



50+ THE SCENE

JULY/AUGUST 2015

CITY OF CUPERTINO SENIOR CENTER 408.777.3150

21251 STEVENS CREEK BLVD.

SUMMER FUN AT THE CUPERTINO SENIOR CENTER



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50+ GOLF & LUNCH

MONDAY, AUGUST 10, 9AM-1:30PM

9AM- TEE OFF AT DEEP CLIFF GOLF COURSE

12:30PM- LUNCH ON THE DEEP CLIFF PATIO

Enjoy a fun morning of golf and lunch at Deep Cliff. Cost includes green fees, sandwich lunch, and prizes. Members \$26, senior guests \$31. Pick up and return the entry form to the senior center by July 31. Sign up early!

高爾夫球賽-8/10(週一), 9am-1:30pm, 9am 在庫市Deep Cliff 高爾夫球場報到, 12:30pm 高爾夫球場餐廳吃三明治午餐, 並有獎品。請在7/31日前報名。會員\$26, 非會員耆英\$31 (包括午餐和球場費)

FREE!

SENIOR CENTER AT HOME

MONDAY, AUGUST 10, 1-2PM

Do you enjoy the activities senior centers provide but are home-bound, or do you know someone who is in that situation? Episcopal Senior Communities offers programs for home-bound seniors to socialize with others and stay mentally active in their homes. Please join us to learn about these wonderful programs. Open to public, please sign up at lobby table.

HIDDEN TREASURES WANTED

COLLECTING AUGUST 3-OCTOBER 16

Please donate your gently used jewelry, craft items, and knick-knacks to our Hidden Treasures fund raising event scheduled for Thursday, October 29. We will start collecting these items in August. The proceeds will benefit our Case Management Program for at risk seniors and the Stay Active Fund to provide assistance to offset the cost for senior center membership and classes. Thank you for your continued support.

耆英中心將在10/29日再次舉辦藏寶室募款活動, 所得將用做社工緊急經費和獎學金, 幫助中心會員。請您收集不用的小擺飾, 首飾, 手工藝品等。我們將從8/1-10/16接受捐贈品。謝謝您的贊助。

VOLUNTEER CORNER

HIDDEN TREASURES PLANNING MEETING

THURSDAY, AUGUST 13

2-3PM

We need many volunteers to sort through donated items on a weekly basis starting in September. You will get a sneak preview of the donated items, and have a lot of fun! Please come to the planning meeting to find out how you can make this fundraising event a great success. Senior center membership is required.

藏寶室募款活動籌備會

8/13日(週四)2-3pm今年的藏寶室募款活動將在10/29日舉行,我們將在8/3開籌備會, 希望大家來當義工。請登記。

GOLF TOURNAMENT COMMITTEE

PLANNING MEETING

THURSDAY, JULY 30

3-4PM

Help continue this fun annual tradition! This committee will work on securing donations for prizes, help with scoring, and other tasks related to the event. Join in to discover a whole new aspect of this fun summer activity! To learn more, contact JustinC@Cupertino.org or call 408.777.3150.

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Share Discovery Through Travel

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

Travel with us as we go to the **Alameda County Fair**

Thursday, July 2, 12-8p

Show off your red, white, and blue and enjoy this slice of local Americana, as you explore activities ranging from arts, crafts, floral and culinary competitions, to horse racing, livestock shows, unique foods, and more.

Member Cost: \$50

Lunch at The Cliff House and Land's End

Tuesday, July 21, 10a-3p

Enjoy a summer afternoon of pleasures, starting with a visit to the new Land's End Visitor Center. A feast of sights and flavors are yours at Sutro's Restaurant in the Historic Cliff House for a delicious lunch and ocean views!

Member Cost: \$118 - lunch included

Matilda, The Musical

Wednesday, July 29, 10:30a-6p

Experience the playful, award-winning musical *Matilda*, from orchestra seats at the Orpheum Theater. Treat yourself to lunch in San Francisco before the show.

Member Cost: \$118

Filoli Summer Jazz Concert

Sunday, August 9, 10:45a-4:45p

Trip full, taking wait-list only.

