

Twin Pines Newsletter

February — March 2017



OPEN

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



20 Twin Pines Lane, Belmont 94002
(650) 595-7444



Read this online at
www.belmont.gov/adults

The Center will be closed:
Monday, February 20
We will reopen on: Tuesday, February 21

NEW INSIDE THIS ISSUE:

Mardi Gras Dance— pg 13
AARP Tax Assistance—pg 24
AARP Smart Driver—pg 21
Better Choices, Better Health—pg 16
Color Me Calm—pg 7
Diabetes Self-Management Workshop—pg 19
Listen Up Loved Ones— pg20

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TIP:

(S) = Activity requires Signing Up

(R) = Activity requires Registration with Parks & Rec

Blank = Drop-Ins are welcome

STAFF

**Cheri Handley, Recreation
Supervisor**

**Andrea De Lara, Recreation
Coordinator**

**Mark Bernardi, Transportation
Richard St.Claire, Transportation**

Senior Citizens Advisory Committee

**Ray Loya, Chair
Cheri Handley, Secretary
Rich Bortoli
Frank Rausch
Patricia Lauricella
Dave Karlin
Eric Reed
Sirinee Tippakorn
Gloria Ryan
Terry Hill**



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 care giver.

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

- *The use of profanity or rude, abusive, intimidating or threatening language
- *Racial, religious, sexual or any other verbal harassment, including but not limited to yelling and phone calls
- *Racial, religious, sexual or any other written harassment, including but not limited to signs, notes 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

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

TWIN PINES SENIOR & COMMUNITY CENTER

WHAT MAKES IT 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 the 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. 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.
- E. Sometimes we have to share! We try to find an appropriate match for your group size and activity level, but there may be sound carryover from another group having fun.
- F. 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.
- G. Help us keep the Center awesomely clean. Return items where you found them, and don't forget those tissues, crumbs, or coffee cup!
- H. If you feel that the Center can no longer meet your preferences for your group, you are welcome meet at a different location. We are sorry to see you go, but sometimes we just can't provide exactly what you prefer.
- I. 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.
- J. 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 2017 ~

Monday	Tuesday	Wednesday	Thursday	Friday
<p>(S) = Activity requires Signing Up (R) = Activity requires Registration at Parks & Rec office (blank) = Activity is drop-in</p>				
<p>9:00 Bread Program</p> <p>9:00 AARP Tax Assistance</p> <p>9:30 Video Aerobics</p> <p>10:00 Italian Chat</p> <p>10:00 Spanish Chat</p> <p>1:00 Book Club (S)</p> <p>1:00 Beat Arthritis (R)</p> <p>2:00 Sit N' Be Fit Video</p> <p>2:00 French Chat</p>	<p>9:30 Walking Group</p> <p>9:00 AARP Smart Driver (S)</p> <p>10:00 Chinese Mahjong Class (S)</p> <p>10:00 Music Appreciation</p> <p>11:30 Lunch Program (S)</p> <p>12:30 Classic Movie</p> <p>1:30 Crafts Group</p> <p>1:00 Sewing & Quilting Group</p>	<p>8:45 Strength Training</p> <p>9:30 Video Aerobics</p> <p>10:00 Spanish Class</p> <p>10:30 Zumba Gold (R)</p> <p>11:30 German Conversation</p> <p>11:30 Lunch Program (S)</p> <p>12:30 New Movie</p>	<p>9:30 Walking Group</p> <p>9:30 Harmony in Action: Belmont Choir</p> <p>9:30 Rosen Method Movement (S)</p> <p>9:30 Canasta</p> <p>9:30 Diabetes Management (S)</p> <p>11:00 Beat Arthritis (R)</p> <p>11:30 Lunch Program (S)</p> <p>12:15 Wii Bowling</p> <p>12:30 Bridge</p> <p>1:00 Art Group</p>	<p>9:30 Chair Yoga with Katherine!</p> <p>9:30 Mindful Meditation</p> <p>11:00 Mandarin Conversation</p> <p>12:30 BINGO</p>
<p>9:00 Bread Program</p> <p>9:00 AARP Tax Assistance</p> <p>9:30 Video Aerobics</p> <p>10:00 Opinion Exchange w/ Jim Dunbar</p> <p>10:00 Stamp Collectors</p> <p>10:00 Italian Chat</p> <p>10:00 Spanish Chat</p> <p>1:00 Beat Arthritis (R)</p> <p>2:00 French Chat</p> <p>2:30 Laughter Yoga</p>	<p>8:30 Blood Pressure Clinic</p> <p>9:30 Walking Group</p> <p>10:00 Chinese Mahjong Class (S)</p> <p>10:00 Senior Club Meeting</p> <p>10:00 Music Appreciation</p> <p>11:30 Lunch Program (S)</p> <p>12:30 Classic Movie</p> <p>12:30 Crafts Group</p> <p>1:00 Sewing & Quilting Group</p>	<p>8:45 Strength Training</p> <p>9:00 Bread Program</p> <p>9:30 Video Aerobics</p> <p>10:00 Spanish Class</p> <p>10:30 Zumba Gold (R)</p> <p>11:30 German Conversation</p> <p>11:30 Lunch Program (S)</p> <p>12:30 New Movie</p>	<p>9:30 Walking Group</p> <p>9:30 Rosen Method Movement (S)</p> <p>9:30 Canasta</p> <p>9:30 Diabetes Management (S)</p> <p>10:30 Color Me Calm (S)</p> <p>11:00 Beat Arthritis (R)</p> <p>11:30 Lunch Program (S)</p> <p>12:15 Wii Bowling</p> <p>12:30 Bridge</p> <p>12:30 Blockbuster Movie</p> <p>1:00 Art Group</p>	<p>9:30 Chair Yoga with Katherine!</p> <p>9:30 Mindful Meditation</p> <p>11:00 Mandarin Conversation</p> <p>12:30 BINGO</p>
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**Activities are subject to change. Please call 595-7444 to confirm.*

