



CUPERTINO

# THE 50+ SCENE

NOVEMBER/DECEMBER 2017

CITY OF CUPERTINO SENIOR CENTER 408.777.3150

21251 STEVENS CREEK BLVD.

## CUPERTINO SENIOR CENTER: SEASONS GREETINGS!

This is the season to be thankful. In this holiday season, the senior center staff would like to express our deepest gratitude to the members, instructors, and volunteers who make this senior center a special place!

“I am thankful for working for a city who supports case management and helping seniors.”  
-Adrianna Stankovich, Case Manager

“I am thankful for having the opportunity to provide case management services to members.” -Karen Goss, Case Manager

“I am thankful for being able to give back and make an impact in members lives. In the process I have made friends at the senior center and it has become a home away from home.”  
-Peggy Ford, Special Programs Coordinator

“I am thankful for the chance to know so many fun and interesting members.”  
- Alex Corbalis, Recreation Coordinator

“I am grateful for an amazing staff that cares deeply about people and is dedicated to making this the best senior center. I am thankful for the wonderful members who want to learn, grow, and stay active!”  
-Kim Frey, Recreation Supervisor

“I am thankful for the new job opportunity to work and serve alongside fun, active, and caring members of our community.”  
-Amanda Hui, Recreation Coordinator

“I am thankful to return to the place I enjoy working because of our members and volunteers.”  
-Justin Cecil, Recreation Coordinator

“I am thankful for our members. I am most thankful for their stories, wealth of knowledge, and their friendship.”  
-Lupe Cardenas, Senior Office Assistant

“I am thankful for interaction with our members because they make my day. I am proud to serve and help.”  
-Rafael Villalobos, Facility Attendant

## MEDICARE 2018

MONDAY, NOVEMBER 6, 11:30AM-1PM

Whether you are new to Medicare or want to know more, join us for a presentation by the Health Insurance Counseling and Advocacy Program (HICAP). The presenter will discuss the latest updates and the Part D plans for 2018 and an overview of Medicare. The open enrollment for 2018 Medicare Part D begins on October 15, 2017 and ends on December 7, 2017. Please review your Medicare Part D plans. Open to public. Sign up at the lobby table.

## HEARING TESTS

TUESDAY, NOVEMBER 28, 9-11AM

Hearing tests will be provided by San Jose State University audiology students with instructor supervision. Also visit the California Telephone Access Program booth. You many qualify for a free phone that suits your needs. Register at the front desk. Space is limited, members only.

11/28, 星期二, 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。

## VOLUNTEER CORNER

### RECRUITING

### 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 Amanda Hui at [AmandaH@cupertino.org](mailto:AmandaH@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, 請電郵 Amanda Hui: [AmandaH@cupertino.org](mailto:AmandaH@cupertino.org) 或撥打電話408.777.3150。我們非常需要雙語能力的義工。

## EASY MEMBERSHIP RENEWAL

It is easy to renew for 2018. Please ask at the front desk for your pre-printed renewal form, just verify and sign! Renew your membership by December 13 in order to receive *The 50+ Scene* for January/February 2018 by mail or email. The annual membership is \$28, or for Cupertino residents, \$23.

簡易會籍更新 2018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10/23至12/13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\$28, 庫市居民\$23。

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# Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **November 1**, 8am; Non-member *begins* November 8.  
 → Day Trip Preview starts at 7:30am ←

## Disney's Aladdin

*Thursday, November 2, 10a-6p*

Experience "a whole new world" for this enthralling production of Disney's Tony-nominated *Aladdin* from our Orchestra seats at the Orpheum Theater. Enjoy a no-host lunch before the show at Westfield San Francisco Centre.

**Member Cost: \$94**

## Il Fiorello Olive Oil and Benicia

*Wednesday, November 8, 8a-5:30p*

Indulge in an enticing and edifying experience while enjoying the products of Il Fiorello Olive Oil Company. Tour their culinary kitchen, olive groves, Italian mill, and more, accompanied by a tasting including special beverages, olive oils, and food pairings prepared by their chef. Enjoy time for a no-host lunch and exploring delightful downtown Benicia.

