



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.

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 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 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/ 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 or Line Dancing with Allen at 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 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

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 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) 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 to set up Zoom assistance over the phone.

bit.ly/createzoomaccount

bit.ly/joinzoommeeting

bit.ly/howtojoinmeeting

Resources for Veterans

Share these resources with the Veterans in your life!

bit.ly/aarpVeteransResources

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

password: 001163



AARP TAX PREP

Call 650.270.6022 to sign up!

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

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

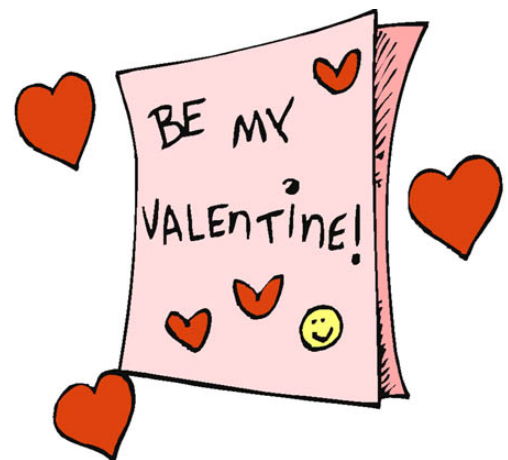
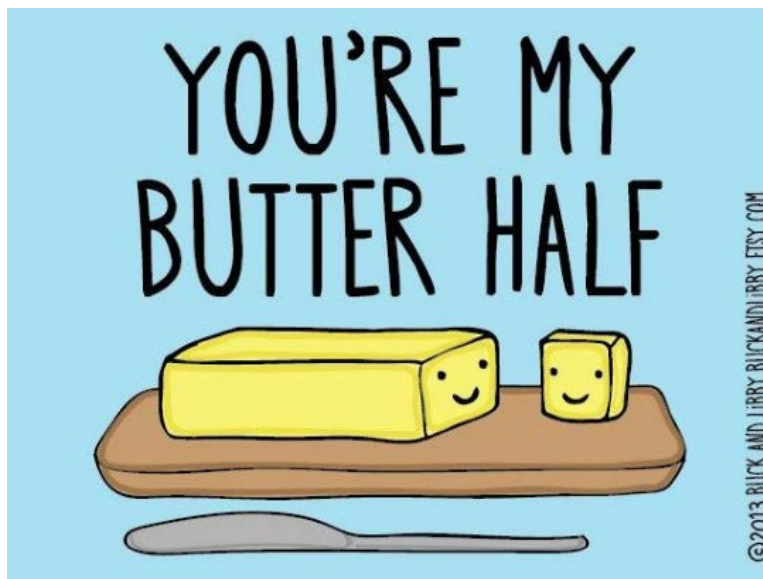
	5				4		6	
3				6	8	2		
4	6			9				1
					1		4	
	3	4		5		7	2	
	9		2					
6				8			7	9
		9	3	2				8
	7		9				5	

