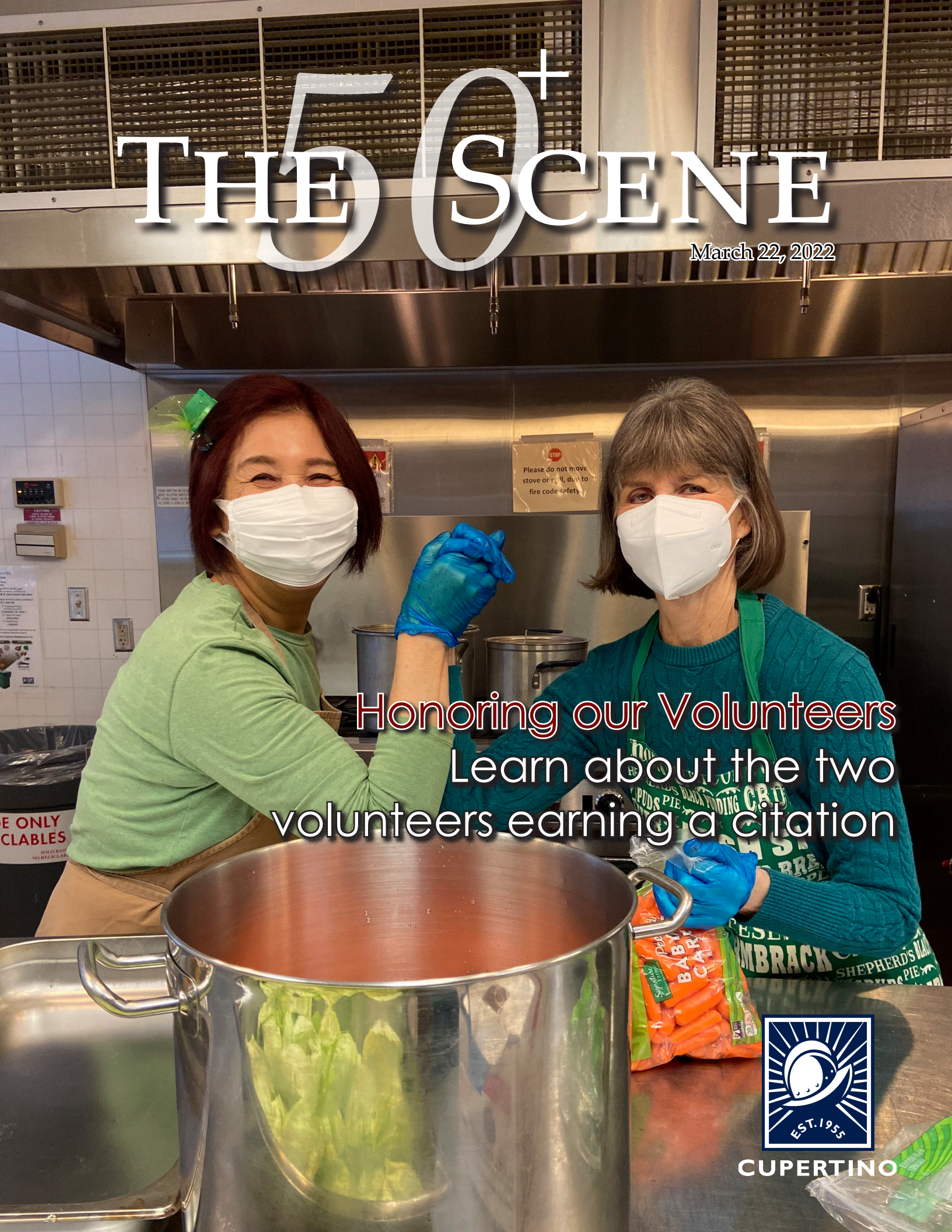
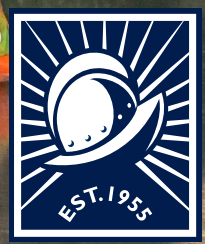


