

# MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CITY OF CUPERTINO SENIOR CENTER</b> 408.777.3150 <i>Hours: Monday-Thursday 8am-7:30pm Friday 8am-5pm</i> <i>Email: SeniorCntr@Cupertino.org</i> <i>Website: www.cupertino.org/senior</i> Find us on Facebook!</p>		<p><b>1</b> 7:30 Day Trip Preview 8 Trip Sign-up Day 9 50+ Bocce Ball 10-12 Case Manager Consultation     社工諮詢 12-4 Card Playing</p>	<p><b>2</b> 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>3</b> 9:30-11:30 Rhythmaires     Band Practice 10:45-11:45 Pilates-Yoga     <b>Combo Free Demonstration</b> 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:15-3 Book Review--Small     Blessings, by Martha Woodroof 1:30-4 TechTime with Paul</p>
<p><b>6</b> 10-12 Golf for Seniors 12-4 Card Playing 1-2:30 Finding Joy by     Laughing Now!  <b>TRAVEL PRESENTATIONS</b> 1 San Antonio Holiday 2 Canadian Rockies by     Train 3 Southern Charm</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 12:30-1:30 New Volunteer     Orientation</p>	<p><b>8</b> 9 50+ Bocce Ball 10-12 Case Manager Consultation     社工諮詢 12-4 Card Playing 10:30 California Coastal     Cruise Presentation</p>	<p><b>9</b> 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2 Learn about the Senior Center 2-4 Open Bridge 3-4:30 Caregiver Support     Group</p>	<p><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 1:30-4 TechTime with Paul</p> <p><b>12 SUNDAY</b> 9:45-1:45 Sunday Brunch with     Attitude Trip</p>
<p><b>13</b> 10-12 Golf for Seniors 12-4 Card Playing 1-2:30 The Joys of Living     Alone 1:30-2:30 Blood Pressure     Check 量血壓 2:05-3:35 Ballroom Dance     Social 交際舞社</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> 9 50+ Bocce Ball 10-11 Downloadable Music 10-12 Case Manager Consultation     社工諮詢 12-4 Card Playing 12 St. Patrick's Day Social and     Birthday Bash (\$12)     Corned Beef 醃牛肉</p>	<p><b>16</b> 7:30-4 Monet and Bouquets     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>17</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 1:30-4 TechTime with Paul</p> 
<p><b>20</b> 10-12 Golf for Seniors 12-4 Card Playing 1 Volunteer Advisory     Council Meeting     Visitors Welcome</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 50+ Bocce Ball 9:30-5 Take Flight Trip 10-12 Case Manager Consultation     社工諮詢 11:45 Lunch with Friends (\$6)     Beef Stroganoff 俄式牛柳絲面 12-4 Card Playing 1-2:30 Let's Talk Current     Events</p>	<p><b>23</b> 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> NO Rhythmaires     Band Practice NO Mah Jongg 麻將 NO Bingo 賓果 NO Ping Pong 乒乓 NO TechTime with Paul</p>
<p><b>27</b> 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure     Check 量血壓 2:05-3:35 Ballroom Dance     Social 交際舞社</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 12-4 Card Playing</p>	<p><b>29</b> 9 50+ Bocce Ball 9-1 Age Well, Drive Smart 10-12 Case Manager Consultation     社工諮詢 12-4 Card Playing 1:30-3:30 Monthly Movie -     Men in Black (1997)</p>	<p><b>30</b> 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 12:15-1:15 Tai Chi Free     Demonstration 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p>	<p><b>31</b> 9:30-11:30 Rhythmaires     Band Practice 12-4 Mah Jongg 麻將 12 Bingo Spring Lunch (\$10)     Ribs 排骨 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul</p>

# APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 10-12 Golf for Seniors 12-4 Card Playing	<b>4</b> 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 12:30-1:30 New Volunteer Orientation	<b>5</b> 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30 Canadian Rockies by Train Presentation 2:30 San Antonio Holiday Presentation	<b>6</b> 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	<b>7</b> 9:30-5 SF Flower & Garden Show Trip 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-Left Neglected, by Lisa Genova 1:30-4 TechTime with Paul
<b>10</b> 10-12 Golf for Seniors 12-1 Supporting Your LGBT Family Members Presentation 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社	<b>11</b> 8:30-11:30 Ping Pong 乒乓 9:30-11:30 TV Production - The Better Part 9-11 Tennis 網球 12-4 Card Playing	<b>12</b> 9 50+ Bocce Ball 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 12 April Birthday Bash (\$10) Baked Linguine 四月慶生宴	<b>13</b> 9 50+ Softball 9:30-5 Farm to Table at Pie Ranch 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>14</b> 9:30-11:30 Rhythmaires Band Practice 10 California Coastal Cruise Presentation 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:30-4 TechTime with Paul
<b>17</b> 10-12 Golf for Seniors 12-4 Card Playing	<b>18</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>19</b> 9 50+ Bocce Ball 10-11 Music & News 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 11:45 Lunch with Friends (\$6) Sloppy Joes 牛肉包 1-2:30 Let's Talk Current Events	<b>20</b> 9 50+ Softball 9-11 Hearing Tests 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	<b>21</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 1:30-4 TechTime with Paul 4:15-7:45 Mountain House Restaurant Trip
<b>24</b> 8 May/June Registration Begins 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2:05-3:35 Ballroom Dance Social 交際舞社	<b>25</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>26</b> 9 50+ Bocce Ball 9:30-5:30 Safari West Trip 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Monthly Movie - Mamma Mia! (2008)	<b>27</b> 9 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge	<b>28</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 1:30-4 TechTime with Paul

## NATIONAL VOLUNTEER WEEK - THANK YOU, VOLUNTEERS!

### Adult Community Education

March 27-May 26

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

成人學校課程, 請參考課程手冊。所有課程在耆英中心上課, 但是必須在成人學校報名, 您也需要是耆英中心會員, 會費是庫市居民23元一年, 非居民28元。3/27-5/26.

### De Anza Cardio-Vascular Training

April 10-June 30

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

Classes are held at the senior center, and Cupertino Senior Center membership is required. Register at the first class or call Mary at 408.864.8742.