

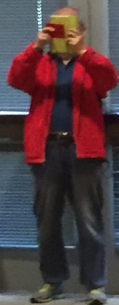
# THE 50<sup>+</sup> SCENE

Shelter-in-Place Edition, 2/16/21

## Happy Lunar New Year

### Learn all about the Year of the Ox!

Page 2



CUPERTINO





The Lunar New Year has arrived, with February 12 marking the first day of the Year of the Ox. Do you recognize the cupcakes pictured above? Those are the birthday cupcakes from the past two years of our Lunar New Year Birthday Bash. The left side are the pigs from two years ago and the right are the rats from last year. As we all bid good riddance to 2020 and a rocky Year of the Rat, the Year of the Ox can't get underway soon enough. Read on to learn about the Chinese Zodiac and what makes the Year of the Ox so special.

The Ox occupies the second position of the 12-animal Chinese Zodiac, falling immediately after the Rat and prior to the Tiger. According to one legend, the Ox is second because it was tricked by the Rat. In this legend, the Jade Emperor declared that the order of the Zodiac would be determined by the order the animals arrived to his party. The Rat hitched a ride with the Ox and jumped off in front of it just before they arrived. Thus the Rat became the first and the Ox second. Unless you were born in January or February, you are likely an Ox if you were born in 1937, 1949, 1961, 1973, 1985, 1997, 2009, or 2021.

In addition to the 12 animals of the Zodiac, there

are 10 heavenly stems that can be associated with the year. A complex sexagenary cycle determines the element and the animal associated with the year. Every 60 years the element and animal associated with the year repeat, meaning 2021 marks the first year of the Metal Ox since 1961.

Does that mean 2021 is the year to start listening to Ozzy Osbourne, then? Not exactly the Metal we're talking about, but we'll leave that choice up to you. Based on the Zodiac this year, one can predict an emphasis on metal-related industries. Ox are also hard workers and quite mobile, so perhaps we can look forward to a less-static future. Famous Metal Oxen include Barack Obama and Walt Disney!

There's always time to improve your luck during the Lunar New Year. Wearing red is associated with luck and prosperity, so be sure to keep some crimson close at hand. Traditionally, married couples hand out red packets with money to children and unmarried adults to wish them luck as well.

Are you celebrating Lunar New Year? Send us pictures of your celebration or anything else you're doing to [seniorcntr@cupertino.org](mailto:seniorcntr@cupertino.org) for our back-page collage.



After more than 20 years with the City of Cupertino, Recreation Supervisor Kim Frey retired at the end of January.

Kim began her journey with Cupertino Parks and Recreation Department in the Youth and Teens Division in August 1998. During her tenure as the teen programs coordinator, she oversaw high school dances, the Teen Commission, and the opening of the brand-new Teen Center.

In 2007, Kim transferred to the Senior Center to run the travel program. Over the next decade Kim expanded the program, offering many unique opportunities to our members, including the very first (and wildly popular) International Mystery Trip which visited Belgium in its first year.

In April 2016, Kim was promoted to supervisor of the Senior Center, where she served the community for the past five years.

We thank Kim for her complete devotion to the Senior Center, its volunteers, and members over these many years. Kim will be missed. We wish her the best in the next chapter of her life.

# FACEBOOK

## Changes to the Senior Center Page

The Cupertino Senior Center would like to thank everyone who has liked, followed, and interacted with this page over the years. On March 1, this page will be merging with the Cupertino Parks and Recreation page. This merger will allow for the City to better promote Cupertino Senior Center activities, programs, and services. Follow the [Cupertino Parks and Recreation page](#) for continued highlights on City events and programs!

## Puzzle Us This Competition

Solve as many daily puzzles as possible on our Facebook page! Puzzle Us This will end until further notice after February's competition. Points are awarded as follows:

- +2 Points for being first to answer *correctly*
- +1 Point for answering *correctly*

The highest number of accrued points after each round will be crowned Puzzle Master!

