

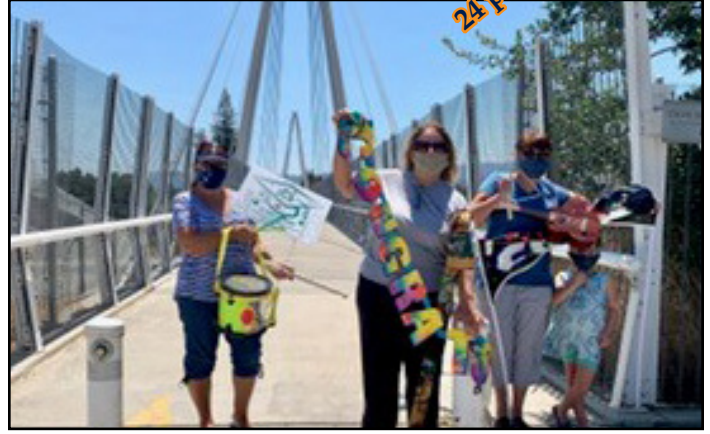
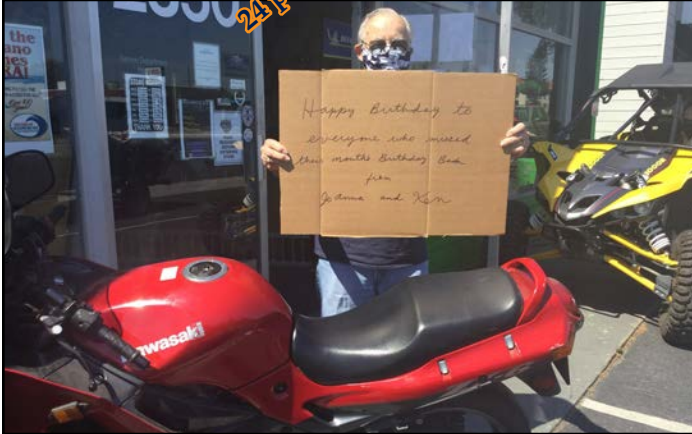
THE 50⁺ SCENE

Shelter-in-Place Edition, 7/22/20

This or That?
Adrianna makes the picks, you
be the judge!
Page 2



CUPERTINO



Seven have come and seven have gone—in front of you today is the eighth volume of *The 50+ Scene's* digital-only Shelter-in-Place newsletter! This issue is jam-packed with new programs, competitions, and classes. As always, if you have any questions, comments, or suggestions, please send them our way at JasonB@cupertino.org. Otherwise, enjoy!

Last issue we got to know Alex, our Travel Coordinator, a little better. This time Case Manager Adrianna Stankovich tackles (or per her preference, “checks”) a new set of grueling “This or That?” questions. Read on for exactly the type of hard-nosed journalism you’ve come to expect from this publication:

- Coffee or Tea?
- Tea. Earl Grey. Hot.
- Hockey or Football?
- ♪ Hello out there, we’re on the air, it’s Hockey Night Tonight! ♪
- Travel or Stay-Cation?
- ♪ Get your kicks on Route 66 ♪
- Nerd or Geek?
- I’m a nerd when it comes to History, but a geek when it comes to Dungeons and Dragons

- Truck or Car?
- Car.
- Vampires or Werewolves?
- I’m more of a dog person
- TV Show or Movie?
- I would say, Made-for-TV Movies
- iOS or Android?
- Since I work in Apple territory, I plead the 5th.
- Cake or Pie?
- Pie wishes it could be as delicious as cake.
- Star Trek or Star Wars?
- Captain Picard over Luke Skywalker, but Princess Leia over Spock.

With quite a few diplomatic answers, Adrianna shouldn’t be upsetting anyone but pie lovers and football fanatics. Admittedly, we suspect her clever Trek/Wars answer was betrayed by the Picard quote answering the first question. We think everyone can agree dogs over bats, but given the type of dog and type of bat, complications are sure to arise with either pet.

We hope you enjoyed this edition of “This or That?” and look forward to you joining us next time. Take care, dear readers.

SCAVENGER RESULTS

The front-runners have returned! Team Jo Anna & Ken, and Team A, C, D—Anne, Cindy, Deb both accrued maximum points again racking up 24 each!

