



CITY OF CUPERTINO SENIOR CENTER

THE 50⁺ SCENE

September/October 2022

**Meet Our New
Staff Members**
Page 2



CUPERTINO



The Cupertino Senior Center now has three friendly new faces to welcome you the next time you visit! Kim Leung joined the team in early August, and you can find her smiling at the front desk, helping members with registration and questions. Kris Garcia has been running classes and cooking for the monthly Birthday Bashes since the beginning of July, and in the coming months he will be working with the annual Hidden Treasures Fundraiser (you can probably spot him next to a pile of donations!). The last slot on our roster is filled by Alex Greer, who also joined the Center in August. He takes on the role of Recreation Supervisor, overseeing the Senior Center and all of its programs and staff.

If you are a new member who would like to meet all the staff and learn more about what we do, or if you are a longtime member who would like to meet these new additions to the team, join us for the Staff and Member Mixer, coming up on September 28 at 11:30 a.m. Come and hear some fun facts about the staff, find out who's in charge of your favorite Senior Center program, and more.

Register at the front desk, online, or by calling (408) 777-3150. We're looking forward to seeing you there!

Staff and Member Mixer

Wednesday, September 28

11:30 a.m. to 12:30 p.m.

Monthly Movies return to the Cupertino Senior Center. In September, we are showing the 2021 coming-of-age comedy-drama CODA, and in October, we are showing the World War II movie Dunkirk. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

CODA

Wednesday, September 28, 1:30 to 3:30 p.m.

CODA is a 2021 coming-of-age comedy-drama film written and directed by Sian Heder. An English-language remake of the 2014 French-Belgian film *La Famille Bélier*, it stars Emilia Jones as the titular child of deaf adults (CODA) and only hearing member of a deaf family who attempts to help her family's struggling fishing business while pursuing her own aspirations of being a singer.

PG-13, 2021, Vendôme Pictures and Pathé Films

Dunkirk

Wednesday, October 26, 1:30 to 3:30 p.m.

In May 1940 Germany advanced into France, trapping Allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces, troops were slowly and methodically evacuated from the beach using every serviceable naval and civilian vessel that could be found.

PG-13, 2017, Warner Bros. Pictures and Syncopy Inc.



CONNECTIONS

in-person

Senior Advisory Council

Thursday, September 22, 2 p.m. to 3:15 p.m.

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

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

Jean Bedford

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 may support the Senior Center. Contact Amanda at amandah@cupertino.org which orientation date you will be attending.

- Monday, September 12, 10 to 11 a.m.
- Monday, September 19, 1:30 to 2:30 p.m.
- Monday, October 10, 10 to 11 a.m.
- Monday, October 17, 1:30 to 2:30 p.m.

Hidden Treasures Event

Thursday, October 27, 9 a.m. to 2 p.m.

Come this October, the Cupertino Senior Center will once again host the ever-popular Hidden Treasures event. Donated items are being collected through Friday, October 14 and many volunteers are needed to support this annual fundraising event. As a volunteer, you get to see a preview of the donated items while having fun sorting! Senior Center membership is required to volunteer. For more information on donating and supporting Hidden Treasures, visit cupertino.org/hiddentreasures.

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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.

Monday Evening Football Social: 49ers vs. Rams

Monday, October 3, 5:10 p.m.

Come watch the San Francisco 49ers take on California rival Los Angeles Rams with friends. Dinner menu includes sliders, salad, sides, and dessert. Members \$12, non-member pay \$17.

Golf

Monday, 10 a.m. to noon

Tee-up with fellow Cupertino Senior Center members at the Blackberry Farm Golf Course. Course fees apply, sign up in the Pro Shop.

Ballroom Dance Social

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

Do you love to dance? Strap on your dancing shoes and stop by for an afternoon of music and fun. Members free, non-members pay \$5.

Room capacity is limited to 30 people.

Open Card Playing and Bridge

Monday through Thursday, noon to 4 p.m.

Come down to the Senior Center to play card games and bridge. Groups are always open to new members joining in the fun. Members free, non-members pay \$5.

