

THE 50⁺ SCENE

Shelter-in-Place Edition, 1/18/22

Happy Lunar New Year
The Year of the Tiger and
the Winter Olympics!



CUPERTINO



The Year of the Ox is coming to an end with February 1 marking the Lunar New Year and the beginning of the Year of the Tiger. This Year of the Tiger will last until January 21, 2023—the eve of the next Lunar New Year. Check out the picture from our Karaoke Lunar New Year celebration for the Year of the Rat in 2020 above. The Tiger holds the third position in the 12-animal Chinese Zodiac. With some exceptions in January and February, you are probably a Tiger if you were born in 1938, 1950, 1962, 1974, 1986, 1998, 2010, or 2022!

Uncommon courage and confidence are two signifying traits of those born in a Year of the Tiger. Natural-born leaders, Tigers are traditionally viewed as symbols of power and lordliness. In fact, in ancient times Tigers were often compared to kings or emperors—not bad!

As a natural leader, one might wonder how the Tiger ended up third in the Zodiac. One legend states that the Jade Emperor challenged all animals in his kingdom to a race to determine the order. Unfortunately for the tiger, overconfidence got the best of him allowing the Rat (who had hitched a ride on the Ox) and the diligent Ox

himself to slip into first and second.

The Year of the Tiger promises an auspicious start with the Beijing Winter Olympics beginning February 4 and coinciding with the national celebrations for the Lunar New Year. Keep an eye out though—team sports like curling and ice hockey actually start a couple days before the opening ceremony!

Every Olympics needs a mascot and this year's will be Bing Dwen Dwen. Appearing as a panda encased in an icy shell which resembles an astronaut's suit, Bing Dwen Dwen's name defines what it represents. In Mandarin "Bing" most commonly means ice, but also denotes purity and strength. Dwen Dwen meanwhile means robust and lively while also representing children. Together the mascot's name shows the strength and willpower of athletes while promoting the spirit of the Olympics. Check out more information about Bing Dwen Dwen and the rest of the Olympics at olympics.com.

With the pinnacle of international competition on the horizon, a new Lunar new year, and so much more, the Cupertino Senior Center wishes you all a thrilling Year of the Tiger.

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 or give us a call at (408) 777-3150. We look forward to seeing you there!

Jean Bedord

President, Cupertino Senior Advisory Council

ANNOUNCEMENTS

Greeting Cards

Stop by the front desk to purchase your greeting cards to send to friends and family. Buy one card for 50 cents or three cards for \$1. Peruse through our cards stand for all occasions from birthday cards, get well cards, to thank you cards, and more.

Gift Cards

Start the new year by giving the gift of a Senior Center gift card to use on membership, active classes, and fun programs. Gift cards make the perfect gift to invite friends to have fun and do activities together. Purchase your gift cards at the front desk today!

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](#).

TABLE OF CONTENTS

2	The Year of the Tiger What to know about the Tiger and the upcoming Winter Olympics	8	Free Virtual and In-Person Lectures Lectures from the Fire Department, Library, and others
3	Senior Center Connections and News Message from our Senior Advisory President, Facebook, and Announcements	9	Puzzles and Games Need some light entertainment? Check out this collection of puzzles
4	Virtual Travel Our travel staff has put together listings of virtual tours and exhibits	10	Reopening Information A tentative timeline for reopening our facility
5	In-Person Socials and Sports Join us for sports and other limited socials returning to the center	11	Resources for Seniors Learn about local resources available to you at this time
6	In-Person and Remote Classes Check out the lineup of February classes both in-person and on Zoom!	12	Collage Pictures from your Senior Center staff and members

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 and we'll feature them on the back page of the next *The 50+ Scene*.

Lincoln Home National Historic Site



The sixteenth president of the United States was famously born in a log cabin, but moved on to more luxurious accommodations later in life. Through a collaboration between the National Park Service and Google Arts and Culture, it is now possible to take a virtual tour through the Lincoln Home.

[Click here for the picture tour](#)

[Click here for the YouTube video tour](#)

First Lady Portraits

Explore portraits of America's First Ladies and learn more about their lives, passions, and accomplishments in this selection from the Smithsonian National Portrait Gallery.

[Follow the link here](#)



Mount Vernon



The home of America's first president, Mount Vernon, is known for its stunning view of the Potomac River, beautiful preservation, and as Washington's final resting place. Explore this beautiful estate on an elaborate virtual tour, starting with a sunrise view from the front lawn.

[Follow the link here](#)

Nixon Presidential Library

The Richard Nixon Presidential Library and Museum offers a whole variety of video and virtual tours covering educational displays, their Apollo exhibit, galleries, gardens, and the Richard Nixon Birthplace. Explore all of these as well as photos and narratives of the permanent galleries.

[Follow the link here](#)



IN-PERSON SOCIAL AND SPORTS GROUPS

Cupertino TV Productions

Cupertino TV Productions is back in-person and on-site at the Senior Center once a month. Cupertino TV Productions 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.



Needlecraft

Wednesday, February 2 and 16
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 like the veteran's hospital, homeless shelters, and local hospitals. Yarn is provided to make donated items. Members are free. Registration is required.

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. Members are free.

Ping Pong

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 are free, non-members pay \$5.

Tuesday, February 8

Register for 8:30 a.m.

Register for 9:20 a.m.

[Table 1](#)

[Table 2](#)

[Table 1](#)

[Table 2](#)

Register for 10:10 a.m.

