

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

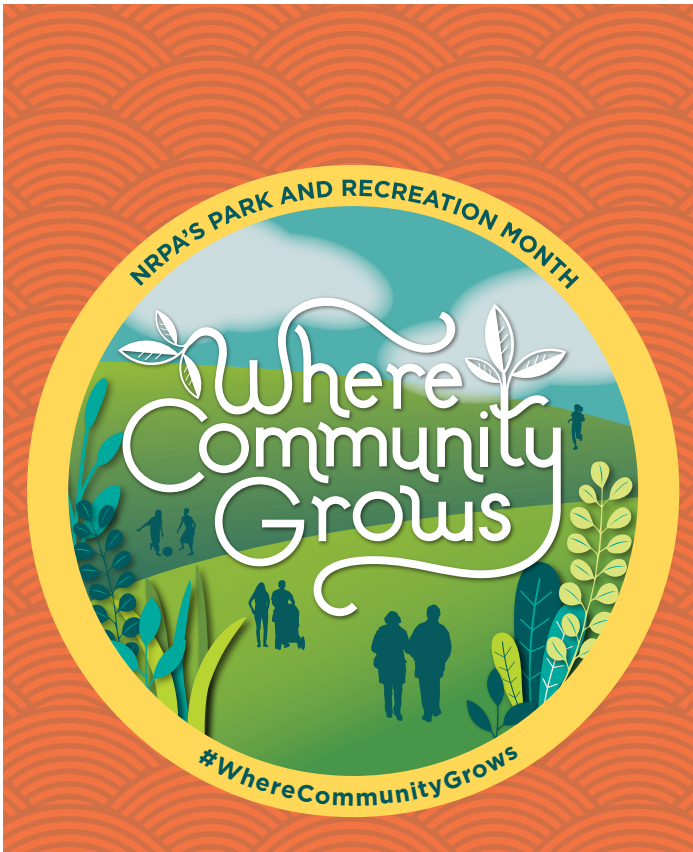


**Senior Center  
Open House**

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**CUPERTINO**



Since 1985, people in the United States have celebrated Park and Recreation Month in July to promote building strong, vibrant and resilient communities through the power of parks and recreation and to recognize the more than 160,000 full-time park and recreation professionals — along with hundreds of thousands of part-time and seasonal workers and volunteers — that play a vital role in bringing people together, providing essential services and fostering the growth of our communities.

This could not be more true of the City of Cupertino Parks and Recreation Department, specifically the Cupertino Senior Center. The Senior Center staff and volunteers make a positive impact on the lives of the members every single day. Let's come together this year and show the world just how much parks and recreation means to our communities.



## Hidden Treasures Planning Meeting

Monday, August 14, 1 p.m.

Volunteers are needed to sort through donated items weekly starting Monday, August 28, and provide support during the event Thursday, October 26. Please come to the planning meeting to find out how you can make this fundraising event a great success. Senior Center membership is required to become a volunteer.



## Senior Center Open House

Friday, August 25, 10:30 a.m. to 1 p.m.

Come learn more about the center's classes and activities through demos and informational tabling. See how you can be active through learning a new skill, weekly socials, fitness classes, and more! Meet the staff in a small mixer to learn who oversees which of the center's programs. Open to all.



## 50+ Golf Tournament

Monday, September 25, 10 a.m.

Tee off a great day with a morning of golf followed by a no-host awards lunch at a location to be determined. Cost includes green fees and prizes. Members \$20, non-members \$30. Register online or at the Senior Center front desk.

## Maintenance Week Closure

Monday, July 24 to Friday, July 28



The center will be closed Monday, July 24 to Friday, July 28 for its annual maintenance week. Classes and activities held at the center will be cancelled for that week and resume Monday, July 31.

## ANNOUNCEMENTS

### Case Management Services

Coming soon, free in-person case management appointments and drop-in times will be available weekly on Wednesdays. These services will help you or your loved one age in place, connect to the community, resolve any crisis, and, most importantly, proactively plan for changes in your lifestyle. Services will be provided by a social worker with Avenidas, a community-based nonprofit organization.

## CONNECTIONS

### Senior Advisory Council

Thursday, July 13, 2 p.m. to 3:15 p.m.

Interested in contributing to expanding opportunities for seniors in our community? What programs and activities would you like to have? How can the contributions of seniors be more visible? Join leaders of social activities and volunteer groups working to create a friendly environment at our Center.

All members are welcome to attend and share their input. If you have any questions or are interested in attending, send us an email at [senior\\_center@cupertino.org](mailto:senior_center@cupertino.org) or give us a call at (408) 777-3150. See you there!

*Jean Bedford*

President, Cupertino Senior Advisory Council

### Hidden Treasures Donations

August 1 to October 13

Please donate your gently used jewelry, craft items, and knick-knacks to our Hidden Treasures fundraising event scheduled for Thursday, October 26. We will accept donations beginning on August 1. Please visit the front desk for a full list of acceptable donations, as well as a list of items we cannot accept. The proceeds of this event will benefit our Stay Active Fund to provide assistance and offset cost for Senior Center membership and classes. Thank you for your continued support.

