

**November/December 2024**

# **MILLBRAE SENIORLINE**



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



**Date: November 12**

**Time: 11:30 AM -1:30 PM**

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

**Location: Millbrae Recreation Center**

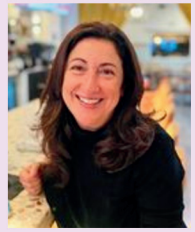
**Please call 650-259-2338**  
**to RSVP by November 4**



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

# I want to hear from you!



Hello Seniors,

I'd like to introduce myself, my name is Joanna Hafter and I am the Recreation Coordinator for Senior Programs here at the Millbrae Recreation Center. I have been in this role for the last year but have been part of the Recreation Center staff for almost 7 years. During my time here I have gotten to know many of the seniors in our community and have listened to what you would like to see here in terms of events and programs. We are always trying hard to fulfill the needs in our community. In our attempt to serve you, and to provide diverse programming, we are always here to receive your feedback. We invite you to come by and enjoy the Recreation Center, whether it is because it is a hot day and you need to cool off, watch a movie in our Senior Lounge, meet other people in one of our many classes, or to be active and to make friends. If you know of someone who would like to receive a Seniorline or get more information on what we have to offer, please have them give us a call!

*Joanna*



# Millbrae Events



## November

**November Every Thursday** Walking Club in Millbrae-  
11:00 AM - Rec Center-**weather permitting**

**November Every Thursday** Bad Dad Jokes and Coffee-  
10:00 AM - Rec Center

**November Every Friday** Movie-10:00 AM - Rec Center

**November 5** Senior Stories - 10:00 AM - Rec Center

**November 12** Senior Lunch - 11:30 AM - Rec Center

**November 20** Senior Advisory Committee Meeting-  
9:00 AM - Rec Center

**November 28 & 29** Millbrae Recreation Center Closed for  
Thanksgiving Holiday

## December

**December Every Thursday** Bad Dad Jokes and Coffee  
10:00 AM - Rec Center

**December Every Friday** Movie - 10:00 AM - Rec Center

**December 3** Senior Stories - 10:00 AM - Rec Center

**December 7** Pictures with Santa - 2:00 PM - 4:00 PM -  
Millbrae Gazebo Library Avenue

**December 10** Senior Lunch - 11:30 AM - Rec Center

**December 13** Movie Night - 6:30 PM - Rec Center

**December 18** Senior Advisory Committee Meeting -  
9:00 AM - Conference Room B

**December 25** Millbrae Recreation Center Closed for  
Holiday



**For More Information Please**

**Call 650-259-2338**





# **NOVEMBER BIRTHDAYS!!**

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 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

11/19 Flora D. Cruz

11/21 Sarah Monteveidi

11/22 Anna Gonzales

11/23 Jo Brown

11/24 Olivia Durer

11/25 Edwina Torres

11/27 David Abeyta

11/28 Dorothy Katz

11/29 Grace Gambucci

11/30 Marlene McBride

11/30 Rita Snyder





# **DECEMBER BIRTHDAYS!!**

12/1 Bess V Mc Mannama

12/4 Linda Zowasky

12/7 Sally Bebek

12/10 Ruth Mabardy

12/11 Doris Morse

12/13 Monica Loger

## **Happy Birthday!**

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

# Millbrae Recreation Movies in the Senior Lounge

Come enjoy a movie in a  
comfortable space and  
meet new people!

We will put on a movie  
**every Friday at 10:00 AM**  
**in the Senior Lounge**  
at the Millbrae Recreation Center!

## FREE POPCORN and SNACKS





# BINGO NIGHT

*Gather your family, friends, and bingo enthusiasts for an evening of delicious pizza, fabulous prizes, and unforgettable memories.*

*\*18 Years and Older Only*

FRIDAY,  
JANUARY 24

MILLBRAE  
RECREATION  
CENTER

STARTS AT  
5:30PM

PLEASE RSVP BY JANUARY 17TH BY CALLING 650-259-2338



# Scholarships for Millbrae Recreation Senior Classes

We have funds for seniors in need of assistance to participate in our Millbrae Recreation senior classes. You may receive 50% off based on income while funds last. Please come to the Recreation Center for an application and for more information.

- Line Dancing
- World Line Dancing
- Chinese Line Dancing
- Senior Game Day
- Ballroom Dancing
- Quilting
- Painting
- Senior Aerobics

\*Class discount requires monthly registration.

\*Does not include contract classes.

\*Limit 2 class sessions per month/no pro-rating for missed classes.



