

# FEBRUARY/MARCH CLASSES

Registration begins January 15

<b>Spring Chickens - Chair Exercises (Registration is open now)</b> \$40/\$50 16 meetings (No class held on 2/17)			
#10253	MON	1/27-3/23	10:00AM - 11:00AM
	THUR		8:50AM - 9:50AM

<b>Smart Driver</b> <b>\$15 AARP Members/\$20 non-AARP</b>			
#10113	FRI	1/17	9:00AM-1:30PM
(*#10113 for returning students only)			

<b>Oil Painting</b> \$53/\$63 7 meetings (No class held on 2/12)			
#9857	WED	2/5-3/25	9:00AM - 12:00PM
#9858	WED	2/5-3/25	1:00PM - 4:00PM
\$60/\$80 8 meetings (No class held on 2/12)			
#9853	TUE	2/4-3/24	9:00AM - 12:00PM
#9866	THUR	2/6-3/26	9:00AM - 12:00PM

<b>Zumba Gold</b> \$18 9 meetings			
#10259	TUE	2/4-3/31	10:00AM - 11:00AM

## DROP-IN PROGRAMS

Included with current members unless otherwise noted

### MONDAY

Chinese Folk Dance *	9:00AM – 10:00AM
Crochet & Knit	9:00AM – 11:30AM
Chair Exercises	11:10AM - Noon
Movie Day	1:00PM 2nd & 4th Mondays
Bridge Class	1:00PM
Bridge Party	1:00PM – 4:00PM
Chinese Karaoke *	1:00PM – 3:30PM
Plaza Dancing	1:30PM – 2:30PM

### TUESDAY

Beginning Yoga	8:40AM – 9:55AM
Coffee Social for new Members	10:00AM February 10th
Book Club	10:30AM – 11:30AM 3rd Tuesday
Crafting, Quilting & Sewing	Noon
Bridge Party	1:00PM – 4:00PM
Yuen Chi Dance *	1:30PM – 3:00PM
Pickleball	1:45PM – 4:00PM

### WEDNESDAY

Crafts	9:00AM – 11:30AM
Guitar	9:30AM – 11:00AM
Tone Up w/ Toni	12:10PM - 1:10PM \$2.00/Session
Bridge Party	1:00PM - 4:00PM
Bingo	1:15PM - 3:30PM
Ukulele	1:30PM - 3:30PM

### Line Dance

#### New Beginner I (Never had classes)

\$18/\$28 7 meetings (No class held on 2/12)

#10125 WED 2/5-3/27 9:00AM - 10:00AM

#### Beginner Level II (Some prior classes)

\$18/\$28 7 meetings (No class held on 2/12)

#10126 TUE 2/4-3/24 11:00AM - 12:00PM

\$20/\$30 8 meetings

#10127 WED 2/5-2/25 10:00AM - 11:00AM

#### Advanced Beginner III (6-12 months of prior classes)

\$18/\$28 7 meetings (No class held on 2/12)

#10128 WED 2/5-3/25 11:00AM - 12:00PM

### Chinese Brush Painting

#### Beginner

\$60/\$70 8 meetings (No class held on 2/17)

#9980 TUE 2/4-3/24 1:00PM - 4:00PM

#### Intermediate

\$53/\$63 7 meetings (No class held on 2/17)

#9979 MON 2/3-3/23 12:30PM - 3:30PM

#### Advanced

\$60/\$70 8 meetings (No class held on 2/17)

#9990 FRI 2/7-3/27 12:30PM - 3:30PM

### THURSDAY

Zumba Gold	10:00AM –11:00AM	\$2.00/Session
Conversational English	10:00AM – NOON	
Chair Exercises	10:10AM - 11:10AM	
Bridge Party	1:00PM - 4:00PM	
Ballroom Dance *	1:30PM - 3:30PM	

### FRIDAY

Beginning Yoga	8:40AM - 9:55AM	
Calligraphy *	9:30AM - 11:30AM	
Chinese Chorus *	9:30AM - 11:00AM	
Zumba Gold	10:00AM - 11:00AM	\$2.00/Session
Chinese Folk Dance *	11:00AM - NOON	
Hand & Foot	12:30PM - 4:30PM	
Shall We Dance	1:30PM - 3:30PM	
Tai Chi Practice	2:00PM - 3:00PM	

