

## NEW YEAR, NEW YOU!

It's a new year! This year promises to bring excitement, adventure, and opportunities aplenty. 2017 is your chance to try something new at the Cupertino Senior Center. Explore the South, with our Southern Charm tour in May, or visit the Canadian Rockies by train in September. Start an exercise routine with our Pilates, yoga or tai-chi classes. Or just relax with friendly games of Bridge, Mah-Jong or Ping-Pong. Make 2017 a great year!



## A NEW YEAR: MOTIVATING A NEW ME

**TUESDAY, JANUARY 10, 12:45-1:45PM**

Do you want a fresh start in 2017 but don't know how to motivate yourself? Join this presentation to learn ways to overcome the challenge to stay motivated to make changes. Finding meaning may be different for each of us and in this workshop we will explore ways to get started to make ourselves the best we can be. Presented by Vivian Silva, MSW. Members free, senior guest pay \$5 day pass. Sign up at the lobby table.

## **NEW!** LEGAL PLANNING FOR THE FUTURE

**MONDAY, FEBRUARY 6, 11:30AM-1PM**

New year, new planning! Whether you have done all of your legal planning already or you still need to work on that, come join us for this informational presentation to learn about all aspects of capacity planning. Open to the public. Sign up at the lobby table.

## TOGETHER WE CAN MAKE A DIFFERENCE

The Hidden Treasures committee members wish to extend their heartfelt appreciation to all the participants who made the Hidden Treasures Fundraiser, held on October 27, a great success. This event raised over \$10,500, and the proceeds will benefit the Stay Active Fund, the case management program, which serves at-risk seniors in our community, and other programs. Many thanks to volunteers and shoppers who made this possible. We look forward to seeing you all again next year on October 26, 2017.

*Thank You*

合作就是力量,本中心衷心感謝大家的支持使我們在 10/27 舉辦的藏寶室募款活動非常的成功,我們募得了超過 \$10,500. 此筆錢將用做保持活躍基金,幫助社區裡有風險老人的社工服務和其他項目. 謝謝大家的支持! 我們期待明年再和您合作.

## VOLUNTEER CORNER

### THANK YOU, VOLUNTEERS!

The staff at the Cupertino Senior Center would like to thank all of our volunteers for service provided in 2016. With the contributions of your time and talent the Cupertino Senior Center continues to be a welcoming and friendly environment for everyone 50+. Our volunteer appreciation lunch will be held in March and all volunteers who served 20 hours or more by the end of December 2016 will be invited.

### 2016 HOURS LOG DUE

**FRIDAY, JANUARY 13**

The deadline to record your 2016 hours is January 13. You can enter your hours by logging on at [www.cupertino.org/volunteer](http://www.cupertino.org/volunteer). If you need assistance logging your service hours, please visit us at the senior center front desk or attend the Volunteer Orientation on January 10 at 12:30pm.

### VOLUNTEER ORIENTATION

Interested in volunteering? Join us at a volunteer orientation on Tuesday, January 10 or February 14 at 12:30pm. If you have questions, please contact Nancy Bess at 408.777.3378 or [nancyb@cupertino.org](mailto:nancyb@cupertino.org).

### VOLUNTEER OPPORTUNITY FRONT DESK VOLUNTEER

Front Desk Volunteers create a bright, vibrant, and wonderful place to be for the 50+ community. If you are interested in becoming a Front Desk Volunteer, please contact Nancy at 408.777.3378 or [nancyb@cupertino.org](mailto:nancyb@cupertino.org). Bilingual speakers are highly desired.  
 義工機會-櫃檯義工. 櫃檯義工為長者將老年中心創造成了一個充滿活力和美好的地方. 如果您有興趣成為一名櫃檯義工, 或想了解詳情, 請電郵 Nancy: [NancyB@cupertino.org](mailto:NancyB@cupertino.org) 或撥打電話 408.777.3378. 我們非常需要雙語能力的義工.

## WHAT'S INSIDE

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# Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **May 4**, 8am; Non-member *begins* May 11  
Day Trip Preview *starts* at 7:30am



## Golden Gate Bridge Walk and Sausalito

*Thursday, May 26, 8a-5p*

Join us for a fascinating docent-led walk one-way across the Golden Gate Bridge, then indulge in a delicious lunch at the iconic Scoma's Sausalito. After lunch, enjoy some free time in charming downtown Sausalito.

**Member Cost: \$119** - lunch included

## K-9 Guide School & One-of-a-Kind Design

*Wednesday, June 1, 8a-5p*

Tour guide dogs, the largest school in the country that trains dogs to be companions to those with disabilities. Visit the Marin County Civic Center, designed by Frank Lloyd Wright, and see first-hand why he is known as the greatest American architect of all time.

**Member Cost: \$65**

## Horse Racing at Golden Gate Fields

*Friday, June 3, 11:30a-8p*

Feel the thunder of hooves as the thoroughbred horses race to the finish line. Enjoy the races from the lavish Turf Club where an all-you-can-eat buffet is included.



