Dear Fair Oaks participants!

I give you the most pleasant welcome.

After having completed another year, where dreams, stages and achievements were fulfilled, I hope you have enjoyed these Christmas seasons with your families.

I want to welcome you from the bottom of my heart by opening the doors of the senior activity center.

On January 2, 2024 we will continue with classes and I will be working with my team to open more classes and activities where you can socialize and feel better, the center is created so that you feel at home.

Our goal is to keep seniors happy through a supportive environment and being part of a welcoming community.

Happy Lunar New Year!
Come and Join us
Friday, January 26th
9:00-12:30pm

I inform you that Strong for life classes will begin on Thursday, January 4, 2024.
Stress management returns on January 9, 2024.
Taichi classes will start on Monday 8, 2024

Also on Friday, January 26, we will be celebrating the day of the lunar year. Come and celebrate, 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.
Patricia Duarte,
Program Manager

We will be closed on Martin Luther King Day Monday
January 15th,
2024

Fair Oaks Adult Activity Center - 2600 Middlefield Rd, RWC - 650-780-7542
The Healing Power of Friendship Grows With Age

Having a few good friends, or many, has always been invaluable, and as you age, these friendships become even more crucial. For those over 60, friendships are not just social connections but play a vital role in dispelling loneliness, improving health, enhancing well-being, and potentially prolonging life. Loneliness, stemming from having very few friends, could not only potentially plunge you into a state of depression but also shorten your lifespan.

A study published in JAMA Internal Medicine, which followed over 1,600 individuals over 60, revealed that loneliness increases the risk of premature death. Those who reported feeling lonely were nearly one and a half times more likely to die during the six-year follow-up. Additionally, lonely individuals were less likely to perform simple daily tasks, such as walking or dressing.

Further research suggests ways to alleviate loneliness, even in the second half of life. The emphasis is on the quality of friendships, indicating that having at least one person who understands you and with whom you can share anything is enough to contribute to emotional well-being. Other studies suggest that the perception of loneliness, rather than isolation, increases the risk of cognitive problems like dementia. Maintaining quality social connections not only positively impacts mental health but can also reduce the risk of cognitive issues in old age.

The Best Green Smoothie

Get your greens in with this delicious healthy green smoothie recipe made with mango, pineapple, ginger, avocado for creaminess and a dose of heart-healthy fats and spinach for nutrition. This simple green smoothie recipe is vegan and dairy free for the ultimate breakfast on the go or refreshing snack.

**INGREDIENTS**
1 cup frozen pineapple chunks  
½ cup frozen mango chunks  
1/2 medium ripe avocado  
1 inch knob of ginger, peeled  
2 cups organic spinach  
1 cup unsweetened almond milk, plus more as necessary  
Optional: 1 tbsp hemp seeds or flaxseed meal

**INSTRUCTIONS**
1. In a large high-powered blender, add in all ingredients and blend on high for 1-2 minutes or until all ingredients are well combined. If necessary, add in more milk to thin the smoothie and blend again. Serves 1.

ENJOY!
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
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| 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](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 -12:00 pm |
| 6:00 pm |                                             |                                             |                                           |                                        | **Soul Line Dancing on Zoom** - Juanita  
juanitacroft@gmail.com for more information. Call the center for more information |

For further assistance please contact the Resource Line at 650-780-7542.
GET APP-Y WORKSHOP

presented by Peninsula Family Service

Join us to learn...
- New technology skills
- How to use mobile devices
- How to download and use apps
- Online safety and more!

Improve Health & Wellness

OPEN TO ADULTS 55+

Held in the MPR Room
First Friday each month
Time: 9:30am-10:30am

Upcoming dates:
Jan 5, Feb 2, March 1, April 5, May 3, & June 7

Email: helpathand@peninsulafamilyservice.org
Phone: (650) 780-7543

Presented by Peninsula Family Service
www.peninsulafamilyservice.org

We open doors to independence, wellness, and compassionate support for older adults.
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/
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@pfsf.org