



CUPERTINO

MARCH/APRIL 2018

THE 50+ SCENE

CITY OF CUPERTINO SENIOR CENTER 408.777.3150

21251 STEVENS CREEK BLVD.

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, as well as, 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

SERVICEUNITES
National Volunteer Week

the celebration of National Volunteer Week, April 15-21. If you would like to learn more about volunteering opportunities at the Cupertino Senior Center, please visit www.cupertino.org/volunteer.



PREPARING FOR HOME EMERGENCIES PRESENTATION

WEDNESDAY, MARCH 21, 5:30-7PM

Learn from the [Santa Clara County Fire Department](http://www.sccfd.com) how to be prepared for emergencies while at home. You will learn about home fire safety, 9-1-1 dispatch centers, what to expect when calling 9-1-1, and how to make a home disaster kit. Members free, senior guests pay \$5 day pass.

50+ SOFTBALL

THURSDAYS, MARCH 29-DECEMBER 6, 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.

VOLUNTEER CORNER NATIONAL VOLUNTEER WEEK APRIL 15-21

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- 4/15-21 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 7**, 8am; Non-member *begins* March 14.
 → Day Trip Preview starts at 7:30am ←

Whimsy and Wildlands- - Treasures of Oakland

Thursday, March 8, 8a-4:30p

Come explore the wonders of Joaquin Miller Park's redwoods, the sweet treats of Fentons Creamery, and the beloved fairytales of Children's Fairyland on this guided tour of the treasures of Oakland!

Member Cost: \$116 - lunch included

Stanford University & Anderson Collection

Thursday, March 15, 9:30a-5:30p

Go "back to school" and enjoy a day learning about one of the country's most famous educational institutions, Stanford University. Enjoy a chance to explore "the Farm" with a tour of Main Quad, Memorial Church, and more, before a visit to tour the Anderson Collection.

Member Cost: \$77 - lunch included

Dublin Heritage Park and Historic Pleasanton

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

Take a journey uncovering the past with two docent-led walking tours in Dublin's Heritage Park and picturesque downtown Pleasanton. Indulge in your included lunch at Cattlemen's restaurant in Livermore.

Member Cost: \$105 - lunch included

The Marine Mammal Center and Tiburon

Monday, April 9, 8:30a-5:30p

Waitlist only.

Member Cost: \$115 - lunch included

Gary's 49-Mile Drive

Thursday, April 12, 8a-6p

Waitlist only.

Member Cost: \$79

Succulent Gardens & Corralitos Market and Sausage Company

Thursday, April 19, 8:15a-3:45p

Join us as we discover some locally-produced treasures of the Central Coast. Enjoy a docent-led tour of a boutique nursery for succulents, learn about and shop for delicious local sausage, and stop for a delectable included lunch at the famous Phil's Fish Market.

Member Cost: \$75 - lunch included

West Side Story at the Leshner Center

Friday, April 27, 3:30-11:45p

Take a journey to the Upper West Side New York as we enjoy a performance of an American classic, *West Side Story* at The Leshner Center in Walnut Creek. Enjoy a no-host dinner in the heart of charming downtown Walnut Creek before the show!

Member Cost: \$107

Horseracing at Golden Gate Fields

Friday, May 4, 10:30am-6:30pm

Golden Gate Fields is the place to enjoy a full day of thrilling, heart pounding thoroughbred horseracing. Come test your luck and cheer your favorites. We will have a lavish buffet in the Turf Club while we enjoy this exciting day.

Member Cost: \$106 - lunch included



La Boheme Opera and Capitola

Saturday, May 19, 3:30-11p



Join us as we travel to Santa Cruz for the world's most popular opera, La Boheme, the passionate, timeless, and incredible story of love among young artists in Paris. Enjoy a no-host dinner before the opera along the beach in beautiful Capitola.

Member Cost: \$90

Silicon Valley Made

Wednesday, May 23, 11:15a-4:15p



Journey with us as we discover innovations made right here in Santa Clara Valley, with your included tours of the Intel Museum and the Gordon Biersch Brewery. Enjoy your included lunch at the Gordon Biersch Brewery Restaurant.

