



CUPERTINO

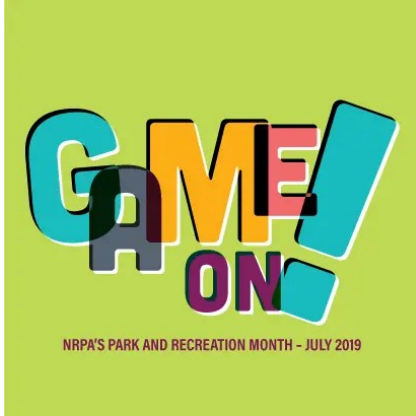
# 50+ THE SCENE

JULY/AUGUST 2019

CITY OF CUPERTINO SENIOR CENTER 408.777.3150

21251 STEVENS CREEK BLVD.

## JULY IS PARK & RECREATION MONTH



And this year's theme is "Game On!" So lace up your tennis shoes, roll out the bocce balls, nock some arrows, swing those golf clubs, and get your ping pong paddles warmed up—it's time to play some games! With a wide variety of social sports programs, and the return of Board Game Bonanza on July 17th, there are plenty of ways to get your game on at the Senior Center this summer. Check out all the upcoming social activities on the calendar insert inside! If games aren't in your wheelhouse, consider trying one of our various exercise classes. We have something for everyone, with Chair Exercise,

Yogalates, Feldenkrais, and Yoga Foundations all available year-round. See all of our summer classes on page 8. Perhaps traveling to a calm, healing place will pique your interest? Join us on the Horses and Hope Trip as we visit The National Center for Equine Facilitated Therapy, and learn how they use horses to help thousands of people with assisted activities and therapy. More information on page 2.

## 50+ GOLF TOURNAMENT MONDAY, SEPTEMBER 30, 10 A.M.

Tee off a great day with a morning of golf and then a no-host awards lunch at The Blue Pheasant. Cost includes green fees and prizes. Members \$20, senior guests add \$5. Pick up an entry form at the Senior Center or online at [www.cupertino.org/senior](http://www.cupertino.org/senior). Sign up early!

高爾夫球比賽-星期一, 9/30, 10am,請到黑莓高爾夫球場享受一個愉快的早晨和午餐. 所付費用包括球場費, 三明治午餐, 和獎品. 會員\$20, 耆英來賓\$25. 如有意參加, 請來耆英中心領取比賽表格或到[www.cupertino.org/senior](http://www.cupertino.org/senior) 下載表格. 請提早登記.

## HIDDEN TREASURES WANTED COLLECTING AUGUST 1 - OCTOBER 11

Please donate your gently used jewelry, craft items, and knick-knacks to our Hidden Treasures fundraising event scheduled for Thursday, October 24. We will start collecting these items in August. Please check the front desk or the Senior Center website for the full list of accepted donations, as well as a list of donations we cannot accept. The proceeds will benefit our Case Management Program for at-risk seniors and the Stay Active Fund to provide assistance and offset the cost for Senior Center membership and classes. Thank you for your continued support.

耆英中心將在 10/24 再次舉辦藏寶室募款活動, 所得將用作社工緊急經費和獎學金, 幫助中心的會員, 請你收集能捐贈的小擺飾, 首飾, 手工藝品或其他這募款活動能接收的捐贈物品, 請到前台詢問或到耆英中心網上搜尋. 我們將從 8/1-10/11 接受捐贈品, 謝謝你的慷慨捐贈與支持!

## VOLUNTEER CORNER

### CUPERTINO TV PRODUCTIONS

The Better Part is looking for volunteers to join their award-winning crew. The Better Part produces half-hour TV shows that cover a wide range of subjects of interest to the community which airs on cable covering 17 communities, YouTube, and Roku. No experience is necessary to join this fun group—training will be provided! If interested, please contact Amanda Hui at [AmandaH@Cupertino.org](mailto:AmandaH@Cupertino.org) or 408.777.3374.

### HIDDEN TREASURES ORIENTATION

**Monday, August 12, 1 - 2 p.m.**

Volunteers needed to sort through donated items weekly starting August 19. Get a preview of the donated items while having a ton of fun! Please come to the planning meeting first (8/12) to find out how you can make this fundraising event a great success. Senior Center membership is required.

今年的藏寶室募款活動定在10/24舉行. 我們將在8/12, 星期一, 下午1-2時開籌備會. 從九月開始, 每週都需要義工來幫忙分類眾多的捐贈品. 舊雨新知, 共襄善舉, 希望大家踴躍來當義工, 請登記參加, 需會員.

### VOLUNTEER ORIENTATION

**Monday, July 15, 1 p.m.**

**Monday, August 19, 1 p.m.**

## NEW REGISTRATION INFORMATION

See the August Calendar insert for registration information and options!

### WHAT'S INSIDE

Tours & Trips.....	2, 3
July Highlights .....	4
July Calendar.....	5
August Calendar.....	6
August Highlights .....	7
Class Schedule .....	8
Class Highlights .....	9
Case Manager's Corner.....	10



# Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **July 3**, 8am; Non-member *begins* July 10.

