

Edna Steele Loves Good Company

Edna Steele has lived in the East Bay, South Bay, North Bay, and Bay Area Peninsula! "I am a native!" she confirms.

For the last 30 years, Edna lived in the Burlingame hills, where she owned a home, raised three children, had a career she loved, and did most of it all on her own. Edna is a very cool lady. Now she's living here and fitting right in.

"I don't like to cook, and I don't like to eat by myself," laughs Edna. "I love it here!"

Edna was born in Oakland, but when she was 12, her family moved to Los Altos. "They had the Stanford Achievement Tests, and I did poorly. So, my mother worked with me all summer long." Edna tested again and was placed in her grade level.

Her family understands hard work. Edna's mother got a job and left high school in her freshman year, and her dad ran away from home at 16 to work on the Panama Canal. Later, he became a mechanical engineer.

Their Los Altos home had over 12 acres of apricot trees and a smaller orchard with peaches, almonds, and walnuts. They also had a calf that she and her brother taught to play chase! She loved living there, but it was also eye-opening. The property next door hired migrant workers to pick and cut the apricots. "As long as the neighbor had fruit, they stayed. They slept in tents and there was no schooling for the kids," says Edna. "I was very humbled by their living conditions."

Her family's next move was to Newark, New Jersey, but they quickly came home to California and lived in Millbrae, where Edna attended Burlingame High School. Right after graduation, Edna married her high school sweetheart. Three years later, they welcomed their daughter Penny, and two years after that, their son Tim. Then, after eight years of marriage, Edna found herself on her own. How did Edna cope? "I rolled up my sleeves and faced it," she says.

They owned a duplex, so luckily the tenant's rent covered the mortgage. But to cover everything else, Edna found childcare and went to work as an accountant, using bookkeeping skills she learned in high school. "For lunch every day, I had a candy bar because that's all I could afford," she says. "Over a couple of years, I got back on my feet."

Ten years later, Edna married again and had a second daughter, but the marriage didn't work out. Edna, no doubt rolled up her sleeves again. This time she bought a Burlingame home up near Skyline. "I loved living in my home in the trees," says Edna. She also had a fulfilling career as an accounting supervisor for the California Teachers Association and traveled to union chapters throughout the large organization. She retired after over 20 years.

Edna filled the years after retirement with hobbies and took quilting classes. She also has many friends she visits, and she still volunteers with several organizations close to her heart.

When it was time to leave her "home in the trees," Edna's grandson visited from Santa Barbara, and together they looked at local places, including Sterling Court. "This was by far the best place to live," says Edna. "The other places were dead silent, and you had to buy into them!" Another plus was that several friends from the Burlingame Music Club, an organization where Edna is a board member, already live here.

Edna arrived in April with 28 boxes and has settled in nicely. "It's such a neat place to be!" she says. "The staff is so helpful. If I need anything, I call downstairs and someone helps."

The other residents are wonderful too. "We're all at the same time of life," says Edna. "For years I was eating by myself. Now, every night, I go down to dinner and sit with people I know or where is open. There is always company."



Edna Steele



36TH ANNIVERSARY CELEBRATION



ZENTANGLE ART CLASS



NINTENDO WII IS BACK!



Mark Your Calendar

Friday, September 4 Communion with Father John
 Monday, September 7 Labor Day
 Monday, September 7 Labor Day BBQ
 Monday, September 7 Randy Johnson & Gordon Fels
 Friday, September 11 Rosh Hashanah Begins
 Friday, September 11 Rosh Hashanah Special Dinner

Sunday, September 13 Grandparents Day
 Sunday, September 20 Yom Kippur Begins
 Monday, September 21 Yom Kippur Special Dinner
 Tuesday, September 22 First Day of Autumn
 Monday, September 28 Senior Outreach Luncheon
 – Our Lady of Angels

SMALL ADVENTURES CLOSE TO HOME

While Sterling Court arranges great outings for residents throughout the year, sometimes there's something fun happening nearby that may be worth checking out, too. September brings live music, outdoor movies, arts and culture, and even a beloved pet parade, all close to home in San Mateo and Burlingame. Here's what's coming up this month.

