



THE BEACON



*f*ILOLI

Let's go for a ride!

Many people have asked that Senior Coastsiders organize some day trips to various Bay Area locations. Over a two week period, we asked participants to vote on some possible outings and are excited to offer our first trip - to Filoli Estate on March 23rd (more details in the upcoming events listing). In addition, we will begin offering bus service to Grocery Outlet the first and third Mondays of each month (starting on March 16th). We are also working with local transportation so we can offer more flexibility for afternoon and evening programming here at the center. Don't let transportation keep you from getting out!

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

See what's blooming at Senior Coastsiders!

New and Upcoming!!

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.

Annual Home Repair Day - Saturday, June 6th 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 for homeowners are available at our office, by mail, or email and are due by April 3rd to be considered for the June 6th event. Please call 650-726-9056 for further details. If you are interested in volunteering, please contact Hope Atmore at 650-726-9056.

Medicare Advantage Presentation - Are you unhappy with your Medicare Advantage Plan? Does your Medicare Advantage Plan cover your medications and/or medical providers? Are you thinking about switching back to Original Medicare? A HICAP Community Educator will explain the differences between the Medicare Advantage Plans offered in San Mateo County, deadline to change your coverage and how to change your plan. **Wednesday, March 4th from 6:00-7:30pm.**

Galapagos Islands Photo Presentation - Have you ever wanted to visit the Galapagos Islands? Carolyn Belknap, one of our computer tutors and an avid photographer, had the chance to make this "bucket list" trip in January and returned with many memories and some great photos of the local wildlife. She will be presenting a slideshow on **Wednesday, March 18th from 1:00-2:00pm**. Transportation following presentation can be provided. Call the office to arrange for a ride.

MIPPA (Medicare Improvement for Patients and Providers) Enrollment Event. MIPPA 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. If you are eligible for this program, the State will pay for the \$458 Medicare Part A monthly premium and other out of pocket expenses. This event will take place on **Friday, March 20th from 9:00am to 12:00pm.**

New and Upcoming Continued...

Day Trip to Filoli, Monday, March 23rd - We will be taking our first day trip to Filoli Gardens to see what is in bloom! Bus will leave Senior Coastsiders at 10:30am and return to the center at 3:00pm (rides home will be provided for those who live beyond the downtown senior campus). A bag lunch will be provided. Cost is \$22/per person with 14 spaces available. Space is reserved upon payment at the office. Donation toward transportation requested but not required.

Get organized with Denise Krauss - Tuesday, March 24th from 10:30am to noon. Denise is a mom, transition 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.

Puccini's Il Trittico - Act III, Gianni Schicchi - Il Trittico is composed of three one-act operas in the style of the Parisian Grand Guignol. Musically, the operas are undeniably Puccini, with gloriously soaring melodies, emotional reality, and melodramatic theater that make each one exciting (and often heart-breaking) to watch. Gianni Schicchi: The third and most popular of the three, is a comedic farce about the contents of the late Buoso Donati's last will and testament. It is full of family greed and scheming and includes Puccini's famous aria, "O mio babbino caro." Join us **Wednesday, March 25th at 3:00pm** for opera and refreshments! Transportation to and from the center can be provided. Call the 650-726-9056 to arrange for a ride.

Age Forward Community Forum - If you are an older adult, caregiver, family member of an older adult, advocate, service provider, or anyone who cares about older adults, we need to hear your voice! Join the Age Forward community forum on San Mateo County Aging Issues on **Thursday, March 26th from 9:00-11:00am**. This is an opportunity to share your ideas about how we can raise awareness about the needs of older adults in San Mateo County. Forum will take place at the Sobrato Center for Nonprofits in Redwood City. Senior Coastsiders will provide transportation to and from the forum. Please contact the office at 650-726-9056 for more information or to reserve a ride.

