

BARBARA LEE SENIOR CENTER

40 N. Milpitas Blvd

Milpitas, CA 95035

(408) 586-3400

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

www.ci.milpitas.ca.gov



SENIOR CONNECTION NEWSLETTER

NEW YEAR, NEW FACES!!

JAIME CHEW

Senior Center Supervisor

Starting in January, Jaime Chew will be the new Supervisor for the Barbara Lee Senior Center (see page 2). Jaime first started working for the City of Milpitas in 1997 as part-time staff. She then had the opportunity to work for the City of Union City Leisure Services as a Program Coordinator. In 2009, Jaime returned to Milpitas to become a Recreation Services Supervisor at the Milpitas Sports Center. In her spare time she enjoys musical theater, dancing, cooking and spending time with her family, especially her 9 ½ month old daughter Riley.



LORI CASAGRANDE

Senior Events & Engagement Specialist

Lori was raised in Menlo Park and moved to Milpitas as a newlywed in 1978 and has raised her family here. As the Senior Center's Events & Engagement Specialist, Lori is focused on planning senior trips, outreach efforts & presentations and coordinating senior volunteer activities. During Lori's free time she loves traveling, crafting, gardening and spending quality time with family.



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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, such as Lunch Program or Bingo). Membership fees are \$12 for Milpitas residents and \$30 for non-residents. Milpitas residents must show 2 proofs of residency for discount rate. **Please note:** For any total of \$10-\$50 there is a \$1 processing fee. For totals of \$51 or more the processing fee is \$3. **Processing fees are non-refundable.**

CASE MANAGEMENT SERVICES

If you are a Senior Center Member, you can take advantage of our Case Management Services. Lechi Nguyen is available by appointment only to assist seniors in the following areas:

- * Social Services: Medicare, Medi-Cal, Social Security, Health Insurance, S.S.I.
- * In Home Care Needs Resources (No Home Visits)
- * Transportation Resources
- * PG&E Bill Assistance (H.E.A.P. & Care Programs)
- * Low Income Telephone Programs
- * Food Vouchers, Brown Bag, Meals-On-Wheels
- * Citizenship & Immigration Challenges
- * Housing Resources
- * Adult Day Care Referrals



To make an appointment, please call **(408) 586-3405**.

Additional Senior Center Services

- Blood Pressure Readings
- Legal Services (SALA): 2nd & 3rd Thursday monthly, 10:00 AM-Noon (call 408-586-3400 for appt.)
- Outreach Transportation
- Loan Closet (walkers, wheelchairs, etc) available for members to borrow.
- Free Tax Assistance Program (See page 4 for more information)

THANK YOU & GOODBYE

- A note from Stephanie Douglas, Senior Center Supervisor

As many of you may already know, I will be starting a new adventure as Recreation Superintendent for the City of Palo Alto. Although I am excited about this new venture, I will miss all of the staff, patrons and volunteers at the Barbara Lee Senior Center. I have learned an incredible amount from all of you and will miss our daily interactions and smiles. Taking my place is Jaime Chew, who has worked for the City of Milpitas as a Supervisor at the Sports Center for the past 7 years. She is very excited to meet all of you and I know she will bring new and innovative programs and services to the center. Thank you for three wonderful years and Happy New Year!



Fitness Room

Why pay expensive fitness center prices to stay healthy when you can use the Senior Center Fitness Room for a fraction of the cost? We have treadmills, elliptical machines, stationary bikes and weight equipment available for you.

Please Note: Only Senior Center Fitness Passes are valid at the Senior Center (no Sports Center Fitness Passes). Unauthorized personal training or fitness instruction is not permitted in our facility.

Senior Center Fitness Passes Fees

- 5 Visit Pass \$7.50
- 10 Visit Pass \$15.00
- 15 Visit Pass \$22.50
- 20 Visit Pass \$30.00



Fitness Room Orientations

3rd Friday of each month • 1:00 PM

Learn how to safely use the Fitness Room equipment from a professional ! There is no fee for this orientation, but we do ask that you sign-up in advance at the Front Desk at least one day prior. As with any exercise program, please be sure to check with your doctor before starting.

