



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.fuhsd.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

Facebook: www.cupertino.org/seniorcenterfacebook

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

www.cupertino.org/senior

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. Membership is on a calendar year basis.

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

Stay Active Fund

The Stay Active Fund helps adults 50+ remain active, engaged, and able to participate at the Cupertino Senior Center. This fund provides assistance to offset the cost for senior center membership and registration for classes and events. The program is available through June 30, or until the funds are depleted. Please contact the senior center for more information.

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.

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 and \$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.

ADULT 50+ CLASSES

FOR MORE DETAILED INFORMATION REGARDING CLASSES, PLEASE REFER TO THE ONLINE NEWSLETTER OR VISIT THE SENIOR CENTER IN PERSON.

ARTS & CRAFTS

Activity	Time	Day	Fee	Mtgs
Chinese Calligraphy	3-5	Tu	\$15	8
Chinese Brush Painting	8:30-10:30	M	\$50	8
Chinese Brush Painting	10:40-12:40	M	\$50	8

DANCE & MUSIC

Accordion	1:45-3:15	Tu	\$20	8
Ballroom Dance	1:30-3:30	W	\$32	4
Erhu II	3:15-4:45	Tu	\$20	4
HarmoniKatz Band	3:45-5:15	M	\$15	7
Hula Dance Class	11:45-12:45	M	\$15	6
Hula Performance Group	12:55-1:55	M	\$15	6
Ukulele Beginning	3:30-5	Tu	\$22	8
Ukulele Intermediate	1:30-3:30	M	\$19	6
Yuan Chih Dance	10-11:30	F	\$15	8

LANGUAGE & SPECIAL INTEREST

Activity	Time	Day	Fee	Mtgs
Citizenship Class	8:15-9:45	M Tu F	\$20	8
Conversational English	10-11:45	M Tu	\$20	8
ESL-Basic & Easy	10-12	M	\$25	8
ESL-Adv. Beginning	10-12	W	\$25	8
ESL-Int. Conversation	1:30-3	Tu	\$20	8
Humanities	10:30-12:30	Tu	\$40	6
Japanese - Beg. Level I	8:30-9:30	Th	\$35	8
Japanese - Beg Level II	9:45-10:45	Th	\$35	8
Mandarin - Beginning	9-10:30	Th	\$32	10
Mandarin - Intermediate	10-11:30	F	\$32	10
Mandarin - Advanced	9-10:30	Th	\$32	10

FITNESS

Chair Exercise	10:15-11:15	M Th	\$46	14
Feldenkrais	9:30-10:30	Tu	\$40	8
Hatha Yoga	2:30-3:30	Th	\$50	10
Pilates	11-12	Tu	\$35	8
Tai-Chi - Level I	8:30-9:25	Th	\$68	9
Tai-Chi - Level II	9:35-10:30	Th	\$68	9
Tai-Chi - Level III	10:40-11:35	Th	\$68	9
Yoga	4-5	Tu	\$46	10
Yoga	4-5	Th	\$46	10
Zumba Gold	3:45-4:45	F	\$28	8
Zumba Gold at Quinlan	2:30-3:30	M	\$37	8

EVENING CLASSES

Chinese Brush Painting	5:30-8:30	Th	\$55	6
Line Dancing Beginning	7-8:30	Th	\$48	8
Line Dancing Adv. Beg.	7-8:30	Tu	\$48	8
Total Body Workout	5:30-6:30	W	\$37	8

COMPUTERS & TECHNOLOGY

Intro to iPad Painting	6-8	Tu	\$38	4
iPad Beginning	1-3	Tu	\$22	5
iPad Intermediate	1-3	Th	\$22	5
iPad A-Z	3:30-5:30	Tu	\$38	4



FUHSD CLASSES

Classes October 31, 2016 - January 13, 2017

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 January 9 - March 31, 2017

Adapted Total Fitness

M/W/F, 9-10am; T/Th, 1:30-2:30pm

This class is geared for seniors with a variety of physical challenges. Classes do not meet in the summer months. 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 (Renewal)

Friday, November 4, 1-5pm

This is a 4-hour AARP Smart Driver renewal class. For more information and to register call Les Schreiber 408 316.8654. Senior center membership is not required to participate.

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.

