

Senior Tales

The Newsletter of Twin Pines

April & May 2009



The Senior Connection

TWIN PINES
SENIOR AND
COMMUNITY CENTER

20 TWIN PINES LANE
BELMONT CA 94002
(650) 595-7444

**The Twin Pines Senior and Community, located in
beautifully wooded Twin Pines Park provides a
variety of programs and services to the community.
There is no membership fee and all are welcome.
Join us!**

April 2009 Events Calendar

Wednesday, April 1

9:30 Video Exercise
 10:00 Spanish Group
 10:00 Musical Moments
 11:30 Lunch Program
 12:00 English Group
 12:15 Movie - The Boy In The Striped Pajamas
 12:30 Pinochle & Hearts
 7:00 Dance Night

Thursday, April 2

9:00 Canasta
 9:30 Walking Group
 10:00 Pedro
 11:30 Lunch
 12:15 Poker-Low Key
 12:15 Scrabble/Games
 12:30 Bridge
 1:00 Porcelain Doll Making

Friday, April 3

9:30 Chair Yoga
 10:30 Pool
 1:00 Canasta
 1:00 BINGO

Monday, April 6

9:30 Video Exercise
 10:00 Taxes
 11:30 Lunch Program
 12:30 Manipulation
 2:00 French
 2:00 Chair Dancing

Tuesday, April 7

9:30 Walking Group
 10:00 Senior Club/AARP Meeting
 11:30 Lunch Program
 12:30 Needle Craft
 2:00 French Group

Wednesday, April 8

9:30 Video Exercise
 10:00 Spanish Group
 10:00 Musical Moments - On Break
 11:30 Lunch Program
 12:00 English Group - On Break
 12:15 Movie - Quantum of Solace
 12:30 Pinochle & Hearts
 6:30 Community Square Dance

Thursday, April 9

9:00 Canasta
 9:30 Walking Group
 10:00 Pedro
 11:30 Spring Lunch
 12:15 Poker-Low Key
 12:15 Scrabble/Games
 12:30 Bridge
 1:00 Porcelain Doll Making

Friday, April 10

9:30 Chair Yoga
 10:30 Pool

Monday, April 13

9:30 Video Exercise
 10:00 Taxes
 11:30 Lunch Program
 12:30 Manipulation
 2:00 French
 2:00 Chair Dancing

Tuesday, April 14

9:30 Walking Group
 11:30 Lunch Program
 12:30 Needle Craft
 1:00 Bridge Class

Wednesday, April 15

9:30 Video Exercise
 10:00 Spanish Group
 10:00 Musical Moments
 11:30 Lunch Program
 12:00 English Group - On Break
 12:15 Movie - Slumdog Millionaire
 12:30 Pinochle & Hearts

Thursday, April 16

9:00 Canasta
 9:30 Walking Group
 10:00 Pedro
 11:30 Lunch Program
 12:15 Poker-Low Key
 12:15 Scrabble/Games
 12:30 Bridge
 1:00 Porcelain Doll Making

Friday, April 17

9:30 Chair Yoga
 10:00 Get Fit Over 40
 10:30 Pool
 1:00 BINGO
 1:00 Mah Jong

Monday, April 20

9:30 Video Exercise
 11:30 Lunch Program
 12:30 Manipulation
 2:00 French
 2:00 Chair Dancing



Tuesday, April 21

9:00 Blood Pressure
 9:30 Walking Group
 10:00 Senior Club/AARP Meeting
 11:30 Lunch Program
 12:30 Needle Craft

Wednesday, April 22

9:30 Video Exercise
 10:00 Spanish Group
 10:00 Musical Moments
 11:30 Lunch Program
 12:00 English Group
 12:15 Movie - Seven Pounds
 12:30 Pinochle & Hearts

Thursday, April 23

9:00 Canasta
 9:30 Walking Group
 10:00 Pedro
 11:30 Lunch
 12:15 Poker-Low Key
 12:15 Scrabble/Games
 12:30 Bridge
 1:00 Porcelain Doll Making

Friday, April 24

9:30 Chair Yoga
 10:30 Pool
 1:00 Canasta

Monday, April 27

9:30 Video Exercise
 10:00 Book Group
 10:00 Stamp Collectors
 11:30 Lunch Program
 12:30 Manipulation
 2:00 French
 2:00 Chair Dancing

Tuesday, April 28

9:30 Walking Group
 11:30 Lunch Program
 12:30 Needle Craft
 1:00 Bridge Class
 2:00 French Group

Wednesday, April 29

9:30 Video Exercise
 10:00 Spanish Group
 10:00 Musical Moments
 11:30 Lunch Program
 12:00 English Group
 12:15 Movie - Frost/Nixon
 12:30 Pinochle & Hearts

Thursday, April 30

8:00 Senior Day Trip
 9:00 Canasta
 9:30 Walking Group
 10:00 Pedro
 11:30 Lunch
 12:15 Poker-Low Key
 12:15 Scrabble/Games
 12:30 Bridge
 1:00 Porcelain Doll Making





