



CUPERTINO

THE 50+ SCENE

MARCH/APRIL 2019

CITY OF CUPERTINO SENIOR CENTER 408.777.3150

21251 STEVENS CREEK BLVD.

OUR VOLUNTEERS ARE FIRST CLASS

Our volunteers truly are in a class of their own. They come from every corner of our local area, and they come with one purpose: to make our Cupertino Senior Center the most welcoming, inclusive space around. From our front desk team and event support crew, to our wonderful instructors, and everyone in between, volunteers are the heart and soul of our wonderful community. Make sure to reach out and thank these amazing, caring people April 7-13 when we join the nation in celebrating National Volunteer Week.

Cupertino Senior Center staff is blessed to work alongside these wonderful people, and each one of us is proud to call them not only our colleagues, but our friends. If you would like to learn more about volunteer opportunities at the Cupertino Senior Center, and how you can join this peerless team, please visit cupertino.org/volunteer.



Thanks to Our Volunteers!

CLASSICS AND COOKIES CONCERT

FRIDAY, APRIL 19, 5PM

Enjoy a musical evening of both past and present classical music presented by the Harker Tri-M performance group. Light refreshments will be provided. Members free, senior guests and general public pay \$5.

古典與西餅演奏會 4/19 週五 5pm

Harker Tri-M 樂隊將為我們演奏古今的古典音樂,備有簡單點心招待,會員免費,非會員\$5.

NATIONAL VOLUNTEER WEEK

APRIL 7-13

Join us in celebrating our amazing volunteers during National Volunteer Week. These vital members of our community came together to contribute over 24,000 hours of service in the past year, seeking to inspire, teach, unite, and strengthen the bonds between members. Volunteers enrich the world they live in while also fostering strong relationships and cultivating healthy, robust lifestyles, and the Cupertino Senior Center is honored to support our volunteers in this endeavor. Check out our available volunteer opportunities in the Volunteer Corner to the top right of this page!



VOLUNTEER CORNER

VOLUNTEER OPPORTUNITIES:

HOST/HOESSE COMMITTEE

Hostesses and Hosts welcome members to our various activities, luncheons, lectures, and other events. Quarterly meetings are set to schedule which days will be covered by which hosts. We are always looking for more Hosts and Hostesses, and need more for 2019! For more information contact Jason Bisely at JasonB@Cupertino.org or 408.777.3127.

誠徵主持人,負責招呼參加各項活動如午餐,講座的參與者. 每季安排輪值表,期待你的參與! 詳情請與 Jason Bisely 聯絡 JasonB@Cupertino.org 408.777.3127.

FRONT DESK VOLUNTEER

Front Desk Volunteers create a bright, vibrant, and wonderful place to be for the 50+ community. Interested in becoming a Front Desk Volunteer? Please contact Amanda Hui at AmandaH@Cupertino.org or 408.777.3374. Bilingual 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 AmandaH@cupertino.org 或撥打電話 408.777.3374.

GREETING CARD VOLUNTEERS

We're seeking volunteers who have creativity and a sense of humor to help organize and repurpose donated greeting cards. The program supports Bingo and Case Management. Contact Amanda Hui at AmandaH@Cupertino.org or 408.777.3374.

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Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **March 6**, 8am; Non-member *begins* March 13.

→ Day Trip Preview starts at 7:30am ←

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

Stories in Light at Montalvo and a Taste of Peru

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

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

Member Cost: \$119 - dinner included

Captain Morgan's Delta Adventure

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

Member Cost: \$156 - waitlist only

HAMILTON

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

Member Cost: \$326 - waitlist only

Explore the Chabot Space & Science Center

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

Join us for a day of discovery and wonder at the Chabot Space & Science Center. Enjoy a show in the planetarium and experience many hands-on and educational stations involving topics like the sky, heat cameras, and scopes. Begin your day with a delicious lunch at Crogan's Montclair Restaurant.

Member Cost: \$114 - lunch included

Carmel-by-the-Sea

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

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

Member Cost: \$49

Travel SMART

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

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

Member Cost: \$119 - waitlist only

Mare Island Museum and the McCune Room

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

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

Member Cost: \$94 - lunch included

Horseracing at Golden Gate Fields



Friday, May 10, 10:30a-6:30p

Golden Gate Fields is the place to enjoy a full day of thrilling, heart-pounding thoroughbred horseracing. Come learn how to bet, test your luck, and cheer on your favorites. Indulge in a lavish buffet in the Turf Club while you enjoy the action.

