



CUPERTINO

THE 50+ SCENE

MARCH/APRIL 2014

CITY OF CUPERTINO SENIOR CENTER 408.777.3150

21251 STEVENS CREEK BLVD.



Volunteers make the difference at the Cupertino Senior Center. They are there to share a smile and a kind greeting when you enter the door. Our volunteers teach classes that inspire us to want to learn more. They help us get together with friends to share a game of cards, table tennis, or bingo. Our volunteers allow us to gather around the table to enjoy a meal while celebrating birthdays and holidays.

The staff at the senior center is honored and proud to work with each and every one of our volunteers. It is with great gratitude and appreciation of our volunteers that we celebrate their valuable service to the Cupertino Senior Center and the Cupertino community. In April, the senior center is joining the nation in the celebration of National Volunteer Week April 6-12. If you would like to learn more about volunteering please visit www.cupertino.org/volunteer.

ST. PATRICK'S DAY AND MARCH BIRTHDAY BASH

WEDNESDAY, MARCH 19, 12PM

Wear your green! We are celebrating March birthdays and St. Patrick's Day with a traditionally corned beef with all the trimmings. For entertainment, Phil Lenihan, a senior center volunteer, will play the bag pipes, and dancers from the Green Academy of Irish Dance will perform their traditional dances. Members with March birthdays will be honored. Member fee \$10, senior guests add \$5 day pass. Space is limited, please sign up early.

三月慶生宴/愛爾蘭節- 3/19 (週三), 12pm 分享愛爾蘭文化, 聆聽風笛演奏愛爾蘭音樂, 欣賞他們的舞蹈和品嚐醃牛肉。我們將對三月壽星(會員) 表示敬意。會員\$10, 耆英來賓加付當日活動費\$5, 請早登記。

50+ BOCCE BALL

WEDNESDAY, MARCH 5 - APRIL 30, 9AM-12PM

If you like playing bocce, enjoy the outdoors, meeting new people, and having fun, then 50+ Bocce is for you. We will meet at the Bocce Ball courts alongside the Stevens Creek Trail at Blackberry Farm Park at 9am. First time players welcome, instructions will be available.



VOLUNTEER CORNER

NEW VOLUNTEER ORIENTATION

Monday, March 3, 1:30-2:30pm

Monday, April 7, 1:30-2:30pm

Want to learn more about the Cupertino Senior Center Volunteer Program? The first Monday of each month is the New Volunteer Orientation. You will learn about the volunteer program and how to navigate the volunteer web portal. RSVP to Justin Cecil at JustinC@Cupertino.org or 408.777.3150.

VOLUNTEER OPPORTUNITY EVENT PHOTOGRAPHER

Do you have the photographer's eye? The senior center is looking for an event photographer with a keen eye and a steady hand to capture memories. As the photographer, you will be "in the mix" taking photos of individuals, groups, and entertainers. Photography experience is required and photo editing skill is helpful. The schedule will vary depending on event dates and times. Prospective volunteers should sign up at www.cupertino.org/volunteer or contact Justin Cecil at 408.777.3150.

BIRTHDAY BASH LIAISON

Join the party planning team and help create lasting birthday memories. The Birthday Bash Liaison will assist in planning the Monthly Birthday Bash luncheons, typically held on the second Wednesday of the month. This is a great opportunity to share your passion for creativity and fun. Please contact Justin Cecil at JustinC@Cupertino.org or 408.777.3150.

WHAT'S INSIDE

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



Share Discovery Through Travel

Member New Trip Sign-up Begins Wednesday, **March 5**, 8am; Non-member begins March 12.

→ Day Trip Preview starts at 7:30am ←

A Spring Bouquet

Thursday, March 20, 10:15a-4:15p

Come with us to the glorious, beautiful, colorful and aromatic San Francisco Flower & Garden Show! There are seminars, vendors, workshops, a marketplace, and more to explore.

Member Cost: \$54

TRAVELS WITH GARY

3 DAYS 'ROUND THE BAY

Have you ever truly explored all that the world-famous San Francisco bayfront has to offer? From the upscale homes of Tiburon to the wetlands of the East Bay, see the culture and experience the history of the bay up close, with Gary's incredible knowledge and engaging stories as your guide, all the while staying as close to the bayfront as we can get. Join us for all three trips in this fantastic, first-time-ever series! See flyer for details.

