

THE 50⁺ SCENE

March/April 2020



April: National Volunteer Month
Nominating two volunteers for
CPRS Volunteer Award!

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CUPERTINO



2018 CPRS Award Recipient, Heather Dean with son Barkley



2018 CPRS Award Recipient, Andrea McKee

Every year at the end of February, the California Park & Recreation Society’s (CPRS) District 4, to which Cupertino belongs, holds an awards banquet to acknowledge contributors in the field of Parks & Recreation. Cupertino Senior Center takes this opportunity to recognize volunteers who have bettered this center and their community. This year, the center nominated Delphine Ng and Rose Linn.

Many Senior Center members know Delphine from attending one of the wonderful performances she leads with The HarmonikatZ Band or either of her Ukulele classes at the center. Delphine has been performing with fellow Senior Center members since the days Bob Yee used to run class in the early 2000s. It wasn’t long before she was running her own band on the side while still playing with Bob’s group, playing at nursing homes, or local retirement communities.

In 2016 Delphine took over HarmonikatZ and the Beginning Ukulele classes. Recognizing the popularity of Ukulele and the disparate skill sets within, she split the class, doubling the number of students taught. That works out great for her, since her greatest joy while volunteering has been “The people! Meeting so many awesome people—that’s what keeps me going.” Indeed, she must draw energy from her

personal interactions since her propensity to answer emails any time, day or night, lends one to believe she doesn’t sleep. When queried on the matter though, apparently she does... “between 2 and 7—if I’m lucky.” Rock on, Delphine; the Senior Center appreciates everything you do.

Rose Linn has been volunteering for the center for 6 years. What originally came as a response to “getting so much benefit [from the center], and wanting to return it,” has evolved to the point where Rose is a staple at the monthly Birthday Bashes, taking charge of decorations.

Like many volunteers at the Senior Center, Rose came to us after spending her working life in a different field, though Rose’s experiences are myriad. Labeling herself a “Jack of All Trades” seems perfectly appropriate: first studying to be a medical technician, she went to work at San Jose Medical, next she owned a sandwich shop, learning to maintain the refrigeration unit herself, took travel agent classes, and worked at Menlo Park Hardware, and then volunteered as a trip escort in Sunnyvale for 28 years, rounding out her varied skillset.

Rose brings her expansive knowledge and experience to the Senior Center where she feels “such a joy introducing people to new experiences.” Well, the Senior Center feels a similar joy having you here, Rose.

Meet the President Jean Bedord:



Introducing Jean Bedord, incoming President of the Cupertino Senior Center Advisory Council. She has been a member for over 10 years, taking classes and enjoying travel events. She served on the City of Cupertino Library Commission when the library was built. Most recently, she taught online classes in the graduate library school at SJSU and currently publishes Cupertino Matters newsletter.

The Advisory Council consists of representatives of the different volunteer committees, groups, and clubs that are active at the Senior Center, though all members are welcome to attend the meetings. Council members work with each other and the senior center staff to facilitate the many activities at the center. It is structured as a nonprofit 501(c)3 organization.

Jean is looking forward to becoming better acquainted with the groups at the Senior Center and providing a voice for seniors in our broader community.

Ping-Pong Volunteers Needed

Join the Saturday ping-pong group and help assist the Senior Center with checking members in on the first weekend of the month. Ping-pong volunteer leaders are encouraged to socialize with players and join in on the fun. For more information, please contact Amanda Hui at AmandaH@cupertino.org or 408.777.3374

Bingo Callers Needed

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

Fletching 50+ Lead Needed

We are looking for a volunteer to lead our 50+ Archery Social, "The Fletching 50+." No Archery experience required—just a desire to assist with check-in, socializing, and setting up the archery kit. If interested, please contact Amanda Hui at AmandaH@cupertino.org or 408.777.3374.

Volunteer Orientation

Monday, March 2, 1 p.m.

Monday, April 6, 1 p.m.

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Share Discovery Through Travel

DAY TRIPS

Member New Trip Sign-up begins
Wednesday, March 4, 8 a.m.
Day Trip Preview starts at 7:30 a.m.
Non-member sign-up begins March 11.

Made in Watsonville!

Thursday, February 27, 8:45 a.m. - 5 p.m.
Member Cost: \$99 - waitlist only

The Last Ship starring Sting

Thursday, March 5, 3:30 - 11:30 p.m.
Member Cost: \$134 - waitlist only

Auto Desk Gallery and Anchor Brewery

Tuesday, March 24, 8:30 a.m. - 5:30 p.m.
Autodesk Gallery is renowned for its cutting-edge technology in the world of design. Explore the “future of making things” in this gallery and discover original designs of Lego, Mercedes-Benz, Nike, and more at their showcase before getting a glimpse of centuries-old craft brewing traditions on your tour of Anchor Brewery. Enjoy a gourmet, pub-style, included lunch at the Connecticut Yankee. Member Cost: \$138 - lunch included

Año Nuevo Adventure!

