



The BEACON

The Senior Coastsiders' Newsletter
March and April 2018 Issue



New and Upcoming

Save the Date!

Taste of the Coast – May 20th from 5:00-8:00pm Join us at the Eleventh Annual Taste of the Coast! Dine, Drink and Make a Difference! This year's event will once again showcase dozens of Coastside restaurants and offer an exciting array of silent auction items – all to benefit Senior Coastsiders. Advance tickets are \$50 for one or \$80 for two, \$60 at the door for one and \$90 for two, \$40 for seniors. Don't miss out on this opportunity!

Annual Home Repair Day – Saturday, June 2nd from 8:30am to 4:00pm During this one day event over 100 volunteers will do minor home repair and basic gardening on up to 45 homes. Applications are available at our office, by mail or email and are due by April 6th. Please call 650-726-9056 for further details.

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. They offer tax preparation help to anyone, and if you're 50 and older and can't afford a tax preparation service, they are especially for you. There are some restrictions, such as rental property or large businesses, that cannot be completed. This service will again be offered on **Wednesdays through April 11th** at Senior Coastsiders. Hourly appointments starting **9:00am to 1:00pm** can be made by calling Senior Coastsiders at (650)726-9056.

Clear Captions Presentation

A representative from Clear Captions will be on site during lunch to demonstrate the ins and outs of a caption phone. She will also discuss the phone program and its availability through Title IV of the Americans with Disabilities Act. Presentation will start at **noon on March 8th** in the dining room during a delicious lunch!

Old Time Radio: The Stories, the Stars, the Sponsors
Did you listen? Do you remember The Shadow, Gunsmoke, Fibber McGee, The Bickersons? How about Raymond Burr, Jack Webb, William Conrad, and Jack Benny? Did you ever use Kreml, Wildroot, or Lux flakes? Come back with us to those thrilling days of yesteryear with old time radio fan, Deborah Harter Williams. Join in for this Village of the Coastside Community Conversation on **Monday, March 12th, 1-2:30pm**.

Senior Coastsiders' Staff

Cara Schmaljohn
Executive Director

Diane Madriz
Chief Operating Officer

Hope Atmore
Program Manager

Tracey Gould
Care Manager

Judith Matienzo
Administrative Assistant

Kim Olivares
Administrative Assistant

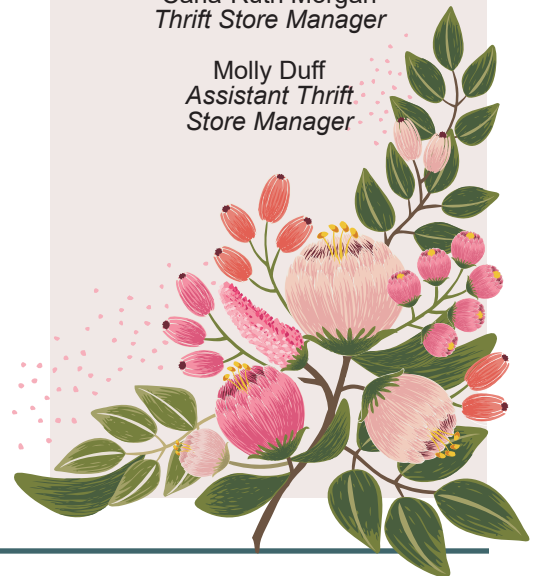
Leslie Bodkin
Nutrition Assistant

Jose DeSousa
Nutrition Assistant

Manny Orozco
Chef

Carla-Ruth Morgan
Thrift Store Manager

Molly Duff
*Assistant Thrift
Store Manager*



New and Upcoming (continued)

Peninsula Clean Energy Presentation

Do you have questions about your electricity bill? Come learn about your new electricity provider, Peninsula Clean Energy, at this informational meeting! Peninsula Clean Energy now serves you with cleaner energy at lower rates, which means you are now saving a little bit of money while helping the environment. We will also cover available energy bill discounts for low income customers and/or customers with medical appliances at home. **Join us at 1:00pm, Thursday, March 15th.**

