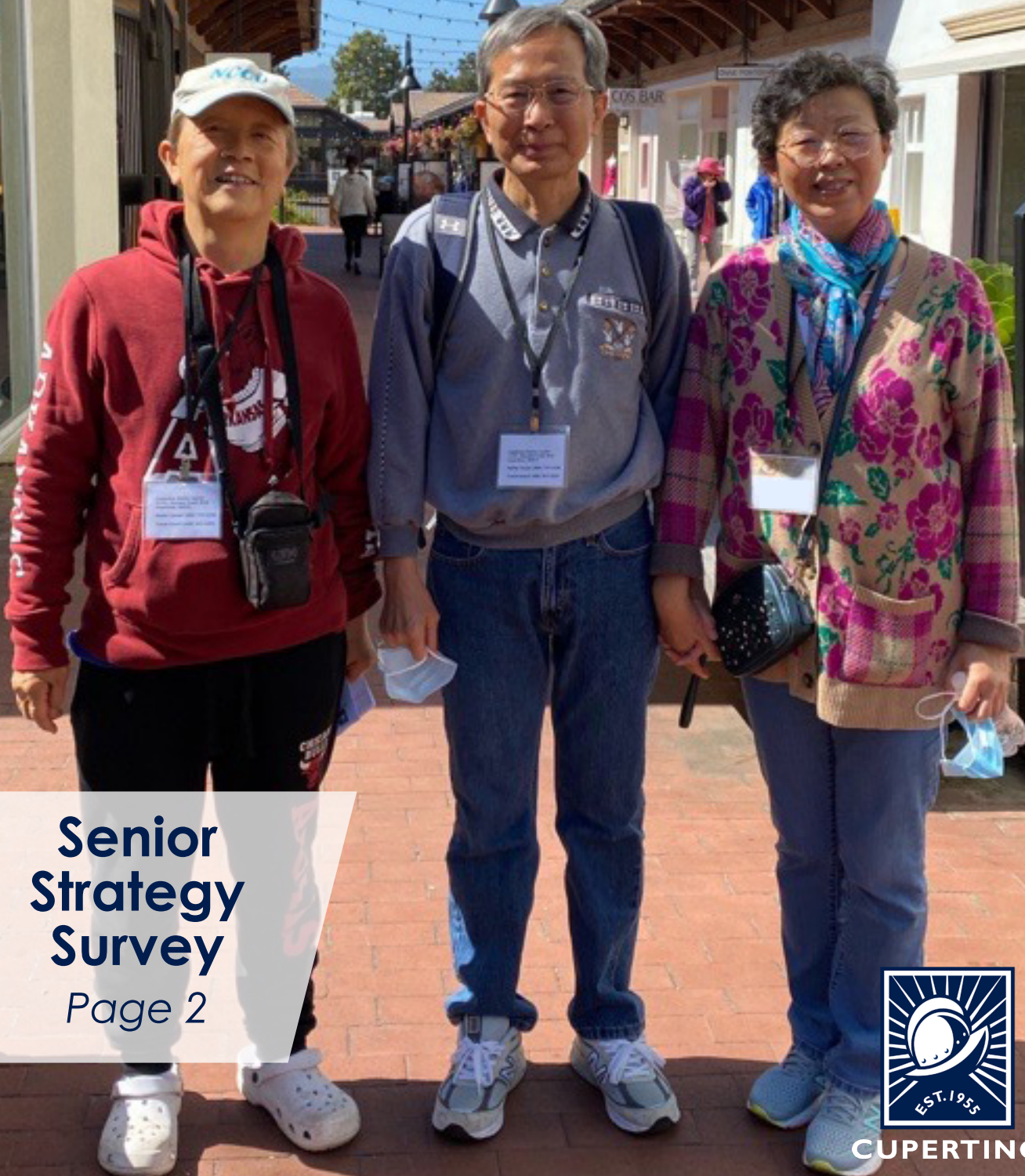


# THE 50+ SCENE

March/April 2023



**Senior  
Strategy  
Survey**

*Page 2*



**CUPERTINO**

# Senior Strategy Survey



**C**ommunity members ages 50 and up! The City of Cupertino will be conducting a Community Assessment Survey of Older Adults in the next few months and would love to hear from you. By taking this survey, you can help us understand the contributions that adults 50+ make to their communities, and the needs they have. Your feedback will help us be sure that our policies and programs align with our residents' values.

If you are not one of the randomly selected residents but would still like to participate in the survey, we will be sharing a link in April that will give all members of the community access to the survey. This survey process is in partnership with Polco, an online engagement platform that creates an opportunity for residents to provide direct input to local government decision-making processes.

