



CUPERTINO

THE 50+ SCENE

MAY/JUNE 2015

CITY OF CUPERTINO SENIOR CENTER 408.777.3150

21251 STEVENS CREEK BLVD.

GET INTO THE ACT.

OLDER AMERICANS MONTH

MAY 2015

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating [Older Americans Month each May](#). The theme of this year's celebration is "Get into the Act," to focus on how people are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. By promoting and engaging in activity, wellness, lifelong learning, you can "Get into the Act." Throughout the month and all year-round, the Cupertino Senior Center offers classes, lectures, and social opportunities for staying involved and taking advantage of our positive, healthy, and connected community.

NEW! STRATEGIES FOR COPING WITH VISION LOSS

MONDAY, MAY 11, 10-11AM

Presented by Alice McGrath, Community Relations Manager of the [Vista Center for the Blind and Visually Impaired](#). Participants will learn about the unique needs of those who are experiencing significant vision loss, as well as resources available to those who have experienced significant vision loss. Alice, who is legally blind can also answer your questions. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

NEW! BE RED CROSS READY

MONDAY, JUNE 15

9:30-10:30AM (ENGLISH), 11AM-12PM (MANDARIN)

Get a kit. Make a plan. Be informed. It's important to prepare for possible disasters and other emergencies. There are three actions everyone can take that can help make a difference. Learn about being prepared for natural or man-made disasters at this informative lecture hosted by the Silicon Valley chapter of the American Red Cross. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

為緊急狀況做好準備- 6/15, 週一, 9:30-10:30 (英語), 11am-12pm (國語), 由美國紅十字會矽谷分會為您舉辦的資訊講座, 該講座將會向您提供如何隨時為天災或人為慘劇的緊急事故做出準備。會員免費, 耆英來賓加付當日門票\$5, 請提早登記。

NEW! EVENING SPAGHETTI FEED

THURSDAY, JUNE 25, 5PM

Come and enjoy a delicious spaghetti dinner before experiencing the 50's and 60's music of the Hot Rods, part of the [Memorial Park Summer Concert Series](#). Enjoy your dinner on the senior center deck, or have your food boxed, to be savored at the Memorial Park Amphitheater, before the show. Pre-registration is required. Fee \$8, open to the public.

傍晚意粉美食 6/25 (週四), 5pm 在欣賞五十和六十年代熱門音樂之前, 享受美味的意粉晚餐, 紀念公園盛夏音樂會節目之一, 你可以在耆英中心享受美食, 或帶飯盒在紀念公園表現前享用。費\$8, 請早登記。此項活動對外開放。

VOLUNTEER CORNER

ENGAGE TODAY, THRIVE TOMORROW

There are many different types of volunteer positions at the Cupertino Senior Center to get you "into the act." Interacting with members, behind the scenes, teaching courses, and even out in our community, each volunteer plays a pivotal role in creating a positive, healthy, and connected community.

How to apply: Prospective senior center volunteers must be current members of the senior center and 50+ in age. Find and apply for volunteer opportunities at www.cupertino.org/volunteer. To learn more, contact JustinC@cupertino.org or call 408.777.3150.

NOW RECRUITING GOLF TOURNAMENT COMMITTEE

Help continue this fun annual tradition! This committee will work on securing donations for prizes, help with scoring, and other tasks related to the event. Join in to discover a whole new aspect of this fun summer activity! To learn more, contact JustinC@cupertino.org or call 408.777.3150.

WHAT'S INSIDE

Tours & Trips.....	2, 3
May Highlights	4
May Calendar.....	5
June Calendar.....	6
June Highlights	7
Class Schedule.....	8
Class Highlights.....	9
Case Manager's Corner	10



Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **May 13**, 8am; Non-member *begins* May 20
 → Day Trip Preview starts at 7:30am ←

Travels with Gary Holloway

A Taste of San Francisco

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

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

Member Cost: \$118 - lunch included

Book of Mormon

Thursday, May 21, 4-11:45p

Touted "*The funniest musical of all time.*" This nine-time Tony Award-winning Best Musical is back in San Francisco!

