

# THE 50<sup>+</sup> SCENE

Shelter-in-Place Edition, 4/20/21

Earth and Arbor Days  
History of the holidays,  
what Cupertino is doing.

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CUPERTINO





**D**id you know Earth and Arbor Days are actually two separate holidays? Though both are celebrated in late April, Earth Day is always April 22 and Arbor Day is celebrated on the last Friday of the month. Read on to learn about the differences and what you can do to celebrate and support these environmentally-friendly holidays.

Arbor Day is the older of the two holidays, having been first celebrated in Nebraska in 1872. The original intent was to encourage the repopulation of trees in the state. Today the holiday is celebrated across the country either on the last Friday of April or when the climate allows. The focus has expanded beyond new tree planting to include tending to endangered plant species and other activities of environmental stewardship.

Earth Day, by contrast, is a relatively new holiday. Wisconsin Senator Gaylord Nelson first rallied the public to support a National Earth Day on April 22, 1970. Nelson's strong belief that Earth Day should be organized and propelled by a grassroots movement rather than politicians proved to be shrewd. It's estimated that one in ten Americans participated in the first Earth Day, bringing the idea to the national spotlight. Originally intended to bring awareness of

environmental concerns to the forefront, Earth Day has kept much of the same focus when celebrated today.

The City of Cupertino is encouraging everyone to participate in our celebration of Earth and Arbor Days this year. On April 24 from 10 a.m. to 5 p.m. the City's [Facebook Live](#) and [YouTube Live](#) accounts will be broadcasting the Restore our Earth Speaker Series hosted by Silicon Valley Youth Climate Action. Speakers will be discussing energy, waste, transportation, water, sustainability, and more—[the full lineup of speakers can be found here](#).

In the spirit of Arbor Day, perhaps you'd like to learn more about the City's trees. Maybe you've noticed the identification tags attached to some of our shady friends. Those are how you can identify a City-maintained tree! The yellow and green two-by-three-inch tag makes it easy to know who maintains the tree and can even let you access specific information about it. By visiting [The Tree Plotter App](#), you can discover information about each individual City tree like the tree's overall monetary benefit, property value, runoff prevention, energy and natural gas savings, heat prevention, air quality benefits, and more.

The Cupertino Senior Center wishes you happy Earth and Arbor Days!

## SENIOR CENTER UPDATES

### Exciting News from The Better Part!

The Better Part TV Productions volunteer group is pleased to announce the production of shows under their official name, Cupertino TV Productions (CTVP). The group decided this name better described their identity as a producer of innovative programs for TV and streaming services. In addition, CTVP is thrilled to announce the development of their new website. Visit CTVP's website to view guest photos, member bios, links to their past shows, cablecast schedules, and more. Enjoy exploring their new website and learn more about CTVP.

[Click here for CTVP's website](#)

### Senior Advisory Council

Monday, May 24, 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](mailto:senior_center@cupertino.org) or call us at (408) 777-3150.

## 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

Congratulations **Judy Taylor** on earning the highest number of points in the March puzzle competition and maintaining your Puzzle Master crown. The short March competition round was close until the end. The daily weekday puzzles are now posted in the [Senior Center Facebook group](#). Join the group to try win the Puzzle Master title and be crowned the next super solver in the next edition of "Puzzle Us This."

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# VIRTUAL TRAVEL

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

## Louvre



The most visited museum in the world. A former palace of Kings. Home to the Mona Lisa. The Louvre has many claims to fame and for the first time ever you can digitally explore the nearly half a million pieces that make up the largest museum in the world. Newly released in March of 2021, the Louvre now has posted its entire collection online, as well as fascinating virtual tours of special exhibits and even a Mona Lisa virtual reality experience.

[Follow the link here](#)

## Street Art

Explore the stories behind street art from around the world with the Google Cultural Institute. Listen to talking walls across the world through guided tours, online exhibitions, and animated "street art" made for the web. You can visit these creative works all across the globe, from Chile and the Azores, to South Africa and Mongolia.

[Follow the link here](#)



## World's Largest Cave



Take a trip to Vietnam and the Phong Nha-Ke Bang National Park. In this interactive virtual tour, you can wind your way along the river into the world's largest cave: Hang Son Doong. These stunning, high resolution photos will allow you to focus on each detail of this magnificent geological formation as if you were really there.

