



CUPERTINO

THE 50+ SCENE

NOVEMBER/DECEMBER 2018

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 center a special place!

Robert is Thankful for New Opportunities

“The opportunity to join the Senior Center family, and the opportunity to travel and experience Europe (Spain, Croatia, France) during the summer of 2018.”
-Robert Dacanay, Senior Office Assistant

Karen is Thankful for Wellness

“The opportunity to continue serving and providing for my clients, and another happy and healthy year for my family.”
-Karen Goss, Case Manager

Adrianna is Thankful for her Families

“My work family—amazing coworkers who are supportive and always have my back, and my new daughter, Molly, who brings me such joy and makes me a better person.”
-Adrianna Stankovich, Case Manager

Rafael is Thankful for Our Health

“The health of and chance to work with the Senior Center members and staff, and the health and prosperity of my family and myself.”
-Rafael Villalobos, Facility Attendant

Kim is Thankful for People

“A very creative staff who are exceptionally dedicated to the growth, care, and socialization of the senior population they serve, and for a group of friends (and family) who love me and always want the best for me.”
-Kim Frey, Recreation Supervisor

Amanda is Thankful for Friendship

“All the friendly volunteers, members, and staff that help make our center welcoming, and an active place to be, and my friends outside of work who are always supportive, caring, and kind.”
-Amanda Hui, Recreation Coordinator

Alex is Thankful for Experiences Shared

“Our members’ passion for learning, growing, and trying new things and experiences with us, and for the chance to cook good food to share during quality time spent with family and friends.”
-Alex Corbalis, Recreation Coordinator

Jason is Thankful for Community

“My new Senior Center community, where members and staff have made me welcome, and the hockey community where I enjoy the camaraderie as much as playing the sport.”
-Jason Bisely, Recreation Coordinator

VOLUNTEER CORNER

REMEMBER TO RECORD HOURS

If you have been volunteering, please record your hours. Remember, it is part of your responsibility as a volunteer to ensure your hours are recorded accurately. Your work is amazing—every minute is important! Recording hours is easy, with just a few steps:

- Log in (www.cupertino.org/volunteer)
- Click “Senior Center-Volunteer Services”
- Click “Click here to log into Volunteer Portal” under “Record Volunteer Hours”
- Log in and click “Hours”
- Fill in: Activity (Volunteer Assignment), Date Volunteered, Hours and Minutes
- Click “Save!”

Thank you for making every minute count! Please have your 2018 hours logged by Monday, January 7, 2019. For questions please contact Amanda Hui at amandah@cupertino.org or 408.777.3374.

EASY MEMBERSHIP RENEWAL

It is easy to renew for 2019. Just ask at the front desk for your renewal form, verify, and sign! Renew by December 12 in order to receive *The 50+ Scene* for January/February 2019 by mail or email. The annual membership is \$28, or for Cupertino residents, \$23.

簡易會籍更新 2019 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10/22至12/12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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NEW REGISTRATION SOFTWARE

This month's registration and new memberships will be completed through our new software, “ActiveNet.” There may be short delays at the front desk due to the new system's implementation, but we are still more than happy to take your registrations in -person—thank you for your patience and understanding! Included in this new system is the ability to register for classes, trips, programs, and membership online. See the Cupertino Active Net website at cupertino.org/active for more details.



Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **November 7**, 8am; Non-member *begins* November 14.
 → Day Trip Preview starts at 7:30am ←

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

Living History in San Juan Bautista

Saturday, November 3, 8:45a-4:15p

Step back into the early days of San Juan Bautista. Meet mountain men, Civil War soldiers, and Victorian ladies. Tour the state historic park, including the mission, with a State Park Ranger as your guide and explore the many cultures and characters of San Juan Bautista. Enjoy an included lunch at lovely Jardines de San Juan.

Member Cost: \$108 - lunch included

Destination Half Moon Bay

Friday, November 9, 11a-6:15p

Come join us for the spectacular views of the ocean while enjoying a delicious lunch at the Moss Beach Distillery. Then, move on to discover the new Half Moon Bay Distillery with a guided tour and learn to make a craft drink in time for the holiday season.

