

THE 50⁺ SCENE

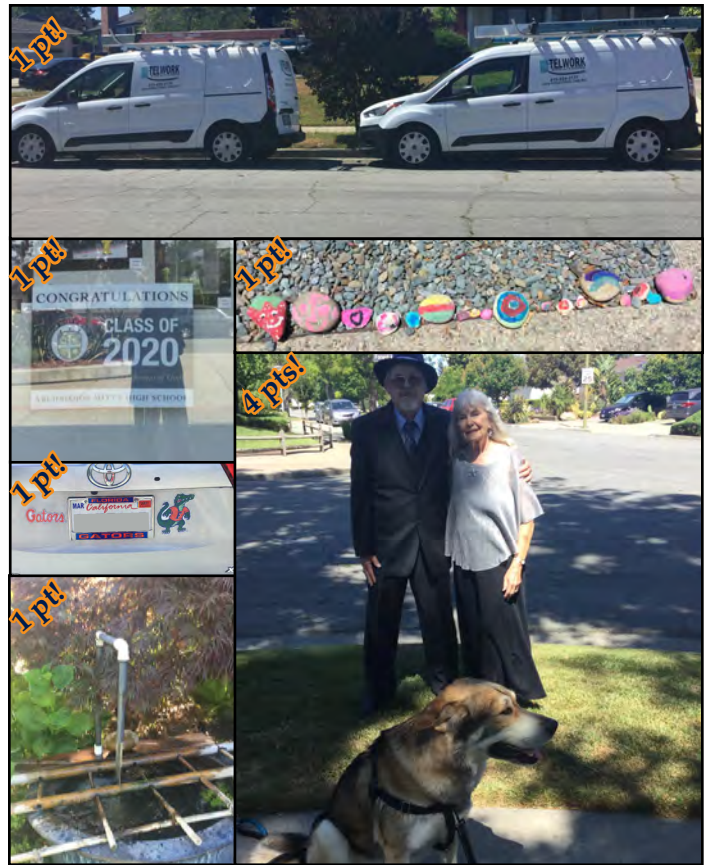
Shelter-in-Place Edition, 6/8/20

Stay Home Life in Photos
Scavenger Hunt Winners, and
Updates From the Staff!

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CUPERTINO



Adding to the glow from the tablet or computer screen in front of you is the fifth volume of *The 50+ Scene's* digital-only Shelter-in-Place newsletter. We appreciate you sticking with us! We've got some big news this edition, a new class, and a bunch of exciting photos. Enjoy!

If you've been thinking about submitting scavenger hunt photos, but don't think you have a chance against the indomitable team of Jo Anna Watt and Ken Nordheim, perhaps next edition is the time to throw your hat in the ring. Up to this point, Jo Anna and Ken were undefeated, winning each of the first three scavenger hunts. This edition, Helen Ho put in a stunning effort to take the crown.

Combining four different items into one picture earned Helen a whopping sixteen points—a tough number to beat. Pictured above is Helen's grandson in his logoed volleyball shirt with his graphic design artwork, her daughter's dog, and the message in the window, made by her granddaughter. Not only was this an excellent combination of items, but Helen also got her whole family involved for some socially distant teamwork. Well done, Helen! Combining that killer sixteen points with three more individual photos netted her a total of nineteen—a new record.

Meanwhile, Ken and Jo Anna put in another fine effort, collecting nine points from five photos. Dressing to the nines was no trouble for these two despite the

recent heat. They even posed with a cute pup for double points! We would be remiss if we didn't take a moment to recognize their excellent effort each issue. The "three-pete" to start us off was scavenger hunt excitement at its finest and while we know all good things must come to end, we certainly expect another high-octane performance next issue!

While our undaunted members have been scouring the neighborhood for the next Scavenger Hunt item, your Senior Center staff have been out making adventures too. Alex and her husband, Matt, have been hitting the trails up and down the local area. They've been seeing the sights and getting some fresh air. Similarly, Kim and Hank have been on many adventures together in the last few months.

Most of the crew has been involved in weekly food deliveries as well. Amanda and Alex are forefront on a couple of pictures on the back page, all masked up and ready to head out! Robert is still enjoying his time at the Blackberry Golf Course and getting some practice in on the side. Admittedly, the pictures on the back are from Pebble Beach, featured in last issue, though can you blame us for using every picture he got?

There is a new puppy in the Senior Center family! Jason adopted Roxie the Husky mix from the Humane Society Silicon Valley up in Milpitas. She just cannot wait to meet everybody and give them puppy smooches!