Member Cost: \$124 - lunch included

OUT-TO-LUNCH BUNCH

Tuesday, September 1, 11:30a

Outback Steakhouse

20630 Green Valley Drive, Cupertino

San Jose Earthquakes Game at the new Avaya Stadium

Friday, August 14, 6:15-10:45p

Experience the 'Quakes vs the Colorado Rapids at San Jose's new state-of-the-art soccer stadium! Enjoy the largest outdoor bar in America with a wide range of foods and beverages while cheering on major league and World Cup soccer players.

Member Cost: \$71

Inspiring Iceland

9 Days- August 16-24, 2015

Small group travel – limited to 24 persons

Member Cost: \$5,199 double occupancy

Travels with Gary Holloway

The French Quarter - San Francisco

Tuesday, August 25, 8:30a-4:30p

A day of joie de vivre with Gary Holloway, tour guide extraordinaire. Explore the French Quarter of San Francisco and enjoy a decadent French luncheon.

Member Cost: \$98 - lunch included

The Phantom of the Opera

Your Choice of Two Performances:

Thursday, September 3, 4-11:45p

or

Wednesday, September 30, 10:45a-6p

Enjoy this spectacular new production of Andrew Lloyd Webber's phenomenal musical success, *The Phantom of the Opera* at the Orpheum Theater in San Francisco. Enjoy lunch in quaint Downtown Burlingame at the restaurant of your choice before the show.

Member Cost: \$128 each performance

National Heirloom Exposition - The World's Pure Food Fair

Thursday, September 10, 9a-5:30p

A day of feasting your eyes, spirit, and taste buds! Over 300 exhibits with demonstrations, tastings, and music promoting healthy living and good eating, plus educational workshops with acclaimed speakers at the Sonoma County Fairgrounds.

Member Cost: \$62

Graton Resort Casino

Thursday, September 10, 9a-5:30p

Get ready to try your luck with casino gaming at Graton. Choose from a broad range of favorite table games and slot machines.

There are many options to choose from for a great lunch!

Member Cost: \$49

Renaissance Faire

Saturday, September 26, 10:30a-4:30p

Revel in the spirit of the Renaissance at Casa de Fruta and enjoy the festivities of street musicians, performers and games of the Elizabethan era! Artisan shops, the marketplace, and food court are waiting to be explored.

Member Cost: \$59 - lunch included

We Get To Google Again!

Tuesday, October 6, 9:15a-3:30p

Exploring the Google campus, you will experience their unique culture as you peer into office buildings, view artwork, and learn about interesting strategies Google uses to keep employees happy and productive.

Member Cost: \$45 - lunch included

Angel Island and U.S. Immigration Station

Thursday, October 8, 7:45a-5:45p

Enjoy an open-air tram tour around Angel Island and learn more about the island's history and the part it has played in the development of California!

Member Cost: \$99 - lunch included

Tuscan and Umbrian Countryside

11 Days- October 16-26, 2015

Member Cost: \$5,199 double occupancy

Holiday Cruise on the Danube

10 Days- December 1-10, 2015

Member Cost: Starting at \$2,495 dbl. occ. cruise price.

Cabins going fast, deposit today!

Tropical Costa Rica

9 Days- February 4-12, 2016

From lush forests and stunning waterfalls to fine sandy beaches, Costa Rica is a paradise teeming with exotic plants and incredible animals. Learn about Costa Rica's unique vegetation and indigenous wildlife by guided nature walks and river boat cruises. Beautiful resorts along the way - an all-inclusive beach resort in Guanacaste and hot springs at Arenal Springs Resort.

Member Cost: \$2,915 incl. \$100 early booking discount

Travel presentation Monday, July 20 at 3pm

Sign up for presentation to receive an extra raffle ticket.

International Mystery Tour Guided by Julia and Kim

13 Days- May 11-23, 2016

Do you love fascinating culture, amazing history, castles, beautiful countryside, delicious food, and a little adventure? Then this small-group tour to an iconic destination with 4-star accommodations is planned just for you! Mystery tours are always fun! This tour features a destination that you have never experienced with us and you're sure to be pleasantly surprised! Let the guessing begin as the destination will only be revealed just prior to our arrival at the airport.

