

Support Our Local Senior Activity Center!  
Self-Help for the Elderly Presents:

San Mateo

# Autumn Moon Festival

San Mateo Central Park  
Sunday, Sept. 23, 2018



GUEST SPEAKER  
Congresswoman  
Jackie Speier

## Event Highlights:

- Children's Choir • Flamenco Dance • Haiyan Chinese Dance
- Japanese Dance • Korean Dance • Lion Dance Troupe • Food Trucks

Join us for the Generation Walk for Wellness in Central Park -supporting healthy living across all generations: grandparents, parents, children, friends.

- Walkers receive Generation Walk t-shirt.
- Walker donation: \$20 per person requested (cash or checks at event)
- **FREE** for seniors over 65 and children under 10.

## Kaiser Permanente Generation Walk for Wellness: 9:30 am

- Registration 8:30 am

## Festival & Live Performances: 10 am

Enjoy live music and dance performances, games, food & family fun activities.

INFO:

@SHESanMateo

QUESTIONS?

kellyc@selfhelpelderly.org

Title Sponsor



Event Sponsors



GET YOUR TICKETS HERE!  
<http://bit.ly/sanmateoamf>

VOLUNTEER  
at the Autumn Moon Festival



This event is presented by Self-Help for the elderly, San Mateo. Self-Help for the Elderly is a 501(c)(3) organization id#94-1750717. It provides assistance and support to seniors in the San Mateo area. Our non-profit services and companionship help guide seniors to wellness and happiness. We contribute to longer, healthier, more purposeful lives for seniors.

# 支持我們社區的長者康樂中心

安老自助處呈獻：

San Mateo

## Autumn Moon Festival

San Mateo Central Park

星期日 九月二十三日

### 活動熱點

- 兒童合唱團
- 弗拉門戈舞
- 海燕中國舞
- 日本舞
- 韓國舞
- 醒獅表演
- 美食餐車



演講嘉賓  
Congresswoman  
Jackie Speier

歡迎參加我們在聖馬刁中央公園舉辦「健康一代步行」的活動——支持代代相傳相承的健康生活：祖父母，父母親，孩子，朋友...

- 步行人士可獲「健康一代步行」T恤一件
- 步行人士捐款: 須每人\$20元 (現金或支票)
- 六十五歲或以上長者及十歲以下小童**免費**

### Kaiser Permanente 「健康一代步行」上午九時半

- 登記 上午八時半

### 節目及現場表演 上午十時

享受現場音樂及舞蹈表演，遊戲，美食及闔家歡樂活動。

資訊

@SHESanMateo

詳情查詢

kellyc@selfhelpelderly.org

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21 David Wang  
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