

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



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)



STAY CONNECTED WITH THE CHESTNUT CHRONICLE

Our monthly newsletter is packed with information on classes, lectures, day trips, special events, and ACC announcements, it's your comprehensive guide to what's happening.

Access *The Chestnut Chronicle* online at cityofsancarlos.org/acc or stop by the ACC to pick up a copy.

ACTIVE ADULTS 50+ ACTIVITIES

SPECIAL EVENTS

Mark your calendar!

Pedro Tournament

Saturday, April 6

11:00 a.m. – 4:00 p.m.

Fee: \$60

friendsoftheacc.org

Pasta Bingo Night

Saturday, June 1

5:00 p.m. – 8:00 p.m.

Fee: \$25

19542



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

19551	April 12	Spring Luncheon
19553	May 10	Mother's Day Luncheon
19554	June 14	Father's Day Luncheon
19556	July 12	Red, White & Blue Luncheon
19557	August 2	Luau Luncheon



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 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, visit cityofsancarlos.org/lunch



Fitness & Wellness

Drum for Health

Drumming has been used for thousands of years for pain mitigation, stress management, and cognitive engagement. This class will involve drums, percussion, movement, vocals, and clapping. Any level of wellness can play. No class 7/4.

Ferndrummingbird

Adult Community Center

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

19839	Th	1:00 p.m. – 2:00 p.m.	4 classes	4/4 – 4/25
19840	Th	1:00 p.m. – 2:00 p.m.	5 classes	5/2 – 5/30
19841	Th	1:00 p.m. – 2:00 p.m.	4 classes	6/6 – 6/27
19842	Th	1:00 p.m. – 2:00 p.m.	3 classes	7/11 – 7/25
19843	Th	1:00 p.m. – 2:00 p.m.	5 classes	8/1 – 8/29

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 5/27 & 6/19.

Stephanie Meyer, Tom Feledy, 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 Chair Yoga (AGES 18+)

Yoga brings a calm mind, a flexible body and it helps with balance and stability. Come join us and we'll move to the music together! While seated on chairs, seniors can do versions of twists, hop stretches, forward bends and milk backbends. This is an online class. This is an online class. A Zoom Link will be emailed to you one day prior to class start date.

Christne Salah

Virtual Class

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

19568	F	10:15 a.m. – 11:00 a.m.	4 classes	4/5 – 4/26
19569	F	10:15 a.m. – 11:00 a.m.	5 classes	5/3 – 5/31
19570	F	10:15 a.m. – 11:00 a.m.	4 classes	6/7 – 6/28
19571	F	10:15 a.m. – 11:00 a.m.	4 classes	7/5 – 7/26
19572	F	10:15 a.m. – 11:00 a.m.	5 classes	8/2 – 8/30

VIRTUAL Balance & Brains (Ages 18+)

Balance & Brains is an innovative combination of specific activities designed to improve memory, reasoning, conceptualization, language, problem solving and balance skills. This is a virtual class. Zoom link will be sent one day prior to start date. No class 5/27 & 6/19.

Paul Scherman

Virtual Class

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

19600	M	12:15 p.m. – 1:15 p.m.	5 classes	4/1 – 4/29
19601	M	12:15 p.m. – 1:15 p.m.	3 classes	5/6 – 5/20
19602	M	12:15 p.m. – 1:15 p.m.	4 classes	6/3 – 6/24
19603	M	12:15 p.m. – 1:15 p.m.	5 classes	7/1 – 7/29
19604	M	12:15 p.m. – 1:15 p.m.	4 classes	8/5 – 8/26
19605	W	11:00 a.m. – 12:00 p.m.	4 classes	4/3 – 4/24
19606	W	11:00 a.m. – 12:00 p.m.	5 classes	5/1 – 5/29
19607	W	11:00 a.m. – 12:00 p.m.	3 classes	6/5 – 6/26
19608	W	11:00 a.m. – 12:00 p.m.	5 classes	7/3 – 7/31
19609	W	11:00 a.m. – 12:00 p.m.	4 classes	8/7 – 8/28

VIRTUAL Flexibility Past 50 (All ages)

This one hour 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 stretch muscle more easily achieves full range of motion during daily activities. Zoom link will be sent one day prior to start date. No class 7/4.

