



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 Casey Regehr at 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.

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 (INCLUDING CURRENT DATES), PLEASE REFER TO THE ONLINE NEWSLETTER OR CALL 408-777-3150.

ARTS & CRAFTS

| Activity | Time | Day | Fee | Mtgs |
|------------------------|-------------|-----|------|------|
| Chinese Calligraphy | 12:50-2:50 | Tu | \$30 | 8 |
| Chinese Calligraphy | 3-5 | Tu | \$30 | 8 |
| Chinese Brush Painting | 8:30-10:30 | M | \$55 | 8 |
| Chinese Brush Painting | 10:40-12:40 | M | \$55 | 8 |

DANCE & MUSIC

| | | | | |
|----------------|-----------|----|------|---|
| Accordion | 1:30-3:00 | 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 | 8 |
| HarmoniKatz Band | 3:45-5:15 | M | \$15 | 8 |
| Hula Dance Class | 11:45-12:45 | M | \$15 | 8 |
| Hula Performance Group | 12:55-1:55 | M | \$15 | 6 |
| Ukulele Beginning | 3-4:30 | Tu | \$22 | 8 |
| Ukulele Strum & Sing | 1:30-3:15 | M | \$22 | 8 |
| 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 |
| 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 | \$40 | 8 |
| Mandarin - Intermediate | 10-11:30 | F | \$40 | 8 |
| Mandarin - Advanced | 9-10:30 | Th | \$40 | 8 |

FITNESS

| | | | | |
|------------------------|-------------|------|------|----|
| Chair Exercise | 10:15-11:15 | M Th | \$45 | 8 |
| Feldenkrais | 9:30-10:30 | Tu | \$40 | 8 |
| Hatha Yoga | 2:30-3:30 | Th | \$50 | 8 |
| Pilates | 11-12 | Tu | \$39 | 8 |
| Tai-Chi - Level I | 8:30-9:25 | Th | \$68 | 12 |
| Tai-Chi - Level II | 9:35-10:30 | Th | \$68 | 12 |
| Tai-Chi - Level III | 10:40-11:35 | Th | \$68 | 12 |
| Yoga for 50+ | 4-5 | Tu | \$40 | 8 |
| Yoga for 50+ | 4-5 | Th | \$40 | 8 |
| Yoga Foundations @ QCC | 2:15-3:30 | Tu | \$39 | 8 |
| Zumba Gold | 2:30-3:30 | F | \$28 | 8 |
| Zumba Gold at Quinlan | 2:30-3:30 | M | \$37 | 8 |

EVENING CLASSES

| | | | | |
|------------------------|-----------|----|------|---|
| 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 |
| Yoga Foundations | 5:15-6:30 | Th | \$39 | 8 |

COMPUTERS & TECHNOLOGY

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

FUHSD CLASSES

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

Adapted Total Fitness

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

AARP PROGRAMS

AARP Smart Driver Safety Class- Renewal
Wednesday, August 16, 9-1:30pm

This is a renewal only course for those who have taken the full course within the past three years. For more information and to register call Les Schreiber at 408-316-8654. Must be 50+, open to the public.

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.

Ballroom Dance Social

2nd and 4th Monday, 2:05-3:35pm
Drop in for fun and dance.

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.

Book Discussion with Cupertino Library

1st Tuesday, 10:30-11:30am
Cupertino librarians will host a book talk.

Lunch with Friends

Most Wednesdays, 11:45pm
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.

Cribbage

Wednesday, 1:30-3:30pm
Drop in to learn and play the popular game of cribbage.

Let's Talk Current Events

Third Wednesday of the month, 1-2:30pm
Group discussion on events that affect adults 50+.

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.

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, 1-3:30pm
Come join us for an afternoon of bingo with light refreshments served. Bingo cards \$4-\$7.



ADULT 50+ EVENTS

May Social and Birthday Bash

Wednesday, May 10, 12pm

Join us for a Cinco de Mayo celebration! Enjoy pork chili verde stew, cabbage slaw with lime and garlic dressing, refried beans, Mexican rice, cornbread, and tres leches cake. Members with May birthdays will be honored. Vegetarian chili verde option is available when registering. Member fee \$12, senior guests add \$5 day pass.

