

WINTER BIRTHDAYS

January

Adelma	Fred	Maria
Alice	Gerald	Mariko
Andree	Geri	Mary
Andrew	Jane	Nina
Asami	John	Parvin
Barbara	Judith	Patricia
Birdie	Kamala	Peter
Che-Chen	Karen	Rita
Christine	Kathy J	Robert
David	Larry	Rose
Deborah	Leo	Sheila
Dolores	Librada	Teri
Dorothy	Lily	Theresa
Eduardo	Lois Almen	Tom
Elaine	Loretta	William
Esther	Luci	
Evelyn	Manuel	

February

Alice	Fred	Martha
Alicia	George	Martin
Angela	Gloria	Mary
Angelina	Guodong	Maryam
Anna (Jenny)	Helga	Miriam
Barb	Ilarsaane	Patricia
Carol	Isabell	Peggy
Caryn	James	Sofia
Clyde	Joel	Svetlana
Colleen	Jorge	Tonya V
David	Ken	Xun
Edward	Lily	Yee Man
Elena	Maria	
Evelyn	Marie	
Fook	Marlene	



March

Andrea	Elizabeth	Lenora	Ritsuko
Armine	Faran	Leon	Robert
Beverly	Frank	Leotta	Rosemary
Bill	Gwen	Linda	Ruth
Billie	Haydee	Margaret M	Sandra
Caridad	James	Marie	Sherry
Carol	Jerry	Marion	Shirley
Charmaine	Joan	Maureen	Siosi
Connie	Jon	Mete	Stella
Diana	Joyce	Nengyuan	Susanna
Dimitar	June	Ny	Terry
Dolores	Jung	Pamela	Vivian
Doris	Kim	Patricia	Wilson
Eileen	Larry	Rashmikant	Yusako
Elaine	Lenora	Richard	Yvonne



City of San Mateo  
Senior Center  
2645 Alameda de las Pulgas  
San Mateo, CA 94403



WINTER 2022 HAPPENINGS



The San Mateo Senior Center Community lost one of our wonderful members this past month with the passing of Irene Bluth. She was a treasured participant and volunteer of our Senior Family as she took on many roles to help out the Seniors of the City of San Mateo.

After working a full career with San Mateo County Community College as the CFO and volunteering at Filoli where she served a vice president and president overseeing 1500, Irene started volunteering at the San Mateo Senior Center in 2004 at the young age of 77. Irene was a vital part of the front desk operation of the Senior Center greeting patrons, answer phones, processing registrations and provide valuable information. Irene was a life-saver on many occasions always willing to work an extra shift – sometimes a few shifts per week. In 2015, Irene was appointed by the City Council to the City’s Senior Citizens Commission where she served as vice chairperson and Chairperson for many years. Up until this past October, Irene was responsible for writing birthday greetings for all our Senior members and volunteers for each month. She also was picking up and delivering lunches to other seniors who were unable to leave their homes during the pandemic. Irene was always thinking of others and what she could do to help out.

Her commitment to the community was evident to all who knew her. She was an asset to the Senior Center and will deeply be missed by all.

Program Highlights

STAY CONNECTED



Friday at the Movies

Join us at the Senior Center for Fridays at the Movies! One of the best things you can do is watch a movie in a group setting watching or hearing other people's emotions and being able to share your thoughts about the movie. We encourage you to join us, register today! Movies are subject to change. Registration is required.

Senior Center  
142212-A1 Every Friday 1:00-3:15pm FREE 1/14-3/11

B-I-N-G-O

B-I-N-G-O! Who doesn’t like the thrill of waiting for that last number that you need, raising your hand and shouting BINGO? Plan a moth of FUN Wednesday afternoons with your friends this Winter! Doors open at 1:45pm and cards are \$1. Registration is required.