Learn more about Polco at [bit.ly/3JQs6LS](https://bit.ly/3JQs6LS) and see their Privacy Policy at [bit.ly/3Yzpkib](https://bit.ly/3Yzpkib).

**“ 2,800 randomly selected households ”**

The survey will launch in March, with 2,800 randomly selected households receiving an invitation to take the survey online. A week later, these same residents will receive a paper version of the survey and a postage-paid return envelope.



# CONNECTIONS

in-person

## Senior Advisory Council

Thursday, March 23, 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, please send us an email at [senior\\_center@cupertino.org](mailto:senior_center@cupertino.org) or give us a call at (408) 777-3150. We look forward to seeing you there!

*Jean Bedord*

President, Cupertino Senior Advisory Council



## Join Our Facebook Group

The Cupertino Senior Center has a Facebook group on the [Parks and Recreation Facebook](#) page offering daily updates on Senior Center activities. To join the group, you must be a Senior Center member. Join the group by clicking [here](#).

# ANNOUNCEMENTS

## Newsletter Collating

Wednesday, April 19, 8:30 to 11:30 a.m.

Looking to help and be involved at the Center? Come help fold newsletters anytime between 8:30 to 11:30 a.m. and get first glance at the latest newsletter release. Any amount of time helps to ensure mailed newsletters are sent out on time before the next open registration.

## Yarn Needed



The Needlecraft volunteer group needs more yarn to continue making warm items for patients at local hospitals and homeless shelters. Whole balls of yarn are preferred. Leftover balled up yarn should at least be the size of a baseball in material. Donations may be dropped off at the front desk during operation hours, Monday through Friday, 8 a.m. to 5 p.m.

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<b>3</b>	<b>Senior Center Connections and News</b> Message from our Senior Advisory President, Facebook, and announcements	<b>9</b>	<b>Share Discovery Through Travel</b>
<b>4</b>	<b>Socials</b> Social activities for adults 50+, including Closing the Gap: An Intergenerational Mixer	<b>10</b>	<b>Youth Art Display</b>
<b>5</b>	<b>Volunteer Corner</b>	<b>11</b>	<b>Lectures and Workshops</b> Educational and informal lectures and workshops
<b>6</b>	<b>Monthly Movies</b>	<b>12</b>	<b>Resources for Seniors</b> Senior Adult Legal Aid (SALA) returns and local resources that are available to you
	<b>Classes</b> Check out the lineup of March and April classes		<b>Monthly Birthday Luncheons</b> March, April, and May

# SOCIALS

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.

## **Closing the Gap: An Intergenerational Mixer**

Monday, March 13, 10 a.m. to 2 p.m.

Join us for a fun, community-connecting social event bringing younger and older generations together. All youth ages 13 to 17 and older adults 50+ are welcome.

This event is free but registration is required. Register in person at the Cupertino Senior Center or by emailing [senior\\_center@cupertino.org](mailto:senior_center@cupertino.org). For more information, call (408) 777-3150.



## **Brunch with Friends**

Wednesday at 11 a.m.

Join us for brunch! Preregistration required. Please state vegetarian preference when registering. Members \$10, non-members \$15.

- [March 29: Chicken and Waffles](#)
- [April 26: Classic American Breakfast: Eggs, Bacon, Sausage, and a Pancake](#)

## **Musical Motivations: Spring Edition**

Wednesday, April 26, 4:30 p.m.

Enjoy an afternoon of musical delight from the Music Outreach Club of Mountain View High. The Music Outreach Club provides musical performances of a wide variety for their community. Light refreshments will be served after the concert. Open to all.

## **Open Card Playing and Bridge**

Monday and Thursday, noon to 4 p.m.

## **Ballroom Dance Social**

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

*Room capacity is limited to 30 people.*

## **50+ Bocce Ball**

Wednesday, March 1 to October 26  
9 a.m.

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

## **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.

## **Open Board Game Playing**

Wednesday, noon to 4 p.m.

## **50+ Softball**

Thursday, March 30 to December 7  
9 a.m. to noon

*Member fee \$55*

## **Needlecraft**

Thursday, 10 a.m. to noon

## **Karaoke**

Thursday, 1 to 4:30 p.m.

## **Mah Jongg**

Friday, noon to 4 p.m.

## **Bingo**

Friday, 1 to 3:30 p.m.

# 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.

**VOLUNTEERS  
NEEDED!**

## Volunteer Orientation

Learn how you can support the Senior Center. RSVP to Amanda at [amandah@cupertino.org](mailto:amandah@cupertino.org) with the orientation date you will be attending.

- Monday, March 6, 10 to 11 a.m.
- Monday, March 20, 1:30 to 2:30 p.m.
- Monday, April 3, 10 to 11 a.m.
- Monday, April 17, 1:30 to 2:30 p.m.

