

Fair Oaks Up 2 Date

· Message from the Manager.

Friendly Reminders

Dear Fair Oaks participants!

Courage is a virtue.

Courage is a virtue that helps us to go ahead with our objectives and intentions.



It also represents all other virtues we identify with like patience and compassion.

Sharing our humanity among each other helps us unite as a community and takes us back to our roots of resilience, survival and recovery. Patience and compassion is a Skill we need to work on daily and eventually, it will become part of who we are.

We can come together "in the spirit of community" by remembering our deepest points of patience and showing compassion for one another.

It takes courage to offer our kindness to someone in need, to listen to us, smile,

care for ourselves, and connect with that person who is lonely or isolated.

Remember that the way we live our lives will be a beacon to someone else. o empower and promote a better quality of life for our older adults

Patricia Duarte,
Program Manager ,
Fair Oaks Adult Activity Center

Also on Wednesday, December 20th , we will be celebrating the end of the year Holiday party, come and celebrate with us, there will also be raffles, snacks and many more surprises.

Come and sign up with our wellness coordinator Ines Bonilla. For more information at (650)780-7545.

We will wait for you!!!!!!.

Hope to see you there.

HOLIDAY PARTY!
Come and Join us
Wednesday, December 20th
9:00-1:00pm

**The center will be
closed from
December 25, 2023
through January 3, 2022**

- **Lunch Dining**
Monday thru Friday
at 12:00pm
- **Second Harvest Food Bank**
Friday, 12/08 &
Friday, 12/22
at 10:30am.
- **Garden Club**
Fridays from 9:30am-
11:30am
- **Blood Pressure Screening**
canceled only
December
- Drum class with Patter on Fridays 12/01 & 12/15

Fair Oaks Adult Activity Center - 2600 Middlefield Rd, RWC - 650-780-7542



**Peninsula
Family Service**
Opening Doors, Changing Lives



IN *Brief*

Taichi boost memory



In the midst of our hectic lives, forgetfulness can be attributed to distraction or fatigue.

A recent study suggests that tai chi, a slow form of mar-

tial arts, can help slow cognitive decline. The research involved around 300 older adults, averaging in their mid-70s, who were experiencing memory issues.

about three years. A more challenging form of tai chi, called Cognitively Enhanced Tai Ji Quan, boosted scores by about 3 points, equivalent to six extra years of cognitive function.

Tai chi combines memorized movements and physical activity, which experts believe may explain its effectiveness. While the results are noteworthy, the exact reason behind its effectiveness is not yet fully understood. Moreover, tai chi also offers physical benefits, such as improved balance and fall prevention.

It's worth noting that the study's population was primarily non-Hispanic white and had college degrees, so further research is needed to understand the benefits in a more diverse population. Nonetheless, tai chi shows promise in maintaining both mental and physical health as we age.

Participants who practiced Tai Ji Quan twice a week for six months saw a 1.5-point improvement in cognitive tests. This increase could delay cognitive decline by

Easy Chia Pudding

This easy 3 ingredient Chia Pudding is not only delicious and nutritious, this healthy breakfast takes just minutes to make.

INGREDIENTS

1 cup oat milk
1/3 cup chia seeds (black or white)
2 tablespoons maple syrup

NOTES:

Oat milk is lovely but you can use any milk you prefer.

Maple syrup: You can swap this for other sweeteners.

Honey, agave syrup or rice malt syrup are all good.

Toppings: try it topped with yoghurt, berries, granola and / or nuts.



