

## GET YOUR PLAY ON

This summer, discover the power of play and adventure! July is Parks and Recreation Month at the Cupertino Senior Center and this year we are focusing on the vitality of play to mental creativity, health, and happiness.

We all need to play and the Cupertino Senior Center has many ways for you to “get your play on” this summer and all year long. Check out the new Painting in the Park to play with creativity. Get out and play Bocce, Ping Pong, Softball, Cribbage or join the new Brain Club and play brain games. Play and the Cupertino Senior Center go hand in

hand so “get your play on” and be creative, healthy and happy.



## HIDDEN TREASURES WANTED

**COLLECTING AUGUST 1–OCTOBER 13**

Please donate your gently used jewelry, craft items, and knick-knacks to our Hidden Treasures fund raising event scheduled for Thursday, October 26. 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10/26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8/1-10/13接受捐贈品。謝謝您的支持。

## PAINTING IN THE PARK



**FRIDAY, JULY 28, 6-8PM - LINDA VISTA PARK**  
**FRIDAY, AUGUST 11, 6-8PM - JOLLYMAN PARK**

Bring a picnic and try your hand at brush painting while out in the park. Award-winning artist May Shei will lead students through a step-by-step painting of contemporary Chinese flowers and insects, utilizing traditional brushes and watercolor on rice paper. All materials are included. Bring your own picnic. Space is limited, pre-registration required. Instructor May Shei. Member fee \$55. 公園繪畫營-星期五, 7/28, 6-8pm-Linda Vista 公園, 星期五, 8/11, 6-8pm-Jollyman 公園, 帶上你的野餐和畫筆到公園畫畫。獲獎藝術家May Shei將會教學生一步步的如何使用傳統的筆和水彩來畫現代的中國畫。所付費用收費包括材料, 野餐請自備, 名額有限, 會員\$55.

## VOLUNTEER CORNER

**HIDDEN TREASURES  
 PLANNING MEETING  
 MONDAY, AUGUST 14  
 2-3PM**

We need many volunteers to sort through donated items on a weekly basis starting in September. You will get a sneak preview of the donated items, and have a lot of 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. 藏寶室募款活動籌備會, 今年的藏寶室募款活動將在10/26日舉行, 我們將在8/14日(在星期一)2-3pm開籌備會, 希望大家來當義工。請登記。

**GOLF TOURNAMENT  
 PLANNING MEETING  
 THURSDAY, AUGUST 18  
 10-11AM**

Help continue this fun annual tradition! This committee will help with check in, monitor contest holes, and other tasks related to the event. Join in to discover a whole new aspect of this fun summer activity! To learn more, contact JustinC@Cupertino.org or call 408.777.3153.

### WELCOME PEGGY FORD

Welcome our new interim Volunteer Coordinator, Peggy Ford. She joins us with a passion for recreation as well as volunteers. She has years of recreation experience and already loves being at the senior center. She looks forward to meeting you and encourages you stop by and say, “Hi,” and to find out about what she does in her spare time. Welcome Peggy!

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# Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **July 5**, 8am; Non-member *begins* July 12  
 → Day Trip Preview starts at 7:30am ←

## Victorian Home Walk & Cable Car Museum

*Wednesday, July 12, 8:30a-4:45p*

Join us to tour Pacific Heights with its colorful Victorian row houses and learn the history of this upscale San Francisco neighborhood. Visit the San Francisco Cable Car museum, which houses antique cable cars and the functioning cable car powerhouse and depot. Enjoy a delicious hosted lunch at the Stinking Rose restaurant.

**Member Cost: \$129** - lunch included

## USS Hornet and Alameda

*Tuesday, July 18, 8:30a-5p*

Welcome aboard the aircraft carrier USS Hornet for a docent-led tour of this unique historical venue, with its unforgettable view of the San Francisco skyline and the Bay Bridge. Explore the many passageways, decks and compartments of this famous ship and its vintage aircraft. Then, enjoy a no-host lunch in downtown Alameda and visit the unique shops this area is known for.

**Member Cost: \$82**

## A Day in the Mission

With Gary Holloway

*Thursday, July 27, 8:30a-5p*

Join the incomparable Gary Holloway as he shows us around his neighborhood -- the fabulous San Francisco Mission District! Our visit will highlight Mission Dolores and the Balmy Alley murals, and include time to enjoy a delicious included lunch at Palomino.

