



Catching Up with Chef Denis

It has been four years since Chef Denis Simon shared the remarkable story of his culinary career in *The Sterling Court Reporter*. For those who have joined the Sterling Court community since then, his story began in Alsace-Lorraine, France, where a love of cooking developed alongside his mother in the kitchen. An apprenticeship started at age 14, followed by training in Michelin-starred restaurants in France and a career that eventually brought him to California.

Today, after 16 years at Sterling Court, Chef Denis remains as passionate about food and the residents he serves as ever. But quite a bit has changed since that first interview.

His role now involves even more time overseeing the operation with considerable planning taking place long before a meal reaches the table. Menus are now mapped out six to seven weeks in advance, in part because purchasing food has become far more complicated. Ingredients that were once readily available through a large distributor may now require orders from several different sources. Some products that don't sell in sufficient quantities are no longer routinely stocked by large suppliers, which means Chef Denis may turn to specialty purveyors or even local stores to find exactly what is needed.

"Food is something very important," says Chef Denis. "Quantity and quality matter."

Special requests from residents add another dimension. A request for something that seems simple or a resident may see in a local grocery store can become surprisingly complicated when a commercial supplier requires purchasing it in a large quantity. All of this requires considerably more planning behind the scenes, but residents remain at the center of every decision. Chef Denis encourages feedback and, more importantly, wants to hear about a concern when something can still



Chef Denis

be done about it. "If something is not to your liking, we can fix it right at that moment," he says. "Let the server know right away. It's important."

A CONTINUED FOCUS ON HEALTH

Healthy cooking was important to Chef Denis when his story was first shared four years ago, and it remains so today. His own perspective on health has become even more personal following major heart surgery in 2023. Salt remains absent from his personal cooking and greens and protein have become an increased focus in Sterling Court's menus. Away from the kitchen, time outdoors is important too. Chef Denis keeps busy working in his garden, growing tomatoes, cucumbers, zucchini, and more, with even potatoes taking their turn during the winter.

Travel also continues to be part of his life. A recent return to his native Alsace-Lorraine provided time with his brother, and other travels have included Switzerland and Barcelona.

Perhaps the biggest personal change since the last interview has been the arrival of another granddaughter. Cooking for his family remains a pleasure, but time with his grandchildren may be even better. Even the worst day can quickly be forgotten, he says, when the grandchildren are around.

IT'S ALL ABOUT THE TEAM

Ask Chef Denis about the success of Sterling Court's dining program, and the conversation quickly shifts away from him. "It's not only me,"

(continued on page 3)

KENKEN PUZZLES

Fill each row and column with the numbers 1-4 (left) and 1-6 (right), without repeating a number in any row or column. Each group of squares outlined in bold has a small number and math symbol. The numbers placed in those squares must add, subtract, multiply, or divide to equal the small number shown. If no math symbol appears, simply enter the number shown.

3	7+	2÷	2÷
8x			
	1-		4+
	3-		

72x			2÷		1-
2÷	3÷		80x		
	2÷		75x		3+
30x	10x				
		48x		2÷	
	3+			1-	

Need help? You will find an answer key at the front desk

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, October 2

Alex Bootzin – Piano

Saturday, October 3

Melodic Outreach Endeavor

Tuesday, October 6

Kathleen Nelson – Piano

Friday, October 9

Marilyn Cooney – Piano

Saturday, October 10

Melodic Outreach Endeavor

Tuesday, October 13

Antoinette Kaufman – Flute

Friday, October 16

Eric Shifrin – Piano

Saturday, October 17

Melodic Outreach Endeavor

Tuesday, October 20

Jeff Wessman – Vocal

Friday, October 23

Kathleen Nelson – Piano

Saturday, October 24

Melodic Outreach Endeavor

Tuesday, October 27

Randy Johnson – Piano & Banjo

Friday, October 30

Lee Allen – Piano

Saturday, October 31

Melodic Outreach Endeavor

Mark Your Calendar

Tuesday, Oct. 4	Oktoberfest Special Dinner
Thursday, Oct. 8	Safeway Vaccine Clinic
Monday, Oct. 12	Indigenous Peoples' Day
Monday, Oct. 12	Canadian Thanksgiving Day
Monday, Oct. 19	Music In The Afternoon
Friday, Oct. 30	Children's Costume Parade
Saturday, Oct. 31	Halloween Special Dinner

Engaging in New Hobbies for Health and Happiness

You already know that diet and exercise are important factors in living a long and healthy life, but what else can you do to live your best life in retirement? Experts tell us that attending to mental and social health is just as important as addressing your physical needs, and participating in hobbies is one way to stay active, engaged, and healthy.

