

THE 50⁺ SCENE

January/February 2023

Happy
Lunar New
Year

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CUPERTINO



Happy Lunar New Year! Sunday, January 22, 2023, marks the first new moon on the lunar calendar and the start of the Year of the Rabbit. The recent rabbit years are 2011, 1999, 1987, 1975, 1963, 1951, and 1939. If you were born in one of these years, then your Chinese zodiac sign is the Rabbit.

Legend has it the Rabbit was proud and arrogant about its speed.

The Rabbit is the fourth of all zodiac animals. Legend has it the Rabbit was proud and arrogant about its speed. He was neighbors with the Ox and always made fun of how slow the Ox was. One day, the Jade Emperor said the zodiac order would be decided by the order in which the animals arrived at his party. The Rabbit set off at daybreak, but when he neared the party, no other animals were in sight. Thinking that he would obviously be first, he went off to the side and napped. However, when he woke up, three other animals had already arrived, including the Ox.

Characteristics of the Rabbit are said to be kind-hearted, gentle, and self-disciplined. To others, a Rabbit's kindness may make them seem soft and weak. In truth, a Rabbit's quiet personality hides their confidence and strength. They are

steadily moving towards their goal, no matter what negativity gets in their way.

With their good reasoning skills and attention to detail, it is said that Rabbits make great scholars. Though conservative and careful in their actions, they may need surprises every so often to spice things up. Rabbits are said to be socializers with an attractive aura.

Like the Rabbit, the Cupertino Senior Center staff cannot wait to socialize with all of you this new year. This should be a year full of excitement, prosperity, and harmony.



CONNECTIONS

in-person

Senior Advisory Council

Thursday, January 19, 2 p.m. to 3:15 p.m.

Interested in contributing to expanding opportunities for seniors in our community? What programs and activities would you like to have? How can the contributions of seniors be more visible? Join leaders of social activities and volunteer groups working to create a friendly environment at our Center.

All members are welcome to attend and share their input. If you have any questions or are interested in attending, please send us an email at senior_center@cupertino.org or give us a call at (408) 777-3150. We look forward to seeing you there!

Jean Bedord

President, Cupertino Senior Advisory Council



Join Our Facebook Group

The Cupertino Senior Center has a Facebook group on the [Parks and Recreation Facebook](#) page offering daily updates on Senior Center activities. To join the group, you must be a Senior Center member. Join the group by clicking [here](#).

ANNOUNCEMENTS

**VOLUNTEERS
NEEDED!**

Attend a Volunteer Orientation and learn how you can support the Senior Center. RSVP to Amanda at amandah@cupertino.org with the orientation date you will be attending.

- Monday, January 9, 10 to 11 a.m.
- Monday, January 23, 1:30 to 2:30 p.m.
- Monday, February 13, 10 to 11 a.m.
- Monday, February 27, 1:30 to 2:30 p.m.

Waitlist for Lunches

All lunches will have a waitlist starting in 2023. If a lunch is full, please ask the front desk to add your name to the waitlist. When cancellations occur, we will fill from the waitlist in the order that names are taken. No money is required to be put on the wait list.

No refunds are made unless a lunch is cancelled by the Senior Center, or when cancellations are filled from the waitlist.

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SOCIALS

Register online by clicking the descriptions, call (408) 777-3150, or register in-person at the Cupertino Senior Center 8 a.m. to 5 p.m. Monday through Friday.



Lunch with Friends

Wednesday at 11:45 a.m.

- [January 25: Turkey Pot Pie](#)
- [February 22: Split Pea Soup with Ham](#)

Join us for lunch! Please state vegetarian preference when registering. Preregistration required. Members \$10, non-members \$15.



Valentine's Concert

Friday, February 3, 5 p.m.

All you need is love, whether between family or friends. Join in this Valentine's themed performance as Harker's Tri-M shares their love through their musical talents. Harker Tri-M is a musical performance group that spreads their joy for music with others in their community. Light refreshments will be served after the concert. Preregistration required. Open to all.

Golf

Monday, 10 a.m. to noon

Open Card Playing and Bridge

Monday and Thursday, noon to 4 p.m.

Ballroom Dance Social

Monday, 2:30 to 4:30 p.m.

Room capacity is limited to 30 people.

