

## SEPTEMBER IS NATIONAL SENIOR CENTER MONTH FIND BALANCE AT YOUR CENTER!

This September, the Cupertino Senior Center invites you to celebrate the many ways you can *Find Balance at Your Center* as part of National Senior Center Month. Every day, older adults find balance and whole person wellness at senior centers. The Cupertino Senior Center has many opportunities for you to become engaged physically, mentally, and emotionally in your community. Get fit with our new 'Total Body' class with instructor Polly Hu, stay safe with the CHP 'Age Well, Drive Smart' program, and connect with your community in Lady Guinevere's Round Table discussion group, all in the month of September. Come to the senior center and let us help find the program for you!



**THURSDAY, OCTOBER 27, 9AM-2PM**

Hundreds of items have been donated for this meaningful fundraising event. The proceeds from the sale benefit the senior center case management program for at-risk members and the Stay Active Fund which provides assistance to offset the cost of senior center membership and classes. This is the perfect opportunity to shop for those one-of-a-kind holiday gifts. **We will be collecting donations until October 14**, please bring your *gently used* knick knacks, jewelry, and craft items to the center. Please bring your own reusable bags to the sale.

耆英中心將在10/27日(週四), 9am-2pm 再次舉辦藏寶室募款活動, 所得將用做耆英中心獎學金和緊急經費。有很多價廉物美的禮品, 首飾, 廚房用具, 擺飾, 手工藝品等, 送禮自用兩相宜, 歡迎選購。此項活動對外開放, 歡迎您呼朋喚友一起來共襄盛舉。我們在10/14前繼續接受捐贈品。謝謝您的贊助。

**SNACK BAR HOURS: 10AM-1PM**

We will be offering sandwiches, cinnamon rolls, and muffins for sale. Take a break, eat a treat, then shop some more!

## MOON VIEWING AT THE SENIOR CENTER MONDAY, SEPTEMBER 12, 7:30PM

Come out for a relaxing evening as we observe the first quarter moon at the senior center. We'll observe through a telescope the lunar highlands, mountains, and craters in a relaxing social atmosphere that will give you a new appreciation for our closest neighbor in space. Class will be lead by Keith Wandry, Recreation Special Programs Coordinator at McClellan Ranch and volunteer at the Lick Observatory. Pre-registration is required. Member fee \$4, senior guests add \$5 day pass. Sign up at the front desk.

## FULL MOON WALK AT MCCLELLAN RANCH SATURDAY, OCTOBER 15, 7:30PM

Join us as we travel beneath the light of the full moon along the Stevens Creek Corridor from McClellan Ranch to Blackberry Farm. We'll listen and look for owls, deer, bats, insects, and other creatures that are active in the night. We'll be traveling at a relaxed pace. Please wear comfortable shoes. Pre-registration is required. Member fee \$4, senior guests add \$5 day pass. Sign up at the front desk.

## VOLUNTEER CORNER

### HIDDEN TREASURES CHAIR

Have you volunteered at Hidden Treasures and would love to help organize the event? We are looking for a chair or co-chairs to help continue the success that this event has had in the past. If you are interested, and to learn more, please contact Kelsey Hayes at 408.777.3126.

### HIDDEN TREASURES SORTING MONDAYS, 1:30-4PM AUGUST 29-OCTOBER 24

Join in for this fun community event to benefit at-risk seniors. We need many volunteers to sort through donated items on a weekly basis starting August 29. You will get a sneak preview of the donated items and have a lot of fun! To join in and help with this exciting event, email Kelsey at [kelseyh@cupertino.org](mailto:kelseyh@cupertino.org) or call 408.777.3150.

藏寶室分類 8/29 - 10/24 (週一) 1:30-4pm  
請參與這項有趣社區活動以造福有需要的長者, 從 8/29 開始, 我們需要多個義工每週幫忙整理捐贈品。你可以有很多樂趣先睹為快這些贈品。有興趣參與此項目者, 請電郵 Kelsey: [kelseyh@cupertino.org](mailto:kelseyh@cupertino.org) 或電 408.777.3150.

### VOLUNTEER REGISTERED NURSES NEEDED

The Cupertino Senior Center is in need of registered nurses to take blood pressure readings for our members. If you are interested, please call Karen Goss at 408.777.3155.

### VOLUNTEER ORIENTATION

Interested in volunteering? Join us at a volunteer orientation on Tuesday, September 13 or October 11 at 12:30pm. Please contact Nancy Bess if you have questions. 408.777.3374 or [NancyB@cupertino.org](mailto:NancyB@cupertino.org).

