



CUPERTINO

# THE 50+ SCENE

NOVEMBER/DECEMBER 2014

CITY OF CUPERTINO SENIOR CENTER 408.777.3150

21251 STEVENS CREEK BLVD.

## THANKFUL FOR FAMILY CAREGIVERS!



Across the nation, over 60 million family members, neighbors, and friends provide care and support for their loved ones during times of need. With compassion, these caregivers help men, women, and children to improve their quality of life. During National Family Caregivers Month, the Cupertino Senior Center would like to thank and to support the

individuals who ensure the health and well-being of their relatives and loved ones. We have many resources for those who care for their family and friends, including Caregiver Support Group, every second Thursday of the month, and our Case Manger can provide information on caring for loved ones or finding resources. Thank you caregivers, we're here to support you!

## ALIVE INSIDE SCREENING AND DISCUSSION

MONDAY, NOVEMBER 17, 1:30-4PM

*Alive Inside* is a joyous exploration of music's ability to combat memory loss and restore a deep sense of self to those suffering from it. Learn about the groundbreaking research of social worker Dan Cohen, founder of the nonprofit organization Music & Memory, in this fascinating documentary. Following the screening, join Vivian Silva, Masters of Social Work in a discussion of the intriguing questions and amazing possibilities raised by this film. Members free, senior guests pay \$5 day pass. Sign up at lobby table.

## GOOD FOOD AND MONDAY NIGHT FOOTBALL

NOVEMBER 3, 5:15PM

Billionaire's Meatloaf

Indianapolis Colts vs. New York Giants

NOVEMBER 24, 5:15PM

BBQ Chicken Flatbread Pizza

Baltimore Ravens vs. New Orleans Saints

DECEMBER 8, 5:15PM

New England Clam Chowder

Atlanta Falcons vs. Green Bay Packers



Join us for a great time for a sports fan! Dinner, the game, and the opportunity to win some cool prizes are waiting for you. Come watch the game from a comfy lounge chair under the big screen. Member fee \$8, senior guest add \$5 day pass.

## VOLUNTEER CORNER

### VOLUNTEER OPPORTUNITIES FRONT DESK VOLUNTEERS

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 or want to learn more, please contact Justin at [JustinC@cupertino.org](mailto:JustinC@cupertino.org) or call 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Justin: JustinC@Cupertino.org 或撥打電話408.777.3150。我們非常需要雙語能力的義工。

### CASE MANAGEMENT SUPPORT - HOUSING CONSULTANT

With all of the senior citizen housing options to choose from, it is important for seniors to find a housing option that is a good match. Making a selection takes time and planning, and this is the reason families seek housing consultants to assist them in their searches. If you have knowledge of the senior housing market because you held previous positions in human resources, management or marketing at a senior facility, consider helping to provide a good experience during a difficult life transition. Must be bi-lingual (English/Mandarin) and have housing experience or knowledge. Senior center volunteers are 50+ and willing to become a member if selected for the position. Prospective volunteers please contact Justin Cecil by email [JustinC@Cupertino.org](mailto:JustinC@Cupertino.org) or phone 408.777.3150.

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# Share Discovery Through Travel

Member New Trip Sign-up Begins Wednesday, **October 29**, 8am; Non-member begins November 7  
 → Day Trip Preview starts at 7:30am ←

## Levi's Stadium Tour

*Tuesday, November 25, 7:30a-1p*

*Full, taking wait-list only.*

**Member Cost: \$113** - breakfast included

## Kinky Boots

*Tuesday, December 9, 4:15-11:45p*

*Full, taking wait-list only.*

**Member Cost: \$139**

## Yuletide Lights of Livermore

*Thursday, December 11, 1:30-9p*

This holiday treat begins at Alden Lane Nursery, known for their fresh holiday greens and cute gift shop, followed by holiday browsing in the cute downtown. Then enjoy an amazing 4-course meal at Terra Mia and a short drive to view the spectacular yuletide lights! Enjoy this festive evening with us and you will be sure to be in the spirit!

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

## Moscow Ballet's Great Russian Nutcracker

*Friday, December 19, 3-7p*

With a kaleidoscope of amazing costumes and holiday decorations, this show will put you in the festive mood. The beauty and grace of the ballet dancers will leave you in awe while enjoying a young girl's story of vivid imagination come to life. Our 12<sup>th</sup> row seats put you right in the magic. Dessert will be served prior to the show to ensure a sweet night from beginning to end.

