

SENIOR CONNECTION

FALL | AUGUST - OCTOBER 2024

NEWSLETTER

The Barbara Lee Senior Center in Milpitas is a beautiful facility named after a former Milpitas Councilmember who was an advocate for seniors. The Center serves as a welcoming and vibrant space for individuals age 50+, offering a range of engaging activities. From daytime fitness, art, and enrichment classes, to presentations and special events, there's something for everyone at the Barbara Lee Senior Center.

One of the most impressive features of the Senior Center is its state-of-the-art fitness center, available free to seniors with a current Senior Center membership. The Fitness Center's modern equipment and weighted dumbbells allow you to work out at your own pace and meet your physical health and fitness goals.

The center offers a great opportunity to socialize with peers, relax, and enjoy friendly competitions such as ping pong, pool, and board games. There is also a daily nutrition program where you can enjoy a healthy and delicious meal.

Visit the Barbara Lee Senior Center today and experience the warmth, energy, and community that make this a special place!

The Senior Center will be closed on:
September 2, 2024 – Labor Day

To access most programs at the Barbara Lee Senior Center in Milpitas, those age 50+ must be members. The annual membership fee is \$16 for Milpitas residents and \$34 for non-residents. Milpitas residents must provide two proofs of residency to qualify for the resident rate. Social 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.

Milpitas Recreation and Community Services



SATURDAY, AUGUST 24, 2024

11:30 A.M. - 2 P.M.

Barbara Lee Senior Center
40 N. Milpitas Blvd.

Senior Center Member: \$15

Non-Member: \$20

Ages 50+



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

Get ready for the ultimate summer event at the Barbara Lee Senior Center! Join us for an unforgettable fiesta at the annual barbecue. Indulge in mouthwatering Latin cuisine, request your favorite tunes from DJ Oh Henry to dance to, visit the Latin-inspired DIY station to make maracas, and relish the company of friends and neighbors as we bid adieu to summer in style. Don't miss out on the chance to create wonderful memories and forge new friendships. Save the date and get set for a summer fiesta like no other!

Come dressed in your brightest fiesta-themed attire and receive two extra chance drawing tickets.

Milpitas Assistance Program (MAP) customers may use their discount toward this program. For more information, visit www.milpitas.gov/MAP.



Register now!
bit.ly/sc-summer-fiesta

Menu options will include a choice of meat or a vegetarian meal. Please let us know your meal preference when registering.



Recreation and
Community Services

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 with your name and contact information.

As part of the City Fee Schedule approved by City Council in June, certain Recreation and Community Services fees have increased for the 2024-25 fiscal year. Senior Center fee changes going into effect with Fall registration are:

- Senior Center Resident Membership fee: \$16
- Senior Center Non-resident membership fee: \$34
- Senior Center Classes: \$5-\$8 per instruction hour
- Processing Fees: \$4-\$7

Paddles against Dementia

Saturday, September 7, 2024 | 10 a.m.-Noon

Come and participate in a special table tennis event organized in partnership with Paddles Against Dementia. This organization is committed to enhancing the quality of life for seniors by introducing them to the joy of table tennis. Their goal is to create a supportive and active community focused on this engaging sport to help lower the risk of dementia in the elderly. Through friendly competition, social engagement, and mental stimulation, their aim is to boost cognitive resilience, encourage mental agility, and cultivate enduring connections that contribute to a vibrant and dementia-resistant future for our senior participants.

Halloween Sock Hop

Friday, October 18, 2024 | 4-6 p.m.

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. You can enjoy finger foods, drinks, swing dancing, and more. Dress up in your best 1950s Halloween attire to make the experience even more memorable. Be there or be square!

Senior Advisory Commission Introduction

The Senior Advisory Commission advises the City Council on matters relating to recreation, leisure, and nutrition services for seniors in Milpitas. The Commission is actively involved in promoting events and activities at the Senior Center, and most members of the Commission are also participants in 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. Anyone from the public can attend a Senior Advisory Commission meeting.

Members:

Deborah Langley, Chair
Jenny Berryhill, Vice Chair
Barbara Jo Navarro, Commissioner
Ha Phan, Commissioner
Hui "Robyn" Chen, Alternate Commissioner
Mary Llamas, Commissioner
Neelam Wadhwani, Alternate Commissioner
Nona Tolentino, Commissioner
Willy Wong, Commissioner
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 City's 13 Commissions and Committees 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 and consider applying today.



