



Senior Expressions

JANUARY - MARCH 2020



Past Trip: Golden Gate Fields Racetrack

Foster City
Parks and Recreation Department

Senior Wing
650 Shell Boulevard
Foster City, CA 94404
650.286.2585
www.fostercity.org
Hours:
Monday-Friday 9:00a.m. - 4:00p.m.
Closed Saturday & Sunday

What's Inside:

Upcoming Events: Page 2
Day Trips: Pages 3-6
Calendar: Pages 7-9
Community Events: Pages 10-11
Classes: Pages 12-13
Ongoing Activities: Page 14
Social Activities: Page 15
Extras: Back Cover

Upcoming Events

January

- 1st - Buildings Closed for New Year's Day
- 7th - Senior Meals, Bluebird Room, 11:30am
- 9th - Seminar: Identity Theft, Spray Room, 10:00am
- 20th - Buildings Closed for Martin Luther King Jr. Day
- 21st - Senior Meals, Bluebird Room, 11:30am
- 24th - Senior Trip: Lantern Light Festival, 3:30pm-10:00pm

February

- 4th - Senior Meals, Bluebird Room, 11:30am
- 9th - Seminar: Medicare, Sunfish Room, 10:30am
- 13th - Seminar: Senior Scam Workshop, Mist Room, 10:00am
- 17th - Buildings Closed for Presidents' Day
- 18th - Senior Meals, Bluebird Room, 11:30am
- 19th - Senior Trip: Graton Casino, 9:00am-6:00pm
- 25th - Seminar: Blood Pressure Management, Mist Room, 10:00am

March

- 3rd - Senior Meals, Bluebird Room, 11:30am
- 12th - Seminar: Investment Fraud, Mist Room, 10:00am
- 17th - Senior Meals, Bluebird Room, 11:30am
- 18th - Senior Trip: The Last Ship, 1:00pm-5:00pm

Trip Sign-up Start Dates

Residents Begin: January 2, 2020

Non-residents Begin: January 6, 2020

January Day Trip

LANTERN LIGHT FESTIVAL

Friday, January 24th • 3:30pm - 10:00pm • \$68

No refunds after January 17th

Join us for a spectacular evening of dazzling lights, colors, shapes, and themes. The Lantern Light Festival, located at the Solano County Fairgrounds, is a celebration of Chinese culture featuring massive lanterns, inspiring performances from Chinese acrobats, and incredible cuisine. A tradition that started over 2,000 years ago, the lantern festival is China's most important celebration, marking the return of spring with the lighting of Chinese lanterns being symbolic of illuminating the future and the reunion of the family. Dinner will be on your own at the festival. We'll be joining Burlingame Parks and Recreation for this exciting festival. This trip will happen rain or shine so please dress accordingly.

Online Activity Code: **TRIP-0120-A**



Registration is required for all trips. Register at the Recreation Center front desk or online at registration.fostercity.org. Trips are subject to possible schedule modifications and times are approximate.

February Day Trip

Trip Sign-up Start Dates

Residents Begin: January 2, 2020

Non-residents Begin: January 6, 2020

GRATON CASINO

Wednesday, February 19th • 9:00am - 6:00pm • \$45

No refunds after February 10th

Game on! We are partnering with Burlingame Parks and Recreation for another fun day trying our luck at the casino. Graton Resort and Casino offers countless choices and unparalleled action, giving you the ultimate gaming experience. With the excitement of the state-of-the-art slot machines and the thrill of the table games, you'll find more ways to play and win. Breathe easy in the smoke-free gaming area. Lunch will be on your own at one of Graton's 12 must-try, diverse restaurant options. Those age 50+ receive free dining credits and slot play!

Online Activity Code: **TRIP-0220-A**



Registration is required for all trips. Register at the Recreation Center front desk or online at registration.fostercity.org. Trips are subject to possible schedule modifications and times are approximate.

THE LAST SHIP

Wednesday, March 18th • 1:00pm - 5:00pm • \$95

No refunds after March 11th

Join the Foster City Senior Wing on a trip to the SHN Golden Gate Theatre to see *The Last Ship*. Featuring original music by Police front man, Sting, this is a highly entertaining show you won't want to miss!

Life in the English seafaring town of Wallsend has always revolved around the local shipyard, where the hardworking men of this close-knit community construct magnificent vessels with tremendous pride. But Gideon Fletcher dreams of a different future. He sets out to travel the world, leaving his life—and his love—behind. When Gideon returns home fourteen years later, he finds the shipyard's future in grave danger and his childhood sweetheart engaged to someone else. As the men of Wallsend take their fate into their own hands and build towering representation of the shared dream that has defined their existence, Gideon realizes that he left behind more than he could have ever imagined.

