

SENIOR CONNECTION

NEWSLETTER

January-February 2019

Did You Know?

Find out all that the Barbara Lee Senior Center has to offer at an upcoming Senior Center Orientation

Tuesdays, January 8 & February 19 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 by the Monday before.

Fitness Center and Personal Training Sessions

Fridays, January 18 & February 15 at 1:00PM

The Barbara Lee Senior Center has a great Fitness Center and personal trainers available for all of our members. If you would like to learn more about what the Fitness Center has to offer, please come to our free Fitness Center Orientations on the third Friday of each month at 1:00p.m. Our Certified Personal Trainers will help you reach your goals and create a workout schedule that meets your needs. The cost to use the Fitness Center is just \$1.50 per visit and can be purchased in increments of 5, 10, 15 and 20 visits. Clients schedule and pay for their training sessions directly with the Trainer. Contact the Senior Center Front Desk for more information at (408) 586-3400.

Dental Mobile Clinic

The Barbara Lee Senior Center proudly partners with Agape Asian Mission to provide the Agape Dental Mobile Clinic services for free to low-income seniors (60+) in the community. Agape Dental Mobile Clinic provides basic preventive care, screenings, oral health education, x-rays, sealants and cleanings. If you would like to make an appointment for any of these services, please visit the Senior Center Front Desk or call at 408-586-3400. Next available appointments will be in February 2019.

AARP Foundation Tax-Aides

Tuesdays & Fridays, February 8 to April 12 by appointment only.

AARP Foundation Tax Aides will be back at the Senior Center this year to help 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 Senior Center are not required.



Upcoming Holiday Hours

The Senior Center will be closed on:

- Tuesday, January 1 – New Year's Day
- Monday, January 21 – Martin Luther King Jr Birthday
- Tuesday, February 12 – Lincoln's Birthday
- Monday, February 18 – Presidents Day

Chinese Brush Painting			
Beginner			
\$42/\$52	7 meetings	No class on 2/12	
#8117	TUE	2/5-3/26	1:00PM - 4:00PM
Intermediate			
\$42/\$52	7 meetings	No class on 2/18	
#8116	MON	2/4-3/25	12:30PM - 3:30PM
Advanced			
\$48/\$58	8 meetings		
#8118	FRI	2/8-3/29	12:30PM - 3:30PM

Spring Chickens			
\$32/\$42	16 meetings		
#8147	MON	2/25-4/18	10:00AM - 11:00AM
	THUR		8:50AM - 9:50AM

Oil Painting			
\$42/\$52	7 meetings (no class 2/12)		
#8073	TUE	2/5-3/26	9:00AM - 12:00PM
\$48/\$58	8 meetings		
#8074	WED	2/6-3/27	9:00AM - 12:00PM
#8075	WED	2/6-3/27	1:00PM - 4:00PM
#8076	THUR	2/7-3/28	9:00AM - 12:00PM

Line Dancing I			
\$16/\$26	8 meetings		
#8337	WED	2/6-3/27	9:00AM - 10:00AM
Line Dancing II			
\$14/\$24	7 meetings No class on 2/12		
#8336	TUE	2/5-3/26	11:00AM - 12:00PM
\$16/\$26	8 meetings		
#8338	WED	2/6-3/27	10:00AM - 11:00AM
Line Dancing III			
\$16/\$26	8 meetings		
#8339	WED	2/6-3/27	11:00AM - 12:00PM

AARP Smart Driver			
4-Hours Refresher Course			
\$15 AARP Members/\$20 non-AARP		1 meeting	
#8333	TUES	2/19	9:00AM - 1:30PM
8-Hours Course			
\$15 AARP Members/\$20 non-AARP		2 meeting	
#8331	WED & THUR	1/23-1/24	9:00AM - 1:00PM
*Registration available now! Please register for this class at the Front Desk.			

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

Bridge Class
Mondays
1:00PM

Plaza Dancing
Monday
1:30PM - 2:30PM

Pickleball
Tuesdays
1:45PM - 4:00PM

Crafting | Quilting | Sewing
Tuesdays
Noon

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
12:10PM - 1:10PM

Bingo
Wednesdays
1:15PM - 3:30PM

Ukulele
Wednesdays
1:30PM - 2:30PM

Conversation English
Thursdays
10:30AM - 12:00PM

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 Card Game
Fridays
12:30PM

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

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 \$11-\$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

Barbara Lee Senior Center Open House

Saturday, January 12 at 11:00AM-2:00PM

Bring a friend to our inaugural Senior Center Open House to introduce the many programs, resources and services available to our senior community members.

At the Open House you will have the opportunity to participate in the following complimentary activities:

- All game rooms open including table tennis, billiards, mahjong, puzzles and more!
- Café: egg nog and hot chocolate station
- Snacks/Light refreshments
- Craft Station
- Refer a friend promotion - Bring a friend (non-member) and you will be entered into one of the chance drawings.
- Fitness Center orientation
- Fitness demonstrations
- Identity Theft Presentation at Noon

Please RSVP your attendance by calling 408-586-3400.

