



# SENIOR CONNECTION NEWSLETTER

July-August 2016

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

## Presentations

### Living the Life of a Service Dog

Thursday, July 14 at 10:30AM

Are you curious about service dogs? Come and learn about the differences between service dogs and therapy dogs. We will cover different models of training, etiquette, types of service dogs and much more about these uniquely trained animals. Kathy Waddell from Operation Freedom Paws in Gilroy will be here to present along with her service dog Crystal.

### Clear Captions and No Cost Caption Telephones

Friday, July 22 at 11:00AM

Do you have a hearing loss and have difficulty hearing phone conversations? If so, you could be eligible to receive at no cost a captioned phone (where the voice is transferred to a text format). All you need is to be hard of hearing, have internet connection and a home phone line. Nancy Whiney, the Territory Manager for Clear Captions, will present information about the program and services and more!

### Sourcewise – What Can It Do For You?

Tuesday, August 2 at 11:00AM

Rose Fontes will talk about Sourcewise and its programs, and how you can benefit from them. Sourcewise strives to empower the community by providing access to information through a comprehensive network in collaboration with Santa Clara County, state and local resources. Direct services include Information & Awareness, Health Insurance Counseling, Care Management, Meals on Wheels, Senior Employment and more!

## Programs & Events

### New Member Orientation

Tuesdays, July 12 & August 9 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 of the month for an informative presentation and tour. Please sign up at the Front Desk or call (408) 586-3400.

### Luau Dance

Friday, July 22 at 1:30PM-4:00PM

We're heading to the beach with this Luau Dance! Slip on your flip flops, grass skirts, and flower leis and join in the dancing to beach music and sipping on non-alcoholic mai-tais. We'll even have some light refreshments on hand.

### Health Education Classes Returns at a New Time!

Monday, August 1 at 9:00AM

This Health Education Classes is scheduled to begin again in August. Gunsagar Gulati, a student from Stanford School of Medicine, will present information on various health topics relating to older adults, such as blood pressure and diabetes. Each month the presentations will focus on a different topic. Participants will have the opportunity to ask questions regarding the topic as it relates to his/her own health or experience. If you have a topic you would like to see covered, please let us know, or email [ggulati@stanford.edu](mailto:ggulati@stanford.edu).

### Summer Carnival

Friday, August 5 at 1:30PM-3:30PM

Let your inner child come out and play at our Summer Carnival. We'll have some games, music and snacks. Who knows, you may even get a balloon animal!

## Things to know

### Welcome Ann Marie!

Ann Marie Asis joined the Senior Center staff on June 13 as its new Senior Events and Engagement Specialist. Ann Marie's responsibilities include the volunteer program, trips, special events and community outreach. Stop by and say hello!

### 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!

### Healthy Habits for a Healthier You

Thursday, August 11 at 10:30AM

For centuries, we've know that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Staff from the Alzheimer's Association will present this information.

### Dental Mobile Clinic

This service will not be held in July and August. Contact the Senior Center's Front Desk to make an appointment for September 23.

## Classes

Registration for the August session of classes begins July 11.

### Joy of Color – Oil Painting

\$48/\$58 8 meetings

#3827	TUE	8/2-9/20	9:00AM - 12:00PM
#3829	WED	8/3-9/21	9:00AM - 12:00PM
#3828	WED	8/3-9/21	1:00PM - 4:00PM
#3826	THUR	8/4-9/22	9:00AM - 12:00PM

### Chinese Brush Painting

\$42/\$52 7 meetings

#4329	MON	8/1-9/19	12:30PM - 3:30PM
\$48/\$58 8 meetings			
#4330	FRI	8/5-9/23	12:30PM - 3:30PM

\* No class held on 9/5.

### Line Dancing

\$16/\$26 8 meetings

#4386	WED	8/3-9/21	9:00AM - 10:00AM
#4387	WED	8/3-9/21	10:00AM - 11:00AM
#4388	WED	8/3-9/21	11:00AM - 12:00PM

### Spring Chickens

\$32/\$42 16 meetings

#4390	M/TH	8/1-9/26	10:00AM - 11:00AM
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\* No class held on 9/5.

