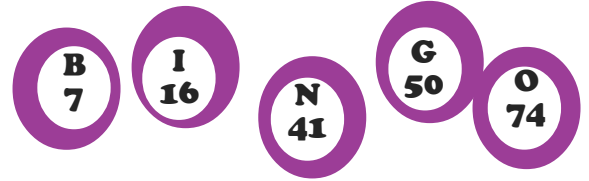


# Barbara Lee Senior Center Newsletter • May-June 2012

## Your Link to Living Well



# Senior Connection ...

### May is National Older Americans Month

During the month of May, the Barbara Lee Senior Center is offering special activities in honor of National Older Americans Month. We invite all Senior Center members to share in the fun, because you're "Never Too Old To Play!"

- May 1 Celebration Kickoff - Morning Coffee Trip: Treasure Island Culinary Evening Potluck & Bingo, 5-8 pm
- May 3 Monthly Shopping Trip
- May 4 Live Music - Wally's Rhythm Rascals
- May 5 Bingo Marathon, 1-5 pm (doors open 11:30 am)
- May 7-11 Fun with Wii Games
- May 7 Monday Afternoon Movie, 1:30 pm
- May 8 Evening Potluck & Bingo, 5-8 pm
- May 10 Speaker: Self Care & Safe Play
- May 15 Celebration of May Birthdays Book Club Meeting, 10:30 am
- May 17 Ice Cream Social, 12:45 pm
- May 21 Monday Afternoon Movie, 1:30 pm Trip: Thunder Valley Casino
- May 23 Trip: Guide Dog for the Blind Campus
- May 25 Pancake Breakfast, 9-10 am

**Senior Center Closed:  
Monday, May 28 for Memorial Day**

### Bingo Marathon

**Saturday, May 5 • 1:00 pm\***

**\$10.00 minimum buy-in & \$1 special games**  
Mark your calendars for our next Bingo Marathon! We'll be playing 20 games with a few "Special Games" mixed in. This is an event you don't want to miss! We'll also have giveaways, prizes and treats. Hamburgers, hot dogs and snacks will be available for purchase from the snack bar. \*Doors will open at 11:30 am, with Bingo session starting at 1:00 pm. Due to limited space, seating is available on a first come first serve basis. Early arrival is recommended.

### Art Exhibits at the Senior Center and Community Center

#### "Senior Artists"

Artwork by students in the Senior Center's art classes will be on display at the Senior Center during the month of May. Artwork will be rotated on a weekly basis. Stop by and see the wonderful work they are doing, who knows, maybe it will inspire you to join a class!

#### "Veteran Art Show"

The Milpitas Phantom Art Gallery at the Community Center, 457 E. Calaveras Blvd., will feature a unique exhibit of art done by veterans. The exhibit dates are May 28-July 13.

**Barbara Lee Senior Center, 40 N. Milpitas Blvd, Milpitas, CA 95035**  
(408) 586-3400 • TDD (408) 586-3425 • Open: Monday-Friday, 9:00 am-4:00 pm

Milpitas' Barbara Lee Senior Center is for adults 50 years and older. **A Senior Center Membership/Activity Card is required to participate in all programs (paid and drop-in), classes and trips with the exception of the Lunch Program and Bingo sessions.** The fee is \$12.00 for Milpitas residents and \$30 for non-residents (2 forms of Milpitas residency proof required - photo I.D. & a current utility bill, bank statement or credit card statement showing Milpitas address). All memberships expire August 31. Membership includes bi-monthly mailings of the Senior Newsletter and discount events and trips. A \$5 Activity Card Replacement fee for lost cards.

**Searching Online For Care Givers**

**Thursday, May 3 • 11:15 am**

Have you had difficulty looking for a care giver for a relative? Are you a care giver looking for a job? CareLinx will present information to help you. CareLinx aims to empower families by giving them the ability to directly search through a large pool of care giver profiles and connect with care givers matching their specific needs. Families can post jobs for free that outline their requirements so that care givers can apply. Also, care givers can build their profiles so families can easily search and connect with them online. CareLinx is a Free Secure home care social network that links clients and their families with professional care givers. Bring your questions/concerns to this seminar to get resolved.

**Health Nutrition & Wellness for You**

**Tuesday, May 8 • 11:15 am**

Are you interested in making healthy food choices? Come and learn about nutrition and chronic health concerns and how you can be healthier. You may have some health educational resources on diet, healthy food choices, and the affects of certain food on your medication. This presentation is by Hazel Jane Malicdem and Melissa Marie Watrous, USF School of Nursing & Health Professions Senior Nursing Students.

**Self Care & Safe To Play**

**Thursday, May 10 • 10:30 am**

May is Older Americans Month and it's theme is "Never Too Old to Play." "Play" is defined as activities for enjoyment, relaxation, amusement, sport and recreation. Sounds like a whole lot of fun doesn't it? Whether we play with our grandchildren, our friends or our families, it is important to be in good shape and good health and be safe to enjoy play time to the fullest. Janeen Pratt, MA, of Pathways Private Duty will present "Self Care & Safe Play tips for home safety awareness and travel safety to help you "stay on your feet and play. There will be time for your questions. Handouts and giveaways will be given to each attendee.

