

Laure Zabek: Family, Community, and a Love of Cars

Laure Zabek had an all-American childhood. She grew up in a big family – five brothers and one sister – in the hills of Redwood City, with a creek in the backyard and lots of room to roam. That close family upbringing has stayed with her all these years, which is probably why she fits in so well with our Sterling Court community.

Laure's family had a summer house in Clear Lake, so during the hot months she remembers waterskiing every day, fishing, and swimming – no doubt helping her become a competitive swimmer in school.

When the family kept growing, they moved to Belmont and Laure transferred from San Carlos High to Carlmont High – and it wasn't easy leaving all the friends she'd known since St. Pius Elementary School. Laure next went to the College of San Mateo to train as a dental technician and for one year lived with her best friend's family.

"My parents moved to Oklahoma City because my dad got the chance to open a classic car museum," says Laure. "They only lasted a year and a half. My dad said, 'I thought I was a conservative in San Francisco, but I was really a radical!'" laughs Laure. They moved to San Francisco, so Laure finished her schooling there. Laure's specialty was working closely with dentists to make crowns and bridges.

Laure's dad had worked for British Motor Cars, where he rose to vice president and was named the top U.S. Rolls-Royce salesman. Her dad's love of cars spread through the family. "My whole life I was in love with cars," says Laure. She has driven MGs, Porsches, Audis, Mercedes, and many others. "I appreciate everything my dad did," says Laure. "He was a special guy."

Laure also loved to sail and raced competitively. This is how she met her husband. They moved to Orinda, but were soon back in San Francisco, and bought her parents' home.

After living there nine years, Laure went through a lot of changes. The tech boom hit, and she discovered a talent for technical recruiting, placing software engineers at major companies including Oracle, Intuit, HP, and Genentech. She was



Laure Zabek

able to work remotely and moved to the family's beloved Clear Lake house. Laure's parents, who had moved to the desert, then relocated to Sterling Court in 2012 and fit right in.

After Laure's dad passed away, her mother came to live with her in Clear Lake, and they learned they were great roommates. As her mother aged, it was time to move back to Sterling Court – but this time, Laure came with her. They continued living together until her mom passed away a year ago.

Laure's next step was to move to a smaller apartment and really get involved in the Sterling Court community. "At first, I wasn't sure I'd fit in," she says, but that soon changed. "I play Rummikub, Pinochle, and Mahjong," says Laure. She's also a member of the Sterling Stitchers as a knitter. "I learned when I was young, so I'm picking it up again," she says. Plus, she's organizing a group trip to Graton Casino.

She's on the board of the Burlingame Music Club, an organization for young musicians, and was just voted vice president. She also fundraises for charities.

Laure has lived at Sterling Court for almost four years now and has only nice things to say. "The food is great and Chef Denis is a kick! And the wait staff and everybody are just tremendous."

"My mom's philosophy was 'live, love, and laugh,' and I'm following suit," laughs Laure. "We had good times together, and now I've made good friends at Sterling Court. It's a great community."

SPRING PAINTING



ART CLASSES w/THERESE



DOWNTON ABBEY

Mark Your Calendar

Saturday, May 2	Kentucky Derby Party
Tuesday, May 5	Cinco De Mayo Dinner
Sunday, May 10	Mother's Day
Sunday, May 10	Mother's Day Special Lunch
Monday, May 11	Our Lady Of Angels Church Luncheon O.L.A.
Monday, May 11	Music In The Afternoon
Sunday, May 17	Pancake Bingo
Monday, May 25	Memorial Day
Monday, May 25	Memorial Day BBQ
Tuesday, May 26	California Hearing Center Presentation

Musical Notes

Enjoy a live musical performance on Tuesdays & Fridays at 3:00 p.m. & Saturdays at 3:30 p.m. in the Living Room.