Pop Up Art Show - Thursday, March 26th 11:00am-12:30pm. Regular lunch participant, Vladimir Galatenko, will be displaying a small collection of his paintings at Senior Coastsiders for one lunch only. Vladimir graduated from the Educational Institute in Odessa (Ukraine) and worked in the Children/Youth School of the Track and Field Olympic reserve. After retiring, he became fascinated by wood carving, restoration of furniture, and repair of antique clocks. Since moving to the USA, he has created several portraits using hardwood floor boards and acrylic paint. That's how a collection was born based on the Shota Rustaveli's poem "The Knight in Tiger's Skin".

Friday Movie - Charles Chaplin, The Circus (1928). This classic and humorous silent film will be accompanied by Shauna Pickett-Gordon who will score the film in real time. The Tramp (Chaplin) finds himself at a circus where he is promptly chased around by the police who think he is a pickpocket. Running into the Bigtop, he is an accidental sensation with his hilarious efforts to elude the police. The circus owner immediately hires him, but discovers that the Tramp cannot be funny on purpose, so he takes advantage of the situation by making the Tramp a janitor who just happens to always be in the Bigtop at showtime. Unaware of this exploitation, the Tramp falls for the owner's lovely acrobatic stepdaughter, who is abused by her father. His chances seem good, until a dashing rival comes in and Charlie feels he has to compete with him. **Friday, March 27th 3:00-5:00pm.** Transportation to and from the center can be provided. Call 650-726-9056 to arrange for a ride.

Native American Lifeways of the Half Moon Bay Area and San Francisco Peninsula - The Half Moon Bay History Association will bring Mark Hylkema to Senior Coastsiders for a fantastic presentation that will review ancestral Ohlone lifeways and their historic persistence through the early Spanish colonial period to today. Event is FREE and all are welcome. **Doors open at 5:30 for light refreshments and program will begin at 6:00pm. Tuesday, March 31st.** Transportation to and from the center can be provided. Call 650-726-9056 to arrange for a ride.

Medicare Basics Presentation - New to Medicare and not sure where to begin? Still working, turning 65 and not sure whether you need to enroll in Medicare? This presentation will guide you in the right direction while covering Medicare enrollment periods, Medicare Part A, B, C, D and Medigap policies, and needs based programs that help pay for Medicare costs. Presentation by HICAP (Health Insurance Counseling and Advocacy Program) of San Mateo. **Wednesday, April 1st from 6:00-7:30pm.**



New and Upcoming Continued...

Mission Hospice Author Talk - Wednesday, April 15th from 6:30-8:00pm. Meet celebrated artist, Diane Burns-Haussler, who has chronicled her personal journey through profound loss. "To grieve wholeheartedly is a very good thing. Our loved ones deserve our tears." Transportation to and from the center can be provided. Call 650-726-9056 to arrange for a ride.

Redi-Wheels/Redi-Coast Paratransit Services will be at Senior Coastsiders at 925 Main Street from **9:00am to 3:00pm on Friday, April 17th** 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.

Music and Resilience, Concert - Lisa Spector has been a Coastside resident for over 30 years. She's a Juilliard graduate and owned Lisa Spector's Music School on Main Street for 14 years. In June of 2017, a freak accident left her right hand with seven complicated fractures. With her right hand in a cast, she started learning music for left hand only. Four surgeries, two and a half years of hand therapy, and countless alternative therapies later, she brings a dose of inspiration to her performance presentations. She'll be sharing music for one and two hands by Bach, Chopin, Gershwin and more, along with stories of resilience that will lift your spirits. There will be a cocktail reception from 5:00-6:00pm with entry fee of \$20, concert starts at 6:00pm and will be free. **Saturday, April 18th.**

Age Well - Drive Smart Seminar - Join members of the California Highway Patrol as they discuss ways to keep you safe in the driving seat. Many topics will be covered including how to tune up your driving skills, myths about older drivers, and how to compensate for age related changes. Seminar is FREE and space is limited to the first 40 registrants. Refreshments and a box lunch will be provided. Presented by the California Highway Patrol in conjunction with the San Mateo County Commission on Aging and San Mateo County Supervisor Warren Slocum. **Wednesday, April 22nd, 9:00am-12:30pm.** To register or for more information, **to register, call county supervisor office 650 363-4570 or email mdragun@smcgov.org.** Hosted at Senior Coastsiders.

