Dear Fair Oaks participants!

Do something that makes you happy.
In everyday life we can forget to do those activities that feed our souls. This date could be the perfect excuse to take valuable time and do something that brings happiness to your being.

Whether it's dancing to a song you like, going for a walk, watching a movie, having a coffee, reading, writing, going to the movies. The important thing is that you choose an experience that fills your heart.

Eat something you really like!
Treat yourself and eat something that nourishes your body and soul. Many foods can bring back memories or emotions because of what they mean in your life. Whether it’s eating something from your culture, your country, or simply remembering your grandmother’s recipes.

Give yourself a detail
You don't have to wait for someone to surprise you with a detail. You can give yourself flowers, a book or just something you like. Buy it from love and thank yourself for being who you are.

Reflect
Take a moment out of your day to honor yourself. To reflect on the person you are today and remember all the qualities you have and the achievements that have come into your life. You can write what you feel in a journal and a piece of paper. It would be like writing a letter to yourself.

Patricia Duarte,
Program Manager,
Fair Oaks Adult Activity Center

St Patrick’s day Party!
Come and Join us
Friday, March 22nd
9:30-12:30pm

Friendly Reminders

• Lunch Dining
  Monday thru Friday
  at 12:00pm

• Second Harvest Food Bank
  Friday, 03/08 &
  Friday, 03/22
  at 10:30am.

• Garden Club
  Fridays from 10:00am
  -11:00am

• Blood Pressure Screening
  Tuesday, 03/26
  9:30 am-12:00 pm

• Drum class with Pat-ter on Fridays 03/01 & 03/15

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

What Are Oils and Fats?

Oils are part of healthy eating styles because they provide nutrients for the body like fatty acids and vitamin E. They also enhance the flavor of your food.

Oils are fats that are liquid at room temperature, like vegetable oils used in cooking. Oils come from different plants and nuts, and even from fish. Oils are not a food group, but they provide essential nutrients and should be part of your eating patterns. Solid fats are fats that are solid at room temperature, like beef fat, butter, and shortening. Solid fats mainly come from animal foods and can also be made from vegetable oils through a process called hydrogenation.

What are saturated and trans fats?

Solid fats contain more saturated fats and/or trans fats than oils. Saturated fats and trans fats tend to raise “bad” cholesterol levels in the blood, which increases the risk for heart disease. To lower risk for heart disease, eat less foods containing saturated fats and trans fats.

If you are unsure if your food contains saturated or trans fats, take a look at the Nutrition Facts. Remember, it is important to limit the amount of saturated fat you eat each day.

Fresh Fruit Crepes

Serve these crepes for brunch or as a light dessert.

INGREDIENTS

¼ cup brown sugar
Juice of 1 lime
2 cups sliced fresh strawberries
½ cup fresh blueberries
1 cup lowfat ricotta cheese
2 tablespoons brown sugar
¼ teaspoon cinnamon
6 (6-inch) flour tortillas
2 teaspoons margarine

INSTRUCTIONS

1. Combine brown sugar and lime juice in a small bowl; stir to dissolve sugar. Stir in fruit and set aside.
2. To prepare crepes, combine cheese, brown sugar, and cinnamon in a small bowl. Spoon an even amount of mixture on half of each tortilla; fold over to enclose filling.
3. Melt 1 teaspoon margarine in a large skillet over medium heat. Place 3 of the filled tortillas in the skillet and cook for several minutes on each side until crisp and lightly browned. Repeat with remaining margarine and tortillas.
4. Spoon fruit topping over crepes and serve while hot. Enjoy!
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<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>9:00 am</td>
<td><strong>Yoga</strong> - Ruth</td>
<td><strong>Yoga</strong> - Terri</td>
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<td>9:15 am</td>
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<td><strong>Strong For Life</strong></td>
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<tr>
<td>9:30 am</td>
<td><strong>Pura Vida Class!</strong></td>
<td><strong>Garden Club</strong> - Master Gardeners in the</td>
<td><strong>Drum Class</strong> - with Patter in the Garden at</td>
<td><strong>Garden Club</strong> - Master Gardeners in the</td>
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<td><strong>- Gorge Salazar</strong></td>
<td>Garden</td>
<td>Garden at 10:30 AM</td>
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<td>MPR 9:30-10:30am</td>
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<td>Garden</td>
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<td>10:00 am</td>
<td><strong>Tai Chi</strong> - Lisette</td>
<td><strong>Stress Management</strong> - Rita, Room</td>
<td><strong>Let's Talk</strong> (English)</td>
<td><strong>Sit &amp; Be Fit</strong> - Rita</td>
<td><strong>BINGO Time with Ines</strong></td>
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<td>Room 4,5,6</td>
<td>4,5,6</td>
<td><strong>- Lisette Room 4,5,6</strong></td>
<td><strong>Zoom Link:</strong></td>
<td>1:00 PM</td>
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<td>10:00-11:20 am</td>
<td><strong>- Stress Management</strong></td>
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<tr>
<td>11:00 am</td>
<td><strong>Yijin Jing Class</strong></td>
<td><strong>La Platica</strong> (Spanish)</td>
<td><strong>Zumba</strong> - Angie</td>
<td><strong>BINGO Time with Ines</strong> 1:00 PM</td>
<td><strong>Soul Line Dancing on Zoom - Juanita</strong></td>
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<td>With - Lisette Room 4,5,6</td>
<td>with Maria in the Lounge Room</td>
<td>Room 4,5,6</td>
<td>with Ines 1:00PM</td>
<td><a href="mailto:juanitacroft@gmail.com">juanitacroft@gmail.com</a></td>
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<td>11-11:30 am</td>
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<td>First Friday of the month</td>
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<td><strong>Call the center for more information</strong></td>
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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.
Exercise - It’s Never Too Late!!!

**Strong for Life, Free muscle strengthening exercise program**
*Fair Oaks Community Center*

Strong for Life, is a Free and easy to follow exercise program targeting specific muscles important in everyday movements such as getting up from the chair, walking, or reaching for an item! A few benefits include improved energy and balance, faster on feet, stronger body, more independence, happier!

**Thursdays-9:15-10:15**

Presented by Stanford Health Care

The Strong for Life program was developed under the Roybal Center for the Enhancement of Late-Life Function with support from the National Institute on Aging.
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/