

THE 50⁺ SCENE

July/August 2022



**Hidden Treasures
is Back!**

**Collection Begins
August 15**



CUPERTINO



On Thursday, October 27, the Senior Center will welcome community members to the Senior Center for Hidden Treasures for the first time since 2019. For many, this is exciting news. With hundreds of items to choose from, Hidden Treasures is the perfect opportunity to hunt for those one-of-a-kind trinkets, home décor, and gifts.

Collection for Hidden Treasures begins on Monday, August 15. This year, we are looking for gently used jewelry, craft items, and knick-knacks donations. Please check the front desk or cupertino.org/senior for the complete list of accepted donations.

In addition, to the many fabulous donations Hidden Treasures receives, this event wouldn't happen without the generous time commitment the events many volunteers make. Senior Center members interested in volunteering are encouraged to attend the Monday, August 15 volunteer meeting from 1 to 2 p.m. to find out how you can make this event a great success. Volunteers help sort items and execute the event.

隱藏的寶藏回來了！

收集開始於 8 月 15 日

請將您小心使用過的珠寶、手工藝品和小擺設捐贈給我們定於 10 月 27 日星期四舉行的 隱藏的寶藏籌款活動。我們將於 8 月 15 日開始收集這些物品。請查詢前台或 cupertino.org/senior 以獲取能接受捐贈物品的完整列表，以及我們不能接受的捐贈物品清單。所得款項將提供給保持活躍基金(Stay Active Fund),提供援助並抵消老年中心會員和課程的費用。感謝您一如既往的支持。

隱藏的寶藏志願者會議

8 月 15 日，星期一，下午 1 點到 2 點

從 8 月 29 日開始，每週需要許多志願者對捐贈的物品進行分類。預覽捐贈的物品,同時享受大量的樂趣。請參加計劃會議，了解如何使本次籌款活動取得圓滿成功。志願者需要有

老年中心會員資格。

CONNECTIONS

in-person

Senior Advisory Council

Thursday, July 21, 2 to 3:15 p.m.

Want to be a leader in our Senior Center community? Be part of the discussion with leaders of social activities and volunteer groups to provide updates and input on upcoming projects and programs. Nominations for Senior Advisory Council positions will be received and voted on at this meeting. All members are welcome to attend and share their input.

If you have any questions or are interested in attending, please send us an email at senior_center@cupertino.org or give us a call at (408) 777-3150. We look forward to seeing you there!

Jean Bedford

President, Cupertino Senior Advisory Council

Join Our Facebook Group



The Cupertino Senior Center has a Facebook group on the [Parks and Recreation Facebook](#) page offering daily updates on Senior Center activities. To join the group, you must be a Senior Center member. Join the group by clicking [here](#).

ANNOUNCEMENTS

Maintenance Week in July

The center will be closed from Monday, July 25 to July 29 for its annual maintenance week. Classes and activities held at the center or online will be canceled for that week.

2022 Membership

The Cupertino Senior Center has a year-round membership which expires a year from when you process your membership registration. Renew your membership at the front desk to continue receiving membership benefits such as free attendance to socials, resource presentations, member pricing for classes and programs, and more.

Resident membership: \$25

Non-resident membership: \$30

Yarn Needed

The Needlecraft volunteer group needs more yarn to continue making warm items for patients at local hospitals and homeless shelters. Donated yarn should be 100% acrylic or 100% cotton. Whole balls of yarn are preferred. Leftover balled-up yarn should at least be the size of a baseball in material. Donations may be dropped off at the front desk during operation hours, Monday to Friday, 8 a.m. to 5 p.m.

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IN-PERSON 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.

Bocce Ball

Wednesday, Now to October 26
9 a.m.

Come enjoy the outdoors while playing bocce at Blackberry Farm Park alongside the Stevens Creek Trail. Members can meet new people and have a great time while playing a game of bocce. First-time players are welcome. Instructions are available.

Ping Pong

Tuesday, 8:30 to 11:30 a.m.,
Friday, 1 to 4:30 p.m.

Join weekly ping pong and exercise your hand-eye coordination in this low-impact sports social. Two tables are available to play with friends or other members. Participants must bring their own ping pong paddle. Members free, non-members pay \$5. No social July 26 and July 29.

Softball

Thursday, Now to December 8,
9 a.m. to noon

Enjoy the sun and bring a friend to play or watch 50+ Softball! Memorial Park is the 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. Participants must bring their own gloves and bats. Open to all to watch and cheer on. To play, member fee is \$50 for the season.



