



CUPERTINO

THE 50+ SCENE

JANUARY/FEBRUARY 2019

CITY OF CUPERTINO SENIOR CENTER 408.777.3150

21251 STEVENS CREEK BLVD.

NEW YEAR, NEW...

Seek out that special one from our list of classes,
Or try out exercise routines with FLEX passes!

Take a bus or plane to a far-off land,
Down to the coast, on a beach made of sand!

Artistry abounds in our welcoming center,
Courses and socials all begging you to enter!

Read a book from our shelf, or chat with some friends,
The warm, comfy chairs means the fun never ends!

To all of our members, both old and new,
We hope this new year brings much joy to you!

START some awesome things with us in the coming year,
Find classes, events, or trips for you to hold dear!

HELP US IMPROVE *THE 50+ SCENE*

Come on down to the Senior Center and fill out a survey at our front desk, or visit <https://surveymonkey.com/r/50plusSceneSurvey> to help us pick the direction of the brand new *50+ Scene*!

TOGETHER WE ARE MAKING 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 25, a great success. This event raised over \$11,900, and the proceeds will benefit the Stay Active Fund, the case management program, which serves at-risk seniors in Cupertino. Many thanks to volunteers and shoppers who made this possible. We look forward to seeing you all again next year on October 24, 2019.



合作就是力量,本中心衷心感謝大家的支持使我們在 10/25舉辦的藏寶室募款活動非常的成功,我們募得了超過\$11,900. 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

REMEMBER TO RECORD HOURS

If you have been volunteering, please record your hours. Remember, it is part of your responsibility as a volunteer to ensure your hours are recorded accurately. Your work is amazing—every minute is important! Recording hours is easy, with just a few steps:

- Log in (www.cupertino.org/volunteer)
- Click “Senior Center-Volunteer Services”
- Click “Click here to log into Volunteer Portal” under “Record Volunteer Hours”
- Log in and click “Hours”
- Fill in: Activity (Volunteer Assignment), Date Volunteered, Hours, and Minutes
- Click “Save!”

Thank you for making every minute count! Please have your 2018 hours logged by Monday, January 7, 2019. For questions please contact Amanda Hui at amandah@cupertino.org or 408.777.3374.

VOLUNTEER ORIENTATION

Monday, January 7 at 1:30pm
Monday, February 4 at 1:30pm

EASY MEMBERSHIP RENEWAL

It is easy to renew for 2019. Just ask at the front desk for your renewal form, verify, and sign! You can also register online at reg4rec.org. The annual membership is \$28, or for Cupertino residents, \$23.

簡易會籍更新 2019 會籍更新很方便. 請至櫃台索取您原先填好的更新表格, 只要核對並簽名! 一年的會費是\$28, 庫市居民\$23.

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Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **January 9**, 8am; Non-member *begins* January 16.
 → Day Trip Preview starts at 7:30am ←

For full trip descriptions, including activity levels, please see the trip flyers.

Fort Mason & San Francisco Center for the Book

Thursday, January 17, 9a-6p

Experience a day taking in the culture of Fort Mason and the hidden craft of book-making at the San Francisco Center for the Book, as we travel and explore these treasures of scenic San Francisco. Enjoy delicious gastropub fare at The Brixton for lunch.

Member Cost: \$122 - lunch included

VOLTA - Cirque Du Soliel

Sunday, January 27, 10a-5:30p

Cirque du Soliel's VOLTA is a spellbinding story about the freedom to choose and the thrill of blazing your own trail. Before the show, enjoy a no-host brunch or lunch in San Francisco's Mission Bay neighborhood.

Member Cost: \$140

The Grand Theatre and The Alviso Adobe

Tuesday, February 5, 9a-5p

Discover the rich history of the Grand Theatre Center then on to a delicious, included lunch at The Rock House Pub and Grill. Enjoy a tour of the unique Alviso Adobe Community Park to reveal the history of the Ohlone, Rancho, and Dairy periods of the Amador Valley.

Member Cost: \$93 - lunch included

Save the date!

Mardi Gras Travel Party

Tuesday, March 5, 1:30pm

Join us for a New Orleans-style party right here at home! Learn about exciting opportunities to explore the world or your own backyard with Cupertino Senior Center Travel's wide variety of day trips, overnight, and extended tours.

Members free, senior guests pay \$5 day pass.

