

# THE 50+ SCENE

Shelter-in-Place Edition, 11/23/21

Pumpkin Decorating  
Winners of the contest  
and upcoming events

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CUPERTINO



Congratulations to the winners of our inaugural Pumpkin Decorating Contest! With two categories to choose from (Individual or Grandparent-Grandchild duo), participants entered their gloriously decorated winter squashes. Thank you to all those who participated and good luck to everyone next year.

The individual category prize went to Della Ong who submitted the meticulously crafted cat pumpkin pictured on the front cover. With such fine details, judges were hard-pressed to pass on the fabulous feline submission. Against the field of stiff competition pictured above, Della's submission truly had to shine! Well done, Della and thank you for your submission.

Meanwhile, Lien Ouyang and his granddaughter submitted the gorgeous gourd pictured in the top left. Judges were impressed by the teamwork on display in this Grandparent-Grandchild Duo submission. Such a cute, classic carving certainly deserved the accolades it has received.

As we leave Halloween behind and move towards the December holidays, be sure to sign up for our Season's Greetings gift bags. Filled with a variety of winter treats, these bags are

hand-assembled by our Senior Center staff with you in mind! Bags are free to members who register and pickup days will be December 16 and 17. Give us a call or [sign up here](#) today to secure your Season's Greetings!

Holidays in Hawaii is also returning this December 15 at 1:30 p.m. The Cupertino Senior Center's very own Lei Nani Hula dancers have been preparing for this year's event to bring you a little slice of Hawaii for the holiday season. Sway and sing along with the dancers and the Pilo Ho'okani band from the comfort of your home as this year the program will be held live via Zoom. Be sure to [preregister here](#) so you can receive the Zoom link beforehand!

The annual Tree Lighting Ceremony, held in front of the Quinlan Community Center, is also returning this year on December 3 at 6 p.m. Admission is free as always, but preregistration will be required this year. [Sign up online and find more information here](#). Join us as we light up our tree!

We hope you check out some or all of our holiday programming this year and have a wonderful season!

## CONNECTIONS

### Senior Advisory Council

Monday, January 24  
2 to 3:15 p.m.

Interested in knowing more about the Senior Center community? Want an update on plans for the next phase of returning member services? Senior Center leaders of social activities and volunteer groups meet bi-monthly to provide updates and input on upcoming projects and programs. These meetings are open to all members and your input is welcome as we emerge from COVID-19.

If you have any questions or are interested in attending, please send us an email at: [senior\\_center@cupertino.org](mailto:senior_center@cupertino.org) or give us a call at (408) 777-3150. We look forward to seeing you there!

*Jean 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

### Greeting Cards for the Holidays

Need some holiday cards to send to family and friends this season? Look no further than the front desk! One card cost 50 cents. Three cards cost \$1. Peruse through our cards for all occasions.

### Senior Resources Survey

The City would like to know how much you know about the resources available to seniors in Cupertino.

There are a variety of organizations and programs in and around Cupertino that help address the needs of seniors relating to technology, housing, food supply, transportation, and mental and physical health and well-being.

Take our senior resources assessment survey at [engagecupertino.org/seniorresources](http://engagecupertino.org/seniorresources) or pick up a paper copy at the Cupertino Senior Center, Quinlan Community Center, or Cupertino Library. Paper surveys can be returned to the Senior Center or Quinlan Community Center.

Thank you for helping the City assess what resources the senior population in Cupertino is aware of and uses most frequently.

### Gift Cards

Wondering what to give a friend for the holidays? A Senior Center gift card is the perfect gift to engage friends in our 50+ community. Gift cards can be used for membership, classes, and programs. Purchase your gift cards at the front desk today.

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# VIRTUAL TRAVEL

Have you visited any of these places in-person? If you've ever traveled to the below locations, or one of the virtual tours we've featured in the past, send your travel photos to [jasonb@cupertino.org](mailto:jasonb@cupertino.org) and we'll feature them on the back page of the next *The 50+ Scene*.

## San Francisco Symphony



The best of the San Francisco Symphony is now online for you to enjoy right at home. Dive in to documentaries, concerts, and intimate at-home performances. Watch performances streamed live as they happen, view them on demand, and find information on upcoming features all in one place.

