

Twin Pines Newsletter

February - March 2020



Open:
Monday - Friday,
8:30am - 4:00pm

20 Twin Pines Lane
Belmont, California 94002
(650) 595-7444
www.belmont.gov/adults

THE CENTER IS GETTING 'FRESHENED UP'!

From Monday, March 23, through Friday, March 27, the Center will be closed for a full paint job. Some activities will re-locate, some will have to be cancelled. Please see the list below for the update:

CANCELLED:

Bread Program
Lunch Program
Movies
Stamp Collectors
Strength Training
Video Aerobics

MANOR:

Zumba

MOVED TO THE LODGE:

Beat Arthritis (R)
Bridge
Canasta
Chair Yoga
French Conversation
Hand & Foot
Japanese Class
Line Dancing (R)
Mahjong (Tuesday)
Pedro Card Game
Rosen Movement (S)
Sewing & Quilting
Spanish Conversation

MOVED TO COTTAGE:

Beat Arthritis (R)
Crafts Group
Italian Class
German Conversation
Line Dancing (R)
Mahjong (Friday)
Meditation
Senior Advisory Com.
Spanish Class
Spanish Conversation

NOTE: Classes will remain on the usual day of the week and time.



City of Belmont, CA Parks & Recreation Department

CODE OF CONDUCT

The Parks & Recreation programs and facilities are a place for people to come together and have fun, learn, and enjoy their time in a positive and safe environment. Support of one another is encouraged and welcomed, and valuing diversity is essential.

Guests of the City are expected to be independent or must otherwise be accompanied by a companion or guardian. Guests must not behave in such a way that causes a disturbance to other guests or activities. Additionally, guests are required to adhere to the Code of Conduct when they are present at City facilities and grounds. Failure to comply with the standards described in the Code of Conduct will be subject to intervention, which can and may include disciplinary action, suspension or expulsion.

The following are considered unacceptable behaviors towards the Facilities, Participants, Volunteers or Staff:

Verbal /Written

- *The use of language that is profane, vulgar, suggestive insinuations, or makes another person uncomfortable.
- *Racial, religious, sexual, or any other form of verbal harassment; including but not limited to abusive, intimidating and threatening language such as yelling.
- *Racial, religious, sexual, or any other written harassment; including but not limited to profane or vulgar signs, notes, clothing or emails.

Non-Verbal

- *Rude, obscene or otherwise objectionable hand or physical gestures.
- *Physical intimidation or threats of violence.
- *Barring participants, volunteers or staff from accessing Center facilities, programs or materials.
- *Unwanted physical contact of any kind.
- *Throwing of any objects.
- *Sleeping.

Damage to Property

- *Damage or destruction of materials, equipment, furniture and grounds, or theft.
- *Damage or destruction of other property belonging to participants, volunteers or staff, or theft.

Personal Hygiene & Dress

- *Littering inside the City facilities or on the grounds.
- *Failure to maintain personal cleanliness and good hygiene such as strong body odor or soiled clothing.
- *Lack of shoes, shirt, or proper coverage.
- *Wearing of clothing or accessories which advertise the discrimination or denigration of any groups including but not limited to ethnicity, culture, religion, political or sexual orientation.

Safety

- *Contamination of foods or property through lack of personal hygiene or poor cleanliness practices.
- *Be under the influence of alcohol or illegal drugs.
- *Violation of the smoking ordinance either inside or outside the facilities.
- *Bringing bicycles, shopping carts, running, skating or skateboarding inside the Facilities.

Solicitation or Religious Dissemination

- *Personal solicitation of goods or services of any nature not provided by the Center or partner agencies.
- *Solicitation of donations to any non-profit agency not in partnership with the City.
- *Sales of any goods or services not part of the Parks & Recreation programs.
- *Promotion or dissemination of any religious material.
- *Posting flyers of events not affiliated with Parks & Recreation Programs.

INDEX

Arts & Crafts	p8
Arts– Movies	p9
Calendars	p6
Code of Conduct	p2
Games & Social Engagement.....	p10
Get Involved	p12
Health & Exercise	p13
How This Center Works	p5
Lifelong Learning (classes).....	p18
Lunch Program	p20, 26
Registrations, Cancellations	p24
Services at Center	p20
Services in Belmont	p22

TIP: (S) = Activity requires Signing Up at Front Desk
(R) = Activity requires Registration with Parks & Rec
(D) = Drop-Ins are welcome

STAFF

Cheri Handley, Recreation Supervisor
Andrea De Lara, Recreation Coordinator

Richard St.Claire, Transportation
Bill Gomba, Transportation

Senior Citizens Advisory Committee

Ray Loya, Vice-Chair	Cheri Handley, Secretary
Chuck Cotton	Frank Rausch
Sirinee Tippakorn	Charles Stone
Rich Bortoli	Gloria Ryan
Bharathi Thilahr	

Share your thoughts with any of us!



The Center is located within a public park, which is also adjacent to City Hall. It is part of a larger complex, where you will find several other buildings, picnic areas, and facilities. The parking lots are public, and as such you will find some days more popular than others.

Please be mindful of the importance of pedestrian safety and emergency access and do not park along non-designated areas.

Please plan to arrive well before your activity starts so you will have ample time to find appropriate parking. There is additional parking at City Hall, as well as street parking on Ralston, 6th Avenue, and O'Neil.

HOW DOES THE CENTER WORK?

We have a very active and busy community in our small Center! As such, we try to accommodate a wide variety of groups with different interests and needs. Here are a few things you need to keep in mind:

- A. Please be mindful of start/end time you were scheduled for an activity, and other groups' schedules as well.
- B. The availability of a room cannot be guaranteed on a permanent basis, so sometimes groups may need to adjust to new rooms or schedules.
- C. Groups need to be open to the public, and welcoming to new participants. The more the merrier!
- D. Groups provide their own supplies to hold an activity.
- E. If your group is cancelling for a day or two, please let a staff member know. That way we can let newcomers who drop in know, and we can use the room for another activity.
- F. Sometimes we have to share! We try to find an appropriate room for your group size and activity level, but there may be sound carryover from another group having fun.
- G. Our Center is temperature controlled, but everyone has a different comfort level when it comes to heat and cold. Dress in layers, so you can make yourself comfortable.
- H. Help us keep the Center awesomely clean. Return items where you found them, and don't forget those tissues, crumbs, or coffee cup!
- I. If you feel that the Center can no longer meet your preferences for your activity, you are welcome to meet at a different location. We are sorry to see you go, but sometimes we just can't provide exactly what you prefer.
- J. Our copy machine is not a public machine, but as a courtesy, we can make up to 10 copies for a scheduled group, and 2 personal copies. See the Front Desk Volunteer for assistance.
- K. Money cannot be given as a prize to game winners....except with a permit from the Belmont Police Department.

