

SENIOR CONNECTION

AUGUST, SEPTEMBER, OCTOBER 2023

NEWSLETTER



Activities and events are sizzling at the Barbara Lee Senior Center

The Barbara Lee Senior Center is open Monday-Friday, 8:30 a.m.-4:30 p.m., and Saturday, 9 a.m.-Noon.

The Senior Center will be closed on:
September 4, 2023 – Labor Day

To access programs at the Barbara Lee Senior Center in Milpitas, seniors aged 50 or older must be members of the center. The annual membership fee is \$15 for Milpitas residents and \$33 for non-residents. Milpitas residents must provide two proofs of residency to qualify for the resident rate.

Volunteer! Become part of the Milpitas Volunteer Program (MVP)

Looking for a fun and rewarding way to give back to your community? Consider volunteering with us. We offer a variety of volunteer opportunities both in the community and at the Barbara Lee Senior Center. We are currently seeking volunteers to assist with our Senior Nutrition Lunch Program, lead walking groups, organize meet-ups at local restaurants, and help with special events at the center. Volunteer hours are flexible to accommodate your schedule. To get started, please complete our online application at tinyurl.com/wz7lqth. **Note, if you are 18 or older, you will need to be fingerprinted.**

Save the Dates!

All recreation programs, events, activities and their locations are subject to change at the discretion of Recreation Services.

MILPITAS RECREATION AND COMMUNITY SERVICES

CAMP *Golden Classics* 2023

AUGUST 16-18 Activity #28371
9 a.m. - 2:30 p.m.

For 50+ | Senior Center membership required

Barbara Lee Senior Center

40 N. Milpitas Blvd.

Camp Golden Classics will include all the traditional summer camp fun you remember from, or missed out on, in childhood: camp activities, games, movies, and best of all, making lasting memories of fun with your fellow campers and Camp Leaders!

Cost will include a daily meal at the Senior Nutrition Program, entrance to the Sock Hop and movie night on Friday, August 18, and a camp t-shirt.

For more information call (408) 586-3400 or visit www.milpitas.gov



Recreation and
Community Services



The Barbara Lee Senior Center's

SOCK HOP



FREE

Friday, August 18, 2023

6-7:30 p.m.

Barbara Lee Senior Center

40 N. Milpitas Blvd.

For 50+
Senior Center membership required

Get ready to "Shake, Rattle and Roll!" Put on your saddle shoes or blue suede shoes, and join us for a Sock Hop at the Barbara Lee Senior Center, where you can enjoy finger foods, drinks, swing dancing, and more. Dress up in your best 1950s attire to make the experience even more memorable. Be there or be square!



For more information
call (408) 586-3400 or visit www.milpitas.gov



Recreation and
Community Services

Save the Dates!

Milpitas Recreation and Community Services

Be a part of Volunteerism.

Turn your compassion into action and volunteer.



The Barbara Lee Senior Center is looking for enthusiastic volunteers to join our team and make a positive impact on our community. As a volunteer, you will gain valuable experience, meet new people, and support our senior programs and services.

All who want to volunteer will need to be fingerprinted.

Together we can make a difference!

Call (408) 586-3206 or email rgeneral@milpitas.gov

| Volunteer Title | When | Duties/Job Description |
|------------------------------------|---|---|
| Senior Nutrition Program Volunteer | Monday through Friday, 10 a.m.-1:30 p.m. | Plate and serve catered meals and assist with lunch registration and seating. |
| Walking Group Leader | Flexible: weekly, bi-monthly or monthly | Lead walk/hikes around Milpitas trails. Schedule is flexible and can be based on volunteer's availability. Should have knowledge of different trails in the area and be first aid certified. Work with 1-2 other leads to rotate leading walks. |
| Foodie Club Leader | Third Wednesday of every month, 11:30 a.m.-1 p.m. | Work with Senior Center Program Coordinator and local Milpitas restaurants to plan diverse lunch outings. |
| Meet-ups Volunteer | Once a month | Plan and lead meetups at local points of interest. At the destination, check-in participants, hand out tickets, etc. |
| Special Events Volunteer | Flexible | Assist staff with event set-up, decorating, food prep and goodie bag assembly. At the event, welcome guests, staff activity tables and help with clean up. |
| Blood Pressure Volunteer | Flexible | Conduct blood pressure readings for 1-2 hours. |



Recreation and
Community Services

Fall Health Fair – Life is not merely being alive, but being well.

