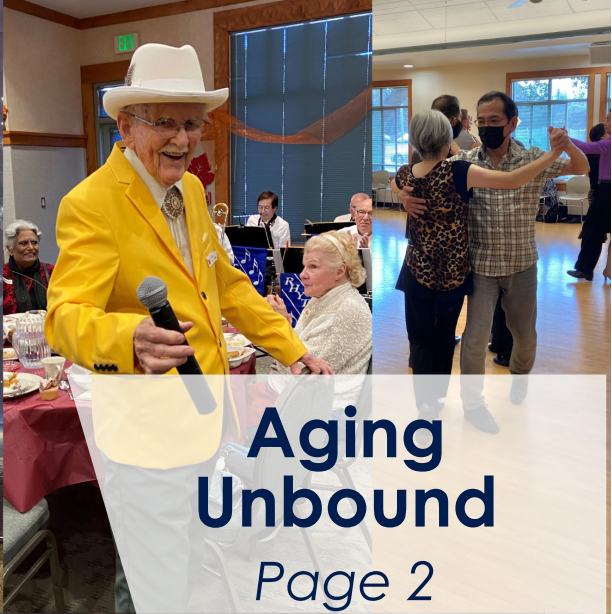
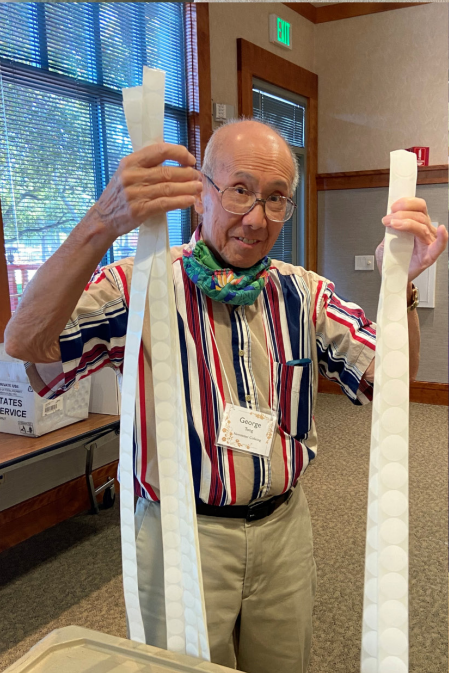


THE 50+ SCENE

May/June 2023



**Aging
Unbound**
Page 2



CUPERTINO



May is Older Americans Month (OAM) and this year's national theme is Aging Unbound, which looks to offer opportunities to explore diverse aging experiences. As seen on the cover of this edition, you all exceed this year's theme in your participation in keeping social and active.

May is Older Americans Month

Since the beginning, our center has looked for diverse opportunities in providing an array of classes and programs. Starting new this month we have brought Tai Chi – Level 1, introduction on how to play Rummikub, Photo Offloading Workshop, and more!

Adding to our classes we continue to have new trips and volunteer opportunities. A highlight of this year is our Cupertino TV Productions volunteer group who had five shows as finalists at Alliance for Community Media's Western Access for Video Excellence (W.A.V.E.) Awards. Of the five, one of the shows, "Cleaning up the Guadalupe Waterhed" produced by Ranjana Mehra, won first prize.

From our classes to our volunteer opportunities, see what other events we have in store for you as we celebrate Older Americans Month and kick off the summer season.



APPI Celebration Youth Art Display

May 15 to June 5

May is also Asia American and Pacific Islanders (AAPI) Heritage month which pays tribute to the generations of Asian and Pacific Islanders who have enriched America's history, and are instrumental in its future success. Local high school students from the Suha Suha Art Studio are sharing how they are honoring this month, and even their own heritage, through their artwork. Enjoy how AAPI heritage month has inspired them and their artwork which will be displayed at our center May 15 to June 5.



Live Well Age Well Health Expo

Friday, May 19, 10 a.m. to 2 p.m.

Find the resources you or family member who is age 50 and older need to live a positive and healthy life at our expo event! Booths and multiple educational sessions will provide information on community and health resources. Fitness demonstrations will be given for a chance to get active and learn new exercises. The first 100 participants will receive a free healthy box lunch with additional giveaways. \$5 box lunches will be sold while supplies last. Bring cash if you would like to buy one! Expo is open to all.

Disco at Dusk

Friday, June 23, 6:30 to 8:30 p.m.

Experience the city's first silent disco filled with music, dancing, and more for all ages as the sun sets! You'll get your own pair of wireless headphones that have three channels playing different types of music. The color of your headphones lets others know which channel you are grooving to. Members cost \$5, Kids and Teens cost \$10, Adults cost \$15. See you on the dance floor!

CONNECTIONS

in-person

Senior Advisory Council

Thursday, May 25, 2 p.m. to 3:15 p.m.

