

THE 50⁺ SCENE

Fall 2023

Class Registration Dates

July and August
Open

September and October
Monday, August 28

November and December
Monday, October 23



CUPERTINO

MEMBERSHIP INFO

Membership includes access to Adult 50+ programs, services, classes, and socials.

\$25 for Cupertino Residents
\$30 for Non Cupertino Residents

It's easy to become an Adult 50+ member:

- Be at least 50 years or better
- Register for membership (available at the Senior Center or online)

VISITOR PASS

Thinking about becoming a member? Adults 50+ are welcome to spend the day as a guest with a \$5 Visitor Pass. Guest may sign up for any social or select lecture for the day, if space is available, and will receive a temporary parking permit for that day.

GIFT CARDS

Looking for a gift that encourages having fun and staying active for a friend or family member ages 50 and better? The Cupertino Senior Center offers gift cards redeemable towards membership, classes, and more. Gift cards make great gifts and are available for purchase at the Cupertino Senior Center Front desk.

STAY ACTIVE PROGRAM

The Stay Active Fund helps adults 50 years and older to remain active and engaged by participating in activities at the Cupertino Senior Center. This fund provides financial assistance through scholarships to offset the cost for Senior Center membership and registrations for classes and events. The Stay Active Fund is available from January 1 until the funds are depleted. Please contact the Senior Center front desk for more details.

ANNOUNCEMENTS



Hidden Treasures Wanted

Collecting August 1 to October 13

Please donate your gently used or like new jewelry, craft items, knick-knacks, and more to our Hidden Treasures fundraising event scheduled for Thursday, October 26. We are unable to accept electronics or shoes. The proceeds benefit the Senior Center's Stay Active Fund to provide assistance and offset the cost of senior center membership and classes. Thank you for your continued support.

For a complete list of acceptable items, visit cupertino.org/hiddentreasures.

CUPERTINO SENIOR CENTER



Monday to Friday
8 a.m. to 5 p.m.



21251 Stevens Creek Boulevard
Cupertino, CA 95014

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.

MONDAY

Rummikub

Monday, noon to 4 p.m.

Some board games available for play. Members are welcome to bring their own board games to play with other members.

Ballroom Dance Social

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

Drop in for fun and dancing. Room capacity is limited to 30 people.

TUESDAY

Ping Pong

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

Two ping pong tables are available for play in a non-competitive environment for all levels. First come, first served. Limited to 25 players for safety.

50+ Tennis

Tuesday, 9 a.m.

Memorial Park Tennis Courts 5 and 6

Drop in to play and exercise while being social and meeting other Cupertino Senior Center members.

Chess and Checkers

Tuesday, noon to 4 p.m.

A few boards are available for play with other members. Personal boards are welcome to be brought.

(408) 777-3150

WEDNESDAY



50+ Bocce Ball

Wednesday, Now to October 25, 9 a.m.
Blackberry Farm

Enjoy the outdoors at Blackberry Farm alongside the Stevens Creek Trail while teaming up with fellow members playing bocce ball. First time players welcome, instructions are available.

Open Board Game Playing

Wednesday, noon to 4 p.m.

Some board games available for play. Members are welcome to bring their own board games to play with other members.

SOCIALS

THURSDAY

**50+ Softball**

Thursday, Now to December 7, 9 a.m.

Memorial Park is home of the Cupertino Sandlot softball group who warm-up and take batting practice beginning at 9 a.m. A pick-up game starts promptly at 10 a.m. each week. Fee is \$55 for the season. Senior Center membership is required.

Let's Talk Technology

Thursday, 10 to 11 a.m.

Discuss with fellow members on similar questions and topics on today's technology.

Current Events Discussion

Thursday, 10:30 a.m. to noon

Join in stimulating conversation of various topics and current events.

Open Card Playing and Bridge

Thursday, noon to 4 p.m.

Form your own groups or meet other members to play.

Karaoke Weekly Social

Thursday, 1 to 4:30 p.m.

Join this group every Thursday for fun, singing, and dancing.

FRIDAY

Mah Jongg

Friday, noon to 4 p.m.

Different styles are available or bring your own.

50+ Tennis

Friday, 9 a.m.

Memorial Park Tennis Courts 5 and 6

Drop in to play and exercise while being social and meeting other Cupertino Senior Center members.

**Bingo**

Friday, 1 to 3:30 p.m.

Come to join us for an afternoon of bingo. Bingo cards cost \$5 to \$8.

Ping Pong

Friday, 1 to 4:30 p.m.

