

SENIOR CONNECTION

NEWSLETTER

March-April 2019

The Barbara Lee Senior Center is here to help you

We have many services for you, including free blood pressure screenings, legal assistance, medical insurance counseling and shuttle service. For more information on these services please visit the Front Desk.

Free Shuttle Service to the Senior Center

The Barbara Lee Senior Center free shuttle service offers ADA accessible transportation to the Senior Center and back home again for its members! This door-to-door service is available on Mondays, Tuesdays, Wednesdays, and Fridays from approximately 8:30AM to 2:30PM (Wednesday until 4:00PM) This service is intended for members with limited or no access to transportation. For more details and to register, please call 408-586-3400. Eligibility Requirements: Must be a Current Senior Center member and live within the Milpitas City limits. Reservations must be made in advance.

Blood Pressure Screenings - Volunteers are available to take your blood pressure in the Resource Area:

Every Monday, Tuesday, Thursday, & Friday 9:30AM - 11:30AM
Every Wednesday 1:00PM - 3:00PM

Senior Adults Legal Assistance

2nd & 4th Wednesdays 10:00AM - Noon (by appointment only)

SALA is a non-profit elder law office whose mission is to support older persons in their efforts to live safely, independently, non-institutionalized, and with dignity. Established in 1973, SALA provides free legal services and community education to Santa Clara County residents who are age 60 or older. There is no income eligibility qualification to use SALA's services. SALA's attorney staff provides a range of legal services from simple advice/referrals to comprehensive legal representation. SALA's caseload consists of legal matters that private attorneys typically do not handle and that have a great impact on elders most in need in our community.

Health Insurance Counseling & Advocacy Program (HICAP)

1st Tuesday (English & Vietnamese) 9:30AM - 12:30PM

3rd Thursday (English & Chinese) 1:00PM - 4:00PM

1 hour counseling sessions by appointment only.

The Health Insurance Counseling & Advocacy Program (HICAP) of Sourcewise is not affiliated with any insurance company and offers unbiased information with individual counseling to help you make informed decisions about Medicare and Medi-Cal coverage.

Fitness Center Orientation

Friday, March 15 & April 19 at 1:00PM

Let the Senior Center help you stay on track with your New Year's resolution to be fit and in shape. The cost to use the Fitness Center is just \$1.50 per visit and sold in increments of 5, 10, 15 & 20 visits. If you're not familiar with the equipment in the Fitness Center, we have free Fitness Room Orientations on the 3rd Friday of each month at 1:00PM. Our Certified Personal Trainers can also assist you in your fitness needs. A trainer can meet with you to talk about your needs and goals, put together a workout schedule and help train you in the Fitness Center. 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.



EVENTS

Free Tax Assistance with AARP Foundation Tax-Aides

Tuesdays and Fridays, Now-April 9

AARP Foundation Tax Aides will be at the Senior Center 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.

Dr. Seuss Day – Breakfast

Friday, March 1, 8:30AM-9:30AM

The Senior Center is celebrating Dr. Seuss' birthday with a Green Eggs & Ham breakfast! Well, maybe not green but it will be delicious! Breakfast will be served from 8:30AM to 9:30AM (or until supplies run out). So come in a boat or ride a goat and join in on the morning fun.

Mardi Gras Lunch

Tuesday, March 5

Experience the sounds and flavors of Mardi Gras at this special lunch. Don't forget to make your lunch reservation in advance.

St. Patrick's Day Scavenger Hunt

March 11-15

Each day during the week, a special shamrock with the "phrase for the day" will be hidden in plain view. Find it and bring it to the Front Desk to claim your "pot o' gold." Phrases of the day will be available at the Front Desk beginning March 8.

Movie Monday

Mondays, March 11 & 25 & April 8 & 22, 1:00PM

Every 2nd and 4th Monday enjoy a classic or newly released movie in the afternoon with complimentary popcorn. Movies being shown for the month will be listed at the Front Desk. If you have a suggestion for a future movie, please share with the Front Desk.

