



CUPERTINO

# THE 50+ SCENE

MAY/JUNE 2014

CITY OF CUPERTINO SENIOR CENTER 408.777.3150

21251 STEVENS CREEK BLVD.

## SPRING HAS SPRUNG

It is time to spring into action and spring into health. "Safe Today, Healthy Tomorrow" is the theme for May's Older Americans Month, reminds us of the importance of staying active which can help us be healthy tomorrow. Come celebrate Older Americans Month with the Cupertino Senior Center and remember to stay healthy, be active.

### NEW SPRING OFFERINGS!

**NEW!** WATER AND ENERGY SAVING TIPS .....PAGE 4

**NEW!** 50+ FRESH AIR WELLNESS .....PAGE 4

**NEW!** LEARN TO SLEEP LIKE A BABY .....PAGE 7

**NEW!** FRESH TUSCAN DESSERT TORTAS .....PAGE 9

**NEW!** EARLY MORNING TAI CHI ON THE DECK ....PAGE 9

### **NEW!** MARV'S MUSICAL MEMORIES

MONDAY, MAY 12, 2-3PM— CLASSICS I

MONDAY, JUNE 9, 2-3PM— LATIN MUSIC

Marv Emerling is a local musician and music collector with great interest in the performers, composers, and players. Specially recorded music is accompanied with thoroughly enjoyable commentary. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

## 4<sup>TH</sup> ON THE 3<sup>RD</sup> AND JULY BIRTHDAY BASH

THURSDAY, JULY 3, 12PM

Independence Day is coming early to the Cupertino Senior Center, come get patriotic with us! Wear your Red, White, and Blue! We will celebrate our nation's birthday as well as honor members with July birthdays with American-themed music by the Rhythmaire's Band and BBQ'd burgers with all the fixings. Members \$8, senior guests add \$5 day pass. **Sign up early, space is limited.**

慶祝美國國慶-7/3(週四), 12pm 請來聆聽本中心樂隊演奏愛國歌曲, 午餐是烤漢堡, 洋芋沙拉, 西瓜, 甜點和檸檬水. 我們將對七月壽星(會員)表示敬意. 會員 \$8, 來賓請加付當日活動費\$5

## VOLUNTEER CORNER

### VOLUNTEER AWARDS

The Cupertino Senior Center has the best volunteers around. It is our volunteers which make the Cupertino Senior Center a welcoming and friendly place that we all enjoy while taking a class, socializing, seeking resources, and going on trips. There are many volunteers who have been recognized for their outstanding contributions to the Cupertino community. To read more about the award winning volunteers and the senior center volunteer program please visit our website at [www.cupertino.org/senior](http://www.cupertino.org/senior).

### CUPERTINO RECOGNIZES COMMUNITY VOLUNTEERS

Individuals and groups who have made outstanding contributions to the City of Cupertino will receive the CREST Award. The awards ceremony and reception will be held in the Cupertino Community Hall, 10350 Torre Avenue, Wednesday, June 4, at 7pm. The ceremony is free and open to the public.

### NEW VOLUNTEER ORIENTATION

Monday, May 5, 1:30-2:30pm

Monday, June 2, 1:30-2:30pm

Learn about the Cupertino Senior Center Volunteer Program and how to navigate the volunteer web portal to enter your volunteer hours. Please RSVP to Justin Cecil at [JustinC@Cupertino.org](mailto:JustinC@Cupertino.org) or 408.777.3150.

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# Share Discovery Through Travel

Member New Trip Sign-up Begins Wednesday, **May 7**, 8am; Non-member begins May 14.

→ Day Trip Preview starts at 7:30am ←

## GRATON RESORT & CASINO

*Friday, May 9, 9a-6p*

Try your luck with 3,000 slots, over 130 table games, live poker room, and unbeatable dining options for lunch on your own at the brand new Graton Casino.

**Member Cost: \$49**

## A Surprise Day in May

*Thursday, May 15, 8a-5p*

Full - taking wait-list only

**Member Cost: \$107** - lunch included

## “Brunch With Flair”

*Sunday, May 18, 10a-2p*

As you sit in the Starlight Room on the 21<sup>st</sup> 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: \$109** - brunch included

TRAVELS WITH GARY

## ROUND THE BAY PENINSULA

*Wednesday, May 28, 8:15a-5:15p*

We will explore the waterfront from the Presidio, on down the west bay (with a lunch stop at Bertolucci's) ending along the San Mateo County water front.

