



Burlingame Gazette

Seniors Newsletter

FEBRUARY & MARCH 2018

SPECIAL POINTS OF INTEREST:

- Valentine's Dance Planned
- Heart Healthy Tips
- Medicare Seminar
- AARP Tax Assistance
- New Recipe

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Special Events Back Cover

Senior Valentine's Dance

Join us on **Thursday, February 8th**, for the Senior Valentine's Dance from 3:00-5:00pm at the Burlingame Recreation Center. There will be plenty of snacks and refreshments at the event! We will also have a DJ playing classic hits from every decade, as well as giving dance lessons. The event is free, but we would appreciate your RSVP by calling (650) 558-7300. We look forward to having a big turnout to celebrate this enchanting holiday!



New Current Events Class

Interesting in talking about current events with your peers? Instructor Bill Fried will facilitate a weekly discussion of the latest news, locally to around the world. Topics may include politics, foreign affairs, education, the economy, unemployment, social issues, and much more! New classes begin on February 15th and again on March 15th. Call the Recreation Center to enroll today!



Mahjong & Chess

Did you know that a new free drop-in Mahjong and Chess Day was added at the Recreation Center? Keep your mind sharp with us on Tuesday mornings from 10am to noon by joining us to play these mind-challenging, strategy games. Bring a friend or meet some new ones! No formal instruction will be given, but other attendees may be willing to give you some pointers. Hope to see you here!

Upcoming Trips

San Francisco Symphony

Were off for a day of culture at Davies Symphony Hall. San Francisco Symphony Conductor Laureate Herbert Blomstedt leads Beethoven's monumental Eroica Symphony. Heralding a new era of classical music that showcases the orchestra's expressive range, Beethoven's Third is an epic struggle that culminates in a glorious finale celebrating the undying heroic spirit. Before enjoying the performance, we will gather for lunch in Hayes Valley at Caffee Delle Stelle.



Thursday, February 15 11:00am-5:00pm Fee: \$134 Resident/\$158 Non-Resident

Turning Points of World War II (with Gary Holloway)



Our exploration of WW II will commence with a visit to the special exhibit of the 1942 Exclusion Order which affected over 120,000 Japanese-Americans, at the Heritage Gallery of the Presidio Officer's Club. From here, we will head to lunch at the historic Hotel Mac in Point Richmond. The Hotel is a former bordello, located on the town plaza. Following lunch, we will drive along the Richmond waterfront to explore the history of the WW II Kaiser Shipyards. We will walk on the replicated outline of a Victory ship, and stop at the WW II Homefront National Historic Park to learn about the Rosie the Riveter experience, and the role of women in WW II. Our visit there will include museum exhibits, a film of the Rosie's history and a gift shop. Ice cream will follow.

Wednesday, March 7 9:00am-5:00pm Fee: \$93 Resident/\$109 Non-Resident

Cirque du Soleil Crystal

Cirque du Soleil carves electrifying moments, breathtaking artistry, and its unique creativity into ice in a fresh innovative spectacular: Cirque du Soleil Crystal. World-class ice skating, surreal aesthetics, and artistic prowess fuse together in Crystal, Cirque's first ever on-ice experience. Follow Crystal, the lead character, on an exhilarating tale of self-discovery as she dives into a world of her own imagination. Feel the adrenaline as she soars through this surreal world at high speed to become what she was always destined to be: confident, liberated, and empowered. Before experiencing this exciting show, we will enjoy dinner nearby at Old Spaghetti Factory.



Thursday, March 29 3:30-10:30pm Fee: \$140 Resident/\$166 Non-Resident

Spring Registration begins

Wednesday, March 7th

Registration for Burlingame Parks and Recreation Spring classes opens on **Wednesday, March 7**. Mark your calendars to sign up for classes and trips before they fill up! Check out all of our offerings in the new brochure coming out in the beginning of March. If you're 65+, don't forget to ask if a senior discount is available for a class that interests you.

FREE Medicare Seminar

Do you need help walking through the complex Medicare programs and finding what is most suitable for you? Would you benefit from a review of different Eligibility Periods? Are you eligible for extra help with the costs of your prescription drugs? Light refreshments will be provided. Seats are limited, so sign up early.

