

# **July/August 2025 MILLBRAE SENIORLINE**

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**Please come join us for our  
monthly Senior Luncheon!**

**August 12**

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

**Millbrae Recreation Center**

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

**Please call 650-259-2338**



The deadline to RSVP is one week before each luncheon while space is available.

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

Hello Seniors,

Our new Ballroom Dancing class at the Recreation Center is a huge hit!

Please take a look at our activity catalog at **[bit.ly/milrec](https://bit.ly/milrec)** or come in and ask us!

Our Bingo night with music from DJ Cash was a huge success, and we look forward to our next one in October.

If you want some free social entertainment, please come check out our Beats, Brews & Vines events this summer! The first one is on July 4<sup>th</sup> at Central Park from 12:00pm-3:30pm. We hope to see you there and wish you a very happy July 4<sup>th</sup> holiday!

Sincerely,

*Joanna*



# Millbrae Events



**Every Thursday** Bad Dad Jokes and Coffee -  
10:00 AM - Millbrae Recreation Center

## July

**July 1** Senior Stories - 10:00 AM - Millbrae Recreation Center

**July 4** Beats and Brews- 12:00 PM - Millbrae Central Park

**July 8** Senior Lunch and Music Sing A Long- 11:30 AM  
Millbrae Recreation Center

**July 11** Movie Night Finding Nemo - Sundown - Millbrae Central Park

**July 16** Senior Advisory Committee Meeting-  
9:00 AM - Millbrae Recreation Center

## August

**August 4** Senior Stories - 10:00 AM - Millbrae Recreation Center

**August 12** Senior Lunch - 11:30 AM - Millbrae Recreation Center

**August 15** Movie Night Kung Fu Panda 4 - Sundown -  
Millbrae Central Park

**August 20** Senior Advisory Committee Meeting -  
9:00 AM - Millbrae Recreation Center



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



# **JULY BIRTHDAYS**

**7/1 Rose Perez**

**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**

**7/23 K.C. Sun**

**7/29 Irmitra Nelson**

**7/30 John Gearney**







# **AUGUST BIRTHDAYS**

**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**

**8/19 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**

**8/29 Norman Toy**

**8/30 Jose Morales**

**8/30 Rose Mewkalo**

**8/31 Donald Dent**



# **FREE MILLBRAE RECREATION SENIOR PROGRAMS TO GATHER AND MEET NEW FRIENDS!**

## **CREATIVE YARN AND STITCHES CLUB**

**CREATE CRAFTS AND CHAT WITH FRIENDS**

**WEDNESDAYS 9:00AM**

## **BAD DAD JOKES AND COFFEE**

**ENJOY FREE COFFEE AND MEET NEW FRIENDS**

**THURSDAYS 10:00AM**

## **SENIOR STORIES**

**FREE COFFEE AND PASTRIES**

**1ST TUESDAY OF EVERY MONTH 10:00AM**

**LOCATION: MILLBRAE RECREATION CENTER**

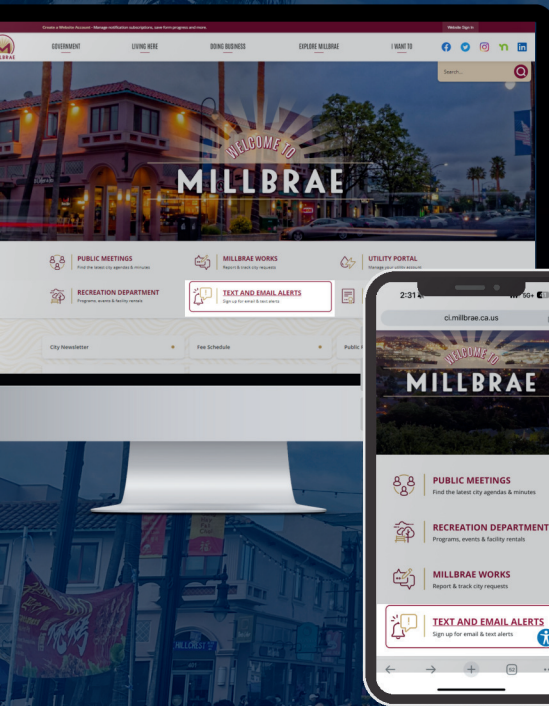


“ **LET'S STAY  
CONNECTED!** ”



**STAY UPDATED WITH YOUR  
FAVORITE MILLBRAE  
NEWS AND EVENTS**

- Click on “Text and Email Alerts”
- Create Account/Sign In
- Click on the ✉ envelope/  
📱 text icon next to the list you want to receive email/text notification on.