Twin Pines Senior & Community Center

~ March 2017 ~

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<p>13 9:00 Bread Program 9:00 AARP Tax Assistance 9:30 Video Aerobics 10:00 Ukulele Sing Along 10:00 Italian Chat 10:00 Spanish Chat 1:00 Beat Arthritis (R) 2:00 French Chat 2:00 Sit N' Be Fit Video</p>	<p>14 9:30 Walking Group 10:00 Chinese Mahjong Class (S) 10:00 Music Appreciation 10:00 Matter of Balance (S) 11:30 Lunch Program (S) 12:00 Pedro card game 12:30 Foreign Film 12:30 Crafts Group 1:00 Sewing & Quilting Group</p>	<p>15 8:45 Strength Training 9:00 Bread Program 9:30 Video Aerobics 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie 1:00 Better Choices, Better Health</p>	<p>16 9:30 Walking Group 9:30 Rosen Method Movement (S) 9:30 Canasta 10:30 Color Me Calm (S) 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Bridge 12:30 Blockbuster Movie</p>	<p>17 9:30 Chair Yoga with Katherine! 9:30 Mindful Meditation 11:00 Mandarin Conversation 12:30 BINGO</p>
<p>20 9:00 Bread Program 9:00 AARP Tax Assistance 9:30 Video Aerobics 10:00 Italian Chat 10:00 Spanish Chat 1:00 Beat Arthritis (R) 2:00 Sit N' Be Fit Video 2:00 French Chat</p>	<p>21 8:30 Blood Pressure Clinic 9:30 Walking Group 10:00 Chinese Mahjong Class (S) 10:00 Senior Club Meeting 10:00 Matter of Balance (S) 11:30 Lunch Program (S) 12:30 Classic Movie 12:30 Crafts Group 1:00 Sewing & Quilting Group</p>	<p>22 8:45 Strength Training 9:00 Bread Program 9:30 Video Aerobics 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie 1:00 Better Choices, Better Health</p>	<p>23 9:30 Walking Group 9:30 Rosen Method Movement (S) 9:30 Canasta 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Bridge 12:30 Blockbuster Movie</p>	<p>24 9:30 Chair Yoga with Katherine! 9:30 Mindful Meditation 11:00 Mandarin Conversation 1:00 How much Retirement Income is Taxed? 1:00 Table Tennis</p>
<p>27 9:00 Bread Program 9:00 AARP Tax Assistance 9:30 Video Aerobics 10:00 Opinion Exchange w/ Jim Dunbar 10:00 Stamp Collectors 10:00 Italian Chat 10:00 Spanish Chat 1:00 Beat Arthritis (R) 2:00 French Chat 2:30 Laughter Yoga</p>	<p>28 9:30 Walking Group 10:00 Chinese Mahjong Class (S) 10:00 Matter of Balance (S) 11:30 Lunch Program (S) 12:00 Pedro card game 12:30 Foreign Film 12:30 Crafts Group 1:00 Sewing & Quilting Group</p>	<p>29 8:45 Strength Training 9:00 Bread Program 9:30 Video Aerobics 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie 1:00 Memory Loss Support Group (S) 1:00 Better Choices, Better Health</p>	<p>30 9:30 Walking Group 9:30 Rosen Method Movement (S) 9:30 Canasta 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Bridge 12:30 Blockbuster Movie</p>	<p>31 9:30 Chair Yoga with Katherine! 9:30 Mindful Meditation 11:00 Mandarin Conversation</p>

