

THE 50⁺ SCENE

November/December 2019

Season's Greetings
Join your Senior Center
family for holiday fun

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CUPERTINO



The holidays are right around the corner, and while many people look forward to visiting with family, the Cupertino Senior Center looks to be a second family for its members—a home away from home. This holiday season the staff at the center encourage you to visit and hang out with your other family.

The familial atmosphere really starts with the immense volunteer support base. Friendly members work the front desk daily, and invite newcomers and long-term visitors alike to the center. Their hard work, dedication, and welcoming attitude ensures that the Senior Center family will continue to grow for years to come. That growing family necessitates a growing front desk crew though, and the team are always happy to receive interested new volunteers.

The front desk may be the most visible of the robust volunteer roster, but it is by no means the only way to help promote the center. The ever-popular monthly birthday bashes are primarily staffed by two teams of talented volunteers. The dining room staff and the

kitchen crew are continuously developing the camaraderie that makes them so effective as a team. The affection these teams feel for each other and for their guests translates into the superb work they produce. Once a month, they turn the reception hall into a unique dining experience.

Not all volunteer opportunities are all work though. The Harmonikatz Band is a crew of all volunteer musicians who have immense passion not only for music, but for building friendships, engaging with audience members, and supporting vibrant cultural experiences. Between The Harmonikatz and the Ukulele and Hula classes, there are three exciting performances coming up in the next two months. Each group is masterful at engaging their audience members and creating unparalleled atmospheres.

This holiday season, the Cupertino Senior Center invites you to experience the energy and compassion that runs through the heart of this building. Feel the passion of the Harmonikatz. Find the joy at the front desk. Experience the affectionate dedication during the monthly lunches. Immerse yourself in the Senior Center family.

LETTER TO THE EDITOR

To the Editor:

Re: Path From the Second Lot to the Building

I have often had to park in the second lot when visiting the center. I don't mind the walk, but trekking through the first lot can be a harrowing experience. Are there any plans to build some sort of sidewalk or pathway from the second and third lots to the front door?

-Anonymous

.....

Thank you for your letter, Anonymous,

As a matter of fact, the process to install a pathway has already begun. We are set to break ground in January and the work should last three months. The pathway is set to be installed along the grass side of the first parking lot. The Cupertino Senior Center is looking forward to having this work completed.

If you have a question you would like to see answered, or just have a comment you would like to share, submit a "Letter to the Editor" to the Senior Center's front desk, or mail it in to 21251 Stevens Creek Blvd, Cupertino, CA 95014. All letters subject to editing for clarity and length. Submission of a letter does not guarantee publication.

VOLUNTEER CORNER

Front Desk Volunteer

Front Desk Volunteers create a bright, vibrant, and wonderful place to be for the 50+ community. Interested in becoming a Front Desk Volunteer? Please contact Amanda Hui at 408.777.3374 or AmandaH@Cupertino.org. Bilingual 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,請聯絡 Amanda Hui 408.777.3374 或電郵 AmandaH@cupertino.org.

Host/Hostess Committee

Hostesses and Hosts welcome members to our various activities, luncheons, lectures, and other events. Quarterly meetings are held to schedule which events will be covered by which Hosts. We are always looking for more Hosts and Hostesses, and want you to join us for 2020! For more information contact Jason Bisely at 408.777.3127 or JasonB@cupertino.org. 誠徵主持人,負責招呼參加各項活動如午餐,講座的參與者. 每季安排輪值表,期待你的參與! 請聯絡 Jason Bisely 408.777.3127 或電郵 JasonB@Cupertino.org

Volunteer Orientation

Monday, November 4, 11 a.m.

Monday, December 2, 11 a.m.

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Share Discovery Through Travel

DAY TRIPS

Member New Trip Sign-up begins Wednesday, November 13, 8 a.m.
Day Trip Preview starts at 7:30 a.m.
Non-member sign-up begins November 20.

Holiday Poinsettias and Hilmar Cheese Company

Tuesday, November 19, 8 a.m. - 5 p.m.
A sea of colorful holiday poinsettias awaits us as we enjoy a private tour of the Duarte Nursery and their state-of-the-art greenhouse. In addition to 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: \$99 - lunch included

Beach Blanket Babylon

Friday, November 22, 3:30 - 11 p.m.
Back by popular demand! Join us to bid farewell to the fabulous Beach Blanket Babylon show at Club Fugazi, a San Francisco tradition that announced it will be closing at the end of this year. Before the show enjoy a delicious, no-host dinner in famous North Beach. Member Cost: \$153 - *waitlist only*

San Francisco International Auto Show

Monday, December 2, 9:30 a.m. - 4:30 p.m.
At the San Francisco International Auto Show there is something for everyone. From interactive exhibits, unique displays including classic and customized cars, to the hundreds of new model cars, trucks, SUVs, crossovers, vans, alternative fuel vehicles, and exotic sports cars, see the wealth of innovation! Enjoy a no-host lunch at the Metreon to fuel up before you speed off to enjoy the show! Member Cost: \$67