Interested in contributing to expanding opportunities for seniors in our community? What programs and activities would you like to have? How can the contributions of seniors be more visible? Join leaders of social activities and volunteer groups working to create a friendly environment at our Center.

All members are welcome to attend and share their input. If you have any questions or are interested in attending, please send us an email at senior_center@cupertino.org or give us a call at (408) 777-3150. We look forward to seeing you there!

Jean Bedord

President, Cupertino Senior Advisory Council



Join Our Facebook Group

The Cupertino Senior Center has a Facebook group on the [Parks and Recreation Facebook](#) page offering daily updates on Senior Center activities. To join the group, you must be a Senior Center member. Join the group by clicking [here](#).

ANNOUNCEMENTS

**VOLUNTEERS
NEEDED!**

Volunteers Needed

Attend a Volunteer Orientation and learn where you may support the Senior Center. Contact Amanda at amandah@cupertino.org which orientation date you will be attending.

- Monday, May 1, 10 to 11 a.m.
- Monday, May 15, 1:30 to 2:30 p.m.
- Monday, June 5, 10 to 11 a.m.

Yarn Needed

The Needlecraft volunteer group needs more yarn to continue making warm items for patients at local hospitals and homeless shelters. Whole balls of yarn are preferred. Leftover balled up yarn should at least be the size of a baseball in material. Donations may be dropped off at the front desk during operation hours, Monday through Friday, 8 a.m. to 5 p.m.

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3	Senior Center Connections and News Message from our Senior Advisory President, Facebook, and announcements	9	Share Discovery Through Travel Animal Assisted Happiness and Tunnel Tops of the Presidio
4	Socials HarmonikatZ Concert and pickleball demonstration	10	Lectures and Workshops Educational and informal lectures and workshops
5	Volunteer Corner	11	Resources for Seniors Local resources that are available to you
6	Monthly Movies	12	Monthly Birthday Luncheons Join other members and celebrate June and July birthdays
	Classes Check out the lineup of May and June classes		

SOCIALS AND EVENTS

Register online by clicking the descriptions, call (408) 777-3150, or register in-person at the Cupertino Senior Center 8 a.m. to 5 p.m. Monday through Friday.

Musical Motivations Concert

Monday, May 8 from 4 to 5 p.m.

Enjoy an afternoon of classics of both the past and present performed by Miller Middle School's Tri-M performance group. Join for Miller's Tri-M musical organization's premier performance in sharing their love of music at our center. Preregistration required. Open to all.

Harmonikatx Summer Concert

Wednesday, May 24 at 1:30 p.m.

Kick off the summer with an afternoon of musical pleasure with our Harmonikatx Band. Light refreshments will be served after the concert. Preregistration required. Open to all.

May Lunch with Friends

Wednesday, May 31 at 11:45 a.m.

Join us for lunch! Preregistration required. You will have a choice between a BLT or grilled cheese when registering. Members \$10, non-members \$15.



•NEW! 50+ Pickleball Demo

[Monday, June 5](#) and [Wednesday, June 7](#)
Cupertino Sports Center Sport Court

Curious about Pickleball, one of the fastest growing sports in America? Come learn the rules and how to play at these interactive demonstrations and see how you can join the fun too. **Preregistration required.**

Open Card Playing and Bridge

Thursday, noon to 4 p.m.

Ballroom Dance Social

Monday, 2:30 to 4:30 p.m.

Room capacity is limited to 30 people.

50+ Bocce Ball

Wednesday, Now to October 25
9 a.m.

Bocce Ball season is here! Come enjoy the outdoors while playing bocce at Blackberry Farm Park alongside the Stevens Creek Trail.

Ping Pong

Tuesday, 8:30 to 11:30 a.m.

Friday, 1 to 4:30 p.m.

50+ Tennis

Tuesday and Friday, 9 to 11 a.m.

Chess and Checkers

Tuesday, noon to 4 p.m.

Open Board Game Playing

Wednesday, noon to 4 p.m.

50+ Softball

Thursday, Now to December 7
9 a.m. to noon

Member fee \$55

Needlecraft

Thursday, 10 a.m. to noon

Karaoke

Thursday, 1 to 4:30 p.m.

Mah Jongg

Friday, noon to 4 p.m.

Bingo

Friday, 1 to 3:30 p.m.

Open to the public.

VOLUNTEER CORNER

**VOLUNTEERS
NEEDED!**

Bingo Volunteers Needed

Come join the Bingo Committee and help Friday afternoons. Support is needed in general social operations such as selling cards, passing out snacks, and more.

Class Instructors

Have expert knowledge on a specific subject or exercise? Become a volunteer instructor to share your skill set and engage others of similar interest. We are seeking instructors for Tai chi, Qi Gong, US History, Mandarin, Japanese, meditation, bridge, chess, PC, and more.