Member Cost: \$169

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

Point Reyes National Seashore With Doug McConnell

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

Full - taking waiting list only.

Member Cost: \$88 - lunch included

EXPLORING ROOFTOP GARDENS

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

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

Member Cost: \$104 - lunch included

CRUISING THE BAY ON THE USS POTOMAC

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

Full - taking waiting list only.

Member Cost: \$104 - lunch included on board

"ANYTHING GOES"

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

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

Member Cost: \$99 - lunch included

Travel with us as we go to the Alameda County Fair



Thursday, July 2, 12-8p

Show off your red, white, and blue and enjoy this slice of local Americana, as you explore activities ranging from arts and crafts to horse racing, as well as delicious and unique foods.

Member Cost: \$50

Lunch at the Cliff House

Tuesday, July 21, 10a-3p

Enjoy a summer afternoon of pleasures. Treat yourself to a fabulous feast of sights and flavors at Sutro's Restaurant in the Historic Cliff House.



Member Cost: \$118 - lunch included

Matilda, The Musical

Wednesday, July 29, 10:30a-6p

Experience the award-winning musical *Matilda*, from our orchestra seats at the Orpheum Theater. Enjoy lunch in San Francisco at the restaurant of your choice before the show.

Member Cost: \$118

OUT-TO-LUNCH BUNCH

Tuesday, June 23, 11:30a

Amici's East Coast Pizzeria

10310 De Anza Blvd., Cupertino

Filoli Summer Jazz Concert

Sunday, August 9, 10:45a-4:45p

Experience the work of outstanding musicians at the intimate show, among the gardens of the beautiful Filoli Estates. There will be time before the concert to enjoy a tour of the grounds and house. **NEW!**

Member Cost: \$124 - lunch included

San Jose Earthquakes and the new Avaya Stadium

Friday, August 14, 6:15-10:45p

Experience a Quakes game against Colorado Rapids at San Jose's new state-of-the-art soccer stadium, while enjoying the largest outdoor bar in America with a wide range of foods and beverages to choose from. **NEW!**

Member Cost: \$71

Inspiring Iceland

9 Days- August 16-24, 2015

Small group travel – limited to 24 persons

Member Cost: \$5,199 double occupancy

Travels with Gary Holloway

The French Quarter-San Francisco

Tuesday, August 25, 8:30a-4:30p

A day of joie de vivre with Gary Holloway, tour guide extraordinaire. Explore the French Quarter of San Francisco and enjoy a decadent French luncheon. **NEW!**

Member Cost: \$98 - lunch included

The Phantom of the Opera

Your Choice of Two Performances:

Thursday, September 3, 4-11:45p

or

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

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

Member Cost: \$128 each performance

Tuscan and Umbrian Countryside

11 Days- October 16-26, 2015

Small group travel – limited to 24 persons

Member Cost: \$5,199 double occupancy

Travel presentation Thursday, May 14 at 4pm

Sign up for presentation to receive an extra raffle ticket.

Holiday Cruise on the Danube

Avalon Waterways!

10 Days- December 1-10, 2015

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

Travel Presentation Monday, May 11 at 3:30pm

Sign up for presentation to receive an extra raffle ticket.

Tropical Costa Rica

9 Days- February 4-12, 2016

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

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

Travel presentation Thursday, May 14 at 4pm

Sign up for presentation to receive an extra raffle ticket.

International Mystery Tour

Guided by Julia and Kim **NEW!**

13 Days- May 11-23, 2016

Do you love fascinating culture, amazing history, castles, beautiful countryside, delicious food, and a little adventure? Then this small-group tour to an iconic destination with 4-star accommodations is planned just for you! Mystery tours are always fun! This tour features a destination that you have never experienced with us and you're sure to be pleasantly surprised! Let the guessing begin as the destination will only be revealed just prior to our arrival at the airport.