San Francisco Holiday with Gary

Thursday, December 12, 9:30 a.m. - 6 p.m.
Enjoy the tidbits and tales only Gary can provide as you immerse yourself in classic holiday splendor, including a delicious, hosted lunch at the Sips Tea Room. Member Cost: \$123 - *waitlist only*

new Day Trip Expo and Social

Monday, December 16, 1:30 p.m.
Come join the Share Discovery Through Travel staff to learn about all the new and upcoming day trips and ask all your travel questions. Members free, senior guests pay \$5 day pass. Sign up online or at the front desk.

new Out-to-Lunch Bunch

Tuesday, December 17, 11:30 a.m.
Meet at Country Gourmet, 1314 South Mary Avenue, Sunnyvale. Sign up online or at the front desk.

The Great Russian Nutcracker and Christmas in the Park

Thursday, December 19, 12 - 6:30 p.m.
Just in time for the holidays, experience the gift of Moscow Ballet's Great Russian Nutcracker and San Jose's own holiday tradition, Christmas in the Park. For lunch, enjoy the hearty and comforting fare of the Old Spaghetti Factory and their famous Spumoni ice cream! Member Cost: \$149 - lunch included

new Groundhog Day the Musical at the SF Playhouse

Wednesday, January 15, 9:30 a.m. - 6:30 p.m.
Experience what the New York Times is calling "a dizzyingly witty new musical!" at one of the most exciting and intimate venues of the San Francisco's Theater District - the SF Playhouse. Before the show, take your pick of the delicious dining options available at The Market Flagship. Member Cost: \$132

new **Sinatra vs Darin: Swagger and Swing! at the Leshar Center**

Sunday, January 26, 11:45 a.m. - 6:15 p.m.

Enjoy a high octane and exhilarating musical afternoon immersed in the swinging sounds of Frank Sinatra and Bobby Darin. The Bay Area's favorite crooner, Jonathan Poretz and his Swingin' Night Orchestra band bring to life the classic sounds of these iconic legends. Delight in their greatest hits including "New York, New York," "Mack the Knife," "Fly Me to the Moon," and "Beyond the Sea." Member Cost: \$134 - lunch included

new **No Spectators: The Art of Burning Man Exhibit and Trader Vic's**

Thursday, February 6, 10:30 a.m. - 5:30 p.m.

Delight in the multi-sensory experience of *No Spectators: The Art of Burning Man* exhibit at the Oakland Museum of California. Before immersing yourself in the spectacular artwork, and large-scale installations, enjoy a delectable hosted lunch at Trader Vic's. Member Cost: \$123 - lunch included

new **Asian Art Museum and Dandelion Chocolate**

Tuesday, February 11, 8:45 a.m. - 5:15 p.m.

Immerse yourself in spectacular art at the Asian Art Museum with a docent-led tour of their special exhibit *Awake: A Tibetan Buddhist Journey Toward Enlightenment*. Explore the museum's permanent collection and two other fascinating special exhibits at your own pace, and enjoy a no-host lunch at their delectable café. End your day on a sweet note with a tour of the Dandelion Chocolate factory! Member Cost: \$107 - chocolate included

new **Monterey Bay Whale Watching**

Thursday, February 20, 7:30 a.m. - 5 p.m.

Join us for a day aboard the Blackfin for a three-hour narrated boat tour of the Monterey Bay. Enjoy sightings of gray whales, dolphins, and wildlife. Venture through the waterfront of colorful Fisherman's Wharf for a no-host lunch and shopping. Member Cost: \$127

new **Made in Watsonville!**

Thursday, February 27, 8:45 a.m. - 5 p.m.

Discover the enchanting Pajaro Valley to experience the bounty of their creations inspired by the gorgeous setting. Visit Annieglass Studio to see glass artisans at work, learn about the area's rich history with a visit to the Agriculture History Project and Museum, and enjoy award-winning beverages at the Martinelli factory store. Member Cost: \$99 - lunch included

EXTENDED TOURS

For more information, email KimF@Cupertino.org, or call 408.777.3198.

Sunny Portugal

10 days, March 27 - April 5, 2020

Waitlist only.

Portuguese Riviera - Lisbon - Sintra - Obidos
Fatima - Evora - Alentejo Countryside - Sagres
Lagos - Algarve - Faro - Cork Factory - Azeitao

For more information, email AlexC@Cupertino.org, or call 408.777.3375.

America's Music Cities

8 days, May 22 - 29, 2020

new **Tour Presentation**

Tuesday, November 12, 2 p.m.

Sign up online or at the front desk.

Nashville - Memphis - New Orleans - Graceland
Historic RCA Studio B - Whiskey Distillery
Country Music Hall of Fame - Ryman Auditorium
West Delta Heritage Center - Grand Ole Opry Show
French Quarter - Swamp Tour - Mardi Gras World
Dinner at Court of Two Sisters - Jazz Revue

Spotlight on the French Riviera

9 days, October 31 - November 8, 2020

new **Tour Presentation**

Tuesday, November 12, 2 p.m.

