

CLASSES

How to Register for a Class:

Online: Register online by clicking the activity code or visiting reg4rec.org.

Phone: Call the Senior Center at **(408) 777-3150**.

In-person: Register in-person at the Cupertino Senior Center
8 a.m. to 5 p.m. Monday through Friday.

January

Class registration for January begins on Monday, December 18 at 8 a.m.

Activity Number	Class	Day	Dates	Time	Instructor	Mem. Fee	No Class
23670	Apple Assistance	M	1/22	1 to 2 p.m.	B. Carpenter	\$7	
23671	Apple Assistance	M	1/22	2 to 3 p.m.	B. Carpenter	\$7	
23672	Apple Assistance	M	1/22	3 to 4 p.m.	B. Carpenter	\$7	
23673	Apple Assistance	M	1/29	1 to 2 p.m.	B. Carpenter	\$7	
23674	Apple Assistance	M	1/29	2 to 3 p.m.	B. Carpenter	\$7	
23675	Apple Assistance	M	1/29	3 to 4 p.m.	B. Carpenter	\$7	
23587	Apple Group Assistance	Th	1/18	1 to 3 p.m.	R. Schiros	\$6	
23588	Apple Group Assistance	Th	1/25	1 to 3 p.m.	R. Schiros	\$6	
23257	Ballroom Dance Class	W	1/10-2/28	2 to 4 p.m.	M. Lee	\$40	
23259	Chair Exercise	Th	1/4-2/29	9:30 to 10:30 a.m.	H. Lin	\$40	
23830	NEW! Chair Yoga	Tu	1/9-2/27	1:45 to 2:30 p.m.	J. Pagadipaala	\$48	1/30, 2/6
23572	Chinese Brush Painting	M	1/8-3/4	10 a.m. to 12 p.m.	M. Lee	\$63	1/15, 2/19
23260	CSC Wednesday Jam	W	1/3-2/28	3 to 4:30 p.m.	J. Cunningham	\$21	
23964	Dancercise	F	1/12-3/1	1:45 to 3:15p.m.	G. Tsun	\$18	
23261	ESL - Advanced Basic Conversation	M	1/8-2/26	9:30 to 10:20 a.m.	M. Nickel	\$21	1/15, 2/19
23262	ESL - Basic Conversation	M	1/8-2/26	10:30 to 11:20 a.m.	M. Nickel	\$21	1/15, 2/19
23263	ESL - Intermediate Conversation	Th	1/11-2/29	11:30 a.m. to 1 p.m.	J. Andrushko	\$18	
23264	Feldenkrais Method	Tu	1/9-2/27	10:30 to 11:30 a.m.	M. Westlaken	\$64	
23265	HarmoniKatz	Tu	1/9-2/27	2:30 to 4 p.m.	D.Ng	\$18	
23266	Hula - Beginning	M	1/8-2/26	noon to 12:45 p.m.	P. Gregory	\$7	1/15, 2/19
23267	Hula - Performance Group	M	1/8-2/26	1 to 2 p.m.	J. Pereria-Anderson	\$9	1/15, 2/19
23268	International Standard and Latin Dance	Th	1/11-2/29	2:15 to 4:15 p.m.	K. Mao	\$24	
23585	iPhone Intermediate	Tu	1/16-2/27	1 to 3 p.m.		\$40	
23270	Lap Steel Guitar	Tu	1/9, 1/23, 2/6, 2/20	noon to 1 p.m.	L. Fujimoto	\$6	
23271	Line Dance - Basics	Th	1/11-2/29	9:30 to 10:30 a.m.	L. Hsu	\$60	



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January (continued)

