

SENIOR CONNECTION

NEWSLETTER

September - October 2016

Welcome!

Some changes are taking place at the Senior Center. Joining us is John Macon, as the new Senior Center Supervisor. John is a graduate of San Jose State University (BS Recreation Administration) and has 20+ years of recreation services experience. John is excited to join the Barbara Lee Senior Center team and is very proud to serve the Milpitas community.

Also, David Sanchez will be returning to the Senior Center as the Public Services Assistant II. For the past six months, David has been working the Front Desks at the Community Center and Sports Center as a part of a cross-training program.

Justin Yount will be moving to the Sports Center. The Senior Center staff would like to thank Justin for all his hard work and service.



Farewell Celebration

Friday, September 16, 1:30PM-3:30PM

The Senior Center will also be celebrating the retirement of Lechi Nguyen. For over 14 years, Lechi has been the Senior Center's Case Manager, helping older adults with their medical benefits, insurance billings, housing issues, caregiver assistance, Social Security Assistance, Veterans Benefits, Immigration/Naturalization programs and so much more! Join us as we celebrate her service and send her on her way to retirement!



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.



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



PRESENTATIONS

Laughter Yoga

September 12, 11:00AM

You can laugh with special guided techniques - it's easy. Anyone can laugh for no reason without relying on humor, jokes or comedy and one can feel the benefits on the very first session! This workshop will explore the different types of laughter and laughter's benefits.

Project Sentinel – Housing Discrimination

September 13, 10:00AM

With the rising costs of rent and rent occupancy at an all-time high, Project Sentinel wants to better serve the Milpitas community and its senior citizens regarding their housing issues and inform them of their fair housing rights. This presentation will discuss housing discrimination while focusing on relevant topics, such as disability, national origin, and source of income.

Project Sentinel (“PS”) is a non-profit organization that assists individuals with housing problems, such as discrimination, mortgage foreclosure and delinquency, and rental issues including repairs, Landlord-Tenant disputes, and deposits. It serves the community throughout the Bay Area, including Santa Clara County, Alameda County and San Mateo County.

EIM Insurance presents on Final Expenses

September 15, 10:00AM

Do you know the different types of life insurance that are available for older adults? Come learn about them and help that could be available for funeral expenses, health care coverage, and more. EIM Insurance will explain these items.

Premier World Discovery – Trip Preview

September 16, 10:30AM

If you enjoy traveling and new experiences, check out the upcoming trips the Senior Center is offering! Kris Adams will present information on the trips being offered in 2017, along with this year's holiday trip in December. Detailed flyers are available at the Senior Center. Trips include:

- Highlights of San Diego & Mexican Riviera Cruise (departs 1/5/17, 10 days)
- Arizona Spring Training Getaway (departs 3/19/17, 6 days)
- Branson, Memphis & Nashville (departs 5/10/17, 9 days)
- Yellowstone & the Wild West (departs 6/23/17, 7 days)
- Pacific Coast Adventure (departs 8/17/17, 7 days)
- Philadelphia, The Poconos & the Brandywine Valley (departs 10/8/17, 6 days)



Senior Housing Options - Moving in the Right Direction

September 20, 10:00AM

Are you one of the many older adults facing housing issues? Are your parents, other relatives or your friends? Lee Springer will present information on different housing options older adults are facing, both now and in the future (i.e. aging in place, moving in with family, different types of senior housing). She'll also discuss the top reasons for making a move, some of the fears about moving, how to plan for a move, and much more.

2017 Health Care Plans

Each year the Open Enrollment period for changing health care plans is mid-October to 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 arranged for some presentations to help to help you decide.

- Thursday, October 6: Anthem Blue Cross Health Plan, 10:00AM
- Tuesday, October 18: Kaiser Permanente Senior Advantage, 10:00AM
- Thursday, October 20: Easy Choice Health Plan, 10:00AM
- Friday, October 21: Stanford Medicare Advantage, 10:00AM
- Thursday, October 27: Alignment Health Plan, 10:00AM
- Friday, October 28: Blue Shield Medicare Advantage Health Plan, 10:00AM

Additional presentations will be held in November and early December.

EVENTS & DROP-IN PROGRAMS

Grandparents Day with Lumentum

Friday, September 9, 12:00PM-2:00PM

Volunteers from Lumentum (a local business) wants to celebrate you as a part of Grandparents Day! Members of their staff will be at the Senior Center sponsoring a craft activity (12:00-2:00PM) and Ice Cream Social (12:45PM-1:45PM). Come join in the celebration!

Flu Shots

Thursday, September 22, 9:00AM-12:00PM

Friday, October 7, 9:00AM-12:00 PM

All seniors are encouraged each year to receive a flu shot to help protect their health. Walgreens Pharmacy staff will be on site at the Barbara Lee Senior Center to give flu shots to Senior Center members and those with chronic medical problems. Seniors will be served first. The flu shots are free but please bring your insurance card (Medicare/Medi-Cal Part D or other insurance). Dtap and Pneumonia shots will also be available for a fee (cash only, call the Senior Center the week of the clinic to find out the price).

