

SENIOR CONNECTION

APRIL, MAY, JUNE 2022

NEWSLETTER



A WORD FROM STAFF:

We hope that this newsletter provides you with helpful information and a continued connection with the Barbara Lee Senior Center. Please note the *Senior Connection* newsletter is mailed out quarterly. If you would like to receive the newsletter via email and to opt out of receiving a paper copy, please send us an email. For more information, contact the Barbara Lee Senior Center at senior_center@ci.milpitas.ca.gov or (408) 586-3400.

Barbara Lee Senior Center Hours:
Monday-Friday - 8:30 a.m.-4:30 p.m.

The Senior Center will be closed on:
May 30, 2022 - Memorial Day
July 4, 2022 - Independence Day



OAM Activities and Dates

Camp Golden Classics Showcase
Saturday, May 7, 11 a.m. - 1 p.m.

Classic Movie under the Stars - The Breakfast Club
Friday, May 13, 8:30 p.m. - 11 p.m.

Throughout the month – Walk in and let us know how you age in your own way by posting it on our wall.

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is Age My Way, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

For May, the Barbara Lee Senior Center will celebrate the many seniors in our community who do this. We will be hosting a few events that you will want to join. If you would like to share your story on how you age in your own way, be it by exercise, helping others in your community, or simply keeping engaged with family, friends and peers via in person or virtually, send us your story by May 13, and you can be featured in our storybook.

Saves the Dates!

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

Food Gone Wild Wednesdays

Join this new foodie group where you can share your passion and love for food. We will dine at local Milpitas restaurants exploring new and cherished foods with each other. Meet us at the restaurant and pay for your individual order. Prices of food will typically range from \$15 to \$40.

May 18 - Sen Dai Sushi - Authentic Japanese food, including Sushi, tempura, teriyaki, and a variety of Japanese home-style dishes

Camp Golden Classics Showcase

Saturday, May 7, 11 a.m. - 1 p.m.

Get a sneak preview of our new summer camp for older adults - coming this August! Camp Golden Classics will include all the traditional summer camp fun you remember from, or missed out on, in childhood: camp crafts, games, movies, and best of all, making lasting memories of fun with your fellow campers and Camp Leaders! Our showcase day will also include opportunities to try some of our most popular daily activities offered year-round, so join us to find out what the Barbara Lee Senior Center is all about.

Annual Summer BBQ – The Wild West

Saturday, June 11, 2 - 4 p.m.

Cost \$10 - \$15/person

Come in your cowboy boots and ten gallon hat as we welcome the summer season. Enjoy a traditional BBQ meal, entertainment and friendly conversation celebrating Summer. Purchase your meal ticket by Friday, June 3, 2022.

SNO-DAY

Wednesday, July 27, 2:30 - 4 p.m.

Cool down with a nice cup of shaved ice, better known as a sno-cone! You will have a variety of flavors and toppings to choose from.

MILPITAS RECREATION AND COMMUNITY SERVICES

Golden Classics SHOWCASE

MAY 7 
SATURDAY
11 a.m. - 1 p.m.

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

Barbara Lee Senior Center

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Recreation and
Community Services

Upcoming Presentations and Social Groups



Classic Movies Under the Stars

Last Summer the Senior Center hosted an amazing outdoor movie experience in the Community Center Plaza and we will be bringing it back. Movies begin as soon as it is dark. Bring your own blanket, lawn chairs, snacks and flashlights. Price includes popcorn. Register at the Senior Center or online through Activenet. Seniors will receive a discounted rate. Sorry no pets.

Activity #26091

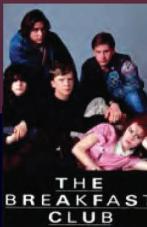
The Odd Couple



April 8

Activity #26092

The Breakfast Club



May 13

Activity #26325

Ocean's Eleven (original, 1960)



July 8

Activity #26326

Some Like it Hot



August 12



For more information,
please visit www.ci.milpitas.ca.gov or call (408) 586-3210.



Recreation and
Community Services

Fitness Center Orientation

Third Mondays, April 18, May 16, June 20, 1 p.m.

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. If you're not familiar with the equipment in the Fitness Center, we have free Fitness Room Orientations on the third Monday of each month at 1 p.m. 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. Contact the Senior Center Front Desk for more information at (408) 586-3400.

Milpitas HOPE Senior Social/Support Group

Wednesday, April 13, 2 p.m., in-person at the Barbara Lee Senior Center

Join our 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 a 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 activities, discussions, mental health awareness, and resources. Join us to meet other local seniors and build meaningful connections.

MILPITAS
HOPE

Upcoming Presentations and Social Groups

Rights and Resources for Permanent Residents

Wednesday, May 4, 2 p.m., online via Zoom

Catholic Charities of Santa Clara County Immigration Legal Services staff will present 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 opportunity to ask questions regarding government programs and policies. For more info, visit www.catholiccharitiesscc.org.