[Follow the link here](#)

## Detroit Institute of Arts

The Detroit Institute of Arts (DIA) has been a beacon of culture for the Detroit area for well over a century. Founded in 1885, the DIA's collection is among the top six in the United States. Explore their expansive collection including outstanding American, European, Modern and Contemporary, and Graphic art, along with much more.

[Follow the link here](#)



## The Georgia Aquarium



The Georgia Aquarium houses an abundance of unique undersea creatures in over one million cubic feet of water. As the largest aquarium in the world, they have no shortage of sights to see and you can catch all the action via webcam from your own computer. Get acquainted with Beluga Whales, piranhas, California Sea Lions, coral reefs and more with live streams you can access any time.

[Follow the link here](#)

## Active Volcano Adventure

Soar high above Italy's Dolomites and enjoy a literal birds-eye view of the beautiful scenery. This 360-degree video was filmed from the back of an eagle, giving you a unique perspective on this famous formation.

[Follow the link here](#)



# IN-PERSON SOCIAL AND SPORTS GROUPS

## Cupertino TV Production

The Cupertino TV Production is back in-person and on-site at the Senior Center once a month. The Cupertino TV Production is an award-winning volunteer film group that creates TV segments that air on the city channel, YouTube, and Roku. The group has bi-weekly meetings to discuss ongoing projects and new segment ideas ranging from formal interviews to historical news to local events. No experience is required, and new members are always welcome to join. If interested in joining this group, please contact Amanda at [amandah@cupertino.org](mailto:amandah@cupertino.org).



## Needlecraft

Wednesday, December 1 and 15  
10 a.m. to noon

Know how to knit or crochet? Become a volunteer and join the needlecraft group to make warm clothing items such as hats, scarves, and blankets. These items are collected and donated to organizations that the Senior Center supports like the veteran's hospital, homeless shelters, and those impacted by the California wildfires. Yarn is provided to make donated items. Members free. Registration is required.

[Click here to register](#)

## 50+ Softball Season Ender

Thursday, December 9, 10 a.m. to noon

The 50+ softball season is coming to an end on Thursday, December 9. Come out to Memorial Park's softball field to watch the Cupertino Sandlot softball group play their final season game at 10 a.m. Open to all to watch and cheer on!



## Ping Pong

Tuesday, December 14  
8:30 a.m., 9:20 a.m., 10:10 a.m., 11 a.m.

Singles ping pong has returned! Reserve a 45-minute spot at one of two tables. Each table has two spots, so be sure to bring a friend to sign up as well! Members must register at the front desk or by phone and may only register for one time slot per day. Members free, non-members pay \$5.

[Register for 8:30 a.m.](#)

[Register for 9:20 a.m.](#)

[Register for 10:10 a.m.](#)

[Register for 11 a.m.](#)

## 50+ Tennis

Tuesdays, 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 the Santa Clara County and the State of California must be followed to participate. Free for members.

# CLASSES

Unless specifically notated, 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 on Tuesday and Wednesday from 8 a.m. to 5 p.m. Or call us at (408) 777-3150 Monday through Friday to register over the phone.**

## **Advanced-Beginning Ukulele and HarmoniKatz**

Tuesday, November 2 to December 14  
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. No class 11/23. Instructor: Delphine Ng. Member fee is \$14.

## **Beginning Ukulele**

Tuesday, November 2 to December 14  
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. No class 11/23. Instructor: Delphine Ng. Member fee is \$9.

## **Beading**

Wednesday, December 1 to 22  
12:30 to 2:30 p.m.

Learn about beading tools, different types of beading wires, threads and cords, and assorted beads. Practice learned techniques by creating assorted earrings, necklaces, and bracelets. A supply list will be provided and discussed on the first day of class. Instructor: Deborah Hall. Member fee is \$40.

## **Chinese Brush Painting (Zoom)**

Monday, November 29 to December 20  
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. Cupertino Senior Center members pay \$36.

## **CSC Wednesday Jam**

Wednesday, December 1 to 22  
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.

