

## ENGAGE AT EVERY AGE!

In 1965, the Cupertino Live Long and Like It Club #5, a senior citizen activity and social club was taken under the wing of the City of Cupertino with a membership of about fifteen people. Today, the Cupertino Senior Center is a focal point for senior and adult

50+ activities in our community. Ensuring that community members are able to Engage at Every Age, the Cupertino Senior Center offers activities that can enrich your physical, mental, and emotional well-being.

Participating in senior center activities such as Yoga, Matter of Balance, Brain Club, and Line Dance are some of many class examples that promote mental and physical wellbeing; offering your wisdom and experience to the next generation; or seeking opportunities to volunteer—those are just some of what being engaged can mean. We hope you will join in and Engage at Every Age at the Cupertino Senior Center!



OLDER AMERICANS MONTH  
 ENGAGE AT EVERY AGE: MAY 2018

## SMART LIVING HEALTH AND WELLNESS FAIR

SATURDAY, MAY 19, 10AM-2PM

With much anticipation, the first annual Smart Living Health and Wellness Fair will be 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. \$5 healthy lunch box for sale (limit 300). Free giveaway for the first 300 participants. Open to the public.

期待已久，庫比蒂諾耆英中心將主辦第一屆活得更醒目健康會展，將會有攤位與專題講座來介紹各樣有關社區和健康資源，健身班示範並健康測試，全英語講授。前三百名參加者可獲贈品並購買精心設計的健康午餐每份五元。免費參加。

## HOUSING WORKSHOP

### TENANTS RIGHTS AND RESPONSIBILITIES

WEDNESDAY, MAY 9, 10-11:30AM

Project Sentinel provides free, neutral, and confidential information on housing laws and dispute resolution services to tenants, landlords, homeowners, and neighbors. In this presentation you will learn about their services including counseling on housing laws, resources and referrals, and conciliation and mediation. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

## VOLUNTEER CORNER

ENGAGE TODAY,  
 THRIVE TOMORROW

NOW RECRUITING -  
 GOLF TOURNAMENT  
 VOLUNTEERS

The Cupertino Senior Center is seeking a volunteer who has passion for planning, fundraising, or golf to help grow and continue the annual 50+ Fun Golf Tournament. Contact Volunteer Coordinator, Amanda Hui at [AmandaH@Cupertino.org](mailto:AmandaH@Cupertino.org) or 408.777.3150.

### GREETING CARD VOLUNTEERS

The Cupertino Senior Center is seeking a volunteer who has creativity and a playful sense of humor to help organize and repurpose donated greeting cards as part of our program which supports the senior center's Bingo Program and Case Management Program benefiting homebound seniors within the community. Contact Volunteer Coordinator, Amanda Hui at [AmandaH@Cupertino.org](mailto:AmandaH@Cupertino.org) or 408.777.3150.

### VOLUNTEER OPPORTUNITY FRONT DESK VOLUNTEER

Front Desk Volunteers create a bright, vibrant, and wonderful place to be for the 50+ community. If you are interested in becoming a Front Desk Volunteer, please contact Amanda Hui at [AmandaH@Cupertino.org](mailto:AmandaH@Cupertino.org) or 408.777.3150. Bi-lingual 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 [Amanda Hui](mailto:AmandaH@cupertino.org) [AmandaH@cupertino.org](mailto:AmandaH@cupertino.org) 或撥打電話 408.777.3150。

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# Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **May 2**, 8am; Non-member *begins* May 9.

→ Day Trip Preview starts at 7:30am ←

For full flyers and descriptions, including activity levels, please click on the descriptions below.

## Horseracing at Golden Gate Fields

*Friday, May 4, 10:30a-6:30p*

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

**Member Cost: \$106** - lunch included

## Silicon Valley Made

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

Journey through decades of innovation and go behind the scenes in the high-tech world of Silicon Valley! Connect with technologies that have given us new ways to work, learn, play, and communicate at the Intel Museum, and enjoy a tour of the state-of-the-art Gordon Biersch Brewing Company with lunch at their renowned restaurant.

