

# THE 50<sup>+</sup> SCENE

September/October 2019

HIDDEN TREASURES  
Join us for our Annual  
Fundraiser October 24!

Page 2



CUPERTINO



## HIDDEN TREASURES RETURNS!

On October 24 at 9 a.m. the Cupertino Senior Center will once again host the ever-popular Hidden Treasures event. Last year more than fifty volunteers offered over 1,000 hours sorting, cleaning, and selling donated items leading up to and during the annual fundraiser. More than \$11,000 worth of treasures were sold and the proceeds went to support the Stay Active Fund and the Case Management fund which serves at-risk seniors in Cupertino.

Helen Ho and Teresa Mo have been with the event since its humble beginnings in 2002 when Teresa was a Recreation Coordinator with the city, and Helen was chairperson of the since-disbanded, volunteer-led Special Event Committee. Back then, they had 20 volunteers and an idea for a one-time event that would help seniors declutter their houses while making some money to help seniors in need. The group was shocked when they raised \$800 that year, and Teresa recalls “the volunteers had a lot of fun and wanted to continue the next year, and next, and next... pretty soon it became a Senior

Center yearly event.” Hidden Treasures grew exponentially in that time, earning much more money and necessitating a defined program to put the money towards—hence the focus on Case Management and the Stay Active Fund.

Despite all these years and changes Helen remains inspired: “the enthusiasm of the volunteers working on the sorting days, the participation of people from all different ethnic backgrounds, the happy faces of shoppers getting a good deal, and the proceeds from the sale benefiting the Senior Center through seniors helping seniors is truly heartwarming and encouraging.”

Pictured above are the volunteers who were able to attend the evaluation meeting after last year’s event. The Cupertino Senior Center would like to thank them for their efforts and dedication, as well as the volunteers who couldn’t attend. These amazing people donate their time and effort to improving the community they belong to. As Helen said, Hidden Treasures is all about seniors helping seniors... and hopefully having a little fun in the process.

## FROM THE DIRECTOR



Hello and welcome to the new 50+ Scene!

Fall is one of my favorite times of year. The change in color of the leaves, it's scarf season, and we have so many wonderful opportunities for you to engage at the Senior Center. I am grateful for our dedicated and caring staff that offer fabulous programs, presentations, events, and services. One of our biggest events, Hidden Treasures, is coming up on October 24, which supports our case management program, the Stay Active Fund, and is so much fun to volunteer for or to just shop and find those hidden gems! The excitement of all that is going on at the Senior Center is contagious—join us.

We are very excited about the new look to the 50+ Scene and hope you find it easy to read. The extra pages will allow more information to get out to you, as well as new opportunities like the letter to the editor column, which will fill this section in the future. If you have anything you'd like to see featured, we encourage you to drop off a letter to the editor at the front desk!

Yours in service,

## VOLUNTEER CORNER

### Archery Social Leader

We're 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 with members, and archery setup. If interested, please contact Amanda Hui at [amandah@cupertino.org](mailto:amandah@cupertino.org) or 408.777.3374.

### Cupertino TV Productions - The Better Part

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

### Volunteer Orientation

Monday, September 16 at 11 a.m.

Monday, October 14 at 11 a.m.

Come to the Senior Center and meet Amanda Hui who will go over the prerequisites, and describe the various volunteer opportunities we provide. If interested, please contact Amanda Hui at [amandah@cupertino.org](mailto:amandah@cupertino.org) or 408.777.3374.

## TABLE OF CONTENTS

**4** | **Share Discovery Through Travel**  
Our robust travel program presented with brief descriptions.

**6** | **September Activity Highlights**  
Check out a short description on a variety of upcoming activities.

**7** | **Calendar Insert**  
Keep track of all the activities and socials on a daily basis.

**9** | **October Activity Highlights**  
Check out a short description on a variety of upcoming activities.

**10** | **Class Schedule**  
Class dates, times, and price for the upcoming sessions.

**11** | **Class Highlights**  
Catch a glimpse of a few choice classes for next month.

**12** | **Nutrition Made Easy**  
Jen Oh has a variety of informative and delicious classes.

**13** | **Case Managers Corner**  
Learn about our dedicated Case Management team.



# Share Discovery Through Travel

## DAY TRIPS

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

### **Gilroy Gardens and Hecker Pass Winery**

Sunday, September 15, 10 a.m. - 6:30 p.m.  
Discover the Valley of Heart's Delight as we travel to explore the beauty and bounty of our county. Enjoy a delicious, hosted lunch and explore the beautiful botanicals of Gilroy Gardens on your docent-led tour before sampling the abundant fruits of the Hecker Pass Winery. Member Cost: \$149 - lunch included

