

BARBARA LEE SENIOR CENTER
40 N. Milpitas BLVD
Milpitas, CA 95035
(408) 586-3400
Monday-Friday, 8:30 AM-4:30 PM



SENIOR CONNECTION NEWSLETTER



WE WANT YOUR FEEDBACK!

Throughout the month of September, the City of Milpitas Senior Advisory Commission will be distributing Community Assessment Surveys

throughout the Senior community. The purpose of the survey is to collect important data on how the City is doing in addressing Senior specific issues (housing, transportation, programs, etc.). All information collected is confidential and will be compiled and then presented to the City of Milpitas City Council in early 2016.

Surveys are available at the Senior Center, Sports Center and Community Center Front Desks and will also be distributed in certain classes, programs and events. Surveys are also available online at <http://www.ci.milpitas.ca.gov/survey.htm>

Please do your part by completing the survey. Your feedback is important to the community!

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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
- Applications for VTA RTCID Cards (for discount monthly passes for seniors or with disabilities)
- 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.



WELCOME LISA CIARDELLA, Public Services Assistant

The Milpitas Recreation Department is fortunate to have three knowledgeable, passionate and dedicated Public Services Assistants (PSAs) who take the lead of the administrative and front desk responsibilities at our Senior Center, Sports Center and Community Center. Starting in September, Lisa Ciardella will be taking David Sanchez's spot at the Senior Center Front Desk for 6 months. David will rotate to the Community Center. Please help us welcome Lisa to our Senior Center!

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 from a professional how to safely use the Fitness Room equipment! 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 IS HERE!
Tuesdays, 1:30PM-4:00PM
SENIOR CENTER AUDITORIUM
FREE

Check out the latest craze in Senior 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.



What is Pathways Home Health, Hospice & Private Duty?

Friday, September 4th / 11AM

Pathways Home Health, Hospice & Private Duty has an array of services that has been bringing healthcare to people, wherever they live, for 38 years. With kindness and dignity, they comfort the dying, assist the sick, and assist the elderly. Pathways is a pioneer in care at home and has a positive reputation for hospice, home health and private duty care. Come learn about their services and how you, or your family, might benefit from it one day.

New Member Orientations:

Tuesdays, September 8th & October 13th / 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.

Flu Shot Clinic:

Thursday, September 17th and Friday, October 2nd / 9:00AM - Noon

Everybody, especially older adults, are encouraged to get a flu shot each year to help protect their health. Walgreen's Pharmacy staff will be at the Senior Center to give flu shots. Flu shots are free with Medicare or vouchers provided by the clinic. Bring your insurance cards!

“Senior Idol” Karaoke Competition:

Monday, September 21st / 1:00PM

Here's your chance to show off your singing talent! You can sign up by yourself or with a partner! Prizes will be awarded. Sign-up at the Front Desk by September 17th and select your song choice. Everyone is invited to attend and cheer on the singers! FREE.

Kaiser Permanente Enrollment:

Tuesday, September 22nd & Tuesday, October 27th / 10:00AM-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.

Life Care Planning for You and Your Family

Thursday, September 24th / 11:00AM

Do you know who would speak for you if you were suddenly unable to speak for yourself? What healthcare decisions would you want someone to make on your behalf? This workshop will describe what Life Care Planning is, how to choose someone to speak for you, and what types of healthcare decisions you need documented in your medical record. Devora Lomas, a Kaiser Permanente Health Education Manager, will present this information.

Dental Mobile Clinic**Friday, September 25th and October 23rd / 1:30PM-4:30PM**

Once a month dental services are available at the Senior Center to low-income older adults (60 yrs+). Professional dental personnel volunteer thru Agape and JAACUC to provide the free services of basic preventative care, screenings, examinations, cleanings, X-rays, sealant and oral health education. The services are conducted in a state-of-the-art mobile dental clinic. Call the Senior Center's Front Desk to make an appointment.

