March Newsletter

Realtors

SPEAKER SERIES

Mark your calendar for our monthly San Carlos Realtors Speakers Series.

Welcome back:

**Floral Demonstration by Joy Somerset**

March 30th-10 a.m. to 11 a.m.

Joy is a Certified Floral Designer accredited through the American Institute of Floral Designers, AIFD, adds a valued dimension to the floral designs.

Spring/Summer 2020 Activity Guide

Resident Registration starts Tuesday, March 3rd

Non-Resident Registration begins Tuesday, March 10th

March 6, 20 & 27 — Breakfast Socials

March 7 — Youth Center Blood Drive

March 13—St. Patrick’s Day Lunch

March 30 — Realtors Speaker Series
San Carlos Adult Community Center

MISSION STATEMENT

The mission of the San Carlos Adult Community Center is to promote healthy lifestyle, lifelong learning and independence for adults 50 and over by providing opportunities for Recreation, Relationships and Resources.

601 Chestnut Street, San Carlos
(650) 802-4384
Hours: 9:00am-5:00pm
www.cityofsancarlos.org/acc

CENTER STAFF

Anna Kertel, Recreation Supervisor
akertel@cityofsancarlos.org
Linda Scannell, Recreation Coordinator
lscannell@cityofsancarlos.org
Beverly Bouma, Program Coordinator
bbouma@cityofsancarlos.org

Hilda Pacheco, Program Coordinator
hpacheco@cityofsancarlos.org
Brenda Sullivan, ACC Cook
bsullivan@cityofsancarlos.org
George Holland, Sr. Facility Attendant
gholland@cityofsancarlos.org

St. Patrick’s Day Luncheon

San Carlos Adult Community Center
601 Chestnut Street, San Carlos
(650) 802-4384
Friday, March 13, 2020
Doors Open at 11:00am
Lunch Served at 11:30am

$14 Per Person
Must Be Purchased in Advance by Tuesday, March 10th

Entertainment: Sponsored By: Friends of the Adult Community Center & San Carlos Elms

Cream of Spinach Soup
Corned Beef & Cabbage
New Potatoes & Steamed Carrots
Mint Chocolate Chip Ice Cream
Sundaes
Glass of Wine or Cider, Coffee or Tea

Of The San Carlos Adult Community Center

San Carlos Elms
Excellence In Senior Housing with Services
### MARCH MONTHLY MENU

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>2</td>
<td>Loaded Baked Potato</td>
<td>Orange Chicken Rice Bowl</td>
<td>Turkey Club Sandwich</td>
<td>Breakfast Social</td>
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<tr>
<td></td>
<td>Dessert Included</td>
<td>Soup: Chicken &amp; Wild Rice</td>
<td>Soup: Wonton</td>
<td>Pancakes &amp; Sausage Fruit, Juice &amp; Coffee</td>
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<tr>
<td>9</td>
<td>Short Rib Shepards Pie</td>
<td>Taco Salad</td>
<td>Chicken Apple Sausage Sandwich</td>
<td>St. Patrick’s Lunch</td>
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<tr>
<td></td>
<td>Dessert Included</td>
<td>Soup: Tortilla</td>
<td>Soup: Clam Chowder</td>
<td>Cream of Spinach Soup</td>
</tr>
<tr>
<td>16</td>
<td>Chicken Enchiladas w/ Rice &amp; Beans</td>
<td>Turkey Pesto Panini Sandwich</td>
<td>Grilled Cheese Sandwich</td>
<td>Corned Beef &amp; Cabbage Potatoes</td>
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<td></td>
<td>Dessert Included</td>
<td>Soup: Chicken Noodle</td>
<td>Soup: Corn Chowder w/Bacon</td>
<td>Steamed Carrots</td>
</tr>
<tr>
<td>23</td>
<td>Tri Tip, Mashed Potatoes &amp; Carrots</td>
<td>Chicken Hummus Wrap</td>
<td>Cobb Salad</td>
<td>Mint Chocolate Chip</td>
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<tr>
<td></td>
<td>Dessert Included</td>
<td>Soup: Broccoli Cheddar</td>
<td>Soup: Minestrone</td>
<td>Ice Cream Sundae</td>
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<tr>
<td>30</td>
<td>BBQ Ribs &amp; Baked Beans</td>
<td>Breakfast Sandwich</td>
<td>Breakfast Social</td>
<td>Wine or Cider</td>
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<td></td>
<td>Dessert Included</td>
<td>Fruit, Juice &amp; Coffee</td>
<td>Breakfast Sandwich</td>
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**Menu Prices**

