



### 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 [fuhdadultschool.com](http://fuhdadultschool.com). Senior Center membership is required.

#### De Anza College Exercise (DAC)

For inquiries and to register, call instructor Casey Regehr 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](mailto:SeniorCntr@cupertino.org)

Web site: [www.cupertino.org/senior](http://www.cupertino.org/senior)

[www.cupertino.org/50plus](http://www.cupertino.org/50plus)

Facebook: [www.cupertino.org/seniorcenterfacebook](http://www.cupertino.org/seniorcenterfacebook)

Yelp: [www.yelp.com/biz/cupertino-senior-center-cupertino](http://www.yelp.com/biz/cupertino-senior-center-cupertino)

### New Hours!

We are excited to announce new and extended hours at the senior center! We are now open from 8am-9pm Monday-Thursday, 8am-5pm on Friday, and from 8:30am-4:30pm on Saturday. Visit the senior center to learn more about our expanded program offerings during our new hours.

### 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)
- Resident fee \$23, Non-Resident fee \$28

### 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, on a space available basis, and will receive a temporary parking permit.

### Stay Active Fund - Now Available!

The Stay Active Fund helps adults 50+ remain active, engaged, and participating at the Cupertino Senior Center. This fund provides assistance to offset the cost for senior center membership and registration for classes and events. The fund is available beginning in November through June 30, or until the fund is depleted. Please contact the senior center staff for more details.

## Exercise Flex Pass

**FLEX**

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-transferable. Please note: Flex pass use subject to space availability and 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](http://www.cupertino.org/senior)

# ADULT 50+ CLASSES

FOR ADDITIONAL INFORMATION REGARDING CLASSES (INCLUDING CURRENT DATES), VISIT: [www.cupertino.org/50plus](http://www.cupertino.org/50plus) OR CALL 408-777-3150

### ARTS & CRAFTS

Activity	Time	Day	Fee	Mtgs
Beading	1:30-3:30	Th	\$25	4
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	1:35-3:10	Tu	\$20	8
Ballroom Dance	1:30-3:30	W	\$32	4
Ehru I/II	3-4:30	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	1:30-3	Tu	\$22	8
Ukulele Advanced Begin.	3:15-4:45	Tu	\$22	8
Ukulele Strum & Sing	1:30-3:15	M	\$22	8

[www.cupertino.org/senior](http://www.cupertino.org/senior)

Activity	Time	Day	Fee	Mtgs
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
US History Seminar	12:35-1:35	Tu	\$15	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
Morning Walk & Stretch	7:30-8:10	TH	\$15	5
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
Tai-Chi-Qigong	8:45-9:45	Sa	\$40	8
Total Body @ QCC	8:30-9:30	Tu	37	8
Yoga for 50+	4-5	Tu	\$40	8
VivAsia Lotus	10-11	Sa	\$25	7
VivAsia Chair Lotus	11:15-12:15	Sa	\$25	7
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
Yoga Foundations	5:15-6:30	Th	\$40	8
Yoga Foundations	6:15-7:30	Tu	\$40	8
Zumba Gold @ QCC	2:30-3:30	M	\$37	8

### EVENING CLASSES

Traditional Chinese Paint	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
Yoga Foundations	6:15-7:30	Tu	\$40	8

### COMPUTERS & TECHNOLOGY

Exp. Yourself iPad Paint	4-5	Wed	\$38	4
Everything iPad	4-6	Tu	\$38	4
Facebook	10-11	Sat	\$25	3
iPad Beginning	1-3	Tu	\$22	5
iPad Intermediate	1-3	Th	\$22	5



## FUHSD CLASSES

Painting, Fitness, Aerobics, Strength Training, Tai Chi, Line Dancing, and Writing. For class descriptions, information, and to register go to [www.fuhsdadulthoodschool.com](http://www.fuhsdadulthoodschool.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, 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 408-864-5409. Cupertino Senior Center membership is required to participate.

## AARP PROGRAMS

### AARP Smart Driver Safety Class

*Wednesday, November 1 & 8, 9-1pm*

This is a full 8-hour AARP Smart Driver class, split into two 4-hour sessions. 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](http://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.

### 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.

### Rhythmairs 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/rhythmairs](http://tinyurl.com/rhythmairs).

### 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

### Be Ready: Disaster Preparedness

Wednesday, October 18, 10am

In the event of a major catastrophe, you may be on your own for 3-5 days or more. You might 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 you how to make an individualized plan, put together a disaster supply kit, and how to be informed before and during a disaster. Space is limited, sign up at the lobby table. Open to the public.

### Hidden Treasures Sale

Thursday, October 26, 9am-2pm

What Hidden Treasures will you find? This is the perfect opportunity to shop for those one-of-a-kind holiday gifts with the added benefit of supporting a worthy cause. The proceeds benefit the Senior Center Case Management Program for at-risk members and the Stay Active Fund. Find donation, shopping, and volunteer information at the event webpage. [www.cupertino.org/HiddenTreasures](http://www.cupertino.org/HiddenTreasures).



### Thanksgiving November Birthday Bash

Wednesday, November 15, 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 available when registering. Member fee \$12, senior guests add \$5 day pass.

### Holiday Bingo Luncheon

Friday, December 8, 12pm

Join us for a holiday feast before bingo games begin. Lunch includes ham, mashed potatoes, green bean casserole, roll, and for dessert - pecan pie. Vegetarian option available when registering. Member fee \$12, senior guests add \$5 day pass.

### Holidays in Hawaii

Tuesday, December 5, 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 seior guests.

### Fire and Fall Prevention

Monday, December 11, 1:30-2:30pm

This presentation focuses on fire and fall prevention while emphasizing health and wellness. Program topics may include smoke and carbon monoxide alarms, cooking safety, heating and electrical safety, home escape planning, medication, and sharps disposal.

### Holiday Lunch and December Birthday Bash

Wednesday, December, 20, 12pm

Celebrate the season during this festive event. St. Nicholas will stop by for a special visit. This home-style meal will include tri-tip, scalloped potatoes, green salad, and New York style cheese cake. December birthdays will be honored. Vegetarian option available when registering. Members \$12, senior guests add \$5 day pass.

## 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+ 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. VTA Tickets are not available at the Senior Center. For a VTA Clipper Card, please check with [www.vta.org](http://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.

## 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.

## 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](http://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

## Join us for a free travel presentation!

For travel presentation dates and more information, call 408.777.3150 or email [alexc@cupertino.org](mailto:alexc@cupertino.org)



### DISCOVER SCOTLAND

10 DAYS - APRIL 29-MAY 8, 2018

From its rugged sea-sprayed islands to its stately castles rich in history, Scotland's treasures are as diverse as they are compelling. Marvel at the stunning Isle of Skye, and take a cruise on famed Loch Ness. Visit majestic Dunrobin Castle, enjoy a distillery tour and explore the regal city of Edinburgh.

### CANYON COUNTRY

8 DAYS - SEPTEMBER 18-25, 2018

This journey brings you into a colorful world of stunning southwestern vistas and three breathtaking national parks: Zion, Bryce, and the Grand Canyon. Delve into the region's Native American history, take time to shop in Sedona's marketplace, and spend a night on the South Rim of the magnificent Grand Canyon.



### DISCOVER THE SOUTH PACIFIC WONDERS

15 DAYS - MARCH 19-APRIL 2, 2019

From the tropical-splendor of the Great Barrier Reef on Australia's northeast coast, to the ethereal beauty of glacial fjords on New Zealand's South Island, this journey to lands "Down Under" brings you the best of both countries. Optional Fiji post-tour extension.



Cupertino Senior Center