



THE 50+ SCENE

JULY/AUGUST 2018

CITY OF CUPERTINO SENIOR CENTER 408.777.3150

21251 STEVENS CREEK BLVD.



This July, explore everything your local parks and recreation has to offer! During **Parks and Recreation Month**, The National Recreation and Park Association (NRPA) challenges you to explore the “undiscovered” roles of local parks and recreation, like science, technology, engineering and math

(STEM) programming, senior programs such as our yoga, Qigong, and dance classes, or arts and music classes. There are always innovative health and wellness opportunities, community celebrations, outdoor education programs, and more, so check out all that we have to offer! Redefine how you think about your local parks and rec, and **uncover a lifetime of discovery!**

HIDDEN TREASURES WANTED

COLLECTING AUGUST 1- OCTOBER 12

Please donate your gently used jewelry, craft items, and knick-knacks to our Hidden Treasures fund raising event scheduled for Thursday, October 25. We will start collecting these items in August. Please check the front desk or the Senior Center website for a list of accepted donations. The proceeds will benefit our Case Management Program for at-risk seniors and the Stay Active Fund to provide assistance and offset the cost for Senior Center membership and classes. Thank you for your continued support.

耆英中心將在10/25日再次舉辦藏寶室募款活動, 所得將用做社工緊急經費和獎學金, 幫助中心會員. 請您收集不用的小擺飾, 首飾, 手工藝品等. 我們將從 8/1-10/12 接受捐贈品. 謝謝您的支持.

50+ GOLF TOURNAMENT

MONDAY, SEPTEMBER 10, 10AM

Tee off a great day with a morning of golf and then a no-host awards lunch at Hobbee’s Restaurant. Cost includes green fees and prizes. Members \$20, senior guests \$25. Pick up an entry form at the Senior Center or online at www.cupertino.org/senior.

Sign up early!

高爾夫球比賽-星期一, 9/10, 10am, 請到黑莓高爾夫球場享受一個愉快的早晨和午餐. 所付費用包括球場費, 三明治午餐, 和獎品. 會員\$20, 耆英來賓\$25. 如有意參加, 請來耆英中心領取比賽表格或到www.cupertino.org/senior 下載表格. 請提早登記

OPEN HOUSE—MEET THE STAFF

TUESDAY, JULY 31, 2PM

Have you seen some new faces behind the front desk and around the center? Come to our open house and meet the new staff and hear chat with the long-timers! Please sign up at the lobby table. Members free, senior guest pay \$5 day pass.

VOLUNTEER CORNER

**HIDDEN TREASURES
PLANNING MEETING
MONDAY, AUGUST 13
2-3PM**

We need many volunteers to sort through donated items on a weekly basis starting in September. You will get a preview of the donated items, and have fun! Please come to the planning meeting to find out how you can make this fundraising event a great success. Senior center membership is required.

藏寶室募款10/25活動籌備會, 今年的藏寶室募款活動將在日舉行, 我們將在8/13日 (在星期一) 2-3pm開籌備會, 希望大家來當義工. 請登記.

GREETING CARD VOLUNTEERS

The Senior Center is seeking a volunteer who wants to help organize and repurpose donated greeting cards to support the Senior Center’s bingo and case management programs, the latter of which benefits homebound seniors within the community. Contact Amanda Hui at AmandaH@Cupertino.org or 408.777.3150.

NEIGHBORHOOD EVENTS VOLUNTEER

Neighborhood Events is a new program in Cupertino featuring 34 activities at 11 parks, June 30-September 29. Enjoy movies, concerts, activities, and classes designed to bring the Cupertino community together. We are seeking volunteers to help serve popcorn, support activities, and more. To join the fun, contact David or Kristina at NeighborhoodEvents@Cupertino.org or 408-777-1308.

WHAT’S INSIDE

Tours & Trips.....	2, 3
July Highlights	4
July Calendar.....	5
August Calendar.....	6
August Highlights	7
Class Schedule	8
Class Highlights	9
Case Manager’s Corner	10



Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **July 11**, 8am; Non-member *begins* July 18.

→ Day Trip Preview starts at 7:30am ←

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

Let's Go to the Fair!

Monday, July 2, 9:30a-5p

Experience the Marin County Fair, an award-winning, not-your-average-fair renowned for presenting world-class events and exhibits showcasing the county's sustainable agriculture and artisan cuisine. Enjoy stellar entertainment, livestock shows, global marketplace, and delicious gourmet food like Tomales Bay oysters for your no-host lunch.