**Member Cost: \$84** - lunch included

## Lights, Camera, Action! Movie Tour of San Francisco

*Tuesday, May 29, 10:30a-7p*

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

**Member Cost: \$114** - lunch included

## Castroville Artichoke Food and Wine Festival

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

**Member Cost: \$61** - waitlist only

## Pageo Lavender Farm and Great Valley Museum

*Thursday, June 14, 8a-5p*

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

**Member Cost: \$88** - lunch included

## From the Mountains to the Sea

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

**Member Cost: \$139** - waitlist only

## Day Trip Expo and Social



*Monday, June 25, 1:30p*

Come join the Share Discovery Through Travel staff to learn about new and upcoming day trips. Meet our travel staff and your fellow travelers. This is a great time to ask your travel questions and fill out your trip reservation form for the next trip sign-up day on July 11. Members free, senior guests pay \$5 day pass.

**“Save the Date”  
for these upcoming shows!**

**October 3**

*On Your Feet!  
The Emilio & Gloria Estefan Musical*

**October 31**

*Waitress*

**SF Fun!***Tuesday, June 26, 8:45a-4:15p*

Explore the historic ships at the National Maritime Museum, visit a wholesale fish company, enjoy a hosted lunch at the unique waterfront restaurant Bistro Boudin, and take a lively stroll in the historic Fisherman's Wharf district.

**Member Cost: \$131** - lunch included

**Let's Go to the Fair!***Monday, July 2, 9:30a-5p*

Experience the Marin County Fair, an award-winning, not-your-average-fair renowned for presenting world-class events and exhibits showcasing the county's sustainable agriculture and artisan cuisine. Enjoy stellar entertainment, livestock shows, global marketplace, and delicious gourmet food like Tomales Bay oysters for your no-host lunch.

**Member Cost: \$63**

**Marin County Ramble***Thursday, July 12, 8a-5:30p*

Explore the beauty and bounty of Marin County with docent-led tours of the bountiful farmers market, as well as the site of a Coast Miwok Indian village. Enjoy a delicious lunch at Finnegan's of Marin.

**Member Cost: \$101** - lunch included

**School of Rock***Wednesday, July 18, 10:30a-6p*

Experience Andrew Lloyd Webber's hilarious newest musical at the Orpheum Theater from our orchestra seats. Based on the hit film, this musical will teach you what it means to truly rock. Enjoy a no-host lunch before the show in San Carlos.

**Member Cost: \$138**

**Moscone Center and Yerba Buena in San Francisco***Tuesday, July 31, 9:15a-4:45p*

Join this fun day and experience a unique private tour of Moscone Convention Center West. Choose to visit the Yerba Buena Center for the Arts or the Contemporary Jewish Museum and enjoy a no-host lunch in the surrounding Yerba Buena Gardens area.

**Member Cost: \$58**

**Les Miserables***Wednesday, August 22, 10a-7p*

Experience the new production of Tony Award-winning musical phenomenon, *Les Miserables* from our orchestra seats at the Orpheum Theater. Enjoy a no-host lunch before the show at Westfield San Francisco Centre.

**Member Cost: \$153**

**Behind-the-Scenes California Academy of Sciences***Friday, August 24, 9a-5p*

Explore the lesser seen regions of the California Academy of Sciences! Discover what goes on behind the scenes learning what it takes to house nearly 46 million specimens. There will be time to see the museum exhibits and enjoy a no-host lunch before our tour.

**Member Cost: \$109**

**Canyon Country***September 18-25 - 8 days*

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

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

**Discover the South Pacific Wonders***March 19-April 2, 2019 - 15 days*

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

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

*Travel Presentation Wednesday, May 30, 11:30a.*

*Sign up at the front desk.*

**OUT-TO-LUNCH BUNCH***Thursday, June 28, 11:30a***Bill's Café**

5124 Stevens Creek Blvd., San Jose

**Please register at the front desk. Space is limited.**



# MAY ACTIVITY HIGHLIGHTS

## Cinco de Mayo and May Birthday Bash

Wednesday, May 2, 12pm

Join us for a Cinco de Mayo celebration and a game of Loteria (Bingo) hosted by our staff, Rafael! Enjoy a tostada salad, refried beans, Mexican rice, and tres leches cake. Vegetarian option available when registering. Members with May birthdays will be honored. Member fee \$12, senior guests add \$5 day pass.

五月五日節和慶生宴午餐 - 5/2 (週三), 中午12點. 請來與我們一起慶祝五月五日節和玩有墨西哥特色的賓果遊戲, 并享用墨西哥沙拉, 米飯, 豆泥, 和美味甜點. 我們將對五月壽星(會員)表示敬意. 註冊時可選擇素菜. 會員\$12, 耆英來賓多加付當日活動費\$5.

