

JULY / AUGUST 2023

# MILBRAE SENIORLINE



Join us for the monthly birthday luncheon every 2nd Tuesday  
at 11:30 a.m. Call (650) 259-2338 to RSVP



Subscribe to our Seniorline at [bit.ly/millbraeseniorline](https://bit.ly/millbraeseniorline)  
or call (650) 259-2361

# July

- 4 **Independence Day Beats, Brews & Vines** (11-3 p.m.)  
Free Concert on Broadway
- 10 **MCAAC Meeting** (9 a.m.)
- 11 **City Council Meeting** (7 p.m.)
- 14 **Movie Night at Central Park** (8:30 p.m.)
- 25 **City Council Meeting** (7 p.m.)

# August

- 8 **City Council Meeting** (7 p.m.)
- 11 **Movie Night at Central Park** (8:30 p.m.)
- 14 **MCAAC Meeting** (9 a.m.)
- 17 **Beats, Brews & Vines** (6-8 p.m.)  
Free Concert on Broadway  
**MESD First Day of School**
- 19 **Millbrae Machines** (8 a.m.)  
Annual Car Show
- 21 **World Senior Citizen Day**
- 22 **City Council Meeting** (7 p.m.)

# Upcoming Events



## Beats, Brews & Vines

**FREE CONCERT!**



# SENIOR ADVISORY COMMITTEE

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

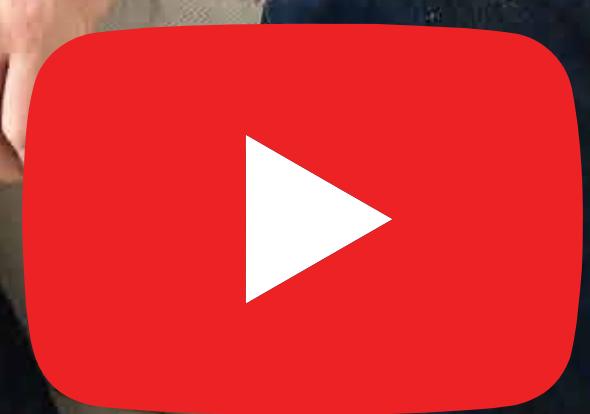
The Senior Advisory Committee consists of members appointed by the City Council. Members are qualified electors of the City and shall serve of a term of two years, and may be reappointed to additional terms and serve without compensation. Members cannot hold any public office or City position while serving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

**View the official  
City of Millbrae events  
page at [ci.millbrae.ca.us](http://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)

**WATCH THE CITY COUNCIL MEETING  
LIVE OR RECORDED ON YOUTUBE**

**mctv.tv/watch/council**



**YouTube**

JOIN US FOR FREE COFFEE & PASTRIES

**SENIOR STORIES**



**First Tuesday Monthly, 9:00 am  
at the Senior Lounge**

**Contact (650) 259-2478 if you are interested in sharing**

ENJOY LUNCH & BINGO WITH FRIENDS

Join us every 2nd Tuesday for the

# Monthly Birthday Luncheon

11:30 am-1 pm at the Rec Center Great Hall

**\$5 per person**



Call (650) 259-2338 to make a reservation!

(RSVP deadline is the Thursday before the event)



License #384700020

## Supple Senior Care, LLC

808 Burlway Road, Suite 3, Burlingame, CA 94010

415-573-5141 • 650-993-8036 • Fax: 650-686-6143

CaitrionaSupple@gmail.com • www.SuppleSeniorCare.com

The Superior Choice for In-Home Care



“The most caring and efficient agency I’ve come across.” - J. Hill



“Rare to find a business with this kind of personal touch & integrity.” - Brenda N.

- We provide respite, temporary, long term, or hospice care.
- Hourly, 24/7, or live-in services within San Francisco & San Mateo counties.
- Each caregiver is carefully screened and selected to provide the highest quality care.
- Each caregiver completes required training and is registered as a Home Care Aide with the state of California. They are bonded, insured, and protected with workers compensation.



Call now for a free consultation

415-573-5141 / 650-993-8036



FOR ADVERTISING OPPORTUNITY  
CONTACT GGABRIEL@CI.MILLBRAE.CA.US

# EVENT UPDATE!

Special thanks to the Millbrae Painting Group, Quilting, and Boutique Club for representing the Seniors at the Millbrae Art Show!