Member Cost: \$114 - lunch included

Mardi Gras Travel Party

Tuesday, March 5, 1:30pm

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

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

Explore Benicia*Thursday, May 16, 9a-5:30p*

Explore Benicia's past and present with a delicious lunch at the former Jack London haunt, Sailor Jack's, before experiencing a piece of California history with a tour of the only surviving pre-Sacramento capitol, the Benicia Capitol State Historic Park.

Member Cost: \$122 - lunch included

Filoli and Scratch*Wednesday, May 22, 9:30a-5:30p*

Discover the rich history of the gorgeous Filoli garden estate on our docent-led tour of the grand country house and the spectacular formal gardens. Before visiting beautiful Filoli, enjoy a delicious hosted brunch at Scratch Restaurant in Mountain View.

Member Cost: \$123 - brunch included

**BEAUTIFUL
the Carole King Musical***Wednesday, May 29, 10a-6:30p*

Immerse yourself in the inspiring and classic music of Carole King with the Tony and Grammy Award-winning musical, BEAUTIFUL. From your orchestra seats at the Golden Gate Theater, this true story will take you on the ride of a lifetime. Before the show, explore the delicious options of Hayes Valley for your no-host lunch.

Member Cost: \$159

Bizet's Carmen*Sunday, June 2, 10a-6:30p*

Experience the drama and excitement of grand opera in person at a final dress rehearsal of some of opera's most famous and beloved music with Carmen at the War Memorial Opera House. Before the show, enjoy a no-host lunch in North Beach.

Member Cost: \$98

**The Duarte Garage and
Lincoln Highway Museum***Thursday, June 6, 9a-5p*

Discover the history of the nostalgic Duarte Garage on our docent-led tour of the Lincoln Highway Museum. Admire the antiques and historic fire trucks restored by History Guild volunteers. Enjoy a delicious lunch at the Sourced BBQ and Spirits Restaurant in Livermore before learning about the past and present of the Livermore-Pleasanton Fire Department on our docent-led tour.

Member Cost: \$111 - lunch included

**The Western Railway Museum
& The Cast Iron Grill & Bar***Wednesday, June 19, 9a-5:30p*

Venture to the beautiful Waterfront District of Suisun City! Discover the history of the Transcontinental Railroad at the Western Railway Museum. Take a ride on a vintage train car, explore the vast collection of 50 historic railway vehicles, tour the exhibits at your pleasure, and chat with the docents. Enjoy lunch at The Cast Iron Grill & Bar.

Member Cost: \$123 - lunch included

OUT-TO-LUNCH BUNCH*Tuesday, April 23, 11:30a***Enzo's**

21275 Stevens Creek Blvd. #510, Cupertino

Please register at the front desk. Space is limited.

Ever wanted to see the stunning fall colors of New England, view the artistic display of masterpieces come to life, or stand among the emerald hills of Ireland? Join us for one of these fascinating and enriching experiences!

**From Ireland's Ancient East
to the Wild Atlantic Way***10 days, June 8-17, 2019*

Dublin - Galway - Garinish Island - Kinsale
Blarney - Killarney - Cliffs of Moher - Waterford
Kilmeadan - Rathburn Farm

**Laguna Arts Festival and
Pageant of the Masters***4 days, August 4-7, 2019*

Reagan Presidential Library - Queen Mary Dinner
Sawdust Festival - San Juan Capistrano - Catalina Island
Los Angeles City Tour - Space Shuttle Endeavor

Classic Fall Foliage*9 days, October 12-20, 2019*

Boston - Bar Harbor - Killington - Southbridge
North Conway - Acadia National Park - Woodstock
Portland - Newport - Mystic Seaport - Stockbridge

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

MARCH ACTIVITY HIGHLIGHTS

St. Patrick's Day March Birthday Bash

Wednesday, March 13, 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, and dessert. Members with March birthdays will be honored. Preregistration required. Vegetarian option available when registering. Space is limited. Members \$12, senior guests add \$5 day pass.