Lunch is not provided on this trip.
Please eat prior to attending.

Online Activity Code: **TRIP-0320-A**



Registration is required for all trips. Register at the Recreation Center front desk or online at registration.fostercity.org. Trips are subject to possible schedule modifications and times are approximate.

Trip Policies

When signing up for a trip through the Foster City Senior Wing, please be aware of the following:

Registration

- Foster City residents have a 2-day priority window for all trip sign-ups
- Individuals must fill out their own registration forms
- A current medical waiver must be on file or filled out prior to the trip departure
 - New medical waivers are required at the start of each new year

Payments

- Visa
- MasterCard
- Checks (made payable to City of Foster City)
 - Please combine all trip fees on one check
- Cash
 - Exact cash only; the Recreation Center does not give change

Refunds

- Refunds can be requested in person, by calling the Senior Wing, or by emailing: recreation@fostercity.org.
- Deadline for each individual trip is listed on the trip information page/flyer
- No refund requests will be granted one week (subject to change) prior to trip date
 - Exception: If there is a waiting list for a trip and we are able fill your spot after the refund deadline, you will be provided with a refund.
- Cash or check refunds come in the form of a check to your home address within 4 – 6 weeks. Credit or debit refunds will go back on your card within 2 - 4 weeks.
- An administrative fee of \$5 will be deducted from each refund

January Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Buildings Closed New Year's Day	2 11:00 - 55+ Club 12:30 - Movie 1:00 - Bridge	3 12:00 - Open Play
6 1:00 - Bridge 1:00 - Pedro	7 9:30 - Painting/Drawing 10:45 & 11:45 - Zumba 11:00 - Yoga 11:30 - Senior Meals 12:30 - Painting/Drawing 1:00 - Tai Chi	8 10:30 - Knitting 10:45 - Qi Gong 1:30 - Knitting	9 11:00 - 55+ Club 12:15 - Yoga 12:30 - Movie 1:00 - Watercolor 1:00 - Bridge	10 12:00 - Open Play
13 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong	14 9:30 - Painting/Drawing 10:45 & 11:45 - Zumba 11:00 - Yoga 12:30 - Painting/Drawing 1:00 - Tai Chi	15 10:30 - Knitting 10:45 - Qi Gong 1:30 - Knitting	16 11:00 - 55+ Club 12:15 - Yoga 12:30 - Movie 1:00 - Watercolor 1:00 - Bridge	17 12:00 - Open Play
20 Buildings Closed Martin Luther King Jr. Day	21 9:30 - Painting/Drawing 10:45 & 11:45 - Zumba 11:00 - Yoga 11:30 - Senior Meals 12:30 - Painting/Drawing 1:00 - Tai Chi 1:00 - Village Game Day	22 10:30 - Knitting 10:45 - Qi Gong 1:30 - Knitting	23 11:00 - 55+ Club 12:15 - Yoga 12:30 - Movie 1:00 - Watercolor 1:00 - Bridge	24 12:00 - Open Play
27 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong	28 9:30 - Painting/Drawing 10:45 & 11:45 - Zumba 11:00 - Yoga 12:30 - Painting/Drawing 1:00 - Tai Chi	29 10:30 - Knitting 10:45 - Qi Gong 1:30 - Knitting	30 11:00 - 55+ Club 12:15 - Yoga 12:30 - Movie 1:00 - Watercolor 1:00 - Bridge	31 12:00 - Open Play

February Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<i>3</i> 1:00 - Bridge 1:00 - Pedro	<i>4</i> 9:30 - Painting/Drawing 10:45 & 11:45 - Zumba 11:00 - Yoga 11:30 - Senior Meals 12:30 - Painting/Drawing 1:00 - Tai Chi 2:10 - Tai Chi	<i>5</i> 10:30 - Knitting 10:45 - Qi Gong 1:30 - Knitting	<i>6</i> 11:00 - 55+ Club 12:15 - Yoga 12:30 - Movie 1:00 - Watercolor 1:00 - Bridge	<i>7</i> 12:00 - Open Play
<i>10</i> 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong	<i>11</i> 9:30 - Painting/Drawing 10:45 & 11:45 - Zumba 11:00 - Yoga 12:30 - Painting/Drawing 1:00 - Tai Chi 2:10 - Tai Chi	<i>12</i> 10:30 - Knitting 10:45 - Qi Gong 1:30 - Knitting	<i>13</i> 11:00 - 55+ Club 12:15 - Yoga 12:30 - Movie 1:00 - Watercolor 1:00 - Bridge	<i>14</i> 12:00 - Open Play
<i>17</i> Building Closed Presidents' Day	<i>18</i> 9:30 - Painting/Drawing 10:45 & 11:45 - Zumba 11:00 - Yoga 11:30 - Senior Meals 12:30 - Painting/Drawing 1:00 - Tai Chi 1:00 - Village Game Day 2:10 - Tai Chi	<i>19</i> 10:30 - Knitting 10:45 - Qi Gong 1:30 - Knitting	<i>20</i> 11:00 - 55+ Club 12:15 - Yoga 12:30 - Movie 1:00 - Bridge	<i>21</i> 12:00 - Open Play
<i>24</i> 1:00 - Bridge 1:00 - Pedro 1:00 - Mah Jong	<i>25</i> 9:30 - Painting/Drawing 10:45 & 11:45 - Zumba 11:00 - Yoga 12:30 - Painting/Drawing 1:00 - Tai Chi 2:10 - Tai Chi	<i>26</i> 10:30 - Knitting 10:45 - Qi Gong 1:30 - Knitting	<i>27</i> 11:00 - 55+ Club 12:15 - Yoga 12:30 - Movie 1:00 - Watercolor 1:00 - Bridge	<i>28</i> 12:00 - Open Play

March Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>1:00 - Bridge</p> <p>1:00 - Pedro</p>	<p>3</p> <p>9:30 - Painting/Drawing</p> <p>10:45 & 11:45 - Zumba</p> <p>11:00 - Yoga</p> <p>11:30 - Senior Meals</p> <p>12:30 - Painting/Drawing</p> <p>1:00 - Tai Chi</p> <p>2:10 - Tai Chi</p>	<p>4</p> <p>10:30 - Knitting</p> <p>10:45 - Qi Gong</p> <p>1:30 - Knitting</p>	<p>5</p> <p>11:00 - 55+ Club</p> <p>12:15 - Yoga</p> <p>12:30 - Movie</p> <p>1:00 - Watercolor</p> <p>1:00 - Bridge</p>	<p>6</p> <p>12:00 - Open Play</p>
<p>9</p> <p>1:00 - Bridge</p> <p>1:00 - Pedro</p> <p>1:00 - Mah Jong</p>	<p>10</p> <p>9:30 - Painting/Drawing</p> <p>10:45 & 11:45 - Zumba</p> <p>11:00 - Yoga</p> <p>12:30 - Painting/Drawing</p> <p>1:00 - Tai Chi</p> <p>2:10 - Tai Chi</p>	<p>11</p> <p>10:30 - Knitting</p> <p>10:45 - Qi Gong</p> <p>1:30 - Knitting</p>	<p>12</p> <p>11:00 - 55+ Club</p> <p>12:15 - Yoga</p> <p>12:30 - Movie</p> <p>1:00 - Watercolor</p> <p>1:00 - Bridge</p>	<p>13</p> <p>12:00 - Open Play</p>
<p>16</p> <p>1:00 - Bridge</p> <p>1:00 - Pedro</p>	<p>17</p> <p>9:30 - Painting/Drawing</p> <p>10:45 & 11:45 - Zumba</p> <p>11:00 - Yoga</p> <p>11:30 - Senior Meals</p> <p>12:30 - Painting/Drawing</p> <p>1:00 - Tai Chi</p> <p>1:00 - Village Game Day</p> <p>2:10 - Tai Chi</p>	<p>18</p> <p>10:30 - Knitting</p> <p>10:45 - Qi Gong</p> <p>1:30 - Knitting</p>	<p>19</p> <p>11:00 - 55+ Club</p> <p>12:15 - Yoga</p> <p>12:30 - Movie</p> <p>1:00 - Watercolor</p> <p>1:00 - Bridge</p>	<p>20</p> <p>12:00 - Open Play</p>
<p>23</p> <p>1:00 - Bridge</p> <p>1:00 - Pedro</p> <p>1:00 - Mah Jong</p>	<p>24</p> <p>9:30 - Painting/Drawing</p> <p>10:45 & 11:45 - Zumba</p> <p>11:00 - Yoga</p> <p>12:30 - Painting/Drawing</p> <p>1:00 - Tai Chi</p> <p>2:10 - Tai Chi</p>	<p>25</p> <p>10:30 - Knitting</p> <p>10:45 - Qi Gong</p> <p>1:30 - Knitting</p>	<p>26</p> <p>11:00 - 55+ Club</p> <p>12:15 - Yoga</p> <p>12:30 - Movie</p> <p>1:00 - Watercolor</p> <p>1:00 - Bridge</p>	<p>27</p> <p>12:00 - Open Play</p>
<p>30</p> <p>1:00 - Bridge</p> <p>1:00 - Pedro</p>	<p>31</p> <p>10:45 & 11:45 - Zumba</p> <p>11:00 - Yoga</p> <p>1:00 - Tai Chi</p> <p>2:10 - Tai Chi</p>			