Thursday, April 2, 9 a.m. - 5 p.m.
Adventure to Año Nuevo Coast Natural Preserve to experience majestic elephant seals in their natural habitat! Take a docent-led walk to enjoy close-up sightings of the seals and their pups, before a hearty, delicious, and included lunch at Highway One Brewery. End the day exploring Pescadero at your leisure and the chance to taste Arcangeli Grocery’s famous artichoke garlic bread. Member Cost: \$99 - lunch included

Behind-the-Scenes on Game Day at Oracle Park

Thursday, April 9, 8:30 a.m. - 6 p.m.
Join us for a docent tour of the renowned waterfront park before taking your seat for an exciting ball game –the three-time World Series Champion SF Giants versus the Arizona Diamondbacks! Enjoy your ball game favorites and San Francisco classics for your no-host lunch. Member Cost: \$124

Wildflowers and Vines

Wednesday, April 15, 9 a.m. - 5 p.m.
Be awash in a sea of colorful wildflowers on a naturalist-led, educational tour at Sunol Regional Wilderness, before learning about the production of wine in the picturesque hills of Livermore, and tasting their wares for yourself. Enjoy a delicious three-course lunch at Zephyr Grill. Member Cost: \$126 - lunch included

new Out-to-Lunch Bunch

Tuesday, April 28, 11:30 a.m.
Red Pepper Bar and Grill, 2310 Homestead Rd. Ste. J, Los Altos. Sign up online or at the front desk.

Monterey Zoo and Cannery Row

Wednesday, April 29, 8:45 a.m. - 5:30 p.m.
Enjoy a guided walking tour of the Monterey Zoo, viewing the animals up close and learning about their fascinating behavior, before your chance to treat yourself to the memorable experience of feeding the elephants. Enjoy lunch at Louie Linguini’s before time to discover the unique history and appeal of Cannery Row. Member Cost: \$136 - lunch included

new Frida Kahlo at the deYoung

Wednesday, May 13, 8 a.m. - 4:30 p.m.
Delight in two outstanding exhibits on view at the de Young Museum with a docent-led tour of *Frida Kahlo*:

Appearances Can Be Deceiving, before time at your leisure to explore *Judy Chicago: A Retrospective* along with the wonderful permanent exhibits. In addition, enjoy a delicious no-host lunch at their fantastic café. Member Cost: \$104

new **Riverdance**
25th Anniversary

Sunday, May 17, 3:15 - 9:30 p.m.

Join us for the thrilling energy and passionate dance of world-wide sensation *Riverdance*. The show debuts a new and updated version of the iconic original in celebration of its 25th anniversary, here for only a three-day run. Experience this heart-pounding spectacle from orchestra seats, and explore a wide selection of gourmet options in San Pedro Square for no-host dining before the show. Member Cost: \$134

new **Explore Napa**

Thursday, May 21, 8 a.m. - 6:30 p.m.

Enjoy a lovely spring day amid the beauty, history, architecture, and culinary delights of downtown Napa. Start the day with a guided walking tour along the beautiful Napa River before indulging in a delicious no-host lunch at the epicurean paradise Oxbow Market. The foodie adventure continues at famed culinary college CIA Copia, with a tour of the facility and gardens as well as a private farm-to-table themed Chef's Class. Member Cost: \$115

new **Verdi's *Ernani* at the San Francisco Opera**

Thursday, June 4, 9:30 a.m. - 7 p.m.

Back by popular demand! Experience the view and excitement of grand opera in person by attending a final dress rehearsal of Verdi's *Ernani* at the War Memorial Opera House and enjoy an authentic Italian hosted lunch at Doppio Zero Pizzeria Napolentana in San Francisco. Member Cost: \$125 - lunch included

new **Gems of the East Bay featuring Rosie the Riveter**

Tuesday, June 9, 8:30 a.m. - 6:30 p.m.

Soak in the history, beauty, tastes and treats of the East Bay on this enlightening trip. Learn more about the fascinating history of Richmond's wartime factories, shipyards and workers on an inspiring visit to Rosie the Riveter National Historical Park. Indulge

in a delicious lunch at Fenton's Creamery, and cap off the day with a sweet visit to the Jelly Belly factory. Member Cost: \$105 - lunch included

new **Built in San Francisco**

Tuesday, June 16, 10 a.m. - 5:30 p.m.

Do you enjoy the dreamy aroma of a bakery and the view of the bay? Then you are in for a treat as our day begins with a docent-led tour of the Boudin Bakery Museum and a delicious hosted lunch at Bistro Boudin. Visit the roots of more household names native to San Francisco with time to explore at Ghiradelli Square and the Levi Strauss & Co. Visitor Center. Member Cost: \$125 - lunch included

new **San Francisco Rooftop Gardens and Ferry Building**

Wednesday, June 24, 8:30 a.m. - 5:30 p.m.