**Member Cost: \$86** - lunch included

## OUT-TO-LUNCH BUNCH

*Goes to dinner*

*Tuesday, June 21, 5pm*

**Off The Grid**

Food Trucks in the Whole Foods Parking Lot  
20955 Stevens Creek Blvd., Cupertino  
*Please pre-register at the front desk.*

## Nike Missile Site and More

*Thursday, June 9, 8a-5p*

Join us for this unique private tour of the Nike Missile Site Museum at Fort Barry in the heart of the Golden Gate National Recreation Area. Enjoy a hosted lunch at Murray Circle Restaurant in the historic Cavallo Point Lodge at Fort Baker.

**Member Cost: \$129** - lunch included

## Cabaret, the Musical

*Wednesday, June 22, 10:15a-5:45p*

Cabaret has been on Broadway since 1966. See for yourself why it has lasted the test of time and won numerous awards throughout the years. Enjoy orchestra seating for this matinee performance at the Golden Gate Theatre, after a stop for a no-host lunch in Union Square. To guarantee a spot you must register by April 29.

**Member Cost: \$132**

## Emperors' Treasures

*Tuesday, June 28, 8:45a-3:30p*

Enjoy a tour of the Emperor's Treasures exhibit at the Asian Art Museum and see nearly 150 artworks from the renowned National Palace Museum in Taipei. There will be time to explore other collections in the museum and stop for a no-host lunch at the museum café.

**Member Cost: \$74**

## Best of Eastern Canada

*8 Days - July 12-19*

*Full, taking waitlist only.*

**Member Cost: \$3,899** double occupancy

## A Day at Gizdich Ranch

*Wednesday, July 27, 10:15a-6:15p*

Tucked into the foothills of Pajaro Valley is the famous Gizdich Family Ranch, where we will enjoy a private docent-led tour, and homemade Dutch apple pie a la mode. Also enjoy a mouth-watering Italian lunch at Maurizio's. **NEW!**

**Member Cost: \$105** - lunch included

## Wilder Ranch State Park and Crow's Nest

*Thursday, August 4, 8a-4p*

The beautiful scenery of Santa Cruz awaits us! Enjoy a private docent-led tour of the historic Wilder Ranch State Park where we will visit an 1840 adobe, 3 water-powered workshops, ranch buildings and more! We will enjoy a hosted lunch at the award-winning Crow's Nest Restaurant at the Santa Cruz Harbor. **NEW!**

**Member Cost: \$98** - lunch included

## ¡Viva Baja! Life on the Edge Special Exhibit

At Monterey Bay Aquarium

*Friday, August 12, 8:15a-5p*

Discover incredible animals from land and sea on our docent-led tour at the Monterey Bay Aquarium, featuring creatures from the coastal habitats of Baja California. Just outside the doors of the aquarium, Cannery Row waits with its picturesque charm, colorful history, enticing restaurants, and captivating boutiques. **NEW!**

**Member Cost: \$102**

## La Foret and Quicksilver Mining Museum

*Sunday, August 14, 10a-2:30p*

Explore the Quicksilver Mining Museum in New Almaden with a guided tour. Then partake in a succulent brunch at the exquisite La Foret, a French restaurant that has been a local historic icon for more than 100 years. **NEW!**

**Member Cost: \$101** - brunch included

## What's New in San Francisco, with Gary Holloway

*Wednesday, August 17, 7:30a-6p*

Join us as fabulous Gary takes us on a driving tour of all that the new and modern San Francisco has to offer. We will enjoy a delicious Italian lunch right on the bay at Pompeii's Grotto. **NEW!**

**Member Cost: \$99** - lunch included

## Arrows and Autos

The Spirit of the Old West Special Exhibit & Black Hawk Automotive Museum

*Wednesday, August 31, 8a-4:30p*

Explore the world-renowned Blackhawk Auto Museum in Danville, with two private, docent-led tours. First enjoy the newly installed *The Spirit of The Old West* exhibit, which tells the story of the expansion west; before touring the general collection of rare, vintage and unique classic cars. We'll enjoy a hosted lunch at the Blackhawk Grille, an upscale eatery! **NEW!**

**Member Cost: \$99** - lunch included

## Heritage of America

*10 Days - September 16-25*

Follow the epic story of American Democracy. Visit the presidential estates of Washington's Mount Vernon and Jefferson's Monticello. Walk the hallowed battlefield at Gettysburg. Tour Colonial Williamsburg's 88 restored historic buildings. Experience the Amish way of life.

**Member Cost: \$3,899** double occupancy

## Cruise on the Panama Canal

*18 Days - October 30-November 16*

Space still available for this amazing cruise!

**Member Cost: \$6,930** double occupancy inclusive



# JANUARY ACTIVITY HIGHLIGHTS

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## January Social and Birthday Bash

Wednesday, January 11, 12pm

Join us for Japanese cuisine featuring a green salad, chicken teriyaki, California roll, and dessert. A special performance of traditional Japanese dance will complete the experience, and you can even join in! Members with January birthdays will be honored. Vegetarian option available when registering. Member fee \$10, senior guest add \$5 day pass.

一月慶生宴與交流- 1/11 (週三), 中午12pm 共享日本料理, 有青菜沙拉, 照燒雞, 加州卷和稻荷. 有特別日本傳統舞蹈表演, 來總括這個完美經驗, 你亦可一齊參與. 我們將對一月壽星(會員)表示敬意. 註冊時可選擇素菜. 會員\$10, 耆英來賓加付當日門票\$5.

