

## WHAT ARE YOU THANKFUL FOR?

As we enter into this busy holiday season, may you take time to be reminded about what you are thankful for. The senior center staff would like to express our deepest gratitude to the members, instructors, and volunteers who make this senior center so special!

“I am grateful for the opportunity to work at the best senior center around, which is full of members that are so warm, caring, and giving!”  
*–Kim Frey, Recreation Supervisor*

“I am thankful for starting a new job at such a wonderful senior center where I get to meet and help new people.” *–Adrianna Stankovich, Case Manager*

“I am thankful for my health and supportive family and friends.”  
*–Jenny Koverman, Special Programs Coordinator*

“I am thankful for my loved ones.” *–Nancy Bess, Special Programs Coordinator*

“I am thankful for the caring and welcoming community of our members.”  
*–Alex Corbalis, Travel Coordinator*

“I am thankful for our members who participate in our programs, volunteer, and donate.” *–Rafael Villalobos, Facility Attendant*

“I am thankful for my friends and family who have loved and supported me throughout this year.” *–Kelsey Hayes, Recreation Coordinator*

“I am thankful for being able to work in a profession that makes a difference.”  
*–Karen Goss, Case Manager*

## VETERAN'S DAY

FRIDAY, NOVEMBER 11, 11 AM

MEMORIAL PARK— VETERAN'S MEMORIAL



This year the Veteran's Day ceremony will commemorate the 10th anniversary of the dedication of the Cupertino Veteran's Memorial. Please join us in this free special ceremony as we salute our veterans, active duty military, and first responders.

## MEDICARE 2017

MONDAY, NOVEMBER 14, 2-3:30PM

Whether you are new to Medicare or want to know more, join us for a presentation by the Health Insurance Counseling and Advocacy Program. The presenter will discuss the latest updates and Part D plans for 2017, along with a live demonstration on selecting a Part D plan. Bring your list of medications for a HICAP counselor to assist with selecting the right Part D plan for you. The open enrollment for Medicare Part D ends on December 7, 2016. Please review your Medicare Part D plans. Open to the public. Sign up at the lobby table.

## VOLUNTEER CORNER

### VOLUNTEER OPPORTUNITY BINGO CALLER

The senior center's Bingo Committee is looking for a backup bingo caller who is willing to contribute their skills and time to the program. The position requires the ability to attend bingo regularly and the occasional committee meeting. Bingo meets on Fridays from 1-3:30. Training is provided. Please contact Jenny Koverman at 408.777.3374 or jennyk@cupertino.org.

### VOLUNTEER OPPORTUNITY FRONT DESK VOLUNTEER

Front Desk Volunteers create a bright, vibrant, and wonderful place to be for the 50+ community. If you are interested in becoming a Front Desk Volunteer or want to learn more, please contact Nancy at 408.777.3378 or nancyb@cupertino.org. Bi-lingual speakers are highly desired.

義工機會-櫃檯義工。櫃檯義工為長者將老年中心創造成了一個充滿活力和美好的地方。如果您有興趣成為一名櫃檯義工，或想了解詳情，請電郵 Nancy: NancyB@cupertino.org 或撥打電話 408.777.3378。我們非常需要雙語能力的義工。

### VOLUNTEER ORIENTATION

Interested in volunteering? Join us at a volunteer orientation on Tuesday, November 8 or December 13 at 12:30pm. If you have questions, please contact Nancy Bess at 408.777.3378 or nancyb@cupertino.org.



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# Share Discovery Through Travel

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

## The Lion King

*Thursday, November 3, 10a-6p*

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

**Member Cost: \$146**

## Lumination

A Spectacular Celebration of Light

*Sunday, November 6, 5:15-10:45p*

Enjoy a splendid celebration of Chinese history and culture with Lumination at Gilroy Gardens. With a Chinese buffet dinner, live performances from Beijing, China, colossal light displays, and an authentic Chinese market, this evening will be a delight!

**Member Cost: \$86 - waitlist only**

## Cirque du Soleil presents *LUZIA*

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

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

**Member Cost: \$139 - waitlist only**

## Holiday Poinsettias and Cheese Tour

*Tuesday, November 29, 8:30a-5p*

A sea of colorful holiday poinsettias awaits us as we enjoy a private tour of the Duarte Nursery and their new state-of-the-art greenhouse near Modesto. After shopping for your holiday poinsettias, enjoy a hosted lunch and tour of the world’s largest single site manufacturer of cheese products, the Hilmar Cheese Company.