## 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 Tai chi, Qi Gong, ESL Beginning, US History, Mandarin, Japanese, meditation, bridge, chess, PC, and more.

## 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, April 11 at 1 p.m. to learn more.

Cupertino Senior Center • (408) 777-3150

## Cupertino TV Production

The Cupertino TV Production is back to meeting on-site once a month. 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 ranging from formal interviews to historical news to local events. No experience is required, and new members are always welcome to join.

## Newsletter Collating

Wednesday, April 19, 8:30 to 11:30 a.m.

Looking to help and be involved at the Center? Come help fold newsletters anytime between 8:30 to 11:30 a.m. and get first glance at the latest newsletter release. Any amount of time helps to ensure mailed newsletters are sent out on time before the next open registration.

## MONTHLY MOVIES

*Free for members*

### Banshees of Inisherin

March 29 at 1:30 p.m.

2022, 1h 54m



Two lifelong friends find themselves at an impasse when one abruptly ends their relationship, with alarming consequences for both.

### Elvis

April 26 at 1:30 p.m.







2022, 2h 39m



The life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker.

# 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="#">20987</a>	Advanced Beading	Tu	3/7-3/28	10 a.m-noon	D. Hall	\$55	
<a href="#">21045</a>	Apple Assistance	Tu	3/14	1-2 p.m.	B. Carpenter	\$6	
<a href="#">21046</a>	Apple Assistance	Tu	3/14	2-3 p.m.	B. Carpenter	\$6	
<a href="#">21047</a>	Apple Assistance	Tu	3/14	3-4 p.m.	B. Carpenter	\$6	
<a href="#">21048</a>	Apple Assistance	Tu	3/28	1-2 p.m.	B. Carpenter	\$6	
<a href="#">21049</a>	Apple Assistance	Tu	3/28	2-3 p.m.	B. Carpenter	\$6	
<a href="#">21050</a>	Apple Assistance	Tu	3/28	3-4 p.m.	B. Carpenter	\$6	
<a href="#">21051</a>	Apple Assistance	Tu	4/11	1-2 p.m.	B. Carpenter	\$6	
<a href="#">21052</a>	Apple Assistance	Tu	4/11	2-3 p.m.	B. Carpenter	\$6	
<a href="#">21053</a>	Apple Assistance	Tu	4/11	3-4 p.m.	B. Carpenter	\$6	
<a href="#">20964</a>	iPhone Beginning	Tu	3/14-4/25	1-3 p.m.	R. Schiros	\$38	
<a href="#">20965</a>	iPhone Beginning	Th	3/16-4/27	1-3 p.m.	R. Schiros	\$38	
<a href="#">21002</a>	Ballroom Dance	W	3/8-4/26	2-4 p.m.	M. Lee	\$40	
<a href="#">21003</a>	Chair Exercise	Th	3/9-4/27	10-10:45 a.m.	D. Shah	\$9	
<a href="#">21004</a>	 Chinese Brush Painting	M	3/6-4/24	10 a.m-noon	M. Lee	\$63	4/3
<a href="#">21006</a>	CSC Wednesday Jam	W	3/1-4/26	3-4 p.m.	J. Cunningham	\$12	
<a href="#">21007</a>	 Current Events Discussion	Th	3/9-4/27	10:30 a.m.-noon	J. Truher	Free	
<a href="#">20981</a>	Cyber Security	M	3/6-3/20	10-11:20 a.m.	C. Helvey	\$22	
<a href="#">21008</a>	ESL - Intermediate Conversation	Th	3/9-4/27	11:30 a.m.-1 p.m.	J. Andrushko	\$18	
<a href="#">21010</a>	Feldenkrais Method	Tu	3/14-4/25	10:30-11:45 a.m.	M. Westlaken	\$44	
<a href="#">21011</a>	Hula - Beginning	M	3/6-4/24	noon-12:45 p.m.	P. Gregory	\$8	3/13
<a href="#">21012</a>	Hula - Performance Group	M	3/6-4/24	1-2 p.m.	J. Anderson	\$11	3/13
<a href="#">21013</a>	Kumihimo	Tu	3/7-3/28	12:30-2:30 p.m.	D. Hall	\$55	
<a href="#">21014</a>	 Line Dance - Beginner	Th	3/2-4/6	10:15-11:30 a.m.	L. Hsu	\$45	3/23
<a href="#">21015</a>	Line Dance - Improver / Intermediate	Tu	3/7-4/25	10:15-11:45 a.m.	K. Chang	\$48	3/21, 3/28
<a href="#">21016</a>	Line Dance - Intermediate+	M	3/6-4/24	10-11:45 a.m.	K. Chang	\$45	3/13, 3/10, 3/27
<a href="#">21017</a>	Line Dance - Intermediate/Advanced	W	3/1-4/26	10:15 a.m.-noon	K. Chang	\$63	3/22, 3/29
<a href="#">21038</a>	 Matter of Balance	Th	3/30-5/18	10 a.m-noon	Stanford Health	Free	
<a href="#">21018</a>	Open Line Dance	F	4/21	10 a.m-noon	K. Chang	\$6	
<a href="#">21019</a>	Painting and Drawing at All Levels	Th	3/8-4/26	8:45-11:45 a.m.	J. Chin and L. Hwang	\$36	
<a href="#">20985</a>	 PC/Apple Assistance in Mandarin	Th	3/9	10-11 a.m.	L. Su	\$6	
<a href="#">20986</a>	 PC/Apple Assistance in Mandarin	Th	3/9	11 a.m.-noon	L. Su	\$6	