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## Karaoke Holiday Lunch

Thursday, January 19, 12pm

Join the Karaoke group to welcome the winter holidays with a Chinese lunch, songs, dance and games. Register early. Member fee \$10, senior guests add \$5 day pass.

卡拉OK節日午餐 - 1/19(週四), 12pm 歡迎大家和卡拉OK小組一起來共度佳節, 有豐盛的中餐, 唱歌, 舞蹈和遊戲. 請提早登記, 會員\$10, 耆英來賓加付當日費\$5.

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## Let's Talk Current Events

Wednesday, January 18, February 15, 1-2:30pm

Join this lively monthly discussion group to discuss important and interesting topics and learn about others' points of view. Discover how goings-on around the world will affect you with Nancy McGinnis, legal specialist and current lecturer at San Francisco State University, facilitating the conversation. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

## Welcome Lupe!

We are excited to welcome the newest member of our team, Lupe Cardenas, a Cupertino resident, as Senior Office Assistant. She comes to us from the Cupertino School District, where she worked for the last 3 years. She has done an excellent job through a tough interview process. We think you will love her warm, friendly smile and kind spirit, so please stop by the front desk to welcome Lupe.

## Monthly Movie

Wednesday, January 25, 1:30-3:30pm

*My Favorite Brunette (1947)*- In this spoof on film noir, Ronnie Jackson is a photographer who dreams of being a private detective. One fateful day, Baroness Carolotta Montay mistakes him for the detective he wishes he were and entangles Ronnie in mysterious doings. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

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## Reconnecting to Life after a Loss

Thursday, January 19-February 23, 1-2:30pm

This six-week group will meet for those experiencing grief and bereavement after a loss. Whether we experience death of a pet or a loved one, we are seldom prepared for the range of emotions and challenges we face. Join Vivian I. Silva, MSW, for an educational and supportive environment as we discuss, share, and explore ways to deal with our loss and find hope to reconnect to life. Sign up at the lobby table. Members free, senior guests pay \$5 day pass.

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## Adult Community Education

January 17-March 20

For all class listings and to register, consult the ACE catalog or call 408.522.2700. Classes are held at the senior center, and membership is required.

成人學校課程, 請參考課程手冊. 所有課程在耆英中心上課, 但是必須在成人學校報名, 您也需要是耆英中心會員, 會費是庫市居民23元一年, 非居民28元. 1/17-3/20.

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## Tai Chi for 50+ *Free Demonstration*

Thursday, December 22, 12-1pm

Come try this ancient Chinese art of moving meditation in a relaxed and supportive environment. Free for members, senior guests pay \$5 day pass. Sign up at the lobby table.

太極拳免費示範 12/22 (週四) 12-1pm. 請來體會歷史悠久的中國運動藝術, 在輕鬆和輔助的環境下, 學習不同程度的健康效益. 會員免費, 耆英來賓加付當日門票\$5, 請早登記.

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## De Anza Cardio-Vascular Training

January 9-March 31



Mon/Wed/Fri, 9-10am; Thu 1:30-2:30pm

Classes are held at the senior center, and Cupertino Senior Center membership is required. Register at the first class or call Mary at 408.864.8742.

# JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>2</b> <b>SENIOR CENTER CLOSED</b> 耆英中心歇業 	<b>3</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10:30-11:30 Book Discussion 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓	<b>4</b> 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing	<b>5</b> 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	<b>6</b> 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:15-3 Book Review— <i>A Plague of Doves</i> , by Louise Erdrich 1:30-4 TechTime	
<b>9</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社	<b>10</b> 8:30-3:15 SF Museum of Modern Art Trip 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 10:30-11:30 Booktalk 12-4 Card Playing 12:30-1:30 New Volunteer Orientation 12:45-1:45 Motivating a New Me Lecture	<b>11</b> 7:30 Day Trip Preview 8 Trip Sign-up Day 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 12 January Birthday Bash (\$10) Chicken Teriyaki and California Roll 照燒鷄和加卷	<b>12</b> 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2 Learn about the Senior Center 2-4 Open Bridge 3-4:30 Caregiver Support Group	<b>13</b> 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime <div style="border: 1px solid black; padding: 5px; text-align: center; background-color: black; color: white; margin-top: 10px;"> <b>VOLUNTEER HOURS DUE!</b> </div>	
<b>16</b> MARTIN LUTHER KING, JR. DAY <b>SENIOR CENTER CLOSED</b> 馬丁路德金紀念日 耆英中心歇業一天	<b>17</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓	<b>18</b> 10-11 Music and News 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1-2:30 Let's Talk Current Events	<b>19</b> 9:30-4 Crime and Punishment Trip 11:15-1:30 Needlecraft 12-2 Card Playing 12 Karaoke Holiday Lunch (\$10) 卡拉OK節日午餐 1-2:30 Reconnecting to Life After Loss Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	<b>20</b> 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime	
<b>23</b> 10-12 Golf for Seniors 12-4 Card Playing 1 Volunteer Advisory Council Meeting 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社	<b>24</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing	<b>25</b> 10-11 Downloadable Music 10-12 Case Manager Consultation 社工諮詢 11:45 Lunch with Friends (\$6) Hot Patty Melt Sandwich 熱牛肉餅三明治 12-4 Card Playing 1:30-3:30 Monthly Movie - <i>My Favorite Brunette</i> (1947)	<b>26</b> 11:15-1:30 Needlecraft 12-2 Card Playing 1-2:30 Reconnecting to Life After Loss Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	<b>27</b> 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime	
<b>30</b> 10-12 Golf for Seniors 12-4 Card Playing	<b>31</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 1:30 Canadian Rockies & Southern Charm Travel Presentations	<div style="border: 1px solid black; padding: 10px; background-color: black; color: white; width: fit-content; margin: 0 auto;"> <b>YOUR 2016 MEMBERSHIP EXPIRES JANUARY 31</b> </div>			<div style="border: 1px solid black; padding: 10px; background-color: #f0f0f0;"> <p style="text-align: center;">CITY OF CUPERTINO SENIOR CENTER 408.777.3150</p> <p style="text-align: center;"><b>CENTER OPEN: Monday-Thursday 8am-7:30pm</b></p> <p style="text-align: center;"><b>OFFICE HOURS: Monday-Friday 8am-5pm</b></p> <p style="text-align: center;">EMAIL: <a href="mailto:SeniorCntr@cupertino.org">SeniorCntr@cupertino.org</a></p> <p style="text-align: center;">WEBSITE: <a href="http://www.cupertino.org/senior">www.cupertino.org/senior</a></p> <p style="text-align: center;">Find us on Facebook!</p> </div>

# FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><b>CITY OF CUPERTINO SENIOR CENTER</b> 408.777.3150</p> <p style="text-align: center;"><b>CENTER OPEN: Monday-Thursday 8am-7:30pm</b></p> <p style="text-align: center;"><b>OFFICE HOURS: Monday-Friday 8am-5pm</b></p> <p style="text-align: center;">EMAIL: <a href="mailto:SeniorCntr@cupertino.org">SeniorCntr@cupertino.org</a></p> <p style="text-align: center;">WEBSITE: <a href="http://www.cupertino.org/senior">www.cupertino.org/senior</a></p> <p style="text-align: center;"><b>Find us on Facebook!</b></p>		<p><b>1</b></p> <p>8-5:30 <b>Marvelous Monterey with Gary Trip</b></p> <p>10-12 Case Manager</p> <p>Consultation 社工諮詢</p> <p>12-4 Card Playing</p>	<p><b>2</b></p> <p>11:15-1:30 Needlecraft</p> <p>12-2 Card Playing</p> <p>1-2:30 <b>Reconnecting to Life After Loss Group</b></p> <p>1:30-4:30 Karaoke 卡拉OK</p> <p>2-4 Open Bridge</p>	<p><b>3</b></p> <p>9:30-11:30 Rhythmaires Band Practice</p> <p>12-4 Mah Jongg 麻將</p> <p>1-3:30 Bingo 賓果</p> <p>1-4:30 Ping Pong 乒乓</p> <p>1:15-3 <b>Book Review—Members' Annual Favorite Book Presentations</b></p> <p>1:30-4 TechTime</p>
<p><b>6</b></p> <p>10-12 Golf for Seniors</p> <p>11:30-1 <b>Legal Planning for the Future</b></p> <p>1:30-2:30 <b>Advanced Care Planning</b></p> <p>12-4 Card Playing</p> <p>2:05-3:35 Ballroom Dance</p> <p>Social 交際舞社</p>	<p><b>7</b></p> <p>8:30-11:30 Ping Pong 乒乓</p> <p>9-11 Tennis 網球</p> <p>9:30-11:30 TV Production - The Better Part</p> <p>12-4 Card Playing</p> <p>12:15-1:15 Blood Pressure Check 量血壓</p>	<p><b>8</b></p> <p>10-12 Case Manager</p> <p>Consultation 社工諮詢</p> <p>12-4 Card Playing</p> <p>12 <b>Chinese New Year Celebration and February Birthday Bash (\$12)</b></p> <p>中國農曆新年慶祝活動</p>	<p><b>9</b></p> <p>11:15-1:30 Needlecraft</p> <p>12-2 Card Playing</p> <p>1-2:30 <b>Reconnecting to Life After Loss Group</b></p> <p>1:30-4:30 Karaoke 卡拉OK</p> <p>2 <b>Learn about the Senior Center</b></p> <p>2-4 Open Bridge</p> <p>3-4:30 <b>Caregiver Support Group</b></p>	<p><b>10</b></p> <p>8:30-5:30 <b>Napa Valley Wine Train Trip</b></p> <p>9:30-11:30 Rhythmaires Band Practice</p> <p>12-4 Mah Jongg 麻將</p> <p>1-3:30 Bingo 賓果</p> <p>1-4:30 Ping Pong 乒乓</p> <p>1:30-4 TechTime</p>