Senior Center Orientation

Tuesdays, March 12 & April 9, 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.

Flowers & Tea

Tuesday, April 16, 2:00PM

\$8.00 per person

A springtime tea wouldn't be complete without plenty of flowers to go with the different samples of teas being served. As always, this tea party includes delicious finger sandwiches and sweets. If you have a special teacup with a story, please bring it to share with others.

Spring Crafts

Wednesdays, April 3-24, 2:30PM-4:15PM

For the month of April, staff will teach you how to craft a special gift for a friend or yourself. Learn how to make beaded bracelets, ribbon leis, and more. Please register at the Front Desk for each of the workshops you are interested in. **April 3:** Spring Cookie Decorating, **April 10:** Pulled String Art, **April 17:** Beaded Bracelets, **April 24:** Ribbon Lei

SJSU Hearing Screening

Thursday, April 18, 9:00AM-11:00AM

Participants will receive a free hearing screening from SJSU students and be able to receive equipment from CTAP at no cost on the same day. Appointment slots are limited and pre-registration is required by calling the Front Desk at (408) 586-3400.

May is "Older Americans Month"

The Senior Center will be celebrating Older Americans Month in May with many different activities each week. More information on the events will be posted in the Senior Center's May/June newsletter.

PRESENTATIONS

Tuberculosis - What is it?

Thursday, March 7, 10:00AM

Dr. Kam Pareek from Breathe California of the Bay Area, a local non-profit organization, will conduct a presentation on Tuberculosis (TB). Dr. Pareek will discuss how to prevent getting TB, how it is transmitted, what medications to take should you have it, and additional resources you can benefit from. Please register by Wednesday, March 6 at the Front Desk.

Diabetes - Self Management Workshop

Thursdays, March 7 - April 11, 1:00PM - 3:30PM Activenet ID# 8026

A 6-week self-management program for people living with diabetes will be led by The Health Trust. This program will teach you techniques to deal with symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress and emotional problems such as depression, anger, fear, and frustration. Appropriate exercises for maintaining and improving strength and endurance, healthy eating, appropriate use of medication, and working more effectively with your healthcare providers will be discussed. Please register by Wednesday, March 6 at the Front Desk.

10 Warning Signs of Alzheimer's Disease

Wednesday, March 13, 1:00PM - 2:00PM

Alzheimer's and other dementia cause changes in memory, thinking and behavior that interfere with daily life. The Alzheimer's Association will present on 10 common warning signs and what to watch for in yourself and others. The one-hour program covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of diagnosis and the diagnostic process, and Alzheimer's Association resources. Please register by Tuesday, March 12 at the Front Desk.

Getting Connected with Alzheimer's Association

Thursday, March 14, 10:30AM - 11:00AM

Learn the basics about Alzheimer's disease and programs and services offered by your local Alzheimer's Association. Please register by Wednesday, March 13, at the Front Desk.

Regain Your Freedom of Communication!

Wednesday, April 3, Noon - 12:30PM

If you are experiencing any form of hearing loss, you may qualify to receive a ClearCaptions phone at no cost to you! ClearCaptions offers real-time phone captioning that allows you to see every word said on the call. This will boost your cognitive ability. The presentator will be in the auditorium as lunch is being served. If you would like a lunch, please make reservations by noon April 2 by calling 408-586-3413.

Senior Scam Stopper Presentation

Wednesday, April 17, 1:00PM - 3:00PM

Learn about the scams targeting seniors and how to avoid falling prey to them! This seminar will feature experts from government agencies who will present on topics including home improvement projects, identity theft, auto repair, health care fraud and investments. There will be presentations from the California Contractor State License Board and several state and local agencies. Please register by Tuesday, April 16 at the Front Desk. Senior Scam Stopper Seminar hosted by Assemblymember Kansen Chu, and Senator Bob Wieckowski in partnership with the California Contractor State License Board.

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.

CASE MANAGER'S CORNER


Case Management Services are available for members by appointment with Sara Court, the Case Manager. Services available include housing, transportation, utility assistance, medical benefits and more. Call 408-586-3400, or stop by the Front Desk to schedule an appointment.


