



THE BEACON

THE SENIOR COASTSIDERS NEWSLETTER

APRIL 2024

如需中文支持服务, 请联系 Kiki: kwolfeld@seniorcoastsiders.org

Para servicios en español por favor de contactar a Emma: enavarrete@seniorcoastsiders.org

Email and website addresses are included in this newsletter. For easy, clickable links, view The Beacon online at seniorcoastsiders.org/beacon

Announcements & Reminders

- **SAVE THE DATE** – Saturday, June 8, 2024 is our 35th Annual Home Repair Day (see details on page 2)
- **SAVE THE DATE** – Coastside Gives, May 2, 2024. Power Hour 4pm to 5pm. Open house 3pm to 5pm.
- Watercolor Wednesday (drop-in) is canceled April 3 and 10
- Watercolor Class with Mary Kay is canceled April 3 and 10
- The HMB Coastside Farmers' Market opens April 6th (see details on page 9)
- Poplar Street will be under construction until Spring 2024. For more details, contact the HMB Public Works Dept. at 650-726-7177
- AARP Tax Services Tax Assistance available by appointment now through April 10 (see details on page 2)



Celebrating Our 10th Anniversary
at 925 Main Street

Sunday, April 7
4:00-7:00 PM

Senior Coastsiders
925 Main Street
Half Moon Bay



- Enjoy classical music performances by Mauro Ffortissimo and friends
- Savor delicious appetizers, desserts and drinks (included with ticket)
- Bid on beautiful plants, succulents, flower arrangements, and more!
- See and support the exciting plans for our office enhancements and expansion

For tickets and more information, visit seniorcoastsiders.org
 Tickets: \$50 each or 2 for \$80 / Seniors \$40 each or 2 for \$70

Senior Coastsiders Staff

Sandra Winter, Executive Director
Darcy Soares, Program Manager
Emma Navarrete, Office Manager
Rose Hernandez, Activity Coordinator

Tracey Gould, Care Manager
Casey McClung, Project Coordinator
Judith Matienzo, Data Entry
Kiki Wolfeld, Community Liaison

Nabor Huerta, Bus Driver
Chris Isley, Kitchen Manager
Manny Orozco, Chef
Edinson Ledezma, Kitchen Assistant

925 Main Street, Half Moon Bay, CA 94019 | (650)726-9056 | www.seniorcoastsiders.org

Hours: Monday-Thursday, 8:00 am to 4:00 pm / Friday, 8:00 am to 3:00 pm Follow Senior Coastsiders on Facebook/Instagram for additional up-to-date info.



Senior Coastsiders
 925 Main Street
 Half Moon Bay
 CA 94019

For an application, call
 (650) 726-9056 or email
 Mary Jane Hamilton at
mjhamilton@seniorcoastsiders.org

Monday-Thursday 8:00-4:00
 Friday 8:00-3:00

The applying homeowner must be 60 years of age or older, and/or considered disabled.

Free Home Repair

Year-Round and One Day Event

Do you or a neighbor need some repair help?

Senior Coastsiders offers a FREE minor home repair program all year long and a larger program on **Saturday, June 8, 2024**. Contractors and volunteers provide repairs to homeowners and non-profits at no cost on the coast of San Mateo. Our mission is to promote successful aging by assuring people live independently in safe and accessible homes. **Applications accepted year round but to be considered for our June event, application must be received no later than April 12, 2024.**



**FLOORING AND WINDOW REPAIR ● PLUMBING ● INTERIOR & EXTERIOR PAINTING
 BATHROOM SAFETY IMPROVEMENTS ● RAILING & RAMP INSTALLATION
 SIDING/SKIRTING REPLACEMENT & DEBRIS REMOVAL**

Income of all persons living in the home must be reported to determine eligibility. Your total **gross** income from all adults 18 and over living in the home must be **below** the following:

1 person - \$104,400 2 people - \$119,300 3 or more - inquire at Senior Coastsiders

Tax Services / Tax Assistance

AARP Foundation Tax-Aide is the nation's largest, free, in-person tax preparation service. Volunteers are trained and IRS certified each year. AARP has partnered with Senior Coastsiders, offering tax preparation to those 50 and older who can't afford tax preparation services. One hour appointments are offered Wednesdays, between 9:00am - 2:30pm starting February 14 and running through April 10 at Senior Coastsiders.

Call 650-726-9056 to book your appointment!

Please note that certain complex tax situations, such as taxpayers who own rental property or operate complex businesses, are not within the training of our Tax-Aide volunteers and cannot be completed.

AARP Safe Drivers Class May 22 & 23

In this driving refresher course, participants will learn about updated and state specific driving rules in order to ensure older adults remain confident, independent, and safe on the road. Classes will take place on Wednesday, May 22, and Thursday, May 23, 12:30-4:30PM. Participants must attend both sessions. Class cost is \$20 for AARP members and \$25 for non-members.



Please call the Senior Coastsiders office at (650) 726-9056 to reserve your spot or stop by our office.

We Can Schedule You For Your Next Vaccination!

The CDC has authorized adults ages 65 years and older to receive an additional updated 2023-2024 COVID-19 vaccine dose. The recommendation acknowledges the increased risk of severe disease from COVID-19 in older adults, along with the currently available data on vaccine effectiveness.

SENIOR COASTSIDERS IS HERE TO HELP OLDER ADULTS IN OUR COMMUNITY...

- **FIND A PHARMACY**
- **SCHEDULE APPOINTMENTS**
- **LOCATE TRANSPORTATION**

CALL US AT 650-726-9056 WE'RE HERE TO HELP!

Senior Coastsiders

Data continues to show the importance of vaccinations to protect those most at risk for severe outcomes of COVID-19. An additional dose of the updated COVID-19 vaccine may restore protection that has waned since a fall vaccine dose, providing increased protection to adults ages 65 years and older.

Why not let us schedule your next vaccination appointment? Senior Coastsiders has a generous grant from the National Council on Aging to help older adults schedule vaccinations and to provide transportation to and from vaccination appointments. Just give us a call at 650-726-9056.



Mark Your Calendars To Attend A Series Of Three Presentations To Help You Navigate The Medicare Landscape!

