

GET READY, GET SET, IT'S 2018!



According to the Chinese Zodiac, the Year of 2018 is the **Year of the Dog**. The year of the dog is an opportunity to consolidate achievements and to renew motivation. In 2018, happiness is at the door; you only need to reach out to grasp it.

May the New Year bring you an abundance of happiness, help expand your horizon, and see you 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 you can do it! Learn about some exciting offerings at the senior center to help you toward all of these goals, below are some great examples.

- Mardi Gras Travel Party Page 2
- Protect Yourself from Heart Disease Page 4
- Chinese New Year Luncheon Page 7
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TOGETHER WE CAN MAKE A DIFFERENCE

The award-winning Hidden Treasures committee members wish to extend their heartfelt appreciation to all the participants who made the Hidden Treasures Fundraiser, held on October 26, a great success. This event raised almost \$13,000, and the proceeds will benefit the Stay Active Fund and the case management program, which serves

at-risk seniors in our community, and other programs. Many thanks to the 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10/26舉辦的藏寶室募款活動非常的成功, 我們募得了差不多\$13,000. 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

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 2017. Our volunteer appreciation lunch will be held in March. All volunteers who served 20 hours or more by the end of December 2017 will be invited. The deadline to record your hours is January 5. 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 make an appointment with Volunteer Coordinator Amanda Hui at AmandaH@Cupertino.org.

RECRUITING FRONT DESK VOLUNTEERS

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 Amanda Hui at AmandaH@cupertino.org or call 408.777.3374. 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, 或想了解詳, 請電郵 Amanda Hui: AmandaH@cupertino.org 或撥打電話408.777.3150. 我們非常需要雙語能力的義工.

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Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **January 17**, 8am; Non-member *begins* January 24.
 → Day Trip Preview starts at 7:30am ←

KLIMT & RODIN: AN ARTISTIC ENCOUNTER

Thursday, January 25, 7:30a-3:30p

For the very first time on the West Coast, discover the full evolution of Klimt's artistic output, sharing the galleries with the Legion of Honor's important holdings of Rodin works. After our visit, enjoy lunch in the relaxing atmosphere of the Presidio Café.

Member Cost: \$124 - lunch included

The Charles Schulz Museum

Wednesday, January 31, 8a-5:30p

View the largest collection of original Peanuts artwork in the world at the Charles M. Schulz Museum, and learn about one of the most popular comic strips of the 20th century. Explore Santa Rosa's historic Railroad Square for a no-host lunch, and finish the day with a sweet treat!

Member Cost: \$74

House of Prime Rib

Thursday, February 8, 4:15-9p

Join us for a savory evening of fine dining. This renowned restaurant has been in business since 1949 and still tops the charts! Enjoy their famous corn-fed prime rib beef or their fresh fish dinner with all the trimmings, including a delectable dessert.

Member Cost: \$135 - dinner included

OUT-TO-LUNCH BUNCH

Tuesday, February 27, 11:30a

Steins

10088 N. Wolfe Road #130, Cupertino

Please register at the front desk. Space is limited.

Mardi Gras Travel Party with Doug McConnell



Tuesday, February 13, 1:30p

Join us for a New Orleans-style party right here at home! Learn more about our exciting travel program of day trips, overnight and extended tours. Members free, senior guests pay \$5 day pass. Register at the Senior Center front desk, space is limited.

Rachel Dunn Chocolate Workshop

Thursday, February 22, 9:30a-4p

Your taste, touch, and sense of smell will be fully engaged while you dip and decorate a generous and delicious assortment of confections to take home at Rachel Dunn Chocolate Factory, with Rachel herself! Enjoy a hosted lunch at Jack's Restaurant & Bar.

Member Cost: \$123 - lunch included

Thunder Valley Casino and Resort

Wednesday, February 28, 8:30a-5:30p

Get ready to try your luck and get into the casino gaming action at Thunder Valley Casino & Resort! Choose from a broad range of over 2,800 slots and 100 table games. Enjoy your no-host lunch at one of the variety of options available at the resort.

Member Cost: \$57

Whimsy and Wildlands- - Treasures of Oakland



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

Come explore the wonders of Joaquin Miller Park's redwoods, the sweet treats of Fentons Creamery, and the beloved fairytales of Children's Fairyland on this guided tour of the treasures of Oakland!

