



CUPERTINO

# THE 50+ SCENE

SEPTEMBER-OCTOBER 2014

CITY OF CUPERTINO SENIOR CENTER 408.777.3150

21251 STEVENS CREEK BLVD.

## BE EXPERTS AT LIVING WELL AND BUILD STEPS TO A BRIGHTER FUTURE LET THE ADVENTURE BEGIN!

National Senior Center Month is celebrated every September. The Cupertino Senior Center has resources and tools to empower older adults and help them to become **Experts at Living Well**. The week of October 13 is a time to celebrate and recognize all the great things about the senior center case management program as it is **Building Steps to a Brighter Future** as part of National Case Management Week. International Active Aging Week takes place in September as the senior center supports the adventurous spirit of all adults 50 plus to **Let the Adventure Begin** by living an active, healthier lifestyle regardless of age or health conditions. Be an Expert at Living Well and Build Steps to a Brighter Future – Let the Adventure Begin at the Cupertino Senior Center!

### HIDDEN TREASURES SALE!

THURSDAY, OCTOBER 30, 9AM-2PM

Hundreds of items have been donated to the senior center for this meaningful fundraising event. The proceeds will benefit senior center case management program for at-risk members and the Stay Active Fund to provide assistance to offset the cost for senior center membership and classes. This is the perfect opportunity to shop for those one-of-a-kind holiday gifts. We will be collecting donations until October 17, please bring your gently used knick knacks, costume jewelry, and craft items to the center, and please remember bring your own reusable bags for shopping.

耆英中心將在10/30日(週四), 9am-2pm 再次舉辦藏寶室募款活動, 所得將用做耆英中心獎學金和緊急經費。有很多價廉物美的禮品, 首飾, 廚房用具, 擺飾, 手工藝品等, 送禮自用兩相宜, 歡迎選購。此項活動對外開放, 歡迎您呼朋喚友一起來共襄盛舉。我們在10/17前繼續接受捐贈品。謝謝您的贊助。

### SNACK BAR HOURS: 10AM-1 PM

We will be offering sandwiches, cinnamon rolls, and muffins for sale. Take a break, then shop some more.

### BRAIN TRAINING REVOLUTION

WEDNESDAY, SEPTEMBER 24-NOVEMBER 12  
10-11:30AM

A workout for healthy brain aging and optimal brain function, this unique class is taught by Denise Everham, and is designed to help you develop your own personalized Brain Fitness program. Through puzzles, games, and group activities, we will have fun and learn how to exercise our brains while we develop a healthy brain life style. Member fee \$20

### VOLUNTEER CORNER

#### HIDDEN TREASURES SORTING

Mondays, September 8–October 27

1:30-4pm

We need many volunteers to sort through donated items on a weekly basis starting September 8. You will get a sneak preview of the donated items and have a lot of fun! To join this exciting event, email Alex at [alex@cupertino.org](mailto:alex@cupertino.org) or call 408.777.3150.

藏寶分類, 每週一, 9月8日至10月27日, 下午1:30到4點。我們需要很多義工從9月8日起每月將捐獻物品分類。您將有機會預覽捐獻物品! 如要參加這個精彩且富有樂趣的活動, 請電郵 Alex: [alex@cupertino.org](mailto:alex@cupertino.org)或撥打電話408.777.3150。

#### VOLUNTEER OPPORTUNITY FRONT DESK VOLUNTEER

Front Desk Volunteers create a bright, vibrant, and wonderful place to be for the 50+ community. If you are interested in becoming a Front Desk Volunteer or want to learn more, please contact Justin at [JustinC@cupertino.org](mailto:JustinC@cupertino.org) or call 408.777.3150. Bi-lingual speaker 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 Justin: [JustinC@cupertino.org](mailto:JustinC@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 3**, 8am; Non-member begins Sept. 10.  
 → Day Trip Preview starts at 7:30am ←

## BEAUTIFUL BERKELEY

*Thursday, September 11, 8:15a-5:30p*

Experience autumn beauty as you take a docent-led walk through Tilden Regional Park Botanical Gardens, then enjoy lunch at Spenger's Fresh Fish Grotto. You'll have time on your own to explore Berkeley before a tour and tasting at the beautiful tasking room and museum at Takara Sake.

**Member Cost: \$91** - lunch included

## MOTOWN, *The Musical*

*Thursday, September 18, 4:30-11:45p*

Full, taking wait-list only.

**Member Cost: \$139**

## Cruise The Estuary

with Dolphin Charters

*Wednesday, September 24, 8:15a-3:15p*

Our narrated tour begins in Berkeley, cruises under the Bay Bridge, through the Alameda Estuary, giving us a "Backdoor" view of Alameda and Oakland, then across the bay to San Francisco, and back to Berkeley. We will have lunch on board while we are cruising.