# March

## Cupertino Senior Center Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>City of Cupertino Senior Center</b>                      21251 Stevens Creek Boulevard, Cupertino, CA 95014                      (408) 777-3150</p> <p>Monday to Friday: 8 a.m. to 5 p.m.                      Saturday: Closed</p> <p>Email: <a href="mailto:senior_center@cupertino.org">senior_center@cupertino.org</a>                      Website: <a href="http://cupertino.org/senior">cupertino.org/senior</a></p>		<p><b>1</b>                      9 Bocce Ball  <b>9:15-4:30 Six the Musical Trip</b>                      12-4 Open Board Game Playing</p>	<p><b>2</b>                      10-12 Needlecraft                      12-4 Open Card Playing and Bridge                      1-4:30 Karaoke</p>	<p><b>3</b>                      9-11 Tennis                      12-4 Mah Jongg                      1-3:30 Bingo                      1-4:30 Ping Pong</p>
<p><b>6</b>                      10-12 Golf  <b>1:30-2:30 Volunteer Orientation</b>                      12-4 Open Card Playing and Bridge  <b>1-4 Caregiver Network Counseling Appointments</b>                      2:30-4:30 Ballroom Dance Social                      5 Peace, Love, Unity Youth Art Display Artists' Reception</p>	<p><b>7</b>                      8:30-11:30 Ping Pong                      9-11 Tennis                      10-12 Cupertino TV Productions                      12-4 Chess and Checkers</p>	<p><b>8</b>                      9 Bocce Ball  <b>10 Medical Emergency Presentation</b>  <b>12 March Birthday Bash</b>                      12-4 Open Board Game Playing</p>	<p><b>9</b>                      10-12 Needlecraft                      12-4 Open Card Playing and Bridge                      1-4:30 Karaoke</p>	<p><b>10</b>                      9-11 Tennis                      12-4 Mah Jongg                      1-3:30 Bingo                      1-4:30 Ping Pong</p>
<p><b>13</b>                      10-12 Golf  <b>10-2 Closing the Gap Mixer</b>                      12-4 Open Card Playing and Bridge  <b>1-4 Health Insurance Counseling (HICAP) Appointments</b>                      2:30-4:30 Ballroom Dance Social</p>	<p><b>14</b>                      8:30-11:30 Ping Pong                      9-11 Tennis                      12-4 Chess and Checkers</p>	<p><b>15</b>                      9 Bocce Ball                      12-4 Open Board Game Playing</p>	<p><b>16</b>                      10-12 Needlecraft                      12-4 Open Card Playing and Bridge                      1-4:30 Karaoke</p>	<p><b>17</b>                      9-11 Tennis  <b>10-12 Senior Adult Legal Aid Appointments</b>                      12-4 Mah Jongg                      1-3:30 Bingo                      1-4:30 Ping Pong</p>
<p><b>20</b>                      10-12 Golf  <b>1:30-2:30 Volunteer Orientation</b>                      12-4 Open Card Playing and Bridge                      2:30-4:30 Ballroom Dance Social</p>	<p><b>21</b>                      8:30-11:30 Ping Pong                      9-11 Tennis                      10-12 Cupertino TV Productions                      12-4 Chess and Checkers</p>	<p><b>22</b>                      9 Bocce Ball                      12-4 Open Board Game Playing</p>	<p><b>23</b>                      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>24</b>  <i>Senior Center Closed for Special Event</i></p>
<p><b>27</b>                      10-12 Golf  <b>10 10 Warning Signs of Alzheimer's Presentation (Mandarin)</b>                      12-4 Open Card Playing and Bridge  <b>1-4 Health Insurance Counseling (HICAP)</b>                      2:30-4:30 Ballroom Dance Social</p>	<p><b>28</b>                      8:30-11:30 Ping Pong                      9-11 Tennis  <b>9:30-11:30 iPhone Workshop</b>                      12-4 Chess and Checkers</p>	<p><b>29</b>                      9 Bocce Ball  <b>10 10 Warning Signs of Alzheimer's Presentation (English)</b>  <b>10-11 Kanopy Workshop</b>  <b>11 Brunch with Friends</b>                      12-4 Open Card Playing and Bridge  <b>1:30 Monthly Movie - Banshees of Inisherin</b></p>	<p><b>30</b>                      9-12 Softball                      12-4 Mah Jongg                      1-3:30 Bingo                      1-4:30 Karaoke</p>	<p><b>31</b>                      9-11 Tennis                      12-4 Mah Jongg                      1-3:30 Bingo                      1-4:30 Ping Pong</p>

