The City of Foster City offers a variety of classes, drop-in programs, and fun activities to keep you engaged with your community.

WHAT'S INSIDE

Drop-in Programs
Page 2

Food Programs
Page 3

55+ Club
Page 4

Movie Program
Page 4

Classes
Page 5-6

Seminars/Resources
Page 7-9

Day Trip
Page 10

MONDAY - FRIDAY
9A.M. - 4P.M.

The City of Foster City offers a variety of classes, drop-in programs, and fun activities to keep you engaged with your community.

650 SHELL BLVD.  650-286-2585
DROP-IN PROGRAMS

<table>
<thead>
<tr>
<th>Program</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bridge</td>
<td>Mondays</td>
<td>12:30pm - 4pm</td>
<td>Clipper Room</td>
</tr>
<tr>
<td>Pedro</td>
<td>Mondays</td>
<td>12:30pm - 4pm</td>
<td>Sunfish Room</td>
</tr>
<tr>
<td>Knitting</td>
<td>Wednesdays</td>
<td>12pm - 2:30pm</td>
<td>Clipper Room</td>
</tr>
<tr>
<td>Pedro</td>
<td>Wednesdays (1st and 3rd)</td>
<td>1pm - 4pm</td>
<td>Sunfish Room</td>
</tr>
<tr>
<td>Mah Jong</td>
<td>Wednesdays</td>
<td>2pm - 4pm</td>
<td>Senior Wing Lobby</td>
</tr>
<tr>
<td>Bridge</td>
<td>Thursdays</td>
<td>1pm - 4pm</td>
<td>Clipper Room</td>
</tr>
</tbody>
</table>

*Drop-in card tables available in Lobby*
FOOD PROGRAMS

Senior Meals Program

Join the City of Foster City and the Foster City Rotary Club for a delicious hot lunch! Space is limited to the first 40 participants. Preregister at the Recreation Center front desk. Meals are $5 and payment is required upon making your reservation. For menu information, please call 650-286-2585.

1st Tuesday of the Month  
11:30am-12:30pm  
Bluebird Room

Second Harvest Food Bank: Free Groceries

The Second Harvest Food Bank Program is offered at the Foster City Recreation Center! Members receive a bi-monthly bag of groceries which could include items such as fresh fruits and vegetables, rice, bread, eggs, chicken, and much more. You can pick up your groceries on the 1st and 3rd Friday of the month in the main parking lot.

To sign up for the program, call the Food Bank at 650-610-0800 ext. 165 or visit www.shfb.org/get-food/ for more information.
**THURSDAY PROGRAMS**

**55+ Club**

**General Meeting:** The 55+ (Active Adults) Club is currently recruiting new members! Make new friends, socialize, and enjoy entertainment weekly! General meetings are held on 1st and 3rd Thursdays from 11:00a.m. - 12:30p.m. at the Foster City Recreation Center, Lagoon Room. Stop by and say hello!

**Line Dancing:** All are welcome to join 55+ Club for Line Dance exercise! Class is free and no experience is necessary. Line Dance classes are held on the 2nd and 4th Thursdays from 11am - 12pm in the Lagoon Room.

---

**Senior Movie Program**

Join us in the Sunfish Room on the 1st and 3rd Thursdays of each month for a free movie! Showtime at 12:30pm.

- **January 4**
  - AVATAR: The Way of Water

- **February 1**
  - The Greatest Showman

- **March 7**
  - Strange World

- **January 18**
  - The Little Mermaid

- **February 15**
  - Jurassic World Dominion

- **March 21**
  - Gran Turismo
CLASSES
San Mateo Adult School

Art: Fundamentals of Art

Tuesdays | 9:30am – 11:30am, 12:30pm – 2:30pm
Sunfish Room, Recreation Center
Instruction is offered in the fundamentals of art: drawing, color, shape, form, value, perspective and texture. It includes a variety of art mediums: graphite, watercolor, color pencils, water soluble colored pencils, pastels, portraiture, scratchboard, and additional techniques with art mediums. The instructor’s goal is to enhance the participant’s enjoyment, art skills, and personal styles. The class is non-judgmental. All skill levels are welcome. Materials fee discussed at first class meeting.