THANK  
YOU!

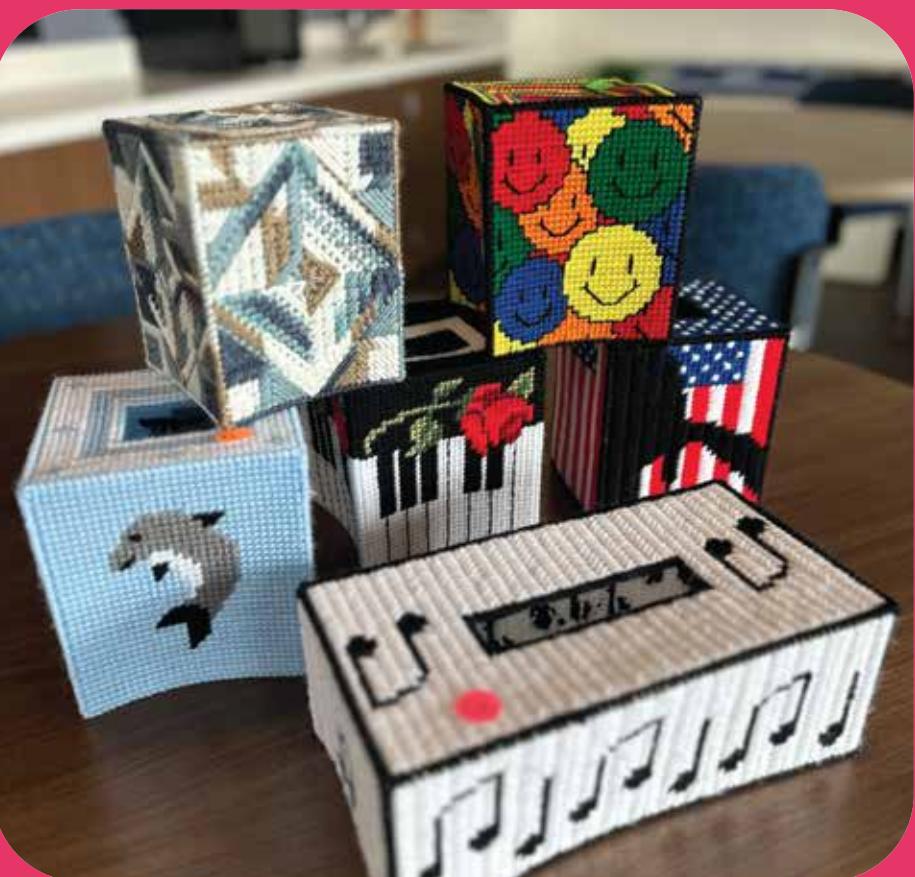


**SIGNUP FOR OUR MAILING LIST TO KNOW FUTURE EVENTS!**  
Go online at [bit.ly/millbraeseniorline](http://bit.ly/millbraeseniorline) or call (650) 259-2361

## SENIOR BOUTIQUE CLUB

This group of seniors produces a variety of creative craft items that are sold to support the senior programs.

All levels of skill are acceptable.



**WEDNESDAY:**  
**9:00-11:30 a.m.**  
**FREE**



**Contact Person:**  
**Rochelle Mullen**  
**Location: Senior Lounge**

## QUILTING

The Millbrae quilting group meets in the Art Center on Tuesdays at noon.

**TUESDAY:**

**12:00 - 4:00 p.m.**  
**\$3.75 per class**

**Location: Millbrae Recreation Center, Art Center**



# 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 / \$8 for both classes



Millbrae L1 & L2 classes

### 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 / \$8 for both classes



**Instructor: Allen Isidro**

**Location: Millbrae Recreation Center**



## Trouble hearing on the phone?

Never miss a word, wherever you are.

Contact me now  
to get started.

**Elli Tehrani**  
**408-510-1941**  
[elli.tehrani@clearcaptions.com](mailto:elli.tehrani@clearcaptions.com)



Also available for mobile download!



# 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: Fitness Center**



## PAINTING

Want to learn how to paint in oils? All beginners are welcome!

Step by step instruction on an individual basis is provided.

Already know how to paint?

Bring your supplies and join the class in our beautiful, bright art room.

This is a relaxed, very easy going class geared to the fun of learning.