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

THE ARTS & THE CRAFTS

HARMONY IN ACTION: A NEW BELMONT CHOIR

1st Thursdays, 9:30am
Next session: Feb 2

A NEW choir is coming to the Center, and we invite YOU to join in the fun! You don't need to know how to read music, all you need is a desire to sing in the good company of others. Offered in partnership with Artis School of Music, facilitated by a professional Choir Director. Call 595-7444 to



MUSIC APPRECIATION

Tuesdays, 10am
Jan 10—March 14

Do you enjoy listening to all types of music? Would you like to learn more and have a chance to discuss music in a friendly group setting? Then join Dave as we explore a wide variety of musical styles. We will spend time listening, watching, and sharing our love of music. Because as we all know, music gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything.



COLOR ME CALM

3rd Thursdays, 10:30am
Next session: Feb 16

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 new group meets on the third Thursday of each month at 10:30, beginning January 19. Phone 595-7444 to sign up.

THE ARTS & THE CRAFTS

UKULELE JAM & SING-A-LONG

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

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!

COMMON THREADS SEWING & QUILTING GROUP

Tuesdays 1:00 - 3:30

Join us for a NEW 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.



ART GROUP

Thursdays, 1:00-3:30pm

Do you like to paint or work on art projects? Would you like to do it with company? Join several like-minded artists in spending a soothing afternoon creating art in a non-class setting. All experience levels welcome. Must bring your own supplies (paints, brushes, tools, cleaning supplies, easel). Chairs and 8-ft long tables are provided. Drop in!



CRAFTS GROUP

Tuesdays 12:30-2:30

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.

ARTS: MOVIES

12:30

CLASSICS — 1st & 3rd Tuesdays

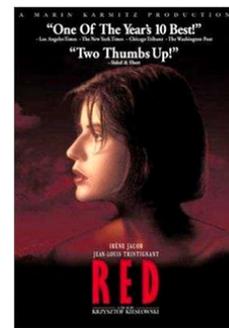
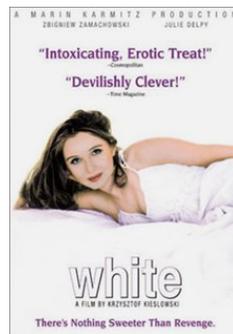
Feb 7—The Petrified Forest



Feb 21—A Streetcar Named Desire

FOREIGN FILMS — 2nd & 4th Tuesdays

Feb 14—White (France)



Feb 28—Red (France)

NEW MOVIES — Wednesdays

Feb 1—Deepwater Horizon



Feb 8—Girl on the Train



Feb 15—Inferno



Feb 22—Manchester by the Sea



VARIETY THURSDAYS

Feb 2—Brian's Song



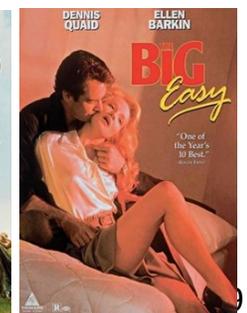
Feb 9—Sabrina



Feb 16—Much Ado About Nothing



Feb 23—The Big Easy



Games & Social Engagement

Table Games

It's your turn to play!

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!

Pedro

**2nd & 4th Tuesday of the month,
12:30**

Next date: Jan 10 & Jan 24

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!

NEW!

Chinese MahJong Class (S)

Tuesdays, 10am, starting Jan 17

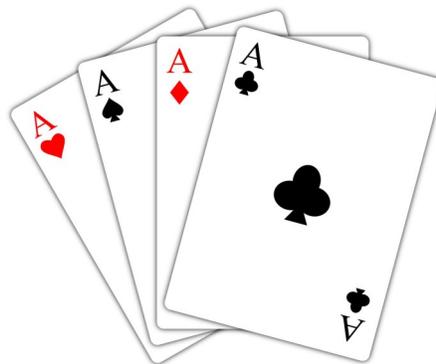
Join volunteer Holy as he teaches this worldwide popular game.