Paul Scherman

Virtual Class

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

19610	Th	12:15 p.m. – 1:15 p.m.	4 classes	4/4 – 4/25
19611	Th	12:15 p.m. – 1:15 p.m.	5 classes	5/2 – 5/30
19612	Th	12:15 p.m. – 1:15 p.m.	4 classes	6/6 – 6/27
19613	Th	12:15 p.m. – 1:15 p.m.	3 classes	7/11 – 7/25
19614	Th	12:15 p.m. – 1:15 p.m.	5 classes	8/1 – 8/29

NEW Chair Zumba Gold

Chair Zumba Gold is an excellent way to strengthen the bones and muscles. Come join this weekly seated exercise and dance class.

Flora Yazedani

Adult Community Center

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

19776	F	10:30 a.m. – 11:00 a.m.	4 classes	4/5 – 4/26
19777	F	10:30 a.m. – 11:00 a.m.	5 classes	5/3 – 5/31
19778	F	10:30 a.m. – 11:00 a.m.	4 classes	6/7 – 6/28

VIRTUAL Gentle Mat Yoga (Ages 18+)

Gentle Mat Yoga will include gentle stretching on your yoga mat, basic yoga poses, concentrated breathing and guided meditation. This class 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. Bring your own yoga mat! This is an online class. A Zoom Link will be emailed to you one day prior to class start date.

Christne Salah

Virtual Class

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

19573	T	11:15 a.m. – 12:00 p.m.	5 classes	4/2 – 4/30
19574	T	11:15 a.m. – 12:00 p.m.	4 classes	5/7 – 5/28
19575	T	11:15 a.m. – 12:00 p.m.	4 classes	6/4 – 6/25
19576	T	11:15 a.m. – 12:00 p.m.	5 classes	7/2 – 7/30
19577	T	11:15 a.m. – 12:00 p.m.	4 classes	8/6 – 8/27

VIRTUAL Senior Boot Camp (Ages 18+)

Senior Boot Camp focuses on function with a dose of modification and motivation. Experience a workout that includes strength, agility, balance and core. This is a VIRTUAL class held on Zoom. Zoom link will be sent one day prior to start date. No Class 5/27 & 7/4.

Paul Scherman

Virtual Class

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

19583	M	11:00 a.m. – 12:00 p.m.	5 classes	4/1 – 4/29
19584	M	11:00 a.m. – 12:00 p.m.	3 classes	5/6 – 5/20
19585	M	11:00 a.m. – 12:00 p.m.	4 classes	6/3 – 6/24
19586	M	11:00 a.m. – 12:00 p.m.	5 classes	7/1 – 7/29
19587	M	11:00 a.m. – 12:00 p.m.	4 classes	8/5 – 8/26
19590	Th	11:00 a.m. – 12:00 p.m.	4 classes	4/4 – 4/25
19592	Th	11:00 a.m. – 12:00 p.m.	5 classes	5/2 – 5/30
19593	Th	11:00 a.m. – 12:00 p.m.	4 classes	6/6 – 6/27
19596	Th	11:00 a.m. – 12:00 p.m.	3 classes	7/11 – 7/25
19597	Th	11:00 a.m. – 12:00 p.m.	5 classes	8/1 – 8/29

Ping Pong (Ages 18+)

Join us for a fun and social drop-in Ping Pong. All skill levels are welcome to engage in friendly matches and practice sessions!

Jan Smith

Adult Community Center

Free

W	12:00 p.m. – 4:00 p.m.	Ongoing
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VIRTUAL Senior Core Conditioning (All ages)

This one hour class is focused 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. Zoom link for the class will be sent one day prior to the start date. No Class 6/19.

Paul Scherman

Virtual Class

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

19578	W	12:15 p.m. – 1:15 p.m.	4 classes	4/3 – 4/24
19579	W	12:15 p.m. – 1:15 p.m.	5 classes	5/1 – 5/29
19580	W	12:15 p.m. – 1:15 p.m.	3 classes	6/5 – 6/26
19581	W	12:15 p.m. – 1:15 p.m.	5 classes	7/3 – 7/31

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. No class 7/4.