**Member Cost: \$87 - lunch included**

## Lighted Yacht Parade

*Saturday, December 3, 4:30-9p*

We’ll enjoy waterfront dining at the Pasta Pelican restaurant as we watch lighted yachts, sailboats, power boats, kayaks, and even paddle boarders drift by and light up our world!

**Member Cost: \$98 - waitlist only**

*Travel with Gary to*

## Beautiful Berkeley

**New Date!**

*Wednesday, December 14, 8a-5:30p*

Enjoy a day with one-of-a-kind Gary Holloway as he takes you to Berkeley, CA! Experience all of Gary’s exciting insights and tidbits about Berkeley, the new Berkeley Art Museum and Pacific Film Archive, and a delicious hosted lunch at Spenger’s Fish Grotto!

**Member Cost: \$129**

## A Chanticleer Christmas

at the Santa Clara Mission

*Thursday, December 22, 3:15-8:15p*

Come join us for a magical evening of music with Chanticleer, a Grammy award-winning male vocal ensemble performing beloved popular carols and songs of the season. Before the show, enjoy a delicious meal at Fiorillo’s Italian Restaurant.

**Member Cost: \$149 - dinner included**

## San Francisco Museum of Modern Art

*Tuesday, January 10, 8:30a-3:15p*

Join us for a private, docent-led tour of the newly redesigned SFMOMA in San Francisco! Our tour will reveal highlights from all four of its collections, including architecture and design, media arts, painting and sculpture, and photography.

**Member Cost: \$94**

## Crime and Punishment

*Thursday, January 19, 9:30a-4p*

Learn about the judicial system here in the South Bay Area on a virtual tour at the Santa Clara County Crime Lab and a docent-led tour of the Old Courthouse and Family Justice Center Courthouse. Enjoy a hosted lunch at the Old Spaghetti Factory in San Jose.

**Member Cost: \$69** - lunch included

## Marvelous Monterey

With Gary Holloway

*Wednesday, February 1, 8a-5:30p*

Join the fascinating Gary Holloway on a tour down to the Central Coast's Monterey and Carmel. Enjoy stops at Colton Hall, the Royal Presidio Chapel, Carmel-by-the-Sea, and a drive along the world-famous 17-Mile Drive. Lunch will be enjoyed at the famous Bubba Gump Shrimp Co. on Cannery Row in Monterey.

**Member Cost: \$116** - lunch included

## Napa Valley Wine Train

*Friday, February 10, 8:30a-5:30p*

Experience a delicious three course lunch and welcome taste of wine aboard a Pullman dining car and lounge, all while traveling through the beautiful Napa Valley wine country, past famous and historic wineries.

**Member Cost: \$217** - lunch included

## Steinbeck House and National Steinbeck Center

*Thursday, February 16, 9a-6:30p*

Join us as we explore the National Steinbeck Center in Salinas, hometown of Nobel Prize winner and "giant of American letters," John Steinbeck, before a hosted lunch at his boyhood home and a visit to the award-winning Kirigin winery.

**Member Cost: \$113** - lunch included

## OUT-TO-LUNCH BUNCH

*Tuesday, December 20, 11:30a*

### THE OXFORD

195 S. Murphy Avenue, Sunnyvale

*Please pre-register at the front desk*

## Mardi Gras Travel Party

*Tuesday, February 28, 1:30p*

Join us for a New Orleans style party right here at home. Learn more about our exciting travel program of day trips, overnight and extended tours. Members free, senior guests pay \$5 day pass. Register at the senior center front desk, space is limited.

## SOUTHERN CHARM

*7 days, May 7-13, 2017*

Experience the history, charm and singular hospitality of the Low Country in Georgia and South Carolina. Soak in two nights at the exclusive Jekyll Island Club, once described as "the richest, most exclusive club in the world." Choose to explore one of America's oldest plantations, Boone Hall, or the Patriots Point Naval & Maritime Museum. Discover the history of Savannah and antebellum Charleston. Visit the oldest city in the United States, St. Augustine, Florida, and enjoy an enchanting trolley tour through its vibrant Old Spanish Quarter.