SEPTEMBER NIGHTS ON B STREET

Thursdays, September 10 & 17 | 6:00 – 8:00 p.m.
B Street between 1st and 3rd Avenues
Downtown San Mateo

Downtown San Mateo comes alive for two evenings of free live music, food, and entertainment. Pure Ecstasy performs Motown and R&B on September 10, followed by Neon Velvet with Top 40 favorites on September 17.

MOVIES IN THE PARK

Every Friday in September | Activities at 6:00 p.m.
Movies at dusk, around 7:30 p.m.
Various San Mateo parks

Bring a blanket or chair and enjoy a free movie under the stars. Games and crafts begin at 6:00 p.m., with movies starting at dusk.

September 4: *Zootopia 2*
Central Park, Fitzgerald Field, 50 E. 5th Avenue



September 11: *How to Train Your Dragon*
Shoreview Park, 950 Ocean View Avenue

September 18: *Lilo & Stitch*
Laurie Meadows Park, 111 Laurie Meadows Drive

September 25: *Wicked: For Good*
Beresford Park, 2720 Alameda de las Pulgas

SEPTEMBER ARTS & CULTURE FEST

Saturday, September 26 | 11:00 a.m. – 6:00 p.m.
Downtown San Mateo

A full day of art, music, dance, poetry, food, and culture fills Downtown San Mateo. This free festival includes live bands, cultural performances, original art for sale, a poetry open mic, and live mural painting.

BURLINGAME PET PARADE

Saturday, September 26
Broadway, Burlingame

A longtime Burlingame tradition returns for its 21st year, bringing the community together for a fun-filled morning featuring pets of all kinds. The annual parade is always a lively way to spend some time on Broadway and enjoy one of Burlingame's favorite community events.

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.

Tuesday, September 1
Grant Ewold – Piano

Friday, September 4
Alex Bootzin – Piano

Saturday, September 5
Melodic Outreach Endeavor

Monday, September 7
Randy Johnson & Gordon Fels

Tuesday, September 8
Antoinette Kaufman – Flute

Friday, September 11
Art McGaw – Piano

Saturday, September 12
Melodic Outreach Endeavor

Tuesday, September 15
Jeff Wessman – Vocal

Friday, September 18
Eric Shifrin – Piano

Saturday, September 19
Melodic Outreach Endeavor

Tuesday, September 22
Randy Johnson – Piano
& Banjo

Friday, September 25
Kathleen Nelson – Piano

Saturday, September 26
Melodic Outreach Endeavor

Tuesday, September 29
Marilyn Cooney – Piano



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
		1 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 Grant Ewold - Piano 7:00 Evening Movie - RR 7:00 Games - BR
6 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	7 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 11:30 Randy Johnson & Gordon Fels - LR & CY 12:00 Labor Day BBQ - DR & CY 1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR	8 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
13 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	14 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 Library - Burlingame 7:00 Evening Movie - RR 7:00 Games - BR	15 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 Jeff Wessman - Vocal 7:00 Evening Movie - RR 7:00 Games - BR
20 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	21 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 S. - RR 3:00 Library - Burlingame 4:30 Yom Kippur Special Dinner - DR 7:00 Movie - RR / Games - BR	22 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 Randy Johnson - Piano & Banjo 7:00 Evening Movie - RR 7:00 Games - BR
27 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	28 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 11:00 O.L.A. Luncheon - Burlingame 1:00 Games - BR 1:30 History w/Michael Svanevik - RR 3:00 Library - Burlingame 7:00 Movie - RR / Games - BR	29 10:00 Shopping - Bridgepointe Shopping Center 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 Marilyn Cooney - Piano 7:00 Evening Movie - RR 7:00 Games - BR