Ping Pong

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

Friday, 1 to 4:30 p.m.

Join weekly ping pong and exercise your hand eye coordination in this low impact sports social. Participants must bring their own ping pong paddle. Members free, non-members pay \$5.

50+ Tennis

Tuesday, 9 to 11 a.m.

Come play tennis with other members on courts 5 and 6 at Memorial Park! Equipment not included. This is a Cupertino Senior Center drop-in tennis group, not a class. Free for members.

50+ Bocce Ball

Wednesday, Now to October 26 at 9 a.m.

Come enjoy the outdoors while playing bocce at Blackberry Farm Park alongside the Stevens Creek Trail. Meet new people and have a great time while playing bocce. First time players welcome, instructions are available. Free for members.

NEW Mid-Autumn Performance Celebration

Wednesday, September 7, at 1 p.m.

Celebrate the end of the autumn harvest and the rising of the full moon with live dance performances and singing. Performances include Chinese folk dance, sword dance, and more. Preregistration required. Open to all.

NEW Staff And Member Mixer

Wednesday, September 28

11:30 a.m. to 12:30 p.m.

Are you a new member who would like to meet all the staff and learn more about what we do? Or a longtime member who would like to meet the new additions to the team? Join us for the Staff and Member Mixer! Members free, senior guests pay \$5. Register at the front desk.

50+ Softball

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

Memorial Park is the 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. Participants must bring their own gloves and bats. To play, member fee is \$50 for the season.

Needlecraft

Thursday, 10 a.m. to noon

Know how to knit or crochet? Become a volunteer and join the needlecraft group to make warm clothing such as hats, scarves, and blankets which will be collected and donated to organizations like the Palo Alto Veterans Hospital, homeless shelters, and local hospitals. Yarn is provided.

Karaoke

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

Join this lively group for singing and dancing every week. Singers and music lovers of all levels are welcome. Members free, non-members pay \$5.

Bingo

Friday at 1 p.m.

Enjoy a fun afternoon playing Bingo here at the Cupertino Senior Center! Bingo cards are \$5 to \$8, and daubers are \$2. Purchases must be made in cash.

Mah Jongg

Friday, noon to 4 p.m.

Try your hand at this engrossing game of skill, strategy, and calculation. Different styles of tiles are available or bring your own. Members free, non-members pay \$5.

LECTURES AND WORKSHOPS

Crime Prevention and Home Fire Safety

Thursday, September 1, 10 to 11:30 a.m.

Protect yourself against fraud and theft. Join Santa Clara County Fire and Sheriff to discuss person safety and home security protection methods and how to identify suspicious activity. Also learn how to understand fire risks, practice safety habits, and develop an escape plan. Members free, non-members pay \$5.

NEW Go Go Biblio

Thursday, September 22, 10 a.m. to noon

Cupertino Library's Go Go Biblio electric mobile vehicle brings books and movies to you! Bring your SCCLD library card and check out popular fiction, nonfiction, audiobooks, DVDs and more. Don't have a library card? Library staff can issue you one when you visit the Go Go Biblio. Members free, non-members pay \$5.

Online Wildfire Preparedness: Ready, Set, Go

Saturday, September 24, 9:30 to 11 a.m.

Join Santa Clara County Fire Department in this webinar to learn how to reduce wildfire risk and better prepare your home, your family, and your neighborhood. Open to the public.

Cupertino Senior Center • (408) 777-3150

Sourcewise Caregivers Network

Tuesday, October 18, 10 to 11 a.m.

Family Caregiving is rough, don't do it alone! Join this informative presentation by Sourcewise's Caregivers Network program to learn more about the Family Caregiver Support Program. Unpaid family or friend caregivers of adults 60+, or any age with Alzheimer's or related disorder, can receive support and a onetime grant to supplement their caregiving. Members free, non-members pay \$5.

iPhone and Android Workshop

Tuesday, September 27 – iPhone

Thursday, October 6 – Android

9:30 to 11:30 a.m.

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

BookBrowse Workshop

Wednesday, September 28, 10 to 11 a.m.

