

# SENIOR CONNECTION

## NEWSLETTER

May - June 2017



AGE OUT LOUD: MAY 2017

### May is "Older Americans Month"

Each year the Senior Center celebrates Older Americans Month with some special activities. This year's national theme is "#AgeOutLoud" and is intended to give aging a new voice – one that reflects what today's older adults have to say about aging. Join us in May as we celebrate our older population!

#### BINGO Marathon

Saturday, May 6

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

The Senior Center's Spring Bingo Marathon is coming soon!

This marathon session includes 20 games with 3-5 special games scattered throughout. A session pack is \$10 per player (additional packs are \$8 each for the same player). Special games are \$1 each per card. Players cannot split or share packs. Games have cash prizes (amounts are determined by number of packs sold). A Snack Bar will be available for lunch and goodies before and during marathon. This event is open to ages 18 and up.

#### A Time for Tea

Tuesday, May 9, 2:00PM

\$8 per person. Register by May 5

Celebrate Older Americans Month by celebrating yourself!

Enjoy a relaxing afternoon with friends at this tea event enjoying delicious finger sandwiches, a few sweets and conversation.

#### Senior Idol Karaoke Competition

Monday, May 15, 1:00PM

Here's your chance to show off your singing talent! You can sign-up to sing by yourself or with a partner. Prizes will be awarded. Sign-up at the Front Desk and select your song choice. Everyone is invited to attend and cheer on the participants!

#### Fitness Week

May 22-26

This year's Older Americans Month events include many opportunities for you to explore some new ways of staying active. During this week, there will be different fitness activities scheduled for you to try. Pick up a "Fitness Card" and activity schedule for that week at the Front Desk to help track your fitness activities. Prizes will be awarded at the end of the week.

## PRESENTATIONS

#### Learn more about Medicare & MediCal

Monday, May 1 and June 5, 10:00AM

Get your questions answered about the Cal MediConnect benefits/services for 2017, Long Term Services and Support Programs by a Anthem blue Cross representative. There will also be a representative available on May 9th and June 13th hosting an information table from 9:30 to 11:30 am. **Please register at the Front desk by June 2 for the June 5th presentation.**

#### Natural Solutions for Pain Relief

Thursday, May 4, 9:45AM

Dr. Quli Zhou, a Licensed Acupuncturist, MS with 25 years of clinical experience will present on her lecture, "Eliminating Stress and Pain with Natural Approaches." **Please register at the Front Desk by Wednesday, May 3.**

#### Laughter Yoga

Thursday, May 4 & June 1, 3:00PM

You can laugh with special guided techniques - it's easy. This workshop will explore the different types of laughter and laughter's benefits. It will be held the first Thursday of every month.

# PRESENTATIONS

## Stroke Awareness

Monday, May 8, 10:00AM

Vision Home Health Care presents “Learn How to Identify the First Signs and Symptoms of a Stroke.” It will include the meaning of cardiovascular accident (CVA) and how home health can help someone as he/she recovers from a stroke in the comfort of their own home. A question and answer session will follow and refreshments will be provided. **Please register at the Front Desk by May 5.**

## North East Medical Services

Friday, May 12, 2:00PM

North East Medical Services (NEMS) will be providing an informational presentation on healthcare services, free Medicaid enrollment, free interpretation services, free MediCare+ Program by NEMS, and sliding-scale program for uninsured individuals. Additionally, NEMS will be answering any healthcare related questions that you may have. **Please register at the Front Desk by May 10.**

## Saving Your Future

Monday, May 15, 9:30AM

World System Builders (WSB) will present a free “Saving Your Future” presentation. Julius Reyes will discuss topics including retirement, Medicare supplement plans, building wealth, debt management, X-Curve, college planning and long-term care. All are welcome to attend and light refreshments will be served. **Please register at the Front Desk by May 11.**

## VTA Information Table

Wednesday, May 17 and June 21, 10:00AM-11:30AM

VTA is committed to providing the senior community with services that meet their transportation needs. VTA bus and Light Rail service provide access to many places of interest throughout the County including shopping centers, nutritional sites, places of worship, City Halls and more. Please come and visit with VTA staff for information about using VTA services such as trip planning, the use of Clipper cards and more.