INSTRUCTIONS

1. In a small bowl, combine the milk, seeds and syrup. Mix well then chill for 10 minutes.
2. Give the pudding another mix, then pour into jars. Chill for 2 hours or overnight.

taste and serve. **ENJOY!**

Fair Oaks Activities Schedule

December 2023

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|---|---|--|--|---|
| 9:00 am | Yoga - Ruth Room 4,5,6 | Yoga - Terri Room 4,5,6 | | | |
| 9:15 am | | | | Strong For Life – Kate Rooms 4,5,6 | |
| 9:30 am | | | Pura vida Class! –Gorge Salazar MPR 9:30-10:30 | | Garden Club - Master Gardeners in the Garden Drum Class - with Patter in the Garden at 10:30 AM |
| 10:00 am | Tai Chi – Lisette Room 4,5,6 | Stress Management - Rita, Room 4,5,6 10:00-11:20 am | Tai Chi – Lisette Room 4,5,6 | Let's Talk (English) with Charles in the Lounge Stress Management Con Rita 10:30 am | Sit & Be Fit - Rita Zoom Link: https://fhda-edu.zoom.us/j/84242053856 |
| 11:00 am | Yijin Jing Class With –Lisette Room 4,5,6. 11-11:30 am La Platica (Spanish) with Maria in the Lounge Room | Loteria Game in MPR– 11:15 am | Zumba - Angie Room 4,5,6 | | Free Dancing in MPR 11:00 -12:00pm |
| 6:00 pm | | | | | Soul Line Dancing on Zoom - Juanita juanitacraft@gmail.com for more information. Call the center for more information |



FAIR OAKS ADULT ACTIVITY CENTER

LIVE IT AT YOUR OWN RHYTHM!

The Zumba party has no age!
Every Wednesday with Angie Ibarra

Time: 11am-11:45am

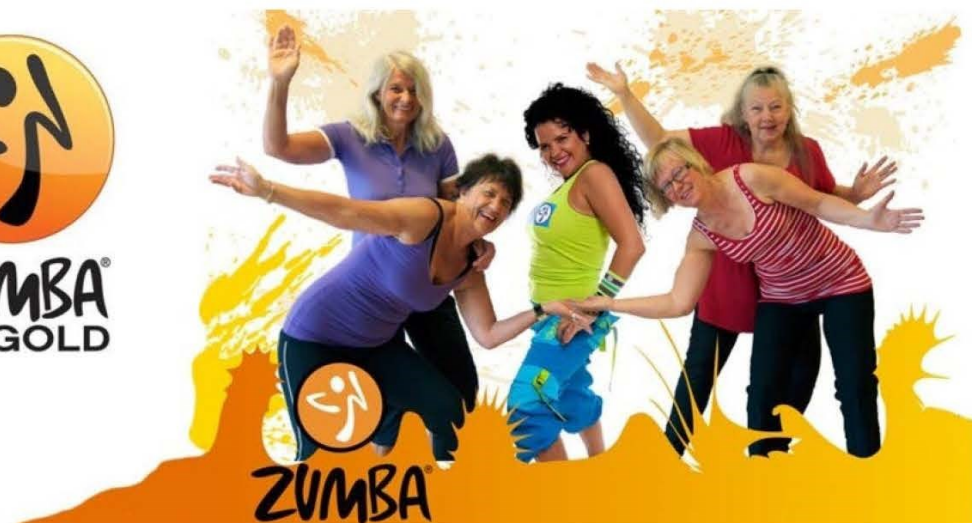
Where: Fair Oaks Adult Activity Center

Location: Room MPR

For more information and to RSVP:

ibonilla@pfso.org

Phone: (650) 780-7545



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".



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



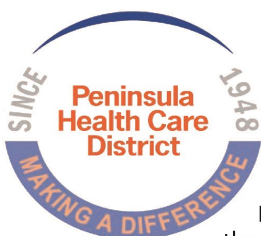
One of our experienced professional support team members will be able to connect you to a wide range of community resources including food services and a weekly wellbeing call with a Senior Peer Counselor. Call us today at (650) 780-7542.



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



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.



of our Peninsula communities, and safeguarding access to health services, today and in the future. For more information: <http://www.peninsulahealthcaredistrict.org/>

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

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/>



Peninsula Family Service



**Peninsula
Family Service**
Opening Doors, Changing Lives

FAIR OAKS ADULT ACTIVITY CENTER

COME JOIN US BEFORE LUNCH TO PLAY!

LOTERIA GAME

Every Tuesday of the month.

Time: 11:15am.

Where: Fair Oaks Adult Activity Center.

For more information and to RSVP:

Phone: (650) 780-7545

ibonilla@pfso.org