**Member Cost: \$122** - lunch included

## Oakland Museum of California

*Thursday, August 3, 10a-3:30p*

Explore California character and identity at the Oakland Museum of California, and experience the instantly recognizable and iconic works of Dorothea Lange. Enjoy a no-host lunch at the museum's Blue Oak Café.

**Member Cost: \$63**

## San Francisco's Pier 39

*Tuesday, August 8, 8:30a-5:30p*

Join us for a fun ferry ride with spectacular views across the Bay and under the Bay Bridge. Then delight yourself in the dozens of sights, sounds, and tastes to explore at the 60 specialty shops at Pier 39.

**Member Cost: \$59**

## A Taste of Santa Cruz

*Thursday, August 17, 10:30a-7p*

The best judge of the quality of food or drink is the person holding it in their hand, especially after a little education and tasting in Santa Cruz. Join us for some fun as we make our way to lunch and a few of the many micro-breweries populating the area.

**Member Cost: \$136** - lunch included

## San Francisco Zoo

*Wednesday, August 30, 9:30a-4p*

With nearly 100 acres, 136 different species of animals, and 44 sculptures at the San Francisco Zoo, you will have plenty to explore and discover. Join us for a day at the wonderful San Francisco Zoo with a docent-led private Wild Walk that will highlight select exhibit areas and end with a very special animal encounter.

**Member Cost: \$85**

## Muir Woods and Sausalito

*Thursday, September 7, 8a-5p*

Waitlist only.

**Member Cost: \$109** - lunch included

## Filoli Summer Jazz Concert

**NEW!**

*Sunday, September 10, 10:45a-4:45p*

Experience the work of outstanding musicians at this intimate show among the gardens of the beautiful Filoli Estates. Enjoy time before the concert to explore the exceptional grounds and house.

**Member Cost: \$134** - lunch included

## EXTRA! EXTRA!

**NEW!**

### Learn All About It!

*Tuesday, September 19, 7:15a-3p*

Ever thought about what it takes for the news to land in your front yard every morning or on your television? Join us for a day in San Francisco where we will tour the *San Francisco Chronicle* and the KQED studios. A light breakfast will be provided, as well as a stop for a no-host lunch at the Ferry Building.

**Member Cost: \$82** - light breakfast included

## FIRST CLASS TRAIN RIDE & OLD TOWN SACRAMENTO

**NEW!**

*Sunday, October 1, 7:30a-6p*

*All aboard!* for our private, elegant, first-class train car ride. Enjoy a delicious hosted lunch from award-winning Ten22 before time to explore historic Old Town Sacramento.

**Member Cost: \$143** - lunch included

## Beach Blanket Babylon

*Wednesday, October 4, 4-11p*

Beach Blanket Babylon, San Francisco's hilarious, longest-running and ever-changing musical revue, is a perfect night out with friends, old and new! We begin our evening with a no-host dinner at your choice of restaurant.

**Member Cost: \$106**

## Salvador Dali's Life In Monterey

**NEW!**

*Thursday, October 12, 8:45a-4:45p*

Explore the largest permanent exhibit dedicated to Dali on the West Coast, and an exclusive tour of the original Hotel Del Monte, now the Naval Postgraduate school, where he lived. Enjoy time for a no-host lunch on Monterey's Fisherman's Wharf.

**Member Cost: \$94**

## EUGENE O'NEILL HOME & DOWNTOWN DANVILLE

**NEW!**

*Wednesday, October 18, 8a-5:15p*

Experience a unique national historic site - The Tao House, previous home of Nobel Prize-winning playwright, Eugene O'Neill. Explore the beautiful home and grounds where O'Neill wrote his last plays. Stroll the streets of downtown Danville on our docent-led "Old Town Danville Walking Tour" and enjoy a no-host lunch in this charming neighborhood.

**Member Cost: \$98**

## Spotlight On San Antonio Holiday

*5 days, December 11-15*

Take in the holiday sights and immerse yourself in the laid-back atmosphere of this beautiful city. Relax in style when you settle into your River Walk hotel, your home while exploring the bold flavors and heritage of Texas.