Resource of the Month:

Family Caregiver Alliance is the first community-based nonprofit organization in the country to address the needs of families and friends providing long-term care for loved ones at home.

FCA, as a public voice for caregivers, shines a light on the challenges caregivers face daily and champions their cause through education, services, and advocacy. The services, education programs, and resources FCA provides are designed with caregivers' needs in mind and offer support, tailored information, and tools to manage the complex demands of caregiving.

Family Caregiver Alliance
800.445.8106
<https://www.caregiver.org/>

Mon	March 4	Pork Fried Rice or Beef with Chu Hou Sauce	Alternate Choices: - Chicken Caesar Salad - Roast Beef Sandwich - Veggie Italian Chopped Salad - Veggie Boca Patty Burger
Tue	March 5	Mediterranean-Style Chicken and Figioli Soup	
Wed	March 6	Spaghetti & Meatballs (ground beef & turkey)	
Thur	March 7	Baked Fish with Dill Sauce & Lemon Wedge or Baked Chicken w/ Onion Sauce	
Fri	March 8	Cheese Enchilada	
Mon	March 11	BBQ Chicken  or Baked Chicken with Garlic	Alternate Choices: - Hawaiian Pork Salad - BBQ Chicken Sandwich - Veggie Spinach, Almond & Egg Salad - Mediterranean Veggie Wrap
Tue	March 12	Meatloaf (beef & turkey mixture) and Minestrone Soup	
Wed	March 13	Fish with Soy Sauce, Ginger & Scallions	
Thur	March 14	Chicken with Paprika Cream Sauce or Baked Pork Chop with Honey & Black Pepper	
Fri	March 15	Corned Beef & Cabbage	
Mon	March 18	Shepherd's Pie (beef & turkey mixture) or Minced Pork Patty & Water Chestnut & Corn	Alternate Choices: - Waldorf Chicken Salad - Turkey Wrap - Veggie Cottage Cheese & Fruit Salad - Veggie Black Bean Burger
Tue	March 19	Roast Pork with Apple Berry Sauce and Potato & Leek Soup <small>Quarterly Birthday Party (Jan-Mar)</small>	
Wed	March 20	Chicken Chop Suey	
Thur	March 21	Beef Chile Colorado or Baked Drumsticks with Five Spice	
Fri	March 22	Italian Fish with Lemon Wedge	
Mon	March 25	Beef Burgundy or Baked Chicken with Soy Sauce	Alternate Choices: - Chicken Orzo Salad - Tuna Sandwich - Veggie Orange, Beet & Quinoa Salad - Veggie Hummus Veggie Pita
Tue	March 26	Chicken Pastina	
Wed	March 27	BBQ Pulled Pork Sandwich 	
Thur	March 28	Oriental Shoyu Chicken & Asian Veg Soup or Steamed Pork with Bean Sauce	
Fri	March 29	Broccoli & Cheese Frittata	

- 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 at 10:30-11:45 am. Unchecked-in lunches will be released to the Waiting List after 11:45 am.
-  Indicated meals that exceed 1,000 mg of sodium.
- Meals to be eaten at the lunch program. Taking meals from the lunch room is done at your own risk and should be eaten or refrigerated within 30 minutes of leaving. Reheat in a 350°F oven until bubbly for 5 minutes. Discard any food left after 3 days.

INFORMATION TABLE

Are You Interested in Learning How to Manage Diabetes?

Friday, March 1, 9:00AM - Noon

The Health Trust representatives will be on hand to talk about the upcoming workshop on how to manage Diabetes. You can register for the class with them and discuss the benefits of attending the 6-week workshop.

ClearCaptions

Thursday, March 14, 10:30AM - 1:00PM & Wednesday, April 3, 12:30PM - 1:30PM

If you are experiencing any form of hearing loss, you may qualify to receive a ClearCaptions phone at no cost to you! ClearCaptions offers real-time phone captioning that allows you to see every word said on the call. Visit with the representative to learn how you can obtain one.