Golf

Monday
10 a.m. to noon

Tee-up with fellow Cupertino Senior Center members at the Blackberry Farm Golf Course. Course fees apply, sign up in the Pro Shop.



Tennis

Tuesday
9 to 11 a.m.

Come play tennis with other members on courts 5 and 6 at Memorial Park! New members welcome. Equipment not included. This is a Cupertino Senior Center drop-in tennis group, not a class. Free for members.

Open Line Dance

Friday, July 8 and August 12,
10 a.m. to noon

Have you taken a line dance class and just can't kick the dancing habit? Join in this fun gathering for all levels to practice your line dance skills. Preregistration is required to attend. Member fee \$6 per meeting, non-members pay \$11.

Bingo

Friday, 1 p.m.

Enjoy a fun afternoon playing Bingo here at the Cupertino Senior Center! Bingo cards are \$5 to \$8, and daubers are \$2. Purchases must be made in cash. No bingo July 29.

Open Card Playing and Bridge

Monday through Thursday
noon to 4 p.m.

Come down to the Senior Center to play card games and bridge. Groups are always open to new members joining in the fun. Members free, non-members pay \$5. No card playing and bridge July 25 to July 28.

Mah Jongg

Friday
noon to 4 p.m.

Try your hand at this engrossing game of skill, strategy, and calculation. Different styles of tiles are available or bring your own. Members free, non-members pay \$5. No mah jongg July 29.

Ballroom Dance Social

Second and Fourth Monday
2:45 to 4:15 p.m.

Do you love to dance? Strap on your dancing shoes and stop by for an afternoon of music and fun. Members free, non-members pay \$5. No ballroom dance July 25.

Room capacity is limited to 30 people.

Needlecraft

Thursday

10 a.m. to noon

Know how to knit or crochet? Become a volunteer and join the needlecraft group to make warm clothing such as hats, scarves, and blankets which will be collected and donated to organizations like the Palo Alto Veterans Hospital, homeless shelters, and local hospitals. Yarn is provided.

Summer Concert

Monday, July 18

10:30 to 11:30 a.m.

Enjoy a morning of musical delight from local youth performers. Performances will range from familiar film scores to The Beatles, Chopin, and more. Pre-registration required. Concert is open to all.



Karaoke

Thursday

1:15 to 4:30 p.m.

Join this lively group for singing and dancing every week. Singers and music lovers of all levels are welcome. Members free, non-members pay \$5. No karaoke July 28.

CLASSES

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.

Class and Activity Number	Day	Dates	Time	Instructor	Mem. Fee	No Class
18272 - Advanced Beading	Th	7/7-8/4	10 a.m.-noon	D. Hall	\$55	July 28
18273 - Advanced Beading	Th	8/11-9/1	10 a.m.-noon	D. Hall	\$55	
Apple Assistance	Tu	7/12, 7/19, 8/9, 8/23	1-2 p.m., 2-3 p.m., 3-4 p.m.	B. Carpenter	\$6	
18275 - Chinese Brush Painting	M	7/18-8/29	10 a.m.-noon	M. Lee	\$54	July 25
18276 - CSC Wednesday Jam	W	7/6-8/31	3-4:30 p.m.	J. Cunningham	\$18	July 27
18277 - Feldenkrais Method	Tu	7/5-8/30	10:30-11:30 a.m.	M. Westlaken	\$44	July 19, 26
18274 - Hula - Beginning	M	7/11-8/29	noon-12:45 p.m.	P. Gregory	\$8	July 25
18278 - Hula - Performance Group	M	7/11-8/29	1-2 p.m.	J. Pereria-Anderson	\$11	July 25
18640 - iPhone Beginning	Tu	7/5-8/23	1-3 p.m.	R. Schiros	\$38	July 26
18641 - iPhone Beginning	Th	7/7-8/25	1-3 p.m.	R. Schiros	\$38	July 28
18669 - iPad Assistance	F	7/22	1-2 p.m.	R. Schiros	\$6	
18669 - iPad Assistance	F	8/19	1-2 p.m.	R. Schiros	\$6	
18649 - Kumihimo	Th	7/7-8/4	1-3 p.m.	D. Hall	\$55	July 28
18650 - Kumihimo	Th	8/11-9/1	1-3 p.m.	D. Hall	\$55	
18279 - Line Dance - Improver/Intermediate	Tu	7/19-8/30	10:15-11:30 a.m.	K. Chang	\$45	July 26
18280 - Line Dance - Intermediate+	M	7/11-8/29	10-11:45 a.m.	K. Chang	\$63	July 25
18281 - Line Dance - Intermediate/Advanced	W	7/13-8/31	10:15 a.m.- noon	K. Chang	\$63	July 27
18282 - Painting and Drawing at all Levels	W	7/6-8/31	8:45-11:45 a.m.	J. Chin and B. Garcia	\$36	July 27
17981 - Rhythmaires Band	F	7/1-8/26	9:30-11:30 a.m.	K. Miller	\$24	July 29
18284 - Ukulele - Advanced Beginning and HarmoniKatz	Tu	7/5-8/30	2:30-4 p.m.	D. Ng	\$18	July 26
18285 - Ukulele - Beginning	Tu	7/5-8/30	1-2 p.m.	D. Ng	\$12	July 26
18286 - Yoga Foundations	W	8/17-8/31	8:15-9:30 a.m.	R. Narayanan	\$35	
18287 - Zumba Gold	W	7/6-8/10	10-11 a.m.	G. DuVal	\$21	July 20, 27

