

November/December 2021



MILLBRAE SENIORLINE

A bi-monthly newsletter for seniors in Millbrae

SHARE STORIES ABOUT MILLBRAE AND LIFE



JOIN US FOR THIS VIRTUAL EVENT AT [BIT.LY/SENIORSTORIESZOOM](https://bit.ly/seniorstorieszoom)

Technology Tuesday's for Seniors

11/16, 9:00–10:00 a.m. *iPhone/Android Basics I*

11/23, 9:00–10:00 a.m. *Computer Savvy*

11/30, 9:00–10:00 a.m. *iPhone/Android Basics II*

12/7, 9:00–10:00 a.m. *Email Basics*

12/14, 9:00–10:00 a.m. *Microsoft Applications – Word & Excel*

12/21, 9:00–10:00 a.m. *Camera Phone Tips*



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Subscribe to our Seniorline online at bit.ly/millbraeseniorline or call (650) 259-2361

November

**NATIVE AMERICAN
HERITAGE MONTH**



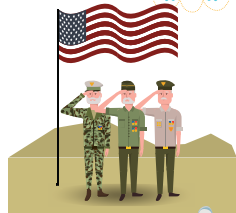
1st & 2nd Dia de los
Muertos



4th Diwali



11th Veterans Day



25th Thanksgiving Day



28th Hanukkah



December

love 

1st World Aids Day

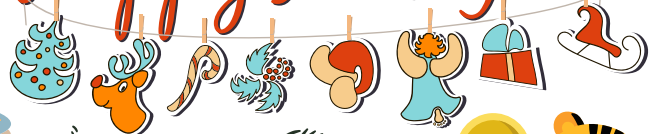


25th Christmas Day



31st New Year's Eve

Happy New Year



*Happy
holidays*



#MILLBRAECOMMUNITYTOGETHER

**REBUILD
EXPLORE
CONNECT**



*Scan or
go online
to donate!*



MILLBRAE
community foundation



millbraerecreationcenter.com



Be a part of the Millbrae Recreation Center Campaign and help the Millbrae Community Foundation bring our new Recreation Center to life!

Contributions over \$500 will be permanently recognized on the donor wall.

Donor Wall Recognition Categories:

Founder.....	\$100,000 +
Philanthropist	\$50,000 — \$99,999
Benefactor	\$25,000 — \$49,999
Champion	\$10,000 — \$24,999
Visionary	\$2,500 — \$9,999
Builder	\$500 — \$2,499

Written Recognition:

Supporter	\$50 — \$499
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Gift donation available online at millbraerecreationcenter.com

Or mail your check donation to Millbrae Community Foundation, PO Box 1612 Millbrae, CA 94030 (note: Recreation Center).

Gifts to MCF are tax deductible to the fullest extent allowed by law. (501(c)3 ID# 94-3331393

Got Wheels!

AFFORDABLE TAXI SERVICE ON DEMAND 24/7

Join Peninsula Family Service no-cost membership transportation program *Got Wheels!* available on demand 24 hours every day. Members get up to six one-way rides a month for \$5 each one-way ride. PFS subsidizes remainder of the fare.

Service area includes San Francisco International Airport plus the cities listed.

Daly City, Colma, Brisbane, San Bruno, South San Francisco, Millbrae, Burlingame, Hillsborough, Montara, Moss Beach, El Granada and Half Moon Bay.

Don't miss out. Apply now. Applications available at:

<https://www.peninsulafamilyservice.org/our-programs/older-adult-services/>

or upon request at contact information below. A *Got Wheels!* membership card and fact sheet will be mailed upon approval of application.

**For more information, contact Cherie, Got Wheels! Program Coordinator:
(650) 403-4300 Extension 4329 or cqmoreno@peninsulafamilyservice.org**



Your Spare Room Can Change A Life

Rent your spare room with HIP Housing!

HIP Housing is a non-profit based in San Mateo County that matches individuals who have a spare room in their home or Accessory Dwelling Unit with individuals seeking housing.

HIP Housing interviews applicants, conducts background searches, develops a "Living Together Agreement," and provides on-going follow-up support.

HIP Housing is supported by the City of Millbrae, the County of San Mateo, and all 19 other municipalities in the County.

For more information and to request a virtual appointment visit hiphousing.org or call (650) 348 6660.

