



FUN FITNESS TIPS FOR YOU!

1. **Take advantage of fitness classes.** Group fitness is a great way to get a safe and effective workout. Added bonus? It's a fun social experience! Get moving with one of the many classes offered right here at the senior center. *See page 8.*
2. **Hit the courts or take the field.** Still reminiscing about winning that championship game in the good ole' days? Make some new memories this year! Come out and play bocce ball on the Blackberry Farm courts, or swing for the fences with the Cupertino Geezers softball team. *See page 4.*
3. **Walk, run, hike or bike the trails near you.** Get in a great workout by hitting the trails near you. Whether you use paved trails or natural surfaces, getting outside and engaging with your natural surroundings is as great for the body as it is for your mental health. For a fun and interesting way to get outside try our new walk for History and Nature at McClellan Ranch. *See below.*
4. **Need a little extra help?** Mental and emotional fitness are just as important as physical fitness. Find a little extra support in one of the Case Management Department's support groups or services. *See page 7.*
5. **Pick a new challenge.** Participating in a 5K is a great way to develop a new, healthy routine. You can even get your whole family on board. Ready to race? Try the City's annual Big Bunny 5K. *See back page.*

HISTORY AND NATURE AT McCLELLAN RANCH

TUESDAY, MARCH 22, 10AM-12PM
22221 McCLELLAN ROAD, CUPERTINO



Get to know Cupertino's McClellan Ranch and the story of how this land has changed over time. Led by one of the city's certified naturalists, this leisurely walk will provide a unique opportunity for learning about the plants, animals, and history of the area. Pre-registration is required, see flyer for more information. Members \$4, senior guests add \$5 day pass. Sign up at the senior center front desk.

ADVANCE CARE DIRECTIVE WORKSHOP

WEDNESDAY, MARCH 23, 2-4PM



Join us as Cindy Safe of Coda Alliance, will help participants explore their options at end of life, making sure their personal wishes are known and honored through an advance directive document and conversations with loved ones. Members free, senior guests pay \$5 day pass.

VOLUNTEER CORNER

NATIONAL VOLUNTEER WEEK APRIL 10-16

Volunteers are vital to our community and the Cupertino Senior Center. More than 200 volunteers, contribute over 20,000 hours of service, build connections, inspire minds, improve lives, and strengthen our community. The senior center thanks our volunteers for bringing health, vitality, and a vibrant energy to the center.

Are you thinking of trying something new? Stay active and strong through volunteering. With a few extra moments of your time, you can change your community, and your world, and you can also change yourself. Studies show that there are a number of health benefits from volunteering, including lower risk of heart disease and depression, and even longer life-span. Visit www.cupertino.org/volunteer to find your next opportunity.

國際義工週- 4/10-16

義工對我們的社會和Cupertino老人中心甚為重要。我們二百多名義工，貢獻超過二萬小時的服務，建立聯繫，啟發智力，改善生活，並增強我們的社區。耆英中心感謝我們的義工帶來健康、生命力和充滿活力能源的中心。

你是否想嘗試新的東西？通過義工服務來保持活躍和強健。利用一些你額外的時刻，你可以改變你的社區，你的世界，和你也可以改變自己。研究表明，有許多健康福利是來自志願工作，降低心臟疾病和抑鬱症的風險，並且有延長壽命的健康益處。請溜躑我們 www.cupertino.org/volunteer 找尋你的下一個機會。

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Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **March 2**, 8am; Non-member *begins* March 9
→ Day Trip Preview starts at 7:30am ←

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 singing “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, sampling delicious signature creations, and learning 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 sweet treat.

Member Cost: \$99 - lunch included

Dames and Divas of San Francisco

Travel 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 Cafe.

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 pups are active. We top it off with lunch at famous Phil's Fish Market!

Member Cost: \$123 - lunch included

GYPSEY, 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 in charming downtown Walnut Creek, with time for browsing the shops and dinner at the restaurant of your choice 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 allure 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 Tour

Guided by Julia and Kim

13 Days - May 11-23

Full, taking wait list only.

