

SENIOR CONNECTION

NEWSLETTER

July - August 2018

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

Give Blood...Give Life!

Friday, July 20 9:00a.m. – 3:00p.m.

The Barbara Lee Senior Center will be hosting a Blood Drive in partnership with the American Red Cross on Friday, July 20th from 9:00AM – 3:00PM. There are three ways you can register to become a donor:

- 1) Register online by visiting redcrossblood.org and enter the sponsor code: Milpitas
- 2) Call the American Red Cross at 1-800-RED CROSS (1-800-733-2767)
- 3) Call or visit the Senior Center Front Desk to register (408-586-3400)



American Red Cross

**Interfaith Community
Blood Drive**

Celebrate July as Park and Recreation Month

Every year in July, Park & Recreation agencies throughout the country celebrate the programs and services they provide to their communities! This year is no different and the City of Milpitas has scheduled some fun activities in July to celebrate Park & Recreation Month! This year we would like to challenge you to explore the “undiscovered” roles of local parks and recreation, like senior programs, community celebrations, education and more! Make sure to look out for the “Lifetime of Discovery” poster located in all of the Recreation Centers to get activity dates and times!



Table Tennis Tournament

Thursday and Friday, July 12 – 1, 9:00a.m.

Table tennis, anyone? Join us for a members only tournament and see if you have what it takes to be the best at the Senior Center. Certificates will be awarded to the top players in the tournament. Please register at the Front Desk starting Monday, July 2nd. Deadline to register is July 10th.

INFORMATION TABLES

Clear Captions

Wednesday, August 15, 11:00a.m. – 1:00p.m.

Are you having difficulty hearing? A Clear Captions representative will speak about the “Ensemble” phone. It is a captioned phone that displays text of conversations in near real-time on a large color touchscreen so you can see and hear what callers are saying. Find out how you can get your free phone!



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 and Community Services.

AUGUST & SEPTEMBER CLASSES

Registration begins July 10

Chinese Brush Painting				
Beginner				
\$48/\$58		8 meetings		
#7082	TUE	8/7-9/25	1:00PM - 4:00PM	
Intermediate				
\$42/\$52		7 meetings		
#7081	MON	8/6-9/24	12:30PM - 3:30PM	
Advanced				
\$48/\$58		8 meetings		
#7083	FRI	8/10-9/28	12:30PM - 3:30PM	

Oil Painting				
\$48/\$58		8 meetings		
#6762	TUE	8/7-9/25	9:00AM - 12:00PM	
#6763	WED	8/8-9/26	9:00AM - 12:00PM	
#6764	WED	8/8-9/26	1:00PM - 4:00PM	
#6765	THUR	8/9-9/27	9:00AM - 12:00PM	

Line Dancing I				
\$16/\$26		8 meetings		
#7071	WED	8/8-9/26	9:00AM - 10:00AM	
Line Dancing II				
\$16/\$26		8 meetings		
#7074	TUE	8/7-9/25	11:00AM - 12:00PM	
Line Dancing III				
\$16/\$26		8 meetings		
#7072	WED	8/8-9/26	10:00AM - 11:00AM	
#7073	WED	8/8-9/26	11:00AM - 12:00PM	

Spring Chickens				
\$32/\$42		16 meetings		
#6756	MON	7/23-9/17	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

Zumba (\$2)
Tuesdays, Thursdays & Fridays
10:00AM - 11:00AM

Beginning Yoga
Tuesdays & Fridays
8:40AM-9:55AM

Guitar
Wednesdays
9:30AM - 11:00AM

Crafts
Wednesdays
9:00AM - 11:30AM

Tone up w/ Toni (\$2)
Wednesdays
12:30PM - 1:30PM

Bingo
Wednesdays
1:15PM - 3:30PM

Ukulele
Wednesdays
1:30PM - 2:30PM

Tai Chi Practice
Fridays
2:00PM - 3:00PM

Genealogy Research
Schedule with front desk.

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 served basis. There is a 30 minute time limit when people are waiting.

Chinese Folk Dance*
Mondays
9:00AM - 10:00AM
Plaza Dancing
Monday
1:30PM - 2:30PM

Chinese Karaoke*
Mondays
1:00PM - 3:30PM

Yuen Chi Dance*
Tuesdays
1:30PM - 3:00PM

Ballroom Dance*
Thursdays
1:30PM - 3:30 PM

Chinese Calligraphy*
Fridays
9:30AM - 11:30AM

Chinese Chorus*
Fridays
9:30AM - 11:00AM

Chinese Folk Dance*
Fri 11:00AM - 12:00PM

*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.