Home Sharing works because it's

- A practical solution to our housing challenges
- Helpful to people from all walks of life to find or remain in homes
- An efficient use of existing housing
- Keeping San Mateo County residents and workers local

How to Participate:

- Home Seekers must live, work, or attend school in San Mateo County.
- Home Providers must reside in San Mateo County.

If you have questions, or would like to make an appointment call 650-348-6660.



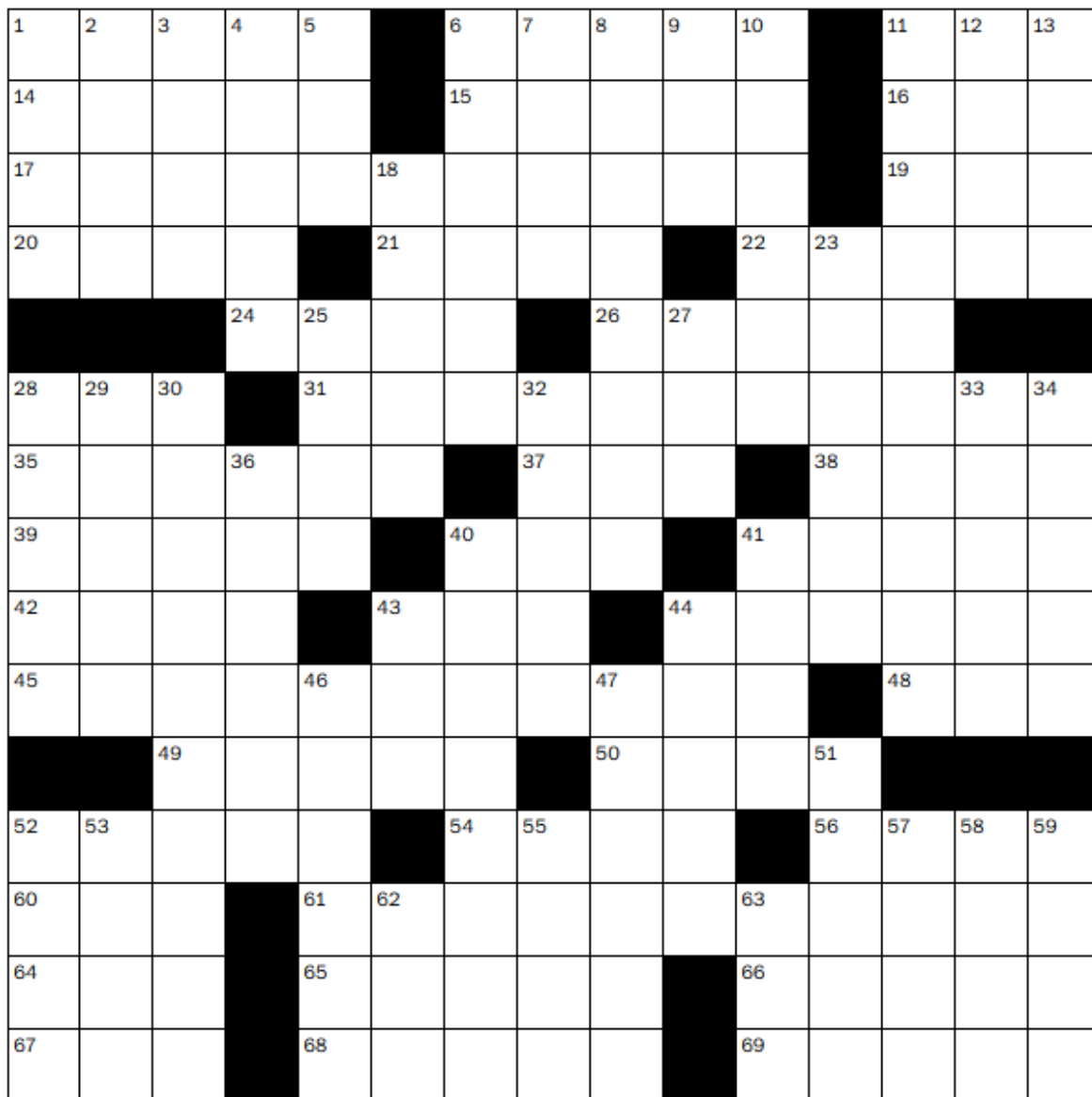
Types of Home Sharing

- A Home Provider is matched with a Home Seeker who pays rent
- A Home Provider is matched with a Home Seeker who exchanges household duties for reduced rent

Types of Residences

Most of HIP Housing's Home Providers have a room to rent in their residence (e.g., home, apartment) and some have an Accessory Dwelling Unit (ADU).

