

THE 50⁺ SCENE

November/December 2022

**Members
and Staff
Share What
They are
Thankful
For
Page 2**



CUPERTINO



The cool mornings have returned, and the world is preparing for another autumn season. As the leaves begin to change and we look ahead to many beloved traditions, it's the perfect time to think about what we are all thankful for.

Members have myriad things they are thankful for. A few of our wonderful ukulele class volunteers were kind enough to share their

“I am thankful for family and friends, new and old, and the life stories they share”

thanks for the Senior Center and the support and warmth they find here. Delphine Ng is thankful for her family and the opportunities for the enjoyment she finds at the Senior Center. Gail Uyeda is thankful for all her fellow members in the ukulele class, who create so much joy. Finally, Sam Zuccaro loves being at the Center, making music with the people he loves in the ukulele class, and is thankful for the joy they all create.

Staff at the Senior Center are not any less varied in what they are thankful for! Kris Garcia, the Classes Coordinator, is thankful for his growing family, friends, coworkers, and the opportunity to serve the Cupertino community. Alex Greer, the Senior Center Supervisor, is thankful for supportive friends, a loving family, and the wonderful staff, volunteers, and members at the Center. Rafael Villalobos is thankful that the Center is open again, that we get to see our members five days per week, and for our three new Senior Center staff who are here to greet you. Kim Leung, our Senior Office Assistant, is thankful that she gets to work at the Senior Center with all the great members and staff, as well as her family and adorable Corgie dogs. Alex Corbalis, the Travel Coordinator, is thankful to plan exciting and interesting trips for members again, and seeing so many familiar faces here at the Center after time apart. Finally, Amanda Hui, the Volunteer Coordinator, says it best and in verse: “I am thankful for family and friends, new and old, and the life stories they share or have yet to be told. Thankful for good company and good vibes, thankful for all the volunteer help our members provide.”

Have a very happy Thanksgiving and holiday season, and we can't wait to see you at the Senior Center!

CONNECTIONS

in-person

Senior Advisory Council

Thursday, November 17, 2 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 where you can support the Senior Center. RSVP to Amanda at amandah@cupertino.org with which orientation date you will be attending.

- Monday, November 14, 10 to 11 a.m.
- Monday, November 21, 1:30 to 2:30 p.m.
- Monday, December 12, 10 to 11 a.m.

Newsletter Collating

Thursday, December 15, 8:30 to 11:30 a.m.

Looking to help and be involved at the Center? Come help fold newsletters anytime between 8:30 to 11:30 a.m. on Thursday, December 15, and get first glance at the latest newsletter release. Any amount of time helps to ensure mailed newsletters are sent out on time before the next open registration.

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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.

NEW!

Halloween Concert

Monday, October 24, 10:30 a.m.

Get into the spirit of all hallows eve with a Halloween themed performance from Harker's Tri-M. Harker Tri-M is a musical performance group that spreads their love of music with others in their community. Light refreshments will be served after the concert. Preregistration required. Open to all.

Basketball Evening Social: Warriors vs. Heat

Tuesday, November 1, 4:15 p.m.

Come watch the Golden State Warriors take on the Miami Heat with other sport fans and food. Dinner includes game time snacks, oven roasted chicken and vegetables over rice, and dessert. Pre-registration required. Last day to register for this event is Thursday, October 27. Members \$12, non-member is \$17.



50+ Sandlots vs. Staff Fall Softball Game

Friday, November 4, 10 a.m. to noon

Come watch and cheer on your 50+ Sandlot Geesers take on Parks and Recreation Staff for a fun game at the softball field in Memorial Park. Who will win? You will have to come watch and see!



Holiday Ham Lunch

Friday, December 2, noon

Delight in a holiday lunch with all the familiar fixings and enjoy an afternoon of fun of Bingo, Ping Pong, Book Review, or Mah Jongg! Lunch includes honey baked ham, mashed potatoes, green bean, salad, a roll, and pecan pie. Vegetarian option available when registering. Pre-registration is required. Last day to register is for this lunch is Friday, November 18. Members \$12, non-member is \$17.