To hear more about this fascinating tour join us for the

Travel presentation Thursday, May 20 at 3pm

Sign up at the front desk for an extra raffle ticket!

Crystal Cruise on the Panama Canal

18 Days- October 30-November 16, 2016

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

Member Cost: \$6,930 double occupancy inclusive

Travel presentation in September - watch for date!

MAY ACTIVITY HIGHLIGHTS

May Social and Birthday Bash

Wednesday, May 20, 12pm

Let the good times roll in May with Steve Siacotos performing 50's and 60's classics. Enjoy refreshing bruschetta, cedar-plank grilled salmon served on a bed of baby arugula, and a delectable dessert. Vegetarian option available when registering. Members with May birthdays will be honored. Member fee \$10, senior guests add \$5 day pass.

五月慶生宴與交流- 5/13 (週三), 中午12點 在五月與Steve Siacotos表演五十和六十年代經典音樂中,共享美好時光. 享受開胃菜, 烤鮭魚沙拉和美味的甜點.我們將對五月壽星(會員)表示敬意.會員\$10,耆英來賓加付當日門票\$5,註冊時可選擇素菜.請早登記.

FREE! Classical Accordion Concert

Monday, May 18, 12-1pm

Local, Bay Area accordionists are coming together and combining their talents to offer a concert for our members. Selections will include Mozart, Dvorak, Brahms, Bach and more. Join us for this great opportunity to hear the masters play! Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

經典手風琴音樂會 5/18 (週一),12-1pm 灣區本地手風琴家為我們會員共同表現才藝音樂會,其中有莫扎特,德沃夏克,勃拉姆斯,巴哈等等樂曲,一同享受這難得機會,欣賞專家表現.會員免費,耆英來賓加付當日門票\$5,請早登記.

NEW! The Better Part Encore Presentation: Public Safety and Crime Prevention

Monday, May 11, 4-5:30pm

We all want to keep ourselves and our families safe from crime. Unfortunately, some criminals are targeting seniors, the most vulnerable segment of our society. Come watch a Better Part encore presentation and learn some tips from our guest, a Deputy Sheriff, on how to avoid being victimized by some common scams and frequent crimes. Free for members, senior guests pay \$5 day pass. Sign up at the lobby table.

FREE! Let's Talk Current Events

Wednesday, May 20, June 24, 1:30-3pm

Join this lively monthly discussion group to discuss important and interesting topics and learn about others' points of view. Discover how goings-on around the world will affect you with Nancy McGinnis, legal specialist and current lecturer at San Francisco State University, facilitating the conversation. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

Book Review Meeting

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

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

May 1- *Orphan Train* by Christina Baker, reviewed by Helen Nowicki

June 5- *Under the Wide and Starry Sky* by Nancy Horan, reviewed by Rita Sauvage

AARP Smart Driver Class

Wednesday, May 20 and 27, 12:30-4:30pm

This is a full 8-hour AARP Smart Driver class, split into two 4-hour sessions. Call Les Schreiber 408.316.8654 for program information and to register.

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.



50+ SOFTBALL

Thursdays, 9am-12pm

Join us weekly on the Memorial Park softball field. Batting practice begins at 9am with a pick-up game at 10am.

Member fee \$38 for the season.

Thursday, May 21, 10am- SCC Vintage Softball Club

Thursday, June 18, 10am- Redwood City Señors

Come out and support your Cupertino Geezers as they host the first games of the season!



50+ BOCCE BALL

Wednesdays, 9am-12pm

Meet at the Bocce Ball courts alongside the [Stevens Creek Trail at Blackberry Farm Park](#) at 9am. First time players are welcome, instructions available. Free for members.



