

THE 50⁺ SCENE

Shelter-in-Place Edition, 6/22/21

Fourth of July

Happy Independence Day!

Page 2



CUPERTINO



Happy Fourth of July, Senior Center members! We hope you have some great plans for Independence Day this year and want to know what you are up to. Send pictures of your celebrations to senior_center@cupertino.org and we might include them on the back of the next edition of The 50+ Scene.

As we begin to emerge into the world after over a year of staying home, Fourth of July presents a great opportunity to gather with friends or family. Whether you decide to picnic, barbecue, or just want to spend some time outdoors in the sun, Cupertino Parks are ready for you. The City offers reservable picnic sites at Portal, Memorial, Linda Vista, and Blackberry Farm parks as well as many drop-in sites throughout the city. Click [here](#) to find an interactive map of all Cupertino parks. You can even sort by activity to find the perfect park for you!

So what is there to do at these outdoor gatherings? Well, if you decide to grill up some hot dogs this year, you will be in good company. An estimated 150 million hot dogs will be consumed over the Fourth of July holiday. According to estimates by the U.S. Census Bureau, there were only 2.5 million

people total living in the 13 colonies in 1776. My how things have changed!

If hot dogs are not your thing, but you still want to barbecue, know that you are carrying on a tradition that goes back to Virginians in the early 1800s. The Virginians would get together to smoke large animals over a pit using their own cooking techniques melded with the methods of the local Powhatans. The practice of barbecuing spread to political rallies celebrating Independence Day before it was an officially-recognized federal holiday (which didn't happen until 1870). Thus, the Fourth of July barbecue tradition was born.

Between the barbecue talk and the pictures above, we hope we are not making you too hungry. Do you recognize those tasty treats pictured? Regulars at our annual Independence Day Birthday Bash just might! Decorated by our tireless kitchen crew in years past, these delicious-looking snacks have our mouths watering in anticipation of the ever-closer return of monthly Birthday Bashes. On that note—check out page eight for more information on how and when the Senior Center will be starting to reopen its doors.

FROM THE DIRECTOR



When I joined the City of Cupertino in June of 2020, I did so remotely amid the COVID-19 pandemic. Despite the inability to engage with residents and staff in person, I immediately recognized the pride and care the City exudes. I've witnessed individuals exercise their creativity to interact with one another through virtual recreation, remote social gatherings, letter writing,

and wellness calls to maintain a healthy, positive, and connected community. The pandemic truly brought out the best in many people. It's been inspiring to see so many people step up when they were needed the most.

The City of Cupertino values its residents, its seniors, and its diversity. As we look to the future with hopes of re-emerging after staying at home, we anticipate the opportunity to welcome back members of our community to our programs and facilities and continue to celebrate the people and attributes that make our City special.

I look forward to seeing you soon... in person.

Joanne Magrini

Director, Cupertino Parks and Recreation

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. To join the group, you must be a Senior Center member. Join the group by clicking [here](#).

Puzzle Us This Competition

Solve as many daily puzzles as possible in 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 Reigning Puzzle Master

Last month the force was with **Judy Taylor** on maintaining her Puzzle Master crown in the May puzzle competition. Will anyone out solve this puzzle master and steal her crown? Join the [Senior Center Facebook group](#) to compete and win the Puzzle Master title to 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 and we'll feature them on the back page of the next *The 50+ Scene*.

Lane Motor Museum



Lane Motor Museum features 150 unique cars and motorcycles and is home to the largest European collection in the U.S. The vehicles date from the early 1900s all the way up to modern day and feature a varied collection of microcars, amphibious vehicles, military vehicles, alternative fuel vehicles, prototypes, one-of-a-kind vehicles, and motorcycles. Digitally wander through their collection and art gallery on this visual virtual tour.

[Follow the link here](#)

The White House

For more than 200 years, the White House has been the home of the Presidents and their families. The White House is the only private residence of a head of state that is open to the public, free of charge. Now you can explore this storied symbol from the comfort of your own home on a virtual tour, learning about the art, décor, portraits, and more.

[Follow the link here](#)



FarmFood 360 Apple Orchard



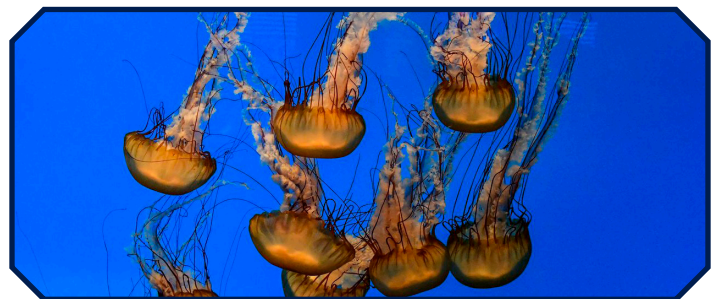
In this 360° tour, you'll learn about how apples are grown, packaged, and everything in between. You'll also meet Canadian apple growers Murray and Joel, who will explain the importance of working together and many other details of running an apple orchard.

