



# MILLBRAE SENIORLINE

## January/February 2021

“Seniorline” is a bi-monthly publication

City of Millbrae Senior Programs  
Millbrae Recreation

If you would like to be added to the Seniorline mailing list, please call the Recreation office at **650.259.2360** or send an email to **recreation@ci.millbrae.ca.us** to add your information to the USPS mailing, or you can find the current edition on the City of Millbrae website at [www.ci.millbrae.ca.us](http://www.ci.millbrae.ca.us).

Jan

- 1: Happy New Year!
- 5: Senior Stories Zoom Event
- 18: Martin Luther King Day
- 20: Senior Advisory Committee Meeting

Feb

- 2: Senior Stories Zoom Event
- 14: Happy Valentine’s Day!
- 15: Presidents’ Day
- 17: Senior Advisory Committee Meeting

### Recreation Update:

**Please keep in mind we are in a constantly changing situation and the following updates and information provided in this edition of the Seniorline were current at time of printing. For the most up-to-date information regarding City facilities and services, please visit the City’s website at [www.ci.millbrae.ca.us](http://www.ci.millbrae.ca.us) or call the Community Center at 650.259.2360.**

Finally! We can say goodbye to 2020! I am sure that I’m not alone in looking forward to seeing what 2021 will bring us. Millbrae Recreation wishes you a Happy New Year! We hope 2021 brings you health and happiness.

In the pages that follow you will find helpful resources as well as activities to help keep your mind active.

Take Care & Stay Safe!

## **Wellness Checks**

Anyone who is 65 years of age or older and may need a wellness check may sign up at [bit.ly/Millbraewellnesscheck](http://bit.ly/Millbraewellnesscheck) or call the Community Center at 650-259-2360. Wellness checks will be conducted by the San Mateo County Sheriff's Office.

## **Self-Help for the Elderly Lunch Delivery**

Self-Help for the Elderly is delivering frozen meals weekly. Call 415-319-4115 to sign up.

## **Second Harvest of Silicon Valley**

For information about grocery and meal programs throughout the County, go to [www.shfb.org/get-food/](http://www.shfb.org/get-food/) or call 1-800-984-3663.

## **Free Exercise Videos**

Looking for free exercise videos? Check out the collection of Silver Sneakers videos at [bit.ly/SilverSneakersYoutube](http://bit.ly/SilverSneakersYoutube) or Line Dancing with Allen at [bit.ly/linedancingwithallen](http://bit.ly/linedancingwithallen)

## **Virtual Social Groups and Activities**

Check out Highway61, which offers real-time conversation groups for those over 50 including Support Groups, Trivia, Bingo, Book Discussions, Opera, Classic Movies and more! View the calendar of events at <https://calendar.highway61.co/>

To join an event or discussion group, go to [highway61.co](http://highway61.co) to enter your name, email, and code (your code is 125645), and select the discussion "room" you are interested in on the left hand side of the page. If you have any questions, please email [info@highway61.co](mailto:info@highway61.co)

## **Virtual Classes**

Computer classes, art, music, fitness, current events, language classes and more! The San Mateo Adult School has it all. View their class offerings at [sanmateoadulted.org](http://sanmateoadulted.org) or give them a call at (650) 558-2100.

## **Mental Health and Emotional Support**

The Peer-Run Warm Line (1-855-845-7415) is a non-emergency resource for anyone in California seeking emotional support. Assistance is provided via phone and webchat ([www.mentalhealthsf.org](http://www.mentalhealthsf.org)) on a nondiscriminatory basis to anyone in need.

## **Zoom Tutorials**

Interested in joining a Zoom class or video chat with a loved one, but are intimidated by Zoom? Check out the tutorials below. Still feeling unsure? Email [recreation@ci.millbrae.ca.us](mailto:recreation@ci.millbrae.ca.us) to set up Zoom assistance over the phone.