### **The Birds and the Tides Wharf in Bodega Bay**

Thursday, September 19, 8 a.m. - 6:30 p.m.  
Waitlist only. Member Cost: \$118 - lunch included

### **Beach Blanket Babylon and Acqulina**

Sunday, September 29, 10:30 a.m. - 5:30 p.m.  
Waitlist only. Member Cost: \$185 - lunch included

### **Explore the Exploratorium!**

Wednesday, October 2, 8:30 a.m. - 5 p.m.  
Celebrate the 50th anniversary of one of The New York Times' "Ten Coolest Museums in the World." With hundreds of explore-for-yourself exhibits, the Exploratorium is more than a museum—it's an ongoing exploration of science, art, and human perception. Enjoy time for a no-host lunch and more exploration at the famous Fisherman's Wharf. Member Cost: \$84

### **Behind-the-Scenes with Amazon**

Thursday, October 10, 8:30 a.m. - 5 p.m.  
Waitlist only. Member Cost: \$109 - lunch included

### **Pumpkins and Planting in Half Moon Bay**

Wednesday, October 16, 9 a.m. - 5:30 p.m.  
In celebration of the fall harvest season, join us for a visit to Pastorino's Pumpkin Farm in Half Moon Bay. Explore Highway 92 Succulents and learn to pot your own plant art and enjoy a delicious, included lunch at It's Italia! before perusing Historic Main Street! Member Cost: \$106 - lunch included

### **new Out-to-Lunch Bunch**

Thursday, October 17, 11:30 a.m.  
Meet at Coconut's Fish Cafe, 20010 Stevens Creek Blvd., Cupertino. Space is limited. Sign up online or at the front desk.

### **new Day Trip Expo and Social**

Monday, October 28, 1:30 p.m.  
Come join the Share Discovery Through Travel staff to learn about all the new and upcoming day trips and ask all your travel questions. Members free, senior guests pay \$5 day pass. Sign up online or at the front desk.

### **new Mission and Movies**

Thursday, November 14, 9 a.m. - 5:30 p.m.  
Discover the many layers of diverse history just a few steps away in Fremont, CA. Enjoy a whirlwind of activity with docent-led tours of Mission San Jose and the Niles Essanay Silent Film Museum along with a Victorian-style tea at Tyme for Tea & Co. Member Cost: \$126 - lunch included

**new** **Holiday Poinsettias and Hilmar Cheese Company**

Tuesday, November 19, 8 a.m. - 5 p.m.

A sea of colorful holiday poinsettias awaits us as we enjoy a private tour of the Duarte Nursery and their state-of-the-art greenhouse. In addition to shopping for your holiday poinsettias, enjoy a hosted lunch and tour of the world's largest single site manufacturer of cheese products, the Hilmar Cheese Company. Member Cost: \$99 - lunch included

**new** **Beach Blanket Babylon**

Friday, November 22, 3:30 - 11 p.m.

*Back by popular demand!* Join us to bid farewell to the fabulous Beach Blanket Babylon show at Club Fugazi, a San Francisco tradition that announced it will be closing at the end of this year. Before the show enjoy a delicious, no-host dinner in famous North Beach. Member Cost: \$153

**new** **San Francisco International Auto Show**

Monday, December 2, 9:30 a.m. - 4:30 p.m.

At the San Francisco International Auto Show, there is something for everyone from interactive exhibits, unique displays including classic and customized cars, and of course the hundreds of new model cars, trucks, SUVs, crossovers, vans, alternative fuel vehicles and exotic sports cars. Enjoy a no-host lunch at the Metreon to fuel up before you speed off to enjoy the show! Member Cost: \$67

**new** **San Francisco Holiday with Gary**

Thursday, December 12, 9:30 a.m. - 6 p.m.

The City by the Bay is full of lights throughout the year, but there's nothing quite like San Francisco in holiday time! Enjoy the tidbits and tales only Gary can provide as you immerse yourself in classic holiday splendor, including a delicious, hosted lunch at the Sips Tea Room. Member Cost: \$123 - lunch included

**new** **The Great Russian Nutcracker and Christmas in the Park**

Thursday, December 19, 12 -6:30 p.m.

Just in time for the holidays, experience the gift of

Moscow Ballet's Great Russian Nutcracker and San Jose's own holiday tradition, Christmas in the Park. For lunch, enjoy the hearty and comforting fare of the Old Spaghetti Factory and their famous Spumoni ice cream! Member Cost: \$149 - lunch included

**EXTENDED TOURS**

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

**Sunny Portugal**

10 days, March 27 - April 5, 2020

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

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

**new** **America's Music Cities**

8 days, May 22 - 29, 2020

Nashville - Memphis - New Orleans - Graceland  
Historic RCA Studio B - Country Music Hall of  
Fame Whiskey Distillery - West Delta Heritage  
Center Grand Ole Opry Show - Ryman Auditorium  
French Quarter - Swamp Tour - Mardi Gras World  
Dinner at Court of Two Sisters - Jazz Revue

**new** **Spotlight on the French Riviera**

9 days, October 31 - November 8, 2020

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

**new** **2020 Tour Presentation**

Wednesday, September 25, 3:30 p.m.

