

WE ARE
Thankful

This is the season to be thankful. Our daily lives have gotten so busy that we sometimes forget to pause and be thankful for what we have and for the people around us. In this holiday season, the senior center staff would like to express our deepest gratitude to the members, instructors, and volunteers who make this senior center a special place!

“I am thankful for our members who participate in our programs, volunteer, and donate.” -*Rafael Villalobos, Facility Attendant*

“I am thankful for the friendships I have with our members.”

- *Alex Corbalis, Recreation Coordinator*

“I am so grateful of the adventurous spirit the senior center members have to try out new programs and trips that we offer!”

- *Julia Lamy, Senior Recreation Supervisor*

“I am thankful for the vibrant energy our membership brings to the senior center every day. The feeling is both warm and inspiring making the Cupertino Senior Center such a wonderful place to be.”

- *Justin Cecil, Recreation Coordinator*

“I am thankful for a great group of people to travel with, who have a passion to continue to learn, explore, and grow!” - *Kim Frey, Travel Coordinator*

“I am thankful for having the opportunity to work with our wonderful volunteers. I cherish the relationships I have made with each and every one of them, and the impact they make here at the center. They are a big part in making this senior center a welcoming and friendly community for all.”

- *Lisa Atwood, Office Assistant*

“I am thankful for being able to provide services and assistance to senior center members.” -*Karen Goss, Case Manager*

“I am grateful that so many of our senior center members trust us enough to be able to come to us for help if they need assistance!”

- *Jennifer Burkett, Case Manager*

**HAPPY THANKSGIVING AND HAVE
 A WONDERFUL HOLIDAY SEASON.**

**NEW LEARN ABOUT MEDICARE 2016
 MONDAY, NOVEMBER 16, 2-3:30PM**

Whether you are new to Medicare or want to know more about Medicare, come join us for a presentation by the Health Insurance Counseling and Advocacy Program. The presenter will discuss the latest updates on Medicare and the Part D plans for 2016. Medicare open enrollment begins on October 15 and ends on December 7, 2015. Please review your health and prescription drug coverage; you can make changes during this time. Open to public. Sign up at lobby table.

VOLUNTEER CORNER

**NEW VOLUNTEER ORIENTATION
 NOVEMBER 2, DECEMBER 7
 3:30-4:30PM**

Have you been thinking about volunteering? Come to the the New Volunteer Orientation to find out more about the volunteer opportunities available to you. If you are an experienced volunteer, but would like to join us for a refresher, please join us. RSVP to Justin Cecil at 408.777.3153 or JustinC@Cupertino.org

**VOLUNTEERS HELP MAINTAIN
 ACCURATE RECORDS**

We need your help! We are behind in our recorded hours. Please, if you have been volunteering, make sure to record your hours. Remember, it is part of your responsibility as a volunteer to ensure your hours are recorded accurately. You are doing amazing works, and every minute is important. Recording your hours is easy, with just a few steps:

- Log in (www.cupertino.org/volunteer)
- Click ‘Hours Log’
- Fill in:
 - ◊ Activity (Volunteer Assignment)
 - ◊ Date volunteered
 - ◊ Hours and Minutes
- Click ‘Save!’

Thank you for making every minute count! For questions, contact Justin Cecil at JustinC@Cupertino.org or by calling 408.777.3150.

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Share Discovery Through Travel

Member New Trip Sign-up *begins* Wednesday, **November 4**, 8am; Non-member *begins* November 12
 → Day Trip Preview starts at 7:30am ←

HOLIDAY SHOPPING

at San Francisco Premium Outlets

Tuesday, November 17, 9:30a-3:30p

Shop until you drop at the newest wing of the Premium Outlet stores in Livermore. This new wing added more than 30 new stores for you holiday shopping pleasure. Enjoy lunch and dessert at one of the many diverse options from which to choose.

Member Cost: \$39

The Dickens Christmas Fair & Victorian Holiday Party

Saturday, November 21, 9a-3:30p

Experience the world of Charles Dickens as the Cow Palace magically transforms into 19th century London, filled with street performers, specialty shops, music and more, celebrating a Victorian-style Christmas.

Member Cost: \$62

Festival of Lights

Santa Clara Mission Choral Concert

Friday, December 4, 4-10pm

Start the season listening to holiday musical favorites at the Mission, accompanied by a festive light show. Start this delightful evening with a delicious dinner at Bucca di Beppo. Space is limited, sign up early!

