



CUPERTINO

THE 50+ SCENE

JANUARY/FEBRUARY 2015

CITY OF CUPERTINO SENIOR CENTER 408.777.3150

21251 STEVENS CREEK BLVD.

GET READY, GET SET, IT'S 2015!



According to the Chinese Zodiac, the Year of 2015 is the **Year of the Sheep**. It is lucky that the Sheep is ranked eighth in the cycle of Chinese Zodiac Animals, because the number "eight" in Chinese is an auspicious one, symbolizing peace and prosperity. May the New Year bring you abundant good

fortune, help expand your horizon and achieve at least one cherished aspiration. Let the New Year encourage you to broaden your mind, to learn about the world, other cultures, and to show the world what you can do. Take a look at the items below and learn about some exciting offerings at the senior center to help you towards all of these goals.

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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 30, a great success. This event raised over \$8,000, and 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 who made this possible. The committee is looking forward to working with you again next year.

我們合起來就能有影響 衷心感謝大家的支持使我們在十月三十日舉辦的藏寶室募款活動非常的成功, 我們募得了超過\$8000. 此筆錢將用做保持活躍基金, 幫助社區裡有需要老人的社工服務和其他項目. 謝謝大家的支持! 我們期待明年再和您合作.



VOLUNTEER CORNER

VOLUNTEER OPPORTUNITY FRONT DESK VOLUNTEER

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 Justin at JustinC@cupertino.org or call 408.777.3150. Bi-lingual speakers are highly desired.

義工機會-櫃檯義工。櫃檯義工為長者將老年中心創造成了一個充滿活力和美好的地方。如果您有興趣成為一名櫃檯義工, 或想了解更多詳情, 請電郵 Justin: JustinC@cupertino.org 或撥打電話 408.777.3150。我們非常需要雙語能力的義工。

THANK YOU, VOLUNTEERS

The staff at the Cupertino Senior Center would like to thank all of our volunteers for over 19,000 hours of service provided in 2014. Our volunteer appreciation lunch will be held in March. All volunteers who served 20 hours or more by the end of December 2014 will be invited. The deadline to record your hours is January 9. 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.

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Share Discovery Through Travel

Member New Trip Sign-up Begins Wednesday, **January 7**, 8am; Non-member begins January 14
 → Day Trip Preview starts at 7:30am ←

San Francisco House of Prime Rib

Wednesday, January 21, 4:30-9p

Join us for a savory evening of fine dining in San Francisco, enjoying a hearty and delicious dinner at this famous establishment.

Member Cost: \$119 - dinner included

Davies Symphony Hall Legendary Classics of Mozart and Bach

Thursday, January 29, 11a-5:30p

Experience a musical delight with orchestra seating at the San Francisco Symphony, featuring best-loved pieces from the legendary Mozart and Bach. Be inspired by the uplifting and beautiful sounds of this symphony.

Member Cost: \$119

California Academy of Sciences

Tuesday, February 3, 8:30a-4p

Come discover, explore, and learn about our universe and beyond at the California Academy of Sciences, with an abundance of amazing exhibits guaranteed to take your breath away. With a planetarium show, a 4-story indoor rain forest, and the 38,000 living animals in the Steinhart Aquarium, the academy is sure to delight you.

Member Cost: \$79

Travels with Gary Herb Caen's "Wet Weather Dash"

Tuesday, February 10, 8a-3:30p

Come frolic with us in San Francisco as we dash along Caen's underground and out-of-the-rain path to Bush St. and Chinatown. Follow it up with a mouth-watering lunch at one of San Francisco's oldest and most famous restaurants, John's Grill.

Member Cost: \$99 - lunch included

Mardi Gras Travel Party

with [Doug McConnell!](#)



Tuesday, February 17, 2 pm

Doug McConnell from Bay Area Backroads will be here for our travel celebration! You will love Doug, his energy, and his fascinating stories. Join us for the fun! Sign up at the front desk. Space is limited.

Member Cost: FREE

Travels with Gary

San Francisco's Nob Hill



Thursday, March 5, 8a-4:30p

Explore the history of this vibrant neighborhood and indulge in stories of the rich and famous, who established Nob Hill as an exclusive, wealthy enclave. Take in the incredible views and travel back in history during our walking tour. We'll break for lunch at Perry's.

Member Cost: \$98 - lunch included

NEWSIES-BROADWAY'S SMASH HIT!

