

THE 50⁺ SCENE

Shelter-in-Place Edition, 11/17/20

Thanksgiving
Your Senior Center staff reflect
on what they're thankful for.

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CUPERTINO



The holiday season is upon us and in classic fashion, your Senior Center staff and volunteers are bringing a veritable plethora of programming and events to you. Check out our Zoom-based Holidays in Hawai'i, Virtual Bingo, and the CSC Wednesday Jam's latest hit cover on pages six and seven.

This being the season of thanks, we would be remiss if your plucky Senior Center staff didn't share what we're thankful for.

Rafael is thankful "for life and for being okay. I'm thankful for having work, but more than that, I'm thankful to work with all of you!" I think I can safely write on behalf of the staff, members, and volunteers: we're all thankful you're part of our Senior Center family as well, Rafael.

Alex is grateful "for the time to slow down and do more hiking and to discover new (to me) trails." And here we thought she was blazing fresh routes through the mountains on her own!

Amanda appreciates that "this unique year has emphasized my continuous gratefulness for family, friends, and the great community we have with our wonderful staff, volunteers, and members." Always the embodiment of team spirit, we appreciate you too, Amanda.

Robert gives thanks for "friendships that have

remained strong from a distance during strenuous COVID times and limited interaction" that, and his current employment that gives him the opportunity to work out at the Blackberry Farm Golf Course—golfing, of course, being a well-established passion of his.

Jason counts his blessings "for the birth of my nephew, Roy, back in March and for his continuing health. I'm also over the moon about my sweet puppy, Ciri, who I adopted at the end of May." Between the two of them and their always cute, often hilarious, relationship, he couldn't be happier.

Kim is thankful for "an amazing staff that is so dedicated to our senior community and finding new, creative ways to serve." She's also "grateful for a mom that is a great example of kindness, compassion, and determination." And, as if this surprises anyone, "Hank, of course!"

From the bottom of our collective hearts, the Cupertino Senior Center staff would like to thank you for sticking with us through these crazy times. We hope this newsletter brings you a little joy and, as always, if you have any questions, suggestions, or even just want to let us know what you're thankful for, drop us a line at seniorcntr@cupertino.org. We're always happy to hear from you.

Happy Thanksgiving!

#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 will post a fun activity for residents of all ages on its website and social media platforms. These activities will 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.

PEN-PAL PROGRAM

Local teens from the City's Teen Commission and Youth Advisory Board have expressed interest in connecting with members of our center as pen pals. If you are interested in having a local teen as a pen pal, let us know. The teens are happy to start an exchange of emails. If interested, reach out to Jason Bisely at jasonb@cupertino.org or call him at 408.777.3127.

FACEBOOK

Puzzle Us This Competition

Solve as many daily puzzles as possible on our Facebook page! Themes change each round, so be sure to read the description! Points are awarded as follows:

- +2 Points for being first to answer *correctly*
- +1 Point for answering *correctly*

The highest number of accrued points after each round will be crowned Puzzle Master!

The Newly Crowned Puzzle Master

In the Halloween-themed round of competition **Maureen Sarjeant** maintained her title with a new record high of 24 points. Her speedy replies gave the competition quite the scare. Nevertheless, competitors rallied back in the eighth round, determined to gain the title. Congratulations **Joanne Andres**, you are our new Puzzle Master! Try to defend your crown from other super solvers in the next edition of "Puzzle Us" running right now!

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

ARTOUR APP

Let Cooper, Cupertino's robot mascot, guide you through the augmented reality Art Walk, ARTour. Through the AR experience, the user can learn interesting facts about the public art and historic sites located within the City of Cupertino.

[Click here to learn more!](#)

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VIRTUAL TRAVEL

Have you visited any of these places in-person? If you've ever traveled to the below locations, or one of the virtual tours we've featured in the past, send your travel photos to jasonb@cupertino.org and we'll feature them on the back page of the next *The 50+ Scene*.

Museum of Modern Art (MoMA)



Immerse yourself in ideas and see your world in new ways through art. In MoMA's free Massive Open Online Courses (MOOCs) you will hear directly from artists and designers and look closely at works in their collection and exhibitions. Choose from topics like What is Contemporary Art?, Seeing Through Photographs, Fashion and Design, and more.