**Member Cost: \$89** - dessert included

*From Breaking the Rules to Fitting the Mold!*

## Keith Haring at the de Young

*Thursday, January 15, 7:30a-3:30p*

Travel to the de Young Museum in San Francisco for a private docent-led tour of *Keith Haring: The Political Line*. The U.S. premiere of this fabulous exhibition features more than 130 works of art. Lunch is on your own at the de Young Café, followed by a visit to the Legion of Honor where you will enjoy "A Princely Pursuit," a collection of rare Asian and European porcelain with royal roots.

**Member Cost: \$86**

**Free Docent Lecture** - Friday, December 12 at 2pm

*Sign up at the lobby table*

## San Francisco House of Prime Rib

*Wednesday, January 21, 4:30-9p*

Join us for a savory evening of fine dining as we travel to Van Ness Avenue in San Francisco. Featured by ZAGAT for Best Steakhouse in the SF Area, this renowned restaurant has been in business since 1949 and still tops the charts! Enjoy their famous corn-fed prime rib beef, or their fresh fish dinner. Your meal comes with a salad, mashed or baked potato, Yorkshire pudding, and their specialty dessert.

**Member Cost: \$119** - dinner included

## OUT-TO-LUNCH BUNCH

*Thursday, December 4, 11:30a*

## MANDARIN GOURMET

10145 N. DeAnza Blvd.

## Davies Symphony Hall

Legendary Classics of Mozart and Bach

*Thursday, January 29, 11a-5:30p*

Experience a musical delight at the San Francisco Symphony featuring classical pieces from the legendary Mozart and Bach. Our orchestra seats will guarantee that we will be close to the action. Before the show, enjoy lunch on your own at Max's Opera Cafe.

**Member Cost: \$119**



## California Academy of Sciences

*Tuesday, February 3, 8:30a-4p*

Come discover, explore, and learn about our universe and beyond at the California Academy of Sciences, where an abundance of amazing exhibits are guaranteed to take your breath away. From their 4-story indoor rain forest, to the 38,000 living animals in the Steinhart Aquarium, the academy has it all. Enjoy lunch on your own on site.

**Member Cost: \$79**



Travels with Gary

## Herb Caen's "Wet Weather Dash"

*Tuesday, February 10, 8a-3:30p*

Come frolic with us in San Francisco as we dash along Caen's underground and out-of-the-rain path to Bush St. and Chinatown. Follow it up with a mouth-watering lunch at one of San Francisco's oldest and most famous restaurants, John's Grill.

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



## Beach Blanket Babylon

*Wednesday, February 25, 4-11p*

Beach Blanket Babylon has been around for 37 years and is the longest running musical revue in American history! Enjoy the lights, colors, sounds, spectacular hats, costumes and political humor of the show. The show depicts Snow White trying to find her Prince Charming, and along the way she encounters many pop figures and icons. This satirical show will have you laughing from beginning to end. Enjoy dinner on your own in the favored San Francisco North Beach neighborhood before show time.

**Member Cost: \$95**



## San Juan Island Cruise

*6 Days - April 15-20, 2015*

Small ship cruising, only 17 cabins! Includes Roche and Friday Harbors, Fort Casey, Mt. Vernon Tulip Farms, Deception Pass Bridge, Bridge of Glass and Dale Chihuly, and the most peaceful, quiet nights you can imagine! Space limited- sign up early.

**Member Cost: \$2,495** double occupancy

## Mackinac Island

featuring the Grand Hotel

*8 Days - May 30-June 6, 2015*

Highlights include: Grand Hotel stay, Greenfield Village and Henry Ford Museum, Edsel and Eleanor Ford House, Green Bay, Millennium Park, and Chicago.

**Member Cost: \$2,949** double occ. *Price through 12/1*

*Travel presentation Tuesday, January 20 at 2pm*

Sign up for presentation to receive an extra raffle ticket.

## Inspiring Iceland

*9 Days - August 16-24, 2015*

*Small group travel - limited to 24 persons*

Highlights include: Reykjavik, Golden Circle, Thingvellir National Park, Snaefellsnes Peninsula, Puffin Cruise, and Blue Lagoon.

