

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

Shelter-in-Place Edition, 7/7/20

This or That?

Staff Answer Tough Questions, We  
Want You to Caption this Cover!

Page 2



CUPERTINO



You have arrived at the seventh volume of *The 50+ Scene's* digital-only Shelter-in-Place newsletter! We are glad you're back and hope you have been enjoying your time so far. If you have any questions, comments, or suggestions, please send them our way at [JasonB@cupertino.org](mailto:JasonB@cupertino.org). Otherwise, enjoy!

The Scavenger Hunt's rules changed last issue and our adventurous readers have responded well. The pictures are still above, but the recap is on the facing page three, so check it out!

This issue is filled with new Virtual Travel destinations, classes, and puzzles. Vivian Silva, one of our Case Managers, is hosting a series of free classes and a presentation this month, so be sure to check out page five.

This issue we've started a game of "This or That?" with Alex Corbalis—our Travel Coordinator. The game is simple: Given the choice between two words, the staff member has to pick one. Read on to see Alex's selections!

- Cat or Dog?  
 - Dog. I grew up with an Australian Shepherd and a Beagle.
- Pop or Rock?  
 - Rock. This has been my favorite ever since I can remember.

- Text Message or Call?  
 - Text Message. I like both, but texts are better for sending funny pictures.
- Book or Movie?  
 - Book. I prefer the extra imagery and immersion you can get in a book.
- Beer or Wine?  
 - Beer. Cold, please!
- 50's or 80's Music?  
 - 80's. I was all about the 80's hair bands in high school.
- Sandals or Sneakers?  
 - Sandals. They're just comfy.
- Snow or the Beach?  
 - Snow. I love skiing and hiking in snow.
- Star Trek* or *Star Wars*?  
 - *Star Wars*. Don't tell anybody, but I've never seen *Star Trek*

Hopefully Alex will still talk to us after rattling her out to the Trekkies. Tune in next issue when a different staff member will answer the pressing issues of "This or That?"

We want to know what you think Jason's dog, Ciri, on the front cover, is thinking. Send your best caption to [JasonB@cupertino.org](mailto:JasonB@cupertino.org).

# SCAVENGER RESULTS

Tied for first at 24 points, Team Anne, Cindy, Deb showed off the team initials plus one with an AC/DC shirt proudly alongside The Beatles and Pearl Jam neatly spanning 60 years of Rock! Also featured in that photo were nine different sports, not even including the peerless Mike Ricci hanging out with his Star Wars bobblehead friends on the hood of a 1967 MGB. Their second picture displays an amazing hand-drawn Cupertino logo—don't think we missed the sneaky Sunnyvale logo hanging out at the park in the back!

Also with 24 points, Jo Anna and Ken brought a balancing cat plushie, some Guns n' Roses, and a familiar parking permit into play. Keeping with the trend of bobbleheads on hoods, the 1947 Ford in their picture played host to Joe Cannon, the San Jose Earthquakes great, as well as a Earthquakes team-signed soccer ball!

With 21 points, Helen put in a valiant effort, finding a city logo left out in the open at Memorial Park! There must just be something about bobbleheads and cars as Helen is posing with David Lee and a 1976 Porsche.

# FACEBOOK

## Photos of Positivity

Check out weekly Photos of Positivity on Facebook! Our community members have taken a plethora of pictures they want to share to make your day a bit brighter. Have a photo you want to share too? We would love to see them! Email any positive photos to Amanda at [AmandaH@cupertino.org](mailto:AmandaH@cupertino.org).



See everything we're doing on Facebook at [www.facebook.com/CupertinoSeniorCenter](http://www.facebook.com/CupertinoSeniorCenter).

# SCAVENGER RULES - ROUND 7

Refined Rules:

- 1 - Take a picture of each item from the list to the right
- 2 - Fit more items in one photo to gain more points
- 3 - Bonus points now cap at 4 items/photo
- 4 - Points breakdown:
  - 1 item - 1 point
  - 2 items - 4 points
  - 3 items - 8 points
  - 4+ items - 16 points

Email all the photos you've taken of Scavenger Hunt items to [JasonB@cupertino.org](mailto:JasonB@cupertino.org) before July 17th.

