

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



When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. However, interest in older Americans and their concerns was growing. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month."

Thanks to President Jimmy Carter's 1980 designation, what was once called Senior Citizens Month, is now called "Older Americans Month," and has become a tradition. Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

To learn more about the special activities Milpitas has planned for Older American's Month, please [see page 8.](#)

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## 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 2 proofs of residency for discount rate. **Please note:** For any total of \$10-\$50 there is a \$1 processing fee. For totals of \$51 or more the processing fee is \$3. **Processing fees are non-refundable.**

# 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.



**Subscribe to  
our Newsletter**



## WANT TO CONTINUE RECEIVING OUR NEWSLETTER BY MAIL??

Due to increased costs in postage, the Senior Center will no longer be sending newsletters to members effective with the July/August newsletter edition. Households that wish to continue receiving the newsletter by mail will be requested to pay a \$5 a year subscription fee. To continue receiving newsletters by mail, please register at the Senior Center Front Desk.

Newsletters may be viewed at the Senior Center Front Desk and are available by visiting the City of Milpitas website at [www.ci.milpitas.ca.gov](http://www.ci.milpitas.ca.gov). Follow the quick links to Recreation Services, then to Senior Center for the Newsletter. Thank you for your support!

## Fitness Room

Why pay expensive Fitness Center prices to stay healthy when you can use the Senior Center Fitness Room for a fraction of the cost? 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). Unauthorized personal training or fitness instruction is not permitted in our facility.

## 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 how to safely use the Fitness Room equipment from a professional! 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.



### MILPITAS UNIFIED SCHOOL DISTRICT 2015-16 PARCEL TAX SENIOR EXEMPTION FOR FIRST TIME APPLICANTS ONLY (Automatic Renewal for Prior Year Applicants)

First time applicants who turn 65 or older by June 30, 2015 may apply for the exemption. Applicants may mail or come in person with the required documents to Milpitas Unified School District. For those who previously applied, there is no need to reapply; your exemption will be automatically renewed.

**Application Must be Postmarked or Turned In by June 8, 2015**

You may download the application from the MUSD website, [www.musd.org](http://www.musd.org), pick up an application at the senior center or the library. You may also contact us at (408) 635-2600 ext. 6029 to request one be mailed and/or to ask questions.

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.

## Chinese American Historical Museum

Thursday, May 7, 2015 / 10:00 AM-3:00 PM / Cost \$15

The Chinese American Historical Museum located in the San Jose History Park is a replica of the Ng Shing Gung, or Temple of Five Gods. The building was constructed in 1888 and served as a cultural center to the Chinese community, town hall meeting place and hostel for travelers. The first floor was used as a classroom to instruct children in calligraphy and Chinese literature and the second floor housed a temple. Following the tour we will visit the Japanese Garden and make a lunch stop at Flourishing Garden Restaurant. Cost of the trip includes transportation, tour and lunch at the restaurant.



## Jelly Belly Factory / Chocolate & Wine Tasting

Tuesday, May 26, 2015 / 9:30 AM-3:30 PM / Cost \$25

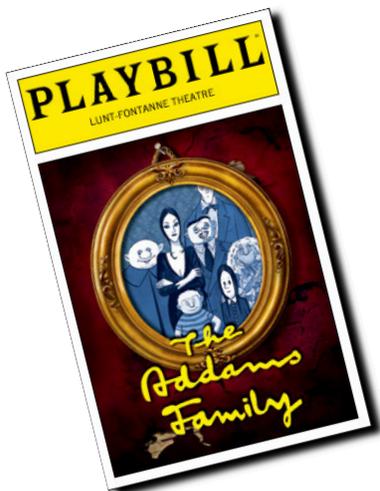
You are invited to try five flights of locally produced wines paired with handmade chocolates from the Jelly Belly Store and Chocolate Shoppe. Featured wines will change with the season, and chocolate pairings may change based on the wine's flavor profile. Take a tour of the Factory where the beans are produced and shop the gift store. Cost of the trip includes transportation, tour and wine & chocolate tasting. Lunch is available on site for you to purchase.



## The Addams Family Musical

Sunday, June 7, 2015 / 11:00 AM-5:00 PM / Cost \$40

San Jose Stage Company presents the weird and wonderful family that comes to devilishly delightful life in **THE ADDAMS FAMILY**. This magnificently macabre new musical comedy is created by the authors of Jersey Boys. **THE ADDAMS FAMILY** features an original story, and is every father's nightmare. Come meet the family. We'll leave the lights off for you. Cost of the trip includes transportation and theater ticket. A no-host lunch stop will be made before performance.



