

CELEBRATING OUR VOLUNTEERS!



Volunteers make a difference at the Cupertino Senior Center. They are here to share a smile and a kind greeting when you enter the door. Volunteers teach classes that inspire us to learn more and challenge our minds and bodies. They help us get together with friends to share a game of cards, table tennis, or bingo. Our volunteers allow us to gather around a table and enjoy a meal while celebrating birthdays and holidays.

The staff at the senior center is honored and proud to work with each and every one of our volunteers. It is with great gratitude and appreciation of our volunteers that we celebrate their service to the Cupertino Senior Center and the Cupertino community. In April, the senior center is joining the nation in the celebration of National Volunteer Week, April 23-29. If you would like to learn more about volunteering, please visit www.cupertino.org/volunteer.



FINDING JOY BY LAUGHING NOW! MONDAY, MARCH 6, 1-2:30PM

When was the last time you had a good laugh? Do you sometimes ask yourself, "Why am I not having any fun?" Research shows that laughter is good for our health. As we age, life may have brought us many challenges. Join Vivian I. Silva, MSW in learning ways to bring joy, humor and laughter to our lives. Members free, senior guests pay \$5 day pass. Please sign up at the lobby table.



THE JOYS OF LIVING ALONE MONDAY, MARCH 13, 1-2:30PM

A workshop to look at the challenges and rewards of being alone, and open the doors to adventure. Join Vivian I. Silva, MSW/SJSU instructor and learn to be alone and have fun doing it. Members free, senior guests pay \$5 day pass. Please sign up at the lobby table.

VOLUNTEER CORNER NATIONAL VOLUNTEER WEEK APRIL 23-29

Volunteers are vital to our community and the Cupertino Senior Center. More than 200 volunteers contribute over 20,000 hours of service, build connections, inspire minds, improve lives, and strengthen our community. The senior center thanks our volunteers for bringing health, vitality, and a vibrant energy to the center.

Are you thinking of trying something new? Stay active and strong through volunteering. With a few extra moments of your time, you can change your community and your world, and you can also change yourself. Studies show that there are a number of health benefits gained from volunteering, including lower risk of heart disease and depression, and even longer life-span. To find your next opportunity visit www.cupertino.org/volunteer.

義工週- 4/23-29 義工對我們的社會和 Cupertino 老人中心甚為重要。我們二百多名義工，貢獻超過二萬小時的服務，建立聯繫，啟發智力，改善生活，並增強我們的社區。耆英中心感謝我們的義工帶來健康，生命力和充滿活力能源的中心。你是否想嘗試新的東西？通過義工服務來保持活躍和強健。利用一些你額外的時間，你可以改變你的社區，你的世界，和你也可以改變自己。研究表示，志願工作有助健康，降低心臟疾病和抑鬱症的風險，並且有延長壽命的健康益處。請瀏覽我們 www.cupertino.org/volunteer 找尋你的下一個機會。

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Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **March 1**, 8am; Non-member *begins* March 8
 → Day Trip Preview starts at 7:30am ←

Sunday Brunch with Attitude

Sunday, March 12, 9:45a-1:45p

As you sit in the Starlight Room on the 21st floor of the Sir Francis Drake Hotel, you will be entertained with an old-fashioned variety show, reviving the spirit of the drag show queens, plus breath-taking views of San Francisco.

Member Cost: \$129 - brunch included

Monet and Bouquets

Fine Arts Museums of San Francisco

Thursday, March 16, 7:30a-4p

Join us for this chance to explore two of San Francisco's finest art museums as we experience Monet and Bouquets! Enjoy a docent-led tour of daring and surprising works in *Monet: The Early Years* at the Legion of Honor, before exploring the famed, annual *Bouquets to Art* at the deYoung Museum.

Member Cost: \$109

TAKE FLIGHT

Wednesday, March 22, 9:30a-5p

The sky is the limit as you watch the planes on the SFO runway while enjoying lunch at the Elephant Bar. Spend the day with your eyes to the sky as we tour 2 aviation museums here in the Bay Area.

Member Cost: \$108 - lunch included

SAN FRANCISCO

FLOWER AND GARDEN SHOW

Friday, April 7, 10:30a-4p

Come join us as we experience the 31st San Francisco Flower & Garden Show at the San Mateo County Event Center for a sweet-smelling, sensational, and colorful time! Explore over 250 vendors and over 100 free seminars with everything for your garden and outdoor living - just in time for spring!

