

## Seniors . . .

**Please visit our Adult Section  
for more exciting classes.**

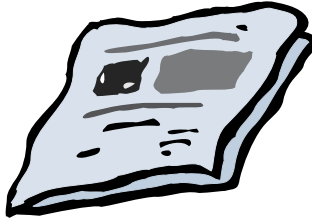
Are you looking for great things to do, exciting places to go, and fun people to meet? Stop by the Foster City Senior Wing located at 650 Shell Blvd. in Foster City. We have all this and more! Listed below is a sampling of activities. More information can be found in Foster City's Senior Expressions Newsletter, which is available at the Senior Wing.

### Senior Wing Hours – Monday -Friday

Front Desk            9am-5pm  
Games Available    9am-5pm

**Foster City Senior Wing Phone Number:  
(650) 286-2585**

### Senior Expressions Newsletter



Published on a quarterly basis, the newsletter includes class information, services, trips and tours, and special event announcements. Please pick one up at the Senior Wing or have it mailed directly to your home by purchasing the Senior Newsletter Subscription.

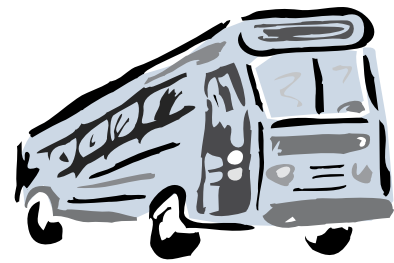
The Senior Newsletter Subscription is a great way to get the newsletter delivered to your home.

#### Benefits:

- Receive the newsletter four times a year at your home, before it is available to non-subscribers.
- Discount on two events (Ice Cream Social and Tea Party)

Fee: \$12 per year

**Call (650) 286-2585 for more information.**



### Senior Express Bus

The Senior Express bus operates as far north as Trousdale Avenue/Mills Hospital in Burlingame and as far south as Veterans Boulevard/Kaiser in Redwood City. The bus also travels to Stanford Hospital and the Millbrae BART station. The bus operates on Tuesdays from 9am to 3:30pm within Foster City and San Mateo, Wednesdays from 9am to 5pm throughout the specified territory, and Thursdays from 10am to 3:30pm within Foster City and San Mateo. Reservations are required and the payment method is a punch card that can be purchased at the Senior Wing front desk. For more information, call the Senior Wing front desk at (650) 286-2585.

### Senior Meals Program

Join the Foster City Senior Wing and the Foster City Rotary Club for the Senior Meals Program! Enjoy a delicious hot lunch that includes soup, an entrée, and dessert, all for the low price of \$3!

Days:            First and third Tuesday of the month  
Time:            11:30am  
Location:        Bluebird Room  
Cost:            \$3

#### Other information:

- Limit of 40 participants
- Sign up in advance at the Senior Wing, pay at door, cash only
- Play Bingo after lunch at 12:30pm
- For a complete menu, visit the Senior Wing front desk



### Thursday Matinees

Free movies every Thursday at 12:30pm in the Foster City Senior Wing – Sunfish Room.

For a list of upcoming movies, visit the Senior Wing front desk.

**CLASSES**

**Driver Safety Program**

An interactive class for drivers 50 years of age and older in which participants can sharpen their driving skills and develop strategies for age related changes in vision, hearing, and reaction time. **The fee includes workbook, DMV certificate for insurance discount, and administrative fee. \$17 – AARP members, \$19 – non-members.** Class dates are:

**February 14 and 15** – 9am-1:30pm

**February 25** – 8:30am-5:30pm

**May 8 and 9** – 9am-1:30pm

**May 12** – 8:30am-5:30pm

**Please drop by the Foster City Senior Wing or call (650) 286-2585 to register for these classes. For more information on senior events or trips, please call (650) 286-2585 or visit the Senior Wing.**

**TRIPS**

The Senior Wing goes on many exciting trips every month. Look in the Senior Expressions Newsletter for trip information or stop by the Senior Wing front desk to find out where the next trip is going. Join us for a fun-filled day!



**Senior Classes**

Fees: 65+ years old: \$30 for one course per semester  
50-64 years old: \$50 for one course per semester  
Under 50 years old: \$75 for one course per semester

**Call the Senior Wing for more information at (650) 286-2585.**

Monday	Sewing Machine Basics (pre-register)	1pm	Sunfish Room
Monday	Yoga for Health	9:30am	Spirit Room
Tuesday	Painting & Drawing	9:30am & 12:30pm	Sunfish Room
Tuesday	Tai Chi	1pm	Spirit Room
Wednesday	Hand Knitting & Machine Knitting	9:30am & 12:30pm	Sunfish Room
Wednesday	Current Events	10am	Bow Room
Wednesday	Qi Gong Fitness	10:30am	Lagoon Room
Wednesday	Intro. to Opera (\$50)	3:30pm	Sunfish Room
Thursday	Tai Chi	9am	Spirit Room
Thursday	Yoga for Health	11am	Bluebird Room
Friday	Sewing: Cut & Sew (pre-register)	9:30am	Sunfish Room

**Like Games?**

Join us in the Senior Wing to play your favorite games.

Monday	1-4pm	Pedro	Sail Room, Community Center
Monday	1-4pm	Bridge	Mist Room
Tuesday	12:30-2:30pm	Bingo	Bluebird Room
Tuesday	1-3pm	Open Play	Bow Room
Thursday	12:30-2:30pm	Bingo	Lagoon Room
Thursday	1-4pm	Bridge	Mist Room
Friday	10am-Noon	Open Play/Instruction	Bow Room
Friday	1-3pm	Canasta/Open Play	Bow Room

**Supply own materials, no money exchanged.**

Foster City Senior Wing ▲ (650) 286-2585