Most of the perks you enjoy at the Center are made possible by the hard work of staff, volunteers and members of the community who donate their time, money, care and efforts to the Center. Let them know how thankful you are, it will make their day!



Twin Pines Senior & Community Center February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Bread Program 9:40 Video Aerobics 10:00 Italian Conversation 10:00 Spanish Conversation 11:00 Intern. Tai Chi (R) 1:00 Book Club Beat Arthritis (R) French Chat 2:00	4 9:00 Japanese Class 9:30 Walking Group 10:00 American Line Dancing (R) Chinese Mahjong Lunch Program (S) Classic Movie Crafts Group Sewing & Quilting Group 1:00	5 8:45 Strength Training 9:00 Bread Program 9:40 Video Aerobics 10:00 Spanish Class 10:15 Sensible Yoga (R) 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie 1:00 Mexican Train Dominoes 2:00 Exploring Retirement	6 9:30 Walking Group 9:30 Canasta 9:30 Rosen Method Movmnt (S) 10:00 Color Me Calm 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:15 Wii Bowling Party! Throwback Movie 12:30 Bridge 2:00 Write Your Life Story	7 9:30 Chair Yoga 10:00 Mindful Meditation 10:15 Sensible Yoga (R) 11:00 Mandarin Class 12:00 Mandarin Chat 12:00 BINGO 1:00 Chinese Mahjong
10 9:00 Bread Program 9:40 Video Aerobics 10:00 Ukulele Sing Along Italian Conversation 10:00 Spanish Conversation 11:00 Intern. Tai Chi (R) Beat Arthritis (R) French Chat 2:00	11 9:00 Japanese Class 9:30 Walking Group 10:00 American Line Dancing (R) Chinese Mahjong Lunch Program (S) Foreign Film Crafts Group Pedro Card Game Sewing & Quilting Group 1:00	12 8:45 Strength Training 9:00 Bread Program 9:40 Video Aerobics 10:00 Spanish Class 10:30 Zumba Gold (R) 10:30 Sensible Yoga (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie 1:00 Hand & Foot	13 9:30 Walking Group 9:30 Canasta 9:30 Rosen Method Movmnt (S) 11:00 Beat Arthritis (R) 11:30 Birthday Lunch (S) Wii Bowling 12:15 Throwback Movie 12:30 Bridge 2:00 Write Your Life Story	14 9:30 Chair Yoga 10:00 Mindful Meditation 10:15 Sensible Yoga (R) 11:00 Mandarin Class 12:00 Mandarin Chat 1:00 Chinese Mahjong
17 Center Closed President's Day	18 9:00 Japanese Class 9:30 Blood Pressure Clinic Walking Group 10:00 Senior Club Meeting Chinese Mahjong Lunch Program (S) Classic Movie Crafts Group Sewing & Quilting Group 1:00	19 8:45 Strength Training 9:00 Bread Program 9:40 Video Aerobics 10:00 Spanish Class 10:15 Sensible Yoga (R) 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie 1:00 Mexican Train Dominoes	20 9:30 Walking Group 9:30 Canasta 9:30 Rosen Method Movmnt (S) 10:00 Color Me Calm 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Throwback Movie 12:30 Bridge 2:00 Write Your Life Story	21 9:30 Chair Yoga 10:00 Mindful Meditation 10:15 Sensible Yoga (R) 11:00 Mandarin Class 12:00 Mandarin Chat 12:00 BINGO 1:00 Chinese Mahjong
24 9:00 Bread Program 9:40 Video Aerobics 10:00 Stamp Collectors Spanish Conversation 11:00 Italian Conversation 11:00 Intern. Tai Chi (R) Beat Arthritis (R) French Chat 2:00	25 9:00 Japanese Class 9:30 Walking Group 10:00 American Line Dancing (R) Chinese Mahjong Lunch Program (S) Foreign Film Crafts Group Pedro Card Game Sewing & Quilting Group 1:00	26 8:45 Strength Training 9:00 Bread Program 9:40 Video Aerobics 10:00 Spanish Class 10:15 Sensible Yoga (R) 10:30 Zumba Gold (R) 11:30 Lunch Program (S) 11:30 German Conversation 12:30 New Movie 1:00 Hand & Foot 2:30 Munchies & Museum Tour	27 9:30 Walking Group 9:30 Canasta 9:30 Rosen Method Movmnt (S) 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Throwback Movie 12:30 Bridge 2:00 Write Your Life Story	28 9:30 Chair Yoga 9:30 Pickleball Mindful Meditation 10:00 Sensible Yoga (R) 10:15 Mandarin Class 11:00 Mandarin Chat 11:30 Open Ping Pong Mandarin Chat 12:00 Chinese Mahjong 1:00

(S) = Activity requires Signing up

(R) = Activity requires Registration at Parks & Rec office

(blank) = Activity is drop-in

Activities are subject to change. Please call 595-7444 to confirm.

Twin Pines Senior & Community Center March 2020

Monday

2	9:00 Bread Program	3	9:00 Japanese Class	4	8:45 Strength Training	5	9:30 Walking Group	6	9:30 Chair Yoga
9:40 Video Aerobics	9:30 Walking Group	9:40 Video Aerobics	9:40 Walking Group	9:00 Bread Program	9:30 Bread Program	9:30 Canasta	9:30 Canasta	10:00 Mindful Meditation	
10:00 Italian Conversation	10:00 American Line Dancing (R)	10:00 Spanish Conversation	10:00 American Line Dancing (R)	10:00 Spanish Class	10:00 Spanish Class	10:30 Zumba Gold (R)	9:30 Rosen Method Movmnt (S)	11:00 Mandarin Class	
10:00 Spanish Conversation	Chinese Mahjong	11:30 Lunch Program (S)	Chinese Mahjong	10:30 Zumba Gold (R)	11:30 German Conversation	11:00 Color Me Calm	10:00 Color Me Calm	12:00 Mandarin Chat	
11:00 Inter. Tai Chi (R)	Lunch Program (S)	12:30 Classic Movie	Lunch Program (S)	10:30 Sensible Yoga (R)	11:30 Lunch Program (S)	11:00 Beat Arthritis (R)	11:00 Beat Arthritis (R)	12:00 BINGO	
1:00 Book Club	Classic Movie	12:30 Crafts Group	Classic Movie	11:30 German Conversation	12:30 New Movie	11:30 Lunch Program (S)	11:30 Lunch Program (S)	1:00 Chinese Mahjong	
1:00 Beat Arthritis (R)	Crafts Group	1:00 Sewing & Quilting Group	Crafts Group	11:30 Lunch Program (S)	12:30 Mexican Train Dominoes	12:30 Throwback Movie	12:30 Throwback Movie		
2:00 French Chat	Sewing & Quilting Group		Sewing & Quilting Group	12:30 New Movie	2:00 Exploring Retirement	Bridge	Bridge		