→ Day Trip Preview starts at 7:30am ←

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

## Andy Warhol at SFMOMA

*Thursday, July 11, 9:30a-4:30p*

Immerse yourself in the wonderful “Andy Warhol—From A to B and Back Again” exhibit on a docent-led tour at SFMOMA. Following the exhibit tour, you will have time to explore SFMOMA at your own pace and enjoy a delicious no-host lunch at your choice of Sightglass, Café 5, or In Situ restaurants at SFMOMA.

**Member Cost: \$115**

## Horses and Hope

*Wednesday, July 17, 9:15a-4:15p*

The National Center for Equine Facilitated Therapy has helped thousands of people tackle their challenges with a wide range of equine-assisted activities and therapies. Explore this healing place and enjoy lunch at Alice’s Restaurant and a visit to The Village Bakery.

**Member Cost: \$122 - lunch included**

## Gamble Garden and the Allied Arts Guild

*Tuesday, July 23, 9:30a-5p*

Experience the beauty of both nature and art in the serene Gable Garden and the Allied Arts Guild on docent-led tours of these historic peninsula landmarks. Partake in a delicious, included lunch at scenic Café Wisteria.

**Member Cost: \$114 - lunch included**

## OUT-TO-LUNCH BUNCH

*Tuesday, August 13, 11:30a*

**Nom Burger**



251 W. Washington Ave. Sunnyvale, CA  
Please register at the front desk. Space is limited.

## The Monterey Scottish Games & Celtic Festival

*Saturday, August 3, 11a-7:30p*

Delight in the festive music, dance, and athletic events of the Scottish Games and Celtic Festival at the Monterey Fairgrounds. Before immersing yourself in the festivities, whet your appetite for all things Gaelic with a delectable hosted lunch and traditional Irish welcome at The Claddagh Irish Restaurant.

**Member Cost: \$118 - lunch included**

## Views of The City

*Thursday, August 15, 9:30a-4:30p*

Come aboard this flying theater and feel the unparalleled sensation of soaring through San Francisco’s most iconic and breathtaking landmarks. Take in a delicious meal and some amazing rock n’ roll history at the Hard Rock Café, and spend the afternoon at your leisure discovering all San Francisco’s famed Pier 39 has to offer!

**Member Cost: \$118 - lunch included**

## Gilroy Gardens and Hecker Pass Winery



*Sunday, September 15, 10a-6:30p*

Discover the Valley of Heart’s Delight as we travel to explore the beauty and bounty of our county. Enjoy a delicious, hosted lunch at The Milas Restaurant. Then explore the beautiful botanicals of Gilroy Gardens on your docent-led tour before sampling the abundant fruits of the Hecker Pass Winery.

**Member Cost: \$149 - lunch included**

## The Birds and the Tides Wharf in Bodega Bay



*Thursday, September 19, 8a-6:30p*

Experience a day taking in the beauty of Bodega Bay and discover the history of this idyllic piece of Sonoma County. Spend time venturing along the Bird Walk Coastal Trail, sharing a lunch at the famous Tides Wharf Restaurant, and touring the UC Davis Coastal and Marine Sciences Institute.

**Member Cost: \$118** - lunch included

## Beach Blanket Babylon and Acquolina



*Sunday, September 29, 10:30a-5:30p*

Join us to bid farewell to the fabulous Beach Blanket Babylon show at Club Fugazi, a San Francisco tradition that announced it will be closing at the end of this year. Before the show enjoy a delicious, hosted lunch of Italian favorites at Acquolina the North Beach.

**Member Cost: \$185** - lunch included

## Explore the Exploratorium!



*Wednesday, October 2, 8:30a-5p*

Celebrate the 50th anniversary of one of The New York Times' "Ten Coolest Museums in the World"—San Francisco's Exploratorium! With hundreds of explore-for-yourself exhibits, the Exploratorium is more than a museum; it's an ongoing exploration of science, art, and human perception. Enjoy time for a no-host lunch and more exploration at the famous Fisherman's Wharf.

**Member Cost: \$84**

## Sunny Portugal

*10 days, March 27-April 5, 2020*

Portuguese Riviera - Lisbon - Sintra - Obidos  
Fatima - Evora - Alentejo Countryside - Sagres  
Lagos - Algarve - Faro - Cork Factory - Azeitao

Travel Presentation Thursday, August 8, 2:30p

For more information,  
email [KimF@Cupertino.org](mailto:KimF@Cupertino.org),  
or call 408.777.3198.

## Behind-the-Scenes with Amazon



*Thursday, October 10, 8:30a-5p*

They've gone from bookstore to behemoth! See the magic that happens after you click 'buy' on Amazon.com by touring their Tracy, CA fulfillment center and seeing first-hand how they deliver for their customers. Enjoy a hosted lunch at Original Mel's Diner, and a tour and tasting at Morgan Territory Brewing.