Senior Center  
142214-A1 W 2:00-4:00pm FREE January  
142214-A2 W 2:00-4:00pm FREE February  
142214-A3 W 2:00-4:00pm FREE March

Inside this issue

List of Adult Sections Section

Enrichment Programs . . . .	2-3
Stay Connected . . . . .	2
Music Class . . . . .	2
Games. . . . .	3
Health & Wellness . . . . .	3-5
Technology . . . . .	5-6
Get Around Program . . . . .	6
Bay Tree Bistro . . . . .	7
Volunteer Opportunities . . . .	7
Adult Resources . . . . .	8
Registration Information. . . .	8
Fitness Calendar . . . . .	9
WINTER BIRTHDAY . . . . .	10

Senior Center Staff

- Carolyn Shavel  
Center Supervisor
- Amber Shong  
Center Coordinator
- Liliana Gray  
Senior Program Assistant
- Denise Iskander  
Lunch Program Coordinator

San Mateo Senior Center  
2645 Alameda de las Pulgas,  
San Mateo, CA 94403  
Phone: (650) 522-7490  
Hours of Operation:  
Monday– Friday 9am-5pm  
[www.cityofsanmateo.org](http://www.cityofsanmateo.org)

## STAY CONNECTED

### Virtual Monthly Book Discussion

Our free book discussion group which has been around for over 20 years is fun and interactive and always open to new participants. During the Winter session we will be reading and discussing the following books listed below. All are welcome! Hosted through Zoom.

**Instructor:** Senior Center Volunteers

**142227-V1 2<sup>nd</sup> Tuesday of the month 10:00-11:30am FREE**

January	The Gown, J. Robion
February	The Japanese Lover, I. Allende
March	Girl, Woman, Other, Evarist

## ADULT ENRICHMENT—MUSIC

### Ukulele, Play, and Sing-a-long

Playing the ukulele is simply more fun if you are in the company of others. If you are looking for that perfect group to show off your skills, look no further. Bring your Ukulele and join us. We are here to have fun!

**Senior Center**

**Instructor:** Senior Center Volunteers

**141800-A1 Tu 10:00– 11:30am FREE 1/11-3/8**

### Acoustic & Folk Play Along

Join us in playing acoustic renditions, folk music and fun. Music will include a variety of genres from folk, Americana, R & B and Hawaiian musical interests. An ideal format for playing/practicing:

Guitar, Mandolin, Ukulele, Bass, etc. Capos are highly recommend-ed for this intermediate class.

**Senior Center**

**Instructor:** Curtis Jeung

<b>141804-A1</b>	<b>Th</b>	<b>1:30– 3:30pm</b>	<b>\$35</b>	<b>1/11-3/8</b>
<b>141804-A2</b>	<b>Th</b>	<b>6:30– 8:00pm</b>	<b>\$35</b>	<b>1/13-3/10</b>

### String Instrument Private Lessons

Find that NEW hobby! Individual music lessons on popular acoustic string instruments (Guitar, Bass, Ukulele, Mandolin). Learn the basics of playing through song, play and discussion. Approaches to Technique, song structure and basic theory will be applied.

*Each activity code includes 5 classes of 45-minute sessions from January through March. Classes are extremely limited and will be based on a first come, first serve basis. Once registered patrons will work with instructor to select day and time of lesson. Please email Amber at [alshong@cityofsanmateo.org](mailto:alshong@cityofsanmateo.org) for session information.*

**Instructor:** Curtis Jeung

**Date & Time are determined by Instructor & Student for the months of January - March.**

#### Virtual Programs

**141805-V1 \$110**

**141805-V2 \$110**

#### Senior Center (In-Person Programs)

**141805-A1 \$110**

**141805-A2 \$110**

**141805-A3 \$110**

**141805-A4 \$110**

**141805-A5 \$110**

### Senior Center Band

Do you play an instrument? If so, come join our Senior Center Band. This Recreational activity is not only fun, but it is good for your mental and physical health.

Program Registration is required.

