date	Fee
89.109	Th	10:00-11:00 AM	2/5-3/26	\$80
89.111	Tu	11:00-12:00 PM	2/5-3/26	\$80

Gentle Yoga

With Orlene Chartain

Gentle & easy, this class is a great way to strengthen, stretch and relax. You will learn and practice basic Yoga postures, relaxation & breathing techniques. We recommend that you bring your own mat and strap. Wear comfortable clothes. Pay for the series or \$10 drop-in fee to the instructor. All drop-in participants must sign a waiver.

Location: VMSC Redwood Room

Code	Day	Time	Date	Fee
89.126	Th	1:00-2:00 PM	1/8-1/29	\$25
89.127	Th	1:00-2:00 PM	2/5-2/26	\$25

Parks and Recreation Classes Cont.

Gigong Silk Reeling Exercise for Health

With Joe Boscolo, Taiji practitioner, 10 plus years in traditional Chen Taiji Quan Styles, created by Chen Wangting in the 1600'S.

Silk Reeling Exercises (SRE) in Chinese means work or skilled exercise drills. They are a repetitive spiral movement with emphasis on the ground connection, knee alignment, kua sinking and opening and closing of joints and dantian rotation. These series of spiral movements exercise are for the development of basic strengths and coordination. They can be used to help with fall prevention. The exercises will increase the mobility of body joints and relax the muscles and tendon for the practitioner.

The movements will open up and the exercise 18 major joints from head to toes of the body.

Location: VMSC Sunset / Goldstar Rooms

Code	Day	Time	Date	Fee
89.002	Tu	10:00-11:00 AM	2/3-3/24	Free
89.003	Tu	11:00-12:00 PM	2/3-3/24	Free

Restorative Yoga

With Orlene Chartain

With guided meditation & props we will work on gently relaxing the spine gradually to ease lower back pain, boost and rejuvenate the immune system. This can be a very good way to strengthen, stretch & relax no matter what your physical condition. Your own mat, blanket, blocks, and strap are recommended. Wear comfortable clothes. Pay for the series or \$10 drop-in fee to the instructor. All drop-in participants must sign a waiver.

Location: VMSC Redwood Room

Code	Day	Time	Date	Fee
89.133	Th	2:00-3:00 PM	1/8-1/29	\$25
89.134	Th	2:00-3:00 PM	2/5-2/26	\$25

You can register for a class by logging on to
<http://redwoodcity.org/parks/>
or call (650) 780-7270 and leave a message.
Someone will get back to you
as soon as possible.

Parks and Recreation Classes Cont.

Tap Dance

With Judy Rechsteiner

Attention dancers and wannabe dancers! The Redwood City Parks, Recreation and Community Services Department has a great opportunity to learn tap dancing! Classes include warmup, cross the floor, and dance combinations. Great music, great rhythms, great fun! Studies have shown that dancing keeps all of us young, vibrant and healthy.

Location: VMSC Redwood Room

Code	Day	Time	Date	Fee
89.121	Th	10:30-11:30 AM	1/8 - 1/29	\$44
89.122	Th	10:30-11:30 AM	2/5 - 2/26	\$44

Community Zoom Day

JOIN US THE THIRD WEDNESDAY OF EVERY MONTH FOR FREE AND INFORMATIVE SESSIONS THROUGHOUT THE ENTIRE DAY!

The Veterans Memorial Senior Center and Travonde are thrilled to bring you full days of FREE learning & informative opportunities, online. Sessions cover a variety of topics including fitness and wellness, gardening, healthy eating, technology, financial management, disease prevention, movie screenings, and book clubs!

We now have a space to participate in our Zoom classes live and in person here at the VMSC! For more information please call Joel, at 650-780-7344 for more information.

NUEVO! DIA DE ZOOM PARA LA COMUNIDAD MAYOR

Disfrute de un día completo de actividades en línea gratuitas diseñadas para personas mayores en Zoom. Este evento virtual ocurre mensualmente. ¡Los Community Zoom Days son una colaboración entre el Veterans Memorial Senior Center y Travonde! Vuelva a consultar esta publicación del evento para obtener actualizaciones sobre los detalles del evento. Este programa es ofrecido con interpretación. Visite la página web para más información o llame a Anna al (650)670-2206 o correo electrónico: acarlos@redwoodcity.org.

Our Next Community Zoom days are 1/21, 2/18



TRAVONDE



WWW.REDWOODCITY.ORG/RWCZOOMDAY

Join us and learn about this new partnership that provides ongoing monthly events to support you and the community.

Parks and Recreation Classes Cont.

Movies

Enjoy Friday afternoon FREE flicks at the Vets Theatre! Everyone is invited to attend. For info call (650)780-7259. See page 6.

Location: VMSC Theater

Code	Day	Time	Date	Fee
N/A	Fri	1:15 PM- End of Movie	Ongoing	Free

Special Interest Classes & Groups

Morning Walks

Instructor: Group Led

Get up and get out! Meet a group of dedicated walkers in the VMSC lobby for a stroll through Red Morton Park. We have two levels of walking groups; novice & intermediate. Walkers leave at 9am.