## Housing Opportunities Workshop

Monday, May 22, 10:00AM

Silicon Valley Independent Living Center (SVILC) is a cross-disability, intergenerational, and multicultural disability justice non-profit organization. This workshop will provide an overview of SVILC’s services and in-depth housing search assistance including tenant/ landlord rights and responsibilities, community resources, and emergency financial assistance options for rent and/or security deposit. **Please register at the Front Desk by May 19.**

## Rebuilding Together

Thursday, May 25, 1:00PM

Do you have an immediate home repair need that affects your health and safety? Are you a low-income homeowner? Do you need immediate repairs, but can’t afford to pay for them? Rebuilding Together is a non-profit agency that rehabilitates the homes of low-income homeowners. All repairs are at no cost to the homeowner. You may be eligible for FREE repair work. Join us for more information. **Please register at the Front Desk by May 23.**

## Serene Home Healthcare Services

Monday, June 5, 2:00PM

Serene Home Healthcare believes clients heal best when in the comfort of their own home and are familiar with the environment to which they are accustomed. They are dedicated in rehabilitating senior individuals within their own residence. Come and learn about their services and the benefits they offer. **Please register at the Front Desk by June 2.**

## Sourcewise-What is it?

Thursday, June 8, 10:00AM

Sourcewise is a community resource you can access anytime. Enjoy a general information session about the services they offer, such as health insurance counseling, senior employment services, Meals-on-Wheels, care management, and public authority services. **Please register at the Front Desk by June 6.**

## Miracle Ear

Monday, June 12, 10:00AM

Did you know that, on average, adults live with hearing loss for 7-10 years before they notice there is a problem? Maintaining your hearing health is imperative not only to your quality of life, but also to the health of your brain! Please join us for more information on hearing health, presented by MiracleEar. **Please register at the Front Desk by June 9.**

# PRESENTATIONS

## Premier World Discovery Trip Preview

Tuesday, June 20 at 10:30AM

If you enjoy traveling and new experiences, check out the upcoming trips the Senior Center is offering! Kris Adams from Premier World Discovery will present information on these upcoming trips and answer questions you might have about them. Detailed flyers are available at the Senior Center. Trips include:

- Pacific Coast Adventure (departs 8/17/17, 7 days)
- Philadelphia, The Poconos & the Brandywine Valley (departs 10/8/17, 6 days)
- Rose Parade New Year's (departs 12/30/17, 6 days)

## Ask Phuong, a Nurse Practitioner

Wednesdays, 1:00PM–4:00PM

On Wednesdays, 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.

## Teach Seniors Technology (TST)

Fridays, 3:30PM–4:30PM

Teach Seniors Technology is a volunteer program provided by high school students who are dedicated to teaching older adults how to use modern technology for free. Beginning on June 9th, TST volunteers will be hosting specific sessions on computer basics, web safety, how to surf the web, and how to use social media. If interested in any of these topics please register at the Front Desk by the Thursday before.

# EVENTS

## New Member Open House

Tuesdays, May 9 & June 13, 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, May 26 & June 23, 1:30-4:30PM

The Dental Mobile Clinic will be offering its services again at the Senior Center. 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.

## Quarterly Birthday Celebration

Tuesday, June 20, 11:30AM

We'll be celebrating our members who were born in April, May, and June at this Quarterly Birthday Celebration! As a part of our lunch program, we'll have music, birthday cake, ice cream, and a raffle drawing. Make your lunch reservation (see menu for lunch choices) by Noon on Monday, June 19 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).

## Summer Kick-Off Breakfast at the Senior Center

Friday, June 23, 8:30AM-9:30AM

It's been said that breakfast is the most important meal of the day, so join the Senior Center at our 2nd Annual Summer Kick-off Breakfast! The Senior Center staff will be preparing the meal this morning so bring your appetite.

## Tone Up with Toni

Wednesdays, 12:30PM-1:30PM

\$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.