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# Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **September 7**, 8am; Non-member *begins* September 14  
 → Day Trip Preview starts at 7:30am ←

## Opera San Jose & Original Joe's

*Wednesday, September 7, 10:30a-4:30p*

Enjoy a final dress rehearsal for the season opener of Donizetti's *Lucia di Lammermoor*. Join us for this one-of-a-kind opportunity to experience a behind-the-scenes working dress rehearsal at the beautiful California Theatre. Harmonizing with the opera, enjoy an authentic Italian lunch at Original Joe's!

**Member Cost: \$99** - late lunch included

## Engelbert Humperdinck

*Sunday, September 18, 5-10:30p*

Join us for a fabulously entertaining night with the one-and-only Engelbert Humperdinck, and hits like *(Please) Release Me* and *Spanish Eyes*. Enjoy time for a no-host dinner before the show!

**Member Cost: \$124**

## Exploring Gems of Santa Cruz

*Wednesday, September 28, 8a-5:15p*

In beautiful Santa Cruz County, the UC Santa Cruz Arboretum is in bloom and award-winning Bargetto Winery will be crushing grapes for the new season of wines. Enjoy this unique chance to experience both on our private, docent-led tours, as well as time for a leisurely no-host lunch on the popular Pacific Avenue.

**Member Cost: \$86**

## FLEET WEEK

Blue Angels and  
Parade of Ships

*Friday, October 7, 8:30a-6p*

Come join us for Fleet Week starring the Blue Angels and the Parade of Ships as they arrive in San Francisco! Enjoy a premium vantage point for this exciting spectacle from our waterfront box seats along the Marina Green.

**Member Cost: \$128**

## The Art & Evolution of the Guitar

*Friday, October 14, 10a-6p*

Join us for a private, docent-led tour of *Medieval to Metal: The Art & Evolution of the Guitar* at the Haggin Museum. This engaging experience gives you the chance to interact with the guitar through its 400-year history. Enjoy a tasty lunch at the Zephyr Grill and Bar in Livermore!

**Member Cost: \$98** - lunch included

## Pumpkin Farm Tour and Sam's Chowder House

*Wednesday, October 19, 9a-4:30p*

Celebrate the fall harvest season, with a pumpkin-filled private tour of Pastorino's Pumpkin Farm in Half Moon Bay. Also enjoy lunch at Sam's Chowder House and time to browse the shops, boutiques, and everything pumpkin on Historic Main Street!

**Member Cost: \$92** - lunch included

## Cruise on the Panama Canal

*18 Days - October 30-November 16*

Experience the marvel of a Panama Canal transit aboard the *Crystal Symphony*, one of the most spacious cruise ships at sea. Space still available for this amazing cruise!

**Member Cost: \$7,195** double occupancy inclusive

## The Lion King

*Thursday, November 3, 10a-6p*

Experience the awe-inspiring visual artistry, the unforgettable music, and the uniquely theatrical storytelling of this Broadway spectacular. Enjoy a no-host lunch before the show at Westfield San Francisco Centre.

**Member Cost: \$146**



## Lumination



### A Spectacular Celebration of Light

*Sunday, November 6, 5:15-10:45p*

Enjoy a splendid celebration of Chinese history and culture with Lumination at Gilroy Gardens. With a Chinese buffet dinner, live performances from Beijing, China, colossal light displays, and an authentic Chinese market, this evening will be a delight!

**Member Cost: \$86** - dinner included

## Cirque du Soliel presents *LUZIA*

*Friday, November 18, 12:15-7:30p*

Discover *LUZIA*, where “a waking dream transports you to an imaginary Mexico,” with breathtaking acrobatics, innovative set designs, and daring choreography. Before the show, enjoy a no-host lunch at the Ferry Building Marketplace.

**Member Cost: \$139**

## Holiday Poinsettias and Cheese Tour



*Tuesday, November 29, 8:30a-5p*

A sea of colorful holiday poinsettias awaits us as we enjoy a private tour of the Duarte Nursery and their new state-of-the-art greenhouse. After shopping for your holiday poinsettias, enjoy a hosted lunch and tour of the world's largest single site manufacturer of cheese products, the Hilmar Cheese Company.

**Member Cost: \$87** - lunch included

## Lighted Yacht Parade



*Saturday, December 3, 4:30-9p*

We'll enjoy waterfront dining at the Pasta Pelican restaurant as we watch lighted yachts, sailboats, power boats, kayaks, and even paddle boarders drift by and light up our world!

**Member Cost: \$98** - dinner included

## OUT-TO-LUNCH BUNCH

*Tuesday, November 1, 11:30a*

### THE BLUE DOOR

1502 Saratoga Ave, San Jose

*Please pre-register at the front desk*

*Travel with Gary to*



## Beautiful Berkeley

*Wednesday, December 7, 8a-5:30p*

Enjoy a day with one-of-a-kind Gary Holloway as he takes you to Berkeley, CA! Experience all of Gary's exciting insights and tidbits about Berkeley, the new Berkeley Art Museum and Pacific Film Archive, and a delicious hosted lunch at Spenger's Fish Grotto!

