



THE 50+ SCENE

MAY/JUNE 2016 CITY OF CUPERTINO SENIOR CENTER 408.777.3150

21251 STEVENS CREEK BLVD.

BLAZE YOUR TRAIL!

Here at the Cupertino Senior Center, May is Older Americans Month, a time to “Blaze a Trail” and celebrate the perennial contributions of older adults to our community. Throughout the month and all year round, the Cupertino Senior Center offers classes, lectures, case management services, and volunteer opportunities to help you get engaged in our community and make a positive impact in the life of others. By promoting activity, wellness, and lifelong learning, you blaze your trail as part of our positive, healthy, and connected community.



BLAZE A TRAIL: MAY 2016

HISTORY AND NATURE AT MCCLELLAN RANCH: A SUMMER EVENING WALK



WEDNESDAY, JUNE 15, 5:30-7:30PM
22221 MCCLELLAN ROAD, CUPERTINO

Join us for this interesting outing through beautiful and serene McClellan Ranch Park. Led by one of the city’s certified naturalists, this leisurely walk will provide a unique opportunity for experiencing the preserve on a summer evening, a time when long days and cooler temperatures give us a chance at viewing some of the area’s abundant wildlife, such as deer or coyote. 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.



ALL ABOUT WATER WEDNESDAY, MAY 25, 10-11AM

Join the Santa Clara Valley Water District and learn all about water. Topics will include where our water comes from, where it gets used, flood protection, and more. With the drought still upon us, this talk will also include important information on water conservation, and how the community can get involved. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

INDEPENDENCE DAY CELEBRATION AND JULY BIRTHDAY BASH

WEDNESDAY, JUNE 29, 12PM

Independence Day is coming early to the Cupertino Senior Center, come get patriotic with us! Wear your Red, White, and Blue! We will celebrate our nation’s birthday as well as honor members with July birthdays with American-themed music by the Rhythmaire’s Band and BBQ’d burgers with all the fixings. Vegetarian option available when registering. Members \$10, senior guests add \$5 day pass. **Sign up early, space is limited.**

慶祝美國國慶-6/29 (週三), 12pm 請來聆聽本中心樂隊演奏愛國歌曲, 午餐是烤漢堡, 洋芋沙拉, 西瓜, 甜點和檸檬水。我們將對七月壽星(會員)表示敬意。會員 \$10, 來賓請加付當日活動費\$5, 註冊時可選擇素菜。請早登記。

VOLUNTEER CORNER

ENGAGE TODAY, THRIVE TOMORROW

There are many different types of volunteer positions at the Cupertino Senior Center interacting with members, behind the scenes, teaching courses, and even out in our community. Each volunteer plays a pivotal role in creating a positive, healthy, and connected community.

How to apply: Prospective senior center volunteers must be current members of the senior center and 50+ in age. Find and apply for volunteer opportunities at www.cupertino.org/volunteer. To learn more, contact SeniorCntr@cupertino.org or call 408.777.3150.

今天參與, 明天茁壯成長 在 Cupertino 的耆英中心有許多不同類型崗位的義工與會員互動, 在幕後, 教學課程, 並延伸至我們的社會中。每個志願者都有舉足輕重的作用在建立一個積極, 健康, 和連接社區。如何申請: 耆英中心的義工必須是現任會員並在 50 歲以上。查詢和申請志願者機會在 www.cupertino.org/volunteer。要了解更多信息, 請聯繫 SeniorCntr@cupertino.org 或致電 408.777.3150。

NOW RECRUITING GOLF TOURNAMENT COMMITTEE MEMBERS

Help continue this fun annual tradition! This committee will work on securing donations for prizes, help with scoring, and other tasks related to the event. To learn more, contact SeniorCntr@cupertino.org or call 408.777.3150.

