

CLASSES

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

Fall Registration Dates

July and August
Open

September and October
Monday, August 28

November and December
Monday, October 23

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, Monday through Friday from 8 a.m. to 5 p.m.

September

September and October class registration opens on Monday, August 28.

| Activity Number | Class | Day | Dates | Time | Instructor | Mem. Fee | No Class |
|-----------------------|--|-----|------------|---------------|---------------------|----------|----------|
| 22809 | Apple Assistance | Tu | 9/12 | 1p-2p | B. Carpenter | \$7 | |
| 22810 | Apple Assistance | Tu | 9/12 | 2p-3p | B. Carpenter | \$7 | |
| 22811 | Apple Assistance | Tu | 9/12 | 3p-4p | B. Carpenter | \$7 | |
| 22812 | Apple Assistance | Tu | 9/26 | 1p-2p | B. Carpenter | \$7 | |
| 22813 | Apple Assistance | Tu | 9/26 | 2p-3p | B. Carpenter | \$7 | |
| 22814 | Apple Assistance | Tu | 9/26 | 3p-4p | B. Carpenter | \$7 | |
| 22894 | Beginning Beading | Tue | 9/5-9/26 | 10a-12p | D. Hall | \$55 | |
| 22893 | Ballroom Dance Class | W | 9/6-10/25 | 2p-4p | Mei Lee | \$40 | |
| 22895 | Chair Exercise | Th | 9/7-11/2 | 9:30a-10:30a | Huichen Lin | \$40 | 10/26 |
| 22896 | Chinese Brush Painting | M | 9/11-10/2 | 10a-12p | Ming-Fen Lee | \$36 | |
| 22897 | CSC Wednesday Jam | W | 9/6-11/1 | 3p-4:30p | J. Cunningham | \$21 | |
| 22931 | Current Events Discussion | Th | Weekly | 10:30a-12p | J. Truher | Free | 10/26 |
| 23233 | ESL – Basic Conversation | M | 9/11-10/30 | 10:35a-11:34a | Mary Nickel | \$28 | |
| 22900 | ESL - Intermediate Conversation | Th | 9/7-11/2 | 11:30a-1p | J. Andrushko | \$18 | 10/26 |
| 22899 | Advanced Basic Conversation | M | 9/11-10/30 | 9:30a-10:30a | M. Nickel | \$28 | |
| 22901 | Feldenkrais Method | Tu | 9/5-10/31 | 10:30a-11:30a | M. Westlaken | \$72 | |
| 22902 | HarmoniKatz | Tu | 9/5-10/31 | 2:30p-4p | D. Ng | \$21 | |
| 22903 | Hula - Beginning | M | 9/11-10/30 | 12p-12:45p | P. A Gregory | \$9 | |
| 22904 | Hula - Performance Group | M | 9/11-10/30 | 1p-2p | J. Pereria-Anderson | \$12 | |
| 22905 | Introduction to International Ballroom Dance | Th | 9/7-10/19 | 2p-4p | K. Mao | \$21 | |
| 22907 | Kumihimo | Tu | 9/5-9/26 | 12:30p-2:30p | D. Hall | \$55 | |
| 22908 | Lap Steel Guitar | Tu | 9/5-10/24 | 12p-1p | L. Fujimoto | \$12 | |

CLASSES

September (continued)

