



# THE BEACON



## Senior Coastsiders' Staff

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*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

*Sandra Winter*  
Executive Director

### Upcoming Closures:

Monday, May 27 in observance of Memorial Day

### Save the Date

July 16 - Movie Night with Mission Hospice & Homecare. Movie TBD.

August 24 - Concert in the Park (MacDutra Plaza) 4-6pm. Transportation will be provided from the Senior Campus to concert and back.

## New and Upcoming!!

**Coastside Gives** - Have an impact locally on **May 2nd** during Coastside Gives, a coastside day of giving. Donations during the Coastside Gives campaign will be matched up to \$10,000 by an anonymous donor and **all donations will go directly toward the nutrition program** at Senior Coastsiders. To donate or find more information, go to [coastsidegives.org/seniorcoastsiders](http://coastsidegives.org/seniorcoastsiders) or to make a donation in person, you can stop by Senior Coastsiders on May 2 where we will celebrate each and every donation with a small gift and a lot of noise!

**New - Boardgames Group** - Bored? Come play boardgames with a few other old school gamers! Group meets the third Tuesday of each month from **1:30-3:30pm** and picks out a different game each week. (Please note, for the month of May, group will actually meet Thursday, May 2nd).

**Take Charge Workshop** - How can your loved ones follow your wishes if they don't know what they are? This two part workshop will help you plan for your future care and bring peace of mind to you and your loved ones. **Mondays, May 6 & 13 from 6:30-8:30pm** at the Adult Day Health Center, 925 Main Street. FREE but please reserve your spot by contacting Lynn Siracusa at 650-726-5067 or by email at [siracusa.cadhc@gmail.com](mailto:siracusa.cadhc@gmail.com)

**A Hen's Tale: From a Battery Cage to Playing Cards** - Come and listen to the story of Marjo, a laying hen rescued from a factory farm who learned to play cards. Learn how chickens make great pets and what is involved in keeping them in your backyard. **Tuesday, May 14th at 1:00pm.**

**Concussion Education** - Presented by the Defense and Veterans Brain Injury Center. This free talk will address brain injury in older adults and will cover concussion prevention, signs and symptoms, and will provide free resources. Presentation is open to all in the community. Presentation will be on **Wednesday, May 22nd at 10:00am.**



# New and Upcoming Continued...

**Monthly Blood Pressure and Blood Glucose screening PLUS class on Fiber** - Take advantage of a free blood pressure and blood glucose screening with nurses from Mills-Peninsula from **9:30-11:00am** on the third Tuesday of each month. Following the May screening, there will also be a class on Fiber from 11:15-11:45am. Screenings will be **May 21 and June 18**.

**Annual Home Repair Day - Saturday, June 1st 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. If you are interested in volunteering, please contact Hope Atmore at 650-726-9056 or by email at [hatmore@seniorcoastsiders.org](mailto:hatmore@seniorcoastsiders.org)

**Hearing Presentation** - Did you know that 1/3 of people over the age of 65 have hearing loss, and that hearing loss increases your risk of cognitive decline? Join us on Thursday, **June 13th from 10:00-11:30am** to hear from Jessie Johnson with the Hearing and Speech Center of Northern California as she discusses the importance of getting a hearing test and hearing loss treatment options. The seminar will be followed by hearing evaluations (by appointment) and distribution of specialized phones for qualifying participants. Please contact Jessie Johnson at 415-921-7658 or by email at [jessie@hearingspeech.org](mailto:jessie@hearingspeech.org) for an audiology appointment.

**Dealing with Difficult People and Elder Bullying** - Do you have trouble communicating with a family member or neighbor? Not sure how to react when someone is angry? We all encounter people in our lives that make communication challenging and sometimes ineffective. Learn tips on how to deal with difficult people; whether it be family members, friends or strangers. This **FREE** talk will be facilitated by Nicole Fernandez, Aging and Adult Services Training and Outreach Specialist. Presentation and workshop will take place on **Friday, June 21st at 10:00am**.

**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, June 19 and Thursday, June 20**. 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.

## Community Bulletin Board

In this new section, we will 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

Are you interested in part-time work at Lemos Farm? They are in need of cashiers and train drivers on weekends with expanded shifts during September and October.  
\$15.00/hour  
Call Bob Lemos at 650-726-2342

Main Street Hair Design is offering discounted hair cuts for seniors. Women's haircut with shampoo and blow dry for \$20 and men's haircut with hot towel finish \$15.00. Salon located at 840 Main Street - within walking distance of senior campus. Please call 650-867-3398 for an appointment.

American Association of University Women (AAUW - HMB Branch) will hold its 3rd Annual White Elephant Rummage Sale on June 1, 2019 from 9:00am to 3:00pm at the Old Train Station at 110 Higgins Canyon Road in Half Moon Bay. For more information, email [rtgm4@aol.com](mailto:rtgm4@aol.com)

All on the Coastside are invited to the first Coastside Community Preparedness Day on Saturday, May 4, NOON to 4pm in Half Moon Bay. Get important tips, advice, and information about emergency and disaster preparedness. Free tacos, drawing for prizes. Main Street at Kelly Avenue.