Personal Trainer Sessions

The Senior Center has a personal trainer that can assist you with your fitness needs. Michelle Creamer is a Certified Personal Trainer and Senior Fitness Specialist that you can work with directly in our Fitness Room. She will meet with you to talk about your needs, put together a workout schedule and help train you in the Fitness Room to help meet your goals! Clients schedule and pay for their training sessions directly with the trainer. To talk with Michelle Creamer about scheduling a session call (408) 221-3500.

PICKLEBALL

Tuesdays, 1:30PM-4:00PM
SENIOR CENTER AUDITORIUM
FREE

Check out the latest craze in Adult Fitness! Pickleball has the combined features of badminton, tennis and ping pong; but also has its own unique features too! A net and court will be set-up for your enjoyment. Drop in and check it out! Equipment is provided, or you may bring your own paddle. Four people can play at a time so players will need to rotate in and out as games finish.



FREE Tax Assistance**Tuesdays & Fridays, February 2nd—April 12th**

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. By appointment only.

Health Education Classes**Mondays, 10:00 AM**

Each month students from Stanford School of Medicine will present a class on a specific health topic. Participants will have the opportunity to ask questions regarding their own experience with the topic and connect with trained health coaches from Stanford's the School of Medicine. Please contact Gunsagar Gulati, ggulati@stanford.edu should you have questions about this class. Please Note: The same presentation is repeated weekly for the month.

Musculoskeletal Pain: January 4, 11 & 25

Do you or a loved one suffer from back pain, neck pain, knee pain, or osteoporosis? Do you want to learn about how you can reduce your pain and manage your health?

Diabetes: February 1, 8, 22 & 29

Do you or a loved one suffer from diabetes (high sugar)? Do you want to learn about how you can manage your diabetes and lower your risk.

Kaiser Permanente Enrollment:**Thursday, January 28th & Friday, February 26th / 10:00 AM- Noon**

Carl S. Foster, a representative of Kaiser Permanente, will be at the Senior Center to present information on it's Senior Advantage healthcare coverage program. If you decide to enroll, Carl can assist you with the enrollment application process. Kaiser Permanente has a 5-star rating by Medicare and is able to accept enrollments year round.

New Member Orientations:**Tuesdays, January 12th & February 9th / 10:00 AM**

If you are new to the Barbara Lee Senior Center or would like a refresher on all of the wonderful services and activities, please join us on the second Tuesday of the month for an informative presentation and tour. Please sign up at the Front Desk or by calling (408) 586-3400.

Preview of Premier World Discovery Trips

Tuesday, February 2nd / 10:30 AM

If you enjoy new experiences and traveling, come learn about the upcoming trips the Senior Center will be offering! Kris Adams, from Premier World Discovery Trips will present information on these upcoming long-distant trips. Detailed flyers are available at the Senior Center. Extended Stay trips require full payment 75 days prior to departure.

2016 Extended Stay Trips – Detailed flyers are available at the Senior Center.

- Charleston & Savannah (departs 4/10/16, 7 days)
- Southwest Trains & Canyons (departs 6/16/16, 8 days)
- Canadian Rockies Getaway (departs 7/17/16, 6 days)
- Heritage Highlights (departs 9/27/16, 9 days)
- Venice & the Italian Lakes (departs 10/4/16, 9 days)



**JANUARY & FEBRUARY CLASSES:
Register on January 11th**



AARP Smart Driver Class

This course is for adults 50+ to help them drive safely. Students will learn research-based safety strategies to reduce crashes; understand the links between driver, vehicle, road, environment, and how this awareness encourages safer behavior; learn the newest safety and advanced features in vehicles; and explore new ways to travel, and more. This 4-hour refresher course is for students who have completed the 8-hour course within the past three years. Register in advance at the Barbara Lee Senior Center with payment of cash or check (payable to AARP). Senior Center membership not required. Instructor: Ron & Beverly Berube.

