



JULY IS PARK AND RECREATION MONTH

Get ready to discover your super powers this July with the Cupertino Senior Center.

Since 1985, America has celebrated July as the nation's official Park and Recreation Month. Created by the National Recreation and Park Association (NRPA), Park and Recreation Month specifically highlights the vital and

powerful role local parks and recreation departments play in conservation, health and wellness, and social equity efforts in communities all across the country.

This year it's all about discovering your super powers right here in your community. From learning a new skill, to meeting your fitness goals, the Cupertino Senior Center can have you feeling like a superhero before July is through. Sign up for a new class or activity and begin being a recreation superhero today!

HIDDEN TREASURES WANTED

COLLECTING AUGUST 1-OCTOBER 14

Please donate your gently used jewelry, craft items, and knick-knacks to our Hidden Treasures fund raising event scheduled for Thursday, October 27. We will start collecting these items in August. The proceeds will benefit our Case Management Program for at-risk seniors and the Stay Active Fund to provide assistance to offset the cost for senior center membership and classes. Thank you for your continued support.

耆英中心將在10/27日再次舉辦藏寶室募款活動，所得將用做社工緊急經費和獎學金，幫助中心會員。請您收集不用的小擺飾，首飾，手工藝品等。我們將從8/1-10/14接受捐贈品。謝謝您的贊助。

HEALTHY AGING AND RISK REDUCTION

MONDAY, JULY 18, 1-2PM

Join us for presentation by Dr. Dolores Gallagher-Thompson of the Stanford Alzheimer's Disease Research Center. Dr. Gallagher-Thompson will address what normal aging looks like, answer questions about Alzheimer's Disease, and share ways to keep your brain healthy. Members free, senior guests pay \$5 day pass. Please sign up on at the lobby table.

FUTURE OF OUR PARKS

The City of Cupertino is developing a Citywide Parks, Open Space, and Recreation Master Plan. We are seeking input on the park, facility, and programming features you would like to see in Cupertino's master plan. Your suggestions will help guide park improvements for years to come! Please complete and return the enclosed survey or visit www.cupertino.org/parksmpl to share your thoughts by July 15.

VOLUNTEER CORNER

HIDDEN TREASURES PLANNING MEETING

THURSDAY, AUGUST 18
 2-3PM

We need many volunteers to sort through donated items on a weekly basis starting in September. You will get a sneak preview of the donated items, and have a lot of fun! Please come to the planning meeting to find out how you can make this fundraising event a great success. Senior center membership is required.

藏寶室募款活動籌備會，8/18日(週四)2-3pm
 今年的藏寶室募款活動將在10/27日舉行，我們將在8/18開籌備會，希望大家來當義工。請登記。

GOLF TOURNAMENT COMMITTEE

PLANNING MEETING
 THURSDAY, JULY 28, 3-4PM

Help continue this fun annual tradition! This committee will work on securing donations for prizes, help with scoring, and other tasks related to the event. Join in to discover a whole new aspect of this fun summer activity! To learn more, contact KelseyH@Cupertino.org or call 408.777.3150.

WHAT'S INSIDE

Tours & Trips.....	2, 3
July Highlights.....	4
July Calendar.....	5
August Calendar.....	6
August Highlights.....	7
Class Schedule.....	8
Class Highlights.....	9
Case Manager's Corner.....	10



Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **July 6**, 8am; Non-member *begins* July 13
 → Day Trip Preview starts at 7:30am ←

A Day at Gizdich Ranch

Wednesday, July 27, 10:45a-6:15p

Tucked into the foothills of Pajaro Valley is the famous Gizdich Family Ranch, where we will enjoy a private docent-led tour, time to pick seasonal fruits or peruse their shops, and homemade Dutch apple pie a la mode. Also enjoy a mouth-watering Italian lunch at Maurizio's in Morgan Hill.

