

September/October 2024

MILLBRAE SENIORLINE



October Senior Lunch

Come join us for a lovely lunch
and entertainment!

Date: October 8th

Time: 11:30am-1:30pm

Fee: \$5.00 or free if it is your birthday month!

Location: Millbrae Recreation Center

Free Puzzle Book for Seniors Demonstration

Reservation is required and space is limited.

Please call 650-259-2338 to RSVP by October 1



**Subscribe to our Seniorline at
bit.ly/millbraeseniorline
or call 650-259-2338**

HAPPY BIRTHDAY!!

9/3 FRANCIS E. AXIAQ

9/5 MARIE MCCOY

9/5 MARIA VEGA

9/5 WEI ZHOU

9/5 WIN HSIAO

9/5 VINITA GHOSH

9/6 ANN SCHNEIDER

9/8 NOEL RUANE

9/9 SHARYL SCULLY

9/10 MARCI LEONG

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 FERNANDO SAUCEDO

9/21 ROBERTA YOUNG

9/22 MARYANN SAPPA

9/23 ANGELINE SHIN

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

9/29 ESTHER JOHNSON

9/30 LUCILLE TROMBORG

HAPPY BIRTHDAY!!

10/2 FLORENCE VASSAR
10/2 OLGA PETRELLA
10/3 ERNEST SOUTER
10/4 ALVIN BEALE
10/5 MILDRED WESTON
10/6 JANETT 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 FASENFIST
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 ERNEST
10/21 EMMY KAUFMAN
10/21 JOY LEBARON
10/22 MIKE HAVAN
10/26 WALTER JOHNSON
10/27 FELICIA WATSON
10/31 THERESA JALOCHA

Millbrae Events



September

September 3 Senior Stories- 10:00am- Senior Lounge

September Every Thursday Walking in Millbrae-11:00am-Rec Center

September Every Thursday Bad Dad Jokes and Coffee-10:00am-Rec Center

September 10 Senior Lunch-11:30am-Rec Center

September 13 Movie Night -Sundown- Millbrae Central Park

September 14 & 15 Mid-Autumn Festival-10:00am to 7:00pm- Downtown Millbrae

September 18 Senior Advisory Committee Meeting-9:00am- Conference Room B

September 19 Beats Brews & Vines-6:00pm to 9:30pm- Downtown Millbrae

October

October 1 Senior Stories-10:00am-Senior Lounge

October Every Thursday Walking in Millbrae-11:00am-Rec Center

October Every Thursday Bad Dad Jokes and Coffee 10:00am- Rec Center

October 6 Japanese Culture Festival-10:30am to 4:30pm- Library Parking Lot

October 8 Senior Lunch-11:30am-Rec Center

October 11 Movie Night-Sundown-Rec Center

October 16 Senior Advisory Committee Meeting-9:00am Conference Room B

October 17 Beats, Brews & Vines-6:00pm to 9:30pm- Downtown Millbrae



**For More Information Please
Call 650-259-2338**

GAMES

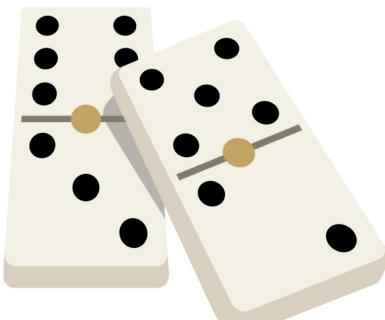
Come join other Seniors
for Senior Game Day at
the Recreation Center!

Mondays

10:00am-2:00pm

\$3.85

Canasta and Mexican Train



WORLD LINE DANCING

NEW CLASS!!

LEARN VARIOUS STEPS OF DANCE INCLUDING COUNTRY, BALLROOM, LATIN AND POP WITH CLASSIC AND SEASONAL SONGS.

IT'S A GREAT WAY TO IMPROVE YOUR COORDINATION, BALANCE, AND RHYTHM WHILE HAVING A BLAST WITH PEOPLE.

