

# THE 50<sup>+</sup> SCENE

Shelter-in-Place Edition, 5/18/21



**Volunteer Recognition**  
Our Volunteers are the  
Bee's Knees!

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CUPERTINO



In March of 2020, the Cupertino Senior Center was gearing up for its annual Volunteer Recognition Lunch. Staff would transform the Senior Center into a completely different building, welcome in its volunteers to a roaring 20s theme, “Our Volunteers are the Bee’s Knees,” and celebrate all they had done for the center in the prior calendar year. As we all know, 2020 had something a little different in store for us. What we all thought would be a mere few weeks or months quickly became a whole year before the Senior Center was finally able to honor these amazing people.

More than 24,000 hours of volunteer service were recorded at the Senior Center in 2019 by 234 dedicated members. Their efforts included front desk work, class instruction, event support and hosting, coordination of socials, the immense amount of work behind Hidden Treasures, and much more. Their welcoming demeanor and smiling faces are a vital part of fostering a positive, healthy, and connected atmosphere at the Senior Center and the value they provide is undeniable.

Acknowledging these enormous achievements from these fantastic people, it was understandable that Senior Center staff were heartbroken when the Volunteer Recognition Lunch had to be postponed. As the one-year anniversary of the

celebration-that-should-have-been approached, an alternative solution was imperative. Enter the Volunteer Recognition Drive-by Pickup and Zoom Celebration. What a mouthful!

Volunteers were invited to drive through the Senior Center parking lot and pick up celebration bags with a variety of carefully-chosen gifts, still sticking to the original Roaring 20s theme. All the Senior Center staff were present to offer their appreciation. After an all-too-brief chat with staff, volunteers were invited to take a photo with a themed photo frame—the results of which you can check out on the back page of this newsletter.

After volunteers had picked up their goodie bags, they were invited to join a Zoom social the following week. The celebration began with brief introductions and a specially-crafted spinoff of Wheel of Fortune. Following that, participants were asked to fill their champagne glasses with the apple cider provided in their celebration bags. The volunteers were toasted and the celebration concluded with some socialization.

The Cupertino Senior Center would once again like to thank all of our volunteers for their hard work and dedication. We would not be anywhere without you, and we can’t wait to see you all in person again.

## SENIOR ADVISORY COUNCIL

Monday, May 24, 1 p.m. to 2:15 p.m.

The Senior Advisory Council is a group of volunteers who meet bimonthly to discuss recent events and future suggestions for the Cupertino Senior Center. The group reports out on their various social groups' activities and provides input on upcoming projects and programs. They are always looking for stakeholders willing to provide insight about the Senior Center.

If you are interested in attending, please [click here](#) to join the meeting at 1 p.m.

If you have any questions, please send us an email at [senior\\_center@cupertino.org](mailto:senior_center@cupertino.org) or give us a call at (408) 777-3150. We look forward to seeing you!

## SENIOR CENTER MEMBERSHIP

Beginning July 1, Cupertino Senior Center annual membership will be \$25 for Cupertino Residents and \$30 for Non-Residents. All members who had a 2020 membership automatically had their membership extended through January of 2022. Everyone who has a 2021 membership are also current members through January of 2022.

## FACEBOOK

### Join Our Facebook Group

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

### Puzzle Us This Competition

Solve as many daily puzzles as possible on our Facebook group! Themes change each round, so be sure to read the description! Points are awarded as follows:

+2 Points for being first to answer *correctly*

+1 Point for answering *correctly*

The most points after each round is the new Puzzle Master!

### The Reigning Puzzle Master

Congratulations **Judy Taylor** on maintaining your Puzzle Master crown and earning the highest number of points in the April competition. She's a solving machine! Do you think you can be a super solver and challenge the reigning champion? The daily puzzles are now posted Monday through Friday in the [Senior Center Facebook group](#). Join the group to try to win the Puzzle Master title and be crowned a super solver in the next edition of "Puzzle Us This."