Location: VMSC Lobby

Code	Day	Time	Date	Fee
N/A	Mon/Wed/Fri	9:00-10:00 AM	Ongoing	Free

Chair Exercise

Instructor: Volunteer Led

Come for fun and fitness. It's the perfect class for those who may have physical limitations. Strengthen and tone your muscles while sitting. Get ready to exercise and gain strength with us at the Redwood City Parks and Recreation's VMSC!

Location: VMSC Sunset Room

Code	Day	Time	Date	Fee
N/A	Mon/Fri	9:25-10:30 AM	Ongoing	Free

Craft Social Club

Instructor: Volunteer Led

Bring your art, craft, or other hobby project to the VMSC. This is an opportunity to work on your project, demonstrate your skills, and socialize with new friends.

Location: VMSC Sunset Room

Code	Day	Time	Date	Fee
N/A	Mon	1:00-3:00 PM	Ongoing	Free

Special Interest Classes & Groups Cont.

Senior Spokes Bike Club

Instructor: Marie

Have a passion for bike riding? We ride every Monday and Thursday. Contact Marie: Phone: 650 400-5563 Email: marieei@comcast.net.

Location: Offsite

Code	Day	Time	Date	Fee
N/A	Mon	10 AM-done	Ongoing	Free

Mah Jong Club

Instructor: David

We are accepting and welcoming anyone who is interested in learning the memory-boosting and fun game of Mah Jong! All Levels are welcome to join.

Location: VMSC Lobby

Code	Day	Time	Date	Fee
N/A	Tu	9:30-11:30 AM	Ongoing	Free

Line Dancing

Instructor: Cathy Dacumos

Beginner: Learn line dances at a higher level than basic beginner, prior basic beginner experience recommended. Focus on many dances popular at local dance socials.

Location: VMSC Redwood Room

Code	Day	Time	Date	Fee
N/A	Tu	10:00-12:30 PM	Ongoing	See Instructor

Bridge

Instructor: Volunteer Led

Would you like to learn to play Bridge? Do you already have experience and would like to play? Come join us; we would love to have you.

Location: VMSC Lobby

Code	Day	Time	Date	Fee
N/A	Tue	12:30-2:30 PM	Ongoing	Free

Special Interest Classes & Groups Cont.

Pet Pantry

We are in need of canned pet food

Did you buy more canned pet food or kitty litter than you needed and are looking to donate some? Are you someone in need of pet food or kitty litter? Come by the Pet Pantry at the Veterans Memorial Senior Center. We carry cat and dog food. Call us before you come by at (650)780-7270

Location: VMSC Lobby

Code	Day	Time	Date	Fee
N/A	M-F	8 AM-4 PM	Ongoing	Free

Mandolin Orchestra

Instructor: Jo Pellegrini

Musicians of all ages and skill levels are welcome to join and develop their skills through group participation at rehearsals and performances. We invite all fretted instruments including acoustic guitar, flute, accordion and percussion. Knowledge of music notation required. Bring your instrument and meet some great people.

For more information call Jo Pellegrini at 650-207-6945.

Location: VMSC Sunset Room

Code	Day	Time	Date	Fee
N/A	Tue	7:00-9:00 PM	Ongoing	Free

Photo Vision

Instructor: Ken Kaufman

Have a digital camera which is collecting dust come join our photo group. Our small group is non-competitive and very low key. We welcome all skill levels. Each month we get together twice: once for a field trip to shoot photos somewhere in the Bay Area and once for a meeting to share our photos in person. The meeting also has an option to participate by Zoom.

Contact Ken for more information: kkaufman@outlook.com

Location: VMSC, Redwood Room

Code	Day	Time	Date	Fee
N/A	3rd Wed	10 AM-Noon	Ongoing	Free

Special Interest Classes & Groups Cont.

Master Gardeners

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. Call for more info (650) 276-7430.

Location: VMSC Master Gardeners Office Main Lobby

Code	Day	Time	Date	Fee
N/A	Th	1:00-4:00 PM	Ongoing	Free

Writing Club

We are looking for New Members

Instructor: Volunteer and Group Led

The Veterans Memorial Senior Center Writers Club is searching for new members:

If you are writing as a hobby or a profession, if you are an author of fiction or non-fiction, a novelist, short story writer, playwright, poet, a biographer, journalist, an aspiring editor or reporter and/or an English major, come join us, check it out.

Students must register with instructor on the first day of class. No online or mail-in registration. Fee is \$5 Three times a year.

Location: VMSC Gold Star Room

Code	Day	Time	Date	Fee
N/A	Th	10:00-11:30 AM	Ongoing	\$5 three times a year

Ping Pong

Instructor: Jan Smith

Do you have a passion for Ping Pong? Or do you just want to find a place to have fun and play? Come join this group of dedicated Ping Pong players. Stay active and get better together at Redwood City Parks and Recreation!

Location: VMSC Redwood Room

Code	Day	Time	Date	Fee
N/A	Th	1:00-4:00 PM	Ongoing	Free

Special Interest Classes & Groups Cont.

TOPS (Take Off Pounds Sensibly)

We are a fun and supportive group for all ages. TOPS is a great way to Take Off Pounds Sensibly and improve your overall health.

Location: CAB Room 5

Code	Day	Time	Date	Fee
N/A	Th	5:00-6:00 PM	Ongoing	Free

Peninsula Folk Music Club

Instructor: Group Led

People of all ages are welcome to join this wonderful group of singers. Anyone, aged 18 and older, can participate in this fun form of expression. Come sing old and new songs while meeting fantastic people.