Cooking with Leah's Pantry - Learn how to prepare healthy meals AND reduce food waste! We all love food and hate to waste it! Join Leah's Pantry for a food and cooking workshop where you will learn how to reduce food waste, prepare and taste delicious food, and receive a \$6.00 voucher to use at a local farmers' market! Each week offers a new topic, new recipe, and vouchers (earn up to \$18!) Class takes place in three sessions, **Wednesdays April 22nd & 29th and May 5th from 1:30-3:00pm.**

Author Talk with Les Fields - Les Fields is a retired Underwater Photographer and Scuba Diving Operator with over 30 years experience in the ocean. His primary work was in the South Pacific Republic of Fiji. He will be here to talk about his new book, *Derek Dell, Flash Before Your Eyes*. After a three year recovery from a near fatal health event, author Les Fields decided that writing *Derek Dell, Flash Before Your Eyes* was imperative. His book and his presentation focus on adventure as a way to stay engaged and the importance of pushing past one's comfort zone. **Monday, April 27th at 6:00pm.**

Karaoke Tuesdays - 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, March 10th and April 14th at 1:30pm.**



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

Author talk at the HMB Library

Join in on a talk by Bay Area author Janet Dawson, followed by a reception and book signing. The author of 17 mystery novels, including the Jeri Howard series centered in Oakland and the Zephyr historical mystery series, has been praised for her strong central characters and attention to historical detail. Event is sponsored by the Friends of the HMB Library, The American Association of University Women, Inkspell Books, and HMB resident K. Murdock. For more information, contact ktgm4@aol.com. **Saturday, March 7th from 2:00-4:00pm.**

Death Cafe

Drink tea, enjoy snacks, and discuss death. This is a chance to share ideas, opinions, and questions about death in a supportive and safe environment. This is a discussion group, not a grief support or counseling session. **Wednesday, March 11th from 3:00-5:00pm** at the Coastside Adult Day Health Center. Call Lynn Siracusa for more information - 650-726-5067.

City of HMB Sustainability Volunteer Fair

Are you looking to give back to your community in a sustainable way? The Sustainability Volunteer Fair is an opportunity for organizations to showcase their programs and services to individuals seeking to dedicate their time to the betterment of both society, and our environment. Meet Half Moon Bay's Sustainability Analyst, Veronika Vostinak, who will be speaking about the City's upcoming Climate Action and Adaptation plan and ways to get involved. **Wednesday, March 11th 5:00-7:00pm** at the HMB Library, 620 Correas St.

California Youth Symphony

The California Youth Symphony, founded in 1952, has been described by The San Mateo County Times as "one of the finest of the world's youth symphonies." Don't miss this great opportunity to see them perform at the San Mateo Performing Arts Center! Tickets can be purchased at cvs.org and Senior Coastsiders has a limited number of free tickets. Please come by the office if you would like tickets - first come, first served. Concert is **Sunday, March 15th at 2:30pm.**

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, **Mondays, 4/6 & 4/13, 6:30-8:30pm.** Contact Lynn at CADHC at (650) 726-5067 for more details.

Census at the Farmers Market

Coastside Farmers' Markets has received a grant through San Mateo County Census to provide census assistance and the opportunity for folks to complete their questionnaires at all of our Farmers' Market locations, including Pescadero, from opening day through July. A booth will be available in Half Moon Bay, Pacifica and Pescadero. The booth will be equipped with up to 4 laptops and a secure, dedicated internet connection that will be available to folks who are concerned about privacy, and/or may not have access to either hardware or connectivity in their homes. Plus: Market managers negotiated a generous supply of "market money" which will be distributed to the first 50 folks who complete their Census at the market. The Market is looking for peer-to-peer volunteers to assist them during the market day. Contact Erin at fresh@coastsidefarmersmarkets.org for details.

