

SENIOR CONNECTION

NEWSLETTER

March - April 2017

WELCOME!

Welcome Sara Court



Sara is our new Case Manager. She recently moved from Portland, Oregon back to the Bay Area, where she was born and raised. You can schedule an appointment with Sara to receive assistance with services such as housing issues, transportation, Social Security, caregiver assistance, and much more. In her free time, Sara enjoys running and hiking outdoors, cooking new recipes, and spending time with family. Sara is very excited to join the Barbara Lee Senior Center team and looks forward to getting to know everyone here. Stop by and say hello.

Welcome Jennifer Reyes



Jennifer is our new Food Server. She was born and raised in California, albeit a few years spent in the Philippines as a child. She comes from a Military family and has moved all around the country in her lifetime. Now, she and her family have found a home here in Milpitas for the past 17 years. Jennifer is a proud mother of two great kids ages 18 and 12. She has been in the food industry for 15+ years, and has worked for the Barbara Lee Senior Center for three years. In her spare time she loves baking sweet treats, singing, and spending quality time with her family.

Happy St. Patrick's Day...Find the Shamrock!



Monday, March 13th through Friday, March 17th

During this week-long event, there will be "pots of gold" for you to win. Find a shamrock or four-leaf clover with the special words of the day, and bring it to the Front Desk staff. The word list will be available at the front desk beginning March 8th. You will be given a pot o' gold as your prize. Shamrocks and four-leaf clovers will be hiding in plain sight. Good luck!

TRIPS!

Check out the new and exciting day trips! As a reminder, trip enrollment is on a lottery system. Trip registration forms are available at the Senior Center. Registration forms are due March 10th and the drawing will be held on March 13th. Those selected will be notified and payment will be due within 3 business days.

Upcoming Trips

March 7	10:00AM	Hakone Gardens	Saratoga	\$24.00
March 21	10:00AM	Treasure Island Culinary Institute	San Francisco	\$5.00 + (\$15.00 cash day of trip)
April 10	9:00AM	Elkhorn Slough Safari	Moss Landing	\$40.00

EVENTS

Quarterly Birthday Celebration

Tuesday, March 21, 11:30AM

Were you born in January, February or March? If so, join us for our Quarterly Birthday Celebration! During our lunch program on this day, we'll have music, birthday cake and ice cream, and a raffle drawing. Make your lunch reservation (see menu for lunch choices) by noon on Monday, March 20 by calling the Lunch Reservation Hotline (408-586-3413) or in person at the Lunch Desk. The suggested lunch contribution is \$3 for ages 60+ (\$6 for those under 60).

Senior Idol Karaoke Competition

Monday, March 13, 1:00PM

If you like to sing, here's your chance to show off your talent! Our Karaoke Competition is back! You can sing as a solo act or a duet with a partner. Prizes will be awarded. A songbook is available at the Front Desk for you to look through when you sign-up. Everyone is invited to attend and cheer on the participants! Registration deadline is Friday, March 10.

New Member Open House

Tuesdays, March 14 & April 11, 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.

Dental Mobile Clinic

Friday, March 24 & April 28, 1:30-4:30PM

The Dental Mobile Clinic will be offering its services again at the Senior Center in March and April. The non-profit organizations of 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, Ends April 14

AARP Foundation Tax Aides are at 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 408-586-3400. Memberships in AARP or the Senior Center are not required.

Spring Round-About

Tuesday, April 11, 1:30PM

Join us this Spring for an afternoon of fun activities. We'll have different stations set up where you can try your hand doing some crafts, trying simple science projects and even planting a little garden. Sign-up at the Front Desk by Thursday, April 6.

Do-it-Yourself (DIY) Plant Terrarium-One Day Workshop

Friday, April 21, 2:00-4:00PM

What is a plant terrarium? It is a tabletop garden in a small rounded vase that needs little to no water. Join the staff as we help you make one. The cost for this workshop is \$10.00. Register for this class by Tuesday, April 18th at the Front Desk.

Tone Up with Toni

Wednesdays, 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.

PRESENTATIONS

Laughter Yoga

Thursday, March 2 & April 6, 3:00PM

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 Thursday of every month.

Mental Well Being & Aging Series

Monday, March 6, 11:00AM

Register for an interactive workshop to learn how you can manage your anxiety and the stress in your life. Irem Choksy, a licensed marriage and family therapist, will also teach you the difference between Social Phobia and Panic Disorder. Please register at the Front Desk by March 3rd.

Fall Prevention

Monday, March 20, 10:00AM

Timothy Harris, a Vital Link Medical Alert Systems Specialist, will present information on how to prevent falls and what to do should you fall. He will discuss the benefits in having an emergency response system in your home, in particular, how the systems will help you live independently.

Healthy Eating on a Budget

Thursday, March 16, 3:00PM

Become knowledgeable about healthy eating. A healthy diet means that the types of food as well as amounts of food that you eat at each meal are important. You should enjoy your food but eat less. Some examples are make half your plate fruits and vegetables, eat whole grain foods, and drink water instead of sugary drinks.

Staying Active – Every Day

Thursday, April 20, 3:00PM

Learn how you, a healthy adult, can take charge of your own health through exercise. When you are attuned to body messages, you can define a plan to take a health-related action. Once you identify and practice a program of activity that works, you can then learn how to include a healthy physical and social setting with an opportunity for time with friends and family.

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:

- 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)

Ask Phoung, a Nurse Practitioner

Every Wednesday, 1:00PM – 4:00PM

On Wednesdays beginning March 8th, Phuong Le, a nurse practitioner currently practicing at Kaiser Santa Clara, will be available to answer medical questions you may have and perform a non-diagnostic basic memory test. Phuong can also assist with dietary suggestions and an explanation of your medications.

MARCH & APRIL CLASSES

Joy of Color – Oil Painting

\$48/\$58	8 meetings		
#5019	TUE	4/11-5/30	9:00AM-12:00PM
#5020	WED	4/12-5/31	9:00AM-12:00PM
#5021	WED	4/12-5/31	1:00PM-4:00PM
#5022	THUR	4/13-6/1	9:00AM-12:00PM

Line Dancing - New Beginner

\$16/\$26	8 meetings		
#5059	WED	4/12-5/31	9:00AM - 10:00AM
#5060	WED	4/12-5/31	10:00AM-11:00AM
#5061	WED	4/12-5/31	11:00AM-12:00PM

Chinese Brush Painting

Beginner			
\$42/\$52	7 meetings		
#5047	MON	4/10-5/22	12:30PM-3:30PM
Advanced			
\$48/\$58	8 meetings		
#5046	FRI	4/14-6/2	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.

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

*Mandarin-Speaking Programs

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 charge of \$10-\$50 there is a \$1 processing fee. For total charges 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

