



THE BEACON

Over the course of the past four months, Senior Coastsiders has been working with The City of Half Moon Bay to talk to older adults about climate change. Older adults have distinct concerns with regards to climate change and their priorities are important to the city's development of a climate action and adaptation policy. Senior Coastsiders has hosted various movie screenings, presentations, and workshops. In December about thirty seniors put on virtual screening headsets to enjoy two immersive experiences, one about fire and the other about glacial melting. We appreciate the partnership with the city and the other organizations involved and look forward to our incredible group of seniors presenting these priorities to the Half Moon Bay City Council on January 21st at 7:00PM. Let us know if you want to be involved!



Senior Coastsiders' Staff

*Hope Atmore
Program Manager*

*Jose DeSousa
Nutrition Assistant*

*Tracey Gould
Care Manager*

*Edna Martinez
Kitchen Manager*

*Judith Matienzo
Administrative
Assistant*

*Casey McClung
Project Coordinator*

*Kim Olivares
Office Manager*

*Manny Orozco
Chef*

*Sandra Winter
Executive Director*

Upcoming Closures:

January 1st - New Years' Day

January 20th - Martin Luther King Jr. Day

February 17th - President's Day



New and Upcoming!!

SamTrans launched Reimagine SamTrans, a transformative study that will examine each route in the SamTrans bus system in light of changing travel patterns. Reimagine SamTrans will consider everything from customer experience, to route design, to how often buses run, to efficient and effective operations and practice. SamTrans needs your feedback on this critical effort! Whether you ride the bus, drive, walk, bike or other we want to hear from you. Share your vision for a future SamTrans network. Visit <https://www.reimaginesamtrans.com/survey>. Take the survey for a chance to win a \$50 gift card! **Survey closes December 31, 2019.**

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 15th and Thursday, January 16th.** Participants must attend both classes. Class cost is \$15 for AARP members and \$20 for non-members. Please call the Senior Coastsiders office at (650) 726-9056 to reserve a spot or stop by our office.

Mission Hospice author talk - January 15th from 6:30-8:00pm. *Dying to Make a Difference* is a story about the power we each hold to learn from our experience after the death of a loved one. With honesty and humor, Mary's unexpected journey to heed life's call after her mother's death paints a picture of the possibilities and the pitfalls, including a vision of what's possible for our future when we each make the difference we are uniquely called to make - living AND dying well. Please call Senior Coastsiders at (650) 726-9056 to reserve your spot.

We truly value the talents and dedication that our class instructors bring to Senior Coastsiders. After researching best practices of surrounding senior centers, we are establishing a few administrative changes to our class structure. For students, you may notice new waivers and class sign-in sheets that will ensure better tracking of attendance. For our amazing instructors, there are new documentation requirements for a more safe, uniform and equitable system. We appreciate your patience as we make these changes. Students and instructors are encouraged to provide feedback to our office.

New and Upcoming Continued...

Pescadero Opera is bringing opera to Half Moon Bay - again! On **Wednesday, January 22nd from 3:00-4:30pm**, Senior Coastsiders will host a presentation of *Cavalleria Rusticana* by Pietro Mascagni. (This is a film production, not a live performance). 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. Save the date for the next opera in Half Moon Bay which will take place on Wednesday, March 25th.

Smart Phone Class - iPhones, Thursday, January 23rd from 10:00am to 12:00pm and Android, Thursday February 13th from 10:00am to 12:00pm. Having difficulty hearing or seeing on your smartphone? Attend a free training and make your smartphone work better for you! Learn how to make your phone louder and easier to hear, send text messages, connect Bluetooth devices, operate basic functions and much more! Space is limited, please register by calling the Senior Coastsiders office at (650) 726-9056. FREE!

Grief Support Series - Grief is one of life's greatest challenges, yet it can also be a time of growth and opportunity. This Grief & Cultivating Resilience After Loss group is a semi-structured, closed group where you can learn new ways to live with grief, cope with change and allow your loss to expand your life. Group will meet weekly on **Thursdays from 6:00-7:30pm starting January 30th, 2020 and ending Thursday, March 19th.** Meetings will be held at Coastside Adult Day Health Center, 925 Main Street, Suite A, Half Moon Bay, CA 94019. Call the CADHC to sign up or for more details (650) 726-5067.

Let's all go to the movies! We will show an afternoon movie one Friday a month starting with *As Good as It Gets* on **January 31st.** On **Friday, February 28th** we will show *Horse Boy* and save the date for **March 27th** when we will show Charlie Chaplin's silent film, *The Circus*, which will be accompanied by pianist, Shauna Pickett-Gordon who will score the film in real time. All showings will be at **3:00pm** and take place in the Senior Coastsiders dining room.

