

CELEBRATE 2016!

Learning: Expand your knowledge this year! Turn to Page 8 and find a new class to take.

Independence: Explore Page 10 for tools to help you choose your own course of life.

Friends: Meet old and new friends at one of our magnificent Social Events on Page 5 and Page 6.

Energy: Your 2016 Senior Center membership gives you a special discount for a fitness membership at the Cupertino Sports Center. Check it out today!



Here is to the good **LIFE** in 2016 with the Cupertino Senior Center!



A NEW YEAR: MOTIVATING A NEW ME

THURSDAY, JANUARY 26, 10:30-11:30AM

Do you want a fresh start in 2016 but don't know how to motivate yourself? Join this presentation to learn ways to overcome the challenges to stay motivated to make changes. Finding meaning may be different for everyone, and we will explore ways to get started to make ourselves the best we can be. Presented by Vivian I. Silva, MSW/Gerontologist/Geriatric Care Manager and instructor at San Jose State University. Members free, senior guests pay \$5 day pass. Sign up at lobby table.



TOGETHER WE CAN MAKE A DIFFERENCE

The Hidden Treasures committee members wish to extend their heartfelt appreciation to all the participants who made the Hidden Treasures Fundraiser, held on October 29, a great success. This event raised over \$10,000, and the proceeds will benefit the Stay Active Fund, the case management program, which

serves at-risk seniors in our community, and other programs. Many thanks to volunteers and shoppers who made this possible. We look forward to seeing you all again next year on October 27, 2016.

我們合起來就能有影響 衷心感謝大家的支持使我們在十月三十日舉辦的藏寶室募款活動非常的成功, 我們募得了超過\$10,000. 此筆錢將用做保持活躍基金, 幫助社區裡有風險老人的社工服務和其他項目. 謝謝大家的支持! 我們期待明年再和您合作.

VOLUNTEER CORNER

THANK YOU, VOLUNTEERS!

The staff at the Cupertino Senior Center would like to thank all of our volunteers for service provided in 2015. With the contributions of your time and talent the Cupertino Senior Center continues to be a welcoming and friendly environment for everyone 50+, enhancing healthy lifestyles. Our volunteer appreciation lunch will be held in March and all volunteers who served 20 hours or more by the end of December 2015 will be invited.

2015 HOURS LOG DUE

FRIDAY, JANUARY 8

The deadline to record your 2015 hours is January 8. You can enter your hours by logging on at www.cupertino.org/volunteer. If you need assistance logging your service hours, please visit us at the senior center front desk or attend the Volunteer Orientation the first Monday of the month at 1:30pm.

NEW VOLUNTEER ORIENTATION

**MONDAY, JANUARY 4, FEBRUARY 1
 3:30-4:30PM**

Have you been thinking about volunteering? Come to the the New Volunteer Orientation to find out more about the volunteer opportunities available to you. If you are an experienced volunteer, but would like to join us for a refresher, please join us. RSVP to Justin Cecil at 408.777.3150 or JustinC@Cupertino.org

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Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **January 13**, 8am; Non-member *begins* January 20
 → Day Trip Preview starts at 7:30am ←

A Gift of Sacred Art and University Library Tour

Friday, January 15, 9:15a-2:15p

A gift of inspired art will be explored as we are guided through some of the wondrous paintings and vibrant “illuminations” gracing the pages of the larger than life Saint John's Bible, Heritage Edition. The library tour will highlight the new renovations, the amazing Automated Retrieval System, and the history and special features of the library.

Member Cost: \$69 - lunch included

Behind the Scenes: Pure Water and Recycling

Thursday, January 21, 9:30a-4p

Ever wonder how we purify water here in the Bay Area? Curious as to how all that recycling we send out each week actually gets processed? Then this trip is for you! Hosted brunch included.

Member Cost: \$68 - brunch included

Mardi Gras Travel Party

Tuesday, February 2, 1:30p

Join us for a New Orleans-style party right here at home. Learn more about our exciting travel program of day trips, overnight and extended tours. Free raffle with prizes, including a day trip.

Member Cost: FREE

Register at the front desk-space limited. Guests pay \$5.

OUT-TO-LUNCH BUNCH

Thursday, February 25, 11:30a

LAZY DOG

19359 Stevens Creek Blvd, Cupertino

Super Bowl Fan Experience

Wednesday, February 3, 11a-7p

Join us as the San Francisco Bay Area suits up for Super Bowl 50! Experience two different kick-off celebrations in San Francisco leading up to the big game. Put on your favorite team's jersey and get ready to join the festivities of the country's biggest annual sporting event.

