



# The *Sentinel*

Serving Redwood City's older adult  
community for over 41 years!

May / June 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

After exactly forty years to the day, I am retiring on Wednesday, June 17, 2026. It has been a journey spanning 440 federal holidays and countless memories. While I'll soon have more time for tallying up the days, for now, I am simply focused on the gratitude I feel for this community.

Whether in the childcare or here at the senior center, it's the people who made these four decades so special. To the kids, seniors, families, and colleagues: thank you for the life memories and the golden moments I will always carry with me. Just remember, it's only a 1 mile walk to my house from the New Senior Center! Alright, enough of that.

So, you've all got yourselves a brand-new senior center! If you don't know, the address is 1333 Madison Ave. here in Redwood City. Stop by and you will be able to see what we have been working on for the last 1,753 days.

### **Big Moves & New Beginnings:** Our Lunch Program Update

We are thrilled to finally welcome you to our new home! As we transition our lunch program to the new building, please save these dates and note the following schedule changes to ensure everything runs smoothly.

### **Monday, May 4 | The Grand Ribbon Cutting | 12pm-2pm**

Join us for a special celebration meal to kick off our first day in the new space!

- **The Menu:** Sandwich, carrot salad, chips, a drink, and dessert.
- **Cost:** \$5.00 per lunch (Limit 1 per person).
- **Availability:** 35 lunches are available on a first-come, first-served basis.
- **Reservations:** Not required for this special event.
- **Note:** These lunches are available for seniors, who are not attending the ribbon cutting.

### **Tuesday, May 5 | Official Lunch Service Begins**

Regular lunch service officially starts at our new location!

- **Lunch Hours:** 11:00 AM – 1:00 PM.
- **Building Access:** Currently, the lunch program is the only active service in the new facility. We kindly ask that guests **exit the premises by 1:30 PM**. Other areas of the building remain closed to the public at this time.

### **June 1 – June 5 | Transition Week (To-Go Lunches Only)**

To finalize the move for all remaining programs, **both the old and new buildings will be closed to the public** this week. However, we don't want you to miss a meal!

- **Service:** "Blue Plate Special" To-Go meals only.
- **Cost:** \$10.00.
- **How to Order:** Call our Reservation Hotline at **650-780-7259**.
  - Listen to the daily menu and leave your reservation for the following day.
  - **Deadline:** No orders can be accepted after 9:00 PM the night before.

## Monday, June 8 | Full Public Opening!

The wait is over! Starting today, the building is officially open for all classes, programs, and general public access. We can't wait to see the halls filled with activity again.

**Questions?** Feel free to stop by the front desk or call our main office. We appreciate your patience and excitement as we settle into this beautiful new space!

# Bruce

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## Exciting Changes at Our New Home!

As we move into our beautiful new building, we are thrilled to officially roll out the **Club Card**. This membership allows you to take full advantage of the Redwood City Parks, Recreation & Community Services registration program while enjoying exclusive perks right here at the center.

### Why purchase a Club Card?

Your Annual Club Card is your key to the building. It provides **priority access** to "open time" in our Lounge and Gym (available whenever VMSC classes or organized activities are not in session). Members are also invited to enjoy a **free cup of coffee or tea** in the Redwood Room, Monday through Friday, from 8:00 am to 10:00 am.

### Membership Advantages Include:

- **Easy Registration:** Sign up for programs in person or online.
- **Early Access:** Priority registration for VMSC Holiday Lunches (one week early!)
- **Facility Access:** Full use of the Lounge, Half Gym, and Outdoor Track during open hours.
- **Community:** Access to all our social clubs.
- **Special Bonus:** The first 250 members to sign up will receive a free gift!



### June Special: "Finally Finished" Discount

To celebrate our seniors and our grand opening, we are offering a special "**Finally Finished**" rate.

- **Register in June 2026:** Only **\$13.00** for the entire year!
- **Standard Rate:** \$20.00 per year for registration after June 30, 2026.