Learn how you may receive the best hand-selected read-alike recommendations on thousands of contemporary fiction and nonfiction books and authors with additional information provided for you to decide which books are just right for you. Preregistration required. Members free, non-members pay \$5.

Creativebug Workshop

Wednesday, October 26, 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. Preregistration required. Members free, non-members pay \$5

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
18847 - Advanced Beading	Th	9/8-10/6	10 a.m.-noon	D. Hall	\$55	
18848 - Advanced Beading	Th	10/13-11-13	10 a.m.-noon	D. Hall	\$55	10/27
18931 - Apple Assistance	Tu	10/11	1-2 p.m.	B. Carpenter	\$6	
18932 - Apple Assistance	Tu	10/11	2-3 p.m.	B. Carpenter	\$6	
18933 - Apple Assistance	Tu	10/11	3-4 p.m.	B. Carpenter	\$6	
18934 - Apple Assistance	Tu	10/18	1-2 p.m.	B. Carpenter	\$6	
18935 - Apple Assistance	Tu	10/18	2-3 p.m.	B. Carpenter	\$6	
18936 - Apple Assistance	Tu	10/18	3-4 p.m.	B. Carpenter	\$6	
18937 - Apple Assistance	Tu	10/25	1-2 p.m.	B. Carpenter	\$6	
18938 - Apple Assistance	Tu	10/25	2-3 p.m.	B. Carpenter	\$6	
18939 - Apple Assistance	Tu	10/25	3-4 p.m.	B. Carpenter	\$6	
18849 - Chinese Brush Painting	M	9/12-10/31	10 a.m.-noon	M. Lee	\$72	
18928 - Conversational Mandarin Level 1	Th	9/1-10/20	9-10:30 a.m.	June Li	\$40	
18850 - CSC Wednesday Jam	W	9/7-10/26	3-4:30 p.m.	J. Cunningham	\$18	
18871 - Cyber Security	Th	9/8-9/22	10-11:20 a.m.	C. Helvey	\$22	
18851 - Feldenkrais Method	Tu	9/6-10/25	10:30-11:30 a.m.	M. Westlaken	\$50	
18852 - Hula - Beginning	M	9/12-10/31	noon-12:45 p.m.	P. Gregory	\$9	
18853 - Hula - Performance Group	M	9/12-10/31	1-2 p.m.	J. Pereria-Anderson	\$12	
18872 - iPhone Intermediate	Tu	9/13-10/25	1-3 p.m.	R. Schiros	\$38	
18873 - iPhone Intermediate	Th	9/15-11/5	1-3 p.m.	R. Schiros	\$38	10/27
18854 - Kumihimo	Th	9/8-9/29	1-3 p.m.	D. Hall	\$55	
18855 - Kumihimo	Th	10/6-11/3	1-3 p.m.	D. Hall	\$55	10/27
18856 - Line Dance - Improver/Intermediate	Tu	9/13-11/1	10:15-11:30 a.m.	K. Chang	\$60	
18857 - Line Dance - Intermediate+	M	9/12-10/31	10-11:45 a.m.	K. Chang	\$72	
18858 - Line Dance - Intermediate/Advanced	W	9/14-11/2	10:15 a.m.- noon	K. Chang	\$72	
18859 - Open Line Dance	F	9/9	10 a.m.-noon	K.Chang	\$6	
18860 - Open Line Dance	F	10/14	10 a.m.-noon	K.Chang	\$6	
18861 - Painting and Drawing at all Levels	W	9/7-10/26	8:45-11:45 a.m.	J. Chin and B. Garcia	\$36	
17983 - Rhythmaires Band	F	9/2-11/4	9:30-11:30 a.m.	K. Miller	\$30	10/28 class at Quinlan
18924 - Social Ballroom Dance	W	9/7-10/26	2-4 p.m.	M. Lee	\$40	
18862 - Ukulele - Advanced Beginning and HarmoniKatz	Tu	9/6-10/25	2:30-4 p.m.	D. Ng	\$18	
18863 - Ukulele - Beginning	Tu	9/6-10/25	1-2 p.m.	D. Ng	\$12	
18864 - Yoga Foundations	W	9/7-10/26	8:15-9:30 a.m.	R. Narayanan	\$92	
18865 - Zumba Gold	W	9/7-10/26	10-11 a.m.	G. DuVal	\$21	
18895 - Yuan Chih Dance	F	9/2-10/21	10-11:30 a.m.	A. Fung	\$16	