Dinner at The Spinnaker

Tuesday, February 12, 1-7:30p

The timeless view of the San Francisco Bay is a stunning sight. Join us for a wonderful afternoon visiting the inviting Sausalito waterfront before dining at The Spinnaker.

Member Cost: \$120 - dinner included

Passport to the Pacific Orchid Exposition

Friday, February 22, 9a-4:30p

Discover unique orchids from all over the world at the Pacific Orchid Exposition 2019 in the Hall of Flowers at Golden Gate Park. Enjoy a savory brunch at Crepevine Restaurant as well as an opportunity to explore the San Francisco Botanical Gardens at your leisure.

Member Cost: \$97 - lunch included

Monet & Gauguin at the de Young

Thursday, February 28, 8a-4:30p

Explore two wonderful exhibits on view at the de Young Museum: *Monet: The Late Years* and *Gauguin: A Spiritual Journey*. Enjoy time to peruse the permanent collection as well as a no-host lunch at the de Young Café.

Member Cost: \$136

Stories in Light at Montalvo and a Taste of Peru

Sunday, March 3, 3:30-8:30p

Experience the breathtaking spectacle of light on a docent-led tour of "Bruce Munro at Montalvo: Stories in Light." Before viewing the 10 magnificent outdoor illuminated artworks, indulge in a fabulous authentic Peruvian dinner at Sipan Peruvian Restaurant.

Member Cost: \$119 - dinner included



Captain Morgan's Delta Adventure



Tuesday, March 12, 9:30a-6:30p

Capture the beauty of the Delta while you relax and cruise on a leisurely 2.5 hour adventure with Captain Morgan at the helm of the *Rosemarie*. The Boardwalk Grill Waterfront Restaurant will offer a delicious buffet lunch, before you enjoy time to stroll down the Discovery Bay Marina shops.

Member Cost: \$156 - lunch included

HAMILTON

Wednesday, March 20, 9:15a-5:45p

Lin-Manuel Miranda's Tony Award-winning smash *HAMILTON* rolls into the Orpheum Theatre. Join us in our third and fourth row center orchestra seats. Before the show, enjoy a no-host lunch in Westfield San Francisco Centre.

Member Cost: \$326 - waitlist only

Explore the Chabot Space & Science Center



Thursday, April 11, 9:30a-6p

Join us for a day of discovery and wonder at the Chabot Space & Science Center. Enjoy a show in the planetarium and experience many hands-on and educational stations involving the topics like the Sky, Heat Cameras, and Scopes. Begin your day with a delicious brunch at Montclair Egg Shop.

Member Cost: \$114 - brunch included

Carmel-by-the-Sea



Wednesday, April 17, 8:30a-4:30p

Carmel has its own mesmerizing charm and unique brand of enchantment. Enjoy a day to spend entirely as you wish in this perfect little town exploring the restaurants, cafés shops, art galleries, and more.

Member Cost: \$49

Travel SMART



Thursday, April 25, 9a-5:30p

Join us for a day of passage aboard the Golden Gate Ferry from the San Francisco Ferry Building to the Larkspur waterfront. Enjoy lunch at the McNear's Saloon and explore the historic city of Petaluma, before experiencing the North Bay's new SMART train.

Member Cost: \$119 - lunch included

Mare Island Museum and the McCune Room



Tuesday, April 30, 8:30a-6p

Discover the rich history of the first Naval Base on the West Coast on our docent-led tour of Mare Island Museum. Enjoy a delicious hosted buffet lunch and delight in the opportunity to pick up and examine leaves of rare books at the McCune Room in Vallejo.

Member Cost: \$94 - lunch included

OUT-TO-LUNCH BUNCH

Tuesday, February 26, 11:30am

Boudin SF



20682 Stevens Creek Blvd., Cupertino

Please register at the front desk. Space is limited.

Ever wanted to see the stunning fall colors of New England, view the artistic display of masterpieces come to life, or stand among the emerald hills of Ireland? Learn how you can do all of this and more when you join us for our

2019 Tour Presentation!

Wednesday, January 23, 1:30pm

featuring the tours below. Sign up at the front desk—space is limited!

From Ireland's Ancient East to the Wild Atlantic Way

10 days, June 8-17, 2019

Laguna Arts Festival and Pageant of the Masters

4 days, August 4-7, 2019

Classic Fall Foliage

9 days, October 12-20, 2019

For more information,
email AlexC@Cupertino.org,
or call 408.777.3375.

