



CUPERTINO

THE 50+ SCENE

MAY/JUNE 2019

CITY OF CUPERTINO SENIOR CENTER 408.777.3150

21251 STEVENS CREEK BLVD.

SPRINGING INTO SUMMER

The Cupertino Senior Center is bursting at the seams with activities for you as spring transitions into summer. From our popular walks with City Naturalist Keith Wandry, and day trips out to the coast, to our festive Birthday Bash luncheons, plus a new archery program—there’s no end to the fun that can be had. Not to feel left out, our Senior Center staff enjoy the spring and summer scene as well! Check out all of our great offerings inside!

Karen is Flighty

No passport needed, is it really a vacation?
A trip isn't a trip unless she leaves the nation

Adrianna is a Camper

A tent and a fire pit are all she needs,
To enjoy roughing it out in the weeds

Kim Takes a Hike

A jaunt up a mountain or down a trail,
Kim enjoys wildflowers that do prevail

Jason Hits the Road

The smell of asphalt and gasoline,
Driving through the country is his scene

Alex Screams for Ice Cream

Late-night ice cream in the summer heat,
That's her favorite seasonal treat

Rafael is a Biker

A leather vest with patches isn't his style,
Pedals and a chain is exercise worthwhile

Amanda Enjoys Tripping

Weekend getaways are her escape,
SoCal is where she enjoys to traipse

Robert's Coasting

A trip to the beach on a sunny day,
The crash of the waves washes stress away

VOLUNTEER CORNER

VOLUNTEER OPPORTUNITIES:

NOW RECRUITING: GOLF TOURNAMENT VOLUNTEER

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 Recreation Coordinator, Jason Bisely at 408.777.3127 or JasonB@Cupertino.org.

FRONT DESK VOLUNTEER OPENINGS NEEDED:

Tuesday, 12:30-4:30pm
Wednesday, 8:30am-12:30pm
Thursday, 8:30am-12:30pm
Friday, 8:30am-12:30pm

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

VOLUNTEER ORIENTATION

Monday, May 13 at 11am
Monday, June 3 at 1:30pm

ARCHERY DEMONSTRATION

MONDAY, MAY 13, 4-5PM

WEDNESDAY, MAY 15, 11AM-12PM

A few weeks ago, our amazing volunteers got a sneak peak at an exciting new addition to the Senior Center. Come check out the Senior Center's new social program—Archery! Have fun with friends while working on your hand-eye coordination. Preregistration required. Members free, senior guests pay \$5 day pass. Space is limited! Sign up online or at the front desk.

射箭示範表演 (新活動)

5月13日星期一下午4時至5時 & 5月15日星期三上午11時至12時

快來看看本中心的新增活動，射箭！與朋友同樂時，也訓練你的手眼協調功能。需要預先登記。會員免費，非會員多加當日活動費\$5。可以在網上或前臺註冊。

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Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **May 1**, 8am; Non-member *begins* May 8.

→ Day Trip Preview starts at 7:30am ←

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

HORSERACING

at Golden Gate Fields

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

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

Member Cost: \$114 - lunch included

Explore Benicia

Thursday, May 16, 9a-5:30p

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

Member Cost: \$122 - lunch included

Filoli and Scratch

Wednesday, May 22, 10:30a-5:30p

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

Member Cost: \$123 - brunch included

BEAUTIFUL the Carole King Musical

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

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

Member Cost: \$159 - waitlist only

Bizet's Carmen

Sunday, June 2, 10a-6:30p

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

Member Cost: \$98 - waitlist only

The Duarte Garage and Lincoln Highway Museum

Thursday, June 6, 9a-5p

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

Member Cost: \$111 - lunch included

The Western Railway Museum & The Cast Iron Grill & Bar

Wednesday, June 19, 9a-5:30p

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

Member Cost: \$123 - lunch included

Andy Warhol at SFMOMA *Thursday, July 11, 9:30a-4:30p*

Immerse yourself in the wonderful “Andy Warhol—From A to B and Back Again” exhibit on a docent-led tour at SFMOMA. Following the exhibit tour, you will have time to explore SFMOMA at your own pace and enjoy a delicious no-host lunch at your choice of Sightglass, Café 5, or In Situ restaurants at SFMOMA.

Member Cost: \$115**Horses and Hope** *Wednesday, July 17, 9:15a-4:15p*

The National Center for Equine Facilitated Therapy has helped thousands of people tackle their challenges with a wide range of equine-assisted activities and therapies. Explore this healing place, and enjoy lunch at Alice’s Restaurant and a visit to The Village Bakery.