ADUs, also called granny flats, in-law units, or backyard cottages, are small living units that share a lot with single family home.



DOWN

- 1 Sunday service
- 2 Voice above tenor
- 3 Stadium level
- 4 Cassettes and eight-tracks
- 5 Sixth sense letters
- 6 When both hands
are straight up
- 7 Anchor's delivery
- 8 Icky to the max
- 9 Bilingual subj.
- 10 Mentions, with "to"
- 11 Schools for ministers-to-be
- 12 Mirror shape
- 13 Uncarpeted
- 18 New York Harbor's
___ Island
- 23 The "F" in SPF
- 25 Hasn't paid yet
- 27 Music or dance
- 28 Pop star Jackson
- 29 Writer Wharton
- 30 Hard-shelled
terrarium pets
- 32 "Opposable" digit
- 33 Lively sonata movement
- 34 Bed that's easily stored
- 36 Attends homecoming, say
- 40 Activate the TV, say
- 41 New England NFL team
- 43 Arthur of "The Golden
Girls"
- 44 Andean pack animal
- 46 Laundromat array
- 47 Bottle cap remover
- 51 Feud ender
- 52 Matzo ___ soup
- 53 Kazan who directed
"On the Waterfront"
- 55 Fork prong
- 57 One-named
Art Deco notable
- 58 Erotic god
- 59 Ancient harplike
instrument
- 62 "Caught ya!"
- 63 Witchy woman
of folklore

ACROSS

- 1 Dull paint finish
- 6 Make furious
- 11 Cry loudly
- 14 Handle on a rap sheet
- 15 Short and sweet
- 16 Actress Longoria
- 17 "Born to Be Wild" rock band
- 19 Mo. after February
- 20 Like a poor loser
- 21 Figure in red ink
- 22 Submit tax returns online
- 24 Single-handedly
- 26 Clear kitchen wrap
- 28 One of the political Bushes
- 31 Cold-weather neckwear
- 35 Is crazy about
- 37 FDR's successor
- 38 Pants, in slang
- 39 Gives the thumbs-down
- 40 Egyptian boy-king
- 41 Gesture while giving directions
- 42 "___, Brute?"
- 43 ___ out: depress
- 44 Texas border city
- 45 Flash of lightning
- 48 Part of the Trinity
- 49 Aired again
- 50 Former
- 52 Flag maker Ross
- 54 In Touch Weekly twosome, usually
- 56 Film spool
- 60 Every bit
- 61 Gobble down food, and hint to
the ends of 17-, 31- and 45-Across
- 64 Fail a polygraph test
- 65 River of Lyon
- 66 Role player
- 67 ___ Cruces, N. Mex.
- 68 Less loony
- 69 V-formation fliers

Answers on page 7

ADULT & SENIOR ACTIVITIES

ZUNGU CHEN FAMILY TAIJIQUAN

In this class, students will learn and practice the Zungu Chen Family Taijiquan first form posture by posture and the silk-reeling exercises that are the foundation of Chen Taiji. With practice, students will gain health benefits, develop strength, flexibility, balance and coordination, and understand the basic Taiji principles. The martial aspects and health benefits are retained in Zungu Chen Family Taijiquan. Students can practice this form as a martial art with low powerful stances or for health at a higher position with graceful, slow light movements. Please wear comfortable clothing. Debbie Au is a certified Chen Taiji instructor of direct Chen Family (Gong Fu Frame) Taiji lineage and has taught taijiquan and taiji weapons forms for over 20 years.

- **Days:** Wednesday
- **Time:** 11:00 a.m.-12:00 p.m
- **Fee:** \$8
- **Instructor:** Debbie Au



LINE DANCING

American Line Dancing is for fun and exercise, open to all ages that enjoy dancing to get lively, move with confidence, and stay healthy & fit, with or without a partner.

