

# SENIOR CONNECTION

HAPPY HOLIDAYS AND HAPPY NEW YEAR

NEWSLETTER

## A WORD FROM YOUR CENTER STAFF:

The staff at the Barbara Lee Senior Center truly misses all of you. Although our building remains closed in accordance with the State of California and Santa Clara County Public Health Orders, we are continuing with our goal to keep **you** connected.

We are currently offering online classes, social services, and weekday to-go meals.

We hope that this newsletter provides you with helpful resources, projects, and brain exercises to make your time at home easier. We can't wait to see you enjoying your day at the Senior Center again!

## Virtual Classes beginning January 2021

In order to register for these programs and classes please contact the Senior Center by email at [Senior\\_Center@ci.milpitas.ca.gov](mailto:Senior_Center@ci.milpitas.ca.gov) or call (408) 586-3400. Staff will contact you to help you get registered. If you already have access to our online registration site, please login here: [apm.activecommunities.com/milpitasrec](http://apm.activecommunities.com/milpitasrec). You may begin registering for the classes on December 14. There is an additional \$10 senior non-resident fee for each class.

### Zumba Gold

Active older adults, are you looking for a modified Zumba class that recreates the original moves you love at a lower-intensity? The instructor will focus on balance, range of motion and coordination. Class will be conducted via Zoom once a week for six weeks. Class may be cancelled if minimum requirement of participants is not met.

<a href="#">#17125</a>	\$30/\$40	January 5-February 11, 2021	Tuesday & Thursday	10:30 a.m.-11:30 a.m.	12 meetings
<a href="#">#18413</a>	\$15/\$25	January 6-February 10, 2021	Wednesday	6:00 p.m.-7:00 p.m.	6 meetings

### Tone up with Toni

As we age, we lose muscle mass and strength. This class will focus on strengthening, toning, and firming your major muscle groups. You will perform exercises for the upper, middle, and lower body using a combination of floor work and standing exercises. To maintain flexibility, the class will end with a series of stretches. Have an exercise mat (yoga) and optional 2-3 lbs. hand weights for resistance/ strength work. Class will be conducted via Zoom twice a week. Class may be cancelled if minimum requirement of participants is not met. There is no class on Monday, January 18, 2021 in observance of Martin Luther King, Jr. Day.

<a href="#">#17192</a>	\$28/\$38	January 4-February 10, 2021	Monday & Wednesday	10:30 a.m.-11:30 a.m.	11 meetings
<a href="#">#18414</a>	\$15/\$25	January 9-February 13, 2021	Saturday	10:30 a.m. - 11:30 a.m.	6 meetings

### Chair exercises

Become stronger, more flexible and improve your balance with chair exercises. You will gain strength by working on your cardio endurance (heart), arms, legs, core (abdominals), and back muscles to easily perform for your Activities of Daily Living (ADL). You will benefit from increased range of motion as you perform flexibility exercises. You will also gain better balance to help you avoid falls and injuries. All you need is a sturdy armless chair and a device to log on! Class may be cancelled if minimum requirement of participants is not met. There is no class on Monday, January 18, 2021 in observance of Martin Luther King, Jr. Day

<a href="#">#17376</a>	\$28/\$38	January 4-February 10, 2021	Monday & Wednesday	9:30 a.m.-10:15 a.m.	11 meetings
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# What's New and Presentations

## Paint Night for Seniors – Happy Holidays

**Saturday, December 19, 6:00p.m. – 8:00p.m.**

**Cost: \$25/\$35**

**Online - Zoom**

**Activity #17194**

Get yourself in the mood for the holidays. Paint a beautiful holiday painting along with your friends and cherished ones. This paint night will be led by a professional artist who will guide you throughout the class. It will be a casual night for those who are passionate about the arts. You can enjoy a glass of wine, paint and have fun! Once you register for this class, you will be emailed a drink recipe to enjoy during the night and a supply list of materials needed.



## Pancake Breakfast-To-Go

**Saturday, January 30, 9:00a.m. -11:00a.m. (please reserve by January 22, 2021)**

**Cost: \$5 per person for adults 50+**

**Activity #17540**

**Activity #17541 Vegetarian option**

The Barbara Lee Senior Center will host a pancake breakfast drive-thru for ages 50+ on Saturday, January 30, 2021! Start your day off right with a friendly morning welcome from your friends of the Senior Center meal service staff. Enjoy your choice of a regular or vegetarian meal, including:

- Two pancakes
- A hardboiled egg (Vegetarian meal - Scrambled Just Egg substitute)
- Hash-browns
- Two turkey sausages (Vegetarian meal Morning Star Sausage Pattie)
- Fruit cup
- Juice box
- Coffee packet, including cream and sugar
- Brain teasers packet

Register for this event by January 22, 2021, and receive a complimentary face mask lanyard. Reserve your spot by calling (408) 586-3400, or online using the Activenet portal, or by email to [Senior\\_Center@ci.milpitas.ca.gov](mailto:Senior_Center@ci.milpitas.ca.gov).



