

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



# SENIOR CONNECTION NEWSLETTER



AARP Foundation Tax-Aide, an AARP Foundation program, helps low to moderate-income taxpayers have more discretionary income for everyday essentials, such as food and housing, by assisting with tax services and ensuring they receive applicable tax credits and deductions.

AARP Foundation Tax-Aide is available, free to taxpayers with low and moderate income, with special attention to those 60 and older. Using a group of trained volunteers, AARP Foundation Tax-Aide has helped individuals for more than 40 years. AARP Foundation Tax-Aide is offered in cooperation with the IRS.

Appointments are available on Tuesdays and Fridays from 9 AM-3 PM, until April 14th. Please call **(408) 586-3400** to make an appointment. Senior Center membership is not required for this service.

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## Barbara Lee Senior Center Memberships



Milpitas' Barbara Lee Senior Center is for adults 50 years and older. A Senior Center Membership is required to participate in all programs, classes, and some trips. Membership is not required for the Lunch Program or Bingo. Membership fees are \$12 for Milpitas residents and \$30 for non-residents.

# CASE MANAGEMENT SERVICES

If you are a Senior Center Member, you can take advantage of our Case Management Services. Lechi Nguyen is available by appointment only to assist seniors in the following areas:

- \* Social Services: Medicare, Medi-Cal, Social Security, Health Insurance, S.S.I.
- \* In Home Care Needs Resources (No Home Visits)
- \* Transportation Resources
- \* PG&E Bill Assistance (H.E.A.P. & Care Programs)
- \* Low Income Telephone Programs
- \* Food Vouchers, Brown Bag, Meals-On-Wheels
- \* Citizenship & Immigration Challenges
- \* Housing Resources
- \* Adult Day Care Referrals



To make an appointment, please call **(408) 586-3405**.

## Additional Senior Center Services

- Blood Pressure Readings
- Applications for VTA RTCID Cards (for discount monthly passes for seniors or with disabilities)
- Legal Services (SALA): 2nd & 3rd Thursday monthly, 10:00 AM-Noon (call 408-586-3400 for appt.)
- Outreach Transportation
- Loan Closet (walkers, wheelchairs, etc) available for members to borrow.



## SENIOR ADVISORY COMMISSION

The Senior Advisory Commission serves as an active advisory group to the City Council. This Commission advises the staff and Council on planning and organizing various activities that provide meaningful recreational, social, educational and health services to the community's senior citizens. The Senior Advisory Commission strives to be a channel of communication between staff, senior citizens and the community. They take an active part in supporting the senior community through involvement and development of programs and fund raising to provide for these programs. In addition, the commission provides assessment of current and future needs of the older adult population in our community for the purpose of community development. Meetings held on 4th Tuesday of every other month at 1:30PM in Room 140-/141. All are welcome!

*Thank You*

# HEALTH & FITNESS

## **Fitness Room**

Why pay expensive Fitness Center prices to stay healthy when you can use the Senior Center Fitness Room? We have treadmills, elliptical machines, stationary bikes and weight equipment available for you.

**Please Note:** *Only Senior Center Fitness Passes are valid at the Senior Center (no Sports Center Fitness Passes).*

## **Senior Center Fitness Passes Fees**

5 Visit Pass \$7.50

10 Visit Pass \$15.00

15 Visit Pass \$22.50

20 Visit Pass \$30.00



## **Fitness Room Orientations**

3rd Friday of each month • 1:00 pm

Learn from a professional how to safely use the Fitness Room equipment! There is no fee for this orientation, but we do ask that you sign-up in advance at the Front Desk at least one day prior.

As with any exercise program, please be sure to check with your doctor before starting.

