



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

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

COMMUNITY ZOOM DAY



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

FREE! SIGN UP: travonde.com **ONLINE**



EVENTS

Father's Day BBQ

Saturday June 13 • Noon
\$15

Reservations open Tuesday, May 5, at 10am

Join us for our first Fathers Day BBQ. We will have hot dogs, burgers, pasta salad, chips and drinks. We will also hold an opportunity drawing. Call Anna Carlos for Reservations or come to front desk: (650) 670-2206.



4th of July Lunch

Thursday, July 2

Noon
\$20

Reservations open on Tuesday, June 9.

It's our nation's birthday! Celebrate with classic Fourth of July eats, entertainment, and exciting opportunity drawings. See you there! Call Anna Carlos for Reservations or come to front desk: (650) 670-2206.



Las Pulgas Big Band Multigenerational Dance

Saturday July 18 • 5:00-7:00pm

Admission: \$20 (ages 15+), \$10 (ages 4-14), under 3 is FREE!

Get ready to dance! Join us for our second multi-generational dance! Las Pulgas Big Band, an 18-piece ensemble, will be playing a mix of tunes to keep you entertained for hours. Appetizers and non-alcoholic beverages will be provided, plus fun activities for little ones who need a break from the dance floor. For more information, please call Anna Carlos at (650)670-2206 or email acarlos@redwoodcity.org.

CODE	AGES	FEE
89.230	15 and up	\$20
89.231	Age 4-14	\$10

Please note if you are bringing a child under 3 years of age.

10th Annual Car Show for Veterans

Saturday, August 22
11am-3pm

Veterans Memorial Building Parking Lot

Join us for a day of classic cars, live music, BBQ feast, raffles, bounce house, and more—all in support of our Veterans. Honor our heroes by adding your photo to the Wall of Heroes. Proceeds benefit Swords to Plowshares, supporting homeless, low-income, and at-risk Veterans in the Bay Area by providing essential services, restoring dignity, and ending Veteran homelessness. To register your car, submit a photo, or get more info, contact Anna Carlos at (650) 670-2206 or acarlos@redwoodcity.org by August 14, 2026.



All events held at the VMB/SC

Sip & Socialize

Registration Deadline: 1 week before

CANVASANDCABNIGHT

Friday, June 5
5:00-7:00 pm

\$39 • Use Code: 89.209

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.

Cheers to a colorful night out!

PIZZAANDPINOTNIGHT

Monday, July 13
5:00-6:30 pm

\$69 • Use Code: 89.210

Join us for a fun and relaxed Pizza & Pinot Night! This social evening invites adults 55+ to enjoy delicious pizza, sip on a glass or two of some Pinot, and get together for great conversation and laughter. Bring your favorite bottle of Pinot to share if you wish, sit back, and savor a warm, friendly night with good food, good wine, and even better company.

Questions? Contact Austin Watts
awatts@redwoodcity.org 650.780.7399




CLASSES

UKULELE BEGINNER'S CLASS

with Marshall Ma

This FREE 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. For more information, call 650-670-2206.

Location: Sandpiper 

CODE	DAY	TIME	DATE	FEE
89.207	W	6:30-7:30pm	5/6-6/24	FREE
89.208	W	6:30-7:30pm	7/8-8/26	FREE



ALL DAY QUILTING

SEW FUN!

AGE 45+

with Barbara Hall

Join us this summer for a fun day of sewing. Bring food to share for lunch if you like. Questions call Barbara at 650-224-0024

Location: VMB/SC

CODE	DAY	TIME	DATE	FEE
89.206	M	9:00am-4:00pm	7/27	\$10

BARRE FOR OLDER ADULTS

with Wild and the Barre wildandthebarre.com

AGE 60+

Join us for a class focusing on balance, cardio-fitness and resistance training. Ideal for older adults or those recovering from accidents or illness. Wear sticky (grippy) socks. Socks can be purchased at the studio.