Join us to learn about the exciting new tours the Senior Center has planned for 2020, including America's Music Cities, Spotlight on the French Riveria, and Sunny Portugal. Sign up online or at the front desk.

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

# SEPTEMBER ACTIVITY HIGHLIGHTS

## September Birthday Bash

Wednesday, September 18, 12 p.m.

Grab your hat and boots and ride in on this country-themed luncheon. Enjoy fried chicken, mashed potatoes, biscuits, and peach cobbler. Members with September birthdays will be honored. Preregistration required. Vegetarian option available when registering. Members \$12, senior guests add \$5 day pass. Sign up online or at the front desk.

九月慶生宴 9月18日星期三 中午12點

穿戴上你的帽子和靴子,一起來加入這個充滿鄉村風味的午餐! 享用炸雞,馬鈴薯泥,餅乾和甜桃餡餅. 當月壽星會員將會收到一份小禮物. 需要預先到前臺登記. 登記時提供素食選項. 會員 \$12, 非會員多加當日活動費\$5.

new

## Clean Indoor Air

Wednesday, September 11, 1:30 p.m.

Most seniors spend ninety percent of their time indoors. This presentation by Breathe California explains the sources of poor indoor air quality and inexpensive remedies. Members free, senior guests pay \$5 day pass. Sign up online or at the lobby table.

## The Better Part Encore Presentations

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

### Searching for Extraterrestrials

Monday, September 9, 10 - 11 a.m.

Learn about the Search for ExtraTerrestrial Intelligence (SETI) Institute in Mountain View, CA. This segment will describe how and why SETI was founded, and how they search for radio signals that might have been sent towards Earth from intelligent life forms in the universe. The presentation will be followed by discussion regarding ET.

### Alzheimer's: Caring for Pat

Monday, October 7, 10 - 11 a.m.

Winner of the Alliance for Community Media, Hometown Media Award in 2018, journey through the cruel world of dementia through a caregiver's eyes that inspired a loving husband to become an advocate for dementia awareness. Hear the story of caregiver Michael Sullivan that spanned 10 years.

Whether you are a caregiver taking care of someone with dementia or know someone who is, join in learning what tools helped Michael cope with the challenges a caregiver faces and if they may help you too.

new

## End of Summer Staff Softball and BBQ

Thursday, September 12, 10 a.m. - 1 p.m.

Come watch and cheer on your 50+ Sandlot Geezers as they take on Parks and Recreation Staff at the softball field in Memorial Park. Game will begin at 10 a.m. followed by a post-game barbeque lunch near the field. Lunch menu includes a cheeseburger with all the fixings, a beverage, and chips. Preregistration required. Open to the public. Member fee \$8, public add \$5 day pass. Sign up online or at the front desk.

夏末員工壘球大賽和BBQ燒烤(新活動)

9月12日星期四上午10點至下午1點

快來看看本中心的新增活動-夏末員工壘球大賽! 我們的耆英壘球隊50+ Sandlot Geezers將在紀念公園迎戰社區中心員工壘球隊. 歡迎大家一起來觀看球賽並為他們歡呼和加油! 比賽將在上午10點開始,賽後還可在場外享用BBQ燒烤午餐. 午餐包括附有的配料的起司漢堡,飲料,和薯條. 需要預先到前臺登記. 登記時提供素食選項. 會員 \$8, 非會員多加當日活動費\$5.

## Age Well, Drive Smart

free

Wednesday, September 25, 9 a.m. - 1 p.m.

The CHP present topics such as myths about older drivers, compensating for age-related changes, safe driving, and more. Upon completion, 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.

## Book Review Meeting

free

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

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

September 6 - *The Glass Houses* by Louise Penny, presented by Alan Johnson

October 4 - *The Sorrows of Young Werther* by Johann Wolfgang von Goethe, presented by Jeanne Payer

