



# SENIOR CONNECTION NEWSLETTER

March - April 2016

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

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## WELCOME THE NEW STAFF!

### JUSTIN YOUNT

Starting in March, Justin Yount will be the new Public Services Assistant for the Barbara Lee Senior Center. Justin first started working for the City of Milpitas in 2003 as a part-time staff in Recreation Services, and served the City in various capacities for six years. In 2014, Justin returned to the City of Milpitas to serve as the Public Services Assistant at the Milpitas Community Center. In his free time, he enjoys running outdoors, wine tasting, and spending quality time with his family.



## 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 two proofs of residency for the discounted 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.**



## Volunteer Appreciation

Week of April 11

The Senior Center staff would like to extend a heartfelt thank you to all of our volunteers. The generosity of your time enables us to provide quality services to our seniors.

### Dedicated Hearts

Dedicated hearts like yours  
Are not so easy to find.  
It takes a special person to be  
So generous and kind.

To care so much for your fellow man  
Is a quality all too rare.  
Yet you give of your time and talents,  
For all in need to share.

So thank you for being a volunteer,  
We're privileged to work with you.  
We want you to know how appreciated you are,  
Not just today, but the whole year through.

## BARBARA LEE SENIOR CENTER AT A GLANCE

### March & April

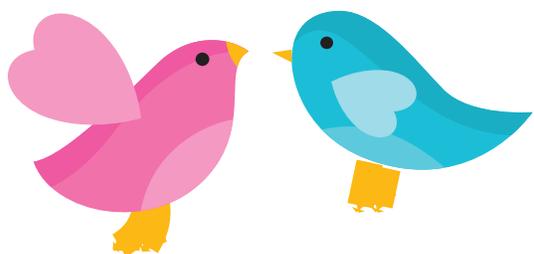
Tuesday, March 1:	Income Tax Program	Tuesday, March 29:	Income Tax Program
Friday, March 4:	Income Tax Program	Friday, April 1:	Income Tax Program
Monday, March 7:	Diabetes Class	Friday, April 1:	Senior Idol Karaoke Competition
Tuesday, March 8:	New Member Orientation	Monday, April 4:	Blood Pressure Class
Tuesday, March 8:	Income Tax Program	Tuesday, April 5:	Income Tax Program
Thursday, March 10:	CareMore Presentation	Thursday, April 7:	AARP Driver Class
Friday, March 11:	Income Tax Program	Friday, April 8:	Income Tax Program
Monday, March 14:	Diabetes Class	Friday, April 8:	Senior Prom
Tuesday, March 15:	Income Tax Program	Monday, April 11:	Blood Pressure Class
Tuesday, March 15:	Quarterly Birthday Celebration	Tuesday, April 12:	Income Tax Program
Friday, March 18:	Income Tax Program	Tuesday, April 12:	Life Care Planning
Friday, March 18:	Spring Fling Dance	Tuesday, April 12:	New Member Orientation
Monday, March 21:	Diabetes Class	Tuesday, April 12:	Spring Tea
Tuesday, March 22:	Income Tax Program	Monday, April 18:	Blood Pressure Class
Friday, March 25:	Income Tax Program	Monday, April 25:	Blood Pressure Class
Monday, March 28:	Diabetes Class		

# EVENTS

## Quarterly Birthday Celebration

**Tuesday, March 15 (RSVP by Noon on March 14) at 11:30AM**

The Senior Center celebrates birthdays on a quarterly basis during our lunch program. If you were born January-March, 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).



## Spring Fling Dance

**Friday, March 18 from 1:30-4:00PM**

Get your dancing shoes ready and come to the Senior Center for an afternoon of dancing, fun and some great music! We'll have refreshments and even a few raffle prizes!

## Senior Idol Karaoke Competition

**Friday, April 1 at 1:00pm**

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



## Senior Prom

**Friday, April 8**

**1:30-3:00PM**

Students from Milpitas High School's Leadership class are throwing you a Senior Prom! Spend the afternoon dancing to some great music as you travel back in time, and enjoy some light refreshments.

## Spring Tea

**Tuesday, April 12, 2:00PM**

**\$8 per person**

There's no better way to relax in the afternoon than with a "spot of tea." It's been a few years since we've had our last tea so don't miss this opportunity to enjoy some delicious finger sandwiches, a few sweets and conversation. Pre-register for this event at the Front Desk by Friday, April 8.



