

January / February 2022



MILLBRAE SENIORLINE

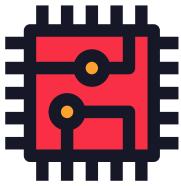
A bi-monthly newsletter for seniors in Millbrae



Lunar New Year Celebration

Lunar New Year is a celebration of the arrival of spring and the beginning of a new year on the lunisolar calendar. It is the most important holiday in China, and it is also widely celebrated in South Korea, Vietnam, and countries with a significant overseas Chinese population. While the official dates encompassing the holiday vary by culture, those celebrating consider it the time of the year to reunite with immediate and extended family.

TECHNOLOGY TUESDAYS



2/8, 9:30-10:30 a.m.

iPhone 101



2/22, 9:30-10:30 a.m.

Android 101



Call (650) 259-2360 to reserve
your spot!

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OMG!

January

1 - New Year's Day

13 - Korean American Day

20 - Martin Luther King Jr. Day

25 - Lunar New Year



February

1 - National Freedom Day

14 - Valentine's Day

21 - Presidents Day



**BLACK
HISTORY
MONTH**



#MILLBRAECOMMUNITYTOGETHER

**REBUILD
EXPLORE
CONNECT**



Scan or
go online
to donate!

MILLBRAE
community foundation

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-\$2499 |

Written Recognition:

Supporter.....\$50-\$499

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

millbraerecreationcenter.com



MILLBRAE
RECREATION

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.



