



THE + SCENE

JANUARY/FEBRUARY 2014

CITY OF CUPERTINO SENIOR CENTER 408.777.3150

21251 STEVENS CREEK BLVD.

STAY ACTIVE, BE HEALTHY IN 2014!

Chinese New Year 4712, or 2014 in the Western calendar, is the Year of the Horse. By tradition, the Year of the Horse is an optimistic time. The energy and stamina that the horse lends to the year will ensure that new ventures will be a galloping success right out of the gate!

We have listed some New Year's resolutions that are popular year after year. Choose one and the Cupertino Senior Center is here to support you as you gallop to success with your resolution.



Fit in Fitness: The evidence is in for fitness-regular exercise has been associated with more health benefits than anything else known to man.

Review the Class Schedule on page 8 to select your fitness activity for 2014.

Enjoy Life More: It's an important step to a happier and healthier you! Take up a new hobby or try a recreational activity. There are many choices for you on the January and February activity calendars on pages 5 and 6.

Learn Something Exciting and New: Have you vowed to make this year the year to learn something new? Check out the new class offerings on page 9 under Class Highlights.

Help Others: When it comes to volunteering, it's really about giving back and helping others. Read the Volunteer Corner then sign up to get involved.

Travel More: There's a big old world out there, waiting for the gallant traveler to set foot on a new path. Share Discovery Through Travel has many wonderful destinations already planned for you on pages 2 and 3.

The senior center will be celebrating the Chinese New Year on Wednesday, February 19 at 12pm, please read the article on page 7.

TOGETHER WE CAN MAKE A DIFFERENCE

The Hidden Treasures committee members wish to extend their heartfelt appreciation to all the participants who made the Hidden Treasures Fundraiser held on October 24, a great success. This event raised over \$10,250, the proceeds will benefit the Stay Active Fund, the case management program, which serves at-risk seniors in our community, and other programs. Many thanks to volunteers and shoppers. The committee is looking forward to working with you again next year.

感謝大家的支持使我們在今年舉辦的藏寶室募款活動非常的成功, 我們募得了\$10,250. 此筆錢將用做緊急經費和獎學金幫助中心會員. 謝謝大家的支持!

VOLUNTEER CORNER

The staff at the Cupertino Senior Center would like to thank all of our volunteers for over 17,000 hours of service provided in 2013. Many of you used a gear you have never used before and we appreciate your time and talent very much. Our volunteer appreciation lunch will be held in April as part of National Volunteer Week, April 6-12. All volunteers who record 20 hours by the end of December 2013 will be invited. The deadline to record your hours is January 10. You can enter your hours by logging on at www.cupertino.org/volunteer. If you need assistance logging your service hours, please visit us at the senior center front desk or attend the Volunteer Orientation the first Monday of the Month at 1:30pm.

諸位義工們- 請在1/10/14前登記您的服務時間, 如超過20小時, 您將收到邀請函參加在4/12/14舉辦的義工感謝午餐. 您可用中心電腦 www.cupertino.org/volunteer 登記您的服務鐘點. 如需要協助, 請在每月的第一個禮拜一1:30pm 到中心參加義工訓練.

VOLUNTEER OPPORTUNITY FRONT DESK

We are currently looking for someone just like you to help at the Front Desk. As a Front Desk Volunteer you will contribute to providing excellent customer service to the public and members of the center. Front Desk Volunteers create a bright, vibrant, and wonderful place to be for the 50+ community. If you are interested in becoming a Front Desk Volunteer or want to learn more, please contact Justinc@cupertino.org or call 408.777.3150.

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Share Discovery Through Travel

Member New Trip Sign-up Begins Wednesday, **January 8**, 8am; Non-member begins January 15.
 → Day Trip Preview starts at 7:30am ←

Walt Disney Museum

Wednesday, January 22, 8a-4:30p

Join us as we explore the origins of some of America's most beloved movies and a docent-led tour of their special exhibit. We will begin our journey with a sumptuous brunch before we see what magic awaits!

Member Cost: \$89 - brunch included

MURDER MYSTERY DINNER

Friday, January 31, 6:45-10:30p

Dinner, murder mystery theatre, and Bingo, all in one - what a fun way to spend an evening. Join us for a three-course dinner at Bella Mia in downtown San Jose with the most popular murder mystery dinner theatre troupe in the Bay Area performing *Murder by Bingo*.

