



THE 50+ SCENE

SEPTEMBER/OCTOBER 2015

CITY OF CUPERTINO SENIOR CENTER 408.777.3150

21251 STEVENS CREEK BLVD.

DISCOVER THE CUPERTINO SENIOR CENTER



The Cupertino Senior Center is a vibrant, action-packed combination of local fitness studio, volunteering headquarters, education station, travel hub, and tasty dining locale. This September, join us in celebrating **National Senior Center Month** by exploring all of the benefits the Cupertino Senior Center has to offer you:

- **Get and stay healthy** with one of our many fitness and exercise classes, ranging from Chair Exercise to Zumba.
- Discover one of the wide variety of ways you can **enrich your life** and give back to the community by becoming a senior center volunteer, helping in ways ranging from visiting those who are home-bound, to being the smiling face that greets guests at many events.
- Keep on top of topics important to you, and **gain valuable knowledge** for living a healthy and informed life, with one of the wide variety of free educational seminars, or by accessing the array of case management services available for your use.
- **See the world and discover delights** in your own backyard with *Share Discovery Through Travel* visiting locations as diverse Costa Rica and Iceland, as close to home as beautiful Carmel-by-the-Sea, and as exciting as the phenomenal spectacle that is Riverdance.
- Enjoy time with old friends and **build new relationships** at one of the variety of socials happening at the senior center every day. Step out for a rousing game of bocce ball, discuss current events and what they mean to you, or enjoy a delectable lunch and delightful entertainment at our monthly Birthday Bash.

Whichever of these you choose, you will be glad you chose to discover your Cupertino Senior Center.

HIDDEN TREASURES SALE!

THURSDAY, OCTOBER 29, 9AM-2PM

Hundreds of items have been donated for this meaningful fundraising event. The proceeds from the sale benefit the senior center case management program for at-risk members and the Stay Active Fund which provides assistance to offset the cost of senior center membership and classes. This is the perfect opportunity to shop for those one-of-a-kind holiday gifts. **We will be collecting donations until October 16**, please bring your *gently used* knick knacks, costume jewelry, and craft items to the center. Please bring your own reusable bags to the sale.

耆英中心將在10/29日(週四), 9am-2pm 再次舉辦藏寶室募款活動, 所得將用做耆英中心獎學金和緊急經費. 有很多價廉物美的禮品, 首飾, 廚房用具, 擺飾, 手工藝品等, 送禮自用兩相宜, 歡迎選購. 此項活動對外開放, 歡迎您呼朋喚友一起來共襄盛舉. 我們在10/16前繼續接受捐贈品. 謝謝您的贊助.

SNACK BAR HOURS: 10AM-1PM

We will be offering sandwiches, cinnamon rolls, and muffins for sale. Take a break, eat a treat, then shop some more!

VOLUNTEER CORNER

HIDDEN TREASURES SORTING MONDAYS, 1:30-4PM AUGUST 31 – OCTOBER 26

Join in for this fun community event to benefit at-risk seniors. We need many volunteers to sort through donated items on a weekly basis starting August 31. You will get a sneak preview of the donated items and have a lot of fun! To join in and help with this exciting event, email Alex at alexc@cupertino.org or call 408.777.3150.

藏寶室分類 8/31 - 10/26 (週一) 1:30-4pm
請參與這項有趣社區活動以造福有需要的長者, 從九月八日開始, 我們需要多個義工每週幫忙整理捐贈品. 你可以有很多樂趣先睹為快這些贈品. 有興趣參與此項目者, 請電郵 Alex: alexc@cupertino.org 或電 408.777.3150.

VOLUNTEER OPPORTUNITY FRONT DESK VOLUNTEER

Front Desk Volunteers create a bright, vibrant, and wonderful place to be for the 50+ community. If you are interested in becoming a Front Desk Volunteer or want to learn more, please contact Justin at JustinC@cupertino.org 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, 或想了解詳情, 請電郵 Justin: JustinC@cupertino.org 或撥打電話 408.777.3150. 我們非常需要雙語能力的義工.

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Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **September 2**, 8am; Non-member *begins* Sept. 9
 → Day Trip Preview starts at 7:30am ←

The Phantom of the Opera

Thursday, September 3, 4-11:45p

Enjoy this spectacular new production of Andrew Lloyd Webber's phenomenal musical success, *The Phantom of the Opera*, with center orchestra seats at the Orpheum Theater in San Francisco. Enjoy dinner in quaint Downtown Burlingame at the restaurant of your choice.

Member Cost: \$128

National Heirloom Exposition - The World's Pure Food Fair

Thursday, September 10, 9a-5:30p

A day of feasting your eyes, spirit, and taste buds! Over 300 exhibits with demonstrations, tastings, and music promoting healthy living and good eating! Explore educational workshops with acclaimed speakers and more at the Sonoma County Fairgrounds.

