



ADULTS

2 Easy Ways to Register

Online: reg4rec.org

In-person: Quinlan Community Center
10185 N. Stelling Road, Cupertino, CA 95014

For additional ways to register see page 70.

ART

TGIF Open Studio

13Y+

Join Trudi and Lisa every Friday for TGIF Open Studio at Wilson Ceramics Studio. Turn your creative ideas into works of art! Supplies to make clay, silk, jewelry, mosaics, and more will be provided. Experienced wheel students have access to the potter's wheels. Materials fee includes clay glaze and firing.

\$7/hr + materials cost, payable to the instructor upon checking out.

Every Friday* from 7pm - 10pm at the Wilson Ceramics Studio, 10298 S. Portal Ave., Cupertino, CA 95014.

*Contact Trudi at tab01@sbcglobal.net for more information.

Beginning Potters' Wheel

18Y+

Join us for this hands-on 2 hour class covering the intricate mechanics of wheel throwing. We have just seven wheels so you'll get the attention you need to learn this relaxing medium. All pieces will be glazed and fired by the last class.

Wilson Park Ceramics Center

Codes	Days	Times	Dates	Mtgs	Fees
80059	Tu	10:30am-12:30pm	9/11-10/16	6	\$258R/\$310N
80061	W	7:00pm- 9:00pm	9/12-10/17	6	\$258R/\$310N
80060	Tu	10:30am-12:30pm	10/23-12/11	7	\$301R/\$361N
80062	W	7:00pm- 9:00pm	10/24-12/12	7	\$301R/\$361N

Instructor: Burney No class 11/20, 11/21

Clothed Figure Studio

18Y+

Expand your artistic experience by painting a live model. Class will do one, two, five, and 20-minute gesture drawings. Please note that there will be an instructor present to facilitate the process, but there will be no direct instruction in this course. Please bring your own easel.

Quinlan Community Center Craft Room

Codes	Days	Times	Dates	Mtgs	Fees
80164	Tu	10:00am- 1:00pm	9/25-10/30	6	\$90R/\$108N

Instructor: Wulff Materials Fee \$40

Ikebana Expressions

18Y+

Come to learn Ikebana, the Japanese art of flower arrangement. Use seasonal flower material to create your ikebana expressions in class. Please bring ikebana scissors/pruners, a pin frog flower holder, and a shallow vase.

Quinlan Community Center Craft Room

Codes	Days	Times	Dates	Mtgs	Fees
80245	Tu	10:00am-12:00pm	8/28-9/18	4	\$52R/\$62N
80246	Tu	7:00pm- 9:00pm	8/28-9/18	4	\$52R/\$62N
80247	Tu	10:00am-12:00pm	11/6-12/4	4	\$52R/\$62N
80248	Tu	7:00pm- 9:00pm	11/6-12/4	4	\$52R/\$62N

Instructor: Lee No class 11/20 Materials Fee \$12

Intermediate Potter's Wheel

18Y+

For those who have throwing experience. This two hour weekly class will further develop your wheel skills, experiment with various shapes, and delve into alternative decorating.

Wilson Park Ceramics Center

Codes	Days	Times	Dates	Mtgs	Fees
80251	M	7:00pm- 9:00pm	9/10-10/15	6	\$258R/\$310N
80253	W	10:30am-12:30pm	9/12-10/17	6	\$258R/\$310N
80252	M	7:00pm- 9:00pm	10/22-12/10	6	\$258R/\$310N
80254	W	10:30am-12:30pm	10/24-12/12	7	\$301R/\$361N

Instructor: Burney No Class 11/12, 11/19

Beginning Watercolor

18Y+

This class is designed for watercolor beginners. Watercolor is one of the most difficult media to handle, but one of the most beautiful transparent and painting materials as well. We will learn many different painting techniques, step-by-step from the basics. If you love watercolor but have never tried before, or are just beginning and want to improve your technique, this is the perfect first step towards becoming a watercolor artist.