Matter of Balance Class - Many older adults experience concerns about falling and restrict their activities. A Matter of Balance (MOB) is an award-winning program designed to manage falls and increase activity levels. Class will run on **Tuesdays for 8 weeks starting February 11th through March 31st from 10:00am to Noon.** Participants will need to attend all eight sessions. Class is free and space is limited. Please call Senior Coastsiders to reserve your spot at (650) 726-9056.

AARP Tax Appointments - AARP Foundation Tax-Aide is the nation's largest, free, in-person tax preparation service. Volunteers are trained and IRS certified each year and offer preparation help to anyone. There are some restrictions such as rental property or large businesses that cannot be completed. This service will again be offered **Wednesdays starting February 12th through April 15th.** Please call Senior Coastsiders at (650) 726-9056 to make an appointment.



Valentines Day Party and Dance - Join us on Friday afternoon, February 14th, for some snacks, games, and dancing in the dining room from **2:00-4:00pm.**



Annual Wise and Well Health Screening, Tuesday, February 18th from 9:00-11:00am at Senior Coastsiders. 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 - please call Mills-Peninsula Senior Focus-Wise and Well Program appointment line at (650) 696-3670. **Please note, Sutter Health will no longer offer the monthly blood pressure screening on Tuesdays starting in January of 2020.**

Emergency Preparedness Class - Learn how to prepare for and respond in an emergency. This two-part class taught by Fire Captain, Joe Santos, will take place on **February 26th and March 4th from 1:30-5:30pm** (must attend both classes) and will give you the tools and knowledge to deal with an emergency. Please register by signing up with the Senior Coastsiders office or by emailing Casey McClung at cmclung@seniorcoastsiders.org.

New and Upcoming Continued...

Stages Peer Counseling - NEW TIME - The Stages Peer Counseling group will meet the first and third Tuesday of each month from **10:30-11:30am starting January 7th**. Stages is full of lively engagement and meaningful discussion, reflecting on the past, enriching the present, and envisioning the future within a community of your peers. The meetings are facilitated by senior peer counselors from the Peninsula Family Service.

New Class offering starting January 8th - 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! Starting **Wednesday, January 8th at 9:00am**.

Karaoke Tuesday - Test your talent during our low-key karaoke event the **second Tuesday of each month**. This will be your chance to take to the stage and sing your favorites! First meeting, **Tuesday, January 14th at 1:30pm**.

January & February Book Clubs - We have two monthly 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 January 8th (second Wednesday)** the group will discuss *Tatiana*, by Martin Cruz Smith and on February 5th, book to be determined. The Monday book club meets the fourth Monday of the month at 11:00am. They will meet **Monday, January 27th** to read *Second Mountain* by David Brooks and **Monday, February 24th** to discuss *Nickel Boys* by Colson Whitehead. If you need a library card, bring current ID and sign up there. Please call Senior Coastsiders for more information at (650) 726-9056.

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 6th**). 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.

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

Fix it Clinic

Saturday, January 18th from 10:00am to noon at the Half Moon Bay Library, 620 Correas Street.

Join in for a hands-on textile and garment Fixit Clinic workshop where coaches will guide you through the process of hemming, fixing and replacing zippers and buttons, mending woven or knitted items, etc. Learn skills to prolong the life of your belongings and reduce waste. Free to attend.

Register by calling 888-442-2666 or by emailing sustainability@smcgov.org

Take Charge 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, 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. Must attend both sessions, 2/7 & 2/14. Contact Lynn at CADHC at (650) 726-5067 for more details.

Every 10 years, people across the country and in California fill out the Census in order to have an accurate count of all people in the United States. The Census determines California's federal funding for important community services that help support our families and fair share of representation in California and Washington D.C.* The next Census is in Spring 2020 - be on the look-out for census materials in the mail starting in March. AND, if you are looking for extra income, consider applying for a temporary census job by going to <https://2020census.gov/en/jobs/how-to-apply.html>

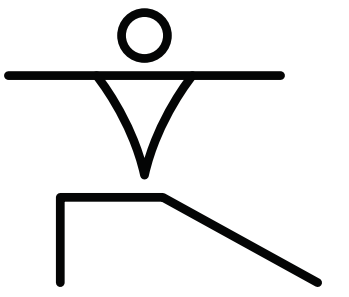
*Information from Californiacensus.org

Weekly Activities

For a full class description list, please visit seniorcoastsiders.org/classes-activities-1 or ask at the Senior Coastsiders front desk.

