

THE 50+ SCENE

Shelter-in-Place Edition, 3/16/21

St. Patrick's Day
The History of the
celebration.

Page 2



CUPERTINO



Happy St. Patrick's Day! This March we offer you this newsletter jam-packed with activities, events, and challenges to get you up and moving. As the spring season comes into full swing, we encourage you to get outside and get some fresh air—but remember to stay safe and physically-distanced. Enjoy all the green that spring brings! Speaking of green, St. Patrick's Day is tomorrow. Ever wonder where all these March 17 celebrations come from?

Saint Patrick is the patron saint of Ireland and the holiday celebrates the traditionally recognized day of his death in the fifth century. Although the feast of St. Patrick has been celebrated in Ireland since the ninth or tenth century, the first St. Patrick's Day parade occurred in America in 1601. In 1848 the New York City St. Patrick's Day Parade was established, combining many smaller parades, and now it's the world's oldest civilian-organized parade.

One of the prevalent symbols of St. Patrick's Day is the three-leaf clover. While three leaves are good, four are better, as finding the four-leaf variant is recognized as a sign of good luck! So how does one go about finding this elusive plant?

Fortunately, *Scientific American* has put together a video that shows it's not as hard as it seems. If you're interested in tracking down a little extra good luck, check out the video [here](#).

St. Patrick's Day isn't the only thing teed up for the coming days. Take a look on page seven for our upcoming Scavenger Egg Hunt and Virtual Big Bunny 5k. Both events promise to get you some fresh air while exercising your body and your mind. They are sure to be a lot of fun, so give them a try. You might even find your new favorite Cupertino park in the process.

As long as we're encouraging you to stay healthy, we'd also love it if you took a look at #CupertinoCares' "Take the Pledge." The pledge encourages Cupertino residents to continue keeping our community safe and healthy by following some basic guidelines. Details on how to take the pledge can be found on page eight.

If you're participating in any of our events, be sure to snap some pictures! Send them to seniorcenter@cupertino.org and we'll include them on the back page of our next edition of *The 50+ Scene*. Your fellow members and Senior Center staff would love to see what you've been up to.

RESOURCES FOR SENIORS

The City of Cupertino's Case Management Program has offered extensive services facilitating various needs for participating senior residents including home visits, scheduling transportation, and completing forms and documents. Through research and review of the program, the City found that the Case Management Program overlapped with services offered by other community organizations. Aligning with the best practices of other municipalities and taking advantage of crucial services provided by other organizations that are experts in their fields, the City has decided to discontinue the Case Management Program as of February 22, and transition to a referral-based process. The City will continue to provide information to residents to assist them in obtaining help, but will no longer facilitate such help through extensive services.

The City of Cupertino has updated its website to include links to resources for our senior community. 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.

Past and future proceeds from the Senior Center's annual Hidden Treasures event will be consolidated into the Stay Active Fund. The fund will continue to help offset class and membership costs for at-need seniors as well as support informational seminars and events at the center.

The City thanks Adrianna Stankovich and Vivian Silva for their service to the Case Management Program and the clients they have served with dedication.

FACEBOOK

Join Our Facebook Group

The Cupertino Senior Center has a Facebook group on the [Parks and Recreation Facebook page](#) offering daily updates on all Senior Center activities. Senior Center members only! Join the group by clicking [here](#).

Puzzle Us This Competition

Solve as many daily puzzles as possible on our Facebook group! Themes change each round, so be sure to read the description! Points are awarded as follows:

+2 Points for being first to answer *correctly*

+1 Point for answering *correctly*

The most points after each round is the new Puzzle Master!

The Newly Crowned Puzzle Master

For the first time in "Puzzle Us This" history, we have a tie for the Puzzle Master crown. Congratulations Maureen Sarjeant and Judy Taylor on earning the shared Puzzle Master crown. These Puzzle Masters battled it out all the way to the end. Think you can solve our daily puzzles first and become the new Puzzle Master?

SENIOR ADVISORY COUNCIL

Monday, March 22, 1 p.m. to 2:15 p.m.

The Senior Advisory Council is a group of volunteers who meet bimonthly to discuss recent events and future suggestions for the Cupertino Senior Center. The group reports out on their various social groups' activities and provides input on upcoming projects and programs. They are always looking for stakeholders willing to provide insight about the Senior Center. If you are interested in attending, please send an email to senior_center@cupertino.org or call us at (408) 777-3150.