Location: VMSC Sunset Room

Code	Day	Time	Date	Fee
N/A	Fri	12:00-1:30PM	Ongoing	Free

Argentine Tango

Instructor: Group Led

All levels and ages welcome. There is no formal lesson or class instructor. Class dancers practice and work together to learn patterns. Experienced dancers work with beginners to get them started. No partner required. Stop by for a visit.

Location: Red Morton Community Center

Code	Day	Time	Date	Fee
N/A	Sat	2:00-4:00 PM	Ongoing	Free

AnewVista Community Services

Connecting Seniors to Tech, One Click at a Time

With AnewVista, Seniors take a technology journey where they build confidence to take charge of their digital life.

AnewVista Community Services is a registered 501(c)3 non-profit organization. All donations are tax deductible.

info@anvcs.org

(650) 300-0688



Special Interest Classes & Groups Cont.

Creative Embroidery

Join our relaxed embroidery group! Bring your current project or start something new (materials available for \$10-\$15). We welcome all levels from beginners to advanced. We're here to share ideas, learn from each other, and enjoy the company of fellow crafters. We also welcome other forms of needlework like crochet, knitting, and hand sewing.

Location: VMSC Goldstar Room

Code	Day	Time	Date	Fee
N/A	Fri	10:00-11:30 AM	Ongoing	Free



Monthly Chapter Meeting

1st Monday of the month at 1:30-3:00 p.m.
Except June, July & August; on holidays, meets
2nd Monday

Our meeting place in Redwood City is under construction. When we can meet again in person, we'll let you know.

Presentations

January 5 – **ZOOM ONLY**
“Reimagining Aging Together: Villages of San Mateo County, by Sue Eldredge, Executive Director

February 2 – **ZOOM ONLY**
“Tinnitus & A Treatment Option: Lenire” by Jessie Johnson, Pacific Hearing

March 2 – **IN PERSON**
“Hearing Other Peoples Experiences”. We can learn a lot from one another as we talk about our hearing loss journey. Bob Hall, Psychologist, will moderate this meeting. Think about your hearing loss and events that have been good (or not) for your ability to communicate with others. This will be followed by a short meditation led by Dr. Ken Peters, as he demonstrates how meditation can help with coping with hearing loss

Special Meetings

Saturday Connections
2nd Saturday of the month,
11:30 a.m. – 1:00 p.m.
except June, July, August, December
(Meeting online)

Register to attend any of our Zoom meetings on our website:

<https://hearinglossca.org/peninsula/>

Once you register, you'll receive an email with the link to join.

If you have more questions, feel free to contact us at info@hearinglosspen.org

Our mission is to support, educate and advocate for persons with hearing loss.

Senior Services

AgeUp: Advocacy in Action for Older Adults and Adults with Disabilities Featuring the Ombudsman Program of San Mateo County

At the heart of AgeUp is the belief that every person deserves dignity, safety, and connection as they age. Through our Ombudsman Program, we advocate for nearly 10,000 residents in over 400 licensed long-term care and skilled nursing facilities across San Mateo County.

An Ombudsman (om-buds-man) is a trained and trusted advocate who listens, investigates, and works to resolve complaints on behalf of residents—free of charge. Whether the concern is about care, quality of life, or resident rights, we're here to ensure voices are heard and people are treated with the respect they deserve.

But AgeUp is more than Ombudsman. We've expanded to include innovative community-based programs that reduce social isolation, empower families, and build bridges between volunteers and care communities. From Friendly Visitors and Phone Buddies, to community education workshops, faith leader trainings, and elder justice initiatives, AgeUp is reshaping how our community supports older adults and adults with disabilities.

Our work is free. Our impact is real. Our future is collaborative.

☎ Call us: (650) 780-5707

🌐 Learn more: www.age-up.org.



Hearing Loss Association of the Peninsula

Peninsula Chapter (formerly SHHH). Learn how to thrive even with a hearing loss. Questions and answers, and friendships!

For more information, please visit <https://hearinglossca.org/peninsula/> and click on REGISTER FOR A MEETING. See flyer on page 17.

Location: Zoom

Fee: Free!

Day	Time	Dates
1st Monday	1:30 PM	Ongoing

- We do not meet in June, July or August. If the first Monday of the month lands on a holiday, we then meet on the second Monday instead.

Blood Pressure Screening

Provided by an RN from Dignity Health Sequoia Hospital.

For more information please call (650) 780-7270.

Location: Veterans Memorial Senior Center

Day	Time	Dates	Location
1st Tuesday	10:30am-12:00pm	Ongoing	Lobby

Fee: Free!

HIP Housing

HIP housing, a non-profit organization with over 40 years of housing experience, is reaching out to promote its Home Sharing program. The Home Sharing program matches persons who have a room to rent in their home with people who are seeking housing. There is no fee to use this service! Call (650)348-6660 for info.



Senior Services

Medical Equipment Loan Program (MELP)

The Medical Equipment Loan Program serves clients primarily from San Mateo County, California, but also from other locations. MELP is funded mainly by private donations, endowments, and foundation grants. Together with equipment donations, these gifts enable us to continue providing services to those who need them. Donations are tax-deductible, as MELP is a program of AbleCloset, a 501(c)(3) nonprofit, EIN 27-1212734. Call (650) 590-9112 for more information.