Member Cost: \$98 - dinner included

OUT-TO-LUNCH BUNCH

Thursday, January 7, 11:30a

Café Torre

20343 Stevens Creek Blvd, Cupertino
Please pre-register at the front desk.

Yuletide Lights of Livermore

Tuesday, December 15, 1:30-9p

Trip full - taking wait list only.

Member Cost: \$114 - dinner included

A Gift of Sacred Art and University Library Tour

Friday, January 15, 9:15a-2:15p

A gift of inspired art will be explored as we are guided through some of the wondrous paintings and vibrant "illuminations" gracing the pages of this larger than life Saint John's Bible, Heritage Edition. The library tour will highlight the newly renovated first floor, the amazing Automated Retrieval System, the history and special features of the library.

Member Cost: \$69 - lunch included

Behind the Scenes:

Pure Water and Recycling

Thursday, January 21, 9:30a-4p

Ever wonder how we purify water here in the Bay Area? Curious as to how all that recycling we send out each week actually gets processed? Then this trip is for you! Hosted brunch included.

Member Cost: \$68 - brunch included

Mardi Gras Party

Tuesday, February 2, 1:30p

Join us for a New Orleans-style party right here at home. Learn more about our exciting travel program of day trips, overnight and extended tours. Free raffle with prizes (including a day trip). Register at the front desk, space is limited. Senior guests pay \$5.

Member Cost: FREE

Super Bowl Fan Experience

Wednesday, February 3, 9a-5p

Join us as the San Francisco Bay Area suits up for Super Bowl 50 in these kick-off celebrations leading up to the big game. Put on your favorite team's jersey and get ready to join the festivities of the country's biggest annual sporting event.



Member Cost: \$92

Kurt Elling at Bing Concert Hall

Saturday, February 27, 4:30-10p

Experience Grammy Award-winning jazz singer Kurt Elling perform, in this intimate performance at Stanford's Bing Concert Hall. Before the show, enjoy a no-host dinner along University Avenue in Palo Alto.



Member Cost: \$104

Sunday Afternoon at the Villa

Sunday, March 6, 12:30-5:30p

Join us for a musical journey at the historic Villa Montalvo. The Saint Michael Trio will inspire and entertain taking us "around the world in 80 minutes," while charming us with their lively banter.



Member Cost: \$84

Culinary and Historic Exploration of Napa

Thursday, March 10, 7:45a-5:45p

Napa is the perfect place to enjoy a tour of seven different top restaurants to sample delicious signature creations, and learn about the history of the area. This is an insider's guide to the area! There will be time to explore the quaint shops in the area.



Member Cost: \$123 - lunch included

Fashion and Flowers

Wednesday, April 6, 7:30a-3p

Enjoy fashion, flowers, and art with a private, docent-led tour of over 100 Oscar de la Renta ensembles at the de Young Museum. Then take a leisurely stroll through the Bouquets to Art exhibit.



Member Cost: \$86

Tropical Costa Rica

9 Days- February 6-14

From lush forests and stunning waterfalls to fine sandy beaches, Costa Rica is a paradise teeming with exotic plants and incredible animals. Learn about Costa Rica's unique vegetation and indigenous wildlife through guided nature walks and river boat cruises. Stay at beautiful resorts, including an all-inclusive beach resort in Guanacaste and hot springs at Arenal Springs Resort. Add Tortuguero National Park as an excellent extension!

Member Cost: \$3,015 double occupancy

International Mystery Tour Guided by Julia and Kim

13 Days- May 11-23

Do you love fascinating culture, amazing history, castles, beautiful countryside, delicious food, and a little adventure? Then this small-group tour to an iconic destination with 4-star accommodations is planned just for you! Mystery tours are always fun! This tour features a destination that you have never experienced with us before and you're sure to be pleasantly surprised! Let the guessing begin as the destination will only be revealed just prior to our arrival at the airport.

Member Cost: \$4,630 double occupancy

Cruise on the Panama Canal

18 Days- October 30-November 16

The Panama Canal connects two great oceans and is considered one of the world's most sophisticated engineering marvels. For many travelers, transiting the Panama Canal is a milestone in their cruising careers. In addition to canal transit, you will experience everything from eco-excursions in tropical destinations like Caldera, Costa Rica and Puerto Quetzal, Guatemala to desert-sea adventures in Cabo San Lucas, Mexico, located on the southern tip of Baja California. Flights, gratuities, transfers and on-board amenities included.

