Dear Fair Oaks participants!

I am genuinely excited to be your new program manager at Peninsula Family Service Fair Oaks Adult Activity Center. I will be working as the program manager and case manager simultaneously.

Working with older adults will allow me to work directly with this wonderful population here at the center and in the community. I am eager to learn and research more closely the many resources available in San Mateo County for our older adults. I am truly committed to empower and promote a better quality of life for our older adults.

I want to share a few reminders with everyone. In December we will be closed from the 23rd to January 2nd. Our Holiday Party will be on December 22nd. We will start taking reservations on December 5th, space is limited so remember to reserve early! Starting next year Strong For Life will be moving its class time to 9:15am-10:15am. If you are free come to the center and support this wonderful class provided by Stanford.

I look forward to meeting and getting to know everyone at the center. Please stop by the office or say hi when you see me by myself or walking around with our wonderful Rosa. You can also reach me at 650-780-7542.

Ready to learn and be part of the Fair Oaks Adult Center Family.

Jisselle Tercero
Program Manager of FOAAC

Thursday December 22\textsuperscript{nd}
Come to the center and celebrate the Holidays with us!

HAPPY HOLIDAYS

Fair Oaks Up 2 Date

Friendly Reminders

- Lunch Pickup
  Monday thru Friday
  at 11:30am-12pm

- Lunch Dining
  Monday thru Friday
  at 12:00pm

- Second Harvest
  Food Bank
  Friday, 12/9 & 12/15
  at 10:30am.

- Garden Club
  Fridays from 9:30am-11:30am

- Blood Pressure Screening
  No Screenings this month. See you next year!
Healthy Eating Tips for the Holidays

1. Holiday-Proof Your Plan
   • Eat close to your usual times to keep your blood sugar steady.
   • If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
   • Don't skip meals to save up for a feast. It will be harder to manage your blood sugar, and you'll be really hungry and more likely to overeat.

2. Outsmart the Buffet
   • Have a small plate of the foods you like best and then move away from the buffet table.
   • Eat slowly. It takes at least 20 minutes for your brain to realize you're full.

3. Keep Moving
   You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

4. Get Your Zzz's
   Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to manage your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

Winter Fruit Salad with Maple-Lime Dressing

Winter Fruit Salad with Maple-Lime Dressing is a healthy salad packed with vitamins! It will make a colorful and vibrant side dish for your Christmas dinner!

INGREDIENTS
   • 1 bag 12 oz. fresh cranberries
   • 2 pears peeled and chopped
   • 2 red apples cored and diced
   • 2 pears cored and diced
   • 4 clementine oranges peeled and separated into segments
   • 3 kiwi fruit peeled and sliced into thin rounds and then cut rounds into quarters
   • ½ cup dried cranberries
   • 1 cup pomegranate seeds
   • 2 tablespoons maple syrup
   • 1 tablespoon lime juice freshly squeezed

INSTRUCTIONS
1. Combine all salad ingredients (except the dressing ingredients) in a large bowl.
2. In a separate small bowl, whisk together the dressing ingredients (maple syrup and lime juice).
3. Pour the dressing over the salad and gently toss to coat.
4. Serve immediately.

ENJOY!
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<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>9:00 am</td>
<td>Yoga - Ruth</td>
<td>Yoga - Terri</td>
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<td>Room 4,5,6</td>
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<td>9:30 am</td>
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<td>10:00 am</td>
<td>Tai Chi – Lisette</td>
<td>Tai Chi – Lisette</td>
<td>Let’s Talk (English)</td>
<td>Sit &amp; Be Fit - Rita</td>
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<td>Room 4,5,6</td>
<td>Room 4,5,6</td>
<td>with Charles in the</td>
<td>Zoom Link: <a href="https://fhda-edu.zoom.us/j/84242053856">https://fhda-edu.zoom.us/j/84242053856</a></td>
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<td>11:00 am</td>
<td>La Platica (Spanish) with Maria in the Lounge Room</td>
<td>Sit &amp; Be Fit - Rita Room 4,5,6</td>
<td>Zumba - Angie Room 4,5,6</td>
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<td>12:45 pm</td>
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<td>Strong For Life – Kate Rooms 4,5,6</td>
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<td>1:00 pm</td>
<td>Soul Line Dacing on Zoom - Juanita Call the center for more information</td>
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For further assistance please contact the Resource Line at 650-780-7542
EVENTS FOR DECEMBER

**Blood Pressure Management Presentation**
- **Thursday 8**
  - Join us from 11am-11:45am and learn how to take care of yourself and your blood pressure.

**Reading together**
- **Thursday 15**
  - Join us for a Spanish Book Club from 10am-11am where we will be discussing *The Alchemist***

**Second Harvest- Brown Bag**
- **Friday 9**
  - Pick up your brown bag December 9th and 15th at 10:30am

**Drum Class**
- **Fridays**
  - Join us every friday from 9:30am-10:30am to play drums in the garden with our instructor Patter!

**Holiday Party !**
- **Thursday 22**
  - Come and celebrate the Holidays with us from 9am-1pm. Reservations are limited so remember to reserve today!
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.

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

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

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/

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/
Happy Holidays!

We will be closed

Friday, December 23, 2022
through
Monday, January 2, 2023

See you next year!
We will open

Tuesday, January 3, 2023