**Member Cost: \$125 - tasting included**

## Holiday Shopping at the San Francisco Premium Outlets in Livermore Valley

*Tuesday, November 14, 9:30a-3:30p*

Make your list and check it twice! Kick off the holiday season with a chance to relax and shop at over 180 iconic brands and designers at the SF Premium Outlets in Livermore. Sample chocolate at Ghirardelli, look for a fun new bag at Michael Kors, or discover the perfect gift at Saks Off 5th, all in one convenient location. You bring your shopping bags, and we'll take care of all the driving and parking for you. You may even find the perfect "gift" for yourself!

**Member Cost: \$45**

## Niles Canyon Train of Lights

*Wednesday, November 29, 12-7p*

This Bay Area tradition has grown over the decades from a simple three-car train to the largest fully-decorated holiday train in the world. Before our journey, enjoy time in historic Niles for a no-host late lunch or perusing the darling shops.

**Member Cost: \$114 - waitlist only**

## The Rotunda at Nieman Marcus

*Tuesday, December 5, 10:15a-4:15p*

Sit beneath their landmark stained glass dome offering a bird's eye view of Union Square, The Rotunda's famous elegance and upscale dining is the perfect way to begin celebrating the holiday spirit. Enjoy time to shop in Union Square after this delicious luncheon.

**Member Cost: \$139 - lunch included**

## Windham Hill at Villa Montalvo

*Sunday, December 17, 4-9:30p*

Join us for a joyous holiday concert featuring the talented musicians of Windham Hill at the beautiful and intimate Villa Montalvo. These masterful instrumentalists will toast the winter solstice and its warm traditions with a mix of original music and seasonal classics drawn from their well-loved and multi-platinum selling winter solstice series. Before the show, enjoy a leisurely no-host dinner in charming downtown Saratoga.

**Member Cost: \$112**

## OUT-TO-LUNCH BUNCH

*Tuesday, December 19, 11:30a*

Dish Dash

190 S Murphy Ave, Sunnyvale, CA

*Please register at the front desk.*



## **KLIMT & RODIN: AN ARTISTIC ENCOUNTER**



*Thursday, January 25, 7:30a-3:30p*

For the very first time on the West Coast, discover the full evolution of Klimt's artistic output, sharing the galleries with the Legion of Honor's important holdings of Rodin works. After our visit, enjoy lunch in the relaxing atmosphere of the Presidio Café.

**Member Cost: \$124** - lunch included

## **The Charles Schulz Museum**



*Wednesday, January 31, 8a-5:30p*

View the largest collection of original Peanuts artwork in the world at the Charles M. Schulz Museum, and learn about one of the most popular comic strips of the 20th century. Explore Santa Rosa's historic Railroad Square for a no-host lunch, and finish the day with a sweet treat!

**Member Cost: \$74**

## **House of Prime Rib**

*Thursday, February 8, 4:15-9p*

*Back by popular demand!*

Join us for a savory evening of fine dining. 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 with all the trimmings, including a delectable dessert.

**Member Cost: \$135** - dinner included

## **Mardi Gras Travel Party**

*Tuesday, February 13, 1:30p*

*Save the date!* Join us for a New Orleans-style party right here at home! Learn more about our exciting travel program of day trips, overnight and extended tours. Members free, senior Guests pay \$5 day pass. Register at the front desk, space is limited.

## **Rachel Dunn Chocolate Workshop**

*Thursday, February 22, 9:30a-4p*

Your taste, touch, and sense of smell will be fully engaged while you dip and decorate a generous and delicious assortment of confections to take home at Rachel Dunn Chocolate Factory, with Rachel herself! Enjoy hosted lunch at Jack's Restaurant & Bar.

**Member Cost: \$123** - lunch included

## **Thunder Valley Casino and Resort**

*Wednesday, February 28, 8:30a-5:30p*

Get ready to try your luck and get into the casino gaming action at Thunder Valley Resort & Casino! Choose from a broad range of over 2,800 slots and 100 table games. Enjoy your no-host lunch at one of the variety of options available at the resort.

**Member Cost: \$57**

## **Discover Scotland**

*April 29-May 8 - 10 days*

From its rugged sea-sprayed islands to its stately castles rich in history, Scotland's treasures are as diverse as they are compelling. Marvel at the stunning Isle of Skye, and take a cruise on famed Loch Ness. Visit Dunrobin Castle, enjoy a distillery tour and explore the regal city of Edinburgh.