### SERVICES

Blood Pressure	9:30AM - 11:30AM	Monday, Tuesday, Thursday & Friday
SALA	10:00AM - Noon	
	½ Hour Appointments	2nd Wednesday
HICAP	9:30AM - 12:30PM	1st Tuesday (English & Vietnamese)
	1:00PM - 4:00PM	3rd Thursday (English & Chinese)
	1 Hour Appointments	
Case Manager	Call 408-586-3400	By Appointment Only
Shuttle Service	Call 408-586-3400	By Appointment Only

\* Mandarin Speaking Programs



### BARBARA LEE SENIOR CENTER

40 N. Milpitas Blvd.  
Milpitas, CA 95035  
(408) 586-3400

Monday-Friday 8:30AM - 4:30PM



# SENIOR CONNECTION

## NEWSLETTER

January-February 2020

### UPCOMING HOLIDAY HOURS

The Senior Center will be closed on:

- Wednesday, January 1 – New Year's Day
- Monday, January 20 – Martin Luther King Jr., Birthday
- Wednesday, February 12 – Lincoln's Birthday
- Monday, February 17 – Presidents' Day



= Open to the public

### ANNOUNCEMENTS: LOOK WHAT'S NEW!

#### NEW! Magnifying Glasses Available to borrow!

If you need a little extra help to read small font, the Senior Center now has large magnifying glasses available to check-out at the Front Desk.

#### Open House

**Saturday, January 25, 11:00AM – 1:00PM**

Join us for our 2nd Annual Open House event at the Barbara Lee Senior Center. We encourage you to invite your friends and family to get a close-up look at the many programs offered at the Senior Center as well as its amenities. We will have use of the game rooms, snacks and light refreshments, Fitness Center Orientation, a Fitness Class Demonstration, and a taste of Cici's Cooking and Crafts.

#### Cici's Cooking & Crafts

**Fridays, January 24 and February 21, 3:30PM – 4:30PM**

**Cost: \$2 per class Material Fee due to instructor day of class.**

Learn how to make decadent, tasty, beautiful treats and easy do-it-yourself projects from our very own Cici once a month. On January 24, learn how to make a Deep-Dish Lava Cookie. On February 21, make sugar scrubs in a decorative jar. Limited space is available. Register at the Front Desk by the Tuesday before each class.

#### Table Tennis 101

**Thursdays, February 6-March 26, 2:00PM-3:00PM**

Have you watched Table Tennis but thought you could never be good enough to play? If so, this class is just for you! It will take you through the basics of the game, such as how to stand, how to hold the paddle, different strokes used to hit the ball, scoring, and strategies for playing. The class will also go over how to play singles and doubles. Sign-up at the Front Desk.

#### Walk-About

**Tuesdays & Thursdays, 9:00AM-10:00AM**

The Senior Center's Walk-About program is all about walking! Did you know that walking is one of the best and least expensive forms of exercise? This new program will help you stay fit and allow you to meet other people. Through this volunteer-led program, participants will learn some important elements of walking safely through some classroom-style meetings. Topics will include warm-up and cool-down exercises for muscle stretching, exercises to improve balance, comfortable clothing for walking, types of walking shoes, popular walking places and safe when walking. The group will also take walks around the local neighborhoods.

# EVENTS

## Edible Masterpieces

**Friday, January 10, 3:30PM**

Experience an intergenerational edible paint night. Both the Teen Center and Senior Center members are encouraged to participate! This will be your chance to let your creative side try something new, as Cici and volunteers will show you how to paint on a jumbo cookie with edible paint and markers. Register for this class at the Front Desk by January 8.

## Bingo Marathon



**Saturday, February 1 - Doors open at 11:30AM and play begins at 1:00PM**

The Senior Center is hosting its first Bingo Marathon of the year! The marathon session includes 20 games, with 3-5 special games scattered throughout. A session pack is \$10 per player (additional packs are \$8 each for the same player). Special games are \$1 each per card. Players cannot split or share packs. Games have cash prizes (amounts are determined by the number of packs sold). A Snack Bar will be available at each event. This event is open to ages 18 and up.

## Senior Center Spring Art Show

**February 3 through March 6**



**Milpitas Phantom Art Gallery, Community Center**

Participants in the Senior Center's Chinese Brush Painting classes and the Chinese Calligraphy program will display their art at the Milpitas Phantom Art Gallery in February. A reception for the artists will take place on Friday, February 7 at 10:30AM

## Flower Grams

**February 13-14 (orders accepted January 27-February 10)**

**\$3.00 each**

Show someone how much they mean to you by giving them a little something special on Valentine's Day! The Flower Gram includes a gift-tag, candy and a fresh flower to be picked up by you on February 13 or 14. Orders and payments are taken at the Front Desk.