THE 50+ SCENE

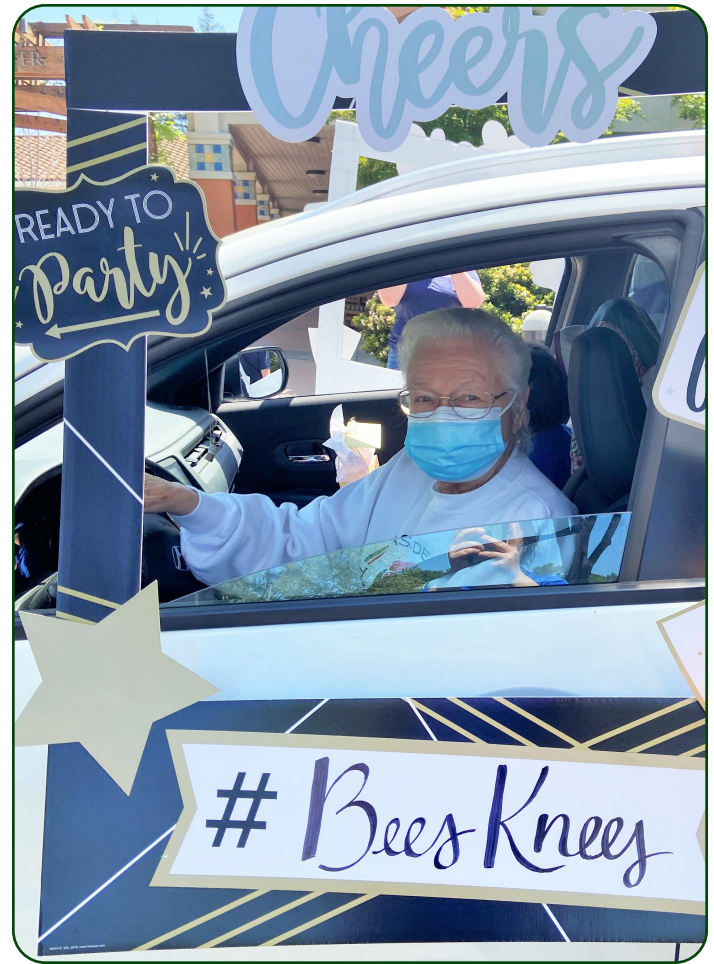
March 22, 2022



Honoring our Volunteers
Learn about the two
volunteers earning a citation



CUPERTINO



Birthday Bash returned in glorious fashion last week, and with it our two Kitchen Crew volunteers, Janet and Kimiko (cover photo), went for round two in their thrilling arm-wrestling match (check out last issue to see pictures from the first bout). With those intense game faces, who do you think won?

This year the Cupertino Senior Center is pleased to honor two more of our fabulous volunteers at the annual California Parks and Recreation Society District 4 (CPRS D4) awards ceremony. On this special evening, CPRS D4 will honor outstanding individuals for their professional and volunteer contributions to the fields of parks, recreation, and human services. This year Roz Davis (left) and Lee Lederer (right) will be our volunteers honored.

You may have seen Roz caring for our center's free library. Her immense knowledge of the literary arts has lended itself well to her role as a Senior Center librarian. But that's not all—Roz also lends her talents to our newsletter collating

team, hosting our various programs and lunches, and continues to seek out new ways to volunteer, including at the annual Hidden Treasures fundraiser. Not to mention, she's currently your Secretary for the Senior Advisory Council. For all this and more, the Cupertino Senior Center is proud to put Roz forward for a CPRS D4 Volunteer Citation.

You'd be hard-pressed to have never run into Lee at the Cupertino Senior Center in the last 15 years, since that's how long she's been volunteering with us! She's done everything from lead decorator for our monthly Birthday Bash lunches to organizing our library and hosting our various film series. Lee's support for our center has come from a variety of angles, as she's touched just about every program we offer in one way or the other. For all this and more, the Cupertino Senior Center is proud to put Lee forward for a CPRS D4 Volunteer Citation.

If you see Roz or Lee around the Senior Center, join us in celebrating their awards!

CONNECTIONS

Senior Advisory Council

Thursday, March 24, 2 to 3:15 p.m.

Isn't it great that our senior center is opening up again? Volunteers are needed as social activities resume. Do you have new activities you want to see or want to revive an inactive group? Join this group of Senior Center volunteer leaders of current social activities and volunteer groups to provide updates and input to staff on upcoming projects and programs. The meeting is open to all and held on Zoom.