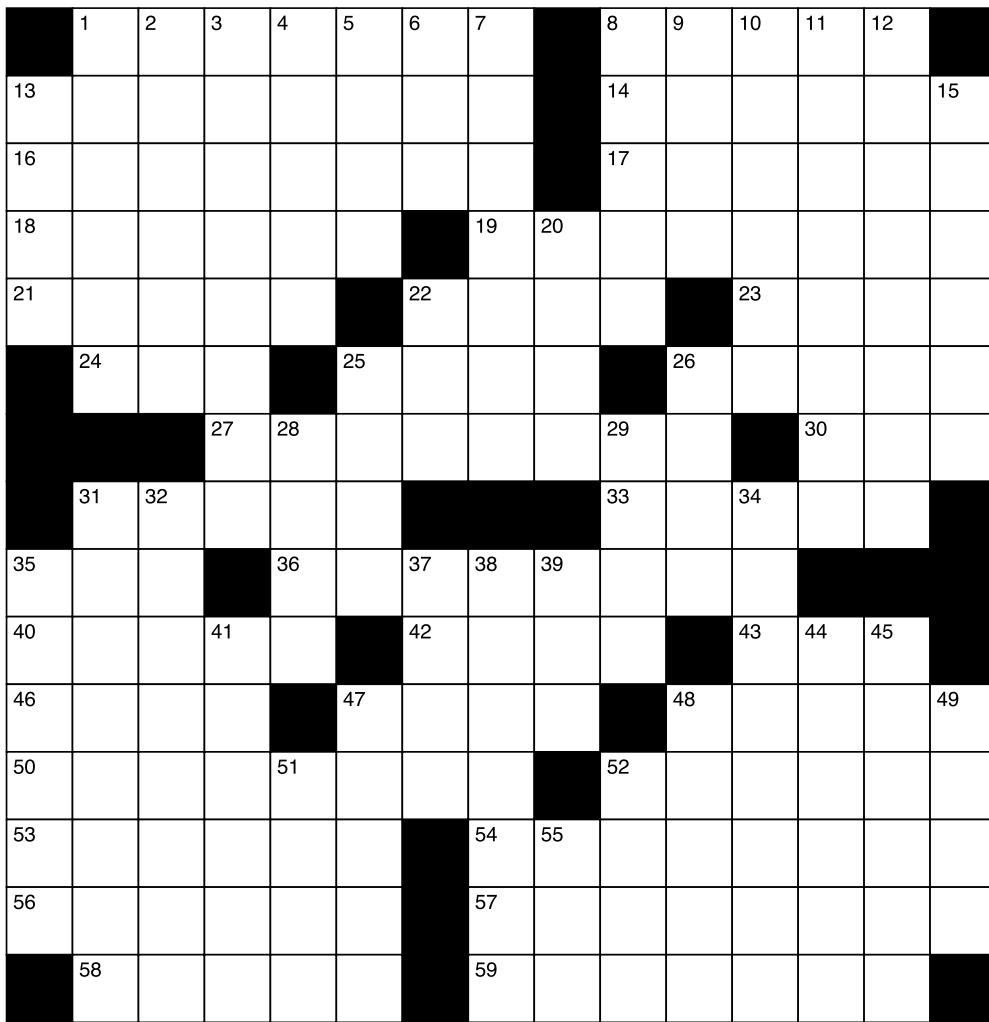
Types of Home Sharing

- 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.



Across

1. Carried someone else's bag
8. Dressed like a superhero
13. "You don't say..."
14. Slippery sort
16. Infamous crime family name
17. Nissan sedan
18. Mertz and Merman
19. Lent a hand
21. Sounds like
22. Suffix with flex
23. Trendy spiced tea
24. Kind of story
25. Saintly headdress
26. Kublai and Genghis
27. Close watch
30. Bk. before Esth.
31. Speed spurt
33. Make vertical
35. Mil. leader
36. Amelia Earhart, for one
40. Potsie portrayer Williams

42. Future doc's exam
43. Vaclav Havel Airport baggage code
46. Roe-producing fish
47. Garr of "Mr. Mom"
48. Far from comforting
50. Beatles 1964 chart-topper
52. TV's Howser
53. "Eureka!"
54. Wounded
56. Tooth buildup
57. Maladies
58. Lake Malawi's old name
59. When Mardi Gras is celebrated

Down

1. Slides
2. Primitive (prefix)
3. May-__ romance
4. Roald and Arlene
5. Specks in the Seine
6. Ernie ____ (golfer)
7. Like white T-shirts
8. Shut down
9. Sheryl Crow's "____ Wanna Do"
10. Coup d'état
11. Lily Tomlin's five-and-a-half-year-old
12. Abased
13. Cries at the bullfight
15. Veggie with a bite
20. Plumlike fruit
22. End for den or cord
25. "Curb Appeal" channel
26. French Foreign Legion uniform hat
28. Simile words
29. Mongols' tent
31. Legendary golf great
32. Distasteful
34. Erupted
35. Like a Victorian street
37. Contacted online, in a way
38. Trapeze performer
39. Mai ____ (tropical drink)
41. One-named Alabaman folk singer
44. Saskatchewan capital
45. Mirth
47. Prefix with -cycline
48. Certain mikes
49. Canvas shoe brand
51. Soldiers not accounted for
52. Pineapple brand
55. Actor Lucy

Crossword Puzzle
Answers on Page 7

WHAT ARE THE KIDS REALLY SAYING?



YOLO - You Only Live Once
TBH - To Be Honest
Thirsty - Trying to get attention
Sic - Something that is cool
Lit - Amazing
Gucci - Good or Cool

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 per class
- **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)
- **Time:** 9:30-10:30 a.m
- **Fee:** \$5 per class
- **Instructor:** Allen Isidro

- **Days:** Monday (Intermediate)
- **Time:** 10:30-11:30 a.m
- **Fee:** \$5 per class
- **Instructor:** Allen Isidro

- **Days:** Friday (Beginner)
- **Time:** 8:30-9:30 a.m
- **Fee:** \$5 per class
- **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:** Thursday
- **Time:** 9:00-10:00 a.m.
- **Fee:** \$3 per class
- **Instructor:** Sandi

QUILTING

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

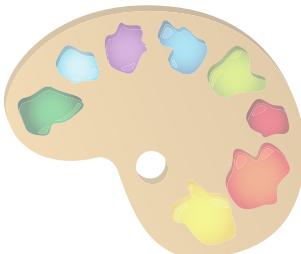
- **Days:** Tuesday
- **Time:** 12:00-4:00 p.m.
- **Fee:** \$3 per class



PAINTING

Painting class in the Community Center every Thursday.

- **Days:** Thursday
- **Time:** 1:00-4:00 p.m.
- **Fee:** \$3 per class



SENIOR AEROBICS

Fun aerobics class with a focus on maintaining your movement!