| Activity Number | Class | Day | Dates | Time | Instructor | Mem. Fee | No Class |
|-----------------------|--|-----|------------|---------------|----------------------|----------|----------|
| 22909 | Line Dance - Basics | Th | 9/7-10/19 | 9:30a-10:30a | L. Hsu | \$49 | |
| 22911 | Line Dance - Improver / Intermediate | Tue | 9/5-10/24 | 10:15a-11:45a | K. Chang | \$64 | |
| 22912 | Line Dance - Intermediate+ | M | 9/11-10/30 | 10a-11:45a | K. Chang | \$72 | |
| 22913 | Line Dance - Intermediate/Advanced | W | 9/6-10/25 | 10:15a-12p | K. Chang | \$72 | |
| 22914 | Open Line Dance | F | 9/22 | 10a-12p | K. Chang | \$6 | |
| 22916 | Painting and Drawing at all Levels | W | 9/6-10/25 | 8:45a-11:45a | J. Chin and L. Hwang | \$36 | |
| 20647 | Rhythmairs | F | 9/1-10/20 | 9:30a-11:30a | K. Miller | \$24 | |
| 23251 | NEW! Tech Troubleshooting | W | 9/6 | 2p-2:30p | Senior Tech Pal | \$3 | |
| 23252 | NEW! Tech Troubleshooting | W | 9/6 | 2:30p-3p | Senior Tech Pal | \$3 | |
| 23253 | NEW! Tech Troubleshooting | W | 9/6 | 3p-3:30p | Senior Tech Pal | \$3 | |
| 23254 | NEW! Tech Troubleshooting | W | 9/6 | 3:30p-4p | Senior Tech Pal | \$3 | |
| 22919 | The Dream of the Red Chamber | F | 9/8-11/3 | 10a-11a. | L. Hwang | \$12 | 10/27 |
| 22920 | Ukulele - Beginning | Tu | 9/5-10/31 | 1p-2p | D. Ng | \$14 | |
| 22921 | Yoga Foundations | W | 9/6-10/25 | 8:30a-9:45a | R. Narayanan | \$92 | |
| 23248 | NEW! Yoga Fusion 50+: Blending Wellness and Fun | F | 9/8-10/13 | 3:30-4:30p | J. Krishnan | \$9 | |
| 22922 | Yuan Chih Dance | F | 9/8-10/19 | 10a-11:30a | A. Fung and H. Hwang | \$14 | 10/27 |
| 22923 | Zumba - Level 1 (in-person) | Tu | 9/5-10/24 | 12:30p-1:30p | H. Lin | \$35 | |
| 22924 | Zumba Gold (virtual) | W | 9/20-10/25 | 10a-11a | G. DuVal | \$32 | |

October

| Activity Number | Class | Day | Dates | Time | Instructor | Mem. Fee | No Class |
|-----------------------|--------------------------------------|-----|-------------|---------------|--------------|----------|--------------------------|
| 22891 | Advanced Beading | Tu | 10/3-10/24 | 10a-12p | D. Hall | \$55 | |
| 22892 | Advanced Kumihimo | Tu | 10/3-10/24 | 12:30p-2:30p | D. Hall | \$55 | |
| 22815 | Apple Assistance | Tu | 10/10 | 1p-2p | B. Carpenter | \$7 | |
| 22816 | Apple Assistance | Tu | 10/10 | 2p-3p | B. Carpenter | \$7 | |
| 22817 | Apple Assistance | Tu | 10/10 | 3p-4p | B. Carpenter | \$7 | |
| 22818 | Apple Assistance | Tu | 10/24 | 1p-2p | B. Carpenter | \$7 | |
| 22819 | Apple Assistance | Tu | 10/24 | 2p-3p | B. Carpenter | \$7 | |
| 22820 | Apple Assistance | Tu | 10/24 | 3p-4p | B. Carpenter | \$7 | |
| 22931 | Current Events Discussion | Th | Weekly | 10:30a-12p | J. Truher | Free | 10/26 |
| 22722 | Cyber Security | M | 10/30-11/13 | 10a-11:20a | C. Helvey | \$22 | |
| 21064 | iPhone Intermediate | Tu | 10/31-12/19 | 1p-3p | R. Schiros | \$38 | 11/21 |
| 22945 | Line Dance - Improver / Intermediate | Tu | 10/31-12/19 | 10:15a-11:45a | K. Chang | \$56 | 11/7, 11/14, 11/21 |
| 22915 | Open Line Dance | F | 10/20 | 10a-12p | K.Chang | \$6 | |

CLASSES


November

November and December class registration opens on Monday, October 23.