EVENTS

I Scream, You Scream, We all Scream for Ice Cream!

Friday, July 6, 2:00p.m.

When you think of hot summer days, you usually think of delicious cold ice cream! Our Summer Ice Cream Social is your opportunity to satisfy your sweet tooth with a variety of flavors and different types of toppings and to get to know your fellow members over a bowl of ice cream!

New Member Orientation

Tuesdays, July 10 & August 7, 10:00a.m.

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.

Senior Summer Games

Tuesday, July 31, 1:30p.m. - 3:30p.m.

Come enjoy an afternoon of games and competition rolled into one! A variety of games, relays and obstacle courses for teams of 2 or 4 people to test your collective skills will be setup. Refreshments will be available at the end. Deadline to sign up your team at the Front Desk is Thursday, July 26.

Ol' Fashioned Annual BBQ Lunch

Friday, August 10, 12:00p.m.

Our Summer BBQ Lunch is back! Want something different from the regular lunch program? Join us on the Senior Center's patio for our annual BBQ! Tickets can be purchased starting August 1 at the Front Desk for the nominal fee of \$4.00 per meal. Meal includes a salad, baked beans, fruit, dessert, and your choice of a hamburger, veggie burger or hot dog.

Seniors Got Talent!

Friday, August 24, 1:30p.m.

Please note: Auditions will be on Tuesday, July 24 at 1:30p.m.

Sign-up by Thursday, July 19 at the Front Desk.

Share your special talent at our Senior Center's Talent Showcase! Do you sing, dance, write or recite poetry, do birdcalls, play a musical instrument, blow monster bubbles? Whatever your talent is, we're looking for participants for our Talent Showcase! Auditions will be held in late July so there's enough time to set up rehearsal times prior to the show.

CASE MANAGER'S CORNER

The Health Insurance Counseling & Advocacy Program (HICAP) is coming to the Barbara Lee Senior Center! Volunteer counselors of HICAP can help you make sense of Medicare and understand your health care insurance coverage options. They are available to assist with questions about:

- Original Medicare (Part A&B)
- Medicare Advantage Plans (Part C)
- Medicare Prescription Drug Coverage (Part D)
- Supplemental Insurance (Medigap)
- Limited Income Programs for Medicare
- Changes to Medicare/Medi-Cal
- Provides help with medical bills or durable medical equipment (DME)
- Assist with CalMediConnect, Manage Care and Medi-Cal

Sign up for an individual counseling appointment at the Front Desk today!

Counseling appointments are available on the following days:

1st Tuesday of each month (English and Vietnamese) - beginning Tuesday, July 3rd, 2018

3rd Thursday of each month (English and Chinese) - beginning Thursday, July 19th, 2018

Resource of the Month

Cancer CAREpoint

Cancer CAREpoint is a community-based organization in San Jose offering full range of free support services, such as counseling, nutrition, and exercise, to anyone in Silicon Valley impacted by cancer no matter their type of cancer, where they are being treated or their insurance status. If you would like more information about Cancer CAREpoint, please visit the website www.cancercarepoint.org or call 408.402.6611.

Resource Center Address:

2505 Samaritan Dr., Bldg. 400, Suite 402

San Jose, CA 95124

PRESENTATIONS

Medicare Basics Presentation

Monday, July 2, 10:00a.m. – 11:30a.m.

Medicare can be an overwhelming and confusing, but Sourcewise Health Insurance Counseling & Advocacy Program (HICAP) is here to help. HICAP provides unbiased and objective Medicare information. Learn about the various parts of Medicare, including Medicare premiums and costs, what's not covered by Medicare, and what a Medigap Plan/Medicare Advantage HMO plan is at this free, one-hour presentation.

Better Choices Better Health Workshop

Thursdays, July 5 – August 9, 1:00p.m. - 3:30p.m.

Better Choices, Better Health is a free six-week self-management program conducted by The Health Trust for people living with chronic conditions (i.e. high cholesterol, arthritis, diabetes, asthma, depression, or obesity). This program also benefits individuals who care for someone living with chronic conditions. Workshops are fun, interactive, and designed to enhance regular treatment and disease-specific education. Topics include: dealing with problems; appropriate exercise; appropriate use of medications; effective communication; nutrition; and evaluating new treatments. Ages 50+. Please register at the Front Desk by July 3rd.

