

MEMBERSHIP INFO

Membership includes access to Adult 50+ programs, services, classes, and socials.

\$25 for Cupertino Residents
\$30 for Non Cupertino Residents

It's easy to become an Adult 50+ member:

- Be at least 50 years or better
- Register for membership (available at the Senior Center or online)

VISITOR PASS

Thinking about becoming a member? Adults 50+ are welcome to spend the day as a guest with a \$5 Visitor Pass. Guest may sign up for any social or select lecture for the day, if space is available, and will receive a temporary parking permit for that day.

GIFT CARDS

Looking for a gift that encourages having fun and staying active for a friend or family member ages 50 and better? The Cupertino Senior Center offers gift cards redeemable towards membership, classes, and more. Gift cards make great gifts and are available for purchase at the Cupertino Senior Center Front desk.

STAY ACTIVE PROGRAM

The Stay Active Fund helps adults 50 years and older to remain active and engaged by participating in activities at the Cupertino Senior Center. This fund provides financial assistance through scholarships to offset the cost for Senior Center membership and registrations for classes and events. The Stay Active Fund is available from January 1 until the funds are depleted. Please contact the Senior Center front desk for more details.

SENIOR ADVISORY COUNCIL

Interested in contributing to expanding opportunities for seniors in our community? What programs and activities would you like to have? How can the contributions of seniors be more visible? Join leaders of social activities and volunteer groups at an upcoming meeting.

Next Meeting is:
Thursday, May 23 at 2 p.m.

Bingo (Hosted by the Senior Advisory Council)
 Friday, 12:30 to 3:30 p.m.

Join the Senior Advisory Council for an afternoon of bingo. Bingo cards cost \$6 to \$10.
**Sales end at 12:55 p.m. and play begins at 1 p.m.*

ANNOUNCEMENTS

Cupertino Senior Center will be closed on:

Friday, March 22

Monday, April 1

Monday, May 27

March/April Class and Activity Registration opens on **Monday, February 26**

May/June Class and Activity Registration opens on **Monday, April 29**

CUPERTINO SENIOR CENTER



Monday to Friday
 8 a.m. to 5 p.m.



21251 Stevens Creek Boulevard
 Cupertino, CA 95014

SOCIALS

Register online by clicking the descriptions, call (408) 777-3150, or register in-person at the Cupertino Senior Center 8 a.m. to 5 p.m. Monday through Friday.

MONDAY

50+ Golf

Monday 10 a.m.

Blackberry Farm Golf Course

Start the week off right with a round of golf at the 9-hole Blackberry Farm Golf Course.

Rummikub

Monday, noon to 4 p.m.

Some board games available for play. Members are welcome to bring their own board games to play with other members.

Ballroom Dance Social

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

Drop in for fun and dancing. Room capacity is limited to 30 people.

TUESDAY

Ping Pong

Tuesday, 8:30 to 11:30 a.m.

Two ping pong tables are available for play in a non-competitive environment for all levels. First come, first served. Limited to 25 players for safety.

50+ Tennis

Tuesday, 9 a.m.

Memorial Park Tennis Courts 5 and 6

Drop in to play and exercise while being social and meeting other Cupertino Senior Center members.

(408) 777-3150

WEDNESDAY

50+ Bocce Ball

Wednesday, March 6 to November 27
9 a.m.

Blackberry Farm

Enjoy the outdoors at Blackberry Farm alongside the Stevens Creek Trail while teaming up with fellow members playing bocce ball. First time players welcome, instructions are available.

THURSDAY

50+ Softball

Thursday, March 28 to December 12
9 a.m.

Memorial Park is 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. Fee is \$60 for the season. Senior Center membership is required.

Let's Talk Technology

Thursday, 10 to 11 a.m.

Have general technology questions about your device or application? Come join this technology group discussion to have them answered while learning from other people's questions. Topics will range from recent technological advancements to how to do something on a device. Discussion is geared towards the interest of those who attend each session.

Conversations

Thursday, 10:30 a.m. to noon

Join in stimulating conversation of various topics and current events.

SOCIALS

Open Card Playing and Bridge

Thursday, noon to 4 p.m.

Form your own groups or meet other members to play.

Karaoke Weekly Social

Thursday, 1 to 4:30 p.m.

Join this group every Thursday for fun, singing, and dancing.

FRIDAY

Mah Jongg

Friday, noon to 4 p.m.

Different styles are available or bring your own.

50+ Tennis

Friday, 9 a.m.

