



# OLDER ADULTS



## SENIOR LUNCHES

AGE 60+

Monday-Friday 11:00AM to 1:00PM  
Veterans Memorial Building /  
Senior Center

Lunches are served snack-bar style, with everything ordered à la carte and made to order. A \$10 "Blue Plate" special is available Tuesday-Friday.

Call 650.780.7259 to hear the Blue Plate Special of the day via a recorded message.

## FRIDAY MOVIES

1:15 pm

VMB/SC Auditorium

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

### GET ACTIVE, BE SOCIAL, HAVE FUN!

Join us in Redwood City & The Shores

- PING PONG
  - WALKING GROUPS
  - CRAFT & WRITING CLUBS
  - MAGICAL BRIDGE TIME
  - ADAPTIVE P.E.
- 

- BLOOD PRESSURE SCREENINGS
- COMMUNITY ZOOM DAYS
- LECTURES, MOVIES & MORE!

Get our bi-monthly publication, *The Sentinel*, and check out our event calendar online.

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

## COMMUNITY ZOOM DAY



Join us the THIRD WEDNESDAY  
of every month  
for a FREE day of online classes!

**FREE!** SIGN UP: **ONLINE**  
[travonde.com](http://travonde.com)



# EVENTS

All events held at the VMB/SC

## Valentine's Day Luncheon

Friday, February 13, 2026 • Noon

\$20.00

Reservations open Tuesday, January 6, at 10am

Celebrate Valentine's Day with friends and family at our festive Valentine Lunch! Enjoy a delicious meal, soft background music, and opportunity drawings. Don't forget to snap a few photos with your friends before you arrive. We can't wait to see you there! Call Anna Carlos for Reservations or come to front desk: (650) 670-2206.



## Date Night Movie

Wednesday, February 18, 2026

Appetizers and drinks at 5:00pm, Movie starts at 5:30pm

Movie is free. \$10 for light appetizers and drinks

Enjoy a charming date night in our auditorium with a special screening of Roman Holiday. Cozy up, savor tasty snacks and refreshments, and experience this timeless classic in the perfect setting for a romantic evening.

## St Patrick's Day Luncheon

Friday, March 13, 2026 • Noon

\$20.00

Reservations open Tuesday, February 17, at 10am

It's St. Patrick's Day! Wear your green or risk a playful pinch from a leprechaun. Join us for a festive lunch featuring Corned Beef and Cabbage with all the trimmings. This popular event fills up fast, so sign up early! Call Anna Carlos for Reservations or come to front desk: (650) 670-2206



## Volunteer Appreciation Luncheon

Friday, April 24, 2026 • 11:30am

Free- Invitation only

The VMSC staff would like to recognize the hard work and dedication of our volunteers—our doors couldn't open without you! Invitations will be mailed in mid-March. If you are a VMSC volunteer and don't receive one, DON'T WORRY, call the Volunteer Appreciation Hotline at (650) 670-2206 with your name, phone number, and volunteer areas, and someone will follow up. This is an invitation-only event to honor those who give their time and energy to keep the center running.



## Mother's Day Celebration

Friday May 8, 2026

3pm-5pm

\$15.00

USE CODE: 89.160

Let's celebrate our Moms, Mothers and Mom Figures! Join us for a relaxing afternoon featuring soft tunes, warm non-alcoholic drinks, sweet pastries, and the chance to win a prize in our Opportunity Drawings! It's the perfect way to unwind and celebrate the queen of the family.