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<tr>
<td><strong>HOT ENTRÉE</strong></td>
<td><strong>Dessert Included on Monday</strong></td>
<td><strong>Mondays:</strong> 11:00 a.m. — 12:45 p.m.</td>
<td><strong>7.00</strong></td>
<td><strong>SPECIAL OF THE DAY SANDWICH W/SOUP</strong></td>
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<td><em>Mondays:</em> 11:00 a.m. — 12:45 p.m.</td>
<td><strong>7.00</strong></td>
<td><strong>Tues &amp; Thurs:</strong> 11:30 a.m. — 1:30 p.m.</td>
<td>$6.50</td>
<td><strong>Wed:</strong> 11:00-1:00pm</td>
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**Menu Subject to Change**

We try our best to serve the menus we post, however sometimes circumstances beyond our control require us to make last minute changes.

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**BREAKFAST MENU**

**March 6:** Pancakes & Sausage

**March 20:** Bacon & Cheesy Eggs

**March 27:** Breakfast Sandwich

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**Menu Subject to Change Without Notice!**

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**Price:**

$6.50 Purchased before Friday

$7.50 At the door
**Stretch, Strength & Balance**  
*Instructor: Nancy Agronin*  
Monday-Wednesday-Friday 9:00-10:00am  No Charge  
Chair exercises are great for older adults, those with disabilities, poor balance or anyone who has trouble standing. Wear loose clothing and supportive shoes.

**Mindfulness Monday Meditation (ACC)**  
Monday  11:00-12:00pm  No Charge  
Meditation can help to improve your mental & physical health & decrease levels of stress, tension, pain, and also grieving.

**Senior Fencing**  
*Instructor: Paul Scherman*  
Monday  10:30-11:30am  $15 Monthly Fee  
The movements, agility training & non-traumatic contact is perfect for those with light to moderate disabilities like arthritis or joint replacements. Fencing equipment provided.

**Senior Tap Dance**  
*Instructor: Judy Rechsteiner*  
Monday  1:00-2:00pm  $15 Monthly Fee  
Fun way to exercise with tap steps! Tap dancing can improve your balance & flexibility. Tap class keeps seniors on their toes mentally & physically.

**Tai Chi Tuesdays (ACC) Wednesdays (ACC)**  
No Charge  9:00-9:30am (Beg) Rita Hubner  
9:30-10:00 (Adv) Susan Hu & Arnie Miller  
Learn the practice of joy through movement.  
Relaxing & flowing exercises are used to energize the body.

**Gentle Mat Yoga—NEW TIME**  
*Instructor: Christine Salah*  
Tuesday  9:30-10:15am  $15 Monthly Fee/$5 Drop In  
Gentle Mat includes gentle stretching on your yoga mat, basic yoga poses, concentrated breathing and guided meditation. Suitable for those able to get on and off the floor with help of a chair. No prior yoga experience necessary. Bring your own yoga mat.

**Chair Yoga—NEW TIME**  
*Instructor: Christine Salah*  
Tuesday & Thursday  10:45-11:30am  $15 Monthly Fee For One Class Per Week/$5 Drop In  
Chair Yoga brings a calm mind, a flexible body, and helps with balance.

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**Boot Camp Level 1 (Beginner) 10:00am-11:00am**  
**Boot Camp Level 2 (Advanced) 11:00am-12:00pm**  
*Instructor: Paul Scherman*  
Tuesdays & Thursdays  
$15 Monthly Fee For One Class Per Week/$5 Drop In  
Focuses on function with a dose of modification and motivation. Experience a workout that includes strength, agility, balance and core.

