



ADULTS 50+

How to Register for Adult 50+ Programs

Four different organizations provide classes for the Adult 50+ program. They are:

Cupertino Senior Center (CSC)

To register, visit the senior center's front desk, or call 408-777-3150.

Fremont Union High School District (FUHSD) Senior Adult 50+ Class

To register with FUHSD before the first class, call 408-522-2700 or go to <http://ace.fuhd.org>. Senior center membership is required.

De Anza College Exercise (DAC)

For inquiries and to register, call instructor Tom Beggs at 408-864-5409. Senior center membership is required.

American Association of Retired Persons Smart Driver Program (AARP)

For information and to register, call Les Schreiber at 408-316-8654.

Location

Adult 50+ Programs and Classes:

Cupertino Senior Center
21251 Stevens Creek Boulevard
Cupertino, CA 95014

Telephone: 408-777-3150

FAX: 408-777-3156

Email: SeniorCntr@cupertino.org

Web site: www.cupertino.org/senior

www.cupertino.org/50plus

www.cupertino.org/seniorcenterfacebook

Office Hours

Monday-Thursday 8am-7:30pm

Friday 8am-5pm

Closed holidays

Adult 50+ Membership

Membership includes access to Adult 50+ programs, trips, services, classes, socials, volunteer opportunities, and mailing of the bimonthly newsletter.

It's easy to become an Adult 50+ member:

- Need to be at least 50 years or older
- Complete a "New Member Application" form (available at the senior center or online)
- Pay the fee of \$28, or if you are a Cupertino resident, \$23, and your participation begins

Day Pass

Thinking about becoming a member?

Adults 50+ are welcome to spend the day as a guest with a \$5 Day Pass. Guests may sign up for any social or luncheon for the day and will receive a temporary parking permit.

Connect on Social Media!

The Cupertino Senior Center invites you to connect with us on social media sites.

Facebook: www.cupertino.org/seniorcenterfacebook

Yelp: www.yelp.com/biz/cupertino-senior-center-cupertino

ADULT 50+ CLASSES

Class Pass

The Class Pass allows non-member seniors to register for a senior center course with an additional pass fee of \$10 for residents, \$15 for non-residents. The Class Pass is not applicable to Adult Community Education classes or De Anza College classes held at the Cupertino Senior Center.

Trip Pass

A Day Trip Pass permits a non-member senior to sign up for a day trip with an additional pass fee of \$20 for residents and \$25 for non-residents. Non-members are eligible to register for a day trip one week after the member sign up date.

Learn about the Senior Center

Learn about trips, classes, events, services, the volunteer program, and tour the center. Meet at the Cupertino Senior Center the 2nd Thursday of each month at 2pm.

Newsletter Online

Access the City of Cupertino's Web site to view what is happening at the Cupertino Senior Center.

To access *The 50 Plus Scene* bi-monthly newsletters, go to www.cupertino.org/50plus or pick one up in person. "Like" us on Facebook to get up-to-date information!

ARTS & CRAFTS

Activity	Time	Day	Fee	Date
Chinese Calligraphy	3-5	Tu	\$15	8/2-9/27

DANCE & MUSIC

Accordion	1:30-3	Tu	\$20	8/9-10/14
Ballroom Dance	1:30-3:30	W	\$32	8/10-9/7
Erhu II	3:15-4:45	Tu	\$20	8/9-10/4
Hula Dance Class	11:45-12:45	M	\$15	8/1-9/19
Hula Performance Group	12:55-1:55	M	\$15	8/1-9/19
Yuan Chih Dance	10-11:30	F	\$15	8/5-9/30

LANGUAGE & SPECIAL INTEREST

Conversational English	10-11:45	M/Tu	\$20	8/15-10/4
Fantastic Films	1:30-4	Tu	\$45	9/6-11/8
US History	12-1	Tu	\$15	8/9-9/6