### Drop-In Information

For those who prefer not to purchase an annual card, a **\$1 daily drop-in fee** will apply for access to the Lounge, Track, and Gym. Please note that drop-in guests are required to complete a liability waiver during every visit.

We can't wait to see you in the Redwood Room for a cup of coffee. Let's make this new chapter our best one yet!



## Are you a Volunteer? Important information for you.

As we prepare to move into our incredible new building, we're doing more than just changing our address. Our team is committed to stepping up to what we call the "**Gold Standard**" of safety for our senior community.

To make that vision a reality, we are asking all of our valued partners to complete a formal **Livescan**. For those who haven't experienced this before, it is simply a modern, digital fingerprint process. There is no messy ink and no stained fingers—just a quick scan that helps us ensure a safe and secure environment for everyone.

### A Note on Trust

We understand that hearing the words "background check" can sometimes feel like your integrity is being questioned. Please believe us: **this is not a lack of trust**. Many of you have been with us for years, and we know exactly who you are. We are taking this step because our seniors are a vulnerable population, and we want to demonstrate that our center maintains the highest safety standards in the state—the same rigorous standards required for doctors, teachers, and high-level security professionals.

### Making it Easy for You

The staff wants to make this process as painless as possible, so we are handling the heavy lifting:

- **Convenience:** You don't have to travel; the scanning is happening right here on-site.
- **Cost:** We are covering **100% of the fees**. We know many of our partners are on fixed incomes, and we value your time too much to ask for your money as well.
- **Support:** Our team will be available to help you with every page of the paperwork.
- **Privacy:** Your information will be handled with total confidentiality and stored securely. Period.

You are the heart of this center. We are taking these steps to protect the community we've all built together. Thank you for sticking with us as we move into this exciting next chapter!



# Happy Mother's Day Celebration

**Date:** Friday May 8, 2026

**Time:** 3-5pm

**Price:** \$15 per person

**Location:** Redwood Room

**1455 Madison Ave Redwood City CA, 94061**

Let's celebrate our Moms, Mothers and Mom Figures! Join us for a relaxing afternoon featuring soft tunes, warm nonalcoholic 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.

Register online use code #89.160 or for questions feel free to call Anna Carlos at 650-670-2206/ 650-780-7374 or stop by the front desk.



## MID-PENINSULA RECORDER ORCHESTRA SPRING CONCERT

**Saturday, May 9, 2026**

**7:00PM**

**Veterans Memorial Senior Center Theater  
1455 Madison Ave., Redwood City CA, 94061**

Conducted by MPRO assistant director  
Greta Haung-Hryciw

· Selections include Vivaldi's Recorder Concerto in C (RV443), Works by Schmelzer, Dufay, Josquin, Jovanovski, and more

· Other instruments joining the recorders are bassoon, English horn, Baroque racket, krumhorns, and keyboard

· This program features a very special appearance by local recorder quartet DJLD performing J.S. Bach's Lobet den Herrn (BWV230)

ADMISSION IS FREE  
FAMILIES ARE WELCOME

FREE-WILL DONATIONS ARE GRATEFULLY ACCEPTED

\*Established in 1962, MPRO was the first recorder orchestra in the U.S. and has been directed by Frederic Palmer since 1988.\*

<https://www.mpro-online.org/>

MPRO is an affiliate of San Francisco Early Music Society (sfems.org)

# Memorial Day Lunch

Friday, May 22, 2026

12:00 Noon

\$20 per person

Today we remember and honor the men and woman who gave their lives in service to our country. Enjoy a BBQ meal and dessert, along with music, and opportunity drawings.

Reservations open Tuesday, May 5, at 10am

Call Anna Carlos for reservations or come to the front desk: (650)670-2206

You Are Invited To

## FATHER 'S DAY BBQ

Date: Saturday, June 13, 2026

Time: Noon - 2pm

Price: \$15 per person

Location: Veterans Memorial Senior Center  
1333 Madison Ave, Redwood City CA, 94061

Join us for our first Father's Day BBQ. We will have hot dogs, burgers, pasta salad, chips, and drinks. We will also hold an opportunity drawing. Register online or at the front desk, for registration questions call: Anna Carlos at (650) 670-2206 or call/visit the front desk at (650) 780-7270.



