



CUPERTINO

50+ THE SCENE

MARCH/APRIL 2015

CITY OF CUPERTINO SENIOR CENTER 408.777.3150

21251 STEVENS CREEK BLVD.

HAPPY 50TH SENIOR CENTER!

It's 2015 and the Cupertino Senior Center is proud to be celebrating its 50th year! With nearly 2600 members, including 233 volunteers, the senior center has come a long way since its beginnings as the Live Long and Like It Club and the "little blue house."

As the modern 50+ adult spends more time than ever on things that boost their contentment in life and with life expectancy rising all the time, those in their fifties and upwards are happier, socialize and explore more than those half their age. Explore your options for health, fitness, learning, and entertainment. Try one of the over 200 classes the senior center offers every year, take a trek on one of over 40 trips offered by the travel program, stay informed by attending a free lecture or seminar on a variety of topics, or get involved with your community by taking advantage of one of the senior center's dozens of volunteer opportunities. Together, you and the senior center can look forward to fifty more years of fun!

LOOKING PRETTY NIFTY AT FIFTY!

FELDENKRAIS - MINDFUL MOVEMENT CHAIR EXERCISE

WEDNESDAY, MARCH 25-MAY 13, 1:30-2:30PM

Rediscover movement with Feldenkrais chair 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 to aid in bringing relief for a variety of discomforts, as well as flexibility and ease, with instructor Michele Westlaken. Member fee \$40.

THE BETTER PART ENCORE PRESENTATION:



THE ANSON BURLINGAME STORY

MONDAY, MARCH 9, 4-5:30PM

The town of Burlingame, CA is named after Anson Burlingame. Even today, he remains a hero to many Chinese in China and to Chinese-Americans. Watch an encore presentation of the Anson Burlingame Story and visit with special guest David Chai and George Koo who will explain why and answer questions. Free for members, senior guests pay \$5 day pass. Sign up at the lobby table.

VOLUNTEER CORNER

NATIONAL VOLUNTEER WEEK APRIL 12-18, 2015

During this week in April the nation is celebrating volunteers. Volunteers at the Cupertino Senior Center are all part of the 50+ community and play a pivotal role in creating a positive, healthy, and connected community. There are many different types of volunteer positions including behind the scenes, interacting with members, teaching courses, and even out in our community. The many Cupertino Senior Center volunteers contribute over 22,000 hours of service to the community each year. Are you interested in becoming a senior center volunteer? View the volunteer opportunities and apply online at www.cupertino.org/volunteer.

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 or want to learn more, please contact Justin at JustinC@cupertino.org or call 408.777.3150. Bi-lingual 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Justin: JustinC@cupertino.org 或撥打電話 408.777.3150。我們非常需要雙語能力的義工。

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Share Discovery Through Travel

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

NEWSIES-BROADWAY'S SMASH HIT!

Wednesday, March 11, 10:30a-5:30p

Based on true events that occurred at the turn-of-the-20th-century in New York, this musical follows two newsboys as they take on the publisher titans Pulitzer and Hearst and achieve their dreams of a better life. Enjoy time at the Ferry Building before the show.

Member Cost: \$134

A Culinary Capital and a Tuscan Castle

Thursday, March 19, 9a-6:30p

Space limited, sign up soon! See flyer for details.

Member Cost: \$109

Exploring Alcatraz

Tuesday, March 24, 7:30a-5:30p

Space limited, sign up soon! See flyer for details.

Member Cost: \$116 - breakfast included

Art in California

Wednesday, April 8, 10:30a-5p

Enjoy a docent-led tour of Fertile Ground, a collaborative art exhibit of *Four Remarkable Moments* in California culture, changing the face of art!

Member Cost: \$98 - lunch included at Pasta Pelican

San Juan Island Cruise

6 Days - April 15-20, 2015

Small ship cruising, only 17 cabins! See flyer for details.

Member Cost: \$2,495 double occupancy

Point Lobos and Big Sur

Thursday, April 23, 8:30a-5:30p

Space limited, sign up soon! See flyer for details.

Member Cost: \$85

Horse Racing at Golden Gate Fields

Thursday, April 30, 10a-6:30p

Come with us and test your luck and cheer on your favorites from our turf club seating.