- 1.) A Red Motorcycle
- 2.) You Performing Some Sort of Exercise
- 3.) A Congratulatory Sign
- 4.) A Bridge
- 5.) Something Ugly
- 6.) Two Instruments
- 7.) Your Handwriting

# TABLE OF CONTENTS

2	<p><b><i>The 50+ Scene This or That?</i></b> Alex Corbalis answers "This or That?" and we want to hear from you!</p>	6	<p><b>Virtual Recreation</b> Check out the new classes we're offering starting this week!</p>
3	<p><b>Scavenger Hunt, Facebook, TOC</b> Learn about the Scavenger Hunt participants and the next set of rules.</p>	7	<p><b>Puzzles and Games</b> Need some light entertainment? Check out this collection of puzzles.</p>
4	<p><b>Virtual Travel</b> Our travel staff has put together listings of virtual tours and exhibits.</p>	8	<p><b>Local Resources</b> Learn about the community resources available to you at this time.</p>
5	<p><b>Free Special Programs</b> Free SCC Fire sessions and Vivian's Programs!</p>	9	<p><b>Photo Collage</b> See what Senior Center and Parks and Recreation staff have been up to.</p>

# VIRTUAL TRAVEL

## Smithsonian National Museum of American History



Take a virtual tour of one of the United States' most famous museums, the Smithsonian National Museum of American History. You can learn about a number of amazing pieces of American history and culture as you click through their online exhibitions, including topics as far reaching as the original *Star Spangled Banner*, Julia Child's kitchen, transportation, and so many more.

[Follow the link here](#)

## United States Botanic Garden

As a museum with a living collection, the exhibits, displays, and plants of the United States Botanic Garden in Washington D.C. are always changing. Whether you start at the Conservatory, National Garden, or Bartholdi Park, this 360-degree virtual tour will give you a feel of what you might see there in person. You can also find audio and video tours to learn even more through stories about their plants.

[Follow the link here](#)



## Statue of Liberty



The Statue of Liberty is one of the most recognizable symbols of the United States throughout the world. This interactive virtual tour lets you explore a combination of high-resolution spherical images, historical information, and historic images taken in the same areas decades ago. Take in the view from her iconic crown without the bother of climbing all those stairs!

[Follow the link here](#)

## United States Marine Band

Established by an Act of Congress in 1798, the United States Marine Band is America's oldest continuously active professional musical organization. Available online for all to enjoy are a variety of recordings from this historic ensemble, including marches of John Philip Sousa, patriotic favorites, and more. Take a "click" around and you can also find interesting tidbits and history about the Band.

[Follow the link here](#)



# SPECIAL PROGRAMS

## Vivian I. Silva, MSW/GCM

### Dream Stories

Monday, July 13 - 27, 10 a.m. - 12 p.m.

Vivian I. Silva, MSW/GCM, is offering a 3-week dream group. Join in this opportunity to *learn* about your dream life, *share* the stories, and have *fun* with others in the group. Vivian has facilitated many dream groups at the Cupertino Senior Center since the early 90s and follows Jeremy Taylor's philosophy that dreams and even nightmares come to us for our health and wholeness. Register early as group size is limited to 12. Zoom links will be sent to registrants prior to class.

[Click here to register](#)



### The Importance of Laughter Through Uncertain Times

Monday, July 27, 1:30 - 3 p.m.

Vivian I. Silva, MSW/Educator and part-time Case Manager for the Cupertino Senior Center invites you to join us in a Zoom session where we will discuss ways to feel alive while sheltering at home. After a brief introduction outlining why social connections are vital to our well-being, Vivian will invite participants who want to share stories of laughter or activities they have used to get through isolation. Participation in the sharing portion is not mandatory – merely listening in is perfectly fine. There will be time for questions and uplifting music to end the discussion.

[Click here to register](#)

## Santa Clara County Fire Presentation

Join Santa Clara County Fire online for their upcoming informational session. Just click on the description below to be taken to the registration site!



### Fall Prevention & Education

Thursday, July 16, 10 - 11:30 a.m.

Learn how to identify fall risks and simple and effective home modifications to prevent falls. Learn six steps to prevent falls and what to do right after a fall happens. Get connected with community resources to maintain safety and wellness.

[Click here to register](#)

# Virtual Recreation



The City's Parks and Recreation Department misses you! We have been working with our instructors to bring you a familiar selection of educational programs in a virtual classroom environment. We are excited to share this experience with you.

Classes will be held over Zoom. You will need to download the app to a computer, smartphone, or tablet to participate in these classes.

Navigate to [www.reg4rec.org](http://www.reg4rec.org) to see all the classes we are offering, or click on this page to register. Enjoy the familiar faces of your favorite instructors until we can rejoin each other in person!

## Line Dance Beginning - 12410

Thursday, July 9-30, 7 - 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. Good exercise, great fun! Geared for 50+, but open to all. Instructor: Kathy Chang. \$16.

## Line Dance Intermediate - 12411

Tuesday, July 7-28, 7 - 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. Good exercise, great fun! Geared for 50+, but open to all. Instructor: Kathy Chang. \$16.

## Feldenkrais Method - 12441

Tuesday, July 14-28, 10:30 - 11:30 a.m.