# What's New and Presentations

## Night and Day: Sleep Health Reflects Brain Health

Tuesday, January 12 at 1:30p.m.

### Activity #18272

Attend a free virtual seminar by Logan Schneider, M.D., to learn how sleep habits affects your brain and memory. There is evidence that poor sleep may precede neurodegenerative diseases, like Alzheimer's, possibly because poor sleepers lack the natural recovery and restoration processes that occur during various sleep stages. Individuals with neurodegenerative diseases frequently develop sleep disorders. Healthy sleep is considered a good indicator of brain age. Improving your sleep may help prevent and manage of a variety of brain diseases. Upon registration, staff will send you the Zoom link for the virtual meeting. If you do not receive the link or have questions, please email [senior\\_center@ci.milpitas.ca.gov](mailto:senior_center@ci.milpitas.ca.gov) or call (408) 586-3400.

## Rights and Resources for Permanent Residents

with Catholic Charities of Santa Clara County Immigration Legal Services

Wednesday, January 20 at 6:30p.m. – 7:30p.m.

### Activity #17954

Join Catholic Charities of Santa Clara County to learn important information for Permanent Residents and their families. Topics will include how to become a U.S. citizen, settling in the U.S., petitioning for family members, and rights under the U.S. constitution. Presentation includes valuable legal resources and an opportunity to ask questions regarding government programs and policies. Presented by Catholic Charities of Santa Clara County Immigration Legal Services, [www.catholiccharitiesscc.org](http://www.catholiccharitiesscc.org). Please register with Charu by Tuesday, January 19 at [caggarwal@ci.milpitas.ca.gov](mailto:caggarwal@ci.milpitas.ca.gov) or (408) 586-3405.

## Managing Expenses When Money is Tight

Wednesday, January 27 at 7:00p.m. – 8:00p.m.

### Activity #17957

Are you struggling to balance your income and expenses? Learn money management strategies that will help you keep up with your finances, even if you experience a loss in income or an emergency expense. We will review how to create a spending plan, how to prioritize bills and expenses, how to manage expenses when money is tight, and how to deal with debt collectors. Presented by Habitat for Humanity, [HabitatEBSV.org](http://HabitatEBSV.org). Please register with Charu by Tuesday, January 26 at [caggarwal@ci.milpitas.ca.gov](mailto:caggarwal@ci.milpitas.ca.gov) or (408) 586-3405.



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## Holiday closures

- December 24 & 25 in observance of Christmas
  - January 1, 2021 in observance of the New Year
  - January 18, 2021 in observance of Martin Luther King Jr., Day
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*Seasons Greetings*





# Resources

## Milpitas Virtual Community Center

[www.ci.milpitas.ca.gov/vcc](http://www.ci.milpitas.ca.gov/vcc)

Milpitas Recreation and Community Services' Virtual Community Center is here to help you and your family stay physically, mentally, and emotionally healthy during the COVID-19 Shelter in Place order. Check out our curated list of Online Activities, Offline Activities and Community Resources. Share photos and videos on Facebook, Instagram and Youtube of yourself and your family participating by tagging them #MilpitasVCC. Email us at [rgeneral@ci.milpitas.ca.gov](mailto:rgeneral@ci.milpitas.ca.gov), if you have a link or idea to share.

Make sure to check out the most recent Recreation Mini Activity Guide for virtual exercise classes!



## 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 replacement water heater, furnace or air conditioner units. 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. For more information, contact the Social Services Coordinator at (408) 586-3400, or visit [www.ci.milpitas.ca.gov/MAP](http://www.ci.milpitas.ca.gov/MAP).



## Wellness Calls

Our Senior Center staff are now offering Friendly Visitor calls bi-weekly to say hello and help you connect with any of our remote, over-the-phone services, such as Case Management, Senior Adults Legal Assistance (SALA), AARP Tax Assistance, etc. To sign up for Friendly Visitor correspondence from our staff, call (408) 586-3400. Additionally, the Institute on Aging offers a 24-hour toll-free Friendship Line for older adults who may be feeling isolated, lonely, anxious, depressed or even suicidal. If you or someone you know could use a caring ear to listen, call anytime at (800) 971-0016.

## Senior Nutrition Program

**Monday through Friday Noon – 1 p.m.**

The Milpitas Recreation and Community Services Department is proud to partner with the Santa Clara County Senior Nutrition Program as a site where you can continue to pick up "to-go" meals during the Shelter-in-Place Order. Our staff is always happy to welcome you with a smile—underneath our face coverings, of course! Call (408) 586-3413 to make your reservation for pick up by noon the day before. Due to the updated Santa Clara County Mandatory Directives, in order to pick up your lunch, an appointment time needs to be scheduled with staff between noon and 1:00 pm. There is a suggested contribution of \$3 per person per meal. However, no eligible senior is ever denied because of a failure or inability to contribute. There is a \$9 fee for guests under the age of 60. See our SNP FAQs on the next page for more details.