Two ping pong tables are available for play in a non-competitive environment for all levels. First come, first served. Limited to 25 players for safety.

EVENTS

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.

50+ Golf Tournament

Monday, September 25, 10 a.m.

Tee off a great day with a morning of golf followed by a no-host awards lunch. Registration includes cost of green fees and prizes. Members \$20, non-members \$30. Registration opens July 3.

Lunch with Friends

Wednesday, September 27, 11:45 a.m.

**September Lunch is Meatloaf
and Mashed Potatoes**



Take a break from preparing a meal. Join Lunch with Friends and enjoy good food with good company. Member fee is \$10, non-member is \$15.

Mid-Autumn Festival Celebration

Wednesday, October 4, 1:30 p.m.

Celebrate Mid-Autumn Festival with live dance performances and singing. Performances include Chinese folk dance, sword dance, and more. Preregistration required. Members free, non-members \$5.

50+ Sandlot Geezers vs. Staff Fall Softball Game

Thursday, October 5, 10 a.m.

Come watch and cheer on your 50+ Sandlot Geezers as they take on Parks and Recreation Staff at the softball field in Memorial Park. Game will begin at 10 a.m. Attendees may watch from the softball field area behind the dugout. Open to all.

Hidden Treasures

Thursday, October 26, 9 a.m. to 2 p.m.

Search through hundreds of items and find antiques, artwork, handknits, toys, glassware, houseware, jewelry, and much more.

If you are interested in donating to the event, donations are accepted at the Senior Center during regular business hours now through October 13.

Harmonikatz Fall Concert

Wednesday, November 8, 1:30 to 3:30 p.m.

Delight in an afternoon of music and community as we welcome the fall season with the Harmonikatz performance group.

Holiday Ham Lunch

Friday, December 1, noon

Wear your favorite holiday sweater and enjoy a holiday meal which includes honey baked ham, mashed potatoes, green beans, and dessert. Preregistration required. Please state vegetarian preference when registering. Last day to register is Friday, November 17. Member fee is \$13, non-member is \$18.

Holiday in Hawaii

Wednesday, December 6, 1 p.m.

Sway with our Aloha Nani Hula dancers as we celebrate the holidays with Hawaiian songs and dances. Free for members, non-members \$5.

Holiday Sing-A-Long

Tuesday, December 19, 1:30 p.m.

Celebrate the spirit of the season by singing holiday songs lead by our Harmonikatz performance group. Free for members, non-members \$5.

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	Rhythmaires	F	9/1-10/20	9:30a-11:30a	K. Miller	\$24	
23251	 Tech Troubleshooting	W	9/6	2p-2:30p	Senior Tech Pal	\$3	
23252	 Tech Troubleshooting	W	9/6	2:30p-3p	Senior Tech Pal	\$3	
23253	 Tech Troubleshooting	W	9/6	3p-3:30p	Senior Tech Pal	\$3	
23254	 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	 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.

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
22891	Tu	10/3-10/24	10a-12p	4	\$55	\$65

Instructor: D. Hall

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

SHARE DISCOVERY THROUGH TRAVEL

Trip registration begins:

Member - Monday, June 26 | Non-member - Monday, July 3

Please arrive 30 minutes prior to the departure time.



Off to the Races! Day at Golden Gate Fields

Saturday, September 30

9:45 a.m. to 6:45 p.m.

Golden Gate Fields is the place to enjoy a full day of thrilling, heart pounding thoroughbred horse racing. Join us for an exciting day to test your luck, cheer on your favorites, and celebrate the end of an iconic era of horse racing in the Bay Area. On route to the races, you will learn the "lingo" of horse racing, and how to place a bet. You may wander down to the grandstand to get an up-close view of the ponies and feel the thunder of their hooves as the horses race for the finish line! Enjoy a no-host at the Turf Club, with expansive views of the San Francisco Bay and Berkeley hills. All guests are requested to dress in a smart, casual style. This suggests dresses or tailored pants for women, and collared shirts and dress slacks for men. Stylish tennis shoes are acceptable. Feel free to don your finest derby hat.

Member Cost: \$102

Activity Level: Moderate; Includes Some Stairs

Trip includes: Admission, Daily Racing Program, Special Racing Packet, Transportation, Taxes, Gratuity and Travel Staff

(408) 777-3150

Delightful Day in Petaluma

Thursday, October 19

8 a.m. to 5:30 p.m.

Discover Petaluma's fascinating history and architecture on a lovely docent-led walking tour of this delightful river front town. Explore the town at your leisure and enjoy a no-host lunch in one of the many delicious cafes in this foodie town. The adventure continues at Lagunitas Brewing Co. with a tour and tasting at their flagship brewery. Cheers!