Quinlan Community Center Craft Room

Codes	Days	Times	Dates	Mtgs	Fees
80684	W	9:00am-12:00pm	9/4-11/17	10	\$140R/\$168N

Instructor: Weber No Class 11/14, 11/21

Watercolor

18Y+

Continuation with watercolor technique of glazing, wet into wet, and layering. There will be a focus on composition and color. Still life, landscapes, and figurative work will be explored. Returning students will be encouraged to work in a series.

Quinlan Community Center Craft Room

Codes	Days	Times	Dates	Mtgs	Fees
80667	F	9:00am-12:00pm	9/7-12/14	13	\$182R/\$218N

Instructor: Weber No Class 11/16, 11/23

DANCE

Contemporary & Classical Chinese Dance

18Y+

Interested in learning contemporary dance integrated with classical Chinese dance? This class will teach you a creative dance style with western and eastern elements. Class includes barre work and dance practice. At the end of each session, you will know and be able to perform a new dance.

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
80199	Tu	7:30pm- 9:00pm	9/4-10/30	9	\$162R/\$194N
80200	Tu	7:30pm- 9:00pm	11/6-12/11	6	\$108R/\$130N

Instructor: He

EDUCATION

Retirement Planning Today

18Y+

In this course you'll learn how to create a plan to retire early, manage investment risk, use tax laws to your advantage, make informed decisions about your company's retirement plan, estate plan, and more!

Quinlan Community Center Craft Room

Codes	Days	Times	Dates	Mtgs	Fees
80459	Tu	6:30pm- 9:30pm	10/2-10/9	2	\$49R/\$59N

Quinlan Community Center Cupertino Room

Codes	Days	Times	Dates	Mtgs	Fees
80460	Th	6:30pm- 9:30pm	10/4-10/11	2	\$49R/\$59N

Instructor: Ostenberg, CFS

FITNESS

Drop-in Passes

Aerobics Passes

\$6 each. Drop-ins are welcome in all aerobics classes if space is available. Aerobics passes may be purchased in the Recreation Office.

Hula Hoop Series 2 Passes

\$9 each. Passes for Hula Hoop Series 2. Passes may be purchased in the Recreation Office.

Yoga and Pilates Passes

\$10 each. Drop-ins are welcome in all yoga/pilates classes if space is available. Passes may be purchased in the Recreation Office.

Passes are non-refundable. Classes may be canceled if the minimum registration is not met. If paying with cash, exact change is required. For more information, please call the Recreation Office at 408-777-3120.

Aerobics for Everyone

PASS

16Y+

This class will focus on improving your overall fitness and health through low impact aerobics, step, strengthening and toning exercises, and flexibility exercises.

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
80017	Th	6:30pm- 7:30pm	8/30-12/13	15	\$68R/\$82N
80018	F	9:30am-10:30am	8/31-12/14	15	\$68R/\$82N

Instructor: Wright (Th) Haff (F) No Class 11/22-23

Balance, Core, and More

PASS

18Y+

Strong abdominal muscles can help support your back and improve your posture and balance. Come and spend an hour every week strengthening and toning your core!

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
80040	Th	10:40am-11:40am	8/30-12/13	13	\$65R/\$78N

Instructor: McCormick No Class 9/27, 11/1, 11/22

Baptiste Yoga

PASS

18Y+

Baptiste yoga, in the tradition of Walt and Magana Baptiste, offers a unique expression of vinyasa (flow) style yoga that emphasizes balance, flexibility, fluidity, and strength. Pranayama (breathing practices) and mudras (hand postures) are an integral part of each class.

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
80046	M	12:00pm- 1:30pm	9/10-12/10	13	\$104R/\$125N

Instructor: Thurman No Class 11/12

Body by Barre**PASS 16Y+**

This class uses the ballet barre & ballet technique to perform movements to beautiful music. It is a total body workout that lifts, tones, and sculpts. Graceful movements will help you create long, lean muscles.

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
80066	Tu	5:30pm- 6:30pm	9/11-12/11	14	\$105R/\$126N

*Instructor: Thompson***Bollywood Aerobics****PASS 18Y+**

Bollywood Aerobics is a fast, fun, calorie burning dance aerobics class. The music is always a great mix of the latest and hottest Bollywood and Bhangra tunes. Every class is broken down into two sections that provide a whole body workout.

