

THE 50⁺ SCENE

Shelter-in-Place Edition, 4/27/20



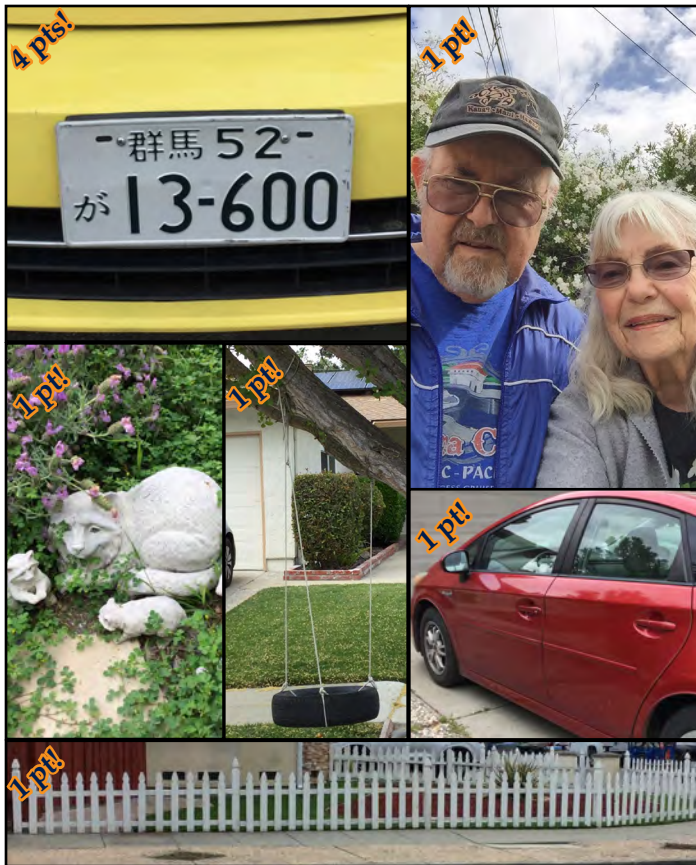
Scavenger Hunt

See the winners of last issue's Scavenger Hunt, and join in the fun!

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CUPERTINO



Welcome to the second volume of *The 50+ Scene's* digital-only Shelter-in-Place newsletter! Last edition of *The 50+ Scene* challenged our readers in a couple of ways.

The parameters of our premier Scavenger Hunt were outlined on page three of last issue. Seven items made the list and in response our intrepid members went forth on their daily walks and took pictures. The original list included 1) A red car, 2) A selfie outside, 3) A white picket fence, 4) A tree swing, 5) A lawn gnome (or other lawn creature), 6) The number 13, and 7) An out-of-state license plate. Individual pictures of the items were worth one point, but getting two or more items in a picture doubled those points. Above, you will see the results of our top two point-getters.

Securing second place was Helen Ho with a respectable four points. Highlights from her pictures include the menagerie of Easter creatures in her neighborhood, a selfie from her trail hike, and a mysterious number 13. Great job, Helen!

Jo Anna Watt won the scavenger hunt, netting a total of nine points. The license plate Jo Anna found was so far out of state it actually originated outside of the country! In addition, she happened to capture the elusive number thirteen in that same picture, netting her an impressive four points, almost half her total, in one shot. Amazing work Jo Anna, thanks for setting the bar! See if you can beat Jo Anna's nine points

by competing in the second round of our scavenger hunt—the items are listed on page three.

Our second challenge involved a list of fifty things Senior Center staff have been doing to keep ourselves entertained. We asked you to try and guess which activities were associated with which Senior Center staff member. Interspersed in the collage on the back are pictures our staff has taken while performing the items listed last issue—hopefully these clues will help you figure out some of the ones you did not know.

A familiar dog makes a couple of return appearances, including one with Kim! Alex selfies her way through the neighborhood, Amanda is out supporting local businesses, and Adrianna and Molly take a cute photo together! Meanwhile, Rafael is out riding his bike, Jason is doing yard work in the least-efficient way possible, and Robert is out picking up food for Cupertino Together deliveries.

