

THE 50⁺ SCENE

Shelter-in-Place Edition, 10/19/21

Fall Programs

Holiday season at the
Senior Center!

Page 2



CUPERTINO



As the sun sets earlier and the weather gets cooler, it's easy to feel the first signs of Fall. This year, October and November bring all kinds of activities and events to usher in the new season.

Have you made your entry to the Senior Center's first Pumpkin Decorating Contest? Whether you decide to go for a traditional jack-o-lantern carving or attempt a major artistic feat, your imagination is the only limit. Registration and entries will be accepted through October 31, so make sure to check out page 8 for more details.

In more practical news, October also brings the beginning of Medicare Open Enrollment. Every year, Medicare, Part D drug plans, and Part C Medicare Advantage plans make changes to their coverage, costs, including the deductible, premium, and copayments and coinsurance. Join the Health Insurance Counseling & Advocacy Program (HICAP) for a virtual workshop to learn more about Medicare changes taking effect on January 1, 2022. Take a look at page 8 for more information and to sign up.

Now how are you going to get around to all of these great events? Maybe you've heard of Via, the city's community shuttle program. If you haven't heard of Via or just want to learn more,

we'll be hosting the Via team here at the Senior Center in the coming weeks. Learn more on page 8.

Season's Greetings gift bags are also returning this December. Receive a delightful assortment and beat the winter cold with this carefully curated container of cozy treats. Interested in picking up one of these hand-assembled gift bags from Senior Center staff? You can sign up over the phone by calling (408) 777-3150 or flip to page 8 and click on the link to sign up online.

The City is also just beginning a new outreach effort regarding resources for seniors. There are a whole variety of organizations and programs who work to address needs among seniors, and their causes are wide ranging: from technology, to housing, transportation, and more. The City would like to know how much you know about these resources that are available to you. Make your voice heard and take our survey at engagecupertino.org/seniorresources, or you can find hard copies of the survey available at the Cupertino Senior Center, the Quinlan Community Center, and the Cupertino Library. Learn more on the next page or on the survey webpage linked above.

CONNECTIONS

Senior Advisory Council

Monday, November 22
2 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

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

Greeting Cards are Back

Greeting cards are back and available for purchase at the front desk. One card costs 50 cents. Three cards cost \$1. Peruse our card stand for the full variety of occasions from birthday and thank you cards, to get well cards, and more.

Senior Resources Survey

The City would like to know how much you know about the resources available to seniors in Cupertino.

There are a variety of organizations and programs in and around Cupertino that help address the needs of seniors relating to technology, housing, food supply, transportation, and mental and physical health and well-being, and the City wants to know what resources you know and don't know about.

Take our senior resources assessment survey at engagecupertino.org/seniorresources or pick up a paper copy at the Cupertino Senior Center, Quinlan Community Center, or Cupertino Library. Paper surveys can be returned to the Senior Center or Quinlan Center.

Thank you for helping the City assess what resources the senior population in Cupertino is aware of and uses most frequently.

Gift Cards

Did you know the Senior Center has gift cards? Gift cards make the perfect gift to engage friends to be part of our 50+ community and to encourage them to participate in fun and active programs. Gift cards are available for purchase at the front desk.

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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*.

Natural History Museum, London



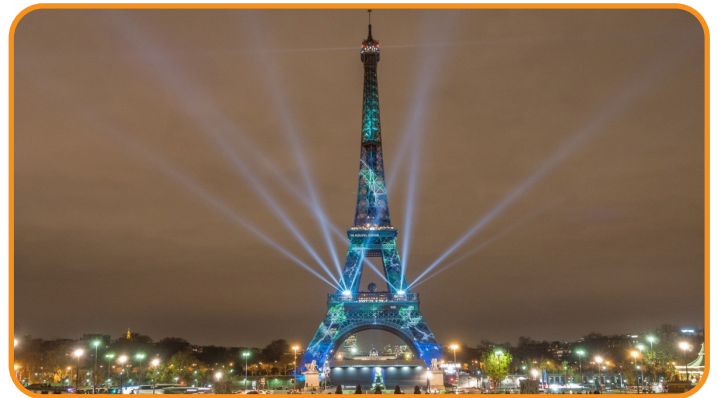
London's Natural History Museum's self-guided tours will take you through the best the Museum has to offer. You can choose from four carefully-curated itineraries, including Family Favorites, Exhibits with Impact, Hidden Treasures, or Dinosaurs.