Perserverance was key for both teams in the hunt for a red motorcylce. Jo Anna and Ken found a Kawasaki Ninja and held a handwritten “Happy Birthday” sign addressed to all those who missed their month’s Birthday Bash. Meanwhile Team A, C, D paired their neighborhood red motorcycle with ugly hats, exercises, and handwritten signs describing those exercises: Tai-Chi, jumping jacks, and walking with walking sticks. You may notice tiny red toy motorcycles in their hands as well—how clever! Well done, all!

The two teams took opposite approaches to the bridge. Team A, C, D stood proudly on the Don Burnett Pedestrian/Bicycle bridge holding their pairs of instruments and congratulatory signs. Jo Anna and Ken posed in front of a train bridge while lifting weights and playing a clarinet and banjo at the same time with Ken’s purple headgear rounding out the set.

We look forward to everyone’s efforts next round!

FACEBOOK

Puzzle us This Competition

Try to solve as many daily puzzles as you can on our Facebook page! Points will be awarded as follows:

+2 Points for being first to answer *correctly*

+1 Point for answering *correctly*

The highest number of accrued points after the July 31st puzzle will be crowned Puzzle Master!

Photos of Positivity

Check out weekly Photos of Positivity on Facebook! Our community members have taken a plethora of pictures they want to share to make your day a bit brighter. Have a photo you want to share too? We would love to see them! Email any positive photos to Amanda at AmandaH@cupertino.org.

See everything we’re doing on Facebook at www.facebook.com/CupertinoSeniorCenter.

SCAVENGER RULES - ROUND 7

Refined Rules:

- 1 - Take a picture of each item from the list to the right
- 2 - Fit more items in one photo to gain more points
- 3 - Bonus points now cap at 4 items/photo
- 4 - Points breakdown:
 - 1 item - 1 point
 - 2 items - 4 points
 - 3 items - 8 points
 - 4+ items - 16 points

Email all the photos you’ve taken of Scavenger Hunt items to JasonB@cupertino.org before August 2nd.

- 1.) A Neighborhood Library
- 2.) A Car Antennae with Topper
- 3.) A Solar Panel
- 4.) A “This is Sharks Territory” Sign
- 5.) A Stamp
- 6.) You Wearing a Scarf or Bandana
- 7.) A Sundial

TABLE OF CONTENTS

2	<i>The 50+ Scene This or That?</i> Adrianna Stankovich answers “This or That?”	6	Virtual Recreation Check out the lineup of Zoom classes starting in August!
3	Scavenger Hunt, Facebook, TOC Learn about the Scavenger Hunt participants and the next set of rules.	7	Puzzles and Games Need some light entertainment? Check out this collection of puzzles.
4	Virtual Travel Our travel staff has put together listings of virtual tours and exhibits.	8	Local Resources Learn about the community resources available to you at this time.
5	Free Special Programs Vivian’s Programs, Free Zoom concerts, and SF Shakes presents <i>King Lear</i> .	9	Photo Collage See what Senior Center and Parks and Recreation staff have been up to.

VIRTUAL TRAVEL

Natural History Museum, London



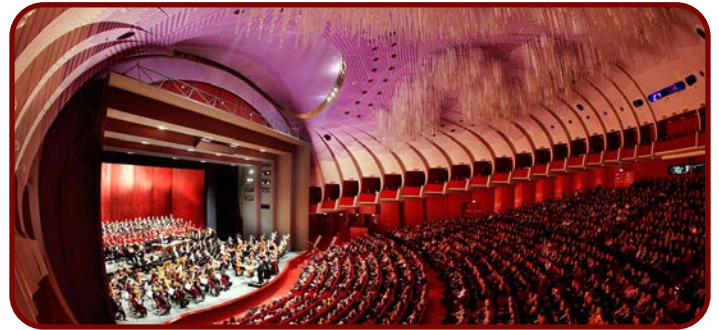
A favorite of Londoners and tourists alike, the Natural History Museum's unique collections are now on display for the armchair traveler. Explore a story of natural history discovery in an interactive experience, *Making Natural History*, voiced by Museum researchers and curators, dive into the museum's 80 million specimens, encounter a prehistoric marine reptile in virtual reality, and more!

[Follow the link here](#)

Teatro Regio Torino

Take a trip to the opera dressed up in your best, or maybe snuggled up in your robe. The Regio in Turin, Italy is bringing its virtual shows to you with #OperaOnTheCouch. This is a unique opportunity to see dress rehearsals of prestigious productions of the current season and of the past ones, formerly unpublished footage, now available for you to enjoy.