East Bay, Tuesday, March 25, 8:45a-5:30p

Member Cost: \$81 - lunch included

North Bay, Wednesday, April 23, 8:15a-5:45p

Member Cost: \$98 - lunch included

Peninsula, Wednesday, May 28, 8:15a-5:15p

Member Cost: \$97 - lunch included

Mamma Mia!

Wednesday, April 2, 10a-6p

Enjoy the laughs and bright, carefree music in this fabulous show. Time for lunch on our town in downtown San Mateo before we sing the day away!

Member Cost: \$99

Coming Soon!

Mendocino in August!

Watch for Details

Sierra Scenic Lunch Train

Thursday, April 10, 8:15a-5p

Experience the Sierra Scenic Lunch Train to see the beautiful spring wildflowers and fabulous lunch.

Member Cost: \$123 - lunch included

Pinnacles National Park

Thursday, April 17, 8a-4:15p

Our ranger-guided tour of the country's newest national park will provide an excellent opportunity for learning about the natural and man-made history of the area, before enjoying lunch in the beautiful outdoor setting.

You might even spot a condor. Activity Level: High

Member Cost: \$71 - lunch included

Georgia O'Keeffe and Lake George

Tuesday, April 29, 7:30a-3p

Join us for a fabulous docent-led tour of the special exhibit *Modern Nature: Georgia O'Keeffe and Lake George* at the deYoung Museum in San Francisco.

Enjoy a delicious lunch on your own at The Old Clam House.

Member Cost: \$74

GRATON RESORT & CASINO

Friday, May 9, 9a-6p

Try your luck with 3,000 slots, over 130 table games, live poker room, and unbeatable dining options for lunch on your own at the brand new Graton Casino.

Member Cost: \$49

OUT-TO-LUNCH BUNCH

Thursday, April 24, 11:30am

Holder's Country Inn

998 S. De Anza Blvd.

A Surprise Day in May

Thursday, May 15, 8a-5p

Our destination is a place that we have never taken you before—a new experience, and of course a fabulous lunch! Join us March 4, at The Mardi Gras Travel Show for More clues.

Activity Level: Moderate/High

Member Cost: \$107 - lunch included



“Brunch With Flair”

Sunday, May 18, 10a-2p

As you sit in the Starlight Room on the 21st floor of the Sir Francis Drake Hotel, you will be entertained with an old fashioned variety show, reviving the spirit of the drag show queens, plus breath-taking views of San Francisco.

Member Cost: \$109 - lunch included



Islands of New England

8 Days - May 30-June 6

Journey back to the time of the Pilgrims at Plymouth explore Nantucket’s beautiful cottages and cobblestone streets, enjoy a tour of a cranberry bog, indulge in a traditional New England lobster feast, and much more!

Travel Presentation, Thursday, March 27, 4pm

Member Cost: \$2,759

What’s All The Buzz About?

Tuesday, June 3, 8:15a-4:30p

The Carmel Valley Ranch is a luxurious resort, and also the location of more than 60,000 Italian Honey Bees. We’ll don bee suites and help with feeding new colonies and harvesting honey, before enjoying lunch at this 5-star resort.

Member Cost: \$149 - lunch included



Golden Gate Fields

Thursday, June 12, 10a-6:30p

Enjoy a full day of thrilling, heart-pounding horse racing. We have Turf Club seating for this exciting day.

Member Cost: \$82 - lunch included



The 25th Annual PUTNAM COUNTY SPELLING BEE

Wednesday, June 18, 3:15-10:30p

This hilarious tale of over-achievers angst, chronicles the experience of six adolescent outsiders vying for the spelling championship of a life time. Before the show, dinner on your own.

Member Cost: \$86



HARLEY FARMS AND PESCADERO

Wednesday, June 25, 8:30a-3:45p

Harley Farms is the home to acclaimed and award-winning cheese--and you’ll get to meet and pet their goats, learn the process of making cheese, and make a batch yourself.