#3621	Th	9:00 am-1:30 pm	2/18	1 day	\$15 (\$20 non AARP)
#3622	Th	9:00 am-1:30 pm	4/7	1 day	\$15 (\$20 non AARP)

Register on January 11th

Joy of Color – Oil Painting

This course teaches students to paint representative landscapes so knowledge of drawing is not needed. Using an innovative technique, this course “re-educates” people to learn perspective-based drawing. Students must bring their own supplies. A supply list is available at the Senior Center Front Desk. Instructor: Doreen Walker.

#3605	Tuesdays	9:00 AM-Noon	2/9-3/29	8 days	\$48 (\$58 non-res)
#3606	Wednesdays	9:00 AM-Noon	2/10-3/30	8 days	\$48(\$58 non-res)
#3607	Wednesdays	1:00-4:00 PM	2/10-3/30	8 days	\$48 (\$58 non-res)
#3608	Thursdays	9:00 AM–Noon	2/11-3/31	8days	\$48 (\$58 non-res)

Line Dancing

Line Dancing does not require a partner and is a fun and great way of exercising. New Beginner is for students with no Line Dance experience. Beginner Level 2 is for students who have had Line Dance classes. Advanced Beginner is for students who have had 6-12 months of Line Dance classes. Students can only register for one class. Students need to wear appropriate clothing and shoes (no black soled shoes) for dancing. Instructor: Can Tu Ly.

#3614	New Beg:	Wednesday	9:00-10:00 AM	2/10-3/20	8 days	\$16 (\$26 non-res)
#3615	Beg 2:	Wednesday	10:00-11:00 AM	2/10-3/30	8 days	\$16 (\$26 non-res)
#3616	Adv Beg:	Wednesday	11:00 AM-Noon	2/10-3/30	8 days	\$16 (\$26 non-res)

Spring Chickens

Mondays, 10:00-11:00 AM and Thursdays, 8:50-9:50 AM

You'll be led through chair-based exercise routines designed to improve strength, balance, agility, endurance and flexibility in older adults. Nutrition education will also be covered. Students should wear comfortable clothing that allows movement.

Instructor: Sylvia from Fit is Gold. ***No Class on 2/15**



#2966	Mondays & Thursdays	See Description	1/21-3/17*	16 days	\$32 (\$42 non-res)
#3598	Mondays & Thursdays	See Description	3/21-5/12	16 days	\$32 (\$42 non-res)

Chinese Brush Painting

These classes explore the beauty of Chinese brush painting. Students learn how to paint birds, flowers, insects and landscapes on rice paper. Instructor: Betty Ling * **No Class 2/12 & 2/15**

#3600	Beg.	Mondays	12:30-3:30 PM	2/8-3/28 *	7 days	\$42	(\$52 non-res)
#3602	Adv.	Fridays	12:30-3:30 PM	2/19-4/1 *	7 days	\$42	(\$52 non-res)

Portrait Drawing: Pencils to Water Color Pencils

Beginning Level and Intermediate Level students will learn the basic principles of drawing a female face. Students will learn how to draw facial features in proportion in three views: front, 3/4 view and profile. After learning these skills, students will advance to water color pencils. Students need to bring the following supplies to class: HB and 2B drawing pencils, an all purpose sketch pad, grey kneaded eraser, a set of water color pencils and a 9x12 inch pad of 140 lb paper, a #6 and #2 pointed round brushes, a jar for water and small white palette for mixing colors. Instructor: Harriett McGuire.

#3624	Tuesdays		1:30-3:30 pm	2/2-2/23	4 days	\$16	(\$26 non-res)
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Creative Crafts for Spring

Bring a touch of spring to your home by making a new wreath, swag or centerpiece. Learn how to assemble materials, make quick and easy bows, create Easter decorations, and add that finishing touch for a professional look. Patterns, instructions and demonstrations are included with the class. Students will need to provide their own supplies/materials. First pattern and supply list is available upon registration. Instructor: Harriett McGuire. *This class is held at the Milpitas Community Center.*

#3625	Tuesdays		9:30-11:30 am	3/1-3/22	4 days	\$16	(\$26 non-res)
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Computer & Technology Classes

Beginning Level 1 & 2 Computer classes and Integrating Technology classes are offered in partnership between Milpitas Adult Education and the Senior Center. Class information is in the Milpitas Adult Education's Class Guide. Classes are held at the Senior Center but all registration is done by Milpitas Adult Education.