Member Cost: \$4,630 double occupancy

Golden Gate Bridge Walk and Sausalito

Thursday, May 26, 8a-5p

Join us for a fascinating docent-led walk across the Golden Gate Bridge, then indulge in a delicious lunch at the iconic Scoma's Sausalito. After lunch enjoy some free time in charming downtown Sausalito.

Member Cost: \$119 - lunch included

K-9 Guide School & One-of-a-Kind Design

Wednesday, June 1, 8a-5p

Learn how service animals are trained to help people with disabilities on our docent-led tour. After lunch we will tour the Marin County Civic Center designed by Frank Lloyd Wright, "the greatest American architect of all time."

Member Cost: \$65

Nike Missile Site and More

Thursday, June 9, 8a-5p

Explore the Bay Area's rich military history with a docent-led tour of Marin's Nike Missile Site Museum, before learning about how the ocean tides affect the bay at the Bay Model in Sausalito. Enjoy a delicious included lunch at Cavallo Point's Murray Circle Restaurant at Fort Baker.

Member Cost: \$129 - lunch included

OUT-TO-LUNCH BUNCH

Thursday, April 21, 11:30a

The Counter

20080 Stevens Creek Blvd., Cupertino

Please pre-register at the front desk.

Cabaret, the Musical

Wednesday, June 22, 10:15a-5:45p

Life is beautiful at the Cabaret! Come enjoy this acclaimed Tony Award Winning production with our orchestra seats at the Golden Gate Theatre in San Francisco. We'll enjoy a no-host lunch in San Francisco's iconic Union Square before the show.

Member Cost: \$132

Emperors' Treasures

Tuesday, June 28, 8:45a-3:30p

Emperors' Treasures: Chinese Art from the National Palace Museum, Taipei is at the Asian Art Museum for a very limited time and we have a private, docent-led tour! More than 100 rare pieces will make their debut in San Francisco and we'll experience them first hand!

Member Cost: \$74

Best of Eastern Canada

8 Days - July 12-19

From the European-styled, old world elegance in Quebec City to the thundering Niagara Falls, you'll love Eastern Canada. Picturesque countryside and glistening skyscrapers, a truly unforgettable cultural and historical experience awaits you! See flyer for details.

Member Cost: \$3,399 double occupancy

Travel Presentation Tuesday, March 15 at 10:30am

Heritage of America

10 Days - September 16-25

Follow the epic story of American democracy. Visit the presidential estates of Washington's Mount Vernon and Jefferson's Monticello. Walk the hallowed battlefield at Gettysburg. Tour Colonial Williamsburg's 88 restored historic buildings. Experience the Amish way of life.

Member Cost: \$3,899 double occupancy

Travel Presentation Tuesday, March 15 at 10:30am

Cruise on the Panama Canal

18 Days - October 30-November 16

Space still available for this amazing cruise!

Member Cost: \$6,930 double occupancy inclusive

MARCH ACTIVITY HIGHLIGHTS

St. Patrick's Day Luncheon and March Birthday Bash

Wednesday, March 9, 12pm

Join us for the Irish tradition of St. Patrick's day featuring Irish entertainment plus a full meal of corned beef, cabbage, carrots, potatoes and a satisfying dessert. Members with March birthdays will be honored. Vegetarian option available when registering. Members fee \$12, senior guests add \$5 day pass.

聖帕特里克節午餐和慶生宴- 3/9 (週三), 中午12點
參加我們的愛爾蘭傳統聖帕特里克節, 享受特色的愛爾蘭娛樂, 加一頓咸牛肉, 卷心菜, 胡蘿蔔, 土豆和令人滿意的甜點。我們將對三月壽星(會員)表示敬意。註冊時可選擇素菜。會員\$12, 耆英來賓加付當日門票\$5。

FREE!

Age Well, Drive Smart

Wednesday, March 30, 9am-1pm

Presented by the California Highway Patrol. Topics covered: myths about older drivers, compensating for age-related changes, rules of the road, safe driving tips, and much more. Certificate upon completion, some insurance companies accept for discount. Members free, senior guest pay \$5 day pass. Please sign up at the lobby table.

TechTime with Paul

Fridays, March 4-April 29, 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.