**Member Cost: \$4,440 per person, double**

*Sign up by October 30 and save \$150!*

## **Canyon Country**

*September 18-25 - 8 days*

A journey through Canyon Country brings you into a colorful world of stunning southwestern vistas and three breathtaking national parks: Zion, Bryce, and the Grand Canyon. Delve into the region's Native American history, take time to shop in Sedona's marketplace, and spend a night on the South Rim of the magnificent Grand Canyon before visiting the neon-lit spectacle of Las Vegas.

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

*Travel Presentation Monday, December 4 at 1pm.*

*Sign up at the front desk.*

## **Discover the South Pacific Wonders**

*March 19-April 2, 2019 - 15 days*

Explore two great countries of the Southern Hemisphere - Australia and New Zealand. From the tropical-splendor of the Great Barrier Reef on Australia's northeast coast, to the ethereal beauty of glacial fjords on New Zealand's South Island, this journey to lands "Down Under" brings you the best of both countries. Optional Fiji extension.

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

*Travel Presentation Monday, December 4 at 1pm.*

*Sign up at the front desk.*



# NOVEMBER ACTIVITY HIGHLIGHTS

## Thanksgiving Lunch and November Birthday Bash Wednesday, November 15, 12pm

Enjoy a Thanksgiving feast with roasted turkey, mashed potatoes, gravy, dressing, 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. Vegetarian option available when registering. Members \$12, senior guests add \$5 day pass.

感恩節/生日宴大餐- 11/15 (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。

## How to Prevent Diabetes Monday, November 13, 10-11:30am

This workshop will be conducted in Mandarin by a registered dietitian. You will learn about pre-diabetes and how to prevent diabetes through positive life style changes. Open to the public. Sign up at the lobby table.

如何預防糖尿病

11/13, 星期一, 上午10點至11點半

您知道華人是二型糖尿病的高危險群嗎? 您知道很多洗腎的病人都是因糖尿病引起的嗎? 為什麼不愛吃甜食的人也會得糖尿病? 糖尿病患不能碰糖跟米飯麵食嗎? 想了解什麼是前期糖尿病? 怎麼預防糖尿病? 邀請您與El Camino 醫院華人健康促進計畫的註冊營養師, 一起來認識及預防糖尿病。請早在服務大廳登記參加。

## FBI Cyber Security Presentation

**FREE!** Monday, November 13, 6-7pm

Join us for this interesting presentation by two FBI agents who specialize in cybersecurity and counter terrorism. Learn ways to protect yourself from common scams and frauds, phishing, and social media safety, as well as what steps to take if you suspect fraud. They will also include an overview of general threat concerns related to terrorism. Open to the public. Sign up at the lobby table.

## **FREE!** Let's Talk Current Events

Wednesday, November 8, December 13, 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.

## 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。

## Cold, Flu, and Pneumonia

Monday, November 6, 2-3pm

Do you know if it is a cold, flu, or pneumonia? Each illness is unique but they all have similarities. This workshop will teach you about the mechanisms of each illness, prevention techniques, homemade remedies, and will include a fun activity with prizes! Presented by Breathe California. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

## Mental and Physical Benefits of Exercise

Monday, November 13, 1-2pm

Did you know that exercise can delay, and in some cases prevent, Alzheimer's disease? Come learn about all the ways exercise benefits not only your physical health, but your mental health as well! Presented by Breathe California. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

## Peace Corps Presentation

Monday, November 20, 10:30-11:30am

Join Elizabeth Karr and Dieter Walsh as they discuss their time serving in the Peace Corps. Hear first-hand stories of working in the Philippines with youth and families as well as in Kenya with public health. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.



## Monthly Movie **FREE!**

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

*Gifted (2017)*- Frank Adler is a single man raising a child prodigy, his spirited, young niece Mary. He is drawn into a custody battle with his mother when Mary's mathematical abilities come to light. Staring Chris Evans, McKenna Grace, Lindsay Duncan. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.



# NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
<p><b>CITY OF CUPERTINO SENIOR CENTER</b> 408.777.3150</p> <p><b>Hours:</b> Monday-Thursday 8am-9pm, Friday 8am-5pm, Saturday 8:30am-4:30pm</p> <p><b>Email:</b> <a href="mailto:SeniorCntr@Cupertino.org">SeniorCntr@Cupertino.org</a> <b>Website:</b> <a href="http://www.cupertino.org/senior">www.cupertino.org/senior</a></p> <p>Find us on <a href="#">Facebook</a> and <a href="#">Yelp!</a></p>		<p><b>1</b> 7:30 Day Trip Preview 8 New Trip Sign-up Day 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Open Cribbage</p>	<p><b>2</b> 9 50+ Softball 10-6 Disney's Aladdin Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>3</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 Book Review- <i>A Man Called Ove</i> by Fredrik Backman 1:30-4 TechTime with Paul &amp; Gary</p> <p><b>4 SATURDAY</b></p>
<p><b>6</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2-3 Cold, Flu, &amp; Pneumonia Presentation</p>	<p><b>7</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production -The Better Part 10-11:30 Booktalk- <i>The Japanese Lover</i>, Isabel Allende 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p><b>8</b> 8-5:30 Il Fiorello Olive Oil and Benicia Trip 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1-2:30 Let's Talk <b>Current Events</b> 1:30-3:30 Open Cribbage</p>	<p><b>9</b> 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>10</b> VETERAN'S DAY SENIOR CENTER CLOSED (11/10-11/11) 退伍軍人節 耆英中心歇業</p> <p><b>11</b></p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>VETERAN'S DAY CEREMONY VETERAN'S MEMORIAL 11 AM</p> </div>
<p><b>13</b> 10-11:30 How to Prevent Diabetes 如何預防糖尿病 10-12 Golf for Seniors 12-4 Card Playing 1-2 Mental &amp; Physical Benefits of Exercise Presentation 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社 6-7 FBI Cyber Security Presentation</p>	<p><b>14</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-3:30 Holiday Shopping in Livermore Outlets Trip 12-4 Card Playing</p>	<p><b>15</b> 10-12 Case Manager Consultation 社工諮詢 12 Thanksgiving Luncheon and November Birthday Bash (\$12) More info on Page 4 感恩節午餐/生日宴 12-4 Card Playing 1:30-3:30 Open Cribbage</p>	<p><b>16</b> 9 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>17</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 with Paul &amp; Gary</p> <p><b>18 SATURDAY</b> We are thankful for our Members! Come enjoy National Apple Cider Day, on us!</p> 
<p><b>20</b> 10-12 Golf for Seniors 10:30-11:30 Peace Corps Presentation 12-4 Card Playing 1 Volunteer Advisory Council Meeting Visitors Welcome</p>	<p><b>21</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10:30-12 Raising Grandchildren Support Group 12:15-1:15 Blood Pressure Check 量血壓</p>	<p><b>22</b> 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Open Cribbage</p>	<p><b>HAPPY THANKSGIVING</b></p> <p>CENTER CLOSED NOVEMBER 23 - 26 感恩節耆英中 心歇業 11/23-26/17</p> 	
<p><b>27</b> 10-11 如何與醫生對話 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</p>	<p><b>28</b> 8:30-11:30 Ping Pong 乒乓 9-11 Hearing Tests 9-11 Tennis 網球 9:30-11:30 TV Production -The Better Part 12-4 Card Playing</p>	<p><b>29</b> 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 12-7 Niles Canyon Train of Lights Trip 1:30-3:30 Open Cribbage 1:30-3:30 Monthly Movie - <i>Gifted</i> (2017)</p>	<p><b>30</b> 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	