23272	Line Dance - Beginner	Th	1/11-2/29	10:35 to 11:50 a.m.	L. Hsu	\$60	
23273	Line Dance - Improver / Intermediate	Tu	1/9-2/27	10:15 to 11:45 a.m.	K. Chang	\$64	
23274	Line Dance - Intermediate+	M	1/8-2/26	10 to 11:45 a.m.	K. Chang	\$54	1/15, 2/19
23275	Line Dance - Intermediate/Advanced	W	1/10-2/28	10:15 a.m. to noon	K. Chang	\$72	
23276	Open Line Dance	F	1/19	10 a.m to 1 p.m.	K. Chang	\$9	
23277	Painting and Drawing at all Levels	W	1/10-2/28	8:45 to 11:45 a.m.	J. Chin and L. Hwang	\$36	
23873	Rhythmaires	F	1/5-2/23	9:30 to 11:30 a.m.	K. Miller	\$24	
23968	Stretch and Chinese Dance	Tu	1/9-2/27	3 to 3:45 p.m.	M. Huang	\$9	
23724	 Tech Troubleshooting	W	1/10	2 to 2:30 p.m.	Staff	\$3	
23725	 Tech Troubleshooting	W	1/10	2:30 to 3 p.m.	Staff	\$3	
23726	 Tech Troubleshooting	W	1/10	3 to 3:30 p.m.	Staff	\$3	
23727	 Tech Troubleshooting	W	1/10	3:30 to 4 p.m.	Staff	\$3	
23279	The Dream of the Red Chamber	F	1/12-3/1	10 to 11 a.m.	L. Hwang	\$12	
23280	Ukulele - Beginning	Tu	1/9-2/27	1 to 2 p.m.	D. Ng	\$12	
23281	Yoga Foundations	W	1/10-2/14	8:30 to 9:45 a.m.	R. Narayanan	\$69	
23282	Yoga Fusion 50+: Blending Wellness and Fun	F	TBA	3:30 to 4:30 p.m.	J. Krishnan	\$12	
23283	Yuan Chih Dance	F	1/12-3/1	10 to 11:30 a.m.	A. Fung	\$18	
23284	Zumba - Level 1 (in-person)	Tu	1/9-2/27	12:30 to 1:30 p.m.	H. Lin	\$42	
23285	Zumba Gold (virtual)	W	1/10-2/28	10 to 11 a.m.	G. DuVal	\$42	

February

Class registration for February begins on Monday, December 18 at 8 a.m.

Activity Number	Class	Day	Dates	Time	Instructor	Mem. Fee	No Class
23677	Apple Assistance	M	2/12	1 to 2 p.m.	B. Carpenter	\$7	
23678	Apple Assistance	M	2/12	2 to 3 p.m.	B. Carpenter	\$7	
23679	Apple Assistance	M	2/12	3 to 4 p.m.	B. Carpenter	\$7	
23698	Apple Assistance	M	2/26	1 to 2 p.m.	B. Carpenter	\$7	
23699	Apple Assistance	M	2/26	2 to 3 p.m.	B. Carpenter	\$7	
23700	Apple Assistance	M	2/26	3 to 4 p.m.	B. Carpenter	\$7	
23589	Apple Group Assistance	Th	2/1	1 to 3 p.m.	R. Schiros	\$6	
23590	Apple Group Assistance	Th	2/8	1 to 3 p.m.	R. Schiros	\$6	
23591	Apple Group Assistance	Th	2/15	1 to 3 p.m.	R. Schiros	\$6	
23728	 Tech Troubleshooting	W	2/7	2 to 2:30 p.m.	Staff	\$3	
23729	 Tech Troubleshooting	W	2/7	2:30 to 3 p.m.	Staff	\$3	
23730	 Tech Troubleshooting	W	2/7	3 to 3:30 p.m.	Staff	\$3	
23731	 Tech Troubleshooting	W	2/7	3:30 to 4 p.m.	Staff	\$3	

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March

Class registration for March begins on Monday, February 26 at 8 a.m.