Memorial Park Tennis Courts 5 and 6

Drop in to play and exercise while being social and meeting other Cupertino Senior Center members.

Bingo

See Bingo details on page 49 under the Senior Advisory Council section.

Ping Pong

Friday, 1 to 4:30 p.m.

Two ping pong tables are available for play in a non-competitive environment for all levels. First come, first served. Limited to 25 players for safety.

EVENTS

Register online by clicking the descriptions, call (408) 777-3150, or register in-person at the Cupertino Senior Center 8 a.m. to 5 p.m. Monday through Friday.

Lunch with Friends

Last Wednesday of the Month

11:45 a.m.

Take a break from preparing a meal. Join Lunch with Friends and enjoy good food with good company. Member fee is \$10, non-member is \$15.

Wednesday, March 27

Ruben Sandwich with Corned Beef

Wednesday, April 24

Turkey Pot Pie

Wednesday, May 29

Tacos

GenConnect: An Intergenerational Mixer

Monday, March 18

10 a.m. to 2 p.m.

Join us for a fun, community-connecting social event bringing younger and older generations together. All youth ages 13 to 17 and older adults 50+ are welcome to attend. Register online or in person at the Cupertino Senior Center. Lunch will be provided.

Teens can register by emailing alexg@cupertino.gov.

Health Expo

Friday, May 10

10 a.m. to 1:30 p.m.

Join the Cupertino Senior Center for it's annual Live Well Age Well Health Expo. Learn about resources for community members ages 50 and older through informational presentation, booths, and activity demonstrations. First 50 attendees will receive a free lunch. Healthy boxed lunches will be sold for \$5 while supplies last.

CLASSES

How to Register for a Class:

Online: Register online by clicking the activity code or visiting reg4rec.org.

Phone: Call the Senior Center at **(408) 777-3150**.

In-person: Register in-person at the Cupertino Senior Center
8 a.m. to 5 p.m. Monday through Friday.

March

Class registration for March begins on Monday, February 26 at 8 a.m.

Activity Number	Class	Day	Dates	Time	Instructor	Mem. Fee	No Class
23702	Apple Assistance	M	3/11	1 to 2 p.m.	B. Carpenter	\$7	
23703	Apple Assistance	M	3/11	2 to 3 p.m.	B. Carpenter	\$7	
23704	Apple Assistance	M	3/11	3 to 4 p.m.	B. Carpenter	\$7	
23705	Apple Assistance	M	3/25	1 to 2 p.m.	B. Carpenter	\$7	
23706	Apple Assistance	M	3/25	2 to 3 p.m.	B. Carpenter	\$7	
23707	Apple Assistance	M	3/25	3 to 4 p.m.	B. Carpenter	\$7	
23592	Apple Group Assistance	Th	3/14	1 to 2 p.m.	R. Schiros	\$6	
23593	Apple Group Assistance	Th	3/21	2 to 3 p.m.	R. Schiros	\$6	
23594	Apple Group Assistance	Th	3/28	3 to 4 p.m.	R. Schiros	\$6	
23617	Ballroom Dance Class	W	3/6-4/24	2 to 4 p.m.	M. Lee	\$40	
23620	Chair Yoga	Tu	3/5-4/23	1:45 to 2:30 p.m.	J. Pagadipaala	\$64	
23831	Chinese Brush Painting	M	3/11-5/20	10 a.m. to 12 p.m.	M. Lee	\$63	4/1, 4/15, 4/22
23621	CSC Wednesday Jam	W	3/6-5/1	3 to 4:30 p.m.	J. Cunningham	\$21	
23965	Dancercise *NEW	F	3/8-5/3	1:45 to 3:15 p.m.	G. Tsun	\$18	3/22
23264	ESL - Intermediate Conversation	Th	3/7-4/25	11:30 a.m. to 1 p.m.	J. Andrushko	\$18	
23625	Feldenkrais Method	Tu	3/5-4/30	10:30 to 11:30 a.m.	M. Westlaken	\$64	
23626	HarmoniKatz	Tu	3/5-4/30	2:30 to 4 p.m.	D. Ng	\$18	
23628	Hula - Beginning	M	3/4-4/29	noon to 12:45 p.m.	P. Gregory	\$9	4/1
23629	Hula - Performance Group	M	3/4-4/29	1 to 2 p.m.	J. Pereria-Anderson	\$12	4/1
23630	International Standard and Latin Dance	Th	3/7-4/25	2 to 4 p.m.	K. Mao	\$24	4/4
21063	iPhone Beginning	Tu	3/12-4/23	1 to 3 p.m.	R. Schiros	\$40	
23631	Lap Steel Guitar	Tu	3/5, 3/19	noon to 1 p.m.	L. Fujimoto	\$6	
23633	Line Dance - Basics	Th	3/7-4/18	9:30 to 10:30 a.m.	L. Hsu	\$53	
23634	Line Dance - Beginner	Th	3/7-4/18	10:35 to 11:50 a.m.	L. Hsu	\$53	
23635	Line Dance - Improver / Intermediate	Tu	3/5-4/23	10:15 to 11:45 a.m.	K. Chang	\$64	
23636	Line Dance - Intermediate+	M	3/4-4/22	10 to 11:45 a.m.	K. Chang	\$63	4/1
23637	Line Dance - Intermediate/Advanced	W	3/6-4/24	10:15 a.m.-noon	K. Chang	\$72	