**Member Cost: \$4,999** double occ. *Early booking price!*

*Travel presentation Tuesday, January 20 at 2pm*

Sign up for presentation to receive an extra raffle ticket.

## Tuscan and Umbrian Countryside

featuring Italy's charming hill towns

*11 Days - October 16-26, 2015*

*Small group travel - limited to 24 persons*

Highlights include: exploring smaller, more authentic towns, a cooking class held in a 16th century farmhouse, a home-cooked meal at a local Umbrian's family home, local wine tasting, Volterra and Guarnacci Museum, Assisi, San Gimignano, Olive Oil Factory, staying in a palace for four nights, and more!

**Member Cost: \$4,999** double occ. *Early booking price!*

*Travel presentation Tuesday, January 20 at 2pm*

Sign up for presentation to receive an extra raffle ticket.

**Save the Date- Tuesday, February 17  
Mardi Gras Travel Party!**



# NOVEMBER ACTIVITY HIGHLIGHTS

## Thanksgiving and Birthday Bash Luncheon Wednesday, November 19, 12pm

Thanksgiving feast with roasted turkey, mashed potatoes, gravy, stuffing, savory green beans, and pumpkin pie. The Rhythmaires Band will help us celebrate the holiday with delightful music. Members with November birthdays will be honored. Members \$12, senior guests add \$5 day pass. Vegetarian option available when registering. Please sign up early.

感恩節/生日宴大餐- 11/19 (週三), 中午12pm體驗美式大餐: 烤火雞, 薯泥, 可口蔬菜, 現烘玉米鬆餅和南瓜派, 耆英中心樂隊將演奏歡快音樂. 我們將對十一月壽星表示敬意. 會員\$12, 來賓加付當日活動費\$5, 請早登記.

## Lunch with Friends Wednesday, 12pm

Join us for lunch! Pre-registration is required. Member fee \$6, senior guests add \$5 day pass. On November 26, lunch will be served as we begin our special holiday double feature edition of the Monthly Movie. See below for more details.

**November 12-** Build-Your-Own Turkey Sandwich, salad and dessert

**November 26-** Tangy Marinated Chicken with Pineapple Fried Rice, and dessert

星期三午餐, 中午12點, 歡迎參加我們的午餐! 需要提前報名. 會員費\$6, 非會員需多加當日活動費\$5. 11/26那天, 您將在午餐同時欣賞本月加節日特色電影, 詳情如下. 11/12-自做火雞三明治, 沙拉和甜點11/26 - 濃汁雞加波蘿炒飯, 甜點

## Hearing Tests

FREE!

Thursday, November 20, 9-11am

Hearing tests will be provided by San Jose State University audiology students with instructor supervision. After your hearing test, you can visit the California Telephone Access Program booth. You may qualify for a free phone that suits your needs. Free to members, please register at the front desk. Space limited, members only.

免費聽力檢查 11月20日, 早上九至十一點, 聖荷西州立大學學生將為會在本中心提供免費聽力檢查. 名額有限, 只限會員, 請提早登記. 聽力檢查後, 加州電話連接計劃會為您示範電話設備. 如符合資格, 您可領取免費電話.

## Monthly Movie Double Feature

FREE!

### *Holiday Inn and White Christmas*

Wednesday, November 26, 12-4:30pm

The famed film *Holiday Inn*, and its beloved sequel *White Christmas* are a veritable treasury of Irving Berlin classics, among them "Count Your Blessings Instead Of Sheep," "Sisters," and the noted title song "White Christmas," and feature greats such as Bing Crosby, Fred Astaire, and Danny Kaye. Join us as we sing our way into the season with these holiday classics. Members free, senior guests pay \$5 day pass.

## AARP Smart Driver Safety Class

Wednesday, November 5 and 12, 12:30-4:30pm

This is an 8-hour class split in two 4-hour AARP Smart Driver classes. For more information and to register call Les Schreiber at 408.316.8654. Senior center membership is not required to participate.

## Book Review Meeting

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

NEW!

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

**November 7-** *The Boys in the Boat* by Daniel James Brown, reviewed by Alice Perkins

**December 5-** *Dreaming Water* by Gail Tsukiyama, reviewed by Rose Linn

## Marv's Musical Memories

NEW!

Monday, 2-3pm

November 10 - About Sinatra

December 15 - Overtures

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

## Aunt Venna's Home Gym

NEW!