Elliott Mao

Virtual Class

Free

19749	Th	9:30 a.m. – 10:30 a.m.	10 classes	4/4 – 6/6
19750	Th	9:30 a.m. – 10:30 a.m.	10 classes	6/20 – 8/29

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 7/5.

Elliott Mao

Virtual Class

Free

19751	F	9:00 a.m. – 10:00 a.m.	10 classes	4/5 – 6/7
19752	F	9:00 a.m. – 10:00 a.m.	10 classes	6/21 – 8/30

Tai Chi

Learn the practice of joy through movement. Relaxing and flowing exercises are given to energize the body. No class 6/19.

Jan Smith

Adult Community Center

Free

T/W	9:00 a.m. – 9:30 a.m.	Ongoing
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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 6/19 & 7/4.

Rosemary Field & Liane Benedict

Adult Community Center

Free

F	10:00 a.m. – 11:00 a.m.	Ongoing
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Creative Arts

Coloring

Discover the joy of coloring at our welcoming drop-in coloring class. Enjoy a relaxing atmosphere where all supplies are provided. No prior experience needed.

Adult Community Center

Free

W	10:30 a.m. – 12:00 p.m.	Ongoing
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Movies

Join us on the first Monday of each month for a special movie screening with complimentary popcorn. After the movie, you'll have an opportunity to socialize with fellow movie enthusiasts. For the latest movie listings, check out our *Chestnut Chronicle* newsletter at cityofsancarlos.org/acc.

Adult Community Center

Free

1st Mondays	1:30 p.m. – 3:30 p.m.	Ongoing
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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. No class 5/27.

Tom Feledy, Peninsula Community Chorus

Adult Community Center

Free

M	10:00 a.m. – 11:00 a.m.	Ongoing
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Sewing Club

Sew, connect, and create together. Similar to a book club this monthly club will meet on the third Tuesday of each month and select a sewing pattern to work on together. Complete your pattern on your own and come together monthly to show off your progress. Patterns will take two months to complete and the class will meet monthly to sew together and work through any trouble that participants run into. Bring your sewing machine to each meeting to sew with the club. Sewing machines are required and will not be provided.

Veronica Dils

Adult Community Center

Free

3rd Tuesdays	10:30 a.m. – 12:30 a.m.	Ongoing
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Dance

VIRTUAL Intermediate Tap Dance (Ages 18+)

This ongoing class incorporates cross floor movement, footwork exercises, and choreography. Tap dance is an excellent exercise for both the body and mind. Students interested in registering should have at least one year of prior tap instruction and be familiar with shuffles, flaps, and other basic nomenclature. If you have prior tap dance experience and would like to brush up on your technique, we invite you to join. No class 5/27.

Judith Rechsteiner

Adult Community Center

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

19558	M	1:00 p.m. – 2:00 p.m.	5 classes	4/1 – 4/29
19559	M	1:00 p.m. – 2:00 p.m.	3 classes	5/6 – 5/20
19560	M	1:00 p.m. – 2:00 p.m.	4 classes	6/3 – 6/24
19561	M	1:00 p.m. – 2:00 p.m.	5 classes	7/1 – 7/29
19562	M	1:00 p.m. – 2:00 p.m.	4 classes	8/5 – 8/26

Special Interest

Healthy Lifestyle Behavior Change

Research shows that the best way to set yourself up for success to make healthy lifestyle changes is to set small, specific, realistic goals that are time-based. Come to this talk to learn more.

Janel Jurosky, Sequoia Hospital Dignity Health

Adult Community Center

Free

19714	Th	10:30 a.m. – 11:30 a.m.	1 class	5/23
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Heart Disease Prevention

Nearly one-half of Americans have significant heart disease risk factors, the leading cause of death in the United States. Come to learn more about steps you can take to reduce your risk.

Janel Jurosky, Sequoia Hospital Dignity Health

Adult Community Center

Free

19715 Th 10:30 a.m. – 11:30 a.m. 1 class 7/25

News & Views

Provocative and controversial discussions of current events such as the economy and state, national and world issues. No class 7/4.

Roland Vallecillo

Adult Community Center

Free

Th 1:30 p.m. – 3:30 p.m. Ongoing

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.

