As we embrace the dawn of a new year, we're thrilled to share exciting updates for January at the San Carlos Adult Community Center. Get ready to embark on a journey of winter wonders as our eagerly anticipated winter programs kick off the week of January 8th.

Starting January 2nd, our Curbside Lunch Program will resume. To savor the delectable offerings on January 2nd, please place your lunch orders by December 22nd at 3 pm. It's a delightful way to begin the year with a culinary treat from our fabulous chef, Brenda.

Wishing you and your loved ones a Happy New Year! May 2024 be a year of joy, good health, and the creation of beautiful memories. Together, let's make the upcoming year at San Carlos Adult Community Center a canvas of shared experiences and community bonds.

Warm regards,
The San Carlos Adult Community Center Staff
HERE TO SERVE YOU!

The Adult Community Center, fondly known as the “ACC,” serves as a central hub for the older adults in our community. The ACC is a space to create lasting friendships and meaningful relationships. We offer a wide variety of programs and services to enhance the lives of our aging adults. We have no membership fee or resident requirements. All are welcome!

The mission of the Adult Community Center (ACC) is to promote healthy lifestyles, lifelong learning and independence for adults 50 and over by providing opportunities for recreation, relationships and resources.

Staff:
Caitlyn Matoso, Recreation Supervisor - cmatoso@cityofsancarlos.org
Matt Okada, Recreation Coordinator - mokada@cityofsancarlos.org
Brenda Sullivan, Cook - bsullivan@cityofsancarlos.org
Tracie Neizman, Sr. Facility Attendant - tneizman@cityofsancarlos.org
James Fox, Program Coordinator - jfox@cityofsancarlos.org
Cheryl Lenci, Trips and Tours Coordinator - clenci@cityofsancarlos.org

Adult Community Center
Curbside Lunch Program
Tuesday/Wednesday/Thursday/Friday
Curbside Pick-Up 11:00 a.m. – 12:30 p.m.

The San Carlos Adult Community Center is happy to announce that our Curbside Lunch Program is now offering meals 4 days a week for pick up (delivery is available for those who need it and live in San Carlos). Orders must be made by 5 p.m. the day before by calling the ACC at 650) 802-4384 or by ordering online. Online orders can be made at www.cityofsancarlos.org/curbsidelunch
Meals are $5 each and are prepared onsite. Credit Card payment will be entered online or taken over the phone when you order.
Menu choices can be found on the City website at www.cityofsancarlos.org/acc

This program is sponsored by the grant:
Sequoia Healthcare District
# JANUARY MENU

**SAN CARLOS ADULT COMMUNITY CENTER**

SERVING MEALS 4 DAYS A WEEK – CURBSIDE PICK UP

The ACC Kitchen offers meals 4 days a week prepared on site for curbside pick-up or home delivery if needed for San Carlos residents. **No meals on Monday.** Orders must be made by 5:00 p.m. the day before by calling the ACC at (650)802-4384 or going online. Meals are $5 each & pick-up times are 11:00 a.m.– 12:30 p.m. Payment will be taken over the phone when you order. **No Curbside Meal on January 12**

<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>LASAGNA 2</td>
<td>SPINACH &amp; BACON QUICHE 3</td>
<td>B.L.T. WRAP 4</td>
<td>ORANGE CHICKEN BOWL 5</td>
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<tr>
<td>CHEESEBURGERS 9</td>
<td>TUNA STUFFED TOMATO 10</td>
<td>CHICKEN APPLE SAUSAGE 11</td>
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<tr>
<td>CREAMY PESTO TORTELLINI 16</td>
<td>MUFFALATA 17</td>
<td>COBB SALAD 18</td>
<td>POT ROAST 19</td>
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<tr>
<td>HAM &amp; BRIE 23</td>
<td>TACO SALAD 24</td>
<td>OPEN FACE TURKEY SANDWICH 25</td>
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<tr>
<td>FISH TACOS 30</td>
<td>SLOPPY JOES 31</td>
<td>SALMON BURGERS FEB. 1</td>
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= Vegetarian

**For January 2nd, curbside lunch orders must be placed by December 22nd at 3pm.**

Lunch Program funded in part by a grant from the Sequoia Healthcare District.
Fitness & Wellness

Stretch, Strength and Balance

Chair exercises are great for older adults, those with disabilities, poor balance, or anyone who has trouble standing or getting on the floor to do exercises. They are always gentle on the body and generally safe for most people to do. It is always a good idea to talk to your doctor before beginning a new exercise program, but you are not likely to injure yourself doing any of these exercises. Be sure to wear loose clothing and comfortable, supportive shoes. No class 1/15 & 2/19.

