

# THE 50+ SCENE

January to March



- Membership Info ..... 34
- Announcements..... 34
- Socials..... 35
- Events ..... 36
- Classes ..... 37
- Travel..... 43
- Lectures and Workshops ..... 45
- Volunteer Corner ..... 47
- Monthly Movies ..... 47
- Resources for Seniors ..... 48
- Birthday Bash..... 49



CUPERTINO



## MEMBERSHIP INFO

Membership includes access to Adult 50+ programs, services, classes, and socials.

**\$25 for Cupertino Residents**

**\$30 for Non Cupertino Residents**

It's easy to become an Adult 50+ member:

- Be at least 50 years or better
- Register for membership (available at the Senior Center or online)

## VISITOR PASS

Thinking about becoming a member? Adults 50+ are welcome to spend the day as a guest with a \$5 Visitor Pass. Guest may sign up for any social or select lecture for the day, if space is available, and will receive a temporary parking permit for that day.

## GIFT CARDS

Looking for a gift that encourages having fun and staying active for a friend or family member ages 50 and better? The Cupertino Senior Center offers gift cards redeemable towards membership, classes, and more. Gift cards make great gifts and are available for purchase at the Cupertino Senior Center Front desk.

## STAY ACTIVE PROGRAM

The Stay Active Fund helps adults 50 years and older to remain active and engaged by participating in activities at the Cupertino Senior Center. This fund provides financial assistance through scholarships to offset the cost for Senior Center membership and registrations for classes and events. The Stay Active Fund is available from January 1 until the funds are depleted. Please contact the Senior Center front desk for more details.

(408) 777-3150

## SENIOR ADVISORY COUNCIL

Interested in contributing to expanding opportunities for seniors in our community? What programs and activities would you like to have? How can the contributions of seniors be more visible? Join leaders of social activities and volunteer groups at an upcoming Senior Advisory Council meeting.

**Thursday, January 25 at 2 p.m.**

**Thursday, March 21 at 2 p.m.**

## ANNOUNCEMENTS

The Cupertino Senior Center will be closed on:

**Monday, December 25, 2023 through  
Tuesday, January 2, 2024**

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**Monday, January 15, 2024**

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**Monday, February 19, 2024**

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**Friday, March 22, 2024**

## CUPERTINO SENIOR CENTER



Monday to Friday  
8 a.m. to 5 p.m.



21251 Stevens Creek Boulevard  
Cupertino, CA 95014

# SOCIALS

Register online by clicking the descriptions, call (408) 777-3150, or register in-person at the Cupertino Senior Center 8 a.m. to 5 p.m. Monday through Friday.

## MONDAY

### 50+ Golf

Monday 10 a.m.

Blackberry Farm Golf Course

Start the week off right with a round of golf at the 9-hole Blackberry Farm Golf Course.

### Rummikub

Monday, noon to 4 p.m.

Some board games available for play. Members are welcome to bring their own board games to play with other members.

### Ballroom Dance Social

Monday, 2:30 to 4:30 p.m.

Drop in for fun and dancing. Room capacity is limited to 30 people.

## TUESDAY

### Ping Pong

Tuesday, 8:30 to 11:30 a.m.

Two ping pong tables are available for play in a non-competitive environment for all levels. First come, first served. Limited to 25 players for safety.

### 50+ Tennis

Tuesday, 9 a.m.

Memorial Park Tennis Courts 5 and 6

Drop in to play and exercise while being social and meeting other Cupertino Senior Center members.

## WEDNESDAY

### 50+ Bocce Ball

Wednesday, March 6 to October 30  
9 a.m.

Blackberry Farm

Enjoy the outdoors at Blackberry Farm alongside the Stevens Creek Trail while teaming up with fellow members playing bocce ball. First time players welcome, instructions are available.

## THURSDAY

### 50+ Softball

Thursday, March 28 to December 7  
9 a.m.

Memorial Park is home of the Cupertino Sandlot softball group who warm-up and take batting practice beginning at 9 a.m. A pick-up game starts promptly at 10 a.m. each week. Fee is \$60 for the season. Senior Center membership is required.

### Let's Talk Technology

Thursday, 10 to 11 a.m.

Have general technology questions about your device or application? Come join this technology group discussion to have them answered while learning from other people's questions. Topics will range from recent technological advancements to how to do something on a device. Discussion is geared towards the interest of those who attend each session.

### Conversations

Thursday, 10:30 a.m. to noon

Join in stimulating conversation of various topics and current events.

## SOCIALS

### Open Card Playing and Bridge

Thursday, noon to 4 p.m.

Form your own groups or meet other members to play.

### Karaoke Weekly Social

Thursday, 1 to 4:30 p.m.

Join this group every Thursday for fun, singing, and dancing.

## FRIDAY

### Mah Jongg

Friday, noon to 4 p.m.

Different styles are available or bring your own.



### 50+ Tennis

Friday, 9 a.m.

Memorial Park Tennis Courts 5 and 6

Drop in to play and exercise while being social and meeting other Cupertino Senior Center members.

### Ping Pong

Friday, 1 to 4:30 p.m.

Two ping pong tables are available for play in a non-competitive environment for all levels. First come, first served. Limited to 25 players for safety.

(408) 777-3150

## EVENTS

Register online by clicking the descriptions, call (408) 777-3150, or register in-person at the Cupertino Senior Center 8 a.m. to 5 p.m. Monday through Friday.



### Lunch with Friends

Fourth Wednesday of the Month

11:45 a.m.

Take a break from preparing a meal. Join Lunch with Friends and enjoy good food with good company. Member fee is \$10, non-member is \$15.

#### Wednesday, January 24

Split Pea Soup

#### Wednesday, February 28

Lasagna Soup

#### Wednesday, March 27

Ruben Sandwich

#### Wednesday, April 24

Turkey Pot Pie

### Karaoke Holiday Lunch

Thursday, February 15, noon

Join the Karaoke group to welcome the new year with a Chinese lunch, songs, dance, and games. \$15 for members and \$25 for non-members.