Member Cost: \$62

Graton Resort Casino

Thursday, September 10, 9a-5:30p

Get ready to try your luck with casino gaming at Graton. Choose from a broad range of favorite table games and slot machines. Graton offers many options to choose from for a great lunch! Special group incentives included.

Member Cost: \$49

Renaissance Faire

Saturday, September 26, 10:30a-4:30p

Revel in the spirit of the Renaissance and enjoy the festivities of street musicians, performers and games of the Elizabethan era! Artisan shops, the marketplace, and food court are waiting to be explored.

Member Cost: \$59

Angel Island with Tram Tour and U.S. Immigration Station

Thursday, October 8, 7:45a-5:45p

Trip full - taking waiting list only.

Member Cost: \$99 - lunch included

Riverdance 20th Year Anniversary

Friday, November 6, 3:30-11p

Celebrate Irish traditions as the spectacular talents of these dancers and musicians bring this performance to life. We have orchestra seats! Enjoy dinner in famous Union Square at the restaurant of your choice before the show.



Member Cost: \$102

CHP Officers Academy & Capitol Building Tour

Tuesday, November 10, 7:30a-6:30p

A unique first-time-offered trip to the Sacramento California Highway Patrol Academy! Learn about their training program and for lunch, sit side-by-side with the trainees in their dining commons. Then we will tour the California Capitol Building.



Member Cost: \$66 - lunch included

OUT-TO-LUNCH BUNCH Tuesday, November 3, 11:30a

Alexander's Steakhouse

10330 N. Wolfe Road, Cupertino
Space is limited, sign up early.

HOLIDAY SHOPPING

at 'San Francisco Premium Outlets'

Tuesday, November 17, 9:30a-3:30p

The second wing of the Livermore Outlets, opened in August, houses another 35 stores for your holiday shopping! Bring your own lunch or enjoy one of the many options available on site.



Member Cost: \$39

The Dickens Christmas Fair & Victorian Holiday Party

Saturday, November 21, 9a-3:30p

Experience the world of Charles Dickens as the Cow Palace magically transforms into 19th century London, filled with street performers, specialty shops, music and more, celebrating Victorian Christmas style.



Member Cost: \$62

Holiday Cruise on the Danube

10 Days- December 1-10, 2015

Member Cost: Starting at \$2,495 dbl. occ. cruise price.
Few cabins left - incentives still available!

Yuletide Lights of Livermore

Tuesday, December 15, 1:30-9p

Visit Alden Lane Nursery, famous for their fresh holiday greens and novelty gifts, plus enjoy holiday browsing in cute Downtown Livermore!



Viewing spectacular yuletide lights will really get you in the spirit of the holidays! An amazing 4-course dinner at Terra Mia adds to the festivities of this special evening!

Member Cost: \$114 - dinner included

DELTA DIVES—

Exploring the Sacramento River Delta with Gary

Tuesday, January 26, 2016, 8a-6p

Travel through the quaint Delta towns of Rio Vista and Isleton, and learn of their rich history before stopping for lunch in Walnut Grove. Then explore historic Locke, built by Chinese immigrants.



Member Cost: \$97 - lunch included

Tropical Costa Rica

9 Days- February 6-14, 2016

From lush forests and stunning waterfalls to fine sandy beaches, Costa Rica is a paradise teeming with exotic plants and incredible animals. Learn about Costa Rica's unique vegetation and indigenous wildlife through guided nature walks and river boat cruises. Stay at beautiful resorts, including an all-inclusive beach resort in Guanacaste and hot springs at Arenal Springs Resort. Add Tortuguero National Park as an extension!

Member Cost: \$3,015 double occupancy

Travel presentation Monday, September 21 at 3pm

Sign up for presentation to receive an extra raffle ticket.

International Mystery Tour Guided by Julia and Kim

13 Days- May 11-23, 2016

Do you love fascinating culture, amazing history, castles, beautiful countryside, delicious food, and a little adventure? Then this small-group tour to an iconic destination with 4-star accommodations is planned just for you! Mystery tours are always fun! This tour features a destination that you have never experienced with us before and you're sure to be pleasantly surprised! Let the guessing begin as the destination will only be revealed just prior to our arrival at the airport.

Member Cost: \$4,630 double occupancy

Travel presentation Wednesday, September 23 at 2pm

Cruise on the Panama Canal

18 Days- October 30-November 16, 2016

The Panama Canal connects two great oceans and is considered one of the world's most sophisticated engineering marvels. For many travelers, transiting the Panama Canal is a milestone in their cruising careers. In addition to the Canal transit, you will experience everything from eco-excursions in tropical destinations like Caldera, Costa Rica and Puerto Quetzal, Guatemala to desert-sea adventures in Cabo San Lucas, Mexico, located on the southern tip of the Baja California peninsula. Flights, gratuities, transfers and on-board amenities included.