Member Cost: \$104 - dinner included

Cat on a Hot Tin Roof

Thursday, February 6, 4:45-11:15p

Nothing is quite like experiencing the classic Pulitzer-winning play live. See it up close as performed by the Los Altos Stage Company.

Member Cost: \$73

Julia Morgan and the Cathedral

Tuesday, February 11, 9a-5:15p

Only a few spaces left - see flyer for details.

Member Cost: \$109 - lunch included

Cirque du Soleil, Amaluna

Friday, February 21, 1:30-7:30p

Only a few spaces left - see flyer for details.

Member Cost: \$119

Explore the Exploratorium!

Wednesday, February 26, 9:15a-5p

Only a few spaces left - see flyer for details.

Member Cost: \$63

Mardi Gras Travel Party!

Tuesday, March 4, 1-3p

Join us for our annual Mardi Gras Travel Party, with our very special guest Doug McConnell of *Bay Area Backroads!* Sign up early - space is limited.

Member Cost: FREE, Non-member \$5 day pass

Golden Gate Fields

Thursday, March 6, 10a-6p

We're off to the races! Join us for a day of experiencing this exciting, fast-paced sport and enjoy premium seating in the Turf Club, as well as their delicious and lavish buffet.

Member Cost: \$82 - lunch included



Glenn Miller Orchestra

Sunday, March 16, 11a-6:30p

As the most popular and sought-after big band in the world today, and with its unique jazz sound, the Glenn Miller Orchestra is considered to be one of the greatest bands of all time. Join us as we enjoy this fantastic show in the beautiful setting of the Performing Arts Center in Pacific Grove.

Member Cost: \$107 - lunch included



A Spring Bouquet

Thursday, March 20, 10:15a-4:15p

Come with us to the glorious, beautiful, colorful and aromatic San Francisco Flower & Garden Show! There are seminars, vendors, workshops, a marketplace, and lots of displays.

Member Cost: \$54



TRAVELS WITH GARY

3 DAYS 'ROUND THE BAY

Have you ever truly explored all that the world-famous San Francisco Bayfront has to offer? From the upscale homes of Tiburon to the wetlands of the East Bay, see the culture and experience the history of the Bay up close, with Gary's incredible knowledge and engaging stories as your guide, all the while staying close to the bayfront as we can get. Join us for all three trips in this fantastic, first-time-ever series! See flyer for details.



East Bay, Tuesday, March 25, 8:45a-5:30p

Member Cost: \$81 - lunch included

North Bay, Wednesday, April 23, 8:15a-5:45p

Member Cost: \$98 - lunch included

Penninsula, Wednesday, May 28, 8:15a-5:15p

Member Cost: \$97 - lunch included

Mamma Mia!

Wednesday, April 2, 10a-6p

Come and see this fabulous smash-hit show from our orchestra-level seats at the Orpheum Theatre! Time for lunch before the show in downtown San Mateo.

Member Cost: \$99

Sierra Scenic Lunch Train

Thursday April 10, 8:15a-5p

Experience the Sierra Scenic Lunch Train to see the beautiful spring wildflowers. A fabulous lunch offering includes beef, salmon, lasagna, or chicken while dining on board.



Member Cost: \$123 - lunch included

Pinnacles National Park

Thursday, April 17, 8a-3:15p

Our ranger-guided tour of the country's newest national park will provide an excellent opportunity for learning about the natural and man-made history of the area, before enjoying lunch in the beautiful outdoor setting. You might even spot a condor. Activity Level High



Member Cost: \$71 - lunch included

Georgia O'Keeffe and Lake George

Tuesday, April 29, 7:30a-3p

Join us for a fabulous docent-led tour of the special exhibit *Modern Nature: Georgia O'Keeffe and Lake George* at the deYoung Museum in San Francisco. Also enjoy a delicious lunch on your own at The Clam House.



Member Cost: \$74

**The Newest Place To Play--
GRATON RESORT & CASINO**

Friday, May 9, 9a-6p

Try your luck with 3,000 slots, over 130 table games, live poker room, and unbeatable dining options for lunch on your own at the brand new Graton Casino.