Member Cost: \$122 - lunch included**Gamble Garden and the Allied Arts Guild** *Tuesday, July 23, 9:30a-5p*

Experience the beauty of both nature and art in the serene Gable Garden and the Allied Arts Guild on docent-led tours of these historic peninsula landmarks. Partake in a delicious, included lunch at scenic Café Wisteria.

Member Cost: \$114 - lunch included**The Monterey Scottish Games & Celtic Festival** *Saturday, August 3, 11a-7:30p*

Delight in the festive music, dance, and athletic events of the Scottish Games and Celtic Festival at the Monterey Fairgrounds. Before immersing yourself in the festivities, whet your appetite for all things Gaelic with a delectable hosted lunch and traditional Irish welcome at The Claddagh Irish Restaurant.

Member Cost: \$118 - lunch included**Day Trip Expo and Social***Monday, June 24, 1:30pm*

Learn about new and upcoming day trips, ask your travel questions, and fill out a trip reservation form for the next trip sign-up day on July 3.

Sign up at the front desk!

Views of The City *Thursday, August 15, 9:30a-4:30p*

Come aboard this flying theater and feel the unparalleled sensation of flying and riding through San Francisco’s most iconic and breathtaking landmarks. Take in a delicious meal and some amazing rock n’ roll history at the Hard Rock Café, and spend the afternoon at your leisure discovering all San Francisco’s famed Pier 39 has to offer!

Member Cost: \$118 - lunch included**OUT-TO-LUNCH BUNCH** *Thursday, June 27, 11:30a***Fish’s Wild**

20672 Homestead Rd., Cupertino

Please register at the front desk. Space is limited.

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

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

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

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

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

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

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

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

MAY ACTIVITY HIGHLIGHTS

Cinco de Mayo Birthday Bash

Wednesday, May 1, 12pm

Join us for a Cinco de Mayo celebration while celebrating May birthdays. You will enjoy chile relleno, refried beans, Mexican rice, and tres leches cake. Preregistration required. Vegetarian option available when registering. Members \$12, senior guests add \$5 day pass.

墨西哥Cinco De Mayo 慶祝活動和5月慶生宴

5月1日星期三下午12時

在慶祝五月生日的同時,加入我們的 "Cinco De Mayo" 慶祝活動。您將享受墨西哥炸青椒,豆泥,墨西哥飯,和牛奶蛋糕。需要預先登記。註冊時提供素食選項。會員 \$12,非會員多加當日活動費\$5。

Monthly Movie

FREE!

Wednesday, May 29, 1:30-3:30pm

Inception (2010) [PG-13]- This critically-acclaimed sci-fi/thriller imagines a world where people are able to use technology to invade each others dreams. Leonardo DiCaprio stars as a corporate spy using this technology to attempt to plant an idea in someone's mind. This movie will definitely make you think, and may even put some ideas into *your* head... Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.



RYDE with Joe Simitian

FREE!

Friday, May 3, 12:30-1pm

Santa Clara County Supervisor Joe Simitian invites you for a free luncheon to learn about RYDE, an affordable curb-to-curb transportation system for adults 55+. Learn how this program could help you get around town during the weekday. Open to the public. Space is limited, must preregister by April 26. Sign up online or at the front desk.



SF Opera and Carmen

FREE!

Monday, May 13, 10-11am

Join the San Francisco Opera's music expert and company dramaturg to learn more about one of opera's most famous and beloved pieces, *Carmen*. Dive into the plot, characters, and music of this classic opera. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.



ClearCaptions Presents

FREE!

Lunch and Learn

Wednesday, May 8, 12-2pm

Please join your local ClearCaptions Title IV ADA Specialist, Elli Tehrani, for pizza and chat! We will be discussing how you can receive a no-cost caption phone, captioning service, and mobile app if you have hearing loss. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

Freegal Workshop

FREE!

Wednesday, May 22, 10-11am

Come learn about Freegal, a downloadable music service providing access to the catalog of artists in Sony Music Entertainment. Santa Clara County Library card required. Members free, senior guests pay \$5 day pass. Preregistration required. Sign up online or at the front desk.

RBdigital Workshop

FREE!