The Basics (Beg 1)	Wed	1:00-2:30 pm	1/6-2/10	6 days	\$30
Beyond Basics (Beg 2)	Wed/Th	1:00-2:30 pm	2/24-3/10	6 days	\$30
Integrating Technology	Th	1:00-2:30 pm	1/7-2/11	6 days	\$30

Register for these computer classes through Milpitas Adult Education

(408) 635-2692 / 1331 E. Calaveras Blvd., Milpitas

Adulted.musd.org

Zumba Gold

Tuesdays & Thursdays • 10:00 AM

\$2 Drop-in

Zumba is a fitness class with Latin flair. It brings dance style rhythms in a fun party-like environment while promoting strength, flexibility and balance. Zumba Gold is modified for older adults. *This class is popular and usually sells out. Participants need to buy their own ticket starting at 8:45 AM on day of class.* Maximum class size is 30 participants. Instructor: Toni Perrina.

Beginning Yoga

Tuesdays & Fridays • 8:40 AM

Enjoy the many benefits of Yoga! Please wear stretch pants and t-shirt and bring your own mat, large towel, yoga strap (or old neck tie). **Please Note:** Maximum of 25 participants per class.

Quilting Bee

1st & 3rd Tuesday of Month • 1:30 PM

If working with fabric and creating memories is your thing, come join in! Quilters will be responsible for purchasing their own supplies for quilting projects.

Chair Exercises

Mondays & Thursdays • 11:10 AM-Noon

You can improve your balance, stretch & tone muscles, and strengthen legs and arms by following the video tape of chair-based exercises.

Please Note: Space is limited to the first 25 people and there is no saving chairs for other people.

Hand & Foot

Fridays • 1:00 PM

Hand & Foot is a card game related to canasta. Depending on number of players, this can be played in singles or doubles. Learn how to play this fun game at the large table outside the lunch room.

Bingo

- **Wednesdays, Weekly 1:15-3:30 PM**
- Cash prizes (determined by # of players).
- Minimum buy-in is one game pack (\$5 for 10 games / 6 cards per game). Extra packs are \$4 each (players must play their own cards, no splitting/sharing of packs). Optional Double Action is \$1 per card. Ink daubers \$1 each.
- Bingo sessions are for ages 18 and up, and Senior Center membership is not required.

Genealogy Research

2nd & 4th Thursdays • 1:00-3:00 PM

Have you ever wondered where your family originated? Now's your chance to research it! The instructor has researched her own family tree and helped many others get started. A material fee of \$5 is payable to the teacher (Roxann Wahl) for a Genealogy Research Guide.

Computers

Senior Center members can use the public access computers at the Senior Center on a first come first serve basis. There is a 30 minute time limit when people are waiting.

Technology Tutoring For Seniors

Fridays • 3:30 PM-4:30 PM

Did you get a new device but aren't sure how to use it? Help is here! Students from Teach Seniors Technology (TST) will meet with you one on one. FREE!

Qigong

Wednesdays • 3:00 - 4:00 PM

Qigong is an effective exercise similar to Tai Chi that uses gentle movements. You should wear comfortable clothing & appropriate shoes.

Pickleball

Tuesdays • 1:30 PM – 4:00PM

Open play. Cross between tennis, badminton and ping pong!

Movie Day

2nd & 4th Mondays of Month • 1:00 PM

Free movie and popcorn! Upcoming movie info is posted on the Senior Center’s bulletin board. We take suggestions on movies to show.

Bridge—Party Style

Mondays-Fridays • 1:00-4:00 PM

Tables are available for players to form their own groups. If you want to learn or need a refresher course, lessons are available on Mondays, 1:00-4:00 PM in the Game Room.

Duplicate Bridge

Tuesdays • 1:00 PM

The same bridge deal is played at each table and scoring is based on relative performance. Players will need a convention card and be ready to play 18 boards. At the end, players will receive the hand record.