Winter Wonderland

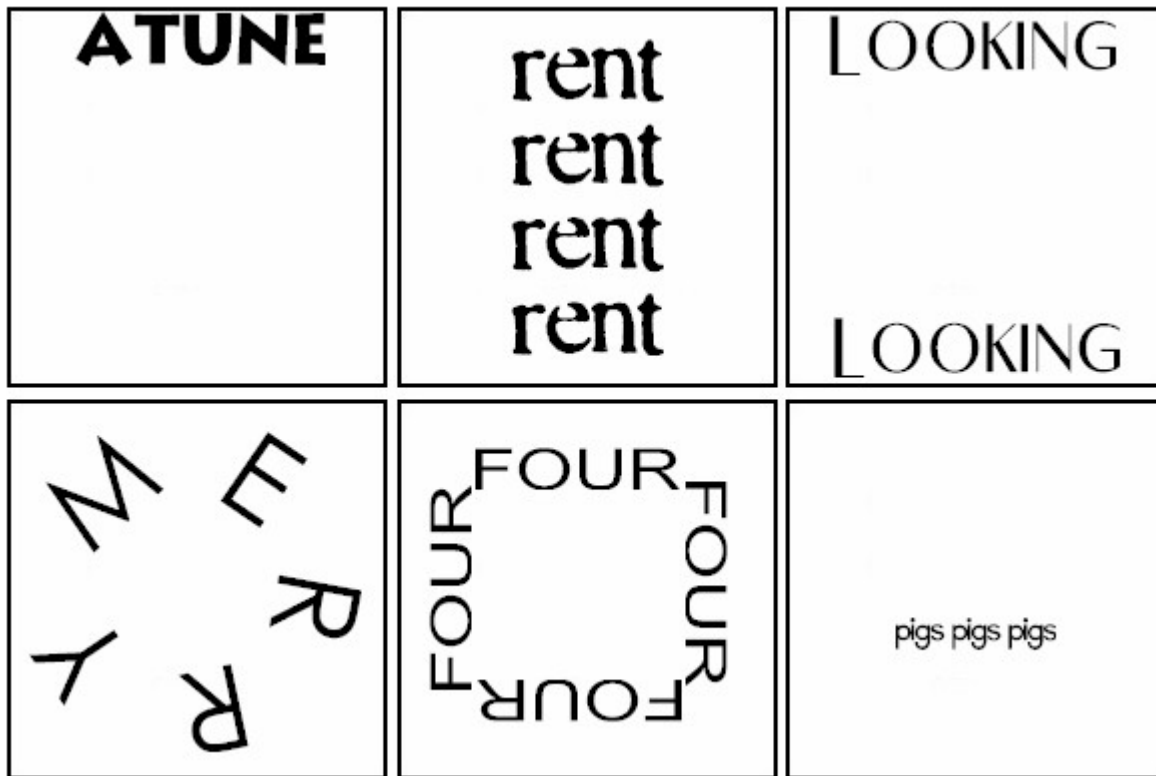
W	I	C	G	N	I	T	A	K	S	T	R	Z	D
N	D	N	A	L	R	E	D	N	O	W	D	C	L
W	O	N	R	A	R	O	R	K	A	W	O	Z	L
S	B	T	S	S	N	O	W	F	L	A	K	E	L
K	D	R	N	I	I	C	I	C	L	E	L	N	N
I	L	N	O	L	L	O	W	Y	T	S	O	R	F
I	N	T	W	L	F	L	C	S	L	S	P	N	S
N	S	R	B	A	R	L	A	N	L	L	G	I	N
G	L	E	A	F	O	T	L	N	I	P	P	Y	S
N	K	T	L	W	Z	S	L	E	D	D	I	N	G
A	S	N	L	O	E	L	G	L	I	S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

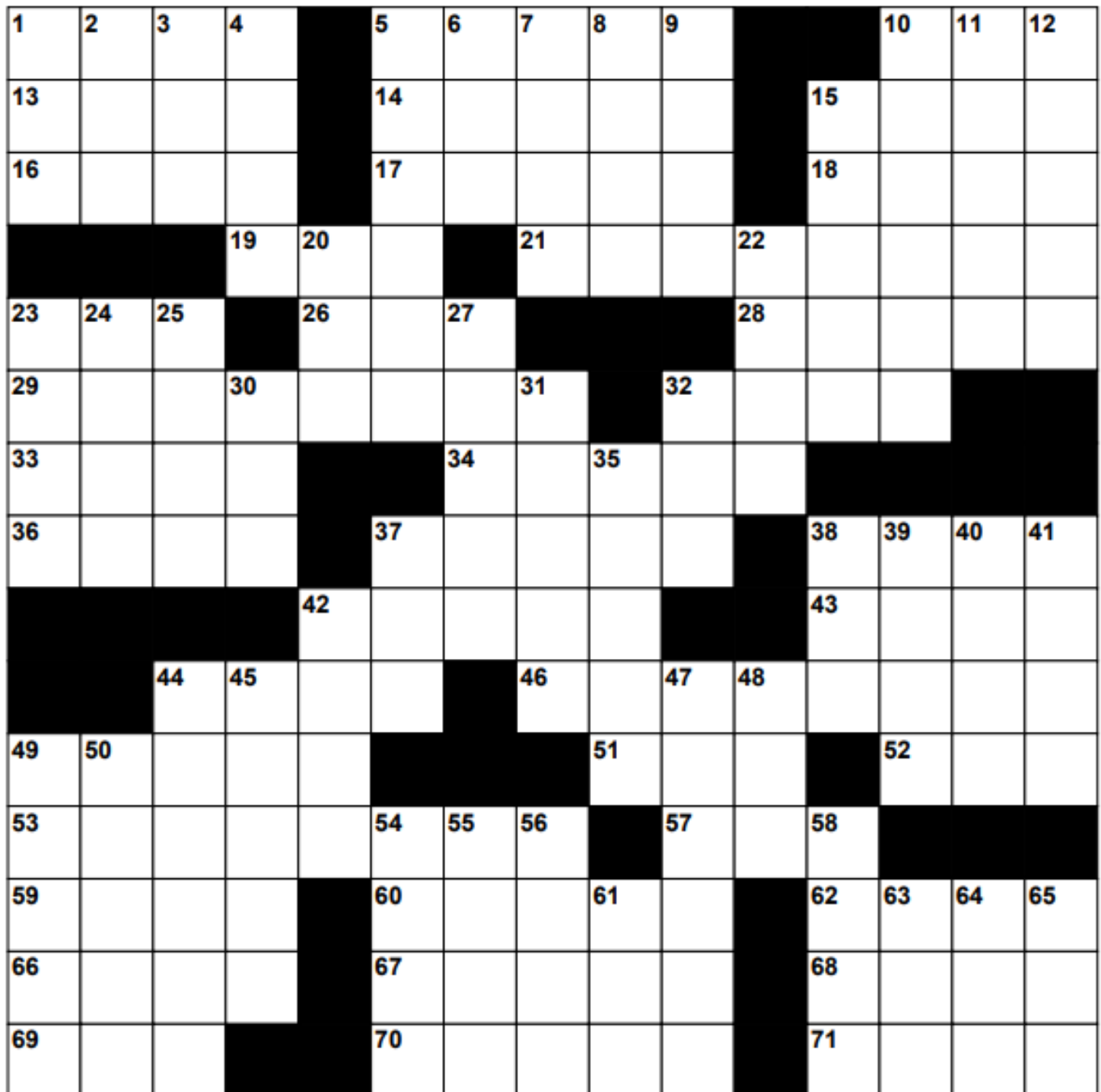
Solution:

1	M	A	C	A	W		6	E	T	A		9	S	T	O	W			
13	A	D	O	R	E		14	L	O	B		15	A	A	R	G	H		
16	I	S	L	E	T		17	B	T	U		18	I	T	A	L	Y		
19	Z	O	O	S		20	B	O	O	T		21	H	S		22	Y	E	S
23	E	R	N		24	C	O	W		25	M	O	L	T		26			
	27	B	Y	T	E	S				29	E	M	E	R	A	L	D		
					33	I	N	C		34	O	N	E		35	A	L	P	O
36	F	E	A	S	T		39	C	D	T		40	E	V	E	N	T		
41	O	R	B	S		42	D	A	D		43	O	D	E					
44	R	E	S	U	M	E	S			46	I	D	L	E	R		47		48
					49	E	A	C	H		50	P	L	Y		51	M	O	P
53	M	A	L		56	F	A	M	I	L	Y		58	D	O	M	E		
59	A	L	I	B	I		61	E	R	A		62	T	I	T	A	N		
63	S	A	M	O	A		64	R	A	T		65	A	R	E	N	A		
66	S	N	O	W			67	E	N	E		68	B	E	R	Y	L		

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

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 or call 650.259.2360 for the 3-class series. The next series begins January 4th and the second begins February 1st.



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

Connection to Local Services
Call 211 or your county's local information hotline
www.211ca.org

California Department of Aging
State Aging & Adults Information Line:
1-800-510-2020
www.aging.ca.gov



HAPPY BIRTHDAY!

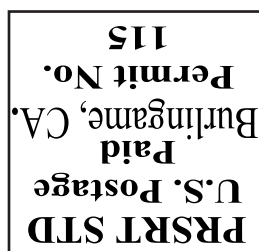


1/1 Carol Schlimmer
1/1 Richard Herb
1/3 Storm Shigeko
1/3 Beverly York
1/5 Allen Brown
1/5 Suju Chan
1/5 Mary Clark
1/9 Dolores Dornell
1/10 Julia Caling
1/10 Pauline Sutton
1/10 Judie Hughes
1/11 Dorothy Sand
1/13 Barbara Hextrum
1/13 Colleen McClelland
1/13 Alice Mak
1/14 Peggy Murphy
1/14 Mary Elen 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 Ocafrain
2/10 Roma Alvarez
2/12 Miriam N. Cruz
2/12 Marge Colapietro
2/15 Mary Morrello
2/15 Dr. Dipakbeti 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
Senior Program
621 Magnolia Ave.
Millbrae, CA 94030