**Balance & Brains**  
*Instructor: Paul Scherman*  
Tuesday & Thursday  12:15-1:15pm  
$15 Monthly Fee For One Class Per Week/$5 Drop In  
An innovative combination of specific activities designed to improve memory, reasoning, problem solving & balance skills.

**Balance With A Beat**  
*Instructor: Susan Seamount Hennessy, Licensed Physical Therapist*  
Wednesday  10:00-11:00am  $15 Monthly Fee/$5.00 Drop In  
This class incorporates movement, strengthening, stretching and games with music. Will help to improve your balance, coordination and function.

**Reiki**  
*Instructor: Amy Yoshida*  
Wednesday  1:00 or 1:30 or 2:00pm Appts   
No Charge  
Reiki Masters & Practitioners offer this hands on energy that helps your body balance, relax, be calm & energized all at the same time. Call for an appointment   650-802-4384.

**Functional Fitness**  
*Instructor: Paul Scherman*  
Wednesdays 11:00 am – 12:00 pm  
$15 Monthly Fee/$5 Drop In  
Improve the overall function of your body, boosting muscle strength and endurance, and developing muscle and body stability, everyday activities can be completed with ease. All fitness levels accommodated.

**Gentle Tai Chi**  
*Instructor: Eliotte Mao*  
March 19-May 21  
Thursday 9:00-10:00am  This “free” class for beginning newcomers is offered in partnership with Sequoia Hospital-Dignity Health.  
Class is held at the Youth Center.

**Tai Chi Wellness**  
*Instructor: Eliotte Mao*  
March 17-May 19  
$15 Monthly Fee Per Session/$5.00 Drop In  
**Tuesday Level 1 (Beginner) 9:00am-10:00am**  
**Tuesday Level 2 (Advanced) 10:00am-11:00am**  
This class is a continuation of 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 that much more.  
Class is held at the Youth Center.

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*Fitness Classes funded in part by a grant from the Gellert Foundation*
Meet The Artists!

Join us for a quarterly “Meet The Artists” whose work is displayed on the walls of the Adult Community Center. Discussion will be part art appreciation and art education followed by an “art stroll” through the current exhibit. This is a great opportunity to meet local artists and share your interest in art-related topics.

Dates will be displayed in the ACC Lobby
### Tuesday Movies

<table>
<thead>
<tr>
<th>Date</th>
<th>Movie</th>
<th>Summary</th>
<th>Cast</th>
<th>Length</th>
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<tbody>
<tr>
<td>March 3</td>
<td>Midway</td>
<td>On Dec. 7, 1941, Japanese forces launch a devastating attack on Pearl Harbor, the U.S. naval base in Hawaii. Six months later, the Battle of Midway commences on June 4, 1942, as the Japanese navy once again plans a strike against American ships in the Pacific. Luke Evans, Woody Harrelson, Patrick Wilson 2019 (1 Hr 38 Mins)</td>
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<td>March 10</td>
<td>Ford v Ferrari</td>
<td>American automotive designer Carroll Shelby and fearless British race car driver Ken Miles battle corporate interference, the laws of physics and their own personal demons to build a revolutionary vehicle for the Ford Motor Co. Together, they plan to compete against the race cars of Enzo Ferrari at the 24 Hours of Le Mans in France in 1966. 2019 Christian Bale, Matt Damon 2 Hr 32 Mins</td>
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<td>March 17</td>
<td>Playing With Fire</td>
<td>When straight-laced fire superintendent Jake Carson and his elite team of firefighters come to the rescue of three siblings, they quickly realize that no amount of training could prepare them for their most challenging job yet -- babysitting. As their lives, jobs and depot get turned upside down, the three men soon learn that children -- much like fires -- are wild and unpredictable. John Cena, Keegan-Michael Key, John Leguizamo 2019 1 Hr 36 Mins</td>
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<td>March 24</td>
<td>Harriet</td>
<td>From her escape from slavery through the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad, the story of heroic abolitionist Harriet Tubman is told. 2019 Cynthia Erivo Leslie Odom Jr., Joe Alwyn 2 Hr 6 Mins</td>
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<td>March 31</td>
<td>1917</td>
<td>At the height of the First World War, two young British soldiers, Schofield and Blake are given a seemingly impossible mission. In a race against time, they must cross enemy territory and deliver a message that will stop a deadly attack on hundreds of soldiers—Blake's own brother among them. Dean-Charles Chapman, George MacKay, Benedict Cumberbatch, Colin Firth 2019 1 Hr 59 Mins</td>
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### Friday Movies

