

Older Americans Month

Virtual Celebration

May 6 - 27, 2021



Join us as the Bay Area Older Adult Recreation Services (OARS) committee comes together, across three counties, to celebrate Older Americans Month virtually. OARS participating cities will be providing a variety of free virtual workshops between May 6 - 27. To participate, please look at each workshop's registration information. We look forward to the celebration across our communities of strength!

Title	Description	Date	Time	Presenting City
<p>*Kick-off event*</p> <p><i>Time in Nature with Doug McConnell</i></p>	<p>To kick off our celebration of Older Americans Month, we invite you to a special presentation by Doug McConnell. After an introduction by Daly City's City Manager Shawna Maltbie, Doug will highlight the power of "Time in Nature" to help us build resilience and strength over the course of our lives. Following Doug's talk, he will be engaging with the audience for Q & A. Pre-register here.</p>	<p>Thursday, May 6, 2021</p>	<p>10 - 11 a.m.</p>	<p>Daly City & Sunnyvale</p>
<p><i>Mother's Day Dance Party</i></p>	<p>Get ready for some Fun! Join "Have a Party Pros", Joe & Kathy for an hour of entertainment of singalong and instructor-led dancing. Email mtessier@sanbruno.ca.gov to pre-register by 5/6 at 12 p.m.</p>	<p>Thursday, May 6, 2021</p>	<p>2 - 3 p.m.</p>	<p>San Bruno</p>
<p><i>Brain Health Symposium</i></p>	<p>The Brain Health Symposium will highlight the role of various lifestyle strategies for promoting cognitive health, while providing opportunities for collaboration and connections between community members, health care professionals, policymakers, and stakeholders. Pre-register here.</p>	<p>Friday, May 7, 2021</p>	<p>10 a.m. - 12 p.m.</p>	<p>Age-Friendly Silicon Valley, Institute on Aging, & Santa Clara County Public Health Department.</p>

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<i>Line Dance</i>	Discover the enjoyment of Country Line Dancing! Increase your stamina with these easy dances. Pre-register here .	Friday, May 7, 2021	11 - 11:45 a.m.	Campbell
<i>Cooking Class</i>	Cook with us using fresh seasonal ingredients. Follow along as Chef Mario creates a delicious Chicken Souvlaki entree with tzatziki sauce and a watermelon, basil & tomato salad. Recipe will be sent to registered participants prior to class. Email rebekah.hill@sanjoseca.gov to pre-register by 5/7 at 11:30 a.m.	Friday, May 7, 2021	1:30 - 3 p.m.	San Jose
<i>Tai Chi</i>	This is a graceful exercise using slow circular movements and deep breathing. Tai Chi is great in helping the body improve strength and balance while relieving stress. Email rebekah.hill@sanjoseca.gov to pre-register by 5/10 at 8:30 a.m.	Monday, May 10, 2021	10:30 a.m. - 12 p.m.	San Jose
<i>Tea & Trivia</i>	Make your drink of choice, pull up a chair and join us for a Jeopardy type trivia game. Email mtessier@sanbruno.ca.gov to pre-register by 5/11 at 12 p.m.	Tuesday, May 11, 2021	2 - 3 p.m.	San Bruno
<i>Zumba Gold</i>	Zumba Gold® is a dance exercise class designed for active adults 50+. The dances feature Latin moves such as Salsa, Cumbia, Cha Cha, and more. Steps are fun and easy to follow and learn. The class is designed to help improve balance, strength, and flexibility. Email AmandaH@cupertino.org to pre-register by 5/12 at 8 a.m.	Wednesday, May 12, 2021	10:30 - 11:30 a.m.	Cupertino
<i>Mindful Meditation</i>	Through a guided mediation, you will quiet your mind and body and learn techniques to reduce stress and pain and become more aware of the world around you. Pre-register here .	Thursday, May 13, 2021	2 - 3 p.m.	Belmont
<i>California Master Plan for Aging: How Does It Benefit You?</i>	A panel discussion with State Senator Becker; Assembly members Mullin, Berman and Ting; and SMC Supervisors Canepa and Horsley moderated by Maya Altman, CEO Health Plan of San Mateo. Pre-register here .	Friday, May 14, 2021	10 - 11:30 a.m.	Age Forward Coalition of San Mateo County