Experience the awe of beautiful rooftop gardens and gorgeous views of the City on your guided rooftop garden walking tour in San Francisco. Enjoy a delicious no-host lunch at the famed Ferry Building followed by a guided tour to learn the unique history of this San Francisco icon—from being a hub for world-travelers to its transformation into a world-class food market. Member Cost: \$97

EXTENDED TOURS

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

America's Music Cities

8 days, May 22 - 29, 2020

Nashville - Memphis - New Orleans

Spotlight on the French Riviera

9 days, October 31 - November 8, 2020

Sign up by May 1 and save \$250!

new **Tour Presentation**

Monday, April 20, 10 a.m.

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

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

MARCH ACTIVITY HIGHLIGHTS

St. Patrick's Day and March Birthday Bash

Wednesday, March 18, 12 p.m.

Join us for St. Patrick's Day featuring Irish entertainment plus corned beef and cabbage, carrots, potatoes, and dessert. Members with March birthdays will be honored. Preregistration required. Vegetarian option available when registering. Space is limited. Members \$12, senior guests add \$5 day pass.

聖帕特里克節日午餐和慶生宴- 3/18 (週三), 中午12點參加我們的愛爾蘭傳統聖帕特里克節, 享受特色的愛爾蘭娛樂, 加一頓咸牛肉, 卷心菜, 胡蘿蔔, 土豆和令人滿意的甜點。我們將對三月壽星(會員)表示敬意。註冊時可選擇素菜。會員\$12, 耆英來賓加付當日門票\$5。

Age Well, Drive Smart

Wednesday, March 4, 9 a.m. - 1 p.m. **free**

CHP presents topics such as myths about older drivers, age-related changes, safe driving, and more. Receive a certificate that some insurance companies accept for discounts. Members free, senior guests pay \$5 day pass. Sign up online or at the lobby table.

Fall Prevention

Wednesday, March 11, 10 - 11:30 a.m. **free**

Identify fall risks, learn simple and effective home modifications, and connect with resources for safety and wellness. Presented by Santa Clara County Fire. Members free, senior guests pay \$5 day pass.

new AARP Smart DriverTEK

Wednesday, March 11, 1:30 - 3 p.m. **free**

Smart DriverTEK offers an interactive way to stay up-to-date on the latest safety technology in your car such as detection/warning systems and more. Open to the public. Sign up online or at the lobby table.

Volunteer Advisory Council

Monday, March 16, 1 - 2:30 p.m.

Join the Volunteer Advisory Council for their bi-monthly meeting to discuss pertinent Senior Center issues. The Council is always looking for new members to bring fresh ideas and innovative suggestions. The opportunity to hold an officer position on the Advisory Board is also available!

League of Women Voters: Census 2020, Voter's Choice Act

Monday, March 16, 1 - 2 p.m. **free**

Census 2020 is the Constitutionally mandated count of ALL residents in the United States every 10 years. Census results determine Congressional Representation and funding for a variety of public institutions and projects. Learn more about it, and ask questions. Members free, senior guests pay \$5 day pass. Sign up online or at the lobby table.

Census 2020 Presented by the Asian Law Alliance

3月16日星期一, 下午2點15分至3點45分 **free**

請參加我們的講座來認識2020年人口普查, 並瞭解為甚麼每一個居住在美國的人都應該積極參與人口普查。由亞洲法律聯盟主辦。會員免費, 非會員多加當日活動費\$5。可以在網上或前臺報名。

Classics and Cookies Concert

Friday, March 20, 5 p.m. **free**

Enjoy a musical evening of past and present classics presented by the Harker Tri-M performance group. Light refreshments will be served. Members free, senior guests and general public pay \$5 day pass.

古典與西餅演奏會 3/20 週五 5 p.m.

Harker Tri-M 樂隊將為我們演奏古今的古典音樂, 備有簡單點心招待, 會員免費, 非會員\$5。

The Better Part Encore Presentation: The Inner World of Tai Chi

Friday, March 27, 2 - 3 p.m. **free**

The Better Part TV presents "The Inner World of Tai Chi," explaining the concepts and practice of Tai Chi by beloved Master Lee Ching, who will be at the presentation. The presentation is bilingual with questions answered in both English and Mandarin. Members free, senior guests pay \$5 day pass.

Afternoon Board Game Bonanza!

Saturday, March 28 & April 4, 1 - 3 p.m. **free**

Enjoy an afternoon playing board games with friends and local youth from Homestead High School's Tabletop Club. Grandchildren are welcome to join in on the fun! Light refreshments will be served. Open to the public. Sign up online or at the lobby table.