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
80068	W	7:00pm- 8:00pm	8/29-12/12	14	\$68R/\$82N

*Instructor: Thoppay No Class 10/24***Cardio Sculpt****PASS 18Y+**

This class offers a great aerobic workout, followed by body sculpting and stretching. This total body workout will increase your cardiovascular endurance as well as your upper, lower, and core body strength.

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
80143	Tu	9:40am-10:40am	8/28-12/11	16	\$72R/\$86N

*Instructor: Wright***NEW! Dance Cardio & Toning****PASS 18Y+**

You will slowly bring up our heart rates with simple dance steps in Latin, Hiphop, and Bollywood music followed by toning exercise to sculpt arms, legs, and core muscles. Class ends with a 10 minute stretch to relax the body.

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
80208	M	9:30am-10:30am	9/10-11/26	11	\$50R/\$60N

*Instructor: Chen No Class 11/12***Dance for Fun!****PASS 18Y+**

This class is a mix of dance and fitness moves with an emphasis in dance movements and basic techniques. Easy to follow dance choreography will be taught for Latin, Bollywood, Hip Hop, and Belly Dance. Join the fun--let's dance and sweat!

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
80209	M	8:10pm- 9:10pm	9/10-11/26	11	\$50R/\$60N
80210	Tu	8:10pm- 9:10pm	9/11-11/27	12	\$54R/\$65N

*Instructor: Chen No Class 11/12***Hula Hoop Dance Fitness: Series 1****PASS 18Y+**

In this beginner class you will learn the fundamentals and principals of hoop dance. Emphasis will be on core moves and techniques that you can do with a hula hoop, on and off the body. No experience necessary!

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
80235	F	12:00pm- 1:00pm	8/31-12/14	15	\$75R/\$90N

Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
80234	W	6:00pm- 7:00pm	8/29-12/12	15	\$75R/\$90N

*Instructor: Starr No Class 11/21, 11/23***Hula Hoop Dance Mvmt & Flow: Series 2****PASS 18Y+**

Class emphasis will be on movement and flow. Students will work on gaining fluidity and control over one's hoop and increasing grace and poise of body movements. You will move your hooping from disconnected tricks into lyrical movement while expanding your repertoire. Pre-Requisite: Series 1.

Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
80236	W	7:00pm- 8:30pm	8/29-12/12	15	\$105R/\$126N

*Instructor: Starr No Class 11/21***Line Dancercise****PASS 18Y+**

Line Dancercise is a fusion of salsa, cha cha, mambo, merengue, rumba, two steps, tango, hip hop & waltz. This simple and fun choreography will help improve your coordination and reduce stress.

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
80280	Th	7:30pm- 8:30pm	8/30-9/27	5	\$23R/\$28N
80281	Th	7:30pm- 8:30pm	11/1-12/13	6	\$27R/\$32N
80282	F	1:15pm- 2:15pm	9/7-12/7	11	\$50R/\$60N

Quinlan Community Center Activity Room**Introduction to Line Dancercise**

Codes	Days	Times	Dates	Mtgs	Fees
80279	F	10:45am-11:45am	9/7-12/7	11	\$50R/\$60N

*Instructor: Hu (Th) Tsai (F) No Class 10/12, 11/2, 11/22-23***Low Impact Aerobics****PASS 18Y+**

Get a great workout with this low impact class. Class includes a warm-up, 25-30 minutes of low impact aerobics, followed by upper body strength exercises, abdominal work, core strengthening exercises, and stretching.

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
80285	M W	7:00pm- 8:00pm	8/27-12/12	29	\$131R/\$157N

Instructor: Rassieur No Class 9/3, 11/12, 11/21

Mixed Level Pilates

PASS 18Y+

This mat class focuses on core strength and stability. Beginners are welcome as the fundamentals of Pilates are taught the first few weeks. Beyond that, the class is taught with various levels of difficulty being taught for each exercise.

