

November / December 2022

MILLBRAE SENIORLINE



A bi-monthly newsletter for seniors in Millbrae

JOIN THE MONTHLY BIRTHDAY LUNCHEON!

Join your friends for lunch and bingo every 2nd Tuesday. **\$6 per person.**
If it's your birthday month, lunch & two bingo cards are free! Call (650) 259-2361 to reserve your spot.



11:30 a.m.-1:30 p.m.
Millbrae Recreation Center, Great Hall



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

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.



November

1-2 - Dia de los Muertos

5-8 - Election Day

11 - Veterans Day



24 - Happy Thanksgiving

27 - First Sunday of Advent



Meet the Recreation Staff

Heather is our Recreation Coordinator, focusing on camps, contract classes, and our Activity Guides. A fun fact about Heather is that she loves to dance and has done ballet for over 20 years! You can find her cheering on the San Jose Sharks in her free time. The best parts of Heather's year were teaching 3rd grade and getting a job at Millbrae Recreation!

Here are some of Heather's favorite things:

Color: Purple

Food: Pizza, Chips, and Reese's Peanut Butter cups

Restaurant: Stamp Bar & Grill

Animal: Giraffe

Game: Just Dance

December

3 - Tree Lighting at City Hall

7 - Pearl Harbor Remembrance Day

9 - Movie Night at the Rec Center

ELF, 6:30 P.M.

18 - Hanukkah



25 - Christmas Day

26 - HAPPY KWANZAA!

31 - New Year's Eve



HELLO!
ALOHA
BONJOUR
HOLA



ADULT & SENIOR ACTIVITIES

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.

MONDAY, 9:30 - 10:30 a.m. (beginner), 10:30 - 11:30 a.m. (intermediate), \$5 per class

THURSDAY, 6:00 - 7:30 p.m. (progressive), \$7.50 per class

FRIDAY, 8:30 - 9:30 a.m. (beginner), 9:30 - 10:30 a.m. (intermediate), \$5 per class

Instructor: Allen Isidro

Location: Millbrae Recreation Center, Fitness Center

GAME DAY

We offer Mexican Train, Pedro, and card games.

MONDAY, 10:00 - 2:00 p.m., \$3.15 per player

Location: Millbrae Recreation Center, Senior Lounge

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 new to the 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 that 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, and Bolero.

TUESDAY, 9:00 - 10:00 a.m. (Intermediate) & 10:00 - 11:00 a.m. (Beginner), \$3.15 per class

Instructor: Sandi

Location: Millbrae Recreation Center, Great Hall South

QUILTING

The quilting group meets in the Recreation Center every Tuesday at noon.

TUESDAY, 12:00 - 4:00 p.m., \$3.15 per class

Location: Millbrae Recreation Center, Art Center

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.

WEDNESDAY, 11:00 a.m. - 12:00 p.m., \$8 per class

Instructor: Debbie Au

Location: Millbrae Recreation Center, Fitness Center

SENIOR AEROBICS

A fun aerobics class focused on maintaining movement.

THURSDAY, 10:30 - 11:30 a.m., \$3.15 per class

Instructor: Diane Silven

Location: Millbrae Recreation Center, Fitness Center

MAHJONG

If you are looking for a social game that makes you think, mah-jongg is a great choice.

It's a wonderful way to meet people, challenge your mind, and have fun.

WEDNESDAY & FRIDAY, 12:00 - 2:30 p.m., \$3.15 per player

Location: Millbrae Recreation Center, Senior Lounge

CHINESE LINE DANCING

The group meets in the Recreation Center every Thursday.

THURSDAY, 9:30 - 11:00 a.m. NEW HOURS!

\$3.15 (Seniors) per class

Instructor: Anna

Location: Millbrae Recreation Center, Great Hall So.



PAINTING

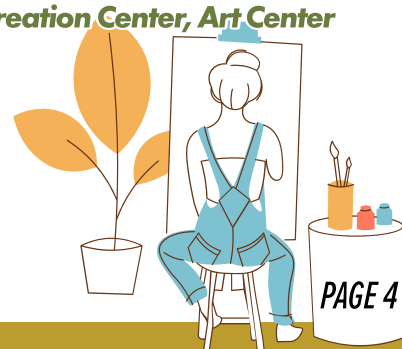
The painting class meets in the Recreation Center every Thursday.

THURSDAY, 1:00 - 4:00 p.m.

\$3.15 (Seniors) / \$9.45 (Adults) per class

Instructor: Sherry Vockel

Location: Millbrae Recreation Center, Art Center



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



Home Share *with* HIP Housing



For 50 years HIP Housing has provided practical solutions to the area's housing challenges.

Our Home Sharing Program helps match individuals seeking housing in San Mateo County with people who have a room or Accessory Dwelling Unit (ADU) to rent.

For more information please call or visit us at our website.



www.hiphousing.org (650) 348-6660

50^{YEARS} HIPhousing

WORDSEARCH

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

Personality

CALM	COMMUNICATIVE
LOVING	ENTHUSIASTIC
MOODY	INTOLERANT
PATIENT	POSSESSIVE
SELFISH	PROTECTIVE
IRRITABLE	INQUISITIVE
CREATIVE	GENEROUS
INTUITIVE	
IMPULSIVE	
ROMANTIC	
PRACTICAL	

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!