Member Cost: \$138 - lunch included

Heggie's *It's a Wonderful Life*

Thursday, November 15, 10a-7p

Based on the classic, beloved Frank Capra film *It's a Wonderful Life*, see the West Coast premiere by San Francisco Opera at the final dress rehearsal. Before the performance, enjoy lunch at Tommy's Joynt hof-brau.

Member Cost: \$107 - lunch included

Gary's Treasure Island Adventure

Wednesday, November 28, 8a-6:15p

Member Cost: \$84 - waitlist only

Day Trip Expo and Social

Monday, December 17, 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 January 9, 2019. Sign up at the front desk!

Yule at the Oakland Zoo

Saturday, December 1, 9a-4p

Explore the Oakland Zoo, home to over 700 native and exotic animals. Enjoy a special performance of the California Revel's Solstice Singers and take the new gondolas to a café with panoramic views in their new, expanded California Trail for your no-host lunch.

Member Cost: \$72

'Tis the Season

Wednesday, December 5, 9:30a-5:15p

'Tis the season for a jolly holiday jaunt along the peninsula! Tour SF City Hall, known as the People's Palace, and then on to the Ferry Building for a no-host lunch with time to explore The Marketplace, and finish with a visit to the 32nd Annual Christmas Creche Exhibit.

Member Cost: \$56

Nevada City Victorian Holiday

December 12-14 - 3 days

Welcome the holiday season with style in historic Nevada City. Indulge in the holiday cheer and good tidings of the annual Victorian Christmas, as the picturesque downtown transforms into a genuine Christmas Card come to life.

Sign up before October 31!

Member Cost: \$825 per person, double

Dessert & Doo Wop

Tuesday, December 18, 6:15-10:15p

A fabulous concert featuring classic Doo Wop to modern hits in a Doo Wop style. Before the show, enjoy a yummy French dessert soiree at the Senior Center before walking over to the Flint Center for the performance.

Member Cost: \$95 - dessert included

Fort Mason & San Francisco Center for the Book

NEW!

Thursday, January 17, 9a-6p

Experience a day taking in the culture of Fort Mason and the hidden craft of book-making at the San Francisco Center for the Book, as we travel and explore these treasures of scenic San Francisco.

Member Cost: \$122 - lunch included

VOLTA - Cirque Du Soliel

Sunday, January 27, 10a-5:30p

Cirque du Soliel's VOLTA is a spellbinding story about the freedom to choose and the thrill of blazing your own trail. Before the show, enjoy a no-host brunch or lunch in San Francisco's Mission Bay neighborhood.

Member Cost: \$140

The Grand Theatre and The Alviso Adobe

NEW!

Tuesday, February 5, 9a-5p

Discover the rich history of the Grand Theatre Center then onto a delicious, included lunch at The Rock House Pub and Grill. Enjoy a tour of the unique Alviso Adobe Community Park to reveal the history of the Ohlone, Rancho, and Dairy periods of the Amador Valley.

Member Cost: \$93 - lunch included

Dinner at The Spinnaker

NEW!

Tuesday, February 12, 1-7:30p

The timeless view of the San Francisco Bay is a stunning sight. Join us for a wonderful afternoon visiting the inviting Sausalito waterfront before dining at The Spinnaker.

Member Cost: \$120 - dinner included

Passport to the Pacific Orchid Exposition

NEW!

Friday, February 22, 9a-4:30p

Discover unique orchids from all over the world at the Pacific Orchid Exposition 2019 in the Hall of Flowers at Golden Gate Park. Enjoy a savory brunch at Crepevine Restaurant as well as an opportunity to explore the San Francisco Botanical Gardens at your leisure.

Member Cost: \$97 - lunch included

Monet & Gauguin at the de Young

NEW!

Thursday, February 28, 8a-4:30p

Explore two wonderful exhibits on view at the de Young Museum: *Monet: The Late Years* and *Gauguin: A Spiritual Journey*. Enjoy time to peruse the permanent collection as well as a no-host lunch at the de Young Café.

Member Cost: \$136

HAMILTON

NEW!

