



THE BEACON

Please welcome our newest staff member, Casey!

Born and raised in California, I hail from the small town of Yuba City by way of San Diego, Guam and Klamath Falls, Oregon. I found my way to the Bay Area in 1979 when I attended San Jose State University (Go, Spartans!) and never left! After spending 16 years as a retail manager and 14 years as an HR manager at Crate and Barrel, I recently left the retail world to pursue a passion for plant-based nutrition, writing and art. I am a few weeks away from earning a Nutrition Counseling certification, and once all my studies are done, will wind up with certifications in weight management, sports nutrition, and whole food plant-based nutrition. My other passions are fitness, hiking, food, wine and sports. I'm very impressed with the energy and dedication of the staff and volunteers, and am proud to be associated with this organization. I'm working part-time, focusing on events and supporting the many programs we offer. Please stop by to say hello!



Senior Coastsiders' Staff

Hope Atmore
Program Manager

Jose DeSousa
Nutrition Assistant

Tracey Gould
Care Manager

Edna Martinez
Nutrition Assistant

Judith Matienzo
Administrative
Assistant

Casey McClung
Project Coordinator

Kim Olivares
Office Manager

Manny Orozco
Chef

Sandra Winter
Executive Director

Upcoming Closures:

November 11th - Veterans Day

November 28-29 - Thanksgiving Holiday

December 6 - Coastsider Senior Living Fair (lunch and classes canceled -
MOW will be delivered)

December 24th - closing at 1:00 (computer lab closes at noon)

December 25th - Holiday Closure

December 31st - closing at 1:00 (computer lab closes at noon)

January 1st - New Years' Day



New and Upcoming!!

Transcendental Meditation (TM) presentation, November 12 from 11:00am-12:00pm. TM can help anyone, at any age excel at any form of learning, and thereby help you enjoy a more creative and successful career and life as a whole. Retirees love practicing TM because of its dramatic effect on reducing the negative effect of stress on aging. Over 600 scientific research studies, conducted in over 250 universities and research institutes in 33 countries, have verified the mental and physiological benefits of the Transcendental Meditation technique, including reduced stress and anxiety, improved attention, and heightened creativity and athletic performance. Come learn why!

Pescadero Opera is bringing opera to Half Moon Bay! On Wednesday, November 13 from 7:00-8:30pm, Senior Coastsiders will host a presentation of Leoncavallo's *Pagliacci*, a very popular and exciting short opera lasting a little over an hour. This performance of *Pagliacci* is a film production (not a live performance) from 1984, directed by the great Franco Zeffirelli. Local opera connoisseur, Phyllis Neuman, will give an introduction to the opera before the show, guiding attendees on what they will see and hear, and will provide any opera trivia available. Programs will be provided that include a synopsis of the opera. The DVD includes English subtitles, and there's always room for questions and discussion.

Holiday Craft Faire - Saturday, November 16th from 1:00-4:00pm. We are excited to host a Holiday Craft Faire at Senior Coastsiders that will showcase many of our talented older adults and others in the community. The faire will be an excellent opportunity to do some holiday shopping while also supporting Senior Coastsiders and local artists. For more information on the faire or to participate as a vendor, please contact our office at 650-726-9056.



New and Upcoming Continued...

CALFresh Presentation - Tuesday, November 19th from 10:00-10:30am. Do you receive SSI? Then you may be eligible for Cal Fresh! Learn about the expansion of CalFresh to recipients of the SSI benefits. Participants will learn about eligibility for the program and how to apply.

Voting - Senior Coastsiders is proud to once again be a ballot box location. You can drop your ballot in the box anytime the center is open between now and November 5th. Flex your power, VOTE!

Get organized with Denise Krauss - Tuesday, November 19th from 11:00am-12:00pm. Denise is a mom, coach, and professional organizer who specializes in seniors that are downsizing, letting go of their worldly possessions, and, life as they have known it. Denise is also a trained Grief Coach and has walked the journey of mourning, and recovery from loss, with friends and clients. Denise will join us for some organizing and downsizing tips and will also briefly cover the subject of grief and mourning as an individual process for each of us.