Member Cost: \$63

Marin County Ramble

Thursday, July 12, 8a-5:30p

Explore the beauty and bounty of Marin County with docent-led tours of the bountiful farmers market, as well as the site of a Coast Miwok Indian village. Enjoy a delicious lunch at Finnegan's of Marin.

Member Cost: \$101 - lunch included

School of Rock

Wednesday, July 18, 10:30a-6p

Experience Andrew Lloyd Webber's hilarious newest musical at the Orpheum Theater from our orchestra seats. Based on the hit film, this musical will teach you what it means to truly rock. Enjoy a no-host lunch before the show on Laurel Street in San Carlos.

Member Cost: \$138 - waitlist only

Les Miserables

Wednesday, August 22, 10a-7p

Experience the new production of Tony Award-winning musical phenomenon, *Les Miserables* from our orchestra seats at the Orpheum Theater. Enjoy a no-host lunch before the show at Westfield San Francisco Centre.

Member Cost: \$153

Behind-the-Scenes

California Academy of Sciences

Friday, August 24, 9a-5p

Explore the lesser-seen regions of the California Academy of Sciences! Discover what goes on behind the scenes learning what it takes to house nearly 46 million specimens. There will be time to see the museum exhibits and enjoy a no-host lunch before our tour.

Member Cost: \$109

Disney Family Museum and Nine Old Men



Thursday, September 13, 8:00a-4:30p

Join us for a visit to the happiest place in San Francisco – the Walt Disney Family Museum! Enjoy breakfast at the Sweet Maple Restaurant, then come along for a story teller tour in the main galleries, and time to explore the special exhibit *Nine Old Men: Masters of Animation*, featuring the artists who brought beloved characters such as Bambi and Peter Pan to life. Let the fun begin!

Member Cost: \$136 - breakfast included

Take Me Out To The Ball Game



Thursday, September 20, 10a-5:30p

The Oakland A's are celebrating 50 years at the Coliseum! Discover the many new and fantastic ballpark amenities for your no-host lunch, including the fun and fan-focused Treehouse. Enjoy a great day watching the game versus the LA Angels from our infield-level seats in the shade.

Member Cost: \$85

NEW 2019 Tour Presentation!

Tuesday, July 24, 2:30pm

Learn about our NEW 2019 tours to experience Ireland, New England Fall Colors, and the Pageant of the Masters.

Sign up at the front desk!

Ice Cream in the City*Wednesday, September 26, 10a-5:00p*

Join us for tastings at San Francisco's "cool" ice cream spots: Bi-Rite Creamery, Salt & Straw, and Smitten. Enjoy a hosted food truck lunch at eclectic Spark Social SF—definitely one of the most unique lunch spaces in the Bay Area!

Member Cost: \$94 - lunch included**The Story of Emilio and Gloria Estefan ON YOUR FEET!***Wednesday, October 3, 10a-7p*

Join the conga line from your orchestra seat at the Golden Gate Theater! *On Your Feet* is the inspiring true story about heart, heritage, and two people who believe in their talent—and each other—to become an international sensation: Gloria and Emilio Estefan. Enjoy a no-host lunch at Four Embarcadero Center in San Francisco.

Member Cost: \$142**Fleet Week Cruise**

aboard the S.S. Jeremiah O'Brien

*Sunday, October 7, 7:30a-7p*

Watch the jaw-dropping precision of the Navy air show pilots overhead as the spectacular Blue Angels roar over the Golden Gate Bridge, from the deck of the historic S.S. Jeremiah O'Brien. Enjoy a hosted meal provided by Bistro Boudin as you cruise, taking in amazing views of the San Francisco waterfront and the daring and breathtaking stunts of the Fleet Week air show.

Member Cost: \$189 - lunch included**Animal Adventures***Tuesday, October 16, 8:30a-5:30p*

See how shelter animals can make a difference at the Animal Rescue Foundation led by a professional trainer and her dog Cooper. Then enjoy a signature meal at Wence's before your "VIpeek" wildlife encounter at the Lindsay Wildlife Experience.

Member Cost: \$109 - lunch included**Day Trip Expo and Social***Monday, August 20, 1:30pm*

Learn about new and upcoming day trips, ask your travel questions, and fill out a trip reservation form for the next trip sign-up day on September 5. Sign up at the front desk!

Waitress, The Musical!*Wednesday, October 31, 10a-7p*

Join us at the Golden Gate Theater with orchestra seats for the uplifting musical *Waitress*, celebrating friendship, motherhood, and the magic of a well-made pie. Enjoy a no-host lunch before the matinee show at Belden Place, San Francisco.