Member Cost: \$49

Islands of New England

8 Days - May 30-June 6

Journey back to the time of the Pilgrims at Plymouth, spend a day exploring Nantucket's beautiful cottages and cobblestone streets, enjoy a tour of a cranberry bog, indulge in a traditional New England lobster feast, and much more! *Travel presentation January 21, 1:30pm*

Member Cost: \$2759

Maine Coastal Cruise

8 Days - September 20-27

People have been drawn to the spectacular coast of Maine for its pristine natural landscapes. As you wind around islands and through narrow waterways including Eggmoggin Reach and Merchant Row, you will experience the enrapturing mountains, sparkling waters, and charming coastal towns which make Maine one of the most magical places in America.

Member Cost: Cruise starting at \$3925 for early booking

SPAIN'S CLASSICS

11 Days - November 8-18

Travel and walking tours that ease you into the ways of Spanish culture. See flyer for details.

Travel Presentation Tuesday, January 21, 2pm.

Member Cost: \$3,999 double occupancy



JANUARY ACTIVITY HIGHLIGHTS

January Social and Birthday Bash

Wednesday, January 15, 12pm

January marks the new year and a great time to gather with friends for lunch and a show. Sweet-and-sour meatballs with a tangy sauce will be a delightful main dish served over rice with a side of vegetables plus a dessert. Members of the San Francisco Scottish Fiddlers will perform Scottish tunes and waltzes. Members with January birthdays will be honored! Member fee \$8, senior guests add \$5 day pass
一月生日宴- 1/1(週三), 12pm 新年新開始, 午餐是糖醋肉丸, 米飯, 蔬菜和甜點. 表演節目是舊金山蘇格蘭提琴手演奏蘇格蘭音樂和華爾茲. 讓我們一起慶祝一月過生日的成員. 會員費\$8, 耆英來賓加付當日費\$5

Rebuilding Together

Monday, January 13, 1-2pm



Low income homeowners may be eligible for FREE repair work completed by Rebuilding Together Silicon Valley volunteer teams. Come and see if you qualify. Sign up at the lobby table.

Senior Adults Legal Assistance (SALA) Presentation

Tuesday, January 14, 11:30am-1pm



Learn about financial and healthcare Powers of Attorney, Wills, and working with Social Security Administration. Open to the public, please sign up at the lobby table.
耆英法律協助會法律講座 12/14 (週二), 11:30am-1pm
將提供關於遺囑, 委託書, 醫療書面指示等資料, 以及如何與社會安全局打交道. 對外開放, 中英文講解, 請登記.

Tech Talk Open Discussion

Tuesday, January 14, 4-5pm



Explore useful technologies for those who are 50+. Discussion may also include technology in general, assistive technology, personal experiences, music and film, reading, and much more. Sign up at the lobby table. Free for members, senior guests pay \$5 day pass

Movie of the Month

Wednesday, 1:30-3:30pm

January 29- *Invictus* (2009), Nelson Mandela, the South African President enlists the national rugby team on a mission to win the 1995 Rugby World Cup. Free for members, senior guests pay \$5 day pass

Karaoke Holiday Lunch

Thursday, January 16, 12pm

Join the Karaoke group to welcome the winter holidays with a Chinese lunch, songs, dance and games. Register early. Members \$10, senior guests add \$5 day pass

卡拉OK派對- 1/16(週四), 12pm 歡迎大家來共度佳節, 有豐盛的午餐, 唱歌, 表演, 遊戲和跳舞. 會員\$10, 耆英來賓加付當日費\$5

Folk Songs Concert

Wednesday, January 22, 1:30-2:30pm



The United States Air Force Band of the Golden West Winds will explore and celebrate cultural diversity through traditional melodies with a woodwind ensemble. Open to the public. Please sign up at the lobby table. Free event.

木管樂隊演奏會- 1/22 (週三), 1:30-2:30pm 由美國空軍木管樂器樂隊演出, 慶祝文化多樣性和傳統的旋律. 此項活動對外開放, 請登記.