Member Cost: \$105 - lunch included

Wilder Ranch State Park and Crow's Nest

Thursday, August 4, 8:30a-4p

The beautiful scenery of Santa Cruz awaits us! Enjoy a private, docent-led tour of the historic Wilder Ranch State Park where we will visit an 1840 adobe, 3 water-powered workshops, ranch buildings and more! We will enjoy a hosted lunch at the Santa Cruz award-winning Crow's Nest Restaurant at the Santa Cruz Harbor.

Member Cost: \$98 - lunch included

¡Viva Baja! Life on the Edge Special Exhibit At Monterey Bay Aquarium

Friday, August 12, 8:15a-5p

Discover incredible animals from land and sea on our docent-led tour at the Monterey Bay Aquarium, featuring creatures from the coastal habitats of Baja California. Just outside the doors of the aquarium, Cannery Row awaits with its picturesque charm, colorful history, enticing restaurants and captivating boutiques.

Member Cost: \$102

La Forêt and Quicksilver Mining Museum

Sunday, August 14, 10a-2:30p

Explore the Quicksilver Mining Museum in New Almaden with a guided tour. Then partake in a succulent brunch at the exquisite La Forêt, a French restaurant that has been an historic icon for more than 100 years.

Member Cost: \$101 - brunch included

What's New in San Francisco, with Gary Holloway

Wednesday, August 17, 8:15a-4:45p

Space is limited. Sign up soon!

Member Cost: \$99 - lunch included

Arrows and Autos The Spirit of the Old West Special Exhibit & Blackhawk Automotive Museum

Wednesday, August 31, 8a-4:30p

Explore the world-renowned Blackhawk Auto Museum in Danville, with two private, docent-led tours. Enjoy the newly installed *The Spirit of The Old West* exhibit, which tells the story of the expansion west, and tour the general collection of rare, vintage and unique classic cars. We'll enjoy a hosted lunch at the Blackhawk Grille.

Member Cost: \$99 - lunch included

OUT-TO-LUNCH BUNCH *Tuesday, September 6, 11:30a* EUREKA!

19369 Stevens Creek Blvd, Cupertino
Please pre-register at the front desk.

Opera San Jose & Original Joe's

Wednesday, September 7, 10:30a-4:30p

Enjoy a final dress rehearsal for the season opener of Donizetti's *Lucia de Lammermoor*. Join us for the one-of-a-kind opportunity to experience a behind-the-scenes working dress rehearsal at the beautiful California Theatre. Harmonizing with the opera, enjoy an authentic Italian lunch at Original Joe's!
Member Cost: \$99 - late lunch included



Heritage of America

10 Days - September 16-25

Follow the epic story of American Democracy. Visit the estates of Washington and Jefferson. Walk the battlefield at Gettysburg. Tour Williamsburg's 88 restored historic buildings. Experience the Amish way of life.
Member Cost: waitlist only

Engelbert Humperdinck

Sunday, September 18, 5-10:30p

Join us for a fabulously entertaining night with the one-and-only Engelbert Humperdinck, and hits like *(Please) Release Me* and *Spanish Eyes*. Enjoy time for a no-host dinner before the show!
Member Cost: \$124



Exploring Gems of Santa Cruz

Wednesday, September 28, 8a-4:30p

Private, docent-led tours of the beautiful UC Santa Cruz Arboretum and Bargetto Winery await us. We will learn about Bargetto's award-winning wines after a stop for a no-host lunch in downtown Santa Cruz.

Member Cost: \$86



FLEET WEEK

Blue Angels and Parade of Ships

Friday, October 7, 8:30a-6p

Come join us for Fleet Week starring the Blue Angels and the Parade of Ships as they arrive in San Francisco! Enjoy a premium vantage point for this exciting spectacle from our waterfront box seats along the Marina Green.

Member Cost: \$128



The Art & Evolution of the Guitar

Friday, October 14, 10a-6p

Join us for a private, docent-led tour of *Medieval to Metal: The Art & Evolution of the Guitar* at the Haggin Museum. This engaging experience gives you the chance to interact with the guitar through its 400-year history. Enjoy a tasty lunch at the Zephyr Grill and Bar in Livermore!

