

THE 50⁺ SCENE

January/February 2020

Happy New Year!

Celebrate 2020 and the
Year of the Rat

Page 2



CUPERTINO



Happy New Year! On December 31st, the clock will strike midnight one last time for 2019, ushering in a new decade. Finally a span of ten years that has an easy moniker we all know: “the 20s.” No more awkward “double aughts,” the “ohs,” or the... “tens.” So, welcome, 2020. Whether you’re tough, easy, same-old same-old, or the dawning of a new era, at least we’ll all know what to call you.

No one knows how to welcome in the new year quite like the Senior Center Birthday Bashes. This year the January celebration will be doubling as the Chinese New Year lunch as the year of the Metal Rat begins on January 25th. The Rat is significant because it is the first animal in the Chinese zodiac and can represent wealth and surplus. The last year of the rat started in 2008, and the last metal rat was back in 1960. Check out the full details of the January Birthday Bash on page six, and the February Birthday Bash on page eight.

The center’s Karaoke Social group will also be celebrating the Chinese New Year with

authentic Chinese food, dancing, and of course, singing. This fun-loving group of singers meets every Thursday to belt out the lyrics to their favorite songs in a joyful, relaxed atmosphere, open to all members. Once a year for Chinese New Year, they invite special entertainment and enjoy an excellent, authentic Chinese meal comprised of seven different dishes to welcome good luck in the coming months. Full details for this event can be found on page six.

When considering the monthly Lunch with Friends program as well, the Senior Center is offering three opportunities to enjoy some delicious cooking this January. Check out page six for more information on the upcoming Lunch with Friends programs—intimate, monthly luncheons with relaxed atmospheres.

The Cupertino Senior Center is really taking the new year seriously this winter. Staff and volunteers alike are diving headfirst into those year of the rat attributes—there’s a wealth of great lunch options coming up, and a surplus of good cooking going on at the center to start the 20s.

LETTER TO THE EDITOR

To the Editor:

Re: Senior Advisory Council

I've heard a bit about the Senior Advisory Council, but don't really know what it is. Can you give me some details? What is its purpose?

-Anonymous

.....

Thank you for your letter, Anonymous,

The Senior Advisory Council is a group of volunteers representing the needs and requests of the Cupertino Senior Center membership. The Council meets once every other month to discuss events the various social groups are engaging in, and review projects pertaining to the center. The council is always looking for more members willing to provide insight or feedback about goings on at the center, and staff members are very appreciative of the feedback we get from this dedicated group. The next meeting is scheduled for Monday, January 27 at 1 p.m.

If you have a question you would like to see answered, or just have a comment you would like to share, submit a "Letter to the Editor" to the Senior Center's front desk, or mail it in to 21251 Stevens Creek Blvd, Cupertino, CA 95014. All letters subject to editing for clarity and length. Submission of a letter does not guarantee publication.

VOLUNTEER CORNER

Together We Make a Difference

The Hidden Treasures committee members 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 \$15,000, and the proceeds will benefit the Stay Active Fund, and the case management program, which serves at-risk seniors in Cupertino. Many thanks to volunteers and shoppers who made this possible. We look forward to seeing you all again next year on October 29, 2020.

合作就是力量!本中心衷心感謝大家的支持讓我們在10/24舉辦的大家來尋寶募款活動非常的成功,我們募得超過\$15,000,此筆錢將會用於Stay Active Fund和個案管理計劃,為社區裡需要緊急幫助的老人提供社工服務,謝謝大家的支持!我們明年10月29日見.

Bingo Callers Wanted

We are looking for individuals who are interested in calling for our bingo games on Fridays in our beautiful and fun Senior Center. No experience needed—come learn and play! For more information please contact Amanda Hui at AmandaH@Cupertino.org or 408.777.3374.

Volunteer Orientation

Monday, January 6, 1 p.m.

Monday, February 10, 11 a.m.

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Share Discovery Through Travel

DAY TRIPS

Member New Trip Sign-up begins
Wednesday, January 8, 8 a.m.
Day Trip Preview starts at 7:30 a.m.
Non-member sign-up begins January 15.