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<b>4</b>	<b>Socials and Events</b> Arcade Time, Rock Painting, Ballroom Dance, and much more!	<b>10</b>	<b>Lectures and Workshops</b> Educational and informal lectures and workshops
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# SOCIALS AND EVENTS

Register online by clicking the descriptions, call (408) 777-3150, or register in-person at the Cupertino Senior Center 8 a.m. to 5 p.m. Monday through Friday.

## •NEW! Arcade Time

Wednesday, July 5 and 12, 1 to 3 p.m.

No quarters are needed for this afternoon of fun with friends. Learn how to play a new game or have fun with some of the classics with other members. Games include board games, virtual games, and electronic games. Preregistration required. Members free, non-members pay \$5 each day.



## •NEW! Rock Painting

Monday, August 14 at 2 to 3 p.m.

Get crafty and discover your colorful imagination through painting rocks. Lead by local teens, decorate a rock to brighten your yard, garden, or even your windowsill. Supplies provided for a relaxing and fun afternoon. Preregistration required.

## •NEW! West Valley Community Services Information Tabling

Monday, August 7 to Thursday, August 17

Learn about West Valley Community Services (WVCS) and the resources they provide. See the August calendar to see what time WVCS will be tabling each day. WVCS serves homeless and low-income individuals and families.

## Ballroom Dance Social

Monday, 2:30 to 4:30 p.m.

*Room capacity is limited to 30 people.*

## Ping Pong

Tuesday, 8:30 to 11:30 a.m.

Friday, 1 to 4:30 p.m.

## 50+ Tennis

Tuesday and Friday, 9 to 11 a.m.

## Chess and Checkers

Tuesday, noon to 4 p.m.

## 50+ Bocce Ball

Wednesday, Now to October 25  
9 a.m.

Bocce Ball season is here! Come enjoy the outdoors while playing bocce at Blackberry Farm Park alongside the Stevens Creek Trail.

## Open Board Game Playing

Wednesday, noon to 4 p.m.

## 50+ Softball

Thursday, Now to December 7  
9 a.m. to noon

*Member fee \$55*

## Needlecraft

Thursday, 10 a.m. to noon

## Open Card Playing and Bridge

Thursday, noon to 4 p.m.

## Karaoke

Thursday, 1 to 4:30 p.m.

## Mah Jongg

Friday, noon to 4 p.m.

## Bingo

Friday, 1 to 3:30 p.m.

*Open to the public.*

## VOLUNTEER CORNER

Interested in volunteering or helping out with the activities above? Contact Amanda at [amandah@cupertino.org](mailto:amandah@cupertino.org) or call (408) 777-3374.

You must be onboarded as a volunteer before helping with volunteer programs.

### Bingo Volunteers Needed

Come join the Bingo Committee and help Friday afternoons. Support is needed in general social operations such as selling cards, passing out snacks, and more.

### Class Instructors

Have expert knowledge on a specific subject or exercise? Become a volunteer instructor to share your skill set and engage others of similar interest. We are seeking instructors for Qi Gong, US History, Mandarin, Japanese, meditation, bridge, chess, PC, and more.

### Cupertino TV Production

The Cupertino TV Production is an award-winning volunteer film group that creates TV segments that air on the city channel, YouTube, and Roku. The group has bi-weekly meetings to discuss ongoing projects and new segment ideas. No experience is required, and new members are always welcome to join. See one of their latest episodes, "Sharing is Caring. Building Our Community by Sharing", [here](#).

### Hostess Committee

Host and hostesses assist in checking members in, passing out evaluations, and collecting evaluations for lectures and special events. Other tasks may be required of a host or hostess for certain special events. Join the next Hostess Meeting on Tuesday, August 8 at 1 p.m. to learn more.

**VOLUNTEERS  
NEEDED!**

### Volunteers Needed

Attend a Volunteer Orientation and learn where you may support the Senior Center. Contact Amanda at [amandah@cupertino.org](mailto:amandah@cupertino.org) with the orientation date you will be attending.

- Monday, July 3, 10 to 11 a.m.
- Monday, July 17, 1:30 to 2:30 p.m.
- Monday, August 7, 10 to 11 a.m.
- Monday, August 21, 1:30 to 2:30 p.m.

## MONTHLY MOVIES

Members free, Non-Members \$5

### In the Heights

Wednesday, July 19  
1:30 p.m.

A cinematic event where the streets are made of music and little dreams become big... "In the Heights."

(2021) PG-13



### Star is Born

Wednesday, August 30  
1:30 p.m.

Hard-drinking country music star Jackson Maine discovers -- and falls in love with -- a struggling but talented singer named Ally.

(2018) R



# CLASSES

Register online by clicking the descriptions, call (408) 777-3150, or register in-person at the Cupertino Senior Center 8 a.m. to 5 p.m. Monday through Friday.