Sterling Court Calendar of Events

Wednesday	Thursday	Friday	Saturday
9:30 Chat w/Chef Denis Simon - RR 10:00 Strength Training Exercise w/Holly Roser 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 2	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 3	10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Games - BR 2:00 Communion w/Father John - RR 3:00 Social Hour - RR 3:00 Alex Bootzin - Piano 7:00 Evening Movie - RR 7:00 Games - BR 4	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 5
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 7:00 Evening Movie - RR 7:00 Games - BR 9	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	10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Movie - RR / Games - BR 2:00 Arts & Crafts w/Mary L. - VR 3:00 Social Hour - RR 3:00 Art McGaw - Piano 4:30 Rosh Hashanah Special Dinner - DR 7:00 Movie - RR / Games - BR 11	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 12
10:00 Strength Training w/H. R. Fitness - RR 11:00 Fitnessize - RR 12:45 Bridge Class w/Ed L. - BR 1:00 Movie - RR 2:00 Bingo - DR 3:00 Games - BR 3:00 September Birthday Bash 3:00 Book Review w/David Whitman - RR 4:00 Nintendo Wii - RR 7:00 Movie - RR / Games - BR 16	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 17	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 18	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 19
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 7:00 Evening Movie - RR 7:00 Games - BR 23	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 24	10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Art w/Therese Curotto - 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 25	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 26
10:00 Strength Training w/Holly Roser 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 30			

Classes & Lectures

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:

- September 14 *The Murder Of Napoleon: A Mystery Finally Solved.*
September 21 *The Anglicizing Of England.*
September 28 *The 19th Century Navy: Was Nothing To Be Proud Of.*

Lecture Series with Dick McKee

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

How Colors Affect You: What Science Reveals

This course is taught by Professor William Lidwell of the University of Houston.

- September 1 *The Black and White Lecture*
September 8 *The Red Lecture*
September 15 *The Yellow Lecture*
September 22 *The Green Lecture*
September 29 *The Blue Lecture*

Bridge Class with Ed Lechner

Ed has been playing bridge for nearly 60 years and joined the American Contract Bridge League (ACBL) about 20 years ago. He began playing club games 10 years ago and has competed in regional and national tournaments for the past five years. He has earned approximately 550 master points – more than half of them Gold – and has achieved 24 Red Ribbon qualifiers and four Blue Ribbon qualifiers. Ed has won gold using several bidding systems, including Standard American, 2/1, Precision, and Kaplan-Sheinwold. Ed is a licensed director and certified ACBL Best Practices Teacher, Audrey Grant Teacher, and Patty Tucker Learn Bridge in a Day Instructor. He currently teaches beginning bridge lessons at Ivy Park in Belmont and presents mini-lessons before the Junior game at the Palo Alto Bridge Club. Join Ed on Wednesday, September 2, 16 & 30 at 12:45 p.m. in the Bristol Room.

Library Book Review

Mark your calendar for Wednesday, September 16, 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 Appreciation

This class explores the importance of recognizing and appreciating beauty in both art and nature by developing an “educated” eye and ear. Designed as an interactive conversation rather than a lecture, the course engages with iconic works of painting, sculpture, architecture, photography, and music. Artists such as Rembrandt, Johannes Vermeer, Édouard Manet, Pierre-Auguste Renoir, and Vincent van Gogh are discussed alongside architects Frank Lloyd Wright, Antoni Gaudí, and I. M. Pei, as well as photographer Richard Avedon. Rather than simply admiring these figures, participants are encouraged to engage with their work and ask thoughtful questions about the purpose of art, the intentions of artists, and the nature of modern art. The class also celebrates music, featuring jazz greats like Sarah Vaughan, Ella Fitzgerald, and Anita O’Day, emphasizing that music, too, belongs in the conversation about beauty and artistic expression. Join Adam on Thursday, September 10 & 24 at 1:30 p.m. in the Revere Room.

September 10 | THE GOLDEN GATE BRIDGE: *It took four years, 88,000 tons of steel and concrete, and the blood, sweat and tears of thousands of brave workers to create one of the world’s most beautiful engineering marvels.*

September 24 | THE STATUE OF LIBERTY: *To remind us of our nation’s 250th birthday, the Statue is the iconic image of America’s dedication to liberty itself, in all its complex and imperfect forms.*

Exploring The Scripture

With Martha, Barbara and Blanche, they are currently examining the life and teaching 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 join them! Thursday, September 3 & 17 at 2:00 p.m. in the Bristol Room.