Wednesday, March 20, 9:15a-5:45p

Lin-Manuel Miranda's Tony Award-winning smash *HAMILTON* rolls into the Orpheum Theatre. Join us in our third and fourth row center orchestra seats. Before the show, enjoy a no-host lunch in Westfield San Francisco Centre.

Member Cost: \$326

OUT-TO-LUNCH BUNCH

Tuesday, January 8, 11:30am

Dish n' Dash

NEW!

20750 Stevens Creek Blvd, Cupertino

Please register at the front desk. Space is limited.

Take a look at our exciting 2019 tours! For more information, email AlexC@Cupertino.org, or call 408.777.3375.

Discover the South Pacific Wonders

15 days, Mar 19 - Apr 2, 2019

From Ireland's Ancient East to the Wild Atlantic Way

10 days, Jun 8-17, 2019

Laguna Arts Festival and Pageant of the Masters

4 days, Aug 4-7, 2019

Classic Fall Foliage

9 days, Oct 12-20, 2019

NOVEMBER ACTIVITY HIGHLIGHTS

Thanksgiving Lunch and November Birthday Bash

Wednesday, November 14, 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. Pre-registration required. Members \$12, senior guests add \$5 day pass.

感恩節午餐與11月慶生會。11/14, 週三, 中午12點
享受感恩節大餐, 包括烤火雞, 土豆泥, 肉汁, 沙拉醬, 滋味青豆與南瓜派。Rhythmaires樂隊會為我們演出, 來歡慶假日佳節的來臨。我們將為11月壽星會員慶生, 註冊時可選擇素食餐, 會員\$12, 非會員多加當日活動費\$5, 必須提前報名。

FREE!

Getting Through the Holidays

Thursday, November 15, 2-3:30pm

Holidays can bring up wonderful memories, but we can also feel sadness and disappointment for times no longer giving us pleasure. Join Vivian I. Silva, MSW as her presentation puts us in the best frame of mind to enjoy the holidays. She will have tips to share along with treats and hot cider. Let's spend some time warming our hearts while gaining insight into handling the hustle and bustle of the holidays. Please sign up at the lobby table. Members free, senior guests pay \$5 day pass.

FREE!

Monthly Movie

Wednesday, November 28, 1:30-3:30pm

Jurassic World: Fallen Kingdom (2018)- Sequel to the 2015 film, and a continuation of the classic movies based on Michael Crichton's *Jurassic Park*, sees the return of Claire and Owen. This time they're trying to save the dinosaurs from extinction... again. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.



Thursday Night Football Social

Raiders vs. 49ers

Thursday, November 1, 5-8:30pm

The Cupertino Senior Center invites you to watch the last Battle of the Bay before the Raiders move to Las Vegas. Come enjoy the festivities on the BIG screen with friends! Enjoy a taco bar for dinner and participate in playing Football Squares to win FREE prizes at the end of each quarter. Pre-registration required. Members \$8, senior guests add \$5 day pass.



Come to the Cabaret!

FREE!

Wednesday, November 7, 1-3pm

Cupertino Senior Center's Harmonikatz proudly present a fall concert of songs old and new! Enjoy an afternoon of music and sing along if you'd like! Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

Hearing Tests

FREE!

Wednesday, November 7, 9-11am

Hearing tests provided by San Jose State University audiology students with instructor supervision. After the test, visit the California Telephone Access Program booth—you may qualify for a free phone that suits your needs. Please register at the front desk. Space limited, members only.
免費聽力檢查。11月7日, 星期三, 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。

FREE!

New York Times and Wall Street Journal

Wednesday, November 7, 10-11am

Learn how you can read *The New York Times* and *Wall Street Journal* online for free, courtesy of the Santa Clara County Library District. Access the daily editions as well as archives back to 1851. Pre-registration required. Members free, senior guests pay \$5 day pass. Sign up at the front desk.

FREE!

Open Cribbage Tournament

Saturday, November 17, 1:15pm

Join Ed Bloom for a cribbage tournament! A small gift exchange is optional. Gene Autry rules "where the only law is right!"—no one makes counting mistakes. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.



SF Opera and *It's a Wonderful Life*

FREE!