Member Cost: \$84 - lunch included

Travels with Gary Holloway

A Taste of San Francisco

Thursday, May 7, 8:30a-4:30p

A fabulous day of tasting some of the finest foods at four of the premium locations in San Francisco is sure to delight your senses, while you enjoy Gary's fascinating commentary.



Member Cost: \$118 - lunch included

Book of Mormon

Thursday, May 21, 4-11:45p

It's back in San Francisco! See flyer for more details.

Member Cost: \$169

Advisory warning: the show contains explicit profane language, adult themes, and sexually explicit humor.

Point Reyes National Seashore With Doug McConnell

Thursday, May 28, 7:30a-6:30p

Doug will share his insights and knowledge as we tour Point Reyes National Seashore, then we will have time to explore more and enjoy a delicious BBQ picnic lunch!



Member Cost: \$88 - lunch included

OUT-TO-LUNCH BUNCH

Tuesday, April 28, 11:30a

By-Th'-Bucket



4565 Stevens Creek Blvd.

Presidio Officers Club and Fort Point

Friday, June 5, 9a-5p

Explore San Francisco Presidio's history on a docent-led tour, in the newly renovated Officer's Club which boasts a variety of exhibits explaining the Presidio's role in shaping California. Enjoy lunch at Presidio Café and a docent led tour at Fort Point.

Member Cost: \$78 - lunch included



EXPLORING ROOFTOP GARDENS

Thursday, June 11, 8:30a-4:30p

Enjoy a wonderful walk with Gary Holloway through San Francisco's Financial District to discover secret rooftop gardens and lunch at Palomino's.

Member Cost: \$104 - lunch included



CRUISING THE BAY ON THE USS POTOMAC

Thursday, June 18, 9a-3:30p

Our 3-hour cruise aboard the USS Potomac will feature the unique history, construction, and point of interest of the bay bridges.

Member Cost: \$104 - lunch included on board



"ANYTHING GOES"

Saturday, June 27, 11:30a-6p

All aboard, for a decadent lunch at the Walnut Creek Yacht Club, then at the acclaimed classic of "Anything Goes" at the Leshner Center for the Arts.

Member Cost: \$99 - lunch included



Matilda, The Musical

Wednesday, July 28, 10:30a-6p

Enjoy a beautiful day with the award-winning musical "Matilda." We have reserved orchestra seats at the Orpheum Theater. Enjoy time for lunch in San Francisco before the show.

Member Cost: \$118



Inspiring Iceland

9 Days- August 16-24, 2015

Small group travel – limited to 24 persons

Member Cost: \$5,199 double occ.

Travel presentation Tuesday, March 17 at 3:30pm

Sign up for presentation to receive an extra raffle ticket.

The Phantom of the Opera

Your Choice of Two Performances:

Thursday, September 3, 4-11:45p

or

Wednesday, September 30, 10:30a-6p

Enjoy Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's phenomenal musical success, *The Phantom of the Opera* at the Orpheum in San Francisco.

Member Cost: \$128 each



Tuscan and Umbrian Countryside

11 Days- October 16-26, 2015

Small group travel – limited to 24 persons

Member Cost: \$4,999 double occ. price through 3/17!

Travel presentation Tuesday, March 17 at 3:30pm

Sign up for presentation to receive an extra raffle ticket.

Holiday Cruise on the Danube

Avalon Waterways!

10 Days- December 1-10, 2015

Member Cost: Starting at \$2,495 dbl. occ. Cruise price.

Travel presentation Wednesday, March 25 at 10am



Tropical Costa Rica

9 Days- February 4-12, 2016

Highlights: Coffee Plantation, Montverde Cloud Forest, Arenal Volcano, Hanging Bridges, and more!

Member Cost: \$2,915 inc. \$100 early booking discount

Travel presentation Tuesday, March 17 at 3:30pm

Sign up for presentation to receive an extra raffle ticket.



Crystal Cruise on the Panama Canal

18 Days- October 30-November 16, 2016

Highlights: Grand Cayman, Panama City, Costa Rica, Puerto Corinto, Guatemala, Cabo San Lucas

Member Cost: \$6,930 double occ.