**Member Cost: \$3,299** double

*Travel Presentation Wednesday, November 2, 2pm.*

*Sign up at the front desk.*

## Canadian Rockies by Train

*9 days, September 14-22, 2017*

Board VIA Rail's The Canadian for a once-in-a-lifetime overnight train journey, including panoramic views of snow-capped mountains, glacial lakes, rushing rivers and the sheer unspoiled wilderness of Canada. Arrive in Jasper and see the dramatic Maligne Canyon and its picture-perfect lake. Journey along the unforgettable Icefields Parkway. Feel like royalty while overnighing at the fabulous Fairmont Chateau Lake Louise and Banff Springs Hotel. Discover the natural beauty of Moraine Lake, the powerful Bow Falls and impressive Hoodoos. Experience a day on a ranch in the Alberta plains, and your journey in cosmopolitan Calgary.

**Member Cost: \$5,449** double

*Travel Presentation Wednesday, November 2, 3pm.*

*Sign up at the front desk.*

# NOVEMBER ACTIVITY HIGHLIGHTS

## AARP Smart Driver RENEWAL

Friday, November 4, 1-5pm

This is a 4-hour AARP Smart Driver renewal class. Participants must have taken the 8-hour AARP Smart Driver course. For more information and to register, call Les Schreiber at 408.316.8654. Senior Center membership is not required to participate.

## Hearing Tests

FREE!

Thursday, November 17, 9-11am

Hearing tests will be provided by San Jose State University audiology students with instructor supervision. After your hearing test, you can also visit the California Telephone Access Program booth. You may qualify for a free phone that suits your needs. Please register at the front desk. Space is limited, members only.

免費聽力檢查 11月17日, 星期四, 早上九至十一點, 聖荷西州立大學學生將為會在本中心提供免費聽力檢查. 名額有限, 只限會員, 請提早登記. 聽力檢查後, 加州電話連接計劃會為您示範電話設備. 如符合資格, 您可領取免費電話.

NEW!

## Getting Through the Holidays

Thursday, November 10, 2-3pm

Holidays can bring up wonderful memories but at the same time we can feel sadness and disappointment for times no longer giving us pleasure. Join Vivian Silva, MSW as her presentation starts us off in the best frame of mind we can have to enjoy our holidays. She will have tips to share along with some treats and hot cider. Let's spend some time together warming our hearts to some fun memories while gaining insight in handling the hustle and bustle of the holidays with strength and grace. Members free, senior guests pay \$5 day pass.

## Thanksgiving Lunch and November Birthday Bash

Wednesday, November 16, 12pm

Join us as the senior center's own Rythmaires perform festive tunes at this delectable Thanksgiving feast. The menu includes roasted turkey, mashed potatoes, gravy, dressing, savory green beans, and pumpkin pie. Members with November birthdays will be honored. Vegetarian option is available when registering. Members \$12, senior guests add \$5 day pass.

感恩節/11月生日午餐. 11/16 週三午間12時. 菜單是烤火雞, 薯泥, 青豆, 南瓜派. 並有耆英中心樂團特別演奏. 我們將會向十一月壽星表示特別敬意. 會員\$12, 耆英來賓加付當日活動費5元. 請至櫃台登記, 請早登記. 素食者請登記時聲明.

NEW!

## Downsizing Your House

Monday, November 21, 10-11am

Thinking about moving into a smaller house, apartment, or senior community? Join us for a lecture with Cindy Hofen, member of the National Association of Senior Move Managers, to discuss the best ways to downsize and manage your move. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

## Enhancing Our Intimacy

NEW!

Tuesday, November 8-29, 12:45-2:15pm

Join us for this 4-week discussion group, facilitated by Vivian Silva, MSW. This group will discuss anything you ever wanted to ask about aging and sex, sexuality, and intimacy. Bring your questions, insights and comments to this educational discussion group. Anyone is welcome to join this drop-in, weekly chat session. Members free, senior guests pay \$5 day pass.

## Maximizing Your Social Security Benefits

Monday, November 21, 1-2pm

Are you nearing retirement age? Interested in learning how to maximize your Social Security benefits? Join us for a lecture with a representative from the Social Security Administration to learn more about benefits and how you can best plan for retirement. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

## Monthly Movie

FREE!

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

*Captain America (2011)*- A rejected military soldier transforms into Captain America after taking a dose of "Super-soldier serum." But, being Captain America comes at a price as he attempts to take down a war monger and a terrorist organization. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

NEW!