Sign up online or at the front desk.

Nice - Grasse - St. Tropez - Cannes - Antibes
Fragonard Perfumerie Workshop - Monaco - Eze
Vineyard Tour & Wine Tasting - Monte Carlo Casino
St. Paul de Vence - Villa Ephrussi de Rothschild
Saint-Jean-Cap-Ferrat - Nice Flower Market

For full trip descriptions, including activity levels, please see the trip flyers.

NOVEMBER ACTIVITY HIGHLIGHTS

November Birthday Bash

Wednesday, November 20, 12 p.m.

Enjoy a Thanksgiving feast with roasted turkey, mashed potatoes, gravy, dressing, savory green beans, and pumpkin pie. The Rhythmaires Band will help us celebrate the holiday with delightful music. Members with November birthdays will be honored. Vegetarian option available when registering. Members \$12, senior guests add \$5 day pass. Sign up online or at the front desk.

感恩節/生日宴大餐- 11/20 (週三), 中午12 p.m. 體驗美式大餐: 烤火雞, 薯泥, 可口蔬菜, 現烘玉米鬆餅和南瓜派, 耆英中心樂隊將演奏歡快音樂。我們將對十一月壽星表示敬意。會員\$12, 來賓加付當日活動費\$5, 請早登記。

Book Review Meeting

free

First Friday of the month, 1:30 - 3 p.m.

Discuss new books. New faces are always welcome. Members free, senior guests pay \$5 day pass.

November 1 - *Bullet Park* by John Cheever, presented by Rita Sauvage

December 6 - *The Plot Against America* by Philip Roth, presented by Kay Kinney

new

Advanced Beginner Ukulele Performance

free

Wednesday, November 6, 1 - 3 p.m.

The Cupertino Senior Center's Advanced Beginner Ukulele class cordially invites you to attend a fun performance. They'll cover a diverse array of music from Elvis, The Muppets, Kui Lee, The Beatles, and more! Light refreshments will be served. Members free, senior guests pay \$5 day pass. Sign up online or at the lobby table.

Thursday Night Football Chargers vs. Raiders

Thursday, November 7, 5:15 p.m.

Catch a classic division rivalry game between the LA Chargers and our Oakland Raiders. Enjoy Chicken Cordon Bleu, oven roasted vegetables, and dessert. Attendees may participate in football squares to win FREE prizes at the end of the game. Preregistration required. Members \$8, senior guests add \$5 day pass. Sign up online or at the front desk.

Afternoon Board Game Bonanza!

free

Saturday, November 9, 1 - 4 p.m.

Enjoy an afternoon playing board games with friends and local youth from Homestead High School's Tabletop Club. Grandchildren are welcome to join in on the fun. Light refreshments will be served. Open to the public. Sign up online or at the lobby table.

Rebuilding Together

free

Wednesday, November 13, 10:30 - 11 a.m.

Rebuilding Together Silicon Valley (RTSV) is a local nonprofit whose mission is to repair homes, revitalize communities, and rebuild lives. Learn about the extent of their services, eligibility requirements, the structure of their programs, and available volunteer opportunities. Members free, senior guests pay \$5 day pass. Sign up online or at the lobby table.

Classics and Cookies Concert

Friday, November 15, 5 p.m.

free

Enjoy a musical evening of both past and present classical music presented by the Harker Tri-M performance group. Light refreshments will be served. Members free, senior guests pay \$5 day pass. Sign up online or at the lobby table.

new

Ornament Holiday Party

Saturday, November 16, 1 - 4 p.m.

Make ornaments with family and friends! Each person can make two ornaments to keep or to donate to decorate the Center. At 1:30 p.m. enjoy a screening of *White Christmas*. Light refreshments will be served. Preregistration required. Open to the public, attendees pay \$5. Sign up online or at the front desk.

Lunch with Friends

Wednesday, November 27, 11:45 a.m.

Join us for lunch! Vegetarian option available when registering. Members \$8, senior guests add \$5. Sign up online or at the front desk.

歡迎與我們共聚午餐! 需提前報名, 可選素食, 會員\$8, 非會員多加當日活動費\$5.