Member Cost: \$98 - lunch included



Pumpkin Farm Tour and Sam's Chowder House

Wednesday, October 19, 9a-5p

Celebrate the fall harvest season, with a pumpkin-filled private tour of Pastorino's Pumpkin Farm in Half Moon Bay. Also enjoy lunch at Sam's Chowder House and time to browse the shops, boutiques, and everything pumpkin on Historic Main Street!

Member Cost: \$92 - lunch included



Cruise on the Panama Canal

18 Days - October 30-November 16

Space still available for this amazing cruise!

Member Cost: \$7,195 double occupancy inclusive

The Lion King

Thursday, November 3, 10a-6p

Experience the awe-inspiring visual artistry, the unforgettable music, and the uniquely theatrical storytelling of this Broadway spectacular. Enjoy a no-host lunch before the show at the Westfield San Francisco Centre.

Member Cost: \$146



Cirque du Soliel presents LUZIA

Friday, November 18, 12:15-7:30p

Discover *LUZIA*, where "a waking dream transports you to an imaginary Mexico," with breathtaking acrobatics, innovative set designs, and daring choreography. Before the show, enjoy a no-host lunch at the Ferry Building Marketplace.

Member Cost: \$139



JULY ACTIVITY HIGHLIGHTS



CELEBRATE INDEPENDENCE DAY
at Memorial Park
July 4

7-11am- Pancake Breakfast at the Quinlan Community Center (\$9)
9:30am- Flag Raising at the Veteran's Memorial
10am- Children's Parade- Softball Field
10:30am-12pm- Live Music by the band OTR at the Memorial Park Amphitheater

*Continue the fun at
Blackberry Farm!*

10am-4pm- FREE Swimming
5pm- Park Closes



FREE!

Monthly Movie

Wednesday, July 6, 1:30-3:30pm

Stars and Stripes Forever (1952)- A film biography of the composer John Philip Sousa, from his early days in the Marine Corps Band through the Spanish-American War in 1898. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

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

The Martian (2015)- An astronaut becomes stranded on Mars after his team assumes him dead, and must rely on his ingenuity to find a way to signal to Earth that he is alive. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

Lost and Found

Monday-Friday, July 11-15

Please come and reclaim your lost items. Any unclaimed articles will be donated to charity after July 15.

失物招領啟示 7/11-7/15 (週一至週五), 我們將把會員遺失的物品放在大廳, 請親臨領回, 否則在7/15後捐給慈善機構. 謝謝合作!

Let's Talk Current Events **FREE!**

Wednesday, July 20, August 17, 1-2:30pm

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.

Book Review Meeting **FREE!**

First Friday of the month, 1:15-3pm

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

July 3- *The Genteel Knight* reviewed by author, Jo Ford. Jo is a book club member, and widely traveled author of four previous historical novels. She is retired from teaching English and Humanities at Mission College and resides in Cupertino.

Volunteer Advisory Council **NEW!**

Monday, July 18, 1:30pm

Interested in being part of the volunteer leadership team at the Cupertino Senior Center? The Volunteer Advisory Council represents the needs of all members and helps create a friendly environment for all who come to the Cupertino Senior Center. Members are welcome to attend Advisory Council meetings. If you are interested in joining the Volunteer Advisory Council team as a board member, please contact the senior center at 408.777.3150 or by email at SeniorCntr@cupertino.org.

Golden Spurs Dance Performance **NEW!**

Monday, July 11, 2pm

The Golden Spurs are coming to the senior center! This group is made up of students from Cupertino High School and they will be performing dance and musical routines to music from today, as well as from the rock and roll 50's. Get ready to have some fun! Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

金馬刺舞蹈表演-7/11 (週一), 2pm. 金馬刺將會在耆英中心表演! 這組學生是來自庫珀蒂諾高中, 他們將會表演舞蹈和音樂. 從今天以至五十年代的搖滾音樂, 將會有一番情趣! 會員免費, 耆英來賓加付當日門票\$5, 請在耆英中心前台記.

