

CUPERTINO SENIOR CENTER: MASTERS IN AGING!

September is National Senior Center Month with a theme of Masters in Aging. Aging masterfully is a core ideal of what our community wishes to achieve at the Cupertino Senior Center. Whether through fitness classes, social activities, or a variety of other programs, the senior center continues to be the aging expert in our community. The [National Council On Aging](#) has identified four elements to being a master in aging:



EMPOWER: Volunteer Advisory Council 9/18.



ENLIGHTEN: Learn something new: Classes on page 8.



ENGAGE: Become a Volunteer and support your passion.



ENRICH: Stir it up at the Dance to Remember Event 9/19.

You can find these elements throughout the activities, events, and resources at the Cupertino Senior Center. Look for ways to get involved at the and you, too, can master aging.

HIDDEN TREASURES SALE

THURSDAY, OCTOBER 26, 9AM-2PM

What Hidden Treasures will you find? This is the perfect opportunity to shop for those one-of-a-kind holiday gifts with the added benefit of supporting a worthy cause. The proceeds benefit the senior center Case Management Program for at-risk members and the Stay Active Fund. Find donation, shopping and volunteer information at the event webpage www.cupertino.org/HiddenTreasures, at the front desk.



一年一度的藏寶室義賣活動又來了,你今年會找到什麼樣的寶物呢?這次有意義的籌款活動的銷售收益用於中心案例管理計劃的高風險成員和 Stay Active Fund 中提供協助抵消中心會員經費和課程成本.這是購買獨一無二的節日禮物的絕佳機會.我們將收集捐贈物至十月十三日,請您將零用的小擺設,首飾和工藝物品帶到中心.鎖售日請帶上您自己的可重複使用袋子.查看活動網站,想了解更多詳情 www.cupertino.org/HiddenTreasures.

NEW HOURS

STARTING SEPTEMBER 5

We are excited to announce new and extended hours at the senior center! Starting September 5, we will be open from 8am-9pm Monday through Thursday, and from 8:30am to 4:30 pm on Saturday. We will continue to be open from 8am to 5pm on Friday. Visit the senior center to learn more about our expanded program offerings during our new hours, and check page 8 for new class listings.

VOLUNTEER CORNER

HIDDEN TREASURES SORTING

**MONDAY, AUGUST 28-OCTOBER 23,
1:30-4PM**

Join in for this fun community event to benefit at-risk seniors. We need many volunteers to sort through donated items on a weekly basis starting September 11. You will get a sneak preview of the donated items and have a lot of fun! To join in and help with this exciting event, email Justin at JustinC@Cupertino.org or call 408.777.3153. 藏寶室分類 9/11-10/23 (週一) 1:30-4pm 請參與這項有趣社區活動以造福有需要的長者,從 9/11 開始,我們需要多個義工每週幫忙整理捐贈品.你可以有很多樂趣先睹為快這些贈品.有興趣參與此項目者,請電郵 Justin: justinc@cupertino.org 或 電 408.777.3150.

RECRUITING:

FRONT DESK VOLUNTEERS

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 or want to learn more, please contact Peggy at PeggyF@cupertino.org or call 408.777.3150. Bi-lingual speakers are highly desired.

義工機會-櫃檯義工. 櫃檯義工為長者將老年中心創造成了一個充滿活力和美好的地方.如果您有興趣成為一名櫃檯義工,或想了解詳情,請電郵 Peggy: PeggyF@cupertino.org 或撥打電話 408.777.3150. 我們非常需要雙語能力的義工.

WHAT'S INSIDE

Tours & Trips	2, 3
September Highlights	4
September Calendar.....	5
October Calendar.....	6
October Highlights	7
Class Schedule.....	8
Class Highlights	9
Case Manager's Corner	10



Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **September 6**, 8am; Non-member *begins* September 13
 → Day Trip Preview starts at 7:30am ←

Filoli Summer Jazz Concert

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! 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

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

Member Cost: \$143 - lunch included. One space left!

Beach Blanket Babylon

Wednesday, October 4, 4-11p

Member Cost: \$106 - One space left!

OUT-TO-LUNCH BUNCH

Tuesday, October 31, 11:30a

Oren's Hummus Shop

19419 Stevens Creek Blvd, Cupertino

Please register at the front desk.

