

# SENIOR CONNECTION

SPRING 2024

NEWSLETTER



Let's Par-Tea 2023.

## Spring Has Sprung 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:

February 19, 2024 - Presidents Day

April 1, 2024 - César Chavez Day (observed)

To access most 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. Service programs such as the Senior Nutrition Program, Health Insurance Counseling and Advocacy (HICAP), and Senior Adults Legal Assistance (SALA) do not require a Senior Center membership.

## 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 [bit.ly/milpitas-volunteers](https://bit.ly/milpitas-volunteers). **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 and Community Services.

If you're interested in learning more or signing up for any of the events listed below, please reach out to the Senior Center. Visit the Front Desk in person, call (408) 586-3400, or send an email to [senior\\_center@milpitas.gov](mailto:senior_center@milpitas.gov) with your name and contact details.

## Introducing Your Senior Advisory Commission

The Senior Advisory Commission advises the City Council on matters relating to recreation, leisure, and nutrition services for seniors in Milpitas. The Commission plays an active role at the Senior Center, promoting events and activities, while also participating as members of the Senior Center. The Senior Advisory Commission meets every fourth Tuesday of February, April, June, August, October, and December at 1:30 p.m. at the Barbara Lee Senior Center. Residents are encouraged to attend a meeting.

### Members:

Jenny Berryhill, Commissioner  
Deborah Langley, Commissioner  
Barbara Jo Navarro, Commissioner  
Ha Phan, Commissioner  
Nona Tolentino, Commissioner  
Willy Wong, Commissioner  
Simon Chu, Alternate  
Sai Anish, Student Commissioner

Milpitas has a strong tradition of community participation. You can help shape the future of your community by applying to serve on a City of Milpitas Commission. Addressing a variety of topics, the 12 City Commissions advise the City Council and provide a public forum for community input. To learn more about the City's commissions, browse the commission descriptions online at [Milpitas.gov](http://Milpitas.gov) and consider applying today.

Milpitas Recreation and Community Services

# Let's Par-tea

**April 27, 2024**  
**11 a.m. - 1:30 p.m.**  
**Barbara Lee Senior Center**  
**40 N. Milpitas Blvd.**

*\$20 for current members*  
*\$25 for non-members*  
*Activity #29814*

Register here  
[bit.ly/senior-par-tea](https://bit.ly/senior-par-tea)



Please join us for our annual Par-Tea event! You are invited to celebrate with us in the most elegant way possible and feel like royalty for a day. The Barbara Lee Senior Center cordially invites you and a guest to attend high tea. You will be offered a variety of teas, finger sandwiches, and cookies to enjoy. This year's event is a garden tea party, complete with flower crowns and a souvenir to plant in your own garden.



Milpitas Recreation and Community Services

# **SPIRIT DAY**

## **Celebrations**

**Barbara Lee Senior Center**  
40 N. Milpitas Blvd.

Join the festivities and show your Senior Center pride! Get together with your friends and prepare to have a blast during Spirit Days. Coordinate your outfits, participate in exciting activities, and make unforgettable memories. Don't miss out on all the fun!



### **February 13: National PAntines Day – Friends Day**

Everyone wears pink. (We will take pictures and post them on the wall.)



### **March Madness**

Every Friday, wear your favorite basketball team gear.



### **April 20: National Look-a-like Day**

Dress to match a friend. (We will take pictures and post them on the wall.)



### **May 24: National Paper Airplane Day**

Make your own paper airplane and compete for who can fly the longest time and distance. (We will provide designs and materials.)



For more information  
call (408) 586-3400 or visit [www.milpitas.gov](http://www.milpitas.gov)



Recreation and  
Community Services

# We Run on Volunteerism.

Turn your compassion into action.

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

All volunteers over age 18 will need to be fingerprinted.

**Together we can make a difference!**

**Call (408) 586-3400 or email [senior\\_center@milpitas.gov](mailto:senior_center@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 walks/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.