September

Cupertino Senior Center Activity Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

City of Cupertino Senior Center

21251 Stevens Creek Boulevard, Cupertino, CA 95014
(408) 777-3150

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

Email: senior_center@cupertino.org | Website: cupertino.org/senior

1

9-12 Softball
10-11:30 Crime Prevention and Home Fire Safety Presentation
10-12 Needlecraft
12-4 Open Card Playing and Bridge
1:15-4:30 Karaoke

2

12-4 Mah Jongg
1-3:30 Bingo
1-4:30 Ping Pong

5



6

8:30-11:30 Ping Pong
9-11 Tennis
10-12 Cupertino TV Productions
12-4 Open Card Playing and Bridge

7

9 Bocce Ball
12-4 Open Card Playing and Bridge
1 Mid-Autumn Performance Celebration

8

9-12 Softball
10-12 Needlecraft
12-4 Open Card Playing and Bridge
1:15-4:30 Karaoke

9

12-4 Mah Jongg
1-3:30 Bingo
1-4:30 Ping Pong

12

10-12 Golf
12-4 Open Card Playing and Bridge
1-3 Health Insurance Counseling (HICAP)
2:30-4 West Valley Community Services Information Tabling
2:45-4:15 Ballroom Dance Social

13

8:30-11:30 Ping Pong
9-11 Tennis
9:30-12 West Valley Community Services Information Tabling
12-4 Open Card Playing and Bridge

14

9 Bocce Ball
11-12:15 West Valley Community Services Information Tabling
12 September Birthday Bash
12-4 Open Card Playing and Bridge

15

9-12 Softball
9-4 Wines of the Santa Lucia Highlands Trip
10-12 Needlecraft
12-4 Open Card Playing and Bridge
1-2:30 West Valley Community Services Information Tabling
1:15-4:30 Karaoke

16

12-4 Mah Jongg
12:30-1:30 West Valley Community Services Information Tabling
1-3:30 Bingo
1-4:30 Ping Pong

19

10-12 Golf
12-4 Open Card Playing and Bridge

20

8:30-11:30 Ping Pong
9-11 Tennis
10-12 Cupertino TV Productions
12-4 Open Card Playing and Bridge

21

9 Bocce Ball
12-4 Open Card Playing and Bridge

22

9-12 Softball
10-12 Needlecraft
10-12 Go Go Biblio
12-4 Open Card Playing and Bridge
1:15-4:30 Karaoke
2-3:15 Senior Advisory Council

23

12-4 Mah Jongg
1-3:30 Bingo
1-4:30 Ping Pong

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24

9:30-11 (Online) Wildfire Preparedness: Ready, Set, Go

26

10-12 Golf
12-4 Open Card Playing and Bridge
1-3 Health Insurance Counseling (HICAP)
2:45-4:15 Ballroom Dance Social

27

8:30-11:30 Ping Pong
9-11 Tennis
9:30-11:20 iPhone Workshop
12-4 Open Card Playing and Bridge

28

9 Bocce Ball
10-11 BookBrowse Workshop
11:30-12:30 Staff and Member Mixer
12-4 Open Card Playing and Bridge
1:30-3:30 Monthly Movie: CODA

29

9-12 Softball
10-12 Needlecraft
12-4 Open Card Playing and Bridge
1:15-4:30 Karaoke