Wednesday, May 8, 10-11am

Want endless reading and streaming entertainment? Come learn how RBdigital can give you access to unlimited streaming of 80+ TV series with new shows added weekly, digital magazines of multiple genres, and browse and borrow eAudiobooks. Santa Clara County Library card required. Members free, senior guests pay \$5 day pass. Preregistration required. Sign up at the front desk.

Lunch with Friends

Wednesday, May 15, June 26, 11:45am

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

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

May 15 - Mexican Lasagna 墨西哥千層麵

June 26 - Lemon Shrimp with black beans and rice

檸檬蝦配黑豆和米飯



Dream Stories:


FREE!

Learning/Fun/Sharing

Wednesday, May 1-June 5, 2-3:30pm

Join this six week group and learn techniques to help recall your dreams while learning more about yourselves as we explore those nightly journeys. Join Vivian I. Silva, MSW in this fun, engaging group! Limited to eight people. Please bring a journal and pen. Members free, senior guests pay \$5 day pass. Sign up at the front desk.

MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
<p>CITY OF CUPERTINO SENIOR CENTER 408.777.3150 <i>Hours: M-Th: 8am-9pm</i> <i>Friday 8am-5pm</i> <i>Saturday 8:30am-4:30pm</i> <i>Email: SeniorCntr@Cupertino.org</i> <i>Website: www.cupertino.org/senior</i> Find us on Facebook & Yelp!</p>		<p>1 7:30 New Trip Presentation 8 New Trip Sign-up 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 Cinco de Mayo Birthday Bash (\$12) More info on page 4 欲知詳情,請參閱第4頁 12-4 Card Playing</p>	<p>2 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>3 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 12:30-1 RYDE with Joe Simitian 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-3 Book Review - <i>The Last Days of Night</i> by Graham Moore 1:30-4 TechTime 4-6 Afternoon Board Game Bonanza!</p>
<p>AFTERNOON BOARD GAME BONANZA! Friday, May 3, 4-6pm</p>		<p>4 SATURDAY</p>		
<p>6 10-12 Golf for Seniors 12-4 Card Playing</p>	<p>7 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 Android Workshop 10-11:30 Book Discussion - <i>Everything I Never Told You</i> 10-12 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>8 9 50+ Bocce Ball 10-11 RBDigital Workshop 10-12 Case Manager Consultation 社工諮詢 12-2 ClearCaptions Lunch and Learn Presentation 12-4 Card Playing</p>	<p>9 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>10 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 1:30-4 TechTime</p>
				<p>11 SATURDAY</p>
<p>13 10-11 SF Opera and <i>Carmen</i> 10-12 Golf for Seniors 11 Volunteer Orientation 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 4-5 Archery Demonstration</p>	<p>14 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>15 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 11-12 Archery Demonstration 11:45-1:30 Lunch with Friends (\$8) Mexican Lasagna 墨西哥千層麵 12-4 Card Playing</p>	<p>16 9-12 50+ Softball 9-5:30 Explore Benicia Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>17 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>
				<p>18 SATURDAY</p>
<p>20 10-12 Golf for Seniors 12-4 Card Playing 1-2 Volunteer Advisory Council</p>	<p>21 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production - The Better Part at Quinlan 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 3:30-5 Crime Prevention and Home Fire Safety Presentation</p>	<p>22 9 50+ Bocce Ball 10-11 Freegal Workshop 10-12 Case Manager Consultation 社工諮詢 10:30-5:30 Filoli and Scratch Trip 12-4 Card Playing</p>	<p>23 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing NO Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>24 9:30-11:30 Rhythmaires Band Practice at Quinlan 12-4 Mah Jongg 麻將 NO Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p>
				<p>25 SATURDAY</p>
<p>27  MEMORIAL DAY SENIOR CENTER CLOSED 耆英中心歇業</p>	<p>28 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>29 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 10-6:30 BEAUTIFUL the Carole King Musical Trip 12-4 Card Playing 1:30-3:30 Monthly Movie - <i>Inception</i> (2010)</p>	<p>30 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing NO Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>31 9:30-11:30 Rhythmaires Band Practice at Quinlan 12-4 Mah Jongg 麻將 NO Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p>
				<p>1 SATURDAY</p>

JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
<p>2 SUNDAY 10-6:30 Bizet's <i>Carmen</i> Trip</p> <hr/> <p>3 10-12 Golf for Seniors 12-4 Card Playing 1:30 Volunteer Orientation 4-6 Archery Social</p>	<p>4 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-11:30 Book Discussion - <i>The Second Mrs. Hockaday</i> 10-12 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>5 9 50+ Bocce Ball 10-11 Discover & Go Workshop 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 4-7:30 Evening Baseball (\$8) Ballpark Hot Dog and Garlic Fries</p>	<p>6 9-12 50+ Softball 9-5 The Duarte Garage and Lincoln Highway Museum Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>7 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-3 Book Review - <i>A Gentleman in Moscow</i> by Amor Towles 1:30-4 TechTime</p> <hr/> <p>8 SATURDAY From Ireland's Ancient East to the Wild Atlantic Way Trip Departs</p>
<p>10 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 4-6 Archery Social</p>	<p>11 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 NO TV Production - The Better Part 12-4 Card Playing</p>	<p>12 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 Luau and June Birthday Bash (\$12) More info on Page 7 欲知詳情,請參閱第7頁 12-4 Card Playing</p>	<p>13 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>14 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>15 SATURDAY</p>
<p>17 10-12 Golf for Seniors 12-4 Card Playing 12-4:30 AARP Smart Driving Course Class 1 of 2 4-6 Archery Social From Ireland's Ancient East to the Wild Atlantic Way Trip Returns</p>	<p>18 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 iPhone Workshop 10-12 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>19 9 50+ Bocce Ball 9-5:30 The Western Railway Museum & The Cast Iron Grill & Bar Trip 10-11 Creativebug Workshop 10-11 Navigating Compost and Recycle in Cupertino Presentation 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 12-4:30 AARP Smart Driving Course Class 2 of 2</p>	<p>20 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>21 8:30 Newsletter Collating 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p> <hr/> <p>22 SATURDAY</p>
<p>24 8 July/August Registration Begins 10-12 Golf for Seniors 12-4 Card Playing 1:30 Day Trip Expo and Social 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社 4-6 Archery Social</p>	<p>25 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>26 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 11-12 Living Alone: Ways to Find Joy and Beat Depression Presentation 11:45-1:30 Lunch with Friends (\$8) Lemon Shrimp with Black Beans and Rice 檸檬蝦 配黑豆和米飯 12-4 Card Playing 1:30-3:30 Monthly Movie - <i>Destry Rides Again</i> (1939)</p>	<p>27 9-12 50+ Softball 11:15-1:30 Needlecraft 11:30 Out-to-Lunch Bunch at Fish's Wild 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>28 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>29 SATURDAY</p>

JUNE ACTIVITY HIGHLIGHTS

Luau and June Birthday Bash

Wednesday, June 12, 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. Preregistration required. Vegetarian option available when registering. Members \$12, senior guests add \$5 day pass.

夏威夷Luau和六月慶生宴

四月十二日星期三下午12時

來與我們的 Kani Ka Pila 烏克麗麗樂隊一起體驗一個傳統的夏威夷Luau!享受照燒雞肉,熱帶水果,甜卷,炒飯和芭樂蛋糕。在六月生日的壽星會員將受到表彰。需要預先登記。註冊時提供素食選項。會員 \$12,非會員多加當日活動費\$5。

FREE!

Monthly Movie

Wednesday, June 26, 1:30-3:30pm

Destry Rides Again (1939) [NR]- The nefarious boss of Bottleneck has the Sheriff murdered for asking too many questions. When the mayor replaces him with the town drunk, all hope appears lost, until Tom Destry Jr., son of famous lawman Tom Destry takes up the mantle of deputy in this western comedy. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

NEW!

Evening Baseball Social

Wednesday, June 5, 4-7:30pm

Baseball season is here! Come watch your San Francisco Giants take on the New York Mets as these cross-coast powerhouse teams battle on our big screen. Enjoy a classic baseball dinner with a ballpark hot dog, full condiments selection, and garlic fries. Preregistration required. Members \$8, senior guests add \$5. Sign up online or at the front desk.

夜間棒球聯歡 (新活動)

6月5日 星期三 下午4時至晚上7時30分

棒球賽季到了!來看看三藩市巨人隊迎戰紐約梅茨隊,東西岸的兩大強隊將在我們的大螢幕上廝殺,還可享用經典的棒球晚餐 - 附有配料吧和大蒜薯條的熱狗! 需要預先登記。會員每場比賽\$8,非會員多加當日活動費\$5。可以在網上或前臺註冊。

FREE!