For questions or if you are interested in attending, please send an email to senior_center@cupertino.org or give a call to 408-777-3150. We look forward to seeing you there!

Jean Bedford

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

2022 Membership

The Cupertino Senior Center has updated our membership to be year-round. Your membership will now expire one year from the date your registration was processed. If you are a returning member, be sure to renew today at the front desk to continue receiving membership benefits such as access to socials and resource presentations, membership rates for classes and programs, and more! Resident membership is \$25 and non-resident membership is \$30.

Yarn Needed

The Needlecraft volunteer group needs more yarn to continue making warm items for patients at local hospitals and homeless shelters. Donated yarn should be 100% acrylic or 100% cotton. 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, Tuesday through Thursday.

Join the Greeting Card Committee

Join this friendly group to help organize greeting cards. The Greeting Cards Committee meets once a month to sort and restock the greeting cards rack. Sales of these cards goes to support the Senior Center's Stay Active Fund. If interested, please contact Amanda at amandah@cupertino.org.

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4	Share Discovery Through Travel Learn about the trips to Monterey, Harley Farms in April, and Carmel in May	10	Reopening Information A tentative timeline for reopening our facility
5	In-Person and Sports Socials Join us for socials including the return of Bingo, Card Playing, and Sports!	11	Resources for Seniors Learn about local resources available to you at this time
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SHARE DISCOVERY THROUGH TRAVEL

Member trip registration begins Tuesday, March 22.

Non-member registration begins March 29.

Safety regulations from Santa Clara County, the State of California, and local jurisdictions must be followed to participate.

Monterey Then and Now

Wednesday, March 30
8:30 a.m. to 5:30 p.m.

From the capital of Alta California to the storied stomping grounds of John Steinbeck, Monterey is thoroughly soaked in cultural, literary, and scientific history. Join us as a local guide takes you through some anchors of Monterey history including the Old Whaling Station, Custom House, and stories of California's First Theatre. Then enjoy time for a no-host lunch and exploring Fisherman's Wharf and downtown before our guide whisks you off to Cannery Row, where you'll experience the stories of places and people that inspired the characters of the famous novel.

Member Cost: \$94

Trip includes: Local Tour Guide, Transportation, Tips, and Travel Staff

Activity Level: Moderate to High; walking tours throughout the day

Itinerary subject to change. [Click here to register.](#)

Carmel-by-the-Sea

Wednesday, May 18
8:30 a.m. to 4:30 p.m.

Spend a day in this quaint village by the sea, without having to drive or worry about parking! Carmel-by-the-Sea is a community rich in the history and traditions of early California. Highlighting over 90 art studios and galleries, it also boasts numerous antique shops, loads of boutiques, and small, intimate cafes and restaurants. Carmel promises hours of discovery as you enjoy the peaceful, European ambiance while strolling through winding streets and exploring secluded courtyards. You may feel like exploring Carmel Mission and the Mission Ranch or digging your toes in the sand at Carmel beach. You decide, it's your day.

Member Cost: \$72

Trip includes: Transportation, Tips, and Travel Staff

Activity Level: Variable; walking at your own pace

Itinerary subject to change. [Click here to register.](#)

Harley Farms and Half Moon Bay

Wednesday, April 27, 10 a.m. to 4:30 p.m.

Spend a lovely spring day enjoying the beauty and charm of the coast. Join Harley Farms guides on a walking tour of their exceptional farm, home to critically acclaimed and award-winning goat cheese. Say hello to this year's kid and Gentleman Jim the alpaca and walk alongside the milking herd, Anatolian shepherds, and donkeys. After your tour, visit the Cheese Shop and take home some of their mouth-watering cheeses. Before visiting the farm, kick off the day with time to explore and enjoy a no host lunch in inviting downtown Half Moon Bay.

Member Cost: \$116

Trip includes: Guided Farm Tour, Transportation, Tips, and Travel Staff

Activity Level: Moderate; walking on uneven ground

Itinerary subject to change. [Click here to register.](#)



IN-PERSON SOCIALS

Bingo

Friday, March 25 and April 22,
1 to 3 p.m.