Book Discussion 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, November 9, 1-2:30pm

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

Thanksgiving Lunch and November Birthday Bash

Wednesday, November 16, 12pm

Join us as the Rythmaires Band performs festive tunes at this delectable Thanksgiving feast. The menu will include roasted turkey, mashed potatoes, gravy, dressing, savory green beans, and pumpkin pie. Members with November birthdays will be honored. Vegetarian option is available when registering. Member fee \$12, senior guests add \$5 day pass.

Holiday Lunch and December Birthday Bash

Wednesday, December 21, 12pm

Step back in time with a lovely Victorian Holiday celebration. The Lyric Victorian Carolers will sing traditional seasonal music in beautiful old-fashioned costumes. St. Nicholas will even stop by for a special visit. This home-style meal will include tri-tip, scalloped potatoes, green salad, and New York cheese cake. Members with December birthdays will be honored. Vegetarian option available when registering. Member fee \$12, senior guests add \$5 day pass.

January Social and Birthday Bash

Wednesday, January 11, 12pm

Come join us for delicious Japanese cuisine that will include Chicken Teriyaki, a California Roll, and a special dessert. Lunch guests will be entertained by traditional Japanese performers. Members with January birthdays will be honored. Member fee \$10, senior guests add \$5 day pass. Vegetarian option available when registering.

Holidays in Hawaii

Tuesday, December 6, 1:30-3pm

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

ADULT 50+ SPORTS

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+ Bocce

Wednesday, 9am at Blackberry Farm Park (March-October)

Meet at the Bocce Ball courts alongside the Stevens Creek Trail at Blackberry Farm Park at 9am. First time players are welcome, instructions available. Free for members.

50+ Softball

Thursday, 9am at Memorial Park (March-October)

Memorial Park is the home of the Cupertino Geezers who warm-up and take batting practice beginning at 9am. A pick-up game starts promptly at 10am each week. Fee is \$38 for the year. Membership is required.



ADULT 50+ SERVICES

Case Managers assist at-risk and/or homebound seniors in finding resources to help them to remain independent and safe in their homes. For more information, please call 408-777-3150. This service is available in English, Mandarin, and Cantonese. Senior center membership required.

Drop-in Consultation

Every Wednesday, 10am-12pm

Case Managers are available to provide 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

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 and 50+ in age. Apply for senior center opportunities and all City of Cupertino volunteer opportunities at www.cupertino.org/volunteer.