Ping Pong

Tuesday, 8:30 to 11:30 a.m.

Friday, 1 to 4:30 p.m.

50+ Tennis

Tuesday and Friday, 9 to 11 a.m.

Chess and Checkers

Tuesday, noon to 4 p.m.

Open Board Game Playing

Wednesday, noon to 4 p.m.

50+ Softball

Thursday, March 30 to December 8,
9 a.m. to noon

Needlecraft

Thursday, 10 a.m. to noon

Karaoke Lunar New Year Lunch

January 19 at 12 p.m.

\$15 for members

\$20 for non-members

Karaoke

Thursday, 1:15 to 5 p.m.

Mah Jongg

Friday, noon to 4 p.m.

Bingo

Friday, 1 to 3:30 p.m.

BIRTHDAY BASH LUNCHEON!

Doors open at noon

Lunar New Year Birthday Bash

Wednesday, January 18

Join in the celebrating the Year of the Rabbit with a delicious Chinese meal, lion dancers, and more! Members with January birthdays will be honored. Preregistration required. Please state vegetarian preference when registering. Last day to register is for this lunch is Thursday, January 12. Member fee is \$15, non-member is \$20.

February Birthday Bash

Wednesday, February 8

Travel on with us to this Italian-themed luncheon. Enjoy salad, oven-baked chicken parmesan over angel hair pasta, garlic bread, and dessert. Members with February birthdays will be honored. Preregistration required. Please state vegetarian preference when registering. Last day to register is for this lunch is Friday, January 27. Member fee is \$12, non-member is \$17.

Registration opens Monday, December 19. To register, call (408) 777-3150, visit us in-person, or [Click Here](#).



All lunches have a waitlist which the front desk may add you at no cost. No refunds are made unless a lunch is cancelled by the Senior Center, or when cancellations are filled from the waitlist.

VOLUNTEER CORNER

**VOLUNTEERS
NEEDED!**

Cupertino TV Production

Cupertino TV Productions (CTVP) is a volunteer group that creates award-winning TV shows aired on public access TV stations, YouTube, and Roku. The group meets twice a month to brainstorm ideas for new and ongoing projects covering a wide variety of topics of interest to the community. No experience is required to join, new members are always welcome!

Newsletter Collating

Looking to help and be involved at the Center? Come help fold newsletters anytime between 8:30 to 11:30 a.m. on Wednesday, February 22. Any amount of time helps to ensure mailed newsletters are sent out on time before the next open registration.

Senior Advisory Council

Interested in being a voice and advocate for your fellow 50+ on activities at the Senior Center and in the community? Come learn about the Senior Advisory Council and how you may step up to being a Senior Advisory Council member. Vacant positions include Vice President and Secretary.

Bingo Committee

Join the Bingo Committee and help run bingo on Friday afternoons. Committee members assist with calling, selling bingo cards, and more. Callers call six games and may join in on the fun for the other six. Flexibility in scheduling may be accommodated if you are unable to attend every Friday.

Interested in volunteering or helping out with the activities above? Contact Amanda at amandah@cupertino.org or call (408) 777-3374. You must be on-boarded as a volunteer before helping with volunteer programs.

CLASSES

Register online by clicking the descriptions, call (408) 777-3150, or register in-person at the Cupertino Senior Center 8 a.m. to 5 p.m. Monday through Friday.

