

Sept./Oct. 2024 | Free

Senior Connections

<https://www.ssf.net/seniors>



• COMMUNITY FUN FEST •

SATURDAY, SEPTEMBER 21, 2024

11:30 A.M. - 5:00 P.M.

FEATURING

GRAMMY AWARD WINNING

DAZZ BAND

AND

BLESSID UNION OF SOULS

••••• **FREE ADMISSION** •••••

**Music / Kids Activities / Beer & Wine
Food Trucks / Exhibitors**

•••••

**At Orange Memorial Park
Picnic Meadow**

**Memorial Drive (at West Orange Ave.)
South San Francisco**



FOR MORE INFORMATION, VISIT WWW.SSF.NET/CONCERT • BROUGHT TO YOU BY
THE CITY OF SOUTH SAN FRANCISCO PARKS & RECREATION DEPARTMENT



PLEASE JOIN US FOR OUR 43RD

HOLIDAY BOUTIQUE & MAKERS FAIR

SATURDAY, NOVEMBER 2

10:00 A.M. TO 4:00 P.M.

LIBRARY | PARKS & RECREATION CENTER
901 CIVIC CAMPUS WAY, SOUTH SAN FRANCISCO

FREE ADMISSION

COME SUPPORT OUR LOCAL VENDORS! ENJOY A DAY OF SHOPPING FEATURING UNIQUE, ONE OF A KIND, HANDCRAFTED JEWELRY, CLOTHING, ACCESSORIES, CANDLES, HOUSEWARES, AND MORE! FREE REFRESHMENTS WILL BE PROVIDED.



SSF SENIOR SERVICES | (650) 829-3820 | WEB-REC@SSF.NET

Seated Pilates

Monday

12:30 p.m.—1:30 p.m.



This class is a form of exercise focused on strengthening the core, improving flexibility, and enhancing overall body strength. Involving controlled, precise movements emphasizes the “powerhouse” (core muscles) to stabilize and support the body.

Ping Pong

Monday

11:00 a.m. - 2:30 p.m.



Ping Pong is a table sport where players use paddles to hit a lightweight ball over a net. Played on a hard table surface, table tennis is a fast paced game that requires players to react quickly to their opponent. We have paddles and balls for you to use. Come join the exciting game of Ping Pong!

All classes are **FREE!**

Donations are encouraged and appreciated.

Donation boxes are found in each class.

Seated Full Body Workout

Wednesday

12:15 p.m.- 1:15 p.m.

Friday

1:15 p.m.- 2:15 p.m.



This class offers a safe and effective way to improve cardiovascular health, enhance circulation, and boost overall fitness. The movements are designed to increase heart rate, build strength, and improve flexibility without putting stress on the joints. This class will improve core strength and posture and includes controlled movements to enhance muscle tone, balance, and overall well-being.

Chess

Saturday

9:30 a.m. - 12:00 p.m.



Come play chess, reignite your love of the game, or play a game with other experienced players. Grandmaster instructor most Saturdays. All levels welcomed!

Vitality in Seated Yoga

Thursday

12:00 p.m. -1:00 p.m.

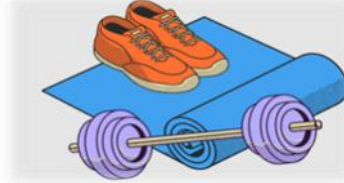


Develop strength, balance, and flexibility, all while incorporating deep breathing. Decompress with some seated yoga and awaken your energy.

Strength in Standing

Wednesday

11:00 a.m. -12:00 p.m.



Kickstart your day with weight training that includes arm and leg exercises and involves getting on and off the floor. This class incorporates a blend of standing and floor-based exercises using light weights and resistance bands to target both upper and lower body. The focus is on building muscle strength, improving joint flexibility, and enhancing balance.

All classes are **FREE!**

Donations are encouraged and appreciated.

Donation boxes are found in each class.

Stand Tall Yoga

Friday

12:00 p.m. -1:00 p.m.



This class combines physical postures, breathing techniques, and meditation to promote overall well-being and spiritual growth.

Seated Weights

Tuesday & Thursday

10:45 a.m. - 11:45 a.m.



Seated Weight Training class is designed to improve strength, flexibility, and overall health. The class incorporates light dumbbells and resistance bands to perform a variety of exercises that target major muscle groups, enhance joint mobility, and boost cardiovascular health. Perfect for those looking to maintain an active lifestyle, this class provides modifications to suit all fitness levels, ensuring everyone can participate and benefit .

Mahjong



Friday

9:30 a.m. - 1:00 p.m.

Join us for Mahjong at the Roberta Cerri Teglia Center. Our mahjong group meets every Friday at 9:30 AM to play. We have everything you need to play: tables, tiles, and friendly players. We now have 10 tables at once, so come on by and join us for a game!