Do You Have Questions About Your Energy Bill?

Tuesday, March 26, 10:00AM - 1:00PM

Come to a free drop-in Energy Clinic in our lobby. Experts from Acterra and Silicon Valley Clean Energy will be on hand to explain your PG&E bill and give you tips to reduce your energy use and lower your monthly costs.



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



DAY TRIPS

Key/Note



= Light walking



= Moderate walking



= A lot of Walking

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.

Treasure Island Culinary Institute

San Francisco, CA
Tuesday, March 12

Lottery Deadline: March 7
Cost: \$7.00 + (\$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 the price of meal and tip. **Depart at 10:30AM | Approximate Return: 3:30PM**



Spring Day Tour

San Jose, CA
Thursday, April 11

Lottery Deadline: March 7
Cost: \$10.00



Start off your morning with a brisk walk at the Japanese Friendship Garden then off to Flourishing Gardens for an amazingly tasty meal of your choice then by ending the day with a history lesson at the Chinese American Historical Museum, led by one of our own members Brenda Wong. Fee is for transportation. Please bring enough cash to cover your no-host meal at Flourishing Gardens. **Depart at 9:30AM | Approximate return: 3:00PM**



Gamble Garden

Palo Alto, CA
Thursday, April 18

Lottery Deadline: April 1
Cost: \$20.00



Enjoy a docent-led tour of the Elizabeth F. Gamble Garden house and home. The staff is dedicated to maintaining and enhancing the historic house and garden as an oasis of beauty and tranquility, providing a community resource for horticultural education, inspiration, and enjoyment for all. We will then head to the Town & Country Shopping Center to dine at one of the local restaurants of your choice (a no-host meal). **Depart at 9:30AM | Approximate return: 4:00PM**



Monet: The Late Years

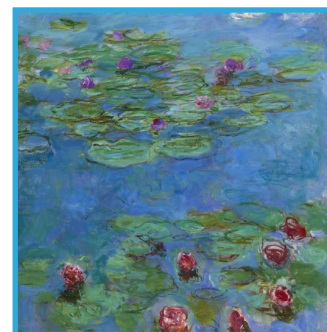
San Francisco, CA
Thursday, May 9

Lottery Deadline: April 22
Cost: \$35.00



The exhibition features fifty paintings by Claude Monet dating mainly from 1913 to 1926, the final phase of his long career, including twenty works from the Musée Marmottan Monet in Paris. The exhibition focuses on the series that Monet invented, and just as important, reinvented, in this setting. It reconsiders the conventional notion that many of the late works painted on a large scale were preparatory for the Grand Decorations, rather than finished paintings in their own right. Boldly balancing representation and abstraction, Monet's radical late works redefined the master of Impressionism as a forebear of modernism. You can also enjoy a delicious meal at their signature cafe before heading back to the Senior Center (a no-host meal).

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



Aquarium of the Bay & Cruise

San Francisco, CA
Thursday, May 23

Lottery Deadline: May 3
Cost: \$50.00



Visit San Francisco's Aquarium of the Bay, who provides unforgettable encounters with local marine life that inspire both wonder and conservation. After the tour of the aquarium, the group will walk over to Pier 39 to have lunch at one of the local restaurants (a no-host lunch). At 12:30, the group will then embark onto a Blue & Gold Fleet boat to get out on the water for an up-close look at the Golden Gate Bridge. The route also takes you around Alcatraz Island (it does not stop on the island) for some unique perspectives of this famous landmark. **Depart at 9:00AM | Approximate return: 4:00PM**



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:

- 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)

MARCH & APRIL CLASSES

Registration begins March 11

Chinese Brush Painting				
Beginner				
\$48/\$58	8 meetings			
#8121	TUE	4/9-5/28	1:00PM - 4:00PM	
Intermediate				
\$42/\$52	7 meetings		No class on 5/27	
#8119	MON	4/8-5/20	12:30PM - 3:30PM	
Advanced				
\$48/\$58	8 meetings			
#8122	FRI	4/12-5/31	12:30PM - 3:30PM	