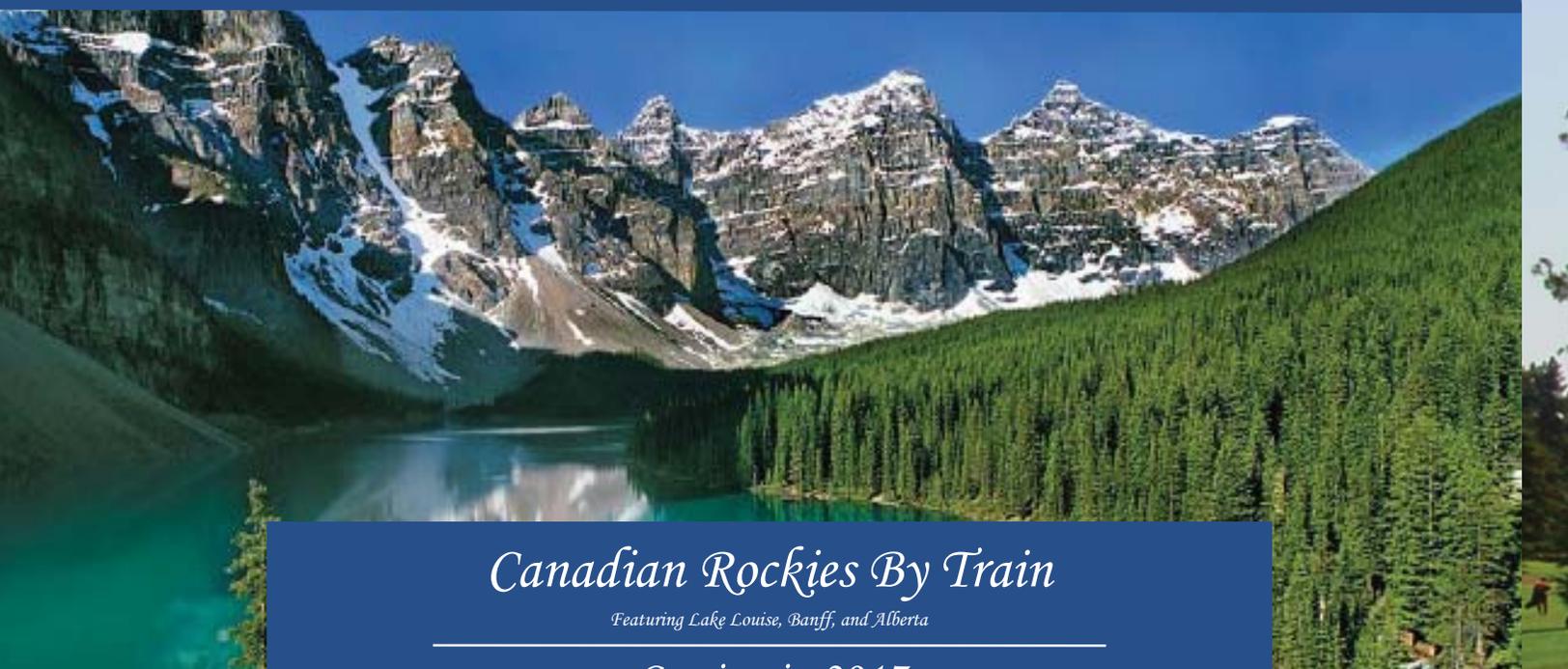
GIFT CHECKS

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 complete details.