Friday, May 1
Alex Bootzin – Piano

Tuesday, May 5
Art McGaw – Piano & Trumpet

Friday, May 8
Marilyn Cooney – Piano

Saturday, May 9
Melodic Outreach Endeavor

Tuesday, May 12
Antoinette Kaufman – Flute

Friday, May 15
Eric Shifrin – Piano

Saturday, May 16
Melodic Outreach Endeavor

Tuesday, May 19
Jeff Wessman - Vocal

Friday, May 22
Kathleen Nelson – Piano

Saturday, May 23
Melodic Outreach Endeavor

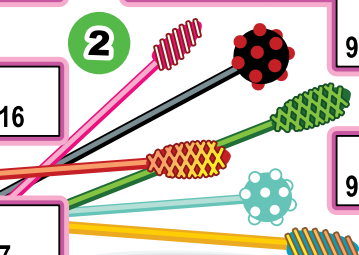
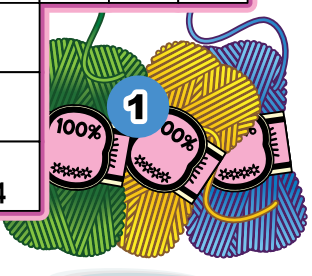
Monday, May 25
Randy Johnson
& Gordon Fels

Tuesday, May 26
Randy Johnson
– Banjo & Piano

Friday, May 29
Eric Shifrin – Piano

CODEBREAKER WORLD PUZZLE

The number in each square corresponds to a letter. The same number represents the same letter. Crack the code and fill the grid by determining which letter relates to which number. To help you get started two word entries have picture clues, and four letters are already in place.

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	8			12			10			1	K	2	N	3	I	4	T
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	7	14	9	8	14	4	12	8	11		5		14		13		14
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6	12	4	4	14	8	2	7		8		4		4	10	14	12	1
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May 2026



Sterling

Activity Rooms

BR—Bristol Room
CY—Court Yard
DR—Dining Room
LB—Library
LR—Living Room
VR—Mt. Vernon Room
PDR—Private Dining Room
RR—Revere Room

BRC—Burl. Rec. Ctr.
SMSC—San Mateo
Senior Center

The Weekly

Check *The Weekly* for
current updates or changes
in schedule.

The Daily

Check our main board for
daily activities, located
opposite the Front Desk.

Scheduled Appointments

Transportation Provided
Monday–Thursday

Sunday	Monday	Tuesday
3 10:00 Church - Catholic/Protestant 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Sterling Walkers 1:00 Sterling Stitchers - VR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	4 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Strength Training Exercise w/Holly Fitness - RR 11:00 Fitnessize - RR 1:00 Games - BR 1:30 History w/Michael Svanevik - RR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR	5 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Shopping - Trader Joe's 3:00 Social Hour - RR 3:00 Art McGaw - Piano & Trumpet 4:30 Cinco De Mayo Dinner - DR 7:00 Evening Movie - RR 7:00 Games - BR
 Mother's Day 10 10:00 Church - Catholic/Protestant 10:00 Fitnessize - RR 10:45 Fitnessize - RR 12:00 Mother's Day Special Lunch - DR 1:00 Sterling Stitchers - VR 1:00 Movie - RR / Games - BR 7:00 Evening Movie - RR 7:00 Games - BR	11 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Strength Training w/Holly - RR 11:00 Fitnessize - RR 11:00 O.L.A. Luncheon - Burlingame 12:45 Music in the Afternoon - San Mateo 1:00 Games - BR 1:30 History w/Michael S. - RR 3:00 Burlingame Library 7:00 Movie - RR / Games - BR	12 10:00 Shopping - Hillsdale Mall 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Antoinette Kaufman - Flute 7:00 Evening Movie - RR 7:00 Games - BR
17 10:00 Church - Catholic/Protestant 10:00 Fitnessize - RR 10:45 Fitnessize - RR 11:30 Pancake Bingo - DR 1:00 Sterling Stitchers - VR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	18 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Games - BR 1:30 History w/Michael Svanevik - RR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR	19 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Shopping - Dollar Tree 3:00 Social Hour - RR 3:00 Jeff Wessman - Vocal 7:00 Evening Movie - RR 7:00 Games - BR
24/31 10:00 Church - Catholic/Protestant 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Sterling Walkers 1:00 Sterling Stitchers - VR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	25 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 11:30 Randy Johnson & Gordon Fels - LR 12:00 Memorial Day BBQ - DR & CY  1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR	26 10:00 Shopping - Bridgepointe Shopping Center 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 California Hearing Center Presentation - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Randy Johnson - Piano 7:00 Evening Movie - RR 7:00 Games - BR