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<tr>
<td>March 6</td>
<td>Disturbing The Peace</td>
<td>A small-town marshal who hasn't carried a gun since he left the Texas Rangers after a tragic shooting must pick up his gun again. This time to do battle with a gang of outlaw bikers that has invaded the town to pull off a brazen and violent heist. Guy Pearce, Devon Sawa, 2020 1 Hr. 31 Mins</td>
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<td>March 13</td>
<td>Downton Abby</td>
<td>The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England unleashes scandal, romance and intrigue that leave the future of Downton hanging in the balance. Hugh Bonneville, Jim Carter, Michelle Dockery 2019 2Hr 2 Mins</td>
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<tr>
<td>March 20</td>
<td>The Peanut Butter Falcon</td>
<td>After running away from a residential nursing home to pursue his dream of becoming a pro wrestler, a man who has Down syndrome befriends an outlaw who becomes his coach and ally. 2019 Shia LaBeouf, Dakota Johnson, Thomas Haden Church, Bruce Dean 1 Hr 37 Mins</td>
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<td>March 27</td>
<td>Indian Horse</td>
<td>Saul Indian Horse, an Ojibway boy, is torn from his family and committed to a residential school. At the school, Saul is denied the freedom to speak his language or embrace his heritage and is a witness to abuse by the people sworn to protect him. But Saul finds salvation in the unlikeliest of places - the rink. His incredible hockey talents lead him away from the school to bigger and better opportunities, but no matter how far Saul goes, the ghosts of his past are always close behind. Sladen Peltier, Forrest Goodluck, 2017 1 Hr 41 Mins</td>
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</table>
SCUM Computer Club - March 2
Meets on the 1st Monday of every month

Friday Breakfast Socials—March 6, 20, 27
Stop by for a nutritious breakfast meal.

Canasta Mondays 12:30-3:30pm

Monday Bingo 1:00-3:00pm
Join in on the fun every Monday for a game of Bingo.
$1 per card.

Movies
Tuesdays and Fridays 1:00-3:00pm  Free!
Sponsored by: Friends of ACC & San Carlos Elms

Adult Coloring
Wednesday 10:30-12:00pm
$10 Monthly Fee/$3.00 Drop In
Coloring isn’t just for kids! In simplest terms, coloring has a destressing affect because when we focus on a particular activity, we concentrate on it and not on our worries!

Mandarin Conversation Class
Thursday 12:10-1:10pm
This game is easy to learn and fun to play!

Knitting Group Friday 9:30-11:00am
Tips on knitting are learned from each other.

Chinese ESL Classes
Monday & Thursday 9:00am—11:30am
Group teaches English as their 2nd language.

Chinese Social Friday 10:00am-12:00pm

Chinese Social Thursday 12:00-4:00pm
This game is easy to learn and fun to play!

Knitting Group Thursday 9:30-11:00am
Tips on knitting are learned from each other.

Chinese ESL Classes
Monday & Thursday 9:00am—11:30am
Group teaches English as their 2nd language.

Socrates Café 11:00am-12:30pm
Carmen Adams
Meets on 1st Friday of every month in the Loft Room.
March 6 Topic: What’s the difference between wisdom and knowledge?

Computer Help 2nd & 4th Friday 10:00-12:00pm
March 13 & March 27
Jim Schrempp & Gerry Kane will be volunteering their time & talent to help with problems or questions regarding your computer. Sign up at the ACC Front Desk.

AARP Smart Driver Program 2-Day Course
8:30am—12:30pm  April 14 & 16
$15 Member/$20 Non-Member
A 2-day mature driver program sponsored by AARP. Space is limited, advance registration is required. Make sure checks payable to AARP and give to instructor on day of class.