Fine Arts Exploration

Monday

12:30 p.m. - 2:30 p.m.

Thursday

9:30 a.m. - 12:30 p.m.



Fine Arts Exploration allows for beginner, intermediate, and experienced artists to come and work on their skills while creating beautiful works of art. While painting is the main focus of the group, we encourage artists of all kinds to come and share their talents. Beginner supplies provided!

All classes are **FREE!**

Donations are encouraged and appreciated.

Donation boxes are found in each class.

Zumba Gold



Wednesday

11:30 a.m. - 12:30 p.m.

The original concept of Zumba combines a dance workout with a party-like atmosphere. Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors and/or beginners. Come to this class and get ready to sweat. Prepare to leave empowered and feeling strong.

YOGA

Monday & Wednesday

9:15 a.m. - 10:15 a.m.

Thursday

3:30 p.m. - 4:30 p.m.

Saturday

9:15 a.m. - 10:45 a.m.



Yoga is a great way to get in shape. It is a low impact activity that develops strength and balance. Our yoga classes are geared towards seniors so please come by, take a look, or join us. Space is limited to the first 30 participants.

Senior Classes

Knitting and Crocheting



Monday

10:00 a.m. - 12:00 p.m.

Wednesday

10:00 a.m. - 12:00 p.m.

You don't have to be an expert to join, everyone is welcome! We do traditional knitting as well as single needle crocheting. We have people who can help you out and give you advice with projects. Join us every Monday and Wednesday in the craft room.

Hawaiian Arts

Tuesday

11:00 a.m. - 12:00 p.m.



Learn basic strumming, chords, and songs in a friendly environment. No ukulele? No problem! We are offering free ukuleles to loan. Simply fill out a check out form, and you can use one of our free ukuleles for class to practice with!

All classes are **FREE!**

Donations are encouraged and appreciated.

Donation boxes are found in each class.

~SENIOR SOCIAL DANCE~

Tuesday/Friday

10:00 a.m. - 1:00 p.m.

Thursday

9:00 a.m. - 12:00 p.m.



Make new friends and get in shape with ballroom dancing. All levels are welcome!

Fee: \$6

In the Library | Parks & Recreation Center

Karaoke!

Wednesday

1:00 p.m. - 2:30 p.m.



We have the microphones, the sound systems, and a wonderful room with nice acoustics. Join us every Wednesday at 1:00 p.m. to sing some songs and make some friends! We hope to see you there! All experience levels encouraged to join!

NEW!! Coffee & Cards



**Monday, Wednesday,
Friday & Saturday**

10:00 a.m. - 12:00 p.m.

Tuesday

10:00 a.m. - 5:00 p.m.

Come form connections with other people, play card games, play board games, or just enjoy a cup of coffee in a relaxed setting.

Coloring Club



Thursday

11:30 a.m. - 1:00 p.m.

Does your brain need a break? Want to reduce stress & anxiety all while sharpening your focus? Come & enjoy the soothing, calming effects of coloring & some great company to sit & chat with.

All classes are **FREE!**

Donations are encouraged and appreciated.

Donation boxes are found in each class.



Newsletter Subscription

We are accepting 2024 newsletter subscriptions. The cost is FREE for our subscribers. Please fill out this form and mail it back to us at:

**City of South San Francisco Senior Services
P.O. Box 711
South San Francisco, CA 94080**

You can also send us your email address to receive an electronic copy to lisa.wilson@ssf.net and/or kaseyjo.cullinan@ssf.net

Name _____

Telephone _____

Address

Street _____

City _____

Zip _____



Senior Recreation Programs

The Roberta Cerri Teglia Center

Extended Hours!

Tuesdays and Thursdays 9:00 a.m.-5:00 p.m.