Member Cost: \$6,930 double occupancy

Travel presentation Tuesday, September 29 at 11am

SEPTEMBER ACTIVITY HIGHLIGHTS



Senior Scam Stopper

Monday, September 21, 10am-12pm

Please join us and learn how to avoid becoming victims of fraud. Seniors are the most targeted group for scammers, which is why we are hosting a Senior Scam Stopper seminar with Assemblymember Evan Low, the Contractors State License Board, and the California Public Utilities Commission. Information about scams relating to home repair, phone solicitations, insurance, Medicare, mail/foreign lottery fraud, will be covered. Free and open to the public, sign up at the senior center lobby table or call Monica Tong, Office of Assemblymember Evan Low at 408.446.2810.

FREE!

Book Review Meeting

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

Learn about new books and meet new people. New faces are always welcome. Free for members, senior guests pay \$5 day pass.

September 4- *A Week in Summer* by Maeve Binchy, reviewed by Sally Skeels

October 2- *All Together in One Place* by Jane Kirkpatrick, reviewed by Carroll Maquire

FREE!

Age Well, Drive Smart

Wednesday, September 30, 9am-1pm

Presented by the California Highway Patrol. Topics covered: myths about older drivers, compensating for age-related changes, rules of the road, safe driving tips, and much more. Certificate upon completion, some insurance companies accept for discount. Members free, senior guest pay \$5 day pass. Please sign up at the lobby table.

FREE!

Movie of the Month

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

Wall-E (2008) After hundreds of lonely years, the curious and lovable robot, WALL-E, discovers a new purpose in life when he meets a sleek search robot named EVE, and embarks on a space journey that will ultimately decide the fate of mankind. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

Adult Community Education

August 31-October 26

For all class listings and to register, consult the ACE catalog or call 408.522.2700. Classes are held at the senior center, and membership is required.

成人學校課程，請參考課程手冊。所有課程在耆英中心上課，但是必須在成人學校報名，您也需要是耆英中心會員，會費是庫市居民22元一年，非居民27元。8/31-10/26。

Lunch with Friends

Wednesday, 12pm

Join us for lunch! Pre-registration is required. Member fee \$6, senior guests add \$5 day pass.

September 2- Chicken Croissant Sandwiches, baked french fries, salad, and dessert

September 23- Chicken and Chorizo Paella, salad, and dessert

星期三午餐，中午12點，歡迎參加我們的午餐！需要提前報名。會員費\$6，非會員需多加當日活動費\$5。9/2- 雞肉羊角麵包三明治，焗薯條，沙拉和甜品，9/23- 香腸雞燴飯，沙拉和甜品

September Birthday Bash

Wednesday, September 9, 12pm

Join us in celebrating members with September Birthdays. DeAnza College California History Center will present California Admissions Day, which is California's birthday! Enjoy a delicious bowl of clam chowder, served in a sourdough bread bowl, accompanied by California green salad and berry pie for dessert. Members with September birthdays will be honored. Vegetarian option available when registering. Members \$10, senior guest add \$5 day pass.

九月慶生宴-9/9 (週三)，中午12點，請和我們一起向九月壽星示祝賀。同時九月份也是加州生日，為此，特邀由DeAnza大學歷史中心講解加州歷史。午餐是酸面包與蛤肉濃湯，沙拉。甜點是漿果派。素食者請登記時注明。名額有限，請提早登記。會員\$10，非會員耆英來賓加付當日活動費\$5。

TechTime with Paul

Friday, September 4-October 30, 1-4pm

Beginning on September 4th, members can come use a Mac or PC to browse the web, practice your skills, or ask simple questions in the senior center's Technology Lab. Free for members. Senior center membership required.

Feed Your 'App'etite

Monday, September 28, 10-11:30am



There are countless applications for your iPad. Come "feed your 'app'etite" and learn about a variety of applications that are fun and useful in everyday life. Free for members, senior guests pay \$5 day pass. Sign up at the lobby table.

AARP Smart Driver RENEWAL


Wednesday, September 16, 12:30-5pm

This is a 4.5-hour renewal AARP Smart Driver class. For more information and to register call Lana Kawakami at 408.368.7969. Senior center membership is not required to participate.