**Member Cost: \$129** - lunch included

## A Chanticleer Christmas at the Santa Clara Mission



*Thursday, December 22, 3:15-8:15p*

Come join us for a magical evening of music with Chanticleer, a Grammy award-winning male vocal ensemble performing beloved popular carols and songs of the season. Before the show, enjoy a delicious meal at Fiorillo's Italian Restaurant.

**Member Cost: \$149** - dinner included

## SFMOMA



### San Francisco Museum of Modern Art

*Tuesday, January 10, 8:30a-3:15p*

Join us for a private, docent-led tour of the newly redesigned SFMOMA in San Francisco! Our tour will reveal highlights from all four of its collections, including architecture and design, media arts, painting and sculpture, and photography.

**Member Cost: \$94**

*Coming in 2017*

## Southern Charm

Experience the history, charm and singular hospitality of the Low Country in Georgia and South Carolina including Charleston, Savannah, and the United States' oldest city, St. Augustine, Florida.

## Canadian Rockies by Train

Board VIA Rail's The Canadian for a once-in-a-lifetime overnight train journey, including panoramic views of snow-capped mountains, glacial lakes, rushing rivers and the sheer unspoiled wilderness of Canada.

# SEPTEMBER ACTIVITY HIGHLIGHTS

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## September Social and Birthday Bash

Wednesday, September 14, 12pm

Join us as we travel around the world for this international lunch experience. Your delicious meal will include chicken enchilada casserole, Caprese salad, and baklava. Members with September birthdays will be honored. Vegetarian option available when registering. Members \$10, senior guests add \$5 day pass.

九月慶生宴-9/14 (週三), 12pm, 請來與我們一起分享這個美味的午餐。午餐包括雞肉餡玉米卷砂鍋, 沙拉, 果仁蜜餅。我們將對九月壽星表示敬意。註冊時可選擇素菜。會員 \$ 10, 耆英來賓加付當日門票 \$ 5。

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**FREE!**

## Age Well, Drive Smart

Wednesday, September 21, 9am-1pm

Presented by the California Highway Patrol. Topics covered: myths about older drivers, compensating for age-related changes, rules of the road, safe driving tips, and much more. Certificate awarded upon completion, which some insurance companies accept for discount. Free for members, senior guests pay \$5 day pass. Sign up at the lobby table.

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**NEW!**

## Intimacy, Sexuality and Healthy Aging Presentation

Tuesday, September 13, 12:45-2:15pm

A common myth of aging is that older adults are not interested in intimacy. Research debunks this myth. Join us for a lively presentation and discussion by Vivian Silva, MSW regarding the importance of intimacy and enhancing our health and the relationship to sexuality. Free for members, senior guests pay \$5 day pass. Sign up at the lobby table.

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## 50+ Softball

Thursday, through October 20, 9am-12pm

Join us weekly on the Memorial Park softball field. Batting practice begins at 9am with a pick-up game at 10am. Member fee \$38 for the season.

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## 50+ Bocce Ball

Wednesday, through October 26, 9am-12pm

Meet at the Bocce Ball courts alongside the Stevens Creek Trail at Blackberry Farm Park at 9am. First time players are welcome, instructions available. Free for members.

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## Women and Aging Presentation **NEW!**

Tuesday, September 20, 12:45-2:15pm

Join speaker Vivian I. Silva, MSW, presenting on the topic of women and aging. Ms. Silva has taught the course, 'Women in the 2nd Half of Life' at San Jose State University, and has learned about women and aging from her many contacts with mid-life and older women in her work as a Geriatric Care Manager and facilitator of support groups. Free for members, senior guests pay \$5 day pass. Sign up at the lobby table.

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## inAtalent Dance Performance **NEW!**

Wednesday, August 31, 4-5pm

Join us for an afternoon dance performance from inAtalent. Their dancing styles include Indian classical dances such as Kathak, Bharatnatyam, Semi Classical, and Folk/Bollywood. Their mission is to spread joy to the communities using their talents! Free for members, senior guests pay \$5 day pass. Sign up at the lobby table.

跳舞表演-8/31 (週三), 4-5 pm, inAtalent是一組年輕藝術家由才藝組成的舞蹈小組, 他們的舞蹈風格包括印度古典舞蹈, 如卡塔克舞, 婆羅, 半古典和民謠/寶萊塢。他們的任務是用自己的才華來傳播歡樂到社區! 會員免費, 耆英來賓付\$5當日活動費。請登記。

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## Seasons of Our Lives

Thursday, September 15-October 20, 1-2:30pm

Join us in this 6-week group 'Seasons of Our Lives' facilitated by Vivian Silva, MSW. This group will focus on discussion regarding transitions and common challenges related to retiring, moving, caregiving, divorce, or changes due to aging, but any type of transition is acceptable to join this group. Participants will be able to ask questions, brainstorm solutions, and gain encouragement in a supportive group environment. Free for members, senior guests pay \$5 day pass. Sign up at the front desk.