# September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p><b>Closed for Labor Day</b></p> <p>耆英中心歇業一天</p>	<p><b>3</b></p> <p>8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-11:30 Book Discussion- <i>The Book Woman of Troublesome Creek</i> by K. Richardson 12-4 Card Playing 12:15-1:15 Blood Pressure 量血壓</p>	<p><b>4</b></p> <p>7:30 New Trip Presentation 8 New Trip Sign-up 9 50+ Bocce Ball 10-11 OverDrive Workshop 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p>	<p><b>5</b></p> <p>9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 12:30-2 Fletching 50+ 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>6</b></p> <p>9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-3 Book Review- <i>The Glass Houses</i> by L. Penny 1:30-4 TechTime</p> <hr/> <p><b>7 Saturday</b> 1-4 Ping Pong</p>
<p><b>9</b></p> <p>10-11 The Better Part Encore Presents: <i>Searching for Extraterrestrials</i> 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><b>10</b></p> <p>8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production - The Better Part 12-4 Card Playing</p>	<p><b>11</b></p> <p>9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30 Clean Indoor Air Presentation</p>	<p><b>12</b></p> <p>9-12 50+ Softball 10-1 End of Summer Staff Softball and BBQ 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><b>13</b></p> <p>9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p> <hr/> <p><b>14 Saturday</b> 10-5 Silicon Valley Fall Festival</p>
<p><b>15 Sunday</b> 10-6:30 Gilroy Gardens and Hecker Pass Winery Trip</p> <hr/> <p><b>16</b> 10-12 Golf for Seniors 11 Volunteer Orientation 12-4 Card Playing</p>	<p><b>17</b></p> <p>8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 Android Workshop 12-4 Card Playing 10-12 TV Production - The Better Part 12:15-1:15 Blood Pressure 量血壓</p>	<p><b>18</b></p> <p>9 50+ Bocce Ball 10-11 Freegal Workshop 10-12 Case Manager Consultation 社工諮詢 12 September Birthday Bash (\$12) More info on page 6 欲知詳情,請參閱第六頁 12-4 Card Playing</p>	<p><b>19</b></p> <p>8-6:30 The Birds and the Tides Wharf in Bodega Bay Trip 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 12:30-2 Fletching 50+ 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>20</b></p> <p>9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p>
<p><b>23</b></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><b>24</b></p> <p>8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production - The Better Part 12-4 Card Playing</p>	<p><b>25</b></p> <p>9 50+ Bocce Ball 9-1 Age Well, Drive Smart 10-12 Case Manager Consultation 社工諮詢 11:45 Lunch with Friends (\$8) Chili and Cornbread 燉辣肉醬與玉米麵包 12-4 Card Playing 1:30-3:30 Monthly Movie- <i>The Intern [2015]</i> 3:30 2020 Tour Presentation</p>	<p><b>26</b></p> <p>9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>27</b></p> <p>9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p>

**29 Sunday**  
10:30-5:30 Beach Blanket Babylon and Acquolina Trip

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**30**  
10-12 Golf Tournament  
12-4 Card Playing

**City of Cupertino Senior Center**  
408.777.3150  
Hours: M-Th: 8 a.m. - 9 p.m.  
Friday: 8 a.m. - 5 p.m.  
Saturday: 8:30 a.m. - 4:30 p.m.  
Email: [SeniorCtr@Cupertino.org](mailto:SeniorCtr@Cupertino.org)  
Website: [www.cupertino.org/senior](http://www.cupertino.org/senior)  
Find us on Facebook and Yelp!

**Via On-Demand Shuttle**

Coming this fall, Cupertino will be starting an 18-month pilot program for an on-demand shuttle powered by Via. Riders can request a shuttle by phone or app, and fares are set at \$5. Discounted fares will be available for low-income riders, and weekly or monthly package deals will also be available. For more information, contact project manager Chris Corrao at [ChrisC@cupertino.org](mailto:ChrisC@cupertino.org), or 408.777.3174.