Movie Night with Mission Hospice & Home Care - *Go In Peace* explores how patients with past trauma – especially veterans – can face their own mortality in different ways. Based on the work of experts Dr. Ed Tick and Deborah Grassman, this film explains how environment can trigger trauma in a patient, and how caregivers can create a safe environment conducive to healing. Participation is free, but registration is required. For questions about the screening or to register, please call 650-726-9056. Movie will be followed by a Q&A. **Tuesday, November 19th from 6:30-8:30pm.**

Redi-Wheels/Redi-Coast Paratransit Services will be at Senior Coastsiders at 925 Main Street from **9:00am to 3:30pm on Wednesday, November 20th** for enrollment renewal and new enrollment in the program. Appointments are required and can be made by contacting Redi-Wheels/Redi-Coast at 650-366-4856.

A Plastic Ocean documentary screening (this event was re-scheduled from October) - **November 22nd at 3:00pm.** As part of the Senior Coastsiders climate series and partnership with the city of Half Moon Bay, we are excited to be offering an afternoon screening of 'A Plastic Ocean.' The film will be followed by a Q&A with filmmaker Jenny Lau and Jennifer Chong who is leading sustainability efforts for the City of Half Moon Bay. This film is being brought to us thanks to the Oddfellows who will also offer an evening screening at 7:30pm at the Oddfellows Lodge.

Giving Tuesday - Tuesday, December 3rd. Much like the Friday after Thanksgiving is known as Black Friday, the Tuesday following Thanksgiving is now nationally known as Giving Tuesday and is a day to give back to your local community non-profits. Senior Coastsiders hopes you will consider making a donation on Giving Tuesday to support the many programs and resources that our older adults rely upon!

Virtual Reality Film Screening - December 11 from 4:00-5:30pm. If you've never experienced virtual reality (VR) you won't want to miss this! You will feel like you are there as you watch two short films about climate change. And we will be partnering with some local youth to help guide your VR experience and discuss climate change and how we can help.

Cookie Decorating Party - show off your decorating skills AND treat your sweet tooth during our holiday cookie decorating party on **Friday, December 13 from 10:00am to 12:00pm.** Prizes for the 'best' cookie - categories to be determined!

Surfing for Life documentary screening - **December 14th from 3:00-5:30pm.** Surfing for Life is an award-winning documentary that profiles ten extraordinary surfers, who model healthy aging by staying active and engaged into their 7th, 8th and 9th decades. Narrated by actor Beau Bridges, the film interweaves the life stories of these vital and healthy elders as told through interviews, contemporary day-in-the-life footage, contemporary surfing footage and a wealth of extraordinary archival material, which includes images of several of the world's finest surf filmmakers and photographers. Filmmaker David Brown - and maybe a couple of surprise surfer guests - will lead a discussion after the film.

NEW! Games Day - Fourth Tuesday of each month - ALL AGES - We will transform the dining room into a game room and we invite community members of all ages to show their friendly competitive spirit! We will have cornhole, ladder toss, Ping Pong, as well as many board games. We will begin our games at 1:30pm and see where the afternoon takes us! November date is 11/26. We will not hold the December game day as it falls on Christmas Eve.

New Class offering starting January - Functional Strength and Mobility - in this class you will work on creating a greater range of motion, better posture, and work on improving the holistic function of your body. This is perfect if you are looking to be stronger and move better - and to continue or start doing the things you want to do! Stay tuned - scheduled for **Wednesdays at 9:00am.**

Community Bulletin Board

In this section, we post community notices that we think will be of interest to our Beacon readers. If you have information you would like to see listed, please contact Hope Atmore at 650-726-9056

The Half Moon Bay History Association - Join us for a most unusual maritime history event with Mark Hylkema, Cultural Resources Program Manager and Tribal Liaison of the Santa Cruz District of CA State Parks. Mark will discuss the three consecutive shipwrecks that occurred along the coast of Ano Nuevo between 1865 and 1867 and the archaeological remains that have been discovered since.