Medicare Workshop

HICAP will be at Senior Coastsiders from **9am to noon on Friday, March 16th** to answer questions and help Medicare beneficiaries apply for Conditional Part A and the Qualified Medicare Beneficiary (QMB) program. This clinic is for those who do not qualify for free Medicare Part A because they do not have any or enough working credits on file with the Social Security Administration to qualify for free Medicare Part A. If you are eligible for the QMB program, the State will pay for the \$422 Medicare Part A monthly premium and other out of pocket expenses.

Annual Health Screening

The Wise & Well annual wellness Health Screening for Older Adults will take place from **9-11am on Tuesday, March 20th**. Screening is free for adults 60 and over and will include complete cholesterol profile (total, LDL, HDL, triglycerides) blood pressure, blood glucose, BMI, and consultation with a nurse, dietitian or exercise physiologist. **Appointment required** for March session. Please call Senior Coastsiders at 650-726-9056 for more information or to make an appointment. Regular Wise & Well BP/cholesterol screenings for April will be **Tuesday, January 17th from 9:30-11:00am** For specific questions on screening requirements, please call Mills-Peninsula Senior Focus at 650-696-3660.

Redi-Wheels/Redi-Coast Paratransit Services will be at Senior Coastsiders at 925 Main Street from **9:00am to 2:00pm on Friday, March 30th** 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.

Haiku Workshop

Haiku is an ancient poetic form that originated in Japan and is now practiced all over the world. Join facilitator Jerry Bolick in this hands-on and interactive workshop that will provide a basic introduction to this short-form poetry. Participants will learn the craft of haiku and how to write their own. No previous experience with haiku or poetry is required to enjoy this session. **Thursday, April 5th 10:00am to noon.**



New and Upcoming (continued)

Disaster Preparedness for Seniors

Are you ready for a disaster if it strikes? What special precautions do you need to take to be prepared? What can you do to make your home safer now? What will you do immediately following a disaster, where will you go and who will you contact? Having a plan in place to ensure that you are personally prepared can make all the difference in times of emergency. Through a partnership of Senior Coastsiders, Village of the Coastside, and the American Red Cross, you can learn what to do to best prepare for an emergency. Don't miss this informative session, **Monday, April 9th from 1:00-4:00pm.**

Composting and new trash services

Representatives from Republic Services and the City of Half Moon Bay will discuss the new composting services being provided for city residents and give an informative presentation on what can be composted or recycled and what items ultimately will end up in the trash. This will be a great way to learn some tricks for your new compost bin and how you will be helping keep the earth a little cleaner! **Starting at noon on April 25th** in the dining room.

New Classes

Zentangle - Thursday mornings at 10:00am starting March 8th. This calming art practice brings focus and relaxation through creation of repetitive and beautiful patterns. Instructor Cheryl Hankin will guide students through the process. Class is free and open to all.

Guided Meditation and Visualization - Friday afternoons 1:00-2:00pm starting April 6th. Instructor BJ Stevenson will help students ground themselves and find their centers through visualization and mantra meditation. This practice will help students start their weekends in a calm space. Class fee will be \$10.00/class for drop in or \$7.00/class when purchasing a four class booklet.

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 Zen tangle to collage. Class is free and run by volunteers from the California Arts League.

Painting Group: The morning painting group meets on Wednesdays from 9:30am. to 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 (March 1st and April 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 to 10 students. 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.