FITNESS

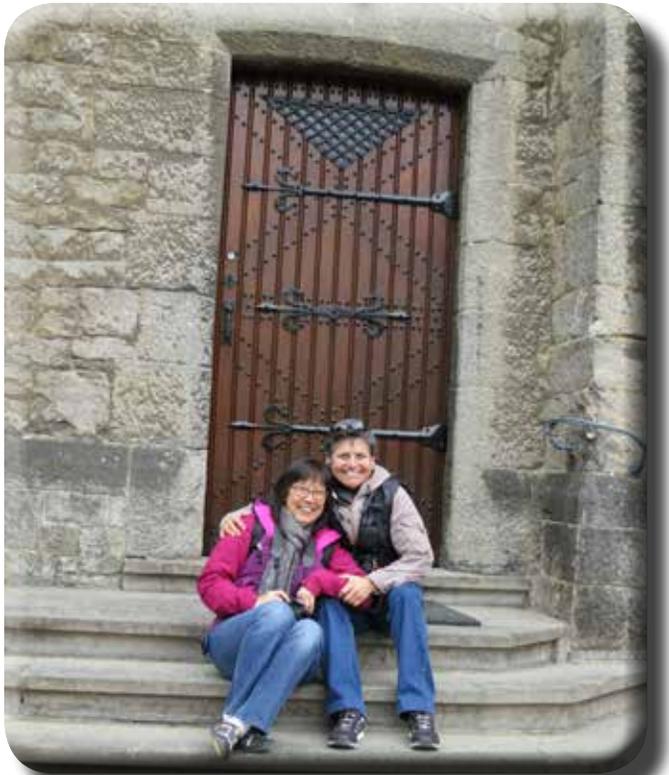
Hatha Yoga	2:30-3:30	Th	\$40	8/4-9/29
Yoga	4-5	Tu	\$40	8/2-9/27
Yoga	4-5	Th	\$40	8/4-9/29
Zumba Gold	3:45-4:45	F	\$37	8/19-10/14

EVENING CLASSES

Yoga	5:15-6:15	Tu	\$46	8/16-10/11
Yoga	5:15-6:15	Th	\$46	8/4-9/29

COMPUTERS & TECHNOLOGY

iPad Beginning	1-3	Tu	\$22	8/9-9/6
iPad Beginning	1-3	Tu	\$22	9/20-10/18
iPad Intermediate	1-3	Th	\$22	8/11-9/8
iPad Intermediate	1-3	Th	\$22	9/22-10/20
iPad A-Z	3:30-5:30	M	\$38	8/15-9/12
iPad A-Z	3:30-5:30	M	\$38	9/19-10/10
iPad A-Z	3:30-5:30	M	\$38	10/24-11/14
Intro to iPad Painting	6-8	M	\$38	8/15-9/12
Intro to iPad Painting	6-8	M	\$38	9/19-10/10
Intro to iPad Painting	6-8	M	\$38	10/24-11/14



FUHSD CLASSES

Classes August 22 - October 24, 2016

For class descriptions, information, and to register go to <http://ace.fuhsd.org> or call 408-522-2700. Cupertino Senior Center membership is required to participate.

DAC EXERCISE CLASS

Classes September 27 - December 16, 2016

Adapted Total Fitness

MIWIF, 9-10am; T/Th, 1:30-2:30pm

This class is geared for seniors with a variety of physical challenges. To register call DeAnza College at 408-864-8885, and for inquiries, call 408-864-5409. Instructor: Tom Beggs. Cupertino Senior Center membership is required to participate.

AARP PROGRAMS

AARP Smart Driver Safety Class (Mandarin)

Wednesday, August 24 & 31, 4-8pm

This is a full 8-hour AARP Smart Driver class, split into two 4-hour sessions. For more information and to register call Les Schreiber at 408-316-8654. Senior center membership is not required to participate. Class taught in Mandarin.

ADULT 50+ SOCIALS

Most social activities are free for members, except those activities that are specified otherwise; senior guests pay a \$5 day pass. For more information visit us at www.cupertino.org/50plus.

Card Playing

Monday-Wednesday, 12-4pm;

Thursday, 12-2pm. Six tables available.

Ping Pong Social

Tuesday, 8:30-11:30am; Friday, 1-4:30pm

Two ping pong tables are available for play in a non-competitive environment for all levels. First come, first served. Limited to 25 players for safety.

Ballroom Dance Social

2nd and 4th Monday, 2:05-3:35pm

Drop in for fun and dance.

Booktalk with Cupertino Library

1st Tuesday, 10:30-11:30am

Cupertino librarians will host a book talk.