AARP Smart Driver Program 1-Day Refresher Course
8:30am-1:00pm  March 17
$15 Member/$20 Non-Member
Refresher course is an option for people who have completed the full 8-hour class in the past 3 years. AARP space is limited, advance registration is required by calling (650) 802-4384. Make check payable to AARP and give to instructor on day of class. Senior driver improvement insurance discount lasts three years. When it’s time to renew, participants can choose to either repeat the 8-hour class or take the 4-hour refresher class.
Day Trips

REGISTRATION OPENS ON MARCH 3, 2020 FOR THE FOLLOWING TRIPS:

**Patterson House at Ardenwood Farm**
Thursday, April 23, 2020  Course # 11848
9AM to 4PM  Cost $75.00
This is truly a Victorian Experience! We will be touring the Patterson House in Fremont, which Queen Anne Victorian built in 1889. It is set on the property now owned and operated by the East Bay Regional Parks. It is a historic farm with cattle grazing in the pastures and the farmyards are full of animals. Staff and docents are attired in Victorian clothing and will show you through the house and guide you around the farm. Lunch is included in the picnic grounds. There is also a train that takes you around the park.  **Trip Escort: Beverly Bouma**

*Activity Level 3: More than one flight of stairs and extended walking.*

**Charles Schulz Museum**
Wednesday, May 20, 2020  Course # 12016
8:30AM to 5PM  Cost: $98.00
Did you know Snoopy, Charlie Brown and the gang first appeared in print October 2, 1950, the brain child of Charles Schulz? On our visit to the museum you will learn about Charles Schulz’s life and how he evolved as a cartoonist. His work is on display as well as his office. There will be a docent led tour of the museum and you will have an insider view of his artistry. Lunch is included.  **Trip Escort: Beverly Bouma**

*Activity Level 2: Moderate Activity, some walking, standing and stairs.*

**Rooftop Gardens with Craig**
Tuesday, June 16, 2020  Course #11681
9 AM to 5 PM  Cost: $88.00
We will be exploring the many rooftop gardens of San Francisco that are open to the public. We will view the beauty of the Crocker Galleria rooftop along with the many hidden gardens at the Embacadero Center. Then we will view the new rooftop garden at the Westfield Mall and the beautiful new dome. We will use the passage ways to Mission to see the Jewish Contemporary Museum and the construction of the new Mexican Art Museum. Lunch is included at Delancey Street Restaurant.  **Trip Escort: Beverly Bouma**