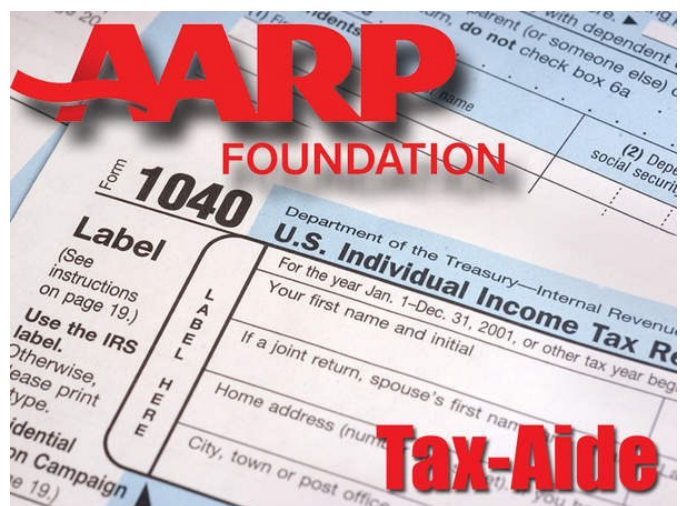
Free with RSVP to the Recreation Center
650-558-7300
or email zlothenberg@gmail.com

Wed. April 4th
10:00am-12:00pm
Recreation Center
FREE

AARP Tax Assistance

AARP will once again be providing tax preparation assistance to members of the community. **We are now accepting appointments.** Appointment times are on Tuesdays between February 6th and April 10th. Call 650-558-7300 to schedule. You will need to bring the following:

- 1) Copy of 2016 Federal and State Returns
- 2) All records and documents relating to 2017
- 3) Fully completed Intake Form, which you will receive after making your appointment.



Documentary Film Series

Tuesdays at 1:30pm | Complimentary | Light Refreshments Served

February

6th | TWINSTERS

2015, 89 mins

Alerted to a YouTube video featuring a woman who bears an eerie resemblance to her, adoptee Anaïs Bordier makes contact with her lookalike via social media -- and the two discover they're twins who were separated at birth.

13th | I AM

2011, 77 mins

In this contemplative documentary, filmmaker Tom Shadyac conducts in-depth interviews with prominent philosophers and spiritual leaders -- including Archbishop Desmond Tutu -- about what ails the world and how to improve it.

20th | UNBRANDED

2015, 106 mins

Intending to cross the United States from south to north on horseback, four friends saddle up their wild mustangs and begin a journey of self-discovery amid breathtaking vistas, uncovering some disquieting truths about the changing American West.

27th | I AM NOT YOUR NEGRO

2017, 94 mins

When author James Baldwin died in 1987, he left behind an unfinished book about the lives and assassinations of Medgar Evers, Malcolm X and Martin Luther King Jr. This documentary uses that unfinished text to create a visual essay on race in America.

March

6th | THE GIRLS IN THE BAND

2011, 86 mins

Meet a spirited group of female jazz musicians who refused to let sexism and racism interfere with their love of performing during the Big Band era. Rarely seen performance clips and the women themselves tell their fascinating story.

13th | KEEP QUIET

2017, 97 mins

Virulently anti-Semitic, right-wing Hungarian politician Csanad Szegedi finds his views undermined after learning about his Jewish heritage. Over a three-year period, he comes to embrace his new faith, as chronicled in this fascinating documentary.

20th | STEP

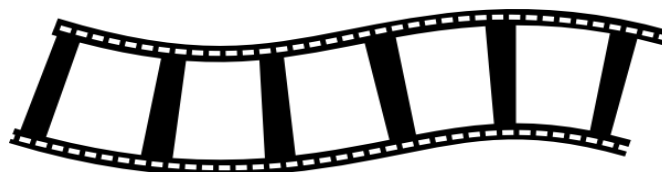
2017, 83 mins

Focusing on three seniors -- and members of the Lethal Ladies dance team -- at the Baltimore Leadership School for Young Women, this documentary tracks the teens as they strive to attend college while cultivating their creative game on the step team.

27th | CHICKEN PEOPLE

2016, 83 mins

While many people view chickens as less-than majestic creatures, competitive poultry breeders -- a large and eclectic flock -- disagree. This lively documentary follows three breeders as they prepare for the all-important Ohio National Poultry Show.



Drop-In Programs

Mature Adult Exercise

Stretching, balance, and low-impact aerobic exercises done to music, followed by work with hand weights and floor exercises. The class ends with guided relaxation. Wear loose clothing and bring hand weights and an exercise mat or large towel.

Meets: Tuesdays, 8:30-9:45am at the Recreation Center

Friday Matinee

Come watch the latest new releases and classic favorites in the company of others on our big screen. Free Popcorn! See pages 6-7 for schedule.

Meets: Fridays, 1pm at the Recreation Center

Documentary Film Series

Documentaries are screened on a variety of topics. Free Refreshments! See page 4 for schedule.

Meets: Tuesdays, 1:30pm at the Recreation Center

Drop-in Bridge

Come play Bridge! Free coffee provided.

Meets: Fridays, 9am-Noon at the Recreation Center

Drop-in Mahjong & Chess

Join us for your favorite strategy games! Free coffee provided.

Meets: Wednesdays, 10am-Noon at the Recreation Center

Drop-in Ping Pong

Join us for Ping Pong! Come down and enjoy a great game while meeting new friends!