FREE!

## Let's Talk Current Events

Wednesday, May 16, June 20, 1-2:30pm

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

FREE!

## Living the Life of a Service Dog

Saturday, May 26, 1:30-3pm

Step into the paws of a service dog. Learn about the differences between service dogs, therapy dogs, and emotional support animals. We will cover many topics about these uniquely trained animals. Kathy Waddell, Ambassador, from Operation Freedom Paws in Gilroy will be here to present along with her service dog Crystal. Open to the public. Sign up at the lobby table.

## Lunch with Friends

Wednesday, May 23, June 20, 11:45am

Join us for lunch! Pre-registration is required, and a vegetarian option is available when registering. Member fee \$8, senior guests add \$5 day pass.

星期三午餐, 中午11:45點, 歡迎參加我們的午餐! 如天氣好, 我們將會在陽台上用餐. 需要提前報名 會員費\$8, 非會員需多加當日 活動費\$5.

**May 23** - Lemon Shrimp with Black Beans & Rice  
檸檬蝦, 黑豆和米飯

**June 20** - Grilled Sausage, Potato Salad & Beans  
烤香腸, 土豆沙拉和大豆

## Overdrive eBooks

FREE!

Wednesday, May 23, 10-11am

Borrow eBooks, and audiobooks from your library using OverDrive on your smart device, a laptop, or a computer at home. Download the app and find your next book today! Presented by the Santa Clara County Library. Members free, senior guests pay \$5 day pass. Sign up at the front desk. Library card is required.

## 50+ Bocce Ball

FREE!

Wednesdays through October 31, 9am

Enjoy the outdoors in Cupertino's Blackberry Farm Park alongside the Stevens Creek Trail. Meet new people and have fun while playing a game of Bocce. First time players welcome, instructions are available. Free for members. Membership is required.

## Monthly Movie

FREE!

Wednesday, May 30, 1:30-3:30pm

*The Queen (2006)*- Following the death of Princess Diana, Great Britain's Queen Elizabeth II (Helen Mirren) and Prime Minister Tony Blair (Michael Sheen) struggle to reach a compromise in how the royal family should publicly respond to the tragedy. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

## Discover & GO

FREE!

Wednesday, May 9, June 13, 10-11am

Discover & GO, a new virtual museum pass program for Santa Clara County Library District cardholders, offers library users the ability to reserve admission passes to more than 50 museums and venues throughout the greater Bay Area. Presented by the Santa Clara County Library. Members free, senior guests pay \$5 day pass. Sign up at the front desk. Library card is required.

## AARP Smart Driver – Renewal

Wednesday, May 16, 9am-1:30pm

This is a 4.5-hour AARP Smart Driving Renewal class. To register, call Ina Checkman at (408) 257-6940.

## Beading - Beginning

Thursday, May 10, 17, 24 and 31

June 7, 14, 21 and 28, 1:30-3:30pm

Learn about beading tools. Practice techniques by creating assorted earrings, necklaces, and bracelets. A supply list will be provided at first day of class. Member fee \$25.