**Member Cost: \$107** - lunch included

## What's All The Buzz About?

*Tuesday, June 3, 8:15a-4:30p*

The Carmel Valley Ranch is a luxurious resort, and also the location of more than 60,000 Italian Honey Bees. We'll don bee suits and help with feeding new colonies and harvesting honey, before enjoying lunch at this 5-star resort. This is a small-group experience-only 19 spots!

**Member Cost: \$149** - lunch included

## Golden Gate Fields

*Thursday, June 12, 10a-6:30p*

Enjoy a full day of thrilling, heart-pounding horse racing. We have Turf Club seating for this exciting day.

**Member Cost: \$82** - lunch included

## HARLEY FARMS AND PESCADERO

*Wednesday, June 25, 8:30a-3:45p*

Harley Farms is the home to acclaimed and award-winning cheese--you will get to meet and pet their goats, learn the process of making cheese, and make a batch yourself. Delicious lunch at the famous Duarte's!

**Member Cost: \$99** - lunch included

## CHER DRESSED TO KILL

*Wednesday, July 2, 6:15-11:15p*

Full - taking wait-list only

**Member Cost: \$98**

**ONCE** The enchanting tale of a  
Dublin street musician

*Tuesday, July 8, 4:15-11:30p*

This is an award-winning Broadway show that draws you in from the first note and never lets you go. We have center Mezzanine seats at the Curran Theater, and choices for dinner on your own from a wealth of restaurants.

**Member Cost: \$126**



## OUT-TO-LUNCH BUNCH

*Thursday, June 26, 11:30am*

**Paris Baguette**

20735 Stevens Creek Blvd.

## RIDE THE DUCKS

*Tuesday, July 15, 8:30a-4:30p*

Climb aboard *Ride The Ducks* for a fun land and water tour of the historic streets and neighborhoods of San Francisco, plus lunch at the Hard Rock Café and a visit to Musée Mècanique.



**Member Cost: \$99** - lunch included

## “GORGEOUS” day at the Asian Art Museum

*Wednesday, July 30, 8:30a-3p*

Our docent-led tour of *Gorgeous* will present stimulating new contexts to chart the boundaries of beauty in some extreme forms.



**Member Cost: \$61**

## INTO THE WOODS

*Tuesday, August 5, 3:45-10:30p*

Experience the award winning, endearing and captivating musical “Into The Woods” by Sondheim and Lapine, as well as summer evening dining in South San Francisco.



**Member Cost: \$118** - dinner included

## Darlene Love at Stern Grove

*Sunday, August 10, 10:15a-5:30p*

Join us for a perfect afternoon spent with music, friends, and food as we enjoy the fabulous tunes of Rock and Roll Hall of Famer Darlene Love! You’ll have time for a picnic lunch at the famous Stern Grove before the concert begins.



**Member Cost: \$53** - picnic lunch included

## MONUMENTS

### CALIFORNIA HISTORY

*Wednesday, August 13, 8a-5p*

Experience the lives of some “monumental” figures in California history through Gary’s captivating stories at the Mountain View Cemetery in addition to other intriguing locales.



**Member Cost: \$99** - lunch included

## MENDOCINO and FORT BRAGG

*4 Days - August 16-19*

Four days of delight--from wine tasting to the skunk train, from state parks to historic walks, from lighthouses to theater, and much more.

*Travel Presentation Thursday, May 8, 2:30 pm*

**Member Cost: \$895**, double occupancy. Includes \$50 off if you register by May 9. (\$945 after May 9)

## Mountain House Restaurant

*Friday, September 5, 4:15-7:45p*

Featured on Check Please! Bay Area and Eye On The Bay, the Mountain House Restaurant offers fine dining in the gorgeous scenery of the Santa Cruz Mountains. Enjoy a special evening of dining with good friends, old and new!



**Member Cost: \$76** - includes dinner

## MOTOWN, *The Musical*

*Thursday, September 18, 4:30-11:30p*

Filled with stories and music of legends such as Diana Ross and Smokey Robinson, this is an uplifting show about how Motown broke down barriers and got us all dancing. Time for dinner on your own before this groovy show!