Member Cost: \$6,930 double occupancy inclusive

NOVEMBER ACTIVITY HIGHLIGHTS

Book Review Meeting

First Friday of the month, 1:15-3pm

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

November 6– *The Last Runaway* by Tracy Chevalier, reviewed by Kay Kinney

December 4– *The Rosie Project* by Graeme Simison, reviewed by Rose Linn

FREE!

TechTime with Paul

Fridays, November 6-December 18, 1:30-4pm

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. Free for members. Senior center membership required.

FREE!

Movie of the Month

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

Royal Wedding (1951)- Brother-sister dance duo Tom and Ellen Bowen (Fred Astaire and Jane Powell) get the chance of a lifetime when they're booked for a London performance on the eve of Elizabeth II's nuptials. In the course of their journey, Ellen meets her match in Lord Brindale, and Tom finds romance with a British hooper. Will love break up the act? Popcorn and lemonade will be served. Members free, senior guests pay \$5 day pass.

50+ Softball

Thursday, November 5-December 17, 9am-12pm

Join us weekly on the Memorial Park softball field. Batting practice begins at 9am with a pick-up game at 10am. Member fee \$15 for the season.

Easy Membership Renewal

It is easy to renew for 2016. Please ask at the front desk for your pre-printed renewal form - just verify and sign! Renew your membership between October 26 and December 9 in order to receive the *The 50+ Scene* for January/February 2016 by mail or email. The annual membership fee is \$27, or for Cupertino residents, \$22.

簡易會籍更新 2016會籍更新很方便。請至櫃台索取您原先填好的更新表格，只要核對並簽名！請於10/26至12/9之間更新您的會籍，這樣可收到一月/二月份的耆英通訊，郵寄到家或電郵到您的網址。一年的會費是\$27，庫市居民\$22。

Thanksgiving Lunch and November Birthday Bash

Wednesday, November 18, 12pm

Thanksgiving feast with roasted turkey, mashed potatoes, gravy, dressing, savory green beans, and pumpkin pie. The Rhythmairs Band will help us celebrate the holiday with delightful music. Members with November birthdays will be honored. Members \$12, senior guests add \$5 day pass. Vegetarian option available when registering. Space is limited, please sign up early.

感恩節/生日宴大餐- 11/18 (週三), 中午12pm體驗美式大餐: 烤火雞, 薯泥, 可口蔬菜, 現烘玉米鬆餅和南瓜派, 耆英中心樂隊將演奏歡快音樂。我們將對十一月壽星表示敬意。會員\$12, 來賓加付當日活動費\$5, 請早登記。

Cupertino Historical Society

Traveling Trunk

Monday, November 16, 10-11am

Join us to see artifacts used in the homes, on the local farms and in the schools of early 1900s Cupertino, a time when there was no electricity or running water, chores kept everyone busy, the whole family pitched in at harvest time and folk enjoyed simple pleasures of "the old days." Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

Let's Talk Current Events

FREE!

Wednesday, November 18, December 9, 1:30-3pm

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.

AARP Smart Driver Class

Friday, November 6 & 13, 12:30-4:30pm

This is an 8-hour class split in two 4-hour classes. For more information and to register, call Lana at 408.362.9476. Senior center membership is not required to participate.

DECEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CITY OF CUPERTINO SENIOR CENTER 408.777.3150 OFFICE HOURS: <i>Monday-Friday 8am-5pm</i> EMAIL: SeniorCntr@cupertino.org WEBSITE: www.cupertino.org/senior Find us on Facebook!</p>	<p>1 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 10:30-11:30 Booktalk 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p>2 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-2:30 Holidays in Hawaii 夏威夷耶誕慶典</p>	<p>3 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>4 9-11 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 12 Bingo Holiday Lunch Ham (\$10) 1-3:30 Bingo 賓果 1:30-4 TechTime with Paul 1-4:30 Ping Pong 乒乓 1:15-3 Book Review - The Rosie Project by Graeme Simison 4-7 Festival of Lights Trip</p>
<p>7 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 3:30-4:30 New Volunteer Orientation 5-7 Case Manager Consultation</p>	<p>8 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 1:30-2:30 Holiday Sing-Along 歌唱會</p>	<p>9 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3 Let's Talk Current Events</p>	<p>10 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2 Learn About the Senior Center 2-4 Open Bridge 3-4:30 Caregiver Support Group</p>	<p>11 8:30 Newsletter Collating 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1:30-4 TechTime with Paul 1-4:30 Ping Pong 乒乓</p>
<p>14 8 January/February Registration Begins 10-11 Fall Prevention Presentation 10-12 Golf for Seniors 12-4 Card Playing 2:05-3:35 Ballroom Dance Social 交際舞社交 5-7 Case Manager Consultation</p>	<p>15 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 12:15-1:15 Blood Pressure Check 量血壓 1-2 PG&E Education Workshop 1:30-9 Yuletide Lights of Livermore Trip 2-3 能源講座</p>	<p>16 10-12 Case Manager Consultation 社工諮詢 12 Holiday Luncheon and December Birthday Bash (\$12) More info on page 7 冬季節慶/生日宴 12-4 Card Playing</p>	<p>17 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>18 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1:30-4 TechTime with Paul 1-4:30 Ping Pong 乒乓</p>

RENEW YOUR MEMBERSHIP BY TODAY TO RECEIVE NEXT NEWSLETTER!

SENIOR CENTER MAINTENANCE CLOSURE DECEMBER 21-23
CUPERTINO SENIOR CENTER WILL BE CLOSED FROM MONDAY, DECEMBER 21 THROUGH WEDNESDAY, DECEMBER 23 FOR CITY STAFF TO PERFORM PREVENTATIVE AND GENERAL MAINTENANCE.
12/21-23 中心維修, 歇業一週. 請見諒!

HAPPY HOLIDAYS FROM THE SENIOR CENTER STAFF!

SENIOR CENTER WILL BE CLOSED FROM THURSDAY, DECEMBER 24, 2015 THROUGH SUNDAY, JANUARY 3, 2016. WE WILL RE-OPEN MONDAY, JANUARY 4.

耆英中心全體員工祝大家節慶快樂!
耆英中心將在 12/24/2015 周三至 1/3/2016 周四之間歇業. 我們將在 1/4 周五重新開放.




DECEMBER ACTIVITY HIGHLIGHTS

Holiday Lunch and December Birthday Bash Wednesday, December 16, 12pm

Put on your best holiday attire and jump into the season with a very special visit from jolly ol' St. Nick and a holiday meal. This home-style holiday meal includes tri-tip, scalloped potatoes, holiday salad with pecans and cherries, sweet ginger carrots, and New York cheesecake. Members with December birthdays will be honored. Vegetarian option available when registering. Members \$12, senior guests add \$5 day pass.

慶祝冬季節慶/生日宴- 12/16 (週三), 中午12pm 歡迎您來參加我們的節慶活動, 家庭式的午餐包括鮮嫩多汁的牛排, 烤土豆片, 沙拉, 甜姜胡羅卜和紐約起司蛋糕。我們將對十二月壽星表示敬意。會員\$12, 耆英來賓加付當日活動會費\$5。



Fall Prevention

Monday, December 14, 10-11am

Vanessa Merlano, MS, RD, is the Chair of the Santa Clara County Falls Prevention Task Force and will be discussing the 4 components of falls prevention: vision, home safety, medication management and exercise. All participants will receive a resources list, exercise guide and other useful fall prevention materials. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

FREE!

Holidays in Hawaii

Wednesday, December 2, 1:30-2:30pm

Sway with our own Aloha Nani Hula dancers as they celebrate the holidays with Hawaiian songs and dances. Light refreshments will be served. Please sign up at lobby table. Free for members, \$5 day pass for senior guests.

12/2 (週三), 下午1:30-2:30pm 請參加我們的特別夏威夷耶誕慶典, 可觀賞耆英中心 Aloha Nani 呼拉舞蹈團表演優雅的夏威夷歌舞迎接新年。請至櫃台登記。會員免費, 耆英來賓付當日活動費\$5。

Bingo Holiday Lunch

Friday, December 4, 12pm

Start the holiday season early with a honey glazed ham with all the trimmings and dessert will satisfy your holiday cravings. Bingo cards are sold separately, \$4-\$7. Lunch for members is \$10, senior guest add \$5 day pass. Vegetarian option available when registering. Sign up early, space is limited.