Wednesday, March 11, 10:30a-5:30p

Based on true events that occurred at the turn-of-the-20th-century in New York, this musical follows two newsboys as they take on the publisher titans Pulitzer and Hearst and achieve their dreams of a better life.



Member Cost: \$134

A Culinary Capital and a Tuscan Castle

Thursday, March 19, 9a-6:30p

Yountville boasts more Michelin star restaurants than any place on earth, and you will have time to savor a leisurely lunch here. Then a guided tour of an authentic 13th century medieval Tuscan castle will complete our fabulous day.



Member Cost: \$109

Exploring Alcatraz

Tuesday, March 24, 7:30a-5:30p

Board the ferry to Alcatraz Island for an island tour and limited-time special site-inspired art exhibit by internationally known artist, Ai Wei Wei. Enjoy newly-opened areas of Alcatraz which can be explored only for a limited time with this exhibit.



Member Cost: \$116 - breakfast included

The “Bulb Guy” and Gardens

Tuesday, March 31, 9:30a-4p

We'll visit some of the beautiful gardens the South Bay has to offer, on a small group tour. Then we'll enjoy a wonderful 3-course lunch.



Member Cost: \$99 - lunch included

Art in California

Wednesday, April 8, 10:30a-5p

Enjoy a docent-led tour of Fertile Ground, a collaborative art exhibit of “Four Remarkable Moments” in California culture, changing the face of art!



Member Cost: \$98 - lunch included at Pasta Pelican

Point Lobos and Big Sur

Thursday, April 23, 8:30a-5:30p

Explore the beautiful Monterey Peninsula with acclaimed tour guide Gael Gallagher. Enjoy a Point Lobos nature walk, and many fascinating stops along gorgeous Highway 1.



Member Cost: \$85

NEIL DIAMOND—*live!*

Tuesday, May 12, 6:30-11:30p

Reminisce and travel back in time to the 60's with the music of Grammy award-winner Neil Diamond performing live at the SAP Center in San Jose.



Member Cost: \$116

Book of Mormon

Thursday, May 21, 4-11:30p

It's back in San Francisco and as entertaining as ever! See flyer for more details.

Member Cost: \$169



Advisory warning: the show contains explicit profane language, adult themes, and sexually explicit humor.

San Juan Island Cruise

6 Days - April 15-20, 2015

Small ship cruising, only 17 cabins! Includes: charming towns, forts, light houses, and more! All inclusive. Space limited- sign up now.

Member Cost: \$2,495 double occupancy

Mackinac Island

featuring the Grand Hotel

8 Days- May 30-June 6, 2015

Highlights include: Grand Hotel stay, Greenfield Village and Henry Ford Museum, Edsel and Eleanor Ford House, Green Bay, Millennium Park, and Chicago.

Member Cost: \$3,049 double occupancy

Travel presentation Tuesday, January 20 at 2pm

Sign up for presentation to receive an extra raffle ticket.

Inspiring Iceland

9 Days- August 16-24, 2015

Small group travel – limited to 24 persons

Highlights include: Reykjavik, Golden Circle, Thingvellir National Park, Snaefellsnes Peninsula, Puffin Cruise, and Blue Lagoon.

Member Cost: \$4,999 double occ. *Early booking price!*

Travel presentation Tuesday, January 20 at 2pm

Sign up for presentation to receive an extra raffle ticket.

Tuscan and Umbrian Countryside

featuring Italy's charming hill towns

11 Days- October 16-26, 2015

Small group travel – limited to 24 persons

Highlights include: exploring small, traditional Italian towns, Assisi, San Gimignano, a cooking class in a 16th century farmhouse, a home-cooked meal at a local Umbrian's home, local wine tasting, museums, olive oil factory tour, staying in a palace for four nights, and more!

Member Cost: \$4,999 double occ. *Early booking price!*

Travel presentation Tuesday, January 20 at 2pm

Sign up for presentation to receive an extra raffle ticket.

International Mystery Trip

Spring 2016

Watch for more information to come!

JANUARY ACTIVITY HIGHLIGHTS

January Social and Birthday Bash

Wednesday, January 14, 12pm

Ring in the New Year with Miki and her international musical talent. Our lunch will start with an apple almond crunch salad before a beautifully baked pesto chicken breast wrapped in prosciutto and served over angel hair pasta. For dessert, warm raisin bread pudding. Members with January birthdays will be honored. Vegetarian option available when registering. Member fee \$10, senior guests add \$5 day pass.