Activity Number	Class	Day	Dates	Time	Instructor	Mem. Fee	No Class
<a href="#">22588</a>	Beginner Beading	Tu	7/11-8/8	10 a.m-noon	D. Hall	\$55	7/25
<a href="#">22589</a>	Advanced Beading	Tu	8/15-9/5	10 a.m-noon	D. Hall	\$55	
<a href="#">22538</a>	Apple Assistance	Tu	7/11	1-2 p.m.	B. Carpenter	\$7	
<a href="#">22570</a>	Apple Assistance	Tu	7/11	2-3 p.m.	B. Carpenter	\$7	
<a href="#">22571</a>	Apple Assistance	Tu	7/11	3-4 p.m.	B. Carpenter	\$7	
<a href="#">22572</a>	Apple Assistance	Tu	7/18	1-2 p.m.	B. Carpenter	\$7	
<a href="#">22573</a>	Apple Assistance	Tu	7/18	2-3 p.m.	B. Carpenter	\$7	
<a href="#">22574</a>	Apple Assistance	Tu	7/18	3-4 p.m.	B. Carpenter	\$7	
<a href="#">22575</a>	Apple Assistance	Tu	8/8	1-2 p.m.	B. Carpenter	\$7	
<a href="#">22576</a>	Apple Assistance	Tu	8/8	2-3 p.m.	B. Carpenter	\$7	
<a href="#">22577</a>	Apple Assistance	Tu	8/8	3-4 p.m.	B. Carpenter	\$7	
<a href="#">22578</a>	Apple Assistance	Tu	8/22	1-2 p.m.	B. Carpenter	\$7	
<a href="#">22579</a>	Apple Assistance	Tu	8/22	2-3 p.m.	B. Carpenter	\$7	
<a href="#">22580</a>	Apple Assistance	Tu	8/22	3-4 p.m.	B. Carpenter	\$7	
<a href="#">22726</a>	Apple Group Assistance	Th	7/20	1-3 p.m.	R. Schiros	\$6	
<a href="#">22727</a>	Apple Group Assistance	Th	8/3	1-3 p.m.	R. Schiros	\$6	
<a href="#">22728</a>	Apple Group Assistance	Th	8/10	1-3 p.m.	R. Schiros	\$6	
<a href="#">22729</a>	Apple Group Assistance	Th	8/17	1-3 p.m.	R. Schiros	\$6	
<a href="#">22730</a>	Apple Group Assistance	Th	8/31	1-3 p.m.	R. Schiros	\$6	
<a href="#">22590</a>	Ballroom Dance Class	W	7/5-8/30	2-4 p.m.	M. Lee	\$40	7/26
<a href="#">22592</a>	Chair Exercise	Th	7/6-8/31	9:30-10:30 a.m.	H. Lin	\$40	7/27
<a href="#">22593</a>	Chinese Brush Painting	M	7/3-8/28	10 a.m-noon	M. Lee	\$72	7/24
<a href="#">22594</a>	CSC Wednesday Jam	W	7/5-8/30	3-4:30 p.m.	J. Cunningham	\$12	7/26
<a href="#">22595</a>	Current Events Discussion	Th	Weekly	10:30 a.m.-noon	J. Truher	Free	7/27
<a href="#">22583</a>	Cyber Security	M	7/3-7/17	10-11:20 a.m.	C. Helvey	\$22	
<a href="#">22596</a>	ESL - Basic Conversation	M	7/3-8/28	9:30-10:30 a.m.	M. Nickel	\$28	7/24
<a href="#">22599</a>	Feldenkrais Method	Tu	7/11-8/29	10:30-11:30 a.m.	M. Westlaken	\$56	7/25
<a href="#">22600</a>	HarmoniKatz	Tu	7/11-8/29	2:30-4 p.m.	D. Ng	\$16	7/25
<a href="#">22601</a>	Hula - Beginning	M	7/3-8/28	noon-12:45 p.m.	P. Gregory	\$9	7/24
<a href="#">22602</a>	Hula - Performance Group	M	7/3-8/28	1-2 p.m.	J. Pereria-Anderson	\$12	7/24
<a href="#">21062</a>	iPhone Beginning	Tu	8/29-10/10	1-3 p.m.	R. Schiros	\$38	
<a href="#">22603</a>	Introduction to International Ballroom Dance	Th	7/6-8/31	2-4 p.m.	K. Mao	\$24	7/27
<a href="#">22606</a>	Kumihimo	Tu	7/11-8/8	12:30-2:30 p.m.	D. Hall	\$55	7/25