Monday, November 5, 10-11

Join the San Francisco Opera's music expert and company dramaturg to learn more about the new operatic piece *It's a Wonderful Life*. Dive into the plot, characters, and music, and learn about the differences between the classic movie and the modern opera. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

Let's Talk Current Events

Cancelled

NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
<p>TREE LIGHTING CEREMONY Friday, November 30, 6-8pm Quinlan Community Center</p> <p>Join Cupertino Recreation as we countdown to our annual tree lighting and host a special guest from the North Pole! Admission is free, please bring non-perishable canned goods to be donated to West Valley Community Services. Dress warmly, part of the event takes place outdoors.</p>			<p>1 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 5 Thursday Night Football Social (\$8) Taco Bar</p>	<p>2 9:30-11:30 Rhythmairs Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 實果 1-4:30 Ping Pong 乒乓 1:30-3 Book Review-<i>The Day the World Came to Town</i> by Jim Defede 1:30-4 TechTime</p> <hr/> <p>3 SATURDAY 8:45-4:15 Living History in San Juan Bautista Trip</p>
<p>5 10-11 SF Opera and <i>It's a Wonderful Life</i> Presentation 10-12 Golf for Seniors 11 Volunteer Orientation 12-4 Card Playing</p>	<p>6 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 iPhone Workshop 10-11:30 Book Discussion-Tea <i>Girl of Hummingbird Lane</i> 10-12 TV Production-The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>7 7:30 Day Trip Preview 8 New Trip Signup 9 50+ Bocce Ball @ Blackberry Farm Park 9-11 Hearing Tests 10-11 New York Times and Wall Street Journal Workshop 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1-3 Come to the Cabaret!</p>	<p>8 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>9 9:30-11:30 Rhythmairs Band Practice 11-6:15 Destination Half Moon Bay Trip 12-4 Mah Jongg 麻將 1-3:30 Bingo 實果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p> <hr/> <p>10 SATURDAY</p>
<p>12  VETERAN'S DAY OBSERVED SENIOR CENTER CLOSED 退伍軍人節 耆英中心歇業</p>	<p>13 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>14 9 50+ Bocce Ball @ Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12 Thanksgiving Lunch and November Birthday Bash (\$12) More info on Page 4 感恩節午餐/生日宴 12-4 Card Playing</p>	<p>15 9-12 50+ Softball 10-7 Heggie's It's a Wonderful Life Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-3:30 Getting Through the Holidays Presentation 2-4 Open Bridge</p>	<p>16 9:30-11:30 Rhythmairs Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 實果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p> <hr/> <p>17 SATURDAY 1:15 Open Cribbage Tournament</p>
<p>19 10-12 Golf for Seniors 12-4 Card Playing 1 Volunteer Advisory Council Meeting <i>Visitors Welcome, Taking Nominations and Voting in the NEW Board</i></p>	<p>20 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production-The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>21 9 50+ Bocce Ball @ Blackberry Farm Park 12-4 Card Playing</p>	<p>HAPPY THANKSGIVING</p> <p>CENTER CLOSED NOVEMBER 22 - 25 感恩節耆英中心歇業 11/22-11/25</p> 	
<p>26 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>27 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 Android Workshop 10-12 TV Production-The Better Part 12-4 Card Playing</p>	<p>28 8-6:15 Gary's Treasure Island Adventure Trip 9 50+ Bocce Ball @ Blackberry Farm Park 10-11 Flipster Workshop 10-12 Case Manager Consultation 社工諮詢 11:45-1:30 Lunch with Friends (\$8) Turkey Noodle Soup and Salad 美味火雞湯麵與可口沙拉 12-4 Card Playing 1:30-3:30 Monthly Movie - Jurassic World: Fallen Kingdom (2018)</p>	<p>29 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>30 9:30-11:30 Rhythmairs Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 實果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p>

DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
CITY OF CUPERTINO SENIOR CENTER <i>Hours: Monday-Thursday 8am-9pm, Friday 8am-5pm, Saturday 8:30am-4:30pm</i>				1 SATURDAY 9-4 Yule at the Oakland Zoo Trip
3 10-12 Golf for Seniors 12-4 Card Playing 1:30 Volunteer Orientation	4 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 iPhone Workshop 10-11:30 Book Discussion- <i>Eleanor Oliphant is Completely Fine</i> 10-12 TV Production- The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓	5 9:30-5:15 'Tis the Season Trip 10-11 Medici.TV Workshop 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30 Holidays in Hawaii	6 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	7 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 12-1 Holiday Ham Lunch 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-3 Book Review- <i>The Christmas Box</i> by Richard Paul Evans 1:30-4 TechTime
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	11 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production- The Better Part 12-4 Card Playing 2:30 Holiday Sing-a-long	12 Nevada City Victorian Holiday Trip Departs 10-11 PressReader Workshop 10-12 Case Manager Consultation 社工諮詢 11:45-1:30 Lunch with Friends (\$8) Chili and Salad 大豆濃湯與清爽沙拉 12-4 Card Playing 1:30-3:30 Monthly Movie - <i>Die Hard (1988)</i>	13 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3-4:30 Caregiver Support Group	8 SATURDAY 10-11 Free Vivasia Lotus Fitness Demo 11:15-12:15 Free Vivasia Lotus Chair Fitness Demo
17 8 January/February Registration Begins 10-12 Golf for Seniors 12-4 Card Playing 1:30 Day Trip Expo and Social	18 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 Android Workshop 10-12 TV Production- The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 6:15-10:15 Dessert and Doo Wop Trip	19 10-12 Case Manager Consultation 社工諮詢 12 Holiday Lunch and December Birthday Bash (\$12) More info on page 7 冬季節慶/生日宴 12-4 Card Playing	20 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	14 Nevada City Victorian Holiday Trip Returns 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
		<div style="border: 1px solid black; padding: 5px; text-align: center;"> RENEW YOUR MEMBERSHIP BY DEC. 12 TO RECEIVE NEXT NEWSLETTER </div>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> It's Chilly Outside! Come and join us for National Hot Chocolate Day!  </div>	15 SATURDAY 10-11 Free Vivasia Lotus Fitness Demo 11:15-12:15 Free Vivasia Lotus Chair Fitness Demo
				21 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
				22 SATURDAY

HAPPY HOLIDAYS FROM THE SENIOR CENTER STAFF!

SENIOR CENTER WILL BE CLOSED FROM MONDAY, DECEMBER 24, 2018 THROUGH TUESDAY, JANUARY 1, 2019.

WE WILL RE-OPEN WEDNESDAY, JANUARY 2.

耆英中心全體員工祝大家節慶快樂!

耆英中心將在 12/24/2018 週一至 1/1/2019 週二之間歇業. 我們將在 1/2 週三重新開放.



DECEMBER ACTIVITY HIGHLIGHTS

Holiday Lunch and December Birthday Bash

Wednesday, December 19, 12pm

Put on your best holiday attire and jump into the season with a special visit from jolly ol' St. Nick and a holiday meal featuring 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.

佳節午宴與12月慶生會. 12/19, 週三, 中午12點.

穿上節日華服與聖誕老公公共同分享佳節午餐, 包括牛柳, 烤奶香土豆片, 胡桃櫻桃沙拉, 薑味甜胡蘿蔔, 還有芝士蛋糕. 我們將為12月壽星會員慶生, 註冊時可選擇素食餐, 會員\$12, 非會員多加當日活動費\$5, 座位有限請早報名.

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 2 - *The Day the World Came to Town* - by Jim Defede, presented by Linda Smith

December 7 - *The Christmas Box* - by Richard Paul Evans

FREE!

Flipster

Wednesday, November 28, 10-11am

Come learn about Flipster and how you can receive access to *Consumer Reports*, *People*, *Time*, *Sports Illustrated*, *Entertainment Weekly*, *Entrepreneur*, and more to be enjoyed online! Pre-registration required. Members free, senior guests pay \$5 day pass. Sign up at the front desk.

FREE!

Medici.TV

Wednesday, December 5, 10-11am

Stream over 100 live broadcasts yearly and thousands of recordings featuring international concerts, operas, ballets, documentaries, and artist profiles with a ton of behind-the-scenes information. Pre-registration required. Members free, senior guests pay \$5 day pass. Sign up at front desk.