[Follow the link here](#)

Amsterdam's Rijksmuseum

Are you a big fan of puzzles and mysteries? Take a close look at the paintings in the Rijksmuseum Online Key Challenge. Scroll, search, and zoom in on the paintings in the Rijksmuseum's Gallery of Honour to find the key icons, solve puzzles, and discover the hidden word. If you solve the puzzle, you could even win a cool prize! Prefer perusing to sleuthing? See Rembrandt's *The Night Watch*, Vermeer's *The Milkmaid*, and more of history's most celebrated paintings in the Masterpieces Up Close digital tour.

[Follow the link here](#)



Virtual Shipwreck Dive



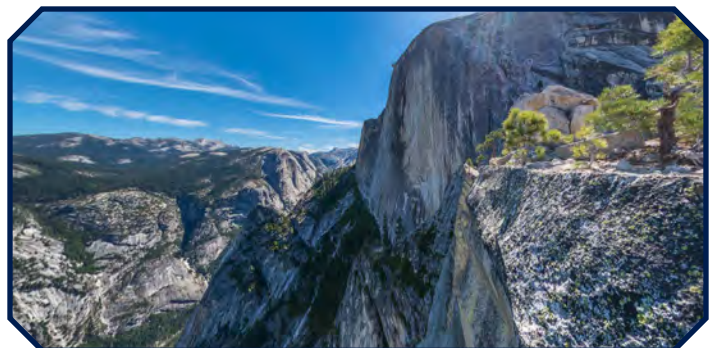
Take a virtual dive on Iceland's oldest identified shipwreck. The merchant ship Melckmeyt (Milkmaid, 1659) was discovered in 1992 by local divers and shines light on a fascinating period of Icelandic history, when Denmark ruled the island and had a monopoly over trade there for a period of 200 years. Experience what a diver sees without getting your feet wet and see how the shipwreck might have looked just after it sank 360 years ago.

[Follow the link here](#)

Yosemite National Park

See the sights and experience the sounds of one of America's most famous natural wonders, Yosemite National Park. Virtual Yosemite allows online visitors to experience over 250 different locations within Yosemite and its surrounding areas. Dizzying views from the tops of Yosemite's famous cliffs and waterfalls are available, along with peaceful locations along trails and in well-known parts of Yosemite Valley.

[Follow the link here](#)



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 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!

Line Dance Beginning - 12870

Thursday, November 5 to December 17
7 p.m. to 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. This is the introductory course designed for brand-new line dancers, or those with limited experience. Instructor: Kathy Chang. Cupertino Senior Center members pay \$30, non-members pay \$35. No class 11/24.

Line Dance Intermediate - 12871

Tuesday, November 3 to December 15
7 p.m. to 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. This course is intended for those with some experience in line dancing. Zoom format may be more difficult than in-person! Instructor: Kathy Chang. Cupertino Senior Center members pay \$30, non-members pay \$35. No class 11/26.

Feldenkrais Method - 13087

Tuesday, December 1 to 22, 10:30 a.m. to 11:30 a.m.

Rediscover flexibility and ease with Feldenkrais movement improvement exercise. Explore novel and gentle movement patterns to invigorate your brain and nervous system. Instructor: Michele Westlaken. Cupertino Senior Center members pay \$16, non-members pay \$21.

ESL Intermediate - 13086

Wednesday, December 2 to 23
10 a.m. to 11:30 a.m.

Learn basic English grammar, vocabulary, and phrases for everyday use. This class is designed for those who want to improve their ability to speak, understand, and write English. This is the second level of English as a Second Language. Instructor: Larry North, Friends of Vision Literacy. Cupertino Senior Center members pay \$12, non-members pay \$17.

FREE VIRTUAL FITNESS CLASSES

Click anywhere in this field to be taken to our Virtual Recreation page and check out all the activities we have there! All the free classes below can be found by following the links on that page.

Zumba *Monday* **9 a.m. to 10 a.m.**
Zumba® routines feature aerobic intervals with a combination of fast and slow rhythms that tone and sculpt the body.

Bootcamp *Tuesday* **8:30 a.m. to 9:30 a.m.**
An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. No equipment needed.

Zumba Gold *Wednesday* **10:30 a.m. to 11:30 a.m.**
Zumba Gold® is a dance exercise class designed for active adults 50+ featuring Latin moves such as Salsa, Cumbia, Cha Cha, and more. Steps are fun and easy to follow and learn. The class is designed to help improve balance, strength, and flexibility.

Body Sculpting *Thursday* **10:30 a.m. to 11:30 a.m.**
Body sculpting is a muscle-toning total body workout, incorporating strength and flexibility training. No equipment needed.