## Coffee Social for New Members

**Tuesday, February 10, 10:00AM**



The Senior Center would like to invite all new members to our Coffee Social. This is an opportunity to learn about the Senior Center and its programs, meet some staff and other members, and ask questions while enjoying morning refreshments. Please sign up at the Front Desk no later than Monday, February 9.

## CASE MANAGER'S CORNER

The holidays and new year can be stressful for many. Lack of money, shopping decisions, deadlines, parties, strained family relations, etc. can evoke anxiety. It's also a time when people are extra vulnerable to depression if they have experienced personal losses in the past year—the death of a spouse, child, relative or close friend; a divorce; or the breakup of a relationship.

Stop by the resource area, or schedule an appointment with the Case Manager, or go online to review Resources for Self Care: <http://www.ci.milpitas.ca.gov/milpitas/departments/recreation-services/resources-for-self-care/>

The City of Milpitas' new Pilot Rent Relief program that provides a variety of financial assistance to Milpitas residents and families experiencing emergency housing needs.

For more information or help completing an intake form, schedule an appointment with the Case Manager.

# PRESENTATIONS



## Fitness Center Orientation

**Friday, January 17 & February 21, 1:00PM**

Let the Senior Center help you stay on track with your goal of being healthy. The cost to use the Fitness Center is just \$1.50 per visit, sold in increments of 5, 10, 15 and 20 visits. If you're not familiar with the equipment in the Fitness Center, we have free Fitness Room Orientations on the third Friday of each month at 1:00 pm. A Personal Trainer will go over the proper use of all the equipment in the room with you. Our Certified Personal Trainers can also assist you in your fitness needs. A trainer can meet with you to talk about your needs and goals, put together a workout schedule and help train you in the Fitness Center. Clients schedule and pay for their training sessions directly with the Trainer, for more information contact the Senior Center Front Desk at (408) 586-3400.

## Silicon Valley Independent Living Center (SVILC)



**Monday, January 6, 1:30PM and Wednesday, February 5, 2:00PM**

Silicon Valley Independent Living Center (SVILC) is a cross-disability, intergenerational, and multicultural disability justice non-profit organization. This workshop will provide an overview of SVILC's services and in-depth housing search assistance including tenant/landlord rights and responsibilities, community resources, and emergency financial assistance options for rent and/or security deposit. **Please register at the front desk by the day before.**

## Rebuilding Together



**Thursday, January 23, 1:00PM**

For 30 years, the nonprofit organization Rebuilding Together Silicon Valley, has provided low-income homeowners with safety repairs and modifications at absolutely no cost to them. Their goal is simple: To ensure that older and disabled populations age safely in their own homes free of health hazards. Join us to learn more about who they are, what they do, and how to apply. **Please register at the Front Desk by Wednesday, January 22.**

## Why is Medical Testing Necessary?



**Tuesday, February 4, 10:00AM**

Stanford researchers will be presenting on medical testing. They will walk through the positives and negatives of several types of medical testing, including imaging, laboratory tests, and endoscopy. They will discuss the most common tests requested by physicians, explaining when these tests are done and what the results can show. Finally, they will conclude the presentation with current research done in the field of medical testing! **Please register at the Front Desk by February 3.**

## Teach Seniors Technology (TST)

**Fridays 3:30PM–4:30PM**

Teach Seniors Technology is a volunteer program provided by high school students who are dedicated to teaching older adults how to use modern technology for free. TST volunteers offer specific sessions on computer basics, web safety, how to surf the web, and how to use social media. **If interested in any of these topics please register at the Front Desk by the Thursday before.**



Senior Center Gym



Health Fair



Technology Class

# BARBARA LEE SENIOR CENTER SERVICES

## Free Tax Assistance - AARP Foundation Tax-Aides

Tuesdays & Fridays, February 7-April 14

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.

## Case Manager – Create Goals. Get Connected. Get Hope.

Talk with the Case Manager to assess your situation, identify your goals, and get connected to resources in the community that will assist in helping you to maintain independence. Staff is here to help you achieve your goals and provide the support you need! You can make an appointment at the Front Desk or by calling (408) 586-3400.