RSVP by calling the Senior Coastsiders office at 650-726-9056.

Session 1: Medicare 101, May 1, 3-5PM

Learn about the many facets of Medicare and provide an overview of different coverage options, as well as what you can expect if just enrolling. In addition to providing a foundation for the coming sessions, important changes for 2024 will also be covered.



Session 2: Preventing Medicare Fraud, June 5, 3-5 PM

Learn the many facets of Medicare fraud. Understand the three crucial steps to guard your Medicare coverage, and take with you valuable tips and information to protect yourself from medical identity theft.

Session 3: Medicare Annual Election Period, September 11, 3-5 PM

You will not want to miss this important planning session! Learn about the changes you can make and some proactive steps you can take to prepare for this important season and make sure your coverage will work for you now, and in the near future.



Additional opportunity for our participants to receive 1:1 counseling and education to individuals needing assistance with Medicare, Medicare supplemental insurance, long-term care insurance, health maintenance organizations, and billings and claims. Services are provided by volunteer counselors, who have been recruited, trained and registered by HICAP and certified by the California Department of Aging. HICAP counselors are required to maintain strict confidentiality and impartiality to ensure their clients' interests are primary at all times. These sessions will be held twice a month on Wednesdays between 10 am and noon at Senior Coastsiders by appointment starting in May 2024. **More information to come!**



**Sessions 1 - 3 are
conducted by HICAP
representative, Virginia
Kroger**



The Health Insurance Counseling & Advocacy Program (HICAP) is a state and federally funded program that provides free, unbiased counseling and community education on Medicare and related health insurance issues. HICAP does not sell, endorse, or recommend any specific health insurance. HICAP counselors are registered by the California Department of Aging and provide confidential one-on-one counseling appointments both in person and over the phone.

Heal in Nature with Green Foothills

Seniors & Spanish-speaking residents & families - take a free guided sunset walk along the coast with docents & local healers! Dinner will be provided.



Half Moon Bay
Coastal Trail



May
2, 2024



6:30 -
8:30 pm

RSVP at greenfoothills.org/healing



green
foothills



OFFICE OF SUPERVISOR
RAY MUELLER



SUPPORTED BY MEASURE K
LOCAL FUNDS
LOCAL NEEDS
WWW.SMCGOV.ORG



ALAS
AYUDANDO LATINOS A SOÑAR

PUENTE



Coastside Hope
Neighbors Helping Neighbors

- Relax, renew, and rejuvenate by spending time in nature. Seniors and Spanish-speaking residents of San Mateo County are invited for a free, guided sunset walk along the Half Moon Bay Coastal Trail! Parks and open space are proven to benefit mental health. Time in nature is associated with reduced anxiety, improved mood, lower blood pressure, and a stronger immune system.
- Participants will walk about two miles along the Half Moon Bay Coastal Trail, accompanied by trained docents and a certified healer who will share information about the area's history, describe the plants and animals that live in the area, and lead the group in calming, healing meditations that connect us more closely to nature.
- Program is FREE but you must RSVP in advance. RSVP greenfoothills.org/healing OR call Senior Coastsiders at 650-726-9056.

Green Foothills thanks the San Mateo County Board of Supervisors for providing funding from Measure K to support this program. Measure K is a half-cent countywide sales tax that provides local funds for local needs, to ensure San Mateo County quality of life.

STUDY PARTICIPANTS NEEDED



You qualify for this study if you:

- Are 65+ years old
- Use a technology device daily
- Use social media applications

Participate!



Participation Involves:

- **CONSENT FORM**
Read and agree to the consent form
- **ONLINE SURVEY**
2-3 minute online survey
- **SCHEDULE**
1 Hour one-on-one interview and a 1 hour focus group

Participants will receive a \$10 gift card at completion of both interview and focus group

Why Participate?

The purpose of this study is to learn how older adults describe challenges faced when using technology devices, how they overcome those challenges, and their favorite uses of technology devices.

ABOUT ME: My name is Raquel Guzman, I am a doctoral student at Grand Canyon University. My proposal aims to find how older adults describe challenges they face when using technology devices and how it affects their health and well-being.

For more information:

Please contact: Raquel Guzman
by email at: rguzman7@my.gcu.edu



On-Demand Van Rides

We are expanding opportunities for older adults to use our bus to get to and from their home to locations on the Coast (Montara to Canada Cove). This shared-ride service will be available each weekday EXCEPT Wednesdays between 10am and 11am. **Reservations must be made by 10 am the previous work day.** Recommended contribution = \$1 each way.



Target Shopping Trip – Thursday, April 25, 9:30am

Call Emma at 650-726-9056 if you would be interested in doing a grocery trip to Target in Foster City.



International Day in the Dining Room – Wednesday, April 10

Join us for our monthly international dish as we celebrate Costa Rica with a hearty Olla de Carne, (vegetable beef stew.)



Seniors' English Lessons (SEL), Tuesday (Beginners) and Thursday (Intermediate), 3:00-4:00pm

SEL classes are for older adults who want to learn or improve English language skills. All seniors are welcome!



Creative Writing Group, Thursdays, 10:00-11:30am

Calling all writers! Share your poetry, fiction and essays with a friendly group of senior writers. Feel free to drop in! All seniors are welcome.



Trivia Hour – Monday, April 1 and 17, 1:00-2:00pm

Test your brain and meet up with friends for Trivia Day at Senior Coastsiders. Our trivia master is Larry De Young, a long-time Coastside resident, who wants you to get those "Little Grey Cells" working. Larry formulates excellent questions with the support of fantastic slides, a timer, and score sheet. His questions will have your synapses snapping! Grab a smart friend or two to form a team - or join a team when you arrive. If you win, you'll enjoy...bragging rights!



Monday Matinee Movie – The Bucket List, Monday, April 15, 3:00pm

Billionaire Edward Cole (Jack Nicholson) and car mechanic Carter Chambers (Morgan Freeman) are complete strangers, until fate lands them in the same hospital room. The men find they have two things in common: a need to come to terms with who they are and what they have done with their lives, and a desire to complete a list of things they want to see and do before they die. Against their doctor's advice, the men leave the hospital and set out on the adventure of a lifetime. (Rated PG-13)

Starring: Jack Nicholson, Morgan Freeman, Sean Hayes

Running time 1hr, 27min. Popcorn and refreshments will be available.