### GenConnect: An Intergenerational Mixer

Monday, March 18, 10 a.m. to 2 p.m.

Once again, the Cupertino Senior Center will host a community-connecting event for younger and older generations.

## CLASSES

## How to Register for a Class:

**Online:** Register online by clicking the activity code or visiting [reg4rec.org](http://reg4rec.org).

**Phone:** Call the Senior Center at **(408) 777-3150**.

**In-person:** Register in-person at the Cupertino Senior Center  
8 a.m. to 5 p.m. Monday through Friday.

## January





Class registration for January begins on Monday, December 18 at 8 a.m.

Activity Number	Class	Day	Dates	Time	Instructor	Mem. Fee	No Class
<a href="#">23670</a>	Apple Assistance	M	1/22	1 to 2 p.m.	B. Carpenter	\$7	
<a href="#">23671</a>	Apple Assistance	M	1/22	2 to 3 p.m.	B. Carpenter	\$7	
<a href="#">23672</a>	Apple Assistance	M	1/22	3 to 4 p.m.	B. Carpenter	\$7	
<a href="#">23673</a>	Apple Assistance	M	1/29	1 to 2 p.m.	B. Carpenter	\$7	
<a href="#">23674</a>	Apple Assistance	M	1/29	2 to 3 p.m.	B. Carpenter	\$7	
<a href="#">23675</a>	Apple Assistance	M	1/29	3 to 4 p.m.	B. Carpenter	\$7	
<a href="#">23587</a>	Apple Group Assistance	Th	1/18	1 to 3 p.m.	R. Schiros	\$6	
<a href="#">23588</a>	Apple Group Assistance	Th	1/25	1 to 3 p.m.	R. Schiros	\$6	
<a href="#">23257</a>	Ballroom Dance Class	W	1/10-2/28	2 to 4 p.m.	M. Lee	\$40	
<a href="#">23259</a>	Chair Exercise	Th	1/4-2/29	9:30 to 10:30 a.m.	H. Lin	\$40	
<a href="#">23830</a>	<b>NEW!</b> Chair Yoga	Tu	1/9-2/27	1:45 to 2:30 p.m.	J. Pagadipaala	\$48	1/30, 2/6
<a href="#">23572</a>	Chinese Brush Painting	M	1/8-3/4	10 a.m. to 12 p.m.	M. Lee	\$63	1/15, 2/19
<a href="#">23260</a>	CSC Wednesday Jam	W	1/3-2/28	3 to 4:30 p.m.	J. Cunningham	\$21	
<a href="#">23964</a>	Dancercise	F	1/12-3/1	1:45 to 3:15p.m.	G. Tsun	\$18	
<a href="#">23261</a>	ESL - Advanced Basic Conversation	M	1/8-2/26	9:30 to 10:20 a.m.	M. Nickel	\$21	1/15, 2/19
<a href="#">23262</a>	ESL - Basic Conversation	M	1/8-2/26	10:30 to 11:20 a.m.	M. Nickel	\$21	1/15, 2/19
<a href="#">23263</a>	ESL - Intermediate Conversation	Th	1/11-2/29	11:30 a.m. to 1 p.m.	J. Andrushko	\$18	
<a href="#">23264</a>	Feldenkrais Method	Tu	1/9-2/27	10:30 to 11:30 a.m.	M. Westlaken	\$64	
<a href="#">23265</a>	HarmoniKatz	Tu	1/9-2/27	2:30 to 4 p.m.	D.Ng	\$18	
<a href="#">23266</a>	Hula - Beginning	M	1/8-2/26	noon to 12:45 p.m.	P. Gregory	\$7	1/15, 2/19
<a href="#">23267</a>	Hula - Performance Group	M	1/8-2/26	1 to 2 p.m.	J. Pereria-Anderson	\$9	1/15, 2/19
<a href="#">23268</a>	International Standard and Latin Dance	Th	1/11-2/29	2:15 to 4:15 p.m.	K. Mao	\$24	
<a href="#">23585</a>	iPhone Intermediate	Tu	1/16-2/27	1 to 3 p.m.		\$40	
<a href="#">23270</a>	Lap Steel Guitar	Tu	1/9, 1/23, 2/6, 2/20	noon to 1 p.m.	L. Fujimoto	\$6	
<a href="#">23271</a>	Line Dance - Basics	Th	1/11-2/29	9:30 to 10:30 a.m.	L. Hsu	\$60	



# CLASSES

## January (continued)

<a href="#">23272</a>	Line Dance - Beginner	Th	1/11-2/29	10:35 to 11:50 a.m.	L. Hsu	\$60	
<a href="#">23273</a>	Line Dance - Improver / Intermediate	Tu	1/9-2/27	10:15 to 11:45 a.m.	K. Chang	\$64	
<a href="#">23274</a>	Line Dance - Intermediate+	M	1/8-2/26	10 to 11:45 a.m.	K. Chang	\$54	1/15, 2/19
<a href="#">23275</a>	Line Dance - Intermediate/Advanced	W	1/10-2/28	10:15 a.m. to noon	K. Chang	\$72	
<a href="#">23276</a>	Open Line Dance	F	1/19	10 a.m to 1 p.m.	K. Chang	\$9	
<a href="#">23277</a>	Painting and Drawing at all Levels	W	1/10-2/28	8:45 to 11:45 a.m.	J. Chin and L. Hwang	\$36	
<a href="#">23873</a>	Rhythmaires	F	1/5-2/23	9:30 to 11:30 a.m.	K. Miller	\$24	
<a href="#">23968</a>	Stretch and Chinese Dance	Tu	1/9-2/27	3 to 3:45 p.m.	M. Huang	\$9	
<a href="#">23724</a>	 Tech Troubleshooting	W	1/10	2 to 2:30 p.m.	Staff	\$3	
<a href="#">23725</a>	 Tech Troubleshooting	W	1/10	2:30 to 3 p.m.	Staff	\$3	
<a href="#">23726</a>	 Tech Troubleshooting	W	1/10	3 to 3:30 p.m.	Staff	\$3	
<a href="#">23727</a>	 Tech Troubleshooting	W	1/10	3:30 to 4 p.m.	Staff	\$3	
<a href="#">23279</a>	The Dream of the Red Chamber	F	1/12-3/1	10 to 11 a.m.	L. Hwang	\$12	
<a href="#">23280</a>	Ukulele - Beginning	Tu	1/9-2/27	1 to 2 p.m.	D. Ng	\$12	
<a href="#">23281</a>	Yoga Foundations	W	1/10-2/14	8:30 to 9:45 a.m.	R. Narayanan	\$69	
<a href="#">23282</a>	Yoga Fusion 50+: Blending Wellness and Fun	F	TBA	3:30 to 4:30 p.m.	J. Krishnan	\$12	
<a href="#">23283</a>	Yuan Chih Dance	F	1/12-3/1	10 to 11:30 a.m.	A. Fung	\$18	
<a href="#">23284</a>	Zumba - Level 1 (in-person)	Tu	1/9-2/27	12:30 to 1:30 p.m.	H. Lin	\$42	
<a href="#">23285</a>	Zumba Gold (virtual)	W	1/10-2/28	10 to 11 a.m.	G. DuVal	\$42	