Find a Furry Friend

Pets offer companionship and a sense of purpose and have been shown to reduce stress and lower blood pressure. Furry friends also encourage exercise since they require walks or daily play and interaction to stay fit and active. They also contribute to boosting social interaction since they are natural icebreakers. Birds, cats, and small dogs are welcome at Sterling Court, so consider adding an animal companion to your home today.

Unlock Your Inner Artist

Artistic ventures encompass a variety of hobbies that provide excellent health benefits. Knitting, scrapbooking, journaling, painting, and pottery are all activities that encourage mental focus and stimulation while also providing relaxation. The act of creating is also linked to self-esteem, especially as you see your artistic skills improve with each effort. Even better, making art with friends folds a social element into the hobby, keeping you connected to fellow hobbyists and creating an environment ideal for teaching, learning, and advancing your talents. Sterling Court offers a multitude of art classes that you can sign up for – take a look at our calendar on page 4 to see which classes suit you.

Explore the Virtues of Volunteering

Volunteering is a hobby that pays returns twofold – to the recipient of your services and to you. Research has shown that the positive effects of volunteering include reduced rates of depression and isolation and increased emotional stability. The National Institute on Aging has reported that participating in purposeful engagements like volunteering can even lower the risk of chronic health issues and improve longevity.

Tutoring a younger generation, assisting neighbors with household tasks and errands, or volunteering with animals or at a cultural institution are just a few ways you can dedicate your time and effort to your surrounding community.

Try Your Hand at Cards

Whether an actual card game, like bridge, or another activity like Scrabble or bingo, playing games is a great hobby for socializing and keeping sharp. Research shows that seniors who regularly participate in mentally stimulating games have healthier brains and better recall than those who do not. Scientific studies have also shown that those who utilize their brains in this way can build up brain-saving reserves that help delay the effects of Alzheimer's and allow for a longer, healthier life.

At Sterling Court, we offer a full calendar of activities that cover a variety of interests – from history lectures to floristry demonstrations to Rummikub. Schedule time to participate in your favorite activity or take time to explore something new that you may not have tried before. You'll gain the positive benefits that accompany engaging in a hobby and may even uncover a hidden talent in the process!

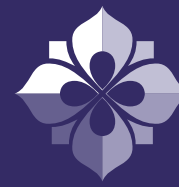
Chef Denis *(continued from the front page)*

he says. "Without my team, we cannot make it." That team extends well beyond the cooks in the kitchen to the servers and to housekeeping, maintenance, and others throughout Sterling Court. Many have worked together for years, creating a continuity that Chef Denis values tremendously. He also reminds his staff to consider the experience from the residents' perspective: if Sterling Court were your home, how would you want to be treated?

It is a philosophy that has remained remarkably consistent throughout Chef Denis's years at Sterling Court.

In his original interview, he spoke about going home at night knowing that if a resident had been having a bad day, perhaps something he had done had made that day a little better for them. Four years later, despite changes in the food industry and changes in his own life, that commitment hasn't changed at all.

Chef Denis's original interview, including the story of his childhood in France, Michelin-starred restaurant training, and journey to Sterling Court, can be found on the new Blog page at sterlingcourt.com.



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
4 10:00 Church - Catholic/Protestant 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Sterling Walkers 1:00 Sterling Stitches - VR 1:00 Games - BR 1:25 NFL Game - RR 4:30 Oktoberfest Dinner - DR 3:00 Tea Service - RR 7:00 Movie - RR / Games - BR	5 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	6 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 Kathleen Nelson - Piano 7:00 Evening Movie - RR 7:00 Games - BR
11 10:00 Church - Catholic/Protestant 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Sterling Walkers 1:00 Sterling Stitches - VR 1:00 Games - BR 1:25 NFL Game - RR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	12 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	13 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
18 10:00 Church - Catholic/Protestant 10:00 Fitnessize - RR 10:45 Fitnessize - RR 11:30 Pancake Bingo - DR 1:00 Sterling Stitches - VR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	19 9:30 Donuts on Wheels 10:00 Safeway & Walgreens 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Games - BR 12:45 Music in the Afternoon - San Mateo 1:30 History w/Michael S. - RR 3:00 Library - Burlingame 5:15 NFL Game - RR 7:00 Games - BR	20 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
25 10:00 Church - Catholic/Protestant 10:00 Fitnessize - RR 10:45 NFL Game - RR 1:00 Sterling Walkers 1:00 Sterling Stitches - VR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	26 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 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR	27 10:00 Shopping - Bridgepointe 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 Randy Johnson - Piano & Banjo 7:00 Evening Movie - RR 7:00 Games - BR