Member Cost: \$99 - lunch included



CHER DRESSED TO KILL

Wednesday, July 2, 6:15-11:15p

This tour will be on a scale never before witnessed, featuring Cher’s famous music and several new costumes created by Bob Mackie.

We’ll arrive early at the SAP Center so you can have dinner on your own before the show.

Member Cost: \$98



Maine Coastal Cruise

8 Days - September 20-27

People have been drawn to the spectacular coast of Maine for its pristine natural landscapes. As you wind around islands and through narrow waterways, you will experience the enrapturing mountains, sparkling waters, and charming costal towns which make Maine one of the most magical places in America.

Member Cost: Cruise starting at \$3,925 for early booking
Travel Presentation, Thursday, March 27, 9:30am

SPAIN’S CLASSICS

11 Days - November 8-18

Travel and walking tours that ease you into the ways of Spanish culture. See flyer for details.

Member Cost: \$3,999 double occupancy

Travel presentation, Thursday, March 27, 3:30pm

MARCH ACTIVITY HIGHLIGHTS

Pre-Diabetes Health Lecture

Monday, March 3, 1-2:30pm

Pre-diabetes- a wake up call. Judy Farnsworth, a registered dietician from PAMF, will discuss what pre-diabetes is and how to manage it. Learn SMALL lifestyle changes for making BIG steps toward diabetes prevention. Open to the public. Sign up at the lobby table.

Lucky 7 Bingo Lunch

Friday, March 7, 12pm

Join us for a traditional Irish meal of shepherd's pie. Wear your green, enjoy the lunch, and play bingo. Bingo begins at 1pm so bring the luck of the Irish. Bingo cards are sold separately \$4-\$7. Lunch for members is \$10, senior guest add \$5 day pass. Sign up at the front desk, space is limited.

Adult Community Education

March 31-May 30

For all class listings and to register, consult the ACE catalog or call 408.522.2700. Classes are held at the senior center, and membership is required. Registration starts March 7.

成人學校課程, 請參考課程手冊. 所有課程在耆英中心上課, 但是必須在成人學校報名, 您也需要是耆英中心會員, 會費是庫市居民22元一年, 非居民27元. 3/31-5/30, 3/7 開始註冊

Summer Vegetable Gardening

Monday, March 31, 1:30-3pm

Edgar Lo, a Master Gardener, will show you how to grow summer vegetables in your own yard. He will discuss when and how, best varieties, where to get them, water usage, and container gardening. There will be time for Q&A to answer questions, and to share your ideas. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

50+ Softball

Thursday, March 20-October 17, 9am-12pm

Softball for 50+ is back for the 2014 season. The Memorial Park softball field is the home of the Sandlot Social on Thursday mornings. Warm-up and batting practice will begin at 9am with a pick-up game starting promptly at 10am. Fee is \$38 for the year. Membership is required.

Book Review Meeting

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

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

March 7- *Constance* by Franny Moyle, reviewed by Helen Nowicki

April 4- *The Hunger Games* by Suzanne Collins. Group discussion

Lunch with Friends

Wednesday, 12pm

Join us for a delicious and healthy meal! Pre-registration is required. Member fee \$6, senior guests add \$5 day pass.

March 5- Italian wedding soup, grilled cheese, and dessert

March 12- Sausage with beans on rice, salad, and dessert

Emergency Preparedness And Home Safety Presentation

Monday, March 24, 10-11:30am

Beverly Tallinger, a Cupertino Emergency Response Team volunteer, will talk about ways to prepare you and your home in case of an emergency, such as fire and/or earthquake. You will learn about first aid techniques, emergency supplies, and communication tips. Members free, senior guests add \$5 day pass. Please sign up at the lobby table.

Movie of the Month

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

To Rome with Love (2012), the story of adventures and predicaments of visitors and residents in Rome.

Lemonade and popcorn will be served. Members free, senior guests pay \$5 day pass.