JULY 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!](#)



1
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- *The Gentle Knight*, by Jo Ford

4



Independence Day

SENIOR CENTER CLOSED

耆英中心歇業一天

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

6

7:30 Day Trip Preview
8 Trip Sign-up Day
9 50+ Bocce Ball
10-12 Case Manager Consultation 社工諮詢
12-4 Card Playing
1:30-3:30 Monthly Movie- *Stars and Stripes Forever* (1952)

7

9 50+ Softball at Monta Vista Recreation Center (MVRC)
11:15-1:30 Needlecraft
12-2 Card Playing
1:30-4:30 Karaoke 卡拉OK
2-4 Open Bridge

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

11

10-12 Golf for Seniors
12-4 Card Playing
1:30-2:30 Blood Pressure Check 量血壓
2-3 Golden Spurs Dance Performance
金馬刺舞蹈表演
3:30-4:30 New Volunteer Orientation
2:05-3:35 Ballroom Dance Social 交際舞社

12

Eastern Canada Trip Departs
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

13

9 50+ Bocce Ball
10-12 Case Manager Consultation 社工諮詢
12-4 Card Playing

14

9 50+ Softball at MVRC
11:15-1:30 Needlecraft
12-2 Card Playing
1:30-4:30 Karaoke 卡拉OK
2-4 Open Bridge
2 Learn about the Senior Center
3-4:30 Caregiver Support Group

15

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

18

10-12 Golf for Seniors
12-4 Card Playing
1-2 Healthy Aging and Risk Reduction Lecture
1:30 Volunteer Advisory Council Meeting

19

Eastern Canada Trip Returns
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

20

9 50+ Bocce Ball
10-12 Case Manager Consultation 社工諮詢
12-4 Card Playing
1-2:30 Let's Talk Current Events

21

9 50+ Softball at MVRC
11:15-1:30 Needlecraft
12-2 Card Playing
1:30-4:30 Karaoke 卡拉OK
2-4 Open Bridge

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

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

26

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

27

9 50+ Bocce Ball
10-12 Case Manager Consultation 社工諮詢
10:45-6:15 A Day at Gizdich Ranch Trip
12-4 Card Playing
1:30-3:30 Monthly Movie- *The Martian* (2015)

28

9 50+ Softball at MVRC
11:15-1:30 Needlecraft
12-2 Card Playing
1:30-4:30 Karaoke 卡拉OK
2-4 Open Bridge
3-4 Golf Tournament Committee Meeting

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

AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10-12 Golf for Seniors 12-4 Card Playing 2-3 Learn to Use VTA- Trip Planning	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	3 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing	4 8:30-4 Wilder Ranch State Park and Crow's Nest Trip 9 50+ Softball at MVRC 11:15-1:30 Needlecraft 12-2 Card Playing 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 沒有實果 1:30-4 TechTime with Paul 1-4:30 Ping Pong 乒乓 1:15-3 Book Review- <i>Blind Decent</i> by Nevada Barr
8 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2-3 Learn to Use VTA- Technology Tools in Transit 3:30-4:30 New Volunteer Orientation	9 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 12-4 Card Playing	10 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 August Social and Birthday Bash (\$10) Turkey Chili 火雞辣椒 12-4 Card Playing	11 9 50+ Softball at MVRC 11:15-1:30 Needlecraft 12-2 Card Playing 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 8:15-5 ¡Viva Baja! Monterey Bay Aquarium Trip 8:30 Newsletter Collating 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 實果 1:30-4 TechTime with Paul 1-4:30 Ping Pong 乒乓 SUNDAY 14 10-2:30 La Foret and Quicksilver Mining Trip
15 8 Sept/Oct Registration Begins 9 Golf Tournament- Deep Cliff Golf Course 10-12 Golf for Seniors 12-4 Card Playing 2:05-3:35 Ballroom Dance Social 交際舞社交	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 8:15-4:45 What's New in SF with Gary Holloway Trip 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1-2:30 Let's Talk Current Events	18 9 50+ Softball at Memorial Park 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-3 Hidden Treasures Planning Meeting 2-4 Open Bridge	19 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 實果 1:30-4 TechTime with Paul 1-4:30 Ping Pong 乒乓