## CASINO TRIPS

(Senior Center Membership Not Required)

**Raffle Drawing On The Bus!**

**Morning Snack Provided!**

Join us and Golden West Travel on these 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.

### Jackson Rancheria Casino

Tuesday, June 23rd \$30  
 8:00 AM-5:00 PM (trip check-in 7:10 AM-7:45 AM)  
 Receive \$20 Free Slot Play or \$25 Match Play  
 Register by Tuesday, June 16th

### Graton Casino

Tuesday, August 25 \$30  
 8:00 AM-5:00 PM (trip check-in 7:10-7:45 AM)  
 Receive \$10 Free Slot Play or \$15 Match Play  
 Register by Monday, August 17th

## Extended Stay Trips w/ Premier World Discovery Trips

Long distance group trips are offered through Premier World Discovery throughout the year. Detailed flyers are available at the Senior Center. Extended Stay trips require full payment 75 days prior to departure.

### 2015 Trips Offered:

- Canadian Rockies Getaway (7/19, 7 days)
- Cape Cod and the Islands (9/6, 7 days)
- New England Rails & Trails (10/1, 8 days)
- Santa Fe Holiday (12/2, 5 days)



### DAY TRIP WITH GOLDEN WEST TRAVEL

**Lights, Camera, Action! / Monday, July 27th / 8:15AM-5:00PM / \$97**

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

Register at the Senior Center's Front Desk

**(Deadline to register is Thursday, July 9th).**

Enjoy a day visiting San Francisco with our "Director" (guide) Craig Smith who will share over 40 of the best film clips ever made, including "The Birds," "Vertigo," "Bullitt," "Dirty Harry," "Foul Play," "Star Trek IV," "Guess Who's Coming to Dinner," "The Maltese Falcon" and "The Birdman of Alcatraz." You'll mostly see location shots in and around San Francisco, but also many powerful scenes from these films as they relate to San Francisco. We'll have a hosted lunch at the Fog Harbor Fish House at Fisherman's Wharf. After lunch the tour continues and ends with dessert at Mel's Drive-in on Geary (same diner used in "Guess Who's Coming to Dinner." Trip fee includes transportation, tour guide, lunch and dessert. A Driver's Gratuity will be collected on the bus. **Senior Center membership is not required to participate.** Invite your friends!

## 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.

#2360	Tuesdays	9:00 AM-Noon	6/9-7/28	8 days	\$48 (\$58 non-res)
#2362	Wednesdays	9:00 AM-Noon	6/10-7/29	8 days	\$48 (\$58 non-res)
#2363	Wednesdays	1:00-4:00 PM	6/10-7/29	8 days	\$48 (\$58 non-res)
#2364	Thursdays	12:00-3:00 PM	6/11-7/30	8 days	\$48 (\$58 non-res)

## 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. **\*No Class on July 3rd**

#2365	Beg:	Mondays	12:30-3:30 PM	6/8-7/27	8 days	\$48 (\$58 non-res)
#2366	Adv:	Fridays	12:30-3:30 PM	6/12-7/31*	7 days	\$42 (\$52 non-res)

## 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.

#2369	New Beg:	Wednesday	9:00-10:00 AM	6/10-7/29	8 days	\$16 (\$26 non-res)
#2370	Beg 2:	Wednesday	10:00-11:00 AM	6/10-7/29	8 days	\$16 (\$26 non-res)
#2371	Adv Beg:	Wednesday	11:00 AM-Noon	6/10-7/29	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. **\*No Class on July 3rd**

#2361	Mondays & Fridays	10:00-11:00 AM	6/15-8/10*	16 days	\$32 (\$42 non-res)
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## AARP Smart Driver Class

This class is for adults 50+ to help them drive safely. This 1 day refresher course is for students who have completed the 8-hour course within the past 3 years. Register in advance at the Barbara Lee Senior Center with payment of cash or check (payable to AARP). Senior Center membership not required.

#2357      Thursday      9:00 AM-1:30 PM      6/18      1 day      \$15 (\$20 non-AARP)

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## Flower Arranging Class—Register By July 6th!

No matter the season or the reason, flowers always add the right touch to a room or make a nice gift! This workshop will teach you the basics of making a summer floral arrangement that is yours to keep or give away. All class supplies will be provided by the instructor. Instructor: Christian Blancett, Fremont Flower Pavilion's Manager/Lead Designer

#2706      Monday      1:00 PM-3:00 PM      7/13      1 day      \$15

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# MAY & JUNE PRESENTATIONS

## Legal Assistance: Friday, June 5th / 10:30AM

Learn about what services Senior Adults Legal Assistance provides to seniors in Santa Clara County and how to schedule an appointment with them.