[Follow the link here](#)

National Aquarium

Baltimore's National Aquarium is one of the top aquariums in the country, with 20,000 fishes, birds, amphibians, reptiles and marine mammals living in award-winning habitats. Explore this fascinating aquatic world, perusing livestreams of Blacktip Reef, Jellies Invasion, or the Pacific Coral Reef.

[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.](#)

Feldenkrais Method®

Tuesday, July 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.

[Click here to register](#)

Zumba Gold®

Wednesday, July 7 to 28
10:30 a.m. to 11:30 a.m.

Zumba Gold® is a dance exercise class designed for active adults 50+. The dances feature Latin moves such as Salsa, Cumbia, Cha Cha, and more. Steps are fun and easy to follow and learn. The class is designed to help improve balance, strength, and flexibility. Instructor: Grace DuVal. Cupertino Senior Center members pay \$21, non-members pay \$26.

[Click here to register](#)

Class Highlight - Line Dance

Line Dance Beginning

Thursday, July 8 to July 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 \$20, non-members pay \$25.

[Click here to register](#)



Line Dance Intermediate

Tuesday, July 6 to July 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 \$20, non-members pay \$25.

[Click here to register](#)

About the Instructor:

Kathy has been a line dance instructor and choreographer since 2006. She has won many awards for her work in line dance and the community and has been teaching classes from beginner to advanced levels at several locations in the Bay Area.

She and her husband live in Cupertino, where they raised their two children. Her hobbies include music, dance, and traveling. She really enjoys working with seniors, especially when she sees everyone getting energized in line dance class!

Participant Reviews:

"Kathy is a great teacher. She gives clear and easy-to-follow instructions. Her selection of songs and dances are excellent. Most importantly, she goes beyond and above to make sure all her students are having fun and doing well in class."

"The knowledge the instructor brings to the class and her teaching style makes the class so enjoyable!"

"Kathy demonstrates the dance steps clearly and she has a light-hearted personality. Kathy is very positive and is encouraging as an instructor. Everyone always enjoys Kathy's classes!"

VIRTUAL PROGRAMS AND EVENTS

Senior Advisory Council

Monday, July 26, 2 p.m. to 3:15 p.m.

Interested in knowing more about the Senior Center community? Want an update on plans to reopen the building for 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 Bedford

President, Cupertino Senior Advisory Council

Santa Clara County Library (Card Required)

new

Novelist Plus Book Recommendation

Wednesday, June 30, 10 a.m. to 11 a.m.

Looking for new books? Join this webinar to discover how you can find new titles to enjoy, lists of award winners, read-a-likes, book club discussion guides, and more. NoveList Plus analyzes your reading to give you personalized recommendations. Preregistration required. Members free, non-members pay \$5.

[Click here to register](#)

Discover & Go Webinar

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

Discover & Go is a virtual museum pass program that offers library users the ability to reserve passes to more than 50 museums and venues throughout the greater Bay Area. Attend this webinar to find out how you can reserve your passes. Preregistration required. Members free, non-members pay \$5.

[Click here to register](#)

Kanopy Webinar

Wednesday, August 25, 10 a.m. to 11 a.m.

Enjoy watching movies? Learn how you can stream movies for free from the *Criterion Collection*, *The Great Courses* series, independent films, documentaries, and more. Access up to 15 videos per month. Preregistration required. Members free, non-members pay \$5.

[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.

Tuesday, June 29, 10 a.m. to 11:30 a.m.



[Click here to register](#)

Wednesday, July 7, 10 a.m. to 11:15 a.m.



[Click here to register](#)

Thursday, July 15, 6 p.m. to 7 p.m.



[Click here to register](#)

Thursday, July 22, 6:30 p.m. to 8:30 p.m.



[Click here to register](#)

STAY ACTIVE

50+ Softball



Thursday, Ongoing through December 9,
9 a.m. to noon

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 City of Cupertino, 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, Ongoing 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 City of Cupertino, 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 City of Cupertino, Santa Clara County, and the State of California must be followed to participate. Free for members.

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.