**Member Cost: \$109** - lunch included

## Pumpkins and Planting in Half Moon Bay



*Wednesday, October 16, 9a-5:30p*

In celebration of the fall harvest season, join us for a visit to Pastorino's Pumpkin Farm in Half Moon Bay. Explore Highway 92 Succulents and learn to pot your own plant art and enjoy a delicious, included lunch at It's Italia! before perusing Historic Main Street!

**Member Cost: \$106** - lunch included

## DAY TRIP EXPO AND SOCIAL

*Monday, August 19, 1:30pm*

Come join the Share Discovery Through Travel staff to learn about new and upcoming day trips. Meet our travel staff and your fellow travelers. This is a great time to ask your travel questions and fill out a trip reservation form for the next trip sign-up day on September 4. Sign up online or at front desk!

## Classic Fall Foliage

*9 days, October 12-20, 2019*

Boston - Bar Harbor - Killington - Southbridge  
North Conway - Acadia National Park - Woodstock  
Portland - Newport - Mystic Seaport - Stockbridge

For more information,  
email [AlexC@Cupertino.org](mailto:AlexC@Cupertino.org),  
or call 408.777.3375.

# JULY ACTIVITY HIGHLIGHTS

## Independence Day Celebration and July Birthday Bash

Wednesday, July 3, 12 p.m.

Get patriotic with us and wear your red, white, and blue! Celebrate our nation's birthday while we honor members with July birthdays with American-themed music by the Rhythmaires Band and BBQ'd burgers with all the fixings. Preregistration required. Vegetarian option available when registering. Members \$10, senior guests add \$5 day pass. Sign up online or at the front desk.

國慶慶祝活動和7月慶生宴

7月3日 星期三下午12時

讓我們提早穿上星條旗的紅白藍三色裝扮,展現我們的愛國情操! 我們將有Rhythmaires樂隊演奏以美國為主題的音樂來一起慶祝我們國家以及壽星會員的生日,並享受BBQ燒烤漢堡. 需要預先登記. 註冊時提供素食選項. 會員\$10,非會員多加當日活動費\$5.

## The Benefits of Good Nutrition

Wednesday, July 10, 11 a.m. - 12 p.m.

As we grow older our eating habits must change to adapt to our new lifestyle. In this lecture, learn about the benefits of healthy eating and habits to cook healthier. Presented by Breathe California. Members free, senior guests pay \$5 day pass. Sign up online or at the lobby table.

## Jazz Concert with Miki

Saturday, July 13, 11:30 a.m. - 12:30 p.m.

Local and multilingual vocalist Miki Melton is back for another jazzy afternoon! Enjoy with friends on Saturday as she is accompanied by multi-Grammy-nominated pianist, Murray Low. Open to the public.

## INDEPENDENCE DAY JULY 4TH MEMORIAL PARK

7:30 - 11 a.m. - Pancake Breakfast at the Quinlan Community Center (\$9)

9 - 11:30 a.m. - Children's Carnival

9:30 a.m. - Flag Raising at the Veteran's Memorial

10 a.m. - Children's Parade

10:30 a.m. - 12 p.m. - Live Music by *Arena Band* at the Memorial Park Amphitheater

### BLACKBERRY FARM PARK

10 a.m. - 5 p.m. - Food Trucks & FREE Swimming

### FIREWORKS SHOW

9:30 p.m. - Viewing sites: Creekside Park, Creekside Community Church, Sedgwick Elementary, and Miller Avenue (between Bollinger Rd. & Phil Ln.)

[www.cupertino.org/4thofJuly](http://www.cupertino.org/4thofJuly)

## Monthly Movie

FREE!

Wednesday, July 31, 1:30 - 3:30 p.m.

*The Count of Monte Cristo* (2002) [PG-13]- Jim Caviezel stars as Edmond Dantes in this film based off Alexandre Dumas's classic novel. Wrongfully and deliberately arrested by his best friend, Dantes spends his incarceration devising a master plan for revenge which he executes after making his escape. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

## 50+ Archery Social

Thursday, July 11-August 31, 1 - 3 p.m.

Try something new! Improve hand-eye coordination while playing archery with friends! Members free, senior guests pay \$5 day pass. Sign up online or at the front desk.

## Afternoon Board Game Bonanza

Wednesday, July 17, 2 - 5 p.m.

Enjoy an afternoon of board games with friends and youth from Homestead High School's Tabletop Club. Members' grandchildren are welcome too! Light refreshments will be served. Preregistration required. Members free, senior guests pay \$5 day pass. Sign up online or at the front desk.

## Cupertino Night Market and Shakespeare in the Park

Saturday, July 27, 2 p.m. - 9 p.m.

Come out to the Senior Center parking lot for an inaugural Asian-themed, open-air market with food, snacks, kid's zone, and a live stage featuring the Chinese Performing Arts of America! Stick around for Shakespeare in the Park at the Memorial Park Amphitheater. Open to the public.

