

July/August 2024

MILLBRAE SENIORLINE



August Senior Lunch
**Come join us for a lovely lunch
and entertainment!**

Date: August 13

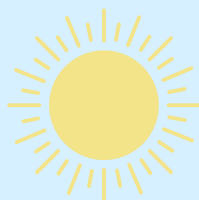
Time: 11:30am-1:30pm

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

Location: Millbrae Recreation Center

Reservation is required and space is limited.

Please call 650-259-2338 to RSVP by August 7



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





HAPPY JULY *Birthdays*

7/1 ROSE PEREZ

7/1 PETER C. COLLIANDER

7/1 NICHOLAS KROLL

7/2 BETH WINTERS

7/3 GINA MCKENNA

7/5 JOHN SURBER

7/6 CHARLES HASTINGS

7/6 L.E. FRANK

7/7 IRENE O'BRIEN

7/8 HELEN HO

7/8 EVA DYE

7/9 MARY DARMANIN

7/11 JOAN RYAN

7/13 MARY TOY

7/17 FRANK DEERING

7/19 DONNA LINGREN

7/20 CATHERINE FULLER

7/22 LAN CHENG

7/23 K.C. SUN

7/29 IRMITRA NELSON

7/30 JOHN GEARNEY





8/2 ROSE MARIE GATES

8/6 DOROTHY SEMKE

8/9 ROSEMARIE ARONI

8/11 JANE RICHARDS

8/11 ROWENA ARMSTRONG

8/13 JAMES VANZANT

8/15 JOSEPH BOURASSA

8/19 ESTHER LEVINE

8/20 JACQUELINE SCHNEIDER

8/21 JEANNE BERTINI

8/23 CON MEGAS

8/23 CONNIE PINEDA

8/26 MARY VELLA TRESELER

8/26 MARTHA GERONIMO

8/27 MARIE WILLIAMS

8/29 BETH ANDERSON

8/30 JOSE MORALES

8/30 ROSE MEWKALO

IF YOU OR SOMEONE YOU KNOW WOULD LIKE
TO BE ADDED OR REMOVED FROM THIS LIST,
PLEASE CALL US AT 650-259-2338



Millbrae Events

July



- July 2** Senior Stories- 10:00am- Senior Lounge
- July 4** Beats, Brews and Vines-Music in the Park
4th of July event 12:00pm-3:30pm-**Millbrae Central Park**
- July 9** Senior Lunch- 11:30am- Great Hall
- July 12** Movie Night -Sundown- Millbrae Central Park
- July 17** Senior Advisory Committee Meeting- 9:00am-
Conference Room B
- July 18** Adult and Senior Walking event 11:00am-
Lobby- Millbrae Recreation Center

August

- August 6** Senior Stories-10:00am-Senior Lounge
- August 9** Movie Night -Sundown-Millbrae Central Park
- August 13** Senior Lunch-11:30am-Millbrae Recreation
Center
- August 15** Beats, Brews and Vines-6:00pm-9:30pm-
Downtown Millbrae
- August 17** Millbrae Machines-9:00am-2:00pm-Downtown
Millbrae on Broadway
- August 21** Senior Advisory Committee Meeting-
9:00am- Conference Room B



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

“Bad Dad Jokes” and Coffee!

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

**Every Thursday in
July and August
from 10am-11:30am
Millbrae Recreation Center**



MILLBRAE RECREATION PRESENTS:

Beats, Brews & Vines

4th of July

FREE CONCERT IN
MILLBRAE CENTRAL PARK
THURSDAY, JULY 4, 2024

12:00-1:30 PM
A CUT ABOVE
2:00-3:30 PM
BUSTA GROOVE



**MUSIC
DRINKS
DANCING
FOOD**



MILLBRAE CENTRAL PARK, 477 LINCOLN CIRCLE
FOR QUESTIONS EMAIL RECREATION@CI.MILLBRAE.CA.US OR CALL (650) 259-2360



MILLBRAE RECREATION PRESENTS:

Beats, Brews & Vines

MUSIC DRINKS DANCING FOOD



AUGUST 15

6:00-7:30 PM

THE JOINT CHIEFS

8:00-9:30 PM

DEE COGO & MIXX CO.



DOWNTOWN MILLBRAE, BROADWAY & HILLCREST

FOR QUESTIONS EMAIL RECREATION@CI.MILLBRAE.CA.US OR CALL (650)259-2360



Senior STORIES



**1st Tuesday monthly at 10:00am
Millbrae Recreation Center**

**Please come join us for FREE coffee, pastries
and storytelling!**

**Learn about other people in our community
as they share their life story.**

No RSVP necessary.

