

THE 50⁺ SCENE

Shelter-in-Place Edition, 7/20/21



Welcome Back!
The Senior Center is
opening its doors in August

Page 2



CUPERTINO



Welcome back! The Cupertino Senior Center is excited to invite you back into our facility for classes, registration, and facility rentals two days per week beginning in August. On August 3 we will reopen our doors on Tuesdays and Wednesdays for specific business. As we progress through our phased reopening, be sure to check back on our website at cupertino.org/reopening for updated details. The procedures below, while current, are under constant review and may change to adhere to CDC, State, County, and City guidelines as those are continuously updated.

So, what do you need to know about our reopening? We've put in place some guidelines to help ensure everyone stays safe. To begin, we request that any members be sure to bring their membership cards with them as we will be asking everyone to scan in to help with contact tracing. If you've misplaced your card, don't worry—we can issue you a new one at the front desk. If you've merely forgotten to bring it that day, our helpful front desk staff can also just check you in without the card instead.

Masks have certainly become a staple of our wardrobes over the past 15 months. As we reopen, we will still be requiring all staff and guests who enter the facility to continue wearing their face coverings. We also ask that if you feel sick at all to

please stay home.

While the coffee and water station near the bookshelves will not be available right away, a new water bottle fill station has been installed at the Senior Center in the last few months. It is located in the hallway to the right as you enter from the parking lot—where the old water fountain used to be. We strongly encourage our members to bring their water bottles from home to fill up, though we will have cups available for you if needed.

In addition, while we are accepting returns of borrowed books and puzzles, we will not immediately be lending out new ones or accepting donated ones.

Class beginning and end times will be staggered by 15 minutes to give students time to exit the room before new participants enter. We request that students enter and exit the facility within that timeframe to reduce the amount of gathering in the halls.

We are all excited to see you back at the Senior Center and cannot wait until August 3. We appreciate your patience and support and if you have any questions or concerns, please don't hesitate to email us at senior_center@cupertino.org or call us at (408) 777-3150.

SENIOR ADVISORY COUNCIL

**Monday, July 26
2 p.m. to 3:15 p.m.**

Interested in knowing more about the Senior Center community? Want an update on plans for the next phase of returning member services? Senior Center leaders of social activities and volunteer groups meet bi-monthly to provide updates and input on upcoming projects and programs. These meetings are open to all members and your input is welcome as we emerge from COVID-19.

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

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 in 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 Newly-Crowned Puzzle Master

In June's puzzle competition, a new super solver rose to the challenge and scored a record high 37 points by solving all the puzzles. Congratulations **May Sui** on winning last month's fruit-themed puzzle competition and being crowned our new Puzzle Master. Think you have what it takes to solve all the puzzles first and be crowned the next Puzzle Master? Join the [Senior Center Facebook group](#) to compete and win the Puzzle Master title and be crowned the next 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 and we'll feature them on the back page of the next *The 50+ Scene*.

Sea World Orlando



Orlando is home to a plethora of attractions and theme parks, including Sea World Orlando. Wander through the park, explore the waterfront, visit the penguins, or ride a roller coaster, all in virtual reality.

[Follow the link here](#)

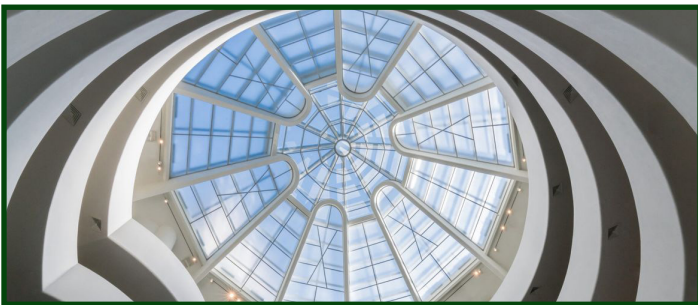
Holyrood House

The Queen's official residence in Scotland, the Palace of Holyroodhouse plays host to Scottish people from all walks of life during Investitures, Garden Parties and other events. Open to the public year round, visitors can explore the history and significance of this magnificence of this imposing building just as you can now via this interactive virtual tours.