Marv's Musical Memories

Swing Era Big Bands

Monday, March 10, 2-3:30pm

Marv Emerling is a local musician and music collector with great interest in the performers, composers, and players. "Marv's Musical Memories" covers swing era bands and classical themes. Specially recorded music is accompanied with thoroughly enjoyable commentary. Members free, senior guest add \$5 day pass. Sign up at the lobby table.

MARCH 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10-12 Golf for Seniors 12-4 Card Playing 1-2:30 Pre-Diabetes Lecture 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 1-3 Mardi Gras Travel Party	5 7:30 Day Trip Preview 8 New Trip Sign Up 9-12 Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12 Lunch with Friends (\$6) Italian Wedding Soup, Grilled Cheese 12-4 Card Playing	6 10-6 Horseracing at Golden Gate Fields Trip 11:15-1:30 Needlecraft 12-2 Card Playing 2-4 Current Events Discussion Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	7 9-11 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 12 Lucky 7 Bingo Lunch (\$10) Shepherd's Pie 1-3:30 Bingo 寶果 1-4:30 Ping Pong 乒乓 1:15-3 Book Review—Constance by Fran Moyle
10 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2-3:30 Marv's Musical Memories—Swing Era Big Bands 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 9-12 Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12 Lunch with Friends (\$6) Kielbasa with Beans on Rice 12-4 Card Playing	13 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 寶果 1-4:30 Ping Pong 乒乓
16 SUNDAY 11-6:30 Glen Miller Orchestra Trip 17 10-12 Golf for Seniors 10:30-11:45 Georgia O'Keeffe Art Presentation 12-4 Card Playing 1:30-2:45 Volunteer Advisory Council Meeting 3-4:30 Afternoon Activities with Teens (\$5)	18 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12:15-1:15 Blood Pressure Check 量血壓 12-4 Card Playing	19 9-12 Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12 St. Patrick's Day and March Social/Birthday Bash (\$10) Corned Beef Bag pipes and Irish Dances 三月慶生宴/愛爾蘭節 12-4 Card Playing	20 9-12 50+ Softball 10:15-4:15 A Spring Bouquet Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	21 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 寶果 1-4:30 Ping Pong 乒乓
24 10-11:30 Emergency Preparedness 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 8:45-5:30 Day Round the Bay with Gary: East Bay 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 9-12 Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Movie-To Rome with Love	27 9-12 50+ Softball 9:30 Maine Coastal Cruise Travel Presentation 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3:30 Spain's Classics Travel Presentation	28 9:30-11:30 No Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 寶果 1-4:30 Ping Pong 乒乓
31 10-12 Golf for Seniors 12-4 Card Playing 1:30-3 Summer Vegetable Gardening	<div style="text-align: center;">  <h2>AFTERNOON ACTIVITIES WITH TEENS</h2> <p>MONDAY, MARCH 17, 3 - 4:30PM</p> <p>Join the Cupertino Teen Commission for a St. Patrick's Day event. Immerse yourself in good conversation, sharing your past memories and future thoughts, while enjoying an afternoon of interactive games and scrumptious snacks. Come dressed in your best green attire! Members only \$5, prior registration required.</p>  </div>			<div style="border: 1px solid black; padding: 5px;"> <p>CITY OF CUPERTINO SENIOR CENTER 408.777.3150 OFFICE HOURS: Monday-Friday 8am-5pm EMAIL: SeniorCntr@cupertino.org WEBSITE: www.cupertino.org/senior Find us on Facebook!</p> </div>

