THE BEACON

NEW YEAR = NEW YOU! What are your goals for 2019?

New Year's resolutions are easier to follow when you're with friends and having fun! Let this January be an opportunity to add a new class. We have something for everyone!

Senior Coastsiders' Staff

Hope Atmore
Program Manager

Jose DeSousa
Nutrition Assistant

Tracey Gould
Care Manager

Edna Martinez
Nutrition Assistant

Judith Matienzo
Administrative Assistant

Kim Olivares
Administrative Assistant

Manny Orozco
Chef

Cara Schmaljohn
Executive Director

Upcoming Closures

December 31-January 1 - Closed for New Years
January 21 - Closed in observance of Martin Luther King Day
February 18 - Closed in observance of Presidents' Day

New and Upcoming!!

New! Coffee Clatch (new time) - Join your peers for some lively discussion each week on current events, recent books (or old favorites) live events or whatever is on your mind! This is an open discussion group, no soap boxing allowed. Group will meet in the Senior Coastsiders dining room on **Wednesdays from 1:00-2:00pm.**

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 Wednesdays starting **February 13th through April 10th** at Senior Coastsiders. Hourly appointments starting at **9:00am to 1:00pm** can be made by calling Senior Coastsiders at (650)726-9056.

AARP Safe Driver Class - 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. The AARP Safe Driver Class will take place **1:00-5:00pm on Wednesday, January 16th and Thursday, January 17th**. Participants must attend both classes. Class cost is $15 for members of AARP and $20 for non-members. Please call the Senior Coastsiders office at (650)726-9056 to reserve a spot, or stop by our office.

Voices of Grief - Free viewing and Q&A panel discussion of *Voices of Grief, Honoring the Sacred Journey*. 'Voices of Grief explores the discouragement in our culture for the normal grief and mourning process while at the same time offering a new perspective on how to honor, transform and integrate our grief. The film is based on the interplay of teachings from contemporary authors, poets, and spiritual teachers coupled with the stories of our group participants as we companion one another in our group support work' (voicesofgrief.org). Viewing and discussion will take place **Tuesday, January 29th starting at 6:30pm** at Senior Coastsiders, 925 Main Street. Please call (650)726-9056 to reserve a spot or stop by the office.

New and Upcoming Continued...

Transportation Fair - In partnership with the Village of the Coastside, Senior Coastsiders will host a transportation fair aimed at educating and informing older adults on current transportation options on the Coastside. We hope to encourage greater use of public transportation and to start a community dialogue about the need for additional options in public and private transportation. Representatives from Sam Trans, the Mobility Ambassador Program, Enterprise Rent-A-Car, as well as other private ride providers will be on site to name a few. Fair will take place on **Wednesday, January 30th from 2:00-4:00pm** in the Senior Coastsiders Dining Room.

Advance Care Planning Workshop - Take charge of your future care by attending a free 2-part advance care planning workshop. Presented by Coastside Adult Day Health Center and Mission Hospice & Home Care, these workshops will be led by expert facilitators. Participants will be given the tools and support to think about what matters most to them, talk about their wishes with family and friends, choose their health care agent, and write it down in an Advance Health Care Directive. Workshops will take place on **February 4th and 11th from 6:30-8:30pm**. RSVP to reserve your spot by calling Lynn Siracusa at (650) 726-5067.

Stages Drop-In Group - Join a group of peers for lively engagement and meaningful discussion, reflecting on the past, enriching the present, and envisioning the future within your community. Meetings will take place the 2nd and 4th Friday of each month at **1:00pm.** Meetings are facilitated by Senior Peer Counselors from Peninsula Family Services.

City Council Member Visits - We are excited to once again welcome members of the Half Moon Bay City Council to join us for lunch once a month. Council Member Deborah Penrose will join us on **January 10th at noon** and then scheduled visits will be the second Thursday of each month. Don't miss this chance to chat with your elected representative about whatever is on your mind!

Class spotlight - Qigong

Qigong can be described as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent (nqa.org). Qigong is offered 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.

We are always looking for new ideas for classes and presentations. Please contact us if you there is something new you would like to see at the center. Here are a few ideas we are floating for 2019 - stay tuned!

Movie Monday once a month (with popcorn!)
Pickleball (on select afternoons)

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 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 (January 3rd and February 7th). 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 normally meets the first Wednesday of the month from 11:00am to noon. The next meeting is January 2nd and the group will discuss *Island of the Mad: A Novel of Suspense featuring Mary Russell and Sherlock Holmes* by Laurie R. King. The February book is *Less Than a Treason* by Dana Stabenow (February 6th).
The Monday book club meets the fourth Monday of the month at 11:00am. They will meet Monday, January 28th to discuss *The Library Book* by Susan Orlean and Monday February 25th to talk about *Unsheltered* by Barbara Kingsolver. 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 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. If interested in learning to play, please leave your name and number with the office and we will have the bridge director contact you.