Tuesday

9	9:00 Bread Program	10	9:00 Japanese Class	11	8:45 Strength Training	12	9:30 Walking Group	13	9:30 Chair Yoga
9:40 Video Aerobics	9:30 Walking Group	9:30 Video Aerobics	9:40 Walking Group	9:00 Bread Program	9:30 Bread Program	9:30 Canasta	9:30 Canasta	10:00 Mindful Meditation	
10:00 Ukulele Sing Along	10:00 American Line Dancing (R)	10:00 Italian Conversation	10:00 American Line Dancing (R)	10:00 Spanish Class	10:00 Spanish Class	9:30 Rosen Method Movmnt (S)	9:30 Rosen Method Movmnt (S)	10:15 Sensible Yoga (R)	
10:00 Italian Conversation	Chinese Mahjong	11:30 Spanish Conversation	Chinese Mahjong	10:30 Zumba Gold (R)	10:30 Zumba Gold (R)	11:00 Beat Arthritis (R)	11:00 Beat Arthritis (R)	11:00 Mandarin Class	
10:00 Spanish Conversation	Lunch Program (S)	12:30 Beat Arthritis (R)	Lunch Program (S)	10:30 Sensible Yoga (R)	11:30 German Conversation	11:30 Birthday Lunch (S)	11:30 Birthday Lunch (S)	12:00 Mandarin Chat	
1:00 Beat Arthritis (R)	Foreign Film	2:00 French Chat	Foreign Film	11:30 German Conversation	12:30 Lunch Program (S)	12:30 Throwback Movie	12:30 Throwback Movie	1:00 Chinese Mahjong	
2:00 French Chat	Crafts Group		Crafts Group	11:30 Lunch Program (S)	12:30 New Movie	Bridge	Bridge		
	Pedro Card Game		Pedro Card Game	12:30 New Movie	Hand & Foot				
	Sewing & Quilting Group		Sewing & Quilting Group	1:00 Hand & Foot					

Wednesday

16	9:00 Bread Program	17	9:00 Japanese Class	18	8:45 Strength Training	19	9:30 Walking Group	20	9:30 Chair Yoga
9:40 Video Aerobics	9:30 Walking Group	9:30 Video Aerobics	9:40 Walking Group	9:00 Bread Program	9:30 Bread Program	9:30 Canasta	9:30 Canasta	10:00 Mindful Meditation	
10:00 Spanish Conversation	Blood Pressure Clinic	10:00 Spanish Conversation	Blood Pressure Clinic	10:00 Spanish Class	10:00 Spanish Class	9:30 Rosen Method Movmnt (S)	9:30 Rosen Method Movmnt (S)	10:15 Sensible Yoga (R)	
10:00 Italian Conversation	Walking Group	10:00 Italian Conversation	Walking Group	10:30 Sensible Yoga (R)	10:30 Sensible Yoga (R)	10:00 Stress Reduction (S)	10:00 Stress Reduction (S)	11:00 Mandarin Class	
11:00 Inter. Tai Chi (R)	Senior Club Meeting	10:30 Inter. Tai Chi (R)	Senior Club Meeting	10:30 Zumba Gold (R)	10:30 Zumba Gold (R)	10:00 Color Me Calm	10:00 Color Me Calm	12:00 Mandarin Chat	
1:00 Beat Arthritis (R)	Chinese Mahjong	11:30 Beat Arthritis (R)	Chinese Mahjong	10:30 Sensible Yoga (R)	11:30 German Conversation	11:00 Beat Arthritis (R)	11:00 Beat Arthritis (R)	12:00 BINGO	
2:00 French Chat	Lunch Program (S)	12:30 French Chat	Lunch Program (S)	11:30 German Conversation	12:30 Lunch Program (S)	11:30 Lunch Program (S)	11:30 Lunch Program (S)	1:00 Chinese Mahjong	
	Classic Movie		Classic Movie	11:30 Lunch Program (S)	12:30 New Movie	12:30 Throwback Movie	12:30 Throwback Movie		
	Crafts Group		Crafts Group	12:30 New Movie	Mexican Train Dominoes	Bridge	Bridge		
	Sewing & Quilting Group		Sewing & Quilting Group	1:00 Mexican Train Dominoes					

Thursday

23	9:00 Bread Program	24	9:00 Japanese Class	25	8:45 Strength Training*	26	9:30 Walking Group	27	9:30 Chair Yoga
9:40 Video Aerobics	9:30 Walking Group	9:30 Video Aerobics	9:40 Walking Group	9:00 Bread Program	9:30 Bread Program	9:30 Canasta	9:30 Canasta	9:30 Pickleball	
10:00 Stamp Collectors	10:00 American Line Dancing (R)	10:00 Spanish Conversation	10:00 American Line Dancing (R)	10:00 Spanish Class	10:00 Spanish Class	9:30 Rosen Method Movmnt (S)	9:30 Rosen Method Movmnt (S)	10:00 Mindful Meditation	
10:00 Spanish Conversation	Chinese Mahjong	10:30 Italian Conversation	Chinese Mahjong	10:30 Sensible Yoga (R)	10:30 Sensible Yoga (R)	11:00 Beat Arthritis (R)	11:00 Beat Arthritis (R)	10:15 Sensible Yoga (R)	
10:00 Italian Conversation	Lunch Program (S)	11:00 Inter. Tai Chi (R)	Lunch Program (S)	10:30 Zumba Gold (R)	11:30 German Conversation	14:30 Lunch Program (S)	14:30 Lunch Program (S)	11:00 Open Ping Pong	
11:00 Inter. Tai Chi (R)	Foreign Film	12:30 Beat Arthritis (R)	Foreign Film	11:30 German Conversation	12:30 Lunch Program (S)	12:30 Throwback Movie	12:30 Throwback Movie	1:00 Chinese Mahjong	
1:00 Beat Arthritis (R)	Crafts Group	2:00 French Chat	Crafts Group	11:30 Lunch Program (S)	12:30 New Movie	Bridge	Bridge		
2:00 French Chat	Pedro Card Game		Pedro Card Game	12:30 New Movie	Hand & Foot				
	Sewing & Quilting Group		Sewing & Quilting Group	1:00 Hand & Foot					