Member Cost: \$124

Activity Level: Moderate; Standing and walking at your own pace

Trip Includes: Docent led tour, Brewery tour and tasting, Transportation, Tips, and Travel Staff

Pacific Grove: Butterflies at the Beach

November 9, 8:45 a.m. to 4:45 p.m.

Fall is the most special time of the year in the beautiful, coastal town of Pacific Grove, nicknamed "Butterfly Town, U.S.A" for the vibrant monarch butterflies that visit every year from late October to early March. Enjoy the unspoiled, natural beauty of the Asilomar State Beach and Conference Center; and venture through the historic collection of Arts and Crafts style buildings designed by Julia Morgan, the architect of Hearst Castle. Browse the local stores and cafes of this vintage downtown for your no-host lunch. Experience the migrating monarch butterflies with a docent-led visit to the Natural History Museum and Monarch Sanctuary.

Member Cost: \$80

Activity Level: Moderate; Standing and walking at your own pace

Trip includes: Museum Admission, Docent Tour, Transportation, Tips, and Travel Staff

The Great Dickens Christmas Fair and Victorian Holiday Party!

Saturday, December 2, 2023, 9 a.m. to 5 p.m.

Experience holiday magic as we travel to Olde London for a splendid celebration filled with revelry, carolers, music, dancing, seven stages of performances, tantalizing food, and inviting shops filled with unique handmade Christmas gifts. Indulge in scrumptious treats for your no-host meal, including delicious pastries and meat pies, bangers and mash, roast beef and Yorkshire pudding, mesmerizing roast chestnuts and cinnamon almonds, fine cakes, and teatime treats.

Member Cost: \$105 – includes Dickens Fair admission, transportation, tips, and travel staff

Activity Level: Low/ Moderate; Walking at your own pace.



The Lion King

December 6, 10 a.m. to 6 p.m.

Experience the majesty of The Lion King, Broadway's awe-inspiring extravaganza. Immerse yourself in the grand production, unforgettable music, stunning visual artistry, and the uniquely theatrical storytelling of this beloved Tony Award winning musical when it returns to the Orpheum Theater in San Francisco this winter. There is simply nothing quite like it! Before the show, enjoy a delicious, included lunch at Max's Opera Café in San Francisco.

Member Cost: \$161

Activity Level: Low; Walking at your own pace

Trip includes: Lunch, Orchestra seats, Transportation, Tips, and Travel Staff

Trip itinerary is subject to change.

LECTURES AND WORKSHOPS

September and October registration opens on Monday, August 28.
November and December registration opens on Monday, October 23.

Photo Offloading Workshop

[Wednesday, August 2, 10 to 11 a.m.](#)
[Wednesday, October 18, 10 to 11 a.m.](#)
[Wednesday, December 6, 10 to 11 a.m.](#)

Come learn how to take your photos off your phone and onto your computer, laptop, or cloud drive. Workshop is \$5.

Android Workshop

[Tuesday, August 22, 9:30 to 11 a.m.](#)
[Tuesday, October 24, 9:30 to 11 a.m.](#)
[Tuesday, December 19, 9:30 to 11 a.m.](#)

Have questions about your android phone? Bring a fully charged Android phone to learn a general overview of the ins-and-outs of your phone.

Crime Prevention and Home Safety

[Thursday, September 7, 10 to 11:30](#)

Protect against fraud and identity theft. Discuss personal safety and home security protection methods. Identify suspicious activity and know when to report it. Understand fire risks and practice safety habits to prevent fires. Develop a home escape plan. Workshop is offered by Santa Clara County Fire Department.

iPhone Workshop

[Tuesday, September 26, 9:30 to 11 a.m.](#)
[Tuesday, November 28, 9:30 to 11 a.m.](#)

Questions on how to use your iPhone? Bring your fully charged iPhone to learn the basics, and tips and tricks in this workshop.

Build a Healthy Plate

[Wednesday, September 27, 11 a.m.](#)

What does a healthy plate look like? Learn how to use MyPlate to build healthy meals. This class covers how to make healthy choices within each of the food groups. Participants will also learn about food assistance programs that can help families obtain additional food. Workshop is offered by Santa Clara Public Health.