March

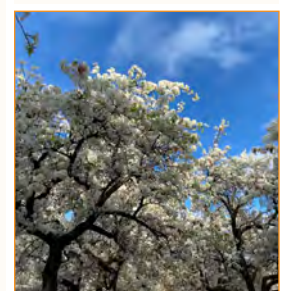


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 10-12 Golf for Seniors 12-4 Card Playing 1 Volunteer Orientation</p>	<p>3 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-11:30 Book Discussion- The Tenth Muse by C. Chung 11:30 Out-to-Lunch Bunch at Pacific Catch 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 4-6:30 Tech Assistance 5:30 Classic Film Series- Suspicion</p>	<p>4 7:30 Day Trip Preview 8 New Trip Sign-up 9 50+ Bocce Ball @ Blackberry Farm 9-1 Age Well, Drive Smart 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3 Conversations: Current Events</p>	<p>5 11:15-1:30 Needlecraft 12-2 Card Playing 12:30-2 Archery 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3:30-11:30 The Last Ship starring Sting Trip</p>	<p>6 9:30-11:30 Rhythmaires 11:30-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-3 Book Review- There There by T. Orange 1:30-4 TechTime</p>
<p>9 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社</p>	<p>10 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 4-6:30 Tech Assistance 5:30 Classic Film Series- The Trouble with Harry</p>	<p>11 9 50+ Bocce Ball @ Blackberry Farm 10-11:30 Fall Prevention Presentation 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 AARP Smart DriverTEK Presentation</p>	<p>12 11:15-1:30 Needlecraft 12-2 Card Playing 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3-4:30 Caregiver Support Group</p>	<p>13 9:30-11:30 Rhythmaires 11:30-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p>
<p>16 10-12 Golf for Seniors 12-4 Card Playing 1-2:30 Volunteer Advisory Council 1-2 Census and Voter's Choice Presentation 2:15-3:45 Census by Asian Law Alliance</p>	<p>17 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 4-6:30 Tech Assistance 5:30 Classic Film Series- Under Capricorn</p>	<p>18 9 50+ Bocce Ball @ Blackberry Farm 10-12 Case Manager Consultation 社工諮詢 12 St. Patrick's Day and March Birthday Bash (\$12) More info on page 6 欲知詳情,請參閱第六頁 12-4 Card Playing 1:30-3 Conversations: Current Events</p>	<p>19 11:15-1:30 Needlecraft 12-2 Card Playing 12:30-2 Archery 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>20 9:30-11:30 Rhythmaires 11:30-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime 5 Classics and Cookies Concert</p>
<p>23 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社</p>	<p>24 8:30-11:30 Ping Pong 乒乓 8:30-5:30 Auto Desk Gallery and Anchor Brewery Trip 9-11 Tennis 網球 10-12 TV Production - The Better Part 12-4 Card Playing 4-6:30 Tech Assistance 5:30 Classic Film Series- Marnie</p>	<p>25 9 50+ Bocce Ball @ Blackberry Farm 10-12 Case Manager Consultation 社工諮詢 10-11 Universal Class Workshop 11:45 Lunch with Friends (\$8) Chicken Fettuccini 雞肉義大利寬麵 12-4 Card Playing 1:30-3:30 Monthly Movie- Spectre</p>	<p>26 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>27 Sunny Portugal Trip Departs 9:30-11:30 Rhythmaires 11:30-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime 2-3 The Better Part Encore Presentation: The Inner World of Tai Chi</p>
<p>30 10-12 Golf for Seniors 12-4 Card Playing</p>	<p>31 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 4-6:30 Tech Assistance 5:30 Classic Film Series- Blackmail</p>	<p style="text-align: center;">City of Cupertino Senior Center 408.777.3150 Monday - Thursday: 8 a.m. - 9 p.m. Friday: 8 a.m. - 5 p.m. Saturday: 8:30 a.m. - 4:30 p.m. Email: SeniorCntr@Cupertino.org Website: www.cupertino.org/senior Find us on Facebook and Yelp!</p>		