## **Feldenkrais Method®**

Tuesday, November 30 to December 21  
10:30 to 11:30 a.m.

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

## **Hula - Beginning**

Wednesday, December 1 to 8  
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 \$3.

## **Hula Performance Group**

Wednesday, December 1 to 8  
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 \$6.

# CLASSES

## Line Dance - Improver/Intermediate

Tuesday, November 2 to December 7  
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. Instructor: Kathy Chang. Member fee is \$45.

## Line Dance - Intermediate+

Wednesday, November 3 to December 8  
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. No class 11/24. Instructor: Kathy Chang. Member fee is \$45.



## Painting and Drawing at All Levels

Wednesday, December 1 to 22  
8:45 to 11:45 a.m.

Join the friendliest artists in town and paint or draw 'till you drop! Student facilitators provide personal feedback on your work and class is open to anyone at any level! Classmates encourage each other in this art session that doesn't have guidelines or curriculum—just artistic expression! Student Facilitators: Jerome Chin, Beth Garcia. Member fee is \$23.

## Rhythmaires Band

Wednesday, November 3 to  
December 15, 9:30 to 11:30 a.m.

The Rhythmaires Band is a wind instrument-focused group that practices musical repertoire consisting of Dixieland arrangements and "oldies" originally published in the first half of the twentieth century. The group is in need of a tuba player and welcomes advanced musicians to audition to join the group. 11/17 meeting will be 9 to 10:30 a.m. Member fee is \$21.

## Zumba Gold® (Zoom)

Wednesday, December 8 to 22  
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 \$16.

## Santa Clara County Library (Card Required) LinkedIn Learning new

Wednesday, December 15  
10 to 11 a.m.

LinkedIn Learning is an online platform that allows you to take over 16,000+ free online courses in business, software, technology, and creative skills. Each course includes instructional playsets, keyword-searchable course transcripts, articles, downloadable practice files, and more. See how you may access this resource for free using your Santa Clara County Library card. Preregistration required. Workshop will be held in person. Members free, non-members pay \$5.

# FREE IN-PERSON AND VIRTUAL PROGRAMS

## Holidays in Hawaii

Wednesday, December 15, 1:30 to 3 p.m.



Sway along with the Cupertino Senior Center's Lei Nani Hula dancers and the Pilo Ho' okani band as they celebrate the holidays with Hawaiian songs and dances. Sing along with the band from the comfort of your home! The program will be presented live on Zoom from your very own Cupertino Senior Center. Preregistration is required. Open to the public.

[Click here to register](#)

### Season's Greetings

Thursday, December 16, 10:30 a.m. to noon,  
Friday, December 17, 1:30 to 3 p.m.

Celebrate the holidays by receiving a free Season's Greetings bag filled with hot cocoa, tea, candy canes, and a warm Season's Greeting surprise. Drive-through pickup will be on Thursday, December 16 from 10:30 a.m. to noon, and Friday, December 17 from 1:30 to 3 p.m. at the Cupertino Senior Center. Preregistration required. Bags that are not picked up during the designated pickup times will be forfeited.

[Click here to register](#)

### Apple Group Assistance

new

Tuesday and Wednesday  
December 7, 8, 14, and 15, 1 to 3 p.m.

Have questions on how to use your iPad, iPhone, or MacBook? Receive assistance in this group setting session and have your individual questions answered to help you text, surf the web, reply to emails, download applications, update software, and so much more! You must have iOS 15 installed on your iPad or iPhone before attending your registered session. Four participants maximum. Preregistration required. Member fee \$5 per meeting.

[Click here to register](#)

### Santa Clara County Fire

#### Be Ready: Be Prepared for Disasters (In-Person)

Wednesday, December 15, 11 a.m. to 12:15 p.m.

Learn about Bay Area disaster risks, how to make a plan and prepare, and how to stay informed during and after a disaster. Learn how to communicate with your support network during and after a disaster. Open to the public.

[Click here to register](#)

### Online Classes



Wednesday  
December 1  
12:45 to 2:15 p.m.