## **Personal Trainer Sessions**

The Senior Center has a personal trainer that can assist you with your fitness needs. Michelle Creamer is a Certified Personal Trainer and Senior Fitness Specialist that you can work with directly in our Fitness Room. She will meet with you to talk about your needs and goals, put together a workout schedule and help train you in the Fitness Room to help meet your goals. Clients schedule and pay for their training sessions directly with the trainer. To talk with Michelle Creamer about scheduling a session call (408) 221-3500

# SAVE THE DATES

## **OLDER AMERICANS MONTH: MAY 2015**

**May 2nd: Bingo Marathon**

**May 4th: Karaoke Competition**

**May 14th: Health Fair and Dance**

**May 18th-22nd: Surprises Week**

**May 29th: Senior Parade Walk & BBQ**

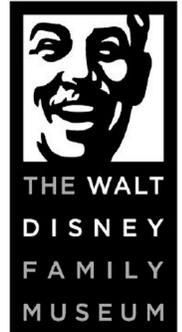
***CHECK FOR THE OLDER AMERICANS MONTH FLIER WITH MORE DETAILS IN EARLY APRIL!***

# TRIPS & ADVENTURES—Registration Begins March 2nd!

Please pick-up a trip registration form from the Senior Center Front Desk. Trip registration is first come, first serve. Please Note: All trip participants **must** have a current Senior Center membership. Participants are required to be independent and must be at departing locations on time! Failure to be at meeting spots on time will result in the bus leaving without you and suspension from future trips.

## **Disney Family Museum** / Monday, March 9th / 9:00 AM- 4:00 PM/ \$22

The Walt Disney Family Museum is an American museum that features the life and legacy of Walt Disney. The museum is located in The Presidio of San Francisco and features hands-on exhibits and original artwork.



## **Legion of Honor** /Tuesday, March 24th / 10:00 AM-3:30 PM / \$25

Explore the glamour and sophistication of fashions worn by American women that reflect the Nation's tastes and transformations over the course of the 20th century.

*High Style*, is the latest collection being featured at the Legion of Honor and provides a rare opportunity to view the evolution of fashion from 1910 to 1980.

## **Treasure Island Trips** / Tuesday, April 14th and May 19th / 10:30 AM-3:30 PM/ \$5 (\$15 on day of trip)

Students at the Treasure Island Culinary Institute's dining room will dazzle us with a fine meal on one of the most interesting islands in the San Francisco bay. What a view and what a meal! The \$5 cost is for transportation. \$15 (in exact cash) is due to the driver on the trip day (cost of meal, tax and server's gratuity).

## **Haggin Museum in Stockton** / Monday, April 27th / 9:30 AM-4:00 PM / \$20

The Haggin Museum, an art and history museum located in Stockton, has been referred to by *Sunset* Magazine as "one of the under-sung gems of California." On display in the museum's fine art galleries are dozens of paintings by renowned 19th and early 20th-century American and European artists.

## **Premier World Discovery Trips Preview** / Tuesday April 7th / 10:30 AM / FREE

If you enjoy new experiences and traveling, come learn about the upcoming trips the Senior Center is offering through Premier World Discovery! Kris Adams, their area Sales Representative, will present this information.



- Canadian Rockies Getaway (7/19, 7 days)
- Cape Code and the Islands (9/6, 7 days)
- Santa Fe Holiday (12/2, 5 days)

# TRIPS & ADVENTURES CONTINUED



## CASINO TRIPS

(Senior Center Membership Not Required)

**Raffle Drawing On The Bus!**

**Morning Snack Provided!**

Join us and Golden West Travel on fun, one-day casino trips! On the way we'll play Bingo on the bus (cards are \$2 each). Driver gratuity will be collected on the bus. Casino Player Card is required to receive the Slot/Match Plays and discounts. Bus will pick-up registered participants in front of the Senior Center.

### **Cache Creek Casino**

Thursday, April 23rd \$30

8:45 AM-5:30 PM (trip check-in 7:45-8:30 AM)

Receive \$10 Free Slot Play or \$20 Match Play and \$5 food coupon (not valid in Buffet)

Register by Thursday, April 16th.

### **Jackson Rancheria Casino**

Tuesday, June 23rd \$30

8:00 AM-5:00 PM (trip check-in 7:15-7:45 AM)

Receive \$20 Free Slot Play or \$25 Match Play

Register by Tuesday, June 16th.

