



CUPERTINO

# THE 50+ SCENE

SEPTEMBER/OCTOBER 2018

CITY OF CUPERTINO SENIOR CENTER 408.777.3150

21251 STEVENS CREEK BLVD.

## SEPTEMBER IS NATIONAL SENIOR CENTER MONTH!

This September stop by the Cupertino Senior Center and discover all the wonderful opportunities our facility offers. From our amazing Case Management program, to our huge range of classes, and our countless volunteer opportunities, the Cupertino Senior Center has something for everyone. In the next couple of months our center will host new instructional lectures featuring the League of Women Voters discussing upcoming ballot measures (pg.7), a 2019 Medicare overview by HICAP (pg. 7), the California Highway Patrol teaching “Age Well, Drive Smart” (September 19), and ClearCaptions discussing their federally-sponsored telephone captioning service (pg.4). In addition, we’ll see new classes like Kumihimo, Contemporary Issues (pg. 8), and Jen Oh’s six Nutrition Made Easy courses (pg. 9). Come on down and join in the fun!

### HIDDEN TREASURES THURSDAY, OCTOBER 25, 9AM-2PM

What Hidden Treasures will you find? This is the perfect opportunity to shop for those one-of-a-kind holiday gifts with the added benefit of supporting a worthy cause. The proceeds benefit the Senior Center Case Management Program for at-risk members and the Stay Active Fund. Find donation, shopping, and volunteer information at the event webpage [www.cupertino.org/HiddenTreasures](http://www.cupertino.org/HiddenTreasures), or at the front desk. We are still accepting donations up to October 12.

一年一度的藏寶室義賣活動又來了,你今年會找到什麼樣的寶物呢? 這次有意義的籌款活動的銷售收益用於中心案例管理計劃的高風險成員和Stay Active Fund中提供協助抵消中心會員經費和課程成本. 這是購買獨一無二的節日禮物的絕佳機會. 我們將收集捐贈物至十月十三日,請您將零用的小擺設,首飾和工藝物品帶到中心. 鎖售日請帶上您自己的可重複使用袋子. 查看活動網站,想了解更多詳情 [www.cupertino.org/HiddenTreasures](http://www.cupertino.org/HiddenTreasures).

### 50+ GOLF TOURNAMENT

MONDAY, SEPTEMBER 10, 10AM AT BLACKBERRY GOLF COURSE

Tee off a great day with a morning of golf and then a no-host awards lunch at Hobee’s Restaurant. Cost includes green fees and prizes. Members \$20, senior guests \$25. Pick up entry forms at the Senior Center or online at [www.cupertino.org/senior](http://www.cupertino.org/senior).

高爾夫球比賽-星期一,9/10,10am,請到黑莓高爾夫球場享受一個愉快的早晨和午餐. 所付費用包括球場費,和獎品. 午餐自費. 會員\$20,耆英來賓\$25. 如有意參加,請來耆英中心領取比賽表格或到[www.cupertino.org/senior](http://www.cupertino.org/senior)下載表格. 請提早登記

### AGE OF LOVE

WEDNESDAY, OCTOBER 3, 2:30-5PM

This documentary follows the comic and poignant adventure of 30 seniors who attend a first-of-its-kind Speed Dating event for 70 to 90-year-olds, and discover how the search for love changes—or doesn’t change—from first love to the far reaches of life. Join us for a screening of the film followed by a discussion facilitated by Vivian Silva, MSW. Please sign up at the lobby table. Members free, senior guests pay \$5 day pass.

## VOLUNTEER CORNER

### GREETING CARD VOLUNTEERS

The Senior Center is seeking volunteers who want to help organize and repurpose donated greeting cards to support the Senior Center’s bingo and case management programs, the latter of which benefits homebound seniors within the community. Contact Amanda Hui at [amandah@cupertino.org](mailto:amandah@cupertino.org) or 408.777.3374.

### VOLUNTEER ORIENTATION

Monday, September 10 at 11am  
Monday, October 15 at 1:30pm

### BINGO CALLERS WANTED!

We are looking for individuals who are interested in calling for our bingo games in our beautiful and fun senior center. No experience needed—come learn and play! For more information please contact Amanda Hui at [amandah@cupertino.org](mailto:amandah@cupertino.org) or 408.777.3374.

### EVENING 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 an Evening Front Desk Volunteer for Tuesday or Thursday evenings, or want to learn more, please contact Amanda Hui at [amandah@cupertino.org](mailto:amandah@cupertino.org) or 408.777.3374.

招募前臺義工 - 前臺義工為耆英中心創造一個50+的好去處, 邀請你也來參加義工的行列, 義工時間, 每週二或四下午4:30至7:30. 有興趣者或想了解詳情, 請與Amanda Hui 聯絡, 電郵[amandah@cupertino.org](mailto:amandah@cupertino.org).