Activity Number	Class	Day	Dates	Time	Instructor	Mem. Fee	No Class
20119	 A Discussion on Chinese Literature	F	1/13-3/3	11 a.m.-noon	L. Wang	\$12	
20101	Advanced Beading	Th	1/12-2/2	10 a.m-noon	D. Hall	\$55	
19617	Apple Assistance	Tu	1/10	1-2 p.m.	B. Carpenter	\$6	
19618	Apple Assistance	Tu	1/10	2-3 p.m.	B. Carpenter	\$6	
19619	Apple Assistance	Tu	1/10	3-4 p.m.	B. Carpenter	\$6	
20267	Apple Assistance	Tu	1/24	1-2 p.m.	B. Carpenter	\$6	
20269	Apple Assistance	Tu	1/24	2-3 p.m.	B. Carpenter	\$6	
20271	Apple Assistance	Tu	1/24	3-4 p.m.	B. Carpenter	\$6	
20272	Apple Assistance	Tu	2/7	1-2 p.m.	B. Carpenter	\$6	
20273	Apple Assistance	Tu	2/7	2-3 p.m.	B. Carpenter	\$6	
20274	Apple Assistance	Tu	2/7	3-4 p.m.	B. Carpenter	\$6	
20275	Apple Assistance	Tu	2/21	1-2 p.m.	B. Carpenter	\$6	
20276	Apple Assistance	Tu	2/21	2-3 p.m.	B. Carpenter	\$6	
20277	Apple Assistance	Tu	2/21	3-4 p.m.	B. Carpenter	\$6	
20259	iPad Intermediate	Tu	1/3-2/14	1-3 p.m.	R. Schiros	\$38	
18873	iPhone Intermediate	Tu	1/5-2/16	1-3 p.m.	R. Schiros	\$38	
20285	Baking Workshop: Biscotti and Truffles	W	2/15	10 a.m.-noon	C. Hevley	\$20	
20340	Ballroom Dance	W	1/11-2/22	2-4 p.m.	M. Lee	\$35	
20146	 Chair Exercise	Th	1/12-2/23	10-11 a.m.	D. Shah	\$11	
20097	Chinese Brush Painting	M	1/9-2-27	10 a.m-noon	M. Lee	\$45	1/16, 2/20
20145	Conversational Mandarin - Level 1	Th	1/12-3/2	9-10:30 a.m.	J. Li	\$32	
20098	CSC Wednesday Jam	W	1/4-2/22	3-4 p.m.	J. Cunningham	\$12	
20622	Current Events Discussion	Th		11 a.m.-12:30 p.m.	J. Truher	\$18	
20099	ESL - Intermediate Conversation	Th	1/12-2/23	11:30 a.m.- 1 p.m.	J. Andrushko	\$16	
20100	Feldenkrais Method	Tu	1/10-2/28	10:30-11:45 a.m.	M. Westlaken	\$50	
20102	Hula - Beginning	M	1/9-2/27	noon-12:45 p.m.	P. Gregory	\$7	1/16, 2/20
20103	Hula - Performance Group	M	1/9-2/27	1-2 p.m.	J. Anderson	\$9	1/16, 2/20
20104	Kumihimo	Th	1/12-2/2	1-3 p.m.	D. Hall	\$55	
20187	Line Dance - Beginner	Th	1/12-2/23	10:15-11:30 a.m.	L. Yeh	\$53	