Clean Living: How to Reduce Your Toxic Load

Wednesday, May 18, 2 p.m., online via Zoom

Our bodies have become inundated with environmental toxins that we are not necessarily equipped to handle, so they are making us sick and tired. Presenters from Kaiser Permanente will teach you how to detox by examining your daily routines and integrating detoxifying practices. For more information, visit Kaiserpermanente.org.

Law Foundation Silicon Valley Resources and Referral

Wednesday, June 1, 2 p.m., online via Zoom

Law Foundation of Silicon Valley's Housing Program provides free legal advice and representation on housing-related matters to low-income individuals in Santa Clara County. Topics they can assist with include: defending eviction lawsuits; housing discrimination issues; Section 8 and other low-income housing issues like terminations and eligibility determinations; legal advice and information to tenants regarding notices for repairs/bad conditions; and advice and information about foreclosure prevention. For more information, visit www.lawfoundation.org.

Overview of Rebuilding Together Silicon Valley

Thursday, June 2, 2 p.m., online via Zoom

Rebuilding Together Silicon Valley (RTSV) is a non-profit agency devoted to providing critical home repairs and accessibility modifications for low-income homeowners and community centers, at no cost to the recipient. Work provided focuses on improvements such as grab bars and railings, half steps, wheelchair ramps or lifts, raised toilets, minor plumbing or electrical, carpentry, and painting. Attend this virtual presentation via Zoom to learn more about these programs and qualifications. For more information, visit www.rebuildingtogethersv.org.



* For more information on free presentations contact the Barbara Lee Senior Center at senior_center@ci.milpitas.ca.gov or (408) 586-3400.

Drop-In Programs

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

Chair Yoga enhanced with Pilates

Chair yoga is a gentle form of yoga done while sitting. It releases tension and stress and calms the mind as it increases mobility and flexibility. The class also includes seated exercises for building core strength for a stronger, healthier, and pain free lower back. Chair yoga will create a sense of joy and well-being as you increase your energy in this easy-to-follow class. New students welcome at any class.

Ballroom Instruction

Wednesday and Thursday at 2 p.m.

Ballroom dance are partnership dances where couples use well-known step patterns to move to the music. This class will provide the foundation of basic steps to be able to waltz, cha-cha, and rumba. Class is held in the auditorium every Wednesday and Thursday.

Book Club

Third Tuesday of every month at 10:30 a.m.

Senior Center Book Club is open to all members of the Senior Center. The ability to read and speak English helps. Books are chosen from the County of Santa Clara Book Club Kit list. We meet once a month, every third Tuesday. Pick up the month's book, and we will discuss it when it is time to return the following month. Participants are invited to suggest titles.

NEW! Friday Dance Fever

Every Friday at 2 p.m.

Dance is great exercise that may improve your balance, memorization skills, muscle tone, and overall health. This class covers the fundamentals from basic steps to many kinds of dances, including modern, oldies, country dance, and more. Basic knowledge of dancing steps recommended. Enjoy exercise, with popular music and great fun!

NEW! Bridge Social

Every Wednesday and Thursday at 1 p.m.

All who are interested in playing, learning or just curious about the game of bridge are welcome to join our new bridge social. Most materials will be provided. If you are interested in partnering with the volunteer facilitator to regularly meet and to educate others about bridge, please contact Ann Marie Asis, aasis@ci.milpitas.ca.gov or calling (408) 586-3403.

More drop-in programs will be phased in throughout the year. If you have any suggestions for a new drop-in activity, or know of someone who would like to volunteer their time to lead an activity, please contact Ann Marie Asis at (408) 586-3403 or by sending an email at aasis@ci.milpitas.ca.gov.

Drop-In Programs

MONDAY

Chinese Folk Dance	9 - 10 a.m.	Dance Room
Crochet & Knitting Social Group	9 - 11 a.m.	Room 140
Chair Yoga & Pilates	10:30 - 11:30 a.m.	Dance Room
Plaza Dancing	1:30 - 2:30 p.m.	Dance Room

TUESDAY

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

WEDNESDAY

Crafts	9 - 10 a.m.	Room 140
NEW! Bridge Social	1 - 3 p.m.	Small Game Room
Ballroom Instruction	2 - 4 p.m.	Auditorium

THURSDAY

Sit & Be Fit (DVD)	9 - 10 a.m.	Room 146
Conversation English	10 a.m. - Noon	Room 140/141
NEW! Bridge Social	1 - 3 p.m.	Small Game Room
Ballroom Instruction	2 - 4 p.m.	Auditorium

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. - Noon	Dance Room
NEW! Friday Dance Fever	2 - 3:30 p.m.	Auditorium
Hand & Foot (card game)	Noon - 4 p.m.	Room 146
Teach Seniors Technology	3:30 - 4:30 p.m.	By Appointment only. Must make appointment by the Thursday before.
		Resource Area

Fee-Based Classes

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 activate one.

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

Sessions beginning in June will be found in the Summer Activity Guide, with registration opening for Milpitas residents on April 25.

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. You may choose to enroll in either in-person or virtual classes via Zoom. All Zumba classes are one hour, 10:30 - 11:30 a.m.