Senior Fraud Prevention Seminar

Monday, January 27, 9:30-11am



Representatives from the California Utilities Commission and Department of Consumer Affairs and Bureau of Automotive Repair will discuss elder fraud, which can take many forms, such as "Grandparents' Scams," car repair scams, and much more. Please sign up at the lobby table. Members free, senior guests pay \$5 day pass

De Anza Cardio-Vascular Training

January 6-March 28

Mon/Wed/Fri, 9-10am; Tue/Thu 1:30-2:30pm

Classes are held at the senior center, and Cupertino Senior Center membership is required. Register at the first class or call Tom at 408.864.5409.

Adult Community Education

January 21-March 21

For all class listings and to register, consult the ACE catalog or call 408.522.2700. Classes are held at the senior center, and membership is required. Registration started on December 13.

成人學校課程, 請參考課程手冊. 所有課程在耆英中心上課, 但是必須在成人學校報名, 您也需要是耆英中心會員, 會費是庫市居民22元一年, 非居民27元. 1/21-3/21, 12/13 開始註冊

JANUARY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CITY OF CUPERTINO SENIOR CENTER 408.777.3150 OFFICE HOURS: Monday-Friday 8am-5pm EMAIL: SeniorCntr@cupertino.org WEBSITE: www.cupertino.org/senior Find us on Facebook!</p>		<p>1 HAPPY NEW YEARS DAY! SENIOR CENTER CLOSED 新年 耆英中心歇業一天</p>	<p>2 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-3 Current Events Discussion Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>3 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:15-3 Book Review- <i>Me Before You</i> by Jojo Moyes</p>
<p>6 10-12 Golf for Seniors 12-4 Card Playing</p>	<p>7 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production- Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>8 7:30 Day Trip Preview 8 New Trip Sign Up 10-12 Case Manager Consultation 社工諮詢 2-4 Card Playing</p>	<p>9 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2 Learn About the Senior Center 2-4 Open Bridge 3-4:30 Caregiver Support Group</p>	<p>10 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓</p>
<p>13 10-12 Golf for Seniors 12-4 Card Playing 1-2 Rebuild Together Talk 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社交</p>	<p>14 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production- Better Part 11:30-1 SALA Presentation 12-4 Card Playing 4-5 Tech Talk Open Discussion 4-12 Book of Mormon Trip</p>	<p>15 10-12 Case Manager Consultation 社工諮詢 12 January Social/Birthday Bash (\$8) Sweet-and-Sour Meatballs Scottish Fiddlers 12-4 Card Playing</p>	<p>16 11:15-1:30 Needlecraft 12-2 Card Playing 12 Karaoke Holiday Lunch (\$10) 卡拉OK派對 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>17 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 4-12 Book of Mormon Trip</p>
<p>20 MARTIN LUTHER KING, JR. DAY SENIOR CENTER CLOSED 馬丁路德金紀念日 耆英中心歇業一天</p>	<p>21 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production- Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 1:30 Islands of New England & Spain's Classics Travel Presentations</p>	<p>22 8-4:30 Walt Disney Museum Trip 10-12 Case Manager Consultation 社工諮詢 10:30-12 Wii Bowling 12-4 Card Playing 1:30-2:30 Folk Song Concert 木管樂隊演奏會</p>	<p>23 11:15-1:30 Needlecraft 12-2 Card Playing No Karaoke 2-4 Open Bridge</p>	<p>24 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 26 SUNDAY Florida Keys and Miami Trip Departs</p>
<p>27 9:30-11 Senior Fraud Prevention Seminar 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 1:30-2:45 Volunteer Advisory Council Meeting 2:05-3:35 Ballroom Dance Social 交際舞社交</p>	<p>28 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production- Better Part 12-4 Card Playing</p>	<p>29 10-12 Case Manager Consultation 社工諮詢 10:30-12 Wii Bowling 12-4 Card Playing 1:30-3:30 Movie- <i>Invictus</i></p>	<p>30 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>31 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 6:45-10:30 Murder Mystery Dinner Trip YOUR 2013 MEMBERSHIP EXPIRES TODAY</p>