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Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **May 4**, 8am; Non-member *begins* May 11
 → Day Trip Preview starts at 7:30am ←

Golden Gate Bridge Walk and Sausalito

Thursday, May 26, 8a-5p

Join us for a fascinating docent-led walk one-way 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

Tour guide dogs, the largest school in the country that trains dogs to be companions to those with disabilities. Visit the Marin County Civic Center, designed by Frank Lloyd Wright, and see first-hand why he is known as the greatest American architect of all time.

Member Cost: \$65

Horse Racing at Golden Gate Fields

Friday, June 3, 11:30a-8p

Feel the thunder of hooves as the thoroughbred horses race to the finish line. Enjoy the races from the lavish Turf Club where an all-you-can-eat buffet is included.

Member Cost: \$86 - lunch included



OUT-TO-LUNCH BUNCH

Goes to Dinner

Tuesday, June 21, 5pm

Off The Grid

Food Trucks in the Whole Foods Parking Lot
 20955 Stevens Creek Blvd., Cupertino
 Please pre-register at the front desk.

Nike Missile Site and More

Thursday, June 9, 8a-5p

Join us for this unique private tour of the Nike Missile Site Museum at Fort Barry in the heart of the Golden Gate National Recreation Area. Enjoy a hosted lunch at Murray Circle Restaurant in the historic Cavallo Point Lodge at Fort Baker.

Member Cost: \$129 - lunch included

Cabaret, the Musical

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

Cabaret has been on Broadway since 1966. See for yourself why it has lasted the test of time and won numerous awards throughout the years. Enjoy orchestra seating for this matinee performance at the Golden Gate Theatre, after a stop for a no-host lunch in Union Square. To guarantee a spot you must register by April 29.

Member Cost: \$132

Emperors' Treasures

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

Enjoy a tour of the Emperor's Treasures exhibit at the Asian Art Museum and see nearly 150 artworks from the renowned National Palace Museum in Taipei. There will be time to explore other collections in the museum and stop for a no-host lunch at the museum café.

Member Cost: \$74

Best of Eastern Canada

8 Days - July 12-19

Full, taking waitlist only.

Member Cost: \$3,899 double occupancy

A Day on Gizdich Ranch

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

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

Member Cost: \$105 - lunch included

Wilder Ranch State Park and Crow's Nest

Thursday, August 4, 8a-4p

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

Member Cost: \$98 - lunch included

¡Viva Baja! Life on the Edge Special Exhibit

At Monterey Bay Aquarium

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

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

Member Cost: \$102

La Foret and Quicksilver Mining Museum

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

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

Member Cost: \$101 - brunch included

What's New in San Francisco, with Gary Holloway

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

Join us as fabulous Gary takes us on a driving tour of all that the new and modern San Francisco has to offer. We will enjoy a delicious Italian lunch right on the bay at Pompeii's Grotto.

Member Cost: \$99 - lunch included

Arrows and Autos

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

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

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

Member Cost: \$99 - lunch included

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

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

MAY & JUNE ACTIVITY HIGHLIGHTS

Happy Trails, Julia!

After 31 years making spectacular memories working for the City of Cupertino, Julia Lamy, Senior Recreation Supervisor, is retiring. Since Julia started at the senior center in 2002, she has spent the past 14 years enjoying the wonderful and vibrant community of members and volunteers that is built around the senior center. Please join the senior center staff in offering heartfelt thanks and congratulations on this new chapter for Julia.

Join us on Tuesday, May 31st, from 10:30am-12pm, for a donut hole and coffee reception to celebrate Julia's career and wish her a happy retirement. Sign up at the lobby table. 為耆英中心工作了三十年的耆英中心主管，Julia，要退休了。Julia 在 2002 年開始在耆英中心工作。在過去十四年里，Julia 享受工作於這個由會員和義工建造的美好而溫暖的耆英中心。請在 5 月 31 日早上 10:30 至中午 12 參加者由本中心將員工為 Julia 舉辦的歡送會，並祝福她退休生活的後果生活愉快。歡送會上有甜甜圈洞和咖啡招待。請在大堂報名。

May Social and Birthday Bash

Wednesday, May 4, 12pm

Join us for a Cinco de Mayo fiesta with a Mexican-themed meal including enchiladas, fire-grilled chicken, salad and more, followed by a delectable dessert and an authentic game of lotteria! Members with May birthdays will be honored. Member fee \$10, senior guests add \$5 day pass. Vegetarian option available when registering.