# April

## Cupertino Senior Center Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> 10-12 Golf <b>10-11 Volunteer Orientation</b> 12-4 Open Card Playing and Bridge <b>1-4 Caregiver Network Counseling Appointments</b> 2:30-4:30 Ballroom Dance Social</p>	<p><b>4</b> 8-5:30 <b>Riverfront Captains and Historic Mansions of Napa Trip</b> 8:30-11:30 Ping Pong 9-11 Tennis 10-12 Cupertino TV Productions 12-4 Chess and Checkers</p>	<p><b>5</b> 9 Bocce Ball <b>9 Age Well, Drive Smart Presentation</b> 12-4 Open Board Game Playing</p>	<p><b>6</b> 9-12 Softball 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1-4:30 Karaoke</p>	<p><b>7</b> 9-11 Tennis 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong</p>
<p><b>10</b> 10-12 Golf 12-4 Open Card Playing and Bridge <b>1-4 Health Insurance Counseling (HICAP) Appointments</b> 2:30-4:30 Ballroom Dance Social</p>	<p><b>11</b> 8:30-11:30 Ping Pong 9-11 Tennis 12-4 Chess and Checkers <b>1 Hostess Committee Meeting</b></p>	<p><b>12</b> 9 Bocce Ball <b>12 April Birthday Bash</b> 12-4 Open Board Game Playing</p>	<p><b>13</b> 9-12 Softball 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1-4:30 Karaoke</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>1:30-2:30 Volunteer Orientation</b> 12-4 Open Card Playing and Bridge <b>12:30-4:30 AARP 8 Hour Smart Driving Course</b> 2:30-4:30 Ballroom Dance Social</p>	<p><b>18</b> 8:30-11:30 Ping Pong 9-11 Tennis 10-12 Cupertino TV Productions 12-4 Chess and Checkers</p>	<p><b>19</b> 8:30-11:30 <b>Newsletter Collating</b> 9 Bocce Ball <b>10 The Naturalization Process Presentation</b> 12-4 Open Board Game Playing</p>	<p><b>20</b> 9-12 Softball 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 Appointments</b> 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong</p>
<p><b>24</b> <b>May and June Registration Begins</b> 8:30-11:30 Ping Pong 9-11 Tennis 10-12 Cupertino TV Productions 12-4 Chess and Checkers <b>12:30-4:30 AARP 8 Hour Smart Driving Course</b> <b>1-4 Health Insurance Counseling (HICAP) Appoint.</b> 2:30-4:30 Ballroom Dance Social</p>	<p><b>25</b> 8:30-11:30 Ping Pong 9-5:30 <b>Bridge to Bridge Cruise with Dandelion Chocolate Trip</b> 9-11 Tennis <b>9:30-11:30 Android Workshop</b> 12-4 Chess and Checkers</p>	<p><b>26</b> 9 Bocce Ball <b>10 Specialized Phones Presentation (English)</b> <b>10-11 Discover &amp; Go Workshop</b> <b>11 Specialized Phones Presentation (Mandarin)</b> <b>11 Brunch with Friends</b> 12-4 Open Board Game Playing <b>1:30 Monthly Movie - Elvis</b> <b>4:30 Musical Motivations</b></p>	<p><b>27</b> 9-12 Softball 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1-4:30 Karaoke</p>	<p><b>28</b> 9-11 Tennis 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong</p>



### Volunteer Orientation

Learn how you can support the Senior Center. RSVP to Amanda at [amandah@cupertino.org](mailto:amandah@cupertino.org) with the orientation date you will be attending.

- Monday, March 6, 10 to 11 a.m.
- Monday, March 20, 1:30 to 2:30 p.m.
- Monday, April 3, 10 to 11 a.m.
- Monday, April 17, 1:30 to 2:30 p.m.