## February

Class registration for February begins on Monday, December 18 at 8 a.m.

Activity Number	Class	Day	Dates	Time	Instructor	Mem. Fee	No Class
<a href="#">23677</a>	Apple Assistance	M	2/12	1 to 2 p.m.	B. Carpenter	\$7	
<a href="#">23678</a>	Apple Assistance	M	2/12	2 to 3 p.m.	B. Carpenter	\$7	
<a href="#">23679</a>	Apple Assistance	M	2/12	3 to 4 p.m.	B. Carpenter	\$7	
<a href="#">23698</a>	Apple Assistance	M	2/26	1 to 2 p.m.	B. Carpenter	\$7	
<a href="#">23699</a>	Apple Assistance	M	2/26	2 to 3 p.m.	B. Carpenter	\$7	
<a href="#">23700</a>	Apple Assistance	M	2/26	3 to 4 p.m.	B. Carpenter	\$7	
<a href="#">23589</a>	Apple Group Assistance	Th	2/1	1 to 3 p.m.	R. Schiros	\$6	
<a href="#">23590</a>	Apple Group Assistance	Th	2/8	1 to 3 p.m.	R. Schiros	\$6	
<a href="#">23591</a>	Apple Group Assistance	Th	2/15	1 to 3 p.m.	R. Schiros	\$6	
<a href="#">23728</a>	 Tech Troubleshooting	W	2/7	2 to 2:30 p.m.	Staff	\$3	
<a href="#">23729</a>	 Tech Troubleshooting	W	2/7	2:30 to 3 p.m.	Staff	\$3	
<a href="#">23730</a>	 Tech Troubleshooting	W	2/7	3 to 3:30 p.m.	Staff	\$3	
<a href="#">23731</a>	 Tech Troubleshooting	W	2/7	3:30 to 4 p.m.	Staff	\$3	

## CLASSES

## March

Class registration for March begins on Monday, February 26 at 8 a.m.

	Class	Day	Dates	Time	Instructor	Mem. Fee	No Class
<a href="#">23702</a>	Apple Assistance	M	3/11	1 to 2 p.m.	B. Carpenter	\$7	
<a href="#">23703</a>	Apple Assistance	M	3/11	2 to 3 p.m.	B. Carpenter	\$7	
<a href="#">23704</a>	Apple Assistance	M	3/11	3 to 4 p.m.	B. Carpenter	\$7	
<a href="#">23705</a>	Apple Assistance	M	3/25	1 to 2 p.m.	B. Carpenter	\$7	
<a href="#">23706</a>	Apple Assistance	M	3/25	2 to 3 p.m.	B. Carpenter	\$7	
<a href="#">23707</a>	Apple Assistance	M	3/25	3 to 4 p.m.	B. Carpenter	\$7	
<a href="#">23592</a>	Apple Group Assistance	Th	3/14	1 to 3 p.m.	R. Schiros	\$6	
<a href="#">23593</a>	Apple Group Assistance	Th	3/21	1 to 3 p.m.	R. Schiros	\$6	
<a href="#">23594</a>	Apple Group Assistance	Th	3/28	1 to 3 p.m.	R. Schiros	\$6	
<a href="#">23617</a>	Ballroom Dance Class	W	3/6-4/24	2 to 4 p.m.	M. Lee	\$40	
<a href="#">23619</a>	Chair Exercise	Th	TBA	9:30 to 10:30 a.m.	H. Lin	\$40	
<a href="#">23620</a>	 Chair Yoga	Tu	3/5-4/23	1:45 to 2:30 p.m.	J. Pagadipaala	\$64	
<a href="#">23831</a>	Chinese Brush Painting	M	3/11-4/29	10 a.m. to 12 p.m.	M. Lee	\$72	
<a href="#">23621</a>	CSC Wednesday Jam	W	3/6-5/1	3 to 4:30 p.m.	J. Cunningham	\$21	
<a href="#">23965</a>	Dancercise	F	3/8-5/3	1:45 to 3:15p.m.	G. Tsun	\$18	3/22
<a href="#">23622</a>	ESL - Advanced Basic Conversation	M	3/4-4/22	9:30 to 10:20 a.m.	M. Nickel	\$28	
<a href="#">23623</a>	ESL - Basic Conversation	M	3/4-4/22	10:30 to 11:20 a.m.	M. Nickel	\$28	
<a href="#">23624</a>	ESL - Intermediate Conversation	Th	3/7-4/25	11:30 a.m. to 1 p.m.	J. Andrushko	\$18	
<a href="#">23625</a>	Feldenkrais Method	Tu	3/5-4/30	10:30 to 11:30 a.m.	M. Westlaken	\$64	
<a href="#">23626</a>	HarmoniKatz	Tu	3/5-4/30	2:30 to 4 p.m.	D. Ng	\$18	
<a href="#">23628</a>	Hula - Beginning	M	3/4-4/29	noon to 12:45 p.m.	P. Gregory	\$11	
<a href="#">23629</a>	Hula - Performance Group	M	3/4-4/29	1 to 2 p.m.	J. Pereria-Anderson	\$14	
<a href="#">23630</a>	International Standard and Latin Dance	Th	3/7-4/25	2:15 to 4:15 p.m.	K. Mao	\$21	4/4
<a href="#">21063</a>	iPhone Beginning	Tu	3/12-4/23	1 to 3 p.m.	R. Schiros	\$40	
<a href="#">23632</a>	Lap Steel Guitar	Tu	3/5, 3/19, 4/2, 4/16	noon to 1 p.m.	L. Fujimoto	\$6	
<a href="#">23633</a>	Line Dance - Basics	Th	3/7-4/18	9:30 to 10:30 a.m.	L. Hsu	\$53	
<a href="#">23634</a>	Line Dance - Beginner	Th	3/7-4/18	10:35 to 11:50 a.m.	L. Hsu	\$53	
<a href="#">23635</a>	Line Dance - Improver / Intermediate	Tu	3/5-4/23	10:15 to 11:45 a.m.	K. Chang	\$64	
<a href="#">23636</a>	Line Dance - Intermediate+	M	3/4-4/22	10 to 11:45 a.m.	K. Chang	\$72	
<a href="#">23637</a>	Line Dance - Intermediate/Advanced	W	3/6-4/24	10:15 a.m. to noon	K. Chang	\$72	
<a href="#">23639</a>	Painting and Drawing at all Levels	W	3/6-4/24	8:45 to 11:45 a.m.	J. Chin and L. Hwang	\$36	
<a href="#">23874</a>	Rhythmaires	F	3/1-4/26	9:30 to 11:30 a.m.	D. Miller	\$24	3/22
<a href="#">23974</a>	Stretch and Chinese Dance	Tu	3/5-4/9	3 to 3:45 p.m.	M. Huang	\$7	
<a href="#">23641</a>	Tai Chi	TBA	TBA	1 to 2 p.m.	K. Chung	\$12	