HOURS OF OPERATION

Every Saturday 10:00 AM to 11:30 AM

1063 E. San Carlos Avenue, San Carlos, CA 94070

Friends In Service to Humanity (FISH)

FISH is a project of Sequoia Village and provides volunteer transportation assistance to doctor appointments for individuals living in the Redwood City, San Carlos, Belmont and Redwood Shores areas. Please call one week in advance at (650) 593-1288.

Peninsula Volunteers Inc. (PVI) Transportation

Peninsula Volunteers Inc. (PVI) with the support of the County of San Mateo and the Older Americans Act (OAA) is here for your on-demand transportation needs. For a limited time, senior residents (age 60+) of San Mateo County can ride at no-cost from their home to the doctor, dentist, supermarket, pharmacy, or local senior center. Simply call RIDE PVI at (650) 272-5040 and we will arrange for Lyft or Uber driver to pick you from your home within a few minutes.

Preregistration is required for all users by calling
(650)272-5006

Hours: Monday - Friday 9AM-4PM or 24/7 with prescheduling

HiCAP

Get free health insurance counseling

Health Insurance Counseling & Advocacy Program (HiCAP) - The Medicare Counseling Program - helps with people with Medicare and their families:

- Understand plan options
- Review coverage and understand costs
- File a complaint or an appeal

HiCAP is a state and federally funded program that provides free, unbiased counseling and community education on Medicare and related health insurance issues. We provide 1-on-1 counseling by telephone appointment, and make Medicare presentations throughout San Mateo County.

For more info please call (650)627-9350 and/or visit www.hicapsanmateocounty.org

CLUBS at the VMSC:

Fun After Fifty:

11:00 AM - Noon • 2nd & 4th Tuesday • Sunset Room

Activities include monthly board meeting, entertainment and guest speakers with information of interest to seniors. Bingo will be held on every Tuesday beginning in August at 1:00pm in the Sunset Room. \$1.00 per card or 6 cards for \$5.00. Membership is \$20/year and open to anyone 50 years and older. We have special luncheons during the year and a picnic in July. Activities are not restricted to members only. Anyone can participate.

Hearing Loss Association of the Peninsula:

1:30 PM • 1st Monday • Zoom

Peninsula Chapter (formerly SHHH). Learn how to thrive even with a hearing loss. Questions and answers, and friendships! For more information, please visit <https://hearinglossca.org/peninsula/> and click on REGISTER FOR A MEETING.

National Active & Retired Federal Employees (NARFE):

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.

San Mateo County Retired Personnel Association:

1:00 - 3:00 PM • April 23 • 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 Jan, April, July, Oct from 1-3 pm with an informational speaker on subjects of interest which is mentioned in our bi-monthly newsletter.

Veterans Organizations at the VMSC:

AMVETS Post #53:

11:00 - 12:00 PM • 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:

1:00 - 2:30 PM • 1st Saturday of the month • Zoom

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:

1:00- 3:00 PM • 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 - 11:00 AM • 4th Sat. • Goldstar Rm.

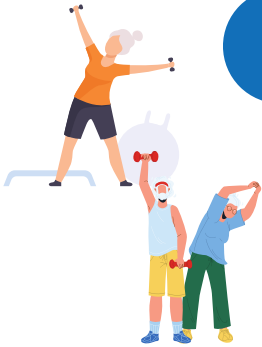
Founded in 1978, Vietnam Veterans of America is the only national Vietnam veterans organization congressionally chartered and exclusively dedicated to Vietnam-era veterans and their families. VVA is organized as a not-for-profit corporation and is tax-exempt under Section 501(c)19 of the Internal Revenue Service Code.

ADAPTIVE PHYSICAL EDUCATION

Adapt Together & Thrive!



Fitness Center for Adults & Seniors of All Abilities, Welcoming Those With Physical or Health Limitations



GROUP EXERCISE CLASSES

- Strength, Balance Movement Level 1 & Level 2
- Level 2 Circuit Training
- Chair & Intermediate Yoga
- Dance, Fitness & Fun
- Evening Fitness



SPECIALTY CLASSES / PROGRAMS

- 4 Specialty Classes for those with Parkinson's or similar neuromuscular conditions
- Pulmonary Fitness & Maintenance
- Standing Frame & Biodex machine
- Zoom-only classes & memberships available



OPEN GYM / PERSONAL WORKOUTS



- Mon-Fri, 10a-2:30p use our fitness equipment or weights at your own pace for an individualized workout
- NuSteps, treadmills, recumbent stepper & bike, elliptical, functional trainer, leg press, weights & more
- Personal Training by appointment

JOIN TODAY!

MONTHLY MEMBERSHIP FEES:

\$55 Attend any in-person class or use open gym 1 time/week

\$95 Attend in-person classes or open gyms 2 or more times/week

\$50 Zoom-only membership

Gym Facility Location: 939 Valota Rd. Redwood City CA 94061

Mailing Address: 1455 Madison Ave. Redwood City CA 94061

650-368-7732 info@AdaptivePEvmc.org
www.AdaptivePEvmc.org

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ADAPTIVE PHYSICAL EDUCATION is a 501(c)(3) nonprofit corporation.
Tax ID# 46-3037547



REGISTRATION INFO


Please complete registration forms and return to Office prior to joining class.