# October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>7</b> 10-11 The Better Part Encore Presents: <i>Alzheimer's: Caring for Pat</i> 10-12 Golf for Seniors 12-4 Card Playing 2:05-3:35 Ballroom Dance Social 交際舞社 5-8:30 Monday Night Football (\$8) Sandwich Bar</p>	<p><b>1</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-11:30 Book Discussion- <i>My Antonia</i> by W. Cather 12-4 Card Playing 12:15-1:15 Blood Pressure 量血壓</p>	<p><b>2</b> 8:30-5 Explore the Exploratorium! Trip 9 50+ Bocce Ball 10-11 Creativebug Workshop 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p>	<p><b>3</b> 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 12:30-2 Fletching 50+ 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>4</b> 9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-3 Book Review- <i>The Sorrows of Young Werther</i> by W. von Goethe 1:30-4 TechTime 5 Jazz with Miki Concert</p>
<p><b>14</b> 10-12 Golf for Seniors 11 Volunteer Orientation 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓</p>	<p><b>8</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production - The Better Part 12-4 Card Playing</p>	<p><b>9</b> 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 Oktoberfest Birthday Bash (\$12) More info on page 9 欲知詳情,請參閱第 九頁 12-4 Card Playing</p>	<p><b>10</b> 8:30-5 Behind-the-scenes with Amazon 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><b>5 Saturday</b> 1-4 Ping Pong</p> <p><b>11</b> 9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p>
<p><b>20 Sunday</b> Classic Fall Foliage Trip Returns</p>	<p><b>15</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 iPhone Workshop 12-4 Card Playing 10-12 TV Production - The Better Part 12:15-1:15 Blood Pressure 量血壓</p>	<p><b>16</b> 8:30 Pumpkins and Planting in Half Moon Bay Trip 9 50+ Bocce Ball 10-11 ValueLine Workshop 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30 Financial Wellness Lecture</p>	<p><b>17</b> 9-12 50+ Softball 11:15-1:30 Needlecraft 11:30 Out-to-Lunch Bunch- Coconut's 12-2 Card Playing 12:30-2 Fletching 50+ 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>12 Saturday</b> Classic Fall Foliage Trip Departs 11-5 Diwali Festival</p> <p><b>18</b> 8:30 Newsletter Collating 9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p>
<p><b>21</b> 10-12 Golf for Seniors 12-4 Card Playing 2:05-3:35 Ballroom Dance Social 交際舞社</p>	<p><b>22</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production - The Better Part 12-4 Card Playing</p>	<p><b>23</b> 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p>	<p><b>24</b> 9-2 Hidden Treasures No Needlecraft No Card Playing No Karaoke 卡拉OK No Open Bridge</p>	<p><b>12 Saturday</b> 10-3 Wildlife and Harvest Festival at Blackberry Farm</p> <p><b>25</b> 9:30-11:30 Rhythmaires @ QCC 12-4 Mah Jongg 麻將 NO Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p>
<p><b>28</b> 8 November/December Registration Begins 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 1:30 Day Trip Expo and Social</p>	<p><b>29</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 12-4 Card Playing 10-12 TV Production - The Better Part</p>	<p><b>30</b> 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 11:45 Lunch with Friends (\$8) Chicken Adobo 香噴 噴的阿斗波鷄 (滋味, 甜蜜, 鹽香雞) 12-4 Card Playing 1:30-3:30 Monthly Movie- <i>Young Frankenstein</i> [1974]</p>	<p><b>31</b> 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	



# OCTOBER ACTIVITY HIGHLIGHTS

## Oktoberfest Birthday Bash

Wednesday, October 9, 12 p.m.

Dive into the annual European tradition Oktoberfest! Experience accordion heaven with The Sunday Seven and enjoy a Northern German meal of bratwurst, sauerkraut, Bavarian mixed salad, and Black Forest cake for dessert. Vegetarian option of Spätzle available when registering. Members with October birthdays will be honored. Preregistration is required. Members \$12, senior guests add \$5 day pass.

十月慶生宴10月9日星期三中午12點  
在慶祝十月慶生的同時,讓The Sunday Seven樂團陪伴大家一起慶祝德國十月啤酒節! 您將享受德國北部風味的午餐,其中包括燒烤臘腸,德國泡菜,巴伐利亞沙拉和黑森林蛋糕。需要預先到前臺登記。登記時提供素食選項(德國乾麵)。會員 \$12, 非會員多加當日活動費\$5。

## Seasons of Our Lives

free

Friday, September 20 - October 25,  
1:30 - 3 p.m.

Join this 6-week group facilitated by Vivian Silva, MSW focusing on discussion and information regarding transitions and common challenges related to retiring, moving, caregiving, divorce, or aging—any transition is acceptable to join this group. Participants can interact in a supportive group environment. Sign up at the front desk. Space is limited to eight participants due to room assignment.

## Jazz Concert with Miki

free

Friday, October 4, 5 p.m.

Join for a fun-filled evening as Miki returns to delight our center with a fall concert. Light refreshments will be provided. Open to the public. Preregister online or at the lobby table.

## Monday Night Football

Monday, October 7,  
5 - 8:30 p.m.

It is football season! See the Cleveland Browns take on our San Francisco 49ers on the BIG screen with friends. Enjoy a sandwich bar with all the fixings, a salad, and dessert.

Attendees may participate in football squares to win free prizes at the end of the game. Preregistration required. Member fee \$8, senior guests add \$5 day pass.

## Financial Wellness

free

Wednesday, October 16, 1:30 p.m.

This presentation by Breathe California talks about the importance of being cautious of financial scams that target seniors today. Learn tips to avoid fraudulent calls and emails and how seniors can differentiate between real and fake communication. Members free, senior guests pay \$5 day pass. Sign up online or at the lobby table.

## Lunch with Friends

Wednesday, September 25,  
October 30, 11:45 a.m.

Join us for lunch! Preregistration required. Vegetarian option available when registering. Members \$8, senior guests add \$5. Sign up online or at the front desk.