	Class	Day	Dates	Time	Instructor	Mem. Fee	No Class
23702	Apple Assistance	M	3/11	1 to 2 p.m.	B. Carpenter	\$7	
23703	Apple Assistance	M	3/11	2 to 3 p.m.	B. Carpenter	\$7	
23704	Apple Assistance	M	3/11	3 to 4 p.m.	B. Carpenter	\$7	
23705	Apple Assistance	M	3/25	1 to 2 p.m.	B. Carpenter	\$7	
23706	Apple Assistance	M	3/25	2 to 3 p.m.	B. Carpenter	\$7	
23707	Apple Assistance	M	3/25	3 to 4 p.m.	B. Carpenter	\$7	
23592	Apple Group Assistance	Th	3/14	1 to 3 p.m.	R. Schiros	\$6	
23593	Apple Group Assistance	Th	3/21	1 to 3 p.m.	R. Schiros	\$6	
23594	Apple Group Assistance	Th	3/28	1 to 3 p.m.	R. Schiros	\$6	
23617	Ballroom Dance Class	W	3/6-4/24	2 to 4 p.m.	M. Lee	\$40	
23619	Chair Exercise	Th	TBA	9:30 to 10:30 a.m.	H. Lin	\$40	
23620	 Chair Yoga	Tu	3/5-4/23	1:45 to 2:30 p.m.	J. Pagadipaala	\$64	
23831	Chinese Brush Painting	M	3/11-4/29	10 a.m. to 12 p.m.	M. Lee	\$72	
23621	CSC Wednesday Jam	W	3/6-5/1	3 to 4:30 p.m.	J. Cunningham	\$21	
23965	Dancercise	F	3/8-5/3	1:45 to 3:15p.m.	G. Tsun	\$18	3/22
23622	ESL - Advanced Basic Conversation	M	3/4-4/22	9:30 to 10:20 a.m.	M. Nickel	\$28	
23623	ESL - Basic Conversation	M	3/4-4/22	10:30 to 11:20 a.m.	M. Nickel	\$28	
23624	ESL - Intermediate Conversation	Th	3/7-4/25	11:30 a.m. to 1 p.m.	J. Andrushko	\$18	
23625	Feldenkrais Method	Tu	3/5-4/30	10:30 to 11:30 a.m.	M. Westlaken	\$64	
23626	HarmoniKatz	Tu	3/5-4/30	2:30 to 4 p.m.	D. Ng	\$18	
23628	Hula - Beginning	M	3/4-4/29	noon to 12:45 p.m.	P. Gregory	\$11	
23629	Hula - Performance Group	M	3/4-4/29	1 to 2 p.m.	J. Pereria-Anderson	\$14	
23630	International Standard and Latin Dance	Th	3/7-4/25	2:15 to 4:15 p.m.	K. Mao	\$21	4/4
21063	iPhone Beginning	Tu	3/12-4/23	1 to 3 p.m.	R. Schiros	\$40	
23632	Lap Steel Guitar	Tu	3/5, 3/19, 4/2, 4/16	noon to 1 p.m.	L. Fujimoto	\$6	
23633	Line Dance - Basics	Th	3/7-4/18	9:30 to 10:30 a.m.	L. Hsu	\$53	
23634	Line Dance - Beginner	Th	3/7-4/18	10:35 to 11:50 a.m.	L. Hsu	\$53	
23635	Line Dance - Improver / Intermediate	Tu	3/5-4/23	10:15 to 11:45 a.m.	K. Chang	\$64	
23636	Line Dance - Intermediate+	M	3/4-4/22	10 to 11:45 a.m.	K. Chang	\$72	
23637	Line Dance - Intermediate/Advanced	W	3/6-4/24	10:15 a.m. to noon	K. Chang	\$72	
23639	Painting and Drawing at all Levels	W	3/6-4/24	8:45 to 11:45 a.m.	J. Chin and L. Hwang	\$36	
23874	Rhythmaires	F	3/1-4/26	9:30 to 11:30 a.m.	D. Miller	\$24	3/22
23974	Stretch and Chinese Dance	Tu	3/5-4/9	3 to 3:45 p.m.	M. Huang	\$7	
23641	Tai Chi	TBA	TBA	1 to 2 p.m.	K. Chung	\$12	

CLASSES

March (continued)

23732	NEW! Tech Troubleshooting	W	3/6	2 to 2:30 p.m.	Staff	\$3	
23733	NEW! Tech Troubleshooting	W	3/6	2:30 to 3 p.m.	Staff	\$3	
23734	NEW! Tech Troubleshooting	W	3/6	3 to 3:30 p.m.	Staff	\$3	
23735	NEW! Tech Troubleshooting	W	3/6	3:30 to 4 p.m.	Staff	\$3	
23642	The Dream of the Red Chamber	F	3/1-4/26	10 to 11 a.m.	L. Hwang	\$12	3/22
23643	Ukulele - Beginning	Tu	3/5-4/30	1 to 2 p.m.	D. Ng	\$12	
23644	Yoga Foundations	W	3/6-4/24	8:30 to 9:45 a.m.	R. Narayanan	\$92	
23645	Yoga Fusion 50+: Blending Wellness and Fun	F	TBA	3:30 to 4:30 p.m.	J. Krishnan	\$12	3/22
23646	Yuan Chih Dance	F	3/8-5/3	10 to 11:30 a.m.	A. Fung	\$18	3/22
23647	Zumba - Level 1 (in-person)	Tu	TBA	12:30 to 1:30 p.m.	H. Lin	\$42	
23648	Zumba Gold (virtual)	W	3/6-4/10	10 to 11 a.m.	G. DuVal	\$42	

April

Class registration for April begins on Monday, February 26 at 8 a.m..

