

THE 50⁺ SCENE

Shelter-in-Place Edition, 5/26/20

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

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CUPERTINO



Welcome to the fourth volume of *The 50+ Scene's* digital-only Shelter-in-Place newsletter! We hope you have been enjoying the issues so far. If there is anything you would like to see more of or something new you are interested in, reach out to us at JasonB@cupertino.org to let us know!

Ken Nordheim and JoAnna Watt continue to dominate the photo scavenger hunt. Will anyone muster the photography chops to dethrone them? We have ratcheted up the difficulty for the next round and there is always a chance to win, so give it a shot—you could see your pictures featured above!

Staying in the form we have come to expect from them, JoAnna and Ken combined a sunglasses picture while capturing a flag and a basketball hoop with clouds to net eight points from just two photos. They didn't even need to hunt down a purple house to collect ten points and the win.

Meanwhile Helen Ho put in a valiant effort, collecting nine points—just one shy of victory. Pairing a distant American flag beneath a wide expanse of clouds accrued her almost half of her points. Her true achievement though was tracking down the elusive purple house. Other than a staff member (who clearly rigged the competition in her favor and was thus disqualified), only Helen was able to snag a picture of the royal residence.

On the back-page collage this issue you'll find the usual assortment of photos cataloging what your Senior Center staff has been doing. Robert has begun working at Blackberry Farm Golf Course over the past few weeks. He has taken his role quite seriously and immediately began doing research at other golf courses. Pictured on the back are a couple of moments while he was spending time at a little course called Pebble Beach where we are sure he picked up many applicable things.

Adrianna has been hard at work as usual, but here we get to see how she is able to spend her breaks: Her little girl, Molly, comes in for mid-day hugs. If there is a better way to spend one's lunch, we certainly cannot think of one.

Speaking of hard at work, you may spot Rafael, Amanda, and Alex making food deliveries in the community. When not feeding the masses though, you know Alex is getting back out on the dusty trail with her husband Matt on their first hike since the stay home order began. Kim and Hank are getting out on those trails as well! Hank looks a little tuckered out in the one photo—us too, buddy.

And finally, Jason and his sister took two photos exactly a year apart from each other. What a difference a year makes. Side by side, can you even tell who is whom?

#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 *amity*. As in "The spirit of *amity* has truly risen during this time as neighbors and friends turn to each other to lend a hand."

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

SCAVENGER HUNT - ROUND 4

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 6th. We'll tabulate the points, and celebrate the winners and their photos in the next newsletter!

- 1.) A Dog
- 2.) A Non-Professional Sports Logo
- 3.) Yourself, Dressed to the Nines
- 4.) A Pair of Cars, Same Make and Model
- 5.) A Running Fountain
- 6.) A Nice Message in a Window
- 7.) Outdoor Artwork

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VIRTUAL TRAVEL

Colonial Williamsburg



Immerse yourself in the sites of Colonial Williamsburg from anywhere in the world, including your living room. Take a virtual tour of the Governor's Palace or the Colonial Williamsburg Art Museums and learn about the painstaking research that underpins the entire Williamsburg Historic Area experience, from how buildings were reconstructed to what artifacts adorn their walls. Explore in 360 degrees and be sure to click or tap on icons for more information along your tour.

Follow the link [here](#).

The J. Paul Getty Museum

The J. Paul Getty Museum at the Getty Center features works of art dating from the eighth through the twenty-first century, showcased against a backdrop of dramatic architecture, tranquil gardens, and breathtaking views of Los Angeles. Take a tour of their European paintings, drawings, sculptures, illuminated manuscripts, decorative arts, and European, Asian, and American photographs. Click [here](#) to visit the artwork inside the museum. Click [here](#) to visit the beautiful outdoors including the Garden Terrace and Sculpture Plaza.



New York Botanical Garden



Is your green thumb itching? While the New York Botanical Garden's gates may be closed temporarily, their virtual gates are wide open. Take a "walk" among the daffodils, tulips, and dogwoods or treat yourself to any of their other beautiful virtual strolls. Start a garden of your own or expand your knowledge with their other fabulous resources, including lectures and plant experts.