Cupertino TV Production

The Cupertino TV Production is an award-winning volunteer film group that creates TV segments that air on the city channel, YouTube, and Roku. The group has bi-weekly meetings to discuss ongoing projects and new segment ideas. No experience is required, and new members are always welcome to join.

Hostess Committee

Host and hostesses assist in checking members in, passing out evaluations, and collecting evaluations for lectures and special events. Other tasks may be required of a host or hostess for certain special events. Join the next Hostess Meeting on Tuesday, June 13 at 1 p.m. to learn more.

Newsletter Collating

Wednesday, June 21, 8:30 to 11:30 a.m.

Looking to help and be involved at the Center? Come help fold newsletters anytime between 8:30 to 11:30 a.m. and get first glance at the latest newsletter release. Any amount of time helps to ensure mailed newsletters are sent out on time before the next open registration.

Interested in volunteering or helping out with the activities above? Contact Amanda at amandah@cupertino.org or call (408) 777-3374. You must be onboarded as a volunteer before helping with volunteer programs.

MONTHLY MOVIES

Free for members

Everything Everywhere All at Once

May 31 at 1:30 p.m.

2022, 2h 19m



When an interdimensional rupture unravels reality, an unlikely hero must channel her newfound powers to fight bizarre and bewildering dangers from the multiverse as the fate of the world hangs in the balance.

Top Gun: Maverick

June 21 at 1:30 p.m.



2022, 2h 10m

After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.



CLASSES

Register online by clicking the descriptions, call (408) 777-3150, or register in-person at the Cupertino Senior Center 8 a.m. to 5 p.m. Monday through Friday.

Activity Number	Class	Day	Dates	Time	Instructor	Mem. Fee	No Class
21601	Advanced Beading	Tu	5/2-5/23	10 a.m-noon	Deborah Hall	\$55	
21054	Apple Assistance	Tu	5/9	1-2 p.m.	B. Carpenter	\$6	
21055	Apple Assistance	Tu	5/9	2-3 p.m.	B. Carpenter	\$6	
21056	Apple Assistance	Tu	5/9	3-4 p.m.	B. Carpenter	\$6	
21750	Apple Assistance	Tu	5/23	1-2 p.m.	B. Carpenter	\$6	
21751	Apple Assistance	Tu	5/23	2-3 p.m.	B. Carpenter	\$6	
21752	Apple Assistance	Tu	5/23	3-4 p.m.	B. Carpenter	\$6	
21753	Apple Assistance	F	6/9	1-2 p.m.	B. Carpenter	\$6	
21754	Apple Assistance	F	6/9	2-3 p.m.	B. Carpenter	\$6	
21755	Apple Assistance	F	6/9	3-4 p.m.	B. Carpenter	\$6	
21756	Apple Assistance	Tu	6/27	1-2 p.m.	B. Carpenter	\$6	
21757	Apple Assistance	Tu	6/27	2-3 p.m.	B. Carpenter	\$6	
21758	Apple Assistance	Tu	6/27	3-4 p.m.	B. Carpenter	\$6	
22183	Apple Group Assistance	Th	5/11	1 to 3 p.m.	R. Schiros	\$6	
22184	Apple Group Assistance	Th	5/18	1 to 3 p.m.	R. Schiros	\$6	
22185	Apple Group Assistance	Th	5/25	1 to 3 p.m.	R. Schiros	\$6	
22186	Apple Group Assistance	Th	6/1	1 to 3 p.m.	R. Schiros	\$6	
21602	Ballroom Dance Class	W	5/3-6/28	2-4 p.m.	Mei Lee	\$40	5/17
21603	Chair Exercise	Th	5/4-6/22	9:30-10:30 a.m.	Huichen Lin	\$40	
21604	Chinese Brush Painting	M	5/1-6/26	10 a.m-noon	Ming-Fen Lee	\$63	5/29, 6/19
21605	CSC Wednesday Jam	W	5/3-6/28	3-4:30 p.m.	J. Cunningham	\$21	
21606	Current Events Discussion	Th	Weekly	10:30 a.m.-noon	Jack Truher	\$0	
21632	 ESL - Basic English Conversation	M	5/1-6/26	9:30-10:30 a.m.	Mary Nickel	\$25	5/29, 6/19
21607	ESL - Intermediate Conversation	Th	5/4-6/22	11:30 a.m.-1 p.m.	J. Andrushko	\$18	
21608	Feldenkrais Method	Tu	5/9-6/27	10:30-11:45 a.m.	M. Westlaken	\$44	
21609	Hula - Beginning	M	5/1-6/26	noon-12:45 p.m.	P. Gregory	\$8	5/29, 6/19
21610	Hula - Performance Group	M	5/1-6/26	1-2 p.m.	Jackie Pereria-Anderson	\$11	5/29, 6/19
21613	 Introduction to International Ballroom Dance	Th	5/4-6/22	2-4 p.m.	Ken Mao	\$24	
21060	iPhone Intermediate	Tu	5/9-6/20	1-3 p.m.	R. Schiros	\$38	
21673	 Knitting - Beginner	M	5/1-6/26	10:30-11:30a.m.	Rekha Dadlani	\$11	5/29, 6/19
21612	Kumihimo	Tu	5/2-5/23	12:30-2:30 p.m.	Deborah Hall	\$55	
21613	Line Dance - Beginner	Th	5/25-7/13	10:15-11:30 a.m.	Linda Hsu	\$64	
21614	Line Dance - Improver / Intermediate	Tu	5/2-6/20	10:15-11:45 a.m.	Kathy Chang	\$64	