May 2009 Events Calendar



Friday, May 1

9:30 Chair Yoga
 10:30 Pool
 1:00 BINGO
 1:00 Mah Jong

Monday, May 4

9:30 Video Exercise
 9:30 Chess
 11:30 Lunch Program
 12:30 Manipulation
 2:00 French
 2:00 Chair Dancing

Tuesday, May 5

9:30 Walking Group
 10:00 Senior Club/AARP Meeting
 11:30 Lunch Program
 12:30 Needle Craft
 1:00 Bridge Class

Wednesday, May 6

9:30 Video Exercise
 10:00 Spanish Group
 10:00 Musical Moments
 11:30 Lunch Program
 12:00 English Group
 12:15 Movie - to be Announced
 12:30 Pinochle & Hearts
 7:00 Dance Night

Thursday, May 7

9:00 Canasta
 9:30 Walking Group
 11:30 Lunch Program
 12:15 Poker-Low Key
 12:15 Scrabble/Games
 12:30 Bridge
 1:00 Porcelain Doll Making

Friday, May 8

9:30 Chair Yoga
 10:30 Pool

Monday, May 11

9:30 Video Exercise
 9:30 Chess Group
 11:30 Lunch Program
 12:30 Manipulation
 2:00 French
 2:00 Chair Dancing

Tuesday, May 12

9:30 Walking Group
 11:30 Lunch Program
 12:30 Needle Craft
 1:00 Bridge Class

Wednesday, May 13

9:30 Video Exercise
 10:00 Spanish Group
 10:00 Welcome Caffe
 10:00 Musical Moments
 11:30 Lunch Program
 12:00 English Group
 12:15 Movie - to be Announced
 12:30 Pinochle & Hearts
 6:30 Community Square Dance

Thursday, May 14

9:00 Canasta
 9:30 Walking Group
 11:30 Lunch Program
 12:15 Poker-Low Key
 12:15 Scrabble/Games
 12:30 Bridge
 1:00 Porcelain Doll Making

Friday, May 15

9:30 Chair Yoga
 10:30 Pool
 1:00 BINGO
 1:00 Mah Jong

Monday, May 18

9:30 Video Exercise
 9:30 Chess
 11:30 Lunch Program
 12:30 Manipulation
 2:00 French Group
 2:00 Chair Dancing

Tuesday, May 19

9:00 Blood Pressure Screening
 9:30 Walking Group
 10:00 Senior Club/AARP Meeting
 11:30 Lunch Program
 12:30 Needle Craft
 1:00 Bridge Class

Wednesday, May 20

9:30 Video Exercise
 10:00 Spanish Group
 10:00 Musical Moments
 11:30 Lunch Program
 12:00 English Group
 12:15 Movie - to be Announced
 12:30 Pinochle & Hearts

Thursday, May 21

9:00 55 Alive
 9:00 Canasta
 9:30 Walking Group
 10:00 Blood Glucose Screening
 11:30 Lunch Program
 12:15 Poker-Low Key
 12:15 Scrabble/Games
 12:30 Bridge
 1:00 Porcelain Doll Making

Friday, May 22

9:00 55 Alive
 9:30 Chair Yoga
 10:30 Pool
 12:00 Spring Tea & choral Performance

Monday, May 25

9:30 Video Exercise
 10:00 Stamps Collectors
 11:30 Lunch Program
 12:30 Manipulation
 1:00 Book Group
 2:00 French
 2:00 Chair Dancing

Tuesday, May 26

9:30 Walking Group
 10:00 Emergency Preparedness
 11:30 Lunch Program
 12:30 Needle Craft
 1:00 Bridge Class

Wednesday, May 27

9:30 Video Exercise
 10:00 Spanish Group
 10:00 Belmont History Room Tour
 10:00 Musical Moments
 11:30 Lunch Program
 12:00 English Group
 12:15 Movie - to be Announced
 12:30 Pinochle & Hearts
 3:00 Tai Chi

Thursday, May 28

9:00 Canasta
 9:30 Walking Group
 11:30 Lunch Program
 12:15 Poker-Low Key
 12:15 Scrabble/Games
 12:30 Bridge
 1:00 Porcelain Doll Making

Friday, May 29

9:30 Chair Yoga
 10:30 Pool



WE'RE HERE FOR YOU

Operated by the City of Belmont, the Twin Pines Senior and Community Center provides a variety of programs and services to the community. The programs we sponsor include classes, lunches, lectures, social services, special events and recreational activities. There is no membership fee to come to the Center. There are clubs that hold their monthly meetings and activities at our facility, which you are welcome to join. There is something for everyone at the Twin Pines Senior and Community Center ---WE'RE HERE FOR YOU

STAFF

Cheri Handley, Recreation Supervisor
Pietie Vreman, Recreation Coordinator
Laura Guluzzy, Recreation Coordinator
Joan Santaga, Information & Referral
Jim Hardy, Transportation
Jerry Scherzler, Transportation
Barbara Murray, Nutrition

Twin Pines Senior & Community Center

20 Twin Pines Lane
Belmont, CA 94002
(650) 595-7444
OPEN
Monday-Friday
9am - 5pm

Senior Citizens Advisory Committee

Steve Harris, Chair

Cheri Handley, Secretary

Rich Bortoli

Rose Davenport

Carmen Dostie

Coralin Feierbach

Agnes Harman

Sharolyn Kriger

Lu Krueger

Patricia Lauricella

NOW AVAILABLE!

