

THE 50⁺ SCENE

Shelter-in-Place Edition, 8/17/21

Your Fall Rundown
There are plenty of things to
do in Cupertino!
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CUPERTINO



Summer is nearing its close but great events are just getting rolling city-wide. Over the next few weeks some of your favorite festivals and events will be happening to keep you active well into the fall.

The 2021 Silicon Valley Day ‘n’ Night Fun Fest will take place right here in Memorial Park on Saturday, September 11 from 10 a.m. to 8 p.m. This annual, multicultural community festival sponsored by the Rotary Club of Cupertino is a family-oriented event full of games, education, music, entertainment, and food for all. There is no entrance fee, and parking is free at De Anza College.

For many, the time spent at home recently has provided a good opportunity to refresh, reorganize, and clean out closets, attics, and more. If that sounds like you, you might like the chance to help your pre-loved possessions find new homes by participating in the Cupertino Citywide Garage Sale. The 2021 edition is a two-day sale occurring Saturday and Sunday September 18 and 19 and residents are welcome to have their sale for only one or both of the days. If you’d like to participate (or shop!), head to cupertino.org/garagesale for more information and to sign up.

Next, strap on a helmet and bike to City Hall on September 25th for Cupertino’s 8th annual

Fall Bike Fest! At this year’s festival, you and your family can participate in a family bike ride, a bike rodeo to teach kids the rules of the road and bicycle handling skills, and get your bike helmet properly adjusted. Ask a mechanic all your bike repair questions, bring your bike for a safety checkup, compete in bike activities, and make a fruit smoothie on the City’s blender bike! For more details, visit cupertino.org/bikefest.

If biking isn’t for you, it may interest you to know that Via-Cupertino will be making a return soon. After taking a year-long pause due to the COVID-19 pandemic, the Via-Cupertino community shuttle program is ready to hit the road again. Service is expected to resume in the fall and as early as October. The community shuttle program is coming back with added improvements and more vans (meaning even faster service!). For more information including hours, pricing, and how to book a ride visit cupertino.org/shuttle.

The coming month is so jam-packed with things to do, you might forget that the Senior Center now has some of your favorite classes live and in-person. Come by to register for line dance, ukulele, iPad classes, and more on Tuesdays and Wednesdays from 8 a.m. to 5 p.m. We can’t wait to see you!

Monday, September 27 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

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](#).

The Final Puzzle Master Crowned

“Puzzle Us This” grew as a virtual activity for members to participate in on the Senior Center’s Facebook during the closure. With the Senior Center reopening, July was the final competition. In celebration of the Tokyo Olympics, the puzzles were Olympic themed. Like many of the events this year, the competition each week was head-to-head up until the finish line. In the end, **Judy Taylor** pushed through to solve first on a couple puzzles, winning back the Puzzle Master crown. For the super solvers who competed over the past year, we hope you enjoyed it!

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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 Met 360° Project



This award-winning series of six short videos invites viewers around the world to virtually visit The Met's art and architecture in a fresh, immersive way. Created using spherical 360° technology, it allows you to explore some of the Museum's iconic spaces as never before. Experience the magic of standing in an empty gallery after-hours, witnessing a bustling space in time-lapse, or floating high above The Met Cloisters for a bird's-eye view.

[Follow the link here](#)

Nevada: Roam From Home

Take a Google trek to virtually visit some off-the-grid favorites from all corners of the Silver State. With hundreds of mountain ranges, endless rambling roads, and meandering backcountry trails, Nevada is a state filled with jaw-dropping scenic wonder. Ramble through ghost towns, stunning red rock, petroglyphs, historic sites and more as you explore.

[Follow the link here](#)



San Diego Zoo



Considered one of the best zoos in the world, the San Diego zoo is home to more than 3,500 animals of more than 650 species and subspecies. Get up close and personal with their furry, feathered, or aquatic residents by exploring their variety of live cams including burrowing owls, condors, hippos, platypuses and more.

[Follow the link here](#)

Rock and Roll Hall of Fame

Explore exclusive interviews, induction ceremony videos, and playlists and get a look at some of the artifacts that make up three unique museum tours curated by the Rock and Roll Hall of Fame team. Choose from "Women Who Rock," "Play It Loud: The Instruments of Rock & Roll Highlights" and "Staff Picks" to see what's currently on display inside the museum.

