



Burlingame Gazette

Active Adults Newsletter

OCTOBER & NOVEMBER 2016

SPECIAL POINTS OF INTEREST:

- Halloween Dance
- New Senior Activities Committee
- AARP Driver Course
- Space available on some trips!
- New movies and documentaries

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Special Events Back Cover

Spooktacular Halloween Dance



Come to the only Halloween party in town that's just for Active Adults! The event will take place on Thursday, October 27th at 2pm, and will include a DJ with dance lessons, a costume contest, and yummy treats. If you came to our Valentine's Dance, you know our fun and engaging DJ/Dance Instructor, Allen Isidro! Come help make this 3rd Annual Halloween Spooktacular a monster-mashing success! Admission is free, but please RSVP to 650-558-7300.

New Senior Activities Committee Being Formed

We want your input! A new Senior Activities Committee is being formed this Fall. The committee will be responsible for the sharing of ideas and resources to improve the offerings for seniors in the community, in addition to acting as a liaison between the Parks and Recreation Department and seniors in the community to promote activities and events. More specific goals will be established by the committee at the first meeting. Please contact Corrie Fuhrman at 650-558-7310 to be added to an interest list. Formal applications will be available by October 30th.



Famous Women Trip



Hot Dog & Ice Cream Social

Upcoming Trips

Apple Hill

Celebrate autumn with a visit to Apple Hill ranches and find a day filled with old-fashioned fun as our coach winds down a country road filled with beautiful scenery and fruit-filled orchards. We will enjoy a BBQ chicken luncheon and dessert of apple pie at High Hill Ranch (included). Following, we will take a guided tour where we will learn of the history and development of Apple Hill. We will stop at two or more of the ranches to find craft and produce vendors. Fall colors across the countryside will make this a day to remember.



Wednesday, October 5 8:30am-5:00pm

Fee: \$76Resident/\$89Non-Resident

**Register
Now!
Seats are
Limited!**

Los Gatos and Saratoga (with Gary Holloway)



Two of the nicest cities in our Bay Area! We will start in the historic city of Los Gatos. We will explore the downtown area, followed by lunch nearby (on your own). From here we will drive through the small city of Monte Sereno, and stop at Villa Montalvo, the summer home of Senator James Duval Phelan, one of the last palatial country estates in the Bay Area. A short drive will bring us into Saratoga, once a thriving lumber mill town. Following a visit to the local history museum, we will find the childhood home of actresses Olivia de Havilland and Joan Fontaine.

Wednesday, October 26 9:00am-5:00pm

Fee: \$58 Resident/\$67 Non-Resident

**Register
Now!
Seats are
Limited!**

San Francisco Crime Tour (with Gary Holloway)

San Francisco is famous for many things, and especially for its history of famous and notorious criminal events. On this tour we will drive around many neighborhoods of The City and learn of the infamous Zebra and Zodiac killings; of the many shootouts in Chinatown and along the Embarcadero waterfront, as well as at City Hall. Lunch will be at the noted Delancey Street Restaurant (included). Join us for a most unusual tour of the seami-er side of San Francisco.

Thursday, November 17 9:00am-5:00pm
 Fee: \$88 Resident/\$103 Non-Resident



Holiday Trip: Cirque du Soleil Luzia & Lunch



It's a Burlingame Active Adults tradition to celebrate the holidays together on a special outing. This year we will start the day with a delicious meal at the "famous" John's Grill in downtown San Francisco. Following lunch we will enjoy Cirque de Soliel's newest production, "Luzia". Luzia tells a story of a walking dream that transports you to an imaginary Mexico. You'll experience a wondrous world that inspires you to explore your senses, enveloped in light and nurtured by rain. It will be a magical day during a magical time of year.

Thursday, December 1 12:45pm-7:30pm
 Fee: \$137 Resident/\$164 Non-Resident

Library Foundation Book Sale

October
Book
Sale

Burlingame Library Foundation's Fall Book Sale

Friday, October 14th, 12:00 PM - 5:00 PM

Saturday, October 15th, 10:00 AM - 4:00 PM

Sunday, October 16th, 12:00 PM - 4:00 PM

Documentary Film Series

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

October 2016

4th | DARK HORSE

2016, 85 mins

In a bid to develop a champion racehorse, Welsh barmaid Jan Vokes and her husband persuade 30 pub patrons to purchase ownership shares in the long-shot venture -- leading to the hoof-pounding saga chronicled in this upbeat documentary.