Yoga for Health

Tuesdays | 10:30am – 11:30am | Thursdays 10:30am – 11:30am
Sail Room, Community Center
Yoga for Health is designed for adults over 50. You’ll learn and practice mild to moderate poses at an easy pace. The yoga postures have been selected to help you gradually release bodily tension while increasing overall flexibility and strength. Additional benefits of practicing yoga are an enhanced focus of attention, and a feeling of well-being. In addition to teaching customary yoga positions, your instructor will offer modifications of postures for students as needed. Classes conclude with a meditative relaxation exercise. Wear comfortable clothing. Bring a mat and towel. Guest drop-in passes are accepted and can be purchased in class.

Small Group Tai Chi - Beginners

Thursdays | 10:15am – 11:15am
Spirit Room, Foster City Recreation Center
This beginning small group tai chi class will meet in person. Students will be positioned a safe distance apart from each other. The goal of this class is to improve your functional balance and overall agility. With the skilled and supportive coaching of Debbie Au, RN, you will learn and Tai Chi postures to improve coordination, support better balance responses, benefit joint mobility and increase overall agility. Wear comfortable clothing and shoes, no sandals. Guest drop-in passes are not accepted for this class. Only Vaccinated individuals are permitted to join this class.
CLASSES
San Mateo Adult School

Tai Chi 103 - Advanced

Thursdays | 9:00am – 10:00am
Spirit Room, Foster City Recreation Center
Advanced Tai Chi students should have completed all 75 postures of the Zungu Chen Family routine and have been practicing the routine on their own. Fine tuning of the postures is a component of this class. *Enrollment in Intermediate Tai Chi requires instructor approval. Please contact Program Coordinator Jeri McGovern.

Art: Drawing and Painting

Thursdays | 1:30pm – 3:30pm
Sail Room, Foster City Community Center
Learn strategies and useful tips to enhance your drawings and paintings from illustrator, Matt Crane. Practice applying different techniques to create depth, shading and highlights to enhance your drawings and paintings. Demonstrations are followed by student practice. The class size is small, so each student receives one to one instruction. For a materials list email: jmcgovern@smuhsd.org.

Enrollment

To register for a class, please contact the San Mateo Adult School directly at 650-558-2100 or email Jeri McGovern, Program Coordinator at jmcgovern@smuhsd.org. Enrollment is accepted on an ongoing basis, but class fees are not prorated if you start after a session begins. Enrollment fees are paid directly to the San Mateo Adult School. Please visit www.sanmateoadultschool.org for exact class dates and course fees.

For other adult classes, please check out the activity guide available at the Foster City Recreation Center front desk!
SEMINARS/PRESENTATIONS

Medicare Seminar

Saturday, January 13 | 10:30am | Crane Room

Join us as we discuss the changes in 2024 regarding Medicare! This class will teach you everything you need to know about enrolling in Medicare. Class will cover important Medicare deadlines, Supplement vs. Medicare Advantage Plans, Prescription Drugs, and learn about different financial State and Federal programs that could help you with your out of pocket medical cost.

Transportation Resources in San Mateo County (Seminar)

January 18 | 11am | Lagoon Room

Come learn about different transportation options in San Mateo County. Information presented will be beneficial to individuals who prefer not to drive, are unable to drive, or just want to be prepared for future transition. We will cover options available through public transit (including free 1-on-1 training on how to ride by trained Mobility Ambassadors), local shuttles, free or low-cost transportation programs available through senior centers and community groups, as well as private services.

California Telephone Access Program

February 1 | 11am | Lagoon Room

Triet Hoang, Field Operation Specialist II from California Telephone Access Program, a program of the California Public Utilities Commission Deaf and Disabled Telecommunications Program, will discuss updates to the California State program that provides FREE specialized telephone equipment and services to eligible California residents. There is no cost, obligation, age or income requirement.