[bit.ly/createzoomaccount](http://bit.ly/createzoomaccount)

[bit.ly/joinzoommeeting](http://bit.ly/joinzoommeeting)

[bit.ly/howtojoinmeeting](http://bit.ly/howtojoinmeeting)

## **Resources for Veterans**

Share these resources with the Veterans in your life!

[bit.ly/aarpVeteransResources](http://bit.ly/aarpVeteransResources)

[hsa.smcgov.org/veterans-resources](http://hsa.smcgov.org/veterans-resources)

Hosted by the Senior Advisory Committee



## senior stories



Join us for our new series where seniors share stories about their lives & Millbrae

Tuesday, January 5  
Guest storyteller: Tom Dawdy  
10am on Zoom  
go to <https://bit.ly/SeniorStoriesZoom>  
password: 001163

## senior stories

Tuesday, February 2

10am on Zoom

go to

[bit.ly/SeniorStoriesZoom](https://bit.ly/SeniorStoriesZoom)

password: 001163



## AARP TAX PREP

Call 650.270.6022 to sign up!

Appointments are available 9am – 12pm and 1pm – 4pm every Wednesday between February 3<sup>rd</sup> and April 7<sup>th</sup>.

Space is limited. Due to health and safety restrictions, your taxes will be prepared off-site and you will need a second appointment to complete the process.

\*Please note- tax service availability is dependent on State and County orders and may cease operation at any time. Making an appointment does not guarantee your taxes will be done by AARP. You will be notified if your appointment is cancelled.

# Sudoku

Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

		2		6	1			9
8		5	4				7	6
6		4						
		3		5	2			
			8		7			
		9	3		2			
					1			2
3	6			8	4			7
2			1	4		9		

6		2				8	4	
				1	3		2	
		7		4				
3	2	4					6	
7			5		2		9	
1						3	7	2
				9		4		
4			8	6				
5	3				7		6	

3	2		8		5		7	
		7						3
1	5	7						
	2				3	1		
4		3	9	1		5		
1	5			8				
				7	3	4		
8				9				
3		1		4		6	7	

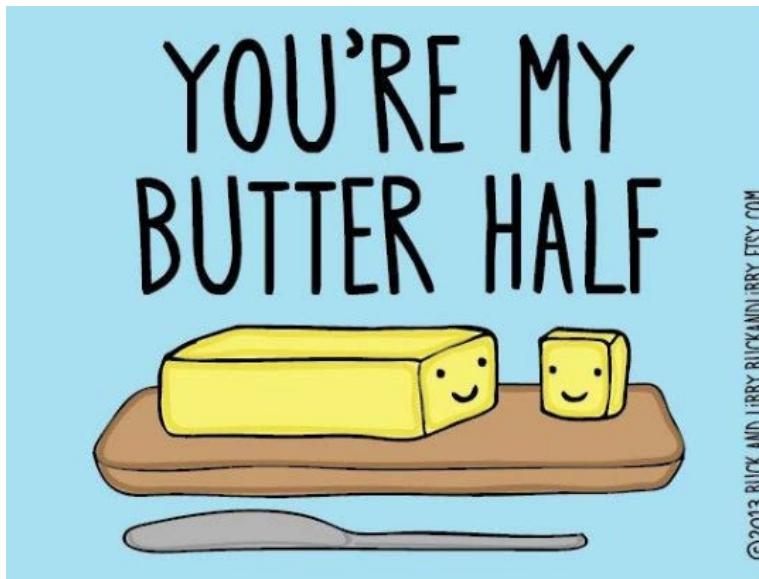
	5				4		6	
3				6	8	2		
4	6			9				1
					1		4	
3	4			5		7	2	
9		2						
6				8		7	9	
	9	3	2					8
7		9					5	