[Follow the link here](#)



Golden Gate Park Bison



Take some time to relax with some of Golden Gate park's most famous herbivores - the bison. The bison webcams offer a rare opportunity to observe the all-female herd as five longtime residents — Betsy, Bailey, Bellatrix, Buttercup, and Bambi — get to know their five young roommates, 1-year-olds acquired in March in honor of Golden Gate Park's 150th anniversary. Join them as they enjoy a leisurely stroll or take a rest break, but maybe skip wallowing in the dirt.

[Follow the link here](#)

Stonehenge

Take an interactive tour of Stonehenge with their 360 degree view from inside the monument or explore Skyscape and relax and enjoy a live view from within the stone circle, to learn about movements of the sun, moon and planets to see the solar alignment at Stonehenge. This site is full of the amazing history and science behind Stonehenge, including its construction, the landscape around it, and more.

[Follow the link here](#)



FREE PROGRAMS

Vivian I. Silva, MSW/GCM

The Importance of Laughter Through Uncertain Times - 12430

Monday, July 27, 1:30 - 3 p.m.

Not much to laugh about these days? Well, Vivian I. Silva, MSW/Educator and part-time Case Manager for Cupertino Senior Center invites you to join a free Zoom session. After a brief introduction outlining the benefits of laughter, participants will have the opportunity to share stories that made them laugh or activities that have brought a smile through these uncertain times. Participation in the sharing portion is not mandatory-merely listening in is perfectly fine. There will be time for questions and uplifting music to end the discussion. Pre-register to receive the link.

[Click here to register](#)

Musical Motivations

Ankita Biyani - 11910

Wednesday, August 5, 3 - 3:25 p.m.

Enjoy an afternoon break with music performed by local youth pianist Ankita Biyani who wanted to share her love of music with a short live performance. Performance is free to all! Pre-register to receive the link. [Click here to register](#)

Harker Tri-M - 11730

Tuesday, August 11, 1:30 - 2:30 p.m.

Miss live performances? Harker Tri-M is back and going virtual, bringing music to you in the comfort of your own home! Performance is free to all! Pre-register to receive the link. [Click here to register](#)

San Francisco Shakespeare Festival Presents

The Tragedy of King Lear

Cupertino-sponsored Dates:

Saturday, July 25 - August 8, 7 p.m.

Sunday, July 26 - August 9, 4 p.m.

This summer, Free Shakespeare in the Park will become Free Shakespeare at Home as the San Francisco Shakespeare Festival transitions its public theater program to a virtual format. Offering live virtual performances of King Lear is the safest way to continue thirty-eight years of tradition in the face of the current pandemic. Using Zoom and OBS technologies, the Festival will regale home audiences with a pioneering experience in live virtual theater that offers an array of opportunities for engagement, such as pre- and post-show commentary by the artists and moderated live chat among audience members. A fun and educational Green Show for families will be pre-recorded and available to view at any time on the Festival's website.

Click anywhere in the description, or on the image to the right, to be taken to San Francisco Shakespeare Festival's full summer schedule and link to YouTube channel.



Virtual Recreation



All classes on this page are held over Zoom. You will need to download the app to a computer, smartphone, or tablet to participate in these classes.

Navigate to www.reg4rec.org to see all the classes we are offering, or click on the descriptions on this page to register. Senior Center members enjoy the lowest rate. Non-members pay additional class pass. Become a Senior Center member today! Enjoy the familiar faces of your favorite instructors until we can rejoin each other in person!

Tech Classes

iPhone Workshop - 11856

Tuesday, Thursday, August 4, 6, 9:30 - 10:30 a.m.

Android Workshop - 11857

Tuesday, Wednesday, August 11, 12,
10:30 - 11:30 a.m.

Learn step-by-step tips and tricks on how to use your iPhone or Android! To participate in the course, you must have a computer/laptop, web camera, microphone, iPhone or Android, internet to your computer/laptop, and email address. Zoom set up assistance and testing is included. Members \$2, senior guests add \$5 day pass.

Exercise Classes

Line Dance Beginning - 12477

Thursday, August 6-27, 7 - 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. Good exercise, great fun! Geared for 50+, but open to all. Instructor: Kathy Chang. Cupertino Senior Center members pay \$20, non-members pay \$25.