Living Alone: Ways to Find

Joy and Beat Depression

Wednesday, June 26, 11am-12pm

This presentation by Vivian I. Silva, MSW is for those wanting to understand how to find joy when living alone. Participants will also learn how to recognize symptoms of depression and steps to take to avoid isolation and being lonely. Members free, senior guests pay \$5 day pass. Sign up online or at the lobby table.

Independence Day Celebration and

July Birthday Bash

Wednesday, July 3, 12pm

Get patriotic with us and wear your red, white, and blue! Celebrate our nation's birthday while we honor members with July birthdays with American-themed music by the Rhythmaires Band and BBQ'd burgers with all the fixings. Preregistration required. Vegetarian option available when registering. Members \$10, senior guests add \$5 day pass.

國慶慶祝活動和7月慶生宴

7月3日 星期三下午12時

讓我們提早穿上星條旗的紅白藍三色裝扮,展現我們的愛國情操! 我們將有Rhythmaires樂隊演奏以美國為主題的音樂來一起慶祝我們國家以及壽星會員的生日,並享受BBQ燒烤漢堡。需要預先登記。註冊時提供素食選項。會員\$10,非會員多加當日活動費\$5。

FREE!

Archery Social

Monday, June 3-24, 4-6pm

Interested in trying something new? Practice your hand-eye coordination while playing archery with friends! Members free, senior guests pay \$5 day pass. Sign up online or at the front desk.

NEW!

Adult Lap Swim

Tuesday-Friday, June 18-August 2, 11am-2pm

Adult Lap Swim is available this summer at Monta Vista High School pool Tuesday through Friday! Drop-in passes may be purchased, cash only, at the pool; \$5 for Cupertino residents, \$6 for non-residents. Members of the Senior Center may buy a season pass for \$50—a \$35 savings! Purchase season passes at the Senior Center front desk.

NEW!

Navigating Compost and

Recycle in Cupertino

Wednesday, June 19, 10-11am

Ever wondered what plastic can be recycled, or what goes in your compost? Did you know each city's waste process is different? Learn how Cupertino divides these, and how recycling can have a worldwide impact. Cupertino's own Environmental Programs Team presents. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

FREE!

Book Review Meeting

First Friday of the month, 1:30-3pm

Learn about new books. New faces are always welcome. Members free, senior guests pay \$5 day pass.

May 3 - *The Last Days of Night* - by Graham Moore presented by Alan Johnson

June 7 - *A Gentleman in Moscow* - by Amor Towles presented by Sara Malaun

FREE!