# Winter Wonderland

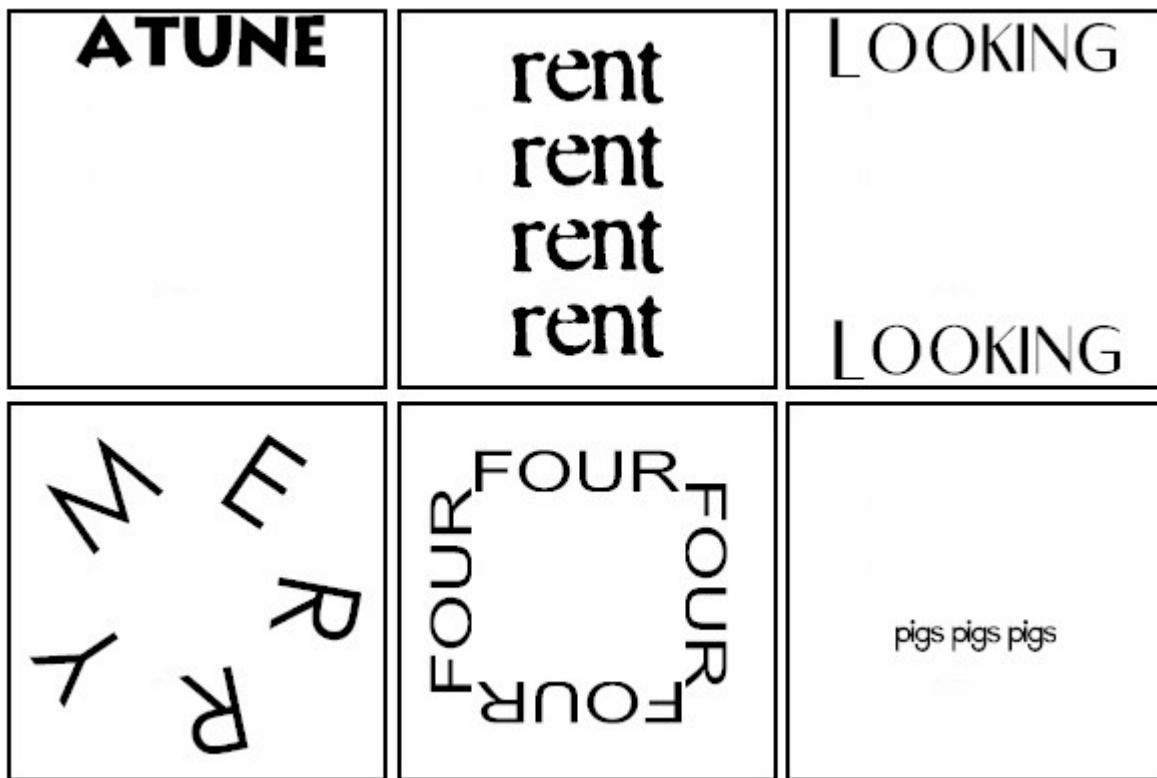
W	I	C	G	N	I	T	A	K	S	T	R	Z	D
N	D	N	A	L	R	E	D	N	O	W	D	C	L
W	O	N	R	A	R	O	R	K	A	W	O	Z	L
S	B	T	S	S	N	O	W	F	L	A	K	E	L
K	D	R	N	I	I	C	I	C	L	E	L	N	N
I	L	N	O	L	L	O	W	Y	T	S	O	R	F
I	N	T	W	L	F	L	C	S	L	S	P	N	S
N	S	R	B	A	R	L	A	N	L	L	G	I	N
G	L	E	A	F	O	T	L	N	I	P	P	Y	S
N	K	T	L	W	Z	S	L	E	D	D	I	N	G
A	S	N	L	O	E	L	G	L	I	S	T	E	N
D	D	I	W	N	N	Z	N	A	D	L	O	C	T
S	O	W	E	S	D	R	A	Z	Z	I	L	B	O
W	H	O	T	C	H	O	C	O	L	A	T	E	I

NIPPY  
 SNOWBALL  
 HOT CHOCOLATE  
 SNOWFLAKE  
 FROSTY  
 ICICLE  
 SKATING  
 WONDERLAND  
 SLEDDING  
 FROZEN  
 BLIZZARD  
 SKIING  
 SNOWFALL  
 GLISTEN  
 WINTER