November 27 - Turkey Noodle Soup and Salad
美味火雞湯麵與可口沙拉

November



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Via-Cupertino Launch Week November 18 - 22, 11 a.m. - 1:30 p.m. Via-Cupertino's on-demand shuttle program has just begun! The pilot program will be intermittently tabling in front of the building or in the lobby Monday, Wednesday, and Friday so you can learn about and register for the program. Stop by this week if you are interested!		Lost & Found November 4 - 9 Please come reclaim your lost items. Unclaimed items will be donated to charity after November 9. 失物招領公告,請失主在11/8-9 親洽中心辦理領回手續,無人認領的物品將會11/9後捐給慈善機構. 謝謝合作!		1 9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-3 Book Review- <i>Bullet Park</i> by J. Cheever 1:30-4 TechTime
4 10-12 Golf for Seniors 11 Volunteer Orientation 12-4 Card Playing	5 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-11:30 Book Discussion- <i>Bad Blood</i> by J. Carreyrou 10-12 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure 量血壓 1:30-2:30 The Better Part Encore Presents: Operation Freedom Paws 4-6:30 Tech Assistance	6 10-11 MediciTV Workshop 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1-3 Advanced Beginner Ukulele Concert	7 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 12:30-2 Fletching 50+ 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge 5:15-8:45 Thursday Night Football (\$8) Chicken Cordon Bleu	8 9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime
11  Closed for Veterans Day 退伍軍人節 耆英中心歇業	12 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 12-4 Card Playing 2 America's Music Cities, French Riviera, and Sunny Portugal Travel Presentation 4-6:30 Tech Assistance	13 7:30 Day Trip Preview 8 New Trip Sign-up 10-11 Kanopy Workshop 10-12 Case Manager Consultation 社工諮詢 10:30-11 Rebuilding Together Presentation 12-4 Card Playing	14 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3-4:30 Caregiver Support Group	15 9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime 5 Classics and Cookies Concert
18 10-12 Golf for Seniors 10-1:30 Via-Cupertino Shuttle Program 12-4 Card Playing	19 8-5 Holiday Poinsettias and Hilmar Cheese Company Trip 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 Android Workshop 10-12 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure 量血壓 4-6:30 Tech Assistance	20 10-12 Case Manager Consultation 社工諮詢 11-1:30 Via-Cupertino Shuttle Program 12 Thanksgiving Lunch and November Birthday Bash (\$12) More info on page 6 欲知詳情,請參閱第六頁 12-4 Card Playing	21 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 12:30-2 Fletching 50+ 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge	22 9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime 3:30-11 Beach Blanket Babylon Trip
25 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	26 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 12-4 Card Playing 4-6:30 Tech Assistance	27 NO Case Manager Consultation 社工諮詢 11:45 Lunch with Friends (\$8) Turkey Noodle Soup 美味火雞湯麵與可口沙拉 12-4 Card Playing 1:30-3:30 Monthly Movie- A Christmas Story [1983]	23 Saturday 10-1 Tech Assistance	
<div style="border: 2px solid black; padding: 10px; text-align: center;"> Happy Thanksgiving! Center Closed November 28 - 30 感恩節耆英中心歇業 11/28—11/30 </div>				

December



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 9:30-4:30 San Francisco International Auto Show Trip 10-12 Golf for Seniors 11 Volunteer Orientation 12-4 Card Playing 4:15-8:30 Monday Night Basketball (\$8) Clam Chowder	3 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-11:30 Book Discussion- <i>A Room With a View</i> by E.M. Forster 12-4 Card Playing 12:15-1:15 Blood Pressure 量血壓 4-6:30 Tech Assistance	4 10-11 Flipster 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3 Holidays in Hawaii	5 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 12:30-2 Fletching 50+ 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge	6 9:30-11:30 Rhythmaires @ QCC 12 Holiday Ham Lunch (\$12) More info on page 9 欲知詳情,請參閱第九頁 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-3 Book Review- <i>The Plot Against America</i> by P. Roth 1:30-4 TechTime	
9 10-12 Golf for Seniors 12-4 Card Playing 1-2 Concussion Education Lecture 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社	10 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production - The Better Part 12-4 Card Playing 4-6:30 Tech Assistance	11 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3 Holiday Sing-a-long	12 9:30-6 San Francisco Holiday with Gary Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3-4:30 Caregiver Support Group	13 8:30 Newsletter Collating 9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime	
16 8 January/February Registration Begins 10-12 Golf for Seniors 12-4 Card Playing 1:30 Day Trip Expo and Social 3:30-4:30 Be Ready, Be Prepared Lecture	17 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 11:30 Out-to-Lunch Bunch at Country Gourmet 12-4 Card Playing 12:15-1:15 Blood Pressure 量血壓 1:30-2:30 The Better Part Encore Presents: <i>An Old Fashion Christmas</i> 4-6:30 Tech Assistance	18 10-12 Case Manager Consultation 社工諮詢 12 December Birthday Bash (\$12) More info on page 9 欲知詳情,請參閱第9頁 12-4 Card Playing	19 11:15-1:30 Needlecraft 12-2 Card Playing 12-6:30 Great Russian Nutcracker and Christmas in the Park Trip 12:30-2 Fletching 50+ 1:15-4:30 Karaoke 卡拉OK 2-4 Open Bridge	20 9:30-11:30 Rhythmaires 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime	
23 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	7 Saturday 10-1 Tech Assistance 10-11 Free VivAsia Lotus Demo 11:15-12:15 Free Lotus Chair Demo 1-4 Ping Pong				
				21 Saturday 10-1 Tech Assistance 10-11 Free VivAsia Lotus Demo 11:15-12:15 Free Lotus Chair Demo	
				14 Saturday 10-1 Tech Assistance	



Happy Holidays from the Senior Center Staff

The Senior Center will be closed from Tuesday, December 24, 2019 through Wednesday, January 1, 2020. We will reopen on Thursday, January 2, 2020.