Milpitas Recreation and Community Services

# Pajamas & Pancakes Party

**Saturday, March 9, 2024**  
**10 a.m. - Noon**

**Barbara Lee Senior Center**  
(40 N. Milpitas Blvd.)

**Ages 50+ | Activity #29840**  
**Senior Center Members: \$15**  
**Non-members: \$20**

Get ready to spring forward with us at the first-ever Barbara Lee Senior Center Pajamas & Pancakes Party! Join us for a delicious breakfast of pancakes with an assortment of toppings, including butter, chocolate chips, and syrup, accompanied by hardboiled eggs, turkey sausage, and fresh fruit. The event will also feature a Best-Dressed PJ contest and a fun springtime craft. Don't miss out!

*Daylight savings time starts on Sunday, March 10, 2024.*



For more information  
visit [www.milpitas.gov](http://www.milpitas.gov) or call (408) 586-3400.



Recreation and  
Community Services

# Presentations and Workshops

If you would like to know more about any of the presentations listed below or register for them, please get in touch with the Senior Center. You can visit the Front Desk in person, call (408) 586-3400, or email [senior\\_center@milpitas.gov](mailto:senior_center@milpitas.gov) with your name and contact details.

## Age Well, Drive Smart Program - CHP

**February 6, Activenet #29807 | March 9, Activenet #29809 | April 13, Activenet #29811 | 9:30-11:30 a.m.**

The California Highway Patrol (CHP) is determined to help drivers age 65 and older maintain their driving independence by offering the Age Well, Drive Smart class at local community centers. The Barbara Lee Senior Center class is an educational program specifically designed to help seniors tune up their driving skills, refresh their knowledge of the rules of the road, discuss normal age-related physical changes, and how they can potentially affect your driving ability. It is a free two-hour class that will provide seniors with the tools to drive safer and drive longer. Space is limited. It is highly recommended to register for the class.

## Bingocize

**Wednesday and Fridays, February 14 - April 19, 2-3 p.m. | Activenet #29813**

Bingocize is a 10-week evidence-based fall prevention program combining exercise and health information to get older adults moving and socializing. The program combines the game of Bingo with exercises and health information to address fall prevention and increase activity levels. It uses health information to maintain/improve quality of life, maintain/improve mobility and independence, engage with others in a social setting, build confidence, create a sense of belonging in the community, and help strengthen relationships. Through a partnership with Cigna, Bingocize also aims to address loneliness in older adults as measured by the UCLA Loneliness Scale. Participants take a survey the first and last week of the program to see if it has improved their sense of well-being and reduced their sense of social isolation.

Please note:

- Participants should wear comfortable clothes they can exercise in and sturdy closed-toed shoes.
- Participants should bring water.

## Do I Need a Will? Do I Need a Trust?

**Tuesday, February 27, 10-11 a.m. | Activenet #29555**

Estate planning involves how an individual's assets will be preserved, managed, and distributed after death. Senior Adults Legal Assistance (SALA) will inform seniors about basic estate planning documents: wills and trusts. Find out how you can avoid probate and be an informed consumer when it comes to planning for your estate. For more information about SALA, visit [www.sala.org](http://www.sala.org).

## Benefits and Financial Assistance Guide

**Tuesday, April 9, 6-7:30 p.m. | Activenet #29767**

Think you qualify for government assistance, but not sure where to start? At this workshop, you will learn about federal and state programs that may help you pay for food, housing, health care, and other basic living expenses. In this one-hour presentation, Habitat For Humanity will cover:

- Cash and housing assistance
- Healthcare programs
- Social Security benefits
- Disability benefits

For more information about Habitat For Humanity, visit [www.habitat.org](http://www.habitat.org).

Please note:

- This is an online presentation over Zoom. A link will be e-mailed prior to the class meeting.

## Navigating LGBTQ Conversations

**English: Tuesday, April 23, 6-7:30 p.m. | Activenet #29768**

**Mandarin: Tuesday, May 7, 6-7:30 p.m. | Activenet #29769**

In this online discussion forum, Avenidas Rainbow Collective will provide a forum for how to navigate conversations with your adult children who are part of the LGBTQ+ community. Here, you will learn how to listen with understanding and speak to them in a way that demonstrates love and respect. All questions are welcome.

For more information about Avenidas, visit [www.avenidas.org](http://www.avenidas.org).