Follow the link [here](#).

Classic Radio Boston - *In Concert*

In Concert captures the wealth of incredible music being performed in and around the Boston area. Listen live online each Sunday afternoon at 4:00 p.m. to hear the brilliance of the Boston Pops light up the radio waves, including a performance of John Williams conducting his own legendary music on June 21. You can also click around and find a whole array of past performances to explore.

Follow the link [here](#).



INFORMATION

Scam Prevention - Provided by Sourcewise

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.

The Better Part Program Schedule for June

Cupertino, Los Altos & Mountain View Comcast Cable Channel 15
Sunnyvale Comcast Channel 26; AT&T U-verse, Channel 99 throughout the Bay Area
Monday at 4:30 p.m., Tuesday at 7 p.m., and Friday at 7 p.m.

The Better Part is a Public Access television program produced by members of the Cupertino Senior Center. The group meets twice a week to produce their shows. The first meeting is on Tuesday to plan the shows and the second meeting is at the studio of KMVT15 in Mountain View to tape the show for cablecast. They have been producing award-winning television shows since 1983 and cablecast their 1,200th show in October 2018. Further information can be obtained by contacting the group at info@thebetterpart.com or by visiting their website at www.thebetterpart.com.

Internet schedule: www.cmap.tv

Monday, Thursday: 6 p.m. | Tuesday, Friday: 10 a.m.



Thriving in Stressful Times

June 1, 2, and 5

Experiencing stress is a universal condition and our guest shares her expertise on how to reduce it.

Technology Helping Seniors

June 8, 9, and 12

Seniors staying in touch with just a touch screen.

Old Broads Rule

June 15, 16, and 19

Three ladies provide us with beautiful harmonies of Americana music.

Cupertino Cherry Blossom Festival

June 22, 23, and 26

The Cupertino Cherry Blossom Festival is a celebration of Japanese culture and has been held annually in April since 1983.

Furry Friends

June 29, 30, and July 3

Pet owners bring their "Furry Friends" to love and be loved by seniors living in the Pacific Gardens retirement community.

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. For help using Zoom, please watch this short how-to video.

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!

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.

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.

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

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

Medium

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

Hard

7		1			9		3	
	2		7				6	5
			4					
		8			1		9	6
	9		3		8		4	
1	3		9			7		
				8				
3	1				6		7	
	8		5			4		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		15			16					17				
18					19		20			21				
22				23			24					25		
	26									27				
	28									29				

Across

- 1 - Writing mostly about millions having to economise (6)
- 5 - Walk ostentatiously, for example, around tree (6)
- 9 - Specialist has no power to wield (5)
- 10 - Two pubs I caught being uncivilised (8)
- 12 - He walks? Right, he walks (7)
- 13 - Zeppelin broadcast's with it (7)
- 14 - It enables you to feel courage (5)

- 16 - One group of soldiers or another found in club with hero (9)
- 18 - Composition's beauty captivating a majority of those attending (9)
- 21 - Gas making some in Forfar go nuts (5)
- 22 - Getting close to revolting Grannie (7)
- 24 - Right way by which to leave and go back (7)
- 26 - Against accepting present—that ultimately is understandable (8)
- 27 - Upset as fun is ruined (5)
- 28 - Director and writer, we hear, of story of Martian invasion (6)
- 29 - In court, long for seal of approval (6)

Down

- 2 - The very best stuff is around the east (5)
- 3 - Let client exercise his mind (9)
- 4 - Local food (3,4)
- 5 - Menial worker in tavern's drunk (7)
- 6 - I will be entertained by celebrity for part of flight (5)
- 7 - Coming down in flames in middle of Belgium (9)
- 8 - Bring her one different type of pattern (11)
- 11 - Two possibilities for Windows easily decided? (4-3-4)
- 15 - To set up with Mother taking part is a palaver (9)
- 17 - Giles can somehow swallow a painkiller (9)
- 19 - Left, say, with not so much drunk (7)
- 20 - Unpredictable fellow imprisons traitor (7)
- 23 - One needs wood that's perfect (5)
- 25 - Avoid commercial in the evening (5)

Last Edition's Solve

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

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](#).

