

THE 50⁺ SCENE

February 2022

Birthday Bash is Back
The Senior Center reopens
Thursdays in March with
some favorites returning!



CUPERTINO



Happy St. Patrick's Day, everyone! It is with poetic fervor and an intense appreciation for literary symmetry that we announce the return of our Birthday Bash Celebration this March 17. After two years, we're set to return with the very event our monthly luncheons departed on.

You read that right—Birthday Bash is back! Join us for a festive Corned Beef entrée (or vegetarian option) and be sure to wear green to herald the return of our monthly celebrations. Registration is open now, and you can check out the details on the back cover of this issue. Don't miss this traditional meal prepared by our hardworking and talented Kitchen Crew (two of whom are pictured above).

Beyond the Birthday Bash, a handful of classes and programs will also be returning next month. As part of this increased programming, the Senior Center will now be reopening Thursdays in addition to our current Tuesday and Wednesday schedule. Beginning March 1, our in-person hours will be Tuesday through Thursday 8 a.m.

to 5 p.m. Be sure to take a look at the returning classes, socials, and programs on pages five through eight.

And not to be outdone, the Travel program has put together a couple of exciting trips in the next two months. To kick things off in March, they'll take you on an excursion to Monterey to see some amazing historical sites. Follow that up with a thrilling trip to Harley Farms and Half Moon Bay in April to round out your early spring adventures. You can register now and learn more by clicking the descriptions on page 4.

In-person seminars are also returning, starting with the Santa Clara County Fire Department's "Preparing for Medical Emergencies" workshop. Take a look at page eight to sign up and get yourself prepared to identify and report emergencies and keep yourself safe.

With the abundance of programming returning to the Senior Center soon, we hope to see your smiling faces in our building before too long!

CONNECTIONS

Senior Advisory Council

Thursday, March 24, 2 to 3:15 p.m.

Interested in knowing more about the Senior Center community? Want an update on plans for the next phase of returning member services? Senior Center leaders of social activities and volunteer groups meet bi-monthly to provide updates and input on upcoming projects and programs. These meetings are open to all members and your input is welcome as we emerge from COVID-19.

If you have any questions or are interested in attending, please send us an email at: senior_center@cupertino.org or give us a call at (408) 777-3150. We look forward to seeing you there!

Jean Bedord

President, Cupertino Senior Advisory Council

Join Our Facebook Group

The Cupertino Senior Center has a Facebook group on the [Parks and Recreation Facebook](#) page offering daily updates on Senior Center activities. To join the group, you must be a Senior Center member. Join the group by clicking [here](#).

ANNOUNCEMENTS

2022 Membership

The Cupertino Senior Center has updated our membership to be year-round. Your membership will now expire one year from the date your registration was processed. If you are a returning member, be sure to renew today at the front desk to continue receiving membership benefits such as free attendance to socials and resource presentations, membership cost for classes and programs, and more! Resident membership is \$25 and non-resident membership is \$30.

Local Road Safety Plan

A Local Road Safety Plan is a data-driven plan for local roadway safety improvements, and is an opportunity to address unique safety needs in Cupertino. Provide feedback, report areas of concern, and help make our roadways safer by visiting engagecupertino.org/lrsp.

Greeting Cards

Stop by the front desk to purchase your greeting cards to send to friends and family. Buy one card for 50 cents or three cards for \$1. Peruse our cards stand for all occasions from birthday cards, get well cards, to thank you cards, and more.

Gift Cards

Start the new year by giving the gift of a Senior Center gift card to use on membership, active classes, and fun programs. Gift cards make the perfect gift to invite friends to have fun and do activities together. Purchase your gift cards at the front desk today!

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SHARE DISCOVERY THROUGH TRAVEL

Member trip registration begins Tuesday, February 15.

Non-member registration begins February 22.

Safety regulations from Santa Clara County, the State of California, and local jurisdictions must be followed to participate.

Monterey Then and Now

Wednesday, March 30, 8:30 a.m. to 5:30 p.m.



From the capital of Alta California to the storied stomping grounds of John Steinbeck, Monterey is thoroughly soaked in cultural, literary, and scientific history. Join us as a local guide takes you through some anchors of Monterey history including the Old Whaling Station, Custom House, and stories of California's First Theatre. Then enjoy time for a no-host lunch and exploring Fisherman's Wharf and downtown before our guide whisks you off to Cannery Row, where you'll experience the stories of places and people that inspired the characters of the famous novel.