ing Court Calendar of Events

Wednesday	Thursday	Friday	Saturday
		10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Arts & Crafts w/Mary Leahy - VR 1:00 Games - BR 2:00 Communion w/Father John - RR 3:00 Social Hour - RR 3:00 Alex Bootzin - Piano 7:00 Movie - RR / Games - BR	10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Games - BR 2:00-4:00 Kentucky Derby Party - RR 7:00 Evening Movie - RR 7:00 Games - BR
9:30 Chat w/Chef Denis Simon - RR 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR	9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Games - BR 1:30 Art Appreciation w/Adam Donovan - RR 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Marilyn Cooney - Piano 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 3:30 Melodic Outreach Endeavor - LR 7:00 Evening Movie - RR 7:00 Games - BR
10:00 Strength Training w/H. R. Fitness - RR 11:00 Fitnessize - RR 12:45 Bridge Class w/Ed Lechner - BR 1:00 Movie - RR 2:00 Bingo - DR 3:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR	9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Movie - RR 2:00 Exploring The Scripture with Martha, Barbara & Blanch - BR 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Eric Shifrin - Piano 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 3:30 Melodic Outreach Endeavor - LR 7:00 Evening Movie - RR 7:00 Games - BR
10:00 Shopping - Trader Joe's 10:00 Strength Training w/H. R. Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR / Games - BR 2:00 Bingo - DR 3:00 May Birthday Bash 3:00 Book Review w/David Whitman - RR 3:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Movie - RR / Games - BR	9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Games - BR 1:30 Art Appreciation w/Adam Donovan - RR 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Kathleen Nelson - Piano 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 3:30 Melodic Outreach Endeavor - LR 7:00 Evening Movie - RR 7:00 Games - BR
10:00 Strength Training w/H. R. Fitness - RR 11:00 Fitnessize - RR 12:45 Bridge Class w/Ed Lechner - BR 1:00 Movie - RR 2:00 Bingo - DR 3:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR	9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Movie - RR 2:00 Exploring The Scripture with Martha, Barbara & Blanch - BR 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Eric Shifrin - Piano 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 3:30 Melodic Outreach Endeavor - LR 7:00 Evening Movie - RR 7:00 Games - BR
10:00 Strength Training w/H. R. Fitness - RR 11:00 Fitnessize - RR 12:45 Bridge Class w/Ed Lechner - BR 1:00 Movie - RR 2:00 Bingo - DR 3:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR	9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Movie - RR 2:00 Exploring The Scripture with Martha, Barbara & Blanch - BR 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Eric Shifrin - Piano 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 3:30 Melodic Outreach Endeavor - LR 7:00 Evening Movie - RR 7:00 Games - BR

Classes & Lectures

Arts and Crafts

Join us for a fun and creative Arts & Crafts class! All materials will be provided along with help for whoever needs it, and themes will be announced for each class. Please come and join us in the Mount Vernon Room on Friday, May 1st at 1:00 p.m.

The Svanevik History Hour

This renowned writer and historian will focus on revealing the hidden, interesting, sometimes controversial, always fascinating, behind-the-scenes history of San Mateo County and the State of California, it all happens on Mondays at 1:30 p.m. in the Revere Room, topics include:

- May 4 *A San Francisco Born Boy Creates, a Journalistic Sensation*
- May 11 *Theodore Roosevelt Moved Fast to Create a New and Modern Navy*
- May 18 *Ask The Superintendent....?*

Lecture Series with Dick McKee

Dick McKee hosts series on Tuesdays at 11:00 a.m. in the Revere Room.