## Holiday Performance by the Cupertino Choraliers


Monday, November 28, 11:45am-12:45pm

Join us for a special holiday performance by the Cupertino Choraliers, a senior-service choir. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

# NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>HAPPY HALLOWEEN</b></p>	<p><b>1</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10:30-11:30 Book Discussion 11:30 Out-To-Lunch Bunch The Blue Door 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p><b>2</b> 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p>	<p><b>3</b> 11:15-1:30 Needlecraft 10-6 The Lion King Trip 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>4</b> 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1-5 AARP Smart Driver Class 1:30-4 TechTime with Paul 1:15-3 Book Review—After You, by Jojo Moyes</p>
<p><b>6 SUNDAY</b> 5:15-10:45 Lumination Trip</p> <p><b>7</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓</p>	<p><b>8</b> 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 12:30-1:30 New Volunteer Orientation 12:45-2:15 Enhancing Our Intimacy Workshop</p>	<p><b>9</b> 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1-2:30 Let's Talk Current Events</p>	<p><b>10</b> 11:15-1:30 Needlecraft 12-2 Card Playing 1-2:30 Getting Through the Holidays Lecture 1:30-4:30 Karaoke 卡拉OK 2 Learn about the Senior Center 2-3 Getting Through the Holidays 2-4 Open Bridge 3-4:30 Caregiver Support Group</p>	<p><b>11</b> VETERAN'S DAY SENIOR CENTER CLOSED 退伍軍人節 耆英中心歇業</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>VETERAN'S DAY CEREMONY VETERAN'S MEMORIAL 11 AM</p> </div>
<p><b>14</b> 10-12 Golf for Seniors 12-4 Card Playing 2-3:30 Medicare 2017 Presentation 2:05-3:35 Ballroom Dance Social 交際舞社</p>	<p><b>15</b> 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 12:45-2:15 Enhancing Our Intimacy Workshop</p>	<p><b>16</b> 10-12 Case Manager Consultation 社工諮詢 12 Thanksgiving Lunch and Birthday Bash (\$12) More info on page 4 感恩節午餐/生日宴 12-4 Card Playing</p>	<p><b>17</b> 9-11 Hearing Tests 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>18</b> 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 12:15-7:30 Cirque du Soliel Trip 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul</p>
<p><b>21</b> 10-11 Downsizing Your House Lecture 10-12 Golf for Seniors 12-4 Card Playing 1-2 Maximizing Your Social Security Benefits Lecture 1:30 Volunteer Advisory Council Meeting 1:30-2:30 Blood Pressure Check 量血壓</p>	<p><b>22</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 12-4 Card Playing 12:45-2:15 Enhancing Our Intimacy Workshop</p>	<p><b>23</b> 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p>	<div style="border: 2px solid black; padding: 10px;"> <p><b>HAPPY THANKSGIVING</b></p> <p>CENTER CLOSED NOVEMBER 24 &amp; 25 感恩節耆英中 心歇業 11/24 - 1/25</p>  </div>	
<p><b>28</b> 10-12 Golf for Seniors 11:45-12:45 Holiday Performance by the Cupertino Choraliers 12-4 Card Playing 2:05-3:35 Ballroom Dance Social 交際舞社</p>	<p><b>29</b> 8:30-11:30 Ping Pong 乒乓 8:30-5 Holiday Poinsettias and Cheese Tour 9-11 Tennis 網球 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 12:45-2:15 Enhancing Our Intimacy Workshop</p>	<p><b>30</b> 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Monthly Movie - Captain America (2011)</p>	<div style="border: 2px solid black; padding: 10px;"> <p>CITY OF CUPERTINO SENIOR CENTER 408.777.3150 CENTER OPEN: Monday-Thursday 8am-7:30pm OFFICE HOURS: Monday-Friday 8am-5pm EMAIL: <a href="mailto:SeniorCntr@cupertino.org">SeniorCntr@cupertino.org</a> WEBSITE: <a href="http://www.cupertino.org/senior">www.cupertino.org/senior</a> Find us on Facebook!</p> </div>	

# DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>CITY OF CUPERTINO SENIOR CENTER 408.777.3150 CENTER OPEN: Monday-Thursday 8am-7:30pm OFFICE HOURS: Monday-Friday 8am-5pm EMAIL: <a href="mailto:SeniorCntr@cupertino.org">SeniorCntr@cupertino.org</a> WEBSITE: <a href="http://www.cupertino.org/senior">www.cupertino.org/senior</a> Find us on Facebook!</p> </div>			<p><b>1</b> 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>2</b> 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul 1:15-3 Book Review-All the Light We Cannot See, by Anthony Doerr</p> <p><b>3 SATURDAY</b> 4:30-9 Lighted Yacht Parade Trip</p>
<p><b>5</b> 10-12 Golf for Seniors 12-4 Card Playing</p>	<p><b>6</b> 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 1:30-2:30 Holidays in Hawaii 夏威夷耶誕慶典</p>	<p><b>7</b> 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p>	<p><b>8</b> 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK <b>2 Learn about the Senior Center</b> 2-4 Open Bridge 3-4:30 Caregiver Support Group</p>	<p><b>9</b> 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 <b>12 Bingo Lunch (\$10)</b> 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul</p>
<p><b>12</b> 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><b>13</b> 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 12:30-1:30 New Volunteer Orientation</p>	<p><b>14</b> 8-5:30 Beautiful Berkeley Trip 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1-2:30 Let's Talk Current Events</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin-top: 10px;"> <p>RENEW YOUR MEMBERSHIP BY TODAY TO RECEIVE NEXT NEWSLETTER!</p> </div>	<p><b>15</b> 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>16</b> 8:30 Newsletter Collating 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul</p>
<p><b>19</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Holiday Sing-a-Long 歌唱會</p>	<p><b>20</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 11:30 Out-To-Lunch Bunch at The Oxford 12-4 Card Playin 12:15-1:15 Blood Pressure Check 量血壓</p>	<p><b>21</b> 10-12 Case Manager Consultation 社工諮詢 12 Holiday Lunch and Birthday Bash (\$12) More info on page 7 冬季節慶/生日宴 12-4 Card Playing</p>	<p><b>22</b> 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3:15-8:15 Chanticleer Christmas and the Santa Clara Mission Trip</p>	<p><b>23</b></p> <div style="text-align: center;">  </div> <div style="border: 1px solid black; padding: 10px; text-align: center; margin-top: 10px;"> <p>SENIOR CENTER CLOSED 耆英中心歇業</p> </div>



## HAPPY HOLIDAYS FROM THE SENIOR CENTER STAFF!

SENIOR CENTER WILL BE CLOSED FROM FRIDAY, DECEMBER 23, 2016 THROUGH MONDAY, JANUARY 2, 2017.  
WE WILL RE-OPEN TUESDAY, JANUARY 3.

耆英中心全體員工祝大家節慶快樂！耆英中心將在 12/23/2016 周三至 1/2/2017 周四之間歇業。我們將在 1/3 周五重新開放。



# DECEMBER ACTIVITY HIGHLIGHTS

## Bingo Holiday Lunch

Friday, December 9, 12pm

Start the holiday season early with a delicious seasonal lunch with all the trimmings, and dessert that will satisfy your holiday cravings. Bingo cards are sold separately, \$4-\$7. Lunch for members is \$10, senior guests add \$5 day pass. Vegetarian option available when registering. Sign up early, space is limited.

**FREE!**

## Holidays in Hawaii

Tuesday, December 6, 1:30-2:30pm

Sway with our senior center hula dancers as they celebrate the holidays with Hawaiian songs and dances. Light refreshments will be served. Please sign up at lobby table. Free for members, \$5 day pass for senior guests.

假日在夏威夷. 12/6 星期二 1:30-2:30p m. 請來參加中心草裙舞團為慶祝12月假日的特別節目. 請至櫃台登記. 會員免費, 耆英來賓付當日活動費\$5元. 將備茶點招待.

## Holiday Lunch and December Birthday Bash

Wednesday, December 21, 12pm

Step back in time with a lovely Victorian Holiday celebration. The Lyric Victorian Carolers will sing traditional seasonal music in beautiful old-fashioned costumes. St. Nicholas may even stop by for a special visit. This home-style meal will include tri-tip, potatoes, green salad, and New York cheese cake. Members with December birthdays will be honored. Vegetarian option available when registering. Members \$12, senior guests add \$5 day pass.