## **DAY TRIP WITH GOLDEN WEST TRAVEL**

**Monterey Bay Aquarium & 17 Mile Drive / Tuesday, March 31st / 8:30AM-5:30PM / \$105**

*Driver's gratuity will be collected on the bus.*

Register at the Senior Center's Front Desk (**Deadline to register is Friday, March 13).**

We'll start the morning at the Monterey Bay Aquarium for a self-guided tour. Your tour will help you discover the wonders beneath the surface of the Monterey Bay. Explore their three-story Kelp Forest, world-renowned Open Sea galleries, and nearly 200 other galleries and exhibits that bring the Bay's creatures and habitats up close and personal. Our hosted lunch will be at Bubba Gumps, just a few steps from the aquarium. Before heading home, we'll drive a portion of the famous "17 Mile Drive" in Pebble Beach. Cost includes transportation, admission and lunch! Bus will pick-up registered participants in front of Senior Center.



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**MONTEREY BAY  
AQUARIUM**

# MARCH & APRIL CLASSES—Registration Begins March 16th!

## Joy of Color – Oil Painting

This course teaches students to paint representative landscapes so knowledge of drawing is not needed. Using an innovative technique, this course “re-educates” people to learn perspective-based drawing. Each pupil will select and paint a unique picture that’s appealing. Students must bring their own supplies. A supply list is available at the Senior Center Front Desk. Instructor: Doreen Walker.

#1501	Tuesdays	9:00 AM-Noon	4/7-5/26	8 days	\$48 (\$52 non-res)
#1502	Wednesdays	9:00 AM-Noon	4/8-5/27	8 days	\$48 (\$52 non-res)
#1503	Wednesdays	1:00-4:00 PM	4/8-5/27	8 days	\$48 (\$52 non-res)
#1504	Thursdays	12:00-3:00 PM	4/9-5/28	8 days	\$48 (\$52 non-res)

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## Chinese Brush Painting

These classes explore the beauty of Chinese brush painting. You’ll learn how to paint flowers, birds, insects and landscapes on rice paper. Weekly lessons start with basic strokes through demonstrations and then lessons progress. Instructor: Betty Ling.

#1509	Beg:	Mondays	12:30-3:30 PM	4/6-5/18	7 days	\$42 (\$52 non-res)
#1510	Adv:	Fridays	12:30-3:30 PM	4/10-5/29	8 days	\$48 (\$58 non-res)

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## Portrait Drawing: Pencil to Water Color Pencil—Register Today!

Beginning and intermediate level students will learn the basic principles of drawing a female face, the features, proportion, and their placement from the front,  $\frac{3}{4}$  view and profile. After learning these skills, students will advance to water color pencils. Supplies needed are HB and 2B drawing pencils, an all purpose sketch pad, grey kneaded eraser, a set of water color pencils and a 9”x12” pad of 140 lb paper, #6 & #2 pointed round brushes, a jar for water and small white palate for mixing colors. Instructor: Harriett McGuire.

#1539	Thursdays	9:30-11:30 AM	3/5-4/9	6 days	\$24 (\$34 non res)
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## Drawing & Painting with Water Color Pencils

Explore the world of versatile water soluble colored pencils. Students need to bring a box of water color pencils, #6 and #2 pointed round water color brushes, small white palate for mixing colors, a jar for water, grey kneaded eraser and a 9x12 pad of 140 lb water color paper. Still life arrangements and flowers will be presented. Instructor: Harriett McGuire.

#1540	Thursdays	9:30-11:30 AM	4/23-5/28	6 days	\$24 (\$34 non res)
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# MARCH & APRIL CLASSES—Registration Begins March 16th!

## Line Dancing

Line Dancing does not require a partner and is a fun and great way of exercising. New Beginner is for students with no Line Dance experience. Beginner Level 2 is for students who have had Line Dance classes. Advanced Beginner is for students who have had 6-12 months of Line Dance classes. Students can only register for one class. Students need to wear appropriate clothing and shoes (no black soled shoes) for dancing. Instructor: Can Tu Ly.

#1506	New Beg:	Wednesday	9:00-10:00 AM	4/8-5/27	8 days	\$16 (\$26 non-res)
#1507	Beg 2:	Wednesday	10:00-11:00 AM	4/8-5/27	8 days	\$16 (\$26 non-res)
#1508	Adv Beg:	Wednesday	11:00AM-Noon	4/8-5/27	8 days	\$16 (\$26 non-res)

## Spring Chickens

You'll be led through chair-based exercise routines designed to improve strength, balance, agility, endurance and flexibility in older adults. Nutrition education will also be covered to help you meet your fitness goals. The instructor is a highly trained fitness instructor experienced in working with older adults. Students should wear comfortable clothing that allows movement.