五月慶生宴與交流- 5/4 (週三), 中午 12 點 參加我們的五月五日節嘉年華會, 墨西哥主題餐, 包括肉餡玉米捲餅, 烤雞, 玉米薄餅等等, 並有美味的甜點和正宗的樂天遊戲! 我們將對五月壽星(會員)表示敬意. 會員\$10, 耆英來賓加付當日門票\$5. 註冊時可選擇素菜.

Harmonikat Band

Springtime Concert and Sing-Along

Wednesday, May 11, 1:30-3pm

Join the Harmonikat Band members as they celebrate spring with a concert and a sing-along. Spend an afternoon with music and good company. Light refreshments will be served. Please sign up at the lobby table. Members free, senior guests pay \$5 day pass.

口琴演奏會-5/11 (週三), 1:30-3pm 耆英中心口琴團將演奏美國鄉土音樂, 茶點招待. 歡迎參加. 會員免費, 耆英來賓付\$5 當日活動費. 請早登記.

Cupertino Day Bocce Tournament

Saturday, May 7, 10am-12:30pm at Blackberry Farm

Register your 4-person team by 10am on May 7th. Advanced registration appreciated, drop-in teams welcome on a first-come, first-served basis. Open to all ages. Register at the lobby table or by calling 408.777.3150.

Blazing New Trails

Kim Frey, well known for the past 10 years as our Travel Coordinator, has taken up the reins as Recreation Supervisor at the senior center. Please join senior center staff in congratulating Kim on this exciting transition, and welcoming her to her new position.

Now performing in the role of Travel Coordinator will be Alex Corbalis, current Classes Coordinator, and taking over as Classes Coordinator will be Kelsey Hayes, after 10 years as Festivals and Special Events Coordinator for the Quinlan Community Center. Justin Cecil will be moving to the Quinlan Community Center to take over coordination of the city-wide recreation brochure. The senior center staff would also like to offer many thanks to Case Manager Jennifer Burkett, as she moves on to the County of Santa Clara to continue with her work of helping seniors in our community.

On Monday, June 13th, from 10:30-11:30am, join us for a meet-and-greet to welcome the senior center staff to their new positions. Sign up at the lobby table.

開拓創新 Kim Frey, 在過去的十年, 是眾所周知的我們旅遊協調員, 已榮升為耆英中心的主管. 請和耆英中心工作人員共同祝賀她的新職位. 現時為課程協調員的 Alex Corbalis 成為旅遊協調員, Kelsey Hayes 接任為課程協調員, 她曾在昆蘭社區中心的節日和特別活動部門工作十年. Justin Cecil 將被派至昆蘭社區中心接管全城休閒手冊的協調. 耆英中心的工作人員還要感謝社工 Jennifer Burkett, 因為她已轉移到聖克拉拉縣繼續幫助社區老人的工作. 參加我們在 6 月 13 日 10:30am-11:30am 待會慶祝新人, 請在大堂報名.

Learn to Use the VTA



Join us for this series of workshops that aim to empower you to use all of the tools and transit options made available by the VTA. Members free, senior guests pay \$5 day pass. Sign up at the front desk.

Safety in Travel on Public Transit

Monday, May 9, 2-3pm

This workshop will focus on general safety, transit safety, and techniques to use when confronted with uncomfortable situations and problem solving difficult or emergency situations.