Member Cost: \$94

Trip includes: Local Tour Guide, Transportation, Tips, and Travel Staff

Activity Level: Moderate to High; walking tours throughout the day

Itinerary subject to change. [Click here to register.](#)

Harley Farms and Half Moon Bay

Wednesday, April 27, 10 a.m. to 4:30 p.m.

Spend a lovely spring day enjoying the beauty and charm of the coast. Join Harley Farms guides on a walking tour of their exceptional farm, home to critically acclaimed and award-winning goat cheese. Say hello to this year's kid and Gentleman Jim the alpaca and walk alongside the milking herd, Anatolian shepherds, and donkeys. After your tour, visit the Cheese Shop and take home some of their mouth-watering cheeses. Before visiting the farm, kick off the day with time to explore and enjoy a no host lunch in inviting downtown Half Moon Bay.

Member Cost: \$116

Trip includes: Guided Farm Tour, Transportation, Tips, and Travel Staff

Activity Level: Moderate; walking on uneven ground

Itinerary subject to change. [Click here to register.](#)



IN-PERSON SOCIALS

Bingo

Friday, March 25, 1 to 3 p.m.

Bingo is back for one Friday a month! Enjoy a fun afternoon playing Bingo here at the Cupertino Senior Center! Bingo cards are \$5 to \$8 and daubers are \$2. Purchases must be made in cash. Registration is required to attend.



Open Card Playing and Bridge

Every Tuesday, Wednesday, and Thursday noon to 4 p.m.

Open Card Playing and Bridge is back three times per week at the Senior Center. Preregister for a table by clicking anywhere in the description. Members play for free, senior guests pay \$5. Registration is required.

Needlecraft

Every Thursday, 10 a.m. to noon

Know how to knit or crochet? Become a volunteer and join the needlecraft group to make warm clothing such as hats, scarves, and blankets which will be collected and donated to organizations like the veteran's hospital, homeless shelters, and local hospitals. Yarn is provided. If interested in joining, contact Amanda Hui at amandah@cupertino.org.

50+ Softball

Thursday, March 31 to December 8
9 a.m. to noon

Enjoy the sun and bring a friend to play or watch 50+ Softball! Memorial Park is the home of the Cupertino Sandlot softball group who warm-up and take batting practice beginning at 9 a.m. A pick-up game starts promptly at 10 a.m. each week. Safety regulations from the Santa Clara County and the State of California must be followed to participate. Participants must bring their own gloves and bats. To play, member fee is \$50 for the season. Open to all to watch and cheer on.

Ping Pong

Every Tuesday
8:30, 9:20, 10:10, and 11 a.m.

Weekly ping pong has returned! Reserve your 45-minute slot to play singles ping pong with a friend. Two tables are available per timeslot. Free for Members, senior guests pay \$5.

50+ Bocce Ball

Wednesday, March 2 to October 26
9 a.m.

Bocce Ball season is here! Come enjoy the outdoors while playing bocce at Blackberry Farm Park alongside the Stevens Creek Trail. Members can meet new people and have a great time while playing a game of bocce. First time players welcome, instructions are available. Safety regulations from the Santa Clara County and the State of California must be followed to participate. Free for members.

50+ Tennis

Every Tuesday, 9 to 11 a.m.

Come play tennis with other members on courts 5 and 6 at Memorial Park! New members welcome. Equipment not included. This is a Cupertino Senior Center drop-in tennis group, not a class. Safety regulations from Santa Clara County and the State of California must be followed to participate. Members are free.

CLASSES

Unless specifically noted, all classes on this page and the next are held in-person at the Cupertino Senior Center. **Register online by clicking the descriptions, or register in-person at the Cupertino Senior Center 8 a.m. to 5 p.m. Tuesday or Wednesday, or Thursday beginning March 3. You may also call us at (408) 777-3150 Monday through Friday to register over the phone.**

Tech

Apple Assistance

Tuesday, March 8 and 22,
April 12 and 26, 1 to 3 p.m.

Receive one-on-one assistance on how to use your Apple device so you can get the most out of it! 1-hour sessions are scheduled on a first-come, first-serve basis. Sessions are held outdoors. Instructor Brock Carpenter. Member fee is \$6.

iPhone Beginning

Tuesday, March 15 to April 26
1 to 3 p.m.

Do you have an iPhone and are not quite sure how to use it? Learn all the latest functions of your iPhone from Instructor Roz Schiros with step-by-step instructions and handouts at each class. Increase your familiarity on how to manipulate apps and widgets, customize your Control Center, tailor your notifications, AirDrop, text editing, and more! Members must bring a fully charged iPhone to each class. iPhone must have iOS 15. Please know your Apple account ID and password. Member fee is \$38.

new iPhone Intermediate

Thursday, March 17 to April 28
1 to 3 p.m.