Have you ever wanted to learn Mandarin while helping someone practice their English? Come and be a part of this interactive conversation club taking place on Wednesdays at the Half Moon Bay Library from 2:30-3:30pm.

Wednesday is Senior Discount Day at New Leaf. If you are 65 and over, be sure to ask for your discount card! And be sure to grab your Envirotokens for your re-usable bags and put them in the Senior Coastsiders slot! We are excited to be participating in New Leaf's Envirotokens program and hope you'll help us!

# 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 (May session will take place on **May 16** due to scheduling conflicts. June class will be **June 6**). Class is from 1:00-3:00pm. This class is free of charge and priority is given to those age 60 or better. Class size is limited. Please drop by the front desk to sign up or call us at (650) 726-9056. Walk-ins are welcome provided that class size is not exceeded. No tools required - everything will be provided for your use by the instructor.

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

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

## The Written Word

**Book Clubs** - We have two book clubs offered through a collaboration with the HMB Public Library. The mystery book club meets the first Wednesday of the month from 11:00am to noon. On May 1, they will discuss *The Chalk Pit* by Elly Griffiths and on June 5, *The Woman in Cabin 10* by Ruth Ware. The Monday book club meets the fourth Monday of the month at 11:00am. They will meet Monday, May 20 (one week early due to Memorial Day) to discuss *The Island of Sea Women* by Amy See and on June 24 the book will be *Bad Blood: Secrets and Lies in a Silicon Valley Startup* by John Carreyrou. If you need a library card, bring current ID and sign up there. Please call Senior Coastsiders for more information at (650) 726-9056.

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

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

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





# More Offerings

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

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

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

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

**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.



## Where have YOU been??!!



*Have you been somewhere spectacular recently? Taken an amazing day trip or a weeks-long trip that you think others might want to hear about? We invite you to share through photos! We are going to start a little game and see if we can get the Senior Coastsiders logo to travel. Come by the office and we will give you a sign (easy to fit in a suitcase or book) to take along on your next trip. Take a photo with the sign and we will add it to our next Beacon!*

# 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](mailto:bettyz@coastside.net).

**Gentle Yoga** with Linda Grace Frost, Mondays, 8:45-10:15am. This fantastic class is composed of vibrant, active seniors who wish to develop strength and maintain mobility and flexibility. Students should be comfortable getting up and down from the floor and will also use chairs and other tools to further practice. Four-class packets can be purchased for \$20 from instructor before start of class. Priority is given to people over 60 and better, but everyone is welcome.

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

**Parkinson's Exercise Class** is for individuals with Parkinson's Disease and is designed to delay symptoms. Students will go through a series of exercises that will adjust to individual needs and will be both challenging and fun. Class is held every Tuesday from 11:15am to noon.

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

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

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

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

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

**Health Screenings** - In partnership with Sutter Health Mills Peninsula Health Services, the Senior Coastsiders Wise and Well program takes place the third Tuesday of each month from 9:30-11:00am and once a quarter is followed by a Heart Health Nutrition Class from 11:15 to 11:45am. This quarter the class will take place on May 21.

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



# HAPPY BIRTHDAY TO THE MAY AND JUNE BIRTHDAY PEEPS!



*Remember to join us the third Thursday of your birthday month so we can celebrate your day! Also, you'll get a special birthday treat during lunch! It is always fun to celebrate birthdays together!*

## 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



Did you know that Senior Coastsiders has an endowment fund?

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

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

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

# Weekly Activities

## Monday

8:45-10:15	Gentle Yoga*	35% Room
9:30-10:30	Rosen Movement*	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
1:00-3:00	Bridge Group	35% Room
1:30-3:30	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 appt. only)	Computer Room
11:15-12:00	Parkinson's Exercise Class	35% Room
1:00-2:00	QiGong*	35% Room
1:30-3:30	Board Game Group (third Tuesday of each month)	Art 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
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

## Friday

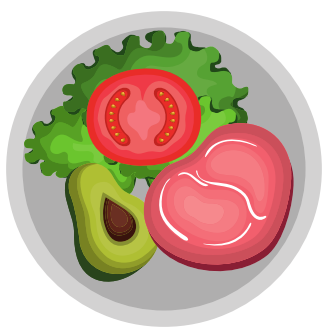
9:00-9:45	Zumba Gold*	35% Room
10:00-Noon	HICAP (by appt. 2nd and 4th Fridays)	Art Room
10:00-Noon	Reiki (by appt. 2nd and 4th Fridays)	Media Room
11:00-Noon	Rosen Movement*	35% Room
12:45-2:45	CAL Drawing Class	Art Room
12:30-2:30	Mah Jong	35% Room
1:00-2:00	Parkinson's Support Group (1st Friday each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



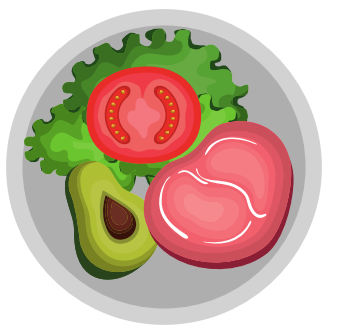
Please remember to show up a little early if you are attending a class for the first time so you can sign any necessary waivers and/or arrange payment with your instructor.

