

SENIOR CONNECTION

APRIL, MAY, JUNE 2023 SPRING EDITION

NEWSLETTER



Exciting New Activities Are Blossoming at Senior Center

The Barbara Lee Senior Center is open Monday-Friday, 8:30 a.m.-4:30 p.m. and Saturday, 9 a.m.-Noon.

The Senior Center will be closed on:
May 29, 2023 – Memorial Day

The Barbara Lee Senior Center is open on Saturdays - 9 a.m. to Noon.

The Barbara Lee Senior Center is open Saturday mornings to allow working adults and others (age 50+) to take advantage of the great programs and opportunities that the Senior Center offers.

- Meet up with friends for fun weekend activities and adventures
- Work out in the fitness room
- Play billiards or table tennis
- Enjoy a variety of crafts and play board games

Access free resources, services and discounted classes that are available to you starting at age 50

Volunteer! Become Part of the Milpitas Volunteer Program (MVP)

Volunteering is fun and a chance to give back!

We have many volunteer opportunities for you to choose from in the community and at the Barbara Lee Senior Center.

The Barbara Lee Senior Center is looking for volunteers to help with the Senior Nutrition Lunch Program, leading the walking group, meet-ups at local restaurants, and special events held at the Barbara Lee Senior Center. Volunteer hours are flexible. To register as a volunteer, fill out the online application at tinyurl.com/wz71qth. **Please note that if you are 18 or older, you will need to be fingerprinted.**

Saves the Dates!

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

Milpitas Recreation and Community Services

FREE



Saturday, April 22, 2023
10 a.m. - Noon
Selwyn Park
Selwyn Drive off Dempsey Road



Recreation and
Community Services

Barbara Lee Senior Center's

SUMMER BBQ

Saturday, June 24
11 a.m. - 1:30 p.m.
Barbara Lee Senior Center
40 N Milpitas Blvd.

\$16 MEMBERS
\$20 NON-MEMBERS

Aloha! You're invited to the annual summer BBQ at the Barbara Lee Senior Center. Enjoy a Hawaiian-themed luau luncheon event filled with food, entertainment, and crafts. Come dressed in your Aloha spirit!



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



Recreation and
Community Services

Presentations and Social Groups

Technology for Seniors Event

Saturday, April 22 10:30 a.m. - 12 p.m.

Join us for a presentation on cyber security offered by AnewVista, which is a local technology for seniors' service provider. At the event, you can also see if you qualify for the Milpitas Laptop Loaner Program, which includes a free premium membership to AnewVista's services and online classes. Beginners are encouraged to attend. Register for this event at the Front Desk.



Fitness Center Orientation

Fitness Center Orientation

Third Mondays, April 17, May 15, June 19

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. Passes are sold in increments of 5, 10, 15, and 20 visits. We offer free Fitness Room Orientations on the third Monday of each month at 1 p.m. A Certified Personal Trainer will go over the proper use of all the equipment in the room with you. The 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.





FREE
Seniors 50+



Register today!
bit.ly/register-ancestry

ANCESTRY WORKSHOP

Tuesdays, April 18-May 30
10-11 a.m.
Barbara Lee Senior Center
40 N. Milpitas Blvd.

This six-week introductory genealogy workshop is geared toward the novice who has been considering researching their family tree. For those who have already conducted some research independently and choose to reopen their search, there will be a wealth of material available. Discover your family history and learn more about your ancestry. No class on 5/16.



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



Recreation and
Community Services

Presentations and Social Groups

Age Well, Drive Smart Course – CHP

Tuesday, May 9, 9 a.m.

Open to ages 65+

The Age Well, Drive Smart class is an educational program specifically designed by the California Highway Patrol 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. This is a free two-hour class that will provide seniors the tools to drive safer and longer. Space is limited. Register for this class at the Front Desk or by calling the Senior Center at (408) 586-3400.

Milpitas High School Crochet Club Visit

Saturday, May 13, 9 a.m.-12 p.m.

The Milpitas High School Crochet Club will be visiting to share their love of crochet. The club will have items for senior center members to learn how to crochet. You can even pick out a hand-made token to take home.



Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans' Month (OAM). The City of Milpitas and the Barbara Lee Senior Center recognize that as we age, we all must remain engaged, independent, and included in our communities. This year the theme for OAM is Aging Unbound. With this, we will explore diverse aging experiences and how we can combat stereotypes.

A few activities will be held at the Barbara Lee Senior Center to recognize Older Americans' Month. We hope you'll come celebrate Aging Unbound with us.

Aging Unbound. What does it mean to you?

We'd love for you to send us a selfie with a caption explaining what "aging unbound" means to you. Tell us about your efforts to maintain relationships with family members or your community, how you have overcome biases, or what you have discovered about yourself as you get older.

Event Name	Date of Event	Time of Event
Let's Par-Tea	Saturday, May 6 Barbara Lee Senior Center	11 a.m.-1 p.m.
Senior Adventures Museum of Quilts Meet-up	Friday, May 12 San Jose Museum of Quilts and Textiles	2-4 p.m.
Senior Adventures Around the World Tastings	Wednesday, May 17 Casa Azteca	11:30 a.m.
Milpitas High School Crochet Club Visit	Saturday, May 13 Barbara Lee Senior Center	9 a.m.-12 p.m.

You may submit a poem, image, artwork, or even just a few heartfelt sentences. These will be displayed in the Bulletin Board at the Center.

Drop-In Programs

All drop-in programs are included with your annual Senior Center membership.

Monday

Chinese Folk Dance	9-10 a.m.	Dance Room
Chair Yoga & Pilates	10:30-11:30 a.m.	Dance Room
Plaza Dancing	1:30-2:30 p.m.	Dance Room

More drop-in programs will be phased in throughout the year. To suggest a new drop-in activity or volunteer instructor, please contact Ann Marie Asis at (408) 586-3403 or by email, aasis@milpitas.gov.

Tuesday

Book Club	10:30-11:30 a.m.	3rd Tuesday	140/41
Quilting & Sewing	12-3:30 p.m.	Every 4th Tuesday in February, April, June, August, October, and December the class will be held in Room 146	140/141
Yuan Chi Dance	1:30-3 p.m.		Dance Room

Wednesday

Let's Sing Choir (formerly known as Pop Choir)	10-11 a.m.		146
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

Conversational English	10 a.m.-12 p.m.		140/41
Bridge Social	1-3 p.m.		146
Ballroom Instruction	2-4:30 p.m.		Auditorium
Karaoke Time	2-4:30 p.m.	4th Thursday	140/41

Friday

Chair Yoga & Pilates	9:30-10:30 a.m.		Dance Room
Calligraphy (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.		140/41
Friday Dance Fever	2-3:30 p.m.		Auditorium

Saturday

Quilting & Sewing	9-11:45 a.m.	1st Saturday	146
Karaoke for All (English)	10-11:30 a.m.	2nd and 4th Saturdays	146
Let's Dance	9:45-11:45 a.m.		Auditorium

Fee-Based Classes and Spring 2023 Class Registration

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.

Spring and summer classes are now open for registration.

List of classes are also in the Milpitas Recreation and Community Services Activity Guide under the 50+ section.

Chinese Brush Painting

This class will provide the basic principles, techniques and styles of Chinese brush painting. Students will learn to master brushstrokes and concepts on rice paper, then build up to more advanced techniques. All levels are welcome. *Limited space is available for each session below.*

Beginner

In-Person	Time	Class Dates	Day	Meetings	Resident/Non Resident Rate
#27807	12:30-3:30 p.m.	04/17 - 05/22	Monday	6	\$50/\$60

Intermediate

In-Person	Time	Class Dates	Day	Meetings	Resident/Non Resident Rate
#27812	12:30-3:30 p.m.	04/18 - 05/30	Tuesday	7	\$58/\$68

Advanced

In-Person	Time	Class Dates	Day	Meetings	Resident/Non Resident Rate
#27814	12:30-3:30 p.m.	04/21 - 06/02	Friday	7	\$58/\$68

Line Dance

Line Dance does not require a partner, is fun, and is a great way to get exercise. Dances are modified to meet the class level. Advanced Beginner is for students with some line dance experience and should be considered a refresher course. Intermediate is for students who have taken several classes previously.