Forms available at the Office or online: www.AdaptivePEvmc.org/getstarted

All prospective members encouraged to try any class for free before joining!

PAYMENT INFO

Adaptive PE operates on a monthly membership basis. Payment options:

- **Check or cash.** Payable to “Adaptive Physical Education”
Mail to 1455 Madison Ave. Redwood City CA 94061
 - **Zelle** from your bank account. Use 650-368-7732 or our email info@adaptivepevmc.org or scan this QR code from your Zelle 
 - **Credit Card.** Call Office to make credit card payments or receive an invoice. Additional \$5/month processing fee added to all credit card charges
- Scholarships available. Please inquire at Office



DONATION INFO

Adaptive PE is a California 501(c)(3) nonprofit. Tax ID # 46-3037547

Monthly membership fees only provide about 25% of Adaptive PE’s revenues

Tax-deductible donations welcome and appreciated. Ways to give:

- Donate via check, Zelle or online at: www.AdaptivePEvmc.org/contact
- Community grants, Donor Advised Funds or IRA distribution gifts welcome
- Donate an unwanted car or vehicle to support Adaptive PE! It’s fast, easy, and you receive the maximum possible tax donation. Call 855-500-7433 to donate



ADAPTIVE PHYSICAL EDUCATION

Gym Facility Location: 939 Valota Rd. Redwood City CA 94061

Mailing Address: 1455 Madison Ave. Redwood City CA 94061

**650-368-7732 info@AdaptivePEvmc.org
www.AdaptivePEvmc.org**



ADAPTIVE PHYSICAL EDUCATION

Adapt Together & Thrive!



Fitness Center for Adults & Seniors of All Abilities, Welcoming Those With Physical or Health Limitations

GROUP CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-10:30a 10:30-11a	Strength Balance & Movement Level 1 10-10:45a (simulcast on zoom)	Strength Balance & Movement Level 1 Gentle Yoga (Zoom Only)	Strength Balance & Movement Level 1 10-10:45a (simulcast on zoom)	Strength Balance & Movement Level 1 10-10:45a (simulcast on zoom)	Strength Balance & Movement Level 1 10-10:45a (simulcast on zoom)
11-11:30a 11:30-12p	Chair Yoga 11-12p (simulcast on zoom)			Intermediate Yoga 11-12p	
12-12:30p 12:30-1p					
1-1:30p 1:30-2p					
2-2:30p 2:30-3p					
3-3:30p 3:30-4p					
4-4:30p 4:30-5p					
6:30-7p 7-7:30p					
	Pulmonary Fitness & Maintenance 12-2p	Strength Balance & Movement Level 1 1-1:45p	Strength Balance & Movement Level 2 1-2p	Strength Balance & Movement Level 1 1-1:45p	
	Dance Fitness & Fun 1:30-2:30p	Level 2 Circuit Training 2:30-3:30p		Level 2 Circuit Training 2:30-3:30p	
	Parkinson's Chair Exercise 3-4p			Parkinson's Mobility & Fall Prevention 3:30-4:30p	
	Parkinson's Gait Improvement 4-5p		Neuromuscular Fitness 4-5p		
	Evening Fitness 6:30-7:30p			Evening Fitness 6:30-7:30p	

GYM LOCATION: 939 Valota Road, Redwood City CA 94061

MAILING ADDRESS: 1455 Madison Ave,
Redwood City CA 94061

650-368-7732

info@AdaptivePEvmc.org

www.AdaptivePEvmc.org

MEMBERSHIP LEVELS & PRICING:

\$55/Month - 1 class/open gym session per week

\$95/Month - 2 or more classes/open gym sessions per week

\$50/Month - Zoom only membership

Check or Zelle preferred

Credit cards incur \$5/month additional processing fee

Scholarships available.

Adaptive Physical Education is a 501(c)(3) California public benefit corporation. Tax ID# 46-3037547