50+ Bocce Ball

Wednesday, March 2-April 27, 9am

Enjoying the outdoors is easy to do in Cupertino at Blackberry Farm Park alongside the Stevens Creek Trail. Join us at 9am, members can meet new people and have fun while playing a game of Bocce. First time players welcome, instructions will be available. Free for members.

50+ Softball

Thursdays, March 24-October 20, 9am-12pm

Get out, be happy, and bring a friend—50+ Softball is back! Memorial Park is the home of the Cupertino Geezers who warm-up and take batting practice beginning at 9am. A pick-up game starts promptly at 10am each week. Fee is \$38 for the year. Membership is required.

Lunch with Friends

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

March 16- Shepherd's pie with turkey, vegetables and mushrooms in a savory gravy, salad, and dessert

April 6- Chicken teriyaki skewers, avocado and cucumber sushi rolls, seasoned rice, 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 3/16 火雞肉鍋餅, 沙拉和甜品 4/6 照燒雞肉串, 牛油果和黃瓜壽司卷, 調味飯, 沙拉和甜點

Movie of the Month



Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

Wednesday, March 30, 1:30-3:30pm

The Little Princess (1939)- Shirley Temple plays a pampered girl in a boarding school whose soldier father is reported missing, leaving her at the mercy of a cruel headmistress.

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

Midnight in Paris (2011)- A family that travels to Paris because of business, two young people who are engaged to be married in the fall, the experiences they have that change their lives, and the illusion people have that a life different from theirs would be much better.

Tai Chi for 50+ Free Demonstration

Thursday, March 31, 1:30-2:30pm

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. Free for members, senior guests pay \$5 day pass. Sign up at the lobby table.

太極拳免費示範 3/31 (週四) 1:30-2:30pm. 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。會員免費, 耆英來賓加付當日門票\$5, 請早登記。

Let's Talk Current Events

FREE!

Wednesday, March 16, April 20, 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.

MARCH 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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!</p>	<p>1 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>2 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</p>	<p>3 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</p>	<p>4 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 1:30-3 Book Review- <i>The Story of the Beautiful Girl</i>, by Rachel Simon</p>
<p>SUNDAY 6 12:30-5 St. Michael Trio at the Villa Trip 7 10-12 Golf for Seniors 12-4 Card Playing 3:30-4:30 New Volunteer Orientation 5-7 Case Manager Consultation</p>	<p>8 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>9 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 St. Patrick's Day Social and Birthday Bash (\$12) Corned Beef 醃牛肉 12-4 Card Playing</p>	<p>10 7:45-4:45 Cullinary and Historic Exploration of Napa Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1-2:30 Coping with Loss Support Group 2 Learn About the Senior Center 3-4:30 Caregiver Support Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>11 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>14 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>15 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>16 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 Lunch with Friends (\$6) Shepherd's Pie with Turkey 火雞肉鍋餅 1:30-3 Let's Talk Current Events 12-4 Card Playing</p>	<p>17 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>18 NO Rhythmaires Band Practice NO Mah Jongg 沒有麻將 NO Bingo 沒有賓果 NO TechTime with Paul NO Ping Pong 沒有乒乓</p>
<p>21 10-12 Golf for Seniors 12-4 Card Playing 5-7 Case Manager Consultation</p>	<p>22 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 10-12 History and Nature at McClellan Ranch 12-4 Card Playing</p>	<p>23 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 2-4 Advance Care Directive Workshop</p>	<p>24 9 50+ Softball 10:30-5:30 A Taste Of Germany Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>25 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>SATURDAY 26 9 Big Bunny 5K 28 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>29 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>30 8:30-4:30 Dames & Divas of San Francisco Trip 9 50+ Bocce Ball 9-1 Age Well, Drive Smart 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Monthly Movie- <i>The Little Princess</i> (1939) 3:30-5 How to Download Library eBooks</p>	<p>31 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-2:30 Tai Chi for 50+ Free Demonstration 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>HOW TO DOWNLOAD LIBRARY EBOOKS Wednesday, March 30, April 27, 3:30-5pm Learn how to get free Cupertino Library ebooks to read on your eReader device. See flyer for more details. Free for members, senior guests pay \$5 day pass. Sign up at the front desk.</p>