**Member Cost: \$139**

## Maine Coastal Cruise

*8 Days - September 20-27*

People have been drawn to the spectacular coast of Maine for its pristine natural landscapes. As you wind around islands and through narrow waterways, you will experience the enrapturing mountains, sparkling waters, and charming costal towns which make Maine one of the most magical places in America.

**Member Cost: Cruise starting at \$3,925**

## SPAIN’S CLASSICS

*11 Days - November 8-18*

Travel and walking tours that ease you into the ways of Spanish culture. See flyer for details.

**Member Cost: \$4,249** double occupancy

Sign up by May 8 to save \$250

*Travel Presentation, Tuesday, May 13, 2pm*

# MAY ACTIVITY HIGHLIGHTS

## May Social and Birthday Bash

Wednesday, May 14, 12pm

[The Piano Man, Mark Watson](#), performs with vocal styling reminiscent of Frank Sinatra and Nat King Cole. Join us for a fun show and a lunch of grilled Italian chicken sandwich, and Mediterranean pasta salad, followed by chocolate-banana bread pudding. Members with May birthdays will be honored. Members \$8, senior guests add \$5 day pass. Space is limited, sign up early.

五月生日宴- 5月14日(週三),12pm 鋼琴手, 馬克沃森, 將以西納特拉和納特金科爾的演唱風格表演他們的成名歌曲。午餐是雞肉青椒三明治。地中海通心粉沙拉和甜點。將對5月過生日的會員表示敬意。會員8元, 耆英來賓加5元當天活動。

## Lunch with Friends

Wednesday, 12pm

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

**May 7-** Shredded chicken tacos, chips, salsa, and dessert

**May 28-** Bistro chicken-pasta salad, bread sticks, and dessert

**June 4-** Pastrami on rye, salad, and dessert

## Book Review Meeting

FREE!

First Friday of the Month, 1:15-3pm

Learn about new books and meet new people. Free for members, senior guests pay \$5 day pass.

**May 2-** *Calico Joe* by John Grisham, reviewed by Helen Nowicki

**June 6-** *The Book Thief* by Markus Zusak, reviewed by Sally Skeels

## Water and Energy Saving Tips

Monday, May 12, 10-11am

The California Public Utilities Commission presents simple daily tips you and your family can do on conserving water as well as energy -- and at the same time, help reduce your monthly utility bills! Every little bit helps. Open to the public. Please sign up at the lobby table.

## Cataract 101

Wednesday, May 28, 1-2:30pm

Dr. Yichieh Shiuey is an ophthalmologist from PAMF, he will be discussing eye changes as people age, specifically cataract, causes, treatment options, what they do during surgery, and outlook. Open to the public, please sign up at the lobby table.

## 50+ FRESH AIR WELLNESS

### 50+ SOFTBALL

Thursday, May 1-October 17, 9am-12pm

Softball for 50+ is back for the 2014 season. Join the *Cupertino Geezers* on Thursday mornings at Memorial Park and enjoy a friendly game of pick-up softball. The camaraderie abounds at 9am when warm-up and batting practice begins. The game starts promptly at 10am. Fee is \$38 for the year. Membership is required.

### 50+ BOCCE BALL

FREE!

Wednesday, May 7-June 25, 9am-12pm

If you like playing bocce, enjoy the outdoors, meeting new people, and having fun, then 50+ Bocce is for you. We will meet at the Bocce Ball courts alongside the Stevens Creek Trail at Blackberry Farm Park at 9am. First time players welcome, instructions are available. Members free, senior guests pay \$5 day pass

## AARP Smart Driver Class

Wednesday, May 21 & 28, 12:30-4:30pm

This is the 8-hour course for those who are taking the AARP class for the first time. To register and information please call the course instructor, Lana, at 408.368.7969. Senior center membership is not required to participate.

## Children at the Senior Center

Children are welcome at the senior center when we have advertised family events. However, children are not allowed to attend programs or classes offered for seniors. For the safety of the children and others, please never leave children unattended in our lobby or lounge, and please have children walk when inside the building.