Member Cost: \$142**Living History in San Juan Bautista***Saturday, November 3, 8:45a-4:15p*

Step back into the early days of San Juan Bautista. Meet mountain men, Civil War soldiers, and Victorian ladies. Tour the state historic park, including the mission, with a State Park Ranger as your guide, exploring the many cultures and characters of San Juan Bautista. Enjoy an included lunch at lovely Jardines de San Juan.

Member Cost: \$108 - lunch included**Nevada City Victorian Holiday***December 12-14 - 3 days*

Welcome the holiday season in style in historic Nevada City, a quaint Gold Rush town nestled in the foothills of the now-capped Sierra. Indulge in the holiday cheer and good tidings of the annual Victorian Christmas, as the town's picturesque downtown transforms into a genuine Christmas Card come to life.

Member Cost: \$825 per person, double*Travel Presentation Tuesday, July 31, 10am***Discover the South Pacific Wonders***March 19-April 2, 2019 - 15 days*

From the tropical-splendor of the Great Barrier Reef on Australia's northeast coast, to the ethereal beauty of New Zealand's South Island, this journey to lands "Down Under" brings you the best of both countries.

Member Cost: \$6,499 per person, double**OUT-TO-LUNCH BUNCH***Thursday, August 30, 11:30am***Kabul Afghan Cuisine**

351 W. Washington Ave., Sunnyvale, 94086

Please register at the front desk. Space is limited.

JULY ACTIVITY HIGHLIGHTS

Independence Day Celebration and July Birthday Bash

Tuesday, July 3, 12pm

Independence Day is coming early to the Cupertino Senior Center—get patriotic with us in your red, white, and blue! We will celebrate our nation's birthday and honor members with July birthdays, with American-themed music by the Rhythmaire's Band and BBQ'd burgers with all the fixings. Vegetarian option available when registering. Members \$10, senior guests add \$5 day pass. Sign up early, space is limited.

慶祝美國國慶-7/3 (星期), 12二 pm 請來聆聽本中心樂隊演奏愛國歌曲, 午餐是烤漢堡, 洋芋沙拉, 西瓜, 甜點和檸檬水. 我們將對七月壽星(會員)表示敬意. 會員 \$10, 來賓請加付當日活動費\$5, 註冊時可選擇素菜.請早登記.

Tino Dancers

Wednesday, July 18, 2:30pm

Come and see a group of students from Cupertino High School that will provide an afternoon of fun performing a variety of their artistic talents. Their performance will be composed of an arrangements of dance and musical instruments sure to please everyone! Members free, senior guests pay \$5 day pass. Sign up at lobby table.

FREE!

Acorn TV

Wednesday, July 11, 10-11am

NEW!

Learn how to enjoy unlimited streaming of 80+ TV series, consisting of 5,000+ hours of entertainment. New shows added weekly. Redeem a 7-day license that can be renewed upon expiration allowing you to resume an episode, or start a new show. Enjoy mysteries, dramas, comedies, and documentaries such as *Poldark*, *Foyle's War*, *Doc Martin*, *Inspector George Gently*, *Midsomes Murders*, *Agatha Christie's Poirot*, *Jack Irish*, and more. Presented by the Santa Clara County Library. Members free, senior guests pay \$5 day pass. Sign up at the front desk.

Monthly Movie

Wednesday, July 25, 1:30-3:30pm

FREE!

The Post (2018)- Katharine Graham is the first female publisher of a major American newspaper- The Washington Post. With help from editor Ben Bradlee, Graham races to catch up with The New York Times to expose a massive cover-up of government secrets that spans three decades and four U.S. presidents. Starring Meryl Steep and Tom Hanks. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

Glitches on the Road of Life

Monday, July 9, 1-2:30pm

Glitches on the road of life may surprise us. Some we expect, but most often we are forced to find a way to make sense out of the change while in a state of shock. Once we acknowledge our patterns when in transition, we might benefit from new ways to navigate the unknown territory. Vivian I. Silva, MSW will present an informative discussion on how to identify our strengths and manage life's surprises. Members free, senior guests pay \$5. Sign up at the lobby table.

FREE!

Discover & GO

Wednesday, July 25, 10-11am

FREE!

Discover & GO, a new virtual museum pass program for Santa Clara County Library District cardholders, offers library users the ability to reserve admission passes to more than 50 museums and venues throughout the greater Bay Area. Presented by the Santa Clara County Library. Members free, senior guests pay \$5 day pass. Sign up at the front desk.