Groundhog Day the Musical at the SF Playhouse

Wednesday, January 15, 9:30 a.m. - 6:30 p.m.
Experience what the New York Times is calling “a dizzyingly witty new musical!” at one of the most exciting and intimate venues of San Francisco’s Theater District—the SF Playhouse. Before the show, take your pick of the delicious dining options available at The Market Flagship. Member Cost: \$132

Sinatra vs Darin: Swagger and Swing! at the Leshner Center

Sunday, January 26, 11:45 a.m. - 6:15 p.m.
Space limited. Member Cost: \$134 - lunch included

No Spectators: The Art of Burning Man Exhibit and Trader Vic’s

Thursday, February 6, 10:30 a.m. - 5:30 p.m.
Delight in the multi-sensory experience of *No Spectators: The Art of Burning Man* exhibit at the Oakland Museum of CA. Before immersing yourself in the spectacular artwork, enjoy a delectable lunch at Trader Vic’s. Member Cost: \$123 - lunch included

Asian Art Museum and Dandelion Chocolate

Tuesday, February 11, 8:45 a.m. - 5:15 p.m.
Immerse yourself at the Asian Art Museum with a docent-led tour of their special exhibit *Awake: A Tibetan Buddhist Journey Toward Enlightenment* before exploring the museum’s permanent collection and enjoying a no-host lunch at their delectable café. End

your day on a sweet note with a tour of the Dandelion Chocolate factory! Member Cost: \$107 - chocolate included

Monterey Bay Whale Watching

Thursday, February 20, 7:30 a.m. - 5 p.m.
Join us for a day aboard the Blackfin for a three-hour narrated boat tour of the Monterey Bay. Enjoy sightings of gray whales, dolphins, and wildlife. After your adventure, wander through the waterfront of colorful Fisherman’s Wharf for a no-host lunch and shopping. Member Cost: \$127

new Mardi Gras Travel Party

Tuesday, February 25, 1:30 p.m.
Join us for a New Orleans-style party right here at home! Learn about exciting opportunities to explore the world or your own backyard with Cupertino Senior Center Travel’s wide variety of day trips and extended tours. Members free—sign up online or at the front desk.

Made in Watsonville!

Thursday, February 27, 8:45 a.m. - 5 p.m.
Discover the enchanting Pajaro Valley to experience the bounty of their creations inspired by the gorgeous setting. Visit Annieglass Studio to see glass artisans at work, learn about the area’s rich history with a visit to the Agriculture History Project and Museum, and enjoy award-winning beverages at the Martinelli factory store. Member Cost: \$99 - lunch included

new Out-to-Lunch Bunch

Tuesday, March 3, 11:30 a.m.
Meet at Pacific Catch, 19399 Stevens Creek Blvd., Cupertino. Sign up online or at the front desk.

new The Last Ship starring Sting

Thursday, March 5, 3:30 - 11:30 p.m.
The Last Ship is the heartfelt and empowering musical

by multiple Grammy Award-winner Sting. For this limited run at the Golden Gate Theatre, Sting himself will star in the show, offering a unique opportunity to enjoy this critically acclaimed performance. Before the show, enjoy a no-host pre-theater meal at The Westfield Center. Member Cost: \$134

new Kitchen On Fire

Thursday, March 12, 9 a.m. - 5:30 p.m.

Delight in an exciting interactive cooking class led by classically and Michelin-trained expert chefs at Kitchen on Fire cooking school. This class is designed for everyone from professionals to inexperienced home cooks—just bring a passion for good food! After this hands-on experience preparing your lunch, enjoy time to relax and explore famous Piedmont Avenue. Member Cost: \$152 - lunch included

new Auto Desk Gallery and Anchor Brewery

Tuesday, March 24, 8:30 a.m. - 5:30 p.m.

Autodesk Gallery is renowned for its cutting-edge technology in the world of design. Explore the future of making things in this gallery, before getting a glimpse of centuries-old craft brewing traditions on your tour of Anchor Brewery. Enjoy a gourmet pub-style, included lunch at the Connecticut Yankee. Member Cost: \$138 - lunch included

new Año Nuevo Adventure!

Thursday, April 2, 9 a.m. - 5 p.m.

Adventure to Año Nuevo Coast Natural Preserve to experience majestic elephant seals in their natural habitat! Take a docent-led walk to enjoy close-up sightings of the seals and their pups, before a delicious, included lunch at Highway One Brewery. End the day exploring Pescadero at your leisure and tasting their famous artichoke garlic bread. Member Cost: \$99 - lunch included

new Behind-the-Scenes on Game Day at Oracle Park

Thursday, April 9, 8:30 a.m. - 6 p.m.

Join us for a docent tour of the renowned waterfront park before taking your seat for an exciting ball game—the three-time World Series Champion SF Giants versus the Arizona Diamondbacks! Enjoy your ball game favorites and San Francisco classics for your no-host lunch. Member Cost: \$124

new Wildflowers and Vines

Wednesday, April 15, 9 a.m. - 5 p.m.

Be awash in a sea of colorful wildflowers on a naturalist-led, educational tour at Sunol Regional Wilderness, before learning about the production of wine in the picturesque hills of Livermore, and tasting their wares for yourself. Enjoy a delicious three-course lunch at Zephyr Grill. Member Cost: \$126 - lunch included

new Monterey Zoo and Cannery Row

Wednesday, April 29, 8:45 a.m. - 5:30 p.m.