Please note:

- This is an online presentation over Zoom. A link will be e-mailed prior to the class meeting.
- Attendees are welcome to keep their cameras off during the presentation.

# Presentations and Workshops

## Protecting Against Financial Abuse

**Thursday, May 9, 1:30-2:30 p.m. | Activenet #29770**

Losing money to fraud, scams, and exploitation can be devastating, especially to older adults, who may not be able to earn back what has been lost. Senior Adults Legal Assistance (SALA) will teach older adults and their families to identify different scams in the digital age and not fall for them. They will also provide signs and examples of financial abuse, so you are able to stay in control of your finances.

For more information about SALA, visit [www.sala.org](http://www.sala.org).

Please note:

- This presentation will take place in person.

## Fitness Center Orientation

**Third Mondays, March 18, April 15, 2024 at 1 p.m.**

**No Orientation on February 19**

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 host a free Fitness Room Orientation. 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. The trainer directly manages payment and scheduling for training sessions.

# Drop-In Programs

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

## Monday

<b>Fitness Center</b>	8:30 a.m.-4:30 p.m.	Fitness Center
<b>Small Game Room</b>	8:30 a.m.-4:30 p.m.	146
<b>Chinese Folk Dance</b>	9-10 a.m.	Dance Room
<b>Plaza Dancing</b>	1:30-2:30 p.m.	Dance Room

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](mailto:aasis@milpitas.gov).

## Tuesday

<b>Fitness Center</b>	8:30 a.m.-4:30 p.m.	Fitness Center
<b>Book Club</b>	10:30-11:30 a.m.	3rd Tuesday 140/41
<b>Quilting &amp; Sewing</b>	12-3:30 p.m.	Every 4th Tuesday in February, April, June, August, October, and December the class will be held in Room 146 140/141
<b>Yuan Chi Dance</b>	1:30-3 p.m.	Dance Room
<b>AARP Tax Aide Services</b>	By appointment only	February 13 - April 12 146

## Wednesday

<b>Fitness Center</b>	8:30 a.m.-4:30 p.m.	Fitness Center
<b>Pop Choir</b>	10-11:45 a.m.	146
<b>Bridge Social</b>	1-3 p.m.	146
<b>Ballroom Lead Training</b>	1-2 p.m.	Dance Room
<b>Ballroom Instruction</b>	2-4:30 p.m.	Auditorium



# Drop-In Programs

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

## Thursday

<b>Fitness Center</b>	8:30 a.m.-4:30 p.m.		Fitness Center
<b>Small Game Room</b>	8:30-12 p.m.		146
<b>Conversational English</b>	9:30-11:30 a.m.		140/41
<b>Bridge Social</b>	1-3 p.m.		146
<b>Ballroom Instruction</b>	2-4:30 p.m.		Auditorium
<b>Karaoke Time</b>	2-3 p.m.	4th Thursday	140/41
<b>Karaoke Time (Chinese)</b>	3:15-4:30 p.m.	4th Thursday	140/41

## Friday

<b>Fitness Center</b>	8:30 a.m.-4:30 p.m.		Fitness Center
<b>Chinese Chorus</b>	9-10:30 a.m.		Dance Room
<b>Calligraphy (Chinese)</b>	9:30-11:30 a.m.		Art Room
<b>Chinese Folk Dance</b>	11 a.m.-12 p.m.		Dance Room
<b>Hand &amp; Foot (card game)</b>	12-4 p.m.		140/41
<b>Friday Dance Fever</b>	2-3:30 p.m.		Auditorium
<b>AARP Tax Aide</b>	By appointment only	February 13 - April 12	146

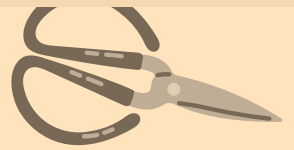
## Saturday

<b>Fitness Center</b>	9 a.m.-12 p.m.		Fitness Center
<b>Quilting &amp; Sewing</b>	9-11:45 a.m.	1st Saturday	140
<b>Karaoke for All</b>	10-11:30 a.m.	2nd and 4th Saturdays	146
<b>Let's Dance</b>	9:45-11:45 a.m.		Auditorium
<b>Saturday Craft Corner</b>	9 a.m.-12 p.m.	See flyer on the next page for dates	Lobby



Saturday Craft Corner 2023.