Community Events

FREE MEDICARE SEMINAR

Sunday, February 9th ● 10:30am ● Foster City Recreation Center - Sunfish Room

This class will teach you everything you need to know about enrolling in Medicare. We will cover important Medicare deadlines, Supplement vs. Medicare Advantage Plans, Prescription Drugs, and learn about different financial State and Federal programs that could help with your out of pocket medical cost. To register for this free class, call the Foster City Senior Wing at 650-286-2585.

SEMINAR: PREVENTING IDENTITY THEFT

Thursday, January 9th ● 10:00am ● Foster City Recreation Center - Spray Room

This identity theft workshop will help you identify common scams and methods used by criminals to steal your identity. You will learn tips for protecting yourself, passwords, and social security. You will receive resources from the Better Business Bureau including "Secure Your ID Day" and "Scam Tracker". To register for this free class please call the Foster City Senior Wing at 650-286-2585.

SEMINAR: SENIOR SCAM WORKSHOP

Thursday, February 13th ● 10:00am ● Foster City Recreation Center - Mist Room

Are you or a loved one aware of the scams targeting the senior community? Scammers are changing their tactics every day, so it is important to stay up to date with the latest scams to keep yourself safe. This workshop is designed to educate seniors about the scams that target them most. We discuss red flags to be aware of, tips on how to avoid these tactics, and resources that will help lower their chances of becoming a victim. To register for this free class or for more information, call the Foster City Senior Wing at 650-286-2585.

SEMINAR: OUTSMARTING INVESTMENT FRAUD

Thursday, March 12th ● 10:00am ● Foster City Recreation Center - Mist Room

Thinking of investing? This workshop will focus on different investment opportunities you might encounter, where to check to find out if the investment is valid, what tactics are used by people who don't have your best interest in mind, and tips on how to avoid becoming a victim. Learn who scammers generally target and hear real-life examples from victims. Learn how to protect yourself and say no! To register for this free class or for more information, call the Foster City Senior Wing at 650-286-2585.

Community Events

SEMINAR: BLOOD PRESSURE MANAGEMENT

Tuesday, February 25th • 10:00-11:00am • Foster City Rec Center - Mist Room

Fifty percent of adults that die from heart disease in the United States have uncontrolled blood pressure as a contributing factor. Come learn about the “Three C’s” of blood pressure management: Check, Change, and Control. Get healthy in the New Year! This seminar will be presented by Mills-Peninsula Senior Focus Wise and Well Program. To reserve a seat, call the Foster City Senior Wing at 650-286-2585.

AARP TAX ASSISTANCE PROGRAM

Wednesdays, February 12th - April 15th, 2020

12:30pm - 3:30pm, *By Appointment Only*

From early February through April 15th each year, the AARP Tax-Aide Program offers free, one-on-one tax preparation to help seniors file basic tax returns, including the 1040 and other standard schedules. Scheduled appointments are held in the Sail Room of the Foster City Community Center, located at 1000 E. Hillsdale Blvd., Foster City, on Wednesdays between 12:30pm and 3:30pm, beginning February 12th through April 15th. Please be sure to bring all required documentation, listed below, to your appointment.

Appointments will be taken starting January 6, 2020. Call the Foster City Senior Wing to make an appointment: 286-2585.

