

SENIOR CONNECTION

NEWSLETTER

May - June 2018

SIGN-UP NOW...SPACE FILLS UP FAST!

Singing for Seniors

Wednesdays, May 23-June 27, 1:00-1:50PM

Wednesdays, July 11-August 15, 1:00-1:50PM

\$36 (\$46 non-residents)

Learn to sing your favorite nostalgic songs of yesteryear. Taught by Greg Farbizio, former vocal coach of 2011 American Idol Top 10 Thia Megia and Pop Artist Tracy Cruz. Students will learn vocalization exercises, increase vocal range, ear training, breath control, vibrato, tone production, enunciation and more. All materials included, just bring your voice!!!



Blood Drive

Friday, July 20

Are you aware that you can help save a life – or two or three - and it would only take maybe an hour of your time (and most of that is relaxing in a chair)! The Senior Center and American Red Cross are partnering to hold a Blood Drive this summer. The Red Cross is our nation's largest blood collection organization, supplying approximately 40 percent of the blood and blood products used in our country. Be a part of our blood drive and your donation can help save accident victims, cancer patients, surgical candidates, children with blood disorders and many more! Our Front Desk can help schedule your appointment. To see more about donating blood or eligibility criteria, visit the Red Cross' website at www.redcrossblood.org.

CASE MANAGER'S CORNER

Sara Court, our Case Manager, can answer questions related to our Resource Area material, Milpitas' Age-Friendly Movement, the Dementia Friends Program, a few of the services listed below and more. If you require assistance or would like information please make an appointment at the Front Desk or by calling 408-586-3400.

- Home Energy Assistance / PG&E / Low rate telephone bill / Telephone Access Program
- Housing Resources
- Food Vouchers / Brown Bag / Meals on Wheels
- Transportation
- In-Home Services / Caregiver Info
- Medicare / Medi-Cal / Medical Benefits
- Citizenship / Passport Renewal

*Must be a member of the Barbara Lee Senior Center in order to make an appointment with the Case Manager.

Resource of the Month

California Phones

Every day, specialized California Phones from the California Telephone Access Program (CTAP) enable over half a million Californians to stay connected. There's a California Phone for every need. For example, there are amplified phones that make it easier to hear conversations, big button phones that are easier to dial, phones with lights that flash for incoming calls, convenient portable phones – and more. They also offer phones that are specially designed for individuals with more significant disabilities.

If you would like more information about California Phones, please call: 1-800-806-1191



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



MAY & JUNE CLASSES

Registration begins May 14

Chinese Brush Painting				
Beginner				
\$48/\$58	8 meetings			
#7078	TUE	6/12-7/31	1:00PM - 4:00PM	
Intermediate				
\$48/\$58	8 meetings			
#7077	MON	6/11-7/30	12:30PM - 3:30PM	
Advanced				
\$48/\$58	8 meetings			
#7079	FRI	6/15-8/3	12:30PM - 3:30PM	

Spring Chickens				
\$32/\$42	16 meetings			
#6556	MON	5/14-7/9	10:00AM - 11:00AM	
	THUR		8:50AM - 9:50AM	

AARP Smart Driver				
8-Hour Course				
\$15 AARP Members/\$20 non-AARP	2 meetings			
#6709	TUE & WED	5/8-5/9	9:00AM - 1:00PM	
*Registration available now! Please register for this class at the Front Desk.				

Line Dancing I				
\$14/\$24	7 meetings			
#7043	WED	6/13-8/1	9:00AM - 10:00AM	
Line Dancing II				
\$16/\$26	8 meetings			
#7047	TUE	6/12-7/31	11:00AM - 12:00PM	
Line Dancing III				
\$14/\$24	7 meetings			
#7044	WED	6/13-8/1	11:00AM - 12:00PM	

Oil Painting				
\$42/\$52	7 meetings			
#6759	WED	6/13-8/1	9:00AM - 12:00PM	
#6760	WED	6/13-8/1	1:00PM - 4:00PM	
\$48/\$58	8 meetings			
#6758	TUE	6/12-7/31	9:00AM - 12:00PM	
#6761	THUR	6/14-8/2	9:00AM - 12:00PM	