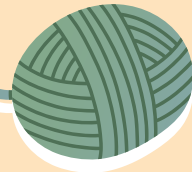


# Saturday Craft Corner

**FREE**

Activity  
#29481

with  
Milpitas High School Crochet Club



9 a.m. - Noon

Barbara Lee Senior Center | 40 N. Milpitas Blvd.  
For 50+ | Senior Center membership required



The Milpitas High School Crochet Club hosts a Saturday craft activity or how-to-crochet workshop twice a month at the Barbara Lee Senior Center, where they not only teach the art of crochet but also encourage intergenerational bonding through other crafts.

## JANUARY

- 1/6 Crochet fingerless gloves
- 1/20 Painting birdhouses

## FEBRUARY

- 2/3 Crochet heart keychains and flower keychains
- 2/17 Clay sculpting

## MARCH

- 3/2 Origami animals
- 3/16 Crochet flower coasters
- 3/30 Embroidery

## APRIL

- 4/13 Acrylic painting
- 4/27 Paper quilling art



Register for these workshops online or by visiting the Front Desk.

[http://apm.activecommunities.com/milpitasrec/Activity\\_Search/70149](http://apm.activecommunities.com/milpitasrec/Activity_Search/70149)



For more information  
call (408) 586-3400 or visit [www.milpitas.gov](http://www.milpitas.gov)



Recreation and  
Community Services

# 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 Adults 50+ section. More class information is available at [bit.ly/milpitas-registration](https://bit.ly/milpitas-registration) or visit the front desk.

## Body Alignment – Pilates-style Additional day added!

There is a saying in the fitness industry: straighten before strengthening! What this means is that proper form and execution of moments 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
#29774	12:15-1:15 p.m.	02/13/24-03/26/24	Tuesday	7	\$35/\$46
#29775	12:15-1:15 p.m.	04/09/24-05/28/24	Tuesday	8	\$40/\$51
#29837	12:15-1:15 p.m.	02/16/24-03/29/24	Friday	7	\$35/\$46
#29838	12:15-1:15 p.m.	04/12/24-05/31/24	Friday	8	\$40/\$51

## 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
#29778	12:30-3:30 p.m.	02/12/24-03/25/24	Monday	6	\$90/\$101
#29778	12:30-3:30 p.m.	04/08/24-05/20/24	Monday	7	\$105/\$116

### Intermediate

In-Person	Time	Class Dates	Day	Meetings	Resident/Non Resident Rate
#29781	12:30-3:30 p.m.	02/13/24-03/26/24	Tuesday	7	\$105/\$116
#29782	12:30-3:30 p.m.	04/09/24-05/28/24	Tuesday	8	\$120/\$131

### Advanced

In-Person	Time	Class Dates	Day	Meetings	Resident/Non Resident Rate
#29784	12:30-3:30 p.m.	02/16/24-03/29/24	Friday	7	\$105/\$116
#29785	12:30-3:30 p.m.	04/12/24-05/31/24	Friday	8	\$120/\$131

# Fee-Based Classes

## Drawing for Beginners New Class!

If you have ever wanted to draw, this class is for you. The instructor, Thong Le, will introduce all the essential aspects of drawing a wide variety of subjects. He will provide helpful tips and practical instruction on basic drawing techniques and skills, along with step-by-step demonstrations. Drawing for Beginners includes instruction in working with pencils and charcoal. Participants should bring own art supplies for drawing, such as pencils, charcoal, pens and drawing (sketch) paper.