# July

## Cupertino Senior Center Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b>  <b>10-11 Volunteer Orientation</b>            10-12 Golf  <b>1-4 Caregiver Network Counseling Appointments</b>            2:30-4:30 Ballroom Dance Social</p>	<p><b>4</b>    <b>4th of July</b>            --  <b>Senior Center Closed</b></p>	<p><b>5</b>            9 Bocce Ball            12-4 Open Board Game Playing  <b>1-3 Arcade Time</b></p>	<p><b>6</b>            9-12 Softball            10-11 Let's Talk Technology            10-12 Needlecraft            12-4 Open Card Playing and Bridge            1-4:30 Karaoke</p>	<p><b>7</b>            9-11 Tennis  <b>10-12 Senior Adult Legal Aid (SALA)</b>            12-4 Mah Jongg            1-3:30 Bingo            1-4:30 Ping Pong</p>
<p><b>10</b>            10-12 Golf  <b>1-3 Health Insurance Counseling (HICAP)</b>            2:30-4:30 Ballroom Dance Social</p>	<p><b>11</b>            8:30-11:30 Ping Pong            9-11 Tennis  <b>10-12 Cupertino TV Productions</b>            12-4 Chess and Checkers</p>	<p><b>12</b>            9 Bocce Ball  <b>10 Lecture: VTA Services, Accessibility, and Safety</b>  <b>10-12 Baking Workshop: Summer Biscotti and Truffles</b>            12-4 Open Board Game Playing  <b>1-3 Arcade Time</b></p>	<p><b>13</b>            9-12 Softball            10-11 Let's Talk Technology            10-12 Needlecraft            12-4 Open Card Playing and Bridge            1-4:30 Karaoke  <b>2-3:15 Senior Advisory Council</b></p>	<p><b>14</b>            9-11 Tennis            12-4 Mah Jongg            1-3:30 Bingo            1-4:30 Ping Pong</p>
<p><b>17</b>            10-12 Golf  <b>12:30-4:30 AARP 8 Hour Driving Course</b>  <b>1:30-2:30 Volunteer Orientation</b>            2:30-4:30 Ballroom Dance Social</p>	<p><b>18</b>            8:30-11:30 Ping Pong            9-11 Tennis  <b>9:30-4 Animals and Art = Happiness Trip</b>  <b>9:30-11:30 iPhone Workshop</b>            10-12 Cupertino TV Productions            12-4 Chess and Checkers  <b>1-2:30 Caregiver Support Group</b></p>	<p><b>19</b>            9 Bocce Ball  <b>10-11 New York Times and Mercury News Workshop</b>  <b>11 Lecture: Planning Healthy Meals</b>  <b>11:45 Lunch with Friends</b>  <b>12:30-4:30 AARP 8 Hour Driving Course</b>            12-4 Open Board Game Playing            1:30 Monthly Movie: In the Heights</p>	<p><b>20</b>            9-12 Softball            10-11 Let's Talk Technology            10-12 Needlecraft            12-4 Open Card Playing and Bridge            1-4:30 Karaoke</p>	<p><b>21</b>            9-11 Tennis  <b>10-12 Senior Adult Legal Aid (SALA)</b>            12-4 Mah Jongg            1-3:30 Bingo            1-4:30 Ping Pong</p>

**Maintenance Week Closure**  
**Monday, July 24 to Friday, July 28**

The center will be closed for its annual maintenance week. Classes and activities held at the center will be cancelled for that week and resume Monday, July 31.

**31**  
 10-12 Golf  
 2:30-4:30 Ballroom Dance Social

**City of Cupertino Senior Center**  
 21251 Stevens Creek Boulevard, Cupertino, CA 95014  
 (408) 777-3150

Monday to Friday: 8 a.m. to 5 p.m.  
 Saturday and Sunday: Closed

Email: [senior\\_center@cupertino.org](mailto:senior_center@cupertino.org)  
 Website: [cupertino.org/senior](http://cupertino.org/senior)



# August



## Cupertino Senior Center Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>Accepting Hidden Treasures Donations</b> 8:30-11:30 Ping Pong 9-11 Tennis 10-12 Cupertino TV Productions 12-4 Chess and Checkers	<b>2</b> 9 Bocce Ball <b>10-11 Photo Offloading Workshop</b> <b>11 Lecture: Shopping on a Budget</b> 12-4 Open Board Game Playing	<b>3</b> 9-12 Softball 10-11 Let's Talk Technology 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1-4:30 Karaoke	<b>4</b> 9-11 Tennis 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong
	<b>7</b> <b>10-11 Volunteer Orientation</b> 10-12 Golf <b>1-4 Caregiver Network Counseling Appointments</b> 2:30-4:30 Ballroom Dance Social	<b>8</b> 8:30-11:30 Ping Pong 9-11 Tennis 12-4 Chess and Checkers <b>1 Host/Hostess Meeting</b>	<b>9</b> 9 Bocce Ball <b>10:30-12:30 West Valley Community Services Information Tabling</b> <b>12 August Birthday Bash Luncheon</b> 12-4 Open Board Game Playing	<b>10</b> 9-12 Softball 10-11 Let's Talk Technology <b>10-12 West Valley Community Services Information Tabling</b> 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1-4:30 Karaoke
<b>14</b> 10-12 Golf <b>1 Hidden Treasures Planning Meeting</b> <b>1-3 Health Insurance Counseling (HICAP)</b> <b>2-3 Rock Painting</b> 2:30-4:30 Ballroom Dance Social	<b>15</b> 8:30-11:30 Ping Pong 9-11 Tennis 10-12 Cupertino TV Productions <b>12-2 West Valley Community Services Information Tabling</b> 12-4 Chess and Checkers <b>1-2:30 Caregiver Support Group</b>	<b>16</b> 9 Bocce Ball <b>9-5 Tunnel Tops of the Presidio Trip</b> <b>10 Lecture: Current Scams and Fraud</b> 12-4 Open Board Game Playing	<b>17</b> 9-12 Softball 10-11 Let's Talk Technology 10-12 Needlecraft 12-4 Open Card Playing and Bridge <b>1-3 West Valley Community Services Information Tabling</b> 1-4:30 Karaoke	<b>18</b> 9-11 Tennis <b>10-12 Senior Adult Legal Aid (SALA)</b> 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong
<b>21</b> 10-12 Golf <b>1:30-2:30 Volunteer Orientation</b> 2:30-4:30 Ballroom Dance Social	<b>22</b> 8:30-11:30 Ping Pong 9-11 Tennis <b>9:30-11:30 Android Workshop</b> 12-4 Chess and Checkers	<b>23</b> 9 Bocce Ball 12-4 Open Board Game Playing	<b>24</b> 9-12 Softball 10-11 Let's Talk Technology 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1-4:30 Karaoke	<b>25</b> <b>10:30 Senior Center Open House</b> 9-11 Tennis 12-4 Mah Jongg No Bingo 1-4:30 Ping Pong
<b>28</b> <b>September/October Registration Begins</b> 10-12 Golf <b>1-3 Health Insurance Counseling (HICAP)</b> 2:30-4:30 Ballroom Dance Social	<b>29</b> 8:30-11:30 Ping Pong 9-11 Tennis 12-4 Chess and Checkers	<b>30</b> 9 Bocce Ball <b>10-11 Universal Workshop</b> <b>11:45 Lunch with Friends</b> 12-4 Open Board Game Playing <b>1:30 Monthly Movie: A Star is Born</b>	<b>31</b> 9-12 Softball 10-11 Let's Talk Technology 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1-4:30 Karaoke	