# MAY & JUNE CLASSES

Registration begins May 15

## Chinese Brush Painting

Beginner			
\$42/\$52	7 meetings		
#5466	MON	6/12-7/24	12:30PM-3:30PM

Intermediate			
\$36/\$46	6 meetings		
#5960	TUE	6/13-7/25	1:00PM-4:00PM

Advanced			
\$42/\$52	7 meetings		
#5468	FRI	6/16-7/28	12:30PM-3:30PM

## Spring Chickens Exercise Program

\$32/\$42	16 meetings		
#5024	MON	6/5-7/27	10:00AM-11:00AM
	THUR		8:50AM-9:50AM

## Line Dancing - New Beginner

\$14/\$24	7 meetings		
#5484	WED	6/14-7/26	9:00AM - 10:00AM
#5485	WED	6/14-7/26	10:00AM-11:00AM
#5486	WED	6/14-7/26	11:00AM-12:00PM

## AARP Smart Driver

Full Course			
\$15 AARP Members/\$20 non-AARP	2 meetings		
#5919	TH/FRI	5/18-5/19	9:00AM-1:00PM

## Refresher Course

\$15 AARP Members/\$20 non-AARP	2 meetings		
#5920	THUR	7/13	9:00AM-1:30PM

Registration available now! Please register for this class at the Front Desk.

# DROP-IN PROGRAMS

Crochet & Knit Mondays 9:00AM-11:30AM	Book Club 3rd Tuesday of month 10:30AM-11:30AM	Genealogy Research Schedule with front desk.	Chinese Karaoke* Mondays 1:00PM-3:30PM
Chair Exercises Mondays & Thursday 11:10AM-Noon	Zumba (\$2) Tuesdays & Thursdays 10:00AM-11:00AM	Technology Tutoring For Seniors Fridays 3:30PM-4:30PM	Yuen Chi Dance* Tuesdays 1:30PM-3:00PM
Movie Day 2nd & 4th Mondays of Month 1:00PM	Beginning Yoga Tuesdays & Fridays 8:40AM-9:55AM	Hand & Foot Fridays 1:00PM	Ballroom Dance* Thursdays 1:30PM-3:30 PM
Bridge—Party Style Mondays-Fridays 1:00PM-4:00PM	Guitar Wednesdays 9:30AM-11:00AM	Shall We Dance Fridays 1:30PM-3:30PM	Chinese Calligraphy* Fridays 9:30AM-11:30AM
Pickleball Tuesdays 1:45PM-4:00PM	Crafts Wednesdays 9:00AM-11:30AM	Computers First come first serve basis. There is a 30 minute time limit when people are waiting.	Chinese Chorus* Fridays 9:30AM-11:00AM
Crafting   Quilting   Sewing Tuesdays Noon	Bingo Wednesdays 1:15PM-3:30PM	Chinese Folk Dance* Mondays 9:00AM-10:00AM	Chinese Folk Dance* Fri 11:00AM-Noon
Bridge Class Mondays 1:00PM	Ukulele Wednesdays 1:30PM-2:30PM		*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



Barbara Lee Senior Center  
**MAY 2017 LUNCH MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 BBQ Pulled Pork Sandwich <i>or</i> <b>Japanese Style BBQ Chicken</b></p>	<p>2 Chicken Chow Mein and Egg Drop Soup </p>	<p>3 Pork Cutlets (breaded)</p>	<p>4 Beef Patty with Mushroom Gravy <i>or</i> <b>Braised Fish with Ginger Sauce</b></p>	<p>5 Cheese Enchilada</p>
<p><i>Alternate Choices: Thai Chicken &amp; Mango Salad or Veggie Black Bean &amp; Orzo Salad or Turkey &amp; Grape Pita or Veggie Egg Salad Sandwich</i></p>				
<p>8 Vegetarian Chili <i>or</i> <b>Braised Fish with Mushrooms</b></p>	<p>9 Vietnamese Pork Cutlets</p>	<p>10 Teriyaki Beef Meatballs</p>	<p>11 Chicken Alfredo <i>or</i> <b>Pork with Onions</b></p>	<p>12 Roasted Salmon with Dill  <i>Happy Mothers Day</i></p>
<p><i>Alternate Choices: Turkey &amp; Kale Salad or Veggie Beet &amp; Citrus Salad or BBQ Chicken Pita or Veggie Mediterranean Wrap</i></p>				
<p>15 Chicken Barley Casserole <i>or</i> <b>Mongolian Beef</b></p>	<p>16 Baked Fish with Lemon &amp; Dill Sauce and Black Bean Soup </p>	<p>17 Pork Chop with Onion Gravy</p>	<p>18 Spaghetti &amp; Meatballs <i>or</i> <b>Kung Pao Chicken</b></p>	<p>19 Spinach Quiche</p>
<p><i>Alternate Choices: Greek chicken Salad or Veggie Bean Salad Salad or Turkey Wrap or Veggie Black Bean Burger</i></p>				
<p>22 Sweet &amp; Sour Pork <i>or</i> <b>Garlic Chicken</b></p>	<p>23 Roast Beef with Gravy</p>	<p>24 BBQ Turkey Sandwich and Vegetable Soup </p>	<p>25 Parmesan Chicken <i>or</i> <b>Lemon Grass Pork</b></p>	<p>26 BBQ Chicken Kabobs</p>
<p><i>Alternate Choices: Turkey Club Salad or Veggie Cottage Cheese &amp; Fruit Salad or Chicken Salad Sandwich or Veggie Pita</i></p>				
<p>29   <b>Senior Center Closed for Memorial Day Holiday</b></p>	<p>30 Herb Roasted Pork Tenderloin with Gravy </p>	<p>31 Vegetarian Lasagna and Tomato Soup</p>	<p>1 Stir Fry Broccoli &amp; Beef <i>or</i> <b>Chicken with Mixed Vegetables</b></p>	<p>2 Baked Fish with Lemon &amp; Tartar Sauce</p>
<p><i>Alternate Choices: Thai Pork Salad or Veggie Lentil Salad or Rost Beef Sandwich or Veggie Boca Burger</i></p>				