April



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Clean Water and Storm Protection Fee Cost-Sharing</p> <p>The 2019 Clean Water and Storm Protection Fee appeared on Cupertino property tax bills in tax year 19/20. City Council approved a cost-share program to assist low-income property owners, lowering the annual fee by 20%. Apply online at Cupertino.org/watercostshare. Visit Cupertino.org/cleanwater or call 408-777-3236 for details regarding program benefits and application requirements.</p>		<p>1 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1-3 Spring Ukulele Concert 1:30-3 Conversations: Current Events</p>	<p>2 9-12 50+ Softball 9-5 Año Nuevo Adventure! Trip 11:15-1:30 Needlecraft 12-2 Card Playing 12:30-2 Archery 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>3 9:30-11:30 Rhythmaires 11:30-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-3 Book Review- Born a Crime by T. Noah 1:30-4 TechTime</p>
<p>6 10-12 Golf for Seniors 12-4 Card Playing 1 Volunteer Orientation</p>	<p>7 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-11:30 Book Discussion- The Ninth Tiger by Y. Choo 10-12 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 4-6:30 Tech Assistance</p>	<p>8 9 50+ Bocce Ball 10-11 PressReader Workshop 10-12 Case Manager Consultation 社工諮詢 12 April Birthday Bash (\$12) More info on page 9 欲知詳情, 請參閱第頁 12-4 Card Playing</p>	<p>9 Sunny Portugal Trip Returns 8:30-6 Behind-the-Scenes at Oracle Park Trip 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 3-4:30 Caregiver Support Group</p>	<p>10 9:30-11:30 Rhythmaires 11:30-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p>
<p>13 9-10 FBI Security Presentation 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社</p>	<p>14 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production - The Better Part 12-4 Card Playing NO Tech Assistance</p>	<p>15 9 50+ Bocce Ball 9-5 Wildflowers and Vines Trip 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3 Conversations: Current Events</p>	<p>16 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 12:30-2 Archery 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>17 9:30-11:30 Rhythmaires @ QCC NO Mah Jongg 麻 NO Bingo 賓果 NO Ping Pong 乒乓 NO TechTime</p>
<p>20 10-12 Golf for Seniors 10 French Riviera Travel Presentation 12-4 Card Playing</p>	<p>21 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 4-6:30 Tech Assistance</p>	<p>22 9 50+ Bocce Ball 10-11 Lynda.com Workshop 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p>	<p>23 9-12 50+ Softball 9-11 Hearing Tests 11:15-1:30 Needlecraft 12-2 Card Playing 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>18 Saturday Senior Center CLOSED</p>
<p>27 May/June Registration Begins 10-12 Golf for Seniors 12-4 Card Playing 1:30 Day Trip Expo and Social 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社</p>	<p>28 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 at Red Pepper Bar and Grill 12-4 Card Playing 4-6:30 Tech Assistance</p>	<p>29 8:45-5:30 Monterey Zoo and Cannery Row Trip 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 11:45 Lunch with Friends (\$8) Grandma's Chili 秘製麻辣醬 12-4 Card Playing 1:30-3:30 Monthly Movie- Argo [2012]</p>	<p>24 8:30 Newsletter Collating 9:30-11:30 Rhythmaires 11:30-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p>	<p>11 Saturday NO Tech Assistance 12:30-4 Mah Jongg 麻將</p>
			<p>30 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>25 Saturday Cherry Blossom Festival NO Tech Assistance NO Mah Jongg 麻將</p>



APRIL ACTIVITY HIGHLIGHTS

April Birthday Bash

Wednesday, April 8, 12 p.m.

Celebrate April birthdays with a Russian-themed meal! Enjoy Olivier salad, Chicken Kiev, and dessert accompanied by Russian entertainment. Preregistration required. Vegetarian option available when registering. Space is limited. Members \$12, senior guests add \$5 day pass.

4月慶生會 4/8 週三, 中午12點
來與我們同享以俄羅斯為主題的慶生宴。將有奧利維爾沙拉, 基輔雞, 甜點並俄國餘興節目。註冊時可選擇素食餐, 會員\$12, 非會員多加當日活動費\$5。

new Spring Ukulele Concert - Everything's Coming up Roses

Wednesday, April 1, 1 - 3 p.m.

free

Cupertino Senior Center's Advanced Beginner Ukulele Class cordially invites you to their Spring Concert. Join in on the fun and the music, and you will quickly realize when these students host a concert at the Senior Center, everything truly is coming up roses for the guests. Light refreshments will be served. Members free, senior guests pay \$5 day pass. Sign up online or at the lobby table.

new FBI Security Presentation

Monday, April 13, 9 - 10 a.m.

free

Join us for an interesting talk presented by the FBI. Learn the basics of financial investigations, as well as ways to protect yourself from romance scams, business email compromise, tech support scams, and other internet-related scams. Open to the public. Sign up online or at the lobby table.

Hearing Tests

Thursday, April 23, 9 - 11 a.m.

free

Hearing tests will be provided by San Jose State University audiology students with instructor supervision. After the test, visit the California Telephone Access Program booth. You may qualify for a free phone that suits your needs. Please register at the front desk in person or over the phone at (408) 777-3150. Senior Center membership required.

Book Review Meeting

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

free

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

March 6 - *There There* by Tommy Orange, presented by Alan Johnson

April 3 - *Born a Crime* by Trevor Noah, presented by Dee Smith

Lunch with Friends

Join us for lunch! 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! 需要預先上網或到前臺登記。登記時提供素食選項。會員 \$8, 非會員多加當日活動費\$5。

March 25 - Chicken Fettuccini 雞肉義大利寬麵

April 29 - Grandma's Chili 秘製麻辣醬

Santa Clara County Library Presents

free

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

Universal Class

Wednesday, March 25, 10 - 11 a.m.