Advanced Beginner

In-Person	Time	Class Dates	Day	Meetings	Resident/Non Resident Rate
#27842	9:30-10:30 a.m.	04/19 - 05/31	Wednesday	7	\$19/\$29

Intermediate

In-Person	Time	Class Dates	Day	Meetings	Resident/Non Resident Rate
27844	10:30-11:30 a.m.	04/19 - 05/31	Wednesday	7	\$19/\$29
27846	2-3 p.m.	04/20 - 06/01	Thursday	7	\$19/\$29

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 will teach students how to create a variety of works using oil paints. His specialty is impressionist landscapes and portraits. Class will be conducted in the Art Room.

In-Person	Time	Class Dates	Day	Meetings	Resident/Non Resident Rate
#27882	9 a.m.-12 p.m.	04/18 - 05/30	Tuesday	7	\$58/\$68
#27883	9 a.m.-12 p.m.	04/19 - 05/31	Wednesday	7	\$58/\$68
#27884	9 a.m.-12 p.m.	04/20 - 06/01	Thursday	7	\$58/\$68
#27885	1-4 p.m.	04/20 - 06/01	Thursday	7	\$58/\$68

Fee-Based Classes and Spring 2023 Class Registration

Body Alignment – Pilates-style

There is a saying in the fitness industry: Straighten before strengthening! What this means is that proper form and execution of moments 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.

In-Person	Time	Class Dates	Day	Meetings	Resident/Non Resident Rate
#27867	12:15-1:15 p.m.	04/18 - 05/30	Tuesday	7	\$19/\$29

Zumba Gold

Are you looking for a modified Zumba class that recreates the original moves you love at a lower intensity? Our instructor will focus on balance, range of motion, and coordination. Choose to enroll in either in-person classes or virtually via Zoom. All Zumba classes are one hour. The Zoom link will be emailed directly to you from the instructor, Toni Perrina. If you do not receive a link by the day before, please contact the Front Desk.

In-Person	Time	Class Dates	Day	Meetings	Resident/Non Resident Rate
#27892	10:30-11:30 a.m.	04/18 - 05/30	Tuesday	7	\$19/\$29
#27893	10:30-11:30 a.m.	04/20 - 06/01	Thursday	7	\$19/\$29

Zoom	Time	Class Dates	Day	Meetings	Resident/Non Resident Rate
#27896	10:30-11:30 a.m.	04/18 - 05/30	Tuesday	7	\$19/\$29
#27897	10:30-11:30 a.m.	04/20 - 06/01	Thursday	7	\$19/\$29

Milpitas Recreation and Community Services

LET'S PAR-TEA!

May 6, 2023, 11 a.m. - 1 p.m.
Barbara Lee Senior Center
40 N. Milpitas Blvd

\$15 for current members
\$20 for non-members

Join us as we bring back this tradition to the Senior Center. We encourage you to dress for high tea in your elegant best. Here's a rare opportunity to break out your petals and pearls, or cufflinks and coattails!

Enjoy finger sandwiches, cookies, crafting and a variety of specialty teas.

All senior center members are invited and encouraged to bring a friend.



Ages 50+

Milpitas Recreation and Community Services

Senior Adventures

Around the World Tastings

Join the Senior Center Team this summer as they visit local eateries to taste the diverse cuisines being offered in our community. This is a great way to try different foods and meet other foodies!

Every third Wednesday in the Summer at 11:30 a.m.
Senior Center Membership required

Plan to meet at the restaurant and pay for your individual order
Prices of food will vary from \$15 to \$40

June 14

Pho Thin Hanoi
Vietnamese Restaurant
41 Serra Way #106

August 16

Dish N Dash
Middle Eastern cuisine
260 Ranch Dr., McCarthy Ranch

Pre-register for each date, so staff can make reservations.

For more information, contact the Senior Center at Senior_Center@milpitas.gov or (408) 586-3400.