TABLE OF CONTENTS

| | | | |
|----------|--|-----------|---|
| 2 | Saint Patrick's Day Learn the history of the annual celebrations and a sneak peek at what's inside this issue! | 7 | Upcoming Events The Virtual Big Bunny 5k and Virtual Recreation's Egg Scavenger Hunt |
| 3 | Senior Center Web Services Facebook, Table of Contents, Senior Advisory, and Resources update | 8 | Health and Wellness Take the Pledge, Tax Resources, and Vaccine Information |
| 4 | Virtual Travel Our travel staff has put together listings of virtual tours and exhibits | 9 | Puzzles and Games Need some light entertainment? Check out this collection of puzzles |
| 5 | Remote Classes Check out the lineup of March and April Zoom classes | 11 | Resources for Seniors Learn about all the local resources available to you at this time |
| 6 | Upcoming Programs and Webinars Sign up for socials, informative webinars, and library offerings | 12 | Photo Collage See what the Senior Center members and staff have been up to |

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*.

Dalí Theatre-Museum



The Dalí Theatre-Museum is the largest surrealist object in the world. It is located at the site of the former Municipal Theatre, a 19th century construction destroyed at the end of the Spanish Civil War. On its ruins, Dalí decided to create his museum. Tour every gallery and view Dalí's wonderfully weird works on this interactive virtual tour.

[Follow the link here](#)

Legion of Honor

Hear classical music compositions complementing the Legion of Honor's collection of European masterworks recorded live on the Spreckels Organ, an enormous pipe organ built in 1924 and donated to Fine Arts Museums of San Francisco by the Spreckels family. Explore this new way to experience works of Rembrandt, Rodin, and more.

[Follow the link here](#)



Hot Springs National Park



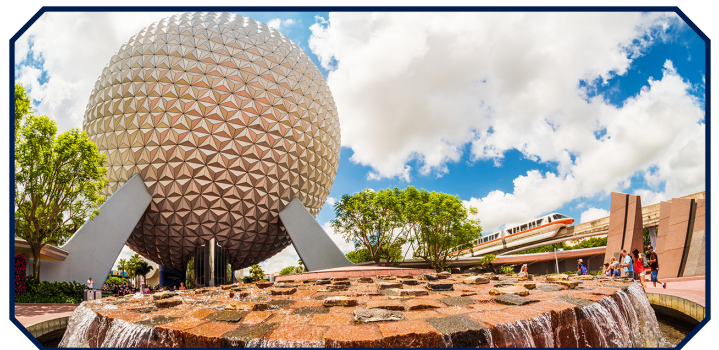
Hot Springs National Park has a long and colorful history, beginning long before its designation as Hot Springs Reservation in 1832. Learn about the people, stories, places, and more of this fascinating and unique National Park through photos, narratives, and even a virtual tour of Bathhouse Row.

[Follow the link here](#)

Disney Parks

Some will tell you that Disneyland or Disney World is the "most magical place on Earth". If you'd like to capture a little of that famous magic from home, try strolling around the Disneyland Resort, Disney's Animal Kingdom, Epcot, Pandora—World of Avatar, and more, all viewable through Google Street view. It's so immersive, you'll think you can smell the popcorn and churros on Main Street.

[Follow the link here](#)



REMOTE CLASSES

All classes on this page are held over Zoom. You will need to download the app to a computer, smartphone, or tablet to participate in these classes. **Click on the descriptions on this page to register.**

Chinese Calligraphy

Tuesday, March 2 and 16, April 6 and 20
3 p.m. to 5 p.m.

Learn the beautiful, artistic writing style of Chinese Calligraphy in a Zoom setting. Supplies needed include ink, paper, and paintbrush. Class taught in Mandarin. Instructors: Fred Jair, William Mann, Yuanfa Wang, and Yeou-Yen Cheng. Cupertino Senior Center members pay \$12, non-members pay \$17.

在“ZOOM”环境中學習中國書法優美,充滿藝術性的風格。四位充滿激情的志願者教練將輪流指導您的藝術進步。所需的材料包括墨水,紙張和毛筆。上課用普通話講課。講師: Fred Jair, William Mann, Yuanfa Wang, 和 Yeou-Yen Cheng。庫比蒂諾(Cupertino)老年中心會員支付12美元,非會員支付17美元。

Line Dance Beginning

Thursday, March 4 to April 29
7 p.m. to 8:30 p.m.

This line dance class is for new line dancers or those with limited experience. Improve your balance, memorization, and overall health! Instructor: Kathy Chang. Cupertino Senior Center members pay \$45, non-members pay \$50.

Line Dance Intermediate

Tuesday, March 2 to April 27
7 p.m. to 8:30 p.m.