- | | | |
|-----------------------------------|--------------------------------------|-----------------------------------|
| • Days: Monday (Beginner) | • Days: Monday (Intermediate) | • Days: Friday (Beginner) |
| • Time: 9:30-10:30 a.m | • Time: 10:30-11:30 a.m | • Time: 8:30-9:30 a.m |
| • Fee: \$5 | • Fee: \$5 | • Fee: \$5 |
| • Instructor: Allen Isidro | • Instructor: Allen Isidro | • Instructor: Allen Isidro |

BALLROOM WORKSHOP & DANCING MADE EASIER

No Partner Necessary, though if you have one bring them!

Each week learn a few different figures that are practical and simplified. Great for those who are new to Ballroom or if you want to refresh and renew your steps and keep it simple.

Join us for a fun afternoon starting with a Ballroom Workshop including Dancing. We keep the dances practical so you can have fun on the dance floor. Dance to great music and learn about different rhythms .

Upcoming Classes will include Waltz, Rumba, Cha Cha, Mambo, Foxtrot, Swing, Bolero.

- **Days:** Friday
- **Time:** 2:30-4:00 p.m
- **Fee:** \$3
- **Instructor:** Sandi

QUILTING

Quilting group meet in the Community Center every Tuesday at Noon.

Attendants must be masked. We ask that all participants are fully vaccinated.

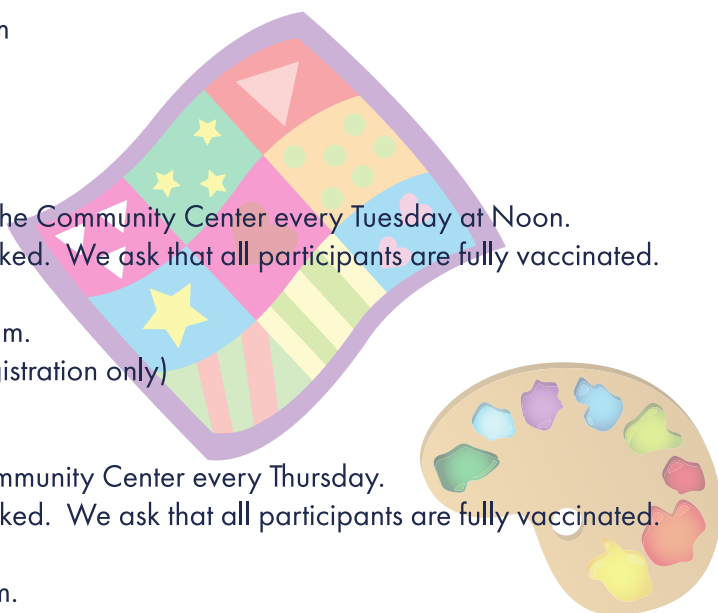
- **Days:** Tuesday
- **Time:** 12:00-4:00 p.m.
- **Fee:** \$3 (Monthly registration only)

PAINTING

Painting class in the Community Center every Thursday.

Attendants must be masked. We ask that all participants are fully vaccinated.

- **Days:** Thursday
- **Time:** 1:00-4:00 p.m.
- **Fee:** \$5 per session (Monthly registration only)



SENIOR AEROBICS

Fun aerobics class with a focus on maintaining your movement!

Attendants must be masked.

We ask that all participants are fully vaccinated.

- **Days:** Thursday
- **Time:** 10:30-11:30 a.m.
- **Fee:** \$3

Go to bit.ly/milrec or call (650) 259-2361 to register!



SAN MATEO ADULT & CAREER EDUCATION

EASY AEROBIC FOR STAMINA, STRENGTH, & BALANCE

Practice moderately paced – low impact aerobic exercises and easy to follow dance routines designed to increase your stamina and strengthen parts of your body that contribute to maintaining better balance responses. Class concludes with exercises to support better balance and mat work to strengthen abdominals, lower back and pelvic floor. Bring hand weights, and mat. Resistance bands provided. Guest passes accepted.

TAI CHI 101 FOR BEGINNERS

Learn and practice beginning postures of the taiji routine. In this class for beginners you'll learn 6-8 basic postures, slowly, step by step. Class starts off with gentle movements to warm up your joints and muscles to promote better flexibility, range of motion and balance. Warm up exercises are followed by practicing taiji postures. At the end of class we will also have some time for developing community. Guest passes accepted.

PILATES YOGA FUSION

NEW CLASS! This blended class combines the yogic focus on enhanced mind and body awareness, strength, stamina, flexibility and balance, with Pilates techniques to improve posture and create a strong, stable foundation for movement. Instructor will teach basic Mat Pilates movement with a yogic focus. No prior experience is necessary. Guest passes accepted.