MON	TUE	WED	THUR	FRI	SAT
Open Billiards 9:00 a.m.– 3:00 p.m.	Open Billiards 9:00 a.m.– 5:00 p.m.	Open Billiards 9:00 a.m.– 3:00 p.m.	Open Billiards 9:00 a.m.– 5:00 p.m.	Open Billiards 9:00 a.m.– 3:00 p.m.	Open Billiards 9:00 a.m.– 3:00 p.m.
Exercise Room 9:00 a.m.– 3:00 p.m.	Exercise Room 9:00 a.m.– 5:00 p.m.	Exercise Room 9:00 a.m.– 3:00 p.m.	Exercise Room 9:00 a.m.– 5:00 p.m.	Exercise Room 9:00 a.m.– 3:00 p.m.	Exercise Room 9:00 a.m.– 3:00 p.m.
Open Computer Lab 9:00 a.m.– 3:00 p.m.	Open Computer Lab 9:00 a.m.– 5:00 p.m.	Open Computer Lab 9:00 a.m.– 3:00 p.m.	Open Computer Lab 9:00 a.m.– 5:00 p.m.	Open Computer Lab 9:00 a.m.– 3:00 p.m.	Open Computer Lab 9:00 a.m.– 3:00 p.m.
Yoga 9:15 a.m.- 10:15 a.m.	**Senior Dance 10:00 a.m.- 1:00 p.m.	Yoga 9:15 a.m.- 10:15 a.m.	**Senior Dance 9:00 a.m.- 12:00 p.m.	Mahjong 9:30 a.m.- 1:00 p.m.	Yoga 9:15 a.m.- 10:45 a.m.
Coffee & Cards 10:00 a.m. - 12:00 p.m.	Coffee & Cards 10:00 a.m. - 12:00 p.m.	Coffee & Cards 10:00 a.m. - 12:00 p.m.	Fine Arts 9:30 a.m.- 12:30 p.m.	Coffee & Cards 10:00 a.m. - 12:00 p.m.	Coffee & Cards 10:00 a.m. - 12:00 p.m.
Knitting & Crochet 10:00 a.m.- 12:00 p.m.	Seated Weights 10:45 a.m.- 11:45 a.m.	Knitting & Crochet 10:00 a.m.- 12:00 p.m.	Seated Weights 10:45 a.m.-11:45 a.m.	**Senior Dance 10:00 a.m.- 1:00 p.m.	Chess 9:30 a.m.- 12:00 p.m.
Ping Pong 11:00 a.m.- 2:30 p.m.	Hawaiian Plus 11:00 a.m.- 12:00 p.m.	Strength in Standing 11:00 a.m. - 12:00 p.m.	Coloring Club 11:30 a.m.- 1:00 p.m.	Stand Tall Yoga 12:00 p.m.– 1:00 p.m.	Movie 12:30 p.m.- 2:30 p.m.
Fine Arts 12:30 p.m.- 2:30 p.m.	*Congregate Meal Program 12:30 p.m.- 2:30 p.m.	Zumba Gold 11:30 a.m.- 12:30 p.m.	*Congregate Meal Program 12:30 p.m.- 2:30 p.m.	Seated Full Body Workout 1:15 p.m. - 2:15 p.m.	
Seated Pilates 12:30 p.m. - 1:30 p.m.	Movie 3:00 p.m. - 5:00 p.m.	Seated Full Body Workout 12:15 p.m. - 1:15 p.m.	Vitality in Seated Yoga 12:00 p.m. - 1:00 p.m.		
		Karaoke 1:00 p.m.- 2:30 p.m.	Yoga 3:30 p.m. - 4:30 p.m.		

***Congregate Nutrition Program—A sit down meal service at the Roberta Cerri Teglia Center (601 Grand Ave, SSF, CA. 94080). The sit-down meal service takes place from 12:30pm - 2:30pm every Tuesday and Thursday in the Social Hall. In order to participate in the program, you MUST complete an application to be pre-registered, upon registration reservations are required. Reservation can be made the last Tuesday of the month.**

If you have any questions, please feel free to call the center at 650-829-3820 or go online at <http://www.smchealth.org/general-information/where-older-adults-can-go-nutritious-meals>

****Senior Dance is located at the Library/Parks and Recreation Center (901 Civic Campus Way, SSF, CA. 94080) in the Banquet Hall. There is a \$6.00 fee.**

STAND TALL YOGA

This class combines physical postures, breathing techniques, and meditation to promote overall well-being and spiritual growth.

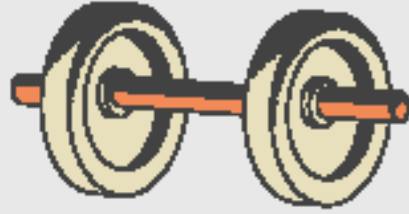


FRIDAYS

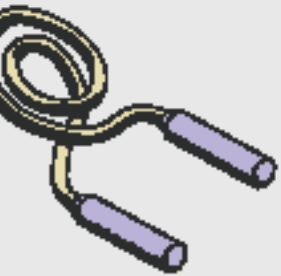
12:00 P.M. – 1:00 P.M.