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## Monthly Movie

Wednesday, September 28, 1:30-3:30pm

**FREE!**

*His Girl Friday* (1940)- Newspaper editor Walter Burns does everything he can to keep his reporter ex-wife, Hildy Johnson, from marrying Bruce Baldwin and starting a new life with him in Albany. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

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# SEPTEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">CITY OF CUPERTINO SENIOR CENTER 408.777.3150 OFFICE HOURS: <i>Monday-Friday 8am-5pm</i> EMAIL: <a href="mailto:SeniorCntr@cupertino.org">SeniorCntr@cupertino.org</a> WEBSITE: <a href="http://www.cupertino.org/senior">www.cupertino.org/senior</a> Find us on <a href="#">Facebook!</a></p>	<p style="text-align: center;"><b>Adult Community Education</b> <b>August 29-October 24</b> For all class listings and to register, consult the ACE catalog or call 408.522.2700. Classes are held at the senior center, and membership is required. 成人學校課程，請參考課程手冊。所有課程在耆英中心上課，但是必須在成人學校報名，您也需要是耆英中心會員，會費是庫市居民29元一年，非居民24元。8/29-10/24.</p>		<p><b>1</b> 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>2</b> 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul 1:15-3 <u>Book Review-Still Life with Crows</u>, by Douglas Preston and Lincoln Child</p>
<p><b>5</b></p> <p style="text-align: center;">HAPPY LABOR DAY</p> <p style="text-align: center;">SENIOR CENTER CLOSED 耆英中心歇業一天</p>	<p><b>6</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 10:30-11:30 Booktalk 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p><b>7</b> 7:30 Day Trip Preview 8 Trip Sign-up Day 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 10:30-4:30 Opera San Jose and Original Joe's Trip 12-4 Card Playing</p>	<p><b>8</b> 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2 Learn about the Senior Center 2-4 Open Bridge 3-4:30 Caregiver Support Group</p>	<p><b>9</b> 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul</p>
<p><b>12</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-4 Hidden Treasures Sorting 藏寶分類 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社</p>	<p><b>13</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 12:30-1:30 New Volunteer Orientation 12:45-2:15 Intimacy, Sexuality, and Healthy Aging Presentation</p>	<p><b>14</b> 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 September Social and Birthday Bash (\$10) Chicken Enchilada Casserole 雞肉餡玉米卷砂鍋 12-4 Card Playing</p>	<p><b>15</b> 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1-2:30 Seasons of Our Lives Discussion Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>16</b> Heritage of America Trip Departs 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul</p> <p style="text-align: center;"><b>SUNDAY 18</b> 5-10:30 Engelbert Humperdinck Trip</p>
<p><b>19</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-4 Hidden Treasures Sorting 藏寶分類 1:30 Volunteer Advisory Council Meeting</p>	<p><b>20</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 12:45-2:15 Women and Aging Presentation</p>	<p><b>21</b> 9 50+ Bocce Ball 9-1 Age Well, Drive Smart 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1-2:30 Let's Talk Current Events</p>	<p><b>22</b> 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1-2:30 Seasons of Our Lives Discussion Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>23</b> 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul</p> <p style="text-align: center;"><b>SUNDAY 25</b> Heritage of America Trip Returns</p>
<p><b>26</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-4 Hidden Treasures Sorting 藏寶分類 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社</p>	<p><b>27</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing</p>	<p><b>28</b> 8-4:30 Exploring Gems of Santa Cruz Trip 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Monthly Movie- His Girl Friday (1940)</p>	<p><b>29</b> 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1-2:30 Seasons of Our Lives Discussion Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>30</b> 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul</p>

# OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 10-12 Golf for Seniors 12-4 Card Playing	<b>4</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 10:30-11:30 Booktalk 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 3-4 Lady Guinevere's Round Table Discussion Group	<b>5</b> 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing	<b>6</b> 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1-2:30 Seasons of Our Lives Discussion Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	<b>7</b> 8:30-6 Fleet Week Trip 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul 1:15-3 Book Review— <i>The                      Lady and the Panda</i> , by Vicki Croke
<b>10</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-4 Hidden Treasures Sorting 藏寶分類 1:30-2:30 Blood Pressure Check 量血壓	<b>11</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 12-4 Card Playing 12:30-1:30 New Volunteer Orientation 1-2 Lady Guinevere's Round Table Discussion Group	<b>12</b> 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 Oktoberfest Social and Birthday Bash (\$12) Bratwurst, Black Forest Cake 香腸, 酸菜, 黑森林蛋 糕 12-4 Card Playing	<b>13</b> 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1-2:30 Seasons of Our Lives Discussion Group 1:30-4:30 Karaoke 卡拉OK 2 Learn about the Senior Center 2-4 Open Bridge 3-4:30 Caregiver Support Group	<b>14</b> 9:30-11:30 Rhythmaires Band Practice 10-6 The Art & Evolution of the Guitar Trip 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul
<b>17</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-4 Hidden Treasures Sorting 藏寶分類 2:05-3:35 Ballroom Dance Social 交際舞社交	<b>18</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 1-2 Lady Guinevere's Round Table Discussion Group	<b>19</b> 9-5 Pumpkin Farm Tour and Sam's Chowder House Trip 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1-2:30 Let's Talk Current Events	<b>20</b> 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1-2:30 Seasons of Our Lives Discussion Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	<b>21</b> 8:30 Newsletter Collating 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul
<b>24</b> 8 Nov/Dec Registration Begins 2017 Membership Renewal Begins 10-12 Golf for Seniors 12-4 Card Playing 1:30-4 Hidden Treasures Sorting 藏寶分類 1:30-2:30 Blood Pressure Check 量血壓	<b>25</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 1-2 Lady Guinevere's Round Table Discussion Group	<b>26</b> 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing	<b>27</b> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <b>HIDDEN TREASURES                      SALE!                      9AM-2PM</b> </div> No Needlecraft No Card Playing No Karaoke 沒有卡拉OK No Open Bridge No Classes	<b>28</b> 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul  <b>SUNDAY 30</b> Crystal Cruise on the Panama Canal departs

**31**  
 10-12 Golf for Seniors  
 12-4 Card Playing  
 2:05-3:35 Ballroom Dance  
 Social 交際舞社交



CITY OF CUPERTINO SENIOR CENTER  
 408.777.3150  
**OFFICE HOURS: Monday-Friday 8am-5pm**  
 EMAIL: [SeniorCntr@cupertino.org](mailto:SeniorCntr@cupertino.org)  
 WEBSITE: [www.cupertino.org/senior](http://www.cupertino.org/senior)  
 Find us on [Facebook!](#)





# OCTOBER ACTIVITY HIGHLIGHTS

## Oktoberfest Social and Birthday Bash

Wednesday, October 12, 12pm

Engage in the tradition of Oktoberfest! Move along with festive music after we serve a Northern German meal of bratwurst, sauerkraut, Bavarian mixed salad, and Black Forest cake for dessert. Vegetarian option available when registering. Members with October birthdays will be honored. Members \$12, senior guest add \$5 day pass.

十月德國啤酒節慶生宴與交流- 10/12 (週三), 中午12點 參加歐洲傳統啤酒節! 在節日音樂共享德國北部菜式, 香腸, 酸菜, 沙拉和黑森林蛋糕. 註冊時可選擇素菜. 我們將對十月壽星(會員)表示敬意. 會員\$12, 耆英來賓加付當日門票\$5.

## De Anza Cardio-Vascular Training

September 26-December 16

Mon/Wed, 9-10am; Tue/Thu 1:30-2:30pm

Classes are held at the senior center, and Cupertino Senior Center membership is required. Register at the first class or call Tom at 408.864.5409.

## Lady Guinevere's Round Table

### Discussion Group

Tuesday, October 4-25, 1-2pm

This popular group is returning to the senior center for lively discussion. Facilitated by Vivian Silva, MSW, it gives women a voice to discuss topics related to women's issues. Free for members, senior guests pay \$5 day pass. Sign up at the front desk.



## Book Review Meeting

First Friday of the month, 1:15-3pm

Learn about new books and meet new people. New faces are always welcome. Free for members, senior guests pay \$5 day pass.

**September 2-** *Still Life with Crows*, by Douglas Preston and Lincoln Child, reviewed by Ralph Del Pino

**October 7-** *The Lady and the Panda*, by Vicki Croke, reviewed by Alan Johnson.

FREE!

FREE!

## Let's Talk Current Events

Wednesday, September 21 and October 19, 1-2:30pm

Join this lively monthly discussion group to discuss important and interesting topics and learn about others' points of view. Discover how goings-on around the world will affect you with Nancy McGinnis, legal specialist and current lecturer at San Francisco State University, facilitating the conversation. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

## Meet Our Newest Staff Members!

### Nancy Bess and Jenny Koverman

Nancy Bess has spent the last 12 years working with older adults in recreation and social service programs. She is a graduate student studying gerontology, and is thrilled to become a member of the Cupertino Senior Center team and excited to meet everyone. When Nancy is not at work or school, she enjoys spending time with her amazing 8-year old daughter, reading, running, taking ballet classes and hiking.