SEPTEMBER 2015 — NATIONAL SENIOR CENTER MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CITY OF CUPERTINO SENIOR CENTER 408.777.3150 OFFICE HOURS: Monday-Friday 8am-5pm EMAIL: SeniorCntr@cupertino.org WEBSITE: www.cupertino.org/senior Find us on Facebook!</p>	<p>1 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10:30-11:30 Booktalk 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>2 7:30 Day Trip Preview 8 Trip Sign-Up Day 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 Lunch With Friends (\$6) Chicken Croissant Sandwiches 雞肉三明治 12-4 Card Playing</p>	<p>3 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 4-11:45 The Phantom of the Opera Trip</p>	<p>4 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4 TechTime with Paul 1-4:30 Ping Pong 乒乓 1:15-3 Book Review - <i>A Week in Summer</i> by Maeve Binchy</p>
<p>7  SENIOR CENTER CLOSED 慶祝, 中心歇業一天</p>	<p>8 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing</p>	<p>9 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 September Birthday Bash (\$10) Clam Chowder in a Sourdough Bread Bowl 麵包盆蛤肉濃湯 12-4 Card Playing</p>	<p>10 9-5:30 Graton Resort Casino and National Heirloom Exposition Trips 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2 Learn About the Senior Center 2-4 Open Bridge 3-4:30 Caregiver Support Group</p>	<p>11 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4 TechTime with Paul 1-4:30 Ping Pong 乒乓</p>
<p>14 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 1:30-4 Hidden Treasures Sorting 藏寶分類 2:05-3:35 Ballroom Dance Social 交際舞社交</p>	<p>15 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>16 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p>	<p>17 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>18 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4 TechTime with Paul 1-4:30 Ping Pong 乒乓</p>
<p>21 10-12 Senior Scam Stopper Seminar 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Volunteer Advisory Council Meeting 1:30-4 Hidden Treasures Sorting 藏寶分類 3 Tropical Costa Rica Presentation</p>	<p>22 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing</p>	<p>23 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 Lunch With Friends (\$6) Chicken and Chorizo Paella 香腸雞燴飯 12-4 Card Playing 1:30-3 Let's Talk Current Events 2 International Mystery Trip Presentation</p>	<p>24 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>25 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-4 TechTime with Paul 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓</p> <p>26 10:30-4:30 Renaissance Faire Trip</p>
<p>28 10-11:30 Feed Your 'App'etite Presentation 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 1:30-4 Hidden Treasures Sorting 藏寶分類 2:05-3:35 Ballroom Dance Social 交際舞社交</p>	<p>29 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 11 Panama Canal Cruise Presentation 12-4 Card Playing</p>	<p>30 9 50+ Bocce Ball 9-1 Age Well, Drive Smart 10-12 Case Manager Consultation 社工諮詢 10:45-6 Phantom of the Opera Trip 12-4 Card Playing 1:30-3:30 Monthly Movie - <i>Wall-E</i> (2008) 3:30-5 How to Download Free Library eBooks</p>	<p>INTERNATIONAL ACTIVE AGING WEEK</p>  <p>SEPTEMBER 27-OCTOBER 3</p>	

OCTOBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">CITY OF CUPERTINO SENIOR CENTER 408.777.3150 OFFICE HOURS: <i>Monday-Friday 8am-5pm</i> EMAIL: SeniorCtr@cupertino.org WEBSITE: www.cupertino.org/senior Find us on Facebook!</p>	 <p style="font-size: 1.2em; font-weight: bold; margin: 0;">MARY AVENUE LANDSCAPING PROJECT</p> <p style="font-weight: bold; margin: 0;">BEGINNING MID-OCTOBER</p> <p style="margin: 0;">This landscaping project will impact parking in the senior center lot. Please allow extra time to get to classes and events. Thank you!</p>	<p style="font-weight: bold; font-size: 1.2em;">1</p> <p>9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1-2:30 Seasons of Our Lives Support Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p style="font-weight: bold; font-size: 1.2em;">2</p> <p>9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4 TechTime with Paul 1-4:30 Ping Pong 乒乓 1:15-3 Book Review - <i>All Together in One Place</i> by Jane Kirkpatrick</p>	
<p style="font-weight: bold; font-size: 1.2em;">5</p> <p>10-12 Golf for Seniors 12-4 Card Playing 1:30-4 Hidden Treasures Sorting 藏寶分類 2:05-3:35 Ballroom Dance Social 交際舞社交</p>	<p style="font-weight: bold; font-size: 1.2em;">6</p> <p>8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:15-3:30 Google! Trip 9:30-11:30 TV Production - The Better Part 10:30-11:30 Booktalk 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p style="font-weight: bold; font-size: 1.2em;">7</p> <p>9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 Oktoberfest/Birthday Bash (\$12) Bratwurst, Black Forest Cake 香腸, 酸菜, 糕甜品 12-4 Card Playing</p>	<p style="font-weight: bold; font-size: 1.2em;">8</p> <p>7:45-5:45 Angel Island and Immigration Station Trip 9 50+ Softball 9:20-10:20 Tai Chi for 50+ Free Demonstration 11:15-1:30 Needlecraft 12-2 Card Playing 1-2:30 Seasons of Our Lives Support Group 1:30-4:30 Karaoke 卡拉OK 2 Learn About the Senior Center 2-4 Open Bridge 3-4:30 Caregiver Support Group</p>	<p style="font-weight: bold; font-size: 1.2em;">9</p> <p>9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4 TechTime with Paul 1-4:30 Ping Pong 乒乓</p>
<p style="font-weight: bold; font-size: 1.2em;">12</p> <p>9-10 All About Service Dogs Presentation 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 1:30-4 Hidden Treasures Sorting 藏寶分類</p>	<p style="font-weight: bold; font-size: 1.2em;">13</p> <p>8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing</p>	<p style="font-weight: bold; font-size: 1.2em;">14</p> <p>9 50+ Bocce Ball 10 Cal MediConnect Presentation 加州醫療聯繫 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p>	<p style="font-weight: bold; font-size: 1.2em;">15</p> <p>9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1-2:30 Seasons of Our Lives Support Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p style="font-weight: bold; font-size: 1.2em;">16</p> <p>9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4 TechTime with Paul 1-4:30 Ping Pong 乒乓</p>
<p style="font-weight: bold; font-size: 1.2em;">19</p> <p>10-12 Golf for Seniors 12-4 Card Playing 1:30-4 Hidden Treasures Sorting 藏寶分類 2:05-3:35 Ballroom Dance Social 交際舞社交</p>	<p style="font-weight: bold; font-size: 1.2em;">20</p> <p>8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p style="font-weight: bold; font-size: 1.2em;">21</p> <p>9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3 Let's Talk Current Events 1:30-3:30 Monthly Movie - <i>The Monuments Men</i> (2014)</p>	<p style="font-weight: bold; font-size: 1.2em;">22</p> <p>11:15-1:30 Needlecraft 12-2 Card Playing 1-2:30 Seasons of Our Lives Support Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p style="font-weight: bold; font-size: 1.2em;">23</p> <p>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 TechTime with Paul 1-4:30 Ping Pong 乒乓</p>
<p style="font-weight: bold; font-size: 1.2em;">26</p> <p>8 November/December Registration Begins 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 1:30-4 Hidden Treasures Sorting 藏寶分類</p>	<p style="font-weight: bold; font-size: 1.2em;">27</p> <p>8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing</p>	<p style="font-weight: bold; font-size: 1.2em;">28</p> <p>9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 3:30-5 How to Download Free Library eBooks</p>	<p style="font-weight: bold; font-size: 1.2em;">29</p> <div style="border: 2px solid black; padding: 5px; text-align: center; margin-bottom: 5px;"> <p style="margin: 0;">HIDDEN TREASURES SALE! 9AM-2PM</p> </div> <p>No Needlecraft No Card Playing No Karaoke 卡拉OK No Open Bridge</p>	<p style="font-weight: bold; font-size: 1.2em;">30</p> <p>9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4 TechTime with Paul 1-4:30 Ping Pong 乒乓</p>