ROBERTA CERRI TEGLIA CENTER 1ST FL
601 GRAND AVE., SSF

FOR MORE INFORMATION PLEASE CALL
650-829-3820



STRENGTH IN STANDING



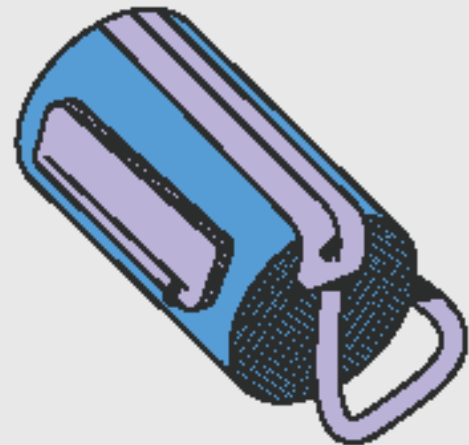
Kickstart your day with weight training for seniors that includes arm and leg exercises and involves getting on and off the floor.

This class incorporates a blend of standing and floor-based exercises using light weights and resistance bands to target both upper and lower body. The focus is on building muscle strength, improving joint flexibility, and enhancing balance.

Limit 15 students per class.

Wednesdays, 11:00 a.m. - 12:00 p.m.

Roberta Cerri Teglia Center
601 Grand Ave., SSF 1st Fl
650-829-3820



Vitality in seated Yoga

Come join Monica for some Vitality in Seated Yoga. Develop strength, balance, and flexibility, all while incorporating deep breathing to decompress with some seated yoga. Limit 20 students per class.



Thursday, 12:00 p.m. - 1:00 p.m.

Roberta Cerri Teglia Center
601 Grand Ave., SSF 1st/FL
650-829-3820

Seated Full Body Workout

This class offers a safe and effective way to improve cardiovascular health, enhance circulation, and boost overall fitness. The movements are designed to increase heart rate, build strength, and improve flexibility without putting stress on the joints. This class will improve core strength and posture and includes controlled movements to enhance muscle tone, balance, and overall well-being.



Wednesday 12:15 p.m.—1:15 p.m. and
Friday 1:15 p.m.—2:15 p.m.

Roberta Cerri Teglia Center 1st floor
601 Grand Ave. SSF

For more information please call
650-829-3820



Do you like to play cards? board games? Come play a game or two and enjoy a cup of coffee. Games, cards, and coffee provided.

Monday, Wednesday, Friday and Saturday

10:00 a.m. - 12:00 p.m.

Tuesday

10:00 a.m. - 5:00 p.m.

Roberta Cerri Teglia Center 3rd floor |

Activity Room 1

601 Grand Ave. SSF

Congregate Nutrition Program

South San Francisco's Congregate Lunch Program is subsidized by funds through the Older American Act. There is a voluntary contribution for meals, but everyone 60 years old and over are welcome, regardless of ability to contribute. Meals are catered by Moon Chef in South San Francisco and will be served every Tuesday & Thursday from 12:30 p.m.- 2:30 p.m. by our staff and volunteers. All meals meet the nutrition guidelines set by San Mateo County Health.

All luncheons have limited space and **advanced reservations are required**. Reservations can be made the last Tuesday of the month. You must have a completed application to participate. There is a \$3.00 voluntary contribution for eligible participants and a \$6.00 fee for guests of eligible participants or those not eligible. If you have any questions, please contact the Center.

Roberta Cerri Teglia Center
601 Grand Ave. SSF
(650) 829-3820

*Make sure to get a parking permit on the 3rd floor and place in car prior to eating if parking in the lot on Baden.

Kasey Jo Cullinan

Recreation & Community Services Supervisor

Kaseyjo.cullinan@ssf.net

(650) 829-3822

Lisa Wilson

Recreation & Community Services Coordinator

lisa.wilson@ssf.net

(650) 829-3820

September Menu 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED	3 Baked Fish W/Miso Sauce Bok Choy & Carrots Banana	4	5 Turkey W/Sesame Sauce Cabbage, Garbanzo Bean Orange	6
9	10 Beef W/Chu Hou Cabbage & Carrots Banana	11	12 Chicken Leg W/Ginger Sauce Green Peppers & Mushrooms Banana	13
16	17 Pork W/Vermicelli & Water Chestnut Broccoli & Carrots Banana	18	19 Turkey W/Gravy Sauce Spinach & Garbanzo Beans Orange	20
23	24 Fish W/Sweet & Sour Sauce Cabbage & Carrots Mandarin Orange	25	26 Pork Chop W/Lemongrass Sauce Turnips & Carrots Banana	27

*Each meal is served with brown rice.

Menu subject to change

USING THE NUTRITION FACTS LABEL: FOR OLDER ADULTS

Making healthy dietary choices can help you feel your best and stay active. It can also help you lower your risk of developing some health conditions that are common among older adults.

The U.S. Food and Drug Administration (FDA) has a tool to help you make informed food choices that can have positive effects on your health and wellness. It is called the Nutrition Facts label and you can find it on packaged foods beverages. Read this booklet to learn how to use Nutrition Facts label.