APRIL 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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!</p>	<p>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. March 4- <i>The Story of the Beautiful Girl</i>, by Rachel Simon April 1- <i>The Cooked Seed</i>, by Anchee Min</p>			<p>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 1:30-3 Book Review- <i>The Cooked Seed</i>, by Anchee Min</p>
<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 7:30-3 Fashion and Flowers Trip 9 50+ Bocce Ball 10-12 No Case Manager Consultation 沒有社工諮詢 12 Lunch with Friends (\$6) Chicken Teriyaki Skewers 照燒雞肉串 12-4 Card Playing 1:30-2:30 Learn to Use the VTA</p>	<p>7 9 50+ Softball 11:15-1:30 Needlecraft 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</p>
<p>11 10-12 Golf for Seniors 11:30 Volunteer Advisory Council Meeting 12-4 Card Playing 1-2 復興中國五千等歷史 1:30-2:30 Blood Pressure Check 量血壓 2-3 Reviving 5,000 Years of Chinese History 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 11-12:30 Life After Retirement 12-4 Card Playing</p>	<p>13 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 April Social and Birthday Bash (\$10) Prosciutto Pesto Chicken 火腿包香蒜雞意粉和 12-4 Card Playing 2-3 Understanding the Case Management Program</p>	<p>14 9 50+ Softball 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</p>	<p>15 7:15-4:15 Cruise the Slough 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>NATIONAL VOLUNTEER WEEK - THANK YOU, VOLUNTEERS!</p>				
<p>18 10-12 Golf for Seniors 12-4 Card Playing 2-3 Introduction to Bus & Light Rail Travel 5-7 Case Manager Consultation</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 9 50+ Bocce Ball 10-12 No Case Manager Consultation 沒有社工諮詢 12-4 Card Playing 1:30-3 Let's Talk Current Events</p>	<p>21 9 50+ Softball 11:15-1:30 Needlecraft 11:30 Out To Lunch Bunch at The Counter 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>22 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 3:14-11:15 Gypsy, The Musical Trip</p>
<p>25 8 May/June 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</p>	<p>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</p>	<p>27 8:15-5:15 Carmel-by-the-Sea 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>Midnight in Paris</i> (2011) 3:30-5 How to Download Library eBooks</p>	<p>28 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>29 9-11 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 12 Bingo Spring Lunch (\$10) Pulled Pork Sliders 手撕豬肉包 1-3:30 Bingo 賓果 1:30-4 TechTime with Paul 1-4:30 Ping Pong 乒乓</p>

APRIL ACTIVITY HIGHLIGHTS

April Social and Birthday Bash

Wednesday, April 13, 12pm

Turn back the clock as Steve Siacotos steps on stage to perform a variety of hit Beatles songs. For your delight the menu will include apple crunch salad, prosciutto wrapped pesto chicken over angel hair pasta and a sweet treat for dessert. Members with April birthdays will be honored. Vegetarian option available when registering. Members fee \$10, senior guests add \$5 day pass.

四月慶生宴與交流- 4/13 (週三), 中午12點

讓時光倒流, 由Steve Siacotos上台表演披頭士的各種流行歌曲, 為增加您的樂趣, 菜單將包括脆蘋果沙拉, 火腿包香蒜雞意粉和飯後甜點。我們將對四月壽星(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。

Life After Retirement – What Do I Do Now?

Tuesday, April 12, 11am-12:30pm

Retirement can sometimes be a difficult adjustment, and it's never too early to plan for what you will do in your golden years. Presented by Vivian Silva, MSW; join us to learn about the key to a happy and fulfilling retirement. Open to the public. Sign up at the lobby table.

Understanding the Case Management Program at the Cupertino Senior Center

Wednesday, April 13, 2-3pm

Do you know exactly what the Case Management Program at the Cupertino Senior Center does? Are you aware of the resources available in the community? Come learn about wide variety of ways the case managers can be of assistance to you or somebody you know. Open to the public. Sign up at the lobby table.