Member Cost: \$92

Kurt Elling at Bing Concert Hall

Saturday, February 27, 4:30-10p

Experience Grammy Award-winning jazz singer Kurt Elling in this intimate performance at Stanford's Bing Concert Hall. Before the show, enjoy dinner at the restaurant of your choice in charming downtown Palo Alto's University Avenue.

Member Cost: \$104

Sunday Afternoon at the Villa

Sunday, March 6, 12:30-5:30p

Join us for a musical journey at the beautiful Villa Montalvo. The Saint Michael Trio will inspire and entertain by musically going “around the world in 80 minutes,” while charming us with their lively banter.

Member Cost: \$84

Culinary and Historic Exploration of Napa

Thursday, March 10, 7:45a-5:45p

Napa is the perfect place to enjoy a tour of seven different top restaurants to sample delicious signature creations, and learn about the history of the area. This is an insider's guide to the region! Also enjoy time to explore the quaint shops in walkable downtown Napa.

Member Cost: \$123 - lunch included

A Taste of Germany

Thursday, March 24, 10:30a-5:30p

This fun-filled day includes a tour of a micro-brewery and a delicious German lunch at Speisekammer restaurant, topped off by a visit to Swiss Delices Bakery & Café to enjoy European pastries and desserts.



Member Cost: \$99 - lunch included

Dames and Divas of San Francisco with Gary

Wednesday, March 30, 8:30a-4:30p

Join us as Gary delves into the lives of the famous and eccentric women of San Francisco.

We will enjoy decadent tea service at the Laurel Court in the opulent Fairmont Hotel.



Member Cost: \$114 - lunch included

Fashion and Flowers

Wednesday, April 6, 7:30a-3p

Enjoy fashion, flowers, and art with a private, docent-led tour of over 100 Oscar de la Renta ensembles at the de Young Museum. Then delight in the beautiful Bouquets to Art exhibit with plenty of time to enjoy the museum and lunch at the exceptional de Young Café.

Member Cost: \$86

Cruise the Slough

Friday, April 15, 7:15a-4:15p

Enjoy a private, guided pontoon ride through Elkhorn Slough, and a docent-guided tour of the Nature Reserve, as all the marine mammals and their pals are active. We top it off with lunch at famous Phil's Fish Market!



Member Cost: \$123 - lunch included

GYPHY, THE MUSICAL

Friday, April 22, 3:15-11:15p

Join us for *Gypsy*, acclaimed by critics as the 'Greatest American Musical' at Leshner Center. Start this wonderful evening off with time for browsing the shops and dinner at the restaurant of your choice in charming downtown Walnut Creek before the show.



Member Cost: \$94

Carmel-by-the-Sea

Wednesday, April 27, 8:15a-5:15p

Indulge in a perfect day exploring the beauty and charm of Carmel. Enjoy a guided tour of the charming village, delicious lunch in scenic Downtown, and time to explore the shops and galleries or put your toes in the beautiful white sand beach.



Member Cost: \$120 - lunch included

International Mystery Trip Guided by Julia and Kim

13 Days - May 11-23, 2016

Do you love fascinating culture, amazing history, castles, beautiful countryside, delicious food, and a little adventure? Sign up soon, space is limited.

Member Cost: \$4,630 double occupancy

Best of Eastern Canada

8 Days - July 12-19, 2016

Highlights include: Montreal, Quebec City, Ottawa, 1000 Islands, Toronto, Niagara Falls, and more!

Member Cost: \$3,399 double occupancy

Travel Presentation at Mardi Gras on February 2nd

Heritage of America

10 Days - September 16-25

Highlights include: Gettysburg, Mount Vernon, Colonial Williamsburg, Washington, D.C., Smithsonian Institution, Amish Country, New York City, and more!



Member Cost: \$3,899 double occupancy

Travel Presentation at Mardi Gras on February 2nd

Cruise on the Panama Canal

18 Days-October 30-November 16, 2016

The Panama Canal connects two great oceans and is considered one of the world's most sophisticated engineering marvels. You will experience everything from eco-excursions in tropical destinations like Caldera, Costa Rica and Puerto Quetzal, Guatemala to desert-sea adventures in Cabo San Lucas, Mexico.