Monday, November 24, 10-11am

This practical and fun workshop presented by El Camino Hospital will teach individuals to increase physical activity from the comfort of their own home. Members free, senior guests pay \$5 day pass. Sign up at lobby table.

# NOVEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 New Volunteer Orientation	<b>4</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production- The Better Part 10:30-11:30 Booktalk 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 1-3 Pickleball Demonstration at Cupertino Sports Center	<b>5</b> 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing	<b>6</b> 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	<b>7</b> 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:15-3 Book Review- <i>The Boys in the Boat</i> by Daniel James Brown <b>8</b> Spain Trip Departs
<b>10</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社交 2-3 Marv's Musical Memories- About Sinatra	<b>11</b> VETERAN'S DAY SENIOR CENTER CLOSED 退伍軍人節 耆英中心歇業 	<b>12</b> 10-12 No Case Manager Consultation 沒有社工諮詢 12-1 Lunch with Friends- Build-Your-Own Turkey Sandwich (\$6) 自做火雞三明治 12-4 Card Playing	<b>13</b> 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2 Learn About the Senior Center 2-4 Open Bridge 3-4:30 Caregiver Support Group	<b>14</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
<b>17</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-4 Alive Inside Screening and Discussion 1:30-2:45 Volunteer Advisory Council Meeting	<b>18</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓	<b>19</b> 10-12 Case Manager Consultation 社工諮詢 12 Thanksgiving Luncheon and Birthday Bash (\$12) More info on page 4 感恩節午餐/生日宴 12-4 Card Playing 3:30-5 Caregiver Support Group in Mandarin 家庭照護者互持小組	<b>20</b> 9-11 Hearing Tests 免費聽力檢查 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 9 Spain Trip Returns	<b>21</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
<b>24</b> 10-11 Aunt Venna's Home Gym 10-12 Golf for Seniors 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社交	<b>25</b> 7:30-1 Levi's Stadium Trip 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production- The Better Part 12-4 Card Playing	<b>26</b> 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 12-1 Lunch with Friends- Tany Chicken and Pineapple Fried Rice (\$6) 濃汁雞加菠蘿炒飯 12-4:30 Monthly Movie- <i>Holiday Inn</i> and <i>White Christmas</i>	<div style="border: 2px solid black; padding: 10px;"> <p><b>HAPPY THANKSGIVING</b>                              CENTER CLOSED                              NOVEMBER 27 &amp; 28                              感恩節耆英中心歇業 11/27-28</p>  </div>	
<div style="border: 2px solid black; padding: 10px;"> <p><b>CITY OF CUPERTINO SENIOR CENTER</b>                              408.777.3150</p> <p><b>OFFICE HOURS: Monday-Friday 8am-5pm</b></p> <p><b>EMAIL: <a href="mailto:SeniorCntr@cupertino.org">SeniorCntr@cupertino.org</a></b></p> <p><b>WEBSITE: <a href="http://www.cupertino.org/senior">www.cupertino.org/senior</a></b></p> <p><b>Find us on <a href="#">Facebook!</a></b></p> </div>				