MAY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CITY OF CUPERTINO SENIOR CENTER 408.777.3150</p> <p>OFFICE HOURS: Monday-Friday 8am-5pm</p> <p>EMAIL: SeniorCntr@cupertino.org</p> <p>WEBSITE: www.cupertino.org/senior</p> <p>Find us on Facebook!</p>	 <p>CUPERTINO DAY AT BLACKBERRY FARM PARK Saturday, May 2 10am - 6pm</p> <p>For more information call 408.777.3140 or visit www.blackberryfarm.org</p>	<p>1 8 May/June Registration Begins 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- Orphan Train by Christina Baker</p>		
<p>4 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 New Volunteer Orientation</p>	<p>5 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</p>	<p>6 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p>	<p>7 8:30-4:30 A Taste of San Francisco Trip 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>8 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>11 10-11 Strategies for Coping with Vision Loss Lecture 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 3:30 Christmastime on the Danube Travel Presentation 4-5:30 The Better Part Encore Presentation</p>	<p>12 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 6:30-11:30 Neil Diamond Live Trip</p>	<p>13 7:30 Day Trip Preview</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>TRIP SIGN-UP DAY 8AM</p> </div> <p>9 50+ Bocce Ball NO Case Manager Consultation 沒有社工諮詢 12-4 Card Playing</p>	<p>14 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2 Learn About the Senior Center 2-4 Open Bridge 3-4:30 Caregiver Support Group 4 Tuscany and Costa Rica Travel Presentations</p>	<p>15 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>18 10-12 Golf for Seniors 12-1 Classical Accordion Concert 12-4 Card Playing 1:30-2:30 Volunteer Advisory Council Meeting</p>	<p>19 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>20 9 50+ Bocce Ball NO Case Manager Consultation 沒有社工諮詢 12 May Social/Birthday Bash (\$10) Cedar Plank Grilled Salmon 烤鮭魚沙拉 12-4 Card Playing 1:30-3 Let's Talk Current Events 3 International Mystery Trip Travel Presentation</p>	<p>21 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 4-11:45 The Book of Mormon Trip</p>	<p>22 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>25</p>  <p>Memorial DAY SENIOR CENTER CLOSED 國殤日 耆英中心歇業一天</p>	<p>26 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>27 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Monthly Movie King of Masks (1996) 每月的電影-變臉 3:30-5 How to Download Free Library eBooks</p>	<p>28 7:30-6:30 Point Reyes with Doug McConnell Trip 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>29 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 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 New Volunteer Orientation	2 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	3 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing	4 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing NO Karaoke 沒有卡拉OK 2-4 Open Bridge	5 9-5 The Presidio and Fort Point Trip NO Rhythmaires Band Practice 12-4 Mah Jongg 麻將 NO Bingo 沒有賓果 1-4:30 Ping Pong 乒乓 1:15-3 Book Review- <i>Under the Wide and Starry Sky</i> by Nancy Horan	
8 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社交 4-5:30 <i>The Better Part</i> Encore Presentation: Active Over 50	9 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	10 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 Luau and Birthday Bash (\$12) Teriyaki Chicken 夏威夷饗宴 12-4 Card Playing	11 8:30-4:30 Exploring Rooftop Gardens Trip 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2 Learn About the Senior Center 2-4 Open Bridge 3-4:30 Caregiver Support Group	12 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	
15 9:30-10:30 Be Red Cross Ready 11-12 為緊急狀況做好準備 10-12 Golf for Seniors 12-4 Card Playing	16 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	17 9 50+ Bocce Ball 10-11 The Grammie Guide 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing	18 9-3:30 USS Potomac Presidential Yacht Trip 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	19 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	
22 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	23 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 10-11:30 The Naturalization Process 公民歸化程序 11:30 Out-to-Lunch Bunch at Amici's Pizzeria 12-4 Card Playing	24 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3 Let's Talk Current Events 1:30-3:30 Monthly Movie - <i>The Theory of Everything</i> (2014) 3:30-5 How to Download Free Library eBooks	25 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 12:30-3:30 Karaoke 卡拉OK 2-4 Open Bridge 5 Evening Spaghetti Feed 6:30-8 Memorial Park Amphitheatre Summer Concert Series featuring Hot Rod Band	26 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 27 11:30-6 Anything Goes Trip	
29 10-12 Golf for Seniors 12-4 Card Playing	30 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 style="text-align: center; margin: 0;">CUPERTINO</p>			<p style="text-align: center; margin: 0;">CITY OF CUPERTINO SENIOR CENTER 408.777.3150 OFFICE HOURS: Monday-Friday 8am-5pm EMAIL: SeniorCtr@cupertino.org WEBSITE: www.cupertino.org/senior Find us on Facebook!</p>