ADAPTIVE PHYSICAL EDUCATION CLASS & PROGRAM INFORMATION



GENERAL CLASSES			
CLASS	DAY/TIME	LEVEL	DESCRIPTION
Strength Balance & Movement Level 1	M-T-W-TH-F OR Tue & Thur 1-1:45p	Beginning open to all	General, whole-body conditioning and strength training class. Focus on balance, stretching, light cardio, and hand weights. Start your day a healthy and uplifting way!
Chair Yoga OFFERED FREE FOR ALL	Mon 11-12p	Beginning open to all	Gentle seated yoga with some standing poses. Stretch, breathe, and be mindful in this relaxing proactive. No prior yoga experience required.
Dance Fitness & Fun	Mon 1:30-2:30p	Beginning - appropriate for those able to move on & off floor unassisted	Put a pep in your step and a smile on your face, while exercising to the golden oldies! Focus on movement, light cardio, and fitness. Combo of standing & floor work.
Strength Balance & Movement Level 2	Wed 1-2p	Intermediate - must be able move on & off floor unassisted	Higher level general, whole-body conditioning and strength class. Appropriate for those wanting an elevated workout. Includes work standing and on the ground.
Level 2 Circuit Training	Tue & Thur 1-2p	Intermediate - must be able move on & off floor unassisted	Intermediate circuit training with emphasis strength, flexibility & quality movement. Integrated workout for a next-level challenge. Combo standing & floor work.
Evening Fitness	Mon & Thur 6:30-7:30p	Intermediate - check with instructor before joining	Convenient circuit and weight training individualized for particular goals including weight loss and injury prevention. Ideal for those with a busy daytime schedule.
Intermediate Yoga OFFERED FREE FOR ALL	Thur 11-12p	Intermediate - must be able move on & off floor unassisted	Traditional yoga class incorporating standing and floor poses to stretch and balance mind, body, and spirit. Mindfulness meets adaptability. Yoga mats & props provided.
SPECIALTY CLASSES			
CLASS	DAY/TIME	LEVEL	DESCRIPTION
Parkinson's Chair Exercise	Mon 3-4p	Beginning open to all	Chair-based exercise class to safely stretch, strengthen, and develop muscles and balance. Appropriate for those with Parkinson's Disease or similar diagnoses.
Parkinson's Gait Improvement	Mon 4-5p	Beginning - Must be able to walk for 30 minutes	Improve walking & gate mobility, with attention on foot and hip function and movement quality. Includes activities such as sit-to-stand, ground-to-stand, upper extremity activities, and posture, with a secondary goal to multi-task movements.
Parkinson's Mobility & Fall Prevention	Thur 3:30-4:30p	Beginning - check with instructors before joining	Focus on trunk, spinal mobility & hamstring flexibility which plays a vital role in hip extension—a key element of efficient walking. Appropriate for those with Parkinson's or similar diagnoses.
Neuromuscular Fitness	Wed 4-5p	Intermediate - must be able move on & off floor unassisted	Circuit-based strength training combining integration and power training to improve coordination and brain-to-muscle activity. Appropriate for those with Parkinson's or similar diagnoses.
Pulmonary Fitness & Maintenance	Mon-Wed 12-2p	Beginning- Intermediate - check with instructor before joining	Work 1:1 with our Respiratory Fitness Instructor to design a workout to maintain and support ongoing pulmonary fitness. NOTE: Requires prior completion of an in-clinic Pulmonary Rehab program.

ADAPTIVE PHYSICAL EDUCATION CLASS & PROGRAM INFORMATION



ZOOM CLASSES			
<i>CLASS</i>	<i>DAY/TIME</i>	<i>REQUIRES ZOOM MEMBERSHIP LEVEL</i>	<i>DESCRIPTION</i>
Strength Balance & Movement Level 1	M-T-W-TH-F 10-10:30a	Beginning - open to all with Zoom membership	General, whole-body conditioning and strength training. Focus on balance, stretching, light cardio, and weights. Start your day a healthy & uplifting way!
Zoom Chair Yoga	Mon 11-12p	Beginning - open to all with Zoom membership	Relaxing seated yoga with some limited standing poses. Stretch, breathe, and be mindful in this restorative practice. No prior yoga experience required.
Gentle Yoga	Tue 10-11a	Beginning - open to all with Zoom membership	Gentle yoga to safely stretch, strengthen, and balance. Explore new ways to move and relax. Combines chair, standing, and on the floor movements.
OPEN GYM CLASS			
<i>CLASS</i>	<i>DAY/TIME</i>	<i>LEVEL</i>	<i>DESCRIPTION</i>
Independently use gym at your own pace	M-T-W-TH-F 10-2:30p	Open to all after orientation with fitness instructors	Members drop in for a self-directed workout using our adapted fitness equipment, including NuSteps, treadmills, recumbent bike, elliptical, leg press, functional trainer, free weights, etc.
SPECIALTY EQUIPMENT & PERSONAL TRAINING CLASS			
<i>CLASS</i>	<i>DAY/TIME</i>	<i>LEVEL</i>	<i>DESCRIPTION</i>
Standing Frame	M-T-W-TH-F 10-2:30p 45 minute timeslots	Call or stop by the Office to reserve a timeslot	Assistive technology for those reliant on a wheelchair. Supports an extended posture (in an upright or almost upright position) to build strength and stamina. Requires initial orientation and ability to transfer independently or have caregiver to assist.
Personal Training		By appointment only	A fitness instructor will tailor a specific exercise program to meet your fitness & wellness goals, with an emphasis on safety and appropriate adaptations.
Biodex SD Balance System		By appointment only	A comprehensive Fall Risk Screening & Conditioning Program. It assesses fall-risk, and helps improve balance & mobility, develops muscle tone, and increases agility.



Redwood Shores Sandpiper Community Center

Activities / Classes

Community Forum

Instructor: Staff & Group Led

Come join the VMSC (Veterans Memorial Senior Center) staff for discussion and planning for upcoming trips and classes as well as a guest speaker. Light refreshments will be provided.

Location: Sandpiper Community Center

Code	Day	Time	Date	Fee
N/A	1st Thurs	10:00-12PM	Ongoing	Free

Ping Pong

Instructor: Group Led

Seniors 60+, keep your eye on the ball, while staying active and sharp during our drop-in table tennis nights. Players will have access to two tables to play on. Paddles and balls available, but feel free to bring your own!