### Beginner

In-Person	Time	Class Dates	Day	Meetings	Resident/Non Resident Rate
#29787	9 a.m.-12 p.m.	02/12/24-03/25/24	Monday	6	\$90/\$101
#29788	9 a.m.-12 p.m.	04/08/24-05/20/24	Monday	7	\$105/\$116

## 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.

In-Person	Time	Class Dates	Day	Meetings	Resident/Non Resident Rate
#29790	9 a.m.-12 p.m.	02/13/24-03/26/24	Tuesday	7	\$105/\$116
#29791	9 a.m.-12 p.m.	02/15/24-03/28/24	Thursday	7	\$105/\$116
#29792	1 p.m.-4 p.m.	02/15/24-03/28/24	Thursday	7	\$105/\$116
#29793	9 a.m.-12 p.m.	04/09/24-05/28/24	Tuesday	8	\$120/\$131
#29794	9 a.m.-12 p.m.	04/11/24-05/30/24	Thursday	8	\$120/\$131
#29795	1 p.m.-4 p.m.	04/11/24-05/30/24	Thursday	8	\$120/\$131

## 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. Instructor Toni Perrina 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
#29797	10:30-11:30 a.m.	02/13/24-03/26/24	Tuesday	7	\$35/\$46
#29798	10:30-11:30 a.m.	02/15/24-03/28/24	Thursday	7	\$35/\$46
#29799	10:30-11:30 a.m.	04/09/24-05/28/24	Tuesday	8	\$40/\$51
#29800	10:30-11:30 a.m.	04/11/24-05/30/24	Thursday	8	\$40/\$51

Zoom	Time	Class Dates	Day	Meetings	Resident/Non Resident Rate
#29802	10:30-11:30 a.m.	02/13/24-03/26/24	Tuesday	7	\$35/\$46
#29803	10:30-11:30 a.m.	02/15/24-03/28/24	Thursday	7	\$35/\$46
#29804	10:30-11:30 a.m.	04/09/24-05/28/24	Tuesday	8	\$40/\$51
#29805	10:30-11:30 a.m.	04/11/24-05/30/24	Thursday	8	\$40/\$51

# 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.

### Free Tax Assistance - AARP Foundation Tax-Aides

**Tuesdays and Fridays, February 13-April 12**

AARP Foundation Tax Aides will be back at the Senior Center this year to help older adults with low-moderate income levels complete and electronically file their taxes. This free service is provided by trained volunteers through AARP Foundation Tax Aides and gives special attention to those 60+ in age. To make an appointment, contact the Senior Center at (408) 586-3400. Memberships in AARP or Senior Center are not required.

### 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. To learn more and schedule an appointment, contact the Senior Center Front Desk at (408) 586-3400.

### Senior Adults Legal Assistance (SALA)

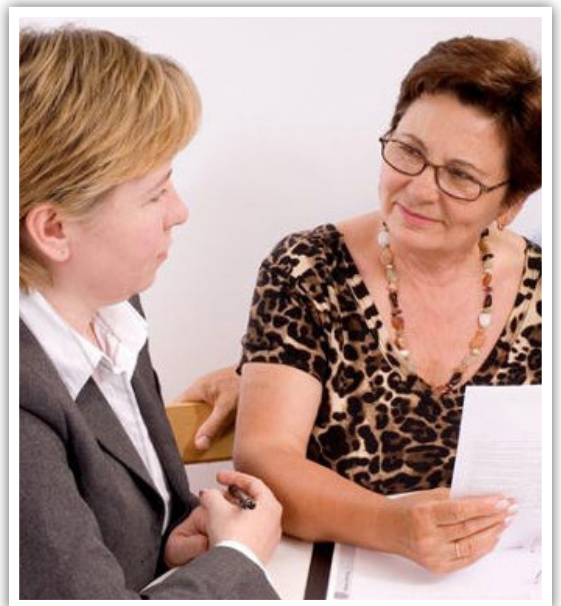
**Second Wednesday, 10 a.m.-Noon**

**By appointment only for a thirty (30) minute counseling session**

Senior Adults Legal Assistance, also known as SALA, is a non-profit organization that provides legal services to elderly individuals in Santa Clara County. Their mission is to help seniors live safely, independently, and with dignity. Since 1973, SALA has been offering free legal services and community education to residents aged 60 and over, without any income eligibility criteria. Their team of attorneys offers a variety 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 about their services or schedule an appointment, you can 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 associated with replacing a water heater, furnace, air conditioner unit, 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 Karla Dajano at (408) 586-3405, or visit [www.milpitas.ca.gov/MAP](http://www.milpitas.ca.gov/MAP).



Senior Adults Legal Assistance (SALA).