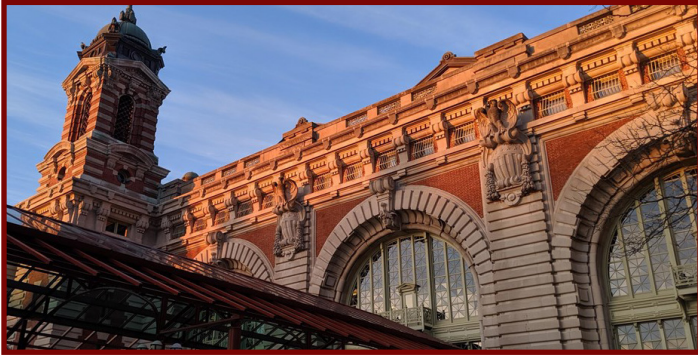
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# VIRTUAL TRAVEL

Have you visited any of these places in-person? If you've ever traveled to the below locations, or one of the virtual tours we've featured in the past, send your travel photos to [jasonb@cupertino.org](mailto:jasonb@cupertino.org) and we'll feature them on the back page of the next *The 50+ Scene*.

## Ellis Island



In 2014, in anticipation of the Centennial of the National Park Service (NPS), park staff began working with the NPS's Historic American Buildings Survey to develop a virtual tour of Ellis Island, including important structures not generally available to visitors. This interactive virtual tour is a combination of high-resolution images, historical information, and historic photos taken in the same areas decades ago to immerse you in the stories of this unforgettable place.

[Follow the link here](#)

## Experimental Aircraft Association Aviation Museum

Climb into the airplanes in the Experimental Aircraft Association Aviation Museum virtually to see what it is like to be in the pilot's seat! Use on your smartphone or desktop device and simply pan around with your fingers or mouse to see every detail in the cockpit.

[Follow the link here](#)



## Life Where I'm From



Often the most memorable and treasured part of a trip is the opportunity to talk with and learn about locals. The YouTube channel Life Where I'm From (LWIF) gives interesting and educational insight into the everyday and unique aspects of life around the world (but mostly Japan). Created by a Canadian living in Japan, LWIF can offer fascinating peeks into a different way to live life, including videos on Japanese breakfast, bathrooms, trains, and more.

[Follow the link here](#)

## WildEarth

WildEarth's daily live safaris are award-winning, expert-hosted experiences that are broadcast from the African wilderness into your home in real-time. Broadcasting for both sunrise and sunset safaris, this show enables you to interact with an expert game ranger in Africa while you watch safari vehicles, guides on foot, drones, balloons, rovers and remote cams search for your favorite animal characters.

[Follow the link here](#)



# REMOTE CLASSES

All classes on this page are held over Zoom. You will need to download the app to a computer, smartphone, or tablet to participate in these classes. **Click on the descriptions on this page to register.**

## Line Dance Beginning

Thursday, May 6 to June 24  
7 p.m. to 8:30 p.m.

This line dance class is for new line dancers or those with limited experience. Improve your balance, memorization, and overall health! Instructor: Kathy Chang. Cupertino Senior Center members pay \$40, non-members pay \$45.

## Line Dance Intermediate

Tuesday, May 4 to June 22  
7 p.m. to 8:30 p.m.

The next level of line dance. Designed for those with some previous experience. Improve your balance, memorization, and overall health! Instructor: Kathy Chang. Cupertino Senior Center members pay \$40, non-members pay \$45.

## FREE VIRTUAL FITNESS CLASSES

### Monday - Zumba

Monica Ranes-Goldberg 9 a.m. to 10 a.m.

Zumba® routines feature aerobic intervals with a combination of fast and slow rhythms that tone and sculpt the body.

### Tuesday - Bootcamp

Raychel Cruz 8:30 a.m. to 9:30 a.m.

An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. No equipment needed.

### Wednesday - Zumba Gold

Grace DuVal 10:30 a.m. to 11:30 a.m.

Zumba Gold® is a dance exercise class designed for active adults 50+. The dances feature Latin moves such as Salsa, Cumbia, Cha Cha, and more. Steps are fun and easy to follow and learn. The class is designed to help improve balance, strength, and flexibility.