Member Cost: \$116 - lunch included

Stanford University & Anderson Collection



Thursday, March 15, 9:30a-5:30p

Go “back to school” and enjoy a day learning about one of the country’s most famous educational institutions, Stanford University. Enjoy a chance to explore “the Farm” with a tour of Main Quad, Memorial Church, and more, before a visit to tour the Anderson Collection.

Member Cost: \$77 - lunch included

Dublin Heritage Park and Historic Pleasanton



Wednesday, April 4, 8:30a-4:30p

Take a journey uncovering the past with two docent-led walking tours in Dublin’s Heritage Park and picturesque downtown Pleasanton. Indulge in your included lunch at Cattlemen’s restaurant in Livermore.

Member Cost: \$105 - lunch included

The Marine Mammal Center and Tiburon



Monday, April 9, 8:30a-5:30p

Take in the sights, sounds, and critters of the beautiful San Francisco Bay ecosystem on a guided tour of the Marine Mammal Center, before lunch at Sam’s Anchor Café and time to explore the charming waterfront town of Tiburon.

Member Cost: \$115 - lunch included

Gary’s 49-Mile Drive



Thursday, April 12, 8a-6p

Come along as the fabulous Gary Holloway re-introduces you to San Francisco’s highlights, history, and scenic views, on his very own spin on the classic 49-Mile Drive! Enjoy a no-host lunch at iconic Fisherman’s Wharf.

Member Cost: \$79

Join us for a free travel presentation featuring

**Canyon Country and
Discover the South Pacific Wonders**
Monday, March 5 at 10am

Sign up at the front desk!

Succulent Gardens & Corralitos Market and Sausage Company



Thursday, April 19, 8:15a-3:45p

Join us as we discover some locally-produced treasures of the Central Coast. Enjoy a docent-led tour of a boutique nursery for succulents, learn about and shop for delicious local sausage, and stop for a delectable included lunch at the famous Phil’s Fish Market.

Member Cost: \$75 - lunch included

West Side Story at the Leshner Center

Friday, April 27, 3:30-11:45p



Take a journey to the Upper West Side New York as we enjoy a performance of an American classic, West Side Story at The Leshner Center in Walnut Creek. Enjoy a no-host dinner in the heart of charming downtown Walnut Creek before the show!

Member Cost: \$107

Discover Scotland

April 29-May 8 - 10 days

Marvel at the stunning Isle of Skye, take a cruise on famed Loch Ness, visit Dunrobin Castle, enjoy a distillery tour, explore the regal city of Edinburgh, and more.

Member Cost: \$4,440 per person, double

Canyon Country

September 18-25 - 8 days

A journey through Canyon Country brings you into a colorful world of stunning southwestern vistas, Native American history, and three breathtaking national parks: Zion, Bryce, and the Grand Canyon.

Member Cost: \$3,429 per person, double

Discover the South Pacific Wonders

March 19-April 2, 2019 - 15 days

From the tropical-splendor of the Great Barrier Reef on Australia’s northeast coast, to the ethereal beauty of New Zealand’s South Island, this journey to land “Down Under” brings you the best of both countries.

Member Cost: \$6,499 per person, double

JANUARY ACTIVITY HIGHLIGHTS

Message from Volunteer Advisory Council President, Victor Wong

As I reach the end of my second term as President of the Cupertino Senior Center Advisory Council, I want to thank all the council for their support. During my two year tenure, I have been made more aware of the dedication of Kim and her staff in providing such a large variety of programs and classes. I would encourage members to take advantage of its offering. I conclude with congratulations to Mary Lou Robinson as the new President of the council. - *Victor Wong*

January Birthday Bash

Wednesday, January 17, 12pm

Ring in the New Year at the senior center with lunch and jazz vocalist Miki Melton. We 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 cinnamon-raisin bread pudding. Members with January birthdays will be honored. Vegetarian option available when registering. Member fee \$12, senior guests add \$5 day pass.