Location: Wild & the Barre, 2504 El Camino Real, Redwood City

CODE	DAY	TIME	DATE	FEE
26.263	W	10:45-11:35am	6/10-7/15	\$180
26.264	W	10:45-11:35am	7/22-8/26	\$180



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	22.208	10:00-11:15am	6/16-8/11	\$69
Intermediate	22.209	11:15am-12:30pm	6/16-8/11	\$69
High Beg/Int Combo	22.210	10:00-12:30pm	6/16-8/11	\$96

THURSDAYS @ VMB/SC

CLASS	CODE	TIME	DATE	FEE
Basic Beginner	22.211	7:00-8:00pm	6/18-8/13	\$69
Easy Intern.	22.212	8:00-9:00pm	6/18-8/13	\$69
Beg/Int Combo	22.213	7:00-9:00pm	6/18-8/13	\$96

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 Dance Studio

CODE	DAY	TIME	DATE	FEE
89.220	Th	10:30-11:30am	6/4-6/25	\$44
89.221	Th	10:30-11:30am	7/2-7/30	\$44
89.222	Th	10:30-11:30am	8/6-8/27	\$44



SILVER FOXES SEATED BOOT CAMP

AGE 55+

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 VMB/SC SUNRISE

CODE	DAY	TIME	DATE	FEE
26.280	Tu	11:15am-12:00pm	6/9-7/14	\$78
26.281	Tu	11:15am-12:00pm	7/21-8/25	\$78

AT SANDPIPER COMMUNITY CENTER 

CODE	DAY	TIME	DATE	FEE
26.282	Th	11:30am-12:15pm	6/11-7/16	\$78
26.283	Th	11:30am-12:15pm	7/23-8/27	\$78

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
89.226	Th	1:00-2:00pm	6/4-6/25	\$25
89.227	Th	1:00-2:00pm	7/2-7/30	\$25
89.228	Th	1:00-2:00pm	8/6-8/27	\$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
89.223	Th	2:00-3:00pm	6/4-6/25	\$25
89.224	Th	2:00-3:00pm	7/2-7/30	\$25
89.225	Th	2:00-3:00pm	8/6-8/27	\$25

READING BUDDIES

WITH PRESCHOOL CAMP HIGH-5

LAST WEDNESDAY OF THE MONTH, 6/24 & 7/29

10:00AM-10:45AM

"Reading Buddies" is an Intergenerational Learning Partnership between the VMSC and Little Learners Preschool Program at Red Morton Community Center. Seniors will read to preschoolers to foster and experience community belonging, reduce social isolation, and promote positive attitudes towards our aging/elderly community members.

We will meet at the VMB/SC at 9:45am and walk or drive to the Red Morton Community Center to start treading at 10:00am. Questions? Contact Austin 650.780.7399 or awatts@redwoodcity.org



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www.redwoodcity.org/subscribe





TRIPS & HIKES

BAY AREA DAY-TRIPPERS

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)

GREY WHALE COVE

Half Moon Bay
2.3 Miles | Level: Challenging

CODE	DAY	TIME	DATE	FEE
89.200	W	9:00am-2:00pm	6/3	\$20

ANGLER POOL AND SOUTH LAKE LOOP

Golden Gate Park
1.8 Miles | Level: Moderate

CODE	DAY	TIME	DATE	FEE
89.201	W	9:00am-2:00pm	7/1	\$20

SEQUOIA BAYVIEW AND BIG TREES LOOP

Joaquin Miller Park
2.5 Miles | Level: Challenging

CODE	DAY	TIME	DATE	FEE
89.202	W	9:00am-2:00pm	8/5	\$20

**Resident Registration
Opens March 10**

These trips fill quickly!

www.redwoodcity.org/registration



FIELD TRIPS

Trips are subject to change

Admission and transportation provided. Please bring money for food/snacks. Questions? Contact Austin 650.780.7399 or awatts@redwoodcity.org

SAN MATEO COUNTY FAIR

Join us for a fun day at the San Mateo Fairgrounds! Enjoy live entertainment, competitive events, unique food, arts & educational exhibits, stunning floral and garden displays, livestock, agricultural exhibits, and an exciting carnival for all ages. Registration includes transportation and fair entry. **Please bring money for food and shopping.**

CODE	DAY	TIME	DATE	FEE
89.203	Th	9:30am-2:00pm	6/11	\$10

ARDENWOOD FARMS (LUNCH INCLUDED)

Ardenwood Historic Farm in Fremont offers a vivid step back in time where we will first explore the beautifully restored Victorian-era Patterson House, complete with period architecture and a guided tour led by staff in historic costumes. Then we will get to see a working farmyard with heritage animals (cows, goats, sheep, chickens, etc.), historic farming machinery, and even a blacksmith shop where traditional craft demonstrations are held.