Friday

23	9:00 Bread Program	24	9:00 Japanese Class	25	8:45 Strength Training*	26	9:30 Walking Group	27	9:30 Chair Yoga
9:40 Video Aerobics	9:30 Walking Group	9:30 Video Aerobics	9:40 Walking Group	9:00 Bread Program	9:30 Bread Program	9:30 Canasta	9:30 Canasta	9:30 Pickleball	
10:00 Stamp Collectors	10:00 American Line Dancing (R)	10:00 Spanish Conversation	10:00 American Line Dancing (R)	10:00 Spanish Class	10:00 Spanish Class	9:30 Rosen Method Movmnt (S)	9:30 Rosen Method Movmnt (S)	10:00 Mindful Meditation	
10:00 Spanish Conversation	Chinese Mahjong	10:30 Italian Conversation	Chinese Mahjong	10:30 Sensible Yoga (R)	10:30 Sensible Yoga (R)	11:00 Beat Arthritis (R)	11:00 Beat Arthritis (R)	10:15 Sensible Yoga (R)	
10:00 Italian Conversation	Lunch Program (S)	11:00 Inter. Tai Chi (R)	Lunch Program (S)	10:30 Zumba Gold (R)	11:30 German Conversation	14:30 Lunch Program (S)	14:30 Lunch Program (S)	11:00 Open Ping Pong	
11:00 Inter. Tai Chi (R)	Foreign Film	12:30 Beat Arthritis (R)	Foreign Film	11:30 German Conversation	12:30 Lunch Program (S)	12:30 Throwback Movie	12:30 Throwback Movie	1:00 Chinese Mahjong	
1:00 Beat Arthritis (R)	Crafts Group	2:00 French Chat	Crafts Group	11:30 Lunch Program (S)	12:30 New Movie	Bridge	Bridge		
2:00 French Chat	Pedro Card Game		Pedro Card Game	12:30 New Movie	Hand & Foot				
	Sewing & Quilting Group		Sewing & Quilting Group	1:00 Hand & Foot					

*Activities will be cancelled or changing location this week due to the Paint Project. Please see Newsletter cover or list for updated list.

(S) = Activity requires Signing up (R) = Activity requires Registration at Parks & Rec office (blank) = Activity is drop-in

GARDENING CLUB (S)

Are you an avid gardener? Barrett Community Center has one available plot for a group of seniors from the Twin Pines Senior & Community Center. There are a few minimum requirements for the Community Garden, please call or drop by the Front Desk to sign up to form part of this group. There will be a meeting to discuss the requirements and future of this garden.

UKULELE JAM & SING-A-LONG (D)

**2nd Monday each month,
10:00-11:30am**

Next session: Feb 10, Mar 9

All are invited to join the Twin Pines Senior & Community Center's Ukulele Jam and Sing-A-Long. Bring your ukulele or guitar, your voice and your "Aloha Spirit" to sing, or play and join in the fun!

CRAFTS GROUP (D)

Tuesdays 12:30-2:30pm

The Crafts Group is a friendly social group that meets to work on individual projects, and also on projects that will go on sale at the Center's display cabinet. All the proceeds from sales go directly to the Senior Fund. Bring your own project/supplies and join the fun.



COLOR ME CALM (D)

**1st & 3rd Thursdays, 10-11am
Next sessions: Feb 6, Feb 20**

How long has it been since you colored? Coloring isn't just for kids! Adult coloring groups are becoming more and more popular. It is a great way to create, reduce stress and discover a sense of calm in a relaxing, fun group. FREE! Supplies provided. This group meets on the 1st & 3rd Thursday of each month at 10:00.

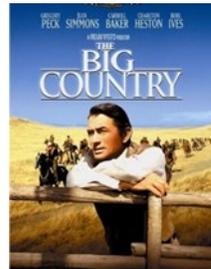
COMMON THREADS SEWING & QUILTING GROUP (D)

Tuesdays 1:00 - 3:30pm

Join us for a sewing and quilting group! Gather your supplies and bring your sewing machine. Bring them down to the Center and spend Tuesday afternoons sewing and quilting with others that enjoy stitching the afternoon away. You'll meet new people, learn from one another and be joined by Common Threads. Phone 595-7444 for more information.

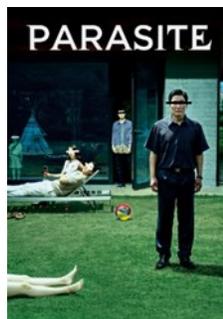
Classics— 1st & 3rd Tuesdays (D)

March 3—Golden Boy
March 17— Penny Serenade
March 31— Big Country



Foreign Films—2nd & 4th Tuesdays (D)

March 10— Parasite
March 24— Center Closed



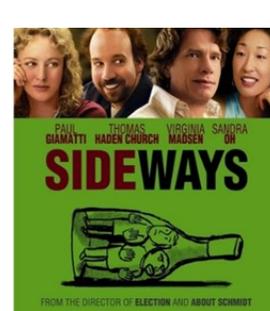
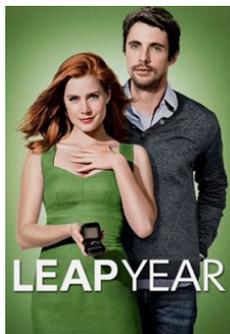
New Movies- Wednesdays (D)

Mar 4— Dark Waters
Mar 11— Bombshell
Mar 18— Jumanji: Next Level
Mar 25— Center Closed



Throwback Thursdays (D)

Mar 5— Leap Year
Mar 12— Sing Street
Mar 19— Sideways
Mar 26— Center Closed



*MOVIES MAY BE SUBJECT TO CHANGE.
Call 595-7444 for the latest update.



PIZZA WITH POLICE

Friday, April 10 12noon

Join us for a pizza lunch and the Good company of Belmont's finest from the Police Department. The cost is \$4, payable at the door. Sign up at the Twin Pines Senior & Community Center or call 650-595-7444.

TIP: (S) = Activity requires Signing Up at Front Desk
 (R) = Activity requires Registration with Parks & Rec
 (D) = Drop-Ins are welcome

Daytime Dances!

