

ACTIVE ADULTS 50+ ACTIVITIES

ADULT COMMUNITY CENTER

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. All are welcome! We have no membership fee or resident requirements.

Visit Us

601 Chestnut Street, San Carlos

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

Friday from 9:00 a.m. – 3:00 p.m.

Contact: (650) 802-4384

For more information,
visit cityofsancarlos.org/acc



JOIN THE FUN!

The best way to see what we're all about is to come visit us in person.

We invite anyone interested in becoming a member to visit the ACC on the first Wednesday of the month between 12:00 p.m. – 1:00 p.m. for a free ice cream and an introduction tour!

Chestnut Creamery

Enjoy a sweet treat for only \$1!

The “ACC Chestnut Creamery” serves ice cream cones/cups every Wednesday from 12:00 p.m. to 3:00 p.m.



ACTIVE ADULTS 50+ ACTIVITIES

CURBSIDE LUNCH PROGRAM



The ACC offers meals four days a week, Tuesday through Friday (except for the 2nd Friday of the month), prepared by Chef Brenda Sullivan. Meals are \$5 each and are ready onsite for curbside pick-up or home delivery to those living in San Carlos. Orders must be made by 5:00 p.m. the day before online by visiting www.cityofsancarlos.org/lunch or by calling the ACC at (650) 802-4384. The Curbside Lunch Program is partly funded by a Sequoia Healthcare District grant.

To view the monthly menu, please visit www.cityofsancarlos.org/lunch



MONTHLY LUNCHEONS

Monthly Luncheons feature a themed meal that includes dessert, a glass of wine or cider, and live entertainment. Luncheons are from 12:00 p.m. – 1:30 p.m. **Fee: \$15**

- 18328 Friday, Sept. 8** End of Sumer BBQ
- 18329 Friday, Oct. 13** Spooktacular Luncheon
- 18330 Friday, Nov. 3** Let's Give Thanks
- 18331 Friday, Dec. 8** Holly Jolly Luncheon



SPECIAL EVENTS

Pedro Tournament
Saturday, Sept. 30
 11:00 a.m. – 4:00 p.m.
 Fee: \$60
www.friendsoftheacc.org

Nutcracker Tea Party
Saturday, Nov. 18
 10:00 a.m. – 11:30 a.m.
Fee: \$35
 1 adult & 1 child
18347

Fee: \$15
 Add'l Family Member
18332



DROP-IN GAMES & ACTIVITIES

Come in and enjoy a free cup of coffee at our Coffee Bar, work on a puzzle, play a game of pool, socialize with friends or play cards!

- Monday** **Movies, Chinese ESL**
- Tuesday** **Pedro Cards & Poker**
- Wednesday** **Coloring, Ping Pong, Bridge, & Mah Jongg**
- Thursday** **Hearts & Poker, Chinese ESL**
- Friday** **Chinese Social**
- Daily** **Billiards**

For a full schedule of Drop-In programs, visit:
www.cityofsancarlos.org/acc



Fitness & Wellness

ACC FITNESS ROOM

The ACC Fitness Room is open Monday through Thursday for drop-in between 9:00 a.m. to 5:00 p.m. and Fridays from 9:00 a.m. to 3:00 p.m. It features a NuStep, recumbent bike, pulley weight system, rowing machine, free weights, stability balls and medicine balls. For more information, visit cityofsancarlos.org/acc.

Yearly Membership Fee: \$100 (18-61 years)
\$50 (62+ years)

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 9/4.

Stephanie Meyer, Tom Feledy, Sandy Abrahamson, Sara Haller

Adult Community Center

Free

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

Virtual Senior Boot Camp

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 9/4 & 11/23.

Paul Scherman

Virtual Class

Fee: \$15 (3 classes), \$20 (4 classes), \$25 (5 classes)

18272	M	11:00 a.m. – 12:00 p.m.	3 classes	9/11 – 9/25
18307	M	11:00 a.m. – 12:00 p.m.	5 classes	10/2 – 10/30
18308	M	11:00 a.m. – 12:00 p.m.	4 classes	11/6 – 11/27
18310	M	11:00 a.m. – 12:00 p.m.	3 classes	12/4 – 12/18
18318	Th	11:00 a.m. – 12:00 p.m.	4 classes	9/7 – 9/28
18319	Th	11:00 a.m. – 12:00 p.m.	4 classes	10/5 – 10/26
18321	Th	11:00 a.m. – 12:00 p.m.	3 classes	12/7 – 12/21
18320	Th	11:00 a.m. – 12:00 p.m.	4 classes	11/2 – 11/30

Virtual Balance & Brains

Balance & Brains is an innovative combination of specific activities designed to improve memory, reasoning, conceptualization, language, problem solving, and balance skills. No class 9/4.