Bingo Marathon

Saturday, February 2 at 10:00AM Doors open at 8:00AM

Join us for an Early Bird Bingo Marathon! The marathon session includes 20 games with 4-6 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 and will feature breakfast items along with other snack items. This event is open to participants ages 18 and up.

The Big Game Party

Sunday, February 3, 2:45PM-6:30PM

\$3 per person

Come to our 3rd Annual Big Game Party to watch all the football action on the field. Why travel all the way to Atlanta or stand in long food concession lines when we've got it all covered. We've got the big screen, a variety of snack foods, non-alcoholic beverages, and a few games to make it a fun afternoon! No matter which team you're rooting for, it's going to be a fun time for all! Kick-off is around 3:15PM. Pre-registration deadline for this event is Thursday, January 31.

Senior Center Spring Art Show

February 4-28

Milpitas Phantom Art Gallery, Community Center

Participants in the Senior Center's Chinese Brush Painting classes and Chinese Calligraphy program will showcase their beautiful art at the Milpitas Phantom Art Gallery in February. A reception for the artists will take place on Tuesday, February 26 at 10:30AM.

Flower Grams

February 13-14 (orders accepted January 28-February 8)

\$3 per person

Show a family member or friend how much they mean to you by giving them a little something special on Valentine's Day! The Flower Gram includes a gift-tag, candy and a fresh flower. Orders and payments are taken at the Front Desk.

PRESENTATIONS

The Benefits of Holistic Care

Friday, January 18 at 10:00 AM

Have you ever wondered what the benefits of Holistic Care can do while following your “Western Medicine” practices? Dr. Quli Zhou, a leader in the alternative health field and a master healer and holistic educator brings her 35 years of clinic and educational experience to the modern world. Quli is a licensed Acupuncturist and has her own clinic in San Jose and Milpitas. During the lecture she will share with you how to eliminate pain, anxiety, and weight, and also how to increase energy, immune function and overall health through a holistic approach. It will be a hands-on and interactive workshop with a lot of fun. Acupressure and Qigong will be introduced.

Heart Health

Thursday, February 7 at 9:30 AM

Stanford researchers will be presenting on heart health! This presentation will discuss the most common diseases and the risks for developing each of them. They will explain the different tests doctors do to evaluate heart health and what these results could mean. They will also discuss the current research for treatment, and how you can take preventative measures to protect yourself from developing heart disease!

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 you would like to learn more about any of these topics, please register at the Senior Center Front Desk.

CASE MANAGER'S CORNER

Announcement:

February marks National Senior Independence Month. Take this opportunity to evaluate your current living situation, and notice the strengths and weaknesses in your daily routine and make adjustments for a better lifestyle. Be sure to check out our Age Friendly Area during the month of February to learn more about simple steps you can take to “age in place” as long as possible!

Resource of the Month:

Catholic Charities - County of Santa Clara's House Sharing Program


The House Sharing Program is designed to expand affordable housing options for Santa Clara County residents through the use of underutilized-homes and stability for community members with varying income levels, such as seniors, persons on fixed incomes, working individuals, transition youth, students and veterans.


To arrange for an interview or more information on the program, visit the House Sharing website at www.catholiccharitiesscc.org/house-sharing and complete the inquiry form.

The Catholic Charities - County of Santa Clara's House Sharing Program will also have an information table in the Barbara Lee Senior Center on Wednesday, January 16 at 10:00 AM to answer all of your questions regarding the House Sharing Program.