# CLASSES

## March (continued)

<a href="#">23732</a>	<b>NEW!</b> Tech Troubleshooting	W	3/6	2 to 2:30 p.m.	Staff	\$3	
<a href="#">23733</a>	<b>NEW!</b> Tech Troubleshooting	W	3/6	2:30 to 3 p.m.	Staff	\$3	
<a href="#">23734</a>	<b>NEW!</b> Tech Troubleshooting	W	3/6	3 to 3:30 p.m.	Staff	\$3	
<a href="#">23735</a>	<b>NEW!</b> Tech Troubleshooting	W	3/6	3:30 to 4 p.m.	Staff	\$3	
<a href="#">23642</a>	The Dream of the Red Chamber	F	3/1-4/26	10 to 11 a.m.	L. Hwang	\$12	3/22
<a href="#">23643</a>	Ukulele - Beginning	Tu	3/5-4/30	1 to 2 p.m.	D. Ng	\$12	
<a href="#">23644</a>	Yoga Foundations	W	3/6-4/24	8:30 to 9:45 a.m.	R. Narayanan	\$92	
<a href="#">23645</a>	Yoga Fusion 50+: Blending Wellness and Fun	F	TBA	3:30 to 4:30 p.m.	J. Krishnan	\$12	3/22
<a href="#">23646</a>	Yuan Chih Dance	F	3/8-5/3	10 to 11:30 a.m.	A. Fung	\$18	3/22
<a href="#">23647</a>	Zumba - Level 1 (in-person)	Tu	TBA	12:30 to 1:30 p.m.	H. Lin	\$42	
<a href="#">23648</a>	Zumba Gold (virtual)	W	3/6-4/10	10 to 11 a.m.	G. DuVal	\$42	

## April

Class registration for April begins on Monday, February 26 at 8 a.m..

Activity Number	Class	Day	Dates	Time	Instructor	Mem. Fee	No Class
<a href="#">23595</a>	Apple Group Assistance	Th	4/4	1 to 3 p.m.	R. Schiros	\$6	
<a href="#">23596</a>	Apple Group Assistance	Th	4/11	1 to 3 p.m.	R. Schiros	\$6	
<a href="#">23638</a>	Open Line Dance	F	4/12	10 a.m to 1 p.m.	K. Chang	\$9	
<a href="#">23736</a>	<b>NEW!</b> Tech Troubleshooting	W	4/3	2 to 2:30 p.m.	Staff	\$3	
<a href="#">23737</a>	<b>NEW!</b> Tech Troubleshooting	W	4/3	2:30 to 3 p.m.	Staff	\$3	
<a href="#">23738</a>	<b>NEW!</b> Tech Troubleshooting	W	4/3	3 to 3:30 p.m.	Staff	\$3	

For information regarding classes, call the Cupertino Senior Center front desk at **(408) 777-3150**.

## CLASS HIGHLIGHTS

### CSC Wednesday Jam

Join a group jam session led by Jim Cunningham. Have a great time playing guitar, bass, or other stringed instruments in an open, friendly session. All musical levels welcome.

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
<a href="#">23260</a>	W	3 to 4:30 p.m.	1/3-2/28	9	\$21	\$31
<a href="#">23621</a>	W	3 to 4:30 p.m.	3/6-5/1	9	\$21	\$31

Instructor: J. Cunningham

### Chair Exercise

Come join us for a gentle chair workout where we will focus on building whole body strength, improve balance and coordination. Grab a chair and let's do this together!

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
<a href="#">23259</a>	Th	9:30 to 10:30 a.m.	1/4-2/29	8	\$40	\$55
<a href="#">23619</a>	Th	9:30 to 10:30 a.m.	TBA	8	\$40	\$55

Instructor: H. Lin



**NEW! Tech Troubleshooting**

Frustrated with technology issues and need assistance? Technology issues may often be solved by simple changes to the settings on your device. Reserve a 30-minute session and bring your devices that you require assistance with. You will receive one-on-one help with any device you bring (phone, laptop, tablet, smart watch, etc.) while learning how to use your device for your needs. 30-minute sessions are scheduled on a first come first served basis. You may only register for one session per month.

## Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
<a href="#">23724</a>	W	2 to 2:30 p.m.	1/10	1	\$3	\$8
<a href="#">23725</a>	W	2:30 to 3 p.m.	1/10	1	\$3	\$8
<a href="#">23726</a>	W	3 to 3:30 p.m.	1/10	1	\$3	\$8
<a href="#">23727</a>	W	3:30 to 4 p.m.	1/10	1	\$3	\$8
<a href="#">23732</a>	W	2 to 2:30 p.m.	3/6	1	\$3	\$8
<a href="#">23733</a>	W	2:30 to 3 p.m.	3/6	1	\$3	\$8
<a href="#">23734</a>	W	3 to 3:30 p.m.	3/6	1	\$3	\$8
<a href="#">23735</a>	W	3:30 to 4 p.m.	3/6	1	\$3	\$8
<a href="#">23736</a>	W	2 to 2:30 p.m.	4/3	1	\$3	\$8
<a href="#">23737</a>	W	2:30 to 3 p.m.	4/3	1	\$3	\$8
<a href="#">23738</a>	W	3 to 3:30 p.m.	4/3	1	\$3	\$8

Instructor: Staff

**Apple Group Assistance**

Have questions on how to use your iPad, iPhone, or Mac Book? Receive one-on-one assistance in this group setting session to have your individual questions answered to help you text, surf the web, reply to emails, download applications, update software, and so much more! Group is maxed at 4 people.

## Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
<a href="#">23587</a>	Th	1 to 3 p.m.	1/18	1	\$6	\$11
<a href="#">23588</a>	Th	1 to 3 p.m.	1/25	1	\$6	\$11
<a href="#">23589</a>	Th	1 to 3 p.m.	2/1	1	\$6	\$11
<a href="#">23590</a>	Th	1 to 3 p.m.	2/8	1	\$6	\$11
<a href="#">23591</a>	Th	1 to 3 p.m.	2/15	1	\$6	\$11
<a href="#">23592</a>	Th	1 to 3 p.m.	3/14	1	\$6	\$11
<a href="#">23593</a>	Th	1 to 3 p.m.	3/21	1	\$6	\$11
<a href="#">23594</a>	Th	1 to 3 p.m.	3/28	1	\$6	\$11
<a href="#">23595</a>	Th	1 to 3 p.m.	4/4	1	\$6	\$11
<a href="#">23596</a>	Th	1 to 3 p.m.	4/11	1	\$6	\$11

Instructor: Staff

**NEW! Chair Yoga**

Revitalizing chair yoga class which includes seated and standing yoga postures. This class focuses on building strength, flexibility, and mobility through mindful breathing and alignment. Step-by-step guidance is provided and is suitable for all levels.

## Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
<a href="#">23830</a>	Tu	1:45 to 2:30 p.m.	1/9-2/27	6	\$48	\$58
<a href="#">23620</a>	Tu	1:45 to 2:30 p.m.	3/7-4/25	8	\$56	\$66

Instructor: J. Pagadipaala

**Feldenkrais Method**

Rediscover flexibility and ease with Feldenkrais movement improvement exercise. Each class explores novel and gentle movement patterns to invigorate your brain and nervous system with new ways of organizing and sensing your movement, which may result in improved balance and coordination. Gain valuable tools you can use on your own.

## Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
<a href="#">23264</a>	Tu	10:30 to 11:30 a.m.	1/9-2/27	8	\$64	\$74
<a href="#">23625</a>	Tu	10:30 to 11:30 a.m.	3/5-4/30	8	\$64	\$74

Instructor: M. Westlaken

**Line Dance - Beginner**

Learn the basics of line dance in this beginner course.

## Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
<a href="#">23272</a>	Th	10:35 to 11:50 a.m.	1/11-2/29	8	\$60	\$70
<a href="#">23634</a>	Th	10:35 to 11:50 a.m.	3/7-4/18	7	\$53	\$63

Instructor: L. Hsu

**Line Dance - Improver/Intermediate**

Further develop your line dancing skills in the next level class. Some experience with line dance is required. You will learn newer, faster dances than a beginning course.

## Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
<a href="#">23273</a>	Tu	10:35 to 11:50 a.m.	1/9-2/27	8	\$64	\$74
<a href="#">23635</a>	Tu	10:35 to 11:50 a.m.	3/5-4/23	8	\$64	\$74

Instructor: K. Chang

### Lap Steel Guitar

The Lap Steel Guitar's sound is unique as well as melodious and it instantly evokes images of Hawaii! This class along with your diligence and effort, will aid you in learning the fundamentals of the Lap Steel Guitar. *Equipment needed: Lap steel guitar, small amplifier, amp cord, bar, and finger picks, tuner.*

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
<a href="#">23270</a>	Tu	noon to 1 p.m.	1/9, 1/23, 2/6, 2/20	4	\$6	\$16
<a href="#">23632</a>	Tu	noon to 1 p.m.	3/5, 3/19, 4/2, 4/16	4	\$6	\$16

*Instructor: L. Fujimoto*

### Painting and Drawing at all Levels

Come join the friendliest artists in town, and paint or draw 'till you drop! Student instructors will provide personal feedback on your work, but the class is open to anyone at any level to come and paint (or draw!) in the medium of their choice. Class members encourage each other in this open art session that doesn't have guidelines or curriculum—just artistic expression!

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
<a href="#">23277</a>	W	8:45 to 11:45 a.m.	1/10-2/28	8	\$36	\$46
<a href="#">23639</a>	W	8:45 to 11:45 a.m.	3/6-4/24	8	\$36	\$46

*Student Instructor: J. Chin and L. Hwang*

### Ukulele Beginning

Learn the basic chords and strums on a ukulele and how to apply them to music. Come to class with a ukulele, music stand, tuner, and tablet 3-ring binder to hold your music and class notes.