January



Cupertino Senior Center Activity Calendar


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><i>Winter Break</i></p> <p>--</p> <p><i>Senior Center Closed</i></p>	<p>3</p> <p>8:30-11:30 Ping Pong 9-11 Tennis 10-12 Cupertino TV Productions 12-4 Chess and Checkers</p>	<p>4</p> <p>12-4 Open Board Game Playing</p>	<p>5</p> <p>10-12 Needlecraft 12-4 Open Card Playing and Bridge 1:15-4:30 Karaoke</p>	<p>6</p> <p>9-11 Tennis 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong</p>
<p>9</p> <p>10-11 Volunteer Orientation 10-12 Golf 12-4 Open Card Playing and Bridge 1-4 Health Insurance Counseling (HICAP) Appointments 1-4 Caregiver Network Counseling Appointments 2:30-4:30 Ballroom Dance Social</p>	<p>10</p> <p>8:30-11:30 Ping Pong 9-11 Tennis 12-4 Chess and Checkers</p>	<p>11</p> <p>12-4 Open Board Game Playing 7-8 Ask a Nutritionist in Mandarin (Online)</p>	<p>12</p> <p>10-12 Needlecraft 12-4 Open Card Playing and Bridge 1:15-4:30 Karaoke</p>	<p>13</p> <p>9-11 Tennis 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong</p>
<p>16</p> <p><i>MLK Day</i></p> <p>--</p> <p><i>Senior Center Closed</i></p> 	<p>17</p> <p>8:30-11:30 Ping Pong 9-11 Tennis 10-12 Cupertino TV Productions 12-4 Chess and Checkers</p>	<p>18</p> <p>12 Birthday Bash 12-4 Open Board Game Playing</p>	<p>19</p> <p>10-12 Needlecraft 12-1:15 Karaoke Lunar New Year Lunch 12-4 Open Card Playing and Bridge 1:15-4:30 Karaoke 2-3:15 Senior Advisory Council</p>	<p>20</p> <p>9-11 Tennis 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong</p>
<p>23</p> <p>10-12 Golf 12-4 Open Card Playing and Bridge 1-4 Health Insurance Counseling (HICAP) Appointments 1:30-2:30 Volunteer Orientation 2:30-4:30 Ballroom Dance Social</p>	<p>24</p> <p>8:30-11:30 Ping Pong 9-11 Tennis 12-4 Chess and Checkers</p>	<p>25</p> <p>10-11 Libby Workshop 11:45 Lunch with Friends: Turkey Pot Pie 12-4 Open Board Game Playing 1:30 Monthly Movie - Christopher Robin</p>	<p>26</p> <p>8-4:30 Great Valley Museum and Hilmar Cheese Company 10-12 Needlecraft 11-11:45 Be Ready, Be Prepared in Mandarin (Online) 12-4 Open Card Playing and Bridge 1:15-4:30 Karaoke 6-7:30 Virtual Caregiver Support Group (Online)</p>	<p>27</p> <p>9-11 Tennis 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong</p>
<p>30</p> <p>10-12 Golf 12-4 Open Card Playing and Bridge 2:30-4:30 Ballroom Dance Social</p>	<p>31</p> <p>8:30-11:30 Ping Pong 9-11 Tennis 10 ALZ Talks: Healthy Habits for Your Brain (Online) 12-4 Chess and Checkers</p>	<p>Lunch with Friends: Turkey Pot Pie</p> <p>January 25 at 11:45 a.m.</p> <p>Join us for lunch! Please state vegetarian preference when registering. Preregistration required.</p> <p>Members \$10, non-members \$15.</p>		 <p>CUPERTINO</p>

February

Cupertino Senior Center Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Newsletter Collating Wednesday, February 22 8:30 to 11:30 a.m.</p> <p>Looking to help and be involved at the Center? Help fold newsletters. Any amount of time helps to ensure mailed newsletters are sent out on time before the next open registration.</p>		<p>1 12-4 Open Board Game Playing</p>	<p>2 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1:15-4:30 Karaoke</p>	<p>3 9-11 Tennis 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong 5 Valentine's Concert</p>
<p>6 10-12 Golf 12-4 Open Card Playing and Bridge 1-4 Caregiver Network Counseling Appointments 2:30-4:30 Ballroom Dance Social</p>	<p>7 8:30-11:30 Ping Pong 9-11 Tennis 9:30-10:30 iPhone Workshop 10-12 Cupertino TV Productions 12-4 Chess and Checkers</p>	<p>8 12 Birthday Bash 12-4 Open Board Game Playing</p>	<p>9 8:30-3:15 Brunch at the Fountain Restaurant and Verdi's Falstaff 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1:15-4:30 Karaoke</p>	<p>10 9-11 Tennis 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong</p>
<p>13 10-11 Volunteer Orientation 10-12 Golf 12-4 Open Card Playing and Bridge 1-4 Health Insurance Counseling (HICAP) Appointments 2:30-4:30 Ballroom Dance Social</p>	<p>14 8:30-11:30 Ping Pong 9-11 Tennis 12-4 Chess and Checkers</p>	<p>15 12-4 Open Board Game Playing</p>	<p>16 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1:15-4:30 Karaoke</p>	<p>17 9-11 Tennis 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong</p>
	<p>21 8:30-11:30 Ping Pong 9-11 Tennis 10-12 Cupertino TV Productions 12-4 Chess and Checkers</p>	<p>22 8:30-11:30 Newsletter Collating 10-11 NovelList Workshop 11:45 Lunch with Friends: Split Pea Soup with Ham 12-4 Open Board Game Playing 1:30 Monthly Movie - West Side Story</p>	<p>23 8-5 Marine Mammal Center and Bay Model Exhibit 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1:15-4:30 Karaoke</p>	<p>24 9-11 Tennis 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong</p>
<p>27 March and April Registration Begins</p> <p>10-12 Golf 12-4 Open Card Playing and Bridge 1-4 Health Insurance Counseling (HICAP) Appointments 1:30-2:30 Volunteer Orientation 2:30-4:30 Ballroom Dance Social</p>	<p>28 8:30-11:30 Ping Pong 9-11 Tennis 9:30-11:30 Android Workshop 12-4 Chess and Checkers</p>	<p>City of Cupertino Senior Center 21251 Stevens Creek Boulevard, Cupertino, CA 95014 (408) 777-3150</p> <p>Monday to Friday: 8 a.m. to 5 p.m. Saturday: Closed</p> <p>Email: senior_center@cupertino.org Website: cupertino.org/senior</p>		