Enjoy a guided walking tour of the Monterey Zoo, viewing the animals up close and learning about their fascinating behavior, before your chance to treat yourself to the memorable experience of feeding the elephants. Enjoy lunch at Louie Linguini's before time to discover the unique history and appeal of Cannery Row. Member Cost: \$136 - lunch included

EXTENDED TOURS

For more information, email AlexC@Cupertino.org, or call 408.777.3375.

new Tour Presentation

Monday, February 10, 1 p.m.

Sign up online or at the front desk.

America's Music Cities

8 days, May 22 - 29, 2020

Nashville - Memphis - New Orleans - Graceland
Historic RCA Studio B - Whiskey Distillery
Country Music Hall of Fame - Ryman Auditorium
West Delta Heritage Center - Grand Ole Opry Show
French Quarter - Swamp Tour - Mardi Gras World
Dinner at Court of Two Sisters - Jazz Revue

Spotlight on the French Riviera

9 days, October 31 - November 8, 2020

Sign up by May 1 and save \$250!

Nice - Grasse - St. Tropez - Cannes - Antibes
Fragonard Perfumerie Workshop - Monaco - Eze
Vineyard Tour & Wine Tasting - Monte Carlo Casino
St. Paul de Vence - Villa Ephrussi de Rothschild
Saint-Jean-Cap-Ferrat - Nice Flower Market

For full trip descriptions, including activity levels, please see the trip flyers.

JANUARY ACTIVITY HIGHLIGHTS

Chinese New Year and January Birthday Bash

Wednesday, January 22, 12 p.m.

Celebrate the Year of the Rat with a delicious Chinese meal, lion dancers, and more! Members with January birthdays will be honored. Vegetarian option available when registering. Members \$12, senior guests add \$5 day pass. Sign up online or at the front desk.

一月慶生宴1月22日星期三中午12點
在慶祝一月慶生的同時,讓美味的中式餐點,舞獅等等
陪伴大家一起慶祝鼠年的到來!當月壽星會員將會收到
一份小禮物.需要預先到前臺登記.登記時提供素食
選項.會員 \$12,非會員多加當日活動費\$5.

Book Review Meeting **free**

First Friday of the month, 1:30 - 3 p.m.

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

January 3 - Annual favorite book review
February 7 - *Where the Crawdads Sing* by Delia Owens, presented by Carroll Maguire

new Chair Volleyball Party **free**

Tuesday, January 7, 1:30 - 2:30 p.m.

Come try out the Senior Center's new Active Chair Volleyball class in a friendly, non-competitive setting. Make friends, laugh lots, and see if the new class is right for you! Members free, senior guests pay \$5 day pass. Sign up online or at the front desk.

Karaoke Holiday Lunch

Thursday, January 30, 12 p.m.

Join the Karaoke group to welcome the new year with a Chinese lunch, songs, dance, and games. Preregistration is required. Member fee \$13, senior guests add \$5 day pass.

卡拉OK佳節聯歡午餐

1月30日星期四中午12點

請來一起和我們的卡拉OK團隊一起迎接新年,到時你可以一邊享用中國佳餚,一邊欣賞中國歌曲,舞蹈,和玩遊戲.需要預先到前臺登記.會員 \$13,非會員多加當日活動費\$5.

Lunch with Friends

Join us for lunch! Vegetarian option available when registering. Members \$8, senior guests add \$5. Sign up online or at the front desk.

歡迎與我們共聚午餐!需要預先上網或到前臺登記.登記時提供素食選項.會員 \$8,非會員多加當日活動費\$5.

January 15 - Split Pea Soup with Ham 豌豆火腿湯

February 26 - Lasagna 義大利千層麵

Classics and Cookies Concert

Friday, January 31, 5 p.m.

free

Enjoy a musical evening of both past and present classical music presented by the Harker Tri-M performance group. Light refreshments will be served. Members free, senior guests pay \$5 day pass. Sign up online or at the front desk.

Santa Clara County

Library Presents **free**

Preregistration required. Members free, senior guests pay \$5 day pass. Sign up online or at the front desk.

OverDrive

Wednesday, January 15, 10 - 11 a.m.

Borrow eBooks and audiobooks from your library using OverDrive on your smart device, a laptop, or a computer at home.

RbDigital

Wednesday, January 29, 10 - 11 a.m.

RBdigital can give you access to unlimited streaming of 80+ TV series, digital magazines, and eAudiobooks!

Freegal

Wednesday, February 12, 10 - 11 a.m.

