



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 408-864-8742. 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

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 website to view what is happening at the Cupertino Senior Center: www.cupertino.org

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
Ehru I	3-4:30	Th	\$20	8
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	\$40	8
Yoga	4-5	Th	\$40	8
Zumba Gold at Quinlan	2:30-3:30	F	\$37	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 March 27 - May 26, 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 April 10 - June 30, 2017

Adapted Total Fitness

M/W/F, 9-10am; T, 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 408-864-8742. Cupertino Senior Center membership is required to participate.

AARP PROGRAMS

AARP Smart Driver Safety Class

Wednesday, May 16, 9am-1:30pm

This is a full 8-hour AARP Smart Driver 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/senior.

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 will be served. 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

Third Wednesday of the month, 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

Chinese New Year Celebration and February Birthday Bash

Wednesday, February 8, 12pm

Let's celebrate the year of the Rooster! People born in this year are said to be confident, loyal and trustworthy. Join us for a Chinese meal and enjoy cultural entertainment as the lion dancers ring in the New Year. Members with February birthdays will be honored. Pre-registration is required, and a vegetarian option is available when registering. Members \$12, senior guests add \$5 day pass.

Mardi Gras Travel Party

Tuesday, February 28, 1:30pm

Join us for a New Orleans style party right here at home. Learn more about our exciting travel program of day trips, overnight and extended tours. Members free, senior guests pay \$5 day pass. Register at the senior center front desk. Space is limited.

St. Patrick's Day Luncheon and March Birthday Bash

Wednesday, March 15, 12pm

Join us for the Irish tradition of St. Patrick's day featuring Irish entertainment plus a full meal of corned beef, cabbage, carrots, potatoes and a satisfying dessert. Members with March birthdays will be honored. Vegetarian option available when registering. Members \$12, senior guests add \$5 day pass.



Bingo Spring Lunch

Friday, March 31, 12pm

Gear up for an afternoon of bingo and join us for a delicious barbecue lunch, featuring ribs, coleslaw, potato salad, garlic bread, and a delicious dessert. Bingo begins at 1pm. Cards are sold separately \$4-\$7. Vegetarian option available when registering. Lunch for members is \$10, senior guests add Sign up at the front desk. Space is limited.

May Social and Birthday Bash

Wednesday, May 10, 12pm

Join us for a Cinco de Mayo Fiesta with a Mexican-themed meal followed by a delectable dessert. Members with May birthdays will be honored. Pre-registration is required, and a vegetarian option is available when registering. Member fee is \$10, senior guest add \$5 day pass.

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, March 1-October 25, 9am at Blackberry Farm

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, March 23-October 26, 9am at Memorial Park

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

Fridays, 3:30-4:30pm

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 visit 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 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.