11th | FIRST MONDAY IN MAY

2016, 91 mins

Art and fashion collide -- and the debate over whether fashion is art reignites -- when New York's Metropolitan Museum of Art holds its annual Met Gala and accompanying exhibition. This film offers a look at 2014's "China: Through the Looking Glass."

18th | RESTREPO

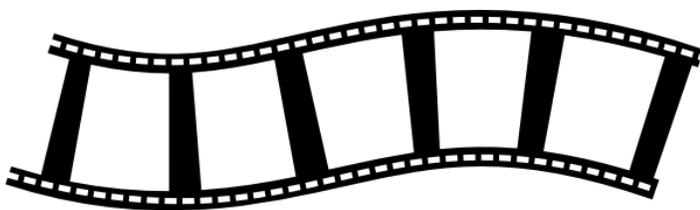
2010, 93 mins

Author Sebastian Junger and photographer Tim Hetherington spent a year embedded with the Second Platoon in Afghanistan, chronicling the hard work, fear and brotherhood that comes with repelling a deadly enemy in this Oscar-nominated documentary.

25th | SUNSHINE SUPERMAN

2015, 96 mins

Obsessed with skydiving since childhood, Carl Boenish pioneered foot-launched human flight -- aka BASE jumping -- as chronicled in this fascinating documentary. Footage of Boenish's earliest feats includes his famed leap from Yosemite's El Capitan.



November 2016

1st | CODE BLACK

2013, 88 mins

Training an illuminating lens on a group of residents at Los Angeles County General Hospital, a physician and filmmaker takes viewers inside the world of a public hospital -- his own -- for a close-up look at the ailing medical system.

8th | RUN FOR YOUR LIFE

2008, 99 mins

This documentary profiles Fred Lebow, the founder of the New York City Marathon. Featuring archival footage and interviews, the film paints a vivid portrait of a man who transcended his own shortcomings to become the figurehead of the sport he loved.

15th | WAR DANCE

2006, 105 mins

Set in civil war-ravaged Northern Uganda, this documentary follows the lives of three youngsters who attend school in a refugee camp and find hope through a rich tradition of song and dance. Coming from a world in which children are abducted and forced to fight in the rebel army, these kids travel to take part in the prestigious Kampala Music Festival.

22nd | MICHAEL JACKSON THIS IS IT

2009, 111 mins

Featuring rehearsal footage, backstage action and interviews, this documentary follows pop superstar Michael Jackson during the days leading up to his untimely death as he prepares for a series of 50 sold-out London shows.

29th | LAST MAN ON THE MOON

2016, 96 mins

In this artful blend of memoir and documentary, former Apollo astronaut Gene Cernan looks back to the glory days of NASA's lunar landings and his unique distinction of being the last man to stand on the moon.

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 Games

Come play Bridge, card games, checkers, etc! Free coffee provided.

Meets: Fridays, 9am-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





October Movie Schedule

Fridays at 1pm

Free Refreshments!

Friday, October 7: **Love Affair**

with Charles Boyer & Irene Dunn

Romance/Comedy, 1939 | 88 mins | NR

While on an ocean cruise, strangers Michel Marnet and Terry McKay are instantly taken with each other. Unfortunately, they're both engaged to other people, so they promise to reunite in six months to see if their passion still burns. En route to the reunion, Terry is crippled in a car accident, heightening the drama of this Oscar-nominated romance.



Friday, October 14: **Money Monster**

with George Clooney & Julia Robert

Crime/Drama, 2016 | 98 mins | R

Landing in dire financial straits after following a stock tip from bombastic TV persona Lee Gates, fuming Kyle Budwell takes the host hostage on live television and threatens to kill him unless he turns the stock price around before the closing bell.

Friday, October 21:

My Big Fat Greek Wedding 2

with Nia Vardalos & John Corbett

Comedy, 2016 | 94 mins | PG-13

In this silly sequel to the 2002 hit romantic comedy, there's a new wedding on the horizon for the wacky Portokalos clan -- and with it comes a new assortment of family crises and secrets.



Friday, October 28: **Young Frankenstein**

with Gene Wilder & Madeline Kahn

Comedy, 1974 | 106 mins | PG

An American grandson of the infamous scientist, struggling to prove that he is not as insane as people believe, is invited to Transylvania, where he discovers the process that reanimates a dead body.

