

September / October 2022

MILLBRAE SENIORLINE

A bi-monthly newsletter for seniors in Millbrae

THE MONTHLY BIRTHDAY LUNCHEON IS BACK!

Join your friends for lunch and bingo every 2nd Tuesday beginning October 11, 2022.
\$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.

September

3 & 4 - Art & Wine Festival

5 - Labor Day

9 - Movie Night at Central Park

In the Heights, 7:40 p.m.

11 - Patriot Day

15 - Hispanic Heritage Month begins

15 - Beats, Brews, & Vines

AS IS BAND, 6:00 p.m.

17 - Relay for Life at Central Park



October

1 - Filipino American History Month Begins

2 - Japanese Culture Festival

20 - Beats, Brews, & Vines

POLKAGEIST WEST, 5:00 P.M.

21 & 22 - Millbrae Art Show, Recreation Center, Great Hall

30 - Kids Carnival at Rotary Park

13, 20, 27 - City of Millbrae Citizens Academy, Recreation Center, Great Hall *more info on p.6*

Millbrae Cultural Arts Advisory Committee

MILLBRAE ART SHOW

CELEBRATING MILLBRAE & WHAT'S TO COME!

October 21, 6:00-9:00 p.m. (hosted reception)

October 22, 12:00-6:00 p.m.

Millbrae Recreation Center, Great Hall

Registration available online at: bit.ly/mcaacartshow or in person at the Rec Center

Millbrae Recreation Center

477 Lincoln Circle

(650) 259-2360



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 Boleros.

TUESDAY, 9:00 - 10:00 a.m., \$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

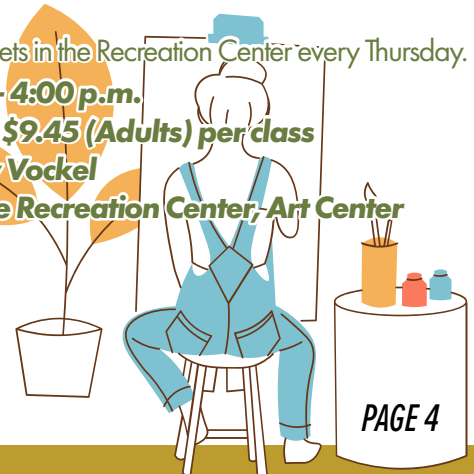
The painting class meets in the Recreation Center every Thursday.

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

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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

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

Worlds Tallest Mountains

BROAD PEAK	MAKALU
NANDA DEVI	RAKAPOSHI
ANNAPURNA	MANASLU
LHOTSE	TRIVOR
MASHERBRUM	GASHERBRUM
EVEREST	KAMET
MUZTAG	BATURA
GODWIN AUSTEN	CHO OYU



City of Millbrae CITIZENS ACADEMY

Learn about City Government

Community members who want to get more involved with the city have the opportunity to participate in a free six-session Citizens Academy to engage with City of Millbrae staff and learn about the city government. Opportunities include:

- Meeting with city leaders, department directors, and staff.
- Learning how individual departments operate, with complete overviews and a behind-the-scenes experience.
- Understanding how the City allocates funds and how decisions are made.

Schedule:

- **Wednesday, September 21, 2022**
5:30 P.M. to 9:00 P.M.
- **Thursday, September 29, 2022**
5:30 P.M. to 9:00 P.M.
- **Wednesday, October 5, 2022**
5:30 P.M. to 9:00 P.M.
- **Thursday, October 13, 2022**
5:30 P.M. to 9:00 P.M.
- **Thursday, October 20, 2022**
5:30 P.M. to 9:00 P.M.
- **Thursday, October 27, 2022**
6:00 P.M. to 8:00 P.M.



Registration is now open through September 9th!

- Space is limited to 35 participants and program capacity will be filled on first come first serve basis.
- Participants must be 18 years or older to register.
- Participants must attend all six sessions to graduate.