INFORMATION & REFERRAL

Access information on services and agencies assisting with senior needs. Areas of focus include:

- Housing
- Support groups
- Transportation
- Home delivered meals
- Home care

Office staffed on Thursdays from
9:00 a.m. to 5:00 p.m.
Appointments are recommended.
Please call 595-7444 to schedule.

Transportation

The City of Belmont has a wheelchair accessible van available to bring seniors who reside in Belmont to and from the Twin Pines Senior & Community Center to participate in scheduled activities. The transportation is available Monday through Thursday between the hours of 9:00 am and 1:00pm. Transportation will also be available for special events. For more information phone (650)595-7444. There is a suggested donation of .50 cents for a oneway ride or \$1.00 for a round-trip ride effective March 1.



Health Services

Blood Pressure Screening

Free blood pressure screenings will be held the third Tuesday of every month, from 9:00 am - 10:00 am. No appointments are necessary. This service is provided by Sequoia Hospital Health and Wellness Services.

Need Help? Call TIES

(Team Work Insuring Elder Support)

The County of San Mateo offers a variety of Senior services. If you have any questions concerning transportation, home care, support groups, hospitals or any other aspect that impacts the Senior population, you can call the following 24-hour TIES line number: 1(800)675-8437.

HOUSING MODIFICATIONS

The Center for Independence of the Disabled (CID) provides:

ACCESSIBILITY MODIFICATIONS

If You Need:

- *Handrails
- *Grab Bars
- *Wheelchair Ramps

This service is available at low or no cost. Service fees are charged on a sliding scale according to income and ability to pay. Phone 595-0783 for information.

Meals on Wheels

Meals on wheels provides meals to people living at home who are unable to prepare their own meals, and who have little or no assistance to obtain adequate meals. Meals on Wheels can be provided temporarily during short-term convalescence or long-term disability. Meals are delivered between 11:00am. or 1:00pm. Monday through Friday. Call 650/295-2173 for more information.

The Vial of Life

During a medical emergency, a small plastic vial containing a slip of paper could save your life. More than 40,000 seniors in San Mateo and Santa Clara counties keep "The Vial of Life" in their refrigerators for just such emergencies. The vial contains a sheet of paper listing medications the victim is taking or any health issues they have. Emergency medical technicians are trained to check for a special sticker on the refrigerator, which lets them know to look in the refrigerator for the vial. "The Vial of Life" kits are available at the Information & Referral office on Thursdays, 9am-5pm. For more information call Joan Santaga at 595-7444.

Talk with a Counselor

Having trouble coping with change? Feeling stressed or unhappy? Support is near! Beth Meyers is available to talk with individuals who might be lonely, recently widowed, stressed over life changes, or have a health or family problem. She can meet with you at the Twin Pines Senior & Community Center or refer you to other free support services. Call Beth at 355-8787 for a free confidential appointment.

HELP FOR THOSE WITH HEARING LOSS

Hearing loss is the largest disability in America. There are simple devices that can help and they are available for you to try. You will be amazed at the difference they will make in your hearing! Come to the SHHH meeting to try them!

The Redwood City Library and SHHH (Self Help for Hard of Hearing People) host a monthly meeting the first Wednesday of each month at 10:30am in the Main Library conference room located upstairs. Phone Raegene Castle at 650/369-4717 for more information. Or email raegeneandjack@aol.com



Local Senior Services



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 and cognitive limitations. Phone 1-800-806-1191.

Insurance Counseling and Advocacy Program (HICAP)

The Health Insurance Counseling and Advocacy 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.



NEW HELP AT HOME BOOKS

We have the new 2008-2009 Help at Home books, available in the Information and Referral Office. This directory is a mini-reference guide to assist San Mateo County adults of all incomes to remain in their homes. You will find information on:

Adult Day Centers	Hospice
Grocery Shopping	Lifeline
Support Groups	Home Care
Home Health Agencies	Hospitals
Home Delivered Meals	Transportation-Specialized
Aging and Adult Services	Senior Centers/Dinning Centers

Please stop by the Information and Referral office on Thursday if you would like a free copy of Help at Home.