Jenny Koverman comes to us from St. Lucy School in Campbell, where she was a teacher's aide and the Athletic Director for the past four years. She is a former recreation professional, who served for 10 years as a coordinator and supervisor for various cities in the bay area. She has worked with summer camps, sports leagues, seniors, classes and special events. She is excited to return to the Cupertino Recreation and Community Services Department after an 18 year absence where she was the coordinator in charge of classes and special events. She looks forward to getting to know all of our members!



## WILDLIFE AND HARVEST DAY AT BLACKBERRY FARM PARK

Saturday, October 22,  
10am-3pm

You're invited to join the City of Cupertino, Santa Clara Valley Audubon Society and over a dozen other organizations to celebrate wildlife and the harvest season. There will be live music, carnival games, pumpkin patch, and more! This is a free event and all ages are welcome.

10/26 (週六), 10am-3pm 邀請你參加庫珀蒂諾市, 聖克拉拉谷奧杜邦協會和十多個其他組織慶祝野生動物和收穫的季節. 將有現場音樂表演, 嘉年華遊戲, 南瓜場及更多節目, 這是一個免費的活動, 老少咸宜, 歡迎參加.

# CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS AUGUST 15	DAY	DATES	TIME	INSTRUCTOR	MEMBER FEE
Ballroom Dance 交際舞 - Rumba	W	9/14-10/5	1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞 - Cha Cha	W	10/12-11/2	1:30-3:30	D. Lew	\$32
Chair Exercise 座椅運動	M & Th	9/15-11/3	10:15-11:15	P. Hu	\$46
Chinese Brush Painting 傳統與現代中國畫	M	10/3-11/21	8:30-10:30	M. Lee	\$50
Chinese Brush Painting 傳統與現代中國畫	M	10/3-11/21	10:40-12:40	M. Lee	\$50
Chinese Calligraphy 書法班	T	10/4-11/22	3-5	L. Cheng, Y. Wang	\$15
Citizenship Class 公民班	M, T, F	8/29-10/21	8:15-9:45	V. Wong	\$20
Conversational English 英語會話班	M & T	10/10-11/29	10-11:45	P. Chun, V. Wong	\$20
Conversational Mandarin - Beginning	Th	9/1-11/10	9-10:30	J. Li	\$32
Conversational Mandarin - Intermediate	F	9/16-11/4	10-11:30	B. Hu	\$32
Conversational Mandarin - Advanced	Th	9/15-11/10	9-10:30	L. Gao	\$32
Cooking with Suzanne - French Dinner Party	W	9/28	10-1	S. Vandyck	\$55
Erhu II 二胡班	T	10/4-11/22	3:15-4:45	G. Lai	\$20
ESL - Basic and Easy 初級英語班	M	10/3-11/21	10-12	Vision Literacy	\$25
ESL - Advanced Beginning 初高級英語班	W	9/14-11/2	10-12	Vision Literacy	\$25
ESL - Intermediate Conversation 中級ESL會話班	T	8/30-10/18	1:30-3	J. Andrushko	\$20
Feldenkrais Method	T	9/13-11/1	9:30-10:30	M. Westlaken	\$40
HarmoniKatz Performance Band	M	9/12-10/24	3:45-5:15	A. McKee	\$15
Hatha Yoga	Th	10/6-12/22	2:30-3:30	V. Bhat	\$50
Hula Dancing 夏威夷呼拉舞	M	10/3-11/7	11:45-12:45	D. Tengan	\$15
Hula Dance Performance Group	M	10/3-11/7	12:55-1:55	D. Tengan	\$15
Humanities	T	9/27-11/15	10:30-12:30	C. Jech	\$40
Japanese - Beginning Level I	Th	8/18-10/13	8:30-9:30	T. Terry	\$35
Japanese - Beginning Level II	Th	8/18-10/13	9:45-10:45	T. Terry	\$35
Pilates	T	9/13-11/1	11-12	K. Phipps	\$35
Tai Chi for 50+ - Level I	Th	10/6-12/22	8:30-9:25	J. Madonich	\$68
Tai Chi for 50+ - Level II	Th	10/6-12/22	9:35-10:30	J. Madonich	\$68
Tai Chi for 50+ - Level III	Th	10/6-12/22	10:40-11:35	J. Madonich	\$68
Ukulele Beginning	T	9/6-10/25	3:30-5	D. Ng	\$22
Ukulele Strum-and-Sing - Intermediate	M	10/3-11/7	1:30-3:30	N. Levy	\$19
Yoga for 50+ 瑜珈五十後	T	9/6-10/25	4-5	P. Hu	\$46
Yoga for 50+ 瑜珈五十後	Th	10/6-12/22	4-5	P. Hu	\$46
Yuan Chih Dance 元極舞	F	10/7-12/9	10-11:30	Annie & Helen	\$15
Zumba Gold	F	10/21-12/9	3:45-4:45	G. DuVal	\$28
Zumba Gold at the Quinlan Center 中老年尊巴	M	9/12-10/31	2:30-3:30	P. Hu	\$37
<b>EVENING CLASSES</b>					
Chinese Brush Painting 傳統與現代中國畫	Th	9/8-10/13	5:30-8:30	M. Shei	\$55
Erhu I 一胡班	Th	9/1-10/20	7-8:30	G. Lai	\$20
Line Dance - Beginning 初級排舞	Th	9/1-10/20	7-8:30	K. Chang	\$48
Line Dance - Advanced Beginning 先進初級排舞	T	8/30-10/18	7-8:30	K. Chang	\$48
McClellan Ranch: Full Moon Walk	Sa	10/15	7:30-9:30	K. Wandry	\$4
Moon Viewing at the Senior Center	M	9/12	7:30-9:30	K. Wandry	\$4
Total Body 全身體	W	9/14-11/2	5:30-6:30	P. Hu	\$37
<b>COMPUTER AND TECHNOLOGY CLASSES</b>					
Intro to iPad Painting	T	9/20-10/11, 10/25-11/15	6-8	K. Smith	\$38
iPad Beginning	T	9/20-10/18	1-3	R. Schiros	\$22
iPad Intermediate	Th	9/22-10/20	1-3	R. Schiros	\$22
iPad A-Z	T	9/20-10/11, 10/25-11/15	3:30-5:30	K. Smith	\$38