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<p><b>CITY OF CUPERTINO SENIOR CENTER</b> 408.777.3150</p> <p><i>Hours: Monday-Thursday 8am-9pm, Friday 8am-5pm, Saturday 8:30am-4:30pm</i></p> <p><i>Email: <a href="mailto:SeniorCntr@Cupertino.org">SeniorCntr@Cupertino.org</a> Website: <a href="http://www.cupertino.org/senior">www.cupertino.org/senior</a></i></p> <p>Find us on <a href="#">Facebook</a> and <a href="#">Yelp!</a></p>		<p><b>TREE LIGHTING CEREMONY</b> <b>Friday, December 1, 6-8pm</b> <b>Quinlan Community Center</b></p> <p>Join in on a countdown to light the tree, music, refreshments, and a special visitor from the North Pole! Admission is free, please bring a non-perishable canned goods to be donated to West Valley Community Services. Dress warmly, part of the event takes place outdoors.</p>		<p><b>1</b> 9:30-11:30 Rhythmaires Band Practice 10:30-12 Dream Stories 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 Book of Awesome</i> by Neil Pasricha 1:30-4 TechTime with Paul &amp; Gary</p> <p><b>2 SATURDAY</b></p>
<p><b>4</b> 10-12 Golf for Seniors 12-4 Card Playing 1-2:30 Getting through the Holidays With Vivian Silva 1 Travel Presentations: Canyon Country, Discover the South Pacific 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社</p>	<p><b>5</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production -The Better Part 10-11:30 Booktalk- <i>The Little Paris Bookshop</i>, Nina George 10:15-4:15 The Rotunda at Nieman Marcus Trip 12-4 Card Playing</p>	<p><b>6</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 1:30-3:30 Open Cribbage</p>	<p><b>7</b> 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>8</b> 9-11 Rhythmaires Band Practice 12 Bingo Lunch 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul &amp; Gary</p> <p><b>9 SATURDAY</b></p>
<p><b>11</b> San Antonio Holiday Trip Departs 10-11 Talking to your Doctor Presentation 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Fire and Fall Prevention</p>	<p><b>12</b> 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</p>	<p><b>13</b> 10-12 Monthly Movie - <i>Scrooged</i> (1988) 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1-2:30 Let's Talk Current Events 1:30-3:30 Open Cribbage 2:30-4 Holiday Sing-Along</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>RENEW YOUR MEMBERSHIP BY DEC. 13 TO RECEIVE NEXT NEWSLETTER</p> </div>	<p><b>14</b> 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>15</b> 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 with Paul &amp; Gary San Antonio Holiday Trip Returns</p> <p><b>16 SATURDAY</b> 10-11 VivAsia Free Demo 11:15-12:15 VivAsia Chair Free Demo</p>
<p><b>17 SUNDAY</b> 4-9:30 Windham Hill at Villa Montalvo Trip</p> <p><b>18</b> 8 January/February Registration Begins 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</p>	<p><b>19</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 11:30 Out-to-Lunch Bunch at Dish Dash 12-4 Card Playing</p>	<p><b>20</b> 10-12 Case Manager Consultation 社工諮詢 12 Holiday Lunch and December Birthday Bash (\$12) More info on page 7 12-4 Card Playing 1:30-3:30 Open Cribbage</p>	<p><b>21</b> 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>22</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 with Paul &amp; Gary</p>

## HAPPY HOLIDAYS FROM THE SENIOR CENTER STAFF!

SENIOR CENTER WILL BE CLOSED FROM SATURDAY, DECEMBER 23, 2017 THROUGH TUESDAY, JANUARY 2, 2018.

WE WILL RE-OPEN WEDNESDAY, JANUARY 3.

耆英中心全體員工祝大家節慶快樂！  
耆英中心將在 12/22/2017 周三至 1/2/2018 周四之間歇業。我們將在 1/3 周五重新開放。



# DECEMBER ACTIVITY HIGHLIGHTS

## Bingo Lunch

Friday, December 8, 12pm

Enjoy a holiday lunch with all the familiar fixings including honey baked ham, mashed potatoes, green bean, salad and a roll. Dessert will be pecan pie with whipped cream. Vegetarian option available when registering. Pre-registration is required. Lunch for members is \$12, senior guests add \$5 day pass. Bingo cards sold separately, \$4-\$7.

**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.

**November 3-** *A Man Called Ove*, by Fredrik Backman, reviewed by Anne Chen.

**December 1-** *The Book of Awesome*, by Neil Pasricha, reviewed by Kay Kinny.

## FUHSD Adult School

Fall Session: October 30-January 8

Painting, fitness, aerobics, strength training, tai chi, line dancing, and writing. Classes are held at the senior center, and membership is required. See class listings online at [www.fuhstadultschool.com](http://www.fuhstadultschool.com).

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, 成人學校課程包括繪畫, 健身, 有氧運動, 太極, 排舞, 和寫作班。您也需要是耆英中心會員, 會費是庫市居民30元一年, 非居民28元。10/30-1/8。

**FREE!**

## Fire and Fall

### Prevention Presentation

Monday, December 11, 1:30-2:30pm

Falls are the most common cause of fatal injury of people over 65. Working smoke alarms in the home dramatically increase a persons chance of surviving a fire. The Santa Clara County Fire Department will teach you how to be prepared with a Fire Escape Plan and how to prevent falls plus more great tips and resources for emergencies. Members free, senior guests pay \$5 day pass.