**FOLLOW OUR PAGES:**



Follow us on  
Instagram:  
[@Cityofmillbrae](https://www.instagram.com/cityofmillbrae)



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



Follow us on X  
(Twitter):  
[@Cityofmillbrae](https://twitter.com/cityofmillbrae)



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

**Scan for City  
Website:**





# **The Paratransit Advisory Council (PAC) advocates for accessible transportation (paratransit) in San Mateo County.**

In collaboration with SamTrans, they oversee and monitor the performance of Redi-Wheels and RediCoast services, advocate for legislation, and inform members, riders, and the community about paratransit issues.

Redi-Wheels riders, their families, and anyone interested in accessible transportation, are invited to attend our monthly meetings, help improve the service and join. New members are welcome, especially paratransit riders.

Got a comment or concern? Meetings are on the second Tuesday of each month, at 1:30pm, in person at 1250 San Carlos Avenue, San Carlos, or remotely on Zoom and by phone.

📞 650-299-1442

✉️ [sanmateopcc2@gmail.com](mailto:sanmateopcc2@gmail.com)

🌐 [www.sanmateopcc.org](http://www.sanmateopcc.org)



## **Got Wheels! Service has Expanded**

Older adults living San Mateo County who are at least 70 years of age, and those younger than 70 with disabilities\*, are eligible to apply for membership to

# *Got Wheels!*

Members are provided with up to six one-way rides a month for \$5 and an optional tip. Each one-way ride must be within San Mateo County. The Got Wheels! program partner, Serra Yellow Cab, provides on-demand rides with curb-to-curb service, including wheelchair-accessible vehicles.

**Contact Cherie Querol Moreno at 650-403-4300**

# Senior Stories!



**July 1 and August 5  
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**



**Congratulations to Millbrae resident  
Lorraine Norris  
for turning 101 last month!**

**We enjoy seeing you every week at our  
Game Day and really appreciated you  
sharing your life story at our  
Senior Stories program!**



**If you are turning 100 or know  
someone who is, please let us know!  
We would like to celebrate you!**

# 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.







# ZUMBA GOLD

JOIN THE  
party

**REGISTER TODAY**



**[bit.ly/milrec](https://bit.ly/milrec)**

A fun Latin inspired, dance fitness workout that incorporates a wide variety of musical genres. Class format combines easy to follow fast and slow rhythms that tone and sculpt the body while achieving ultimate cardio health benefits. All fitness levels welcome!

**July 9-August 27**  
**Wednesdays**

**9:00am-9:45am**

**Drop In Available \$14**

## **Location**

Millbrae Recreation Center  
477 Lincoln Circle  
650-259-2338



CITY OF MILLBRAE

# *Beats, Brews & Vines*

**AT THE PARK**

# 4TH OF JULY



**MUSIC, DRINKS, DANCING FOOD!**

**AS-IS-BAND**

Classic Rock hits and more!

**12:00 PM - 1:30 PM**

MUSIC BY



**PURE ECSTASY**

Soul, Motown, R&B and Jazz!

**2:00 PM - 3:30 PM**

★ **BEER GARDEN BY BACCHUS!**

★ **FOOD TRUCKS** ★ **FREE CARNIVAL GAMES FOR KIDS!**

**MILLBRAE CENTRAL PARK**

**477 LINCOLN CIRCLE**

# **BALLROOM DANCING**

**for Adults and Seniors**

**is back at the**

**Millbrae Recreation Center!**

**Come try this new class with  
experienced teacher Sanka Huang.**

**When: Thursdays**

**Time: 1:00pm-2:00pm**

**Where: Millbrae Recreation Center**

**Drop-in Fee: \$3.85**







CITY OF MILLBRAE

# Just Rewards

Canine Training and Consulting

## Reliable Recall-Teach Your Dog To Come

Train your dog to come quickly and reliably is the most important behavior you will ever teach them. In this 3-week class you will learn how and when to use the word "come", how to motivate your dog to come every time you call them and how to build a reliable recall in the real world.