The Great Tours: Experience Medieval Europe

This course is taught by History Professor Kenneth R. Bartlett of the University of Toronto

- May 5 *Avignon: The Babylonian Captivity*
- May 12 *Avignon: Papal Splendor*
- May 19 *Carcassonne: Fortress of the Languedoc*
- May 26 *Carcassonne: Cathars and Crusaders*

Art Appreciation

I offer the class because I believe deeply in the value of noticing beauty, in the material world and in nature. Developing that awareness begins with an “educated” eye and ear: the skill of observing, appreciating and listening. The course is designed more as a conversation centered on iconic examples of painting, sculpture, architecture and photography. The names are not intended for us to worship, but engaged with as starting points for our questions and conversation. We will also enjoy some of the world’s great jazz vocalists. Join Adam on Thursday, May 7 & 21 at 1:30 p.m. in the Revere Room.

May 7 | ALEXANDER CALDER: *Intimate portrait of an American Master, a creative genius of immense originality and imagination: a kind of American Leonardo da Vinci. Calder re-imagined what sculpture had been from the time of the Greek masters by introducing MOTION. The result: a new relationship between human beings and the world of art.*

May 21 | JACKSON POLLOCK: *Teri Horton, a 73-year-old former truck driver with an 8th grade education, buys a painting in a thrift shop for five dollars, but it looks as if it might be the work of the artist Jackson Pollock, and if so, could be worth millions! This adventure documents a 15-year war with the art world’s inner circle, lifts the veil on how art is bought and sold in America and introduces audiences to the funny, profane and utterly unforgettable Teri Horton. Get ready to laugh out loud.*

Bridge Class with Ed Lechner

I am a licensed Director and certified as ACBL Best Practices Teacher, Audrey Grant Teacher, and Patty Tucker Learn Bridge in a Day Instructor. I am currently teaching a series of beginning lessons at Ivy Park (senior residence) in Belmont, CA, as well as presenting a mini-lesson prior to the start of the Junior (beginner) game Tuesday mornings at the Palo Alto Bridge Club. Join Ed on Wednesday May 13 & 27 at 12:45 p.m. in the Bristol Room.

Exploring The Scripture

With Martha, Barbara and Blanche, they are currently examining the life and teachings of Jesus as given in the Gospel of Luke. Their emphasis is on the heart of the Christian message: “God is Love” (1 John 4:8). They are an ecumenical group, and everyone is welcome, regardless of background. They would love to have you to join them! Thursday, May 14 & 28 at 2:00 p.m. in the Bristol Room.

Library Book Review

Mark your calendar for May 20, David Whitman from the Burlingame Library will be joining us to review a selection of books. Residents will also have the opportunity to check out books and keep them until next month, meet him at 3:00 p.m. in the Revere Room.

Art with Therese Curotto

Therese discovered her love for art at a young age, selling her first painting at 12 and later studying at the Scripps Institute of Art in La Jolla. While balancing interests in medicine and a career with a major airline, art remained her “happy place.” She also studied at the Academy of Art University and won a contest that displayed her artwork in the Governor’s office. Her artistic journey has included teaching grammar school art, designing book and CD covers, and creating textile and environmental art for her church. She is especially proud of developing an art program for burn patients at age 18 and later creating a mentoring art program for juvenile delinquents, for which she received a Congressional Award. For Therese, the greatest reward is sharing her gifts and bringing smiles to others. Join Therese on Friday, May 29 from 1:00 p.m. to 3:00 p.m. in the Mount Vernon Room.

Please sign up
for all events
in the Activity
Book located at
the Front Desk

Fitness & Exercise

Strength Training Exercise with Holly Roser Fitness

Holly, John and their team stress the importance of exercise for all stages of life but especially for seniors as regular exercise can help make you stronger, prevent bone loss, improve balance and coordination, improve your memory, reduce the symptoms of many chronic conditions, and boost your mood. Join the class every Monday and Wednesday at 10:00 a.m. and Friday at 11:00 a.m. in the Revere Room.

Stronger Seniors – Stretch & Strength Chair Exercise Program

This fitness program for seniors is designed to improve stability, balance, and flexibility, muscle and bone strength, circulation, and heart health in order to enhance function in common activities such as going up and downstairs, squatting to lift objects, and even playing with young children. Join us every day; please see “The Weekly” for more details.

