

SENIOR CONNECTION

NEWSLETTER

January - February 2017

A New Year's Message

Dear Senior Center Members – Happy New Year!

The staff at the Barbara Lee Senior Center would like to wish you and your family a very healthy and prosperous 2017! As we excitedly go into 2017 with a sense of adventure and optimism, we'd like to take this opportunity to thank you for allowing us to be a part of your lives this past year. 2016 presented various wonderful activities here at the Milpitas Senior Center and we most sincerely hope you captured many wonderful memories from this past year. 2017 promises to be just as exciting and memorable with many of our favorite classes and highlight activities being offered once again. Additionally, at the end of January, we're pleased to bring back our Day Trips to the Senior Center! We'll be venturing to places like the California Academy of Sciences, Hakone Gardens and the Treasure Island Culinary Institute, to name a few.

Once again, the staff wish you all peace, health and prosperity in the New Year!

-The Barbara Lee Senior Center Team



Upcoming Holiday Closures

Senior Center Members, please be advised that our Senior Center will be closed:

- Monday, January 2 - New Years Day (observed)
- Monday, January 16 - Martin Luther King Jr. Holiday
- Monday, February 13 - Lincoln's Birthday
- Monday, February 20 - President's Day

Farewell

Farewell to Italia Tiimalu! Italia retired at the end of December after working in the Senior Nutrition Program for 14 years.

TRIPS are back!

Our day trip program is back! Ann Marie Asis will be your tour guide to fun, educational, tasty and exciting places in the Bay Area. As a reminder, trips are based on a lottery system. Trip registration forms are available at the Senior Center. Registration forms are due January 18th and the drawing will be held on January 19th. Those selected will be notified and payment will be due within 3 business days. We are looking forward to a fun filled year of trips!

Upcoming Trips

January 24	9:30AM	California Academy of Sciences	San Francisco	\$34.00
February 24	9:00AM	Pacific Orchid Expo	San Francisco	\$17.00
March 7	10:00AM	Hakone Gardens	Saratoga	\$24.00

EVENTS

New Member Orientation

Tuesdays, January 10 & February 14 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.

Bingo Marathon

Saturday, January 28

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

The Senior Center's 2nd Annual Winter Bingo Marathon is on its way! 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 Spring Art Show

February 6-28

Milpitas Phantom Art Gallery, Community Center

The artwork of students in the Senior Center's Chinese Brush Painting classes and Chinese Calligraphy program will be on display at the Milpitas Phantom Art Gallery during this month, in honor of Chinese New Year. A reception for the artists will take place on Tuesday, February 7 at 10:30AM.

Chinese New Year Luncheon

Thursday, February 9 at 11:00AM

The 2017 Chinese New Year brings us the Year of the Rooster! The Senior Center will celebrate Chinese New Year during the lunch program with some extra special entertainment. On this day, lunch service will take place at the Milpitas Community Center (next to the Senior Center). Lunch reservations can be made starting January 23 (sign-up early as it may sell out). There is a suggested contribution of \$3 per person ages 60+ which is payable when you check-in for lunch. Guests under 60 years are \$6 each.

Dental Mobile Clinic

Friday, February 24 at 1:30-4:30PM

The Dental Mobile Clinic will begin offering its services again at the Senior Center in February. The non-profit groups Agape Asian Mission and JAACUC provide free dental services to low-income older adults in the community. Services include basic preventive care, screenings, examinations, cleanings, X-rays, sealant and oral health education. Appointments are scheduled through the Senior Center Front Desk.

Free Tax Assistance - AARP Foundation Tax-Aides

Tuesdays & Fridays, February 3-April 14

AARP Foundation Tax Aides will return to the Senior Center this tax-season to assist 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 408-586-3408. Memberships in AARP or Senior Center are not required.

The Big Game

Sunday, February 5 at 2:45PM-6:30PM

The Barbara Lee Senior Center will be hosting the big game for its members on super Sunday, February 5th. The football game will kick-off at approximately 3:30PM, but we'll be starting around 2:45PM for our pregame menu consisting of sausage sandwiches and chicken wings, followed by snacks throughout the game including nachos, cut vegetables with ranch dressing, chips and dip, and more. Vegetarian food options will also be available. This event is free to Senior Center members, but advance reservations are necessary so that we can plan accordingly. Look for more details posted at the Senior Center in January.



Deadline to sign up is Wednesday, February 1.

PRESENTATIONS

Heartfulness Meditation

Wednesdays, February 1-23 at 10:00AM-11:00AM

Heartfulness Meditation is a simple and practical way to experience balance, peace and well-being. It helps us relax and feel the lightness and joy of our true nature. Come and join us for a 4 week workshop to learn simple and effective relaxation and meditation techniques. Please bring a journal and a pen.

Premier World Discovery – Extended Trip in 2017

Friday, February 10 at 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. Detailed flyers are available at the Senior Center.

Trips include:

- 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)



Happy Valentines!

Valentine's day is coming! Why not celebrate this special day by giving a friend or someone special, a flowergram! You can order one for \$2.00 from January 23rd through February 10th. They will be available for pick up on February 14th.

CLASSES

Laughter Yoga

Mondays, January 9 & February 6 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.

Tone Up with Toni

Wednesdays at 12:15PM-1:15PM

\$2.00 per person

As we age, we lose muscle mass and strength. This class will focus on strengthening, toning and firming your major muscle groups. You will perform exercises for the upper, middle and lower body using a combination of "floor work" and standing exercises. To maintain flexibility, the class will end with a series of stretches. Bring your own exercise mat (yoga) and optional 2-3 lb. hand weights for resistance/strength work.

JANUARY & FEBRUARY CLASSES

Joy of Color – Oil Painting

\$48/\$58	8 meetings		
#5013	TUE	2/7-3/28	9:00AM-12:00PM
#5015	WED	2/8-3/29	9:00AM-12:00PM
#5016	WED	2/8-3/29	1:00PM-4:00PM
#5017	THUR	2/9-3/30	9:00AM-12:00PM

Line Dancing

\$16/\$26	8 meetings		
#5055	WED	2/8-3/29	9:00AM - 10:00AM
#5056	WED	2/8-3/29	10:00AM-11:00AM
#5057	WED	2/8-3/29	11:00AM-12:00PM

Chinese Brush Painting

Beginner	6 meetings		
\$36/\$46			
#5044	MON	2/6-3/27	12:30PM-3:30PM

*No class held on 2/13 and 2/20.

Advanced	8 meetings		
\$48/\$58			
#5045	FRI	2/10-3/31	12:30PM-3:30PM

Spring Chickens Exercise Program

\$32/\$42	16 meetings		
#5023	MON	3/6-4/27	10:00AM-11:00AM
	THUR		8:50AM-9:50AM

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

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



All Recreation programs, events, activities and their locations are subject to change at the discretion of Recreation Services.