



Burlingame Gazette

Active Adults Newsletter

AUGUST & SEPTEMBER 2018

SPECIAL POINTS OF INTEREST:

- New Fall Trips
- New & Exciting Movies
- Drop-in Mah-jong & Chess
- Interesting Documentaries

INSIDE THIS ISSUE:

Trips 2-3

Documen-
taries 4

Drop-in
Programs 5

Social
Groups 5

Movies 6-7

Health &
Wellness 8-9

Game 9

Calendar 10-11

Special
Events Back
Cover

Senior Activities Committee Seeks New Members

We want your input! Our Senior Activities Committee is responsible for the sharing of ideas and resources to improve the offerings for seniors in the community. In addition the group acts as a liaison between the Parks and Recreation Department and seniors in the community to promote activities and events. This committee will be particularly important as we brainstorm activities to fill our new Community Center. Meetings held quarterly. Please contact Corrie Fuhrman at 650-558-7310 or cfuhrman@burlingame.org to receive an application.



Fall Registration

Fall registration begins on July 31st. You'll find all the new trip offerings on pages 2-3! There are also plenty fun classes available! And don't forget to mark your calendars with all the exciting events taking place around town!

Senior Listening

Session

Save the date for the next Senior Listening Session on Tuesday, October 16th at 10:30am. Council Members Colson and Brownrigg will be joining us!

Upcoming Trips

A Day on the Bay: Tiburon & Angel Island



Sitting in the middle of our beautiful bay is the historical Angel Island, but have you ever explored it? Now is your chance! First we will head over the Golden Gate to beautiful Tiburon. There you will have time to soak in the views, shop, and eat lunch (on your own). We will then take the ferry from Tiburon to Angel Island. When we arrive to Angel Island, we will ride around the island on an

open air tram tour. A history-rich audio recording offers fascinating historical and current day information about various sites on Angel Island. Come spend a day in the bay with us!

Thursday, September 13 10:00am-4:30pm Fee: \$83 Resident/\$99 Non-Resident

Sacramento Railroad Museum

Join us for a docent-led tour of the Railroad Museum in Sacramento! The museum features 21 restored locomotives and railroad cars, some dating back to 1862. The exhibits show how the influence of railroads changed American society by influencing travel, commerce, and daily life, as well as the lives of railroaders and the diversity of people who work on railroads. Before heading to the museum, we will be having lunch at Railroad Fish and Chips (included). We are partnering with the Foster City Senior Wing for this day of food and fun—limited space available!



Wednesday, October 17 8:30am-6:00pm Fee: \$98 Resident/\$118 Non-Resident

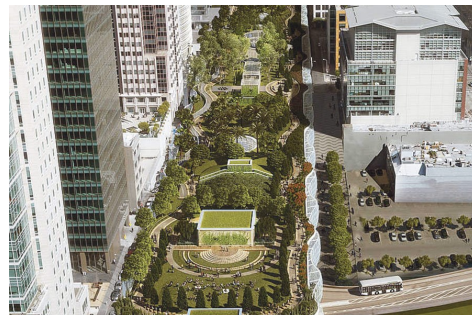
Trip Policies

**Registration
for Fall Trips
Begins July 31**

- Refunds/Credits will only be issued if the spot can be replaced by another participant
- Bus is loaded in the order participants check in on the day of the trip. Check-in begins 1 hour prior to trip departure, or 8am for any trip departing before 9am.
- Return times are approximate and subject to traffic
- Efforts will be made to make reminder calls, but they are not guaranteed

Rooftop Gardens of SF (with Gary Holloway)

San Francisco is one of the leading U.S. cities to offer the experience of visiting rooftop gardens. On this tour, we will focus on three downtown gardens. Two have been open on private property for over 20 years, and we will see these before lunch. Lunch will be at the popular Pompei's Grotto restaurant (included). Following lunch, we will take the new gondola next to the Salesforce Tower to climb five stories to the new 5-acre Salesforce Garden, atop the new Salesforce Transit Center. This garden features thousands of flowers, shrubs and trees from different climate zones around the world. This affords us an opportunity to explore this newest of rooftop gardens at our leisure. A new café and restrooms will also await us there, so come along with us to experience this newest aerie in The City.



Thursday, November 1 9:00am-4:00pm Fee: \$91 Resident/\$109 Non-Resident

A Bronx Tale Musical



Join us on this exciting trip to downtown San Francisco to see a captivating performance of A Bronx Tale! Broadway's hit crowd-pleaser takes you to the stoops of the Bronx in the 1960s, where a young man is caught between the father he loves and the mob boss he'd love to be. Bursting with high-energy dance numbers and original doo-wop tunes, A Bronx Tale is an unforgettable story of loyalty and family, often described as a combination of Jersey Boys and West Side Story. Enjoy this performance from the Orchestra

section of the Golden Gate Theatre. Please eat lunch on your own prior to this trip.