Travel presentation Thursday, April 9 at 3:30pm

Sign up for presentation to receive an extra raffle ticket.



International Mystery Trip

May 2016

Watch for more information to come!

MARCH ACTIVITY HIGHLIGHTS

St. Patrick's Day Social and Birthday Bash

Wednesday, March 18, 12pm

Wear your green! We are celebrating March birthdays and St. Patrick's Day with a traditional corned beef feast with all the trimmings. Phil Lenihan, a senior center volunteer, will play the bag pipes. Members with March birthdays will be honored. Members \$12, senior guests add \$5 day pass. Vegetarian option available when registering. Please sign up early.

三月慶生宴/愛爾蘭節- 3/18 (週三) 中午12點, 穿上綠色衣服! 我們共同慶祝三月慶生宴與愛爾蘭節, 一嘗傳統醃牛肉宴. Phil Lenihan, 耆英義工, 演奏風笛愛爾蘭音樂. 我們將對三月壽星(會員)表示敬意. 會員\$12, 耆英來賓加付當日門票\$5, 註冊時可選擇素菜. 請早登記.

Detoxing Your Home 101

Tuesday, March 24, 11am-12:30pm

Our home is our sanctuary and we spend over half our time in it. Dr. Cindy Russell of PAMF will discuss how to create a safe and healthy home environment in each room of your house- from air fresheners to fabric softeners to carpets and much more. Discover hidden hazards that may affect your health. We will have a prize drawing for useful, non-toxic household products after the talk. Free for members, senior guests pay \$5 day pass. Sign up at the lobby table.

How to Download Free Library eBooks

Wednesday, March 25, 3:30-5pm

Wednesday, April 29, 3:30-5pm 

Cupertino Library has free ebooks to read on your eReader device. This hands-on workshop will include downloading the free Overdrive app, how to search for ebooks, downloading an ebook, and how to customize your reading experience. Digital books are automatically "returned" to the library - no late fees! Please bring a fully-charged device to class plus your Santa Clara County library card and PIN, along with your iTunes/Apple account and password for your iPad, or Amazon account and password for your Kindle. Free for members, senior guests pay \$5 day pass. Sign up at the front desk.

50+ Softball

Thursday, March 19-October 15, 9am-12pm

Join us weekly on the Memorial Park softball field. Batting practice begins at 9am with a pick-up game at 10am. Member fee \$38 for the season.

Lunch with Friends

Wednesday, 12pm

Join us for lunch! Pre-registration is required. Member fee \$6, senior guests add \$5 day pass.

March 4- Lasagna Soup, French bread, salad, and dessert

April 22- Chicken Pot Pie, salad, and dessert

星期三午餐, 中午12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。3/4- 意式麵條湯, 法式麵包, 沙拉和甜品。4/22- 雞肉鍋餅, 沙拉和甜品。

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.

March 6- *The Aviator's Wife* by Melanie Benjamin, reviewed by group discussion

April 3- *Pigs in Heaven* by Barbara Kingsolver, reviewed by Sally Skeels

Lucky 13 Bingo Lunch

Friday, March 13, 12pm

Thirteens are wild on Friday the 13th, and it might be your lucky number! Join us for a Shepherd's Pie lunch followed by bingo. Bingo cards are sold separately \$4-\$7. Lunch for members \$10, senior guests add \$5 day pass. Vegetarian option available when registering. Sign up early at the front desk, space is limited.

Let's Talk Current Events

Wednesday, February 25, March 25, April 22, 1:30-3pm

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. Topics will include new laws for 2015, the Cosby controversy, health futurology, and more. Members free, senior guests pay \$5 day pass.

50+ Bocce Ball

Wednesday, March 4-October 28, 9am-12pm

Meet at the Bocce Ball courts alongside the Stevens Creek Trail at Blackberry Farm Park at 9am. First time players are welcome, instructions are available. Free for members, senior center membership is required.