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<b>1</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 New Volunteer Orientation	<b>2</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 10:30-11:30 Booktalk 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 1:30-2:30 健康的身體，健康的頭腦 3-4 Healthy Body, Healthy Brain	<b>3</b> 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-2:30 Holidays in Hawaii 夏威夷耶誕慶典	<b>4</b> 11:15-1:30 Needlecraft 11:30 Out to Lunch Bunch-Mandarin Gourmet 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	<b>5</b> 9-11 Rhythmairs Band Practice 12-4 Mah Jongg 麻將 12 Bingo Holiday Lunch Ham (\$10) 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:15-3 Book Review- <i>Dreaming Water</i> by Gail Tsukiyama
<b>8</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社交	<b>9</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production- The Better Part 12-4 Card Playing 1-3 醫療護理指示 4:15-11:45 Kinky Boots Trip	<b>10</b> 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-2:30 Holiday Sing-Along 歌唱會 <div style="border: 1px solid black; padding: 5px; text-align: center;">                         RENEW YOUR MEMBERSHIP BY TODAY TO RECEIVE NEXT NEWSLETTER!                     </div>	<b>11</b> 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 1:30-9 Yuletide Lights of Livermore Trip 2 Learn About the Senior Center 2-4 Open Bridge 3-4:30 Caregiver Support Group	<b>12</b> 8:30 Newsletter Collating 9:30-11:30 Rhythmairs Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 2 Docent Lecture- <i>Keith Haring: The Political Line</i>
<b>15</b> 10-12 Golf for Seniors 12-4 Card Playing 2-3 Marv's Musical Memories-Overtures	<b>16</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production- The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 1-3 Advance Care Planning	<b>17</b> 10-12 Case Manager Consultation 社工諮詢 12 Holiday Lunch and Birthday Bash (\$12) More info on page 7 冬季節慶/生日宴 12-4 Card Playing 3:30-5 Caregiver Support Group in Mandarin 家庭照護者互持小組	<b>18</b> 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	<b>19</b> 9:30-11:30 Rhythmairs Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 3-7:15 Moscow Ballet's Great Russian Nutcracker Trip
<b>22</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社交	<b>23</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production- The Better Part 12-4 Card Playing	<div style="border: 2px solid black; padding: 10px;"> <h2 style="margin: 0;">HAPPY HOLIDAYS FROM THE SENIOR CENTER STAFF!</h2> <p style="margin: 5px 0 0 0;">SENIOR CENTER WILL BE CLOSED FROM WEDNESDAY, DECEMBER 24, 2014 THROUGH THURSDAY, JANUARY 1, 2015. WE WILL RE-OPEN FRIDAY, JANUARY 2.</p> <p style="margin: 5px 0 0 0;">耆英中心全體員工祝大家節慶快樂！耆英中心將在 12/24/2014 周三至 1/1/2015 周四之間歇業。我們將在 1/2 周五重新開放。</p>   </div>		

# DECEMBER ACTIVITY HIGHLIGHTS

## Holiday Lunch and Birthday Bash

Wednesday, December 17, 12pm

Put on your best holiday attire and jump into the season with a very special visit from jolly ol' St. Nick and a holiday meal. This home-style holiday meal includes trip, roasted potatoes, holiday salad with pecans and cherries, sweet ginger carrots, and New York cheesecake. Members with December birthdays will be honored. Vegetarian option available when registering. Members \$12, senior guests add \$5 day pass.

慶祝冬季節慶/生日宴- 12/17 (週三), 中午12pm 歡迎您來參加我們的節慶活動, 家庭式的午餐包括鮮嫩多汁的牛排, 烤土豆, 節日蔬菜, 甜姜胡羅卜和紐約起司蛋糕。我們將對十二月壽星表示敬意。會員\$12, 耆英來賓加付當日活動會費\$5。

## Holidays in Hawaii

FREE!

Wednesday, December 3, 1:30-2:30pm

Sway with our own Aloha Nani Hula dancers as they celebrate the holidays with Hawaiian songs and dances. Light refreshments will be served. Please sign up at lobby table. Free for members, \$5 day pass for senior guests.

12/3 (週三), 下午1:30-2:30pm 請參加我們的特別夏威夷耶誕慶典, 可觀賞耆英中心 Aloha Nani 呼拉舞蹈團表演優雅的夏威夷歌舞迎接新年。請至櫃台登記。會員免費, 耆英來賓付當日活動費\$5。

## Stay Active Fund

The Stay Active Fund helps adults 50+ remain active, engaged, and participating at the Cupertino Senior Center. This fund provides assistance to offset the cost for senior center membership and registration for classes and events. The fund is available beginning in November through June 30, or until the fund is depleted. Please contact the senior center staff for more details.

保持活躍基金 保持活躍基金幫助五十歲以上耆英積極參與並投入庫市耆英中心活動。此基金提供中心會籍以及課程和活動費用減免, 基金有效期是十一月至六月三十日或至基金用完。詳情請與耆英中心聯繫。

## Easy Membership Renewal

It is easy to renew for 2015. Please ask at the front desk for your pre-printed renewal form - just verify and sign! Renew your membership between October 27 and December 10 in order to receive the *The 50+ Scene* for January/February 2015 by mail or email. The annual membership fee is \$27, for Cupertino residents, \$22.

簡易會籍更新 2015會籍更新很方便。請至櫃台索取您原先填好的更新表格, 只要核對並簽名! 請於10/27至12/10之間更新您的會籍, 這樣可收到一月/二月份的耆英通訊, 郵寄到家或電郵到您的網址。一年的會費是\$27, 庫市居民\$22。

## Holiday Sing-Along

FREE!