**Senior Center**

**Instructor:** Senior Center Volunteers

**142210-A1 Every Friday 9:30– 11:00am FREE 1/14-3/11**

## Adult Dance & Fitness Virtual & In-person Classes

**Winter Session: Jan. 4 – Mar. 14, 2021**

San Mateo Parks & Recreation Department

**In-person and virtual live-stream options**

**Key:**  
(V) = Virtual Class  
(IP) = In-person Class  
If location not listed = Beresford Ctr.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Body Sculpting/ Strength Training (IP)</b> 9:00-10:00am Patti Michelsen	<b>Cardio/Strength &amp; Stretch (V &amp; IP)</b> 9:00 – 10:00am Rhonda Fitzpatrick	<b>Total Body (V)</b> 9:00-10:00am Rhonda Fitzpatrick	<b>Ageless Yoga (V)</b> 10:00-11:00am Veronica Agosta	<b>Total Body</b> 9:00-10:00am Linda Dehoff	
<b>Pilates Mat: Strong &amp; Flexible (V)</b> 10:00-11:00am Kim Moore	<b>Strength Training/ Healthy Living (IP)</b> 10:15-11:15am Mae Chesney	<b>Body Sculpting/ Strength Training (IP)</b> 9:00-10:00am Patti Michelsen	<b>Strength Training/ Posture Power (IP)</b> 10:15-11:15am Jill Daly	<b>Pilates Mat &amp; Strengthening (V &amp; IP)</b> 10:15-11:15am Rhonda Fitzpatrick	<b>Tai Chi (V)</b> Int: 9:00-10:00am Kathleen McCarthy
	<b>Qi Gong (IP)</b> 10:30-11:30am Senior Ctr. Kathleen McCarthy	<b>Cardio Dance</b> 10:15-11:15am Patti Michelsen	<b>Music &amp; Motion (IP)</b> 10:30-11:30am King Ctr. Allen Isidro		<b>Zumba (IP)</b> 10:30-11:30am Gaby Torres
<b>Staying Fit w/ Arthritis (V &amp; IP)</b> 1:00-2:00pm Mary Furuta	<b>Chair Yoga (V)</b> 12:45-1:45pm Mae Chesney	<b>Pilates Mat: Strong &amp; Flexible (V)</b> 10:00-11:00am Kim Moore	<b>Yoga in the Redwoods (IP)</b> 11:00am-12:00pm Central Park Donna Lanam	<b>Staying Fit with Arthritis (V &amp; IP)</b> 1:00-2:00pm Mary Furuta	<b>MIXXEDFIT (V)</b> 10:00-11:00am Marianne DeGuzman
<b>American Line Dance (IP)</b> 2:00-3:00pm Allen Isidro	<b>Balance &amp; Fall Prevention (IP)</b> 2:30-3:30PM Senior Ctr. Arwa Motiwala	<b>Staying Fit with Arthritis (V&amp;IP)</b> 1:00-2:00pm Mary Furuta	<b>Chair Yoga (V)</b> 12:45-1:45pm Mae Chesney		<b>American Line Danc- ing Workshop (IP)</b> 2:00-4:00pm Beresford Park Allen Isidro
	<b>Barre Fusion (V)</b> 5:30-6:30pm Yue Whelchel		<b>Hula (V&amp;IP)</b> 4:30-5:30pm Senior Ctr. Valentina Linsangan		
		<b>Cardio/Strength &amp; Stretch (V)</b> 6:15-7:15pm Mary Furuta	<b>Ballet Basics (IP)</b> 6:00-7:00pm Kristine Chambers		
<b>Cardio/Strength &amp; Stretch (V)</b> 6:15-7:15pm Mary Furuta	<b>Yoga 1 (IP)</b> 6:00-7:00pm Peggy Guaraldi	<b>Tai Chi Mixed Levels (IP)</b> 6:15-7:15pm Senior Ctr. Kathleen McCarthy	<b>Yoga 1 (IP)</b> 6:00-7:00pm Peggy Guaraldi		<b>Sunday</b>
<b>Tap II (V &amp; IP)</b> 6:15-7:15pm Melissa Cheu	<b>Zumba (IP)</b> 6:15-7:15pm Gaby Torres	<b>Yoga 1 (IP)</b> 6:30-7:45pm Senior Ctr. Adriana Buenaventura	<b>Zumba (IP)</b> 6:30-7:30pm Gaby Torres	<b>Social Ballroom Basic (IP)</b> 7:00-7:50pm Judy & Bart Lewis	<b>Hooray for Bolly- wood (IP)</b> 2:00-2:45pm <i>Broadway Babies</i>
<b>U-Jam Fitness (V)</b> 6:30-7:30pm Marianne DeGuzman	<b>Yoga Fusion (IP)</b> 6:30-7:30pm Donna Lanam	<b>Line Dance Beginning (IP)</b> 6:30-7:30pm Cathy Dacumos	<b>Rumba &amp; Cha-Cha-Cha (IP)</b> 7:30-8:30pm Kimi Wynn	<b>Social Ballroom Int. (IP)</b> 8:00-8:50pm Judy & Bart Lewis	
<b>Zumba (IP)</b> 6:30-7:30pm King Ctr. Gaby Torres	<b>Tai Chi Beginning:(V)</b> 6:30-7:30pm Loren Chin	<b>Line Dance - Next Steps (IP)</b> 7:45-8:45pm Cathy Dacumos	<b>Hula (IP)</b> 7:30-8:30pm Senior Ctr. Valentina Linsangan		