*Activity Level 3: More than one flight of stairs and extended walking.*

**Cache Creek**
Thursday, April 9, 2020
8:00am — 5:00pm
$40 per person  - Course #11983
Cache Creek Casino is located in Brooks, CA. Choose from thousands of slot machines as well as a non-smoking area featuring more than 300 slot machines.
San Carlos Elms is a rental housing community created especially for seniors who desire the security of supportive services. As a resident you will experience the comforts of home, from inviting full-sized apartments to spacious community common areas. Located in the charming town of San Carlos, the Elms is just steps away from the downtown shops, San Carlos Adult Community Center and Library. San Carlos Elms is a quality blend of independent apartment-style living with the security and friendly atmosphere you desire in your life.
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<td>2</td>
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<tr>
<td>9:00 Stretch &amp; Balance</td>
<td>9:00 Art of Drawing</td>
<td>9:00 Stretch &amp; Balance</td>
<td>9:00 HICAP</td>
<td>9:00 Breakfast</td>
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<td>9:00 Chinese ESL</td>
<td>9:00 Tai Chi Wellness (Beg) Youth Center</td>
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<td>9:00 Chinese ESL</td>
<td>9:00 Stretch, Strength</td>
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<tr>
<td>9:15 Yoga</td>
<td>9:00 Tai Chi (Beg)</td>
<td>9:30 Tai Chi (Ad)</td>
<td>9:15 Zumba Gold</td>
<td>9:30 Knitting</td>
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<td>10:30 Fencing</td>
<td>9:30 Gentle Mat Yoga</td>
<td>10:00 Chinese Dance</td>
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<td>11:00 Meditation</td>
<td>9:30 Tai Chi (Adv)</td>
<td>10:00 Balance w/Beat</td>
<td>Youth Center</td>
<td>12:00 Poker</td>
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<td>11:00 Lunch</td>
<td>10:00 Tai Chi Wellness (Adv) Youth Center</td>
<td>10:30 Friendly Connections</td>
<td>10:00 Boot Camp Level 1</td>
<td>1:00 Movie Disturbing The Peace</td>
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<td>12:30 Canasta</td>
<td>10:00 Boot Camp Level 1</td>
<td>10:30 Stretch &amp; Posture</td>
<td>10:45 Chair Yoga</td>
<td>9:00 Movie Downtown Abby</td>
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<td>1:00 Bingo</td>
<td>10:45 Chair Yoga</td>
<td>10:30 Adult Coloring</td>
<td>11:30 Lunch</td>
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<td>1:00 Tap Dance</td>
<td>11:00 Boot Camp Level 2</td>
<td>11:00 Lunch</td>
<td>11:00 Boot Camp Level 2</td>
<td>12:00 Poker</td>
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<td>2:00 Tai Chi Advance Movements</td>
<td>11:30 Lunch</td>
<td>11:00 Boot Camp Level 2</td>
<td>12:00 Hearts</td>
<td>1:00 Movie Downtown Abby</td>
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<td>2:00 Tai Chi Advance Movements</td>
<td>11:30 Lunch</td>
<td>11:45 Mat Pilates</td>
<td>12:00 Mandarin Class</td>
<td>12:30 Line Dance Beg.</td>
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<tr>
<td>10:30 Fencing</td>
<td>9:30 Gentle Mat Yoga</td>
<td>10:00 Chinese Dance</td>
<td>9:00 Gentle Tai Chi Youth Center</td>
<td>12:00 Poker</td>
</tr>
<tr>
<td>11:00 Meditation</td>
<td>9:30 Tai Chi (Adv)</td>
<td>10:00 Balance w/Beat</td>
<td>Youth Center</td>
<td>1:00 Movie Downtown Abby</td>
</tr>
<tr>
<td>11:00 Lunch</td>
<td>10:00 Tai Chi Wellness (Adv) Youth Center</td>
<td>10:30 Friendly Connections</td>
<td>10:45 Chair Yoga</td>
<td>11:00 St. Patrick’s Day Lunch</td>
</tr>
<tr>
<td>12:30 Canasta</td>
<td>10:00 Boot Camp Level 1</td>
<td>10:30 Stretch &amp; Posture</td>
<td>11:30 Lunch</td>
<td>12:00 Poker</td>
</tr>
<tr>
<td>1:00 Bingo</td>
<td>10:45 Chair Yoga</td>
<td>10:30 Adult Coloring</td>
<td>11:00 Boot Camp Level 2</td>
<td>1:00 Movie Downtown Abby</td>
</tr>
<tr>
<td>1:00 Tap Dance</td>
<td>11:00 Boot Camp Level 2</td>
<td>11:00 Lunch</td>
<td>12:00 Hearts</td>
<td>12:00 Poker</td>
</tr>
<tr>
<td>2:00 Tai Chi Advance Movements</td>
<td>11:30 Lunch</td>
<td>11:45 Mat Pilates</td>
<td>12:00 Mandarin Class</td>
<td>12:30 Line Dance Beg.</td>
</tr>
<tr>
<td>If you are interested in giving back to the community we could use your help. Call (650) 802-4384 or come in to pick up a volunteer application today at the San Carlos Adult Community Center.</td>
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</table>

*We’re searching for Volunteers*

**San Carlos Adult Community Center**

601 Chestnut St., San Carlos

(650) 802-4384

- Kitchen Prep Volunteers
- Food Server Volunteers
- Donut Pick-Up on Tuesday, Wednesday, Friday Mornings from Pilgrim Donuts on El Camino in Belmont
# MARCH ACTIVITIES CALENDAR