**Breakfast Is Served**

**Friday, May 25 & June 29 • 9:00-10:00 am**

Councilmember Armando Gomez is volunteering his time to cook a breakfast for you! Join us these mornings and enjoy a delicious breakfast! Breakfast is served until 10:00 am, or when the food runs out. Come early and come hungry!

**Kaiser Permanente At Senior Center**

**Mondays • 10:00 am-12:00 pm**

**May 14, June 11, July 16, Aug 13 & Sept 10**

Kaiser Permanente will have an information table at the Senior Center once a month. The representative will be able to answer your questions about Kaiser Permanente's services and policies, as well as helping you enroll into it's plans.

**Long Term Care (LTC) Workshop**

**Thursday, May 17 • 10:30 am**

Did you know that Americans are living longer, healthier lives than ever before. Your retirement years can be productive and fulfilling. As you plan for this phase, there are a variety of concerns to address, especially how much income you'll need and what you want your quality of life to be. Another key concern is long-term care, and how to find eligible care providers and how to pay for services such as in-home health care assistance with activities of daily living such as bathing, eating, dressing, toileting, continence and transferring or a severe cognitive impairment such as Alzheimer's. Representatives from New York Life Insurance will present this workshop to help prepare for Long-Term Care. Please RSVP at the Front Desk.

**Parcel Tax Senior Exemption**

**Apply in person by June 29, 2012**

**Milpitas Unified School District**

**1331 E. Calaveras Blvd.,**

**Building 200, Room 203**

**Monday-Friday, May 1-June 29 (not 5/4 or 5/28)**

**8:00am-12:00 pm and 1:00-4:00 pm**

This is the third year of the Milpitas Unified School District's 5-year \$84.00 Parcel Tax. An exemption from paying this special tax may be granted on any parcel owned by one or more persons who is 65 years or older by October 31, 2012, who occupies said parcel as a principal residence, upon application for exemption. You need to apply in person and bring the following documents:

- Proof of ownership (last year's tax bill) showing the Assessor's Parcel Number (APN#)
- Proof of principal residence (Calif I.D., Driver's License, or utility bill)
- Proof of age (Calif I.D., Driver's License, Passport, or Medicare Card)

For questions, call MUSD Business Office at (408) 635-2600 ext. 6003.

## Oral Health Care

**Thursday, June 21 • 1:30-2:15 pm**

This presentation includes information on oral health and its relationship with one's general health overall. Proper oral hygiene procedures and denture care will be discussed and demonstrated. The importance of prevention of oral disease and the strategies involved (fluoride, mouth rinses, xylitol, diet). The importance of dental check ups and dental cleanings will also be discussed (dental caries, oral cancer screenings and periodontal evaluations). This presentation will be conducted by senior students of the Dental Hygiene program at Carrington College

## Senior Center Fitness Room

Our Fitness Room is available to all Senior Center and Sports Center members, ages 50 and older, for an additional use fee.



Fitness Pass Fees (calculated at \$1.50 per visit):

5 visits is \$7.50      10 visits is \$15.00

15 visits is \$22.50    20 visits is \$30.00

Sports Center Fitness Pass may also be used. Due to safety reasons, Fitness Room participants must be oriented to the equipment prior to use. *Please Note: Sports Center and Senior Center Fitness Passes may be used at either location.*

## Fitness Room Orientations

**3rd Tuesday of the Month • 11:00 am**

**May 15 & June 19**

This orientation is done by Betsy Chamberlain, one of the Sports Center's personal trainers, and covers how to properly use the Fitness Room equipment. As with any exercise program, please be sure to check with your doctor before your start.

## Movie Day!

**Mondays • 1:30 pm**

**May 7 & 21**

**June 11 & 25**

Come join us for an afternoon movie and popcorn. The movie is shown on the large screen in Room 140/141! If you have a suggestion for future movies, be sure to let us know! **For movie titles, call the Senior Center.**



## Birthday Celebration!

**Tuesdays • 11:30 am**

**May 15 and June 19**

**(RSVP by May 8 & June 12)**

The Barbara Lee Senior Center celebrates birthdays of our participants each month at our Lunch Program (see dates listed above). Members and lunch participants whose birthdays fall within these months are invited to attend. Reservations are required, please call (408) 586-3413 a week in advance to make your reservation! Suggested lunch contribution is \$2.50 per person and \$5 for guests under 60 yrs. The Senior Center would like to thank the Senior Advisory Commission for their door prize donations at our birthday celebrations!



## Book Club

**Tuesdays • 10:30 am**

**May 15 and June 19**

Calling all book worms! If you are interested in joining the Senior Center Book Club, please contact the front desk for information on book selections and dates for discussion. The club is limited to 12 people per book, so early sign up is recommended.