聖帕特里克節日午餐和慶生宴- 3/13 (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.

Monday Night

Basketball Socials

Come watch your Warriors take on the Spurs in the midst of the end-of-season playoff push. Then come back in April for the ultimate contest in collegiate basketball! Preregistration required. Members \$8 per game, senior guests add \$5.

Warriors vs. Spurs

Monday, March 18, 5-8pm

Enjoy salad and hearty jambalaya.

NCAA Men's Basketball Championship

Monday, April 8, 5-9pm

Enjoy oven-roasted vegetables and creamy mac and cheese.

The Physical and Mental Benefits of Exercise Lecture

Tuesday, March 26, 3:30-5pm

Exercise is good for more than just the body. This workshop by Breathe California will offer ways to motivate yourself to move more and get the benefits and independence exercise can bring. Free for members, senior guests pay \$5 day pass. Sign up online or at the lobby table.

Lunch with Friends

Wednesday, March 27, April 17, 11:45am

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

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

March 27 - BBQ Chicken 烤雞

April 17 - Shepherd's Pie 牧羊人餡餅

Monthly Movie

FREE!

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

Wonder Woman (2017)- Against the backdrop of World War I, this DC Comics film follows the eponymous heroine as she leaves her Amazonian home on a quest to save the world. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

Age Well, Drive Smart

Wednesday, March 6, 9am-1pm

The CHP presents topics such as myths about older drivers, compensating for age-related changes, safe driving, and more. Receive a certificate upon completion which some insurance companies accept for discounts. Members free, senior guests pay \$5 day pass. Sign up online or at the lobby table.

Creativebug Workshop

Wednesday, March 6, 10-11am

Get your creative juices flowing with Creativebug! Learn how to enjoy unlimited access to over 1,000 online art and craft classes, patterns, and recipes with daily updates! Presented by the Cupertino Library. Members free, senior guests pay \$5 day pass. Preregistration required. Sign up online or at the front desk.

50+ Softball

Thursday, March 28-December 5, 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 \$45 for the season. Membership is required.

50+ Bocce Ball

Wednesday, March 6-October 30, 9am

Enjoy the outdoors while playing bocce at Blackberry Farm Park along the Stevens Creek Trail. Meet new people and have a great time while playing a game of bocce! First time players welcome, instructions available. Free for members.

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 1 - *The Red Notice* - by Bill Browder presented by Rita Sauvage

April 5 - *White Like Her* - by Gail Lukasik presented by Carroll Maguire

MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
<p>VOLUNTEER ORIENTATION Monday, March 4, 1:30pm Monday, April 15, 1:30pm</p>		<p>SMART LIVING HEALTH AND WELLNESS FAIR Friday, April 12, 10am-2pm Join us for the second annual Smart Living Health and Wellness Fair at the Senior Center. Booths and educational sessions will provide information on community and health resources. Fitness demonstrations will round out the day. Healthy lunches will be sold and free giveaways offered (numbers limited). Open to the public.</p>		<p>1 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 寶果 1-4:30 Ping Pong 乒乓 1:30-3 Book Review - <i>The Red Notice</i> by Bill Browder 1:30-4 TechTime</p>
<p>AARP 4-HOUR SMART DRIVING RENEWAL Monday, April 8, 12-4:30pm This is the renewal course for those who have taken the full 8-hour class. For more information and to register, call Ina Checkman at 408.257.6940</p>				<p>2 SATURDAY</p>
<p>3 SUNDAY 3:30-8:30 Stories in Light at Montalvo and a Taste of Peru Trip</p>	<p>5 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 Android Workshop 10-11:30 Book Discussion - <i>The Forger's Spell</i> 10-12 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 1:30 Mardi Gras Travel Party</p>	<p>6 7:30 New Trip Presentation 8 New Trip Sign-up 9 50+ Bocce Ball 9-1 Age Well, Drive Smart Presentation 10-11 Ten Warning Signs of Alzheimer's Presentation 10-11 Creativebug Workshop 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p>	<p>7 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>8 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 寶果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p>
<p>4 MONDAY 10-12 Golf for Seniors 12-4 Card Playing 1:30 Volunteer Orientation</p>				<p>9 SATURDAY</p>
<p>11 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社</p>	<p>12 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-6:30 Captain Morgan's Delta Adventure Trip 10-12 TV Production - The Better Part 12-4 Card Playing</p>	<p>13 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 St. Patrick's Day March Birthday Bash (\$12) More info on page 4 感恩節午餐/生日宴 1:45 Mindfulness Meditation Introductory Seminar 2-4 Card Playing</p>	<p>14 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3-4:30 Caregiver Support Group</p>	<p>15 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 寶果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p>
				<p>16 SATURDAY</p>
<p>18 10-12 Golf for Seniors 12-4 Card Playing 1-2 Volunteer Advisory Council 5-8 Monday Night Basketball Social (\$8) Salad and Hearty Jambalaya</p>	<p>19 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>20 9 50+ Bocce Ball 9:15-5:45 Hamilton Trip 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p>	<p>21 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>22 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 寶果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p>
				<p>23 SATURDAY</p>
<p>25 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>26 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production - The Better Part 12-4 Card Playing 3:30-5 The Physical and Mental Benefits of Exercise Lecture</p>	<p>27 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 11:45-1:30 Lunch with Friends (\$8) BBQ Chicken 烤雞 12-4 Card Playing 1:30-3:30 Monthly Movie - <i>Wonder Woman</i> (2017)</p>	<p>28 9-12 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>29 9:30-11:30 Rhythmaires Band Practice at Quinlan NO Mah Jongg 麻將 NO Bingo 寶果 NO Ping Pong 乒乓 NO TechTime</p>
				<p>30 SATURDAY Senior Center Closed for Private Event 耆英中心歇業</p>

APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT	
1 10-12 Golf for Seniors 12-4 Card Playing	2 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-11:30 Book Discussion - <i>The Stranger in my Genes</i> 10-12 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 3:30-5 Basic Conflict Resolution Workshop	3 9 50+ Bocce Ball 10-11 Universal Class Workshop 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3 Around the World in 60 Minutes Performance	4 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	5 9:30-11:30 Rhythmairs 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>White Like Her</i> by Gail Lukasik 1:30-4 TechTime <hr/> 6 SATURDAY	
8 10-12 Golf for Seniors 12-4 Card Playing 12-4:30 AARP 4-Hour Renewal Class 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社 5-9 Monday Night Basketball Social (\$8) Roasted Vegetables and Creamy Mac and Cheese	9 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 iPhone Workshop 10-12 TV Production - The Better Part 12-4 Card Playing 3:30-5 Financial Wellness Lecture	10 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 April Birthday Bash (\$12) More info on Page 7 冬季節慶/生日宴 12-4 Card Playing	11 9-12 50+ Softball 9:30-6 Explore the Chabot Space and Science Center Trip 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	12 9:30-11:30 Rhythmairs Band Practice at Quinlan 10-2 Smart Living Health and Wellness Fair NO Mah Jongg 麻將 NO Bingo 賓果 NO Ping Pong 乒乓 NO TechTime <hr/> 13 SATURDAY	
15 10-12 Golf for Seniors 12-4 Card Playing 1:30 Volunteer Orientation	16 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	17 8:30-4:30 Carmel-by-the- Sea Trip 9 50+ Bocce Ball 10-11 SimplyE Workshop NO Case Manager Consultation 社工諮詢 11:45-1:30 Lunch with Friends (\$8) Shepherd's Pie 牧羊人餡餅 12-4 Card Playing 1:30-2:30 Jazz Concert	18 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	19 8:30 Newsletter Collating 9:30-11:30 Rhythmairs 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 5 Classics and Cookies Concert <hr/> 20 SATURDAY <div style="background-color: #0070C0; color: white; padding: 5px; text-align: center; font-weight: bold;">BIG BUNNY 5K</div>	
22 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	23 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production - The Better Part 11:30 Out to Lunch Bunch at Enzo's 12-4 Card Playing 3:30-4:30 Home Fire Safety, Fall Prevention Presentation	24 9 50+ Bocce Ball 9-11 Hearing Tests 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Monthly Movie - <i>The Princess Bride (1987)</i>	25 9-12 50+ Softball 9-5:30 Travel SMART Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	26 9:30-11:30 Rhythmairs Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime <hr/> 27 SATURDAY	
29 10-12 Golf for Seniors 12-4 Card Playing	30 8:30-6 Mare Island Museum and the McCune Room Trip 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				<div style="text-align: center;"> JAZZ WITH MIKI CONCERT Wednesday, April 17, 1:30-2:30pm Celebrate International Jazz day early with local and multilingual vocalist Miki Melton! Enjoy with friends as Miki delights your ears with her smooth, light voice in an entertaining afternoon of jazz. Light refreshments will be provided. Members free, senior guests pay \$5. Preregistration required. Sign up online or at the front desk. </div>