APRIL 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CITY OF CUPERTINO SENIOR CENTER 408.777.3150 OFFICE HOURS: Monday-Friday 8am-5pm EMAIL: SeniorCntr@cupertino.org WEBSITE: www.cupertino.org/senior Find us on Facebook!</p>	<p>1 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>2 9-12 Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 10-6 Mamma Mia Trip 12-4 Card Playing</p>	<p>3 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 2-4 Current Events Discussion Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>4 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 寶果 1-4:30 Ping Pong 乒乓 1:15-3 Book Review- The Hunger Games by Suzanne Collins</p>
<p>7 10-11:30 The Naturalization Process 公民歸化程序 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 1:30-2:30 New Volunteer Orientation 2:05-3:35 Ballroom Dance Social 交際舞社交</p>	<p>8 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>9 9-12 Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3 Harmonikatz Band Country Sing-A-Long 口琴演奏會</p>	<p>10 8:15-5 Sierra Scenic Lunch Train Trip 9-12 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>11 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 寶果 1-4:30 Ping Pong 乒乓</p>
<p>14 10-12 Golf for Seniors 12-4 Card Playing 2-3:30 Marv's Musical Memories- Broadway & Hollywood Music</p>	<p>15 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>16 9-12 Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12 April Social & Birthday Bash (\$8) Stroganoff Music of the 40's and 50's 12-4 Card Playing</p>	<p>17 8-4:15 Pinnacles National Park Trip 9-12 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>18 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 寶果 1-4:30 Ping Pong 乒乓</p>
<p>21 10-11 Lecture: As We Age 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>22 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>23 8:15-5:45 Day Round the Bay with Gary: North Bay 9-12 Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12 Lunch with Friends (\$6) Chicken Paella 12-4 Card Playing</p>	<p>24 9-11 Hearing Test 聽力檢查 9-12 50+ Softball 11:15-1:30 Needlecraft 11:30 Out-to-Lunch Bunch Country Inn 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>25 8:30 Newsletter Collating 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 寶果 1-4:30 Ping Pong 乒乓</p>
<p>28 10-12 Golf for Seniors 12-4 Card Playing</p>	<p>29 7:30-3 Georgia O'Keeffe and Lake George Trip 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing</p>	<p>30 9-12 Bocce Ball at Blackberry Farm park 9-1 CHP Safe Driving Program 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p>	<p>LOST & FOUND Monday-Friday, April 21-April 25, 8am-5pm Please come and reclaim your lost items, any unclaimed articles will be donated to charity after April 25. 失物招領啓示 4/21-4/25 (週一至週五), 8am-5pm 我們將把會員遺失的物品放在大廳, 請親臨領回, 否則在4/25後捐給慈善機構. 謝謝合作!</p>	

APRIL ACTIVITY HIGHLIGHTS

HarmonikatZ Band Country Sing-A-Long Wednesday, April 9, 1:30-3pm

FREE!

Join the HarmonikatZ band members as they play country tunes, have a fun afternoon of music, sing-a-long, and tap your toes to your favorite songs. Light refreshments will be offered. Members free, senior guests pay \$5 day pass. Please sign up at the lobby table.

口琴演奏會- 4/9(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.

The Naturalization Process

FREE!

Monday, April 7, 10-11:30am

Officers from the U.S. Citizenship and Immigration Services will discuss the naturalization process, answer your questions, and conduct a mock interview. Citizenship application forms and related documents will be available. Open to the public, please sign up at the lobby table or call 408.777.3150 to register. English/Mandarin

公民歸化程序- 4/7 (週一), 10-11:30am 移民局官員將到耆英中心講解入籍程序, 申請條件, 回答您的問題, 進行模擬面試. 並提供公民申請表, 相關文件和面試考題. 向外開放請登記或致電408.777.3150 登記. 英語/國語

April Social and Birthday Bash

Wednesday, April 16, 12pm

Get ready to put a spring in your step as we welcome back entertainers Jim and Aimee for our April Spring Social. Our menu will be a recipe from the fabulous 50s; beef stroganoff served with caramelized carrots, salad, and dessert. Members with April birthdays will be honored. Member fee \$8, senior guests add \$5.

4月慶生宴- 4/16 (週三), 12pm 我們歡迎 Jim 和 Aimee 再次來表演鋼琴和小喇叭合奏四零年代音樂. 午餐是燉牛肉加麵條, 配胡蘿蔔, 沙拉和甜點. 我們將對四月過生日的會員表示敬意. 會員\$8, 耆英來賓加付當日活動費\$5

As We Age

Monday, April 21, 10-11am

NEW!

Dr. Ybarra, from the El Camino Hospital, is trained in Geriatric and Internal medicine. She will discuss normal changes that occur to the body as people age. Members free, senior guests pay \$5 day pass. Please sign up at the lobby table.

Age Well, Drive Smart

Wednesday, April 30, 9am-1pm

FREE!