(S)

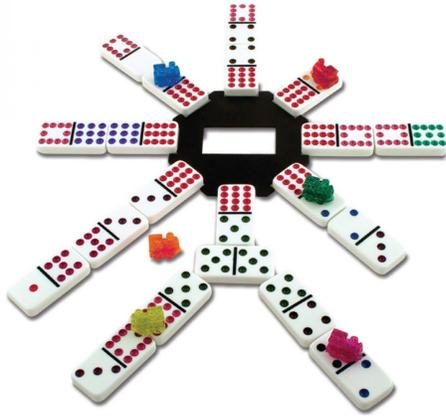
Certain Fridays, 1-3pm

Thanks to partnerships with local agencies, we can now offer FREE daytime dances open to the public (Adults 50+) with a live band! Both singles and couples welcome, and you can also come to just enjoy the music. Sign up to reserve your spot! Call 595-7444 for the next upcoming dance.



Table Games (D)

There is a game for everyone at Twin Pines. Games are played on a drop-in basis, no registration is needed so come when you can and join the fun!



Canasta

Thursdays, 9:30 - 11:30am

Experienced players and those who want to remember how to play this fun and easy game are welcome.

FREE!



Mexican Train Dominos

1st & 3rd Wednesdays 1-3:30pm

Beginners welcome.

Hand & Foot

2nd & 4th Wednesdays 1-3:30pm

Beginners welcome.

Chinese MahJong

Tuesdays, 10:30am-12:15pm

Fridays 1-3:30pm

All levels welcome. Drop in!

Intermediate & Advanced Bridge

Thursdays, 12:30 - 3:30pm

Drop-in play. No partner needed.

Pedro

2nd & 4th Tuesdays, 12:30-2:15

Bingo

1st & 3rd Fridays,

12:00 -3:00pm

Must be 18+

NOTICE : Playing for cash prizes/gift cards of any kind is considered gambling and prohibited by State Law. Only non-profit organizations can hold BINGO events and award cash prizes, with a special permit from the City.

The Senior Fund



What is the Senior Fund?

The Senior Fund enriches the Twin Pines Senior & Community Center in many ways. It is a fund dedicated to enhancing the Center, senior services and our programs.

How are the funds raised?

The funds are raised through generous donations received from individuals and businesses, along with fundraising efforts from our dedicated volunteers which include bread donations and needlecraft sales.

How do I learn more?

Learn more about the fund by **attending the next Senior Citizens Advisory Committee** on Tuesday, March 24, at 3pm. Do you have an idea for spending Fund money? Purchase request forms are available at the Twin Pines Senior & Community Center. Contact Cheri Handley for more info at (650) 595-7445 or chandley@belmont.gov

What is the fund balance?

The fund balance is \$83,000. Revenue generated through fundraising and donations shall continue to be deposited into the fund; while expenditures can be withdrawn from the fund. Remaining fund balances are carried over annually, and there is no expiration date. This will be a viable enhancement to the Twin Pines Senior & Community and its programs and services for years to come. One example of fund use was the installation of a sound system in every room.

Twin Pines Keepsake

Would you like a great memento of the Center and raise money for the Senior Fund and programs? A beautiful original watercolor by Alvin Joe, called "Spring Explosions" of the Twin Pines Wisteria patio has been made into 11" x 14" limited edition signed prints. They are available for \$25.00 each. 4"x 6" framed prints are available for \$10. Five-packet notecards are also available for \$10. Please see a staff member for purchase.





BEAT THE ARTHRITIS (R)

This low-impact, gentle physical activity will reduce pain and decrease stiffness of persons with arthritis-related conditions. Each program runs for 8 weeks.

This program taught by popular certified instructor Mary Furuta will help you keep your joints flexible, muscles strong and increase energy and balance. All levels welcome.

- Must be pre-registered to participate.
- You can register for once a week or twice a week classes.
- Missed classes cannot be pro-rated

Session I

Mon	1-2pm	3/2-4/6	#1170
Thu	11am-12	3/5-4/9	#1171
Mon + Thu		3/2-4/9	#1172

*No class Feb 17

Fee: (6 classes)

Residents: \$48 Mon or Thu,
\$87 Mon and Thu
Non-residents: \$58 Mon or Thu,

CHEN-STYLE TAI CHI (R)

Tai Chi is often called “moving meditation” because it is done slowly and mindfully. It’s an enjoyable practice with many health benefits, including reduced stress, better balance, and improved freedom of movement. This class will focus on fundamental principles/movements, and is suited for all adults regardless of physical condition, **as long as you can stand and walk unassisted.** Please wear comfortable clothes and shoes.

Register directly with the Parks & Rec Department., or call 595-7441 for more info.

Location: Twin Pines Lodge

Instructor: Sheryl Carver

*No class Feb 17

Beginner

Mon 7-8pm 3/16-4/27 #1154
Fee: \$77 Residents, \$92 Non-residents
(7 classes)

Intermediate

Mon 11am-12:15 3/16-4/27 #1155
Fee: \$96 Residents, \$115 Non-residents
(7 classes)

AMERICAN LINE DANCING (R)

Line dancing is for fun and for exercise and is open to all ages that enjoy dancing! Learn the various forms of line dancing from country slides and vines, flowing waltz, to ballroom favorites like boogie, swing, cha-cha, hip hop and more! This program is for new students or those who would like to enjoy easy-to-learn line dances, typically 32 steps or shorter.

- Participants must be able to stand and walk unassisted
- Must be registered in order to participate (no trials)
- Register with the Parks & Recreation Department.

Fee: \$49 Residents, \$59 Non-resident (6 classes)

Instructor: Allen Isidro

Location: Twin Pines Senior & Community Center

Wed 10:15-11:15am 3/3-4/14 #1152 (*No class 3/17)

CHAIR YOGA (D)

Fridays, 9:30-10:30am

Chair Yoga provides people of all abilities an opportunity to safely and enjoyably do yoga with seated and standing exercises. Sessions help with posture, flexibility and balance as well as relaxation, concentration and breath awareness. Join volunteer Viri as she provides this FREE class. Drop in!



ZUMBA GOLD (R)

Are you ready to Zumba? Zumba is based on the principles that exercise should be fun and easy to do. Zumba Gold is more gentle than regular Zumba and is a great mix of Latin flavor and international beats with easy-to-follow and low-impact moves which create a high-energy and calorie-blasting workout. **Please wear comfortable clothes, supportive shoes and bring a water bottle.**

Register directly with the Parks & Rec Department., or call 595-7441 for more info.

Fee: \$58 Residents, \$70 Non-residents (6 classes)

Instructor: Yoshiko Takeshita

Wed 10:30-11:30pm 2/26-4/1 #1141

SENSIBLE YOGA FOR ALL (R)

No injuries, no pain, just wonderful, comfortable stretching. Not difficult. Not judgmental. A complete body workout. Sensible and sane, good for everyone who wishes to be more flexible and comfortable in their body. Better posture, better balance, more energy. Bring a mat, and wear comfortable clothing!

