

SENIOR ACTIVITIES

Senior Activities

The Millbrae Recreation Department and the San Mateo Adult School provide a variety of classes which require no pre-registration. The classes through the San Mateo Adult School 50 + program (Tai Chi, Qigong Fitness, Aerobics, Current Events) have a course fee per semester. **Class Fees per semester unless otherwise stated: Age 65+: \$38; 50-64: \$59; less than 50: \$80.** Classes must maintain a minimum of 25 students each session. Classes in bold conducted by the Millbrae Recreation Department have drop-in fees. Refreshments are served at some of the above activities, a small donation is asked of participants to continue this service. For more details, call the Millbrae Senior Center at 259-2370.

Millbrae 市社區中心 **San Mateo** 成人學校聯合開辦一系列不需要預先註冊的學習班。**San Mateo** 成人學校的課程(太極拳, 氣功健身操, 有氧健身操: 跳舞, 有氧健身操: 輕鬆步伐, 時事討論小組) 需要交學費: 六十五歲以上人士一堂課每學期 三十八元; 五十歲至六十四歲: 五十九元; 五十歲以下: 八十元。有些課學費每學期四十元 或六十四元。每個班須不少於二十五人。粗體的字是市社區中心的 課, 有一些課收每次學費。有一些課會有點心 and 飲料供應, 為維持這項服務, 我們希望學員能做少量捐助。上課地點在 **Millbrae** 市社區中心。若需更多資訊, 請致電 **Millbrae** 老人中心, 電話 **259-2370**。

MONDAY 星期一	TUESDAY 星期二	WEDNESDAY 星期三	THURSDAY 星期四	FRIDAY 星期五
<i>Aerobics – Dance</i> \$38/\$59/\$80 有氧健身操: 跳舞 8:35am - 9:25am		<i>Aerobics – Dance</i> \$38/\$59/\$80 老年健身: 跳舞 8:35am - 9:25am	Helping Hands 互助 9:00am - 11:30am	Line Dancing 排舞 每次五元 Drop-in fee: \$5 8:30am - 9:30am
Line Dancing 排舞 每次五元 Drop-in fee: \$5 9:30am - 10:30am 10:30am-11:30am	<i>Qigong Fitness</i> \$38/\$59/\$80 氣功健身操 10:00am - 11:00am	Boutique Club 時尚俱樂部 9:00am - 11:30am		
Senior Activities Drop-in fee: \$2 長者的活動 - 每次兩元 10:00am - 2:00pm			<i>Low Impact Aerobics-Easy Pace</i> Drop-in fee: \$2 有氧健身操: 輕鬆步伐 每次兩元 11:00am - 12noon	Card Games Drop-in fee: \$2 紙牌遊戲 - 每次兩元 11:00am – 3:30pm
			Brown Bag: <u>application required</u> 自帶午餐聚會: <u>必備申請</u> 8:30am - 3:00pm	
	Quilting Club: <u>sewing skill required</u> Drop-in fee: \$2 被褥縫製俱樂部: <u>必備縫紉的技能</u> 每次兩元 12:00pm - 3:00pm	<i>Inter-beg. Zungu</i> Chen Family Tai Chi Drop-in fee: \$8 中初級尊古陳氏太極 每次八元 1:00pm - 2:00pm	The 2016 Presidential Election Class Drop-in fee: \$2 2016 總統競選舉克 每次二元 1:00pm - 3:00pm	
	<i>Current Events Discussion Group</i> \$41/\$62 (15 wk class) 時事討論小組 1:30pm - 3:00pm	<i>Tai Chi 101 - Zungu</i> Chen Family Tai Chi \$38/\$59/\$80 尊古陳氏太極拳 2:00pm - 3:00pm	Painting Drop-in fee: \$2 繪畫 每次二元 12:00pm - 3:00pm	

SENIOR ACTIVITIES

VOLUNTEERS

The Senior Center recruits and trains volunteers for many programs and services provided by the Senior Center.

Mary Akay
Iynul Ashroff
Carylee Baker
Glade Beresford
Pauline Bertolino
Joy Buchanan-Lafferty
Flora Cruz
Kathy Cutajar
Velia Danello

Audrey Dent
Lou DeSalvatore
Alfina Djunaidy
Marian Fellman
Zee Flores
Elaine Gamez
Dorothy Lauser
Colleen McClelland

Caroline Mc Ilhenny
Marlene Mc Bride
Maria Meyer
Rochelle Mullen
Lorraine Norris
Mary O'Connor
Diana O'Connor
Hatsue Okada

Pauline Ryan
Carol Schlimmer
Edith Severini
Fern Slotnick
Mary Somers
Trudy Strambi
Ramona Tamaresis
Lisa Yee
Beverly York

Thank you to our Volunteers!