- Ages: 18+

- Session 2: 7/10-7/24

- Time: 4:00 PM-4:50 PM

- Fee: \$195 R/ \$215NR



**FOR MORE  
INFORMATION & TO  
REGISTER:**



650-259-2338  
[bit.ly/milrec](https://bit.ly/milrec)



Millbrae Recreation Center  
Great Hall Patio  
477 Lincoln Circle

# Happy Father's Day!

## FATHER'S DAY WORD SEARCH

N	U	F	T	E	N	U	J
W	U	Q	N	B	L	E	U
K	R	H	E	C	V	O	D
R	A	M	N	O	S	J	S
Q	O	V	L	O	C	T	D
H	Y	F	L	X	K	I	A
U	A	E	A	I	V	F	X
G	L	H	S	T	Q	I	M
S	P	S	B	U	H	X	X
F	E	U	V	P	O	E	S
S	T	P	L	E	H	C	R

FATHER  
FIX  
FUN  
HELP  
HOME

HUGS  
JUNE  
KISSES  
LOVE  
PLAY



# GAMES

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

**Mondays**

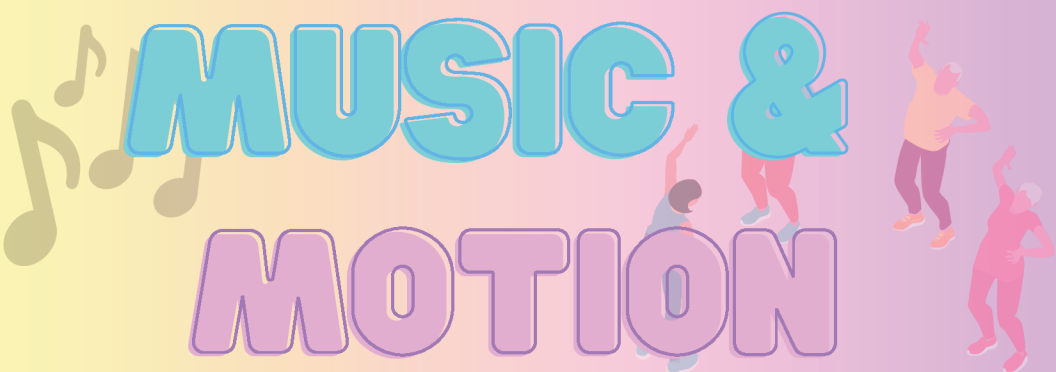
**10:00am-2:00pm**

**\$3.85**

**Canasta and Mexican Train**

**No experience necessary!**





**WE INVITE YOU TO TRY  
MUSIC AND MOTION**

**ON FRIDAYS JUNE 6, 20, 27 AND JULY 11, 25  
AT 10:00 AM TO 11:00 AM**

**FEE: \$3.85 DROP IN (CARETAKERS ARE FREE)**

MUSIC & MOTION (M&M) SERIES WITH TEACHER ALLEN  
IS A LOW-IMPACT EXERCISE PROGRAM CONDUCTED WHILE  
SEATED AND STANDING INVOLVING FULL BODY MOVEMENT  
TO SOME DEGREE.

DANCES ARE CHOREOGRAPHED TO A WIDE VARIETY  
OF MUSICAL GENRES.

THE MOTION PATTERNS ARE MODIFIED TO ACCOMMODATE ALL  
TYPES OF PARTICIPANTS, PHYSICALLY CHALLENGED OR NOT.

**MILLBRAE RECREATION CENTER  
477 LINCOLN CIRCLE  
650-259-2338**





CALL FOR  
OUR  
MOVE-IN  
OFFER!



Offering: Assisted Living & Memory Care



FOR MORE INFORMATION CALL:  
**650-552-4167**

1201 Broadway, Millbrae, CA 94030  
*License Number. 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

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PAID  
BURLINGAME, CA  
PERMIT NO. 115

Self-Help for the Elderly Senior Lunch Program provides  
nutritious meals to elders from

**9:30 am to 1:30 pm, Monday to Friday**  
**at the David J. Chetcutti Community Room,**  
**450 Poplar Avenue, Millbrae.**

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](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