U-Jam® *Friday* **9 a.m. to 10 a.m.**
Join the dance party with U-Jam®, burn those calories away with easy to follow moves and high energy music.

Cardio Dance *Friday* **noon to 1 p.m.**
Join Monica for her very own Cardio Dance class featuring easy to follow choreography set to classic and current day popular music. Each class concludes with toning & abdominal exercises. Light hand weights & a yoga mat are recommended.

VIRTUAL PROGRAMS AND EVENTS

Holidays in Hawai'i

Wednesday, December 9, 1:30 p.m. to 3 p.m.



Sway along with the Cupertino Senior Center's Lei Nani Hula dancers and the Pilo Ho'okani band as they celebrate the holidays with Hawai'iian songs and dances. Sing along with the band from the comfort of your home! The program will be presented on Zoom and mostly pre-recorded with live introductions from members of the dance group. Registration will be through Zoom. Open to the public.

[Click here to register](#)

CSC Wednesday Jam - "Hula Breeze"

CSC Wednesday Jam is at it again, this time combining for an excellent cover of Harry Owens and George "Bucky" Henshaw's "Hula Breeze." This time hula dancers accompany the recording. If you want to put a smile on your face, be sure to click the picture to the left, or the link below.

Jim Cunningham leads the CSC Wednesday Jam group every Wednesday afternoon via Zoom. Tim Petersen takes the individually recorded video and audio tracks and splices them together to make the video you can watch on YouTube. We continue to be impressed by the entire CSC Wednesday Jam group.

[Click here to watch the video](#)



Santa Clara County Fire Presents

Preparing for Medical Emergencies

Wednesday, December 2
12:45 p.m. to 2 p.m.

Learn how to recognize medical emergencies and when to call 9-1-1, how to report emergencies, and what to do before help arrives. Be prepared with completed medical documents and explore resources that can assist caregivers. Open to the public.

[Click here to register](#)

Be Ready: Be Prepared!

Thursday, December 3,
6 p.m. to 7:30 p.m.

Learn about Bay Area disaster risks, how to make a plan and prepare for a disaster, and how to stay informed during and after the disaster. Learn about important communication systems and how to communicate with your support network during and after a disaster. Open to the public.

[Click here to register](#)

VIRTUAL PROGRAMS AND EVENTS

Musical Motivations

Friday, December 4, 4 p.m. to 5 p.m.

Start off your holidays with a live virtual concert by Harker's Tri-M as they will be bringing joyous music to get you and your household into the holiday spirit. Harker's Tri-M is a musical organization who shares their love of music by performing for their community. Pre-registration required. Open to the public.

[Click here to register](#)

Fireside Chats

Thursday, December 10, noon to 1 p.m.

One of our favorite parts of the Senior Center is chatting with friends by the fireplace. Now the fireplace has gone virtual! Join us for a Zoom social to see old friends or meet new ones, as well as chat with one of your Senior Center staff. Pre-registration required. Members free, senior guests pay \$5.

[Click here to register](#)

Creativebug

Thursday, December 10

1 p.m. to 2 p.m.

Get your creative juices flowing during the winter season with Creativebug! Enjoy unlimited access to over 1,000 online art and craft classes, plus patterns, templates, and recipes. Topics include art and design, sewing, quilting, paper, knitting, crochet, food and home, jewelry, holiday and party, and classes for kids. Watch videos anytime, anywhere. Classes never expire so you can start and stop projects at your own pace. New classes from top artists are added daily. Pre-registration required. Members free, non-members pay \$5 day pass.

[Click here to register](#)

Pre-Recorded Medicare Presentation

Missed the live Medicare Presentation or were otherwise unable to attend? Don't worry—we recorded it and posted it to YouTube. Just follow the link below.

A presenter from the Health Insurance Counseling and Advocacy Program (HICAP) discussed the latest updates and the Part D plans for 2021 and gave an overview of Medicare. The open enrollment for 2021 Medicare Part D began on October 15 and ends on December 7, 2020.

[Click here to watch the video](#)

Who is Sourcewise?

Thursday, December 17, 2 p.m. to 3 p.m.

Learn more about who Sourcewise is; how they support older adults, caregivers, and individuals with disabilities (18 and older) in Santa Clara County. Join the meeting via Microsoft Teams by registering on the website from your computer or mobile app. Pre-registration required. Open to the public.