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
80319	M	9:30am-10:30am	8/27-12/10	14	\$105R/\$126N

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
80320	W	9:30am-10:30am	8/29-12/12	16	\$120R/\$144N

Instructor: Haff No Class 9/3, 11/12

PiYo!

PASS 18Y+

The best of Pilates & Yoga combined, this PiYo Matt class will fuse the core firming benefits of Pilates with the flexibility advantages of Yoga. No jumping or straining, just core strength training through fluid movement and poses, focused breathing, & meditation. End your day strong & relaxed.

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
80361	Th	7:30pm- 8:30pm	8/30-12/13	15	\$113R/\$136N

Instructor: Wright No Class 11/22

Qigong

PASS 18Y+

Qigong is a holistic system of easy flowing movements, breathing, and meditation. It can help improve the immune system, stabilize blood pressure, reduce pain, boost energy, decrease stress, and calm the mind. Suitable for all fitness levels.

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
80425	W	1:15pm- 2:15pm	8/29-12/5	12	\$65R/\$78N

Instructor: Kroth No Class 9/19, 9/26, 11/21

Sculpt and Stretch

PASS 18Y+

Complement your cardio workout with this great strength training and flexibility class! Proper technique and form will be emphasized. All levels are welcome.

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
80462	M W	10:40am-11:40am	8/27-12/12	29	\$131R/\$157N
86463	M	10:40am-11:40am	8/27-12/10	14	\$63R/\$76N
80464	W	10:40am-11:40am	8/29-12/12	15	\$68R/\$82N

Instructor: McCormick No Class 9/3, 11/12, 11/21

Strengthen and Stretch

PASS 18Y+

Strengthen your core, increase muscle tone and flexibility through gentle but powerful floor exercise. Using effective breathing, form, and a variety of techniques, you will improve your strength, balance, posture, and range of motion!

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
80515	Tu	10:40am-11:40am	8/28-12/11	16	\$72R/\$86N

Instructor: Wright

Strong by Zumba

PASS 18Y+

A high-intensity interval training (HIIT) total body workout with NO dancing, where fitness moves are synced to music to motivate you. Use your own body weight to condition muscles, burn calories, and get stronger. All levels are welcome.

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
80517	W	12:00pm- 1:00pm	8/29-12/12	16	\$72R/\$86N

Instructor: DuVal

Therapeutic Breathing Methods (Qigong)

PASS 18Y+

Rooted in Chinese Medicine. Taiji breathing or Qigong rejuvenates organs, lung capacity, blood circulation, immune functions, and energy levels. This bilingual class addresses the foundation skills for yoga and meditation. Suitable for all fitness levels.

Quinlan Community Center Social Room

Codes	Days	Times	Dates	Mtgs	Fees
80658	Sa	9:00am-10:15am	9/8-12/15	10	\$45R/\$54N

Instructor: Truong No Class 9/15, 10/13, 10/27, 11/24, 12/1

Therapeutic Stretching & Breathing

PASS 18Y+

Bilingual session focus: Chinese Tai Chi /Taiji 24 sets. These exercises enhance balance, muscle toning, lung capacity, blood circulation, immunity, and energy levels. Suitable for all fitness levels. Visit www.fitness299.com.

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
80659	Sa	10:30am-11:45am	9/8-12/15	10	\$45R/\$54N

Instructor: Truong No Class 9/15, 10/13, 10/27, 11/24, 12/1

Total Body

PASS 18Y+

20 minutes high/low intensity aerobics for fat burning/toning. 20 minutes free weights targeting arms, abs, and legs. Finish with 20 minutes stretching to build flexibility and strength. Leave class feeling calm and centered.

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
80662	Tu	7:10pm- 8:10pm	8/28-9/25	5	\$23R/\$28N
80663	Tu	7:10pm- 8:10pm	11/6-12/11	6	\$27R/\$32N

Instructor: Hu

Vinyasa Yoga

Vinyasa is a flowing sequence of yoga poses--connecting breath with movements. This class will help relieve stress and increase flexibility and strength.