**Member Cost: \$119** - lunch included

## Earthbound Farms

*Thursday, October 2, 8:30a-3:45p*

In picturesque Carmel Valley, Earthbound Farm offers fresh organic produce, spectacular flowers, and festive pumpkins! You'll learn about organic farming, then enjoy a lunch of delicious fresh, organic foods. Top it all off with a docent-led delectable tour at Lula's Chocolates and a little treat.

**Member Cost: \$104** - lunch included

## Pippin

*Wednesday, October 8, 4:30-11:45p*

Enjoy an evening in San Francisco with a hosted dinner at Palmyra and then visit the Golden Gate Theatre to see *Pippin*, winner of four Tony Awards in 2013, including Best Musical Revival! This enchanting show features sizzling choreography, breathtaking acrobatics, and fabulous music.

**Member Cost: \$159** - dinner included

## Sargent Equestrian Center

*Wednesday, October 15, 7:45a-4:45p*

Learn about different horse breeds, including the Sargent Clydesdales, and enjoy horse-drawn carriage rides around this lovely property. After a hearty cowboy-style lunch, we'll experience Jeremy Wine Co. tasting room and learn about wines.

**Member Cost: \$99** - lunch included

## OUT-TO-LUNCH BUNCH

*Tuesday, October 28, 11:30a*

**VILLAGE FALAFEL** 

20010 Stevens Creek Blvd.

Please note: next Trip Sign-Up Day  
 ★ will be Wednesday, **October 29** ★

## SPAIN'S CLASSICS

*11 Days - November 8-18*

Locally guided tours and walking tours exploring the history, beauty, and culture of authentic Spain.

**Member Cost: \$4,249** double occupancy

## I Love Lucy

*Sunday, November 23, 9:30a-4p*

Re-live the magic of TV's most beloved program -- *I Love Lucy*. From our Mezzanine seats at the Curran Theatre in San Francisco we will follow America's favorite foursome in this new hit show, *I Love Lucy Live on Stage*. Before the show we will have time for brunch on our own in Union Square!

**Member Cost: \$141**



## Levi's Stadium Tour

*Tuesday, November 25, 7:30a-1p*

Enjoy a private docent-led behind-the-scenes tour of the new Levi's Stadium in Santa Clara and a self-guided tour of the 49er Museum. Start the morning with a delicious buffet breakfast at Mariani's Inn and Restaurant.

**Member Cost: \$113** - breakfast included



## Kinky Boots

*Tuesday, December 9, 4:15-11:45p*

We're off to the Orpheum Theatre with orchestra seating to see this exhilarating Broadway Musical which won six Tony Awards including "Best Musical." Inspired by a true story, *Kinky Boots* is a joyous and uplifting show about a shoe maker who meets the fabulous entertainer Lola, the rest is history. Before the show, enjoy a no-host meal at one of the wonderful restaurants in the quaint downtown of Redwood City.

**Member Cost: \$139**



## Yuletide Lights of Livermore

*Thursday, December 11, 1:30-9p*

Alden Lane Nursery, known for their fresh holiday greens, time for holiday browsing in the cute Downtown Livermore, and viewing of spectacular yuletide lights will really get you in the mood for the holidays! An amazing 4-course dinner at Terra Mia will be included in this special evening!

**Member Cost: \$114** - dinner included



## Moscow Ballet's Great Russian Nutcracker

*Friday, December 19, 3-7:15p*

'Tis the season for *The Great Russian Nutcracker*, a holiday tradition for families in over 70 North American cities. Dessert is served prior to our stroll across the street to the Flint Center where we have orchestra seats for the show.

**Member Cost: \$89** - dessert included



## San Juan Island Cruise

*6 Days - April 15-20, 2015*

Small ship cruising, only 17 cabins. Highlights include Roche and Friday Harbors, Fort Casey, Mt. Vernon Tulip Farms, Deception Pass Bridge, Bridge of Glass and Dale Chihuly, and the most peaceful quiet nights you can imagine! Space limited- sign up early.

**Member Cost: \$2,495** double occupancy

Travel presentation with Captain Jeff on Friday, October 24 at 2pm.



## Mackinac Island

featuring the Grand Hotel

*8 Days - May 30-June 6, 2015*

Highlights include Greenfield Village and Henry Ford Museum, Edsel and Eleanor Ford House, Green Bay, Millennium Park, and Chicago.

**Member Cost: \$2,949** double occ. Early booking price!

Travel presentation Tuesday, September 30 at 1:30pm



## Inspiring Iceland

*9 Days - August 16-24, 2015*

Small group travel-limited to 24. Highlights include Reykjavik, Golden Circle, Thingvellir National Park, Snaefellsnes Peninsula, Puffin Cruise, and Blue Lagoon.