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>16</td>
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<tr>
<td>9:00 Stretch &amp; Balance</td>
<td>9:00 Age Well Drive</td>
<td>9:00 Stretch &amp; Balance</td>
<td>99:00 HICAP</td>
<td>9:00 Breakfast</td>
</tr>
<tr>
<td>9:00 Chinese ESL</td>
<td>9:00 Art of Drawing</td>
<td>9:00 Tai Chi (Beg)</td>
<td>9:00 Chinese ESL</td>
<td>9:00 Breakfast</td>
</tr>
<tr>
<td>9:15 Yoga</td>
<td>9:00 Tai Chi Wellness (Beg)</td>
<td>9:00 Tai Chi (Beg)</td>
<td>9:15 Zumba Gold</td>
<td>9:00 Stretch, Strength</td>
</tr>
<tr>
<td>10:30 Fencing</td>
<td>Youth Center</td>
<td>9:30 Gentle Mat Yoga</td>
<td>9:00 Gentle Tai Chi</td>
<td>9:30 Knitting</td>
</tr>
<tr>
<td>11:00 Meditation</td>
<td>9:30 Tai Chi (Adv)</td>
<td>10:00 Tai Chi Wellness (Adv)</td>
<td>Youth Center</td>
<td>10:30 Chinese Social</td>
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<tr>
<td>11:00 Lunch</td>
<td>10:00 Tai Chi Wellness</td>
<td>10:00 Boot Camp Level 1</td>
<td>10:00 Boot Camp Level 1</td>
<td>12:00 Poker</td>
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<tr>
<td>12:30 Canasta</td>
<td>Youth Center</td>
<td>10:45 Chair Yoga</td>
<td>10:45 Chair Yoga</td>
<td>1:00 Movie</td>
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<tr>
<td>1:00 Bingo</td>
<td>11:00 Boot Camp Level 2</td>
<td>11:30 Lunch</td>
<td>11:30 Lunch</td>
<td>The Peanut Butter Falcon</td>
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<tr>
<td>1:00 Tap Dance</td>
<td>11:30 Lunch</td>
<td>10:00 Balance w/Beat</td>
<td>11:00 Boot Camp Level 2</td>
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<tr>
<td>2:00 Tai Chi Advance Movements</td>
<td>12:30 Adult Coloring</td>
<td>10:30 Stretch &amp; Posture</td>
<td>12:00 Heart</td>
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</tr>
<tr>
<td>9:00 Stretch &amp; Balance</td>
<td>9:00 Art of Drawing</td>
<td>9:00 Yoga</td>
<td>9:00 Breakfast</td>
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</tr>
<tr>
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<td>9:00 Tai Chi Wellness (Beg)</td>
<td>9:00 Chinese ESL</td>
<td>9:00 Breakfast</td>
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<tr>
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<td>Youth Center</td>
<td>9:00 Tai Chi (Beg)</td>
<td>9:00 Chinese ESL</td>
<td>9:00 Stretch, Strength</td>
</tr>
<tr>
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<td>HICAP</td>
<td>9:30 Gentle Mat Yoga</td>
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<td>9:00 Gentle Tai Chi</td>
<td>10:30 Chinese Social</td>
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<tr>
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<td>10:00 Tai Chi Wellness</td>
<td>10:00 Boot Camp Level 1</td>
<td>Youth Center</td>
<td>12:00 Poker</td>
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<tr>
<td>12:30 Canasta</td>
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<td>10:00 Boot Camp Level 1</td>
<td>1:00 Movie</td>
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<tr>
<td>1:00 Bingo</td>
<td>11:00 Boot Camp Level 2</td>
<td>11:30 Lunch</td>
<td>10:45 Chair Yoga</td>
<td>Indian Horse</td>
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<tr>
<td>1:00 Tap Dance</td>
<td>11:30 Lunch</td>
<td>10:00 Balance w/Beat</td>
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## Beginner Vinyasa Flow Class