JANUARY ACTIVITY HIGHLIGHTS

January Birthday Bash

Wednesday, January 16, 12pm

Start the New Year right 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. For dessert, enjoy warm cinnamon-raisin bread pudding. Vegetarian option available when registering. Preregistration required. Space is limited. Members \$10, senior guests add \$5 day pass.

一月慶生宴 - 1/16(週三), 12點

新年快樂! 一同來共享一月慶生宴。主餐包括爽脆蘋果杏仁沙拉, 香蒜烤雞肉火腿卷, 肉桂義大利麵, 加上甜點葡萄乾麵包布丁, 將為一月的會員壽星慶生。註冊時可選素食餐, 會員\$10, 耆英來賓多加當日活動費\$5。



Reconnecting to Life After a Loss

Wednesday, January 23-February 27, 1-2:30pm

Led by Vivian Silva, MSW, this group brings together those experiencing bereavement after loss within the last year. Whether we experience death of a pet or loved one, we are seldom prepared for the emotions and challenges we face. Join us in an educational and supportive environment as we discuss, share, and explore ways to deal with loss and find hope reconnecting to life. Call Adrianna at 408.777.3157 to sign up. Space limited. Free—membership required.

FREE!



Monday Night Basketball Socials

We invite you to watch the Golden State Warriors take on two Eastern Conference juggernauts! Preregistration required. Members \$8 each, senior guests add \$5 each.

Warriors vs. Pacers

Monday, January 28, 4-7pm

Enjoy salad and clam chowder in a bread bowl.

Warriors vs. Hornets

Monday, February 25, 4-7pm

Enjoy a loaded baked potato and chili.

Lunch with Friends

Wednesday, January 30, February 20, 11:45am

Join us for lunch! Preregistration is required, vegetarian option available when registering. Members \$8, senior guests add \$5 day pass.

歡迎與我們共聚午餐! 需提前報名, 可選素食, 會員\$8, 非會員多加當日活動費\$5。

January 30 - Split pea soup with ham 豌豆火腿湯

February 20 - Tostadas 墨西哥式咸煎餅

Monthly Movie

FREE!

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

Book Club (2018)- Diane Keaton, Jane Fonda, Candice Bergen, and Mary Steenburgen round out this ensemble cast of retired ladies reading the notorious *50 Shades of Grey* for the first time. Outrageous life decisions will be made and comedy will surely ensue! Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.



Mandarin Medicare Presentation

Wednesday, January 23, 10-11:30am

聯邦醫療保險講座 (中文講座)

星期三, 1月23日, 早上10至11:30

想要多了解聯邦醫藥卡嗎? 請勿錯過耆英中心為你安排這專題講座, 讓你進一步了解聯邦醫藥卡的申請條件與使用。請登記以便統計人數。

FREE!



SimplyE

Wednesday, January 9, February 27, 10-11am

Learn how to incorporate the library's OverDrive, CloudLibrary, and Odilo collections for free, courtesy of the Santa Clara County Library District. Browse, borrow, read, and return eBooks in English and Spanish without switching between apps! Members free, senior guests pay \$5 day pass. Preregistration required. Sign up at the front desk.

FREE!



Rebuilding Together

Tuesday, January 29, 3:30-5pm

Since 1991 Rebuilding Together Silicon Valley (RTSV) has brought volunteers and communities together to improve the homes and lives of homeowners in need. RTSV serves elderly and disabled homeowners who are not able to maintain and repair their homes. Throughout the year, the RTSV Safe at Home program installs safety grab bars, wheelchair ramps, and other modifications that improve accessibility and independence. Join to learn about the program and how the program will help you to remain safe at your home. Open to the public. Sign up at the lobby table.

FREE!



Karaoke Holiday Lunch

Thursday, January 24, 12pm

Join the Karaoke group to welcome the new year with a Chinese lunch, songs, dance, and games. Preregistration is required. Member fee \$10, senior guests add \$5 day pass.