May

Cupertino Senior Center Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 10-12 Golf 10-11 Volunteer Orientation 11 Lecture: Mental Wellness presented by Kaiser 1-4 Caregiver Network Counseling Appointments 2:30-4:30 Ballroom Dance Social 4-5 Musical Motivations Concert</p>	<p>2 8:30-11:30 Ping Pong 9-11 Tennis 10-12 Cupertino TV Productions 12-4 Chess and Checkers</p>	<p>3 9 Bocce Ball 12 Cinco de Mayo Birthday Bach Luncheon 12-4 Open Board Game Playing</p>	<p>4 9-12 Softball 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1-4:30 Karaoke</p>	<p>5 9-11 Tennis 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong</p>
<p>8 10-12 Golf 1-4 Health Insurance Counseling (HICAP) Appointments 2:30-4:30 Ballroom Dance Social</p>	<p>9 8:30-11:30 Ping Pong 9-11 Tennis 12-4 Chess and Checkers</p>	<p>10 9 Bocce Ball 10-11 Photo Offloading Workshop 12-4 Open Board Game Playing</p>	<p>11 9-12 Softball 9-5 Monterey Bay Aquarium and Cannery Row Trip 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1-4:30 Karaoke</p>	<p>12 9-11 Tennis 10-12 Senior Adult Legal Aid (SALA) 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong</p>
<p>15 AAPI Youth Art Display Opens 10-12 Golf 1:30-2:30 Volunteer Orientation 2:30-4:30 Ballroom Dance Social</p>	<p>16 8:30-11:30 Ping Pong 9-11 Tennis 10-12 Cupertino TV Productions 12-4 Chess and Checkers</p>	<p>17 9 Bocce Ball 12-4 Open Board Game Playing</p>	<p>18 9-12 Softball 10 Fall Prevention and Wellness Resources presented by the Santa Clara County Fire Dept. 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1-4:30 Karaoke</p>	<p>19 10-2 Live Well Age Well Health Expo 9-11 Tennis No Mah Jongg No Bingo No Ping Pong</p>
<p>22 10-12 Golf 1-4 Health Insurance Counseling (HICAP) Appointments 2:30-4:30 Ballroom Dance Social</p>	<p>23 8:30-11:30 Ping Pong 9-11 Tennis 9:30-11:30 iPhone Workshop 12-4 Chess and Checkers</p>	<p>24 9 Bocce Ball 12-4 Open Board Game Playing 1:30 Harmonikat Summer Concert</p>	<p>25 9-12 Softball 10-12 Needlecraft 12-4 Open Card Playing and Bridge 1-4:30 Karaoke 2-3:15 Senior Advisory Council Meeting</p>	<p>26 9-11 Tennis 12-4 Mah Jongg 1-3:30 Bingo 1-4:30 Ping Pong</p>
<p>29 Memorial Day Senior Center Closed</p>	<p>30 8:30-11:30 Ping Pong 9-11 Tennis 12-4 Chess and Checkers</p>	<p>31 9 Bocce Ball 10-11 Libby Workshop 11:45 May Lunch with Friends 12-4 Open Card Playing and Bridge 1:30 Monthly Movie - Everything Everywhere All at Once</p>	<p>Live Well Age Well Health Expo Friday, May 19, 10 a.m. to 2 p.m. Find the resources you need to live a positive and healthy life! Booths and multiple educational sessions will provide information on community and health resources. Fitness demonstrations will be given for a chance to get active and learn new exercises.</p>	

June

Cupertino Senior Center Activity Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



CUPERTINO

City of Cupertino Senior Center

21251 Stevens Creek Boulevard, Cupertino, CA 95014
(408) 777-3150

Monday to Friday: 8 a.m. to 5 p.m.
Saturday and Sunday: Closed

Email: senior_center@cupertino.org
Website: cupertino.org/senior

5
9-10 50+ Pickleball Demo at Sports Center
10-11 Volunteer Orientation
10-12 Golf
10 10 Warning Signs of Alzheimer's in Mandarin
1-4 Caregiver Network Counseling Appointments
2:30-4:30 Ballroom Dance Social