Register directly with the Parks & Rec Department., or call 595-7441 for more info.

Fee: \$89 Residents, \$107 Non-resident (8 classes)

Instructor: Cheryl Cooper

Location: Twin Pines Lodge

Wed 10:15-11:15am 3/11-4/29 #1146

Fri 10:15-11:15am 3/13-5/1 #1148

Fee: \$89 Residents, \$107 Non-residents

Wed + Fri 3/11-5/1 #1174

Fee: \$160 Residents, \$180 Non-resident

STRENGTH TRAINING (D) Wednesdays, 8:45-9:30am

Targeted for adults over 60 but beneficial for everyone, the class concentrates on gradually building strength in the crucial muscles of the body to restore aligned, balanced posture and movement, strengthening the upper and lower body muscles. Join Sophia for this **FREE** class. Bring a water bottle and a mat for optional floor exercises. Drop-ins welcome!



ROSEN METHOD MOVEMENT (S)

**Thursdays, 9:30-10:30am
January 2 - April 23**

In this class you will be guided with music through gentle, unhurried movements, which are designed to improve alignment and flexibility while increasing range of motion, balance and strength. Certified Instructor Rosemary Field will help you connect with your body and mind, feeling balanced and refreshed at the end of each session. Wear comfortable clothing and supportive shoes. Limited space available, sign up right away by calling 595-7444.

See page 24 for refunds & credit voucher policies for missed classes.



MEMORY WORKSHOPS (S)

These are two of the 6 pillars that make up the NEXUS program developed by Silverado Senior Living. NEXUS is a specifically designed program that helps individuals build and maintain cognitive ability. Call 595-7444 to reserve your spot.

STRESS REDUCTION (S)

Join the experts from Silverado Memory Care as they discuss stress-reduction methods that provide cognitive benefits such as improved activity in the hippocampus.

Thursday, Mar 19 10-11am

VIDEO AEROBICS (D)
Mondays & Wednesdays,
9:40-10:20am

Get fit together in our FREE video fitness programs, no reservations required. Drop-in!

WALKS IN THE PARK (D)

This walking group meets on Tuesday and Thursday mornings at 9:30am, rain or shine! Take a brisk stride or walk at your own pace to breathe in the fresh air and enjoy nature. Drop-ins welcome.



MINDFUL MEDITATION (D)

Fridays, 10-11am,
Jan 3 - Apr 24

Through guided meditation, you will quiet the mind and body and be more aware of the present moment. Come find out what meditation is all about and learn techniques to reduce stress and pain and become more aware of your body and the world around you. FREE! Drop-ins welcome.

Location: Twin Pines Cottage

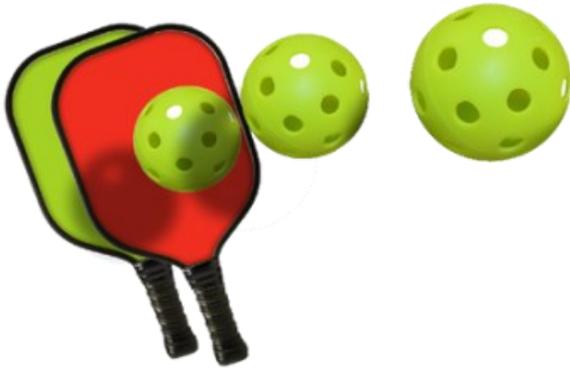
PICKLEBALL (D)

Certain Fridays, 9—11:30am
Next sessions: May 29

There will be a series of trial runs of indoor pickleball at the Center. We're still looking for community representatives to lead and help run these events.

Come to the next try-it days, bring comfortable clothing and shoes.

Drop in! (paddles available)



TIP:

(D) = Drop in activity

(S) = Sign up

(R) = Register with Parks & Rec

OPEN TABLE TENNIS (D)

Certain Fridays, 11:30am-3pm
Next sessions: Feb 28,

Drop in. Make sure to bring a partner!
Center Closed Nov 29



FREE HEALTH SCREENINGS

Personalized, individualized screening and counseling by an experienced Sequoita Hospital Nurse. They can help you understand your results and how to communicate them to your doctor, as well as answer your questions in a relaxed environment.
Drop in!

BLOOD PRESSURE SCREENING

3rd Tuesdays, 8:30-10am

Next session: Feb 18, Mar 17

BLOOD GLUCOSE SCREENING

Apr 15, 8:30-10am

*For best results, a 4-hour fast is suggested

AARP Driving Seminar (D)

Wed + Thu, April 15 + 16
9:30am-2pm

Refresh your knowledge of the rules of the road and receive a discount on your auto insurance. Bring a pen and your AARP card. Payment is due the instructor on the first day. The seminar requires attendance on both days.

To reserve a space, phone 595-7444.

Fee: \$15 AARP Members
\$20 non-members



Exploring Retirement (D)

1st Wednesdays, 2-3pm

Are you retired and still trying to find things you want to do? This group of retirees will meet at 2pm on the 1st Wednesdays of each month. Network with others; perhaps plan to meet up for a walk, bike ride, or cup of coffee. Phone 595-7444 for more info.

Language Groups (D)

Join our weekly scheduled language groups at any time. All are **FREE** and **Drop-In!**



- | | | |
|--|---|--------------------|
| Italian Class (Int.) | - 1 st -3 rd Mondays, | 10-11:30am |
| Spanish Conversation (Int/Adv) | - 1 st -3 rd Mondays, | 10-11:30am |
| French Conversation (Adv) | - Mondays, | 2-3:30pm |
| Japanese Class (Beg) | - Tuesdays, | 9-10:30am |
| Spanish Class (Int/Adv) | - Wednesdays | 10-11:30am |
| German Conversation (Int/Adv) | - Wednesdays, | 11:30am-1pm |
| Mandarin Class (Beg/Int) | - Fridays, | 11am-12pm |
| Mandarin Conversation (Int/Adv) | - Fridays | 12-12:45pm |

Senior Advisory Committee Vacancy

The Belmont Senior Citizens Advisory Committee is looking for an active candidate to join them in helping enhance the quality of life for the senior community. There is a opening for a Regional Representative. Candidates must live in Belmont, West of the Alameda de las Pulgas. The committee meets six times a year to discuss current issues, activities and programs that are an integral part of the Senior and Community Center. The meetings are typically held at 3:00pm, on the fourth Tuesday of every other month. Occasional participation in sub-committee meetings is desired. Interested candidates need to complete a City of Belmont Volunteer Application Form.