CLASSES

20105	Line Dance - Improver / Intermediate	Tu	1/10-2/28	10:15-11:45 a.m.	K. Chang	\$64	
20109	Line Dance - Intermediate+	M	1/9-2/27	10-11:45 a.m.	K. Chang	\$63	1/16, 2/20
20110	Line Dance - Intermediate/Advanced	W	1/4-2/22	10:15 a.m.-noon	K. Chang	\$72	
20112	Open Line Dance	F	2/10	10 a.m-noon	K. Chang	\$6	
20113	Painting and Drawing at all Levels	W	1/11-2/22	8:45-11:45 a.m.	J. Chin and L. Hwang	\$32	
17983	Rhythmaires	F	1/6-2/24	9:30-11:30 a.m.	K. Miller	\$24	
19545	Social Ballroom Dance Class	W	11/2-12/21	2-4 p.m.	AM. Lee	\$40	
20114	Ukulele - Advanced Beginning and HarmoniKatz	Tu	1/10-2/28	2:30-4 p.m.	D. Ng	\$18	
20115	Ukulele - Beginning	Tu	1/10-2/28	1-2 p.m.	D. Ng	\$12	
20116	Yoga Foundations	W	1/4-2/22	8:15-9:30 a.m.	R. Narayanan	\$69	2/1, 2/8
20117	Yuan Chih Dance	F	1/13-2/24	10-11:30 a.m.	A. Fung and H. Hwang	\$16	
20118	Zumba Gold (Virtual)	W	1/11-2/22	10-11 a.m.	G. DuVal	\$37	
20160	 Zumba Gold (In-Person)	F	1/13-2/24	9:05-10:05 a.m.	G. DuVal	\$32	1/20

iPad Intermediate

Be guided and informed on the latest updated features of Safari, camera, photo editing, markup, video editing, photo effects, albums, mail features, and more. You must bring a fully charged iPad with iOS 16 to each class. *Prerequisite: iPad Beginning.*

Code	Day	Dates	Time	Mem. Fee
20259	Tu	1/3-2/14	1-3 p.m.	\$38

Instructor: R. Schiros

iPhone Intermediate

Expand your iPhone skills while learning the latest functions of your iPhone from Instructor Roz Schiros with step-by-step instructions and handouts at each class. Increase your familiarity on how to edit photos and use photo effects, video editing, widget folders, mail features, personalize settings, and more! You must know Apple account ID and password and bring a fully charged iPhone to each class with iOS 16. *Prerequisite: iPhone Beginning.*

Code	Day	Dates	Time	Mem. Fee
18873	Th	1/5-2/16	1-3 p.m.	\$38

Instructor: R. Schiros

Let's Talk Technology

Join a discussion with fellow members who have similar curiosities and questions regarding today's technology. Join the discussion for any session. *Preregistration required.*

Code	Day	Dates	Time	Mem. Fee
20278	Th	1/12-2/16	10-11 a.m.	Free

Instructor: C. Hevley

Baking Workshop: Biscotti and Truffles

Learn about to make the sweet delights of biscotti and chocolate truffles with Curt. Samples along with treats to take home will be included. *Preregistration required.*

Code	Day	Dates	Time	Mem. Fee
20285	W	2/15	10 a.m.-noon	\$30

Instructor: C. Hevley

SHARE DISCOVERY THROUGH TRAVEL

Trip registration begins:

Member - Monday, December 19 | Non-member - Monday, December 26

Great Valley Museum and Hilmar Cheese Company

Thursday, January 26
8 a.m. to 4:30 p.m.

