

Senior Connections

<https://www.ssf.net/seniors>



Magnolia Center is Open!!!



WE ARE BACK!! Welcome back to in person services at Magnolia Center. We are slowly opening up your favorite classes, activities, and events as well as exploring new ideas for our senior program offerings. Please feel free to call Kelli Jo Cullinan, Supervisor, to share your ideas and to voice any questions or concerns. Kelli Jo can be contacted at 650-829-3822 or kelli.cullinan@ssf.net. The entire Magnolia Senior Program Team is excited to open and ready to welcome you back safely, following all health protocols, and hopefully with a smile under our masks. Please also check out the City website at www.ssf.net for information about all City departments and services.

Thank you and.... Welcome Back.

Support Services & Information

South San Francisco Magnolia Center Information and Referrals

Our team here at Magnolia are available to assist you. Please feel free to reach out to us at 650-829-3820 for information on our programs, activities, events, and services as well as providing information and referrals for services in San Mateo County and the City of South San Francisco.

San Mateo County 24-Hour Information and Referral Line (TIES Line)

A 24-hour information and referral line for older adults and people with disabilities. Support services are available. Call 1-800-675-8437

Notary Public Services

South San Francisco City Clerk's Office also offers notary services. <https://www.ssf.net/departments/city-clerk/notary-services>.

Appointments are encouraged but not required. (650) 877-8518

Passport Services

South San Francisco's City Clerk's Office now offers Passport Services. For more information:

<https://www.ssf.net/departments/passport-services>.

Social Security

Please contact Social Security at 1-800-772-1213 or <https://www.ssa.org> for information on Social Security services and benefits.

Peninsula Family Service

For Senior Counseling please call 650-403-4300 x.4389. For the Older Adult Resource Line please call 650-780-7542 to get connected to a wide range of community resources including food services, and weekly wellbeing calls from senior peer counselors.

Health Insurance Counseling

HICAP is available for medicare counseling to those in San Mateo County Call 1-800-434-0222

Housing Referrals

HIP provides referrals for Shared Housing Options Call 348-6660.

Veterans Counseling

Contact Veterans Service representatives at 650-493-5000 for info.

Transportation Services

Get up and Go	(650) 378-2750
Redi-Wheels	1-800-660-4287
SamTrans	1-800-660-4287
BART	(650) 992-2278
Caltrain	1-800-660-4287
Yellow Cab Co.	(650) 342-1234
Institute on Aging	(650) 424-1411

Magnolia Senior Services Team:

Kelli Jo Cullinan, Recreation and Community Services Supervisor, Senior Program Area 650-829-3822

Marianna Roman, Recreation and Community Services Program Coordinator, Senior and Adult Day Care Program 650-829-3824

Fran Guevarra, Recreation Leader-Special Events / Programs 650-829-3819

Bruce Haroldson, Recreation Leader-Reception / Programs 650-829-3800

John Lau, Recreation Leader-Media/Newsletter/ Programs 650-829-3800

Joseph Anderson, Senior Van Driver - ADC/Programs 650-829-3800

Cristina Maida, ADC Recreation Leader 650-829-3824

Vangie Lopez, ADC Recreation Leader 650-829-3800

Interested in receiving a recognition of your birth with a birthday card from Magnolia Center? Do you like a humorous card, protocol sentimental or very formal? We will try to comply. Tell us your name, address, your month of birth and your birth date. Birth year optional.

Staff available for language assistance in Cantonese. Call for details and times.



Come out and have fun outdoors as we
celebrate City Hall's birthday!

CITY HALL 101st

BIRTHDAY CONCERT

SAVE THE DATE!

Saturday, September 25, 2021

Join us for an outdoor concert at City Hall and help us celebrate!

More information at www.ssf.net/CityHallBirthday



Join us for a little Yoga!

TUESDAY & THURSDAY

10:30 am to 11:30 am

3rd Floor



Yoga is back at Magnolia Center! Yoga is a great way to get in shape. It is a low impact activity that develops strength and balance. Our yoga classes are geared towards seniors so please come by, take a look, or join us and bring a mat! Classes take place every Tuesday and Thursday, from 10:30 to 11:30.

*Registration may be required

Knitting and Crocheting

Mondays & Wednesdays

10:00 am to 12:00 pm

3rd Floor



Knitting & Crocheting is back at Magnolia Center! You don't have to be an expert to join, everyone is welcome! We do traditional knitting as well as single needle crocheting. We have people who can help you out and give you advice with projects. Join us every Monday and Wednesday in the craft room.



Billiards at

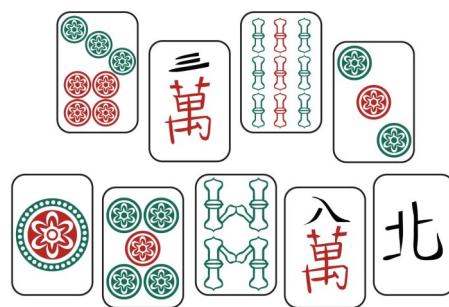


Magnolia Center



Magnolia Center has upgraded our public billiards room! Not only is there a new coat of paint and new trims, we have also improved all of our tables with new felt. Please come by to check us out! The billiards room is open Monday to Friday from 9 AM to 3 PM . We also have dominoes and other games for you to enjoy if you want to take a break from billiards. So come by, play some billiards, and make some friends!