MARCH 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 New Volunteer Orientation	3 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	4 7:30 Day Trip Preview 8 Trip Sign-Up Day 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 Lunch With Friends (\$6) Lasagna Soup 意式麵條湯 12-4 Card Playing	5 8-4:30 San Francisco's Nob Hill with Gary Trip 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	6 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>The Aviator's Wife</i> by Melanie Benjamin	
9 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 交際舞社交 4-5:30 <i>The Better Part</i> Encore Presentation	10 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - <i>The Better Part</i> 12-4 Card Playing	11 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 10:30-5:30 Newsies Trip 12-4 Card Playing	12 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	13 9-11 Rhythmaires Band Practice 12 Lucky 13 Bingo Lunch (\$10) Shepherd's Pie 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓	
16 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Volunteer Advisory Council Meeting	17 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - <i>The Better Part</i> 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 3:30 Inspiring Iceland, Tuscan and Umbrian Countryside, and Tropical Costa Rica Travel Presentations	18 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 St. Patrick's Day Social and Birthday Bash (\$12) Corned Beef 醃牛肉 12-4 Card Playing	19 9 50+ Softball 9-6:30 A Culinary Capital and A Tuscan Castle Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	20 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	
23 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 交際舞社交	24 7:30-5:30 Exploring Alcatraz Trip 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 11-12:30 Detoxing your Home 101 9:30-11:30 TV Production - <i>The Better Part</i> 12-4 Card Playing	25 9 50+ Bocce Ball 10 Holiday Cruise on the Danube Travel Presentation 10-12 No Case Manager Consultation 沒有社工諮詢 12-4 Card Playing 1:30-3 Let's Talk Current Events 1:30-3:30 Monthly Movie - <i>Going My Way</i> (1944) 3:30-5 How to Download Free Library eBooks	26 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	27 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	
30 10-12 Golf for Seniors 12-4 Card Playing	31 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 12-4 Card Playing	<div style="border: 2px solid black; padding: 10px;">  <p>Let's Talk Current Events Wednesday, February 25 1:30-3pm</p> <p>Join us for this exciting new discussion group. See page 4 for more details.</p> </div>			<div style="border: 1px solid black; padding: 5px;"> <p>CITY OF CUPERTINO SENIOR CENTER 408.777.3150 OFFICE HOURS: Monday-Friday 8am-5pm EMAIL: SeniorCntr@cupertino.org WEBSITE: www.cupertino.org/senior Find us on Facebook!</p> </div>

APRIL 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CITY OF CUPERTINO SENIOR CENTER 408.777.3150</p> <p>OFFICE HOURS: Monday-Friday 8am-5pm</p> <p>EMAIL: SeniorCntr@cupertino.org</p> <p>WEBSITE: www.cupertino.org/senior</p> <p>Find us on Facebook!</p>		<p>1 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 April Social and Birthday Bash (\$10) Breaded Pork Chops 焗豬扒 12-4 Card Playing</p>	<p>2 9 50+ Softball 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</p>	<p>3 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>Pigs in Heaven</i> by Barbara Kingsolver</p> <p>4 Big Bunny 5K Fun Run</p>
<p>6 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 交際舞社交</p>	<p>7 8:30-11:30 Ping Pong 乒乓 10-11 Fruit and Vegetable Gardening: A Wonderful Hobby 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing</p>	<p>8 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 10:30-5 Art in California Trip 12-4 Card Playing</p>	<p>9 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 2:30 Crystal Cruise on the Panama Canal Travel Presentation 3-4:30 Caregiver Support Group</p>	<p>10 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 5:30-7:30 Sounds of the City</p>
<p>13 10-12 Golf for Seniors 12-4 Card Playing 4-5:30 <i>The Better Part</i> Encore Presentation</p>	<p>14 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</p>	<p>15 San Juan Islands Trip Departs 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p>	<p>16 9 50+ Softball 9-11 Hearing Tests 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>17 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</p>
NATIONAL VOLUNTEER WEEK - THANK YOU, VOLUNTEERS!				
<p>20 10-12 Golf for Seniors 12-1 华人耆英医疗健康指南 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社交 San Juan Islands Trip Returns</p>	<p>21 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</p>	<p>22 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 12 Lunch With Friends (\$6) Chicken Pot Pie 雞肉鍋餅 1:30-3 Let's Talk Current Events</p>	<p>23 8:30-5:30 Point Lobos and Big Sur Trip 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>24 8:30 Newsletter Collating 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</p>
<p>27 10-12 Golf for Seniors 12-4 Card Playing</p>	<p>28 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</p>	<p>29 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Monthly Movie - <i>Big Fish</i> (2003) 3:30-5 How to Download Free Library eBooks</p>	<p>30 9 50+ Softball 10-6:30 Golden Gate Fields Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	