[Click here to register](#)

El Camino Health: Ask a Dietician (Mandarin)

線上問答 - 請問營養師: 鹽與高血壓

時間: 週三, 10:30 a.m. to 12 p.m., 日期: 12/9/20

營養師將在前三十分鐘根據主題, 介紹營養學常識和一般人可能的誤解, 之後一個小時開放問答. 歡迎您帶著您的問題來問營養師. 如果時間允許, 我們會開放回答其它飲食問題. 歡迎在報名時事先提交您的問題, 會優先得到解答. 主講: 註冊營養師秦韻 (Xuan Qin, MS, RD) 註冊后您將收到一封確認電子郵件, 其中包含加入該網路研討會的資訊. 向所有人開放.

[點擊這裡註冊](#)

Virtual Bingo

Friday, November 20 to December 18

1 p.m. to 2 p.m.

How to Participate:

1. Click [here](#) on Friday afternoons to join the bingo Zoom meeting. Please type in your name so we know who is playing
2. Click [here](#) receive your free virtual bingo card prior to the start of the program
3. When the window opens, click "Generate Now" and a card will appear
4. A bingo caller will call out the numbers and the numbers will be shown on the screen via Zoom
5. If the number called is on your card, mark your card by clicking the corresponding square space
6. Once you have bingo, type in "Bingo!" via Zoom's Chat function. You will need to take a picture or screenshot of your card and email it to amandah@cupertino.org to be verified

How to Win: All participants will be placed in a raffle. Winners of each round will have an additional raffle ticket. At the end of the program an ultimate winner will be drawn—winners must be present at that time. Cupertino Residents will have their prize delivered, non-residents will need to arrange a time for pick up.

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

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

Medium

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

Hard

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

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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				
30									31				

Across

- 1 - Backing horse and making a killing (6)
- 4 - I'm trapped by racist waving a sword (8)
- 9 - Pirate lives out by river (6)
- 10 - Violate home by border (8)
- 11 - About to ring to cancel (6)
- 12 - Fresh local pie is a source of inspiration (8)
- 13 - Criminal swindle (3)
- 14 - Opt for mixture of steel containing carbon (6)

- 17 - It's close enough to catch sound of gunfire, as Cockney says? (7)
- 21 - Trouble experienced over plant (6)
- 25 - Animal starts to play in garden (3)
- 26 - Royal commander twice turned to jelly (4-4)
- 27 - Monk craftily conceals one old Japanese garment (6)
- 28 - Article on Spain confused actor (8)
- 29 - Saudi unusually takes time to make financial checks (6)
- 30 - Beat side struggling with illness (8)
- 31 - Make tough woman a corporal finally (6)

Down

- 1 - I'm upset by tension with lover (8)
- 2 - Fatty pudding (4-4)
- 3 - Angel represented in English church shows refinement (8)
- 5 - Half of Canada is able to dance (6)
- 6 - Yours truly gets to bank - just (6)
- 7 - Noted problem with new tissue (6)
- 8 - Joint from freezer cooked without zeal initially (6)
- 12 - Pirate from Cairo's drunk, right? (7)
- 15 - Bill is not entirely suitable (3)
- 16 - Upstanding professor has to show agreement (3)
- 18 - Quiet diplomacy involving one on vessel (8)
- 19 - Element in fuel or explosive (8)
- 20 - Have great fun with student in musical (8)
- 22 - Was profligate and very drunk (6)
- 23 - Woman harassed male in Pennsylvania (6)
- 24 - Bird of prey's first to appear in new image (6)
- 25 - Mate has excellent, luxurious house (6)

Last Edition's Solve

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

Case Management

Cupertino Senior Center's Case Management Team is still working and available to support you. Case Managers can be contacted by phone at 408.777.3150 or by email at seniorservices@cupertino.org. Case Managers assist seniors in identifying care and service needs in order to maintain safe, productive, independent living and quality of life. Reach out to the case management staff if you have any questions or concerns! We are here for you.

庫比蒂諾老年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聯絡,請致電408.777.3152 可用中文留言或電郵 seniorservices@cupertino.org. 社工會提供評估以確定服務需求,並協助您保持安全,有效,獨立的生活和生活質量. 如有任何疑問或疑慮,請與我們的社工聯絡! 我們會竭誠為您服務.

Schedule Appointments

Health Insurance Counseling (HICAP)

Consultation on Medicare and Medicare-related health insurance.

To schedule appointments visit mysourcewise.com/medicare-options.

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](#).