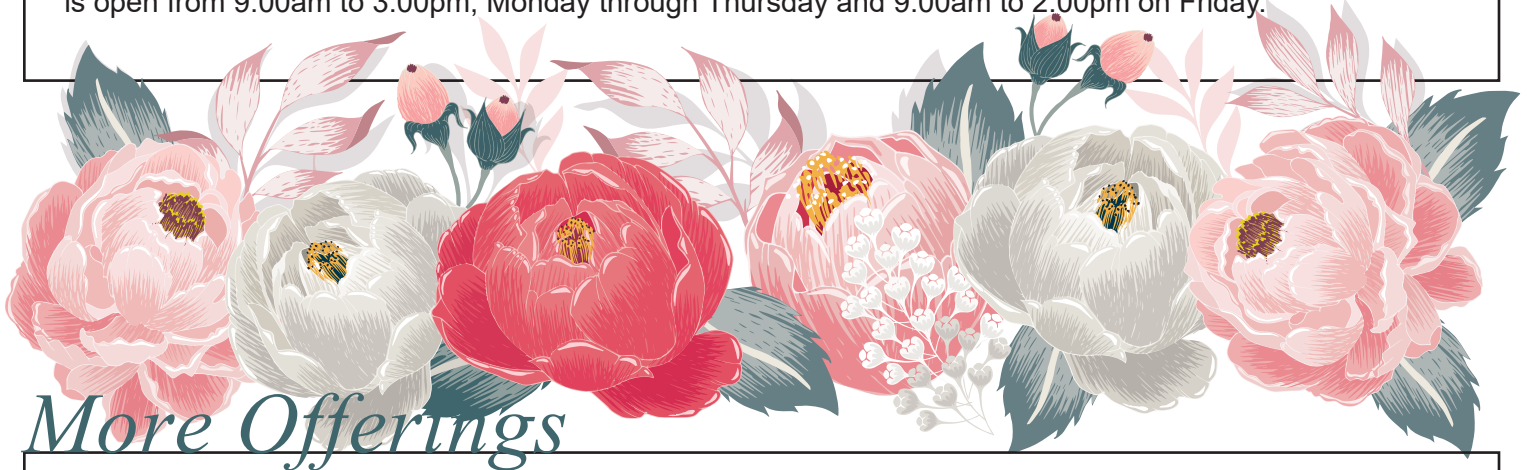
The Written Word

Book Clubs: We have two book clubs offered through a collaboration with the HMB Public Library. The mystery book club normally meets the first Wednesday of the month from 11:00am to noon. The next meeting is March 14th (second Wednesday) and the group will discuss Cut WITH author Amy Peele. The April book TBD. The Monday book club meets the fourth Monday of the month at 11:00am. They will meet Monday, March 26th to discuss Anything is Possible by Elizabeth Strout and Monday, April 23rd for My Life with Bob by Pamela Paul. Books can be checked out at the library. 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, read a new title, lend out a book you have already read. DVDs' and puzzles available as well. The lending library is open to all seniors and is located in the computer lab which is open from 9:00am to 3:00pm, Monday through Thursday and 9:00am to 2:00pm on Friday.



More Offerings

Bridge Group meets every Wednesday from 1:00-3:00pm.

Mah Jong, Players of Chinese Mah Jong will meet 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 every Tuesday, Wednesday, and Thursday, from 10:00am to noon and Tuesday and Thursday afternoons from 1:30-3:00pm. Each free session is 30 minutes and is by appointment only. Please sign up at the front desk or call 650-726-9056

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 and 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.

Health and Well Being

Qigong takes place every Tuesday afternoon from 1:00 to 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 Lydia Puhak, Mondays, 9:00-10:15am. 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 or at the front desk of Senior Coastsiders. Priority is given to people over 60 and better, but everyone is welcome.

Inner Fitness - 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 to noon.

Pilates Plus builds core strength and stability. Classes are held every Tuesday and Thursday at 8:45am and 10am. 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. Sessions are free of charge. Call us at 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 9:30am, Wednesdays at 10:30am, and Fridays at 11:00am.

Gentle Exercise: In this 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.