歡迎與我們共聚午餐! 需提前報名,可選素食,會員\$8,非會員多加當日活動費\$5。

September 25 - Chili and Cornbread 燉辣肉醬與玉米麵包

October 30 - Chicken Adobo  
香噴噴的阿斗波雞 (滋味,甜蜜,  
鹽香雞)



# SENIOR CENTER CLASS SCHEDULE

Class	Day	Dates	No Class	Time	Instructor	Mem. Fee
Accordion	T	9/3-10/29		1:35-3:10	R. DiBono	\$20
Advanced Beading	Th	10/3-10/31	10/24	1:15-3:15	D. Hall	\$35
Beaded Kumihimo	Th	10/3-10/31	10/24	3:15-5:15	D. Hall	\$35
Beginning Beading	Th	9/5-9/26		1:15-3:15	D. Hall	\$35
Beginning Kumihimo	Th	9/5-9/26		3:15-5:15	D. Hall	\$35
Bridge: Tips on Declarer Play	S	9/7-9/28	9/14	10-12	P. Davis	\$21
Bridge: Tips on Declarer Play	S	10/5-10/26		10-12	P. Davis	\$21
Chair Exercise	<b>FLEX</b> M, Th	8/19-10/7	8/26, 8/29, 9/2	10:15-11:15	P. Hu	\$45
Chinese Calligraphy 12:50pm	T	9/3-10/29		12:50-2:50	F. Jair, W. Mann	\$15
Chinese Calligraphy 3:00pm	T	9/3-10/29		3-5	Y. Wang, Y. Cheng	\$15
Citizenship Class	M, T, F	9/3-11/1		8:15-9:45	V. Wong, C. Chung	\$20
Conversational English	M, T	9/30-11/19	11/11	10-11:45	P. Chun, V. Wong	\$20
Conversational Mandarin - Level 1	Th	9/12-11/14	10/24	9-10:30	J. Li	\$40
Conversational Mandarin - Level 2	F	9/13-11/8		9-10:30	K. Hu	\$35
Conversational Mandarin - Level 3	Th	9/12-11/14	10/24	10:30-12	L. Gao	\$40
CSC Wednesday Jam	W	9/4-10/30		3-4:30	J. Cunningham	\$15
ESL - Intermediate Conversation	T	9/3-10/22		1:30-3	J. Andrushko	\$20
Feldenkrais Method	<b>FLEX</b> T	9/3-10/22		9:30-10:30	M. Westlaken	\$40
Harmonikat Performance Band	M	10/7-11/25		3:45-5:15	D. Ng	\$15
Hatha Yoga	<b>FLEX</b> Th	9/12-11/7	10/24	2:30-3:30	V. Bhat	\$50
Hula - Beginning	M	10/7-12/9		11:45-12:40	J. Anderson	\$15
Hula - Performance Group	M	10/7-12/9		12:55-1:55	J. Anderson	\$15
Humanities	T	9/24-11/12		10:30-12:30	C. Jech	\$40
Japanese - Beginning	T	9/3-10/22		8:30-9:45	T. Tomoko	\$35
Japanese - Intermediate	T	9/3-10/22		9:45-10:45	T. Tomoko	\$35
Matter of Balance	Th	9/5-10/31	10/24	2-4	Stanford	\$0
Mindfulness Meditation	M	9/16-10/21		3:30-4:30	S. Nethisinghe	\$12
Nutrition Made Easy: Feel Energized	F	9/20		1:30-3:30	J. Oh	\$25
Nutrition Made Easy: Improve Digestion	F	10/11		1:30-3:30	J. Oh	\$25
Nutrition Made Easy: Pantry Staples	M	10/14		10-12	J. Oh	\$40
Nutrition Made Easy: Super Foods	M	9/30		10-12	J. Oh	\$40
Tai Chi for 50+ @ QCC - Level 1	Th	9/5-12/19		8:30-9:25	J. Madonich	\$60
Tai Chi for 50+ @ QCC - Level 2	Th	9/5-12/19		9:35-10:30	J. Madonich	\$60
Tai Chi for 50+ @ QCC - Level 3	Th	9/5-12/19		10:40-11:35	J. Madonich	\$60
U.S. History	T	9/3-9/17		12:35-1:35	R. DiBono	\$15
Ukulele - Advanced Beginning	T	10/1-12/17		3:15-4:45	D. Ng	\$22
Ukulele - Beginning	T	9/3-10/22		1:30-3	D. Ng	\$22
VivAsia Chair Lotus	<b>FLEX</b> S	9/7-11/2		11:15-12:15	M. Kao	\$10
VivAsia Lotus	<b>FLEX</b> S	9/7-11/2		10-1	M. Kao	\$10
Yoga 50+: Beyond Barre and Stretch	<b>FLEX</b> T	9/3-10/8		4-5	P. Hu	\$30
Yogalates @ QCC	<b>FLEX</b> F	9/6-10/11		3:45-4:45	P. Hu	\$30
Yuan Chih Dance	F	9/6-10/25		10-11:30	A. Fung, H. Hwang	\$15
Zumba Gold @ QCC	<b>FLEX</b> M	9/16-10/14		2:30-3:30	P. Hu	\$24
Zumba Gold @ QCC	<b>FLEX</b> F	9/6-10/25		2:30-3:30	G. DuVal	\$37
<b>Evening Classes</b>						
Chinese Painting with May Shei	Th	9/12-10/18		5:30-8	M. Shei	\$56
Chinese Brush Painting 6:00pm	W	9/11-11/27		6-8	M. Lee	\$60
Line Dance - Beginning	Th	9/12-10/31		7-8:30	K. Chang	\$48
Line Dance - Beginning/Intermediate	T	9/10-10/29		7-8:30	K. Chang	\$48
Yoga Foundations	T	10/15-12/10	11/26	5:15-6:30	R. Narayanan	\$56
Yoga Foundations - Intermediate	Th	10/3-12/5	10/24, 11/28	4:45-6	E. Meir	\$56
<b>Computer and Technology Classes</b>						
iPad Beginning	T	9/3-10/15		1-3	R. Schiros	\$38
MacBook Basics	Th	10/3-10/17		1-3	R. Schiros	\$18
MacBook: Syncing, Back-up, and Storage	Th	9/5-9/26		1-3	R. Schiros	\$22