12月冬季假日及生生日慶祝午餐. 12/21週三午間十二時. 我們將準備維多利亞式的慶祝. 菜單是牛肉, 烤土豆片, 沙拉, 紐約起司蛋糕. 並有 Lyric Victorian Carolers 穿著維多利亞式服裝歌唱節目. 也會對十二月壽星特別表示敬意. 請至櫃檯報名, 請早登記. 素食者請登記時聲明. 會員\$12, 耆英來賓加付當日活動費\$5.

**FREE!**

## Holiday Sing-Along

Monday, December 19, 1:30-2:30pm

Come and sing holiday songs accompanied by guitar and ukulele. Light refreshments will be served. Members free, senior guests pay \$5 day pass. Please sign up at the lobby table.

節慶歌唱會-12/19 (週一), 1:30-2:30pm 請加入我們的歌唱會, 中心義工將彈吉他和四弦琴伴奏. 會員免費, 耆英來賓付\$5當日活動費. 請至櫃台登記.

## Tree Lighting Ceremony

Friday, December 2, 6-8pm

Quinlan Community Center

Help kick-off the holiday season on with Cupertino's Tree Lighting Ceremony. Held at the Quinlan Community Center, the evening will include a countdown to light the tree, music, refreshments, and a special visit from a friend who lives in the North Pole! Admission is free, but please bring a non-perishable canned good to be donated to West Valley Community Services. Dress warmly, as part of the event takes place outdoors.

**FREE!**

## Book Review Meeting

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

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

**November 4**—*After You* by Jojo Moyes, reviewed by Rita Sauvage

**December 2**—*All the Light We Cannot See* by Anthony Doerr, reviewed by Kay Kinney

## Stay Active Fund

The Stay Active Fund helps adults 50+ remain active, engaged, and participating at the Cupertino Senior Center. This fund provides assistance to offset the cost for senior center membership and registration for classes and events. The fund is available beginning in November through June 30, or until the fund is depleted. Please contact the senior center staff for more details.

保持活躍基金 保持活躍基金幫助五十歲以上耆英積極參與並投入庫市耆英中心活動. 此基金提供中心會籍以及課程和活動費用減免, 基金有效期是十一月至六月三十日或至基金用完. 詳情請與耆英中心聯繫.

## Easy Membership Renewal

It is easy to renew for 2017. Please ask at the front desk for your pre-printed renewal form - just verify and sign! Renew your membership by December 14 in order to receive the *The 50+ Scene* for January/February 2017 by mail or email. The annual membership fee is \$28, or for Cupertino residents, \$23.

簡易會籍更新 2017會籍更新很方便. 請至櫃台索取您原先填好的更新表格, 只要核對並簽名! 請於10/24至12/14之間更新您的會籍, 這樣可收到一月/二月份的耆英通訊, 郵寄到家或電郵到您的網址. 一年的會費是\$28, 庫市居民\$23.

# CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS OCTOBER 24	DAY	DATES	TIME	INSTRUCTOR	MEMBER FEE
Accordion	T	11/29-1/24	1:30-3	R. DiBono	\$20
Ballroom Dance 交際舞 - Bolero	W	11/9-11/30	1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞 - Two-Step	W	12/7-1/4	1:30-3:30	D. Lew	\$32
Brain Fitness	W	11/2-12/14	10-12	D. Everham	\$15
Chair Exercise 座椅運動	M & Th	11/7-12/22	10:15-11:15	P. Hu	\$37
Chinese Brush Painting 傳統與現代中國畫	M	11/28-1/30	8:30-10:30	M. Lee	\$50
Chinese Brush Painting 傳統與現代中國畫	M	11/28-1/30	10:40-12:40	M. Lee	\$50
Chinese Calligraphy 書法班	T	11/29-1/24	3-5	L. Cheng, Y. Wang	\$15
Citizenship Class 公民班	M, T, F	10/24-12/16	8:30-9:45	V. Wong	\$20
Conversational English 英語會話班	M & T	12/5-1/31	10-11:45	P. Chun, V. Wong	\$20
Cooking with Suzanne - Holiday Table Bread Rolls	W	11/2	10-1	S. Vanduyck	\$55
ESL - Advanced Beginning 初高級英語班	W	11/9-12/21	10-12	Vision Literacy	\$22
ESL - Intermediate Conversation 中級ESL會話班	T	11/1-12/20	1:30-3	J. Andrushko	\$20
Feldenkrais Method	T	11/8-1/10	9:30-10:30	M. Westlaken	\$40
Foundations of Yoga	T	11/1-12/20	2:15-3:30	E. Meir	\$36
Guitar - Level I	W	11/2-12/14	3:30-5	A. McKee	\$20
HarmoniKatz Performance Band	M	11/7-12/12	3:45-5:15	D. Ng	\$15
Beginning Hula Dancing 夏威夷呼拉舞	M	11/14-12/19	11:45-12:45	D. Tengan	\$15
Hula Dance Performance Group	M	11/14-12/19	12:55-1:55	A. Scheuerlein	\$15
Pilates	T	11/8-12/20	11-12	K. Phipps	\$30
Ukulele Beginning	T	11/1-12/13	3:30-5	D. Ng	\$19
Ukulele Strum-and-Sing - Intermediate	M	11/14-12/19	1:30-3:30	N. Levy	\$19
U.S. History Seminar	T	11/29-12/20	12-1	R. DiBono	\$15
Yoga for 50+ - Level I 瑜珈五十後	T	11/1-12/20	4-5	P. Hu	\$40
Zumba Gold at the Quinlan Center 中老年尊巴	M	11/7-12/19	2:45-3:45	P. Hu	\$32
<b>EVENING CLASSES</b>					
Chinese Brush Painting 傳統與現代中國畫	Th	11/3-12/15	5:30-8:30	M. Shei	\$55
Line Dance - Beginning 初級排舞	Th	10/27-1/5	7-8:30	K. Chang	\$48
Line Dance - Advanced Beginning 先進初級排舞	T	10/25-12/13	7-8:30	K. Chang	\$48
Pilates-Yoga Combo	T	11/1-12/20	5-6	H. Mojgani	\$45
Total Body	W	11/9-12/21	5:30-6:30	P. Hu	\$32
Yoga for 50+ - Level II 瑜珈五十後	T	11/1-12/20	5:15-6:15	P. Hu	\$40
Yoga for 50+ - Level II 瑜珈五十後	Th	11/3-12/22	5:15-6:15	P. Hu	\$35
<b>COMPUTER AND TECHNOLOGY CLASSES</b>					
Intro to iPad Painting	T	11/22-12/13	3:30-5	K. Smith	\$38
iPad Beginning	T	11/1-11/29	1-3	R. Schiros	\$22
iPad Intermediate	Th	11/3-12/8	1-3	R. Schiros	\$22
iPad A-Z	T	11/22-12/13	6-8	K. Smith	\$38

*For more information on classes, lectures, trips, and other events, visit the flyer racks in the lobby, or visit [www.cupertino.org/senior](http://www.cupertino.org/senior)*

## Adult Community Education

**January 17 - May 26**

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29元一年，非居民24元。1/17-5/26.

## De Anza Cardio-Vascular Training

**January 9 - March 31**

**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 408.864.5409.



# CLASS HIGHLIGHTS

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## Tech Time with Paul

Friday, 1:30-4pm

Every Friday, our tech lab will be open for practicing and improving your computer skills. Get answers to your tech questions while learning ways to solve computer problems. Free for members. Senior center membership required.

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## Gingerbread Construction

Wednesday, December 7, 1-3pm

No need for tools or a hard hat! Cupertino Senior Center staff will demonstrate how to build an adorable gingerbread house and then provide you with all the materials to construct and decorate your own. Bring your creativity and join us for this fun one-day class. Member fee \$15.

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## Pilates-Yoga Combo Class

Tuesday, November 1-December 20, 5-6pm

Through a series of mat Pilates using a small training ball, yoga exercises, and breathing techniques, strengthen your abdominal and core muscles to help you with your back and your day to day activities. The class also includes balancing, and stretching using stretch bands to improve alignment and flexibility. Learn the relaxation techniques to release tension throughout the body. Class is designed for all levels. This class will be held at the Quinlan Community Center. Member fee \$45. Instructor: Homa Hojgani

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## Foundations of Yoga

Tuesday, November 1-December 20, 2:15-3:30pm

Enjoy gently strengthening and stretching your body while precisely aligned to support healthy joints and posture. Correct posture supports all of our body systems including the mind and spirit. In Iyengar Style Yoga, we support your alignment through props to make a practice that is safe and effective at any age or ability. Each person can work at their own pace. Yoga challenges us to move beyond perceived limitations. Challenge yourself and leave feeling refreshed. This class will be held at the Quinlan Community Center. Member fee \$36. Instructor: Erika Meir