Line Dance Intermediate - 12478

Tuesday, August 4-25, 7 - 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. Good exercise, great fun! Geared for 50+, but open to all. Instructor: Kathy Chang. Cupertino Senior Center members pay \$20, non-members pay \$25.

Feldenkrais Method - 12476

Tuesday, August 4-25, 10:30 - 11:30 a.m.

Rediscover flexibility and ease with Feldenkrais movement improvement exercise. Each class explores novel and gentle movement patterns to invigorate your brain and nervous system with new ways of organizing and sensing your movement, which may result in improved balance and coordination. Instructor: Michele Westlaken. Cupertino Senior Center members pay \$16, non-members pay \$21.

Monday Chair Exercise - 12475

Monday, August 4-25, 10:30 - 11:30 a.m.

An upbeat exercise class designed to be performed from a seated position. Some movements are performed standing, but all can be adjusted to be performed from a chair. Instructor: Polly Hu. Cupertino Senior Center members pay \$12, non-members pay \$17.

Thursday Chair Exercise - 12495

Thursday, August 6-27, 10:30 - 11:30 a.m.

An upbeat exercise class designed to be performed from a seated position. Some movements are performed standing, but all can be adjusted to be performed from a chair. Instructor: Polly Hu. Cupertino Senior Center members pay \$12, non-members pay \$17.

Yoga for 50+ - 12479

Tuesday, August 4-25, 3 - 4 p.m.

Discover how yoga can strengthen your core, improve posture, and cultivate awareness of our body. Iyengar is a detailed style of yoga, with great attention paid to finding the proper alignment in a pose, and yoga props such as blankets and blocks are used. Join us and learn what benefits this class will hold for you! Geared for 50+, but open to all. Instructor: Polly Hu. Cupertino Senior Center members pay \$16, non-members pay \$21.

PUZZLES AND GAMES

Sudoku

Use the numbers provided to decipher the rest of the grid. Each 3x3 square should have every number, 1-9, with no repeats. Each row and column in the 9x9 grid should have every number, 1-9, with no repeats. Sudoku is a game of logic and elimination. You shouldn't have to guess!

Easy

2	9			7	4			
	1					4		
6	7		9		5			
	8		2		6			
	6		8	4	7		2	
			5		1		8	
			7		8		9	2
		6					1	
			4	1			5	8

Medium

			7		9		2	
		9	2	1	6			5
5			8		4			
	6					4		
3	7			4			6	1
		2					5	
			9		7			3
7			3	8	5	2		
	3		4		1			

Hard

9		5				1		
4		3	9					5
	8		7	5				
	5	1						3
8	4						7	6
6							1	8
				9	6		1	
	9				3	8		7
				1		5		9

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Crosswords

The crossword below was provided by www.alberichcrosswords.com and set by Alberich.

1		2		3		4	5		6		7		8
9					10		11						
12				13					14				
17													
													18
		19									20		
21													
22				23							24		
27				25							26		
29											30		

Across

- 1 - Flexible tree possibly includes one (6)
- 4 - Delightful prince (8)
- 9 - Spa got alternative power as temporary measure (7)
- 11 - Giving away nothing but obsolete vessel (7)
- 12 - Neat tequila is drunk initially – why, you say? (4)
- 13 - Turner that can be viewed from both sides (5)
- 14 - Gave birth to dull person (4)

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- 17 - Part of the Caribbean populated by chaste women? (6,7)
- 19 - 50 invest in city carelessly and without thinking (13)
- 22 - Publicity fellows turned up first (4)
- 23 - Surprisingly nitre is unreactive (5)
- 24 - Most put up with him (4)
- 27 - Ilona staggered across road first perhaps (7)
- 28 - Some electricity is present (7)
- 29 - Law a job broke outside university city in Africa (8)
- 30 - Glamorous former lover with old nervous habit (6)

Down

- 1 - Optimistic for certain (8)
- 2 - Working as a monk is? (2,5)
- 3 - Close for the evening mostly (4)
- 5 - Run on flower power? (13)
- 6 - Gather some mature apricots (4)
- 7 - Sinful rascal promises to pay (7)
- 8 - Look, a goose! (6)
- 10 - Supply given to friend for the time being (13)
- 15 - Drunk gives gratuities at start of year (5)