# VMSC MOVIES

## May - June

Movies start at 1:15 PM

5/1

**Rental Family** — Struggling to find purpose, an American actor lands an unusual gig with a Japanese agency to play stand-in roles for strangers. Confronting the moral complexities of his work, he soon rediscovers purpose, belonging, and the quiet beauty of human connection **2025 | PG 13 | 1H 50M | DRAMA/COMEDY**

5/8

**The Roses** — Life seems easy for picture-perfect couple Theo and Ivy: successful careers, a loving marriage, great kids. However, a tinderbox of fierce competition and hidden resentments soon emerge when Theo's career nosedives and Ivy's own ambitions take off.

**2024 | PG 13 | 2H 15M | DRAMA / HISTORY**

5/15

**Sorry, Baby** — Something terrible happened to Agnes. But life goes on for everyone else. When a friend visits on the brink of an important milestone, Agnes realizes how stuck she's been, in this bittersweet story of finding your way after your world comes crashing down.

**2025 | R | 1H 44M | DRAMA / COMEDY**

5/22

**Wicked: For Good** — Now demonized as the Wicked Witch of the West, Elphaba lives in exile in the Ozian forest, while Glinda resides at the palace in Emerald City, reveling in the perks of fame and popularity. As an angry mob rises against the Wicked Witch, she'll need to reunite with Glinda to transform herself, and all of Oz, for good.

**2025 | PG | 2H 17M | MUSICAL / FANTASY**

5/29

**Blue Moon** — In 1943 lyricist Lorenz Hart confronts his shattered self-confidence in a bar as his former collaborator, Richard Rodgers, celebrates the opening night of his groundbreaking hit musical "Oklahoma!"

**2025 | PG | 1H 40M | MUSIC / DRAMA**

6/5

**NO MOVIE TODAY**

6/12

**Marty Supreme** — Marty Mauser, a wily hustler with a dream no one respects, goes to hell and back in pursuit of greatness.

**2025 | R | 2H 30M | SPORTS / DRAMA**

6/19

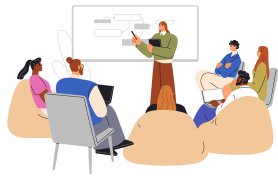
**NO MOVIE TODAY**

6/26

**Hamnet** — William Shakespeare and his wife, Agnes, celebrate the birth of their son, Hamnet. However, when tragedy strikes and Hamnet dies at a young age, it inspires Shakespeare to write his timeless masterpiece "Hamlet."

**2025 | PG 13 | 2H 5M | DRAMA / HISTORY**

# You're Invited!



## "Club 1333" Senior Speakers Series!

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 #12:**

**Guest Speaker: Elyse Brummer Director with Age Up**

**Topic:** Housing options for Seniors

**Date:** Tuesday, May 19, 2026 **Time:** 10:00 AM **Location:** Sunset Room, Veterans Memorial Senior Center

### **Session #13:**

**Guest Speaker:** Janel Jurosky M.S.N, R.N, P.H.N with Sequoia Hospital

**Topic:** Diabetes, Prediabetes Awareness

**Date:** Tuesday, June 16, 2026 **Time:** 10:00 AM **Location:** Sunset Room, Veterans Memorial Senior Center

Mark Your Calendars for Future "Club 1333"

Sessions: Date: Tuesday, July 21, 2026 Time: 10:00 AM Location: Sunset Room, Veterans Memorial Senior Center Look out for our flyer with speaker information.

**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

5



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+**

**MAY TRIP 5/6**  
SANBORN COUNTY PARK  
SANBORN NARROWS TRAIL  
MODERATE  
1.4 MILE HIKE  
ACTIVITY #89.103

**JUNE TRIP 6/3**  
HALF MOON BAY  
GREY WHALE COVE  
CHALLENGING  
2.5 MILE HIKE  
ACTIVITY #89.200

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



## CANVAS & CAB NIGHT

Sip, paint & flow in the NEW building!!!