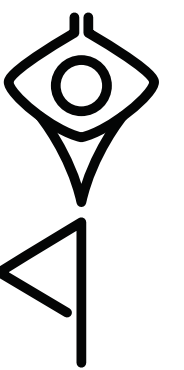
Monday

8:45-10:15	Gentle Yoga*	35% Room
9:30-10:30	Rosen Movement*	Art Room
10:00-11:30	Grief 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



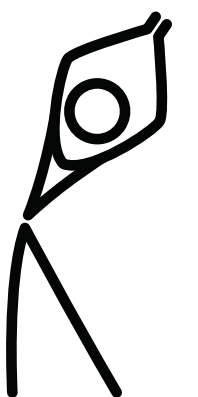
Tuesday

8:45 & 10:00	Pilates Plus*	35% Room
10:30-11:30	Stages Peer Counseling Group (1st & 3rd Tuesday)	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
2:00-3:00	Karaoke Tuesday (2nd Tuesday))	Dining Room
1:30-3:30	Games Day (4th Tuesday)	Dining Room



Wednesday

9:30-Noon	Painting Group	Art Room
9:00-10:00	Functional Mobility*	35% 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



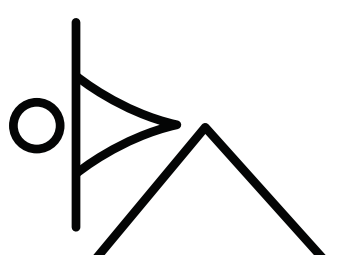
Thursday

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



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.

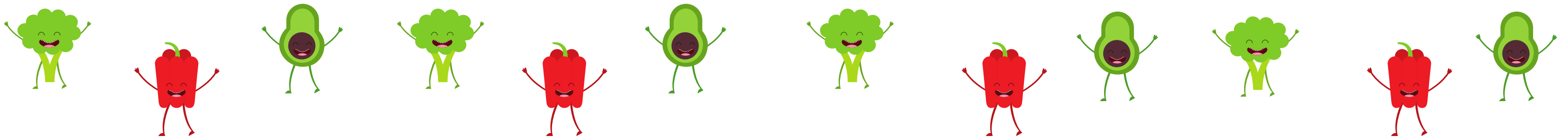
*All classes with fees are subject to change, consult w/ instructor. Most class fees range between \$4 and \$7 per class.



Nutrition Notes

Starting in January 2020, Senior Coastsiders is shaking things up in the kitchen by offering vegetarian lunches every Wednesday to our guests and home delivered meal recipients.

Eating real, whole food (as opposed to highly processed food), with an emphasis on fresh vegetables, fruit, whole grains, nuts and seeds has consistently been correlated with lower incidences of heart disease, high blood pressure, diabetes, and cancer. These same diseases affect older adults in particular because the illnesses can take many years to develop. Yet, contrary to what some may think, it's never too late to make small lifestyle changes that can have a huge impact on health. In addition to eating a wide variety of healthy food, factors such as social interaction, physical activity, laughter, love and acceptance are all important components of healthy aging. Senior Coastsiders helps create an environment where healthy aging is fully supported through social outings and daily interaction, classes for creative enrichment, educational events, physical activity and, of course, satisfying and delicious meals. Of course, any change comes with its challenges, and few things are as challenging to change as the food we eat. In fact, food is often woven into the emotional, social, and religious fabric of life - not something to be taken lightly! So along with offering vegetarian meals, the staff will supply additional nutrition education and support, and the feedback and ideas of our guests will be incorporated into future meals. We also have a Nutrition Advisory Committee made up of volunteers, neighboring residents, and program participants to ensure we continue to best serve the needs of our guests.



A note from the Executive Director

It's 2020 - the start of a new year and a new decade! What will you do differently in the coming year, I wonder? Will you learn a new skill, engage in a new experience, visit a new destination, make a new friend, improve an existing relationship, get a better grip on your finances, make better lifestyle choices to improve your health, or maybe commit to being kinder to yourself. There are so many possibilities and opportunities available for us to grasp.

In this edition of the Beacon you can read about a range of activities, both new and established, that take place at the Center. We look forward to having you join us. And if there's a class or activity that we don't offer, let us know so that we can explore this further.

As I reflect back on my year, I am so thankful that at the beginning of April I had the opportunity to take over the leadership of Senior Coastsiders. Over the past 40 years Cara Schmaljohn, and various Board and staff members have worked together to build Senior Coastsiders into a thriving organization that is valued by our community as an important resource for older adults and their families. I look forward to continuing this great work and leading Senior Coastsiders into an even better and brighter future. Feel free to stop by my office to let me know how you think Senior Coastsiders can best serve the changing needs of older adults on the Coast over the next decade.