Getting started with Mahjong



Mahjong is a popular game played throughout Asia and is very popular with people from all walks of life. Since the early 20th century, the game's popularity has spread across the globe, including in America.

The game is played using beautiful, intricate tiles and it is similar to rummy. The game requires 4 player and takes approximately an hour to play a full game. Winning at mahjong takes skill, experience, and a bit of luck. There is quite a bit of psychology in mahjong, similar to poker, so it is a good way to get to know other people.

Unfortunately, the rules of mahjong can be quite complicated depending on the ruleset you choose, and a set of mahjong tiles can be very expensive. This has prevented many people from getting into this hobby. But the good news is that Magnolia Center has everything you need to get started!

Join us every Friday from 9:30 am to 1:00 pm and see for yourself. We look forward to playing with you!

Hawaiian Arts at Magnolia

Tuesdays

11:00 am to 12:00 pm

1st Floor.



Bring your ukulele and your lovely hula hands on Tuesdays 11:00 am to 12:00 pm. Learn basic strumming, chords, and songs, AND learn to hula to the songs in an informal setting. No ukulele, no problem, we've got some that you can use! In addition to songs, we will also learn a little Hawaiian culture and also lei making.

MAGNOLIA COMPUTER LAB IS OPEN!

Monday to Friday

9:00 am to 3:00 pm

3rd Floor.



The Magnolia Computer lab is open for our guests! We have 4 computers for you to use with internet access and Microsoft Office suite. There is no registration needed on our computers. Come by and use our computers for scheduling appointments or looking information on the web. We also have friendly staff that can help you if you need it.

HICAP is here to serve the community!

While many organizations have had to close due to the pandemic, we are very grateful that HICAP of San Mateo County has been able to continue providing unbiased Medicare counseling to Medicare beneficiaries in our county. HiCap counselors continue to provide over the phone assistance and they have also been giving presentations about Medicare.

Clients who are interested in services provided by HiCap can reach them by phone at 650-627-9350 or on their website at:
www.selfhelpelderly.org



SSF Parks and Rec is online !



Did you know that the Parks and Recreation Department has created an online Virtual Recreation and Resource Center? During these challenging times, the South San Francisco Parks and Recreation Department is still committed to providing fun, educational, and recreational resources for community members of all ages. You can access the webpage from your smartphones or computers at <https://www.ssf.net/virtualrec>. Take a virtual tour through a museum, learn a foreign language, join SSF instructors for an online class, and so much more! Staff are continuously updating the site, so be sure to check back often.

Our new activity guide is out! To view class offerings and to register for classes, please visit our site at: <https://www.ssf.net/rec-catalog>

Newsletter Subscription

We are accepting 2021 newsletter subscriptions. The cost is FREE for our subscribers. Please fill out this form and mail it back to us at:

**City of South San Francisco Senior Services
33 Arroyo St.
South San Francisco, CA 94080**

You can also send us your email address to receive an electronic copy to john.lau@ssf.net

Name _____
Telephone _____
Address
Street _____
City _____
Zip _____



South San Francisco Parks and Recreation
Senior Services presents
Holiday Boutique



Saturday, November 6, 2021
10:00 am to 4:00 pm
Municipal Services Building
33 Arroyo Drive, South San Francisco

Enjoy a day of shopping while supporting local vendors. This year's event features new vendors with handcrafted jewelry, clothing, accessories, housewares & more!

For more information, please call the
Holiday Boutique Team at (650) 829-3820

Home Sharing with HIP Housing



Home Sharing has many benefits like reduced housing expenses and companionship to facilitate independent living. At times, Home Seekers and Home Providers may negotiate reduced rent in exchange for meal help, shopping, cleaning, and delegation of other errands.

We understand that finding the ideal housemate can be difficult as the needs of each person are different. We at HIP Housing take the initiative to interview both tenants and landlords. We facilitate the process of finding ideal matches with interviews and background checks.

While we work hard work to provide you with information on tenants, you are given an opportunity to interview, check references, and make the final decision on your new housemate. If this sounds like a good match for you or a loved one, contact our bilingual staff at 650-348-6660 for information and to schedule an interview. HIP Housing looks forward to working with you!



HIP Housing Calendar Art Contest

HIP Housing is a non-profit affordable housing organization in San Mateo County. Each year, we hold a calendar art contest for children in kindergarten through 5th grade. You can find the guidelines and prizes information on our 2022 calendar contest page at:

<https://hiphousing.org/calendar-project/hip-housing-calendar-form/>

The deadline to submit the drawings is Monday, September 20th.
Here's one of the winning entries from last year!



