

NOVEMBER / DECEMBER 2023

# MILLBRAE SENIORLINE



WE INVITE YOU TO JOIN US AT OUR

## THANKSGIVING SENIOR LUNCHEON

**Tuesday, November 14 | 11:30AM - 1:30PM**

**Millbrae Recreation Center/Great Hall**

**\$5 per guest**

**November birthdays eat free!**

**RESERVATIONS REQUIRED  
PLEASE CALL 650-259-2338**



**Subscribe to our Seniorline at  
[bit.ly/millbraeseniorline](https://bit.ly/millbraeseniorline) or call 650-259-2338**

# NOVEMBER 2023

GO  
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NOV 4

ELECTRONIC & CLOTHING  
REUSE & RECYCLE DROP  
OFF 9:00AM-12:00PM  
1 LIBRAY AVENUE

NOV 8

WINTER RECREATION  
GUIDE MAILED TO  
RESIDENTS

NOV 9

WATER  
CONSERVATION  
REBATES WORKSHOP  
7:00-8:30PM \*

NOV 14

THANKSGIVING  
SENIOR LUNCH  
11:30AM \*

NOV 15

SENIOR ADVISORY  
COMMITTEE MTG.  
9:00AM \*

\*MILLBRAE RECREATION CENTER

FOR MORE INFORMATION PLEASE  
CALL 650-259-2360

# DECEMBER 2023

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DEC 2

PORTRAIT WITH  
SANTA MILLBRAE  
GAZEBO 2:00PM

DEC 2

TREE LIGHTING  
5:00PM

DEC 5

SENIOR STORIES  
9:00AM \*

DEC 8

HOLIDAY MOVIE  
NIGHT THE GRINCH  
6:30PM \*

DEC 12

SENIOR HOLIDAY  
LUNCH 11:30AM \*

DEC 20

SENIOR ADVISORY  
COMMITTEE MTG  
9:00AM \*

MILLBRAE RECREATION CENTER CLOSED  
NOV 10, 23, 24  
DEC 24, 25, 31



**Millbrae Recreation Department** (650) 259-2360  
**Police Department(Non-Emergency)** (650) 259-2300  
**Fire Department** (650) 259-2400



**U.S. Senator Laphonza Butler**

(202) 224-3841

**Washington DC Office**

SD-G10 Dirksen Senate Office Building, Washington, DC 20510

**[butler.senate.gov](mailto:butler.senate.gov)**



**U.S. Senator Alejandro Padilla**

(415) 981-9369

**San Francisco Office**

333 Bush Street, Suite 2450, San Francisco, CA 94104

**[padilla.senate.gov](mailto:padilla.senate.gov)**



**House of Representative Kevin Mullin**

(650) 342-0300

**San Mateo District Office**

1528 S. El Camino Real, Suite 307, San Mateo, CA 94402

**[kevinmullin.house.gov](mailto:kevinmullin.house.gov)**



**Senator Josh Becker**

(650) 212-3313

**District Office**

1528 S. El Camino Real, Suite 303, San Mateo, CA 94402

**[senator.becker@senate.ca.gov](mailto:senator.becker@senate.ca.gov)**



**Assembly Member Diane Papan**

(650) 342-0300

**District Office**

1528 S. El Camino Real, Suite 302, San Mateo, CA 94402

**[assemblymember.papan@assembly.ca.gov](mailto:assemblymember.papan@assembly.ca.gov)**



**County Supervisor Dave Pine**

(650) 363-4571

**District Office**

400 County Center, Redwood City, CA 94063

**[dpine@smcgov.org](mailto:dpine@smcgov.org)**

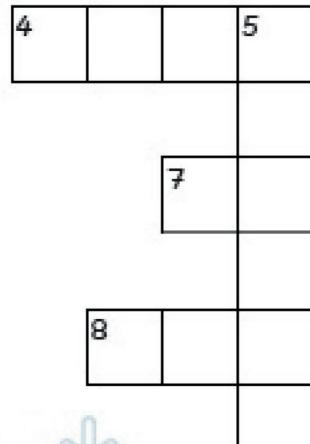


# WINTER

## Crossword Puzzle

### DOWN

1. Time off from work or school
2. Largest arctic land mammal
3. No two are alike
5. The coldest season
6. Jewish winter holiday
11. They keep your hands warm
13. Used to decorate a Christmas tree
14. 32 degrees



10 11

12

14

### ACROSS

4. Flakes that fall from the sky
7. Frosty was a famous one
8. Water in its frozen state
- 16
9. African-American winter holiday
10. Mean reindeer wouldn't let Rudolf play these
12. Sport on frozen water
- 15
16. Measures temperature
16. These hang from your roof when it's very cold



# 7 Ways to Get More Energy Fast

By Beth Howard AARP

According to the Centers for Disease Control and Prevention, around 15 percent of women and 10 percent of men in the United States regularly feel tired or exhausted. But there's often a simple solution.