**FRIDAY, JUNE 12<sup>TH</sup> 5-7PM**

Join us for a fun and relaxed Canvas and Cab night at the VMSC! This social evening invites adults 55+ to create a guided canvas painting while enjoying good company and a glass or two of some cabernet if you wish. No experience needed—just bring your creativity, a favorite wine to share if you wish, and get ready for laughter, art, and great conversation.

**ACTIVITY #89.209**  
*Donation? Please Contact!*

Austin Watts  
awatts@redwoodcity.org  
650 780-7399






## 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 6/24, 7/25

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 to the children, but for the 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



FOOD EXHIBITS  
FUN AND GAMES RACING PIGS

## FIELD TRIP TIME! SAN MATEO COUNTY FAIR

### SENIOR DAY

**THURSDAY, JUNE 11<sup>TH</sup> 9:20AM-2:30PM**

JOIN US AS WE LOAD UP OUR VANS AND HEAD TO THE FAIRGROUNDS IN SAN MATEO FOR A FUN FILLED DAY. REGISTRATION INCLUDES TRANSPORTATION AND ENTRANCE TO THE FAIR. PLEASE BRING YOUR OWN MONEY FOR FOOD, ENTERTAINMENT, AND SHOPPING.

**\$10** GLASS# 89.203

FOR MORE INFORMATION OR TO SIGN-UP PLEASE CONTACT  
AUSTIN AT 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, please call Barbara Hall at (650) 224-0024

Location: CAB 2/3/4 Rooms

Code	Day	Time	Date	Fee
89.132	Mon	12:30-4:00 PM	4/6-6/1	\$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
89.130	Th	1:00-2:00 PM	5/7-5/28	\$25
89.226	Th	1:00-2:00 PM	6/11-6/25	\$25

## Community Drum Circle

With Frank Garvey

We are a drum circle made up of diverse skill levels, knit together by a shared purpose: to enjoy rhythm, community, and collective expression. Whether you are a seasoned percussionist or picking up a drum for the first time, you are welcome here.

Our roots come from the Flow of Drumming drum group, whose spirit of inclusivity, listening, and shared rhythm continues to guide us. We come together not to perform or compete, but to connect through rhythm—sharing energy, creativity, and the simple joy of making music together.

Our focus is on the African djembe, but members also bring shakers, doumbeks, maracas, tambourines, claves, cowbells, congas, bongos, and more.

Location: VMB /VMSC Theater

Code	Day	Time	Date	Fee
89.158	Wed	6:00pm-8:00pm	2/25-6/3	Free

# Parks and Recreation Classes Cont.

## 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 Sunset Room\*

Code	Day	Time	Date	Fee
89.137	Th	2:00-3:00 PM	5/7-5/28	\$25
89.223	Th	2:00-3:00 PM	6/11-6/25	\$25

## 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
89.125	Th	10:30-11:30 AM	5/7-5/28	\$44
89.220	Th	10:30-11:30 AM	6/4-6/27	\$44

\*Starting June, All classes will be at the new building except for Tap class. Tap class will be held at Red Morton. For more information, please call the front desk at (650) 780-7270

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.

## 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.

**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. 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 5/20, 6/17



TRAVONDE



WWW.REDWOODCITY.ORG/RWCZOOMDAY

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

## Movies

Enjoy Friday afternoon FREE flicks at the Vets Theatre! Everyone is invited to attend. For info call (650)780-7259. See page 7 for movie titles.