DROP-IN PROGRAMS

Crochet & Knit Mondays 9:00AM-11:30AM	Book Club 3rd Tuesday of month 10:30AM - 11:30AM	Ukulele Wednesdays 1:30PM - 2:30PM	Plaza Dancing Monday 1:30PM - 2:30PM
Chair Exercises Mondays & Thursday 11:10AM-Noon	Zumba (\$2) Tuesdays & Thursdays 10:00AM - 11:00AM	Tai Chi Practice Fridays 2:00PM - 3:00PM	Chinese Karaoke* Mondays 1:00PM - 3:30PM
Movie Day 2nd & 4th Mondays of Month 1:00PM	Beginning Yoga Tuesdays & Fridays 8:40AM-9:55AM	Genealogy Research Schedule with front desk.	Yuen Chi Dance* Tuesdays 1:30PM - 3:00PM
Bridge—Party Style Mondays-Fridays 1:00PM - 4:00PM	Guitar Wednesdays 9:30AM - 11:00AM	Technology Tutoring For Seniors Fridays 3:30PM - 4:30PM	Ballroom Dance* Thursdays 1:30PM - 3:30 PM
Pickleball Tuesdays 1:45PM - 4:00PM	Crafts Wednesdays 9:00AM - 11:30AM	Hand & Foot Fridays 1:00PM	Chinese Calligraphy* Fridays 9:30AM - 11:30AM
Crafting Quilting Sewing Tuesdays Noon	Tone up w/ Toni (\$2) Wednesdays 12:30PM - 1:30PM	Shall We Dance Fridays 1:30PM - 3:30PM	Chinese Chorus* Fridays 9:30AM - 11:00AM
Bridge Class Mondays 1:00PM	Bingo Wednesdays 1:15PM - 3:30PM	Computers First come, first served basis. There is a 30 minute time limit when people are waiting.	Chinese Folk Dance* Fri 11:00AM - 12:00PM
		Chinese Folk Dance* Mondays 9:00AM - 10:00AM	*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.

PRESENTATIONS

Home Energy Assistance Program & Weatherization Presentation

Monday, May 7, 1:00PM – 2:00PM

Sacred Heart Community Services will be on-site to inform you about its two programs, Home Energy Assistance Program (HEAP) and Weatherization Program. HEAP can offer income eligible residents of Santa Clara County a credit to their utility bill. The second program that works hand in hand with HEAP is the Weatherization Program. With this program, residents can save more money on their energy bill by providing **free** energy efficient upgrades to their home such as a refrigerator, windows, weather-stripping, light bulbs, shower heads, stove and microwave to name a few. If you would like to know more about the programs and what qualifies you, make sure to put this on your calendar. If interested, please register at the Front Desk by the Friday before.

Diabetes Mellitus, What is it? What causes it and how to manage it?

Wednesday, May 9, 2:30PM – 3:30PM

Phuong Le, a nurse practitioner currently practicing at Kaiser Permanente Santa Clara, will be conducting a lecture on Diabetes Mellitus. She will explain what the causes are, how medication can help, how to manage the disease and what you can do to help. If interested, please register at the Front Desk by the Tuesday before.

Hearing Health

Monday, May 21, 1:30PM – 3:00PM

To learn more about the importance of your hearing and the steps you can take to protect it, please join your local Miracle-Ear representative for this informative presentation. If interested, please register at the Front Desk by the Friday before.

Tax Presentation

Tuesday, May 22, 9:30AM – 11:30PM

On December 22, 2017, President Trump signed into law H.R. 1, an Act to provide for reconciliation pursuant to titles II and V of the concurrent resolution on the budget for fiscal year 2018, also known as the “Tax Cuts and Jobs Act (TCJA).” Learn what TCJA can mean to you? The “Foreign Account Tax Compliance Act (FATCA) and the Resident Alien Tax will also be discussed. RoChens, aka Charlie, Lin EA (Enrolled Agent in Taxation) will be presenting. If interested, please register at the Front Desk by the Monday before.

Ask Phuong, a Nurse Practitioner

Wednesdays, 1:00PM – 4:00PM

On Wednesdays, Phuong Le, a nurse practitioner currently practicing at Kaiser Permanente 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. Please note: This program is not sponsored or affiliated with Kaiser Permanente.

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. TST volunteers offer 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.

INFORMATION TABLES

Applied General Agency aka AGA

Wednesday, May 16 & June 20 10:00AM – 12:00PM

Every third Wednesday of the month, AGA is dedicated to helping people with Medicare find a health plan that suits their personal needs. The agency educates you on all your options and gives you the power to compare and the freedom to choose. Come learn about the services and benefits it offers, as well as ask any questions regarding health insurance benefits.

The Health Trust

Thursdays, June 21 & June 28 9:00AM-12:00PM

The Health Trust will once again conduct the Better Choices Better Health series in July. To register and learn more about the class, representatives will be hosting an information table to answer your questions.



