MAY 2022

Fair Oaks Up 2 Date

· Message from the Director ·

Hello Fair Oaks participants!

I am Frances Huang. I am the new director! I started in April and I'm still trying to get acquainted with the participants here. All the participant and staff are very welcoming and supportive, which makes me feel at home already!

Before coming to Fair Oaks, I worked with the older adults from diverse backgrounds for over 20 years, mainly in San Mateo County. I always have so much fun interacting with this population and I have gained more than I have given. I live with my husband in Marin. In my spare time, I like to go hiking and I also enjoy cooking, especially trying different ethnic foods.

I am planning to bring a different variety of activities to the center. We will have a second yoga class starting May 10th and hope to bring Zumba soon. Stay tuned for more updates to come.

As the weather gets nicer now, we have noticed more participants returning to the center. If you haven't been back to the center in a while, please come join us, even just for a cup of coffee or tea! We would love to see you!

Be well,
Frances Huang
Director of Fair Oaks Adult Activity Center

HAPPY CINCO DE MAYO!

Join us on Thursday May 5th! Have lunch indoors, and celebrate Cinco de Mayo with us.

Friendly Reminders

- **Lunch Pickup & Dining**
  Monday thru Friday at 11:30am-12pm
- **Second Harvest Food Bank**
  Friday, 5/13 & 5/27 at 10:30am.
- **Yoga**
  Mondays from 9:00am-10:00am and Tuesdays from 10:00am-11:00am
- **Blood Pressure Screening**
  Tuesday, 05/24at 10:30 am by a RN of Dignity Health.

IN *Brief*

Fit Fruits and Veggies Into Any Budget

We all know fruits and veggies are great for your health. With these tips, they're also great for your wallet!

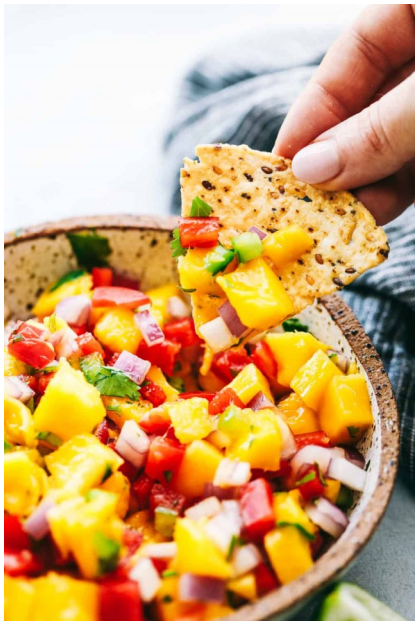
- **Use fresh vegetables and fruits that are in season.** They are easy to get, have more flavor, and are usually less expensive. Your local farmers' market is a great source of seasonal produce. Some fresh vegetables and fruits don't last long, buy small amounts so you can eat the foods without throwing any away.
- **Check online and at the store for sales, coupons, and specials.** You can often get more for less by visiting larger grocery stores (or discount stores in your area).
- **Plan out your meals ahead of time and make a grocery list.** You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on tempting snack foods.
- **Compare the price and the number of servings from fresh, canned, and frozen produce.** Canned and frozen items can cost less than fresh. For canned items, choose fruit canned in 100% fruit juice or water, and vegetables with "low sodium" or "no salt added" on the label.
- **Store brands can be less expensive than some of the name-brand foods.** You will get the same or similar product for a better price.
- **Start a garden in the yard or a pot on the porch.** Herbs, cucumbers, peppers, or tomatoes are good options for beginners.
- **Prepare and freeze vegetable soups, stews, or other dishes in advance.** Save time and money by planning ahead and using those leftovers! Overripe fruit is great for smoothies or baking.

Fresh Mango Salsa

This simple and colorful mango salsa is super easy to make! It's sweet, spicy and absolutely delicious. Serve this fresh mango salsa with chips, on tacos or salads, or as a salad itself. It's that good.

INGREDIENTS

- 3 ripe mangos, diced
- 1 medium red bell pepper, chopped
- ½ cup chopped red onion
- ¼ cup packed fresh cilantro leaves, chopped
- 1 jalapeño, seeded and minced
- 1 large lime, juiced (about ¼ cup lime juice)
- ⅛ to ¼ teaspoon salt, to taste



INSTRUCTIONS

1. In a serving bowl, combine the prepared mango, bell pepper, onion, cilantro and jalapeño. Drizzle with the juice of one lime.
2. Using a large spoon, stir the ingredients together. Season to taste with salt, and stir again. For best flavor, let the salsa rest for 10 minutes or longer.

ENJOY!

Fair Oaks Activities Schedule
MAY 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am	**Yoga** - Ruth Room 4,5,6				
9:30 am		**Get App-y Workshop** (Spanish**)** with Arlene in the Computer Room			
10:00 am	**Tai Chi**– Lisette Room 4,5,6	**Yoga** - Terri Room 4,5,6	**Tai Chi**– Lisette Room 4,5,6	**Let's Talk**(English) with Charles in the Lounge	**Sit & Be Fit** - Rita Zoom Link: https://fhda-edu.zoom.us/j/96031745711
12:00 pm	**La Platica** (Spanish) with Maria in the Lounge Room				
12:30 pm				**Strong For Life**– Kate Rooms 4,5,6	
1:00 pm	**Soul Line Dacing on Zoom -** Juanita Call the center for more information				

For further assistance please contact the Resource Line at 650-780-7542

New Yoga Class!

Save the date!

Starting May 10, 2022 join our instructor Terri Merjano for Yoga every Tuesday. Space is limited, remember to come 15 minutes before the class begins to sign in.

When: Every Tuesday
Time:10am-11am
Where: Fair Oaks Adult Activity Center
Location: Room 4,5,6

Older Adult Resource Line is Expanding!

CALL US TODAY! Monday–Friday, 7:30am–4pm

(650) 780-7542

All those age 60+ in San Mateo County can stay connected to resources and services during this time of "sheltering in place".

The Peninsula Health Care District and Peninsula Family Service have partnered to offer those age 60+ an easily accessible call line with support available in multiple languages.

One of our experienced professional support team members will be able to connect you to a wide range of community resources including food services and a weekly wellbeing call with a Senior Peer Counselor. Call us today at **(650)780-7542.**

This time of isolation does not mean that you have to be disconnected from community. We are here to help you.

Your health and wellbeing are important to us. We want to keep you healthy, well, and connected.

Peninsula Health Care District — SINCE 1948 — MAKING A DIFFERENCE

Founded in 1947, the **Peninsula Health Care District** serves the communities of San Bruno, Millbrae, Burlingame, Hillsborough, San Mateo and Foster City by supporting the unique health and wellness priorities of our Peninsula communities, and safeguarding access to health services, today and in the future. For more information: http://www.peninsulahealthcaredistrict.org/

Peninsula Family Service

Originally a small organization founded in 1950, **Peninsula Family Service** has grown to recognize the need for innovative, professionally led, locally targeted solutions to secure the wellness and stability of our neighbors. The community has rallied behind this mission, providing fundraising support and volunteers to establish and grow expert-led programs. For more information: https://www.peninsulafamilyservice.org/

Sonrisas Dental Health

FREE DENTAL HEALTH SCREENINGS

For Adults

65+

May 4th & 11th at 12:30pm

Peninsula Family Service
Fair Oaks Adult Activity Center
(2600 Middlefield Rd, Redwood City)

To register, call Ana (650) 780-7542 or email analopez@peninsulafamilyservice.org

Learn if you are eligible for other oral health services!