FEBRUARY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 SATURDAY Florida Keys and Miami Trip Returns</p> <p>3 10-12 Golf for Seniors 10-11 Managing Your Blood Pressure 12-4 Card Playing</p>	<p>4 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production- Better Part 10:30-11:30 Booktalk 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>5 10-12 Case Manager Consultation 社工諮詢 10:30-12 Wii Bowling 12 Lunch with Friends (\$6) Mild Chili Con Carne 2-4 Card Playing</p>	<p>6 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-3 Current Events Discussion Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 4:45-11:15 Cat on a Hot Tin Roof Trip</p>	<p>7 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 寶果 1-4:30 Ping Pong 乒乓 1:15-3 Book Review- Members Review Their Favorite Books</p>
<p>10 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社交</p>	<p>11 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9-5:15 Julia Morgan and the Cathedral Trip 9:30-11:30 TV Production- Better Part 12-4 Card Playing</p>	<p>12 10-12 Case Manager Consultation 社工諮詢 12 February Social and Birthday Bash (\$8) Gnocchi Italian Accordion Music 二月慶生宴 12-4 Card Playing</p>	<p>13 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2 Learn About the Senior Center 2-4 Open Bridge 3-4:30 Caregiver Support Group</p>	<p>14 9:30-11:30 Rhythmaires Band Practice 10:30 Out-to-Lunch Bunch at Country Gourmet 12-4 Mah Jongg 麻將 1-3:30 Bingo 寶果 1-4:30 Ping Pong 乒乓</p>
<p>17 <u>PRESIDENTS' DAY</u> SENIOR CENTER CLOSED 總統節 耆英中心歇業一天</p>	<p>18 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production- Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>19 10-12 Case Manager Consultation 社工諮詢 12 Chinese New Year Celebration (\$10) 慶祝中國新年 12-4 Card Playing</p>	<p>20 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>21 8:30 Newsletter Collating 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 寶果 1-4:30 Ping Pong 乒乓 1:30-7:30 Cirque du Soleil, Amaluna Trip</p>
<p>24 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社交</p>	<p>25 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production- Better Part 12-4 Card Playing</p>	<p>26 9-12 50+ Bocce Ball- Meet at the Blackberry Farm 9:15-5 Explore the Exploratorium Trip 10-12 Case Manager Consultation 社工諮詢 12 Lunch with Friends (\$6) Turkey a la King 12-4 Card Playing 1:30-3:30 Movie- The Ides of March</p>	<p>27 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>28 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 寶果 1-4:30 Ping Pong 乒乓</p>

OUT-TO-LUNCH BUNCH GOES TO BRUNCH!
The Travel Staff invites you to join us at a no-host brunch
Friday, February 14 at 10:30 am at
[Country Gourmet](#), 1314 S. Mary Avenue, Sunnyvale
Please sign up at the front desk.

CITY OF
CUPERTINO
SENIOR CENTER
408.777.3150
OFFICE HOURS:
Monday-Friday 8am-5pm
EMAIL:
SeniorCntr@cupertino.org
WEBSITE:
www.cupertino.org/senior
Find us on [Facebook!](#)

FEBRUARY ACTIVITY HIGHLIGHTS

February Social and Birthday Bash

Wednesday, February 12, 12pm

Sounds of Italy will fill the room as Reno Di Bono serenades you on the accordion in February. Gnocchi in a parmesan garlic cream sauce, soup, side of peas, and a dessert will bring the taste of Italy to your plate. Members with February birthdays are in for a treat! Member fee \$8, senior guests add \$5 day pass

二月慶生宴- 2/12(週三), 12pm 我們將以意大利音樂和意大利午餐招待大家. 表演節目是手風琴演奏意大利情歌, 午餐是意大利麵點, 蔬菜和甜點. 我們將對二月過生的會員表示敬意. 會員費\$8, 耆英來賓請加付當日活動費\$5

Chinese New Year Celebration

Wednesday, February 19, 12pm

Let's celebrate the year of the Horse, people born in this year are said to be popular, attractive, and like the company of others. Join us for a Chinese meal and enjoy cultural entertainment, the lion dancers will ring in the New Year. Pre-registration is required. Members \$10, senior guests add \$5 day pass

慶祝中國新年- 2/19 (週三), 12pm 讓我們一起來慶祝馬年, 午餐由灣區餐館提供, 另有表演, 舞獅和摸彩. 我們將對一月過生日的會員表示敬意, 會員\$10, 耆英來賓加付當日費\$5

AARP Smart Driver Renewal

Wednesday, February 26, 12:30-5:30pm

Call Boyd McDonald at 650.965.4012 for class fee information and registration. Open to the public.