耆英中心全體員工祝大家節慶快樂。
耆英中心將在 12/24/2019 週一至 1/1/2020 週二之間歇業。我們將在 1/2 週三重新開放

City of Cupertino Senior Center
408.777.3150

Hours:
Monday - Thursday: 8 a.m. - 9 p.m.
Friday: 8 a.m. - 5 p.m.
Saturday: 8:30 a.m. - 4:30 p.m.

Email: SeniorCntr@Cupertino.org
Website: www.cupertino.org/senior

Find us on Facebook and Yelp!

DECEMBER ACTIVITY HIGHLIGHTS

December Birthday Bash

Wednesday, December 18, 12 p.m.

Put on your best holiday attire or holiday sweater and jump into the season with a delicious holiday meal. This home-style holiday meal includes tri-tip, scalloped potatoes, holiday salad with pecans and cherries, sweet ginger carrots, and New York cheesecake. Members with December birthdays will be honored. Vegetarian option available when registering. Members \$12, senior guests add \$5 day pass.

慶祝冬季節慶/生日宴- 12/18 (週三), 中午12 p.m. 歡迎您來參加我們的節慶活動, 家庭式的午餐包括鮮嫩多汁的牛排, 烤土豆片, 沙拉, 甜姜胡蘿卜和紐約起司蛋糕. 我們將對十二月壽星表示敬意. 會員\$12, 耆英來賓加付當日活動會費\$5.

Monday Night Basketball Warriors vs. Hawks

Monday, December 2, 4:15 p.m.

Basketball season is back, and the Warriors are taking on the Hawks on our BIG screen! Enjoy clam chowder in a bread bowl, salad, and dessert. Play Basketball Squares to win FREE prizes at the end of the game! Preregistration required. Members \$8, senior guests add \$5 day pass. Sign up online or at the front desk.

Holidays in Hawaii

free

Wednesday, December 4, 1:30 - 3 p.m.

Sway with our own Lei Nani Hula dancers and the Pila Ho' okani band as they celebrate the holidays with Hawaiian songs and dances. Light refreshments will be served. Members free, senior guests pay \$5 guest pass. Sign up online or at the lobby table.

12/4 (週三), 下午 1:30-3 p.m. 請來觀賞我們耆英中心 Lei Nani 舞蹈團, 特別為我們演出夏威夷舞來歡慶假日佳節的來臨, 備有簡單點心招待. 請至櫃台登記. 會員免費, 耆英來賓付當日活動費\$5.

Holiday Ham Lunch

Friday, December 6, 12 p.m.

Enjoy a holiday lunch and an afternoon of fun with Bingo, Ping Pong, Book Review, or Mah Jongg! Includes ham, mashed potatoes, green beans, salad, roll, and triple chocolate cake. Vegetarian option available when registering. Preregistration required. Sign up online or at the front desk. Members \$12, senior guests add \$5 day pass.

new

Concussion Education

Monday, December 9, 1 - 2 p.m.

free

Learn valuable information regarding concussion prevention, signs, and symptoms. Presented by Jessica Huckabay, MPH of the Defense and Veterans Brain Injury Center at the Palo Alto VA. Members free, senior guests pay \$5 day pass. Sign up online or at the lobby table.

Holiday Sing-a-long

free

Wednesday, December 11, 1:30 - 3 p.m.

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

節慶歌唱會-12/11 (週三), 1:30-3 p.m. 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.

Be Ready, Be Prepared

free

Monday, December 16, 3:30 - 4:30 p.m.

Learn about local disaster risks and how to make a plan to prepare for them. Discover communication systems and how to reach your support network during a disaster. Presented by the Santa Clara County Fire Department. Members free, senior guests pay \$5 day pass. Sign up online or at the lobby table.

The Better Part Encore Presentations

free

Members free, senior guests pay \$5 day pass. Sign up online or at the lobby table.

Operation Freedom Paws

Tuesday, November 5, 1:30 - 2:30 p.m.

Operation Freedom Paws empowers veterans and individuals with disabilities to live quality lives with the help of loving companion dogs. After the show a member of the organization will talk about her experience acquiring a service dog.

An Old Fashioned Christmas

Tuesday, December 17, 1:30 - 2:30 p.m.

Join us this holiday season as Shannon Grissom sings your favorite Christmas songs to get you into the Christmas spirit. Enjoy cookies and cider with the show hosted by producer, Val Jeffery.