Reviving 5,000 Years of Chinese History

Monday, April 11, 2-3pm

The ethical values and principles derived from traditional Chinese culture helped create five-thousand years of splendor in Chinese history. Join us for this interesting program on Chinese history and art, presented by the Asian Art Foundation. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

復興中國五千年歷史- 4/11 1-2pm 道德價值觀和原則在中國傳統文化幫助下創造了中國五千年輝煌的歷史。加入我們這個有趣的節目去認識中國的歷史和藝術, 由亞洲藝術基金會展示。會員免費, 耆英來賓加付當日門票\$5。請在前台登記。

Learn to Use the VTA

Wednesday, April 6, 1:30-2:30pm

Join us for an introduction VTA's services and programs that help seniors learn about public transportation. Presented by the VTA, this talk will include information on mobility options available to seniors. Members free, senior guests pay \$5 day pass, sign up at the lobby table.

Want to learn more?

Join us for the first in a series of four workshops that aims to empower you to use all of the tools and transit options made available by the VTA.

Monday, April 18, 2-3pm

Introduction to Bus & Light Rail Travel

Participants will learn about accessibility and safety features on the bus. These features help make travel on public transit easier for those of us who may experience changes in vision and mobility. This workshop will also include an out of service bus. Members free, senior guests pay \$5 day pass. Space is limited, sign up at the front desk.

Bingo Spring Lunch

Friday, April 29, 12pm

Gear up for an afternoon of bingo and join us for pulled pork sliders, potato salad, baked beans, and a refreshing lemon tart for dessert. Bingo begins at 1pm. Cards are sold separately \$4-\$7. Lunch for members is \$10, senior guest add \$5 day pass. Sign up at the front desk, space is limited.

春天賓果午餐- 4/29 (週五), 中午12點

準備和我們一起玩一個下午的賓果遊戲, 並享用手撕豬肉包, 土豆沙拉, 烤豆, 以及清新的檸檬撻甜點。賓果遊戲下午一點開始, 賓果票分開出售\$4-\$7, 會員午餐\$10, 耆英來賓加付當日門票\$5, 請早在前台登記, 名額有限。

Adult Community Education

March 28-May 27

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。3/28-5/27/16。

De Anza Cardio-Vascular Training

April 4-June 24

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.