CLASSES

March (Continued)

23639	Painting and Drawing at all Levels	W	3/6-4/24	8:45 to 11:45 a.m.	J. Chin and L. Hwang	\$36	
24781	PC and Apple Assistance in Mandarin	Th	3/14	10 to 11 a.m.	L. Su	\$6	
24782	PC and Apple Assistance in Mandarin	Th	3/14	11 to noon	L. Su	\$6	
24783	PC and Apple Assistance in Mandarin	Th	3/21	10 to 11 a.m.	L. Su	\$6	
24784	PC and Apple Assistance in Mandarin	Th	3/21	11 to noon	L. Su	\$6	
23874	Rhythmaires	F	3/1-4/26	9:30 to 11:30 a.m.	K. Miller	\$21	3/22
23974	Stretch and Chinese Dance *NEW	Tu	3/5-4/23	3 to 3:45 p.m.	M. Huang	\$9	
23872	50+ Softball	Th	3/28-12/12	9 a.m. to noon	Staff	\$60	7/4
23641	Tai Chi For Beginners Level 2	F	3/8-4/26	12:30 to 1:30 p.m.	K. Chung	\$12	3/22
23732	Tech Troubleshooting	W	3/6	2 to 2:30 p.m.	Staff	\$3	
23733	Tech Troubleshooting	W	3/6	2:30 to 3 p.m.	Staff	\$3	
23734	Tech Troubleshooting	W	3/6	3 to 3:30 p.m.	Staff	\$3	
23735	Tech Troubleshooting	W	3/6	3:30 to 4 p.m.	Staff	\$3	
23642	The Dream of the Red Chamber	F	3/8-5/3	10 to 11 a.m.	L. Hwang	\$12	3/22
23643	Ukulele - Beginning	Tu	3/5-4/30	1 to 2 p.m.	D. Ng	\$12	
24841	Walking with Ease *NEW	M, W, F	3/4-4/12	TBA	Staff	\$27	3/22, 4/1
23644	Yoga Foundations	W	3/6-4/24	8:30 to 9:45 a.m.	R. Narayanan	\$92	
23645	Yoga Fusion 50+: Blending Wellness and Fun	F	TBA	3:30 to 4:30 p.m.	J. Krishnan	TBA	
23646	Yuan Chih Dance	F	3/8-5/3	10 to 11:30 a.m.	A. Fung	\$18	3/22
23648	Zumba Gold (virtual)	W	3/6-4/10	10 to 11 a.m.	G. DuVal	\$42	

April

Class registration for April begins on Monday, February 26 at 8 a.m.

Activity Number	Class	Day	Dates	Time	Instructor	Mem. Fee	No Class
23631	Lap Steel Guitar	Tu	4/2, 4/16	noon-1 p.m.	L. Fujimoto	\$6	
24735	Apple Assistance	M	4/15	1 to 2 p.m.	B. Carpenter	\$7	
24736	Apple Assistance	M	4/15	2 to 3 p.m.	B. Carpenter	\$7	
24737	Apple Assistance	M	4/15	3 to 4 p.m.	B. Carpenter	\$7	
24738	Apple Assistance	M	4/22	1 to 2 p.m.	B. Carpenter	\$7	
24739	Apple Assistance	M	4/22	2 to 3 p.m.	B. Carpenter	\$7	
24740	Apple Assistance	M	4/22	3 to 4 p.m.	B. Carpenter	\$7	
23595	Apple Group Assistance	Th	4/4	1 to 2 p.m.	R. Schiros	\$6	
23596	Apple Group Assistance	Th	4/11	2 to 3 p.m.	R. Schiros	\$6	
24460	Cyber Security	M	4/8-4/22	10 to 11:20 a.m.	C. Helvey	\$22	