Community Garden Update

Our community garden is growing and thriving! The garden is available for everyone to enjoy. Please feel free to harvest whatever you like and remember...only take what you are able to eat. When harvesting, please be thoughtful and gentle and remove leaves from plants carefully so as not to "shock" or damage the plant. There is plenty to share. If you are interested in being part of the Garden Group or would simply like to plant something of your own, please contact Rose, at rhernandez@seniorcoastsiders.org



Parkinson's Exercise Class – Wednesdays, 1:00-2:00pm

This exercise class is for individuals with Parkinson's Disease and is designed to delay symptoms. Students will go through a series of exercises that will adjust to individual needs and will be both challenging and fun. (Class is held in person with instructor Jetta van Hemert. \$10.00/class.)



Parkinson's Support Group – Wednesday, April 3, 2:00-3:00pm

The group is made up of those with Parkinson's and their family members and caregivers and provides a wonderful opportunity to share experiences and resources.

New and Upcoming (continued)



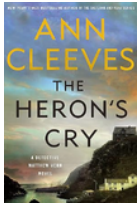
Rhythms with Richard – Monday, April 8 & 22, 2:00-3:00pm

Come find a comfortable rhythm with a drum or other percussion. Instruments provided, but bring what you have! Basic instructions & gentle guidance offered as well. Since everyone alive has a heartbeat, rhythm is built in! All are welcome! Beginners encouraged to join.



Men's Discussion Group – Tuesday, April 2, 10:30am-11:30am

This is a participant led discussion group for older men looking to connect with peers, chat about the challenges and opportunities of aging, or just find a new avenue for socializing. (Group meets in the dining room over coffee.)



Mystery Book Club – Wednesday, April 3, 12:00pm

April Book: The Heron's Cry, by Ann Cleeves.

The group meets in person with Zoom option. To connect via Zoom contact Vaughn Harrison at vaughnharrison@yahoo.com. Copies of the book are available at Senior Coastsiders or the San Mateo County libraries. All copies must be returned to the library or Senior Coastsiders after finishing the book.



Computer Tutoring With Volunteer Tech Tutors - 4 Days A Week

Come in and troubleshoot or learn how to better use your computer or smart phone!

- Mondays with Wanda
- Tuesdays with Carolyn
- Wednesdays & Fridays with Beccie
- Thursdays with James

Appointments required. Please schedule with the Senior Coastsiders office.



Senior's Dinner Club at It's Italia – Thursday, April 11, 5:00pm

Enjoy the fun and community of a family style dinner served at It's Italia's "Grandfather Table" that seats 10 guests. Enjoy a three-course seasonal menu designed by Chef Maile del Fierro for a set price of \$25 (Includes coffee, tea, and soft drinks. Alcoholic beverages and gratuity not included). Payment and reservation to be made with the Senior Coastsiders office. Space is limited to the first 10 people who sign up and pay each month. This is a great chance to meet new or old friends at one of our fine downtown establishments. Be sure to take advantage of this amazing deal!



Live Music in the Dining Room at Least Once a Week During Lunch

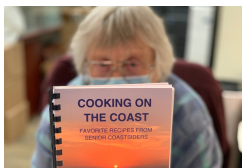
Who doesn't love a little live music!?

- Peter Master on Piano: Tuesday 4/2
- Mike McCall on Spanish Guitar: Tuesday 4/9
- Lighthouse String Band: Wednesday 4/10
- Vocalist Tina & guitarist Harry: Wednesday 4/17
- Blue City Jazz: Thursday 4/25



Half Moon Bay Library at Senior Coastsiders – Wednesday, April 17

Library staff will be in the Senior Coastsiders Dining Room the third Wednesday of each month during our birthday celebration. Swing by the table to check out and return books and see what's new at the library!



Senior Coastsiders Cookbook - Cooking on the Coast

This collection of recipes comes from volunteers, participants, and even our own chef! Cookbooks available for purchase now for \$20.00 each. Call or come to the Senior Coastsiders office to purchase.



Grocery Bus Service Offered on Tuesdays & Fridays to Safeway and New Leaf Shopping Centers

Bus will pick up behind the center at 12:45PM and return to campus at 2:00PM. If you would like to take advantage of this service, you must sign-up at the office or call Emma at 650-726-9056. Suggested contribution of \$2 round-trip.



Welcome to Yoga and Welcome Back to Yoga

Have you been curious about yoga, but have never taken a class? Have you enjoyed practicing yoga in the past, but have not taken a class in awhile because you are recovering from surgery, injury, illness or other life circumstance? If so, this opportunity is for you. LindaGrace offers a three or four class series to new or returning students to evaluate current strength, flexibility, balance, and familiarize you with the warm ups and basic poses before you enter the Gentle Yoga Class or the Wise Woman Yoga Class. These intro classes can be arranged directly with LindaGrace at lindagrace@wisewoman-yoga.com.



Senior Coastsiders Pet Buddy Program provides support services for seniors and their pets. Volunteers can help with temporary dog walking, in home cat care, medication assistance, transportation to the vet, and more! The program also provides pet food, cat litter, and limited financial assistance towards veterinary care. Are you living on a fixed income and struggling with the high cost of quality pet food? Senior Coastsiders' Pet Buddy program can help by providing low-income seniors free pet food (regular and prescription). **We welcome volunteer dog walkers!** Please call Tracey at 650-726-9056 for more information or to sign up.



Coastal Arts League Art Classes – Fridays, 1:00pm (NEW start time!)

Coastal artists volunteer to teach various art mediums to our participants every Friday. This free class is limited to 12 participants and starts promptly at 1:00 pm. Visit coastside-artists.com/art-classes.html# for info.