FREE!

Lunch with Friends

Wednesday, November 28, December 12, 11:45am

Join us for lunch! Pre-registration is 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.

November 28 - Turkey Noodle Soup and Salad 美味火雞湯麵與可口沙拉

December 12 - Chili and Salad 大豆濃湯與清爽沙拉

Monthly Movie

FREE!

Wednesday, December 12, 1:30-3:30pm

Die Hard (1988)- Often called the greatest Christmas movie of all time, *Die Hard* is the heartwarming tale of New York Police Officer John McClane visiting his family in California during the holidays. When things go awry at his wife's holiday work party, it's up to John to save the day! Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

PressReader

FREE!

Wednesday, December 12, 10-11am

PressReader provides online access to over 6,000 well-known newspapers and magazines. This Santa Clara County Library workshop will teach you how to choose from a vast range of publications such as *The Washington Post*, *The Los Angeles Times*, *Business Traveler*, and *Forbes Weekly*. Pre-registration required. Members free, senior guests pay \$5 day pass. Sign up at front desk.

Holiday Ham Lunch

Friday, December 7, 12pm

Wear your favorite holiday sweater and join in a holiday meal including honey baked ham, mashed potatoes, green beans, salad, and pecan pie with whipped cream for dessert. Vegetarian option available when registering. Afterwards join in one of our Friday socials such as Bingo, Mah Jongg, or Ping Pong. For more information regarding our socials, please call the front desk at 408.777.3150. Members \$10, senior guests add \$5 day pass.

FREE!

Holidays in Hawaii

Wednesday, December 5, 1:30-3pm

Sway with our own Lei Nani Hula dancers and the Pila Ho'okani band as they celebrate the holidays with Hawaiian songs and dances. Light refreshments will be served. Members free, senior guests pay \$5. Sign up at the lobby table.

12/5 (週三), 下午1:30-3pm請來觀賞我們耆英中心 Lei Nani 舞蹈團, 特別為我們演出夏威夷舞來歡慶假日佳節的來臨, 備有簡單點心招待. 請至櫃台登記. 會員免費, 耆英來賓付當日活動費\$5.

Holiday Sing Along

FREE!

Tuesday, December 11, 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-12/11 (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.