Member Cost: \$6,930 double occupancy inclusive

JANUARY ACTIVITY HIGHLIGHTS

January Social and Birthday Bash

Wednesday, January 13, 12pm

Join us for Japanese cuisine featuring a green salad, chicken teriyaki, California roll, and dessert. A special performance of traditional Japanese dance will complete the experience, and you can even join in! Members with January birthdays will be honored. Vegetarian option available when registering. Member fee \$10, senior guest add \$5 day pass.

一月慶生宴與交流- 1/13 (週三), 中午12pm

共享日本菜有青菜沙拉, 照燒雞, 加州卷和稻荷. 有特別日本傳統舞蹈表演, 來總括這個完美經驗, 你亦可一齊參與. 我們將對一月壽星(會員)表示敬意. 註冊時可選擇素菜. 會員\$10, 耆英來賓加付當日門票\$5.

Karaoke Holiday Lunch

Thursday, January 14, 12pm

Join the Karaoke group to welcome the winter holidays with a Chinese lunch, songs, dance and games. Register early. Member fee \$10, senior guests add \$5 day pass.

卡拉OK節日午餐 - 1/14(週四), 12pm 歡迎大家和卡拉OK小組一起來共度佳節, 有豐盛的中餐, 唱歌, 舞蹈和遊戲. 請提早登記, 會員\$10, 耆英來賓加付當日費\$5.



Exercise Room Grand Reopening

The senior center is proud to announce the reopening of the Exercise Room, complete with its brand-new, resilient dance flooring. Come by and try it out at the Ballroom Dance Social January 11th. Classes will resume in the Exercise Room beginning January 4th.

Movie of the Month

Wednesday, January 27, 1:30-3:30pm

The Fault in Our Stars (2014) - Hazel and Gus share a sarcastic sense of humor, a distaste for the conventional, and ultimately a love that sweeps them on an unforgettable journey. Although the two face unlikely challenges, their courage and dedication prove that while life isn't perfect, it can still be extraordinary. Based on the New York Times best-selling novel. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

Lunch with Friends

Join us for lunch! Pre-registration is required. Member fee \$6, senior guests add \$5 day pass.

January 20- Turkey Pot Pie with a crumbly biscuit topping and peas, carrots, and green beans in a creamy sauce, salad and dessert

星期三午餐, 中午12點, 歡迎參加我們的午餐! 需要提前報名. 會員費\$6, 非會員需多加當日活動費\$5 1/20- 火雞鍋餅, 沙拉和甜品

Let's Talk Current Events

Wednesday, January 20, February 17, 1:30-3pm

Join this lively monthly discussion group to discuss important and interesting topics and learn about others' points of view. Discover how goings-on around the world will affect you with Nancy McGinnis, legal specialist and current lecturer at San Francisco State University, facilitating the conversation. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

Sounds of the City

Friday, January 29, 5:30-7:30pm

Come out to support local youth and senior performers in this exciting intergenerational concert, presented by the Teen Commission and the Volunteer Advisory Council. Light refreshments will be provided. Open to the public. Sign up at the senior center lobby table.

音樂之城 - 1/29 (週五), 5:30-7:30pm

在這興奮的代際音樂會, 請來支持青少年和耆英表現者, 由青少年委員會與義工顧問議會主辦, 茶點小吃招待, 向公眾開放. 請在耆英中心前台登記.



Personal Care Aid Course Presentation

Tuesday, January 12, 1-2pm

Fremont Union High School District will be offering a brand new course starting January 19, 2016, for preparing compassionate and friendly individuals for work as personal care aids. This course will train you in transfer skills, nutrition, and time management, along with important mental health issues and effective communication skills to support the aging client. Join us to learn more about this new class offering. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

JANUARY 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CITY OF CUPERTINO SENIOR CENTER
408.777.3150

OFFICE HOURS: Monday-Friday 8am-5pm

EMAIL: SeniorCntr@cupertino.org

WEBSITE: www.cupertino.org/senior

Find us on [Facebook!](#)