Trip Planning

Monday, May 23, 2-3pm

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

Technology Tools in Transit

Monday, June 13, 2-3pm

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

MAY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 10-12 Golf for Seniors 12-4 Card Playing 3:30-4:30 New Volunteer Orientation 	3 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓	4 7:30 Day Trip Preview 8 Trip Sign-up 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢  12 May Social and Birthday Bash (\$10) Grilled Chicken and Enchiladas 火烤雞, 肉餡玉米捲餅 12-4 Card Playing	5 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing NO Karaoke 沒有卡拉OK 2-4 Open Bridge	6 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- Winter Garden, by Kristin Hannah SATURDAY 7 10 Cupertino Day at Blackberry Farm 	
9 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2-3 VTA- Safety in Travel on Public Transit  2:05-3:35 Ballroom Dance Social 交際舞社交	10 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 10:30-11:30 Booktalk 12-4 Card Playing	11 Mystery Tour Departs 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢  12-4 Card Playing 1:30-3 Harmonicatz Concert and Sing-Along	12 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	13 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	
16 10-12 Golf for Seniors 1:30 Volunteer Advisory Council Meeting 12-4 Card Playing 1:30-2:30 Learn About Constituent Services 	17 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	18 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢  12-4 Card Playing 1:30-3 Let's Talk Current Events 	19 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	20 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	
23 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2-3 VTA- Trip Planning  2:05-3:35 Ballroom Dance Social 交際舞社 Mystery Tour Returns	24 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	25 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢  12-4 Card Playing 1:30-3:30 Monthly Movie- Harvey (1950)	26 8-5 Golden Gate Bridge and Sausalito Trip 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	27 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	
30  Memorial DAY SENIOR CENTER CLOSED 國殤日 耆英中心歇業一天	31 NO Ping Pong 乒乓 9-11 Tennis 網球 10:30-12 Julia's Retirement Reception NO TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓	BLAZE YOUR TRAIL!  Look for this logo next to calendar events throughout May and June, for opportunities and activities to help you blaze your trail!			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!

JUNE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">HOW TO DOWNLOAD LIBRARY EBOOKS Wednesday, June 29, 3:30-5pm</p> <div style="display: flex; align-items: center;">  <div> <p>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> </div> </div>		<p>1 8-5 K-9 Guide School and One-of-a-Kind Design Trip 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p>	<p>2 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>3 9:30-11:30 Rhythmaires Band Practice 11:30-8 Golden Gate Fields Trip 12-4 Mah Jongg 麻將 NO Bingo 沒有賓果 1:30-4 TechTime with Paul 1-4:30 Ping Pong 乒乓 1:30-3 Book Review- Flight Behavior, by Barbara Kingsolver</p>
<p>6 10-12 Golf for Seniors 12-4 Card Playing 3:30-4:30 New Volunteer Orientation </p>	<p>7 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>8 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 June Luau and Birthday Bash (\$12) Teriyaki Chicken 夏威夷饗宴 12-4 Card Playing</p>	<p>9 8-5 Nike Missile Site Trip 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>10 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>13 10-12 Golf for Seniors 10:30-11:30 Meet-and Greet with Senior Center Staff 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2-3 VTA- Technology Tools in Transit 2:05-3:35 Ballroom Dance Social 交際舞社交</p>	<p>14 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>15 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 5:30-7:30 History and Nature at McClellan Ranch Walk </p>	<p>16 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>17 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>20 10-12 Golf for Seniors 12-4 Card Playing</p>	<p>21 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 10-11 Reverse Mortgage Presentation 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 5 Out-To-Lunch Bunch Goes to Dinner at Off the Grid</p>	<p>22 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 10:15-5:45 Cabaret, the Musical Trip 12-4 Card Playing 1:30-3 Let's Talk Current Events </p>	<p>23 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 12:30-3:30 Karaoke 卡拉OK 2-4 Open Bridge 5 Evening Spaghetti Feed (\$8) 傍晚意粉美食</p>	<p>24 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</p>
<p>27 8 July/August 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</p>	<p>28 8:30-11:30 Ping Pong 乒乓 8:45-3:30 Emperors' Treasures Trip 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing</p>	<p>29 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 Independence Day and July Birthday Bash (\$10) BBQ Burgers 國慶-烤漢堡 12-4 Card Playing 3:30-5 How to Download Library eBooks </p>	<p>30 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>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>