## Memorial Day Luncheon

Friday, May 22, 2026 • 12:00pm

\$20.00

Reservations open Tuesday, May 5, at 10am

Today we remember and honor the men and women who gave their lives in service to our country. Enjoy a BBQ meal and dessert, along with music, guest speakers, and opportunity drawings. Call Anna Carlos for Reservations or come to front desk: (650) 670-2206



# CLASSES

## 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 for health benefits or as an internal martial art. Research shows that when practiced with graceful, slow, and light movements, Taiji can enhance longevity and overall well-being. With deep, natural breathing, a relaxed mindset, and smooth circular motions, regular practice has proven remarkably effective in supporting health and aiding recovery from various conditions. *Pay in full to secure your spot. Drop-ins \$15 if space allows; waiver required.*

**LOCATION: VMB/SC**

### BEGINNER

CODE	DAY	TIME	DATE	FEE
89.109	Th	10:00am-11:00am	2/5-3/26	\$80
89.110	Th	10:00am-11:00am	4/2-5/21	\$80

### ADVANCED

CODE	DAY	TIME	DATE	FEE
89.111	Th	11:00am-12:00pm	2/5-3/26	\$80
89.112	Th	11:00am-12:00pm	4/2-5/21	\$80

## NEW QIGONG 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), which in Chinese means "work" or "skilled exercise drills," are repetitive spiral movements that build strength, balance, and coordination. Emphasizing ground connection, knee alignment, and the opening and closing of joints through dantian rotation, these exercises enhance mobility, relax muscles and tendons, and can help with fall prevention. Movements target the body's 18 major joints—from head to toe—for improved flexibility and flow. *Drop-in available, Waiver required.*

**LOCATION: VMB/SC**

### BEGINNER

CODE	DAY	TIME	DATE	FEE
89.151	Tu	10:00am-11:00am	2/3-3/24	FREE
89.152	Tu	10:00am-11:00am	3/31-5/19	FREE

### ADVANCED

CODE	DAY	TIME	DATE	FEE
89.153	Tu	11:00am-12:00pm	2/3-3/24	FREE
89.154	Tu	11:00am-12:00pm	3/31-5/19	FREE



## LINE DANCING

with **Cathy Dacumos**

**Basic Beginner:** Learn the fundamentals of line dancing—no experience needed!

**High Beginner:** Build on basic skills with more advanced dances. Basic Beginner experience recommended. Focus on popular dances from local socials.

**Intermediate:** Master easy intermediate dances popular at local socials. Prior experience highly recommended.

\$8 drop-in fee for one class or \$12 for both classes. Save money by signing up for the entire session! Wear comfortable shoes.

**PAY FEE & SAVE OR DROP-IN (SEE DESCRIPTION ABOVE)**

### TUESDAYS @ VMB/SC

CLASS	CODE	TIME	DATE	FEE
High Beginner	22.104	10:00-11:15am	1/6-3/24	\$90
Intermediate	22.105	11:15am-12:30pm	1/6-3/24	\$90
High Beg/Int Combo	22.106	10:00-12:30pm	1/6-3/24	\$126
High Beginner	22.107	10:00-11:15am	3/31-5/26	\$69
Intermediate	22.108	11:15am-12:30pm	3/31-5/26	\$69
High Beg/Int Combo	22.109	10:00-12:30pm	3/31-5/26	\$96

### THURSDAYS @ CAB

CLASS	CODE	TIME	DATE	FEE
Basic Beginner	22.110	7:00-8:00pm	1/8-3/19	\$83
Easy Interm.	22.111	8:00-9:00pm	1/8-3/19	\$83
Beg/Int Combo	22.112	7:00-9:00pm	1/8-3/19	\$116
Basic Beginner	22.113	7:00-8:00pm	4/9-5/28	\$62
Easy Interm.	22.114	8:00-9:00pm	4/9-5/28	\$62
Beg/Int Combo	22.115	7:00-9:00pm	4/9-5/28	\$86

## INTERMEDIATE TAP DANCE

**AGE 45+**

with **Judy Rechsteiner**

This ongoing class is for dancers with at least one year of tap experience. Each session includes warm-ups, cross-the-floor work, and dance combinations—great music, rhythms, and fun! *Pay for the series or \$12 drop-in. Waiver required for all drop-ins.*