## The Newly Crowned Puzzle Master

A new year and a new Puzzle Master is crowned. Congratulations Maureen Sarjeant on earning the highest number of points in the January puzzle competition, gaining the Puzzle Master crown. Solving first a few times in the last week of January gave her the last-minute lead that led to her victory. Think you can solve our daily puzzles first and become the new Puzzle Master? Give it a try as Maureen works to defend her crown from super solvers like you in the February edition of "Puzzle Us This."

# TABLE OF CONTENTS

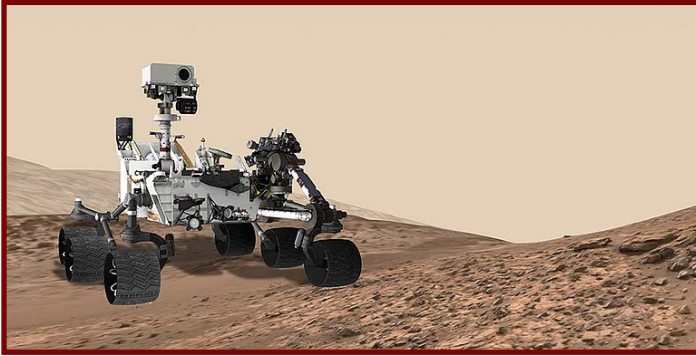
<b>2</b>		<b>Happy Lunar New Year</b> Welcome in the Year of the Ox, and learn a bit about the Chinese Zodiac	<b>7</b>		<b>Upcoming Events</b> Musical Motivations and the library expansion groundbreaking
<b>3</b>		<b>Senior Center Updates</b> Learn about changes to our Facebook and Senior Center staff	<b>8</b>		<b>Resources and Questionnaires</b> Information, resources, and a survey about food needs
<b>4</b>		<b>Virtual Travel</b> Our travel staff has put together listings of virtual tours and exhibits	<b>9</b>		<b>Puzzles and Games</b> Need some light entertainment? Check out this collection of puzzles
<b>5</b>		<b>Remote Classes</b> Check out the lineup of March and April Zoom classes	<b>11</b>		<b>Community Resources</b> Learn about all the local resources available to you at this time
<b>6</b>		<b>Upcoming Programs and Webinars</b> Presentations, informative Webinars, and new programs	<b>12</b>		<b>Photo Collage</b> See what the Senior Center members and staff have been up to



# 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*.

## Access Mars



Access Mars lets you explore the Martian surface, exactly as it was recorded by the Curiosity rover. By combining and analyzing photographs taken by Curiosity, scientists at NASA Jet Propulsion Laboratory have created a 3D model used to study Mars and plan future experiments. Now, you can explore this 3D model of the Red Planet through virtual reality.

[Follow the link here](#)

## Nelson-Atkins Museum of Art Lunar New Year

Join the Nelson-Atkins Museum of Art for a virtual celebration of the Lunar New Year. Explore the art of Asian cultures, enjoy a dynamic dance performance, take "A Step Back in Time", and try a virtual scavenger hunt through their galleries for the animals of the Chinese Zodiac.

[Follow the link here](#)



## Pioneer Living History Museum



Hidden away from the hustle and bustle of modern life, Pioneer Arizona is a sprawling 90 acre open-air museum nestled in the black rock foothills of Northern Phoenix. "Wander" through photos and narratives of the twenty historic 19th century buildings that form Pioneer Village, including Smith and Dodd's Tonsorial Parlor, "The Teacherage", and more.

[Follow the link here](#)

## Farallon Islands Live Webcam

Get a rare view of the Farallon Islands' craggy peaks and rocky shorelines and scan the islands for marine mammals and birds. Their high-definition webcam is newly restored and now streaming live from a lighthouse atop Southeast Farallon Island. You can even "control" the camera and switch between different (and sometimes foggy) views!

[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. Navigate to [reg4rec.org](http://reg4rec.org) to see all the classes we are offering, or **click on the descriptions on this page to register**. Senior Center members enjoy the lowest rate. Become a Senior Center member today! Enjoy the familiar faces of your favorite instructors until we can rejoin each other in person!

## Chair Exercise

Thursday, February 18 to March 11  
5 p.m. to 5:45 p.m.