<p><b>13</b></p> <p>10-12 Golf for Seniors</p> <p>12-4 Card Playing</p> <p>1-4 <b>The Age of Love movie and discussion</b></p> <p>1:30-2:30 Blood Pressure Check 量血壓</p>	<p><b>14</b></p> <p>8:30-11:30 Ping Pong 乒乓</p> <p>9-11 Tennis 網球</p> <p>9:30-11:30 TV Production - The Better Part</p> <p>12-4 Card Playing</p> <p>12:30-1:30 <b>New Volunteer Orientation</b></p> <div style="text-align: center; margin-top: 10px;">  </div>	<p><b>15</b></p> <p>10-11 <b>Downloadable Music</b></p> <p>10-12 Case Manager</p> <p>Consultation 社工諮詢</p> <p>11:45 <b>Lunch with Friends (\$6)</b></p> <p>Turkey Enchilada Casserole</p> <p>墨式沙鍋火雞卷</p> <p>12-4 Card Playing</p> <p>2 <b>Southern Charm &amp; Canadian Rockies Travel Presentations</b></p> <p>1-2:30 <b>Let's Talk Current Events</b></p>	<p><b>16</b></p> <p>9-6:30 <b>Steinbeck House National Steinbeck Center Trip</b></p> <p>11:15-1:30 Needlecraft</p> <p>12-2 Card Playing</p> <p>1-2:30 <b>Reconnecting to Life After Loss Group</b></p> <p>1:30-4:30 Karaoke 卡拉OK</p> <p>2-4 Open Bridge</p>	<p><b>17</b></p> <p>8:30 <b>Newsletter Collating</b></p> <p>9:30-11:30 Rhythmaires Band Practice</p> <p>12-4 Mah Jongg 麻將</p> <p>1-3:30 Bingo 賓果</p> <p>1-4:30 Ping Pong 乒乓</p> <p>1:30-4 TechTime</p>
<p><b>20</b></p> <p style="text-align: center;"><b>PRESIDENTS' DAY</b></p> <p style="text-align: center;"><b>SENIOR CENTER CLOSED</b></p> <p style="text-align: center;">總統節 耆英中心歇業一天</p>	<p><b>21</b></p> <p>8:30-11:30 Ping Pong 乒乓</p> <p>9-11 Tennis 網球</p> <p>9:30-11:30 TV Production - The Better Part</p> <p>11:30 <b>Out to Lunch Bunch—Doppio Zero</b></p> <p>12-4 Card Playing</p> <p>12:15-1:15 Blood Pressure Check 量血壓</p>	<p><b>22</b></p> <p>10-11 <b>Music and News</b></p> <p>10-12 Case Manager</p> <p>Consultation 社工諮詢</p> <p>12-4 Card Playing</p> <p>11:45 <b>Lunch with Friends (\$6)</b></p> <p>Oven-Fried Chicken</p> <p>脆皮烤雞</p> <p>1:30-3:30 <b>Monthly Movie - Shall We Dance (2004)</b></p>	<p><b>23</b></p> <p>11:15-1:30 Needlecraft</p> <p>12-2 Card Playing</p> <p>1-2:30 <b>Reconnecting to Life After Loss Group</b></p> <p>1:30-4:30 Karaoke 卡拉OK</p> <p>2-4 Open Bridge</p>	<p><b>24</b></p> <p>9:30-11:30 Rhythmaires Band Practice</p> <p>12-4 Mah Jongg 麻將</p> <p>1-3:30 Bingo 賓果</p> <p>1-4:30 Ping Pong 乒乓</p> <p>1:30-4 TechTime</p>
<p><b>27</b></p> <p>10-12 Golf for Seniors</p> <p>12-4 Card Playing</p> <p>1:30-2:30 Blood Pressure Check 量血壓</p> <p>2:05-3:35 Ballroom Dance</p> <p>Social 交際舞社</p>	<p><b>28</b></p> <p>8:30-11:30 Ping Pong 乒乓</p> <p>9-11 Tennis 網球</p> <p>12-4 Card Playing</p> <p>1:30 <b>Mardi Gras Travel Party</b></p>	<div style="display: flex; align-items: center; justify-content: center;">  <div style="margin-left: 20px;"> <p style="font-size: 1.2em; font-weight: bold; margin: 0;"><i>Mardi Gras Travel Party</i></p> <p style="font-weight: bold; margin: 5px 0;">Tuesday, February 28,</p> <p style="font-weight: bold; margin: 0 0 0 100px;">1:30pm</p> <p style="margin: 5px 0;">Sign up at the front desk!</p> </div> </div>		

