

THE 50⁺ SCENE

Shelter-in-Place Edition

Shelter in Place
How has your Senior Center Staff
been keeping busy in lockdown?

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CUPERTINO



Welcome to *The 50+ Scene's* first digital-only newsletter! Your Senior Center staff have been up to some new things the past few weeks, and we want to share them with you. The front cover is a closeup of baby hummingbirds Alex found near her house. Above is a photo provided by our colleague, Mariah, who works at the Quinlan Community Center. On the back cover you will see a collage of pictures taken by many of our different staff members—things they have seen while working, or sights they have seen on daily walks. Inside you will find puzzles, games, resources, and more to help entertain.

So what has your Senior Center staff been doing? Here are 50 ways we have been keeping busy:

- | | | |
|--|---|--|
| 1. Zoom with long distance friends | 16. Reading | 30. Cultivating our lemon tree |
| 2. Riding our bike | 17. Watching movies! | 31. Being the mom who bakes mid-day! |
| 3. Waking up to our daughter saying "Mama! Where are you? I miss you!" | 18. Leisurely walks around the neighborhood, anyone? | 32. Getting more exercise |
| 4. Getting Aquí swirls to go | 19. Baking some fantastic brownie cookies—lots of Ghirardelli | 33. Zoom social hours |
| 5. Exploring online fitness classes | 20. Going for a run | 34. Fixing our grandfather clock |
| 6. Playing virtual games on Zoom with friends | 21. Hiking | 35. Clearing out our daughter's old clothes |
| 7. Having lunch in our backyard (on the sunny days) | 22. Mastering a second language | 36. Exhausting our six known recipes in a week... and learning more! |
| 8. Getting a sunburn from the computer monitor | 23. Spending time with Hank | 37. Becoming a home school teacher for our kids |
| 9. Cooking | 24. Dancing to the theme songs of <i>Sesame Street</i> and <i>Toy Story</i> | 38. Working out regularly |
| 10. Playing board games with our family | 25. Saving money by not going out | 39. Spring cleaning—finding some Hidden Treasures donations |
| 11. Building a new computer | 26. Rediscovering what's really important | 40. Winning photo scavenger hunts |
| 12. Family Zoom meetings | 27. Cooking a hot breakfast daily | 41. Supporting small business restaurants |
| 13. Enjoying the new baby in the family! | 28. Reconnecting with long lost friends | 42. Appreciating the sunlight |
| 14. Solving logic puzzles | 29. Cherishing the down time | 43. Doing homework with our kids |
| 15. Playing with our daughter | | 44. Using hockey sticks to perform yard work |
| | | 45. Working out without a gym |
| | | 46. Hosting Dungeons & Dragons for our roommates |
| | | 47. Practicing calligraphy |
| | | 48. Taking pictures |
| | | 49. Holding a virtual birthday party |
| | | 50. Learning to dance |

Now the true challenge: Can you connect these 50 activities with the Senior Center employees who submitted them? Adrianna, Alex, Amanda, Kim, Jason, Rafael, or Robert.

FACEBOOK

Exciting Polls!

Cupertino Senior Center has been pitting Bond against Bond and April Fool's prank against prank. See the results of previous polls below, and be sure to log on to cast your votes for our next exciting poll.

Sean Connery is the Definitive James Bond

A Sea of Water Cups and Filling a Room with Balloons tied for the best April Fool's Day Pranks

Do you have a light-hearted, but pressing question that only your fellow Cupertino Senior Center members can answer? Do you know you are right about something, but your shelter-in-place partner vehemently disagrees? Feel vindicated when our Facebook family supports your assertion by emailing your poll to AmandaH@cupertino.org. Multiple choice answers are easiest for the format!

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

Riddles for the Ages

Over the past few weeks we've posted riddles like:

Five apples are in a basket. How do you divide them among five girls so that each girl gets an apple, but one apple remains in the basket?

I am a word of six. My first three letters refer to an automobile. My last three letters refer to a household animal. My first four letters spell a fish. My whole is found in your room. What am I?

Are you craving more riddles after this little taste? Find them on our facebook page--a new riddle every day! Show off your smarts by posting the answer in the comments. If you have any riddles you'd like to submit, email them to AmandaH@cupertino.org. You could see your riddle featured on our Facebook page!

SCAVENGER HUNT

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 April 27th. We'll tabulate the points, and celebrate the winners and their photos in the next newsletter!

- 1.) A Red Car
- 2.) A Selfie Outside
- 3.) A White Picket Fence
- 4.) A Tree Swing
- 5.) A Lawn Gnome (or other lawn creature)
- 6.) The Number 13
- 7.) An Out-of-State License Plate

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3	Facebook, Scavenger Hunt, TOC Check out our Facebook page, and a fun Shelter-in-Place scavenger hunt.	6	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.	7	Local Resources Learn about the community resources available to you at this time.

VIRTUAL TRAVEL

London's West End



London's West End shows are now right inside your living room with National Theatre at Home. If you're a fan of the theater, you can access a number of productions for free, screened live every Thursday at 11:00 a.m. and available on-demand for seven days. Starting April 9th, you can experience Charlotte Brontë's *Jane Eyre*, Robert Louis Stevenson's *Treasure Island* on April 16th, and *Twelfth Night* on April 23rd. Find these productions and dozens of behind-the-scenes videos including talks with the actors, set-building, choreography, and more online.

Follow the link [here](#).