# CLASS HIGHLIGHTS

## Apple Assistance

free

Tuesday, September 3, 10, 2 - 6 p.m.  
Thursday, October 17, 2 - 6 p.m.  
Friday, October 25, 2 - 5 p.m.

Own an Apple product and have questions on how to use it? Receive one-on-one assistance so you can text, surf the web, reply to emails, and so much more! 1-hour appointments are scheduled on a first come first serve basis. Sign up at the front desk.

## OverDrive

free

Wednesday, September 4, 10 - 11 a.m.

Borrow eBooks and audiobooks from your library using OverDrive on any internet-connected device. Over 30,000 libraries worldwide are available, so download the app and find your next book today! Presented by the Santa Clara County Library. Preregistration required. Members free, senior guests pay \$5 day pass. Sign up online or at the front desk.

## Tai-Chi Levels 1, 2, and 3

Thursday, September 5 - December 19,  
8:30 - 11:30 a.m.

Join Jeff Madonich in his relaxing Tai-Chi classes. Levels 1, 2, and 3 start Thursday mornings at 8:30, 9:35, and 10:40, respectively. Classes are held at the Quinlan Community Center. Members pay \$55.

## Freegal

free

Wednesday, September 18, 10 - 11 a.m.

Learn about Freegal—the music service that provides access to Sony Music Entertainment’s catalogue of artists. Santa Clara County Library cardholders can download five songs or two videos weekly. Preregistration required. Members free, senior guests pay \$5 day pass. Sign up online or at the front desk.

## FUHSD Adult School

Fremont Union High School District’s Adult School holds classes at the Senior Center exclusively for members. Sign up for fun Chair Volleyball or Line Dancing, or check out the full lineup on a flyer at our front desk, or online at [www.fuhsdadulthoodschool.com](http://www.fuhsdadulthoodschool.com).

## iPhone, Android Workshop

free

Tuesday, 9:30 - 11:30 a.m.  
September 17 - Android  
October 15 - iPhone

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

## Creativebug

free

Wednesday, October 2, 10-11 a.m.

Get your creative juices flowing with Creativebug! Enjoy unlimited access to over 1,000 online art and craft classes. Watch videos anytime, anywhere. Classes never expire so you can start and stop projects at your own pace. Preregistration required. Members free, senior guests pay \$5 day pass. Sign up online or at the front desk.

## ValueLine

free

Wednesday, October 16, 10-11 a.m.

ValueLine is an investment management tool that can help both beginner and experienced investors. Santa Clara County Library card holders can learn how this resource focuses on operating numbers and the quantitative expertise of their analysts to provide unbiased investment-related information. Preregistration required. Members free, senior guests pay \$5 day pass. Sign up online or at the front desk.

## AARP Smart Driver Course

8-Hour Full Course

Monday, October 28, and  
Wednesday, October 30, 12:30 - 5 p.m.

4-Hour Renewal Course

Wednesday, September 11, 12:30 - 5 p.m.

A full, 8-hour class split into two 4-hour sessions, and a 4-hour renewal class for those who’ve taken the 8-hour course before. For more information and to register, call Ina Checkman at 408.257.6940.