The next level of line dance. Designed for those with some previous experience. Improve your balance, memorization, and overall health! Instructor: Kathy Chang. Cupertino Senior Center members pay \$45, non-members pay \$50.

Beading

Thursday, April 8 to 29
2:15 p.m. to 4:15 p.m.

Beading techniques will be learned through specific projects such as necklaces and earrings. Understanding written directions, observing demonstrations, use of beading tools, and new beading tricks will further sharpen your skills. The curriculum and supply list will be provided prior to the first day of class. Some beading experience is strongly recommended. Instructor: Deborah Hall. Cupertino Senior Center members pay \$40, non-members pay \$45.

Chair Exercise

Thursday, March 25 to April 15
5 p.m. to 5:45 p.m.

Join Marla in this exercise class designed to be performed from a seated position. All movements are adaptable to any ability level. Please ensure that your chair has a firm base with no wheels. Instructor: Marla Yonamine. Cupertino Senior Center members pay \$12, non-members pay \$17.

FREE VIRTUAL FITNESS CLASSES

| | | |
|----------------|------------------|--------------------------|
| Zumba | <i>Monday</i> | 9 a.m. to 10 a.m. |
| Bootcamp | <i>Tuesday</i> | 8:30 a.m. to 9:30 a.m. |
| Zumba Gold | <i>Wednesday</i> | 10:30 a.m. to 11:30 a.m. |
| Body Sculpting | <i>Thursday</i> | 10:30 a.m. to 11:30 a.m. |
| U-Jam® | <i>Friday</i> | 9 a.m. to 10 a.m. |
| Cardio Dance | <i>Friday</i> | noon to 1 p.m. |

Class Highlight - Feldenkrais

Feldenkrais Method®

Tuesday, April 6 to 27
10:30 a.m. to 11:30 a.m.

The Feldenkrais Method® is a powerful and revolutionary approach to improving your life that uses gentle, mindful movement to bring new awareness and possibility into every aspect of your life. Instructor: Michele Westlaken. Cupertino Senior Center members pay \$16, non-members pay \$21.



Interested in learning more about Feldenkrais? Click on the picture of Michele above to watch a short video showing off the gentle movement and meditation exercise. Otherwise, click anywhere in the description to register!

- "This class is like a treat in my 'stay healthy / fitness routine.' It is an enormous plus also for mental health (so precious at the moment). Michele knows how to create a caring and engaging environment with a relaxing positive spirit and stimulating smile and humor."
- "Michele is great because she takes the principals and lessons from the Feldenkrais techniques...and applies her own inspiration, so the classes never feel repetitious."

UPCOMING PROGRAMS AND WEBINARS

El Camino Health: Emotional Well-Being (in Mandarin)

Wednesday, March 24, 10 a.m. to 12 p.m.

心理健康系列講座 Emotional Well-Being: 情緒管理
週三, 3/24, 10 a.m. - 12 p.m.

我們都有“我就是沒法控制”的經驗, 但是你知道情緒管理是可以學習與進步的! 邀請大家一同探討與學習如何管理與表達我們的情緒. 主講: 臨床心理醫師李偉倩 Wei-Chien Lee, M.S., M.S. Ed., Ph.D. 向所有人開放.

[點擊此處註冊](#)

Santa Clara County Fire Crime Prevention and Home Fire Safety

Wednesday, March 24
10 a.m. to 11:30 a.m.

Learn how to protect yourself against fraud and identity theft and what to do if you are a victim of a scam. Also, learn important home fire safety tips and how to prevent fires in the home. Open to the public.

[Click here to register](#)

Preparing for Medical Emergencies

Tuesday, March 30
11 a.m. to 12:15 p.m.

Learn how to recognize medical emergencies, when to call 9-1-1, how to report emergencies, and what to do before help arrives. Get prepared and explore resources that can assist caregivers. Open to the public.

[Click here to register](#)

Fall Prevention

Thursday, April 1
1 p.m. to 2:15 p.m.

Learn to identify fall risks and how simple home modifications can prevent falls. Learn steps to prevent falls and what to do after a fall. Open to the public.

[Click here to register](#)

Book Discussion

Friday, April 2, 10 a.m. to 11 a.m.

Read a book and join the discussion. *The Alice Network* by Kate Quinn is next and interested readers may find it at their local library or online. Preregistration required. Members free, non-members pay \$5.

[Click here to register](#)

Virtual Games with Friends

Monday, April 5 and 19, 2 p.m. to 3 p.m.