APRIL ACTIVITY HIGHLIGHTS

April Birthday Bash

Wednesday, April 10, 12pm

Celebrate April birthdays with a Russian-themed meal! Enjoy Olivier salad, Chicken Kiev, and dessert accompanied by Russian entertainment. Preregistration required. Vegetarian option available when registering. Space is limited. Members \$12, senior guests add \$5 day pass.

4月慶生會 4/10 週三, 中午12點

來與我們同享以俄羅斯為主題的慶生宴. 將有奧利維爾沙拉, 基輔雞, 甜點並俄國餘興節目. 註冊時可選擇素食餐, 會員\$12, 非會員多加當日活動費\$5.

Monthly Movie

FREE!

Wednesday, April 24, 1:30-3:30pm

The Princess Bride (1987)- Relive the beloved classic! Cary Elwes and Robin Wright star in this extremely quotable romantic comedy fantasy that pits true love against most heinous villainy. Fencing, fighting, torture, revenge, giants, monsters, chases, escapes, true love, miracles... and it's one of Kim's all-time favorite movies! Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.



FREE!

Financial Wellness Lecture

Tuesday, April 9, 3:30-5pm

Protecting your money is important—especially in retirement. Join Breathe California for a presentation on how you can avoid financial scams and learn about other tips to maximize savings. Free for members, senior guests pay \$5 day pass. Sign up online or at the lobby table.



Universal Class Workshop

Wednesday, April 3, 10-11am

Register for unlimited access to over 500 free, non-credit, online, continuing education courses using your Santa Clara County Library card. Enroll in up to five courses at a time. You have six months to finish each course. Members free, senior guests pay \$5 day pass. Preregistration required. Sign up online or at the front desk.

FREE!

FREE!

SimplyE Workshop

Wednesday, April 17, 10-11am

Learn how to incorporate the library's OverDrive, CloudLibrary, and Odilo collections for free, courtesy of the Santa Clara County Library District. eBooks in English and Spanish are both available! Preregistration required. Members free, senior guests pay \$5 day pass. Sign up online or at the front desk.



Around the World in 60 Minutes

Wednesday, April 3, 1:30-3pm

Take part in an afternoon of musical fun and fellowship led by the Harmonikat and Ukulele Band. This year, join them as they paddle around the globe! Light refreshments will be provided. Members free, senior guests pay \$5. Sign up at the lobby table.

FREE!

FREE!

Home Fire Safety and Fall Prevention

Tuesday, April 23, 3:30-4:30pm

Join Santa Clara County Fire to understand fire risks and how to practice fire safety habits while developing a home escape plan. Identify fall risks and learn simple, effective home fixes to prevent falls. Members free, senior guests pay \$5 day pass. Sign up online or at the lobby table.

Big Bunny 5K

Saturday, April 20, 7am



Grab your family and friends and get energized for the Big Bunny 5K! Everyone can participate, from competitive or first-time runners, to walkers, or even hoppers! The Big Bunny 5K is less about where you finish, and more about creating a positive, healthy, connected community. Use the

promo code "SENIORS" to get an extra 10% off while registering online at <https://runsignup.com/race/ca/cupertino/2019bigbunny5k>

FREE!

Hearing Tests

Wednesday, April 24, 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. Space limited. Members free, senior guests pay \$5 day pass. Sign up at the front desk.

免費聽力檢查

4月24日, 星期三, 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.



Basic Conflict Resolution Workshop

Tuesday, April 2, 3:30-5pm

We are pleased to offer a training on understanding conflict and managing your response to conflict situations, discovering communication strategies, and creating a plan for ways to improve your particular response to conflict. This workshop is offered by Project Sentinel, a housing counseling agency who specialize in landlord/tenant and neighbor mediation. Members free, senior guests pay \$5 day pass. Sign up online or at the lobby table.