## BINGO!

**Cash Payouts! Winning payouts are determined by number of players!**

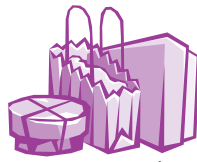
**Multiple Sessions Offered!**

- **Wednesdays, 1:15-3:30 pm**
- **1st & 2nd Tuesday of the Month Evenings: 5:00 pm Potluck Dinner option 6:00 pm Bingo starts (May 1 & 8, June 5 & 12)**

***Next Bingo Marathon - Saturday, May 5!***

Come play with us! Minimum buy-in is \$5.00, which includes a Game Pack of 10 games, 6 cards per game. Additional packs can be purchased for \$4.00 each, and daubers for \$1.00 each. We'll also play a Special Game (\$1.00 each). Each player must buy their own game packs and retain their receipt for the day of play to collect game prizes (sorry, no splitting or sharing of packs). ***Senior Center Membership is not required.***

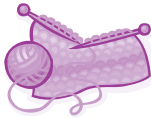


**Local Shopping Trips****10:15-11:30 am • Thursdays****May 3 & June 7**

For members who have limited transportation resources, the Senior Center bus will leave the Senior Center for you to shop at a local store (such as Big Lots, Dollar Store, Wal-Mart or Ranch 99) and return in time for our lunch program. *Should there be less than 5 people signed in, the trip may be cancelled.*

**Senior Center Idols****Fridays, 10:30 am****May 11, 18 & 25****June 8, 15, 22 & 29**

Are you the next Senior Center “American Idol?” If so, come join us on the Fridays listed each month to sing Karaoke and show us what you’ve got. We’ve got a song list of over 1,000 songs for you to choose from!

**Crochet & Knit****Mondays, 9:00-11:30 am**

If you crochet and/or knit, this group is just for you! You’ll be able to visit with others as you work on your projects. If you don’t know how, here’s your chance to learn! We’ll collect donations of fabric and yarn and turn them into blankets, lap robes, wheelchair bags, walker bags and hats. We’ll then donate them to local hospitals and other charities. Questions? Call the Front Desk at (408) 586-3400.

**“Sit & Be Fit” With Us!****Monday & Thursday • 11:00-11:45 am**

Come exercise with us using video tapes and gentle movements to stretch and tone muscles, improve balance and enhance the strength in your legs and arms. If you have limited mobility, these videos are perfect for you because they can be done while standing or sitting down!

**Bridge****Tuesdays • 1:00-4:00 pm**

Are you a Bridge player? Come on down to the Senior Center on Tuesday afternoons. Tables are set up for players to form their own groups.

**Sing! Sing! Sing!****Tuesdays • 10:30-11:30 am**

Do you enjoy singing? If so, come join our singing group! This group meets weekly to learn new songs and will perform on occasion at the Senior Center. No prior singing experience is needed!

**Potluck Dinners****5:00 pm • Tuesdays****May 1 & 8 and June 5 & 12**

Enjoy a potluck dinner before playing Bingo (bingo details on page 3)!

Please bring enough to feed 6-8 people. If you come as a couple, please bring a dish to feed 8-12 people. Some serving utensils are available. Place settings and beverages will be provided.

**Ideas for Potluck:**

Main dish: pizza, meat, spaghetti, casseroles, tacos and enchiladas

Side Dishes: veggies, bread and salad

Desserts: fruit, cookies, pies and cakes

**Ukelele Fun *NEW!*****Wednesdays • 1:30-2:30 pm**

Have you ever watched people play the ukelele and thought it would be fun to learn? Well, here’s your chance! Come learn to play ukelele chords and sing ukelele songs! Bring your own ukelele.

**Notary Services****2nd Thursday each Month****1:00-2:00 pm****Appointment Required**

Free Notary Services will now be available for current Senior Center members. If you need something notarized (except for real estate transactions), call us to make an appointment.

**ZUMBA Gold****Thursdays • 10:00-10:45 am****\$2 Daily Drop-in Fee (pay at Front Desk)**

Zumba is a fitness class with a Latin flair, and is designed to bring dance style rhythms in a fun party-like environment while promoting strength, flexibility, and balance. Zumba Gold is modified for the older adult population. You’ll feel like you’ve gotten a “workout” but without feeling pain or exhaustion. Participants are able to purchase a multi-visit pass (5 Zumba Gold sessions for \$10). Instructor: Toni Perrina.

### Ask the Nurse Sessions

Thursdays, 9:00 am-12:00 pm

The USF Nursing students at the Senior Center helping with blood pressure monitoring can also answer questions you might have regarding health matters.



### Haircuts at Victoria Beauty College

Fridays • 9:30-11:45 am

May 4 & June 1

Are you interested in getting a hair cut at a local beauty school, but have trouble getting there? Call the Senior Center front desk at (408) 586-3400, and we'll take care of making the appointments and take you to Victoria Beauty College (in Parktown Plaza). You are responsible for the payment on the day of your appointment.

### Shall We Dance

Fridays • 1:30-3:30 pm

Come join your friends at the Senior Center for an afternoon of social dancing (varies with ballroom, line dance and folk dance). The type of dance may vary depending on the preference of the group majority. **Please Note: Space is limited. Doors will be closed when the maximum limit is reached.**



### Ping Pong & Pool!

The Senior Center's Ping Pong/Pool Room is for Senior Center members use.

This room features 2 pool tables and 2 ping pong tables. Playing equipment is available in the room for Pool and Ping Pong. Players need to wait in line for their turn to play. Players are limited to 15 minutes of play on Ping Pong and 20 minutes for Pool.



### Senior Center Game Room

Do you like to play games? The Senior Center's Game Room features five tables for playing games, such as cards, Mah Jong, Backgammon, Checkers, Chess, Yahtzee, Dominos, Go and Chinese Chess. **Please Note:** Staff may reserve the room at specific times for specific games.

