

MARCH / APRIL 2023

MILLBRAE SENIORLINE



Millbrae Recreation Presents

Sunny Portugal

February 27 - March 7, 2024



SPECIAL TRAVEL PRESENTATION

Date: Tuesday, March 14, 2023, 11:30 a.m.
Recreation Center Great Hall, 477 Lincoln Circle

Join the Monthly Birthday Luncheon

Every 2nd Tuesday Monthly

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

Call (650) 259-2338 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

March

4 Millbrae Neighborhood Meeting

12 Daylight Savings Time (Begins)

13 Cultural Arts Advisory Committee Meeting

14 Monthly Birthday Luncheon

15 Senior Advisory Committee Meeting

27-31 Spring Break Camp

April

1 Millbrae Residents' Free Trip to Europe

(April Fools' Joke)

Counselors In Training (Application Deadline)

10 Cultural Arts Advisory Committee Meeting

11 Monthly Birthday Luncheon

12 AARP Tax-Aide (Last Day)

Millbrae Goes to the Movies

(Recreation Center, Great Hall)

18 Tax Deadline

19 Senior Advisory Committee Meeting

AGING IN PLACE PLANNING ACCESSORY DWELLING UNIT

ADU Workshop

For Homeowners & Homebuyers



April 25, 10:00-11:00 a.m.

Millbrae Recreation Center

477 Lincoln Circle, Millbrae

(650) 651-8998

RSVP



A GEM HOME.COM

AARP FOUNDATION TAX-AIDE SERVICE

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

Brightening days and reducing loneliness

*Weekly phone calls from a compassionate
volunteer can make a world of difference*

*Sign up a senior today at:
friendlyvoices.org*

*Questions?
contact (650) 395-8017*



*Free
HIPAA compliant
Volunteers trained
& supervised
All calls documented*



Penninsula

PLANT & SEED EXCHANGE

Trade Plants or Seeds with Your Neighbors

Join Expert Workshops on Gardening

10:30 a.m. - Plant Selection

1:30 p.m. - Disease Prevention

3:30 p.m. - Soil Selection



March 18, Saturday
900 El Camino Real, Millbrae

 **A GEM HOME.COM**
HOME & GARDEN
(650) 651-8998

R S V P



**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.

You Talk, We Listen



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

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)

Join us to learn...

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

Email: helpathand@peninsulafamilyservice.org

Phone: (650) 403-4300 ext. 4366

Website: www.peninsulafamilyservice.org

Millbrae Recreation Center, Senior Lounge
477 Lincoln Circle, Millbrae, CA 94030

1st Thursday of each month

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

9:30-11:00 a.m.



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

**GET
APP-Y
TECH SESSIONS**

**OPEN TO
ADULTS 55+**



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



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

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

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



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



**Better Living For Seniors in collaboration with the
Millbrae Recreation Department presents:
Springtime Senior Seminars**

Session 1: Protect Yourself Against Scams and Identity Theft?

Scammers prey on seniors and they find new and better ways to fool us every year. Awareness is half the solution.

Come learn what they're up to now.

Tuesday, March 7th, 10:00-11:30 a.m., Senior Lounge

Session 2: Should I Stay or Should I Go?

Thinking of leaving your home?

How do you know when it's time to consider senior living?

Learn about the various types of senior living options and see if one might be right for you. Options around today that were never available for our parents and grandparents.

There is also lots of help to make the move a little easier.

Thursday, April 11th, 10:00-11:30 a.m., Senior Lounge



Register in advance at bit.ly/milrec or call (650) 259-2360

**For information about Better Living For Seniors, please call
Terrie Tomasello at (866) 387-3646**

Youth Advisory Committee

SENIOR TECH CONNECT

Join us to learn basic technology skills!

Successfully operate your phone & computer and engage with friends and the community.

Saturdays at 10:00-11:00 a.m.

March 11 - April 29, 2023

David J. Chetcuti Room

450 Poplar Ave., Millbrae

Register now at:
bit.ly/milrec

Lessons include: basic functions, communication, transportation, & delivery services, etc.

For questions, please email recreation@ci.millbrae.ca.us

BETTER LIVING FOR SENIORS

How to Maintain Strength as You Age

It's common to lose strength as you get older, but certain types of exercise can help ward off age-related muscle loss and fragility. In this class, Senior Living Advisor Terrie Cardoza will start you on a plan for maintaining and even improving your strength at any age. We'll have both standing and sitting exercises with modifications for different ability levels. A booklet will be provided to each participant so we can track and measure progress. Please wear comfortable clothing and supportive shoes to class.

Register at bit.ly/milrec

For questions, please contact
Millbrae Recreation at
(650)259-2360.



AGES 55+

4/3 - 5/15

MONDAYS 10AM - 11AM

\$32 R / \$52 NR

MILLBRAE RECREATION CENTER





Specialized device for people with difficulty hearing, seeing, moving, speaking, learning, remembering,

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 or call (800) 806-1191 for more information

Da rienda suelta a tu creatividad

Descubre nuestras estaciones de arte, ya disponibles en todas nuestras ubicaciones.

Art for All

Unleash Your Creativity
Discover our art stations,
now available at all our locations.

**釋放你的
創造力**

在我們所有的分
館都能找到我們
的藝術工作站。

With Art for All, each library now has an Art Table stocked with art supplies for you to use in the library to make something new. You can stop by any of our San Mateo County Libraries to find these always-available art supplies. The Art Table is a space for you to explore your creativity, and will always be open for you no matter where you're coming from or what time you arrive.

Specific supplies and table locations may vary by branch.