Some of our staff even tried to compete in the Scavenger Hunt! They were instantly disqualified of course, but check out the pictures from their adventures around the neighborhood on the back as well.

The cover picture was provided by Kim while hiking. We would like to applaud the llamas in the photo for doing their part and setting a good example for everyone by following social distancing guidelines.

#CupertinoCares

It has never been more important to remain connected with our families, neighbors, and community as we navigate this difficult time by staying at home. To help foster positive and healthy community connections, the City is launching the #CupertinoCares initiative.

Each Friday, the City will post a fun activity for residents of all ages on its website and social media platforms. These activities will allow our community to write, draw, dance, sing, and laugh together while at home. Make sure to share your experiences by posting photos and videos to your social media accounts with the hashtag #CupertinoCares, or post in the comment sections.

Make sure to check the City's website and social media profiles for our first #CupertinoCares event which began on Friday, April 24, 2020.

Stay strong, Cupertino. We will get through this together.

FACEBOOK

Volunteer Week

Last week was National Volunteer Week. In honor of our volunteers, our staff posted a poem every day highlighting a different group of volunteers. Click on the images below to read those poems on our Facebook page.



See everything we're doing on Facebook at www.facebook.com/CupertinoSeniorCenter.

SCAVENGER HUNT - ROUND 2

Still getting out for your morning or afternoon walks? Spice it up by taking our photography scavenger hunt challenge! The rules are simple: Take a picture of as many items as you can find from the list to the right. You get one point per item, but the points double for every item you can get in one photo.

Email all the photos you've taken of Scavenger Hunt items to JasonB@cupertino.org before May 8th. We'll tabulate the points, and celebrate the winners and their photos in the next newsletter!

- 1.) A street sign
- 2.) Your reflection
- 3.) An orange car
- 4.) A bird
- 5.) A pretty sunset or sunrise
- 6.) A purple flower
- 7.) A water spigot

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VIRTUAL TRAVEL

Machu Picchu



Skip the airfare and tour Machu Picchu by internet—a special 360° technology allows you to feel as if you're exploring this Incan citadel by foot. There's even an audio guide that details each section you explore, and you are guaranteed great weather!

Follow the link [here](#).

The Metropolitan Opera

The Metropolitan Opera's Nightly Opera Streams bring into your living room operas both scintillating and searing. Explore their articles and resources to expand your knowledge and enhance your experience as you enjoy the streams. A full schedule for the week is available at the bottom of the page, so you can plan ahead for your new nightly tradition.

Follow the link [here](#).



The Louvre



The Louvre is one of the most famous museums in the world, and it houses one of the most well-known pieces of art, Mona Lisa. Established in 1792, it is now the most visited museum in the world as well. Experience the beauty of this stunning collection, including special exhibits and wide-ranging attractions, from the Louvre's moat, to Egyptian antiquities.

Follow the link [here](#).

Cal Academy Webcams

Watch the graceful stingrays, colorful Philippine coral reef, and African penguin colony in vivid HD, or set your sights on the Pacific from the Farallon Islands webcam. Enjoy a front-row seat to feeding demonstrations and dive shows daily, and keep an eye out for the new penguin chick, Stanlee!

Follow the link [here](#).



Virtual Recreation



CUPERTINO

Mondays



Zumba with Monica
9:00 a.m. - 10:00 a.m.

Zumba routines feature aerobic intervals with a combination of fast and slow rhythms that tone and sculpt the body.

Zoom Link: [Click Here to Join](#)



Bootcamp with Raychel
8:30 a.m. - 9:30 a.m.

An interval training class that mixes calisthenics and bodyweight exercises with cardio and strength training. No equipment needed.

Zoom Link: [Click Here to Join](#)



Chair X with Polly
10:30 a.m. - 11:30 a.m.

An upbeat exercise class that improves muscle strength and balance. This seated class is great for seniors, but anyone is welcome to join!

Zoom Link: [Click Here to Join](#)



Feldenkrais with Michele
10:30 a.m. - 11:30 a.m.