[Follow the link here](#)

Eiffel Tower Webcam

Every night from sunset to 1 a.m. Paris time (nine hours ahead of Pacific Daylight Time), the Eiffel Tower is the scene of a majestic light show. This webcam allows you to see this show in real time, as this internationally-recognized symbol of France becomes a literal beacon of light.

[Follow the link here](#)



Disneyland and Disney World



You can now explore Disney Parks like never before—right from your phone or computer—on Google Street View. Take a look at their series of 360-degree panoramas featuring Disneyland Resort and Walt Disney World Resort locations, and see if you can spot your favorite characters. Can you find Donald or Pluto?

[Follow the link here](#)

The Dolomites

Soar high above Italy's Dolomites and enjoy a literal birds-eye view of the beautiful scenery. This 360-degree video was filmed from the back of an eagle, giving you a unique perspective on this famous formation.

[Follow the link here](#)



IN-PERSON SOCIAL GROUPS

In Our Senior Center

Cupertino TV Production

The Cupertino TV Production is back on-site at the Senior Center once a month starting in November. The Cupertino TV Production is an award-winning volunteer film group that creates TV segments that air on the city channel, YouTube, and Roku. The group has bi-weekly meetings to discuss ongoing projects and new segment ideas ranging from formal interviews to historical news to local events. No experience is required, and new members are always welcome to join. If interested in joining this group, please contact Amanda at amandah@cupertino.org.



Needlecraft

Wednesday, November 3 and 17
10 a.m. to noon

Know how to knit or crochet? Become a volunteer and join the needlecraft group to make warm clothing items such as hats, scarves, and blankets. These items are collected and donated to organizations that the Senior Center supports like the veteran's hospital, homeless shelters, and those impacted by the California wildfires. Yarn is provided to make donated items. Members free. Registration is required.

Ping Pong

Tuesday, November 9 and 23
8:30 a.m., 9:20 a.m., 10:10 a.m., 11 a.m.

Singles ping pong has returned! Reserve a 45-minute spot at one of two tables. Each table has two spots, so be sure to bring a friend to sign up as well! Members must register at the front desk or by phone and may only register for one timeslot per day. Members free, non-members pay \$5.

Out in the Parks

Safety regulations from the City of Cupertino, Santa Clara County, and the State of California must be followed to participate.

50+ Tennis

Tuesday, 9 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. Free for members.

50+ Softball

Thursday through December 9, 9 a.m.

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. Member fee is \$50 for the season.

[Click here to register](#)

50+ Bocce Ball

Wednesday through October 27, 9 a.m.

Bocce season ends next week. Come out and enjoy the outdoors at Blackberry Farm alongside the Stevens Creek Trail one more time this year. Meet new people and have a great time playing! First time players welcome, instructions available. Free for members.



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 on Tuesday and Wednesday from 8 a.m. to 5 p.m.**

Advanced-Beginning Ukulele and HarmoniKatz

Tuesday, November 2 to December 14
2:30 to 4 p.m.

Practice with other Senior Center members while further developing your skills with a ukulele. Class is intended for those familiar with their instruments. Instructor approval is required before registering. No class 11/23. Instructor: Delphine Ng. Member fee is \$14.

Beginning Ukulele

Tuesday, November 2 to December 14
1 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 or 3-ring binder to hold your music and class notes. No class 11/23. Instructor: Delphine Ng. Member fee is \$9.