Salvador Dali's Life In Monterey

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 - waitlist only

EUGENE O'NEILL HOME & DOWNTOWN DANVILLE

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

Member Cost: \$98 - waitlist only

Disney's *Aladdin*

Thursday, November 2, 10a-6p

Experience "a whole new world" for this enthralling production of Disney's Tony-nominated *Aladdin* from our Orchestra seats at the Orpheum Theater. Enjoy a no-host lunch before the show at Westfield San Francisco Centre.

Member Cost: \$94

II Fiorello Olive Oil and Benicia

Wednesday, November 8, 8a-5:30p

Indulge in an enticing and edifying experience while enjoying the products of II Fiorello Olive Oil Company. Tour their culinary kitchen, olive groves, Italian mill, and more, accompanied by a tasting including special beverages, olive oils, and food pairings prepared by their chef. Enjoy time for a no-host lunch and exploring delightful downtown Benicia.

Member Cost: \$125 - tasting included

Holiday Shopping at the San Francisco Premium Outlets in Livermore Valley

Tuesday, November 14, 9:30a-3:30p

Travel with us as we go shopping for all of the people on your nice or naughty list this holiday season! Shop at over 180 iconic brands and designer names while enjoying the state's largest outdoor outlet shopping center.

Member Cost: \$45

Niles Canyon Train of Lights

Wednesday, November 29, 12-7p

This Bay Area tradition has grown over the decades from a simple three-car train to the largest fully-decorated holiday train in the world. Come and enjoy this rare opportunity to experience a train ride through Niles Canyon at dusk, when it is light enough to take in the beautiful scenery of Niles Canyon but dark enough to enjoy the train's mesmerizing lights. Before our journey, enjoy time in historic Niles for a no-host late lunch or perusing the darling shops.

Member Cost: \$114

The Rotunda at Nieman Marcus

Tuesday, December 5, 10:15a-4:15p

Set beneath their landmark stained glass dome and offering a bird's eye view of Union Square, The Rotunda's famous elegance and upscale dining is the perfect way to begin celebrating the holiday spirit. Enjoy time to shop in Union Square after lunch.

Member Cost: \$139 - lunch included

Windham Hill at Villa Montalvo

Sunday, December 17, 4-9:30p

Join us for a joyous holiday concert featuring the talented musicians of Windham Hill at the beautiful and intimate Villa Montalvo. These masterful instrumentalists will toast the winter solstice and its warm traditions with a mix of original music and seasonal classics drawn from their well-loved and multi-platinum selling winter solstice series. Before the show, enjoy a leisurely no-host dinner in charming downtown Saratoga.

Member Cost: \$112

Spotlight On San Antonio Holiday

December 11-15, 2017 - 5 days

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: \$2,372 double

Join us to learn more about the three exciting **NEW** extended tours below at a free travel presentation

Wednesday, September 13 at 2pm

Sign up at the front desk!

Discover Scotland

April 29-May 8, 2018 - 10 days

From its rugged sea-sprayed islands to its stately castles rich in history, Scotland's treasures are as diverse as they are compelling. Marvel at the stunning Isle of Skye, and take a cruise on famed Loch Ness. Visit Dunrobin Castle, enjoy a distillery tour and explore the regal city of Edinburgh.

Member Cost: \$4,290 double

Canyon Country

September 18-25, 2018 - 8 days

A journey through Canyon Country brings you into a colorful world of stunning southwestern vistas and three breathtaking national parks: Zion, Bryce, and the Grand Canyon. Delve into the region's Native American history, take time to shop in Sedona's marketplace, and spend a night on the South Rim of the magnificent Grand Canyon before visiting the neon-lit spectacle of Las Vegas.

Member Cost: \$3,429 double

Discover the South Pacific Wonders

March 19-April 2, 2019 - 15 days

Explore two great countries of the Southern Hemisphere - Australia and New Zealand. From the tropical-splendor of the Great Barrier Reef on Australia's northeast coast, to the ethereal beauty of glacial fjords on New Zealand's South Island, this journey to lands "Down Under" brings you the best of both countries. Optional Fiji extension.