Build and expand your iPhone skills with guidance and information on the latest updated features of Safari, Camera, photo editing and effects, markup, video editing, portrait live, albums, mail features, and more. Members must bring a fully charged iPhone to each class. iPhone must have iOS 15. Please know your Apple account ID and password. Instructor: Rosalind Schiros. Member fee is \$38.

Music

Advanced-Beginning Ukulele and HarmoniKatz

Tuesday, March 1 to 29
2:30 to 4 p.m.

Practice with other Senior Center members while further developing your skills with a ukulele. Class is intended for those familiar with their instruments. Instructor approval is required before registering. Instructor: Delphine Ng. Member fee is \$12.

Beginning Ukulele

Tuesday, March 1 to 29
1 to 2 p.m.

Learn the basic chords and strums on a ukulele and how to apply them to music. Come to class with a ukulele, music stand, tuner, and tablet or 3-ring binder to hold your music and class notes. Instructor: Delphine Ng. Member fee is \$8.

CSC Wednesday Jam

Wednesday, March 2 to 30
3 to 4:30 p.m.

Join a group jam session led by Jim Cunningham. Have a great time playing guitar, bass, or other stringed instruments in an open, friendly session. All musical talent levels welcome. Member fee is \$12.

Rhythmaires Band

Wednesday, March 2 to
April 27, 9:30 to 11:30 a.m.

The Rhythmaires Band is a wind instrument-focused group that practices musical repertoire consisting of Dixieland arrangements and "oldies" originally published in the first half of the twentieth century. The group is in need of a tuba player and welcomes advanced musicians to audition to join the group. Member fee is \$27.

CLASSES

Dance and Exercise

Hybrid

Feldenkrais Method®

Tuesday, March 1 to 29
10:30 to 11:30 a.m.

The Feldenkrais Method® is a revolutionary approach to improving your life that uses gentle, mindful movement. This hybrid class will be taught both in-person at the Senior Center and via Zoom. Instructor: Michele Westlaken. Member fee is \$32.

Hula - Beginning

Wednesday, March 2 to 30
12:15 to 1 p.m.

Learn the art of Hawaiian storytelling through dance. The instructor will guide you through the fundamentals of Hula as she teaches you the tales of the dances of Hawaii. Instructor: Pat Gregory. Member fee is \$6.

Hula Performance Group

Wednesday, March 2 to 30
1:15 to 2:45 p.m.

Practice towards performing in the community as a Cupertino Senior Center Volunteer. Instructor approval is required before registering. Instructor: Jackie Pereria-Anderson. Member fee is \$12.

Line Dance - Improver/Intermediate

Tuesday, March 1 to April 5
10:15 to 11:30 a.m.

Intended for those who have been line dancing for some time and have mastered the basic steps and movements within line dancing. Instructor: Kathy Chang. Member fee is \$45.

Line Dance - Intermediate+

Wednesday, March 2 to April 6
10:15 a.m. to noon

Class features dance routines suitable for experienced dancers. For those who have mastered a comprehensive range of step patterns and movements, offering a wide variety of dance routines and turning techniques. Instructor: Kathy Chang. Member fee is \$54.

new

Yoga Foundations

Wednesday, March 2 to 30
8:15 to 9:30 a.m.

Enjoy gently strengthening and stretching your body while precisely aligned to support healthy joints and posture. Correct posture supports all of our body systems including the mind and spirit. In Iyengar Style Yoga, we support your alignment through props to make a practice that is safe and effective at any age or ability. Instructor: Rupa Narayanan. Member fee is \$58.

Zoom

Zumba Gold®

Wednesday, March 2 to 30
10 to 11 a.m.

Zumba Gold® is a dance exercise class designed for active adults 50+. The dances feature a variety of Latin moves and are designed to help improve balance, strength, and flexibility. Meets on Zoom. Links will be emailed out 24 hours prior to the first meeting. Instructor: Grace DuVal. Member fee is \$27.

Art

Zoom

Chinese Brush Painting

Monday, March 14 to April 4
10 a.m. to noon

Discover the "Impressionistic Style" of Chinese brush painting. Class begins with the basic strokes and gradually introduces other components as skill increases. Grow your talent by taking further sessions. Meets on Zoom. Links will be emailed out 24 hours prior to the first meeting. Instructor: Ming-Fen Lee. Members fee is \$36.