**SENIOR CENTER MAINTENANCE
 CLOSURE AUGUST 22-26**

CUPERTINO SENIOR CENTER WILL BE CLOSED FROM MONDAY, AUGUST 22 THROUGH
 FRIDAY, AUGUST 26 FOR CITY STAFF TO PERFORM PREVENTATIVE
 AND GENERAL MAINTENANCE.
 8/22-26 中心維修, 歇業一週. 請見諒!

29 10-12 Golf for Seniors 12-4 Card Playing 2:05-3:35 Ballroom Dance Social 交際舞社交	30 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	31 8-4:30 Arrows and Autos Trip 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Monthly Movie- <i>Cool Runnings (1993)</i> 3:30-5 eBooks	<p style="text-align: center;">CITY OF CUPERTINO SENIOR CENTER 408.777.3150</p> <p style="text-align: center;">OFFICE HOURS: Monday-Friday 8am-5pm</p> <p style="text-align: center;">EMAIL: SeniorCntr@cupertino.org</p> <p style="text-align: center;">WEBSITE: www.cupertino.org/senior</p> <p style="text-align: center;">Find us on Facebook!</p>
--	--	--	--

AUGUST ACTIVITY HIGHLIGHTS

August Social and Birthday Bash

Wednesday, August 10, 12pm

Join us for a country good time as the Stevens Creek Ramblers strum dancing tunes. Lunch will include Caesar salad, turkey chili, cornbread, and dessert. Members with August birthdays will be honored. Vegetarian option available when registering. Members \$10, senior guests add \$5 day pass.

八月慶生宴與交流 參加我們的國家好時光, 享受Stevens Creek Ramblers 彈奏舞蹈音樂, 午餐將包括凱撒沙拉, 火雞辣椒和玉米餅。我們將對八月壽星(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。

FREE!

Book Review Meeting

First Friday of the month, 1:15-3pm

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

August 5- *Blind Decent*, by Nevada Barr, reviewed by Sally Skeels

FREE!

National Night Out

Tuesday, August 2, 4-6pm

Come and meet Cupertino's First Responders at the 33rd Annual National Night Out. Join us in the Target parking lot (corner of Stevens Creek Blvd & Saich Way) for free hot dogs, children's finger printing, face painting, games and prizes. Cupertino's Neighborhood Watch, Block Leader, Emergency Preparedness, Sustainability and Recreation and Community Services programs will also be on-hand.

全國外出之夜- 8/2 (週二), 4-6pm 快來和庫珀蒂諾的急救員在第三十三屆全國之夜會面。我們將會在Target百貨停車場為您提供 (Stevens Creek Blvd與Saich Way) 的拐角處 免費熱狗, 孩子的手指畫印, 畫臉, 遊戲和獎品。同時庫珀蒂諾的鄰里守望計劃, 街道領袖, 應急準備計劃, 可持續發展部門和康樂及社區服務計劃也將會到場。

Children at the Senior Center

Children are welcome at the senior center when we have advertised family events. However, children are not allowed to attend programs or classes offered for seniors. For the safety of the children and others, please never leave children unattended in our lobby or lounge, and please have children walk when inside the building.

兒童在耆英中心-耆英中心歡迎兒童參加多代同堂的家庭節目, 但是兒童不宜參加專為會員設計的活動和課程。為了大家的安全, 請勿讓兒童落單或在中心奔跑。

Learn to Use the VTA

FREE!