CLASSES

April (Continued)

24785	PC and Apple Assistance in Mandarin	Th	4/11	10 to 11 a.m.	L. Su	\$6	
24786	PC and Apple Assistance in Mandarin	Th	4/11	11 to noon	L. Su	\$6	
24787	PC and Apple Assistance in Mandarin	W	4/18	10 to 11 a.m.	L. Su	\$6	
24788	PC and Apple Assistance in Mandarin	W	4/18	11 to noon	L. Su	\$6	
23736	Tech Troubleshooting	W	4/3	2 to 2:30 p.m.	Staff	\$3	
23737	Tech Troubleshooting	W	4/3	2:30 to 3 p.m.	Staff	\$3	
23738	Tech Troubleshooting	W	4/3	3 to 3:30 p.m.	Staff	\$3	
23983	Tech Troubleshooting	W	4/3	3:30 to 4 p.m.	Staff	\$3	

May

Class registration for May begins on Monday, April 29 at 8 a.m.

Activity Number	Class	Day	Dates	Time	Instructor	Mem. Fee	No Class
23597	Apple Group Assistance	Th	5/9	3 to 4 p.m.	R. Schiros	\$6	
23598	Apple Group Assistance	Th	5/16	1 to 3 p.m.	R. Schiros	\$6	
23599	Apple Group Assistance	Th	5/23	1 to 3 p.m.	R. Schiros	\$6	
23600	Apple Group Assistance	Th	5/30	1 to 3 p.m.	R. Schiros	\$6	
24698	Ballroom Dance Class	W	5/1-6/26	2 to 4 p.m.	M. Lee	\$40	6/19
24699	Chair Exercise	Th	5/9-6/27	9:30 to 10:30 a.m.	H. Lin	\$40	
24700	Chair Yoga	Tu	5/7-6/25	1:45 to 2:30 p.m.	J. Pagadipaala	\$64	
24702	CSC Wednesday Jam	W	5/8-6/26	3 to 4:30 p.m.	J. Cunningham	\$16	6/19
24703	Dancercise	F	5/17-6/28	1:45 to 3:15 p.m.	G. Tsun	\$16	
24704	ESL - Intermediate Conversation	Th	5/9-6/27	11:30 a.m. to 1 p.m.	J. Andrushko	\$18	
24705	Feldenkrais Method	Tu	5/7-6/25	10:30 to 11:30 a.m.	M. Westlaken	\$64	
24706	HarmoniKatz	Tu	5/7-6/25	2:30 to 4 p.m.	D. Ng	\$18	
24707	Hula - Beginning	M	5/6-6/24	noon to 12:45 p.m.	P. Gregory	\$8	5/27
24708	Hula - Performance Group	M	5/6-6/24	1 to 2 p.m.	J. Pereria-Anderson	\$11	5/27
24709	International Standard and Latin Dance	Th	5/9-6/27	2 to 4 p.m.	K. Mao	\$24	
23586	iPhone Intermediate	Tu	5/7-6/18	1 to 3 p.m.	R. Schiros	\$40	
24713	Lap Steel Guitar	Tu	5/7, 5/21	noon-1 p.m.	L. Fujimoto	\$6	
24714	Line Dance - Basics	Th	5/9-6/27	9:30-10:30 a.m.	L. Hsu	\$53	
24715	Line Dance - Beginner	Th	5/9-6/27	10:35-11:50 a.m.	L. Hsu	\$53	
24716	Line Dance - Improver / Intermediate	Tu	5/7-6/25	10:15-11:45 a.m.	K. Chang	\$64	
24717	Line Dance - Intermediate+	M	5/6-6/24	10-11:45 a.m.	K. Chang	\$72	5/27
24718	Line Dance - Intermediate/Advanced	W	5/8-6/26	10:15 a.m.-noon	K. Chang	\$72	6/19
24789	PC and Apple Assistance in Mandarin	Th	5/8	10 to 11 a.m.	L. Su	\$6	
24790	PC and Apple Assistance in Mandarin	Th	5/8	11 to noon	L. Su	\$6	
24791	PC and Apple Assistance in Mandarin	Th	5/23	10 to 11 a.m.	L. Su	\$6	

CLASSES

May (Continued)