Tuesday, September 19, 3:30-5:30 p.m.

Come and join us for the annual health fair that's completely free of charge! This event is aimed at seniors and is a great opportunity to gather information on health-related topics, access resources and engage with local agencies. Don't miss out!

Senior Center Treats Workshop

Tuesday, October 17, 3-4:30 p.m.

Free

Activity #29476

You are cordially invited to join us for an exciting pop tart-making workshop with Jennifer! Discover the secrets of creating your very own scrumptious pop tarts, with the added fun of decorating them with store-bought ingredients. To secure your spot for this event, please visit the Front Desk or online through Activenet. We look forward to your participation!

Halloween Pumpkin Decorating Contest

October 19-27

Free

Let your creativity shine by carving, painting, or decorating a pumpkin! We're excited to see your unique creation, and we'll provide the craft pumpkin and most materials if you need them. You could win a prize for being the most creative or fan favorite! Don't forget to submit your pumpkin by October 25, so it can be included when Senior Center members judge entries October 26-27. Winners will be announced by 4 p.m. on October 27.

Presentations

Fitness Center Orientation

Third Mondays, August 21, September 18, October 16, 1 p.m.

The Senior Center is here to support you in achieving your health goals. As a member, you can now access the Fitness Center at no extra cost. Every third Monday of the month at 1 p.m., we hold free Fitness Room Orientations. During this session, a Certified Personal Trainer will guide you on how to properly use all the equipment in the Fitness Center. If you have specific needs and fitness goals, the trainer can work with you to create a workout schedule and provide further training in the Fitness Center. Payment and scheduling for training sessions are directly managed by the trainer. For more information, you can reach out to the Senior Center Front Desk at (408) 586-3400.

Disaster Preparedness

Wednesday, August 23, 10:30 a.m.-Noon

Learn what you can do to minimize the impact when disaster strikes! There are easy steps you can take now to ensure your family is prepared to shelter at home or evacuate if necessary. This class also covers what to do during and immediately after a disaster to keep your family and home safe, help your neighbors, and support emergency responders' efforts.

CHP Age Well, Drive Smart Driver Safety Course

Friday, September 15, 10 a.m.-Noon

Activity #29474

Monday, October 2, 2-4 p.m.

Activity #29475

Are you a senior looking to brush up on your driving skills, refresh your knowledge of the rules of the road, and learn about age-related physical changes that may affect your driving ability? The California Highway Patrol has an educational program just for you. Their free, two-hour Age Well, Drive Smart class will equip you with the tools to drive safely for longer. Register online using Activenet or visit the Front Desk to secure your spot. Space is limited!



 **California Phones**
Keeping you connected.

Having difficulty **hearing or **seeing** on your smartphone? Attend a **FREE** training and make your smartphone work better for you!**

Learn how to:

- Make your smartphone louder and easier to hear
- Send & receive text messages
- Connect Bluetooth devices
- Operate the basic functions of your smartphone... and much more!

Android smartphone training is offered on the following date/time:

Android
Friday, August 11
10 a.m. - Noon

Where: **Barbara Lee Senior Center**
40 N. Milpitas Boulevard, Milpitas, CA 95035

Register online using Activenet or visit the Front Desk.
Activity #29068

Space is limited, registration required

Contact: For more information call the Barbara Lee Senior Center at (408) 586-3400 or stop by the Senior Center Front Desk.


6/21

Drop-In Programs

All drop-in programs are included with your annual Senior Center membership.

Monday

| | | |
|---------------------------------|---------------------|--------------|
| Fitness Center | 8:30 a.m.-4:30 p.m. | Fitness Room |
| Chinese Folk Dance | 9-10 a.m. | Dance Room |
| Chair Yoga & Pilates | 10:30-11:30 a.m. | Dance Room |
| Plaza Dancing | 1:30-2:30 p.m. | Dance Room |

More drop-in programs will be phased in throughout the year. To suggest a new drop-in activity or volunteer instructor, please contact Ann Marie Asis at (408) 586-3403 or by email, aasis@milpitas.gov.