Friendly Visiting Program

Senior Coastsiders has received a grant from Meals On Wheels America to help us re-vamp our friendly visiting program. Our goal is to help create long-lasting relationships between older adults who are socially isolated and community members who want to lend an ear, play a game, go for a walk, do a puzzle, or whatever else the two individuals might enjoy together. If you are interested in being paired up, either as a volunteer visitor, or to receive a visitor, please contact our office at 650-726-9056 and ask for Tracey Gould or Hope Atmore.



many thanks

THANK YOU to all those who support us financially. Through your generosity, we are able to offer a variety of programs and services to improve the quality of life of seniors on the coast. The donations we have received so far in 2020 range from \$10 to \$10,000 and we are grateful for every penny. We welcome 18 new donors who have given to Senior Coastsiders for the first time in 2020. We will put the gifts we receive to work providing meals, transportation, home repair, care management and classes and activities. Our donors have been particularly generous in supporting Seniors Night Out which will take place on March 11th. This event is such a wonderful time of dinner, conversation, and entertainment for those of our seniors who are frail, homebound, and may have limited opportunities to socialize. Thank you sincerely from all of us.



Are plant proteins inferior to meat?

There seems to be some confusion about plant protein. Americans have been sold the idea that all good protein comes from animal sources, more is better and eating protein from plants is inadequate. Yet, studies have shown that just the opposite is true: plants provide ample, quality protein and eating too much protein isn't better.

You may be surprised to learn that the average American consumes over twice as much protein as needed. More protein doesn't equal more benefit, either, as excess protein intake can place metabolic stress on bones, kidneys and liver. The protein consumed from animal products also comes packaged with cholesterol and saturated fat, which has been associated with coronary heart disease and diabetes.

That being said, the Recommended Dietary Allowance (RDA) for protein consumption for all adults is .8g per kilogram of body weight. Another way to approximate your daily need is to multiply your weight in pounds by 0.36g. For adults over the age of 65, or those at risk of sarcopenia, consuming more protein could be warranted. Some studies have suggested that this population may need slightly more protein, but there simply hasn't been enough evidence to change the current RDA. Be sure to consult with your doctor or a registered dietician to get information specific to your circumstances!

Are vegetable proteins inferior to animal proteins? No, in fact, consuming more protein from plants has been associated with decreased incidences of chronic lifestyle diseases such as heart disease and diabetes. Another myth is that plants have to be carefully combined in order to get a "complete" protein, one that has all of the essential amino acids. But, in fact, a plant-based diet supplies plenty of protein as long as enough calories and variety of foods are consumed.

Regardless of whether you dine on steaks or beans, choosing a wide variety of whole, unprocessed food is one of the keys to nutritional health. Remember, this isn't just about living longer, this is about living longer with optimum vitality, energy and health!

Featured Food: Legumes- protein and fiber power plants

Legumes (split peas, beans, lentils etc) are a delicious way to add more protein, vitamins and antioxidants to your diet. A good source of protein ($\frac{1}{2}$ cup of legumes provides between 6-8g of protein), legumes are also low in fat, high in fiber, and provide folate, calcium, potassium, zinc, B vitamins and plenty of antioxidants. They're also relatively low cost!

Soak your beans! Although split peas and lentils do not require soaking, beans usually do. Soak your beans in a couple quarts of water for 12-24 hours. Pour off the soaking liquid, rinse, cover with fresh water and cook.

Start slow! Adding too much fiber too quickly can upset your digestion. Start with small servings 1-2 times a week, and then gradually increase your intake.



