

AGE OUT LOUD!

Age is just a number. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.



May is Older Americans Month, and the senior center is focusing on redefining aging by providing ways for you take charge of your health and staying independent for as long as possible. “Age Out Loud” by taking a new class, attending a health presentation, or stepping out of a comfort zone and trying something new! Throughout the month of May and beyond, the senior center encourages you to get involved and Age Out Loud!

HEALTHY, WEALTHY, AND WISE!

**SUMMER LECTURE SERIES PRESENTED BY
 BREATHE CALIFORNIA OF THE BAY AREA**

Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

COPD

MONDAY, MAY 15, 10AM

Chronic Obstructive Pulmonary Disorder, or COPD, affects millions every year. Learn about the types, epidemiology, causes and exposures, symptoms, treatments and therapies, and triggers of the disease.

EAT SMART, BE WELL

MONDAY, MAY 22, 10AM

Specific foods can improve chronic diseases and other illnesses. Many foods contain certain vitamins that aid health. After beginning with the basics, the presentation will go in-depth about the benefits of eating the right foods.

TALKING WITH YOUR DOCTOR

MONDAY, JUNE 5, 10AM

Make the most of your next doctor visit by preparing questions and medication lists. Learn about the ten steps to a successful doctor visit and take away tools to get started.

FINANCIAL WELLNESS

MONDAY, JUNE 19, 10AM

Learn about how to safely manage money properly, how to prevent identity theft and online scams, and other tips to keep a healthy pocketbook.

VOLUNTEER CORNER

ENGAGE TODAY, THRIVE TOMORROW

There are many different types of volunteer opportunities at the Cupertino Senior Center. You can interact with members, work behind the scenes, teach courses, or even perform out in your community. Each volunteer plays a pivotal role in creating a positive, healthy, and connected community.

How to apply: Prospective senior center volunteers must be current members of the senior center and 50+ in age. Find and apply for volunteer opportunities at www.cupertino.org/volunteer. To learn more, contact SeniorCntr@cupertino.org or call 408.777.3150.

今天參與，明天茁壯成長 在Cupertino的耆英中心有許多不同類型崗位的義工與會員互動，在幕後，教學課程，並延伸至我們的社會中。每個志願者都有舉足輕重的作用在建立一個積極，健康，和連接社區。如何申請：耆英中心的義工必須是現任會員，並在50歲以上。查詢和申請志願者機會在 www.cupertino.org/volunteer。要了解更多信息，請聯繫 SeniorCntr@cupertino.org 或致電 408.777.3150。

NOW RECRUITING GOLF TOURNAMENT COMMITTEE MEMBERS

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. To learn more, visit Cupertino.org/volunteer and click on 50+ or call 408.777.3153.

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Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **May 3**, 8am; Non-member *begins* May 10
 → Day Trip Preview starts at 7:30am ←

Historic Petaluma River Cruise

Thursday, May 11, 7:30a-5:30p

Join us for a day aboard the River Dolphin with a three-hour narrated boat tour of the historic Petaluma Riverfront while enjoying lunch on board. Then embark on a one-hour docent-led walking tour of historic Petaluma.

Member Cost: \$168 - lunch included

San Francisco Giants

Wednesday, May 17, 10:30a-5:30p

Take me out to the ball game! Watch the three-time World Series Champion San Francisco Giants play their rivals, the Los Angeles Dodgers at AT&T Park from view level seats. Enjoy a wide variety of food vendors for your no-host lunch.

Member Cost: \$106

Casablanca

with the San Francisco Symphony

Friday, June 2, 3:45-11p

Join us for an unforgettable experience to enjoy this 75-year-old great American classic about love and war while listening to the symphony orchestra play its score. Be swept into the drama with Max Steiner's moving, Oscar-nominated score and timeless performances. Enjoy time for a no-host meal in downtown Burlingame.

Member Cost: \$121

On the Road to The Summer of Love with Gary

Wednesday, June 7, 8a-5:45p

Enjoy all of the unique tidbits Gary has to offer as we tour through Haight-Ashbury and North Beach to celebrate the 50th anniversary of the Summer of Love. Also enjoy a delicious lunch at Fior d' Italia.