PROJECT SENTINEL Homeowners Assistance

PROJECT SENTINEL, a non-profit HUD certified counseling agency, provides free information, advice, and technical assistance for:

- Homeowners who are having difficulty making their monthly mortgage payments or who are behind in their mortgage payments.
- Homeowners and lenders to help avoid foreclosure through payment plans, forbearance agreements, or pre-foreclosure programs.
- First-time homebuyers prepurchase and household budget counseling. For free and confidential assistance, call 1-888-331-3332 (toll free).

Important News and Information

Your Strongest Weapon to Fight Health Care Fraud...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.

Help Your Community

The Center for Independence of the Disabled needs volunteers to help people in the City of Belmont in these two programs:

SASH serves people who are unable to leave their homes or unable to lift or carry groceries. Some people have diminished sight or a physical challenge and cannot lift heavy objects.

VIMM volunteers are trained to help individuals with basic money management; including help sorting and paying bills and organizing a simple bookkeeping system.

Please give your time - Your efforts WILL be appreciated.

Please Contact me at (650) 645-1780, and leave a message with your name, address and phone number. Sally Pierotti, VIMM/SASH Coordinator, Center for Independence of the Disabled.

This and That

Volunteers

These are very special people. They give of their time and talents so that we can enjoy all the great benefits of our Senior Center. If you haven't been a volunteer, try it, I guarantee you will like it. The satisfaction you will feel from working with & helping others is unbelievable. If you can't volunteer please take time to thank those who do. They need to know how appreciated they are. The Center Staff

Beginning Computer Classes

Beginning Computer Class This "entry level" class will define basic computer terms and demonstrate what a personal computer can do for you. FREE! Class size is limited, and all beginning computer classes usually fill fast. Phone (650) 595-7444 to place your name and phone number on a waiting list. You will be notified when there is an available opening.

Internet class

We're offering you a class designed to help you learn how to use the internet. You will learn the skills needed to search for information, 'surf the web'. Please call 595-7444 to sign up for our internet class.

LIBRARY NEWS

The staff would like to Thank you for your past donations of books to our library. Due to a limit in space and to the generous donations we are not taking any more bulk donations.

If you have 1 or 2 popular books in good condition that is fine.

Thank you for your cooperation in keeping our library as neat & organized as possible

HAPPY READING!

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.

Braille and Talking Book Library

Did you know that books, magazines and newspapers are available . Free of charge to those with vision limitations? These materials are available on cassette tape and are sent directly to your door from the Braille and Talking Book Library. Applications for this service are available at the Twin Pines Senior & Community Center.



Important Information

TELEVISED CITY COUNCIL MEETINGS

You can now see Belmont City Council meetings from the comfort of your own home. Meetings are held on the second and fourth Tuesday of each month at 7:30 p.m. Belmont residents can watch the meetings on Channel 27. Now you can "stay tuned" to what's happening in Belmont.

Craft Group Raises \$100.00

Our Craft Group works year round to make crafts for our display cabinet. In addition to the money raised through display sales, the craft group raised \$100.00 for the center at the spring craft Faire. Stop by on Tuesday after noon and meet this talented and generous group. Thank you "Crafty Ladies"



Mother's Day Lunch Tuesday May 5, 2009 11:30 am

*Join us for fun, fellowship and
a special treat
honoring the ladies.*

*Phone 595-7444 for your reservation.
There is a suggested donation of \$3.00
for those 60 and over, and \$6.00 for
anyone under 60. This meal is offered
in conjunction with the County of San
Mateo.*

At the Movies Movies Every Wednesday

The Twin Pines Senior and Community Center will feature a variety of movies this month. The movies will begin at 12:15. Admission is FREE. ALL ARE WELCOME. Our thanks to Ray Loya for his volunteer efforts in the movie program.

April 1st	Boy in the Striped Pajamas
April 8th	Quantum of Solace
April 15th	Slumdog Millionaire
April 22nd	Seven Pounds
April 29th	Frost/Nixon

May Movies to be Announced

Books on Tape

We have received a donation of books on tape. A listing of the tapes can be found in our library. If you would like to check out any of the titles, do so at the front desk.

Senior Center Without Walls

Senior Center without Walls offers activities, Friendly conversation, and an assortment of classes and support groups to elders who find it difficult to go to a community senior center. You can participate from the comfort of your own home through telephone conference calls, and it's free! No charge is added to your phone bills. The groups are completely free. Phone 1-877-797-7299 for more information.

Programs Available To You

COMMUNITY INFORMATION

BOARD

We have a Community Information Board. This board will post flyers from non-profit community groups listing upcoming events. It is also available for individuals wishing to place ads such as "Help Wanted" or "For Sale". Please contact staff regarding use of the board. Items can be posted for one month. Please note that the Twin Pines Senior and Community Center does not screen persons advertising on the board and assumes no liability.