November Movie Schedule

Fridays at 1pm

Free Refreshments!



Friday, November 4:

The Shop Around the Corner

with Margaret Sullavan & James Stewart

Comedy/Drama, 1940 | 99 mins | NR

Klara and Alfred fall in love, even though they've only met before as pen pals and don't even know each other's names. Over Alfred's objections, Klara is hired in the shop where he works. But as they continue their loving correspondence, they embark on a combative working relationship.



Friday, November 11: **No Movie**
Closed for Veteran's Day

Friday, November 18: **Eye in the Sky**

with Helen Mirren & Aaron Paul

Drama/Thriller, 2015 | 102 mins | R

Leading an operation to nab a terrorist and her collaborators in Kenya, Col. Katherine Powell ends up in a political and moral quagmire as the mission changes and a drone strike is ordered, putting a young girl at risk of becoming collateral damage.



Friday, November 25: **No Movie**
Closed for Thanksgiving

Happy
Thanksgiving



Health & Wellness

Fire Prevention



October is Fire Prevention Month. Check out these tips to keeping your home safe!

- 1) **Smoke Alarms** – Install at least one smoke alarm on every level of your home and test it monthly.
- 2) **Prevent Electrical Fires** – Don't overload circuits or extension cords. Cords and wires should never be placed under rugs or in high traffic areas.
- 3) **Keep Plugs Safe** – Unplug all appliances when not in use. If a plug is overheating, smells strange, shorts out or sparks – the appliance should be shut off immediately, then replaced or repaired.
- 4) **Alternate Heaters** – Make sure there is ample space around any portable heating unit. Anything that could catch fire should be at least three feet away. Inspect your chimney annually and use fire screens to help keep any fires in the fireplace.
- 5) **Create An Escape Route** – Create and practice your escape plan from every room in the house.
- 6) **Clean Dryer Vents** – Clothes dryers often start fires in residential areas. Clean the lint filter every time you start a load of clothes. Clean the exhaust duct with a good quality dryer vent brush to prevent blockage.

AARP Driver Safety Course

Developed by AARP, Driver Safety Program is the first comprehensive driver retraining course geared to the specific needs of older motorists. The course material covers the effects of aging and medications on driving, basic driving rules, license renewal, local traffic hazards, adverse road conditions, energy saving, and accident prevention measures. California enacted legislation in 1987 requiring all automobile insurance companies to provide a discount to graduates of state-approved driver improvement courses, included is this course.

Tues.-Wed. 10/25-10/26

8:30am-12:30pm

Recreation Center

\$15 AARP Members/

\$20 Non Members

Call 650-558-7300 to Register

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. Oct. 12

10:00-11:00am

Recreation Center

FREE

Broccoli Florentine Bisque



- 1 package baby spinach
 - 4 tbsp. butter
 - ½ medium Sweet onion
 - 5 tbsp. all-purpose flour
 - 4 c. Low-Sodium Chicken Stock
 - 4 c. packed fresh broccoli florets
 - ½ c. heavy cream
 - Greek yogurt
 - lemon zest
1. Snip end of spinach bag and microwave 2 minutes or until wilted. Squeeze excess liquid from spinach.
 2. Sauté onion in melted butter in a large saucepan over medium heat until translucent, about 5 minutes. Add flour and cook, stirring constantly, 1 minute. Whisk in stock; stir in broccoli. Bring to a boil; reduce to a simmer and cook, stirring occasionally, 10 minutes or until broccoli is tender.
 3. Stir in wilted spinach and cream. Process soup with an immersion blender (or carefully in batches in a blender) until smooth. Season to taste with salt and pepper. Serve with Greek yogurt and lemon zest.