Learn about Freegal, which provides access to the Sony Music Entertainment's catalog of artists as well as the Independent Online Distribution Alliance.

new Headspace

Wednesday, February 26, 10 - 11 a.m.

Headspace offers meditation sessions on everything from stress and sleep to focus and daily functions.

January



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">City of Cupertino Senior Center 408.777.3150 Monday - Thursday: 8 a.m. - 9 p.m. Friday: 8 a.m. - 5 p.m. Saturday: 8:30 a.m. - 4:30 p.m. Email: SeniorCntr@Cupertino.org Website: www.cupertino.org/senior Find us on Facebook and Yelp!</p>		<p>1</p> <p align="center">Happy New Year!</p> <p align="center">Senior Center Closed New Year's Day</p> <p align="center">耆英中心歇業</p>	<p>2</p> <p>11:15-1:30 Needlecraft 12-2 Card Playing 12:30-2 Archery 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>3</p> <p>9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-3 Book Review- Favorite Book Review 1:30-4 TechTime</p> <hr/> <p>4 Saturday 10-1 Tech Assistance 1-4 Ping Pong</p>
<p>6</p> <p>10-12 Golf for Seniors 12-4 Card Playing 1 Volunteer Orientation</p>	<p>7</p> <p>8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-11:30 Book Discussion- Beloved by T. Morrison 10-12 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure 量血壓 1:30-2:30 Chair Volleyball Party 4-6:30 Tech Assistance</p>	<p>8</p> <p>7:30 Day Trip Preview 8 New Trip Sign-up 10-12 Case Manager Consulation 社工諮詢 12-4 Card Playing</p>	<p>9</p> <p>11:15-1:30 Needlecraft 12-2 Card Playing 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3-4:30 Caregiver Support Group</p>	<p>10</p> <p>9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p> <hr/> <p>11 Saturday 10-1 Tech Assistance</p>
<p>13</p> <p>10-12 Golf for Seniors 12-4 Card Playing 12:30-5 AARP Smart Driving Course 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社</p>	<p>14</p> <p>8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 12-4 Card Playing</p>	<p>15</p> <p>9:30-6:30 Groundhog Day the Musical Trip 10-11 OverDrive Presentation 10-12 Case Manager Consulation 社工諮詢 11:45 Lunch with Friends (\$8) Split-Pea Soup with Ham 豌豆火腿湯 12-4 Card Playing 12:30-5 AARP Smart Driving Course</p>	<p>16</p> <p>11:15-1:30 Needlecraft 12-2 Card Playing 12:30-2 Archery 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>17</p> <p>9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p> <hr/> <p>18 Saturday 10-1 Tech Assistance</p>
<p>20</p> <p align="center">Senior Center Closed Martin Luther King Jr. Day 耆英中心歇業</p>	<p>21</p> <p>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 量血壓 4-6:30 Tech Assistance</p>	<p>22</p> <p>10-12 Case Manager Consulation 社工諮詢 12 Chinese New Year and January Birthday Bash (\$12) More info on page 6 欲知詳情,請參閱第六頁 12-4 Card Playing</p>	<p>23</p> <p>11:15-1:30 Needlecraft 12-2 Card Playing 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>24</p> <p>9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p> <hr/> <p>25 Saturday 10-1 Tech Assistance</p>
<p>26 Sunday 11:45-6:15 Sinatra vs Darin Trip</p> <hr/> <p>27</p> <p>10-12 Golf for Seniors 12-4 Card Playing 1 Volunteer Advisory Council 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社</p>	<p>28</p> <p>8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 12-4 Card Playing 4-6:30 Tech Assistance</p>	<p>29</p> <p>Case Manager Consulation 社工諮詢 10-11 RbDigital Presentation 12-4 Card Playing 1:30-3:30 Monthly Movie- Free Solo [2018]</p>	<p>30</p> <p>11:15-1:30 Needlecraft 12 Karaoke Holiday Lunch (\$13) 卡拉OK 佳節聯歡午餐 12-2 Card Playing 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>31</p> <p>9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime 5 Classics and Cookies Concert</p> <hr/> <p>1 Saturday 10-1 Tech Assistance 1-4 Ping Pong</p>