**Member Cost: \$4,999** double occ. Early booking price!

Travel presentation Tuesday, September 30 at 2pm



## Tuscan and Umbrian Countryside

*11 Days - October 16-26, 2015*

Small group travel to Italy-limited to 24.

Come to the presentation Tuesday, September 30 at 2:30pm to find out more!



# SEPTEMBER ACTIVITY HIGHLIGHTS

## Marv's Musical Memories

Monday, 2-3pm

September 15- George Gershwin

October 13- Glenn Miller



Marv Emerling is a local musician and music collector with great interest in performers, composers, and players. Specially recorded music is accompanied with thoroughly enjoyable commentary. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

## Lunch with Friends

Wednesday, 12pm

Join us for lunch! Pre-registration is required. Member fee \$6, senior guests add \$5 day pass.

**September 3-** Roast Beef Wraps, salad and desert  
**October 22-** Shepherd's Pie, salad and desert

星期三午餐，中午12點，歡迎參加我們的午餐！需要提前報名。會員費\$6，非會員需多加當日活動費\$5。9月3日-烤牛肉卷、沙拉和甜點。10月22日-牛肉餡餅，沙拉和甜點。

## September Social and Birthday Bash

Wednesday, September 10, 12pm

Come savor a meal of miso soup, steamed rice, and shrimp tempura, then participate along with the Obon dancers' performance as you learn a traditional Japanese dance. Members with September birthdays will be honored. Member fee \$8, senior guest add \$5 day pass. Space is limited, sign up early.

九月社交和慶生宴，9月10日週三中午12點。日本餐，菜單包括味增湯、蒸米飯和蝦天婦羅。享受美味午餐同時可觀賞盆舞表演而且可學習這個傳統的日本舞蹈。我們並會同時祝賀九月份生日的壽星。會員費\$8，非會員需多加當日活動費\$5。名額有限，請提前報名。

## Book Review Meeting

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

Learn about new books and meet new people. Free for members, senior guests pay \$5.

**September 5-** *The Magic of Ordinary Days* by Ann Howard Creel, reviewed by Kay Kinney and Alan Johnson  
**October 3-** *The Light Between Oceans* by M.L. Stedman, reviewed by Carroll Maquire

## Nutrition Tips for Life

Monday, September 22, 10-11am

With so much conflicting information about what to eat and what not to eat, this workshop presented by El Camino Hospital breaks through the nutrition myths and provides practical tips that will impact the health of every cell in the body. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.



## Medication and Mercury

FREE!

### Thermometer Drop-off

Tuesday, September 16, 9-11:30am

Bring in your expired and unneeded medicine and safely drop them off for disposal. Mercury thermometers will also be accepted for disposal. Sharps will not be accepted. Open to the public.

藥物和水銀溫度計回收，9月16日週二上午9點至11:30。您可帶上過期和不要的藥物到本中心做安全棄置。我們也接受水銀溫度計。尖銳物不能接受。對外開放。

## Aunt Venna's Home Gym

Tuesday, September 9, 10-11am

This practical and fun workshop presented by El Camino Hospital will teach individuals to increase physical activity from the comfort of their own home. Members free, senior guests pay \$5 day pass. Sign up at lobby table.



## Take Our Customer Service Survey!

The Cupertino Senior Center wants to serve you as best as we can and the only way to know how we can serve you better is by asking. You can go online to [www.cupertino.org/senior](http://www.cupertino.org/senior) to take the survey or fill out the enclosed survey or pick one up at the front desk. We invite you to complete the survey by September 11.

Cupertino老年中心想透過問卷調查來提昇我們的服務品質，為此，我們邀請您填寫一份客戶服務調查問卷。希望大家踴躍參與。您可以上網到[www.cupertino.org/senior](http://www.cupertino.org/senior)填寫問卷或填寫附件中的問卷，或在前台拿一份，並在9月11日前完成問卷。

## Sustainable Seniors

Wednesday, September 24, 1:30-2:30pm

Presented by the City of Cupertino, the Cupertino Library, and the Cupertino Library Commission. Come and learn about the wide array of city and library programs available to you for promoting personal and environmental health and prosperity. Open to the public. Sign up at lobby table.