# Senior Nutrition FAQs

The Milpitas Recreation and Community Services Department is a proud partner of the Santa Clara County Senior Nutrition Program as a nutrition site where you can continue to pick up “to-go” meals during the Shelter-In-Place Order and dine-in once the Senior Center opens.

**Who is eligible?** Everyone can enjoy a meal and make a reservation. All are welcome to order a meal by calling the reservation line at (408) 586-3413. We ask that you complete a Santa Clara County registration form for all participants over the age of 60.



**Is there a cost and where does my donation go to?** There is a suggested contribution of \$3 per meal. However, no eligible senior is ever denied because of a failure or inability to contribute. There is a \$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 in order to sustain the program throughout Santa Clara County.

**Do I need to make reservations for lunch?** Yes. You can call (408) 586-3413 to make your reservation reservation by noon the day before. For Monday reservations, you must call by noon the Friday before. Make sure to leave your name, phone number, date for the meal and meal choice. Staff will call you to schedule and confirm your set pick-up time if you haven't been assigned one already. Reserved meals that haven't been picked up by 12:45 pm will be given to those on the waitlist. If you are unable to pick up your meal, please call to cancel.

**What is a Meal Punch Card and how much does it cost?** A Meal Punch card is a pre-paid card you can purchase for \$30 and receive a complimentary 11th meal. You must present this card when checking in for your reserved meal.

**What do I bring when checking in for my meal?** Please have your Santa Clara County Gold Scan Card and Meal Punch Card available. Remember to practice social distancing by staying six feet apart and it is mandatory to comply with the Face Covering Guidance issued by the California Department of Public Health to wear a mask when leaving home.

**Who provides the catered food?** The meals are catered by Santa Clara County approved caterers, Bateman and MoonChef. Bateman provides the hot meals, sandwiches, salads, vegan and vegetarian meals daily, Monday through Friday. MoonChef provides the hot Asian-inspired meals on Monday and Thursdays, which are listed in bold type on the monthly menu calendar.

## Holiday Dinner for Two - Caprese Steak

### Ingredients:

- $\frac{3}{4}$  c. balsamic vinegar
- 3 cloves garlic, minced
- 2 tbsp. honey
- 2 tbsp. extra-virgin olive oil
- 1 tbsp. dried thyme
- 1tbsp. dried oregano
- 4 (6 oz.) filet mignon or 4 large pieces of sirloin
- 2 beefsteak tomatoes, sliced
- Kosher salt
- 4 slices mozzarella
- Fresh basil leaves for serving

Prep Time: 15 mins

Total Time: 30 mins

### Directions:

1. In a small bowl, whisk together balsamic vinegar, garlic, honey, olive oil, dried thyme, and dried oregano.
2. Pour over steak and let marinate 20 minutes.
3. Season tomatoes with salt and pepper
4. Heat grill to high. Grill steak 4-5 minutes per side, then top with mozzarella and tomatoes and cover grill until cheese is melty, 2 minutes.
5. Top with basil before serving

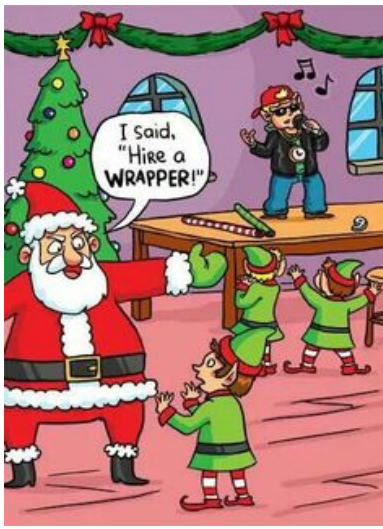


# Laughter is the Best Medicine!

WHAT DO YOU GET WHEN  
YOU CROSS A SNOWMAN  
AND A VAMPIRE?



FROSTBITE





## Christmas Songs Emoji Pictionary Quiz



An emoji is a small digital image or symbol used in an electronic message to express emotions, activities, objects, and animals.

Can you name the Christmas song title?




1.


2.


3.


4.


5.



Emoji Song Answers: 1. Chestnuts Roasting on an Open Fire 2. Frosty the Snowman 3. Silent Night 4. Santa Baby 5. I Saw Mommy Kissing Santa Clause

If you would like more brain teasers in the next newsletter, please let Ann Marie know by sending an email to her at [aasis@ci.milpitas.ca.gov](mailto:aasis@ci.milpitas.ca.gov) or calling her at (408) 586-3403.



BARBARA LEE SENIOR CENTER  
40 N. Milpitas Blvd.  
Milpitas, CA 95035  
(408) 586-3400  
Monday-Friday 8:30AM - 4:30PM



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