24792	PC and Apple Assistance in Mandarin	Th	5/23	11 to noon	L. Su	\$6	
24720	Painting and Drawing at all Levels	W	5/8-6/26	8:45-11:45 a.m.	J. Chin and L. Hwang	\$36	6/19
24721	Stretch and Chinese Dance	Tu	5/7-6/25	3-3:45 p.m.	M. Huang	\$9	
23875	Rhythmaires	F	5/3-6/28	9:30 to 11:30 a.m.	K. Miller	\$24	5/10
24722	Tai Chi	F	TBA	12:30-1:30 p.m.	K. Chung	\$12	5/10
23498	Tech Troubleshooting	W	5/1	2 to 2:30 p.m.	Staff	\$3	
23499	Tech Troubleshooting	W	5/1	2:30 to 3 p.m.	Staff	\$3	
23500	Tech Troubleshooting	W	5/1	3 to 3:30 p.m.	Staff	\$3	
23501	Tech Troubleshooting	W	5/1	3:30 to 4 p.m.	Staff	\$3	
24723	The Dream of the Red Chamber	F	5/17-6/28	10-11 a.m.	L. Hwang	\$12	
24724	Ukulele - Beginning	Tu	5/7-6/25	1-2 p.m.	D. Ng	\$12	
24842	Walking with Ease	M, W, F	5/6-6/14	TBA	Staff	\$27	5/27
24725	Yoga Foundations	W	5/8-6/26	8:30-9:45 a.m.	R. Narayanan	\$92	6/19
24726	Yoga Fusion 50+: Blending Wellness and Fun	F	TBA	3:30-4:30 p.m.	J. Krishnan	TBA	
24727	Yuan Chih Dance	F	5/17-6/28	10-11:30 a.m.	A. Fung	\$16	
24728	Zumba - Level 1 (in-person)	Tu	5/7-6/25	12:30-1:30 p.m.	H. Lin	\$42	
24729	Zumba Gold (virtual)	W	5/8-6/26	10-11 a.m.	G. DuVal	\$42	6/19

June

Class registration for June begins on Monday, April 29 at 8 a.m.

Activity Number	Class	Day	Dates	Time	Instructor	Mem. Fee	No Class
23601	Apple Group Assistance	Th	6/6	1 to 3 p.m.	R. Schiros	\$6	
24713	Lap Steel Guitar	Tu	6/4, 6/18	Noon-1 p.m.	L. Fujimoto	\$6	

CLASS HIGHLIGHTS

50+ Softball

Join the Sandlot Social group for weekly batting practice and friendly game of softball at Memorial Park's softball field! Gloves and bats are not provided. No game 7/4, 11/28.

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M
23872	Th	9 a.m. to noon	3/28-12/12	36	\$60

Instructor: Staff

Cyber Security

Technology is evolving every day and with it, cybercrime. Learn methods and best practices to keep yourself safe. This course informs, guides, and teaches preventative measures against cybercrime.

Cupertino Senior Center

Codes	Days	Times	Dates	Mtgs	M	NM
24460	M	10 to 11:20 a.m.	4/8-4/22	3	\$22	\$32

Instructor: C. Helvey

SHARE DISCOVERY THROUGH TRAVEL

Trip registration begins:
April and May Trips - Open

June - Registration starts Monday, March 11 for members and
Monday, March 18 for non-members.

Please arrive 30 minutes prior to the departure time.

Celebrate Spring at Café Wisteria and Filoli Gardens

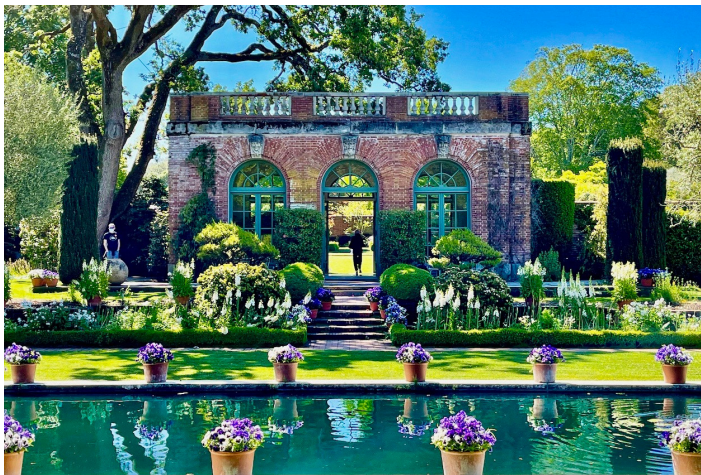
Wednesday, April 17, 10:15 a.m. to 5 p.m.