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 by appointment when tutors are available. Each free session is 30 minutes. 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.

Coffee Clatch - Join your peers for some lively discussion each week on current events, recent books (or old favorites) life events or whatever is on your mind! This is an open discussion group, no soap boxing allowed. Group will meet in the Senior Coastsiders dining room Wednesdays, 1:00-2:00pm.

Reminders

Senior Coastsiders' mission is to provide resources, support and opportunities for older adults and adults with disabilities living on the Coastside. One of the programs we offer to support this mission is the Information and Assistance (I&A) program. The program connects older adults with resources and services that support independent living. A wide variety of services exist in San Mateo County, but the Coastside is unique. Our I&A coordinator specializes in Coastside resources to support those specialized needs. We are here to help if you need assistance with housing, transportation, in-home care, caregiver support, meals on wheels, food resources, government assistance programs, health insurance counseling, legal aid, assistive devices, adult day health, utility discounts, and veterans services to name a few. This assistance is available to everyone on the Coastside. For more information, please call Tracey at (650) 726-9056.

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 Linda Grace Frost, 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. 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 to noon.

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

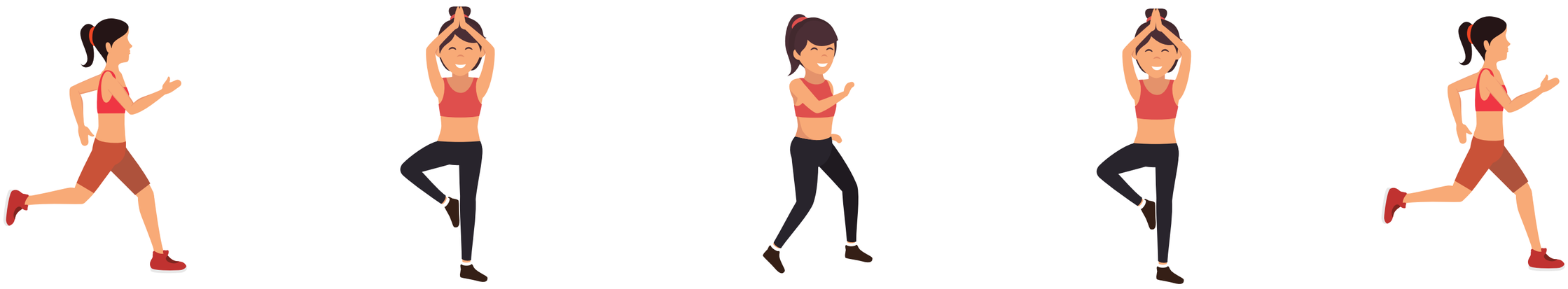
Reiki Energy sessions by appointment on the 2nd and 4th Fridays between 10:00am and noon. Twenty minute sessions are free of charge. Call us at (650) 726-9056 to schedule an appointment.

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 is followed by a Heart Health Nutrition Class from 11:15 to 11:45am.



HAPPY BIRTHDAY!!

The birthday luncheon is on the third Thursday of each month.

Janet Maggard 1/11
Edith Rossi 1/18
Lynn Gallo 1/28
Marja Gullmes 1/28
Ray Vaughn 2/26
Regina Farrar 2/27

Starting in March of 2019, we will no longer list individual birthdays but instead be wishing everyone a happy birthday for that period. We don't want anyone to feel left out!

Grief & Bereavement Support Groups

Caregiver Support Group
Meets the last Wednesday of the month from 12:30 pm to 2 pm. 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 4:00 pm to 5:30 pm at CADHC.

Monday Morning Support Group
Meets every Monday from 10 am to 11:30 am at Senior Coastsiders - except the 2nd Monday

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

Endowment Fund

Senior Coastsiders 40 MORE Securing Our Future

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

9:00-10:15	Gentle Yoga*	35% Room
9:30-10:30	Rosen Movement*	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
2:00-3:45	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 appt. only)	Computer Room
11:15-12:00	Parkinson's Exercise Class	35% Room
1:00-2:00	QiGong*	35% Room

Wednesday

9:30-Noon	Painting Group	Art 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
1:00-2:00	Coffee Clatch	Dining Room