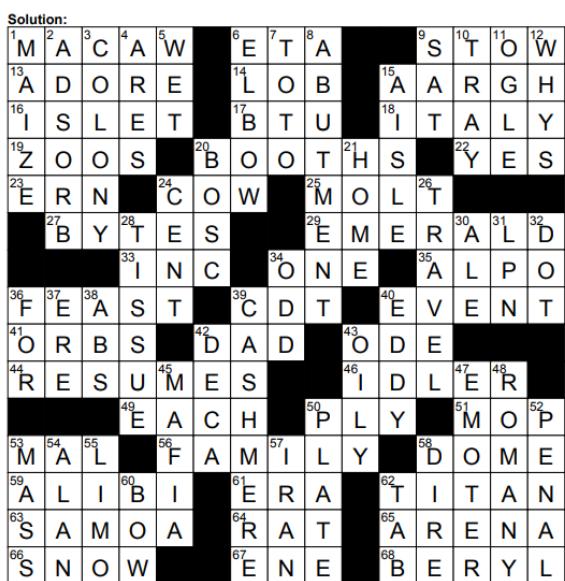
Play this puzzle online at : <https://thewordsearch.com/puzzle/597/>



# Solve the visual word puzzles! Answers are below



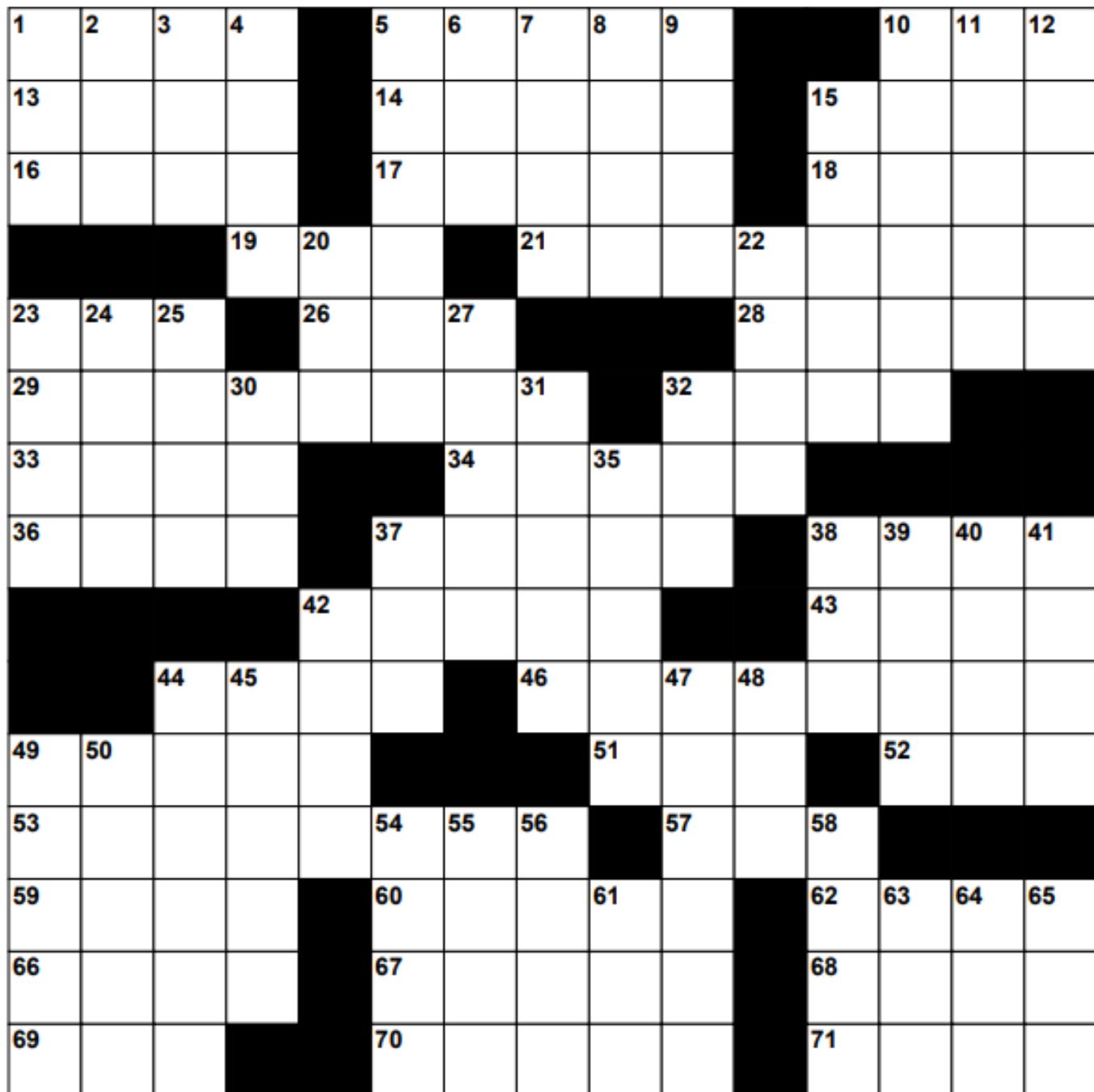
## Answer key to Nov/Dec Seniorline Crossword