Preparing Caregivers for Home Emergencies

Wednesday, July 11, 2:30-3:30pm

A joint presentation by the Santa Clara County Sheriff's Office and Fire Department. Do you know what to do in an emergency? Whether you are caring for a loved one, child, or even a pet, it is important to be prepared. In this joint presentation, you will learn how to recognize medical emergencies, when to call 9-1-1 and how to report emergencies, and what to do before help arrives. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

FREE!

Lunch with Friends

Wednesday, July 25, August 22, 11:45am

Join us for lunch! Pre-registration is required, and a vegetarian option is available when registering. Member fee \$8, senior guests add \$5 day pass.

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

July 25 - Chicken salad sandwiches, tomato soup

August 22 - Linguine and clams, salad, garlic bread

雞肉沙拉三明治, 蕃茄濃湯
蛤蜊扁麵, 沙拉, 香蒜包

JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
2 9:30-5 Let's Go to the Fair Trip 10-12 Golf for Seniors 12-4 Card Playing	3 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-11:30 Booktalk <i>The Dust Bowl Girls</i> by Lydia Reeder 12 Independence Day and July Birthday Bash (\$10) BBQ Hamburgers 烤漢堡 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓	4  Independence Day SENIOR CENTER CLOSED 耆英中心歇業一天	5 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	6 9:30-11:30 Rhythmairs Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-3 Book Review— <i>The Sunflower</i> by Richard Paul Evans 1:30-4 TechTime <hr/> 7 SATURDAY
9 10-12 Golf for Seniors 12-4 Card Playing 1-2:30 Glitches on the Road of Life 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社	10 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production—The Better Part 12-4 Card Playing	11 7:30 Day Trip Preview 8 New Trip Sign-up Day 9 50+ Bocce Ball @ Blackberry Farm Park 10-11 Acorn TV 10-11:30 Housing Workshop 10-12 Case Manager Consultation 社工諮詢 2:30-3:30 Preparing Caregivers for Medical Emergencies	12 8-5 Marin County Ramble Trip 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3-4:30 Caregiver Support Group	13 9:30-11:30 Rhythmairs Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime <hr/> 14 SATURDAY
16 10-12 Golf for Seniors 12-4 Card Playing 1 Volunteer Advisory Council Meeting <i>Visitors Welcome</i> 1:30 Volunteer Orientation	17 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production—The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓	18 9 50+ Bocce Ball @ Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 10:30-6 School of Rock Trip 1-2:30 Lets Talk Current Events 2:30-3:30 Tino Dancers	19 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	20 9:30-11:30 Rhythmairs Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime <hr/> 21 SATURDAY
23 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社	24 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production—The Better Part 12-4 Card Playing 2:30 New 2019 Tours Travel Presentation	25 9 50+ Bocce Ball @ Blackberry Farm Park 10-11 Discover & GO 10-12 Case Manager Consultation 社工諮詢 11:45 Lunch with Friends (\$8) 雞肉沙拉三明治 1:30-3:30 Monthly Movie - <i>The Post</i> (2018)	26 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	27 9:30-11:30 Rhythmairs Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime <hr/> 28 SATURDAY
30 10-12 Golf for Seniors 12-4 Card Playing	31 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10 Nevada City Holiday Travel Presentation 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 2 Open House—Meet the Staff	<div style="border: 1px solid black; padding: 10px;"> <p>CITY OF CUPERTINO SENIOR CENTER 408.777.3150 Hours: Monday-Thursday 8am-9pm, Friday 8am-5pm, Saturday 8:30am-4:30pm Email: SeniorCtr@Cupertino.org Website: www.cupertino.org/senior Find us on Facebook and Yelp!</p> </div>		

AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
<p>CITY OF CUPERTINO SENIOR CENTER 408.777.3150</p> <p><i>Hours: Monday-Thursday 8am-9pm, Friday 8am-5pm, Saturday 8:30am-4:30pm</i></p> <p><i>Email: SeniorCntr@Cupertino.org</i> <i>Website: www.cupertino.org/senior</i></p> <p>Find us on Facebook and Yelp!</p>		<p>1 9 50+ Bocce Ball @ Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 Hidden Treasures Collection begins!</p>	<p>2 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>3 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-3 Book Review-At the Existentialist Café by Sarah Bakewell 1:30-4 TechTime</p> <hr/> <p>4 SATURDAY</p>
<p>6 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Volunteer Orientation</p>	<p>7 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10-12 TV Production-The Better Part 10-11:30 Booktalk-Testimony by Anita Shreve 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>8 9 50+ Bocce Ball @ Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12 Card Playing 12 August Birthday Bash (\$10) BBQ Ribs 香烤排骨</p>	<p>9 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3-4:30 Caregiver Support Group</p>	<p>10 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p> <hr/> <p>11 SATURDAY</p>
<p>13 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2-3 Hidden Treasures Planning Meeting 2:05-3:35 Ballroom Dance Social 交際舞社</p>	<p>14 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 Android Workshop 10-12 TV Production-The Better Part 12-4 Card Playing</p>	<p>15 9 50+ Bocce Ball @ Blackberry Farm Park 10-11 Golf Tournament Planning Meeting 10-11 Flipster 10-12 Case Manager Consultation 社工諮詢 1-2:30 Lets Talk Current Events</p>	<p>16 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>17 8:30 Newsletter Collating 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime</p> <hr/> <p>18 SATURDAY</p>
<p>20 8 September/October Registration begins 10-12 Golf for Seniors 12-4 Card Playing 1:30 Day Trip Preview</p>	<p>21 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 iPhone Workshop 10-12 TV Production-The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>22 9 50+ Bocce Ball @ Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 10-7 Les Miserables Trip 11:45 Lunch with Friends (\$8) Linguine and Clams 蛤蜊扁麵 12 Card Playing 1:30-3 Monthly Movie - The Social Network (2010)</p>	<p>23 9-12 50+ Softball 9:30-11:30 Android Workshop 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>24 9-5 Behind-the-Scenes California Academy of Sciences Trip 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 Tech Time</p> <hr/> <p>25 SATURDAY</p>

SENIOR CENTER MAINTENANCE CLOSURE AUGUST 27-31
 CUPERTINO SENIOR CENTER WILL BE CLOSED MONDAY, AUGUST 27 THROUGH FRIDAY, AUGUST 31, FOR CITY STAFF TO PERFORM PREVENTATIVE AND GENERAL MAINTENANCE.
 WE WILL REOPEN ON TUESDAY, SEPTEMBER 4TH.
 8/27-8/31 中心維修, 歇業一週. 請見諒! 9/4 (星期二)照常營業.

AUGUST ACTIVITY HIGHLIGHTS

August Birthday Bash

Wednesday, August 8, 12pm

Join us for this outdoors-themed lunch and experience the outdoor life with naturalist and photographer Joan Sparks. Joan will display her beautiful animal photography and describe the conditions a freelance nature photographer faces out in the wilderness. Menu includes BBQ ribs, coleslaw, and cornbread. Then, relish the joy of a special s'mores dessert. Vegetarian option available when registering. Members with August birthdays will be honored. Members \$10, senior guests add \$5 day pass.

八月慶生宴，星期三，8/8,12pm，享受美味的午餐同時可以聽到自然學家分享戶外生活經驗。午餐包括香烤排骨，涼拌卷心菜，玉米麵包，烤棉花糖點心，素食者登記時請註明。我們將為八月壽星慶生，請預先登記，會員\$10，非會員多加當日活動票\$5。

Book Review Meeting

First Friday of the month, 1:30-3pm

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

July 6 - *The Sunflower* - by Richard Pau Evans, reviewed by open discussion

August 3 - *At the Existentialist Café* - by Sarah Bakewell, reviewed by Jeanne Payer

Monthly Movie

FREE!

Wednesday, August 22, 1:30-3:30pm

The Social Network (2010)- In 2003, Harvard undergrad and computer genius Mark Zuckerberg (Jesse Eisenberg) begins work on a new concept that eventually turns into the global social network known as Facebook. Based on the book *The Accidental Billionaires*. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

50+ Bocce Ball

FREE!

Wednesday through October 31, 9am

Enjoy the outdoors in Cupertino's Blackberry Farm Park alongside the Stevens Creek Trail. Meet new people and have fun while playing Bocce. First time players welcome, instructions are available. Membership is required.

Meet Our New Staff!

We are pleased to announce the newest staff members joining our senior center team. Robert, a bay area native, comes to us from the City of Saratoga. Robert graduated from SJSU with his degree in business administration. We know you are going to love Robert! Please join us in extending a warm welcome to Robert as our new Senior Office Assistant! Just as important - please give Jason a big hello! He is a Cupertino native and has been working for the City since 2004. Jason recently participated in a very competitive recruitment process for the Recreation Coordinator position. Jason received the promotion through his demonstration of hard work, dedication, and can-do attitude. Please welcome Jason to our team!