Nancy Agronin, Stephanie Meyer, Tom Feledy, Sara Haller

In Person Class - Free

| M/F | 9:00 a.m. – 10:00 a.m. | Ongoing |
| W   | 10:30 a.m. – 11:30 a.m. | Ongoing |

Virtual Senior Core Conditioning

This is a one-hour class focusing on building strong core muscles to help maintain appropriate posture and reduce strain on the spine. Core exercises strengthen not only your abdominal muscles, they also train your lower back, hips and the muscles around your pelvis to work together for better balance and stability. One of the primary aims of core exercise training is to prevent injuries that can occur if you don’t properly support the spine.

Paul Scherman

Virtual Class - $20 fee

| 18342 | W | 12:15 p.m. – 1:15 p.m. | 4 classes | 1/10 - 1/31 |

Virtual Flexibility Past 50

This class focuses on flexibility exercises that people 50 and over can perform safely. It is designed to lengthen and stretch muscles, which can help you prevent injuries, back pain and balance problems. A well-stretched muscle more easily achieves full range of motion during daily activities.

Paul Scherman

Virtual Class - Free (Funded by Sequoia Healthcare District)

| 18804 | Th | 12:15 p.m. – 1:15 p.m. | 3 classes | 1/11 - 1/25 |

Virtual Senior Boot Camp

Focuses on function with a dose of modification and motivation. Experience a workout that includes strength, agility, balance, and core. No class 1/15 & 2/19

Paul Scherman

Virtual Class - $15 fee (3 classes)

| 18813 | M | 11:00 a.m. – 12:00 p.m. | 3 classes | 1/8 - 1/29 |
| 18815 | Th | 11:00 a.m. – 12:00 p.m. | 3 classes | 1/11 - 1/25 |

Virtual Gentle Tai Chi - BEGINNER CLASS

The significant reduction in falls among adults who are practicing Tai Chi speaks volumes about why you should incorporate it into your exercise program. We emphasize and practice mindful moves in a non-judgmental harmonious setting. If you are new to Tai Chi, this class is for you and is offered in partnership with Sequoia Hospital-Dignity Health.

Elliott Mao

Virtual Class - Free

| 18857 | Th | 9:30 a.m. – 10:30 a.m. | 12 classes | 1/11 - 3/28 |

Virtual Balance & Brains

This class is an innovative combination of specific activities designed to improve memory, reasoning, conceptualization, language, problem solving, and balance skills.

Paul Scherman

Virtual Class - $15 fee (3 classes)

| 18807 | M | 12:15 p.m. – 1:15 p.m. | 3 classes | 1/8 - 1/29 |

Virtual Class - $20 fee (4 Classes)

| 18810 | W | 11:00 a.m. – 12:00 p.m. | 4 classes | 1/10 - 1/31 |

Virtual Tai Chi Wellness - ADVANCED CLASS

Learn mindful moves and wellness facts in a non-judgmental, fun and supportive environment. This class is a great continuation of the Gentle Tai Chi classes sponsored by Sequoia Hospital-Dignity Health. You do not need to be a graduate of that class, but you will know and enjoy this class much more.

Elliott Mao

Virtual Class - Free

| 18858 | F | 9:00 a.m. – 10:00 a.m. | 12 classes | 1/12 - 3/29 |
Tai Chi
Learn the practice of joy through movement. Relaxing and flowing exercises are given to energize the body.

Jan Smith
In Person Class - Free
Tu/W 9:00 a.m. – 9:30 a.m.  Ongoing

Tai Chi Advanced
Susan Hu
In Person Class - Free
W 8:45 a.m. – 10:15 a.m.  Ongoing
Th 9:00 a.m. – 10:30 a.m.  Ongoing

Mindful Meditation
This group practices a guided meditation aimed at calming the body and mind, becoming more mindful and aware of the present moment. Some of the group have been meditating for years; others are new to meditation. Note: 1st Friday of the month this class will be via Zoom.
Rosemary Field & Liane Benedict
In Person - Free
F 10:00 a.m. – 11:00 a.m.  Ongoing

Virtual Chair Yoga
While seated on chairs, seniors can do versions of twists, hip stretches, forward bends and mild backbends. Enjoy the health benefits of yoga, including improved muscle tone, better breathing habits, reduction of stress, better sleep, and a sense of well-being.