# 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, 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?

Participants over the age of 60 must complete a registration form to receive a Gold Scan Card.



Senior Center kitchen staff members.

## Is there a cost, and where does my donation go to? There

is a recommended contribution of \$3 per meal for seniors who are 60 years old and above. However, no senior who is eligible will be turned away because of their inability to contribute. Guests who are under 60 years old are required to pay a fee of \$9. You can place your contribution (cash or check payable to the City of Milpitas) in the cash box when you check in. Your donation will be used to support the Senior Nutrition Program.

**Do I need to make reservations for lunch?** Yes. To reserve a seat, call (408) 586-3413 before noon on the day prior to your desired meal date or up to a week in advance. If you are booking for a Monday meal, please make sure to call by noon on the Friday beforehand. Kindly provide your name, phone number, preferred meal date, and meal preference when making your reservation. Please be aware 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?** Unclaimed meals will be released on a first-come, first-served basis to those on the waitlist. Please note that being placed on the waitlist does not guarantee you a meal.

**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.



Staff member preparing lunch for the Senior Nutrition Program.

**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.

## Spring Word Scramble

DIRECTIONS: Unscramble the letters to form a word connected to the spring season.

NIAR	
UTLIP	
RNWIOAB	
INCPIC	
EFOSRWL	
HNNUEISS	

Answer Key:

Word Scramble

Sunshine

Flowers

Picnic

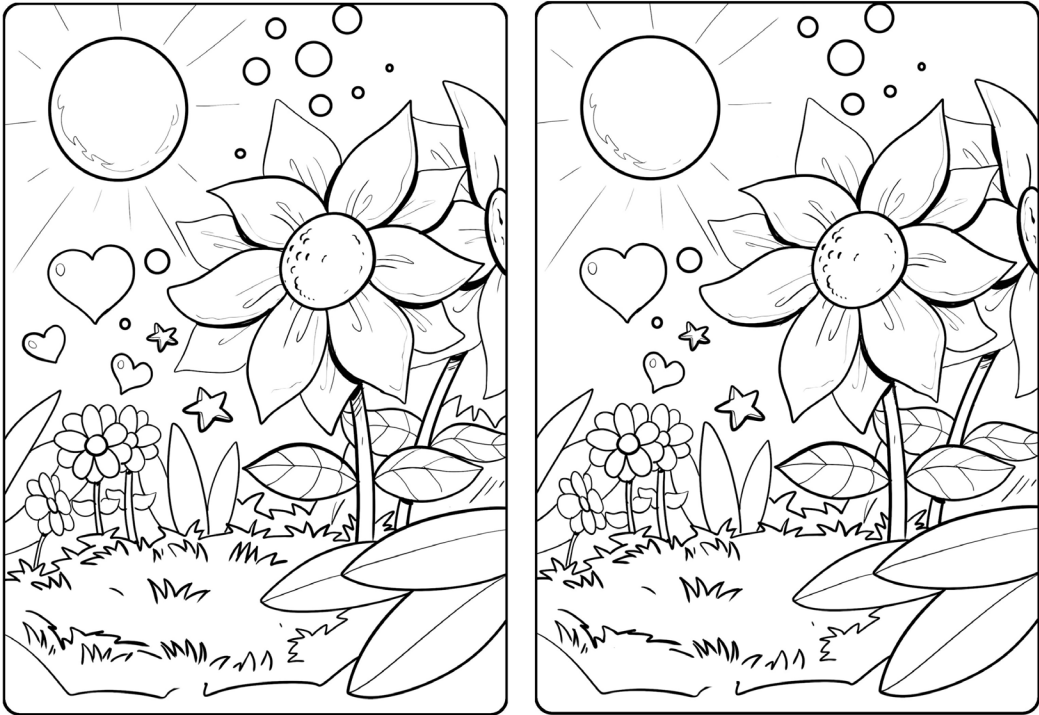
Rainbow

Tulip

Rain

## SPOT THE DIFFERENCE

Can you spot the 11 differences between these two pictures?



Free printable courtesy of PrintitFree.net

## 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](mailto:senior_center@milpitas.gov) or (408) 586-3400.