**FREE!**

## Holiday Sing Along

Wednesday, December 13, 2:30-4pm

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

節慶歌唱會-12/13 (週一), 2:30-4pm 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。

## Talking to your Doctor

Monday, November 27, 10am (Mandarin)

Monday, December 11, 10am (English)

**NEW!**

We go to the doctor thinking we will have all of our questions and concerns answered; often we leave even more confused than before. At this workshop by Breathe California, you will learn how to get the most out of your appointment and how to properly advocate for your health in a brief visit with your provider. Members free, senior guests pay \$5. Sign up at the lobby table.

如何與醫生對話。11/27 星期一 上午10點。我們看醫生, 祈望所有的問題和憂慮都得到解答。但曾經多時, 離開診所時好像沒有得到充分的理解或比之前更困惑。通常我們與醫生見面的時間只有15分鐘, 若要知道如何充分利用與醫生見面的時間並得到需要的資訊。請來參加 加州呼吸醫院的研討會。會員免費, 非會員\$5。請到老人中心大堂註冊。

## Holidays in Hawaii

**FREE!**

Wednesday, December 6, 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. Sign up at the lobby table. Free for members, \$5 day pass for senior guests.

12/6 (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。

## Monthly Movie

**FREE!**

Wednesday, December 13, 10-12pm

*Scrooged (1988)* This lighthearted comedy is about a TV executive that is haunted by three spirits bearing lessons on Christmas Eve. Staring Bill Murray, Karen Allen, and John Forsythe. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

## Holiday Lunch and December Birthday Bash

Wednesday, December 20, 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 tri-tip, scalloped 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- 12/20 (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, 烤土豆片, 沙拉, 甜姜胡罗卜和纽约起司蛋糕。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。



# CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS OCTOBER 23	DAY	DATES	TIME	INSTRUCTOR	MEMBER FEE	
Accordion	T	12/12-2/13	1:35-3:10	R. DiBono	\$20	
Beading	Th	11/2-11/30	1:30-3:30	D. Hall	\$25	
Brain Club	M	11/20-12/18	3-4:30	C. Hall	\$15	
Bridge - Advanced Beginning	Sa	12/2-12/16	10-12	P. Davis	\$22	
Chair Exercise 座椅運動	M & Th	11/13-12/21	10:15-11:15	P. Hu	\$45	
Chinese Brush Painting 傳統與現代中國畫	M	12/18-2/26	8:30-10:30	M. Lee	\$55	
Chinese Brush Painting 傳統與現代中國畫	M	12/18-2/19	10:40-12:40	M. Lee	\$55	
Chinese Calligraphy 書法班	T	11/7-12/19	3-5	F. Jair, Y. Wang	\$15	
Citizenship Class 公民班	M, T, F	11/6-1/12	8:15-9:45	V. Wong	\$20	
Conversational English 英語會話班	M & T	11/27-1/30	10-11:45	P. Chun, V. Wong	\$20	
Conversational Mandarin - Beginning	Th	11/30-1/25	9-10:30	J. Li	\$40	
Conversational Mandarin - Intermediate	F	12/1-1/26	10-11:30	J. Li	\$40	
Cooking with Suzanne: Southeast Asia	W	11/22	10-1	S. Vandyke	\$55	
ESL - Basic and Easy 初級英語班	M	11/20-1/29	10-12	L. North	\$25	
ESL - Advanced Beginning 初高級英語班	W	11/8-1/3	10-12	L. North	\$25	
ESL - Intermediate Conversation 中級ESL會話班	T	11/7-1/9	1:30-3	J. Andrushko	\$20	
Feldenkrais Method <b>FLEX</b>	T	11/7-1/9	9:30-10:30	M. Westlaken	\$40	
Guitar and Bass Jam Band	W	1/3-3/7	3-4:30	A. McKee	\$22	
HarmoniKatz Performance Band	M	11/6-12/18	3:45-5:15	D. Ng	\$15	
Hatha Yoga <b>FLEX</b>	Th	11/2-1/4	2:30-3:30	V. Bhat	\$50	
Hula Dance - Beginning	M	11/13-12/18	11:45-12:45	J. Pereria-Anderson	\$15	
Hula Dance - Performance Group	M	11/13-12/18	12:55-1:55	J. Pereria-Anderson	\$15	
Japanese - Beginning	Th	11/30-2/1	8:30-9:30	T. Terry	\$35	
Japanese - Intermediate	Th	11/30-2/1	9:45-10:45	T. Terry	\$35	
Line Dance - Beginning	Sa	11/18-12/16	2:30pm	P. Hu	\$20	
Pilates-Yoga Combo	T	11/7-12/19	11:10-12:10	H. Mojgani	\$40	
Tai Chi for 50+ - Level I	Th	11/2-2/15	8:30-9:25	J. Madonich	\$68	
Tai Chi for 50+ - Level II	Th	11/2-2/15	9:35-10:30	J. Madonich	\$68	
Tai Chi for 50+ - Level III	Th	11/2-2/15	10:40-11:35	J. Madonich	\$68	
Total Body at the Quinlan Center	Tu	11/14-12/19	8:30-9:30	P. Hu	\$31	
Ukulele - Beginning	T	11/14-1/30	1:30-3	D. Ng	\$22	
Ukulele - Advanced Beginning	T	11/14-1/30	3:15-4:45	D. Ng	\$22	
Ukulele Strum-and-Sing - Intermediate	M	11/20-1/29	1:30-3:15	N. Levy	\$22	
U.S. History Seminar	T	12/12-1/16	12:35-1:35	R. DiBono	\$15	
VivAsia Lotus <b>FLEX</b>	Sa	Free Demo 12/16	1/6-2/24	10-11	M. Kao	\$25
VivAsia Chair Lotus <b>FLEX</b>	Sa	Free Demo 12/16	1/6-2/24	11:15-12:15	M. Kao	\$25
Yoga for 50+ - w/ chair option 瑜珈五十後	T	11/14-1/9	4-5	P. Hu	\$35	
Yoga for 50+ - w/ chair option 瑜珈五十後	Th	11/16-1/4	4-5	P. Hu	\$35	
Yuan Chih Dance 元極舞 <b>FLEX</b>	F	11/3-12/22	10-11:30	Annie & Helen	\$15	
Zumba Gold at the Quinlan Center 中老年尊巴	M	11/13-1/8	2:30-3:30	P. Hu	\$31	
Zumba Gold at the Quinlan Center 中老年尊巴 <b>FLEX</b>	F	10/27-12/15	2:30-3:30	G. DuVal	\$30	
<b>EVENING CLASSES</b>						
Traditional/Contemporary Chinese Painting 基礎與現代中國水墨畫	Th	11/2-12/14	5:30-8:30	M. Shei	\$55	
Line Dance - Beginning 初級排舞	Th	12/7-2/8	7-8:30	K. Chang	\$48	
Line Dance - Advanced Beginning 先進初級排舞	T	11/7-1/9	7-8:30	K. Chang	\$48	
Total Body	W	11/15-12/20	5:30-6:30	P. Hu	\$28	
Yoga Foundations <b>FLEX</b>	Tu	11/14-1/30	6:15-7:30	E. Meir	\$40	
Yoga Foundations <b>FLEX</b>	Th	11/2-1/11	5:15-6:30	E. Meir	\$40	
<b>COMPUTER AND TECHNOLOGY CLASSES</b>						
iPad Beginning	T	11/14-12/12	1-3	R. Schiros	\$22	
iPad Intermediate	Th	11/16-12/21	1-3	R. Schiros	\$22	
iPad/iPhone Solutions Q & A	W	11/8	4-6	K. Smith	\$7	

**No classes Veterans Day (11/10, 11/11), Thanksgiving (11/23-11/25), and Winter Holidays (12/23-1/2).**

# 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)



## Beading - Beginning

Thursday, November 2-November 30, 1:30-3:30pm

Learn about beading tools, different types of beading wires, threads and cords, and assorted beads. Practice learned techniques by creating assorted earrings, necklaces, and bracelets. A supply list will be provided and discussed on the first day of class. Member fee \$25. No class 11/23.