INSTRUCTOR TEACHES WORLD LINE DANCE STYLE POPULAR DANCES FROM "COPPERKNOB STEPSHEET WEBSITE" WHICH MAJORITY OF LINE DANCE CLASSES THROUGHOUT THE WORLD TEACH.

MONDAYS STARTING SEPTEMBER 9TH

8:30AM-9:30AM

DROP-IN FEE \$3.85

MILLBRAE RECREATION CENTER

INSTRUCTOR: KATHY TSU

LEVEL: BEGINNER AND IMPROVER.



ADULT AND SENIOR WALKING

DUE TO POPULAR DEMAND
WE WILL MEET

EVERY THURSDAY IN
SEPTEMBER AND OCTOBER!

FREE REFRESHMENTS AND ICE CREAM AFTER
THE WALK!

WALKING BEGINS AT 11:00AM
TELL YOUR FRIENDS!!

MEET AT THE
MILLBRAE RECREATION CENTER LOBEY
477 LINCOLN CIRCLE



“Bad Dad Jokes” and Coffee!

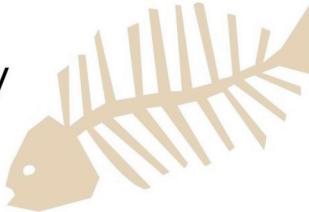
Come hang out in our
Senior Lounge
to chat, laugh, and have
free coffee!

Every Thursday
from 10am-11:30am
Millbrae Recreation Center





Millbrae Community
Enhancement Advisory
Committee



Compost Workshop

with UC Master Gardener Leslie Muenneman

**Sunday
Sept 15, 2024**

1:00-2:00 PM

Millbrae Community Garden



Learn to make healthy compost!

suppress weeds
improve drainage
retain soil moisture

To register scan the QR code



Questions? Contact CEAC Staff Liaison Annabelle Acosta
aacosta@ci.millbrae.ca.us (650)652-2706

Senior Show and Tell!



**September 3rd at 10:00am
Millbrae Recreation Center**

**Please come join us for FREE coffee,
pastries and a special show and tell!**

**Learn about other people in our
community and bring an item to
show and tell the group!**

No RSVP necessary.

All are welcome!



WE HAVE A LOT OF FUN HERE AT THE MILLBRAE RECREATION CENTER! COME JOIN US!



SENIOR WALKING

BAD DAD JOKES AND COFFEE



SENIOR LUNCH AND ENTERTAINMENT



SENIOR STORIES

GAME DAY

SPECIAL INFORMATIVE FREE WORKSHOP FOR SENIORS AT THE MILLBRAE RECREATION CENTER

GOLDEN YEARS ESTATE PLANNING Protecting Your Assets and Loved Ones

A **FREE** Workshop

For Age 60+ Homeowners & Families

- Stay vs. Move Decisions
- Financial Considerations
- Meet The Professionals Who Can Answer Your Questions



Raven Sarnoff, Esq. **Jessica Dhillon** **Terrie Tomasello**
Estate Planning Attorney Tax Planning Specialist Senior Living Specialist



Ling Wang

Senior Real Estate Specialist

RSVP: (650) 651-8998

SATURDAY, SEPTEMBER 28 10:30 - 11:30 AM

MILLBRAE RECREATION CENTER



MILLBRAE LIBRARY

DO YOU KNOW THAT THE MILLBRAE LIBRARY OFFERS MANY FREE PROGRAMS AND SERVICES FOR ADULTS AND SENIORS?



OPEN SEWING EVERY FRIDAY

10:00AM-2:00PM AND SATURDAYS 2:30PM-4:00PM

EXPERIMENT WITH OUR SEWING MACHINES AT THE LIBRARY DURING OPEN SEWING HOURS. BRING YOUR OWN PROJECT OR CREATE ONE USING OUR MATERIALS. WHILE THERE WON'T BE FORMAL INSTRUCTION, SUPPORT WITH THE MACHINES WILL BE OFFERED IF NEEDED.