CODE	DAY	TIME	DATE	FEE
89.204	F	10:00am-3:00pm	7/24	\$25

ASIAN ART MUSEUM SF

Discover 6,000 years of Asian history, art, and culture at the Asian Art Museum in San Francisco. Explore galleries featuring ancient sculptures, intricate textiles, and contemporary works, along with rotating exhibitions and engaging cultural programs. With its light-filled architecture and vibrant café, it's an inspiring destination for art lovers and curious explorers alike. **Please bring a lunch or money to purchase food at the onsite dining option, Asian Box.**

CODE	DAY	TIME	DATE	FEE
89.205	F	9:45am-3:00pm	8/28	\$33

MORE PROGRAMS

ADAPTIVE PHYSICAL EDUCATION

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

WWW.ADAPTIVEPEVMSC.ORG
(650) 368-7732

THE BOOK CLUB

2ND WED OF EACH MONTH
6/10, 7/8, 8/12
10:00-11:00am

Just drop in at the VMB/SC!

Join our book club and expand your reading horizons, gain new perspectives, and forge lasting friendships with fellow book enthusiasts. Feel free to bring a snack for the group to share and a book or 2 for our book swap table. **Coffee provided.** For more information, please contact Austin 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

Class is in Redwood Shores



PING PONG

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!



SHORES SENIORS 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.

FREE BLOOD PRESSURE SCREENINGS

Know your numbers! Blood pressure is one of the simplest ways to stay ahead of your health!

Free, ongoing monthly blood pressure screenings are available with a Community Health Registered Nurse from Dignity Health Sequoia Hospital.

- ✓ **VETERANS MEMORIAL BUILDING/
SENIOR CENTER**
1st Tuesday of every Month
 10:30am-12:30pm
 1333 Madison Ave Redwood City 94061
- ✓ **SANDPIPER COMMUNITY CENTER**
1st Thursday of every month
 10:30am-11:30am
 797 Redwood Shores Parkway
 Redwood City 94065

650.780.7270

SERVICES FOR OLDER ADULTS



FROM OUR PARTNERS AT PENINSULA FAMILY SERVICE:

2600 MIDDLEFIELD ROAD, REDWOOD CITY, 94063 (APPLY FOR MEMBERSHIP)



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 10:30-11:30 am.

NEW EMOTIONAL HOLISTIC THERAPY/ MASSAGE (HEAD AND SHOULDERS)

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

NEW ENGLISH CLASS FOR BEGINNERS

Thursdays 12:30-1:30 pm

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. **Friday at 9:30am.**

HAIR CUTS

We provide hair cuts **Monday-Wednesday-Friday 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.

BREAKFAST SOCIALS

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

ADULT ACTIVITY CENTER LOUNGE

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

BILLIARDS

If you are interested in playing a friendly game of pool, we now have a billiard table available **Monday to Friday, 8:30am 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**



ONGOING FAIR OAKS PROGRAMS FOR OLDER ADULTS (APPLY FOR MEMBERSHIP)

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

Move to the rhythm of Latin Music! This freestyle dance format Allows you to dance along as you wish. **Mondays 1pm & Wednesdays 11am. Ask about our online class.**

NEW ZUMBA SENTAO (CHAIR)

1st and 3rd Friday of the month 10:30 -11:30 am

STRONG FOR LIFE

Sponsored by: Stanford University

Thursdays at 9:15am. Designed to help strengthen your muscles, improve energy, lessen joint & muscle stiffness and improve balance. This program can be done in a seated position.

NEW DANZON/FOLKLORE CLASS

Tuesday 12:30-1:30 pm

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 new to yoga with more seasoned bodies. 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 ask for OneTouch Program (Online Class)**

“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.



FOR MORE INFORMATION CALL (650) 780-7542

ADULTS 50+

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