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## LifeCare Planning for You and Your Family: Thursday, June 25th / 11:00 AM

Do you know who would speak for you if you were suddenly unable to speak for yourself? What healthcare decisions would you want someone to make on your behalf? This workshop will describe what Life Care Planning is & how to choose someone to speak for you. Devora Lomas, a Kaiser Permanente Health Education Manager, will present this information.

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## Kaiser Permanente Enrollment

### Tuesday, May 26th / 10:00 AM-Noon & Thursday, June 23 / 10:00 AM-Noon

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

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# MOBILE DENTAL CLINIC

## Friday, May 22nd & June 26th / 1:30 PM—4:30 PM

Once a month dental services are available at the Senior Center to low-income older adults (60 yrs +). Dental professionals volunteer through Agape and JAACUC to provide free basic preventative care, screenings, examinations, cleanings, x-rays, sealant and oral health education. The services are conducted in a state-of-the-art mobile dental clinic. Call the Senior Center Front Desk for an appointment at (408) 586-3400.





***For more information about any of these activities, please call (408) 586-3400!***

**Saturday, May 2nd: 1:00-5:00 PM - BINGO MARATHON**

Doors open at 11:30AM. Enjoy 20 regular games and 3 special games. Session pack is \$10 and additional packs for the same player are \$8. Special games \$1 each. Snackbar available for food purchase. 18+ only.

**Monday, May 4th: 1:00 PM - “SENIOR IDOL” KARAOKE COMPETITION - FREE**

Do you have what it takes to be the next Senior Idol! A grand prize will be awarded to one of the top singers. Everyone encouraged to attend, sing along, and enjoy the fun. Singers must pre-select their song out of our song books available at the front desk and sign up no later than April 27th. Space limited for performers.

**Tuesday, May 5th: 7:00 PM - OLDER AMERICANS MONTH PROCLAMATION**

Support seniors in the community by attending this evening’s City Council Meeting as the Mayor proclaims May as Older Americans Month. Council meetings held in City Hall Council Chambers.

**Thursday, May 14th: 10:30 AM-4:30 PM - HEALTH & WELLNESS FAIR AND DANCE - FREE**

From 10:30 AM-2:00 PM, learn more about local services available to seniors. Vendors will be on site with free giveaways, demonstrations and resources. Raffle prizes will be awarded to those who attend and participate. After the Health Fair, stick around for a celebration dance, 2:00-4:30 PM.

**Monday, May 18th-May 22nd: MYSTERY WEEK**

Keep your eyes open as staff will have several special giveaways, prizes and surprises for Senior Center Members throughout this week. Make sure you have your membership card!

**Thursday, May 28th: 10:00-11:30 AM: PICKLEBALL DEMO FOR SENIORS—FREE**

Pickleball is a cross between badminton, tennis & ping pong. Join us for a demonstration of this exciting new game at the Milpitas Community Center (building next to Senior Center).

**Friday, May 29th: 11:00 AM-1:00 PM - SENIOR PARADE & BBQ LUNCH**

Show your Senior Center Pride by joining us on a parade through City Hall’s Campus. Sign up for the parade by May 22nd at the Senior Center Front Desk and receive a special free gift after you march! After the parade, enjoy a BBQ lunch with all the fixings (\$4.00). Last day to sign up for BBQ Lunch and / or parade at the Senior Center Front Desk is Wednesday, May 27th.

## Quarterly Birthday Celebration

**Tuesday, June 16th / 11:30 AM**

The Senior Center celebrates birthdays on a quarterly basis during our lunch program. If you were born in April, May or June 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+ (\$6 for guests under 60).