	Current Status	Reopening	Notes
Senior Center	Closed	Fully Reopen in Late Fall	
Outdoor Senior Sports	Open		Bocce, Tennis, Softball
Front Desk - 2 Days per Week	Closed	Late Summer	Registration and rental permits Limited capacity classes
Front Desk - 5 Days per Week	Closed	Fall	
Senior Social Programs	Closed	Fall	Limited Capacity Table Tennis, Card Playing, Bridge, Cribbage, Mah Jongg, Bingo, Ballroom Dance, etc.
Luncheons and Trips	Closed	Early 2022	Birthday Bash, Lunch with Friends, Day Trips, and Other Events



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

Medium

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

Hard

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

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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				13							14		
				15							16		
17													
													18
		19									20		
21													
22				23							24		
				25							26		
27							28						
29											30		

Across

- 1 - Goal's beginning to stir up game (6)
- 4 - Ray waits nervously for flight (8)
- 9 - Tart performs turn to entice (7)
- 11 - Takes permanent possession of building extensions (7)
- 12 - Runs into policeman with whip (4)
- 13 - In discussion, brought up money (5)
- 14 - Caught old king with Ecstasy and another drug (4)

- 17 - Take back a sum fellow distributed to earn money quickly (4,1,4,4)
- 19 - He said I'll test new TV receiving equipment (9,4)
- 22 - Chap providing article about Los Angeles (4)
- 23 - Edible bulb used in cannelloni only (5)
- 24 - Sick son takes seat in church (4)
- 27 - Search for drink before playing game (7)
- 28 - I plunged into one river then another with lack of success (7)
- 29 - Exciting tale involved her till end of November (8)
- 30 - He needs new teacher for London area (6)

Down

- 1 - In Georgia a locum cured eye disease (8)
- 2 - Viewpoint of striking appearance (7)
- 3 - Slovenly woman is scum (4)
- 5 - Angrily remove football shirt and give reprimand? (4,1,5,3)
- 6 - For starters, it's now no smoking in pubs (4)
- 7 - Increase labour of one in Tussaud's (7)
- 8 - Enemy's confused by sycophants (3,3)
- 10 - Pretend not to have seen Annie belt Rudy viciously (4,1,5,3)
- 15 - The world is heartbroken (5)
- 16 - Accepting rule finally, leave in peace (5)
- 18 - Food, reportedly chief Chinese dish (4,4)
- 19 - M-master possibly showing this speech defect (7)
- 20 - Take legal possession of one thousand quid (7)
- 21 - Repeat standard codswallop (6)
- 25 - Bucket gives Penny trouble (4)
- 26 - Concealed English leather (4)

Last Edition's Solve

1	U	N	P	L	U	M	B	E	D	6	D	I	J	O	11	N
2	N	R	R	N	R	E	U	O	I							
3	T	H	E	R	I	T	E	O	F	S	P	R	I	N	G	
4	I	S	T	A	R	E	C	E	N	H						
5	E	A	S	Y	7	S	T	R	A	W	12	C	E	N	T	
6																
7	P	R	O	F	A	N	E	10	D	R	A	C	U	L	A	
8	O	N	U													
9	R	E	F	I	N	E	13	D	15	S	C	R	A	W	L	S
10	T	E	E	T	O	U	A	A	R							
11	F	I	R	M	14	S	M	O	C	K	16	M	I	N	T	
12	O	E	B	I	C											
13	L	I	N	C	O	L	N	M	E	M	O	R	I	A	L	
14	C	O	G	E	U	N	E									
15	V	E	R	T		O	L	D	S	T	A	G	E	R		

HEALTH AND WELLNESS

Emotional Well-Being Series (in Mandarin)

心理健康講座系列
每月第四個週三, 6/23, 7/28
10 a.m. – 12 p.m.

面對不可知的疫情發展和急速變化的外在環境, 每個人都有不同程度的身心壓力, 都需要學習調整適應, 培養心理的韌性。臨床心理醫師李偉倩, 擁有豐富的臨床經驗, 深諳心理健康問題的來源, 與我們生活中的人際關係與自我照顧等課題習習相關, 她會以生活中實際的案例, 實用可行的建議, 幫助我們學習如何強化我們的身心健康。

[點擊此處註冊](#)

Healthy Living for Your Brain and Body: Tips from the Latest Research

Thursday, July 15, 5 p.m. to 6:30 p.m.

For centuries, we've known that brain and body health is connected. Now science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Presented by the Alzheimer's Association.

[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.

National Safety Month

June is National Safety Month
Be prepared, not scared!
Create a Go Bag

Disasters can strike at any time and in any place. The Santa Clara County Fire Department reminds you to be ready and prepare a "Go Bag". A Go Bag is a small, portable bag or backpack that you grab on your way out the door.

Pack a separate Go Bag for yourself and each member of your household and keep it in an accessible location. Pack each person's bag with their specific essential items.

To learn more, we invite you to visit these websites:

[Home Preparedness Planning – Santa Clara County Fire Department](#)

[Ready, Set, Go - Santa Clara County Fire Department](#)

[Sign up for Emergency Alerts in Santa Clara County](#)



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.

(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

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



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



Morning glory and Katydid

06.20.2021