Bingo is back for one Friday a month! Enjoy a fun afternoon playing Bingo here at the Cupertino Senior Center! Bingo cards are \$5 to \$8 and daubers are \$2. Purchases must be made in cash. Registration is required to attend.



Open Card Playing and Bridge

Every Tuesday, Wednesday, and Thursday
noon to 4 p.m.

Open Card Playing and Bridge is back three times per week at the Senior Center. Preregister for a table by clicking anywhere in the description. Members play for free, senior guests pay \$5. Registration is required.

Needlecraft

Every Thursday, 10 a.m. to noon

Know how to knit or crochet? Become a volunteer and join the needlecraft group to make warm clothing such as hats, scarves, and blankets which will be collected and donated to organizations like the veteran's hospital, homeless shelters, and local hospitals. Yarn is provided. If interested in joining, contact Amanda Hui at amandah@cupertino.org.

50+ Softball

Thursday, March 31 to December 8
9 a.m. to noon

Enjoy the sun and bring a friend to play or watch 50+ Softball! Memorial Park is the home of the Cupertino Sandlot softball group who warm-up and take batting practice beginning at 9 a.m. A pick-up game starts promptly at 10 a.m. each week. Safety regulations from the Santa Clara County and the State of California must be followed to participate. Participants must bring their own gloves and bats. To play, member fee is \$50 for the season. Open to all to watch and cheer on.

Ping Pong

Every Tuesday
8:30, 9:20, 10:10, and 11 a.m.

Play some ping pong with friends, old and new. Reserve your 45-minute slot to play singles ping pong with a friend. Two tables are available per timeslot. Members must register at the front desk and may only register for one slot per day. Free for Members, senior guests pay \$5.

50+ Bocce Ball

Wednesday, Ongoing to October 26
9 a.m.

Bocce Ball season has started! Come enjoy the outdoors while playing bocce at Blackberry Farm Park alongside the Stevens Creek Trail. Members can meet new people and have a great time while playing a game of bocce. First time players welcome, instructions are available. Safety regulations from the Santa Clara County and the State of California must be followed to participate. Free for members.

50+ Tennis

Every Tuesday, 9 to 11 a.m.

Come play tennis with other members on courts 5 and 6 at Memorial Park! New members welcome. Equipment not included. This is a Cupertino Senior Center drop-in tennis group, not a class. Safety regulations from Santa Clara County and the State of California must be followed to participate. Members are free.

CLASSES

Unless specifically noted, all classes on this page and the next are held in-person at the Cupertino Senior Center. **Register online by clicking the descriptions, or register in-person at the Cupertino Senior Center 8 a.m. to 5 p.m. Tuesday or Wednesday or Thursday beginning March 3. You may also call us at (408) 777-3150 Monday through Friday to register over the phone.**

Tech

Apple Assistance

Tuesday, April 12 and 26, 1 to 3 p.m.

Receive one-on-one assistance on how to use your Apple device so you can get the most out of it! One-hour sessions are scheduled on a first-come, first-serve basis. Sessions are held outdoors. Instructor Brock Carpenter. Member fee is \$6.

Music

Advanced-Beginning Ukulele and HarmoniKatz

Tuesday, April 5 to 26
2:30 to 4 p.m.

Practice with other Senior Center members while further developing your skills with a ukulele. Class is intended for those familiar with their instruments. Instructor approval is required before registering. Instructor: Delphine Ng. Member fee is \$9.

Beginning Ukulele

Tuesday, April 12 to 26
1 to 2 p.m.

Learn the basic chords and strums on a ukulele and how to apply them to music. Come to class with a ukulele, music stand, tuner, and tablet or 3-ring binder to hold your music and class notes. Instructor: Delphine Ng. Member fee is \$5.

CSC Wednesday Jam

Wednesday, April 6 to 27
3 to 4:30 p.m.

Join a group jam session led by Jim Cunningham. Have a great time playing guitar, bass, or other stringed instruments in an open, friendly session. All musical talent levels welcome. Member fee is \$9.