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

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



SAN MATEO ADULT & CAREER EDUCATION

EXERCISE TO HELP PREVENT FALLS - 8 WEEKS

Practice moderately paced - This class is designed to support and maintain overall fitness for adults 70 and better! We practice specific routines to improve leg and arm strength. You will learn about body mechanics that contribute to better posture and can help lower your risk for falls. Some exercises are done seated; others while standing, using a chair for support. Bring 2lb. hand weights. Resistance bands provided. Class size is limited to 10. Guest drop-in passes not 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") bit.ly/milrec

order online!
bit.ly/milrec

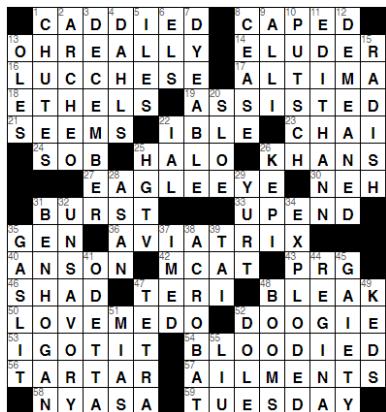
For questions email apappajohn@ci.millbrae.ca.us



WORDSEARCH

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| H | N | F | C | R | H | L | O | A | Y | U | U | F | M |
| E | L | R | H | J | F | W | E | M | G | A | L | L | J |
| R | O | A | E | J | Y | O | O | B | E | O | Y | Y | O |
| O | C | N | S | I | D | O | R | A | O | H | S | N | H |
| N | N | K | T | M | E | D | N | R | R | S | S | D | N |
| A | I | L | E | M | N | R | O | A | G | U | E | O | Q |
| L | L | I | R | Y | N | O | M | C | E | B | S | N | A |
| D | M | N | A | C | E | W | S | K | H | W | S | J | D |
| R | A | P | A | A | K | W | E | O | B | E | G | O | A |
| E | H | I | R | R | N | I | M | B | U | G | R | H | M |
| A | A | E | T | T | H | L | A | A | S | R | A | N | S |
| G | R | R | H | E | O | S | J | M | H | O | N | S | H |
| A | B | C | U | R | J | O | N | A | B | E | T | O | S |
| N | A | E | R | E | E | N | A | J | E | G | I | N | E |

ULYSSESS GRANT
 FRANKLIN PIERCE
 BARACK OBAMA
 WOODROW WILSON
 GEORGE H BUSH
 ABRAHAM LINCOLN
 CHESTER A ARTHUR
 LYNDON JOHNSON
 JIMMY CARTER
 JOHN Q ADAMS
 RONALD REAGAN
 JAMES MONROE
 JOHN KENNEDY
 GEORGE W BUSH



"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.

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



Save 50% on Amazon Prime Membership

What is the Amazon Prime senior discount?

Amazon prime senior discount is offered to the seniors who have valid EBT cards. People having Medicaid facilities can also avail this offer. With this offer, you can take the Amazon Prime membership at \$5.99 per month and subscribe to the Prime membership via the Amazon Prime EBT Signup option.

With senior citizen discounts, you can get free delivery on eligible items available on Amazon. In addition, Amazon offers various facilities to their Prime members, such as exclusive discounts, before-time delivery schedule, birthday discounts, discounts on minimum purchase, Prime pantry, and 2 hours delivery.

To qualify go to amazon.com/qualify



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 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. 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



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 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)**

AARP Foundation Tax-Aide provides in-person tax assistance free of charge to anyone.

Appointments are available:
9:00 a.m. to 12:00 p.m. & 1:00 p.m. to 4:00 p.m.
every Wednesday between February 9th & April 6th

Schedule an appointment online at
bit.ly/millbraeseniors
or call (650) 259-2361 for questions



CITY OF MILLBRAE

AARP FREE TAX ASSISTANCE



Mailing Address

PERMIT NO. 115
Millbrae, CA 94030
621 Magnolia Avenue
U.S. POSTAGE
PRSRTD STD
PAID
BURLINGAME, CA
PAID
U.S. POSTAGE
PRSRTD STD

Phone: (650) 259-2365
Millbrae Recreation
Senior Program
621 Magnolia Avenue
Millbrae, CA 94030
U.S. POSTAGE
PRSRTD STD