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

## 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](mailto:marieei@comcast.net).

Location: Offsite

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

# Special Interest Classes & Groups Cont.

## 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 / VMBSC Lounge \*

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 / VMBSC Gym \*

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 / VMBSC Lounge \*

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



**Bruce in his Retirement.  
See you in 6 months as a volunteer!**

# Special Interest Classes & Groups Cont.

## 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 / VMBSC Sunset/Bluestar 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](mailto:kkaufman@outlook.com)

Location: VMBSC, Goldstar Room \*

Code	Day	Time	Date	Fee
N/A	3rd Wed	9:30 AM-Noon	Ongoing	Free

## 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: VMBSC Master Gardeners Office\*

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

# Special Interest Classes & Groups Cont.

## 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/VMBSC Goldstar Room \*

Code	Day	Time	Date	Fee
N/A	Th	10:00-Noon	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: VMBSC Gym\*

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

## 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

(check back with instructor for new dates and times starting in June)

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

# Special Interest Classes & Groups Cont.

## 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 - VMBSC Sunset/Bluestar 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](mailto:info@anvcs.org)

(650) 300-0688



Scan the QR code to see



SCAN ME

our new  
Senior Support list

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

# 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 / VMBSC Sunrise Room \*

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

# Snacks for Veterans

**Snookie is at it again!**

**Help us collect snacks for our Veterans who are homeless and those that may need it. We will be collecting snacks until end of June.**

**Stop by and drop off snacks at the front desk just ask for Anna Carlos.**

For more information please call  
Anna Carlos: (650) 670-2206 or (650)780-7343



# 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](http://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 of the month	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

Fee: Free!

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

## 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](http://www.hicapsanmateocounty.org)

## **CLUBS at the VMSC:**

### **Fun After Fifty:**

11:00 AM - Noon • 2nd & 4th Tuesday of month • Sunset/ Bluestar\*

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 of month • 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 • 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.

### **GFWC Peninsula Hills Women's Club**

Meets on the third Thursday of the month (except for July, August & December) from 5:00 to 7:00 p.m. at the VMC

We are a 501 (c) (3) philanthropic organization, serving our community for more than 65 years. We are dedicated to community improvement by enhancing the lives of others. We are a member of the California Federation of Women's Clubs (CFWC) and the General Federation of Women's Clubs (GFWC). All are welcome to join us and have fun along the way.

Check us out: [peninsulahillswomensclub.org](http://peninsulahillswomensclub.org) Find us on Facebook: GFWC Peninsula Hills

Contact us: [GFWC.PHWC@gmail.com](mailto:GFWC.PHWC@gmail.com) 650-752-9206

## **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 of month • Goldstar Rm.

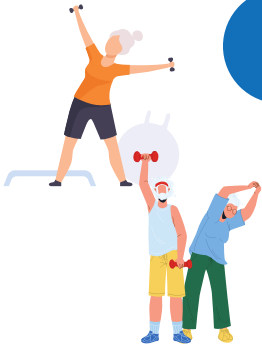
Founded in 1978, Vietnam Veterans of America is the only national Vietnam veterans organization congressionally chartered and exclusively dedicated to Vietnam-era veterans and their families. VVA is organized as a not-for-profit corporation and is tax-exempt under Section 501(c)19 of the Internal Revenue 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](http://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](mailto: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](http://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](mailto:info@AdaptivePEvmc.org)**  
**[www.AdaptivePEvmc.org](http://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		Strength Balance & Movement Level 1 1-1:45p	Strength Balance & Movement Level 2 1-2p	Strength Balance & Movement Level 1 1-1:45p	
2-2:30p 2:30-3p		Level 2 Circuit Training 2:30-3:30p		Level 2 Circuit Training 2:30-3:30p	
3-3:30p 3:30-4p	Parkinson's Chair Exercise 3-4p			Parkinson's Mobility & Fall Prevention 3:30-4:30p	
4-4:30p 4:30-5p	Parkinson's Gait Improvement 4-5p		Neuromuscular Fitness 4-5p		
6:30-7p 7-7:30p	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