Join Marla in an upbeat exercise class that is designed to be performed from a seated position. Some movements can be performed standing but all can be done while seated in a chair. Please ensure that your chair has a firm base with no wheels. Instructor: Marla Yonamine. Cupertino Senior Center members pay \$12, non-members pay \$17.

## Line Dance Beginning

Thursday, March 4 to April 29  
7 p.m. to 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. This is the introductory course designed for brand-new line dancers, or those with limited experience. Instructor: Kathy Chang. Cupertino Senior Center members pay \$45, non-members pay \$50.

## Line Dance Intermediate

Tuesday, March 2 to April 27  
7 p.m. to 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. This course is intended for those with some experience in line dancing. Zoom format may be more difficult than in-person! Instructor: Kathy Chang. Cupertino Senior Center members pay \$45, non-members pay \$50.

## Chinese Calligraphy

Tuesday, March 2 and 16, April 6 and 20  
3 p.m. to 5 p.m.

Learn the beautiful, artistic writing style of Chinese Calligraphy in a Zoom setting. Four passionate volunteer instructors will rotate through guiding your artistic development. Supplies needed include ink, paper, and paint brush. Instructors: Fred Jair, William Mann, Yuanfa Wang, and Yeou-Yen Cheng. Cupertino Senior Center members pay \$12, non-members pay \$17.

## Beading

Thursday, March 4 to 25  
2:15 p.m. to 4:15 p.m.

Beading techniques will be learned through specific projects such as necklaces and earrings. Understanding written directions, observing demonstrations, use of beading tools, and new beading tricks will further sharpen your skills. The curriculum and supply list will be provided prior to the first day of class. Some beading experience is strongly recommended. Instructor: Deborah Hall. Cupertino Senior Center members pay \$40, non-members pay \$45.

## FREE VIRTUAL FITNESS CLASSES

Zumba	<u>Monday</u>	9 a.m. to 10 a.m.
Bootcamp	<u>Tuesday</u>	8:30 a.m. to 9:30 a.m.
Zumba Gold	<u>Wednesday</u>	10:30 a.m. to 11:30 a.m.
Body Sculpting	<u>Thursday</u>	10:30 a.m. to 11:30 a.m.
U-Jam®	<u>Friday</u>	9 a.m. to 10 a.m.
Cardio Dance	<u>Friday</u>	noon to 1 p.m.

## Class Highlight - Feldenkrais

### Feldenkrais Method®

Tuesday, March 2 to 30  
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.



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!

- "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."



# UPCOMING PROGRAMS AND WEBINARS

## Book Discussion

Friday, March 5, 10 a.m. to 11 a.m.

Read a new book and join in on the discussion. The book selected for discussion is *The Lost Order* by Steve Berry. Interested readers may find the book at their local library or online. Preregistration required. Members free, non-members pay \$5.

[Click here to register](#)

## Santa Clara County Fire Be Ready: Be Prepared!

Tuesday, March 16  
1 p.m. to 2:30 p.m.

Learn about Bay Area disaster risks, how to make a plan and prepare for a disaster, and how to stay informed during and after the disaster. Learn about important communication systems and how to communicate with your support network during and after a disaster. Open to the public.

[Click here to register](#)

## Preparing for Medical Emergencies

Wednesday, March 3  
6 p.m. to 7:15 p.m.

Learn how to recognize medical emergencies and when to call 9-1-1, how to report emergencies, and what to do before help arrives. Be prepared with completed medical documents and explore resources that can assist caregivers. Open to the public.

[Click here to register](#)

## El Camino Health:

### Ask-a-Doc (in Mandarin)

Friday, February 19  
10 a.m. to 11:30 a.m.

請問醫生視訊: 女性心臟疾病

時間: 週五, 10 a.m. – 11:30 a.m., 日期: 2/19/21

陳道蕙醫師將在視訊講座中,帶領我們從歷史角度了解過去四十年來醫學界對於婦女心臟疾病累積的知識. 女性心臟病不僅症狀不同於男性,治療方法和結果也不同. 我們還了解到,高血壓和糖尿病在男性和女性中都有不同的表現. 與女性相比,男性的房顫也不同. 心臟病仍然是女性的頭號殺手,我們可以提供更針對女性的治療,從而挽救更多生命並減少副作用. 向所有人開放.