# CLASS HIGHLIGHTS

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## Intermediate ESL Conversation Class

**Tuesday, August 30 - October 18, 1:30-3pm**

Do you want to practice your English language skills? Join us in this lively conversation class. We include current events, seasonal topics, personal histories, folktales, idioms and more. Come, expand your vocabulary and share your experiences with others. Class size is limited to 8 people, so register early! Member fee \$20. Instructor: Joann Andrushko

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## Erhu I

**Thursday, September 1 - October 20, 7-8:30pm**

Interested in learning to play the erhu? This class is for beginners who have never played or who have played for less than a year. In this class you will learn the structure and characteristic of the erhu and how to hold the instrument. You will also start using the bow to play simple songs in D major. Students who do not own an erhu, please come to the first class and the instructor will be able to recommend where to rent or purchase one. Member fee \$20. Instructor: George Lai

二胡-初級 有興趣學習演奏二胡嗎? 這課程是教從未玩過或學了不到一年的初學者。在本課程中, 你將學習二胡的結構和特點, 如何把握樂器。你也將開始使用弓演奏D大調簡單的歌曲。如果沒有自己的二胡學生, 請參與第一課, 教師將可以推薦租用或購買的地方。會員學費\$20。

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## Total Body Workout

**Free demo class - Wednesday, September 7, 5:30-6:30pm**

**Wednesday, September 14 - November 2, 5:30-6:30pm**

Get a great workout with this all-in-one total body class. There will be 20 minutes of low impact aerobics followed by 20 minutes of free weights targeting arms, ab workout, and core strengthening. The class will end with 20 minutes of stretching that will help build flexibility and strength. You'll leave feeling calm and centered. Sign up at the lobby table for free demonstration. Member fee \$37. Instructor: Polly Hu

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## iPad A-Z

**Tuesday, September 20-October 11, 3:30-5:30pm**

**Tuesday, October 25-November 15, 3:30-5:30pm**

This hands-on class will cover a large array of apps and functions of the iPad. All skill levels welcome! Please bring a fully-charged device each time to class, and be sure to know your Apple/iTunes account ID and password. Member fee \$22. Instructor: Kim Smith

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## Yoga 50+

**Thursday, October 6 - November 22, 4-5pm,**

**5:15-6:15pm**

The richness of precise alignment in the slow flow of postures will help increase your flexibility, strength and balance. Pranayama (breathing practice) is an integral part of each class. There will be five minutes of guided meditation in order to scan your whole body and de-stress your mind. Students are welcome to use a chair, blocks, straps, blankets, or the wall to modify the postures in order to get the maximum benefits of the class. Member fee \$46. Instructor: Polly Hu

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## Cooking with Suzanne- French Dinner Party



**Wednesday, September 28, 10am-1:30pm**

Cookbook Author, Sommelier and International Chef, Suzanne is inviting you for a creative French dinner party. The French have elevated food well beyond a culinary art or a time honored tradition. Chef Suzanne will guide you with techniques and cultural facts to create your own party at home with French Water Cress Soup, Sole Filets Veronique poached in wine and served in a Muscat grape sauce, Garlic and Truffle Potatoes, and an authentic mouthwatering Normandy Apple Tart with Almonds. As a sommelier she will guide you to the perfect wine pairing with each dish! Member fee \$55. Instructor: Suzanne Vandyck