- April 5 - Nancee McDonnel - Collage
- April 12 - Kathy Shields - Inspired Beading
- April 19 - Patricia Madson - Etegam
- April 26 - Nancee McDonnel - Collage



Senior's Day Out – Thursday, April 18, 9:30am-3pm at the SF Ferry Plaza

Farmers Market The Ferry Plaza Farmers Market is a California Certified Farmers' Market operated year round. The market is renowned for its diverse offering of delicious, high-quality products from California's cutting-edge sustainable growers, food makers, and chefs. CalFresh EBT (also known as SNAP or food stamps) is accepted. Call the Senior Coastsiders office to reserve your space in advance. 650-726-9056.



**Coastside
Farmers' Markets
Opens April 6th!**

The market is on Saturdays, 9am-1pm, at Shoreline Station, 225 Cabrillo Highway. The Market also opens in Pacifica on April 2nd and is held every Wednesday from 2pm-6pm at Rockaway Beach.

The Exciting Future Of Aging With Technology

I'm writing this to you from the American Society on Aging annual conference which this year is in downtown San Francisco. This year the conference theme has a special focus on Aging and Technology – and the future looks so exciting. Imagine engaging in the metaverse to connect with vibrant social communities, attend virtual gatherings, and participate in shared interest groups; using Generative AI to do just about anything; getting to where you need to go in autonomous vehicles, and living in “smart homes” that increase independence, safety, and comfort.



Keren Etkin is a gerontechnologist and the author of *The Age Tech Revolution*. She defines “Age Tech” as tech that is designed to tackle the challenges of aging and that includes older adults in the design process. She notes a substantial increase in the amount of Age Tech in development and attributes this to a confluence of factors: 1) the changing global demographic in which older adults are gradually outnumbering children due to declining birth rates and increasing longevity; 2) an increase in the number of tech startups, established tech organizations AND tech funders working in this area, 3) substantial tech spending capacity by newly retired and tech savvy seniors and 4) a phenomenal digital transformation. I will highlight here just a few Age Tech examples she described:

Age Tech for Everyday Assistance

- Papa - helps health plans and employers connect members and their families to real people for help with companionship, everyday tasks, transportation, and more. It's vital human connection, right to the front door.
- Naborforce - matches older adults who need a little help and kindness with Nabors eager to provide it, strengthening communities. Help around the house. Help running errands. Help preparing a meal.

Age Tech for Transportation

- GoGo Grandparent – provides accessible and reliable on-demand services to help older adults thrive independently and confidently at home and in the community.
- Silver Ride – is a flexible, tech-driven platform for paratransit, healthcare providers and senior transportation.

Age Tech for Health

- Xr.health - integrates immersive VR/AR technology (you put on a headset and perform physical therapy exercises) with advanced data analytics (your progress is monitored, tracked and shared with your physical therapist) on one platform, providing a comprehensive care solution for patients.
- HeroHealth – the Hero smart dispenser (a countertop dispenser about the size of a coffee maker) alerts you when it's pill time, and with a one-button press sorts and dispenses your dose. Complex regimens can be tracked with the Hero mobile app and shared with caregivers and healthcare providers. It even lets you know when to reorder your meds!

Age Tech for Balance, Strength, and Mobility

- Live, online, interactive, customizable balance, strength and mobility building courses that help attain physical fitness. Examples include Vivo, AgeBold and Spiro100.

Age Tech for Loneliness

- intuitionrobotics- ElliQ is an empathetic digital companion that establishes a long-term relationship with older adults that motivates engagement, connection and independence. 10 (*Continued...*)

Age Tech for Falls

- Nobi – a lamp that can detect falls and notify family members/caregiver; helps prevent disorientation with automatic lighting adjusting to the time of day, and includes a hands-free, two-way communication via the lamp.
- Smart watches – there are already a range of watches that provide health data tracking, daily activity monitoring, real-time reminders, communication features, GPS tracking and fall notification alerts.

Age Tech for Finances

- Silvur - partners with financial institutions who use this tech to offer their customers holistic, personalized education as they navigate retirement.
- Qikfox – a safe, private and user friendly internet browser that provides real time protection against frauds and scams and provides a foundation for a Smart AI-enabled internet
- Carefull – built to provide safety and simplicity for families and older adults by guarding money, credit, and identity from threats, thieves, and everyday money mistakes.

Age Tech for Sensory Aids

- Envision AI - wearable assistive technology (smart glasses) with real-time text recognition, voice controls and hands-free video calling. The free app uses your smartphone's camera to speak out written information, describe surroundings and objects, and even tell you who's nearby. Provides unobtrusive access to the visual world for the vision impaired.
- Hearing aids – include many features such as bluetooth capabilities that pair with smartphones and other devices; directional microphones, feedback suppression and digital noise reduction that improve sound quality

Age Tech for Cognitive Care

- Maphabit –organizes habits, routines, and tasks into visual maps that are interactive and engaging step-by-step how to guides that help members complete a daily activity on their own, or with help from a support partner or a caregiver. The system makes it easier to get tasks done each day.
- JOY FOR ALL Companion Pets – robotic dogs and cats that use built-in sensors that respond to motion and touch. The pets look, feel and sound like real pets that respond to petting, hugging and motion like real ones but don't require any special care, feeding or vet care.

I can't wait to use some of this Age Tech!



Sandi Winter
Senior Coastsiders
Executive Director



Thank You Donors

This month we'd like to thank two different groups of donors. Firstly, we are so grateful to those who have made planned gifts to Senior Coastsiders in the past by noting us as beneficiaries in their wills. We also appreciate those loyal donors who have made promises of future funding that will help ensure our financial longevity. We are also thankful to our monthly donors for their long-term commitment to ensure the successful aging of all older Coastside adults. We couldn't do our work without the financial support of our donors and are so grateful.

Learn How To Navigate Devices, Apps & The Internet With FREE 1:1 Technology Instruction & Technology Workshops!

Senior Coastsiders is helping older adults and adults with disabilities get connected! Learn how technology can improve your day-to-day life with things like:



Classes are offered in English, Chinese, and Spanish.