Holiday Sing-Along

FREE!

Tuesday, December 8, 1:30-2:30pm

Come and sing holiday songs accompanied by guitar and ukulele. Members free, senior guests pay \$5 day pass. Please sign up at the lobby table.

節慶歌唱會-12/8 (週二), 1:30-2:30pm 請加入我們的歌唱會, 中心義工將彈吉他和四弦琴伴奏。會員免費, 耆英來賓付\$5當日活動費。請至櫃台登記。

PG&E Education Workshop

Tuesday, December 15, 1-2pm

Hosted by Self-Help for the Elderly. This workshop will provide education on Rate Reform, how your bill works, CARE program, Medical Baseline applications, Sign-ups for Energy Statements, ESA referral, Balanced Payment, EE tips and Integrated Brochures. Open to public. Sign up at the lobby table.

能源講座 -12/15 (週二), 2-3pm 由安老自助處所提供, 該講座將為您介紹太平洋煤電公司各項福利優惠及服務, 內容如下: 了解費率改革, 說明能源帳單, 能源支出的折扣, 使用醫療設備的能源折扣, 申請中文的能源帳單, 平衡付款計劃, 成套的服務手冊, 請於櫃臺登記。

Stay Active Fund

The Stay Active Fund helps adults 50+ remain active, engaged, and participating at the Cupertino Senior Center. This fund provides assistance to offset the cost for senior center membership and registration for classes and events. The fund is available beginning in November through June 30, or until the fund is depleted. Please contact the senior center staff for more details.

保持活躍基金 保持活躍基金幫助五十歲以上耆英積極參與並投入庫市耆英中心活動。此基金提供中心會籍以及課程和活動費用減免, 基金有效期是十一月至六月三十日或至基金用完。詳情請與耆英中心聯繫。

Tree Lighting Ceremony

FREE!

Friday, December 4, 6-8pm

Quinlan Community Center

Help kick-off the holiday season on with Cupertino's Tree Lighting Ceremony. The evening will include a countdown to light the tree, music, refreshments, and a special visit from a friend who lives in the North Pole! Admission is free, but please bring a non-perishable canned good to be donated to West Valley Community Services. Dress warmly, as part of the event takes place outdoors.

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS OCTOBER 26	DAY	DATES	TIME	INSTRUCTOR	MEMBER FEE
Ballroom Dance 交際舞 - Chinese Tango	W	11/18-12/9	1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞 - Quick Waltz	W	12/16-1/20	1:30-3:30	D. Lew	\$32
Chair Exercise	M & Th	11/16-1/11	10:30-11:30	P. Hu	\$40
Chinese Brush Painting 國畫班	M	11/30-2/8	8:30-10:30	M. Lee	\$50
Chinese Brush Painting 國畫班	M	11/30-2/8	10:40-12:40	M. Lee	\$50
Chinese Calligraphy 書法班	T	12/15-2/16	3-5	L. Cheng, Y. Wang	\$15
Citizenship Class 公民班	M & F	11/2-1/8	8:15-9:45	V. Wong	\$20
Conversational English 英語會話班	M & T	12/7-2/9	10-11:45	P. Chun, V. Wong	\$20
Cooking with Suzanne - Greek Baked Cheese Appetizers	W	12/9	10-1	S. Vandyke	\$55
ESL - Intermediate Conversation 中級ESL會話班	T	11/10-1/12	1:30-3	J. Andrushko	\$20
Feldenkrais Method	T	11/17-1/19	9:30-10:30	M. Westlaken	\$40
Harmonica II - Performance Band	M	12/7-2/15	3:45-4:45	A. McKee	\$15
Hatha Yoga	Th	12/3-2/4	2:30-3:30	V. Bhat	\$40
Hula Dancing 夏威夷呼拉舞	M	11/23-1/11	11:45-12:45	F. Ota	\$15
Hula Dance Performance Group	M	11/23-1/11	12:55-1:55	F. Ota	\$15
Japanese - Beginning Level I	Th	12/3-2/4	8:30-9:30	T. Terry	\$35
Japanese - Beginning Level II	Th	12/3-2/4	9:45-10:45	T. Terry	\$35
Pilates	T	11/24-1/26	11-12	K. Phipps	\$35
U.S. History Seminar	T	11/24-12/15	12-1	R. DiBono	\$15
Ukulele Strum-and-Sing - Intermediate	M	11/2-12/14	1:30-3:30	N. Levy	\$25
Yoga with Savitha	T	11/24-1/26	4-5	S. Madhu	\$40
Yoga with Savitha	Th	12/10-2/11	4-5	S. Madhu	\$40
Yuan Chih Dance 元極舞	F	11/6-1/15	10-11:30	Annie & Helen	\$15
Zumba Gold	F	12/4-2/5	3:45-4:45	G. DuVal	\$37
Zumba Gold at Quinlan Center	M	12/7-2/22	2:30-3:30	P. Hu	\$37
EVENING CLASSES					
Chinese Brush Painting 傳統與現代中國畫	Th	11/19-1/28	6-8	M. Shei	\$55
Yoga with Savitha	T	11/24-1/26	5:15-6:15	S. Madhu	\$46
Yoga with Savitha	W	12/9-2/10	5:15-6:15	S. Madhu	\$46
Zumba Gold Dance & Toning	W	11/4-1/20	6:30-7:30	H. Shariffe	\$45
COMPUTER AND TECHNOLOGY CLASSES					
iPad Beginning	T	11/17 - 12/8	1-3:30	R. Schiros	\$22
iPad Intermediate	Th	12/3-12/17	12:30-3	R. Schiros	\$22
PC Beginning	Th	11/5-12/10	10-12	B. Higgins	\$35