## Answer key to Visual Word Puzzles

1. A tune up
2. For rent
3. Looking high and low
4. Merry go round
5. Four square
6. Three little pigs

# HAPPY NEW YEAR!



By Evelyn Johnson - [www.qets.com](http://www.qets.com)

Clues are on the next page

**ACROSS**

- 1 American oriole
- 5 Lotion ingredients
- 10 Resort hotel
- 13 Siamese
- 14 Shred (2 wds.)
- 15 Actor Alda
- 16 Pops
- 17 Musical production
- 18 Marketplace
- 19 Short-term memory
- 21 Small pieces of colored paper
- 23 Aged
- 26 Type of meat
- 28 Does what their told
- 29 Greek god of wine and revelry
- 32 Frost
- 33 Presentation
- 34 Word with home or in
- 36 Took to court
- 37 New Year's Day
- 38 Interbreeding population within a species
- 42 Ticket

- 43 Among
- 44 Appearance
- 46 Fatiguing
- 49 Before
- 51 Evening
- 52 Ball holder
- 53 Water rodents
- 57 Inclined
- 59 Island
- 60 Desert plants
- 62 Belief
- 66 Germ
- 67 Pathway
- 68 Thaw
- 69 Dress edge
- 70 Brass instruments
- 71 Women's magazine

**DOWN**

- 1 Limited (abbr.)
- 2 Expression of surprise
- 3 Really cool
- 4 Press with lips as a sign of love
- 5 Fragrances
- 6 Mouth part
- 7 Organization of Petroleum Exporting Countries
- 8 European monetary unit
- 9 Bridge
- 10 Character on "Saved by the Bell"
- 11 Celebration
- 12 Those who are opposed
- 15 One-celled water animal
- 20 Scriptural your
- 22 What is served for meals
- 23 Chances of winning
- 24 In \_\_ of (instead of)
- 25 Covered stadium
- 27 What an orchestra makes
- 30 Affirmative gesture
- 31 Drinking aid
- 32 Party favor

35 \_\_\_\_\_ Lauder makeup

37 Merriment

38 Time period

39 Give off

40 Get from the earth

41 Verge

42 Elk's cousin

44 Believer in Islam

45 Annoyed

47 Uses

48 Representative

49 Christian sect that separated from the Mennonites

50 Igniter

54 Hormone

55 Tropical edible root

56 Blemish

58 What a clock tells

61 Can metal

63 Delaware

64 Wing

65 Dined

# American Line Dancing – Outdoor Series

Join LDVALI line dancing outside at the Millbrae Library Parking Lot (420 Poplar Ave) for some exercise in the fresh air!