| Activity Number | Class | Day | Dates | Time | Instructor | Mem. Fee | No Class |
|-----------------------|--|-----|-------------|---------------|---|----------|--------------------------|
| 22821 | Apple Assistance | Tu | 11/14 | 1p-2p | B. Carpenter | \$7 | |
| 22822 | Apple Assistance | Tu | 11/14 | 2p-3p | B. Carpenter | \$7 | |
| 22823 | Apple Assistance | Tu | 11/14 | 3p-4p | B. Carpenter | \$7 | |
| 22824 | Apple Assistance | Tu | 11/28 | 1p-2p | B. Carpenter | \$7 | |
| 22825 | Apple Assistance | Tu | 11/28 | 2p-3p | B. Carpenter | \$7 | |
| 22826 | Apple Assistance | Tu | 11/28 | 3p-4p | B. Carpenter | \$7 | |
| 22928 | Beginning Beading | Tu | 11/7-11/28 | 10a-12p | D. Hall | \$55 | |
| 22927 | Ballroom Dance Class | W | 11/1-12/20 | 2p-4p | Min Lee | \$40 | |
| 22929 | Chair Exercise | Th | 11/2-12/21 | 9:30a-10:30a | H. Lin | \$37 | 11/23 |
| 22930 | CSC Wednesday Jam | W | 11/1-12/20 | 3p-4:30p | J. Cunningham | \$18 | |
| 22931 | Current Events Discussion | Th | Weekly | 10:30a-12p | J. Truher | Free | 11/23 |
| 23234 | ESL – Basic Conversation | M | 11/6-12/18 | 10:35-11:35a | M. Nickel | \$28 | |
| 22932 | ESL – Advanced Basic Conversation | M | 11/6-12/18 | 9:30a-10:30a | M. Nickel | \$25 | |
| 22933 | ESL - Intermediate Conversation | Th | 11/2-12/18 | 11:30a-1p | J. Andrushko | \$16 | 11/23 |
| 22934 | Feldenkrais Method | Tu | 11/7-12/19 | 10:30a-11:30a | M. Westlaken | \$56 | |
| 22935 | HarmoniKatz | Tu | 11/7-12/19 | 2:30p-4p | D. Ng | \$16 | |
| 22936 | Hula - Beginning | M | 11/6-12/18 | 12p-12:45p | P. A Gregory | \$8 | |
| 22937 | Hula - Performance Group | M | 11/6-12/18 | 1p-2p | J. Pereria-Anderson | \$11 | |
| 22938 | Introduction to International Ballroom Dance | Th | 11/2-12/21 | 2:15p-4:15p | K. Mao | \$21 | 11/23 |
| 21065 | iPhone Beginning | Th | 11/2-12/21 | 1p-3p | R. Schiros | \$38 | 11/23 |
| 20979 | iPad Workshop | Tu | 11/28 | 9:30a-11:30a | California Communications Access Foundation | Free | |
| 22749 | PC and Apple Assistance in Mandarin | Th | 11/9 | 10a-11a | L. Su | \$6 | |
| 22941 | Kumihimo | Tu | 11/7-11/28 | 12:30p-2:30p | D. Hall | \$55 | |
| 22942 | Lap Steel Guitar | Tu | 11/7-12/19 | 12p-1p | L. Fujimoto | \$11 | |
| 22946 | Line Dance - Intermediate+ | M | 11/27-12/18 | 10a-11:45a | K. Chang | \$63 | |
| 22947 | Line Dance - Intermediate/Advanced | W | 11/1-12/20 | 10:15a-12p | K. Chang | \$72 | 11/8, 11/15, 11/22 |
| 22950 | Painting and Drawing at all Levels | W | 11/1-12/20 | 8:45a-11:45a | J. Chin and L. Hwang | \$36 | |
| 22750 | PC and Apple Assistance in Mandarin | Th | 11/9 | 11a-12p | L. Su | \$6 | |
| 22751 | PC and Apple Assistance in Mandarin | Th | 11/16 | 10a-11a | L. Su | \$6 | |
| 22752 | PC and Apple Assistance in Mandarin | Th | 11/16 | 11a-12p | L. Su | \$6 | |
| 20648 | Rhythmaires | F | 11/3-12/22 | 9:30a-11:30a | K. Miller | \$15 | 11/10, 11/24, 12/1 |