Member Cost: \$135 - lunch included

Horse Racing at Golden Gate Fields

Friday, June 16, 10:30a-6:30p

Member Cost: \$86 - waitlist only

Glenn Miller Orchestra

Thursday, June 22, 3-9:30p

Join us for a night of swing in orchestra seating with the famed, loved, and well-known sounds of the swing era - the Glenn Miller Orchestra at the California Theater in downtown San Jose. Enjoy a delicious dinner at the Old Spaghetti Factory.

Member Cost: \$149 - dinner included

San Francisco Pride Parade

Sunday, June 25, 8a-4p

Celebrate diversity, watching live as thousands of people parade down Market Street. Experience this colorful San Franciscan tradition of the LGBT community and choose from a variety of options for your no-host lunch.

Advisory: This event may include visuals or behaviors considered vulgar or offensive by some attendees.

Member Cost: \$113

Victorian Home Walk & Cable Car Museum



Wednesday, July 12, 8:30a-4:45p

Join us to tour Pacific Heights with its colorful Victorian row houses and learn the history of this upscale San Francisco neighborhood. Visit the San Francisco Cable Car museum, which houses antique cable cars and the functioning cable car powerhouse and depot. Enjoy a delicious hosted lunch at the Stinking Rose.

Member Cost: \$129 - lunch included

USS Hornet and Alameda

Tuesday, July 18, 8:30a-5p

Welcome aboard the aircraft carrier USS Hornet for a docent-led tour of this unique historical venue, with its unforgettable view of the San Francisco skyline and the Bay Bridge. Explore the many passageways, decks and compartments of this famous ship and its vintage aircraft. Then, enjoy a no-host lunch in downtown Alameda and visit the unique shops for which this area is known.

Member Cost: \$82

A Day in the Mission

With Gary Holloway

Thursday, July 27, 8:30a-5p

Join the incomparable Gary Holloway as he shows us around his neighborhood -- the fabulous San Francisco Mission District! Our visit will highlight Mission Dolores and the Balmy Alley murals, and include time to enjoy a delicious included lunch.

Member Cost: \$131 - lunch included

Oakland Museum of California

Thursday, August 3, 10a-3:30p

Explore California character and identity on a private docent-led tour at the Oakland Museum of California, and take the chance to experience the instantly recognizable and iconic works of Dorothea Lange. Enjoy a no-host lunch at the museum's Blue Oak Café.

Member Cost: \$63

San Francisco's Pier 39

Tuesday, August 8, 8:30a-5:30p

Join us for a fun ferry ride with spectacular views across the Bay and under the Bay Bridge. Then delight yourself in the dozens of sights, sounds, and tastes to explore at the 60 specialty shops at Pier 39.

Member Cost: \$59

A Taste of Santa Cruz

Thursday, August 17, 10:30a-7p

The best judge of the quality of food or drink is the person holding it in their hand, especially after a little education and tasting in Santa Cruz. Join us for some fun and learning as we make our way to lunch and a few of the many micro-breweries populating the area.

Member Cost: \$136 - lunch included

San Francisco Zoo

Wednesday, August 30, 9:30a-4p

With nearly 100 acres, 136 different species of animals, and 44 sculptures at the San Francisco Zoo, you have plenty to explore and discover. Join us for a day at the wonderful San Francisco Zoo with a docent-led private Wild Walk that will highlight select exhibit areas and end with a very special animal encounter!

Member Cost: \$85

Muir Woods and Sausalito

Thursday, September 7, 8a-5p

Connect with nature at the majestic Muir Woods National Monument to appreciate this cathedral of redwoods. Enjoy lunch at The Spinnaker with gorgeous waterfront views before exploring Sausalito's waterfront and browsing the unique shops.

Member Cost: \$109 - lunch included

Beach Blanket Babylon

Wednesday, October 4, 4-11p

Join us to see *Beach Blanket Babylon*, the world's longest-running, ever-changing, and hilarious pop-culture musical revue with a no-host dinner in North Beach! Enjoy a perfect night out with friends, old and new!

Member Cost: \$106

EXTENDED TOURS

Take a trip to explore history, nature, or culture in our own backyard, or across the globe. For more information, call 408.777.3375, or email AlexC@Cupertino.org. Sign up for travel presentations at the front desk.