Tuesday

| | | |
|------------------------------|---------------------|--|
| Fitness Center | 8:30 a.m.-4:30 p.m. | Fitness Room |
| Book Club | 10:30-11:30 a.m. | 3rd Tuesday |
| Quilting & Sewing | 12-3:30 p.m. | Every 4th Tuesday in February, April, June, August, October, and December the class will be held in Room 146 |
| Yuan Chi Dance | 1:30-3 p.m. | Dance Room |

Wednesday

| | | |
|---|---------------------|--------------|
| Fitness Center | 8:30 a.m.-4:30 p.m. | Fitness Room |
| Let's Sing Choir (formerly known as Pop Choir) | 10-11:45 a.m. | 146 |
| Bridge Social | 1-3 p.m. | 146 |
| Ballroom Lead Training | 1-2 p.m. | Dance Room |
| Ballroom Instruction | 2-4:30 p.m. | Auditorium |

Thursday

| | | |
|-------------------------------|---------------------|--------------|
| Fitness Center | 8:30 a.m.-4:30 p.m. | Fitness Room |
| Conversational English | 9:30-11:30 a.m. | 140/41 |
| Bridge Social | 1-3 p.m. | 146 |
| Ballroom Instruction | 2-4:30 p.m. | Auditorium |
| Karaoke Time | 2-3 p.m. | 4th Thursday |
| Karaoke Time (Chinese) | 3:15-4:30 p.m. | 4th Thursday |
| | | 140/41 |

Friday

| | | |
|------------------------------------|---------------------|--------------|
| Fitness Center | 8:30 a.m.-4:30 p.m. | Fitness Room |
| Chair Yoga & Pilates | 9:30-10:30 a.m. | Dance Room |
| Calligraphy (Chinese) | 9:30-11:30 a.m. | Art Room |
| Chinese Folk Dance | 11 a.m.-12 p.m. | Dance Room |
| Hand & Foot (card game) | 12-4 p.m. | 140/41 |
| Friday Dance Fever | 2-3:30 p.m. | Auditorium |

Fee-Based Classes

Register for classes online using ActiveNet or at the Senior Center Front Desk. Don't have an ActiveNet account? Contact the Senior Center and staff will help you create one.

A list of classes is also available in the Milpitas Recreation and Community Services Activity Guide in the 50+ section.

Please note, class and activity registration for Fall 2023/Winter 2024 classes will begin for residents on Tuesday, August 15, and for non-residents on Thursday, August 17.

Chinese Brush Painting

Learn the fundamental principles, techniques, and styles of Chinese brush painting. Through the use of rice paper, students will learn to perfect their brushstrokes and acquire a solid understanding of the concepts involved. They will then progress to more advanced techniques. All skill levels are welcome to join. *Limited space is available for each session below.*

Beginner

| In-Person | Time | Class Dates | Day | Meetings | Resident/Non Resident Rate |
|-----------|-----------------|---------------|--------|----------|----------------------------|
| #29338 | 12:30-3:30 p.m. | 09/11 - 10/30 | Monday | 8 | \$120/\$131 |

Intermediate

| In-Person | Time | Class Dates | Day | Meetings | Resident/Non Resident Rate |
|-----------|-----------------|---------------|---------|----------|----------------------------|
| #29341 | 12:30-3:30 p.m. | 09/12 - 10/31 | Tuesday | 8 | \$120/\$131 |

Advanced

| In-Person | Time | Class Dates | Day | Meetings | Resident/Non Resident Rate |
|-----------|-----------------|--------------|--------|----------|----------------------------|
| #29344 | 12:30-3:30 p.m. | 09/15 - 11/3 | Friday | 8 | \$120/\$131 |

Line Dance

Line dancing is a solo activity that's enjoyable and beneficial for fitness. The dance routines are tailored to suit the skill level of the class. Advanced Beginner level is a review for those who already have some experience in line dancing. Intermediate level is designed for students who have taken multiple classes in the past.