List of Required Documents needed for Your Appointment:

- **Copy of previous year tax return or transcript. If necessary, contact the IRS for a copy.**
- W-2 earnings from each employer
- All 1099 forms (1099-INT, 1099-DIV, 1099-misc., etc.) showing interest and/or dividends, plus brokerage company documentation indicating original purchase price and dates of any sold assets
- If you receive Social Security benefits, bring the SSA-1099
- If you receive a pension or annuity, bring your 1099-R
- Amounts and records indicating any federal income tax paid
- If applicable, unemployment compensation statements
- Child care provider information (name, address, employer ID, SSN)
- If itemizing deductions, bring all records/documentation for medical expenses, taxes paid, mortgage interest paid, and charitable contributions, etc.
- Social Security ID card as well as SS Card for all claimed dependents.
- Photo ID

Classes

To register for a class and payment instruction, please contact the San Mateo Adult School directly.

Tuesdays

Painting & Drawing-Mediums & Methods - 9:30a.m.-11:30a.m. & 12:30p.m. - 2:30p.m., Sunfish Room
Instruction is offered in the fundamentals of art: drawing, color, shape, form perspective, and texture. It includes a variety of art mediums. All skill levels are welcome.

The materials fee will be discussed at first class meeting. Dates: 1/7-3/24, \$105

Zumba Gold: 10:45a.m. - 11:45a.m. & 11:45a.m. - 12:45p.m., Spirit Room

Join us every Tuesday morning and get your day off to a great start. Zumba “Gold” is an easy-to-follow, cardio based, low impact, Latin-inspired dance-fitness class. All classes conclude with strength training using either hand weights or resistance bands.

Guest Passes are accepted. Dates: 1/7-4/21 , \$55

Yoga for Midlife: 11:00a.m. - 12:00p.m., Foster City Community Center

The practice of yoga will gradually and surely enhance your strength, range of motion and wellbeing. In addition to teaching customary yoga positions, instructors demonstrate modifications of postures for students as needed. Wear comfortable clothing. Bring a towel, small blanket and yoga mat. Guest passes accepted. **Dates: 1/7-4/21 , \$55**

Tai Chi - Beginning Tai Chi Qi: 1:00p.m. - 2:00p.m., Spirit Room

You will learn six basic Tai Chi postures, step by step. Class starts with gentle warm up and balance exercises. Tai Chi will improve coordination, support better balance response, benefit joint mobility and increase overall agility. Please wear comfortable clothing and shoes, no sandals.

Guest passes are accepted. Dates: 1/7-4/21, \$55

Tai Chi Beginners Intensive 10 weeks: 2:10p.m. - 3:10p.m., Spirit Room

Class is limited to 12 students. Due to small class size students receive more individual instruction and feedback resulting in greater form refinement.

Guest passes not accepted for this class. Dates: 2/4-4/7, \$90

Wednesdays

Hand Knitting & Machine Knitting - 6 WKS: 10:30a.m. - 12:30p.m. or 1:30p.m.-3:30p.m. Sunfish Room

Interested in learning how to create your own knitted garments and gifts? Give it a try. Learn basic or advanced knitting skills. Complete an introductory project, or learn new techniques to add to your current skills. Learn to read the pattern books to create designs that inspire you. Bring size 7 single-point needles and medium weight worsted yarn. **Dates: 1/8-2/12; 2/19-3/25, \$70**

To register for a class and payment instruction,
please contact the San Mateo Adult School directly.

Classes

Wednesday

Qi Gong/Cardio Fusion: 10:45a.m. - 11:45a.m., Spirit Room

Class starts with Qi Gong movements synchronized with slow intentional breathing, followed by light aerobic exercise designed to promote better cardio vascular function, balance and endurance. Active movement is followed by stretching and building muscle strength using hand weights and bands.

Bring hand weights. Resistance bands provided. Guest passes accepted. Dates: 1/8-4/22, \$55

Hand Knitting - 6 WKS: 10:30a.m. - 12:30p.m. & 1:30p.m.-3:30p.m. Sunfish Room

Interested in learning how to create your own knitted garments and gifts? Give it a try. Learn basic or advanced knitting skills. Complete an introductory project, or learn new techniques to add to your current skills. Learn to read the pattern books to create designs that inspire you.

Dates: 1/8-2/12; 2/19-3/25, \$70

Thursdays

Yoga for Midlife: 12:15p.m.-1:15p.m., Foster City Community Center

The practice of yoga will gradually and surely enhance your strength, range of motion and wellbeing. In addition to teaching customary yoga positions, instructors demonstrate modifications of postures for students as needed. Wear comfortable clothing. Bring a towel, small blanket and yoga mat. Guest passes accepted. **Dates: 1/9-4/23, \$55**

Fundamentals of Drawing & Watercolor - 1:00p.m. - 3:00p.m., Foster City Community Center

Learn useful drawing and watercolor tips and techniques and practice use of materials. Demonstrations are followed by student practice. Class size is small so each student receives one on one instruction.