### Thursday - Body Sculpting

Raychel Cruz 10:30 a.m. to 11:30 a.m.

Body sculpting is a muscle-toning total body workout, incorporating strength and flexibility training. No equipment needed.

### Friday - U-Jam®

Monica Ranes-Goldberg 9 a.m. to 10 a.m.

Join the dance party with U-Jam®, burn those calories away with easy to follow moves and high energy music.

### Friday - Cardio Dance

Monica Ranes-Goldberg noon to 1 p.m.

Join Monica for her very own Cardio Dance class featuring easy-to-follow choreography set to classic and modern popular music. Each class concludes with toning and abdominal exercises. Light hand weights and a yoga mat are recommended.

## Class Highlight - Feldenkrais

### Feldenkrais Method®

Tuesday, June 1 to 29  
10:30 a.m. to 11:30 a.m.

The Feldenkrais Method® is a powerful and revolutionary approach to improving your life that uses gentle, mindful movement to bring new awareness and possibility into every aspect of your life. Instructor: Michele Westlaken. Cupertino Senior Center members pay \$20, non-members pay \$25.



- "This class is like a treat in my 'stay healthy / fitness routine.' It is an enormous plus also for mental health (so precious at the moment). Michele knows how to create a caring and engaging environment with a relaxing positive spirit and stimulating smile and humour."

- "Michele is great because she takes the principals and lessons from the Feldenkrais techniques...and applies her own inspiration, so the classes never feel repetitious."

Interested in learning more about Feldenkrais? Click on the picture of Michele above to watch a short video showing off the gentle movement and meditation exercise. Otherwise, click anywhere in the description to register!

# UPCOMING WEBINARS

## Santa Clara County Library (Card Required)

### Universal Class Webinar

Wednesday, May 26, 1 p.m. to 2 p.m.

Learn about Universal Class and how you can access over 500 free, no-credit, continuing education online courses using your Santa Clara County library card. Enroll in up to five courses at a time with up to six months to finish each course. Preregistration required. Members free, non-members pay \$5.

[Click here to register](#)

### new **Novelist Plus Book Recommendation**

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

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

[Click here to register](#)

### Discover & Go! Webinar

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

Discover & GO! is a virtual museum pass program for Santa Clara County Library District cardholders that offers library users the ability to reserve admission passes to more than 50 museums and venues throughout the greater Bay Area. Attend this webinar to find out how you can reserve your passes with the Santa Clara County Library. Preregistration required. Members free, non-members pay \$5.

[Click here to register](#)

## Santa Clara County Fire

The Santa Clara County Fire Department offers interactive virtual classes to help you learn about and be prepared for emergencies. Click the titles below for more information and to register. Open to the public.

Thursday, June 3, 11 a.m. to 12:30 p.m.



[Click here to register](#)

Thursday, June 10, 4 p.m. to 5:30 p.m.



[Click here to register](#)

Tuesday, June 15, 1 p.m. to 2:15 p.m.



[Click here to register](#)

Wednesday, June 16, 10 a.m. to 11:15 a.m.



[Click here to register](#)

Tuesday, June 29, 10 a.m. to 11:30 a.m.



[Click here to register](#)

# STAY ACTIVE

## 50+ Softball



Thursday, Ongoing through December 9,  
9 a.m. to 12 p.m.

Get out, be happy, and bring a friend—50+ Softball is back! 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. Safety regulations from the City of Cupertino, Santa Clara County and the State of California must be followed to participate. Participants must bring their own gloves and bats. Member fee is \$50 for the season.

[Click here to register](#)

## 50+ Bocce Ball

Wednesday, Ongoing to October 27, 9 a.m.

Enjoying the outdoors is easy to do while playing bocce at Blackberry Farm Park alongside the Stevens Creek Trail. Members can meet new people and have a great time while playing a game of bocce. First time players welcome, instructions are available. Safety regulations from the City of Cupertino, Santa Clara County and the State of California must be followed to participate. Free for members.