Crochet & Knit

Mondays • 9:00-11:30 AM

Work on your crocheting or knitting in a social setting and see what other people are making. If you need help getting started there are plenty of people to learn from!

Book Club

3rd Tuesday of month • 10:30-11:30 AM

Each month the Book Club meets to discuss their recently read book and to receive the next book. The Book Club is limited to 12 people each month. If you are interested, please contact the Front Desk.

Guitar

Wednesdays • 9:30-11:00 AM

If you enjoy playing the guitar, join the Guitar group! You’ll learn different songs and make new friends. Players need to provide their own instrument. Sheet music is provided.

Ukulele

Wednesdays • 1:30-2:30 PM

Bring your ukulele and join in the fun! It’s a great place to learn if you don’t know how to play.

Shall We Dance

Fridays • 1:30 PM

Exercise while having fun! This afternoon social dance session features mostly line and folk dances so there’s no need for a partner!

Please Note: Space is limited to 40 people.

Game Rooms

The Senior Center has two rooms for games. One features five tables for playing table-top games (i.e. cards, tile, board games) and is reserved for bridge lessons on Monday afternoons. The other room has two pool tables and three ping pong tables. Time limit for games are 15 minutes for Ping Pong and 20 minutes for pool.

Mandarin-Speaking Programs

The following drop-in programs are offered at the Senior Center and instruction is in Mandarin. Senior Center Membership is required.

Chinese Folk Dance	Mon	9:00-10:00 AM
Chinese Karaoke	Mon	1:00-3:30 PM
Yuen Chi Dance	Tue	1:30-3:00 PM
Chinese Crafts	Wed	9:00-11:30 AM
Ballroom Dance	Thurs	1:30-3:30 PM
Calligraphy	Fri	9:30-11:30 AM
Chinese Chorus	Fri	9:30-11:00 AM
Chinese Folk Dance	Fri	11:00 AM-Noon

BARBARA LEE SENIOR CENTER SPRING BINGO MARATHON
Saturday, February 6th / Doors Open At 11:30AM, Games Start at 1PM



Invite your friends and family to join us for 20 games and 3-5 special games scattered throughout the day. A session pack is \$10 per player (additional packs are \$8 for the same player). Special games are \$1 per card. Players cannot split or share packs. Games have cash prizes that are determined by the number of packs sold. A snack bar will be available to purchase lunch and goodies before and during the marathon. For more information, please call (408) 586-3400. Pre-registration & senior center membership is **not** required for this event. Everyone 18 and older can participate in the Barbara Lee Senior Center Spring Bingo Marathon!

SENIOR CENTER SPRING ART SHOW
FEBRUARY 8TH—MARCH 4TH

MILPITAS PHANTOM ART GALLERY, MILPITAS COMMUNITY CENTER



Participants from the Barbara Lee Senior Center's Chinese Brush Painting and Chinese Calligraphy classes will have their art on display at the Milpitas Phantom Art Gallery. Everyone is encouraged to visit the gallery during normal Community Center business hours.

(8AM-6PM Monday-Thursday)

(8AM-5PM Fridays)



A reception for the artists will take place on Tuesday, February 9 at 10:30AM at the Phantom Art Gallery.