Social distancing and masks will be required. All participants must pre-register online at [bit.ly/milrec](http://bit.ly/milrec) or call 650.259.2360 for the 3-class series. The next series begins January 4<sup>th</sup> and the second begins February 1<sup>st</sup>.



## IF YOU ARE EXPERIENCING...

- **Concerns about fraud**, call AARP Fraud Watch Network Helpline (1-877-908-3360)
- **Abuse or neglect**, contact Adult Protective Services in your county (1-833-401-0832)
- Issues supporting a loved one with **Alzheimer's or other dementias**, call Alzheimer's Association 24/7 Helpline (1-800-272-3900)

## IN AN EMERGENCY, CALL 911



## RESOURCES

### California Coronavirus (COVID-19) Response

COVID Information Line:

1-833-544-2374

[www.covid19.ca.gov](http://www.covid19.ca.gov)

### Connection to Local Services

Call 211 or your county's local information hotline

[www.211ca.org](http://www.211ca.org)

### California Department of Aging

State Aging & Adults

Information Line:

1-800-510-2020

[www.aging.ca.gov](http://www.aging.ca.gov)



# HAPPY BIRTHDAY!

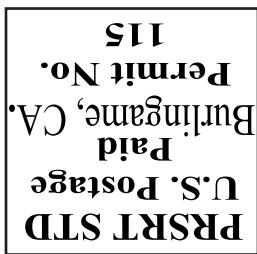


1/1 Carol Schlimmer  
1/1 Richard Herb  
1/3 Storm Shigeko  
1/3 Beverly York  
1/5 Allen Brown  
1/5 Suju Chan  
1/5 Mary Clark  
1/9 Dolores Dornell  
1/10 Julia Caling  
1/10 Pauline Sutton  
1/10 Judie Hughes  
1/11 Dorothy Sand  
1/13 Barbara Hextrum  
1/13 Colleen McClelland  
1/13 Alice Mak  
1/14 Peggy Murphy  
1/14 Mary Elen Ariani  
1/15 Alice Puccinelli  
1/15 Tami George  
1/16 Shun Fai Hung  
1/16 Stacie Hershman

1/18 Paula Tongilara  
1/18 Teri Covarrubias  
1/19 Gloria Reedy  
1/19 Evelyn S. Wyland  
1/20 Pushpa Sadarangami  
1/22 Hok-Shun Hung  
1/23 Doris Richmond  
1/24 Laurette Brayer  
1/25 Seini Afu  
1/25 Paul Crisafulli  
1/25 Thomas Kirby  
1/25 Lesnila Lucuanan  
1/26 Der Yim  
1/27 Carol Renault  
1/27 Gloria Stickle  
1/29 Chon-Wei Yu  
1/29 Tom Sahai  
1/30 James Chow  
1/30 Frank Mc Laughlin

2/1 Claire Patterson  
2/2 Kathleen Verploegh  
2/3 Rita Etchepare  
2/4 Dorothy Lauser  
2/4 Frank Sanchez  
2/6 Saled Kamali  
2/10 Mayta Ocaftrain  
2/10 Roma Alvarez  
2/12 Miriam N. Cruz  
2/12 Marge Colapietro  
2/15 Mary Morrello  
2/15 Dr. Dipakbetti Patel  
2/16 Aida Isassi  
2/19 Val Dambrosio  
2/23 Lynn Aubright  
2/24 Julia Malonchi  
2/24 Lily Lane  
2/25 Dante Panattieri  
2/25 Sheila Delucca  
2/25 Larry Economou  
2/26 Marie Whitener  
2/26 Lorraine Pacheco  
2/26 Fe Benigno  
2/28 Romana Tamaresis  
2/29 Helen Erickson

Did we miss your birthday? Call 650.259.2360 to help us update our birthday records!



Millbrae Recreation Department  
621 Magnolia Ave.  
Millbrae, CA 94030  
Senior Program Department