SENIOR CENTER CLOSED JANUARY 1

新年 耆英中心歇業一天 1/1

<p>4 10-12 Golf for Seniors 12-4 Card Playing 3:30-4:30 New Volunteer Orientation 5-7 Case Manager Consultation</p>	<p>5 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10:30-11:30 Booktalk 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>6 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p>	<p>7 11:15-1:30 Needlecraft 11:30 Out to Lunch Bunch at Café Torre 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>8 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1:30-4 TechTime with Paul 1-4:30 Ping Pong 乒乓 1:15-3 Book Review - Elephant Company by Vicki Constantine</p>
<p>11 10-12 Golf for Seniors 12-4 Card Playing 1:30 Volunteer Advisory Council Meeting 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社交 5-7 Case Manager Consultation</p>	<p>12 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 1-2 Personal Care Aid Course Presentation</p>	<p>13 7:30 Day Trip Preview 8 Trip Sign-Up Day 10-12 Case Manager Consultation 社工諮詢 12 January Birthday Bash (\$10) Chicken Teriyaki and California Roll 照燒鷄和加州卷 12-4 Card Playing</p>	<p>14 11:15-1:30 Needlecraft 12-2 Card Playing 12 Karaoke Holiday Lunch 卡拉OK 節日午餐 1:30-4:30 Karaoke 卡拉OK 2 Learn About the Senior Center 2-4 Open Bridge 3-4:30 Caregiver Support Group</p>	<p>15 9:15-2:15 A Gift of Sacred Art and University Library Trip 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1:30-4 TechTime with Paul 1-4:30 Ping Pong 乒乓</p>
<p>18 MARTIN LUTHER KING, JR. DAY SENIOR CENTER CLOSED 馬丁路德金紀念日 耆英中心歇業一天</p>	<p>19 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>20 10-12 Case Manager Consultation 社工諮詢 12 Lunch with Friends (\$6) Turkey Pot Pie 火雞餛飩 12-4 Card Playing 1:30-3 Let's Talk Current Events</p>	<p>21 9:30-4 Behind the Scenes: Pure Water and Recycling Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>22 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1:30-4 TechTime with Paul 1-4:30 Ping Pong 乒乓</p>
<p>25 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 交際舞社交 5-7 Case Manager Consultation</p>	<p>26 8-6 Delta Dives with Gary Trip 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing</p>	<p>27 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Monthly Movie - The Fault in Our Stars (2014)</p>	<p>28 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>29 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1:30-4 TechTime with Paul 1-4:30 Ping Pong 乒乓 5:30-7:30 Sounds of the City 音樂之城</p>

YOUR 2015 MEMBERSHIP EXPIRES TODAY

FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10-12 Golf for Seniors 12-4 Card Playing 3:30-4:30 New Volunteer Orientation 5-7 Case Manager Consultation	2 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10:30-11:30 Booktalk 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 1:30 Mardi Gras Travel Party	3 10-12 Case Manager Consultation 社工諮詢 11-7:30 Super Bowl Fan Experience Trip 12-4 Card Playing 2:30-3:15 和平隊的生活 3:15-4 Life in the Peace Corps Presentation	4 11:15-1:30 Needlecraft 12-2 Card Playing 1-2:30 Coping with Loss Support Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	5 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1:30-4 TechTime with Paul 1-4:30 Ping Pong 乒乓 1:15-3 Book Review - Annual Member's Favorite Book Presentation 6 Costa Rica Trip Departs
8 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 交際舞社交 5-7 Case Manager Consultation	9 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing	10 10-12 No Case Manager Consultation 沒有社工諮詢 12 Lunch with Friends (\$6) Lasagna Soup 意式麵條湯 12-4 Card Playing 4-5:30 Singing Valentines 情人節唱咏	11 11:15-1:30 Needlecraft 12-2 Card Playing 1-2:30 Coping with Loss Support Group 1:30-4:30 Karaoke 卡拉OK 2 Learn About the Senior Center 2-4 Open Bridge 3-4:30 Caregiver Support Group	12 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1:30-4 TechTime with Paul 1-4:30 Ping Pong 乒乓 14 Costa Rica Trip Returns
15 PRESIDENTS' DAY SENIOR CENTER CLOSED 總統節 耆英中心歇業一天	16 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓	17 10-12 Case Manager Consultation 社工諮詢 12 Chinese New Year Celebration and February Birthday Bash (\$12) 中國農曆新年慶祝活動 12-4 Card Playing 1:30-3 Let's Talk Current Events	18 11:15-1:30 Needlecraft 12-2 Card Playing 1-2:30 Coping with Loss Support Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	19 8:30 Newsletter Collating 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1:30-4 TechTime with Paul 1-4:30 Ping Pong 乒乓
22 8 March/April Registration Begins 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社交 5-7 Case Manager Consultation	23 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing	24 10-12 No Case Manager Consultation 沒有社工諮詢 12-4 Card Playing	25 11:15-1:30 Needlecraft 11:30 Out to Lunch Bunch at Lazy Dog 12-2 Card Playing 1-2:30 Coping with Loss Support Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	26 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1:30-4 TechTime with Paul 1-4:30 Ping Pong 乒乓 27 4:30-10 Kurt Elling at Bing Concert Hall Trip