ABC's of Medicare

Thursday, July 19, 10:00a.m.

Applied General Agency will present the ABC's on Medicare. When you turn 65 or when you first become eligible for Medicare benefits, you may find the process confusing and complicated. In this free seminar, you will learn about the "Alphabet Soup" of Medicare - Parts A, B, C, & D and what coverage choices you have to make. Please register at the Front Desk by Wednesday, July 18th.

Financial Skills Presentation

Wednesday, July 25, 10:00a.m. – 11:00a.m.

For many older adults, the path to economic security begins with basic money management. This presentation will focus on the importance of retirement planning and wealth preservation for seniors, including topics such as Medicare, Long Term Care, and Estate Planning.

Ask Phuong, a Nurse Practitioner

Wednesdays, 1:00p.m. – 4:00p.m.

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, 3:30p.m. – 4:30p.m.

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. As an added benefit the volunteers will be hosting classes on a few essential topics on Fridays at 3:30 pm. Please make sure to pre-register with the Front Desk.

- **How to use your iPhone**

Friday, July 13

In this 45 minute class, learn how to use the basic functions of your iPhone to contact other people, use different apps, and access necessary news. This class is not personalized but will cover topics over a large spectrum, such as WeChat, Messages, Mail, App Store, and connecting to WiFi. This class is for iPhone users and you must bring your iPhone with you.

- **How to use your iPad**

Friday, July 27

In this class, older adults with iPads can come to class for 45 minutes to learn how to use the basic functions of their iPad; to use email, download apps, use communication apps (WeChat, Line, etc), and manage iPad settings. Please remember to bring your iPad.

- **Web Safety**

Friday, August 3

This class is important to attend to understand the safe and unsafe sites on the Internet. It will be held for approximately 45 minutes. There are always harmful websites that could potentially destroy your device, so it is necessary to comprehend which of these sites are safe to download. In addition, they will talk about rules for putting information on the web and who to communicate with. This class is for more advanced technology users, like those who are proficient with the basic commands of the computer and engage in online communication.

- **How to Use Social Media**

Friday, August 10

This class will provide you with information about Facebook. This class will be held for approximately 35 minutes. The TST volunteers will demonstrate how Facebook works so that you may safely connect with those around you. People with any level of proficiency with their phones or tablets can attend this class. If you have questions about other social networking websites like Twitter, you may stay after class to ask us individualized questions.

DAY TRIPS

It's time for adventure! Let's enjoy the sun, water and longer days! Each trip will have a lottery deadline date to submit the Lottery Form. The drawings will be held accordingly before each trip. Those selected will be notified and payment will be due within 5 business days. Good luck!

Attention Members!

For those of you that have the subscription to this year's West Valley Light Opera (WVLO) theater series, the next and last musical to enjoy is Spamalot on Sunday, July 15. We will be meeting at the Senior Center at 11:30AM to head to Harry's Hofbrau for lunch before the show begins at 2:00PM.

A Whale of an Adventure!

Moss Landing, CA
Wednesday, July 25, Morning Departure

Lottery Deadline: July 6
Cost: \$60.00

Climb on board a boat and prepare yourself for one of the coolest things you will ever do. Whale watching! Whale watching on the Monterey Bay is never dull, because each trip is truly unique. Enjoy the adventure in comfort on a 60 ft luxury yacht named High Spirits. Immaculate and spacious, the boat has plenty of room on the bow, inside the cabin with plenty of windows, and up on the observation deck with a bird's eye view of the bay. If chosen to go on this trip, you will be asked if you would like to have lunch (a no-host meal) at Phil's Fish Market before our two and half hour boat ride or if you would rather buy snacks (light refreshments) from the boat's snack shack. Either way, one is welcome to bring their lunch from home onto the boat. Majority vote will decide outcome and departure time from the Senior Center. Estimated time of arrival back at the Senior Center will be 5:00 pm.

Jelly Belly Wine & Chocolate Experience!

Fairfield, CA
Tuesday, August 7, Depart at 9:00a.m.

Lottery Deadline: July 20
Cost: \$32.00

We are headed back to Jelly Belly to enjoy a self-guided tour, a no-host lunch and wine & chocolate tasting experience. The tasting will feature select wines from Suisun Valley Wineries, hand-made confections from the Jelly Belly Chocolate Shoppe and Chocolate Confections from the makers of Jelly Belly. Experience includes samples of five local vintner wines paired with decadent chocolate confections and a souvenir Jelly Belly wine glass. Cost of trip includes transportation and fee for the tasting experience.