Tuesday, December 17th, doors - 5:30, program - 6:00pm.

Program is FREE. Light refreshments will be served.
Portuguese Cultural Center, 724 Kelly St. HMB.

Death Cafe - At Death Cafe, people - often strangers - gather to drink tea, enjoy snacks, and discuss death. It's a discussion group with no agenda. It's a chance to share ideas, opinions, and questions about death in a supportive and safe environment. Participation is free but please register by calling Susan Barber at 650-532-2396.

Wednesday, December 11 from 3:00-5:00pm

925 Main Street - Adult Day Health Center

Be Prepared for power outages - Update your contact information at www.pge.com/mywildfirealerts or by calling 1-866-743-6589 during normal business hours. PG&E will use this information to alert customers through automated calls, texts, and emails, when possible, prior to, and during, a Public Safety Power Shutoff. Sign up to receive local emergency alerts through SMC Alert at www.smcalert.info. If you need assistance signing up, stop by the Senior Coastsiders office.

Local Action for a Global Issue: Elevating the Voices of Older Adults in Half Moon Bay's Climate Conversation.

People cause climate change through everyday activities. Our daily actions, such as driving, eating, and shopping, create pollution that goes into the atmosphere and traps heat, like a blanket. This warms our world and is causing the changing weather patterns we experience today. These global changes are visible in Half Moon Bay and older adults are uniquely vulnerable to the impacts of climate change. Our community is expected to experience more days with temperatures over 100 degrees each year, which is hard on those without access to air conditioning and limits our ability to be outside; coastal erosion which will continue to impact those who live, work, and play along the coast; and increased fire risk threatens our area and has already resulted in drastic actions by PG&E to shut off power.

Senior Coastsiders, in partnership with the City of Half Moon Bay, is taking action to engage our community in a conversation about climate change. In 2020, the City will be developing a Climate Action and Adaptation Plan (CAAP) to define the local causes and impacts of climate change. This plan will be based on feedback provided by the local community (you!) at various events throughout the next few months. We will continue to host events to provide opportunities to learn about climate change and provide input on the issues that are most important to you. As part of these events, we are hoping to not just engage our older adults, but also engage with youth in our community and play with new technology (virtual reality!). We will also be setting up an interactive climate change display where you can share your thoughts as you share a meal!

For more information please contact Sandi Winter at swinter@seniorcoastsiders or 650-726-9056.

A Plastic Ocean documentary screening. November 22nd at 3:00pm.

Virtual Reality climate change experience. December 11th at 4:00pm.

41st HALF MOON BAY PUMPKIN RUN 2019

Thank you to our many volunteers, sponsors, partners, and over 1,000 race participants for a hugely successful Pumpkin Festival weekend!

Mary Ellen Allan
Amy Allshouse
Violetta Almaguer
David Anderson
Dave Anderson
Anthony Applewhite
Juliette Applewhite
Lianne Araki
Roger Baldwin
Frank Belknap
Carolyn Belknap
Ted Boysaw
Margaret Branick-Abilla
Tim Bray
Trina Burke
Michael Cadigan
Theresa Carney
Mona Lou Carter
Susy Castoria
Miriam Champion
Victoria Colligan

Jen Collins
Kurt Common
Lee Copeland
Patrick Crevelt
Cynthia Williams
Cris Dant
Jen Dill
Charmion Donegan
Michelle Dragony
Lee Ellis
Gail Evenari
Carol Fahy
Dennis Ferguson
Carol Ferguson
Dennis Fisher
Amy Fothergill
Santo Fothergill
Kate Fothergill
Linda Frisch
Paul Gater
Joanne Gee
Cathleen Gentry

Claire Giovanetti
Paul Girigorieff
Robert Granger
GOURDY
Julie Griffin
Gwen Guisti
Bruno Guisti
Mary Lou Haberer
Judy Hagan
Jim Holley
Scott Holmes
Karen Holmes
Thea Holmes
Brian Hunt
Mike Huss
Jill Jacobson
Patti Jones
Carol Joyce
Susan Kealey
Greg Keeney
Carol Keller