50+ Bocce Ball

Wednesday, February 26, 9am-12pm

If you like playing bocce ball, enjoy being outside, meeting new people, and having fun; 50+ Bocce Ball is for you. We will meet at the Bocce Ball courts alongside the Stevens Creek Trail at Blackberry Farm Park at 9am. First time players welcome, instructions will be available. Free for members

Managing Your Blood Pressure

Monday, February 3, 10-11am



Dr. Stratz from El Camino Hospital will discuss the newest guidelines for managing blood pressure and lowering the risks of heart attacks and stroke. Please sign up at the lobby table. Members free, senior guests pay \$5 day pass

Movie of the Month

Wednesday, 1:30-3:30pm

February 26- *The Ides of March* (2011), the story of an idealistic staffer involved in campaign dirty politics.

Lemonade and popcorn will be served. Members free, senior guests pay \$5 day pass

Lunch with Friends

Wednesday, 12pm

Join us for a delicious and healthy meal! Pre-registration is required. Member fee \$6, senior guests add \$5 day pass

February 5- Mild chili con carne, roll, salad, and dessert

February 26- Turkey a la King, biscuit, and dessert

Pre-Diabetes Health Lecture

Monday, March 3, 1-2:30pm



Registered dietitian, Judy Farnsworth from PAMF, will discuss what pre-diabetes is and how to manage it. Learn SMALL lifestyle changes for making BIG steps towards diabetes prevention. Open to the public, please sign up at the lobby table. Free event!

VTA Clipper Cards

Seniors can now apply for Clipper Cards through email or fax. Please check <http://www.vta.org/clipper/youth/index.html> for additional information or go to: **Downtown Customer Service Center**, 55-A West Santa Clara Street San Jose, CA 95113, open Monday-Friday, 9am-6 pm
公車處將不再到耆英中心辦理Clipper Card, 請直接上網申請或到公車處辦理折扣證明, 不需預約

