

- Finance; Fire; Parks, Beaches & Recreation; Planning and Police for their support for this event. Thanks, too, to event photographer Eleanor Kichuchi and professional portrait photographer Lynne Fried who donated their expert services to produce stunning keepsake photos of each client.

SENIOR SERVICES PROGRAMS (Submitted by Janis Haynes, Program Coordinator)

Intergenerational: Community Outreach / Support:

- The Pacifica's Mother's Club brought their little ones and passed out valentines to all the seniors.
- The Pop-Up Library bi-monthly visit includes: movies, books on tape and much more.
- Blood Pressure readings - monitoring health is held once a month.
- AARP Safety Drivers Course - helps seniors get a discount from most auto insurance companies.



Programs and Entertainers:

January activities: Acknowledged Martin Luther King Jr.

“Stepping On” was offered to us by the San Mateo County Fall Prevention Task Force. This was a free Fall Prevention Workshop to help reduce the risk of falling by up to 31% by the end of the seventh session. We accommodated 13 seniors. This course turned out to be very successful! They plan on coming back for follow up in May.

February activities: Chinese New Year's, Valentine's Day Celebration, and Presidents Day.

March activities: St. Patrick's Day and Easter Celebration

Pop-up - Our Librarians brought in Sandy Ashley & Alicia Allan to entertain the seniors with their ukulele, guitar and songs.

Other Entertainers that perform once a month:

- Scott Hill on guitar and vocals
- Kit & Gene guitar and vocal duo who sound like the Everly Brothers
- Pianist Doug Jones, a talented musician, who brings a special mood to our dining program
- D.J. Rey (a volunteer with a great Bose sound system) spins the best music ever!
- Maestro Lionel Sequeira performs for our Birthday Celebrations

Monthly Speakers:

- Tracy Dalton, RD, conducts an educational nutrition talk. She supplies hand-outs, samples and shopping tips. Tracy also does phone/home visits to MOW clients on an as needed basis.
- David Weigert is a volunteer for our Strength & Balance class. He also does a monthly talk during lunch that encourages seniors to keep moving by stretching and walking to stay strong which helps prevent falls.