Beginning Functional Fitness with Lisa Kemp

This class focuses on building strength and mobility; both of which help us to move through life with a greater sense of ease and add confidence to daily activities. All levels are welcome. Exercise modifications will be offered so that all participants will feel successful. Join Lisa Kemp every Thursday at 10:30 a.m.

Nintendo Wii

Join the fun to play bowling with Nintendo Wii, some of the benefits are to improve balance, coordination and strength. Wednesdays and Saturdays at 3:00 p.m. in the Revere Room.

Sterling Walkers

Go for a walk with Dmitry, at Coyote Point Park or Foster City Park, weather permitting, Sundays at 1:00 p.m. (not on Pancake Bingo days and/or Hillbarn Theater days).

Wellness Support

Chat with Executive Chef Denis

Every first Wednesday of the month Denis will announce the upcoming culinary special events and ask for review of the past month special events. After that he will open up the meeting for any suggestions, comments or concerns. Denis’ meetings are run just as efficiently as his kitchen and dining room, please arrive on time. Join Denis on Wednesday, May 6 at 9:30 a.m. in the Revere Room.

Holy Communion

Join us on Friday, May 1 at 2:00 p.m. for a Holy Communion service. Father John will be with us to distribute the Eucharist to residents who wish to receive. All are welcome to attend this quiet and meaningful time of prayer and reflection

Sterling Court Games

Are you interested in playing games such as Bridge, Dominos, Pinochle, Mahjong, Chinese Checkers, Scrabble, Rummikub, etc.? If so, we have two Residents, Ruth Kahoun and Norma Galvin, who have (graciously) volunteered to facilitate the getting together of Residents who would like to play any of the games listed above and any others. Please contact Ruth Kahoun at 650-867-7203 or Norma Galvin at 650-636-3614 if you would like to meet other Residents who want to play the same games of which you are interested in.

Melodic Outreach Endeavor

Anson Yu and Matthew Wang have generously volunteered to share their love of music with our community. In their words: “We began our journey as two high school students passionate about music. Then, we dedicated that passion to performing music for senior communities. Now, we travel around the Bay Area to senior centers, increasing members and impact along the way.” These young musicians bring beautiful piano performances and uplifting energy to the community, creating a wonderful opportunity to relax, listen, and enjoy live music together. Join us every Saturday from 3:30 p.m. to 4:30 p.m. in the Living Room

Sterling Stitchers

Joyce Bausch and Carole Young are bringing together a community of needlework enthusiasts (knitting, crocheting, embroidery, cross stitch, hemming, etc) to exchange tips, works in progress and support one another in their stitching journeys. Whether you are a beginner or an expert, you belong here. Please join us every Sunday at 1:00 p.m. in the Mount Vernon Room, please sign up at the Front Desk.

Manicurist/Pedicurist

Cindy Gonzales does fantastic work and is very popular. Call for appointments at 650-834-2878.

Beauty Shop

Call Nina Delgadillo, our hairdresser for an appointment at 650-863-0413. She does new-fashioned and old-fashioned hair styles.

Program Highlights

Kentucky Derby Party

Ready, set, race! Join us for the 152nd running of the Kentucky Derby and an afternoon full of fun. Sip on champagne, enjoy tasty appetizers, and cheer loudly for your favorite horse as they dash to the finish line! Don’t forget to wear your most fabulous hat big, bold, and beautiful for a chance to show off your Derby style, Saturday, May 2 at 2:00 p.m.

Cinco de Mayo Special Dinner

Join the fun in the Dining Room for a Special Cinco de Mayo Dinner enjoy the richness of Mexican food prepared by Chef Denis and his staff on Tuesday, May 5 at 4:30 p.m.

continued on reverse...



Program Highlights

Mother's Day Special Lunch

Join us on Mother's Day to celebrate with us over a delicious lunch to honor the most important woman in our lives! Chef Denis and his crew will prepare a delicious menu, Sunday, May 10 in the Dining Room at 12:00 noon.