**Location: RMCC**

CODE	DAY	TIME	DATE	FEE
89.121	Th	10:30-11:30am	1/8-1/29	\$44
89.122	Th	10:30-11:30am	2/5-2/26	\$44
89.123	Th	10:30-11:30am	3/5-3/26	\$44
89.124	Th	10:30-11:30am	4/2-4/30	\$44
89.125	Th	10:30-11:30am	5/7-5/28	\$44



## SILVER FOXES SEATED BOOT CAMP S

with **Lacey Soares**, Beyond The Push Fitness, NASM-Personal Trainer, NASM-Corrective Exercise Specialist, NASM-Nutrition Coach, AAFA-Group Fitness Instructor

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 (and 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!

**AT COMMUNITY ACTIVITIES BUILDING-** no class 5/12

CODE	DAY	TIME	DATE	FEE	SITE
26.150	Tu	11:15am-12:00pm	1/6-2/17	\$76	CAB
26.151	Tu	11:15am-12:00pm	3/3-3/31	\$56	CAB
26.152	Tu	11:15am-12:00pm	4/14-6/2	\$76	CAB

**AT SANDPIPER COMMUNITY CENTER** no class 5/14 S

CODE	DAY	TIME	DATE	FEE	SITE
26.153	Th	11:30am-12:15pm	1/8-2/19	\$76	SCC
26.154	Th	11:30am-12:15pm	3/5-4/2	\$56	SCC
26.155	Th	11:30am-12:15pm	4/16-6/4	\$76	SCC

## 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. Waiver required for all drop-ins.

**Location: VMB/SC**

CODE	DAY	TIME	DATE	FEE
89.126	Th	1:00-2:00pm	1/8-1/29	\$25
89.127	Th	1:00-2:00pm	2/5-2/26	\$25
89.128	Th	1:00-2:00pm	3/5-3/26	\$25
89.129	Th	1:00-2:00pm	4/2-4/30	\$25
89.130	Th	1:00-2:00pm	5/7-5/28	\$25

## RESTORATIVE YOGA

with **Orlene Chartain**

With guided meditation and supportive props, we'll gently relax the spine to ease lower back pain, boost the immune system, and promote rejuvenation. This practice is a wonderful way to strengthen, stretch, and relax—no matter your physical condition. Please bring a mat. A blanket, blocks and strap are recommended. Wear comfortable clothes. Pay for the series or \$10 drop-in. Waiver required for all drop-ins.

**Location: VMB/SC**

CODE	DAY	TIME	DATE	FEE
89.133	Th	2:00-3:00pm	1/8-1/29	\$25
89.134	Th	2:00-3:00pm	2/5-2/26	\$25
89.135	Th	2:00-3:00pm	3/5-3/26	\$25
89.136	Th	2:00-3:00pm	4/2-4/30	\$25
89.137	Th	2:00-3:00pm	5/7-5/28	\$25

## AFTERNOON QUILTING NEW LOCATION

**AGE 45+**

with **Barbara Hall**

Learn basic quilting techniques! Open to beginning & advanced students, this class is for all skill levels. Materials not included. More info, please call Barbara Hall, 650-224-0024. No Drop ins.

**Location: CAB**

CODE	DAY	TIME	DATE	FEE	SKIP
89.131	M	12:30-4:00pm	1/5-3/23	\$80	1/19, 1/26, 2/16
89.132	M	12:30-4:00pm	3/30-6/8	\$80	4/6, 5/25



Get City news delivered to your inbox!  
[www.redwoodcity.org/subscribe](http://www.redwoodcity.org/subscribe)





## TRIPS & HIKES

### BAY AREA DAY-TRIPPERS

REGISTER BY THE FRIDAY BEFORE EACH TRIP

When was the last time you spent some peaceful time under the Redwoods or walked out to a beach and witnessed the massive waves of the Pacific crash against the shore? Join us for a short, mellow hike (1-3 miles) as we explore a few of the most peaceful and scenic locations that we are blessed to have so close to home. Feel free to meet us at the trailhead or hop in one of our vans if you wish as well. **Bag Lunch provided.** Please bring your own water and snacks. Registration is required.