Barbara Lee Senior Center

January 2016 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
4 Sweet & Sour Pork or Chicken with Mushroom Black Pepper Sauce	5 Beef Stuffed Bell Pepper	6 Sweet Hot Mustard Chicken	7 Rosemary Turkey with Gravy & Pumpkin Soup or Braised Spare Ribs with Pumpkin 	8 BBQ Chicken
Alternate Choices: Santa Fe Chicken Salad or Cottage Cheese & Fruit Salad or Turkey & Grape Wrap or Egg Salad Sandwich				
11 Open Faced Turkey Sandwich or Beef Shank with Chinese Turnip	12 Chicken Divan Casserole	13 Broiled Tilapia Parmesan	14 Beef Cabbage Roll or Scrambled Egg with Bay Shrimp	15 Ginger Pork with Broccoli & Asian Vegetable Soup 
Alternate Choices: Chicken Caesar Salad or Veggie Black Bean/Orzo Salad or Roast Beef on Rye Sandwich or Vegetarian Wrap				
18 Senior Center Closed for Martin Luther King, Jr. Holiday	19 Roast Beef with Gravy	20 Pineapple Glazed Pork & Vegetable Soup	21 Chili Rellenos or Cilantro Chicken 	22 Spaghetti with Meatballs
Alternate Choices: Chef Salad or Spinach, Walnut & Cranberry Salad or Turkey Sandwich or Black Bean Burger				
25 Baked Tilapia with Ginger Sauce or Beef with Vegetables	26 BBQ Pulled Pork & Navy Bean Soup 	27 Meatloaf with Gravy	28 Orange Glazed Chicken or Kung Pao Chicken	29 Creamy Turkey with Vegetables
Alternate Choices: Greek Chicken Salad or Veggie Tomato/Cucumber/Quinoa Salad or Tuna Salad Sandwich or Grilled Cheese Sandwich				

- **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 (12:00 pm) 2 days before you plan to attend (order by Noon on Thursday for a Monday lunch).**
- Suggested contribution is \$3.00 for seniors 60 years and older. Guests under 60 are \$6.00.
- Check-In Desk is open 10:30-11:45 am. Please check-in by 11:30 am or your lunch may be given to someone on the Waiting List.
-  Indicates meals that exceed 1,000 mg of sodium.
- Meals are to be eaten at the lunch program. Taking meals from the lunch room is done at your own risk and should be eaten or refrigerated within 30 minutes of leaving. Reheat in a 350°F oven until bubbly for 5 minutes. Discard any food left after 3 days.

BARBARA LEE SENIOR CENTER AT A GLANCE

January & February 2016

Friday, January 1st: Holiday

Monday, January 4th: Muscle & Skeletal Pain

Monday, January 11th: Muscle & Skeletal Pain

Tuesday, January 12th: New Member Orientation

Monday, January 18th: Holiday

Monday, January 25th: Muscle & Skeletal Pain

Thursday, January 28th: Kaiser Enrollment

Monday, February 1st: Diabetes Class

Tuesday, February 2nd: World Discovery Trips

Tuesday, February 2nd: Income Tax Program

Friday, February 5th: Income Tax Program

Saturday, February 6th: Bingo Marathon

Tuesday, February 9th: Spring Art Show Reception

Tuesday, February 9th: New Member Orientation

Monday, February 8th: Income Tax Program

Monday, February 8th: Diabetes Class

Friday, February 12th: Holiday

Monday, February 15th: Holiday

Thursday, February 18th: AARP Driver Class

Friday, February 19th: Income Tax Program

Monday, February 22nd: Diabetes Class

Tuesday, February 23rd: Income Tax Program

Tuesday, February 23rd: Senior Advisory Mtg.

Friday, February 26th: Income Tax Program

Monday, February 29th: Diabetes Class

Monday, February 29th: Income Tax Program

DON'T FORGET!

Technology Tutoring For Seniors

Fridays, 3:30-4:30 pm

Did you get a new phone, tablet or laptop and aren't sure how to use it, have questions on some of its features, or how to set up safeguards on it? Help is on the way! Students from Teach Seniors Technology (TST) will meet with you one-on-one and assist with your questions about social networking, surfing the web, the operation of basic computers, or how to use your new devices. TST can also help you learn about internet safety. **Free!**



HOLIDAY HOURS

The Senior Center will be closed on:

- **Friday, January 1st**—New Years Day
- **Monday, January 18th**—MLK Day
- **Friday, February 12th**—Lincoln's Birthday
- **Monday, February 15th**—Presidents Day



GROUP DISCOUNT PROGRAM RESULTS

The Senior Center held its 10th Annual See's Candies Group Discount purchase during this past holiday season. 86 people participated this year and bought 430 items for a discounted total of \$5,285. If all the items had been purchased at the regular retail price it would have cost \$7,009 so that's a total savings of \$1,724!