Our Lady of Angels (OLA) – Senior Outreach Luncheon

Our Lady of Angels in Burlingame proudly hosts its Senior Outreach Luncheon, a cherished tradition for over 20 years. Parent volunteers prepare and serve delicious home-cooked meals, while students from Kindergarten through 5th grade delight guests with entertainment. Middle school students lend a helping hand with service and clean-up, making it a true community effort. Join us on Monday, May 11. The departure time will be at 11:00 a.m. Please sign up at the Front Desk.

Music in the Afternoon

Enjoy an afternoon of Classical Music with the Burlingame Music Club, enjoy performances by outstanding young musicians and a professional, stay to enjoy light refreshments with others who share your interest in Classical Music. All are welcome. Presented by Burlingame Music Club at the Congregational Church of San Mateo, Monday, May 11 from 1:00 p.m. to 3:00 p.m., transportation will be provided, leaving at 12:45 p.m., please sign up at the Front Desk.

Pancake Bingo

Start your Sunday with a stack of smiles! Enjoy a delicious breakfast of pancakes and eggs, followed by a lively game

of Bingo, on Sunday, March 17 at 11:30 in the Dining Room, the cost is \$2.00 (includes breakfast and Bingo).

Memorial Day BBQ

Join us this Memorial Day as we gather to honor and remember those who served, while enjoying good food, great company, and entertainment by Randy Johnson and Gordon Fels. We're hosting our first BBQ of the year with all the favorites; grilled classics, refreshing drinks, and plenty of time to relax together on Monday, May 25 at 12:00 noon in the Dining Room and the Courtyard.

California Hearing Center Presentation

Hear Better, Live Better! Join Our Hearing Health Event.

We are excited to welcome Lais Ama, an international audiologist and Hearing Instrument Specialist from California Hearing Center with more than 25 years of experience helping people hear their best. During this engaging presentation, Lais will discuss age-related hearing loss, introduce the latest hearing aid technologies and accessories, and share simple strategies that can make everyday conversations easier and more enjoyable. This session is designed to be interactive and welcoming, so please feel free to introduce yourself and bring any questions you may have. Whether you wear hearing aids, are curious about hearing technology, or just want to learn how to communicate better with loved ones, this is a wonderful opportunity to learn and connect. We look forward to seeing you there! Please join us in the Revere Room on Tuesday, May 26, the presentation will be from 1:00 p.m. until 2:30 p.m.

WHY DO WE SAY THAT?

Straight From The Horse's Mouth

Horse racing is a pastime that dates back to Britain in the 12th century, and it's especially popular with punters. To increase their chances of winning wagers, punters usually share tips about the horses' traits. The most trusted tips are those from people like horse trainers and stable lads, because they are closest to the horses. Such tips were said to be "straight from the horse's mouth" because the tipsters had a direct connection to the horse. Today, that expression is commonly used to indicate that certain information is to be trusted because it comes

from the person or entity best placed to know the facts.

Caught Red Handed

The idiom "caught red-handed," which means to be caught while in the process of doing something wrong, originated in Scotland in the 15th century. It was coined in reference to an old English law that was established to punish people who butchered stolen farm animals. According to the law, for a suspect to be convicted, he had to be found with the butchered animal's blood still on his hands.

May Birthdays

May Birthday Bash will be on Wednesday, May 20.

May 3	Peter Bratis
May 5	Jolene Reed
May 10	Priscilla Gilbert
May 13	Dave Bieber
May 18	Patricia Lacy
May 23	Peggy Lewy
May 27	Jo Xerogeanes
May 29	Gary Whitehill