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS DECEMBER 16	DAY	DATES	TIME	INSTRUCTOR	MEMBER FEE
Accordion Class	T	2/18-4/8	1:45-3:15	R. Di Bono	\$20
Art History- The Cubism	T	1/7-2/11	1:30-3:30	K. Young	\$45
Art History- German Expressionism	T	2/25-4/8	1:30-3:30	K. Young	\$45
Ballroom Dance 交際舞- East Coast Swing, Quick Step	W	1/15-2/5	1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞- Hustle, Tango	W	2/12-3/5	1:30-3:30	D. Lew	\$32
Chinese Brush Painting 國畫班	M	1/6-3/10	8:30-10:30	M. Lee	\$50
Chinese Brush Painting 國畫班	M	1/6-3/10	10:40-12:40	M. Lee	\$50
Chinese Calligraphy 書法班	T	1/7-2/25	3-5	C. Cheng, K. Liew	\$15
Citizenship Class 公民班	M & F	1/6-2/28	8:15-9:45	V. Wong	\$20
Conversational English 英語會話班	M & T	2/3-3/31	10-11:45	P. Chun, V. Wong	\$20
Conversational Mandarin- Beginning	Th	1/16-3/13	9-10:30	J. Li	\$40
Conversational Mandarin- Intermediate	F	1/17-3/14	10-11:30	B. Hu	\$40
Conversational Mandarin- Advanced	Th	1/16-3/13	9-10:30	L. Gao	\$40
ESL- Advanced Beginning 初高級英語班	W	1/15-3/5	10-12	R. Mussman	\$25
Feldenkrais Method	T	1/7-2/25	9:30-10:30	M. Westlaken	\$40
Hatha Yoga	Th	1/23-3/13	2:30-3:30	V. Bhat	\$37
Hula Dancing 夏威夷呼拉舞	M	2/10-3/24	11:45-12:45	F. Ota	\$15
Hula Dance Performance Group	M	2/10-3/24	12:55-1:55	F. Ota	\$15
Humanities Lecture Series- Daoism	T	1/21-3/18	10:30-12:30	C. Jech	\$40
Intermediate ESL Conversation	T	2/11-4/1	1:30-3	J. Andrushko	\$20
Japanese- Advanced Beginning	M	2/3-3/17	1-2	I. Honda	\$20
Pilates	T	2/18-4/15	1:15-2:15	K. Phipps	\$35
Playreading for Fun	F	1/24-3/14	9-11	A. Willyoung	\$40
Tai Chi for Older Adults 太極拳	W	1/29-3/19	3:30-4:30	H. Tseng	\$46
Tai Chi for Older Adults 太極拳	Th	2/27-4/17	10:30-11:30	H. Tseng	\$46
Yoga for 50+ 瑜珈	T	2/25-4/15	4-5	B. Laux	\$40
Yoga for 50+ 瑜珈	Th	1/9-2/27	4-5	B. Laux	\$40
Yuan Chih Dance 元極舞	F	1/10-2/28	10-11:30	Annie & Helen	\$15
Zumba Gold with Irene	F	2/14-4/4	3:45-4:45	I. Ortiz	\$36
Zumba Gold with Irene at Quinlan Center	M	1/13-3/17	2:30-3:30	I. Ortiz	\$36
EVENING CLASSES					
Line Dance- Advanced Beginning	T	1/14-3/4	7-8:30	Sue & Kathy	\$48
Stress Management- Mindfulness Based	M	1/27-3/14	7-8	H. Ho	\$40
Tai Chi for Older Adults 太極拳	T	1/28-3/18	6:30-7:30	H. Tseng	\$46
Yoga for 50+ 瑜珈	T	2/25-4/15	5:15-6:15	B. Laux	\$46
Yoga for 50+ 瑜珈	W	2/26-4/16	5:15-6:15	B. Laux	\$46
Yogalates	M	2/3-3/31	5:30-6:30	H. Mojgani	\$45
Zumba Gold Dance & Toning	W	1/22-3/12	6:30-7:30	H. Shariffe	\$45
COMPUTER AND TECHNOLOGY CLASSES					
Apple Computer for Chinese Speakers 中文蘋果電腦班	M	1/27-2/24	10-12	C. Ho	\$22
Intro to PC	F	1/10-2/28	10-12	M. Ferguson	\$35
iPad Beginning	T	1/7-1/28	1-3	R. Schiros	\$22
iPad Intermediate	Th	1/9-1/30	1-3	R. Schiros	\$22
iPad Advanced	M	1/27-2/24	9:30-11:30	K. Smith	\$38
Maintaining Your PC	F	1/10-2/7	1-3	M. Ferguson	\$22
Tech Talk	T	1/21-2/11	4-5:30	A. Byczkowski	\$15

CLASS HIGHLIGHTS

Ballroom Dance Class

Wednesday, January 15-February 5, 1:30-3:30pm
East Coast Swing, Quick Step
Wednesday, February 12-March 5, 1:30-3:30pm
Hustle, Tango

David Lew, a popular dance instructor, will demonstrate his unique teaching style. To dance well, you need to have the right posture frame and learn the proper leading and following techniques. Member fee \$32 each month

Tai Chi for Older Adults

Tuesday, January 28-March 18, 6:30-7:30pm
Wednesday, January 29-March 9, 3:30-4:30pm
Thursday, February 27-April 17, 10:30-11:30am

Tai Chi is an ancient form of exercise from China. Studies have shown that practicing Tai Chi improves balance, flexibility, and helps to attain better health. All levels welcome. Member fee \$46 each class

Advanced Beginning Japanese

Monday, February 3-March 17, 1-2pm

Learn easy Japanese conversation, phrases, and writing that are used in everyday situations. The instructor will teach basic vocabulary, grammar, pronunciation, and culture. Must know some Japanese. Member fee \$20

Intermediate ESL Conversation

Tuesday, February 11-April 1, 1:30-3pm

Join this lively ESL conversation class where you will gain confidence by speaking about topics of your interest. Small class setting, 6-8 students for maximum interaction between instructor and students. Member fee \$20

英語會話- 2/11-4/1, 1:30-3pm 您想練習會話嗎? 歡迎加入此英語會話班, 練習口語, 增加自己的信心. 小班制6-8名學生, 教師和學生之間最大程度的互動. 會員費\$20

Three Zumba Gold Classes

Monday, January 13-March 17, 2:30-3:30pm
Wednesday, January 15-March 5, 6:30-7:30pm
Friday, February 14-April 4, 3:45-4:45pm

Dance your way to health, check out these invigorating and fun exercise classes. Please check page 8 for class fees.