February



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10-12 Golf for Seniors 12-4 Card Playing 12:30-5 AARP Smart Driving Renewal	4 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-11:30 Book Discussion- <i>The Tenth Muse</i> by C. Chung 12-4 Card Playing 12:15-1:15 Blood Pressure 量血壓 1:30-2:30 The Better Part Encore Presentation 4-6:30 Tech Assistance	5 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 3:15-4:30 Preparing Residents for Home Emergencies Presentation	6 10:30-5:30 No Spectators: The Art of the Burning Man Trip 11:15-1:30 Needlecraft 12-2 Card Playing 12:30-2 Archery 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge 6:30-9 Thursday Night Hockey (\$8) Chicken Pot Pie Casserole	7 9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-3 Book Review- <i>Where The Crawdads Sing</i> by D. Owens 1:30-4 TechTime <hr/> 8 Saturday 10-1 Tech Assistance
10 10-12 Golf for Seniors 11 Volunteer Orientation 12-4 Card Playing 1 Travel Presentation French Riviera 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社	11 8:30-11:30 Ping Pong 乒乓 8:45-5:15 Asian Art Museum and Dandelion Chocolate Trip 9-11 Tennis 網球 10-12 TV Production - The Better Part 12-4 Card Playing 4-6:30 Tech Assistance	12 10-11 Freegal Presentation 10-12 Case Manager Consultation 社工諮詢 12 February Birthday Bash (\$12) More info on page 9 欲知詳情,請參閱 第頁 12-4 Card Playing	13 11:15-1:30 Needlecraft 12-2 Card Playing 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3-4:30 Caregiver Support Group	14 9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime <hr/> 15 Saturday 10-1 Tech Assistance
17 Senior Center Closed President's Day 耆英中心歇業	18 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 12-4 Card Playing 12:15-1:15 Blood Pressure 量血壓 4-6:30 Tech Assistance	19 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing	20 7:30-5 Monterey Bay Whale Watching Trip 11:15-1:30 Needlecraft 12-2 Card Playing 12:30-2 Archery 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge	21 8:30 Newsletter Collating 9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime <hr/> 22 Saturday 10-1 Tech Assistance
24 March/April Registration Begins 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	25 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 12-4 Card Playing 12:15-1:15 Blood Pressure 量血壓 1:30 Mardis Gras Travel Party 4-6:30 Tech Assistance	26 10-11 Headspace Presentation 10-12 Case Manager Consultation 社工諮詢 11:45 Lunch with Friends (\$8) Lasagna 烤寬面条 12-4 Card Playing 1:30-3:30 Monthly Movie- <i>Ratatouille</i> [2007]	27 8:45-5 Made in Watsonville! Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge	28 9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime <hr/> 29 Saturday 10-1 Tech Assistance

FEBRUARY ACTIVITY HIGHLIGHTS

February Birthday Bash

Wednesday, February 12, 12 p.m.

Buongiorno, and welcome to the Italian-themed February Birthday Bash! Enjoy salad, ravioli, garlic bread, and tiramisu for dessert. Members with February birthdays will be honored. Vegetarian option available when registering. Members \$12, senior guests add \$5 day pass.

二月慶生宴 2月12日 星期三 中午12點

Buongiorno 大家好! 歡迎來到以義大利為主題的二月慶生宴! 享用沙拉, 義式餛飩, 大蒜麵包和提拉米蘇甜點。當月壽星會員將會收到一份小禮物。需要預先到前臺登記。登記時提供素食選項。會員 \$12, 非會員多加當日活動費 \$5。

Preparing Residents for Home Emergencies

free

Wednesday, February 5, 3:15 - 4:30 p.m.

Learn about home fire safety, kitchen and electrical safety, 9-1-1 Dispatch Centers, calling 9-1-1 in an emergency, disaster preparedness, and community resources. Topics include smoke and carbon monoxide alarms, home fire escape planning, understanding how dispatch centers work and what they may ask you when you call for help. How to make a plan, disaster kit and staying informed will be discussed along with community resources and personal preparedness. Presented by SCC Fire Department. Members free, senior guests pay \$5 day pass. Sign up online or at the lobby table.

new Thursday Night Hockey Sharks vs. Oilers

Thursday, February 6, 6:30 p.m.

Your San Jose Sharks take on the Edmonton Oilers led by captain and generational talent, Connor McDavid. Enjoy chicken pot pie casserole, salad, and dessert. Preregistration required. Members \$8, senior guests add \$5 day pass. Sign up online or at the front desk.

FLEX Pass Cost Increase

FLEX

Starting January 2, 2020 FLEX passes will cost \$7 per pass. The template is also changing, so be on the lookout for the new format (pictured across). All passes purchased in 2019 will remain valid for a year from purchase date.



50+ Archery Social

free

1st, 3rd Thursday, 12:30 - 2 p.m.

Join friends and nemeses alike in a non-competitive archery social. Archers meet twice a month on the first and third Thursdays. Staff or participants will demonstrate use of the bow—it's easy to learn! Members free, senior guests pay \$5 day pass. Sign up online or at the front desk.