[Follow the link here](#)



Guggenheim Museum



The Guggenheim Museum has a whole host of ways for you to interact with their iconic art and architecture no matter where you are. Dive in to a virtual performance or talk, peruse seminal artworks, and even explore this Frank Lloyd Wright masterpiece through photos and audio guides telling the building's story.

[Follow the link here](#)

Mt. Fuji

Mt. Fuji, Japan's tallest mountain, is world renowned not only for its natural splendor and its spiritual significance, but also for its enduring influence on Japanese culture. The currently dormant volcano has inspired countless haiku and woodblock prints over many centuries. Climb this world-famous symbol of Japan from your living room with this tour from Google's Street View.

[Follow the link here](#)



INFORMATION AND WEBINARS

Cupertino Homeowners, Do You Qualify for a Discounted Rate?

The Clean Water and Storm Protection Fee is a special assessment on your property tax bill that funds work to keep pollution out of our creeks and help maintain our storm drainage system.

To assist low-income property owners, City Council approved the Cost-Share Program to lower the annual fee by 20%. Owners may apply online at cupertino.org/watercostshare or call (408) 777-3236.

Property owners who participate in PG&E's CARE or FERA discount programs will automatically qualify by providing a copy of a recent PG&E bill. All other applicants will need to provide proof of income. Visit cupertino.org/cleanwater or call (408) 777-3236 for more details about the Clean Water and Storm Protection Fee and application requirements.

Basics of Alzheimer's and Dementia (in Mandarin)

了解阿滋海默症和失智症 (普通話) 7/28
1 p.m. – 2 p.m.

阿滋海默症不是正常衰老。這是一種會導致記憶、思考和行為問題的腦部疾病。讓我們一起來學習阿滋海默症的影響，阿滋海默症和失智症的區別，阿滋海默症的階段及引發因素，目前對此症的研究，針對一些症狀的治療方法，以及如何善用阿滋海默症協會所提供的資源。

[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 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](#)

AARP Fraudcast Special Report: An Insider's Look at Fraud

Thursday, July 29, 4 p.m. or 7 p.m.

With constant improvements in technology, fraud has become its own industry, and anyone could be affected by it. Chances are you've already been targeted through a robocall. Join this webinar presented by AARP to learn about five warning signs that may help protect you from scammers. Hear from actual scammers and watch how they work behind the scenes to target and pressure people into making costly decisions. Remember, if you can spot a scam, you can stop a scam!

[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.

Wednesday, August 11, 6:30 to 8:30 p.m.



[Click here to register](#)

Thursday, August 12, 12:45 to 2:15 p.m.



[Click here to register](#)

Wednesday, August 18, 12:45 to 1:45 p.m.



[Click here to register](#)

CLASSES

Unless specifically notated, all classes on this page and the next are held in-person at the Cupertino Senior Center. **Register online by clicking the descriptions, or register in-person at the Cupertino Senior Center starting August 3!**

Apple Assistance

Tuesday, August 10 and 24,
September 14 and 28, 1 p.m. to 3 p.m.

Own an Apple product and have questions on how to use it? Receive one-on-one assistance on how to use your iPhone, iPad, MacBook, Apple Watch, and other Apple products so you can text, surf the web, reply to emails, and so much more! 1-hour appointments are scheduled on a first come first serve basis. Instructor: Brock Carpenter. Member fee is \$5, senior guests add \$5 day pass.

CSC Wednesday Jam

Wednesday, August 4 to 25
3 p.m. to 4:30 p.m.

Join a group jam session led by Jim Cunningham. Come on down and have a great time playing guitar, bass, or other stringed instruments in an open, friendly session. All musical talent levels welcome. Member fee is \$9.

Cyber Security

Wednesday, August 11 to September 1
10 a.m. to 11:20 a.m.

Technology is evolving every day and with it, cybercrime. Learn methods and best practices to keep your devices and information safe from cyber threats. This course is designed to inform, guide, and teach preventative measures against cyber-attacks. Instructor: Curt Helvey. Member fee is \$22.

