SHAMROCKS AND SMILES

SAN CARLOS ADULT COMMUNITY CENTER

601 CHESTNUT ST, SAN CARLOS, CA 94070
PHONE: (650) 802-4384
FROM THE ADULT COMMUNITY CENTER

Welcome to the March edition of the Chestnut Chronicle! As we step into this month, bidding farewell to winter’s chill and embracing the warmth of spring, our community is abuzz with excitement for the wealth of events and activities on the horizon.

Mark your calendars for March 1st, as we kick off the month with our eagerly anticipated Senior Resource Fair. Don’t miss out on this opportunity to connect with local organizations, explore new avenues of support, and discover ways to enhance your quality of life.

As March unfolds, join us in spreading the luck of the Irish with a variety of green-themed events and cheerful festivities throughout the month to celebrate St. Patrick’s Day. And a heartfelt thank you to all who joined us for our Lunar New Year Celebration in February, your presence truly made the festivities shine.

Let's make the most of March's offerings and embrace the opportunities for connection, celebration, and growth that lie ahead. From all of us here at the ACC, we wish you a month filled with joy, laughter, and moments to cherish. Cheers to March!

Warm regards,
The San Carlos Adult Community Center Staff

IMPORTANT NOTICE: STRETCH, STRENGTH & BALANCE CLASS IS CANCELED ON FRIDAY, MARCH 1.
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!

OUR MISSION

To promote healthy lifestyles, lifelong learning, and independence for adults 50 and over by providing opportunities for recreation, relationships, and resources.

OUR STAFF

Caitlyn Matoso, Recreation Supervisor
Matt Okada, Recreation Coordinator
Brenda Sullivan, Cook
Tracie Neizman, Sr. Facility Attendant
James Fox, Program Coordinator
Cheryl Lenci, Trips and Tours Coordinator
Janet Guerry, Recreation Coordinator
George Holland, Sr. Administrative Clerk

OUR HOURS

Monday – Thursday from 9:00 a.m. – 5:00 p.m.
Friday from 9:00 a.m. – 3:00 p.m.

OUR CONTACT

- Phone: (650) 802-4384
- Email: recreation@cityofsancarlos.org
- Address:
  - 601 Chestnut St, San Carlos, CA 94070
The San Carlos Adult Community Center Curbside Lunch Program offers meals 4 days a week for pickup. Delivery for those who need it and live in San Carlos is available. 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](http://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.

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*Vegetarian options are marked with ✔️.*
VIRTUAL FLEXIBILITY PAST 50
Virtual Class - $20 (4 classes)
18806 | Th | 12:15p.m.-1:15p.m. | 3/7 - 3/28
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.

VIRTUAL SENIOR BOOT CAMP
Virtual Class - $20 (4 classes)
18815 | M | 11:00a.m.-12:00p.m. | 3/4 - 3/25
18818 | Th | 11:00a.m.-12:00p.m. | 3/7- 3/28
Focuses on function with a dose of modification and motivation. Experience a workout that includes strength, agility, balance, and core.

VIRTUAL BALANCE & BRAINS
Virtual Class - $20 (4 classes)
18809 | M | 12:15p.m.-1:15p.m. | 3/4 - 3/25
18812 | W | 11:00a.m.-12:00p.m. | 3/6-3/27
This class is an innovative combination of specific activities designed to improve memory, reasoning, conceptualization, language, problem solving, and balance skills.

VIRTUAL SENIOR CORE CONDITIONING
Virtual Class - $20 (4 classes)
18803 | W | 12:15p.m.-1:15p.m. | 3/6 - 3/27
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.
FITNESS & WELLNESS CONT.  

VIRTUAL GENTLE TAI CHI - BEGINNER CLASS  
Virtual Class - Free (12 classes)  
18857 | Th | 9:30a.m.-10:30a.m. | 1/11 - 3/28  
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.

VIRTUAL TAI CHI WELLNESS - ADVANCED CLASS  
Virtual Class - Free (12 classes)  
18858 | F | 9:00a.m.-10:00a.m. | 1/12 - 3/29  
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. You do not need to be a graduate of that class, but you will know and enjoy this class much more.

TAI CHI  
In Person Class - Free  
T/W | 9:00a.m.-9:30a.m. | Ongoing  
Learn the practice of joy through movement. Relaxing and flowing exercises are given to energize the body.

TAI CHI ADVANCED  
In Person Class - Free  
W | 8:45a.m.-10:15a.m. | Ongoing  
Th | 9:00a.m.-10:30a.m. | Ongoing  
Learn the practice of joy through movement. Relaxing and flowing exercises are given to energize the body.

MINDFUL MEDITATION  
In Person Class - Free  
F | 10:00a.m.-11:00a.m. | Ongoing  
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: On the 1st Friday of the month this class will be via Zoom.