Stop by your closest library to discover what you can make today!

visit **smcl.org** for info and locations



How many words can you find?

1. _____	12. _____	23. _____
2. _____	13. _____	24. _____
3. _____	14. _____	25. _____
4. _____	15. _____	26. _____
5. _____	16. _____	27. _____
6. _____	17. _____	28. _____
7. _____	18. _____	29. _____
8. _____	19. _____	30. _____
9. _____	20. _____	31. _____
10. _____	21. _____	32. _____
11. _____	22. _____	33. _____
		34. _____

Answers on the back page

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.

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Date: Tuesday, March 14, 2023, 11:30 a.m.
Recreation Center Great Hall, 477 Lincoln Circle

For more information contact:

Geofrey Gabriel at 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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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!

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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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ADULT & SENIOR ACTIVITIES

PROGRAM	PRICE	MON	TUE	
Senior Aerobics	\$3.15			
Ballroom Dance (Level 1)	\$3.15		10:00 - 11:00 a.m. Great Hall South	
Ballroom Dance (Level 2)	\$3.15		9:00 - 10:00 a.m. Great Hall South	
Birthday Luncheon (2nd Tue monthly)	\$6.00 (\$1.00 per Bingo Card)		11:30 a.m. - 1:30 p.m. Great Hall North	
Line Dancing (Beginners)	\$5.00	9:30 - 10:30 a.m. Fitness Center		
Line Dancing (Intermediate)	\$5.00	10:30 - 11:30 a.m. Fitness Center		
Line Dancing (Chinese)	\$3.15		9:30 - 11:00 a.m. Art Center	
Line Dancing (Progressive)	\$7.50			
Lunch Crunch	Please inquire	12:00 - 4:00 p.m. Fitness Center		
Mahjong	\$3.15			
Music in Motion (1st Thu monthly)	\$5.00			
Painting	\$ 3.15 (Seniors) \$9.45 (Adults)			
Quilting	\$3.15		12:30 - 4:00 p.m. Art Center	
Senior Boutique Club	\$8.00			
Senior Game Day	\$3.15	10:00 - 2:00 p.m. Senior Lounge		
Sunday Social Dance (1st Sun monthly)	\$10.00			
Taijiquan	Please inquire	6:00pm - 7:00pm Fitness Center		
Taijiquan (Intermediate)	\$8.00			
Chen Taiji Silk Reeling Exercise	\$8.00			

ADULT & SENIOR ACTIVITIES

WED	THU	FRI	SAT	SUN
	10:30 - 11:30 a.m. Fitness Center			
		8:30 - 9:30 a.m. Fitness Center		
		9:30 - 10:30 a.m. Fitness Center		
	9:00 - 10:30 a.m. Great Hall North			
	6:00pm - 7:30pm Great Hall South			
12:00 - 4:00 p.m. Fitness Center		12:00 - 4:00 p.m. Fitness Center		
8:30 a.m. - 2:30 p.m. Senior Lounge		8:30 a.m. - 2:30 p.m. Senior Lounge		
	12:00 - 1:00 p.m. Fitness Center			
1:00 - 4:00 p.m. Art Center	1:00 - 4:00 p.m. Art Center			
9:00 - 11:30 a.m. Classroom B				
				1:00 - 4:00 p.m. Great Hall North
11:00 a.m. - 12:00 p.m. Great Hall South				
12:00 - 1:00 p.m. Great Hall South				

Happy Birthday

01 - Pauline Bertolino
Fae Melmon

02 - Pauline Argner

03 - Mary Ann Parka

05 - Mildred Lisco

06 - Samuel Gnessin

07 - Anne Williams
Glade Beresford

08 - Santina Sebastiani
Margaret Helmers
Nelson Ifan

09 - Bonnie Maguire

10 - Dr. Jagdih Patel
Keith R. Baugh

13 - Helen Perez
Pat Samuelson

16 - Randy Sahae
Russell Clarks

18 - Sandra Friedman

20 - Ruth Coleman
Mildred Tani
James M. Gebretesen
Eleanor Webster
Helen Eatrow

22 - Jeannie Feanne
Alice Del Sarto

23 - Lorraine Lee
Carylee Barker

26 - Bart Elliot

27 - Frederick Brown

28 - Ruth Henon

29 - Delores Haas

30 - Chang Soo Ng
Toshiko Chang
Balbina Kedit

March

04 - Joitn Behlmer
Rebecca Willot

07 - Barbara Finnigan

10 - Ben Mencone
Don Morrissey

11 - Isabel Galez

12 - Barbara Broce

13 - Charles Mabardy

14 - Marie Burns
Charlotte Chemavonian

15 - Jay Miller

16 - Maureen Deluige

17 - James Williamson

18 - Elaine McRee
Eleanor Webster

19 - Emily Moskowitz
Agnes Sims
Pat Morrissey

20 - Clara Taylor

22 - Dottie Driesboch

25 - Elsie Dab
Mike Stiegler

29 - Margaret Kingston
Lina Enriquez





Self-Help for the Elderly

安 老 自 助 餚

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.

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.

Mailing Address

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

PRSRID STD
U.S. POSTAGE
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BURLINGAME, CA
PERMIT NO. 115

ACACIA, ACAI, ACHE, APACHE, APIECE, CACHE, CAKE, CAPE, CHAI, CHICK, CHEAP, CHECK, CHEEK, CHEEP, CHIA, CHIC, CHICHI, CHICK, CHICKPEA, CHIP, EACH, EPIC, HACK, HECK, IPECAC, KICK, PACE, PACK, PEACE, PECK, PICA, PICK, PIECE