Wednesday, December 10, 1:30-2:30pm

Come and sing holiday songs accompanied by guitar and ukulele. Members free, senior guests pay \$5 day pass. Please sign up at the lobby table.

節慶歌唱會-12/10 (週三), 1:30-2:30pm 請加入我們的歌唱會, 中心義工將彈吉他和四弦琴伴奏。會員免費, 耆英來賓付\$5當日活動費。請至櫃台登記。

## Advance Care Planning

NEW!

Tuesday, December 16, 2014, 1-3pm

If you had a medical emergency, who would you want to speak for you? Would that person know what is important to you about your care and quality of life? Please attend this workshop facilitated by Karen Storey, a certified Master Trainer on advance care planning to help you learn how to start the conversations with loved ones, select the most effective health care agent, and the *How Tos* of completing an Advance Directive form. Open to the public. Sign up at the lobby table.

醫療護理指示--12/9, 週二, 下午1-3, 當您遇到緊急醫療狀況時, 有誰可代表您做出療護決定呢? 此人是否了解您的意願呢? 請來參加此講座, 您將會學習到如何和家人進行這行重要的對話。如何選擇您的代表, 和如何填寫這份重要文件, 對外開放。請於大廳登記。

## Bingo Holiday Luncheon

Friday, December 5, 12pm

Gather with friends around this bountiful harvest. Honey glazed ham with all the trimmings and dessert will satisfy your holiday cravings. Bingo cards are sold separately, \$4-\$7. Lunch for members is \$10, senior guest add \$5 day pass. Vegetarian option available when registering. Sign up early, space is limited.

## Healthy Body, Healthy Brain

NEW!

Tuesday, December 2

1:30-2:30pm Mandarin, 3-4pm English

This workshop, presented by a partnership between the Alzheimer's Association and El Camino Hospital, features research-based strategies to keep your memory sharp, interactive exercises and activities, keys to a brain-healthy diet, and highlights the importance of staying socially connected. Members free, senior guests pay \$5 day pass. Sign up at lobby table.

健康的身體, 健康的頭腦 12/2 (週二), 下午1:30-2:30pm 這個講座討論你可以做些什麼來幫助保持你的腦部健康, 降低罹患阿滋海默症或其他失智症的風險。會員免費, 耆英來賓付當日活動費\$5。請於大廳登記



# CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS OCTOBER 27	DAY	DATES	TIME	INSTRUCTOR	MEMBER FEE
Accordion	T	11/4-1/13/15	1:45-3:15	R. Di Bono	\$20
Ballroom Dance 交際舞- East Coast Swing	W	11/5-11/26	1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞- Rumba	W	12/3-12/17	1:30-3:30	D. Lew	\$24
Chair Exercise	M & W	12/1-1/26/15	11-12	I. Ortiz	\$40
Chinese Brush Painting 國畫班	M	12/15-2/23/15	8:30-10:30	M. Lee	\$50
Chinese Brush Painting 國畫班	M	12/15-2/23/15	10:40-12:40	M. Lee	\$50
Chinese Calligraphy 書法班	T	11/4-12/23	3-5	C. Cheng, K. Liew	\$15
Citizenship Class 公民班	M & F	11/3-12/22	8:15-9:45	V. Wong	\$20
Cooking with Suzanne- Chocolate Treats	W	12/10	10-1	S. Vandyke	\$55
Conversational English 英語會話班	M & T	12/8-2/9/15	10-11:45	P. Chun, V. Wong	\$20
ESL- Basic and Easy 初級英語班	M	11/10-1/12/15	10-12	R. Mussman	\$25
ESL- Advanced Beginning 初高級英語班	W	11/12-1/14/15	10-12	R. Mussman	\$25
ESL Conversation- Intermediate 中級ESL會話班	T	11/18-1/20/15	1:30-3	J. Andrushko	\$20
Feldenkrais Method	T	11/4-1/13/15	9:30-10:30	M. Westlaken	\$40
Feldenkrais Chair Exercise	W	12/10-2/11/15	1:30-2:30	M. Westlaken	\$40
Harmonica II- Performance Band	M	11/3-12/15	3:45-4:45	A. McKee	\$15
Hatha Yoga	Th	11/13-1/22/15	2:30-3:30	V. Bhat	\$40
Hula Dancing 夏蕨夷呼拉舞	M	11/17-12/22	11:45-12:45	F. Ota	\$15
Hula Dance Performance Group	M	11/17-12/22	12:55-1:55	F. Ota	\$15
Japanese- Beginning	Th	12/4-2/5/15	9:30-10:30	T. Terry	\$35
Tai Chi for Older Adults 太極拳	W	12/3-2/11/15	3:30-4:30	H. Tseng	\$46
Tai Chi for Older Adults 太極拳	Th	12/11-2/19/15	10:30-11:30	H. Tseng	\$46
U-Bass- Level I	W	11/5-12/17	3-4:30	A. McKee	\$22
Yoga with Louiza	T	11/18-1/20/15	4-5	L. Koumoutsakis	\$40
Yoga for Active Adults 50+	Th	11/13-1/22/15	4-5	C. Cseuz	\$40
Yuan Chih Dance 元極舞	F	11/7-12/19	10-11:30	Annie & Helen	\$15
Zumba Gold with Irene	F	11/7-1/9/15	3:45-4:45	I. Ortiz	\$37
<b>EVENING CLASSES</b>					
Line Dance- Advanced Beginning	T	11/18-1/20/15	7-8:30	K. Chang	\$48
Tai Chi for Older Adults 太極拳	T	11/25-2/3/15	6:30-7:30	H. Tseng	\$46
Yoga with Louiza	T	11/18-1/20/15	5:15-6:15	L. Koumoutsakis	\$46
Yoga for Active Adults 50+	W	11/12-1/21/15	5:15-6:15	C. Cseuz	\$46
Zumba Gold Dance & Toning	W	11/12-1/21/15	6:30-7:30	H. Shariffe	\$45
<b>COMPUTER AND TECHNOLOGY CLASSES</b>					
Apple: Print Shop	W	11/5-11/26	12-2	P. Spitsen	\$22
iPad II /iPhone for Chinese Speakers 中文蘋果 iPad班 II	T	11/18-12/9	10-12	C. Ho, S. Ni	\$22
iPad Beginning	T	11/18-12/9	1-3:30	R. Schiros	\$22
iPad Intermediate	Th	11/13-12/11	1-3:30	R. Schiros	\$22
iPad Advanced	M	12/1-12/22	9:30-11:30	K. Smith	\$38
Maintaining Your PC	F	11/7-12/12	10-12	M. Ferguson	\$22

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

## Adult Community Education

November 3-January 16

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。11/3-1/16。



# CLASS HIGHLIGHTS

## Chocolate Treats for the Holidays

Wednesday, December 10, 10am-1pm



Can you ever have enough chocolate? In this class you will learn delectable finger food chocolate delights for the holidays or any time of the year. You can offer scrumptious bites to treat friends and family or to just keep for yourself! If you are pressed for time you will see that these treats are quick to make and still offer equally decadent chocolate bite size treats such as Dark Chocolate Hazelnut Truffles, Chocolate Mousse Brownies, and Double Chocolate Cherry Cookies. Sommelier, Cookbook Author and International Chef Suzanne uses only high quality Belgian chocolate. Member fee \$55.

## Ballroom Dance Class

Wednesday, November 5-26, 1:30-3:30pm



East Coast Swing

Wednesday, December 3-17, 1:30-3:30pm

Rumba

The first weeks of each term in this lively class will be devoted to giving participants an intensive training in a single dance. The last week of each session will be a party-like review session and dance clinic. As you dance, you can practice what you have learned, ask questions and receive guidance on leading and following techniques, or any other dance questions, from popular dance teacher David Lew. Member fee \$32 for November, \$24 for December.

交際舞 東海岸牛仔(搖擺)舞, 周三 11/5-26, 1:30-3:30pm 倫巴舞, 周三 12/3-17, 1:30-3:30pm 在這個活躍的跳舞班, 每門舞蹈課開始幾周是用來加強學生的單人舞訓練。在課程最後一周大家聚在一起複習並糾正舞姿。學生跳舞時就練習學到的, 可以向資深劉老師請教各種舞蹈技能或者其他舞蹈問題。會員費十一月 \$32, 十二月 \$24.