Similar to tai-chi or gentle yoga, this class uses slow, mindful movements to achieve strength, flexibility, and holistic integration of body and mind.

Zoom Link: [Click Here to Join](#)

Wednesdays



Pilates with Jill
9:00 a.m. - 10:00 a.m.

This mat Pilates class focuses on proper postural alignment, core strength, muscle balance, and stability. All levels are welcome.

Zoom Link: [Click Here to Join](#)



Zumba Gold with Grace
10:30 a.m. - 11:30 a.m.

Zumba Gold is a dance exercise class designed for active adults 50+. Steps are fun and easy to follow and learn.

Zoom Link: [Click Here to Join](#)



Yoga with Polly
9:00 a.m. - 10:00 a.m.

A gentle class focusing on flowing from pose to pose and linking the movement with deep slow breaths to relax and rejuvenate.

Zoom Link: [Click Here to Join](#)



Body Sculpting with Raychel
10:30 a.m. - 11:30 a.m.

Body sculpting is a muscle-toning total body workout, incorporating strength and flexibility training. No equipment needed.

Zoom Link: [Click Here to Join](#)

Fridays



U-Jam® with Monica
9:00 a.m. - 10:00 a.m.

Join the dance party with U-Jam®, burn those calories away with easy to follow moves and high energy music.

Zoom Link: [Click Here to Join](#)



Bombay Jam® with Archana
12:00 p.m. - 1:00 p.m.

Bombay Jam® integrates fun and fitness, you will get a good cardio and toning workout in one action-packed class.

Zoom Link: [Click Here to Join](#)

PUZZLES AND GAMES

Sudoku

Use the numbers provided to decipher the rest of the grid. Each 3x3 square should have every number, 1-9, with no repeats. Each row and column in the 9x9 grid should have every number, 1-9, with no repeats. Sudoku is a game of logic and elimination. You shouldn't have to guess!

Easy

5		3						
2			3					
	4		7	1		2		3
		5	4				7	1
		4	2		1	8		
6	8				7	5		
1		7		6	9		3	
					4			6
						9		5

Medium

	7			3			1	
1	3	9		8	2		6	
6							8	
7		2						1
			9		4			
8						9		6
	8							5
	5		1	4		2	9	7
	1			9			3	

Hard

	4	3	1					
7		9	4	6				
8		6			3		1	
9		2			7			
	6						4	
			3			9		7
	7		6			2		5
				2	4	6		1
					1	4	3	

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Crosswords

The crossword below was provided by www.alberichcrosswords.com and set by Alberich.

1		2		3		4		5		6		7		8
9										10				
11						12		13						
	14									15				
16														
17		18										19		
														20
21					22					23				
24						25								
26									27					

Across

- 1 - River makes camp too unsafe? (7)
- 5 - Breaking law's base and you get bird (7)
- 9 - What vigilant people pay for treatment (9)
- 10 - Woman shortly to become nurse (5)
- 11 - Landlord entertains student composer (5)
- 12 - Commander-in-chief takes a moment to show scar (9)
- 14 - Parisienne's the very best? (5,2,2,5)

- 17 - He's one I singled out to behave stubbornly (3,2,4,5)
- 21 - New local bar visited by English and Spanish gentleman (9)
- 23 - Go in for some decadent erotica (5)
- 24 - Agree with account (5)
- 25 - Poisonous mixture of drinks? (9)
- 26 - Gave nag a seat? (7)
- 27 - Get shot of data Lee falsified (3,4)

Down

- 1 - Very good and fruity (6)
- 2 - Nominal head of section abandons altruist sadly (7)
- 3 - Very small chap is old American fighter (9)
- 4 - Company events said to be happening at the same time (11)
- 5 - Number's up for boy (3)
- 6 - A daughter likely to conform (5)
- 7 - Left to set fire to coal (7)
- 8 - Anyhow we delay taking on Liberal with a squint (8)
- 13 - Refrigeration spoils oldest cargo (4,7)
- 15 - Most intelligent 150 with the height of ambition (9)
- 16 - Teaches US cadet manoeuvres around end of June (8)
- 18 - After onset of gangrene sailor lost blood and talked incoherently (7)
- 19 - I rant madly, trapped in the French toilet (7)
- 20 - Mate runs into addict (6)
- 22 - Trusty leaders of local organisation backed nonprofessional (5)
- 25 - Unhappy taking part in crusade (3)