**FEE PER TRIP:** \$20 (lunch & transportation included)

#### EMBARCADERO TO MCCOVEY COVE, SAN FRANCISCO

2.9 Miles | Level: Moderate

CODE	DAY	TIME	DATE	FEE
89.100	W	9:00am-2:00pm	2/4	\$20

#### BAYVIEW AND NIKE LOOP

Coyote Hills Regional Park, Fremont

2.4 Miles | Level: Moderate

CODE	DAY	TIME	DATE	FEE
89.101	W	9:00am-2:00pm	3/4	\$20

#### TONY LOOK TRAIL TO STEVENS CREEK RESERVOIR

Stephens Creek County Park, Cupertino

2.5 Miles | Level: Moderate

CODE	DAY	TIME	DATE	FEE
89.102	W	9:00am-2:00pm	4/1	\$20

#### SANBORN NARROWS TRAIL

Sanborn County Park, Saratoga

1.4 Miles | Level: Moderate

CODE	DAY	TIME	DATE	FEE
89.103	W	9:00am-2:00pm	5/6	\$20

## FIELD TRIPS

SIGN UP EARLY, THESE TRIPS SELL OUT QUICKLY

Trips are subject to change.

**Admission and transportation provided.** Please bring your own money for food/snacks unless noted. Questions? Contact Austin 650.780.7399 or [awatts@redwoodcity.org](mailto:awatts@redwoodcity.org)

### AUGUSTE RODIN EXHIBIT\*

This exhibition highlights Rodin's expressive nude sculptures, showcasing his modern approach to figurative art and human form.

CODE	DAY	TIME	DATE	FEE
89.104	F	10:30am-2:00pm	1/30	\$10

\*Please bring your own bag lunch

### BLACK HISTORY MUSEUM

Explore the Domini Hoskins Black History Museum and Learning Center in Redwood City—celebrating African American contributions through exhibits and community programs. Enjoy a private tour of the 22,000-square-foot museum with founder and curator Carolyn Hoskins.

CODE	DAY	TIME	DATE	FEE
89.105	F	10:00am-2:00pm	2/27	\$12

\*Please bring your own bag lunch

### ROSICRUCIAN EGYPTIAN MUSEUM AND GARDENS\*

Explore the largest collection of authentic ancient Egyptian artifacts in Western North America, walk through a replica tomb, and uncover fascinating history, culture, and science. Enjoy lunch together and some time to wander the beautiful gardens and peaceful grounds.

CODE	DAY	TIME	DATE	FEE
89.106	F	10:00am-3:00pm	3/27	\$24

\*Please bring your own bag lunch

### MARITIME MUSEUM\*

Explore fascinating exhibits, model ships, and hands-on activities that bring the city's seafaring history to life. Perfect for curious minds of all ages, this trip offers a unique journey through maritime heritage on the waterfront.

CODE	DAY	TIME	DATE	FEE
89.107	F	10:30am-2:00pm	4/24	\$12

\*Please bring your own bag lunch or money for food.


### SF GIANTS GAME\*

Head to Oracle Park to catch the San Francisco Giants! Fee includes Lower Box ticket and round-trip transportation.

CODE	DAY	TIME	DATE	FEE
89.108	W	10:45am-4:45pm	5/27	\$49

\*Please bring your own bag lunch or money for food.


# CLASSES & PROGRAMS



## ADAPTIVE PHYSICAL EDUCATION

Classes for adults of all abilities and those with physical disabilities or health limitations.

[WWW.ADAPTIVEPEVMSC.ORG](http://WWW.ADAPTIVEPEVMSC.ORG)  
(650) 368-7732



Jan 23 & 24  
9:30am-1:30pm  
VMB/SC

### AARP Driver Safety Course

\$25 (\$20 AARP Member)  
cash / check (preferred)

Must attend both sessions to receive Certificate.