Register for unlimited access to over 500 free, non-credit, continuing education online courses using your Santa Clara County library card. Enroll in up to 5 courses at a time. You have six months to finish each course.

PressReader

Wednesday, April 8, 10 - 11 a.m.

PressReader provides online access to over 6,000 newspapers and magazines. This workshop presentation will teach you how to choose from among a vast range of international, regional, local, and niche publications with enhanced digital content from more than 100 countries in 60 languages.

new Lynda.com

Wednesday, April 22, 10 - 11 a.m.

Learn about this platform that has free courses in business, software, technology, and creative skills. Each course includes instructional playlists, keyword-searchable course transcripts, articles, downloadable practice files, and more!

SENIOR CENTER CLASS SCHEDULE

Class	Day	Dates	No Class	Time	Instructor	Mem. Fee
Accordion	T	3/3-4/21		1:35-3:10	R. DiBono	\$20
Active Chair Volleyball	FLEX T	3/24-5/12		1:30-2:25	M. Yonamine	\$40
Advanced Beading	Th	2/27-3/19		1:15-3:15	D. Hall	\$35
Advanced Kumihimo	Th	2/27-3/19		3:15-5:15	D. Hall	\$35
Beginning Beading	Th	4/2-4/23		1:15-3:15	D. Hall	\$35
Beginning Knitting	T	3/3-3/24		9:30-11:30	D. Hall	\$35
Beginning Knitting	T	4/7-4/28		9:30-11:30	D. Hall	\$35
Beginning Kumihimo	Th	4/2-4/23		3:15-5:15	D. Hall	\$35
Bridge: Competitive Bidding System	Sa	3/7-3/28		10-12	P. Davis	\$28
Bridge: The 2/1 Game Forcing Bidding	Sa	4/4-4/11		10-12	P. Davis	\$14
Chair Exercise	FLEX M, Th	2/24-4/16	3/26	10:15-11:15	P. Hu	\$52
Chinese Brush Painting 傳統與現代中國畫	M	3/16-5/11	3/23	8:30-10:30	M. Lee	\$60
Chinese Brush Painting 傳統與現代中國畫	M	3/16-5/11	3/23	10:40-12:40	M. Lee	\$60
Chinese Calligraphy 書法班	T	3/3-4/21		12:50-2:50	F. Jair, W. Mann	\$15
Chinese Calligraphy 書法班	T	3/3-4/21		3-5	Y. Wang, Y. Cheng	\$15
Citizenship Class 公民班	M, T, F	3/9-5/1	4/17	8:15-9:45	V. Wong, C. Chung	\$20
Conversational English 英語會話班	M, T	3/9-4/28		10-11:45	P. Chun, V. Wong	\$20
Conversational Mandarin - Level 2	F	3/20-5/15	3/17	10-11	K. Hu	\$40
Conversational Mandarin - Level 3	Th	3/19-5/14		9-10:30	L. Gao	\$40
CSC Wednesday Jam	W	3/4-4/22		3-4:40	J. Cunningham	\$15
ESL - Advanced 高級英語班	Th	3/26-5/14		10-12	L. North	\$30
ESL - Basic and Easy 初級英語班	M	4/13-6/8	5/25	10-12	L. North	\$30
ESL - Intermediate 中級英語班	W	3/4-4/22		10-12	L. North	\$30
ESL - Intermediate Conversation 中級對話班	T	3/31-5/19		1:30-3	J. Andrushko	\$20
Feldenkrais Method	FLEX T	3/3-4/21		9:30-10:30	M. Westlaken	\$40
HarmoniKatz Performance Band	M	3/16-4/27		3:45-5:15	D. Ng	\$15
Hatha Yoga	FLEX Th	3/5-4/23		2:30-3:30	V. Bhat	\$50
Hula - Beginning	M	3/30-5/18		11:45-12:40	J. Pereria-Anderson	\$15
Hula - Performance Group	M	3/30-5/18		12:55-1:55	J. Pereria-Anderson	\$15
Humanities	T	3/31-5/19		10:30-12:30	C. Jech	\$40
Japanese - Beginning I	Th	3/19-5/7		11-12	K. Wang	\$35
Japanese - Beginning II	T	3/17-5/5		11-12	K. Wang	\$35
Japanese - Intermediate	T, Th	3/17-5/7		9:45-10:45	K. Wang	\$70
Matter of Balance	Th	3/26-5/14		2-4	Stanford	\$0
Nutrition Made Easy: Arthritis, Aches, and Pain Relief	F	4/3		1:30-3:30	J. Oh	\$25
Nutrition Made Easy: Celebrating Pie	M	3/9		10-12	J. Oh	\$40
Nutrition Made Easy: Healthy Bones, Preventing Osteoporosis	F	3/20		1:30-3:30	J. Oh	\$25
Nutrition Made Easy: Tuscan Farmhouse Flavors	M	4/6		10-12	J. Oh	\$40
Painting w/ Oil & Acrylics at all Levels	Th	3/5-4/23		8:45-11:45	J. Chin, B. Garcia	\$40
U.S. History	T	3/3-3/24		12:35-1:35	R. DiBono	\$15
Ukulele - Advanced Beginning	T	3/3-4/28		3:15-4:45	D. Ng	\$22
Ukulele - Beginning	T	3/3-4/28		1:30-3	D. Ng	\$22
Ukulele Strum, Pick, and Sing	M	3/30-5/18		1:30-3:15	S. Chen	\$15
VivAsia Chair Lotus	FLEX S	2/29-4/11		11:15-12:15	M. Kao	\$10
VivAsia Lotus	FLEX S	2/29-4/11		10-11	M. Kao	\$10
Yoga for Seniors w. Dr. Sheri Bortz	Th	2/27-3/26		4:30-6	S. Bortz	\$50
Yoga for 50+ Beyond Barre and Stretch	FLEX T	3/3-4/21		4-5	P. Hu	\$40
Yuan Chih Dance 元極舞	FLEX F	2/28-4/10		10-11:30	A. Fung, H. Hwang	\$15
Zumba Gold @ QCC 中老年尊巴	FLEX M	3/23-5/11		2:30-3:30	P. Hu	\$37
Zumba Gold @ QCC 中老年尊巴	FLEX F	3/13-5/1		2:30-3:30	G. DuVal	\$37
Evening Classes						
Chinese Painting with May Shei	Th	4/2-5/14		5:30-8	M. Shei	\$68
Chinese Brush Painting 傳統與現代中國畫	W	2/26-4/22	3/25	6-8	M. Lee	\$60
Line Dance - Beg. 初級排舞	Th	3/26-5/14		7-8:30	K. Chang	\$48
Line Dance - Int. 先進初級排舞	T	3/17-5/5		7-8:30	K. Chang	\$48
Yoga Foundations	T	3/17-5/5		5:15-6:30	R. Narayanan	\$56
Computer and Technology Classes						
Cyber Security	M	3/30-4/20		10-11:20	C. Helvey	\$22
iPad Beginning	T	3/10-4/21		1-3	R. Schiros	\$38
iPad Intermediate	Th	3/12-4/23		1-3	R. Schiros	\$38
蘋果手機/蘋果平板電腦初級班	W	4/1-4/22		1-3	L. Su	\$22