#CupertinoCares

It has never been more important to remain connected with our families, neighbors, and community as we navigate this difficult time by staying at home. To help foster positive and healthy community connections, the City has launched the #CupertinoCares initiative.

Each Friday, the City posts a fun activity for residents of all ages on its website and social media platforms. These activities allow our community to write, draw, dance, sing, and laugh together while at home. Make sure to share your experiences by posting photos and videos to your social media accounts with the hashtag #CupertinoCares, or post in the comment sections.

Make sure to check the City's website and social media profiles for our continuing #CupertinoCares events which will be posted every Friday.

Stay strong, Cupertino. We will get through this together.

FACEBOOK

Photos of Positivity

Need a little positivity? Check out our Photos of Positivity weekly on Facebook! Our community members have taken a plethora of pictures they want to share to make your day or week a bit brighter. Have a photo you want to share too? Whether it be BBQ for Memorial Day, crafty dolls, jamming with friends, or catching wildlife practicing social distancing, we would love to see them. Email any positive photos to Amanda at AmandaH@cupertino.org.

Wondrous Word of the Week

Every week on Wednesday we post a new, wondrous word! Last week's word was *felicitation*. As in "We offer our *felicitations* to the graduating class of 2020." Want to know the definition? Head on over to our Facebook page.

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

SCAVENGER HUNT - ROUND 5

Still getting out for your morning or afternoon walks? Spice it up by taking our photography scavenger hunt challenge! The rules are simple: Take a picture of as many items as you can find from the list to the right. You get one point per item, but the points double for every item you can get in one photo. Email all the photos you've taken of Scavenger Hunt items to JasonB@cupertino.org before June 19th. We'll tabulate the points, and celebrate the winners and their photos in the next newsletter!

- 1.) You Wearing Your Mask
- 2.) Some Foreign Currency
- 3.) A Paper Map
- 4.) An Exciting Coffee Mug
- 5.) A Hummingbird Feeding
- 6.) An Ice Cream Cone
- 7.) A Red Door

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VIRTUAL TRAVEL

Vatican Museum



With soaring vaulted ceilings, intricate murals, tapestries, and untold other artworks, the Vatican's museums are creatively rich sites. Don't forget to look up when enjoying the interactive images, including the Sistine Chapel. Click on the tabs at the bottom of the page to explore dozens of virtual tours and videos of the Vatican's archeological sites and unparalleled collections.

Follow the link [here](#).

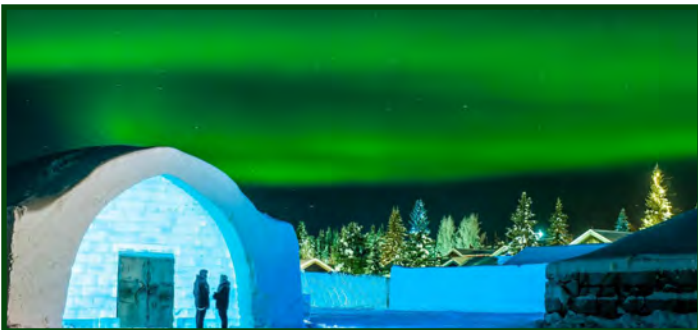
7th-Inning Stretch

Take me online to the ball game! Grab yourself a box of Cracker Jacks and join Josh Kantor, organist at baseball's legendary Fenway Park, live from the organ in his living room as he provides time for a little mental "stretch" in the middle of your day. Every day at 12 p.m., Josh streams live on Facebook for at least 30 minutes, playing the classic "Take Me Out To The Ball Game" as well as requests from his virtual audience.

Follow the link [here](#) to visit and see past recordings.



Ice Hotel and Aurora Borealis



While the weather here at home warms up, try and feel the chill on a virtual visit to the Swedish Lapland, home to the Ice Hotel and reindeer sledding. You can explore these and more on 360-degree interactive video tours highlighting the most stunning and unique aspects of this other-worldly environment. Before you go, don't forget to take in one of nature's most breathtaking performances: the Aurora Borealis.

Follow the link [here](#).

National Marine Sanctuaries

Immerse yourself in the ocean and your national marine sanctuaries without getting wet on a virtual dive! These virtual reality voyages use 360-degree interactive videos to highlight the amazing habitats, animals, and cultural resources you can find in each national marine sanctuary. You can stay local with a trip into Monterey Bay, make some new friends swimming with sea lions, and more.

Follow the link [here](#).



INFORMATION

Dream “Stories” with Vivian

Monday, June 15 - 29, 10 a.m. - 12 p.m.