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<i>Balance & Brains</i>	Balance & Brains is an innovative combination of specific activities designed to improve memory, reasoning, conceptualization, language, problem solving, and balance skills. Email LScannell@cityofsancarlos.org to pre-register by 5/17 at 12 p.m.	Monday, May 17, 2021	2 - 3 p.m.	San Carlos
<i>Go4Life Seniors Functional "Fitness Where You Are"</i>	Join instructor Leslie K. DuBridge for Go4Life "Fitness Where You Are" to maintain a journey of lifestyle wellness! Class will focus on strength, balance, flexibility and endurance. Email acooney@dalycity.org to pre-register by 5/17 at 5 p.m.	Tuesday, May 18, 2021	9:30 - 10:30 a.m.	Daly City
<i>Frauds & Scams</i>	Learn how to protect yourself from frauds and scams in the digital age from a local fraud specialist who has been in this field for over 15 years. Pre-register here .	Tuesday, May 18, 2021	1 - 2 p.m.	Mountain View
<i>Music and Motion</i>	Music and Motion--for those using walkers and wheelchairs with emphasis on hand motions, foot tapping and dance routines with modified steps. It is low-impact exercise with mental and physical coordination as seniors learn various steps to music they love to listen to and sing-along with. Email kelli.cullinan@ssf.net to pre-register by 5/18 at 5 p.m.	Wednesday, May 19, 2021	9:30 - 10 a.m.	South San Francisco
<i>Gentle Mat Pilates</i>	Build core strength and increase flexibility while developing individual body awareness. Improve balance, coordination and ease of movement. This class is appropriate for beginners as well as those seeking a restorative approach to Pilates. Pre-register here .	Wednesday, May 19, 2021	11 a.m. - 12 p.m.	Sunnyvale
<i>Fall Prevention Workshop</i>	Learn six important steps to prevent falls and what to do right after a fall happens. Get connected with community resources and programs to maintain safety and wellness. Pre-register here .	Thursday, May 20, 2021	10 - 11:15 a.m.	LGS Recreation

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<i>Be Strong, Live Long Health & Wellness Fair</i>	Join the City of Santa Clara for the 5 th Annual “Be Strong, Live Long” Health and Wellness Fair. The special event sponsored by the Senior Advisory Commission and the Santa Clara Senior Center celebrates and supports older adults who are working to improve their own health and who care for their older family members. Individuals can connect with over 30 community organizations and take part in free fitness workshops, all of which support living healthy, independent lives. Email custsersrcenter@santaclaraca.gov to pre-register by 5/17 at 8 a.m.	Thursday, May 20, 2021	10 a.m. - 2 p.m.	Santa Clara
<i>Virtual Concert by Virtual Companions</i>	Join us for a Virtual Concert with Virtual Companions! Enjoy a mix of classical, jazz, pop, and other favorites. This concert program was created with the Virtual Companions mission in mind--to connect the older and younger generations through conversation, community, and the arts. Pre-register here .	Friday, May 21, 2021	1 - 2 p.m.	Burlingame
<i>Be Healthy, Be Fit</i>	Exercises for healthy joints, movement and stretches for beginners seated or standing holding onto the chair. Email mtessier@sanbruno.ca.gov to pre-register by 5/24 at 9 a.m.	Monday, May 24, 2021	11 - 11:45 a.m.	San Bruno
<i>Deer Hollow Farm Virtual Tour</i>	Join Deer Hollow Farm staff on a virtual tour around the barnyard: visit with the livestock, tour the newly renovated White Barn, and see what’s growing in the garden. Plus, take this opportunity to meet the Farm’s newest residents- spring lambs and pigs! Pre-register here .	Tuesday, May 25, 2021	1 - 2 p.m.	Mountain View
<i>Zumba Party: All Ages</i>	Let’s exercise and dance together! From age 2-102; this party is for you! No experience needed, join in the fun with your (COVID safe) family. Pre-register here .	Tuesday, May 25, 2021	2:30 - 3:30 pm.	Belmont

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<i>Universal Class Webinar</i>	Learn about Universal Class and how you can register for unlimited access to over 500 free, non-credit, continuing education online courses using your Santa Clara County library card. Enroll in up to 5 courses at a time. You have up to 6 months to finish each course. Pre-register here .	Wednesday, May 26, 2021	1 - 2 p.m.	Cupertino
<i>“Surfing for Life” Screening and Q & A with Elder Surfers</i>	SURFING FOR LIFE, a vibrant and award-winning one-hour documentary about inspiring well-spent lives, offers a totally fresh look at successful aging. Narrated by Beau Bridges, it profiles ten legendary surfers who model healthy aging by staying active and engaged into their 7th, 8th and 9th decades. Following the screening of this wonderful film, we will have a Q&A with its co-producer Roy Earnest and elder surfers. Pre-register here .	Wednesday, May 26, 2021	3 - 5 p.m.	Center for Age Friendly Excellence, Daly City, & Pacifica
<i>Stretch & Dance for the Soul</i>	This 30 min class will focus on stretches for the entire body as we gear up for some simple dance moves to get your heart pumping. Pre-register here .	Thursday, May 27, 2021	2:30 - 3 p.m.	San Francisco