去舊迎新, 讓我們一起來耆英中心慶祝新一年的開始。一月的午餐慶典請到爵士歌手Miki Melton來表演。豐富的午餐有清爽的蘋果, 杏仁沙拉, 烘焙的香蒜烤雞火腿卷與細意大利面。美味甜點是肉桂葡萄乾麵包布丁, 並慶祝一月份的會員壽星。可選素食, 請註冊時註明。會員\$12, 來賓加付當日活動費\$5。請早登記



Protect Yourself from Heart Disease

Monday, January 22, 10-11:30am

[Heart disease](#) is the leading cause of death for both men and women in the U.S., yet most of the heart disease deaths and disability are preventable. Come learn what you can do to preserve the heart health of your loved ones and yourself, in order to live a healthier and longer life. Presented by El Camino Hospital Cardiopulmonary Wellness Center. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

Karaoke Holiday Lunch

Thursday, January 25, 12pm

Join the Karaoke group to welcome the new year with a Chinese lunch, songs, dance and games. Pre-registration is required. Member fee \$10, senior guests add \$5 day pass.

卡拉OK節日午餐-1/25(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。

Wills, Trust, and Power of Attorney



Monday, January 29, 10:30am-12pm

Have you ever wondered if you need a trust, will, and/or power of attorney? Join us for a presentation by Senior Adults Legal Assistance. The presentation will focus on the differences and benefits between the legal documents in estate planning. Open to the public. Sign up at the lobby table.

New York Times & Wall Street Journal Online



Wednesday, January 10, 10-11am

Wednesday, February 28, 10-11am

Learn how you can read the New York Times and Wall Street Journal online for free, courtesy of the Santa Clara County Library District. Gain access to the daily editions, as well as, archives back to 1851 in the New York Times. Members free, senior guests pay \$5 day pass. Sign up at the front desk.

Freegal

FREE!

Wednesday, January 24, 10-11am

Come learn about Freegal, a downloadable music service which provides access to the catalog of artists in Sony Music Entertainment including artist from the Independent Online Distribution Alliance. Library cardholders can download five songs or two videos a week using their card number and PIN. Members free, senior guests pay \$5 day pass. Sign up at the front desk.

AARP Smart Driver - Renewal

Tuesday, January 30, 9am-1:30pm

This is the renewal course for those who have taken the full 8-hour class. For more information and to register call Ina Checkman at 408.257.6940.

Monthly Movie

FREE!



Wednesday, January 31, 1:30-3:30pm

[The Mountain Between Us](#) (2017) Stranded after a tragic plane crash, two strangers must forge a connection to survive the extreme elements of a remote snow-covered mountain. When they realize help is not coming, they embark on a perilous journey across the wilderness. Idris Elba, Kate Winslet, Beau Bridges. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
 <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>SENIOR CENTER CLOSED 耆英中心歇業</p> </div>		<p>3 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Open Cribbage</p>	<p>4 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>5 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 實果 1-4:30 Ping Pong 乒乓 1:30-3 Book Review- Members' Annual Favorite Book Presentation 1:30-4 TechTime with Paul & Gary</p> <p>6 SATURDAY</p>
<p>8 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</p>	<p>9 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production- The Better Part 10-11:30 Booktalk- <i>The Little Paris Bookshop</i>, Nina George 12-4 Card Playing</p>	<p>10 10-12 Case Manager Consultation 社工諮詢 10-11 New York Times & Wall Street Journal Online 12-4 Card Playing 1-2:30 Let's Talk Current Events</p>	<p>11 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3-4:30 Caregiver Support Group</p>	<p>12 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 實果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul & Gary</p> <p>13 SATURDAY</p>
<div style="border: 1px solid black; padding: 5px;"> <p>MARTIN LUTHER KING JR. DAY SENIOR CENTER CLOSED 耆英中心歇業</p>  </div>	<p>16 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production- The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>17 7:30 Day Trip Preview 8 New Trip Sign-up Day 10-12 Case Manager Consultation 社工諮詢 12 January Birthday Bash (\$12) Prosciutto wrapped Pesto Chicken 烘焙的香蒜烤雞火腿卷 12-4 Card Playing</p>	<p>18 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>19 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 實果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul & Gary</p> <p>20 SATURDAY 10-12 Nutrition Made Easy: Guilt Free Sweet Treats Workshop</p>
<p>22 10-12 Golf for Seniors 10-11:30 Protect Yourself from Heart Disease Presentation 12-4 Card Playing 1 Volunteer Advisory Council Meeting Visitors Welcome 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社</p>	<p>23 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production- The Better Part</p>	<p>24 10-11 Freegal 10-12 Case Manager Consultation 社工諮詢 11:45 Lunch with Friends (\$8) <i>Lasagna Soup</i> 12-4 Card Playing</p>	<p>25 7:30-3:30 Klimt & Rodin at the Leigon of Honor Trip 11:15-1:30 Needlecraft 12-2 Card Playing 12 Karaoke Holiday Lunch (\$10) 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>26 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 實果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul & Gary</p> <p>27 SATURDAY</p>
<p>29 10-12 Golf for Seniors 10:30-12 Wills, Trust, and Power of Attorney 12-4 Card Playing 1:30-2:30 New Volunteer Orientation</p>	<p>30 8:30-11:30 Ping Pong 乒乓 9-1:30 AARP Smart Driver-Renewal Course 9-11 Tennis 網球 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>31 8-5:30 Charles Schulz Museum Trip 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Monthly Movie - The Mountain Between Us (2017)</p>	<div style="border: 1px solid black; padding: 10px; background-color: black; color: white;"> <p>YOUR 2017 MEMBERSHIP EXPIRES JANUARY 31</p> </div>	
				<div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">CITY OF CUPERTINO SENIOR CENTER 408.777.3150 Hours: M-Th: 8am-9pm Friday 8am-5pm Saturday 8:30am-4:30pm Email: SeniorCtrn@Cupertino.org Website: www.cupertino.org/senior Find us on Facebook & Yelp!</p> </div>

FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
<p style="text-align: center;">CITY OF CUPERTINO SENIOR CENTER 408.777.3150</p> <p><i>Hours: Monday-Thursday 8am-9pm, Friday 8am-5pm, Saturday 8:30am-4:30pm</i></p> <p>Email: SeniorCntr@Cupertino.org Website: www.cupertino.org/senior</p> <p>Find us on Facebook and Yelp!</p>			<p>1 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>2 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 1:30-3 Book Review- And the Mountain Echoed by Khaled Hosseini, reviewed by Sara Malaun 1:30-4 TechTime with Paul & Gary</p> <p>3 SATURDAY</p>
<p>5 10-12 Golf for Seniors 12-4 Card Playing 1:30-3:30 Housing Resource by Appointment (408.777.3150)</p>	<p>6 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production- The Better Part 10-11:30 Booktalk- <i>The Little Paris Bookshop</i>, Nina George 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>7 10-12 Case Manager Consultation 社工諮詢 11:45 Lunch with Friends (\$8) <i>Sloppy Joe's</i> 12-4 Card Playing 1:30-3:30 Open Cribbage</p>	<p>8 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3-4:30 Caregiver Support Group 4:15-9 House of Prime Rib Trip</p>	<p>9 9-11 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul & Gary</p> <p>10 SATURDAY</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</p>	<p>13 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production- The Better Part 12-4 Card Playing 1:30 Mardi Gras Travel Party</p>	<p>14 10-11 Medici.tv 10-12 Case Manager Consultation 社工諮詢 12 Chinese New Year Celebration and February Birthday Bash (\$12) 中國農曆新年慶祝活動 12-4 Card Playing 1:30-3:30 Open Cribbage</p>	<p>15 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>16 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 1:30-4 TechTime with Paul & Gary</p> <p>17 SATURDAY</p>
<p>19</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>PRESIDENT'S DAY SENIOR CENTER CLOSED 耆英中心歇業</p>  </div>	<p>20 8 March/April Registration Begins 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production- The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>21 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1-2:30 Let's Talk Current Events 1:30-3:30 Open Cribbage</p>	<p>22 9:30-4 Rachel Dunn Chocolate Workshop Trip 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 1:30-4 TechTime with Paul & Gary</p> <p>24 SATURDAY</p>
<p>26 9-1:30 AARP Smart Driver 10-11 New Volunteer Orientation 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</p>	<p>27 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 11:30 Out-to-Lunch Bunch at Steins 12-4 Card Playing</p>	<p>28 8:30-5:30 Thunder Valley Casino and Resort Trip 10-11 New York Times & Wall Street Journal Online 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3 Monthly Movie - Interstellar (2014)</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;">  <p>Mardi Gras Travel Party Tuesday, February 13, 1:30pm Sign up at the front desk!</p> </div>	

FEBRUARY ACTIVITY HIGHLIGHTS

FREE!