JUNE ACTIVITY HIGHLIGHTS

FREE!

Movie of the Month

Wednesday, 1:30-3:30pm

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

May 27- *The King of Masks* (1996) The streets of 1930's Sichuan set the stage for this award winning tale of hope and transformation about a rare master of an ancient art. This movie will be presented in the original Mandarin with English subtitles.

5/27- 變臉 (1996) 一九三零年四川街頭一個罕見的中國古代藝術專家成功蛻變的故事. 電影會用國語原音和英文字幕.

June 24 *The Theory of Everything* (2014)- At 21, Cambridge University student and future physicist Stephen Hawking falls in love and learns that he has motor neuron disease. Despite this, he begins an ambitious study of time, defies terrible odds and breaks new ground in the fields of medicine and science, achieving more than he could hope to imagine.

Summer Luau and June Birthday Bash

Wednesday, June 10, 12pm

Come swing along with our Kani Ka Pila Ukulele Band during a traditional Hawaiian Luau! Enjoy Teriyaki chicken, Haupia (coconut pudding), tropical fruit, sweet rolls, and fried rice. Members with June birthdays will be honored. Vegetarian option available when registering. Member fee \$12, senior guests add \$5 day pass.

夏威夷盧奧與六月慶生宴 6/10 (週三), 中午12點 大家來和 Kani Ka Pila Ukulele 樂隊齊跳傳統夏威夷盧奧, 享受日式照燒雞, 椰子布丁, 熱帶水果, 甜麵包和炒飯. 我們將對六月壽星(會員)表示敬意. 會員\$12, 耆英來賓加付當日門票\$5, 註冊時可選擇素菜. 請早登記.

The Better Part Encore Presentation: Active Over 50

Monday, June 8, 4-5:30pm

NEW!

Come and meet Larry Hayes, editor and publisher of *Active Over 50* magazine. He and the magazine are dedicated to staying active physically, mentally, socially and spiritually. The magazine is filled with stories about how to enjoy a healthier, longer, and more active life. It also has many articles on where to find the resources to accomplish this. Join us to find out how Larry became a publisher and how he finds all the information he conveys to his readers. Free for members, senior guest pay \$5 day pass. Sign up at the lobby table.

The Naturalization Process

Tuesday, June 23, 10-11:30am

FREE!

Officers from the U.S. Citizenship and Immigration Services will discuss the naturalization process, answer your questions, and conduct a mock interview. Citizenship application forms and related documents will be available. Open to the public, please sign up at the lobby table or call 408.777.3150 to register. English/Mandarin

公民歸化程序- 6/23 (週二), 10-11:30am 移民局官員將到耆英中心講解入籍程序, 申請條件, 回答您的問題, 進行模擬面試. 並提供公民申請表, 相關文件和面試考題. 向外開放請登記或致電408.777.3150 登記. 英語/國語

Lost and Found

Monday-Friday, June 8-12, 8am-5pm

Please come and reclaim your lost items, any unclaimed articles will be donated to charity after June 12.

失物招領啟示 6/8-6/12 (週一至週五), 8am-5pm 我們將把會員遺失的物品放在大廳, 請親臨領回, 否則在6/12後捐給慈善機構. 謝謝合作!