Jane Kikuchi
Emily Kim
Robin Kirby
Sean Lamb
Alice Larios
Raymond Larios
April Larsen
Leo Laux
Kate Livingston
Rick Loeper
Sandy Lopez
Kim Martson
Pearl Masayuma
Judy Matienzo
Dan McMillan
Anna McMillan
Elizabeth Mendez
Moss Michaelson
Rebecca Miller
Jennifer Montoya
Mike Murphy
Donna Murphy

Chaya Nemiccolo
Angela Niemann
Coley Nishkian
Parker Nishkian
Preston Nishkian
Rob Pappalardo
Joanna Parness
Richard Parness
Dennis Paull
Jill Pavlisak
Jen Popple
Naomi Popple
Erin Ralston
Meg Redden
Glenn Rivera
Lynn Robbins
Roni Holeton
Bob Salera
Kim Salera
Anne Scott
Corey Siegel

Steve Slomka
Tanya Slye
Sonja Bradley
Marjorie Tan Thronson
Reuben Torres
Tracey Torola
Charles Vann
Sonja Virgalitto
Lucca Virgalitto
Marc Wakasa
Steve Walsh
Linda Wampler
Shelly Wargo
Laura Wilson
Brian Wilson
Katherine Winterhuddle
Clay Winterhuddle
Kiki Wolfeld
Claire Yerby
Harry Ysselstein
Lisa Zadek

Our Monday Craft Group
California State Parks
City of Half Moon Bay

Owners, managers, and tenants of Shoreline Station
Cabrillo Unified School District
Coastside Land Trust



Half Moon Bay Review

Empowered FITNESS



THE RITZ-CARLTON
HALF MOON BAY



On behalf of all of us at Senior Coastsiders,
THANK YOU!



Arts at the Center

Coastal Arts League Drawing Class meets Fridays from 12:45-2:45pm. Class topics change from week to week and cover anything from oil pastels to cartooning and still-life to collage. Class is free and run by volunteers from the Coastal Arts League. Please see schedule on hall bulletin board for specific classes and mediums.

Painting Group: The morning painting group meets on Wednesdays from 9:30am-noon. This group is for all levels and you must bring your own supplies.

Stamping & Handmade Cards with Cindy McCool. Learn new techniques to refine your skills and enjoy creating seasonal cards the first Thursday of the month (**November 7th and December 5th**). Class is from 1:00-3:00pm. This class is free of charge and priority is given to those age 60 or better. Class size is limited. Please drop by the front desk to sign up or call us at (650) 726-9056. Walk-ins are welcome provided that class size is not exceeded. No tools required - everything will be provided for your use by the instructor.

Watercolor Wednesdays with Mary Kay Jolley meets Wednesday afternoons from 12:30-3:30pm. All levels are welcome. Cost is \$10.00 per class.

Ukulele Jam Group: Come to strum old and new songs we will find on the web. We will look for easy chord progressions. Not a class but will help new players along. This is not a choral group. Ukulele Jam will be on the 1st and 3rd Monday of the month from 10:45-11:45am. If you want some additional practice, there is an additional ukulele group that meets at the HMB Public Library on Mondays at 7:00pm.

The Written Word

Book Clubs - We have two book clubs offered through a collaboration with the HMB Public Library. The mystery book club meets the first Wednesday of the month from 11:00am-noon unless otherwise indicated. On **November 13th (second Wednesday)** the group will discuss *The Widows of Malabar Hill*, by Sujata Massey and on **December 4th**, *The Templars' Last Secret*, by Martin Walker. The Monday book club meets the fourth Monday of the month at 11:00am. They will meet Monday, **November 25th** to discuss *Beneath a Scarlet Sky* by Mark Sullivan. The December meeting will take place on **December 23rd**, book to be determined. If you need a library card, bring current ID and sign up there. Please call Senior Coastsiders for more information at (650) 726-9056.