Member Cost: \$6,499 double

SEPTEMBER ACTIVITY HIGHLIGHTS

September Birthday Bash

Wednesday, September 13, 12pm

Soak up a Parisian afternoon with mouthwatering Coq au Vin (Chicken in a wine sauce) perfectly paired with Pomme de Terre Nouvelle (new potatoes) and Haricot Vert (green beans). Lisa Egert-Smith will delight us with her lyrical voice along with accompanist, Franz, playing classical piano. Option of veggie ratatouille available when registering. Members with September birthdays will be honored. Pre-registration is required. Members \$12, senior guests add \$5 day pass.

沉浸在巴黎的一個下午，可以品嚐到令人垂涎的紅酒燉雞，搭配馬鈴薯和青豆。Lisa Egert-Smith將以經典鋼琴伴奏著她的抒情歌聲來陪我們度過一個愉快的下午。註冊時可選擇素菜。我們將對九月壽星(會員)表示敬意。需要預先登記。會員\$12，耆英來賓加付當日門票\$5。

FREE! Harmonikat Sing Along

Wednesday, September 20, 1:30-3pm

Join the Harmonikat Band members as they play a simple melody, one with good old-fashioned harmony. Light refreshments will be served. Please sign up at the lobby table. Members free, senior guest pay \$5 day pass.

FREE! Age Well, Drive Smart

Wednesday, September 27, 9am-1pm

The CHP presents topics such as myths about older drivers, compensating for age-related changes, rules of the road, safe driving, and more. Receive a certificate upon completion. Some insurance companies have accepted it for discounts. Members free, senior guest pay \$5 day pass. Please sign up at the lobby table.

Dream Stories: Learn, Share, Enjoy

Friday, September 1-October 6, 10:30am-12pm

Exploring dreams can be a way to learn more about ourselves and others. Learn techniques to remember your dreams and integrate our dream life with our waking life. Instructor: Vivian I. Silva, MSW. Members free, senior guests pay \$5 day pass. Limited to 8, sign up at the lobby table.

De Anza Cardio-Vascular Training

Fall Session September-December 15

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 Casey at 408.864.5409.

Community Choice Energy Program

Thursday, September 7, 1-2p



This lecture by [Silicon Valley Clean Energy](#), a community owned agency, will discuss new choices that are going to be taking place with energy consumption as mandated by state law. Sign up at the lobby table. Open to the public.

Caregivers/Care Receivers Workshop

Tuesday, September 19, 6:30-8pm



This workshop looks at both perspectives of a caregiver and care receiver relationship. Vivian I. Silva, MSW will help you navigate and thrive in your caregiver/receiver relationship. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

Dance to Remember

Brain Health Event

Tuesday, September 19, 3:30-7:30pm



The Cupertino Senior Center has partnered with the [Whole Brain Health Initiative](#) to help demonstrate how enjoyable it is to do things that are great for the brain. Learn from experts in the field of brain science, complete a brain exercise circuit, then enjoy live music and dance. This is the most fun brain health event available. Register at the front desk. Members \$10, senior guests add \$5 day pass.

Monthly Movie

FREE!

Wednesday, September 27, 1:30-3:30pm

[Road to Bali](#) (1952)- Two unemployed show-biz pals accept treasure-diving work in Bali for a local princess and find treasure, love and trouble. Starring Bing Crosby, Bob Hope, and Dorothy Lamour. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

Bingo Lunch

Friday, September 29, 12pm

Gear up for an afternoon of bingo, but first, enjoy a delicious lunch featuring a taco fiesta like no other! Luncheon menu includes: tacos with all the fixings, Spanish rice, refried beans, vanilla ice cream plus a monster chocolate chip cookie! Vegetarian option available at registration. Pre-registration is required. Lunch for members is \$10, senior guests add \$5 day pass. Bingo cards sold separately, \$4-\$7. 準備玩一個下午的賓果，但是首先，請來參加我們美味的塔科（玉米餅）節日午餐，午餐菜單包括：玉米餅與所有配菜，西班牙米飯和豆泥，甜點是香草冰淇淋與巨型巧克力餅乾！註冊時可選擇素菜。賓果遊戲下午一時開始。賓果票單獨出售\$4-\$7，必需預早註冊。會員\$10，耆英來賓加付當日門票\$5。

SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
<p align="center">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 align="center">EXTENDED HOURS</p> <p>Beginning September 5, Monday-Thursday, 8am-9pm Friday, 8am-5pm Saturday, 8:30am to 4:30pm</p>	<p>1 9:30-11:30 Rhythmaires Band Practice 10:30-12 Dream Stories 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-3 Book Review- Shadow Divers by Robert Kurson 1:30-4 TechTime with Paul</p>		
<p>4</p>  <p>SENIOR CENTER CLOSED 耆英中心歇業一天</p>	<p>5 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production -The Better Part 10-11:30 Booktalk- All the Light We Cannot See, Anthony Doerr 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>6 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</p>	<p>7 8-5 Muir Woods and Sausalito Trip 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1-2 Community Choice Energy Program 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p>8 9:30-11:30 Rhythmaires Band Practice 10:30-12 Dream Stories 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> <p>9 SATURDAY Fall Festival—No Classes</p>
<p>10 SUNDAY 10:45 Filoli Summer Jazz Trip</p> <p>11 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</p>	<p>12 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 12-4 Card Playing</p>	<p>13 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 September Birthday Bash (\$12) Coq au Vin Chicken 12-4 Card Playing 1-2:30 Let's Talk Current Events 1:30-3:30 Open Cribbage 2 Scotland, Canyon Country, and Australia/NZ Travel Presentation</p>	<p>14 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 1:30 Beading Beg. Free Demo 2-4 Open Bridge 3-4:30 Caregiver Support Group</p>	<p>15 9:30-11:30 Rhythmaires Band Practice 10:30-12 Dream Stories 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> <p>16 SATURDAY 10 VivAsia Lotus Free Demo 11:15 VivAsia Chair Free Demo</p>
<p>18 10-12 Golf for Seniors 12-4 Card Playing 1 Volunteer Advisory Council Meeting Visitors Welcome</p>	<p>19 7:15-3 EXTRA! EXTRA! 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 12:15-1:15 Blood Pressure Check 量血壓 3:30-7:30 Dance to Remember Event with Live Music (\$10) 6:30-8 Caregivers/Care Receivers Workshop</p>	<p>20 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Open Cribbage 1:30-3 Harmonikat Sing-Along</p>	<p>21 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>22 9:30-11:30 Rhythmaires Band Practice 10:30-12 Dream Stories 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> <p>23 SATURDAY</p>
<p>25 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</p>	<p>26 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</p>	<p>27 9-1 Age Well, Drive Smart 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Open Cribbage 1:30-3:30 Monthly Movie - Road to Bali (1952)</p>	<p>28 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>29 9:30-11:30 Rhythmaires Band Practice 10:30-12 Dream Stories 12-4 Mah Jongg 麻將 12 Bingo Lunch (\$10) 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul</p> <p>30 SATURDAY Diwali Festival—No Classes</p>

OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT	
<p>1 SUNDAY 7:30-6 Train Ride & Old Town Sacramento Trip</p> <hr/> <p>2 10-12 Golf for Seniors 12-4 Card Playing 1-2 Isolation: Breaking Free</p>	<p>3 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10:30-12 Living Alone 10-11:30 Booktalk- <i>The Mountain of Light</i> by Indu Sundaresan 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>4 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Open Cribbage 1:30-3:30 Monthly Movie <i>Going in Style</i> (2017) 4-11 Beach Blanket Babylon Trip</p>	<p>5 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>6 9:30-11:30 Rhythmaires Band Practice 10:30-12 Dream Stories 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>Nora Webster</i> by Cohn Toibin 1:30-4 TechTime with Paul</p> <hr/> <p>7 SATURDAY</p>	
<p>9 8 <i>Lost & Found Table Available</i> 10/9-10/13 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</p>	<p>10 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 Living Alone 12-4 Card Playing</p>	<p>11 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 12 Oktoberfest Birthday Bash (\$12) Bratwurst, Black Forest Cake 1:30-3:30 Open Cribbage</p>	<p>12 8:45 Salvador Dali's Life in Monterey 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 3-4:30 Caregiver Support Group</p>	<p>13 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</p> <hr/> <p>14 SATURDAY</p>	
<p>16 10-12 Golf for Seniors 12-4 Card Playing</p>	<p>17 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 10:30-12 Living Alone 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>18 8-5:15 Eugene O'Neill Home & Downtown Danville Trip 9 50+ Bocce Ball 10-11 Be Ready: Disaster Preparedness 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>19 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>20 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</p> <hr/> <p>21 SATURDAY</p>	
<p>23 8 November/December Registration Begins 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</p>	<p>24 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 Living Alone 12-4 Card Playing</p>	<p>25 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Open Cribbage</p>	<div style="border: 2px solid black; padding: 5px; text-align: center; margin-bottom: 10px;"> HIDDEN TREASURES SALE! 9AM-2PM </div> <p><i>No Needlecraft</i> <i>No Card Playing</i> <i>No Karaoke</i> 卡拉OK <i>No Open Bridge</i></p>	<p>27 <i>NO</i> Rhythmaires Band Practice 12-4 Mah Jongg 麻將 <i>NO</i> Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul</p> <hr/> <p>28 SATURDAY</p>	
<p>30 10-12 Golf for Seniors 12-4 Card Playing</p>	<p>31 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production -The Better Part 11:30 Out-To-Lunch Bunch Oren's Hummus Shop 12-4 Card Playing</p>	<div style="border: 2px solid black; padding: 10px;"> <p style="font-size: 1.5em; margin: 0;">EXTENDED HOURS</p> <p style="font-size: 1.2em; margin: 0;">Beginning September 5,</p> <p style="font-size: 1.2em; margin: 0;">Monday-Thursday, 8am-9pm</p> <p style="font-size: 1.2em; margin: 0;">Friday, 8am-5pm</p> <p style="font-size: 1.2em; margin: 0;">Saturday, 8:30am to 4:30pm</p> </div>			<div style="border: 2px solid black; padding: 10px;"> <p style="text-align: center; font-size: 0.8em; margin: 0;">CITY OF CUPERTINO SENIOR CENTER 408.777.3150</p> <p style="text-align: center; font-size: 0.8em; margin: 0;">Hours: M-Th: 8am-9pm, Friday 8am-5pm, Saturday 8:30am-4:30pm</p> <p style="text-align: center; font-size: 0.8em; margin: 0;">Email: SeniorCtr@Cupertino.org Website: www.cupertino.org/senior Find us on Facebook & Yelp!</p> </div>

OCTOBER ACTIVITY HIGHLIGHTS

NEW!

Oktoberfest Birthday Bash

Wednesday, October 11, 12pm

Engage in the timeless European tradition of Oktoberfest! Dance along with *The Sunday Seven* accordion band and enjoy a Northern German meal of bratwurst, sauerkraut, Bavarian mixed salad, and Black Forest cake for dessert. Veggie option of Spätzle available when registering. Members with October birthdays will be honored. Pre-registration is required. Members \$12, senior guests add \$5 day pass.

十月啤酒節慶生宴與交流- 10/11 (週三), 中午12點
參加歐洲永恆的傳統啤酒節! 與“七週日”手風琴樂隊一起舞蹈。共享德國北部菜式, 香腸, 酸菜, 巴伐利亞沙拉和黑森林蛋糕甜品。註冊時可選擇德式麵素菜。我們將對十月壽星(會員)表示敬意。需要預先登記。會員\$12, 耆英來賓加付當日門票\$5。

FREE!

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.

September 1- *Shadow Divers*, by Robert Kurson, reviewed by Alan Johnson

October 6- *Nora Webster*, by Cohn Toibin, reviewed by Jeanne Payer

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.fuhdadultschool.com.

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。

Lost and Found

Monday-Friday, October 9-13

Please come and reclaim your lost items. Any unclaimed articles will be donated to charity after October 13.

失物招領啟示 10/9-10/13 (週一至週五), 我們將把會員遺失的物品放在大廳, 請親臨領回, 否則在7/15後捐給慈善機構。謝謝合作!

FREE!

TechTime With Paul

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.

Isolation: Breaking Free

Monday, October 2, 1-2:30pm

NEW!

Learn about the importance of social connection then walk away with tips on combating isolation in the elder community. Lead by Vivian Silva, MSW. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

Be Ready: Disaster Preparedness

Wednesday, October 18, 10am

NEW!

In the event of a major catastrophe, you are on your own for at least 3-5 days. You will not be able to count on 911, police, or fire services! The Santa Clara County Fire Department will train you to prepare for the hazards that we face here in Cupertino by teaching how to make an individualized plan, put together a disaster supplies kit, and be informed before and during a disaster. Space is limited, sign up at the lobby table. Open to the public.