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

Adult Community Education

November 2-January 16

For all class listings and to register, consult the ACE catalog or call 408.522.2700. Classes are held at the senior center, and membership is required.

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, 您也需要是耆英中心會員, 會費是庫市居民22元一年, 非居民27元. 11/2-1/16/15.

CLASS HIGHLIGHTS



U.S. History Seminar

Tuesday, November 24-December 15, 12-1pm

Join us for this truly interesting class in which you can learn about and discuss US History. Enjoy critical thinking, essays, and seminar discussions of historical problems, and learn to analyze material and offer hypothesis in a seminar fashion. Member fee \$15.



Cooking with Suzanne Greek Baked Cheese Appetizers

Wednesday, December 9, 10am-1pm

Sommelier, Cookbook Author and International Chef Suzanne organizes yearly trips to the island of Crete and has a suitcase full of Greek recipes to share. In this class she will to showcase how Greeks enjoy their *meze*, or warm appetizers. Hearty and Mouthwatering Oven Baked Feta with Farmers Fresh Cherry Tomatoes and Greek Herbs such as Oregano, flat leaf Parsley and more, Shrimp & Feta in Tomato Sauce baked in Claypot dishes and the popular tableside Saganaki (Pan Fried Flaming Greek Cheese) where chef Suzanne will let you master the technique of Saganaki Flambé, a showy presentation that restaurants tantalize you with! After this class you can impress your guests by being a “Greek” chef for the day. Opa! Appetizers will be enjoyed with Suzanne’s oven fresh breads. Member fee \$55.

Citizenship Class

Monday & Friday, November 2-January 8, 8:15-9:45am

This citizenship preparation class provides opportunities for students to learn about the United States naturalization process. This course teaches the reading, writing, listening, and speaking skills needed to complete naturalization forms and pass the naturalization interview. Topics will include: the rights and responsibilities of U.S. citizenship, and U.S. history, government and civics. Member fee \$20.

公民班 11/2-1/8, 8:15-9:45am(週一, 週五) 公民預備班讓學生有機會學習美國公民入籍手續, 老師會教導讀, 寫, 聽和對話方式去完成入籍填表和通過面試, 題目包括美國公民權利和義務, 美國歷史, 政府和公民. 會員\$20.

Pilates

Tuesday, November 24-January 26, 11am-12pm

This is a whole body exercise that is low impact and appropriate for anyone. The movements strengthen the core muscles, improve balance, increase coordination, and decrease stress. Wear loose clothing and bring a yoga mat. Member fee \$35.