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS APRIL 22	DAY	DATES	NO CLASS	TIME	INSTRUCTOR	MEMBER FEE
Accordion	T	5/7-6/25		1:35-3:10	R. DiBono	\$20
Advanced Beading	Th	5/9-5/30		1:15-3:15	D. Hall	\$35
Advanced Beading	Th	6/6-6/27		1:15-3:15	D. Hall	\$35
Beginning Beading	Tu	6/4-6/25		10-12	D. Hall	\$35
Bridge: Declarer Play	S	5/4-5/25		10-12	P. Davis	\$21
Bridge: Declarer Play (Continued)	S	6/1-6/22		10-12	P. Davis	\$28
Chair Exercise 座椅運動	FLEX M, Th	5/6-6/27	5/20-5/30	10:15-11:15	P. Hu	\$45
Chinese Brush Painting 傳統與現代中國畫	M	6/10-7/29		8:30-10:30	M. Lee	\$60
Chinese Brush Painting 傳統與現代中國畫	M	6/10-7/29		10:40-12:40	M. Lee	\$60
Chinese Calligraphy 書法班	T	5/7-6/25		12:50-2:50	F. Jair, W. Mann	\$15
Chinese Calligraphy 書法班	T	5/7-6/25		3-5	Y. Wang, Y. Cheng	\$15
Citizenship Class	M, T, F	4/29-6/25	5/27	8:15-9:45	V. Wong	\$20
Conversational Mandarin - Level 1	Th	5/30-7/25		9-10:30	J. Li	\$40
Conversational Mandarin - Level 2	Fr	5/31-7/19		10-11:30	K. Hu	\$40
Conversational Mandarin - Level 3	Th	5/16-7/11		9-10:30	L. Gao	\$40
CSC Wednesday Jam	W	5/1-6/26		3-4:30	J. Cunningham	\$15
ESL - Advanced 高級英語班	Th	5/23-7/11		11-1	L. North	\$30
ESL - Basic and Easy 初級英語班	M	5/13-7/8	5/27	10-12	L. North	\$30
ESL - Intermediate 中級英語班	W	5/1-6/19		10-12	L. North	\$30
ESL - Intermediate Conversation 中級對話班	T	6/18-8/6		1:30-3	J. Andrushko	\$20
Feldenkrais Method	FLEX T	5/7-6/25		9:30-10:30	M. Westlaken	\$40
HarmoniKatz Performance Band	M	6/3-7/29	5/27	3:45-5:15	D. Ng	\$15
Hatha Yoga	FLEX Th	5/9-6/27		2:30-3:30	V. Bhat	\$50
Hula - Beginning	M	6/3-7/22	5/27	11:45-12:40	J. Pereria-Anderson	\$15
Hula - Performance Group	M	6/3-7/22	5/27	12:55-1:55	J. Pereria-Anderson	\$15
Kumihimo	Th	5/9-5/30		3:15-5:15	D. Hall	\$35
Kumihimo (Beaded)	Th	6/6-6/27		3:15-5:15	D. Hall	\$35
Mindfulness Meditation	Th	4/25-5/23		8:30-9:45	S. Nethisinghe	\$10
Nutrition Made Easy: Vital Nutrients You Need	F	5/17		1:30-3:30	J. Oh	\$25
Nutrition Made Easy: Instant Pot Meals	M	5/20		10-12	J. Oh	\$40
Nutrition Made Easy: Arthritis Relief	F	6/14		1:30-3:30	J. Oh	\$25
Nutrition Made Easy: Quick Easy Meals	M	6/17		10-12	J. Oh	\$40
Tai Chi for 50+ - Level 1 太極初級班	Th	4/25-8/8		8:30-9:25	J. Madonich	\$60
Tai Chi for 50+ - Level 2 太極中級班	Th	4/25-8/8		9:35-10:30	J. Madonich	\$60
Tai Chi for 50+ - Level 3 太極高級班	Th	4/25-8/8		10:40-11:35	J. Madonich	\$60
U.S. History	T	5/7-5/28		12:35-1:35	R. DiBono	\$15
Ukulele - Advanced Beginning	T	6/4-7/30		3:15-4:45	D. Ng	\$22
Ukulele Strum and String	M	5/13-7/8	5/27	1:30-3:15	S. Chen	\$15
VivAsia Chair Lotus	FLEX Sa	5/18-7/6		11:15-12:15	M. Kao	\$16
VivAsia Lotus	FLEX Sa	5/18-7/6		10-11	M. Kao	\$16
Yoga for 50+ - Beyond Barre & Stretch	FLEX T	5/7-6/25		4-5	P. Hu	\$40
Yogalates	FLEX F	5/3-6/21		4-5	P. Hu	\$40
Yuan Chih Dance	FLEX F	5/10-6/28		10-11:30	A. Fung, H. Hwang	\$15
Zumba Gold @ QCC 中老年尊巴	FLEX M	5/6-7/1	5/27	2:30-3:30	P. Hu	\$37
Zumba Gold @ QCC 中老年尊巴	FLEX F	5/17-7/5		2:30-3:30	G. DuVal	\$37
EVENING CLASSES						
Chinese Brush Painting 傳統與現代中國畫	W	5/8-6/26		6-8	M. Lee	\$60
Chinese Painting with May Shei	Th	5/2-6/6		5:30-8	M. Shei	\$48
Line Dance - Beginning 初級排舞	FLEX Th	5/9-6/27		7-8:30	K. Chang	\$48
Line Dance - Beg/Int 先進初級排舞	FLEX T	5/7-7/2		7-8:30	K. Chang	\$48
Yoga Foundations	FLEX T	5/7-6/11		5:15-6:30	R. Narayanan	\$42
Yoga Foundations - Intermediate	FLEX Th	5/16-7/25	6/13, 6/20, 7/4	4:45-6	E. Meir	\$56
COMPUTER AND TECHNOLOGY CLASSES						
iPad Beginning	T	4/30-6/11		1-3	R. Schiros	\$38
iPad Intermediate	Th	5/2-6/13		1-3	R. Schiros	\$38
蘋果手機/蘋果平板電腦初級班 - 國語授課	W	6/5-6/26		1-3	L. Su	\$20

CLASS HIGHLIGHTS

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

Apple Assistance

FREE!