30

12-4 Mah Jongg
1-3:30 Bingo
1-4:30 Ping Pong

October

Cupertino Senior Center Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 10-12 Golf 12-4 Open Card Playing and Bridge 5:10 Football Evening Social: 49ers vs. Rams</p>	<p>4 8:30-11:30 Ping Pong 9-11 Tennis 10-12 Cupertino TV Productions 12-4 Open Card Playing and Bridge</p>	<p>5 9 Bocce Ball 12-4 Open Card Playing and Bridge</p>	<p>6 9-12 Softball 9:30-11:20 Android Workshop 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1:15-4:30 Karaoke</p>	<p>7 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong</p>
<p>10 10-12 Golf 12-4 Open Card Playing and Bridge 1-3 Health Insurance Counseling (HICAP) 2:45-4:15 Ballroom Dance Social</p>	<p>11 8:30-11:30 Ping Pong 9-11 Tennis 12-4 Open Card Playing and Bridge</p>	<p>12 9 Bocce Ball 12 Oktoberfest Birthday Bash 12-4 Open Card Playing and Bridge</p>	<p>13 8:30-11:30 Newsletter Collating 9-12 Softball 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1:15-4:30 Karaoke</p>	<p>14 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong</p>
<p>17 November and December Registration Begins 10-12 Golf 12-4 Open Card Playing and Bridge 1-3 Health Insurance Counseling</p>	<p>18 8:30-11:30 Ping Pong 9-11 Tennis 10-11 Sourcewise Caregivers Network Presentation 10-12 Cupertino TV Productions 12-4 Open Card Playing and Bridge</p>	<p>19 9 Bocce Ball 9-4 Pumpkim Train and Seymour Marine Discovery Center Trip 12-4 Open Card Playing and Bridge</p>	<p>20 9-12 Softball 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1:15-4:30 Karaoke</p>	<p>21 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong</p>
<p>24 10-12 Golf 12-4 Open Card Playing and Bridge 1-3 Health Insurance Counseling (HICAP) 2:45-4:15 Ballroom Dance Social</p>	<p>25 8:30-11:30 Ping Pong 9-11 Tennis 12-4 Open Card Playing and Bridge</p>	<p>26 9 Bocce Ball 10-11 Creativebug Workshop 12-4 Open Card Playing and Bridge 1:30-3:30 Monthly Movie: Dunkirk</p>	<p>27 9-2 Hidden Treasures</p>	<p>28 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong</p>
<p>31 10-12 Golf 12-4 Open Card Playing and Bridge</p>	<p style="text-align: center;">Hidden Treasures Event Thursday, October 27, 9 a.m. to 2 p.m.</p> <p style="text-align: center;">This October the Cupertino Senior Center will once again host the ever-popular Hidden Treasures event. For more information on donating and supporting Hidden Treasures, visit cupertino.org/hiddentreasures.</p>			 <p style="text-align: center;">CUPERTINO</p>

CLASSES

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.

Code	Day	Dates	Time	Mem. Fee
18895	F	9/2-10/21	10-11:30 a.m.	\$16

Instructor: Annie Fung

Painting and Drawing at All Levels

Come join the friendliest artists in town, and paint or draw 'till you drop! Student facilitators will provide personal feedback on your work, but the class is open to anyone at any level to come and paint (or draw!) in the medium of their choice. Class members encourage each other in this open art session that doesn't have guidelines or curriculum—just artistic expression!

Code	Day	Dates	Time	Mem. Fee
18861	W	9/7-10/26	8:45-11:45 a.m.	\$36

Student Facilitators: Jerome Chin, Beth Garcia.

Yoga Foundations

Enjoy gently strengthening and stretching your body while aligning yourself properly to support healthy joints and posture. Developing correct posture supports all your body systems including the mind and spirit. In Iyengar-style Yoga, alignment is supported through props to ensure a practice that is safe and effective at any age or ability.

Code	Day	Dates	Time	Mem. Fee
18864	W	9/7-10/26	8:15-9:30 a.m.	\$92

Instructor: R. Narayanan

Mid-Autumn Performance Celebration

Celebrate the end of the autumn harvest and the rising of the full moon with live dance performances and singing. Performances include Chinese folk dance, sword dance, and more. Preregistration required.

