

THE 50⁺ SCENE

Shelter-in-Place Edition, 12/21/21

Holidays in Review
To 2021 we bid adieu
and a hearty hello to 2022!



CUPERTINO



As the weather turned colder and the days got shorter, December saw the return of many beloved holiday traditions at the Senior Center and throughout the city. The Senior Center's own Aloha Nani Hula dancers teamed up with the Pilo Ho'okani band to bring one of our most beloved holiday events right into members' homes. Holidays in Hawaii was a wonderful success, performed live in its entirety over Zoom for the first time ever. The captivating mix of Hawaiian and holiday songs was so enchanting that those viewing at home may have noticed some of the Senior Center staff couldn't help but join in the dancing.

The Senior Center kept the holiday spirit rolling with a new twist on last year's popular Season's Greetings program. This year, more than 225 registered for their own special Season's Greetings goodie bag filled with hot cocoa, tea, candy canes, and a couple of other cozy surprises. Senior Center staff were thrilled to greet everyone and see so many familiar faces as members came through to pick up their treats. "This is the best thing all season!" remarked one satisfied member.

Another holiday favorite, the annual Tree Lighting enjoyed a highly-anticipated return on

Friday, December 3 at the Quinlan Community Center, with more than 500 community members joining the City as we lit up the holiday tree. This year's event featured our special guest, Santa, arriving with a little help from the Santa Clara County Fire Department. After the tree lighting, participants were able to visit with Santa and take festive photos.

Not all the holiday fun is over yet though! Back for its second year, the Cupertino Holiday Light Map shows off neighborhoods full of holiday spirit! Step outside for fresh air, get away from the hustle and bustle, and enjoy working your way through the 2021 Cupertino Holiday Light Map by foot or by car. Neighbors have thoughtfully decorated their homes with holiday decor for all of Cupertino to enjoy. Touring dates are active through Saturday, December 25 and touring times are between 5 and 10 p.m. Don't tour too late, as many lights get turned off after 10 p.m. We hope you enjoy the dazzling displays as you tour the Cupertino light show. Find more information and download the map at cupertino.org/cupertinocares.

Happy holidays and a happy new year to you all and we look forward to seeing you in 2022!

CONNECTIONS

Senior Advisory Council

Monday, January 24
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 Bedord

President, Cupertino Senior Advisory Council

ANNOUNCEMENTS

Greeting Cards

Stop by the front desk to purchase your greeting cards to send to friends and family. Buy one card for 50 cents or three cards for \$1. Peruse through our cards stand for all occasions from birthday cards, get well cards, to thank you cards, and more.

Gift Cards

Start the new year by giving the gift of a Senior Center gift card to use on membership, active classes, and fun programs. Gift cards make the perfect gift to invite friends to have fun and do activities together. Purchase your gift cards at the front desk today!

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](#).

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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*.

The Washington Ballet's Nutcracker Tea Party



A quintessential holiday tradition, The Nutcracker Tea Party @Home is a 40-minute Nutcracker experience featuring guest performances, interactive activities, the story of The Washington Ballet's unique production of The Nutcracker, and behind the scenes interviews—all viewable from the comfort of your home.

[Follow the link here](#)

Benaki Museum

Greece's Benaki Museum features European, Asian, and Islamic artwork dating all the way back to prehistoric ages. Explore their massive collection on their detailed tour including both a virtual walkthrough and audio tour of their exhibits. After you've "wandered" through, head for their toy museum featuring thousands of items on childhood toys, and games.

[Click here for the tour](#)

[Click here for the museum](#)



Holiday Tour at the White House



Step into the holidays at the White House with the first-ever 360-degree virtual tour of their festive decorations. Recorded in 2015, this tour will take you through many of the public areas of this American icon, decked out in holiday finery.

[Follow the link here](#)

International Wolf Center

The International Wolf Center in Ely, Minnesota, is dedicated to demystifying one of the most elusive species on the planet. Watch these ambassador wolves eat, play, and patrol their territory via webcam—but be patient: these canines are skilled at making themselves hard to spot.

[Follow the link here](#)



IN-PERSON SOCIAL AND SPORTS GROUPS

Cupertino TV Productions

Cupertino TV Productions is back in-person and on-site at the Senior Center once a month. Cupertino TV Productions 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, January 5 and 19,
February 2 and 16, 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 like the veteran's hospital, homeless shelters, and local hospitals. Yarn is provided to make donated items. Members are free. Registration is required.

50+ Tennis

Tuesdays, 9 to 11 a.m.

Come play tennis with other members on courts 5 and 6 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 Santa Clara County and the State of California must be followed to participate. Members are free.