CLASS HIGHLIGHTS

Nutrition Made Easy

new Celebrating Pie

Monday, March 9, 10 a.m. - 12 p.m.
Celebrate Pie in March with three easy, healthy, and amazing pies. One savory and two sweet. Plus, all attendees take home all three pies made to enjoy later. Members \$40.

new Healthy Bones, Preventing Osteoporosis
Friday, March 20, 1:30 - 3:30 p.m.

Understand how diet, physical activity, and other lifestyle factors strengthen bones and prevent osteoporosis. Bones play many roles in the body—providing structure, protecting organs, anchoring muscles, and storing calcium. Learn easy tips and ways to keep your bones healthy. Members \$25.

new Arthritis, Aches, and Pain Relief

Friday, April 3, 1:30 - 3:30 p.m.
Do you have aches, pains, and stiffness in your joints? Understand how diet, physical activity and other lifestyle factors can help relieve aches and pains. Join us to discover what helps and what may make it worse. Members \$25.

new Tuscan Farmhouse Flavors

Monday, April 6, 10 a.m. - 12 p.m.
Tuscan cooking is characterized by delicious, bright flavors. Discover how to make three amazing Tuscan-style recipes using local, fresh ingredients. Everything we make, you get to take home to enjoy later. Members \$40.

All diets and preferences accommodated. Instructor: Jen Oh.

new Painting with Oils and Acrylics at All Levels

Thursday, March 5 - April 23, 8:45 - 11:45 a.m.

Come join the friendliest artists in town, and paint 'til you drop! Student facilitators will provide personal feedback on your work, but the class is open to anyone at any level to come and paint in the medium of their choice. Class members encourage each other in this open paint session that doesn't have guidelines or curriculum—just painting! Student Facilitators: Jerome Chin, Beth Garcia. Members \$40.

new Yoga for Seniors with Dr. Sheri Bortz

Thursday, February 27 - March 26, 4:30 - 6 p.m.

This yoga class is designed for the older body. Each class has instruction in poses, breath, relaxation, and yoga philosophy. There is support for working at your own pace and plenty of guidance from the instructor. You do not need to be flexible or strong to take this class, but you do need to be able to get from standing to the floor and up again. Sheri is a retired medical doctor with 40 years of medical experience and 17 years of teaching yoga. She is well-versed in modifying poses for individual students. Yoga mat required. All equipment will be discussed day one. Instructor: Sheri Bortz. Members \$50.

Cyber Security

Monday, March 30 - April 20, 10 - 11:20 a.m.