Call 595-7444.

Intermediate & Advanced Bridge

Thursdays, 12:30 - 3:30pm

Drop-in play. No partner needed. Begins promptly at 12:30pm. FREE!



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.

Games & Social Engagement



Daytime Dances! (S)

2nd Friday of each month, 1-3pm

Thanks to partnerships with local agencies, we can now offer FREE daytime dances open to the public (Adults 50+) every month 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

February 10

March 10

April 14

Mardi Gras!

Luck o' the Irish

Swing into Spring

Wii Bowling

Thursdays at 12:15.

FREE! You can do it standing or sitting, and have tournaments! Drop-in.



Games & Social Engagement

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 is available for Belmont Residents.

*Tuesday, Wednesday and Thursdays, 11:30am
(Doors open at 11am. Arrivals after 11:45 are no-shows)*

Note: Starting in March, 2017

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 - **Blockbusters of the 70's-90's**



MARDI GRAS DANCE!

AGES 50+

FRIDAY, FEB 10

1-3PM

FREE



20 TWIN PINES LANE, BELMONT
SINGLES & COUPLES WELCOME

RSVP (650) 595-7444

this event is
sponsored by



**Matched
CareGivers**

Get Involved

New for 2017

Starting in 2017, we will have a Guestbook near the Front Desk. We encourage everyone who comes to the Center each day to sign in, as having an accurate count of our daily visitors will help us towards future programs and projects.

We thank you in advance for your help.



The Giving Tree

Did you know that you can make a tax-deductible donation to Belmont's Senior Services programs? And that volunteers are always needed to support the services available at the Twin Pines Senior and Community Center?



The Belmont Senior Citizen's Advisory Committee invites you to participate in our new donor recognition program. Starting from May 2015, individuals and businesses making monetary donations of \$250 and above will be recognized with a leaf or acorn on the tree. Volunteers who are currently active and have served five or more years will also be recognized with a leaf or acorn; depending on length of service.

Donations to The Giving Tree are deposited into The Senior Fund. The Senior Advisory Committee, comprised of community members like you, reviews use of the funds, and makes sure that donations are used to make a positive difference in our facility, programs and services. Please call the Center at 595-7444 to find out how to become a volunteer or donate to our valuable programs.

Get Involved

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** meetings. 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 \$68,380. 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.

Get Involved

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.



Senior Advisory Committee

This group meets every other month to discuss items that impact the Twin Pines Senior and Community Center. Guests are welcome to attend. The next meeting is scheduled for Tuesday, March 21 at 3:00. For more information, contact Cheri Handley at 595-7444 or chandley@belmont.gov.

Belmont Senior Club

The Belmont Senior Club is an organization that meets at the Twin Pines Senior & Community Center on the **third Tuesday of each month at 10:00am**. They host afternoon Bingo and some day trips. Games are 1st and 3rd Friday of each month at 12:30pm. For more information see their website at belmontseniorclub.wix.com/-belmont-senior-club

HEALTH & EXERCISE

BEAT 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. *No class 2/20

-Must be pre-registered to participate with the Parks & Rec department. (No drop-ins)

-You can register for once a week or twice a week classes.

-After you've registered, missed classes can be made up with prior instructor approval.

*Fee cannot be pro-rated for late registrations

Fee: Residents: \$48 Mon or Thu,
\$88 Mon + Thu
Non-residents: \$58 Mon or Thu,
\$106 Mon + Thu

Mon	1-2pm	3/6-4/24	5225.104
Thu	11am-12	3/9-4/27	5225.105
Mon + Thu		3/6-4/27	5225.106



"I was so fortunate to participate in Mary Furuta's Beat Arthritis class prior to my total knee replacement surgery last year. I had a very rapid recovery and give much credit to the strengthening exercises learned in Mary's class.