# MAY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
<p><b>CITY OF CUPERTINO SENIOR CENTER</b> 408.777.3150 Hours: M-Th: 8am-9pm Friday 8am-5pm Saturday 8:30am-4:30pm Email: SeniorCntr@Cupertino.org Website: <a href="http://www.cupertino.org/senior">www.cupertino.org/senior</a> Find us on Facebook &amp; Yelp!</p>	<p><b>1</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-11:30 Booktalk 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p><b>2</b> 7:30 Day Trip Preview 8 New Trip Sign-up Day 9 50+ Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12 May Social Birthday Bash (\$12) Tostada Salad 12-4 Card Playing</p>	<p><b>3</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>4</b> 9:30-11:30 Rhythmaires Band Practice 10:30-6:30 Horseracing at Golden Gate Fields Trip 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>The Japanese Lover</i>, by Isabel Allende 1:30-4 TechTime</p> <hr/> <p><b>5 SATURDAY</b> 10-12 Nutrition Made Easy, Muffins &amp; Bars</p>
<p><b>7</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓</p>	<p><b>8</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production—The Better Part 12-4 Card Playing</p>	<p><b>9</b> 9 50+ Bocce Ball @ Blackberry Farm Park 10-11 Discover &amp; GO 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 10-11:30 Housing Workshop</p>	<p><b>10</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 3-4:30 Caregiver Support Group</p>	<p><b>11</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 1:30-3:30 Nutrition Made Easy, Sugar Blues Presentation 1:30-4 TechTime</p> <hr/> <p><b>12 SATURDAY</b> World Journal Festival</p>
<p><b>14</b> 10-12 Golf for Seniors 12-4 Card Playing 2:05-3:35 Ballroom Dance Social 交際舞社</p>	<p><b>15</b> 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><b>16</b> 9-1:30 AARP Renewal 9 50+ Bocce Ball @ Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1-2:30 Let's Talk Current Events</p>	<p><b>17</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>18</b> 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 NO Bingo 沒有賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p> <hr/> <p><b>19 SATURDAY</b> 10-2 Living Well Health Fair</p>
<p><b>21</b> 10-12 Golf for Seniors 12-4 Card Playing 1 Volunteer Advisory Council Meeting Visitors Welcome 1:30 Volunteer Orientation 1:30-2:30 Blood Pressure Check 量血壓 2:30 Tea with Justin</p>	<p><b>22</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production—The Better Part 12-4 Card Playing</p>	<p><b>23</b> 9 50+ Bocce Ball @ Blackberry Farm Park 10-11 Overdrive eBooks 10-12 Case Manager Consultation 社工諮詢 11:15-4:15 Silicon Valley Made Trip 11:45 Lunch with Friends 12-4 Card Playing</p>	<p><b>24</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>25</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 1:30-4 TechTime</p> <hr/> <p><b>26 SATURDAY</b> 9:30-11:30 Living the Life of a Service Dog</p>
<p><b>28</b>  SENIOR CENTER CLOSED 耆英中心歇業</p>	<p><b>29</b> 8:30-11:30 Ping Pong 乒乓 10:30-7 Lights, Camera, Action! Movie Tour of San Francisco Trip 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><b>30</b> 9 50+ Bocce Ball @ Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 1:30-3:30 Monthly Movie - <i>The Queen</i> (2006)</p>	<p><b>31</b> 9-12 50+ Softball 11:15-1:30 Needlecraft 11:30 Discover the South Pacific Travel Presentation 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>SAVE THE DATE!</b></p> <p><b>Tea with Justin!</b> May 21, 2:30pm Come wish him well in his new endeavors! Sign up at the lobby table.</p> </div>

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRI/SAT**

## iPhone & Android Workshops

**Tuesday, 9:30am-11:30am**

**FREE!**

**May 15, June 5 - iPhone**

**May 22, June 26 - Android**

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

## CITY OF CUPERTINO SENIOR CENTER

408.777.3150

*Hours: Monday-Thursday 8am-9pm,  
Friday 8am-5pm, Saturday 8:30am-4:30pm*

**Email: [SeniorCntr@Cupertino.org](mailto:SeniorCntr@Cupertino.org)**

**Website: [www.cupertino.org/senior](http://www.cupertino.org/senior)**

Find us on [Facebook](#) and [Yelp!](#)

**1**  
9:30-11:30 Rhythmaires Band Practice  
12-4 Mah Jongg 麻將  
1-3:30 Bingo 賓果  
1-4:30 Ping Pong 乒乓  
1:30-3 Book Review  
*The Taming of the Queen*, by Philipa Gregory  
1:30-4 TechTime

### 2 SATURDAY

### 3 SUNDAY

8:30-3:30 Castroville Artichoke Food and Wine Festival Trip

### 4

10-12 Golf for Seniors  
12-4 Card Playing  
2:30-3:30 Home Safety & Crime Prevention Presentation

### 5

8:30-11:30 Ping Pong 乒乓  
9-11 Tennis 網球  
10-12 TV Production- The Better Part  
10-11:30 Booktalk  
12-4 Card Playing  
12:15-1:15 Blood Pressure Check 量血壓

### 6

9 50+ Bocce Ball @ Blackberry Farm Park  
10-11:30 Financial Wellness  
10-12 Case Manager Consultation 社工諮詢  
6-7 Nature walk with Keith Wandry at McClellan Ranch Park

### 7

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  
3-4:30 Caregiver Support Group