OCTOBER ACTIVITY HIGHLIGHTS

FREE!

Movie of the Month

Wednesday, October 21, 1:30-3:30pm

The Monuments Men (2014)- An unlikely World War II platoon has been tasked by FDR with going into Germany to rescue artistic masterpieces trapped behind enemy lines, and returning them to their rightful owners. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

NEW!

Cal MediConnect

Wednesday, October 14, 10-11am

If you have Medicare and Medi-Cal, come learn about Cal MediConnect, the no-additional cost coordinated care plan for individuals who would like to receive their Medicare and Medi-Cal benefits from a single managed care plan. Learn about this programs additional benefits, who is eligible for this program, and how the benefits may support your care or the care of a loved one. This topic will be presented in English and Mandarin. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

加州醫療聯繫計劃-10/14, (週三) 10-11am, 如您持有聯邦醫療保險(A+B)及加州醫療補助(俗稱白卡), 請來參加此講座。該講座會為您介紹該計劃的額外好處和符合資格。學到的知識可讓您作出更好的選擇。國語講座。會員免費, 非會員耆英來賓多付\$5當日活動費。請到前台登記。

Oktoberfest and Birthday Bash

Wednesday, October 7, 12pm

Engage in the European timeless tradition of Oktoberfest! Move along with festive music after we serve a Northern German meal of bratwurst, sauerkraut, Bavarian mixed salad, and Black Forest cake for dessert. Vegetarian option available when registering. Members with October birthdays will be honored. Members \$12, senior guest add \$5 day pass.

十月德國啤酒節慶生宴與交流- 10/7 (週三), 中午12點 參加歐洲傳統啤酒節! 在節日音樂共享德國北部菜式, 香腸, 酸菜, 巴伐利亞沙拉和黑森林蛋糕甜品。註冊時可選擇素菜。我們將對十月壽星(會員)表示敬意。會員\$12, 耆英來賓加付當日門票\$5。

How to Download Free Library eBooks

FREE!

Wednesday, September 30, October 28

3:30-5pm

This hands-on workshop will include downloading free ebooks from the Cupertino Library. Please bring a fully-charged device to class plus your Santa Clara County library card and PIN, along with your iTunes/Apple account and password for your iPad, or Amazon account and password for your Kindle. Free for senior center members, senior guests pay \$5 day pass. Sign up at the Cupertino Senior Center front desk.

De Anza Cardio-Vascular Training

September 21-December 11

Mon/Wed/Fri, 9-10am; Tue/Thu 1:30-2:30pm

Classes are held at the senior center, and Cupertino Senior Center membership is required. Register at the first class or call Tom at 408.864.5409.