Wednesday, November 28 12:30pm-5:30pm Fee: \$75 Resident/\$90 Non-Resident

Holiday Trip: Cirque du Soleil VOLTA

It's a Burlingame Active Adults tradition to celebrate the holidays together on a special outing. Join us this year for a captivating voyage of discovery at Volta, Cirque du Soleil's newest performance under the big top in San Francisco. Volta is the story of WAZ, a gameshow contestant who is ashamed of who he is because of his difference. Follow WAZ on his journey in search of fame, love, and acceptance. Prior to the show, we will enjoy dinner together in San Francisco (included). It will be a magical evening during a magical time of year.



Thursday, December 13 4:00pm-11:00pm Fee: \$165 Resident/\$198 Non-Resident

Documentary Film Series

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

August

7th | SPELLBOUND

2002, 97 mins

This Oscar-nominated entry documents the intense experience of the National Spelling Bee as seen through the eyes of 8 young spellers, with viewers glimpsing the kids' private lives as they train for and compete in the ultimate cerebral showdown. While they try to keep their eyes on the \$10,000 prize, their personal stories illuminate their quirks, their obsessive study habits and their alternately heartbreaking and inspiring family dynamics.

14th | OUT OF THE CLEAR BLUE SKY

2012, 107 mins

Directed by a family member of one of the victims, this gripping documentary tells the story of financial firm Cantor Fitzgerald in the aftermath of the September 11, 2001 terrorist attack, which took the lives of 658 of the company's employees.

21st | BEING EVEL

2015, 99 mins

Chronicling the life and lore of motorcycle daredevil Robert "Evel" Knievel, this revealing documentary details the triumphs and bone-crushing failures of his spectacular career, his humble origins and his personal battles.

28th | HEART OF A DOG

2015, 75 mins

While her rat terrier Lolabelle provides the focus for Laurie Anderson's meditation on love and remembrance, her lyrical essay also touches on topics as far-ranging as Buddhism's concept of the hereafter and surveillance in the wake of Sept. 11.

September

4th | MY KID COULD PAINT THAT

2007, 83 mins

Amir Bar-Lev directs this thought-provoking documentary about a precocious 4-year-old artist whose abstract works have drawn critical comparisons with modernist greats such as Kandinsky, Picasso and Pollock. Her talents have already profited her and her parents hundreds of thousands of dollars. But is she truly an artistic visionary trapped in the body of a preschooler, or is her gift with a paintbrush mere illusion?

11th | THE ISLAND PRESIDENT

2011, 101 mins

This documentary chronicles the extraordinary efforts of Mohamed Nasheed, during his term as president of the Maldives, to fight global warming and prevent rising ocean levels from deluging his low-lying archipelago nation right off the map.

18th | WHITNEY

2015, 88 mins

Whitney Houston's highly flammable relationship with husband Bobby Brown is rendered candidly in this biographical drama depicting both her dizzying rise to stardom and the turbulent private life that made her an icon of the tabloids.

25th | WON'T YOU BE MY NEIGHBOR

2018, 94 mins **SPECIAL 2pm SHOWING**

For over 30 years, Fred Rogers, an unassuming minister, puppeteer, writer and producer, was beamed daily into homes across America. In his beloved television program, Mister Rogers' Neighborhood, Fred and his cast of puppets and friends spoke directly to young children about some of life's weightiest issues, in a simple, direct fashion.



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

Free coffee provided.

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

Drop-in Mahjong & Chess

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! \$20 annual dues.

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





August Movie Schedule

Fridays at 1pm

Free Refreshments!

Friday, August 3: **Pocketful of Miracles**

with Glenn Ford & Bette Davis

Drama/Comedy, 1961 | 136 mins | NR

Frank Capra's final directing effort, bag lady Apple Annie convinces long-absent daughter that she's a wealthy socialite. In the middle of the crisis, gangster Dave the Dude, his girlfriend and henchmen transform Annie into Lady Manville.



Friday, August 10: **The Post**

with Tom Hanks & Meryl Streep

Biography/Drama/History, 2017 | 115 mins | PG-13

When the "Washington Post" agrees to publish the leaked Pentagon Papers -- which point to a secret escalation of the Vietnam War -- the Nixon administration tries to block publication, setting off an epic legal and political battle.



Friday, August 17: **Greatest Showman**

with Hugh Jackman, Zac Efron & Michelle Williams

Biography/Drama/Musical, 2017 | 105 mins | PG

Behind "The Greatest Show on Earth" was one of history's greatest showmen, P.T. Barnum. This musical biopic centers Barnum's creation of the three-ring circus and his infatuation with Swedish songbird Jenny Lind.