Instructor: Sylvia from Fit is Gold.

#1511	Mondays & Fridays	10:00-11:00 AM	4/6-6/1	16 days	\$32 (\$42 non-res)
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## AARP Smart Driver Class—Register Today!

This class is for adults 50+ to help them drive safely. This 2-day course is for students who are new to the class or completed it over 3 years ago. Register in advance at the Barbara Lee Senior Center with payment of cash or check (payable to AARP). Senior Center membership not required.

#1487	Fridays	10:00 AM-3:00 PM	3/27 & 4/3	2 days	\$15 (\$20 non-AARP)
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## Milpitas Adult Education

### Computer & Technology Classes

Beginning Level Computer & Technology classes are offered in partnership between Senior Center and the Milpitas Adult Education. Class information is in the Milpitas Adult Education's Class Guide. Classes are held at the Senior Center but all registration is completed by Milpitas Adult Education. Milpitas Adult Education (408) 635-2692, 1331 E. Calaveras Blvd.

Website: [www.adulted.musd.org](http://www.adulted.musd.org)

# MARCH & APRIL PRESENTATIONS



## **New Member Orientation**

**Tuesday, March 10th and April 14th**

**10:00 AM / FREE**

Learn more about the benefits of your Senior Center Membership! Staff will provide detailed information for new members and/or anyone interested in learning more about the Senior Center. This will be an opportunity to meet staff, be given a tour of the facility and have any questions you have about programs and services answered. Please sign up at the front desk by the Monday prior to the orientation.

## **Don't be a Utility Scam Victim**

**Tuesday, March 24th / 10:30 AM / FREE**

There are a lot of scams going on these days and this presentation will help you learn how to recognize and avoid being a victim of utility-related scams. Learn how to be safe when it comes to telemarketing "robocalls," unfamiliar area codes and numbers, fake utility workers going door to door, bogus charges on billing statements, and more. Attendees will also have an opportunity to have their questions answered. Presenter: Sheri Boles, an Outreach Officer from the California Public Utilities Commission.

## **Kaiser Permanente Enrollment**

**Thursday, March 26th / 10:00 AM-Noon**

**Friday, April 17th / 2:00-4:00 PM**

Learn more about Kaiser's Senior Advantage healthcare coverage program and have questions that you may have answered. If you decide to enroll, presenter can assist you with the enrollment application process. Presenter: Carl S. Foster from Kaiser Permanente

## **Getting a Good Night's Sleep without Medication**

**Thursday, April 2nd / 10:30 AM / FREE**

All adults need between 7 and 9 hours of good sleep each night. This program will teach you some good sleep habits to help you get a good night's sleep – without medication! Presenter: Andria Reta from Independence at Home, a SCAN community service.

**Premier World Discovery Trips Preview / Tuesday April 7th / 10:30 AM / FREE**

*SEE PAGE 4 (TRIPS) FOR MORE INFORMATION*

# LUNCH PROGRAM

## Quarterly Birthday Celebration

**Tuesday, March 17th / 11:30 AM**

The Senior Center celebrates birthdays on a quarterly basis during our lunch program. If you were born in January, February or March, come celebrate with us! Call (408) 586-3413 to make your lunch reservation (see menu for lunch choices).