# CLASSES

<a href="#">22607</a>	Advanced Kumihimo	Tu	8/15-9/5	12:30-2:30 p.m.	D. Hall	\$55	
<a href="#">22745</a>	 Lap Steel Guitar	Tu	7/11-8/29	noon-1 p.m.	L. Fujimoto	\$11	7/25
<a href="#">22608</a>	 Line Dance - Basics	Th	8/3-8/31	9:30-10:30 a.m.	L. Hsu	\$35	
<a href="#">22746</a>	Line Dance - Beginner	Th	8/3-8/31	10:35-11:50 a.m.	L. Hsu	\$38	
<a href="#">22609</a>	Line Dance - Improver / Intermediate	Tu	7/11-8/29	10:15-11:45 a.m.	K. Chang	\$56	7/25
<a href="#">22610</a>	Line Dance - Intermediate+	M	7/3-8/28	10-11:45 a.m.	K. Chang	\$72	7/24
<a href="#">22611</a>	Line Dance - Intermediate/Advanced	W	6/28-8/30	10:15 a.m.-noon	K. Chang	\$72	7/19 7/26
<a href="#">21061</a>	 MacBook 101	Tu	7/18-8/15	1-3 p.m.	R. Schiros	\$24	7/25
<a href="#">22614</a>	Open Line Dance	F	7/14	10 a.m-noon	K. Chang	\$6	
<a href="#">22615</a>	Open Line Dance	F	8/18	10 a.m-noon	K. Chang	\$6	
<a href="#">22585</a>	Offloading Photos Workshop	W	8/2	10-11 a.m.	C. Helvey	\$5	
<a href="#">22616</a>	Painting and Drawing at all Levels	W	7/5-8/30	8:45-11:45 a.m.	J. Chin and L. Hwang	\$36	7/26
<a href="#">22737</a>	PC and Apple Assistance in Mandarin	Th	7/13	10-11 a.m.	L. Su	\$6	
<a href="#">22738</a>	PC and Apple Assistance in Mandarin	Th	7/13	11 a.m.-noon	L. Su	\$6	
<a href="#">22739</a>	PC and Apple Assistance in Mandarin	Th	7/20	10-11 a.m.	L. Su	\$6	
<a href="#">22740</a>	PC and Apple Assistance in Mandarin	Th	7/20	11 a.m.-noon	L. Su	\$6	
<a href="#">22741</a>	PC and Apple Assistance in Mandarin	Th	8/10	10-11 a.m.	L. Su	\$6	
<a href="#">22742</a>	PC and Apple Assistance in Mandarin	Th	8/10	11 a.m.-noon	L. Su	\$6	
<a href="#">22747</a>	PC and Apple Assistance in Mandarin	Th	8/24	10-11 a.m.	L. Su	\$6	
<a href="#">22748</a>	PC and Apple Assistance in Mandarin	Th	8/24	11 a.m.-noon	L. Su	\$6	
<a href="#">20646</a>	Rhythmaires	F	7/7-8/18	9:30-11:30 a.m.	K. Miller	\$18	7/28
<a href="#">22618</a>	Tai Chi	Th	7/6-8/31	12:45-1:45 p.m.	K. Chung	\$12	7/27
<a href="#">22619</a>	The Dream of the Red Chamber	F	7/7-9/1	10-11 a.m.	L. Hwang	\$12	7/28 8/25
<a href="#">22620</a>	Ukulele - Beginning	Tu	7/11-8/29	1-2 p.m.	D. Ng	\$11	7/25
<a href="#">22623</a>	Yoga Foundations	W	8/2-8/29	8:30-9:45 a.m.	R. Narayanan	\$46	
<a href="#">22624</a>	Yuan Chih Dance	F	7/7-9/1	10-11:30 a.m.	A. Fung and H. Hwang	\$18	7/28
<a href="#">22625</a>	Zumba - Level 1 (in-person)	Tu	7/11-8/29	12:30-1:30 p.m.	H. Lin	\$37	7/25
<a href="#">22626</a>	Zumba Gold (Virtual)	W	7/5-8/30	10-11 a.m.	G. DuVal	\$42	7/26

## Zumba Level 1

Join us as we bring back Zumba in-person at the Senior Center with this beginner-level class.