Flipster

FREE!

Wednesday, August 15, 10-11am

Enjoy reading magazines and want them for free? Come learn about Flipster. Thanks to the Cupertino Library you can receive access to read *Consumer Reports*, *People*, *Time*, *Sports Illustrated*, *Entertainment Weekly*, *Entrepreneur*, *Zoobooks*, *Ranger Rick*, and more magazines to enjoy online. Read magazines in a browser or download to a mobile device. Members free, senior guests pay \$5 day pass. Sign up at the front desk.

50+ Softball

Thursday through December 6, 9am-12pm

Get out, be happy, and bring a friend—50+ Softball is back! Memorial Park is the home of the Cupertino Geezers who warm-up and take batting practice beginning at 9am. A pick-up game starts promptly at 10am each week. Fee is \$43 for the season. Senior Center membership is required.

Let's Talk Current Events

FREE!

Wednesday, July 18, August 15, 1-2:30pm

Nancy McGinnis, legal specialist and current lecturer at San Francisco State University, will facilitate a lively discussion on important and interesting topics. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.



Summer Western Film Series

FREE!

Tuesday, August 7, 14, 21, September 4, 11, 18, 5-8pm

A six week film festival geared towards beautiful, old western cinema provided by the Cupertino Library! A spirited discussion follows each film. View a description of each film for the series when you sign up. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS JUNE 25	DAY	DATES	No CLASS	TIME	INSTRUCTOR	MEMBER FEE
Accordion	T	8/7-10/2	8/28	1:35-3:10	R. DiBono	\$20
Beading	Th	7/12-8/2		1:30-3:30	D. Hall	\$35
Brain Club	M	7/2-8/20		3-4:30	C. Hall	\$20
Bridge - Advanced Beginning: Tips on Card Play	Sa	7/7-7/28		10-12	P. Davis	\$28
Bridge - Advanced Beginning: Tips on Card Play	Sa	8/4-8/25	8/11	10-12	P. Davis	\$22
Chair Exercise 座椅運動	M & Th	7/23-9/6	8/27, 8/30, 9/3	10:15-11:15	P. Hu	\$45
Chinese Brush Painting 傳統與現代中國畫	M	7/2-8/20		8:30-10:30	M. Lee	\$60
Chinese Brush Painting 傳統與現代中國畫	M	7/2-8/20		10:40-12:40	M. Lee	\$60
Chinese Calligraphy 書法班	T	7/3-8/21		12:50-2:50	F. Jair, W. Mann	\$15
Chinese Calligraphy 書法班	T	7/3-8/21		3-5	Y. Wang, Y. Cheng	\$15
Citizenship Class 公民班	M, T, F	7/2-8/24		8:15-9:45	V. Wong	\$20
Conversational English 英語會話班	M & T	7/30-10/2	8/27, 8/28, 9/3	10-11:45	P. Chun, V. Wong	\$20
Conversational Mandarin	Th	7/12-9/20	8/30	9-10:30	L. Gao	\$40
Cooking w/ Suzanne: Organic Mediterranean Summer	Tu	7/24		10-2	S. Vandyck	\$55
Cooking w/ Suzanne: Moroccan Cuisine	Tu	8/21		10-2	S. Vandyck	\$55
Energy Baugua/Walking Meditation	Sa	7/21-9/22		11-12	J. Zhou, E. Shu	\$20
ESL - Basic and Easy 初級英語班	M	7/2-8/20		10-12	L. North	\$25
ESL - Intermediate 初高級英語班	W	6/27-8/22	7/4	10-12	L. North	\$25
ESL - Advanced	Th	7/19-9/13		11-1	L. North	\$25
ESL - Intermediate Conversation 中級會話班	T	8/21-10/16	7/4	1:30-3	J. Andrushko	\$20
Feldenkrais Method	FLEX T	7/10-9/4	8/30	9:30-10:30	M. Westlaken	\$40
Hatha Yoga	FLEX Th	6/28-8/16		2:30-3:30	V. Bhat	\$50
Hula Dance - Beginning	M	7/23-9/10	8/27, 9/3	11:45-12:40	J. Pereria-Anderson	\$15
Hula Dance - Performance Group	M	7/23-9/10	8/27, 9/3	12:55-1:55	J. Pereria-Anderson	\$15
Nutrition Made Easy: Frozen Sweet Treats	Sa	7/21		10-12	J. Oh	\$40
Nutrition Made Easy: Understanding Hypertension	F	7/13		1:30-3:30	J. Oh	\$25
Nutrition Made Easy: Relieving Aches & Pains	F	8/17		1:30-3:30	J. Oh	\$25
Nutrition Made Easy: Quick Lunches & Snacks	Sa	8/25		10-12	J. Oh	\$40
Tai Chi for 50+ - Level I	Th	7/5-9/27	8/30	8:30-9:25	J. Madonich	\$60
Tai Chi for 50+ - Level II	Th	7/5-9/27	8/30	9:35-10:30	J. Madonich	\$60
Tai Chi for 50+ - Level III	Th	7/5-9/27	8/30	10:40-11:35	J. Madonich	\$60
Tai Chi - Qigong at the Quinlan Center	Th	7/26-8/30		2-3	A. Kroth	\$40
U.S. History Seminar	T	8/7-9/4	8/28	12:35-1:35	R. DiBono	\$15
VivAsia Lotus	FLEX Sa	7/7-8/25	8/11	10-11	M. Kao	\$18
VivAsia Chair Lotus	FLEX Sa	7/7-8/25	8/11	11:15-12:15	M. Kao	\$18
Yoga for 50+ - Beyond Barre Stretch & Balance	FLEX T	7/10-8/21		4-5	P. Hu	\$35
Yuan Chih Dance 元極舞	F	6/29-8/17		10-11:30	Annie & Helen	\$15
Zumba Toning Balance	FLEX W	7/11-8/22		2:30-3:30	P. Hu	\$32
Zumba Gold at the Quinlan Center 中老年尊巴	FLEX M	7/2-8/20		2:30-3:30	P. Hu	\$37
Zumba Gold at the Quinlan Center 中老年尊巴	FLEX F	7/6-8/31		2:30-3:30	G. DuVal	\$37
EVENING CLASSES						
Line Dance - Beginning 初級排舞	Th	6/28-8/23	7/19	7-8:30	K. Chang	\$48
Line Dance - Beginning/Intermediate 先進初級排舞	T	7/3-8/21		7-8:30	K. Chang	\$48
Yoga Foundations	Th	7/5-8/23		5:15-6:30	E. Meir	\$40
COMPUTER AND TECHNOLOGY CLASSES						
iPad Beginning	T	6/26-8/7		1-3	R. Schiros	\$38
iPad Intermediate	Th	6/28-8/9		1-3	R. Schiros	\$38