29
 10-12 Golf for Seniors
 12-4 Card Playing
 5-7 Case Manager Consultation

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WEBSITE: www.cupertino.org/senior

Find us on [Facebook!](#)



Mardi Gras Travel Party

Tuesday, February 2
1:30pm

Sign up at the front desk!
Space is limited.

FEBRUARY ACTIVITY HIGHLIGHTS

Chinese New Year Celebration and February Birthday Bash

Wednesday, February 17, 12pm

Let's celebrate the year of the Monkey! People born in this year are said to be witty, intelligent and have magnetic personalities. Join us for a Chinese meal and enjoy cultural entertainment as the lion dancers ring in the New Year. Members with February birthdays will be honored. Pre-registration is required, and a vegetarian option is available when registering. Members \$12, senior guests add \$5 day pass.

中國農曆新年慶祝活動和二月慶生宴- 2/17 (週三), 中午12pm 讓我們一同慶祝猴年的來臨! 相傳出生在這一年的人都是機智,聰明,有魅力的個性. 與我們共吃中菜和享受文化娛樂節目,舞獅帶領我們進入新的一年. 我們將向二月生日的會員致敬 必須提早登記,註冊時可選擇素菜.會員\$12,耆英來賓加付當日門票\$5.

Lunch with Friends

Join us for lunch! Pre-registration is required. Member fee \$6, senior guests add \$5 day pass.

February 10- Lasagna Soup with fusilli pasta, ricotta cheese, and Italian sausage in a savory tomato broth, salad, and dessert

星期三午餐, 中午12點, 歡迎參加我們的午餐! 需要提前報名。會員費\$6, 非會員需多加當日活動費\$5. 2/10- 意式麵條湯, 沙拉和甜品

Singing Valentines

Wednesday, February 10, 4-5:30pm

Join us for a fun and lively Valentine's event! Enjoy the musical stylings of the Lawson Middle School Choir, to get you in the spirit of the holiday. Light refreshments will be served. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

情人節唱詠 - 2/10 (週三), 4-5:30pm

加入我們, 一個有趣和生動的情人節活動! 享受羅森初中合唱團的音樂表演, 讓你分享節日的精神. 茶點小吃招待, 會員免費, 耆英來賓加付當日門票\$5, 請在耆英中心前台

Adult Community Education

January 19-March 21

For all class listings and to register, consult the ACE catalog or call 408.522.2700. Classes are held at the senior center, and membership is required.

成人學校課程, 請參考課程手冊. 所有課程在耆英中心上課, 但是必須在成人學校報名, 您也需要是耆英中心會員, 會費是庫市居民22元一年, 非居民27元. 1/19-3/21/16.

Coping with Loss

Thursdays, February 4-March 10, 1-2:30pm

Have you lost a loved one this year? Are you looking for a safe place to share your grief? Are you looking for ways to go beyond the grief and find meaning in life again? Join Vivian I. Silva, MSW/GCM, for this new six-week group. Sign up early, space is limited. Members free, senior guests pay \$5 day pass.

Life in the Peace Corps

Wednesday, February 3, 3:15-4pm

Join Joy Lin, returned Peace Corps Volunteer, as she shares her experience of living and working as a business volunteer in Peru from 2006-08. Presented by the Northern California Peace Corps Association. Members free, senior guests pay \$5 day pass. Sign up at lobby table.

和平隊的生活 - 2/3 (週三), 2:30-3:15pm

參與退休和平隊義工, Joy Lin, 分享她的生活和工作從2006 - 08年在秘魯企業志願者的經驗. 由北加州和平隊協會舉辦. 會員免費, 耆英來賓加付當日門票\$5, 請在耆英中心前台登記.

Book Review Meeting

First Friday of the month, 1:30-3pm

Learn about new books and meet new people. New faces are always welcome. Free for members, senior guests pay \$5 day pass.