Thursday

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

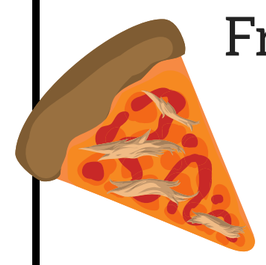
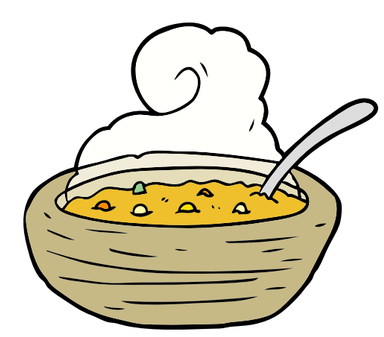
Friday

9:00-9:45	Zumba Gold*	35% 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
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/ insructor. Most class fees range between $4 and $7 per class.

January 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
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.	Services provided at Senior Coastsiders are partially funded by San Mateo County Area Agency on Aging.	**Meat Lasagna** Vegetables Fruit	**Shepherd's Pie w/o potatoes** Whole wheat bread Vegetables Fruit	**Fish Veracruz** Brown rice Vegetables Fruit
7	8	9	10	11
Denver Omelet Whole wheat bread Home potatoes Vegetables Juice	**BBQ Pork Loin** Polenta Vegetables Fruit 	**Turkey Sandwich*** Vegetables Coleslaw Fruit	**Chicken Macaroni** Vegetables Fruit 	**Beef Stew w/ carrots, peas, potatotes** Whole wheat bread Fruit
14	15	16	BIRTHDAY! 17	18
Spaghetti with Meat Sauce Whole wheat pasta Vegetables Fruit	**Roast Chicken** Brown rice Vegetables Fruit	**Hamburger** Whole wheat bun Coleslaw Fruit	**Cheese Pizza** Vegetables Salad Fruit Birthday Cake	**Tri-Tip Wrap** Whole wheat tortilla Sweet Potato Fries Coleslaw Fruit
21	22	23	24	25
CLOSED FOR MARTIN LUTHER KING DAY 	**Beef and Cheese Ravioli** Whole wheat bread Vegetables Fruit	**Tuna Cakes** Polenta Vegetables Fruit 	**Chicken Enchiladas** Brown rice Vegetables Fruit	**Breaded Pork Loin** Polenta Vegetables Fruit
28	29	30	31	
Eggs Benedict Roasted potatoes Vegetables Fruit	**Fish Croquettes** Brown rice Vegetables Fruit	**Chicken a la King** Whole wheat bun Vegetables Fruit	**Meatloaf** Whole wheat bread Vegetables Fruit	

*> 1000 mg. sodium

February 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
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.	*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.*			**BBQ Chicken** Brown rice Vegetables Fruit
4	5	6	7	8
Spaghetti w/ Meat Sauce Whole wheat pasta Vegetables Fruit	**Pork Chop** Brown rice Macaroni salad Fruit	**Chicken Teriyaki** Whole wheat bread Vegetables Fruit	**Meatloaf** Whole wheat bread Mashed potatoes Vegetables Fruit	**Cheese Sandwich*** Whole wheat bread Coleslaw Fruit
11	12	13	14	15
Veggie Omelet Whole wheat bread Roasted potatoes Fruit	**Fish Veracruz** Brown rice Vegetables Fruit	**Roasted Pork Loin** Whole wheat bread Mashed potatoes Vegetables Fruit	**Cabbage Rolls** Brown rice Vegetables Fruit	**Turkey Sandwich*** Whole wheat bread Coleslaw Fruit
18	19	20	BIRTHDAY 21	22
CLOSED FOR PRESIDENT'S DAY	**Chicken Enchiladas** Brown rice Vegetables Fruit	**Fried Chicken** Whole wheat biscuit Mashed potatoes Coleslaw Fruit	**Baked Fish** Whole wheat bread Risotto croquette Vegetables Fruit	**Meatloaf** Whole wheat bread Mashed potatoes Vegetables Fruit
25	26	27	28	
Roasted Pork Loin Whole wheat bread Polenta Vegetables Fruit	**Meat Stuffed Peppers** Brown rice Vegetables Fruit	**Chicken Sandwich** Whole wheat bread Coleslaw Fruit	**Eggs Benedict** Roasted potatoes Vegetables Fruit	

*> 1000 mg. sodium

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

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From all of us at Senior Coastsiders and the Senior Coastsiders Thrift Store

THANK YOU!

It has been our honor and privilege to serve the Coastside and to make so many friends. Thank you for supporting Senior Coastsiders and we hope you will stay in touch and continue to support the seniors of the Coastside.