The suggested lunch contribution is \$3 for ages 60+



Barbara Lee Senior Center

## March 2015 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Roast Pork with Applesauce or <b>Fish with Black Bean Sauce</b>	3 Beef Stew with Carrots, Potatoes and Peas	4 Italian Herbed Chicken	5 Stuffed Cabbage Roll (beef & turkey) & Split Pea Soup or <b>Spare Ribs with Pumpkin</b>	6 Baked Fish (unbreaded) with Tartar Sauce
Alternate Choices: BBQ Chicken Salad or Quinoa & Cranberry Salad or Tuna Salad Sandwich or Veggie Wrap				
9 Roast Beef with Gravy or <b>Garlic Chicken</b>	10 Hot Turkey Sandwich	11 Baked Fish (breaded) with Tartar Sauce	12 Chicken Parmesan or <b>Scrambled Egg with Shrimp</b>	13 Cheeseburger (beef) & Tomato Soup
Alternate Choices: Greek Chicken Salad or Veggie Nicoise Salad or Egg Salad Sandwich or Veggie Patty				
16 Pork Cutlet with Gravy or <b>Mongolian Beef</b>	17 <i>St. Patrick's Day</i> Corned Beef 	18 (breaded) Beef Steak & Vegetable Soup 	19 Roast Turkey with Gravy or <b>Pork Adobo with Tofu</b>	20 Chicken Milano
Alternate Choices: Turkey & Egg Salad or Veggie Creamy Cucumber Salad or Turkey Sandwich or Veggie Pita				
23 Turkey a la King or <b>Braised Chicken</b>	24 Beef Fajitas (with Green Peppers & Onion) & Tortilla Soup 	25 Roast Chicken	26 Fish (unbreaded) with Ginger Sauce or <b>Lemon Grass Pork Chop</b>	27 Roast Beef with Gravy
Alternate Choices: Chef Salad or Veggie Cottage Cheese & Fruit Salad or Chicken Salad Sandwich or Black Bean Burger				
30 BBQ Pulled Pork Sandwich or <b>Curry Chicken</b>	31 Baked Fish (breaded) with Tartar Sauce	April 1 Rosemary Turkey with Gravy	2 Spaghetti with Meatballs & Minestrone Soup or <b>Vinegar Spare Ribs</b>	3 <i>Easter Lunch</i> Stuffed Chicken Breast 
Alternate Choices: Chinese Chicken Salad or Pasta Roasted Veggie Salad or Roast Beef Salad 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) 2 days before you plan to attend (order by Noon on Thursday 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.

# ON-GOING SENIOR CENTER PROGRAMS

## Zumba Gold

**Tuesdays & Thursdays • 10:00 AM**

**\$2 Drop-in**

Zumba is a fitness class with Latin flair. It brings dance style rhythms in a fun party-like environment while promoting strength, flexibility and balance. Zumba Gold is modified for older adults. *This class is popular and usually sells out. Participants need to buy their own ticket starting at 8:45 AM on day of class.* Maximum class size is 30 participants. Instructor: Toni Perrina.

## Beginning Yoga

**Tuesdays & Fridays • 8:40 AM (NEW TIME!)**

Enjoy the many benefits of Yoga! Please wear stretch pants and t-shirt and bring your own mat, large towel, yoga strap (or old neck tie). **Please Note:** Maximum of 25 participants per class.

## Quilting Bee

**1st & 3rd Tuesday of Month**

**1:30 PM**

If working with fabric and creating memories is your thing, come join in! Quilters will be responsible for purchasing their own supplies for quilting projects.

## Chair Exercises

**Mondays & Thursdays • 11:10 AM-Noon**

You can improve your balance, stretch & tone muscles, and strengthen legs and arms by following the video tape of chair-based exercises.

**Please Note: Space is limited to the first 25 people and there is no saving chairs for other people.**



## Bingo Programs

• **Wednesdays, Weekly 1:15-3:30 PM**

• **Monthly Evening Potluck & Bingo Night**  
**March 3rd, April 7th and April 14th**

**5:00 PM Potluck Dinner**

**6:00 PM Bingo Session**

- Cash prizes (determined by # of players).
- Minimum buy-in is one game pack (\$5 for 10 games / 6 cards per game). Extra packs are \$4 each (players must play their own cards, no splitting/sharing of packs). Optional Double Action is \$1 per card. Ink daubers \$1 each.
- Bingo sessions are for ages 18 and up, and Senior Center membership is not required.

## Genealogy Research

**2nd & 4th Thursdays • 1:00-3:00 PM**

Have you ever wondered where your family originated? Now's your chance! This group will help you research your family tree. The leader has researched her own family tree and helped many others get started. A material fee of \$5 is payable to the leader (Roxann Wahl) for a Genealogy Research Guide.