- Online banking
- Zoom/Facetime calls
- Digital shopping
- eBooks/Audio books
- Telehealth
- Basic operations of websites
- Web searches
- iPhone/iPad basics
- Android phone/tablet basics
- Youtube/Facebook/Instagram
- Cyber safety/avoiding scams

April Technology Workshop Schedule

- Android Basics - CHINESE - every Tues & Thurs 4p-4:30p
- Android Basics - SPANISH - Friday 4/5 & 4/19- 1p-2p
- Android Basics - ENGLISH - Monday 4/1
- Photos Workshop - Monday, 4/8
- Digital Shopping Workshop - Monday 4/15
- Technology Topics: bring your questions and conundrums! - Monday 4/22
- Intro to Instagram - Monday 4/29



Appointments are required for 1:1 instruction. For more information, please call 650-726-9056.



Donate Your Car to Senior Coastsiders

Do you have an old car just taking up space? Wish you had a way of easily donating it? You're in luck! Charitable Adult Rides and Services (CARS) makes donating your car easy. They take care of everything from the pick-up and sale to sending you the donation receipt and necessary tax documents. To make it even better, Senior Coastsiders receives a donation for every car you donate! To donate, go to: www.seniorcoastsiders.org or call 855-500-7433. Thank you!



Senior Gateway is a one-stop website intended to provide seniors, their families, and caregivers with the information they need to connect to helpful services and resources, to find answers, and solve problems. Find information on such topics as:

- Avoiding and Reporting Abuse & Neglect
- Preventing Fraud, Financial Abuse & Common Scams
- Health Care Information
- Your Rights

Check it out at seniors.insurance.ca.gov



Did you know that in addition to congregate dining and home delivered meals, Senior Coastsiders provides ongoing information and assistance including referrals and care management? Information on a variety of services is available to respond to the diverse needs and interests of older adults and adults with disabilities, enhance their dignity, support their independence, and encourage their involvement in the community. A care manager is available on staff to consult, advise, and assist older adults and adults with disabilities with the issues they may face. Check with the Senior Coastsiders office for more information.

Other Upcoming Community Events & Info



Coast Pride, April 10 (Pacifica) & April 20 (Half Moon Bay)

Agin' Well serves up social and fun monthly activities for our (mostly) 50+ community members. April 10 from 6:00-7:00pm at the Pacifica Community Center and April 20 from 1:30-3:00pm at the Coast Pride Center in HMB. If you'd like to be added to the Agin' Well newsletter distribution list, please email Elana at aginwellfacilitators@coastpride.org



Get Free or Low-Cost Museum Entry With Your EBT Card!

Did you know that you can get free or low-cost admittance to several Bay Area museums if you receive food assistance? If you participate in the CalFresh program (food stamps, SNAP) you can access free or reduced admission through the Museums for All program and all you have to do is show your EBT card (the card you receive your benefits funds on) and a valid ID. Participating museums include the de Young Museum, the Exploratorium, Filoli Historic House & Garden, and many more. For more information and a list of participating museums, visit: museums4all.org



VOTC Movie Night at the HMB Library, April 18, 5:30pm-7pm

Join other Village members at the movies! Featuring *Ford VS Ferrari*. American car designer Carroll Shelby and driver Ken Miles battle corporate interference and the laws of physics to build a revolutionary race car for Ford in order to defeat Ferrari at the 24 Hours of Le Mans in 1966.

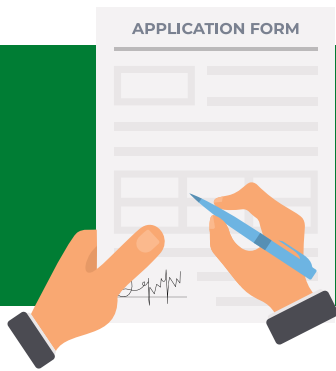


Zoom Dance Party, Every Monday, Wednesday & Friday, 5:00-6:00pm

If you are looking for more ways to get your groove on, you can join other like minded dancers via Zoom. For links and more information, email Joyce jshanahan@yahoo.com.

Applications Open For The “Half Moon Bay NET” Program

This four-session community academy provides an overview of the management and governance of Half Moon Bay and its programs, while helping to build relationships that will strengthen our entire community. For 2024, **NET will take place Wednesday evenings: April 24, May 1, May 8, and May 15, from 6 – 9 pm.** At each session, participants will take part in interesting and fun group activities illustrating how the City’s various operations function, meet and talk with City staff and City Councilmembers, and meet other community members who share an interest in being more engaged with the City.



Applications are now available for the Spring, 2024 session of Half Moon Bay’s annual community engagement program, Half Moon Bay NET (Network – Engage - Transform).

The deadline to submit an application is Friday, April 19, 2024.

Interested community members can get an application either online at www.hmbcity.com/net, from City Hall at 501 Main Street, or by calling (650) 750-2013. Enrollment is limited to 25 participants, who will be randomly selected from all applicants. The NET program is free.

Due to high demand and to ensure as many community members as possible have the opportunity to participate in Half Moon Bay NET, the City will not accept applications from those who have already been through the program.



The City's Community Engagement Program



THE CITY OF
HALF MOON
CALIFORNIA



REPUBLIC
SERVICES

EARTH DAY RECYCLING EVENT

SMITH FIELD- WAVECREST ROAD
APRIL 27, 2024, 9AM - 12PM

**FREE SERVICES FOR THE RESIDENTS OF HALF MOON BAY*
RAIN OR SHINE!**

* Proof of residency is required. Services are limited and will be distributed on a first come, first serve basis.

COMPOST GIVEAWAY

Bring your own buckets, shovels and gloves.

Limit 0.5 cubic yards per household (roughly the size of your 96-gallon compost cart).



NO CONTACT E-WASTE RECYCLING

Place material in trunk or backseat and remain in car.

Items Accepted:

Televisions, monitors, printers, computers, cables, cell phones, lamps, DVD players, etc.



DOCUMENT SHREDDING

Limit 3 bankers boxes per household



For more information, visit
www.hmbcity.com/recyclingday or call
Republic Services at (650) 592-2411.

Granada Community Services District Upcoming Events

SUNDAY, APRIL 14

10:00am – Join staff from the San Mateo County Harbor District for a walk and chat covering everything from commercial fishing to local area flora and fauna as well as interesting history about our local Harbor. Meet at the Harbor Office at One Johnson Pier. Special thanks to the Harbor District for partnering with GCSD to make this tour available!