PASS 18Y+

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
80664	Sa	8:45am-10:15am	9/1-12/1	12	\$96R/\$115N

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
80665	W	12:00pm- 1:15pm	8/29-12/5	15	\$116R/\$140N

Instructor: Kongboon No Class 10/27, 11/24

VivAsia Fitness Dance

Explore the many colorful cultures of Asia through fitness dance. Dance rhythms include Bollywood, fan dance, ribbon dance, k-pop, bandari, and more. Props (ribbons, drumsticks, dandias and others) are used to increase upper body strength.

PASS 18Y+

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
80666	Th	12:00pm- 1:00pm	8/30-12/13	15	\$68R/\$82N

Instructor: Chen No Class 11/22

NEW! Walk 15

Walk 15 takes group fitness to a new level. It is a low impact, multi muscle, calorie torching, walking based workout with very effective results! Anyone at any fitness level can do it! The music is paced so 15 minutes signifies the time (speed/pace) of most miles...an average of 4 mph. Move in many different directions, add resistance bands and the result is a high calorie, health enhancing fun workout!

PASS 18Y+

Quinlan Community Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
80686	Tu	8:15am- 9:15am	8/28-12/11	16	\$72R/\$86N

Instructor: Besler

Yoga--Level 1&2

Hatha flow yoga incorporates flexibility in addition to strength and balance building. Class begins with a short meditation or a restorative pose, then moves into standing poses, builds to a challenging pose, and final relaxation. Leave class refreshed.

PASS 18Y+

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
80668	M	7:00pm- 8:15pm	9/17-12/10	12	\$90R/\$108N

Instructor: Frazier No Class 11/12

Zumba

Enjoy Latin and international music while doing easy dance steps and body-sculpting movements. Zumba routines feature aerobic intervals with a combination of fast and slow rhythms that tone and sculpt the body.

PASS 18Y+

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
80673	M	12:00pm- 1:00pm	8/27-12/10	14	\$63R/\$76N

Quinlan Community Center Dance Room

Codes	Days	Times	Dates	Mtgs	Fees
80674	Tu	12:00pm- 1:00pm	8/28-12/11	16	\$72R/\$86N
80676	F	12:00pm- 1:00pm	8/31-12/14	15	\$68R/\$82N

Zumba Plus!

Codes	Days	Times	Dates	Mtgs	Fees
80675	W	9:30am-10:45am	8/29-12/12	16	\$80R/\$96N

Instructor: DuVal (T) Hu (MIWIF) No Class 9/3, 11/12, 11/23

Zumba Toning

This low impact Zumba class combines Latin and international music with easy dance steps and optional light weights to provide body-sculpting and strength training of the arms, core, and legs. A fun, total body cardio workout for all levels!

PASS 18Y+

Quinlan Community Center Activity Room

Codes	Days	Times	Dates	Mtgs	Fees
80677	Th	9:15am-10:15am	8/30-12/13	15	\$68R/\$82N

Instructor: DuVal No Class 11/22

GOLF

Adult Golf

This class emphasizes installing reliable fundamentals. Focus is on the four basic swings of golf. Beginner to intermediate, we invite you to come jump-start or restart your golf career.

18Y+

Deep Cliff Golf Course Golf Course

Codes	Days	Times	Dates	Mtgs	Fees
80003	Sa	1:00pm- 2:30pm	9/8-9/29	4	\$159R/\$191N
80004	Sa	1:00pm- 2:30pm	10/6-10/27	4	\$159R/\$191N
80005	Sa	1:00pm- 2:30pm	11/3-12/1	4	\$159R/\$191N

Instructor: Deep Cliff Staff No Class 11/24

CREATIVE BAKING & SEWING PARTIES

Join Heidi Merry at Monta Vista Recreation Center in the kitchen for a creative party!

For booking information, call the Recreation Office at 408-777-3120 or email Heidi at heidimerry@comcast.net.

A \$150 deposit & payment must be made in person at the Quinlan Community Center, Monday-Friday between 8am & 5pm, to hold a date.