CUPERTINO



# CLASSES

<a href="#">20988</a>	<b>NEW!</b> PC/Apple Assistance in Mandarin	Th	3/23	10-11 a.m.	L. Su	\$6	
<a href="#">20989</a>	<b>NEW!</b> PC/Apple Assistance in Mandarin	Th	3/23	11 a.m.-noon	L. Su	\$6	
<a href="#">20990</a>	<b>NEW!</b> PC/Apple Assistance in Mandarin	Th	4/13	10-11 a.m.	L. Su	\$6	
<a href="#">20991</a>	<b>NEW!</b> PC/Apple Assistance in Mandarin	Th	4/13	11 a.m.-noon	L. Su	\$6	
<a href="#">20992</a>	<b>NEW!</b> PC/Apple Assistance in Mandarin	Th	4/27	10-11 a.m.	L. Su	\$6	
<a href="#">20993</a>	<b>NEW!</b> PC/Apple Assistance in Mandarin	Th	4/27	11 a.m.-noon	L. Su	\$6	
<a href="#">20984</a>	<b>NEW!</b> The Dream of the Red Chamber	F	3/1-4/28	11 a.m.-noon	L. Hwang	\$11	3/10, 3/24
<a href="#">20644</a>	Rhythmaires	F	3/3-4/28	9:30-11:30 a.m.	K. Miller	\$27	3/24 at QCC
<a href="#">21020</a>	Ukulele - Advanced Beginning and HarmoniKatz	Tu	3/7-4/25	2:30-4 p.m.	D. Ng	\$18	
<a href="#">21021</a>	Ukulele - Beginning	Tu	3/7-4/25	1-2 p.m.	D. Ng	\$12	
<a href="#">21022</a>	Yoga Foundations	W	3/8-4/26	8:15-9:30 a.m.	R. Narayanan	\$92	4/12
<a href="#">21023</a>	Yuan-Chih Dance	F	3/10-4/28	10-11:30 a.m.	A. Fung and H. Hwang	\$16	3/24
<a href="#">21025</a>	Zumba Gold (Virtual)	W	3/8-4/26	10-11 a.m.	G. DuVal	\$42	

## Kumihimo

Learn the fundamentals of Kumihimo, a Japanese form of braid-making that translates to “gathered threads.” The class will cover the interlacing of cords and threads.

Code	Day	Dates	Time	Mem. Fee
<a href="#">21013</a>	Tu	3/7-3/28	12:30-2:30 p.m.	\$55

*Instructor: D. Hall*

## **NEW!** PC/Apple一對一電腦教學

你在使用電腦或Apple產品上有遇到困難嗎？PC/Apple一對一電腦教學可以幫助您解決在PC、iPhone、iPad和MacBook上遇到的問題，這樣您就可以更輕鬆地跟上快節奏電腦的技術。這些問題包括但不限於網上瀏覽、回復電子郵件、編輯/分享照片等等！1小時的課程以先到先得的方式安排。

Code	Day	Dates	Time	Mem. Fee
<a href="#">20985</a>	Th	3/9	10-11 a.m.	\$6
<a href="#">20986</a>	Th	3/9	11 a.m.-noon	\$6
<a href="#">20988</a>	Th	3/23	10-11 a.m.	\$6
<a href="#">20989</a>	Th	3/23	11 a.m.-noon	\$6
<a href="#">20990</a>	Th	4/13	10-11 a.m.	\$6
<a href="#">20991</a>	Th	4/13	11 a.m.-noon	\$6
<a href="#">20992</a>	Th	4/27	10-11 a.m.	\$6
<a href="#">20993</a>	Th	4/27	11 a.m.-noon	\$6

老師: Lisa Su

## **NEW!** “紅樓夢 The Dream of the Red Chamber”

Discussion on “The Dream of the Red Chamber”, arguably the greatest and most complex work in the history of Chinese Literature. Class is conducted in Chinese.

曹雪芹，是中國文學史上最複雜的作家，《紅樓夢》也是中國文學史上最偉大而又最複雜的作品。請大家一起緩緩進入作者筆下世宦貴族的興衰榮敗！這門課將以中文上課。

Code	Day	Dates	Time	Mem. Fee
<a href="#">20984</a>	F	3/10-4/28	11 a.m.-noon	\$11

*Instructor: L. Hwang*

## Yuan-Chih Dance

Learn the gentle, graceful dance of Yuan Chih while accompanied by music. You will learn the movements while gaining flexibility, endurance, and boosting your energy. Class is conducted in both English and Chinese.

