

FOSTER CITY SENIOR WING

650 Shell Blvd. in Foster City

650-286-2585

Are you looking for great things to do, exciting places to go, and fun people to meet? Stop by the Foster City Senior Wing! We have all this and more! Listed below is a sampling of activities. More information can be found in the Senior Expressions newsletter, which is available at the Senior Wing or by subscription.

Senior Wing Hours

Monday - Friday

Front Desk	9am-5pm
Games Available	9am-5pm

Senior Expressions Newsletter

Published on a quarterly basis, the newsletter includes class information, services, trips and tours, and special event announcements. Please pick one up at the Senior Wing, or have it mailed directly to your home by purchasing the Senior Expressions newsletter subscription.

Benefits:

- Receive the newsletter four times a year at your home, before it is available to non-subscribers
- Receive a discount at two events – Ice Cream Social and Tea Party

Fee:

- \$12 per year
- Prorated after January

Call 650-286-2585 for more Information

Senior Meals Program

Join the Foster City Senior Wing and the Foster City Rotary Club for the Senior Meals Program. Enjoy a delicious hot lunch that includes soup, an entree, and dessert, all for the low price of \$4.

Days: First and Third Tuesday of the month

Time: 11:30am

Location: Bluebird Room

Cost: \$4

Other Information:

- Limit of 40 participants
- Sign up in advance at the Senior Wing, pay at the door – cash only
- Play Bingo after lunch at 12:30pm
- For a complete menu, visit the Senior Wing front desk

Trips

The Senior Wing goes on many exciting trips every month. Trips include historic sites, performances, factories, museums, gardens, restaurants, and much more! Trips depart from the Senior Wing and transportation is included. Look in the Senior Expressions Newsletter for trip information or stop by the Senior Wing front desk to find out where the next trip is going. Join us for a fun-filled day!



Senior Express Bus

Let the Senior Express Bus do the driving for you to run errands, go to appointments, and take you wherever else you need to go! The Senior Express program offers door-to-door service for Foster City seniors.

Territory:

- The bus operates as far north as Trousdale Avenue/Peninsula Hospital in Burlingame, and as far south as Veteran's Boulevard/Kaiser in Redwood City. The bus also travels to the Stanford Hospital and the Millbrae BART station.

Operation:

Days	Times	Destination
Tuesdays	9am-3:30pm	Foster City/San Mateo
Wednesdays	9am-5pm	Specified Territory
Thursdays	9am-3:30pm	Foster City/San Mateo

Reservations & Payment:

- Reservations are required and can be made by calling 650-286-285 between 9am and 1pm.
- Appointments must be made at least one day in advance.
- Payment method is a punch card that can be purchased at the Senior Wing front desk.

For more information and specific details on the program policies, pick up a Senior Express Bus program brochure from the Senior Wing or call 650-286-2585.

Game Schedule

Day	Game	Time	Room
Monday	Pedro	1pm-4pm	Sail Room, Comm. Center
Monday	Bridge	1pm-4pm	Mist Room
Tuesday	Bingo	12:30pm-2:30pm	Bluebird Room
Tuesday	Open Play	1pm-3pm	Bow Room
Thursday	Bingo	12:30pm-2:30pm	Lagoon Room
Thursday	Bridge	1-4pm	Spray Room
Friday	Open Play	10am-12pm	Bow Room
Friday	Canasta/Open Play	1pm-3pm	Bow Room

Supply own materials; No money exchanged (except Bingo)

Thursday Matinees

Join the Foster City Senior Wing on Thursday afternoons for the weekly movie. Movies start at 12:30pm in the Sunfish Room. Call or stop by the Senior Wing for the list of upcoming movies.

Day: Thursdays
Time: 12:30pm
Location: Sunfish Room
Cost: FREE!

Lunch Bunch

The Lunch Bunch program meets on the third Wednesday of each month at 11:15am. We meet in the Senior Wing lobby and take the Senior Express Bus to a variety of local restaurants. Don't miss the chance to meet new people and enjoy a delicious meal. The cost of transportation is \$4 round-trip.

Participants are responsible for paying for their own lunch.

SENIOR CLASSES

The Senior Wing offers a wide variety of classes to meet your interests. Join one of our fun-filled classes to learn a new skill, meet new friends, and stay healthy. Senior classes are sponsored by the San Mateo Adult School. For more class options, please visit the Adult section of the Activity Guide.

Fees (unless otherwise noted):

65+ years old: \$30 per course, per semester

50-64 years old: \$50 per course, per semester

Under 50 years old: \$75 per course, per semester

Knitting, Painting & Drawing, or Sewing Fees:

Seniors: \$45 per course, per semester

Non-seniors: \$75 per course, per semester

Enrollment:

Enrollment is accepted for San Mateo Adult Education classes on an ongoing basis. Enrollment fees are paid directly to the instructor on the first day of class. Please be sure to sign in with the class instructor and in the Senior Wing binder.

Please see class descriptions in the Senior Expressions newsletter or the San Mateo Adult School brochure.

Day	Class	Time	Room
Monday	Yoga for Health	9:30am	Spirit Room
Monday	Sewing Machine Basics	1pm	Sunfish Room
Tuesday	Painting & Drawing	9:30am & 12:30pm	Sunfish Room
Tuesday	Zumba Gold (\$35)	9:30am & 10:30am	Spirit Room
Tuesday	Tai Chi	1pm	Spirit Room
Wednesday	Hand Knitting & Machine Knitting	9:30am & 12:30pm	Sunfish Room
Wednesday	Current Events	10am	Bow Room
Wednesday	Qi Gong Fitness	10:30am	Lagoon Room
Thursday	Tai Chi (\$50)	9am	Spirit Room
Thursday	Yoga for Health	11am	Bluebird Room
Friday	Sewing: Cut & Sew	9:30am	Sunfish Room

Driver Safety Program

An interactive class for drivers 50 years of age and older in which participants can sharpen their driving skills and develop strategies for age-related changes in vision, hearing, and reaction time. The fee includes workbook, DMV certificate for insurance discount, and administrative fees.

Registration:

- Register at the Foster City Senior Wing, or call 650-286-2585
- Registration fee paid in class

Fee:

- \$17 - AARP Members
- \$19 - Non-members

Class Dates:

- May 8 and 9 – 9am-1:30pm
- May 12 – 8:30am-5:30pm
- August 14 and 15 – 9am-1:30pm
- August 25 – 8:30am-5:30pm