Within 8 weeks of the surgery I was walking 2-3 miles 3 times a week and able to participate in both the Low Impact Video Aerobics Class as well as the Strength Training Class. I am currently continuing all these activities. I feel as if I'm in better physical condition as a retired person than I have been in decades. — Kathleen

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: \$68 Residents, \$82 Non-residents (6 classes)

Wed	10:30-11:30	2/22-3/29	5222.102
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HEALTH & EXERCISE

BETTER CHOICES, BETTER HEALTH (S) **NEW!**

Wednesdays, 1-3:30pm, Mar 8-Apr 12

This new program is for anyone dealing with the challenges of living with an ongoing health issue like diabetes, asthma, high cholesterol, or any other condition. You will learn about stress management, decision making, and so much more in these fun, interactive, **FREE** classes offered in partnership with The Health Trust. Snacks, a textbook and relaxation CD are all included. Call 595-7444 to register. Space is limited!

CHAIR YOGA w/ KATHERINE! **Fridays, 9:30am**

Chair Yoga provides people of all abilities an opportunity to safely and enjoyably do yoga with seated and standing exercises. Classes help with posture, flexibility and balance as well as relaxation, concentration and breath awareness. Best of all, what you learn with teacher Katherine can be incorporated into your daily activities at home, at work, or while traveling! **FREE!** Drop in!

LAUGHTER 'YOGA' **4th Mondays, 2:30pm Next dates:** **February 27**

Laughter is the best medicine! In Laughter 'Yoga', movement is fueled by the breath of laughter. Whether voluntary or involuntary, the benefits are the same. It burns calories, enhances your mood, and reduces stress. Taught by Certified Laughter Yoga Leader.

STRENGTH TRAINING **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. You can bring a water and a mat for optional floor exercises. Drop-ins welcome!

MINDFUL MEDITATION **Fridays, 9:30-10:30am** **Jan 6—Apr 21**

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. Bring your curiosity. **FREE!** Drop-ins welcome. *No class 11/11

ROSEN METHOD MOVEMENT **(S)**

Thursdays, 9:30-10:30am, Jan 5—Apr 20
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. Sign up by calling 595-7444. **FREE!**

HEALTH & EXERCISE

NEW! DIABETES SELF-MANAGEMENT WORKSHOP (S) Thursdays, 9:30-10:30, Feb 2 - Mar 9

Do you or someone you love have diabetes? Everyone with Diabetes Counts is a program that encourages lifestyle changes while learning about your diabetes and the way it affects our health. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today! Class is offered in partnership with Sequoia Hospital. FREE! Sign up by phoning 595- 7444.

WALKS IN THE PARK

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



VIDEO FITNESS PROGRAMS

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

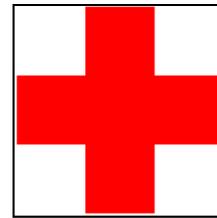
- **Low Impact Aerobics** - Mon & Wed 9:30am
- **Sit N Be Fit**- Mondays, 2pm
- **Chair Yoga**—Fridays, 9:30am (4/21, 4/28, 5/12)

TABLE TENNIS

**2nd & 4th Fridays,
1:00-3:30pm.**

Just Drop In! Bring your friends!

*Note: No Table Tennis Dec 23, Jan 27



BLOOD GLUCOSE/ DIABETES SCREENING

Wednesday, Apr 19, 8:30-10am
A 4-hr fast is suggested

Free personalized, individual screenings and counseling by an experienced Sequoia Hospital RN. Enjoy the benefits of an experienced RN who can help you understand your results and how to communicate your results to your doctor. Unique screening service that brings expertise and answer questions in a relaxed environment.

BLOOD PRESSURE SCREENING

3rd Tuesdays, 9-10am
Next screening: Feb 21

Lifelong Learning

NEW!

*Listen Up Loved Ones:
How to have an open dialogue
about end-of-life wishes (S)*

Friday, February 10, 10am

Are you having a hard time finding the right words? Does it always feel like the wrong time to have THAT conversation? You may find it difficult to address your final wishes with yourself. We will provide you with information and guidance on how to record your advance directives and funeral or memorial arrangements. You will learn tools to ensure that you gain your loved one's attention in a manner that allows you to be heard. Materials and snacks will be provided. Offered to you for FREE by Life After. Phone 595-7444 to reserve your spot.



Memory Loss Support Group (S)

**Last Wednesday of the month, 1pm
Next date: February 22**

Each month we will discuss aspects of our experience with dementia. For many of us, this is the first time we're experiencing the illness up close and personal. None of us chose this path, but here we are. What have you learned that might help someone else? What's working for you? Join us from 1:00-2:00 on 1:00 the last Wednesday of each month for a discussion facilitated by Casey Chan, MSW. This **FREE** program is sponsored by Silverado of Belmont. Sign up by phoning 595-7444.