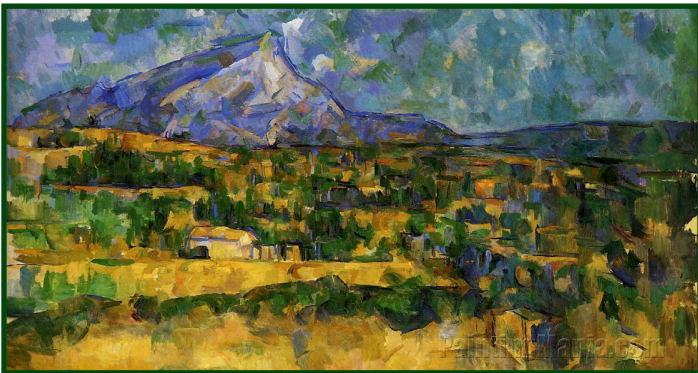
Museo Galileo

Museo Galileo in Italy is brimming with tools, large and small, that have nudged scientific inquiry along. With a collection begun in the 16th century by the powerful Medici family, this museum unravels a mesmerizing array of astronomical and mathematical treasures. Wander and look at elegant astrolabes, beautiful compound microscopes, and much more.

Follow the link [here](#).



Google Arts and Culture



Have you ever wondered what beautiful image inspired your favorite piece of artwork? Or about the accuracy of an artist's brushstrokes when they painted something from life? Explore five artworks whose subjects you can see in the real world. Just visit their site and learn more about the story behind each of the paintings and the life that inspired them.

Follow the link [here](#).

Yellowstone

Ready to see Yellowstone? You can start exploring by virtually touring some of the main attractions around the park. Get a virtual breath of fresh air as you discover the fascinating history of Fort Yellowstone and the millions of years of natural shaping that have resulted in Fountain Paint Pot, Mammoth Hot Springs, and more. No sunscreen required!

Follow the link [here](#).



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Virtual Recreation



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Mondays

Zumba with Monica

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

Zumba routines feature aerobic intervals with a combination of fast and slow rhythms that tone and sculpt the body.

Zoom Link: [Click Here to Join](#)

Chair X with Polly

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

An upbeat exercise class that improves muscle strength and balance. This seated class is great for seniors, but anyone is welcome to join!

Zoom Link: [Click Here to Join](#)

Tuesdays

Bootcamp with Raychel

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

An interval training class that mixes calisthenics and bodyweight exercises with cardio and strength training. No equipment needed.

Zoom Link: [Click Here to Join](#)

Feldenkrais with Michele

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

Similar to tai-chi or gentle yoga, this class uses slow, mindful movements to achieve strength, flexibility, and holistic integration of body and mind.

Zoom Link: [Click Here to Join](#)

Wednesdays

Pilates with Jill

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

This mat Pilates class focuses on proper postural alignment, core strength, muscle balance, and stability. All levels are welcome.

Zoom Link: [Click Here to Join](#)

Zumba Gold with Grace

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

Zumba Gold is a dance exercise class designed for active adults 50+. Steps are fun and easy to follow and learn.

Zoom Link: [Click Here to Join](#)

Thursdays

Yoga with Polly

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

A gentle class focusing on flowing from pose to pose and linking the movement with deep slow breaths to relax and rejuvenate.

Zoom Link: [Click Here to Join](#)

Body Sculpting with Raychel

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

Body sculpting is a muscle-toning total body workout, incorporating strength and flexibility training. No equipment needed.

Zoom Link: [Click Here to Join](#)

Fridays

U-Jam with Monica

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

Join the dance party with U-Jam®, burn those calories away with easy to follow moves and high energy music.

Zoom Link: [Click Here to Join](#)

Bombay Jam with Archana

Bombay Jam® with Archana
12:00 p.m. - 1:00 p.m.

Bombay Jam® integrates fun and fitness, you will get a good cardio and toning workout in one action-packed class.

Zoom Link: [Click Here to Join](#)

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

Medium

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

Hard

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

Across

- 1 - City of ancestral suffering (9)
- 6 - Evasive about son being comfortable (4)
- 9 - Sue assumes two fellows in charge to be enough (7)
- 10 - Disrupted most of literary film preview (7)
- 11 - Blades appearing when people have a row (4)

- 12 - Note lack of talk about one displaying toughness (10)
- 14 - B in test characteristic of a certain group (6)
- 15 - Calming drug is vet's idea possibly (8)
- 18 - Reliable-sounding Scottish city (8)
- 19 - They work with a tool (6)
- 22 - Applaud – yes, one goes wild, see (4,4,2)
- 24 - Encourage some of our generation (4)
- 26 - A complex plot's beginning to engross Peter perhaps (7)
- 27 - Loose rocks by church make an unpleasant sound (7)
- 28 - Advance payment for poet first off (4)
- 29 - Former Blue Peter presenter wearing vest? (9)

Down

- 1 - Stick it to the end, leaving after the others (4,3)
- 2 - Tent fire destroyed one Egyptian queen (9)
- 3 - A family related by blood (4)
- 4 - Two letters read aloud in tent (6)
- 5 - Crooked Eritrean lawyer may ask for one (8)
- 6 - Generous cleaner's given one board (10)
- 7 - Ring lost in bar or beauty parlour (5)
- 8 - Country producing oil we hear (6)
- 13 - Middle name put first in place for telephone operators (4,6)
- 16 - I close home – that's serious (2,7)
- 17 - E.g. insert mobile numbers (8)
- 18 - For example, American backed Charles (4,2)
- 20 - Chap is to walk with female (7)
- 21 - Relative keeps us in money (6)
- 23 - Decorate for a party with sailors (5)
- 25 - Exam offers alternative to a student (4)

Case Management

Cupertino Senior Center's Case Management Team is still working and available to support you. Case Manager Adrianna Stankovich, MPIA 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 legal 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](#).