UNDERSTANDING THE NUTRITION FACTS LABEL

Servings Per Container shows the total number of servings in the entire food package or container. One package of food may contain more than one serving. For example, if you eat or drink two servings, you are getting double the calories and double the nutrients that are listed on the label.

Serving Size is based on the amount of food that is usually eaten at one time. Serving size is not a recommendation of how much to eat. The nutrition information listed on the label is usually based on one serving of the food; however, some containers may also have nutrition information listed for the entire package.

Calories refers to the total number of calories in a serving of the food. To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories your body uses. 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, height, weight, and physical activity level. Check your calorie needs at www.ChooseMyPlate.gov/MyPlatePlan.

% Daily Value (%DV) shows how much a nutrient in a serving of the food contributes to a total daily diet. The Daily Values are reference amounts (in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day. Use the %DV to determine if a serving of the food is high or low in an individual nutrient. You can also use the %DV to compare food products (make sure the serving size is the same).

NUTRIENTS AND YOUR NEEDS

Nutrients are substances in your food that keep your body working well. Eating too much or too little of some nutrients may increase your risk of certain chronic diseases, such as heart disease and high blood pressure.

Older adults have different nutritional needs than other age groups. The Nutrition Facts label can help you monitor some of the nutrients in your diet.

More often, look for packaged foods that are:

Higher in:	Lower in:
Dietary Fiber	Saturated Fat
Vitamin D	Sodium
Calcium	Added Sugars
Potassium	

USE THE NUTRITION FACTS LABEL TO MAKE HEALTHY CHOICES: 3 TIPS

Check the Servings

The nutrition information listed on the label is usually based on one serving of the food. When comparing calories and nutrients in different foods, check the serving size to make a correct comparison. And remember, it is common for a food package or beverage to have more than one serving.

Know Your Calorie Needs

2,000 calories a day is used as a general guide for nutrition advice. However, your calorie needs may be higher or lower and depend on your age, sex, height, weight, and the amount of physical activity you get each day. Talk to your healthcare provider about your calorie and nutrition needs, as you age. Visit www.ChooseMyPlate.gov/MyPlatePlan and talk to your healthcare provider to see what calorie range is right for you.

Use % Daily Value as a Guide

The %DV can help you look for foods to decide which is the better choice for you. Older adults should more often look for foods with a higher %DV of dietary fiber, vitamin D, calcium, and potassium. Older adults should also more often look for foods with a lower %DV of saturated fat, sodium, and added sugars. Talk to your healthcare provider about which nutrients you should track

SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you could save on your car insurance! *

STAY SAFE AND SAVE WITH THE AARP SMART DRIVER COURSE

The AARP smart driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Since 1979, the course has helped more than 20 million drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. The course has also been recently updated with new content, so you will have the most up to date information for your state. Plus, you may qualify for multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details).

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

NEW
CONTENT
ADDED!

Date & Time:

This is a 2-day course, each class will be from 9:00 am to 1:00pm. The dates are **Tuesday, October 29th and Wednesday, October 30th**. Please be sure to come 20 minutes before the start of the course to sign-in. Course fee will be collected the day of class. See below for fees.

Location:

Library | Parks and Recreation Center
901 Civic Campus Way, South San Francisco
CA. 94080, 3rd floor.

Register:

To register for the course, please contact Lisa Wilson at 650-829-3816 or at lisa.wilson@ssf.net

Class is limited to the first 18 registrants.

CLASSROOM COURSE

\$20 for AARP members
\$25 for non-members

TO FIND ADDITIONAL COURSES

Visit: www.aarp.org/driving36
Call: **1-888-773-7160**

* Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

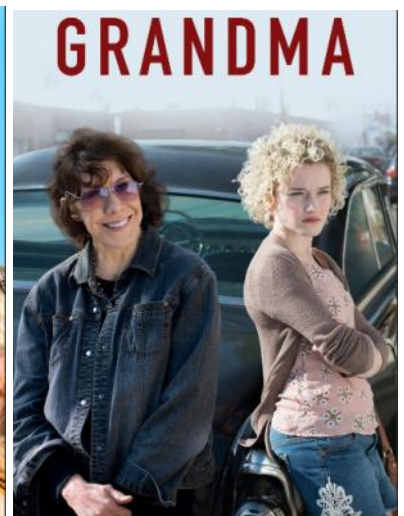
ROBERTA CERRITEGLIA CENTER PRESENTS MOVE DAY ON TUESDAYS 3-5PM

September 3rd : Charlie St.Cloud- Starring Zac Efron and Amanda Crew-Adored by his single mother and his little brother Sam, Charlie St. Cloud is an accomplished sailor and college-bound senior with a bright future ahead of him. When Sam dies in a terrible accident, Charlie's dreams die with him. But , so strong is the brothers' bond that, in the hour before each sunset, Charlie and Sam meet to play catch. The return of a former classmate leads Charlie to a difficult choice: remain stuck in the past, or let love lead him to the future. Runtime 100 minutes