[點擊此處註冊](#)

## El Camino Health:

### Ask a Dietician (in Mandarin)

Wednesday, March 10  
10:30 a.m. to noon

線上問答 - 請問營養師: 鹽與高血壓

時間: 週三, 10:30 a.m. – 12 p.m., 日期: 3/10/21

營養師將在前三十分鐘根據主題,介紹營養學常識和一般人可能的誤解,之後一個小時開放問答. 歡迎您帶著您的問題來問營養師. 如果時間允許,我們會開放回答其它飲食問題. 歡迎在報名時事先提交您的問題,會優先得到解答. 報名後您會收到參加視訊講座的連結. 主講: 註冊營養師秦韻(Xuan Qin, MS, RD) 向所有人開放.

[點擊此處註冊](#)

## Santa Clara County Library (Card Required)

### The New York Times Online

Wednesday, February 24  
10 a.m. to 11 a.m.

Learn how you can read *The New York Times* online for free in any of three languages: English, Spanish, and Chinese. Headlines are updated throughout the day and readers have access to Times Video, which provides short videos on many topics. Preregistration required. Members free, non-members pay \$5.

[Click here to register](#)

### Flipster

Wednesday, March 31  
10 a.m. to 11 a.m.

Miss reading your favorite magazines? Learn about Flipster and how to receive free access to *Consumer Reports*, *People*, *Time*, and more magazines online. Read magazines in a browser or download to your mobile device. Preregistration required. Members free, non-members pay \$5.

[Click here to register](#)



# UPCOMING EVENTS

## Musical Motivations

Friday, February 26  
4 p.m. to 5 p.m.

Join Musical Motivations' first concert of the year as Harker's Tri-M performs a variety of hits from the 60s to fill your afternoon. Harker's Tri-M is a musical organization that shares their love of music by performing for local communities. Free and open to the public.

[Click here to register](#)



CUPERTINO

# It's a go.

The community is cordially invited to the **virtual** groundbreaking ceremony for the Cupertino Library Expansion project.

**Friday, March 5 at Noon**

Watch at [cupertino.org](http://cupertino.org), [youtube.com/cupertinocitychannel](https://youtube.com/cupertinocitychannel), or [facebook.com/cityofcupertino](https://facebook.com/cityofcupertino)

For more information, visit [cupertino.org/libraryexpansion](http://cupertino.org/libraryexpansion)



# RESOURCES AND QUESTIONNAIRES

## Food Needs Survey

Are you or a loved one in need of food assistance? The City of Cupertino is working to better understand the level of need in our community. Please take the survey to receive more information on food resources for which you may be eligible. If you cannot take this survey online or need translation assistance, please call (408) 777-3152 to complete the survey over the phone.

[Click here to take the survey](#)

您和您的親人需要食物援助嗎? 庫比蒂諾市正在努力更好地了解我們社區中的需求水平. 請參加調查以獲取更多您可能有資格獲得的有關糧食資源的信息. 如果您不能在線進行此調查或需要翻譯幫助,請致電(408) 777-3152通過電話完成調查.

[前往opentownhall.com/10154](http://opentownhall.com/10154)進行調查

## 2020 Tax Resources

AARP Foundation Tax-Aide

Tax-Aide is the nation's largest free, volunteer-run tax preparation and assistance program. It is designed to serve low- and moderate-income tax payers, with a special focus on those 60 and older, though no one is turned away. Starting February 1, call (888) 227-7669 for assistance in finding a Tax-Aide site, or visit their locator website for assistance.

[Click here for the Tax-Aide Locator](#)

### West Valley Community Services and United Way Bay Area

West Valley Community Services (WVCS) is a Volunteer Income Tax Assistance (VITA) site under United Way Bay Area (UWBA), partnered with the IRS. The VITA program offers free tax help to individuals who make less than \$57,000 annually, persons with disabilities, and those who speak limited English. UWBA has many VITA locations throughout the Bay Area to assist with tax returns.

[Click here for the WVCS website](#)

[Click here for the UWBA tax site locator](#)

## 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).



Sourcewise's mission is to provide adults and their caregivers the tools and services they need to effectively navigate their health and life options. 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.