APRIL ACTIVITY HIGHLIGHTS

April Birthday Bash

Wednesday, April 1, 12pm

Wear your spring attire and step into the season with an afternoon of fantastic food and fun! Start off with a delectable meal of breaded pork chops, served with mashed potatoes, peas with lemon, mint, and scallions, plus berries in a crisp chocolate shell and then enjoy the enthusiastic dance stylings of the Sizzling Seniors. Guests with April birthdays will be honored. Members \$10, senior guests add \$5 day pass. Vegetarian option available when registering. Please sign up early.

四月慶生宴- 4/1 (週三), 中午12點, 春天來臨, 大家一同享受精采的食品和歡樂! 由美味的麵包豬排, 伴菜有土豆泥, 檸檬薄荷蔥青豆, 附加脆皮朱古力漿果. 同時可欣賞 Sizzling Seniors 表演美妙舞蹈. 我們將對四月壽星(會員)表示敬意. 會員\$12, 耆英來賓加付當日門票\$5, 註冊時可選擇素菜. 請早登記.

Movie of the Month

Wednesday, 1:30-3:30pm

Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

March 25- *Going My Way* (1944)- Youthful Father Chuck O'Malley's (Bing Crosby) worldly knowledge helps him connect with a tough gang of kids looking for direction.

April 29- *Big Fish* (2003)- Throughout his life, Edward Bloom (Ewan McGregor) has always been a man of big appetites, enormous passions, and tall tales. Now, in his later years, his son Will begins piecing together a true picture for his father from flashbacks of his adventures.

The Better Part Encore Presentation:

Who Will Take Care of Us?

Monday, April 13, 4-5:30pm



In 1900, the average life expectancy in the United States was less than 50 years. By the time Social Security was enacted in 1935, it had risen to 61.7 years. Now, it is closer to 80 years. Stay tuned as we explore the question: Who will take care of us as we age? Lois Tager, a Director of Geriatric Care Management, and author of the book "What To Do with Our Stuff" will be our guest. Free for members, senior guests pay \$5 day pass. Sign up at the lobby table.

Sounds of the City

Friday, April 10, 5:30-7:30pm



Come out to support local youth and senior performers in this first ever intergenerational concert, presented by the Teen Commission and the Volunteer Advisory Council. Light refreshments will be provided. Open to the public. Sign up at the senior center lobby table.

De Anza Cardio-Vascular Training

April 6-June 26

Mon/Wed/Fri, 9-10am; Tue/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 Tom at 408.864.5409.

Hearing Tests

Thursday, April 16, 9-11am

Hearing tests will be provided by San Jose State University audiology students with instructor supervision. After your hearing test, you can also visit the California Telephone Access Program booth. You may qualify for a free phone that suits your needs. Please register at the front desk. Space limited, members only.

免費聽力檢查 4月16日, 早上九至十一點, 聖荷西州立大學學生將為會在本中心提供免費聽力檢查. 名額有限, 請提早登記. 聽力檢查後, 加州電話連接計劃會為您示範電話設備. 如符合資格, 您可領取免費電話

Fruit & Vegetable Gardening:

A Wonderful Hobby



Tuesday, April 7, 10-11am

Come listen to Edgar Lo review why gardening is such a great hobby! Edgar has been gardening most of his life, including the last forty years here in Silicon Valley. He is a California certificated physical fitness and agriculture teacher, Santa Clara County Master Gardener, and hobbyist beekeeper. All of his pursuits come together in his yard where he enjoys practicing these endeavors. He will challenge you to see if some of his hobby practices might be something you too might enjoy. There will be lots of time for your questions. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

Chinese Health Initiative

Monday, April 20, 12-1pm



4/20, (週一) 12-1pm

El Camino 醫院與“華人健康促進計劃”, 特別編輯製作了華人耆英醫療健康指南, 提供了豐富實用的健康醫療資訊。主要內容包括: 美國醫療系統概況, 如何選擇家庭醫生與專科醫生; 提供南灣地區醫生診所, 復健中心, 療養院等資訊; 詳列耆老的各项醫療健康照護需求與資源, 包括營養, 運動, 社交活動, 輔助型老人公寓等; 華裔老年人常見疾病; 聯邦醫療保險, 加州醫療補助以及投保加州醫保計畫相關資訊。參與者只需填妥一份問卷, 就可以免費得到一本“華人耆英医疗健康指南”。會員免費, 耆英來賓付當日活動費\$5. 請於大廳登記. This presentation will be offered in Mandarin only.