Bingo Marathon

Saturday, October 1

Doors open 11:30AM, play begins at 1:00PM

The Senior Center's Fall Bingo Marathon is approaching! The marathon includes 20 games with 3-5 special games scattered throughout. The buy-in for 1 pack is \$10 per player (additional packs are \$8 each). Special games are \$1 per card. No splitting/sharing packs. Games have cash prizes (determined by the number of players). A Snack Bar is available for lunch and goodies before and during marathon. This event is open to ages 18 and up.

Senior Center Fall Art Show

October 17-28

Milpitas Phantom Art Gallery, Community Center

The artwork of students in the Senior Center's Joy of Color Oil Painting classes will be on display at the Milpitas Phantom Art Gallery in October. A reception for the artists will take place on Tuesday, October 18 at 10:30AM.

Drop-In

Crochet & Knit

Mondays • 9:00AM-11:30AM

Chair Exercises

Mondays & Thursday • 11:10AM - Noon

Movie Day

2nd & 4th Mondays of Month • 1:00PM

Bridge—Party Style

Mondays-Fridays • 1:00PM-4:00PM

Pickleball

Tuesdays • 1:45PM – 4:00PM

Crafting | Outlay | Sewing

Tuesdays • Noon

Bridge

Mondays • 1:00PM

Book Club

3rd Tuesday of month • 10:30AM-11:30AM

Beginning Yoga

Tuesdays & Fridays • 8:40AM

Bingo

Wednesdays • 1:15PM-3:30PM

Guitar

Wednesdays • 9:30AM-11:00AM

Ukulele

Wednesdays • 1:30PM-2:30PM

Genealogy Research

2nd & 4th Thursdays • 1:00PM-3:00PM

Technology Tutoring For Seniors

Fridays • 3:30PM-4:30PM

Hand & Foot

Fridays • 1:00PM

Shall We Dance

Fridays • 1:30PM-3:30PM

Computers

First come first serve basis. There is a 30 minute time limit when people are waiting.

Mandarin-Speaking Programs

Chinese Folk Dance

Mon 9:00AM-10:00AM

Chinese Karaoke

Mon 1:00PM-3:30PM

Yuen Chi Dance

Tue 1:30PM-3:00PM

Chinese Crafts

Wed 9:00AM-11:30AM

Ballroom Dance

Thurs 1:30PM-3:30 PM

Calligraphy

Fri 9:30AM-11:30AM

Chinese Chorus

Fri 9:30AM-11:00AM

Chinese Folk Dance

Fri 11:00AM-Noon

OCTOBER & NOVEMBER CLASSES

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 on 11/24.

\$42/\$52 7 meetings

#4506	THUR	10/13-12/1	9:00AM - 12:00PM
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\$48/\$58 8 meetings

#4502	TUE	10/11-11/29	9:00AM - 12:00PM
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#4503	WED	10/12-11/30	9:00AM-12:00PM
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#4504	WED	10/12-11/30	1:00PM-4:00PM
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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

\$16/\$26 8 meetings

#4521	WED	10/12-11/30	9:00AM - 10:00AM
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#4522	WED	10/12-11/30	10:00AM-11:00AM
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#4523	WED	10/12-11/30	11:00AM-12:00PM
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AARP Smart Driver

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 2 meetings

#4519	THUR/FRI	10/13-10/14	9:00AM - 1:00PM
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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

* No class held on 11/11 and 11/25.

Beginner

\$48/\$58 8 meetings

#4515	MON	10/10-11/28	12:30PM-3:30PM
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Advanced

\$36/\$46 6 meetings

#4514	FRI	10/14-12/2	12:30PM-3:30PM
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Spring Chickens Exercise Program

You'll be led through chair-based exercise routines designed to improve strength, balance, agility, endurance and flexibility in older adults. In past studies, participants experienced improved upper body strength (89%), improved lower body strength (78%), improved dynamic agility/balance (78%) and improved static balance (67%). Nutrition education will also be covered to help you meet your fitness goals. The instructor is a highly trained fitness instructor experienced in working with older adults. Instructor: Silvia from Fit is Gold.

* No class held on 11/24.

\$32/\$42 16 meetings

#4517	MON	10/10-12/5	10:00AM-11:00AM
	THUR		8:50AM-9:50AM

Creative Crafts for the Holidays

The projects in this class can be used to decorate your home or use for gifts. Projects include a decorated wreath, an elegant centerpiece or candle ring, and a variety of small items such as decorated mini pumpkins, pilgrim hats, candy sleighs and tree ornaments. Students are responsible to purchase their own supplies; patterns and instructions will be distributed in class. The first pattern is available at registration.

\$20/\$30 5 meetings

#4879	WED	10/19-11/16	9:30AM-11:30AM
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