Canadian Rockies by Train

9 days, September 14-22

Travel Presentation May 8, 2:30p and June 7, 2:30p

Spotlight on San Antonio Holiday

5 days, December 11-15

Travel Presentation May 8, 2p and June 7, 2p

OUT-TO-LUNCH BUNCH

Tuesday, June 27, 11:30a 

Il Postale

100 S. Murphy Ave. Sunnyvale, CA

Please register at the front desk.

MAY ACTIVITY HIGHLIGHTS

Cinco de Mayo and May Birthday Bash

Wednesday, May 10, 12pm

Join us for a Cinco de Mayo celebration and a game of loteria hosted by Lupe and Rafael! Enjoy pork chili verde stew, cabbage slaw with lime and garlic dressing, refried beans, Mexican rice, cornbread, and tres leches cake. Vegetarian chili verde option available when registering. Members with May birthdays will be honored. Member fee \$10, senior guests add \$5 day pass.

五月五日節和慶生宴午餐 - 5/10 (週三), 中午12點. 請來與我們一起慶祝五月五日節和玩有墨西哥特色的賓果遊戲, 並享用綠椒焗豬肉, 椰菜沙拉, 墨西哥米飯, 玉米麵包, 和美味甜點. 我們將對五月壽星(會員)表示敬意. 註冊時可選擇素菜. 會員\$10, 耆英來賓多加付當日活動費\$5.

50+ Bocce Ball

Wednesday, 9-11:30am

Enjoying the outdoors is easy to do at Blackberry Farm Park alongside the Stevens Creek Trail. Members can meet new people and have fun while playing a game of Bocce. First time players welcome, instructions are available. Free for members. Meet at Blackberry Farm Bocce Courts.



Spring Music Concert

Wednesday, May 24, 1:30-3pm

Take part in an afternoon of musical fun and fellowship lead by the Harmonikat and Ukulele Band. Light refreshments will be provided. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

FREE!

TechTime With Paul

Friday, 1:30-4pm

Members can drop-in to use a Mac or PC to browse the web, practice skills, or ask simple questions in the senior center's Technology Lab on a first-come, first-served basis. Free for members. Senior center membership required.



Medicare Fraud Presentation

Monday, May 8, 1-2pm

Discover how to protect yourself against Medicare fraud during this informative presentation. HICAP Counselor Abe Wischnia will discuss ways to protect your identity from falling victim to common scams aimed toward Medicare subscribers. Open to the public. Sign up at the lobby table.

Monthly Movie

Wednesday, May 31, 1:30-3:30pm

FREE!

The Book Thief (2013)- In 1938, young orphan Liesel (Sophie Nélisse) arrives at the home of her new foster parents, Hans (Geoffrey Rush) and Rosa (Emily Watson). When Hans learns that Liesel cannot read, he teaches the child the wonders of the written language. Liesel grows to love books, even rescuing one from a Nazi bonfire. Liesel's new family situation becomes precarious when they secretly shelter a Jewish boy whose father once saved Hans' life. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

Dream Stories: Learn, Share, Enjoy

Presentation: Monday, May 1, 1-2:30pm

Group: Tuesday, May 2-June 6, 1-2:30pm



Dreams can be a way to learn more about ourselves and others as we explore our dreams. Learn techniques to help remember your dreams, as well as a way to integrate your dream life with your waking life. Join Vivian I. Silva, MSW/SJSU instructor in this engaging and fun group! Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

Cribbage

Wednesday beginning May 3, 1:30-3:30pm



A cribbage master is available to show tips and tricks for the art of playing the popular game of cribbage. Join us each Wednesday to meet new people and enjoy the camaraderie of this fun card game. Open Cribbage from 1:30-3:30pm. Beginners welcome. Free for members, senior guests pay \$5 day pass.

Lunch with Friends

Wednesday, May 24, June 21, 11:45am

Enjoy a delicious meal on our deck, weather permitting. Pre-registration is required, and a vegetarian option is available when registering. Member fee \$6, senior guests add \$5 day pass.

星期三午餐, 中午11:45點, 歡迎參加我們的午餐! 如天氣好, 我們將會在陽台上用餐. 需要提前報名 會員費\$6, 非會員需多加當日活動費\$5.