VIRTUAL CHAIR YOGA  
Virtual Class - Free (12 classes)  
18824 | T | 10:15a.m.-11:00a.m. | 3/5 - 3/26  
18827 | F | 10:15a.m.-11:00a.m. | 3/1 - 3/29  
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.

VIRTUAL GENTLE MAT YOGA  
Virtual Class - $20 (4 classes)  
18830 | T | 11:15a.m.-12:00p.m. | 3/5 - 3/26  
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.

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
In Person Class - Free
W | 9:00a.m.-10:00a.m. | Ongoing
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.

BRAIN GAMES
In Person Class - $20 (4 classes)
19201 | T | 10:30a.m.-11:30a.m. | 3/5 - 3/26
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.

SEWING CLUB
In Person Class - Free
T | 10:30a.m.-12:30p.m. | Ongoing
We will select a sewing pattern to work on together! Club members vote on sewing projects and complete the selected project over 2 months (Third Tuesday of each month ONLY) Contact hello@sewamusing.com
Sign Up: Go to sewamusing.com/club

MUSIC & DANCE

COMMUNITY SING-ALONG
In Person Class - Free
M | 10:00a.m.-11:00a.m. | Ongoing
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! (No Class February 19th)

INTERMEDIATE/ADVANCED TAP DANCE
In Person Class - $15 (3 classes)
18821 | M | 1:00p.m.-2:00p.m. | 3/4 - 3/25
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 February 19th)

DRUM FOR HEALTH
In Person Class - Free
18960 | Th | 1:00p.m.-2:00p.m. | 3/7-3/28
Drumming has been used for thousands of years for pain mitigation, stress management & cognitive engagement. This class will involve drums, percussion, movement, vocals, & clapping.

SOCIAL/DROP - IN PROGRAMS

PING PONG
In Person Class - Free
W | 1:00p.m.-4:00p.m. | Ongoing
Join us for a lively drop-in ping pong class where players of all levels can sharpen their skills and enjoy friendly competition. Whether you’re a seasoned pro or just starting out, this class offers a relaxed atmosphere to improve your game and connect with fellow enthusiasts.

BILLIARDS
In Person Class - Free
M-F | 9:00a.m.-4:00p.m. | Ongoing
Dive into the excitement of our drop-in pool sessions, open daily for enthusiasts of all skill levels. Whether you’re honing your shots or enjoying a casual game with friends, our relaxed atmosphere provides the perfect setting for a fun and rewarding experience.

MOVIE MADNESS
In Person Class - Free
M | 1:30p.m.-3:30p.m. | Ongoing
Join us for Movie Madness, our weekly drop-in movie session where film lovers gather to enjoy cinematic masterpieces and hidden gems together. Whether you’re seeking classic favorites or contemporary hits, indulge in a diverse selection of films.

CHINESE SOCIAL GROUP
In Person Class - Free
F | 9:00a.m.-12:00p.m. | Ongoing
Join our vibrant Chinese social group where members come together weekly to sing, dance, and build a strong sense of community. Embrace the joy of cultural expression as we celebrate music, movement, and connection in a welcoming and inclusive environment.
DROP IN CHESS
In Person Class - Free
W | 6:00p.m.-7:30p.m. | Ongoing

Improve your strategic thinking, critical thinking, time management, through the game of Chess. All levels are welcome.

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
In Person - Free
Th | 1:30p.m.-3:30p.m. | Ongoing

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

SOCRATES CAFE:
A PHILOSOPHICAL DISCUSSION GROUP
In Person - Free
F | 11:00a.m.-12:30p.m. | Ongoing

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.

Friday March 1st, 2024
11:00 a.m. - 12:30 p.m.

Question of the Month:
“How do we move from tribalism to being more inclusive?”

BOOK CLUB
In Person - Free

If you love to read then this is the opportunity to share your thoughts with others. This discussion group will meet on March 4th, and April 1st at 1pm. Book Selections March - Life Undercover by Amaryllis Fox, April - The Gardening of Evening Mists by Tan Twan Eng. Hosted by Cecile Lee.

FREE TECH SUPPORT
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

LANGUAGES

WHY LEARN SPANISH
In Person - Free
Th | 10a.m. - 11:00 p.m. | Ongoing

Of all the languages you could learn, Spanish is a great choice! Spanish has a rich history, is incredibly useful and can improve your quality of life. Learn to speak this with Dolores Zea.

CHINESE ESL
In Person - Free
Th | 9:30a.m. - 11:30 p.m. | Ongoing

Whether you’re a beginner or want to improve your skills, our immersive course covers practical language, grammar, and cultural insights. Join us to gain confidence in everyday conversations and participate in interactive lessons and activities.

FOOD ASSISTANCE PROGRAM
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.

For more information visit www.cityofsancarlos.org/caringcupboard or call (650) 802-4114
UPCOMING SPECIAL EVENTS AND ANNOUNCEMENTS

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.

