

THE 50⁺ SCENE

Shelter-in-Place Edition, 9/22/20

This or That?

Jason tries his hand at our
new questionnaire!

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CUPERTINO



With each issue, your tireless 50+ *Scene* editor brings you the latest and greatest of Senior Center programs, resources, and pictures. This month, the tables have turned as now Jason must answer the questions, continuing the tradition of hard-hitting journalism you have come to know and love.

- Netflix or YouTube?
- YouTube—it's so versatile. I've been entertained and learned how to replace the headlight on my car all in less than an hour! What can't YouTube do?
- Cardio or Weights?
- Weights for sure. I only like cardio when I'm doing it with a friend. Weights feel instantly rewarding.
- Passenger or Driver?
- Driver. The passenger seat makes me antsy and carsick.
- Amusement Park or Day at the Beach?
- I wholly despise roller coasters, and water rides always seem a little... suspect. So I guess the beach by default.
- Watch or play sports?
- I have missed many a televised sporting event to play hockey instead. Watching sports is great, but competing on a team is unparalleled.

- At a movie: Candy or Popcorn?
- Popcorn. Not a big candy guy. I became disillusioned when lime flavor started being replaced by nasty green apple. Lookin' at you, Skittles.
- Iced Coffee or Hot Coffee?
- As I sit here sipping my cold brew, I realize I haven't had a hot coffee in nearly a month.
- Horror Movie or Comedy Movie?
- Scream* is one of my all-time favorite movies. You can decide if that's more Comedy or Horror, but I'd lean towards the former.
- Book or eBook?
- Paper, please. I've never read an eBook. Unless you count the time I read one page of *Twilight* over the shoulder of a nearby passenger on a flight to LA.
- Star Trek or Star Wars?
- I watched *Rogue One* seven times in the theater and collected all the promotional posters.
- Whether invoking the Great Skittles Controversy or questioning waterslides, it seems that Jason is certainly decisive. You might note, though, that he did leave his options somewhat open when asked for his favorite space franchise. Do you think this is highly illogical? We'll chalk this one up in the Star Wars column, for a four-point-five to point-five lead.

SCAVENGER RESULTS

The final Scavenger Hunt draws to a close with Jo Anna and Ken maximizing their points as we've become used to. Thank you to all of our participants through ten rounds of hunting and a special thanks to our champions of champions, Jo Anna and Ken.

In this final hunt, Jo Anna set the bar high for looking cool with her hula outfit, while holding a sweet portable cassette player. Her favorite thing is her father, and the series of photos she's holding are of him. The sports jersey hanging beneath them is of course the San Jose Clash (now the Earthquakes), hopefully some of Jo Anna and Ken's winning ways can rub off on the 'Quakes and they'll get back to their tournament form soon!

Ken matches Jo Anna's coolness with his Sinatra-style hat and matches her Hawai'ian vibe with his favorite thing—his ukulele, and his shirt with the slogan "Aloha Spirit in a Bottle." The vinyl record in Ken's hand is from The Hillbilly Shakespeare himself, Hank Williams. The railroad sign at Ken's feet is straight from Alaska—a route he and Jo Anna actually rode on.

Congratulations again to Jo Anna and Ken. Their creativity and perseverance have been a lot of fun to watch!

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

Try to solve as many daily puzzles as you can on our Facebook page! Each round of competition lasts two weeks. The current theme is national parks and 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 each round of puzzle competition will be crowned Puzzle Master! October rounds are September 28 to October 9, October 12 to 23, and October 26 to November 6.

The Newly Crowned Puzzle Master

In the third and fourth "Puzzle Us This" competition, the scoring was neck-in-neck right down to the wire as new participants entered the competition. In the end, one puzzler came out victorious in the third round and maintained their title in the fourth with a record high 14 points. Congratulations, **Jodi Bee**, you are the reigning Puzzle Master! Try to defend your crown from usurpers in the next edition of "Puzzle us This" running right now. Good luck!

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*.

63rd Monterey Jazz Festival



This virtual lineup features exclusive new and previously unreleased archival performances from the Monterey Jazz Festival, including Herbie Hancock, Diana Krall, and many others. Unique and memorable jazz moments will be streamed across the three days, September 25 to 27, from 5 to 7 p.m. on the Monterey Jazz Festival's YouTube Channel.

[Follow the link here](#)

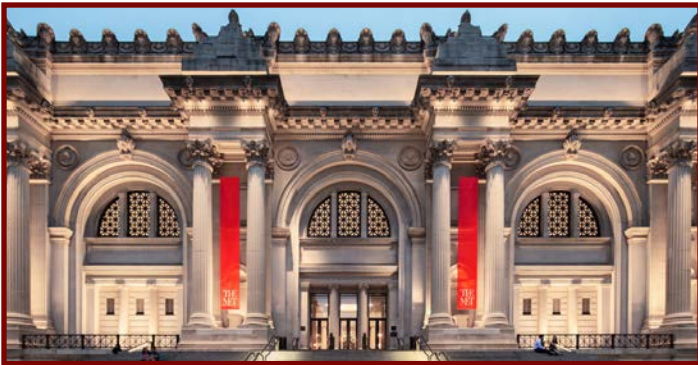
The Alamo Battlefield

The Alamo's 1836 Battlefield has been lost in the nearly two centuries since that dramatic battle. San Antonio grew up with the Alamo at its heart, with streets and buildings now occupying the site of the most sacred battle in Texas history. This digital battlefield visualizations show the Alamo Battlefield as it appeared in 1836, juxtaposed with how the same space appears today.