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# Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **September 5**, 8am; Non-member *begins* September 12.

→ Day Trip Preview starts at 7:30am ←

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

## Disney Family Museum and *Nine Old Men*

*Thursday, September 13, 8a-4:30p*

Join us for a visit to the happiest place in San Francisco—the Walt Disney Family Museum! Enjoy breakfast at the Sweet Maple Restaurant, then come along for a story teller tour in the main galleries, and time to explore the special exhibit *Nine Old Men: Masters of Animation*, featuring the artists who brought beloved characters such as Bambi and Peter Pan to life. Let the fun begin!

**Member Cost: \$136** - breakfast included

## Take Me Out To The Ball Game

*Thursday, September 20, 10a-5:30p*

The Oakland A's are celebrating 50 years at the Coliseum! Discover the many new and fantastic ballpark amenities for your no-host lunch, including the fun and fan-focused Treehouse. Enjoy a great day watching the game versus the LA Angels from our infield-level seats in the shade.

**Member Cost: \$85**

## Ice Cream in the City

*Wednesday, September 26, 10a-5p*

Join us for tastings at San Francisco's "cool" ice cream spots: Bi-Rite Creamery, Salt & Straw, and Smitten. Enjoy a hosted food truck lunch at eclectic Spark Social SF—one of the most unique lunch spaces in the Bay Area!

**Member Cost: \$94** - lunch included

## Day Trip Expo and Social

*Monday, October 29, 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 September 5.

Sign up at the front desk!

## The Story of Emilio and Gloria Estefan **ON YOUR FEET!**

*Wednesday, October 3, 10a-7p*

Join the conga line from your orchestra seat at the Golden Gate Theater! *On Your Feet* is the inspiring true story about heart, heritage, and two people who believe in their talent—and each other—to become an international sensation: Gloria and Emilio Estefan. Enjoy a no-host lunch at Four Embarcadero Center in San Francisco.

**Member Cost: \$142**

## Animal Adventures

*Tuesday, October 16, 8:30a-5:30p*

See how shelter animals can make a difference at the Animal Rescue Foundation led by a professional trainer and her dog Cooper. Then enjoy a signature meal at Wence's before your "VIPEEK" wildlife encounter at the Lindsay Wildlife Experience.

**Member Cost: \$109** - lunch included

## Waitress, The Musical!

*Wednesday, October 31, 10a-7p*

Join us at the Golden Gate Theater with orchestra seats for the uplifting musical *Waitress*, celebrating friendship, motherhood, and the magic of a well-made pie. Enjoy a no-host lunch before the matinee show at Belden Place, San Francisco.

**Member Cost: \$142**

## OUT-TO-LUNCH BUNCH

*Thursday, October 18, 11:30am*

Aqui

10630 S De Anza Blvd, Cupertino

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

## 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, exploring 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 lunch at Tommy's Joynt hof-brau.

**Member Cost: \$107** - lunch included

## Gary's Treasure Island Adventure

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

Join us for this special day with the fabulous Gary Holloway as he takes us on a historic journey of the iconic features of the famous Treasure Island. Enjoy a 3-course meal prepared by student chefs at the Job Corps Advanced Culinary Academy Fine Dining Restaurant.

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

## 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 in 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

## 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**

Take a look at our NEW 2019 tours! For more information, email [AlexC@Cupertino.org](mailto: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*

# SEPTEMBER ACTIVITY HIGHLIGHTS

## September Birthday Bash

Wednesday, September 12, 12pm

Join us as we bring Paris, the City of Light, to our little corner of Cupertino. Enjoy a salad, a French dip sandwich with Au Jus, and dessert. Members with September birthdays will be honored. Vegetarian option available when registering. Members \$10, senior guests add \$5 day pass. Space is limited—pre-registration is required.

九月慶生宴 - 9/12(週三), 中午12pm.

看看我們如何把光之城,巴黎,帶到中心來. 午餐包括沙拉,法式蘸肉汁三明治與甜點.將為九月壽星會員慶生.註冊時可選擇素食餐.會員\$10,非會員多加當日活動費\$5. 座位有限,請早報名.

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.

**September 7** - *A Clearing in the Wild* - by Jane Kirkpatrick, presented by Carroll Maguire

**October 5** - *The Alice Network* - by Kate Quinn, presented by Helen Nowicki

FREE!

## Monthly Movie

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

*Ocean's 8 (2018)*- Following her release from prison, Debbie Ocean combines forces with an ensemble cast to commit a crime she planned while incarcerated. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

FREE!