Code	Day	Dates	Time	Mem. Fee
<a href="#">22625</a>	Tu	7/11-8/29	12:30-1:30 p.m.	\$37

Instructors: H. Lin

## Let's Talk Technology

New topics are garnered and prepared weekly for discussion. No Meeting Dates: 7/27, 10/26, 11/23

Code	Day	Dates	Time	Mem. Fee
<a href="#">22582</a>	Th	6/29-12/21	10-11 a.m.	Free

Instructors: C. Helvey

## Beginning & Advanced Beading

Explore bead design possibilities in an open, creative setting. A variety of beading techniques will be addressed and specific projects created such as necklaces and bracelets. Basic beading skills or Deborah's Beginning Beading class required for Advanced Beading (22589).

Code	Day	Dates	Time	Mem. Fee
<a href="#">22588</a>	Tu	7/11-8/8	10 a.m.-noon	\$44
<a href="#">22589</a>	Tu	8/15-9/5	10 a.m.-noon	\$44

*Instructors: D. Hall*

## **NEW!** MacBook 101

Come learn in great detail on the full uses of your Mac desktop, general functionalities, customize system preferences, applications, and more! Handouts will be provided for each lesson. MacOS 12 Monterey or macOS 13 Ventura required. For hands-on learning and practice on your own device, bring your charged MacBook to class. *Please know your Apple ID and password.* No class 7/25.

Code	Day	Dates	Time	Mem. Fee
<a href="#">21061</a>	Tu	7/18-8/15	1-3 p.m.	\$22

*Instructors: R. Schiros*

## ESL - Basic Conversation

Have fun practicing basic English conversation! We will be practicing English conversation to help you feel more comfortable and confident speaking English. The class will focus on daily living conversations including: weather, shopping, personal information, making chit chat, and talking to classmates, neighbors, and/or friends. No class 5/29 and 6/19.

Code	Day	Dates	Time	Mem. Fee
<a href="#">22596</a>	M	7/3-8/28	9:30-10:30 a.m.	\$28

*Instructors: M. Nickel*

## **NEW!** Lap Steel Guitar – Level 1

The Lap Steel Guitar's sound is unique as well as melodious and it instantly evokes images of Hawaii! This class along with your diligence and effort, will aid you in learning the fundamentals of the Lap Steel Guitar. *Equipment needed: Lap steel guitar, small amplifier, amp cord, bar, and finger picks, tuner.*

Code	Day	Dates	Time	Mem. Fee
<a href="#">22745</a>	Tu	7/11-8/29	noon-1 p.m.	\$11

*Instructors: L. Fujimoto*

## Kumihimo & Advanced Kumihimo

Kumihimo: the art of Japanese braiding. Create braids that may be turned into lovely jewelry such as necklaces & bracelets as well as many other items. A curriculum and supply list will be provided and discussed on the first day of class.

Code	Day	Dates	Time	Mem. Fee
<a href="#">22606</a>	Tu	7/11-8/8	12:30-2:30 p.m.	\$44
<a href="#">22607</a>	Tu	8/15-9/5	12:30-2:30 p.m.	\$44

*Instructors: D. Hall*

## Painting and Drawing at All Levels

Come join the friendliest artists in town, and paint or draw 'till you drop! Student instructors will provide personal feedback on your work, but the class is open to anyone at any level to come and paint (or draw!) in the medium of their choice. Class members encourage each other in this open art session that doesn't have guidelines or curriculum—just artistic expression!

Code	Day	Dates	Time	Mem. Fee
<a href="#">22616</a>	W	7/5-8/30	8:45-11:45 a.m.	\$36

*Student Instructors: J. Chin and L. Hwang*

## **NEW!** Baking Workshop: Summer Biscotti and Truffles

Learn how to make summer flavor truffles and biscotti. These homemade treats will be a hit this summer to enjoy for dessert with any meal. Samples along with treats to take home are included.

Code	Day	Dates	Time	Mem. Fee
<a href="#">22586</a>	W	7/12	10 a.m.-noon	\$20

*Instructors: C. Helvey*

## Current Events Discussion

Interactive, positive discussions about current events and your experiences in a support group style. Meet your neighbors and new people from everywhere.