## Yoga for Active Adults 50+



Wednesday, November 12-January 14, 5:15-6:15pm

Thursday, November 13-January 21, 4-5pm

Learn proper alignment and lay a powerful foundation for your whole practice while strengthening your core and improving your posture. Cultivate awareness of your body, mind, and spirit as you find ways to de-stress and grow. Yoga Alliance certified teacher, Charles Csuez, will share his knowledge of yogasana (the poses). For beginning to intermediate levels. Member fee \$40 for afternoon class, \$46 for evening class.

## U-Bass - Level I



Wednesday, November 5-December 17, 3-4:30p

Learn to play beginning bass riffs, grooves, and walking bass lines with emphasis on traditional country, rock, and folk songs. Build a solid and steady sense of rhythm. No previous bass experience and no knowledge of music notation is required. Taught by instructor Andrea McKee, Bring your EADG tuned 4-string U-Bass (also called an Ukulele-Bass) or your 4-string Bass guitar, a small battery powered bass amplifier, batteries, cable, electronic tuner and music stand. Member fee \$22.

## Yoga with Louiza



Tuesday, November 18-January 20

4-5pm and 5:15-6:15pm

Free Demonstration

Monday, November 17, 2:30-3:30

Learn to increase your strength, flexibility, inner balance and vitality using the powerful tool of Iyengar Yoga. With special attention to proper alignment, energy flow and posture, this class focuses on relieving tension in the back, neck, shoulders and hips through breathing techniques and relaxation. All levels are welcome. Member fee \$40 for afternoon class, \$46 for evening class.

## Feldenkrais - Mindful Movement

### Chair Exercise

Wednesday, December 10-February 11, 1:30-2:30pm

This class, taught by Michelle Westlaken, focuses on managing stress, more comfort and increased well-being. Through gentle movement lessons targeted towards the spine, chest, and pelvis, as well as guided breathing, students will have the opportunity to learn strategies for healthy living. Member Fee \$40.

## Zumba Gold with Irene

Friday, November 7-January 9, 3:45-4:45pm

Come and join the fun! Dance your way to health in this invigorating and engaging exercise class led by Irene Ortiz, certified Zumba Gold instructor. Instruction will focus on all elements of fitness including cardiovascular and muscular conditioning, flexibility and balance. All levels are encouraged to try out this motivating class. Member fee \$37.

# CASE MANAGER'S CORNER

## Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, November 10, 24, December 8, 22, 1:30-2:30pm  
Tuesday, November 4, 18, December 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 November 12

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

No appointment is needed. English /Cantonese/Mandarin.

社工諮詢- 週三, 10am-12pm, 一般諮詢, 不需預約, 須是中心會員.

英, 國, 粵語服務. 沒有社工諮詢 11/12.

### Caregiver Support Group

Thursday, November 14, December 11, 3-4:30pm

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

### Caregiver Support Group in Mandarin

家庭照護者互持小組 - 11/19, 12/17 (週三), 3:30-5 如您正為照顧一個患病家人而感到無助, 請來參加此小組分享難處和心得.

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

### Health Insurance Counseling (HICAP)

Thursday, November 6, 13, 20 December 14, 11, 18 1-3pm  
Consultation on Medicare and health insurance.

健康保險諮詢-11/13, 12/11, (週四), 9-10am 中文服務

### Housing

Wednesday, November 5, 19, December 3, 17, 2-3:30pm

Information on resources for senior housing options.

租屋諮詢 - 11/5, 11/19, 12/3, 12/17 (週三), 2-3:30pm

### Senior Adult Legal Aid (SALA)

Friday, November 7, 14, 21, December 5, 12  
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 - 11/5, 11/14, 11/21, 12/5, 12/12

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

### PICKLEBALL

FREE!

**Free Demonstration: Tuesday, November 4, 1-3pm**  
at the Cupertino Sports Center

Check out this fun and interesting sport where active adults 50+ are leading the way. Hear about the history of the game, learn about the court and the rules, and watch a demonstration game before giving it a try yourself! Drop-in Pickleball Tuesdays and Thursdays from 1-3. Call the Cupertino Sports Center at 408.777.3160 for more details.

匹克球 免費演示: 週二, 11/4, 1-3pm 在耆英中心 請來觀賞這場以五十歲以上耆英為主, 充滿趣味的運動. 瞭解遊戲的歷史, 學習場地和規則, 看一場演示後自己試一試! 隨意參加匹克球, 週二和週四, 1-3pm. 詳情請電庫市運動中心 408.777.3160.