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS FEBRUARY 25	DAY	DATES	NO CLASS	TIME	INSTRUCTOR	MEMBER FEE
Accordion	T	3/5-4/23		1:35-3:10	R. DiBono	\$20
Beading	Th	3/7-3/28		1:15-3:15	D. Hall	\$35
Beading	Th	4/4-4/25		1:15-3:15	D. Hall	\$35
Brain Fitness	W	4/3-5/8		10-12	D. Everham	\$15
Bridge: Competitive Bidding	S	3/2-3/23		10-12	P. Davis	\$28
Bridge: Defensive Play and Signaling	S	4/6-4/20		10-12	P. Davis	\$21
Chair Exercise	FLEX M, Th	3/4-4/29		10:15-11:15	P. Hu	\$45
Chinese Brush Painting 10:40am	M	4/8-6/3	5/27	10:40-12:40	M. Lee	\$60
Chinese Brush Painting 8:30am	M	4/8-6/3	5/27	8:30-10:30	M. Lee	\$60
Chinese Calligraphy 12:50pm	T	3/5-4/30		12:50-2:50	F. Jair & W. Mann	\$15
Chinese Calligraphy 3:00pm	T	3/5-4/30		3-5	L. Cheng & Y. Wang	\$15
Citizenship Class	M, T, F	2/25-4/23	3/29, 4/12	8:15-9:45	V. Wong	\$20
Conversational English	M, T	4/15-7/8	5/27	10-11:45	V. Wong & P. Chun	\$20
Conversational Mandarin - Level 1	Th	3/21-5/9		9-10:30	J. Li	\$40
Conversational Mandarin - Level 2	F	3/22-5/24	3/29, 4/12	10-11:30	K. Hu	\$40
Conversational Mandarin - Level 3	Th	3/21-5/9		9;10:30	L. Gao	\$40
Cooking with Suzanne: Japanese Vegetarian Cooking	W	3/6		10-2	S. Vandyck	\$55
Cooking with Suzanne: Spanish Paella Fiesta	W	4/24		10-2	S. Vandyck	\$55
CSC Wednesday Jam	W	3/6-4/24		3-4:30	J. Cunningham	\$15
ESL - Advanced	Th	3/28-5/16		11-1	L. North	\$25
ESL - Basic and Easy	M	3/18-5/6		10-12	L. North	\$25
ESL - Intermediate	W	3/6-4/24		10-12	L. North	\$25
ESL - Intermediate Conversation	T	4/9-5/28		1:30-3	J. Andrushko	\$20
Feldenkrais Method	FLEX T	3/12-4/30		9:30-10:30	M. Westlaken	\$40
HarmoniKatz Performance Band	M	4/1-5/27	5/27	3:45-5:15	D. Ng	\$15
Hatha Yoga	FLEX Th	3/14-5/2		2:30-3:30	V. Bhat	\$50
Hula - Beginning	FLEX M	4/1-5/20		11:45-12:40	J. Pereria-Anderson	\$15
Hula - Performance Group	M	4/1-5/20		12:55-1:55	J. Pereria-Anderson	\$15
Humanities	T	4/2-5/21		10:30-12:30	C. Jech	\$40
Japanese - Beginning	T	3/19-5/14	4/23	8:30-9:45	T. Terry	\$35
Japanese - Intermediate	T	3/19-5/14	4/23	9:45-10:45	T. Terry	\$35
Kumihimo	Th	3/7-3/28		3:15-5:15	D. Hall	\$35
Kumihimo (Beaded)	Th	4/4-4/25		3:15-5:15	D. Hall	\$35
Matter of Balance	Th	3/21-5/9		2-4	Stanford Health Staff	\$0
Mindfulness Meditation	M	3/18-4/15		2-3:15	S. Nethisinghe	\$10
Nutrition Made Easy: Healthy Pasta	M	4/15		10-12	J. Oh	\$40
Nutrition Made Easy: Managing Diabetes	F	3/15		1:30-3:30	J. Oh	\$25
Nutrition Made Easy: One Pot Meals	M	3/18		10-12	J. Oh	\$40
Nutrition Made Easy: Promote Brain Health	F	4/26		1:30-3:30	J. Oh	\$25
U.S. History	T	3/5-3/26		12:35-1:35	R. DiBono	\$15
Ukulele - Advanced Beginning	T	4/2-5/28		3:15-4:45	D. Ng	\$22
Ukulele - Beginning	T	4/2-5/28		1:30-3	D. Ng	\$22
Ukulele Strum and String	M	3/18-5/6		1:30-3:15	S. Chen	\$15
VivAsia Chair Lotus	FLEX S	3/2-5/4	3/30, 4/27	11:15-12:15	M. Kao	\$16
VivAsia Lotus	FLEX S	3/2-5/4	3/30, 4/27	10-11	M. Kao	\$16
Yoga for 50+ - Beyond Barre & Stretch	FLEX T	3/5-4/30	3/19	4-5	P. Hu	\$40
Yuan Chih Dance	FLEX F	3/1-5/3	3/29, 4/12	10-11:30	Annie & Helen	\$15
Zumba Gold @ QCC	FLEX F	3/15-5/3		2:30-3:30	G. Duval	\$37
Zumba Gold @ QCC	FLEX M	3/11-4/29		2:30-3:30	P. Hu	\$37
EVENING CLASSES						
Chinese Painting with May Shei	Th	3/14-4/25	3/21	5:30-8	M. Shei	\$56
Chinese Brush Painting 6:00pm	W	3/13-5/1		6-8	M. Lee	\$60
Line Dance - Beginning 初級排舞	Th	3/14-5/2		7-8:30	K. Chang	\$48
Line Dance - Beginning/Intermediate 先進初級排舞	T	3/12-4/30		7-8:30	K. Chang	\$48
Yoga Foundations	FLEX T	3/5-4/30	4/9	5:15-6:30	R. Narayanan	\$48
Yoga Foundations - Intermediate	FLEX Th	3/21-5/9		4:45-6	E. Meir	\$48
COMPUTER AND TECHNOLOGY CLASSES						
iPad Beginning	T	3/5-4/16		1-3	R. Schiros	\$38
iPad Intermediate	Th	3/7-4/17		1-3	R. Schiros	\$38
蘋果手機/蘋果平板電腦初級班	W	4/3-4/24		1-3	L. Su	\$22