The California Highway Patrol covers topics such as myths about older drivers, compensating for age-related changes, rules of the road, safe driving tips, and much more. A certificate will be issued upon completion, which some insurance companies may accept for discounts. Members free, senior guests pay \$5 day pass. Please sign up at the lobby table.

De Anza Cardio-Vascular Training

April 7-June 27

Mon/Wed/Fri, 9-10am; Tue/Thu 1:30-2:30pm

The class is designed for the development and maintenance of strength, flexibility, and fitness for seniors with a verified physical disability. Classes are held at the senior center, and Cupertino Senior Center membership is required. Register at the first class or call Tom at 408.864.5409.

Lunch with Friends

Wednesday, April 23, 12pm

Join us for a delicious and healthy meal! We will be serving chicken Paella, salad, roll, and dessert. Pre-registration is required. Member fee \$6, senior guests add \$5 day pass.

Marv's Musical Memories

Broadway and Hollywood Performers

Monday, April 14, 2-3:30pm

Marv Emerling is a local musician and music collector. At "Marv's Musical Memories," he will be covering Broadway and Hollywood Music. Members free, senior guest add \$5 day pass. Sign up at the lobby table.

NEW!

Hearing Test

Thursday, April 24, 9-11am

FREE!

Hearing test will be provided by the San Jose State University Audiology students with instructor supervision. After your test, you can also visit the California Telephone Access Program booth. You may qualify for a free phone that suits your needs. Must register in advance at the front desk, space is limited. Members only.

免費聽力檢查 - 4/24(週四), 9-11am 聖荷西州立大學學生將為會員檢查聽力, 然後加州電話連接計劃會為您示範電話設備, 如符合條件, 您可拿到免費電話. 請至櫃檯登記, 限會員.