Register for 11 a.m.

[Table 1](#)

[Table 2](#)

[Table 1](#)

[Table 2](#)

Tuesday, February 22

Register for 8:30 a.m.

Register for 9:20 a.m.

[Table 1](#)

[Table 2](#)

[Table 1](#)

[Table 2](#)

Register for 10:10 a.m.

Register for 11 a.m.

[Table 1](#)

[Table 2](#)

[Table 1](#)

[Table 2](#)

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.**

Art

Chinese Brush Painting (on Zoom)

Monday, February 7 to 28
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.

Painting and Drawing at All Levels

Wednesday, January 5 to 26
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 Facilitators: Jerome Chin, Beth Garcia. Member fee is \$23.



Music

Advanced-Beginning Ukulele and HarmoniKatz

Tuesday, February 1 to 22
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, February 1 to 22
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 \$6.

CSC Wednesday Jam

Wednesday, February 2 to 23
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.

Rhythmaires Band

Wednesday, January 5 to
February 23, 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. Member fee is \$21.

CLASSES

Dance and Exercise

Feldenkrais Method®

Tuesday, February 1 to 22
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, January 19 to February 23
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 \$7.

Hula Performance Group

Wednesday, January 19 to February 23
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 \$14.

Line Dance - Improver/Intermediate

Tuesday, January 18 to February 22
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, January 19 to February 23
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 \$54.

Zumba Gold® (Zoom)

Wednesday, February 2 to 23
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.

Tech

Apple Assistance

Tuesday, January 25
February 8 and 22, 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! 1-hour appointments are scheduled on a first-come, first-serve basis. Instructor Brock Carpenter. Member fee is \$6.

iPad Beginning

Tuesday, January 11 to February 22
1 to 3 p.m.

Come learn all the new features of iOS 15 and become more familiar with your iPad with step-by-step instructions on how to use gestures, widgets, the control center, QuickType and QuickPath keyboard features, text editing, Siri, photos, and more. Members must bring a fully charged iPad to each class. iPad must have iOS 15. Please know your Apple account ID and password. Instructor Roz Schiros. Member fee is \$38.

new

iPhone Beginning

Wednesday, January 12 to February 23
1 to 3 p.m.

Learn all the latest functions of your iPhone from Instructor Roz Schiros with step-by-step instructions and handouts at each class. Increase your familiarity on how to use Setting options, Spotlight search, customizing your Control Center, organizing your applications, text editing, and more! Members must bring a fully charged iPhone to each class. iPhone must have iOS 15. Please know your Apple account ID and password. Member fee is \$38.

FREE VIRTUAL AND IN-PERSON LECTURES

Santa Clara County Library (Card Required)

new

Libby

Wednesday, January 26, 10 to 11 a.m.

Access thousands of eBooks and audiobooks on Libby for free. Enjoy reading across your electronic devices or listening through a book on the go. Learn how you can download these eBooks and audiobooks to continue reading or listening offline. Libby even allows you to connect what you are reading to your Kindle. Preregistration required. Workshop will be held in-person. Members free, non-members pay \$5.

Kanopy

Wednesday, February 23, 10 to 11 a.m.

Learn about how you may stream movies on your tv, smartphone, tablet, desktop, or laptop for free. Kanopy's collection includes critically acclaimed movies, documentaries, foreign films, classic cinema, independent films, educational videos, and more. Enjoy access to one of the largest film collections for instant entertainment at your fingertips. Preregistration required. Workshop will be held in-person. Members free, non-members pay \$5.

Healthy Habits, Healthy Life: Exercise Series (In Mandarin)

Presented by El Camino Hospital

Wednesday, February 16, 10 to 11:30
a.m.

健康百分百-運動單元:
你知道如何有效運動嗎?

週三, 2月16日, 10 - 11:30 a.m.

你了解什麼是有氧運動,什麼是肌力訓練嗎? 你知道要保持健康,建議的運動強度和運動量分別是什麼嗎? 你是否過於忙碌卻也想要動起來? 加入本期課程,了解並選擇適合您的運動方式,製定適合您的運動目標. 主講: 註冊營養師 秦譚 Naomi Qin, MS, RD.

[點擊此處註冊](#)

Fair Housing Workshop for Seniors (Online)

Thursday February 17, 3 p.m.

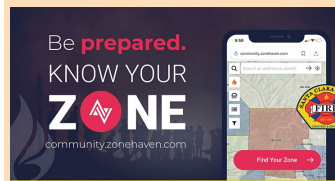
Learn about your fair housing rights. Project Sentinel will cover topics such as: reasonable accommodations for people with disabilities, reasonable modifications, source of income discrimination, and age discrimination.

[Click here to register](#)

Santa Clara County Fire Online Classes



Tuesday
February 1
4 to 5:30 p.m.



Thursday
February 3
6:30 to 7:30 p.m.



Thursday
February 10
11 a.m. to 12:15 p.m.



Wednesday
February 16
12:45 to 2 p.m.



Wednesday
February 23
12:45 to 1:45 p.m.

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 for updates and changes to this schedule as well as information about the reopening of other city facilities.

	Status	Reopening	Notes
Senior Center			
Senior Sports	Open		Tennis, Softball, Table Tennis
Front Desk - 2 Days per Week	Open Tu, W		Registration and classes
Senior Social Programs	Limited	Spring 2022	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 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			
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
老年社會項目	有限的	2022 年春天	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 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



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



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



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



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