## Summer Western Film Series

Tuesday, September 4-18, 5-8pm

The final three weeks of the six week film festival geared towards beautiful, old western cinema provided by the Cupertino Library! A spirited discussion follows each film. Free to the public. Sign up at the lobby table.

FREE!

## Value Line

Wednesday, September 5, 10-11am

Value Line is an investment management tool that can help both beginner and experienced investors. Santa Clara County Library card holders can learn how this resource focuses on operating numbers and the quantitative expertise of their analysts to provide unbiased investment-related information. Members free, senior guests pay \$5 day pass. Sign up at the front desk.

## Acorn TV

FREE!

Wednesday, September 19, 10-11am

Enjoy unlimited streaming of 80+ TV series, consisting of 5,000+ hours of entertainment. Immerse yourself in mysteries, dramas, comedies, and documentaries. Presented by the Santa Clara County Library. Members free, senior guests pay \$5 day pass. Sign up at the front desk.

NEW!

FREE!

## ClearCaptions Lecture

Tuesday, September 4, 11am-12:30pm

ADA Title IV specialist Elli Tehrani will be discussing the free ClearCaptions caption phone. Learn how anyone with hearing loss is entitled to this free captioned phone—including installation. Come discover how this service can benefit you! Members free, guest seniors pay \$5 day pass.

FREE!

## Let's Talk Current Events

Wednesday, September 19, October 17, 1-2:30pm

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

NEW!

FREE!

## Poet Laureate Sound and Sense

### Sonic Boom

Tuesday, September 11, 10:30am-12pm

Explore human voice as interpretive instruments. Listen and read poetry while looking for how language creates mood and meaning. Register at the front desk. Free to the public.

### Sense Sensations

Tuesday, September 18, 10:30am-12pm

The best description tells us about an object without ever naming it. Explore how using the five senses not only improves poetry but observational skills as well. Register at the front desk. Free to the public.

## Lunch with Friends

Wednesday, September 26, October 17, 11:45am

Join us for lunch! Pre-registration is required, vegetarian option is available when registering. Member fee \$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.

