

SENIOR CONNECTION

WINTER | NOVEMBER 2024-JANUARY 2025

NEWSLETTER

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

Wishing you a season of gentle recreation! Stay cozy, stay active, and may this winter bring you joy in every moment—whether you're enjoying peaceful walks, watching nature's beauty, or sharing laughter over a warm cup of tea.

The Senior Center will be closed on:

November 11, 2024 – Veterans Day

November 28-30, 2024 – Thanksgiving Closure

December 21, 2024-January 3, 2025 – Holiday Closure

January 20, 2025 – Martin Luther King, Jr. Day

To access most programs at the Barbara Lee Senior Center in Milpitas, seniors aged 50 or older must be members. The annual membership fee is \$15 for Milpitas residents and \$35 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.



Holiday Tea 2023

Day Trips are Back – Just in Time for the Holidays!

Milpitas Recreation and Community Services

Barbara Lee Senior Center DAY TRIPS

We're thrilled to announce the return of our Day Trip Program with an extra special outing, just in time for the holiday season!

All-inclusive 



Willow Glen Petroglyph and Lunch

**Saturday, December 14
10 a.m. – 3:30 p.m.**

 **RSVP by
November 30.**

Senior Center members: \$110

Non-members: \$130

Hop on a chartered bus with us as we head to Petroglyph Ceramic Lounge, a fun and creative spot in San Jose where you can unleash your inner artist by painting a unique holiday-themed clay object, perfect to decorate your home or gift to someone special. Your artwork will be professionally fired and delivered to the Senior Center for pickup a week later.

After working up an appetite, we'll enjoy a festive lunch at Crepevine in the charming Willow Glen neighborhood. It's the perfect way to relax, explore, and get into the holiday spirit with friends – old and new. **This all-inclusive trip covers the ceramic piece, lunch, and transportation.** Milpitas Assistance Program (MAP) customers may use their discount toward this program. For more information, visit www.milpitas.gov/MAP.

Note: Space is limited to 20 participants. If more than 20 people sign up, we'll hold a random drawing for the available spots. Complete a trip form online or at the Senior Center Front Desk.



bit.ly/daytrip-form

Saturday Craft Corner

FREE
Activity
#30919

with
Milpitas High School Crochet Club

9 a.m. - Noon

Barbara Lee Senior Center | 40 N. Milpitas Blvd.

For 50+ | Senior Center membership required

UPCOMING WORKSHOPS

- 11/9 Painting Tote Bags
- 11/23 Crochet Beanie/Scarves
- 12/7 Crochet Beanie/Scarves

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

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	Weekdays, shifts can be 10 a.m.-1 p.m. and 11 a.m.-1 p.m.	Plate and serve catered meals and assist with lunch registration and seating.
Walking Group Leader	Weekly/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.
Engagement and Research Lead Volunteer	Flexible, approximately 8-10 hours a month	Conduct remote research to explore new trends for active adults and to support staff in implementing new programming. Also, assist other volunteers with their duties before and during special events.
Special Events Volunteer	Flexible	Assist staff with event set-up, decorating, food prep, and treat bag assembly. At the event, welcome guests, manage activity tables, and assist with clean-up.
Blood Pressure Volunteer	Tuesday, Thursday for 1.5 hours anytime between 9 a.m. and 3 p.m., Saturdays for one hour from 10-11 a.m.	Conduct blood pressure screenings in our Resource area.

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

Info Tables, Presentations and Workshops

If you would like to know more about any of the presentations listed below or register for them, please contact 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.

Santa Clara County Behavioral Health Services Division of Peer Services

Wednesdays, November 20, December 12, January 8, and February 12 | 10 a.m. to 12:30 p.m.

Stop by to learn about the peer support programs and resources available to help you or a loved one.

Take Control of Your Financial Future: Free Estate Planning Seminar

Thursday, November 14 | 7-9 p.m. | Activity #31549

Are you ready to empower yourself and protect your assets? The Barbara Lee Senior Center, in partnership with Brainin Law Office, invites you to a complimentary seminar on estate planning. Learn effective strategies to manage your financial future, reduce bureaucratic burdens, and safeguard your wishes and loved ones in the event of an unexpected situation. This is not a sales presentation.