**All Classes Require Pre-registration Registration Information on page 8**





For Aging Adults & their Families

A wide variety of services exist in San Mateo County to support the needs of aging adults and their families, and to support independent living. If you would like additional information please call our 24-hour voicemail 650-522-7494.

Medical Equipment Loan Closet

Through Community donations, the Center has medical equipment of all types for anyone resident or nonresident to use at NO CHARGE. The following medical equipment available on loan is listed below:

CanesCommodesCrutchesReacher/Grabber

Shower SeatsWalkersWheelchairsAnd other various one-of-a-kind items.

Call the Senior Center in advance to request/check on an item, 650-522-7490. (you do not have to be a resident)

S.A.S.H. Program

Do you have trouble getting your groceries? Do you live in the City of San Mateo?

S.A.S.H. is a grocery shopping and delivery service for homebound adults who are able to cook for themselves. A volunteer shopper will shop and deliver groceries to you on a weekly or bi-weekly basis. Your volunteer will take your order, go shopping for you and deliver your groceries absolutely FREE. You only pay for the groceries; there is NO FEE for this service. Contact 650-522-7494

HICAP

Health Insurance Counseling & Advocacy Program- Call to set up your virtual appointment 800-434-0222

211 Phone Line

(United Way of the Bay Area) - dial - 211

A nationwide 24/7 phone service provides information and referral to all callers- accommodates all languages and hearing impaired. [www.211bayarea.org](http://www.211bayarea.org)

T.I.E.S (County of San Mateo)

Phone Hotline 800-675-8437, 711 for California Relay Services (TDD) Teamwork Insuring Elderly Support (T.I.E.S.) provides general information on all senior services. Featuring a 24-hour hotline, designed to assist vulnerable elderly and dependent adults who need help but may be unable to get it for themselves.

Registration Information

Activity Guide has youth and adult programs from January-March 2022.

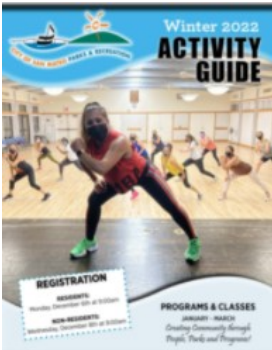
You can register online at [www.sanmateorec.org](http://www.sanmateorec.org) or you can mail in your Registration Form and payment to City Hall:  
City of San Mateo, ATTN:  
Parks and Recreation, 330 West 20th Avenue, San Mateo, CA 94403

For all virtual senior services classes:

- Must register at least 4 hours prior to start of class
- Instructions will be printed on your receipt, read it carefully
- Participants will receive an email with a Zoom ID # and password
  - email will be sent either the day before or 2-4hrs prior to class
- Participants can log-in 10-15mins prior to start of class
- Once you enter the room, change profile name to name on registration

All community members entering a government building and participants in indoor classes/programs are required to wear a face mask. Our department is following the 8/2/21 Health Order from the San Mateo County and will continue to stay updated with current health and safety guidelines to best allow safe programming.

Please remember if you need assistance contact us 650-522-7490 center hours are listed on the front page  
No Phone Registration Allowed



GAMES

California Mah Jong

Join Larry Kistler the author of 'How to Play California Mahjong'. It is easy to learn and the most FUN to play. A modernization of the basic rule set established in the late 1800's, that makes it very easy to get started. By the first day, you will be hooked!

Senior Center

Instructor: Larry Kistler  
142217-A1 Th 1:00-3:00pm \$5 1/13-3/10



Defense 1

Defense is 50% of the game. 3rd course in the ACBL series. Opening Leads, 2nd & 3rd Hand Play, Defensive Signals, Devel-oping Defensive Tricks, interfering with the Opponents, Make a Defensive Plan. Text: "ACBL Series: Defense in the 21st Century", available on Amazon.