- 16 - One accepting fine is unsuitable (5)
- 18 - Python broadcast I see sounded mesmerising (8)
- 19 - Unbeliever elected by Castro (7)
- 20 - Ask earnestly for new net rate (7)
- 21 - Pal somehow gets round doctor, showing confidence (6)
- 25 - Be aware of speaker's refusal (4)
- 26 - Vintage unknown – that's the essential point (4)

Last Edition's Solve

N	O	S	E	B	A	G	S	I	V	A	N	H	O	E
I	H	E	R	D	D	A	L							
P	O	U	N	D	C	A	K	E	D	R	U	I	D	
P	T	R	N											
E	L	E	M	I	D	I	S	A	P	P	E	A	R	
R	Y	D	I	C										
D	E	A	D	T	O	T	H	E	W	O	R	L	D	
O														
F	I	N	A	N	C	I	A	L	T	I	M	E	S	
F	O													
D	E	S	T	R	O	Y	E	R	T	E	A	S	E	
R	H	I												
I	N	O	F											
V	W	L	A											
E	A	S	I	E	S	T								

Case Management

Cupertino Senior Center's Case Management Team is still working and available to support you. Case Manager Adrianna Stankovich is checking email at AdriannaS@cupertino.org and answering phone calls at 408.777.3157. Vivian Silva can also be reached at 408.777.3155 or VivianS@Cupertino.org. Case Managers provide assessments to determine the needs for services and coordinate and ensure legal services are in place. Reach out to the case management squad if you have any questions or concerns! We are here for you.

庫比蒂諾耆英中心的社工部門仍維持運作為您提供服務,如有需要請與我們的社工 Adrianna Stankovich, MPIA聯絡,請致電408.777.3157 可用中文留言或電郵 adriannas@cupertino.org, 社工會提供評估以確定服務需求,並協助和確保法律資源,如有任何疑問或疑慮,請與我們的社工聯絡! 我們會竭誠為你服務。

Schedule Appointments

Health Insurance Counseling (HICAP)

Consultation on Medicare and Medicare-related health insurance.

Visit www.mysourcewise.com/medicare-options to schedule appointments.

健康保險諮詢

有關聯邦醫療咭,並相關的健康保險問題,有提供國,粵語翻譯.請上網安排約談

Senior Adult Legal Aid (SALA)

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.

Call 408.295.5991 to schedule appointments.

法律諮詢

為年滿60歲或以上並居住在聖克拉拉縣 (Santa Clara County) 的長者提供的免費諮詢: 包括基本公共利益的 法律事項,長期護理,虐待長者,住屋,消費者的問題,未雨綢繆的規劃,其他遺囑認證的選擇並簡單遺囑等,請致電 408.295.5991預約



SECOND HARVEST
of SILICON VALLEY

Second Harvest of Silicon Valley offers a toll-free hotline to low-income families which helps people in need of food find resources in their neighborhood. For assistance call

800.984.3663 or text GETFOOD to 408.455.5181

Visit their website [here](#).



Social Services Agency

County of Santa Clara

Santa Clara County's Senior Nutrition Program serves adults over sixty, disabled adults living with older adults, and the spouses of people that are over sixty. The program now follows a take-out model at most locations, though some have closed during the shelter-in-place order.

Visit their website [here](#).

Meals on Wheels

Residents in quarantine, as well as older adults and persons with disabilities or health conditions who need support can call 408.350.3200, choose option 4 for the Meals on Wheels program.

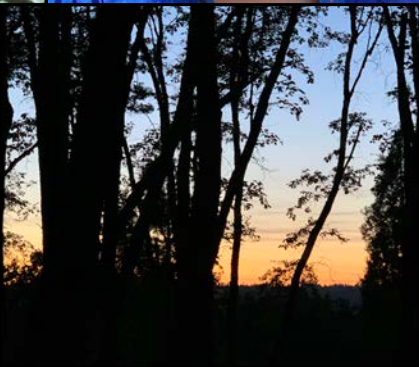


HEALTH • HOME • HEART

West Valley Community Services

West Valley Community Services (WVCS) accepts clients over sixty years old who live in zip codes 95014, 95030, 95032, 95033, 95044, 95070, 95129, and 95130. WVCS can deliver food once a week to your house provided you meet their qualifying factors. You must register as a WVCS client by filling out a one page form. Cupertino Senior Center can help you with this process. You may call the center at 408.777.3150.

Visit their website [here](#).



Lesser Goldfinch *Spinus psaltria* juvenile