Chinese Brush Painting (Zoom)

Monday, October 25 to November 15
10 a.m. to noon

Discover the "Impressionistic Style" of Chinese brush painting. Class begins with the basic strokes and gradually introduces other components as skill increases. Grow your talent by taking further sessions. Meets on Zoom. Links will be emailed out 24 hours prior to the first meeting. Instructor: Ming-Fen Lee. Cupertino Senior Center members pay \$36.

CSC Wednesday Jam

Wednesday, November 3 to 24
3 to 4:30 p.m.

Join a group jam session led by Jim Cunningham. 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.



Feldenkrais Method®

Tuesday, November 2 to 23
10:30 to 11:30 a.m.

The Feldenkrais Method® is a revolutionary approach to improving your life that uses gentle, mindful movement. This class will be taught both in-person at the Senior Center and via Zoom. Instructor: Michele Westlaken. Member fee is \$25.

Hula - Beginning

Wednesday, November 3 to 17
12:15 to 1 p.m.

Learn the art of Hawai'ian storytelling through dance. The instructor will guide you through the fundamentals of Hula as she teaches you the tales of the dances of Hawai'i. Instructor: Pat Gregory. Member fee is \$4.

Hula Performance Group

Wednesday, November 3 to 17
1:15 to 2:45 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 \$7.

CLASSES

iPad/iPhone in Mandarin

週二,10月26日-11月16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 - Improver/Intermediate

Tuesday, November 2 to December 7
10:15 to 11:30 a.m.

Intended for those who have been line dancing for some time and have mastered the basic steps and movements within line dancing. Instructor: Kathy Chang. Member fee is \$45.

Line Dance - Intermediate+

Wednesday, November 3 to December 8
10:15 a.m. to noon

Class features dance routines suitable for experienced dancers. For those who have mastered a comprehensive range of step patterns and movements, offering a wide variety of dance routines and turning techniques. No class 11/24. Instructor: Kathy Chang. Member fee is \$45.

Painting and Drawing at All Levels

Wednesday, November 3 to 24
8:45 to 11:45 a.m.

Join the friendliest artists in town and paint or draw 'till you drop! Student facilitators provide personal feedback on your work and class is open to anyone at any level! Classmates encourage each other in this art session that doesn't have guidelines or curriculum—just artistic expression! Student Facilitators: Jerome Chin, Beth Garcia. Member fee is \$23.

Rhythmaires Band

Wednesday, November 3 to
December 15, 9:30 a.m. to 11:30 a.m.

The Rhythmaires Band is a wind instrument-focused group that practices musical repertoire consisting of Dixieland arrangements and "oldies" originally published in the first half of the twentieth century. The group is in need of a tuba player and welcomes advanced musicians to audition to join the group. 11/17 meeting will be 9 to 10:30 a.m. Member fee \$21.

Zumba Gold® (Zoom)

Wednesday, November 10 to
December 1, 10 to 11 a.m.

Zumba Gold® is a dance exercise class designed for active adults 50+. The dances feature a variety of Latin moves and are designed to help improve balance, strength, and flexibility. Meets on Zoom. Links will be emailed out 24 hours prior to the first meeting. Instructor: Grace DuVal. Members fee is \$21.

Santa Clara County Library (Card Required) Creativebug

Wednesday, October 27, 10 to 11 a.m.

The fall season is a great time to get creative and crafty. Learn how to access over 1,000 online art and craft classes, patterns, templates, recipes and more. Topics include all sorts of art and design. Watch videos anytime, anywhere. Preregistration required. Members free, senior guests pay \$5.

Freegal

Wednesday, November 17, 10 to 11 a.m.

Freegal gives you access to downloadable music in the Sony Music Entertainment catalog, including artists from the Independent Online Distribution Alliance. Find out how you can access this service free using your Santa Clara County Library card and how to download five songs or two videos a week. Preregistration required. Members free, senior guests pay \$5.