Share Discovery Through Travel



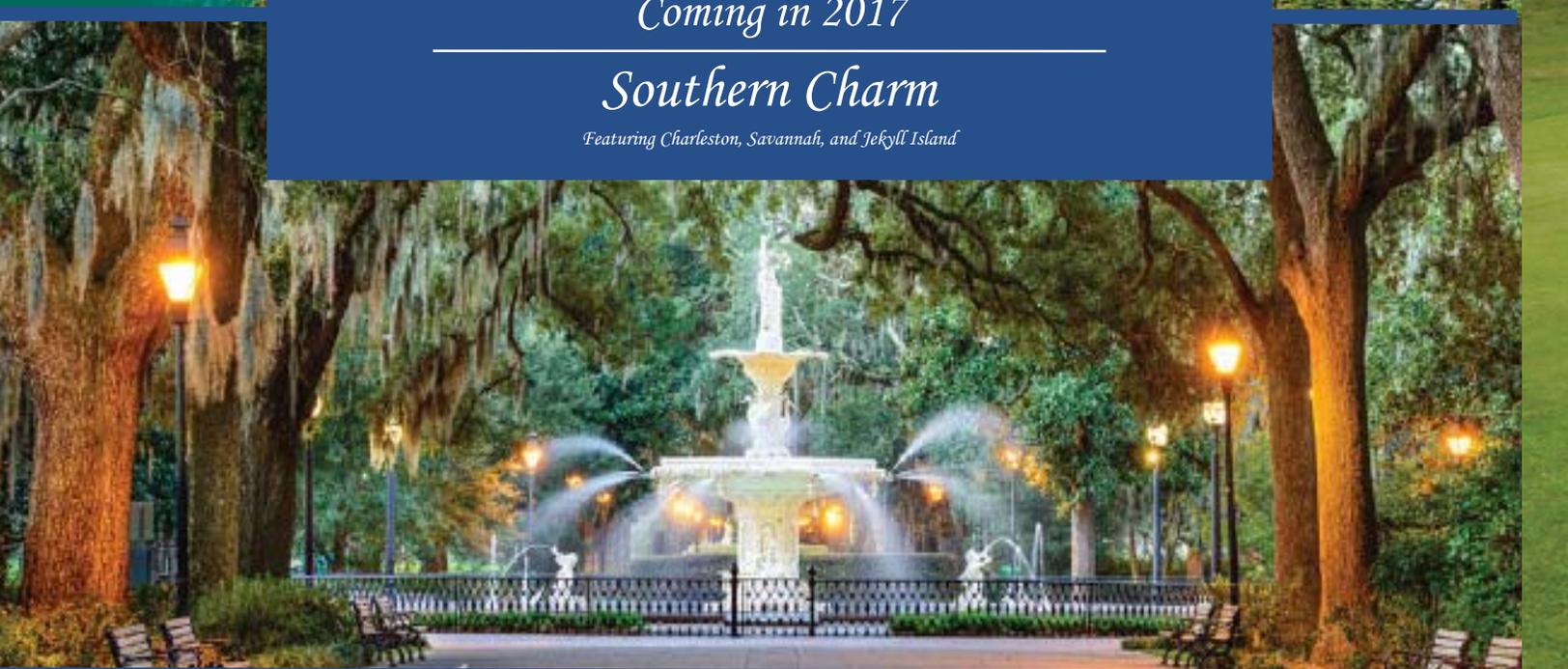
Canadian Rockies By Train

Featuring Lake Louise, Banff, and Alberta

Coming in 2017

Southern Charm

Featuring Charleston, Savannah, and Jekyll Island



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

Cupertino Senior Center

School, Facility, & Park Locations

SCHOOLS

- A** Collins Elementary
10300 N. Blaney Avenue
- B** Cupertino High School
10100 Finch Avenue
- C** Cupertino Union School District
10301 Vista Drive
- D** DeAnza Community College
21250 Stevens Creek Boulevard
- E** Eaton Elementary
20220 Suisun Drive
- F** Fremont Union High District Office
589 W. Fremont Avenue
- G** Faria Elementary
10155 Barbara Lane
- H** Garden Gate Elementary
10500 Ann Arbor Avenue
- I** Homestead High School
21370 Homestead Road
- J** Hyde Middle School
19325 Bollinger Road
- K** Kennedy Middle School
821 Bubb Road
- L** Lawson Middle School
10401 Vista Drive
- M** Lincoln Elementary
21710 McClellan Road
- N** Lynbrook High School
1280 Johnson Avenue
San Jose
- O** Monta Vista High School
21840 McClellan Road
- P** Regnart Elementary
1170 Yorkshire Drive
- Q** Sedgwick Elementary
19200 Phil Lane
- R** Stevens Creek Elementary
10300 Ainsworth Drive

