



**Coastside Adult Day
Health Center**

925 Main Street Half Moon Bay
650-726-5067

**SEPTEMBER
2019**


**Say
Hello
-TO-
September**



Pages for all Ages

"How beautifully leaves grow old.
How full of light and color are their
last days." – **John Burrows**



Save the DATE!

The 49th annual
Half Moon Bay Pumpkin Festival
will be on October 19th and 20th !



The Coastside Adult Day Health Center participates and raises funds for the Center by selling sausage sandwiches and also by parking cars down near Ace Hardware. It's "all hands on deck" as the staff wakes early and mans the booths and the parking lots to attend to the droves of visitors who come to enjoy the food, the pumpkin carving, the arts and crafts and all the costumes and music! It's a great event!

Come by and say "Hello!"

A Special Thank You to the members of "What Do You Think?"

As we know, on August 3, there was a mass shooting in El Paso, Texas. In our "What Do You Think?" group, we believe that our actions influence the way we feel. Since many were feeling sad about this terrible event, we decided to take action and write letters of support and encouragement to the children who would soon be returning to grade school in El Paso. We reflected on how we felt before writing the letters and then, how we felt afterwards. Overall, we felt more hopeful and less powerless after writing the letters. So, thank you to all who volunteered to write letters to the school children of El Paso.

Thank you for caring!



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!



A little reminder.....

We all know that accidents happen.
It is just a fact of life.

Milks spills, ice cream drips....

In case of accidents like this, we ask that everyone provide an extra set of clothes that we can store here at the Center.

Just in case.....

**If soiled clothes are sent home, please launder them and return them to us as soon as possible.*



We held our annual LUAU on September 12th!



In the spirit of Aloha, we hosted our Hawaiian Theme Day on September 12th. We had wonderful entertainment from two friends of Jocelyn V's, Leonard and Benjamin, who sang and played the guitar and banjo. The Hula Dancers put on a terrific show, too! Manny, the chef from Senior Coastsiders, made Teriyaki Pork and our volunteer, Sharon, made a delicious pineapple cake.