

Senior Tales

The Newsletter of Twin Pines

August & September 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 Center, 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!

SEPTEMBER 2009 AT AGLANCE



Tuesday, September 1

9:30 Walking Group
10:00 BSC/AARP Meeting
11:30 Lunch Program
12:30 Needle Craft

Wednesday, September 2

9:30 Video Exercise
10:00 Spanish Group
11:30 Lunch Program
12:00 English Group
12:15 Movie - To Be Announced
12:30 Pinochle & Hearts
1:00 Dance Night

Thursday, SeptBmbBr 3

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, SeptBmber 4

9:30 Chair Yoga
10:30 Pool
11:00 Cook's Corner
1:00 BINGO

Monday, SeptBmbBr 7

Closed for the Holiday

Tuesday, September 8

9:30 Walking Group
10:00 Senior Club/AARP Meeting
10:10 Media Roundtable Group
11:00 Writer's Open Mike
11:30 Lunch Program
12:30 Needle Craft

Wednesday, SBptember 9

9:30 Video Exercise
10:00 Spanish Group
10:00 Welcome Coffee
11:30 Lunch Program
12:00 English Group
12:15 Movie - To Be Announced
12:30 Pinochle & HBarts
2:00 Mystery Book Group

Thursday, SBptBmbBr 10

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

Friday, September 11

9:30 Chair Yoga
10:30 Pool
11:00 Cook's Corner
12:00 Birthday Lunch

Monday, Seotember 14

9:30 Video Exercise
9:30 Morning Musicals
9:30 Water Color Work Shop
11:30 Lunch Program
12:30 Manipulation
2:00 French Group
2:01 Chair Dancing

Tuesday, September 15

9:00 Blood Pressure
9:30 Walking Group
10:00 BSC/AARP Meeting
11:30 Lunch Program
12:30 Needle Craft
3:00 Restorative Yoga

Wednesday, September 16

9:30 Video Exercise
10:00 Spanish Group
11:30 Lunch Program
12:00 English Group
12:15 Movie - To Be Announced
12:30 Pinochle & Hearts
2:00 Restaurant Review Group

Thursday, SBptBmbBr 17

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

Friday, September 18

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

Monday, September 21

9:30 Video Exercise
8:30 Watercolor Workshop
11:30 Lunch Program
12:00 What's Your Deal?
12:30 Manipulation
2:00 French Group
2:00 Chair Dancing

Tuesday, September 22

9:30 Walking Group
10:00 Virtual Bowling Wii
10:00 Media Roundtable Group
11:00 Writer's Open Mike
11:30 Lunch Program
12:30 Needle Craft
3:00 Restorative Yoga

Wednesday, September 23

8:30 Video Exercise
10:00 Spanish Group
11:30 Lunch Program
12:00 English Group
12:15 Movie - To Be Announced
12:30 Pinochle & Hearts
2:00 Movie

Thursday, September 24

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

Friday, September 25

9:30 Chair Yoga
10:30 Pool
11:00 Cook's Corner

Monday, September 28

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

Tuesday, Seotember 29

9:30 Walking Group
11:30 Lunch Program
12:30 Needle Craft
3:00 Restorative Yoga

WBdnBsdays, September 30

9:30 Video Exercise
10:00 Spanish Group
11:30 Lunch Program
12:00 English Group
12:15 Movie - To Be Announced
12:30 Pinochle & Hearts

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 645-1780 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 Santana 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



Fall 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.

Twin Pines Talks

Fall Prevention

Thursday September 17th 2009

10:00-11:00am

Fall prevention is an important step towards maintaining

independence. Falls can be prevented. Sequoia Hospital Health & Wellness Center will discuss

lifestyle adjustments you can do to help avoid falls.

Phone 650-595-7444 to register.

Diabetes Awareness

Thursday October 15th 2009

10:00-11:00am

Don't miss this informative Lecture on Diabetes Prevention and get a free blood glucose screening.

Lecturer Pauline Chau Sequoia Hospital Health & Wellness Center. Phone 650-595-7444 to register.

Writer's Open Mike

Share your prose! Writer's Open Mike at Twin Pines Senior & Community Center offers writers an opportunity to share their work with other writers.

Gain feedback! Sessions begin September 8th through December 22nd from 11-12 noon on the 2nd & 4th Tuesday. No reservations needed. For more information call: (650) 595-7444

Twin Pines Birthday Lunches

2nd Fridays, Sep. - Dec

Celebrate your birthday and make new friends! Twin Pines Monthly Birthday Lunches begin on the second Friday of each month at noon, and run September through December. Special themed lunches are planned.

Fall Colors-September 11th

Octoberfest-October 9th

Harvest-November 13th

Winter Wonders - December 11th.