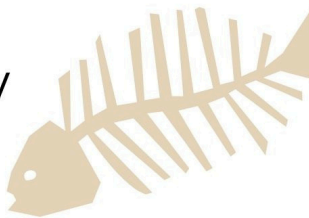
All are welcome!

**If you would like to share your story,
please contact Millbrae Recreation
at 650-259-2364**





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





MILLBRAE NEWS

BI-WEEKLY NEWSLETTER

Sign up to receive City News Direct in your inbox!

To expand communications efforts, the City of Millbrae launched its first bi-weekly electronic newsletter - the Millbrae News. Each issue features a range of important topics, including events, services, and programs, highlighting projects and providing helpful tips and news. Don't miss out on all that's happening in Millbrae!

Residents have the option to sign up to receive the newsletter by email and text. To Sign up please scan the QR code to visit our Notify Me Center on our website. Or call Public Information Officer Justine Bleeker at (650) 259-2417 for assistance.



SCAN ME



WORKS

Report | Track | Connect

In case of emergency call 9-1-1



Millbrae Works powered by SeeClick Fix is the fastest, easiest way for you to submit non-emergency requests to your community, stay updated and initiate change in your community.



Download on the
App Store



GET IT ON
Google Play

SEECCLICKFIX.COM/MILLBRAE

MILLBRAE RECREATION DEPARTMENT COACHES NEEDED

FALL SPORTS: MIDDLE AND ELEMENTARY SCHOOL VOLLEYBALL, CROSS COUNTRY AND FLAG FOOTBALL!

REGISTRATION BEGINS AUGUST!

Our Youth Sports Program emphasizes teamwork, skill development, participation, and fun! The program's primary focus is the participants, and parents' support is crucial for its success. **We need volunteers who can teach the fundamentals of the game, sportsmanship, and how to get along as a team.**

Signups are available online at bit.ly/millbraecoach

Contact Emanuel or Ryan
At the Recreation Center:
650-259-2338
or email
erosales@ci.millbrae.ca.us
or
rchew@ci.millbrae.ca.us



Grow a garden this year!

PICK UP A PLOT IN THE MILLBRAE COMMUNITY
GARDEN AND GET GROWING ON YOUR FAVORITE
FRUITS AND VEGGIES!

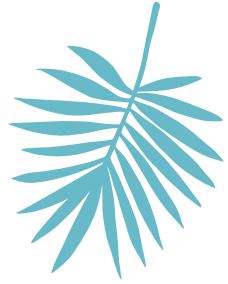
PLOT INFO:
SIZE: 4X8FT
DEPOSIT: \$131
YEARLY DUES: \$99.95 (\$59.97
FOR SENIORS)

JOIN THE WAITLIST @ [BIT.LY/MILREC](http://bit.ly/milrec)
OR
CALL @ 650-259-2365
FOR MORE INFO

WANT TO VOLUNTEER? GO TO [BIT.LY/MILREC](http://bit.ly/milrec) OR CONTACT
EMANUEL @ [EROSALES@CI.MILLBRAE.CA.US](mailto:erosales@ci.millbrae.ca.us)

THE GARDEN YEAR IS FROM OCTOBER 1 -
SEPTEMBER 30

COME ON DOWN!