NEW!

The Grammie Guide

Wednesday, June 17, 10-11am

Four local grandmothers and authors are eager to share their tips of the trade learned as early childhood educators and from their total of twenty-two grandchildren. Plan on a lively demonstration of fun, easy to execute, media-free activities to do with young children, and suggestions of wonderful ways to bond with those grandchildren we love, whether they live near or far. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.



4th on the 1st and July

Birthday Bash

Wednesday, July 1, 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. Vegetarian option available when registering. Members \$10, senior guests add \$5 day pass.

Sign up early, space is limited.

慶祝美國國慶-7/1(週三), 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 \$10, 來賓請加付當日活動費\$5, 註冊時可選擇素菜. 請早登記.

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

Accordion	T	6/23-8/11	1:45-3:15	R. Di Bono	\$20
Ballroom Dance 交際舞- Jitterbug/East Coast Swing	W	4/29-5/20	1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞- Tango	W	5/27-6/17	1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞- Two-Step	W	6/24-7/15	1:30-3:30	D. Lew	\$32
Chair Exercise	M & W	6/15-7/29	11-12	I. Ortiz	\$40
Chinese Brush Painting 國畫班	M	5/4-6/29	8:30-10:30	M. Lee	\$50
Chinese Brush Painting 國畫班	M	5/4-6/29	10:40-12:40	M. Lee	\$50
Chinese Calligraphy 書法班	T	4/28-6/16	3-5	C. Cheng, K. Liew	\$15
Citizenship Class 公民班	M & F	5/4-6/29	8:15-9:45	V. Wong	\$20
Conversational English 英語會話班	M & T	6/9-8/4	10-11:45	P. Chun, V. Wong	\$20
Cooking with Suzanne- Cooking Healthy with Tea	W	6/3	10-1	S. Vandyke	\$55
Erhu II 二胡班	T	5/26-7/21	3:30-5	G. Lai	\$20
ESL- Basic and Easy 初級英語班	M	6/8-7/27	10-12	R. Mussman	\$25
ESL- Advanced Beginning 初高級英語班	W	5/27-7/15	10-12	R. Mussman	\$25
Fantastic Films	T	6/9-8/11	1:30-4	K. Young	\$45
Feldenkrais Method	T	5/19-7/7	9:30-10:30	M. Westlaken	\$40
Feldenkrais Chair Exercise	W	5/20-7/8	1:30-2:30	M. Westlaken	\$40
Harmonica II- Performance Band	M	6/15-8/3	3:45-4:45	A. McKee	\$15
Hatha Yoga	Th	6/4-7/23	2:30-3:30	V. Bhat	\$40
Hula Dancing 夏威夷呼拉舞	M	6/1-7/6	11:45-12:45	F. Ota	\$15
Hula Dance Performance Group	M	6/1-7/6	12:55-1:55	F. Ota	\$15
Japanese- Beginning	Th	4/30-6/18	9:30-10:30	T. Terry	\$35
Pilates	T	5/26-7/21	1:15-2:15	K. Phipps	\$35
Tai Chi for 50+ Introduction	W	6/10-7/29	3:30-4:30	J. Madonich	\$46
Tai Chi for 50+ Continuing	Th	6/11-7/30	10:30-11:30	J. Madonich	\$46
Ukulele - Level II	T	6/16-8/4	3:30-5	A. McKee	\$22
Yoga for Active Adults 50+	T	5/19-7/7	4-5	C. Cseuz	\$40
Yoga for Active Adults 50+	Th	6/4-7/23	4-5	C. Cseuz	\$40
Yuan Chih Dance 元極舞	F	5/1-6/19	10-11:30	Annie & Helen	\$15
Zumba Gold with Irene	F	6/5-7/24	3:45-4:45	I. Ortiz	\$37
Zumba Gold with Irene at Quinlan Center	M	6/1-7/20	2:30-3:30	I. Ortiz	\$37
EVENING CLASSES					
Line Dance- Advanced Beginning	T	5/26-7/14	7-8:30	K. Chang	\$48
Tai Chi for 50+ Introduction	W	6/10-7/29	6:30-7:30	J. Madonich	\$46
Yoga for Active Adults 50+	T	5/19-7/7	5:15-6:15	C. Cseuz	\$46
Yoga for Active Adults 50+	W	5/20-7/8	5:15-6:15	C. Cseuz	\$46
Zumba Gold Dance & Toning	W	5/20-7/8	6:30-7:30	H. Shariffe	\$45
COMPUTER AND TECHNOLOGY CLASSES					
iPad Beginning	T	5/26-6/16	1-3	R. Schiros	\$22
iPad Intermediate	Th	5/28-6/18	1-3	R. Schiros	\$22
iPad A-Z	M	6/1-6/22	9:30-11:30	K. Smith	\$38