Library Lunch Visits – Staff from the Half Moon Bay Library will join us in the dining room the third Thursday of each month to help people sign up for library cards and to offer a variety of items for check out.

Creative Writing Workshop - Share your poetry, fiction and essays with a friendly group of senior writers on Thursdays from 10:00-11:30am. All seniors are welcome.

Free Lending Library - Share a book or read a new title. DVDs and puzzles are available as well. The lending library is open to all seniors and is located in the computer lab which is open from 9:00am-3:00pm, Monday through Thursday and 9:00am-2:00pm on Friday.



More Offerings

Bridge Groups - Meet every Monday and Wednesday from 1:00-3:00pm. These groups welcome beginners as well as veterans and provide a fun and not overly competitive opportunity for bridge.

Mah Jong - Players of Chinese Mah Jong meet every Friday from 12:30-2:30pm as well as the second and fourth Thursdays of the month from 1:00-3:30pm.

Legal Advice - If you have concerns about elder fraud, financial abuse or any other issues of concern to seniors, you can call the offices of Attorney Jay White at Legal Aid (650) 558-0915 for help or advice.

Computer Tutoring - Computer tutoring is available by appointment when tutors are available. Each free session is 30 minutes. Please sign up at the front desk or call (650) 726-9056.

Games Day - Join others over a fun boardgame or friendly (though somewhat competitive) yard game played indoors during the once a month games group. Usually the fourth Tuesday of the month at 1:30PM but dates may vary.

HICAP (the Health Insurance Counseling & Advocacy Program) - Provides free and objective information and counseling about Medicare. Volunteer counselors can help you understand your specific rights and health care options. Counseling is provided on the 2nd and 4th Fridays of the month between 10:00am-noon and are by appointment only. **Please call (650) 627-9350 to schedule an appointment.**

Transportation - Redi Coast provides door-to-door service for frail adults. Please call them at (650) 560-0360 for more information. Senior Coastsiders provides transportation to and from our center during the week for classes, lunch, and grocery shopping. Please call us at (650) 726-9056 for more information.



A note from the Executive Director

We're heading into the last two months of the year and I'm looking forward to celebrating my favorite holiday - Thanksgiving. At Senior Coastsiders we have so much to be thankful for - our delightful participants, committed staff, stalwart Board members, dedicated volunteers and generous donors. Of course, October is Pumpkin Festival which includes one of Senior Coastsiders' major fundraising activities - the Pumpkin Run. This year we had over 1,000 runners and for the first time we successfully incorporated a half marathon. Thank you to all who contributed in so many ways to the success of this event.



As I write this, we are bracing for another power outage. Prior to the first outage, our team sprang into action to plan how we would continue "business as usual" without electricity. Our kitchen team did an amazing job preparing over 100 meals that were served in our dining room and to our home bound participants - all the food was cooked on only two gas burners. Our front office team checked in with our most vulnerable participants before, during and after the outage to ensure that they were adequately prepared, and we answered many calls from concerned citizens. We were contacted by staff from the City of Half Moon Bay, the Half Moon Bay Review and ABC 7 TV news who all wanted to learn about the effect of the outage on our participants. We are working on our organizational strategic plan and before we get too far, I'd welcome an opportunity to speak with you about how Senior Coastsiders can best serve the changing needs of older adults on the Coast over the next decade. Feel free to stop by my office any time for a chat.

Sandi

Health and Well Being

Qigong takes place every Tuesday afternoon from 1:00-2:00pm with Judy Pruzinsky, teacher and acupuncturist. Learn this ancient art, develop flexibility and balance. For registration and information please contact Betty Zographos at (650) 726-2891 or email her at bettyz@coastside.net.

Gentle Yoga with Linda Grace Frost, Mondays, 8:45-10:15am. This fantastic 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. Four-class packets can be purchased for \$20 from instructor before start of class. Priority is given to people over 60 and better, but everyone is welcome.