Welcome

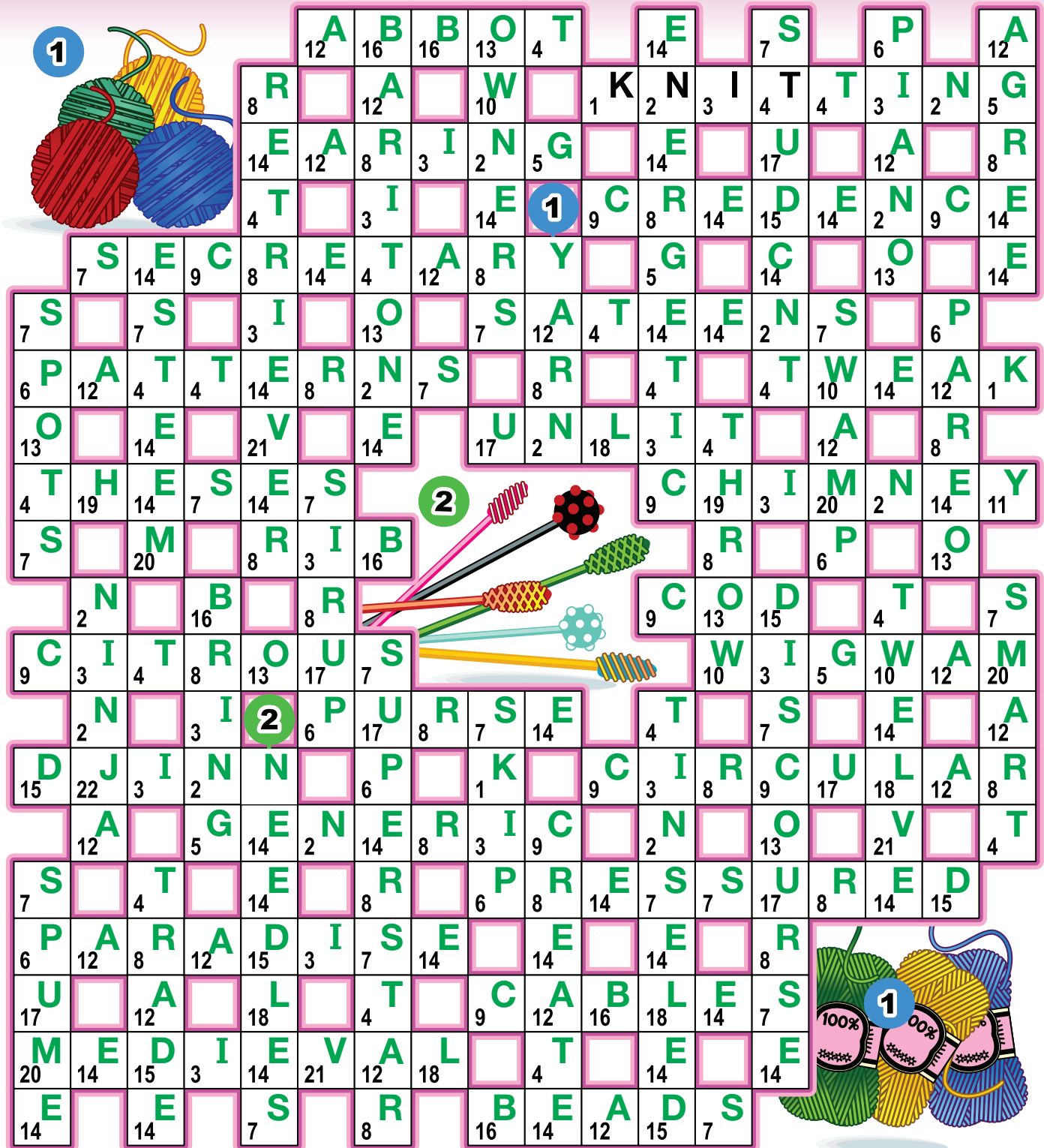
Please give a warm welcome and introduce yourself to our new residents:

- #119 Ann Vorsatz
- #241 Joan Dixon
- #246 Mort & Jackie Herman
- #418 Monica Morhaim

PUZZLE ANSWER SHEET

CODEBREAKER WORLD PUZZLE

The number in each square corresponds to a letter. The same number represents the same letter. Crack the code and fill the grid by determining which letter relates to which number. To help you get started two word entries have picture clues, and four letters are already in place.



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
K	N	I	T	G	P	S	R	C	W	Y	A	O	E	D	B	U	L	H	M	V	J