



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 fuhstadultschool.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

www.cupertino.org/senior

Center 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.



Exercise Flex Pass

FLEX

Flex Passes 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 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.

Senior Center Information 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/senior OR CALL 408-777-3150

ARTS & CRAFTS

| Activity | Time | Day | Fee | Mtgs |
|------------------------|-------------|-----|------|------|
| Beading | 1:30-3:30 | Th | \$35 | 4 |
| Chinese Calligraphy | 3-5 | Tu | \$15 | 8 |
| Chinese Brush Painting | 8:30-10:30 | M | \$60 | 8 |
| Chinese Brush Painting | 10:40-12:40 | M | \$60 | 8 |

DANCE & MUSIC

| | | | | |
|--------------------------|-------------|----|------|----|
| Accordion | 1:35-3:10 | Tu | \$20 | 8 |
| Guitar and 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 | \$28 | 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 |
| 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 | \$60 | 12 |
| Tai-Chi - Level II | 9:35-10:30 | Th | \$60 | 12 |
| Tai-Chi - Level III | 10:40-11:35 | Th | \$60 | 12 |
| Tai Chi - Qigong @QCC | 2-3 | Th | \$40 | 6 |
| 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 | \$56 | 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 |
| Yoga Foundations | 6:15-7:30 | Tu | \$40 | 8 |

COMPUTERS & TECHNOLOGY

| | | | | |
|-----------------------------|-----|-----|------|---|
| Everything iPad | 3-5 | Wed | \$48 | 4 |
| Express Yourself - iPad Art | 3-5 | Wed | \$48 | 4 |
| iPad Beginning | 1-3 | Tut | \$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 Class

Full 8 hour class, split into two 4-hour sessions, for those who have never taken the course before and 4-hour renewal class are available this fall. 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.

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 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.



ADULT 50+ EVENTS

Golf Tournament

Monday, September 10, 10am

At *Blackberry Farm Golf Course*. Join us for a great day of fun! No matter what your skill level is, everyone has a chance to win! Afterwards, enjoy a no-host awards lunch at *Hobee's Restaurant*. Cost includes green fees and prizes. Members \$20, senior guests \$25. Pick up an entry form at the Senior Center or online at www.cupertino.org/senior.

Hidden Treasures Wanted

Collecting August 1 - October 12

Please donate your gently used jewelry, craft items, and knick-knacks to our Hidden Treasures fundraising event scheduled for Thursday, October 26. We are unable to accept electronics or shoes. 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 12, 12pm

Join us as we travel to Paris, the City of Light. Enjoy a salad, a French dip sandwich with Au Jus, and 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.

Age Well Drive Smart

Wednesday, September 19, 9am-1pm

Presented by the California Highway Patrol. Topics covered include 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.

Oktoberfest & Birthday Bash

Wednesday, October 10, 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.

PressReader

Wednesday, October 17, 10am-11am

Presented by Santa Clara County Library, PressReader provides online access to over 6,000 well-known newspapers and magazines. Learn how you can choose from among a vast range of international, regional, and local publications with enhanced digital content from more than 100 countries in 60 languages, including publications such as the *Washington Post*, the *Los Angeles Times*, *Business Traveler*, and *Forbes Weekly*. Members free, senior guests pay \$5 day pass.



Medicare Update 2019 Presentation

Thursday, October 18, 10:30am-12pm

Whether you are new to Medicare or want to know more, join us for a presentation by the Health Insurance Counseling and Advocacy Program. The presenter will discuss the latest updates, the Part D plans for 2019, and an overview of Medicare. The open enrollment for Medicare Part D begins on October 15 and ends on December 7, 2018. Open to the public. Sign up at the lobby table.

Thanksgiving and November Birthday Bash

Wednesday, November 14, 12pm

Join us for a Thanksgiving feast with roasted turkey, mashed potatoes, gravy, dressing, savory green beans, and pumpkin pie for dessert. Members with November 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+ 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 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

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.

www.cupertino.org/senior

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



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 New Zealand's South Island, this journey to lands "Down Under" brings you the best of both countries.

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