Code	Day	Dates	Time	Mem. Fee
<a href="#">22595</a>	Th	Weekly	10:30 a.m.-noon	Free

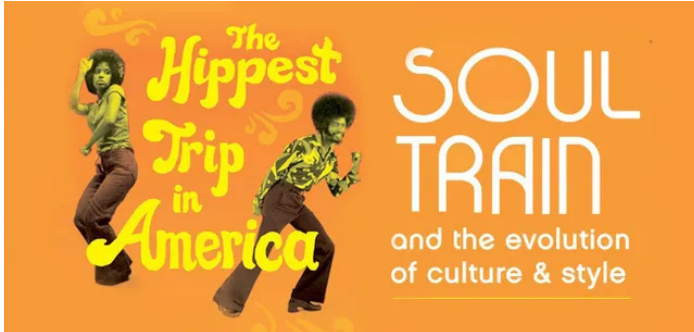
*Moderator: J. Truher*

# SHARE DISCOVERY THROUGH TRAVEL

## Trip registration begins:

Member - Monday, June 26 | Non-member - Monday, July 3

*Please arrive 30 minutes prior to the departure time.*



## Hippest Trip - The Soul Train Musical

Wednesday, September 20  
10:30 a.m. to 6:30 p.m.

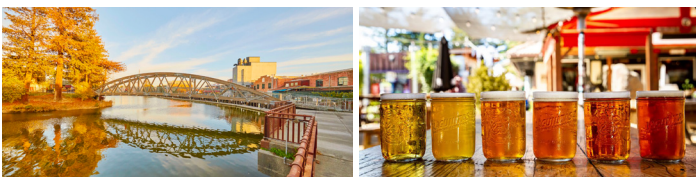
Get ready for the world premiere of Hippest Trip – The Soul Train Musical, a Broadway-bound musical based on the iconic TV show that showcased the music and style of young African Americans, and the sound that defined their lives – jazz, pop, soul, R&B, disco, gospel, and more. Journey back to 1971’s Chicago, when DJ Don Cornelius transformed the pop culture landscape by giving stage to the artists who created the soundtrack of multiple generations – James Brown, Aretha Franklin, Stevie Wonder, Marvin Gaye, and other musical legends. Don’t miss this world-premiere musical event that will have you dancing in the aisles and leave you with “love, peace, and soul” in your heart.

Before the show, enjoy a delicious, included lunch at Max’s Opera Café.

**Member Cost:** \$175

**Activity Level:** Low; walking at your own pace

**Trip Includes:** Lunch at Max’s Cafe, Orchestra Seats, Transportation, Tips and Travel Staff



## Fleet Week in San Francisco

Sunday, October 8, 7:30 a.m. to 7 p.m.

Experience Fleet Week aboard the historic SS Jeremiah O’Brien with amazing views of the airshow and San Francisco Bay. Soak in the thrilling atmosphere with fantastic views of the Golden Gate Bridge, Alcatraz, Bay Bridge, and the Fleet Week air show. Watch the breathtaking air show featuring the Blue Angels from the best viewing deck in town.

A simple breakfast of coffee and donuts and lunch of hotdogs and veggie dogs provided by Boudin bakery are included. Soft drinks, wine, and beer served throughout the day. You will be permitted to bring your own food on board if you prefer.

**Member Cost:** \$220

**Activity Level:** High; ascending and descending 44-step gangway to board ship. Outdoor event.

**Trip Includes:** Admission to Cruise, Air Show, Lunch, Transportation, Tips, and Travel Staff

## Delightful Day in Petaluma

Thursday, October 19, 8 a.m. to 5:30 p.m.

Discover Petaluma’s fascinating history and architecture on a lovely docent-led walking tour of this delightful river front town. Explore the town at your leisure and enjoy a no-host lunch in one of the many delicious cafes in this foodie town. The adventure continues at Lagunitas Brewing Co. with a tour and tasting at their flagship brewery. Cheers!

**Member Cost:** \$124

**Activity Level:** Moderate; Standing and walking at your own pace.

**Trip Includes:** Docent led tour, Brewery tour and tasting, Transportation, Tips, and Travel Staff

*Trip itinerary is subject to change.*

# LECTURES AND WORKSHOPS

## **•NEW!** [VTA Services, Accessibility, & Safety](#)

Wednesday, July 12, 10 a.m.

Hear from Valley Transportation Authority (VTA) on what services and programs they offer for seniors. Learn of VTA's accessibility features and safety recommendations when using their transportation services.

## [AARP 8 Hour Smart Driving Course](#)

Monday, July 17, 12:30 to 4:30 p.m.

Wednesday, July 19, 12:30 to 4:30 p.m.

A full 8-hour class, split into two 4-hour sessions. For more information and to register, call Ina Checkman at (408) 257-6940.

## **iPhone and Android Workshop**

9:30 to 11:30 a.m.

Bring your fully charged device and learn tips and tricks for your Android or iPhone! Preregistration required. Members free, senior guests pay \$5 day pass.

[Tuesday, July 18 – iPhone](#)

[Tuesday, August 22 – Android](#)

## **•NEW!** **Planning Healthy Meals**

Wednesday, July 19, 11 a.m.

Learn tips from Santa Clara County Public Health for making meals that are both healthy and tasty. This class covers the benefits of meal planning, including how it can help save time and money, and ways to overcome common challenges to meal planning.