SATURDAY, APRIL 20

8:00am - Noon – Drop off recycling event for residents of El Granada. Drop off of items including e-waste, mattresses, metal, tires, and furniture – please go to <https://granada.ca.gov/services/garbage-and-recycling/> for more details.

1:00pm - 3:00pm – Join neighbors at the Granada Community Park parking lot (by the skate ramp) for fun Earth Day themed activities, a waterway and beach clean up, and an opportunity to chat with agencies and nonprofits about the work they do to improve the environment. There will be games, kids' activities, and prizes.



BE PREPARED WHEN DISASTER STRIKES

JOIN US FOR A FUN AND EDUCATIONAL DAY

SATURDAY, APRIL 20, 2024
9:00 A.M. – 12:00 P.M.

DOWNTOWN HALF MOON BAY



The whole family is invited to learn how to prepare for an emergency. Have fun while learning how to keep your family safe! There will be a 70' obstacle course, face painter, a balloon artist, and many more activities. Kids can interact with a fire engine, police car, and a backhoe too! Activities will take place on Kelly Ave between Main Street and Purissima.

Coastside Land Trust: Free Community Webinar!



**Compost on the Coast: A Sense of Humus,
Presented by Doug Millar
Saturday, May 18, 2024 at 10:00am**

Join the Coastside Land Trust as we welcome Doug Millar, Conservation Project Manager for the San Mateo Resource Conservation District. Millar will share some of the basic principles and best practices of composting, as well as his insight into composting for soil health, carbon farm planning, and the work being done to keep our compost local. Millar has 25 years of experience working in this field- including significant work with local TomKat Ranch and the HEAL Project.

Register and learn more at www.coastsidelandtrust.org/events



SAFETY ELEMENT WORKSHOPS

Help the City of Half Moon Bay plan for the harm posed by climate change and natural hazards by attending an upcoming community workshop.

The community workshops provide opportunities for the public to provide input. It will focus on discussing hazards of concern, experiences with hazards, and identifying vulnerable populations and assets to the community. There will be small group discussions to understand the lived experiences of community members in relation to climate change-related hazards.

How can you get involved?



March 13, 2024, 6:00 pm 7:30pm

Workshop #1

Location: Online (Zoom)

Please register to attend the online workshop at <https://bit.ly/prepwkshp1>



April 3, 2024, 6:00 pm - 7:30pm

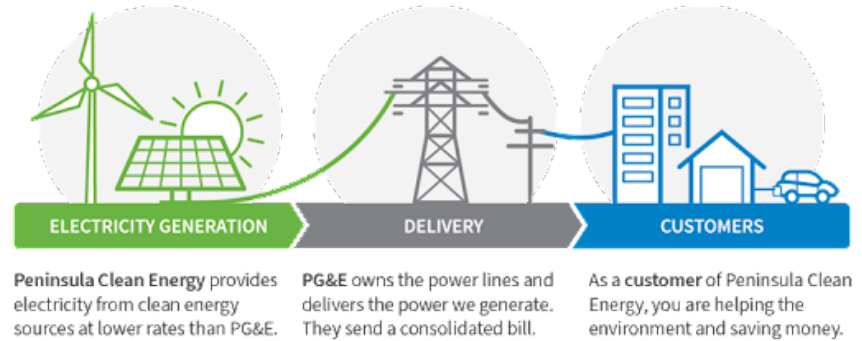
Workshop #2

Location: Online (Zoom)

Please register to attend the online workshop at <https://bit.ly/prepwkshp2>

Who is Peninsula Clean Energy and what do they do?

Peninsula Clean Energy has been the community electricity provider for San Mateo County since 2016, providing clean electricity at lower rates. There's nothing you have to do to reap the benefits, either- it's an automatic benefit of living in San Mateo County. Peninsula Clean Energy works in collaboration with PG&E, buying electricity from clean sources but using PG&E's lines to deliver that clean electricity to your home. They provide clean energy from sources like the wind and sun, which helps protect the planet for our kids and future generations.



0% Rate Increase for San Mateo County and Los Banos

You may have heard that PG&E is raising its rates by another 15%. But as a Peninsula Clean Energy customer, you benefit from the power of a not-for-profit company providing you with more affordable electricity. The bottom line — Peninsula Clean Energy rates are not increasing for the foreseeable future.

That's a 0% rate increase for you

PG&E has raised delivery charges, which is a separate charge from them, but your electricity rates with Peninsula Clean Energy are currently not going up. They're doing their best to keep your money where it belongs: in your pocket. That's the power of a not-for-profit source for electricity.

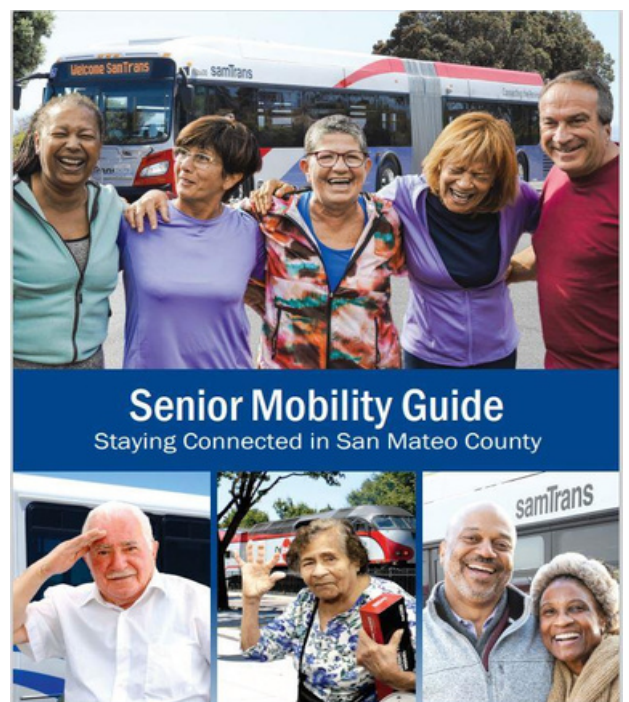
Want to learn more?