卡拉OK節日午餐—1/24 (週四), 中午12點。請來一起和我們的卡拉OK小組一起迎接新年, 到時您可一邊享用中國佳餚, 欣賞中國歌曲和舞蹈和玩遊戲。請提早登記, 會員\$10, 耆英來賓多加當日活動費\$5。

JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> SENIOR CENTER CLOSED 耆英中心歇業 </div>		2 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing	3 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	4 9:30-11:30 Rhythmaires Band Practice at Quinlan 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-3 Book Review - Annual Favorite Book Presentations 1:30-4 TechTime <hr/> 5 SATURDAY
7 10-12 Golf for Seniors 12-4 Card Playing 1:30 Volunteer Orientation	8 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-11:30 Book Discussion - <i>The Oregon Trail</i> 10-12 TV Production- The Better Part 11:30 Out-to-Lunch Bunch at Dish n' Dash 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓	9 7:30 New Trip Preview 8 New Trip Signup 10-11 SimplyE Workshop 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing	10 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3-4:30 Caregiver Support Group	11 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime <hr/> 12 SATURDAY 9:30-2 AARP - 4hr. Renewal
14 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	15 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production- The Better Part 12-4 Card Playing	16 10-12 Case Manager Consultation 社工諮詢 12 January Birthday Bash (\$10) More info on Page 4 感恩節午餐/生日宴 12-4 Card Playing	17 9-6 Fort Mason & SF Center for the Book Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	18 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 <hr/> 19 SATURDAY
21 <div style="border: 1px solid black; padding: 5px;"> MARTIN LUTHER KING JR. DAY SENIOR CENTER CLOSED 耆英中心歇業  </div>	22 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production- The Better Part 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓	23 10-11 Freegal Workshop 10-11:30 聯邦醫療保險講座 (中文講座) 12-4 Card Playing 1:30 Travel Presentation: 2019 Tours	24 11:15-1:30 Needlecraft 12 Karaoke Holiday Lunch (\$10) 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	25 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 <hr/> 26 SATURDAY Classics and Cookies Concert
27 SUNDAY 10-5:30 VOLTA-Cirque Du Soliel Trip <hr/> 28 MONDAY 10-12 Golf for Seniors 12-4 Card Playing 2:05-3:35 Ballroom Dance Social 交際舞社 4-7 Monday Night Basketball (\$8) Clam Chowder in a Bread Bowl and Salad	29 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 Android Workshop 10-12 TV Production- The Better Part 12-4 Card Playing 3:30-5 Rebuilding Together Lecture	30 10-12 Case Manager Consultation 社工諮詢 11:45-1:30 Lunch with Friends (\$8) Split Pea Soup with Ham 豌豆火腿湯 12-4 Card Playing 1:30-3:30 Monthly Movie - <i>Book Club</i> (2018)	31 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	

FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
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AARP 4-HOUR RENEWAL
Saturday, January 12, 9:30am-2pm

This is the renewal course for those who have taken the full 8-hour class. For more information and to register, please call Ina Checkman at 408.257.6940

AARP 8-HOUR SMART DRIVING
Monday, February 4, and Wednesday, February 6, 12-4pm

A full, 8-hour course split into two, 4-hour sessions. For more information and to register, please call Ina Checkman at 408.257.6940

**HELP US IMPROVE
THE 50+ SCENE!**

Fill out a survey at the front desk, or visit
<https://www.surveymonkey.com/r/50plusSceneSurvey>
to help us pick the direction of the new and improved 50+ Scene.

1
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
1:30-3 Book Review-*A Colony in a Nation* by Chris Hayes
1:30-4 TechTime

<p>4 10-12 Golf for Seniors 12-4 Card Playing 12-4 AARP Class 1:30 Volunteer Orientation</p>	<p>5 8:30-11:30 Ping Pong 乒乓 9-5 Grand Theatre and Alviso Adobe Trip 9-11 Tennis 網球 9:30-11:30 iPhone Workshop 10-11:30 Book Discussion- <i>Mary Coin</i> 10-12 TV Production- The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 5:30-7 Preparing Residents for Home Emergencies Lecture</p>	<p>6 10-12 Case Manager Consultation 社工諮詢 12 February Birthday Bash (\$12) More info on page 7 冬季節慶/生日宴 12-4 Card Playing 12-4 AARP Class</p>	<p>7 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>
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2 SATURDAY

8
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

<p>11 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</p>	<p>12 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production- The Better Part 12-4 Card Playing 1-7:30 Dinner at the Spinnaker Trip</p>	<p>13 10-11 Healthy Living for your Brain and Body Lecture 為大腦和身體活得更健康 10-11 RBdigital Workshop 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 2-4 Love and Bananas Film</p>	<p>14 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3-4:30 Caregiver Support Group</p>
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9 SATURDAY