Friday, August 24: **Molly's Game**

with Jessica Chastain, Idris Elba & Kevin Costner

Biography/Drama/Crime, 2017 | 141 mins | R

Based on the true story of Molly Bloom, an Olympic-class skier who ran the world's most exclusive high-stakes poker game for a decade before being arrested in the middle of the night by 17 FBI agents wielding automatic weapons.

Friday, August 31: **Gifted**

with Chris Evans & McKenna Grace

Drama, 2017 | 101 mins | PG-13

When his sister dies, bachelor Frank Adler assumes the care of her 7-year-old daughter. But his plans to raise her are threatened when the child reveals herself to be a math prodigy, and his mom suddenly gets involved.



September Movie Schedule

Fridays at 1pm

Free Refreshments!



Friday, Sept. 7: **Swing Time**

with Fred Astaire & Ginger Rogers

Comedy/Musical/Romance, 1936 | 104 mins | NR

In this classic musical, Fred Astaire plays Lucky, a gambler who misses his wedding to a young socialite and must come up with \$25,000 for another chance with her. But after meeting lovely dance instructor Penny, he forgets about his old flame.



Friday, Sept. 14: **Victoria & Abdul**

with Judi Dench & Ali Fazal

Biography/Drama/History, 2017 | 111 mins | PG-13

Recounting The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's remarkable rule. When Abdul Karim, a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself.



Friday, Sept. 21: **Just Getting Started**

with Morgan Freeman, Tommy Lee Jones & Rene Russo

Action/Comedy, 2017 | 91 mins | PG-13

It takes all kinds to make a community, which is why an ex-lawman and a former mob lawyer find themselves on the same side when it comes to fending off a threat to the tiny resort where they live.



Friday, Sept. 28: **The 15:17 to Paris**

with Spencer Stone, Alek Skarlatos & Judy Greer

Biography/Drama, 2018 | 94 mins | PG-13

An attempted terrorist attack on a Paris bound train is prevented by three courageous young Americans. Their friendship was their greatest weapon that saved the lives of those on board.

Health & Wellness

Changes in Vision Not to be Ignored

People of all ages experience vision problems from time to time. For seniors, however, some vision changes can be symptoms of a more serious illness. They can be warning signs for health problems ranging from a stroke to diabetes. Ophthalmologists typically recommend older adults have a vision screening at least once each year.

Here are vision changes you or your senior loved one shouldn't ignore:

- **Blind spots:** A sudden blind spot in your line of vision needs to be addressed quickly. High blood pressure, diabetes, and stroke are a few serious issues that can cause blind spots.
- **Floaters:** An issue that requires immediate medical intervention is a detached retina. One of the first symptoms of this condition is "floaters" appearing in your vision. A burst of color or light is another warning sign. Left untreated, a detached retina can cause permanent blindness.
- **Sudden changes:** Blurry vision or a sudden loss of vision should never be ignored. They can be warning signs of a stroke or a transient ischemic attack (TIA). This condition requires immediate medical attention ---don't "wait to see if the symptoms disappear."
- **Cloudy vision:** This is the classic sign of cataracts, a condition more common as we grow older. Failing to have cataracts treated can lead to blindness.
- **Dark spots:** Macular degeneration is the leading cause of blindness in seniors. Symptoms include a dark spot appearing in the center of your vision or problems identifying colors and difficulty reading road signs.
- **Halo:** Another cause of blindness among older adults is glaucoma. The signs of glaucoma often don't appear until the disease has progressed. Seeing halos around lights or experiencing eye pain are symptoms to talk with your physician about.

Blood Pressure Screenings

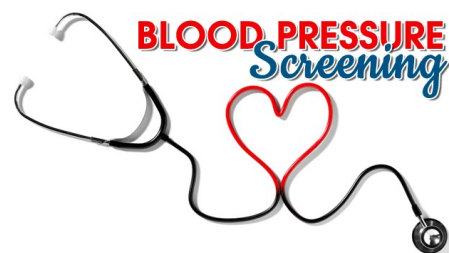
Students from the College of San Mateo's Nursing program are available to check your blood pressure on Tuesdays from 11am-12pm at the Recreation Center. This is a free program. Come by and have this vital information checked regularly.

Tuesdays

Sep. 11—Dec. 4

11am-12pm

Recreation Center



Chicken Wrap with Yogurt Dressing



- 4 Tortillas
- 2 cups cooked shredded chicken
- 12 to 15 cherry tomatoes — cut in half
- 8 to 10 cucumber slices – cut length way
- 1 bunch of lettuce leaves
- 1 Avocado sliced and squeezed with lemon

YOGURT DRESSING

- 1 cup plain yogurt
- 1 tsp mustard powder or paste
- 2 tsp honey (approx)
- Salt and pepper to taste

1. Prepare Yogurt Dressing by combining all ingredients
2. Warm tortilla
3. Place lettuce leaves, then cucumber, tomatoes, and avocado slices on tortilla; Add a layer of chicken and spoon the yogurt dressing on top.
4. Fold the two ends of the tortilla in and then roll the tortilla up. Cut in half and serve.

