

July/August 2025 MILLBRAE SENIORLINE



**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.

**Subscribe to our Seniorline at
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** 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 4th at Central Park from 12:00pm-3:30pm. We hope to see you there and wish you a very happy July 4th 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

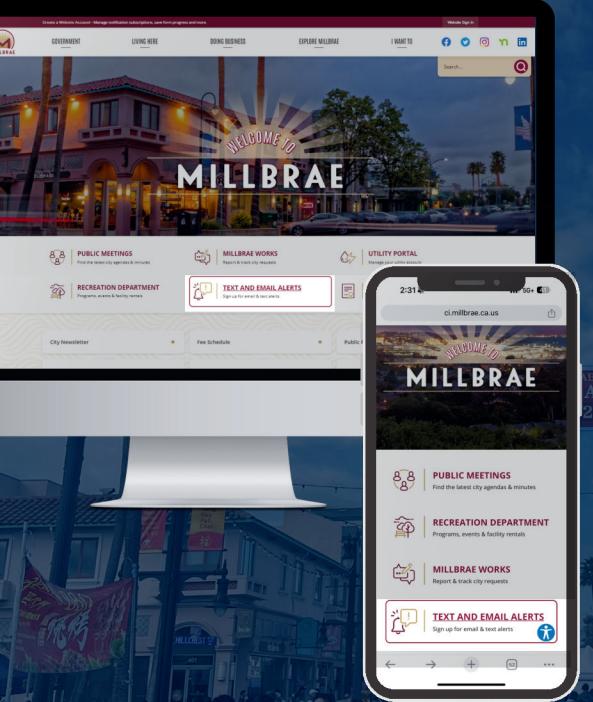
LOCATION: MILLBRAE RECREATION CENTER



“ **LET'S STAY
CONNECTED!** ”



MILLBRAE



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

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Website:**



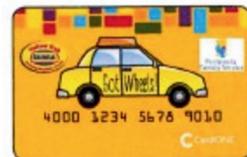
The Paratransit Advisory Council (PAC) advocates for accessible transportation (paratransit) in San Mateo County.

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
- 🌐 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

REGISTER TODAY



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!

JOIN THE
party

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



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 1: 6/1-6/13

- 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



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

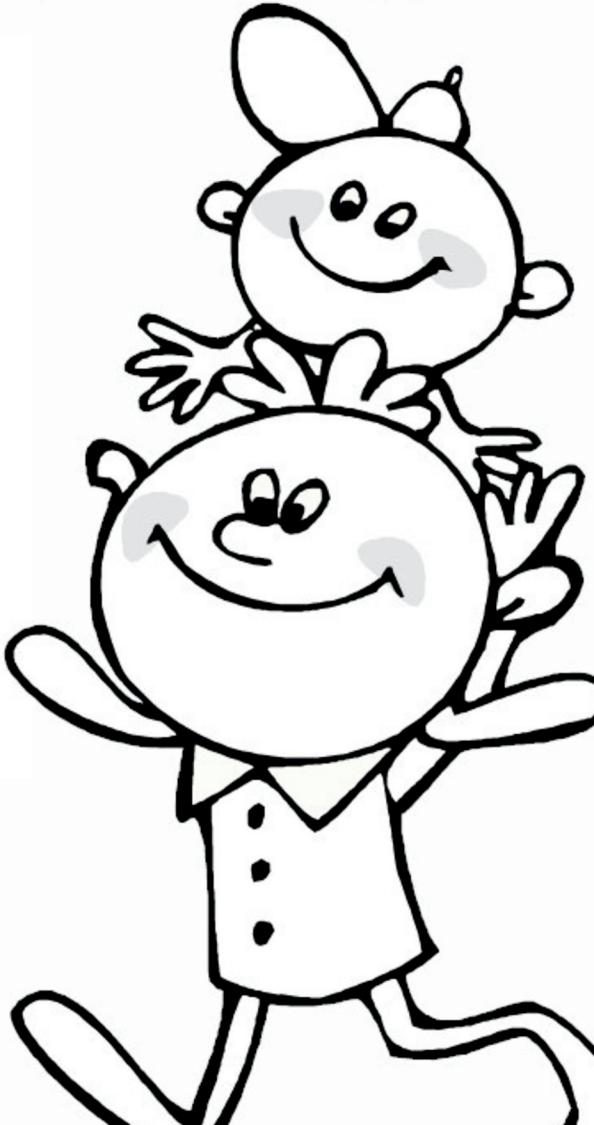
HUGS

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!





MUSIC & MOTION

**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**





by cogir



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

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. Chetcutt 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

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.

Millbrae Recreation Dept.
Senior Program

477 Lincoln Circle
Millbrae, CA 94030
Phone: (650) 259-2364

PRESTD. STD
U.S. POSTAGE
PAID
BURLEIGH, CA
PERMIT NO. 115

Mailing Address