Location: Sandpiper Community Center

Code	Day	Time	Date	Fee
N/A	Tue & Thur	6:00-8:00 PM	Ongoing	Free

Sequoia Hospital/ Blood Pressure Screening

Seniors, keep track of your blood pressure and discuss the results with experienced health professionals at the Sequoia Hospital's monthly blood pressure screening. Free on-going monthly blood pressure screenings available in your community by a Community Health Registered Nurse from Dignity Health Sequoia Hospital.

Location: Sandpiper Community Center

Code	Day	Time	Date	Fee
N/A	Tue & Thur	9:00-10:00 AM	Ongoing	Free

Redwood Shores Sandpiper Community Center

Activities / Classes Cont.

Shores Seniors Walking Group

Instructor: Group Led

Seniors 60+, stay active and social with us as we walk the Shores! Walking Group members will meet Tuesdays & Thursdays at 9am in front of the Sandpiper Community Center.

Location: Sandpiper Community Center

Code	Day	Time	Date	Fee
N/A	1st Thurs	10:00-12:00 PM	Ongoing	Free

Silver Foxes Seated Boot Camp

Instructor: Group Led

Are you looking to gain strength, increase functional mobility and improve bone density? Our fully Seated 45 minute workouts are safe, effective and fun! Whether you're 55+, currently using a wheelchair or just looking to try something different (without the fear of falling), then this class is for you. Don't let the fact that we're seated fool you. We're going to work!

Location: Sandpiper Community Center

Code	Day	Time	Date	Fee
26.150	Th	11:15am-12pm	6/6-2/17	\$70
26.151	Th	11:15am-12pm	3/3-3/31	\$50

Ukulele Beginner's Class

NEW CLASS

Instructor: Marshall Ma

This 8-week basic ukulele class is designed for beginners with some music background. The aim is to simulate interest and fun in playing ukulele in solo and group situations. To enhance learning, each class will have time for lectures, practices, and play-along.

It focuses on using fundamental chords, simple strumming patterns, and practicing with simple popular songs. By the end of the program, a student will be able to play several favorite songs confidently.

Location: Sandpiper Community Center

Code	Day	Time	Date	Fee
89.001	Wed	6:30-7:30 PM	1/7-2/25	Free

All of the above classes and programs will be held at the Sandpiper Community Center;
797 Redwood Shores Parkway, Redwood City 94065.

For more information please email Anna Carlos at acarlos@redwoodcity.org or
call at (650) 670-2206.

Reimagining Aging

The Villages of San Mateo County is a vibrant community – led by older adults and intergenerational volunteers – reimagining aging through connection, purpose, shared exploration, and mutual support. Join our Villagers for community gatherings where connection and friendships abound. We host engaging speaker forums, local excursions, walks, lunches, dinners, happy hours, and afternoon music events.



Our nonprofit organization is volunteer powered with three Villages serving residents of the Peninsula from San Bruno to Redwood City and on the Coastside from Half Moon Bay to Pacifica.

Help our Villagers maintain their independence in the places they call home and in the communities they love. Volunteer with us! Our volunteers provide transportation to medical appointments and errands around town, conduct home safety evaluations/ improvements, simple home repairs, technology assistance and friendly in-person visits or phone calls.

If You Are Interested in Joining or Volunteering

Please visit our website at www.villagesofsmc.org or call **650-260-4569**.

Come Join Us and Meet Our Vibrant Community at an Upcoming Event

Check Out VSMC's Events Calendar

Go to www.villagesofsmc.org, click on the **Events** tab and call to sign up.

UPCOMING
CLASSES
FROM
ANVCS.ORG
(501C3)



Veterans
Memorial Center

1455 Madison Ave,
Redwood City, CA
94061

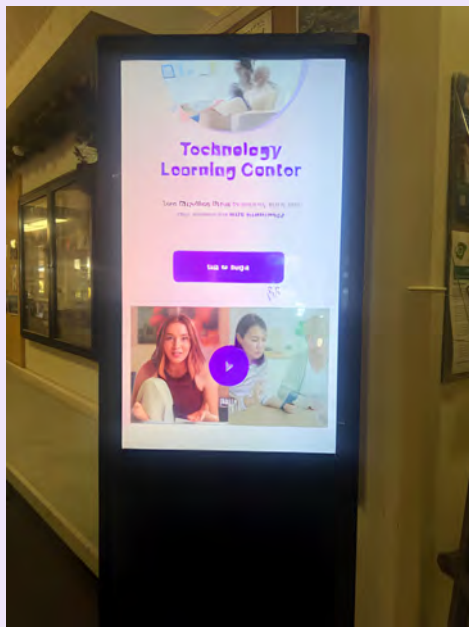
Join us on Mondays in the
Goldstar Room at 10:30 AM
or
you can join us online on Mondays
and Wednesdays at 10:30 AM to
learn about Technology.



Discover Easy Tech Help at the Redwood City Senior Center!

Do you want to learn about technology at your own pace? AnewVista Community Services now offers a new self-service tech help kiosk at the Redwood City Senior Center. You can find the easy-to-use kiosk at the Veterans Memorial Center, right across from the Gold Star Room. The kiosk provides immediate, on-demand help for common tech problems. You can access short, helpful lessons in your native language, so you can learn with confidence and become more independent in today's digital world.

Come try our kiosk and unlock your digital potential!



| UC Master Gardeners of San Mateo & San Francisco Counties

Do you need help with your garden? Have a pest problem? Curious about what will grow well in your region? Ask us!