Art

Zoom Chinese Brush Painting

Monday, April 11 to May 2
10 a.m. to noon

Discover the “Impressionistic Style” of Chinese brush painting. Class begins with the basic strokes and gradually introduces other components as skill increases. Grow your talent by taking further sessions. Meets on Zoom. Links will be emailed out 24 hours prior to the first meeting. Instructor: Ming-Fen Lee. Members fee is \$36.

Painting and Drawing at All Levels

Wednesday, April 6 to 27
8:45 to 11:45 a.m.

Join the friendliest artists in town and paint or draw ‘till you drop! Classmates encourage each other in this art session that doesn’t have guidelines or curriculum—just artistic expression! Student Facilitator: Jerome Chin. Member fee is \$18.

Dance and Exercise

Hybrid Feldenkrais Method®

Tuesday, April 5 to 26
10:30 to 11:30 a.m.

The Feldenkrais Method® is a revolutionary approach to improving your life that uses gentle, mindful movement. This hybrid class will be taught both in-person at the Senior Center and via Zoom. Instructor: Michele Westlaken. Member fee is \$25.

CLASSES

Hula - Beginning

Wednesday, April 6 to 27
12:15 to 1 p.m.

Learn the art of Hawaiian storytelling through dance. The instructor will guide you through the fundamentals of Hula as she teaches you the tales of the dances of Hawaii. Instructor: Pat Gregory. Member fee is \$5.

Hula Performance Group

Wednesday, April 6 to 27
1:15 to 2:45 p.m.

Practice towards performing in the community as a Cupertino Senior Center Volunteer. Instructor approval is required before registering. Instructor: Jackie Pereria-Anderson. Member fee is \$9.

Line Dance - Improver/Intermediate

Tuesday, April 12 to May 31
10:15 to 11:30 a.m.

Intended for those who have been line dancing for some time and have mastered the basic steps and movements within line dancing. No class April 19. Instructor: Kathy Chang. Member fee is \$53.

Line Dance - Intermediate+

Wednesday, April 13 to May 25
10:15 a.m. to noon

Class features dance routines suitable for experienced dancers. For those who have mastered a comprehensive range of step patterns and movements, offering a wide variety of dance routines and turning techniques. Instructor: Kathy Chang. Member fee is \$63.

Yoga Foundations

Wednesday, April 6 to 27
8:15 to 9:30 a.m.

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. Instructor: Rupa Narayanan. Member fee is \$46.



Zoom

Zumba Gold®

Wednesday, April 6 to 27
10 to 11 a.m.

Zumba Gold® is a dance exercise class designed for active adults 50+. The dances feature a variety of Latin moves and are designed to help improve balance, strength, and flexibility. Meets on Zoom. Links will be emailed out 24 hours prior to the first meeting. Instructor: Grace DuVal. Member fee is \$21.

FREE VIRTUAL AND IN-PERSON LECTURES

in-person

Stroke Awareness

Tuesday, April 19, 1:30 to 2:30 p.m.

Stroke is the leading cause of disability. Join us for a one-hour free health presentation with Q&A session on how to spot the signs of stroke. In this presentation, you will learn what a stroke is, risk factors, signs and symptoms, and the importance of calling 911. Presented by the Regional Medical Center of San Jose. Preregistration required. Members free, senior guests pay \$5.

in-person

Sourcwise Caregivers Network

Thursday, April 14, 10 a.m.

Family Caregiving is rough, don't do it alone! Join this informative presentation by Sourcwise's Caregivers Network program to learn more about the Family Caregiver Support Program. Unpaid family or friend caregivers of adults 60+, or any age with Alzheimer's or related disorder, can receive support and a onetime grant to supplement their caregiving. Preregistration required. Members free, senior guests pay \$5.

Valley Water Virtual Purification Center Tour

Wednesday, April 13, 4 to 5 p.m.

Do you know the difference between recycled water and enhanced recycled water or how each fit in the county's overall water supply? Learn about the Silicon Valley Advanced Water Purification Center and water supply resiliency here in the Santa Clara Valley. Open to the public.

[Click here to register](#)

in-person

Santa Clara County Library (Card Required)

Flipster

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

Learn about Flipster and how you can receive free access to *Consumer Reports*, *People*, *Time*, *Sports Illustrated*, *Entertainment Weekly*, *Entrepreneur*, *Zoobooks*, *Ranger Rick*, and more of your favorite magazines online. Read magazines in a browser or download to your mobile device. Preregistration required. Members free, senior guests pay \$5.