一月社交慶生宴- 1/14 (週三), 12pm 讓我們和Miki 國際音樂天才一起迎接新年。午餐蘋果杏仁酥沙拉和美味的火腿捲香蒜雞胸加義大利細麵, 甜食是健康的無糖手工香蕉餅乾。我們將向一月生日的會員致敬。會員\$10, 耆英來賓加付當日費\$5。

Movie of the Month

Wednesday, January 28, 1:30-3:30pm

Gravity (2013) stars Sandra Bullock and George Clooney in a heart-pounding, suspenseful story that pulls you into the infinite realm of deep space. The two work together to survive after a catastrophe destroys their shuttle and leaves them adrift in orbit. Lemonade and popcorn will be served. Members free, senior guests pay \$5 day pass.

FREE!

Know the 10 Signs of Alzheimer's Disease

Wednesday, January 21

1-2pm Mandarin, 2:30-3:30pm English

The workshop addresses the ten warning signs of Alzheimer's disease. Learn what is involved in getting a diagnosis, risks associated with Alzheimer's, and the benefits of early detection. Members free, senior guests pay \$5 day pass. Sign up at lobby table.

阿滋海默症的十個先兆 1/21 (週三), 下午1-2 講座將幫助您識別阿滋海默症的十個先兆, 了解與阿滋海默症相關的風險, 以及早期診斷的好處。會員免費, 耆英來賓付當日活動費\$5。請於大廳登記

Interest Surveys

Interested in exciting new opportunities? Come and take a look at the new classes the senior center is considering offering in the future by reading the interest surveys, located at the lobby table. Sign your name to those classes you would be interested in registering for, and you've done your part in helping to bring new opportunities to the senior center. Surveys will be available through January 16th.

Lunch with Friends

Wednesday, 12pm

Join us for lunch! Pre-registration is required. Member fee \$6, senior guests add \$5 day pass.

January 28 - Turkey Tacos Sabroso, Spanish rice, and dessert

星期三午餐, 中午12點, 歡迎參加我們的午餐! 需要提前報名。會員費\$6, 非會員需多加當日活動費\$5。1/28 美味火雞墨西哥餡餅, 西班牙米飯和甜食

Book Review Meeting

First Friday of the month, 1:15-3pm

Learn about new books and meet new people. New faces are always welcome. Free for members, senior guests pay \$5.

January 2 - *The Empire Falls* by Richard Russo, reviewed by Helen Nowicki

February 6 - Members Annual Favorite Book Presentations. Members will share a short summary of their favorite book, followed by group discussion.

Archery

Wednesday, January 7-February 4, 10-11:30am

Join us for some great exercise for the mind and body! The goal of Nintendo Wii Archery is to hit the target, and the closer to the center you are, the more points you get. Earn and track your points each week. All levels welcome, instructions available. Member fee \$5.

Karaoke Holiday Lunch

Thursday, January 15, 12pm

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

卡拉OK節日午餐 - 1/15(週四), 12pm 歡迎大家和卡拉OK小組一起來共度佳節, 有豐盛的中餐, 唱歌, 舞蹈和遊戲。請提早登記, 會員\$10, 耆英來賓加付當日費\$5。

De Anza Cardio-Vascular Training

January 5-March 27

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.