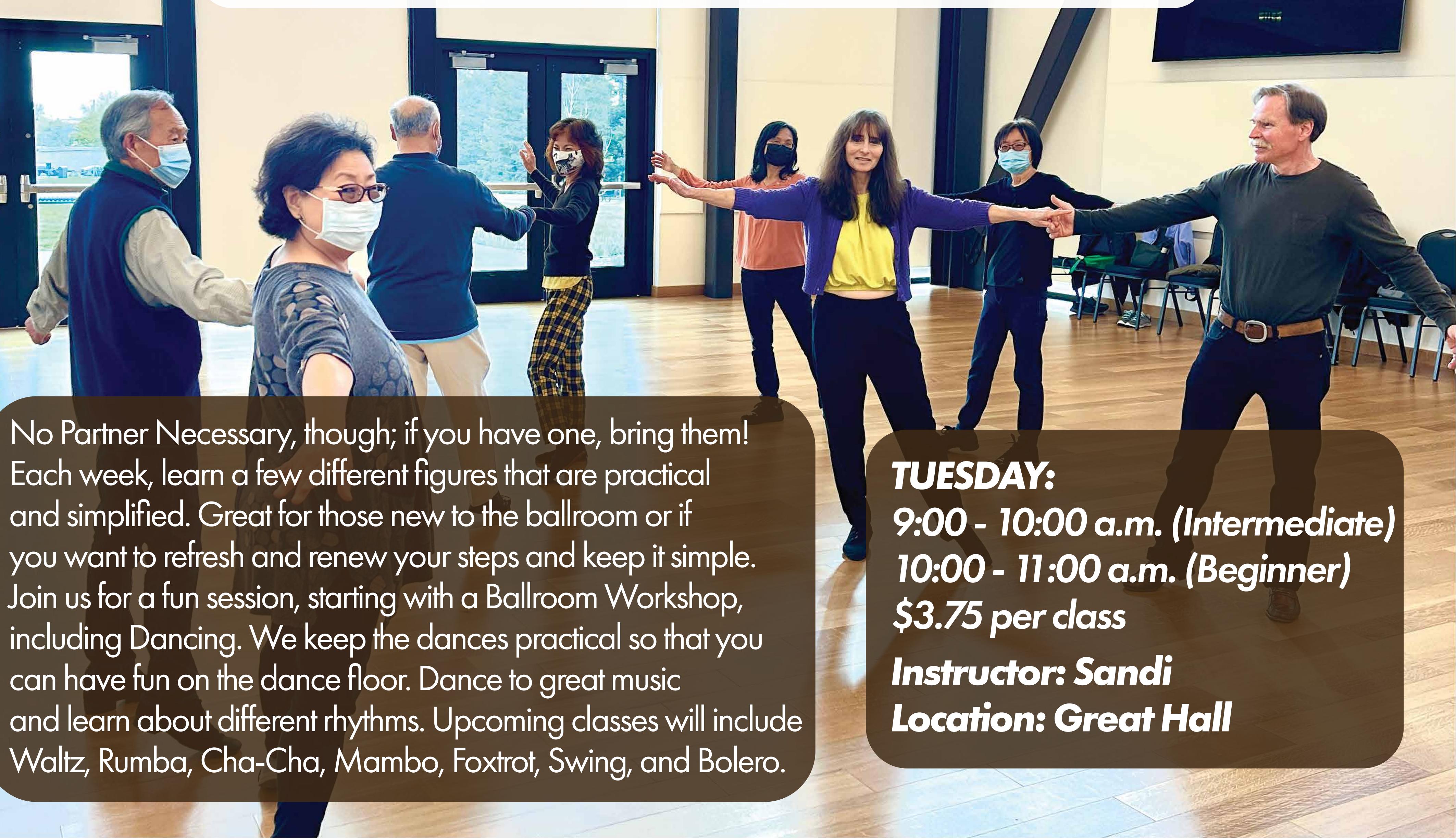
**WEDNESDAY & THURSDAY:**  
**1:00-4:00 p.m.**  
**\$3.75 (Seniors) / \$11.25 (Adults) per class**

**Instructor: Sherry Vockel**  
**Location: Art Center**



# ADULT & SENIOR ACTIVITIES

## 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 session, 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)**

**\$3.75 per class**

**Instructor: Sandi**

**Location: Great Hall**

## SENIOR AEROBICS

A fun aerobics class focused on maintaining movement!