To register please fill out the attached
form and return to

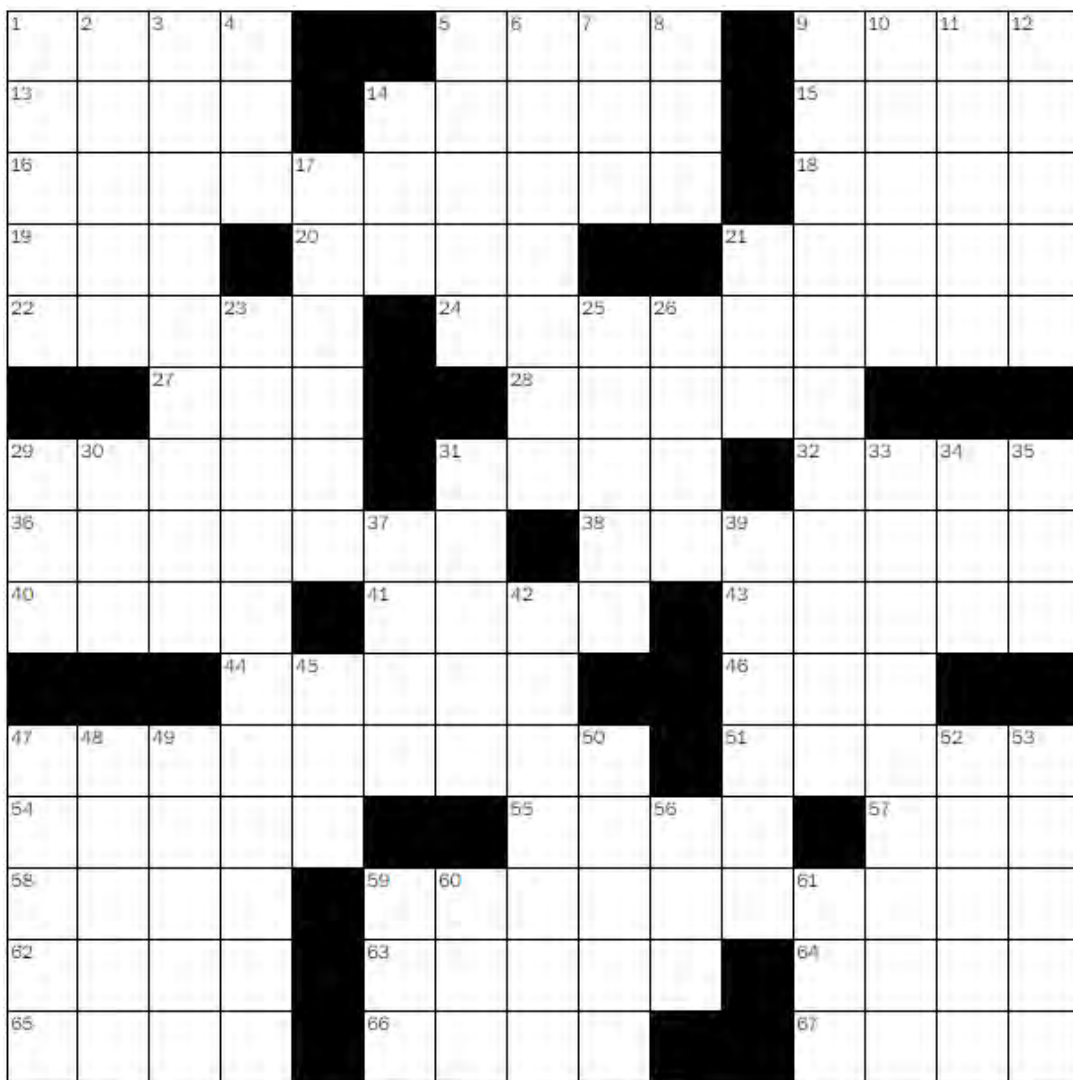
621 Magnolia Ave, Millbrae

or visit

ci.millbrae.ca.us/citizensacademy

Scan to Register:





DOWN

- 1 Walk like a peacock
- 2 Pop up
- 3 Volunteers in the community one grew up in, say
- 4 Cord cutter?
- 5 Take in or let out
- 6 Reason to get allgussied up
- 7 "___ Maria"
- 8 Spanish verb similar to "estar"
- 9 Is completely comfortable
- 10 Anticipate
- 11 Vivacity
- 12 Ed who played Lou Grant
- 14 Playfully shy
- 17 Share a bedtime story with
- 21 Kvetching cries
- 23 "Magically delicious" cereal
- 25 Has on
- 26 Norwegian city with a Viking Ship Museum
- 29 Prefix with athlete
- 30 "Apollo 13" director Howard
- 31 Fine equine
- 33 "Really? There's no more?"
- 34 Tool set
- 35 Wily
- 37 Cold War initials
- 39 Egyptian beetle
- 42 Long-fingered lemurs of Madagascar
- 45 You've got mail" ISP
- 47 Politely declines, maybe
- 48 Development sites
- 49 Greet and seat
- 50 Very funny folks
- 52 Terse refusal
- 53 Total stranger, or a three-word hint to the answers to the starred clues
- 56 Rx writers, often
- 59 Animal logo on a Dodge truck
- 60 ___-Wan Kenobi
- 61 Caveat in a text