Zumba Gold: 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 is followed by a Heart Health Nutrition Class from 11:15 to 11:45am. Comprehensive annual screening will take place on March 20th from 9:00 to 11:00am (see description on page two for details). April screening will take place on Tuesday, April 17th. For specific questions on screening requirements, please call Mills-Peninsula-Senior Focus at 650-696-3660.



Happy Birthday



Pamela Sayles 3/1



Betty Zographos 3/10

LaVerne Pacheco 3/12



Walter Stitt 3/30

Stephanie Lyons 4/8

Anna-Marie Spilker 4/21

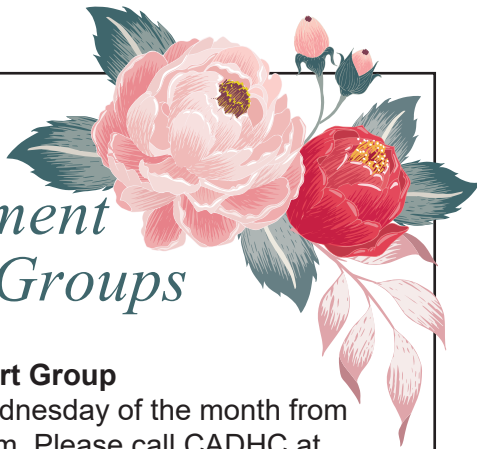
Janet Nelson 4/24



Helen Loukedis 4/29

We apologize if we omitted your birthday - individuals with paid subscriptions may opt to have their birthday listed. The Birthday Luncheon is on the third Thursday of each month.

Grief & Bereavement Support Groups



Caregiver Support Group

Meets the last Wednesday of the month from 12:30 p.m. to 2 p.m. Please call CADHC at (650) 726-5027 for more information.

Coastside Adult Day Health Center & Mission Hospice

Meets the second and fourth Thursday of the month from 4:00 p.m. to 5:30 p.m. at CADHC.

Monday Morning Support Group

Meets every Monday from 10 a.m. to 11:30 a.m. at Senior Coastsiders. Except the 2nd Monday.

Parkinson's Group

Meets the first Friday of each month from 1 p.m. to 2 p.m. at Senior Coastsiders. Call Ellen Roumasset at (650) 759-3666 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, 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

9:00-10:15	Gentle Yoga*	35% Room
9:30-10:30	Rosen*	Media Room
10:00-11:30	Support Group	Art Room
10:30-11:30	Gentle Exercise*	35% Room
10:45-11:45	Ukulele Jam Group (1st and 3rd Monday)	Media Room
2:00-3:30	Craft Group	Art Room

Tuesday

8:45 & 10:00	Pilates Plus*	35% Room
10:00-Noon	Inner Fitness	Media Room
10:00-Noon	Computer Tutor (by appointment only)	Computer Room
11:15-Noon	Parkinsons Exercise Class	35% Room
1:00-2:00	Qiqong*	35% Room
1:30-3:00	Computer Tutor (by appointment only)	Computer Room

Wednesday

9:30-Noon	Painting Group	Art Room
10:00-Noon	Computer Tutor (by appointment only)	Computer Room
10:30-11:30	Rosen Movement w/Gentle Exercise*	35% 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
10:00-11:45	Zentangle	Art Room
10:00-11:30	Creative Writing Workshop	Media Room
10-12 & 1:30-3	Computer Tutor (by appointment only)	Computer Room
1:30-3:00	Mah Jong (2nd and 4th Thursday)	Art Room