Go to sanmateoadulted.org to register or call (650) 558-2127 for assistance.

MILLBRAE COMMUNITY ENHANCEMENT ADVISORY COMMITTEE INVITES YOU TO PLANT A TREE

Tree Dedication Program

*The heavily used segment of the trail is relatively barren & can benefit from shade trees.
Honor a loved one or commemorate a special occasion.*

Who: Open to all Millbrae residents

What: Order a 24" Box Coast Live Oak Tree from us & Parks will plant it for you!

When: A plant date will be scheduled after purchase

Where: Spur Trail between Hillcrest & Taylor Blvd.

Cost: \$198; optional dedication plaque \$340 (6"x6"), \$464 (8"x8")

order online!
bit.ly/milrec

For questions email apappajohn@ci.millbrae.ca.us



WORDSEARCH

S R G S I Y N M U T U A G E
 G P B E P I L G R I M S N F
 A S L O M U M F E F R E I A
 S T A T G H A R V E S T V M
 M U C A C O R N Y P R I I I
 P F K T Y V C P E U E N G L
 Y F F O K I E L K M T N S Y
 V I R P E E L Y R P T O K L
 A N I D Y P E M U K F V N L
 R G D E H I B O T I E E A A
 G S A H Y A R U A N A M H F
 G M Y S T O A T A P S B T C
 A S A A G H T H A I T E R N
 F A M M S A E P N E E R G K

BLACK FRIDAY
 FAMILY
 TURKEY
 GRAVY
 STUFFING
 HARVEST
 CELEBRATE
 PUMPKIN PIE
 PILGRIMS
 MASHED POTATOES
 NOVEMBER
 FEAST
 CORN
 GREEN PEAS
 THANKSGIVING
 FALL
 AUTUMN
 PLYMOUTH



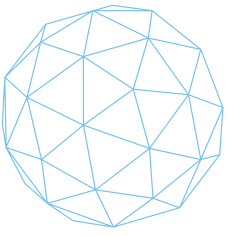
**“Need Help? Dial 2-1-1 to get connected to a phone specialist
 for personalized information and assistance.**

It’s FREE, confidential, available 24/7, and available in multiple languages.”

*2-1-1 is a comprehensive database of information
 on health and human service programs throughout
 the Bay Area, which includes but not limited to:*

- Food Assistance
- Utility Assistance
- Housing and Shelter
- Legal Assistance
- Child Care
- Emergency Services
- Mental Health and Counseling
- State and City Services
- Senior Services
- Disaster Response and Relief

*During emergency or disaster situations,
 2-1-1 provides critical public information,
 such as shelter locations, water
 distribution, sandbags, evacuations,
 road closures, utility outages, local
 assistance center locations,
 public health warnings, and more.*



TECH TIPS

by CHRISTINA LOPEZ



1. **Reach Out**

Do not be afraid to reach out and ask for help when you make the choice to learn about technology. This could also be a great time to spend time and bond with your child or grandchild.

2. **Google**

In some cases, you may not have someone physically there to assist you, not to worry Google is your friend. Once you are connected to the Internet, you can use Google to find out anything you need to know.

3. **Basic Settings Should Suit Your Needs**

Making simpler alterations to suit your needs such as larger text size and louder sounds will improve your experience.

4. **Write Down Your Passwords**

Write down your new passwords in your journal so that in the event you log out and forget, you can always get them in hard copy.

5. **Take Your Time**

Take your time as you explore this new topic, take short breaks when you feel exhausted. Don't be too hard on yourself. After learning a new skill, take time to practice it repeatedly so that you really understand it.

6. **Battery**

Only charge your computer, tablet, or phone when the battery is running low on charge. Charging your device all day can reduce the battery life.

7. **Read Reviews Before Buying Items Online**

If you want to buy a particular product or use a certain service such as booking a hotel online, online reviews are very helpful. Most companies will not be honest about their shortcomings on their website, but a reviewer will be.

8. **Search History**

If you share your tablet or computer with someone, say a spouse or your grandchildren but you want to keep your activities private, you should delete your search history when you are done.

9. **Virus/Malware Scanning**

Invest in a good antivirus; this is a great way to keep your information protected. The good news is that most computers nowadays come with an inbuilt virus and malware and the scanner is quite user-friendly.