Member Cost: \$59

Farm to Table at PIE RANCH

Thursday, April 13, 8:45a-5p

Pie Ranch will take you on a "food journey" from seed to plate, and along the journey you will learn about sustainable farming practices. Enjoy your buffet lunch fresh off the ranch before exploring beautiful Downtown Half Moon Bay.

Member Cost: \$126 - lunch included

Mountain House Restaurant

Friday, April 21, 4:15-7:45p

Enjoy a special evening of fine dining with good friends, old and new! The Mountain House Restaurant offers your choice of Grilled Petite Filet, Grilled Salmon, Gorgonzola Pasta, or Eggplant Parmesan as part of a luxurious three-course menu, among the gorgeous scenery of the Santa Cruz Mountains.

Member Cost: \$107 - dinner included

Safari West

Wednesday, April 26, 9:30a-5:30p

Lemurs, cheetahs, and ostriches, oh my! Join us on an African safari adventure right here in the Bay Area! Safari West has over 400 acres for us to encounter animals from across the savannah. The adventure begins with lunch at the Savannah BBQ Grill at Safari West.

Member Cost: \$136 - lunch included

Muir Woods and Sausalito



Tuesday, May 2, 8a-5p

Join us at the majestic Muir Woods National Monument to appreciate nature in this cathedral of redwoods. Enjoy lunch at The Spinnaker with gorgeous waterfront views before exploring Sausalito's waterfront and browsing the unique shops.

Member Cost: \$109 - lunch included

Historic Petaluma River Cruise *Thursday, May 11, 7:30a-5:30p*

Join us for a day aboard the River Dolphin with a three-hour narrated boat tour of the historic Petaluma Riverfront while enjoying lunch on board. Then embark on a one-hour docent-led walking tour of historic Petaluma.

Member Cost: \$168 - lunch included**San Francisco Giants** *Wednesday, May 17, 10:30a-5:30p*

Take me out to the ball game! Watch the three-time World Series Champion San Francisco Giants play their rivals, the Los Angeles Dodgers at AT&T Park from view level seats. Enjoy a wide variety of food vendors for your no-host lunch.

Member Cost: \$106**Casablanca** 

with the San Francisco Symphony

Friday, June 2, 3:45-11p

Join us for an unforgettable experience to enjoy this 75-year-old great American classic about love and war while listening to the symphony orchestra play its score. Be swept into the drama with Max Steiner's moving, Oscar-nominated score and timeless performances. Enjoy time for a no-host meal in downtown Burlingame.

Member Cost: \$121**On the Road to
The Summer of Love with Gary** *Wednesday, June 7, 9:45a-7:45p*

Enjoy all of the unique tidbits Gary has to offer as we tour through Haight-Ashbury and North Beach to celebrate the 50th anniversary of the Summer of Love. Also enjoy a delicious lunch at Fior d' Italia.

Member Cost: \$135 - lunch included**Horse Racing
at Golden Gate Fields** *Friday, June 16, 10:30a-6:30p*

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**Glenn Miller Orchestra** *Thursday, June 22, 3-9:30p*

Join us for a night of swing in orchestra seating with the famed, loved, and well-known sounds of the swing era - the Glenn Miller Orchestra at the California Theater in downtown San Jose. Enjoy a delicious dinner at the Old Spaghetti Factory.

Member Cost: \$149 - dinner included**San Francisco Pride** *Sunday, June 25, 8a-4p*

Experience the San Francisco Pride Celebration and Parade, the largest gathering of the LGBT community and allies in the nation from our grandstand seats. Enjoy time to explore over 200 exhibitors and for a no-host lunch.

Advisory: This event may include visuals or behaviors considered vulgar or offensive by some attendees.

Member Cost: \$113**EXTENDED TOURS**

For more information, call 408.777.3150, or email AlexC@Cupertino.org. Sign up at the front desk.

Southern Charm*7 days, May 14-20**Travel Presentation March 6, 3p.***Adventures of the Wild Northwest** *11 days, July 16-26***Canadian Rockies by Train***9 days, September 14-22**Travel Presentation March 6, 2p and April 5, 2:30p***California Coastal Cruise** *7 days, October 15-21**Travel Presentation March 8, 10:30a and April 14, 10a***Spotlight on San Antonio Holiday** *5 days, December 11-15**Travel Presentation March 6, 1p and April 5, 1:30p***OUT-TO-LUNCH BUNCH** *Thursday, April 27, 11:30a***AZUMA JAPANESE**

19645 Stevens Creek Blvd, Cupertino

Please register at the front desk.