# SEPTEMBER 2014 - NATIONAL SENIOR CENTER MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>LABOR DAY SENIOR CENTER CLOSED</b> 慶祝 中心歇業一天	<b>2</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 10:30-11:30 Booktalk 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓	<b>3</b> 7:30 Day Trip Preview 8 New Trip Sign-up 9-12 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12 Lunch with Friends (\$6) Roast Beef Wraps 星期三午餐(\$6)烤牛肉卷	<b>4</b> 11:15-1:30 Needlecraft 12-2 Card Playing 2-3:30 Current Events Discussion Group 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	<b>5</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 1:15-3 Book Review- <i>The Magic of Ordinary Days</i> by Ann Howard Creel 4:15-7:45 Mountain House Restaurant Trip
<b>8</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 1:30-2:30 New Volunteer Orientation 1:30-4 Hidden Treasures Sorting 藏寶分類 2:05-3:35 Ballroom Dance Social 交際舞社交	<b>9</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 10-11 Aunt Venna's Home Gym Lecture 12-4 Card Playing 4-4:45 Feldenkrais Chair Exercise Free Preview	<b>10</b> 9-12 50+ Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12 September Birthday Bash (\$8) Shrimp Tempura, Obon Dancers 九月生日宴 (\$8) 蝦天婦羅、盆舞者 2-4 Card Playing	<b>11</b> 8:15-5:30 Beautiful Berkeley Trip 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	<b>12</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
<b>15</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-4 Hidden Treasures Sorting 藏寶分類 2-3 Marv's Musical Memories - George Gershwin 5:15-9:30 Monday Night Football Kick-Off (\$10) at OG Sliders	<b>16</b> 8:30-11:30 Ping Pong 乒乓 9-11:30 Medication and Thermometer Drop-off 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	<b>17</b> 9-12 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 5-6:30 Caregiver Support Group in Mandarin 家庭照護者互持小組 2-4 Card Playing	<b>18</b> 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 4:30-11:45 Motown, The Musical Trip	<b>19</b> 5 Maine Coastal Cruise Departs 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
<b>22</b> 10-11 Nutrition Tips for Life 10-12 Golf for Seniors 1:30-2:30 Blood Pressure Check 量血壓 1:30-2:45 Volunteer Advisory Council Meeting 1:30-4 Hidden Treasures Sorting 藏寶分類 2:05-3:35 Ballroom Dance Social 交際舞社交 5:15-9:30- Monday Night Football (\$8) Coney Island Hot dog	<b>23</b> 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	<b>24</b> 8:15-3:15 Cruise the Estuary Trip 9-12 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-2:30 Sustainable Seniors	<b>25</b> 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	<b>26</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  <b>27</b> 9:30 Maine Coastal Cruise Returns
<b>INTERNATIONAL ACTIVE AGING WEEK</b>				
<b>29</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-4 Hidden Treasures Sorting 藏寶分類	<b>30</b> 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	<b>30 (CONTINUED)</b> 1:30 Mackinac Island, Inspiring Iceland, and Tuscan and Umbria Countryside Travel Presentations	CITY OF CUPERTINO SENIOR CENTER 408.777.3150  OFFICE HOURS: Monday-Friday 8am-5pm  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>	

# OCTOBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CITY OF CUPERTINO SENIOR CENTER</b> 408.777.3150 <b>OFFICE HOURS:</b> <i>Monday-Friday 8am-5pm</i> <b>EMAIL:</b> <a href="mailto:SeniorCntr@cupertino.org">SeniorCntr@cupertino.org</a> <b>WEBSITE:</b> <a href="http://www.cupertino.org/senior">www.cupertino.org/senior</a> Find us on <a href="#">Facebook!</a></p>	<p><b>NEW TRIP SIGN-UP DAY!</b> <b>WEDNESDAY, OCTOBER 29</b> <i>Day Trip Preview begins at 7:30am</i> <i>Registration begins at 8am</i></p>	<p><b>1</b> 9-12 50+ Bocce Ball 10-12 Case Manager     Consultation 社工諮詢 12 Oktoberfest/Birthday Bash (\$10) Bratwurst, Black Forest Cake     Valderias Band     10月慶生宴 12-4 Card Playing</p>	<p><b>2</b> 8:30-3:45 Earthbound Farms Trip 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 2-3:30 Current Events Discussion Group</p>	<p><b>3</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 1:15-3 Book Review- <i>The Light Between Oceans</i> by M.L. Stedman</p>
<p><b>6</b> 10-11 Keys to Successful Aging Workshop 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 New Volunteer Orientation 1:30-4 Hidden Treasures Sorting 藏寶分類</p>	<p><b>7</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production- The Better Part 10:30-11:30 Booktalk 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p>	<p><b>8</b> No 50+ Bocce Ball 12-4 Card Playing No Case Management Consultation 4:30-11:45 Pippin Trip</p>	<p><b>9</b> No 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing No Karaoke 沒有卡拉OK 2-4 Open Bridge No Caregiver Support Group</p>	<p><b>10</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</p>
<p><b>13</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 1:30-4 Hidden Treasures Sorting 藏寶分類 2-3 Marv's Musical Memories- Glen Miller 2:05-3:35 Ballroom Dance Social 交際舞社交 5:15-9:30 Monday Night Football (\$8) Baked Ziti</p>	<p><b>14</b> 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><b>15</b> 7:45-4:45 Sargent Equestrian Center Trip 9-12 50+ Bocce Ball 10-12 Case Manager     Consultation 社工諮詢 12-4 Card Playing 2-3:30 Planning for Your Future Presentation 5-6:30 Caregiver Support Group in Mandarin     家庭照護者互持小組</p>	<p><b>16</b> 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 3-4:30 Caregiver Support Group</p>	<p><b>17</b> Last day to donate to Hidden Treasures 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</p>
<b>NATIONAL CASE MANAGEMENT WEEK</b>				
<p><b>20</b> 10-11 Good Stress vs. Bad Stress Workshop 10-12 Golf for Seniors 11-12:30 Medicare Update 2015 Presentation 12-4 Card Playing 1:30-4 Hidden Treasures Sorting 藏寶分類</p>	<p><b>21</b> 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</p>	<p><b>22</b> 9-12 50+ Bocce Ball 10-12 Case Manager     Consultation 社工諮詢 12 Lunch with Friends (\$6) Shepherd's Pie 12-4 Card Playing</p>	<p><b>23</b> 9:15-3:30 Google Trip 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>24</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 2 San Juan Island Cruise Presentation by Capt. Jeff</p>
<p><b>27</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 1:30-4 Hidden Treasures Sorting 藏寶分類 2:05-3:35 Ballroom Dance Social 交際舞社交</p>	<p><b>28</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 Out-to-Lunch Bunch Village Falafel 12-4 Card Playing</p>	<p><b>29</b> 7:30 Day Trip Preview 8 New Trip Sign-up 9-12 50+ Bocce Ball 10-12 Case Manager     Consultation 社工諮詢 12-4 Card Playing</p>	<p><b>30</b> 9-2 Hidden Treasures Sale No Needlecraft No Card Playing No Karaoke 沒有卡拉OK No Open Bridge</p>	<p><b>31</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</p>

# OCTOBER ACTIVITY HIGHLIGHTS

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## Oktoberfest and Birthday Bash

Wednesday, October 1, 12pm

We will serve a Northern German meal of bratwurst, sauerkraut, Bavarian mixed salad, and Black Forest cake for dessert. The Valderais Band will entertain you with exciting German music. Members with October birthdays will be honored. Members \$10, senior guests add \$5 day pass. Register early, space limited.

德國午餐/ 十月慶生宴- 10/8 (週三), 12pm請來品嚐德國香腸配酸菜, 洋芋沙拉和甜點. 表演節目是手風琴演奏德國音樂. 我們將對10月壽星(會員)表示敬意. 會員費10元。耆英來賓加付\$5當日活動費. 請早登記.

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## Planning for Your Future

Wednesday, October 15, 2-3:30pm

Join us for a presentation by Jennifer Burkett, Care Advocate and Certified Care Manager, and Vivian Silva, Social Worker. This workshop provides an opportunity to explore the best options for your future by explaining in-home care services, the different types of senior communities, public benefits, care coordination, and community resources. Open to the public. Sign up at lobby table.

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## Medicare Update 2015

Monday, October 20, 11am-12:30pm

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 2015. Open to public. Sign up at lobby table.

聯邦和加州醫療卡2015年新動態 10月20日, 11-12:30  
如您有聯邦和加州醫療卡, 請勿錯過此講座。2015持有雙卡人士將面臨許多改變。該講座將會為您講解和提供息, 以助您作出正確的選擇。

## Adult Community Education

September 2-October 24

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. Registration now open. 成人社區教育, 9月2日至10月24日。如要了解所有課程並報名, 請參考ACE目錄或致電408.522.2700。課程在老年中心教授, 必須是會員才能參加。報名現正進行。

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## De Anza Cardio-Vascular Training

September 22-December 12

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

The class is designed for the development and maintenance of strength, flexibility, and fitness for seniors with a verified physical disability. Classes are held at the senior center, and Cupertino Senior Center membership is required. Register at the first class or call Tom at 408.864.5409.