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.



# 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

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

Medium

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

Hard

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

© Memory-Improvement-Tips.com. Reprinted by Permission.

## 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							13				14			15
16									17					
18	19				20				21				22	
23			24								25			
26											27			
					28									

### Across

- 3 - Throw from playing field (5)
- 8 - One who tries to impress with tricky question about university (6)
- 9 - Start rioting perhaps when taking time out (6)
- 10 - Affectionate term for attractive woman (4)
- 11 - Athlete wounded golfer with gun (4-6)
- 12 - Recall amazing wine collection (6)

- 13 - Milan team in France is to provoke curiosity (8)
- 16 - Everywhere is in a disorganised muddle (3,4,3,5)
- 18 - So pleb is reformed? That can be done (8)
- 21 - Take no notice of foreign fellow missing at sea (8)
- 23 - Fault-finding editor promises to pay (10)
- 25 - Remaining in port (4)
- 26 - Llama from mountain starts to annoy certain associates (6)
- 27 - Shellfish is unknown in new store (6)
- 28 - Tower discovered by some happy Londoners (5)

### Down

- 1 - After the pub head of economics makes a scene (6)
- 2 - Revolting roué libels Dicky (10)
- 3 - Keep quiet over book (8)
- 4 - Give up with whole rotten mess (5,2,3,5)
- 5 - Dish stolen by dope (6)
- 6 - Some upstanding prominent figures show talent (4)
- 7 - Miscellaneous birds (6)
- 12 - Guy entertains Mark and Victor (5)
- 14 - Stern engineer advanced a smaller sum (10)
- 15 - Article by me provides topic (5)
- 17 - English girl backing Number One release (8)
- 19 - Finished and emptied lorry too (6)
- 20 - Friend has to polish up material (6)
- 22 Instinctive reaction from referee gets the French cross (6)
- 24 - Introduction of speed camera's not half a con (4)

### Last Edition's Solve

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

# Cupertino Senior Center

21251 Stevens Creek Boulevard  
Cupertino, CA 95014

March 3 and March 17  
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 March 3 & 17



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

The 50+ Scene Shelter-in-Place Edition, February 16, 2021



# COMMUNITY RESOURCES

## 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.

Santa Clara County and all its cities have been designated as Age-friendly by the World Health Organization; the first county in the nation to do so. DAAS continually works toward expanding and supporting Age-friendly initiatives throughout the region.

[Visit their website here](#)

(408) 755-7600

### Schedule Appointments

#### Health Insurance Counseling (HICAP)

Consultation on Medicare and Medicare-related health insurance.

To schedule appointments visit [mysourcewise.com/medicare-options](https://mysourcewise.com/medicare-options).

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.

Call (408) 295-5991 to schedule appointments.

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預約

Cupertino Senior Center • (408) 777-3150



**SECOND HARVEST**  
of SILICON VALLEY

984-3663 or text GETFOOD to (408) 455-5181.

[Visit their website here](#)



**Social Services Agency**

County of Santa Clara

Santa Clara County's Senior Nutrition Program serves adults over sixty, disabled adults living with older adults, and the spouses of people that are over sixty. The program now follows a take-out model at most locations, though some have closed during the stay at home order.

[Visit their website here](#)

## Meals on Wheels

Residents in quarantine, as well as older adults and persons with disabilities or health conditions who need support can call (408) 350-3200, choose option 4 for the Meals on Wheels program.



HEALTH • HOME • HEART

### West Valley Community Services

West Valley Community Services (WVCS) accepts clients over sixty years old who live in zip codes 95014, 95030, 95032, 95033, 95044, 95070, 95129, and 95130. WVCS can deliver food once a week to your house provided you meet their qualifying factors. You must register as a WVCS client by filling out a one page form. Cupertino Senior Center can help you with this process. You may call the center at (408) 777-3150.

[Visit their website here](#)





Photo Credit: Gary Niemeyer



Photo Credit: Gary Niemeyer



Photo Credit: Gary Niemeyer



Photo Credit: Gary Niemeyer



Photo Credit: Pat Gregory



Photo Credit: Pat Gregory



Photo Credit: Gary Niemeyer