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

Accordion	T	4/14-6/9	1:45-3:15	R. Di Bono	\$20
Ballroom Dance 交際舞- Hustle	W	3/4-3/25	1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞- West Coast Swing	W	4/1-4/22	1:30-3:30	D. Lew	\$32
Brain Training Revolution- Level II	W	4/1-4/29	10-12	D. Everham	\$15
Chair Exercise	M & W	4/20-6/1	11-12	I. Ortiz	\$40
Chinese Brush Painting 國畫班	M	3/2-4/20	8:30-10:30	M. Lee	\$50
Chinese Brush Painting 國畫班	M	3/2-4/20	10:40-12:40	M. Lee	\$50
Chinese Calligraphy 書法班	T	3/3-4/21	3-5	C. Cheng, K. Liew	\$15
Citizenship Class 公民班	M & F	3/9-5/1	8:15-9:45	V. Wong	\$20
Conversational Mandarin- Beginning	Th	4/9-6/11	9-10:30	J. Li	\$40
Conversational Mandarin- Intermediate	F	4/10-6/12	10-11:30	B. Hu	\$40
Conversational Mandarin- Advanced	Th	4/9-6/11	9-10:30	L. Gao	\$40
Conversational English 英語會話班	M & T	4/13-6/8	10-11:45	P. Chun, V. Wong	\$20
Cooking with Suzanne- Spring Vegetable Tarts	W	4/15	10-1	S. Vandyke	\$55
Erhu I 二胡班	Th	3/19-5/7	3-4:30	G. Lai	\$20
Erhu II 二胡班	T	3/17-5/5	3:30-5	G. Lai	\$20
ESL- Basic and Easy 初級英語班	M	4/6-6/1	10-12	R. Mussman	\$25
ESL- Advanced Beginning 初高級英語班	W	4/1-5/20	10-12	R. Mussman	\$25
ESL- Intermediate Conversation 中級ESL會話班	T	4/7-5/26	1:30-3	J. Andrushko	\$20
Fantastic Films	T	3/10-5/26	1:30-4	K. Young	\$49
Feldenkrais Method	T	3/24-5/12	9:30-10:30	M. Westlaken	\$40
Feldenkrais Chair Exercise	W	3/25-5/13	1:30-2:30	M. Westlaken	\$40
Harmonica II- Performance Band	M	4/13-6/1	3:45-4:45	A. McKee	\$15
Hatha Yoga	Th	4/9-5/28	2:30-3:30	V. Bhat	\$40
Humanities - The Power of the Mind	T	4/14-6/15	10:30-12:30	C. Jech	\$40
Hula Dancing 夏威夷呼拉舞	M	3/2-4/6, 4/13-5/18	11:45-12:45	F. Ota	\$15ea
Hula Dance Performance Group	M	3/2-4/6, 4/13-5/18	12:55-1:55	F. Ota	\$15ea
Laughter Yoga	F	3/20-4/24	2-3	A. Endter	\$15
Pilates	T	3/17-5/19	1:15-2:15	K. Phipps	\$35
Playreading for Fun	F	4/3-5/22	9-11	A. Willyoung	\$40
Tai Chi for 50+	W	3/18-5/6	3:30-4:30	J. Madonich	\$46
Tai Chi for 50+	Th	3/19-5/14	10:30-11:30	J. Madonich	\$46
Ukulele - Level I	T	4/14-6/2	3:30-5	A. McKee	\$22
Yoga for Active Adults 50+	T	3/24-5/12	4-5	C. Cseuz	\$40
Yoga for Active Adults 50+	Th	4/9-5/28	4-5	C. Cseuz	\$40
Yuan Chih Dance 元極舞	F	3/6-4/24	10-11:30	Annie & Helen	\$15
Zumba Gold with Irene	F	4/3-5/22	3:45-4:45	I. Ortiz	\$37
Zumba Gold with Irene at Quinlan Center	M	3/23-5/11	2:30-3:30	I. Ortiz	\$37
EVENING CLASSES					
Line Dance- Advanced Beginning	T	3/24-5/12	7-8:30	K. Chang	\$48
Tai Chi for 50+	W	3/18-5/6	6:30-7:30	J. Madonich	\$46
Yoga for Active Adults 50+	T	3/24-5/12	5:15-6:15	C. Cseuz	\$46
Yoga for Active Adults 50+	W	3/25-5/13	5:15-6:15	C. Cseuz	\$46
Zumba Gold Dance & Toning	W	3/25-5/13	6:30-7:30	H. Shariffe	\$45
COMPUTER AND TECHNOLOGY CLASSES					
iPad Beginning	T	3/17-4/7, 4/21-5/12	1-3	R. Schiros	\$22ea
iPad Intermediate	Th	3/19-4/9, 4/23-5/14	1-3	R. Schiros	\$22ea
iPad A-Z	M	4/13-5/11	1-3	K. Smith	\$38
PC Email	Th	3/13-4/10	10-12	W. Higgins	\$22
PC Internet Basics	Th	4/24-5/22	10-12	W. Higgins	\$22