Code	Day	Dates	Time	Mem. Fee
18841	W	9/7	1 p.m.	Free

Cyber Security

Technology is evolving every day and so is cyber-crime. Learn of methods and best practices to keep your devices and information safe from cyber threats. This course is to inform, guide, and teach preventative measures against cyber-attacks

Code	Day	Dates	Time	Mem. Fee
18871	Th	9/8-9/22	10-11:20 a.m.	\$22

Instructor: C. Helvey

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 and at an advanced level, beads will be introduced. Using Kumihimo techniques, you will create custom jewelry. No class October 27.

Code	Day	Dates	Time	Mem. Fee
18854	Th	9/8-9/29	1-3 p.m.	\$55
18864	Th	10/6-11/3	1-3 p.m.	\$55

Instructor: D. Hall

BookBrowse Workshop

Learn how you can receive the best hand-selected read-alike recommendations on thousands of contemporary fiction and nonfiction books and authors with additional information provided to help you to decide which books are just right for you. Book Browse also includes author interviews, reading guides, online discussions, and more. Preregistration required. Members free, non-members pay \$5.

Code	Day	Dates	Time	Mem. Fee
18940	W	9/28	10-11 a.m.	Free

SHARE DISCOVERY THROUGH TRAVEL

Trip registration begins:

Member - Monday, August 29 | Non-member - Tuesday, September 6

Wines of the Santa Lucia Highlands

Thursday, September 15

9 a.m. to 4 p.m.

Take a trip through the Santa Lucia Highlands at harvest time! At your first stop on this delectable trip, you'll be greeted by your tour guide for the day. Take in the beautiful sights, smells, and flavors as you step into the vineyards to sample the grapes just before their harvest. At your second stop, you'll visit the family-owned Puma Road Winery to enjoy a tasting at their lovely estate. Then it's on to Pessango Winery, sister winery to Puma Road winery and home to Ray Francioni Wines. Along with your tasting here, you'll enjoy an included lunch of build-your-own gourmet sandwiches, fruit, and dessert.

Member cost: \$148

Activity Level: Moderate; walking and standing in vineyards and on uneven ground

Trip includes: Local Guide, Two Wine Tastings, Lunch, Transportation, Tips, and Travel Staff

Itinerary subject to change.



Pumpkin Train and Seymour Marine Discovery Center

Wednesday, October 19

9:15 a.m. to 4:30 p.m.

All aboard the Pumpkin Train! Travel over trestles, through towering redwood groves and up a winding narrow-gauge grade to the summit of Bear Mountain as conductors narrate the history of Roaring Camp, the railroad and the forest. Once you've reached the summit, you'll select a pumpkin to take home before a relaxing ride back down the mountain. After your return to the depot, you'll head to the Heavenly Roadside Café for a delicious included lunch, then it's on to the Seymour Marine Discovery Center. Here, you can really "dive" into learning about the ocean with time at your leisure to explore their many exhibits. You might choose to take a photo with one of the largest blue whale skeletons in the world, or even touch a shark!

Member cost: \$151

Activity Level: Low to Moderate; embarking and disembarking train, uneven ground, walking at your own pace

Trip includes: Redwood Forest Train, Pumpkin, Museum Admission, Lunch, Transportation, Tips, and Travel Staff

Itinerary subject to change.

SHARE DISCOVERY THROUGH TRAVEL

Blast From the Past: Moffett Field and the Computer History Museum

Thursday, November 3
10 a.m. to 5 p.m.

Join us on an exciting trip to experience the history of NASA Moffett Field at the History Society Museum for our private docent led tour. Discover the eras of flight from the 1930s Lighter-Than-Air Period to contemporary Air National Guard Search and Rescue crafts. Explore the cockpits of the P-3 Orion Sub-hunter among others on exhibit, learn about the dedicated women and men who served in the Navy throughout the decades, and peruse the extensive collection of uniforms and memorabilia. After our tour we will navigate to the Flyby Café for a hosted lunch before moving on to visit the Computer History Museum. Take in the “Revolution: The First 2000 Years of Computing” and learn about the evolution of computing from the abacus to the smartphone and the world of innovation today.