Inner Fitness is fitness for the mind and soul through the building of relationships, dialogue, and sharing of common goals and challenges that come with aging. The group seeks to build relationships during a period in life that can be lonely or isolating by having an open conversation about aging. This open group provides a safe and nurturing atmosphere for reflection and exploration. Group meets at 10:00am on Tuesdays.

Parkinson's 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 every Tuesday from 11:15am-noon.

Pilates Plus builds core strength and stability. Classes are held every Tuesday and Thursday at 8:45am and 10am and last one hour. You can buy a series of tickets or pay for individual classes.

Reiki Energy sessions by appointment on the 2nd and 4th Fridays between 10:00am and noon. Twenty minute sessions are free of charge. Call us at (650) 726-9056 to schedule an appointment.

Rosen Movement - weekly one hour classes are held at the center using fluid motion to increase joint mobility and flexibility. Mondays at 9:30 am, Wednesdays at 10:30 am, and Fridays at 11:00am.

Gentle Exercise is a low to no impact class. Participants will use straps, bands, and body weight to go through a series of exercises for balance and mobility. Class is suitable for all levels and can be done standing or sitting. One hour class, meets Mondays at 10:30am, and is incorporated into the Rosen Wednesday class at 10:30am.

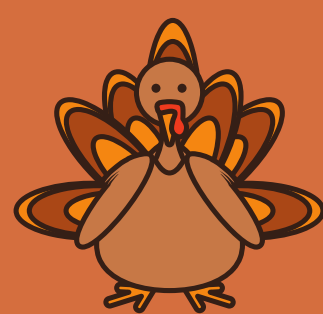
Zumba Gold is perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Join instructor Laurie Becker Friday mornings from 9:00-9:45am and get your weekend off to a great start! Please bring water and wear proper fitness attire and shoes. \$5.00/class with 10 class pass, \$7.00 for drop in.

Health Screenings - In partnership with Sutter Health Mills Peninsula Health Services, the Senior Coastsiders Wise and Well program takes place the third Tuesday of each month from 9:30-11:00am and once a quarter is followed by a Heart Health Nutrition Class from 11:15-11:45am.

Accupressure - Jin Shin Jyutsu is offered the 1st and 3rd Thursday of each month from 11:00am-1:00pm by a trained massage therapist and Jin Shin Jyutsu practitioner. Jin Shin Jyutusu is a timeless healing art that uses gentle touch to harmonize the spirit, mind, and body. Half hour appointments can be made by contacting the Senior Coastsiders office at 650-726-9056.

HAPPY BIRTHDAY TO THE NOVEMBER AND DECEMBER BABIES!

Remember to join us the third Thursday of the month so we can celebrate your day! Birthday lunches always have live entertainment and you'll get a special birthday treat during lunch! For November and December, the birthday celebration will coincide with our holiday lunches so get ready to celebrate!



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DEALING WITH POWER OUTAGES

We want to remind all of our friends in the community that Senior Coastsiders is OPEN during power outages. The last two outages have shown that the right attitude and a little innovation mean business as usual. During both outages, our kitchen has prepared hot meals - and hot coffee - and our participants have found comfort, support, and smiles from staff and each other. Almost all classes have carried on as normal as we benefit from a great deal of natural light.

Our phones, however, do not work during an outage but rest assured, we are open.

If the power goes out again, come by Senior Coastsiders for a meal and a few laughs. And if there is a planned outage, call ahead of time to arrange for a pick up.

STAY SAFE EVERYONE!

Grief & Bereavement Support Groups



Caregiver Support Group

Meets the last Wednesday of the month from 12:30pm-2:00pm. Please call CADHC at (650) 726-5067 for more information.

Coastside Adult Day Health Center & Mission Hospice

Meets the second and fourth Thursday of the month from 4:00pm-5:30pm at CADHC.

Monday Morning Support Group

Meets every Monday from 10:00am-11:30am at Senior Coastsiders - except the 2nd Monday

Parkinson's Group

Meets the first Friday of each month from 1:00pm-2:00pm at Senior Coastsiders. Call Jetta Van Hemert at (650) 863-2451 to sign up.