EVENTS

Each year, the Senior Center celebrates Older Americans Month with some special activities. This year's national theme is "Engage at Every Age," which emphasizes that you are never too old (or too young) to take part in activities that can enrich your physical, mental and emotional well-being and celebrates the many ways older adults make a difference in our communities. Join us as we celebrate Older Americans Month.

Wii Bowling Tournament

Wednesday, May 2-Friday, May 4

You don't need any special skills or shoes to challenge yourself to get a high score in this fun game! We'll have the Wii system set up so you can play either by yourself or with another player. We'll be collecting scores and prizes will be awarded to the players with the highest scores at the end of the tournament.

May the 4th Be With You – Star Wars Day It Is

Friday, May 4, 2:00PM

May the force be with you as we celebrate 41 years of Star Wars! Do you have what it takes to be a Jedi? Show off your Jedi skills and discover if you can be the next leader of the Rebel Forces or Darth Vader's replacement.

Bingo Marathon

Saturday, May 12

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

The Senior Center's Spring Bingo 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 (no Senior Center membership required).

Older Americans Month Root Beer Float Party

Tuesday, May 15, 1:30PM

It's cold! It's frosty! It's delicious! It's a Root Beer Float Party! Join us for fun and a sweet treat in the afternoon as we celebrate Older Americans Month.

You're invited to the Senior Prom!

Date and time still to be determined

Enjoy an afternoon of dance as the Leadership class of Milpitas High School will host our next Senior Prom! Light refreshments will be provided. Keep an eye out for the invitation in mid-May.

Wellness Fair

Thursday, May 24, 10:00AM – 2:00PM

The best way to "Engage at Every Age" is to know about the different resources and services in the community that can help you. We will have representatives from many businesses and non-profit agencies that provide services for older adults. Come find out who they are and how you can benefit from their services.

New Member Orientation

Tuesdays, May 8 & June 12 at 10:00AM

If you are new to the Barbara Lee Senior Center or would like an update on all of the wonderful services and activities offered, 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.

Quarterly Birthday Celebration

Tuesday, June 19, 11:30 am

Were you born in April, May or June? 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, June 18 by calling the Lunch Reservation Hotline (408-586-3413) or reserving in person at the Lunch Desk. The suggested lunch contribution is \$3 for ages 60+ (\$6 for those under 60).

Dancing Through the Decades Dance

Friday, June 22, 1:30PM

Dance! Dance! Dance! It's time to hit the dance floor and strut your stuff! Whether it's music from the 50's, 60s, 70's or later, the DJ will play something just for you. Dress in clothing from your favorite era for a chance at winning the Best Dressed contest. Light refreshments will also be served.

DAY TRIPS

These next two months you have the opportunity to enjoy a day trip to a beautifully sculpted garden, learn about what happens at a crime lab, dine at a culinary institute, or visit a museum. Each trip will have a lottery deadline date to submit the Lottery Form. The drawings will be held one to two weeks before each trip. Those selected will be notified and payment will be due within 3 business days. Good luck!

Filoli Estate Gardens

Woodside, CA

Thursday, May 17, Depart at 9:15 AM

Lottery Deadline: May 9

Cost: \$34.00

Enjoy the day at Filoli Estate and Gardens. We will be led on a tour of the House owned by the Bourn and Roth families. The House is now an interpretive museum exhibit for an extensive collection of 17th and 18th century English antiques. Special rooms of interest include the Butler's Pantry and Kitchen with the walk-in safe, the wood paneled library and the 1925 Ernest Peixotto paintings in the Ballroom. There will also be time to walk through the many beautifully sculpted gardens. A no-host lunch can be enjoyed at its café or you can bring your own.



Treasure Island Culinary Institute

San Francisco, CA

Wednesday, May 30, Depart at 10:30 AM

Lottery Deadline: May 9

Cost: \$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 includes transportation. Please bring \$15.00 cash for price of meal and tip.



San Jose Crime Lab & San Jose Market Center

San Jose, CA

Tuesday, June 12

Lottery Deadline: May 30

Cost: \$5.00

The Santa Clara County District Attorney's Crime Laboratory is a nationally accredited forensic laboratory servicing all criminal justice agencies in Santa Clara County. The Crime Laboratory provides "virtual tours" each month, consisting of a 2-hour presentation on the forensic work performed in the laboratory. This presentation "virtually walks through" all the different areas of the Crime Laboratory via photographs and case examples. However, it does not include actually touring the facility itself due to the sensitivity of our work and the potential for contamination. We will then travel a few miles to dine at the San Jose Market Center, where you will have your choice of eateries (a no-host lunch).