**THURSDAY:**

**10:30-11:30 a.m.**

**\$3.75 per class**

**Instructor: Diane Silven**

**Location: Fitness Center**

# ADULT & SENIOR ACTIVITIES



## CHINESE LINE DANCING

**TUESDAY:**

9:30-11:30 a.m.

**THURSDAY:**

9:00-10:30 a.m.

**\$3.75 per class**

**Instructor: Anna Ly**

**Location: Art Center (Tuesday)**

**Great Hall (Thursday)**



## SENIOR GAME DAY

Join us for a fun game of Mexican Train, Pedro, and cards!

**MONDAY:**

10:00 a.m.-2:00 p.m.

**\$3.75 per player**

**Location: Senior Lounge**

## MAHJONG

If you are looking for a social game that makes you think, mahjong is a great choice. It's a wonderful way to meet people, challenge your mind, and have fun.

**TUESDAY-FRIDAY:**  
9:00-2:00 p.m.  
**FREE FOR A LIMITED TIME**

**Play with your own group**  
**Location: Classroom B**



# MILLBRAE RECREATION

*in partnership with*



*presents*

## TRAVEL PROGRAMS FOR SENIORS

Travelers like you are faced with so many options when you want to see the world. It can be pretty overwhelming to settle on one particular adventure when there's so much to choose from.

You're already thinking about going guided, which is a really smart first step!

Here's how going guided will get you more for your money.

Save yourself time and money when you purchase a Collette tour. If you have ever planned a getaway, you know how overwhelming it can be to put together your own itinerary and plan logistics.

Which airline should you choose?

Where should you stay?

How will you get around once you're there?

Where are all the must-sees?

Traveling with Collette is a perfect way to not only eliminate the hassle of planning a trip, but it's also a great way to take advantage of the expertise, industry relationships and strong buying power that we have built over the past 100 years.

## BOOK EARLY & SAVE

For more information contact:

Geofrey Gabriel at [ggabriel@ci.millbrae.ca.us](mailto:ggabriel@ci.millbrae.ca.us)  
or call **(650) 259-2478**



Millbrae Recreation Presents

# *Sunny Portugal*

with Optional 4-Night Madeira Island Post Tour Extension  
with Optional 3-Night Porto Pre Tour Extension

February 27 - March 7, 2024

Book Now  
& Save  
**\$300**  
Per Person!

## HIGHLIGHTS...

Portuguese Riviera, Lisbon, Belém, Obidos, Sintra, Arraiolos, Cork Factory, Evora, Winery Visit, Alentejo, Monsaraz, Lagos, Algarve, Faro, Tavira, 4 UNESCO World Heritage Sites, Azeitao

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Geofrey Gabriel at **ggabriel@ci.millbrae.ca.us**  
or call **(650) 259-2478**



Millbrae Recreation Presents

# *America's Music Cities*

French Quarter, Choices on Tour, Swamp Tour, Mardi Gras World, Jazz Revue, Graceland, West Delta Heritage Center, Ryman Auditorium, Grand Ole Opry Show, Country Music Hall of Fame, Historic RCA Studio B, Hands-on Chocolate-making Lesson

March 10-17, 2024

Book Now  
& Save  
**\$100**  
Per Person!



## BOOK EARLY & SAVE

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Geofrey Gabriel at [ggabriel@ci.millbrae.ca.us](mailto:ggabriel@ci.millbrae.ca.us)  
or call **(650) 259-2478**



Millbrae Recreation Presents  
*Spotlight on*  
**Washington, D.C.**

U.S. Capitol Building Tour, WWII Memorial, Washington National Cathedral, Ford's Theatre, Arlington National Cemetery, Mt. Vernon, Old Town Alexandria, Vietnam Veterans Memorial, White House Visitor Center, Smithsonian Institution

April 11-16, 2024

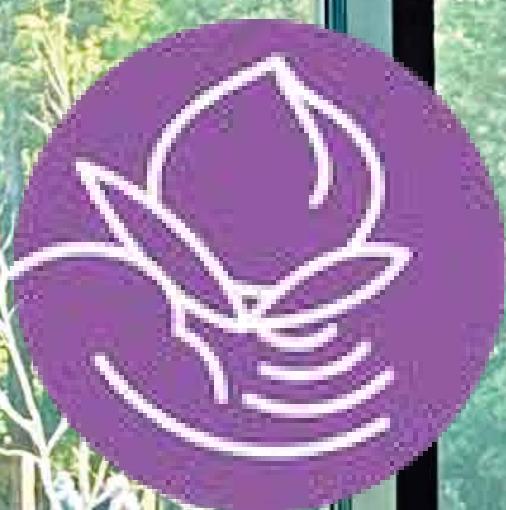
Book Now  
& Save  
**\$100**  
Per Person!