Advanced Beginner

| In-Person | Time | Class Dates | Day | Meetings | Resident/Non Resident Rate |
|-----------|-----------|---------------|---------|----------|----------------------------|
| #29347 | 9-10 a.m. | 09/12 - 10/31 | Tuesday | 8 | \$40/\$51 |

Intermediate

| In-Person | Time | Class Dates | Day | Meetings | Resident/Non Resident Rate |
|-----------|------------|---------------|-----------|----------|----------------------------|
| #29350 | 10-11 a.m. | 09/13 - 11/01 | Wednesday | 8 | \$40/\$51 |

Oil Painting

If you're a beginner or a seasoned painter looking for new techniques, this oil painting class is perfect for you. The instructor will guide students in creating a diverse range of artworks using oil paints, with a focus on impressionist landscapes and portraits. The class will take place in the Art Room.

| In-Person | Time | Class Dates | Day | Meetings | Resident/Non Resident Rate |
|-----------|----------------|---------------|----------|----------|----------------------------|
| #29373 | 9 a.m.-12 p.m. | 09/12 - 10/31 | Tuesday | 8 | \$120/\$131 |
| #29375 | 9 a.m.-12 p.m. | 09/14 - 11/02 | Thursday | 11 | \$165/\$176 |

Fee-Based Classes

Body Alignment – Pilates-style

There is a saying in the fitness industry: straighten before strengthening! What this means is that proper form and execution of movements are first and foremost. It all starts with your core, which is the body's center of gravity and runs from the diaphragm to the pelvis. In this class, you will focus on learning how to properly engage your body as it moves through Pilates-type movements and stretches. Please bring your own floor mat (a thick-sized mat is recommended). Class is performed in bare feet or non-slip yoga socks.

| In-Person | Time | Class Dates | Day | Meetings | Resident/Non Resident Rate |
|-----------|-----------------|---------------|---------|----------|----------------------------|
| #29335 | 12:15-1:15 p.m. | 09/12 - 10/31 | Tuesday | 8 | \$40/\$51 |

Zumba Gold

Are you searching for a Zumba class that features modified moves with lower intensity but still retains the excitement of the original routine? Our instructor will concentrate on improving your balance, range of motion, and coordination. You have the option to enroll in either in-person or virtual classes through Zoom that last for an hour. Toni Perrina, the instructor, will email you the Zoom link before the class. In case you do not receive the link by the day before, kindly contact the Front Desk.

| In-Person | Time | Class Dates | Day | Meetings | Resident/Non Resident Rate |
|-----------|------------------|---------------|----------|----------|----------------------------|
| #29378 | 10:30-11:30 a.m. | 09/12 - 10/31 | Tuesday | 8 | \$40/\$51 |
| #29380 | 10:30-11:30 a.m. | 09/14 - 11/02 | Thursday | 8 | \$40/\$51 |

| Zoom | Time | Class Dates | Day | Meetings | Resident/Non Resident Rate |
|--------|------------------|---------------|----------|----------|----------------------------|
| #29382 | 10:30-11:30 a.m. | 09/12 - 10/31 | Tuesday | 8 | \$40/\$51 |
| #29384 | 10:30-11:30 a.m. | 09/14 - 11/02 | Thursday | 8 | \$40/\$51 |

Milpitas Recreation and Community Services

Classic Movies Under the Stars

\$5 Senior Center member, \$7 non-member

Seniors 50+

Enjoy a classic movie under the stars with members of the Barbara Lee Senior Center. Bring your own blanket or lawn chair to set on top of the lawn area. Your reserved ticket is good for one person and includes a candy bar and a bag of popcorn.

When you arrive, visit the check-in table to pick up your candy and popcorn.

All sales are final; no refunds will be issued. The movie will start at sunset, at approximately 8:30 p.m.

Register online or by visiting the Senior Center.

JOHN TRAVOLTA OLIVIA NEWTON-JOHN

Grease (1978)

Barbara Lee Senior Center

For more information call (408) 586-3400 or visit www.milpitas.gov



Ages 50+

Milpitas Recreation and Community Services

Senior Adventures Around the World Tastings

Join the Senior Center Team this summer as they visit local eateries to taste the diverse cuisines being offered in our community. This is a great way to try different foods and meet other foodies!

Every third Wednesday in the Summer at 11:30 a.m.
Senior Center Membership required

Plan to meet at the restaurant and pay for your individual order
Prices of food will vary from \$15 to \$40

August 16

Dish N Dash
Middle Eastern cuisine
260 Ranch Dr., McCarthy Ranch

Pre-register by August 11, so staff can make reservations.

For more information, contact the Senior Center at Senior_Center@milpitas.gov or (408) 586-3400.