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

Adult Community Education

June 15-August 31

For all class listings and to register, consult the ACE catalog or call 408.522.2700. Classes are held at the senior center, and membership is required.

成人學校課程, 請參考課程手冊. 所有課程在耆英中心上課, 但是必須在成人學校報名, 您也需要是耆英中心會員, 會費是庫市居民22元一年, 非居民27元. 6/15-8/31.

De Anza Cardio-Vascular Training

June 29-September 16

Mon/Wed, 9-10am

Tue/Thu 1:30-2:30pm

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

CLASS HIGHLIGHTS

Citizenship Class

Monday and Friday, May 4-June 29, 8:15-9:45am

This citizenship preparation class provides opportunities for students to learn about the United States naturalization process. This course teaches the reading, writing, listening, and speaking skills needed to complete naturalization forms and pass the naturalization interview. Topics will include: the rights and responsibilities of U.S. citizenship, and U.S. history, government and civics. Member fee \$20.
公民班 5/4-6/29, 8:15-9:45am (週一,週五) 公民預備班讓學生有機會學習美國公民入籍手續,老師會教導讀,寫,聽和對話方式去完成入籍填表和通過面試, 題目包括美國公民權利和義務,美國歷史,政府和公民.會員\$20.

Yoga for Active Adults 50+

Tuesday, May 19-July 7, 4-5pm, 5:15-6:15pm

Wednesday, May 20-July 8, 5:15-6:15pm

Thursday, June 4-July 23, 4-5pm

Iyengar is a detailed style of yoga, with great attention paid to finding the proper alignment in a pose. Yoga props such as blankets and blocks are used, and you'll discover how yogasana (the poses) can strengthen your core, improve posture, and cultivate awareness of your body. Member fee \$40 for each afternoon class, \$46 for each evening class.



Cooking with Suzanne

Wednesday, June 3, 10am-1pm

Tea is the newest trend in the culinary world and used in many global gourmet restaurants. Organic and specific tea leaves add new and unique dimensions of flavor, texture and aroma to recipes with the benefit of bringing many essential vitamins and antioxidants, as well as HDL's (good cholesterol) into your diet. Tea is a nice hot drink, and also deliciously edible. Join Chef Suzanne, for a healthful menu of Rooibos Tea Hummus Dip with Bruschettas, Jasmine Risotto with Sweet Peas and Shrimp, Leafy Greens with Mint Tea dressing, and delicious Powdered Green Tea (Matcha) Truffles. Member fee \$55.

iPad A-Z

Monday, June 1-June 22, 9:30-11:30am

This hands-on class will include built-in apps such as mail, contacts, calendars, cameras and photo editing, FaceTime video calls, as well as other apps for password security, cloud storage, reading, movies, travel, photography, and business use. Please bring a fully-charged device to class each time, and be sure you know your Apple/iTunes account ID and password. Member fee \$38.