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. No class July 19, 26.

Yoga Foundations

Enjoy gently strengthening and stretching your body while precisely aligned to support healthy joints and posture. Correct posture supports all of your 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.

Code	Day	Dates	Time	Mem. Fee
18277	Tu	7/5-8/30	10:30-11:30 a.m.	\$44

Instructor: M. Westlaken

Code	Day	Dates	Time	Mem. Fee
18286	W	8/17-8/31	8:15-9:30 a.m.	\$35

Instructor: R. Narayanan

CLASSES

Advanced Beading

Explore bead design possibilities in an open, creative setting. A variety of beading techniques will be addressed and specific projects created such as necklaces and bracelets. Basic beading skills or previous attendance in Deborah's Beginning Beading class required. A curriculum and supply list will be provided and discussed on the first day of class. No class July 28.

Code	Day	Dates	Time	Mem. Fee
18172	Th	7/7-8/4	10 a.m.-noon	\$55
18273	Th	8/11-9/1	10 a.m.-noon	\$55

Student Facilitator: D. Hall

Chinese Brush Painting

Learn the art of brush painting. The instructor will teach the "Impressionistic Style," which is easier to master. She will start with basic strokes to draw orchids, and then gradually introduce other components, such as flower pot, insects, bamboo, minnow, etc. Learn at your own pace. Supply list can be found by visiting cupertino.org/senior and following the links for art classes. All painting supplies necessary. No class July 25.

Code	Day	Dates	Time	Mem. Fee
18275	M	7/18-8/29	10 a.m.-noon	\$54

Instructor: M. Lee

Kumihimo

Kumihimo: the art of Japanese braiding. Create braids that may be turned into lovely jewelry such as necklaces and bracelets as well as many other items. A curriculum and supply list will be provided and discussed on the first day of class. No class July 28.

Code	Day	Dates	Time	Mem. Fee
18649	Th	7/7-8/4	1-3 p.m.	\$55
18650	Th	8/11-9/1	1-3 p.m.	\$55

Instructor: K. Miller



Apple Assistance

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!

Code	Day	Dates	Time	Mem. Fee
18724	Tu	7/12	1-2 p.m.	\$6
18725	Tu	7/12	2-3 p.m.	\$6
18726	Tu	7/12	3-4 p.m.	\$6
18727	Tu	7/19	1-2 p.m.	\$6
18728	Tu	7/19	2-3 p.m.	\$6
18729	Tu	7/19	3-4 p.m.	\$6
18730	Tu	8/9	1-2 p.m.	\$6
18731	Tu	8/9	2-3 p.m.	\$6
18732	Tu	8/9	3-4 p.m.	\$6
18733	Tu	8/23	1-2 p.m.	\$6
18734	Tu	8/23	2-3 p.m.	\$6
18735	Tu	8/23	3-4 p.m.	\$6

Instructor: B. Carpenter

iPad Assistance

Have questions on how to use your iPad? Receive one-on-one assistance to have your individual questions answered so you may better use your iPad device to. Members must bring a fully charged iPad to their session. iPad must have iOS 15. Please know your Apple account ID and password. Member fee is \$6 per session.

Code	Day	Dates	Time	Mem. Fee
18669	F	7/22	1-2 p.m.	\$6
18670	F	8/19	1-2 p.m.	\$6

Instructor: R. Schiros

SHARE DISCOVERY THROUGH TRAVEL

Trip registration begins:

Member - Monday, June 27 | Non-member - Tuesday, July 5

Wines of the Santa Lucia Highlands

Thursday, September 15

9 a.m. to 4 p.m.