May 24- Peanut chicken salad, wonton soup, and fresh raspberry and lemon cheesecake bar for dessert.

5/24- 花生雞肉沙拉.

June 21- Ham and cheese soufflé tartine, Terra chips, green salad, and strawberry shortcake for dessert.

6/21- 火腿起司蛋奶酥.

MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10-12 Golf for Seniors 12-4 Card Playing 1-2:30 Dream Stories Presentation	2 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10:30-11:30 Book Talk— <i>I Am Malala</i> by Malala Yousafzai 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 1-2:30 Dream Stories Group	3 7:30 Day Trip Preview 8 New Trip Sign-up Day 9 50+ Bocce Ball 10-1 Cooking with Suzanne Cinco de Mayo Fiesta 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Open Cribbage	4 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	5 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>Sarah's Quilt</i> , by Nancy E. Turner 1:30-4 TechTime with Paul
8 10-12 Golf for Seniors 12-4 Card Playing 1-2 Medicare Fraud Presentation 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社 TRAVEL PRESENTATIONS 2 San Antonio Holiday 2:30 Canadian Rockies by Train	9 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 1-2:30 Dream Stories Group	10 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 10 Discover and Go! Workshop 12 May Birthday Bash (\$10) Pork Chili Verde Stew 綠椒焗豬肉 12-4 Card Playing 1:30-3:30 Open Cribbage	11 7:30-5:30 Historic Petaluma River Cruise Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3-4:30 Caregiver Support Group	12 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul
15 10-12 Golf for Seniors 10 COPD Presentation 12-4 Card Playing 1 Volunteer Advisory Council Meeting—Visitors Welcome	16 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 1-2:30 Dream Stories Group	17 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 10:30-5:30 San Francisco Giants Trip 12-4 Card Playing 1:30-3:30 Open Cribbage 1-2:30 Let's Talk Current Events	18 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	19 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul
22 10-12 Golf for Seniors 10 Eat Smart, Be Well Nutrition Presentation 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	23 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 1-2:30 Dream Stories Group	24 9 50+ Bocce Ball 10 Extra! Extra! Workshop 10-12 Case Manager Consultation 社工諮詢 12 Lunch with Friends (\$6) Peanut Chicken Salad 花生雞肉沙拉 12-4 Card Playing 1:30-3:30 Open Cribbage 1:30-3 Spring Music Concert	25 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	26 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul
29  SENIOR CENTER CLOSED 耆英中心歇業	30 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 1-2:30 Dream Stories Group	31 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Open Cribbage 1:30-3:30 Monthly Movie - <i>The Book Thief</i> (2013)	CITY OF CUPERTINO SENIOR CENTER 408.777.3150 Hours: Monday-Thursday 8am-7:30pm Friday 8am-5pm Email: SeniorCntr@Cupertino.org Website: www.cupertino.org/senior Find us on Facebook and Yelp!	

JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">BOOK DISCUSSION</p> <p style="text-align: center;"><i>Tuesday, May 2, 10:30-11:30am</i> <i>I Am Malala</i> by Malala Yousafzai</p> <p style="text-align: center;"><i>Tuesday, June 6, 10:30-11:30am</i> <i>Eighty Days</i> by Matthew Goodman</p> <p>Led by Santa Clara County Library. Free for members, senior guest add \$5 day pass.</p>	<p style="text-align: center;">CUPERTINO SENIOR CENTER 408.777.3150 <i>Monday-Thursday:</i> <i>8am-7:30pm</i> <i>Friday: 8am-5pm</i></p> <p style="text-align: center;"><i>SeniorCntr@Cupertino.org</i> <i>www.cupertino.org/senior</i> Find us on Facebook and Yelp!</p>		<p style="text-align: center;">1</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 style="text-align: center;">2</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 1:30-3 Book Review-Gary <i>Mountain</i> by John Grisham 1:30-4 TechTime with Paul 3:45-11 Casablanca Trip</p>
<p style="text-align: center;">5</p> <p>10-12 Golf for Seniors 10 Talking with Your Doctor Presentation 12-4 Card Playing</p>	<p style="text-align: center;">6</p> <p>8:30-11:30 Ping Pong 乒乓 9:30-11:30 TV Production - The Better Part 9-11 Tennis 網球 10:30-11:30 Book Talk- <i>Eighty Days</i> by Mathew Goodman 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 1-2:30 Dream Stories Group</p>	<p style="text-align: center;">7</p> <p>9 50+ Bocce Ball 9:45-7:45 Summer of Love with Gary Trip 10-11 Discover and Go! Workshop 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Open Cribbage TRAVEL PRESENTATIONS 2 Spotlight on San Antonio 2:30 Canadian Rockies by Train</p>	<p style="text-align: center;">8</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 3-4:30 Caregiver Support Group</p>	<p style="text-align: center;">9</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 1:30-4 TechTime with Paul</p>
<p style="text-align: center;">12</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</p>	<p style="text-align: center;">13</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 1-2:30 Cyber Security Presentation</p>	<p style="text-align: center;">14</p> <p>9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 Luau & June Birthday Bash (\$12) Teriyaki Chicken 照燒雞 12-4 Card Playing 1:30-3:30 Open Cribbage</p>	<p style="text-align: center;">15</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 style="text-align: center;">16</p> <p>9:30-11:30 Rhythmaires Band Practice 10:30-6:30 Horse Racing at Golden Gate Fields Trip 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul</p>
<p style="text-align: center;">19</p> <p>10-12 Golf for Seniors 10 Financial Wellness Presentation 12-4 Card Playing</p>	<p style="text-align: center;">20</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 12:15-1:15 Blood Pressure Check 量血壓</p>	<p style="text-align: center;">21</p> <p>9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 10-11 Extra! Extra! Workshop 12 Lunch with Friends (\$6) Ham & Cheese Souffle Tartine 火腿起司蛋奶酥 12-4 Card Playing 1-2:30 Let's Talk Current Events 1:30-3:30 Open Cribbage</p>	<p style="text-align: center;">22</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 3-9:30 Glenn Miller Orchestra Trip</p>	<p style="text-align: center;">23</p> <p>8:30 Newsletter Collating 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul</p>
<p style="text-align: center;">26</p> <p>8 July/August Class 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</p>	<p style="text-align: center;">27</p> <p>8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 11:30 Out-To-Lunch Bunch at Il Postale 12-4 Card Playing</p>	<p style="text-align: center;">28</p> <p>9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Open Cribbage 1:30-3:30 Monthly Movie - <i>Captain Phillips</i> (2013)</p>	<p style="text-align: center;">29</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 style="text-align: center;">30</p> <p>9:30-11:30 Rhythmaires Band Practice 12 Bingo Summer Lunch (\$10) Ravioli al Pomodoro 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul</p>

JUNE ACTIVITY HIGHLIGHTS

Luau and June Birthday Bash

Wednesday, June 14, 12pm

Come swing along with our Kani Ka Pila Ukulele Band during a traditional Hawaiian Luau! Enjoy teriyaki chicken, haupia (coconut pudding), tropical fruit, sweet rolls, and fried rice. Members with June birthdays will be honored. Pre-registration is required. Members \$12, senior guests add \$5 day pass.

六月慶生宴 - 6/14 (週三), 中午12pm. 午餐將包括照燒雞, 椰奶布丁, 熱帶水果, 甜麵包和炒飯. 我們將向六月生日的會員致敬. 必須提早登記, 註冊時可選擇素菜. 會員\$12, 耆英來賓多加付當日活動費\$5.

Monthly Movie

Wednesday, June 28, 1:30-3:30pm

Captain Phillips (2013)- In April 2009, the U.S. containership Maersk Alabama sails toward its destination on a day that seems like any other. Suddenly, Somali pirates race toward the vessel, climb aboard and take everyone hostage. The captain of the ship, Richard Phillips (Tom Hanks), looks to protect his crew from the hostile pirates to make sure everyone survives and returns home safely. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

FREE!

FREE!

Book Review Meeting

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.

May 5- *Sarah's Quilt*, by Nancy E. Turner, reviewed by Carroll Maguire.

June 2- *Gray Mountain*, by John Grisham, reviewed by Alice Perkins.

Let's Talk Current Events

Wednesday, May 17, June 21, 1-2:30pm

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!