Meet Author and Traveler. Elsie Sze

Thursday, March 7 | 11am | Lagoon Room

Elsie Sze is an author of several novels set in exotic places off the beaten track of most travelers. She will be sharing her experience in traveling and writing. Elsie grew up in Hong Kong, made Canada her home for many years, and currently lives in San Mateo, California with her husband Michael. A former teacher and librarian, she is an avid traveler, often to remote places which form the settings for her stories. Her first novel, Hui Gui: a Chinese story, was nominated for Foreword Magazine’s Fiction Book of the Year Award, 2006. Her second novel, The Heart of the Buddha, was published in 2009. It was a finalist in ForeWord Magazine’s Book of the Year Award, 2009, in the Multicultural Fiction category. Elsie won the Saphira Prize 2012, a literary award for unpublished writing in Hong Kong, for the manuscript of her completed novel, Ghost Cave, a novel of Sarawak. Set in Sarawak, Borneo, the novel was published and launched in Hong Kong in March, 2014.
The latest issue of the Senior Mobility Guide is now available! Compiled by the San Mateo County Transit District’s Accessible Transit Services team, this comprehensive 53-page guide is beneficial to seniors, veterans, and people with disabilities who prefer not to drive, are unable to drive, or want to be prepared for “what if’s” and future transition. Even for those who are currently able to drive, driving abilities may be affected temporarily or long term by unexpected illness, injury, or surgery, so advance awareness of available options will help lessen the impact on your mobility and independence. The Senior Mobility Guide covers options available through public transit (including free 1-on-1 training on how to ride the bus or train systems), local shuttles, free or low-cost transportation programs available through senior centers and community groups, as well as private services. Spanish and Chinese editions of the Senior Mobility Guide are anticipated to be available around mid or late January. Copies of the guide can be picked up at your local senior/community/recreation centers or by calling the Transit District’s Customer Service at 800-660-4287 to request a copy to be mailed to you. For Public Transit “How to Ride” Travel Training on the bus (SamTrans) or train (Caltrain) systems, please contact the program coordinator at ambassador@samtrans.com or 650-508-6362.
SEMINARS

Do you need help using your laptop or cell phone? Sign up for an appointment with our high school technology volunteer! Tech tutoring appointments are available on the 1st and 3rd Saturdays of the month from 10am – 11am. 15 or 30 minute time slots are available. Call 650-286-2585 or stop by the Foster City Recreation Center front desk to sign up.

AARP Driver Safety

Wednesday, February 7 | Mist Room | 9:30am - 2pm (Part 1)
Thursday, February 8 | Mist Room | 9:30am - 2pm (Part 2)
Saturday, February 10 | Gull Room | 8:30am - 5:30pm

Take the AARP Smart Driver classroom Two-Day Driver Safety Course and you could save on your car insurance!

- Refresh your driving skills and knowledge of the rules of the road.
- Learn techniques for handling left turns, right-of-way and roundabouts.
- Discover proven driving methods to help keep you and your loved ones safe on the road.

To sign up for this refresher course, stop by the Recreation Center front desk or call at 650-286-2585.
San Juan Bautista and Stanford University Trip

Trip Details

Date:
Wednesday, March 13th

Depart:
9am

Return:
5pm

Cost:
TBD

No refunds after March 6th

Registration opens
February 8th

Join Foster City Parks & Recreation and the Foster City 55+ Club on a trip to San Juan Bautista and Stanford University! First, we will join a group guided tour of the San Juan Bautista Mission. After the guided tour, participants will have time to enjoy the restaurants around the area at their leisure. Participants will also have a chance to walk around the state park ($3 entrance fee) if they choose to. After San Juan Bautista, we will be making a final stop at Stanford University where participants can walk around the university and take some pictures!

Registration required for all trips. Sign up at the Foster City Recreation Center Front Desk or call (650) 286-2585 for more information.