Medici.TV

Wednesday, April 27, 10 to 11 a.m.

Learn how to stream over 100 live broadcasts a year plus thousands of recordings featuring international concerts, operas, ballets, documentaries, master classes, educational films, and artist profiles. Includes performance synopses, cast information, composer details, and more. New videos are continually added to the website. Preregistration required. Members free, senior guests pay \$5.

Santa Clara County Fire Online



Wednesday
March 23
4 to 5 p.m.



Tuesday
April 26
10 to 11:30 a.m.



Thursday
April 28
6 to 6:45 p.m.

PUZZLES AND GAMES

Sudoku

Use the numbers provided to decipher the rest of the grid. Each 3x3 square should have every number, 1-9, with no repeats. Each row and column in the 9x9 grid should have every number, 1-9, with no repeats. Sudoku is a game of logic and elimination. You shouldn't have to guess!

Easy

		7				9		8
	3		1	7				4
					6			
6	9	8	7	4		3		
		3		1		4		
		1		3	9	7	6	2
			4					
9				5	1		4	
4	5					1		

Medium

4		6		2				
	8		4				9	3
3				8	5			2
7		9						8
	5			7			4	
6						7		1
9			2	4				5
2	6				8		7	
				3		1		9

Hard

		8			7			
5						7		1
9	2		1				3	6
			8	7	2			5
		9				3		
1			9	5	3			
3	7				9		4	8
2		6						9
			7			2		

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Crossword

The crossword below was provided by www.alberichcrosswords.com and set by Alberich.

1	2		3		4		5		6		7		8	
9							10							
11											12			
			13								14			
	15													
16														
														18
19					20								22	
23													24	
25														
							26							

Across

- 1 - One keeps characters apart when depressed (5-3)
- 6 - Glaring error in his rag (6)
- 9 - Son gets conned, say - that's harsh (6)
- 10 - Courtesy shown by Greek character to girl by railway (8)
- 11 - Elected party fast becomes lazy (8)
- 12 - Jack has to fetch Mark (6)
- 13 - Determined bachelor paid attention (6-6)

- 16 - Unexpectedly unable to get Sky? (3,2,3,4)
- 19 - Company fellow is powerful (6)
- 21 - Cut price record released around start of November (8)
- 23 - Inexperienced worker ruined green bin (8)
- 24 - Some mathematicians we reckon will provide the solution (6)
- 25 - Seize east wing (6)
- 26 - Still current late in the day (8)

Down

- 2 - Powerful omen seer ultimately missed (6)
- 3 - Feature old material (5)
- 4 - Fathead identifies tree (9)
- 5 - Reading affects literacy mostly (7)
- 6 - Good material for dressing flash (5)
- 7 - Again sort out bottom oven (9)
- 8 - Thus Catholic monarch doubled as enchanter (8)
- 13 - Herons lie scattered by the coast (9)
- 14 - Married sort's given fish and a soft drink (4-5)
- 15 - Swede perhaps wants purée...no, a stew (8)
- 17 - Second goal gets Rose excited (7)
- 18 - Really popular act (6)
- 20 - Stretched for time (5)
- 22 - Notes frenzied attack (5)

Last Edition's Solve

E	P	S	O	M	S	A	L	T	S		M	C	
A	A	H	O	T	O	B	A	G	O				
L	E	F	T	W	I	N	G	E	R		L	N	
L	S	N	E	U	B	E	E	F					
B	A	R	M	A	I	D	D	E	S	P	A	I	R
A	I	G	A	V	E	L	G	E					
R	I	F	F	T	F	E	T	O	N				
N	L	P	E	T	E	R	O	C					
S	T	E	W	A	R	D	R	E	M	O	R	S	E
T	R	O	S	Y									
A	W	A	Y	S	I	E	D	S					
P	N	A	F	F	E	R	T	A	S	T	E		
L	U	G	O	S	I	E	V	Y	E				
E	E	C	U	M	B	E	R	S	O	M	E		

REOPENING INFORMATION

At the beginning of the pandemic, the City closed its facilities to protect public health during the COVID-19 pandemic. Many of the programs, services, and events are coming back in-person in the coming months. Some online services will continue.