ing Court Calendar of Events

Wednesday	Thursday	Friday	Saturday
	1 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 w/Martha & Blanche - BR 7:00 Evening Movie - RR 7:00 Games - BR	2 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 Alex Bootzin - Piano 7:00 Evening Movie - RR 7:00 Games - BR	3 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
7 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	8 9:30 Donuts on Wheels 10:00 Safeway Vaccine Clinic - RR 1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR	9 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 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
14 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 7:00 Evening Movie - RR 7:00 Games - BR	15 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 w/Martha & Blanche - BR 7:00 Evening Movie - RR 7:00 Games - BR	16 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	17 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
21 10:00 Strength Training w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR / Games - BR 2:00 Bingo - DR 2:00 Shopping - Trader Joe's 3:00 October Birthday Bash 3:00 Book Review - RR 4:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR	22 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	23 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 - VR 3:00 Social Hour - RR 3:00 Kathleen Nelson - Piano 7:00 Evening Movie - RR 7:00 Games - BR	24 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
28 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	29 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 w/Martha & Blanche - BR 7:00 Evening Movie - RR 7:00 Games - BR	30 9:30 Early Learning School Children Costume Parade - LR 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 3:00 Halloween Social Hour - RR 3:00 Lee Allen - Piano 7:00 Movie - RR / Games - BR	31 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 4:30 Halloween Dinner - DR 7:00 Evening Movie - RR 7:00 Games - BR



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:

- October 5 *Alcatraz: Is A Rock of Gold*
- October 12 *Comfortable Commuting: The Glory of the Ferry Boat Era*
- October 19 *The Gold Rush Era: A Single Touch of Elegance*
- October 26 *The Last Dash to San Francisco: The Most Dangerous Part of The Voyage of the Trip*

Lecture Series with Dick McKee

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

Outsmart Yourself: Brain-Based Strategies

This course is taught by Psychology Professor Peter M. Vishton at the College of William and Mary, Williamsburg, VA.

- October 6 *Take Control of Your Automatic Brain*
- October 13 *Beat Procrastination by Doing Nothing*
- October 20 *Train Yourself Like a Dog*
- October 27 *Clean Your Kitchen, Improve Your Diet*

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 Wednesdays, 14 and 28 at 12:45 p.m. in the Bristol Room. Please sign up at the Front Desk.

Library Book Review

Mark your calendar for Wednesday, October 21; 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.

Exploring The Scripture

With Martha and Blanche, this group studies various books of the Bible, learning about the context and culture in which scripture was written and how it applies to our lives and culture today. We will finish our study of Luke's gospel at the end of October and move on to portions of the Old Testament book of Genesis with its amazing account of the earth's creation. Genesis includes the ancient story of Adam and Eve and the life of Abraham, "the friend of God." We meet on alternate Thursdays, and we would love to have you join us as we study words of wisdom and hope from the Bible. Everyone is welcome! Thursdays, October 1, 15, and 29 at 2:00 p.m. in the Bristol 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, October 22 at 1:30 p.m. in the Revere Room.

IRIS APFEL: *93 Y.O. NYC fashion maven approaches dressing as if she were "playing jazz", in other words IMPROVISING! Daffy, brassy and inspiring all at once. Do we approach getting dressed with the same sense of irony and humor?*

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. Join us in the Mount Vernon Room on Friday, October 23 at 2:00 p.m. Please sign up at the Front Desk.

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

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, October 7 at 9:30 a.m. in the Revere Room.

Sterling Court Games

Are you interested in playing games such as Bridge, Dominoes, Pinochle, Mahjong, Chinese Checkers, Scrabble, Rummikub, or others? Norma Galvin, one of our residents, has graciously volunteered to help organize groups of residents who would like to play these or other games together. Please contact her at 650-636-3614 if you would like to meet other residents who are interested in playing the same games. Please sign up at the Front Desk.