Book Review Meeting

First Friday of the month, 1:30-3pm

Learn about new books. New faces are always welcome. Members free, senior guests pay \$5 day pass.

January 5- Member's Annual Favorite Book Presentations

February 2- *And the Mountain Echoed* by Khaled Hosseini, reviewed by Sara Malaun

FREE!

Living Alone: Ways to Find Joy

Tuesday, January 23-February 13, 1:30-3pm

This 4-week group led by Vivian I. Silva, MSW, is for those wanting to understand how to find joy when living alone. Participants will also learn how to recognize symptoms of depression and steps to take to avoid isolation and being lonely. This group is limited to 8 only. Members free, senior guests pay \$5 day pass. Sign up at the front desk.

FREE!

Medici.tv

Wednesday, February 14, 10-11am

Stream over 100 live broadcasts a year plus thousands of recordings featuring international concerts, operas, ballets, documentaries, master classes, educational films, and artist profiles. Includes performance synopses, cast information, composer details, and more. New videos are continually added to the website. Members free, senior guests pay \$5. Sign up at the front desk.

Lunch with Friends

Wednesday, January 24, February 7, 11:45am

Join us for lunch! Pre-registration is required, and a vegetarian option is available when registering. Member fee \$8, senior guest add \$5 day pass.

January 24- Lasagna Soup with fresh salad, and dessert
1/24- 意式寬平麵條湯配新鮮沙拉, 和甜點

February 7- Sloppy Joe's, crisp salad, and dessert
2/7- Sloppy Joe 三明治, 脆味沙拉, 和甜點

FREE!

Let's Talk Current Events

Wednesday, January 10, February 21, 1-2:30pm

Nancy McGinnis, legal specialist and current lecturer at San Francisco State University, will facilitate a lively discussion on important and interesting topics. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

Monthly Movie

Wednesday, February 28, 1:30-3pm

FREE!

Interstellar (2014) A team of explorers travel through a wormhole in space in an attempt to ensure humanity's survival. Matthew McConaughey, Anne Hathaway, Jessica Chastain. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

Chinese New Year and February Birthday Bash

Wednesday, February 14, 12pm

Let's celebrate the Year of the Dog! People born in this year are said to possess the best traits of human nature, honesty, friendliness, intelligence, and straightforwardness. Join us for a Chinese meal and enjoy cultural entertainment as the lion dancers ring in the New Year. For dessert, enjoy artisan-crafted stuffed strawberries. Pre-registration is required. Members with February birthdays will be honored. Vegetarian option available when registering. Member fee \$12, senior guests add \$5 day pass.

去舊迎新,祝大家狗年行大運!據說狗年出生的富有美好的品格,老實,親切,才智和坦率。耆英中心邀請您一同來慶祝農曆新年,共享豐盛的中午年飯並過節表演,如舞獅。甜點有精雕草莓,當天會慶祝二月份的會員壽星。可選素食,請註冊時註明。會員\$12,來賓加付當日活動費\$5。請早登記,需預約。

Like us on Facebook



The Cupertino Senior Center is on Facebook. Visit us at www.facebook.com/CupertinoSeniorCenter and you can see photos, event reminders, and more!

Stay Active Fund

The Stay Active Fund helps adults 50+ remain active, engaged, and participating at the Cupertino Senior Center. This fund provides assistance to offset the cost for senior center membership and registration for classes and events. The fund is available through June 30, or until the fund is depleted. Please contact the front desk for more details.

保持活躍基金 保持活躍基金幫助五十歲以上耆英積極參與並投入庫市耆英中心活動。此基金提供中心會籍以及課程和活動費用減免,基金有效期是十一月至六月三十日或至基金用完。詳情請與耆英中心聯繫。

AARP Smart Driver

Monday, February 26, March 5, 9am-1:30pm

A full 8-hour class, split into two 4-hour sessions. For more information and to register call Ina Checkman at 408.257.6940.