## Blood Pressure Screenings

Volunteers are available to take your blood pressure on:

Every Monday & Friday 9:30AM-11:30AM

Every Tuesday 10:00AM-11:30AM

Every Thursday, 8:30AM-11:30AM

**\*Dependent on volunteers' availability.**

## Shuttle Service to the Senior Center

The Barbara Lee Senior Center free shuttle service offers Senior Center Members ADA accessible transportation to the Senior Center and back home again! Door-to-door roundtrip service is available on Mondays, Tuesdays, Wednesdays, and Fridays from approximately 8:30AM-2:00PM. This service is intended for participants with limited or no access to transportation. For more details and to register, please call (408) 586-3400. Eligibility Requirements: Must be a Current Senior Center member and live within Milpitas city limits.

## Senior Adults Legal Assistance

**2nd & 4th Wednesdays 10:00AM-12:00PM, by appointment only**

SALA is a non-profit elder law office whose mission is to support older persons in their efforts to live safely, independently, non-institutionalized, and with dignity. SALA provides free legal services and community education to Santa Clara County residents who are age 60 or older. SALA's attorney staff provides a range of legal services from simple advice/referrals to comprehensive legal representation. SALA's caseload consists of legal matters which private attorneys typically do not handle and which impact elders most in need in our community.

## Health Insurance Counseling & Advocacy Program (HICAP)

1st Tuesday (English & Vietnamese) 9:30AM-12:30PM

3rd Thursday (English & Chinese) 1:00PM-4:00PM

**One-hour counseling sessions, by appointment only**

The Health Insurance Counseling & Advocacy Program (HICAP) of Sourcewise is not affiliated with any insurance company and offers unbiased information with individual counseling to help you make informed decisions about Medicare and Medi-Cal coverage.

## 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. The next open enrollment period is March 1 through 31. For more information, talk to the Case Manager, or visit [www.milpitas.ca.gov/MAP](http://www.milpitas.ca.gov/MAP).

## Barbara Lee Senior Center Memberships

Milpitas' Barbara Lee Senior Center is for adults 50+. A Senior Center Membership is required to participate in all programs unless otherwise noted. Membership fees are \$12 for Milpitas residents and \$30 for non-residents. Milpitas residents must show two proofs of residency for the discounted rate. Please note: For any total charge of \$11-\$50 there is a \$1 processing fee. For total charges of \$51 or more, the processing fee is \$3. Processing fees are non-refundable.

# OVERNIGHT TRIPS 2019-2020

## Premier World Discovery Trips

If you enjoy traveling and new experiences, check out the upcoming trips our travel provider is offering. Detailed trip flyers are available at the Senior Center. Premier World Discovery trips require full payment 75 days prior to departure.

Join us for a Trip Preview and learn more about these trips and the company.

**Monday, February 3 at 10:30AM**



### 2020 Trips

- Great Trains & Grand Canyons (departs 4/19/20, 6 days)
- Smoky Mountains and Bluegrass (departs 5/6/20, 8 days)
- Cape Cod and The Islands (departs 9/26/20, 7 days)
- Highlights of Italy's Amalfi Coast (departs 10/20/20, 8 days)
- San Antonio Holiday (departs 12/5/20, 5 days)



## DAY TRIPS

Key/Note

!! = Light walking

!!!! = Moderate walking

!!!!!! = A lot of walking

The Barbara Lee Senior Center is excited to offer a variety of fun day trips that explore many beautiful Bay Area destinations, as well as unique events and activities. The day trips are very popular, so a lottery system is used to determine which participants will attend each trip.

### Treasure Island Culinary Institute

**Thursday, February 6**  
San Francisco, CA

Lottery Deadline: January 23  
Cost: \$8.00 + (\$15.00 cash, day of trip)



Enjoy a 3-course meal prepared by the culinary students of the Job Corps Fine Dining Class. The fee includes transportation. Please bring \$15.00 cash for the price of meal and tip.

Depart at 10:30AM



### San Jose Museum of Quilts & Textiles

**Thursday, February 27**  
San Jose, CA

Lottery Deadline: February 6  
Cost: \$17.00



Enjoy a docent-led gallery tour beginning at 10:00AM. For lunch, we will head to the SoFa District for a no-host lunch. SoFA Market is an intimate food hall with a lineup of independent eateries, a neighborhood cafe, and house bar, and is located in the heart of the South First Arts (SoFA) District in San Jose.

Depart at 9:30AM



### Conservatory of Flowers

**Thursday, March 5**  
San Francisco, CA

Lottery Deadline: December 20  
Cost: \$19.00



A docent will take us on a one hour tour of the four main galleries to explore the collections of rare tropical plants. After the tour, we will then travel to Daly City to have a no-host lunch at a quaint local restaurant, Ling Nam, serving Asian cuisine.