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS FEBRUARY 24	DAY	DATES	TIME	INSTRUCTOR	MEMBER FEE
Art History- Surrealism	T	4/22-6/3	1:30-3:30	K. Young	\$45
Ballroom Dance 交際舞- Salsa, Bolero	W	3/12-4/2	1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞- Samba, Cha Cha	W	4/9-4/30	1:30-3:30	D. Lew	\$32
Chair Exercise	M & W	4/9-6/9	11-12	T. Baker	\$50
Chinese Brush Painting 國畫班	M	3/17-5/5	8:30-10:30	M. Lee	\$50
Chinese Brush Painting 國畫班	M	3/17-5/5	10:40-12:40	M. Lee	\$50
Chinese Calligraphy 書法班	T	3/4-4/29	3-5	C. Cheng, K. Liew	\$15
Citizenship Class 公民班	M & F	3/3-4/28	8:15-9:45	V. Wong	\$20
Conversational English 英語會話班	M & T	4/1-5/27	10-11:45	P. Chun, V. Wong	\$20
Conversational Mandarin- Beginning	Th	3/27-5/22	9-10:30	J. Li	\$40
Conversational Mandarin- Intermediate	F	3/28-5/23	10-11:30	B. Hu	\$40
Conversational Mandarin- Advanced	Th	3/27-5/22	9-10:30	L. Gao	\$40
Erhu Class 二胡班	T	3/11-4/29	3:30-5	G. Lai	\$20
ESL- ABC's 英文字母班	W	3/12-4/30	1-3	R. Mussman	\$25
ESL- Basic and Easy 初級英語班	M	3/3-4/21	10-12	R. Mussman	\$25
ESL- Advanced Beginning 初高級英語班	W	3/12-4/30	10-12	R. Mussman	\$25
Feldenkrais Method	T	3/11-4/29	9:30-10:30	M. Westlaken	\$40
Feldenkrais Chair Exercise	W	3/5-4/23	1:30-2:30	M. Westlakin	\$40
Harmonica II- Performance Band	M	3/24-5/12	3:45-4:45	A. McKee	\$15
Hatha Yoga	Th	3/20-5/8	2:30-3:30	V. Bhat	\$37
Hula Dancing 夏威夷呼拉舞	M	3/31-5/5	11:45-12:45	F. Ota	\$15
Hula Dance Performance Group	M	3/31-5/5	12:55-1:55	F. Ota	\$15
Humanities Lecture Series- Great Composers	T	4/8-5/27	10:30-12:30	C. Jech	\$40
Intermediate ESL Conversation	T	4/15-6/3	1:30-3	J. Andrushko	\$20
Pilates	T	4/22-6/10	1:15-2:15	K. Phipps	\$35
Playreading for Fun	F	4/11-5/30	9-11	A. Willyoung	\$40
Tai Chi for Older Adults 太極拳	W	3/26-5/14	3:30-4:30	H. Tseng	\$46
Ukulele Class- Beginning I	T	3/25-5/13	3:30-5	A. McKee	\$20
Yoga for 50+	T	4/22-6/10	4-5	B. Laux	\$40
Yoga for 50+ 瑜珈	Th	3/6-4/24	4-5	B. Laux	\$40
Yuan Chih Dance 元極舞	F	3/7-4/25	10-11:30	Annie & Helen	\$15
Zumba Gold with Irene	F	4/11-5/30	3:45-4:45	I. Ortiz	\$36
Zumba Gold with Irene at Quinlan Center	M	3/24-5/12	2:30-3:30	I. Ortiz	\$36
EVENING CLASSES					
Line Dance- Advanced Beginning	T	3/11-4/29	7-8:30	Sue & Kathy	\$48
Tai Chi for Older Adults 太極拳	T	3/25-5/13	6:30-7:30	H. Tseng	\$46
Yoga for 50+	T	4/22-6/10	5:15-6:15	B. Laux	\$46
Yoga for 50+	W	4/23-6/11	5:15-6:15	B. Laux	\$46
Zumba Gold Dance & Toning	W	3/19-5/7	6:30-7:30	H. Shariffe	\$45
COMPUTER AND TECHNOLOGY CLASSES					
Apple Beginning	W	3/26-4/16	12-2	P. Spitsen	\$22
iPad II for Chinese Speakers 中文蘋果iPad班 II	T	3/18-4/8	10-12	C. Ho	\$22
iPad Beginning	T	3/18-4/8, 4/22-5/13	1-3	R. Schiros	\$22ea
iPad Intermediate	Th	3/20-4/10, 4/24-5/15	1-3	R. Schiros	\$22ea
iPad Advanced	M	3/3-3/24, 4/7-4/28	9:30-11:30	K. Smith	\$38ea
PC Email	F	3/14-4/11	10-12	M. Ferguson	\$22
PC Internet	F	4/25-5/23	10-12	M. Ferguson	\$22
Tech Talk	T	3/4-3/25, 4/8-4/29	4-5:30	A. Byczkowski	\$15ea

CLASS HIGHLIGHTS

Feldenkrais Chair Exercise

Wednesday, March 5-April 23, 1:30-2:30pm

This class takes students through the fundamental actions of the spine, chest, and pelvis. May improve your ability to turn, relax, breath, posture, and core stability. Work at your own pace, all levels welcome. Member fee \$40

Ukulele Class- Beginning I

Tuesday, March 25-May 13, 3:30-5pm

This class will cover basic ukulele chords, introduction to strumming, and basic music theory with emphasis on folk and country music. Beginning ukulele players are welcome. Bring your "C" tuned soprano, concert, or tenor ukulele tuned to G-C-E-A. Member fee \$20

Harmonikat II Performance Band

Monday, March 24-May 12, 3:45-4:45pm

Perform at nursing homes, senior care facilities, and special functions at the senior center. Must play diatonic harmonica in the key of "C." Pre-requisite: Intermediate Harmonica 2 class or equivalent, the availability of a professional-quality diatonic harmonica in the key of "C," and registration as a Cupertino Senior Center volunteer. Member fee \$15

Erhu- Chinese Violin

Tuesday, March 11-April 29, 3:30-5pm

This versatile 2 string Chinese violin can be used to play Chinese classical music and western contemporary music. Learn the basics. Bring your own Erhu. Member fee \$20