JANUARY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CITY OF CUPERTINO SENIOR CENTER 408.777.3150</p> <p>OFFICE HOURS: Monday-Friday 8am-5pm</p> <p>EMAIL: SeniorCntr@cupertino.org</p> <p>WEBSITE: www.cupertino.org/senior</p> <p>Find us on Facebook!</p>		 <p>HAPPY NEW YEAR</p> <p>SENIOR CENTER CLOSED</p> <p>新年 耆英中心歇業一天</p>		<p>2 NO Rythmaires Band Practice 12-4 Mah Jongg 麻將 NO Bingo 沒有賓果 8:30-4:30 Ping Pong 乒乓 1:15-3 Book Review - <i>The Empire Falls</i> by Richard Russo</p>
<p>5 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 New Volunteer Orientation</p>	<p>6 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>7 7:30 Day Trip Preview 8 Trip Sign-Up Day 10-11:30 Archery 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p>	<p>8 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>9 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>12 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>13 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing</p>	<p>14 10-11:30 Archery 10-12 Case Manager Consultation 社工諮詢 12 January Social and Birthday Bash (\$10) Prosciutto Pesto Chicken 12-4 Card Playing</p>	<p>15 11:15-1:30 Needlecraft 12-2 Card Playing 12 Karaoke Holiday Lunch 卡拉OK節日午餐 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>16 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>19</p> <p>MARTIN LUTHER KING, JR. DAY</p> <p>SENIOR CENTER CLOSED</p> <p>馬丁路德金紀念日 耆英中心歇業一天</p>	<p>20 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 2 Mackinac Island, Inspiring Iceland, & Tuscan and Umbrian Countryside Travel Presentations</p>	<p>21 10-11:30 Archery 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1-2 阿滋海默症的十個警訊 2:30-3:30 Know the 10 Signs of Alzheimer's Disease 4:30-9 House Of Prime Rib Trip 5-6:30 Caregiver Support Group in Mandarin 家庭照護者互持小組</p>	<p>22 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>23 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>26 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 1:30-2:30 Volunteer Advisory Council Meeting 2:05-3:35 Ballroom Dance Social 交際舞社交</p>	<p>27 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing</p>	<p>28 10-11:30 Archery 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 12 Lunch With Friends (\$6) Turkey Tacos Sabroso 美味火雞塔科 1:30-3:30 Monthly Movie - <i>Gravity</i> (2013)</p>	<p>29 11-5:30 Davies Symphony Hall Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>30 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> <div style="border: 2px solid black; padding: 5px; text-align: center; margin-top: 10px;"> <p>YOUR 2014 MEMBERSHIP EXPIRES TODAY</p> </div>

FEBRUARY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Rebuilding Together Presentation 1:30-2:30 New Volunteer Orientation</p>	<p>3 8:30-11:30 Ping Pong 乒乓 8:30-4 California Academy of Sciences Trip 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>4 10-12 Case Manager Consultation 社工諮詢 12 Lunch With Friends (\$6) Upside-Down Meatball Casserole 肉丸砂鍋 12-4 Card Playing</p>	<p>5 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>6 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 - Annual Member's Favorite Book Presentation</p>
<p>9 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Senior Center Without Walls Lecture 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社交</p>	<p>10 8-3:30 Herb Caen's "Wet Weather Dash" Trip 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing</p>	<p>11 10-12 Case Manager Consultation 社工諮詢 12 February Social and Birthday Bash (\$10) Chile Con Carne 12-4 Card Playing</p>	<p>12 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>13 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>16 PRESIDENTS' DAY SENIOR CENTER CLOSED 總統節 耆英中心歇業一天</p>	<p>17 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 2 Mardi Gras Travel Party with Doug McConnell</p>	<p>18 NO Case Manager Consultation 沒有 社工諮詢 12 Chinese New Year Celebration (\$12) 慶祝中國新年 12-4 Card Playing 5-6:30 Caregiver Support Group in Mandarin 家庭照護者互持小組</p>	<p>19 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>20 8:30 Newsletter Collating 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>23 10-11 Utility-Related Scam Prevention 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>24 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing</p>	<p>25 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Monthly Movie - Saving Mr. Banks (2013) 4-11 Beach Blanket Babylon Trip</p>	<p>26 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>27 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>

**REGISTRATION
BEGINS FOR
MARCH & APRIL
CLASSES AND
EVENTS**

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 Birthday Bash

Wednesday, February 11, 12pm

Celebrate your Valentine's day early at the senior center with our new country music style band the Stevens Creek Ramblers. Enjoy Waldorf salad, a cowboy's serving of chili con carne, cornbread, and artisan-crafted stuffed strawberries for a Valentine's Day dessert. Members with February birthdays will be honored. Vegetarian option available when registering. Member fee \$10, senior guest add \$5 day pass.

二月慶生宴 - 2/11 (週三), 12pm 讓我們在耆英中心提前慶祝情人節, 有我們新式鄉村音樂樂隊演奏. 享受西南風味的, 牛肉大豆濃湯, 還有精細填充的草莓作情人節甜食. 我們將向二月生日的會員致敬. 會員\$10, 耆英來賓加付當日費\$5.

Lunch with Friends

Wednesday, 12pm

Join us for lunch! Pre-registration is required. Member fee \$6, senior guests add \$5 day pass.

February 4- Upside-Down Meatball Casserole, salad, and dessert

星期三午餐, 中午12點, 歡迎參加我們的午餐! 需要提前報名。會員費\$6, 非會員需多加當日活動費\$5。2/4 肉丸砂鍋, 沙拉和甜食

Movie of the Month

Wednesday, February 25, 1:30-3:30pm

FREE!