Shown here at this year's 1950s-themed Commissioners Recognition Event are current and recent Senior Advisory Commission members (clockwise from top) Sai Anish, Jenny Berryhill, Neelam Wadhwani, Barbara Jo Navarro, Melba Holiday, and Deborah Langley.

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.

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	Second Wednesday between 10 a.m. and 3 p.m. and third Saturday between 9 a.m. and noon of every month	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	Tuesday, Thursday for 1.5 hours anytime between 9 a.m. and 3 p.m. or Saturday, for one hour from 10-11 a.m.	Conduct blood pressure readings for 1-2 hours a few times a month.



Milpitas Recreation and Community Services

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

Register for these workshops online or by visiting the Front Desk.
apm.activecommunities.com/milpitasrec/Activity_Search/70149

UPCOMING WORKSHOPS

- 8/10 Watercolor Painting
- 8/24 Crochet Basics - Flower Puffs
- 9/14 Clay Sculpting
- 9/28 Crochet Water Bottle Holder
- 10/12 Origami
- 10/26 Crochet Amigurumi - Stuffed Toys

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 with your name and contact information.

Technology for Seniors

Twice a month on Wednesdays | 10:30-11:30 a.m. | Room 140/141

If you're feeling overwhelmed by technology, fear not! In partnership with AnewVista, our experienced instructors will provide tailored classes to boost your tech skills via live Zoom sessions. Don't miss this incredible opportunity to learn and bond with others in a dynamic and encouraging setting.

Know Your Rights

Friday, August 9, 2024 | 10-11 a.m. | Room 140/141

Come and learn important information for lawful permanent residents and their families from Catholic Charities of Santa Clara County's immigration program.

Topics include:

- Steps to becoming a U.S. citizen
- Petitioning for family members
- Know your rights under the U.S. Constitution
- Legal resources and an opportunity to ask questions regarding government programs and policies

For more information about Catholic Charities of Santa Clara County, visit www.ccsscc.org.

Age Well in the Golden Years

Wednesday, August 21, 2024 | 10-11 a.m. | Room 140/141

Join Bay Area Community Health for an engaging presentation tailored to older adults. The focus will be on the keys to aging and living a fulfilling life in the golden years. Topics to be covered include mindful aging, healthy habits for longevity, holistic health, and purposeful living. For more information about Bay Area Community Health, please visit www.bach.health.

Fitness Center Orientation

Third Mondays, August 19, September 16, and October 21, 2024 at 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. During the free Fitness Room Orientation, 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.



The graphic features a dark blue background with a white and yellow border. In the center, the words "SENIOR GAMES" are written in large, white, stylized letters. Above the "S", there are blue puzzle pieces, and above the "G", there are red bowling pins and a red bowling ball. Below the "S" are yellow athletic shoes, and below the "G" is a green ping pong paddle. To the right of the text, there is a block of text describing the Senior Games, followed by a registration note. At the bottom, there is information about the event dates and location, along with a note about membership requirements and registration details.

Get ready for exciting competitions this summer! The Barbara Lee Senior Center is proud to host its own Senior Games, in the spirit of the Summer Olympics. Don't miss the opening ceremony, where you'll witness a torch walk and meet all the competitors. Whether you prefer individual or team events, we've got you covered. From puzzle-athons to relay races, Lego building contests to coloring competitions, and even bowling, there's something for everyone.

For 50+
Senior Center membership required

For more information and to register yourself or your team for an event, please visit the Front Desk during business hours.

August 5-9

Barbara Lee Senior Center
40 N. Milpitas Blvd.

Drop-In Programs

All drop-in programs are included with your annual Senior Center membership.
All classes are taught in English unless noted.

Monday

Fitness Center	8:30 a.m.-4:30 p.m.	Fitness Center
Small Game Room	8:30 a.m.-4:30 p.m.	146
Chinese Folk Dance	9-10 a.m.	Dance Room
Plaza Dancing	2-3 p.m.	Auditorium

To suggest a new drop-in activity or volunteer instructor, please contact Ann Marie Asis at (408) 586-3403 or aasis@milpitas.gov.

Tuesday

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

Wednesday

Fitness Center	8:30 a.m.-4:30 p.m.	Fitness Center
Line Dance Beginner	9:15-10:15 a.m.	Dance Room
Pop Choir	10-11:45 a.m.	146
Line Dance Intermediate	10:30-11:30 a.m.	Dance Room
Technology for Seniors	10:30-11:30 a.m.	Live via Zoom in the classroom
1960s, '70s and Island Jam Session	12-2 p.m.	Art Room
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 Center
Small Game Room	8:30 a.m.-12 p.m.	146
Conversational English	9:30-11:30 a.m.	140/141
Bridge Social	1-3 p.m.	146
Ballroom Lead Training	12-2 p.m.	Dance Room
Ballroom Instruction	2-4:30 p.m.	Auditorium
Karaoke Time	2-3 p.m.	Fourth Thursday
Karaoke Time (in Chinese)	3:15-4:30 p.m.	Fourth Thursday
		140/141

Drop-In Programs

All drop-in programs are included with your annual Senior Center membership.
All classes are taught in English unless noted.