Vivian I. Silva, MSW/GCM, is offering a 3-week dream group from 10 a.m. to 12 p.m. on Zoom. The sessions will meet on Monday, June 15, 22, and 29. Join in this opportunity to *learn* about your dream life, *share* the stories, and have *fun* with others in the group. Vivian has facilitated many dream groups at the Cupertino Senior Center since the early 90s and follows Jeramy Taylor’s philosophy that dreams and even nightmares come to us for our health and wholeness. Register early as group size is limited to 12. Zoom links will be sent to registrants prior to class.

Register for free at www.reg4rec.org or click anywhere in this description to go straight to the registration site.

Scam Prevention

Provided by Sourcewise of Santa Clara and the Federal Trade Commission

[Sourcewise Santa Clara](#)

[Federal Trade Commission](#)

The Federal Trade Commission (FTC) is warning the public against common scams happening during the COVID-19 pandemic noting that scammers are taking advantage of fears surrounding the Coronavirus. They’ve shared the following tips on protecting yourself from these scams during the peak of the pandemic.

Hang up on robocalls. Don’t press any numbers. Scammers are using [illegal robocalls](#) to pitch everything from fake Coronavirus treatments to work-at-home schemes. The recording might say that pressing a number will let you speak to a live operator or remove you from their call list, but it may lead to more robocalls instead.

Ignore online offers for vaccinations and home test kits. Scammers are trying to get you to buy products that aren’t proven to treat or prevent the Coronavirus disease 2019 (COVID-19). Currently, there are no FDA-authorized home test kits for the Coronavirus. [Visit the FDA to learn more.](#)

Fact-check information. Scammers, and sometimes well-meaning people, share information that hasn’t been verified. Before you pass on any messages, contact trusted sources. Visit [What the U.S. Government is Doing](#) to links for federal, state, and local government.

Know who you’re buying from. [Online sellers](#) may claim to have in-demand products, such as cleaning, household, health, and medical supplies when, in fact, they might not.

Don’t click on links from sources you don’t know. They could download viruses onto your computer or device.

Watch for emails claiming to be from the CDC or experts saying they have information about the virus. For the most up-to-date information about the Coronavirus, visit the [Centers for Disease Control and Prevention](#) (CDC) and the [World Health Organization](#) (WHO).

Do your homework when it comes to donations, whether through [charities](#) or crowdfunding sites. Don’t let anyone rush you into donating. If someone wants donations in cash, by gift card, or by wiring money, don’t do it.

Virtual Recreation



The City's Parks and Recreation Department misses you! We have been working with our instructors to bring you a familiar selection of educational programs in a virtual classroom environment. We are excited to share this experience with you.

Classes will be 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 this page to register. Enjoy the familiar faces of your favorite instructors until we can rejoin each other in person!

Line Dance Beginning - 12321

Thursday, June 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. \$16.

Line Dance Intermediate - 12322

Tuesday, June 2-23, 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. \$16.

Chair Exercise - 12319

Thursday, June 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. \$16.

Yoga for 50+ - 12320

Tuesday, June 2-23, 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. \$16.

FREE VIRTUAL FITNESS CLASSES

Mondays

Zumba with Monica
9:00 a.m. - 10:00 a.m.

Chair X with Polly
10:30 a.m. - 11:30 a.m.

Tuesdays

Bootcamp with Raychel
8:30 a.m. - 9:30 a.m.

Feldenkrais with Michele
10:30 a.m. - 11:30 a.m.

Wednesdays

Pilates with Jill
9:00 a.m. - 10:00 a.m.

Zumba Gold with Grace
10:30 a.m. - 11:30 a.m.

Thursdays

Yoga with Polly
9:00 a.m. - 10:00 a.m.

Body Sculpting with Raychel
10:30 a.m. - 11:30 a.m.

Fridays

U-Jam® with Monica
9:00 a.m. - 10:00 a.m.

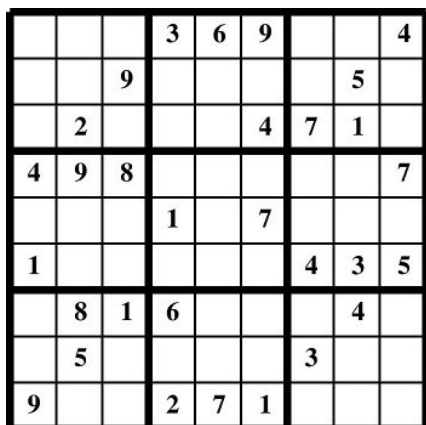
Cardio Dance with Monica
12:00 p.m. - 1:00 p.m.