## [New York Times and Mercury News Workshop](#)

Wednesday, July 19, 10 to 11 a.m.

Learn how you can read The New York Times online and The Mercury News for free, courtesy of the Santa Clara County Library District. Gain access to the daily editions, as well as archives back to 1851 in The New York Times, and 2006 in The Mercury News. Headlines are updated throughout the day and readers have access to Times Video, which provides short videos on culture, entertainment, world news, science and much more. Preregistration required. Members free, non-members pay \$5.

## **•NEW!** [Photo Offloading Workshop](#)

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

See how to take your photos off your phone and onto your computer, laptop, or cloud drive. Learn how you can manage your photos, create albums, share photos, and more. Preregistration required. Member fee \$5.

## **•NEW!** [Shopping on a Budget](#)

Wednesday, August 2, 11 a.m.

Eating healthy does not have to be time consuming and expensive. Santa Clara County Public Health will teach you tips on how to save money while eating healthier, and how to prepare a meal for a family of four for \$10.

## **Current Scams and Fraud**

Wednesday, August 16, 10 a.m.

The Santa Clara County Sheriff's Department will inform you on what to be on the look out for and trends on current scams and fraud.

## [Universal Workshop](#)

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

Register for unlimited access to over 500 free, non-credit, continuing education online courses using your Santa Clara County library card. Enroll in up to 5 courses at a time. You have up to 6 months to finish each course. Preregistration required. Members free, non-members pay \$5.

# RESOURCES FOR SENIORS

## Schedule Appointments

To schedule an appointment, call the front desk at (408) 777-3150.

### Caregiver Network Counseling

Monday, July 3 and August 7, 1 to 4 p.m.

The Caregivers Network provides friend or family caregivers free support for their unique situations. A Care Manager will be available for one-hour in-person appointments to provide resources and information for caregivers to support loved one.

### **NEW!** Caregiver Support Group

Tuesday, July 18 and August 15, 1 to 2:30 p.m.

Caregiving is tough and you do not have to do it alone. Join other friend and family caregivers to learn about resources, share experiences, and enjoy a social outlet. Led by the Caregiver Network of Sourcewise, a Santa Clara County resource agency for seniors, the group is for caregivers of adults 60 and older or someone of any age with a dementia type disease (Huntington's, early onset Alzheimer's traumatic brain injury, etc.).

### Health Insurance Counseling (HICAP)

Monday, July 10, August 14 and 28, 1 to 3 p.m.

Find out what your options are with Medicare and what will work best for you. The Health Insurance Counseling and Advocacy Program will help you fully understand your Medicare options to be better informed to make the right choices.

### Senior Adult Legal Aid (SALA)

Friday, July 7 and 21, August 18, 10 a.m. to noon

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. If unable to meet in person, call (408) 295-5991.

SALA(長者法律諮詢) 為居住在聖他克拉拉縣 (Santa Clara County) 60 歲或以上的長者提供基本的法律援助。中文翻譯可預約。

## Resource Referral Website

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



## Via is Now Silicon Valley Hopper

The Silicon Valley Hopper shuttle will pick you up and take you to your Cupertino destinations such as the grocery store, local eateries, the post office, and more. Silicon Valley Hopper can also take Cupertino residents to medical appointments at Kaiser Santa Clara and Sutter Health West Valley Center. Discounted fares for seniors are \$1.75 per trip. Rides can be booked by downloading the SV Hopper app or calling :

(669) 201-1892 | [cupertino.org/shuttle](http://cupertino.org/shuttle)



# 211

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](http://211bayarea.org)

## West Valley Community Services (WVCS)

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, and more. West Valley Community Services serves homeless and low-income individuals and families.

(408) 255-8033 | [wvcommunityservices.org](http://wvcommunityservices.org)



SOURCEWISE  
COMMUNITY RESOURCE SOLUTIONS

Sourcewise offers resource information on a variety of topics including housing, nutrition, health insurance, transportation, and more. Sourcewise strives to educate, prepare, and support caregivers within Santa Clara County.

(408) 350-3200 | [mysourcewise.com](http://mysourcewise.com)

## Sourcewise



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

## *Birthday Bash Luncheon!*

Doors open at noon  
Members \$12, Non-member \$17

### August Birthday Bash Luncheon

Wednesday, August 9

Join us for a Greek themed luncheon that includes grilled chicken skewers over rice with a side of Greek salad and dessert. Members with August birthdays will be honored. Preregistration required. Please state vegetarian preference when registering. Last day to register for this lunch is Monday, July 31.

*Note: If a lunch is full, please ask the front desk to add your name to the waitlist. When cancellations occur, we will fill from the waitlist in the order that names are taken. No money is required to be put on the waitlist.*



Registration opens Monday, June 26. To register, call (408) 777-3150, visit us in-person, or [Click Here](#).

## *Lunch with Friends*

Take a break from preparing a meal. Join Lunch with Friends and enjoy good food with good company.

Wednesday, July 19

**11:45 a.m.**

Sloppy Joe's

Wednesday, August 30

**11:45 a.m.**

Alfredo Pasta

Members  
\$10

Non-Members  
\$15