All About Service Dogs

NEW!

Monday, October 12, 9-10am

Are you curious about service dogs? Come to this informational presentation and learn about the different types of service dogs, the etiquette and training of these skilled animals and what makes them so unique and more. Kathy Waddell will bring her service dog Crystal and discuss the training she and her dog received at Operation Freedom Paws in Gilroy. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

Let's Talk Current Events

FREE!

Wednesday, September 23, October 21, 1:30-3pm

Join this lively monthly discussion group to discuss important and interesting topics and learn about others' points of view. Discover how goings-on around the world will affect you with Nancy McGinnis, legal specialist and current lecturer at San Francisco State University, facilitating the conversation. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

Tai Chi for 50+

FREE!

Free Demonstration

Thursday, October 8, 9:20-10:20am

Come try this ancient Chinese art of moving meditation in a relaxed and supportive environment, and learn about its health benefits on many different levels. Free for members, senior guests pay \$5 day pass. Sign up at the lobby table.

太極拳免費示範 10/8 (週四) 9:20-10:20am. 請來體會歷史悠久的中國運動藝術,在和緩輔助環境下,學習不同程度的健康效益。會員免費,耆英來賓加付當日門票\$5,請早登記。

50+ Bocce Ball

FREE!

Wednesdays, until October 28, 9am-12pm

Meet at the Bocce Ball courts alongside the Stevens Creek Trail at Blackberry Farm Park at 9am. First time players are welcome, instructions available. Free for members.

50+ Softball

Thursdays, until October 15, 9am-12pm

Join us weekly on the Memorial Park softball field. Batting practice begins at 9am with a pick-up game at 10am. Member fee \$38 for the season.

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS AUGUST 24	DAY	DATES	TIME	INSTRUCTOR	MEMBER FEE
Accordion	T	10/27-12/15	1:45-3:15	R. Di Bono	\$20
Ballroom Dance 交際舞 - Quick Step	W	9/16-10/7	1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞 - Waltz	W	10/14-11/4	1:30-3:30	D. Lew	\$32
Brain Training Revolution	W	10/14-11/25	10-12	D. Everham	\$15
Chair Exercise	M & Th	9/28-11/9	10:30-11:30	P. Hu	\$40
Chinese Brush Painting 國畫班	M	9/14-11/23	8:30-10:30	M. Lee	\$50
Chinese Brush Painting 國畫班	M	9/14-11/23	10:40-12:40	M. Lee	\$50
Chinese Calligraphy 書法班	T	8/25-10/13, 10/20-12/8	3-5	C. Cheng	\$15ea
Citizenship Class 公民班	M & F	8/31-10/30	8:15-9:45	V. Wong	\$20
Conversational English 英語會話班	M & T	10/6-12/1	10-11:45	P. Chun, V. Wong	\$20
Conversational Mandarin - Beginning	Th	9/24-12/10	9-10:30	J. Li	\$40
Conversational Mandarin - Intermediate	F	9/25-12/11	10-11:30	B. Hu	\$40
Conversational Mandarin - Advanced	Th	9/24-12/10	9-10:30	L. Gao	\$40
Cooking with Suzanne - Cooking with Lentils au Gratin	W	10/21	10-1	S. Vandyke	\$55
Erhu II 二胡班	T	9/1-10/20, 10/27-12/15	3:30-5	G. Lai	\$20ea
ESL - Advanced Beginning 初高級英語班	W	9/16-11/18	10-12	R. Mussman	\$25
ESL - Intermediate Conversation 中級ESL會話班	T	9/8-10/27	1:30-3	J. Andrushko	\$20
Fantastic Films	T	9/8-11/10	1:30-4	K. Young	\$45
Feldenkrais Method	T	9/22-11/10	9:30-10:30	M. Westlaken	\$40
Feldenkrais Chair Exercise	W	9/23-11/18	1:30-2:30	M. Westlaken	\$40
Harmonica II - Performance Band	M	10/12-11/30	3:45-4:45	A. McKee	\$15
Hatha Yoga	Th	9/24-11/19	2:30-3:30	V. Bhat	\$40
Hula Dancing 夏威夷呼拉舞	M	10/12-11/16	11:45-12:45	F. Ota	\$15ea
Hula Dance Performance Group	M	10/12-11/16	12:55-1:55	F. Ota	\$15ea
Humanities - The Swerve: How the World Became Modern	T	9/22-11/17	10:30-12:30	C. Jech	\$40
Japanese - Beginning Level I	Th	9/10-11/12	8:30-9:30	T. Terry	\$35
Japanese - Beginning Level II	Th	9/10-11/12	9:45-10:45	T. Terry	\$35
Pilates	T	9/29-11/17	11-12	K. Phipps	\$35
Playreading for Fun	F	9/18-11/6	9-11	A. Willyoung	\$40
Tai Chi for 50+ - Beginning	W	10/14-12/16	3:30-4:30	J. Madonich	\$46
Tai Chi for 50+ - Beginning	Th	10/15-12/17	9:20-10:20	J. Madonich	\$46
Tai Chi for 50+ - Continuing	Th	10/15-12/17	10:30-11:30	J. Madonich	\$46
U-Bass - Level I	W	10/28-12/16	3:30-5	A. McKee, D. Francis	\$22
Yoga with Savitha	T	9/29-11/17	4-5	S. Madhu	\$40
Yoga with Savitha	Th	10/1-12/3	4-5	S. Madhu	\$40
Yuan Chih Dance 元極舞	F	9/11-10/30	10-11:30	Annie & Helen	\$15
Zumba Gold	F	10/2-11/20	3:45-4:45	G. DuVal	\$37
Zumba Gold at Quinlan Center	M	10/5-11/23	2:30-3:30	P. Hu	\$37
EVENING CLASSES					
Chinese Brush Painting 傳統與現代中國畫	Th	9/17-11/12	6-8	M. Shei	\$55
Line Dance - Advanced Beginning	T	9/15-11/3	7-8:30	K. Chang	\$48
Line Dance - Beginning	Th	9/17-11/12	7-8:30	K. Chang	\$48
Tai Chi for 50+ - Beginning	W	10/14-12/16	6:30-7:30	J. Madonich	\$46
Yoga with Savitha	T	9/29-11/17	5:15-6:15	S. Madhu	\$46
Yoga with Savitha	W	9/30-12/2	5:15-6:15	S. Madhu	\$46
Zumba Gold Dance & Toning	W	9/9-10/28	6:30-7:30	H. Shariffe	\$45
COMPUTER AND TECHNOLOGY CLASSES					
iPad Beginning	T	9/15-10/6, 10/20-11/10	1-3	R. Schiros	\$22ea
iPad Intermediate	Th	9/17-10/8, 10/22-11/19	1-3	R. Schiros	\$22ea
iPad A-Z	M	10/19-11/9	9:30-11:30	K. Smith	\$38
PC Email & Internet	Th	9/24-10/22	10-12	B. Higgins	\$22