## The Better Part Encore Presentations

FREE!

Cupertino TV Production "The Better Part" presents a pair of films produced by its members. Open to the public.

### "Longevity and Happiness"

Monday, July 15, 10 - 11 a.m.

Join Producer Susan Man as she presents this TV program on how you can stay happy as you grow older. Amy Yotopulos, from the Stanford Longevity Center, will explain research linking longevity to happiness.

### "Visions of a Burning Man"

Monday, August 12, 2 - 3 p.m.

The Burning Man Festival was originally created in 1986 to celebrate the summer solstice in San Francisco. Now 70,000 people of all walks of life visit Nevada's Black Rock Desert for a weeklong festival of art, music, dance, and self-expression. Experience the event through the lens of Jonathan Clark, professional cinematographer/photographer, as he shares his beautiful images.

# JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
<b>1</b> 10-12 Golf for Seniors 12-4 Card Playing	<b>2</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-11:30 Book Discussion - <i>The Second Mrs. Hockaday</i> 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓	<b>3</b> 7:30 New Trip Presentation 8 New Trip Sign-up 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 Independence Day Birthday Bash (\$10) More info on page 4 欲知詳情,請參閱第4頁 12-4 Card Playing	 See Page 4 for Independence Day Activities! <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>SENIOR CENTER              CLOSED              耆英中心歇業</b> </div>	<b>5</b> 9:30-11:30 Rhythmairs 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 - <i>Killers of the            Flower Moon</i> by David Gramm 1:30-4 TechTime <hr/> <b>6 SATURDAY</b>
<b>8</b> 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	<b>9</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production - The Better Part 12-4 Card Playing	<b>10</b> 9 50+ Bocce Ball 10-11 Discover and & Go Workshop 10-12 Case Manager Consultation 社工諮詢 11-12 The Benefits of Good Nutrition Lecture 12-4 Card Playing	<b>11</b> 9-12 50+ Softball 9:30-4:30 Andy Warhol at SFMOMA Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:15-4:30 Karaoke 卡拉OK 1-3 Archery Social 2-4 Open Bridge 3-4:30 Caregiver Support Group	<b>12</b> 9:30-11:30 Rhythmairs 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 <hr/> <b>13 SATURDAY</b> 11:30-12:30 Jazz Concert with Miki
<b>15</b> 10-11 The Better Part Presents "Longevity and Happiness" 10-12 Golf for Seniors 12-4 Card Playing 1-2 Volunteer Advisory Council 1 Volunteer Orientation	<b>16</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 Android Workshop 10-12 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓	<b>17</b> 9 50+ Bocce Ball 9:15-4:15 Horses and Hope Trip 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 2-5 Afternoon Board Game Bonanza!	<b>18</b> 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:15-4:30 Karaoke 卡拉OK 1-3 Archery Social 2-4 Open Bridge	<b>19</b> 9:30-11:30 Rhythmairs 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 <hr/> <b>20 SATURDAY</b> 7 Shakespeare in the Park Begins 
<b>22</b> 10-12 Golf for Seniors 12-4 Card Playing 12-4:30 AARP Smart Driving Course Class 1 of 2 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社	<b>23</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-5 Gamble Garden and the Allied Arts Guild Trip 10-12 TV Production - The Better Part 12-4 Card Playing	<b>24</b> 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 12-4:30 AARP Smart Driving Course Class 2 of 2	<b>25</b> 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:15-4:30 Karaoke 卡拉OK 1-3 Archery Social 2-4 Open Bridge	<b>26</b> 9:30-11:30 Rhythmairs 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 <hr/> <b>27 SATURDAY</b> 2-9 Cupertino Night Market and Shakespeare in the Park
<b>29</b> 10-12 Golf for Seniors 12-4 Card Playing	<b>30</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓	<b>31</b> 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 11:45-1:30 Lunch with Friends (\$8) Chicken salad sandwiches, tomato soup 雞肉沙拉三明治,蕃茄濃湯 12-4 Card Playing 1:30-3:30 Monthly Movie - <i>The Count of Monte Cristo</i> (2002)	<div style="border: 1px solid black; padding: 10px;"> <b>CITY OF CUPERTINO SENIOR CENTER</b>            408.777.3150  <b>Hours:</b> M-Th: 8 a.m. - 9 p.m.            Friday 8 a.m. - 5 p.m.            Saturday 8:30 a.m. - 4:30 p.m.  <b>Email:</b> <a href="mailto:SeniorCntr@Cupertino.org">SeniorCntr@Cupertino.org</a>  <b>Website:</b> <a href="http://www.cupertino.org/senior">www.cupertino.org/senior</a>            Find us on <a href="#">Facebook</a> &amp; <a href="#">Yelp!</a> </div>	

# AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
<p><b>NEW REGISTRATION OPTIONS</b></p> <p>With our new registration software, ActiveNet, you can now register online! As always, beginning at 8 a.m. we take registrations in-person at the front desk or over the phone at 408.777.3150. Internet registration begins at noon on registration day—visit <a href="http://reg4rec.org">reg4rec.org</a> to register. If you already have an account with Cupertino, make sure not to create a duplicate! Use the “forgot my password” button and the email address you have on file with us to create your online account, and start registering!</p>		<p><b>LOST &amp; FOUND</b> MONDAY-FRIDAY AUGUST 19-AUGUST 23 8 A.M. - 9 P.M.</p> <p>Please come and reclaim your lost items, any unclaimed articles will be donated to charity after 5 p.m. August 23.</p> <p>失物招領公告 8/19 週一 - 8/23 週五 上午8點 - 下午9點 請失主在公告時間內, 親洽中心辦理領回手續。8/23週五下午5點後, 無人認領的物品將會捐給慈善機構。謝謝合作!</p>	<p><b>1</b> 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>2</b> 9:30-11 Rhythmaires Band Practice 12 Friday Fun Lunch (\$10) Chicken Flatbread, Salad 香雞比薩薄餅 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>Secret Daughter</i> by Shilpi Somaya Gouda 1:30-4 TechTime 5-8 Stevens Creek Corridor Stroll</p>
<p><b>4 SUNDAY</b> Laguna Arts Festival and Pageant of the Masters Trip Departs 7 Shakespeare in the Park Final Show</p> 	<p><b>6</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-11:30 Book Discussion - <i>The Bad-ass Librarians of Timbuktu</i> 10-12 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p><b>7</b> 9 50+ Bocce Ball 10-11 New York Times &amp; Wall Street Journal Online Workshop 10-12 Case Manager Consultation 社工諮詢 12 August Birthday Bash (\$12) More info on Page 7 欲知詳情,請參閱第7頁 12-4 Card Playing Laguna Arts Festival and Pageant of the Masters Trip Returns</p>	<p><b>8</b> 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge 2:30 Sunny Portugal Tour Presentation 3-4:30 Caregiver Support Group</p>	<p><b>9</b> 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</p>
<p><b>5</b> 10-12 Golf for Seniors 12-4 Card Playing</p>	<p><b>12</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 1-2 Hidden Treasures Orientation 2-3 The Better Part Presents “Visions of a Burning Man” 2:05-3:35 Ballroom Dance Social 交際舞社</p>	<p><b>14</b> 9 50+ Bocce Ball 10-11 Managing Asthma Presentation 12-3:30 Baseball Lunch Social (\$8) Chicken Cobb Salad, Dessert 科布沙拉 NO Case Manager Consultation 社工諮詢 12-4 Card Playing</p>	<p><b>15</b> 9-12 50+ Softball 9:30-4:30 Views of the City Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>10 SATURDAY</b> 10-5 Kids N’ Fun Festival</p> 
<p><b>19</b> 8 September/October Registration Begins 10-12 Golf for Seniors 12-4 Card Playing 1 Volunteer Orientation 1:30 Day Trip Expo and Social</p>	<p><b>13</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production - The Better Part 11:30 Out-to-Lunch Bunch - Nom Burger 12-4 Card Playing</p>	<p><b>21</b> 9 50+ Bocce Ball 10-11 Standard &amp; Poor’s NetAdvantage Workshop 10-12 Case Manager Consultation 社工諮詢 11:45-1:30 Lunch with Friends (\$8) Linguine and clams, salad, garlic bread 蛤蜊扁麵, 沙拉, 香蒜包 12-4 Card Playing 1:30-3:30 Monthly Movie - <i>Steve Jobs (2015)</i></p>	<p><b>16</b> 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</p>	<p><b>17 SATURDAY</b></p>
<p><b>20</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 iPhone Workshop 10-12 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 3:30-4:30 Preparing for Medical Emergencies Presentation</p>	<p><b>22</b> 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>23</b> 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</p>	<p><b>24 SATURDAY</b></p>	<p><b>23</b> 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</p>

## SENIOR CENTER MAINTENANCE CLOSURE AUGUST 26-31

CUPERTINO SENIOR CENTER WILL BE CLOSED MONDAY, AUGUST 26 THROUGH SATURDAY, AUGUST 31 FOR STAFF TO PERFORM PREVENTATIVE AND GENERAL MAINTENANCE. WE WILL REOPEN ON TUESDAY, SEPTEMBER 3RD.

8/26-8/31 中心維修, 歇業一週。請見諒! 9/3 (星期二)照常營業。

# AUGUST ACTIVITY HIGHLIGHTS

## August Birthday Bash

Wednesday, August 7, 12 p.m.