FREE IN-PERSON AND VIRTUAL PROGRAMS

Via Cupertino

Wednesday, November 17
11 a.m. to noon

The highly anticipated Via-Cupertino Shuttle is officially back in service! Learn how to use this on-demand community shuttle to go anywhere in Cupertino, and even select locations in the broader Silicon Valley such as the Sunnyvale Caltrain station, Kaiser Santa Clara, and Rancho San Antonio. Presentation will include information on how to use the service, fares and discounts, and updated features. Presentation meets in-person. Preregistration required.

[Click here to register](#)

Season's Greetings

Thursday, December 16, 10:30 a.m. to noon,
Friday, December 17, 1:30 to 3 p.m.

Celebrate the holidays by receiving a free Season's Greetings bag filled with hot cocoa, tea, candy canes, and a warm Season's Greeting surprise. Drive-through pickup will be on Thursday, December 16 from 10:30 a.m. to noon, and Friday, December 17 from 1:30 to 3 p.m. at the Cupertino Senior Center. Registration is on a first-come-first-serve basis. Registration open to members only until Tuesday, November 16. Bags that are unable to be picked up during the designated pickup times will be forfeited.

[Click here to register](#)

Medicare Workshop (Zoom)

Monday, November 22, 10 to 11 a.m.

Join the Health Insurance Counseling & Advocacy Program (HICAP) for a workshop to learn about Medicare changes taking effect on January 1, 2022. Every year Medicare, Part D drug plans, and Part C Medicare Advantage plans make numerous changes. Make changes to your benefits during Medicare's Annual Enrollment Period (October 15 to December 7). Preregistration required. Open to the public.

[Click here to register](#)

Pumpkin Decorating Contest

Ends October 31

Celebrate the spooky season by decorating a pumpkin and submitting a photo by October 31 to participate in the Senior Center's first pumpkin decorating contest. Big or small, carving or painting, anything goes! The more the merrier so have your grandkids join in the decorating fun. Categories are for individual pumpkins or grandparent-grandkid duos. Register for the category you would like to participate in. Pictures must be submitted to Amanda at amandah@cupertino.org by Sunday, October 31 for your chance to win a fall-themed prize.

Winners will be contacted the first week of November and will be highlighted in *The 50+ Scene*. Have a scary time decorating! Free to participate and open to all.

[Register for Individual](#)

[Register for Duo](#)

Santa Clara County Fire

Virtual Live Tour of Saratoga Fire Station (Zoom or YouTube)

Wednesday, October 27, 3:30 p.m.

Join your community firefighters and virtually visit the Santa Clara County Fire Department's Saratoga fire station. During this Virtual Live tour, you will meet local firefighters, visit the inside of the fire station, see the fire engines, and learn important fire and life safety skills that can help keep you and your family safe.

[Join via Zoom](#)

[Join via YouTube](#)

Fall Prevention (In-Person)

Tuesday, November 16, 10 to 11 a.m.

Learn how to identify fall risks and simple and effective home modifications to prevent falls. Learn six steps to prevent falls and what to do right after a fall happens. Get connected with community resources to maintain safety and wellness. This presentation meets in-person at the Senior Center. Members free, senior guests pay \$5 day pass.

[Click here to register](#)