Paul Scherman

Virtual Class

Fee: \$15 (3 classes), \$20 (4 classes), \$25 (5 classes)

18322	M	12:15 p.m. – 1:15 p.m.	3 classes	9/11 – 9/25
18323	M	12:15 p.m. – 1:15 p.m.	5 classes	10/2 – 10/30
18333	M	12:15 p.m. – 1:15 p.m.	4 classes	11/6 – 11/27
18334	M	12:15 p.m. – 1:15 p.m.	3 classes	12/4 – 12/18

Free (Funded by Sequoia Healthcare District)

18335	W	11:00 a.m. – 12:00 p.m.	4 classes	9/6 – 9/27
18336	W	11:00 a.m. – 12:00 p.m.	4 classes	10/4 – 10/25
18337	W	11:00 a.m. – 12:00 p.m.	5 classes	11/1 – 11/29
18338	W	11:00 a.m. – 12:00 p.m.	3 classes	12/6 – 12/20

Virtual Conditioning to the Core

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

Fee: \$15 (3 classes), \$20 (4 classes), \$25 (5 classes)

18339	W	12:15 p.m. – 1:15 p.m.	4 classes	9/6 – 9/27
18340	W	12:15 p.m. – 1:15 p.m.	4 classes	10/4 – 10/25
18341	W	12:15 p.m. – 1:15 p.m.	5 classes	11/1 – 11/29
18342	W	12:15 p.m. – 1:15 p.m.	3 classes	12/6 – 12/20

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. No class 11/23.

Paul Scherman

Virtual Class

Free (Funded by Sequoia Healthcare District)

18343	Th	12:15 p.m. – 1:15 p.m.	4 classes	9/7 – 9/28
18344	Th	12:15 p.m. – 1:15 p.m.	4 classes	10/5 – 10/26
18345	Th	12:15 p.m. – 1:15 p.m.	4 classes	11/2 – 11/30
18346	Th	12:15 p.m. – 1:15 p.m.	3 classes	12/7 – 12/21

Friends of the ACC

The Friends of the San Carlos Adult Community Center provides financial support to supplement a wide range of programs and services for the ACC. As a 501(c)(3) non-profit organization, the Friends raise funds through generous donations from the community and by applying for grants.

For information on how to support the Friends of the ACC, please visit www.friendsoftheacc.org/donate.

Virtual Gentle Tai Chi

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. This free class for beginning newcomers is offered in partnership with Sequoia Hospital-Dignity Health. No class 11/23

Elliotte Mao

Virtual Class

Free

17637 Th 9:30 a.m. – 10:30 a.m. 10 classes 6/22 – 8/24

18390 Th 9:30 a.m. – 10:30 a.m. 10 classes 10/12 – 12/21

Virtual Tai Chi Wellness

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. No class 11/24

Elliotte Mao

Virtual Class

Free

17639 F 9:00 a.m. – 10:00 a.m. 10 classes 8/4 – 10/6

18391 F 9:00 a.m. – 10:00 a.m. 10 classes 10/13 – 12/22

Tai Chi

Learn the practice of joy through movement. Relaxing and flowing exercises are given to energize the body.

Jan Smith

Adult Community Center

Free

T/W 9:00 a.m. – 9:30 a.m. Ongoing

Tai Chi Advanced

Susan Hu

Adult Community Center

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. On the 1st Friday of every month this class is via Zoom. No class 11/10 & 11/24.

Rosemary Field & Liane Benedict

Adult Community Center

Free

F 10:00 a.m. – 11:00 a.m. Ongoing

Virtual Chair Yoga

Yoga brings a calm mind, a flexible body, and helps with balance and stability. 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. No class 11/10 & 11/24.