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

Apple Assistance

Thursday, March 5, 19, April 2, 16, 2 - 6 p.m.

Own an Apple product and have questions? Receive one-on-one assistance with your device so you can use all its features! Appointments scheduled on a first-come, first-served basis. Instructor: Brock Carpenter. Members \$5, senior guests add \$5 day pass.

iPhone/iPad in Mandarin

蘋果手機/蘋果平板電腦初級班 - 國語授課
週三, 4月1-22, 1-3 p.m.

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:請帶充足好電的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\$22.

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

new

Conversations: Current Events



1st and 3rd Wednesday of the Month, 1:30 - 3 p.m.

Examine facts and opinions as the group explores local, national, or world events. Jack Truher will host this group as participants engage in respectful conversation, aware that the personal experience of each participant also interprets current events. Join the conversation series for any session. Members free, senior guests pay \$5 day pass.

50+ Softball is Back!

Thursday, March 26 - December 10, 9 a.m. - 12 p.m.

Get out, be happy, and bring a friend—50+ Softball is back! Memorial Park is home to the Cupertino Geezers who warm up and take batting practice beginning at 9 a.m. A pick-up game starts promptly at 10 a.m. each week. Fee is \$50 for the season. Senior Center membership required. Sign up online or at the front desk.



Monthly Movies

007 Spectre

[PG-13] 2015, Columbia Pictures, Eon Productions, Danjaq LLC, and Metro-Goldwyn-Mayer

Wednesday, March 25, 1:30 - 3:30 p.m.

Get ready for the next Bond film, *No Time to Die*, by catching the last one! James

Bond (Daniel Craig) pursues a cryptic message from the past, discovering the mysterious organization, SPECTRE, along the way. Soon Bond learns of a chilling connection between himself and the enemy he pursues (Christoph Waltz). Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

free



Argo

[R] 2012, GK Films and Smokehouse Pictures

Wednesday, April 29, 1:30 - 3:30 p.m.

November 4, 1979—militants storm the U.S. Embassy in Tehran. Sixty-six Americans are taken hostage, but six manage to slip away and hide with the Canadian Ambassador. This is the story of “extractor” Tony Mendez’s (Ben Affleck) daring plan to rescue them. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

free

CASE MANAGERS' CORNER

Schedule Appointments

Please call 408.777.3150 to make appointments for the following services:

Health Insurance Counseling (HICAP)

Monday, March 9, 23,
April 13, 27, 1 - 3 p.m.

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

Housing Resources

Monday, March 2, 16,
April 6, 20, 2 - 4 p.m.

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

租屋諮詢 - 3/2, 3/16, 4/6, 4/20 (週一), 2 - 4 p.m. 耆英中心會為長者提供老人公寓名單作為參考。由於資源有限, 本中心員工將不能為長者打電話查詢公寓資料, 填寫公寓表格, 或遞送表格。

Senior Adult Legal Aid (SALA)

Friday, March 6, 13, 20,
April 3, 10, 17, 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 3/6, 3/13, 3/20, 4/3, 4/10, 4/17,
10:30 a.m. - 12:30 p.m. 60歲以上, 並住在聖縣。

Caregiver Support Group

Thursday, March 12, April 9,
3 - 4:30 p.m.

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

This program helps seniors obtain community resources enabling them to remain independent and safe in their home. Case Managers provide assessments to determine the needs for services; coordinate and ensure legal services are in place. Home visits can be provided to homebound seniors living in Cupertino. Free service, membership required. Drop-in consultations with Case Managers are Wednesday, 10 a.m. - 12 p.m. or by appointment Monday - Friday, 8 a.m. - 5 p.m. Mandarin and Cantonese language available by scheduled appointment only—please call 408.777.3152.

本中心為住在庫市的耆英提供社工服務。該服務包括為耆英尋找各種社區資源以助耆英繼續過獨立和安穩的生活。行動不便的長者, 社工可提供家訪。此服務免費, 需會員。約談時間: 週三早上10至中午12, 無需預約。週一至五, 辦公時間早上8到下午5, 需預約。如需要國粵語翻譯, 請致電留言。408.777.3152預約, 可用中文留言。

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, March 9, 23,
April 13, 27, 1:30 - 2:30 p.m.
Tuesday, March 3, 17, 31
April 7, 21, 12:15-1:15 p.m.

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





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

new Library Film Series: Hitchcock

Tuesdays in March, at 5:30 p.m.

Put yourself in the cinematic hands of the maestro of movie mayhem—Alfred Hitchcock. This special edition of the Classic Film Series presents five of Hitchcock's oft-overlooked masterpieces! Join filmmaker and educator Mark Larson for an in-depth look into the workings of these brilliant motion picture thrillers! Spirited group discussion follows every film! More details at the lobby table. Provided in collaboration with the Cupertino Library Foundation.

March 3



March 10



March 17



March 24



March 31