Senior Center

Instructor: Carol Knowles  
142404-A1 Tu 6:30-8:30pm \$145 1/11-3/1



Competitive Bidding

Subjects: The Law of Total Tricks, Preemptive Bidding, Balancing, Michaels Cue Bid, Unusual 2NT, Western Cue Bid, Redoubles, Negative Doubles, POD-Pass Overcall or Double? Materials provided by instructor.

Senior Center

Instructor: Carol Knowles  
142405-A1 Th 10:00-12:00pm \$145 1/13-3/3

Supervised Play

Join us for a fun afternoon of bridge. Ask all your bidding, play and defense questions during actual play. Bring problem hands for discussion. All students welcome who have experience with the game.

Senior Center

Instructor: Carol Knowles  
142401-A1 Th 1:00-3:00pm \$145 1/13-3/3

HEALTH & WELLNESS

Doctor Talk: Kidney Health

Join Dr. Sharon Ou, MD with Kaiser Permanente San Mateo Med-ical Offices for an online talk about kidney health. Many people have heard or have been diagnosed with chronic kidney disease and are worried about what this diagnosis may entail. What is chronic kidney disease? How can one prevent, treat or delay its impact? Hosted through Zoom.

Instructor: Dr. Sharon Ou, M.D., Kaiser Permanente  
142506-V1 W 2:00-3:00pm FREE 1/19

Doctor Talk: Focus on Arthritis

Join Dr. Sharon Ou, MD with Kaiser Permanente San Mateo Medi-cal Offices as we focus on arthritis. Arthritis is a common condi-tion that can impact one's function and mobility. We will discuss treatment options and things we can do to minimize arthritis on the quality of life. Hosted through Zoom.

Instructor: Dr. Sharon Ou, M.D., Kaiser Permanente  
142503-V1 W 2:00-3:00pm FREE 3/16

Understanding your Medicare Options

Are you enrolling into Medicare or want to understand your current Medicare Supplement plan options? Navigating through the Medicare maze is a lot; Join Daniela and learn the basics, the current changes to social security and how it can impact your future retirement plans.

Senior Center

Instructor: Daniela Farina  
142504-A1 W 5:30-7:00pm FREE 1/12  
142504-A2 Th 5:30-7:00pm FREE 3/3

Responsive Behavior in Dementia

Fostering a healthy environment; Caring for an older adult is a demanding, consistently tough job. In this class family/caregivers will learn different techniques on how to handle behaviors that comes with Dementia.

Senior Center

Instructor: Janice Cunanana and Raymond Villaroman, Care Solutions  
141508-A1 W 10:00– 11:00am FREE 1/12

## HEALTH & WELLNESS

## BAY TREE BISTRO



### Safety at Home!

Falling can be a minor annoyance for most, but if you're a senior a fall can result in serious injuries and loved ones worrying about your safety at home. This class will inform you about the MPMC Personal Emergency Alert Device Program and teach you one way to retain your independence, while ensuring peace of mind for both you and your family.

**Instructor:** Ruby Fransen, MPMC Lifeline Health Representative

#### Senior Center—In-Person Programs

142515-A1	Tu	3:00– 4:00pm	FREE	1/11
142515-A2	Tu	3:00– 4:00pm	FREE	1/25
142515-A3	Tu	3:00– 4:00pm	FREE	2/8
142515-A4	Tu	3:00– 4:00pm	FREE	2/22
142515-A5	Tu	3:00– 4:00pm	FREE	3/8



#### Virtual Programs—Hosted through Zoom

142515-V1	Th	11:00am– 12:00pm	FREE	1/20
142515-V2	Th	11:00am– 12:00pm	FREE	2/3
142515-V3	Th	11:00am– 12:00pm	FREE	2/17
142515-V4	Th	11:00am– 12:00pm	FREE	3/3

### Sound Bath Immersion

Healing with sound happens by matching frequencies to those that are conducive to healing and relaxation. The immune system is at its best when we are relaxed. Sound Baths aim to combat burnout by encouraging you to take a step back and appreciate the calm that comes with the sound and vibrations from Himalayan singing bowls that are used to immerse us in sound frequency. Experience it for yourself and see where it takes you!