- **Visit us in-person** - Thursdays 1-4pm at the Veterans Memorial Senior Center, 1455 Madison Ave, Redwood City. Master Gardeners Office - Main Lobby
- **Leave us a message on the Helpline** - (650) 276-7430
- **Submit a request** - Use the link below to submit a simple form with your inquiry. Using this form helps us help you, by supplying the information we need to get started on your request.

<https://surveys.ucanr.edu/survey.cfm?surveynumber=22632>

AARP FOUNDATION TAX-AIDE

Get your taxes done for free.

Where: Veterans Memorial Senior Center
1455 Madison Avenue
Redwood City, CA 94061

When: Wednesdays February 11 – April 15, 2026
By appointment only 9:00 A.M. – 2:15 P.M.

**Starting January 26th to make an appointment
Call (650) 880-2067 (This is a new number) or go to
<https://www.aarp.org/money/taxes/aarp-taxaide/locations/>**

We can help with:

- Social Security benefits
- Railroad retirement benefits
- Interest earned
- Proceeds from sales
- Pensions and annuities
- IRA distributions

- Earned Income Credit
- Child Tax Credit
- Mortgage interest
- Property tax
- Contributions to charity
- Tuition and student loan interest

What you need for your appointment:

- **Completed Intake and Interview Booklet (available at <https://www.irs.gov/pub/irs-pdf/f13614c.pdf> or front desk)**
- For married couples filing jointly, both spouses must be present
- Social Security cards or ITIN documents and birth dates for you, spouse, and dependents

- Copy of last year's tax return
- All forms W-2, 1098 and 1099
- 1095 forms if you purchased insurance through the Marketplace (Exchange)
- Information detailing other income
- Information for all deductions/credits
- Proof of savings or checking accounts and routing numbers (for direct deposit of refund)



REDWOOD CITY'S UTILITY RATE ASSISTANCE PROGRAM

ABOUT OUR PROGRAM

The Utility Rate Assistance Program (URAP) offers water, sewer, and solid waste (garbage) rate assistance. Eligibility is based on household income, and qualifying applicants will receive a credit on their utility bill for services obtained from the City. Applicants may apply at any time throughout the year. However, applications are approved contingent on funds availability.

TO QUALIFY APPLICANTS MUST:

- Receive a Redwood City utility bill in the applicant's name
- Meet gross household income requirements
- Reside at address to which assistance is requested
- Provide required proof of income documentation

**APPLY
HERE**



FOR MORE INFORMATION AND ELIGIBILITY REQUIREMENTS VISIT
WWW.REDWOODCITY.ORG/URAP



REDWOOD CITY'S PROGRAMA DE ASISTENCIA DE TARIFAS

SOBRE NUESTRO PROGRAMA

El Programa de asistencia de tarifas (URAP) ofrece asistencia con tarifas de agua, alcantarillado y desechos sólidos (basura). La elegibilidad se basa en los ingresos del hogar y los solicitantes que califiquen recibirán un crédito en su factura de servicios públicos por los servicios obtenidos de la Ciudad. Los solicitantes pueden presentar su solicitud en cualquier momento del año. Sin embargo, las solicitudes se aprueban dependiendo de la disponibilidad de fondos.

PARA CALIFICAR LOS SOLICITANTES DEBEN:

- Recibir una factura de servicios públicos de Redwood City a nombre del solicitante
- Cumplir con los requisitos de ingreso del hogar
- Residir en el domicilio al que se solicita asistencia
- Proporcionar la documentación de prueba de ingresos requerida



**APLICAR
AQUÍ**



PARA MÁS INFORMACIÓN Y REQUISITOS DE ELEGIBILIDAD VISITE
WWW.REDWOODCITY.ORG/URAP

San Mateo County **TRANSIT DISTRICT**

Mobility Resource Center

A **New Service** to help guide
Older Adults to **Transportation Resources**
within **San Mateo County**.



San Mateo County Transit District
Customer Service

800-660-4287 option **3**

650-508-6448 TTY

Translation Services Available

Weekdays: 7am – 7pm

Weekends & Holidays: 8am – 5pm



WINTER WORD SEARCH

FIND THE WORDS!



A Y G X D V Q O S O O L H R R S C A R F
 Q L J A N U A R Y X J O Y R M R T G D T
 X D X J Q X G M S S N O W F L A K E U Q
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BOOTS
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 SNOWFLAKE

CHRISTMAS
 DECEMBER
 FROST
 ICE
 SHOVEL
 SNOWANGEL
 SNOWMAN

COAT
 FEBRUARY
 GLOVES
 JANUARY
 SKIING
 SNOWBALLS
 WINTER

Veterans Memorial Senior Center
1455 Madison Avenue
Redwood City, CA 94061

Residential Customer

Scan the QR code to see
our new
Senior Support list



SCAN ME

Not sure what a QR code is? Come by and ask any of the VMSC staff and they will assist you.



Snookie's Sock Collection for Veterans



We are collecting NEW socks for Veterans. If you would like to help and donate some new socks for both men and woman veterans. Please stop by the Veterans Memorial Senior Center and drop them off at the front desk or in the box labeled "Sock Donation" next to the front desk.



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:

Main Phone Line
(650) 780-7270

VMSC
1455 Madison Avenue
Redwood City, CA 94061