Start your day with a planetarium tour at the Great Valley Museum where their top-of-the-line projection instruments display unparalleled images of the night sky onto a 40-foot suspended dome ceiling. All that heavenly splendor is certain to work up your appetite, so on you will go to the Hilmar Cheese Company for docent-guided tour, as well as a delectable lunch including "Hilmar's Famous Cutie Pie". The real cherry-on-top to your day will be ice cream making and sampling your handiwork.

Member Cost: \$129

Activity Level: Low to Moderate; walking on docent tour and at your own pace

Trip Includes: Two docent-led tours, Lunch, Ice cream making, Transportation, Tips and Travel Staff

Brunch at the Fountain Restaurant and Verdi's Falstaff

Thursday, February 9
8:30 a.m. to 3:15 p.m.

Enjoy a delightful brunch menu featuring locally sourced California produce paired with American and French-inspired recipes. The refreshing taste of fresh pressed juices and aromas of rich brewed La Colombes coffee will fill your senses. Your next destination is the San Jose Opera featuring the final dress rehearsal of Falstaff. Adapted from Shakespeare's The Merry Wives of Windsor and scenes from Henry IV (Parts 1 and 2), this rollicking production offers a joyful look at one of the Bard's most popular characters — the boisterous knight Sir John Falstaff and his misadventures at the hands of four witty women.

Member Cost: \$125

Activity Level: Low; walking at your own pace

Trip Includes: Brunch, Admission, Transportation, Tips, and Travel Staff

Note: Opera San Jose requires all visitors to present proof of COVID-19 vaccination to enter.



Marine Mammal Center and Bay Model Exhibit

Thursday, February 23
8 a.m. to 5 p.m.

Come and join us for a day of adventure just over the Golden Gate Bridge. Visit the world's largest marine mammal hospital to see animal care experts providing life-saving care to patients so they can be released back to the wild. During this private tour behind-the-scenes of the Marine Mammal Center, you will hear inspiring stories about past and current marine mammal patients and about the innovative technology sustaining the state-of-the-art hospital. On your next private, docent-led tour, visit the Bay Model — the only one of its kind in the world. Sponsored by the U.S. Army Corps of Engineers, the Bay Model hosts a working hydraulic model of the San Francisco Bay and surrounding river deltas. On this fascinating day, enjoy time to explore downtown Sausalito at your leisure for a no-host lunch, shopping, and taking in the waterfront view.

Member Cost: \$108 *waitlist only*

Activity Level: Moderate; walking and standing on two tours

Trip includes: Two private, docent-led tours, Transportation, Tips, and Travel Staff

Note: The Marine Mammal Center and Bay Model require all visitors to present proof of COVID-19 vaccination and masks to enter.

Six the Musical

Wednesday, March 1
9:15 a.m. to 4:30 p.m.

From Tudor Queens to Pop Icons, the six wives of Henry VIII take the microphone to remix five hundred years of historical heartbreak into a euphoric celebration! This new original musical is the global sensation that everyone is losing their head over! *Six* has won 23 awards in the 2021/2022 Broadway season, including the Tony Award® for Best Original Score (Music and Lyrics). Enjoy a no-host lunch at one of the immense variety of restaurants available at Westfield San Francisco Centre in their famed Food Emporium or classic restaurants before the show. A few of your many options include Nordstrom Bazille, Fire of Brazil for Brazilian Gaucho steakhouse, Buckhorn Grill for tri-tip sandwiches and lunch platters, Koja Kitchen for Korean fusion, and more.

Member Cost: \$174

Activity Level: Low; walking at your own pace

Trip includes: Center Orchestra Seats, Transportation, Tips, and Travel Staff

Riverfront Captains and Historic Mansions of Napa

Tuesday, April 4
8 a.m. to 5:30 p.m.

Discover Napa's historic riverfront district and take in the scenic view of the Napa River from the vantage point of ten historic Captains mansions on a one-mile guided walking tour. Travel back in time with our seasoned tour guide and envision life on the waterfront then and now. Next, enjoy a scrumptious hosted lunch at the Hop Creek Pub, famous for its welcoming ambiance and delicious house specialties. To wrap-up the day, savor the renowned foodie destination Oxbow Public Market and explore their unique culinary products, local, artisan ingredients, and more.