15
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

**PRESIDENT'S DAY
SENIOR CENTER
CLOSED
耆英中心歇業**



<p>18</p> <p>8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production- The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>20 10-12 Case Manager Consultation 社工諮詢 11:45-1:30 Lunch with Friends (\$8) Tostadas 墨西哥式咸煎餅 12-4 Card Playing</p>	<p>21 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>22 8:30 Newsletter Collating 9-4:30 Passport to the Pacific Orchid Exposition 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</p>
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<p>25 8 March/April Registration Begins 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 4-7 Monday Night Basketball (\$8) Loaded Baked Potatoes and Chili</p>	<p>26 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 iPhone Workshop 10-12 TV Production- The Better Part 11-12 Ten Warning Signs of Alzheimer's Lecture 阿滋海默症十個警訊一 12-4 Card Playing</p>	<p>27 10-11 SimplyE Workshop 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Monthly Movie - <i>Nine to Five (1980)</i></p>	<p>28 8-4:30 Monet & Gauguin at the de Young Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>
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16 SATURDAY

23 SATURDAY

FEBRUARY ACTIVITY HIGHLIGHTS

Chinese New Year and February

Birthday Bash

Wednesday, February 6, 12pm

Celebrate the Year of the Boar! People born this year are said to possess diligence, compassion, and generosity. Join us for a Chinese meal and enjoy cultural entertainment as lion dancers ring in the New Year. For dessert, enjoy chocolate-covered strawberries. Members with February birthdays will be honored. Vegetarian option available when registering. Preregistration required. Space is limited. Members \$12, senior guests add \$5 day pass.

中國年&二月慶生宴 - 2/6(週三), 12點

金豬報喜, 豬年好運! 據說豬年出生的人具有勤奮, 憐憫與慷慨。來一同與我們慶祝農曆豬年, 享用中國佳餚, 甜點有特製草莓, 並有舞獅助慶。將為二月的會員壽星慶生。註冊時可選素食餐, 會員\$12, 耆英來賓多加當日活動費\$5。

FREE!

Book Review Meeting

First Friday of the month, 1:30-3pm

Learn about new books. New faces are always welcome. Members free, senior guests pay \$5 day pass.

January 4 - Annual Favorite Book Presentations

February 1 - *A Colony in a Nation* - by Chris Hayes presented by: Jeanne Payer

FREE!

Love and Bananas

Film Screening

Wednesday, February 13, 2-4pm

Up for consideration as the best documentary for this year's Academy Award, *Love and Bananas* will take you on the journey of the elephant Noi Na as she travels 500 miles across Thailand to freedom thanks to the world renowned Asian elephant conservationist, Lek Chailert. Members free, senior guests pay \$5 day pass. Preregistration required.

FREE!

10 Warning Signs of Alzheimer's

Tuesday, February 26, 11am-12pm

Alzheimer's and other dementias cause changes in memory, thinking, and behavior and interfere with daily life. Join us to learn about 10 warning signs and what to watch for in yourself and others. The program covers age-related changes, common warning signs, how to approach someone about memory concerns, and early warning signs. Presented by the Alzheimer's Association. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

阿滋海默症十個警訊—2/26 (週二) 早上11點到中午12點, 阿滋海默症和其他失智症所引起記憶, 思考和行為上的改變會干擾日常生活。請來和我們一起探討阿滋海默症的十個警訊和如何辯別其中症狀。您還會學到如何和有症狀的人交談。會員免費, 耆英來賓多加當日活動費\$5。請登記以便統計人數。

Monthly Movie

FREE!

Wednesday, February 27, 1:30-3:30pm

Nine to Five (1980)- An office satire about three female secretaries who decide to get revenge on their tyrannical, sexist boss by abducting him and running the business themselves! Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

NEW!

FREE!

Preparing Residents for Home Emergencies

Tuesday, February 5, 5:30-7pm

Join Santa Clara County Fire for a discussion on preparing for emergencies. Topics include smoke and carbon monoxide alarms, home fire escape planning, understanding how dispatch centers work and what they may ask you when you call for help. Learn how to make a plan, disaster kit, and stay informed about community resources and personal preparedness! Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

NEW!

FREE!

RBdigital

Wednesday, February 13, 10-11am

Want endless reading and streaming entertainment? Come learn how RBdigital can give you access to unlimited streaming of 80+ TV series with new shows added weekly, digital magazines of multiple genres, and browse and borrow eAudiobooks. Members free, senior guests pay \$5 day pass. Preregistration required. Sign up at the front desk.

NEW!