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, September 11 at 2:00 p.m. Please sign up at the Front Desk.

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

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

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, September 25 from 1:00 p.m. to 3:00 p.m. in the Mount Vernon Room. Please sign up 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 us 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, September 2 at 9:30 a.m. in the Revere Room.

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

Labor Day BBQ

We will have the last barbecue of the year to celebrate the Labor Day holiday. Chef Denis and his staff have prepared a wonderful feast consisting of BBQ chicken, ribs, hamburgers, hot dogs, salads, fruit dessert, and all the trimmings. Monday, September 7 at 12:00 noon, entertainment by Randy Johnson & Gordon Fels.

Rosh Hashanah Special Dinner

Celebrate the beginning of Rosh Hashanah, the Jewish New Year, with an evening of friendship, delicious food, and community. This holiday is a time to reflect on the past year, welcome new beginnings, and look forward with

continued on reverse...



Program Highlights

...continued from reverse

Rosh Hashanah Special Dinner

hope and gratitude. Join us for this special dinner prepared by our Chef and staff. Friday, September 11 in the Dining Room, seating begins at 4:30 p.m.

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, September 20 at 11:30 in the Dining Room, the cost is \$2.00 (includes breakfast and Bingo).

Yom Kippur Special Dinner

We invite you to join us for a special Break-the-Fast dinner as we mark the conclusion of Yom Kippur, the Jewish Day of Atonement. This meaningful holiday is a time of reflection, forgiveness, and renewal. Enjoy a delicious meal prepared by our chef and staff. Monday, September 21 in the Dining Room, seating begins at 4:30 p.m.

October Vaccine Clinic – Save the Date

Our Vaccine Clinic will be held on October 8. We encourage residents to mark their calendars and plan ahead. Sign up and consent forms will be available the week of September 28.

Senior Outreach Luncheon – Our Lady of Angels (OLA)

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. Monday, September 28, the departure time will be at 11:00 a.m. Please sign up at the Front Desk

WHY DO WE SAY THAT?

ABRACADABRA

“Abracadabra” is an expression used by stage magicians and illusionists when performing tricks, and it’s even sometimes used colloquially to imply that a certain outcome is magical. The term has actually been around in one form or another for millennia. The earliest known version of the term is the Aramaic expression “avra kadavra,” which means “it will be created by my words.” In ancient Rome, the word was used by Roman sages and conjurers in various rituals. In medieval Europe, most people believed in magic, and the word “abracadabra” was used as an incantation

to ward off evil bewitchment.

If, for instance, someone believed that their illness was caused by witchcraft, a ritual would be performed where the word would be chanted repeatedly, with the last letter removed on each subsequent chant, resulting in the last chant being just the letter “a.” The idea was that the curse would get weaker as the word got shorter. The word was also written on charmed amulets that were sold by medicine men.

RIDING SHOTGUN

Once upon a time in the Wild West, long before the automobile was

invented, people used to traverse the wild terrain in stagecoaches. This was a dangerous journey, not just because of the unknown geography and wild animals, but also because of highway bandits and hostile natives. To protect the stagecoach, the person sitting next to the driver had to be armed with a shotgun. After automobiles were invented, riding in the front passenger seat became known as “riding shotgun.” This phrase stuck, in part, because of the numerous Western movies of the early 20th century, that commonly depicted those wild stagecoach rides.

September Birthdays

September Birthday Bash will be on Wednesday, September 16.

September 3	Anna Estrada
September 4	Celeste Ingram
September 5	Joyce Inouye
September 6	Bambi Satter
September 8	Jim Smith
September 9	Kenneth Biggs
September 13	Peggy Burris
September 14	Shel Rosenthal
September 15	Laure Zabek
September 17	Jim Thompson
September 19	Dee Mellander
September 22	Mort Herman
September 22	Judi Lee
September 26	Janice Platt
September 27	Evelyn Wei

Anniversary

Happy 53rd Wedding Anniversary to Gene & Phyllis Holm on September 1.

Happy 55th Wedding Anniversary to Mort & Jackie Herman on September 19.