# PRESENTATIONS

## Information Resource Room

Are you wondering where you can find information regarding certain medical issues, housing, fitness, fraud & safety, VTA and Sourcewise services? The Senior Center now has a Resource Room where you can find it! The Milpitas Senior Advisory Commission has stocked the room with brochures and information sheets from various local non-profit, state and federal agencies that serve older adults. Stop by on your next visit and take a look!

## Free Tax Assistance

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.

## New Member Orientation:

**Tuesdays, March 8 & April 12 at 10:00AM**

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 or the month for an informative presentation and tour. Please sign up at the Front Desk or by calling (408) 586-3400.

## Health Education Classes

**Mondays, 10:00AM**

Each month, students from Stanford School of Medicine will present a class on a specific topic. Participants will have the opportunity to ask questions regarding their own experience with the topic and connect with trained health coaches from the Stanford School of Medicine. Please contact Gunsagar Gulati, [ggulati@stanford.edu](mailto:ggulati@stanford.edu) should you have questions about this class. Please Note: The same presentation is repeated weekly for the month. If possible, please let the Front Desk staff know if you are attending so the instructor can be prepared.

## Diabetes: March 7, 14, 21 & 28

Are you or a family member diabetic or pre-diabetic? Do you want to learn how you can manage your diabetes and lower your risk? This class will go over the information to help you keep your sugar levels controlled.

## Blood Pressure: April 4, 11, 18 & 25

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? This class will discuss high blood pressure and you will have the opportunity to ask questions from these trained health coaches from the Stanford School of Medicine.

# PRESENTATIONS

## Life Care Planning: April 12

10:00-11:00AM

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 and how to choose someone to speak for you. Devora Lomas, a Kaiser Permanente Health Education Manager, will present this information. A small gift will be presented to each person who attends this entire class.

## CAREMORE SPECIAL NEEDS HEALTH PLAN

March 10th

10:00AM - Noon

Learn more about the CareMore Special Needs Plans for Medicare Beneficiaries with Chronic Conditions: diabetes, heart condition, lung problems. You will also learn about the CareMore Connect Plus Plan for Medicare beneficiaries with Full Medi-CAL benefits. Please keep in mind that Medicare & Medi-Cal recipients can enroll at anytime in this plan and not only during the enrollment period.

## SNEAK PEAK

### May is "Older Americans Month"

Each year in May, the Senior Center celebrates Older Americans Month with some special activities. The activities planned out for this year are listed below. More info will be in our next newsletter!

- Pickleball Tournament (starts Tuesday, May 3 at 1:30pm)
- Older Americans Month Proclamation at City Council (Tuesday, May 3 at 7:00pm)
- Bingo Marathon (Saturday, May 7 at 1:00pm)
- Older Americans Month Dance (Friday, May 13 at 1:30pm)
- Senior Parade Walk and BBQ Lunch (Friday, May 20)
- Ice Cream Social (Thursday, May 26 at 2:00pm)

# MARCH & APRIL CLASSES

## Register on March 14!

### 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. Each pupil will select and paint a unique picture. Students must bring their own supplies. A supply list is available at the Senior Center. Instructor: Doreen Walker.

(\*No class held 5/4-5/19)

\$36/\$46 6 meetings

#3609	TUE	4/12-5/31	9:00AM - 12:00PM
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\$30/\$40 5 meetings

#3610	WED	4/13-6/1	9:00AM - 12:00PM
#3611	WED	4/13-6/1	1:00PM - 4:00PM
#3612	THUR	4/14-6/2	9:00AM - 12:00PM

### Chinese Brush Painting

These classes explore the beauty of 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: Betty Ling

#### BEGINNER:

\$42/\$52 7 meetings

#3601	MON	4/11-5/23	12:30PM - 3:30PM
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#### ADVANCED:

\$48/\$58 8 meetings

#3603	FRI	4/15-6/3	12:30PM - 3:30PM
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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.*

\$16/\$26 4 meetings

#3625	TUE	3/1-3/22	9:30AM - 11:30AM
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# MARCH & APRIL CLASSES

## Line Dancing

Line Dancing does not require a partner, is fun and a great way to get exercise. Dances are modified to meet the class level. New Beginner is for students with no previous Line Dance experience. Beginner Level 2 is for students who have had limited Line Dance classes before. Advanced Beginner is for students who have had 6-12 months of Line Dance classes. Students can only register for 1 class. Instructor: Can Tu Ly

### NEW BEGINNER:

\$16/\$26 8 meetings

#3617	WED	4/13-6/1	9:00AM - 10:00AM
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### BEGINNER 2:

\$16/\$26 8 meetings

#3618	WED	4/13-6/1	10:00AM - 11:00AM
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### ADVANCED BEGINNER:

\$16/\$26 8 meetings

#3619	WED	4/13-6/1	11:00AM - 12:00PM
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## 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 3 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.