MAY & JUNE ACTIVITY HIGHLIGHTS



Project Sentinel Reverse Mortgage Presentation

Tuesday, June 21, 10-11am

Join us for this presentation by Sharleen Kilgore of Project Sentinel, a local non-profit organization specializing in assisting individuals with housing problems such as discrimination, mortgage foreclosure and delinquency, rental issues, reverse mortgages, and more. Learn more about the potential advantages and pitfalls of a reverse mortgage, and enjoy time for questions and answers with the speaker. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

Movie of the Month

Wednesday, May 25, 1:30-3:30pm

Harvey (1950)- Due to his friendship with an invisible six-foot rabbit, whimsical Ellwood P. Dowd (James Stewart) is thought by his family to be insane - but he may be wiser than anyone knows. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.



Learn About Constituent Services

Monday, May 16, 1:30-2:30pm

Join Huong Nguyen, Congressional Aide, as she presents ways Congressman Mike Honda's office can assist in interacting with a variety of federal agencies, including Social Security, Veterans Affairs, the US Postal Service, and more. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

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.

May 6- *Winter Garden*, by Kristin Hannah, reviewed by Helen Nowicki

June 3- *Flight Behavior*, by Barbara Kingsolver, reviewed by Carroll Maquire

Let's Talk Current Events

Wednesday, May 18, June 22, 1:30-3pm

Discuss important and interesting topics 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.

June Luau and Birthday Bash

Wednesday, June 8, 12pm

Come swing along with our Kani Ka Pila Ukulele Band during a traditional Hawaiian Luau! Enjoy teriyaki chicken, haupia (coconut pudding), tropical fruit, sweet rolls, and fried rice. Members with June birthdays will be honored. Vegetarian option available when registering. Member fee \$12, senior guests add \$5 day pass.

夏威夷盧奧與六月慶生宴 6/8 (週三), 中午 12 點 大家來和 Kani Ka Pila Ukulele 樂隊齊跳傳統夏威夷舞蹈, 享受日式照燒雞, 椰子布丁, 熱帶水果, 甜麵包和炒飯。我們將對六月壽星 (會員) 表示敬意。會員 \$12, 耆英來賓加付當日門票 \$5, 註冊時可選擇素菜。請早登記。

AARP Smart Driver Course

Wednesday, May 18 and 25, 4-8pm

This is a full 8-hour AARP Smart Driver class, split into two 4-hour sessions. For more information and to register call Les Schreiber at 408.316.8654.

TechTime with Paul

Friday, May 6-June 24, 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.

Adult Community Education

June 13-July 29

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。6/13-7/29/16.

SUMMER CONCERT SERIES

at the Memorial Park Amphitheater

Thursdays, June 2-July 14, 6:30-8:00pm

Pack a picnic and bring a friend for a free, fun-filled evening of music!