Dates: 1/9-2/13; 2/20-3/26, \$105

Important Class Information

No Classes will be held on 1/1, 1/20, 2/17.

(Please check with specific instructors for other class cancellations).

For more Information please see **San Mateo Adult School** brochure or visit www.sanmateoadulted.org.
To register for a class and payment instruction, please contact the San Mateo Adult School directly at (650) 558-2100.

Enrollment is accepted for San Mateo Adult Education classes on an ongoing basis.
(Note: class fees are not prorated if you start after the session begins.)

Ongoing Activities

GAME SCHEDULE

DAY	GAME	TIME	ROOM
Monday	Bridge	1pm - 4pm	Clipper Room
Monday	Pedro	1pm-4pm	Sunfish Room
Monday 2 nd & 4 th	Mah Jong	1pm - 3pm	Senior Wing Lobby
Wednesday	Knitting	12pm-2:30pm	Clipper Room
Thursday	Bridge	1pm-4pm	Clipper Room
Friday	Open Play	12pm-3pm	Clipper Room

Please note:

1. Players are responsible for forming own groups; inform front desk if you would like to be listed as a contact person to coordinate a group; Parks and Recreation Department will only furnish the free space.
2. Bring your own materials.
3. No formal instruction for play is available; however, group participants will assist in teaching games.

DRIVER SAFETY PROGRAM

In this interactive class for drivers 50 years of age and older, 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 fees:

\$15 for AARP Members; \$20 for Non-members

(Due to instructor at class)

January/February

1/28 & 1/29	9:30am-2:00pm	Crane Room
2/1	8:30am-5:30pm	Mallard Room

April

4/21 & 4/22	9:30am-2:00pm	Crane Room
4/25	8:30am-5:30pm	Mallard Room

RSVP: Call 650.286.2585

THURSDAY MOVIES

Join the Foster City Senior Wing on Thursday afternoons for the weekly movie. Movies start at 12:30pm in the Sunfish Room. Free popcorn and water are provided. Call or stop by the Senior Wing for the list of upcoming movies: 286-2585.

Day: Thursdays

Time: 12:30pm

Location: Sunfish Room

Cost: FREE!



Social Activities

SENIOR MEALS

Join the Foster City Senior Wing and the Foster City Rotary Club for a delicious hot lunch that includes soup, an entrée, and dessert. Preregister at the Recreation Center front desk and pay the \$5 fee (cash only) at the door. Space is limited to the first 40 participants. Upcoming meals will be held in the Bluebird Room from 11:30am-12:30pm on the following days:

- ◆ Tuesday, January 7th & 21st
- ◆ Tuesday, February 4th & 18th
- ◆ Tuesday, March 3rd & 17th



TECH SAVVY

Thursdays • 10am-12:00pm. • Senior Wing Lobby

Are you new to computers and want to learn how to use one?
Interested in learning how to navigate your tablet or smart
phone? If your answer is yes, we can help!



To register for a free one-on-one lesson or for more information,
call the Foster City Senior Wing at 650-286-2585.

SAVE THE DATE FOR THE SENIOR BALL!

Saturday, May 2nd • 6:00-10:00p.m. • Foster City Recreation Center - Lagoon Room



Tickets will go on sale in April!



EXTENDED TRAVEL: COLLETTE VACATIONS

Expand your horizons with the Foster City Senior Wing. We have partnered with our friends at Collette Travel to offer active adults to destinations throughout the United States. We will travel on meticulously planned tours that include:

- National Parks of America – (May 26 - June 6, 2020)
- Discover Mackinac Island – (July 10 - 17, 2020)
- Albuquerque Balloon Fiesta – (October 6 - 11, 2020)

For more information, please pick up a brochure in the Senior Wing or contact Colleen Gotthardt at (650) 286-3378 or email at cgotthardt@fostercity.org.



Foster City Senior Wing
650 Shell Boulevard
Foster City, CA 94404

Additional Resources for Healthy Living Programs & Activities

Sequoia Strong (formerly 70 Strong) is a new personal resource guide to healthy living for community members of all ages including Children, Teens, Adults and Adults 50+. Visit the new and improved, user-friendly directory at sequoiastrong.org to find activities you love and services you need. All resources are personally recommended by the Sequoia Healthcare District residents, and most are provided for free or at low-cost.