[Follow the link here](#)

## Georgia Aquarium Live Webcams

Do you have a favorite marine animal? Maybe it is the fierce piranha, the serene beluga whale, or the graceful jellyfish. The Georgia Aquarium has live webcams giving you an up-close view of every one of these animals and more. If you watch for long enough, you might even think you've spotted a mermaid.

[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.**

## Line Dance Beginning

Thursday, May 6 to June 24  
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 \$40, non-members pay \$45.

## Line Dance Intermediate

Tuesday, May 4 to June 22  
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 \$40, non-members pay \$45.

## Feldenkrais

Tuesday, May 4 to May 25  
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.

## FREE VIRTUAL FITNESS CLASSES

### Monday

**Zumba** 9 a.m. to 10 a.m.  
*Monica Ranes-Goldberg*

### Tuesday

**Bootcamp** 8:30 a.m. to 9:30 a.m.  
*Raychel Cruz*

### Wednesday

**Zumba Gold** 10:30 a.m. to 11:30 a.m.  
*Grace DuVal*

### Thursday

**Body Sculpting** 10:30 a.m. to 11:30 a.m.  
*Raychel Cruz*

### Friday

**U-Jam®** 9 a.m. to 10 a.m.  
*Monica Ranes-Goldberg*

### Cardio Dance

*Monica Ranes-Goldberg* noon to 1 p.m.

## Class Highlight - Beading

### Beading

Thursday, May 6 to 27  
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.



"The best part of this class is being like a family. It's happy, fun, and the most important thing is creativity."

"What I like about class is that it's relaxing—you work at your own pace, with lots of laughing and simpatico students."



# UPCOMING PROGRAMS AND WEBINARS



## Get Your Game On!

Wednesday, May 12, 2 to 3 p.m.

Whether you're a Scrabble master, a Monopoly titan, or a Clue sleuth, classic board games are one of the best ways to have some laughs with friends old and new. Join us for a little friendly competition as we conquer classic games online. This month, we'll "Zoom" together and play an old favorite, Scategories. Just grab a pencil and paper—all other instructions and supplies are provided. Preregistration required, space is limited. Members free, senior guests pay \$5.

[Click here to register](#)

## Santa Clara County Library (Card Required)

### 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](#)

### Universal Class Webinar

Wednesday, May 26, 1 p.m. to 2 p.m.

Learn about Universal Class and how you can access over 500 free, no-credit, continuing education online courses using your Santa Clara County library card. Enroll in up to five courses at a time with up to six months to finish each course. Preregistration required.

[Click here to register](#)

## Santa Clara County Fire

The Santa Clara County Fire Department offers interactive virtual classes to help you learn about and be prepared for emergencies. Click the titles below for more information and to register. Open to the public.

### Wildfire Preparedness: Ready, Set, Go

Wednesday, April 21, 6:30 p.m. to 8 p.m.

[Click here to register](#)

Tuesday, April 27, 6:30 p.m. to 8 p.m.

[Click here to register](#)

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### Fall Prevention

Wednesday, April 28, 11 a.m. to 12:15 p.m.

[Click here to register](#)

.....

### Be Ready: Be Prepared for Disasters!

Thursday, April 29, 6 p.m. to 7:30 p.m.

[Click here to register](#)

.....

### Wildfire Preparedness: Recovering from Wildfire

Tuesday, May 4, 6:30 p.m. to 8 p.m.

[Click here to register](#)

Monday, May 10, 6:30 p.m. to 8 p.m.

[Click here to register](#)

.....

### Preparing for Medical Emergencies

Thursday, May 6, 10 a.m. to 11:15 a.m.

[Click here to register](#)

.....

### Wildfire Preparedness: Understand Homeowners Insurance

Thursday, May 6, 6:30 p.m. to 7:30 p.m.

[Click here to register](#)

Wednesday, May 12, 6:30 p.m. to 7:30 p.m.