**FOR MORE CLASSES, CLUBS,  
AND ADAPTIVE PHYSICAL  
EDUCATION PROGRAMS**

Check out our bi-monthly publication, *The Sentinel*. It's available online here, or pick one up at the Senior Center!  
[www.redwoodcity.org/seniors](http://www.redwoodcity.org/seniors)

### THE BOOK CLUB

2<sup>ND</sup> WED OF EACH MONTH  
1/14, 2/11, 3/11, 4/8, 5/13  
10-11:00am  
Just drop in!

Join our book club to expand your reading horizons, gain new perspectives, and forge lasting friendships with fellow book lovers. You're welcome to bring a snack to share or a book or two for the swap table. **Coffee provided.** For more information, please contact Austin [awatts@redwoodcity.org](mailto:awatts@redwoodcity.org) or 650 780-7399.



## ONGOING PROGRAMS IN REDWOOD SHORES AT SANDPIPER COMMUNITY CENTER

### SANDPIPER MEET-UP

First Thursday of the month • 10:00am-12:00pm

Join our City Staff for a monthly meet-up where we host guest speakers, discuss future trips & programming ideas, and have some bagels and coffee, together! Call Anna Carlos for more information 650-670-2206

For date specifics visit our senior center calendar at [www.redwoodcity.org/seniors](http://www.redwoodcity.org/seniors)



### PING PONG S

Tuesdays & Thursdays  
6:00pm-8:00pm  
FREE!

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 four tables to play on. Paddles and balls available, but feel free to bring your own!

Class is in Redwood Shores S



### SHORES SENIORS S WALKING GROUP

Tuesdays & Thursdays  
9:00am-10:00am  
FREE!

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. Pedometers available to keep track of your step count.

OLDER ADULTS

# SERVICES FOR OLDER ADULTS

**FROM OUR PARTNERS AT PENINSULA FAMILY SERVICE:  
2600 MIDDLEFIELD ROAD, REDWOOD CITY, 94063**

OLDER ADULTS



## HOT DELICIOUS LUNCH

Tired of your own cooking, washing dishes and dining alone? Join us for a Hot Tasty Lunch **Monday-Friday 12pm**. Meals are nutritious, balanced and low in fat and salt. The meals are compliant with the Federal guidelines.

### FEES:

Ages 60 years and older (and spouse), \$3.50 donation requested. Please call the day before to make a reservation.

**All older adults are welcome regardless of ability to contribute.**

*You may reserve your lunch by calling (650) 780-7525 up to one day in advance.*

## BAGEL DAY

**Every other Wednesday 9 am-12 pm.**

## BINGO

**1st and 3rd Friday of each month at 1:00pm. Thursdays at 1pm (Social Group)**  
More info call (650) 780-7542

## DRUMMING CLASS

**1st and 3rd Friday of each month at 11:00am-12:00pm.**

## NEW EMOTIONAL HOLISTIC THERAPY

**Tuesday & Wednesday 9am-2pm & Thursday 11am-2pm.** Donations Accepted

## NEW ENGLISH CLASS FOR BEGINNERS

**Thursdays 10-11 am**

## FREE BLOOD PRESSURE SCREENING

**Fourth Tuesday of each month from 10am-12pm.** More info 650-780-7542.

## WATERCOLOR CLASS

**1st and 3rd Friday of every month at 9:00am.** With pencil.

## GARDEN CLUB

Come work alongside our master gardeners, and learn how to plant, nurture, and harvest organic plants.  
**Tuesday and Friday at 9:30am.**

## HAIR CUTS

We provide hair cuts every day from 9am to 2pm. Free. Donations welcomed. Please call 650 780- 7542.

## “THE PLATICA” SPANISH-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 from 11:00am-12:00pm. For more info, call (650) 780-7542.