In-Person

#25816	\$20/\$30	April 5 - May 24, 2022	Tuesday	10:30 - 11:30 a.m.	8 meetings
#25818	\$20/\$30	April 7 - May 26, 2022	Thursday	10:30 - 11:30 a.m.	8 meetings

Zoom

#26197	\$20/\$30	April 5 - May 24, 2022	Tuesday	10:30 - 11:30 a.m.	8 meetings
#26199	\$20/\$30	April 7 - May 26, 2022	Thursday	10:30 - 11:30 a.m.	8 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 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.

#25852	\$60/\$70	April 5 - May 24, 2022	Tuesday	9 a.m. - Noon	8 meetings
#25854	\$60/\$70	April 6 - May 25, 2022	Wednesday	9 a.m. - Noon	8 meetings
#25856	\$60/\$70	April 6 - May 25, 2022	Wednesday	1 - 4 p.m.	8 meetings
#25859	\$60/\$70	April 7 - May 26, 2022	Thursday	3 - 6 p.m.	8 meetings

Line Dance

Line Dance does not require a partner and is fun and a great way to get exercise. Dances are modified to meet the class level. *Beginner* is for students with no experience. *Intermediate* is for students who have taken line dance classes before. Students can register for one class per session. Please note, students need to wear appropriate clothing and shoes (no black-soled shoes) for dancing.

Beginner

#25796	\$18/\$28	April 13 - May 25, 2022	Wednesday	9:30 - 10:30 a.m.	7 meetings
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Intermediate

#25801	\$20/\$30	April 13 - May 25, 2022	Wednesday	10:30 - 11:30 a.m.	8 meetings
#25799	\$20/\$30	April 14 - June 2, 2022	Thursday	2 - 3 p.m.	8 meetings

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. For beginning to advanced students.

Beginner

#26160	\$53/\$63	April 11 - May 30, 2022	Monday (No class on May 30)	12:30 - 3:30 p.m.	7 meetings
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Intermediate

#26164	\$60/\$70	April 12 - May 31, 2022	Tuesday	1 - 4 p.m.	8 meetings
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Advanced

#26168	\$45/\$55	April 8 - May 13, 2022	Friday	12:30 - 3:30 p.m.	6 meetings
#26169	\$45/\$55	May 20 - June 24, 2022	Friday	12:30 - 3:30 p.m.	6 meetings

Fee-Based Classes

Would you be interested in...

Below are a few potential programs that we are looking to offer in the future. Please let us know what you think about them. If interested in one or all, send us your name to be added to an Interest List. You can do this by sending an email to senior_center@ci.milpitas.ca.gov or by visiting the Senior Center Front Desk. If you know someone who would like to volunteer to lead any of the activities/classes below, please have them email or call the Senior Center.

- **Poetry Slam** - Where you can perform, share and listen to readings of original and famous poetry.
- **Creative or Memoir Writing Class** - Learn how to write well-structured stories or how to start writing your memoir.
- **Coffee and Coloring Corner** - This will be a set time for you to sit back, color and enjoy your peers while sipping a cup of coffee or tea. Possible monthly coloring contest.

We are here for you! - Resources

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, 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.

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 the Social Services Coordinator at (408) 586-3405, or visit www.milpitas.ca.gov/MAP.

Teach Seniors Technology

Teach Seniors Technology high school volunteers are back on Friday afternoons 3:30 - 4:30 p.m. by appointment only. They are providing their knowledge and classes for people who want to learn how to use modern electronic devices. Teach Seniors Technology strives to improve the quality of life of senior citizens by teaching the older adults how to use modern technology. Make an appointment at the front desk by the Thursday prior.

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 dine-in lunch service in limited capacity and on a first-come, first-served basis. For more information please call (408) 586-3413.

Dine-In Service:

Monday through Friday, Noon - 1 p.m.

Doors will open for those choosing to dine-in at 11 a.m. Participants must have a reserved lunch for the day and should check in between 11 a.m. and 11:55 a.m. Participant must be seated by noon for meal to be delivered to your seat. Meal will be delivered at noon.

Who is eligible? 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. Guests aged 50 to 59 years old is required to pay \$9 for a meal.

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. You can call (408) 586-3413 to make your reservation by noon the day before. For Monday reservations, you must call by noon the Friday before. Leave your name, phone number, date for the meal and meal choice. Reserved meals that haven't been picked up by 12:55 p.m. will be given to those on the waitlist.



Senior Nutrition Program - FAQs

I'm on the wait list. What happens next? When placed on the waitlist, meals that haven't been claimed will be released to you on 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? 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 a Meal Punch Card. Meal lunch cards may be purchased on site.

Who provides the catered food? Nutritious meals are catered by Santa Clara County approved caterers, TRIO Community Meals and Moonchef offering tasty meals, including vegetarian, to satisfy your taste buds.

Cancellations and No-Shows If you are unable to pick up your meal, please call as soon as possible (at least the day before) to cancel. If you do not show up for lunch two times in a row without calling to cancel, the rest of your meals for the week will be canceled.



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 \$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 \$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@ci.milpitas.ca.gov or (408) 586-3400.