Musical Motivations Concert

Wednesday, December 14, 4 p.m.

Enjoy an afternoon of musical delight from the Music Outreach Club of Mountain View High School. The Music Outreach Club provides a wide variety of musical performances throughout the community. Light holiday refreshments will be served after the concert. Preregistration required. Open to all.

SOCIALS

Golf

Monday, 10 a.m. to noon

Ballroom Dance Social

Second & Fourth Monday, 2:45 to 4:15 p.m.

Room capacity is limited to 30 people.

Open Card Playing and Bridge

Monday through Thursday, noon to 4 p.m.



Ping Pong

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

Friday, 1 to 4:30 p.m.

50+ Tennis

Tuesday, 9 to 11 a.m.

50+ Softball

Thursday, Until December 8, 9 a.m. to noon

Needlecraft

Thursday, 10 a.m. to noon

Karaoke

Thursday, 1:15 to 4:30 p.m.

Mah Jongg

Friday, noon to 4 p.m.

Bingo

Friday, 1 to 3:30 p.m.

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MONTHLY MOVIES



King Richard

November 30 at 1:30 p.m.

A look at how tennis superstars Venus and Serena Williams became who they are after coaching from their father Richard Williams.

2021 (PG-13), 2h 24m



It's A Wonderful Life

December 21 at 1:30 p.m.

After George Bailey (James Stewart) wishes he had never been born, an angel (Henry Travers) is sent to earth to make George's wish come true. George starts to realize how many lives he has changed and impacted, and how they would be different if he was never there.

1946 (PG), 2h 9m

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.

Class and Activity Number	Day	Dates	Time	Instructor	Mem. Fee	No Class
19528 - Advanced Beading	Th	11/10-12/8	10 a.m.-noon	D. Hall	\$55	11/24
19620 - Apple Assistance	Tu	11/22	1-2 p.m.	B. Carpenter	\$6	
19621 - Apple Assistance	Tu	11/22	2-3 p.m.	B. Carpenter	\$6	
19622 - Apple Assistance	Tu	11/22	3-4 p.m.	B. Carpenter	\$6	
19623 - Apple Assistance	Tu	12/6	1-2 p.m.	B. Carpenter	\$6	
19624 - Apple Assistance	Tu	12/6	2-3 p.m.	B. Carpenter	\$6	
19625 - Apple Assistance	Tu	12/6	3-4 p.m.	B. Carpenter	\$6	
19626 - Apple Assistance	Tu	12/13	1-2 p.m.	B. Carpenter	\$6	
19627 - Apple Assistance	Tu	12/13	2-3 p.m.	B. Carpenter	\$6	
19628 - Apple Assistance	Tu	12/13	3-4 p.m.	B. Carpenter	\$6	
19530 - Chinese Brush Painting	M	11/7-12/19	10 a.m.-noon	M. Lee	\$63	
19531 - CSC Wednesday Jam	W	11/9-12/21	3-4 p.m.	J. Cunningham	\$18	
19527 - ESL - Intermediate Conversation	Th	11/3-12/15	11:30 a.m.-1 p.m.	J. Andrushko	\$14	11/24
19532 - Feldenkrais Method	Tu	11/8-12/20	10:30-11:45 a.m.	M. Westlaken	\$44	
19533 - Hula - Beginning	M	11/7-12/19	noon-12:45 p.m.	P. Gregory	\$11	
19534 - Hula - Performance Group	M	11/7-12/19	1-2 p.m.	J. Pereria-Anderson	\$11	
19613 - iPad Beginning	Tu	11/8-12/20	1 to 3 p.m.	R. Schiros	\$38	
19614 - iPhone Beginning	Th	11/10-12/22	1 to 3 p.m.	R. Schiros	\$28	11/24
19529 - Kumihimo	Th	11/10-12/8	1-3 p.m.	D. Hall	\$55	11/24
19536 - Line Dance - Improver/Intermediate	Tu	11/8-12/13	10:15-11:30 a.m.	K. Chang	\$45	
19535 - Line Dance - Intermediate+	M	11/7-12/12	10-11:45 a.m.	K. Chang	\$54	
19537 - Line Dance - Intermediate/Advanced	W	11/9-12/7	10:15 a.m.-noon	K. Chang	\$45	
19611 - Open Line Dance	F	11/18	10 a.m.-noon	K. Chang	\$6	
19612 - Open Line Dance	F	12/9	10 a.m.-noon	K. Chang	\$6	
19538 - Painting and Drawing at all Levels	W	11/9-12/21	9:30-11:30 a.m.	J. Chin and B. Garcia	\$21	
19545 - Social Ballroom Dance Class	W	11/2-12/21	2-4 p.m.	M. Lee	\$40	
19539 - Ukulele - Advanced Beginning and HarmoniKatz	Tu	11/8-12/20	2:30-4 p.m.	D. Ng	\$16	
19540 - Ukulele - Beginning	Tu	11/8-12/20	1-2 p.m.	D. Ng	\$11	
19541 - Yoga Foundations	W	11/9-12/23	8:15-9:30 a.m.	R. Narayanan	\$58	11/23
19544 - Yuan Chih Dance	F	11/4-12/16	10-11:30 a.m.	A. Fung and H. Hwang	\$12	11/11 11/25
19542 - Zumba Gold	W	11/2-12/21	10-11 a.m.	G. DuVal	\$32	11/9