**September 26** - Burritos and salad 捲餅和沙拉

**October 17** - Pizza and Salad 披薩和沙拉

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# SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
<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>			<div style="border: 2px solid black; padding: 10px; background-color: black; color: white; width: fit-content; margin: auto;"> <p style="text-align: center;">SENIOR CENTER CLOSED 耆英中心歇業</p> </div>	
<p><b>3</b></p> <p><b>SENIOR CENTER CLOSED</b> 耆英中心歇業一天</p>	<p><b>4</b></p> <p>8:30-11:30 Ping Pong 乒乓</p> <p>9-11 Tennis 網球</p> <p>10-11:30 Booktalk-Testimony</p> <p>10-12 TV Production- The Better Part</p> <p>11-12:30 ClearCaptions Lecture</p> <p>12:15-1:15 Blood Pressure Check 量血壓</p> <p>12-4 Card Playing</p> <p>5-8 Western Film Series</p>	<p><b>5</b></p> <p>7:30 Day Trip Preview</p> <p>8 New Trip Signup Day</p> <p>9 50+ Bocce Ball @ Blackberry Farm Park</p> <p>10-11 Value Line Workshop</p> <p>10-12 Case Manager Consultation 社工諮詢</p>	<p><b>6</b></p> <p>9-12 50+ Softball</p> <p>9:30-11:30 iPhone Workshop</p> <p>11:15-1:30 Needlecraft</p> <p>12-2 Card Playing</p> <p>1:30-4:30 Karaoke 卡拉OK</p> <p>2-4 Open Bridge</p>	<p><b>7</b></p> <p>9:30-11:30 Rhythmairs Band Practice</p> <p>12-4 Mah Jongg 麻將</p> <p>1-3:30 Bingo 賓果</p> <p>1-4:30 Ping Pong 乒乓</p> <p>1:30-3 Book Review-<i>A Clearing in the Wild</i> by Jane Kirkpatrick</p> <p>1:30-4 TechTime</p> <hr/> <p><b>8 SATURDAY</b></p>
<p><b>10</b></p> <p>10-12 Golf Tournament</p> <p>11 Volunteer Orientation</p> <p>12-4 Card Playing</p> <p>12:15-1:15 Blood Pressure Check 量血壓</p> <p>7 Monday Night Football Social (\$8) Pizza and Wings</p>	<p><b>11</b></p> <p>8:30-11:30 Ping Pong 乒乓</p> <p>9-11 Tennis 網球</p> <p>10-12 TV Production- The Better Part</p> <p>10:30-12 Poet Laureate Sonic Boom</p> <p>12-4 Card Playing</p> <p>5-8 Western Film Series</p>	<p><b>12</b></p> <p>9 50+ Bocce Ball @ Blackberry Farm Park</p> <p>10-12 Case Manager Consultation 社工諮詢</p> <p>12 September Birthday Bash (\$10) French Dip 法式蘸肉汁 三明治</p>	<p><b>13</b></p> <p>8-4:30 Disney Family Museum and Nine Old Men Trip</p> <p>9-12 50+ Softball</p> <p>11:15-1:30 Needlecraft</p> <p>12-2 Card Playing</p> <p>1:30-4:30 Karaoke 卡拉OK</p> <p>2-4 Open Bridge</p> <p>3-4:30 Caregiver Support Group</p>	<p><b>14</b></p> <p>9:30-11:30 Rhythmairs Band Practice</p> <p>12-4 Mah Jongg 麻將</p> <p>1-3:30 Bingo 賓果</p> <p>1-4:30 Ping Pong 乒乓</p> <p>1:30-4 TechTime</p> <hr/> <p><b>15 SATURDAY</b> Fall Festival—No Classes</p>
<p><b>17</b></p> <p>10-12 Golf for Seniors</p> <p>12-4 Card Playing</p> <p>1 Volunteer Advisory Council Meeting <i>Visitors Welcome</i></p> <p>2:05-3:35 Ballroom Dance Social 交際舞社</p>	<p><b>18</b></p> <p>8:30-11:30 Ping Pong 乒乓</p> <p>9-11 Tennis 網球</p> <p>10-12 TV Production- The Better Part</p> <p>10:30-12 Poet Laureate Sense Sensations</p> <p>12-4 Card Playing</p> <p>12:15-1:15 Blood Pressure Check 量血壓</p> <p>5-8 Western Film Series</p>	<p><b>19</b></p> <p>9 50+ Bocce Ball @ Blackberry Farm Park</p> <p>9-1 Age Well, Drive Smart</p> <p>10-11 Acorn TV Workshop</p> <p>10-12 Case Manager Consultation 社工諮詢</p> <p>1-2:30 Let's Talk Current Events</p>	<p><b>20</b></p> <p>9-12 50+ Softball</p> <p>10-5:30 Take Me Out to the Ball Game Trip</p> <p>11:15-1:30 Needlecraft</p> <p>12-2 Card Playing</p> <p>1:30-4:30 Karaoke 卡拉OK</p> <p>2-4 Open Bridge</p>	<p><b>21</b></p> <p>9:30-11:30 Rhythmairs Band Practice</p> <p>12-4 Mah Jongg 麻將</p> <p>1-3:30 Bingo 賓果</p> <p>1-4:30 Ping Pong 乒乓</p> <p>1:30-4 TechTime</p> <hr/> <p><b>22 SATURDAY</b></p>
<p><b>24</b></p> <p>10-12 Golf for Seniors</p> <p>12-4 Card Playing</p> <p>1:30-2:30 Blood Pressure Check 量血壓</p>	<p><b>25</b></p> <p>8:30-11:30 Ping Pong 乒乓</p> <p>9-11 Tennis 網球</p> <p>12-4 Card Playing</p>	<p><b>26</b></p> <p>9 50+ Bocce Ball @ Blackberry Farm Park</p> <p>10-12 Case Manager Consultation 社工諮詢</p> <p>10-5 Ice Cream in the City Trip</p> <p>11:45-1:30 Lunch with Friends (\$8) Burritos and Salad 捲餅和 沙拉</p> <p>1:30-3:30 Monthly Movie - <i>Ocean's 8 (2018)</i></p>	<p><b>27</b></p> <p>9-12 50+ Softball</p> <p>9:30-11:30 Android Workshop</p> <p>11:15-1:30 Needlecraft</p> <p>12-2 Card Playing</p> <p>1:30-4:30 Karaoke 卡拉OK</p> <p>2-4 Open Bridge</p>	<p><b>28</b></p> <p>9:30-11:30 Rhythmairs Band Practice</p> <p>12-4 Mah Jongg 麻將</p> <p>1-3:30 Bingo 賓果</p> <p>1-4:30 Ping Pong 乒乓</p> <p>1:30-4 TechTime</p> <hr/> <p><b>29 SATURDAY</b></p>

# OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
<b>1</b> 10-12 Golf for Seniors 12-4 Card Playing 1-2:30 Glitches on the Road of Life Presentation	<b>2</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 iPhone Workshop 10-12 TV Production-The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓	<b>3</b> 9 50+ Bocce Ball @ Blackberry Farm Park 10-11 Standard and Poor's NetAdvantage Workshop 10-12 Case Manager Consultation 社工諮詢 10-7 ON YOUR FEET! The Story of Emilio and Gloria Estefan Trip 12-4 Card Playing 2:30-5 Age of Love Film	<b>4</b> 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	<b>5</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-The Alice Network by Kate Quinn 1:30-4 TechTime <hr/> <b>6 SATURDAY</b>
<b>7 SUNDAY</b> 7:30-7 Fleet Week Cruise Aboard the SS Jeremiah O'Brien Trip <hr/> <b>8 MONDAY</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓	<b>9</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-11:30 Booktalk-Killers of the Flower Moon 10-12 TV Production-The Better Part 12-4 Card Playing	<b>10</b> 9 50+ Bocce Ball @ Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12 Oktoberfest Birthday Bash (\$12) Bratwurst, Black Forest Cake 香腸, 黑森林蛋糕 12-4 Card Playing	<b>11</b> 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3-4:30 Caregiver Support Group	<b>12</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 <hr/> <b>13 SATURDAY</b>
<b>15</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Volunteer Orientation 2:05-3:35 Ballroom Dance Social 交際舞社 5 Monday Night Football (\$8) Hamburger and Loaded Tater Tots	<b>16</b> 8:30-5:30 Animal Adventures Trip 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	<b>17</b> 9 50+ Bocce Ball @ Blackberry Farm Park 10-11:30 League of Women Voters Presentation 10-12 Case Manager Consultation 社工諮詢 11:45-1:30 Lunch with Friends (\$8) Pizza and Salad 披薩和沙拉 1-2:30 Let's Talk Current Events	<b>18</b> 9-12 50+ Softball 10:30-12 Medicare 2019 Presentation 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	<b>19</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 <hr/> <b>20 SATURDAY</b>
<b>22</b> 8 September/October Registration begins 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓	<b>23</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production-The Better Part 12-4 Card Playing	<b>24</b> 9 50+ Bocce Ball @ Blackberry Farm Park 10-11 PressReader Workshop 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing	<b>25</b> 9-2 Hidden Treasures No 50+ Softball No Needlecraft No Card Playing No Karaoke 卡拉OK No Open Bridge	<b>26</b> No Rhythmaires Band Practice No Mah Jongg 麻將 No Bingo 賓果 No Ping Pong 乒乓 No TechTime <hr/> <b>27 SATURDAY</b>
<b>29</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30 Day Trip Preview Expo and Social	<b>30</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production-The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓	<b>31</b> 9 50+ Bocce Ball @ Blackberry Farm Park 10-7 Waitress, The Musical! Trip 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3 Monthly Movie - Coco (2017)	<div style="border: 2px solid black; padding: 10px;"> <p><b>SAVE THE DATE!</b></p> <p><b>Hidden Treasures</b></p> <p>Thursday, October 25, 9am-2pm</p> <p>Come explore treasures donated by our wonderful members. All proceeds benefit our Case Management program.</p> </div>	

# OCTOBER ACTIVITY HIGHLIGHTS

## Oktoberfest Birthday Bash

Wednesday, October 10, 12pm

Engage in the timeless European tradition of Oktoberfest! Enjoy *The Sunday Seven* accordion band and a Northern German meal of bratwurst, sauerkraut, Bavarian salad, and Black Forest cake. Vegetarian Spätzle available when registering. Members with October birthdays will be honored. Pre-registration is required. Members \$12, senior guests add \$5 day pass.

十月慶生宴 - 10/10 (週三), 中午12點

十月是歐洲傳統的啤酒節! 來與我們一同共享七週日手風琴樂隊美妙的演奏並德國北部菜式, 香腸, 酸菜, 巴伐利亞沙拉和黑森林蛋糕甜品。註冊時可選擇德式素食餐。我們將為十月壽星會員慶生, 會員\$12, 非會員多加當日活動費\$5。座位有限, 請早報名。



FREE!

## Medicare 2019

Thursday, October 18, 10:30am-12pm

New to Medicare? Want to know more? Join us for a presentation by the Health Insurance Counseling and Advocacy Program. The presenter will discuss the latest updates, Part D plans for 2019, and provide an overview of Medicare. Open enrollment for Medicare Part D is from October 15 to December 7. Please review your Medicare Part D plans. Open to the public. Sign up at lobby table.

## Glitches on the Road of Life

Monday October 1, 1-2:30pm

Glitches on the road of life may surprise us—some we expect, but most often we are forced to make sense out of the change while in shock. Vivian Silva, MSW will present an informative discussion on how to identify strengths and manage life's surprises. Members free, senior guests pay \$5. Sign up at the lobby table. Repeat of July presentation.

FREE!

## Standard & Poor's NetAdvantage

Wednesday, October 3, 10-11am

Come to this new workshop presented by the Santa Clara County Library! Standard & Poor's NetAdvantage provides detailed current investments information from Standard & Poor's most popular publications such as Industry Surveys (U.S. and global), Stock Reports, Mutual Fund Reports, Bond Reports, and more. Members free, senior guests pay \$5. Sign up at the front desk.