MARCH ACTIVITY HIGHLIGHTS

St. Patrick's Day Luncheon and March Birthday Bash

Wednesday, March 15, 12pm

Join us for the Irish tradition of St. Patrick's day featuring Irish entertainment plus a full meal of corned beef or option of vegetarian Sheppard's Pie and cabbage, carrots, potatoes, tossed salad, and hot Bushmill sundaes for dessert. Members with March birthdays will be honored. Members fee \$12, senior guests add \$5 day pass.

聖帕特里亞克節午餐和慶生宴- 3/15 (週三), 中午12點
參加我們的愛爾蘭傳統聖帕特里亞克節, 享受特色的愛爾蘭娛樂, 加一頓咸牛肉, 卷心菜, 胡蘿蔔, 土豆和令人滿意的甜點。我們將對三月壽星(會員)表示敬意。註冊時可選擇素菜。會員\$12, 耆英來賓加付當日門票\$5。

Monthly Movie

FREE!

Wednesday, March 29, 1:30-3:30pm

Men in Black (1997)- They are the best-kept secret in the universe. Working for a highly funded yet unofficial government agency, Kay (Tommy Lee Jones) and Jay (Will Smith) are the Men in Black investigating a series of close encounters. The MIB agents uncover the deadly plot of an intergalactic menace who is on a mission to assassinate two ambassadors from opposing galaxies. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

Bingo Spring Lunch

Friday, March 31, 12pm

Gear up for an afternoon of bingo and join us for a delicious lunch, featuring ribs, coleslaw, potato salad, garlic bread and a scrumptious dessert. Vegetarian burger option available when registering. Bingo begins at 1pm. Cards are sold separately, \$4-\$7. Lunch for members is \$10, senior guests add \$5 day pass. Sign up at the front desk, space is limited.

春天賓果午餐 - 3/31 (週五), 中午12點 準備和我們一起玩一個下午的賓果遊戲, 並享用大蒜麵包, 排骨, 涼拌捲心菜, 以及清新的檸檬撻甜點。賓果遊戲下午一點開始, 賓果票分開出售\$4-\$7, 會員午餐\$10, 耆英來賓加付當日門票\$5, 請早在前台登記, 名額有限。

FREE!

50+ Bocce Ball

Wednesday, March 1-October 25, 9am

Enjoying the outdoors is easy to do in Cupertino at Blackberry Farm Park alongside the Stevens Creek Trail. Members can meet new people and have fun while playing a game of Bocce. First time players welcome, instructions are available. Free for members.

FREE!

Age Well, Drive Smart

Wednesday, March 29, 9am-1pm

Presented by the California Highway Patrol. Topics covered: myths about older drivers, compensating for age-related changes, rules of the road, safe driving tips, and much more. Certificate upon completion, which some insurance companies accept for discount. Members free, senior guests pay \$5 day pass. Space is limited, sign up at the lobby table.

FREE!

TechTime With Paul

Friday, 11:45am

Members can drop-in to use a Mac or PC to browse the web, practice skills, or ask simple questions in the senior center's Technology Lab on a first-come, first-served basis. Free for members. Senior center membership required.

Lunch with Friends

Wednesday, March 22, April 19, 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

March 22- Beef Stroganoff over egg noodles or roasted broccoli over egg noodles, green salad, and dessert.

3/22- 俄式牛柳絲面

April 19- Sloppy Joes or Veggie Joes, oven roasted potatoes, coleslaw, and dessert.

4/19- 牛肉包

Bridge Coaching

Thursday, 2-4pm

Has it been a few years since you've played bridge, but would like to get back into the game? Join a few of the senior center's experienced bridge players for coaching. Coaches will be available on Thursdays during Open Bridge from 2-4pm. Prior bridge experience is required.

In Need of Yarn!

The Needlecraft group is looking for yarn donations. The group meets on Thursday, 11:15am-1:30pm to knit or crochet items for different charities, and hospital groups, and would be appreciative of any donated yarn. Yarn can be dropped off at the front desk, Monday-Friday.