November



Cupertino Senior Center Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:30-11:30 Ping Pong 9-11 Tennis 10-12 Cupertino TV Productions 12-4 Open Card Playing and Bridge 4:15 Basketball Evening Social: Warriors vs. Heat	2 12-4 Open Card Playing and Bridge	3 9-12 Softball 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1:15-4:30 Karaoke	4 10 Sandlots vs. Staff Fall Softball Game 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong
	7 10-12 Golf 12-4 Open Card Playing and Bridge 1-4 Caregiver Network Counseling Appointments	8 8:30-11:30 Ping Pong 9-11 Tennis 10-12 Cupertino TV Productions 12-4 Open Card Playing and Bridge	9 12-4 Open Card Playing and Bridge	10 9-12 Softball 10-11 Fall Prevention and Wellness Resources 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1:15-4:30 Karaoke
14 10-11 Volunteer Orientation 10-12 Golf 12-4 Open Card Playing and Bridge 1-4 Health Insurance Counseling (HICAP) Appointments 2:45-4:15 Ballroom Dance Social	15 8:30-11:30 Ping Pong 9-11 Tennis 12-4 Open Card Playing and Bridge	16 12 Thanksgiving Birthday Bash 12-4 Open Card Playing and Bridge	17 9-12 Softball 10-5 Holiday Shopping Trip 10-12 Needlecraft 11-12 Intro to Medicare by HICAP Online 12-4 Open Card Playing and Bridge 1:15-4:30 Karaoke 2-3:15 Senior Advisory Council 6-6:45 Be Ready, Be Prepared (in Mandarin) Online	18 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong
21 10-12 Golf 12-4 Open Card Playing and Bridge 1:30-2:30 Volunteer Orientation	22 8:30-11:30 Ping Pong 9-11 Tennis 10-12 Cupertino TV Productions 12-4 Open Card Playing and Bridge	23 12-4 Open Card Playing and Bridge 2-3 Understanding Medicare and Medi-Cal by HICAP Appointments		
28 10-12 Golf 12-4 Open Card Playing and Bridge 1-4 Health Insurance Counseling (HICAP) Appointments 2:45-4:15 Ballroom Dance Social	29 8:30-11:30 Ping Pong 9-11 Tennis 12-4 Open Card Playing and Bridge	30 10-11 Freegal Workshop 12-4 Open Card Playing and Bridge 1:30 Monthly Movie: King Richard	 Volunteer Orientations Monday, November 14 10 to 11 a.m. Monday, November 21 1:30 to 2:30 p.m. Monday, December 12 10 to 11 a.m.	