FREE!

Healthy Living for Your Brain and Body: Tips from the Latest Research

Wednesday, February 13, 10-11am

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Presented by Alzheimer's Association. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

為大腦和身體活得更健康—2/13 (週三), 早上10到11點。幾百年來, 人類都明白健康的身體和大腦是有關聯的。現代的科技讓我們更有智慧來優化體格和腦部健康。請來和我們一起探索日常飲食, 營養, 運動, 智能生活和社交活動對失智症的幫助的科研結果。您還可以學習到如何計劃健康生活。會員免費, 耆英來賓多加當日活動費\$5。請登記以便統計人數。

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS DECEMBER 17	DAY	DATES	No CLASS	TIME	INSTRUCTOR	MEMBER FEE
Accordion	T	1/8-2/26		1:35-3:10	R. DiBono	\$20
Beaded Kumihimo	Th	2/7-2/28		3:15-5:15	D. Hall	\$35
Beading	Th	1/3-1/24		1:15-3:15	D. Hall	\$35
Beading	Th	2/7-2/28		1:15-3:15	D. Hall	\$35
Brain Club	M	2/4-4/1	1/21, 2/18	3-4:30	C. Hall	\$30
Bridge: Advanced Beginning	Sa	1/5-1/26		10-12	P. Davis	\$28
Bridge: Advanced Beginning	Sa	2/2-2/23		10-12	P. Davis	\$28
Chair Exercise	FLEX M	1/14-2/28	1/21, 2/18	10:15-11:15	P. Hu	\$45
Chinese Brush Painting 10:40am	M	2/4-4/1	2/18	10:40-12:40	M. Lee	\$60
Chinese Brush Painting 8:30am	M	2/4-4/1	2/18	8:30-10:30	M. Lee	\$60
Chinese Calligraphy 12:50pm	T	1/8-2/26		12:50-2:50	F. Jair, W. Mann	\$15
Chinese Calligraphy 3:00pm	T	1/8-2/26		3-5	Y. Wang, Y. Cheng	\$15
Citizenship Class	M, T, F	12/18-2/22	12/24-1/1, 1/21, 2/18	8:15-9:45	V. Wong	\$20
Conversational English	M, T	2/19-4/9		10-11:45	P. Chun	\$20
Conversational Mandarin - Level 1	Th	1/17-3/7		9-10:30	J. Li	\$40
Conversational Mandarin - Level 2	F	1/18-3/8		10-11:30	J. Li	\$40
Conversational Mandarin - Level 3	Th	1/17-3/7		9-10:30	J. Li	\$40
Cooking with Suzanne: Dinner Rolls and Breadsticks	W	2/27		10-2	S. Vandyck	\$55
Cooking with Suzanne: Healing Winter Soups	W	1/23		10-2	S. Vandyck	\$55
CSC Wednesday Jam	W	1/9-2/27		3-4:30	J. Cunningham	\$15
Current Events	Th	1/17-3/7		1-2:30	F. Damon	\$10
ESL - Advanced	Th	1/31-3/21		11-1	L. North	\$25
ESL - Basic and Easy	M	1/7-3/11	1/21, 2/18	10-12	L. North	\$25
ESL - Intermediate	W	1/9-2/27		10-12	L. North	\$25
ESL - Intermediate Conversation	T	1/29-3/19		1:30-3	J. Andrushko	\$20
Feldenkrais Method	FLEX T	1/15-3/5		9:30-10:30	M. Westlaken	\$40
HarmoniKatz Performance Band	M	1/7-3/25	1/21, 2/18	3:45-5:15	D. Ng	\$15
Hatha Yoga	FLEX Th	1/17-3/7		2:30-3:30	V. Bhat	\$50
Hula - Beginning	M	1/28-3/25	2/18	11:45-12:40	J. Pereria-Anderson	\$15
Hula - Performance Group	M	1/28-3/25	2/18	12:55-1:55	J. Pereria-Anderson	\$15
Japanese - Beginning	T	1/15-3/12	3/5	8:30-9:45	T. Terry	\$35
Japanese - Intermediate	T	1/15-3/12	3/5	9:45-10:45	T. Terry	\$35
Kumihimo	Th	1/3-1/24		3:15-5:15	D. Hall	\$35
Matter of Balance	Th	1/17-3/7		2-4	Stanford Health	FREE
Nutrition Made Easy: Classics with a Twist	M	1/28		10-2	J. Oh	\$40
Nutrition Made Easy: For the Love of Chocolate	M	2/11		10-2	J. Oh	\$40
Nutrition Made Easy: Get Healthy in the New Year	F	1/11		1:30-3:30	J. Oh	\$25
Nutrition Made Easy: Healthy Bones	F	2/8		1:30-3:30	J. Oh	\$25
Tai Chi for 50+ - Level 1	Th	1/17-4/4		8:30-9:25	J. Madonich	\$60
Tai Chi for 50+ - Level 2	Th	1/17-4/4		9:35-10:30	J. Madonich	\$60
Tai Chi for 50+ - Level 3	Th	1/17-4/4		10:40-11:35	J. Madonich	\$60
U.S. History	T	1/8-1/29		12:35-1:35	R. DiBono	\$15
Ukulele - Advanced Beginning	T	1/15-3/26	3/5	3:15-4:45	D. Ng	\$22
Ukulele - Beginning	T	1/15-3/26	3/5	1:30-3	D. Ng	\$22
VivAsia Lotus	FLEX Sa	1/5-2/23		10-11	M. Kao	\$12
VivAsia Chair Lotus	FLEX Sa	1/5-2/23		11:15-12:15	M. Kao	\$12
Yoga for 50+ - Beyond Barre & Stretch	FLEX T	1/8-2/26		4-5	P. Hu	\$40
Yuan Chih Dance 元極舞	F	1/4-2/22		10-11:30	Annie & Helen	\$15
Zumba Gold at the Quinlan Center 中老年尊巴	FLEX M	1/14-3/1	1/21, 2/18	2:30-3:30	P. Hu	\$28
Zumba Gold at the Quinlan Center 中老年尊巴	FLEX F	1/4-3/4	1/11, 2/22	2:30-3:30	G. DuVal	\$37
EVENING CLASSES						
Chinese Painting with May Shei	Th	1/10-2/28		5:30-8	M. Shei	\$56
Chinese Brush Painting 6:00pm	W	1/16-3/6		6-8	M. Lee	\$60
Line Dance - Beginning 初級排舞	FLEX Th	1/17-3/7		7-8:30	K. Chang	\$48
Line Dance - Beginning/Intermediate 先進初級排舞	FLEX T	1/8-2/26		7-8:30	K. Chang	\$48
Yoga Foundations	FLEX T	1/15-2/26		5:15-6:30	R. Narayanan	\$48
Yoga Foundations - Intermediate	FLEX Th	1/24-3/14		4:45-6	E. Meir	\$48
COMPUTER AND TECHNOLOGY CLASSES						
iPad Beginning	T	1/8-2/19		1-3	R. Schiros	\$38
iPad Intermediate	Th	1/10-2/21		1-3	R. Schiros	\$38