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

Member Cost: \$120

Includes: Transportation, Docent-led Tour, Admissions, Lunch, Transportation, Tips, and Travel Staff

Note: Moffett Field requires all visitors to present a government-issued photo ID upon entry. Proof of COVID-19 vaccination or proof of a negative COVID-19 test taken within 72 hours prior to visiting is required to enter the Computer History Museum.

Itinerary subject to change.



Holiday Shopping: San Francisco Premium Outlets in Livermore

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

Get a head start on your holiday shopping for all the people on your naughty or nice list! 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, Nieman Marcus Last Call, Saks Off 5th, Michael Kors, J. Crew, 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.

Duarte Poinsettias is reopening its greenhouse for this holiday season! Join us for a private tour of their amazing poinsettias, explore their vibrant nursery and 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 to wet your whistle before time for 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.

VOLUNTEER CORNER

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

Newsletter Collating

Thursday, October 13

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, October 13. Any amount of time helps to ensure mailed newsletters are sent out on time before the next open registration.



Hidden Treasures Event

Volunteers are needed to support this annual fundraising event. As a volunteer, you get to see a preview of the donated items while having fun sorting! Senior Center membership is required to volunteer. For more information on donating and supporting Hidden Treasures, visit cupertino.org/hiddentreasures.

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

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

Cupertino TV Production

Cupertino TV Productions (CTVP) is a volunteer group that creates award-winning TV shows which are 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!



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.

Santa Clara County Department of Aging and Adult Services

The Department of Aging and Adult Services (DAAS) promotes an Age-friendly community for all residents of Santa Clara County. DAAS strives to ensure a safe and independent lifestyle for older adults, dependent adults, and those with disabilities.

(408) 755-7600 | sccgov.org/daas

Schedule Appointments

Health Insurance Counseling (HICAP)

September 12 and 26, October 10 and 24,
1 to 3 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)

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.

(408) 295-5991

法律諮詢為年滿60歲或以上並居住在聖克拉拉縣 (Santa Clara County) 的長者提供的免費諮詢: 包括基本公共利益的法律事項, 長期護理, 虐待長者, 住屋, 消費者的問題, 未雨綢繆的規劃, 其他遺囑認證的選擇並簡單遺囑等, 請致電

(408) 295-5991

West Valley Community Services Information Tabling

Monday, September 12 to Friday, September 16

West Valley Community Services (WVCS) provides a continuum of basic needs that include emergency financial assistance, a food pantry, affordable housing, family support, and more. They will be at the Senior Center to share resource and referral information. See the September calendar to see what time WVCS will be tabling each day. WVCS serves homeless and low-income individuals and families.

(408) 255-8033 | wvcommunityservices.org



Via Cupertino Shuttle

Are you looking for transportation without relying on family and friends? The Via Cupertino shuttle will pick you up and take you to your Cupertino destinations such as the grocery store, local eateries, the post office, and more. Via Cupertino can also take Cupertino residents to medical appointments at Kaiser Santa Clara and Sutter Health West Valley Center. Discounted fares for seniors are \$2 per trip. Rides can be booked by downloading the Via app or calling:

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



Sourcewise

Sourcewise offers resource information on a variety of topics including housing, nutrition, health insurance, transportation, and more. Through a comprehensive network of resources, Sourcewise strives to educate, prepare, support, and advocate for all adults, their families, and their caregivers within Santa Clara County.

(408) 350-3200 | mysourcewise.com



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



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

Birthday Bash Luncheon!

Doors open at noon • Members \$12, Non-member \$17

September Birthday Bash

Wednesday, September 14

Join us for this western-themed luncheon that includes salad, fried chicken, mashed potatoes, and a dessert. Preregistration required. Vegetarian option available when registering.

Oktoberfest Birthday Bash

Wednesday, October 12

Dive into the annual European tradition Oktoberfest with a Northern German meal of bratwurst, sauerkraut, Bavarian mixed salad, and Black Forest cake. Preregistration required. Vegetarian option available when registering.



Registration opens Monday, August 29 To register, call (408) 777-3150, visit us in-person, or [Click Here.](#)