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## Keys to Successful Aging

Monday, October 6, 10-11am

This interactive workshop presented by El Camino Hospital is based on the latest healthy aging research. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

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## Good Stress vs. Bad Stress

Monday, October 20, 10-11am

This workshop, presented by El Camino Hospital, teaches practical techniques to manage the good and bad life stressors. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

## CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

REGISTRATION STARTS AUGUST 18	DAY	DATES	TIME	INSTRUCTOR	MEMBER FEE
Art History- Pop Art	T	9/30-11/18	1:30-3:30	K. Young	\$45
Ballroom Dance 交際舞- Cha Cha, Waltz	W	9/3-9/24	1:30-3:30	D. Lew	\$32
Ballroom Dance 交際舞- Salsa, Quick Step	W	10/1-10/22	1:30-3:30	D. Lew	\$32
Brain Training Revolution	W	9/24-11/12	10-11:30	D. Everham	\$20
Chair Exercise	M & W	9/15-11/12	11-12	I. Ortiz	\$40
Chinese Brush Painting 國畫班	M	10/13-12/1	8:30-10:30	M. Lee	\$50
Chinese Brush Painting 國畫班	M	10/13-12/1	10:40-12:40	M. Lee	\$50
Chinese Calligraphy 書法班	T	9/2-10/21	3-5	C. Cheng, K. Liew	\$15
Citizenship Class 公民班	M & F	9/8-10/31	8:15-9:45	V. Wong	\$20
Conversational Mandarin- Beginning	Th	9/18-11/13	9-10:30	J. Li	\$40
Conversational Mandarin- Intermediate	F	9/19-11/7	10-11:30	B. Hu	\$40
Conversational Mandarin- Advanced	Th	9/18-11/13	9-10:30	L. Gao	\$40
Cooking with Suzanne- Gourmet Cookies	W	10/15	10-1	S. Vandyke	\$55
Conversational English 英語會話班	M & T	10/6-12/1	10-11:45	P. Chun, V. Wong	\$20
Erhu II 二胡班	T	10/14-12/16	3:30-5	G. Lai	\$20
Erhu I 二胡班	Th	10/23-1/8/15	3-4:30	G. Lai	\$20
ESL- Basic and Easy 初級英語班	M	9/8-10/27	10-12	R. Mussman	\$25
ESL- Advanced Beginning 初高級英語班	W	9/3-10/22	10-12	R. Mussman	\$25
Feldenkrais Method	T	9/9-10/28	9:30-10:30	M. Westlaken	\$40
Feldenkrais Chair Exercise	W	9/10-11/26	1:30-2:30	M. Westlaken	\$40
Hatha Yoga	Th	9/11-10/30	2:30-3:30	V. Bhat	\$40
Humanities	T	9/23-11/25	10:30-12:30	C. Jech	\$40
Hula Dancing 夏威夷呼拉舞	M	10/6-11/10	11:45-12:45	F. Ota	\$15
Hula Dance Performance Group	M	10/6-11/10	12:55-1:55	F. Ota	\$15
Intermediate ESL Conversation 中級ESL會話班	T	9/9-10/28	1:30-3	J. Andrushko	\$20
Japanese- Beginning	Th	9/11-11/13	9:30-10:30	T. Terry	\$35
Pilates	T	10/28-1/6/15	1:15-2:15	K. Phipps	\$35
Playreading for Fun	F	9/19-11/7	9-11	A. Willyoung	\$40
Tai Chi for Older Adults 太極拳	W	9/17-11/26	3:30-4:30	H. Tseng	\$46
Tai Chi for Older Adults 太極拳	Th	9/11-12/4	10:30-11:30	H. Tseng	\$46
U.S. History	T	10/14-11/18	1:45-3:15	R. Di Bono	\$20
Yuan Chih Dance 元極舞	F	9/5-10/24	10-11:30	Annie & Helen	\$15
Zumba Gold with Irene	F	10/10-12/5	3:45-4:45	I. Ortiz	\$37
Zumba Gold with Irene at Quinlan Center	M	10/6-11/24	2:30-3:30	I. Ortiz	\$37
<b>EVENING CLASSES</b>					
Line Dance- Advanced Beginning	T	9/16-11/4	7-8:30	Sue & Kathy	\$48
Tai Chi for Older Adults 太極拳	T	9/16-11/18	6:30-7:30	H. Tseng	\$46
Zumba Gold Dance & Toning	W	9/17-11/5	6:30-7:30	H. Shariffe	\$45
<b>COMPUTER AND TECHNOLOGY CLASSES</b>					
Apple Beginning	W	9/17-10/8	12-2	P. Spitsen	\$22
iPad II /iPhone for Chinese Speakers 中文蘋果 iPad班 II	T	9/16-10/7	10-12	C. Ho, S. Ni	\$22
iPad Beginning	T	9/2-9/23, 10/7-10/28	1-3	R. Schiros	\$22ea
iPad Intermediate	Th	9/4-9/25, 10/2-10/23	1-3	R. Schiros	\$22ea
iPad Advanced	M	9/8-9/25	9:30-11:30	K. Smith	\$38
PC Internet	F	9/26-10/24	10-12	M. Ferguson	\$22

### AARP Smart Driver Class - RENEWAL

**Wednesday, September 17, 12:30-5:30pm**

This is a renewal only course for those who have taken the full course within the past three years. Call Les Schreiber 408.316.8654 for program information and to register.