Christine Salah

Virtual Class

Free (Funded by Sequoia Healthcare District)

18392 T 10:15 a.m. – 11:00 a.m. 4 classes 9/5 – 9/26

18393 T 10:15 a.m. – 11:00 a.m. 5 classes 10/3 – 10/31

18394 T 10:15 a.m. – 11:00 a.m. 4 classes 11/7 – 11/28

18395 T 10:15 a.m. – 11:00 a.m. 3 classes 12/5 – 12/19

Fee: \$15 (3 classes) \$20 (4 classes) \$25 (5 classes)

18396 F 10:15 a.m. – 11:00 a.m. 5 classes 9/1 – 9/29

18397 F 10:15 a.m. – 11:00 a.m. 4 classes 10/6 – 10/27

18398 F 10:15 a.m. – 11:00 a.m. 3 classes 11/3 – 11/17

18399 F 10:15 a.m. – 11:00 a.m. 4 classes 12/1 – 12/22



The Tuesday Chair Yoga, Wednesday Balance & Brains, and Thursday Flexibility Past 50 classes are fully funded by Sequoia Healthcare District.

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

Fee: \$15 (3 classes) \$20 (4 classes) \$25 (5 classes)

18400	T	11:15 a.m. – 12:00 p.m.	4 classes	9/5 – 9/26
18401	T	11:15 a.m. – 12:00 p.m.	5 classes	10/3 – 10/31
18402	T	11:15 a.m. – 12:00 p.m.	4 classes	11/7 – 11/28
18403	T	11:1 a.m. – 12:00 p.m.	3 classes	12/5 – 12/19

Making the Most of Medicare Open Enrollment

October 15 – December 7

Do you know which Medicare program is right for you? October 15-December 7 is Medicare's Fall Open Enrollment period. Learn how to compare current plans and new options. Plans change every year, and maybe your healthcare needs have changed, too. HICAP is here to help!

Virginia Kroger, HICAP

Adult Community Center

Free

18461	T	10:30 a.m. – 11:30 a.m.	1 class	10/3
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Mobility is Medicine

Have you had your daily dose? Learn about research-based benefits of "moving" and success-based strategies to incorporate physical activity into your daily life.

Janel Jurosky, Sequoia Hospital Dignity Health

Adult Community Center

Free

18434	Th	10:00 a.m. – 11:00 a.m.	1 class	10/5
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Medication Management

Did you know that 1 in 10 hospitalizations are the result of not taking medications correctly? Come and learn about self-advocacy tools and safety precautions to prevent this from happening to you.

Janel Jurosky, Sequoia Hospital Dignity Health

Adult Community Center

Free

18435	Th	10:00 a.m. – 11:00 a.m.	1 class	11/9
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Fundamentals of Good Health

According to the World Health Organization (WHO), good health is a state of complete physical, mental, and social well-being, and not just the absence of disease or infirmity. Fundamentals of health and wellness, along with suggestions to achieve them will be included in the discussion.

Margaret Baggerly, Supple Senior Care, LLC

Adult Community Center

Free

18408	Th	11:00 a.m.	1 class	10/19
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Diabetes and Older Adults

Diabetes is a serious disease, and it affects many older adults. People get diabetes when their blood glucose (blood sugar) is too high. Discussion will include the two types of diabetes, and the steps you can take to manage the condition (if you already have it), along with ways to delay or prevent Type 2 diabetes (the form most common to develop in older adults).

Margaret Baggerly, Supple Senior Care, LLC

Adult Community Center

Free

18409	Th	11:00 a.m.	1 class	11/16
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Social Wellness' Impact on our Health and Well-Being

Social interaction has a big influence on our well-being. Fulfillment of one's needs is a balance of nutrition, hygiene, exercise, as well as social interaction to achieve harmony between mind, body, and spirit. Many seniors face loneliness and isolation, which impacts both individual health as well as societal health. We will go over the health impact, as well as tips to achieve social wellness for yourself, along with ways to help others within your sphere.

Margaret Baggerly, Supple Senior Care, LLC

Adult Community Center

Free

18410	Th	11:00 a.m.	1 class	12/14
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Call for Instructors!

The ACC is looking for contract and volunteer instructors. Have a special hobby or experience in teaching? Now is your chance to lead a class. For more information, visit www.cityofsancarlos.org/instructor or call Recreation Supervisor, Caitlyn Matoso at (650) 802-4114.

Creative Arts

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. Leaders: Tom Feledy and Mary Lynn Wilson. Come and sing! No class 9/4.

Tom Feledy

Peninsula Community Chorus

Adult Community Center

Free

M	10:00 a.m. – 11:00 a.m.	Ongoing
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Dance

Intermediate/Advanced Tap Dance

This class is ongoing and features warmup exercises, cross the floor movement, and choreographed dances. Tap dancing can improve your balance and flexibility and is a great way to keep seniors on their toes mentally and physically. No class 9/4.