[Click here to register](#)



# STAY ACTIVE

## Older Americans Month

Thursday, May 6 to Thursday, May 27

Monday	Tuesday	Wednesday	Thursday	Friday
<p>"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." - Henry Ford</p>			<p>6 10 a.m. - <i>Time in Nature with Doug McConnell</i> 2 p.m. - <i>Mother's Day Dance Party</i></p>	<p>7 10 a.m. - <i>Brain Health Symposium</i> 11 a.m. - <i>Line Dance</i> 1:30 p.m. - <i>Cooking Class</i></p>
<p>10 10:30 a.m. - <i>Tai Chi</i></p>	<p>11 2 p.m. - <i>Tea &amp; Trivia</i></p>	<p>12 10:30 a.m. - <i>Zumba Gold</i></p>	<p>13 2 p.m. - <i>Mindful Meditation</i></p>	<p>14 10 a.m. - <i>California Master Plan for Aging: How Does It Benefit You?</i></p>
<p>17 2 p.m. - <i>Balance &amp; Brains</i></p>	<p>18 9:30 a.m. - <i>Go4Life Seniors Functional "Fitness Where You Are"</i> 1 p.m. - <i>Frauds &amp; Scams</i></p>	<p>19 9:30 a.m. - <i>Music &amp; Motion</i> 11 a.m. - <i>Gentle Mab Pilates</i></p>	<p>20 10 a.m. - <i>Fall Prevention Workshop</i> 10 a.m. - 2 p.m. - <i>Be Strong, Live Long Health &amp; Wellness Fair</i></p>	<p>21 1 p.m. - <i>Virtual Concert by Virtual Companions</i></p>
<p>24 11 a.m. - <i>Be Healthy, Be Fit</i></p>	<p>25 1 p.m. - <i>Deer Hollow Farm Virtual Tour</i> 2:30 p.m. - <i>Zumba Party: All Ages</i></p>	<p>26 1 p.m. - <i>Universal Class Webinar</i> 3 p.m. - <i>"Surfing for Life" Screening and Q &amp; A with Elder Surfers</i></p>	<p>27 2:30 p.m. - <i>Stretch &amp; Dance for the Soul</i></p>	

Join the Bay Area Older Adult Recreation Services (OARS) committee as we come together across three counties to celebrate Older Americans Month virtually. OARS participating cities will be providing a variety of free virtual workshops from May 6 to 27.

Click on the calendar to the left to see an expanded view.

To participate, please look at each workshop's [description and registration information here](#).

## Sports Socials



### 50+ Softball

Thursday, April 8 to December 9, 9 a.m. to 12 p.m.  
Get out, be happy, and bring a friend—50+ Softball is back! Memorial Park is the 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. Safety regulations from the Santa Clara County and the State of California must be followed to participate. Participants must bring their own gloves and bats. Member fee is \$50 for the season.

[Click here to register](#)

### 50+ Bocce Ball

Wednesday, May 5 to October 27, 9 a.m.

Enjoying the outdoors is easy to do while playing bocce at Blackberry Farm Park alongside the Stevens Creek Trail. Members can meet new people and have a great time while playing a game of bocce. First time players welcome, instructions are available. Safety regulations from the Santa Clara County and the State of California must be followed to participate. Free for members.



### 50+ Tennis

Tuesday, 9 a.m. to 11 a.m.

Come play tennis with other members on courts five and six at Memorial Park! New members welcome. Equipment not included. This is a Cupertino Senior Center drop-in tennis group, not a class. Safety regulations from the Santa Clara County and the State of California must be followed to participate. Free for members.





# HEALTH AND WELLNESS

## El Camino Health: Ask a Dietitian (in Mandarin)

每月線上問答 請問營養師

### Ask a Dietitian: 健康的烹調方式

時間: 週三, 10:30 a.m. – 12 p.m. 日期:  
5/12/21

營養師將在前三十分鐘根據主題,介紹營養學常識和一般人可能的誤解,之後一個小時開放問答. 歡迎您帶著您的問題來問營養師. 如果時間允許,我們會開放回答其它飲食問題.

歡迎在報名時事先提交您的問題,會優先得得到解答. 報名後您會收到參加視訊講座的連結. 向所有人開放.

[點擊此處註冊](#)

## Emergency Preparedness with Sourcewise

Thursday, April 29, 10 to 11 a.m.

Sourcewise aims to build awareness and education for older adults in Santa Clara County through the distribution of disaster preparedness materials and a video series. This presentation will prepare seniors for a variety of disasters and help them feel safe in case an emergency were to occur. Preregistration required. Open to the public.