Painting and Drawing at All Levels

Wednesday, March 2 to 30
8:45 to 11:45 a.m.

Join the friendliest artists in town and paint or draw 'till you drop! Classmates encourage each other in this art session that doesn't have guidelines or curriculum—just artistic expression! Student Facilitator: Jerome Chin. Member fee is \$23.

FREE VIRTUAL AND IN-PERSON LECTURES



Musical Motivations: Spring Edition

Zoom

Friday March 4, 4 to 5 p.m.

Join Musical Motivations first virtual concert of the year as Harker's Tri-M performs a variety of hits from The Beatles to classical pieces, to Frank Sinatra, to modern day songs. Harker's Tri-M musical organization shares their love of music by performing for local communities. Preregistration required to receive Zoom link. Open to the public.

[Click here to register](#)

Santa Clara County Library (Card Required)

Flipster

Wednesday, March 30, 10 to 11 a.m.

Come learn about Flipster and how you can receive free access to read Consumer Reports, People, Time, Sports Illustrated, Entertainment Weekly, Entrepreneur, Zoobooks, Ranger Rick, and more of your favorite magazines online. Read magazines in a browser or download to your mobile device. Preregistration required. Workshop will be held in-person. Members free, senior guests pay \$5.

Medici.TV

Wednesday, April 27, 10 to 11 a.m.

Learn how you may stream over 100 live broadcasts a year plus thousands of recordings featuring international concerts, operas, ballets, documentaries, master classes, educational films, and artist profiles. Includes performance synopses, cast information, composer details, and more. New videos are continually added to the website. Preregistration required. Workshop will be held in-person. Members free, senior guests pay \$5.

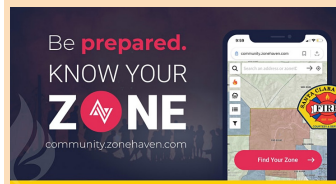
Santa Clara County Fire In-Person



Wednesday, March 2, 10 to 11 a.m.

Learn how to recognize medical emergencies and when to call 9-1-1. Learn how to report emergencies and what to do before help arrives. Be prepared with completed medical documents and explore resources that can assist caregivers. Members free, senior guests pay \$5.

Online



Wednesday
March 9
6:30 to 7:30 p.m.



Thursday
March 10
11 a.m. to 12:30 p.m.



Wednesday
March 23
4 to 5 p.m.

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

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

Medium

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

Hard

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

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Crossword

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		
21							22					23	
24							25				26		
						27							
28													
						29							

Across

- 1 - Drunken sot samples purgative medicine (5,5)
- 9 - Caribbean island also conceals British silver (6)
- 10 - Abandoned footballer in red (4-6)
- 11 - Worker fellow makes complaint (4)
- 12 - Rod gets crazy about one person serving drinks (7)
- 15 - Lose heart when praised, surprisingly (7)
- 16 - Handed student a hammer (5)

- 17 - Some wonder if flute will provide repeated musical phrase(4)
- 18 - School requires memo to be sent back (4)
- 19 - Nobleman keeps time for him (5)
- 21 - Attendant scattered waste on road (7)
- 22 - Contrition shown by note to detective (7)
- 24 - Not at home with a course (4)
- 27 - Attest fare is outstanding – this may remain? (10)
- 28 - Louis Gossett initially upset another actor (6)
- 29 - Copper robs me twice – could be awkward (10)

Down

- 2 - Father Fitzgerald provides Spanish dish (6)
- 3 - Nannies missing last bit of Lightning Seeds (4)
- 4 - Son hid gin after organising lively party (7)
- 5 - Returning, I left theatre box (4)
- 6 - Daughter in Ulster cooked pastry (7)
- 7 - Man works mostly as criminal (10)
- 8 - Concern involved with fee for meeting (10)
- 12 - Store plates perhaps in Devon town (10)
- 13 - Thoroughly search mountains for a place for shooting practice (5,5)
- 14 - Went out with someone old-fashioned (5)
- 15 - Freed lunatic, causing delay (5)
- 19 - Professional's backing US spies – that's commonplace (7)
- 20 - Substitute's aloofness (7)
- 23 - Part of embassy's temporary organisation (6)
- 25 - I came across uplifting article (4)
- 26 - At least 48 hours in stupor, we hear (4)