CLASS HIGHLIGHTS

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

Apple Assistance

FREE!

Thursday, March 14, 28, April 11, 25, 3-6pm

Own an Apple product and have a question on how to use it? Receive one-on-one assistance so you can text, surf the web, reply to emails, and so much more! 1-hour appointments are scheduled on a first-come, first-served basis. Preregistration required. Sign up at the front desk. Members free, senior guests pay \$5 day pass.

Mindfulness Meditation

NEW!

Introductory Seminar and Class

Wednesday, March 13, 1:45pm

Monday, March 18-April 15, 2-3:15pm

Join us to learn about the upcoming Mindfulness Meditation class. Practicing mindfulness has become recognized as a very effective way to maintain stress-free healthy living. Sign up for seminar at the lobby table. Sign up for class online or at the front desk. Instructor Sunil Nethisinghe. Member fee \$20.

Weekly Walks with Keith

FREE!

Weather Dependent. Check the Lobby Table for Upcoming Dates!

Meet at McClellan Ranch Preserve, and explore the flora and fauna of the Stevens Creek Corridor habitat. Weather permitting, Keith will bring out a telescope and point out an astronomical treat or two! Preregistration required. Members free, senior guests pay \$5 day pass. Sign up online or at the Senior Center front desk.

Cooking With Suzanne:

NEW!

Japanese Vegetarian Cooking

Wednesday, March 6, 10am-2pm

Join Suzanne for a healthy and organic Japanese vegetarian menu. In this class you will experience a delectable menu of spiced warm edamame, macrobiotic soba noodle soup with cabbage, ginger, garlic and shiitake mushrooms, and cucumber and wakame salad and for dessert: irresistible taiyaki. Instructor Suzanne Vandyck. Member fee \$55.

Spanish Paella Fiesta

NEW!

Wednesday, April 24, 10am-2pm

Suzanne will make you feel like you're in Spain in this cultural cooking class and reveal the art of making true Spanish Paella. Flavored with rice, vegetables, saffron, olive oil, soffrito, fish, chicken, and seafood, learn how to bring the flavors of Spain to your table! For dessert: Crema Catalana; a popular Catalan custard infused with orange zest, a hint of cinnamon, and a crispy caramel coating. Instructor Suzanne Vandyck. Member fee \$55.