Member Cost: \$4,380 dbl. if you sign up by June 30

Travel presentation Wednesday, August 5 at 3pm

Crystal Cruise on the Panama Canal

18 Days- October 30-November 16, 2016

Highlights: Grand Cayman, Panama City, Costa Rica, Puerto Corinto, Guatemala, Cabo San Lucas

Member Cost: \$6,930 double occupancy all-inclusive

Travel presentation Tuesday, September 29 at 11am

JULY ACTIVITY HIGHLIGHTS



4th on the 1st and July Birthday Bash

Wednesday, July 1, 12pm

Independence Day is coming early to the Cupertino Senior Center, come get patriotic with us! Wear your Red, White, and Blue! We will celebrate our nation's birthday as well as honor members with July birthdays with American-themed music by the Rhythmaire's Band and BBQ'd burgers with all the fixings. Vegetarian option available when registering. Members \$10, senior guests add \$5 day pass. **Sign up early, space is limited.**

慶祝美國國慶-7/1(週三), 12pm 請來聆聽本中心樂隊演奏愛國歌曲, 午餐是烤漢堡, 洋芋沙拉, 西瓜, 甜點和檸檬水。我們將對七月壽星(會員)表示敬意。會員\$10, 來賓請加付當日活動費\$5, 註冊時可選擇素菜。請早登記。

Cupertino Celebrates Independence Day

Memorial Park

7-11am- Pancake Breakfast at the Quinlan Center (\$8)

9:30am- Flag Raising at the Veteran's Memorial

10am- Children's Parade at the Softball Field

10:30am-12pm- Live Music by the OTR Band- R&B and Rock-n-Roll hits from 70s to today! Pack a blanket, hat, and snacks and be ready to dance the morning away!

Blackberry Farm

10am-4pm- Food Trucks and Free Swimming

For more information on these fun community events, go to www.cupertino.org/recreation.



Summer Fun Social

Wednesday, July 22, 1:30pm

Bring your family for an afternoon of fun activities ranging from face painting and a crafty service project, to decorate some sweet treats for you to eat! Pre-registration is required. Member fee \$5, grandchildren \$3, senior guest add \$5 day pass

炎夏樂趣交流-7/22(週三) 攜帶你孩子和孫兒參加下午有趣活動, 包括畫臉, 工藝製作, 自製裝飾美味甜點。請預先登記。會員\$5, 孫兒\$3, 耆英來賓加付當日門票\$5。

Let's Talk Current Events

FREE!

Wednesday, July 22, August 19, 1:30-3pm

Join this lively monthly discussion group to discuss important and interesting topics and learn about others' points of view. Discover how goings-on around the world will affect you with Nancy McGinnis, legal specialist and current lecturer at San Francisco State University, facilitating the conversation. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

FREE!

Movie of the Month

Wednesday, July 29, 1:30-3:30pm

The Sandlot (1993)- A new kid in town is taken under the wing of a young baseball prodigy and his team. It's the beginning of a magical summer of baseball, wild adventures, first kisses, and fearsome confrontations with the dreaded Beast. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

The Better Part

FREE!

Encore Presentation:

The Woman Who Could Not Forget

Monday, July 13, 4-5:30pm

Our guest for this Encore presentation is Dr. Ying Ying Chang who wrote the book *The Woman Who Could Not Forget*. She will tell us about her beautiful and courageous daughter, Iris Chang, who was an author, historian, and human rights activist internationally acclaimed by the age of twenty-nine. Free for members, senior guest pay \$5 day pass. Sign up at the lobby table.

Children at the Senior Center

Children are welcome at the senior center when we have advertised family events. However, children are not allowed to attend programs or classes offered for seniors. For the safety of the children and others, please never leave children unattended in our lobby or lounge, and please have children walk when inside the building.

兒童在耆英中心-耆英中心歡迎兒童參加多代同堂的家庭節目, 但是兒童不宜參加專為會員設計的活動和課程。為了大家的安全, 請勿讓兒童落單或在中心奔跑。

Book Review Meeting

FREE!