**Instructor:** Sabrina Huang

142519-A1	Tu	9:00– 9:50am	\$43	1/18
142519-A2	Tu	9:00– 9:50am	\$43	1/25
142519-A3	Tu	9:00– 9:50am	\$43	2/1
142519-A4	Tu	9:00– 9:50am	\$43	2/8
142519-A5	Tu	9:00– 9:50am	\$43	2/15
142519-A6	Tu	9:00– 9:50am	\$43	3/1
142519-A7	Tu	9:00– 9:50am	\$43	3/8



### Movie Preview: Too Soon to Forget

Hosted by Dan Gasby and his wife B. Smith, a former supermodel, celebrity chef and lifestyle maven who was diagnosed with young-onset Alzheimer's at the age of 62, TOO SOON TO FORGET: THE JOURNEY OF YOUNGER ONSET ALZHEIMER'S DISEASE takes an in-depth look at the particulars of this disease, and provides information to help understand and educate viewers about the effects and its impact. The hour-long documentary features nine families from a variety of backgrounds who share their stories and common experiences, from loneliness and isolation, to the adjustments, and finally, to the healing power of community.

**Instructor:** Catholic Charities, Adult Day Center Staff

142511-A1	Tu	6:30– 8:00pm	FREE	1/11
142511-A2	Th	6:30– 8:00pm	FREE	2/24

### Regain your Freedom from Hearing Loss

Federally-funded no cost to qualified individuals, call captioning phones make it easier to stay connected to family, friends, doctors & others. Near real-time call captioning service available at home and mobile app for iPhone & iPad. Home phone number and internet is needed for installation.

**Instructor:** Elli Tehrani, Clear Captions Representative

142606-A1	W	2:30- 3:30pm	FREE	1/12
142606-A2	W	2:30- 3:30pm	FREE	2/9

### MidPeninsula Village—Redefining Aging

Older adults enjoy vibrant, healthy, and fulfilling lives in their own homes and apartments, Mid-Peninsula Village is a community of active older adults focusing on shared activities and on services for aging in place. Join us as a member or volunteer!

**Instructor:** Eric Hansen, MidPeninsula Village

142616-A1	Tu	10:00-11:00am	FREE	2/8
-----------	----	---------------	------	-----

**All Classes Require Pre-registration Registration Information on page 8**

### We will be changing the way we operate the Grab and Go Lunch Program Distribution.

The San Mateo Senior Services Section is now transitioning our Grab and Go Lunches for Seniors 60+ to a Grab and Go or a Grab and Eat program. Participants will have the option to pick up a lunch and sit inside the facility or pick up the lunch and take it out. **Reservations are still required**, contact us at (650) 522-7490 to make your reservations or to receive additional information. Lunch includes a hot main course, veggies, salad and a dessert or fruit. Lunch will only be available the following times:

#### San Mateo Senior Center Monday-Wednesday-Friday 12:00-12:30pm

Patrons will park their cars and enter the Center through the back of the Center. At this time, you will pay the fee, pick up your lunch and then choose to eat your lunch in the Assembly Room or take your lunch home as usual. Only the Assembly Room will be open. There is no seating in the Senior Center Lobby so please do not arrive before 11:50am. Picking up your lunch at the front of the building from your car will no longer be an option.

#### Dr. Martin Luther King Jr. Community Center Tuesday-Thursday 12:00-12:30pm

Patrons will park their cars and enter the Center through the lobby and proceed to the Assembly Room. Please do not arrive prior to 11:50am. At this time, you may pay the donation, pick up your lunch and then choose to eat your lunch in the Assembly Room or take your lunch home as usual. Picking up your lunch at the front of the building from your car will no longer be an option.

**Masks are required until you begin eating your meal. There will be a limit to 5 chairs per tables and chairs must remain six feet apart. Water and plastic silverware will be available if needed. The dining room will remain open from 12:00-12:45pm.**

#### San Mateo Senior Center

2645 Alameda de las Pulgas, San Mateo

Monday | Wednesday | Friday

Cost: \$6

Contact us at (650) 522-7490 for reservations and information.