Meets: Tuesdays and Thursdays, 1p to 3pm, and Saturdays, Noon-2pm at the Recreation Center

Drop-in Pickleball

This fun racquet sport is perfect for all ages. Instruction and paddles available to newcomers. \$5 per day drop-in fee.

Meets: Mondays, 10:30am-12:30pm at the Recreation Center

Social Groups

Bingo & Bag Lunch

Bring your bag lunch and come join us for lunch, bingo, dessert, and friends! Free dessert provided weekly; Free lunch provided by Atria Senior Living the last Tuesday of each month.

Meets: Tuesdays, Noon to 3pm at the Recreation Center

Senior Citizens Organization of Burlingame

Each week members enjoy time to visit with each other, make new friends, and participate in a variety of activities. Bring a bag lunch; free coffee and cookies provided. Bingo starts at 1pm. New members welcome! \$15 annual dues.

Meets: Fridays, 11am to 3pm at the Recreation Center





February Movie Schedule

Fridays at 1pm

Free Refreshments!

Friday, February 2: **The Band Wagon**

with Fred Astaire & Cyd Charisse

Comedy/Music/Romance, 1953 | 112 mins | NR

Washed-up movie star Tony Hunter tries to revive his career on Broadway in this classic musical comedy. Hunter and his talented cohorts encounter all kinds of problems as they try to bring "Faust" to the stage. Musical numbers include "That's Entertainment" and "Dancing in the Dark."



Friday, February 9: **Dunkirk**

with Fionn Whitehead & Tom Glynn-Carney

Action/Drama/History, 2017 | 106 mins | PG-13

This historical drama chronicles the epic battle to evacuate more than 300,000 Allied soldiers who find themselves trapped on the beaches of Northern France during the 1940 invasion by Adolf Hitler's Nazi forces.

Friday, February 16: **Paris Can Wait**

with Diane Lane & Arnaud Viard

Comedy/Drama/Romance, 2017 | 92 mins | PG

With her daughter at college and her workaholic husband perpetually absent, Anne Lockwood is ripe for the wooing when one of her spouse's associates offers to give her a lift from Cannes to Paris -- a seven-hour journey that turns into two days.



Friday, February 23: **Get Out**

with Daniel Kaluuya & Allison Williams

Horror/Mystery/Thriller, 2017 | 104 mins | R

Already uneasy about meeting his girlfriend's parents for the first time, Chris' anxiety doesn't diminish once he gets to their posh suburb and learns that young African-American men like himself have been vanishing from the spot.

March Movie Schedule

Fridays at 1pm

Free Refreshments!



Friday, March 2: **Key Largo**

with Humphrey Bogart & Lauren Bacall

Action/Crime/Drama, 1948 | 101 mins | NR

As a destructive hurricane wreaks havoc outside, Army veteran Frank McCloud, war-widow Nora Temple and her invalid father-in-law face a worse storm inside the Temples' tumbledown Florida hotel in Key Largo. Frank merely stopped by to pay his respects to Nora, only to find the hotel commandeered by exiled gangster Johnny Rocco.



Friday, March 9: **Wonder**

with Julia Roberts & Owen Wilson

Drama/Family, 2017 | 113 mins | PG

Entering fifth grade will be momentous for Auggie -- because at last, he'll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face.

Friday, March 16: **Only The Brave**

with Josh Brolin & Miles Teller

Biography/Drama, 2017 | 134 mins | PG-13

This action-drama chronicles the true story of 19 elite firefighters from Arizona's Prescott Fire Department who lost their lives in June 2013 while battling the Yarnell Hill wildfire that was ignited by lightning.



Friday, March 23:

Goodbye Christopher Robin

with Domhnall Gleeson & Margot Robbie

Biography/Family/History, 2017 | 107 mins | PG

The world of Winnie the Pooh creator A.A. Milne comes to life in this illuminating biopic that focuses on his relationship with his son (and inspiration), Christopher Robin, and how the books' phenomenal success affected the family.

Friday, March 30: **LBJ**

with Woody Harrelson & Michael Stahl-David

Biography/Drama, 2016 | 98 mins | R

After taking the reins of state in the wake of President Kennedy's 1963 assassination, Lyndon Baines Johnson assumes leadership at one of the most tumultuous times in U.S. history. This engrossing biopic looks at the man behind the political mask.



Health & Wellness

Blood Pressure Screenings

Students from the College of San Mateo's Nursing program are available to check your blood pressure. This is a free program. Come by and have this vital information checked regularly.

Tuesdays
Jan. 30-Mar. 20
11am-Noon
Recreation
Center



NATIONAL WEAR RED DAY
 FOR WOMEN'S *heart* HEALTH
 FRIDAY, FEBRUARY 2, 2018

BE MINE FOR LONGER!