Adult Community Education

March 30-May 29

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22元一年, 非居民27元。3/30-5/29.

CLASS HIGHLIGHTS

Laughter Yoga



Friday, March 20-April 24, 2-3pm

Laughter Yoga is a unique concept that combines laughter exercises with yoga breathing. This fun group exercise helps increase blood flow and oxygen to the brain and body to make you feel more energetic and healthy. Please join us to learn about keeping active at 50+ in an enjoyable, happy way! Member fee \$15.

Free Demonstration

Friday, March 6, 2-3pm

Free for members, senior guests pay \$5 day pass. Sign up at the lobby table.

Spring Vegetable Tarts



Wednesday, April 15, 10am-1pm

Spring vegetables fresh from the garden or farmers market make an array of colors and taste for great savory tarts to be enjoyed at brunches or luncheons. Sommelier, Cookbook Author and International Chef Suzanne will heat up the ovens to create some healthy spring tarts, such as Spring Tart with Asparagus and Red Onions, Leek and Olive tart, and Savory Vegetables and Goat Cheese tart with fresh herbs. She also will go over the different crust types that can be used. An organic green leafy salad will accompany your Savory Tarts which will be enjoyed in class. Member fee \$55.

Yoga for Active Adults 50+

Wednesday, March 25-May 13, 5:15-6:15pm

Thursday, April 9-May 28, 4-5pm

Tuesday, March 24-May 12, 4-5pm, 5:15-6:15pm

Learn proper alignment and lay a powerful foundation for your whole practice while strengthening your core and improving your posture. Cultivate awareness of your body, mind, and spirit as you find ways to de-stress and grow. Yoga Alliance certified teacher, Charles Csuez, will share his knowledge of yogasana (the poses). For beginning to intermediate levels. Member fee \$40 for afternoon classes, \$46 for evening classes.

Humanities Lecture



Tuesday, April 14-June 15, 10:30am-12:30pm

Our brain/mind is what makes us Homo Sapiens. Our minds can also play huge tricks on us. This course illustrates how the principles behind magic illusions provide a realistic insight into "the power of the mind." Member fee \$40.

Fantastic Films



Tuesday, March 10-May 26, 1:30-4pm

Join us on Tuesday afternoons in viewing and discussing the greatest films ever made. Enjoy experiencing these wonderful films again, or even for the first time. The set of gems we will see and discuss will include the following special classics such as: *Modern Times*, *Goldiggers of 1933*, *Casablanca*, *Brief Encounter*, *Singin' in the Rain*, *The 400 Blows*, *Mr. Hulot's Holiday*, *Wages of Fear*, and *Lawrence of Arabia*. This class is being led by Ken Young, an unabashed "film freak" with a lifetime of experiencing great films and teaching classes about filmmaking. Member fee \$45.