Lunch is \$6-payable at the door.

Door Prizes!

Reservations are required. Please call: (650) 595-7444.

Media Roundtable Group meets

the 2nd & 4th Tuesdays

at Twin Pines Senior & Community Center from

10-11AM beginning September 8-December 22.

Media discussion will be started from newspapers,

television, radio, or webcasts on any topic of the day.

Stay current with today's current events and join us at

Twin Pines. No reservations needed. For more

information, please call: (650) 595-7444.

Reel Talk

A Movie Discussion Group

4th Wednesday

This group is for those who enjoy going to the movies.

We will get together monthly to discuss the movie

of the month in a social setting over coffee and dessert.

Meetings will be held on the fourth Wednesday

of each month at 2:00pm. Please come to the first

meeting on September 23rd ready to discuss your

favorite movie of the summer. Phone 595-7444 to

reserve your space. FREE.

Fall Activities

What's On the Menu?

Restaurant Review Group

Every 3rd Wednesday

Do you like to go out to eat? Are you thinking of trying out a new restaurant---but not sure what to order? At our new restaurant review group you will enjoy tantalizing conversation in the company of others who like to dine out. You will also have the option of trying new restaurants together. This new group will discuss their latest restaurant finds at 2:00pm on the third Wednesday of every month. The first meeting will be on Wednesday, September 16 at 2:00pm. Please bring a menu from one of your favorite restaurants. FREE. Phone 595-7444 to register.

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 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, 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.

Get in the Game..

It's your tum 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.

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.

Intermediate and Advaned Bridge new drop in play.

No partner needed. Begins promptly at 12:30pm

Intermediate & Advanced Bridge

Thursdays, 12:30 - 3:30pm

Call Steve at 591-4740 to get started at a table. New drop-in play. No partner needed. Begins promptly at 12:30pm.

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.



Fall Activities

Wreath Making

10am-noon

November 12 - Harvest Wreath

December 3 - Holiday Wreath

Welcome your friends and neighbors into your home with a beautiful wreath, hand crafted by you! You will use a variety of materials to create a custom-made wreath you will be proud to hang on your front door.

No experience necessary. **Classes will be held on Thursdays, from 10:00am -12:00noon. There is a \$10 fee for supplies, payable to the instructor at the class.** Please bring any special ribbons or decorations you have to include in your wreath. Phone 595-7444 to reserve your space.

Language Groups

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

French - Monday afternoons, 2pm

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

Spanish - Wednesdays, 10:00am

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

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

Cook's Corner

2nd & 4th Friday

Cook's Corner every 2nd and 4th Friday! Trade recipes and share your samples with the group. Sessions begin **September 11th through December 11th from 11-12 noon** at Twin Pines Senior & Community Center. No reservations needed. **FREE!** For more information, please call: (650) 595-7444

What's Your Deal?

1st & 3rd Monday

September 21-December 21

What's Your deal? Tell others about your good deal from the supermarket, on the web, or in your neighborhood.

Come share stories in your life past or present with others. What is your deal now? What are you doing? What are you working on? Got any items you want to get rid of or acquire? Share them with your network! Come to Twin Pines Senior & Community Center and network with your peers on the **1st and 3rd Monday of every month, beginning September 21 through December 21 from 12-1pm.**

WHODUNNIT?

A Mystery Book Group

2nd Wednesday, 2pm

Do you love a good mystery? Do you find yourself so involved in a book you just can't put it down? **If** so, try Whodunnit, our new Mystery Book Group. The group will meet on the **second Wednesday of each month at 2:00pm, beginning September 9.** Phone 595-7444 to reserve your space. **FREE.**

Fall Activities



Restorative Yoga in Chairs (5 Classes)

Yoga in Chairs is a wonderful way for people to experience the relaxation and increased flexibility that yoga brings. Many health benefits are seen with regular yoga practice, and now everyone can even if they get onto a floor mat.

Together we will explore proper posture, better breathing techniques, and gentle movement of nearly every muscle in your body. By taking these lessons into your daily life you will have more energy, better flexibility and range of motion, increased strength, lowered stress levels and a sense of well being and calm. Register early!

FEE: \$40 Residents, \$48 Non- Residents

LOCATION: Twin Pines Sr. & Community Center

INSTRUCTOR: Kendra Bronstein

5209.301 Tu 3:00-4:00pm 9/15-10/13

5209.302 Tu 3:00-4:00 10/27-11/24

Fun With Knitting October 15 & 22nd 10am - noon



Learn to knit with novelty yarns like eyelash, fun fur, boa and ribbon yarns. There are so many types and colors you can use. Bring your favorite yarn and knitting needles and we'll show you how to make a scarf. Class will be held on Thursdays, October 15th and 22nd from 10:00am-12:00noon. \$10 fee paid at first class. Phone 595-7444 to register.