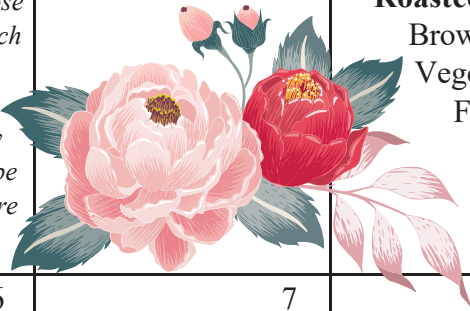
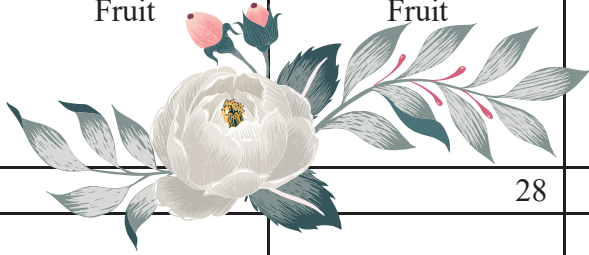
Friday

9:00-9:45	Zumba Gold*	35% Room
10:00-Noon	HICAP (by appt. 2nd & 4th Fridays)	Art Room
10:00-Noon	Reiki (by appt. 2nd & 4th Fridays)	Media Room
11:00-Noon	Rosen Movement*	35% Room
12:45-2:45	CAL Drawing Class	Art Room
1:00-2:00	Guided Meditation*	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 w/fees are subject to change, consult w/the instructor. Most class fees range between \$4 and \$7 per class.

March 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<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>	<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.</i>			Roasted Turkey Brown Rice Vegetables Fruit
				Scrambled Eggs & Sausage Whole wheat bread Roasted potatoes Orange Juice
5	6	7	8	9
Baked Ham Whole wheat bread Mashed potatoes Vegetables Fruit	Chicken Teriyaki Macaroni salad Vegetables Fruit	Roasted Pork Loin Brown rice Vegetables Fruit	Chicken Alfredo Vegetables Fruit	Meat Lasagna Vegetables Salad Fruit
12	13	14	BIRTHDAY 15	ST. PADDY'S 16
Eggs & Sausage Whole wheat bread Home potatoes Vegetables Orange juice Fruit	Meatballs Whole wheat pasta Vegetables Fruit	Roasted Chicken Brown rice Vegetables Salad Fruit	Parmesan Crusted Fish Brown rice Vegetables Fruit Birthday Cake	Corned Beef Whole wheat rolls Vegetables Salad Fruit
19	20	21	22	23
Vegetable Omelet Whole wheat bread Home potatoes Vegetables Orange juice Fruit	Chicken Parmesan Whole wheat pasta Vegetables Fruit	Cheesburger Sweet potato fries Cole slaw Fruit	Roasted Pork Loin Brown rice Vegetables Fruit	Chicken Enchilada Brown rice Pinto beans Salad Fruit
26			28	29
Baked Ham Brown Rice Sweet potatoes Vegetables Fruit	Tuna Cake Brown rice Vegetables Fruit	Pulled BBQ Chicken Whole wheat bread Baked beans Coleslaw Fruit	Meat Lasagna Whole wheat bread Vegetables Fruit	Chicken & Sausage Paella Vegetables Salad Fruit



April 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Breaded Pork Chop Brown rice Vegetables Fruit	Fried Chicken Whole wheat biscuit Baked beans Cole slaw Fruit	Beef Stroganoff Egg Noodles Whole wheat bread Vegetables Fruit	Roasted Turkey Brown Rice Vegetables Salad Fruit	Cheese Omelet Whole wheat bread Roasted potatoes Salad Orange Juice
9	10	11	12	13
Chicken Pasta Vegetables Fruit	Meatloaf Whole wheat bread Mashed potatoes Vegetables Fruit	Tuna Cake Brown rice Vegetables Salad Fruit	Pork Chop Whole wheat bread Mashed potatoes Vegetables Fruit	Chicken Teriyaki Macaroni salad Vegetables Salad Fruit
16	17	18	BIRTHDAY 19	20
Ham & Cheese Omelet Whole wheat bread Roasted potatoes Vegetables Orange juice	Chicken Marsala Whole wheat pasta Vegetables Fruit	Turkey Sloppy Joe Whole wheat bread Vegetables Fruit	Fish Dore Brown rice Vegetables Fruit Birthday Cake	Turkey Provolone Wrap Cole Slaw Fruit
23	24	25	26	27
Spaghetti Vegetables Fruit	Chicken Enchilada Brown rice Pinto beans Vegetables Fruit	Cheeseburger Sweet potato fries Cole slaw Fruit	Baked Ham Brown rice Vegetables Salad Fruit	Curried Chicken Brown Rice Vegetables Fruit
30				
Chicken Parmesan Whole wheat pasta Vegetables Fruit				<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><i>Senior Dining is for those 60 years and over. Lunch is served at Noon.</i></p> <p><i>\$4.00 is the voluntary donation. No one will be denied a meal if they are unable to donate.</i></p>