Member Cost: \$84 - lunch included

Lights, Camera, Action! Movie Tour of San Francisco

Tuesday, May 29, 10:15a-6:45p



Get your cameras ready! See San Francisco through Hollywood's eyes as we take in the sights of some of the City by the Bay's big screen moments, discovering locations from dozens of movies filmed on the streets of San Francisco, including *Mrs. Doubtfire* and *Vertigo*. Enjoy an included lunch at Bubba Gump.

Member Cost: \$114 - lunch included

Castroville Artichoke Food and Wine Festival

Sunday, June 3, 8:30a-3:30p



Enjoy a day in the artichoke capital of the world and indulge in an educational field tour of our state's official vegetable before exploring the arts and crafts vendors, live shows, chef demos, and farmer's market.

Member Cost: \$61

Interested in the latest news about our travel program?

Join the Travel Email List!

Just send an email to alexc@cupertino.org
to sign up.

Pageo Lavender Farm and Great Valley Museum

Thursday, June 14, 8a-5p



Relax surrounded by the fragrant, blooming fields of the Pageo Lavender Farm for a docent tour, including box lunch, and browsing of handmade lavender products. Discover the Great Valley Museum and enjoy a live animal encounter and docent-led gallery tour through their exhibits highlighting the natural and human history of the Central Valley.

Member Cost: \$88 - lunch included

From the Mountains to the Sea

Wednesday, June 20, 8:45a-5p



Experience a day that is uniquely Californian, as we travel and explore from the wilds of the Santa Cruz Mountains to the Pacific coast. Enjoy a scenic train ride to Santa Cruz, lunch at the famed Crow's Nest, and a chance to explore the Seymour Marine Discovery Center on your docent-led tour.

Member Cost: \$139 - lunch included

Canyon Country

September 18-25 - 8 days

A journey through Canyon Country brings you into a colorful world of stunning southwestern vistas, Native American history, and three breathtaking national parks: Zion, Bryce, and the Grand Canyon.

Member Cost: \$3,429 per person, double

Travel Presentation 3/5, 10am. Sign up at the front desk.

Discover the South Pacific Wonders

March 19-April 2, 2019 - 15 days

From the tropical-splendor of the Great Barrier Reef on Australia's northeast coast, to the ethereal beauty of New Zealand's South Island, this journey to land "Down Under" brings you the best of both countries.

Member Cost: \$6,499 per person, double

Travel Presentation 3/5, 10am. Sign up at the front desk.

OUT-TO-LUNCH BUNCH

Tuesday, April 24, 11:30a

Casa Lupe



671 S. Bernardo Ave., Sunnyvale

Please register at the front desk. Space is limited.

MARCH ACTIVITY HIGHLIGHTS

St. Patrick's Day & March Birthday Bash Wednesday, March 14, 12pm

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

聖帕特里克節日午餐和慶生宴- 3/14 (週三), 中午12點
參加我們的愛爾蘭傳統聖帕特里克節, 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。

Beading - Beginning

Thursday, March 8-29, 1:30-3:30pm

Learn about beading tools, different types of beading wires, threads and cords, and assorted beads. Practice learned techniques by creating assorted earrings, necklaces, and bracelets. A supply list will be provided and discussed on the first day of class. Member fee \$25.



Lunch with Friends

Wednesday, March 28, April 25, 11:45am

Join us for lunch! Pre-registration is required, and a vegetarian option is available when registering. Member fee \$8, 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\$8, 非會員需多加當日活動費\$5。註冊時可選擇素食。

March 28- Authentic Irish lamb stew

3/28- 愛爾蘭風味燉羊肉

April 25- Smothered chicken in a creamy mushroom sauce

4/25- 蘑菇醬雞肉

Friday Fun Lunch

Friday, March 30, 12pm

Relax and enjoy a Friday afternoon lunch with all of your friends at the Cupertino Senior. The menu will be chicken flatbread, crisp salad, and dessert. Vegetarian option available when registering. Pre-registration is required. Member fee \$10, senior guests add \$5 day pass.

