

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.



1-2 - Dia de los Muertos

5-8 - Election Day

11 - Veterans Day

24 - Happy Thanksgiving

27 - First Sunday of Advent



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



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:

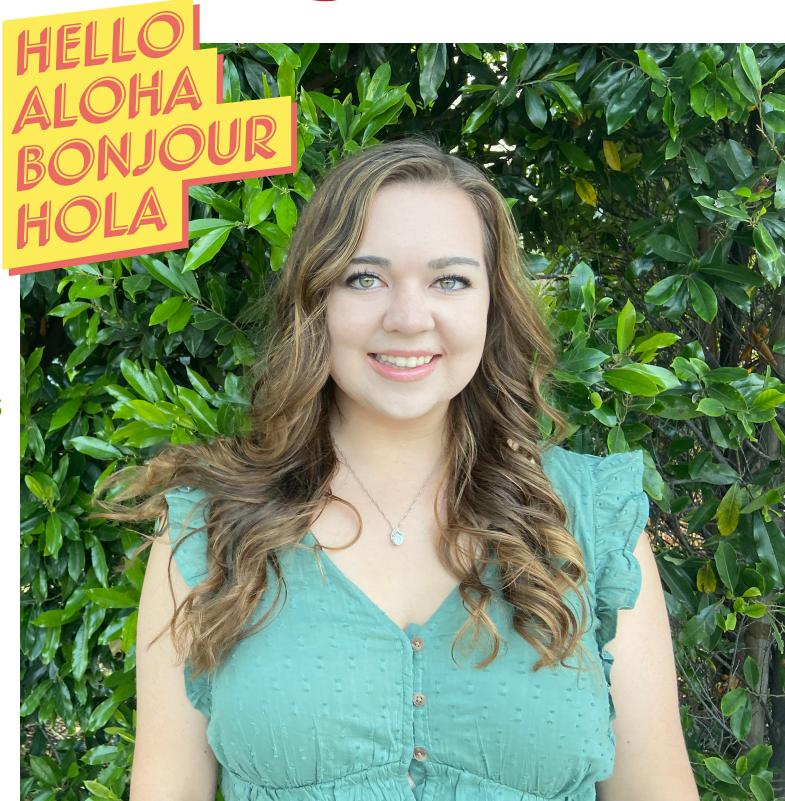
Color: Purple

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

Restaurant: Stamp Bar & Grill

Animal: Giraffe

Game: Just Dance



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



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.

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



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

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



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



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

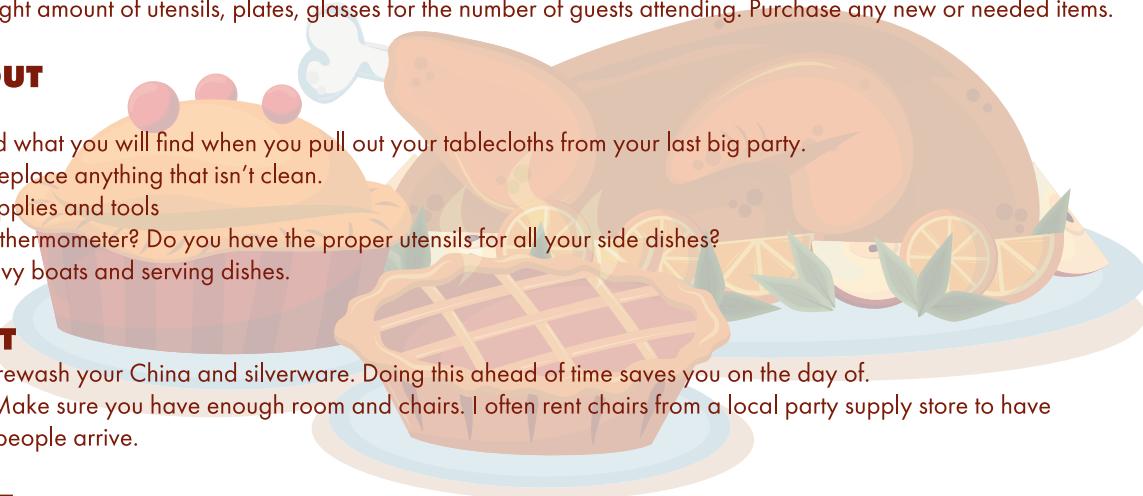
You might be surprised what you will find when you pull out your tablecloths from your last big party.

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!



ACROSS

ACROSS

1 Branches
 5 "Who wants my jellyfish? / I'm not sellfyfish!" 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

answers on page 10

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



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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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**

hello December

**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



The Senior Advisory Committee consists of members appointed by the City Council. Members are qualified electors of the City and shall serve of a term of two years, and may be reappointed to additional terms and serve without compensation.

Members cannot hold any 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), Vinita Ghosh (Alternate)**



EARN FREE TICKETS ON REDI-WHEELS & REDICOAST

The PCC represents Redi-Wheels & RediCoast riders. Our Consumer Corps is a secret-shopper program where customer provide anonymous feedback about their rides. The program collects data on service quality, telephone wait time, on-time performance, etc.

BY COMPLETING & SUBMITTING AT LEAST 8 RIDE EVALUATION FORMS EACH QUARTER, CORPS MEMBERS RECEIVE ONE REDI-WHEELS TICKET BOOK (10 TICKETS).

To join the Consumer Corps call (650) 299-1442 or email sanmateopcc2@gmail.com

*To attend a meeting or join the PCC go to:
sanmateopcc.org*



Mailing Address

PERMIT NO. 115
BURLINGAME, CA
PAID
U.S. POSTAGE
PRSTD STD
Senior Program
Millbrae Recreation Dept.
477 Lincoln Circle
Millbrae, CA 94030
Phone: (650) 259-2365