Join us for this outdoors-themed lunch and experience the outdoor life with naturalist Keith Wandry. Menu includes salad, ribs, baked potato, and a delectable dessert of s'mores in a cup. Preregistration required. Vegetarian option available when registering. Members \$12, senior guests add \$5 day pass. Sign up online or at the front desk. 歡迎加入我們這個以戶外為主題的午餐活動，並與自然學家 Keith Wandry 一起體驗戶外生活。菜單包括沙拉、排骨、烤馬鈴薯和一杯美味的s'mores甜點。需要預先登記。註冊時提供素食選項。會員 \$12，非會員多加當日活動費\$5。可以在網上或前臺註冊。

## Friday Fun Lunch

Friday, August 2, 12 p.m.

Relax and enjoy a Friday afternoon lunch with all of your friends at the Cupertino Senior Center. Menu includes chicken flatbread, crisp salad, and dessert. Vegetarian option available when registering. Afterwards, have a fun-filled afternoon by participating in Bingo, Ping Pong, Book Review, or Mah Jongg! Preregistration is required. Members \$10, senior guests add \$5 day pass. Sign up online or at the front desk.



## Stevens Creek Corridor Stroll

Friday, August 2, 5 - 8 p.m.

Come stroll the Stevens Creek Corridor! Activities will be set up along the one mile Stevens Creek Trail that runs between Stevens Creek Blvd. and McClellan Rd. Learn about the natural splendor of The Corridor, and enjoy the scenic path as it winds along the creek side. Open to the public.

FREE!



## Baseball Lunch Social

Wednesday, August 14, 12 - 3:30 p.m.

Come watch the Battle of the Bay as the San Francisco Giants take on the Oakland A's as these two powerhouse west-coast teams battle on our big screen. Enjoy a helmet-sized chicken Cobb salad and dessert. Preregistration required. Members \$8, senior guests add \$5. Sign up online or at the front desk.



## Managing Asthma Presentation

Wednesday, August 14, 10 - 11 a.m.

There are about 26 million people diagnosed with asthma in the United States. Join us for discussion on how asthma affects senior health, what some common triggers are, and how you can help yourself or a loved one better manage their asthma. Presented by Breathe California. Members free, senior guests pay \$5 day pass. Sign up online or at the lobby table.

FREE!

## Monthly Movie

FREE!

Wednesday, August 21, 1:30 - 3:30 p.m.

*Steve Jobs (2015)* [R]- With public anticipation running high, Apple Inc. co-founders Steve Jobs and Steve Wozniak get ready to unveil the first Macintosh in 1984. Jobs must simultaneously deal with personal issues related to ex-girlfriend Chrisann Brennan and their young daughter Lisa. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

FREE!

## Preparing Caregivers for Medical Emergencies

Tuesday, August 20, 3:30 - 4:30 p.m.

Recognize medical emergencies and when to call 9-1-1. Learn how to report 9-1-1 emergencies and what to do before help arrives. Be prepared with completed medical documents and explore resources for caregivers. Presented by the Santa Clara County Fire Department. Members free, senior guests pay \$5 day pass. Sign up online or at the lobby table.

FREE!

## Standard & Poor's NetAdvantage

Wednesday, August 21, 10 - 11 a.m.

Come to this workshop presented by the Santa Clara County Library! Standard & Poor's NetAdvantage provides detailed current investments information from Standard & Poor's most popular publications such as Industry Surveys (U.S. and global), Stock Reports, Mutual Fund Reports, Bond Reports, and more. Preregistration required. Members free, senior guests pay \$5. Sign up online or at the front desk.

FREE!

## Book Review Meeting

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

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

July 5 - *Killers of the Flower Moon* - by David Gramm

August 2 - *Secret Daughter* - by Shilpi Somaya Gouda

## Lunch with Friends

Wednesday, July 31, August 21, 11:45 a.m.

Join us for lunch! Preregistration required. Vegetarian option available when registering. Members \$8, senior guests add \$5 day pass. Sign up online or at the front desk. 歡迎與我們共聚午餐！需提前報名，可選素食，會員\$8，非會員多加當日活動費\$5。