CLASS HIGHLIGHTS

For more information on classes, lectures, trips, and events, visit the flyer racks in the lobby, or www.cupertino.org/senior

Apple Assistance

FREE!

Thursday, January 10, 24, February 7, 21, 3-6pm

Own an Apple product and have questions on how to use it? Receive one-on-one assistance on how to use your iPhone, iPad, MacBook, Apple Watch, and other Apple products so you can text, surf the web, reply to emails, and so much more! 1-hour appointments are scheduled on a first come first served basis at the center. Members free, senior guests pay \$5 day pass. Preregistration required.

Cooking With Suzanne:

Perfect Dinner Rolls and Garlicky Breadsticks

Wednesday, February 27, 10am-1pm

Simple, humble, and absolutely necessary at any table. Join International Chef, Suzanne, for a Dinner Rolls workshop where she demonstrates how to make endless variations on one basic dough recipe. Based on the French pain de mie, which gets a tender crumb from milk, flour, yeast, and softened European butter, and just a little bit of optional sweetness from raw, organic honey. This class will also cover those restaurant-style garlicky breadsticks that are highly addictive and can accompany any table or meal. All oven-fresh bread creations will be enjoyed with Chef Suzanne's heartwarming soup. All items are vegetarian. Instructor Suzanne Vandyck. Member fee \$55.

Healing Winter Soups

Wednesday, January 23, 10am-1pm

What else can comfort you better than a warm soup during cold and flu season? Packed with healing vegetables, herbs, spices, and broths that boost the immune system! Suzanne will demonstrate three heart-healthy soups that will warm you up during the winter season. Try lentil soup with kale and sausage, Thai ginger and turmeric, and healing miso winter soup with shiitake mushrooms, ginger, and bok choy. All accompanied by Suzanne's oven-fresh bread. Instructor Suzanne Vandyck. Member fee \$55.