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

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

July- No meeting due to Independence Day closure

August 7- *The All-Girl Filling Station's Last Reunion* by Fannie Flagg, reviewed by Kay Kinney

JULY 2015

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| <p>CITY OF CUPERTINO SENIOR CENTER 408.777.3150</p> <p>OFFICE HOURS: Monday-Friday 8am-5pm</p> <p>EMAIL: SeniorCntr@cupertino.org</p> <p>WEBSITE: www.cupertino.org/senior</p> <p>Find us on Facebook!</p> | | <p>1</p> <p>9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 4th on the 1st and July Birthday Bash (\$10) BBQ Burgers 國慶-烤漢堡 12-4 Card Playing</p> | <p>2</p> <p>9 50+ Softball 11:15-1:30 Needlecraft 12-8 Alameda County Fair Trip 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p> | <p>3</p>  <p>Independence Day</p> <p>SENIOR CENTER CLOSED 耆英中心歇業一天</p> |
| <p>6</p> <p>10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 New Volunteer Orientation</p> | <p>7</p> <p>8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10:30-11:30 Booktalk 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p> | <p>8</p> <p>7:30 Day Trip Preview 8 New Trip Sign-up 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p> | <p>9</p> <p>9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2 Learn About the Senior Center 2-4 Open Bridge 3-4:30 Caregiver Support Group</p> | <p>10</p> <p>9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓</p> |
| <p>13</p> <p>10-12 Golf for Seniors 12-4 Card Playing 1-1:30 Pop-Up Shakespeare Performance 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社交 4-5:30 <i>The Better Part</i> Encore Presentation: The Woman Who Could Not Forget</p> | <p>14</p> <p>8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production -The Better Part 12-4 Card Playing</p> | <p>15</p> <p>9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p> | <p>16</p> <p>9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p> | <p>17</p> <p>9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓</p> |
| <p>20</p> <p>10-12 Golf for Seniors 12-4 Card Playing 3 <i>Tuscany and Umbria, and Costa Rica Travel</i> Presentations</p> | <p>21</p> <p>8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production -The Better Part 10-3 Lunch at the Cliff House Trip 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p> | <p>22</p> <p>9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30 Summer Fun Social 炎夏樂趣交流 (\$5, \$3 grandchildren) 1:30-3 Let's Talk Current Events</p> | <p>23</p> <p>9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p> | <p>24</p> <p>9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓</p> |
| <p>27</p> <p>10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社交</p> | <p>28</p> <p>8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production -The Better Part 12-4 Card Playing</p> | <p>29</p> <p>9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 10:30-6 <i>Matilda, the Musical</i> Trip 12-4 Card Playing 1:30-3:30 Monthly Movie: <i>The Sandlot</i> (1993)</p> | <p>30</p> <p>9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3-4 Golf Tournament Committee Meeting</p> | <p>31</p> <p>9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓</p> <div data-bbox="1247 1858 1539 1974" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>LAST DAY FOR GOLF TOURNAMENT SIGN-UP</p> </div> |

AUGUST 2015

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| 3 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 New Volunteer Orientation | 4 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10:30-11:30 Booktalk 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 | 5 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3 Harmonikat Band Concert and Sing-Along 3 International Mystery Trip Travel Presentation | 6 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge | 7 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:15-3 Book Review- <i>The All-Girl Filling Station's Last Reunion</i> by Fannie Flagg 9 SUNDAY 10:45-4:45 Filoli Summer Jazz Trip |
| 10 9 50+ Golf and Lunch Tournament at Deep Cliff 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 1-2 Senior Center at Home Presentation 2:05-3:35 Ballroom Dance Social 交際舞社交 | 11 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing | 12 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 August Social and Birthday Bash (\$10) Flatbread Pizza 八月慶生宴-平板比薩餅 12-4 Card Playing | 13 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2 Learn About the Senior Center 2-4 Open Bridge 3-4:30 Caregiver Support Group | 14 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 6:15-10:45 San Jose Earthquakes Game and Avaya Stadium Trip |
| 17 10-12 Golf for Seniors 12-4 Card Playing | 18 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 | 19 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3 Let's Talk Current Events | 20 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge | 21 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 |
| 24 8 September/October 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 交際舞社交 | 25 8:30-4:30 The French Quarter with Gary Trip 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing | 26 9 50+ Bocce Ball NO Case Manager Consultation 沒有社工諮詢 12-4 Card Playing 1:30-3:30 Monthly Movie - <i>Some Like it Hot</i> (1959) | 27 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge | 28 9-11 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 12 Bingo Summer Lunch (\$10) Chinese Cuisine 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 |