Medici.TV Workshop

[Wednesday, September 27, 10 to 11 a.m.](#)

Stream over 100 live broadcasts a year plus thousands of recordings featuring international concerts, operas, ballets, documentaries, master classes, educational films, and artist profiles. Includes performance synopses, cast information, composer details, and more. New videos are continually added to the website

Effective Communication Strategies

[Wednesday, October 18, 11 a.m.](#)

Communication is more than just talking and listening — it's also about sending and receiving messages through attitude, tone of voice, and body language. As the disease progresses, individuals living with Alzheimer's or other dementias lose the ability to use words, but families can find new ways to connect. Join us to explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease. Workshop is offered by Alzheimer's Association.

What's on a Label

[Wednesday, October 25, 11 a.m.](#)

Do you ever wonder what all that information on the nutrition facts label means and how you can use it to make healthy choices? Learn how to read and understand the nutrition facts label. This class also includes practice reading nutrition labels. Offered by Santa Clara Public Health.



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

Flipster Workshop

[Wednesday, October 25, 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, smart phone, tablet, desktop, or laptop for free. Kanopy's collection includes critically acclaimed movies, documentaries, foreign films, classic cinema, independent films, educational videos and more. Have access to one of the largest film collections for instant entertainment at your fingertips.

Age Well, Drive Smart

[Wednesday, November 1, 9 a.m.](#)

The CHP presents topics such as myths about older drivers, compensating for age-related changes, safe driving, and more. Receive a certificate upon completion which some insurance companies have accepted for discounts. Workshop is offered by California Highway Patrol (CHP).



Rethink Your Drink

[Wednesday, November 8, 11 a.m.](#)

How much sugar is in your drink? Learn how healthy beverages fit into MyPlate dietary recommendations; the link between sugary drinks, obesity, and type 2 diabetes; types of sugary drinks that may be in your diet; how to calculate the amount of sugar in beverages; and how to choose healthier beverages. Workshop is offered by Santa Clara Public Health.

Creativebug Workshop

[Wednesday, November 29, 10 to 11 a.m.](#)

Get your creative juices flowing with Creativebug! Learn how to enjoy unlimited access to over 1,000 online art and craft classes, plus patterns, templates, and recipes. Topics include art and design, sewing, quilting, paper, knitting, crochet, food and home jewelry, holiday and party, and classes for kids. Watch videos anytime, anywhere. Classes never expire so you can start and stop projects at your own pace. New classes from the top artists are added daily.

Be Ready: Be Prepared (Virtual)

[Thursday, December 7, 4 p.m.](#)

Learn about Bay Area disaster risks, how to plan and prepare for a disaster, disaster supply kit contents, and how stay informed during and after a disaster. Learn important communication systems and how to communicate with your support network during a disaster. Register at dec2023cupertinobeready.eventbrite.com/.



Hands Only CPR (Virtual)

[Wednesday, December 13, 6 p.m.](#)

This class follows American Heart Association (AHA) CPR/AED curriculum. Participants will learn how to perform high quality compressions on an adult and child, utilize an automatic external defibrillator (AED), and aid an adult or child who is choking. Most often, citizens will need to perform CPR on family, friends or co-workers. Learn how to perform proper compressions and use an AED in the precious moments before first responders arrive. Register at sccfd.eventbrite.com. For more information, visit sccfd.org.

VOLUNTEER CORNER

**VOLUNTEERS
NEEDED!**

Bingo Volunteers Needed

Come join the Bingo Committee and help Friday afternoons. Support is needed in general social operations such as selling cards, passing out snacks, and more.

Class Instructors

Have expert knowledge on a specific subject or exercise? Become a volunteer instructor to share your skill set and engage others of similar interest. We are seeking instructors for Qi Gong, US History, Mandarin, Japanese, meditation, bridge, chess, PC, and more.

Cupertino TV Production

The Cupertino TV Production is an award-winning volunteer film group that creates TV segments that air on the city channel, YouTube, and Roku. The group has bi-weekly meetings to discuss ongoing projects and new segment ideas. No experience is required, and new members are always welcome to join. See one of their latest episodes, "Sharing is Caring. Building Our Community by Sharing," [here](#).

Interested in volunteering or helping out with the activities above? Contact Amanda at amandah@cupertino.org or call (408) 777-3374.

You must be onboarded as a volunteer before helping with volunteer programs.

(408) 777-3150

MONTHLY MOVIES

Free for members

Lemonade and popcorn provided.

80 for Brady

Wednesday, September 27
1:30 to 3:30 p.m.



Four best friends go on an unforgettable journey to see Tom Brady play in Super Bowl LI. Lily Tomlin, Jane Fonda, Rita Moreno, and Sally Field star in this hilarious true story of friendship, fun, and living life to the fullest, no matter your age. *PG-13, 2023*

Casino Royale

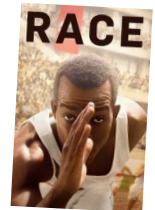
Wednesday, October 18
1:30 to 3:30 p.m.