Learn all about the many programs Peninsula Clean Energy has to help you save money while doing something good for the environment at peninsulacleanenergy.com.

San Mateo County Transit District

Get your copy of The Senior Mobility Guide, a brochure that provides information about free or low-cost transportation options for older people in San Mateo County. The Guide includes information about driver safety, shuttles, public transportation, walking, and other mobility topics beneficial to seniors, veterans, 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. Advance awareness of available options will help lessen the impact on your mobility and independence.

English, Spanish and Chinese editions of the Senior Mobility Guide are available. Copies of the guide can be picked up at your local senior/community/recreation centers, by calling the Transit District's Customer Service at 800-660-4287 to request a copy or online at www.samtrans.com/rider-info/seniors.



Peninsula Family Service
Got Wheels!

An Affordable Taxi Service On Demand 24/7
Has Re-Opened Registration!

**For residents of Daly City, Colma, Brisbane, South San Francisco, San Bruno, Millbrae, Burlingame, Hillsborough, Montara, Moss Beach, El Granada and Half Moon Bay
– 70 Years and Older**

Join Peninsula Family Service no-cost membership transportation program ***Got Wheels!*** available on demand 24 hours every day. Members get up to 6 one-way rides a month for \$5 each one-way ride. PFS subsidizes remainder of the fare.

Service area includes San Francisco International Airport plus the cities listed above.

Don't miss out. Apply now. Applications available at www.pfso.org or upon request at contact information below. A ***Got Wheels!*** membership card and fact sheet will be mailed upon approval of application.

**For more information, contact Cherie, *Got Wheels!* Program Manager:
(650) 403-4300 Extension 4329 or cqmoreno@pfso.org**



Vegetarian options are always available in the dining room upon request.



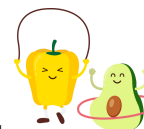
| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| 1 Sautéed Squirrel Lips Mashed Bug Feet Toenail clippings Dram of whiskey | 2 Roast Chicken Brown Rice Veggies Fruit | 3 Veggie Stir Fry* Brown Rice Veggies Fruit | 4 Turkey Sloppy Joes Open Face Whole Wheat Bun Veggies Fruit | 5 Meatloaf Mashed Sweet Potatoes Veggies Fruit |
| 8 Chicken Teriyaki Brown Rice Veggies Fruit | 9 Veggie Omelet Whole Wheat Bread Roasted Yams Fruit | 10 INTERNATIONAL DAY COSTA RICA Olla de Carne* Whole Wheat Bread Veggies Fruit | 11 Caldo Verde Whole Wheat Bread Veggies Fruit | 12 Fish Dore Brown Rice Veggies Fruit |
| 15 Pulled Pork Brown Rice Veggies Fruit | 16 Veggie Frittata Roasted Sweet Potatoes Veggies Fruit | 17 BIRTHDAY LUNCH Roast Turkey Whole Wheat Roll Mashed Sweet Potatoes Veggies Fruit | 18 Chicken Marsala Brown Rice Veggies Fruit | 19 Chicken Parmesan* Brown Rice Veggies Fruit |
| 22 BBQ Chicken Brown Rice Veggies Fruit | 23 Breaded Pork Loin Polenta Veggies Fruit | 24 Chicken Soft Taco Corn Tortilla Brown Rice Veggies Fruit | 25 Fried Chicken Whole Wheat Bread Mashed Sweet Potatoes Coleslaw Fruit | 26 Hamburgers Whole Wheat Bun Veggies Fruit |
| 29 Chicken Paella Brown Rice Veggies Fruit | 30 Tuna Salad Sandwich* Whole Wheat Bread Coleslaw Fruit | April 1 The real menu! Pork Chop Brown Rice Veggies Fruit | Services provided at Senior Coastsiders are partially funded by San Mateo County Area Agency on Aging. Senior Dining is for those 60 years and over. | \$4.00 is the voluntary contribution. No one will be denied a meal if they are unable to contribute. |

* > 740 mg. sodium / Whole grain and 1% milk served daily / Senior Dining is for those 60 and over. Lunch is served at noon. Live music