January 8- *Elephant Company* by Vicki Constantine Croke, reviewed by Alan Johnson

February 5- Members Annual Favorite Book Presentations. Members will share a short summary of their favorite book, followed by group discussion.

TechTime with Paul

Fridays, January 8-February 26, 1:30-4pm

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

De Anza Cardio-Vascular Training

January 4-March 25

Mon/Wed/Fri, 9-10am; Tue/Thu 1:30-2:30pm

Classes are held at the senior center, and Cupertino Senior Center membership is required. Register at the first class or call Tom at 408.864.5409.

*登記.

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS DECEMBER 14	DAY	DATES	TIME	INSTRUCTOR	MEMBER FEE
Accordion	T	1/26-3/15	1:30-3:00	R. Di Bono	\$20
Ballroom Dance 交際舞 - West Coast Swing	W	1/27-2/17	1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞 - East Coast Swing	W	2/24-3/16	1:30-3:30	D. Lew	\$32
Chair Exercise	M & Th	1/21-3/3	10:30-11:30	P. Hu	\$40
Chinese Calligraphy 書法班	T	2/23-4/12	3-5	L. Cheng, Y. Wang	\$15
Citizenship Class 公民班	M & F	1/11-3/4	8:15-9:45	V. Wong	\$20
Conversational English 英語會話班	M & T	2/16-4/11	10-11:45	P. Chun, V. Wong	\$20
Conversational Mandarin - Beginning	Th	1/14-3/17	9-10:30	J. Li	\$40
Conversational Mandarin - Intermediate	F	1/15-3/18	10-11:30	B. Hu	\$40
Conversational Mandarin - Advanced	Th	1/14-3/17	9-10:30	L. Gao	\$40
Cooking with Suzanne - Mexican Skillet Dishes	W	2/3	10-1	S. Vandyke	\$55
Erhu II 二胡班	T	1/26-3/22	3:30-5	G. Lai	\$20
ESL - Basic and Easy 初級英語班	M	2/29-4/18	10-12	B. Ferriter	\$25
ESL - Advanced Beginning 初高級英語班	W	2/17-4/6	10-12	B. Ferriter	\$25
ESL - Intermediate Conversation 中級ESL會話班	T	1/26-3/15	1:30-3	J. Andrushko	\$20
Fantastic Films	T	1/12-3/22	1:30-4	K. Young	\$45
Feldenkrais Method	T	1/26-3/15	9:30-10:30	M. Westlaken	\$40
Harmonica II - Performance Band	M	1/25-3/21	3:45-5:15	A. McKee	\$15
Hatha Yoga	Th	2/18-4/7	2:30-3:30	V. Bhat	\$40
Hula Dancing 夏威夷呼拉舞	M	1/25-3/7	11:45-12:45	F. Ota	\$15
Hula Dance Performance Group	M	1/25-3/7	12:55-1:55	F. Ota	\$15
Humanities - A Topical Survey of Western Art	T	1/19-3/8	10:30-12:30	C. Jech	\$40
Japanese - Beginning Level I	Th	2/11-3/31	8:30-9:30	T. Terry	\$35
Japanese - Beginning Level II	Th	2/11-3/31	9:45-10:45	T. Terry	\$35
Pilates	T	2/2-3/22	11-12	K. Phipps	\$35
Tai Chi for 50+ - Level I	Th	1/7-3/31	8:30-9:25	J. Madonich	\$68
Tai Chi for 50+ - Level II	Th	1/7-3/31	9:35-10:30	J. Madonich	\$68
Tai Chi for 50+ - Level III	Th	1/7-3/31	10:40-11:35	J. Madonich	\$68
U.S. History Seminar	T	1/26-2/16	12-1	R. DiBono	\$15
U-Bass - Level II	W	1/6-2/24	3:30-5	A. McKee, D. Francis	\$22
Ukulele Strum-and-Sing - Intermediate	M	1/4-3/7	1:30-3:30	N. Levy	\$25
Yoga with Savitha	T	2/2-3/22	4-5	S. Madhu	\$40
Yoga with Savitha	Th	2/18-4/7	4-5	S. Madhu	\$40
Yuan Chih Dance 元極舞	F	1/22-3/11	10-11:30	Annie & Helen	\$15
Zumba Gold	F	2/12-4/8	3:45-4:45	G. DuVal	\$37
Zumba Gold at Quinlan Center	M	2/29-4/18	2:30-3:30	P. Hu	\$37
EVENING CLASSES					
Chinese Brush Painting 傳統與現代中國畫	Th	2/4-3/24	6-8	M. Shei	\$55
Line Dance - Beginning	Th	1/7-2/25	7-8:30	K. Chang	\$48
Line Dance - Advanced Beginning	T	1/5-2/23	7-8:30	K. Chang	\$48
Yoga with Savitha	T	2/23-4/12	5:15-6:15	S. Madhu	\$46
Yoga with Savitha	W	2/17-4/6	5:15-6:15	S. Madhu	\$46
Zumba Gold Dance & Toning	W	1/27-3/16	6:30-7:30	H. Shariffe	\$45
COMPUTER AND TECHNOLOGY CLASSES					
iPad Beginning	T	1/12-2/9, 2/23-3/22	1-3:30	R. Schiros	\$22ea
iPad Intermediate	Th	1/14-2/11, 2/25-3/24	12:30-3	R. Schiros	\$22ea
PC Beginning	Th	1/14-3/3	10-12	B. Higgins	\$35