Thursday, May 9, 23, June 13, 20, 2-6pm

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

AARP 8-Hour Smart Driving Course

Monday, June 17 and June 19, 12-4:30pm

A full 8-hour class, split into two 4-hour sessions. For more information and to register, call Ina Checkman at 408.257.6940.

Creativebug Workshop

Wednesday, June 19, 10-11am

FREE!

Get your creative juices flowing with Creativebug! Enjoy unlimited access to over 1,000 online art and craft classes, plus patterns, templates, and recipes with daily updates. Topics include art and design, sewing, quilting, paper, knitting, crochet, food and home, jewelry, holiday and party, and classes for kids. Watch videos anytime, anywhere, and start and stop projects at your own pace. Santa Clara County Library card required. Members free, senior guests pay \$5 day pass. Preregistration required. Sign up at the front desk.

Weekly Walks with Keith

Vote for your preferred June dates by filling out the survey at the lobby table.

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

Discover & Go Workshop

Wednesday, June 5, 10-11am

Discover & Go, a new virtual museum pass program for Santa Clara County Library 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.

Nutrition Made Easy:

Vital Nutrients You Need Discussion

Friday, May 17, 1:30-3:30pm



As we get older our bodies have different needs and certain vitamins and minerals become essential for good health. We will discuss which nutrients are vital, how to avoid malnutrition, as well as easy tips and techniques to ensure we stay healthy and feel great for a long time. Instructor Jen Oh. Member fee \$25.



Instant Pot Meals Cooking Workshop

Monday, May 20, 10am-12pm

Interested in learning more about the Instant Pot? Join us in creating three easy, healthy, and delicious meals for the Instant Pot or any pressure cooker! Take home everything you make to enjoy later. All diets and preferences accommodated. Instructor Jen Oh. Member fee \$40.



Arthritis Relief Discussion

Friday, June 14, 1:30-3:30pm

Do you have aches and pains, stiffness in your joints? Join us to discover what foods help and what may make it worse. Instructor Jen Oh. Member fee \$25.



Quick Weekday Meals Cooking Workshop

Monday, June 17, 10am-12pm

Quick and easy meals that take 30 minutes or less to make are always great to have. Join us in creating three yummy meals that are healthy and take minimal time in the kitchen. Everything you make, you get to take home to enjoy later. All diets and preferences accommodated. Instructor Jen Oh. Member fee \$40.

iPhone and Android

Workshops

Android: Tuesday, May 7, 9:30-11:30am

iPhone: Tuesday, June 18, 9:30-11:30am

FREE!

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

iPad/iPhone Beginning in Mandarin

Wednesday, June 5-26, 1-3pm

蘋果手機/蘋果平板電腦初級班 - 國語授課

週三, 6月5-26, 1-3pm

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

CASE MANAGER'S CORNER

Case Management Program

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

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

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

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, May 13, June 10, 24, 1:30-2:30pm

Tuesday, May 7, 21, June 4, 18, 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 9, June 13, 3-4:30pm

SCHEDULED APPOINTMENTS

Please call 408.777.3150 to make appointments for the following services:

Health Insurance Counseling (HICAP)

Monday, May 13, 27, June 10, 24, 1-3pm

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

Housing Resource

Monday, May 6, 20, June 3, 17, 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 - 5/6, 5/20, 6/3, 6/17 (週一), 1:30-3:30pm

耆英中心會為長者提供老人公寓名單作為參考。由於資源有限，本中心員工將不能為長者打電話查詢公寓資料，填寫公寓表格，或遞送表格。

Senior Adult Legal Aid (SALA)

Friday, May 3, 10, 17, June 7, 14, 21

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 5/3, 5/10, 5/17, 6/7, 6/14, 6/21, 10:30am-12:30pm

60歲以上，並住在聖縣。

MAY/JUNE 2019

THE SCENE

+

Afternoon Board Game Bonanza!

Friday, May 3, 4-6pm

Enjoy an afternoon playing board games with friends and local youth from Homestead High School's Tabletop Club. Family and grandchildren are welcome to join in on the fun! Light refreshments will be served. Open to the public. Preregistration required. Sign up online or at the front desk.

FREE!

NEW!

FIRST CLASS MAIL

www.cupertino.org/senior

www.cupertino.org/50plus

www.cupertino.org/senior

408.777.3150

Cupertino, CA 95014

21251 Stevens Creek Blvd.

City of Cupertino Senior Center