Lunch Program

Come gather with friends, old and new and enjoy lunch at the Twin Pines Senior & Community Center. Healthy lunches are served Monday through Thursday at 11:30. There is a suggested contribution of \$3.00 for those aged 60 and over. For adults under age 60 there is a fee of \$6.00. The lunch program is co-sponsored with the County of San Mateo. A monthly menu is available at the Twin Pines Senior and Community Center. Come have lunch with us....you'll be glad you did.

Reasons for Volunteering

- To make a Difference
- To Help Others
- To Get to Know the Community
- To Make New Friends
- To Keep Skills Alive
- To Keep Busy
- To Be Part of a Team
- To Feel Needed
- To Feel Proud
- To Share a Skill
- For Recognition
- For FUN!

What ever your reason, and we may have missed it, think about joining our committed and friendly volunteer team at the Twin Pines Senior & Community Center. Call Joan at 637-2976 for inquiries or to get started.

Spring Lunch
Thursday
April 9, 2009
11:30 am

Join us on Thursday, April 9th for a Spring Luncheon. We will be featuring a festive spring lunch for a suggested donation of \$3.00 for those 60 and over. For those under 60 there is a \$6.00 fee.

Join us for Fun And Festivities as we celebrate Spring. Phone 595-7444 for reservations. Please sign up early, as space is limited.

Spring and Summer Activities

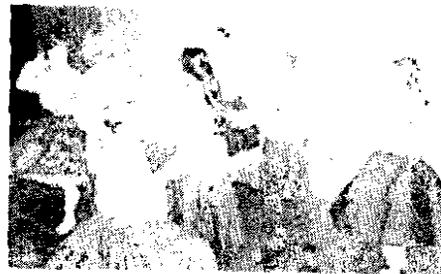
Spring Tea and Musical Performance

Join us for a light luncheon and tea at 12:00 on **Friday, May 22**. Following lunch you will sit back, relax and enjoy the sparkling sounds of the Peninsula Choraliers. The cost for this delightful afternoon is just \$4.00; which is payable at the door. Phone 595-7444 to make your reservation.

Community Square Dances

Wednesdays - April 8 - May 13

6:30-8:00pm - \$5 Admission at the door



Twin Pines Senior & Community Center

Square dancing is fun and can be done to all forms of music. No experience, partner or special clothing needed. **Ages 5-100!** Join your community in an evening of good old fashioned fun!

Welcome Coffee

Wednesday, May 13th - 10:00am

A Welcome Coffee will be held on **Wednesday, May 13th at 10:00am**. Information on the services, classes, clubs and special events offered at the Twin Pines Senior & Community Center will be presented. Have you been meaning to come down and find out what is available at Twin Pines? This is the perfect opportunity to get all the information you need. You are sure to find out about activities you will want to participate in. **Phone 595-7444 for reservations.**

Spring and Summer Activities

Language Groups

Please phone 595-7444 to reserve your **FREE** space.

French - Monday afternoons, 2pm

We have formed a French group which will provide you with the opportunity to meet new people and converse in French. Join us Monday afternoons at 2pm.

English - Wednesdays, 12noon

Is English your second language? Would you like to feel more confident speaking English? Come improve your English in a relaxed, informal setting with volunteer group leader Dave Karlin. Call 595-7444 for starting date.

Spanish - Wednesdays, 10:00am

Do you speak Spanish? Come meet new friends and keep your Spanish fluent. Drop in anytime, no registration needed. **FREE.**

Chair Dancing through the Decades

Mondays, 2:00pm

Chair Dancing is a fun and convenient way to get exercise, tone muscles, improve flexibility and burn calories. The exercises are done seated, watching a video and enjoying music that was popular through the decades. Class will be held at **2:00pm on Monday afternoons. FREE!** Please phone 595-7444 to register.

Walk in the Park

Tuesdays & Thursdays, 9:30am

Do you like to walk and enjoy the company of others? Join us for an informal walk, at your own pace, in Twin Pines Park. We meet at the Senior Center to start with some warm up exercises and continue for a nice walk through Belmont's beautifully wooded park. Reservations not needed.

Chair Yoga

Fridays, 9:30am

Sit comfortably in your chair; listen to pleasant music while following a video with stretching, strengthening, breathing and relaxation techniques adapted from the ancient yoga. Reduce your stress and increase your focus. Class meets on Fridays, at 9:30am. No reservations needed. **FREE!**

Chaucer's Saucer Book Group

Every 4th Monday, 1:00pm

Join our local Belmont librarian in reading and discussing books and authors selected by book group members. Copies of the designated book are provided by the Belmont Library. Meetings are held at 1:00pm on the 4th Monday of each month. There is no fee and all readers are welcome. Call (650) 595-7444 for questions.

Stamp Collectors

Every 4th Monday, 10:00am

Calling all stamp collectors or those interested in starting a collection! Come swap information, ideas, and stamps. For more information call Rich Coleman at 341-7978. Not a stamp collector, but have stamps at home? Donations of stamps, whether washed or still on the envelope are appreciated. New faces are welcome anytime. No fee or reservations needed.