兒童在耆英中心- 耆英中心歡迎兒童參加多代同堂的家庭節目。但是兒童不宜參加專為會員設計的活動和課程。為了大家的安全, 請勿讓兒童落單或在中心奔跑。

# MAY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CITY OF CUPERTINO SENIOR CENTER</b> 408.777.3150 <b>OFFICE HOURS:</b> Monday-Friday 8am-5pm <b>EMAIL:</b> <a href="mailto:SeniorCntr@cupertino.org">SeniorCntr@cupertino.org</a> <b>WEBSITE:</b> <a href="http://www.cupertino.org/senior">www.cupertino.org/senior</a> Find us on <a href="#">Facebook!</a></p>	<p><b>CUPERTINO DAY</b> <b>AT BLACKBERRY FARM PARK</b> <i>Saturday, May 3</i> <b>10am - 6pm</b> For more information call 408.777.3140 or <a href="http://www.blackberryfarm.org">www.blackberryfarm.org</a></p>		<p><b>1</b> 11:15-1:30 Needlecraft 12-2 Card Playing 2-3:30 Current Events Discussion Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>2</b> 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:15-3 Book Review- <i>Calico Joe</i> by John Grisham</p>
<p><b>5</b> 10-12 Golf for Seniors 12-4 Card Playing</p>	<p><b>6</b> 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</p>	<p><b>7</b> 7:30 Day Trip Preview 8 New Trip Sign Up 9-12 50+ Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12 Lunch with Friends (\$6) Chicken Tacos 12-4 Card Playing</p>	<p><b>8</b> 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2 Learn About the Senior Center 2:30 Mendocino Travel Presentation 2-4 Open Bridge 3-4:30 Caregiver Support Group</p>	<p><b>9</b> 9-6 Graton Casino Trip 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 <b>No Bingo</b> 1-4:30 Ping Pong 乒乓</p>
<p><b>12</b> 10-11 Water and Energy Saving Tips 10-12 Golf for Seniors 11-12 Free Chair Exercise Demonstration 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2-3 Marv's Musical Memories- Classics I 2:05-3:35 Ballroom Dance Social 交際舞社交 5:30-6:30 Free Yopalates Demonstration</p>	<p><b>13</b> 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 2 Spain's Classics Travel Presentation</p>	<p><b>14</b> 9-12 50+ Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12 May Social/Birthday Bash (\$8) Grilled Italian Chicken Sandwich and The Piano Man 5月慶生宴 12-4 Card Playing</p>	<p><b>15</b> 8-5 A Surprise Day in May Trip 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><b>16</b> 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓</p>
<p><b>18 SUNDAY</b> 10-2 Brunch with Flair Trip</p> <p><b>19</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:45 Volunteer Advisory Council Meeting</p>	<p><b>20</b> 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><b>21</b> 9-12 50+ Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 3-3:30 Free Tai Chi Demonstration</p>	<p><b>22</b> 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><b>23</b> 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓</p>
<p><b>26</b> <b>MEMORIAL DAY SENIOR CENTER CLOSED</b>  國殤日 耆英中心歇業一天</p>	<p><b>27</b> 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><b>28</b> 8:15-5:15 'Round the Bay with Gary-Peninsula Trip 9-12 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 Lunch with Friends (\$6) Bistro Chicken-Pasta Salad 12-4 Card Playing 1-2:30 Cataract 101 Lecture</p>	<p><b>29</b> 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><b>30</b> 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓</p>