CLASS HIGHLIGHTS



Line Dance

Beginning

Thursday, September 17-November 12, 7-8:30pm

Advanced Beginning

Tuesday, September 15-November 3, 7-8:30pm

Kick up your heels and exercise your body and mind by dancing to lively, upbeat music! Join us to learn how you may improve your health, balance, coordination, muscle time, and memorization skills in this fun, low impact class for any age! Member fee \$48 each class.

初級排舞 9/17-11/12, (週四) 7-8:30pm

初高初級排舞 9/15-11/3, (週二) 7-8:30pm

踢起你的腳跟,活動你的身體和腦部,隨着靈活,樂觀的音樂舞蹈! 和我們一同學習如何去增進你的健康,平衡,協調,肌肉時間和記憶力技能,在這有趣的低衝擊課程,適合任何年齡會員! 每課程學費\$48.



Fantastic Films

Tuesday, September 8-November 10, 1:30-4pm

Join us on Tuesday afternoons in viewing and discussing the greatest films ever made. Enjoy experiencing these wonderful films again, or even for the first time. The set of gems we will see and discuss will include the following special classics such as: *A Night at the Opera*, *Philadelphia Story*, *Citizen Kane*, *The Best Years of Our Lives* (I and II), *An American in Paris*, *Rashomon*, *North by Northwest*, *Fargo*, and *Midnight in Paris*. This class is being led by Ken Young, an unabashed "film freak" with a lifetime of experiencing great films and teaching classes about filmmaking. Member fee \$45.



Japanese Language

Thursday, September 10-November 12

Beginning 1- 8:30-9:30am; Beginning 2- 9:45-10:45am

Japanese Beginning 1- Designed for people who have had little or no exposure to the language before. These classes will start from the very beginning and include the basics such as numbers, greetings and simple sentence structures. The Hiragana and Katakana writing systems will be introduced. Member fee \$35.

Japanese Beginning 2- Designed for people who have taken level 1 or who already have a firm knowledge of the basics. Students will increase their vocabulary and grammar, and develop longer conversational skills. Member fee \$35..

日本語 9/10-11/12, (週四)

初級日本語一 8:30-9:30 am, 初級日本語二 9:45-10:45 am

初級日本語一 - 特為沒有或有少許日本語能力的人士而設. 課程由最基本數字,問好和簡單語句開始. 介紹平假名和片假名字彙, 到學期終結, 學生將會說簡單會話和對日本文化背景有所認識. 會員\$35.

初級日本語二 - 專為已修完初級日本語或已有初步知識的人而設, 包括能書寫平假名和片假名, 數字, 問好和簡單語句, 學生將會增進字彙和文法, 發展更長的會話. 會員\$35.