**Member Cost: \$2,322 double**

*Save \$50 per person when you register by July 11.*

*Travel Presentation July 10, 1:30p.*

## OUT-TO-LUNCH BUNCH

*Tuesday, August 29, 11:30a*

### The Fish Market

**NEW!**

3775 El Camino Real, Santa Clara

*Please register at the front desk.*

# JULY ACTIVITY HIGHLIGHTS



**INDEPENDENCE DAY JULY 4TH**  
**MEMORIAL PARK**  
**7-11am-** Pancake Breakfast at the Quinlan Community Center (\$9)  
**9am-12pm-** Children's Carnival  
**9:30am-** Flag Raising at the Veteran's Memorial  
**10am-** Children's Parade  
**10:30am-12pm-** Live Music by the band OTR at the Memorial Park Amphitheater  
**BLACKBERRY FARM PARK**  
**10am-5pm-** FREE Swimming & Food Trucks  
**FIREWORKS SHOW**  
**9:30-9:50pm-** Viewing sights: Creekside Park, Sedgwick Elementary, and Miller Avenue (between Bollinger & Disney)

## 50+ Bocce Ball

**FREE!**

**Wednesday, Now-October 25, 9am**

Enjoying the outdoors is easy to do in Cupertino at Blackberry Farm Park alongside the Stevens Creek Trail. Members can meet new people and have fun while playing a game of Bocce. First time players welcome, instructions are available. Senior center membership required.

地擲球-星期三, 現在至10/25, 9AM, 請到黑莓公園來玩地擲球, 介時你可結識新的朋友和玩有趣的地擲球. 歡迎第一次來玩的朋友. 我們將會給你提供游戲規則. 會員免費.

## TechTime With Paul

**FREE!**

**Friday, 1:30pm**

Members can drop-in to use a Mac or PC to browse the web, practice skills, or ask simple questions in the senior center's Technology Lab on a first-come, first-served basis. Members free. Senior center membership required.

## Scams, Spams and Lies:

**NEW!**

**How to Avoid Losing Your Money to Fraud**

**Tuesday, July 18, 1:30-3pm**

Can you believe the email announcing that you won the lottery? Is that really your grandchild calling you for help from a prison? Did a beautiful model from another country fall in love with you in response to your witty email? If you want to hear answers to these questions, please come to a presentation by Suzanna Gal from the Santa Clara County District Attorney's Office. Open to the public. Sign up at the lobby table.

## Case Management Presentation

**NEW!**

**Monday, July 10, 10:30am-12pm**

Case Managers can be vital in keeping seniors living independently at home. Join our Case Managers, Karen Goss and Adrianna Stankovich, to learn about the Case Management program and what they do to help Cupertino seniors stay in their homes safely and independently. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

## Caregivers / Care Receivers Workshop

**NEW!**

**Monday, July 24, 1-2:30pm**

This workshop looks at what it might mean to be a caregiver for a loved one and what it might mean for your loved one to be receiving care. Are there common or different emotions for caregiver and receiver? What can you, the caregiver, do to take care of yourself? Vivian I. Silva, MSW/Gerontologist/Educator has been facilitating caregiver groups for over 20 years as well as working with frail elders living in their homes, and will help you navigate these questions and more. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

## Raising Grandchildren Support Group

**NEW!**

**Tuesday, July 18, August 15, 10:30am-12pm**

This new support group is for grandparents who are raising their grandchildren. This group provides a safe and supportive place to discuss the experiences and challenges of raising grandchildren. Members free, senior guests pay \$5 day pass, drop in.

## Monthly Movie

**Wednesday, July 26, 1:30-3:30pm**

*La La Land (2016)*- Mia, an aspiring actress, and Sebastian, a dedicated jazz musician, are struggling to make ends meet in a city known for crushing hopes and breaking hearts. Set in modern day Los Angeles, this original musical about everyday life explores the joy and pain of pursuing your dreams. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

## Cribbage with Teens

**NEW!**

**Wednesday, June 28, 10am**

Learn to play from a local cribbage master, Ed Bloom, then join us as we play a fun educational tournament with the Civically Active Teen Program. Sign up on the lobby table. Members free, senior guests pay \$5 day pass.

# JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 10-12 <a href="#">Golf for Seniors</a> 12-4 Card Playing 12 Independence Day and July Birthday Bash (\$10) BBQ Hamburgers 漢堡	<b>4</b>  <b>Independence Day</b> <b>SENIOR CENTER CLOSED</b> 耆英中心歇業一天	<b>5</b> 7:30 Day Trip Preview 8 New Trip Sign-up Day 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Open Cribbage	<b>6</b> 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	<b>7</b> 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- <a href="#">Sayyida</a> by Jo Ford 1:30-4 TechTime with Paul
<b>10</b> 10-12 <a href="#">Golf for Seniors</a> 10:30-12 Case Management Presentation 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 1:30-2 Spotlight on <a href="#">San Antonio</a> Holiday Travel Presentation 2:05-3:35 Ballroom Dance Social 交際舞社	<b>11</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30 iPhone Training 9:30-11:30 TV Production -The Better Part 10:30-11:30 Booktalk- <a href="#">1984</a> by <a href="#">George Orwell</a> 12-4 Card Playing	<b>12</b> 8:30-4:45 Victorian Home Walk & <a href="#">Cable Car Museum</a> Trip 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Open Cribbage	<b>13</b> 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	<b>14</b> 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 with Paul
<b>17</b> 10-12 <a href="#">Golf for Seniors</a> 12-4 Card Playing 1 Volunteer Advisory Council Meeting <i>Visitors Welcome</i> 1:30-2:30 Blood Pressure Check 量血壓	<b>18</b> 8:30-5 <a href="#">USS Hornet</a> and Alameda Trip 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production -The Better Part 10:30-12 Raising Grandchildren Support Group 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 1:30-3 Scams, Spams, Lies Presentation	<b>19</b> 9 50+ Bocce Ball 10 Discover and Go! Workshop 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Open Cribbage 1-2:30 Let's Talk Current Events	<b>20</b> 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	<b>21</b> 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 with Paul
<b>24</b> 10-12 <a href="#">Golf for Seniors</a> 12-4 Card Playing 1-2:30 Caregivers/Care Receivers Workshop 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社	<b>25</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30 iPhone Training 9:30-11:30 TV Production -The Better Part 12-4 Card Playing	<b>26</b> 9 50+ Bocce Ball 10 One Click Digital Workshop 10-12 Case Manager Consultation 社工諮詢 12 Lunch with Friends (\$6) Ham & Cheese 12-4 Card Playing 1:30-3:30 Open Cribbage 1:30-3:30 Monthly Movie - <a href="#">La La Land</a> (2016)	<b>27</b> 8:30-5 A Day in the Mission with Gary Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	<b>28</b> 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 with Paul 6-8 Painting in the Park @ <a href="#">Linda Vista Park</a> (\$55)
<b>31</b> 10-12 <a href="#">Golf for Seniors</a> 12-4 Card Playing	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">CITY OF CUPERTINO SENIOR CENTER 408.777.3150</p> <p style="text-align: center;"><i>Hours: Monday-Thursday 8am-7:30pm, Friday 8am-5pm</i></p> <p style="text-align: center;">Email: <a href="mailto:SeniorCntr@Cupertino.org">SeniorCntr@Cupertino.org</a> Website: <a href="http://www.cupertino.org/senior">www.cupertino.org/senior</a></p> <p style="text-align: center;">Find us on Facebook!</p> </div>		<div style="border: 1px solid black; padding: 5px;">  <p style="text-align: center;">AUGUST 1, 2017 Accepting donations for the HIDDEN TREASURES fundraising event See page 1 for details</p> </div>	

# AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CITY OF CUPERTINO SENIOR CENTER</b> 408.777.3150 OFFICE HOURS: <i>Monday-Friday 8am-5pm</i> EMAIL: <a href="mailto:SeniorCntr@cupertino.org">SeniorCntr@cupertino.org</a> WEBSITE: <a href="http://www.cupertino.org/senior">www.cupertino.org/senior</a> Find us on <a href="#">Facebook!</a></p>	<p><b>1</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 1:30-3 Living Alone Support Group</p>	<p><b>2</b> 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Open Cribbage</p>	<p><b>3</b> 9 50+ Softball 10:30-3:30 <a href="#">Oakland Museum of California Trip</a> 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>4</b> 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 <b>Book Review</b>—<i>Left The Underground Railroad</i> by Colson Whitehead 1:30-4 TechTime with Paul</p>
<p><b>7</b> 10-12 Golf for Seniors 12-4 Card Playing 1-2 Medication Safety</p>	<p><b>8</b> 8:30-5:30 <a href="#">San Francisco's Pier 39 Trip</a> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 1:30-3 Living Alone Support Group</p>	<p><b>9</b> 10-11 Freegal Class 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Open Cribbage 1-2:30 Let's Talk Current Events</p>	<p><b>10</b> 9 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><b>11</b> 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 with Paul 6-8 <b>Painting in the Park</b> @ <a href="#">Jollyman Park</a> (\$55)</p>
<p><b>14</b> 8 September/October Registration Begins 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2-3 Hidden Treasures Volunteer Meeting 藏寶室義工會議 2:05-3:35 Ballroom Dance Social 交際舞社</p>	<p><b>15</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 10:30-12 <b>Raising Grandchildren Support Group</b> 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 1:30-3 Living Alone Support Group</p>	<p><b>16</b> 9 50+ Bocce Ball 10 <b>One Click Digital Workshop</b> 10-12 Case Manager Consultation 社工諮詢 12 <b>August Birthday Bash</b> (\$10) <a href="#">Chili Topped Baked Potato</a> 大豆烤馬鈴薯 12-4 Card Playing 1:30-3:30 Open Cribbage</p>	<p><b>17</b> 10:30-7 A Taste of Santa Cruz Trip 9 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><b>18</b> 9:30-11:30 Rhythmaires Band Practice 10-11 <b>Golf Tournament Volunteer Meeting</b> 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>LAST DAY FOR GOLF TOURNAMENT SIGN-UP</p> </div>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>