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## Intro to iPad Painting

**Tuesday, September 20-October 11, 6-8pm**

**Tuesday, October 25-November 15, 6-8pm**

Interested in getting more creative with your iPad? Come learn to use your iPad in an artistic way! You will learn to use some of the most popular art apps and more! Let your imagination flow onto your iPad canvas. Students must have their own iPads. Please bring a fully-charged device each time to class. Member fee \$22. Instructor: Kim Smith

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## Tai Chi for 50+ *Free Demonstration*

**Thursday, September 29, 1:30-2:30pm**

Come try this ancient Chinese art of moving meditation in a relaxed and supportive environment. Free for members, senior guests pay \$5 day pass. Sign up at the lobby table. 太極拳免費示範 9/29 (週四) 1:30-2:30pm. 請來體會歷史悠久的中國運動藝術, 在和緩輔助環境下, 學習不同程度的健康效益。會員免費, 耆英來賓加付當日門票\$5, 請早登記。

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# CASE MANAGER'S CORNER

## Case Management Program

This program helps seniors obtain community resources enabling them to remain independent and safe in their home. Case Managers provide assessments to determine the needs for services; coordinate and ensure all services are in place; home visits will be provided to homebound seniors living in Cupertino. Free service, membership required.

本中心為住在庫市的耆英提供社工服務。該服務包括為耆英尋找各種社區資源以助耆英繼續過獨立和安全的的生活。行動不便的長者，社工可提供家訪，此服務免費，需會員。社工可以講國粵語

## Drop-in Consultation with Case Manager

Wednesdays 10am-12pm

Case Managers are available to discuss community resources, benefits, and care options during the drop-in hours. Case Managers are also available by appointment. Cantonese/Mandarin available.

社工諮詢- 週三, 10am-12pm, 社工可為您解答有關社會資源, 福利, 或長期護理方面的問題, 無需預約, 須是中心會員, 英, 國, 粵語服務。

## Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, September 12, 26, October 10, 24, 1:30-2:30pm

Tuesday, September 6, 20, October 4, 18, 12:15-1:15pm

## Caregiver Support Group

Thursday, September 8, October 13, 3-4:30pm

Provides a safe place for family caregivers to share their experiences and challenges. Join our circle of support.

Please call 408.777.3150 to make appointments for the following services: 下列服務, 請預約。

## Health Insurance Counseling (HICAP)

Monday, September 12, 26, October 10, 24, 1-3pm

Consultation on Medicare and health insurance.

健康保險諮詢- 中文服務

## Housing

Monday, September 19, October 3, 17, 1:30-3:30pm

Cupertino Senior Center provides lists of housing as a resource.

Due to limited staff resources, staff are not able to make calls, fill out applications, or deliver housing applications for you.

租屋諮詢 - 9/19, 10/3, 10/17, (週一), 1:30-3:30pm

耆英中心會為長者提供老人公寓名單作為參考。由於資源有限, 本中心員工將不能為長者打電話查詢公寓資料, 填寫公寓表格, 或遞送表格。

## Senior Adult Legal Aid (SALA)

Friday, September 2, 16, 23, October 7, 14, 21

10:30am-12:30pm

Provides 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.

法律諮詢 - 9/2, 9/16, 9/23, 10/7, 10/14, 10/21

10:30am-12:30pm 60歲以上, 並住在聖縣。

THE SCENE SEPTEMBER/OCTOBER 2016

50+

It is easy to renew for 2017. Please ask at the front desk for your pre-printed renewal form - just verify and sign! Renew your membership between October 24 and December 6 in order to receive the *The 50+ Scene* for January/February 2017 by mail or email. The annual membership fee is \$28, or for Cupertino residents, \$23.

簡易會員更新 2017 會員更新很方便。請至櫃台索取您原先填好的更新表格, 只要核對並簽名! 請於10/24至12/6之間更新您的會員, 這樣可收到一月/二月份的耆英通訊, 郵寄到家或電郵到您。的網址, 一年的會員費是\$28, 庫市居民\$23。

## EASY MEMBERSHIP RENEWAL

## FIRST CLASS MAIL

[www.cupertino.org/seniorcenterfacebook](http://www.cupertino.org/seniorcenterfacebook)

[www.cupertino.org/50plus](http://www.cupertino.org/50plus)

[www.cupertino.org/senior](http://www.cupertino.org/senior)

408.777.3150

Cupertino, CA 95014

21251 Stevens Creek Blvd.

City of Cupertino Senior Center