Ping Pong

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 are free, non-members pay \$5.

Tuesday, January 11

Tuesday, February 8

[Register for 8:30 a.m.](#)

[Register for 9:20 a.m.](#)

[Register for 8:30 a.m.](#)

[Register for 9:20 a.m.](#)

[Register for 10:10 a.m.](#)

[Register for 11 a.m.](#)

[Register for 10:10 a.m.](#)

[Register for 11 a.m.](#)

Tuesday, January 25

Tuesday, February 22

[Register for 8:30 a.m.](#)

[Register for 9:20 a.m.](#)

[Register for 8:30 a.m.](#)

[Register for 9:20 a.m.](#)

[Register for 10:10 a.m.](#)

[Register for 11 a.m.](#)

[Register for 10:10 a.m.](#)

[Register for 11 a.m.](#)

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. Or call us at (408) 777-3150 Monday through Friday to register over the phone.**

Art

Beading

Wednesday, January 5 to 26
12:30 to 2:30 p.m.

Learn about beading tools, different types of beading wires, threads and cords, and assorted beads. Practice learned techniques by creating assorted earrings, necklaces, and bracelets. A supply list will be provided and discussed on the first day of class. Instructor: Deborah Hall. Member fee is \$40.

Kumihimo

Wednesday, January 5 to 26
10 a.m. to noon

Kumihimo is a Japanese form of braid-making. The word Kumihimo is Japanese for “gathered threads” and the art form is practiced by taking cords and ribbons and interlacing those strands. Learn to make custom jewelry using this technique! Instructor: Deborah Hall. Member fee is \$40.

Painting and Drawing at All Levels

Wednesday, January 5 to 26
8:45 to 11:45 a.m.

Join the friendliest artists in town and paint or draw ‘till you drop! 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.

Music

Advanced-Beginning Ukulele and HarmoniKatz

Tuesday, January 11 to 25
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. Instructor: Delphine Ng. Member fee is \$7.

Beginning Ukulele

Tuesday, January 11 to 25
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. Instructor: Delphine Ng. Member fee is \$5.

CSC Wednesday Jam

Wednesday, January 5 to 26
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.

Rhythmaires Band

Wednesday, January 5 to
February 23, 9:30 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. Member fee is \$24.

CLASSES

Dance and Exercise

Feldenkrais Method®

Tuesday, January 4 to 25
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, January 19 to February 23
12:15 to 1 p.m.

Learn the art of Hawaiian storytelling through dance. The instructor will guide you through the fundamentals of Hula as she teaches you the tales of the dances of Hawaii. Instructor: Pat Gregory. Member fee is \$7.

Hula Performance Group

Wednesday, January 19 to February 23
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 \$14.

Line Dance - Improver/Intermediate

Tuesday, January 18 to February 22
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, January 19 to February 23
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. Instructor: Kathy Chang. Member fee is \$54.

Zumba Gold® (Zoom)

Wednesday, January 5 to 26
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. Member fee is \$21.

Tech

Apple Assistance

Tuesday, January 11 and 25
February 8 and 22, 1 to 3 p.m.

Receive one-on-one assistance on how to use your Apple device so you can get the most out of it! 1-hour appointments are scheduled on a first-come, first-serve basis. Instructor Brock Carpenter. Member fee is \$6.

iPad Beginning

Tuesday, January 11 to February 22
1 to 3 p.m.

Come learn all the new features of iOS 15 and become more familiar with your iPad with step-by-step instructions on how to use gestures, widgets, the control center, QuickType and QuickPath keyboard features, text editing, Siri, photos, and more. Members must bring a fully charged iPad to each class. iPad must have iOS 15. Please know your Apple account ID and password. Instructor Roz Schiros. Member fee is \$38.

new

iPhone Beginning

Wednesday, January 12 to February 23
1 to 3 p.m.

Learn all the latest functions of your iPhone from Instructor Roz Schiros with step-by-step instructions and handouts at each class. Increase your familiarity on how to use Setting options, Spotlight search, customizing your Control Center, organizing your applications, text editing, and more! Members must bring a fully charged iPhone to each class. iPhone must have iOS 15. Please know your Apple account ID and password. Member fee is \$38.

FREE VIRTUAL AND IN-PERSON LECTURES

Santa Clara County Library (Card Required)

new

Libby

Wednesday, January 26, 10 to 11 a.m.

Access thousands of eBooks and audiobooks on Libby for free. Enjoy reading across your electronic devices or listening through a book on the go. Learn how you can download these eBooks and audiobooks to continue reading or listening offline. Libby even allows you to connect what you are reading to your Kindle. Preregistration required. Workshop will be held in-person. Members free, non-members pay \$5.