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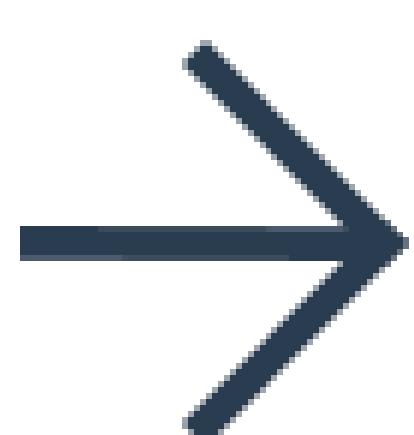
## Self-Help for the Elderly

安老自助處



Self-Help for the Elderly Senior Lunch Program provides nutritious meals to elders from **9:30 am to 1:30 pm, Monday to Friday**. 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 [selfhelpelderly.org/locations](http://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.

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Every day, specialized **California Phones** from the **California Telephone Access Program (CTAP)** enable over half a million Californians to stay connected.

There's a California Phone for every need. For example, there are amplified phones that make it easier to hear conversations. Big button phones that are easier to dial. Phones with lights that flash for incoming calls and more.

**Contact [jcardoso@ccaf.us](mailto:jcardoso@ccaf.us) or call (800) 806-1191 for more information**



SAN MATEO COUNTY HEALTH  
BEHAVIORAL HEALTH  
& RECOVERY SERVICES



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

**August 10th - Google Maps**

**August 17th - Social Media**

**August 24th - YouTube**

**August 31st - Online Shopping**

**September 7th - Email Uses**

**September 14th - Online Banking**

**Presented by:  
Peninsula Family Service  
[www.peninsulafamilyservice.org](http://www.peninsulafamilyservice.org)**

**OPEN TO  
ADULTS 55+**

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

**Date: Held Every Thursday for 6 weeks**

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

**Dates: August 10, 17, 24, 31, September 7 & 14**

**Email: [helpathand@peninsulafamilyservice.org](mailto:helpathand@peninsulafamilyservice.org)**

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





<https://seniors.insurance.ca.gov/>

The Senior Gateway is a one-stop website intended to provide seniors, their families, and caregivers with the information they need to connect to helpful services and resources, to find answers, and solve problems. Find information on such topics as:

Avoiding and Reporting Abuse & Neglect

Preventing Fraud, Financial Abuse & Common Scams

Health Care Information

Your Rights

Other Resources



View our Top 10 Safety Tips for a specific list of helpful tips to protect yourself from fraud and financial abuse online at <https://seniors.insurance.ca.gov/>



Seniors and riders with disabilities can receive reduced fares and access to discounted passes. Apply for your discount Clipper card and start saving every time you ride!

Riders age 65 and over can apply for a Senior Clipper card by mail, email or fax. Or get a card in person. You'll need to verify your birth date with an accepted form of identification for a Senior Clipper card.



Clipper accepts the following for proof of birth date:

- Birth certificate or passport
- State-issued driver's license or identification card
- Matricula consular/consular identification card
- SF City ID Card
- Military or military dependent card with date of birth
- Medical benefit card with date of birth

**TO GET YOUR DISCOUNT & FIND MORE INFORMATION:**  
<https://www.clippercard.com/ClipperWeb/discounts>

Tip: Now you can transfer your existing plastic Senior Clipper card to your phone and pay fares with your mobile wallet. You can also manage your account with the Clipper app. If you have not set up an online account, you can call Clipper Customer Service at 877.878.8883 for assistance.