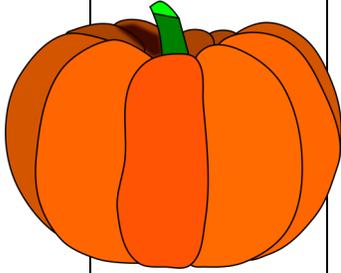
HALLOWEEN WORD SEARCH

- Halloween
- October
- Spooky
- Scary
- Ghost
- Vampire
- Werewolf
- Witch
- Zombie
- Skeleton
- Monster
- Black
- Orange
- Candy
- Trick or Treat
- Haunted House
- Jack O' Lantern
- Boo
- Spider
- Bats



Y	W	I	T	C	H	D	Y	R	A	C	S	J	W	K
W	J	A	C	K	O	L	A	N	T	E	R	N	C	D
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I	Y	N	X	L	U	W	D	P	X	O	Z	E	O	Q
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M	N	A	U	L	A	L	V	C	M	S	X	K	C	P
J	E	H	F	C	T	F	J	K	T	G	B	N	N	B

October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 10:30am– Pickleball	4 8:30am- Mature Adult Exercise 12pm- Bingo 1pm- Ping Pong 1:30pm– Documentary	5 8:30am– TRIP: Apple Hill 	6 1pm- Ping Pong	7 9am- Drop In Games 11am- Sr. Citizens Org. of Burlingame 1pm- Movie: “Love Affair”	1 8 12pm- Ping Pong
9	10 CLOSED Columbus Day	11 8:30am- Mature Adult Exercise 12pm- Bingo 1pm- Ping Pong 1:30pm– Documentary	12 8:15am– Blood Pressure Screenings 10am– Free Medicare Seminar	13 1pm- Ping Pong 	14 9am- Drop In Games 11am- Sr. Citizens Org. of Burlingame 1pm- Movie: “Money Monster”	15 12pm- Ping Pong
16	17 10:30am– Pickleball 	18 8:30am- Mature Adult Exercise 12pm- Bingo 1pm- Ping Pong 1:30pm– Documentary	19 8:15am– Blood Pressure Screenings	20 1pm- Ping Pong	21 9am- Drop In Games 11am- Sr. Citizens Org. of Burlingame 1pm- Movie: “My Big Fat Greek...”	22 12pm- Ping Pong
23	24 10:30am– Pickleball	25 8:30am- Mature Adult Exercise 12pm- Bingo 1pm- Ping Pong 1:30pm– Documentary	26 8:15am– Blood Pressure Screenings 9am– TRIP: Los Gatos & Saratoga	27 1pm- Ping Pong 2pm– Halloween Dance 	28 9am- Drop In Games 11am- Sr. Citizens Org. of Burlingame 1pm- Movie: “Young Frankenstein”	29 12pm- Ping Pong
30	31 10:30am– Pickleball 					

November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30am- Mature Adult Exercise 12pm- Bingo 1pm- Ping Pong 1:30pm- Documentary	2 8:15am- Blood Pressure Screenings 	3 1pm- Ping Pong	4 9am- Drop In Games 11am- Sr. Citizens Org. of Burlingame 1pm- Movie: "Shop Around the..."	5 12pm- Ping Pong
6	7 10:30am- Pickleball	8 8:30am- Mature Adult Exercise 12pm- Bingo 1pm- Ping Pong 1:30pm- Documentary	9 8:15am- Blood Pressure Screenings	10 1pm- Ping Pong	11 CLOSED 	12 12pm- Ping Pong
13	14 10:30am- Pickleball	15 8:30am- Mature Adult Exercise 12pm- Bingo 1pm- Ping Pong 1:30pm- Documentary	16 8:15am- Blood Pressure Screenings	17 9am- TRIP: SF Crime Tour  1pm- Ping Pong	18 9am- Drop In Games 11am- Sr. Citizens Org. of Burlingame 1pm- Movie: "Eye in the Sky"	19 12pm- Ping Pong
20	21 10:30am- Pickleball	22 8:30am- Mature Adult Exercise 12pm- Bingo 1pm- Ping Pong 1:30pm- Documentary	23 8:15am- Blood Pressure Screenings	24 CLOSED	25 CLOSED	26 12pm- Ping Pong
27	28 10:30am- Pickleball 	29 8:30am- Mature Adult Exercise 12pm- Bingo w/ Lunch Provided! 1pm- Ping Pong 1:30pm- Documentary	30 8:15am- Blood Pressure Screenings			



Burlingame Parks & Recreation Department

850 Burlingame Avenue
Burlingame, CA 94010

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

MAIL TO:



Halloween Dance

Come celebrate Halloween with us!

Thursday, October 27th at 2pm

Recreation Center

*DJ and Dance Lessons

*Costume Contest *Treats

FREE! * RSVP to 558-7300