Porcelain Doll Making

Thursdays, 1:00pm-3:00pm

You can make a precious porcelain doll! Volunteer instructor Carmela Santino will guide you through the fun process of creating your special doll. There are many sizes and types of dolls to choose from. The instruction is free. Materials to complete your doll may be purchased from the instructor. Join the class at any time!



Drop In Cards

**Thursdays
9:30am**

Drop in on Thursday mornings from 9:30-11:30am for a game of cards. We will have the tables set and the coffee brewing! Bring your foursome for a no-host game of cards. Don't have playing partners? Let us know and we will help you get started.

Spring and Summer Activities

Cooking With Diana- Basic Cooking (4 Classes)

Register with Parks & Recreation, 30 Twin Pines Lane, www.belmont.gov., 595-7441.

AGE: 50 and up

Event Coordinator & Caterer Diana Pappas will show you how to prepare simple meals for your family and friends. Each class will have open discussion on basic cooking, onsite food preparation, along with sampling the foods prepared. Appetizers, soups and salads, main course and simple desserts as well as table settings will all be included in this fun learning experience.

FEE: \$65 Resident, \$78 Non-Resident

LAB FEE: \$25 paid to instructor at first class

LOCATION: Twin Pines Lodge

INSTRUCTOR: Diana Pappas, Event Coordinator

5702.201 W 6-7:30pm 5/13-6/3

Easy Beading (3 Classes) **NEW**

AGE: Adults, 50 and older

Have you wanted to try jewelry making, but not sure how to get started? In this class you will learn how to create simple pieces of jewelry, making one project per class session. No artistic skill needed, just a willingness to create jewelry and have fun.

FEE: \$20 Resident, \$24 Non-Resident

LOCATION: Twin Pines Senior & Comm. Center

INSTRUCTOR: Pietie Vreman

5820.201 Th 10-11:30am 6/4-6/18

Monday Morning Musicals

June 22-July 20 **NEW**

9:30am

Stroll down musical memory lane as we watch classic musicals from days gone by. Musicals will be shown on our big screen. **FREE**. No reservations needed. Phone 595-7444 after June 1 for info on the featured films. This is the perfect chance to relive special moments in music history.

CHP Driver Seminar

July 29th

9:30am - 1:00pm

This **FREE** seminar is presented by the California Highway patrol to help seniors take control of their driving future and stay on the road longer. **Refreshments included.** To register please call County Adrienne Tissier's office (650) 363-4572.



55 Alive Mature Driving

May 21, 22 AND August 27, 28

9am - 1:30pm

The popular AARP 55 Alive Mature Driving class will be held at Twin Pines in May and August. There is a **\$10 fee** for the class, which is paid at the first session. Refresh your knowledge of the rules of the road and receive a discount on your auto insurance. To reserve a space, phone 595-7444.

Belmont History Room Tour

Wednesday, May 27

10:00 a.m.

Join us for an exciting tour of our History Room. You'll be amazed at the display of artifacts, historical pieces and photos dating back to 1850. The tour will meet at the Twin Pines Senior & Community Center and then journey a few steps away to the History Room. Phone 595-7444 to reserve your space.

Emergency Preparedness

May 26th OR July 28th

10:00am

Join us for a **FREE** workshop which will instruct you on how to prepare for a disaster, how to set up a support network and how to keep track of your medications and important information. You will not only walk away with information to help keep you safe in an emergency, but you will also take home a **FREE** disaster kit! Presented by the Center for Independence of the Disabled. Attend either session. Phone 595-7444 to reserve your seat.

Stepping Strong

AGE: 50+ years

Join Lifelong Fitness and fellow walkers, as we step up our physical activity in a supportive encouraging environment. Just beginning this summer, or seasoned, this is for you! Through goal setting, a pedometer and tracking tools, you will see improvements in your own activity, wellness and state of mind. Each week begins with information & discussion of health topics that you can put to use immediately, followed by a walk.

FEE: \$20 Residents, \$24 Non-Residents

LOCATION: Twin Pines Sr & Community Center

INSTRUCTOR: Lifelong Fitness Alliance

5208.201 W 9:30-11am 7/1-8/26

Spring and Summer Activities



Twin Pines Travelers DAY TRIPS

Trips are a wonderful opportunity to explore the Bay Area and enjoy the company of others. Trips will leave and return to Twin Pines Park. We will be planning more new and exciting trips in the near future.

For more information, please call Joan at 595-7444.

Variety Show

Monday, July 13

12 Noon

The P.S. Performers, an award-winning youth group will perform a musical variety show on **Monday, July 13th at noon** at Twin Pines Senior and Community Center. An intergenerational ice cream social will be held after the show. Phone 595-7444 to reserve your space. **FREE.**

Summer Fun Day

Friday, July 24th

11am

You will sing, clap or toe tap at our Summer Fun Day. Festivities begin at 11:00 am on **Friday, July 24** with a musical performance by Glenwood Inn. After the peppy entertainment, you will enjoy a scrumptious summer salad lunch, filled with plenty of tasty treasures. **The \$5 fee for the event includes lunch and entertainment, and is payable at the door.** Phone 595-7444 to register.