## Cooking with Suzanne

Southeast Asia

Wednesday, November 22, 10-1pm

Travel to Southeast Asia to discover some great vegan and vegetarian delights filled with exotic flavors and spices. In this class International Chef Suzanne is inviting you to a cooking session of spicy sweet and sour cucumber salad, exotic Panang vegetable curry: a healthy seasonal vegetable medley cooked with coconut milk, panang curry, peanuts (can be omitted if allergic) and Kefir lime leaves, accompanied by steaming fragrant jasmine rice. For dessert, she is concocting irresistible Indonesian coconut mini pancakes with roasted sesame seeds that are a popular street food item. Members fee \$55. Instructor Suzanne Vandyke.



## iPad/iPhone Solutions: Q & A

Wednesday, November 8, 4-6pm

Learn about functions and apps on iPhone and iPad. Join iPad expert Kim Smith for highlights of the latest software update, as well as the apps she uses most for travel, reading, work, leisure, and health. There will be a Q&A session, so bring your list of questions. Members fee \$7. Instructor Kim Smith.

## AARP Smart Driver

Wednesday, November 1 and 8, 9-1pm

This is a full 8-hour AARP Smart Driver class, split into two 4-hour sessions. For more information and to register call Ina Checkman at 408.257.6940.

## Flex Passes

**FLEX**

The Flex Pass is a drop-in pass that allows members to register for individual exercise classes. Look for the Flex Pass logo on select classes, class list on page 8. Passes are \$6 each and are non-refundable. Senior center membership is required.

臨時票-本中心將提供臨時票。該臨時票可以用在一些指定而又有空位的運動課上。會員可到前檯購買臨時票，每張\$6。在本刊里可查到有注明提供臨時票的課程。臨時票不能退款。請注意，有些課程如達到不到最少人數參加可能會被取消。

## Bridge - Advanced Beginning



Saturday, December 2-December 16, 10am-12pm

This three week class is designed for advanced beginners who have some bridge experience and use Stayman and Blackwood, and would like to improve their defensive play. Each class will cover opening leads against notrump and suit contracts, planning the defense, and attitude and suit preference signals. Instructor Paul Davis. Member fee \$22.

## Kanopy



Wednesday, November 1, 10-11am

Wednesday, December 6, 10-11am

Experience the world's finest cinema for free. Kanopy allows you to access a collection of over 30,000 films, acclaimed movies, documentaries, and even learning experiences on-demand, with new films added every week. Presented by the Santa Clara County Library. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

## Value Line



Monday, November 27, 10-11am

Wednesday, December 13, 10-11am

What are your stocks doing today? A source of information on stocks, securities, the stock market, and the economy. Presented by the Santa Clara County Library. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

## Getting Through the Holidays



Monday December 4, 1-2:30pm

Holidays can bring up wonderful memories but at the same time we can feel sadness. Join Vivian Silva, MSW as her presentation starts us off in the best frame of mind. She will have tips to share along with some treats and hot cider. Let's spend some time together warming our hearts while gaining insight in handling the holidays with strength and grace. Members free, senior guests add \$5 day pass. Sign up at the lobby table.

## 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, November 13, 27, December 11, 1:30-2:30pm**

**Tuesday, November 7, 21, December 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, November 16, December 14, 3-4:30pm**

## SCHEDULED APPOINTMENTS

Please call 408.777.3150 to make appointments for the following services:

### Health Insurance Counseling (HICAP)

**Monday, November 13, 27, December 4, 11, 1-3pm**

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

### Housing Resource

**Monday, November 6, 20, December 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 - 11/6, 11/20, 12/4, 12/18, (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 Aid (SALA)

**Friday, November 3, 17, December 1, 8, 15,**

**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 - 11/3, 11/17, 12/1, 12/8, 12/15, 10:30am-12:30pm

NOVEMBER/DECEMBER 2017

THE 50<sup>+</sup> SCENE

## WELCOME BACK AMANDA!

We are excited to welcome back Amanda Hui to the senior center staff as your new Volunteer Coordinator. You have seen her in roles as Staff Assistant and working with the Neighborhood Watch and Block Leader Programs in Cupertino. Stop by and say hello!

Peggy Ford has done a great job as the interim Volunteer Coordinator and will continue to be actively involved in senior center programs. Thank you Peggy!

### 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**