Activity Number	Class	Day	Dates	Time	Instructor	Mem. Fee	No Class
23595	Apple Group Assistance	Th	4/4	1 to 3 p.m.	R. Schiros	\$6	
23596	Apple Group Assistance	Th	4/11	1 to 3 p.m.	R. Schiros	\$6	
23638	Open Line Dance	F	4/12	10 a.m to 1 p.m.	K. Chang	\$9	
23736	NEW! Tech Troubleshooting	W	4/3	2 to 2:30 p.m.	Staff	\$3	
23737	NEW! Tech Troubleshooting	W	4/3	2:30 to 3 p.m.	Staff	\$3	
23738	NEW! Tech Troubleshooting	W	4/3	3 to 3:30 p.m.	Staff	\$3	

For information regarding classes, call the Cupertino Senior Center front desk at **(408) 777-3150**.

CLASS HIGHLIGHTS

CSC Wednesday Jam

Join a group jam session led by Jim Cunningham. Have a great time playing guitar, bass, or other stringed instruments in an open, friendly session. All musical levels welcome.

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
23260	W	3 to 4:30 p.m.	1/3-2/28	9	\$21	\$31
23621	W	3 to 4:30 p.m.	3/6-5/1	9	\$21	\$31

Instructor: J. Cunningham

Chair Exercise

Come join us for a gentle chair workout where we will focus on building whole body strength, improve balance and coordination. Grab a chair and let's do this together!

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
23259	Th	9:30 to 10:30 a.m.	1/4-2/29	8	\$40	\$55
23619	Th	9:30 to 10:30 a.m.	TBA	8	\$40	\$55

Instructor: H. Lin

NEW! Tech Troubleshooting

Frustrated with technology issues and need assistance? Technology issues may often be solved by simple changes to the settings on your device. Reserve a 30-minute session and bring your devices that you require assistance with. You will receive one-on-one help with any device you bring (phone, laptop, tablet, smart watch, etc.) while learning how to use your device for your needs. 30-minute sessions are scheduled on a first come first served basis. You may only register for one session per month.

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
23724	W	2 to 2:30 p.m.	1/10	1	\$3	\$8
23725	W	2:30 to 3 p.m.	1/10	1	\$3	\$8
23726	W	3 to 3:30 p.m.	1/10	1	\$3	\$8
23727	W	3:30 to 4 p.m.	1/10	1	\$3	\$8
23732	W	2 to 2:30 p.m.	3/6	1	\$3	\$8
23733	W	2:30 to 3 p.m.	3/6	1	\$3	\$8
23734	W	3 to 3:30 p.m.	3/6	1	\$3	\$8
23735	W	3:30 to 4 p.m.	3/6	1	\$3	\$8
23736	W	2 to 2:30 p.m.	4/3	1	\$3	\$8
23737	W	2:30 to 3 p.m.	4/3	1	\$3	\$8
23738	W	3 to 3:30 p.m.	4/3	1	\$3	\$8

Instructor: Staff

Apple Group Assistance

Have questions on how to use your iPad, iPhone, or Mac Book? Receive one-on-one assistance in this group setting session to have your individual questions answered to help you text, surf the web, reply to emails, download applications, update software, and so much more! Group is maxed at 4 people.

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
23587	Th	1 to 3 p.m.	1/18	1	\$6	\$11
23588	Th	1 to 3 p.m.	1/25	1	\$6	\$11
23589	Th	1 to 3 p.m.	2/1	1	\$6	\$11
23590	Th	1 to 3 p.m.	2/8	1	\$6	\$11
23591	Th	1 to 3 p.m.	2/15	1	\$6	\$11
23592	Th	1 to 3 p.m.	3/14	1	\$6	\$11
23593	Th	1 to 3 p.m.	3/21	1	\$6	\$11
23594	Th	1 to 3 p.m.	3/28	1	\$6	\$11
23595	Th	1 to 3 p.m.	4/4	1	\$6	\$11
23596	Th	1 to 3 p.m.	4/11	1	\$6	\$11

Instructor: Staff

NEW! Chair Yoga

Revitalizing chair yoga class which includes seated and standing yoga postures. This class focuses on building strength, flexibility, and mobility through mindful breathing and alignment. Step-by-step guidance is provided and is suitable for all levels.