Christine Salah
Virtual Class - Free (Funded by Sequoia Healthcare District)
18822 Tu 10:15a.m. – 11:00 a.m.  4 classes  1/9 - 1/30
Virtual Class - $15 (3 classes)
18825 F 10:15a.m. – 11:00 a.m.  3 classes  1/12 - 1/26

Register for classes at www.cityofsancarlos.org/register.

Virtual Gentle Mat Yoga
This class will include gentle stretching on your yoga mat, basic yoga poses, concentrated breathing, and guided meditation. It will include both standing and floor poses. Suitable for those able to get on and off the floor with the help of a chair. No prior yoga experience necessary.

Christine Salah
Virtual Class - $20 Fee (4 classes)
18828 Tu 11:15 a.m. – 12:00 p.m.  4 classes  1/9 - 1/30

ACC Fitness Room
The ACC Fitness Room is open! Wipes to clean the equipment will be available for participants to use. NuStep, Recumbent Bicycle, Pulley System, Weight Bench & Weights & Rowing Machine.

Hours: Monday-Thursday 9:00 a.m. - 5:00 p.m.  &  Friday 9:00 a.m. - 3:00 p.m.

Membership Fee: $100 per year (Age 18-61)
$50 per year (Age 62+)
Creative Arts

Adult Coloring
Coloring isn’t just for kids! Adult Coloring can be beneficial for adults, namely for its de-stressing power. The Center will supply all coloring materials (paper, color sheets, pens, and pencils). Class is self-taught.

In Person Class - free
W 10:30 a.m. – 12:00 p.m. Ongoing

Community Sing-Along
Free group singing activity for adults. All are welcome. No knowledge of music is necessary - just a love of singing! Join others for an hour of singing timeless and memorable songs for fun. Song books will be provided by the Peninsula Musical Arts Association. Come and sing!

Tom Feledy and Mary Lynn Wilson
In Person Class - free
M 10:00 a.m. – 11:00 a.m. Ongoing

Brain Games
Come join the fun and engaging program that includes enhancing your thinking and word skills, playing games to exercise your brain, and socializing. This class makes learning fun to keep you staying healthy.

California Game Girls
In Person Class - $20 fee (4 classes)
19197 Tu 10:30 a.m. – 11:30 a.m. 4 classes 1/9 - 1/30

Dance

Intermediate/Advanced Tap Dance
This is an ongoing tap class for students who have had at least one year of tap instruction. There are warm-ups, cross-the-floor exercises, and routines. What a fun way to improve your balance and flexibility. No Class 1/15.

Judy Rechsteiner
In Person Class- $15 fee (3 classes)
18819 M 1:00 p.m. – 2:00 p.m. 3 classes 1/8 - 1/29

Social Connections
Games and Activities

• Bridge Intermediate – Wednesday 12:30 – 3:30 p.m.
• Chinese ESL – Monday & Thursday 9:30 a.m. – 11:00 a.m.
• Community Sing-Along – Monday 10:00 p.m. – 11:00 p.m.
• Computer Help – 1st & 3rd Monday 10:00 a.m. – 12:00 p.m.
• Deck of Cards – Wednesday 10:30 a.m. – 12:00 p.m.
• Movie Madness – Monday 1:30 p.m. – 3:30 p.m.
• Pedro Card – Tuesday 12:30 p.m. – 4:00 p.m. (Intermediate)
• Poker – Tuesday & Thursday 12:30 p.m. – 4:00 p.m.
• Ping Pong – Wednesday 1:00 p.m. – 4:00 p.m.
• Hearts – Thursday 12:00 p.m. – 4:00 p.m.
• Mah Jongg – Wednesday, 1:00 p.m. – 4:00 p.m.
• Chinese Dance – Friday, 9:30 a.m. – 10:30 a.m.
• Chinese Social – Friday 10:30 a.m. – 12:00 p.m.
• Billiards – Daily 9:00 a.m. – 4:00 p.m.