#### Dr. Martin Luther King Jr. Community Center

725 Monte Diablo Avenue, San Mateo

Tuesday | Thursday

Cost: \$4 Suggested Donation

## VOLUNTEER OPPORTUNITIES

Interested? Email: [VolunteerSource@cityofsanmateo.org](mailto:VolunteerSource@cityofsanmateo.org) or visit [www.cityofsanmateo.org/volunteer](http://www.cityofsanmateo.org/volunteer) and complete your online application

### Front Desk Receptionist Volunteer

**Position:** Front Desk Receptionist greets and assists individuals who visit the Senior Center, answer the telephone, and other assorted duties as needed.

<b>Qualifications:</b>	- Minimum age 18 to 80+ years - Ability to communicate clearly and effectively over the phone and in person - Light computer knowledge (will train for specifics)
<b>Responsibilities:</b>	- Volunteer at least one shift a week
<b>Training:</b>	- Volunteer shadowing - 2+ hours with staff
<b>Time Commitment:</b>	- Morning or Afternoon Shifts available - Approximately 3.5 hours
<b>Length of Commitment:</b>	- Minimum of 4 months is requested but not required
<b>Site/Station:</b>	San Mateo Senior Center 2645 Alameda de las Pulgas, San Mateo

<b>Qualifications:</b>	- Minimum age 15 to 80+ years - Licensed driver or student with parent driver - Ability to communicate clearly and effectively in order to obtain a shopping list over the phone - Ability to deliver groceries to the senior's home
<b>Responsibilities:</b>	- Once a week, contact SASH client by phone to obtain a Shopping list - Grocery shopping and delivery to client's home - Provide receipts to client for reimbursement
<b>Training:</b>	- One hour, held prior to client assignment
<b>Time Commitment:</b>	- Approximately 1-2 hours, once a week / or every other week as needed
<b>Length of Commitment:</b>	- Minimum of 4 months is requested but not required - Flexibility available for student volunteers
<b>Site/Station:</b>	San Mateo Senior Center: City of San Mateo Residents



ADULT TECHNOLOGY

**Tech Talk**  
Join us for a monthly discussion of the latest ins and outs of today's technology. In an informative presentation, we will cover topics in the areas of tech trends, security & privacy, common tech issues, and tech best practices.



TOPICS				
1/10	Year in Review			
2/14	Fake News & Misinformation			
3/14	What is an algorithm and why is it important?			
Virtual Programs—Hosted through Zoom				
142701-V1	2 <sup>nd</sup> Monday of the month	1:00– 2:15pm	FREE	Jan-Mar
Senior Center—In-Person Programs				
142701-A1	2 <sup>nd</sup> Monday of the month	1:00– 2:15pm	FREE	Jan-Mar

**iPhone Photography**  
Let's build up your iPhone photography skills! We will cover all the photography functions and features that come with your smart-phone and review key techniques to help you go from taking simple snapshots to creating precious memories.  
**Instructor:** Senior Center Volunteer Tech Professionals  
**Virtual Program—** Hosted through Zoom  
142704-V1    W    10:00 – 11:30am    \$20    2/1-3/1  
**Senior Center—In-Person Programs**  
142704-A1    W    10:00 – 11:30am    \$20    2/1-3/1

**Smart Phone Training**  
This virtual smart phone training will teach you what you need to know about your device: how to make your phone louder, send text messages, connect to blue tooth and more. You will need to have a smart phone, a laptop/tablet and internet to be able to attend the class. Hosted through Zoom.  
**Instructor:** Crystal Lin, Telephone Access Program Representative

**Android-** Each presentation offers the same material/information.  
142730-V1    W Th    10:00-11:00am    FREE    2/9 & 2/10  
**iPhone-** Each presentation offers the same material/information.  
142730-Z1    W Th    10:00-11:00am    FREE    1/12 & 1/13  
142730-Z2    W Th    10:00-11:00am    FREE    3/9 & 3/10