September 10th : Knight and Day- Starring Tom Cruise and Cameron Diaz: Big-Screen superstars Tom Cruise come together in this fun, action-packed thrill ride that will keep you on the edge of your seat. When a small-town girl named June meets a mysterious stranger, she thinks she's found the man of her dreams. But she soon discovers he's a fugitive spy, who thrusts her into a thrilling cat-and-mouse chase that spans the globe. As the bullets and spark fly, June bust decide if her "knight" in shinning armor is a dangers traitor or the love of her lie. Runtime 109 minutes

September 17th : Blue Jasmine-Starring Cate Blanchett and Alec Baldwin- After her marriage to a wealthy businessman collapses, New York socialite Jasmine flees to San Francisco and the modest apartment of her sister, Ginger. Although she's in a fragile emotional state and lacks job skills, Jasmine still manages to voice her disapproval of Ginger's boyfriend, Chili. Jasmine begrudgingly takes a job in a dentist's office, while Ginger begins dating a man who's a step up from Chili. Runtime 98 minutes

September 23rd : Grandma- starring lily tomlin and Julia garner- Elle Reid has just gotten through breaking up with her girlfriend when her granddaughter, sage, unexpectedly shows up need #600 before sundown. Temporarily broke, Grandma Elle and sage spend the day trying to get their hands on the case as their unannounced visits to old friend and flames ends up rattling skeletons and digging up secrets. runtime 79 mins



Saturday Movies for September

At Roberta Cerri Teglia Center from 12:30pm - 2:30pm

Join us for some classics this September!

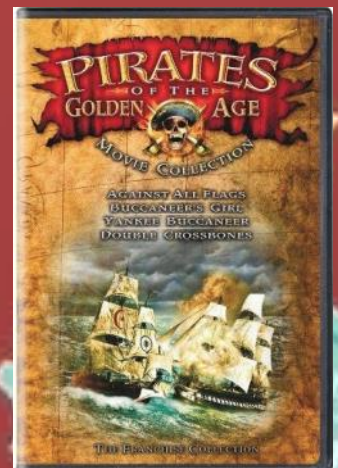
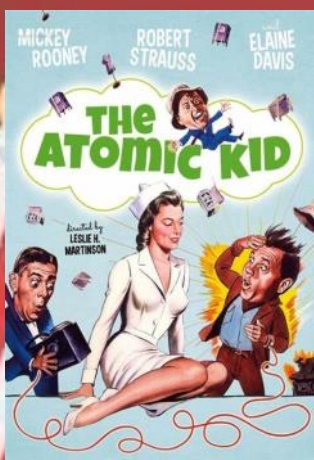
All movies personally curated from our Senior Center.

September 7th: The Atomic Kid

September 14th : Black Angel

September 21st : Li'l Abner

September 28th : Against All Flags



Saturday Movies for October

Join us for some classics this October!

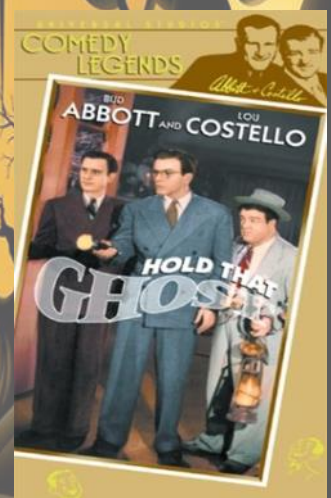
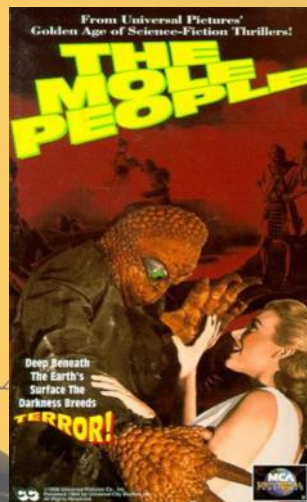
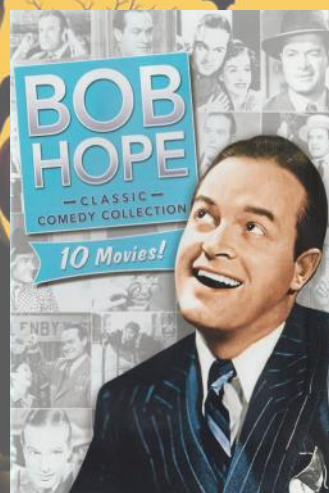
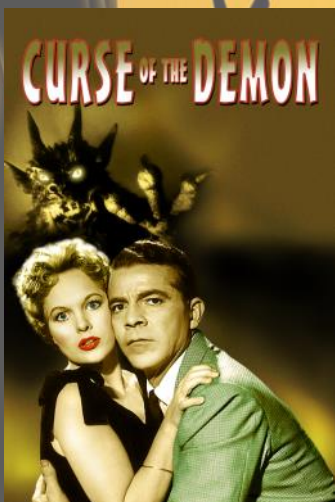
All movies personally curated from our Senior Center.
At Roberta Cerri Teglia Center from 12:30pm—2:30pm