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
23830	Tu	1:45 to 2:30 p.m.	1/9-2/27	6	\$48	\$58
23620	Tu	1:45 to 2:30 p.m.	3/7-4/25	8	\$56	\$66

Instructor: J. Pagadipaala

Feldenkrais Method

Rediscover flexibility and ease with Feldenkrais movement improvement exercise. Each class explores novel and gentle movement patterns to invigorate your brain and nervous system with new ways of organizing and sensing your movement, which may result in improved balance and coordination. Gain valuable tools you can use on your own.

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
23264	Tu	10:30 to 11:30 a.m.	1/9-2/27	8	\$64	\$74
23625	Tu	10:30 to 11:30 a.m.	3/5-4/30	8	\$64	\$74

Instructor: M. Westlaken

Line Dance - Beginner

Learn the basics of line dance in this beginner course.

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
23272	Th	10:35 to 11:50 a.m.	1/11-2/29	8	\$60	\$70
23634	Th	10:35 to 11:50 a.m.	3/7-4/18	7	\$53	\$63

Instructor: L. Hsu

Line Dance - Improver/Intermediate

Further develop your line dancing skills in the next level class. Some experience with line dance is required. You will learn newer, faster dances than a beginning course.

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
23273	Tu	10:35 to 11:50 a.m.	1/9-2/27	8	\$64	\$74
23635	Tu	10:35 to 11:50 a.m.	3/5-4/23	8	\$64	\$74

Instructor: K. Chang

Lap Steel Guitar

The Lap Steel Guitar's sound is unique as well as melodious and it instantly evokes images of Hawaii! This class along with your diligence and effort, will aid you in learning the fundamentals of the Lap Steel Guitar. *Equipment needed: Lap steel guitar, small amplifier, amp cord, bar, and finger picks, tuner.*

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
23270	Tu	noon to 1 p.m.	1/9, 1/23, 2/6, 2/20	4	\$6	\$16
23632	Tu	noon to 1 p.m.	3/5, 3/19, 4/2, 4/16	4	\$6	\$16

Instructor: L. Fujimoto

Painting and Drawing at all Levels

Come join the friendliest artists in town, and paint or draw 'till you drop! Student instructors will provide personal feedback on your work, but the class is open to anyone at any level to come and paint (or draw!) in the medium of their choice. Class members encourage each other in this open art session that doesn't have guidelines or curriculum—just artistic expression!

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
23277	W	8:45 to 11:45 a.m.	1/10-2/28	8	\$36	\$46
23639	W	8:45 to 11:45 a.m.	3/6-4/24	8	\$36	\$46

Student Instructor: J. Chin and L. Hwang

Ukulele Beginning

Learn the basic chords and strums on a ukulele and how to apply them to music. Come to class with a ukulele, music stand, tuner, and tablet 3-ring binder to hold your music and class notes.

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
23280	Tu	1 to 2 p.m.	1/9-2/27	8	\$12	\$22
23643	Tu	1 to 2 p.m.	3/5-4/30	8	\$12	\$22

Instructor: D. Ng

Yuan Chih Dance

Yuan Chih is a combination of Dance, Martial Arts, and Physical Exercises, enhanced with Chinese "Chi" techniques. Yuan Chih movements are simple yet delicate, which contribute great benefits to general health and overall well-being in all age groups. No class 3/22.

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
23283	F	10 to 11:30 a.m.	1/12-3/1	8	\$18	\$28
23646	F	10 to 11:30 a.m.	3/8-5/3	8	\$18	\$28

Instructor: A. Fung

Yoga Foundations

Enjoy gently strengthening and stretching your body while precisely aligned to support healthy joints and posture. Correct posture supports all of our body systems including the mind and spirit. In Iyengar Style Yoga, we support your alignment through props to make a practice that is safe and effective at any age or ability.

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
23281	W	8:30 to 9:45 a.m.	1/10-2/14	6	\$69	\$79
23644	W	8:30 to 9:45 a.m.	3/6-4/24	8	\$92	\$102

Instructor: R. Narayanan

Yoga Fusion 50+: Blending Wellness and Fun

Come and join this exciting fusion yoga series that weaves diverse styles, including Vinyasa, Yin, and Hatha, alongside various breathing techniques, innovative themes, and delightful music. Experience holistic benefits, ranging from enhancing your flexibility, strength, and balance to reducing stress, all while enjoying a touch of fun with your peers! Students must provide their own yoga mats and stretch bands. No class 3/22.

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
23282	F	3:30 to 4:30 p.m.	TBA	8	\$12	\$22
23645	F	3:30 to 4:30 p.m.	TBA	8	\$12	\$22

Instructor: J. Krishnan