Carmen Adams

Adult Community Center

Free

1st Fridays 11:00 a.m. – 12:30 p.m. Ongoing

Book Club

If you love to read then this is the opportunity to share your thoughts with others. This discussion group will meet from 1:00 p.m. - 2:30 p.m. on April 1 (The Garden of Evening Mists by Tan Twan Eng), May 6 (A Long Petal of the Sea by Isabel Allende), June 3 (Ordinary Grace by William Krueger Kent), July 1 (The Dutch House by Ann Patchett), August 5 (Out of Africa by Isak Dinesen).

Cecile Lee

Adult Community Center



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. – 12:00 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 6/19.

Languages

Whether you're a beginner or looking to enhance your existing language skills, these Language courses offer an immersive and engaging experience. Curriculum focuses on practical communication skills, vocabulary building, and grammar. Free drop-in programs, no registration required.

Chinese ESL

Irene Odonnell

Adult Community Center

M/Th 9:30 a.m. – 11:30 a.m. Ongoing

Spanish

Dolores Zea

Adult Community Center

Th 10:00 a.m. – 11:00 a.m. Ongoing

Chinese Social

Join our vibrant drop-in Chinese social group, where you can connect with others in a welcoming and inclusive environment. Whether you're a fluent speaker or just starting to learn, come enjoy engaging conversations, cultural activities, and newfound friendships.

Adult Community Center

F 10:30 a.m. – 12:30 p.m. Ongoing

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. Not held on 6/19 due to holiday.

No appointments necessary!

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! A commercial motor coach or van will provide round-trip transportation for Day Trips from the ACC.

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:

cityofsancarlos.org/trips.

New this year: Your date of registration determines your placement in line to board the bus so register early!

Please contact Cheryl Lenci at (650) 802-4119 at least 45 days before the trip departure if you are bringing a wheelchair or walker and need ADA accommodations.



SF Giants Game, Oracle Park

Fee: \$125

19476 W 10:45 a.m. – 5:45 p.m. April 10

Graton Casino

Fee: \$50

18864 Th 7:45 a.m. – 5:00 p.m. April 25

Winchester Mystery House

Fee: \$105

19478 Th 8:30 a.m. – 3:30 p.m. May 30

Cache Creek Casino

Fee: \$50

19477 Th 7:45 a.m. – 4:45 p.m. June 6

Filoli Historic House and Garden

Fee: \$95

19480 Tu 9:00 a.m. – 3:00 p.m. June 25

BroadwaySF: Wicked Musical

Fee: \$TBD

19482 W 10:45 a.m. – 5:00 p.m. August 7

Thunder Valley Casino

Fee: \$50

19481 Th 7:45 a.m. – 4:45 p.m. August 22

Collette Extended Tours

The ACC offers destination vacations, both nationally and internationally, with Collette Vacations.

Scheduled trips include:

Memorials of World War II | July 8 – July 17

Italian Vistas | August 26 – September 7

New England | September 28 – October 5

South Africa, Victoria Falls & Botswana | October 11 – 25

London & Paris Holiday | November 30 – December 8

Tropical Costa Rica | February 5-13, 2025

Wonders of Thailand | March 20 – April 4, 2025

To view Collette Extended Tours, please visit cityofsancarlos.org/trips or email Cheryl Lenci clenci@cityofsancarlos.org.



Resources

Caring Cupboard Food Assistance Program

Caring Cupboard is a free and confidential food support program for San Carlos residents, run by San Carlos Service Club for Seniors in partnership with the Adult Community Center (ACC). Groceries are provided every Tuesday at the ACC. 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 cityofsancarlos.org/caringcupboard or call Recreation Coordinator Matt Okada at (650) 802-4114.

Need A Ride to the ACC?

Redi-Wheels is a service that is part of SamTrans Transportation for Mobility Impaired. If you would like more information or to request a Redi-Wheels application, please call (800) 660-4287. Another transportation option is Little House. They can arrange for a Lyft driver to pick you up from your home. To register for the program, please call (650) 272-5006.

Medical Equipment Loan Program (MELP)

MELP recycles used durable medical equipment, such as wheelchairs and rollators, 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.