October 5th : Curse of the Demon

October 12th : Bob Hope - Classic Comedy

October 19th: The Mole People

October 26th : Hold That Ghost





Be Your Own Hero During These Troubled Times. Make A Difference.....

You may not have the power to make peace around the world,
Or, a voice to take charge to clean up the planet,
But each individual has the ability to make a small baby step,
That can make a big impact on the people around you,
Your action can spearhead a dose of compassion, care and happiness,
And, give yourself a jolt of self-esteem,
You don't need a cape or magic power to be a hero, so...
To **help** make this world a better place and make a difference;
Be a friend. You have the power to nurture other people and touch their heart, while you enrich your OWM life with joy and meaning. Be there when it counts, in good and bad times!
Be a mentor. You have the power to be a role model for another person. Share your life skills and experience to guide, support and inspire!
Be a champion. You have the power to create positive change for others and yourself.
Be a trailblazer. March to the beat of your own drum and open new doors that others may pass through. Unleash your creativity.

By: Mercedes Gharechedaghy 07/16/2024



Senior Mobility Guide

Staying Connected in San Mateo County



Pick up the latest issue
of the
Senior Mobility Guide

• • •

Available at a local
senior center or library
or call **800-660-4287**
(TTY) 650-508-6448
to request a copy by mail

Also Available in Spanish and Chinese.

San Mateo County
TRANSIT DISTRICT

HOMEASSIST

Home Health Services



**Most Trusted Home Health Agency
in The Bay Area**

SKILLED NURSING-MEDICAL SOCIAL WORK
THERAPIES-HOME HEALTH AIDE

855-571-HOME (4663)

www.HomeAssistCA.com

PROUDLY SERVICING SAN FRANCISCO,
SAN MATEO AND SANTA CLARA COUNTIES

GET IN TOUCH WITH US

ADMISSION / REFERRAL

Phone: 855-571-HOME (4663)

Fax: 650-515-3221

BUSINESS OFFICE

St. Francis Medical Building
1440 Southgate Ave. Suite 5
Daly City, CA 94015

WEB / EMAIL

www.HomeAssistCA.com

info@HomeAssistCA.com



Home Assist Home Health Services does not discriminate or turn away patients on basis of age, gender, sex, race, ethnicity, sexual orientation, religious beliefs, and origin. We are an equal opportunity home health care provider, and we offer our services to everyone who is in need.

WHY CHOOSE US

- ✓ We Ensure a Seamless Transition from Hospital of Facility to Home.
- ✓ Fast 15 Min. Response to you Referrals.
- ✓ Cases Can be Opened Within 24 hours of Referral Acceptance
- ✓ Agency Liaison Provided to Each Patient with Direct Contact.

INSURANCES

ACCEPTED

- Medicare]
- United Healthcare PPO
- Aetna PPO
- Humana PPO
- Health Net PPO
- San Francisco Health Plan
- Cigna
- Brand New Day
- AAMG
- CCHP
- Imperial
- Health Plan Of San Mateo

IMPORTANT

**Roberta Cerri Teglia Center
will be CLOSED
the following days:**

***September 2nd Closed for
Labor Day**

***October 14th Closed for
Indigenous Peoples Day**

HALLOWEEN WORD SEARCH

R F E F P R Y M G H Y O Z A Q B F H O H
 A D C S E A E E O N Y V L K U X X T W I
 A V S O M F C Z J U L W O F R Z E Q I J
 M H C Q U G V E L S Q S P A M Q N Z T U
 I C V R T L E S U O H D E T N U A H C L
 T D H D S A T H X G L A P U F X F M H A
 R T U Z O O C S T D E J S P S A B Y Y I
 V H R S C A R Y N I O O K X W X K A W T
 V E R I P M A V L E W S E W P F Q M A T
 U B B C Y C C Y N D Q P L G U A Y J O R
 H T N A M C A N D Y S R E Y M M U M O I
 R C J X J R R J T A T X T A P U N E T C
 H A L L O W E E N D Z H O Z K S G X M K
 G K Z O N Y T C T L Y H N B I K Q X K O
 U I N Y J N O S K S S E I P N R B Y N R
 M W R G G S R T O H N R X Q M Y Z G M T
 J X X Q N F J W Q H H O R I M P D Q L R
 F D Z U A I W R X Z G J M U H W Y A O E
 T A B K O Y K O O P S O W A B B T U E A
 Z F S H L F U Q Q P I T G J X N M N D T