[Follow the link here](#)



The Met



This award-winning series of six short videos invites viewers around the world to virtually visit The Met's art and architecture in a fresh, immersive way. Created using spherical 360° technology, it allows viewers to explore some of the Museum's iconic spaces as never before. Experience the magic of standing in an empty gallery after-hours, witnessing a bustling space in time-lapse, or floating high above The Met Cloisters for a bird's-eye view.

[Follow the link here](#)

Giant's Causeway

Explore the rugged landscape around the Giant's Causeway from the comfort of your own home. Four virtual tours will transport you to sunrise over Port Noffer, stunning views from Arid Snout, and more. These glorious perspectives will bring the interesting geological forms and beautiful scenery to life.

[Follow the link here](#)



OCTOBER PROGRAMS AND EVENTS

Hidden Treasures

Monday to Friday, October 26 to 30

Hidden Treasures has been an annual tradition at the Senior Center since 2002. This year we're keeping the tradition alive by hosting Maria Lopez's popular succulents table in a digital setting. In the next issue of *The 50+ Scene* keep an eye out for a full page dedicated to the sale. Be sure to mark your calendars for the last week in October when the sale will take place! Check back at cupertino.org/hiddentreasures for updates and links to the sale once it goes live. As always, proceeds from the event will support the Case Management Emergency Fund and the Senior Center's Stay Active Fund.

Digital Bingo

Every Friday Beginning October 9
1 p.m. to 2 p.m.

Bingo is back and has gone virtual via Zoom! Join in on Friday afternoons for some live Bingo fun.

How to Participate:

1. Click [here](#) on Friday afternoons to join the bingo Zoom meeting.
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 square space with that number.
6. Once you have Bingo, type in "Bingo!" via the 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 have their names placed in a raffle. Winners of each round will have an additional raffle ticket per win. At the end of the program a name will be drawn for an ultimate winner. Winners must be present at the time of the drawing. Cupertino Residents will have their prize delivered, non-residents will need to arrange a time for pick up.

Medicare Presentations

English Presentation - 12759
Monday, October 26, 2 p.m. to 3:30 p.m.

Mandarin Presentation - 12760
Tuesday, October 27, 10 a.m. to 11:30 a.m.

Whether you are new to Medicare or want to know more, join us for a presentation by the Health Insurance Counseling and Advocacy Program (HICAP). The presenter will discuss the latest updates and the Part D plans for 2021 and an overview of Medicare. The open enrollment for 2021 Medicare Part D begins on October 15 and ends on December 7, 2020. Presentations will be held on the Zoom platform. Free to the public. Pre-registration required.

[Click here to register for the English Presentation](#)

[Click here to register for the Mandarin Presentation](#)

Fireside Chats

Thursday, October 8 - 12748
Thursday, October 22 - 12749
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. Members free, senior guests pay \$5.

[Click here to register for October 8](#)

[Click here to register for October 22](#)



MEMORIAL PARK HIGHLIGHT



Park Facts

- At 22-acres large, it provides a massive amount of open space.
- The Toyokawa Sister City Lantern, presented in 1988, represents 10 years of sister city relations.
- During a typical year, there are two festival seasons where a bevy of cultural events can be appreciated.
- The park's theater annually plays host to Music in the Park, Cinema at Sundown, and Shakespeare in the Park.
- Six tennis courts sit in the North West corner of the park.

Memorial Park is the perfect place to start our monthly park highlight. The flagship park of Cupertino, many of the festivals and events our city has hosted are held within the borders of this park. Today the park is a great place to get out and exercise in a safe, socially-distanced area. With 22 acres, the park has plenty of open space and interesting landmarks to see including the central amphitheater (not pictured), the Veterans Memorial honoring James Suh and Matt Axelson (above), the Toyokawa Sister City ten year anniversary gift (right), and the Gazebo at the center of the park (below). Check out the facing page for a map of routes you can take through the park. Both the half-mile and three-quarter mile routes will take you past each of Memorial Park's landmarks!