12
10-12 Golf
1-4 Health Insurance Counseling (HICAP) Appointments
2:30-4:30 Ballroom Dance Social

6
8:30-11:30 Ping Pong
9-11 Tennis
10-12 Cupertino TV Productions
12-4 Chess and Checkers

13
8:30-11:30 Ping Pong
9-11 Tennis
12-4 Chess and Checkers
1 Host/Hostess Meeting

7
9 Bocce Ball
9-10 50+ Pickleball Demo at Sports Center
10 Indoor Air presented by Breathe CA
12-4 Open Board Game Playing

14
9 Bocce Ball
12 Luau Birthday Bash Luncheon
12-4 Open Board Game Playing

1
9-12 Softball
10-12 Needlecraft
12-4 Open Card Playing and Bridge
1-4:30 Karaoke

8
9-12 Softball
10-12 Needlecraft
12-4 Open Card Playing and Bridge
1-4:30 Karaoke

15
7:30-5 Elkhorn Slough Safari Trip
9-12 Softball
10-12 Needlecraft
12-4 Open Card Playing and Bridge
1-4:30 Karaoke

2
9-11 Tennis
12-4 Mah Jongg
1-3:30 Bingo
1-4:30 Ping Pong

9
9-11 Tennis
12-4 Mah Jongg
1-3:30 Bingo
1-4:30 Ping Pong

16
9-11 Tennis
10-12 Senior Adult Legal Aid (SALA)
12-4 Mah Jongg
1-3:30 Bingo
1-4:30 Ping Pong



20
8:30-11:30 Ping Pong
9-11 Tennis
9:30-11:30 **Android Workshop**
10-12 Cupertino TV Productions
12-4 Chess and Checkers

21
8:30-11:30 Newsletter Collating
9 Bocce Ball
12-4 Open Board Game Playing
1:30 Monthly Movie Top Gun: Maverick

22
9-12 Softball
10-12 Needlecraft
12-4 Open Card Playing and Bridge
1-4:30 Karaoke

23
Disco at Dusk 6:30 to 8:30 p.m.

9-11 Tennis
12-4 Mah Jongg
No Bingo
1-4:30 Ping Pong

26
July/August Class Registration Begins
10-12 Golf
1-4 Health Insurance Counseling (HICAP) Appointments
2:30-4:30 Ballroom Dance Social

27
8:30-11:30 Ping Pong
9-11 Tennis
12-4 Chess and Checkers

28
9 Bocce Ball
10-11 Freegal Workshop
12 Independence Day Celebration July Birthday Bash Luncheon
12-4 Open Board Game Playing

29
9-12 Softball
10-12 Needlecraft
10-5:30 Oakland A's vs New York Yankees
12-4 Open Card Playing and Bridge
1-4:30 Karaoke

30
9-11 Tennis
12-4 Mah Jongg
1-3:30 Bingo
1-4:30 Ping Pong

CLASSES

21615	Line Dance - Intermediate+	M	5/1-6/26	10-11:45 a.m.	Kathy Chang	\$63	5/29, 6/19
21616	Line Dance - Intermediate/Advanced	W	5/3-6/21	10:15 a.m.-noon	Kathy Chang	\$72	
20983	NEW! Offloading Photos Workshop	W	5/10	10-11 a.m.	C. Helvey	\$5	
21858	Open Line Dance	F	5/12	10 a.m-noon	Kathy Chang	\$6	
21618	Open Line Dance	F	6/16	10 a.m-noon	Kathy Chang	\$6	
21619	Painting and Drawing at all Levels	W	5/3-6/28	8:45-11:45 a.m.	J. Chin and L. Hwang	\$41	
20994	PC/Apple Assistance in Mandarin	W	5/11	10-11 a.m.	L. Su	\$6	
20995	PC/Apple Assistance in Mandarin	W	5/11	11 a.m.-noon	L. Su	\$6	
20996	PC/Apple Assistance in Mandarin	W	5/25	10-11 a.m.	L. Su	\$6	
20997	PC/Apple Assistance in Mandarin	W	5/25	11 a.m.-noon	L. Su	\$6	
20998	PC/Apple Assistance in Mandarin	W	6/8	10-11 a.m.	L. Su	\$6	
20999	PC/Apple Assistance in Mandarin	W	6/8	11 a.m.-noon	L. Su	\$6	
21000	PC/Apple Assistance in Mandarin	W	6/22	10-11 a.m.	L. Su	\$6	
21001	PC/Apple Assistance in Mandarin	W	6/22	11 a.m.-noon	L. Su	\$6	
20645	Rhythmaires	F	5/5-6/30	9:30-11:30 a.m.	K. Miller	\$27	5/19 at QCC
21646	NEW! Rummikub: Introduction	M	5/1-6/26	1-3 p.m.	Dean Mitchell	\$21	5/29, 6/19
21634	NEW! Tai Chi	Th	5/4-6/22	9-9:45 a.m.	Kam Chung	\$9	
21620	The Dream of the Red Chamber	F	5/5-6/30	10-11 a.m.	L. Hwang	\$14	
21621	HarmoniKatz	Tu	5/2-6/27	2:30-4 p.m.	Delphine Ng	\$18	
21622	Ukulele - Beginning	Tu	5/2-6/27	1-2 p.m.	Delphine Ng	\$12	
21623	Yoga Foundations	W	5/3-6/7	8:15-9:30 a.m.	Rupa Narayanan	\$69	
21624	Yuan Chih Dance	F	5/5-6/30	10-11:30 a.m.	Annie Fung	\$18	5/19
21629	Zumba - Level 1 (In-person)	Tu	5/2-6/20	12:30-1:30 p.m.	Huichen Lin	\$42	
21625	NEW! Zumba Gold (Virtual)	W	5/3-6/28	10-11 a.m.	Grace DuVal	\$32	5/24, 5/31, 6/21