Feldenkrais Method®

Tuesday, August 10 to 31
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. This class will be taught both in-person at the Senior Center and via Zoom. Instructor: Michele Westlaken. Member fee is \$25.

Advanced-Beginning Ukulele and HarmoniKatz

Tuesday, August 10 to 31
2:30 p.m. to 4 p.m.

Practice with other Senior Center members while further developing your skills with a ukulele. Class is intended for those already familiar with their instruments. Instructor approval is required before registering. Instructor: Delphine Ng. Member fee is \$9.

Beginning Ukulele

Tuesday, August 10 to 31, 1 p.m. to 2 p.m.

Learn the basic chords and strums on a ukulele and how to apply them to music. Come to class with a ukulele, music stand, tuner, and tablet 3-ring binder to hold your music and class notes. Instructor: Delphine Ng. Member fee is \$6.

Santa Clara County Library (Card Required)

All Santa Clara County Library programs are currently meeting on Zoom

Discover & Go Webinar

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

Discover & Go is a virtual museum pass program that offers library users the ability to reserve passes to more than 50 venues throughout the Bay Area. Attend this webinar to learn how! Preregistration required. Members free, non-members pay \$5.

[Click here to register](#)

Kanopy Webinar

Wednesday, August 25, 10 a.m. to 11 a.m.

Enjoy watching movies? Learn how you can stream movies for free from the *Criterion Collection*, *The Great Courses* series, independent films, documentaries, and more. Access up to 15 videos per month. Preregistration required. Members free, non-members pay \$5.

[Click here to register](#)

CLASSES

Financial Planning for 50+

Wednesday, August 11 to September 1
1:30 p.m. to 2:30 p.m.

Discover how to understand your finances, income, and outgo in a simple way and the importance of collecting and reviewing this information. Instructor: Curt Helvey. Member fee is \$20.

Hula Performance Group

Wednesday, August 11 to September 1
1 p.m. to 2:30 p.m.

Practice towards performing in the community as a Cupertino Senior Center Volunteer. Instructor approval is required before registering. Instructor: Jackie Pereria-Anderson. Member fee is \$9.

iPad Beginning

Tuesday, August 17 to September 28
1 p.m. to 3 p.m.

Become familiar with your iPad or iPhone by learning about gestures, home screen updates, control center, QuickType and QuickPath, and more. Members must bring a fully charged device with iOS 14 to each class. Please know your Apple account ID and password. Instructor: Roz Schiros. Member fee is \$38.

iPad Intermediate

Wednesday, August 18 to September 29
1 p.m. to 3 p.m.

Expand your iPad skills as you are guided through the latest updates to Safari, camera, photo editing, and more. Members must bring a fully charged iPad or iPhone with iOS 14 to each class. Please know your Apple account ID and password. Instructor: Roz Schiros. Member fee is \$38.

iPad/iPhone in Mandarin

Tuesday, August 10 to 31, 10 a.m. to noon

蘋果手機/蘋果平板電腦初級班-國語授課
週三,8月10日 - 8月31日 星期x上午10時至中午12時
來對iPhone/iPad有更多的認識並學習如何設置,控制中心,照片編輯,下載和更多的應用.上課需知:請帶充好電的iPhone/iPad,12.x.x或以上iOS版本,以及個人蘋果帳戶編號與密碼. 需要預先到前臺報名. 老師: Lisa Su 會員 \$22.

Line Dance - Beginning

Tuesday, August 3 to 24
9:45 a.m. to 10:45 a.m.

All levels of dancers are welcome to join this Beginning Line Dance class. Line Dance is great exercise that may improve your balance, memorization skills, muscle tone, and overall health. This class covers the fundamentals from basic steps to many kinds of dances, including: waltz, rumba, tango, cha-cha, and more. Instructor: Kathy Chang. Member fee is \$24.

Line Dance - Beginner/ Intermediate

Tuesday, August 3 to 24
11 a.m. to 12:15 p.m.

Further develop your line dancing skills in the next level class. Those who have been line dancing for some time and have mastered the basic steps and movements within line dancing. You will learn newer, faster dances than the beginning course. Instructor: Kathy Chang. Member fee is \$30.