### Membership Cards

Just a reminder that Senior Center membership is required to participate in all programs and activities, with the exception of Lunch and Bingo. Staff requests that you have your membership cards while at the Senior Center. At times, staff will do spot checks by asking to see member cards. *If you still have the Bumble Bee sticker on your card, see the Front Desk to renew your membership.*



### Computer Access

Monday-Friday, 9:00 am-4:00 pm

The Senior Center has two public access computers available for Senior Center members.

The computers can be used for word processing and informational internet use. There is a 30 minute limit for computer use and is on a first come, first serve basis. Members can get up to 5 sheets of paper a day from the Front Desk for printing. **Please Note: Senior Center staff is not available to assist you with how to use the computers. Computer classes are not currently offered at the Senior Center but are available through Milpitas Adult Education.**



### Mandarin-Speaking Programs

The following drop-in programs are offered at the Senior Center. These programs do not have registration fees, however, Senior Center membership is required. The instruction is in Mandarin. Translation is available upon request.

<b>Chinese Folk Dance</b>	Mon	9:45-10:45 am
<b>Chinese Karaoke</b>	Mon	1:00-3:30 pm
<b>Yuen Chi Dance</b>	Tues	1:30-3:00 pm
<b>Chinese Crafts</b>	Wed	10:00-11:30 am
<b>Conversation</b>	Thur	10:00-11:59 am
<b>Ballroom Dance</b>	Thur	1:30-3:30 pm
<b>Calligraphy</b>	Fri	9:30-11:00 am
<b>Chinese Chorus</b>	Fri	10:00-11:00 am

### Cancellations & Transfers

Please note that a **\$10 fee** will be charged when transferring or canceling out of a class, trip or fee-based program. Exceptions are made for medical reasons (doctor's note) when we are notified prior to the date of the trip, program or start of the class. There is no fee charged when the trip, class or program is cancelled by staff.

Turn in your Trip Registration Form before **Friday, May 18, 4:00 pm** to be entered in the Registration Lottery. You can register for yourself and one (1) additional person.

Date	Time	Trip	Cost
May 21	8:00 am-5:30 pm	Thunder Valley Casino (no lottery registration)	\$30
June 12	8:30 am-3:00 pm	Nourot Glass Studio (Benicia)	\$10
June 26	8:30 am-3:30 pm	Hilmar Cheese Factory	\$10
July 30	8:30 am-5:30 pm	Cache Creek Casino (no lottery registration)	\$30
September 24	8:00 am-6:00 pm	Red Hawk Casino (no lottery registration)	\$30

### Nourot Glass Studio

**NEW!**

**Tuesday, June 12, 2012 • 8:30 am-3:00 pm • \*\$10.00**

Nourot Studios has made awards for major corporations and US Military Services, as well as decorative pieces. A docent-led tour will explain glass making techniques. On our tour we will see the furnace room, the blow shop, grinding room and finish shop. After our tour we will have time for lunch on the Benicia waterfront. Cost of the trip includes transportation and tour. Lunch is on your own.

### Hilmar Cheese Factory

**NEW!**

**Tuesday, June 26, 2012 • 8:30 am-3:30 pm • \*\$10.00**

Learn how cheese is made by one of the country's largest cheese producers in California. Our tour guide will explain the process from dairy to table. At the visitors center you can taste the cheese and explore the interactive and hands-on exhibits. A cafe is available for lunch purchases. \*Cost of the trip includes transportation & tour. Lunch is on your own.

### Theatre Season Tickets

The West Valley & South Bay Musical Theatre, local theatre companies, perform high quality Broadway musicals. Their next season begins September 2012 and runs through June 2013, with the productions of "Annie," "Funny Girl," "Promises, Promises," "Sugar" and "Annything Goes" plus one more to be announced at a later date. The cost of the package, including transportation and all 6 theatre performances is \$160. For more information or to sign-up, please contact Roseann Costabile at (408) 586-3411. A limited number of seats are available to join the theatre group.

- *Trips may be cancelled due to low enrollment. If trips are not rescheduled, a full refund will be issued.*
- **Waiting List Policy:** *If you register for a trip that is full, your name will automatically be placed on a Waiting List. If a space opens, we will notify you by telephone and payment will then be required.*
- **Trip Refund Policy:** *Refunds will not be issued for trip cancellations unless the seat is resold.*
- **Casino Trips:** *Participants returning to the bus late may be left and are responsible for their transportation home.*
- **All trip participants must have a current Barbara Lee Senior Center Activity Card.**
- *Trip participants with disabilities are encouraged to use Outreach and Escort or other means of transportation to get to and from the Barbara Lee Senior Center for trips. Senior Center staff is unable to provide participants rides to and from their homes.*
- **Participants will board the bus in the order of listing on roster (exceptions are made for physical limitations).**



**Casino Trips!** Join Golden West Travel and us on these fun, one-day trips to the Indian casinos. On the way to the casinos, we'll play BINGO on the bus! Please Note: Food may not be taken into the casinos. Driver gratuity will be collected on the trip. Casino Player Cards are required to receive Slot & Table plays and food discounts. **All trips leave at 8:00 am and return approximately 5:30 pm (6:30 pm for Red Hawk Casino) Deadline to register is 7 days prior to each trip. Registration for Casino trips is not through the Lottery system.**

#### Thunder Valley Casino

Monday, May 21

\$30.00 per trip.