ACROSS

answers on page 9

- 1 Ongoing drama
- 5 Sounds of revelation
- 9 ___ bean
- 13 Cereal coveted by a silly rabbit
- 14 Garlic piece
- 15 Baaing mamas
- 16 *Playful semiaquatic mammal
- 18 Merit
- 19 "___ the Force, Luke"
- 20 Looked over
- 21 Green shade named for a fruit
- 22 Electric car maker
- 24 *Seafood served on the half shell
- 27 Flower starter
- 28 Thompson of "Th or: Love and Th under"
- 29 Parcel of land
- 31 Mammal with elephant and leopard varieties
- 32 Chiding sounds
- 36 *Really get down to the music
- 38 *Floral perfume ingredient
- 40 Black as night
- 41 Sail the seven ___
- 43 Spiteful, as gossip
- 44 Baseball Hall of Famer Stengel
- 46 Campfire residue
- 47 *Request with a tight timeline
- 51 Broadcast again
- 54 Incredible bargain
- 55 Verdi opera
- 57 Hotel at JFK named for a defunct airline
- 58 Turn sharply
- 59 *"Only the Lonely" singer
- 62 Stiffly proper
- 63 Helps in a heist
- 64 "Do you ___?"
- 65 Moral lapses
- 66 Fail to notice
- 67 Miranda of "Homeland"



Self-Help for the Elderly

安老自助處

Self-Help for the Elderly Senior Lunch Program operates on Monday, Wednesday and Friday from 10:30 am to 1:30 pm at the Chetcuti Community Room. We serve nutritious meals to elders, reservations are required. Please call 415-319-4115 and leave a message. For Home Delivered Meals service, please call our San Mateo Center 650-342-0822 for details.

We offer in-person activities and virtual classes, everyone is welcome to join.

For class schedule, monthly lunch menu and center locations, please visit:

<https://www.selfhelpelderly.org/locations>



**SAN MATEO
COUNTY HEALTH**
All together better.

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)



**“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.*



Happy Birthday!



September

- 9/3 Francis E. Axiaq
- 9/5 Maria Vega
- 9/5 Win Hsiao
- 9/5 Vinita Ghosh
- 9/6 Ann Schneider
- 9/8 Noel Ruane
- 9/13 Hisae Cartier
- 9/13 Sophia Ng
- 9/15 Antonios Sferidis
- 9/16 June Palmer
- 9/17 Tillie Panattieri
- 9/19 Phyllis Fanell
- 9/19 Theresa Wilson
- 9/19 Bernard Sinclair
- 9/21 Roberta Young
- 9/22 Maryann Sappa
- 9/25 Kay Sferidis
- 9/25 Jack Shamiya
- 9/26 Phyllis Kilgore
- 9/27 Rene Sinclair
- 9/27 Bud Bowman
- 9/28 Jeanne Steenberg
- 9/29 Gloria Borruso
- 9/30 Lucille Tromborg

October

- 10/2 Florence Vassar
- 10/2 Olga Petrella
- 10/3 Ernest Souter
- 10/4 Alvin Beale
- 10/5 Mildred Weston
- 10/6 Jenett Saleh
- 10/7 Leland W. Lou
- 10/8 Elliot Toporek
- 10/11 Rose Gallegos
- 10/11 Mary Ellen Pellegrini
- 10/13 Beverly Crisfulli
- 10/14 Tess Parazo
- 10/14 Rose Cefalo
- 10/14 Nick Cannuli
- 10/15 Irma Fassenfist
- 10/15 Tali Turtanake
- 10/17 Jane Richardson
- 10/19 Beth Margaret
- 10/20 Ann Jones
- 10/21 Nina Orlando
- 10/21 Trudy Strambi
- 10/21 Juanita Jay Franz
- 10/21 Henry Earnest
- 10/21 Emmy Kaufman
- 10/22 Mike Havan
- 10/27 Felicia Watson



SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH
& RECOVERY SERVICES



Please join us for our 6-week "Tech Sessions"

September 8: Safe Internet Browsing

September 15: All About Apps

September 22: Zoom Basics

September 29: Protecting Against Identity Theft

October 6: Avoiding Phishing Scams

October 13: Email Setup

**OPEN TO
ADULTS 55+**

Please **RSVP:**

helpathand@peninsulafamilyservice.org
(650)403-4300 ext. 4366

**Location: Millbrae Recreation Center, Senior Lounge
477 Lincoln Circle, Millbrae, CA 94030**

Time: 9:30 a.m.-11:00 a.m.

PRESENTED BY PENINSULA FAMILY SERVICE
www.peninsulafamilyservice.org

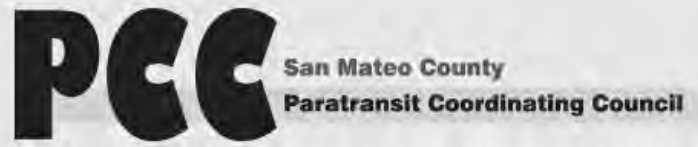


The Senior Advisory Committee consists of members appointed by the City Council. Members are qualified electors of the City and shall serve of a term of two years, and may be reappointed to additional terms and serve without compensation. Members cannot hold any public office or City position while serving 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

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

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