Sources

1. The Whole Foods Diet. Mackey, J., Pulde MD., A., Lederman MD, M. Hachette Book Group, 2017.
2. Straight Up Food, Cathy Fisher
 - a. Cookbook
 - b. www.straightupfood.com
3. Harvard Health Publishing

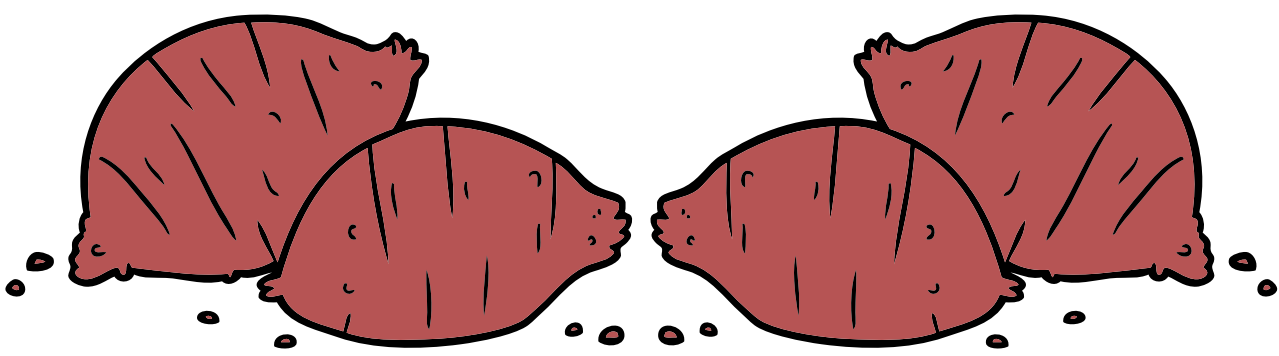


Prep time: 15 mins Cook time: 55 mins Total time: 1 hour 10 mins Serves: 6 to 8 (makes about 10 cups)

Featured Recipe: Split Pea and Yam Soup from "Straight Up Food" by Cathy Fisher

Ingredients

- 8½ cups water
- 2 cups dry/uncooked split peas
- 1 medium yellow or white onion, chopped (about 2 cups)
- 1 medium yam, peeled and chopped (about 1½ cups)
- 1 medium white potato, peeled and chopped (about 1½ cups)
- 2 ribs celery, sliced (about ⅔ cup)
- 1½ teaspoons dried oregano
- 1 teaspoon granulated garlic
- ½ teaspoon ground cumin
- ¼ teaspoon ground celery seed
- 5 cups coarsely chopped Swiss chard (or other greens)



Instructions

1. Bring the water and split peas to a boil in a soup pot over medium-high heat, uncovered.
2. Reduce the heat to medium-low, cover, and cook for 30 minutes, stirring occasionally (so the peas don't stick to the bottom of the pan).
3. Stir in the onion, yams, potatoes, celery, oregano, garlic, cumin, and celery seed, and bring to boiling over medium-high heat.
4. Reduce the heat to medium-low and continue to cook uncovered, stirring occasionally, for about 20 minutes, or until the potatoes are soft.
5. Stir in the greens and cook for 5 minutes more.

Texture: Create a smoother soup by using a handheld potato masher or electric immersion blender, or by pouring half or all of the soup into a blender or food processor (cool a bit first before doing this so there is no danger of burning yourself).



A note from the Executive Director

I had just received the latest edition of the Journals of Gerontology when Hope reminded me that she needed my contribution to the March/April edition of the Beacon. Thinking I might find some inspiration, I perused the journal and found many articles that confirm that the classes and activities we offer at Senior Coastsiders are grounded in scientific evidence and designed to improve the quality of life of our older adult community. The various studies in the current edition found associations between:

Activities

- Playing board games, doing crosswords and Sudoku
- Using the internet later in life
- Being a member of a community choir
- Engaging in cultural activities (such as visiting museums, the theater and the cinema every few months or more)
- Engaging in Dance Movement Therapy

Benefits

- ✓ Reductions in cognitive decline
- ✓ Increases in cognitive plasticity, more engaged lifestyles and more stimulating environments
- ✓ Reductions in loneliness and increasing interest in life
- ✓ Reductions in the risk of becoming frail and a slower progression of frailty over time
- ✓ Short term decreases in depression, loneliness, and negative mood.