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
<a href="#">23280</a>	Tu	1 to 2 p.m.	1/9-2/27	8	\$12	\$22
<a href="#">23643</a>	Tu	1 to 2 p.m.	3/5-4/30	8	\$12	\$22

*Instructor: D. Ng*

### Yuan Chih Dance

Yuan Chih is a combination of Dance, Martial Arts, and Physical Exercises, enhanced with Chinese "Chi" techniques. Yuan Chih movements are simple yet delicate, which contribute great benefits to general health and overall well-being in all age groups. No class 3/22.

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
<a href="#">23283</a>	F	10 to 11:30 a.m.	1/12-3/1	8	\$18	\$28
<a href="#">23646</a>	F	10 to 11:30 a.m.	3/8-5/3	8	\$18	\$28

*Instructor: A. Fung*

### Yoga Foundations

Enjoy gently strengthening and stretching your body while precisely aligned to support healthy joints and posture. Correct posture supports all of our body systems including the mind and spirit. In Iyengar Style Yoga, we support your alignment through props to make a practice that is safe and effective at any age or ability.

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
<a href="#">23281</a>	W	8:30 to 9:45 a.m.	1/10-2/14	6	\$69	\$79
<a href="#">23644</a>	W	8:30 to 9:45 a.m.	3/6-4/24	8	\$92	\$102

*Instructor: R. Narayanan*

### Yoga Fusion 50+: Blending Wellness and Fun

Come and join this exciting fusion yoga series that weaves diverse styles, including Vinyasa, Yin, and Hatha, alongside various breathing techniques, innovative themes, and delightful music. Experience holistic benefits, ranging from enhancing your flexibility, strength, and balance to reducing stress, all while enjoying a touch of fun with your peers! Students must provide their own yoga mats and stretch bands. No class 3/22.

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
<a href="#">23282</a>	F	3:30 to 4:30 p.m.	TBA	8	\$12	\$22
<a href="#">23645</a>	F	3:30 to 4:30 p.m.	TBA	8	\$12	\$22

*Instructor: J. Krishnan*

# SHARE DISCOVERY THROUGH TRAVEL

## Trip registration begins:

January and February Trips - Open

March - Registration starts Monday, October 30 for members and Monday, November 6 for non-members.

*Please arrive 30 minutes prior to the departure time.*



## Contemporary Jewish Museum and Haas-Lilienthal House

Friday, January 19  
8:45 a.m. to 4:30 p.m.

Our day starts with a private tour of the beautiful Haas-Lilienthal House, a gracious 11,500 sq ft Victorian home in the Pacific Heights neighborhood, complete with authentic furniture and artifacts. Haas-Lilienthal House embodies both the ambitious spirit of San Francisco's pioneers and its grand Victorian-period architecture and conveys the role of Jewish immigrants in the development of the American West.

Explore the rich history of the Jewish community in San Francisco with a visit to the Contemporary Jewish Museum. Enjoy a private tour of the architecture and special exhibits of this innovative museum designed to educate, challenge and inspire. Enjoy a no-host lunch at Wise Sons deli with locally sourced, hand-crafted comfort foods like pastrami sandwiches, matzo ball soup, latkes, schnitzel, and much more mouthwatering fare.

**Member Cost:** \$95 – includes museum admission, guided tours, transportation, and travel staff.

**Activity Level:** Moderate; Standing and walking at your own pace.

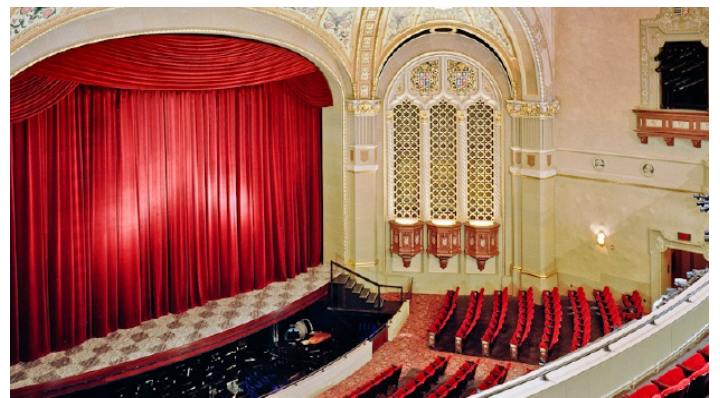
## Presenting 'Rigoletto' and Brunch at the Fountain Restaurant

Thursday, February 15  
9 a.m. to 3:30 p.m.

Start your day with a delightful brunch at the famous Fountain Restaurant featuring locally sourced California produce paired with American and French-inspired recipes. The refreshing taste of fresh pressed juices and aromas of rich brewed La Colombes coffee will fill your senses as you enjoy your dining experience. Your next destination is the San Jose Opera featuring the final dress rehearsal of Verdi's masterpiece Rigoletto. A tragic story of jealousy, vengeance and sacrifice, Rigoletto is one of Verdi's most popular operas. Rigoletto is a joker and his latest wisecrack has started a vendetta that's far from funny. Now, with his daughter seduced by the dissolute Duke, Rigoletto is out for revenge. Armed with a gripping story, a shocking twist and one of the most blockbuster reputation making scores, Rigoletto is an indestructible, eternal testament to the sacrifices we make for our job, our family, and our honor.

**Member Cost:** \$120 – Brunch, admission, transportation, tips, and travel staff.

**Activity Level:** Low; Walking at your own pace.







## Fashion and Flowers

Thursday, February 22  
8:45 a.m. to 5 p.m.

Join us for a beautiful visit to The de Young Museum to experience an exciting new exhibit “Fashioning San Francisco: A Century of Style” that showcases the city’s long-standing tradition of self-expression through fashion. This exciting new exhibit features an iconic collection of 20th century haute couture with designs and outfits from pillars of the fashion industry, including Christian Dior and Alexander McQueen. You will have time during this artistic day to visit the museum’s extensive permanent collection. Enjoy a no-host lunch at the museum café serving fresh interpretations of American and European classic cuisine with seasonal ingredients from local vendors and unique menu items inspired by the special exhibitions

This remarkable day will conclude with a visit to The Conservatory of Flowers in the Golden Gate Park, to enjoy an intimate, up-close experience with rare and exotic blooms from a variety of habitats – plants from misty cloud forests and lush tropical jungles, a fascinating selection of orchids, pitcher plants, magical aquatic flowers, and much more.