Last Edition's Solve

S	E	R	F	A	C	A	D	E	M	I	E	S	
E	E			R	I	U	X	E					
D	U	C	K	C	O	N	V	U	L	S	I	O	N
U	O	W	S	E	L	S							
C	A	N	O	E	I	S	T	K	I	T	E	N	
E	V	L	W			G							
H	E	L	L	F	O	R	L	E	A	T	H	E	R
B	N	M	M	R	A	T	U	E					
L	E	W	A	R	D	I	S	L	A	N	D	S	
E													
M	U	S	I	N	G	S	T	A	N	D	O	U	T
I	A	E		G	R	Y		N	A				
S	C	U	R	I	L	O	U	S	O	B	I	T	
H	D	E	O	M									
W	I	N	D	S	W	E	P	T	B	Y	T	E	

REOPENING INFORMATION

At the beginning of the pandemic, the City closed its facilities to protect public health during the COVID-19 pandemic. Many of the programs, services, and events are coming back in-person in the coming months. Some online services will continue.

The dates below are estimates and subject to change. Check back regularly at cupertino.org/reopening for updates and changes to this schedule as well as information about the reopening of other city facilities.

	Status	Reopening	Notes
Senior Center			
Sports	Open		Tennis, Ping Pong, Softball, Golf, and Bocce
Front Desk - 3 Days per Week	Open Tu, W, Th		Registration, Birthday Bash, Trips, and classes
Social Programs	Select	Spring 2022	Card Playing, Bridge, Cribbage, Mah Jongg, Bingo, etc.

去年,在 COVID-19 大流行期間,庫比蒂諾市關閉了其設施以保護公眾健康. 在接下來的幾個月中,許多當面的項目,服務和活動將重啟. 一些在線服務將繼續.

以下日期為估計日期,可能會發生變化. 定期訪問 cupertino.org/reopening 查看此時間表的更新和更改,以及有關其他城市設施重新開放的信息.

	當前狀態	重新開放	注釋
老年中心			
老年人運動	開放		網球, 地擲球, 壘球, 乒乓球
前台每週 3 天 (週二、週三、週四)	開放		註冊, 生日午餐, 旅行和課程
老年社會項目	有限的	2022 年春天	打牌, 橋牌, 紙牌, 麻將, 賓果, 交誼舞等

RESOURCES FOR SENIORS

Resource Referral Website

Please visit cupertino.org/seniorresources to view contact information for a variety of resource agencies. Resource categories include nutrition, transportation, counseling, elder abuse, and more.

Santa Clara County Department of Aging and Adult Services

The Department of Aging and Adult Services (DAAS) promotes an Age-friendly community for all residents of Santa Clara County. DAAS strives to ensure a safe and independent lifestyle for older adults, dependent adults, and those with disabilities.

(408) 755-7600

sccgov.org/daas

Schedule Appointments

Health Insurance Counseling (HICAP)

Consultation on Medicare and Medicare-related health insurance. To schedule appointments visit mysourcewise.com/medicare-options or call (408) 350-3200 and select option two.

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.

(408) 295-5991

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



SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS

Sourcewise offers resource information on a variety of topics including housing, nutrition, health insurance, transportation, and more. Through a comprehensive network of resources, Sourcewise strives to educate, prepare, support, and advocate for all adults, their families, and their caregivers within Santa Clara County.

(408) 350-3200

mysourcewise.com



Receive free, non-emergency community, health, and disaster information in Santa Clara County. 211 is confidential and available in over 170 languages. 24 hours a day, 7 days a week.

Dial 2-1-1

211bayarea.org



HEALTH • HOME • HEART

West Valley Community Services

West Valley Community Services provides a continuum of basic needs, including an in-house and mobile food pantry, homeless support, affordable housing, emergency financial assistance, family support, referrals, education, and case management. West Valley Community Services serves homeless and low-income individuals and families.

(408) 255-8033

wvcommunityservices.org



Cupertino 50+ Scene
Cupertino Senior Center
21251 Stevens Creek Blvd
Cupertino, CA 95014
(408) 777-3150

new

St. Patrick's Day Birthday Bash Luncheon

Thursday, March 17, Doors Open at noon



Join us for the Irish-inspired tradition of St. Patrick's Day with a full meal of corned beef and cabbage, carrots, potatoes, and dessert. Celebrate the return of our birthday bash luncheons and be sure to wear some green. Members with March birthdays will be honored. Those seats pictured above are waiting for you! Vegetarian option available when registering. This event sells out quickly, be sure to register! Masks must be worn indoors at all times while not actively eating or drinking. Member fee is \$12, non-member fee is \$17.

Registration opens February 15. To register, call (408) 777-3150, visit us in-person, or [Click Here](#).