Thursday  
December 9  
10 to 11 a.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

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

Medium

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

Hard

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

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## Crossword

The crossword below was provided by [www.alberichcrosswords.com](http://www.alberichcrosswords.com) and set by Alberich.

1		2		3		4		5		6		7		8
9										10				
11						12		13						
	14										15			
16														
17		18										19		
													20	
21				22							23			
24					25									
26										27				

### Across

- 1 - River makes camp too unsafe? (7)
- 5 - Breaking law's base and you get bird (7)
- 9 - What vigilant people pay for treatment (9)
- 10 - Woman shortly to become nurse (5)
- 11 - Landlord entertains student composer (5)
- 12 - Commander-in-chief takes a moment to show scar (9)
- 14 - Parisienne's the very best? (5,2,2,5)

- 17 - He's one I singled out to behave stubbornly (3,2,4,5)
- 21 - New local bar visited by English and Spanish gentleman (9)
- 23 - Go in for some decadent erotica (5)
- 24 - Agree with account (5)
- 25 - Poisonous mixture of drinks? (9)
- 26 - Gave nag a seat? (7)
- 27 - Get shot of data Lee falsified (3,4)

### Down

- 1 - Very good and fruity (6)
- 2 - Nominal head of section abandons altruist sadly (7)
- 3 - Very small chap is old American fighter (9)
- 4 - Company events said to be happening at the same time (11)
- 5 - Number's up for boy (3)
- 6 - A daughter likely to conform (5)
- 7 - Left to set fire to coal (7)
- 8 - Anyhow we delay taking on Liberal with a squint (8)
- 13 - Refrigeration spoils oldest cargo (4,7)
- 15 - Most intelligent 150 with the height of ambition (9)
- 16 - Teaches US cadet manoeuvres around end of June (8)
- 18 - After onset of gangrene sailor lost blood and talked incoherently (7)
- 19 - I rant madly, trapped in the French toilet (7)
- 20 - Mate runs into addict (6)
- 22 - Trusty leaders of local organisation backed nonprofessional (5)
- 25 - Unhappy taking part in crusade (3)

### Last Edition's Solve

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

# REOPENING INFORMATION

Last year, the City closed its facilities to protect public health during the COVID-19 pandemic. Many of those 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](https://cupertino.org/reopening) for updates and changes to this schedule as well as information about the reopening of other city facilities.

	Status	Reopening	Notes
<b>Senior Center</b>	<b>Partially Open</b>	<b>Fully Reopen in 2022</b>	
Senior Sports	Open		Tennis, Softball, Table Tennis
Front Desk - 2 Days per Week	Open Tu, W		Registration and classes
Front Desk - 5 Days per Week	Closed	Spring 2022	
Senior Social Programs	Closed	Spring 2022	Limited Capacity Card Playing, Bridge, Cribbage, Mah Jongg, Bingo, Ballroom Dance, etc.
Luncheons and Trips	Closed	Spring 2022	Birthday Bash, Lunch with Friends, Day Trips, and Other Events

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](https://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
<b>老年中心</b>	<b>部分開放</b>	<b>2022年全面重新開放</b>	
老年人運動	開放		網球, 壘球, 打牌
前台 - 每週 2 天 (星期二,星期三)	開放		註冊和租賃許可證 容量有限的班
前台 - 每週 5 天	關閉	2022 年春天	
老年社會項目	關閉	2022 年春天	容量有限的乒乓球,橋牌,紙牌,麻將,賓果,交誼舞等
午餐和旅行	關閉	2022 年春天	生日狂歡,與朋友共進午餐,一日遊和其他活動

# RESOURCES FOR SENIORS

## Resource Referral Website

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

## 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](http://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](http://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



SOURCEWISE  
COMMUNITY RESOURCE SOLUTIONS

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](http://mysourcewise.com)



Receive free, non-emergency community, health, and disaster information in Santa Clara County. 211 is confidential and available in over 170 languages. 24 hours a day, 7 days a week.

Dial 2-1-1

[211bayarea.org](http://211bayarea.org)



HEALTH • HOME • HEART

## West Valley Community Services

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](http://wvcommunityservices.org)



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