December



Cupertino Senior Center Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>			<p>1 9-12 Softball 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1:15-4:30 Karaoke</p>	<p>2 12 Holiday Ham Lunch 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong</p>
<p>5 10-12 Golf 12-4 Open Card Playing and Bridge 1-4 Caregiver Network Counseling Appointments</p>	<p>6 7:45-4:45 Duarte Poinsettias & Holiday Tea 8:30-11:30 Ping Pong 9-11 Tennis 9:30-11:30 iPhone Workshop 12-4 Open Card Playing and Bridge</p>	<p>7 12-4 Open Card Playing and Bridge 9:30-11:30 Hands-Only CPR/AED Class Online</p>	<p>8 9-12 Softball 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1:15-4:30 Karaoke</p>	<p>9 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong</p>
<p>12 10-11 Volunteer Orientation 10-12 Golf 12-4 Open Card Playing and Bridge 1-4 Health Insurance Counseling (HICAP) Appointments 2:45-4:15 Ballroom Dance Social</p>	<p>13 8:30-11:30 Ping Pong 9-11 Tennis 10-12 Cupertino TV Productions 12-4 Open Card Playing and Bridge</p>	<p>14 10-11 Kanopy Workshop 12 Holiday Birthday Bash 12-4 Open Card Playing and Bridge 4 Musical Motivations Concert</p>	<p>15 8:30-11:30 Newsletter Collating 10-12 Needlecraft 11-12 Intro to Medicare by HICAP Online 12-4 Open Card Playing and Bridge 1:15-4:30 Karaoke</p>	<p>16 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong 2-3 Understanding Medicare and Medi-Cal by HICAP Online</p>
<p>19 January and February Registration Begins 10-12 Golf 12-4 Open Card Playing and Bridge</p>	<p>20 8:30-11:30 Ping Pong 9-11 Tennis 9:30-11:30 Android Workshop 12-4 Open Card Playing and Bridge</p>	<p>21 12-4 Open Card Playing and Bridge 1:30 Monthly Movie: It's A Wonderful Life</p>	<p>22 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1:15-4:30 Karaoke</p>	<p>23 <i>Happy Holidays</i> -- <i>Senior Center Closed</i></p>

Happy Holidays from the Cupertino Senior Center Staff

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The Senior Center will be closed from Friday, December 23, 2022 through Monday, January 2, 2023. The Senior Center will reopen on Tuesday, January 3, 2023.

CLASSES

iPad Beginning

Learn all the latest functions of iOS 16 with clear step-by-step instructions and handouts at each class. Some functions covered are basic care, Spotlight Search, customizing your Control Center, Siri, App Store, and more. Students must bring a fully charged iPad with iOS 16 to each class.

Code	Day	Dates	Time	Mem. Fee
19613	Tu	11/8-12/20	1-3 p.m.	\$38

Instructor: R. Schiros

iPhone Beginning

Learn all 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 manipulate apps and widgets, customize your Control Center, tailor your notifications, AirDrop, text editing, and more! Members must bring a fully charged iPhone to each class. iPhone must have iOS 16. You must know Apple account ID and password. No class 11/24.

Code	Day	Dates	Time	Mem. Fee
19614	Th	11/10-12/22	1-3 p.m.	\$28

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. No discussion on 11/24.

Code	Day	Dates	Time	Mem. Fee
19631	Th	11/13-12/15	10-11 a.m.	Free

Instructor: C. Helvey

Yuan Chih Dance

Learn the gentle, graceful dance of Yuan Chih while accompanied by music. You will learn the movements while gaining flexibility, endurance, and boosting your energy. Class is conducted in both English and Chinese. No class 11/11 and 11/25.

Code	Day	Dates	Time	Mem. Fee
19544	F	11/4-12/16	10-11:30 a.m.	\$12

Instructor: A. Fung and H. Hwang

ESL Intermediate Conversation

Develop your conversational English skills in this lively ESL conversation class. Gain confidence in your English by chatting with fellow students about topics of your choosing. No class 11/24.