Learn or discover:

- The true cost of allowing probate court and intestacy laws to dictate the distribution of your estate
- Why having only a will may not be enough to protect your family in worst-case scenarios
- Strategies to shield your assets from nursing home expenses
- How to ensure your inheritance goes to your children, not a new spouse if the surviving partner remarries
- Ways to prevent the courts from making decisions about your medical or financial affairs if you become disabled or incapacitated—and why most estate plans overlook this critical issue
- The risks to your primary asset if you've refinanced your home in recent years
- The drawbacks of Joint Tenancy and how to create an effective estate plan to avoid them
- How to use your estate plan to ensure lifelong care for a special needs child or grandchild
- And much more!

Don't miss this opportunity to gain valuable insights that can make a significant difference in your financial future. Reserve your spot today! Register by November 8.

Milpitas Assistance Program (MAP) Information Session

Saturday, November 16 | 11 a.m. | Activity #31523

In-person, Room 140/141

Need help understanding and registering for the Milpitas Assistance Program? City staff will host an informational event to answer questions and assist Milpitas residents in registering online for MAP. This program provides discounts on City service fees for low- and very low-income residents and residents experiencing temporary financial hardship due to job loss, loss of the primary wage earner, or serious illness.

Age Well, Drive Smart Program - CHP

Mondays, November 25, December 9, January 13, and February 10 | 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 program at local community centers, including the Barbara Lee Senior Center. This educational program is designed to help seniors tune up their driving skills, refresh their knowledge of the rules of the road, and discuss normal age-related physical changes and how they affect driving ability. It is a free two-hour class that will provide seniors with the tools to drive safer and longer. Space is limited. Registering for the class is highly recommended. Graduates of this program may be eligible for discounts on auto insurance for mature drivers. Inquire with your insurance provider.



Age Well, Drive Smart class, May 2023

Diabetes Prevention & Management

Tuesday, November 26 | 10 a.m. | Activity #30270

In-person, Room 140/141

November is National Diabetes Awareness Month. Get empowered with the knowledge and tools you need to thrive. Bay Area Community Health helps adults and older adults take charge of their eating and exercise habits. Learn how to prevent diabetes or manage your diabetes diagnosis. For more information about Bay Area Community Health, visit www.bach.health.

Drop-In Programs

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

New Drop-in Classes!

Simply Seated

Mondays | 10:30 a.m.

Simply Seated is an invigorating total body chair workout including warm-up, aerobic endurance, strengthening, and stretching exercises. This chair exercise program is designed for active adults and is not a slow-paced or boring workout. It offers challenging and effective exercises, all of which are done while seated.

This easy-to-follow total body workout can help you regain strength, stamina, improve posture, and reduce the risk of falls. Core training exercises can assist in reducing your waistline and strengthening your back and abs. Additionally, cardio exercises can help improve overall heart health and increase stamina.

Each exercise has been modified to ensure maximum benefit. Simply Seated is sure to help you work towards better health and wellness. *Please note: This class is taught using a DVD.*

Intermediate Guitar Jam

Tuesdays | 10 a.m.

Looking to have some fun while improving your guitar skills? Join our Intermediate Guitar Jam, where it's all about enjoying music together in a laid-back and friendly atmosphere! This group is perfect for those who know basic chords and strumming but want to explore new styles, learn a few tricks, and most importantly, play for the fun of it.

We'll explore different strumming patterns, fingerpicking, and a variety of music genres—from folk to blues to the classics you love. No pressure, no formal lessons—just a great time making music with others who share your passion.

What you'll need:

- A basic understanding of chords and strumming
- Your own guitar
- A love of music and a desire to have fun!

Come for the music; stay for the fun and friendship!

SeniorIT - Free Technology Help for Senior Center Members!

Saturdays | 10-11:30 a.m.

We are thrilled to partner with the SeniorIT Foundation, an organization comprised of high school volunteers dedicated to helping seniors understand and use modern technology. Every Saturday high school volunteers are available to assist senior center members with various tech-related issues, especially challenges using mobile devices.

Join us for free Technology Help sessions where you can get support with:

- Password management
- Accessibility features
- WhatsApp
- Health apps
- Device customization
- And more!