Lunch with Friends

Most Wednesdays, 12pm

Fee: \$6, check *The 50+ Scene* for schedule and menus.

Monthly Movie

Last Wednesday of the month, 1:30-3:30pm

Lemonade and popcorn provided. Check *The 50+ Scene* for movie selection.

Karaoke Weekly Social

Thursday, 1:30-4:30pm

Join this group every Thursday for fun and singing.

Open Bridge

Thursday, 2-4pm

Form your own groups.

Let's Talk Current Events

Wednesday, July 20, August 17, 1:30-3pm

Group discussion on events that affect adults 50+.

Rhythmaires Band

Friday, 9:30-11:30am

A 50+ dixieland band practices and performs throughout the community.

Come listen or audition to join.

Visit the band online at tinyurl.com/rhythmaires.

Book Review

1st Friday, 1:15-3pm

Discuss and learn about new books and meet new people.

Mah Jongg

Friday, 12-4pm

Different styles are available, or bring your own.

Bingo

Friday, 1-3pm

Come join us for an afternoon of bingo with light refreshments served. Bingo cards \$4-\$7.



ADULT 50+ EVENTS

Themed Lunch Events!

Come dressed in your best themed attire! Members can bring a guest, who are also 50+, with the additional purchase of a \$5 Day Pass.

Pre-registration is required.

August Birthday Bash

Wednesday, August 10, 12pm

Join in on the fun with the Stevens Creek Ramblers. Come enjoy grilled caesar salad, chili, and cornbread. Members with August birthdays will be honored. Member fee \$10. Vegetarian option available when registering.

September Birthday Bash

Wednesday, September 14, 12pm

Celebrate those with September birthdays with a day out to lunch with a fun theme and entertainment. Members with September birthdays will be honored. Member fee \$10. Vegetarian option available when registering.

Oktoberfest and Birthday Bash

Wednesday, October 12, 12pm

Join us as we celebrate this German festival with a Northern German meal of bratwurst, sauerkraut, potato salad, and Black Forest cake for dessert along with a live Oktoberfest performance. Members with October birthdays will be honored. Member fee \$12. Vegetarian option available when registering.

Hidden Treasures Wanted

Collecting August 3 - October 16

Please donate your gently used jewelry, craft items, and knick-knacks to our Hidden Treasures fund raising event scheduled for Thursday, October 27. We will start collecting these items in August. The proceeds will benefit our Case Management Program for at risk seniors and the Stay Active Fund to provide assistance to offset the cost for senior center membership and classes. Thank you for your continued support.



ADULT 50+ SPORTS

50+ Bocce Ball

Wednesday, 9am

Enjoying the outdoors is easy to do in Cupertino at Blackberry Farm Park alongside the Stevens Creek Trail. Join us at 9am, members can meet new people and have fun while playing a game of bocce. First time players welcome, instructions are available. Free for members.



50+ Softball

Thursday, Through - October 20, 9am - 12pm

Get out, be happy, and bring a friend to 50+ Softball! Cupertino Geezers are a non-competitive group where camaraderie abounds. Warm-up and batting practice begins at 9am. A pick-up game starts promptly at 10am each week. Registration is \$38 for the season. Membership is required.

50+ Tennis

Tuesday, 9am at Memorial Park Tennis Courts #5 & 6
Drop in and play to be social and exercise with other Cupertino Senior Center members.

50+ Golf

Monday, 10am at Blackberry Farm Golf Course

Tee it up with fellow Cupertino Senior Center members on Monday mornings at the Blackberry Farm Golf Course. Course fees apply (\$16-\$17), sign up in the ProShop.

50+ Fun Golf Tournament Deep Cliff Golf Course

Monday, August 15, 9am

Enjoy a fun morning of golf and lunch at Deep Cliff. Cost includes green fees, sandwich lunch, and prizes. Members \$27, senior guests \$32. Pick up and return the entry form at the senior center by July 31. Sign up now, registration opened June 26.

ADULT 50+ SERVICES

The Case Management Program assists at-risk and/or homebound seniors in finding resources to help them to remain independent and safe in their homes. For more information, call 408-777-3150. Appointments in English, Mandarin, and Cantonese are available. Senior center membership is required.