# WORLD **LINE DANCING**

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

**MONDAYS**

**8:30 AM-9:30 AM**

**DROP-IN FEE \$3.85**

**MILLBRAE RECREATION CENTER**

**INSTRUCTOR: KATHY TSU**

**LEVEL: BEGINNER AND INTERMEDIATE**



# ADULT AND SENIOR WALKING CLUB

**ALL ARE WELCOME!**

**WE WILL MEET THURSDAY**

**NOVEMBER 1,8,15,22**

**WEATHER PERMITTING!**

**(PLEASE CALL TO CONFIRM 650-259-2364)**

**FREE REFRESHMENTS AFTER THE WALK!**

**WALKING BEGINS AT 11:00 AM**

**TELL YOUR FRIENDS!!**





# **“Bad Dad Jokes” and Coffee!**

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

**Every Thursday  
from 10:00 AM -11:30 AM  
Millbrae Recreation Center**



# Senior Stories!



**November 5th, and December 3rd  
at 10:00 AM Millbrae Recreation  
Center**

**Please come join us for FREE coffee,  
pastries and sharing of people's  
lives in your community!**

**No RSVP necessary.**

**All are welcome!**

**IF YOU WOULD LIKE TO SHARE YOUR LIFE STORY,  
PLEASE CALL 650-259-2364**





# MILLBRAE NEWS

BI-WEEKLY NEWSLETTER

## Sign up to receive City News direct in your inbox!

Looking to stay connected with everything happening in our Millbrae community? Millbrae News is your go-to source for local updates, events, and news that matter to you!

Whether you're new to Millbrae or a lifelong resident, Millbrae News keeps you in the loop and engaged with our community.

Residents can sign up to receive the newsletter by email and text. To Sign up, scan the QR code to visit our Notify Me Center on our website (<https://bit.ly/NotifyMeMillbrae>). You can also pick up printed copies at City Hall and at the Millbrae Recreation Center.



SCAN ME



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 at the  
Millbrae Recreation Center!



## 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**

# Autumn Word Jumble

1. MNIPUKP

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2. TNAUUM

\_\_\_\_\_

3. KEAR

\_\_\_\_\_

4. EFAL

\_\_\_\_\_

5. URYEKT

\_\_\_\_\_

6. ALFOOLBT

\_\_\_\_\_

7. LAEPM

\_\_\_\_\_

8. PAPLE DERIC

\_\_\_\_\_

9. EBERZE

\_\_\_\_\_

10. SOFRT

\_\_\_\_\_

11. WCRCEOAR

\_\_\_\_\_

12. CAJKTE

\_\_\_\_\_

13. RFIEBNO

\_\_\_\_\_

14. CONR MAZE

\_\_\_\_\_

15. PEALP EPI

\_\_\_\_\_

16. HQSUSA

\_\_\_\_\_

# HELP AT HOME

A resource guide for older adults  
and adults with disabilities in  
San Mateo County



Published by San Mateo County  
Commission on Aging

**We have Help at Home guides by the San Mateo County Commission on Aging at the Recreation Center! Come grab a copy if you are interested. The Help at Home Directory is a reference guide to assist San Mateo County adults of all incomes in finding local resources related to aging, dementia care, hospice, food and clothing, mental health and other services.**

**A listing in this guide does not imply endorsement of any particular agency or service; nor does omission reflect on the value or quality of a service. Individual providers are not listed in this booklet.**



# Got Wheels!

**Affordable taxi service on demand 24/7**

**For residents of Daly City\*, Colma, Brisbane,  
South San Francisco, San Bruno, Millbrae,  
Burlingame, Hillsborough, Montara,  
Moss Beach, El Granada and Half Moon Bay  
-- 70 Years and Older**

Peninsula Family Service no-cost membership transportation program  
*Got Wheels!* provides on demand 24 hours every day.

Members get up to 6 one-way rides a month for \$5 each one-way ride.  
PFS subsidizes remainder of the fare.

Service area includes San Francisco International Airport plus the cities listed above.

**\*Registration is closed in Daly City at this time; applications received will be wait listed.**

For information visit: <https://www.pfso.org/our-programs/older-adult-services/>

**Or contact Cherie Querol Moreno, Got Wheels! Program Manager:  
(650) 403-4300 Extension 4329 – Monday through Friday 9 a.m. – 4 p.m.**

**Email: [cqmoreno@pfso.org](mailto:cqmoreno@pfso.org)**



**FREE**



# SENIOR TECH PROGRAM

SPONSORED BY THE  
YOUTH ADVISORY COMMITTEE

✓ Improve Your Skills   ✓ Need General Help   ✓ Software Update

**Drop in on Saturdays to get help  
with your technology questions  
from the youth in your community.**



## **Dates:**

Saturdays

November 9-December 21

\*No Class on 11/30

## **Time:**

9:30am-10:30am



📍 Millbrae Recreation: Game Room  
477 Lincoln Circle



# LIFE ON *Your* TERMS

OFFERING INDEPENDENT LIVING,  
ASSISTED LIVING & MEMORY CARE

SCHEDULE  
A TOUR  
TODAY!



VISIT OUR  
WEBSITE!

1201 BROADWAY  
MILLBRAE, CA 94030

License #415601039

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

**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 415-770-3739  
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](https://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**