Member cost: \$141

Activity Level: Moderate; walking on uneven ground

Trip includes: Docent-guided Tour, Lunch, Transportation, Tips, and Travel Staff

Bridge to Bridge cruise with Dandelion Chocolate

Tuesday, April 25
9 a.m. to 5:30 p.m.

Cruise under both the Golden Gate Bridge and the Bay Bridge in one spectacular cruise along San Francisco's entire urban skyline, accompanied by award-winning narration. Explore San Francisco's stunning landmarks like Alcatraz Island, Coit Tower, the Ferry Building, Transamerica Pyramid, Palace of Fine Arts, and many more while learning about the building of both bridges, the geology of San Francisco Bay and the earthquakes that shake San Francisco and require special seismic considerations in the designing of these stunning structures. Before your cruise, enjoy a no-host lunch at Fisherman's Wharf and a guided tour of Dandelion Chocolate and their process for creating delectable treats, including tastings of cacao and chocolate in the different stages of it's journey from tree to bar.

Member Cost: \$153

Activity Level: Low to Moderate; walking at your own pace and embarking and disembarking boat

Trip Includes: Guided Chocolate Tour, Bay Cruise, Transportation, Tips, and Travel Staff



Trip itinerary is subject to change.

LECTURES AND WORKSHOPS

● ONLINE Ask a Nutritionist *in Mandarin*: What is a Whole-Food, Plant-Based Diet?

請問營養師: 什麼是純天然·植物性飲食?

1月11日·星期三·晚上7點到8點

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·之後三十分鐘開放問答。主講: 秦韻 註冊營養師·糖尿病管理及教育專家 (Naomi Qin, MS, RDN, CDCES) 網上報名 bit.ly/3UHebdv.

● ONLINE Virtual Caregiver Support Group

Thursday, January 26, 6 to 7:30 p.m.

Caregiving can be tough. You do not have to do it alone. Join other friends and family caregivers to learn about available resources, share experiences, and enjoy a social outlet. Hosted by the Sourcewise Caregivers Network. Register online at bit.ly/3UZjtkm.

● ONLINE Be Ready, Be Prepared *in Mandarin*

Thursday, January 26, 11 to 11:45 a.m.

你準備好了嗎! 網上課程用普通話授課。

1月26日星期四·上午11點到11點45分

如果你的社區內有地震·山火或水災·你準備好了嗎? 你可能要等幾天才會有緊急救援隊來拯救你 學習如何在災難發生後的72小時內依靠自己5大基本準備步驟。網上報名 bit.ly/3V7dRV5.

● ONLINE ALZ Talks: Healthy Habits for Your Brain

Tuesday, January 31, 10 a.m.

Lifestyle choices can play a role in keeping your brain healthy. Learn how healthy habits can help lower risk of cognitive decline and possibly dementia, and hear from someone who is making positive changes. Presented by the Alzheimer's Association. Register online at bit.ly/3GwPufx.

iPhone and Android Workshop

Tuesday, 9:30 to 11:30 a.m.

- [February 7 – iPhone](#)
- [February 28 – Android](#)

Bring your fully charged device and learn tips and tricks for your Android or iPhone! Preregistration required. Members free, senior guests pay \$5 day pass.

[Libby Workshop](#)

Wednesday, January 25, 10 to 11 a.m.

Access thousands of eBooks and audiobooks on Libby for free using your Santa Clara County Library card. Enjoy reading across your electronic devices or listening through a book on the go. Learn how you can download these eBooks and audiobooks to continue reading or listening offline. Libby even allows you to connect what you are reading to your Kindle. Preregistration required Members free, non-members pay \$5.

[Novelist Workshop](#)

Wednesday, February 22, 10 to 11 a.m.

Looking for new books to read? Join in this virtual webinar to discover how you can find new fiction and non-fiction titles to enjoy, lists of award winners, read-a-likes, book club discussion guides, and much more with the Santa Clara County Library. Novelist analyzes titles, authors, series, and audiobooks to give the best recommendations on books that interest you. Preregistration required. Members free, non-members pay \$5.



Santa Clara County Fire Department

Are you ready for a home emergency? Attend one of the SCCFD's free

online classes on topics ranging from disaster preparedness and crime prevention to fire safety, medical emergencies, and beyond. To register and for more information, visit sccfd.eventbrite.com.