WHEN: Wednesday March 20th
Time: 11:00 a.m. - 12:00 p.m.
FEES: Free
SIGN UP: No appointments necessary

AARP FOUNDATION TAX-AIDE

The San Carlos Adult Community Center is happy to announce we will once again be hosting this service provided by AARP to the community. Free tax preparation assistance will be available for low and moderate-income taxpayers, with special attention to those aged 60 and older.
This service will be available on Thursdays at the Adult Community Center from February 15 through April 11, 2024. Appointments can be made by calling: (650) 802-4384 starting January 2, 2024.

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.
UPCOMING SPECIAL EVENTS AND ANNOUNCEMENTS

MATTER OF BALANCE CLASS - BACK AT THE ACC!

WHEN: Tuesdays, March 12 - April 30
Time: 1:00 p.m. - 3:00 p.m.
Location: ACC
Fees: Free - but registration required!
SIGN UP: Course Code 19217

This program is geared for older adults and includes facilitated discussion on fall prevention and a gentle but effective exercise program. Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. For more information, contact Tricia Catiggay OT Stanford Health Care at 650-725-2196. Attendance is required for all sessions.

SENIOR RESOURCE FAIR

WHEN: Friday, March 1, 2024
Time: 12:00 p.m. - 2:00 p.m.
Location: ACC
Fees: Free, no sign up required

The Senior Resource Fair provides invaluable information and community connections tailored for the aging demographic. Discover a range of resources, from health and wellness services to financial planning. Seize this opportunity to stay active, engaged, and well-informed!

SHAMROCK LUNCHEON

WHEN: Friday, March 8, 2024
Time: 12:00 p.m. - 1:30 p.m.
Location: ACC
Menu: Soup, Corned Beef and Cabbage, Potatoes, Carrots & Guiness Brownies for Dessert
Fees: $15
Sign Up: Course Code 18956
SPACE IS LIMITED - SIGN UP EARLY!
UPCOMING SPECIAL EVENTS AND ANNOUNCEMENTS

BOOK SALE

WHEN: Sunday, March 17, 2024
TIME: 1:00 p.m. - 4:00 p.m.
Location: Upstairs Room 209 & C.R.
San Carlos Library

• Book donations accepted daily in the garage cage area

FREE CRAFT ACTIVITY

WHEN: Tuesday, March 19, 2024
Time: 3:00 p.m. - 4:30 p.m.
Fees: Free, Sign Up at the Front Desk
Location: ACC

The San Carlos Library offers free monthly crafting activities for ACC participants. The activity will be led by a staff member from the library, and all supplies will be provided. The craft activity will be announced soon!

FREE CHAIR ZUMBA TRIAL CLASS

WHEN: Friday, March 22, 2024
Time: 10:30 a.m. - 11:30 a.m.
Fees: Free
Location: ACC

Register at the front desk space is limited to 20 participants

Weekly Class Starting April 5th
Course Code: 19776 | 4 Classes ($20)
UPCOMING SPECIAL EVENTS AND ANNOUNCEMENTS

AGE WELL, DRIVE SMART

WHEN: Wednesday, April 3
Time: 9:00 a.m. - 12:00 p.m.
Location: ACC
Fees: Free - but registration required!
SIGN UP Online: Course Code 19774
SPACE IS LIMITED - SIGN UP EARLY!

The ACC, in collaboration with Redwood City's California Highway Patrol, invites local drivers age 65 and older to attend a free Age Well, Drive Smart class to learn the tools to driving safer and being able to drive longer. This educational session offers valuable tools and insights to enhance driving safety and prolong driving independence for seniors. It provides an opportunity for participants to assess their driving capabilities and refine their skills behind the wheel.

PEDRO TOURNAMENT

WHEN: Saturday, April 6
Time: 11:00 a.m. - 4:00 p.m.
Location: ACC
Fees: $60
SIGN UP Online: www.friendsoftheacc.org or form

Doors will open at 11:00 a.m. for check-in and lunch. No lunch will be served after 12:30 p.m. Tournament play begins at 1:00 p.m. sharp! You must be 18 and over and an EXPERIENCED PEDRO PLAYER to sign up. Proceeds will benefit the San Carlos Adult Community Center.

SPRING LUNCHEON

WHEN: Friday, April 12, 2024
Time: 12:00 p.m. - 1:30 p.m.
Menu: Pork Tenderloin
Fees: $15
Sign Up: Course Code 19551
(Registration Opens: March 5th)
Museum of San Carlos History
Join us for a short 3 1/2-block walk to the Museum of San Carlos History downtown on Laurel Street for a self-guided tour (approximately one hour) and then return to the ACC. From native settlement to now, see exhibits and artifacts originating from our City. Level 2 - Moderate walking.