June 2- Cupertino Symphonic Band

June 9- The Fog City Swampers

June 16- Plastic Paddy

June 23- Strawberry Souls

June 30- The Peelers

July 7- Extra Large

July 14- The Blackouts



CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS APRIL 25	DAY	DATES	TIME	INSTRUCTOR	MEMBER FEE
Accordion	T	6/7-7/26	1:30-3:00	R. Di Bono	\$20
Ballroom Dance 交際舞 - Samba	W	5/18-6/8	1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞 - Salsa	W	6/15-7/6	1:30-3:30	D. Lew	\$32
Chair Exercise	M & Th	6/6-7/18	10:30-11:30	P. Hu	\$40
Chinese Calligraphy 書法班	T	6/14-7/26	3-5	L. Cheng, Y. Wang	\$15
Citizenship Class 公民班	M & F	5/2-6/24	8:15-9:45	V. Wong	\$20
Conversational English 英語會話班	M & T	6/13-8/2	10-11:45	P. Chun, V. Wong	\$20
Erhu II 二胡班	T	6/7-7/26	3:15-4:45	G. Lai	\$20
ESL - Basic and Easy 初級英語班	M	5/9-7/11	10-12	Vision Literacy	\$25
ESL - Advanced Beginning 初高級英語班	W	5/11-6/29	10-12	Vision Literacy	\$25
ESL - Intermediate Conversation 中級ESL會話班	T	5/31-7/19	1:30-3	J. Andrushko	\$20
Fantastic Films	T	6/7-8/9	1:30-4	K. Young	\$45
Feldenkrais Method	T	5/17-7/5	9:30-10:30	M. Westlaken	\$40
Harmonica II - Performance Band	M	6/27-8/29	3:45-5:15	A. McKee	\$15
Hatha Yoga	Th	6/9-7/28	2:30-3:30	V. Bhat	\$40
Hula Dancing 夏威夷呼拉舞	M	6/13-7/25	11:45-12:45	F. Ota	\$15
Hula Dance Performance Group	M	6/13-7/25	12:55-1:55	F. Ota	\$15
Japanese - Beginning Level I	Th	6/23-8/11	8:30-9:30	T. Terry	\$27
Japanese - Beginning Level II	Th	6/23-8/11	9:45-10:45	T. Terry	\$27
Ukulele Beginning	T	6/21-7/26	3:30-5	D. Ng	\$22
Ukulele Strum-and-Sing - Intermediate	M	5/16-7/18	1:30-3:30	N. Levy	\$25
Yoga for 50+	T	6/7-7/26	4-5	Savitha & Louiza	\$40
Yoga for 50+	Th	6/9-7/28	4-5	Savitha & Louiza	\$40
Yuan Chih Dance 元極舞	F	6/3-7/29	10-11:30	Annie & Helen	\$15
Zumba Gold	F	6/24-8/12	3:45-4:45	G. DuVal	\$37
Zumba Gold at Quinlan Center	M	6/27-8/29	2:30-3:30	P. Hu	\$37
EVENING CLASSES					
History and Nature at McClellan Ranch: A Summer Evening Walk	W	6/15	5:30-7:30	Staff	\$4
Line Dance - Beginning	Th	4/28-6/16	7-8:30	K. Chang	\$48
Line Dance - Advanced Beginning	T	4/26-6/21	7-8:30	K. Chang	\$48
Yoga for 50+	T	6/21-8/9	5:15-6:15	Savitha & Louiza	\$46
Yoga for 50+	Th	6/9-7/28	5:15-6:15	Savitha & Louiza	\$46
Zumba Gold Dance & Toning	W	5/11-6/29	6:30-7:30	H. Shariffe	\$45
COMPUTER AND TECHNOLOGY CLASSES					
iPad Beginning	T	5/17-6/14, 6/28-7/26	1-3:30	R. Schiros	\$22ea
iPad Intermediate	Th	5/19-6/16, 6/30-7/28	1-3:30	R. Schiros	\$22ea
Intro to PC	Th	5/5-5/19	10-12	B. Higgins	\$15

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



Tai Chi for 50+ Free Demonstration

Thursday, June 30, 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 6/30 (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。

Hatha Yoga

Thursday, June 9-July 28, 1:30-2:30pm

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

CLASS HIGHLIGHTS



ESL

Basic and Easy

Monday, May 9-July 11, 10am-12pm

Advanced Beginning

Wednesday, May 11-June 29, 10am-12pm

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

英語作為第二語言-簡易初級班 5/9-7/11, 先進初級班 5/9-6/29
你想更明白英語嗎? 你希望人們更了解你的英語嗎? 在這個課程中, 你將提高你的英語水平, 讀, 聽, 看, 寫, 用在美國的日常生活, 並不斷發展溝通技能. 熱烈的討論參與廣泛議題, 並獲得信心去與大家分享. 會員學費\$25.

