



ADULTS 50+

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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. 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 Ina Checkman at 408-257-6940.

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

New Hours!

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 through June 30, or until the fund is depleted. Please contact the senior center staff for more details.

Exercise Flex Pass

FLEX

Flex Pass can be used 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 in the senior center newsletter, the 50+ Scene. Passes are non-transferable. Please note: Flex Pass use subject to space availability and classes may be canceled 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 ADDITIONAL INFORMATION REGARDING CLASSES (INCLUDING CURRENT DATES), VISIT: 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	3-5	Tu	\$15	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
Guitar & Bass Jam Band	3-4:30	W	\$22	10
HarmoniKatz Band	3:45-5:15	M	\$15	7
Hula Dance Class	11:45-12:40	M	\$15	6
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
Yuan Chih Dance	10-11:30	F	\$15	8

LANGUAGE & SPECIAL INTEREST

Activity	Time	Day	Fee	Mtgs
Brain Club	3-4:30	M	\$15	6
Bridge - Advanced Beg.	10-12	Sa	\$22	4
Citizenship Class	8:15-9:45	M Tu F	\$20	8
Conversational English	10-11:45	M Tu	\$20	8
Cribbage - Beg./Int.	1:30-3:30	W	\$10	6
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	T	\$40	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
US History Seminar	12:35-1:35	Tu	\$15	4

FITNESS

Chair Exercise	10:15-11:15	M Th	\$45	8
Feldenkrais	9:30-10:30	Tu	\$40	8
Gentle Pilates - Yoga	11:10-12:10	T	\$40	7
Hatha Yoga	2:30-3:30	Th	\$50	8
Line Dancing - Beginning	2-3:30	Sa	\$42	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
Total Body @ QCC	8:30-9:30	Tu	\$37	8
VivAsia Lotus	10-11	Sa	\$25	8
VivAsia Chair Lotus	11:15-12:15	Sa	\$25	8
Yoga for 50+	4-5	Tu	\$40	8
Yoga for 50+	4-5	Th	\$40	8
Zumba Gold @ QCC	2:30-3:30	M	\$37	8
Zumba Gold @ QCC	2:30-3:30	F	\$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 Inter.	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

Everything iPad	3-5	Wed	\$38	4
Exp. Yourself - iPad Art	3-5	Wed	\$38	4
Facebook	10-11	Sat	\$25	3
iPad Beginning	1-3	Tu	\$38	7
iPad Intermediate	1-3	Th	\$38	7

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 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, 9am-9:50am; Th, 12:30pm-4:25pm

This class is geared for seniors with a variety of physical challenges. To register or for more information, call Casey Regehr 408-864-5409 or go online at www.deanza.edu/ape. Cupertino Senior Center membership is required to participate.

AARP PROGRAMS

AARP Smart Driver Safety Classes

Tuesday, January 30, 9am-1:30pm

This is a full condensed 4-hour AARP Smart Driver class.

Monday, February 26 & March 5, 9am-1:30pm

This is a full 8-hour AARP Smart Driver class, split into two 4-hour sessions.

For more information and to register, call Ina Checkman at 408-257-6940. 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.

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, 1:30-3pm

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

Cribbage Beginning + Tournament

Wednesday, January 10-February 21, 1:30pm-3:30pm

This is a five week class plus a fun tournament to challenge your newly acquired skills. Learn how to play using American Cribbage Congress rules and develop strategies for maximizing your scoring. Instructor Ed Bloo. Member fee \$10. No class 2/14.

January Birthday Bash

Wednesday, January 17, 12pm

Ring in the New Year at the senior center with lunch and entertainment. We will start with an apple almond crunch salad before a beautifully baked pesto chicken breast wrapped in prosciutto and served over angel hair pasta. For dessert, warm raisin bread pudding. Members with January birthdays will be honored. Vegetarian option available when registering. Member fee \$12, senior guests add \$5 day pass.



Living Alone: Ways to Find Joy

Tuesday, January 23-February 13, 1:30pm-3pm

This 4-week group led by Vivian I. Silva, MSW is for those wanting to understand how to find joy when living alone. Participants will also learn how to recognize symptoms of depression and steps to take to avoid isolation and being lonely. This group is limited to 10 members only. Members free, senior guests pay \$5 day pass. Sign up at the front desk.

Karaoke New Year Luncheon

Thursday, January 25, 12pm

Join the Karaoke group to welcome the new year with a Chinese lunch, songs, dance and games. Register early. Member fee \$10, senior guests add \$5 day pass. Register at the front desk.

www.cupertino.org/senior

Protect Yourself From Heart Disease

Monday, January 22, 10am-11am

Heart disease is the leading cause of death for both men and women in the U.S. Yet, most of the heart disease deaths and disabilities are preventable. Come learn what you can do to preserve the heart health of your loved one and yourself, in order to live a healthier and longer life. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

Mardi Gras Travel Party

Tuesday, February 13, 1:30pm

Join us for a New Orleans-stlye 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 front desk, space is limited.

Chinese New Year and February Birthday Bash

Wednesday, February 14th, 12pm

Let's celebrate the year of the Dog! People born in this year are said to possess the best traits of human nature, honest, friendly, smart, and straightforward. Join us for a Chinese meal and enjoy cultural entertainment as the lion dancers ring in the New Year. For dessert, a touch of Valentine's Day with artisan-crafted stuffed strawberries. Pre-registration is required. Members with February birthdays will be honored. Vegetarian option available when registering. Member fee \$12, senior guests add \$5 day pass.

St. Patrick's Day and March Birthday Bash

Wednesday, March 14, 12pm

Join us for the Irish tradition of St. Patrick's Say featuring Irish entertainment plus a full meal of corned beef with cabbage, carrots, potatoes, tossed salad, and hot Bushmill sundaes for dessert. Members with March birthdays will be honored. Vegetarian option available when registering. Member fee \$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

Tuesdays, 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 Ball

Wednesdays, March-October, 9am at Blackberry Farm
Enjoy the outdoors at Blackberry Farm Park alongside the Stevens Creek Trail while teaming up with fellow Cupertino Senior Center members in playing bocce ball. First time players welcome, instructions are available. Free for members.

50+ Softball

Thursdays, 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 and coordinate to 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

Wednesdays, 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.

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.

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.

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



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