# CLASS HIGHLIGHTS

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## Gourmet Cookies

Wednesday, October 15, 10am-1pm

Join Chef Suzanne, cook book author and sommelier, as she shows you how to make gourmet cookies, homemade taste better and are healthier, you can cut out preservatives and reduce sugar. You will taste Outrageous Oatmeal Cookies, Mighty Almond Biscotti dipped in high quality dark Belgian Chocolate, and Chocolate Chip Cookies. Chef Suzanne will take you on a historical tour to the region of origin of the chocolate chip cookie as well. Member fee \$55

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## Feldenkrais - Mindful Movement Chair Exercise

Wednesday, September 10-November 26  
1:30-2:30pm

### Free Preview

Tuesday, September 9, 4-4:45pm

This class, taught by Michelle Westlaken, focuses on managing stress, more comfort and increased well-being. Through gentle movement lessons, guided breathing, reading, writing and discussion, students will have the opportunity learn strategies for healthy living. Member Fee \$40

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## Art History - Pop Art

Tuesday, September 30-November 18, 1:30-3:30pm

This is an art form that emerged after the World War II, painters challenged the traditional fine arts and incorporated popular culture, such as advertisement, news, cartoons, and more in their paintings. Art history instructor Ken Young will explore the life and works of Robert Rauschenberg, Roy Lichtenstein, Wayne Thiebaud, Jasper Johns, and ends the session with an impersonation of Andy Warhol. Member fee \$45

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## Chair Exercise

Monday & Wednesday, September 15-November 12  
11am-12pm

Designed for participants with a wide range of abilities, the instructor will adjust her teaching to suit students' needs. This gentle exercise class may improve muscle strength, balance, and flexibility. Member fee \$40

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## Intermediate ESL Conversation

Tuesday, September 9-October 28, 1:30-3pm

This class is for persons with some English knowledge. Instructor Joann will focus of conversational skills, ability to speak, listen, comprehend, vocabulary development, and much more. Small group setting. Member fee \$20

中級ESL會話, 9月9日至10月28日每週二, 下午1:30至3點。該課程是給有一些英語基礎的人而設。老師Joann會專注會話技巧、聽說理解的能力、詞彙發展等等。小班教學。會員費\$20。

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## Japanese Class - Beginning

Thursday, September 11-November 13, 9:30-10:30am

Taught by Tomoko Terry, an experienced Japanese instructor and will focus on speaking, and plans to introduce Japanese writing system and Hiragana (the Japanese alphabet.) You will learn basic language skills, vocabulary, expressions, and customs. Member fee \$35

初級日文班- 9/11-11/13, 週四上午9:30-10:30am  
Tomoko老師有多年教學經驗, 將注重說的能力, 會話, 單字, 文法和日文字母。會員費 \$35

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## Humanities Lecture

Tuesday, September 23-November 25  
10:30am-12:30pm

Humanities instructor, Carl Jech, bases his lectures on the latest book written by John Shelby Spong, *The 4th Gospel: Tales of a Jewish Mystic*. The author is a retired bishop of Episcopal church, a liberal Christian that calls for the re-thinking of Christian belief. Member fee \$40

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# CASE MANAGER'S CORNER

## Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, September 8, 22, October 13, 27, 1:30-2:30pm

Tuesday, September 2, 16, 30, October 7, 21

12:15-1:15pm

### Case Manager

Works with at-risk and homebound seniors. Senior center membership is required.

社工服務: 為行動不便的會員提供服務. 須是中心會員

### Drop-in Consultation with Case Manager

Wednesdays 10am-12pm

No drop-in consultation October 8

Karen Goss, Case Manager, is available to discuss simple issues. No appointment is needed. English /Cantonese/Mandarin.

社工諮詢- 週三, 10am-12pm, 一般諮詢, 不需預約, 須是中心會員. 英, 國, 粵語服務. 10月8日沒有社工諮詢。

### Caregiver Support Group

Thursday, September 11, October 16, 3-4:30pm

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

### Caregiver Support Group in Mandarin

家庭照護者互持小組 - 9/17, 10/5 (週三), 5-6:30pm 如您正為照顧一個患病家人而感到無助, 請來參加此小組分享難處和心得。

## City of Cupertino Senior Center

21251 Stevens Creek Blvd.

Cupertino, CA 95014

408.777.3150

[www.cupertino.org/senior](http://www.cupertino.org/senior)

[www.cupertino.org/50plus](http://www.cupertino.org/50plus)

[www.cupertino.org/seniorcenterfacebook](http://www.cupertino.org/seniorcenterfacebook)

## FIRST CLASS MAIL

### MONDAY NIGHT FOOTBALL SOCIALS

MONDAYS, 5:15-9:30PM

Football season has arrived and the Cupertino Senior Center invites you share in good food and football on the BIG screen.