July 31 - Chicken salad sandwich, tomato soup

雞肉沙拉三明治，蕃茄濃湯

August 21 - Linguine and clams, salad, garlic bread

蛤蜊扁麵，沙拉，香蒜包

## CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS JUNE 24	DAY	DATES	NO CLASS	TIME	INSTRUCTOR	MEMBER FEE
Accordion	T	7/2-8/20		1:35-3:10	R. DiBono	\$20
Bridge: Intro to Duplicate Defense	S	7/6-7/20		10-12	P. Davis	\$21
Chair Exercise	<b>FLEX</b> M, Th	7/1-8/12	7/4	10:15-11:15	P. Hu	\$45
Chinese Brush Painting 傳統與現代中國畫	M	8/5-9/23	8/26, 9/2	10:40-12:40	M. Lee	\$50
Chinese Brush Painting 傳統與現代中國畫	M	8/5-9/23	8/26, 9/2	8:30-10:30	M. Lee	\$50
Chinese Calligraphy 12:50pm	T	7/2-8/20		12:50-2:50	F. Jair, W. Mann	\$15
Chinese Calligraphy 3:00pm	T	7/2-8/20		3-5	Y. Wang, Y. Cheng	\$15
Citizenship Class	M, T, F	7/1-8/23		8:15-9:45	V. Wong, C. Chung	\$20
Conversational English	M, T	7/15-9/24	8/26, 8/27, 9/2	10-11:45	P. Chun, V. Wong	\$20
CSC Wednesday Jam	W	7/3-8/21		3-4:30	J. Cunningham	\$15
ESL - Advanced	Th	6/27-8/22	7/4	10-12	L. North	\$30
ESL - Basic and Easy	M	7/1-8/19		10-12	L. North	\$30
ESL - Intermediate	W	6/26-8/14		10-12	L. North	\$30
Feldenkrais Method	<b>FLEX</b> T	7/2-8/20		9:30-10:30	M. Westlaken	\$40
HarmoniKatz Performance Band	M	8/5-9/30	8/26, 9/2	3:45-5:15	D. Ng	\$15
Hatha Yoga	<b>FLEX</b> Th	7/11-9/5	8/29	2:30-3:30	V. Bhat	\$50
Hula - Beginning	M	7/29-9/30	8/26, 9/2	11:45-12:40	J. Pereria-Anderson	\$15
Hula - Performance Group	M	7/29-9/30	8/26, 9/2	12:55-1:55	J. Pereria-Anderson	\$15
Japanese - Beginning	T	6/25-8/20		8:30-9:45	T. Terry	\$35
Japanese - Intermediate	T	6/25-8/20		9:45-10:45	T. Terry	\$35
Nutrition Made Easy: Mood Foods	F	7/12		1:30-3:30	J. Oh	\$25
Nutrition Made Easy: More Instant Pot Meals	M	7/15		1:30-3:30	J. Oh	\$40
Nutrition Made Easy: Healthy Teeth	F	8/9		10-12	J. Oh	\$25
Nutrition Made Easy: Set it and Forget it Meals	M	8/12		10-12	J. Oh	\$40
U.S. History	T	7/2-7/23		12:35-1:35	R. DiBono	\$15
Ukulele - Advanced Beginning	T	8/6-9/24	8/27	3:15-4:45	D. Ng	\$22
Ukulele - Beginning	T	7/16-8/20		1:30-3	D. Ng	\$22
Ukulele Strum and String	M	8/5-10/7	8/26, 9/2	1:30-5:15	S. Chen	\$15
VivAsia Lotus	<b>FLEX</b> S	7/20-8/24	8/10	10-11	M. Kao	\$10
VivAsia Chair Lotus	<b>FLEX</b> S	7/20-8/24	8/10	11:15-12:15	M. Kao	\$10
Yoga for 50+ - Beyond Barre & Stretch	<b>FLEX</b> T	7/2-8/20		4-5	P. Hu	\$40
Yogalates @ QCC	<b>FLEX</b> F	7/5-8/23		3:45-4:45	P. Hu	\$40
Yuan Chih Dance	F	7/5-8/23		10-11:30	A. Fung, H. Hwang	\$15
Zumba Gold @ QCC	<b>FLEX</b> F	7/12-8/30		2:30-3:30	G. DuVal	\$37
Zumba Gold @ QCC	<b>FLEX</b> M	7/8-9/9	9/2	1-3	P. Hu	\$37
<b>EVENING CLASSES</b>						
Chinese Brush Painting 傳統與現代中國畫	W	7/10-9/4	8/28	6-8	M. Lee	\$60
Line Dance - Beginning 初級排舞	<b>FLEX</b> Th	7/11-9/5	8/29	7-8:30	K. Chang	\$48
Line Dance - Beg/Int 先進初級排舞	<b>FLEX</b> T	7/9-9/3		7-8:30	K. Chang	\$48
Yoga Foundations	T	8/13-10/8	8/28	5:15-6:30	R. Narayanan	\$56
Yoga Foundations - Intermediate	Th	8/1-9/26	8/29	4:45-6	E. Meir	\$56
<b>COMPUTER AND TECHNOLOGY CLASSES</b>						
iPad Beginning	T	7/2-8/13		1-3	R. Schiros	\$38
iPad Intermediate	Th	7/11-8/22		1-3	R. Schiros	\$38
蘋果手機/蘋果平板電腦初級班 - 國語授課	W	7/31-8/21		1-3	L. Su	\$20



# CLASS HIGHLIGHTS

For more information on classes, lectures, trips, and events, visit the flyer racks in the lobby, or [www.cupertino.org/senior](http://www.cupertino.org/senior)

## Apple Assistance

FREE!

Thursday, July 11, 18, August 8, 22, 2 - 6 p.m.

Own an Apple product and have a question on how to use it? Receive one-on-one assistance so you can text, surf the web, reply to emails, and so much more! 1-hour appointments are scheduled on a first-come, first-served basis. Preregistration required. Sign up at the front desk. Members free, senior guests pay \$5 day pass.

