



# ADULTS 50+

## 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 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](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)

## Hours

We are 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!

## 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 is subject to space availability and classes may be cancelled if minimum registration is not met. Senior Center membership is 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/senior](http://www.cupertino.org/senior) OR CALL 408-777-3150

### ARTS & CRAFTS

Activity	Time	Day	Fee	Wks
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	8
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	Wks
Brain Club	3-4:30	M	\$15	6
Bridge - Intermediate	10-12	Sa	\$45	8
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-Advanced	11-1	Th	\$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
US History Seminar	12:35-1:35	Tu	\$15	4

### FITNESS

Chair Exercise	10:15-11:15	M Th	\$45	8
Energy Bagua	11-12	Sa	\$20	6
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	2:30-3:30	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 - Toning	2:30-3:30	W	\$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 Int.	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

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](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/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](http://www.deanza.edu/ape). 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 condensed 4-hour AARP Smart Driver class. For more information and to register, call Ina Checkman at 408-257-6940. Must be 50+. Open to the public.

*Wednesday, August 15, 9am-1:30pm*

This is a full condensed 4-hour AARP Smart Driver class. 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/senior](http://www.cupertino.org/senior).

### 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*

*First Saturdays, 2pm-4pm*

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](http://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

### Nutrition Made Easy Workshops

Check our 50+ Scene Newsletter for Dates and Times Interested in learning to create simple and healthy meals? Learn some creative and easy recipes that are healthy and affordable from Instructor Jen Oh in her array of Nutrition Made Easy workshops. Each workshop has a different focus from cooking dishes with diet restrictions, to guilt-free sweet treats, to discovering easy ways to make simple diet changes to a better and healthier you. Each workshop series includes materials and samples. Pre-registration required. Check out *The 50+ Scene* for more information.

### Cinco de Mayo and May Birthday Bash

Wednesday, May 2, 12pm

Join us for a Cinco de Mayo celebration and a game of Loteria (Bingo) hosted by our staff Rafael! Enjoy pork chili verde stew, refried beans, Mexican rice, cornbread muffins, and tres leches cake. Vegetarian chili verde option available when registering. Members with May birthdays will be honored. Pre-registration is required. Member fee \$10, senior guests add \$5 day pass. Sign up early, space is limited.

### Smart Living: Cupertino Senior Center Health and Wellness Fair

Saturday, May 19, 10am-2pm

Join us for our 1st Smart Living Health and Wellness Fair at the Senior Center. Be informed on a variety of health and wellness topics ranging from health care, to general safety, to assisted living, to legal services, and more. You can partake in learning from brief educational lectures, cooking demonstrations on healthy eating, exercise demonstrations, and receive blood pressure checks. This event is open to the public.



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

### Home Safety & Crime Prevention for Adults

Monday, June 4th, 2:30pm-3:30pm

Come learn from the Santa Clara County Sheriff's Office and County Fire on how you can improve your safety at home and steps you can take to prevent crime. Free for members, senior guests add \$5 day pass. Sign up in the lobby, space is limited.



### Luau and June Birthday Bash

Wednesday, June 13th, 12pm

Come swing along with our Kani Ka Pila Ukulele Band during a traditional Hawaiian Luau! Enjoy teriyaki chicken, haupia (coconut pudding), tropical fruit, sweet rolls, and fried rice. Vegetarian option available when registering. Members with June birthdays will be honored. Pre-registration is required. Members \$12, senior guests add \$5 day pass. Sign up early, space is limited.

### 4th on the 3rd July Birthday Bash

Tuesday, July 3, 12pm

Come get patriotic with us and dress in your red, white, and blue. Enjoy a fresh off the grill burger with all the fixings and dessert. We will be celebrating our nation's birthday with American-themed music by the Rhythmaire's Band, as well as honor members with July birthdays. Vegetarian option available when registering. Registration begins on Monday, April 23 at 8am. Pre-registration is required. Members \$10, senior guests add \$5 day pass. Sign up early, space is limited.

## 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. Free for members.

## 50+ Bocce Ball

*Wednesday, 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

*Thursday, March-December, 9am*

Memorial Park is the home of the Cupertino Geezers who warm-up with 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

*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.

## 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

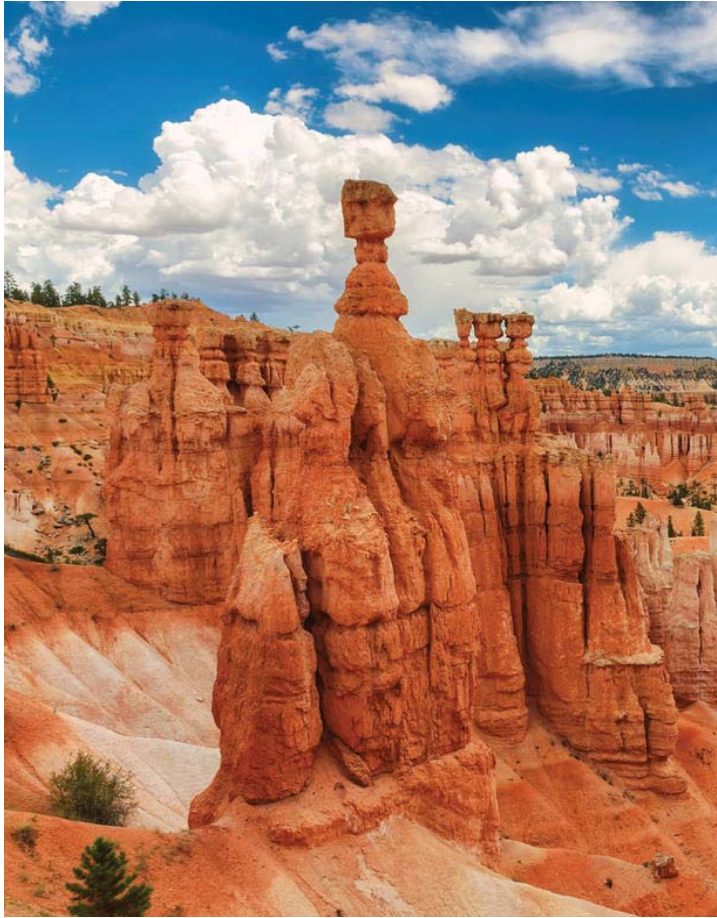
Prospective Senior Center volunteers must be current members of the Senior Center and 50+ in age. Apply for Senior Center opportunities and all City of Cupertino volunteer opportunities at [www.cupertino.org/volunteer](http://www.cupertino.org/volunteer).

## Hidden Treasures Volunteers Needed

Hidden Treasures is our annual fundraising event on the last Thursday of October to support our Case Management Program for at-risk seniors and the Stay Active Fund. These programs provide assistance and offset the cost for Senior Center membership and classes. Come lend a hand from August to October in sorting donated items. Find more details at [www.cupertino.org/HiddenTreasures](http://www.cupertino.org/HiddenTreasures).

# 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.



# CANYON COUNTRY

8 days - September 18-25, 2018

A journey through canyon country brings you into a colorful world of stunning southwestern vistas, Native American history, and three breathtaking national parks: Zion, Bryce, and the Grand Canyon.

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