June Luau and Birthday Bash

Wednesday, June 14, 12pm

Come sway along with our Kani Ka Pila Ukulele Band during a traditional Hawaii Luau! Enjoy teriyaki chicken, haupia (coconut pudding), tropical fruit butter mints, sweet rolls, grilled pineapple, and fried rice. Members with June birthdays will be honored. Vegetarian option of grilled teriyaki tofu is available when registering. Member fee \$12, senior guests add \$5 day pass.

Bingo Summer Lunch

Friday, June 30, 12pm

Gear up for an afternoon of bingo and join us for a delicious lunch featuring ravioli al pomodoro, apple gorgonzola salad, garlic bread, and cannoli for dessert. Bingo begins at 1pm. Cards are sold separately, \$4-\$7. Lunch for members is \$10, senior guests add \$5 day pass. Sign up at the front desk. Space is limited.

Independence Day Celebration and July Birthday Bash

Wednesday, July 5, 12pm

Get patriotic with us! 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 by the Rhythmaire's Band. Enjoy barbecued burgers with all the fixings, potato salad, corn-on-the-cobb, watermelon, and brownies for dessert. Member fee \$10, senior guests add \$5 day pass. Vegetarian burger option available when registering.

Healthy, Wealthy and Wise!

Summer Lecture Series by
Breathe California of the Bay Area
Sign up at the lobby table.

COPD Presentation

Monday, May 15, 10am

This presentation covers the types, epidemiology, causes and exposures, symptoms, treatments and therapies, and triggers of Chronic Obstructive Pulmonary Disorder plus time for questions. This is useful for those who are chronic smokers and those with asthma. Sign up at the lobby table.

Eat Smart, Be Well - Nutrition Presentation

Monday, May 22, 10am

This presentation covers a broad view of how to eat healthy. After beginning with the basics, the presentation will go more in depth about the benefits of eating healthy for specific age groups, the foods that contain certain vitamins and aid health, and the foods that can improve chronic diseases and other illnesses. Sign up at the lobby table

Talking with your Doctor Presentation

Monday, June 5, 10am

Be prepared for your next doctor visit! Learn about the ten steps to a successful doctor's visit and take away tools to get started. Make the most of your next visit.

Financial Wellness Presentation

Monday, June 19, 10am

The non-profit organization Breathe California wants you to learn how to manage money properly, how to prevent identity theft and online scams, and other tips to keep you and your money safe. Sign up at the lobby table.

ADULT 50+ SPORTS

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+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+ 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-December) 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 \$43 for the year. Membership is required.

ADULT 50+ SERVICES

This program helps seniors obtain resources enabling them to remain independent and safe in their home. Case managers provide assessments to determine the needs for services; coordinate and ensure all services are in place; home visits will be provided to homebound seniors living in Cupertino. This service is free and available in English, Mandarin, and Cantonese. Senior center membership required. For more information, please call 408-777-3150.

Drop-in Consultation

Every Wednesday, 10am-12pm

Case Managers are available to discuss community resources, benefits, and care options during the drop-in hours. Case Managers are also available by appointment. Mandarin/Cantonese available.

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 experiences, 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. As well as an one-to-one appointment to explore options. By appointment only (408)777-3150.

Senior Adult Legal Aid (SALA)

By appointment only, 408-777-3150

Provides assistance for 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 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.

GIFT CHECKS**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.

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

Join us for a free travel presentation!

For travel presentation dates and more information, call 408.777.3150 or email alexc@cupertino.org



Spotlight on San Antonio Holiday

5 days, December 11-15, 2017

Take in the holiday sights and immerse yourself in the laid-back atmosphere of this beautiful city. Relax in style when you settle into your River Walk hotel, your home while exploring the bold flavors and heritage of Texas.



Canadian Rockies by Train

9 days, September 14-22, 2017

Experience a once-in-a-lifetime overnight train journey, including panoramic views of snow-capped mountains, glacial lakes, rushing rivers and the sheer unspoiled wilderness of Canada.

Cupertino Senior Center