# JUNE 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>2</b> 10-12 Golf for Seniors 12-4 Card Playing	<b>3</b> 8:15-4:30 What's All the Buzz About? Trip 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10:30-11:30 Booktalk 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓	<b>4</b> 9-12 50+ Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12 Lunch with Friends (\$6) Pastrami on Rye 12-4 Card Playing	<b>5</b> 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 2-3:30 Current Events Discussion Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	<b>6</b> 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 1:15-3 Book Review- <i>The Book Thief</i> by Markus Zusak	
<b>9</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2-3 Marv's Musical Memories- Latin Music 2:05-3:35 Ballroom Dance Social 交際舞社交	<b>10</b> 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	<b>11</b> 9-12 50+ Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12 Luau and Birthday Bash (\$10) 夏威夷饗宴 Teriyaki Chicken Kani Ka Pila Ukulele Band 12-4 Card Playing 5-6:30 Caregiver Support Group in Mandarin 家庭照護者互持小組	<b>12</b> 9-12 50+ Softball 10-6:30 Golden Gate Fields Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2 Learn About the Senior Center 2-4 Open Bridge 3-4:30 Caregiver Support Group	<b>13</b> 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	
<b>16</b> 10-11 Lecture: Sleep Like a Baby 10-12 Golf for Seniors 12-4 Card Playing	<b>17</b> 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	<b>18</b> 9-12 50+ Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing	<b>19</b> 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	<b>20</b> 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	
<b>23</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社交 3-5 Retirement Reception for Teresa Mo 歡送茶會	<b>24</b> 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	<b>25</b> 8:30-3:45 Harley Farms and Pescadero Trip 9-12 50+ Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Movie- <i>The Book Thief</i>	<b>26</b> 9-12 50+ Softball 11:15-1:30 Needlecraft 11:30 Out-to-Lunch Bunch Paris Baguette 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	<b>27</b> 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	
<b>30</b> 10-12 Golf for Seniors 12-4 Card Playing	<div style="border: 2px solid black; padding: 10px;"> <p style="text-align: center; color: blue; font-weight: bold; font-size: 1.2em;">SUMMER CONCERT SERIES</p> <p style="text-align: center; font-weight: bold;">MEMORIAL PARK AMPHITHEATRE</p> <p style="text-align: center; font-weight: bold;">THURSDAYS, 6:30 - 8PM</p> <p style="text-align: center;">Pack a picnic and bring a friend for a free, fun-filled evening of music!</p> <p style="text-align: center;">June 5 - Cupertino Symphonic Band</p> <p style="text-align: center;">June 12 - Daze on the Green</p> <p style="text-align: center;">June 19 - Patron Latin Rhythms</p> <p style="text-align: center;">June 26 - Retro Rockets</p> </div>			<div style="border: 2px solid black; padding: 10px;"> <p style="text-align: center; font-weight: bold;">CITY OF CUPERTINO SENIOR CENTER</p> <p style="text-align: center;">408.777.3150</p> <p style="text-align: center; font-weight: bold;">OFFICE HOURS:</p> <p style="text-align: center;">Monday-Friday 8am-5pm</p> <p style="text-align: center; font-weight: bold;">EMAIL:</p> <p style="text-align: center;"><a href="mailto:SeniorCntr@cupertino.org">SeniorCntr@cupertino.org</a></p> <p style="text-align: center; font-weight: bold;">WEBSITE:</p> <p style="text-align: center;"><a href="http://www.cupertino.org/senior">www.cupertino.org/senior</a></p> <p style="text-align: center; font-weight: bold;">Find us on <a href="#">Facebook!</a></p> </div>	

# JUNE ACTIVITY HIGHLIGHTS

## Luau and June Birthday Bash

Wednesday, June 11, 12pm

Celebrate June birthdays with a traditional Hawaiian Luau. We will serve Teriyaki chicken, Haupia (coconut pudding), tropical fruit, sweet rolls, and fried rice. Our own Kani Ka Pila Ukulele Band will entertain you with beautiful Hawaiian music and dance. Members with June birthdays will be honored. Members \$10, senior guests add \$5 day pass. Sign up early.

夏威夷饗宴 6/11(週三), 12pm 請來享用炭烤照燒雞 熱帶水果 椰子布丁 炒飯和甜麵包 並可聆聽四弦琴演奏夏威夷音樂和觀賞呼拉舞蹈表演我們將對6月壽星(會員)表示敬意。會員 \$10, 來賓請加付當日活動費\$5。

## Monthly Movie

Wednesday, June 25, 1:30-3:30pm

*The Book Thief*– 2013, the story takes place during WWII, a young girl steals books that were intended for destruction by the Nazi soldiers. Lemonade and popcorn will be served. Members free, senior guests pay \$5 day pass.

FREE!

## Bingo Lunch

Friday, June 27, 12pm

Join us for a savory summer meal of roasted chicken with side dishes. Wear a fun summer hat, play bingo, and enjoy a great afternoon. Bingo begins at 1pm and cards are sold separately \$4-\$7. Lunch for members is \$10, senior guest add \$5 day pass. Sign up early at the front desk, space is limited.

NEW!

## Stay Active Fund

Stay Active Fund is about helping 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 program is available until June 30, or until the funds are depleted. Please contact the senior center for more details.

保持活躍基金- 幫助50歲以上低收入人士來耆英中心參加活動, 該基金提供獎學金, 讓耆英成為中心會員, 參加中心課程和活動, 如想申請, 請在六月三十日前和我們聯絡。

## Adult Community Education

June 9-July 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. Sign up starts May 16.