GET AROUND INFORMATION

**Get Around!**  
City of San Mateo Senior Rides Program  
Are you looking for an alternative to driving? Are you looking for an affordable transportation service that is available when you need it, any day-any time? Look no farther.  
City of San Mateo residents 60 + years old this is for YOU! Schedule rides on-demand 24 hours a day/7 days a week, without advance reservations. Once registered for the program, you call Serra Yellow Cab directly (650-222-2222 or 650-991-2345) to schedule your ride. Every month you will receive vouchers to take 8 one-way trips or 4 round trips. On the day of your trip, you will give the driver 1 voucher and \$5.00 per one-way ride.  
Destinations must be between the cities of San Mateo, Belmont, Burlingame, Hillsborough, Foster City, Redwood City, San Carlos, the Veteran's Hospitals in Menlo Park and Palo Alto and Stanford Hospital. Rides must begin or end in the City of San Mateo. If you are interested in participating in this program, complete and return a registration form or register on-line at [www.sanmateorec.org](http://www.sanmateorec.org).

For additional information, call 650.522.7490.

AN OPPORTUNITY TO HELP IN YOUR COMMUNITY



**Food Smart Workshop**  
Join Leah's Pantry in a free 3-week in-person nutrition class and learn how to prepare tasty, healthy meals and reduce food waste. Every class features new topics and recipes! If you are a resident of San Mateo County, you receive free \$6 farmers' market vouch-ers for every class you attend!

**Instructor:** Registered Dietitian from Leah's Pantry  
**Senior Center (In-Person Programs)**  
**Taught in English**  
142605-A1    Th    3:00– 4:30pm    FREE    1/13-1/27  
142605-A2    F    10:00–11:30am    FREE    3/11-3/25  
**Taught in Chinese**  
142609-A1    Th    10:00–11:00am    FREE    1/13-1/27  
**Taught in Spanish**  
142607-A1    Tu    10:00–11:30pm    FREE    1/11-1/25



**2020 Intention Setting Workshop**  
Learn the 7 Steps to co-create a fulfilling life! Identify your soul-led desires and work through any limiting beliefs that may be holding you back. Take inspired action to set yourself up for 2022 greatness! Determination will take you far, let us start NOW!  
**Instructor:** Sara Miles, Mindset Mentor  
142602-A1    Th    6:00-8:00pm    \$30    1/13

ADULT TECHNOLOGY

The following computer and electronic device courses are taught at the Senior Center by our Tech professionals. Our Tech professionals are volunteers who make a commitment to support and enjoy sharing their skills and knowledge with others.

**Tech Tutoring**  
Looking for one-on-one help to improve your technology skills? Look no further! Three hours of individualized help with a tech ex-pert will allow you to progress at your own pace and resolve your technology issues, hurdles and more importantly build confidence in using your computer/mobile device.  
**Instructor:** Senior Center Tech Volunteer Professionals  
**Dates & times to be determined by volunteer & student.**

**Virtual Program—**hosted through Zoom  
142707-V1    \$10    January  
142707-V2    \$10    February  
142707-V3    \$10    March  
**Senior Center Program—** In-Person Program  
142707-A1    \$10    January  
142707-A2    \$10    February  
142707-A3    \$10    March



**The Help Desk**  
Baffled with a specific tech problem on your device: PC, MAC, Tablet or Smart Phone? Join us at monthly Help Desk sessions where our Tech Volunteers will help you get past your issue. In a group setting we will also cover useful tips and tricks that will help you get more out of your device  
**Instructor:** Senior Center Volunteer Tech Professionals

**Virtual Programs—**Hosted through Zoom  
142710-V1    W    10:30am– 12:00pm    FREE    1/26  
142710-V2    W    10:30am– 12:00pm    FREE    2/23  
142710-V3    W    10:30am– 12:00pm    FREE    3/23  
**Senior Center—In-Person Programs**  
142710-A1    M    1:00– 2:15pm    FREE    1/24  
142710-A2    M    1:00– 2:15pm    FREE    2/28  
142710-A3    M    1:00– 2:15pm    FREE    3/28

**Getting Started with Chromebook**  
Looking for an easy way to connect to the internet? This work-shop will give you all the information you need to get started using the World Wide Web. Using a Chromebook, now available for use at the Senior Center, may just be what you need.  
**Instructor:** Senior Center Volunteer Tech Professionals

142706-A1    W    1:00 – 2:30pm    FREE    1/19  
142706-A2    Th    10:30am – 12:00pm    FREE    2/3