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

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

Medium

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

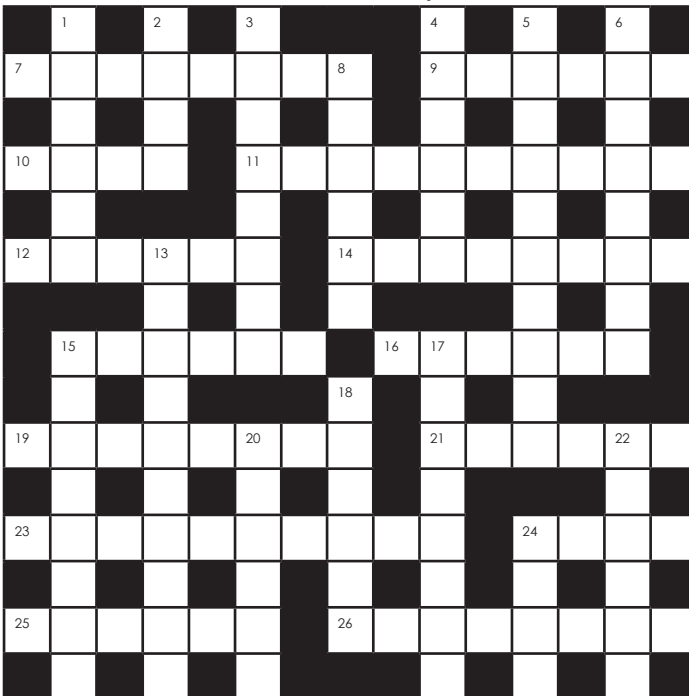
Hard

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

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Crossword

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



Across

- 7 - Marriage guidance counsellor? He fixes things (8)
- 9 - Game is ruined by prejudice (6)
- 10 - Caught, getting time in prison (4)
- 11 - Time invested in errant son failed – he has no chance of success (3-7)
- 12 - Remember to visit again? (6)
- 14 - Drug creating endless conflict at home (8)

- 15 - Jack wants us back on road–ridiculous! (6)
- 16 - Saucy. tasting of apple perhaps (6)
- 19 - A struggle increased in Scottish town (8)
- 21 - Note very little (6)
- 23 - Nasty criminal upset Alan around start of November (10)
- 24 - British agents keep hold of this tobacco (4)
- 25 - Remove centre from pellets and grind – using this? (6)
- 26 - Woman's worked as model, having inclination (8)

Down

- 1 - A teen's represented in governing body (6)
- 2 - Right away, plant evidence against celebrity (4)
- 3 - Mathematician, one engaged in noisy dispute (8)
- 4 - River subsequently needed for one travelling by water (6)
- 5 - Changing to career in leisure activity (10)
- 6 - Harshness, like compassion, the Queen embraced (8)
- 8 - Owner adapts to new celebrity (6)
- 13 - Uzis rattle violently in battle (10)
- 15 - Lent progressed (8)
- 17 - More will fail exam, being most aloof (8)
- 18 - The woman's lad upset the announcer (6)
- 20 - Speaks of old values (6)
- 22 - Communist art is brought back for businessman (6)
- 24 - Fire gun, having no time to drive away (4)

Last Edition's Solve

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

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.

	Status	Reopening	Notes
Senior Center	Partially Open	Fully Reopen in 2022	
Outdoor Senior Sports	Open		Bocce, Tennis, Softball
Front Desk - 2 Days per Week	Open Tu, W		Registration and classes
Front Desk - 5 Days per Week	Closed	Early 2022	
Senior Social Programs	Closed	Early 2022	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

去年,在 COVID-19 大流行期間,庫比蒂諾市關閉了其設施以保護公眾健康.在接下來的幾個月中,許多當面的項目、服務和活動將重啟.一些在線服務將繼續.

以下日期為估計日期,可能會發生變化.定期訪問cupertino.org/reopening 查看此時間表的更新和更改,以及有關其他城市設施重新開放的信息.

	當前狀態	重新開放	注釋
老年中心	部分開放	2022年全面重新開放	
戶外老年運動	開放		地擲球, 網球, 壘球
前台 - 每週 2 天 (星期二,星期三)	開放		註冊和租賃許可證 容量有限的班
前台 - 每週 5 天	關閉	2022年初	
老年社會項目	關閉	2022年初	容量有限的乒乓球、打牌、橋牌、紙牌、麻將、賓果、交誼舞等.
午餐和旅行	關閉	2022年初	生日狂歡、與朋友共進午餐、一日遊和其他活動

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)

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