"Your energy level during the day could be related to many things, including sleep, fitness and food," says Deirdre Conroy, clinical professor of psychiatry and clinical director of the Behavioral Sleep Medicine Program at the University of Michigan.

If your doctor has ruled out anything serious for your energy slumps, such as a health condition or a medication side effect that could be making you tired, give these eight proven energy boosters a try:

## 1. Snack right

Instead of reaching for a candy bar or latte to fend off fatigue, try a balanced snack. A piece of fruit or carrot sticks (or other produce) plus protein, such as a handful of nuts, Greek yogurt, string cheese, cottage cheese, hard-boiled egg or roasted edamame. The body uses fruits and vegetables for immediate energy, while the protein provides longer-lasting, steady energy to keep you invigorated until your next meal.

## 2. Drink plenty of water

Dehydration is one surprising reason you may be lacking pep. It slows circulation and makes your heart work harder to pump oxygen to the brain and the rest of the body, causing sluggishness and a lack of focus.

## 3. Get moving

There's clear evidence that exercise can make you more energetic — and you don't have to go all out to get the benefit. University of Georgia researchers found that sedentary people who complained of fatigue were able to increase their energy levels by 20 percent and decrease their fatigue by 65 percent by engaging in regular, low-intensity exercise like aerobic workouts. Cycling and resistance training also do the trick.

Need a quick power surge? A 15-minute walk can make a difference, whether you're hoofing it on the trail or on a treadmill.

# 7 Ways to Get More Energy Fast

## Continued

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### 4. Take a power nap

If you feel yourself nodding off after lunch, go ahead and put your head down.

The key is to keep it brief, no more than 20 to 30 minutes. Sleeping an hour or longer during the day could have the opposite effect.

"You don't want deep sleep during the day," Conroy says. "Otherwise, you might feel worse when you wake up. Save the deep sleep for nighttime." If you have sleep woes like insomnia, avoid napping altogether and pick a different way to increase your vim and vigor.

### 5. Bend a little

Dynamic stretching is especially good at getting the job done. Dynamic stretches are movement-based and take your joints through their full range of motion, improving circulation throughout your body. These stretches should get your blood — and energy — flowing.

### 6. Commune with nature

The sights and sounds of the natural world can help to restore your get-up-and-go, research shows. People got a second wind when they went outdoors to either rest or exercise in view of green space, trees, and a lake. It's even better if you can hear birdsong, which studies show can lift your mood.

### 7. Get up at the same time each day

Establishing a regular sleep schedule is one of the most important ways to stave off lethargy later. Rising at the same time every day (even on weekends) is key to the process.

Don't force yourself to go to bed at a specific time. As long as you're waking up on time, a regular sleep routine should fall into place. So, open the curtains and let the sunshine in!

# Transportation Guide

## SamTrans Redi-Wheels

SamTrans operates the paratransit service called Redi-Wheels on the bayside of the county. Paratransit buses, vans and sedans serve most of the county and will come to your home and take you to your destination. Trips can be reserved up to seven days in advance and as late as one day in advance.

**Service Type:** Request a ride

**Service Area:** Bayside portion of San Mateo Co. plus Pacifica and Daly City

**Days and Hours of Operation:** Monday to Sunday: 5:30 am–midnight; 24 hours in some places

**Fare Amount:** \$4.25

**Accessibility Description:** Wheelchair accessible vehicles

**Eligibility:** Unable to ride buses due to a disability. Must be certified to use the service

**Trip Purpose Restrictions:** No restrictions

**Reservations:** Call from 7 days ahead up to 5 pm the day before

**Phone Number:** 650-508-6241

**Website:** <https://www.samtrans.com/accessibility/paratransit>



## Serra Yellow Cab

Offers dispatch service to/from Daly City, Colma, Brisbane, Pacifica, Broadmoor, Millbrae, San Mateo, Burlingame, Hillsborough, Foster City, Belmont, San Carlos, Redwood City, Menlo Park, & SFO.