Saving Mr. Banks (2013) When Walt Disney's daughters begged him to make a movie of their favorite book, he made a promise-one that he didn't realize would take 20 years to keep. Discover the extraordinary, untold backstory of how Disney's classic *Mary Poppins* made it to the screen. Lemonade and popcorn will be served. Members free, senior guests pay \$5 day pass.

Adult Community Education

January 20-March 20

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.

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. 1/20-3/20.

Chinese New Year Celebration

Wednesday, February 18, 12pm

Let's celebrate the year of the Sheep, on Lunar New Year's Eve! People born in this year are said to be gentle, compassionate, and clever. Join us for a Chinese meal and enjoy cultural entertainment as the lion dancers ring in the New Year. Pre-registration is required and a vegetarian option is available when registering. Members \$12, senior guests add \$5 day pass.

慶祝中國新年- 2/18 (週三), 12pm 讓我們一起在農曆除夕慶祝羊年! 據說這年出生的人性情溫和, 有同情心而且聰明. 我們一起享受一頓中國餐, 還有文藝和舞獅表演. 須事先登記, 會員\$12, 耆英來賓加付當日費\$5.

AARP Smart Driver Class - RENEWAL

Wednesday, February 25, 12:30-5:30pm

This is a renewal only course for those who have taken the full course within the past three years. Call Les Schreiber 408.316.8654 for program information and to register.

Utility-Related Scam Prevention



Monday, February 23, 10-11am

Join the California Public Utilities Commission and learn how to safeguard yourself and your loved ones from utility-related scams, and why it's important to be wary of unfamiliar telephone calls and door-to-door solicitors posing to be utility workers, as well as to always double check your monthly billing statements. Sign up at lobby table.

Senior Center Without Walls



Monday, February 9, 1:30-2:30pm

Please join us for a presentation by Episcopal Senior Communities. During the presentation, you will be able to learn about the wonderful programs such as Senior Center Without Walls and ElderWISE. Both programs are designed to address the needs of lonely and isolated seniors. Open to public, please sign up at lobby table.

Rebuilding Together

FREE!

Monday, February 2, 1:30-2:30pm

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.