Join us for this series of workshops that aim to empower you to use all of the tools and transit options made available by the VTA. Sign up at the front desk.

Trip Planning

Monday, August 1, 2-3pm

This workshop will include learning how to read the system map and bus schedule, using VTA's customer service and using VTA's Trip Planner by Google.

Technology Tools in Transit

Monday, August 8, 2-3pm

Participants will be introduced to the VTA.org and Real Time Information, as well as 511 Transit, TransLoc Rider and VTAAlerts transit Apps. Participants will need to bring their own smartphone or tablet, and have a working understanding of their device.

Monthly Movie

FREE!

Wednesday, August 31, 1:30-3:30pm

Cool Runnings (1993)- When a Jamaican sprinter is disqualified to the Olympic Games, he enlists the help of a dishonored coach to start the first Jamaican Bobsled Team. Popcorn and lemonade will be served. Members free, senior guest pay \$5 day pass. Sign up at the lobby table.

AARP Smart Driver Course in Mandarin

Wednesday, August 31, September 7, 8:30am-12:30pm

美國退休人員協會的智慧駕駛課程以國語教授

8/31, 9/7 (週三), 8:30am-12:30pm

AARP駕駛者安全計劃舉辦的AARP明智駕駛者課程是專為50歲及以上年長駕駛者而設。全國首個並且是規模最大的同類進修課程。參與者將可以學到使用道路的最新規則, 防禦性駕駛技術, 以及如何在當今日益艱險的駕駛環境中更安全地操作車輛。參與者還將學習如何管理和應對因年長而出現的視力, 聽力和反應時間變化。除此以外 完成課程的參與者還有可能符合資格獲得多年汽車保險折扣。詳情請向保險經紀查詢。致電 408.725.1740。

Shakespeare in the Park

FREE!

The Winter's Tale

July 23, 24, 29, 30, 31, August 5, 6, 7, 7:30pm

Memorial Park Amphitheater

"The Winter's Tale" is luminous, tragic and gloriously funny, and is the crowning achievement of Shakespeare's late career. Music, dance, and a trio of delightful clowns makes this romance fun for the whole family.