**WEDNESDAY, MARCH 27, 2024**
Arrive ACC at 10:45 a.m. | Return to ACC by 12:30 p.m.
FREE! | Course #19845 | Register by March 20

San Francisco Giants Game
Join us for a trip to Oracle Park in San Francisco to see the SF Giants vs. the Washington Nationals. Fee includes round-trip transportation, Club Level admission, and $25 food credit. Level 2 - Moderate walking.

**WEDNESDAY, APRIL 10, 2024**
Arrive ACC at 10:45 a.m. | Return to ACC by 5:00 p.m.
Fee $125 | Course #19476 | Register by March 27

Graton Casino
Thursday, April 25
Arrive ACC at 7:45 a.m. | Return by 5:00 p.m.
Fee $50 | Course #18864 | Register by April 15
Level 1 - MINIMAL walking.

For more information: Visit www.cityofsancarlos.org/trips or call (650) 802-4384.
New this year: Your date of registration determines your placement in line to board the bus so register early!
ADA: Please contact Cheryl at (650) 802-4119 at least 45 days before trip departure if you are bringing a wheelchair or walker and need ADA accommodations.

COLLETTE TRAVEL
MEMORIALS OF WORLD WAR II - JUL 8, 2024
ITALIAN VISTAS - AUG 26, 2024
COLORS OF NEW ENGLAND - SEPT 28, 2024
SOUTH AFRICA, VICTORIA FALLS & BOTSWANA - OCT 11, 2024
LONDON & PARIS HOLIDAY - NOV 30, 2024
TROPICAL COSTA RICA - FEB 5, 2025
WONDERS OF THAILAND - MAR 20, 2025
Welcoming the Lunar New Year: An Event Recap for our Festive Celebration at the ACC

On Friday, February 9th, the San Carlos Adult Community Center came alive with vibrant colors, rhythmic movements, and joyful laughter as we celebrated the Lunar New Year in grand style. It was an afternoon to remember, filled with an array of cultural performances that showcased the rich culture of the Lunar New Year.

Our event featured an impressive lineup of performances, including graceful tai chi demonstrations, captivating Chinese dance routines, soulful singing performances, and the highly anticipated Chinese Fashion show. The room was ablaze with talent, and each act brought forth a unique flavor of cultural expression that left our audience in awe.

We were thrilled to welcome over 200 enthusiastic attendees to our celebration, each adding their own spark to the festive atmosphere. Their presence and participation truly made the event a memorable one. A special highlight of the event was the delectable array of light snacks provided by Susan Hu of King Chuan Restaurant in San Carlos. We extend our heartfelt gratitude to Susan for her generous donation of tasty Chinese cuisine, which added an extra layer of authenticity to our festivities.

We also extend a warm thank you to Becky and Ming Tsai for their dedication and hard work in coordinating the immensely popular Chinese Fashion show. Their efforts in arranging outfits and fittings for all our participants ensured that the fashion show was a resounding success.

Recreation Supervisor Caitlyn Matoso shared her sentiments about the event, saying, “It was truly heartwarming to see our community come together to celebrate the Lunar New Year. The energy and enthusiasm were infectious, and it was a joy to witness the cultural diversity and harmony on display. Events like these remind us of the beauty of our shared traditions and the importance of coming together as a community.”

To all who attended and participated in our Lunar New Year Celebration, we extend our sincerest gratitude. Your support and enthusiasm made the event truly special, and we look forward to many more celebrations together in the future.

Happy Lunar New Year to all!
Building A Thriving Community Center with The Friends of San Carlos Adult Community Center

The Friends of San Carlos Adult Community Center continues to be a beacon of support for our beloved center, enhancing programs and services beyond what budgetary constraints allow. Established in 1992 as a 501(c)3 nonprofit organization, The Friends play a vital role in receiving and administering donations, grants, and requests exclusively for the benefit of the San Carlos Adult Community Center.

Each year, The Friends organize special event fundraisers, including the ever-popular Crab Feed, to raise essential funds for the center. Additionally, they spearhead an Annual Giving Campaign, rallying the community to contribute to their mission of improving and developing programs that enrich the lives of our residents.

We extend our heartfelt gratitude to The Friends for their unwavering dedication and commitment to our community.

Patti Brown, President of the Friends, shares her thoughts on the organization’s impact:

“As President of the Friends, I am continually inspired by the generosity and support of this community. Over the years, The Friends have been able to contribute significantly to the center’s mission, due to the communities support, allowing us to provide resources and funding for programs that enrich the lives of our residents. Together, we’ve built a strong foundation, and I look forward to continuing our work in the years to come.”

In recognition of their invaluable contributions, we’d like to offer a special thank you to the entire organization. Your generosity and passion for our center have made a significant difference in the lives of countless individuals.

To donate or to learn more about the Friends of San Carlos Adult Community Center visit: www.friendsoftheacc.org