31
 10-12 Golf for Seniors
 12-4 Card Playing



AUGUST 3, 2015
*Accepting donations
 for the*
HIDDEN TREASURES
fundraising event
 See page 1 for details

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

AUGUST ACTIVITY HIGHLIGHTS

August Social and Birthday Bash

Wednesday, August 12, 12pm

Jazz is an original American art form spanning a period of over 100 years. Join us for a jazz improvisational performance to celebrate members with birthdays in August. On the menu: crisp wedge salad, flatbread pizza, fresh fruit, and warm peach cobbler. Vegetarian option available when registering. Members \$10, senior guest add \$5 day pass. Space is limited, please sign up early.

八月慶生宴與交流- 8/12 (週三), 中午12點 爵士樂是跨越百年的美國原本藝術, 請參加爵士樂即興表現, 與八月壽星會員共同慶祝。會員\$10, 耆英來賓加付當日門票\$5, 名額有限。請早登記。

HarmonikatZ Band

FREE!

Summer Concert and Sing-A-Long

Wednesday, August 5, 1:30-3pm

Join the HarmonikatZ Band members as they celebrate summer with a concert and a Sing-A-Long. Spend an afternoon with music and good company. Light refreshments will be served. Please sign up at the lobby table. Members free, senior guests pay \$5 day pass.

口琴演奏會-8/5(週三), 1:30-3pm 耆英中心口琴團將演奏美國鄉土音樂, 茶點招待。歡迎參加。會員免費, 耆英來賓付\$5當日活動費。請早登記。

Movie of the Month

FREE!

Wednesday, August 26, 1:30-3:30pm

Some Like it Hot (1959)- This hysterical comedy finds Tony Curtis and Jack Lemmon on the lam after witnessing a mob hit. They join an all-girl jazz band and masquerade as women in order to elude the Chicago mobsters, and befriend a beautiful singer (Marilyn Monroe) and a wealthy business magnate. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

National Night Out

FREE!

Tuesday, August 4, 4-6pm

Come and meet Cupertino's First Responders at the 32nd Annual National Night Out. Join us in the Target parking lot (corner of Stevens Creek Blvd & Saich Way) for free hot dogs, children's finger printing, face painting, games and prizes. Cupertino's Neighborhood Watch, Block Leader, Emergency Preparedness, Sustainability and Recreation and Community Services programs will also be on hand.

Shakespeare in the Park

FREE!

Romeo and Juliet

July 18, 19, 24, 45, 26, & 31, August 1 & 2

Memorial Park Amphitheatre, 7:30pm

Bring your family, friends, a blanket and a picnic to this historically-based production of *Romeo and Juliet*, Shakespeare's genre-defying play.

Senior Center Pop-Up Performance

Monday, July 13, 1-1:30pm

Join us for one scene each from *A Midsummer Night's Dream* and *Twelfth Night*, performed right here at the senior center! Sign up at the lobby table, space is limited.

Bingo Summer Lunch

Friday, August 28, 12pm

Lunch with friends before an afternoon of Bingo. Relish in Chinese cuisine with sweet and sour pork, beef and broccoli, fried rice, chow mein and a spring roll. Vegetarian option available when registering. Bingo cards are sold separately \$4-\$7. Lunch for members is \$10, senior guest add \$5 day pass. Sign up early at the front desk, space is limited.



50+ SOFTBALL

Thursdays, 9am-12pm

Join us weekly on the Memorial Park softball field. Batting practice begins at 9am with a pick-up game at 10am.

Member fee \$38 for the season.