Take a trip through the Santa Lucia Highlands at harvest time! At your first stop on this delectable trip, you'll be greeted by your tour guide for the day. Take in the beautiful sights, smells, and flavors as you step into the vineyards to sample the grapes just before their harvest. At your second stop, you'll visit the family-owned Puma Road Winery to enjoy a tasting at their lovely estate. Then it's on to Pessango Winery, sister winery to Puma Road winery and home to Ray Francioni Wines. Along with your tasting here, you'll enjoy an included lunch of build-your-own gourmet sandwiches, fruit, and dessert.

Member cost: \$148

Activity Level: Moderate; walking and standing in vineyards and on uneven ground

Trip includes: Local Guide, Two Wine Tastings, Lunch, Transportation, Tips, and Travel Staff

Itinerary subject to change.



Pumpkin Train and Seymour Marine Discovery Center

Wednesday, October 19

9:15 a.m. to 4:30 p.m.

All aboard the Pumpkin Train! Travel over trestles, through towering redwood groves and up a winding narrow-gauge grade to the summit of Bear Mountain as conductors narrate the history of Roaring Camp, the railroad and the forest. Once you've reached the summit, you'll select a pumpkin to take home before a relaxing ride back down the mountain. After your return to the depot, you'll head to the Heavenly Roadside Café for a delicious included lunch, then it's on to the Seymour Marine Discovery Center. Here, you can really "dive" into learning about the ocean with time at your leisure to explore their many exhibits. You might choose to take a photo with one of the largest blue whale skeletons in the world, or even touch a shark!

Member cost: \$151

Activity Level: Low to Moderate; embarking and disembarking train, uneven ground, walking at your own pace

Trip includes: Redwood Forest Train, Pumpkin, Museum Admission, Lunch, Transportation, Tips, and Travel Staff

Itinerary subject to change.

Safety regulations from Santa Clara County, the State of California, and local jurisdictions must be followed to participate.

VIRTUAL AND IN-PERSON LECTURES

online

Be Ready: Be Prepared For Disasters! *(in Mandarin)*

你准备好了！网上课程（普通话）

Thursday, July 28, 11 to 11:45 a.m.

週四, 7月28日, 11 to 11:45 a.m

如果你的社區內有地震·山火或水災·你準備好了嗎？你可能要等幾天才會有緊急救援隊來拯救你。學習如何在災難·發生後的72小時內依靠自己。向所有人開放。

in-person

Universal Class Workshop

Wednesday, June 29, 10 to 11 a.m.

Register for unlimited access to over 500 free, non-credit, continuing education online courses using your Santa Clara County library card. Enroll in up to 5 courses at a time. You have up to 6 months to finish each course. Preregistration required. Members free, non-members pay \$5.

in-person

Preparing for Medical Emergencies

Tuesday, August 9, 10 to 11 a.m.

Learn how to recognize medical emergencies, when to call 9-1-1, and what to do before help arrives. Be prepared with completed medical documents and explore resources for family members and hired caregivers. Members free, non-members pay \$5.

online

Hands Only CPR and AED

Wednesday, August 17, 6 to 7:30 p.m.

Most often, citizens will need to perform CPR on a family member, friend, or co-worker. Learn how to perform proper compressions and how to use an AED. Open to the public.

in-person

Libby Workshop

Wednesday, July 20, 10 to 11 a.m.

Access thousands of eBooks and audiobooks on Libby for free using your Santa Clara County Library card. Enjoy reading across your electronic devices or listening through a book on the go. Learn how you can download these eBooks and audiobooks to continue reading or listening offline. Libby even allows you to connect what you are reading to your Kindle. Preregistration required. Workshop will be held in person. Members free, non-members pay \$5

in-person

New York Times and Mercury News Online Workshop

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

Learn how you can read The New York Times online and The Mercury News for free, courtesy of the Santa Clara County Library District. Gain access to the daily editions, as well as archives back to 1851 in The New York Times, and 2006 in The Mercury News. Headlines are updated throughout the day and readers have access to Times Video, which provides short videos on culture, entertainment, world news, science and much more. Preregistration required. Members free, non-members pay \$5.

in-person

Crime Prevention and Home Fire Safety

Thursday, September 1, 10 to 11:30 a.m.

Protect yourself against fraud and theft. Join Santa Clara County Fire and Sheriff to discuss person safety and home security protection methods. Learn how to identify suspicious activity and know when to report it. Also, learn how to understand fire risks and practice safety habits to prevent fires and develop an escape plan. Members free, non-members pay \$5.