Watercolor Workshop

Award-winning painter Alvin Joe will provide helpful tips to enhance your painting skills in a relaxed setting. This workshop is ideally suited for those who have started painting, wanting to experience wet-on-wet magic in watercolor; and for intermediate and advanced painters wanting to challenge themselves to the next level. Class includes demonstrations, indoor and outdoor painting and critique. Bring all your supplies and a bag lunch. Students need prior watercolor experience. Register early!



FEE: \$75 Residents, \$90 Non-Residents

LOCATION: Twin Pines Sr. & Community Center

INSTRUCTOR: Alvin Joe

5822.302 Mon 9:30-3:00 9/14 & 9/21

Virtual Bowling with Wii September 22

10:00am

Come join Health Net in a Wii Nintendo Virtual Bowling Tournament! Come play, watch, eat, and have a good time! Wii SP011s have made bowling tournaments possible in senior centers across the country. Prizes, food, games. What more could you ask for? FREE. Phone 595-7444 to register.

Easy Beading (2 Classes)

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

5820.301 Th 10-11:30am 10/29-11/5

Fall Activities

Flu Clinic

Tuesday, October 27

9:30-11:00 am

Flu Clinic will be held at the Twin Pines Senior & Community Center on October 27th from 9:30-11:00am. The vaccines will be administered by the San Mateo County Health Department and the Visiting Nurses Association. This clinic is available only to senior citizens 60 and older. There is a fee of \$5.00 for the vaccine. Non-HMO Seniors with Medicare Part B may show their Medicare card, complete a form, and Medicare will be billed the \$5 fee. No appointment needed for this vital service.

55 Alive

Mature Driving

Aug. 27 AND 28 OR Nov. 12 AND 13

9am - 1:30pm

The popular AARP 55 Alive Mature Driving class will be held at Twin Pines on August 27 and 28th OR November 12th and 13th. 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.

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.

Medicare Jeopardy

October 2

9:30-10:30am

Having trouble understanding the Medicare laws? You are not alone! Join us on Friday, October 2 at 9:30am to learn the ins and outs of Medicare in a fun and easy way....by playing a modified version of the popular television show, Jeopardy. Phone 595-7444 to reserve your seat.

Emergency

Preparedness

October 13th

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. Phone 595-7444 to reserve your seat.

Fall Activities

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.

Beginning Computer Classes

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 sign up for this informative class.

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.



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!

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.

Musical Moments

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. (No class 11/11).

FEE: \$30 Payable to instructor at first class

LOCATION: Twin Pines Senior & *Carom.* Center

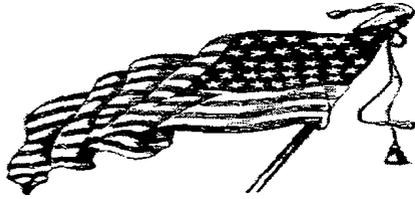
INSTRUCTOR: Tina Baird

W 10-11:30am 9/30-12/9

Don't Miss These August Events!

ASSEMBLY MEMBER

JERRY HILL



*Seniors Against Investment Fraud
(SAIF)*

Program Presentation

Tuesday, August 11th

IOAM

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

Assemblymember Jerry Hill & Seniors Against Investment fraud (Saif) Program Presentation includes a talk, short video and program. SAIF is a statewide outreach program under the California Department of Corporations.

**LEARN HOW TO PROTECT YOURSELF
AGAINST SCAM ARTISTS**

The primary purpose of SAIF is to alert and educate Californians over the age of 50 about investment and telemarketing fraud crimes and how to avoid being victimized by scam artists.

Reservations are required.

*Sign up at the front desk or call: (650)
595-7444*

INTERGENERATIONAL LUNCH ICE CREAM SOCIAL & BINGO FOR PRIZES!

Join us to welcome Notre Dame De Namur University new Fall students! Twin Pines Senior & Community Center welcomes 20 to 25 students to an Intergenerational Lunch, Ice Cream Social and Bingo for Prizes on Monday, August 24th at 11:30 AM. Lunch is a suggested donation of \$3 for age 60 and under and a \$6 fee for all others. Reservations are required. Please sign up at the front desk or call: (650) 595-7444



Intergenerational BBQ

Play Bingo for Prizes

FREE BINGO CARDS

*Belmont Summer Camp joins seniors for Hot Dogs
& Hamburger*

Friday, August 14th 12:00 Noon

*Reservations required sign up at the front desk \$5.00
payable at the door.*

Twin Pines Senior & Community Center

20 Twin Pines Lane

Belmont

For more information please call (650) 595-7444