輕鬆一下! 來與您耆英中心的好友一同享用午餐, 將有比薩, 沙拉與甜點。需提前報名, 註冊時可選擇素食, 會員\$10, 非會員需多加當日活動費\$5。

Stay Active Fund

The Stay Active Fund helps adults 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。

50+ Bocce Ball

FREE!

Wednesday, March 7-October 31, 9am

Enjoying the outdoors is easy to do while playing bocce in Cupertino 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 welcome, instructions are available. Free for members.

Age Well - Drive Smart

FREE!

Wednesday, March 7, 9am-1pm

The [CHP](#) presents topics such as myths about older drivers, compensating for age-related changes, rules of the road, safe driving, and more. Receive a certificate upon completion. Some insurance companies have accepted it for discounts. Members free, senior guest pay \$5 day pass. Please sign up at the lobby table.

Monthly Movie

FREE!

Wednesday, March 28, 1:30-3:30pm

[Hidden Figures](#) (2016)- The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. Space Program. Taraji P. Henson, Octavia Spencer, Janelle Monae. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

Let's Talk Current Events

FREE!


Wednesday, March 21, 1-2:30pm

Nancy McGinnis, legal specialist and current lecturer at San Francisco State University, will facilitate a lively discussion on important and interesting topics. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
<p>BIG BUNNY 5K</p> <p>SATURDAY, MARCH 31, 8:30AM</p> <p>CUPERTINO CIVIC CENTER</p> <p>Join the Cupertino Senior Center group and get 10% off. To register use this link: bit.ly/TeamCupertinoSeniorCenter2018</p> <p>Enter Discount Code: 50HOPPERS</p> 	<p>CITY OF CUPERTINO SENIOR CENTER 408.777.3150</p> <p>Hours: M-Th: 8am-9pm Friday 8am-5pm Saturday 8:30am-4:30pm</p> <p>Email: SeniorCntr@Cupertino.org Website: www.cupertino.org/senior</p> <p>Find us on Facebook & Yelp!</p>		<p>1</p> <p>11:15-1:15 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>2</p> <p>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- The Shoe Dog, by Phil Knight 1:30-4 TechTime with Paul & Gary</p> <p>3 SATURDAY</p>
<p>5</p> <p>TRAVEL PRESENTATIONS 10 Canyon Country and Discover the South Pacific Wonders 10-12 Golf for Seniors 12-4 Card Playing</p>	<p>6</p> <p>8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-11:30 Booktalk- <i>Midnight in Broad Daylight</i> by Pamela Rotner 10-12 TV Production- The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>7</p> <p>7:30 Day Trip Preview 8 New Trip Sign-up Day 9 50+ Bocce Ball @ Blackberry Farm Park 9-1 Age Well-Drive Smart 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p>	<p>8</p> <p>8-4:30 Whimsy and Wildlands Treasures of Oakland Trip 11:15-1:15 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3-4:30 Caregiver Support Group</p>	<p>9</p> <p>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 & Gary</p> <p>10 SATURDAY</p>
<p>12</p> <p>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>13</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</p>	<p>14</p> <p>9 50+ Bocce Ball @ Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12 St. Patrick's Day Social Birthday Bash (\$12) Corned Beef 醃牛肉 12-4 Card Playing</p>	<p>15</p> <p>9:30-5:30 Stanford University & Anderson Collection Trip 11:15-1:15 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>16</p> <p>9:30-11:30 NO Rhythmaires Band Practice 12-4 NO Mah Jongg 麻將 1-3:30 NO Bingo 賓果 1-4:30 NO Ping Pong 乒乓 1:30-4 NO TechTime with Paul & Gary</p> <p>17 SATURDAY <i>Senior Center Closed for Private Event</i> 耆英中心歇業</p>
<p>19</p> <p>10-12 Golf for Seniors 12-4 Card Playing 1 Volunteer Advisory Council Meeting <i>Visitors Welcome</i></p>	<p>20</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>21</p> <p>9 50+ Bocce Ball @ Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1-2:30 Let's Talk Current Events 5:30-7 Preparing for Home Emergencies Presentation</p>	<p>22</p> <p>11:15-1:15 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>23</p> <p>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 & Gary</p> <p>24 SATURDAY 10-12 Nutrition Made Easy: Meals for 1 or 2-Chicken Classics (\$45)</p>
<p>26</p> <p>10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 1:30-2:30 New Volunteer Orientation 2:05-3:35 Ballroom Dance Social 交際舞社</p>	<p>27</p> <p>8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 12-4 Card Playing</p>	<p>28</p> <p>9 50+ Bocce Ball @ Blackberry Farm Park 10-11 Standard & Poor's NetAdvantage Workshop 11:45 Lunch with Friends (\$8) Irish Lamb Stew 愛爾蘭燉羊肉 1:30-3:30 Monthly Movie - Hidden Figures (2016)</p>	<p>29</p> <p>9-12 50+ Softball (\$43) 11:15-1:15 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>30</p> <p>9-11 Rhythmaires Band Practice 12 Friday Fun Lunch (\$10) 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 & Gary</p> <p>31 SATURDAY</p>

APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT	
2 10-12 Golf for Seniors 12-4 Card Playing	3 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production- The Better Part 10-11:30 Naturalization Information Session 10-11:30 Booktalk- <i>Pachinko</i> by Min Jin Lee 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓	4 8:30-4:30 Dublin Heritage Park and Historic Pleasanton Trip 9 50+ Bocce Ball @ Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 1:30-3 Around the Islands in 60 Minutes Spring Concert	5 9-12 50+ Softball 11:15-1:15 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 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 1:30-3 Book Review- <i>Into the Wild</i> , by Jon Krakauer 1:30-4 TechTime with Paul & Gary <hr/> 7 SATURDAY 2-4 Ping Pong 乒乓	
9 8:30-5:30 The Marine Mammal Center and Tiburon Trip 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	10 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production- The Better Part 12-4 Card Playing	11 9 50+ Bocce Ball @ Blackberry Farm Park 10-11 PressReader Workshop 10-12 Case Manager Consultation 社工諮詢 12 April Birthday Bash (\$10)	12 8-6 Gary's 49-Mile Drive Trip 9-12 50+ Softball 11:15-1:15 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 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul & Gary <hr/> 14 SATURDAY 10-12 Nutrition Made Easy: Meals for 1or 2-Better Breakfast (\$45)	
16 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 New Volunteer Orientation	17 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	18 9 50+ Bocce Ball @ Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 1-2:30 Let's Talk Current Events 3-4 Smart Commuting with VTA Workshop 6-9:30 Cooking with Suzanne: Gourmet Cookies	19 8:15-3:45 Succulent Gardens & Corralitos Market and Sausage Company Trip 9-12 50+ Softball 11:15-1:15 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	20 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 & Gary <hr/> 21 SATURDAY	
NATIONAL VOLUNTEER WEEK APRIL 15 - 21 ~ THANK YOU, VOLUNTEERS!					
23 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	24 8:30-11:30 Ping Pong 乒乓 9-11 Hearing Tests 9-11 Tennis 網球 11:30 Out-to-Lunch Bunch at Casa Lupe 12-4 Card Playing	25 9 50+ Bocce Ball @ Blackberry Farm Park 10-11 Standard & Poor's NetAdvantage Workshop 10-12 Case Manager Consultation 社工諮詢 11:45 Lunch with Friends (\$8) Chicken w/ creamy mushroom sauce 蘑菇醬雞肉 (\$8) 1:30-3 Monthly Movie - <i>American Made</i> (2017)	26 9-12 50+ Softball 11:15-1:15 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 1:30-4 TechTime with Paul & Gary 3:30-11:45 West Side Story Trip <hr/> 28 SATURDAY	
29 SUNDAY Discover Scotland Trip Departs 30 MONDAY 10-12 Golf for Seniors 12-4 Card Playing	<div style="border: 1px solid black; padding: 10px;"> <p>SAVE THE DATE</p> <p>SMART LIVING CUPERTINO HEALTH FAIR Saturday, May 19, 10am-2pm</p> <ul style="list-style-type: none"> • Free Exercise Demos • Health Screenings • Health and Wellness Presentations  </div>		<div style="border: 1px solid black; padding: 10px;"> <p>CITY OF CUPERTINO SENIOR CENTER 408.777.3150</p> <p><i>Hours: Monday-Thursday 8am-9pm, Friday 8am-5pm, Saturday 8:30am-4:30pm</i></p> <p><i>Email: SeniorCntr@Cupertino.org Website: www.cupertino.org/senior</i></p> <p>Find us on Facebook and Yelp!</p> </div>		