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS DECEMBER 15	DAY	DATES	TIME	INSTRUCTOR	MEMBER FEE
Accordion	T	2/3-3/24	1:45-3:15	R. Di Bono	\$20
Art History- Conceptual Art	T	1/6-2/10	1:30-3:30	K. Young	\$45
Ballroom Dance 交際舞- Waltz	W	1/7-1/28	1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞- Foxtrot	W	2/4-2/25	1:30-3:30	D. Lew	\$32
Chair Exercise	M & W	2/23-4/8	11-12	I. Ortiz	\$40
Chinese Calligraphy 書法班	T	1/6-2/24	3-5	C. Cheng, K. Liew	\$15
Citizenship Class 公民班	M & F	1/5-3/6	8:15-9:45	V. Wong	\$20
Conversational Mandarin- Beginning	Th	1/15-3/26	9-10:30	J. Li	\$40
Conversational Mandarin- Intermediate	F	1/16-3/27	10-11:30	B. Hu	\$40
Conversational Mandarin- Advanced	Th	1/15-3/26	9-10:30	L. Gao	\$40
Conversational English 英語會話班	M & T	2/10-4/7	10-11:45	P. Chun, V. Wong	\$20
Erhu II 二胡班	T	1/13-3/10	3:30-5	G. Lai	\$20
Erhu I 二胡班	Th	1/15-3/12	3-4:30	G. Lai	\$20
ESL- Basic and Easy 初級英語班	M	1/26-3/23	10-12	R. Mussman	\$25
ESL- Advanced Beginning 初高級英語班	W	1/21-3/11	10-12	R. Mussman	\$25
Feldenkrais Method	T	1/27-3/17	9:30-10:30	M. Westlaken	\$40
Feldenkrais Chair Exercise	W	2/25-4/15	1:30-2:30	M. Westlaken	\$40
Harmonica II- Performance Band	M	1/12-3/9	3:45-4:45	A. McKee	\$15
Hatha Yoga	Th	2/5-3/26	2:30-3:30	V. Bhat	\$40
Humanities	T	1/20-3/17	10:30-12:30	C. Jech	\$40
Hula Dancing 夏威夷呼拉舞	M	1/5-2/23	11:45-12:45	F. Ota	\$15
Hula Dance Performance Group	M	1/5-2/23	12:55-1:55	F. Ota	\$15
Intermediate ESL Conversation 中級ESL會話班	T	2/3-3/24	1:30-3	J. Andrushko	\$20
Japanese- Beginning	Th	2/26-4/16	9:30-10:30	T. Terry	\$35
Pilates	T	1/13-3/3	1:15-2:15	K. Phipps	\$35
Playreading for Fun	F	1/23-3/13	9-11	A. Willyoung	\$40
Tai Chi for Older Adults 太極拳	W	2/18-4/8	3:30-4:30	H. Tseng	\$46
U-Bass- Level II	W	1/14-3/4	3-4:30	A. McKee	\$22
Yoga for Active Adults 50+	T	1/27-3/17	4-5	C. Cseuz	\$40
Yoga for Active Adults 50+	Th	2/5-3/26	4-5	C. Cseuz	\$40
Yuan Chih Dance 元極舞	F	1/9-2/27	10-11:30	Annie & Helen	\$15
Zumba Gold with Irene	F	1/23-3/13	3:45-4:45	I. Ortiz	\$37
Zumba Gold with Irene at Quinlan Center	M	1/5-3/9	2:30-3:30	I. Ortiz	\$37
EVENING CLASSES					
Line Dance- Advanced Beginning	T	1/27-3/17	7-8:30	K. Chang	\$48
Tai Chi for Older Adults 太極拳	T	2/10-3/31	6:30-7:30	H. Tseng	\$46
Yoga for Active Adults 50+	T	1/27-3/17	5:15-6:15	C. Cseuz	\$46
Yoga for Active Adults 50+	W	1/28-3/18	5:15-6:15	C. Cseuz	\$46
Zumba Gold Dance & Toning	W	1/28-3/18	6:30-7:30	H. Shariffe	\$45
COMPUTER AND TECHNOLOGY CLASSES					
iPad II /iPhone for Chinese Speakers 中文蘋果 iPad班 II	T	1/6-1/27, 2/17-3/10	10-12	C. Ho, S. Ni	\$22ea
iPad Beginning	T	1/6-1/27, 2/10-3/3	1-3	R. Schiros	\$22ea
iPad Intermediate	Th	1/8-1/29, 2/12-3/5	1-3	R. Schiros	\$22ea
iPad A-Z	M	1/5-2/2, 2/23-3/16	9:30-11:30	K. Smith	\$38ea
PC Beginning	F	1/9-2/27	10-12	M. Ferguson	\$35
PC Maintenance	F	1/9-2/6	1-3	M. Ferguson	\$22

For more information on classes, lectures, trips, and other events, visit the flyer racks in the lobby, or visit www.cupertino.org/senior

CLASS HIGHLIGHTS

iPad Beginning

Tuesday, January 6-January 27, 1-3:30pm

Tuesday, February 10-March 3, 1-3:30pm

Learn to use your Apple mobile device. Whether you are new or just know the basics, this class will help you take full advantage of your mobile device. Please bring your fully-charged iPad. Member fee \$22.

iPad A to Z



Monday, January 5-February 2, 9:30-11:30am

Monday, February 23-March 16, 9:30-11:30am

This hands-on class will include built-in apps such as mail, contacts, calendars, cameras and photo editing, FaceTime video calls, as well as other apps for password security, cloud storage, reading, movies, travel, photography, and business use. Participants are encouraged to share their own favorites with the class. Please bring a fully-charged device to class each time, and be sure you know your Apple/iTunes account ID and password. Member fee \$38.

PC Beginning

Friday, January 9-February 27, 10am-12pm

This is a beginner course that will focus on learning the fundamentals needed to use and enjoy the computer - with added keyboarding and mouse control exercises. Students will learn to use the tools of the computer such as word processing, editing functions in a document and how to put a picture in a letter. Member fee \$35.

Japanese - Beginning

Thursday, February 26-April 16, 9:30-10:30am

This class is taught by Tomoko Terry, an experienced Japanese instructor, and will focus on speaking, and will introduce the Japanese writing system and Hiragana (the Japanese alphabet). You will learn basic language skills, vocabulary, expressions, and customs. Member fee \$35.