## 50+ Tennis

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

Come play tennis with other members on courts five and six at Memorial Park! New members welcome. Equipment not included. This is a Cupertino Senior Center drop-in tennis group, not a class. Safety regulations from the City of Cupertino, Santa Clara County and the State of California must be followed to participate. Free for members.



## Know the 10 Warning Signs Early Detection Matters (in Mandarin)

### 阿滋海默症十大警訊

日期/時間: 6/15, 3 p.m. – 4:30 p.m.

阿滋海默症和其他失智症造成影響日常生活的記憶、思考和行為的變化。歡迎加入我們一起來了解10種常見的警訊,以及在自己或旁人身上需要留意的跡象。這一小時的講座涵蓋了典型的與年齡相關的變化,阿滋海默症的警訊,如何與他人談論有關記憶力的顧慮,早期發現,獲得診斷的好處和診斷過程,以及阿滋海默症協會的資源。向所有人開放。

[點擊此處註冊](#)

## Emotional Well-Being Series (in Mandarin)

### 心理健康講座系列

每月第四個週三, 5/26, 6/23, 7/28  
10 a.m. – 12 p.m.

面對不可知的疫情發展和急速變化的外在環境,每個人都有不同程度的身心壓力,都需要學習調整適應,培養心理的韌性。臨床心理醫師李偉倩,擁有豐富的臨床經驗,深諳心理健康問題的來源,與我們生活中的人際關係與自我照顧等課題習習相關,她會以生活中實際的案例,實用可行的建議,幫助我們學習如何強化我們的身心健康。

[點擊此處註冊](#)

## 10 Warning Signs of Alzheimer's

Monday, June 21, 3 p.m. to 4:30 p.m.

Alzheimer's and other dementias cause memory, thinking, and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease, how to approach someone about memory concerns, the importance of early detection and benefits of a diagnosis, possible tests and assessments for the diagnostic process, and Alzheimer's Association resources. Open to the public.

[Click here to register](#)

## AARP HomeFit Guide

Most houses and apartments are designed for young, able-bodied adults and don't meet the needs of older residents or people with disabilities. That's where the AARP HomeFit Guide comes in.

The 36-page, fully-illustrated guide is about homes not houses. Most of the more than 100 tips and suggestions in this room-by-room guide are doable regardless of housing type (single-family house, apartment, mobile home, etc.) or ownership status (owner, renter). Available in Chinese, Spanish, Korean, and Vietnamese as well.

[Click here to download a copy from the AARP](#)

## Vaccine Information

The first COVID-19 vaccines have been authorized for use in the United States. Vaccinations have begun. These vaccines were tested among tens of thousands of volunteers to ensure that they are safe and effective. To learn more about the vaccine and who is currently eligible to receive it, please visit the Santa Clara County Department of Public Health's vaccine information webpage at [sccfreevax.org](http://sccfreevax.org).



# PUZZLES AND GAMES

## Sudoku

Use the numbers provided to decipher the rest of the grid. Each 3x3 square should have every number, 1-9, with no repeats. Each row and column in the 9x9 grid should have every number, 1-9, with no repeats. Sudoku is a game of logic and elimination. You shouldn't have to guess!

Easy

	4			1			6	
9		6	5		2			4
						9	5	
3	2							8
1			7	5	9			2
	9							1
	7	4						
6			4		8	5		1
	5			2				9

Medium

	1	2						
		6	2			5		
3					4	7	2	
	8			6		2		9
2			8		9			4
6		1		4				8
	4	8	1					6
		3			5	4		
						8	1	

Hard

1			2	4				5
8			1		9			
	6			5				7
9			6	3				4
		4					8	
3				2	4			1
	9			8				1
			3		5			9
	3			1	2			5

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## Crossword

The crossword below was provided by [www.alberichcrosswords.com](http://www.alberichcrosswords.com) and set by Alberich.