NUTRITION MADE EASY



Nutrition Made Easy

Jen Oh is a certified nutritionist and national director for the Holistic Moms Network. She focuses on clear and easy to implement practices for a balanced and healthier diet and lifestyle that works with your schedule.

NEW! Healthy Halloween

18Y+

Looking for ways to enjoy Halloween treats without all the sugar? In this workshop, we will make 3 fantastic treats that are healthy, delicious, AND Halloween themed. Impress even your pickiest friends, child's class, or neighbors with these awesome goodies. Plus, all attendees make and take home all 3 treats to enjoy later. All diets/preferences can be accommodated.

Senior Center Kitchen

Codes	Days	Times	Dates	Mtgs	Fees
80334	W	6:30pm- 8:30pm	10/10	1	\$40R/\$48N

Instructor: Oh

NEW! Healthy Thanksgiving Desserts

18Y+

Discover ways to make amazing healthy Thanksgiving Desserts everyone will love! In this workshop, we will focus on natural sweeteners, healthy alternatives, and simple techniques to make 3 traditional desserts. Plus, all attendees make and take home all 3 treats to enjoy later. All diets/preferences can be accommodated.

Senior Center Kitchen

Codes	Days	Times	Dates	Mtgs	Fees
80335	W	6:30pm- 8:30pm	11/7	1	\$40R/\$48N

Instructor: Oh

NEW! Holiday Cookies, and Treats

18Y+

Learn to make holiday treats that are good for you, taste great, and are perfect for sharing. We will utilize natural sweeteners, different flours, and discuss ways to boost the nutritional value of items commonly thought of as not good for you. Plus, all attendees make and take home all 3 treats to enjoy later. All diets/preferences can be accommodated.

Senior Center Kitchen

Codes	Days	Times	Dates	Mtgs	Fees
80336	W	6:30pm- 8:30pm	12/5	1	\$40R/\$48N

Instructor: Oh

NEW! Keeping Healthy During the Holidays

18Y+

Do the holidays fill you with dread because of all the food? Does the stress of the holidays effect you? In this workshop, you will learn key ways to stay fit, still enjoy all the holiday foods, and optimize your health. Discover tips and techniques to stay healthy all year long! Workshop includes food samples, so you can taste and try that we discuss.

Quinlan Community Center Craft Room

Codes	Days	Times	Dates	Mtgs	Fees
80337	W	6:30pm- 8:30pm	11/14	1	\$25R/\$30N

Instructor: Oh

NEW! Learn to Love Eating Greens

18Y+

Want to add more vegetables to your diet? Hoping to discover different ways to cook greens? In this workshop, we will make 3 vegetable dishes and discuss tips and techniques that will make even the pickiest eater love their veggies. Plus, all attendees make and take home all 3 dishes made to enjoy later. All diets/preferences can be accommodated.

Senior Center Kitchen

Codes	Days	Times	Dates	Mtgs	Fees
80338	W	6:30pm- 8:30pm	9/12	1	\$40R/\$48N

Instructor: Oh

NEW! Planning your Holiday Meals

18Y+

Hosting holiday meals? Invited to too many holiday parties? Learn ways to deal with over consumption, creating delicious and healthy menus, and how to avoid binge eating. Workshop includes handouts and food samples so you can taste and try what we discuss.

Quinlan Community Center Music Room

Codes	Days	Times	Dates	Mtgs	Fees
80339	W	6:30pm- 8:30pm	12/12	1	\$25R/\$30N

Instructor: Oh

NEW! Quick Lunches & Snacks

18Y+

Lunch is often the hardest meal - expensive, unsatisfying, rushed...or worse--not eaten! In this workshop, we'll make 3 simple, delicious, and healthy lunches and snacks that everyone will enjoy. Great to take to the office or pack for school. Plus, all attendees make and take home all 3 dishes made to enjoy later. All diets/preferences can be accommodated.