## AARP 8-Hour Smart Driving Course

Monday and Wednesday, July 22 and 24, 12 - 4:30 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.

## 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 July 26.

## Discover & Go

FREE!

Wednesday, July 10, 10 - 11 a.m.

Discover & Go, a virtual museum pass program for Santa Clara County Library District cardholders, offers library users the ability to reserve admission passes to more than 50 museums and venues throughout the greater Bay Area. Presented by the Santa Clara County Library. Preregistration required. Members free, senior guests pay \$5 day pass. Sign up online or at the front desk.

## New York Times & Wall Street Journal Online

FREE!

Wednesday, August 7, 10 - 11 a.m.

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 New York Times archives back to 1851. Preregistration required. Members free, senior guests pay \$5 day pass. Sign up online or at the front desk.

## Feldenkrais Method

Tuesday, July 2-August 20, 9:30 - 10:30 a.m.

Feldenkrais group classes are known as Awareness Through Movement (ATM). Similar to tai-chi or gentle yoga, ATM classes use slow, mindful movements to achieve powerful effects in terms of strength, flexibility, and holistic integration of body and mind. Instructor Michele Westlaken. Member fee \$40.

NEW!

## Nutrition Made Easy:

### Mood Foods Discussion

Friday, July 12, 1:30 - 3:30 p.m.

Eat your way to a better mood! Did you know what we eat can effect how we feel? Join us in a lively discussion on foods that help combat the blues and help us feel invigorated and active. Instructor Jen Oh. Member fee \$25.

NEW!

## More Instant Pot Meals Cooking Workshop

Monday, July 15, 10 a.m. - 12 p.m.

Back by popular request. Utilizing the Instant Pot saves time and energy and is perfect for summer cooking! In this class, we will make three new recipes that are easy, healthy, and delicious. Everything you make, you get to take home to enjoy later. All diets and preferences accommodated. Instructor Jen Oh. Member fee \$40.

NEW!

## Healthy Teeth Discussion

Friday, August 9, 1:30 - 3:30 p.m.

Discover what to eat to keep your teeth and gums strong. Learn how your eating patterns and food choices play an important role in preventing tooth decay and gum disease. Instructor Jen Oh. Member fee \$25.

NEW!

## Set it and Forget it Meals Cooking Workshop

Monday, August 12, 10 a.m. - 12 p.m.

Save time! Join us as we create three amazing meals with low prep that are quick and easy. Everything you make, you get to take home to enjoy later. All diets and preferences accommodated. Instructor Jen Oh. Member fee \$40.

FREE!

## iPhone and Android Workshops

Android: Tuesday, July 16, 9:30 - 11:30 a.m.

iPhone: Tuesday, August 20, 9:30 - 11:30 a.m.

Bring your fully charged device and learn tips and tricks for your Android or iPhone! Preregistration required. Sign up online or at the front desk. Members free, senior guests pay \$5 day pass.

## iPad/iPhone Beginning in Mandarin

Wednesday, July 31-August 21, 1 - 3 p.m.

蘋果手機/蘋果平板電腦初級班 - 國語授課

週三, 7月31 - 8月21, 1-3pm

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,需要iOS 12.x.x. 並個人蘋果帳戶編號 或 媒體播放收錄器iTunes編號與密碼。請到前台報名。會員\$20。

# 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, 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。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, July 8, 22, August 12, 1:30 - 2:30 p.m.

Tuesday, July 2, 16, 30, August 6, 20, 12:15 - 1:15 p.m.

## 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, July 11, August 8, 3 - 4:30 p.m.

## SCHEDULED APPOINTMENTS

Please call 408.777.3150 to make appointments for the following services:

### Health Insurance Counseling (HICAP)

Monday, July 8, 22, August 12, 1 - 3 p.m.

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

### Housing Resource

Monday, July 1, 15, August 5, 19, 1:30 - 3:30 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 - 7/1, 7/15, 8/5, 8/19 (週一), 1:30 - 3:30 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, July 5, 12, 19, August 2, 9, 16

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 7/5, 7/12, 7/19, 8/2, 8/9, 8/16, 10:30 a.m. - 12:30 p.m.

60歲以上，並住在聖縣。

JULY/AUGUST 2019

THE SCENE 50+

**Farewell, Karen Goss**  
After 14 years of dedicated service to Cupertino and its residents, Karen has bid the States adieu. As a critical facet of our Case Management team, a welcoming presence in the Senior Center, and a close friend to many, Karen is and will continue to be sorely missed. Though Karen herself is irreplaceable, the City will be looking to recruit for her vacant position. Good luck, Karen, and safe travels!

## FIRST CLASS MAIL

www.facebook.com/CupertinoSeniorCenter

www.cupertino.org/50plus

www.cupertino.org/senior

408.777.3150

Cupertino, CA 95014

21251 Stevens Creek Blvd.

City of Cupertino Senior Center