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS OCTOBER 22	DAY	DATES	NO CLASS	TIME	INSTRUCTOR	MEMBER FEE
Beading	Th	11/8-12/6	11/22	1:15-3:15	D. Hall	\$35
Brain Club	M	11/19-1/28	12/24, 12/31, 1/21	3-4:30	C. Hall	\$30
Bridge: Tips on Card Play	Sa	11/3-11/17		10-12	P. Davis	\$22
Bridge: Tips on Card Play Defense	Sa	12/1-12/15		10-12	P. Davis	\$22
Chair Exercise 座椅運動	FLEX M & Th	11/5-12/20	11/12, 11/22	10:15-11:15	P. Hu	\$45
Chinese Brush Painting 傳統與現代中國畫	M	11/19-1/28	12/24, 12/31, 1/21	8:30-10:30	M. Lee	\$60
Chinese Brush Painting 傳統與現代中國畫	M	11/19-1/28	12/24, 12/31, 1/21	10:40-12:40	M. Lee	\$60
Chinese Calligraphy 書法班	T	10/30-12/18		12:50-2:50	F. Jair, W. Mann	\$15
Chinese Calligraphy 書法班	T	10/30-12/18		3-5	Y. Wang, Y. Cheng	\$15
Citizenship Class 公民班	M, T, F	10/30-12/14	11/12, 11/23	8:15-9:45	V. Wong	\$20
Contemporary Issues	Th	11/29-12/20		1:15-2:45	F. Damon	\$10
Conversational English 英語會話班	M & T	12/10-2/12	12/24, 12/25, 12/31, 1/1, 1/21	10-11:45	P. Chun, V. Wong	\$20
Cooking w/ Suzanne: Holiday Chocolate Creations	W	12/5		10-2	S. Vandyck	\$55
ESL - Intermediate 初高級英語班	W	11/7-1/2	12/26	10-12	L. North	\$25
ESL - Advanced	Th	11/29-1/24	12/27	11-1	L. North	\$25
ESL - Intermediate Conversation 中級會話班	T	11/6-1/8	12/25, 1/1	1:30-3	J. Andrushko	\$20
Feldenkrais Method	FLEX T	11/6-1/8	12/25, 1/1	9:30-10:30	M. Westlaken	\$40
Guitar and Bass Jam Band	W	11/7-12/19		3-4:30	J. Cunningham	\$15
Hatha Yoga	FLEX Th	11/8-1/10	11/22, 12/27	2:30-3:30	V. Bhat	\$50
Hula Dance - Beginning	M	11/5-12/17	11/12	11:45-12:40	J. Pereria-Anderson	\$15
Hula Dance - Performance Group	M	11/5-12/17	11/12	12:55-1:55	J. Pereria-Anderson	\$15
HarmoniKatz Performance Band	M	11/5-12/17	11/12	3:45-5:15	D. Ng	\$15
Kumihimo	Th	11/8-12/6	11/22	3:15-5:15	D. Hall	\$35
Nutrition Made Easy: Healthy Balances	F	11/9		1:30-3:30	J. Oh	\$25
Nutrition Made Easy: Holiday Sweet Treats	M	11/19		10-2	J. Oh	\$40
Nutrition Made Easy: Assessing Your Health	F	12/7		1:30-3:30	J. Oh	\$25
Nutrition Made Easy: Holiday Cookies	M	12/10		10-2	J. Oh	\$40
Ukulele - Beginning	T	11/6-12/18	12/11	1:30-3	D. Ng	\$22
Ukulele - Advanced Beginning	T	11/6-12/18	12/11	3:15-4:45	D. Ng	\$22
Ukulele Strum-and-Sing - Intermediate	M	11/19-12/17		1:30-3:15	N. Levy	\$15
Yoga for 50+ - Beyond Barre Stretch & Balance	FLEX T	11/6-12/18		4-5	P. Hu	\$40
Yuan Chih Dance 元極舞	F	11/2-12/21	11/23	10-11:30	Annie & Helen	\$15
Zumba Gold at the Quinlan Center 中老年尊巴	FLEX M	11/5-12/17	11/12	2:30-3:30	P. Hu	\$28
Zumba Gold at the Quinlan Center 中老年尊巴	FLEX F	11/2-12/14	11/23	2:30-3:30	G. DuVal	\$28
EVENING CLASSES						
Chinese Painting with May Shei	Th	11/1-1/3	11/22, 12/27	5:30-8:00	M. Shei	\$56
Chinese Brush Painting	W	11/7-1/2	12/26	6:30-8:30	M. Lee	\$60
Line Dance - Beginning 初級排舞	Th	11/8-1/10	11/22, 12/27	7-8:30	K. Chang	\$48
Line Dance - Beginning/Intermediate 先進初級排舞	T	10/30-12/18		7-8:30	K. Chang	\$48
Yoga Foundations	FLEX T	10/30-12/18		5:15-6:30	R. Narayanan	\$48
Yoga Foundations	FLEX Th	11/8-1/10	11/22, 12/27	5:15-6:30	E. Meir	\$48
COMPUTER AND TECHNOLOGY CLASSES						
iPad Beginning	T	10/23-12/4		1-3	R. Schiros	\$38
iPad Intermediate	Th	11/1-12/20	11/22	1-3	R. Schiros	\$38

CLASS HIGHLIGHTS

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

Apple Assistance

FREE!

Thursday, November 1, 15, 29 December 6, 3-6pm

Own an Apple product and have questions on how to use it? Receive one-on-one assistance on how to use your iPhone, iPad, MacBook, Apple Watch, and other Apple products so you can text, surf the web, reply to emails, and so much more! 1-hour appointments are scheduled on a first come first served basis. Members free. Senior guests pay \$5 day pass. Pre-registration required.

Contemporary Issues

Thursday, November 29-December 20, 1:15-2:45pm

New topics are garnered and prepared weekly for discussion. Topics will range from local, state, national, and international news. Emphasis will be on the current administration. Instructor Frank Damon. Member fee \$15.