Friday

Fitness Center	8:30 a.m.-4:30 p.m.	Fitness Center
Small Game Room	8:30 a.m.-12 p.m.	146
Chinese Chorus	9-10:30 a.m.	Dance Room
Calligraphy (in 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.	140/141
Friday Dance Fever	2-3:30 p.m.	Auditorium

Saturday

Fitness Center	9 a.m.-12 p.m.	Fitness Center
Quilting & Sewing	9-11:45 a.m.	First Saturday
Karaoke for All	10-11:30 a.m.	Second and fourth Saturdays
Let's Dance	9:45-11:45 a.m.	For August, classes will be held at the Community Center Auditorium. Classes will return to the Senior Center in September.

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 Senior Center Membership 50+ section.

Registration for Fall season classes will begin on September 10 for Milpitas residents, and non-residents can register on September 11, 2024.

Body Alignment – Pilates-style

Tuesdays and Fridays | 12:15-1:15 p.m.

There is a saying in the fitness industry: straighten before strengthening! This means 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.

Chinese Brush Painting

Mondays, Beginner | Tuesdays, Intermediate | Fridays, Advanced | 12:30-3:30 p.m.

Learn the fundamental principles, techniques, and styles of Chinese brush painting. Students will learn to perfect their brushstrokes on rice paper 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.*

Drawing for Beginners

Mondays | 9 a.m.-Noon

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 their own art supplies for drawing, such as pencils, charcoal, pens, and drawing (sketch) paper.

Fee-Based Classes

Oil Painting

Tuesdays and Thursdays | 9 a.m.-Noon

Thursdays | 1-4 p.m.

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.

Zumba Gold

Tuesdays and Thursdays | 10:30-11:30 a.m

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.

Additional Services

Blood Pressure Screenings*

Volunteers are available to measure your blood pressure. Please inquire at the front desk for available appointment times.

*Tuesday, Thursday for 1.5 hours anytime between 9 a.m. and 3 p.m. or Saturday, for one hour from 10-11 a.m.

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.

HICAP 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, or 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, 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.

Brain Teasers

REBUS FOR YOU!

Solve these visual word puzzles by looking for clues in the placement, color, or number of words. Have fun!

1. Injury + Insult	2. Weather Bit
3. yourballcourt	4. B C a t a g
5. T B Bush A E	6. 1. 2. Blame 3. Blame
7. belly	8. ri poorch
9. mce mce mce	10. MONSTERI

Engage your mind and improve your cognitive abilities with brain games and puzzles. Take a break in the shade and enjoy solving the puzzle provided.

1. A green eyed monster
2. A bit under the weather
3. The ball is in your court
4. Let the cat out of the bag
5. Beat around the bush
6. No one to blame
7. Yellow belly
8. Take from the rich and give to the poor
9. Three blind mice
10. A green eyed monster

Answer Key:



MILPITAS PUBLIC ART MASTER PLAN

Take the Survey

Do you have ideas about what public art could look like in Milpitas? Take the survey linked in the QR code!

Stay Connected

Follow along at milpitaspublicartplan.com for upcoming events and updates!



For more information, contact tmclane@milpitas.gov or (408) 586-3212.

SHARE YOUR VISION
FOR PUBLIC ART



Milpitas Recreation and Community Services

Lantern Festival

Friday, September 20, 2024
6-8 p.m.

Civic Center Plaza | 457 E. Calaveras Blvd.
FREE ADMISSION

Come join us and celebrate the Harvest full moon with our Milpitas community. Local favorites, the band Vietcoustic, and others will perform a lively free show, and beautiful lanterns will light up Civic Center Plaza.

Lantern Kits, suitable for decorating, and food will be available for purchase on-site from Saigon Street Food Truck.



Recreation and
Community Services

BARBARA LEE SENIOR CENTER
40 N. Milpitas Blvd., Milpitas, CA 95035
(408) 586-3400 | senior_center@milpitas.gov
Monday - Friday: 8:30 a.m. - 4:30 p.m., Saturday: 9 a.m. - Noon