50+ Softball

Thursdays, 9am-12pm

Get out, be happy, and bring a friend—50+ Softball is back! Memorial Park is the home of the Cupertino Geezers who warm-up and take batting practice beginning at 9am. A pick-up game starts promptly at 10am each week. Fee is \$43 for the season. Membership is required.

Independence Day Celebration and July Birthday Bash

Monday, July 3, 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-7/3 (星期一), 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.



Cybersecurity Presentation

Tuesday, June 13, 1-2:30pm

Join us for this interesting presentation by two FBI agents who specialize in cybersecurity and counter terrorism. Learn ways to protect yourself from common scams/frauds, phishing, and social media safety, as well as what steps to take if you suspect fraud. They will also include an overview of general threat concerns related to terrorism. Open to the public. Space is limited, sign up at the lobby table.

Bingo Summer Lunch

Friday, June 30, 12pm

Gear up for an afternoon of bingo and join us for a delicious lunch featuring ravioli al Pomodoro (cheese), apple gorgonzola salad, garlic bread, and cannoli for dessert. Bingo begins at 1pm. Cards are sold separately, \$4-7. Pre-registration is required. Lunch for members is \$10, senior guests add \$5 day pass.

請來和我們分享一個愉快的下午, 介時你可一邊玩賓果遊戲并享用意大利式起司餛飩, 蘋果沙拉, 大蒜麵包和香炸奶酪卷. 賓果遊戲將會在一點開始, 賓果卡是另外收費\$4-7. 請提早登記, 午餐會員是\$10, 耆英來賓多加付當日活動費\$5.