**Member Cost:** \$105 – includes tickets to the museum, special exhibit, and conservatory, transportation, and travel staff.

**Activity Level:** Low to Moderate; walking at your own pace.

## ‘Dear San Francisco’ at Club Fugazi

Wednesday, March 6  
3 to 10:30 p.m.

The historic Club Fugazi is back in action with Dear San Francisco an intimate cirque style production. Bursting with heart-pounding excitement and death-defying acrobatics, Dear San Francisco will leave you awestruck and amazed. Take joy ride through our City by the Bay’s busts and booms in a breathtaking aerial extravaganza filled with mind-blowing circus acts, live original music, and more.

A delicious dinner at North Beach Pizza in San Francisco famed for its Italian homestyle favorites, is included.

**Member Cost:** \$173 – includes dinner, show tickets, transportation, and travel staff.

**Activity Level:** Moderate; walking at your own pace on pavement.



## Ballroom Extravaganza!

Friday, March 29  
8:30 a.m. to 5 p.m.

Spend a whirlwind day witnessing the world’s best professional and amateur dancers compete in the SF Dancesport Championships at the Waterfront Marriott in Burlingame. Enjoy mesmerizing performances in the Ballroom, Latin, and Rhythm categories. For your convenience a scrumptious catered boxed lunch will be included while taking in this spectacular day.

**Member Cost:** \$TBD – includes event admission, lunch, transportation, and travel staff.

**Activity Level:** Low, walking at your own pace.

*Trip itinerary is subject to change.*

# LECTURES AND WORKSHOPS

January and February registration opens on Monday, December 18

March and April registration opens on Monday, February 26



For additional information regarding lectures, call the Cupertino Senior Center front desk at (408) 777-3150.

## Brain Health & Aging Lecture

Tuesday, January 9, 11 a.m.

This lecture will cover the 5-6 Pillars of Brain Health as well as Brain Health Protective and Risk Factors. Presented by the Santa Clara County Department of Public Health.



## AARP 8-Hour Smart Driving Course

Wednesday, January 17, 12:30 to 4:30 p.m.

and

Friday, January 19, 12:30 to 4:30 p.m.

A full 8-hour class, split into two 4-hour sessions. Course does require a fee. For more information and to register, call Ina Checkman at (408) 257-6940.



## iPhone Workshop

Tuesday, January 23, 9:30 to 11:30 a.m.

Questions on how to use your iPhone? Bring your fully charged iPhone to learn the basics, and tips and tricks in this workshop.

## Libby Workshop

Wednesday, January 31, 10 to 11 a.m.

Access thousands of eBooks and audiobooks to read across your electronic devices or listen to on the go. Learn how you can download these eBooks and audiobooks to continue reading offline. See how to connect your selection to your Kindle and how you can adjust your eBook settings to customize to how you read. This workshop will show you how you may use this resource for free using your Santa Clara County Library card.

## Android Workshop

Tuesday, February 20, 9:30 to 11:30 a.m.

Have questions about your android phone? Bring a fully charged Android phone to learn a general overview of the ins-and-outs of your phone.



### [Become a Dementia Friend Lecture](#)

Tuesday, February 27, 11 a.m.

Learn the 5 key messages and 10 Warning Signs of Dementia, how to be patient and sympathetic of people living with dementia, and how to be an ally and advocate for people living with dementia. Presented by Santa Clara County Department of Public Health.

### [Freegal Workshop](#)

Wednesday, February 28, 10 to 11 a.m.

Come learn about Freegal, a downloadable music service which provides access to the catalog of artists in Sony Music Entertainment including artist from the Independent Online Distribution Alliance. Library cardholders can download five songs or two videos a week using their card number and PIN.

### [Fall Prevention & Wellness Resources](#)

Tuesday, March 5, 11 a.m.

Learn how to identify fall risks and simple and effective home modifications to prevent falls. Learn six steps to prevent falls and what to do right after a fall happens. Get connected with community resources to maintain safety and wellness. Instructor: Stanford Health Care & Fire Dept.

### [Photo Offloading Workshop](#)

Wednesday, March 6, 10 to 11 a.m.

Come learn how to take your photos off your phone and onto your computer, laptop, or cloud drive. Workshop is \$5.

### **NEW!** [iPhone Workshop in Mandarin](#)

Tuesday, March 19, 9:30 to 10:30 a.m.

Questions on how to use your iPhone? Bring your fully charged iPhone to learn tips and tricks in this general informational iPhone Workshop in Mandarin.

### **NEW!** [New York Times Cooking](#)

Wednesday, March 27, 10 to 11 a.m.

Learn how you can read The New York Times Cooking online for free, courtesy of the Santa Clara County Library District. Gain access to an inspiring cooking guide that you may use as innovative and interactive kitchen tool that contains diverse recipe collations that helps home cooks of every level. You will discover and be able to save the world's best recipes while becoming a better cook.



### [Age Well, Drive Smart](#)

Date TBA, 9 a.m.

The CHP presents topics such as myths about older drivers, compensating for age-related changes, safe driving, and more. Receive a certificate upon completion which some insurance companies have accepted for discounts.

### [Tuberculosis Lecture](#)

Tuesday, April 23, 11 a.m.

Santa Clara County has the 4th largest rate of tuberculosis in the state. Learn ways to prevent the spread of the disease and who is at risk. Presented by Breathe CA.

### [The Mercury News Online Workshop](#)

Wednesday, April 24, 10 to 11 a.m.

Learn how you can receive full access to today's local newspaper on the go or at home through the online version of The Mercury News. You will have access to issues from 2006 to now.



## VOLUNTEER CORNER

**VOLUNTEERS  
NEEDED!**

Learn more about volunteer opportunities at the Cupertino Senior Center at a volunteer orientation meeting. Contact the front desk at (408) 777-3150 for dates of upcoming volunteer orientations.