Your Life, Your Legacy**Tuesday, September 29th / 10:30AM**

Join us for a free seminar on planning funeral, cemetery, and cremation arrangements in advance. You'll learn how to reduce stress for you and your loved ones, creative cremation and traditional burial planning, and you can request a free personal planning guide to document your final wishes. This information will be presented by Chris Alvear, a Pre-Planning Advisor with Dignity Memorial. Please sign-up at the Front Desk by September 22 or by calling 925-202-1158.

Bingo Marathon**Saturday, October 3rd / 1:00PM - 5:00PM (Doors Open at 11:30AM)****\$10 minimum buy-in, \$8 extra packs, \$1 special games**

The Senior Center's annual Fall Bingo Marathon is happening again. A session of 20 games will be played with a few special games scattered throughout. Games have cash prizes (amounts are determined by number of packs sold). Players must buy their own pack (no splitting or sharing). A Snack bar will be selling lunch and goodies before and throughout the event. Open to ages 18 years and up. Seating is first come first serve, space is limited so early arrival is recommended.

Hearing Health Presentation**Monday, October 5th / 10:00AM**

Please join Connect Hearing for a hearing health presentation. With one in three people over the age of 65 experiencing some form of hearing loss, the speaker will discuss the various hearing health topics which are vital to those who may be having difficulty. There will be an opportunity for 10 members who attend to return on Wednesday, October 7, for a free hearing screening.

High Blood Pressure - Health Education Classes**Mondays, October 5th, 12th, 19th & 26th / 1:00PM – 2:00PM**

Are you or a loved one at risk for high blood pressure? Do you want to learn about how you can prevent hypertension and manage your blood pressure? Medical students from Stanford School of Medicine will be offering this health education class on high blood pressure. Participants will have the opportunity to learn about high blood pressure, ask questions particular to their situation(s), and connect with trained health coaches from the School of Medicine. Please contact Gunsagar Gulati, ggulati@stanford.edu should you have questions about this class.

Senior Center Fall Art Show

October 5th-29th at The Phantom Art Gallery

Students in the Senior Center's Joy of Color (oil painting) classes and the Quilting Bee Program will have their art on display at the Milpitas Phantom Art Gallery in October. When you have a break from your activities at the Senior Center, stroll over to the Community Center and take a look! A reception for the artists will take place on Tuesday, October 6, 10:30 am.

Smart Estate Planning

Tuesday, October 6th / 11:00 AM

Estate Planning helps ensure a smooth transition and fewer taxes for your heirs. In this presentation, you'll find out how to protect your family and assets with the right plan for your needs. Learn estate planning fundamentals, including the four most important documents. Jackie Lou Raquidan, a Financial Advisor at KeyPoint Credit Union, will present this information.

Preview of Premier World Discovery Trips

Thursday, October 8th / 10:30 AM

If you enjoy new experiences and traveling, come learn about the upcoming trips the Senior Center is 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.

Planning for Health Care in Retirement

Tuesday, October 20th / 11:00 AM

Jackie Lou Raquidan, Financial Advisor at KeyPoint Credit Union, will talk about how to plan for your health care when you're retired. There will also be information on early retirement options, understanding coverage, and that medical costs are non-discretionary.

Open Enrollment: 2016 Health Care Plan

Each year the Open Enrollment period for changing health care plans is mid-October-early December. If you're "shopping around" for a new plan or want to hear about changes in your current plan, the Senior Center has scheduled some representatives to present their information.

Thursday, October 22 at 10:00 am – Care 1st (Kim Dao)

Friday, October 23 at 10:00 am – AARP Medicare Supplemental (Michelle Campbell)

Tuesday, October 27 at 10:00 am - Kaiser Permanente

Thursday, October 29 at 10:00 am – Easy Choice (EIM Insurance Services)

More presentations will be in November – look for them in our next newsletter.

Birthday Celebration

July, August, September

Tuesday, September 15 (RSVP by September 11) / 11:30 AM

The Senior Center celebrates birthdays on a quarterly basis during our lunch program. If you were born in July, August or September, come celebrate with us! We'll have music, birthday cake & ice cream and a raffle drawing. Call (408) 586-3413 to make your lunch reservation (see menu for lunch choices). The suggested lunch contribution is \$3 for ages 60+ (\$6 for guests under 60).