CLASS HIGHLIGHTS

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

Cooking with Suzanne:

Organic Mediterranean Summer Salads

Tuesday, July 24, 10am-2pm

On hot summer days, there is nothing more rewarding than bringing the Mediterranean to your kitchen. International Chef Suzanne will demonstrate vibrant and refreshing salads like: Cypriote—(grilled halloumi cheese on arugula greens and fennel with pomegranate and mint dressing). Fattoush—(a Lebanese tomato, cucumber and mixed fresh herb salad with toasted pita breads). Moroccan mixed bean salad with tomato, herb, and spice-infused dressing. All dishes accompanied by her oven-fresh organic Greek olive bread. Member fee \$55.

Cooking with Suzanne:

Moroccan Cuisine

Tuesday, August 21, 10am-2pm

Our international chef is taking you around the world again with flavorful exotic dishes and spices. Moroccan cuisine is rich in spices to enhance (not mask) the flavor of food. International Chef Suzanne traveled to Morocco and brought back some exciting recipes that will be made in class: flavorful chicken tagine with preserved lemons and olives, harissa (spice condiment), whole wheat couscous with apricots and fresh herbs, colorful and healthy carrot salad with fresh herbs, and a date and orange blossom dessert paired with a traditional soothing mint tea. Member fee \$55.

Apple Assistance

Check out the September/October 50+ *Scene* for Apple Assistance. Registration will be available August 20.

Tai-Chi Qigong at Quinlan Center

Thursday, 7/26-8/30, 2-3pm

The benefits of Qigong are endless... it boosts your immune system, improves sleep, lowers blood pressure, reduces joint pain, increases energy and reduces stress. Give it a try. Member fee is \$40.

De Anza Cardio-Vascular Training

Mon/Wed 9-9:50am

Classes are held at the senior center, and Cupertino Senior Center membership is required. Register at the first class or call Casey at (408)864-5409.