For more information on classes, lectures, trips, and other events, visit the flyer racks in the lobby, or visit www.cupertino.org/senior

CLASS HIGHLIGHTS



Humanities Lecture Series

A Topical Survey of Western Art

Tuesday, January 19-March 8, 10:30am-12:30pm

Carl Jech, author of *Religion as Art Form* (2013) and Instructor in Humanities at DeAnza College, presents and discusses videos by a variety of experts on Western visual arts, from old masters to avant-garde contemporaries. Member fee \$40.



Fantastic Films

Tuesday, January 12-March 22, 1:30-4pm

Join us on Tuesday afternoons in viewing and discussing the greatest films ever made. Enjoy experiencing these wonderful films again, or even for the first time. The set of gems we will see and discuss will include the following special classics such as: *Safety Last*, *The Music box*, *It Happened One Night*, *The Grapes of Wrath*, *Lifeboat*, *Great Expectations*, *The Treasure of the Sierra Madre*, *My Fair Lady*, and *Cinema Paradiso*. This class is being led by Ken Young, an unabashed "film freak" with a lifetime of experiencing great films and teaching classes about filmmaking. Member fee \$45.



Tai Chi for 50+

Thursday, January 7-March 31

Level I, 8:30-9:25am

Level II, 9:35-10:30am

Level III, 10:40-11:35am

Come try this ancient Chinese art of moving meditation in a relaxed and supportive environment, and learn about its health benefits on many different levels. Treat yourself to a fun, new experience! Member fee \$68 each 12-week class.

太極拳為五十歲以上 1/7-3/31(週四) 太極入門 8:30-9:25am, 中級太極 9:35-10:30am. 高級太極 10:40-11:35am 請來體會歷史悠久的中國運動藝術,在和緩輔助環境下,學習不同程度的健康效益,給自己有趣的新嘗試.每期課程,會員\$68.

Citizenship Class

Monday & Friday, January 11-March 4, 8:15-9:45am

This citizenship preparation class provides opportunities for students to learn about the United States naturalization process. This course teaches the reading, writing, listening, and speaking skills needed to complete naturalization forms and pass the naturalization interview. Topics will include: the rights and responsibilities of U.S. citizenship, and U.S. history, government and civics. Member fee \$20.

公民班 1/11-3/4, 8:15-9:45am(週一, 週五) 公民預備班讓學生有機會學習美國公民入籍手續, 老師會教導讀, 寫, 聽和對話方式去完成入籍填表和通過面試, 題目包括美國公民權利和義務, 美國歷史, 政府和公民. 會員\$20.

ESL

Basic and Easy

Monday, February 29-April 18, 10am-12pm

Advanced Beginning

Wednesday, February 17-April 6, 10am-12pm

Learn how to start using English to speak about yourself, your family, and your community. These classes will study the alphabet, phonics, and grammar to help develop English vocabulary to use in your day-to-day life. Member fee \$25.

英語作為第二語言

簡易初級班 2/29-4/18, (週一) 10-12pm

先進初級班 2/17-4/6, (週三) 10-12pm

了解如何開始使用英語來談論你自己, 你的家庭, 和你的社區. 這些課程將學習字母, 發音和語法, 幫助開發英語詞彙在你每天生活能應用. 會員學費\$25.



Cooking with Suzanne

Mexican Skillet Dishes to Warm You Up!