### 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  
1:30-4 TechTime

### 9 SATURDAY

### 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

### 12

8:30-11:30 Ping Pong 乒乓  
9-11 Tennis 網球  
12-4 Card Playing

### 13

9 50+ Bocce Ball @ Blackberry Farm Park  
10-11 Discover & Go Class  
10-12 Case Manager Consultation 社工諮詢  
12 June Birthday Bash (\$12)  
6-7 Nature walk with Keith Wandry at McClellan Ranch Park

### 14

8-5 Pageo Lavender Farm and Great Valley Museum 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  
3-4:30 Caregiver Support

### 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  
1:30-4 TechTime

### 16 SATURDAY

### 18

10-12 Golf for Seniors  
12-4 Card Playing  
1:30-2:30 Volunteer Orientation

### 19

8:30-11:30 Ping Pong 乒乓  
9-11 Tennis 網球  
12-4 Card Playing  
12:15-1:15 Blood Pressure Check 量血壓  
10-12 TV Production- The Better Part

### 20

8:45-5 From the Mountains to the Sea Trip  
9 50+ Bocce Ball @ Blackberry Farm Park  
10-12 Case Manager Consultation 社工諮詢  
11:45 Lunch with Friends  
1-2:30 Let's Talk Current Events  
6-7 Nature walk with Keith Wandry at McClellan Ranch Park

### 21

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

### 22

8:30 Newsletter Collating  
9:30-11:30 Rhythmaires Band Practice  
12-4 Mah Jongg 麻將  
1-3:30 Bingo 賓果  
1-4:30 Ping Pong 乒乓  
1:30-3:30 Nutrition Made Easy: Small Changes, Big Effects Presentation  
1:30-4 Tech Time

### 23 SATURDAY

10-12 Nutrition Made Easy: Snack Foods

### 25

8 July/August Registration Begins  
10-12 Golf for Seniors  
12-4 Card Playing  
1:30-2:30 Blood Pressure Check 量血壓  
1:30 Day Trip Expo and Social  
2:05-3:35 Ballroom Dance Social 交際舞社

### 26

8:30-11:30 Ping Pong 乒乓  
9-11 Tennis 網球  
12-4 Card Playing  
10-12 TV Production- The Better Part

### 27

9 50+ Bocce Ball @ Blackberry Farm Park  
10-11:30 Talking to Your Doctor  
10-12 Case Manager Consultation 社工諮詢  
1:30-3 Monthly Movie - Saving Mr. Banks(2013)

### 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

### 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  
1:30-4 Tech Time

### 30 SATURDAY

# JUNE ACTIVITY HIGHLIGHTS

## Luau and June Birthday Bash

Wednesday, June 13, 12pm

Come swing along with our Kani Ka Pila Ukulele Band during a traditional Hawaiian Luau! Enjoy teriyaki chicken, tropical fruit, sweet rolls, fried rice, and guava cake. Members with June birthdays will be honored. Pre-registration is required. Members \$12, senior guests add \$5 day pass.

六月慶生宴 - 6/13 (週三), 中午12pm. 午餐將包括照燒雞, 蕃石榴蛋糕, 熱帶水果, 甜面包和炒飯. 我們將向六月生日的會員致敬 必須提早登記, 註冊時可選擇素菜. 會員\$12, 耆英來賓多加付當日活動費\$5.

## 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.

**May 4** - *The Japanese Lover*, by Isabel Allende, reviewed by Helen Nowicki

**June 1** - *The Taming of the Queen* by Philipa Gregory, reviewed by Rita Sauvage.

## Freegal Music

FREE!

Wednesday, June 27, 10-11am

Come learn about Freegal, a downloadable music service which provides access to the catalog of artists in Sony Music Entertainment including artist from the Independent Online Distribution Alliance. Library cardholders can download five songs or two videos a week using their card number and PIN. Members free, senior guests pay \$5 day pass. Sign up at the front desk. Library card is required.

## 50+ Softball

Thursdays, through December 6, 9am-12pm

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

## Happy Trails Lupe and Justin!

We are truly sad to see Justin and Lupe leave the senior center. Lupe has taken a job closer to home with the County of Alameda and Justin is working as a realtor in the Sacramento area. The senior center wants to thank both of them for their hard work and the difference they made here at the center! They both will be greatly missed!

## Monthly Movie

FREE!