Drop-in Consultation

Every Wednesday, 10am-12pm

Case managers are available to provide you with information on Social Security, long-term care options, public benefits, and other resources that help you to maintain your independence and safety at home. Senior center membership is required.

Blood Pressure Screening

1st and 3rd Tuesday, 12:15-1:15pm

2nd and 4th Monday, 1:30-2:30pm

Volunteer nurses provide free blood pressure screenings. Sign up at front desk on blood pressure day.

BART and VTA

65+ BART tickets are \$9, and on sale at the front desk. VTA bus line 81 stops right outside the senior center's door. For a VTA Clipper Card, please check with www.vta.org.

Caregiver Support Group

Second Thursday, 3-4:30pm

For family caregivers who are providing care for a loved one. Caregivers can share their challenges and seek support from others on the same journey. Open to the public.

Housing Consultation

Cupertino Senior Center provides lists of housing as a resource. Due to limited staff resources, senior center staff will not be able to make calls, fill out applications, or deliver housing applications for you.

Senior Adult Legal Aid (SALA)

By appointment only, 408-777-3150

Provides assistance for legal matters in public benefit, long-term care, elder abuse, housing, consumer, incapacity planning, probate alternative, and simple wills. Must be 60 or older and a Santa Clara County resident.

Health Insurance Counseling (HICAP)

By appointment only, 408-777-3150

Free, individual, unbiased counseling on Medicare, supplemental insurance, and other health care insurance issues.

VOLUNTEERING

Volunteering at the Cupertino Senior Center

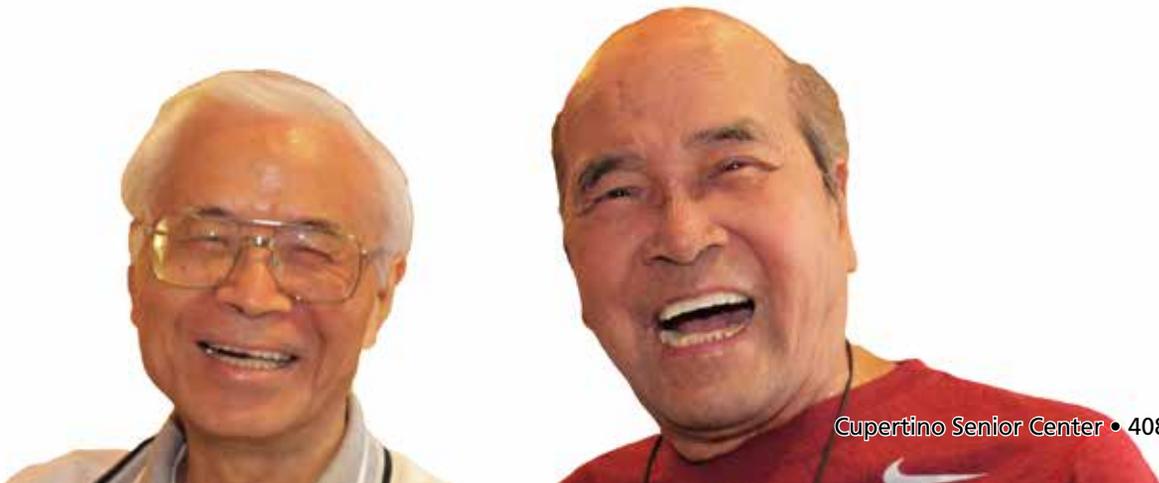
Join the team! There are many different types of volunteer positions behind the scenes, interacting with members, teaching courses, and even out in our community. Cupertino Senior Center volunteers play a pivotal role in creating a positive, healthy, and connected community.

How to Apply

Prospective senior center volunteers must be current members of the senior center. Apply for senior center and all City of Cupertino volunteer opportunities at www.cupertino.org/volunteer.

GIFT CHECKS

Cupertino Senior Center offers gift checks redeemable toward trips, special events, membership, or CSC classes. Gift checks make great gifts for those 50+. Call 408-777-3150 for details.





Share Discovery Through Travel



Where will you discover?

Join us for the next adventure! Whether it is down the street or across the globe, you can make discoveries to last a lifetime when you travel with us.

For more information, call 408.777.3150 or email alexc@cupertino.org

Cupertino Senior Center