Food Assistance Program

CHESS DROP IN
IMPROVE YOUR STRATEGIC THINKING, CRITICAL THINKING, TIME MANAGEMENT, THROUGH THE GAME OF CHESS.
WEDNESDAYS 6:00 P.M. - 7:30 P.M.
ALL LEVELS ARE WELCOME

Sponsored by the San Carlos Service Clubs for Seniors and the San Carlos Adult Community Center

Is your food budget not stretching far enough? San Carlos residents may be eligible for free groceries weekly. Donations of canned food, boxed food, or packages that are non-perishable and in their factory-sealed condition are welcome.

For more information visit www.cityofsancarlos.org/caringcupboard or call (650) 802-4114
Special Interest

HICAP of San Mateo County Medicare Counseling

It is the mission of HICAP to provide accurate and objective counseling, advocacy, and assistance with Medicare, health insurance, managed care, long-term care, and related health coverage plans for Medicare beneficiaries, their representatives, or persons imminent of Medicare eligibility and to educate the public on Medicare and health coverage issues. Clients may reach us by phone at (650) 627-9350 or on our website at www.hicapsanmateocounty.org

News & Views
Provocative and controversial discussions of current events such as the economy and state, national and world issues.

Roland Vallecillo
In Person Class - Free

Th 1:30 p.m. – 3:30 p.m. Ongoing

Socrates Cafe:
A Philosophical Discussion Group

Socrates Cafe is a gathering where people from different backgrounds get together and exchange thoughtfully philosophical perspectives based on their unique experiences. The group meets with a new topic every month. Each session begins with a question that forms the basis of discussion. There is no fee for this discussion group that meets on the first Friday of each month.

Carmen Adams
In Person Class - Free

Transportation

Redi-Wheels

Redi-Wheels is a transportation service for people who cannot use the regular public bus system. It is part of SamTrans Transportation for Mobility Impaired. For more info or to request a Redi-Wheels application, call (800) 660-4287.

Lyft Transportation Little House

If you need a ride from your home to the Adult Community Center, the doctor or dentist, grocery stores, and pharmacies you can call the transportation hotline number at (650) 272-5040. Little House will arrange for a Lyft Driver to pick you up from your home within a few minutes. When you’re ready to return, call us back and we will get you a safe, comfortable ride home. Lyft drivers are adhering to local Covid-19 standards to ensure the safety of both passengers and drivers, including requiring masks, sanitizing cars, and back seat rides. Hours are Monday-Friday 9:00 a.m. – 4:00 p.m.

Pre-Registration is required for all users. Pick up an application at the San Carlos Adult Community Center. Fees are based on travel within zone coverage areas.

Blood Pressure Screening:
Check, Change, Control

It's important that your blood pressure be within a healthy range. While high blood pressure rarely has symptoms, the good news is that it can be diagnosed using a simple test with a blood pressure monitor. The Adult Community Center offers free blood pressure screenings on the 3rd Wednesday of every month from 11:00 a.m. – 12:00 p.m., provided by Dignity Health Sequoia Hospital.

WEDNESDAY, January 17 from 11:00 a.m. - 12:00 p.m.
No appointments necessary!

Friday January 12, 2023
11:00 a.m. - 12:30 p.m.

Question of the Month:
What is the nature of Intelligence?
Next Book Sale
SUNDAY JANUARY 20
1:00 P.M. - 4:00 P.M.
UPSTAIRS ROOM 209 & C.R.

BOOK DONATIONS ACCEPTED
DAILY IN THE GARAGE CAGE AREA

ACC BOOK CLUB
MONDAY, JANUARY 8 AT 1:00 P.M.
WENCH BY DOLEN PERKINS VALDEZ

If you love to read then this is the opportunity to share your thoughts with others. Loan a copy of this selected book from the San Carlos Library. Questions: Call the ACC (650) 802-4384.

MONDAY, FEBRUARY 5
BOOK: TRUST BY HERMAN DIAZ

New! Qigong Class
Monday, 10:30 a.m. - 11:30 a.m.

Qigong literally means “practice of vital energy”. In this class, we will practice a series of gentle spiral movements that help to open all the major joints in the body and increase internal energy flow, promoting better flexibility and mobility while reducing tension and strain.