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS FEBRUARY 22	DAY	DATES	TIME	INSTRUCTOR	MEMBER FEE
Accordion	T	4/5-5/24	1:30-3:00	R. Di Bono	\$20
Ballroom Dance 交際舞 - Two Step	W	3/23-4/13	1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞 - Waltz	W	4/20-5/11	1:30-3:30	D. Lew	\$32
Brain Training Revolution	W	3/2-3/30	10-12	D. Everham	\$15
Chair Exercise	M & Th	3/7-4/14, 4/18-6/2	10:30-11:30	P. Hu	\$40ea
Chinese Brush Painting 國畫班	M	2/29-4/18, 4/25-7/11	8:30-10:30	M. Lee	\$50ea
Chinese Brush Painting 國畫班	M	2/29-4/18, 4/25-7/11	10:40-12:40	M. Lee	\$50ea
Chinese Calligraphy 書法班	T	4/19-6/7	3-5	L. Cheng, Y. Wang	\$15
Citizenship Class 公民班	M & F	3/7-4/29	8:15-9:45	V. Wong	\$20
Conversational English 英語會話班	M & T	4/12-6/7	10-11:45	P. Chun, V. Wong	\$20
Conversational Mandarin - Beginning	Th	4/7-5/26	9-10:30	J. Li	\$40
Conversational Mandarin - Intermediate	F	4/8-5/27	10-11:30	B. Hu	\$40
Conversational Mandarin - Advanced	Th	4/7-5/26	9-10:30	L. Gao	\$40
Cooking with Suzanne - Satisfying Soups	W	3/23	10-1	S. Vandyke	\$55
Erhu II 二胡班	T	4/12-5/31	3:30-5	G. Lai	\$20
ESL - Intermediate Conversation 中級ESL會話班	T	3/29-5/17	1:30-3	J. Andrushko	\$20
Fantastic Films	T	3/29-5/31	1:30-4	K. Young	\$45
Feldenkrais Method	T	3/22-5/10	9:30-10:30	M. Westlaken	\$40
Harmonica II - Performance Band	M	2/29-4/18, 4/25-6/20	3:45-5:15	A. McKee	\$15ea
Hatha Yoga	Th	4/14-6/2	2:30-3:30	V. Bhat	\$40
History and Nature at McClellan Ranch	T	3/22	10-12	Staff	\$4
Hula Dancing 夏蕨夷呼拉舞	M	3/14-4/18, 4/25-6/6	11:45-12:45	F. Ota	\$15ea
Hula Dance Performance Group	M	3/14-4/18, 4/25-6/6	12:55-1:55	F. Ota	\$15ea
Japanese - Beginning Level I	Th	4/7-5/12	8:30-9:30	T. Terry	\$27
Japanese - Beginning Level II	Th	4/7-5/12	9:45-10:45	T. Terry	\$27
Pilates	T	4/5-5/24	11-12	K. Phipps	\$35
Tai Chi for 50+ - Level I	Th	4/7-6/30	8:30-9:25	J. Madonich	\$68
Tai Chi for 50+ - Level II	Th	4/7-6/30	9:35-10:30	J. Madonich	\$68
Tai Chi for 50+ - Level III	Th	4/7-6/30	10:40-11:35	J. Madonich	\$68
Ukulele Beginning	T	4/19-6/14	3:30-5	D. Ng	\$22
Ukulele Strum-and-Sing - Intermediate	M	3/21-5/9	1:30-3:30	N. Levy	\$25
U.S. History Seminar	T	4/5-4/26	12-1	R. DiBono	\$15
Yoga with Savitha	T	4/12-5/31	4-5	S. Madhu	\$40
Yoga with Savitha	Th	4/14-6/2	4-5	S. Madhu	\$40
Yuan Chih Dance 元極舞	F	3/18-5/27	10-11:30	Annie & Helen	\$15
Zumba Gold	F	4/29-6/17	3:45-4:45	G. DuVal	\$37
Zumba Gold at Quinlan Center	M	4/25-6/13	2:30-3:30	P. Hu	\$37
EVENING CLASSES					
Chinese Brush Painting 傳統與現代中國畫	Th	3/31-6/2	6-8	M. Shei	\$55
Intro to iPad Painting	M	3/7-4/4	6-8	K. Smith	\$38
Line Dance - Beginning	Th	3/3-4/21	7-8:30	K. Chang	\$48
Line Dance - Advanced Beginning	T	3/1-4/19	7-8:30	K. Chang	\$48
Yoga with Savitha	T	4/19-6/14	5:15-6:15	S. Madhu	\$46
Yoga with Savitha	W	4/13-6/1	5:15-6:15	S. Madhu	\$46
Zumba Gold Dance & Toning	W	3/9-4/27	6:30-7:30	H. Shariffe	\$45
COMPUTER AND TECHNOLOGY CLASSES					
iPad Beginning	T	4/5-5/3	1-3:30	R. Schiros	\$22
iPad Intermediate	Th	4/7-5/5	1-3:30	R. Schiros	\$22
iPad A-Z	M	3/7-4/4	3:30-5:30	K. Smith	\$38

CLASS HIGHLIGHTS



Fantastic Films

Tuesday, March 29-May 31, 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: *Top Hat*, *The Maltese Falcon*, *The African Queen*, *La Strada*, *The Band Wagon*, *Summertime*, *My Uncle (Mon Oncle)*, *Psycho*, and *The Godfather I & II*. 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.



Intro to iPad Painting

Monday, March 7-April 4, 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 iPads with 'Paper' by FiftyThree, 'Procreate', and 'Snapseed' apps installed before class. Member fee \$38.

Line Dance

Beginning

Thursday, March 3-April 21, 7-8:30pm

Advanced Beginning

Tuesday, March 1-April 19, 7-8:30pm

Kick up your heels and exercise your body and mind by dancing to lively, upbeat music! Join us to learn how you may improve your health, balance, coordination, muscle time, and memorization skills in this fun, low impact class for any age! Member fee \$48 each class.