[Follow the link here](#)



INFORMATION AND WEBINARS

2020 Membership Update

In case you missed it in previous announcements, everyone who had an active Senior Center membership in 2020 had that membership extended through January of 2022. Your old 2020 parking permit will continue to grant you access to the parking lot as well and you won't need to renew until next year!

The New Currency of Scams: Gift Card Payments

These scams are becoming more and more common as thieves target the vulnerable. It works like this: a scammer contacts you and asks you to purchase a gift card, then share the numbers on the card with them. Register for this pre-recorded webinar presented by AARP to learn how it all works, how serious it is, and how you can stay safe.

[Click here to register](#)

Ask a Dietician Webinar: Carbohydrates (in Mandarin)

請問營養師視訊: 你所不知道的碳水化合物
時間: 週三, 10:30 a.m. - 12 p.m.

日期: 9/8/21

主講: 註冊營養師秦譔(Xuan Qin, MS, RD)

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. 報名後您會收到參加視訊講座的連結.

[點擊此處註冊](#)

Cupertino Library Foundation Senior Housing Speaker Series

Sunday, August 29, 1 p.m.

Learn about Senior Housing options, when they change, and the default choice of Aging in Place. Speakers will walk us through the choices, considerations, and discuss typical paths forward. Bring your questions. All Cupertino Library Foundation events are free and open to the public.

[Click here to register](#)

Navigating Recycling and Composting in Cupertino

Wednesday, September 29
10 to 11 a.m.

Have you ever wondered what kind of plastic can be recycled, or what you can put in your compost? Did you know that each city's process for waste is different? Learn how these things are divided in Cupertino and how recycling can have an impact worldwide, as well as share your thoughts on the future of single-use plastics in Cupertino. Presented by Cupertino's own Environmental Programs Team. Preregistration required, meets in-person or via Zoom. Members free, senior guests pay \$5 day pass.

[Click here to register](#)

Santa Clara County Fire

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

Thursday, September 9, 10 to 11 a.m.



[Click here to register](#)

Wednesday, September 15, 12:45 to 1:45 p.m.



[Click here to register](#)

Tuesday, September 28, 6 to 7:15 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 on Tuesday and Wednesday from 8 a.m. to 5 p.m.**

Santa Clara County Library (Card Required)

Kanopy Webinar

Wednesday, August 25, 10 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, and more. Access up to 15 videos per month. Preregistration required. Zoom link will be sent out the week of the Webinar. Cupertino Senior Center members free.

Mercury News Online

Wednesday, September 29, 10 to 11 a.m.

Learn how you can receive full access to today's local newspaper on the go or at home through the online version of *The Mercury News*. You will have access to issues from 2006 to now. Preregistration required. Workshop will be held in person. Cupertino Senior Center members free.

Apple Assistance

Tuesday, August 24,
September 14 and 28, 1 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 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.

Advanced-Beginning Ukulele and HarmoniKatz

Tuesday, September 7 to 28
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 \$9.

Beginning Ukulele

Tuesday, September 7 to 28
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 \$6.

CSC Wednesday Jam

Wednesday, September 1 to 29
3 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 \$12.

Feldenkrais Method®

Tuesday, September 7 to 28
10:30 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.



CLASSES

Hula Performance Group

Wednesday, September 8 to 29
1 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 Intermediate

Wednesday, August 18 to September 29
1 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.

Line Dance - Beginner/ Intermediate

Tuesday, September 7 to 28
10:15 to 11:30 a.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, September 8 to 29
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.

Painting and Drawing at All Levels

Wednesday, September 1 to 29
8:45 to 11:45 a.m.

Come join the friendliest artists in town, and paint or draw 'till you drop! Student facilitators will provide personal feedback on your work, but the class is open to anyone at any level to come and paint (or draw!) in the medium of their choice. Class members encourage each other in this open art session that doesn't have guidelines or curriculum—just artistic expression! Student Facilitators: Jerome Chin, Beth Garcia. Member fee is \$23.

Zumba Gold® on Zoom

Wednesday, September 8 to 29
10 to 11 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. Meets on Zoom. Links will be emailed out 24 hours prior to the first meeting. Instructor: Grace DuVal. Cupertino Senior Center members pay \$21.



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.

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	Partially Open	Fully Reopen in 2022	
Outdoor Senior Sports	Open		Bocce, Tennis, Softball
Front Desk - 2 Days per Week (Tu, W)	Open		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



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



The July Full Moon is called the Buck Moon.

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07 . 23 . 2021

Night Blooming Cereus

© GHI Photo Gallery