Start the day at Cafe Wisteria where you will be treated to a delicious lunch prepared with fresh, local, and organic produce in a serene and elegant setting. You will have time to explore the Allied Arts Guild, home to unique shops and artists' studios. Our visit to Cafe Wisteria also includes an opportunity to enjoy their gorgeous garden oasis usually reserved for private events.

Join us on a delightful visit to Filoli Gardens and Historic House to soak in the beauty of the exquisite garden displays, floral arrangements, and grand mansion. Spring is a spectacular season at Filoli, when a rainbow of tulips, daffodils, wisteria, and cherry blossoms fill the landscape with sweet fragrance and cheerful blooms.

Member Cost: \$139 – Lunch, admission and souvenir at Filoli, Transportation, Tips, and Travel Staff.

Activity Level: Moderate; Standing and walking at your own pace.



Behind-the-Scenes of Oracle Park on Game Day

Wednesday, April 24, 8:15 a.m. to 5:30 p.m.

See Oracle Park like you never have before with a 90-minute docent tour that will take you places only the players and staff go. You will see the Press Box, a Luxury Suite, the Club Level Memorabilia Display Cases, the World Series trophies and ring displays, and glimpses of the players warm-up before the game. Enjoy this unique experience before the gates open to the public on this special tour.

After the tour, you will have time to select from the many dining options for your no-host lunch. Select one of the park classes such as the crab sandwich or helmet nachos, or enjoy a ballpark hot dog, hamburger, or chicken sandwich. The lunch options are plenty for you to grab food before taking your seat and cheering on the Giants as they take on the New York Mets.

Member Cost: \$139 – Early entry to the park, Docent Park tour, Admission to game, Transportation, Tips, and Travel Staff.

Activity Level: Moderate; Standing and walking at your own pace.

[Año Nuevo State Park and Half Moon Bay](#)

Thursday, May 2, 8:45 a.m. to 5 p.m.

Adventure to the Año Nuevo Coast Natural Preserve to experience majestic elephant seals in their natural habitat! Northern Elephant Seals have chosen this coastal area for their large colony and continue to return year after year to raise their pups. Visit the marine education center housed in a dairy ranch and join a naturalist for a three mile walk along coastal bluffs to witness the elephant seals and other wildlife - seals, otters, sea lions, birds, and more!

After a morning along the coast, we will visit the beautiful town of Half Moon Bay for a no-host lunch and time to explore at your own pace.

Member Cost: \$65 – Naturalist lead walk, Transportation, Tips, and Travel Staff

Activity Level: High, 3-mile walk with varied terrain including sand dunes.

[Tunnel Tops at the Presidio](#)

Wednesday, May 15, 9 a.m. to 5 p.m.

Experience the beauty, nature, and history of the Presidio National Park, one of the greenest and most panoramic destinations in San Francisco. Our first stop will be the newly created Tunnel Tops, a 14-acre outdoor oasis built atop the Presidio Parkway Tunnels and situated between the park and the waterfront at Crissy Field - grassy meadows, art murals, picturesque walkways with unique driftwood benches, scenic overlooks with 360-degree views of the bridge and bay.

Relax over a delicious, included lunch at the Presidio Café with a comfortable club atmosphere and views of the Presidio Golf Course. The day concludes with a docent led tour of historic Presidio sites within this special San Francisco landmark.

Member Cost: \$119 – Lunch, Guided tour, Transportation, Tips, and Travel Staff

Activity Level: Moderate/ High; walking at your own pace.

[Charming St. Helena!](#)

Thursday, May 30, 8:45 a.m. to 5 p.m.

Start the day with a guided tour of the famed Culinary Institute of America campus at Greystone, where you can explore Greystone's 140-year-old main building and learn about its history as a gravity-flow winery, once the largest stone winery in the world. You will have the opportunity to visit the main and chocolate kitchens (and observe a class), soak in Greystone's architectural beauty with grand cathedral ceilings and hand-cut stone walls, gardens, shop the marketplace with over 1,700 cookbooks and hundreds of unique culinary tools, and check out the corkscrew museum and other wine country memorabilia.

Spend an afternoon in the picturesque town of St. Helena to enjoy a no-host lunch in wine country's foodie haven.

Member Cost: \$98 – Guided tour of Greystone, Transportation, Tips, and Travel Staff

Activity Level: Moderate; walking at your own pace on pavement.

[Guide Dogs for the Blind and Marin Civic Center](#)

Wednesday, June 5, 8 a.m. to 5 p.m.

Visit the Guide Dogs for the Blind campus in San Rafael for an informative walking tour that includes stops at the residential courtyard, the training courtyard, and the Learning Lab.