Last Edition's Solve

1	A	2	N	3	C	4	A	5	S	6	T	7	E	8	R	9	C	10	O	11	S	12	Y
A	E	K	E	E	H	A	A	G															
S	U	F	F	I	C	E	T	R	A	I	L	E	R										
T	E	N	P	A	R	O	E																
O	A	R	S	R	E	S	I	L	I	E	N	C	E										
U	T	C	E	N	T																		
T	R	I	B	A	L	S	E	D	A	T	I	V	E										
T	L	I	R	B	N																		
S	T	I	R	L	I	N	G	P	L	I	E	R	S										
U																							
C	L	A	P	E	Y	E	S	O	N	U	R	G	E										
H	D	N	G	U	O	N	P																
A	P	O	S	T	L	E	R	S	C	R	E	E	C	H									
S	R	R	S	I	A	S	E																
A	N	T	E	S	I	N	G	L	E	T	O	N											

COMMUNITY RESOURCES

Case Management

Cupertino Senior Center's Case Management Team is still working and available to support you. Case Manager Adrianna Stankovich is checking email at AdriannaS@cupertino.org and answering phone calls at 408.777.3157. Vivian Silva can also be reached at 408.777.3155 or VivianS@Cupertino.org. Case Managers provide assessments to determine the needs for services and coordinate and ensure legal services are in place. Reach out to the case management squad if you have any questions or concerns! We are here for you.

庫比蒂諾耆英中心的社工部門仍維持運作為您提供服務,如有需要請與我們的社工 Adrianna Stankovich, MPIA聯絡,請致電408.777.3157 可用中文留言或電郵 adriannas@cupertino.org, 社工會提供評估以確定服務需求,並協助和確保法律資源,如有任何疑問或疑慮,請與我們的社工聯絡! 我們會竭誠為你服務。

Schedule Appointments

Health Insurance Counseling (HICAP)

Consultation on Medicare and Medicare-related health insurance.

Visit www.mysourcewise.com/medicare-options to schedule appointments.

健康保險諮詢

有關聯邦醫療咭,並相關的健康保險問題,有提供國,粵語翻譯.請上網安排約談

Senior Adult Legal Aid (SALA)

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.

Call 408.295.5991 to schedule appointments.

法律諮詢

為年滿60歲或以上並居住在聖克拉拉縣 (Santa Clara County) 的長者提供的免費諮詢: 包括基本公共利益的 法律事項,長期護理,虐待長者,住屋,消費者的問題,未雨綢繆的規劃,其他遺囑認證的選擇並簡單遺囑等,請致電 408.295.5991預約



SECOND HARVEST
of SILICON VALLEY

Second Harvest of Silicon Valley offers a toll-free hotline to low-income families which helps people in need of food find resources in their neighborhood. For assistance call

800.984.3663 or text GETFOOD to 408.455.5181

Visit their website [here](#).



Social Services Agency

County of Santa Clara

Santa Clara County's Senior Nutrition Program serves adults over sixty, disabled adults living with older adults, and the spouses of people that are over sixty. The program now follows a take-out model at most locations, though some have closed during the shelter-in-place order.

Visit their website [here](#).

Meals on Wheels

Residents in quarantine, as well as older adults and persons with disabilities or health conditions who need support can call 408.350.3200, choose option 4 for the Meals on Wheels program.



HEALTH • HOME • HEART

West Valley Community Services

West Valley Community Services (WVCS) accepts clients over sixty years old who live in zip codes 95014, 95030, 95032, 95033, 95044, 95070, 95129, and 95130. WVCS can deliver food once a week to your house provided you meet their qualifying factors. You must register as a WVCS client by filling out a one page form. Cupertino Senior Center can help you with this process. You may call the center at 408.777.3150.

Visit their website [here](#).