### Class Instructors

Have expert knowledge on a specific subject or exercise? Become a volunteer instructor to share your skill set and engage others of similar interest. We are seeking instructors for Qi Gong, US History, Mandarin, Japanese, meditation, bridge, chess, PC, and more.

### Cupertino TV Production

The Cupertino TV Production is an award-winning volunteer film group that creates TV segments that air on the city channel, YouTube, and Roku. The group has bi-weekly meetings to discuss ongoing projects and new segment ideas. No experience is required, and new members are always welcome to join. See one of their latest episodes, "Sharing is Caring. Building Our Community by Sharing," [here](#).

Interested in volunteering or helping out with the activities above? Contact Amanda at [amandah@cupertino.org](mailto:amandah@cupertino.org) or call (408) 777-3374.

You must be onboarded as a volunteer before helping with volunteer programs.

## MONTHLY MOVIES

*Free for members*



Join the Cupertino Senior Center for a monthly movie on our big screen. Upcoming movie dates are:

**Wednesday, January 24, 1:30 p.m.**

**Wednesday, February 28, 1:30 p.m.**

**Wednesday, March 27, 1:30 p.m.**

**Wednesday, April 24, 1:30 p.m.**

! Movies are currently being selected for these dates, check with the front desk or call (408) 777-3150 for the latest movie information.



Lemonade and popcorn provided.

# RESOURCES FOR SENIORS

## Schedule Appointments

To schedule an appointment, call the front desk at (408) 777-3150.

### Caregiver Network Counseling

Monday, 1 to 4 p.m.

January 8, February 5, March 4

The Caregivers Network provides friend or family caregivers free support for their unique situations. A Care Manager will be available for one-hour in-person appointments to provide resources and information for caregivers to support loved one.

### Caregiver Support Group

Tuesday, 1 to 2:30 p.m.

January 16, February 20, March 19

Caregiving is tough and you do not have to do it alone. Join other friend and family caregivers to learn about resources, share experiences, and enjoy a social outlet. Lead by the Caregiver Network of Sourcewise, a Santa Clara County resource agency for seniors, the group is for caregivers of adults 60 and older or someone of any age with a dementia type disease (Huntington's, early onset Alzheimer's traumatic brain injury, etc.).

### Health Insurance Counseling (HICAP)

Monday, 1 to 3 p.m.

January 8, January 22, February 12, February 26, March 11, and March 25

Find out what your options are with Medicare and what will work best for you. The Health Insurance Counseling and Advocacy Program will help you fully understand your Medicare options to be better informed to make the right choices.

### Senior Adult Legal Aid (SALA)

Friday, 10 a.m. to noon

January 19, February 16, March 15

Free assistance to elders for basic legal matters in public benefits, long-term care, elder abuse, housing, consumer issues, incapacity planning probate alternative, and simple wills. Must be 60 or older and live in Santa Clara County. If unable to meet in person, call (408) 295-5991.

SALA(長者法律諮詢) 為居住在聖他克拉拉縣(Santa Clara County) 60 歲或以上的長者提供基本的法律援助。中文翻譯可預約。

## Resource Referral Website

Please visit [cupertino.org/seniorresources](http://cupertino.org/seniorresources) to view contact information for resources, such as nutrition, transportation, counseling, elder abuse, and more.



### Via is Now Silicon Valley Hopper

Use Silicon Valley Hopper for Cupertino destinations such as the grocery store, local eateries, post office, and more. Silicon Valley Hopper also takes Cupertino residents to medical appointments at Kaiser Santa Clara and Sutter Health West Valley Center. Discounted fares for seniors are \$1.75 per trip. To book download the SV Hopper app or call:

(669) 201-1892 | [cupertino.org/shuttle](http://cupertino.org/shuttle)



211

Receive free, non-emergency community, health, and disaster information in Santa Clara County. 211 is confidential and available in over 170 languages. 24 hours a day, 7 days a week.

Dial 2-1-1 | [211bayarea.org](http://211bayarea.org)



### Sourcewise

Sourcewise offers resource information on a variety of topics including housing, nutrition, health insurance, transportation, and more. Sourcewise strives to educate, prepare, and support caregivers within Santa Clara County.

(408) 350-3200 | [mysourcewise.com](http://mysourcewise.com)

# 50+ Birthday Bash!

Doors open at noon

January and February registration opens  
Monday, December 18.

March and April registration opens  
Monday, February 26.

## January Birthday Bash

Wednesday, January 10

Ring in the New Year at the Senior Center with an apple almond crunch salad before a beautifully baked pesto chicken breast wrapped in prosciutto, served over angel hair pasta, and dessert. For dessert, warm cinnamon-raisin bread pudding. Members with January birthdays will be honored. Vegetarian option available when registering. **Member \$12, non-member \$17.**

## Lunar New Year Birthday Bash

Wednesday, February 7

Let's celebrate the Year of the Dragon! People born in this year are said to be enthusiastic, confident, and willing to take risks. Join us for a Chinese meal and enjoy cultural entertainment as the lion dancers ring in the New Year. Members with February birthdays will be honored. Vegetarian option available when registering. **Member \$15, non-member \$20.**

*Note: If a lunch is full, please ask the front desk to add your name to the waitlist. When cancellations occur, we will fill from the waitlist in the order that names are taken. No money is required to be put on the waitlist.*

## St. Patrick's Day Birthday Bash

Wednesday, March 13

Join us for the Irish tradition of St. Patrick's Day featuring Irish entertainment plus a full meal of corned beef and cabbage, carrots, potatoes, and dessert. Members with March birthdays will be honored. Vegetarian option available when registering. **Member \$12, non-member \$17.**

## April Birthday Bash

Wednesday, April 10

Celebrate the start of spring with a Holi themed luncheon. Enjoy spinach and paneer and chicken over rice and dessert. Please state vegetarian option when registering. Vegetarian option available when registering. **Member \$12, non-member \$17.**



To register, call (408) 777-3150, visit the Senior Center in-person, or [Click Here](#).