Upcoming Games

Thursday, July 30, 10am- SCC Vintage Softball Club

Thursday, August 27, 10am- Redwood City Señors

50+ BOCCE BALL

Wednesdays, 9am-12pm

Meet at the Bocce Ball courts alongside the Stevens Creek

Trail at Blackberry Farm Park at 9am. First time players are welcome, instructions available. Free for members.



CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

| REGISTRATION STARTS JUNE 29 | DAY | DATES | TIME | INSTRUCTOR | MEMBER FEE |
|--|--------|----------------------|-------------|------------------|------------|
| Accordion | T | 8/25-10/13 | 1:30-3 | R. Di Bono | \$20 |
| Ballroom Dance 交際舞- Rumba/Cha Cha | W | 7/22-8/12 | 1:30-3:30 | D. Lew | \$32 |
| Ballroom Dance 交際舞- Salsa/Bolero | W | 8/19-9/9 | 1:30-3:30 | D. Lew | \$32 |
| Chair Exercise | M & Th | 8/10-9/28 | 10:30-11:30 | P. Hu | \$40 |
| Chinese Brush Painting 國畫班 | M | 7/13-8/31 | 8:30-10:30 | M. Lee | \$50 |
| Chinese Brush Painting 國畫班 | M | 7/13-8/31 | 10:40-12:40 | M. Lee | \$50 |
| Chinese Calligraphy 書法班 | T | 6/30-8/18 | 3-5 | C. Cheng, | \$15 |
| Citizenship Class 公民班 | M & F | 7/6-8/28 | 8:15-9:45 | V. Wong | \$20 |
| Conversational English 英語會話班 | M & T | 8/10-10/5 | 10-11:45 | P. Chun, V. Wong | \$20 |
| Cooking with Suzanne- Roasting Vegetables and Fruits | W | 8/26 | 10-1 | S. Vandyke | \$55 |
| ESL- Basic and Easy 初級英語班 | M | 8/3-9/28 | 10-12 | R. Mussman | \$25 |
| ESL- Advanced Beginning 初高級英語班 | W | 7/22-9/9 | 10-12 | R. Mussman | \$25 |
| Feldenkrais Method | T | 7/21-9/8 | 9:30-10:30 | M. Westlaken | \$40 |
| Feldenkrais Chair Exercise | W | 7/29-9/30 | 1:30-2:30 | M. Westlaken | \$40 |
| Harmonica II- Performance Band | M | 8/10-10/5 | 3:45-4:45 | A. McKee | \$15 |
| Hatha Yoga | Th | 7/30-9/17 | 2:30-3:30 | V. Bhat | \$40 |
| Hula Dancing 夏威夷呼拉舞 | M | 7/13-8/17, 8/24-10/5 | 11:45-12:45 | F. Ota | \$15 ea. |
| Hula Dance Performance Group | M | 7/13-8/17, 8/24-10/5 | 12:55-1:55 | F. Ota | \$15 ea. |
| Japanese- Beginning | Th | 7/9-8/27 | 9:30-10:30 | T. Terry | \$35 |
| Pilates | T | 7/28-9/22 | 11-12 | K. Phipps | \$35 |
| Tai Chi for 50+ Introduction | W | 8/19-10/7 | 3:30-4:30 | J. Madonich | \$46 |
| Tai Chi for 50+ Continuing | Th | 8/20-10/8 | 10:30-11:30 | J. Madonich | \$46 |
| Ukulele - Level III | T | 8/18-10/6 | 3:30-5 | A. McKee | \$22 |
| Yoga with Savitha | T | 8/4-9/22 | 4-5 | S. Madhu | \$40 |
| Yoga with Savitha | Th | 8/6-9/24 | 4-5 | S. Madhu | \$40 |
| Yuan Chih Dance 元極舞 | F | 7/10-8/28 | 10-11:30 | Annie & Helen | \$15 |
| Zumba Gold | F | 8/7-9/25 | 3:45-4:45 | G. DuVal | \$37 |
| Zumba Gold at Quinlan Center | M | 8/10-9/28 | 2:30-3:30 | P. Hu | \$37 |
| EVENING CLASSES | | | | | |
| Line Dance- Advanced Beginning | T | 7/21-9/8 | 7-8:30 | K. Chang | \$48 |
| Tai Chi for 50+ Introduction | W | 8/19-10/7 | 6:30-7:30 | J. Madonich | \$46 |
| Yoga with Savitha | T | 8/4-9/22 | 5:15-6:15 | S. Madhu | \$46 |
| Yoga with Savitha | W | 8/5-9/23 | 5:15-6:15 | S. Madhu | \$46 |
| Zumba Gold Dance & Toning | W | 7/15-9/2 | 6:30-7:30 | H. Shariffe | \$45 |
| COMPUTER AND TECHNOLOGY CLASSES | | | | | |
| iPad Beginning | T | 7/7-7/28, 8/11-9/1 | 1-3 | R. Schiros | \$22 ea. |
| iPad Intermediate | Th | 7/9-7/30, 8/13-9/3 | 1-3 | R. Schiros | \$22 ea. |
| iPad A-Z | M | 7/6-7/27 | 9:30-11:30 | K. Smith | \$38 |

