

SENIOR CONNECTION

NEWSLETTER

November - December 2016

Upcoming Holiday Hours

The Senior Center will be closed on:

- Friday, November 11 – Veterans Day
- Thursday & Friday, November 24 & 25 – Thanksgiving Holiday (observed)
- Friday & Monday, December 23 & 26 – Christmas Holiday (observed)
- Monday, January 2 – New Year's Day (observed)

The Senior Center will operate on **Holiday hours (8:30AM-1:00PM)** on the following dates:

- Monday-Thursday, December 19-22
- Tuesday-Friday, December 27-30

During these dates, only the lunch program and drop-in activities will be offered.

Heartfelt 
THANKS
TO OUR VOLUNTEERS!

Here's to all our volunteers, those dedicated people who give selflessly of their time, talent, and treasures! Thank you for making our Senior

Thank You to Lumentum!



Our First Grandparents Day was a success! We would like to take this opportunity to thank Lumentum for sponsoring the event and YOU for joining in on the fun. We hope that you enjoyed the ice cream and making your fruit stamped tea towels. We look forward to celebrating this event with you again next year!



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

November 7 & December 5 at 2:00PM

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. It will be held the first Monday of every month.

Eating Right

November 15 at 2:00PM

Learn the basics of diabetes including how a doctor determines if you have it and how to manage it once you are diagnosed. Also, learn how eating right can alleviate the onset of type 2 diabetes. We will also discuss healthy eating habits and ways that you can stay healthy.

Premier World Discovery – Extended Trip in 2017

If you enjoy traveling and new experiences, check out the upcoming trips the Senior Center is offering! Detailed flyers are available at the Senior Center.

Trips include:

- 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)



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, November 3: United Healthcare AARP Medicare, 10:00AM
- Tuesday, November 8: Care 1st Health Plan, 10:00AM
- Tuesday, November 15: Kaiser Permanente Senior Advantage, 10:00AM
- Thursday, December 1: CareMore Health Plan, 10:00AM

EVENTS

No Shave November - "Movember"

November 1-30

The Senior Center is challenging all of its male members to take part in No Shave November, otherwise known as "Movember"! It's real easy to participate – just don't shave your moustache for the month! Here are the rules:

1. Start the month with a clean shaven face. Have your picture taken at the Front Desk for a "before" picture at the beginning of the month.
2. For the entire month, grow and groom a moustache.
3. Don't let your moustache join with your sideburns (that's a beard).
4. No joining the handlebars to your chin (that's a goatee).
5. Most important – you must conduct yourself like a true gentleman.
6. Come to the Front Desk on November 28, 29 or 30 so we can take your "after" picture. The best, most unique and fullest moustaches will be identified and the winner(s) will be announced on December 1. Fun prizes will be awarded.

No Shave November is not only a fun event, but it's also a time to bring attention to men's health issues. Information on these issues will be available at the Senior Center throughout November.

EVENTS

Gratitude Week

November 7-10

During this week we will have a Gratitude Station where you can write a holiday card to your family, friends and the Military. We will provide the cards and materials necessary to your card. Let's write to our troops to let them know that we are thinking of them and appreciate the sacrifices they make for us!

Harvest Social

November 18, 1:00PM-3:00PM

Get ready to enjoy bite-sized pumpkin pies and to get social! We will play a game of "Who's Who" to get to know each other. You may even get a special treat if you find all the clues!

See's Candies Group Discount Orders

If your holiday gift giving includes candy, here's an opportunity to buy See's Candies at a discounted price (up to 22% on some items) – and we'll even do the shopping for you! Order forms are available at the Senior Center along with a catalog you can look through. All orders with payment are due Wednesday, November 30. Your candy order will be available starting Wednesday, December 7 at the Senior Center. This is the 11th year the Senior Center is offering the Group Order program (this is not a fundraiser – the price you pay is the price paid to See's Candies). Over 65 people put in orders last year and saved over \$900. Don't forget to order a box for yourself!

Holiday Tea

December 9 at 2:00PM

\$8 per person

The holidays can become stressful with all the planning, shopping and rushing from here to there. Here's a chance to take a break for yourself and relax with some friendly conversation, a few sweets and delicious teas. Sign-up early as space is limited.

Holiday Lunch Party

Friday, December 16 at 11:00AM-1:00PM

Celebrate the holidays this year at our Holiday Lunch Event! We'll have a special lunch menu, music, other entertainment, and raffle drawings. There's also a rumor that a visitor from the North Pole might make an appearance. Lunch reservations can be made at the Senior Center's Lunch Reservation Line (408-586-3413), starting December 1 until December 14. This event filled up fast the past few years so don't wait until the last minute to make your reservation! Senior Nutrition Program suggested contribution is \$3 for seniors 60 years and older, \$6 for guests under 60.

New Member Orientation

November 8 & December 13 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.

Birthday Celebration

December 13 (RSVP by Noon on December 12th) at 11:30AM

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

Dental Mobile Clinic

The Dental Mobile Clinic will not be at the Senior Center in November, December or January. Appointments for February's Clinic can be made starting January 9.

NOVEMBER & DECEMBER CLASSES

Autobiography/Journal Writing

This class will introduce journal writing and help you write an autobiography that you can pass down to your children and grandchildren. This is a precious gift! There is an \$8 material fee to instructor for a journal.

Instructor: Jeanne Ghastin

\$65/\$75 4 meetings

#5116	TUE	11/1-11/29	10:00AM-11:00AM
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*No class held on 11/15.

Freeing Your Imagination

This creative writing class will reference the work of important fiction writers and use “creative prompts” to help you develop a distinctive writing style. Be influenced by famous authors such as William Faulkner, James Joyce, Maya Angelou, Hemingway and Virginia Wolf. We will write a short piece inspired by a painting, create a character study from Maya Angelou, and create a fictional character story based on a version of yourself.

Instructor: Jeanne Ghastin

\$42/\$52 2 meetings

#5118	TUE	12/6-12/13	10:00AM-11:00AM
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Joy of Color – Oil Painting

\$36/\$46 6 meetings

#4508	TUE	12/6-1/24	9:00AM-12:00PM
#4509	WED	12/7-1/25	9:00AM-12:00PM
#4510	WED	12/7-1/25	1:00PM-4:00PM
#4511	THUR	12/8-1/26	9:00AM-12:00PM

*No class held on 12/20-12/29.

Line Dancing

\$12/\$22 6 meetings

#4524	WED	12/7-1/25	9:00AM - 10:00AM
#4525	WED	12/7-1/25	10:00AM-11:00AM
#4526	WED	12/7-1/25	11:00AM-12:00PM

* No class held on 12/21-12/28.

Chinese Brush Painting

Beginner

\$24/\$34 4 meetings

#4515	MON	12/5-1/23	12:30PM-3:30PM
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*No class held on 12/19-1/2 and 1/16.

Advanced

\$36/\$46 6 meetings

#4516	FRI	12/9-1/27	12:30PM-3:30PM
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* No class held on 12/23-12/30

Spring Chickens Exercise Program

\$32/\$42 16 meetings

#4518	MON	12/12-2/27	10:00AM-11:00AM
	THUR		8:50AM-9:50AM

*No class held on 12/22-1/2, 1/16, 2/13 and 2/20.

DROP-IN PROGRAMS

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 | Quilting | Sewing

Tuesdays • Noon

Bridge Class

Mondays • 1:00PM

Book Club

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

Beginning Yoga

Tuesdays & Fridays • 8:40AM-9:55AM

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