



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 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

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.

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.

Exercise Flex Pass

Now introducing Flex Pass for select fitness classes if space is available. Members can purchase Flex Passes at the Senior Center front desk for \$6 each. Look for the Flex Pass logo on select classes. Passes are non-refundable. Please note: classes may be cancelled if minimum registration is not met. Senior Center membership required.

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 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.

Newsletter Online

View what is happening at the Cupertino Senior Center online at

www.cupertino.org/senior

ADULT 50+ CLASSES

FOR MORE DETAILED INFORMATION REGARDING CLASSES (INCLUDING CURRENT DATES), PLEASE REFER TO

www.cupertino.org/50plus 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

Activity	Time	Day	Fee	Mtgs
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

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 Yoga Combo	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	\$40	8
Zumba Gold	2:30-3:30	F	\$28	8
Zumba Gold @ QCC	2:30-3:30	M	\$37	8

EVENING CLASSES

Chinese Brush Painting	5:30-8:30	Th	\$55	8
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	\$40	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

Painting, Fitness, Aerobics, Strength Training, Tai Chi, Line Dancing, and Writing. For class descriptions, information, and to register go to fuhsdadultschool.com or call 408-522-2700. Cupertino Senior Center membership is required to participate. Classes are held at the Senior Center.

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. To register, call DeAnza College at 408-864-8885. For more information, call 408-864-8742. Cupertino Senior Center membership is required to participate.

AARP PROGRAMS

AARP Smart Driver Safety Class-Renewal

Wednesday, August 9, 9-1pm

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 specify 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 dancing.

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 discussion.

www.cupertino.org/senior

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.



Cupertino Senior Center • 408-777-3150

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ADULT 50+ EVENTS

50+ Golf Tournament

Monday, August 28, 10am

At Blackberry Farm Golf Course

Join us for a great day of fun! No matter what your skill level, everyone has a chance to win! Immediately following the tournament, enjoy a no-host lunch at Islands Restaurant. Members \$20, non-members \$25.

Hidden Treasures Wanted

Collecting August 1 - October 13

Please donate your gently used jewelry, craft items, and knick-knacks to our Hidden Treasures fundraising event scheduled for Thursday, October 26. Check the Senior Center's website or call for a list of acceptable donations. We will start collecting 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 of Senior Center membership and classes. Thank you for your continued support.

September Birthday Bash

Wednesday, September 13, 12pm

Join us as we travel to Paris, the City of Lights. Enjoy a grand Parisian salad, coq au vin (chicken in wine sauce), haricot vert potatoes with green beans, and chocolate mousse for dessert. Members with September birthdays will be honored. Vegetarian option of Ratatouille will be available when registering. Members \$10, senior guests add \$5 day pass.

Oktoberfest & Birthday Bash

Wednesday, October 11, 12pm

Engage in the tradition of Oktoberfest! Move along with festive music from the Seven Sunday Band after a delicious meal of Bavarian salad, bratwurst, red sauerkraut, a pretzel roll, and black forest cake for dessert. October birthdays will be honored. Vegetarian options available when registering. Members \$12, senior guests add \$5 day pass.

Age Well Drive Smart

Wednesday, September 27, 9am-1pm

Presented by the California Highway Patrol, topics covered: myths about older drivers, compensating for age-related changes, rules of the road, safe driving tips, and much more. Certificate upon completion, some insurance companies have accepted it for discounts. Check with your insurance carrier. Members free, senior guest pay \$5 day pass. Please sign up at the lobby table.

Painting in the Park

Friday, July 28, 6-8pm - Linda Vista Park

Friday, August 11, 6:30-8:30pm - Jollyman Park

Bring a picnic and try your hand at Chinese brush painting while out in the park. Award winning artist May Shei will lead students through a step-by-step painting of contemporary Chinese flowers and insects, utilizing traditional brushes and watercolor on rice paper. All materials are included. Space is limited. Instructor May Shei. Members fee \$55.

Be Ready: Disaster Preparedness

Wednesday, October 18, 10am

In the event of a major catastrophe, you are on your own for at least 3-5 days or more. You will not be able to count on 911, police, or fire services! The Santa Clara County Fire Department will train you to prepare for the hazards that we face here in Cupertino by teaching how to make an individualized plan, put together a disaster supplies kit, and be informed before and during a disaster. Space is limited, sign up at the lobby table. Open to the public.

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.

Sign up for the 50+ golf tournament , August 28, 10am

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, March-October, 9am
Blackberry Farm Park
Meet at the Bocce Ball courts alongside the Stevens Creek Trail at 9am. First time players are welcome, instructions available. Free for members. Senior Center membership is required.

50+ Softball

Thursday, March-December, 9am
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 season. Senior Center membership is required.

ADULT 50+ SERVICES**Case Management Program**

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 and challenges and seek support from others on the same journey. Open to the public.

www.cupertino.org/senior

Housing Consultation

By appointment only, 408-777-3150
Cupertino Senior Center provides lists of housing as a resource, as well as a one-on-one appointment to explore options.

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.

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.

NEW PROGRAM**Grandparent Support Group**

3rd Tuesday, 10:30am-12pm
For grandparents who are raising grandchildren of any age. Share your challenges of raising children and get support from others who are in the same boat. Members free, senior guests pay \$5 day pass, drop in.

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



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.

***Join us for a free
travel presentation!***



For travel presentation dates and more information, call 408-777-3150 or email alexc@cupertino.org