## SENIOR CENTER CLOSURE: WEEK OF AUGUST 21–25

Cupertino Senior Center will be closed from Monday, August 21 through Friday, August 25, for city staff to perform preventative and general maintenance. We will reopen on Monday, August 28.

8/21-8/25 中心維修, 歇業一週. 請見諒! 8/28 (星期一)照常營業.

<p><b>28</b> 10-12 50+ <b>Golf Tournament</b> 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 1-2 <b>Open Enrollment Fraud Alert Presentation</b></p>	<p><b>29</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 11:30 <b>Out-to-Lunch Bunch at Fish Market</b> 12-4 Card Playing 1:30-3 Living Alone Support Group</p>	<p><b>30</b> 9 50+ Bocce Ball 9:30-4 <b>San Francisco Zoo Trip</b> 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Open Cribbage 1:30-3:30 <b>Monthly Movie</b> – <a href="#">Beauty &amp; the Beast (2017)</a></p>	<p><b>31</b> 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>
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# AUGUST ACTIVITY HIGHLIGHTS



## Medication Safety

Monday, August 7, 1-2pm

Age-related changes in the body and some chronic diseases can mean dealing with pain on a daily basis for older adults. Learn about the dangers of opioids (narcotic painkillers) that relieve pain but present a potential for misuse and addiction as well as a potential danger to your metabolism. Come learn about safely dealing with pain with a representative from Santa Clara County. Open to the public. Sign up at the lobby table.

## August Birthday Bash

Wednesday, August 16, 12pm

Join us for this outdoors-themed lunch and experience the outdoor life with naturalist Keith Wandry. Menu includes Caesar salad, Grandma's chili topped baked potato and cheesy garlic bread. Then relish the joy of s'mores in a cup. Option of veggie chili topped baked potato available when registering. Members with August birthdays will be honored. Pre-registration is required. Members \$10, senior guests add \$5 day pass.

八月慶生宴-星期三, 8/16, 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。午餐包括牛肉大豆烤馬鈴薯, 沙拉, 大蒜起司面包, 還有美味甜點。素食者登記時請注明。我們將為八月壽星慶生。請預先登記。會員\$10, 耆英來賓多加\$5的當日活動票。

## Book Review Meeting

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

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

**July 7-** *Sayyida*, by Jo Ford, reviewed by Jo Ford

**August 4-** *The Underground Railroad*, by Colson Whitehead, reviewed by Anne Chen.

## De Anza Cardio-Vascular Training

Summer Session July 3-September 20

Mon/Wed/Fri, 9-10am; Thu 1:30-2:30pm

Classes are held at the senior center, and Cupertino Senior Center membership is required. Register at the first class or call Mary at 408.864.8742. No class 7/4, 8/21-8/25.

## 50+ Softball

Thursday, now-December 7, 9am-12pm

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.

## Living Alone: Ways to Find Joy

Tuesday, August 1-29, 1:30-2:45pm



This 4-week group led by Vivian I. Silva, MSW/ Gerontologist/Educator is for those wanting to understand how to find joy when living alone. Participants will also learn how to recognize symptoms of depression and steps to take to avoid isolation and being lonely. This group is limited to 8 only. Members free, Sign up at the lobby table.

## Let's Talk Current Events

FREE!

