



925 Main Street Half Moon Bay
650-726-5067

July 2019



Pages for all Ages

"America is a tune. It must be sung together." ~ *Gerald Stanley Lee*



JUNETEENTH Celebration!

On June 19th, we celebrated our first JUNETEENTH celebration.



While this day is a recognized holiday in many states, some folks may have never heard about Juneteenth. Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. Dating back to 1865, it was on June 19th that the Union soldiers, led by Major General Gordon Granger, landed at Galveston, Texas with news that the war had ended and that the enslaved were now free. It's important to note that this was two and a half years after President Lincoln's Emancipation Proclamation - which had become official January 1, 1863. We celebrated the day with a delicious BBQ. Debbie shared the history of Juneteenth and read some folk stories.

We watched a video about the poem "And Still I Rise" by Maya Angelou.

And we sang some freedom songs together. We all learned a lot about this aspect of history and we look forward to this to becoming an annual celebration!

Getting to Know You!

You may have noticed we have some new faces joining our program in the past few months.

Our policy is "The more the merrier!" We are so pleased to welcome our new participants.

Please feel free to ask lots of questions. All the staff is very happy to help you learn the ropes. "Old timers"—do you remember what it was like on your first few days at the Center? It can be hard to learn names and to find your way around at first in any new situation. We want to thank everyone for making our new participants feel welcome.

There will be more new faces in July!

A HEARTFELT WELCOME TO ALL!



We appreciate all of our volunteers!! Some help us answer phones, set up our lunch tables, serve lunch, assist with BINGO, and provide entertainment. A big thank you from all of us!



An exciting new addition to our JULY calendar :

Allison Lovejoy from Foothill College will be starting a Music Appreciation class on Wednesdays, beginning on July 3rd. Allison is an award-winning classical pianist and we are very fortunate that she will be joining us each Wednesday.

She will play a variety of music for us throughout our lunchtime period.

After lunch, she will begin the Music Appreciation class.

All are invited and welcome to attend.



Available Resources in San Mateo County

We are very fortunate to live in San Mateo County where there are many resources available to all of us and especially to seniors. Aging and Adult Services is a Division of the San Mateo County Health System and they offer a wide range of services, from the 24-hour TIES information line to Adult Protective Services and In-Home Support Services. They also offer the Multipurpose Senior Services Program (MSSP) which offers case management. Other agencies include the Area Agency on Aging, which offers a network of community-based services to seniors and the disabled. There are agencies devoted to dementia care, such as the Alzheimer's Association and the Family Caregiver Alliance. When you first enrolled, you were given a brightly colored booklet listing all these services and more. If you have any questions about services that might be available to address a need you have, you can always speak to Lynne Siracusa, our Social Worker.