- **Call (408) 586-3413 to make or cancel your reservation.** Reservations are required to guarantee a lunch. *If you are unable to come for lunch and fail to cancel your reservation, your remaining reservations will be canceled until we hear from you.*
- **Reservations must be made by Noon (12:00 pm) 1 day before you plan to attend (order by Noon on Friday for a Monday lunch).**
- Suggested contribution is \$3.00 for seniors 60 years and older. Guests under 60 are \$6.00.
- Check-In Desk is open 10:30-11:45 am. Please check-in by 11:30 am or your lunch may be given to someone on the Waiting List.
- Indicates meals that exceed 1,000 mg of sodium.



# TRIPS

We have a few exciting day trips coming up! As a reminder, trips are based on a lottery system. Trip registration forms are available at the Senior Center.

**Registration forms are due May 12th and the drawing will be held on May 15th. Those selected will be notified and payment will be due within 3 business days.**

## Monet: The Early Years at Legion of Honor

Wednesday, May 24, Depart at 10:00AM

\$29.00

This exhibition is a once-in-a-lifetime opportunity to experience Monet's mastery before Impressionism, and includes paintings that are profoundly daring and surprising. Fee includes transportation and entrance to the museum. Lunch can be enjoyed at the café or you can bring your own.

## Treasure Island Culinary Institute

Wednesday, June 14, Depart at 10:30AM

\$5.00 + (\$15.00 cash, day of trip)

Enjoy a 3-course meal prepared by the culinary students of the Job Corps Fine Dining Class. Fee covers transportation. Please bring \$15.00 cash for price of meal and tip.

## Filoli Estate & Garden Tour

Tuesday, June 20, Depart at 9:00AM

\$24.00

Enjoy the day at Filoli Estate and Gardens. We will be led on a tour of the house and gardens. Please wear comfortable clothing and walking shoes. Lunch can be enjoyed at their café or you can bring your own. Fee includes transportation, admission and tour to the estate.

## Case Manager's Corner

### Announcements

The Barbara Lee Senior Center's Case Manager, Sara Court, will soon have access to new interpretation technology. If you are unable to find someone to bring to your appointment to assist with interpretation, Sara can utilize an interpreter over the phone to assist with your needs.

Sara is now accepting drop-ins! Keep an eye out for a Green sign on her door that reads, "Drop-ins Welcome." Any time this sign is up, you may drop by at your convenience.

### Resource of the Month: Silicon Valley Independent Living Center

Silicon Valley Independent Living Center (408) 894-9041 or [www.svilc.org](http://www.svilc.org). A disability justice organization that creates fully inclusive communities. The services noted below are held at the Silicon Valley Independent Living Center (2202 North First Street, San Jose, CA 95131).

Housing Workshop  
Fridays  
9:30AM – 11:30AM

Housing Drop-In Assistance  
Mondays  
2:00PM – 3:30PM



**BARBARA LEE SENIOR CENTER**  
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All Recreation programs, events, activities and their locations are subject to change at the discretion of Recreation and Community Services.