MAKER EXPLORATION FRIDAYS 3:00PM-4:30PM AND SATURDAYS 10:00AM-12:00PM



DISCOVER WHAT YOU CAN MAKE USING OUR LIBRARY MAKER TOOLS. COME AND LEARN ABOUT OUR 3D PRINTERS, SEWING MACHINES, BUTTON MAKERS AND MUCH MORE! NO REGISTRATION REQUIRED, FIRST COME FIRST SERVED.

FREE PRINTING

PRINT JOBS CAN BE UP TO 25 PAGES* AND SHOULD BE FORMATTED AND READY TO PRINT AS IS. ONE SIDE OF A TWO-SIDED PRINT PAGE COUNTS TOWARDS YOUR 25-PAGE/DAY LIMIT.



VISIT THE MILLBRAE LIBRARY FOR MORE INFORMATION



PIANO LESSONS

Lessons For All Ages And Levels!

Fee:

Session 1: 9/11-10/31 \$400R/\$420NR

Session 2: 11/6-12/12 \$300R/\$320NR



DAN LUPO MUSIC

FOUNDATIONS - EXERCISES - SONGS

EVERY WEDNESDAY OR THURSDAY

Wednesdays 2:30pm-6:30pm Thursdays 2:30pm-5:30pm
*30 minute intervals

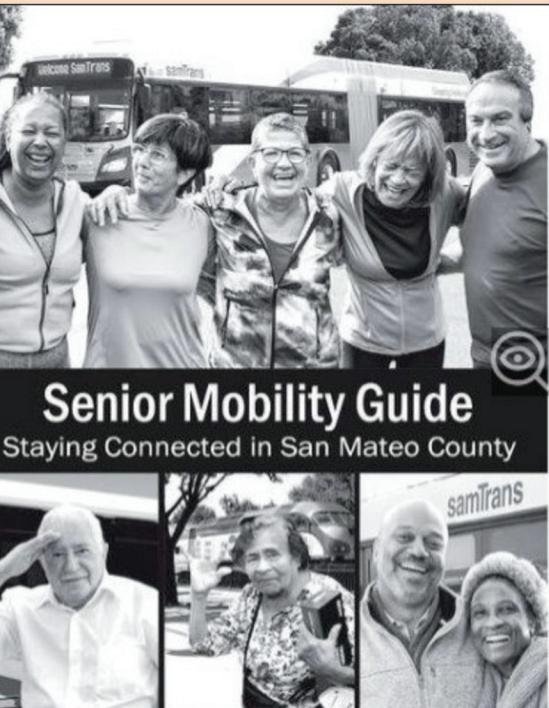
REGISTER NOW

BIT.LY/MILREC

TEACHER WEBSITE

www.DanLupoMusic.com

The Senior Mobility Guide
features vital information
on transportation resources
for older adults in
San Mateo County.
It is available in English,
Spanish, and Chinese.



Pick up the latest issue
of the
Senior Mobility Guide

Available at a local
senior center or library
or call **800-660-4287**
(TTY) 650-508-6448
to request a copy by mail

Also Available in Spanish and Chinese.

**San Mateo County
TRANSIT DISTRICT**

A photograph of a woman with short, reddish-brown hair, smiling broadly. She is wearing a dark maroon turtleneck sweater and a long, beaded necklace. She is holding a green mug in her right hand. The background is a blurred indoor setting, possibly a living room.

LIFE ON
your TERMS

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& MEMORY CARE

FOR MORE INFORMATION
CALL BARI JAIN
(650) 563-7442

1201 BROADWAY
MILLBRAE, CA 94030

License #415601039

CADENCEMILLBRAE.COM



Self-Help for the Elderly

安老自助處

Millbrae Reception Dept.

Senior Program

477 Lincoln Circle

Millbrae, CA 94030

Phone: (650) 259-2364

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



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