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SENIOR AEROBICS				\$3.75 10:30-11:30 FITNESS CENTER			
BALLROOM DANCE LEVEL 1		\$3.75 10:00-11:00 GREAT HALL SO					
BALLROOM DANCE LEVEL 2		\$3.75 9:00-10:00 GREAT HALL SO					
BIRTHDAY LUNCHEON (2ND TUESDAY)		\$5.00 11:30-1:00 PM GREAT HALL NO					
LINE DANCING (BEGINNERS)	\$5.00 9:30-10:30 FITNESS CENTER				\$5.00 8:30-9:30 FITNESS CENTER		
LINE DANCING (INTERMEDIATE)	\$5.00 10:30-11:30 FITNESS CENTER				\$5.00 9:30-10:30 FITNESS CENTER		
CHINESE LINE DANCE		\$3.75 9:30-11:00 ART CENTER		\$3.75 9:00-10:30 GREAT HALL NO			
LINE DANCING PROGRESSIVE				\$7.50 6:00-7:30 PM GREAT HALL NO			
LUNCH CRUNCH	\$ PLS INQUIRE 12:00-4:00 PM FITNESS CENTER		\$ PLS INQUIRE 12:00-4:00 PM FITNESS CENTER		\$ PLS INQUIRE 12:00-4:00 PM FITNESS CENTER		
MAHJONG		9:00-2:00 PM CLASSROOM B	9:00-2:00 PM CLASSROOM B	9:00-2:00 PM CLASSROOM B	9:00-2:00 PM CLASSROOM B		
MUSIC IN MOTION (1ST THURSDAY)				\$5.00 12:00-1:00 PM FITNESS CENTER			
PAINTING (\$11.25 ADULTS)			\$3.75 SENIORS 1:00-4:00 PM ART CENTER	\$3.75 SENIORS 1:00-4:00 PM ART CENTER			
QUILTING		\$3.75 12:30-4:00 PM ART CENTER					
SENIOR BOUTIQUE CLUB			FREE 9:00-11:30 SENIOR LOUNGE				
SENIOR GAME DAY	\$3.75 10:00-2:00 PM SENIOR LOUNGE						
SUNDAY SOCIAL DANCE (1ST SUNDAY)							\$10.00 1:00-4:00 PM FITNESS CENTER
TAJIQUAN	\$ PLS INQUIRE 6:00-7:00 PM FITNESS CENTER						
TAJIQUAN (INTERMEDIATE)			\$8.00 11:00-12:00 PM GREAT HALL SO				
CHEN TAIJI SILK REELING EXERCISE			\$8.00 12:00-1:00 PM GREAT HALL SO				

# JULY

- 1 Rose Perez
- 2 Peter C. Colliander
- 3 Nicholas Kroll
- 5 Beth Winters
- 6 John Surber
- 6 Gina McKenna
- 7 Charles Hastings
- 7 Irene O'Brien
- 8 Helen Ho
- 8 Eva Dye
- 9 Mary Darmanin
- 11 Joan Ryan
- 13 Mary Toy
- 17 Frank Deering
- 19 Donna Lingren
- 20 Catherine Fuller
- 22 Lan Cheng
- 23 K.C. Sun
- 29 Irmitra Nelson
- 30 John Gearney

HAPPY  
BIRTHDAY

If you or someone you know  
would like to be added or removed  
from this list, please contact  
(650) 259-2338

A photograph of a woman with short blonde hair and glasses, wearing a white button-down shirt and a red belt, standing next to a young girl with pigtails. They are surrounded by several red balloons. The background is a light blue.

august

au  
gust

- 2 Rose Marie Gates**
- 6 Dorothy Semke**
- 9 Rosemarie Aroni**
- 11 Jane Richards**
- Rowena Armstrong**
- 12 Margaret McCombs**
- Ruth Hall**
- 13 James Vanzant**
- 15 Joseph Bourassa**
- 19 Esther Levine**
- 20 Jacqueline Schneider**
- 21 Jeanne Bertini**
- 23 Con Megas**
- Connie Pineda**
- 24 Judy Ingebretsen**
- 26 Mary Vella Treseler**
- Martha Geronimo**
- 27 Marie Williams**
- 29 Beth Anderson**
- 30 Jose Morales**
- Rose Mewkalo**
- 31 Donald Dent**

If you or someone you know  
would like to be added or removed  
from this list, please contact  
(650) 259-2338

**Millbrae Recreation Dept.  
Senior Program**

477 Lincoln Circle  
Millbrae, CA 94030  
Phone: (650) 259-2478

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Report Track Connect



Mailing Address



**Millbrae Works** powered by **SeeClickFix** is the fastest, easiest way  
for you to submit non-emergency requests to City staff,  
stay updated, and initiate change in your community!

**SeeClickFix.com/millbrae**