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS JUNE 27	DAY	DATES	TIME	INSTRUCTOR	MEMBER FEE
Accordion	T	8/9-10/4	1:30-3:00	R. Di Bono	\$20
Ballroom Dance 交際舞 - Waltz	W	7/13-8/3	1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞 - Foxtrot	W	8/10-9/7	1:30-3:30	D. Lew	\$32
Chair Exercise	M & Th	7/25-9/12	10:15-11:15	P. Hu	\$40
Chinese Brush Painting	M	7/18-9/19	8:30-10:30	M. Lee	\$50
Chinese Brush Painting	M	7/18-9/19	10:40-12:40	M. Lee	\$50
Chinese Calligraphy 書法班	T	8/2-9/27	3-5	L. Cheng, Y. Wang	\$15
Citizenship Class 公民班	M & F	6/27-8/19	8:15-9:45	V. Wong	\$20
Conversational English 英語會話班	M & T	8/15-10/4	10-11:45	P. Chun, V. Wong	\$20
Erhu II 二胡班	T	8/9-9/27	3:15-4:45	G. Lai	\$20
ESL - Basic and Easy 初級英語班	M	7/18-9/12	10-12	Vision Literacy	\$25
ESL - Advanced Beginning 初高級英語班	W	7/6-8/31	10-12	Vision Literacy	\$25
Feldenkrais Method	T	7/12-9/6	9:30-10:30	M. Westlaken	\$40
Hatha Yoga	Th	8/4-9/29	2:30-3:30	V. Bhat	\$40
Hula Dancing 夏威夷呼拉舞	M	8/1-9/19	11:45-12:45	D. Tengan	\$15
Hula Dance Performance Group	M	8/1-9/19	12:55-1:55	D. Tengan	\$15
Pilates	T	7/12-8/30	11-12	K. Phipps	\$35
Tai Chi for 50+ - Level I	Th	7/7-9/29	8:30-9:25	J. Madonich	\$68
Tai Chi for 50+ - Level II	Th	7/7-9/29	9:35-10:30	J. Madonich	\$68
Tai Chi for 50+ - Level III	Th	7/7-9/29	10:40-11:35	J. Madonich	\$68
Ukulele Strum-and-Sing - Intermediate	M	7/25-9/26	1:30-3:30	N. Levy	\$25
US History	T	8/9-9/6	12-1	R. Di Bono	\$15
Yoga for 50+	T	8/2-9/27	4-5	Savitha & Louiza	\$40
Yoga for 50+	Th	8/4-9/29	4-5	Savitha & Louiza	\$40
Yuan Chih Dance 元極舞	F	8/5-9/30	10-11:30	Annie & Helen	\$15
Zumba Gold	F	8/19-10/14	3:45-4:45	G. DuVal	\$37
EVENING CLASSES					
Line Dance - Beginning	Th	7/7-8/18	7-8:30	K. Chang	\$48
Line Dance - Advanced Beginning	T	7/5-8/16	7-8:30	K. Chang	\$48
Yoga for 50+	T	8/16-10/11	5:15-6:15	Savitha & Louiza	\$46
Yoga for 50+	Th	8/4-9/29	5:15-6:15	Savitha & Louiza	\$46
COMPUTER AND TECHNOLOGY CLASSES					
Backup and iPad/iPhone to a Laptop	W	8/17	1-3	R. Schiros	\$15
Intro to iPad Painting	W	7/13-8/3	6-8	K. Smith	\$38
iPad Beginning	T	8/9-9/6	1-3:30	R. Schiros	\$22
iPad Intermediate	Th	8/11-9/8	1-3:30	R. Schiros	\$22
iPad A-Z	W	7/13-8/3	3:30-5:30	K. Smith	\$38

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

De Anza Cardio-Vascular Training

June 27-August 19

Mon/Wed, 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.

Adult Community Education

August 29-October 24

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。8/29-10/24。

CLASS HIGHLIGHTS



ESL

Basic and Easy

Monday, July 18-September 12, 10am-12pm

Advanced Beginning

Wednesday, July 6-August 31, 10am-12pm

Do you want to understand English better? Do you want people to understand your English better? In this class you will improve your English speaking, listening, reading, and writing skills for your everyday life, and continue to develop communication skills. Participate in lively discussions on a wide range of topics, and gain confidence to enjoy social times with others. Member fee \$25.

英語作為第二語言-簡易初級班 7/18-9/12, 先進初級班 7/6-8/31 你想更明白英語嗎? 你希望人們更了解你的英語嗎? 在這個課程中, 你將提高你的英語水平, 讀, 聽, 看, 寫, 用在美國的日常生活, 並不斷發展溝通技能. 熱烈的討論參與廣泛議題, 並獲得信心去與大家分享. 會員學費\$25.

US History with Reno DiBono

Tuesday, August 9-September 6, 12-1pm

Join us for this truly interesting class in which you can learn about and discuss US History. Enjoy critical thinking, essays, and seminar discussions of historical problems, and learn to analyze material and offer hypothesis in a seminar fashion. Member fee \$15.



Backup your iPad/iPhone to your Laptop

Wednesday, August 17, 1-3pm

Do you back-up your iPad's and/or iPhone's data? With this two-hour class you will be able to back-up and sync your photos, emails, notes, contacts -- ALL of your data! Students must bring an iPad or iPhone with cable and a laptop to use in class. Note: If bringing a PC laptop, download iTunes via the Internet before taking this class. Member fee \$15.

Hatha Yoga

Thursday, August 4- September 29, 2:30-3:30pm

This is a gentle form of Hatha Yoga, developed by the instructor Vasanthi Bhat, which combines yoga postures with breathing and meditation for maximum health benefits. Instructor will modify her teaching to students' needs. Students may bring a yoga mat or use a chair. Member fee \$40.