**September 15-** Eagles vs. Colts at OG Sliders, members \$10.

**September 22-** Bears vs. NY Jets, Coney Island Hot Dog with salad, members \$8.

**October 13-** 49ers vs. Rams, Baked Ziti Casserole with salad, members \$8.

Pre-registration is required, senior guest add \$5 day pass.

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

### Health Insurance Counseling (HICAP)

Thursday, September 11, 25, October 10, 24, 1-3pm

Consultation on Medicare and health insurance.

健康保險諮詢-9/11, 10/10, (週四), 9-10am 中文服務

### Housing

Wednesday, September 3, 17, October 1, 15, 2-4pm

Information on resources for senior housing options.

租屋諮詢 - 9/3, 9/17, 10/1, 10/15 (週三), 2-4pm

### Senior Adult Legal Aid (SALA)

Friday, September 5, 12, 19, October 3, 10, 17

10:30am-12:30pm

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

法律諮詢 - 9/5, 9/12, 9/19, 10/3, 10/10, 10/17

10:30am-12:30pm 60歲以上, 並住在聖縣。



**City of Cupertino**  
**Recreation and Community Services Department**  
Creating a Positive, Healthy, and Connected Community

# **CUPERTINO SENIOR CENTER** **CUSTOMER SERVICE SURVEY**

## **庫比蒂諾老年中心客戶服務調查**

### **Take Our Customer Service Survey!**

The Cupertino Senior Center wants to serve you as best as we can and the only way to know how we can serve you better is by asking. You can go online to [www.cupertino.org/senior](http://www.cupertino.org/senior) to take the survey or fill out the enclosed survey or pick one up at the front desk. We invite you to complete the survey by September 11.

參與我們的客戶滿意調查！Cupertino老年中心想透過問卷調查來提昇我們的服務品質，希望大家踴躍參與。您可以上網到[www.cupertino.org/senior](http://www.cupertino.org/senior)填寫問卷或填寫附件中的問卷，或在前台拿一份。我們邀請您于9月11日前完成問卷。

- 1) What is your zip code? (您的郵編是): \_\_\_\_\_
- 2) How many days during the week do you participate in a senior center program?  
(您每周多少天參加老年中心的活動)  
\_\_\_ 1 day (1天) \_\_\_ 2 days (2天) \_\_\_ 3 days (3天) \_\_\_ 4 days (4天) \_\_\_ 5  
days (5天)
- 3) What is your most common use of the senior center? (您最常參加老年中心的項目)  
\_\_\_ Classes (課程) \_\_\_ Socials (社交) \_\_\_ Events (活動)  
\_\_\_ Services (服務) \_\_\_ Travel (旅行)

**TURN OVER TO COMPLETE**

Cupertino Senior Center  
21251 Stevens Creek Blvd. Cupertino, CA 95014  
Phone: (408) 777-3150  
[www.cupertino.org/senior](http://www.cupertino.org/senior)

4) Please rate the following statements based on your most recent senior center experience. Select N/A for any item that do not apply (基於您最近一次老年中心體驗，請為下列項目評分。不適用的項目請選N/A)

	Strongly Agree 非常同意	Agree 同意	Disagree 不同意	Strongly Disagree 非常不同意	N/A 不適用
Staff and Volunteers are welcoming and friendly 職工和義工都很歡迎您且很友好					
Staff is knowledgeable 職工了解情況					
Communication with staff is prompt and clear 和職工的交流及時和清晰					
Facility is clean & well maintained 設施幹淨並維護良好					
The 50+ Scene Newsletter is clear and easy to understand 50+ Scene的通訊簡報清楚易懂					
The Senior Center's website is clear and easy to navigate 老年中心的網站清楚且方便瀏覽					
Staff conducts themselves in a professional manner 職工表現專業					
The staff does a satisfactory job of addressing any issues related to registration 職工在處理註冊的相關問題上表現令人滿意					
The staff does a satisfactory job of addressing any issues related to cancellations, withdraws, transfers, or refunds 職工在處理取消、退出、轉移或退款的相關問題上表現令人滿意					

5) Based on your experience, would you recommend this program, service or facility to a friend?  
(基於您的體驗，您會將這個項目、服務或設施推薦給朋友嗎)

Yes (會)      No (不會)

6) How can we improve our customer service, programs, services or facilities?  
(我們應該如何改進我們的客戶服務、項目、服務或設施)

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Thank you for your time. Please return the survey results by September 11 to the senior center front desk or mail in to:  
Survey Results  
21251 Stevens Creek Blvd  
Cupertino, Ca 95014