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

CLASS HIGHLIGHTS

Citizenship Class

Monday & Friday, July 6-August 28, 8:15-9:45am

This citizenship preparation class provides opportunities for students to learn about the United States naturalization process. This course teaches the reading, writing, listening, and speaking skills needed to complete naturalization forms and pass the naturalization interview. Topics will include: the rights and responsibilities of U.S. citizenship, and U.S. history, government and civics. Member fee \$20.

公民班 7/6-8/28, 8:15-9:45am(週一, 週五) 公民預備班讓學生有機會學習美國公民入籍手續, 老師會教導讀, 寫, 聽和對話方式去完成入籍填表和通過面試, 題目包括美國公民權利和義務, 美國歷史, 政府和公民. 會員\$20.

Yoga with Savitha



Tuesday, August 4-September 22, 4-5pm, 5:15-6:15pm

Wednesday, August 5-September 23, 5:15-6:15pm

Thursday, August 6-September 24, 4-5pm

Discover how Iyengar yoga can strengthen your core, improve posture, and cultivate awareness of your body, with Savitha. Iyengar is a detailed style of yoga, with great attention paid to finding the proper alignment in a pose, and yoga props such as blankets and blocks are used. Join us and learn what benefits this class will hold for you. Member fee \$40 for each afternoon class, \$46 for each evening class.

Cooking with Suzanne



Roasting Fruits and Vegetables Workshop

Wednesday, August 26, 10am-1pm

With all the fresh vegetables this summer, there are plenty of ways to introduce them to your dinner table. Roasting vegetables and fruits in a very hot oven gives them a caramelized exterior and flavor while keeping the inside moist and tender. This showy cooking method easily feeds a crowd or just a couple, and it lets you choose vegetables packed with nutrients for a healthy life style and diet. A real benefit to roasting is the ability to cook a combination of colorful vegetables, resulting in a full-flavor side dish or meatless entrée. Join International Chef Suzanne, Cook book Author and Sommelier for a colorful and tasty menu with Roasted Red Pepper Soup, Pasta Primavera with Roasted Vegetables, Roasted Root Vegetable Crisps and last but not least an irresistible dessert of Roasted Fruit with Gelato. Member fee \$55.

Tai Chi for 50+

Introduction to Tai Chi

Wednesday, August 12-September 30, 3:30-4:30pm

Wednesday, August 12-September 30, 6:30-7:30pm

Continuing Tai Chi

Thursday, August 13-October 1, 10:30-11:30am

Breathe...Move...Relax...Enjoy. New beginning-level tai chi classes now forming with no experience needed, or continue your practice in Continuing Tai Chi. Come try this ancient Chinese art of moving meditation in a relaxed and supportive environment, and learn about its health benefits on many different levels. Treat yourself to a fun, new experience! Member fee \$46 each class.

太極拳為五十歲以上 太極入門8/12-9/30(週三)3:30-4:30pm. 8/12-9/30(週三)6:30-7:30pm. 8/13-10/1, 中級太極(週四)10:30-11:30am. 呼吸...行動...休息...享受. 現有初學班太極拳, 不需經驗, 或繼續練習你的太極. 請來體會歷史悠久的中國運動藝術, 在和緩輔助環境下, 學習不同程度的健康效益. 給自己有趣的新嘗試. 每期課程, 會員\$46.