Breakfast at Tiffany's and Pietie's

Friday, August 28th **NEW**

10:30am

Join us on **Friday, August 28th at 10:30am** for a day of nostalgia, yummy food and companionship of friends old and new. The fun begins at **10:30am**, with a special breakfast prepared by Pietie. Following breakfast, we will take a stroll down memory lane and watch the classic film Breakfast at Tiffany's with Audrey Hepburn. **The \$5.00 fee is payable at the door. Reservations needed.** Phone 595-7444.

"I enjoy coming here. The activities are great. I am here every day; it really is a nice place." Peggy

Writer's Workshop

What do you enjoy writing? Is it short stories, memoirs, or poetry? We are forming a Writer's Workshop and invite you to join. In each session you will have the opportunity to read your material. Group members will provide helpful critiques which will motivate you to continue your passion for writing. Call 595-7444 and leave us your name and phone number. We will let you know just as soon as we can gather all you writers together!

"Volunteering to me is a joy - I do indeed get back more than I put in." Ray

Jazzercise Lite (6 Classes)

AGE: 55 and over

Jazzercise Lite is a great exercise program that meets the needs of active older adults. It has the components of regular Jazzercise, with modifications to accommodate older adults. Come join us for a fun, unintimidating class with low impact cardio and lots of strength and stretch training. (No class 5/25).

FEE: \$48 Resident, \$58 Non-Resident

LOCATION: Twin Pines Sr. & Comm. Center

INSTRUCTOR: Valerie Estacuy

5207.201 M 10-11am 4/27-6/8

HEALTH SCREENINGS

Blood Glucose Screening

Thursday, May 21, 2009

10:00-11:30am

For best results it is recommended to fast for four hours prior to testing. **FREE.** No appointment needed.

Hearing Screening and Evaluation

Thursday, June 11, 2009

10:00am-2:00pm

Advance registration is needed. Please phone 595-7444 to make your appointment for this **FREE** screening.

Chiropractic Evaluation and Consultation

Thursday, July 16

10:00-11:30am

Advance registration is needed. Please phone 595-7444 to make your appointment for this **FREE** screening.

Spring and Summer Activities

CLUBS

BELMONT SENIOR CLUB/AARP

All persons over 55 are invited to join the Belmont Senior Club/AARP. The club offers trips, parties, guest speakers and more. Meetings are held on the first and third Tuesday of each month at 10:00am. The Belmont Senior Club hosts afternoon Bingo. Games are typically held on the first and third Friday of each month at 1:00 at the Twin Pines Senior & Community Center. You are welcome to come early and bring a bag lunch. Please phone 595-7444 for more information.

WIDOWS & WIDOWERS

This fun and active group holds their meetings at 5:30pm on the 4th Wednesday of each month at the Twin Pines Senior & Community Center. Typical meetings include dinner, live entertainment, guest speakers and socialization. Contact Nancy at 368-6200 for membership information.

"Volunteering gives me some self-gratification and warm, fuzzy feeling. Just love it."

Deborah

Programs Available To You

BOOKS & limited DVD's are available in our complimentary loan library.

COMPUTERS with internet access, are available for your use.

POOL players are welcome to use our lovely pool table. Drop in.

CRAFT Group meets on Tuesday afternoons from 12:30-2:30pm in a social atmosphere. Bring your project and join the fun.

MOVIES are shown every Wednesday at 12:15pm. The movies are **FREE**. Check your Senior Tales Newsletter or phone (650) 595-7444 for the featured presentation.

VIDEO EXERCISE - Join us on Monday and Wednesday mornings at 9:30 as we exercise and stretch to a low impact exercise video. Free. No reservations needed.

A MAGIC NIGHT

FUNdraiser Dinner
FUN For The Entire Family
with Magic Mike & Mountain Mike's Pizza
Friday, June 19
6:00-8:00pm

Twin Pines Senior & Community Center
20 Twin Pines Lane, Belmont



Join us for a fun filled night with Magic Mike, star of Magic Mike's Funhouse television show. This community event will feature Mountain Mike's Pizza, salad and dessert. Following dinner you can sit back and relax with your family and enjoy the show---which promises to amaze and amuse young and old alike.

Register Early - Space is Limited!

	Cost	Code
Children (3-12 years)	\$8.00	7320.201
Adults (13-59 years)	\$10.00	7320.202
Seniors (60+ years)	\$8.00	7320.203

Proceeds benefit our Senior Services. Sponsored in part by the Redwood Shores Lion's Club.

The Twin Pines Senior & Community Center presents...