10. **Check privacy settings on social media**

Change privacy settings on social media websites, such as Facebook, to private. If you leave your settings on public, anyone in the world can see their posts and photos they share.



Thanksgiving Corner

by Joanna Hafter



Thanksgiving is usually the biggest and most challenging holiday of the year. Whether you are an old pro or a first-timer, having a large family gathering centered on food is a tall task. I have been hosting Thanksgiving dinner for 20 people for over 20 years in my home. Here is a Thanksgiving Planning Checklist to help you pull off a stress-free Turkey Day!

THREE WEEKS OUT

Invite your guests

Order your turkey (A rule of thumb is 1.25 pounds of turkey per person. For example, if you are expecting 12 guests, plan on a 15-pound turkey. I enjoy preparing a fresh turkey but plan to defrost it days ahead if you want a frozen one—plan 24 hours for every 4 pounds of turkey when defrosting).

Set your budget and plan your menu.

If you are planning on having people bring items keep in mind your kitchen and oven space.

It is hard to preheat several items at once and have many people in your kitchen when trying to do last-minute tasks before serving.

Good items to have people bring are appetizers, wine, beer, salad, desserts, and other non-heated items.

Pull out your decorations. Determine what new items you will need and a color scheme.

Ensure you have the right amount of utensils, plates, glasses for the number of guests attending. Purchase any new or needed items.

TWO WEEKS OUT

Check your linens

You might be surprised what you will find when you pull out your tablecloths from your last big party.

Give yourself time to replace anything that isn't clean.

Check your kitchen supplies and tools

Do you have a turkey thermometer? Do you have the proper utensils for all your side dishes?

Think of things like gravy boats and serving dishes.

ONE WEEK OUT

Polish your silver and rewash your China and silverware. Doing this ahead of time saves you on the day of.

Check your seating. Make sure you have enough room and chairs. I often rent chairs from a local party supply store to have everything set before people arrive.

FIVE DAYS OUT

Finalize Shopping Plan

Create a detailed shopping plan in advance. Make sure you know which items you will buy at which store on which days.

Create your detailed plan now and avoid last-minute trips on Thanksgiving morning for that item you forgot.

Clean House

The weekend before Thanksgiving is the perfect time to clean your house for entertaining thoroughly.

Make sure your guest bathroom is fully stocked with soap, hand sanitizer, toilet paper, candles, and, of course, fresh towels.

Don't forget to tidy up your home entryway. If you take care of the deep cleaning now, you will only need to tidy up a bit next week.

TWO DAYS OUT

Map out your cooking schedule. Many things can be made in advance.

Set your table!

Setting your Thanksgiving table is a huge undertaking and is best to do in advance before you get exhausted from cooking.

Pick up your turkey and perishable items.

Start prep cooking. Cut your vegetables, make your chicken stock, make your pies, and spread out the items.

THANKSGIVING DAY

If you planned, then the day of doesn't have to be exhausting. Ask for help when needed, and once your turkey is in the oven, don't fuss over it.

Enjoy your day and give yourself a break on Friday!





**SAN MATEO
COUNTY HEALTH**
All together better.

24-HOUR EMERGENCY & ADVICE LINE

The Aging and Adult Services Hotline line provides access to 24-hour emergency response for older adults and vulnerable adults in the community. Professional staff provide assessment and emergency protection such as shelter, food and in-home care to address immediate concerns, until a long-term care plan can be developed.

For information, advice and 24-hour emergency response,

call the Aging and Adult Services Hotline: **1-800-675-8437** or **1-844-868-0938**
1-650-573-3900 / 711 for California Relay Services (TDD)



**Self-Help for
the Elderly**
安老自助處

Nutrition and Healthy Living for the Asian Elder Community

A culturally-sensitive nutrition workshop focusing on health and wellness and the prevention of chronic diseases, with an emphasis on areas of concern for Asian elders.

We will cover the various food groups and the nutrients they provide, as well as how to identify healthier choices within each group while highlighting foods common in Chinese cuisine. We will discuss nutrition management of specific conditions that are prevalent among Asian elders, including type 2 diabetes, hypertension, and high cholesterol.