Painting and Drawing at All Levels

Come join the friendliest artists in town, and paint or draw 'till you drop! Student instructors will provide personal feedback on your work, but the class is open to anyone at any level to come and paint (or draw!) in the medium of their choice. Class members encourage each other in this open art session that doesn't have guidelines or curriculum—just artistic expression! Student Instructors: Jerome Chin, Liehwang Hwang.

Code	Day	Dates	Time	Mem. Fee
21619	W	5/3-6/28	8:45-11:45 a.m.	\$41

Instructors: Jerome Chin and Liehwang Hwang

NEW! ESL - Basic Conversation

Have fun practicing basic English conversation! We will be practice English conversation to help you feel more comfortable and confident speaking English. The class will focus on daily living conversations including: weather, shopping, personal information, making chit chat, and talking to classmates, neighbors, and/or friends. There will be conversation ice breakers, role play, games to add to the fun!

Code	Day	Dates	Time	Mem. Fee
21632	M	5/1-6/26	9:30-10:30 a.m.	\$25

Instructor: Mary Nickel

NEW! Knitting – Beginner

This class is designed for those who are new to the art of knitting. Each week you will learn different knitting techniques to help create a foundation to help build your skills and start up new projects. Students must provide their own supplies. Needles must be US size 7 or 8 and yarn suitable for this size.

Code	Day	Dates	Time	Mem. Fee
21673	M	5/1-6/26	11 a.m.-noon	\$11

Instructor: Rekha Dadlani

NEW! Rummikub: Introduction

Learn how to play this fun, tile game. You will learn new strategies and approaches to bring to the table.

Code	Day	Dates	Time	Mem. Fee
21646	M	5/1-6/26	1-3 p.m.	\$21

Instructor: Dean Mitchell

NEW! Tai Chi – Beginner

Immerse yourself in the ancient Chinese art of moving meditation in a relaxed and supportive atmosphere while learning about its health benefits on many different levels. Treat yourself to a fun new experience while performing gentle movements that improve balance and flexibility.

Code	Day	Dates	Time	Mem. Fee
21634	Th	5/4-6/22	9-9:45 a.m.	\$9

Instructor: Kam Chung

NEW! Introduction to International Ballroom Dance

Do you love moving to the beautiful music of Waltz, Tango, and Foxtrot, or to the rhythmic music of Rumba, Cha-Cha, and Samba? Join us to learn the basics of ten international style dances. Helps improving posture and musicality. Beginners are welcome. A dance partner is helpful but not required.

Code	Day	Dates	Time	Mem. Fee
21613	Th	5/4-6/22	2-4 p.m.	\$24

Instructor: Ken Mao

Yuan Chi Dance

Learn the gentle, graceful dance of Yuan Chih accompanied by music. You will learn the movements while gaining flexibility, endurance, and boosting your energy. Class is conducted in both English and Chinese.

Code	Day	Dates	Time	Mem. Fee
21624	F	5/5-6/23	10-11:30 a.m.	\$18

Instructor: Annie Fung

PC/Apple一對一電腦教學

你在使用電腦或Apple產品上有遇到困難嗎？PC/Apple一對一電腦教學可以幫助您解決在PC、iPhone、iPad和MacBook上遇到的問題，這樣您就可以更輕鬆地跟上快節奏電腦的技術。這些問題包括但不限於網上瀏覽、回復電子郵件、編輯/分享照片等等！1小時的課程以先到先得的方式安排。您一次只能注册一个会话。

Code	Day	Dates	Time	Mem. Fee
20994	W	5/11	10-11 a.m.	\$6
20995	W	5/11	11 a.m.-noon	\$6
20996	W	5/25	10-11 a.m.	\$6
20997	W	5/25	11 a.m.-noon	\$6
20998	W	6/8	10-11 a.m.	\$6
20999	W	6/8	11 a.m.-noon	\$6
21000	W	6/22	10-11 a.m.	\$6
21001	W	6/22	11 a.m.-noon	\$6

老師: L. Su

Line Dance - Beginner

All levels of dancers are welcome to join this Beginning Line Dance class. Line Dance is great exercise that may improve your balance, memorization skills, muscle tone, and overall health. This class covers the fundamentals from basic steps to many kinds of dances.