Barbara Lee Senior Center

September 2015 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Aug 31 Sweet & Sour Pork or Fish with Eggplant	September 1 Chicken Scallopini	2 Open Faced Turkey Sandwich with Gravy	3 Lasagna (veg) & Chicken Orzo  Soup or Beef with Vegetables	4 Beef Hamburger (Labor Day Celebration Lunch)
Alternate Choices: Santa Fe Chicken Salad or Spinach, Almond & Egg Salad or Turkey & Grape Wrap or Grilled Veggie & Cheese on Sourdough				
7 Senior Center Closed for Labor Day Holiday 	8 Roast Beef with Gravy & Tomato Basil Soup 	9 Fish (breaded) Sandwich	10 Sesame Pork or Chicken with Mixed Vegetables	11 Beef Hamburger with Cheese
Alternate Choices: Turkey Cobb Salad or Veggie Cottage Cheese Salad or Tuna Salad Sandwich or Veggie Wrap				
14 Baked Tilapia with Salsa or Korean-Style Pork Chop	15 Roast Turkey with Gravy	16 Orange Glazed Chicken with Minestrone Soup 	17 Meatloaf with Gravy or Fish with Black Bean Sauce	18 Pineapple Glazed Pork
Alternate Choices: Chef Salad or Veg Black Bean & Orzo Salad or Roast Beef on Rye Sandwich or Black Bean Burger				
21 Rosemary Turkey or Kung Pao Chicken	22 BBQ Pulled Pork on Bun	23 Fish with Ginger Sauce	24 Chicken Parmesan or Mongolian Beef	25 Seafood Salad with Black Bean & Kale Soup 
Alternate Choices: BBQ Chicken Salad or Spinach, Walnut, Berry Salad or Turkey Sandwich or Egg Salad Sandwich				
28 Herbed Roasted Pork with Applesauce or Scrambled Eggs with Bay Shrimps	29 Rotisserie Chicken with Lentil Soup 	30 Combination Flatbread Pizza	October 1 Italian-Style Flounder or Lion Head Meatballs	2 Chicken Fajitas with Bell Peppers
Alternate Choices: Chinese Chicken Salad or Lentil Salad or Vietnamese Pork Sandwich or Veggie Pita				

- **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.

SEPTEMBER & OCTOBER CLASSES—Register on Sept. 14th!

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. *** No Class on November 11th.**

#2935	Tuesdays	9:00 AM-Noon	10/6-11/24	8 days	\$48 (\$58 non-res)
#2937	Wednesdays	9:00 AM-Noon	10/7-11/25*	7 days	\$42 (\$52 non-res)
#2938	Wednesdays	1:00-4:00 PM	10/7-11/25*	7 days	\$42 (\$52 non-res)
#2939	Thursdays	9:00 AM–Noon	10/8-11/19*	7 days	\$42 (\$52 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. *** No Class on November 11th**

#2949	New Beg:	Wednesday	9:00-10:00 AM	10/7-11/25*	7 days	\$14 (\$24 non-res)
#2950	Beg 2:	Wednesday	10:00-11:00 AM	10/7-11/25*	7 days	\$14 (\$24 non-res)
#2951	Adv Beg:	Wednesday	11:00 AM-Noon	10/7-11/25*	7days	\$14 (\$24 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 September 7th and November 26th**



#2747	Mondays & Thursdays	See Description	8/17-10/12*	16 days	\$32 (\$42 non-res)
#2965	Mondays & Thursdays	See Description	10/22-12/17*	16 days	\$32 (\$42 non-res)

SEPTEMBER & OCTOBER CLASSES CONTINUED:

Computer & Technology Classes

Beginning computer classes are offered in partnership between Milpitas Adult Education and the Barbara Lee Senior Center. Class details are available in the Milpitas Adult Education Class Guide. **Classes are held at the Senior Center, but all registration is done by Milpitas Adult Education. Please call (408) 635-2692 or visit www.adulted.musd.org.**

Beyond Basics Wed/Thurs 1:00 PM-2:30 PM 10/7-10/22 6 days \$30

AARP Driver Class

This course is for adults 50+ to help them drive safely. This 8 hour course (with breaks) is for new students or students who completed the course more than 3 years ago. Register in advance at the Senior Center Front Desk with cash or check (payable to AARP). Senior Center Membership is **not** required.

