

# SENIOR NEWSLETTER



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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.

# DROP-IN PROGRAMS

Program

Day

Time

Location

Bridge

Mondays

12:30pm - 4pm

Clipper Room

Pedro

Mondays

12:30pm - 4pm

Sunfish Room

Knitting

Wednesdays

12pm - 2:30pm

Clipper Room

Pedro

Wednesdays  
(1st and 3rd)

1pm - 4pm

Sunfish Room

Mah Jong

Wednesdays

2pm - 4pm

Senior Wing  
Lobby

Bridge

Thursdays

1pm - 4pm

Clipper Room

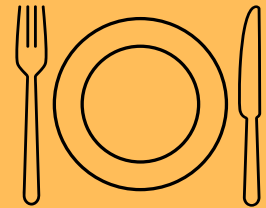
**\*Drop-in card tables available in Lobby**

# 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/](http://www.shfb.org/get-food/) for more information.



**SECOND HARVEST**  
of SILICON VALLEY

# 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.



April 4  
Minions: The Rise of Gru



May 2  
A Quiet Place: Part 2



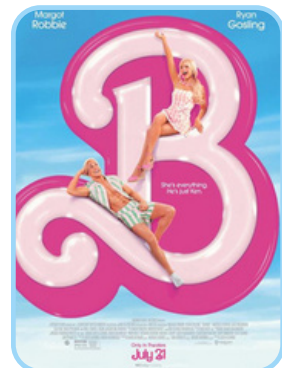
June 6  
Spider-Man: Across the Spider-Verse



April 18  
Onward



May 16  
The Finest Hours



June 20  
Barbie

# CLASSES

## San Mateo Adult School

### Art: Fundamentals of Art

**Tuesdays | 9:30am – 11:30am, 12:30pm – 2:30pm**  
**4/23 - 7/9 | 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 | 4/23 - 7/9**  
**Thursdays 10:30am – 11:30am | 4/25 - 7/18 no class on 7/4**  
**Port 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**  
**4/25 - 5/30, 6/6 - 7/18 | 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

4/25 - 7/18 | 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

5/30 - 6/27 | 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@smuhd.org](mailto:jmcgovern@smuhd.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@smuhd.org](mailto:jmcgovern@smuhd.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](http://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

## What Should I Do Before Anything Happens To Me

Thursday, April 18 | 11am | Lagoon Room

One of the biggest questions you should ask yourself is, “What should I do before something happens to me?” Obviously, the inevitable will eventually happen. We just don’t always know when and how. So, it is critical to review your specific needs. John Lau is a principal and managing director at Robertson Stephens. John and his team specialize in retirement distribution planning, including income tax reduction, estate conservation, portfolio management and retirement distribution planning.

## Using Horticulture Therapy to Cope With Grief

May 2 | 11am | Lagoon Room

April Ellis, LCSW, HTR is a highly dedicated and compassionate social worker with over two decades of experience in hospitals and outpatient environments. Equipped as a Licensed Clinical Social Worker (LCSW) and a Horticultural Therapist (HTR), April specializes in the well-being of adults and seniors. Join the 55+ Club on May 2nd and learn how to use Therapeutic Nature to alleviate anxiety.

## Iphone Class by California Connect

May 16 | 10:30am | Lagoon Room

Attend a FREE training and make your iPhone work better for you! In this training, you will learn how to make your iPhone louder and easier to hear, send text messages, connect Bluetooth devices and operate the basic functions of your iPhone and much more!!!

## Foster City Lagoon by Baldwin Tom

Thursday, June 20 | 11am | Lagoon Room

Join the 55+ Club and discover information about the Lagoon from 55+ Club member Dr. Baldwin Tom, former management trainer, medical school professor, and business executive. Baldwin and his wife moved to Foster City 6 years ago from Washington, DC. Learn why the Lagoon is a SPECIAL place and an anchor for Foster City.

## Transportation Resources in San Mateo County

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](mailto:ambassador@samtrans.com) or 650-508-6362.

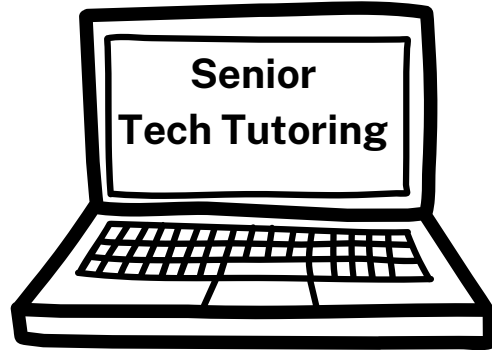


SAN MATEO COUNTY  
**Transportation  
Authority**





# 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.



## Driver Safety

**Tuesday, April 16 | Mist Room | 9:30am - 2pm (Part 1)**

**Wednesday, April 17 | Mist Room | 9:30am - 2pm (Part 2)**

**Saturday, April 27 | Mallard 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.