Code	Day	Dates	Time	Mem. Fee
21613	Th	5/25-7/13	10:15-11:30 a.m.	\$64

Instructor: Linda Hsu

Current Events Discussion

New topics are garnered and prepared weekly for discussion. Topics will range from local, state, national, and international news.

Code	Day	Dates	Time	Mem. Fee
21606	Th	Weekly	10:30 a.m.-noon	Free

Moderator: Jack Truher

SHARE DISCOVERY THROUGH TRAVEL

Trip registration begins:

Member - Monday, April 24 | Non-member - Monday, May 1

Please arrive 30 minutes prior to the departure time.

Animals and Art = Happiness!

Tuesday, July 18, 9:30 a.m. to 4 p.m.

Spend a joyful morning at Animal Assisted Happiness interacting with mini-horses, alpacas, goats, sheep, rabbits, guinea pigs, pot-bellied pigs, chickens, ducks, doves, and a mini-donkey. Recharge over a no-host lunch at San Pedro Square Market, a vibrant culinary destination with exciting dining options for every mood - wood-fired pizza, sushi, burgers, tacos, noodles, sandwiches, Nepalese momos, Peruvian delicacies, sweet treats, and more.

To end the day, we will discover the magic of glass at the Bay Area Glass Institute, with a private demonstration of master glassmakers creating beautiful works of art.

Member Cost: \$80

Activity Level: Moderate; Standing and walking at your own pace

Trip Includes: Guided Activity, Glassmaking Demonstration, Transportation, Tips, and Travel Staff

Note: venues require a signed waiver to participate in activities.



Tunnel Tops of the Presidio

Wednesday, August 16, 9 a.m. to 5 p.m.

Experience the beauty, nature, and history of the Presidio National Park, one of the greenest and most panoramic destinations in San Francisco. Our first stop will be to the newly created Tunnel Tops, a 14-acre outdoor oasis built atop the Presidio Parkway Tunnels and situated between the park and the waterfront at Crissy Field. The grassy meadows, art murals, picturesque walkways with unique driftwood benches, scenic overlooks with breathtaking 360-degree views of the bridge and bay, are designed to offer inspiration in an urban setting.

Relax over a delicious lunch at the Presidio Café with a comfortable club atmosphere and views of the Presidio Golf Course. End the day with a docent-led tour of historic Presidio sites within this special San Francisco landmark

Member Cost: \$117

Activity Level: High; Standing and walking throughout the day.

Trip Includes: Lunch, Docent-led Tour, Transportation, Tips, and Travel Staff.

Trip itinerary is subject to change.

LECTURES AND WORKSHOPS

Mental Wellness presented by Kaiser

Monday, May 1 at 11 a.m.

This 60-minute presentation covers a variety of research-supported strategies targeted towards seniors for maintaining mental wellness. Mental wellness is our social, psychological, and emotional wellbeing. Topics covered include managing feelings of anxiety, depression, loneliness, and distress. Concrete skills will be taught. The audience will participate in mindfulness activities during the presentation. The audience will leave with a toolbox of specific ideas for maintaining mental wellbeing.

NEW! Photo Offloading Workshop

Wednesday, May 10, 10 to 11 a.m.

See how to take your photos off your phone and onto your computer, laptop, or cloud drive. Learn how you can manage your photos, create albums, share photos, and more. Preregistration required. Member fee \$5.

Fall Prevention and Wellness Resources presented by the Santa Clara County Fire Department

Thursday, May 18, 10 a.m.

Identify fall risks and learn simple and effective home modifications to prevent falls. Get connected with community resources to maintain safety and wellness. Meet local firefighters and see the fire engine and equipment. Presented by Stanford Health Care and the Santa Clara County Fire Department. For more information, visit sccfd.org.

iPhone and Android Workshop

[iPhone - Tuesday, May 23, 9:30 to 11:30 a.m.](#)

[Android - Tuesday, June 20, 9:30 to 11:30 a.m.](#)

Bring your fully charged device and learn tips and tricks for your Android or iPhone! Preregistration required. Members free, senior guests pay \$5 day pass.

Libby Workshop

Wednesday, May 31, 10 to 11 a.m.