GET MOVING

- Most Americans are overweight
- Exercise sends oxygen to your brain and makes your memory sharper
- Goal: 150 min/week of moderate exercise or 75 min/week of vigorous exercise
- 2 days per week: muscle-strengthening activity

EAT WELL

- Look for the American Heart Association's mark of approval on restaurant menus and in grocery stores to certify that you're purchasing heart-healthy foods.
- Cut back on packaged, processed foods to limit sodium. Aim for less than 1500 mg of cholesterol per day.
- Read food labels. Aim for less than 300 mg of cholesterol per day.
- 5 or more servings of fruits and veggies each day.



STOP SMOKING

- Each cigarette reduces your life by 11 minutes
- Smokers have more than twice the risk of heart attack than non-smokers
- Visit multicare.org/quit for help



GET A CHECK UP

- Check blood pressure: GOAL: Less than 120/80 mmHg
- Check cholesterol: less than 160 mg/dL (low risk), less than 130 mg/dL (intermediate risk), less than 100 mg/dL (high risk), less than 70 mg/dL (very high risk)
- Check fasting glucose: GOAL: Less than 100 mg/dL



MAINTAIN A HEALTHY WEIGHT

- Men: aim for a 40 inch or less waist circumference
- Women: aim for 35 inches or less waist circumference
- Aim for a BMI of under 25



MultiCare 
BetterConnected

Fusilli with Broccoli Pesto

- 12 oz. fusilli pasta
- 12 oz. frozen broccoli florets
- 2 clove garlic
- ½ c. fresh basil leaves
- 3 tbsp. olive oil
- 1 tbsp. grated lemon zest
- kosher salt
- Toasted sliced almonds
- grated Parmesan cheese








1. Cook the pasta according to package directions. Reserve 1/2 cup of the cooking liquid, drain the pasta, and return it to the pot.
2. Meanwhile, combine the broccoli, garlic, and 1/2 cup water. Cover and microwave on high, stirring once halfway through, until the broccoli is tender, 5 to 6 minutes. Transfer the mixture (liquid included) to a food processor. Add the basil, oil, zest, and 3/4 teaspoon salt, and purée until smooth.
3. Toss the pasta with the pesto and 1/4 cup of the reserved liquid (adding more liquid if the pasta seems dry). Sprinkle with almonds and Parmesan, if desired.

Valentine's Day Soduko

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February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 1pm- Ping Pong	2 9am- Drop In Games 11am- Sr. Citizens Org. of Burlingame 1pm- Movie: "The Bandwagon"	3 12pm- Ping Pong
4 	5 10:30am- Pickleball 	6 8:30am- Exercise 11pm- Blood Pressure Screening 12pm- Bingo 1pm- Ping Pong 1:30pm- Documentary	7 10 am- Mahjong & Chess 3:30 pm- Technology Assistance	8 1pm- Ping Pong 3pm- Valentine's Dance 	9 9am- Drop In Games 11am- Sr. Citizens Org. of Burlingame 1pm- Movie: "Dunkirk"	10 12pm- Ping Pong
11	12 10:30am- Pickleball	13 8:30am- Exercise 11pm- Blood Pressure Screening 12pm- Bingo 1pm- Ping Pong 1:30pm- Documentary	14 10 am- Mahjong & Chess 3:30 pm- Technology Assistance	15 11am- TRIP: San Francisco Symphony 1pm- Ping Pong	16 9am- Drop In Games 11am- Sr. Citizens Org. of Burlingame 1pm- Movie: "Paris Can Wait"	17 12pm- Ping Pong
18	19 REC CENTER CLOSED 	20 8:30am- Exercise 11pm- Blood Pressure Screening 12pm- Bingo 1pm- Ping Pong 1:30pm- Documentary	21 10 am- Mahjong & Chess 3:30 pm- Technology Assistance	22 1pm- Ping Pong 	23 9am- Drop In Games 11am- Sr. Citizens Org. of Burlingame 1pm- Movie: "Get Out"	24 12pm- Ping Pong
25	26 10:30am- Pickleball	27 8:30am- Exercise 11pm- Blood Pressure Screening 12pm- Bingo with Free Lunch 1pm- Ping Pong 1:30pm- Documentary	28 10 am- Mahjong & Chess 3:30 pm- Technology Assistance			



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**Burlingame Parks &
Recreation Department**

850 Burlingame Avenue
Burlingame, CA 94010

Phone: 650-558-7300
www.burlingame.org/rec

MAIL TO:

Burlingame Parks & Recreation
Youth Advisory Committee Presents:

Senior Valentine's Dance

Come Celebrate this Enchanting Holiday!

Thursday, February 8th, 3-5pm

Recreation Center

*Food, Music (DJ), and Dancing



FREE! * RSVP to 558-7300