SENIOR CENTER CLASS SCHEDULE

Class	Day	Dates	No Class	Time	Instructor	Mem. Fee
Accordion	T	11/5-12/17		1:35-3:10	R. DiBono	\$20
Beaded Kumihimo	Th	11/14-12/12		3:15-5:15	D. Hall	\$35
Bridge: Notrump Bidding and Play	S	11/2-11/23		10-12	P. Davis	\$21
Chinese Calligraphy 書法班	Tu	11/5-12/17		12:50-2:50	W. Mann, F. Jair	\$15
Chinese Calligraphy 書法班	Tu	11/15-12/17		3-5	Y. Wang, Y. Cheng	\$15
Chinese Brush Painting 傳統與現代中國畫	M	11/4-12/23	11/11	10:40-12:40	M. Lee	\$53
Chinese Brush Painting 傳統與現代中國畫	M	11/4-12/23	11/11	8:30-10:30	M. Lee	\$53
Citizenship Class 公民班	M, T, F	11/4-12/23	11/11, 11/29	8:15-9:45	V. Wong	\$20
Conversational English 英語會話班	M, T	11/25-12/23		10-11:45	P. Chun	\$16
CSC Wednesday Jam	W	11/6-12/18		3-4:30	J. Cunningham	\$12
ESL - Basic & Easy 初級英語班	M	12/2-2/3	12/30, 1/20	10-12	L. North	\$30
ESL - Intermediate 中級英語班	W	10/30-12/18		10-12	L. North	\$30
ESL - Advanced 高級英語班	Th	11/14-1/16	11/28, 12/26	10-12	L. North	\$30
ESL - Intermediate Conversation 中級對話班	T	11/5-1/7	12/24, 12/31	1:30-3	J. Andrushko	\$20
Feldenkrais Method	FLEX	T	10/29-12/17	9:30-10:30	M. Westlaken	\$40
Hatha Yoga	FLEX	Th	11/14-12/19	11/28	V. Bhat	\$50
Nutrition Made Easy: Boost Your Immune...	F	11/8		2:30-4:30	J. Oh	\$25
Nutrition Made Easy: Healthy Holiday Baking	M	12/9		10-12	J. Oh	\$40
Nutrition Made Easy: Instant Pot Soups	M	11/4		10-12	J. Oh	\$40
Nutrition Made Easy: Maintaining a Healthy...	F	12/6		2:30-4:30	J. Oh	\$25
U.S. History	T	10/29-12/17		12:35-1:35	R. DiBono	\$20
Ukulele - Beginning	T	10/29-12/17		1:30-3	D. Ng	\$22
Ukulele Strum, Pick, and Sing	M	10/28-12/23	11/11	1:30-3:15	S. Chen	\$15
Yoga for 50+ - Beyond Barre & Stretch	FLEX	T	11/19-12/17	4-5	P. Hu	\$25
Yuan Chih Dance 元極舞	FLEX	F	11/1-12/20	11/29	A. Fung	\$15
Zumba Gold @ QCC 中老年尊巴	FLEX	M	10/28-12/16	11/11	P. Hu	\$37
Zumba Gold @ QCC 中老年尊巴	FLEX	F	11/1-12/20	11/29	G. DuVal	\$33
Evening Classes						
Chinese Brush Painting 傳統與現代中國畫	W	12/4-2/5	12/25, 1/1	6-8	M. Lee	\$60
Line Dance - Beginning 初級排舞	Th	11/14-1/23		7-8:30	K. Chang	\$48
Line Dance - Beg./Int. 先進初級排舞	T	11/12-1/14		7-8:30	K. Chang	\$48
Computer and Technology Classes						
iPad Beginning	T	10/29/-12/10		1-3	R. Schiros	\$38
iPad Intermediate	Th	10/31-12/19	11/28	1-3	R. Schiros	\$38
蘋果手機/蘋果平板電腦初級班	W	10/30-11/20		1-3	L. Su	\$22



Getting Through the Holidays

Friday, November 15, 1:30 - 3 p.m.

Holidays can bring up wonderful memories but at the same time they can spur feelings of sadness and disappointment for times no longer giving us pleasure. Join Vivian I. Silva, MSW as her presentation puts participants in the best frame of mind they can have in order to enjoy the holidays. Vivian will have tips to share along with some treats and hot cider. Spend time together warming our hearts to some fun memories while gaining insight into how to handle the hustle and bustle of the holidays with strength and grace. Members free, senior guests pay \$5 day pass. Sign up online or at the lobby table.