# FEBRUARY ACTIVITY HIGHLIGHTS

## Chinese New Year Celebration and February Birthday Bash

Wednesday, February 8, 12pm

Let's celebrate the year of the Rooster! People born in this year are said to be hardworking, confident and courageous. 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. Pre-registration is required, and a vegetarian option is available when registering. Members \$12, senior guests add \$5 day pass.

中國農曆新年慶祝活動和二月慶生宴- 2/8 (週三), 中午12pm  
讓我們一同慶祝雞年的來臨! 相傳出生在這一年的人都是  
用功, 自信和勇敢的個性. 與我們共吃中菜和觀賞文化娛樂節目和舞獅帶領來我們進入新的一年. 我們將向二月生日的會員致敬 必須提早登記, 註冊時可選擇素菜. 會員\$12, 耆英來賓加付當日門票\$5.

## Advanced Care Planning Monday, February 6, 1:30-2:30pm

Join us for a presentation by Devora Lomas from Kaiser Health Education. This informative presentation will focus on planning for your future health care. Learn about choosing a health care agent and how to complete an Advanced Health Care Directive for families and health care providers. Members free, senior guests pay \$5 guest pass. Sign up at the lobby table.

## Book Review Meeting

First Friday of the month, 1:15-3pm

Learn about new books and meet new people. New faces are always welcome. Free for members, senior guests pay \$5 day pass.

**January 6-** *A Plague of Doves*, by Louise Erdrich, reviewed by Dina Poggi

**February 3-** Members' Annual Favorite Book Presentations

## The Age of Love

Monday, February 13, 1-4pm

Join us for a showing of the documentary *The Age of Love*, which follows the humorous and poignant adventures of thirty seniors in Rochester, NY who sign up for a first-of-its-kind speed dating event exclusively for seniors. It's an unexpected tale of intrepid seniors who lay their hearts on the line, and discover how dreams and desires change-or don't change. Following the movie, there will be a discussion and refreshments. Open to the public. Sign up at the lobby table.

## Monthly Movie

Wednesday, February 22, 1:30-3:30pm

*Shall We Dance (2004)*- John Clark is a meek workaholic who feels trapped in a dull, mind-numbing existence. But one night, his whole life changes when the sight of a beautiful dance instructor inspires him to break out of his mold and sign up for ballroom dancing lessons! Now, he'll have to step lightly- and do some fancy footwork- if he expects to keep his exciting new passion a secret from his family and friends. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

## Lunch with Friends

January 25, February 15, February 22, 11:45am

Join us for lunch! Pre-registration is required, and a vegetarian option is available when registering. Member fee \$6, senior guests add \$5 day pass.

星期三午餐, 中午11:45點, 歡迎參加我們的午餐! 需要提前報名 會員費\$6, 非會員需多加當日活動費\$5

**January 25-** Hot Patty Melt Sandwich with coleslaw, oven roasted potatoes, and dessert.

1/25- 熱牛肉餅三明治

**February 15-** Turkey Enchilada Casserole, tossed green salad, and dessert.

2/15- 火雞鍋餅, 沙拉和甜品

**February 22-** Oven-Fried Chicken with mashed potatoes and gravy with a garden salad and dessert.

2/22- 脆皮烤雞

## Advisory Council Welcome

To all senior center members,

You are welcome to join the bi-monthly Volunteer Advisory Council meetings which occur every other month on the third Monday. The next meeting is on Monday, January 23 at 1pm. Please come to listen to discussions, give input on the center's various activities and services, and contribute any new ideas you may have.

In the spirit of the Chinese proverb, "Be not afraid of growing slowly; be afraid only of standing still," let us come together and help the Cupertino Senior Center continue to be the best it can be, and to grow as a family embraced and enjoyed by all members!

# CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS DECEMBER 19	DAY	DATES	TIME	INSTRUCTOR	MEMBER
Accordion	T	2/14-4/4	1:30-3	R. DiBono	\$20
Ballroom Dance 交際舞 - Salsa	W	1/11-2/1	1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞 - West Coast Swing	W	2/8-3/1	1:30-3:30	D. Lew	\$32
Chair Exercise 座椅運動	M & Th	1/9-3/2	10:15-11:15	P. Hu	\$43
Chinese Brush Painting 傳統與現代中國畫	M	2/13-4/10	8:30-10:30	M. Lee	\$55
Chinese Brush Painting 傳統與現代中國畫	M	2/13-4/10	10:40-12:40	M. Lee	\$55
Chinese Calligraphy 書法班	T	1/31-3/21	3-5	L. Cheng, Y. Wang	\$15
Citizenship Class 公民班	M, T, F	1/9-3/3	8:30-9:45	V. Wong	\$20
Conversational English 英語會話班	M & T	2/6-3/28	10-11:45	P. Chun, V. Wong	\$20
Conversational Mandarin - Beginning	Th	1/12-3/9	9-10:30	J. Li	\$40
Conversational Mandarin - Intermediate	F	1/13-3/10	10-11:30	B. Hu	\$40
Conversational Mandarin - Advanced	Th	1/12-3/9	9-10:30	L. Gao	\$40
Cooking with Suzanne - Cooking Healthy with Miso	W	2/1	10-1	S. Vandyke	\$55
Erhu I 一胡班	Th	1/12-3/2	3-4:30	G. Lai	\$20
Erhu II 二胡班	T	1/10-2/28	3:15-4:45	G. Lai	\$20
ESL - Basic and Easy 初級英語班	M	1/9-3/13	10-12	Vision Literacy	\$25
ESL - Advanced Beginning 初高級英語班	W	1/11-3/8	10-12	Vision Literacy	\$25
ESL - Intermediate Conversation 中級ESL會話班	T	1/10-2/28	1:30-3	J. Andrushko	\$20
Feldenkrais Method	T	1/17-3/7	9:30-10:30	M. Westlaken	\$40
Foundations of Yoga at the Quinlan Center	T	1/3-3/7	2:15-3:30	E. Meir	\$39
Foundations of Yoga	Th	1/5-3/9	5:15-6:30	E. Meir	\$39
Guitar - Level II	W	1/4-2/22	3-4:30	A. McKee	\$22
HarmoniKatz Performance Band	M	1/9-2/27	3:45-5:15	D. Ng	\$15
Hatha Yoga	Th	1/12-3/2	2:30-3:30	V. Bhat	\$50
Hula Dance - Beginning	M	1/9-2/27	11:45-12:45	D. Tengan	\$15
Hula Dance Performance Group	M	1/9-2/27	12:55-1:55	J. Pereria-Anderson	\$15
Humanities	T	1/24-3/21	10:30-12:30	C. Jech	\$40
Intro to Mandarin Brush Writing	Th	1/12-3/9	10:40-11:25	L. Gao	\$35
Japanese - Beginning Level I	Th	1/5-2/23	8:30-9:30	T. Terry	\$35
Japanese - Beginning Level II	Th	1/5-2/23	9:45-10:45	T. Terry	\$35
Pilates	T	1/10-3/7	11-12	H. Mojgani	\$39
Pilates-Yoga Combo at the Quinlan Center	F	1/13-3/3	10:45-11:45	H. Mojgani	\$45
Tai Chi for 50+ - Level I	Th	1/12-3/30	8:30-9:25	J. Madonich	\$68
Tai Chi for 50+ - Level II	Th	1/12-3/30	9:35-10:30	J. Madonich	\$68
Tai Chi for 50+ - Level III	Th	1/12-3/30	10:40-11:35	J. Madonich	\$68
Ukulele Beginning	T	1/10-2/28	3:30-5	D. Ng	\$22
Ukulele Strum-and-Sing - Intermediate	M	1/9-3/13	1:30-3:30	N. Levy	\$22
U.S. History Seminar	T	2/14-3/7	12-1	R. DiBono	\$15
Yoga for 50+ - Level I 瑜珈五十後	T	1/10-2/28	4-5	P. Hu	\$40
Yoga for 50+ - Level I 瑜珈五十後	Th	1/12-3/2	4-5	P. Hu	\$40
Yuan Chih Dance 元極舞	F	1/13-3/3	10-11:30	Annie & Helen	\$15
Zumba Gold at the Quinlan Center 中老年尊巴	M	1/9-2/27	2:30-3:30	P. Hu	\$28
Zumba Gold at the Quinlan Center 中老年尊巴	F	1/6-3/3	2:30-3:30	G. DuVal	\$37
<b>EVENING CLASSES</b>					
Chinese Brush Painting 傳統與現代中國畫	Th	2/16-3/23	5:30-8:30	M. Shei	\$55
Foundations of Yoga	Th	1/5-3/9	5:15-6:30	E. Meir	\$39
Line Dance - Beginning 初級排舞	Th	1/12-3/2	7-8:30	K. Chang	\$48
Line Dance - Advanced Beginning 先進初級排舞	T	1/3-2/21	7-8:30	K. Chang	\$48
Total Body	W	1/11-3/1	5:30-6:30	P. Hu	\$37
<b>COMPUTER AND TECHNOLOGY CLASSES</b>					
iPad Beginning	T	1/10-2/7	1-3	R. Schiros	\$22
iPad Intermediate	Th	1/12-2/9	1-3	R. Schiros	\$22



# CLASS HIGHLIGHTS

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## iPad Beginning

**Tuesday, January 10-February 7, 1-3pm**

Explore and discover everything you need to know about how to use your iPad. This class lets you get comfortable with its buttons and switches, shows you how to use its touch screen, how to interact with it using a keyboard, your voice, or Siri, how to use various gestures, the smart keyboard, and text and text editing. In addition, it shows how to troubleshoot common issues, and how to download, run, organize and delete apps. Member fee \$22. Instructor: Roz Schiros

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## Music and News

**Wednesday, January 18 & February 22, 10-11am**

Take this opportunity to learn about Medici.tv and the New York Times online! Medici.tv has the largest online catalogue of classical music videos, musical works filmed from the 1940's to today, documentaries, live broadcasts, operas, ballets, and more. Enjoy the daily edition of the New York Times and all it has to offer, plus you have access to the archives back to 1851. Members free, senior guests pay \$5 guest pass. Sign up at the lobby table. Presented by the Santa Clara County Library.

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## Downloadable Music-Yours to Keep

**Wednesday, January 25 & February 15, 10-11am**

Join us as we learn about Freegal. Freegal, is a mobile application that is completely free and a legal way to access a collection of almost 7 million songs. Through your local library membership, you can download five free songs each week. Members free, senior guest pay \$5 guest pass. Sign up at the lobby table. Presented by the Santa Clara County Library.