CLASSES

November (continued)

| Activity Number | Class | Day | Dates | Time | Instructor | Mem. Fee | No Class |
|-----------------------|--|-----|------------|--------------|--------------|----------|-----------------|
| 22951 | Tai Chi | Th | 11/2-12/21 | 1p-2p | K. Chung | \$11 | 11/23 |
| 22953 | Ukulele - Beginning | Tu | 11/7-12/19 | 1p-2p | D. Ng | \$11 | |
| 22954 | Yoga Foundations | W | 11/1-11/15 | 8:30a-9:45a | R. Narayanan | \$35 | |
| 23249 |  Yoga Fusion 50+: Blending Wellness and Fun | F | 11/3-12/22 | 3:30-4:30p | J. Krishnan | \$9 | |
| 22955 | Yuan Chih Dance | F | 11/3-12/22 | 10a-11:30a | A. Fung | \$14 | 11/10, 11/24 |
| 22956 | Zumba - Level 1 (in-person) | Tu | 11/7-12/19 | 12:30p-1:30p | H. Lin | \$35 | |

December

| Activity Number | Class | Day | Dates | Time | Instructor | Mem. Fee | No Class |
|-----------------------|--|-----|--------|------------|-------------------|----------|----------|
| 22827 | Apple Assistance | Tu | 12/5 | 1p-2p | B. Carpenter | \$7 | |
| 22828 | Apple Assistance | Tu | 12/5 | 2p-3p | B. Carpenter | \$7 | |
| 22829 | Apple Assistance | Tu | 12/5 | 3p-4p | B. Carpenter | \$7 | |
| 22830 | Apple Assistance | Tu | 12/12 | 1p-2p | B. Carpenter | \$7 | |
| 22831 | Apple Assistance | Tu | 12/12 | 2p-3p | B. Carpenter | \$7 | |
| 22832 | Apple Assistance | Tu | 12/12 | 3p-4p | B. Carpenter | \$7 | |
| 22723 | Baking Workshop: Holiday Truffles and Biscotti | W | 12/6 | 10a-12p | C. Helvey | \$20 | |
| 22931 | Current Events Discussion | Th | Weekly | 10:30a-12p | J. Truher | Free | |
| 21035 | Kanopy Workshop | W | 12/13 | 10a-11a | Cupertino Library | Free | |
| 22721 | Photo Offloading Workshop | W | 12/6 | 10a-11a | C. Helvey | \$5 | |
| 22753 | PC and Apple Assistance in Mandarin | Th | 12/7 | 10a-11a | L. Su | \$6 | |
| 22754 | PC and Apple Assistance in Mandarin | Th | 12/7 | 11a-12p | L. Su | \$6 | |
| 22755 | PC and Apple Assistance in Mandarin | Th | 12/14 | 10a-11a | L. Su | \$6 | |
| 22756 | PC and Apple Assistance in Mandarin | Th | 12/14 | 11a-12p | L. Su | \$6 | |
| 22948 | Open Line Dance | F | 12/15 | 10a-12p | K. Chang | \$6 | |

CLASS HIGHLIGHTS

Advanced Beading

Explore bead design in an open, creative setting. Explore variety of beading techniques. Beginning Beading class or basic beading skills required.

Cupertino Senior Center

| Codes | Days | Times | Dates | Mtgs | M | NM |
|-----------------------|------|------------|---------|------|------|------|
| 22891 | Tu | 10/3-10/24 | 10a-12p | 4 | \$55 | \$65 |

Instructor: D. Hall

Cyber Security

Learn methods and best practices to keep yourself safe from cyber threats. This course will inform, guide, and teach preventative measures.