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

*Saving Mr. Banks (2013)*- Author P.L. Travers reflects on her childhood after reluctantly meeting with Walt Disney, who seeks to adapt her Mary Poppins books for the big screen. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

## Home Safety &

FREE!

## Crime Prevention for Adults

Monday, June 4, 2:30-3:30pm

A joint presentation by the Santa Clara County Sheriff's Office and Fire Department. Members free, senior guests pay \$5 day pass.

## Weekly Walks with

FREE!

## Naturalist Keith Wandry

Wednesday, June 6, 13, and 20, 6-7pm

Meet at McClellan Ranch Preserve, walk and learn about the fascinating creepy crawlers and the flapping flyers which make the Stevens Creek Corridor habitat their home. Easy 30 minute walk, June 6. 30-45 minute walk, June 13. 60 minute walk, June 20. Members free, senior guests pay \$5 day pass. Register at the senior center front desk.

## Financial Wellness

FREE!

Wednesday June 6, 10-11:30am

Each year new scams emerge to steal money from seniors. At this workshop by Breathe California, you will learn ways to avoid scams as well as tips for saving money. Come learn how to keep your finances healthy. Members free, senior guests pay \$5 day pass. Sign up at lobby table.

## Talking to Your Doctor

FREE!

Wednesday June 27, 10-11:30am

We go to the doctor thinking all of our questions and concerns will be answered, but often we leave more confused than before. Doctors often have 15 minutes with you, so it can be discouraging to speak up for yourself. At this workshop by Breathe California, you will learn how to get the most out of your appointment and how to advocate for your health in the brief visit with your provider. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.



# CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS APRIL 23	DAY	DATES	TIME	INSTRUCTOR	MEMBER FEE
Accordion	T	6/12-7/31	1:35-3:10	R. DiBono	\$20
Beading	Th	5/10-5/31, 6/7-6/28	1:30-3:30	D. Hall	\$25ea.
Brain Club	M	4/30-6/25	3-4:30	C. Hall	\$20
Bridge - Advanced Beginning: Competitive Bidding	Th	5/3-5/31 & 6/7-6/28	6-8	P. Davis	\$28ea.
Chair Exercise 座椅運動	M & Th	4/23-6/4	10:15-11:15	P. Hu	\$45
Chinese Brush Painting 傳統與現代中國畫	M	6/4-6/25	8:30-10:30	M. Lee	\$30
Chinese Brush Painting 傳統與現代中國畫	M	6/4-6/25	10:40-12:40	M. Lee	\$30
Chinese Calligraphy 書法班	T	5/1-6/19	12:50-2:50	F. Jair, W. Mann	\$15
Chinese Calligraphy 書法班	T	5/1-6/19	3-5	Y. Wang, Y. Cheng	\$15
Citizenship Class 公民班	M, T, F	4/30-6/25	8:15-9:45	V. Wong	\$20
Conversational English 英語會話班	M & T	5/29-7/23	10-11:45	P. Chun, V. Wong	\$20
Cooking w/ Suzanne: Muffin Tin Italian Savory Meals	W	6/6	10-2	S. Vandyke	\$55
Cribbage - Intermediate	W	5/16-6/20	1:30-3:30	E. Bloom	\$10
Energy Baugua/Walking Meditation	Sa	5/26-7/14	11-12	J. Zhou, E. Shu	\$20
ESL - Basic and Easy 初級英語班	M	6/11-7/30	10-12	L. North	\$25
ESL - Intermediate 初高級英語班	W	5/2-6/20	10-12	L. North	\$25
ESL - Advanced	Th	5/24-7/12	11-1	L. North	\$25
ESL - Intermediate Conversation 中級會話班	T	5/29-7/17	1:30-3	J. Andrushko	\$20
Feldenkrais Method <b>FLEX</b>	T	5/15-6/26	9:30-10:30	M. Westlaken	\$40
Gentle Pilates-Yoga	T	6/5-7/17	11:10-12:10	H. Mojgani	\$40
Guitar and Bass Jam Band - Beginning	W	6/6-8/22	3-4:30	A. McKee	\$22
HarmoniKatz Performance Band	M	6/4-7/23	3:45-5:15	D. Ng	\$15
Hatha Yoga <b>FLEX</b>	Th	5/3-6/21	2:30-3:30	V. Bhat	\$50
Hula Dance - Beginning	M	4/23-6/4	11:45-12:40	J. Pereria-Anderson	\$15
Hula Dance - Performance Group	M	4/23-6/4	12:55-1:55	J. Pereria-Anderson	\$15
Japanese - Beginning	Th	6/14-6/28	8:30-9:30	T. Terry	\$35
Japanese - Intermediate	Th	6/14-6/28	9:45-10:45	T. Terry	\$35
Line Dance - Beginning	Sa	5/26-6/30	2:30-3:30	P. Hu	\$48
Matter of Balance	Th	5/10-6/28	2-4	Stanford Health	Free
Nutrition Made Easy: Muffins & Bars	Sa	5/5	10-12	J. Oh	\$45
Nutrition Made Easy: Sugar Blues	F	5/11	1:30-3:30	J. Oh	\$25
Nutrition Made Easy: Small Changes, Big Effects	F	6/22	1:30-3:30	J. Oh	\$25
Nutrition Made Easy: Snack Foods	Sa	6/23	10-12	J. Oh	\$45
Tai Chi for 50+ - Level I	Th	4/26-6/28	8:30-9:25	J. Madonich	\$58
Tai Chi for 50+ - Level II	Th	4/26-6/28	9:35-10:30	J. Madonich	\$58
Tai Chi for 50+ - Level III	Th	4/26-6/28	10:40-11:35	J. Madonich	\$58
Tai Chi - Qigong	Sa	6/2-6/30	8:45-9:45	A. Kroth	\$40
Total Body at the Quinlan Center	Tu	5/15-6/26	8:30-9:30	P. Hu	\$37
Ukulele - Beginning	T	6/5-7/24	1:30-3	D. Ng	\$22
Ukulele - Advanced Beginning	T	6/5-7/24	3:15-4:45	D. Ng	\$22
Ukulele Strum-and-Sing - Intermediate	M	6/18-7/30	1:30-3:15	N. Levy	\$18
U.S. History Seminar	T	6/12-7/23	12:35-1:35	R. DiBono	\$15
VivAsia Lotus <b>FLEX</b>	Sa	5/5-6/23	10-11	M. Kao	\$20
VivAsia Chair Lotus <b>FLEX</b>	Sa	5/5-6/23	11:15-12:15	M. Kao	\$20
Yoga for 50+ - with Bar/Barrel Balance	T	5/15-6/26	4-5	P. Hu	\$40
Yoga for 50+ - with Bar/Barrel Balance	Th	5/17-6/28	4-5	P. Hu	\$40
Yuan Chih Dance 元極舞 <b>FLEX</b>	F	5/4-6/22	10-11:30	Annie & Helen	\$15
Zumba Toning Balance	W	5/2-6/20	2:30-3:30	P. Hu	\$37
Zumba Gold at the Quinlan Center 中老年尊巴	M	5/21-6/25	2:30-3:30	P. Hu	\$37
Zumba Gold at the Quinlan Center 中老年尊巴 <b>FLEX</b>	F	5/4-6/22	2:30-3:30	G. DuVal	\$37
<b>EVENING CLASSES</b>					
Traditional/Cont. Chinese Painting 基礎與現代中國水墨畫	Th	6/7-6/28	5:30-8	M. Shei	\$56
Line Dance - Beginning 初級排舞	Th	4/26-6/14	7-8:30	K. Chang	\$48
Line Dance - Beginning/Intermediate 先進初級排舞	T	5/8-6/26	7-8:30	K. Chang	\$48
Yoga Foundations <b>FLEX</b>	Tu	5/29-6/26	6:15-7:30	E. Meir	\$40
Yoga Foundations <b>FLEX</b>	Th	5/10-6/28	5:15-6:30	E. Meir	\$40
<b>COMPUTER AND TECHNOLOGY CLASSES</b>					
Everything iPad	W	5/2-5/23	3-5	K. Smith	\$38
Express Yourself with iPad Art	W	6/6-6/27	3-5	K. Smith	\$38
Facebook I & II	S	6/9-6/16 & 6/23-6/30	10-11:30	N. McGinnis	\$25ea.
iPad Beginning	T	5/1-6/12	1-3	R. Schiros	\$38
iPad Intermediate	Th	5/3-6/14	1-3	R. Schiros	\$38

# CLASS HIGHLIGHTS

For more information on classes, lectures, trips, and events, visit the flyer racks in the lobby, or [www.cupertino.org/senior](http://www.cupertino.org/senior)