APRIL ACTIVITY HIGHLIGHTS

April Birthday Bash

Wednesday, April 11, 12pm

Boogie on down to the bayou with a meal of fried chicken, Cajun rice, biscuits, and bananas foster for dessert! Vegetarian option 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- 4/11 (週三), 中午12pm. 午餐將包括 炸雞, 路易斯安那香米, 麵包. 甜點有蔗糖香蕉. 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.

Naturalization

Information Session

Tuesday, April 3, 10-11:30am

U.S. Citizenship and Immigration Services will be presenting an informational session on the naturalization process and test; as well as the rights and responsibilities of a U.S. citizen. The program will highlight a step-by-step description of the naturalization process and demonstration of the naturalization interview featuring USCIS officers. Open to public. Sign up at lobby table.

4/3 星期二早上10點至11點半. 為您講解公民入籍需知, 公民的權利與義務, 並示範如何與考官入籍面試. 免費中文講座請早登記.



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.

March 2- *The Shoe Dog*, by Phil Knight, reviewed by Alan Johnson

April 6- *Into the Wild*, by Jon Krakauer, reviewed by Jeanne Payer

FUHSD Adult School

Painting, fitness, aerobics, strength training, tai chi, line dancing, and writing. Classes are held at the senior center, and membership is required. See class listings online at www.fuhsdadulthoodschool.com.

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, 成人學校課程包括繪畫, 健身, 有氧運動, 太極, 排舞, 和寫作班. 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.

Around the Islands in 60 Minutes

Spring Concert

Wednesday, April 4, 1:30-3pm

Take part in an afternoon of musical fun and fellowship lead by the Harmonikat and Ukulele Band. Light refreshments will be provided. Members free, sign up at the lobby table.

FREE!

FREE!

Let's Talk Current Events

Wednesday, April 18, 1-2:30pm

Nancy McGinnis, legal specialist and current lecturer at San Francisco State University, will facilitate a lively discussion on important and interesting topics. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

Smart Commuting with VTA!

Trip Planning

Wednesday, April 18, 3-4pm

Become an expert commuter by learning all of the tools and transit options made available by the [Santa Clara Valley Transportation Authority](http://www.santacruzvalleytransportationauthority.com). This workshop will include learning how to read the system map and bus schedule, as well as, how to use the VTA's Trip Planner by Google. Members free, senior guest pay \$5 day pass. Please sign up at the lobby table.

FREE!

Hearing Tests

Tuesday, April 24, 9-11am

Hearing tests will be provided by [San Jose State University audiology](http://www.sjsu.edu/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.

4/24, 星期二, 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. 如付合資格, 您可領取免費電話.

FREE!

Monthly Movie

Wednesday, April 25, 10-12pm

American Made (2017)- Tom Cruise stars in this international escapade based on the real exploits of a pilot recruited by the CIA to run one of the biggest covert operations in U.S. history. Starring Tom Cruise, Domhnall Gleeson, Sarah Wright. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

FREE!