Easy Membership Renewal

It is easy to renew for 2020. Just ask at the front desk for your renewal form, verify, and sign! You can also register online at reg4rec.org. If you renew online, be sure to come to the front desk the next time you stop by to pick up your parking permit! The annual membership is \$28, or for Cupertino residents, \$23.

簡易會籍更新 2020 會籍更新很方便, 請至前臺索取你的更新表格, 只需要核對資料並簽名即可! 您也可以上網在 reg4rec.org 註冊。如果您在網上更新會籍, 下次到中心時請記得到前臺領取停車許可證! 會員年費是 \$28 庫市居民 \$23。



SENIOR CENTER CLASS SCHEDULE

Class	Day	Dates	No Class	Time	Instructor	Mem. Fee
Accordion	T	1/7-2/25		1:35-3:10	R. DiBono	\$20
Active Chair Volleyball	FLEX T	1/14-3/10		1:30-2:25	M. Yonamine	\$45
Advanced Beading	Th	1/30-2/20		1:15-3:15	D. Hall	\$35
Advanced Kumihimo	Th	1/30-2/20		3:15-5:15	D. Hall	\$35
Beginning Beading	Th	1/2-1/23		1:15-3:15	D. Hall	\$35
Beginning Knitting	T	1/7-1/28		9:30-11:30	D. Hall	\$35
Beginning Knitting	T	2/4-2/25		9:30-11:30	D. Hall	\$35
Beginning Kumihimo	Th	1/2-1/23		3:15-5:15	D. Hall	\$35
Bridge: Bidding and Play I	S	1/11-2/1		10-12	P. Davis	\$28
Bridge: Bidding and Play II	S	2/8-2/29		10-12	P. Davis	\$28
Chair Exercise	FLEX M, Th	1/2-2/20	1/20, 2/17	10:15-11:15	P. Hu	\$52
Chinese Brush Painting 傳統與現代中國畫	M	1/6-3/9	1/20, 2/17	8:30-10:30	M. Lee	\$60
Chinese Brush Painting 傳統與現代中國畫	M	1/6-3/9	1/20, 2/17	10:40-12:40	M. Lee	\$60
Chinese Calligraphy 書法班	T	1/7-2/25		12:50-2:50	F. Jair, W. Mann	\$15
Chinese Calligraphy 書法班	T	1/7-2/25		3-5	Y. Wang, Y. Cheng	\$15
Citizenship Class 公民班	M, T, F	1/6-3/6	1/20, 2/17	8:15-9:45	V. Wong, C. Chung	\$20
Conversational English 英語會話班	M, T	1/6-3/3	1/20, 2/17	10-11:45	P. Chun, V. Wong	\$20
Conversational Mandarin - Level 1	Th	1/16-3/12		9-10:30	J. Li	\$40
Conversational Mandarin - Level 2	F	1/17-3/13		10-11	K. Hu	\$40
Conversational Mandarin - Level 3	Th	1/16-3/12		9-10:30	L. Gao	\$40
CSC Wednesday Jam	W	1/8-2/26		3-4:40	J. Cunningham	\$15
ESL - Advanced 高級英語班	Th	1/23-3/12		10-12	L. North	\$30
ESL - Basic and Easy 初級英語班	M	2/10-4/6	2/17	10-12	L. North	\$30
ESL - Intermediate 中級英語班	W	1/8-2/26		10-12	L. North	\$30
ESL - Intermediate Conversation 中級對話班	T	1/28-3/17		1:30-3	J. Andrushko	\$20
Feldenkrais Method	FLEX T	1/7-2/25		9:30-10:30	M. Westlaken	\$40
HarmoniKatz Performance Band	M	1/6-3/9	1/20, 2/17	3:45-5:15	D. Ng	\$15
Hatha Yoga	FLEX Th	1/9-2/27		2:30-3:30	V. Bhat	\$50
Hula - Beginning	M	1/13-3/16	1/20, 2/17	11:45-12:40	J. Pereria-Anderson	\$15
Hula - Performance Group	M	1/13-3/16	1/20, 2/17	12:55-1:55	J. Pereria-Anderson	\$15
Humanities	T	1/21-3/10		10:30-12:30	C. Jech	\$40
Japanese - Beginning I	Th	1/9-3/5	2/18	11-12	K. Wang	\$35
Japanese - Beginning II	T	1/7-3/3	2/20	11-12	K. Wang	\$35
Japanese - Intermediate	T, Th	1/7-3/5	2/18, 2/20	9:45-10:45	K. Wang	\$70
Matter of Balance	Th	1/16-3/5		2-4	Stanford	\$0
Mindfulness Meditation	M	1/6-2/10	1/20	4:15-5:30	S. Nethisinghe	\$10
Nutrition Made Easy: Love Eating Your Veggies	M	2/10		10-12	J. Oh	\$40
Nutrition Made Easy: Lower Cholesterol, Hypertension	F	2/7		1:30-3:30	J. Oh	\$25
Nutrition Made Easy: Mexican Foods	M	1/13		10-12	J. Oh	\$40
Nutrition Made Easy: Reduce Blood Sugar, Diabetes	F	1/24		1:30-3:30	J. Oh	\$25
Tai Chi for 50+ @ QCC - Level 1	Th	1/16-4/9	3/5	8:30-9:25	J. Madonich	\$75
Tai Chi for 50+ @ QCC - Level 2	Th	1/16-4/9	3/5	9:35-10:30	J. Madonich	\$75
Tai Chi for 50+ @ QCC - Level 3	Th	1/16-4/9	3/5	10:40-11:35	J. Madonich	\$75
U.S. History	T	1/7-1/28		12:35-1:35	R. DiBono	\$15
Ukulele - Advanced Beginning	T	1/7-2/25		3:15-4:45	D. Ng	\$22
Ukulele - Beginning	T	1/7-2/25		1:30-3	D. Ng	\$22
Ukulele Strum, Pick, and Sing	M	1/6-3/9	1/20, 2/17	1:30-3:15	S. Chen	\$15
VivAsia Chair Lotus	FLEX S	1/4-2/22		11:15-12:15	M. Kao	\$10
VivAsia Lotus	FLEX S	1/4-2/22		10-11	M. Kao	\$10
Yoga for 50+ - Beyond Barre & Stretch	FLEX T	1/7-2/25		4-5	P. Hu	\$40
Yuan Chih Dance 元極舞	FLEX F	1/3-2/21		10-11:30	A. Fung	\$15
Zumba Gold @ QCC 中老年尊巴	FLEX M	1/13-3/16	1/20, 2/17	2:30-3:30	P. Hu	\$37
Zumba Gold @ QCC 中老年尊巴	FLEX F	1/17-2/28		2:30-3:30	G. DuVal	\$33
Evening Classes						
Chinese Painting with May Shei	Th	1/16-3/12	1/23, 2/20	5:30-8	M. Shei	\$68
Line Dance - Beg. 初級排舞	Th	1/30-3/19		7-8:30	K. Chang	\$48
Line Dance - Beg./Int. 先進初級排舞	T	1/21-3/10		7-8:30	K. Chang	\$48
Yoga Foundations	T	1/21-3/10		5:15-6:30	R. Narayanan	\$56
Computer and Technology Classes						
Cyber Security	M	1/27-3/2	2/17	10-11:20	C. Helvey	\$22
iPad Beginning	T	1/7-2/18		1-3	R. Schiros	\$38
iPad Intermediate	Th	1/9-2/20		1-3	R. Schiros	\$38
蘋果手機/蘋果平板電腦初級班	W	2/5-2/26		1-3	L. Su	\$22