MARCH 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| <p>CITY OF CUPERTINO SENIOR CENTER 408.777.3150 <i>Hours: Monday-Thursday 8am-7:30pm</i> <i>Friday 8am-5pm</i> <i>Email: SeniorCntr@Cupertino.org</i> <i>Website: www.cupertino.org/senior</i> Find us on Facebook!</p> | | <p>1 7:30 Day Trip Preview 8 Trip Sign-up Day 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p> | <p>2 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p> | <p>3 9:30-11:30 Rhythmaires Band Practice 10:45-11:45 Pilates-Yoga Combo Free Demonstration 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>Small Blessings</i>, by Martha Woodroof 1:30-4 TechTime with Paul</p> |
| <p>6 10-12 Golf for Seniors 12-4 Card Playing 1-2:30 Finding Joy by Laughing Now! TRAVEL PRESENTATIONS 1 San Antonio Holiday 2 Canadian Rockies by Train 3 Southern Charm</p> | <p>7 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 12:15-1:15 Blood Pressure Check 量血壓 12:30-1:30 New Volunteer Orientation</p> | <p>8 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 10:30 California Coastal Cruise Presentation</p> | <p>9 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</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 1:30-4 TechTime with Paul</p> |
| <p>12 SUNDAY 9:45-1:45 Sunday Brunch with Attitude Trip 13 10-12 Golf for Seniors 12-4 Card Playing 1-2:30 The Joys of Living Alone 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社</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</p> | <p>15 9 50+ Bocce Ball 10-11 Downloadable Music 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 12 St. Patrick's Day Social and Birthday Bash (\$12) Corned Beef 醃牛肉</p> | <p>16 7:30-4 Monet and Bouquets Trip 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 1:30-4 TechTime with Paul</p>  |
| <p>20 10-12 Golf for Seniors 12-4 Card Playing 1 Volunteer Advisory Council Meeting Visitors Welcome</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 12:15-1:15 Blood Pressure Check 量血壓</p> | <p>22 9 50+ Bocce Ball 9:30-5 Take Flight Trip 10-12 Case Manager Consultation 社工諮詢 11:45 Lunch with Friends (\$6) Beef Stroganoff 俄式牛柳絲面 12-4 Card Playing 1-2:30 Let's Talk Current Events</p> | <p>23 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p> | <p>24 NO Rhythmaires Band Practice NO Mah Jongg 麻將 NO Bingo 賓果 NO Ping Pong 乒乓 NO TechTime with Paul</p> |
| <p>27 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>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 9-1 Age Well, Drive Smart 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Monthly Movie - <i>Men in Black</i> (1997)</p> | <p>30 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 12:15-1:15 Tai Chi Free Demonstration 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p> | <p>31 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 12 Bingo Spring Lunch (\$10) Ribs 排骨 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul</p> |

APRIL 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| 3 10-12 Golf for Seniors 12-4 Card Playing | 4 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 12:30-1:30 New Volunteer Orientation | 5 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30 Canadian Rockies by Train Presentation 2:30 San Antonio Holiday Presentation | 6 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge | 7 9:30-5 SF Flower & Garden Show Trip 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-Left Neglected, by Lisa Genova 1:30-4 TechTime with Paul |
| 10 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 | 11 8:30-11:30 Ping Pong 乒乓 9:30-11:30 TV Production - The Better Part 9-11 Tennis 網球 12-4 Card Playing | 12 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 12 April Birthday Bash (\$10) Baked Linguine 四月慶生宴 | 13 9 50+ Softball 9:30-5 Farm to Table at Pie Ranch 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 3-4:30 Caregiver Support Group | 14 9:30-11:30 Rhythmaires Band Practice 10 California Coastal Cruise Presentation 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul |
| 17 10-12 Golf for Seniors 12-4 Card Playing | 18 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 | 19 9 50+ Bocce Ball 10-11 Music & News 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 11:45 Lunch with Friends (\$6) Sloppy Joes 牛肉包 1-2:30 Let's Talk Current Events | 20 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 | 21 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 1:30-4 TechTime with Paul 4:15-7:45 Mountain House Restaurant Trip |
| 24 8 May/June 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 | 25 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 | 26 9 50+ Bocce Ball 9:30-5:30 Safari West Trip 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Monthly Movie - Mamma Mia! (2008) | 27 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge | 28 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 with Paul |

NATIONAL VOLUNTEER WEEK - THANK YOU, VOLUNTEERS!

Adult Community Education

March 27-May 26

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。3/27-5/26.