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



Recreation and
Community Services

Additional Services

The Barbara Lee Senior Center is here to help you.

We have many services available, including legal assistance, medical insurance counseling, nutrition and more.

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

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.

Senior Adults Legal Assistance (SALA)

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. Established in 1973, SALA provides free legal services and community education to Santa Clara County residents who are age 60 or older. There is no income eligibility qualification to use SALA's services. 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 that private attorneys typically do not handle and that have a great impact on elders most in need in our community. For more information and to 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 for replacement water heater, furnace, air conditioner units or electrical panels. 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 Saul Gonzalez at (408) 586-3405, or visit www.milpitas.ca.gov/MAP.



2023-24 PARCEL TAX EXEMPTION \$84 PARCEL TAX EXEMPTION FOR MILPITAS HOMEOWNERS

★FIRST TIME APPLICANTS★

(Automatic Renewal for Prior Year Applicants)

Any owner of a Parcel in Milpitas used solely for owner-occupied, single-family residential purposes and who are either, (a) 65 years of age or older on or before June 30, 2023, or (b) persons receiving Supplemental Security Income (SSI) for a disability, regardless of age, or (c) receiving Social Security Disability Insurance (SSDI) benefits, regardless of age, whose yearly income does not exceed 250 percent of the 2012 federal poverty guidelines issued by the United States Department of Health and Human Services, or (d) owners of Contiguous Parcels, held under identical ownership, may, be treated as a single parcel, may obtain an exemption from the \$84 parcel tax by submitting an application, by June 15, 2023, to the District.

Once granted, no need to reapply, exemptions remain in place until the property is transferred or not owner-occupied by a qualifying person. If you move elsewhere in Milpitas, a new application will need to be completed. (Owners of manufactured homes are exempt.)

Pick up an application at the Senior Center or email Naomi Agraz, nagr@musd.org or call (408) 635-2600 ext. 6022 for an application or to ask questions. You may also apply online or download an application at <https://www.musd.org/measure-e-parcel-tax.html>.

Senior Nutrition Program FAQs

The Milpitas Recreation and Community Services Department is a proud partner of the Santa Clara County Senior Nutrition Program. We offer a casual dine-in lunch service where you can interact with others daily. Reservations must be made at least one day in advance by noon. Seating is offered in a limited capacity and on a first-come, first-served basis. **For more information, please call (408) 586-3413.**

Dine-In Service:

Monday through Friday at 10:30 a.m. - 1 p.m.

Doors open for registration at 10:30 a.m. Participants must have a reserved lunch for the day and should check in between 10:30 a.m. and 11:45 a.m. Participants must be seated by 11:50 a.m. for the meal to be delivered to their seats at noon.

Who is eligible to receive a Gold Scan Card? Any senior (60+) can make a reservation. We ask that you complete a Santa Clara County registration form for all participants over the age of 60 to receive a Gold Scan Card.



Is there a cost, and where does my donation go to? There is a suggested contribution of \$3 per meal for seniors aged 60+. However, no eligible senior is ever denied because of a failure or inability to contribute. There is a required \$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.

Do I need to make reservations for lunch? Yes. Call (408) 586-3413 to make your reservation by noon the day before. For Monday reservations, you must call by noon on the Friday before. Leave your name, phone number, date for the meal, and meal choice. Any reservations that haven't been checked in by 11:45 a.m. will be given to people on the waitlist.

I'm on the waitlist. What happens next? When placed on the waitlist, meals that haven't been claimed will be released to you on a first-come, first-served basis. Being placed on the wait list does not guarantee you a meal.



What is a Meal Punch Card, and how much does it cost? Meal Punch Cards may be purchased on site. A Meal Punch Card is a pre-paid card you can purchase for \$30 and receive a complimentary meal. You must present this card when checking in for your reserved meal.

What do I bring when checking in for my meal? Please bring your Santa Clara County Gold Scan Card, cash for payment, or Meal Punch Card.

Who provides the catered food? The meals are catered by Santa Clara County-approved caterers Bateman and MoonChef. A detailed menu for each day is available upon request and is posted on the bulletin board in the auditorium.