Cupertino Senior Center

| Codes | Days | Times | Dates | Mtgs | M | NM |
|-----------------------|------|-------------|------------|------|------|------|
| 22722 | M | 10/30-11/13 | 10a-11:20a | 3 | \$22 | \$32 |

Instructor: C. Helvey

ESL - Basic Conversation

Have fun practicing basic English conversation! We will be practicing English conversation to help you feel more comfortable and confident speaking English. The class will focus on daily living conversations including: weather, shopping, personal information, making chit chat, and talking to classmates, neighbors, and/or friends. There will be conversation ice breakers, role play, and games to add to the fun!

Cupertino Senior Center

| Codes | Days | Times | Dates | Mtgs | M | NM |
|-----------------------|------|------------|---------------|------|------|------|
| 23233 | M | 9/11-10/30 | 10:35a-11:34a | | \$28 | \$38 |
| 23234 | M | 11/6-12/18 | 9:30a-10:30a | | \$28 | \$38 |

Instructor: M. Nickel

ESL-Intermediate Conversation

Join this lively ESL Conversation class where you will gain confidence by speaking about topics of your interest. No class 10/26 and 11/23.

Cupertino Senior Center

| Codes | Days | Times | Dates | Mtgs | M | NM |
|-----------------------|------|------------|-----------|------|------|------|
| 22900 | Th | 9/7-11/2 | 11:30a-1p | 8 | \$18 | \$28 |
| 22933 | Th | 11/2-12/18 | 11:30a-1p | 9 | \$18 | \$28 |

Instructor: J. Andrushko

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. This class is available by both Zoom and in-person. Please contact krisg@cupertino.org if interested in attending via Zoom.

Cupertino Senior Center

| Codes | Days | Times | Dates | Mtgs | M | NM |
|-----------------------|------|------------|---------------|------|------|------|
| 22901 | Tu | 9/5-10/31 | 10:30a-11:30a | 9 | \$72 | \$82 |
| 22934 | Tu | 11/7-12/19 | 10:30a-11:30a | 8 | \$63 | \$73 |

Instructor: M. Westlaken

Introduction to International Ballroom Dance

Do you love moving to the beautiful music of Waltz, Tango, and Foxtrot, or to the rhythmic music of Rumba, Cha-Cha, and Samba? Join us to learn the basics of ten international style dances. Helps improving posture and musicality. Beginners are welcome. A dance partner is helpful but not required. Drop-ins welcome based on class availability. All drop-in participants must be members of the Cupertino Senior Center. No class 7/27.

Cupertino Senior Center

| Codes | Days | Times | Dates | Mtgs | M | NM |
|-----------------------|------|------------|-------------|------|------|------|
| 22905 | Th | 9/7-10/26 | 2p-4p | 7 | \$21 | \$31 |
| 22938 | Th | 11/2-12/21 | 2:15p-4:15p | 7 | \$21 | \$31 |

Instructor: K. Mao

Kumihimo

Kumihimo: the art of Japanese braiding. Create braids that may be turned into lovely jewelry such as necklaces and bracelets as well as many other items. A curriculum and supply list will be provided and discussed on the first day of class.

Cupertino Senior Center

| Codes | Days | Times | Dates | Mtgs | M | NM |
|-----------------------|------|------------|--------------|------|------|------|
| 22907 | Tu | 9/5-9/26 | 12:30p-2:30p | 4 | \$55 | \$65 |
| 22941 | Tu | 11/7-11/28 | 12:30p-2:30p | 4 | \$55 | \$65 |

Instructor: D. Hall

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 your 30-minute session and bring your devices that you require assistance with. You will receive one-on-one help with any device you bring.

Cupertino Senior Center

| Codes | Days | Times | Dates | Mtgs | M | NM |
|-----------------------|------|-------|----------|------|-----|-----|
| 23251 | W | 9/6 | 2p-2:30p | 1 | \$3 | \$8 |
| 23252 | W | 9/6 | 2:30p-3p | 1 | \$3 | \$8 |
| 23253 | W | 9/6 | 3p-3:30p | 1 | \$3 | \$8 |
| 23254 | W | 9/6 | 3:30p-4p | 1 | \$3 | \$8 |

Instructor: Senior Tech Pal