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

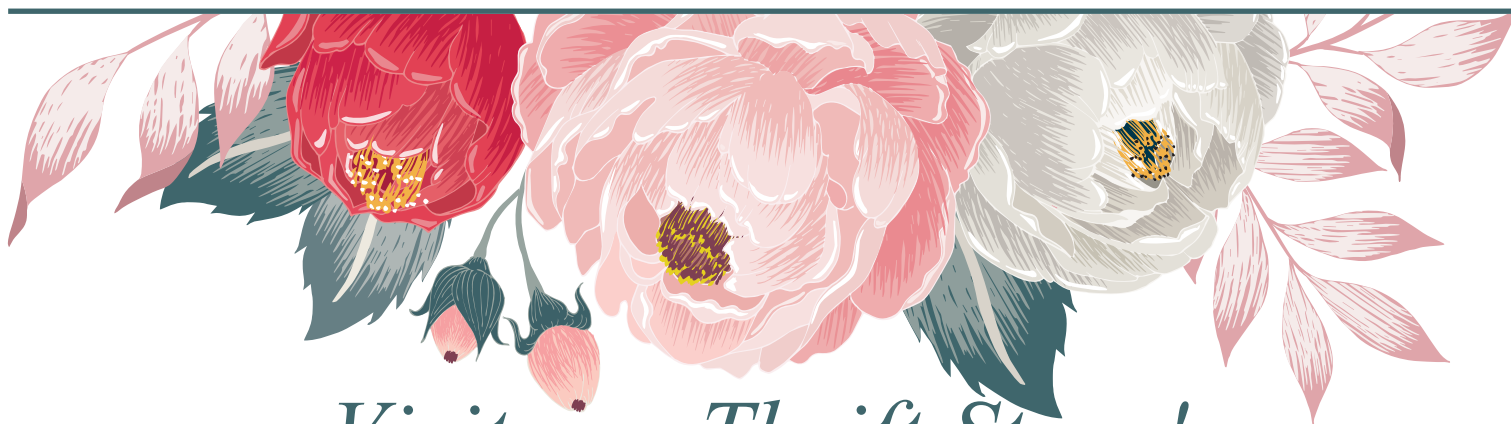
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Visit our Thrift Store!

You will find a wide variety of brand new and specially priced items with all proceeds benefitting Senior Coastsiders.
Donations gladly accepted up to one hour prior to closing each business day.

30% off

Every third Friday and Saturday of each month.

Some restrictions apply.

Sale dates for 2018!

*3/16 – 3/17, 4/20 – 4/21, 5/18 – 5/19, 6/15 – 6/16,
7/20 – 7/21, 8/17 – 8/18, 9/21 – 9/22, 10/19 – 10/20,
11/16 – 11/17, 12/21 – 12/22*

Monday	10 am - 4 pm
Thursday	10 am - 4 pm
Friday	10 am - 4 pm
Saturday	10 am - 4 pm
Sunday	Noon - 4 pm

Closed Tuesday & Wednesday

Located at 515 Kelly Avenue
Half Moon Bay, CA 94019
(650) 726-6543