Code	Day	Dates	Time	Mem. Fee
<a href="#">21023</a>	F	3/10-4/28	10-11:30 a.m.	\$16

*Instructor: A. Fung and H. Hwang*

# SHARE DISCOVERY THROUGH TRAVEL

Trip registration begins:

Member - Monday, February 27 | Non-member - Monday, March 6

## Oakland Athletics vs New York Yankees

Thursday, June 29, 10 a.m. to 5:30 p.m.

Enjoy an exciting day at the ballpark, and a classic East Coast/ West Coast clash as the Oakland A's (nine-time World Series champions) take on the mighty New York Yankees (twenty-seven-time World Series champions). Cheer on the A's from your reserved infield level seats in the shade, with great views of home plate.

Explore a multitude of dining options around the park for your no-host lunch. Enjoy traditional ballpark fare including favorites like polish dogs, fish and chips, tacos, 'helmet' nachos, and decadent desserts. Visit Championship Plaza featuring gourmet food trucks, music, and games or stop by Shibe Park Tavern for gastro pub fare in brick lined setting with great views of the playing field.

**Member Cost:** \$108

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

**Trip includes:** Infield level seats, Transportation, Tips, and Travel Staff

*Itinerary subject to change.*



## **Monterey Bay Aquarium and Cannery Row**

Thursday, May 11, 8:30 a.m. to 5 p.m.

Experience the hidden world of Monterey Bay – a place of ever-changing beauty at the heart of the nation's largest marine sanctuary which holds thousands of plants and animals. Spend a magical day among frolicking sea otters, mesmerizing jellyfish, waddling penguins, swirling sardines, electric eels, an enchanting kelp forest, and much more. At your own pace, visit habitats from the shallow tide pools to the vast open ocean, and meet all the amazing and awe-inspiring creatures that call the ocean home.

Step outside the aquarium to historic and picturesque Cannery Row, to browse shops and galleries, delight in delectable treats, and soak in the natural beauty of the area. From the aquarium café to a fabulous selection of restaurants and cafes at Cannery Row, there are plenty of delicious options for your no-host lunch.

**Member Cost:** \$136

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

**Trip includes:** Aquarium tickets, Transportation, Tips, and Travel Staff

*Trip itinerary is subject to change.*

# SHARE DISCOVERY THROUGH TRAVEL

## Elkhorn Slough Safari

Thursday, June 15, 7:30 a.m. to 5 p.m.

Join us for two delightful private tours of Elkhorn Slough, to experience the beauty of these wetlands from both land and sea. On a private boat tour of the estuary with an expert naturalist, you will have the opportunity to get up close with an incredible variety of wildlife such as playful sea otters, curious harbor seals, sea lions, hundreds of species of birds and more.

We will also visit Elkhorn Slough National Estuarine Research Reserve for a docent led walk to an overlook high above the estuary. The Reserve offers great opportunities to take beautiful photographs of the stunning landscape, while the visitor center is home to fun and informative exhibits, and knowledgeable naturalists. A delicious lunch at The Whole Enchilada is included.

**Member Cost:** \$156

**Activity Level:** Moderate; sitting, standing, and walking at your own pace

**Trip includes:** Boat cruise, guided tours, lunch at The Whole Enchilada, Transportation, Tips, and Travel Staff



*Trip itinerary is subject to change.*



Equity and Social Justice, this art contest is organized by Omniware Networks and the World Association of Young Artists (WAOYA). Come see the winning entries displayed at the Cupertino Senior Center during the month of March.

**Join us for an Artists' Reception on Monday, March 6 at 5 p.m.**

Listen as the young artists share their creative process and inspiration while enjoying all of the wonderful artworks. This event is free and open to all. Light refreshments will be provided.

Cupertino Senior Center • (408) 777-3150

## Peace, Love, Unity Youth Art Display

February 27 to March 23

Children often see the world through kinder, more compassionate eyes. They remind us that even though we may look, sound, and act differently, we are all the same in our hearts, and that is what matters. Enjoy the inspirational artwork of local youth ages 5 to 17 who participated in a call for art based on the themes of peace, love, and unity. The purpose of the exhibition is to spread the value of 'Peace Love Unity' in our communities to address the rising concerns over hate and bias acts. Sponsored by the County's Division of

# LECTURES AND WORKSHOPS

## [Are You Prepared for a Medical Emergency presented by the Santa Clara Fire Department](#)

Wednesday, March 8, 10 a.m.

Recognize medical emergencies and when to call 9-1-1 emergencies and what to do before help arrives. Be prepared with completed medical documents and explore resources for family members and hired caregivers. Presented by the Santa Clara County Fire Department. For more information, visit [sccfd.org](http://sccfd.org).