Bat
 Pumpkin
 Halloween
 Mummy
 Vampire
 Witch
 Spooky
 Trick or Treat

Fun
 Ghost
 Costume
 Skeleton
 Candy
 Scary
 Monster
 Haunted House



Brain Teasers

CRIME

EXXPOSURE

Standard
 Standard

W★RS

EZ
 IIIIIII

COVER
 AGENT

1. Crime Wave
2. Double Standard
3. Easy on The Eyes
4. Double Exposure
5. Star Wars
6. Under Cover Agent

Shopping With A Grandchild

An old man was shopping with his grandson. The toddler was crying, and at times screaming at the top of his lungs. As the old gentleman walked up and down the aisles, people could hear him speaking in a soft voice....“We are almost done, Albert.....Try not to cry Albert.....Life will get better Albert.....” As he approached the checkout stand, he carefully brushed the toddlers tears from his eyes and said again, “Try not to cry, Albert...We will be home soon, Albert.....”As he was paying the cashier, the toddler continued to cry as a young woman in line behind him said, “Sir, I think it is wonderful how sweet you are being to your little Albert. “The old gentleman blinked his eyes a couple of times before saying. “My grandson’s name is John.....I’m Albert....

Support Services & Information



South San Francisco RCTC Information and Referrals

Our team here at Roberta Cerri Teglia Center is available to assist you. Please feel free to reach out to us at 650-829-3820 for information on our programs, activities, events, and services as well as providing information and referrals for services in San Mateo County and the City of South San Francisco.

San Mateo County 24-Hour Information and Referral Line (TIES Line)

A 24-hour information and referral line for older adults and people with disabilities. Support services are available. Call 1-800-675-8437

Notary Public Services

South San Francisco City Clerk's Office also offers notary services. <https://www.ssf.net/departments/city-clerk/notary-services>.

Appointments are encouraged but not required.
(650) 877-8518

Passport Services

South San Francisco's City Clerk's Office now offers Passport Services. For more information:

<https://www.ssf.net/departments/passport-services>.

Social Security

Please contact Social Security at 1-800-772-1213 or <https://www.ssa.org> for information on Social Security services and benefits.

Peninsula Family Service

For Senior Counseling please call 650-403-4300 x.4389. For the Older Adult Resource Line please call 650-780-7542 to get connected to a wide range of community resources including food services, and weekly wellbeing calls from senior peer counselors.

Health Insurance Counseling

HICAP is available for medicare counseling to those in San Mateo County Call 1-800-434-0222

Housing Referrals

HIP provides referrals for Shared Housing Options Call 650-348-6660.

Veterans Counseling

Contact Veterans Service representatives at 650-493-5000 for info.

Transportation Services

Get up and Go	(650) 378-2750
Redi-Wheels	1-800-660-4287
SamTrans	1-800-660-4287
BART	(650) 992-2278
Caltrain	1-800-660-4287
Yellow Cab Co.	(650) 342-1234
Institute on Aging	(650) 424-1411

RCTC Senior Services Team:

Kasey Jo Cullinan, Recreation and Community Services
Supervisor, Senior Program Area 650-829-3822

Marianna Roman, Recreation and Community Services
Coordinator, Adult Day Care Program 650-829-3824

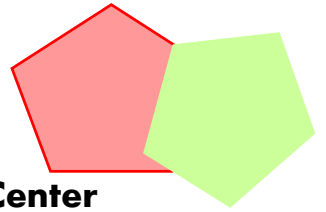
Lisa Wilson, Recreation and Community Services
Coordinator, Senior Program Area 650-829-3816

Bruce Haroldson, Recreation Leader-Reception /
Programs 650-829-3820

William Armanino, Recreation Leader-Reception/
Programs 650-829-3819

Vangie Lopez, Recreation Leader-Adult Daycare
Program 650-829-3824

Contact Us



Roberta Cerri Teglia Center Senior Services

(650) 829-3820

Websites:

<https://www.ssf.net/>

<https://www.ssf.net/seniors>

<https://www.ssf.net/virtualrec>



Roberta Cerri Teglia Center pictured above.



South San Francisco Parks and Recreation Department

Library | Parks and Recreation Center

901 Civic Campus Way

South San Francisco, CA 94080