Depart at 9:00AM



# NUTRITION PROGRAM MENU



January 2020

Mon	Jan 6	Chicken with Paprika Cream Sauce or <b>Baked Chicken with Five Spice</b>	Alternate Choices: - Greek Chicken Salad - Veggie Bean Salad - Roast Beef Sandwich - Veggie Boca Burger
Tue	Jan 7	Szechuan Pork	
Wed	Jan 8	Beef Stroganoff	
Thurs	Jan 9	Baked Fish with Tartar Sauce & Lemon or <b>Baked Chicken with Ginger Sauce</b>	
Fri	Jan 10	BBQ Chicken & Corn Chowder Soup	
Mon	Jan 13	Roasted Pork Loin with Apple Chutney Sauce or <b>Baked Fish with Soybean Sauce</b>	Alternate Choices: - BBQ Chicken Salad - Veggie Spinach - Cranberry, Egg & Walnut Salad - Turkey-Ham & Apple Sandwich - Veggie Black Bean Burger
Tue	Jan 14	Chicken Parmesan	
Wed	Jan 15	Turkey Pot Pie	
Thurs	Jan 16	Orange Glazed Chicken & Asian Veg Soup or <b>Pork Chop with Light Soy Sauce</b>	
Fri	Jan 17	Spaghetti & Meatballs	
Mon	Jan 20	<b>Senior Center Closed - Martin Luther King, Jr. Holiday</b>	Alternate Choices: - Beef with Horseradish Dressing Salad - Veggie Antipasta Orzo Salad - Tuna Sandwich - Veggie Pita
Tue	Jan 21	Sweet & Sour Pork & Carrot Ginger Soup	
Wed	Jan 22	Tamale Pie (Beef & Turkey Mixture)	
Thurs	Jan 23	Turkey & Broccoli Pasta or <b>Chicken &amp; Mushrooms with Oyster Sauce</b>	
Fri	Jan 24	Chicken with Creamy Tuscan Sauce	
Mon	Jan 27	Brunswick Stew or <b>Chicken with Taro &amp; Black Bean Sauce</b>	Alternate Choices: - Chef Salad - Veggie Cottage Cheese & Fruit Salad - Caprese Chicken-Salad Sandwich - Veggie Black Bean Burger
Tue	Jan 28	Beef Chile Colorado	
Wed	Jan 29	Fish with Lemon Sauce	
Thurs	Jan 30	Mushroom Chicken or <b>Minced Pork Patty with Vegetables &amp; Vermicelli</b>	
Fri	Jan 31	Macaroni & Cheese and Tomato Basil Soup	

The Senior Nutrition Program (SNP) offered through the Aging & Adult Services section of Santa Clara County, provides high quality, cost-efficient, nutritious meals to seniors. The Milpitas Senior Center is one of 36 serving sites throughout the County. The Senior Nutrition Program is open to all seniors over the age of 60. There is a suggested contribution of \$3.00 per person per meal. However, no eligible senior is ever denied because of a failure or inability to contribute. There is an \$8 fee for guests under the age of 60. Membership at the Senior Center is not required to attend the lunch program.

- Call (408) 586-3413 to make or cancel your reservation. Reservations are required to guarantee a lunch. If you are unable to come for lunch and fail to cancel your reservation, your remaining reservations will be canceled until we hear from you.
- Reservations must be made by Noon (12:00PM), one day before you plan to attend (order by Noon on Friday for a Monday lunch).
- The suggested contribution is \$3.00 for seniors 60 years and older. Guests under 60 are \$8.00.
- Check-In for lunch at 10:30AM-11:45AM Unchecked-in lunches will be released to the Waiting List after 11:45AM.
- Meals are to be eaten at the lunch program. Taking meals from the lunchroom is done at your own risk and should be eaten or refrigerated within 30 minutes of leaving. Reheat in a 350° oven until bubbly for five minutes. Discard any food left after three days.



Senior Nutrition Program



Senior Nutrition Program



Senior Nutrition Program

# THANKS TO ALL FOR THE MEMORIES OF 2019! WE LOOK FORWARD TO MAKING MORE IN 2020! HAPPY NEW YEAR!



Cookie Paint Night



Health Fair



Senior Center Open House



Flowers and Tea



Crafting Social



Halloween



Senior BBQ



Senior BBQ



Walk to End Alzheimers



Holiday Tea Party