Dance Nights

Held the 1st Wednesday of every month

7:00 to 9:30pm

Music by 'The Casuals' band

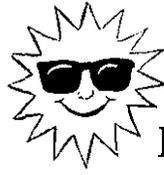
\$6.00 Admission

No Reservations or

Partner needed!



Spring and Summer Activities



Get in the Game...

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!

Manipulation

Mondays, 12:30- 4:30pm

Beginners and experienced players are welcome to join in this easy to learn card game.

Chess

1st & 3rd Mondays, 9:30am

Come learn basic skills or new strategies with fun folks who meet on the **1st and 3rd Monday of the month from 9:30-11:00am.**

Pinochle

Wednesdays, 12:30 - 3:30pm

Hearts

Wednesdays, 12:30 - 3:30pm

A fun, classic game.

Scrabble, Yahtzee & Dominos
Thursdays, 12:15-2:00pm

Poker

Thursdays, 12:15pm

All games are played in a low key and friendly setting. Poker chips and cards are provided.

Bridge

Thursdays, 12:30 - 3:30pm

Call Steve at 591-4740 to get started at a table.

Bingo

First & Third Friday, 1:00pm

Sponsored by the Belmont Senior Club.

Canasta

Thursdays, 9:30 - 11:30am

Fridays, 1:00 pm

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

Mah Jong

Fridays, 1:00p.m.

Call 595-7444 for more information on all these programs.

Beg. & Int. PEDRO

Pedro was developed in the United States in the nineteenth century as a variation of Pitch. Learn how to play this challenging and exciting card game that has become very popular at Senior Centers all over the area. We are pleased to be able to offer PEDRO to our dedicated card-playing friends on **Thursday mornings at 10:00 a.m.** For reservations please call 595-7444.

Beg. Bridge (12 Classes)

AGE: Adult

Beginning students of all ages are welcome and will learn the basics of Contract Bridge with an emphasis on BIDDING. Instructor is ACBL certified and textbooks are official ACBL instruction CLUB series. This class will feature hands on instruction for students learning the game of bridge.

FEE: \$110 Resident, \$130 Non-Resident

TEXTBOOK FEE: \$20 Payable to instructor at first class.

LOCATION: Twin Pines Sr. & Community Center

INSTRUCTOR: Rosemary Clawson

5704.201

Tu

1:00-3:00pm

5/5-7/21

Musical Moments

AGE: Adult

This class will explore how music relates to the world and how music relates to itself in historical perspective. Investigate the world of music with musician Tina Baird; a variety of media will be used to explore different types of music. This class is offered in cooperation with Sequoia Adult Education. **Register with the instructor at the first class.**

FEE: \$30 Payable to instructor at first class

LOCATION: Twin Pines Senior & Comm. Center

INSTRUCTOR: Tina Baird

W

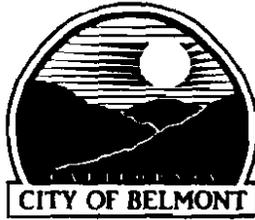
10-11:30am

4/15-6/24

Pool Lessons

Fridays, 10:30 – 11:30am

Have you always wanted to play pool – but didn't know how to get started? A beginning level pool class is available at the Twin Pines Senior & Community Center. Volunteer. Harold Wertenberg will help you learn the basic rules of pool and offer tips as you play in a relaxed and recreational atmosphere. **FREE.** Reservations are not needed.



Senior Survey

Twin Pines Senior & Community Center (650) 595-7444

We want to hear from you! We've got questions and you've got answers!!

Please fill out and return to the front desk by April 24, 2009.

The Belmont Parks & Recreation Department is exploring ways to make the Twin Pines Senior & Community Center better. Many ideas are being considered including starting an Endowment Fund as a way to help insure that we can enhance the services and the building into the future. The City wants to provide the highest quality programs, trips and facilities for our lifelong learners. Contributions might be made in a variety of ways either by a direct gift, a memorial contribution, naming the Center as a beneficiary in your will, living trust, life insurance policy, pension plan or charitable trust. Formation of a special committee, a "Blue Ribbon Panel" to spearhead the Fund may be required.

1) What would you like to see happen in the Senior & Community Center in the next 5 years? In the future?

2) What programs do you like at the Senior & Community Center?

	Yes	No	Comments
Classes	_____	_____	_____
Shuttle	_____	_____	_____
Clubs	_____	_____	_____
Dances	_____	_____	_____
Lunch Program	_____	_____	_____
Special Events	_____	_____	_____
Bingo	_____	_____	_____
Other	_____	_____	_____

3) What new programs, activities or trips would you like to see? _____

4) Do you think an Endowment Fund is worthwhile studying for your Senior & Community Center? _____

5) Would you be interested in serving on a Blue Ribbon Panel to discover ways of fundraising for your Senior & Community Center? Yes _____ No _____ Maybe _____

Name _____ Address _____ Phone# _____

Comments _____