CLASS HIGHLIGHTS

Nutrition Made Easy

new Instant Pot Soups
Monday, November 4, 10 a.m. - 12 p.m.
Cold weather is soup weather! With the Instant Pot making soup is quick and easy and tastes like it's been simmering all day. Make 3 easy and delicious soups to take home to enjoy later. Members \$40.

new Boost Your Immune System
Friday, November 8, 2:30 - 4:30 p.m.
Cold and flu season are upon us and the holidays bring crowds and travel. All of this can cause us to get sick! Discover foods, tips, and techniques to help keep you healthy this winter. Members \$25.

new Maintaining a Healthy Diet
Friday, December 6, 2:30 - 4:30 p.m.
With the holidays, travel, and cold weather it can be easy to succumb to an unhealthy diet. Join us as we discuss what foods, vitamins, and tips will keep us healthy. Members \$25.

new Healthy Holiday Baking
Monday, December 9, 10 a.m. - 12 p.m.
Discover how to bake delicious, guilt-free, easy-to-make sweet treats! We'll bake 2 cookies and a cake you can take home to enjoy later. Members \$40.

All diets and preferences accommodated.

Apple Assistance

Thursday, November 7, 21, December 5, 19,
2 - 6 p.m.

Receive one-on-one assistance with your Apple product so you can text, surf the web, reply to emails, and more! 1-hour appointments are scheduled on a first come first serve basis. Members \$5, senior guests add \$5 day pass. Sign up online or at the front desk.

AARP 4-Hour Smart Driving Renewal

Wednesday, November 13, 12 - 4:30 p.m.

This is the renewal course for those who have taken the full 8-hour class. For more information and to register, call Ina Checkman at 408.257.6940.

iPhone and Android Workshop

Tuesday, 9:30 - 11:30 a.m. **free**
November 19 - Android
December 17 - iPhone

Bring a fully charged device to learn tips and tricks for your Android or iPhone! Members free, senior guests pay \$5 day pass. Sign up at the front desk.

iPhone/iPad in Mandarin

蘋果手機/蘋果平板電腦初級班-國語授課
週三, 10月30-11月20, 1-3 p.m.

來對iPhone/iPad有更多的認識並學習如何設置, 控制中心, 照片編輯, 下載和更多的應用. 上課需知: 請帶充好電的iPhone/iPad, 需要iOS 12.x.x. 並個人蘋果帳戶編號 或 媒體播放收錄器iTunes編號與密碼. 請到前台報名. 會員\$22.

Santa Clara County Library Presents

free

Preregistration required. Members free, senior guests pay \$5 day pass. Sign up online or at the front desk.

MediciTV
Wednesday, November 6, 10 - 11 a.m.

Stream live broadcasts and thousands of recordings featuring international concerts, operas, ballets, documentaries, and more.

new Kanopy
Wednesday, November 13, 10 - 11 a.m.

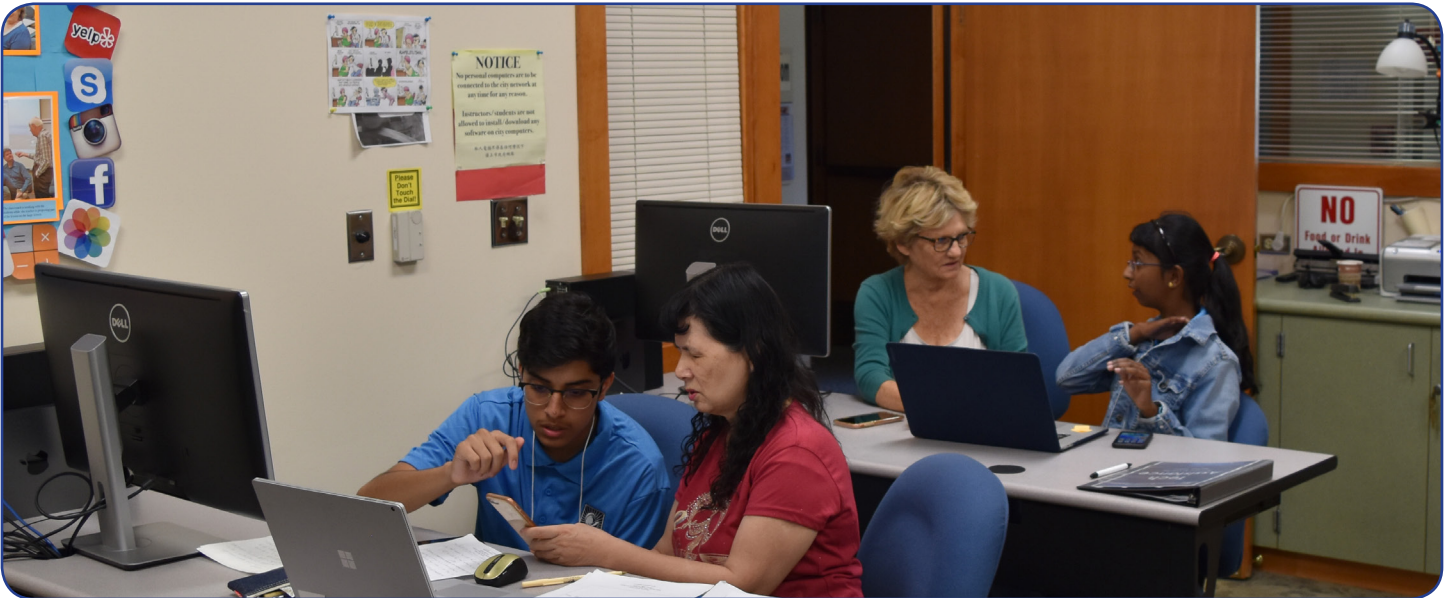
Enjoy watching movies and have a Santa Clara County Library Card? Learn about how to stream movies for free from a wealth of sources including major productions, international, and indie films.