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS FEBRUARY 20	DAY	DATES	No CLASS	TIME	INSTRUCTOR	MEMBER FEE
Accordion	Tu	4/17-6/5		1:35-3:10	R. DiBono	\$20
Beading	Th	3/8-3/29, 4/5-4/26		1:30-3:30	D. Hall	\$25ea.
Brain Club	M	3/5-4/23		3-4:30	C. Hall	\$15
Bridge - Defensive Play	Sa	3/24-4/14		10-12	P. Davis	\$28
Chair Exercise 座椅運動	M & Th	3/5-4/12	4/5	10:15-11:15	P. Hu	\$45
Chinese Brush Painting 傳統與現代中國畫	M	3/26-5/21	4/30, 5/7	8:30-10:30	M. Lee	\$50
Chinese Brush Painting 傳統與現代中國畫	M	3/26-5/21	4/30, 5/7	10:40-12:40	M. Lee	\$50
Chinese Calligraphy 書法班	Tu	3/6-4/24		12:50-2:50	F. Jair, W. Mann	\$15
Chinese Calligraphy 書法班	Tu	3/6-4/24		3-5	Y. Wang, Y. Cheng	\$15
Citizenship Class 公民班	M, Tu, F	3/5-4/27		8:15-9:45	V. Wong	\$20
Conversational English 英語會話班	M & Tu	4/2-5/22		10-11:45	P. Chun, V. Wong	\$20
Conversational Mandarin - Beginning	Th	3/22-5/10		9-10:30	J. Li	\$40
Conversational Mandarin - Intermediate	F	3/23-5/11		10-11:30	B. Hu	\$40
Conversational Mandarin - Advanced	Th	3/22-5/10		9-10:30	L. Gao	\$40
Cooking with Suzanne: Gourmet Cookies	W	4/18		10-1	S. Vandyke	\$55
Cribbage - Beginning	W	3/28-5/2		1:30-3:30	E. Bloom	\$10
Energy Bagua/Walking Meditation	Sa	3/24-5/5	4/28	11-12	J. Zhou, E. Shu	\$20
ESL - Basic and Easy 初級英語班	M	4/9-6/4	5/28	10-12	L. North	\$25
ESL - Intermediate 初高級英語班	W	3/7-4/25		10-12	L. North	\$25
ESL - Advanced 高級英語課程	Th	3/8-4/26		11-1	L. North	\$25
ESL - Intermediate Conversation 中級ESL會話班	Tu	3/27-5/15		1:30-3	J. Andrushko	\$20
Feldenkrais Method FLEX	Tu	3/20-5/8		9:30-10:30	M. Westlaken	\$40
Gentle Pilates - Yoga	Tu	3/13-5/1		11:10-12:10	H. Mojgani	\$40
Guitar and Bass Jam Band - Intermediate	W	3/14-5/16	3/28, 4/25	3-4:30	S. Zuccaro	\$22
HarmoniKatz Performance Band	M	4/2-5/21		3:45-5:15	D. Ng	\$15
Hatha Yoga FLEX	Th	3/8-4/26		2:30-3:30	V. Bhat	\$50
Humanities	Tu	3/27-5/29	4/3, 4/24	10:30-12:30	C. Jech	\$40
Hula Dance - Beginning	M	3/5-4/9		11:45-12:40	J. Pereria-Anderson	\$15
Hula Dance - Performance Group	M	3/5-4/9		12:55-1:55	J. Pereria-Anderson	\$15
Japanese - Beginning	Th	4/19-6/14	5/24	8:30-9:30	T. Terry	\$35
Japanese - Intermediate	Th	4/19-6/14	5/24	9:45-10:45	T. Terry	\$35
Line Dance - Beginning	Sa	3/24-5/26	4/7, 4/28, 5/12, 5/19	2:30-3:30	P. Hu	Free
Matter of Balance	Th	3/15-5/3		2-4	Stanford Health	Free
Nutrition Made Easy: Chicken Classics, Better Breakfast	Sa	3/24, 4/14		10-12	J. Oh	\$45ea.
Nutrition Made Easy: What's Up With Food?	M	3/19 & 3/26		1-3	J. Oh	\$60
Tai Chi for 50+ - Level I	Th	5/17-6/28		8:30-9:25	J. Madonich	\$39
Tai Chi for 50+ - Level II	Th	5/17-6/28		9:35-10:30	J. Madonich	\$39
Tai Chi for 50+ - Level III	Th	5/17-6/28		10:40-11:35	J. Madonich	\$39
Tai Chi - Qigong	Sa	3/24-4/21		8:45-9:45	A. Kroth	\$25
Total Body at the Quinlan Center	Tu	3/20-5/8		8:30-9:30	P. Hu	\$37
Ukulele - Beginning	Tu	4/10-5/29		1:30-3	D. Ng	\$22
Ukulele - Advanced Beginning	Tu	4/10-5/29		3:15-4:45	D. Ng	\$22
Ukulele Strum-and-Sing - Intermediate	M	4/9-6/4	5/28	1:30-3:15	N. Levy	\$22
U.S. History Seminar	Tu	4/17-5/8		12:35-1:35	R. DiBono	\$15
VivAsia Lotus FLEX	Sa	3/3-4/21	3/10, 3/17	10-11	M. Kao	\$20
VivAsia Chair Lotus FLEX	Sa	3/3-4/21	3/10, 3/17	11:15-12:15	M. Kao	\$20
Yoga for 50+ - w/ chair option 瑜珈五十後	Tu	3/20-5/8		4-5	P. Hu	\$40
Yoga for 50+ - w/ chair option 瑜珈五十後	Th	3/22-5/3	4/5	4-5	P. Hu	\$40
Yuan Chih Dance 元極舞 FLEX	F	3/2-4/20		10-11:30	Annie & Helen	\$15
Zumba Gold at the Quinlan Center 中老年尊巴	M	3/26-5/14		2:30-3:30	P. Hu	\$37
Zumba Gold-Toning 中老年尊巴	W	3/7-4/25		2:30-3:30	P. Hu	\$37
Zumba Gold at the Quinlan Center 中老年尊巴 FLEX	F	3/9-5/4	4/27	2:30-3:30	G. DuVal	\$37
EVENING CLASSES						
Trad./Contemp. Chinese Painting 基礎與現代中國水墨畫	Th	4/12-5/31	5/10, 5/17	5:30-8:30	M. Shei	\$55
Line Dance - Beginning 初級排舞	Th	3/1-4/19		7-8:30	K. Chang	\$48
Line Dance - Beginning/Intermediate 先進初級排舞	Tu	3/13-5/1		7-8:30	K. Chang	\$48
Yoga Foundations FLEX	Th	3/15-5/3		5:15-6:30	E. Meir	\$40
COMPUTER AND TECHNOLOGY CLASSES						
Everything iPad	W	3/7-3/28		3-5	K. Smith	\$38
Express Yourself with iPad Art	W	4/4-4/25		3-5	K. Smith	\$38
iPad Beginning	Tu	3/6-4/17		1-3	R. Schiros	\$38
iPad Intermediate	Th	3/8-4/19		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