Relax over a comfortable, included lunch at Red Rooster Brick Oven restaurant in downtown.

We conclude this exciting day with a private behind-the-scenes tour of the Marin County Civic Center designed by renowned architect Frank Lloyd Wright. You will experience Wright's innovative design with the iconic blue roof and blending of architecture and learn more about the scandalous history of the building.

Member Cost: \$125 – Two guided tours, Lunch, Transportation, Tips, and Travel Staff

Activity Level: Moderate; walking at your own pace.

LECTURES AND WORKSHOPS

March and April registration opens on Monday, February 26

May and June registration opens on Monday, April 29

Fall Prevention and Wellness Resources

Tuesday, March 5, 1 to 2:15 p.m.

Identify fall risks and learn simple and effective home modifications to prevent falls. Get connected with community resources to maintain safety and wellness. Meet local firefighters and see the fire engine and equipment. Presented by Stanford Health Care and the Santa Clara County Fire Department. For more information, visit sccfd.org.

Photo Offloading Workshop

Wednesday, March 6, 10 to 11 a.m.

Come learn how to take your photos off your phone and onto your computer, laptop, or cloud drive.

NEW! iPhone Workshop in Mandarin

Tuesday, March 19, 9:30 to 11:30 a.m.

Questions on how to use your iPhone? Bring your fully charged iPhone to learn tips and tricks in this general informational iPhone Workshop in Mandarin.

NEW! New York Times Cooking

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

Learn how you can read The New York Times Cooking online for free, courtesy of the Santa Clara County Library District. Gain access to an inspiring cooking guide that you may use as innovative and interactive kitchen tool that contains diverse recipe collations that helps home cooks of every level. You will discover and be able to save the world's best recipes while becoming a better cook.

Age Well, Drive Smart presented by CHP

Wednesday, April 3, 9 a.m. to 1 p.m.

The CHP presents topics such as myths about older drivers, compensating for age-related changes, safe driving, and more. Receive a certificate upon completion which some insurance companies have accepted for discounts. Members free, senior guests pay \$5 day pass.

(408) 777-3150

NEW! Android Workshop in Mandarin

Tuesday, April 16, 9:30 to 11:30 a.m.

Have questions about how to use your Android phone? Bring your fully charged Android phone to learn a general informational overview on the ins-and-outs of your phone.

Tuberculosis Lecture

Tuesday, April 23, 11 a.m.

Santa Clara County has the 4th largest rate of tuberculosis in the state. Learn ways to prevent the spread of the disease and who is at risk. Presented by Breathe CA.

The Mercury News Online Workshop

Wednesday, April 24, 10 to 11 a.m.

Learn how you can receive full access to today's local newspaper on the go or at home through the online version of The Mercury News. You will have access to issues from 2006 to now. Bring Santa Clara County Library Card ID and password.

iPhone Workshop

Tuesday, May 21, 9:30 to 11:30 a.m.

Questions on how to use your iPhone? Bring your fully charged iPhone to learn tips and tricks in this general informational iPhone Workshop.

Discover & Go Workshop

Wednesday, May 29, 10 to 11 a.m.

Discover & GO!, a virtual museum pass program for Santa Clara County Library District cardholders, offers library users the ability to reserve admission passes to more than 50 museums and venues throughout the greater Bay Area. Presented by the Santa Clara County Library. Bring Santa Clara County Library Card ID and password.



For additional information regarding lectures, call the Cupertino Senior Center front desk at (408) 777-3150.

VOLUNTEER CORNER

**VOLUNTEERS
NEEDED!**

Learn more about volunteer opportunities at the Cupertino Senior Center at a volunteer orientation meeting. Contact the front desk at (408) 777-3150 for dates of upcoming volunteer orientations.

Class Instructors

Have expert knowledge on a specific subject or exercise? Become a volunteer instructor to share your skill set and engage others of similar interest. We are seeking instructors for ESL, Qi Gong, US History, Mandarin, Japanese, meditation, bridge, chess, PC, and more.

Cupertino TV Production

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. No experience is required, and new members are always welcome to join. See one of their latest episodes, "Sharing is Caring. Building Our Community by Sharing," [here](#).

Interested in volunteering or helping out with the activities above? Contact Amanda at amandah@cupertino.org or call (408) 777-3374.

You must be onboarded as a volunteer before helping with volunteer programs.

MONTHLY MOVIES

Free for members

Lemonade and popcorn provided.

Champions

Wednesday, March 27
1:30 to 3:30 p.m.