This class is presented by the San Carlos Library. The class will be at the Adult Community Center on Monday, January 29.
Brain Games

Come join the fun and engaging program that includes enhancing your thinking and word skills, playing games to exercise your brain, and socializing. This class makes learning fun to keep you staying healthy.

In Person Class - $20 Fee (4 classes)
Course Code: 19197
Tuesdays, 10:30 a.m.-11:30 a.m.
January 9th - January 30th

Need help with your tech-related devices, such as searching the Internet, setting up an email account and other computer, tablet and cell phone-related tasks?

Jim Schrempp and Gerry Kane offer their services on the 1st and 3rd Mondays from 10:00 a.m. - 12:00 p.m.

Vikas Chinnan and Ralph Niewmierzycki offer their technology expertise every Wednesday from 9:00 a.m. - 11:00 a.m.

For more information call (650) 802-4384
ADULT COMMUNITY CENTER
INVITES YOU TO JOIN US FOR OUR

SWEETHEART LUNCHEON

WEDNESDAY, FEBRUARY 14 - 12:00 P.M.

SWEETHEART SALAD
GARLIC BUTTER SALMON
RICE PILAF
ASPARAGUS
STRAWBERRY CHEESECAKE
GLASS OF CIDER OR WINE
COFFEE OR TEA

Menu

Entertainment: To Be Announced
Sponsored by: Friends of ACC & San Carlos Elms
$15 per person   Register online at:
cityofsancarlos.org/register  Course # 18955

San Carlos Elms
Excellence In Senior Housing with Services

San Carlos Elms offers a variety of services to help residents with their daily lives in a pet-friendly, home-like environment. We offer assistance with bathing, dressing and grooming, help with medications, and escorting to meals and activities if needed. You only pay for the services you need.

The Grove at San Carlos Elms serves clients in need of memory care. Our dedicated memory care living spaces are beautifully appointed with elegant furnishings and decor, all within a specialized environment that boasts the latest in care technology and services.

We are just steps away from the shops, cafes, active adult center and library that make the town of San Carlos a longtime favorite on the Peninsula. Locally-owned and operated by a non-profit organization established to provide the finest in senior housing.

For more information, visit our website at sancarloselms.com or call for your personal tour today! 650-595-1500
ACC Staff wishes all of you a very Happy Birthday!

Jan. 6  Doris Vara  Jan. 11  Lillian Balliet  Jan. 24  Helen M. Hiraoka
Jan. 7  Karen Keola  Jan. 16  Masaru Suzuki  Jan. 26  Dulcie Findlay
Jan. 10 Wilma Hoffman  Jan. 18  Mary Ann Gnecco  Jan. 26  Phoebe Colt-Laughlin
Jan. 11 Kenneth Griffin  Jan. 21  Petrea Flagel  Jan. 31  Joseph Arata

Why learn Spanish?

Well, of all the languages you could learn, Spanish is an especially great choice! Spanish is the official language in over 20 countries around the world. The Spanish language has a rich history and culture. It’s incredibly useful. Knowing it can help you be more successful, improve your quality of life and grow as a person. Starting in September you can learn to speak this language with Dolores Zea.

Every Thursday in January at 10:00 a.m. - FREE Class
San Carlos Adult Community Center

Fall Prevention & Awareness

Thursday January 25th, 11:15 a.m.- 12:15 p.m.

Falls are not a normal part of aging and in fact most falls are preventable.
Come and learn about ways to avoid falls and turn awareness into action with this free class.
Free! Interactive Drum for Your Health Class

Drum for fun in a cultural activity that helps improve physical activity, stress management, cognitive engagement, and social support. Music therapy has potential as a complimentary treatment for Parkinson’s disease.

Thursdays from 1:00 p.m. - 2:00 p.m.

Sponsored by the Friends of the ACC
All skill levels are welcome!

SEWING CLUB

First meeting:
January 16, 2024, 10:30 a.m. - 12:30 p.m.

Sew, Connect, and Create Together!

HOW IT WORKS
Similar to a book club, we will select a sewing pattern to work on together!
Club members vote on sewing projects
Complete selected project over 2 months
Meet once a month to sew together

WHEN: Third Tuesday of each month, 10:30am-12:30pm
WHERE: San Carlos Adult Community Center
WHAT YOU NEED: Any sewing experience welcome!
You will need your own sewing machine.
QUESTIONS: Contact hello@sewamusing.com
SIGN UP: Go to sewamusing.com/club
or use the QR Code to join
CHEERS TO THE NEW YEARS! LUNCHEON

FRIDAY, JANUARY 12 - 12:00 P.M.