FACILITIES

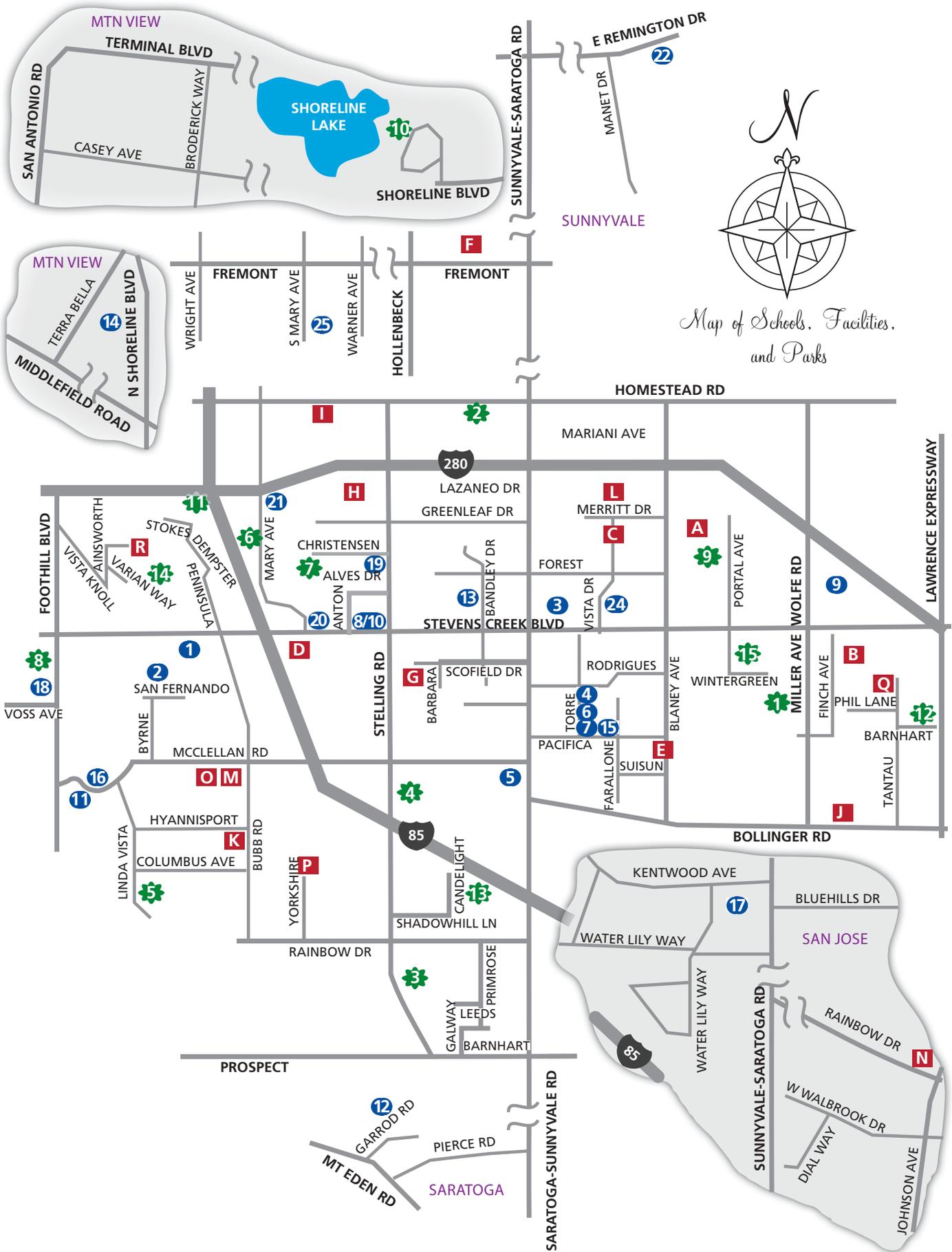
- 1** Blackberry Farm Golf Course
22100 Stevens Creek Boulevard
- 2** Blackberry Farm Picnic Grounds
21979 San Fernando Avenue
- 3** Cali Mill Plaza
Stevens Creek Boulevard at
DeAnza Boulevard
- 4** City Hall
10300 Torre Avenue
- 5** Communication Academy
7337 Bollinger Road
- 6** Community Hall & Council Chamber
10350 Torre Avenue
- 7** Cupertino Library
10800 Torre Avenue
- 8** Cupertino Sports Center
21111 Stevens Creek Boulevard
- 9** Cupertino Square Ice Center
10123 N. Wolfe Road
- 10** Cupertino Teen Center
21111 Stevens Creek Boulevard
- 11** Deep Cliff Golf Course
10700 Clubhouse Lane
- 12** Garrod Farms
22600 Mt. Eden Road
Saratoga
- 13** Joyful Melodies Music School
10455 Bandlely Drive, Suite 300
- 14** KMVT15 Community Television
1400 Terra Bella Avenue, Suite M
Mountain View
- 15** Library Field
Pacifica Drive at Torre Avenue
- 16** McClellan Ranch Preserve & EEC
22221 McClellan Road
- 17** Melody Academy of Music
1299 Water Lily Way, #10
San Jose
- 18** Monta Vista Recreation Center
22601 Voss at Foothill Boulevard
- 19** Quinlan Community Center
10185 N. Stelling Road
- 20** Senior Center
21251 Stevens Creek Boulevard

- 21** Service Center
10555 Mary Avenue
- 22** Sunnyvale Community Center
550 E. Remington Drive
Sunnyvale

Twisters Sports Center
1165 N. Fair Oaks Ave
Sunnyvale
- 24** West Valley Community Services
10104 Vista Drive
- 25** Young Chefs Academy
1336 S. Mary Avenue
Sunnyvale

PARKS

- 1** Creekside Park
10455 Miller Avenue
- 2** Franco Park
10981 Franco Court
- 3** Hoover Park
Leeds Avenue near Primrose
- 4** Jollyman Park
1000 S. Stelling Road
- 5** Linda Vista Park
11111 Linda Vista Drive
- 6** Mary Avenue Dog Park
10309 Mary Avenue
- 7** Memorial Park
Stevens Creek Boulevard
at Mary Avenue
- 8** Monta Vista Park
22601 Voss Ave at S. Foothill Blvd
- 9** Portal Park
10225 N. Portal Avenue
- 10** Shoreline Lake
3160 N. Shoreline Boulevard
Mountain View
- 11** Somerset Park
10798 Stokes Avenue
- 12** Sterling Barnhart Park
10486 Sterling Boulevard
- 13** Three Oaks Park
Candlelight Way
- 14** Varian Park
22220 Ainsworth Drive
- 15** Wilson Park
19784 Wintergreen Drive



Important Information

- Registration for Cupertino Residents begins **November 1, 2016**
- Registration for Non-Residents Cupertino Residents begins **November 8, 2016**
- Correctly completed registrations will have priority. Registration with incorrect or incomplete information or fees will not be processed.
- If requested, proof of age or proof of Cupertino residency may be required.
- Recreation Schedules will be available for pick-up at the Quinlan Community Center, Sports Center, Senior Center, and City Hall.
- Math Olympiads, College Prep, LIT, and Preschool are subject to random processing.