#2737 Thurs/Fri. 9:00 AM-1:30 PM 10/15-10/16 2 days \$15 (\$20 Non-AARP)

Make Your Own Decorations For The Holidays!

Learn how to put together a door wreath or table centerpiece for your home for the holidays plus tree ornaments and gift items. Learn how to make bows from simple to full and fancy. Choose your favorite colors and be creative with bows and decorative picks for the occasion. Instruction and patterns provided. Students will provide their own materials. Supplies needed are scissors, hot glue gun/ glue sticks, spool of 26 gauge wire and wire cutters. Register early and pick up the first pattern to purchase materials for the first class. Instructor: Harriett McGuire

#2967 Thursdays 9:30-11:30 am 10/22-11/195 days \$20 (\$30 non-res)



Cache Creek Casino

Tuesday, October 20th \$30

8:45 am-5:30 pm (trip check-in 7:45-8:30 am)

Receive \$10 Free Slot Play or \$20 Match Play & \$5 Food Credit (not valid at buffet)

Register by Monday, October 12

No Senior Center membership required! Raffle drawing on the bus! Morning Snack Provided!

Join us and Golden West Travel on fun, one-day casino trips! On the way we'll play Bingo on the bus (cards are \$2 each). Driver gratuity will be collected on the bus. Casino Player Card is required to receive the Slot/Match Plays and discounts. *R.A.P. funding cannot be used for this trip.*

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 Programs

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 • 3:30PM-4:30PM

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 1 on 1 and assist you with questions. No appointment needed! 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 AT A GLANCE

September & October 2015

Friday, September 4th: Pathways Presentation
Tuesday, September 8th: New Member Orient.
Tuesday, September 15th: Qtr. BDay Celebration
Thursday, September 17th: Flu Shot Clinic
Monday, September 21st: Senior Idol Karaoke
Tuesday, September 22nd: Kaiser Enrollment
Thursday, September 24th: : Life Care Planning
Friday, September 25th: Mobile Dental Clinic
Tuesday, September 29th: Your Life, Your Legacy
Friday, October 2nd: Flu Shot Clinic
Saturday, October 3rd: Bingo Marathon
Monday, October 5th: Hearing Health

Tuesday, October 6th: Smart Estate Planning
Thursday, October 8th: Trips Presentation
Tuesday, October 13th: New Member Orient.
Tuesday, October 20th: Cache Creek Casino Trip
Thursday, October 22nd: Care 1st Enrollment
Friday, October 23rd: Mobile Dental Clinic
Friday, October 23rd: AARP Medicare Enrollment
Tuesday, October 27th: Senior Advisory Mtg.
Tuesday, October 27th: Kaiser Enrollment
Thursday, October 29th: Easy Choice Enrollment
Friday, October 30th: Halloween Lunch

LOOKS WHAT'S NEW!

Technology Tutoring For Seniors

Starting September 4
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. TST is a non-profit organization of high school students whose goal is to educate seniors in the world of technology. These volunteers have a passion to teach technology and give back to the senior community. No appointment necessary. **Free!**

Dementia Caregiver Workshop

September 24th –November 5th
Thursdays, 3:00-5:00 pm

Are you a hands-on caregiver for a family member with dementia? This 6-week training by the Alzheimer's Association will give you the skills to assess the person's abilities, confidence to set and alter caregiving goals, strategies to manage activities and much more! No class on Oct 22. Contact the Senior Center's Front Desk on how to sign-up! **FREE!**