二胡課-3/11-4/29 (週二), 3:30-5pm

初級班, 從頭學起, 請自備二胡. 會員費\$ 20

Chair Exercise

Monday & Wednesday, April 9-June 4, 11am-12pm

Designed for students with a wide range of abilities, the instructor will adjust her teaching to suit students' needs. This twice a week gentle exercise class may improve muscle strength, better balance, and flexibility. Member fee \$50

ESL- ABC's

Wednesday, March 12-April 30, 1-3pm

Start from ABC's, learn the 26 characters, write, pronounce, and form words. Member fee \$25

英文字母班 - 3/12-4/30 (週三), 1-3pm 從26個英文字母開始, 學習讀, 寫, 發音, 並拼字. 會員費\$ 25

Art History- Surrealism

Tuesday, April 22-June 3, 1:30-3:30pm

This movement started in Paris in 1924, the aim was to express the imagination in dreams and the unconscious. Join art history instructor, Ken Young as he explores the life and work of different artists: Rene Magritte, Max Ernest, M.C. Escher, Hans Arp, and ends the session with an impersonation of Salvador Dali. Member fee \$45

Zumba Gold and Toning

Wednesday, March 19-May 7, 6:30-7:30pm

This class is a combination of aerobic, heart strengthening Latin dance moves with weighted exercises to tone muscles. Taught by a certified Zumba Gold and Toning instructor, the class is specifically for the young-at-heart, 50+ crowd, and a great way to unwind. Member fee \$45

Ballroom Dance

Wednesday, 1:30-3:30pm

March 12-April 2, Salsa and Bolero

April 9-April 30, Samba and Cha Cha

David Lew, a popular dance instructor, will demonstrate his unique teaching style. To dance well, you need to have the right posture, frame, and learn the proper leading and following techniques. Member fee \$32 each month

社交舞班- (週三) 1:30-3:30pm 會員費\$32 (一班)

3/12-4/2 Salsa , Bolero, 4/9-4/30 Samba Cha Cha

由灣區受歡迎的舞蹈老師 David 示範和教導各式舞步.

Great Composers

Humanities Lecture Series

Tuesday, April 8-May 27, 10:30am-12:30pm

Join instructor Carl Jech, as he pays tribute to the great composers, such as Satie, Verdi, Rachmaninoff, and Bruckner, just to name a few. The instructor will focus on the lives and music of these composers. Member fee \$40

CASE MANAGER'S CORNER

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, March 10, 24, April 7, 21, 1:30-2:30pm
Tuesday, March 4, 18, April 1, 15, 29, 12:15-1:15pm

Case Manager

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

社工服務- 為行動不便的會員提供服務. 須是中心會員

Drop-in Consultation with Case Manager

Wednesdays 10am-12pm

[Karen Goss](#), Case Manager, is available to discuss simple issues.

No appointment is needed. English /Cantonese/Mandarin.

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

Caregiver Support Group

Thursday, March 13, April 10, 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)

Thursday, March 13, 27, April 10, 24, 1-3pm

Consultation on Medicare and health insurance.

健康保險諮詢-3/13, 4/10, (週四), 9-10am 中文服務

Housing

Wednesday, March 5, 19, April 2, 16, 2-4pm

Information on resources for senior housing options.

租屋諮詢 - 3/5, 3/19, 4/2, 4/16, (週三), 2-4pm

Senior Adult Legal Aid (SALA)

Friday, March 7, 14, 21, April 4, 11, 18

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 - 3/7, 3/14, 3/21, 4/4, 4/11, 4/18

10:30am-12:30pm 60歲以上, 並住在聖縣.

City of Cupertino Senior Center

21251 Stevens Creek Blvd.

Cupertino, CA 95014

408.777.3150

www.cupertino.org/senior

www.cupertino.org/50plus

www.cupertino.org/seniorcenterfacebook

FIRST CLASS MAIL

Big Bunny 5K

Saturday, April 19, 2014

Cupertino Civic Center

2.5K Walk- All ages

5K Run- Male and Female Course Divisions

50-59, 60-69, 70-79, 80+



Join the Big Bunny Fun Run, celebrate spring and our positive, healthy, and connected community.

For more information about the Big Bunny 5K and how you can get involved, please visit www.bigbunny5k.com or email parks@cupertino.org