If you are looking for ways to improve your health and well-being, then I encourage you to try out the activities and classes we offer at Senior Coastsiders, including our bridge group, games day, Karaoke sessions, and computer tutoring.

Sadly, the Journal also included an article dealing with an increasingly common phenomenon that has affected our own community – older adults being scammed out of their life savings. Reduced decision-making capacity and decreased sensitivity to deception cues in aging may underlie a heightened risk for fraud among older adults. On the other hand, greater short-term memory and verbal fluency, and experiencing more positive sensations, emotions, and sentiments have been associated with resilience against fraud. If you would like to help the individual in our community that has been robbed of their life savings, please let me know.

I'm looking forward to the spring solstice on March 19th when the days start getting longer than the nights, and of course we "spring forward" by turning our clocks forward one hour on March 8th. Best wishes for March and April.

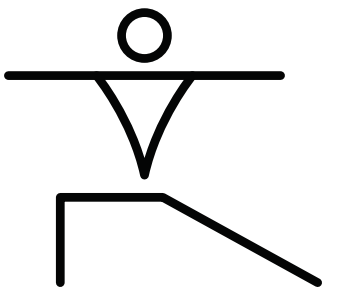
- Sandi

Weekly Activities

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

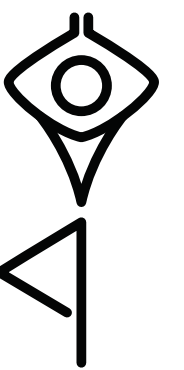
Monday

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
2:00-3:00	Line Dancing	Dining Room



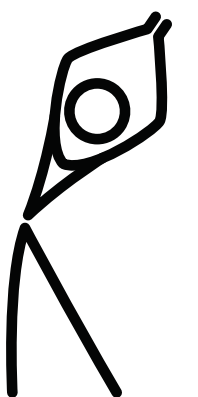
Tuesday

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



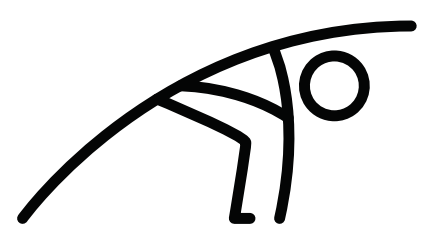
Wednesday

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



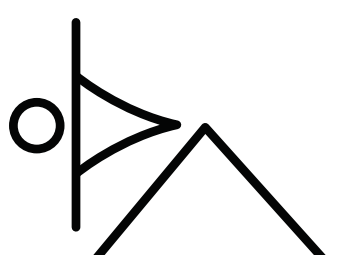
Thursday

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

9:15-10:00	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
12:30-2:30	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.

