

JANUARY/FEBRUARY 2023

MILLBRAE SENIORLINE



**Join the Monthly Birthday Luncheon
on January 10 and February 14, 2023**

\$6 Luncheon (Bingo card \$1 extra)

Call (650) 259-2361 to make a reservation
(RSVP deadline is the Thursday before the event)

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

January 2023

1 New Year's Day

2 City Holiday (Observed)

10 Monthly Birthday Luncheon

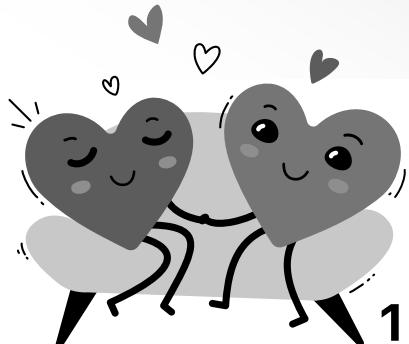
13 Korean American Day

14 Millbrae 75th Anniversary

20 Martin Luther King Jr. Day (Holiday)

22 Chinese New Year's Day (Year of the Rabbit)

29 Lunar New Year Festival (On Broadway)



February

1 National Freedom Day

Black History Month (Begins)

8 AARP Tax-Aide (Begins)

14 Valentine's Day

Monthly Birthday Luncheon

21 Presidents Day (Holiday)



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CALENDAR

Monthly Birthday Luncheon every
2nd Tuesday monthly

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Open to all!

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BIRTHDAYS

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AARP FOUNDATION TAX-AIDE PROGRAM

AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. Tax-Aide volunteers are located nationwide, and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code.

Appointments are available 9:00-4:00 p.m.
every Wednesdays between Feb 8 & Apr 12

Visit bit.ly/millbraeseniors for an appt



Peninsula
Family Service

You Talk, We Listen

Counseling for adults 55+

Short Term confidential counseling in English or Spanish for San Mateo County residents who are at least 55 years old, provided by a licensed therapist.

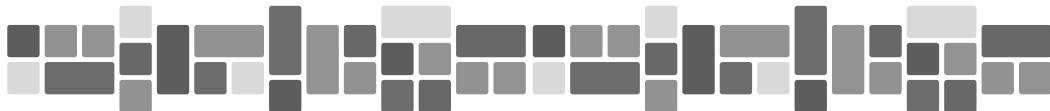
Individual, Couple, or Family therapy available

\$15.00 co-pay per visit

For more information please contact Raychelle at (650) 403-4300 ext. 4389



 Sutter Health
Mills-Peninsula
Health Services



GET
APP-Y
WORKSHOP
Presented by Peninsula Family Service

Join us to learn...

- New technology skills
- How to use mobile devices
- How to download and use apps
- Online safety and more!

Millbrae Recreation Center, Senior Lounge

477 Lincoln Circle, Millbrae, CA 94030

1st Thursday of each month

11/3, 12/1, 1/5, 2/2, 3/2, 4/6, 5/4, 6/1

9:30-11:00 a.m.

Email: helpathand@peninsulafamilyservice.org

Phone: **(650) 403-4300 ext. 4366**

Website: www.peninsulafamilyservice.org

**OPEN TO
ADULTS 55+**



Peninsula
Family Service



SENIOR ADVISORY COMMITTEE



MEETS ON THE 3RD WED OF EACH MONTH AT 9:00 A.M.

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.

View the official City of Millbrae events page at ci.millbrae.ca.us for more details

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



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

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



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.

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 Silver

**Location: Millbrae Recreation Center,
Fitness Center**

CHINESE LINE DANCING

The group meets in the Recreation Center.

**THUR, 9:00 - 10:30 a.m.
\$3.15 (Seniors) per class**

Instructor: Anna

**Location: Millbrae Rec
Center, Great Hall So.**

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, 9:00 - 2:30 p.m., \$3.15 per player

Location: Millbrae Recreation Center, Senior Lounge

PAINTING

The painting class meets in the Recreation Center every Wednesday and Thursday.

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

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

Instructor: Sherry Vockel

Location: Millbrae Recreation Center, Art Center



P7

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

Consumer Alert

CRYPTO SCAMS

Did someone promise to
recover your crypto loss?

For a fee?

That's a scam.

ReportFraud.ftc.gov



FEDERAL TRADE
COMMISSION



The failure of a major cryptocurrency exchange has wiped out many crypto investors, and it could lead to potential scammers looking to cash in. Find out how to avoid them.