*Free Financial Planning
Talks*

Retirement is the longest and most enjoyable vacation during our life, but few take enough time to plan for it. What is your goal? Are you confident you will have enough income to cover all expenses and circumstances? These FREE classes will help you understand and plan your retirement life. Drop in!

Feb 24—Where will retirement income come from?

Mar 24—How much will your retirement income be taxed?

Apr 28—Take care of your health needs, and leave a legacy: Medicare/LTC/Estate Planning

Lifelong Learning

AARP Smart Driver Course (S)

9am—1:30pm

February 7+10 (Tue + Fri), or April 4+7 (Tue + Fri)

Refresh your knowledge of the rules of the road and receive a discount on your auto insurance. Bring a pen and your AARP card. To reserve space, phone 595-7444. Upon completion, students may receive a discount on their auto insurance (rates vary). Call 595-7444 to reserve your spot.

FEE: \$15 AARP Members, \$20 Non-members, payable to instructor at first session.



OPINION EXCHANGE With Jim Dunbar

4th Monday of each month, 10am

Jim Dunbar of KGO radio fame will lead this engaging program. Each session will include discussion and commentary on current events. Stay current on local and global events at Twin Pines! **FREE.**

Next date: Feb 27

Lifelong Learning

Language Groups

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

- Italian Class - Mondays, 10am
- Spanish Chat - Mondays 10am
- French Conversation- Mondays, 2 pm
- Spanish Class - Wednesdays 10am
- German Class - Wednesdays, 11:30 am



Book Group (S)

1st Mondays, Jan– June

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



Computer Classes

At Belmont Library

The Belmont Library offers drop-in computer classes every Wednesday at 10:30am. Free! Call 591-8286 to ask for class topic and schedule.

2nd Wednesday– Computer Coach (any topic you need)

All other Wednesdays– Themed class

Location: 1110 Alameda de las Pulgas
(right off of Ralston)

At Twin Pines (S)

iPad/Tablet class (free)

- by appointment only
- bring your own equipment
- Held certain Thursday afternoons
- Sign up at Center or call 595-7444

Stamp Collectors

meet on the 4th Monday of each month at 10am. You can drop in and bring any stamps you find.

Next date: Feb 27

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.

Services at Twin Pines

AARP Tax Assistance (S)

Mondays, February 6—April 17

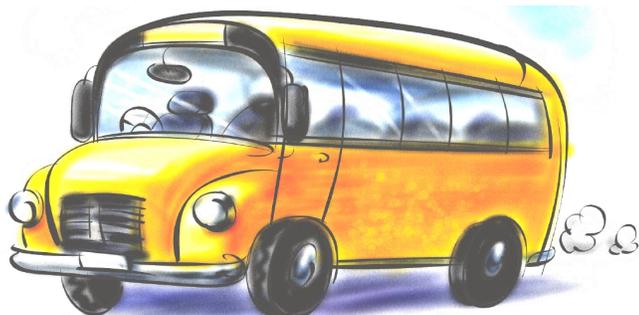
AARP will once again offer FREE Tax preparation assistance at the Twin Pines Senior & Community Center. This service is available to low and moderate income taxpayers, with special attention to those ages 60 and older. **BY APPOINTMENT ONLY!** No drop-ins. Don't wait until last minute and call 595-7444 starting January 3. *No appointments Feb 20

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.



HICAP: Health Insurance Counseling & Advocacy Program (S)

The Program (HICAP) 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 the second and fourth Thursday of each month, 9:00 am to 12:00 noon. For an appointment call 1-800-434-0222.

Services at Twin Pines

The Vial of Life

During a medical emergency, a small plastic vial containing a slip of paper with a list of your medications and health issues could save your life. Emergency responders are trained to check for the refrigerator for the vial. Get yours FREE at the Twin Pines Senior & Community Center. For more information call 650-595-7444.



Bread Program

Mondays & Wednesdays, 9:00am

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 are available in our complimentary loan library, both hardbacks and paperbacks.

Reference Shelf

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
Home Care
Housing
Support Groups
Transportation

Health Insurance
Home Health Agencies
Home Delivered Meals
Conflict Resolution

Drop by to pick up your free pamphlets or booklets!