De Anza Cardio-Vascular Training

April 10-June 30

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.

APRIL ACTIVITY HIGHLIGHTS

April Birthday Bash

Wednesday, April 12, 12pm

Join us for a delicious lunch of baked linguine con salsa di carne, Italian antipasto salad, garlic bread, and Tiramisu for dessert. Option of veggie baked linguine con salsa di Pomodoro available when registering. Members with April birthdays will be honored. Pre-registration is required. Members \$10, senior guests add \$5 day pass.

四月慶生宴- 4/12 (週三), 中午12pm. 午餐將包括牛肉烤面條, 開胃小菜, 大蒜麵包, 甜點是提拉米蘇蛋糕。我們將向四月生日的會員致敬, 必須提早登記, 註冊時可選擇素菜。會員 \$10, 耆英來賓加付當日門票\$5。

Monthly Movie

Wednesday, April 26, 1:30-3:30pm

FREE!

Mamma Mia! (2008)- Donna (Meryl Streep), and independent hotelier in the Greek islands, is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She secretly invites three men from her mother's past in hope of meeting her real father and having him escort her down the aisle on her big day. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

FREE!

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 3- *Small Blessings*, by Martha Woodroof, reviewed by Rose Linn

April 7- *Left Neglected*, by Lisa Genova, reviewed by Helen Nowicki

Let's Talk Current Events

FREE!

Wednesday, March 22, April 19, 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.

FREE!

Hearing Tests

Thursday, April 20, 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 is limited, members only.

4月20日, 星期四, 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, 只限會員, 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。

50+ Softball

Thursdays, March 30-December 7, 9am-12pm

Get out, be happy, and bring a friend-50+ Softball is back! Memorial Park is the home of the Cupertino Geezers who warm-up and take batting practice beginning at 9am. A pick-up game starts promptly at 10am each week. Fee is \$43 for the season. Membership is required.

Understanding the LGBT Community

Monday, April 10, 10am-12pm

Many LG... mination
througho... to seek
senior ser... about the
culture, m... nd some
tips on k... me and
included... t. This
interactive... ounseling
profession... public,
sign up at

Cancelled

Rescheduled
to a later date

Welcome back Justin!

The senior center staff is pleased to welcome back Justin Cecil to our community. He has returned to the senior center to take the position of Classes Coordinator, and is thrilled to be here. Kelsey Hayes has returned to the Quinlan Community Center, to coordinate citywide special events. Nancy Bess, our Volunteer Coordinator, has also moved on, to finish her graduate degree. Thank you, Kelsey and Nancy, for your hard work here at the senior center, and welcome back Justin!