CLASS HIGHLIGHTS

Nutrition Made Easy

new Mexican Foods

Monday, January 13, 10 a.m. - 12 p.m.
Love Mexican food? In this workshop, we will craft three Mexican dishes that are easy to make, healthy, and satisfy everyone. Plus, all attendees take home all three dishes made to enjoy later. Members \$40.

new Reducing Blood Sugar and Diabetes

Friday, January 24, 1:30 - 3:30 p.m.
Have a sweet tooth but need to reduce your sugar intake? In this workshop, learn ways you can stay healthy and still enjoy sweets! We'll discuss sugar alternatives, healthy sugars, ways to reduce sugar cravings, and sample healthy treats. Members \$25.

new Lower Cholesterol and Hypertension

Friday, February 7, 1:30 - 3:30 p.m.
Concerned about hypertension? Want to understand what to eat and how to lower your blood pressure and reduce your cholesterol levels? Join us for an informative workshop on easy tips and techniques to reducing hypertension. Samples of healthy snacks provided. Members \$25.

new Love Eating Veggies

Monday, February 10, 10 a.m. - 12 p.m.
Want to add more vegetables to your diet? Hoping to discover different ways to cook greens? In this workshop, we will make three vegetable dishes and discuss tips and techniques that will make even the pickiest eater love their veggies. Plus, all attendees take home all three dishes made to enjoy later. Members \$40.

All diets and preferences accommodated. Instructor: Jen Oh.

Mindfulness Meditation

Monday, January 6 - February 10,
3:30 - 4:45 p.m.

Mindfulness practice is recognized as a very effective way for stress-free healthy living. The technique is simple but daily practice is needed to reap the benefits. Joining this mindfulness group will provide the opportunity to learn about mindfulness and practice in a supportive environment. Instructor: Sunil Nethisinghe. Members \$15.