成人學校課程 請參考課程手冊 所有課程在耆英中心上課 但是必須在成人學校報名 您也需要是耆英中心會員 會費是庫市居民22元一年 非居民27元 6/9-7/26, 5/16 開始註冊

## De Anza Cardio-Vascular Training

June 30-August 22

Mon/Wed, 9-10am; Tue/Thu 1:30-2:30pm

The class is designed for the development and maintenance of strength, flexibility, and fitness for seniors with a verified physical disability. Classes are held at the senior center, and Cupertino Senior Center membership is required. Register at the first class or call Tom at 408.864.5409.

## Sleep Like a Baby

Monday, June 16, 10-11am

NEW!

Dr. Posner, a member of the American Academy of Sleep Medicine, who works at Palo Alto VA Hospital, will discuss sleep periods, insomnia, age effects on sleep, and non-pharmaceutical treatment of insomnia. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

## Congratulations Teresa Mo!

After 13 enriching years as the Recreation Coordinator organizing the outstanding classes and events at the senior center, Teresa will be retiring on June 26. Much of the growth of the adult 50+ program since 2001 is due to Teresa's dedicated efforts to arrange for diverse and enticing programming for the senior center. Teresa's care, compassion, and dedication for everyone at the senior center is extraordinary. The staff, volunteers, and members would all like to thank Teresa for her great work and wish her much happiness and enjoyment in her retirement.

Please join us on **Monday, June 23, 3-5pm**, for a cookies and punch reception to say thank you to Teresa and wish her a happy retirement. Please sign up at the lobby table.

在耆英中心服務13年的Teresa Mo 將在6月26日退休。13年來, Teresa 為本中心提供了無數多姿多采的活動和課程來豐富耆英的人生, 而中心的活動也在Teresa的安排下漸漸成長。為此, 我們員工、義工和會員感謝Teresa多年來認真和誠懇的工作。祝福她有個幸福的退休生活。