PUZZLES AND GAMES

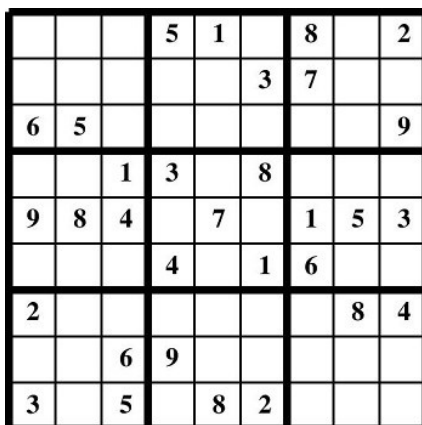
Sudoku

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!

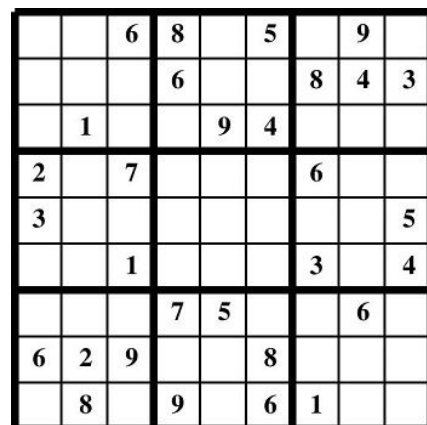
Easy



Medium



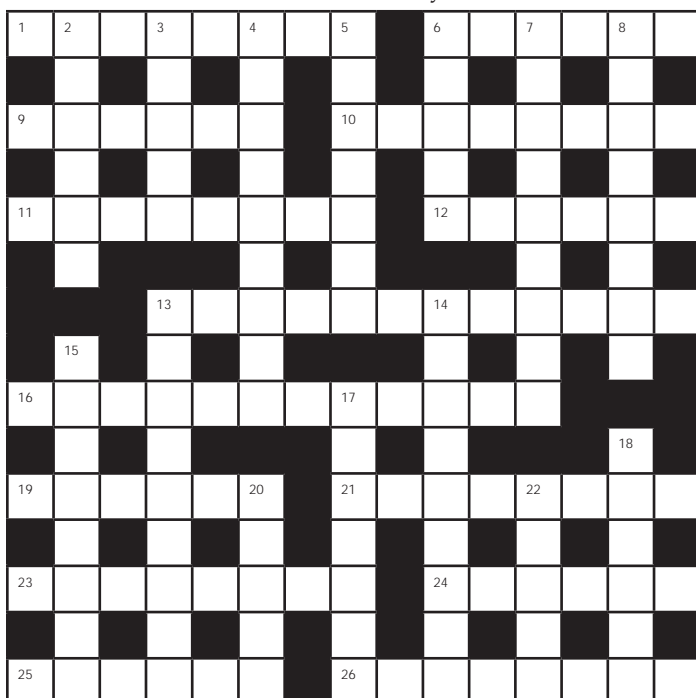
Hard



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Crosswords

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



Across

- 1 - Heard van crashing from terrace (8)
- 6 - He's entering wager by request (6)
- 9 - Alternatively, daughter is captivated by month in the country (6)
- 10 - Old woman can have energy drink (8)
- 11 - Tease the awfully arty type (8)
- 12 - Agent gets around centre of Leeds fast (6)

- 13 - Telling off for wearing casual clothes (8-4)
- 16 - Felt sympathy for semi-democrat in trouble (12)
- 19 - Say no to rubbish (6)
- 21 - Drinking vessel on table may be put away in here? (8)
- 23 - Friend is to help, we hear, with fence (8)
- 24 - Model posed around university, being pretentious (6)
- 25 - Its passengers have already departed (6)
- 26 - Was barely seen in public (8)

Down

- 2 - Upset, East European director initially ran away (6)
- 3 - Examine car before start of trip (5)
- 4 - Ned's sense is confused with stupidity (9)
- 5 - Owls' noses (7)
- 6 - Supporter starts to send some money (5)
- 7 - Easily angered, he had to tangle with editor (9)
- 8 - Expel student and put him in prison (4,4)
- 13 - Foolishly I am rude about old city's writer (2,7)
- 14 - Mark exam questions, written on this? (9)
- 15 - Reporting anger in bay? (8)
- 17 - Disease from insects, first off (7)
- 18 - Tramp needs time with Barnaby (6)
- 20 - Destroy part of camera's equipment (5)
- 22 - Work a long time producing piece for the stage (5)

Last Edition's Solve



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](#).