**Service Type:** Request a ride

**Service Area:** Daly City, Colma, Brisbane, Pacifica, Broadmoor, Millbrae, San Mateo, Burlingame, Hillsborough, Foster City, Belmont, San Carlos, Redwood City, Menlo Park, & SFO.

**Days and Hours of Operation:** Taxi 24 hrs / Wheelchair 7:00 a.m.–5:00 p.m. (reservation only)

**Fare Amount:** Cost base on distance travelled (10% Senior Discount)

**Accessibility Description:** Wheelchair accessible vehicles

**Trip Purpose Restrictions:** No restrictions

**Reservations:** Wheelchair Service 7:00 a.m.–5:00 p.m. (reservation only)

**Phone Number:** 650-991-2345 or 650-340-9999

**Website:** <http://www.serrayellowcab.com/>



## Ride PVI Transportation

Peninsula Volunteers Inc. (PVI) with the support of San Mateo County and the Older Americans Act (OAA) is here for your on-demand transportation needs. For a limited time\*, senior residents (age 60+) of San Mateo County\*\* can ride at no-cost to the doctor, dentist, supermarket, pharmacy or local senior center. Simply call RIDE PVI at 650-272-5040 and we will arrange for a Lyft or Uber driver to pick you up.

**Service Type:** Preregistration is required for all users by calling 650-272-5006

**Service Area:** San Mateo County

**Days and Hours of Operation:** Mondays-Fridays 9:00 a.m. to 4:00 p.m. or 24/7 with prescheduling

**Fare Amount:** Rides are at no cost, however voluntary contributions are requested to help support the program

**Accessibility Description:** Please call

**Eligibility:** San Mateo County residents age 60+

**Trip Purpose Restrictions:** Destination boundaries are within a 5-mile radius of your residence

Due to geographic constraints, the Pescadero region is not covered.

**Reservations:** Mondays - Fridays 9:00am to 4:00pm

**Phone Number:** 650-272-5040 or 650-272-5006 to preregister

**Website:** <https://1pvi.org/ridepvi/>



**Learn more about transit options available to you at**  
**<http://www.peninsularides.com/>**

# ▲ AVOIDING SCAMS 101 ▲

Approach all texts, emails, direct messages and phone calls with skepticism.  
Use these warning signs and techniques to minimize falling for scams.

## **Signs it's a scam**

- It claims you've won something or are getting anything for free.
- It's about a purchase, delivery or transaction you don't remember.
- You didn't initiate the exchange. If it's out of the blue, that's a red flag.
- You're asked to pay in a shady way (gift cards, cryptocurrency, wire transfers, or peer-to-peer payment apps like Venmo, Cash App, PayPal or Zelle).
- It's related to something in the news, like a donation request for a natural disaster.
- You feel panicked. Criminals want to trigger your fight or flight response.

## **Safety precautions you should take**

- Don't pick up calls from unknown numbers.
- Don't click on links in texts, emails or other messages.
- Assume people and companies aren't who they say.
- Reach out to the person or company through a secondary contact to verify.
- Ask a friend or family member about suspicious messages.
- Slow down and trust your gut.

## **Important phone numbers**

Amazon \_\_\_\_\_ 888-280-4331

Apple \_\_\_\_\_ 800-692-7753

IRS \_\_\_\_\_ 800-829-1040

Social Security Administration \_\_\_\_\_ 800-772-1213

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(bank)

(phone number)

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(tech support)

(phone number)

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(family member)

(phone number)

# CHINESE LINE DANCING



**TUESDAY:**  
9:30-11:30 a.m.  
**THURSDAY:**  
9:00-10:30 a.m.

**Instructor: Anna Ly**  
**Location: Art Center (Tuesday)**  
**Great Hall (Thursday)**



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



# CASINO BUS TRIPS

## RED HAWK RESORT + CASINO

Call **Kenny Express 415-398-2009**

Daily and Nightly Service

▫ **Daily AM**

- Daly City, 6074 Mission & Evergreen - 7:45 am
- Chinatown, Kearny, Sacramento & Clay - 8:30 am
- Arrives at Red Hawk Casino - 10:15 am
- Departs Red Hawk Casino - 2:30 pm

▫ **Daily PM**

- Daly City, 6074 Mission & Evergreen - 7:30 pm
- San Francisco, 16th & Mission - 7:45 pm
- Chinatown, Kearny, Sacramento & Clay - 8:30 pm
- Arrives at Red Hawk Casino - 10:30 pm
- Departs Red Hawk Casino - 3:20 am

Bus passengers must be 21 years or older

Valid ID and/or Red Hawk Rewards Card is required to ride these bus services

VIP Bus Bonus Details



**GRATON**  
RESORT & CASINO™

Call Thunder Express **650-863-4198**

or **650-745-8036**

**Fare: \$13**

Seats are available on a first come first serve basis.