Judy Rechsteiner

Adult Community Center

Fee: \$15 (3 classes) \$20 (4 classes) \$25 (5 classes)

18324	M	1:00 p.m. – 2:00 p.m.	3 classes	9/11 – 9/25
18325	M	1:00 p.m. – 2:00 p.m.	5 classes	10/2 – 10/30
18326	M	1:00 p.m. – 2:00 p.m.	4 classes	11/6 – 11/27
18327	M	1:00 p.m. – 2:00 p.m.	3 classes	12/4 – 12/18

Special Interest

News & Views

Provocative and controversial discussions of current events such as the economy and state, national and world issues. No class 11/23.

Roland Vallecillo

Adult Community Center

Free

Th	1:30 p.m. – 3:30 p.m.	Ongoing
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Socrates Café: A Philosophical Discussion Group

Socrates Café 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 at 1:00 p.m.

Carmen Adams

Adult Community Center

Free

F	11:00 a.m. – 12:30 p.m.	Ongoing
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Book Club

If you love to read then this is the opportunity to share your thoughts with others. This discussion group will meet on September 11, October 2, November 6 and December 4. Book Selections – September: Enrique's Journey by Sonia Navario, October: A Wrinkle in Time by Madeline L'Engle, November: TBD, December: Anxious People by Linell Heinbockel

Cecile Lee

Adult Community Center

Free

FREE! Technology Help at the ACC

Need help with your tech-related devices, such as searching the Internet, setting up an email account and other computer, tablet and cellphone-related tasks? Jim Schrempp and Gerry Kane offer their services on the 1st and 3rd Mondays from 10:00 a.m. – 11:00 a.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. No class 9/4.

Adult Community Center

Free

Collette Extended Tours

The ACC offers destination vacations, both nationally and internationally, with Collette Vacations. Scheduled trips include: Costa Rica, Ireland, America's Music Cities, Spain's Costa del Sol and Madrid, Italy, and Portugal.

To view Collette Extended Tours, please visit cityofsancarlos.org/acc or call (650)-802-4384.



Monthly Day Trips

Explore local gems, meet new people and travel the Bay Area! The ACC offers a wide range of trips to local destinations for adults! Roundtrip transportation for Day Trips from the ACC will be provided on a commercial motor coach.

These trips let you travel with ease, so that all you have to do is sit back and enjoy! For a detailed itinerary of trips, visit: www.cityofsancarlos.org/acc.

Safari West

Fee: \$125

18411 M 8:00 a.m. – 5:00 p.m. September 18

Thunder Valley Casino Trip

Fee: \$50

18412 W 8:00 a.m. – 6:00 p.m. October 4

Farmer John's Pumpkin Farm

Fee: \$40

18413 F 10:00 a.m. – 4:00 p.m. October 20

Monterey Bay Aquarium

Fee: \$90

18414 W 8:00 a.m. – 5:00 p.m. November 7

Broadway San Jose: How the Grinch Stole Christmas

Fee: TBD

18415 Th Time TBD November 30

Livermore Outlet Holiday Shopping

Fee: \$30

18416 M 9:30 a.m. – 3:30 p.m. December 4

Resources

Blood Pressure Screening: Check, Change, Control

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.

No appointments necessary!

Caring Cupboard Food Assistance Program

Is your food budget not stretching far enough?

Caring Cupboard is a free and confidential food support program run by San Carlos Service Clubs for Seniors in partnership with the San Carlos Adult Community Center.

Who can apply: Caring Cupboard is open to all San Carlos residents who meet the eligibility requirements.

How to help: Volunteers are needed to help pack and deliver groceries every Tuesday. Donations of paper bags, canned food, boxed food, or packages that are non-perishable and in their factory-sealed condition are welcome to be dropped off at the ACC.

For more information visit

www.cityofsancarlos.org/caringcupboard or call (650) 802-4114.

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. 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 Adult Community Center.

Medical Equipment Loan Program (MELP)

MELP is a nonprofit partnership of local Rotary Clubs, Villages of San Mateo County, and the City of San Carlos. MELP recycles used durable medical equipment, such as wheelchairs, rollators, walkers, and similar items, loaning them at no cost to individuals who cannot afford or otherwise have access to them. Equipment donated to our program is inspected, sanitized, and inventoried before it is made available to future users. For more information on MELP or to get involved in volunteering, visit www.freemedequip.org.