Please remember to bring your mobile devices to these sessions, whether it's a smartphone, laptop or tablet.

Our enthusiastic volunteers are here to guide you, helping you enhance your skills and troubleshoot any issues you may have.

Don't miss this fantastic opportunity to feel more confident and connected in today's digital world! Call to reserve your spot and let us know what you need help with so we can better assist you.



Technology for Seniors, Wednesdays at 10:30 a.m.

Drop-In Programs

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

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
Simply Seated	10:30-11:15 a.m.	New! Chair exercise with a DVD instruction	Dance Room
Plaza Dancing	2-3 p.m.		Auditorium

Tuesday

Fitness Center	8:30 a.m.-4:30 p.m.		Fitness Center
Small Game Room	8:30 a.m.-4:30 p.m.	Except when in use by a class	146
Book Club	10:30-11:30 a.m.	Third Tuesday	140/141
Intermediate Guitar Jam	10-11 a.m.	New!	146
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	140/141

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	140/141
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	140/141
Karaoke Time (in Chinese)	3:15-4:30 p.m.	Fourth Thursday	140/141

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
Blood Pressure Screenings	2-3:30 p.m.	New! No appointment is necessary.	Resource Area

Saturday

Fitness Center	9 a.m.-12 p.m.		Fitness Center
Quilting & Sewing	9-11:45 a.m.	First Saturday	140
Let's Dance	9:45-11:45 a.m.		Auditorium
Karaoke for All	10-11:30 a.m.	Second and fourth Saturdays	146
SeniorIT	10-11:30 a.m.	New! No appointment is necessary.	Resource Area

Fee-Based Classes

Milpitas Assistance Program (MAP) customers may use their discount toward these fee-based classes. For more information, see page 7 or visit milpitas.gov/MAP.

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.

Body Alignment – Pilates-style

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 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
#31326	12:15-1:15 p.m.	10/29-12/17	Tuesday	7	\$38/\$49
#31328	12:15-1:15 p.m.	1/7-1/28/2025	Tuesday	4	\$22/\$33
#31327	12:15-1:15 p.m.	11/1-12/20	Friday	6	\$33/\$44
#31329	12:15-1:15 p.m.	1/10-1/31/2025	Friday	4	\$22/\$33

Chinese Brush Painting

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 below.*

Beginner

In-Person	Time	Class Dates	Day	Meetings	Resident/Non-Resident Rate
#31280	1-4 pm	9/16-1/27/2025	Monday	9	\$148/\$159

Intermediate

In-Person	Time	Class Dates	Day	Meetings	Resident/Non-Resident Rate
#31281	12:30-3:30 p.m.	9/17-1/27/2025	Tuesday	10	\$165/\$176

Advanced

In-Person	Time	Class Dates	Day	Meetings	Resident/Non-Resident Rate
#31282	12:30-3:30 p.m.	9/20-1/31/2025	Friday	10	\$165/\$176

Drawing for Beginners

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.

Beginner

In-Person	Time	Class Dates	Day	Meetings	Resident/Non-Resident Rate
#31307	9 a.m.-Noon	11/4/2024-01/27/2025	Monday	9	\$148/\$159

Oil Painting

Whether 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
#31310	9 a.m.-Noon	11/5-12/17	Tuesday	7	\$115/\$126
#31535	2-4 p.m.	11/6-12/18	Wednesday	7	\$77/\$88
#31313	9 a.m.-Noon	11/7-12/19	Thursday	6	\$99/\$110
#31316	1-4 p.m.	11/7-12/19	Thursday	6	\$99/\$110
#31311	9 a.m.-Noon	1/7-1/28/2025	Tuesday	4	\$66/\$77
#31536	2-4 p.m.	1/8-1/29/2025	Wednesday	4	\$44/\$55
#31314	9 a.m.-Noon	1/9-2/6/2025	Thursday	5	\$82/\$93
#31317	1-4 p.m.	1/9-2/6/2025	Thursday	5	\$82/\$93

Fee-Based Classes

Zumba Gold

Looking for a fun way to exercise? Consider trying out Zumba Gold! This class is perfect for all skill levels, and it's all about moving to the beat of the music while improving your balance, strength, range of motion, coordination and rhythm. You can attend either in-person or virtual classes through Zoom, which lasts an hour. Toni Perrina, the instructor, will send you the Zoom link before the class. If you haven't received the link by the day before the first class; please contact the Front Desk at the Barbara Lee Senior Center.