▪ **Runs Daily**

- 8:00AM – Pick up at: Lucky's on 45 Murchison Drive, Millbrae
- 2:30PM – Departs Graton Resort & Casino

▪ **Runs Daily**

- 11:00AM – Pick up at: Lucky's on 45 Murchison Drive, Millbrae
- 5:00PM – Departs Graton Resort & Casino

▪ **Runs Daily**

- 1:15PM – Pick up at: Lucky's on 45 Murchison Drive, Millbrae
- 8:00PM – Departs Graton Resort & Casino

**CACHE CREEK**  
CASINO RESORT

Call **1-888-796-2254** for reservations

### Daly City

- **Kong Da Express (Route 3) 415-618-9186**
  - 6074 Mission St (Mission & Evergreen)
- **Xallapan Tours (Route 9A/9B) 408-784-5426**
  - Macy's: 1 Serramonte Center (Pickup by Callan Blvd)
  - Jack in the Box: 7217 Mission St (Mission & Price)
  - 6074 Mission St (Mission & Evergreen)

### San Bruno

- **Xallapan Tours (Route 9A/9B) 408-784-5426**
  - The Shops at Tanofran: 1278 El Camino Real (Pickup by Burger King)

**Graton Resort Casino**

**(707) 588-7100**

**Cache Creek Casino Resort**

**(530) 796-3118**

**Red Hawk Resort Casino**

**(530) 677-7000**

**Contact the transportation provider or the Casino directly for any questions regarding service.**  
**PLEASE PLAY RESPONSIBLY**

# MILLBRAE RECREATION

*in partnership with*



*presents*

## TRAVEL PROGRAMS FOR SENIORS

### *Sunny Portugal*

February 27 - March 7, 2024

10-day tour including round trip air from SFO  
& double room accomodation.

**\$3299 / person** -  
**Double \$3799 / person**  
**- Single**



### *America's Music Cities*

March 10-17, 2024

8 days, 10 meals including round trip air from SFO  
& double room accomodation.

**\$3599 / person** -  
**Double \$4499 / person**  
**- Single**



### *Washington, D.C.*

April 11-16, 2024

5-day tour including round trip air from SFO  
& double room accomodation.

**\$2699 / person** -  
**Double \$3099 / person**  
**- Single**



For more information contact:

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



# Older Adult & Senior Activities

## Senior Game Day - \$3.75

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

## Taijiquan - \$ inquire

- Monday - 6:00 - 7:00 p.m.
- Wednesday 11:00 a.m. - 12:00 p.m. intermediate



## Line Dancing - \$5.00 (\$8.00 combo class)

- Monday 9:30 - 10:30 a.m. beginners
- Monday 10:30 - 11:30 a.m. intermediate
- Thursday 6:00 - 7:30 p.m. progressive (\$7.50)
- Friday 9:00 - 10:00 a.m. beginners
- Friday 10:00 - 11:00 a.m. intermediate

## Ballroom Dance - \$3.75

- Tuesday 10:00 - 11:00 a.m. level 1
- Tuesday 9:00 - 10:00 a.m. level 2

## Chinese Line Dance - \$3.75

- Tuesday 9:30 - 11:00 a.m.
- Thursday 9:00 - 10:30 a.m.

## Mahjong - free for a limited time

- Tuesday-Friday 9:00 a.m. - 2:00 p.m.

## Quilting - \$3.75

- Tuesday 12:30 - 4:00 p.m.

## Painting - \$3.75 (\$11.25 for adults)

- Wednesday 1:00 - 4:00 p.m.
- Thursday 1:00 - 4:00 p.m.



## Senior Aerobics - \$3.75

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

## Music In Motion - \$5.00

- 1st Thursday 12:00 - 1:00 p.m.

## Sunday Social Dance - \$10.00

- 1st Sunday 1:00 - 4:00 p.m.

# STAY CONNECTED!

Stay up to date with current City news and interact in real time with City staff by utilizing one of our many opportunities for outreach and collaboration!