Open Until Filled

For more information contact Cheri Handley

650.595.7445 or chandley@belmont.gov

Write Your Life Story

Jan 23—Feb 27

Thursdays, 2:00pm-3:30pm

Everyone has a story. What is yours? In this FREE class you will learn about autobiographical writing and write your own life story. Your professional instructor will offer helpful guidance in creating a story that is a testimonial to you and your unique story; for you and your family or friends to enjoy forever.

NOTE: The first class meeting will include components of a good autobiography and reviewing brief samples from literary biographies.



Book Group (S)

1st Mondays

Join our local Belmont librarian in reading and discussing the novel of the month. FREE and all readers are welcome. Sign up at the Front Desk or call 595-7444.

Stamp Collectors (D)

4th Mondays, 10-11:30am

You can drop in and bring any stamps you find.

*No session in March

Next dates: April 27

Twin Pines Lunch Program! (S)

Join us for Chef-Prepared Meals from the Creekside Grill!

Our menu & ambiance makes the Center the spot to enjoy a delicious lunch Co-Sponsored with the County of San Mateo.

You must be signed up to have lunch. Phone 595-7444 to find out what's on the menu and to make your reservations, **at least 2 business days in advance.** (Hint: Sign up on Friday for Tuesday's Lunch!)

Transportation could be available for Belmont Residents.

Tuesday, Wednesday and Thursdays, 11:30am

*Doors open at 11am. *Arrivals after 11:45 are no-shows*

Ages 60+: \$5.00 suggested donation

Ages 59 and under: \$10 fee



How about Lunch & a Movie?

Free movies are played every Tuesday, Wednesday and Thursday right after lunch. Come spend an enjoyable afternoon with us! See pg. 9 for the movie listing or pick up a flyer at the Lobby. Movies start at 12:30 noon

1st & 3rd Tuesdays - **Classics**

2nd & 4th Tuesdays - **Foreign Films**

Wednesdays - **New, 1st-run movies**

Thursday - **Throwbacks from the 70's-90's**

Senior Shuttle (S)

The City of Belmont has a wheelchair & scooter- accessible van available to bring adults 60+ who reside in Belmont to and from the Twin Pines Senior & Community Center.

The transportation is available Monday through Thursday between the hours of 9am and 1pm.

Additional transportation is available 1st & 3rd Fridays. For more information, call (650) 595-7444. There is a suggested donation of \$1 for a one-way ride or \$2 for a round-trip ride.



Reference Shelf (D)

We have a space dedicated for printed information on non-profit agencies that provide FREE assistance to seniors or low-income residents in several areas. You may find information on:

- Legal Aid
- Health Insurance
- Home Care
- Housing
- Home Delivered Meals
- Support Groups
- Conflict Resolution
- Transportation

Drop by to pick up your free pamphlets or booklets!

Bread Program (D)

Mondays & Wednesdays, 9-10am

Assigned volunteers pick up leftover bread from Lunardi's and bring it to the Center twice a week. Donations for each piece are encouraged. Two items per person. First come, first serve.

All proceeds from bread donations go directly to the Senior Fund.



Books (D) are available in our complimentary loan library, both hardbacks and paperbacks.

HICAP: Health Insurance Counseling & Advocacy Program

This program is designed to assist seniors with Medicare and supplemental health insurance policies. The counseling services are provided free of charge by volunteers who have completed an extensive training program in the complex areas of Medicare and supplemental health insurance. A HICAP volunteer is available at the Twin Pines Senior and Community Center by appointment. For more info call (650) 627-9350

Report Health Care Fraud: Confidential Tip Line

1-800-HHS-TIPS (1-800-447-8477)

Every year, millions of dollars are lost to health care fraud. Everyone can play a role in putting an end to this by calling the Health and Human Services Confidential Tip Line: 1-800-HHS-TIPS. Please call Monday through Friday, 9 am to 8pm, any-time you believe you have information about fraud. You do not have to give your name to make a real difference.

24-hr Emergency & Advice Line for Aging Adults

TIES LINE: 1-800-675-8437

To help seniors, people with disabilities, dependent adults, and caregivers access the services they need to keep them safe. Professional staff answer general questions as well as provide assessment and emergency protection such as shelter, food and in-home care to address immediate concerns, until a long-term care plan can be developed.

Safe Firearms Disposal

If you are a Belmont Resident and looking for a safe way to dispose of any firearms in your possession, the Belmont Police Department can take them safely off your hands and schedule them for destruction.

Requirements: *Belmont Resident *With valid ID *By appointment only.
(650) 595-7400

At City Hall PD

- Call to make an appointment.
- Place items in the trunk of your car. (Pick-up trucks: place them behind the seats but **not** in the truck bed).
- Keep items in the case or box it came in, otherwise, inside a bag or case.
- Keep ammunition separate.
- On arrival: Leave items in the vehicle. Check in at the Police Department. An officer will come out to retrieve them after you inform them of your arrival.

If you do not drive:

- Leave items where they are.
- Call to make an appointment.
- On officer's arrival: Inform them whether you know (or don't know) if weapons are loaded or unloaded.
- Show them where they are, and the officer will handle the firearms themselves
- Important: Please call to reschedule if you will no longer be able to keep your appointment, as their time is very limited.

Non - Belmont Residents:

Contact your local Police Department to make an appointment in your area.

Sequoia Strong

Sequoia Strong™ (formerly 70 Strong) is your FREE personal resource guide to healthy living for ALL ages. Visit the new & improved, user-friendly directory at www.sequoiastrong.org to find activities you love and services you need. All resources are personally recommended by the Sequoia Healthcare District for District residents, and most resources are free or low-cost. Resources for Adults 50+ are available now.

Safe Medication Disposal

Did you know that disposing of prescription drugs is hazardous to the environment? Toilet-flushed drugs are harming our fish and amphibians. Any prescription medications that you no longer need can be brought to the Belmont Police Station for safe disposal. Please help protect our environment and join in the drug drop off program.

Retired Senior Volunteer Program (RSVP)

Become a member! We provide supplemental accident, liability and auto insurance while performing their volunteer duties. We hold an annual Luncheon to show our appreciation for commitment to service. Requirements: Age 55 and over, fill out an enrollment form, & report how many hours you are volunteering per month. If you would like to become a member or have questions, please call Norma Y. Perez at (650) 696-7687

FREE Phones for the hearing impaired

If using the telephone has become difficult, the California Telephone Access Program has FREE services to assist you. For example, do you have difficulty hearing conversations on the phone and hearing the phone ring? A FREE amplified telephone is available that increases the volume, with a loud ringer or a flashing device that indicates the phone is ringing. Services are available for those who are hard of hearing, speech impaired, have low vision, limited mobility & cognitive limitations. Phone 1(800) 806-1191.