 **Milpitas**
Recreation and Community Services

Additional Services

The Barbara Lee Senior Center is here for you.

We offer a wide range of services such as legal aid, medical insurance guidance, nutritional advice, and more.

Health Insurance Counseling & Advocacy Program (HICAP)

First and third Tuesdays (English and Vietnamese) 10 a.m.-Noon

Every third Monday (English and Mandarin) 10 a.m.-Noon

By appointment only for one-hour counseling sessions

Sourcewise's Health Insurance Counseling & Advocacy Program (HICAP) provides impartial information and personalized counseling to assist you in making informed choices about Medicare and Medi-Cal coverage. It is not associated with any insurance provider, ensuring unbiased guidance.

Senior Adults Legal Assistance (SALA)

SALA is a non-profit organization that offers legal services to elderly individuals in Santa Clara County. Their goal is to help seniors live independently, safely, and with dignity. Since 1973, SALA has been providing free legal services and community education to residents aged 60 and above, without any income eligibility criteria. Their team of attorneys offers a range of legal services, from basic advice and referrals to comprehensive representation. SALA's caseload consists of legal matters that are typically not handled by private attorneys and have a significant impact on the most vulnerable elderly members of our community. To learn more and schedule an appointment, contact the Senior Center Front Desk at (408) 586-3400.

Milpitas Assistance Program

You or someone you know may be eligible for discounts on recreation programs, water or sewer utility bills, and residential building permits for a replacement water heater, furnace, air conditioner units or electrical panel. Milpitas residents who participate in qualified Federal, State or County programs, such as Medicaid or Medi-Cal, SSI, or food stamps are eligible and households at or below the California Housing and Community Development income levels for this area qualify. Milpitas residents experiencing temporary financial hardship due to job loss, loss of the primary wage earner, or serious illness may also be eligible. Those enrolled in the Milpitas Assistance Program also receive updates on other resources valuable to low-income residents. For more information, contact Social Services Coordinator at (408) 586-3405, or visit www.milpitas.ca.gov/MAP.



A purple-themed poster for the Lantern Festival. The word "Lantern" is written in large, stylized orange and yellow letters, with "FESTIVAL" in white below it. The word "FREE" is written in white to the right. The background features various stylized lanterns in shades of red, blue, and gold hanging from the top. The bottom half of the poster has a dark purple background with decorative gold patterns on the sides. The text "Friday, September 29, 2023 | 6-9 p.m." and "Civic Center Plaza (457 E. Calaveras Blvd.)" is centered in white. Below this, a box contains the text: "Celebrate the second annual Lantern Festival this fall at the Civic Center Plaza in Milpitas. Activities will include cultural dancing, live bands, a food truck, and kid crafts. Lantern kits, suitable for hanging in the Plaza, will be available for purchase." The bottom of the poster has a dark purple footer with the text "This event is funded by the American Rescue Plan Act." in white.

Senior Nutrition Program FAQs

The Milpitas Recreation and Community Services Department is delighted to collaborate with the Santa Clara County Senior Nutrition Program. Our facility provides a relaxed atmosphere for enjoying lunch while socializing with other visitors. To secure a spot, kindly reserve at least 24 hours in advance before noon. Please note that seating is limited and on a first-come, first-served basis. If you require additional details, please don't hesitate to call (408) 586-3413.

Dine-In Service:

Monday through Friday at 10:30 a.m. - 1 p.m.

Registration begins at 10:30 a.m. and participants are required to have a pre-reserved lunch for the day. Check-in between 10:30 a.m. and 11:45 a.m. To receive their meal at noon, participants must be seated by 11:50 a.m.

Who is eligible to receive a Gold Scan Card? Any senior (60+) can make a reservation. We ask that you complete a Santa Clara County registration form for all participants over the age of 60 to receive a Gold Scan Card.

Is there a cost, and where does my donation go to? There is a suggested contribution of \$3 per meal for seniors aged 60+. However, no eligible senior is ever denied because of a failure or inability to contribute. There is a required \$9 fee for guests under the age of 60. You can place your contribution (cash or check payable to the City of Milpitas) in the cash box when checking in. Your donation goes back to the Senior Nutrition Program.