Nutrition Made Easy:

Understanding Hypertension Presentation

Friday, July 13, 1:30-3:30pm

Concerned about hypertension? Want to understand what to eat, how to lower your blood pressure, and reduce your cholesterol levels? Join us for an informative workshop on easy tips and techniques to reduce hypertension. Samples of healthy snacks provided. Instructor Jen Oh. Member fee \$25 includes materials and samples.

Nutrition Made Easy:

Frozen Sweet Treats Cooking Class

Saturday, July 21, 10am-12pm

Beat the heat and still enjoy sweet treats! In this workshop we'll create three frozen treats that will satisfy any sweet tooth. All ingredients provided and everyone will go home with samples of each to enjoy later. Instructor Jen Oh. Member fee \$40 includes materials and take-home treats.

Nutrition Made Easy:

Relieving Aches and Pains Presentation

Friday, August 17, 1:30-3:30pm

Join us for an informative discussion on how to relieve aches and pains. Discover what foods help reduce inflammation, improve arthritis, and increase agility. Workshop also includes samples of healthy snacks that aid in reducing arthritis and joint pain. Instructor Jen Oh. Member fee \$25 includes materials and samples.

Nutrition Made Easy:

Quick Lunches and Snacks Cooking Class

Saturday, August 25, 10am-12pm

Lunch is often the hardest meal—expensive, unsatisfying, rushed, or worse... not eaten! In this workshop we'll make three simple, delicious, and healthy lunches and snacks everyone will enjoy. Great to take to the office or pack for school. All attendees make and take home the dishes to enjoy later! Any diet/preference can be accommodated. Instructor Jen Oh. Member fee \$40, includes materials and take-home treats.

CASE MANAGER'S CORNER

Case Management Program

This program helps seniors obtain community resources enabling them to remain independent and safe in their home. Case Managers provide assessments to determine the needs for services; coordinate and ensure legal services are in place. Home visits can be provided to homebound seniors living in Cupertino. Free service, membership required.

Drop-in Consultations with Case Managers are Wednesday, 10am-12pm or by appointment Monday-Friday, 8am-5pm. Mandarin and Cantonese language appointments are available.

本中心為住在庫市的耆英提供社工服務。該服務包括為耆英尋找各種社區資源以助耆英繼續過獨立和安全的的生活。行動不便的長者。社工可提供家訪。此服務免費，需會員。社工可以講國粵語。星期三，早上10至中午12，無需預約。週一至五，辦公時間早上8到下午5，需預約。

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, July 9, 23, August 13, 1:30-2:30pm

Tuesday, July 3, 17, 31, August 7, 21, 12:15-1:15pm

DROP-IN GROUP

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

Caregiver Support Group

Thursday, July 12, August 9, 3-4:30pm

SCHEDULED APPOINTMENTS

Please call 408.777.3150 to make appointments for the following services:

Health Insurance Counseling (HICAP)

Monday, July 9, 23, August 13, 1-3pm

Consultation on Medicare and health insurance. 健康保險諮詢-中文服務

Housing Resource

Monday, July 2, 16, August 6, 20, 1:30-3:30pm

Cupertino Senior Center provides lists of housing as a resource. Due to limited staff resources, staff are not able to make calls, fill out applications, or deliver housing applications for you.

租屋諮詢 - 7/16, 8/6, 8/20, (週一), 1:30-3:30pm
耆英中心會為長者提供老人公寓名單作為參考。由於資源有限，本中心員工將不能為長者打電話查詢公寓資料，填寫公寓表格，或遞送表格。

Senior Adult Legal Aid (SALA)

Friday, July 6, 13, 20, August 3, 10, 17

10:30am-12:30pm

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

法律諮詢 7/6, 7/13, 7/20, 8/3, 8/10, 8/17, 10:30am-12:30pm
60歲以上，並住在聖縣。

JULY/AUGUST 2018

THE SCENE

50+

Volunteer Opportunity Front Desk Volunteer

Front Desk Volunteers create a bright, vibrant, and wonderful place to be for the 50+ community. If you are interested in becoming a Front Desk Volunteer, please contact Amanda Hui at AmandaH@Cupertino.org or 408.777.3150. Bi-lingual speakers are highly desired.

招募前臺義工
前臺義工為耆英中心創造一個50+的好去處，邀請你也來參加前臺義工的行列。有興趣者或想了解詳情，請與 Amanda Hui 聯絡，[電郵amandah@cupertino.org](mailto:amandah@cupertino.org) 或撥 408.777.3150

FIRST CLASS MAIL

www.cupertino.org/seniorcenterfacebook

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408.777.3150

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City of Cupertino Senior Center