Melodic Outreach Endeavor

A group of high school students have generously volunteered to share their love of music with our community. 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.

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,

Fitness & Exercise

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. Benefits include improved balance, coordination, and strength. Wednesdays and Saturdays at 3:00 p.m. in the Revere Room.

Sterling Walkers

Go for a walk with one of our drivers, 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); please sign up at the Front Desk.

Program Highlights

49ers Game Days Are Here!

Calling all 49ers fans! Get ready for another exciting season of San Francisco football. We'll be announcing the upcoming 49ers games so you can mark your calendars and join us for the fun in the Revere Room. Whether you've been cheering for the Niners for decades or simply enjoy watching a good football game, there's plenty to look forward to this season.

Upcoming 49ers Games

SF 49ers vs. Denver Broncos – Sunday, Oct. 4 at 1:25 p.m.

SF 49ers vs. Seattle Seahawks – Sunday, Oct. 11 at 1:25 p.m.

SF 49ers vs. Washington Commanders – Monday, Oct. 19 at 5:15 p.m.

SF 49ers vs. Atlanta Falcons – Sunday, Oct. 25 at 10:45 a.m.

Come out, wear your 49ers colors, and cheer on the team!

Go Niners!

continued on reverse...



Program Highlights ...continued from reverse

Oktoberfest Special Dinner

Join us for a festive Oktoberfest Dinner and an evening of great food, good company, and German-inspired fun! Enjoy a delicious traditional feast prepared by our Chef Denis, along with lively entertainment and a cheerful Oktoberfest atmosphere. Come celebrate with us on Tuesday, October 4 in the Dining Room, doors open at 4:30 p.m.

Safeway Vaccine Clinic

Safeway Pharmacy will be at Sterling Court to administer seasonal vaccines (flu shots and updated COVID-19 booster) and routine immunizations (shingles, RSV, etc.) to our community on Thursday, October 8 from 10:00 a.m. to 1:00 p.m., please sign up at the Front Desk and fill out the consent form.

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, October 18 at 11:30 a.m. in the Dining Room. The cost is \$2.00 (includes breakfast and Bingo).

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, October 19 from 1:00 p.m. to 3:00 p.m., transportation will be provided; departure time is at 12:45 p.m., please sign up at the Front Desk.

Halloween Children's Parade

On October 30 at 9:30 a.m. children from the Early Learning School are coming to see all the Grandmas and Grandpas and they will entertain us

with their costumes and singing in the Living Room. They are always a treat to behold, seeing their costumes and hearing them sing.

Halloween Special Dinner

Join us for a spooktacular Halloween Dinner filled with delicious food and festive fun! Our Chef Denis will lead the preparation of a very spooky yet tasty menu for an evening of good food, laughter, and Halloween spirit. Come dressed in your favorite costume or simply enjoy the celebration on October 31 in the Dining Room, doors open at 4:30 p.m.

October Birthdays

October Birthday Bash will be on Wednesday, October 21.

Dick McKee	October 5
Ann Tognazzini	October 10
Lucy Chen	October 11
June Strauch	October 12
Linda Johnson	October 31

Anniversary

Happy 50th Wedding Anniversary to Shel & Rosie Rosenthal on October 31.

Welcome

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

#147 Mei Li
#202 Marjorie Robinson
#241 Ruth Price
#318 Darlene Hartman
#401 Susan Smalley

DID YOU KNOW?

When you sprinkle a pineapple with salt, it becomes sweeter. It's because table salt is mainly sodium chloride, and the sodium is effective in lowering bitterness levels in foods, making the pineapple less bitter. Scientists have found that salt diminishes our tongues' perception of the sour taste that's caused by the acidity of some foods, allowing the sweetness of the food to feature more prominently in our taste palates.

Portobello, cremini, and button mushrooms are actually the same type of mushroom and are just at different stages of maturity. They are all mushrooms of a species known

as *Agaricus bisporus*. After these mushrooms sprout, they first grow into button mushrooms. If they aren't harvested at the button stage, they will turn brown and grow into cremini mushrooms. If they still aren't harvested at this stage, they will keep growing into a large and fully mature Portobello mushroom. This one species of mushroom accounts for 90% of all mushrooms produced in the US.

Rats have been known to multiply very quickly. In fact, scientists estimate that, in a span of just a year and a half, two rats can have more than one million descendants.