Chinese Brush Painting



Thursday, November 19-January 28, 6-8pm

Explore abstract and realistic Chinese ink art by combining Western and Eastern techniques on rice paper and other materials. Subjects will include landscapes, flowers and birds, figures, splash ink, etc. Open to all levels: students will learn the technique of the basic outline, brush stroke and building up layers of color step by step from teacher demos. Students will get to experiment on and experience a variety of rice paper. Member fee \$55.

傳統與現代中國畫 11/19-1/28, (週四) 6-8pm

傳統與現代中國畫課程, 其內容將從傳統寫意、工筆、嶺南派技巧入手, 讓學生熟悉文房四寶等特性、筆觸之運用、普遍性及特殊性畫題含意, 逐步加入現代元素, 如潑墨、及紋路、肌理等新理念, 結合東西方抽象、哲學思想, 通過在宣紙等畫材, 及40分鐘的示範作畫能讓學生發展出自己特有的水墨藝術。課程主題將包括山水, 花鳥, 人物, 潑墨等。會員\$55.

Japanese Language



Thursday, December 3-February 4

Beginning 1- 8:30-9:30am; Beginning 2- 9:45-10:45am

Japanese Beginning 1- Designed for people who have had little or no exposure to the language before. These classes will start from the very beginning and include the basics such as numbers, greetings and simple sentence structures. The Hiragana and Katakana writing systems will be introduced. Member fee \$35.

Japanese Beginning 2- Designed for people who have taken level 1 or who already have a firm knowledge of the basics. Students will increase their vocabulary and grammar, and develop longer conversational skills. Member fee \$35.

日本語 12/3-2/4, (週四)

初級日本語一-8:30-9:30 am, 初級日本語二 9:45-10:45 am

初級日本語一 - 特為沒有或有少許日本語能力的人士而設。課程由最基本數字, 問好和簡單語句開始。介紹平假名和片假名字彙, 到學期終結, 學生將會說簡單會話和對日本文化背景有所認識。會員\$35.

初級日本語二 - 專為已修完初級日本語或已有初步知識的人而設, 包括能書寫平假名和片假名, 數字, 問好和簡單語句, 學生將會增進字彙和文法, 發展更長的會話。會員\$35.

Ukulele Strum-and-Sing



Intermediate

Monday, November 2-December 14, 1:30-3:30pm

Enjoy singing and strumming to Hawaiian and other songs with other intermediate ukulele players. We will move beyond the basics to enhance your ukulele skills and music understanding of this wonderful and enjoyable instrument. Member fee \$25.

CASE MANAGER'S CORNER

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, November 9, 23, December 7, 1:30-2:30pm

Tuesday, November 3, 17, December 1, 14, 12:15-1:15pm

Drop-in Consultation with Case Manager

Mondays 5-7pm, Wednesdays 10am-12pm



Case Manager is available to discuss community resources, benefits, and care options during the drop-in hours. Case Manager is also available by appointment. Cantonese/Mandarin available at Wednesday morning drop-in, or by appointment.

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.

Caregiver Support Group

Thursday, November 12, December 10, 3-4:30pm

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

Notary Service



The senior center is offering Notary Service. The cost is \$5 per signature. Please call 408.777.3157 to make an appointment.

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

Health Insurance Counseling (HICAP)

Monday, November 2, 9, 23, December 14, 1-3pm

Consultation on Medicare and health insurance.

健康保險諮詢-11/5, 11/3 (週四), 9-10am 中文服務

Housing

Monday, November 16, December 7, 1:30-3:30pm

Information on resources for senior housing options.

租屋諮詢 - 11/16, 12/7, (週一), 1:30-3:30pm

Senior Adult Legal Aid (SALA)

Friday, November 6, 13, 20, December 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 - 11/6, 11/13, 11/20, 12/4, 12/11, 12/18

10:30am-12:30pm 60歲以上, 並住在聖縣.

City of Cupertino Senior Center

21251 Stevens Creek Blvd.

Cupertino, CA 95014

408.777.3150

www.cupertino.org/senior

www.cupertino.org/50plus

www.cupertino.org/seniorcenterfacebook

FIRST CLASS MAIL

Tips for the Holiday Blues



Monday, November 2, 9 & 16, 1-2:30pm

Are you nervous about the holidays? Do you find yourself on overload during this season? Need a place to discuss how to adjust to the holiday chaos? Join the new 3-week support group for assistance to cope with the holiday blues, facilitated by Vivian Silva, MSW. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.