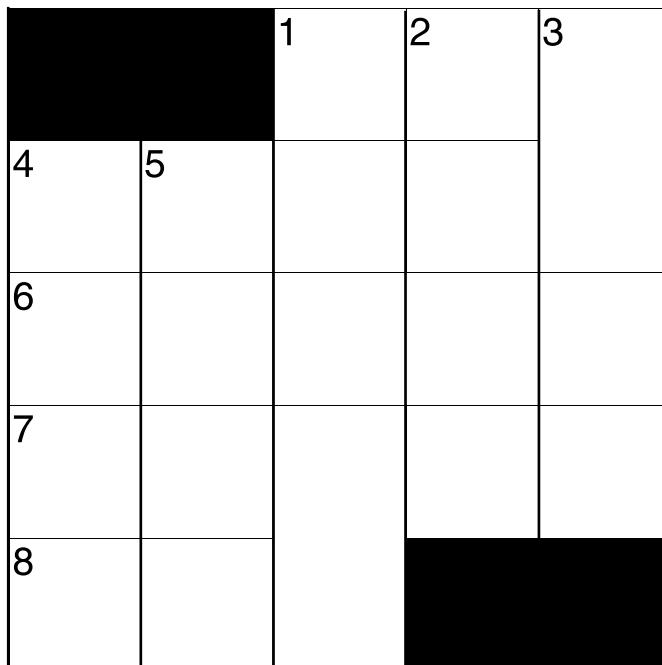
Some scammers offer so-called recovery services to people who have lost money to fraud. If you've lost money in crypto, scammers might try to convince you they can get your money back. (Spoiler alert: they can't.) They'll impersonate the government, a company, or another organization saying that they can help you recover all that money. They'll make up lots of stories to convince you they will. But first, they'll tell you to pay them a fee. Or give them your financial information so they can put those lost funds back into your account. But if you do either of these things, your money will be gone.

To spot and avoid recovery scams, remember:

- Don't pay anyone who contacts you, offering to recover money you lost to a scam. Nobody legit will call, email, send a letter, or contact you on social media with this kind of offer. And if you pay any fee they charge, or give them any account information, your money will be gone.
- Check out any offers if you're still tempted. Remember: it's not how government agencies work, and no legit company or organization will contact you about getting your money back. But if you're curious, search for their name online with the words "complaint", "scam" or "review." See what people say.
- Know that only scammers will tell you to pay by gift card, cryptocurrency or wire transfer. It's a sure way to know that whoever you're dealing with is a scammer.

Spot a recovery scam like this? Tell us at ReportFraud.ftc.gov.

CROSSWORD PUZZLE



ACROSS

- 1 Stefani Germanotta, ___ Lady Gaga
- 4 Blue hedgehog in a Sega video game series
- 6 Online party notice
- 7 Rickrolling and Distracted Boyfriend, e.g.
- 8 Suffix with serpent

DOWN

- 1 Film genre that originated in Japan
- 2 Windy day toy
- 3 Las Vegas WNBA team
- 4 18-wheeler
- 5 Air fryer, for one



**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.

Consumer Alert

The IRS won't text you about your refund.

It's a scam.

Let us know:

ReportFraud.ftc.gov



FEDERAL TRADE
COMMISSION



A tax rebate of \$268.48 has been issued to you for an over-payment in year 2021-2022. Click the link to continue.
<https://irsdown...>

IRS impersonators have been around for a while. But as more people get to know their tricks, they're switching it up. So instead of contacting you about a tax debt and making threats to get you to pay up, scammers may send you a text about a "tax rebate" or some other tax refund or benefit. Here's what to know about the new twist.

The text messages may look legit, and mention a "tax rebate" or "refund payment." But no matter what the text says, it's a scammer phishing for your information. And if you click on the link to claim "your refund," you're exposing yourself to identity theft or malware that the scammer could install on your phone.

If someone contacts you about a tax rebate or refund:

- Never click on links in unexpected texts. Don't share personal information with anyone who contacts you out of the blue.
- Always use a website or phone number you know is real.
- Know that the IRS won't call, email or text to contact you for the first time. They'll always start by sending you a letter. If you want to confirm, call the IRS directly at 800-829-1040.
- Find the status of any pending refund on the IRS official website. Visit [Where's My Refund](#).
- Report unsolicited texts or emails claiming to be the IRS. Forward a screenshot or the email as an attachment to phishing@irs.gov

If you clicked a link in one of these text or emails and shared personal information, file a report at [IdentityTheft.gov](#) to get a customized recovery plan based on what information you shared.

Even if you didn't lose money to an IRS impersonator scams, tell us about it at [ReportFraud.ftc.gov](#).