SERVICES IN BELMONT

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.

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



TELEPHONE ASSISTANCE

Your telephone is a social connection, your link to family and friends, even a lifeline when you need help. If using the telephone has become difficult, Pacific Bell has FREE programs and 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 now 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.



HEALTH CARE FRAUD: IMPORTANT NEWS & INFORMATION - YOUR STRONGEST WEAPON TO FIGHT

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, anytime you believe you have information about fraud. You do not have to give your name to make a real difference.

Twin Pines Senior & Community Center — 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 and over: Suggested donation of \$4 per person

Age 59 or less: There is a fee of \$8.50

Reservations

- ◆ Sign up as early as possible. The final count is sent to the caterer 2 days before the meal. Popular events require earlier reservations.
- ◆ “Dropping in” does not guarantee a meal, as there are only a specific number of meals delivered by our Caterer. Make sure you signed up on the reservation list first.

On arrival

- ◆ The Dining Room opens at 11:00am. Lunch is served at 11:30am. Please wait in the Lobby before that.
- ◆ When the doors open attendees must first register at the Check In table with the Volunteer.
- ◆ Make sure you get your ticket to show to the Servers. This ticket is non-transferrable.
- ◆ We discourage reserving seats for non-present parties. Everyone has a right to sit where they choose, as it is first come, first served, and we encourage you to meet new people. If you want to sit with your friends, please be polite to others and wait for your party to arrive before taking a seat.
- ◆ If you have trouble finding a seat, please talk to the Lunch Coordinator, Natalie, and she will help you find a spot.
- ◆ **People without a reservation or “guests” cannot go into the Dining Room. Limited seating is available only for people on the List.**
- ◆ **Any arrivals after 11:45am are considered No-Shows and forfeit their place.** It will go to the first person on the Waiting List. Late arrivals must first go to the Check-In Volunteer to see if there are any open spots left.

Waiting List

- ◆ If you are on the Waiting List, there is **no guarantee** that you will be able to partake of a meal. You can call ahead to see if there are any cancellations.
- ◆ Those on the Waiting List must wait 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 Twin Pines Senior & Community Center as soon as possible by calling (650) 595-7444.
- ◆ Your reservation goes to the people on the Waiting List. It would not be fair to them to give your spot to a friend or acquaintance who did not sign up.

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



February Lunch Program Menu

(650) 595-7444



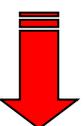
Aging & Adult Services
Agency

20 Twin Pines Lane, Belmont
www.belmont.gov/adults

Please read our policies in the back

Tuesday		Wednesday		Thursday	
Late arrivals after 11:45 are considered No-shows		1	Sweeten the Pot Pot roast stew, Roasted red mashed potatoes, Cauliflower & broccoli, Dinner roll, Salad, Dessert	2	Picca Picca Chicken piccata w/ prosciutto, Angel hair pasta, Broccoli, Garden salad, Garlic bread
7	Chicken Stroganoff Over wheat pasta, Veggies, Garden salad, Dinner roll	8	Sheesh, Kabobi Ground beef kabob served over Brown rice, Steamed broccoli, Salad, Dinner roll	9	Birthday Lunch! with Pimming on Piano Spaghetti Bolognese w/ Italian
14	Valentines Lunch + Door prize! Crispy orange chicken stir fry, Brown rice, Bok choy sauté, Salad, Dinner roll, Dessert	15	Mighty Meatloaf Bacon-wrapped meatloaf, Mashed potatoes & gravy, Veggies, Salad, Dinner roll	16	My Sweethog Honey-glazed pork loin, Wheat pasta, Veggies, Dinner roll, Salad
21	Chicken Parmigiana Chicken parmesan, Egg noodles, Garden salad, Dinner roll	22	You Saucy Minx Beef in Sauce, Roasted red mashed potatoes, French bread, Orange juice, Salad, Dessert	23	From the Grill Grilled BBQ pork ribs, Mashed potatoes, Corn & peas, Dinner roll, Salad
28	Fish a la Veracruzana Grilled Alaskan cod filet, Rice pilaf, Green beans, Salad, Dinner roll				

***Sign ups: 2 days in advance!**



**Tuesday Lunch: Sign up by Friday
Wednesday Lunch: Sign up by Monday
Thursday Lunch: Sign up by Tuesday**

***Menu is subject to change.**