History

- 1966 - Cupertino purchased the land that would one day become Memorial Park.
- 1974 - Construction on the tennis courts and softball field is completed.
- 1975 - Memorial Park is dedicated and open to the public.
- 1976 - The Gazebo is dedicated, using the trim from the Parrish House that once sat on this land. The gazebo would later be refurbished by the Rotary Club in 1994.
- 1977 - An additional 7.2 acres are purchased, expanding the park's borders.
- 1988 - Ground is broken for the Quinlan Community Center. It would open as the Parks and Recreation Department's office in March of 1990.
- 2001 - The Cupertino Senior Center is re-built!
- 2007 - The Cupertino Veterans Memorial is dedicated.

MEMORIAL PARK HIGHLIGHT



MAP LEGEND

-  Roughly Quarter Mile Loop
-  Roughly Half Mile Loop
-  Roughly Three-Quarter Mile Loop
-  Amphitheater
-  Gazebo
-  Toyokawa Sister City Lantern
-  Veterans Memorial

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!

Exercise Classes

Line Dance Beginning - 12753

Thursday, October 1 to 29, 7 to 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. Instructor: Kathy Chang. Cupertino Senior Center members pay \$25, non-members pay \$30.

Line Dance Intermediate - 12754

Tuesday, October 6 to 27, 7 to 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. Instructor: Kathy Chang. Cupertino Senior Center members pay \$20, non-members pay \$25.

Feldenkrais Method - 12752

Tuesday, October 6 to 27, 10:30 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.

Monday Chair Exercise - 12750

Monday, October 5 to 26, 10:30 to 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 - 12751

Thursday, October 1 to 29, 10:30 to 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 \$15, non-members pay \$20.

Yoga for 50+ - 12755

Tuesday, October 6 to 27, 3 to 4:30 p.m.

Now a one and a half hour class! Discover how yoga can strengthen your core, improve posture, and cultivate awareness of our body. Join us and learn what benefits this class will hold for you! Instructor: Polly Hu. Cupertino Senior Center members pay \$24, non-members pay \$29.

Tech Classes and Seminars

MediciTV Webinar - 12716

Wednesday, October 14, 3 to 4 p.m.

Stream live broadcasts and recordings featuring operas, international concerts, ballets, and more. New videos are continually added to the website. Presented by the Santa Clara County Library. Preregistration required. Cupertino Senior Center members free, non-members pay \$5.

How to Zoom on the Computer

Wednesday, October 7, 10:30 to 11 a.m. - 12718

Wednesday, October 7, 2 to 2:30 p.m. - 12719

Join Recreation Coordinator, Amanda, to learn the basics of Zoom on your computer. All the basic functions will be covered! Preregistration required. Cupertino Senior Center members free, non-members pay \$5.

Language Classes

English as a Second Language

Basic and Easy - 12756

Tuesday, October 6 to 27, 10 to 11:30 a.m.

Intermediate - 12757

Wednesday, October 7 to 28, 10 to 11:30 a.m.

Advanced - 12758

Friday, October 9 to 30, 10 to 11:30 a.m.

Learn or enhance your knowledge of the English alphabet, phonics, easy grammar, practical words, and phrases. Improve your ability to speak, understand, and write English at three different levels! Instructor: Vision Literacy. Cupertino Senior Center members pay \$12, non-members pay \$17.

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

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

Medium

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

Hard

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

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Crosswords

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

Across

- 1 - They work on cars doing better than the experts? (5,7)
- 9 - Song about region largely in US state (7)
- 10 - Left in charge of first of obituary columns (7)
- 11 - Vegetable served with one bird or another (7)
- 12 - Cloth acceptable for Native American (7)
- 13 - Decorative work produces popular song (5)

- 14 - Runs into a very sad, crushed opponent (9)
- 16 - Female gave a kiss when nagged (9)
- 19 - Make secure by holding drink back (5)
- 21 - Achieves destruction of satanist without leader (7)
- 23 - A canoe comes to grief around island in Pacific area (7)
- 24 - Reconstruct buried ruins round lake (7)
- 25 - Send a daughter clothing (7)
- 26 - Don't heighten problem of acceptable behaviour (3,4,5)

Down

- 2 - Girl from Ayr initially going to great trouble (7)
- 3 - Frugality shown by company in management of money (7)
- 4 - Moorish sailor's card game (7)
- 5 - Like little picture of jelly? (5)
- 6 - Nobleman, one with the Queen previously (7)
- 7 - Philosopher from Australia found in Spain perhaps (7)
- 8 - A long time finding Eeyore's age? (7,5)
- 9 - Building designed for performances, or part of one (12)
- 15 - Recording of top diva performing around Eastern Spain (9)

Last Edition's Solve

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

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, MPA 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.

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](http://www.getfood.org).



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](http://www.sccsn.org).

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](http://www.wvcs.org).

Thank You, Hidden Treasures Volunteers!



A year removed from our record-setting 2019 sale, we want to take the time to express our thanks to the volunteers who contributed over 1,500 hours towards making last year's event a success. We'd also like to thank all the shoppers who came and spent their money supporting the Senior Center.

Don't forget about us—we're putting Maria's famous succulents on sale online, so you can join us virtually. More details coming in the next issue of *The 50+ Scene*.