## INFORMATION AND ASSISTANCE

If you are an older adult age 60+ and need information on how to access community resources, such as: health care, housing, food, transportation services, in-home care, legal services or more. Please call our Bilingual Case Manager, Max Chang at (650) 780-7543 for a referral today. Se habla Español!

## LET’S TALK

### ON HOLD UNTIL FURTHER NOTICE

Let’s gather to share our varied life experiences, build community and make new friends! To be announced. Call (650) 403-4300 for more information.

## HOT CHOCOLATE SOCIALS

Come get to know us over a cup of hot chocolate and homemade banana bread.  
**Every Wednesday from 8:30am-11:00am.**

## ADULT ACTIVITY CENTER LOUNGE

Come and enjoy a cup of coffee, play a game or chat with friends. The lounge is open **Monday through Friday from 8:30am-2:00pm.**

## BILLARDS

If you are interested in playing a friendly game of pool, we now have a billiard table available **Monday to Friday, 10am to 2pm.** Please ask the front desk for cues and balls.

## PING PONG CLUB

**Wednesdays, 1pm to 2pm.**

## TECHNOLOGY CLUB

**1st Friday of each month 9:30-10:30am.**  
Call (650) 780-7542 for more information

## LOTERIA

Have fun and get ready to win playing the traditional game of Loteria!  
**Tuesdays 11:15 am and Thursdays at 12:30 pm.**

## CLASE PURA VIDA

¡Reunámonos para compartir nuestras variadas experiencias de vida, construir una comunidad y hacer nuevos amigos!  
**Wednesdays 9:30-10:30 am**

**FOR MORE INFORMATION CALL (650) 780-7542**



# ONGOING FAIR OAKS PROGRAMS FOR OLDER ADULTS

Para Español Llame al 650-780-7543

## FITNESS CLASSES

Questions? Call (650) 780-7542 (650) 780-7543 (Spanish)

Classes and services are free or at low cost.

## STRESS MANAGEMENT

Sponsored by the Sequoia YMCA

Enhance Fitness is a proven community-based senior fitness and arthritis management program. It helps older adults become more active, energized, and empowered for independent living.

Tuesdays & Thursdays at 10:00am-11:20am.

## ZUMBA WITH VICKY

Time to move to the rhythm of Latin Music! This is a free style dance format where you dance along as you wish.

Mondays 1pm & Wednesdays 11am. Ask about our online class!

## STRONG FOR LIFE

Sponsored by: Stanford University

Thursdays at 9:15am. 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

Sponsored by: Sequoia Health Care District

There is growing evidence that this mind-body practice has value in treating or preventing many health problems. All levels of fitness and health welcome. Participants 54 and younger. Mon 10:00-11:00am / Wed 9:45-10:45am

## YOGA (BEG.)

Sponsored by: Sequoia Health Care District

A slow-paced, very beginner yoga class for those with more seasoned bodies and those new to yoga. The class will use chairs and other props to ensure that the benefits of yoga are accessible to folks of varying degrees of strength and flexibility. Tuesday 9:00-10:00am.



## SENIOR PEER COUNSELING PROGRAM

The Senior Peer Counseling program works to ensure no one faces the challenges of aging alone. Specially-trained volunteer counselors provide weekly visits to adults age 55+ to help manage transitions and life changes such as health concerns, mobility issues, caregiver needs, and grief. Special care is taken to connect participants with someone who shares similar life-experiences and perspectives, with programs offered in languages such as English, Mandarin, Spanish, and Tagalog, and to participants who identify as LGBTQ. Peer counselors meet with participants via telephone, zoom or when possible in person. For more information contact Peer Counseling at 650-403-4300.

## "HELPING HANDS" VOLUNTEER OPPORTUNITY

If you have a heart for serving your community, please contact us. We are the Fair Oaks Adult Activity Center, and we are looking for enthusiastic and kind-hearted volunteers that are willing to share their abilities with the community. To learn more about our center please call us at (650) 403-4300.

"This is where true community spirit comes alive!" Thank you in advance for your support.

OLDER ADULTS