

SENIOR CONNECTION

NEWSLETTER

SUMMER 2021

A WORD FROM STAFF:

It has been over a year since the Barbara Lee Senior Center has opened its doors for programming classes and activities. The staff at the Senior Center truly miss all of your faces and hearing about your adventures. Our doors remain closed and most programming and activities have temporarily halted during the COVID-19 pandemic. We are currently offering outdoor classes, social services and weekday to-go meals. We are happy to announce the Fitness Center is now open for use by appointment only. To make an appointment, call **(408) 586-3400**.

We hope that this newsletter provides you with helpful resources and a continued connection with the Barbara Lee Senior Center. The Senior Connection Newsletter will be mailed out quarterly from now on. If you would like to receive the newsletter via email and to opt out of receiving a paper copy, please send us an email at Senior_Center@Ci.milpitas.ca.gov.

Check back regularly with us as public health orders change.

We look forward to seeing you soon!

NEW! Introducing Senior Center After Hours!

The Senior Center will be offering programs to fit your busy schedule. There will be classes, activities and adventures to go on weekends and evenings. Join us!



Senior Adventures

Have you wanted to go on a hike or day trip with a group and meet others in your community. This is your chance to check-out local parks and attractions in the area and make new acquaintances. Meet-Ups will be led by Senior center staff or volunteers. Registration is required.

Hiking Group	<p>Have you wanted to go on a hike or day trip with a group and meet others in your community? This is your chance to check out local parks and attractions in the area and make new acquaintances. Senior Adventures will be led by Senior Center staff or volunteers. Registration is required. Each Hiking Group cost will include a snack pack and parking fee (if noted) provided by the Senior Center.</p> <ul style="list-style-type: none">• #21289 6/26 at 10 a.m. \$5 Berryessa Creek trail to Hidden Lakes. Meet in front of the Senior Center (40 N. Milpitas Blvd.) where we will begin our walk. Cost will include a snack pack.• #21290 8/14 at 10 a.m. \$10 (parking fee at location) Sandy Wool at Ed Levin County Park. Meet at the parking lot of Sandy Wool Trail past the lake located in Ed Levin Park (3100 Calaveras Road, Milpitas). Cost will include parking fee and a snack pack.
Walking Group	<p>Join us for a leisurely Wednesday stroll Milpitas neighborhoods. We will walk on even paved surfaces. Wear walking shoes, sunscreen and a hat. Bring a water bottle.</p> <ul style="list-style-type: none">• #21291 6/23 at 10 a.m. Hetch Hetchy Trail. Meet at Gill Park at Santa Rita Dr. & Paseo Refugio• #21292 7/28 at 10 a.m. Meet at Hidden Lake Park to have a leisurely walk around the lake. (N. Milpitas Blvd., & Escuela Parkway)
Big Dog Vineyards	<p>Meet staff at the winery to enjoy an afternoon of wine tasting in the winery's spacious back patio. Social distancing protocols will be followed. The cost includes a flight of 4 of their select wines recommended by their Winemaker, plus a picnic-style snack pack to be enjoyed on their beautiful grounds overlooking the bay. Space is limited. Before this trip please contact the Senior Center at 408-586-3400 to update your membership. Must be able to get to location on your own.</p> <p>#21293 8/11 at 3 p.m.</p>

Outdoor Classes beginning June through August

To register for these programs and classes please contact the Senior Center by email at senior_center@ci.milpitas.ca.gov or call **(408) 586-3400**. Staff will contact you to get you registered. If you already have access to our online registration site, ActiveNet, you may begin registering for classes now.

Please note all classes and events will be held outside in the Civic Center Plaza or Cesar Chavez Plaza. Please check back with us when Public Health Orders restricting gatherings are lifted.

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. The class will be conducted via Zoom and/or outdoors if permitted.