Tai Chi for 50+



Wednesday, March 18-May 6, 3:30-4:30pm

Wednesday, March 18-May 6, 6:30-7:30pm

Thursday, March 19-May 14, 10:30-11:30am

Tai Chi is an ancient Chinese art of movement and meditation. This class is designed to provide students with skills and knowledge for realizing many potential benefits for body and mind through the practice of graceful, low impact movements and strengthening postures. Led by certified Tai Chi instructor Jeff Madonich. Member fee \$46 each class.

Free Demonstration

Thursday, March 5, 10:30-11:30am

Free for members, senior guests pay \$5 day pass. Sign up at the lobby table.

太極拳- 3/18-5/6, (週三)3:30-4:30pm. 3/18-5/6, (週三)6:30-7:30pm. 3/19-5/14, (週四)10:30-11:30am. 太極拳是中國歷史悠久的運動和冥想。課程設計是教導學生太極拳技能和知識, 體會到對身心有巨大效益, 練習有品位的低能量運動, 和加強體態。由執照導師Jeff Madonich教學。每期課程, 會員\$46。免費示範 3/5 (週四)10:30-11:30am。會員免費, 耆英來賓加付當日門票\$5, 請早登記。

Zumba Gold with Irene

Friday, April 3-May 22, 3:45-4:45pm

At Quinlan Center

Monday, March 30-May 18, 2:30-3:30pm

Come and join the fun! Dance your way to health in this invigorating and engaging exercise class led by Irene Ortiz, certified Zumba Gold instructor. Instruction will focus on all elements of fitness including cardiovascular and muscular conditioning, flexibility and balance. All levels are encouraged to try out this motivating class. Member fee \$37.

CASE MANAGER'S CORNER

Volunteer Nurse - Blood Pressure Checks 量血壓
Monday, March 9, 23, April 13, 27, 1:30-2:30pm
Tuesday, March 3, 17, February April 7, 21, 12:15-1:15pm

Case Manager

Works with at-risk and homebound seniors. Senior center membership is required.

社工服務- 為行動不便的會員提供服務. 須是中心會員

Drop-in Consultation with Case Manager

Wednesdays 10am-12pm

Karen Goss, Case Manager, is available to discuss simple issues.

No appointment is needed. English /Cantonese/Mandarin.

社工諮詢- 週三, 10am-12pm, 一般諮詢, 不需預約, 須是中心會員.

英, 國, 粵語服務.

Caregiver Support Group

Thursday, March 12, April 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, 必須先預約.

Health Insurance Counseling (HICAP)

Monday, March 9, 30, April 13, 27, 1-3pm

Consultation on Medicare and health insurance.

健康保險諮詢-3/5, 4/2 (週四), 9-10am 中文服務



Housing

Monday, March 2, 16, April 6, 1:30-3:30pm

Information on resources for senior housing options.

租屋諮詢 - 3/2, 3/16, 4/6 (週三), 1:30-3:30pm



Senior Adult Legal Aid (SALA)

Friday, March 6, 13, 20, April 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 - 3/6, 3/13, 3/20, 4/3, 4/10, 4/17

10:30am-12:30pm 60歲以上, 並住在聖縣.

City of Cupertino Senior Center

21251 Stevens Creek Blvd.

Cupertino, CA 95014

408.777.3150

www.cupertino.org/senior

www.cupertino.org/50plus

www.cupertino.org/seniorcenterfacebook

FIRST CLASS MAIL

Big Bunny 5K Fun Run/

2.5K Community Walk

Saturday, April 4

Cupertino Civic Center

The start of spring signals the time for the annual Big Bunny 5K, an event that celebrates our positive, healthy, and connected community. For more information visit www.bigbunny5k.com and use your exclusive Cupertino Senior Center discount code: "CSC2015" to save 10% on your registration.

大白兔五里跑- 4/4 (週六)庫市市政中心 春天來臨意味著是週年大白兔跑節日, 共同慶祝我們的正能量, 健康與社區聯繫. 查看更多資料, 請瀏覽www.bigbunny5k.com 登記時用你的特別耆英減價號" CSC2015" 獲取10%折扣.