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





# May 2019 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. \$4.00 is the voluntary donation. No one will be denied a meal if they are unable to donate.</i>	Bolognese Sauce with Pasta Vegetables Fruit	Roasted Pork Loin Polenta Vegetables Fruit	Chicken Enchiladas Brown rice Vegetables Fruit
6	7	8	9	MOTHERS DAY CELEBRATION 10
Open Face Breakfast Sandwich* Whole wheat bread Roasted potatoes Vegetables Fruit	BBQ Chicken with Brown Rice Vegetables Fruit 	Meatballs Whole wheat pasta Vegetables Salad Fruit	Pork Chop Brown rice Vegetables Fruit	Fish Veracruz Brown rice Vegetables Salad Fruit  
13	14	15	BIRTHDAY 16	17
Eggs Benedict Roasted potatoes Vegetables Fruit 	Chicken Cacciatore Polenta Vegetables Fruit	Cheese Ravioli w/ Meat Sauce* Vegetables Fruit	Salmon Cakes Brown rice Vegetables Fruit Birthday cake 	Chicken Teriyaki Brown rice Vegetables Fruit
20	21	22	23	24
Denver Omelet* Whole wheat bread Roasted potatoes Vegetables Fruit	Meatloaf Whole wheat bread Mashed potatoes Vegetables Fruit	Chicken Parmesan Brown rice Vegetables Fruit	Hamburger Whole wheat bun Coleslaw Fruit 	Fried Chicken Macaroni Salad Coleslaw Fruit
27	28	29	30	31
Closed for Memorial Day 	BBQ Pork Loin Brown rice Vegetables Fruit	Turkey Sloppy Joes Open Face Whole wheat bun Vegetables Fruit	Beef Stew with Carrots, Peas & Potatoes Whole wheat bread Fruit	Chicken Burrito* Brown rice Vegetables Fruit

\*> 1000 mg. sodium





# June 2019 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<b>Chicken Tortellini Pasta*</b> Whole wheat bread Vegetables Fruit	<b>Breaded Pork Loin</b> Brown rice Vegetables Fruit	<b>Tuna Cakes</b> Brown rice Vegetables Fruit	<b>Meatballs</b> Whole wheat pasta Vegetables Salad Fruit	<b>Cheese Pizza w/ veggies</b> Vegetables Salad Fruit
10	11	12	13	<i>FATHERS DAY CELEBRATION</i> 14
<b>Veggie Omelet</b> Whole wheat bread Roasted potatoes Vegetables Fruit	<b>Chicken Enchiladas</b> Brown rice Vegetables Fruit	<b>Hamburgers</b> Whole wheat bun Coleslaw Fruit	<b>Beef Stroganoff &amp; Pasta</b> Vegetables Fruit	<b>Chicken Pot Pie</b> Wheat biscuit Vegetables Fruit
17	18	19	<b>BIRTHDAY!</b> 20	21
<b>Meatloaf</b> Whole wheat bread Mashed potatoes Vegetables Fruit	<b>Tuna Salad Sandwich*</b> Whole wheat bread Coleslaw Fruit	<b>Meat Lasagna</b> Vegetables Salad Fruit	<b>Fish Dore</b> Brown rice Vegetables Fruit Birthday Treat	<b>Roasted Pork Loin</b> Polenta Vegetables Salad Fruit ICE CREAM!
24	25	26	27	28
<b>Fried Chicken</b> Whole wheat bread Mashed potatoes Coleslaw Fruit	<b>Spaghetti &amp; Meat Sauce</b> Vegetables Fruit	<b>Pork Chop</b> Brown rice Vegetables Fruit	<b>Turkey Sandwich*</b> Whole wheat bread Coleslaw Fruit	<b>Chicken &amp; Sausage Paella with Brown Rice</b> Vegetables Fruit
<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>		<i>Services provided at Senior Coastsiders are partially funded by San Mateo County Area Agency on Aging.</i>		<i>This institution is an equal opportunity provider</i>

\*> 1000 mg. sodium



925 Main Street  
Half Moon Bay, CA 94019  
(650)726-9056  
[www.seniorcoastsiders.org](http://www.seniorcoastsiders.org)

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# COASTSIDE GIVES

Have an impact locally on May 2nd during Coastside Gives, a coastside day of giving. All donations for Senior Coastsiders will go directly toward the nutrition program. To donate or find more information, go to [coastsidegives.org/seniorcoastsiders](http://coastsidegives.org/seniorcoastsiders) or to make a donation in person, you can stop by Senior Coastsiders on May 2 where we will celebrate each and every donation with a small gift and a lot of noise!