**Instructor: Viridiana Acosta-Ramirez**

**Friday 1:00—2:00 p.m. $15 Monthly/$5 Drop In**

This yoga class focuses on clear and safe alignment in foundational poses to develop strength and flexibility in the body. We will practice a flowing sequence of postures combining breath and movement while emphasizing mid-body awareness to leave you feeling revitalized, refreshed and restored. Together we will learn how to stay calm by focusing on the breath, and by focusing on the breath we will calm the mind.
Healthy Habits to Help Prevent Flu

- Avoid close contact with people who are sick
- Stay home when you are sick
- Cover your mouth & nose with a tissue when coughing or sneezing
- Wash your hands often
- Clean & disinfect frequently touched surfaces
Museum of San Carlos History
Contributed by Judy Litteer

You have likely walked or driven by the Museum of San Carlos History without realizing it! Located at 533 Laurel Street, it is right next door to Fire Station 13.

Originally built by volunteer firemen in 1923, the building later served as City Hall. After construction of Fire Station 13 in 1941, the building was vacated and fell into decay. The building was demolished in 1970 by the San Carlos Lions Club with the goal to rebuild and replicate its original firehouse architecture. The new building was dedicated on July 4, 1976 during the Bi-Centennial celebration. After interior and exterior work was finished in 1981, the Lions Club gifted the building to the city. The San Carlos Villagers were appointed as guides for the museum.

Most recently, a garden was planted in the front of the building, and the garage door now depicts the Engine 1, a restored 1927 built Seagrave Fire Engine. Engine 1 dutifully served San Carlos and her residents and now rests in the Museum. The Museum of San Carlos History is open to the public every Saturday from 1-4, except for the month of December. And it is free to visit!

If you are looking for something fun to do on occasional Saturday’s, think about volunteering as a docent with the San Carlos Villagers. And if you have not made your way to visit yet, you may want to put it on top of your “must see” list. The Museum’s collection and exhibits are extensive. The walls and shelves are filled with old photos, costumes, jewelry, and a video you will enjoy watching.

If you have been a long time San Carlos resident, this will take you back in time, when San Carlos was still a quite, little known city between San Francisco and San Jose. Come and explore the many exhibits soon!

Realtors At Your Service
*In partnership, with the Friends of San Carlos Adult Community Center
The Realtors are not endorsed by the City of San Carlos.

<table>
<thead>
<tr>
<th>Realtor</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kevin Ames</td>
<td>(650) 995-6534</td>
</tr>
<tr>
<td>Carrie Du Bois</td>
<td>(650) 766-9069</td>
</tr>
<tr>
<td>Judy Litteer</td>
<td>(650) 868-5353</td>
</tr>
<tr>
<td>Alfredo Mendoza</td>
<td>(650) 454-0730</td>
</tr>
</tbody>
</table>

Realtors SPEAKER SERIES

Mark your calendar for our monthly speaker’s series organized by our realtor partners. Welcome back:

Floral Demonstration by Joy Somersett
March 30th, - 10 a.m. to 11 a.m.

Joy is a Certified Floral Designer accredited through the American Institute of Floral Designers, AIFD, adds a valued dimension to the floral designs.
San Carlos Parks & Recreation Presents

Bunny Hop Breakfast

Saturday, April 4 | 10 a.m. - 12 p.m.

Spend breakfast with us at the ACC!

$25 for Adult & Child - Course #11110
$15 for Additional Family Member - Course #11111

Register online at cityofsancarlos.org/register or call (650) 802-4384.

Presenting Sponsor - San Carlos Parks & Recreation Foundation

Thank you to the Friends of the San Carlos Adult Community Center for hosting a successful Crab Feed on Saturday, February 29th. Everyone who attended enjoyed the evening’s festivities which included a No Host Bar, Silent Auction, Opportunity Drawing and a 50/50 Raffle. The Carlmont Key Club Kids did a great job of serving a delicious meal of salad, pasta & meatballs, garlic bread and all you can eat Crab. Patti Brown, President of the Friends of the ACC, did an outstanding job of keeping the crowd engaged throughout the evening with her enthusiastic personality.

The San Carlos Adult Community Center would like to thank the community for their generous support of this annual fundraiser with proceeds going directly to the San Carlos Adult Community Center to support senior programs and services.