## Barbara Lee Senior Center May 2015 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Pork Cutlet with Gravy <i>or</i> <b>Mongolian Beef</b></p> <p><i>Alternate Choices:</i> Turkey &amp; Egg Salad <i>or</i> Veggie Creamy Cucumber Salad <i>or</i> Turkey Sandwich <i>or</i> Veggie Pita</p>	<p>5 <i>Cinco de Mayo Lunch</i> Beef Enchilada </p>	<p>6 (breaded) Beef Steak &amp; Vegetable Soup </p>	<p>7 Roast Turkey with Gravy <i>or</i> <b>Pork Adobo with Tofu</b></p>	<p>8 Chicken Milano</p>
<p>11 Turkey a la King <i>or</i> <b>Braised Chicken</b></p> <p><i>Alternate Choices:</i> Chef Salad <i>or</i> Veggie Cottage Cheese &amp; Fruit Salad <i>or</i> Chicken Salad Sandwich <i>or</i> Black Bean Burger</p>	<p>12 Beef Fajita (with Green Peppers &amp; Onion) and Tortilla Soup </p>	<p>13 Roast Chicken</p>	<p>14 Fish (unbreaded) with Ginger Sauce <i>or</i> <b>Lemon Grass Pork Chop</b></p>	<p>15 Roast Beef with Gravy</p>
<p>18 BBQ Pulled Pork Sandwich <i>or</i> <b>Curry Chicken</b></p> <p><i>Alternate Choices:</i> Chinese Chicken Salad <i>or</i> Pasta Roasted Veggie Salad <i>or</i> Roast Beef Sandwich <i>or</i> Veggie Wrap</p>	<p>19 Baked Fish (breaded) with Tartar Sauce</p>	<p>20 Rosemary Turkey with Gravy</p>	<p>21 Spaghetti with Meatballs &amp; Minestrone Soup  <i>or</i> <b>Vinegar Spare Ribs</b></p>	<p>22 Chicken Divan</p>
<p>25  <b>Senior Center Closed for Memorial Day Holiday</b></p>	<p>26 Herbed Roasted Chicken</p>	<p>27 Roast Pork with Gravy</p>	<p>28 Cajun Chicken Pasta <i>or</i> <b>Sauteed Beef with Vegetables</b></p>	<p>29 Turkey Flatbread Pizza &amp; Chicken Noodle Soup </p> <p><i>Alternate Choices:</i> Chicken Caesar Salad <i>or</i> Veggie Bean Salad <i>or</i> Turkey Sandwich <i>or</i> Veggie Patty Burger</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) 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.
- Meals are 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.

## 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**

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.**

## Hand & Foot

**Fridays • 1:00 PM**

Hand & Foot is a card game related to canasta. Depending on number of players, this can be played in singles or doubles. Learn how to play this fun game at the large table outside the lunch room.

## Bingo Programs

- **Wednesdays, Weekly 1:15-3:30 PM**
- **Monthly Evening Potluck & Bingo Night**  
*May 12th, June 2nd & June 9th*  
**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.

## 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—Party Style

**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.

## Duplicate Bridge

**Tuesdays • 1:00 PM**

Duplicate bridge is the most widely used variation of contract bridge club and tournament play. It is called *duplicate* because the same bridge deal is played at each table and scoring is based on relative performance. Players will need a convention card and be ready to play 18 boards. At the end, players will receive the hand record.

## 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	Fri	11:00 AM-Noon

# BARBARA LEE SENIOR CENTER AT A GLANCE

## MAY & JUNE 2015

**Saturday, May 2nd: Bingo Marathon**  
**Monday, May 4th: Senior Idol Competition**  
**Tuesday, May 5th: Senior Proclamation**  
**Thursday, May 7th: Chinese Museum Trip**  
**Thursday, May 14th: Health Fair & Dance**  
**Friday, May 15th: Fitness Orientation**  
**Friday, May 22nd: Mobile Dental Clinic**  
**Thursday, May 26th: Jelly Belly / Tasting Trip**  
**Thursday, May 26th: Kaiser Permanente Enrollment**  
**Thursday, May 28th: Pickleball Demo**  
**Friday, May 29th: Senior Parade & BBQ**  
**Friday, June 5th: Legal Assistance Presentation**  
**Sunday, June 7th: Addams Family Musical Trip**

**Tuesday, June 16th: Quarterly Birthday Celebration**  
**Thursday, June 18th: AARP Smart Driver Class**  
**Friday, June 19th: Fitness Orientation**  
**Tuesday, June 23rd: Jackson Rancheria Casino Trip**  
**Thursday, June 23rd: Kaiser Permanente Enrollment**  
**Thursday, June 25th: LifeCare Planning Presentation**  
**Friday, June 26th: Mobile Dental Clinic**



REMINDER: JOIN US FOR A NEW MEMBER ORIENTATION ON TUESDAY, MAY 12th  
 OR JUNE 9th AT 10AM TO LEARN MORE ABOUT THE BARBARA LEE SENIOR CENTER!

SENIOR CENTER MEMBER  
 PLACE LABEL HERE

PRSRT STD  
 U.S. PAID  
 PERMIT #4  
 MILPITAS, CA 95035

Barbara Lee Senior  
 Center  
 40 North Milpitas Blvd  
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[www.ci.milpitas.ca.gov](http://www.ci.milpitas.ca.gov)