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

| REGISTRATION STARTS FEBRUARY 21 | DAY | DATES | TIME | INSTRUCTOR | MEMBER |
|--|---------|-----------|-------------|---------------------|--------|
| Accordion | T | 4/11-6/5 | 1:30-3 | R. DiBono | \$20 |
| Ballroom Dance 交際舞 - East Coast Swing | W | 3/8-3/29 | 1:30-3:30 | D. Lew | \$32 |
| Ballroom Dance 交際舞 - American Tango | W | 4/5-4/26 | 1:30-3:30 | D. Lew | \$32 |
| Brain Fitness-- Flourishing into the Golden Ages | W | 3/1-3/29 | 10-12 | D. Everham | \$15 |
| Chair Exercise 座椅運動 | M & Th | 3/6-4/27 | 10:15-11:15 | P. Hu | \$45 |
| Chinese Brush Painting 傳統與現代中國畫 | M | 4/17-6/19 | 8:30-10:30 | M. Lee | \$55 |
| Chinese Brush Painting 傳統與現代中國畫 | M | 4/17-6/19 | 10:40-12:40 | M. Lee | \$55 |
| Chinese Calligraphy 書法班 | T | 3/28-4/25 | 12:50-2:50 | L. Cheng, Y. Wang | \$15 |
| Chinese Calligraphy 書法班 | T | 3/28-4/25 | 3-5 | L. Cheng, Y. Wang | \$15 |
| Citizenship Class 公民班 | M, T, F | 3/6-4/28 | 8:30-9:45 | V. Wong | \$20 |
| Conversational English 英語會話班 | M & T | 4/3-5/23 | 10-11:45 | P. Chun, V. Wong | \$20 |
| Conversational Mandarin - Beginning | Th | 3/23-5/18 | 9-10:30 | J. Li | \$40 |
| Conversational Mandarin - Intermediate | F | 3/24-5/12 | 10-11:30 | B. Hu | \$40 |
| Conversational Mandarin - Advanced | Th | 3/23-5/18 | 9-10:30 | L. Gao | \$40 |
| Cooking with Suzanne - Spanish Paella Fiesta | W | 3/1 | 10-1 | S. Vandyke | \$55 |
| Erhu I 一胡班 | Th | 4/6-5/25 | 3-4:30 | G. Lai | \$20 |
| Erhu II 二胡班 | T | 4/4-5/23 | 3:15-4:45 | G. Lai | \$20 |
| ESL - Basic and Easy 初級英語班 | M | 3/20-5/8 | 10-12 | Vision Literacy | \$25 |
| ESL - Advanced Beginning 初高級英語班 | W | 3/15-5/3 | 10-12 | Vision Literacy | \$25 |
| ESL - Intermediate Conversation 中級ESL會話班 | T | 3/14-5/2 | 1:30-3 | J. Andrushko | \$20 |
| Feldenkrais Method | T | 3/14-5/2 | 9:30-10:30 | M. Westlaken | \$40 |
| Guitar - Level III | W | 3/1-4/12 | 3-4:30 | A. McKee | \$22 |
| HarmoniKatz Performance Band | M | 3/6-4/24 | 3:45-5:15 | D. Ng | \$15 |
| Hatha Yoga | Th | 3/9-4/27 | 2:30-3:30 | V. Bhat | \$50 |
| Hula Dance - Beginning | M | 3/6-4/24 | 11:45-12:45 | D. Tengan | \$15 |
| Hula Dance Performance Group | M | 3/6-4/24 | 12:55-1:55 | J. Pereria-Anderson | \$15 |
| Humanities | T | 4/11-5/30 | 10:30-12:30 | C. Jech | \$40 |
| Japanese - Beginning Level I | Th | 3/2-4/27 | 8:30-9:30 | T. Terry | \$35 |
| Japanese - Beginning Level II | Th | 3/2-4/27 | 9:45-10:45 | T. Terry | \$35 |
| Pilates | T | 3/21-5/2 | 11-12 | H. Mojgani | \$39 |
| Pilates-Yoga Combo at the Quinlan Center | F | 3/17-4/28 | 10:45-11:45 | H. Mojgani | \$45 |
| Tai Chi for 50+ - Level I | Th | 4/6-6/29 | 8:30-9:25 | J. Madonich | \$68 |
| Tai Chi for 50+ - Level II | Th | 4/6-6/29 | 9:35-10:30 | J. Madonich | \$68 |
| Tai Chi for 50+ - Level III | Th | 4/6-6/29 | 10:40-11:35 | J. Madonich | \$68 |
| Ukulele Beginning | T | 3/7-4/25 | 3-4:30 | D. Ng | \$22 |
| Ukulele Strum-and-Sing - Intermediate | M | 3/20-5/8 | 1:30-3:30 | N. Levy | \$22 |
| U.S. History Seminar | T | 4/11-5/2 | 12-1 | R. DiBono | \$15 |
| Yoga for 50+ - Level I 瑜珈五十後 | T | 3/7-4/25 | 4-5 | P. Hu | \$40 |
| Yoga for 50+ - Level I 瑜珈五十後 | Th | 3/9-5/4 | 4-5 | P. Hu | \$40 |
| Yoga Foundations at the Quinlan Center | T | 3/14-5/2 | 2:15-3:30 | E. Meir | \$39 |
| Yuan Chih Dance 元極舞 | F | 3/10-4/28 | 10-11:30 | Annie & Helen | \$15 |
| Zumba Gold at the Quinlan Center 中老年尊巴 | M | 3/6-4/24 | 2:30-3:30 | P. Hu | \$37 |
| Zumba Gold at the Quinlan Center 中老年尊巴 | F | 3/10-4/28 | 2:30-3:30 | G. DuVal | \$37 |
| EVENING CLASSES | | | | | |
| Line Dance - Beginning 初級排舞 | Th | 3/9-5/11 | 7-8:30 | K. Chang | \$48 |
| Line Dance - Advanced Beginning 先進初級排舞 | T | 2/28-5/2 | 7-8:30 | K. Chang | \$48 |
| Total Body | W | 3/8-4/26 | 5:30-6:30 | P. Hu | \$37 |
| Yoga Foundations | Th | 3/9-4/27 | 5:15-6:30 | E. Meir | \$39 |
| COMPUTER AND TECHNOLOGY CLASSES | | | | | |
| iPad Beginning | T | 4/4-5/2 | 1-3 | R. Schiros | \$22 |
| iPad Intermediate | Th | 4/6-5/4 | 1-3 | R. Schiros | \$22 |
| iPad A-Z | M | 3/6-3/27 | 4-6 | K. Smith | \$38 |
| iPad Painting | T | 4/4-4/25 | 4-6 | K. Smith | \$38 |