Return approx. 5:30 pm.

Receive \$5 Table or Slot play & Food discount coupon.

#### Cache Creek Casino

Monday, July 30

\$30.00 per trip.

Return approx. 5:30 pm.

Receive \$5 Table or Slot play & Food discount coupon.

#### Red Hawk Casino

Monday, September 24

\$30.00 per trip.

Return approx. 6:30 pm.

Receive \$15 in cash back or \$20 in Match Play

# Senior Center Classes

These classes are offered for your enjoyment and benefit. Class participants must be a current Barbara Lee Senior Center Activity Card Holder.

**Class Payment Policy:** Registration is on a first come, first serve basis, and full payment is required prior to attending the first class. Early registration is recommended due to the popularity of the classes. Refunds will not be issued to participants who miss scheduled classes. Class fees are calculated at \$2.00 per hour of instruction.

**Waiting List Policy:** If you register for a class that is full, your name will automatically be placed on a Waiting List. If a space opens, we will notify you by telephone.

The Senior Center Front Desk is currently taking registrations for these classes.

*We recommend registering at least one week prior to the start of class because if a class does not meet the minimum number of students, it will be cancelled.*

## GENEALOGY

**Genealogy Research:** Have you ever wondered where your family originated, beyond what your immediate family members can remember? Now's your chance! This class will help you research your family tree. The instructors have extensive backgrounds in researching their own family trees and in helping friends and other family members get started in their own searches. There is a \$5 material fee due to the instructor on the first day of class. Instructor: Karen George and Roxann Wahl.

#3752.805 May 10-June 28 Thur 9:30-11:30 am \$32.00 (\$42 non-res) 8 classes

## ART CLASSES

**Joy of Color - Oil Painting:** This course teaches students to paint representative landscapes. You do not have to know how to draw to paint well. Using an innovative and proven technique, this course "re-educates" people who often believe they cannot learn perspective-based drawing. Each pupil will select and paint a unique picture, based on what is most appealing. Students must buy their own supplies. *Supply List available at Front Desk for new students.* Instructor: Doreen Walker. *\*(No class on July 4)*

#1954.805 June 11-July 30 Mon 3:30-6:30 pm \$48.00 (\$58 non-res) 8 classes

#1958.805 June 12-July 31 Tue 9:00 am-12:00 pm \$48.00 (\$58 non-res) 8 classes

#1959.805 June 13-Aug 1\* Wed 9:00 am-12:00 pm \$42.00 (\$52 non-res) 7 classes

#1960.805 June 13-Aug 1\* Wed 1:00-4:00 pm \$42.00 (\$52 non-res) 7 classes

**Drawing & Painting with Water Color Pencils:** Explore the world of the versatile water-soluble colored pencils. These give the artist the ability to create realistic renderings or when water is added to the pigment it takes on the appearance of a water color painting. Discover the various techniques used to get the effects you want with wet-on-dry or dry-on-wet. Class project will be designing and creating your own note cards. Class supplies include a box of water colored pencils, pad of 140 lb. water color paper, 2 water color brushes (1 flat, 1 small round), a water jar and paper towels. Instructor: Harriett McGuire.

1963.805 May 10-June 14 Th 9:30-11:30 am \$24.00 (\$34 non-res) 6 classes

**Chinese Brush Painting:** These classes explore the beauty of the Chinese brush painting. You'll learn how to paint flowers, birds, insects and landscapes on rice paper and the proper way to handle ink, water and color. Weekly lessons start with basic strokes through demonstrations and then lessons progress. Students get to practice brush strokes in class and learn the unique style of Chinese brush painting. Instructor speaks both English and Mandarin Chinese. Instructor: Betty Ling.

#1956.805 - Beg June 15-Aug 3 Fri 12:30-3:30 pm \$48.00 (\$58 non-res) 8 classes

#1955.805 - Adv June 11-July 30 Mon 12:30-3:30 pm \$48.00 (\$58 non-res) 8 classes

*Additional classes on next page.*

## DANCE CLASSES

**Ballroom Dance:** Learn the Waltz, Foxtrot, Tango, Merengue, Rumba, Cha-Cha and East Coast Swing, including technique and posture. Come exercise your body, posture and mind for your health reasons and have a good time as well. The Beginning Level is designed for students with no or little Ballroom Dance experience. The Advanced Level is geared to those students who want to improve the Ballroom dances they have already learned. No need to have a partner since class will rotate partners. Instructor: Erlinda Sabado.