WORD SEARCH

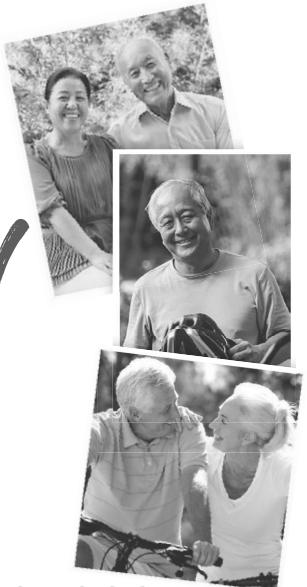
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H	N	F	Y	D	L	F	W	Y	E	E
G	N	I	O	D	N	N	O	T	U	R
E	N	A	U	D	I	O	T	D	R	E



Millbrae Senior Showcase

*Free Admission
Everyone Welcome!*



**Friday, January 20, 2023
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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Consumer Alert

CHARITY SCAMS



Charity scams



FEDERAL TRADE
COMMISSION

This #VeteransDay

Stop veteran charity scams

ftc.gov/charity



Want to help charities that support servicemembers and veterans? Around Veterans Day, charity scammers seek to take advantage of your generosity. They contact you about fake veteran and military causes, tugging at your heart strings — and grabbing for your wallet. A little research will help you spot these charity scams and make sure your donations count.

Charity scammers lie about who they're affiliated with and how your money will impact the program you want to help. Do some research to find veteran charities who use your donations wisely and avoid scams:

- Check the name of the charity and its ratings. Search the charity's name online with words like "complaint" and "fraud" and "scam." Check the charity's reports and ratings to see how they spend donations. If you see bad reviews that concern you, find another organization.
- Find out who's behind a crowdfunding request or social media donation link — before giving. Scammers use stolen photos and other people's stories to raise money for themselves. Find out who's organizing the campaign since that's who gets the money donated. They're expected to give it to the intended recipient. The safest way to give through crowdfunding or social media is to only donate to people you know and trust.
- Pay with safer payment methods. Scammers ask you to donate in ways that make it hard to get your money back — by gift card or wire transfer, or by cryptocurrency. The safest way to donate is by credit card, which gives you some protection if something goes wrong.

Learn more at ftc.gov/charity. Report scams to FTC at ReportFraud.ftc.gov and your state charity regulator.



January

01 - Carol Schlimmer
Richard Herb

18 - Paula Tongilara
Teri Covarrubias

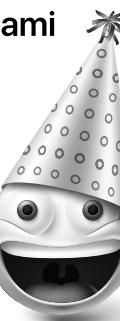


03 - Storm Shigeko
Beverly York

19 - Gloria Reedy
Evelyn S. Wyland

05 - Allen Brown
Suju Chan
Mary Clark

20 - Pushpa Sadarangami



09 - Dolores Dornell

23 - Doris Richmond

10 - Julia Caling
Pauline Sutton
Judie Hughes

24 - Laurette Brayer

11 - Dorothy Sand

25 - Seini Afu
Paul Crisafulli
Karen Kahn
Thomas Kirby
Lesnila Lucuanan

13 - Barbara Hextrum
Alice Mak

26 - Der Yim

14 - Peggy Murphy
Mary Elen Ariani

27 - Carol Renault
Gloria Stickle

15 - Alice Puccinelli
Tami George

29 - Chon-Wei Yu
Tom Sahai

16 - Shun Fai Hung
Stacie Hershman

30 - James Chow
Frank Mc Laughlin





February

01 - Claire Patterson

02 - Kathleen Verploegh

03 - Rita Etchepare

04 - Dorothy Lauser
Frank Sanchez

06 - Saled Kamali

10 - Mayta Ocafraint
Roma Alvarez

12 - Miriam N. Cruz
Marge Colapietro

15 - Mary Morrello
Dr. Dipakbetti Patel

16 - Aida Issassi

19 - Val Dambrosio

23 - Lynn Aubright

24 - Julia Malonchi
Lily Lane

25 - Dante Panattieri

Sheila Delucca

Larry Economou

26 - Marie Whitener
Lorraine Pacheco

Fe Benigno

28 - Romana Tamaresis

29 - Helen Erickson



HAPPY
BIRTHDAY
..... TO YOU





PCC
San Mateo County
Paratransit Coordinating Council

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 sammateopcc2@gmail.com*

To attend a meeting or join the PCC go to:

sammateopcc.org

Across:
1AKA,4SONIC,6EVITE,7MEMES,8INE
Down:
1ANIME,2KITE,3ACES,4SEMIL,5OVEN

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

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