Televised City Council & Commission Meetings

You can see Belmont City Council meetings and the Parks & Recreation Commission meetings from the comfort of your own home or on the web. Council meetings are held on the 2nd and 4th Tuesday of each month at 7:00 p.m. Parks & Rec Commission meetings are held the 1st Wednesday of each month at 7pm. Belmont residents can watch the meetings on Channel 27 (Comcast only) or on www.belmont.gov >City Hall >Meetings. Now you can “stay tuned” to what’s happening in Belmont.

Farmer’s Market

South Caltrain

Parking Lot

El Camino Real, Belmont

Rain or Shine, year ‘round

Sundays, 9am - 1pm

Fresh fruits, vegetables, breads and pastries, fresh flowers and much more!

www.pcfma.com

Class Registrations

REFUNDS AND CREDIT VOUCHER POLICIES

PARTICIPANT CANCELLATION

- If a participant withdraws from a class **MORE THAN one week** prior to start date, a refund or credit voucher will be issued. **A \$10 service fee per class withdrawal will be withheld from the refund.**
- If a participant withdraws from a class **LESS THAN one week** prior to the start date, they must submit their request **in writing** for consideration of a refund or credit voucher. A \$10 service fee will be withheld from the refund.
- No refunds or credit vouchers will be issued **AFTER** a class has begun.
- **No refunds or credits will be given for the \$2.50 online processing fee**, as that fee is not charged by our department. This fee is for the convenience of using the online registration service.

MISSED CLASSES/LATE ENROLLMENT

- Fees will not be pro-rated for missed classes or late enrollment.
- Make-up classes are not always available and are at the Instructor's discretion. If an Instructor offers a makeup opportunity, it should be scheduled within the same session as registered.

DEPARTMENT CANCELLATION

- Full refunds will only be issued for classes cancelled by our department.
- Additionally, classes will be cancelled if minimum registration requirements are not met.

Twin Pines Lunch Program Policies

The Lunch Program is provided through a grant awarded by San Mateo County and run by Volunteers. Funding is limited; therefore we must comply with certain policies to ensure everybody gets equal opportunity to enjoy the delicious meals catered by Creekside Grill.

Cost

Age 60+: Suggested donation of \$5 per person

Age 59 or less: There is a fee of \$10.00

Reservations

- Sign up as early as possible. Meals are ordered 2 days in advance from the caterer. Popular events require earlier reservations.
- “Dropping in” does not guarantee a meal, as there are only a specific number of meals ordered. Make sure you signed up on the reservation list first.

On arrival

- The Lunch Room opens at 11:00am. Lunch is served at 11:30am. Please wait in the Lobby before that.
- Before going into the lunch room, attendees must first register at the Check-In table with the Check-In Volunteer.
- Seating is first come, first serve. We discourage reserving seats for people who haven't arrived, and instead encourage welcoming new people who are looking for a place to sit. If you want to sit only with friends, please be courteous to others and wait for your full party to arrive before taking a seat.
- People without a reservation or “guests” cannot go into the Dining Room. Seating is available only for people on the List.
- Arrivals after 11:45am are considered No-Shows and forfeit their meal. It will go to the first person on the Waiting List.

Waiting List

- If you are on the Waiting List, we cannot guarantee you will be able to partake of a meal. We will call you on your phone number to let you know if there were any cancellations.
- Those on the Waiting List must wait for a call, or wait outside in the Lobby until 11:45am. After 11:45am you can Check-In with the Volunteer at the Check-In desk to see if there are any open spots available.

Cancellations

- If you signed up and can't attend, please notify the Center as soon as possible by calling (650) 595-7444.
- Remember, we order the meals 2 business days in advance. Please cancel at least 2 business days, before, otherwise the Center will incur a cost of \$10 for each meal that was not consumed.
- Your reservation is non-transferrable and goes to the next person on the Waiting List. It would be unfair to give your spot to a friend who has not made a reservation ahead of time.

****To be in compliance with our contract with the County of San Mateo, participants are discouraged from taking lunch food home, or from bringing food into the Lunch Program. This policy is in effect to prevent food-borne illness.****



Aging & Adult
Services Agency

February Lunch Program Menu

Call in advance to sign up or cancel (650) 595-7444

*Please read our lunch policies in the back.

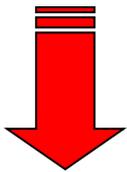


DOORS OPEN AT 11AM, LUNCH SERVED AT 11:30

20 Twin Pines Lane,
Belmont, CA 94002

Tuesday		Wednesday		Thursday	
3	From the Sea Baked Salmon, rice pilaf, green beans, salad- bread, fruit	4	Sandwich of the Day Open faced chicken salad sandwich on wheat english muffin, potatoes, broccoli, cauliflower, carrots, salad, dessert	5	Chicken Rice Bowl <i>Chicken & mushroom rice bowl w/ sweet peppers & onions, parmesan cheese, salad, bread, fruit</i>
10	Trivia Tuesday BBQ pork ribs, cole slaw, baked beans, car- rots, bread, salad, fruit	11	Chicken Delight Ground chicken patties over brown rice, demi glaze, cauliflower, carrots, bread, salad, fruit	12	Birthday Lunch Teriyaki pork, brown rice, carrots, snow peas, bread, salad, cake, oj
17	St. Patrick's Day Corned beef, cabbage, potatoes, carrots, sal- ad, bread, dessert, oj	18	Taste of Italy Garlic chicken fettuccine, green beans, squash, salad, fruit, bread salad, fruit	19	Hearty Lasagne Meat lasagna garlic wheat bread, bok choy, carrots, salad, bread, fruit
24	CLOSED FOR PAINTING	25	CLOSED FOR PAINTING	26	CLOSED FOR PAINTING
31	Pork Stroganoff Pork stroganoff over wheat pasta, mushrooms and carrots, salad, bread, fruit	Interested in lunch during our closure? Contact the San Mateo Senior Center for information on their meal program. 650-522-7490			

Sign up or cancel
2 days
in advance!



Tuesday Lunch: Call by Friday
Wednesday Lunch: Call by Monday
Thursday Lunch: Call by Tuesday

Late arrivals after
11:45 are considered
No-shows