Stay Active Fund

The Stay Active Fund helps Cupertino residents 50+ remain active, engaged, and participating at the Cupertino Senior Center. This fund provides assistance to offset the cost for senior center membership and registration for classes and events. The fund is available through June 30, or until the fund is depleted. Please contact the senior center staff for more details.

保持活躍基金 保持活躍基金幫助五十歲以上耆英積極參與並投入庫市耆英中心活動。此基金提供中心會籍以及課程和活動費用減免，基金有效期是十一月至六月三十日或至基金用完。詳情請與耆英中心聯繫。

Contemporary Issues

Thursday, January 3-February 21, 1:15-2:45pm

New topics are garnered and prepared weekly for discussion. Topics include local, state, national, and international news. Emphasis will be on the current administration. Instructor Frank Damon. Member fee \$15.

Nutrition Made Easy:

Get Healthy in the New Year Lecture

Friday, January 11, 1:30-3:30pm

Want to start the New Year eating better and feeling great? Join us in discovering quick and easy ways to eat healthier without giving up your favorites or breaking the bank! We'll discuss healthy cooking techniques, how to food shop on a budget, and how to give healthy twists to food favorites. Instructor Jen Oh. Member fee \$25.

Classics with a Twist

Monday, January 28, 10am-12pm

Learn to create your favorite foods, with a yummy and healthy twist! Make a delicious lasagna, a creamy mac and cheese, and an amazing chocolate cake. You get to take everything home to enjoy later! All diets and food preferences welcomed. Instructor Jen Oh. Member fee \$40.

Healthy Bones Discussion Workshop

Friday, February 8, 1:30-3:30pm

Diet, physical activity, and other lifestyle factors can affect your bone mass. Bones play many roles in the body—providing structure, protecting organs, anchoring muscles, and storing calcium. Join us to learn easy tips to keep your bones healthy. Instructor Jen Oh. Member fee \$25.

For the Love of Chocolate Cooking Workshop

Monday, February 11, 10am-12pm

Chocolate is a superfood! Discover ways to create amazing chocolate treats that are healthy and taste great. We will make three chocolate desserts that everyone will love, are low sugar, and good for you! Take home everything you make to enjoy later. Instructor Jen Oh. Member fee \$40.

iPhone and Android Workshops

Android: Tuesday, January 29, 9:30-11:30am

iPhone: Tuesday, February 5, 9:30-11:30am

Bring your fully charged device and learn tips and tricks for your Android or iPhone! Members free, senior guests pay \$5 day pass. Preregistration required.

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 legal services are in place. Home visits can be provided to homebound seniors living in Cupertino. Free service, membership required.

Drop-in Consultations with Case Managers are Wednesday, 10am-12pm or by appointment Monday-Friday, 8am-5pm. Mandarin and Cantonese language appointments are available.

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。星期三，早上10至中午12，無需預約。週一至五，辦公時間早上8到下午5，需預約。

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, January 14, February 11, 25, 1:30-2:30pm

Tuesday, January 8, 22, February 5, 19, 12:15-1:15pm

DROP-IN GROUP

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

Caregiver Support Group

Thursday, January 10, February 14, 3-4:30pm

SCHEDULED APPOINTMENTS

Please call 408.777.3150 to make appointments for the following services:

Health Insurance Counseling (HICAP)

Monday, January 14, 28, February 11, 25, 1-3pm

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

Housing Resource

Monday, January 7, February 4, 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 - 1/7, 2/4 (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 4, 11, 18, February 1, 8, 15

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 1/4, 1/11, 1/18, 2/1, 2/8, 2/15, 10:30am-12:30pm
60歲以上，並住在聖縣。

JANUARY/FEBRUARY 2019

THE SCENE

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In Memoriam 2018

We remember and cherish the happy times together.
Remembering them today and forever.

Catherine Beam

Alice Channing

Ken Chew

Ralph Duniway

Betty Sackler

Samuil Shakhman

Don Smith

Doris Tengan

Frances Von Schoeler

Frances Wong

Lillian Wong

FIRST CLASS MAIL

www.facebook.com/CupertinoSeniorCenter

www.cupertino.org/50plus

www.cupertino.org/senior

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City of Cupertino Senior Center