## Monthly Movie

FREE!

Wednesday, October 31, 1:30-3:30pm

*Coco (2017)*- Despite his family's generations-old ban on music, young Miguel dreams of becoming an accomplished musician like his idol Ernesto de la Cruz. Desperate to prove his talent, Miguel finds himself in the stunningly colorful Land of the Dead. Will young Miguel fulfill his dream? Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

FREE!

## PressReader

Wednesday, October 24, 10-11am

PressReader provides online access to over 6,000 well-known newspapers and magazines. Learn from this workshop presentation by the Santa Clara County Library on how you can choose from among a vast range of international, regional, local, and niche publications with enhanced digital content from more than 100 countries in 60 languages, including publications like the *Washington Post*, *Los Angeles Times*, *Business Traveler*, and *Forbes Weekly*. Members free, senior guests pay \$5. Sign up at front desk.

## AARP 8-Hour Smart Driving Course

Monday, October 15, Wednesday, October 17

9:30am-1:30pm

A full 8-hour class, split into two 4-hour sessions. For more information and to register, call Ina Checkman at (408) 257-6940.



FREE!

## League of Women Voters

Wednesday, October 17, 10-11:30am

We will be hosting the League of Women Voters on October 17th in anticipation of the November election. The League will present the pros and cons of Propositions appearing on the California Ballot in a non-partisan, educational format. Members free, senior guests pay \$5 day pass.

FREE!