The dates below are estimates and subject to change. Check back regularly at cupertino.org/reopening for updates and changes to this schedule as well as information about the reopening of other city facilities.

	Status	Reopening	Notes
Senior Center		M-F in May	Facility Rentals
Sports	Open		Tennis, Ping Pong, Softball, Golf, and Bocce
Front Desk - 3 Days per Week	Open Tu, W, Th		Registration, Birthday Bash, Trips, and classes
Social Programs	Select	Fully Returning May 2022	Card Playing, Bridge, Cribbage, Mah Jongg, Bingo, etc.

去年,在 COVID-19 大流行期間,庫比蒂諾市關閉了其設施以保護公眾健康. 在接下來的幾個月中,許多當面的項目,服務和活動將重啟. 一些在線服務將繼續.

以下日期為估計日期,可能會發生變化. 定期訪問 cupertino.org/reopening 查看此時間表的更新和更改,以及有關其他城市設施重新開放的信息.

	當前狀態	重新開放	注釋
老年中心		五月的周一至周五	
運動	開放		網球, 地擲球, 壘球, 乒乓球
前台每週 3 天 (週二, 週三, 週四)	開放		註冊, 生日午餐, 旅行和課程
會項目	有限的	2022 年五月	打牌, 橋牌, 紙牌, 麻將, 賓果, 交誼舞等

RESOURCES FOR SENIORS

Resource Referral Website

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

Santa Clara County Department of Aging and Adult Services

The Department of Aging and Adult Services (DAAS) promotes an Age-friendly community for all residents of Santa Clara County. DAAS strives to ensure a safe and independent lifestyle for older adults, dependent adults, and those with disabilities.

(408) 755-7600

sccgov.org/daas

Schedule Appointments

Health Insurance Counseling (HICAP)

Consultation on Medicare and Medicare-related health insurance. To schedule appointments visit mysourcewise.com/medicare-options or call (408) 350-3200 and select option two.

健康保險諮詢

有關聯邦醫療咭,並相關的健康保險問題,有提供國,粵語翻譯.請上網安排約談

Senior Adult Legal Aid (SALA)

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.

(408) 295-5991

法律諮詢

為年滿60歲或以上並居住在聖克拉拉縣 (Santa Clara County) 的長者提供的免費諮詢: 包括基本公共利益的法律事項,長期護理,虐待長者,住屋,消費者的問題,未雨綢繆的規劃,其他遺囑認證的選擇並簡單遺囑等,請致電

(408) 295-5991

Via Cupertino Shuttle

Are you looking for transportation without relying on family and friends? 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 call:

(669) 201-1892

cupertino.org/shuttle

Sourcewise

Sourcewise offers resource information on a variety of topics including housing, nutrition, health insurance, transportation, and more. Through a comprehensive network of resources, Sourcewise strives to educate, prepare, support, and advocate for all adults, their families, and their caregivers within Santa Clara County.

(408) 350-3200

mysourcewise.com

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

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, family support, referrals, education, and case management. West Valley Community Services serves homeless and low-income individuals and families.

(408) 255-8033

wvcommunityservices.org



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



April Birthday Bash Luncheon

Wednesday, April 6
Doors open at noon

Celebrate April birthdays with an Italian themed meal! Enjoy a fresh Italian salad, classic spaghetti and meatballs, garlic bread to scoop up the pasta sauce, and dessert accompanied by entertainment. Members with April birthdays will be honored. Vegetarian option available when registering. This event sells out quickly, be sure to register! Member fee is \$12, non-member fee is \$17.

May Birthday Bash Luncheon

Wednesday, May 4
Doors open at noon

Join us for a Cinco de Mayo celebration while celebrating May birthdays. You will enjoy chile relleno, refried beans, Mexican rice, and tres leches cake. Preregistration required. Vegetarian option available when registering. This event sells out quickly, be sure to register! Member fee is \$12, non-member fee is \$17.

Registration opens March 22. To register, call (408) 777-3150, visit us in-person, or [Click Here](#).