March 2020 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Cabbage Rolls Brown rice Vegetables Fruit 	Turkey Wrap Coleslaw Fruit 	Pulled Pork Open Face Sandwich Whole wheat bun Coleslaw Vegetables Fruit	Spinach Lasagna Vegetables Fruit  V	Veggie & Cheese Pizza Vegetables Salad Fruit V
9	10	11	12	13
Beef & Cheese Ravioli* Vegetables Fruit	Fish Soft Taco Corn tortilla Brown rice Vegetables Fruit	Tuna Salad Sandwich* Whole wheat bread Vegetables Fruit	Beans and Polenta Vegetables Fruit  V	Chicken Salad Wrap* Whole wheat tortilla Coleslaw Fruit 
16	 17	18	<i>Birthday lunch</i> 19	20
BBQ Pork Loin Whole wheat bread Vegetables Fruit	 Corned Beef Whole wheat bread Cabbage Vegetables Fruit	Split Pea & Yam Soup Vegetables Fruit V 	 Fish Dore Brown rice Vegetables Fruit Birthday treat 	Meatloaf Whole wheat bread Mashed potatoes Vegetables Fruit
23	24	25	26	27
Spaghetti w/ Meat Sauce Vegetables Fruit  VO	Beef Frittata Roasted potatoes Vegetables Fruit	Ratatouille and Polenta Vegetables Fruit V	Fried Chicken Whole wheat bread Mashed potatoes Vegetables Fruit 	Hamburger Whole wheat bun Coleslaw Fruit
 30	31			
Chicken Lasagna Vegetables Fruit	Chicken Enchiladas Brown rice Vegetables Fruit	<i>Services provided at Senior Coastsiders are partially funded by San Mateo County Area Agency on Aging.</i>	Celebrate our March and April birthdays on the third Thursday of each month with live music, a favorite meal, and a birthday treat!  	



April 2020 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<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. The voluntary donation is \$4.00. No one will be denied a meal if they are unable to donate.</i>	Veggie Lasagna Vegetables Fruit V	Stuffed Pepper Brown rice Vegetables Fruit 	Pulled Pork Open Face Sandwich Macaroni salad Vegetables Fruit
6	7	8	9	10
Sausage Omelet Whole wheat bread Roasted potatoes Vegetables Fruit  VO	Hot Turkey Sandwich Whole wheat bread Mashed potatoes Vegetables Fruit ♪	Beans & Polenta Vegetables Fruit V	Roasted Pork Loin Polenta Vegetables Fruit	Baked Swai Fish Brown rice Vegetables Fruit 
13	14	15	<i>Birthday lunch 16</i>	17
Meat Lasagna Whole wheat bread Mashed potatoes Vegetables Salad Fruit	Chicken Enchiladas Brown rice Vegetables Fruit 	Split Pea & Yam Soup Vegetables Fruit V ♪	Meatloaf Whole wheat bread Mashed potatoes Vegetables Fruit Birthday Treat ♪	Veggie & Cheese Pizza Vegetables Salad Fruit  V
20	21	22	23	24
Spaghetti w/ Meat Sauce Vegetables Fruit VO	Veggie Omelet Whole wheat bread Roasted potatoes Vegetables Fruit V	Fried Chicken Whole wheat bread Mashed potatoes Coleslaw Fruit	Ratatouille & Polenta Vegetables Fruit V	Pork & Vegetable Stew* Vegetables Salad Fruit
27	28	29	30	
Sausage Frittata Roasted potatoes Vegetables Fruit	Chicken Quesadilla* Whole wheat tortilla Vegetables Fruit VO	Turkey Wrap Coleslaw Fruit 	Spinach Lasagna Vegetables Fruit V	<i>This institution is an equal opportunity provider</i> 

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



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

NONPROFIT ORG
US POSTAGE
PAID
HALF MOON BAY
PERMIT #74

Follow us:

 Facebook

 Instagram

 Twitter



IF YOU ARE ON THIS LIST, **WE NEED TO HEAR YOUR VOICE!**

older adults • caregivers • family members • advocates
older adults with disabilities • policy/decision makers
service providers • anyone who cares about older adults

Community Forum
San Mateo County Aging
Issues

Thursday, March 26th
9:00-11:00 am

Keynote Speaker: Maya Altman

Chief Executive Officer of the Health Plan of San
Mateo, California Master Plan on Aging Stakeholder,
Advisory Committee Member

Purpose: Share your ideas about how we can raise awareness about the needs of older adults in San Mateo County.

Transportation to
and from Senior
Coastsiders will be
available.
Call 650-726-9056 for
more information
on a ride.

Sobrato Center for Nonprofits, Redwood Shores
350 Twin Dolphin Drive, Redwood City
Shoreway Conference Room

Please take advantage of the ample parking in the back of the building.