1		2		3		4		5		6		7		8
9														
10				11								12		
15										16				
17						18				19				
20						21						22		23
26														
27														

### Across

- 1 - Unexplored, like a house with no water pipes? (9)
- 6 - Little woman involved in racket in French city (5)
- 9 - There's profiting possibly made from ballet (3,4,2,6)
- 10 - Some require a system that's simple (4)
- 11 - Growth's rejected as fodder (5)
- 12 - Money is posted we hear (4)
- 15 - Foul-mouthed professional meets supporter at end of game (7)

- 16 - Count who was fond of claret (7)
- 17 - Punished again and purified? (7)
- 19 - Son advances slowly and writes badly (7)
- 20 - Business is steady (4)
- 21 - She's first to laugh at garment (5)
- 22 - I'm backing set of books to make money (4)
- 26 - Fifty million more can rebuild Washington monument (7,8)
- 27 - Trevor endlessly misbehaves in public (5)
- 28 - Elderly theatre director? He's an experienced performer(3,6)

### Down

- 1 - 3 Down possibly accepts one for free (5)
- 2 - Squash served with pear for media event (5,10)
- 3 - One piece of equipment (4)
- 4 - Inspire gutless brute to take heart perhaps (7)
- 5 - First to declare Freud a terrible cheat (7)
- 6 - Hoax victim is awaited outside front of palace (4)
- 7 - Script in which characters are not seen individually (6-2,7)
- 8 - Late drinks for the birds? (9)
- 13 - Jack takes family member on trip (5)

- 14 - Arabs fighting in Iraq (5)
- 15 - Responsibility of minister or of pilot possibly (9)
- 18 - One that's spotted entertaining grand opera singer(7)
- 19 - Take the place of another and prosper (7)
- 23 - Workman needs hat, right? (5)
- 24 - Show of disapproval hurt ultimately, but you put your foot in it! (4)
- 25 - Fit for boxing match (4)

### Last Edition's Solve

W	I	L	L	I	A	M	W	A	L	L	A	C	E	
I	U	C	A	C	A	O	S							
L	A	M	P	O	N	R	E	M	A	T	C	H		
D	B	N	A	Y	E	T	O							
G	R	A	B	A	G	I	L	E	L	A	I	C		
O	G	D	E	I	P	G	K							
O	R	O	T	U	N	D	C	O	R	R	E	C	T	
S		V											R	
E	X	C	R	E	T	E	W	E	B	S	T	E		
C	O	T	A	I	E	W	A							
H	O	N	E	T	R	U	T	H	P	O	R	T		
A	F	S	L	H	B	J	M							
S	A	I	N	T	L	Y	E	R	E	M	I	T	E	
E	D	E	O	R	E	M	N							
B	E	A	T	O	N	E	S	B	R	E	A	S	T	

# Cupertino Senior Center

21251 Stevens Creek Boulevard  
Cupertino, CA 95014

June 2, July 7,  
and August 4  
9:30 a.m. to 4 p.m.

Schedule an Appointment  
at: [www.sccfreetest.org](http://www.sccfreetest.org)

Appointments Available 7  
Days in Advance

# Get Tested, Cupertino!

## Get a FREE COVID-19 Test June 2, July 7, and August 4



For more information, call 2-1-1  
or visit [SCCfreetest.org](http://SCCfreetest.org)

The 50+ Scene Shelter-in-Place Edition, May 18, 2021

# RESOURCES FOR SENIORS

## Resource Referral Website

The City of Cupertino recently updated its website to include links to resources for our senior community. Please visit [cupertino.org/seniorresources](http://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](http://sccgov.org/daas)

## Schedule Appointments

### Health Insurance Counseling (HICAP)

Consultation on Medicare and Medicare-related health insurance. To schedule appointments visit [mysourcewise.com/medicare-options](http://mysourcewise.com/medicare-options) or call (408) 350-3200 and select option two.

健康保險諮詢  
有關聯邦醫療咭,並相關的健康保險問題,有提供國,粵語翻譯.請上網安排約談

### 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

Cupertino Senior Center • (408) 777-3150



SOURCEWISE  
COMMUNITY RESOURCE SOLUTIONS

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](http://mysourcewise.com)



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](http://211bayarea.org)



HEALTH • HOME • HEART

## West Valley Community Services

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

(408) 255-8033

[wvcommunityservices.org](http://wvcommunityservices.org)



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