From the jungles of Madagascar to the beaches of the Bahamas, James Bond's pursuit of terrorist financier Le Chiffre leads to a showdown in a high-stakes poker game at the luxurious Casino Royale in Montenegro, and to a jaw-dropping finale in Venice. *PG-13, 2006*

Race

Wednesday, November 29
1:30 to 3:30 p.m.



Jesse Owens' quest to become the greatest track and field athlete in history thrusts him onto the world stage of the 1936 Olympics, where he faces off against Adolf Hitler's vision of Aryan supremacy. *PG-13, 2016*

Disney's a Christmas Carol

Wednesday, December 20
1:30 to 3:30 p.m.



Disney's a Christmas Carol *PG, 2009*
When three ghosts take penny-pinching Scrooge on an eye-opening journey, he discovers the true meaning of Christmas -- but he must act on it before it's too late. *PG, 2009*

RESOURCES FOR SENIORS

Schedule Appointments

To schedule an appointment, call the front desk at (408) 777-3150.

Caregiver Network Counseling

Monday, 1 to 4 p.m.

August 7, September 11, October 2
November 6, December 4

The Caregivers Network provides friend or family caregivers free support for their unique situations. A Care Manager will be available for one-hour in-person appointments to provide resources and information for caregivers to support loved one.

Caregiver Support Group

Tuesday, 1 to 2:30 p.m.

August 15, September 19, October 17
November 21, December 19

Caregiving is tough and you do not have to do it alone. Join other friend and family caregivers to learn about resources, share experiences, and enjoy a social outlet. Lead by the Caregiver Network of Sourcewise, a Santa Clara County resource agency for seniors, the group is for caregivers of adults 60 and older or someone of any age with a dementia type disease (Huntington's, early onset Alzheimer's traumatic brain injury, etc.).

Health Insurance Counseling (HICAP)

Monday, 1 to 3 p.m.

August 14, August 28, September 11
September 25, October 9, October 23
November 13, November 27, December 11

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.

Senior Adult Legal Aid (SALA)

Friday, 10 a.m. to noon

August 18, September 15, October 20
November 17, December 15

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. If unable to meet in person, 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。中文翻译可预约。

Resource Referral Website

Please visit cupertino.org/seniorresources to view contact information for resources, such as nutrition, transportation, counseling, elder abuse, and more.



Via is Now Silicon Valley Hopper

Use Silicon Valley Hopper for Cupertino destinations such as the grocery store, local eateries, post office, and more. Silicon Valley Hopper also takes Cupertino residents to medical appointments at Kaiser Santa Clara and Sutter Health West Valley Center. Discounted fares for seniors are \$1.75 per trip. To book download the SV Hopper app or call:

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



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



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

50+ Birthday Bash!

Doors open at noon

September and October registration opens on Monday, August 28.

November and December registration opens on Monday, October 23.

September Birthday Bash

Wednesday, September 13

Gathering around our campfire for our camping-themed luncheon which includes BBQ pulled pork sandwich, coleslaw, cornbread, and dessert. Preregistration required. Please state vegetarian preference when registering. Last day to register is Friday, September 1. **Member fee is \$12, non-member is \$17.**

Octoberfest Birthday Bash

Wednesday, October 11

Dive into the annual European tradition Oktoberfest with a Northern German meal of bratwurst, sauerkraut, Bavarian mixed salad, and Black Forest cake. Preregistration required. Please state vegetarian preference when registering. Last day to register is Friday, September 29. **Member fee is \$12, non-member is \$17.**

Thanksgiving Birthday Bash

Wednesday, November 15

Join us for a Thanksgiving feast with roasted turkey, mashed potatoes, gravy, dressing, savory green beans, and pumpkin pie for dessert. Preregistration required. Please state vegetarian preference when registering. Last day to register is Friday, November 3. **Member fee is \$15, non-member is \$20.**

Holiday Birthday Bash

Wednesday, December 13

Jump into the winter season with jolly entertainment and a home-style holiday meal which includes tri-tip, scalloped potatoes, sweet ginger carrots, holiday salad, and dessert. Please state vegetarian preference when registering. Last day to register is Friday, December 1. **Member fee is \$15, non-member is \$20.**

Note: 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 waitlist.



To register, call (408) 777-3150, visit the Senior Center in-person, or [Click Here](#).