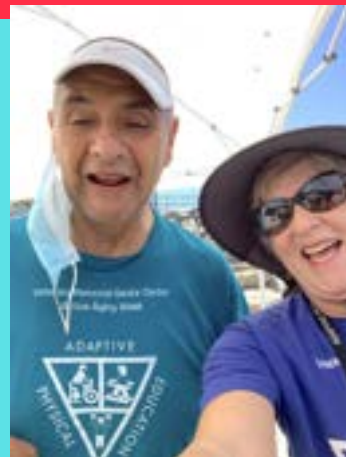


GENERAL CLASSES			
CLASS	DAY/TIME	LEVEL	DESCRIPTION
<b>Strength Balance &amp; Movement Level 1</b>	M-T-W-TH-F OR Tue & Thur 1-1:45p	<b>Beginning</b> open to all	General, whole-body conditioning and strength training class. Focus on balance, stretching, light cardio, and hand weights. Start your day a healthy and uplifting way!
<b>Chair Yoga</b> OFFERED FREE FOR ALL	Mon 11-12p	<b>Beginning</b> open to all	Gentle seated yoga with some standing poses. Stretch, breathe, and be mindful in this relaxing proactive. No prior yoga experience required.
<b>Dance Fitness &amp; Fun</b>	Mon 1:30-2:30p	<b>Beginning</b> - 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.
<b>Strength Balance &amp; Movement Level 2</b>	Wed 1-2p	<b>Intermediate</b> - 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.
<b>Level 2 Circuit Training</b>	Tue & Thur 2:30-3:30p	<b>Intermediate</b> - 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.
<b>Evening Fitness</b>	Mon & Thur 6:30-7:30p	<b>Intermediate</b> - 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.
<b>Intermediate Yoga</b> OFFERED FREE FOR ALL	Thur 11-12p	<b>Intermediate</b> - 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
<b>Parkinson's Chair Exercise</b>	Mon 3-4p	<b>Beginning</b> 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.
<b>Parkinson's Gait Improvement</b>	Mon 4-5p	<b>Beginning</b> - 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.
<b>Parkinson's Mobility &amp; Fall Prevention</b>	Thur 3:30-4:30p	<b>Beginning</b> - 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.
<b>Neuromuscular Fitness</b>	Wed 4-5p	<b>Intermediate</b> - 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.
<b>Pulmonary Fitness &amp; Maintenance</b>	Mon-Wed 12-2p	<b>Beginning-Intermediate</b> - 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



<b>ZOOM CLASSES</b>			
<i>CLASS</i>	<i>DAY/TIME</i>	<i>LEVEL</i>	<i>DESCRIPTION</i>
<b>Strength Balance &amp; Movement Level 1</b>	<b>M-T-W-TH-F 10-10:30a</b>	<b>Beginning</b> - 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!
<b>Zoom Chair Yoga</b>	<b>Mon 11-12p</b>	<b>Beginning</b> - 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.
<b>Gentle Yoga</b>	<b>Tue 10-11a</b>	<b>Beginning</b> - 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.
<b>OPEN GYM CLASS</b>			
<i>CLASS</i>	<i>DAY/TIME</i>	<i>LEVEL</i>	<i>DESCRIPTION</i>
<b>Independently use gym at your own pace</b>	<b>M-T-W-TH-F 10-2:30p</b>	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.
<b>SPECIALTY EQUIPMENT &amp; PERSONAL TRAINING CLASS</b>			
<i>CLASS</i>	<i>DAY/TIME</i>	<i>LEVEL</i>	<i>DESCRIPTION</i>
<b>Standing Frame</b>	<b>M-T-W-TH-F 10-2:30p 45 minute timeslots</b>	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.
<b>Personal Training</b>		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.
<b>Biodex SD Balance System</b>		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	10:30-11:30 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
26.151	Th	11:15am-12pm	4/14-6/2	\$70

### Ukulele Beginner's 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
89.207	Wed	6:30-7:30 PM	5/6-6/24	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](mailto:acarlos@redwoodcity.org) or  
call at (650) 670-2206 or (650)780-7343.



## Reimagining Aging

**Villages of San Mateo County** is a vibrant community of older adults who are reimagining aging through connection, purpose, and mutual support. **Our mission is to enable seniors to live happy, healthy, independent lives in their own homes.** We provide **practical services** including home repairs, friendly visits, and transportation to medical appointments and around town.

We also offer a **wonderful variety of social opportunities** to help members remain engaged and connected. Bay Area excursions, hikes on beautiful coastal and park trails, speaker forums, dinners and happy hours, interest groups—these are just a few of the popular activities our Villagers enjoy every month.