Senior Safari @ Happy Hollow

San Jose, CA
Thursday, August 23 Depart at 8:45a.m.

Lottery Deadline: August 3
Cost: \$5.00

Enjoy the day by getting an early start! Happy Hollow is hosting their early morning Senior Safari Walkabout. Get some exercise while enjoying the beautiful sights and sounds of Happy Hollow Park & Zoo. You are invited to challenge your mind, get a little exercise and gain unique knowledge into the wonders of the natural world in an atmosphere sure to make you feel like a kid again! There will be opportunities for animal meet and greets, highlighted routes for the 10,000 Step Program, and see the Zoo "wake-up". Healthy breakfast items will be available for purchase.

Silicon Valley Advanced Water Purification Center Tour

Alviso, CA
Friday, September 7 Departure at 9:00a.m.

Lottery Deadline: August 17
Cost: \$5.00

The Santa Clara Valley Water District is hosting a Senior Tour and Breakfast at the Silicon Valley Advanced Water Purification Center in Alviso. This trip will include a tour of the state-of-the-art Center, meet their team, and learn why purified water is the wave of the future. A complimentary continental-style breakfast will be provided.

Santa Cruz Follies

San Francisco, CA
Thursday, September 13 Depart at 9:45a.m.

Lottery Deadline: August 17
Cost: \$30.00

Enjoy a musical song and dance variety show performed by the members of the Senior Citizens' Opportunities (SCO) organization at 1:00PM. The theme for this year's show is "The Way We Were." Fee includes transportation and admission to the show. Before the show we will stop for a no-host brunch at Fisherman's Wharf. Cost of the trip includes transportation and show admission. Brunch is on your own.

EXTENDED TRIPS IN 2018

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. Trips include:

- New York City & the Hudson River Valley (departs 10/12/18, 7 days)
- Sedona Holiday (departs 11/28/18, 5 days)

2019 Trips will be announced soon!

Barbara Lee Senior Center
JULY 2018 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Balsamic Glazed Chicken with Fresh Peaches or Braised Pork with Pumpkin	3 BBQ Pork Ribs 	4 Senior Center Closed 	5 Chicken Mole & Sopa de Conchita or Baked Fish with BBQ Sauce	6 Baked Fish with Lemon & Garlic Aioli Sauce
Alternate Choices: Chicken Pasta Salad or Veggie Cottage Cheese & Fruit Salad or Roast Beef Sandwich or Veggie Boca Burger				
9 Vegetarian Pasta Primavera or Chicken Wings with Chinese Mushrooms	10 Rosemary Chicken	11 Cider Braised Pork with Caramelized Onions & Cream of Spinach Soup	12 Fish Sandwich or Baked Lemon Chicken	13 Greek Chicken Pita
Alternate Choices: Thai Pork & Mango Salad or Veggie Orange, Beet & Quinoa Salad or Caprese Chicken Sandwich or Veggie Quesadilla				
16 Cabbage Roll Casserole & Veg Soup or Spareribs with Black Bean Sauce	17 Taco Al Pastor	18 Chicken Curry	19 Philly Cheesesteak Sandwich or Sweet & Sour Pork 	20 Parmesan Fish
Alternate Choices: Chicken Caesar Salad or Veggie Green Pea Salad or Roast Pork Sandwich or Veggie Black Bean Burger				
23 Chicken Parmesan or Baked Spareribs with Garlic & Soy Sauce	24 Pork Pad Thai & Egg Drop Soup	25 Meatloaf (turkey & beef mixture)	26 Dijon Herb Crusted Fish or Shredded Beef with Preserved Veggie	27 Carne Asada
Alternate Choices: Chinese Chicken Salad or Veggie Marinated Lentil Salad or Turkey Sandwich or Vegetarian Pita				
30 Roasted Pork Tenderloin with Onion Gravy or Lemongrass Chicken	31 Tilapia Vera Cruz	Aug 1 Chicken Alfredo Pasta	2 Beef Shepherd's Pie or Basil Chicken	3 Chicken Adobo & Asian Vegetable Soup
Alternate Choices: Chicken, Farro & Apple Salad or Veggie Black Bean & Orzo Salad or Tuna Sandwich or Veggie Wrap				

- 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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