Intro to iPad Painting

Wednesday, July 13-August 3, 6-8pm

Express your creativity with your iPad! Learn to use popular art apps to draw, paint, create collages, use layers, and more. All skill levels welcome. Students must have their own iPad with 'Paper' by FiftyThree, 'Procreate,' and 'Snapseed' apps installed before class. Members fee \$38.

Feldenkrais-Mindful Movement

Tuesday, July 12-September 6, 9:30-10:30am

Rediscover movement with Feldenkrais 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. Gain valuable tools you can use on your own to aid in bringing relief for a variety of discomforts, as well as flexibility and ease, with instructor Michele Westlaken. Member fee \$40.

Tai Chi for 50+

Thursday, July 7-September 29

Level I- 8:30-9:25am

Level II- 9:35-10:30am

Level III- 10:40-11:35am

Tai Chi is an ancient Chinese art of movement and meditation. This class is designed to provide students with skills and knowledge for realizing many potential benefits for body and mind through the practice of graceful, low impact movements and strengthening postures. Led by certified Tai Chi instructor Jeff Madonich. Member fee \$68 for each session.

Meet Our New Case Manager!

We are delighted to announce a second case manager is being added to your senior center team! Please welcome Adrianna Stankovich as our new case manager. Adrianna was selected through a rigorous selection process, and has been working as a case manager since 2008, most recently for the City of Sunnyvale. She is a wonderful addition to the senior center case management program, and is excited about getting to know our members. Please join us in extending a heartfelt welcome to Adrianna.

CASE MANAGER'S CORNER

Case Management Program

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 all services are in place; home visits will be provided to homebound seniors living in Cupertino. Free service, membership required.

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全的的生活。行動不便的長者，社工可提供家訪，此服務免費，需會員。社工可以講國粵語

Drop-in Consultation with Case Manager

Wednesdays 10am-12pm

Case Managers are available to discuss community resources, benefits, and care options during the drop-in hours. Case Managers are also available by appointment. Cantonese/Mandarin available.

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。

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, July 11, 25, August 8, 1:30-2:30pm

Tuesday, July 5, 19, August 2, 16, 30, 12:15-1:15pm

Caregiver Support Group

Thursday, July 14, August 11, 3-4:30pm

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

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

Health Insurance Counseling (HICAP)

Monday, July 11, 25, August 8, 1-3pm

Consultation on Medicare and health insurance.

健康保險諮詢- 中文服務

Housing

Monday, July 18, August 1, 15, 1:30-3:30pm

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

租屋諮詢 - 7/18, 8/1, 8/15, (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, July 8, 15, 22, August 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 - 7/8, 7/15, 7/22, 8/5, 8/12, 8/19

10:30am-12:30pm 60歲以上, 並住在聖縣。

THE SCENE JULY/AUGUST 2016

50+

GOLF TOURNAMENT
DEEP CLIFF GOLF COURSE
MONDAY, AUGUST 15, 9AM-1:30PM
9AM-TEE OFF
12:30PM- LUNCH ON THE PATIO
Enjoy a fun morning of golf and lunch at Deep Cliff. Cost includes green fees, sandwich lunch, and prizes. Members \$27, senior guests \$32. Pick up and return the entry form to the senior center by August 1. Sign up early!
高爾夫球賽-8/15(週一), 9am-1:30pm, 9am 在庫市Deep Cliff 高爾夫球場報到, 12:30pm 高爾夫球場餐廳吃三明治午餐, 並有獎品。請在8/1. 日前報名。會員\$27, 非會員耆英\$32 (包括午餐和球場費)

FIRST CLASS MAIL

www.cupertino.org/seniorcenterfacebook

www.cupertino.org/50plus

www.cupertino.org/senior

408.777.3150

Cupertino, CA 95014

21251 Stevens Creek Blvd.

City of Cupertino Senior Center