Flipster
Wednesday, December 4, 10 - 11 a.m.

Enjoy reading magazines and want them for free? Learn about Flipster which allows access to various popular magazines. Read in a browser, or download!

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

Tech Assistance



Tuesday, 4 - 6:30 p.m., Saturday 10 a.m. - 1 p.m.

free

Need assistance with your smart device or have a technological question? Drop by and talk with our Techie Teens! Bring questions regarding smartphones (Android/Apple), tablets (Samsung, iPad, Google, and more), Kindles, email, Facebook, social applications (WeChat, Skype, Facetime, Line, Viber, etc.) or any questions you can think of about general use. Receive one-on-one help on a first-come, first-served basis. Members free, senior guests pay \$5 day pass at the front desk.

Monthly Movie

A Christmas Story

free

[PG] 1983, MGM/UA Entertainment Co.

Wednesday, November 27, 1:30 - 3:30 p.m.

Ralphie only wants one thing for Christmas: A Red Ryder BB Gun with a compass in the stock and a thing which tells time. But alas, everyone he tries to convince tells him the same thing: "You'll shoot your eye out, kid!" His mom, his teacher, even the man, Santa Claus himself. Come laugh along with friends as we watch this classic Christmas comedy. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

No December Monthly Movie

Enjoy the holidays, and we'll see you in 2020!



CASE MANAGER'S CORNER

Schedule Appointments

Please call 408.777.3150 to make appointments for the following services:

Health Insurance Counseling (HICAP)

Monday, November 4, 18, 25,
December 2, 9, 23, 1 - 3 p.m.

Consultation on Medicare and Medicare-related health insurance. 健康保險諮詢,提供國粵語翻譯.

Housing Resources

Monday, November 4, 18,
December 2, 16, 1:30 - 3:30 p.m.

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 - 11/4, 11/18, 12/2, 12/16 (週一), 1:30 - 3:30 p.m. 耆英中心會為長者提供老人公寓名單作為參考。由於資源有限, 本中心員工將不能為長者打電話查詢公寓資料, 填寫公寓表格, 或遞送表格。

Senior Adult Legal Aid (SALA)

Friday, November 1, 8, 15,

December 6, 13, 20, 10:30 a.m. - 12:30 p.m.

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 11/1, 11/8, 11/15, 12/6, 12/13, 12/20, 10:30 a.m. - 12:30 p.m. 60歲以上, 並住在聖縣。

Caregiver Support Group

Thursday, November 14, December 12,
3 - 4:30 p.m.

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

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 legal services are in place. Home visits can be provided to homebound seniors living in Cupertino. Free service, membership required. Drop-in consultations with Case Managers are Wednesday, 10 a.m. - 12 p.m. or by appointment Monday - Friday, 8 a.m. - 5 p.m. Mandarin and Cantonese language available by scheduled appointment only—please call 408.777.3152.

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生活。行動不便的長者。社工可提供家訪。此服務免費, 需會員。約談時間: 週三早上10至中午12, 無需預約。週一至五, 辦公時間早上8到下午5, 需預約。如需要國粵語翻譯, 請致電留言。408.777.3152預約, 可用中文留言。

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, November 11, 25,
December 9, 1:30 - 2:30 p.m.

Tuesday, November 5, 19,
December 3, 17, 12:15-1:15 p.m.

More volunteer nurses are needed for blood pressure checks! If interested, please contact Amanda Hui at 408.777.3374 or AmandaH@Cupertino.org.





Cupertino 50+ Scene
Cupertino Senior Center
21251 Stevens Creek Blvd
Cupertino, CA 95014
408.777.3150

Yoga

Did you know we have four different Yoga classes at the Cupertino Senior Center? Each offers a unique instructor and time, so find the one that fits for you! It wouldn't be a stretch to say we have a lot of options.

Hatha Yoga

Thursday, 2:30 - 3:30 p.m.

A gentle exercise for all levels, Vasanthi Bhat will guide students through warm-ups, posture, breathing, meditation, and relaxation techniques. Includes chair yoga as well.

Yoga 50+: Beyond Barre and Stretch

Tuesday, 4 - 5 p.m.

Popular fitness instructor Polly Hu leads this yoga class structured for the 50+ community. Polly focuses on the different phases in the cycle of being, depending on the season.



Yoga Foundations

Tuesday, 5:15 - 6:30 p.m.

Yoga Foundations Intermediate

Thursday, 4:45 - 6 p.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. Both beginning and intermediate classes offered.