Cancellations & No-Shows: If you are unable to attend, please call as soon as possible (at least the day before) to cancel. If you fail to cancel or no-show two times in a row, the rest of your meals will be canceled for the week.

Brain Teasers

Brain games and puzzles, such as those below, serve as mental exercises that provide a simple way to improve your memory, concentration, and problem-solving skills. Sip some coffee or tea, settle in, and enjoy these brain games.

Riddles

- 1. What can you catch but not throw?
- 2. When are 1500 plus 20 and 1600 minus 40 the same thing?
- 3. I am owned by every man, though my length differs. Their wives use me after getting married. What am I?
- 4. I am quick when I'm thin. I am slow when I'm fat. Wind is my worst nightmare. What am I?
- 5. When the day after tomorrow is yesterday, today will be as far from Wednesday as today was from Wednesday when the day before yesterday was tomorrow. What is the day after this day?
- 6. I am easy to waste and unstoppable. What am I?

Answers:

1. Cold

2. Military Time

3. Last Name

4. Candle

5. Thursday

6. Time

Memorial Day

Find and circle the words in the grid. Look for them in all directions.

A	J	R	Z	I	U	W	E	G	F	K	E	H	O	L	I	D	A	Y	Z
U	T	R	E	M	E	M	B	R	A	N	C	E	O	F	Z	J	G	K	L
O	P	Y	S	S	E	O	R	E	H	F	B	Y	K	F	A	L	L	E	N
G	D	S	E	J	R	F	H	E	T	A	R	O	M	E	M	M	O	C	E
A	M	E	R	I	C	A	N	E	A	E	P	O	R	M	E	G	Z	Z	V
N	X	Z	V	Z	N	I	F	U	Y	C	M	I	S	C	T	S	R	U	X
W	Z	P	I	E	E	Y	T	C	A	I	C	P	N	Z	P	D	Q	Y	H
M	V	E	C	E	A	U	D	O	H	F	P	A	Y	P	C	K	W	D	O
E	R	J	E	M	P	B	E	C	I	I	V	S	V	V	A	K	S	M	N
H	D	F	N	Y	N	O	I	T	A	R	O	C	E	D	M	V	U	Q	O
T	Q	D	U	G	D	R	R	O	E	C	T	B	W	Y	E	R	A	E	R
N	J	B	N	C	W	A	H	S	F	A	Q	A	T	E	T	V	H	R	W
A	F	M	U	V	W	R	B	R	A	S	I	U	P	W	E	E	C	Z	G
J	Z	E	R	I	Y	O	E	E	S	D	I	A	S	T	R	H	E	O	F
C	Y	M	D	Q	A	E	Y	N	O	M	E	R	E	C	Y	H	U	L	D
T	H	O	I	E	D	U	C	G	J	W	E	R	I	Q	O	M	A	F	G
H	S	R	Y	O	H	I	B	J	E	W	A	K	Y	Q	B	G	P	A	H
I	K	I	M	A	Q	I	N	H	O	N	A	W	J	W	S	S	Q	Z	Y
X	B	A	D	F	E	B	W	L	S	O	L	D	I	E	R	S	E	G	M
V	M	L	H	V	E	N	F	A	U	E	T	P	F	X	T	Q	I	X	A

AMERICAN	ANTHEM	CEMETERY	CEREMONY
COMMEMORATE	DECORATION	FALLEN	FLAGS
FLOWERS	FREEDOM	GRAVE	HEROES
HOLIDAY	HONOR	MAY	MEMORIAL
OBSERVANCE	PATRIOTIC	REMEMBRANCE	SACRIFICE
SERVICE	SOLDIERS	VETERANS	WAR

Barbara Lee Senior Center Memberships – Become a member or renew

Milpitas' Barbara Lee Senior Center is for adults 50+. A Senior Center Membership is required to participate in all programs unless otherwise noted. Membership is \$13 for Milpitas residents and \$31 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 \$2 processing fee. For total charges of \$51 or more, the processing fee is \$5. Processing fees are non-refundable.

For more information, contact the Barbara Lee Senior Center at senior_center@milpitas.gov or (408) 586-3400.