#20974	\$40/\$50	June 8-July 29, 2021	Tuesday & Thursday	10:30 - 11:30 a.m.	16 meetings
#23279	\$20/\$30	August 3-26, 2021	Tuesday & Thursday	10:30 - 11:30 a.m.	8 meetings
#20975	\$20/\$30	June 12-July 31, 2021	Saturday	10:30 - 11:30 a.m.	8 meetings
#23288	\$10	August 7-28, 2021	Saturday	10:30 - 11:30 a.m.	4 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 or yoga mat and optional 2-3 lbs. hand weights for resistance/strength work. Class will be conducted via Zoom and/or outdoors if permitted. There is no class on 7/5 and 9/6

#20976	\$38/\$48	June 7-July 30, 2021	Monday & Friday	10:30-11:30 a.m.	15 meetings
#23307	\$20/\$30	August 2-27, 2021	Monday & Friday	10:30-11:30 a.m.	8 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 will be conducted outdoors in the back patio of the Senior Center twice a week for 8 weeks or on Zoom if mandated by Santa Clara County. There is no class on 7/5 and 9/6.

#21265	\$38/\$48	June 7-July 30, 2021	Monday & Friday	9:30-10:15 a.m.	15 meetings
#23298	\$20/\$30	August 2-27, 2021	Monday & Friday	9:30-10:15 a.m.	4 meetings

Oil Painting

Whether you are new to oil painting or have been painting for years and want to learn some new techniques, this class is for you. The instructor can teach students how to create a variety of works using oil paints. His specialty is impressionist landscapes and portraits. Class will be conducted outdoors on the back patio of the Senior Center.

#21286	\$45/\$55	June 8-August 3, 2021	Tuesday	9:30 a.m.	9 meetings
#21287	\$45/\$55	June 9-August 4, 2021	Wednesday	2:00 p.m.	9 meetings
#21288	\$45/\$55	June 10-August 5, 2021	Thursday	5:30 p.m.	9 meetings

Senior Social/Support group

Join our new social/support group for seniors. Social isolation and loneliness in older people pose significant health risks. Our connections to other human beings allow us to thrive. According to research, significant number of adults between ages 50 and 80 are lonely, and the pandemic has only amplified the isolation. This friendly group will provide an accepting environment with social support, activities, discussions, mental health awareness and resources. Join us via Zoom to meet other local seniors and build meaningful connections. This group is offered in partnership with www.catholiccharitiesscc.org

#21273	Free	July 21, 2021	Wednesday	2:00 p.m.- 3:00 p.m.	1 meeting
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Upcoming Events & Presentations



\$5 per person
Ages 50+

Classic Movies Under the Stars

Enjoy a series of three classic movies under the stars this summer at the Civic Center lawn area behind the Senior Center, 40 N. Milpitas Blvd. Movies begin at dusk and reservations are required! Register online to reserve a lawn space for your immediate household (household numbers will be in accordance with County and State Orders). Lawn spaces are socially distanced from other households and assigned on a first-come, first-served basis. Bring your own picnic blankets and lawn chairs. Front rows are reserved for low chairs. The price of admission is \$5 per person and will include a souvenir popcorn tub filled with a candy of your choice, bottled water and popcorn with your choice of seasoning. Sorry, no pets allowed!

Activity# 21298

June 11
Casablanca

A cynical expatriate American cafe owner struggles to decide whether or not to help his former lover and her fugitive husband escape the Nazis in French Morocco.

Activity# 21299

July 9
Singin' in the Rain

Singin' in the Rain is a 1952 American musical romantic comedy film directed and choreographed by Gene Kelly and Stanley Donen, starring Kelly, Donald O'Connor, and Debbie Reynolds and featuring Jean Hagen, Millard Mitchell and Cyd Charisse. It offers a lighthearted depiction of Hollywood in the late 1920s, with the three stars portraying performers caught up in the transition from silent films to "talkies".

Activity# 21300

August 13
The Philadelphia Story

When a rich woman's ex-husband and a tabloid-type reporter turn up just before her planned remarriage, she begins to learn the truth about herself.

Edible Paint Night

Friday, August 27 at 4 p.m.