Weekly Walks with Keith

FREE!

Wednesday, November 7, 14, 5:15pm

Meet at McClellan Ranch Preserve, walk, 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! Members free, senior guests pay \$5 day pass. Pre-registration required. Sign up at the front desk.

Stay Active Fund

The Stay Active Fund helps Cupertino residents 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。

VivAsia Lotus FREE Demo

FREE!

Saturday, December 8, 15

Fitness: 10-11am, Chair Fitness: 11:15am-12:15pm

These fun classes combine aerobic dance exercise with muscular endurance, balance, and flexibility training! Achieve fitness goals and maintain functional daily abilities while making new friends. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

Cooking With Suzanne:

NEW!

Holiday Chocolate Creations

Wednesday, December 5, 10am-2pm

International Chef Suzanne is introducing you to a gourmet chocolate adventure. She will demonstrate step by step how to make easy but impressive artisan chocolate to either gift or enjoy the whole year through. No wasting money or calories on mass-produced candy, you will handcraft your own candy with top quality Belgian chocolate in class. Create 70% Chocolate Seeded Bark, Chocolate Brandied Candies, and Chocolate covered Marshmallow with delicate toppings. Each participant gets to bring a box of gourmet chocolates home to share for the holidays. Instructor Suzanne Vandyck. Member fee \$55.

Nutrition Made Easy:

NEW!

Healthy Balances Lecture

Friday, November 9, 1:30-3:30pm

Looking to find your healthy balance? Discover tips and techniques to help you create the balance you need to feel great and enjoy life. Instructor Jen Oh. Member fee \$25.

Holiday Sweet Treats Cooking Workshop

NEW!

Monday, November 19, 10am-12pm

With the holidays coming, join us in creating simple, delicious, and healthy treats that everyone will enjoy. In addition, all attendees make and take home all three treats made to enjoy later. All diets/preferences can be accommodated. Instructor Jen Oh. Member fee \$40.

Assessing Your Health Discussion Workshop

NEW!

Friday, December 7, 1:30-3:30pm

Join us in a discussion on how to assess your health. Discover tips and techniques on how to monitor your health, understand medical reports and how to improve your health. Instructor Jen Oh. Member fee \$25.

Holiday Cookies Cooking Workshop

NEW!

Monday, December 10, 10am-12pm

Join us in making a variety of holiday cookies that are simple, delicious, and healthy treats that everyone will enjoy. In addition, all attendees make and take home a variety of cookies to enjoy later. All diets/preferences can be accommodated. Instructor Jen Oh. Member fee \$40.

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, November 26, December 10, 1:30-2:30pm

Tuesday, November 6, 20, December 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, November 8, December 13, 3-4:30pm

SCHEDULED APPOINTMENTS

Please call 408.777.3150 to make appointments for the following services:

Health Insurance Counseling (HICAP)

Monday, November 5, 19, 26, December 3, 10, 1-3pm

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

Housing Resource

Monday, November 5, 19, December 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 - 11/5, 11/19, 12/3, 12/17, (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, November 2, 9, 16, December 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 11/2, 11/9, 11/16, 12/7, 12/14, 12/21, 10:30am-12:30pm
60歲以上，並住在聖縣。

NOVEMBER/DECEMBER 2018

THE SCENE
50+

HELP WANTED!

Your Senior Center needs you! The Volunteer Advisory Council is your voice to the staff and needs officers. You can give back to the Center by volunteering to be President, Vice President, Recording Secretary, or Corresponding Secretary/Treasurer. Please see Judy Lawrence, Mary Lou Robson, or Kim Frey for more information. Please join us! Nominations, as well as voting in the board, will happen at the Advisory Council Meeting on Monday, November 19 at 1pm, and meetings are held every other month.

FIRST CLASS MAIL

www.cupertino.org/seniorcenterfacebook

www.cupertino.org/50plus

www.cupertino.org/senior

408.777.3150

Cupertino, CA 95014

21251 Stevens Creek Blvd.

City of Cupertino Senior Center