Thursday, March 8, 22, April 12, 26, 9-11am

Own an Apple product and have questions on how to text, surf the web, reply to emails, and much more? Receive one-on-one assistance for your iPhone, iPad, MacBook, Apple Watch, and other Apple products. so you can realize their full potential! 30 minute appointments are scheduled on a first come first serve basis. Sign up at the front desk.



Zumba Gold-Toning

Wednesday, March 7-April 25, 2:30-3:30pm

Low to moderate intensity strength training exercise and weight training to increase bone density. Walk-in ready to have a blast and tone up, leave exhilarated and empowered! Instructor Polly Hu. Member fee \$37.

Cribbage Beginning

With Fun Tournament

Wednesday, March 28-May 2, 1:30-3:30pm

This is a five week class plus a fun tournament to challenge your newly acquired skills. Learn how to play using American Cribbage Congress rules and develop strategies for maximizing your scoring. Instructor Ed Bloom. Member fee \$10.



Standard & Poor's NetAdvantage

Wednesday, March 28 and April 25, 10-11am

Come to this new workshop presented by the Santa Clara County Library! Standard & Poor's NetAdvantage provides detailed current investments information from Standard & Poor's most popular publications. Members free, senior guests pay \$5. Sign up at the front desk.



Energy Bagua/Walking Meditation

Saturday, March 24-May 5, 11am-12pm

Welcome mental clarity and physical wellness into your life. Walking meditation works your hand eye and foot coordination to improve your physical balance in everyday life. When practiced regularly, it has been demonstrated to provide relief of many chronic illnesses including insomnia, diabetes, skin problems, high blood pressure, carpal tunnel syndrome, and poor muscle tension. Instructor J. Zhou, E. Shu. Member fee \$20.