Wednesday, July 19, August 9, 1-2:30pm

Join this lively monthly discussion group to discuss important and interesting topics and learn about others' points of view. Discover how goings-on around the world will affect you with Nancy McGinnis, legal specialist and current lecturer at San Francisco State University, facilitating the conversation. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

## Open Enrollment Fraud Alert

Monday, August 28, 1-2pm



Every year Medicare Open Enrollment brings new decisions on your health care. How can you tell what is a legitimate and what is a scam? HICAP Counselor Abe Wischnia will discuss how to protect yourself from scams. Open to the public. Sign up at the lobby table.

## Monthly Movie

FREE!

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

*Beauty & the Beast (2017)*- Belle, a bright, beautiful and independent young woman, is taken prisoner by a beast. Despite her fears, she befriends the castle's enchanted staff and learns to look beyond the beast's hideous exterior and realize the kind heart and soul of the true prince within. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

## FUHSD Adult School

Fall Session: August-October

Painting, Fitness, Aerobics, Strength Training, TaiChi, Line Dancing, and Writing. Classes are held at the senior center, and membership is required. See class listings online at [www.fuhsdadulthoodschool.com](http://www.fuhsdadulthoodschool.com). No Class: 8/21-25

成人學校課程, 請參考課程手冊。所有課程在耆英中心上課, 但是必須在成人學校報名, 成人學校課程包括繪畫, 健身, 有氧運動, 太極, 排舞, 和寫作班。您也需要是耆英中心會員, 會費是庫市居民23元一年, 非居民28元。8/14-10/27.

# CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS JUNE 26	DAY	DATES	NO CLASS	TIME	INSTRUCTOR	MEMBER FEE
Accordion	T	8/15-10/10	8/22	1:30-3	R. DiBono	\$20
Ballroom Dance 交際舞 - Waltz	W	6/28-7/19		1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞 - Foxtrot	W	7/26-8/16		1:30-3:30	D. Lew	\$32
Brain Club	F	7/24-9/25	8/21, 9/4	3-4:30	C. Hall	\$15
Chair Exercise 座椅運動	<b>FLEX</b> M & Th	7/6-9/11	8/21, 8/24, 9/4	10:15-11:15	P. Hu	\$45
Chinese Brush Painting 傳統與現代中國畫	M	8/28-9/25	9/4	8:30-10:30	M. Lee	\$27
Chinese Brush Painting 傳統與現代中國畫	M	8/28-9/25	9/4	10:40-12:40	M. Lee	\$27
Chinese Calligraphy 書法班	T	7/11-9/5	8/22	3-5	F. Jair, Y. Wang	\$15
Citizenship Class 公民班	M, T, F	7/3-9/8	7/4, 8/21-8/25	8:30-9:45	V. Wong	\$20
Conversational English 英語會話班	M & T	7/31-9/26	8/21, 8/22, 9/4	10-11:45	P. Chun, V. Wong	\$20
Cooking with Suzanne - En Papilotte	W	7/12		10-1	S. Vandyke	\$55
ESL - Basic and Easy 初級英語班	M	7/17-9/18	8/21, 9/4	10-12	L. North	\$25
ESL - Advanced Beginning 初高級英語班	W	7/12-9/6	8/23	10-12	L. North	\$25
Feldenkrais Method	<b>FLEX</b> T	7/11-9/5	8/22	9:30-10:30	M. Westlaken	\$40
Guitar and Bass Jam Band	W	7/5-8/30	8/23	3-4:30	A. McKee	\$22
Hatha Yoga	Th	6/29-8/17		2:30-3:30	V. Bhat	\$50
Hula Dance - Beginning	<b>FLEX</b> M	7/10-9/11	8/21, 9/4	11:45-12:45	D. Tengan	\$15
Hula Dance Performance Group	M	7/10-9/18	8/21, 9/4	12:55-1:55	J. Pereria-Anderson	\$15
Japanese - Beginning Level I	Th	6/29-9/7	7/6, 7/20, 8/24	8:30-9:30	T. Terry	\$35
Japanese - Beginning Level II	Th	6/29-9/7	7/6, 7/20, 8/24	9:45-10:45	T. Terry	\$35
Painting in the Park: Linda Vista Park	F	7/28		6-8	M. Shei	\$55
Painting in the Park: Jollyman Park	F	8/11		6-8	M. Shei	\$55
Pilates-Yoga Combo	T	7/11-8/15		11:10-12:10	H. Mojjani	\$40
Tai Chi for 50+ - Level I <i>Free Demo 6/29, 1pm</i>	Th	7/20-10/19	8/17, 8/24	8:30-9:25	J. Madonich	\$68
Tai Chi for 50+ - Level II	Th	7/20-10/19	8/17, 8/24	9:35-10:30	J. Madonich	\$68
Tai Chi for 50+ - Level III	Th	7/20-10/19	8/17, 8/24	10:40-11:35	J. Madonich	\$68
Total Body	<b>FLEX</b> Tu	7/11-9/5	8/22	9-10	P. Hu	\$37
Ukulele Strum-and-Sing - Intermediate	M	7/17-9/18	8/21, 9/4	1:30-3:15	N. Levy	\$22
U.S. History Seminar	T	8/15-9/12	8/22	12-1	R. DiBono	\$15
Yoga for 50+ - Level I 瑜珈五十後	<b>FLEX</b> T	7/11-9/5	8/22	4-5	P. Hu	\$40
Yoga for 50+ - Level I 瑜珈五十後	<b>FLEX</b> Th	7/6-8/31	8/24	4-5	P. Hu	\$40
Yoga Foundations at the Quinlan Center	<b>FLEX</b> T	6/27-8/29	7/4, 8/22	2:15-3:30	E. Meir	\$40
Yuan Chih Dance 元極舞	<b>FLEX</b> F	6/30-8/18		10-11:30	Annie & Helen	\$15
Zumba Gold at the Quinlan Center 中老年尊巴	<b>FLEX</b> M	7/3-8/28	8/21	2:30-3:30	P. Hu	\$37
Zumba Gold at the Quinlan Center 中老年尊巴	<b>FLEX</b> F	6/30-8/18		2:30-3:30	G. DuVal	\$37
<b>EVENING CLASSES</b>						
Chinese Brush Painting 傳統與現代中國畫	Th	7/6-8/31	8/24	5:30-8:30	M. Lee	\$55
Line Dance - Beginning 初級排舞	Th	7/13-9/7	8/24	7-8:30	K. Chang	\$48
Line Dance - Advanced Beginning 先進初級排舞	T	7/11-9/5	8/22	7-8:30	K. Chang	\$48
Total Body	<b>FLEX</b> W	7/5-8/30	8/23	5:30-6:30	P. Hu	\$37
Yoga Foundations	<b>FLEX</b> Tu	7/11-9/5	8/22	6:15-7:30	E. Meir	\$40
Yoga Foundations	<b>FLEX</b> Th	6/29-8/17		5:15-6:30	E. Meir	\$40
<b>COMPUTER AND TECHNOLOGY CLASSES</b>						
iPad Beginning	T	8/29-9/19	8/22	1-3	R. Schiros	\$22
iPad Intermediate	Th	8/17-9/21	8/24	1-3	R. Schiros	\$22
iPad A-Z	M	7/10-7/31		4-6	K. Smith	\$38
iPad Painting	T	8/1-8/29	8/22	4-6	K. Smith	\$38

*For more information on classes, lectures, trips, and other events, visit the flyer racks in the lobby, or visit [www.cupertino.org/senior](http://www.cupertino.org/senior)*



The Flex pass is a drop-in pass that allows members to register for individual exercise classes. Members can purchase Flex Passes at the senior center front desk for \$6 each. Look for the Flex pass logo on select classes.



# CLASS HIGHLIGHTS



## Guitar and Bass Jam Band

Wednesday, July 5-August 30, 3-4:30pm

If you can play without looking at your hands, you are ready for this class! All acoustic stringed instruments welcome. Improve your skills and have fun. Enjoy fellowship in a class where you'll learn how to: Play in a band, follow a jam, lead songs, and recognize chord changes by ear. Come join the fun! Instructors Andrea McKee, Sam Zuccaro and Dick Francis. Member fee \$22.



## FLEX PASSES **FLEX**

AVAILABLE JUNE 26

Flex Passes are now available for select fitness classes. The Flex Pass is a drop-in pass that allows members to register for individual exercise classes. Members can purchase Flex Passes at the senior center front desk for \$6 each. Look for the Flex Pass logo on select classes, class list on pg 8. Passes are non-refundable. Please note: classes may be cancelled if minimum registration is not met. Senior center membership is required.