Code	Day	Dates	Time	Mem. Fee
19527	Th	11/3-12/15	12:30-2 p.m.	\$14

Instructor: J. Andrushko

Advanced Beading

Learn the fundamentals of beading in a example-then-practice round table setting. This class will go over different types of beading wires, threads, and cords, as well as the assorted types of beads. During the class you will create earrings, necklaces, and bracelets. A supply list will be provided and discussed on the first day of class. No class 11/24.

Code	Day	Dates	Time	Mem. Fee
19528	Th	11/10-12/8	10 a.m.-noon	\$55

Instructor: D. Hall

Kumihimo

Learn the fundamentals of Kumihimo, a Japanese form of braid-making that translates to "gathered threads." The class will cover the interlacing of cords and threads. At an advanced level, beads will be introduced. Using Kumihimo techniques, you will create custom jewelry. No class 11/24.

Code	Day	Dates	Time	Mem. Fee
19529	Th	11/10-12/8	1-3 p.m.	\$55

Instructor: D. Hall

Social Ballroom Dance Class

Learn how to waltz, foxtrot, tango, cha-cha, rumba, samba, jitterbug, east and west coast swing, and more in this class. No partner or experience needed. Drop-ins are welcome and must pay and sign waiver at the front desk prior to each class.

Code	Day	Dates	Time	Mem. Fee
19545	W	11/2-12/21	2-4 p.m.	\$40

Instructor: M. Lee

SHARE DISCOVERY THROUGH TRAVEL

Trip registration begins:

Member - Monday, October 17 | Non-member - Monday, October 24

Holiday Shopping: San Francisco Premium Outlets in Livermore

Thursday, November 17
9:30 a.m. to 4 p.m.

Shop over 180 iconic brands and designer names at Northern California's largest outlet shopping center, including Kate Spade New York, Ann Taylor, Calvin Klein, Chico's, Ghirardelli Chocolate, Nine West, Neiman Marcus Last Call, Saks Off 5th, Michael Kors, Tory Burch, Versace and more. Enjoy an assortment of lunch options such as Villa Fresh Italian Kitchen, Johnny Rockets, Chipotle Mexican Grill, and others while shopping or choose to bring your own lunch.

Activity Level: Low to Moderate; walking and shopping at your own pace

Member Cost: \$59

Includes: Transportation, Tips, and Travel Staff

Itinerary subject to change.

Duarte Poinsettias & Holiday Tea

Tuesday, December 6
7:45 a.m. to 4:45 p.m.

Join us for a private tour of Duarte Poinsettias greenhouse, explore their vibrant nursery, shop for festive plants, and more. Continue the holiday delights with a visit to the McHenry Mansion, which is proud to offer its holiday tea once again. We will enjoy a scrumptious tea with assortment of sandwiches and sweets before a self-guided tour of this historic home, beautifully decorated for the holidays. Our last stop will be the Bella Viva Orchards store for their delectable, organic fruits and nuts. Browse the shop at your leisure and pick up a few more holiday gifts before setting out for home.

Activity Level: Low to Moderate; walking on uneven ground

Member Cost: \$136

Includes: Docent-led Poinsettia Tour, Holiday Tea, Self-guided Mansion Tour, Transportation, Tips, and Travel Staff

Itinerary subject to change.

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

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.

Itinerary subject to change.



Brunch at the Fountain Restaurant and Verdi's Falstaff

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

Greet your day with a morning at the famous Fountain Restaurant. 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 as you enjoy your dining experience. 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.

Itinerary subject to change.

Great Valley Museum and Hilmar Cheese Company

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

Treat yourself to a couple of gems of California's Great Valley! 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 before shopping for cheese in the Hilmar visitor center.

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

Itinerary subject to change.

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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 Thursday, December 15. 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.

LECTURES AND WORKSHOPS

iPhone and Android Workshop

9:30 to 11:30 a.m.

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.

Tuesday, December 6 – iPhone

Tuesday, December 20 – Android

Fall Prevention and Wellness Resources

Thursday, November 10, 10 to 11 a.m.

Learn how to identify fall risks and simple and effective home modifications to prevent falls. Learn six steps to prevent falls and what to do right after a fall happens. Get connected with community resources to maintain safety and wellness. Presented by the Santa Clara County Fire Department and Stanford Health Care. Members free, non-members pay \$5.