Tech Talk

NEW!

Tuesday, January 21-February 11, 4-5:30pm

Questions, discussions, how to, and trends. This Tech Talk class will give you an opportunity to ask your tech questions, learn a “how to” or two for a variety of technologies, and have conversations about trends and technology in general. Member fee \$15

Humanities Lecture Series-Daoism

NEW!

Tuesday, January 21-March 18, 10:30am-12:30pm

This philosophical system, developed by Lao-tzu and Chuang-tzu, advocates a simple and honest life, and non-interference with the course of natural events. Humanities instructor, Carl Jech, will discuss Daoism and how it relates to today’s life and society. Member fee \$40

Stress Management

Mindfulness Based

NEW!

Monday, January 27-March 24, 7-8pm

Learn ways to cultivate the innate resources and abilities to respond more effectively to stress, pain, and other challenges of everyday life. Develop the ability to relax, have greater energy, and better cope with stressful situations. Member fee \$40

Yogalates

Monday, February 3-March 31, 5:30-6:30pm

Yogalates combines the breathing techniques and stretches of yoga together with Pilates exercises to build strong core muscles, and improve flexibility and balance. Member fee \$45

Art History Class

German Expressionism

NEW!

Tuesday, February 25-April 1, 1:30-3:30pm

This movement emerged during the 1900’s in Germany, the painters typically distorted color, scale, and space. After WWI, they became a bitter protest movement. Join art historian, Ken Young, as he explores the life and work of different artists representing this period. He will talk about contributions made by Oscar Kokoshka, Franz Marc, Max Beckmann, Ernst Ludwig Kirschner, and end the session with an impersonation of George Grosz. Member fee \$45

CASE MANAGER'S CORNER

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, January 13, 27, February 10, 24, 1:30-2:30pm

Tuesday, January 7, 21, February 4, 18

12:15-1:15pm

Case Manager

Works with at-risk and homebound seniors. Senior center membership is required.

社工服務- 為行動不便的會員提供服務. 須是中心會員

Drop-in Consultation with Case Manager

Wednesdays 10am-12pm

Matt Lau, Case Manager, is available to discuss simple issues.

No appointment is needed. English /Cantonese.

社工諮詢- 週三, 10am-12pm, 一般諮詢, 不需預約, 須是中心會員. 英, 粵語服務.

Caregiver Support Group

Thursday, January 9, February 13, 3-4:30pm

Provides a safe place for family caregivers to share their experiences and challenges. Join our circle of support.

Please call 408.777.3150 to make appointments for the following services: 下列服務, 請預約.

Health Insurance Counseling (HICAP)

Thursday, January 9, 23, February 13, 27, 1-3pm

Consultation on Medicare and health insurance.

健康保險諮詢-1/9, 2/13(週四), 9-10am 中文服務

Housing

Wednesday, January 8, 22, February 5, 19, 2-4pm

Information on resources for senior housing options.

租屋諮詢 - 1/8, 1/22, 2/5, 2/19 (週三), 2-4pm

Senior Adult Legal Aid (SALA)

Friday, January 3, 10, 17, February 7, 14, 21

10:30am-12:30pm

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.

法律諮詢 - 1/3, 1/10, 1/17, 2/7, 2/14, 2/21

10:30am-12:30pm 60歲以上, 並住在聖縣.

City of Cupertino Senior Center

21251 Stevens Creek Blvd.

Cupertino, CA 95014

FIRST CLASS MAIL

In Memoriam 2013

We remember and cherish the happy times together.
Remembering them today and forever.

Charles Baker

Emma Bryon

Marilyn Chinn

Alfred Endter

Kitty Hagen

Irene Haggett

James Huffman

Gerald Johnson

Peggy Lellouche

Michael Mahoney

Donald Petersen

Hugh Riddell

Roy Stelbasky

Dorothy Stevens

Rose Terrill

Mary Ann West

Debbie Winter