初級排舞 3/3-4/21, (週四) 7-8:30pm

初高初級排舞 3/1-4/19, (週二) 7-8:30pm

踢起你的腳跟,活動你的身體和腦部,隨着靈活,樂觀的音樂舞蹈! 和我們一同學習如何去增進你的健康,平衡,協調,肌肉時間和記憶力技能,在這有趣的低衝擊課程,適合任何年齡會員! 每課程學費\$48.



Brain Training Revolution

Wednesday, March 2-March 30, 10am-12pm

A workout for healthy brain aging and optimal brain function, this unique class is taught by Denise Everham, and is designed to help you develop your own personalized Brain Fitness program. Through puzzles, games, and group activities, we will have fun and learn how to exercise our brains while we develop a healthy brain life style. Member fee \$15.

Cooking with Suzanne



Satisfying Soups

Wednesday, March 23, 10am-1pm

What else can be better than the comfort of a warm bowl of soup packed with vegetables, herbs, spices and broths? International Chef Suzanne, cook book author and sommelier will demonstrate 3 heart healthy soups that will warm you up. Satisfying Lentil Soup with Kale and Sausage, Warming Carrot Ginger & Turmeric Soup, and savory Miso Winter Soup with Shiitake Mushrooms, Ginger and Bok Choy, will be accompanied by Suzanne's oven fresh bread. Member fee \$55.

Tai Chi for 50+

Thursday, April 7-June 30

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 class.

太極拳為五十歲以上 4/7-6/20 (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

Zumba Gold

Wednesday, March 9-April 27, 6:30-7:30pm

Member fee \$45

Monday, April 25-June 13, 2:30-3:30pm

Friday, April 29-June 17, 3:45-4:45pm

Member fee \$37 each class

Come and join the fun! Dance your way to health in any one of these invigorating and engaging exercise classes. Instruction will focus on all elements of fitness including cardiovascular and muscular conditioning, flexibility and balance. All levels are encouraged to try out one of these motivating classes! Monday class is held at the Quinlan Community Center.

中老年尊巴

3/9-4/27(週三)6:30-7:30pm會員\$45.

4/25-6/13(週一)2:30-3:30pm, 4/29-6/17(週五)3:45-4:45會員\$37

共嘗樂趣! 舞出你的健康, 參與其中一課增強運動, 課程專注健身元素包括心臟和肌肉鍛鍊, 彈性和平衡. 歡迎不同的級別來試驗這項課程! 星期一課程在Quinlan Community Center.

CASE MANAGER'S CORNER

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, March 14, 28, April 11, 25, 1:30-2:30pm
Tuesday, March 1, 15, 29, April 5, 19, 12:15-1:15pm

Drop-in Consultation with Case Manager

Mondays 5-7pm, Wednesdays 10am-12pm
No drop-in consultation April 6, 20

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.
4/6, 4/20 沒有社工諮詢

Caregiver Support Group

Thursday, March 10, April 14, 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, March 14, 28, April 11, 25, 1-3pm

Consultation on Medicare and health insurance.
健康保險諮詢- 中文服務

Housing

Monday, March 7, 21, April 4, 18, 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 - 3/7, 3/21, 4/4, 4/18, (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, March 4, 11, 18, April 1, 8, 15
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 - 3/4, 3/11, 3/18, 4/1, 4/8, 4/15
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



Big Bunny 5K Fun Run/Community Walk

Saturday, March 26
Cupertino Civic Center

The start of spring signals the time for the annual Big Bunny 5K, an event that celebrates our positive, healthy, and connected community. For more information visit www.bigbunny5k.com and use your exclusive Cupertino Senior Center discount code: "CSC2016" to save 10% on your registration.

大白兔五里跑 - 3/26 (週六)庫市市政中心 春天來臨意味著是週年大白兔跑節日, 共同慶祝我們的正能量, 健康與社區聯繫. 查看更多資料, 請瀏覽 www.bigbunny5k.com 登記時用你的特別耆英減價號 "CSC2016" 獲取10%折