Spring Chickens				
\$32/\$42	16 meetings			
#8148	MON	4/29-6/24	10:00AM - 11:00AM	
	THUR		8:50AM - 9:50AM	

Oil Painting				
\$48/\$58	8 meetings			
#8077	TUE	4/9-5/28	9:00AM - 12:00PM	
#8078	WED	4/10-5/29	9:00AM - 12:00PM	
#8079	WED	4/10-5/29	1:00PM - 4:00PM	
#8080	THUR	4/11-5/30	9:00AM - 12:00PM	

Line Dancing I				
\$16/\$26	8 meetings			
#8341	WED	4/10-5/29	9:00AM - 10:00AM	
Line Dancing II				
\$16/\$26	8 meetings			
#8340	TUE	4/9-5/28	11:00AM - 12:00PM	
#8342	WED	4/10-5/29	10:00AM - 11:00AM	
Line Dancing III				
\$16/\$26	8 meetings			
#8343	WED	4/10-4/29	11:00AM - 12:00PM	

AARP Smart Driver				
4-Hour Course				
\$15 AARP Members/\$20 non-AARP		1 meeting		
#8334	THUR	5/23	9:00AM - 1:30PM	
8-Hour Course				
\$15 AARP Members/\$20 non-AARP		2 meeting		
#8332	THUR & FRI	4/25-4/26	9:00AM - 1:00PM	
*Registration available now! Please register for this class at the Front Desk.				

DROP-IN PROGRAMS

MONDAY

Chinese Folk Dance *	9:00AM - 10:00AM
Crochet & Knit	9:00AM - 11:30AM
Chair Exercises	11:10AM - Noon
Movie Day	1:00PM 2nd & 4th Mondays
Bridge Class	1:00PM
Bridge Party	1:00PM - 4:00PM
Chinese Karaoke *	1:00PM - 3:30PM
Plaza Dancing	1:30PM - 2:30PM

TUESDAY

Beginning Yoga	8:40AM - 9:55AM
Zumba Gold	10:00AM - 11:00AM \$2.00/Per Class
New Member Orientation	10:00AM 2nd Tuesday
Book Club	10:30AM - 11:30AM 3rd Tuesday
Crafting, Quilting & Sewing	Noon
Bridge Party	1:00PM - 4:00PM
Yuen Chi Dance *	1:30PM - 3:00PM
Pickleball	1:45PM - 4:00PM

WEDNESDAY

Crafts	9:00AM - 11:30AM
Guitar	9:30AM - 11:00AM
Tone Up w/ Toni	12:10PM - 1:10PM \$2.00/Session
Bridge Party	1:00PM - 4:00PM
Bingo	1:15PM - 3:30PM
Ukulele	1:30PM - 3:30PM

THURSDAY

Zumba Gold	10:00AM - 11:00AM	\$2.00/Session
Conversational English	10:00AM - NOON	
Chair Exercises	11:10PM - 12:00PM	
Bridge Party	1:00PM - 4:00PM	
Ballroom Dance *	1:30PM - 3:30PM	

FRIDAY

Beginning Yoga	8:40AM - 9:55AM
Calligraphy *	9:30AM - 11:30AM
Chinese Chorus *	9:30AM - 11:00AM
Zumba Gold	10:00AM - 11:00AM
Chinese Folk Dance *	11:00AM - NOON
Hand & Foot	12:30PM - 4:30PM
Shall We Dance	1:30PM - 3:30PM
Tai Chi Practice	2:00PM - 3:00PM

SERVICES

Blood Pressure Screenings	9:30AM - 11:30AM	Monday, Tuesday, Thursday & Friday
SALA	10:00AM - Noon	
HICAP	9:30AM - 12:30PM	1st Tuesday (English & Vietnamese)
Case Manager	1:00PM - 4:00PM	3rd Thursday (English & Chinese)
Shuttle Service	1 Hour Appointments	By Appointment
	Call 408-586-3400	By Appointment Only

* Mandarin Speaking Programs