Join for an afternoon of fun games with friends. Two devices with internet access required. We'll be playing Drawful, a virtual game similar to Pictionary, though without the requisite artistic skill. Preregistration required. Members free, non-members pay \$5.

[Click here to register](#)

Board Game Break

Wednesday, April 14, 2 p.m. to 3 p.m.

Join us for an hour of fun, friends, and classic board games! This month, we'll "Zoom" together and play the old favorite Scategories. Just grab a pencil and paper—everything else is provided. Preregistration required. Members free, non-members pay \$5.

[Click here to register](#)

Santa Clara County Library (Card Required)

Flipster

Wednesday, March 31, 10 a.m. to 11 a.m.

Miss your favorite magazines? Learn about Flipster and how to receive free access to *Consumer Reports*, *People*, *Time*, and more magazines online. Preregistration required. Members free, non-members pay \$5.

[Click here to register](#)

Ancestry Library

Wednesday April 28, 10 a.m. to 11 a.m.

Temporarily available for remote access while Libraries remain closed! Search genealogical records and learn about your family history. Preregistration required. Members free, non-members pay \$5.

[Click here to register](#)

UPCOMING EVENTS

City-Wide Egg Hunt

March 22 to 26

We're going on an egg hunt! From March 22 through 26, join the Cupertino Parks and Recreation Department on an egg hunt through our parks. Clues will be released once per day on the [Parks and Recreation Facebook page](#).



Solve the clue, visit the park, and find the egg (example to the left). When you find the first egg each day, you will see a bonus clue so you can keep the fun going by finding a second egg. Submit your entries at cupertino.org/virtualrecreation.

All correct answers will be entered in a raffle for one of five baskets for your own at-home egg hunt including plastic eggs with prizes, bunny ears, an egg decorating kit, and more. Raffle winners will pick up their prizes April 2. Participate every day for more chances to win!

How to Compete

- 1: Check out our [Facebook page](#) for your first clue
- 2: Decipher the clue and go to the park it describes
- 3: Find where in the park the first egg is hidden
- 4: Use the clue on the first egg to find the second egg
- 5: Go to cupertino.org/virtualrecreation, or scan the QR Code on either egg to tell us where you found it
- 6: Tune in all week for new clues!

BIG BUNNY 5K

April 3 to 11, 2021

The 2021 Big Bunny 5K is going virtual! Grab your family and friends and get energized for the Virtual Big Bunny 5K. You can choose to run, walk, or hop the race from home, your local park, or your favorite trail. You can do this virtual race on your own time, in your own space. This means you don't have to be in Cupertino to participate.

Wherever you decide to participate, share your journey with us! Snap some photos and videos of you, your friends, or your family and tag us using the hashtag #BB5K2021.

Each registration includes a t-shirt, race bib, water bottle stickers, bunny ears, and an enormous sense of accomplishment as you cross your homemade finish line.

[Register Now!](#)



Find more information about the Big Bunny 5k at: cupertino.org/bigbunny5k

HEALTH AND WELLNESS



Now that we're in the homestretch, we must continue to keep our guards up. We can't lose sight of the work we still have ahead of us.

That's why the City of Cupertino is calling on you to reaffirm your commitment to protect all of us and our neighbors by signing a pledge to continue to wear masks, physically distance, wash your hands, avoid gatherings, and more.

Join the #CupertinoCares team in continuing to keep our community safe and healthy by taking the pledge now at bit.ly/CupertinoPledge. Have your household take the pledge anytime from now through March 31 and be entered into a raffle to win a free family care package from the City.

The family care packages include:

- Four reusable face masks
- Four key chain hand sanitizers
- Sanitizing wipes
- Sidewalk chalk
- Crayons
- Coloring pages
- Heroes Wear Masks* children's book
- #CupertinoCares mug

Winners will be notified by Tuesday, April 6 and will be contacted to pick up their care package at the Quinlan Community Center on Thursday, April 8 from 4 p.m. to 6 p.m. or Friday, April 9 from 11 a.m. to 1 p.m.

Vaccine Information

The first COVID-19 vaccines have been authorized for use in the United States. Vaccinations have begun. These vaccines were tested among tens of thousands of volunteers to ensure that they are safe and effective. To learn more about the vaccine and who is currently eligible to receive it, please visit the Santa Clara County Department of Public Health's vaccine information webpage at sccfreevax.org.

Unsure if you're eligible to get your vaccination yet? Go to myturn.ca.gov and answer a few questions. It only takes a few minutes. If you're eligible and vaccine appointments are available through My Turn, you can schedule one. If it's not your turn yet or appointments are not available, you can register to be notified when you're eligible or when appointments open up.