JULY 18TH



**ADULT AND
SENIOR
WALKING**



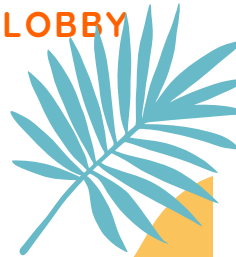
**LET'S KICK OFF SUMMER WITH A WALK
AROUND MILLBRAE CENTRAL PARK**

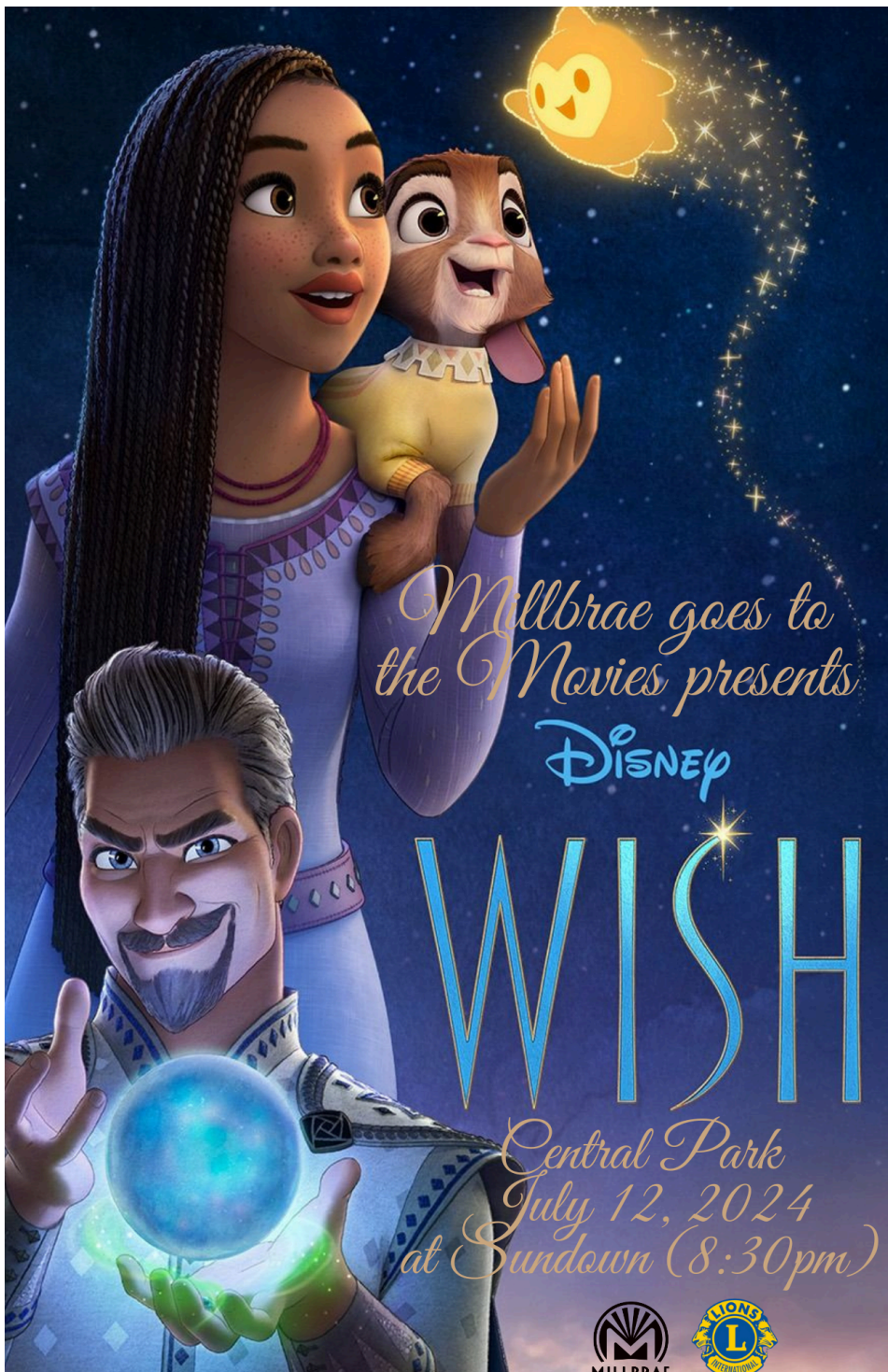
**AFTER WE WILL HAVE REFRESHMENTS AND
ICE CREAM!**

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



**MEET AT THE
MILLBRAE RECREATION CENTER LOBBY
477 LINCOLN CIRCLE**





Millbrae goes to the Movies presents

Disney

WISH

*Central Park
July 12, 2024
at Sundown (8:30pm)*



Watch out for Artificial Intelligence scams by Chase Bank

Scammers use AI to clone voices impersonating people. One of the scams using AI is where they clone voices of loved ones, then call using that voice, pretending to be desperate for money to get out of trouble or danger. It's very convincing.

How it can happen:

I answered a call that I thought was my son because it sounded exactly like his voice saying he'd had an accident, injured someone, and was in police custody.

After hanging up, I received several calls from someone claiming to be his public defender. He gave me his name, the county clerk's info and told me to how to wire \$9,000 for his bail.

Luckily, I called my son's wife first, who said nothing had happened to him. I genuinely believed that the person on the phone was him. It was his voice, using words he would use. The "public defender" also sounded like a lawyer. He wasn't too pushy and spoke very calmly. It really does show how sophisticated scammers have become.