Do I need to make reservations for lunch? Yes. To make a reservation, please call (408) 586-3413 before noon on the day prior to your desired meal. If you are reserving a seat for a Monday, please call by noon on the Friday prior. Kindly leave your name, phone number, date of the meal, and meal preference. Please note that any reservations that have not been checked in by 11:45 a.m. will be given to individuals on the waitlist.

I'm on the waitlist. What happens next? Please note that being placed on the waitlist does not guarantee you a meal. Unclaimed meals will be released on a first-come, first-served basis.



What is a Meal Punch Card, and how much does it cost?

Meal Punch Cards may be purchased on site. A Meal Punch Card is a pre-paid card you can purchase for \$30 and receive a complimentary meal. You must present this card when checking in for your reserved meal.

What do I bring when checking in for my meal? Please bring your Santa Clara County Gold Scan Card, cash for payment, or Meal Punch Card.

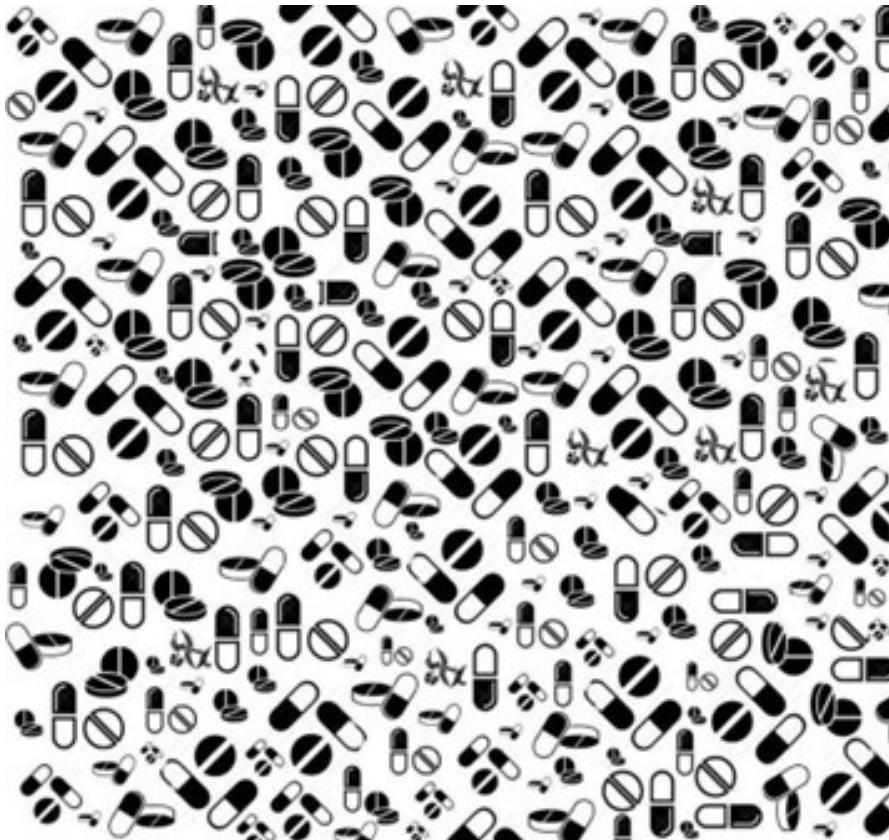
Who provides the catered food? The meals are catered by Santa Clara County-approved caterers TRIO Community Meals and MoonChef. A detailed menu for each day is available upon request and is posted on the bulletin board in the auditorium.

Cancellations & No-Shows: If you are unable to attend, please call as soon as possible (at least the day before) to cancel. If you fail to cancel or no-show two times in a row, the rest of your meals will be canceled for the week.

Brain Teasers

Engaging in brain games and puzzles can serve as mental exercises that effectively enhance your memory, concentration, and problem-solving skills. Take a break, have a cup of coffee or tea, and enjoy solving the puzzles below.

Can you find the panda?



Find the ten differences
between the two pictures



Barbara Lee Senior Center Memberships – Become a member or renew

Milpitas' Barbara Lee Senior Center is for adults 50+. A Senior Center Membership is required to participate in all programs unless otherwise noted. Membership is \$15 for Milpitas residents and \$33 for non-residents. Milpitas residents must show two proofs of residency for the discounted rate.

For more information, contact the Barbara Lee Senior Center at senior_center@milpitas.gov or (408) 586-3400.