#1559.805 (Int).	June 12-July 31	Tue	10:00-11:00 am	\$16.00 (\$26 non-res)	8 classes
#1558.805 (Beg)	June 12-July 31	Tue	11:00 am-12:00 pm	\$16.00 (\$26 non-res)	8 classes

**Line Dance:** Line Dancing does not require a partner, and is a fun and great way of exercising. The instructor will modify the dance to meet the class level. The Beginning Level is designed for students with no or little Line Dance experience. The Advanced class is for students with some experience. The Intermediate class is for those with more experience and requires instructor approval. Instructor: Can Tu Ly. *\*(No class on July 4)*

#1555.805 Beg	June 13-Aug 1*	Wed	9:00-10:00 am	\$14.00 (\$24 non-res)	7 classes
#1556.805 Adv	June 13-Aug 1*	Wed	10:00-11:00 am	\$14.00 (\$24 non-res)	7 classes
#1557.805 Int.	June 13-Aug 1*	Wed	11:00 am-12:00 pm	\$14.00 (\$24 non-res)	7 classes

## MUSIC CLASSES

**Guitar - Advanced Beginning:** Play the guitar by learning the cords and reading sheet music. The Adv. Beginning Guitar class is designed for students who have had some experience playing and offer basic guitar and key instruction. Instructor: Bal Daquigan *\*(No class on July 4)*

#1754.805	June 13-Aug 1*	Wed	9:45-10:45 am	\$14.00 (\$24 non-res)	7 classes
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## AARP MATURE DRIVING CLASSES

This mature drivers course is sponsored by the AARP. The 8-hour classroom course reviews the rules of the road and how aging affects your driving and safety on the road. Please note: The California Driver's Handbook is not reviewed in this class. Registration forms are available at the Senior Center, or by calling (408) 586-3400. Payment is required when registering (checks made payable to: City of Milpitas). Senior Center membership is not required to attend this course. Sign up early, space is limited. Class is held at the Senior Center, 40 N Milpitas Blvd.

**(\*Please Note: Non AARP members need to pay an additional \$2 to instructor at first class).**

#5505.803	July 26-27	Thur-Fri	10:00 am-3:00 pm	\$12.00* (2 classes)	Class Rm 140
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## FITNESS CLASS

**Spring Chickens Exercise Program:** The instructor of this class will lead you through chair-based exercise routines that are designed to improve strength, balance, agility, endurance and flexibility of older adults. In a recent study of this program's participants (average age 74.6 yrs), 89% improved their upper body strength, 78% improved their lower body strength, 78% improved their dynamic agility/balance, and 67% improved their static balance. The instructor will also cover nutrition education to help you meet your fitness goals. The instructor of this class is a highly trained fitness instructor who is experienced in working with older adults. Instructor: Generations Community Wellness staff. *\*(No class on May 28)*

#3750.805	May 21-July 16*	Mon & Fri	10:00-11:00 am	\$32.00 (\$42 non-res)	16 classes
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## Sports Center Fitness Programs

1325 E. Calaveras Blvd. • (408) 586-3225

A Sports Center Fitness Pass or drop in fee (senior discounts available for Milpitas residents).

### Exercise Classes - Fit Over 50

Mon/Wed/Fri 9:15 am & 10:15 am

Feldenkrais	Thursday	1:30 pm
Gentle Yoga	Tuesday	10:30 am
Arthritis Aquatics	Mon/Wed	5:30 pm
Water Exercise	Mon/Wed/Fri	6:45 am
	Saturday	9:15 am
Rusty Hinges	Mon/Wed	4 :30 pm

## Services Available at the Senior Center

The following services are available at the Senior Center on a regular basis.

- Blood Pressure
- VTA Photo Session for RTC ID Cards: 10:00-10:30am (May 25 & June 22)
- Legal Services (SALA) 2nd & 3rd Thursday, 10am-12pm. Call (408) 586-3400 for an appointment.
- Outreach Transportation
- Sick Room Aides-walkers, wheel chairs, etc. (current members may check out these items after signing a release of liability form prior to borrowing the equipment).

## Thank You to Our Sponsors!

The Milpitas Senior Center would like to thank the following individuals and organizations for their support this past year for their sponsorship of our programs. They have provided money, services or supplies that have benefited our programs, and in turn, you.

*Marilyn Millard & Christ Community Church Milpitas (crocheted items)*  
*Milpitas Parks & Recreation Foundation*  
*Senior Advisory Commission*

## Disposing of Sharps (Needles)



If you use a sharp/needle for medical injections while at the Senior Center, you **MUST** dispose of it in the "Sharps Box" units in the restrooms. **DO NOT** put them in the trash as it is dangerous!

## Case Manager Services

Lechi Nguyen, Case Manager, is available **by appointment only** weekdays to assist seniors and the disabled in the following areas: Housing, Social Security, SSI, Medicare, MediCal, transportation, in-home care needs, health care, legal, insurance assistance and more.

**Seniors who need Case Manager assistance must have a current Senior Center membership, and need to make an appointment by calling the Case Manager Reception Desk at (408) 586-3405.** Case Manager office hours: Monday-Friday, 9:00 am-12:00 pm and 1:30-3:00 pm. If you arrive late (15 minutes past your appointment time), your appointment will be rescheduled. **If you "Drop-in" to see the Case Manager, an appointment will be made for you to return at a later time.**

## New Income Limits for Home Energy Assistance Program in 2011-2012 (HEAP)

Do you have difficulty paying your PG&E and are considered low-income? If so, the Home Energy Assistance program can help you. You must meet the following requirements:

Household Size	Monthly Income Maximum
1 person	\$2,045.33 per month
2 persons	\$2,674.67 per month
3 persons	\$3,304.00 per month
4 persons	\$3,933.33 per month
5 persons	\$4,562.67 per month
6 persons	\$5,192.00 per month
7 persons	\$5,310.00 per month
8 persons	\$5,428.00 per month
9 persons	\$5,546.00 per month
10 persons	\$5,664.00 per month

Please bring the following documents:

- Copy of the current month;s utility bill(s). All pages are required.
- Proof of gross income for a complete month for all adults (age 19 and up) in the household. Please provide proof of all income received in last 30 days.
- If you are a renter, bring your landlord's name, address and phone number.