Hatha Yoga

Thursday, July 30-September 17, 1:30-2:30pm

This is a gentle form of Hatha Yoga, developed by the instructor Vasanthi Bhat, which combines yoga postures with breathing and meditation for maximum health benefits. Instructor will modify her teaching to students' needs. Students may bring a yoga mat or use a chair. Member fee \$40.

Zumba Gold



Wednesday, July 15-September 2, 6:30-7:30pm

Member fee \$45

Monday, August 10-September 28, 2:30-3:30pm

Friday, August 7-September 25, 3:45-4:45pm

Member fee \$37 each class

Come and join the fun! Dance your way to health in any one of these invigorating and engaging exercise classes. Instruction will focus on all elements of fitness including cardiovascular and muscular conditioning, flexibility and balance. All levels are encouraged to try out one of these motivating classes! Monday class is held at the Quinlan Community Center.

中老年尊巴

7/15-9/2(週三)6:30-7:30pm會員\$45.

8/3-9/21(週一)2:30-3:30pm, 8/7-9/25(週五)3:45-4:45會員\$37

共賞樂趣! 舞出你的健康, 參與其中一課增強運動, 課程專注健身元素包括心臟和肌肉鍛鍊, 彈性和平衡. 歡迎不同的級別來試驗這項課程! 星期一課程在Quinlan Community Center.

CASE MANAGER'S CORNER

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, July 13, 27, August 10, 24, 1:30-2:30pm

Tuesday, July 7, 21, August 4, 18, 12:15-1:15pm

Case Manager

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

社工服務- 為行動不便的會員提供服務. 須是中心會員

Drop-in Consultation with Case Manager

Wednesdays 10am-12pm

No drop-in consultation August 26

Case Manager is available to discuss community resources, benefits, and care options during the drop-in hours. Case Manager is also available by appointment. English/Cantonese/Mandarin.

社工諮詢- 週三, 10am-12pm, 社工可為您解答有關社會資源, 福利, 或長期護理方面的問題, 無需預約, 須是中心會員, 英, 國, 粵語服務. 8/26沒有社工諮詢。

Caregiver Support Group

Thursday, July 9, August 13, 3-4:30pm

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

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

Health Insurance Counseling (HICAP)

Monday, July 13, 27, August 10, 24, 1-3pm

Consultation on Medicare and health insurance.

健康保險諮詢- 7/9, 8/13 (週四), 9-10am 中文服務

Housing

Monday, July 6, 20, August 3, 17, 1:30-3:30

Information on resources for senior housing options.

租屋諮詢- 7/6, 7/20, 8/3, 8/17 (週一), 1:30-3:30pm

Senior Adult Legal Aid (SALA)

Friday, July 10, 17, 24, August 7, 14, 21

10:30am-12:30pm

Provides free assistance to elders for basic legal matters in public benefits, long-term care, elder abuse, housing, consumer issues, incapacity planning, probate alternative, and simple wills. Must be 60 or older and live in Santa Clara County.

法律諮詢 - 7/10, 7/17, 7/24, 8/7, 8/14, 8/21

10:30am-12:30pm 60歲以上, 並住在聖縣.

THE SCENE JULY/AUGUST 2015
50+

Cupertino Library has free ebooks to read on your ereader device. This hands-on workshop will include downloading the free Overdrive app, how to search for ebooks, downloading an ebook, and how to customize your reading experience. Digital books are automatically "returned" to the library - no late fees! Please bring a fully-charged device to class plus your Santa Clara County library card and PIN, along with your iTunes/Apple account and password for your iPad, or Amazon account and password for your Kindle. Free for senior center members, senior guests pay \$5 day pass. Sign up at the Cupertino Senior Center front desk.

4, 3:30-5pm

Wednesday, July 29, August 26

FREE!

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408.777.3150

Cupertino, CA 95014

21251 Stevens Creek Blvd.

City of Cupertino Senior Center