Nutrition Made Easy:

NEW!

Managing Diabetes Lecture

Friday, March 15, 1:30-3:30pm

Making healthy food and drink choices is key to preventing and managing diabetes. Discover how to create a healthy eating plan with easy tips and techniques. Understand what foods to choose to help control your blood sugar. Instructor Jen Oh. Member fee \$25.

One Pot Meals for One or Two Cooking Workshop

NEW!

Monday, March 18, 10am-12pm

Create easy, healthy, and delicious one pot meals that are perfect for one or two. We will make three different dishes that are freezer friendly so everything we make, you get to take home to enjoy later! Instructor Jen Oh. Member fee \$40.

Healthy Pasta Cooking Workshop

NEW!

Monday, April 15, 10am-12pm

Create easy, healthy, and delicious pasta dishes that are perfect for one or two. We will make three different dishes. Everything we make you get to take home to enjoy later! All diets and food preferences welcomed. Instructor Jen Oh. Member fee \$40.

Promote Brain Health

NEW!

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

Promoting brain health is the key to healthy aging and preventing dementia and Alzheimer's. Discover key steps with simple tips and techniques to keep our brains healthy and sharp. Instructor Jen Oh. Member fee \$25.

iPhone and Android Workshops

FREE!

Android: Tuesday, March 5, 9:30-11:30am

iPhone: Tuesday, April 9, 9:30-11:30am

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

iPad/iPhone Beginning in Mandarin

Wednesday, April 3-24, 1-3pm

蘋果手機/蘋果平板電腦初級班 - 國語授課
週三, 4月3-24, 1-3pm

來對iPhone/iPad有更多的認識並學習如何設置,控制中心,照片編輯,下載和更多的應用. 上課需知:請帶充好電的iPhone/iPad,需要iOS 12.x.x. 並個人蘋果帳戶編號 或 媒體播放收錄器iTunes編號與密碼. 請到前台報名. 會員\$20.

CASE MANAGER'S CORNER

Case Management Program

This program helps seniors obtain community resources enabling them to remain independent and safe in their home. Case Managers provide assessments to determine the needs for services; coordinate and ensure legal services are in place. Home visits can be provided to homebound seniors living in Cupertino. Free service, membership required.

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

本中心為住在庫市的耆英提供社工服務。該服務包括為耆英尋找各種社區資源以助耆英繼續過獨立和安全的的生活。行動不便的長者，社工可提供家訪。此服務免費，需會員。社工可以講國粵語。星期三，早上10至中午12，無需預約。週一至五，辦公時間早上8到下午5，需預約。

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, March 11, 25, April 8, 22, 1:30-2:30pm

Tuesday, March 5, 19, April 2, 16, 30, 12:15-1:15pm

DROP-IN GROUP

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

Caregiver Support Group

Thursday, March 14, April 11, 3-4:30pm

SCHEDULED APPOINTMENTS

Please call 408.777.3150 to make appointments for the following services:

Health Insurance Counseling (HICAP)

Monday, March 11, 25, April 8, 22, 1-3pm

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

Housing Resource

Monday, March 4, 18, April 1, 15, 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 - 3/4, 3/18, 4/1, 4/15 (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 1, 8, 15, April 5, 12, 19

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 3/1, 3/18, 3/15, 4/5, 4/12, 4/19, 10:30am-12:30pm
60歲以上，並住在聖縣。

MARCH \ APRIL 2019

THE 50⁺ SCENE

Smart Living Health and Wellness Fair

Friday, April 12, 10am-2pm

Join us for the second annual Smart Living Health and Wellness Fair held at the Senior Center. There will be booths and multiple educational sessions providing information on community and health resources as well as fitness demonstrations. Healthy lunches will be sold and giveaways offered (numbers limited). Open to the public.

City of Cupertino Senior Center

21251 Stevens Creek Blvd.

Cupertino, CA 95014

408.777.3150

www.cupertino.org/senior

www.cupertino.org/50plus

www.facebook.com/CupertinoSeniorCenter

FIRST CLASS MAIL