[Click here to register](#)

## 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](http://sccfreevax.org).

Unsure if you're eligible to get your vaccination yet? Go to [myturn.ca.gov](http://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

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

Medium

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

Hard

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

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## Crossword

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

1		2		3		4		5		6		7		
														8
9								10						
11				12								13		
				14								15		
16								17						
18		19				20				21			22	
23				24								25		
				26								27		
28										29				
	30													

### Across

- 1 - After breaking law, Malawi cell holds one Scottish hero (7,7)
- 9 - Ridicule a politician, a silly person outwardly (7)
- 10 - Right English striker for return game (7)
- 11 - Seize most of returning craft (4)
- 12 - E.g. Ali could be quick-moving (5)
- 13 - Backing some officials but not of the clergy (4)
- 16 - Pompous, old and plump (7)

- 17 - Caught rector misbehaving? That's right (7)
- 18 - Discharge former partner on Greek island (7)
- 21 - Internet pages revealing location of spider's trap? (7)
- 23 - Give sharp edge to sweet stuff mostly (4)
- 24 - After short time woman gives the real facts (5)
- 25 - Left Dover? (4)
- 28 - Pious Tina sadly is taken in by cunning (7)
- 29 - Recluse from Eire met wacko (7)
- 30 - Showed grief at serene abbot's ruin (4,4,6)

### Down

- 1 - Age-old ice show's slammed as a pointless exercise (4-5,5)
- 2 - Back trouble initially left untreated by doctor in the past (7)
- 3 - One against religious image (4)
- 4 - Coped with fellow advanced in years (7)
- 5 - Bill staggered Cyril, showing fibre (7)
- 6 - Weak material (4)
- 7 - Get a new bed first for residence (7)
- 8 - Electroconvulsive therapy is what hairdresser offers! (5,9)
- 14 - Quilt from Venice originally seized by performing pair (5)
- 15 - Investigation puts pressure on awful bore (5)

### Last Edition's Solve

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



# Cupertino Senior Center

21251 Stevens Creek Boulevard  
Cupertino, CA 95014

May 5 and May 19  
9:30 a.m. to 4 p.m.

Schedule an Appointment  
at: [www.sccfreetest.org](http://www.sccfreetest.org)

Appointments Available 7  
Days in Advance

# Get Tested, Cupertino!

## Get a FREE COVID-19 Test May 5 & 19



For more information, call 2-1-1  
or visit [SCCfreetest.org](http://SCCfreetest.org)

The 50+ Scene Shelter-in-Place Edition, April 20, 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](http://cupertino.org/seniorresources) to view contact information for a variety of resource agencies. Resource categories include nutrition, transportation, counseling, elder abuse, and more.

## Santa Clara County Department of Aging and Adult Services

The Department of Aging and Adult Services (DAAS) promotes an Age-friendly community for all residents of Santa Clara County. DAAS strives to ensure a safe and independent lifestyle for older adults, dependent adults, and those with disabilities.

[scgov.org/daas](http://scgov.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](http://mysourcewise.com/medicare-options) or call (408) 350-3200 and select option two.

健康保險諮詢  
有關聯邦醫療咭,並相關的健康保險問題,有提供國、粵語翻譯.請上網安排約談

### Senior Adult Legal Aid (SALA)

Provides free assistance to elders for basic legal matters in public benefits, long-term care, elder abuse, housing, consumer issues, incapacity planning, probate alternative, and simple wills. Must be 60 or older and live in Santa Clara County.

(408) 295-5991

法律諮詢

為年滿60歲或以上並居住在聖克拉拉縣 (Santa Clara County) 的長者提供的免費諮詢: 包括基本公共利益的  
法律事項,長期護理,虐待長者,住屋,消費者的問題,未雨綢繆的規劃,其他遺囑認證的選擇並簡單遺囑等,請致電

(408) 295-5991

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](http://mysourcewise.com)



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

Dial 2-1-1

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



HEALTH • HOME • HEART

## West Valley Community Services

West Valley Community Services provides a continuum of basic needs, including an in-house and mobile food pantry, homeless support, affordable housing, emergency financial assistance, family support, referrals, education, and case management. West Valley Community Services serves homeless and low-income individuals and families.

(408) 255-8033

[wvcommunityservices.org](http://wvcommunityservices.org)





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



Photo Credit: Gary Niemeyer