Wednesday, February 3, 10am-1pm

In the winter season when the weather is grey outside, we crave for comfort food. Join sommelier, cookbook author and international chef Suzanne, for some heartwarming and comforting Mexican skillet dishes that make a spectacular dinner in a one dish, easy-clean-up party! She will be demonstrating these popular foods with a healthier approach. On the menu: Green Chile Chicken Enchiladas, Baked Chiles Relleno with Mexican chorizo and Cotija cheese, Black Bean Cheese Enchiladas with spicy Ranchero Sauce and fresh toppings and salsa to accompany our Mexican fiesta. Member Fee \$55.



Chinese Brush Painting Evening

Thursday, February 4-March 24, 6-8pm

Explore abstract and realistic Chinese ink art by combining Western and Eastern techniques on rice paper and other materials. Subjects will include landscapes, flowers and birds, figures, splash ink, etc. Open to all levels: students will learn the technique of the basic outline, brush stroke and building up layers of color step by step from teacher demos. Students will get to experiment on and experience a variety of rice paper. Member fee \$55.

傳統與現代中國畫 2/4-3/24, (週四) 6-8pm

傳統與現代中國畫課程, 其內容將從傳統寫意、工筆、嶺南派技巧入手, 讓學生熟悉文房四寶等特性、筆觸之運用、普遍性及特殊性畫題含意, 逐步加入現代元素, 如潑墨、及紋路、肌理等新理念, 結合東西方抽象、哲學思想, 通過在宣紙等畫材, 及40分鐘的示範作畫能讓學生發展出自己特有的水墨藝術. 課程主題將包括山水, 花鳥, 人物, 潑墨等. 會員\$55.

CASE MANAGER'S CORNER

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, January 11, 25, February 8, 22, 1:30-2:30pm

Tuesday, January 5, 19, February 2, 16, 12:15-1:15pm

Drop-in Consultation with Case Manager

Mondays 5-7pm, Wednesdays 10am-12pm

Case Manager is available to discuss community resources, benefits, and care options during the drop-in hours. Case Manager is also available by appointment. Cantonese/Mandarin available at Wednesday morning drop-in, or by appointment.

社工諮詢- 週三, 10am-12pm, 社工可為您解答有關社會資源, 福利, 或長期護理方面的問題, 無需預約, 須是中心會員, 英, 國, 粵語服務.

Caregiver Support Group

Thursday, January 14, February 11, 3-4:30pm

Provides a safe place for family caregivers to share their experiences and challenges. Join our circle of support.

Notary Service

The senior center is offering Notary Service. The cost is \$5 per signature. Please call 408.777.3157 to make an appointment.

Please call 408.777.3150 to make appointments for the following services: 下列服務, 請預約.

Health Insurance Counseling (HICAP)

Monday, January 11, 25, February 8, 22, 1-3pm

Consultation on Medicare and health insurance.

健康保險諮詢- 中文服務

Housing

Monday, January 4, February 1, 1:30-3:30pm

A listing of housing resources and contact information are provided to help you independently search for housing.

租屋諮詢 - 1/4, 2/1, (週一), 1:30-3:30pm

耆英中心會為長者提供老人公寓名單作為參考。由於資源有限, 本中心員工將不能為長者打電話查詢公寓資料, 填寫公寓表格, 或遞送表格.

Senior Adult Legal Aid (SALA)

Friday, January 8, 15, 22, February 5, 12, 19

10:30am-12:30pm

Provides free assistance to elders for basic legal matters in public benefits, long-term care, elder abuse, housing, consumer issues, incapacity planning, probate alternative, and simple wills. Must be 60 or older and live in Santa Clara County.

法律諮詢 - 1/8, 1/15, 1/22, 2/5, 2/12, 2/19

10:30am-12:30pm 60歲以上, 並住在聖縣.

City of Cupertino Senior Center

21251 Stevens Creek Blvd.

Cupertino, CA 95014

408.777.3150

www.cupertino.org/senior

www.cupertino.org/50plus

www.cupertino.org/seniorcenterfacebook

FIRST CLASS MAIL

In Memoriam

We remember and cherish the happy times together.

Remembering them today and forever.

Billie Atwood Hayward Kwok

Ruth Bauer Kim Sze Liew

Gino Benedetti Ralph Otte

Mary Lou Bronza Lily Ozaki

Ruth Devereaux Jerry Steele

Alice Endter Nicholas Szabo

Shirley Feinberg Janet Thomas

Nancy Huettl