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS FEBRUARY 20	DAY	DATES	No	TIME	INSTRUCTOR	MEMBER FEE
Accordion	Tu	2/20-4/10		1:35-3:10	R. DiBono	\$20
Beading	Th	1/4-1/25, 2/1-2/22		1:30-3:30	D. Hall	\$25/ea.
Brain Club	M	1/8-2/26	1/15, 2/19	3-4:30	C. Hall	\$15
Bridge - Advanced Beginning	Sa	1/6-2/24		10-12	P. Davis	\$45
Chair Exercise 座椅運動	M & Th	1/22-3/1	2/19	10:15-11:15	P. Hu	\$45
Chinese Brush Painting 傳統與現代中國畫	M	1/8-3/19	1/22, 1/15, 2/19	8:30-10:30, 10:40-12:40	M. Lee	\$55/ea.
Chinese Calligraphy 書法班	Tu	1/9-2/27		3-5	F. Jair, Y. Wang	\$15
Citizenship Class 公民班	M, T, F	1/16-3/2	2/19	8:15-9:45	V. Wong	\$20
Conversational English 英語會話班	M & Tu	2/5-3/27	2/19	10-11:45	P. Chun, V. Wong	\$20
Conversational Mandarin - Beginning	Th	1/18-3/15	2/15	9-10:30	J. Li	\$40
Conversational Mandarin - Intermediate	F	1/19-3/16	3/9	10-11:30	B. Hu	\$40
Conversational Mandarin - Advanced	Th	1/18-3/15	2/15	9-10:30	L. Gao	\$40
Cooking with Suzanne: Simple Italian	W	2/28		10-1	S. Vandyke	\$55
Cribbage - Beginning	W	1/10-2/21	2/14	1:30-3:30	E. Bloom	\$10
ESL - Basic and Easy 初級英語班	M	2/5-4/2	2/19	10-12	L. North	\$25
ESL - Advanced Beginning 初高級英語班	W	1/10-2/28		10-12	L. North	\$25
ESL - Intermediate Conversation 中級ESL會話班	Tu	1/23-3/20	2/13	1:30-3	J. Andrushko	\$20
Feldenkrais Method FLEX	Tu	1/16-3/6		9:30-10:30	M. Westlaken	\$40
Gentle Pilates-Yoga	Tu	1/16-3/6	2/20	11:10-12:10	H. Mojgani	\$40
Guitar and Bass Jam Band	W	1/3-3/7	1/24, 2/21	3-4:30	A. McKee	\$22
HarmoniKatz Performance Band	M	2/5-3/26	2/19	3:45-5:15	D. Ng	\$15
Hatha Yoga FLEX	Th	1/11-3/1		2:30-3:30	V. Bhat	\$50
Humanities	Tu	1/23-3/20	2/13	10:30-12:30	C. Jech	\$40
Hula Dance - Beginning	M	1/8-2/26	1/15, 2/19	11:45-12:40	J. Pereria-Anderson	\$15
Hula Dance - Performance Group	M	1/8-2/26	1/15, 2/19	12:55-1:55	J. Pereria-Anderson	\$15
Japanese - Beginning	Th	2/8-4/12	2/22, 4/5	8:30-9:30	T. Terry	\$35
Japanese - Intermediate	Th	2/8-4/12	2/22, 4/5	9:45-10:45	T. Terry	\$35
Matter of Balance	Th	1/18-3/8		2-4	Stanford Health	Free
Nutrition Made Easy: Guilt Free Sweet Treats	Sa	1/20		10-12	J. Oh	\$45
Nutrition Made Easy: Auto Immune Concerns	Tu	1/16-2/6		9-10	J. Oh	\$60
Tai Chi for 50+ - Level I	Th	2/22-4/12		8:30-9:25	J. Madonich	\$68
Tai Chi for 50+ - Level II	Th	2/22-4/12		9:35-10:30	J. Madonich	\$68
Tai Chi for 50+ - Level III	Th	2/22-4/12		10:40-11:35	J. Madonich	\$68
Total Body at the Quinlan Center	Tu	1/23-3/13		8:30-9:30	P. Hu	\$37
Ukulele - Beginning	Tu	2/6-4/3	2/13	1:30-3	D. Ng	\$22
Ukulele - Advanced Beginning	Tu	2/6-4/3	2/13	3:15-4:45	D. Ng	\$22
Ukulele Strum-and-Sing - Intermediate	M	2/5-4/2	2/19	1:30-3:15	N. Levy	\$22
U.S. History Seminar	Tu	2/20-3/13		12:35-1:35	R. DiBono	\$15
VivAsia Lotus FLEX	Sa	1/6-2/24		10-11	M. Kao	\$25
VivAsia Chair Lotus FLEX	Sa	1/6-2/24		11:15-12:15	M. Kao	\$25
Yoga for 50+ - w/ chair option 瑜珈五十後	Tu	1/23-3/13		4-5	P. Hu	\$40
Yoga for 50+ - w/ chair option 瑜珈五十後	Th	1/25-3/15		4-5	P. Hu	\$40
Yuan Chih Dance 元極舞 FLEX	F	1/5-2/23		10-11:30	Annie & Helen	\$15
Zumba Gold at the Quinlan Center 中老年尊巴	M	1/22-3/19	2/19	2:30-3:30	P. Hu	\$37
Zumba Gold at the Quinlan Center 中老年尊巴 FLEX	F	1/5-3/2	2/23	2:30-3:30	G. DuVal	\$37
EVENING CLASSES						
Traditional/Cont. Chinese Painting 基礎與現代中國水墨	Th	1/25-3/29	2/22	5:30-8:30	M. Shei	\$55
Line Dance - Beginning 初級排舞	Th	3/1-4/19		7-8:30	K. Chang	\$48
Line Dance - Beginning/Intermediate 先進初級排舞	T	1/16-3/6		7-8:30	K. Chang	\$48
Yoga Foundations FLEX	Tu	2/6-3/27		6:15-7:30	E. Meir	\$40
Yoga Foundations FLEX	Th	1/18-3/8		5:15-6:30	E. Meir	\$40
COMPUTER AND TECHNOLOGY CLASSES						
Everything iPad	W	1/10-1/31		3-5	K. Smith	\$38
Express Yourself with iPad Art	W	2/7-2/28		3-5	K. Smith	\$38
Facebook	S	2/10-2/24		10-11	N. McGinnis	\$25
iPad Beginning	Tu	1/9-2/20		1-3	R. Schiros	\$38
iPad Intermediate	Th	1/11-2/22		1-3	R. Schiros	\$38