Citizenship Class

Monday & Friday, May 2-June 24, 8:15-9:45am

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

公民班 5/2-6/24, 8:15-9:45am(週一, 週五) 公民預備班讓學生有機會學習美國公民入籍手續, 老師會教導讀, 寫, 聽和對話方式去完成入籍填表和通過面試, 題目包括美國公民權利和義務, 美國歷史, 政府和公民. 會員\$20.

Zumba Gold

Wednesday, May 11-June 29, 6:30-7:30pm

Member fee \$45

Monday, June 20-August 15, 2:30-3:30pm

Friday, June 24-August 12, 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

5/11-6/29(週三) 6:30-7:30pm 會員\$45.

6/20-8/15(週一) 2:30-3:30pm, 6/24-8/12(週五) 3:45-4:45 會員\$37
共賞樂趣! 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.



Intro to PC

Thursday, May 5-19, 10am-12pm

Intro to PC is a beginner course that will focus on helping you to learn the fundamentals needed to use and enjoy the computer. Learning objectives include keyboarding, mouse control, word processing, email, and internet navigation. Member fee \$15.



Fantastic Films

Tuesday, June 7-August 9, 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: *All Quiet on the Western Front*, *Goodbye Mr. Chips*, *Arsenic and Old Lace*, *The Heiress*, *Strangers on a Train*, *The King and I*, *Tom Jones*, *Annie Hall*, and *Life is Beautiful*. 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.

Line Dance

Beginning

Thursday, April 28-June 16, 7-8:30pm

Advanced Beginning

Tuesday, April 26-June 21, 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 tone, and memorization skills in this fun, low impact class for any age! Member fee \$48 each class.

初級排舞 4/28-6/16, (週四) 7-8:30pm

初高初級排舞 4/26-6/21, (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.

Feldenkrais-Mindful Movement

Tuesday, May 17-July 5, 9:30-10:30am

Rediscover movement with Feldenkrais exercise. Each class explores novel and gentle movement patterns to invigorate your brain and nervous system with new ways of organizing and sensing your movement, which may result in improved balance and coordination. Gain valuable tools you can use on your own to aid in bringing relief for a variety of discomforts, as well as flexibility and ease, with instructor Michele Westlaken. Member fee \$40.

+

50

CASE MANAGER'S CORNER

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, May 9, 23, June 13, 27, 1:30-2:30pm
Tuesday, May 3, 17, 31, June 7, 21, 12:15-1:15pm

Drop-in Consultation with Case Manager

Wednesdays 10am-12pm

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

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

Caregiver Support Group

Thursday, May 12, June 9, 3-4:30pm

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

Notary Service

Notary Service is no longer available at the senior center.

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

Health Insurance Counseling (HICAP)

Monday, May 9, 23, June 13, 27, 1-3pm

Consultation on Medicare and health insurance.

健康保險諮詢- 中文服務

Housing

Monday, May 2, 16, June 6, 20, 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 - 5/2, 5/16, 6/6, 6/20, (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, May 6, 13, 20, June 3, 10, 17

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 - 5/6, 5/13, 5/20, 6/3, 6/10, 6/17

10:30am-12:30pm 60歲以上, 並住在聖縣。

THE SCENE MAY/JUNE 2016
50+

EVENING SPAGHETTI FEED

THURSDAY, JUNE 23, 5PM

Come and enjoy a delicious spaghetti dinner before experiencing the musical stylings of Beatles cover-band Strawberry Souls, part of the Memorial Park Summer Concert Series. Enjoy your dinner on the senior center deck, or have your food boxed, to be savored at the Memorial Park Amphitheater, before the show. Pre-registration is required. Fee \$8, open to the public. 傍晚意粉美食 6/23 (週四), 5pm 在欣賞熱門音樂之前, 享受美味的意粉晚餐, 紀念公園盛夏音樂會節目之一, 你可以在耆英中心享受美食, 或帶飯盒在紀念公園表現前享用。費\$8, 請早登記, 此項活動對外開放。

FIRST CLASS MAIL

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www.cupertino.org/senior

408.777.3150

Cupertino, CA 95014

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City of Cupertino Senior Center