Help protect yourself

AI generated voices sound very real because scammers get a small audio sample of someone's voice and then run through an AI program that replicates the voice. So be extra careful of friends or family members calling suddenly and needing help. Hang up and call them back on a number you know to be theirs, or call someone else who knows them.

Summer

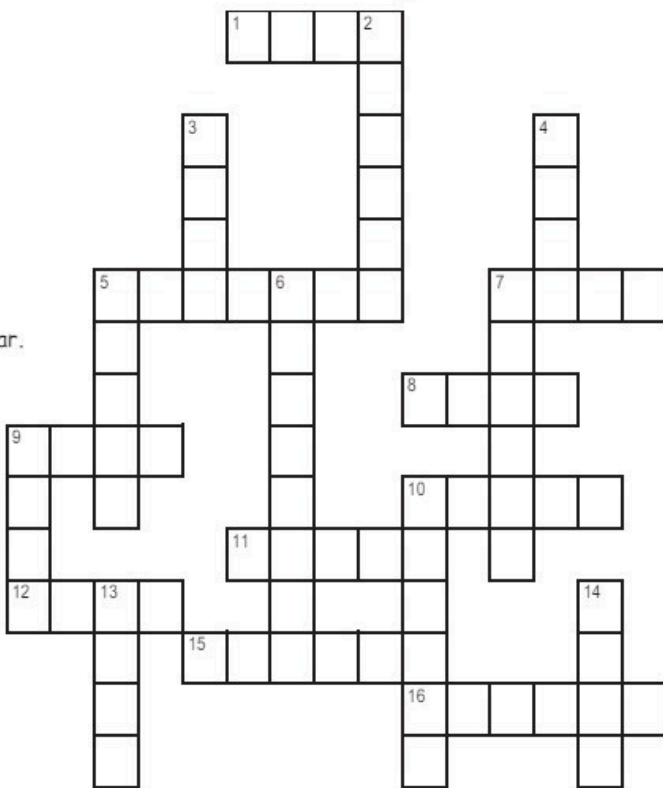


Across

1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.

Down

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.



Word Bank

BEACH, BIKE, CABIN, CAMPING, DIVING, FIRE, HEAT, HIKING, ICE CREAM, KITE,
LAKE, PAIL, POOL, SAND, SHORTS, SUMMER, SUNNY, SWIM, T-SHIRT, WARM



SENIOR AND ADULT

BINGO NIGHT

GAME | PRIZES | DESSERT

MILLBRAE RECREATION CENTER

477 Lincoln Circle

FRIDAY, AUGUST 23 AT 6:30PM
\$5.00 TO BE PAID AT THE DOOR
18+ AND OLDER ONLY

PLEASE RSVP BY
AUGUST 19 BY CALLING
650-259-2338



SERVE ON A

**Contribute to the
Millbrae of tomorrow
and foster positive
outcomes in our
community!**

**COMMISSION
OR COMMITTEES**

APPLY TODAY!

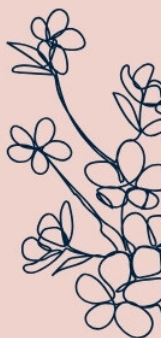
- **Community Enhancement Advisory Committee**
- **Cultural Arts Advisory Committee**
- **Economic Vitality Advisory Committee**
- **Parks and Recreation Commission**
- **Planning Commission**
- **Senior Advisory Committee**
- **Sister Cities Commission**
- **Youth Advisory Committee**



**For more
information Scan**

For questions or assistance, contact the City Clerk's Office at
administration@ci.millbrae.ca.us or (650) 259 - 2414

**Join us for a FREE demonstration of an
Honest Bodies Meditation class on
August 13th, at 12:45pm at the
Millbrae Recreation Center!
No RSVP necessary!**



HONEST BODIES

Breathing & Meditation

The most successful holistic health care includes mindfulness practice. For example, proper breath and meditation restore the nervous system, clear the mind for greater focus, and provide a calm feeling. If you would like to reduce the following: Anxiety, Mind Racing, or Improve Sleep Patterns, and Present Moment Awareness, this is the class for you.

Cynthia has been practicing Holistic Health Care for 20+ years. Please wear comfortable clothing, bring a yoga mat, and a small pillow, chairs are provided as a secondary option.

Ages: 18+
Dates:

7/26-8/30: \$120R/\$140 NR

For more information & to register: bit.ly/milrec



**Fridays
5:30pm-6:30pm**

**Millbrae Recreation
477 Lincoln Circle**



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**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
PSRPT 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

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