JANUARY 2019 LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

<p>31 Baked Fish with Lemon & Herb Sauce <i>or</i> Steamed Pork w/ Pickled Radish</p>	<p>January 1 Senior Center Closed for New Year's Day Holiday</p> 	<p>2 Oriental Shoyu Chicken</p>	<p>3 Broccoli & Cheddar Quiche <i>or</i> Shredded Beef w/Tomato Sauce</p>	<p>4 Herb Roasted Pork with Gravy & French Onion Soup</p>
<p>Alternate Choices: BBQ Chicken Salad <i>or</i> Veggie Chick Pea Salad <i>or</i> Turkey Wrap <i>or</i> Veggie Boca Burger</p>				
<p>7 Chicken Cacciatore <i>or</i> Steamed Fish w/ Shacha Sauce</p>	<p>8 Baked Fish with Chimichurri Sauce & Lemom Wedge</p>	<p>9 Asian Braised Pork & Wonton Soup</p>	<p>10 Beef Stew <i>or</i> Steamed Pork & Mushroom w/ Soy Bean Paste</p>	<p>11 Meatloaf with Gravy (ground beef & turkey mixture)</p>
<p>Alternate Choices: Turkey & Barley Salad <i>or</i> Veggie Orange, Beet & Quinoa Salad <i>or</i> Tuna-salad Sandwich <i>or</i> Veggie Black Bean Burger</p>				
<p>14 Roasted Pork Loin w/ Apple-Berry Sauce & Barley Soup <i>or</i> Braised Pork w/ Taro</p>	<p>15 Stir Fry Chicken</p>	<p>16 Shepherd's Pie (ground beef & turkey mixture)</p>	<p>17 Baked Fish with Tartar & Lemon <i>or</i> Baked Pork Chop with Onion & Tomato Sauce</p>	<p>18 Chicken Enchilada Casserole</p>
<p>Alternate Choices: Chinese Chicken Salad <i>or</i> Veggie Black Bean Orzo Salad <i>or</i> Turkey Sandwich <i>or</i> Veggie Hummus Wrap</p>				
<p>21 Senior Center Closed for Martin Luther King, Jr's Birthday</p>	<p>22 Cider Braised Pork with Caramelized Onions</p>	<p>23 Baked Fish Florentine with Lemon Wedge & Corn Chowder Soup</p>	<p>24 Chicken Parmesan <i>or</i> Baked Chicken Drumstick with Ginger Sauce</p>	<p>25 Salisbury Steak with Gravy (ground beef & turkey mixture)</p>
<p>Alternate Choices: Chef Salad <i>or</i> Veggie Cottage Cheese & Fruit Salad <i>or</i> Chicken-salad Sandwich <i>or</i> Veggie Egg-salad Sandwich</p>				
<p>28 Fish Taco with Pico de Gallo Sauce <i>or</i> Steamed Spareribs with Black Bean Sauce</p>	<p>29 Rotiserie Chicken & Lentil Soup</p>	<p>30 Teriyaki Meatballs (ground beef & turkey mixture)</p>	<p>31 Vegetarian Chili <i>or</i> Steamed Fish with Shacha Sauce</p>	<p>February 1 DC Pork & Noodles</p>
<p>Alternate Choices: Greek Chicken Salad <i>or</i> Veggie Green Pea Salad <i>or</i> Roast Beef Sandwich <i>or</i> Veggie Hummas Pita Pocket</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). 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.



BARBARA LEE SENIOR CENTER
40 N. Milpitas Blvd.
Milpitas, CA 95035



DAY TRIPS

The Barbara Lee Senior Center is excited to offer a variety of fun day trips that explore many beautiful Bay Area destinations, as well as unique events and activities. The day trips are very popular, so a lottery system is used to determine which participants will attend each trip.

California Academy of Sciences

San Francisco, CA
Thursday, January 31

Lottery Deadline: January 10
Cost: \$50.00

Visit an aquarium, planetarium, and natural history museum—all under one living roof. We will enjoy a pre-ordered gourmet lunch and docent presentation at noon. The fee includes transportation, admission, docent presentation and lunch!

Depart at 9:30 AM | Approximate return: 4:00 PM



Treasure Island Culinary Institute

San Francisco, CA
Wednesday, January 16

Lottery Deadline: January 10
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 on the day of the trip for price of meal and tip.

Depart at 10:30 AM | Approximate Return: 3:30 PM



The Tech Museum of Innovation

San Jose, CA
Wednesday, February 13

Lottery Deadline: January 30
Cost: \$21.00

San Jose's Tech Museum of Innovation has grown to be far more than a museum. It is a valued community resource for education and innovation. On this trip you will explore the many interactive, informative and mesmerizing exhibits. Lunch will be on your own in their Signature Café.

Depart at 10:00 AM | Approximate return: 3:00 PM



Treat Yourself

Milpitas, CA
Monday, February 25

Lottery Deadline: January 30
Cost: \$5.00 (\$10 cash, day of trip)

Treat yourself! Enjoy a day at the Great Mall with a morning movie, lunch and shopping. We will take advantage of the Early Bird special pricing for the comedic movie, "Isn't It Romantic." A film who stars Rebel Wilson as Natalie, a cynical architect who actively despises rom-coms and has dismissed them as fantasy. But when a scuffle with a thief knocks her unconscious, she wakes up smack in the middle of one — and she's the leading lady. After the movie, you will then have a couple of hours to have lunch and shop!

Depart at 9:30 AM | Approximate return: 3:30 PM



EXTENDED TRIPS IN 2019

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:

- National Parks & Canyons of the Southwest (departs 4/28/19, 7 days)
- Great Canadian Cities (departs 6/19/19, 9 days)
- Waterways & National Parks of the Pacific Northwest (departs 8/22/19, 8 days)
- Classic New England (departs 9/26/19, 9 days)
- Albuquerque Balloon Fiesta (departs 10/11/19, 6 days)
- Music Cities Christmas (departs 12/6/19, 6 days)

Presentation on Premier World Discovery Trips

Thursday, January 24, 1:30PM

Kris Adams from Premier World Discovery Trips will present information on all our 2019 extended stay trips.