## MILLBRAE NEWS A BI-WEEKLY NEWSLETTER!

Scan to sign up  
for Newsletter:



### CONNECT WITH US ON SOCIAL MEDIA:



Follow us on Instagram:  
@Cityofmillbrae



Like us on Facebook:  
[facebook.com/cityofmillbrae](https://facebook.com/cityofmillbrae)



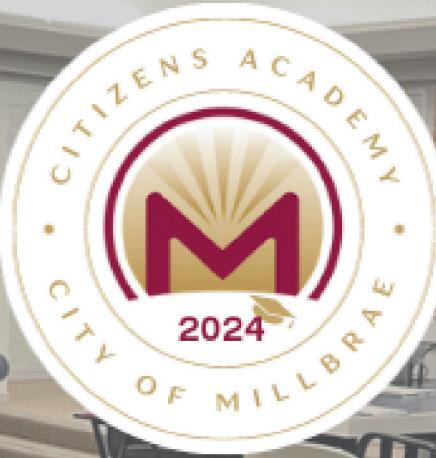
Follow us on Twitter:  
@Cityofmillbrae



**Nextdoor**  
<https://bit.ly/MillbraeNextdoor>

**CI.MILLBRAE.CA.US**

# CITIZENS ACADEMY



## Learn about City Government

To register and for more information please visit:

[bit.ly/MillbraeCitizensAcademy](https://bit.ly/MillbraeCitizensAcademy)



## WATER CONSERVATION WORKSHOP & FREE GYRO

THURSDAY NOVEMBER 9  
2023

- Eat Gyros
- + Discover BAWSCA's Rebate Programs
- + Take home free WaterSense Fixtures

7:00-8:30pm  
Millbrae Recreation  
Center

Questions?  
Contact Annabelle Acosta  
650-259-2444  
aacosta@ci.millbrae.ca.us

RSVP REQUIRED AT  
[bawasca.org/conserve/programs/classes/](http://bawasca.org/conserve/programs/classes/)  
BY 4PM NOVEMBER 9

# SENIOR ADVISORY *Committee*



3RD WED MONTHLY, 9:00 A.M., AT THE REC. CENTER

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 **Le**  
Mary Ellen **Pellegrini**, Mimi **Lin**, Patrick **Cheng**, Vinita **Ghosh** (Alternate)

477 Lincoln Circle, Millbrae, CA 94030

We have new resurfaced  
Tennis Courts with lines for  
Pickleball!!

Come join the fun!  
Introductory classes are  
available with Coach  
Scott Selig.

477 Lincoln Circle  
Please Call 650-259-2338 for more  
information!



# Happy Birthday

## November

- 11/1 Kit Der
- 11/3 Barbara Suttler
- 11/4 Alfred Houston
- 11/5 Maria Meyer
- 11/6 Fern Slotnick
- 11/6 Ann Kirkbride
- 11/6 Virginia C Murphy
- 11/8 Voula Zopolos
- 11/8 Florence Garcia
- 11/10 Lynn Sattler
- 11/12 Laura Cheresnik
- 11/15 Carmen Morrello
- 11/17 Zenona Doyal
- 11/18 Peter Lesouza
- 11/19 Flora D. Cruz
- 11/20 Jaishri Meer
- 11/21 Dorothy Wolfe
- 11/21 Sarah Montevedi
- 11/22 Anna Gonzales
- 11/23 Jo Brown
- 11/24 Olivia Durer
- 11/25 Edwina Torres
- 11/25 Roshan Kapadia
- 11/27 David Abeyta
- 11/28 Dorothy Katz
- 11/29 Grace Gambucci
- 11/30 Marlene McBride
- 11/30 Rita Snyder

## December

- 12/1 Bess V Mc Mannama
- 12/4 Linda Zowasky
- 12/7 Sally Bebek
- 12/9 Rachel Sanchez
- 12/10 Ruth Mabardy
- 12/11 Doris Morse
- 12/13 Monica Loger
- 12/15 Julie Shu
- 12/23 Margaret Stirling
- 12/23 Nathan Agresti
- 12/29 Marie Amoroso

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



# 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.

Answers to Winter Puzzle: DOWN 1. Vacation 2. Polar Bear 3. Snowflake 5. Winter 6. Hanukkah  
11. Mittens 13. Ornaments ACROSS 4. Snow 7. Snowman 8. Ice 9. Kwanza 10. Games 12. Hockey  
15. Thermometer 16. Icicles



Mailing Address

PERMIT NO. 115  
BURLINGAME, CA  
PAID  
U.S. POSTAGE  
POSTAL STD  
Millbrae Recreation Dept.

Phone: (650) 259-2478  
Millbrae, CA 94030  
477 Lincoln Circle  
Senior Program  
Millbrae Recreation Dept.