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS APRIL 24	DAY	DATES	NO CLASS	TIME	INSTRUCTOR	MEMBER FEE
Accordion	T	6/13-8/8	7/4	1:30-3	R. DiBono	\$20
Ballroom Dance 交際舞 - Chinese Tango	W	5/3-5/24		1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞 - Jitterbug	W	5/31-6/21		1:30-3:30	D. Lew	\$32
Chair Exercise 座椅運動	M & Th	6/5-6/29		10:15-11:15	P. Hu	\$25
Chinese Brush Painting 傳統與現代中國畫	M	6/26-8/14		8:30-10:30	M. Lee	\$55
Chinese Brush Painting 傳統與現代中國畫	M	6/26-8/14		10:40-12:40	M. Lee	\$55
Chinese Calligraphy 書法班	T	5/2-6/27		3-5	L. Cheng, Y. Wang	\$15
Citizenship Class 公民班	M, T, F	5/1-6/26	5/29	8:15-9:45	V. Wong	\$20
Conversational English 英語會話班	M & T	6/5-7/25	7/4	10-11:45	P. Chun, V. Wong	\$20
Conversational Mandarin - Beginning	Th	6/1-7/20		9-10:30	J. Li	\$40
Conversational Mandarin - Intermediate	F	6/2-7/21		10-11:30	B. Hu	\$40
Conversational Mandarin - Advanced	Th	6/1-7/20		11-12:30	L. Gao	\$40
Cooking with Suzanne - Cinco de Mayo Fiesta	W	5/3		10-1	S. Vandyke	\$55
Erhu I 一胡班	Th	6/15-8/3		3-4:30	G. Lai	\$20
Erhu II 二胡班	T	6/13-8/8	7/4	3:15-4:45	G. Lai	\$20
ESL - Basic and Easy 初級英語班	M	5/15-7/10	5/29	10-12	Vision Literacy	\$25
ESL - Advanced Beginning 初高級英語班	W	5/17-7/5		10-12	Vision Literacy	\$25
ESL - Intermediate Conversation 中級ESL會話班	T	5/9-6/27		1:30-3	J. Andrushko	\$20
Feldenkrais Method	T	5/9-6/27		9:30-10:30	M. Westlaken	\$40
Guitar - Level I	W	5/3-6/28	5/24	3-4:30	S. Zuccaro	\$22
Guitar and Bass Jam Band	W	7/5-8/30	8/23	3-4:30pm	A. McKee	\$22
HarmoniKatz Performance Band	M	5/1-6/26	5/29	3:45-5:15	D. Ng	\$15
Hatha Yoga	Th	5/4-6/22		2:30-3:30	V. Bhat	\$50
Hula Dance - Beginning	M	5/1-6/26	5/29	11:45-12:45	D. Tengan	\$15
Hula Dance Performance Group	M	5/1-6/26	5/29	12:55-1:55	J. Pereria-Anderson	\$15
Japanese - Beginning Level I	Th	5/4-6/22		8:30-9:30	T. Terry	\$35
Japanese - Beginning Level II	Th	5/4-6/22		9:45-10:45	T. Terry	\$35
Pilates -Yoga Combo	T	5/23-6/20		11-12	H. Mojgani	\$35
Ukulele Beginning	T	5/2-6/20		3-4:30	D. Ng	\$22
Ukulele Strum-and-Sing - Intermediate	M	5/15-7/10	5/29	1:30-3:15	N. Levy	\$22
U.S. History Seminar	T	6/6-6/27		12-1	R. DiBono	\$15
Yoga for 50+ - Level I 瑜珈五十後	T	6/1-6/27		4-5	P. Hu	\$22
Yoga for 50+ - Level I 瑜珈五十後	Th	6/8-6/29		4-5	P. Hu	\$22
Yoga Foundations at the Quinlan Center	T	5/2-6/20		2:15-3:30	E. Meir	\$40
Yuan Chih Dance 元極舞	F	5/5-6/23		10-11:30	Annie & Helen	\$15
Zumba Gold at the Quinlan Center 中老年尊巴	M	6/5-6/26		2:30-3:30	P. Hu	\$20
Zumba Gold at the Quinlan Center 中老年尊巴	F	5/5-6/23		2:30-3:30	G. DuVal	\$37
EVENING CLASSES						
Chinese Brush Painting 傳統與現代中國畫	Th	4/27-6/8		5:30-8:30	M. Shei	\$55
Line Dance - Beginning 初級排舞	Th	5/18-7/6		7-8:30	K. Chang	\$48
Line Dance - Advanced Beginning 先進初級排舞	T	5/9-6/27		7-8:30	K. Chang	\$48
Total Body	W	6/7-6/28		5:30-6:30	P. Hu	\$20
Yoga Foundations	Th	5/4-6/22		5:15-6:30	E. Meir	\$40
COMPUTER AND TECHNOLOGY CLASSES						
iPad A-Z	M	5/1-5/22		4-6	K. Smith	\$38
iPad Beginning	T	5/16-6/13		1-3	R. Schiros	\$22
iPad Beginning	T	6/27-7/25	7/4	1-3:30	R. Schiros	\$22
iPad Intermediate	Th	5/18-6/15		1-3	R. Schiros	\$22
iPad Intermediate	Th	6/29-7/27		1-3	R. Schiros	\$22
iPad Painting	T	6/6-6/27		4-6	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



Guitar Level 1

Wednesday, May 3-June 28, 3-4:30pm

Discover how to play folk, classic country, and some favorite songs from the 40's, 50's, and 60's with basic chords and various strums. Bring your EADGBE tuned 6-string guitar, your electronic tuner, music stand, picks and capo. No Class 5/24. Member fee \$22. Instructor Sam Zuccaro.



Discover and GO!

Wednesday, May 10, June 7, 10-11am

Discover and GO! a new virtual museum pass program for Santa Clara County Library District cardholders, offers library users the ability to reserve admission passes to more than 25 museums and venues throughout the greater bay area. Presented by the Santa Clara County Library. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.



Guitar and Bass Jam Band

Wednesday, July 5-August 30, 3-4:30pm

Enjoy fellowship while strengthening your skills as we jam together. A group for intermediate guitar players who know basic chords and strums and for bass guitar players who know how to play. Lead by Andrea McKee, Dick Francis and Sam Zuccaro. Bring song sheets so we can jam together and join the fun! Member fee \$22. Instructor Andrea McKee.