## Cooking with Suzanne Italian Savory Meals in a Muffin Tin

Wednesday, June 6, 10am-2pm

Join International Chef Suzanne Vandyke, and learn how to make savory Italian muffin tin recipes that are great for party finger foods, brunches, picnics, or just a fun family dinner. Learn to make fabulous tasting and elegant presentations Italian comfort food such as little lasagna cups: a playful twist on everyone's favorite casserole, frittata potato cup: full of wholesome vegetables, and last but not least Tuscan mac and cheese cups: a mix of gorgonzola and fontina cheeses, prosciutto, and kale takes macaroni and cheese beyond the box. These trendy savory meal cups served with Suzanne's Italian Salad will wow any dinner guest! Members fee \$55.

## Intermediate Cribbage

Plus Fun Tournament

Wednesday, May 9-June 13, 1:30-3:30pm

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



## Apple Assistance

FREE

Thursday, May 3, 17, 31, June 7, 21, 28, 9-11am

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



## Advanced Beginning Bridge: Competitive Bidding

Thursday, May 3, 10, 24, 31, 6-8pm

This four week class covers competitive judgment, the law of total tricks, and useful conventions in competitive bidding. It's designed for players who have taken the eight-week class in constructive bidding and play, or the equivalent, and would like to incorporate two-suited overcalls and negative and responsive doubles into their bidding. Players who have a regular partner(s) or would like to play duplicate bridge should find this class especially useful. Instructor Paul Davis. Member fee \$28.



## Nutrition Made Easy Muffins and Bars Cooking Class

Saturday, May 5, 10am-12pm

Looking for healthy and satisfying breakfast or snacks that still taste great? In this class, we'll discuss healthy snack options and how to handle cravings. Make 3 different treats to take home and enjoy. Instructor Jen Oh. Member fee \$45, includes materials and take home treats.



## Nutrition Made Easy: Sugar Blues Presentation

Friday, May 11, 1:30-3:30pm

Need to reduce your sugar intake? Do you have a sweet tooth? In this workshop, learn ways you can stay healthy and still enjoy sweets! We'll discuss sugar alternatives, healthy sugars, ways to reduce sugar cravings and sample healthy sugar treats. Instructor Jen Oh. Member fee \$25, includes materials and samples.



## Nutrition Made Easy Small Changes, Big Effects Presentation

Friday, June 22, 1:30-3:30pm

In this workshop, you'll discover tips and techniques that are easy to implement AND improve your health. Find ways to still enjoy sweets, learn what fats and proteins are good for you, and how to feel good with simple changes. Food samples offered, so you can taste and try what we talk about. Instructor Jen Oh. Member fee \$25 includes materials and samples.



## Nutrition Made Easy Snack Foods Cooking Class

Saturday, June 23, 10am-12pm

Need to find healthier alternatives to your favorite snack foods? In this class, we'll discuss how to handle food cravings, snacking, and what to eat. Make 3 different treats (salty and sweet) to take home and enjoy. Instructor Jen Oh. Member fee \$45, includes materials and take home treats.

FREE

## De Anza Cardio-Vascular Training

Mon/Wed/Fri, 9-10am

Classes are held at the senior center, and Cupertino Senior Center membership is required. Register at the first class or call Casey at (408)864-5409.

# CASE MANAGER'S CORNER

## Case Management Program

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

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

本中心為住在庫市的耆英提供社工服務。該服務包括為耆英尋找各種社區資源以助耆英繼續過獨立和安全的的生活。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, May 21, June 11, 25, 1:30-2:30pm**

**Tuesday, May 1, 15, 29, June 5, 19, 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, May 10, June 14, 3-4:30pm**

## SCHEDULED APPOINTMENTS

Please call 408.777.3150 to make appointments for the following services:

### Health Insurance Counseling (HICAP)

**Monday, May 14, June 11, 25, 1-3pm**

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

### Housing Resource

**Monday, May 7, 21, June 4, 18, 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 - 5/7, 5/21, 6/4, 6/18, (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 Assistance (SALA)

**Friday, May 4, 11, 18, June 1, 8**

**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 5/4, 5/11, 5/18, 6/1, 6/8-10:30am-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



## Independence Day Celebration and July Birthday Bash

**Tuesday, 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. 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-7/3 (星期一), 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。