And finally, thank you to everyone who so generously supported Senior Coastsiders this year. Whether this was financially and/or as a volunteer, we are grateful to you for your contributions that enable our continued work.

Very best wishes for 2020.

Sandi





January 2020 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p><i>Services provided at Senior Coastsiders are partially funded by San Mateo County Area Agency on Aging.</i></p>		<p><i>Closed on New Years Day</i></p>	<p>Shepherd's Pie w/o Potatoes Whole wheat bread Vegetables Fruit</p>	<p>Stuffed Pepper Brown rice Vegetables Fruit</p>
6	7	8	9	10
<p>Denver Omelet* Whole wheat bread Roasted potatoes Vegetables Fruit</p>	<p>BBQ Pork Loin Polenta Vegetables Fruit</p> <p>🎵</p>	<p>Quinoa & Beans Vegetables Fruit</p> <p>🎵</p>	<p>Roast Pork Soft Tacos Corn tortilla Brown rice Vegetables Fruit</p>	<p>Beef Stew with Carrots, Peas & Potatoes Whole wheat bread Fruit</p>
13	14	15	<i>Birthday lunch 16</i>	17
<p>Spaghetti with Meat Sauce Vegetables Fruit</p>	<p>Roast Chicken Brown rice Vegetables Fruit</p>	<p>Vegetarian Green Stew* Brown rice Vegetables Fruit</p> <p>🎵</p>	<p><i>Meatloaf</i> Whole wheat bread Mashed potatoes Vegetables Fruit</p>	<p>Fried Chicken Whole wheat bread Mashed potatoes Vegetables Fruit</p>
20	21	22	23	24
<p>CLOSED in observance of</p> <p>MARTIN LUTHER KING DAY</p>	<p>Beef & Cheese Ravioli* Vegetables Fruit</p>	<p>Vegetable Lasagna Vegetables Fruit</p>	<p>Chicken Enchiladas Brown rice Vegetables Fruit</p>	<p>Breaded Pork Loin Polenta Vegetables Fruit</p>
27	28	29	30	31
<p>Cheese Pizza Vegetables Salad Fruit</p>	<p>Meat Lasagna Vegetables Fruit</p>	<p>Veggie Pasta Primavera Vegetables Fruit</p>	<p>Meatball Soup with Carrots, Peas & Potatoes Whole wheat bread Fruit</p>	<p>Eggs Benedict* Roasted potatoes Vegetables Fruit</p>

* > 1000 mg. sodium

A whole grain and 1% milk served daily

🎵 = Live music/entertainment



February 2020 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Spaghetti with Meat Sauce Vegetables Fruit 	Pork Chop Brown rice Vegetables Fruit 	Quinoa & Beans Vegetables Fruit	Meatloaf Whole wheat bread Mashed potatoes Vegetables Fruit 	BBQ Chicken w/ Brown Rice Vegetables Fruit
10	11	12	13	14
Fish Veracruz Orzo Vegetables Fruit 	Veggie Omelet Whole wheat bread Roasted potatoes Fruit 	Vegetarian Green Stew* Brown rice Vegetables Fruit 	Cabbage Rolls Brown rice Vegetables Fruit	Stuffed Chicken Breast Orzo Vegetables Fruit
17	18	19	<i>Birthday lunch</i> 20	21
 CLOSED	Meatloaf Whole wheat bread Mashed potatoes Vegetables Salad Fruit	Vegetable Lasagna Vegetables Fruit 	Chicken Alfredo Pasta Vegetables Fruit Birthday Treat 	Chicken Enchiladas Brown rice Vegetables Fruit 
24	25	26	27	28
Roasted Pork Loin Polenta Vegetables Fruit 	Stuffed Peppers Brown rice Vegetables Fruit	Veggie Pasta Primavera Vegetables Fruit	Fish & Chips Whole wheat bread Coleslaw Fruit	Cheese Pizza Vegetables Salad Fruit
30	31			
<p>Celebrate our January and February birthdays on the third Thursday of each month with live music, a favorite meal, and a birthday treat!</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><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></p>	<p><i>This institution is an equal opportunity provider</i></p> 



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www.seniorcoastsiders.org

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Mark your calendar for **SENIORS' NIGHT OUT!** March 11th.

If you or someone you know is homebound and needs a night out, or you are interested in escorting an older adult to this special night, contact us! (650) 726-9056!