A former minor-league basketball coach receives a court order to manage a team of players with intellectual disabilities. Despite his doubts, he soon realizes that together they can go further than they ever imagined.



Air

Wednesday, April 24
1:30 to 3:30 p.m.

Sonny Vaccaro and Nike pursue basketball rookie Michael Jordan, creating a partnership that revolutionizes the world of sports and contemporary culture.



The Lost City

Wednesday, May 29
1:30 to 3:30 p.m.

While on tour promoting her new book with Alan, Loretta gets kidnapped by an eccentric billionaire who hopes she can lead him to an ancient city's lost treasure from her latest story. Determined to prove he can be a hero in real life and not just on the pages of her books, Alan sets off to rescue her.



Barbie

Wednesday, June 26
1:30 to 3:30 p.m.

Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans.



RESOURCES FOR SENIORS

Schedule Appointments

To schedule an appointment, call the front desk at (408) 777-3150.

Caregiver Network Counseling

Monday, 1 to 4 p.m.

April 8, May 6, June 3

The Caregivers Network provides friend or family caregivers free support for their unique situations. A Care Manager will be available for one-hour in-person appointments to provide resources and information for caregivers to support loved one.

Caregiver Support Group

Tuesday, 1 to 2:30 p.m.

April 16, May 21, June 18

Caregiving is tough and you do not have to do it alone. Join other friend and family caregivers to learn about resources, share experiences, and enjoy a social outlet. Lead by the Caregiver Network of Sourcewise, a Santa Clara County resource agency for seniors, the group is for caregivers of adults 60 and older or someone of any age with a dementia type disease (Huntington's, early onset Alzheimer's traumatic brain injury, etc.).

Health Insurance Counseling (HICAP)

Monday, 1 to 4 p.m.

April 8, April 22, May 13,

June 10, and June 24

Find out what your options are with Medicare and what will work best for you. The Health Insurance Counseling and Advocacy Program will help you fully understand your Medicare options to be better informed to make the right choices.

Senior Adult Legal Aid (SALA)

Friday, 10 a.m. to noon

April 19, May 17, June 21

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. If unable to meet in person, call (408) 295-5991.

SALA(長者法律諮詢) 為居住在聖他克拉拉縣(Santa Clara County) 60 歲或以上的長者提供基本的法律援助。中文翻译可预约。

Resource Referral Website

Please visit cupertino.org/seniorresources to view contact information for resources, such as nutrition, transportation, counseling, elder abuse, and more.



Via is Now Silicon Valley Hopper

Use Silicon Valley Hopper for Cupertino destinations such as the grocery store, local eateries, post office, and more. Silicon Valley Hopper also takes Cupertino residents to medical appointments at Kaiser Santa Clara and Sutter Health West Valley Center. Discounted fares for seniors are \$1.75 per trip. To book download the SV Hopper app or call:

(669) 201-1892 | cupertino.org/shuttle



211

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

Dial 2-1-1 | 211bayarea.org



Sourcewise

Sourcewise offers resource information on a variety of topics including housing, nutrition, health insurance, transportation, and more. Sourcewise strives to educate, prepare, and support caregivers within Santa Clara County.

(408) 350-3200 | mysourcewise.com

50+ Birthday Bash!

Doors open at noon

March and April registration opens
Monday, February 26.

May registration opens
Monday, April 29.

St. Patrick's Day Birthday Bash

Wednesday, March 13

Join us for the Irish tradition of St. Patrick's Day featuring Irish entertainment plus a full meal of corned beef and cabbage, carrots, potatoes, and dessert. Members with March birthdays will be honored. Please state vegetarian option when registering.

Member \$12, Non-member \$17

Cinco de Mayo Birthday Bash

Wednesday, May 1

Join us for a Cinco de Mayo celebration while celebrating May birthdays. You will enjoy chicken enchiladas, refried beans, Mexican rice, and dessert. Please state vegetarian option when registering.

Member \$12, Non-member \$17

April Birthday Bash Luncheon

Wednesday, April 10

Celebrate the start of spring with a Holi themed luncheon. Enjoy spinach paneer and chicken over rice and dessert. Members with April birthdays will be honored. Please state vegetarian option when registering.

Member \$12, Non-member \$17

Note: If a lunch is full, please ask the front desk to add your name to the waitlist. When cancellations occur, we will fill from the waitlist in the order that names are taken. No money is required to be put on the waitlist.



To register, call (408) 777-3150, visit the Senior Center in-person, or [Click Here](#).