Kanopy

Wednesday, February 23, 10 to 11 a.m.

Learn about how you may stream movies on your tv, smartphone, tablet, desktop, or laptop for free. Kanopy's collection includes critically acclaimed movies, documentaries, foreign films, classic cinema, independent films, educational videos, and more. Enjoy access to one of the largest film collections for instant entertainment at your fingertips. Preregistration required. Workshop will be held in-person. Members free, non-members pay \$5.

10 Warning Signs of Alzheimer's Webinar (In Mandarin)

Tuesday, January 18, 10 to 11:30 a.m.

阿滋海默症十大警訊網路視訊會議

星期二, 1月18日, 10 - 11:30 a.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.

[點擊此處註冊](#)

Relaxation 101: Reset, Reframe, and Recharge (Online)

Tuesday January 4, 7 to 8 p.m.

Feeling stressed? Learn to relax with El Camino Hospital's Lifestyle Medicine Wellness Coach and Stress Management Expert, Mimi April, MEd. Practicing a meditation/relaxation technique does more than just reduce stress. It can improve heart rate, reduce blood pressure, and even help balance emotions. This online class will cover mediation basics, essential stress management tips, along with an experiential meditation practice.

[Click here to register](#)

10 Warning Signs of Alzheimer's Webinar

Thursday, January 13, 3 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.

[Click here to register](#)

Santa Clara County Fire Online Classes



星期二
1月11日
11 - 11:45 a.m.



Wednesday
January 19
10 to 10:30 a.m.



Tuesday
January 25
12:45 to 2 p.m.

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

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

Medium

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

Hard

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

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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						
24															25	
	26															27

Across

- 1 - Adorn the platform (4)
- 3 - Diana's touring severe regions (9)
- 9 - Kelvin abandons fortunate girl (4)
- 10 - Best end of lamb with inedible coating (10)
- 12 - Non-professionals in area must struggle (8)
- 13 - Alternatively, agreement could be a nightmare (6)
- 14 - Cobra contorts flexibly around one different snake (3-11)

- 18 - How a British comedy drama is presented? (14)
- 20 - Without hesitation train for duty (6)
- 22 - Prosperous, with source of oil on the agenda (4-2-2)
- 24 - Egalitarian comic rated badly (10)
- 25 - Collection of myths is somewhat dated, darling (4)
- 26 - California is not so perfect! (9)
- 27 - Cart needs to reverse three feet (4)

Down

- 1 - Daughter is on a roll, changing currency (6)
- 2 - Dead chuffed to give bird a ring (4-1-4)
- 4 - Not knowing or caring, one messed up (9)
- 5 - Supports for flower (4)
- 6 - I'm in eternal bother, chiefly - put another way it's endless (12)
- 7 - Submit story about bishop (5)
- 8 - Cleared off to make a statement (7)
- 11 - Artistic style, one wrongly associated with Mozart's type of music (12)
- 15 - Attempts to go round posh French island, a feature of Paris (9)
- 16 - Unreasonable request by Watutsi monks? (4,5)
- 17 - A tiresome chore, removing Ned's cigarette butts (3,4)
- 19 - Italian meets unknown gypsy (6)
- 21 - Butterfly makes mark on the page (5)
- 23 - Listen to man in armour (4)

Last Edition's Solve

P	O	T	O	M	A	G	S	W	A	L	L	O	W
E	I	I	O	O	D	I	A						
A	T	T	E	N	T	I	O	N	A	N	G	E	L
G	U	U	U	N		P	N	L					
H	O	L	S	T	C	I	C	A	T	R	I	C	E
Y	A	A	E	I	O								
C	R	E	M	E	D	E	L	A	C	R	E	M	E
E													
D	I	G	I	N	O	N	E	S	H	E	E	L	S
U	A												
C	A	B	A	L	L	E	R	O	E	N	T	E	R
A	B	O											
T	A	L	L										
E	E	E	A										
S	A	D	D	L	E	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			
Senior Sports	Open		Tennis, Softball, Table Tennis
Front Desk - 2 Days per Week	Open Tu, W		Registration and classes
Senior Social Programs	Limited	Spring 2022	Card Playing, Bridge, Cribbage, Mah Jongg, Bingo, Ballroom Dance, etc.
Luncheons and Trips	Closed	Spring 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			
老年人運動	開放		網球, 壘球, 打牌
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
老年社會項目	有限的	2022 年春天	乒乓球, 橋牌, 紙牌, 麻將, 賓果, 交誼舞等
午餐和旅行	關閉	2022 年春天	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