DOWN

- 1 Rock blasters
- 2 Miniseries based on a Haley novel
- 3 Score when debating
- 4 Less forgiving
- 5 Restricted zones
- 6 Baseball bat wood
- 7 Sandbar
- 8 "__ luego"
- 9 Time of yr. for new growth
- 10 Last bit
- 11 Oscar-winning film about a fake film
- 12 Short "As I see it"
- 13 N.L. East team
- 19 __ cross
- 21 In-flight info, for short
- 25 Paint-your-own pottery supply
- 26 Catamaran mover
- 29 Lose one's place
- 30 "The Giver" novelist Lowry
- 31 Arthur Ashe Courage Award, for one
- 32 Senate wrap
- 33 Color wheel array
- 35 "The Misery Index" network
- 36 Expert musicians
- 38 Present
- 39 As well
- 42 Turns down
- 44 "The Mis-Adventures of Awkward Black Girl" star
- 47 __ Taylor Loft
- 49 Tango move
- 50 Major religion of Indonesia
- 51 French term of endearment
- 52 Cants
- 53 Marathon aftermath
- 54 Go over well?
- 55 Free __
- 58 Three-spot
- 60 Baby skunk
- 61 Pantry pest

ACROSS

answers on page 10

- 1 Branches
- 5 "Who wants my jellyfish? / I'm not sellyfish!" poet
- 9 Red wine on a white tablecloth, e.g.
- 14 Water under the drawbridge
- 15 Org. concerned with ergonomics
- 16 City known for cheese
- 17 Prod
- 18 Legal entitlement to be invisible?
- 20 Sound investment?
- 22 __ standstill
- 23 Writer Anita
- 24 Constitutional section on entering through the chimney?
- 27 Traditional 30th anniversary symbol
- 28 Hidden agenda
- 32 Avenger with a hammer
- 34 Chow down
- 36 Many streams
- 37 "Okay by moi"
- 38 Funds posted to free a rancher?
- 40 __ jar
- 41 Fiction and nonfiction
- 43 Pro's camera
- 44 Wee
- 45 Daisy like flower
- 46 Hide away
- 48 Legal advice from Yoda?
- 53 Vineyard measure
- 56 "Kinda"
- 57 How some stupid things are done
- 59 Court statements from chess players?
- 62 Bust a gut
- 63 Part of Hispaniola
- 64 Ponte Vecchio River
- 65 First-class
- 66 Young partner
- 67 N.L. East team
- 68 Site for artisans



**Self-Help for
the Elderly**
安老自助處

Self-Help for the Elderly Senior Lunch Program will extend to five days a week starting November 1st, 2022. Our new operation hours are from 9:30 am to 1:30 pm, Monday to Friday. We provide nutritious meals to elders. If you are 60 years old or above and would like to participate, please get in touch with us at 415-319-4115 and leave a message. We require a reservation in advance. We offer in-person activities and virtual classes; everyone is welcome to join. For the monthly lunch menu, class schedule, or our center locations, please visit <https://www.selfhelpelderly.org/locations>.

Our Home Delivered Meals Service is available for homebound individuals needing the service. Please get in touch with our San Mateo Center for details at 650-342-0822.

**FREE ADMISSION
EVERYONE WELCOME!**



Millbrae Senior Showcase

**Friday, January 20, 2022
10:00 a.m.-2:00 p.m.
Millbrae Recreation Center
477 Lincoln Circle, Millbrae, CA 94030**

Featuring:

- ✓ **Free Health Screenings**
- ✓ **Senior Resources, Raffle, & More**

THE DAILY JOURNAL
Leading local news coverage on the Peninsula



FOR INFORMATION CALL (650) 344-5200

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HAPPY BIRTHDAY

November

hello 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
 11/6 Molly Figone
 11/8 Voula Zopolos
 11/8 Mary Vella Treseler
 11/8 Florence Garcia
 11/10 Lynn Sattler
 11/12 Laura Cheresnik
 11/15 Carmen Morrello

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 Marian Fellman
 12/23 Margaret Stirling
 12/23 Nathan Agresti
 12/29 Marie Amoroso

SAN MATEO COUNTY HOUSEHOLD HAZARDOUS WASTE:

Free At-Home Pick-Up Program

San Mateo County offers a FREE pick-up service for household hazardous waste (HHW). The program is only available to people with disabilities, homebound residents, and adults over 65 who do not drive and cannot locate someone to transport the waste for them.

Appointments are available on Wednesdays. The waiting period may vary depending on demand.

Please place your hazardous waste containers in a box, in a location where we can easily retrieve them — on your property, but not on the curb.

APPOINTMENT REQUIRED

To make an appointment call: (650) 399-6919

FOR MORE INFORMATION

Call (650) 399-6919 or (650) 372-6200

ACCEPTED MATERIALS

- Aerosol spray cans (except food grade products like cooking oil sprays)
- Art and hobby supplies
- Automotive products and chemicals
- Batteries (home and car)
- Fluorescent lights (tubes and bulbs)
- Furniture and metal polishes
- Fuels
- Garden fertilizers and herbicides, pesticides and rodenticides
- Household cleaning chemicals
- Old thermometers
- Paint, varnishes, thinners and stains
- Pool and spa chemicals
- Photographic chemicals
- Propane tanks and outdoor cooking fuels (no larger than 20 pounds)

Medicines Not Accepted

Call Med-Project at 844-633-7765
for drop-off locations or visit
smchealth.org/rxdisposal



SAN MATEO COUNTY HEALTH
**ENVIRONMENTAL
HEALTH SERVICES**

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



Mailing Address

**Millbrae Recreation Dept.
Senior Program**
477 Lincoln Circle
Millbrae, CA 94030
Phone: (650) 259-2365

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