SOUTH SAN FRANCISCO CULTURAL ARTS COMMISSION



One Scrap at a Time

VIRTUAL EXHIBIT Quilting & Fiber Arts

**FREE
VIEWING**

EXHIBIT DATES
October 15 -
November 30, 2021

GALLERY LOCATION
www.ssf.net/culturalarts

ENTRY INFORMATION

S.F. Bay Area residents
16 years & older
Entry Fee: \$5.00 per entry

ENTRY DEADLINE

Friday, October 8, 2021 or
first 50 entries received

Complete Entry Guidelines

Visit www.ssf.net/culturalarts
Select "Current Opportunities for Artists"

FOR INFORMATION

Ercie Santos, Cultural Arts Specialist
EM: ercie.santos@ssf.net PH: (650) 829-3810
WEB: www.ssf.net/culturalarts

SSF Parks and Recreation Department
PH: (650) 829-3800





Clean Air@ Home
SOUTH SAN FRANCISCO

CITY OF SOUTH SAN FRANCISCO

FREE AIR PURIFIER

Limited quantities. First come, first serve.

To qualify, you must:

- Lack access to an air purifier
- Be in a low-income household. See chart below.

People in Household							
1	2	3	4	5	6	7	8
\$63,950	\$73,100	\$82,250	\$91,350	\$98,700	\$106,000	\$113,300	\$120,600

There are four ways to apply to this program:

MAIL

Clean Air @ Home
South San Francisco City Hall
400 Grand Avenue
South San Francisco, CA 94080

DROPBOX

in front of City Hall
400 Grand Avenue
South San Francisco, CA 94080

EMAIL

completed application to
cleanair@ssf.net

WEBSITE

Learn more about this
program and apply at
www.ssf.net/cleanair

APPLY NOW! QUANTITIES ARE LIMITED.



1. ***Applicant Name**
2. ***Applicant Address**
3. ***Phone Number**
4. **Email address**
5. **Please circle below the number of people in your household, including yourself:**

1	2	3	4	5	6	7	8
\$63,950	\$73,100	\$82,250	\$91,350	\$98,700	\$106,000	\$113,300	\$120,600

6. **Was your total household income during the last 12 months higher or lower than the amount below the number you circled? The dollar amounts represent annual household income.**

Please circle one: **HIGHER OR LOWER**

7. ***Please attach a photo/scan of the photo ID of the applicant with a SSF address.** If photo ID DOES NOT list current address, please ALSO provide a utility bill with the current address.
8. ***Provide income verification for ALL adults (18+ years old) in the household.** Eligible income verification can be any of the following: a benefit letter from a Public Assistance Program (Reduced School Lunch, CalFresh, Medi-Cal, Section 8 Housing, etc.), unemployment letter, two most recent pay stubs, two most recent bank statements, 2020 or 2019 W2, 2020 or 2019 Taxes.
9. ***Has your household's been impacted by COVID-19?** Yes ____ No ____
10. **Please describe the impact of the COVID-19 Pandemic on your Household.**
11. ***Do you or any member of your household have one or more underlying medical issues that make your household high-risk if someone were to contract COVID-19?** Yes ____ No ____

Riddles to ponder....

Here are some short riddles for this issue of Senior Connections.
I hope you have fun solving these!



Q1: What has a head, a tail, is brown, and has no legs?

Q2: If there was a one story house made entirely of redwood, what color would the stairs be?

Q3: What can you catch but never throw?

Q4: Which 4 letter word can be read back and forth and upside down?

Answers: A1: A penny. A2: One story homes don't have stairs. A3: A cold. A4: NOON

A rebus is a visual puzzle that where you have to figure out the meaning by looking at the words. For example: [FACE] would be "Red in the Face". Can you figure out the rebus puzzles below? The answers are at the bottom.

1	TICKLED	4	Road Road Road → ROME	7	History History History
2	↖ EARTH ↗	5	Prom ise	8	MAN — BOARD
3	WISH ★	6	THOUGHT AN		



ANSWERS:

1. Ticked Pink 2. Corners of the Earth 3. Wish upon a star 4. All roads lead to Rome 5. Broken promise 6. An afterthought 7. History repeats itself 8. Man overboard

Who Said What?

Can you match these funny expressions with the person who said them? The answer may surprise you!

Q1: Be yourself, everyone else is already taken.

Q2: Nothing is impossible, the word itself says "I'm possible".

Q3: In the end, it's not the years in your life that count, but the life in your years.

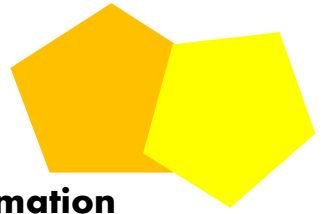
Q4: I intend to live forever! So far—so good!

1. Steven Wright
2. Abraham Lincoln
3. Audrey Hepburn
4. Oscar Wilde

ANSWERS:

Q1: Oscar Wilde Q2: Audrey Hepburn Q3: Abraham Lincoln Q4: Steven Wright

Contact Us



Magnolia Center
Senior Services Information
Magnolia Center/Adult Day Care/MSB
(650) 829-3822
Kelli.cullinan@ssf.net



Magnolia Center pictured above.



South San Francisco Senior Services
P.O. Box 711
South San Francisco, CA 94080

Websites:

<https://www.ssf.net/>
<https://www.ssf.net/seniors>
<https://www.ssf.net/virtualrec>