Endowment Fund



Did you know that Senior Coastsiders has an endowment fund?

It will help ensure that we can continue providing services into the future. You can make a contribution to the fund in a variety of ways:

- A direct gift
- A memorial contribution
- Naming Senior Coastsiders as a beneficiary in your Will, Living Trust, Life Insurance Policy, Pension Plan, or Charitable Trust

All contributions are tax deductible for estate tax purposes. For the best method of remembering Senior Coastsiders in a will, please consult with your accountant or legal advisor. Please remember Senior Coastsiders Endowment Fund when you do your estate planning.

Weekly Activities

Monday

8:45-10:15	Gentle Yoga*	35% Room
9:30-10:30	Rosen Movement*	Art Room
10:00-11:30	Support Group	Media Room
10:30-11:30	Gentle Exercise*	35% Room
10:45-11:45	Ukulele Jam Group (1st and 3rd Monday)	Art Room
11:00-12:00	Book Club (4th Monday)	Art Room
1:00-3:00	Bridge Group	35% Room
1:30-3:30	Craft Group	Art Room
2:00-3:30	Line Dancing	Dining Room

Tuesday

8:45 & 10:00	Pilates Plus*	35% Room
10:00-Noon	Inner Fitness	Media Room
10:00-Noon	Computer Tutor (by appt. only)	Computer Room
11:15-12:00	Parkinson's Exercise Class	35% Room
1:00-2:00	QiGong*	35% Room
1:30-3:30	Games Day (4th Tuesday)	Dining Room

Wednesday

9:30-Noon	Painting Group	Art Room
10:30-11:30	Rosen Movement w/Gentle Exercise*	35% Room
11:00-Noon	Mystery Book Club	Media Room
12:30-3:30	Watercolor Class*	Art Room
1:00-3:00	Bridge Group	35% Room

Thursday

8:45 & 10:00	Pilates Plus*	35% Room
10:00-11:30	Creative Writing Workshop	Media Room
11:00-1:00	Acupressure/Jin Shin Jyutsu (1st and 3rd Thursdays)	Art Room
1:00-3:30	Mah Jong (2nd and 4th Thursdays)	Art Room
2:00-3:30	Computer Tutor (by appt. only)	Computer Room

Friday

9:00-9:45	Zumba Gold*	35% Room
9:00-11:00	Computer Tutor (by appt. only)	Computer Room
10:00-Noon	HICAP (by appt. 2nd and 4th Fridays)	Art Room
10:00-Noon	Reiki (by appt. 2nd and 4th Fridays)	Media Room
11:00-Noon	Rosen Movement*	35% Room
12:45-2:45	CAL Drawing Class	Art Room
12:30-2:30	Mah Jong	35% Room
1:00-2:00	Parkinson's Support Group (1st Friday each month)	Media Room
1:00-2:00	Stages Peer Counseling Group (2nd and 4th Friday)	Media Room

Please remember to show up a little early if you are attending a class for the first time so you can sign any necessary waivers and/or arrange payment with your instructor.

*All classes with fees are subject to change, consult w/ instructor. Most class fees range between \$4 and \$7 per class.