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

CLASS HIGHLIGHTS

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



Cribbage Beginning

Plus Fun Tournament

Wednesday, January 10-February 21, 1:30-3:30pm

This is a five week class plus a fun tournament to challenge your newly acquired skills. Learn how to play using [American Cribbage Congress rules](#) and develop strategies for maximizing your scoring. Instructor Ed Bloom. Member fee \$10. No class 2/14.



Matter of Balance

Presented by Stanford Health

Thursday, January 18-March 8, 2-4pm

Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This program includes facilitated discussion on fall prevention and a gentle exercise program. You will set goals for increasing activity, make changes to reduce fall risks at home and exercise to increase strength and balance. Members free, space is limited. Register at the front desk.



Nutrition Made Easy

Understanding Autoimmune Concerns

Tuesday, January 16-February 6, 9-10am

Autoimmune diseases effect over 50 million Americans. Rheumatoid Arthritis, Type 1 Diabetes Mellitus, Inflammatory Bowel Disease, Psoriasis, and Graves Disease are but a few of the over 80 types of autoimmune diseases. In this series of workshops, we'll discuss how diet and lifestyle can help. Discover easy ways to make simple changes to a better, healthier you. Instructor Jen Oh. Member fee \$60, includes materials and samples.

Feldenkrais Method

Tuesday, January 16-March 6, 9:30-10:30

Improve your balance and coordination with Feldenkrais a movement improvement exercise. Explore novel and gentle movement patterns to invigorate your brain and nervous system with new ways of organizing and sensing your motion. Instructor Michele Westlaken. Member fee \$40.

De Anza Cardio-Vascular Training

Mon/Wed/Fri, 9-10am; Th, 12:30-4:30pm

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

VivAsia Lotus

Saturday, January 6-February 24, 10-11am

VivAsia Chair Lotus

Saturday, January 6-February 24, 11:15am-12:15pm

VivAsia Lotus is a vibrant and fun low impact aerobic dance program that focuses on the active older adult population and combines a variety of dance movements, music, and props from different Asian cultures. Chair Lotus is a perfect class for those who may have physical limitations and want to strengthen muscles while sitting. Member fee \$25. Instructor May Kao.