## Computers

Senior Center members can use the public access computers at the Senior Center on a first come first serve basis. There is a 30 minute time limit when people are waiting. Users are not allowed to download items to the computer or save information on the computer. Users may not visit inappropriate, pornographic websites. A daily limit of 5 sheets of paper are available per user for printing. Please Note: Senior Center staff doesn't provide computer instruction or repairs.

# ON-GOING SENIOR CENTER PROGRAMS

## Movie Day

**2nd & 4th Mondays of Month • 1:00 PM**

Free movie and popcorn! Upcoming movie info is posted on the Senior Center's bulletin board. We take suggestions on movies to show.

## Bridge

**Mondays-Fridays • 1:00-4:00 PM**

Tables are available for players to form their own groups. If you want to learn or need a refresher course, lessons are available on Mondays, 1:00-4:00 PM in the Game Room.

## Crochet & Knit

**Mondays • 9:00-11:30 AM**

Join in on the fun of crocheting or knitting in a social setting. You can see what other people are making while you work on your own project. If you need help getting started there are plenty of people to learn from! Bring your own supplies.

## Book Club

**3rd Tuesday of month • 10:30-11:30 AM**

Each month the Book Club meets to discuss their recently read book and to receive the next book. The Book Club is limited to 12 people each month. If you are interested, please contact the Front Desk.



## Guitar

**Wednesdays • 9:30-11:00 AM**

If you enjoy playing the guitar, join the Guitar group! You'll learn different songs and make new friends. Players need to provide their own instrument. Sheet music is provided.

## Ukelele

**Wednesdays • 1:30-2:30 PM**

Bring your ukelele and join in the fun! It's a great place to learn if you don't know how to play.

## Shall We Dance

**Fridays • 1:30 PM**

Exercise while having fun! This afternoon social dance session features mostly line and folk dances so there's no need for a partner!

**Please Note:** Space is limited to 40 people.

## Game Rooms

The Senior Center has two rooms for games. One features five tables for playing table-top games (i.e. cards, tile, board games) and is reserved for Bridge lessons on Monday afternoons. The other room has two pool tables and three ping pong tables. Time limit for games are 15 minutes for Ping Pong and 20 minutes for pool.

## Mandarin-Speaking Programs

The following drop-in programs are offered at the Senior Center and instruction is in Mandarin. Senior Center Membership is required.

Chinese Folk Dance	Mon	9:00-10:00 AM
Chinese Karaoke	Mon	1:00-3:30 PM
Yuen Chi Dance	Tue	1:30-3:00 PM
Chinese Crafts	Wed	9:00-11:30 AM
Ballroom Dance	Thurs	1:30-3:30 PM
Calligraphy	Fri	9:30-11:30 AM
Chinese Chorus	Fri	9:30-11:00 AM
Chinese Folk Dance	Mon	11:00 AM-Noon

# BARBARA LEE SENIOR CENTER AT A GLANCE

## MARCH / APRIL 2015

**Tuesdays & Fridays:** AARP Tax Appointments

**Tuesday, March 3rd:** Bingo Potluck

**Monday, March 9th:** Disney Family Museum Trip

**Tuesday, March 10th:** New Member Orientation

**Tuesday, March 17th:** Quarterly Birthday Celebration

**Friday, March 20th:** Fitness Room Orientation

**Tuesday, March 24th:** Legion of Honor Trip

**Tuesday, March 24th:** "Utility Scam" Presentation

**Thursday, March 26th:** Kaiser Permanente Enrollment

**Fridays, March 27th-April 3rd:** AARP Smart Driver Class

**Tuesday, March 31st:** Monterey Bay Aquarium Trip

**Thursday, April 2nd:** "A Good Night's Sleep" Presentation

**Tuesday, April 7th:** Bingo Potluck

**Tuesday, April 7th:** Premier Travel Preview

**Tuesday, April 14th:** Treasure Island Trip

**Tuesday, April 14th:** New Member Orientation

**Tuesday, April 14th:** Bingo Potluck

**Friday, April 17th:** Fitness Room Orientation

**Thursday, April 23rd:** Cache Creek Casino Trip

Barbara Lee Senior  
Center

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