To make an appointment to have our Case Manager assist with your paperwork, call (408) 586-3405.



**Senior Nutrition Program** The Senior Center is a part of the Santa Clara County's Senior Nutrition Program for older adults. The Suggested Contribution is \$2.50 for those 60 years & older (others are \$5.00 per person). **Reservations are required to guarantee a lunch, call (408) 586-3413 by 12:00 pm (Noon) a minimum of 2 days before (or by noon on Thursday for Monday lunches) to make your reservation.** *Please Note: 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.* Check-in is 10:30-11:45 am. Please check-in by 11:30 am or your lunch may be given to someone on the Waiting List. Lunch is served at 12:00 pm (Noon). Those without reservation must be present to be placed on the waiting list. An Asian-style meal (listed below in bold) is available twice a week as an alternate meal. Alternate meal choices offered daily (refer to the weekly menu below). Milk is served each day. \* = **sodium (salt) exceeds 1,000 mg.**

### MAY

Alternate Lunches: Greek Chicken Salad, Cottage Cheese & Fruit Salad, Turkey Sandwich or Veggie Burger

- 4/30 Hot Roast Beef Sandwich with Gravy  
 1 Chicken Adobo with Gravy\*  
 2 Baked Fish with Tartar Sauce  
 3 Chicken with Supreme Sauce & Lentil Soup\* *or*  
**Lion Head Meatballs**  
 4 Beef Enchilada with Cheese\*

Alternate Lunches: Tuna Salad, Cottage Cheese & Fruit Salad, Pastrami Sandwich or Veggie Burger

- 7 Cheeseburger *or*  
**Cilantro Chicken**  
 8 Pork Cutlet with Gravy  
 9 Terriaki Chicken & Vegetable Soup\*  
 10 Roast Turkey with Gravy  
 11 Swiss-Style Beef Patty

Alternate Lunches: Chinese Chicken Salad, Bean & Egg Salad, Turkey Sandwich or Veggie Burger

- 14 Turkey a la King *or*  
**Pork Chop with Onion**  
 15 Baked Fish with Dill Sauce & Split Pea Soup\*  
 16 Roast Beef with Gravy  
 17 Roast Pork Sandwich with BBQ Sauce\* *or*  
**Chicken with Mushrooms**  
 18 Chili Colorado

Alternate Lunches: Chef Salad, Bean & Egg Salad Ham Sandwich or Veggie Burger

- 21 Rotisserie Style Chicken *or*  
**Fish in Tomato Curry**  
 22 Roast Pork with Gravy  
 23 Roast Turkey with Cranberry Sauce  
 24 Meatloaf with Gravy\*  
 25 Baked Fish with Tartar Sauce & Navy Bean Soup\*

Alternate Lunches: Sante Fe Chicken Salad, Bean & Egg Salad, Roast Beef Sandwich or Veggie Burger

- 28 Senior Center Closed - Memorial Day**  
 29 Honey Mustard Chicken  
 30 Baked Ham with Fruit Glaze\*  
 31 Calif Seafood Salad & Minestrone Soup\* *or*  
**Broccoli Beef**  
 6/1 Roast Turkey with Gravy

### JUNE

Alternate Lunches: Tuna Salad, Bean & Egg Salad, Turkey Sandwich or Veggie Burger

- 4 Roast Beef with Gravy *or*  
**Black Pepper Pork**  
 5 Spaghetti w/ Meatballs & Minestrone Soup\*  
 6 Roast Pork Sandwich with BBQ Sauce  
 7 Turkey Patty & Mushroom Gravy\* *or*  
**Braised Fish with Ginger**  
 8 Roast Chicken

Alternate Lunches: Chicken Pasta Salad, Cottage Cheese & Fruit Salad, Tuna Sandwich or Veggie Burger

- 11 Beef Salisbury Patty *or*  
**Adobo Pork with Tofu**  
 12 Chicken Fajita with Cheese  
 13 Roast Turkey with Gravy  
 14 Beef Lasagna with Cheese\* *or*  
**Lemon Grass Pork**

15 Chicken Salad Plate & Tomato Bisque Soup\*

Alternate Lunches: Chef Salad, Cottage Cheese & Fruit Salad, Roast Pork Sandwich or Veggie Burger

- 18 BBQ Chicken\* *or*  
**Oyster Sauce Beef**  
 19 Sweet & Sour Meatballs  
 20 Roast Beef with Gravy  
 21 Turkey & Cheese Sandwich, Split Pea Soup\* *or*  
**Chicken with Ginger & Scallion**  
 22 Baked Fish with Lemon Sauce

Alternate Lunches: Greek Chicken Salad, Bean & Egg Salad, Roast Beef Salad Sandwich or Veggie Burger

- 25 Roast Turkey with Gravy, Cranberry Sauce *or*  
**Cilantro Chicken**  
 26 Baked Fish with Tartar Sauce  
 27 Crispy Oven Chicken & Beef Barley Soup\*  
 28 Cabbage Roll\* *or*  
**Pork Lion with Tomato**  
 29 Meatloaf with Gravy

# Milpitas Barbara Lee Senior Center Trip Registration Form

Due to the increased popularity of trips, the Senior Center is using a lottery system for trip enrollment. Please include your name and the name of **one** other person (or Caregiver) of who is traveling with you. Your name(s) will be entered into the lottery for the trip(s) and you will be notified if you are selected. \*Member # is listed on the bottom of your Senior Center Membership Photo ID Card.