Meeting Registration: bit.ly/millbraeseniors CALL (415) 319-4115 TO SIGN UP

Technology Tuesday's *For Seniors*

FREE



iPhone/Android Basics

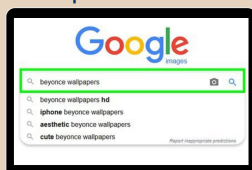


Sessions:

November 16th
November 23rd
November 30th
December 7th
December 14th
December 21st

All sessions are
9:00-10:00 a.m.

Computer Basics



Call the Recreation Department at (650) 259-2361
with any questions regarding the program.

WHEN IN DROUGHT...

THERE'S A DROUGHT ON. TURN THE WATER OFF!

Here are some simple ways to save water this
summer

- Install **aerators** on kitchen and bathroom faucets
- Wash only **full loads** of clothes
- **Turn off water** when brushing teeth and shaving
- Take **shorter showers** and fill the bathtub **halfway or less**
- Fixing **leaks** and irrigation **overspray**
- Install appliances and shower heads with **high-efficiency labels**
- Cutting irrigation **time** and **frequency**
- Water landscapes near **sundown**



For more tips, resources, and rebates visit
www.ci.millbrae.ca.us/waterconservation
www.saveourwater.com

TOGETHER WE CAN MAKE A DIFFERENCE!



Camera Phone Tips

Happy Birthday!

November

December

11 / 1 Kit Der

11 / 3 Barbara Suttler

11 / 4 Alfred Houston

11 / 5 Maria Meyer

11 / 6 Fern Slotnick

11 / 6 Ann Kirkbride

11 / 6 Virginia C Murphy

11 / 8 Voula Zopolos

11 / 8 Florence Garcia

11 / 10 Lynn Sattler

11 / 12 Laura Cheresnik

11 / 15 Carmen Morrello

11 / 15 Mike Mewkalo

11 / 17 Zenona Doyal

11 / 18 Peter Lesouza

11 / 19 Flora D. Cruz

11 / 21 Dorothy Wolfe

11 / 21 Sarah Monteveidi

11 / 22 Anna Gonzales

11 / 23 Peg Ritner

11 / 23 Jo Brown

11 / 24 Olivia Durer

11 / 25 Edwina Torres

11 / 25 Roshan Kapadia

11 / 27 David Abeyta

11 / 28 Dorothy Katz

11 / 30 Marlene McBride

11 / 30 Rita Snyder

12 / 1 Bess V Mc Mannama

12 / 1 Evelyn Wech

12 / 4 Linda Zowasky

12 / 4 Vera Beale

12 / 7 Sally Bebek

12 / 9 Rachel Sanchez

12 / 10 Ruth Mabardy

12 / 11 Doris Morse

12 / 23 Margaret Stirling

12 / 23 Nathan Agresti

12 / 29 Marie Amoroso



California Phones

Keeping you connected

"If you are having any difficulty using your landline or cell phone, California Phones can help. This FREE state program provides over 40 specialized equipment to eligible California residents including a Bluetooth amplifier to make your cell phones calls or Zoom louder. Equipment available for those with hearing, vision, mobility, speech or memory difficulty. Visit www.californiaphones.org or call 1-800-806-1191 for more info."

The Senior Advisory Committee consists of seven members appointed by the City Council. Members are qualified electors of the City and shall serve for a term of two years, and may be reappointed to additional terms and serve without compensation. Members cannot hold any other public office or City position while serving on the Committee.

Meets on the third Wednesday of each month at 9:00 a.m. Visit ci.millbrae.ca.us and go to "Events" for meeting details.

Members:
Rochelle Mullen (Chair), Marlene McBride (Vice-Chair), Mimi Lee, Mary Ellen Pellegrini, Mimi Lin, Patrick Cheng, Doris Morse (Alternate)



MILLBRAE RECREATION DEPARTMENT
INVITES YOU TO

Senior Virtual Bingo

DECEMBER 2, 2021 • 1 PM

Must have access to participate in a zoom call

BINGO CARD OPTIONS:
\$1 PER CARD
\$10 FOR 11 CARDS



REGISTER BY CALLING OUR
OFFICE AT (650) 259-2361




Mailing Address

RRSRTD STD
 U.S. POSTAGE
 PAID
 BURLINGAME, CA
 PERMIT NO. 115

Millbrae Recreation Dept.
 Senior Program
 621 Magnolia Avenue
 Millbrae, CA 94030
 Phone: (650) 259-2365