Chinese Brush Painting

Thursday, September 17-November 12, 6-8pm

Explore abstract and realistic Chinese ink art by combining Western and Eastern techniques on rice paper and other materials. Subjects will include landscapes, flowers and birds, figures, splash ink, etc. Open to all levels: students will learn the technique of the basic outline, brush stroke and building up layers of color step by step from teacher demos. Students will get to experiment on and experience a variety of rice paper. Member fee \$55.

傳統與現代中國畫

傳統與現代中國畫課程、其內容將從傳統寫意、工筆、嶺南派技巧入手, 讓學生熟悉文房四寶等特性、筆觸之運用、普遍性及特殊性畫題含意, 逐步加入現代元素, 如潑墨、及紋路、肌理等新理念, 結合東西方抽象、哲學思想, 通過在宣紙等畫材, 及40分鐘的示範作畫能讓學生發展出自己特有的水墨藝術。課程主題將包括山水, 花鳥, 人物, 潑墨等. 會員\$55.



Cooking with Suzanne

Cooking with Lentils au Gratin

Wednesday, October 21, 10am-1pm

Compared to other types of dried beans, lentils are relatively quick and easy to prepare. They readily absorb a variety of wonderful flavors from other foods and seasonings, are high in nutritional value (fiber, protein, magnesium and folate) and are available throughout the year. For the cold season these dishes warm up the house and bellies for vegetarians and non vegetarians. Join Sommelier, Cookbook Author and International Chef Suzanne who is putting these nutritious lentils "en Gratin," and try heartwarming gratin dishes such as Red Lentil, Okra and Tomato Gratin, Brown Lentil, Spinach and Mushroom au Gratin, Greek Green Lentil Eggplant Moussaka. Member fee \$55.

PC Email & Internet

Thursday, September 24-October 22, 10am-12pm

Find how to access the world's informational websites. Also, a look at how to insure security/safety while using the Internet to prevent viruses. Prior knowledge of computer basics is required. Member fee \$22.



Humanities Lecture Series

Tuesday, September 22-November 17, 10:30am-12:30pm

The class will be a discussion of Stephen Greenblatt's Pulitzer Prize winning book *The Swerve: How the World Became Modern*. Learn about the progression of humanity from Reformation, to Renaissance, to the Enlightenment and a Scientific Worldview. Member fee \$40.

CASE MANAGER'S CORNER

Volunteer Nurse - Blood Pressure Checks 量血壓
Monday, September 14, 28, October 12, 26, 1:30-2:30pm
Tuesday, September 1, 15, October 6, 20, 12:15-1:15pm

Drop-in Consultation with Case Manager **Wednesdays 10am-12pm**

Case Manager is available to discuss community resources, benefits, and care options during the drop-in hours. Case Manager is also available by appointment. English/Cantonese/Mandarin.

社工諮詢- 週三, 10am-12pm, 社工可為您解答有關社會資源, 福利, 或長期護理方面的問題, 無需預約, 須是中心會員, 英, 國, 粵語服務.

Our New Case Manager

We are delighted to announce a second case manager is being added to your senior center team! Please welcome Jennifer Burkett as our new case manager. Jennifer is a board certified case manager and a certified geriatric care manager. She is also a licensed marriage and family therapist and a licensed professional clinical counselor. Jennifer's professional qualifications and ten years of experience as geriatric case manager makes her a wonderful addition to the senior center case management program. Please join us in extending a heartfelt welcome to Jennifer.

Caregiver Support Group

Thursday, September 10, October 8, 3-4:30pm

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

City of Cupertino Senior Center

21251 Stevens Creek Blvd.

Cupertino, CA 95014

408.777.3150

www.cupertino.org/senior

www.cupertino.org/50plus

www.cupertino.org/seniorcenterfacebook

FIRST CLASS MAIL

SEASONS OF OUR LIVES

Thursday, October 1-November 12, 1-2:30 pm

Join Vivian I. Silva, MSW/Gerontologist for a new informational and support group with lively discussion for anyone interested in exploring the topic of transitions. Starting with an overview of common transitions, we will discuss the challenges as well as the rewards, leading to our understanding of various ways to deal with changes such as living alone, health issues, or even transitions in relationships. Understanding seasons of our lives may lead to added resilience and hope by finding new meaning. Free for members, sign up at the front desk. Senior center membership is required.

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

Health Insurance Counseling (HICAP)

Monday, September 14, 28, October 12, 26, 1-3pm

Consultation on Medicare and health insurance.

健康保險諮詢-3/5, 4/2 (週四), 9-10am 中文服務

Housing

Monday, September 21, October 5, 19, 1:30-3:30pm

Information on resources for senior housing options.

租屋諮詢 - 9/21, 10/5, 10/19, (週三), 1:30-3:30pm

Senior Adult Legal Aid (SALA)

Friday, September 4, 11, 18, October 2, 9, 16

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 - 3/6, 3/13, 3/20, 4/3, 4/10, 4/17

10:30am-12:30pm 60歲以上, 並住在聖縣.

Notary Service



The senior center is offering Notary Service starting in September. The cost will be \$5 per signature. Please check with the front desk for more details.