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

# NUTRITION MADE EASY

Jen Oh is a Certified Nutritionist and the National Director of Chapter Development for the Holistic Moms Network. She focuses on easy-to-implement practices for a balanced, healthier diet and lifestyle that works with your schedule. Come join her for one of her insightful discussion classes, or pop on down and learn how to make a variety of healthy, delicious foods in one of her cooking workshops. Jen is scheduled for one cooking workshop and one nutrition lecture/discussion per month. Lectures are \$25, and cooking workshops are \$40. Take home everything you make!



**new** **Feel Energized Discussion**

Friday, September 20, 1:30 p.m.

Increase your energy with some simple and easy-to-incorporate tips and techniques that will add some pep to your step! Member fee \$25.

**new** **Super Foods Cooking Workshop**

Monday, September 30, 10 a.m.

Cook with superfoods, the foods with the biggest nutritional bang for the calories. We'll make three easy and delicious dishes that you get to take home to enjoy later. Recipes can be adapted to accommodate all diets and food preferences. Member fee \$40.

**new** **Improve Digestion Discussion**

Friday, October 11, 1:30 p.m.

Reduce tummy aches and bloating, increase metabolism, and discover ways to ease common digestive ailments. Member fee \$25.

**new** **Pantry Staples You Should Make Cooking Workshop**

Monday, October 14, 10 a.m.

Many staples we buy at the store are easy to make. Join us as we create three classic staples that you get to take home to enjoy later. All diets and preferences accommodated. Member fee \$40.

# CASE MANGER'S CORNER

## Schedule Appointments

Please call 408.777.3150 to make appointments for the following services:

### **Health Insurance Counseling (HICAP)**

Monday, September 9, 23,  
October 7, 14, 21, 28, 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, September 2, 16,  
October 7, 21, 1:30 - 3:30 p.m.

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

租屋諮詢 - 9/2, 9/16, 10/7, 10/21 (週一), 1:30 - 3:30 p.m. 耆英中心會為長者提供老人公寓名單作為參考。由於資源有限, 本中心員工將不能為長者打電話查詢公寓資料, 填寫公寓表格, 或遞送表格。

### **Senior Adult Legal Aid (SALA)**

Friday, September 6, 13, 20,  
October 4, 11, 18, 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 9/6, 9/13, 9/20, 10/4, 10/11, 10/18, 10:30 a.m. - 12:30 p.m. 60歲以上, 並住在聖縣。

### **Caregiver Support Group**

Thursday, September 12, October 10,  
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, September 9, 23,  
October 14, 28, 1:30 - 2:30 p.m.  
Tuesday, September 3, 17,  
October 1, 15, 29, 12:15-1:15 p.m.



Meet your Case Managers. From Left to Right: Karen Lin, Vivian Silva, Adrianna Stankovich.



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



## The Intern

**free**

[PG-13] 2015, Warner Bros. Pictures  
 Wednesday, September 25, 1:30 - 3:30 p.m.

In this comedy, seventy-year-old Ben Whittaker (Robert De Niro) has discovered that retirement isn't all it's cracked up to be. Jumping at the chance to rejoin the workforce, he becomes an intern for an online fashion site founded by Jules Ostin (Anne Hathaway). Though his hiring was originally just window-dressing, Ben ends up an important source of wisdom. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

## Monthly Movies

From the Writer/Director of  
 IT'S COMPLICATED, THE HOLIDAY, SOMETHING'S GOTTA GIVE  
 WARNER BROS. PICTURES PRESENTS  
 WARNER FILMS PRODUCTION A NANCY MEYERS FILM ROBERT DENIRO ANNE HATHAWAY "THE INTERN" NANCY MEYERS  
 WRITTEN BY THEODORE SHAPIRO DIRECTED BY NANCY MEYERS  
 PRODUCED BY RANDALL POSTER GEORGE DRANAKOULAS  
 EXECUTIVE PRODUCERS ROBERT LEIGHTON PRODUCED BY HENRI ZEIN  
 EXECUTIVE PRODUCERS STEPHEN GOLDBLATT, JACQUELINE PROFFER CELIA COSTAS  
 PRODUCED BY NANCY MEYERS, JEFF SUZANNE FARWELL  
 WRITTEN BY NANCY MEYERS  
 PG-13  
 September 25

## Young Frankenstein

**free**

[PG] 1974, 20th Century FOX  
 Wednesday, October 30, 1:30 - 3:30 p.m.

In this comic, Mel Brooks spin on the Mary Shelley classic, a young neurosurgeon (Gene Wilder) inherits the castle of his infamous grandfather, Victor von Frankenstein. Young Frankenstein dismisses his grandfather's work at first, but when he finds a journal detailing the reanimation of life, his opinion changes, and it's not long before he begins to follow in his grandfather's footsteps... Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

