

**September/October 2024**

# **MILLBRAE SENIORLINE**



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## **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**



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**Subscribe to our Seniorline at  
[bit.ly/millbraeseniorline](https://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

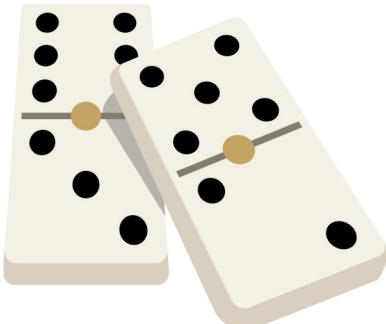
**Come join other Seniors  
for **Senior Game Day** at  
the Recreation Center!**

**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 LOBBY  
477 LINCOLN CIRCLE**



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

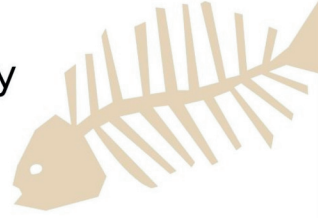
**Every Thursday  
from 10am-11:30am  
Millbrae Recreation Center**







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](mailto: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.**

Estate Planning Attorney



**Jessica Dhillon**

Tax Planning Specialist



**Terrie Tomasello**

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?

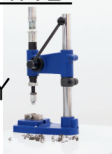


### OPEN SEWING EVERY FRIDAY

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](http://bit.ly/milrec)

**TEACHER WEBSITE**

[www.DanLupoMusic.com](http://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.



## Senior Mobility Guide

Staying Connected in San Mateo County



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**



# LIFE ON *four* TERMS

**OFFERING ASSISTED LIVING  
& 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 Recreation Dept.  
Senior Program  
477 Lincoln Circle  
Millbrae, CA 94030  
Phone: (650) 259-2364*

PERMIT NO. 115  
BURLINGAME, CA  
PAID  
U.S. POSTAGE  
PSRST STD

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.

**Mailing Address**