In person at the center



APRIL 2024



In person at the center

Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>8:45 Gentle Yoga 1 10:30 Functional Movement 12:00 Group Singing English 1:00 Casual Bridge 1:00 Craft Group 1:00 Trivia Hour 2:00 Android Basics Computer Tutoring by appt</p> | <p>9:30 Pilates Fusion 2 10:30 Men's Discussion Group 11:15 Wise Woman Yoga 12:30 Upcycling Craft Group 12:45 Grocery Bus 1:00 QiGong 1:00 Puzzle Time 2:00 American Mah Jong 3:00 SEL Class 4:00 Computer Basics Chinese Computer Tutoring by appt</p> | <p>8:00-4:00 AARP Taxes by³ appt only 8:45 Gentle Yoga 9:30 Drop-in Watercolor 10:30 Rosen Movement 12:00 Mystery Book Club 1:00 Parkinson's Exercise 2:00 Parkinsons Support Group 1:30 Watercolor w/ Mary Kay Computer Tutoring by appt</p> | <p>9:30 Pilates Fusion 4 10:00 Creative Writing 11:00 Group Singing Chinese 12:30 Card Making Class 1:15 Tai Chi 3:00 SEL Class 4:00 Computer Basics Chinese Computer Tutoring by appt.</p> | <p>9:15 Line Dancing 5 10:30 Functional Movement 11:45 Duplicate Bridge 12:00 Chinese MahJong 12:45 Grocery Bus 1:00 CAL Art Class 1:00 Android Basics: Spanish Computer Tutoring by appt</p> |
| <p>8:45 Gentle Yoga 8 10:30 Functional Movement 12:00 Group Singing English 1:00 Casual Bridge 1:00 Craft Group 2:00 Rhythms with Richard 2:00 Photo Workshop Computer Tutoring by appt</p> | <p>9:30 Pilates Fusion 9 11:15 Wise Woman Yoga 12:30 Upcycling Craft Group 12:45 Grocery Bus 1:00 QiGong 1:00 Puzzle Time 2:00 American Mah Jong 3:00 SEL Class 4:00 Computer Basics Chinese Computer Tutoring by appt</p> | <p>8:00-4:00 AARP Taxes by¹⁰ appt only 8:45 Gentle Yoga 9:30 Drop-in Watercolor 10:30 Rosen Movement 12:00 Lunch & Music International Day (Costa Rica) 1:00 Parkinson's Exercise 1:30 Watercolor w/ Mary Kay Computer Tutoring by appt</p> | <p>9:30 Pilates Fusion 11 10:00 Creative Writing 11:00 Group Singing Chinese 1:15 Tai Chi 3:00 SEL Class 4:00 Computer Basics Chinese Computer Tutoring by appt.</p> | <p>9:15 Line Dancing 12 10:30 Functional Movement 11:45 Duplicate Bridge 12:00 Chinese MahJong 12:45 Grocery Bus 1:00 CAL Art Class Computer Tutoring by appt</p> |
| <p>8:45 Gentle Yoga 15 10:30 Functional Movement 12:00 Group Singing English 1:00 Casual Bridge 1:00 Craft Group 2:00 Digital Shopping Workshop 3:00 Movie Matinee: The Bucket List Computer Tutoring by appt</p> | <p>9:30 Pilates Fusion 16 11:15 Wise Woman Yoga 12:30 Upcycling Craft Group 12:45 Grocery Bus 1:00 QiGong 1:00 Puzzle Time 2:00 American Mah Jong 3:00 SEL Class 4:00 Computer Basics Chinese Computer Tutoring by appt</p> | <p>8:45 Gentle Yoga 17 9:30 Drop-in Watercolor 10:30 Rosen Movement 12:00 B-Day Lunch & Music 12:00 HMB Library on-site 1:00 Parkinson's Exercise 1:00 Trivia Hour 1:30 Watercolor w/ Mary Kay Computer Tutoring by appt</p> | <p>9:30 Pilates Fusion 18 10:00 Creative Writing 11:00 Group Singing Chinese 1:15 Tai Chi 3:00 SEL Class 4:00 Computer Basics Chinese Computer Tutoring by appt.</p> | <p>9:15 Line Dancing 19 10:30 Functional Movement 11:45 Duplicate Bridge 12:00 Chinese MahJong 12:45 Grocery Bus 1:00 CAL Art Class 1:00 Android Basics: Spanish Computer Tutoring by appt</p> |
| <p>8:45 Gentle Yoga 22 10:30 Functional Movement 12:00 Group Singing English 1:00 Casual Bridge 1:00 Craft Group 2:00 Technology Topics 2:00 Rhythms with Richard Computer Tutoring by appt</p> | <p>9:30 Pilates Fusion 23 11:15 Wise Woman Yoga 12:30 Upcycling Craft Group 12:45 Grocery Bus 1:00 QiGong 1:00 Puzzle Time 2:00 American Mah Jong 3:00 SEL Class 4:00 Computer Basics Chinese Computer Tutoring by appt</p> | <p>8:45 Gentle Yoga 24 9:30 Drop-in Watercolor 10:30 Rosen Movement 1:00 Parkinson's Exercise 1:30 Watercolor w/ Mary Kay Computer Tutoring by appt</p> | <p>9:30 Pilates Fusion 25 10:00 Creative Writing 11:00 Group Singing Chinese 1:15 Tai Chi 3:00 SEL Class 4:00 Computer Basics Chinese Computer Tutoring by appt.</p> | <p>9:15 Line Dancing 26 10:30 Functional Movement 11:45 Duplicate Bridge 12:00 Chinese MahJong 12:45 Grocery Bus 1:00 CAL Art Class Computer Tutoring by appt Ask a Lawyer by appt only</p> |
| <p>8:45 Gentle Yoga 29 10:30 Functional Movement 12:00 Group Singing English 1:00 Casual Bridge 1:00 Craft Group 2:00 Intro to Instagram Computer Tutoring by appt</p> | <p>9:30 Pilates Fusion 30 11:15 Wise Woman Yoga 12:30 Upcycling Craft Group 12:45 Grocery Bus 1:00 QiGong 1:00 Puzzle Time 2:00 American Mah Jong 3:00 SEL Class 4:00 Computer Basics Chinese Computer Tutoring by appt</p> | <p>Bolded items in red indicate new or special class/programming for the month.</p> | <p>Red line strikethrough indicates cancelled class. Lunch is served M-F from noon-12:20 PM</p> | |

Exercise, Health, and Well Being

Beginning Line Dancing - Join in for some casual and fun line dancing with Carmen! This class is geared toward beginners.

Functional Movement - This class is designed to improve your movement for everyday life by including exercises like squats, balance training, pushing and pulling movements, and more! We will use both body weight training in addition to bands, weights (or other forms of resistance that you can find around your house). Class is held both in-person and virtually.

Gentle Yoga - This class is composed of vibrant, active seniors who wish to develop strength and maintain mobility and flexibility. Students should be comfortable getting up and down from the floor and will also use chairs and other tools to further practice. Class is held both in-person and virtually.

Parkinson's Exercise Class - This class is for individuals with Parkinson's Disease and is designed to delay symptoms. Students will go through a series of exercises that will adjust to individual needs and will be both challenging and fun. Class is held both in-person and virtually.

Pilates Fusion - This class builds core strength and stability using a mat, towel, roller, small ball, bands, floorwork and barre work. Class is held both in-person and virtually.

Qigong - is an ancient art that helps develop flexibility and balance. Class will be offered in-person and virtually.

Rosen Movement - This class uses fluid motion to increase joint mobility and flexibility. Class is held both in-person and virtually.

Tai Chi - This class uses Silk Reeling exercises, a series of spiral movements, designed to open up all the joints of the body, promoting muscle relaxation and flexibility, and reducing tension and strain in the Chen style Tai Chi form.

Wise Woman Yoga - This class will focus on yoga practices for bone building, the pelvic floor, stiff joints, insomnia and hot flashes. Class is held both in-person and virtually.

For more information on our classes, please visit our website at:
www.seniorcoastsiders.org/classes-1