\$15/\$20 1 meeting

#3622	THUR	4/7	9:00AM - 1:30PM
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## Computer & Technology Classes

Classes in Beginning Computers and Integrating Technology are offered in partnership between Milpitas Adult Education and the Senior Center. Class information is listed in Milpitas Adult Education's class brochures. Classes are held at the Senior Center but all registration is done by Milpitas Adult Education.

Milpitas Adult Education (408) 635-2692,  
1331 E. Calaveras Blvd., Milpitas  
website: [adulthood.musd.org](http://adulthood.musd.org)

# ON-GOING PROGRAMS

## 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 & Thursday • 11:10 AM - Noon

You can improve your balance, stretch and 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 number 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. This service is 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 and appropriate shoes.

# ON-GOING PROGRAMS

## 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

## 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 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.



# LUNCH PROGRAM

Barbara Lee Senior Center

## March 2016 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
29 Roast Pork with Apples or <b>Garlic Chicken</b>	1 Chile Relleno Casserole	2 Italian Herbed Chicken	3 Beef Loin with Gravy & Navy Bean Soup or <b>Fish with Black Bean</b> 	4 Creamy Turkey with Vegetables & Biscuit
Alternate Choices: Brazilian Pork Salad or Veggie Lentil Salad or Tuna Salad Sandwich or Veggie Wrap				
7 Baked Fish with Lemon & Tartar Sauce or <b>Spareribs with Black Bean Sauce</b>	8 Chicken & Barley Casserole	9 Beef Hamburger with Cheese	10 Chicken Scaloppini or <b>Mongolian Beef</b>	11 Ginger Pork & Miso Soup 
Alternate Choices: Chinese Chicken Salad or Veggie Spinach, Almond & Egg Salad or Waldorf Turkey Pita or Veggie Patty Burger				
14 Herbed Roasted Chicken & Minestrone Soup or <b>Shrimp with Egg</b> 	15 Pork Cutlet with Gravy  <i>Birthday Celebration Jan-Mar</i> 	16 Breaded Baked Fish	17 Corned Beef & Cabbage or <b>Shredded Pork with Celery &amp; Tofu</b> 	18 Beef Pot Roast
Alternate Choices: Diced Turkey & Egg Salad or Veggie Black Bean & Orzo Salad or Turkey Burger or Egg Salad Sandwich				
21 Italian Pork Tenderloin or <b>Braised Chicken</b>	22 Roast Beef with Gravy	23 Garlic Stir Fry Chicken	24 Broiled Tilapia with Parmesan or <b>Lemon Grass Pork</b>	25 Spinach Stuffed Chicken  
Alternate Choices: Thai Pork & Mango Salad or Veggie Cottage Cheese & Fruit Salad or Chicken Salad Sandwich or Black Bean Burger				
28 BBQ Beef Sandwich or <b>Fish with Scallion and Ginger</b>	29 Pork Chop with Onion Gravy	30 Rosemary Turkey with Gravy	31 Chicken Divan with Rice & Tomato Soup or <b>Lion Head Meatball</b> 	1 Spinach Lasagna

- Call (408) 586-3413 to make or cancel your reservation. Reservations are required to guarantee a lunch. If you are unable to attend lunch and fail to cancel your reservation, your remaining reservations will be canceled until we hear from you.
- Reservations must be made by Noon (12:00pm) two 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 10:30AM-11:45Am. Please check-in by 11:30AM or your lunch may be given to someone on the Waiting List.
- Indicates meals that exceed 1,000 mg of sodium.

# CASE MANAGEMENT

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 Wednesdays 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)

## Technology Tutoring For Seniors

Fridays • 3:30 PM-4:30 PM

Did you get a new phone, tablet or laptop and aren't sure how to use it? Have question on some of its features and how to set up safeguards? 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, and how to use your new devices. TST can also help you learn about internet safety. FREE!!!