Let's Talk Current Events

Wednesday, September 13, October 18, 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.

Monthly Movie

FREE!

Wednesday, October 4, 1:30-3:30pm

Going in Style (2017)- Three lifelong buddies decide to buck retirement and step off the straight-and-narrow for the first time in their lives when their pension fund becomes a corporate casualty. Desperate to pay the bills the three risk it all by embarking on a daring bid to knock off the very bank that absconded with their money. Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

Living Alone:

Ways to Find Joy

FREE!

Tuesday, October 3-24, 10:30am-12:30pm

This 4-week group led by Vivian I. Silva, MSW, 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, senior guests pay \$5 day pass. Sign up at the front desk.

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS AUGUST 14		DAY	DATES	No CLASS	TIME	INSTRUCTOR	MEMBER FEE
Accordion		T	10/17-12/5		1:30-3	R. DiBono	\$20
Ballroom Dance 交際舞 - West Coast Swing		W	8/30-9/20		1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞 - Cha Cha		W	9/27-10/18		1:30-3:30	D. Lew	\$32
Banjo - Beginning		W	9/6-11/8	9/27, 10/25	3-4:30	A. McKee	\$22
Brain Club		M	10/2-11/20		3-4:30	C. Hall	\$15
Brain Fitness		W	10/11-11/15		10-12	D. Everham	\$15
Beading	<i>Free Demo 9/14, 1:30pm</i>	Th	9/21-10/12	9/30	1:30-3:30	D. Hall	\$25
Bridge - Advanced Beginning		Sa	9/16-11/18	9/30, 11/11	9:30-11:30	P. Davis	\$45
Chair Exercise 座椅運動 FLEX		M & Th	9/18-11/9	10/26	10:15-11:15	P. Hu	\$45
Chinese Brush Painting 傳統與現代中國畫		M	10/23-12/11		8:30-10:30	M. Lee	\$55
Chinese Brush Painting 傳統與現代中國畫		M	10/23-12/11		10:40-12:40	M. Lee	\$55
Chinese Calligraphy 書法班		T	9/12-10/31		3-5	F. Jair, Y. Wang	\$15
Citizenship Class 公民班		M, T, F	9/11-11/3		8:30-9:45	V. Wong	\$20
Conversational English 英語會話班		M & T	10/2-11/21		10-11:45	P. Chun, V. Wong	\$20
Conversational Mandarin - Beginning		Th	9/7-11/16	10/12, 19, 26	9-10:30	J. Li	\$40
Conversational Mandarin - Intermediate		F	9/15-11/3		10-11:30	J. Li	\$40
Erhu - Beginning/Intermediate		T	9/5-10/31	10/24	3:15-4:45	G. Lai	\$20
ESL - Basic and Easy 初級英語班		M	9/25-11/13		10-12	L. North	\$25
ESL - Advanced Beginning 初高級英語班		W	9/13-11/1		10-12	L. North	\$25
ESL - Intermediate Conversation 中級ESL會話班		T	9/5-10/24		1:30-3	J. Andrushko	\$20
Feldenkrais Method FLEX		T	9/12-10/31		9:30-10:30	M. Westlaken	\$40
HarmoniKatz Performance Band		M	9/11-10/30		3:45-5:15	D. Ng	\$15