We are a nonprofit membership organization powered by a dynamic group of volunteers. **Our three Villages**—Mid-Peninsula Village, Sequoia Village, and Village of the Coastside—**serve older adults from San Bruno to Redwood City and from Half Moon Bay to Pacifica.**

**We always welcome new members and volunteers!** And many of our members double as volunteers! Together we find connection and meaning in this reimagined chapter of our lives!

Villagers thrive together as we navigate life's transitions in the communities we love.

**Join us and thrive!**

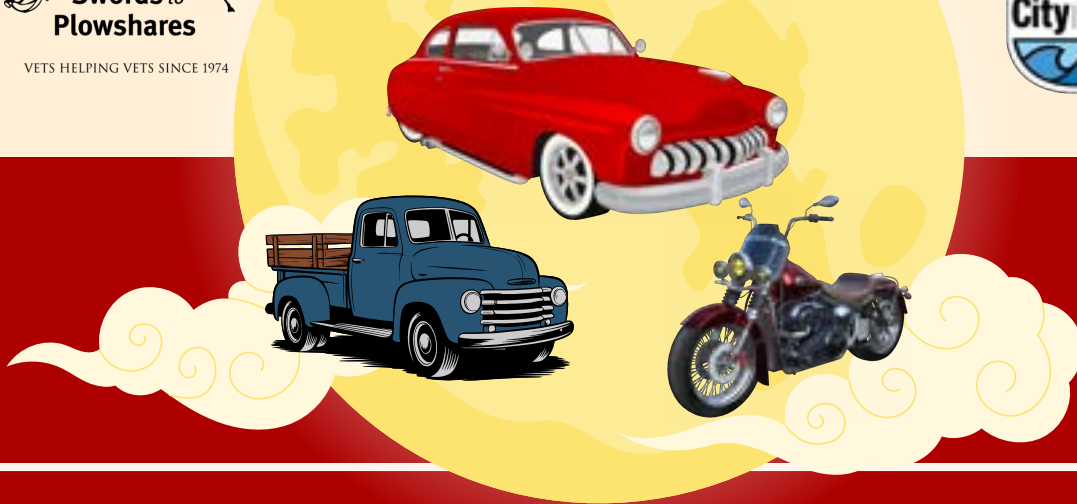
**If You Are Interested in Joining or Volunteering**

Please visit our website at [www.villagesofsmc.org](http://www.villagesofsmc.org) or call **650-260-4569**.

**Come Meet Our Vibrant Community at an Upcoming Event –  
Check Out VSMC's Events Calendar**

Go to [www.villagesofsmc.org](http://www.villagesofsmc.org), click on the **Events** tab and *call to sign up*.

# 10TH ANNUAL CAR SHOW FOR VETERANS



SATURDAY, AUGUST 22, 2026

11AM - 3PM

VETERANS MEMORIAL SENIOR CENTER  
1455 MADISON AVE., REDWOOD CITY, CA 94061

Classic Cars - Muscle Cars - Trucks - Motorcycles  
\$10.00 Donation Recommended  
to Support our Homeless Veterans

All proceeds in support of

## Swords to Plowshares

Sponsoring homeless, low-income, and at-risk Veterans in the Bay Area. Healing the wounds of war, restoring dignity, and hope, and working to prevent and end homelessness for our Veterans.

BBQ - Live Music - Raffles - Bounce House - Face Painting - Much more

**To reserve your space for your car, please call Anna Carlos at (650) 670-2206.  
Cars entering the show must arrive by 9:30AM.**



**YOU'RE INVITED!**  
**RIBBON CUTTING  
CEREMONY**

**VETERANS MEMORIAL  
BUILDING / SENIOR CENTER**

**1333 MADISON AVE.**

**REDWOOD CITY, CA 94061**

**MAY 4, 2026**

**12:00 PM**

**TOUR OUR NEW FACILITY AND  
JOIN US FOR LUNCH!**