Cesar Chavez Plaza

#21295

Enjoy an afternoon painting a masterpiece using edible paints on large sugar cookies. Staff will provide guidance and tips on how to paint on a glazed cookie surface. Enjoy your masterpiece as a dessert treat later. Just bring your creativity and remember, as Bob Ross always said on the Joy of Painting, "We don't make mistakes, just happy little accidents." Cost will include two large sugar cookies, tools and edible paints to use and light refreshments. Register online today.

End-of-Summer Luau Resource Fair

Friday, September 17 at 4 p.m.

Civic Center Plaza

#21296

Before the chill hits the night air, let's celebrate a wonderful summer we have shared together. Come in your best luau outfit and enjoy the afternoon with a refreshing drink and snack. You will be able to take a stroll in the Civic Center Plaza and gather information from different City departments, including Fire, Housing, Recreation and more.

We are here for you! - Resources

Milpitas Recreation and Community Services

Technology for Seniors

Connection Made
Easy and Affordable!



Milpitas Recreation and Community Services is proud to offer a technology device loaner program for Milpitas residents ages 62+. Do you know a Milpitas senior who would like to stay connected with loved ones, friends, telehealth services, virtual classes and resources, but doesn't have a device?

Applications are being accepted now.
To be considered, please apply online at
www.ci.milpitas.ca.gov/tech4seniors.

This program is sponsored in part by
Community Development Block Grant funding.

Milpitas Virtual Community Center

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, 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. 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 Charu Agg at (408) 586-3405, or visit www.milpitas.ca.gov/MAP.

Wellness Calls

Our Social Services staff can provide Friendly Visitor calls twice a month, just to say hello and help you connect with any remote, over-the-phone services you may need, such as case management, Senior Adults Legal Assistance (SALA), Health Insurance Counseling, etc. To sign up for a Friendly Visitor Call, 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 – 1:00 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. Our staff is always happy to welcome you with a smile—underneath our face masks, 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 Public Health Orders, you must schedule an appointment time to pick up your lunch between noon and 1:00 p.m. There is a suggested per meal contribution of \$3 for those over 60. 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 re-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 by noon the 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 p.m. 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. A face covering is required. The California Department of Public Health has directed everyone to wear a mask when leaving home to prevent the spread of COVID-19.

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 Mondays and Thursdays, which are listed in bold type on the monthly menu calendar.





The Senior Nutrition Program will be closed for these upcoming holidays:

- 7/5 – Fourth of July
 - 9/6 – Labor Day
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Brain Teasers

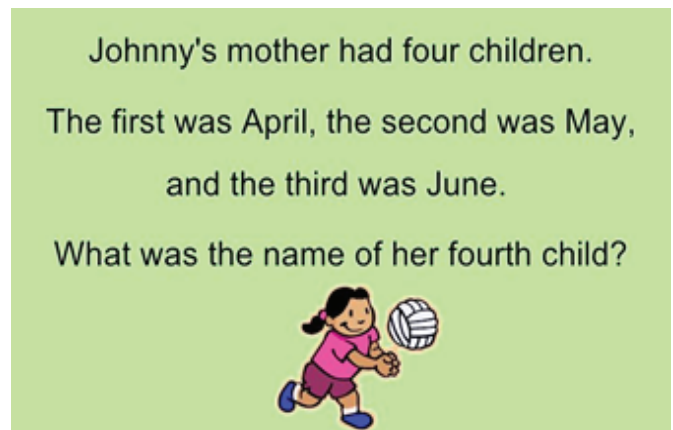
The below puzzles represent expressions we use. Solve them carefully by noticing the positions of the words and pictures. Are they under, over, mixed-up, or a certain size?

1. <u>stand</u> I	2. R R O O A D D S S	3.  Secret Secret Secret Secret Secret
4. L H O A V T E E	5.  end	6. ALL THINGS all things

7.



8.



Answers:	4. A thin line between Love and Hate	8. Johnny
1. I understand	3. Top secret	7. There should only be one "the."
2. crossroads	6. The beginning of the end	5. All things great and small.

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 or calling her at (408) 586-3403.



BARBARA LEE SENIOR CENTER
40 N. Milpitas Blvd.
Milpitas, CA 95035
(408) 586-3400



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