Hatha Yoga FLEX		Th	8/31-10/19		2:30-3:30	V. Bhat	\$50
Hula Dance - Beginning		M	9/18-11/6		11:45-12:45	D. Tengan	\$15
Hula Dance - Performance Group		M	9/18-11/6		12:55-1:55	J. Pereria-Anderson	\$15
Humanities		T	9/19-11/21	10/17, 10/24	10:30-12:30	C. Jech	\$40
Japanese - Beginning Level I		Th	9/21-11/16	10/26	8:30-9:30	T. Terry	\$35
Japanese - Beginning Level II		Th	9/21-11/16	10/26	9:45-10:45	T. Terry	\$35
Line Dance - Beginning		Sa	9/16-11/4	9/30	2:30pm	P. Hu	\$42
Morning Power Walk and Stretch FLEX		Th	9/14-10/12		7:30-8:10	H. Mojgani	\$15
Pilates-Yoga Combo		T	9/12-10/17		11:10-12:10	H. Mojgani	\$40
Tai Chi - Qigong		Sa	9/16-11/18	9/30, 11/11	8:45-9:45	A. Kroth	\$40
Total Body at the Quinlan Center FLEX		Tu	9/12-10/31		8:30-9:30	P. Hu	\$37
Ukulele - Beginning		T	9/5-11/7	9/19, 10/24	1:30-3	D. Ng	\$22
Ukulele - Advanced Beginning		T	9/5-11/7	9/19, 10/24	3:15-4:45	D. Ng	\$22
Ukulele Strum-and-Sing - Intermediate		M	9/25-11/13		1:30-3:15	N. Levy	\$22
U.S. History Seminar		T	10/17-11/7		12-1	R. DiBono	\$15
VivAsia Lotus FLEX	<i>Free Demo 9/16, 10-11am</i>	Sa	9/23-11/18	9/30, 11/11	10-11	M. Kao	\$25
VivAsia Chair Lotus FLEX	<i>Free Demo 9/16, 11-12pm</i>	Sa	9/23-11/18	9/30, 11/11	11:15-12:15	M. Kao	\$25
Yoga for 50+ - Level I 瑜珈五十後 FLEX		T	9/12-10/31		4-5	P. Hu	\$40
Yoga for 50+ - Level I 瑜珈五十後 FLEX		Th	9/7-11/2	10/26	4-5	P. Hu	\$40
Yoga Foundations at the Quinlan Center FLEX		T	9/5-10/24		2:15-3:30	E. Meir	\$40
Yuan Chih Dance 元極舞 FLEX		F	9/1-10/27		10-11:30	Annie & Helen	\$15
Zumba Gold at the Quinlan Center 中老年尊巴 FLEX		M	9/11-10/30		2:30-3:30	P. Hu	\$37
Zumba Gold at the Quinlan Center 中老年尊巴 FLEX		F	9/1-10/20		2:30-3:30	G. DuVal	\$37
EVENING CLASSES							
Traditional/Contemporary Chinese Painting 基礎與現代中國水墨畫		Th	9/7-10/26	10/12, 10/19	5:30-8:30	M. Shei	\$55
Line Dance - Beginning 初級排舞		Th	9/14-11/2		7-8:30	K. Chang	\$48
Line Dance - Advanced Beginning 先進初級排舞		T	9/12-10/31		7-8:30	K. Chang	\$48
Total Body FLEX		W	9/6-10/25		5:30-6:30	P. Hu	\$37
Yoga Foundations FLEX		Tu	9/12-10/31		6:15-7:30	E. Meir	\$40
Yoga Foundations FLEX		Th	8/31-10/19		5:15-6:30	E. Meir	\$40
COMPUTER AND TECHNOLOGY CLASSES							
iPad Beginning		T	10/3-10/31		1-3	R. Schiros	\$22
iPad Intermediate		Th	10/5-11/9	10/26	1-3	R. Schiros	\$22
Everything iPad		T	9/12-10/3		4-6	K. Smith	\$38
Express Yourself iPad Painting		W	10/11-11/1		4-6	K. Smith	\$38
Facebook		Sa	10/14-10/28		10-11	N. McGinnis	\$25