Menu

MINESTRONE SOUP
ROASTED PORK AND GRAVY
MASHED POTATOES
GREEN BEANS
DESSERT
GLASS OF CIDER OR WINE
COFFEE OR TEA

Entertainment: To Be Announced
Sponsored by: Friends of ACC & San Carlos Elms
$15 per person  Register online at:
cityofsancarlos.org/register  Course # 18954

BLOOD DRIVE
San Carlos Adult Community Center
Saturday, February 3rd 10:00 a.m. - 3:00 p.m.

Why Donate? Every drop counts! Your donation can save lives and make a difference in the lives of patients in need. By participating in our Community Blood Drive, you’re contributing to a vital resource that helps countless individuals in their time of need.

What to Expect

Safe Environment: Your health and safety are our top priorities. We’ve implemented rigorous safety protocols to ensure a secure donation process.

Friendly Team: Our dedicated team will guide you through the donation process, making it a comfortable experience.

Snacks & Refreshments: Enjoy complimentary refreshments to recharge after your donation.

How to Register

1. Visit https://sbcdonor.org/donor/schedules/drive_schedule/11853 to sign up for a time slot that suits your schedule.
2. Complete the online registration form with your details.
3. Be sure to bring a valid ID with you to the event.
HILLER MUSEUM TRIP and LUNCH

Thursday, January 18th, 2024
Arrive ACC at 9:15 a.m.
Depart by 9:45 a.m.
Return to ACC by 2:30 p.m.
Fee $45 | Course #18861

Join us for a tour of the Hiller Aviation Museum, an aircraft history museum located at the San Carlos Airport! The museum was founded by Stanley Hiller in June 1998 and is endowed by members of the Hiller family. It specializes in Northern California aircraft and helicopter history.

Fee includes guided tour, round-trip transportation, and lunch at the Sky Kitchen Cafe. Arrive at the Adult Community Center at 9:15 a.m., return by 2:30 p.m. Walking level 2, must be able to walk or stand for up to 45 minutes.

FOR MORE INFORMATION: CALL (650) 802-4384 OR VISIT CITYOFSANCARLOS.ORG/REGISTER

Transportation Resources in San Mateo County

The latest issue of the Senior Mobility Guide is now available! Compiled by the San Mateo County Transit District’s Accessible Transit Services team, this comprehensive 53-page guide is beneficial to seniors, veterans, and people with disabilities who prefer not to drive, are unable to drive, or want to be prepared for “what if’s” and future transition. Even for those who are currently able to drive, driving abilities may be affected temporarily or long term by unexpected illness, injury, or surgery, so advance awareness of available options will help lessen the impact on your mobility and independence. The Senior Mobility Guide covers options available through public transit (including free 1-on-1 training on how to ride the bus or train systems), local shuttles, free or low-cost transportation programs available through senior centers and community groups, as well as private services. Spanish and Chinese editions of the Senior Mobility Guide are anticipated to be available around mid or late January. Copies of the guide can be picked up at your local senior/community/recreation centers or by calling the Transit District’s Customer Service at 800-660-4287 to request a copy to be mailed to you. For Public Transit “How to Ride” Travel Training on the bus (SamTrans) or train (Caltrain) systems, please contact the program coordinator at ambassador@samtrans.com or 650-508-6362.

San Mateo County Transit District Resource Table

Thursday, January 11th 2024
11:00 a.m. - 1:00 p.m.

Representatives will be distributing the New Senior Mobility Guide, explain and assist with sign up for public transit travel training, assist with Senior Clipper card applications, how to look up information in the guide and more.
The Friends of the San Carlos Adult Community Center

CRAB FEED FUNDRAISER

Saturday, February 24
4:30 p.m. – 8:30 p.m.
To register, visit www.friendsoftheacc.org

Please call (650) 802-4384 for more information.

2024 HAPPY NEW YEAR

Celebrate at the ACC on February 9th
12:30 p.m. - 2:00 p.m.
Sign up at the ACC Front Desk or online at cityofsancarlos.org/register - Course #
$5 per person