6/23(星期一), 3-5pm, 請來參加Teresa的歡送茶會, 請在櫃檯登記。

# CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS APRIL 28	DAY	DATES	TIME	INSTRUCTOR	MEMBER FEE
Accordion	T	5/6-7/1	1:45-3:15	R. Di Bono	\$20
Art History- Social Realism (Americas)	T	6/17-7/22	1:30-3:30	K. Young	\$45
Ballroom Dance 交際舞- Two Step, Waltz	W	5/7-5/28	1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞- Rumba, Quick Waltz	W	6/4-6/25	1:30-3:30	D. Lew	\$32
Chair Exercise	M & W	5/19-6/30	11-12	T. Baker	\$40
Chinese Brush Painting 國畫班	M	5/12-7/14	8:30-10:30	M. Lee	\$50
Chinese Brush Painting 國畫班	M	5/12-7/14	10:40-12:40	M. Lee	\$50
Chinese Calligraphy 書法班	T	5/6-6/24	3-5	C. Cheng, K. Liew	\$15
Citizenship Class 公民班	M & F	5/2-6/30	8:15-9:45	V. Wong	\$20
Cooking with Suzanne- Fresh Tuscan Dessert Tortas	W	5/21	10-1	S. Vandyke	\$55
Conversational English 英語會話班	M & T	6/2-7/29	10-11:45	P. Chun, V. Wong	\$20
Erhu I 二胡班	T	6/10-7/29	3:30-5	G. Lai	\$20
Erhu II 二胡班	Th	6/12-7/31	3-4:30	G. Lai	\$20
ESL- ABC's 英文字母班	W	5/7-6/25	1-3	R. Mussman	\$25
ESL- Basic and Easy 初級英語班	M	4/28-6/23	10-12	R. Mussman	\$25
ESL- Advanced Beginning 初高級英語班	W	5/7-6/25	10-12	R. Mussman	\$25
Feldenkrais Method	T	5/6-6/24	9:30-10:30	M. Westlaken	\$40
Feldenkrais Chair Exercise	W	4/30-6/18	1:30-2:30	M. Westlakin	\$40
Harmonica II- Performance Band	M	6/9-7/28	3:45-4:45	A. McKee	\$15
Hatha Yoga	Th	5/15-7/3	2:30-3:30	V. Bhat	\$37
Hula Dancing 夏威夷呼拉舞	M	5/12-6/23	11:45-12:45	F. Ota	\$15
Hula Dance Performance Group	M	5/12-6/23	12:55-1:55	F. Ota	\$15
Pilates	T	6/17-8/5	1:15-2:15	K. Phipps	\$35
Tai Chi- Early Morning on the Deck 太極拳	W	5/21-7/9	7:30-8:30	H. Tseng	\$46
Tai Chi for Older Adults 太極拳	W	5/21-7/9	3:30-4:30	H. Tseng	\$46
Tai Chi for Older Adults 太極拳	Th	5/8-6/26	10:30-11:30	H. Tseng	\$46
Ukulele Class- Beginning II	T	6/10-7/29	3:30-5	A. McKee	\$20
U.S. History	T	6/3-6/24	10-11	R. Di Bono	\$15
Yoga for 50+	T	6/17-8/5	4-5	B. Laux	\$40
Yoga for 50+	Th	5/1-6/19	4-5	B. Laux	\$40
Yuan Chih Dance 元極舞	F	5/2-6/27	10-11:30	Annie & Helen	\$15
Zumba Gold with Irene	F	6/6-8/1	3:45-4:45	I. Ortiz	\$36
Zumba Gold with Irene at Quinlan Center	M	6/2-7/21	2:30-3:30	I. Ortiz	\$36
<b>EVENING CLASSES</b>					
Line Dance- Advanced Beginning	T	5/20-7/8	7-8:30	Sue & Kathy	\$48
Stress Management- Mindfulness Based	M	5/12-6/30	6-7	H. Ho	\$35
Tai Chi for Older Adults 太極拳	T	5/20-7/8	6:30-7:30	H. Tseng	\$46
Yoga for 50+	T	6/17-8/5	5:15-6:15	B. Laux	\$46
Yoga for 50+	W	6/18-8/6	5:15-6:15	B. Laux	\$46
Yogalates	M	5/19-7/7	5:30-6:30	H. Mojgani	\$37
Zumba Gold Dance & Toning	W	5/21-7/9	6:30-7:30	H. Shariffe	\$45
<b>COMPUTER AND TECHNOLOGY CLASSES</b>					
Apple Beginning	W	5/28-6/18	12-2	P. Spitsen	\$22
iPad I for Chinese Speakers 中文蘋果 iPad班 I	T	5/13-6/3	10-12	C. Ho	\$22
iPad Beginning	T	5/27-6/17	1-3	R. Schiros	\$22
iPad Intermediate	Th	5/29-6/19	1-3	R. Schiros	\$22
iPad Advanced	W	5/7-5/28	9:30-11:30	K. Smith	\$38
iPad Advanced	M	6/2-6/30	9:30-11:30	K. Smith	\$38
Maintain Your PC	F	6/6-7/11	1-3	M. Ferguson	\$22
PC Beginning	F	6/6-8/1	10-12	M. Ferguson	\$35
Tech Talk	T	6/17-7/8	5-6	A. Byczkowski	\$15



# CLASS HIGHLIGHTS

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## Yogalates

**Monday, May 19-July 7, 5:30-6:30pm**

Combination of breathing techniques and stretches of yoga together with Pilates exercises to build strong core muscles, improve flexibility and balance. Member fee \$37

**Free Demonstration-Monday, May 12, 5:30-6:30pm.**

Sign up at the lobby table, members free, senior guests add \$5 day pass.

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## Fresh Tuscan Dessert Tortas

**Wednesday, May 21, 10am-1pm**

Join Chef Suzanne, cook book author and sommelier, as she shows you how to make **Torta di Ricotta con Limone** with Limoncello, a pie made with olive oil, ricotta and organic Meyer Lemons, **Torta di Caprese**, moist chocolate cake made with dark chocolate and walnuts, a specialty from the island of Capri, and **Torta della Nonna**, a Tuscan cheese pie with Pine Nuts and slivered almonds to be enjoyed with an espresso. Member fee \$55

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## Maintain Your PC

**Friday, June 6-July 11, 1-3pm**

An advanced computer course where you will learn to prevent computer catastrophes, to repair problems that occur, to energize your computer by deleting unnecessary files. Students should already be familiar with using the internet such as Google searches, downloading, and installing programs. Must bring own laptop computer. No class July 4. Member fee \$22

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## Chair Exercise

**Monday & Wednesday, May 19-June 30, 11am-12pm**

Designed for students with a wide range of abilities, the instructor will adjust her teaching to suit students' needs. This gentle exercise class may improve muscle strength, balance, and flexibility. Member fee \$40

**Free Demonstration-Monday, May 12, 11am-12pm** Free for members, senior guests pay \$5 day pass. Please sign up at the lobby table.