## iPhone & Android Workshops

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

September 6, October 2 - iPhone

September 27, October 16 - Android

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

## CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS AUGUST 20	DAY	DATES	NO CLASS	TIME	INSTRUCTOR	MEMBER FEE
Accordion	T	10/9-11/27		1:35-3:10	R. DiBono	\$20
Beading	Th	9/6-9/27		1:30-3:30	D. Hall	\$35
Beading	Th	10/4-11/1	10/25	1:30-3:30	D. Hall	\$35
Brain Club	M	9/17-11/5		3-4:30	C. Hall	\$30
Brain Fitness	W	10/10-11/14		10-12	D. Everham	\$15
Bridge - Advanced Beginning: Tips on Declarer Play	Sa	9/8 & 9/22		10-12	P. Davis	\$16
Chair Exercise 座椅運動	<b>FLEX</b> M & Th	9/10-10/15		10:15-11:15	P. Hu	\$41
Chinese Brush Painting 傳統與現代中國畫	M	9/10-10/29		8:30-10:30	M. Lee	\$60
Chinese Brush Painting 傳統與現代中國畫	M	9/10-10/29		10:40-12:40	M. Lee	\$60
Chinese Calligraphy 書法班	T	9/4-10/23		12:50-2:50	F. Jair, W. Mann	\$15
Chinese Calligraphy 書法班	T	9/4-10/23		3-5	Y. Wang, Y. Cheng	\$15
Citizenship Class 公民班	M, T, F	9/4-10/29		8:15-9:45	V. Wong	\$20
Contemporary Issues	Th	9/20-11/15	10/25	1:15-2:45	F. Damon	\$15
Conversational English 英語會話班	M & T	10/8-12/3	11/12	10-11:45	P. Chun, V. Wong	\$20
Conversational Mandarin - Beginning	Th	9/6-11/15	10/11, 10/18, 10/25	9-10:30	L. Gao	\$40
Conversational Mandarin - Intermediate	F	9/14-11/2		10-11:30	J. Li	\$40
Cooking w/ Suzanne: Garlic for Garlic Lovers	W	10/3		10-2	S. Vandyck	\$55
Cooking w/ Suzanne: Healing Soups	W	10/31		10-2	S. Vandyck	\$55
Cribbage - Beginners Class / Tournament	S	9/22 & 10/20		1:15-4:15	E. Bloom	\$10
ESL - Basic and Easy 初級英語班	M	10/15-12/10	11/12	10-12	L. North	\$25
ESL - Intermediate 初高級英語班	W	9/5-10/31	10/24	10-12	L. North	\$25
ESL - Advanced	Th	9/20-11/15	10/25	11-1	L. North	\$25
ESL - Intermediate Conversation 中級會話班	T	8/21-10/16	8/28	1:30-3	J. Andrushko	\$20
Feldenkrais Method	<b>FLEX</b> T	9/11-10/30		9:30-10:30	M. Westlaken	\$40
Hatha Yoga	<b>FLEX</b> Th	9/6-11/1	10/25	2:30-3:30	V. Bhat	\$50
Hula Dance - Beginning	M	9/17-10/29		11:45-12:40	J. Pereria-Anderson	\$15
Hula Dance - Performance Group	M	9/17-10/29		12:55-1:55	J. Pereria-Anderson	\$15
Humanities: Discussing <i>12 Steps to a Compassionate Life</i>	Th	9/25-11/13		10:30-12:30	C. Jech	\$40
HarmoniKatz Performance Band	T	9/10-10/29		3:45-5:15	D. Ng	\$15
Japanese - Level I	Th	10/4-12/6	10/25, 11/22	8:30-9:30	T. Tomoko	\$35
Japanese - Level II	Th	10/4-12/6	10/25, 11/22	9:45-10:45	T. Tomoko	\$35
Kumihimo	Th	10/4-11/1	10/25	3:30-5:30	D. Hall	\$35
Matter of Balance	Th	9/6-11/1	10/25	2-4	Stanford Health	Free
Nutrition Made Easy: Sugar Blues	F	9/21		1:30-3:30	J. Oh	\$25
Nutrition Made Easy: Super Smoothie Sensations	M	9/24		10-12	J. Oh	\$40
Nutrition Made Easy: Healthy Eating Tips for Seniors	F	9/28		1:30-3:30	J. Oh	\$25
Nutrition Made Easy: Flavors of Fall	M	10/8		10-12	J. Oh	\$40
Nutrition Made Easy: How to Read Nutrition Fact Labels	F	10/12		1:30-3:30	J. Oh	\$25
Nutrition Made Easy: Managing Sodium	F	10/19		1:30-3:30	J. Oh	\$25
Tai Chi for 50+ - Level I	Th	10/4-12/20	10/11, 10/18, 10/25, 11/22	8:30-9:25	J. Madonich	\$40
Tai Chi for 50+ - Level II	Th	10/4-12/20	10/11, 10/18, 10/25, 11/22	9:35-10:30	J. Madonich	\$40
Tai Chi for 50+ - Level III	Th	10/4-12/20	10/11, 10/18, 10/25, 11/22	10:40-11:35	J. Madonich	\$40
Tai Chi - Qigong at the Quinlan Center	<b>FLEX</b> Th	9/13-12/6	11/22	10-11	A. Kroth	\$96
Ukulele - Beginning	T	9/11-10/30		1:30-3	D. Ng	\$22
Ukulele - Advanced Beginning	T	9/11-10/30		3:15-4:45	D. Ng	\$22
Ukulele Strum-and-Sing - Intermediate	M	9/10-11/5	10/29	1:30-3:15	N. Levy	\$22
U.S. History Seminar	T	10/9-10/30		12:35-1:35	R. DiBono	\$15
VivAsia Lotus	<b>FLEX</b> Sa	9/8-11/3	9/15	10-11	M. Kao	\$18
VivAsia Chair Lotus	<b>FLEX</b> Sa	9/8-11/3	9/15	11:15-12:15	M. Kao	\$18
Yoga for 50+ - Beyond Barre Stretch & Balance	<b>FLEX</b> T	9/4-9/25		4-5	P. Hu	\$17
Yuan Chih Dance 元極舞	F	9/7-10/26		10-11:30	Annie & Helen	\$15
Zumba Gold at the Quinlan Center 中老年尊巴	<b>FLEX</b> M	8/27-10/22	9/3	2:30-3:30	P. Hu	\$37
Zumba Gold at the Quinlan Center 中老年尊巴	<b>FLEX</b> F	9/7-10/26		2:30-3:30	G. DuVal	\$37
<b>EVENING CLASSES</b>						
Chinese Painting with May Shei	Th	9/13-10/18		5:30-8:00	M. Shei	\$56
Chinese Brush Painting	W	9/5-10/24		6:30-8:30	M. Lee	\$60
Line Dance - Beginning 初級排舞	T	9/4-10/23		7-8:30	K. Chang	\$48
Line Dance - Beginning/Intermediate 先進初級排舞	Th	9/6-11/1	10/25	7-8:30	K. Chang	\$48
Yoga Foundations	<b>FLEX</b> T	9/4-10/23		5:15-6:30	R. Narayanan	\$48
Yoga Foundations	<b>FLEX</b> Th	9/6-11/1	10/25	5:15-6:30	E. Meir	\$48
<b>COMPUTER AND TECHNOLOGY CLASSES</b>						
iPad Beginning	T	8/21-10/9	8/28	1-3	R. Schiros	\$38
iPad Intermediate	Th	8/23-10/11	8/30	1-3	R. Schiros	\$38



# CLASS HIGHLIGHTS

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

## VivAsia Lotus Fitness, Chair Lotus

Saturday, September 8-November 1,  
10-11am, 11:15am-12:15pm

These fun classes combine aerobic dance exercise with muscular endurance, balance, and flexibility training accompanied by music from all parts of Asia! Chair Lotus is designed for those with less mobility. Achieve your fitness goals and maintain functional daily abilities while making new friends to a different beat. Member fee \$18.