## **10 Warning Signs of Alzheimer's presented by the Alzheimer's Association**

[Monday, March 27, 10 a.m. \(Mandarin\)](#)  
[Wednesday, March 29, 10 a.m. \(English\)](#)

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging. Join us to learn about the difference between normal aging and Alzheimer's, common warning signs, the importance of early detection and benefits of diagnosis, next steps and expectations for the diagnostic process, and Alzheimer's Association resources.

## [Age Well, Drive Smart presented by the California Highway Patrol](#)

Wednesday, April 5, 9 a.m.

The CHP presents topics such as myths about older drivers, compensating for age-related changes, safe driving, and more. Receive a certificate upon completion which some insurance companies have accepted for discounts.

## **The Naturalization Process presented in both English and Mandarin by the Immigration Institute of the Bay Area**

Wednesday, April 19, 10 a.m.

Are you or anyone you know interested in the naturalization process and becoming a United States citizen? Join us for this lecture and learn more about the benefits and eligibility requirements for naturalization.

## **Specialized Phones presented in English and Mandarin by the California Telephone Access Program**

[Wednesday, April 26, 10 a.m. \(English\)](#)  
[Wednesday, April 26, 11 a.m. \(Mandarin\)](#)

Did you know that there is a program that provides free specialized phones for those who are qualified? Phones that make it easier to hear, dial, call, and communicate may be available to you if you are qualified.

## **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, March 28 – iPhone](#)
- [Tuesday, April 25 – Android](#)

## **Kanopy Workshop**

[Wednesday, March 29, 10 to 11 a.m.](#)

Enjoy watching movies and have a Santa Clara County Library card? Learn about how you may stream movies on all your devices. Kanopy's collection includes critically acclaimed movies, documentaries, foreign films, and more. Enjoy access to one of the largest film collections at your fingertips. Preregistration required. Members free, non-members pay \$5.

## **AARP 8 Hour Smart Driving Course**

[Monday, April 17, 12:30 to 4:30 p.m.](#)  
[Monday, April 24, 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.

## [Discover & Go Workshop](#)

Wednesday, April 26, 10 to 11 a.m.

Discover & Go, is a virtual museum pass program for Santa Clara County Library District cardholders. Reserve admission passes to more than 50 museums throughout the greater Bay Area. Attend and learn about the program. Preregistration required. Members free, non-members pay \$5.

# RESOURCES FOR SENIORS

## Schedule Appointments

### Caregiver Network Counseling

Monday, March 6 and April 3  
1 to 4 p.m.

The Caregivers Network provides friend or family caregivers free support for their unique situations. Support services include Information & Awareness, Caregiver Case Management, and a respite care grant for temporary relief or rest from caregiver responsibilities. A Care Manager will be available for one-hour in-person appointments to provide resources and information for caregivers to support their loved one. To schedule an appointment, call the front desk at (408) 777-3150.

### Health Insurance Counseling (HICAP)

Monday, March 13 and 27, April 10 and 24  
1 to 4 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 while navigating the Medicare maze. To schedule an appointment, call the front desk at (408) 777-3150.

### Senior Adult Legal Aid (SALA)

Friday, March 17 and April 21  
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. To schedule an appointment, 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 Cupertino Shuttle

The Via Cupertino shuttle will pick you up and take you to your Cupertino destinations such as the grocery store, local eateries, the post office, and more. Via Cupertino can also take Cupertino residents to medical appointments at Kaiser Santa Clara and Sutter Health West Valley Center. Discounted fares for seniors are \$2 per trip. Rides can be booked by downloading the Via 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

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)



**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

Luncheon registrations are non-refundable and non-transferable after registering.

## St. Patrick's Birthday Bash Luncheon

Wednesday, March 8

Join us for the Irish tradition of St. Patrick's Day with a full meal of corned beef and cabbage, carrots, potatoes, and dessert. Be sure to wear some green as we honor members with March birthdays. Preregistration required. Please state vegetarian preference when registering. Last day to register is for this lunch is Monday, March 6.

## Cinco de Mayo Birthday Bash Luncheon

Wednesday, May 3

Join us for a Cinco de Mayo celebration while celebrating May birthdays. You will enjoy chicken enchiladas, refried beans, Mexican rice, and dessert. Preregistration required. Please state vegetarian preference when registering. Last day to register is for this lunch is Friday, April 21.

## April Birthday Bash Luncheon

Wednesday, April 12

Earth Day is on April 22 and to celebrate, we are having a garden party themed lunch with a bounty of salads. Enjoy a garden salad, chicken salad, potato salad, and pasta salad finished with fruit salad. Members with April birthdays will be honored. Preregistration required. Please state vegetarian preference when registering. Last day to register is for this lunch is Friday, March 31.



Registration opens Monday, February 27. To register, call (408) 777-3150, visit us in-person, or [Click Here](#).