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## Guitar, Level 2

**Wednesday, January 4-February 22, 3-4:30pm**

Level 2 is for those who know basic chords but are slow changing from one chord to the next. We'll introduce bass runs, review basic strums and chords, learn new chords. Bring your EADGBE tuned 6-string guitar, electronic tuner, music stand, picks and CAPO. Using DropBox on an iPad/tablet to access class materials electronically is a plus. Member fee \$20. Instructors: Andrea McKee and Dick Francis

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## Pilates-Yoga Combo

**Friday, January 6-February 24, 10:45-11:45am**

Through a series of mat Pilates using a small training ball, yoga exercises, and breathing techniques, strengthen your abdominal and core muscles to help you with your back and your day to day activities. The class also includes balancing, and stretching using stretch bands to improve alignment and flexibility. Learn the relaxation techniques to release tension throughout the body. Class is designed for all levels. This class will be held at the Quinlan Community Center. Member fee \$45. Instructor: Homa Hojgani

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## Beginning Watercolor

**Tuesday, January 17-March 14, 5:30-7:30pm**

**(FUHSD Adult Education Course)**

Have fun learning to paint in beautiful transparent watercolor! This class is designed for the absolute beginner as well as those who have some watercolor experience. You'll learn about watercolor tools, materials, techniques color mixing, composition, and lots of other useful tidbits of info. Each class will include an instructional demo, one on one guidance and plenty of time to apply and practice what you've learned. Required materials for this class are listed at: <https://ace.fuhsd.org/node/91>. To register please call, 408.522.2700. Fee: \$80. Instructor: Donna Miklica.

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## Foundations of Yoga

**Tuesday, January 3-March 7, 2:15-3:30pm**

**Thursday, January 5-March 9, 5:15-6:30pm**

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. The Tuesday class will be held at the Quinlan Community Center. Member fee \$45. Instructor: Erika Meir

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## Cooking Healthy with Miso

**Wednesday, February 1, 10am-1pm**

Miso may be one of the world's healthiest foods. In this class, International Chef, Suzanne Vandyck will go over all the healthy benefits of this health-promoting, anti-oxidant, flavor enhancing food. Learn to make miso soup, miso broiled salmon with miso seared sweet potatoes, and snow pea and carrot salad with miso-tamara dressing. Member fee: \$55. Instructor: Suzanne Vandyck

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# CASE MANAGER'S CORNER

## Case Management Program

This program helps seniors obtain community resources enabling them to remain independent and safe in their home. Case Managers provide assessments to determine the needs for services; coordinate and ensure all services are in place; home visits will be provided to homebound seniors living in Cupertino. Free service, membership required.

本中心為住在庫市的耆英提供社工服務。該服務包括為耆英尋找各種社區資源以助耆英繼續過獨立和安全的的生活。行動不便的長者，社工可提供家訪。此服務免費，需會員。社工可以講國粵語

## Drop-in Consultation with Case Manager

Wednesday, 10am-12pm

Case Managers are available to discuss community resources, benefits, and care options during the drop-in hours. Case Managers are also available by appointment. Cantonese/Mandarin available.

社工諮詢- 週三, 10am-12pm, 社工可為您解答有關社會資源, 福利, 或長期護理方面的問題, 無需預約, 須是中心會員, 英, 國, 粵語服務.

## Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, January 9, 23, February 13, 27, 1:30-2:30pm

Tuesday, January 3, 17, 31, February 7, 21, 12:15-1:15pm

## Drop-in Caregiver Support Group

Thursday, January 12, February 9, 3-4:30pm

Provides a safe place for family caregivers to share their experiences and challenges. Join our circle of support.

Please call 408.777.3150 to make appointments for the following services: 下列服務, 請預約.

## Health Insurance Counseling (HICAP)

Monday, January 9, 23, February 13, 27

Consultation on Medicare and health insurance. 健康保險諮詢- 中文服務

## Housing

Monday, January 9, 23, February 6, 1:30-3:30pm

Cupertino Senior Center provides lists of housing as a resource. Due to limited staff resources, staff are not able to make calls, fill out applications, or deliver housing applications for you.

租屋諮詢 - 1/9, 1/23, 2/6, (週一), 1:30-3:30pm

耆英中心會為長者提供老人公寓名單作為參考。由於資源有限, 本中心員工將不能為長者打電話查詢公寓資料, 填寫公寓表格, 或遞送表格.

## Senior Adult Legal Aid (SALA)

Friday, January 6, 13, 20, February 3, 10, 17

10:30am-12:30pm

Provides 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.

法律諮詢 - 1/6, 1/13, 1/20, 2/3, 2/10, 2/17, 10:30am-12:30pm  
60歲以上, 並住在聖縣.

THE SCENE 50+  
JANUARY/FEBRUARY 2017

*Remembering them today and forever.*

Pearl Kidder	Rona Woolley	Eugenia Man
Shirley Luh	Edward Guyer	Patricia McKay
Naomi Blais	Kenneth Harker	June Groh
Lynore Slaten	Lee Tillman	Janis Henry
Ernest Pimi	Anhela Oropeza	Marilynne Haviland

*We remember and cherish the happy times together.*

## In Memoriam

## FIRST CLASS MAIL

www.cupertino.org/seniorcenterfacebook

www.cupertino.org/50plus

www.cupertino.org/senior

408.777.3150

Cupertino, CA 95014

21251 Stevens Creek Blvd.

City of Cupertino Senior Center