“八卦內功”是介於運動和靜止之間的一種健身方法，重點在“走”字上。在「八卦內功」的行走之中，領會陰陽平衡之道，融於萬物，溝通自然宇宙的能量，可以快速補充元氣，提升免疫力，強身健體。此外，還有減肥美容，緩解腿腳不便，改善寒涼體質，增強生命能量，延壽增智，開闊心胸等多種功效。會員\$20。星期六 3月24日-5月5日,11:00am -12:00pm。



Nutrition Made Easy:

What's Up With Food?

Monday, March 19 & 26, 1-3pm

Paleo? Gluten Free? Casein Free? Keto? Vegan? Have you wondered what all the buzz is about? In this workshop series, we'll discuss all the popular diets, their benefits, tips and techniques to follow and how to handle having friends and family over with diet restrictions. Instructor Jen Oh. Member fee \$60, includes materials and samples.



Nutrition Made Easy:

Meals for 1 or 2 Workshop

Saturday, March 24, 10am-12pm - Chicken Classics

Saturday, April 14, 10am-12pm - Better Breakfast

Are you cooking for just one or two? In these fun and easy workshops, learn some creative and easy recipes that are healthy, affordable and just the right size. You will even learn ways to make extra to freeze - so there's less work in the long run! Instructor Jen Oh. Member fee \$45 each workshop date, includes samples and take home treats.



Bridge - Defensive Play

Saturday, March 24-April 14, 10am-12pm

This four week class is designed for advanced beginners who have some bridge experience and use Stayman and Blackwood, but would like to improve their defensive play. The class will cover opening leads against notrump and suit contracts, planning the defense, and attitude and suit preference signals. Instructor Paul Davis. Member fee \$28.



PressReader

Wednesday, April 11, 10-11am

Presented by Santa Clara County Librarians, PressReader provides online access to over 6,000 well-known newspapers and magazines. Learn how you can choose from among a vast range of international, regional, local, and niche publications with enhanced digital content from more than 100 countries in 60 languages, including publications such as the *Washington Post*, the *Los Angeles Times*, *Business Traveler*, and *Forbes Weekly*. Members free, senior guests pay \$5. Sign up at the front desk.

De Anza Cardio-Vascular Training

Mon/Wed/Fri, 9-10am

Classes are held at the senior center, and Cupertino Senior Center membership is required. Register at the first class or call Casey at 408.864.5409.

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生計。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, March 12, 26, April 9, 23, 1:30-2:30pm

Tuesday, March 6, 20, April 3, 17, 12:15-1:15pm

Caregiver Support Group

Thursday, March 8, April 12, 3-4:30pm

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

LGBT Caring Community

Monday, April 2, May 7, 10-11:30am

An open group providing a place for elders to grow beyond past experiences and challenges, and celebrate in a safe and open environment.

SCHEDULED APPOINTMENTS

Please call 408.777.3150 to make appointments for the following services:

Health Insurance Counseling (HICAP)

Monday, March 12, 26, April 9, 23, 1-3pm

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

Housing Resource

Monday, March 5, 19, April 2, 16, 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 - 3/5, 3/19, 4/2, 4/16 (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 2, 9, 16, April 6, 13, 20,

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 - 3/2, 3/9, 3/16, 4/6, 4/13, 4/20 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



BIG BUNNY 5K

**SATURDAY, MARCH 31, 8:30AM
CUPERTINO CIVIC CENTER**

The start of spring signals the time for the annual Big Bunny 5K walk or run. Join the

Cupertino Senior Center group and get 10% off.

Use link: bit.ly/TeamCupertinoSeniorCenter2018.

Enter Discount Code: 50HOPPERS. For more info go to

www.bigbunny5k.com

大白兔五里跑 - 3/31 (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，如參加庫比蒂諾耆英中心組，可獲得10%折扣。

請瀏覽bit.ly/TeamCupertinoSeniorCenter2018.

輸入優惠碼:50HOPPERS