Access thousands of eBooks and audiobooks on Libby for free using your Santa Clara County Library card. Enjoy reading across your electronic devices or listening through a book on the go. Learn how you can download these eBooks and audiobooks to continue reading or listening offline. Libby even allows you to connect what you are reading to your Kindle. Preregistration required. Members free, non-members pay \$5.

10 Warning Signs of Alzheimer's in Mandarin

Monday, June 5 at 10 a.m.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging. Join us to learn about the difference between normal aging and Alzheimer's, common warning signs, the importance of early detection and benefits of diagnosis, next steps and expectations for the diagnostic process, and Alzheimer's Association resources. Pre-registration required. This lecture is presented in Mandarin.

Indoor Air presented by Breathe CA

Wednesday, June 7 at 10 a.m.

Because seniors spend 90% of their time indoors, this presentation explains the sources of poor indoor air quality and inexpensive remediation measures.

Freegal Workshop

Wednesday, June 28, 10 to 11 a.m.

Freegal gives you access to downloadable music and catalog of artists in Sony Music Entertainment, including artists from the Independent Online Distribution Alliance. Find out how you may access this service free using your Santa Clara County Library card and how to download five songs or two videos a week. Preregistration required. Members free, non-members pay \$5.

RESOURCES FOR SENIORS

Schedule Appointments

Caregiver Network Counseling

Monday, May 1 and June 6
1 to 4 p.m.

The Caregivers Network provides friend or family caregivers free support for their unique situations. Support services include Information & Awareness, Caregiver Case Management, and a respite care grant for temporary relief or rest from caregiver responsibilities. A Care Manager will be available for one-hour in-person appointments to provide resources and information for caregivers to support their loved one. To schedule an appointment, call the front desk at (408) 777-3150.

Health Insurance Counseling (HICAP)

Monday, May 8 and 22, June 12 and 26
1 to 3 p.m.

Find out what your options are with Medicare and what will work best for you. The Health Insurance Counseling and Advocacy Program will help you fully understand your Medicare options to be better informed to make the right choices while navigating the Medicare maze. To schedule an appointment, call the front desk at (408) 777-3150.

Senior Adult Legal Aid (SALA)

Friday, May 12 and June 16
10 a.m. to noon

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. To schedule an appointment, call (408) 295-5991.

SALA(長者法律諮詢) 為居住在聖他克拉拉縣 (Santa Clara County) 60 歲或以上的長者提供基本的法律援助。中文翻譯可預約。

Resource Referral Website

Please visit cupertino.org/seniorresources to view contact information for a variety of resource agencies. Resource categories include nutrition, transportation, counseling, elder abuse, and more.



Via Cupertino Shuttle

The Via Cupertino shuttle will pick you up and take you to your Cupertino destinations such as the grocery store, local eateries, the post office, and more. Via Cupertino can also take Cupertino residents to medical appointments at Kaiser Santa Clara and Sutter Health West Valley Center. Discounted fares for seniors are \$2 per trip. Rides can be booked by downloading the Via app or calling :

(669) 201-1892 | cupertino.org/shuttle



211

Receive free, non-emergency community, health, and disaster information in Santa Clara County. 211 is confidential and available in over 170 languages. 24 hours a day, 7 days a week.

Dial 2-1-1 | 211bayarea.org

West Valley Community Services (WVCS)

West Valley Community Services provides a continuum of basic needs, including an in-house and mobile food pantry, homeless support, affordable housing, emergency financial assistance, and more. West Valley Community Services serves homeless and low-income individuals and families.

(408) 255-8033 | wvcommunityservices.org



SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS

Sourcewise

Sourcewise offers resource information on a variety of topics including housing, nutrition, health insurance, transportation, and more. Sourcewise strives to educate, prepare, and support caregivers within Santa Clara County.

(408) 350-3200 | mysourcewise.com



Cupertino 50+ Scene
Cupertino Senior Center
21251 Stevens Creek Blvd
Cupertino, CA 95014
(408) 777-3150

Birthday Bash Luncheon!

Doors open at noon • Members \$12, Non-member \$17

Luau Birthday Bash Luncheon

Wednesday, June 14 at noon

Come swing along with our Kani Ka Pila Ukulele Band during a traditional Hawaiian Luau! Enjoy teriyaki chicken over rice, pineapple, sweet rolls, mac salad, and guava cake. Members with June birthdays will be honored. Preregistration required. Please state vegetarian preference when registering. Last day to register is for this lunch is Friday, June 2.

Independence Day Celebration and July Birthday Bash

Wednesday, June 28 at noon

Get patriotic with us early and wear your red, white, and blue! We will celebrate our nation's birthday as well as honor members with July birthdays with American-themed music, BBQ'd burgers with all the fixings, and an All-American dessert. Preregistration required. Please state vegetarian preference when registering. Last day to register is Friday, June 16.



Registration opens Monday, April 24. To register, call (408) 777-3150, visit us in-person, or [Click Here](#).