VOLUNTEER CORNER

Interested in volunteering or helping out with the activities below? Contact Amanda at amandah@cupertino.org or call (408) 777-3374. You must be on-boarded as a volunteer before helping with volunteer programs.



Bingo Committee Members Needed

Come join the Bingo Committee and help run bingo on Friday afternoons. Committee members would assist with calling, selling bingo cards, and more. Callers call six games and may join in on the fun for the other six games. Flexibility in scheduling may be scheduled if you are unable to attend every Friday.

Senior Advisory Council

Interested in being a voice and advocate for your fellow 50+ on activities at the Senior Center and in the community? Come learn about the Senior Advisory Council and how you may step up to being a Senior Advisory Council member. Vacant positions include Vice President and Secretary.

Cupertino TV Production

Cupertino TV Productions (CTVP) is a volunteer group that creates award-winning TV shows which are aired on public access TV stations, YouTube, and Roku. The group meets twice a month to brainstorm ideas for new and ongoing projects covering a wide variety of topics of interest to the community. No experience is required to join, new members are always welcome!

Join the Ping Pong Committee

Join this friendly group to help host the ping pong socials. The Ping Pong Committee welcomes players, checks members in, and ensures all are following the rules while having fun.

Newsletter Collating

Thursday, August 25

8:30 to 11:30 a.m.

Looking to help and be involved at the center? Come help fold newsletters anytime between 8:30 to 11:30 a.m. on Thursday, August 25. Any amount of time helps to ensure mailed newsletters are sent out on time before the next open registration.

Hidden Treasures Volunteer Meeting

Monday, August 15, 1 to 2 p.m.

Many volunteers are needed to sort through donated items on a weekly basis starting August 29. Get a preview of the donated items while having a ton of fun! Please come to the planning meeting to find out how you can make this fundraising event a great success. Senior Center membership is required.



RESOURCES FOR SENIORS

Resource Referral Website

Please visit cupertino.org/seniorresources to view contact information for a variety of resource agencies. Resource categories include nutrition, transportation, counseling, elder abuse, and more.

Santa Clara County Department of Aging and Adult Services

The Department of Aging and Adult Services (DAAS) promotes an Age-friendly community for all residents of Santa Clara County. DAAS strives to ensure a safe and independent lifestyle for older adults, dependent adults, and those with disabilities.

(408) 755-7600

sccgov.org/daas

Schedule Appointments

Health Insurance Counseling (HICAP)

Monday, July 11, August 8 and 22
1 to 3 p.m.

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

Senior Adult Legal Aid (SALA)

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.

(408) 295-5991

法律諮詢為年滿60歲或以上並居住在聖克拉拉縣 (Santa Clara County) 的長者提供的免費諮詢: 包括基本公共利益的 legal 事項, 長期護理, 虐待長者, 住屋, 消費者的問題, 未雨綢繆的規劃, 其他遺囑認證的選擇並簡單遺囑等, 請致電

(408) 295-5991



Via Cupertino Shuttle

Are you looking for transportation without relying on family and friends? The Via Cupertino shuttle will pick you up and take you to your Cupertino destinations such as the grocery store, local eateries, the post office, and more. Via Cupertino can also take Cupertino residents to medical appointments at Kaiser Santa Clara and Sutter Health West Valley Center. Discounted fares for seniors are \$2 per trip. Rides can be booked by downloading the Via app or calling:

(669) 201-1892

cupertino.org/shuttle



Sourcewise

Sourcewise offers resource information on a variety of topics including housing, nutrition, health insurance, transportation, and more. Through a comprehensive network of resources, Sourcewise strives to educate, prepare, support, and advocate for all adults, their families, and their caregivers within Santa Clara County.

(408) 350-3200

mysourcewise.com



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

West Valley Community Services (WVCS)

West Valley Community Services provides a continuum of basic needs, including an in-house and mobile food pantry, homeless support, affordable housing, emergency financial assistance, family support, referrals, education, and case management. West Valley Community Services serves homeless and low-income individuals and families.

(408) 255-8033

wvcommunityservices.org



Cupertino 50+ Scene
Cupertino Senior Center
21251 Stevens Creek Blvd
Cupertino, CA 95014
(408) 777-3150

Birthday Bash Luncheon!

Doors open at noon • Members \$12, Non-member \$17

August Birthday Bash Luncheon

Wednesday, August 10

Join us for this nature-themed luncheon that includes summer salad, backyard chili in a bread bowl, and a delectable dessert of s'mores in a cup. Preregistration required. Vegetarian option available when registering.



Registration opens Monday, June 27. To register, call (408) 777-3150, visit us in-person, or [Click Here](#).