VivAsia蓮花是一個充滿活力和有趣的低衝擊有氧舞蹈，專注於活躍的老年人，並結合了來自不同亞洲文化的各種舞蹈運動，音樂和道具。椅子蓮花是對那些可能有身體限制，並希望加強坐姿肌肉的一個完美課程。會員\$25。May Kao導師。

Nutrition Made Easy



Guilt Free Sweet Treats Workshop

Saturday, January 20, 10am-12pm

Do you have a sweet tooth, but shouldn't have the sugar, this workshop is for you! We'll make some treats that will rival any bakery and impress all your friends and family, plus they are good for you! Instructor Jen Oh. Member fee \$45, includes samples and take home treats.

Cooking with Suzanne

Simple Italian

Wednesday, February 28, 10am-1pm

In this class, international chef Suzanne is inviting you to cook a simple but yet delicious Italian meal such as Crostini con Salcissia (Spiced Sausage and Ricotta), indulgent Classic and Creamy Penne alla Vodka with Tomato Vodka Sauce accompanied with braised Cavolo Nero (Kale) and for dessert an irresistible Chocolate Panna Cotta with Pumpkin Seed Brittle. As a sommelier, she will guide you to the right wine paring for this menu. Member fee \$55.

FUHSD Adult School

Painting, fitness, aerobics, strength training, tai chi, line dancing, and writing. Classes are held at the senior center, and membership is required. Annual senior center memberships are \$23 for Cupertino resident and \$28 for nonresidents. Find a full class schedule and registration information online at www.fuhsdadulthoodschool.com.

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，成人學校課程包括繪畫，健身，有氧運動，太極，排舞，和寫作班。您也需要是耆英中心會員，會費是庫市居民23元一年，非居民28元。

CASE MANAGER'S CORNER

Case Management Program

This program helps seniors obtain community resources enabling them to remain independent and safe in their home. Case Managers provide assessments to determine the needs for services; coordinate and ensure legal services are in place. Home visits can be provided to homebound seniors living in Cupertino. Free service, membership required.

Drop-in Consultations with Case Managers are Wednesday, 10am-12pm or by appointment Monday-Friday, 8am-5pm. Mandarin and Cantonese language appointments are available.

本中心為住在庫市的耆英提供社工服務。該服務包括為耆英尋找各種社區資源以助耆英繼續過獨立和安全的的生活。行動不便的長者。社工可提供家訪。此服務免費，需會員。社工可以講國粵語。星期三，早上10至中午12，無需預約。週一至五，辦公時間早上8到下午5，需預約。

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, January 8, 22, February 12, 26, 1:30-2:30pm

Tuesday, January 16, 30, February 6, 20, 12:15-1:15pm

DROP-IN GROUP

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

Caregiver Support Group

Thursday, January 11, February 8, 3-4:30pm

SCHEDULED APPOINTMENTS

Please call 408.777.3150 to make appointments for the following services:

Health Insurance Counseling (HICAP)

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

Consultation on Medicare and health insurance. 健康保險諮詢-中文服務

Housing Resource

Monday, February 5, 1:30-3:30pm

Cupertino Senior Center provides lists of housing as a resource. Due to limited staff resources, staff are not able to make calls, fill out applications, or deliver housing applications for you.

租屋諮詢 - 2/5, (週一), 1:30-3:30pm

耆英中心會為長者提供老人公寓名單作為參考。由於資源有限，本中心員工將不能為長者打電話查詢公寓資料，填寫公寓表格，或遞送表格。

Senior Adult Legal Aid (SALA)

Friday, January 5, 12, 19, February 2, 9, 16,

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 - 1/5, 1/12, 1/19, 2/2, 2/9, 2/16, 10:30am-12:30pm
60歲以上，並住在聖縣。

JANUARY/FEBRUARY 2018

THE **50+**
SCENE

In Memoriam 2017

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

<i>Midge Atherton</i>	<i>Jack Kao</i>	<i>Ruth Schoch</i>
<i>James Baxter</i>	<i>Betty Klanda</i>	<i>Lee Scoville</i>
<i>Chrys Fitzpatrick</i>	<i>Jane Malison</i>	<i>Robert Steinseifer</i>
<i>Chung Ho</i>	<i>John Nyberg</i>	<i>Eva Wilson</i>
<i>Lilly Imamura</i>	<i>Hisako Parlagreco</i>	
<i>Elizabeth Jackson</i>	<i>Howard Peng</i>	

City of Cupertino Senior Center

21251 Stevens Creek Blvd.

Cupertino, CA 95014

408.777.3150

www.cupertino.org/senior

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FIRST CLASS MAIL