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## Humanities: Discussing *12 Steps to a Compassionate Life*

Tuesday, September 25-November 13, 10:30am-12pm

Karen Armstrong is the creator of the “Charter for Compassion”—intended to be a companion to the Charter for Human Rights. Instructor Carl Jech. Member fee \$40.

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## Apple Assistance

Thursday, September 6, October 4, 18, 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.

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## Bridge: Tips on Declarer Play

Saturday, September 8, 22, 10am-12pm

Improve your declarer play—take advantage of your chances and learn standard techniques that lead to better results. Learn to delay trumps and duck as the declarer. Designed for players who have taken the constructive bidding and play class or equivalent. Instructor Paul Davis. Member fee \$16.

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## Beginning Cribbage Class and Tournament

Saturday, September 22, and October 20, 1:15-4:15pm

Join Ed Bloom on two Saturdays for short introductory lessons in Cribbage from 1:15-2pm, then participate in the tournament at 2:15-4:15pm. Small gift exchange optional during the tournament. Gene Autry rules: “Where the only law is right!” no one makes counting mistakes. All members welcome. Member fee \$10.

## Nutrition Made Easy:

Sugar Blues Discussion Workshop

Friday, September 21, 1:30-3:30pm

Need to reduce your sugar intake? Have a sweet tooth? In this workshop, learn ways you can stay healthy and still enjoy sweets! We’ll discuss sugar alternatives, healthy sugars, ways to reduce cravings, and sample healthy sugar treats. Back due to popular demand, this is a repeat of the May course. Instructor Jen Oh. Member fee \$25.

**NEW!**  
Super Smoothie Sensations Cooking Workshop

Monday, September 24, 10am-12pm

Want to enjoy smoothies at home? Looking for an easy way to add more yummy and filling veggies and fruit to your diet? Join us while we taste a variety of smoothie recipes—both non-dairy and dairy options available. This will be a fun tasting—we’ll discuss the benefits of smoothies and taste to see which recipes work for us. All diets/preferences can be accommodated. Instructor Jen Oh. Member fee \$40.

**NEW!**  
Healthy Eating Tips for Seniors Lecture

Friday, September 28, 1:30-3:30pm

Healthy eating can taste great and feel better. You’ll also spend less time and money at the doctor. Join us for an informative discussion full of easy tips to eating well. Instructor Jen Oh. Member fee \$25.

**NEW!**  
Flavors of Fall Cooking Workshop

Monday, October 8, 10am-12pm

Fall is here! Enjoy apples, pumpkin, and other fall flavors. In this workshop, we’ll make 3 simple, delicious, and healthy treats that everyone will enjoy. Plus, all attendees make and take home all 3 dishes made to enjoy later. All diets/preferences can be accommodated. Instructor Jen Oh. Member fee \$40.

**NEW!**  
How to Read Nutrition Fact Labels Lecture

Friday, October 12, 1:30-3:30pm

In May 2018, the FDA announced changes to food labeling. Join us for an informative discussion on how to read and understand nutrition labels and how they relate to you and your health. Instructor Jen Oh. Member fee \$25.

**NEW!**  
Managing Sodium Discussion Workshop

Friday, October 19, 1:30-3:30pm

Too much or too little sodium can have major effects on your health. Join us for an informative discussion on easy ways to getting the right amount of sodium for you. Instructor Jen Oh. Member fee \$25.

# 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, September 10, 24, October 8, 22, 1:30-2:30pm**

**Tuesday, September 4, 18, October 2, 16, 30 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, September 13, October 11, 3-4:30pm**

## SCHEDULED APPOINTMENTS

Please call 408.777.3150 to make appointments for the following services:

### Health Insurance Counseling (HICAP)

**Monday, September 10, 24, October 8, 22, 1-3pm**

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

### Housing Resource

**Monday, September 17, October 1, 15, 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 - 9/17, 10/1, 10/15, (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, September 7, 14, 21, October 5, 12, 19**

**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 9/7, 9/14, 9/21, 10/5, 10/12, 10/19, 10:30am-12:30pm  
60歲以上，並住在聖縣。

SEPTEMBER/OCTOBER 2018

THE SCENE

50+

## Monday Night Football Socials

Football season has arrived and the Cupertino Senior Center invites you to watch football on the BIG screen while sharing good food for dinner. Members \$8, senior guests add \$5 day pass.

**Monday, September 10, 7-10:30pm**

Season Opener - Rams v. Raiders

Pizza and Wings

**Monday, October 15, 5-8:30pm**

49ers v. Packers

Hamburger and Loaded Tater Tots

## 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