Rediscover flexibility and ease with Feldenkrais movement improvement exercise. Each class explores novel and gentle movement patterns to invigorate your brain and nervous system with new ways of organizing and sensing your movement, which may result in improved balance and coordination. Instructor: Michele Westlaken. \$15.

## Monday Chair Exercise - 12451

Monday, July 13 - 27, 10:30 - 11:30 a.m.

An upbeat exercise class designed to be performed from a seated position. Some movements are performed standing, but all can be adjusted to be performed from a chair. Instructor: Polly Hu. \$12.

## Thursday Chair Exercise - 12408

Thursday, July 2 - 30, 10:30 - 11:30 a.m.

An upbeat exercise class designed to be performed from a seated position. Some movements are performed standing, but all can be adjusted to be performed from a chair. Instructor: Polly Hu. \$20.

## Yoga for 50+ - 12409

Tuesday, June 30 - July 28, 3 - 4 p.m.

Discover how yoga can strengthen your core, improve posture, and cultivate awareness of our body. Iyengar is a detailed style of yoga, with great attention paid to finding the proper alignment in a pose, and yoga props such as blankets and blocks are used. Join us and learn what benefits this class will hold for you! Geared for 50+, but open to all. Instructor: Polly Hu. \$20.

# 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

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

Medium

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

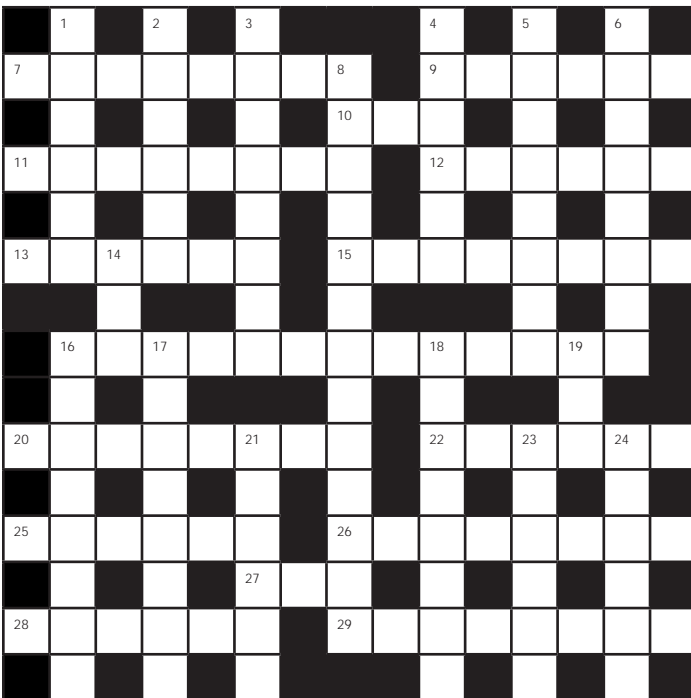
Hard

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

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## Crosswords

The crossword below was provided by [www.alberichcrosswords.com](http://www.alberichcrosswords.com) and set by Alberich.



### Across

- 7 - French writer shows real bias unfortunately (8)
- 9 - Insulted a British and American journalist (6)
- 10 - He's found among entomologists (3)
- 11 - See about unusually bitter book (8)
- 12 - Thus employed drunk (6)
- 13 - So old article offers comfort (6)
- 15 - Some memory of what cobra has, you say? (8)

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- 16 - In court, one questions angry inspector (5-8)
- 20 - Fellow always is hot, running high temperature (8)
- 22 - Chap, see, is punctual (6)
- 25 - Pants and comes back to life? (6)
- 26 - Isn't love misrepresented by this writer? (8)
- 27 - Some work is therefore cut short (3)
- 28 - Lyricist is a beginner, it's said (6)
- 29 - Former partner rang and praised highly (8)

### Down

- 1 - Caught a straying coil of cloth (6)
- 2 - Type of polecat is a diligent searcher (6)
- 3 - Time to perform more infrequently? That's unsubtle! (8)
- 4 - Young girl soundly curses English student (6)
- 5 - Vehicle picked up Pope in the outskirts of town (8)
- 6 - Could be protected first off with smoke sensor? (8)
- 8 - Trite conversation where brokers work (5,8)
- 14 - Old, old city belonging to us (3)
- 16 - Daily gets hold of second detergent perhaps (8)
- 17 - Compliant with order to somehow end it (8)
- 18 - Give incentive to team playing around four (8)
- 19 - Ultimately people follow like sheep (3)
- 21 - Put in stern, I work (6)
- 23 - Slightly miffed at first by ruined idyll (6)
- 24 - Taking part, journalist endeavours to pay attention (6)

### Last Edition's Solve



## 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](mailto: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](mailto: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, MPA 聯絡,請致電408.777.3157 可用中文留言或電郵 [adriannas@cupertino.org](mailto: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](http://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](#).