2020 Tax Resources

AARP Foundation Tax-Aide

Tax-Aide is the nation's largest free, volunteer-run tax preparation and assistance program. It is designed to serve low- and moderate-income tax payers, with a special focus on those 60 and older, though no one is turned away. Starting February 1, call (888) 227-7669 for assistance in finding a Tax-Aide site, or visit their locator website for assistance.

[Click here for the Tax-Aide Locator](#)

West Valley Community Services and United Way Bay Area

West Valley Community Services (WVCS) is a Volunteer Income Tax Assistance (VITA) site under United Way Bay Area (UWBA), partnered with the IRS. The VITA program offers free tax help to individuals who make less than \$57,000 annually, persons with disabilities, and those who speak limited English. UWBA has many VITA locations throughout the Bay Area to assist with tax returns.

[Click here for the WVCS website](#)

[Click here for the UWBA tax site locator](#)

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

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

Medium

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

Hard

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

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Crossword

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

| | | | | | | | | | | | | | | |
|----|----|----|--|----|--|----|--|----|--|----|--|----|----|----|
| 1 | | 2 | | 3 | | 4 | | 5 | | 6 | | 7 | | 8 |
| | | | | | | | | | | | | | | |
| 9 | | | | | | | | 10 | | | | | | |
| | | | | | | | | | | | | | | |
| 11 | | | | 12 | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| 14 | | | | | | 15 | | | | | | 16 | | |
| | | | | | | | | | | | | | | |
| 18 | | | | | | | | 19 | | | | | | 20 |
| | | | | | | | | | | | | | | |
| 22 | | 23 | | | | | | 21 | | | | | 24 | |
| | | | | | | | | | | | | | | |
| 26 | | | | | | | | | | 27 | | | | |
| | | | | | | | | | | | | | | |
| | 28 | | | | | | | | | 29 | | | | |

Across

- 1 - Arctic plan almost could be workable (9)
- 6 - Bachelor remains for party (4)
- 9 - Horrible beheading initially caught by mobile camera (7)
- 10 - Panesar in form, dismissing Australian opener twice, could be so described (7)
- 11 - Cruel sort makes some progress (4)
- 12 - Debauched renegade worried Lawrence (10)

- 14 - They're happy to go downhill fast (6)
- 15 - The French go over to Spain for game (8)
- 18 - Instinctively let in any strays (8)
- 19 - Lessons lead to more examinations (6)
- 22 - Untidy woman's a hospital attendant (10)
- 24 - Daily tea (4)
- 26 - Worry about receptacle for gun (7)
- 27 - Pay attention after goalie's beginning to shine (7)
- 28 - Spike is heard from river (4)
- 29 - Morose nun's irate for a change (9)

Down

- 1 - Self-important old politician tucked into fresh soup (7)
- 2 - Agreement with one playing instrument (9)
- 3 - Underground pipe (4)
- 4 - Smart company's opening bar (6)
- 5 - Girl entertains star in US city (3,5)
- 6 - Newlywed needs to prepare for her partner (10)
- 7 - Boy with yen to meet a girl (5)
- 8 - Writer is jealous we hear (6)
- 13 - Keep company with awfully tense friar (10)
- 16 - Type of Western food (9)
- 17 - Ignorant solver can't do anything with such a crossword (8)
- 18 - Bring on popular Italian leader (6)
- 20 - Unusual arrangement of garnets (7)
- 21 - Affliction makes British leader delicate (6)
- 23 - Grumpy, certainly, but not rude ultimately (5)
- 25 - Outspoken member of House of Lords gives support (4)

Last Edition's Solve

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

Cupertino Senior Center

21251 Stevens Creek Boulevard
Cupertino, CA 95014

April 7 and April 21
9:30 a.m. to 4 p.m.

Schedule an Appointment
at: www.sccfreetest.org

Appointments Available 7
Days in Advance

Get Tested, Cupertino!

Get a FREE COVID-19 Test April 7 & 21



For more information, call 2-1-1
or visit SCCfreetest.org

The 50+ Scene Shelter-in-Place Edition, March 16, 2021

RESOURCES FOR SENIORS

Resource Referral Website

The City of Cupertino recently updated its website to include links to resources for our senior community. 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.

sccgov.org/daas

(408) 755-7600

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

Cupertino Senior Center • (408) 777-3150



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



Tonight's Full Moon is Called as Full Snow Moon.

Photo Credit: Chuck Handa

02.27.2021



Photo Credit: Gary Niemeyer



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