AARP Smart Driving

8-Hour Course

Monday, January 13, Wednesday,
January 15, 12:30 - 5 p.m.

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

4-Hour Renewal

Monday, February 3, 12:30 - 5 p.m.

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.

Apple Assistance

Thursday, January 16, 30, February 6, 20,
2 - 6 p.m.

Own an Apple product and have questions? Receive one-on-one assistance with your Apple device so you can text, surf the web, reply to emails, and so much more! Appointments scheduled on a first-come, first-served basis. Instructor: Brock Carpenter. Members \$5, senior guests add \$5 day pass.

new Cyber Security

Monday, January 27 - March 2,
10 - 11:20 a.m.

Technology is evolving every day and with it, cyber crime. Learn methods and best practices to keep your devices and information safe from cyber threats. This course is designed to inform, guide, and teach preventative measures against cyber attacks. Instructor: Curt Helvey. Members \$22.

iPhone/iPad in Mandarin

蘋果手機/蘋果平板電腦初級班-國語授課

2月5日 ~ 2月26日 星期三下午1點至3點

來對iPhone/iPad有更多的認識並學習如何設置,控制中心,照片編輯,下載和更多的應用.上課需知:請帶充好電的iPhone/iPad, 安裝 12.x.x或以上iOS版本,並攜帶個人蘋果帳戶編號與密碼. 需要預先到前臺報名.會員 \$22.

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

new

Active Chair Volleyball



Tuesday, January 14 - March 10, 1:30 - 2:25 p.m.

Join Marla Yonamine and her exciting Active Chair Volleyball class! Participants get great no-impact exercise, and an opportunity to make new friends in a competitive, but friendly environment. Tuesday regulars often hear the raucous laughter emanating from the Active Chair Volleyball class, and we hope you can be one of those having a ball soon too. Members \$40. Sign up online or at the front desk.

Monthly Movie

Free Solo

free

[PG-13] 2018, National Geographic Documentary Films
Wednesday, January 29, 1:30 - 3:30 p.m.

Join professional rock climber Alex Honnold on his pioneering journey as he attempts to perform the first ever free solo climb of Yosemite's El Capitan and its 900-meter vertical rock face. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.



Ratatouille

free

[G] 2007, Walt Disney Pictures and Pixar Animation Studios
Wednesday, February 26, 1:30 - 3:30 p.m.

Join Remy the rat on his quest to break into the chef's profession despite it being a decidedly rodent-phobic field. Will Remy persevere after forming an uneasy alliance with a Parisian garbage boy? Find out! Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

CASE MANAGERS' CORNER

Schedule Appointments

Please call 408.777.3150 to make appointments for the following services:

Health Insurance Counseling (HICAP)

Monday, January 13, 27,
February 10, 24, 1 - 3 p.m.

Consultation on Medicare and Medicare-related health insurance. 健康保險諮詢, 提供國粵語翻譯.

Housing Resources

Monday, January 6,
February 3, 2 - 4 p.m.

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 - 1/6, 2/3 (週一), 2 - 4 p.m. 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 3, 10, 17,

February 7, 14, 21, 10:30 a.m. - 12:30 p.m.

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,
10:30 a.m. - 12:30 p.m. 60歲以上, 並住在聖縣.

Caregiver Support Group

Thursday, January 9, February 13,
3 - 4:30 p.m.

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

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, 10 a.m. - 12 p.m. or by appointment Monday - Friday, 8 a.m. - 5 p.m. Mandarin and Cantonese language available by scheduled appointment only—please call 408.777.3152.

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穩的生活. 行動不便的長者. 社工可提供家訪. 此服務免費, 需會員. 約談時間: 週三早上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. 如需要國粵語翻譯, 請致電留言. 408.777.3152預約, 可用中文留言.

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, January 13, 27,
February 10, 24 1:30 - 2:30 p.m.
Tuesday, January 7, 21,
February 4, 18, 12:15-1:15 p.m.

More volunteer nurses are needed for blood pressure checks! If interested, please contact Amanda Hui at 408.777.3374 or AmandaH@Cupertino.org.





Cupertino 50+ Scene
Cupertino Senior Center
21251 Stevens Creek Blvd
Cupertino, CA 95014
408.777.3150

In Memoriam

*Your life was a blessing, your memory a treasure, you are
loved beyond words and missed beyond measure.*

Charlotte Chastain

Sam Furiosi

Arlene Hanson

Ronald Moore

Margaret Taylor

Harry Vandevort

Frances Von Schoeler

Patricia Coles

Betty Grayson

Ann Jefferson

Paul Spitsen

Shirley Tibbs

Patricia Vandevort