Senior Center Kitchen

Codes	Days	Times	Dates	Mtgs	Fees
80340	W	6:30pm- 8:30pm	8/15	1	\$40R/\$48N

Instructor: Oh

NEW! Small Changes, Big Effects

18Y+

Discover tips and techniques that are easy to implement AND can improve your health. Find ways to still enjoy sweets, learn what fats/proteins are good for you, and how to feel good with simple changes. Workshop include food samples, so you can taste and try what we discuss.

Quinlan Community Center Craft Room

Codes	Days	Times	Dates	Mtgs	Fees
80341	W	6:30pm- 8:30pm	8/22	1	\$25R/\$30N

*Instructor: Oh***NEW!** Sugar Blues

18Y+

Need to reduce your sugar intake? Do you have a sweet tooth? In this workshop, learn ways you can stay healthy and still enjoy sweets! We'll discuss sugar alternatives, healthy sugars, ways to reduce sugar cravings and sample healthy sugar treats. Workshop includes food samples, so you can taste and try what we discuss.

Quinlan Community Center Craft Room

Codes	Days	Times	Dates	Mtgs	Fees
80342	W	6:30pm- 8:30pm	10/17	1	\$25R/\$30N

*Instructor: Oh***NEW!** Understanding Nutrition

18Y+

Want to eat healthier, but aren't sure where to begin? Exercising, but not losing weight? Understanding how what you eat effects you is the first step in getting healthier! Healthy eating doesn't have to taste bad, be expensive, or be time consuming! You will gain a deeper understanding of nutrition and how to create balanced meals that are delicious and good for you. Workshop include food samples, so you can taste and try what we discuss.

Quinlan Community Center Craft Room

Codes	Days	Times	Dates	Mtgs	Fees
80343	W	6:30pm- 8:30pm	9/19	1	\$25R/\$30N

Instructor: Oh

FITNESS OPEN HOUSE

FREE Fitness Classes!

Saturday Oct 27th

9am

Quinlan Community Center

Sample a variety of fitness classes!

Find out more at
cupertino.org/events

ICE SKATING

Ice Skating

16Y+

Students are introduced to basic skating skills including two foot glides, dips, swizzles, back wiggles, stops, and spins. Such skills provide knowledge to enjoy pleasure skating and to build upon.

Vallco Shopping Mall Ice Center

Codes	Days	Times	Dates	Mtgs	Fees
80239	Sa	12:15pm-12:45pm	9/22-11/10	8	\$110R/\$132N
80237	Th	7:00pm- 7:30pm	10/18-12/13	8	\$110R/\$132N
80240	Sa	12:15pm-12:45pm	11/17-1/12	8	\$132R/\$158N
80238	Th	7:00pm- 7:30pm	12/20-2/14	8	\$110R/\$132N

Instructor: Ice Center of Cupertino No Class 11/22, 12/27, 12/29

MUSIC

Adult Group Keyboard

18Y+

It's never too late to learn how to play piano! Our Adult Group keyboard class is designed for adults who have little to no piano experience. This class offers a structured yet relaxed environment for you to learn fundamental musical concepts, including musical notation, theory, and rhythm. Our patient and supportive instructors will teach you to play a variety of pieces and styles.

Joyful Melodies Music School

Codes	Days	Times	Dates	Mtgs	Fees
80006	Th	7:00pm- 7:50pm	9/13-12/6	12	\$360R/\$432N

Instructor: Joyful Melodies Staff No Class 11/22

DEVELOPING & EDUCATING EMERGING ADULT LEADERS

Are you looking for an exciting program designed to develop and educate Cupertino's current and emerging adult leaders? Sponsored by the City of Cupertino and the Wilfred Jarvis Institute, Leadership 95014 gives participants a behind the scenes look at everything Cupertino has to offer through dynamic speakers, interactive exercises, and site visits throughout the Silicon Valley. Segments of the program provide leadership training tools valuable in both the public and private sectors. Completion of the program rewards participants with a greater understanding of how local government functions, the value of the social sector, and the importance of our educational institutions. This 9-month, 10-session program is offered annually, September-May. Applications and inquiries may be directed to Molly James, Recreation Coordinator, at 408-777-3540.

Check out www.cupertino.org/leadership95014 for details.