November 2019 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p>All are welcome in our dining room! Please refrain from saving seats - anyone can sit anywhere! Be kind and make a new friend!</p>		<p><i>This menu is subject to change without notice. In the event of a menu substitution, an item of equal nutritional value will be served. Milk is served with every meal.</i></p>	<p>Services provided at Senior Coastsiders are partially funded by San Mateo County Area Agency on Aging.</p> 	<p>Beef Soft Taco Corn tortilla Brown rice Vegetables Fruit</p>
4	5	6	7	8
<p>Pulled Pork Open Faced Sandwich Whole wheat bun Coleslaw Fruit</p>	<p>Denver Omelet* Whole wheat bread Roasted potatoes Vegetables Fruit</p> 	<p>Fried Chicken Whole wheat bread Mashed potatoes Coleslaw Fruit</p>	<p>Fish Soft Taco Corn tortilla Brown rice Vegetables Fruit</p>	<p>BBQ Chicken with Orzo Vegetables Salad bar Fruit</p>
11	12	13	14	15
<p>Closed in observance of Veterans' Day</p> 	<p>BBQ Pork Loin Orzo Vegetables Fruit</p>	<p>Chicken Enchiladas Brown rice Vegetables Fruit</p> 	<p>Meatloaf Whole wheat bread Mashed potatoes Vegetables Salad bar Fruit</p> 	<p>Chicken Sandwich* Whole wheat bread Coleslaw Salad bar Fruit</p>
18	19	20	Thanksgiving Lunch 21	22
<p>Roast Chicken Brown rice Vegetables Fruit</p>	<p>Meatballs Whole wheat pasta Vegetables Fruit</p> 	<p>Chicken Lasagna Whole wheat pasta Vegetables Salad bar Fruit</p> 	<p>Roast Turkey Whole wheat bread Mashed sweet potatoes Green beans Fruit</p>  	<p>Tuna Salad Sandwich* Whole wheat bread Salad bar Fruit</p>
25	26	27	28	29
<p>Sausage Frittata Whole wheat bread Roasted potatoes Vegetables Fruit</p>	<p>Cheese Pizza Vegetables Salad bar Fruit</p>	<p>Turkey Sloppy Joes Open Face Sandwich Whole wheat bun Vegetables Salad bar Fruit</p>	 <p>Closed for Thanksgiving</p>  	

* > 1000 mg. sodium


A whole grain and 1% milk served daily

 = Live music/entertainment



December 2019 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Pulled Pork Sandwich Whole wheat bun Coleslaw Fruit	Chicken a la King Pasta Vegetables Fruit 	Baked Swai Fish Brown rice Vegetables Salad bar Fruit	Chicken Teriyaki Brown rice Vegetables Fruit 	FREE Coastside Senior Resource Fair 1:00-3:30pm No lunch service
9	10	11	12	13
BBQ Chicken Brown rice Vegetables Fruit 	Denver Omelet* Whole wheat bread Roasted potatoes Vegetables Fruit	Chicken Pot Pie Vegetables Salad bar Fruit 	Fried Chicken Whole wheat bread Mashed potatoes Vegetables Fruit	BBQ Pork Loin Macaroni Salad Vegetables Salad bar Fruit
16	17	18	<i>Holiday Lunch</i> 19	20
Swedish Meatballs Whole wheat pasta Vegetables Fruit	BBQ Pork Loin Whole wheat bread Mashed potatoes Vegetables Fruit	Pork & Vegetable Stew Whole wheat bread Vegetables Salad bar Fruit 	<div style="border: 2px solid red; padding: 5px;"> Roast Turkey Whole wheat bread Mashed potatoes Vegetables Fruit Birthday Treat  </div>	Bolognese Sauce with Pasta Vegetables Salad bar Fruit
23	24	25	26	27
Cabbage Rolls Brown rice Vegetables Fruit 	Tuna Salad Sandwich* Whole wheat bread Coleslaw Fruit	<i>Closed for the Holiday</i> 	Turkey Wrap Coleslaw Salad bar Fruit	Cheese Pizza Vegetables Salad bar Fruit
30	31			
Meatloaf Whole wheat bread Mashed potatoes Vegetables Fruit	Sausage Frittata Roasted potatoes Vegetables Fruit	<i>Closed on New Years Day</i> 	Senior Dining is for those 60 years and over. Lunch is served at Noon. \$4.00 is the voluntary donation. No one will be denied a meal if they are unable to donate.	This institution is an equal opportunity provider 

Allergy statement: Menu items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS, MILK, FISH, SHELLFISH, AND SOYBEANS. For more information, please speak with a member of the staff



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Mark your calendar for this year's Coastside Senior Resource Fair - Friday, December 6th from 1:00-3:30pm!