General Information

Creating an account	Call the Recreation and Community Services office at 408-777-3120 to create an account.
Retrieving a forgotten password with a current email address	If you have an account but have forgotten your account PIN/password and the email address on your account is current, you can use the "Forgot My Password" feature on www.reg4rec.org .
Retrieving account information without a current email address	To protect the sensitive information in our customers' accounts, we will not disseminate information over the phone, or without identification in person.
Wait lists	If the class you requested is filled, you will automatically be placed on a waitlist, free of charge. If the class becomes available, we will call you. Payment is due within 24 hours.
Age requirement	Where an age is indicated, the participant must be that age by the first day of class. Proof of age may be required.
Class attendance	Class attendance is limited to the registered participants ONLY. Sorry, no children in parent's classes and no parents in children's classes.
Make-up classes	There are no make-ups for classes you don't attend. If Recreation and Community Services cancels a class meeting, a make-up class will be offered if session permits.
Class check-in/check-out	All children 0-14 years of age must be checked in and out of classes and activities by a parent or guardian. Please come into the classroom and see the instructor to check your child in and out.
Declined credit card	If your credit card is declined, Recreation and Community Services staff will contact you to request payment. If your payment is not received within 24 hours, your registration will be cancelled.
Returned check	There is a \$26 fee for each returned check.
Paying with Cash	Exact amount required for cash payment.
Fee Waiver Assistance	For financial assistance to access recreation programming please contact West Valley Community Services at 408-255-8033.
Disabilities	If you have any disability that requires special accommodations in order to participate, please let us know when you register.

Refund Policy

Activity withdrawals

Refunds will **not** be issued **7 calendar days or less** before the start of the activity.

Withdrawals requested **7 calendar days or less** prior to the first activity meeting will incur a 10% processing fee.

Withdrawals must be requested in writing at least **8 calendar days** prior to the start of the activity for a full refund.

1 day Classes/Events

Refunds will **not** be issued **7 calendar days or less** before a 1 day event/class.

Course Cancellations

Refunds will be issued if a course is cancelled by Recreation and Community Services

Courses not reaching their minimum enrollment will be cancelled.

Refunds by Check

Refunds by check take up to six weeks to process.

Refunds by Credit Card

If you paid by credit card, your refund will be applied to your credit card.

Refund Request

Requests must be submitted in writing:

Include:

Participant's name, address, phone number

Name and activity number of the class

Fax your request to 408-777-1305, email request to refunds@cupertino.org, or mail it to:

Registration Refund

10185 N Stelling Road

Cupertino, CA 95014

Separate Policies

There are no refunds for: Fitness Passes, Playgrounds, Preschool, and Private Music Lessons. Separate policies apply to Preschool.

Please inquire before registering.

4 Ways to Register!

Resident registration begins November 1, 2016

Nonresident registration and walk-in registration begins November 8, 2016

NOTE: A "resident" is anyone living in the Cupertino city limits (i.e., zip code 95014).

A "nonresident" is a Cupertino P.O. box address or anyone living outside the Cupertino city limits.

1 Online Registration

- Visit www.reg4rec.org
- Have your client number and account PIN ready
- Pay with Visa, MasterCard, American Express, or DiscoverCard
- Receipts mailed within 10 working days

2 Fax (Held for Random Processing*)

- Complete a registration form
- Pay with Visa, MasterCard, American Express, or DiscoverCard
- Fax to 408-777-1305
- Receipts mailed within 10 working days

3 Walk-in

- Visit our office in the **Quinlan Community Center at 10185 N. Stelling Road, Cupertino**, during these times:

Monday-Thursday	8:00am-10:00pm
Friday	8:00am- 5:00pm
Saturday	8:30am- 4:30pm

4 Mail-in (Held for Random Processing*)

- Complete registration form
- include method of payment:
- By check payable to CITY OF CUPERTINO or by Visa, MasterCard, American Express, or DiscoverCard. There will be a \$26 service charge for all returned checks.
- Mail to:
Registration
10185 N. Stelling Road
Cupertino, CA 95014
- Receipts mailed within 10 working days

* **Random processing** means that every piece in that day's registration by mail or fax has an equal chance of being selected.