Fantastic Films



Tuesday, June 9-August 11, 1:30-4pm

Join us on Tuesday afternoons in viewing and discussing the greatest films ever made. Enjoy experiencing these wonderful films again, or even for the first time. The set of gems we will see and discuss will include the following special classics such as: *A Night at the Opera*, *Philadelphia Story*, *Citizen Kane*, *The Best Years of Our Lives (I and II)*, *An American in Paris*, *Rashomon*, *North by Northwest*, *Fargo*, and *Midnight in Paris*. This class is being led by Ken Young, an unabashed "film freak" with a lifetime of experiencing great films and teaching classes about filmmaking. Member fee \$45.

Tai Chi for 50+



Introduction to Tai Chi

Wednesday, June 10-July 29, 3:30-4:30pm

Wednesday, June 10-July 29, 6:30-7:30pm

Continuing Tai Chi

Thursday, June 11-July 30, 10:30-11:30am

Breathe...Move...Relax...Enjoy. New beginning-level tai chi classes now forming with no experience needed, or continue your practice in Continuing Tai Chi. Come try this ancient Chinese art of moving meditation in a relaxed and supportive environment, and learn about its health benefits on many different levels. Treat yourself to a fun, new experience! Member fee \$46 each class.

太極拳為五十歲以上 太極入門6/10-7/29, (週三)3:30-4:30pm. 6/10-7/29, (週三)6:30-7:30pm. 6/11-7/30, 中級太極(週四)10:30-11:30am. 呼吸...行動...休息...享受.現有初學班太極拳,不需經驗,或繼續練習你的太極.請來體會歷史悠久的中國運動藝術,在和緩輔助環境下,學習不同程度的健康效益.給自己有趣的新嘗試.每期課程,會員\$46.

How to Download Free Library eBooks

Wednesday, May 27, June 24, 3:30-5pm

FREE!

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

CASE MANAGER'S CORNER

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, May 11, June 8, 22, 1:30-2:30pm

Tuesday, May 5, 19, June 2, 16, 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

No drop-in consultation May 13 and 20

Karen Goss, Case Manager is available to discuss community resources, benefits, and care options during the drop-in hours. Case Manager is also available by appointment. English/Cantones/Mandarin.

社工諮詢-週三, 10am-12pm, 社工可為您解答有關社會資源, 福利, 或長期護理方面的問題。無需預約, 須是中心會員。英, 國, 粵語服務。5/13, 5/20沒有社工諮詢。

Caregiver Support Group

Thursday, May 14, June 11, 3-4:30pm

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

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

Health Insurance Counseling (HICAP)

Monday, May 11, 25, June 8, 22, 1-3pm

Consultation on Medicare and health insurance.

健康保險諮詢-5/14,6/11 (週四), 9-10am 中文服務

Housing

Monday, May 4, 18, June 1, 15, 1:30-3:30

Information on resources for senior housing options.

租屋諮詢 - 5/4, 5/18, 6/1, 6/15 (週一), 1:30-3:30pm

Senior Adult Legal Aid (SALA)

Friday, May 1, 8, 15, June 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 - 5/1, 5/8, 5/15, 6/5, 6/12, 6/19

10:30am-12:30pm 60歲以上, 並住在聖縣.

City of Cupertino Senior Center

21251 Stevens Creek Blvd.

Cupertino, CA 95014

408.777.3150

www.cupertino.org/senior

www.cupertino.org/50plus

www.cupertino.org/seniorcenterfacebook

FIRST CLASS MAIL

SUMMER CONCERT SERIES

MEMORIAL PARK AMPHITHEATRE

THURSDAYS, 6:30-8PM

Pack a picnic and bring a friend for a free,
fun-filled evening of music!



June 4 *Cupertino Symphonic Band*

June 11 *Livewire*

June 18 *Tito y Su Son de Cuba*

June 25 *Hot Rod Band and
Evening Spaghetti Feed*

See front page for details.