**Attention R.A.P. Participants:** If you are registering with R.A.P. (Recreation Assistance Program) funds, please indicate "Yes" in the area below.

**Return this form in person or by mail, no later than Friday, May 18 at 4:00 pm.** The lottery drawing will be held the next day, and those selected will be notified. *Upon notification, your cash/check payment will be due within 3 business days (see below for credit card payment information).*

Please Note: All trip participants **must** have a current Senior Center membership prior to being enrolled into the trip.

*Drop off at or Mail to: Milpitas Senior Center, 40 N. Milpitas Blvd., Milpitas, CA 95035*

## Participant #1

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

## Participant #2

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Do you require a  wheelchair or a  walker on this trip(s)?

Will a Caregiver be assisting you on the trip(s).  Yes  No Name: \_\_\_\_\_

Participant (First & Last Name)	*Member #	R.A.P.?	Trip	Fee
1			Nourot Glass Studio in Benicia (6/12)	\$10
2			Nourot Glass Studio in Benicia (6/12)	\$10
1			Hilmar Cheese Factory (6/26)	\$10
2			Hilmar Cheese Factory (6/26)	\$10

# Senior Connection ...

## Your Link to Living Well

### Upcoming Activities at a Glance

- |   |  |
|---|--|
| <p>May 1: Older Americans Month Morning Kickoff<br/><b>Treasure Island Culinary Institute Trip (full)</b><br/>Potluck (5 pm) &amp; Bingo (6 pm)</p> <p>May 2: Bingo, 1:15 pm (&amp; May 9, 16, 23 &amp; 30)</p> <p>May 3: Speaker: Searching Online for Caregivers, 11:15 am<br/>Local Shopping Trip, 10:15 am</p> <p>May 4: Wally's Rhythm Rascals, 10:30 am<br/>Hair Appointment Day</p> <p>May 5: Bingo Marathon, doors open 11:30 am, games 1 pm</p> <p>May 7: Movie Day, 1:30 pm (call for movie title)</p> <p>May 8: Speaker: Health Nutrition &amp; Wellness, 11:15 am<br/>Potluck (5 pm) &amp; Bingo (6 pm)</p> <p>May 10: Speaker: Self Care &amp; Safe Play, 10:30 am<br/>Notary Services, 1 pm (call for appointment)</p> <p>May 11: Senior Idols Karaoke, 10:30 am (&amp; May 18 &amp; 25)</p> <p>May 14: Kaiser's Senior Advantage Plan, 10 am-12 pm</p> <p>May 15: Birthday Party at Lunch (May birthdays)<br/>Book Club, 10:30 am<br/>Fitness Orientation, 11:00 am</p> <p>May 17: Ice Cream Social, 12:30 pm</p> <p>May 18: Trip Registration Deadline</p> <p>May 21: <b>Thunder Valley Casino Trip</b><br/>Movie Day, 1:30 pm (call for movie title)</p> <p><b>May 23: Guide Dogs For The Blind Tour Trip (full)</b></p> <p>May 25: Breakfast Event, 9-10 am<br/>VTA Photo Session, 10:00-10:30 am</p> | <p>Jun 1: Wally's Rhythm Rascals, 10:30 am<br/>Hair Appointment Day</p> <p>Jun 5: Potluck (5 pm) &amp; Bingo (6 pm)</p> <p>Jun 6: Bingo, 1:00 pm (&amp; Jun 13, 20 &amp; 27)</p> <p>Jun 7: Local Shopping Trip, 10:15 am</p> <p>Jun 8: Senior Idols Karaoke, 10:30 am (&amp; Jun 15, 22 &amp; 29)</p> <p>Jun 11: Kaiser's Senior Advantage Plan, 10 am-12 pm<br/>Movie Day, 1:30 pm (call for movie title)</p> <p><b>Jun 12: Nourot Glass Studio Trip</b><br/>Potluck (5 pm) &amp; Bingo (6 pm)</p> <p>Jun 14: Notary Services, 1 pm (call for appointment)</p> <p>Jun 19: Birthday Party at Lunch (June birthdays)<br/>Book Club, 10:30 am<br/>Fitness Orientation, 11:00 am</p> <p>Jun 21: Speaker: Oral Health Care, 1:30 pm</p> <p>Jun 22: VTA Photo Session, 10:00-10:30 am</p> <p>Jun 25: Movie Day, 1:30 pm (call for movie title)</p> <p><b>Jun 26: Hilmar Cheese Factory Trip</b><br/>Senior Advisory Commission Meeting, 1:30 pm</p> <p>Jun 29: Breakfast Event, 9-10 am</p> |
|---|--|



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The Barbara Lee Senior Center is a part of the  
City of Milpitas Recreation Services • [www.ci.milpitas.ca.gov](http://www.ci.milpitas.ca.gov)



Barbara Lee Senior Center  
40 N. Milpitas Blvd.  
Milpitas, CA 95035