Fitness Class for Seniors

Instructor: Diane Silven

Stay healthy and active with a focus on maintaining your movement range and have fun doing it with a group of like-minded participants. Exercise makes a big difference at any age. We tone and shape up to a variety of familiar music combining gentle, low-impact aerobics with stretching and balance work. This class is geared for you to participate and progress at your own pace. The class concludes with floor work but you may use a chair as an alternative. All of your muscle groups are worked as we progress through the movements including your fingers and your toes. Wear comfortable clothing and appropriate exercise shoes. We look forward to your joining us.

Thursdays 11:15am - 12:15pm
April 7 - July 26
Drop-In \$2.00

The 2016 Presidential Election

Taught by Frank Damon, a College of San Mateo professor and Historian. This class provides students a better understanding of how the president of the United States is chosen and examines the presidential Debates, the Primaries, and the National Conventions.

Begins January 14, 2016

Thursdays 1:00pm - 2:30pm

Drop-In: \$2.00

Line Dancing

Mondays 9:30am-10:30am or 10:30am-11:30am
Fridays 8:30am - 9:30am

Do you want to get lively, move with confidence, stay fit and be healthy while having fun, with or without a partner? Line dancing with Allen is a fun new approach to low-impact exercise.

Drop-in: \$5.00 per class.

Pilates Class

Day/Time: Thursdays 9am - 10am & 10am - 11am
*No class March 31 (Adult School spring break).

Gentle Pilates, Level 2: Gentle Pilates is a series of mat-based exercises designed to improve posture, balance, and flexibility while strengthening your "core" - the abdominal, gluteal, hip, and postural muscles. This is an intermediate level class, designed for those with some basic Pilates experience who are ready for a more challenging workout. Please bring a mat and pillow or towel.

This class is offered through the San Mateo Adult School.
Fee: \$38 (age 65 and over/\$59(50-64)/\$80 (49-under).

Senior Boutique Club

Wednesdays 9:00am-11:30am

Craft items are made to be sold. Proceeds benefit Senior Program.

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Free

Quilting

Tuesdays 12:00pm-4:00pm

Meet new people and work on your quilting skills!
Drop-in \$2.00

Stay Connected - Get Fit – Feel Great!

Exercise classes for Adults 50yrs and Better!

Summer Semester Classes start Monday April 25, 2016

Registration for Summer classes begin April 11, 2016 at the

San Mateo Adult School ~OR~ you can register in class with the instructor!

Questions about the classes or registration? Call the San Mateo Adult School 650-558-2127

MONDAY EXERCISE

Monday 8:35 - 9:35am Dance Aerobics

Instructor: Jeri McGovern ~ Class Starts April 25 – Ends July18

Adults 65 and older: \$38 - Adults 50-64 yrs. \$59

TUESDAY EXERCISE

Tuesday 10:00 – 11:00am Qi Gong

Instructor: Mary Carrigan ~ Class Starts April 26 – Ends July19

Adults 65 and older: \$38 - Adults 50-64 yrs. \$59

WEDNESDAY EXERCISE

Wednesday 8:35 - 9:35am Dance Aerobics

Instructor: Jeri McGovern ~ Class Starts – April 27 Ends July 20

Wednesday 2:00 - 3:00pm Tai Chi 101

Instructor: Debbie Au ~ Class Starts April 27 – Ends July 20

Adults 65 and older: \$38 - Adults 50-64 yrs. \$59

THURSDAY EXERCISE

Thursday 9:45 – 10:45am Better Balance Level 2 (10 weeks)

Instructor: Stephanie Funk ~ Class Starts April 28 – Ends June 30

Thursday 11:00 – 12:00pm Pilates: Level Two

Instructor: Stephanie Funk ~ Class Starts April 28 – Ends July 21

Adults 65 and older: \$38 - Adults 50-64 yrs. \$59

MORE FIFTY PLUS → MATURE ADULT CLASSES

TUESDAY CURRENT EVENTS

Your Opinion Matters !

Instructor: Tim Simmers ~ Class Starts – April 26 Ends July19

Class fee: \$41.00