FUHSD Adult School

Summer Session: June 12-July 21

Painting, Fitness, Aerobics, Strength Training, TaiChi, Line Dancing, and Writing. Classes are held at the senior center, and membership is required. See class listings online at www.fuhсадultschool.com. No Classes: 7/4

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, 成人學校課程包括繪畫, 健身, 有氧運動, 太極, 排舞, 和寫作班。您也需要是耆英中心會員, 會費是庫市居民23元一年, 非居民28元。6/12-7/21。7/4沒有課。

The Better Part

Cupertino Channel 15

On Air Monday, 4:30pm; Tuesday & Friday, 7pm

Come create award winning TV programs on public access television. A group of volunteers produce a weekly 30 minute TV show called *The Better Part*. Visit www.thebetterpart.com for more details.

Cinco de Mayo Fiesta

Wednesday, May 3, 10am-1pm



Cookbook author, Sommelier, and international chef Suzanne is cracking open a piñata full of sunny Mexican recipes delights. Celebrate this south of the border holiday and learn how to make flavorful Nopales Salsa on Tostades, colorful Chicken Fajitas with warm tortillas, healthy Mexican Cabbage Salad and top it off with a decadent Tres Leches Cake to be enjoyed with mariachi music and great company. Member fee \$55. Instructor: Suzanne Vandyck.

AARP Smart Driver

Wednesday, May 17, 24, 9am-1pm

This is a full 8-hour AARP Smart Driver class, split into two 4-hour sessions. For more information and to register call Les Schreiber at 408.316.8654.

Extra! Extra!

Wednesday, May 24, June 21, 10-11am



The world's largest newsstand is Zinio! This free app allows you to view a complete, full-color, digital copy of your favorite magazine on your iPad or Android device. Presented by the Santa Clara County Library. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

iPad Painting

Tuesday, June 6-27, 4-6pm

Interested in getting more creative with your iPad? Come learn to use your iPad in an artistic way! You will learn to use some of the most popular art apps to draw realistic sketches, paint with unlimited colors and paint brush textures, create photo collages, use layers and more! Let your imagination flow onto your iPad canvas and see it come to life in rich colors. Member fee \$38. Instructor: Kim Smith.

De Anza Cardio-Vascular Training

July 3-September 20

Mon/Wed/Fri, 9-10am; Thu 12:30-4:25pm

Classes are held at the senior center, and Cupertino Senior Center membership is required. Register at the first class or call Mary at 408.864.8742.

CASE MANAGER'S CORNER

Case Management Program

This program helps seniors obtain community resources enabling them to remain independent and safe in their home. Case Managers provide assessments to determine the needs for services; coordinate and ensure all services are in place; home visits will be provided to homebound seniors living in Cupertino. Free service, membership required.

本中心為住在庫市的耆英提供社工服務。該服務包括為耆英尋找各種社區資源以助耆英繼續過獨立和安全的的生活。行動不便的長者，社工可提供家訪，此服務免費，需會員。社工可以講國粵語。

Drop-in Consultation with Case Manager

Wednesday, 10am-12pm

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

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。

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, May 8, 22, June 12, 26, 1:30-2:30pm

Tuesday, May 2, 16, 30 June 6, 20, 12:15-1:15pm

Drop-in Caregiver Support Group

Thursday, May 11, June 8, 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, May 8, 22, June 12, 26

Consultation on Medicare and health insurance.

健康保險諮詢- 中文服務。

Housing

Monday, May 1, 15, June 5, 19, 1:30-3:30pm

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 - 5/1, 5/15, 6/5, 6/19 (週一), 1:30-3:30pm

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, May 5, 12, 19, June 2, 9, 16

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 - 5/5, 5/12, 5/19, 6/2, 6/9, 6/16, 10:30am-12:30pm
60歲以上, 並住在聖縣。

THE SCENE MAY/JUNE 2017
50+



SUMMER CONCERT SERIES

At the Memorial Park Amphitheater

Thursday, June 8-July 13, 6:30-8:30pm

Pack a picnic and bring a friend for a free,

fun-filled evening of music.

June 8- Cupertino Symphonic Band

June 15- Private Label

June 22- Phil 'n the Blanks

June 29- Zydeco Flames

July 6- Rock the Heat

July 13- The Killer Queens

FIRST CLASS MAIL

www.cupertino.org/seniorcenterfacebook

www.cupertino.org/50plus

www.cupertino.org/senior

408.777.3150

Cupertino, CA 95014

21251 Stevens Creek Blvd.

City of Cupertino Senior Center