CLASS HIGHLIGHTS

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



Banjo - Beginning

Wednesday, September 6-November 8, 3-4:30pm

This class is for beginners who want to learn how to play Scruggs style 5-string bluegrass banjo techniques as well as 4-string and 5-string banjo melodies, strum and sing. Required study guide: Hal Leonard Banjo Method Book 1, 2nd Ed. Instructor Andrea McKee. Member fee \$22.



Beading - Beginning

Thursday, September 21-October 12, 1:30-3:30pm

Learn about beading tools, different types of beading wires, threads and cords, and assorted beads. Practice learned techniques by creating assorted earrings, necklaces, and bracelets. A supply list will be provided and discussed on the first day of class. Member fee \$25.



VivAsia Lotus

FLEX

Saturday, September 23-November 18, 10-11am

VivAsia Chair Lotus

FLEX

Saturday, September 23-November 18, 11:15-12:15pm

VivAsia Lotus is a vibrant and fun low impact aerobic dance program that focuses on the active older adult population and combines a variety of dance movements, music, and props from different Asian cultures. Chair Lotus is a perfect class for those who may have physical limitations and want to strengthen muscles while sitting. Members fee \$25. Instructor May Kao. No Class 9/30, 11/11. ****Free demo: 9/16, 10-11am; chair, 11-12pm.****

VivAsia蓮花是一個充滿活力和有趣的低衝擊有氧舞蹈，專注於活躍的老年人，並結合了來自不同亞洲文化的各種舞蹈運動，音樂和道具。椅子蓮花是對那些可能有身體限制，並希望加強坐姿肌肉的一個完美課程。會員\$25。May Kao導師。免費示範 9/16, 10-11am.



Morning Power Walk and Stretch

FLEX

Thursday, September 14-October 12, 7:30-8:10am

Join us to walk and stretch in fresh air. The class combines the three components of fitness: cardiovascular conditioning in a welcoming and comfortable environment, enhancing flexibility and muscle strengthening. Instructor Homa Mojgani. Member fee \$15.



Tai Chi - Qigong

Saturday, September 16-November 18, 8:45-9:45am

A system of gentle exercises to rejuvenate joints, increase flexibility, strengthen ligaments and tendons. Instructor Anya Kroth. Member fee \$40. No class 9/30, 11/11.

Bridge - Advanced Beginning



Saturday, September 16-October 18, 9:30-11:30am

The eight week class is designed for advanced beginners who have some bridge experience and use Stayman and Blackwood, and would like to improve their bidding and card play. Each class will practice bidding, playing, and defending specific contracts. Instructor Paul Davis. Member fee \$45. No Class 9/30, 11/11.

OverDrive eBooks



Wednesday, September 13, 10-11am

Wednesday, October 11, 10-11am

Borrow eBooks, and audiobooks from your library using OverDrive on your iPad, iPhone, and iPod touch. More than 30,000 libraries worldwide offer titles from OverDrive, so download the app and find your next book today! Presented by the [Santa Clara County Library](http://SantaClaraCountyLibrary.org). Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

OverDrive Streaming Video



Wednesday, September 27, 10-11am

Wednesday, October 25, 10-11am

Borrow and stream free shows, movies, and more through OverDrive. Enjoy feature films, TV series, children's programming, documentaries, educational content, and instructional videos. Videos will play either in the OverDrive app or in your web browser. Presented by the [Santa Clara County Library](http://SantaClaraCountyLibrary.org). Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

Humanities

Tuesday, September 5-November 7, 10:30am-2:30pm

Discuss the famous "Niebuhr family of Theologians" and continue study of the relationship between religion and culture. Instructor Carl Jech. Member fee \$40.

Flex Passes

FLEX

The Flex Pass is a drop-in pass that allows members to register for individual exercise classes. Look for the Flex Pass logo on select classes, class list on pg 8. Passes are \$6 each and are non-refundable. 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。

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 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4:30，需預約。

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, September 11, 25, October 9, 23, 1:30-2:30pm

Tuesday, September 5, 19, October 3, 17, 31, 12:15-1:15pm

DROP-IN GROUPS

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

Caregiver Support Group

Thursday, September 14, October 12, 3-4:30pm

Raising Grandchildren Support Group

Tuesday, September 19, October 17, 10:30am-12pm

SCHEDULED APPOINTMENTS

Please call 408.777.3150 to make appointments for the following services:

Health Insurance Counseling (HICAP)

Monday, September 11, 25, October 9, 23, 1-3pm

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

Housing Resource

Monday, September 18, October 2, 16, 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 - 9/18, 10/2, 10/16, (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, September 15, 22, 29, October 6, 13, 20

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 - 9/1, 9/8, 9/15, 10/6, 10/13, 10/20 10:30am-12:30pm
60歲以上，並住在聖縣。

SEPTEMBER/OCTOBER 2017



Medicare 2018

Monday, November 6, 11:30am-1pm

Whether you are new to Medicare or want to know more, join us for a presentation by the Health Insurance Counseling and Advocacy Program (HICAP). The presenter will discuss the latest updates and the Part D plans for 2018 and an overview of Medicare. The open enrollment for 2018 Medicare Part D begins on October 15, 2017 and ends on December 7, 2017. Please review you Medicare Part D plans. Open to public. Sign up at the lobby table.

City of Cupertino Senior Center

21251 Stevens Creek Blvd.

Cupertino, CA 95014

408.777.3150

www.cupertino.org/senior

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