Line Dance - Intermediate+

Wednesday, August 4 to 25
10:15 a.m. to noon

This classification will feature dance routines suitable for experienced dancers. It is for those who have mastered a comprehensive range of step patterns and movements. It offers a wide variety of dance routines, and more turning techniques. Instructor: Kathy Chang. Member fee is \$36.

Zumba Gold® on Zoom

Wednesday, August 4 to 25
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. Instructor: Grace DuVal. Cupertino Senior Center members pay \$21.

Meets on Zoom. Links will be emailed out 24 hours prior to the first meeting.

STAY ACTIVE

50+ Softball



Thursday, Ongoing through December 9,
9 a.m. to noon

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.

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

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

Medium

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

Hard

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

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Crossword

The crossword below was provided by www.alberichcrosswords.com and set by Alberich.

1		2		3		4		5		6		7		8
9														
10				11								12		
				13								14		
15								16						
17					18			19						
20				21								22		23
				24								25		
26														
27								28						

Across

- 1 - Thus the present may be seen (9)
- 6 - Outrageous quote for a hat (5)
- 9 - The lingo confused flier in Herts town (8,7)
- 10 - Boy runs inside for a haircut perhaps (4)
- 11 - Dog imbibes nothing but tea (5)
- 12 - Somewhat nasty encounter providing discomfort for the viewer (4)
- 15 - Put up with computer problem first of all, but it's a pet hate (7)
- 16 - Settles for old-fashioned types (7)

- 17 - After a bit of drink old fellows fall asleep (4,3)
- 19 - Irritable if constrained to give evidence (7)
- 20 - Fruit found in fridges on odd visits (4)
- 21 - Egg producer wants zero change (5)
- 22 - One vehicle or another heading for Telford (4)
- 26 - Being made, but not enough being made (15)
- 27 - After short time I beat giant (5)
- 28 - He doesn't approve of new residents (9)

Down

- 1 - With solar illumination, first off? Yes and no (5)
- 2 - I go into Watford, perhaps to take in good play (7,3,5)
- 3 - Former tennis player wants a woman (4)
- 4 - Innovator, one needing external support (7)
- 5 - Suspicious American friend returns and promises to pay (7)
- 6 - It is heard in confusion (4)
- 7 - One of eight competing in qualifier rants wildly about team's leader (7-8)
- 8 - Ned's yells unsettled continually (9)
- 13 - Brave fellow meets new bird (5)
- 14 - Visitor made an estimate for the audience (5)
- 15 - But fey lad comes unstuck because of failure to act (2,7)
- 18 - Excited always when given meal outside (7)
- 19 - Gets bored taking in a daughter's rants (7)
- 23 - He sings a number at start of opera, right? (5)
- 24 - Rex gets stuck into booze with a smile (4)
- 25 - Spots champion outside Nag's Head (4)

Last Edition's Solve

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

REOPENING INFORMATION

Last year, the City closed its facilities to protect public health during the COVID-19 pandemic. Many of those programs, services, and events are coming back in-person in the coming months. Some online services will continue.

The dates below are estimates and subject to change. Check back regularly at cupertino.org/reopening for updates and changes to this schedule as well as information about the reopening of other city facilities.

	Current Status	Reopening	Notes
Senior Center	Closed	Fully Reopen in Late Fall	
Outdoor Senior Sports	Open		Bocce, Tennis, Softball
Front Desk - 2 Days per Week (Tu, W)	Opening Soon	August 3	Registration and rental permits Limited capacity classes
Front Desk - 5 Days per Week	Closed	Fall	
Senior Social Programs	Closed	Fall	Limited Capacity Table Tennis, Card Playing, Bridge, Cribbage, Mah Jongg, Bingo, Ballroom Dance, etc.
Luncheons and Trips	Closed	Early 2022	Birthday Bash, Lunch with Friends, Day Trips, and Other Events



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 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)

Consultation on Medicare and Medicare-related health insurance. To schedule appointments visit 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



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



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



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



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