● ONLINE Be Ready, Be Prepared (in Mandarin)

Thursday, November 17, 6 to 6:45 p.m.

你準備好了嗎! 網上課程用普通話授課。

11月17日星期四·下午6點到6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 <https://bit.ly/3xv9zxy>

● ONLINE Intro to Medicare by HICAP

Thursday, November 17, 11 a.m. to noon

Thursday, December 15, 11 a.m. to noon

Join Health Insurance Counseling & Advocacy Program (HICAP) by Sourcewise for an Intro to Medicare presentation online via Zoom. This is a comprehensive introduction for Santa Clara County residents entering the world of Medicare. What is Medicare? When should I enroll? Learn more about Medicare Part A, Part B, Medigap/Supplemental Insurance, Part D and Part C/Medicare Advantage plans, traditional Medicare or Part C/Medicare Advantage, and learn which option may be best for you. Open to all.

Visit mysourcewise.com/calendar to register.

● ONLINE Understanding Medicare and Medi-Cal by HICAP

Wednesday, November 23, 2 to 3 p.m.

Friday, December 16, 2 to 3 p.m.

Join Health Insurance Counseling & Advocacy Program (HICAP) by Sourcewise for an Understanding Medicare and Medi-Cal presentation online via Zoom. This is an overview of how Medicare coordinates with Medi-Cal. HICAP will explain Medi-Cal eligibility for Medicare beneficiaries residing in Santa Clara County. HICAP will also explain how Medi-Cal can help with Medicare costs. Finally, HICAP will also explain Medi-Cal changes going into effect January 1, 2023. Open to all.

Visit mysourcewise.com/calendar to register.

Freegal Workshop

Wednesday, November 30, 10 to 11 a.m.

Freegal gives you access to downloadable music and catalog of artists in Sony Music Entertainment, including artists from the Independent Online Distribution Alliance. Find out how you may access this service free using your Santa Clara County Library card and how to download five songs or two videos per week. Preregistration required. Members free, non-members pay \$5.

● ONLINE Hands-Only CPR/AED Class

Wednesday, December 7, 6 to 7:30 p.m.

Most often, citizens will need to perform CPR on a family member, friend, or co-worker. Learn how to perform proper compressions and how to use an AED in the precious moments before first responders arrive. Open to all. To register, visit bit.ly/3DvFYaY.

Kanopy Workshop

Wednesday, December 14, 10 to 11 a.m.

Enjoy watching movies and have a Santa Clara County Library card? Learn about how you may stream movies on your tv, smartphone, tablet, desktop, or laptop for free. Kanopy's collection includes critically acclaimed movies, documentaries, foreign films, classic cinema, independent films, educational videos, and more. Preregistration required. Members free, non-members pay \$5.

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

NEW! Caregiver Network Counseling

Monday, November 7, and December 5
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, November 14 and 28, December 12
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, Kaiser Santa Clara, Sutter Health West Valley Center, and more. 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, December 5 and 12 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

Birthday Bash Luncheon!

Doors open at noon • Members \$15, Non-member \$20

Luncheon registrations are non-refundable and non-transferable after registering.

November Birthday Bash

Wednesday, November 16

Enjoy a Thanksgiving feast with roasted turkey, mashed potatoes, gravy, dressing, savory green beans, and pumpkin pie. The Rhythmaires Band will help us celebrate the holiday with delightful music. Members with November birthdays will be honored. Preregistration required. Vegetarian option available when registering. Last day to register for this lunch is Friday, November 4.

December Birthday Bash

Wednesday, December 14

Put on your best holiday attire or holiday sweater and jump into the season with a delicious holiday meal. This home-style holiday meal includes tri-tip, scalloped potatoes, holiday salad with pecans and cherries, sweet ginger carrots, and New York cheesecake. Members with December birthdays will be honored. Preregistration required. Vegetarian option available when registering. Last day to register for this lunch is Friday, December 2.



Registration opens Monday, October 17. To register, call (408) 777-3150, visit us in-person, or [Click Here](#).