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## U.S. History Seminar

**Tuesday, June 3-June 24, 10-11am**

Critical thinking in U.S. history featuring writing essays and seminar discussions of historical problems. Learn to analyze material and offer hypothesis in a seminar fashion. Member fee \$15

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## ESL- ABC's

**Wednesday, May 7-June 25, 1-3pm**

Start from ABC's, learn the 26 characters, pronounce, write, and form words. Member fee \$25

英文字母班 5/7-6/25(週三) 1-3pm 從26個英文字母開始. 學習讀. 寫. 發音. 並拼字. 會員費\$25

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## Art History- Social Realism

**Tuesday, June 17-July 22, 1:30-3:30pm**

Social Realism is an art form where painters draw attention to the conditions of the working poor. Join art history instructor, Ken Young as he explores the life and work of different artists: Thomas Hart Benton, Reginald Marsh, Grant Wood, Ben Shahn, and ends the session with an impersonation of Diego Rivera. Member fee \$45

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## Tech Talk

**Tuesday, June 17-July 8, 5-6pm**

This class will give you an opportunity to ask your tech questions, as you will be able to guide the conversation and learn new facts and best practices for a variety of technology. Member fee \$15

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## Stress Management

### Mindfulness Based

**Monday, May 12-June 30, 6-7pm**

Learn ways to cultivate the inner resources and abilities to respond more effectively to stress, pain, and other challenges of everyday life. The class includes guided instruction in mindfulness meditation, gentle movement exercises, and practical coping skills for dealing with stressful situations. Member fee \$35

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## Early Morning

### Tai Chi on the Deck

**Wednesday, May 21-July 29, 7:30-8:30am**

Get your day started with an early morning Tai Chi class, this is a gentle exercise that may improve balance and muscle strength, easy to learn, and suitable for people of all physical conditions. Member fee \$46

**Free Demonstration-Wednesday, May 21, 3-3:30pm** Member free, senior guests pay \$5 day pass. Sign up at the lobby table. Check class listing for additional Tai Chi classes offered at the senior center.

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# CASE MANAGER'S CORNER

## Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, May 12, June 9, 23, 1:30-2:30pm

Tuesday, May 6, 20, June 3, 17, 12:15-1:15pm

### Case Manager

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

社工服務. 為行動不便的會員提供服務. 須是中心會員

### Drop-in Consultation with Case Manager

Wednesdays 10am-12pm

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

No appointment is needed. English /Cantonese/Mandarin.

社工諮詢- 週三, 10am-12pm, 一般諮詢, 不需預約, 須是中心

會員. 英, 國, 粵語服務.

### Caregiver Support Group

Thursday, May 9, June 13, 3-4:30pm

Wednesday, June 11, 5-6:30pm, Mandarin

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

### Caregiver Support Group in Mandarin

家庭照護者互持小組- 6/11(週三), 5-6:30pm 如您正為照顧一個患病家人而感到無助, 請來參加此小組分享難處和心得.

Please call 408.777.3150 to make appointments for the following services: 下列服務, 請預約.

### Health Insurance Counseling (HICAP)

Thursday, May 8, 22, June 12, 26, 1-3pm

Consultation on Medicare and health insurance.

健康保險諮詢-5/8, 6/12, (週四), 9-10am 中文服務

### Housing

Wednesday, May 7, 21, June 4, 18, 2-4pm

Information on resources for senior housing options.

租屋諮詢 - 5/7, 5/21, 6/4, 6/18, (週三), 2-4pm

### Senior Adult Legal Aid (SALA)

Friday, May 2, 9, 16, June 6, 13

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 - 5/2, 5/9, 5/16, 6/6, 6/13

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](http://www.cupertino.org/senior)

[www.cupertino.org/50plus](http://www.cupertino.org/50plus)

[www.cupertino.org/seniorcenterfacebook](http://www.cupertino.org/seniorcenterfacebook)

## FIRST CLASS MAIL

### Early Registration Promotion

### Chair Exercise

Monday & Wednesday, May 19-June 30

11am-12pm

Sign up for this class by May 16, 2014 and you will save \$15. You must present this coupon at the time of registration. Limited to the first 20 registrations.

Please turn to page 9 for class description.