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## Brain Fitness

Wednesday, November 2-December 14, 10am-12pm

This class is set up to help you develop your own brain fitness program. You will learn the latest in neuroscience, memory technique, play games, puzzles and do mental exercises to help strengthen your mental muscle. It is fast moving, informative and fun. Member fee \$15. Instructor: Denice Everham

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## Guitar, Level 1

Wednesday, November 2-December 14, 3:30-5pm

This level 1 class is for total beginners or for those who know only a few chords. Learn how to accompany songs with basic chords and various strums, and learn a few easy folk, classic country, and Hawaiian songs. Come join the fun! Please bring a EADGBE tuned 6-string guitar, an electronic tuner, music stand, picks and CAPO to class. Member fee \$20. Instructors: Andrea McKee and Dick Francis

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## Cooking with Suzanne- Irresistible Holiday Table Bread Rolls

Wednesday, November 2, 10am-1pm

Cookbook author, sommelier, and international chef Suzanne is warming up the ovens for your Thanksgiving family dinner table. Good homemade bread is a great comfort all year long, and you can compliment your culinary festivities this year with fresh oven baked yeast bread rolls. In this class you will be making your own: Nutritious No Knead Sweet Potato Dinner Rolls, Healthy Herbed Olive Oil Fantail Rolls, and Easy Ethereal Popovers. After this class you will be baking like a pro and promoted to the star of the dinner table. A hearty vegetarian soup will be served in class to enjoy with your rolls, or you can take them home to enjoy. Member fee \$55. Instructor: Suzanne Vandyck

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## Let's Talk Current Events

Wednesday, November 9, December 14, 1-2:30pm

Join this lively monthly discussion group to discuss important and interesting topics and learn about others' points of view. Discover how goings-on around the world will affect you with Nancy McGinnis, legal specialist and current lecturer at San Francisco State University, facilitating the conversation. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

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# CASE MANAGER'S CORNER

## Case Management Program

This program helps seniors obtain community resources enabling them to remain independent and safe in their home. Case Managers provide assessments to determine the needs for services; coordinate and ensure all services are in place; home visits will be provided to homebound seniors living in Cupertino. Free service, membership required.

本中心為住在庫市的耆英提供社工服務。該服務包括為耆英尋找各種社區資源以助耆英繼續過獨立和安全的的生活。行動不便的長者。社工可提供家訪。此服務免費，需會員。社工可以講國粵語

## Drop-in Consultation with Case Manager

Wednesday, 10am-12pm

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

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

## Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, November 7, 21, December 12, 1:30-2:30pm

Tuesday, November 1, 15, 29 December 6, 20, 12:15-1:15pm

## Caregiver Support Group

Thursday, November 10, December 8, 3-4:30pm

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

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

## Health Insurance Counseling (HICAP)

Monday, November 7, 14, 21, 28, December 5, 12

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

## Housing

Monday, November 7, 21, December 5, 19, 1:30-3:30pm

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

租屋諮詢 - 9/19, 10/3, 10/17, (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)

Thursday, November 10, 10:30am-12:30pm

Friday, November 4, 18, December 2, 9, 16

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 - 11/10, 11/4, 11/18, 12/2, 12/9, 12/16, 10:30am-12:30pm 60歲以上, 並住在聖縣。

THE **50<sup>+</sup>** SCENE NOVEMBER/DECEMBER 2016

## VETERAN'S DAY CEREMONY

FRIDAY, NOVEMBER 11, 11AM-12:30PM

MEMORIAL PARK— VETERAN'S MEMORIAL

This year the Veteran's Day ceremony will commemorate the 10th anniversary of the dedication of the Cupertino Veteran's Memorial. Operation Redwing was the catalyst for the design and placement of the Cupertino Veteran's Memorial. There will be military speakers, and a Coast Guard helicopter fly-over. 

City of Cupertino Senior Center

21251 Stevens Creek Blvd.

Cupertino, CA 95014

408.777.3150

[www.cupertino.org/senior](http://www.cupertino.org/senior)

[www.cupertino.org/50plus](http://www.cupertino.org/50plus)

[www.cupertino.org/seniorcenterfacebook](http://www.cupertino.org/seniorcenterfacebook)

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