CLASS HIGHLIGHTS



Video Production Training

March 6 & 10, March 13 & 17

Do you want to try something new and exciting? Volunteer with Cupertino TV Productions 'The Better Part' Crew. Training held at the KMTV 15 studios in Mountain View. There will be four classes from 10am-1pm over a two-week period. Get hands on experience to operate cameras, teleprompter, audio, switcher and character graphics, practical skills to use during production, and the opportunity to participate in a short production. No previous experience is required. For more information and to register, call 650.968.1540. Class fee: \$100. Senior Center membership required.



Spanish Paella Fiesta

Wednesday, March 1, 10am-1pm

Chef Suzanne is taking you to Spain in this cultural cooking class. Learn to make a true Spanish Paella. This versatile party dish is abundantly flavored with rice, vegetables, saffron, olive oil, soffrito, fish, and chicken. For dessert, you will learn to make Crema Catalana, a popular Catalan custard infused with orange zest, cinnamon and crispy caramel coating. Member fee: \$55. Instructor: Suzanne Vandyck

iPad A-Z

Monday, March 6-27, 4-6pm

This hands-on class will cover a large array of apps and functions of the iPad. Apps include mail, contacts, calendars, cameras, photo editing, FaceTime video calls, as well as other apps for password security, cloud storage, reading, movies, travel, photography, and business use. Participants are encouraged to share their own favorite apps with the class. All skill levels welcome! Member fee: \$38. Instructor: Kim Smith

FREE!

Downloadable Music

Yours to Keep

Wednesday, March 15, April 26, 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 seven 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.

iPad Painting

Tuesday, April 4-25, 4-6pm

Interested in getting more creative with your iPad? Come learn to use your iPad in an artistic way! You will learn to use some of the most popular art apps to draw realistic sketches, paint with unlimited colors and paint brush textures, create photo collages, use layers and more! Let your imagination flow onto your iPad canvas and see it come to life in rich colors. Member fee: \$38. Instructor: Kim Smith.

FREE!

Music and News

Wednesday, April 19, 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. Members free, senior guests pay \$5 day pass. Sign up at the lobby table. Presented by the Santa Clara County Library.

Pilates-Yoga Combo

FREE!

Free Demonstration

Friday, March 3, 10:45-11:45am

Want a healthier back to help with routine activities and feel more relaxed during the day, then this class is for you? Through a series of mat Pilates using a gym ball strengthen your abdominal and core muscles. With Yoga techniques and balancing exercises improve your flexibility, correct your posture and release tension throughout the body. Class is designed for all levels. Free for members, senior guests pay \$5 day pass. Sign up at the lobby table. Instructor: Homa Mojgani

FREE!

Tai Chi for 50+

Free Demonstration

Thursday, March 30, 12:15-1:15pm

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. Instructor: Jeff Madonich

太極拳免費示範 3/30 週四) 12:15-1:15pm. 請來體會歷史悠久的中國運動藝術, 在和緩輔助環境下, 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.

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, March 13, 27, April 10, 24, 1:30-2:30pm

Tuesday, March 7, 21, April 4, 18, 12:15-1:15pm

Drop-in Caregiver Support Group

Thursday, March 9, April 13, 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, March 13, 27, April 10, 24

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

Housing

Monday, March 6, 20, April 3, 17, 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 - 3/6, 3/20, 4/3, 4/17 (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, March 3, 10, 17, April 7, 14, 21

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 - 3/3, 3/10, 3/17, 4/7, 4/14, 4/21, 10:30am-12:30pm
60歲以上, 並住在聖縣。

THE SCENE MARCH/APRIL 2017

50+

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.
大白兔五里跑- 4/15 (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。

BIG BUNNY 5K
SATURDAY, APRIL 15, 8:30AM
CUPERTINO CIVIC CENTER



FIRST CLASS MAIL

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