In-Person	Time	Class Dates	Day	Meetings	Resident/Non-Resident Rate
#31342	10:30-11:30 a.m.	1/7-1/28/2025	Tuesday	4	\$22/\$33
#31343	10:30-11:30 a.m.	1/9-1/30/2025	Thursday	4	\$22/\$33
Zoom	Time	Class Dates	Day	Meetings	Resident/Non-Resident Rate
#31371	10:30-11:30 a.m.	1/7-1/28/2025	Tuesday	4	\$22/\$33
#31372	10:30-11:30 a.m.	1/9-1/30/2025	Thursday	4	\$22/\$33

Additional Services

Free Blood Pressure Screenings

Fridays | 2-3:30 p.m.

Stay on top of your health with our Free Blood Pressure Screenings, provided by our wonderful team of volunteers! Regular blood pressure checks are important for monitoring heart health, and this quick and simple test can help you stay informed. No appointment is necessary. Stop by for your free screening, and let's work together to keep you feeling your best!

Free Tax Assistance - AARP Foundation Tax-Aides

Tuesdays and Fridays, February-April

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 beginning in February. This free service is provided by trained volunteers through AARP Foundation Tax Aides and gives special attention to those aged 60+ and over. 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) | 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 milpitas.gov/MAP.

Brain Teasers

Engage your mind and improve your cognitive abilities with brain games and puzzles. Cozy up indoors and enjoy solving the puzzles provided below.

Word Scramble: Unscramble these words related to Winter.

1. GNIETRIW
2. ESCRAF
3. HATROCES
4. HETAR
5. SNWO

1. WINTERRING
2. SCARF
3. TORCHES
4. HEART
5. SNOW

Answer Key:

Synonym Challenge - Winter

Vocabulary: Match each word with its synonym.

1. Cold	a) Windy
2. Frost	b) Chilly
3. Snow	c) Comfortable
4. Cozy	d) Ice crystals
5. Blustery	e) Flurries

1. b) Chilly	5. a) Windy
2. d) Ice crystals	4. c) Comfortable
3. e) Flurries	3. e) Flurries
4. a) Windy	2. 22
5. c) Comfortable	1. 13

Answer Key:

Simple Math Puzzle: Fill in the blanks.

1. $12 + \underline{\quad} = 25$
2. $\underline{\quad} - 8 = 14$
3. $6 \times \underline{\quad} = 42$

1. 13
2. 22
3. 7

Answer Key:



Barbara Lee Senior Center
Flapjack Feast
Tuesday, November 5, 2024
4:30-6:30 p.m.
40 N. Milpitas Blvd.

Ages 50 and up | Free
Registration is required.
No Senior Center membership required

Register online or in person by **Friday, November 1, 2024**.
bit.ly/flapjack-feast



Odd One Out - Spot the Difference:

Circle the word that doesn't belong in each list.

1. Hat, Mittens, Gloves, Sandals
2. Snow, Rain, Ice, Sunshine
3. Sled, Snowboard, Swimwear, Skis
4. Fireplace, Heater, Ice Cube, Blanket

1. Sandals
2. Sunshine
3. Swimwear
4. Ice Cube

Answer Key:

Matching Game - Basic

Multiplication: Match the left column with the correct answer in the right column.

1. $6 \times 5 = \underline{\quad}$	a) 24
2. $8 \times 7 = \underline{\quad}$	b) 45
3. $9 \times 3 = \underline{\quad}$	c) 48
4. $12 \times 4 = \underline{\quad}$	d) 42
	e) 30

1. e) 30	4. c) 48
2. d) 56	3. b) 27

Answer Key:



Winter Wonderland Ball

Tuesday, December 10, 2024

4:30-6:30 p.m.
Barbara Lee Senior Center
40 N. Milpitas Blvd.

Ages 18 and up
Member fee: \$5 | Non-member fee: \$8

Register online or in person by Friday, December 6, 2024.

bit.ly/winterwonder-ball



Recreation and
Community Services