RESOURCES FOR SENIORS

Resource Referral Website

Please visit cupertino.org/seniorresources to view contact information for a variety of resource agencies. Resource categories include nutrition, transportation, counseling, elder abuse, and more.

Schedule Appointments

Caregiver Network Counseling

Monday, January 9, February 6
1 to 4 p.m.

The Caregivers Network provides friend or family caregivers free support for their unique situations. Support services include Information & Awareness, Caregiver Case Management, and a respite care grant for temporary relief or rest from caregiver responsibilities. A Care Manager will be available for one-hour in-person appointments to provide resources and information for caregivers to support their loved one. To schedule an appointment, call the front desk at (408) 777-3150.

Health Insurance Counseling (HICAP)

Monday, January 9 and 23, February 13 and 27
1 to 4 p.m.

Find out what your options are with Medicare and what will work best for you. The Health Insurance Counseling and Advocacy Program will help you fully understand your Medicare options to be better informed to make the right choices while navigating the Medicare maze. To schedule an appointment, call the front desk at (408) 777-3150.

Senior Adult Legal Aid (SALA)

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. To schedule an appointment, call (408) 295-5991.

SALA(長者法律諮詢) 為居住在聖他克拉拉縣 (Santa Clara County) 60 歲或以上的長者提供基本的法律援助。中文翻譯可預約。



Via Cupertino Shuttle

The Via Cupertino shuttle will pick you up and take you to your Cupertino destinations such as the grocery store, local eateries, the post office, and more. Via Cupertino can also take Cupertino residents to medical appointments at Kaiser Santa Clara and Sutter Health West Valley Center. Discounted fares for seniors are \$2 per trip. Rides can be booked by downloading the Via app or calling :

(669) 201-1892 | cupertino.org/shuttle

AARP 8 Hour Smart Driving Course

Monday, January 23 and 30 from 12:30 to 4:30 p.m.

A full 8-hour class, split into two 4-hour sessions. For more information and to register, call Ina Checkman at (408) 257-6940.



211

Receive free, non-emergency community, health, and disaster information in Santa Clara County. 211 is confidential and available in over 170 languages. 24 hours a day, 7 days a week.

Dial 2-1-1 | 211bayarea.org

West Valley Community Services (WVCS)

West Valley Community Services provides a continuum of basic needs, including an in-house and mobile food pantry, homeless support, affordable housing, emergency financial assistance, and more. West Valley Community Services serves homeless and low-income individuals and families.

(408) 255-8033 | wvcommunityservices.org



SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS

Sourcewise

Sourcewise offers resource information on a variety of topics including housing, nutrition, health insurance, transportation, and more. Sourcewise strives to educate, prepare, and support caregivers within Santa Clara County.

(408) 350-3200 | mysourcewise.com



Cupertino 50+ Scene
 Cupertino Senior Center
 21251 Stevens Creek Blvd
 Cupertino, CA 95014
 (408) 777-3150

MONTHLY MOVIES

Free for members

CLEAN WATER AND STORM PROTECTION

Christopher Robin



Wednesday, January 25
 1:30 p.m.
 2018, PG, 1h 44 m

West Side Story



Wednesday, February 22
 1:30 p.m.
 2021, PG-13, 2h 36m

The Clean Water and Storm Protection Fee is a special assessment on your property tax bill that funds work to keep pollution out of our creeks and help maintain our storm drainage system.

To assist low-income property owners, City Council approved the Cost-Share Program to lower the annual fee by 20%.

Visit cupertino.org/cleanwater or call (408) 777-3236 to apply or for more details about the Clean Water and Storm Protection Fee and application requirements.

In Memoriam

Your life was a blessing, your memory a treasure, you are loved beyond words and missed beyond measure.

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|-----------------|------------------|--------------|
| Joanne Andres | Margaret Grettum | Liching Lin |
| Robert Au | Carol Hackford | Edgar Lo |
| Paul Carmichael | John Houston | Joan Spitsen |
| Evelyn Carrier | Thomas Kitazawa | |
| Lynn Duniway | Judy Lawrence | |
| Donald Gaubatz | Gloria Leakins | |