Walt Disney Museum

San Francisco, CA

Wednesday, June 27

Lottery Deadline: May 30

Cost: \$34.00

We will take a unique look at the life and times of Walt Disney, by visiting the Walt Disney Museum. Walt believed nothing was impossible. He pioneered many groundbreaking technological advances in sound, color, and storytelling, which we will explore throughout the visit. The trip will include a docent led tour of the museum and a no-host lunch at the Café.



EXTENDED TRIPS IN 2018

Long-Distant Trips with Premier World Discovery

If you enjoy traveling and new experiences, check out the upcoming trips the Senior Center is offering! Premier World Discovery trips are a chance to travel by yourself or with friends and be able to make new friends along the way. Fees include all transportation, hotel and some meals - detailed flyers are available at the Senior Center. Final payment on trips is due 75 days prior to departure. Trips include:




- Fall Colors & Lighthouses of the Great Lakes (departs 9/20/18, 9 days)
- New York City & the Hudson River Valley (departs 10/12/18, 7 days)
- Sedona Holiday (departs 11/28/18, 5 days)


Trip Preview

Tuesday, June 19, 10:30AM

Kris Adams from Premier World Discovery will present information on the upcoming trips for this year in addition to the highlights of trips that will be offered in 2019. Kris will be able to answer your questions regarding this trip program.

Barbara Lee Senior Center
MAY 2018 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
30 BBQ Chicken <i>or</i> Curry Chicken	May 1 Meatloaf (Beef & Turkey)	2 Sesame Pork	3 Chicken with Paprika Cream Sauce <i>or</i> Braised Prok with Mushrooms & Oyster Sauce	4 Margherita Pizza & Minestrone Soup 
Alternate Choices: Waldorf Turkey Salad <i>or</i> Veggie Spinach, Almond & Egg Salad <i>or</i> BBQ Chicken Sandwich <i>or</i> Veggie Grilled Cheese Sandwich				
7 Turkey & Vegetable Casserole <i>or</i> Minced Beef with Tomato Sauce	8 Roast Pork with Honey Apple Sauce	9 Chicken Chop Suey	10 Beef Chili Colorado & Small Noodle Soup <i>or</i> Baked Fish with Shacha Sauce	11 Chicken Florentine  <i>Happy Mothers Day</i>
Alternate Choices: Hawaiian Pork Salad <i>or</i> Veggie Cottage Cheese & Fruit Salad <i>or</i> Turkey Wrap <i>or</i> Veggie Black Bean Burger				
14 Braised Beef <i>or</i> Baked Fish with Pickles	15 Chicken Cacciatore	16 BBQ Pulled Pork Sandwich	17 Shoyu Chicken & Asian Vegetable Soup <i>or</i> Chicken Drumsticks with Sesame Sauce	18 Spinach Quiche
Alternate Choices: Chicken Pasta Salad <i>or</i> Veggie Orange, Beet, Quinoa Salad <i>or</i> Tuna Sandwich <i>or</i> Veggie Pita				
21 Mediterranean Style Chicken & Fagioli Soup <i>or</i> Baked Fish with Olive	22 Balsamic Glazed Pork Chop	23 Beef Lasagna	24 Sweet & Sour Pork <i>or</i> Steamed Spareribs with Soy Bean Paste	25 BBQ Beef
Alternate Choices: Chicken Barley Spring Salad <i>or</i> Veggie Green Pea Salad <i>or</i> Turkey Sandwich <i>or</i> Veggie Black Bean Burger				
28 Senior Center Closed MEMORIAL DAY 	29 Teriyaki Chicken & Wonton Soup	30 Pork Ragu with Baked Ziti	31 Beef Stuffed Cabbage Rolls <i>or</i> Baked Chicken Wings with Garlic & Soy Sauce	June 1 Puffed Pastry with Spinach, Mushrooms & Cheese
Alternate Choices: Pork Santa Fe Salad <i>or</i> Veggie Black Bean Orzo Salad <i>or</i> Greek Chicken Pita <i>or</i> Veggie Grilled Cheese Sandwich				

- **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). For Asian-style meals (bold type), please call 2 days in advance.**
- Suggested contribution is \$3.00 for seniors 60 years and older. Guests under 60 are \$6.00.
- Check-In for lunch 10:30-11:45 am. Unchecked-in lunches will be released to the Waiting List after 11:45 am.
-  Indicates meals that exceed 1,000 mg of sodium.



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