初級日文班- 2/26-4/16, 週四上午9:30-10:30am
Tomoko老師有多年教學經驗, 將注重說的能力, 會話, 單字, 文法和日文字母. 會員費 \$35

Humanities Lecture



Tuesday, January 20-March 17, 10:30am-12:30pm

Discuss the instructor Carl Jech's own groundbreaking new book which presents religion as a creative art form. Member fee \$40.

Citizenship Class

Monday and Friday, January 5-March 6, 8:15-9:45am

This is a preparation class for immigrants who want to become U.S. citizens. The instructor will teach U.S. History, civics, government, and the interview process. Member fee \$20.

公民班- 1/5-3/6 (週一, 週五)上午8:15-9:45am 講解美國歷史和公民, 並幫您準備公民面談. 會員\$20.

U-Bass - Level II



Wednesday, January 14-March 4, 3-4:30pm

Strengthen your bass riffs, grooves, and walking bass lines. Prepare to play bass accompaniment in music bands. Covers a wide range of music with emphasis on traditional Country, Hawaiian, and songs from the 30s, 40s, and 50s. Taught by instructor Andrea McKee. Requirements: Completion of Level 1 Beginning U-Bass Class 1 or equivalent, a 4-string bass guitar or U-Bass with EADG tuning, a small battery powered bass amplifier, batteries, cable, electronic tuner and music stand. Member fee \$22.

Tai Chi for Older Adults

Tuesday, February 10-March 31, 6:30-7:30pm

Wednesday, February 18-April 8, 3:30-4:30pm

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.

太極拳 周二, 2/10 - 3/31, 6:30-7:30pm 周三, 2/18 - 4/8, 3:30-4:30pm 太極拳是中國自古以來的一種鍛鍊方式. 研究顯示練太極拳能改善身體平衡, 靈活並有助於增進體質. 歡迎參加, 水平不拘. 會員費\$46.

Art History - Conceptual Art



Tuesday, January 6-February 10, 1:30-3:30pm

Conceptual art, sometimes simply called Conceptualism, is art in which the concepts or ideas involved in the work take precedence over traditional aesthetic and material concerns. Art history instructor Ken Young will explore the life and works of Michael Heizer, Sol Le Witt, Andy Goldsworthy, and Robert Smithson, and will end the session with an impersonation of Andy Warhol. Member fee \$45.

Cooking With Suzanne



Check the flyer rack for more information on Suzanne's next round of culinary delights!

CASE MANAGER'S CORNER

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, January 12, 26, February 9, 23, 1:30-2:30pm
Tuesday, January 6, 20, February 3, 17, 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

Karen Goss, Case Manager, is available to discuss simple issues. No appointment is needed. English /Cantonese/Mandarin.

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

Caregiver Support Group

Thursday, January 8, February 12, 3-4:30pm

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

Caregiver Support Group in Mandarin

家庭照護者互持小組 - 1/21, 2/18 (週三), 5-6:30pm 如您正為照顧一個患病家人而感到無助, 請來參加此小組分享難處和心得。

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 8, 22, February 12, 26, 1-3pm

Consultation on Medicare and health insurance.

健康保險諮詢-1/8, 2/5, (週四), 9-10am 中文服務

Housing

Wednesday, January 7, 21, February 4, 18, 2-4pm

Information on resources for senior housing options.

租屋諮詢 - 1/14, 1/21, 2/11, 2/18 (週三), 2-4pm

Senior Adult Legal Aid (SALA)

Friday, January 9, 16, 23, February 6, 13, 20

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 - 1/9, 1/16, 1/23, 2/6, 2/13, 2/20, 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

408.777.3150

www.cupertino.org/senior

www.cupertino.org/50plus

www.cupertino.org/seniorcenterfacebook

FIRST CLASS MAIL

In Memoriam 2014

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

<i>Donna Berman</i>	<i>Ardis Garfield</i>	<i>Jerauld Schultz</i>
<i>Torstein Dale</i>	<i>Marion Hereth</i>	<i>V. Dean Skeels</i>
<i>Beth Davidson</i>	<i>John Hoyrup</i>	<i>Virginia Sorenson</i>
<i>Michael Downa</i>	<i>Shouyi Hsu</i>	<i>Edward Tavares</i>
<i>Marjorie Everitt</i>	<i>Al Iannotti</i>	<i>Ezra (Max) Williams</i>
<i>Jean Farran</i>	<i>Virginia Logan</i>	<i>Erwin Wittenberg</i>