臨時票-本中心將提供臨時票。該臨時票可以用在一些指定而又有空位的運動課上。會員可到前檯購買臨時票，每張\$6。在本刊里可查到有注明提供臨時票的課程。臨時票不能退款。請注意，有些課程如達到不到最少人數參加可能會被取消。

**FREE!**

## iPhone Training

Tuesday, July 11 and July 25, 9:30-11:30am

Learn how to make words bigger, use voice commands, turn your phone into a magnifier, operate the basic functions of your smart phone, and much more! Please bring a fully-charged iPhone to class. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

**FREE!**

## Freegal

Wednesday, August 9, 10-11am

Join us as we learn about, Freegal, a mobile application that is completely free and a legal way to access a collection of almost 7 million songs. Through your local library membership, you can download five free songs each week. Members free, senior guest pay \$5 guest pass. Presented by the Santa Clara County Library. Sign up at the lobby table.

## AARP Smart Driver - Renewal

Wednesday, August 9, 9am-1pm

This is a 4-hour AARP Smart Driver Renewal class. For more information and to register call Les Schreiber at 408.316.8654.

## Cooking with Suzanne

Fresh Technique "En Papilote"

July 12, 10am-1pm



This culinary method produces food that is very moist and surrounded in its own natural flavors, and is incredibly easy to prepare and clean up. In this class, Suzanne will be creating a Mediterranean-infused organic chicken breast topped with a farmer's fresh vegetable medley, accompanied by oven fresh bread. For dessert she will be making a luscious warm fruit papilote served with homemade ice cream. You will be packaging and savoring your own nutritious, bursting creations in class with a mastered French technique. Space is limited. Instructor Suzanne Vandyck. Members fee \$55

## Discover and Go!

**FREE!**

Wednesday, July 19, 10-11am

Discover and 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 25 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 lobby table.

## One Click Digital

Wednesday, July 26, August 16, 10-11am



Downloadable audiobooks you can listen to on a computer, portable player or mobile device. Includes current and popular fiction and nonfiction. Members free, senior guests pay \$5 day pass. Presented by the Santa Clara County Library. Sign up at the lobby table.

## Brain Club

Monday, July 24-September 25, 3-4:30pm



Brain Club, designed by neuroscientists and behavioral change experts, teaches you how to maintain the benefits of a brain-healthy lifestyle. Fun and interactive sessions engage participants with topics such as nutrition, physical exercise, cognitive exercise, stress management, and more. There will be chances to win some organic dark chocolate! Instructor: [Whole Brain Health Initiative](#). Member fee \$15. No class 8/21, 9/4.

## Tai Chi for 50+ Demo

Thursday, June 29, 1pm

**FREE!**

Come try an ancient art of moving meditation in a relaxed and supportive environment. Free for members.

# 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 all services are in place; home visits will be provided to homebound seniors living in Cupertino. Free service, membership required.

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。

## Drop-in Consultation with Case Manager

Wednesday, 10am-12pm

Case Managers are available to discuss community resources, benefits, and care options during the drop-in hours. Case Managers are also available by appointment. Cantonese/Mandarin available.

社工諮詢- 週三, 10am-12pm, 社工可為您解答有關社會資源, 福利, 或長期護理方面的問題, 無需預約, 須是中心會員, 英, 國, 粵語服務。

## Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, July 10, 24, August 14, 28, 1:30-2:30pm

Tuesday, July 18, August 1, 15, 29, 12:15-1:15pm

## Drop-in Caregiver Support Group

Thursday, July 13, August 10, 3-4:30pm

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

Please call 408.777.3150 to make appointments for the following services: 下列服務, 請預約。

## Health Insurance Counseling (HICAP)

Monday, July 10, 24, August 14, 28

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

## Housing

Monday, July 3, 17, August 7, 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 - 7/3, 7/17, 8/7, (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 7, 14, 21, August 4, 11, 18

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 - 7/7, 7/14, 7/21, 8/4, 8/11, 8/18, 10:30am-12:30pm  
60歲以上, 並住在聖縣。

JULY/AUGUST 2017

THE 50+ SCENE

## 50+ GOLF TOURNAMENT

MONDAY, AUGUST 28, 10AM

Have a fun morning of golf and then a no-host awards lunch at Islands Restaurant. Cost includes green fees and prizes. Members \$20, senior guests \$25. Pick up entry form at the senior center or online at [www.cupertino.org/senior](http://www.cupertino.org/senior). Sign up early!

高爾夫球比賽-星期一, 8/28, 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](http://www.cupertino.org/senior) 下載表格。請提早登記。