Sudoku

Fill the grid so that every row, every column and every 3x3 box contains the numbers 1 to 9 (with no repeated numbers). This is a great way to improve your memory!

	3	4			6			7
		7	8	1			6	
1	8	6	3		2	4	5	
		9	6	8				2
6								4
7				9	5	6		
	9	2	5		7	1	4	8
	7			3	8	9		
8			2			3	7	

Easy

				9	1	4		
			7					
5		3			4	9		
7		4					5	
9				2				1
	2					6		4
		6	3			5		7
				7	6			
		7	8	1				

Medium

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10am– Mahjong & Chess	2 1pm– Ping Pong	3 9am– Bridge 11am– Sr. Citizens Org. of Burlingame 1pm– Movie: “Pocketful of Miracles”	4 12pm– Ping Pong
5	6 10:30am– Pickleball	7 8:30am– Mature Adult Exercise 12pm– Bingo 1pm– Ping Pong 1:30pm– Documentary	8 8am– TRIP: SMART Train 10am– Mahjong & Chess	9 1pm– Ping Pong 	10 9am– Bridge 11am– Sr. Citizens Org. of Burlingame 1pm– Movie: “The Post”	11 12pm– Ping Pong
12	13 10:30am– Pickleball 	14 8:30am– Mature Adult Exercise 12pm– Bingo 1pm– Ping Pong 1:30pm– Documentary	15 10am– Mahjong & Chess	16 1pm– Ping Pong	17 9am– Bridge 11am– Sr. Citizens Org. of Burlingame 1pm– Movie: “The Greatest Showman”	18 12pm– Ping Pong
19	20 10:30am– Pickleball	21 8:30am– Mature Adult Exercise 12pm– Bingo 1pm– Ping Pong 1:30pm– Documentary	22 10am– Mahjong & Chess 	23 1pm– Ping Pong	24 9am– Bridge 11am– Sr. Citizens Org. of Burlingame 1pm– Movie: “Molly’s Game”	25 12pm– Ping Pong
26	27 10:30am– Pickleball	28 8:30am– Mature Adult Exercise 12pm– Bingo w/ Lunch Provided! 1pm– Ping Pong 1:30pm– Documentary	29 10am– Mahjong & Chess	30 1pm– Ping Pong	31 9am– Bridge 11am– Sr. Citizens Org. of Burlingame 1pm– Movie: “Gifted”	

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 12pm- Ping Pong
2	3 HOLIDAY- Closed 	4 8:30am- Mature Adult Exercise 12pm- Bingo 1pm- Ping Pong 1:30pm- Documentary	5 10am- Mahjong & Chess 	6 1pm- Ping Pong	7 9am- Bridge 11am- Sr. Citizens Org. of Burlingame 1pm- Movie: "Swing Time"	8 12pm- Ping Pong
9	10 10:30am- Pickleball	11 8:30am- Mature Adult Exercise 11am- BP Checks 12pm- Bingo 1pm- Ping Pong 1:30pm- Documentary	12 10am- Mahjong & Chess	13 10am- TRIP: Tiburon & Angel Island 1pm- Ping Pong 	14 9am- Bridge 11am- Sr. Citizens Org. of Burlingame 1pm- Movie: "Victoria & Abdul"	15 12pm- Ping Pong
16	17 10:30am- Pickleball 	18 8:30am- Mature Adult Exercise 11am- BP Checks 12pm- Bingo 1pm- Ping Pong 1:30pm- Documentary	19 10am- Mahjong & Chess 3:30pm- Computer & Technology Assistance	20 1pm- Ping Pong	21 9am- Bridge 11am- Sr. Citizens Org. of Burlingame 1pm- Movie: "Just Getting Started"	22 12pm- Ping Pong
23 30	24 10:30am- Pickleball	25 8:30am- Mature Adult Exercise 11am- BP Checks 12pm- Bingo w/ Lunch Provided! 1pm- Ping Pong 1:30pm- Documentary Event	26 10am- Mahjong & Chess 3:30pm- Computer & Technology Assistance	27 1pm- Ping Pong 	28 9am- Bridge 11am- Sr. Citizens Org. of Burlingame 1pm- Movie: "The 15:17 to Paris"	29 12pm- Ping Pong



Burlingame Parks & Recreation Department

850 Burlingame Avenue
Burlingame, CA 94010

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

MAIL TO:

Special Screening: "Won't You Be My Neighbor?"

**Tuesday,
September 25th
2:00pm**

***Light Refreshments Provided**

**Call the Recreation Center
to RSVP: 650-558-7300**

