

# THE 50<sup>+</sup> SCENE

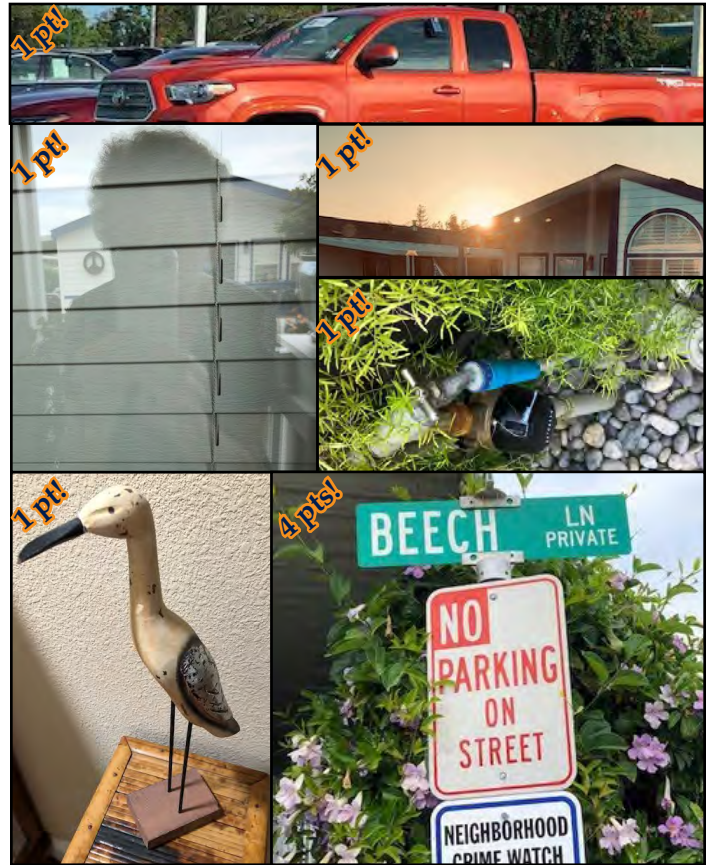
Shelter-in-Place Edition, 5/11/20

Keeping Active Around Home  
Scavenger Hunts, socialization,  
and some more fun!

Page 2



CUPERTINO



Welcome to the third volume of The 50+ Scene’s digital-only Shelter-in-Place newsletter! Before anything else, this publication must humbly request Helen Ho’s forgiveness for shorting her a point in our official scavenger hunt tabulation last issue. Hopefully this crass mistake will not be held against us!

There have been some more excellent entries in our ongoing scavenger hunt. There’s always a chance to win, so join in next time, and you could see your pictures featured above!

Jo Anna Watt and Ken Nordheim are making their presence known by leading once again in points. This time, however, a strong challenge from Judy Lawrence has her sharing the podium! Both teams received double points for their purple flowers by pairing them with other objects from the list (a street sign and a spigot). Above you’ll see a beautiful sunrise and sunset, reflections caught superbly in windows, and two birds—one a parrot, the perfect model of neighborliness, and the other a heron who is just a model.

On the last page you will once again see a collage of photos. Everyone jumped on the scavenger hunt’s request for purple flowers, so prepare to be visually inundated with those. Many of the collage pictures are continuing to show you glimpses of the fifty things Senior Center staff listed in the first Shelter-in-Place

issue. You’ll see Amanda hard at work (as usual), Alex practicing her calligraphy while watching Jeopardy, Jason’s backyard gym and his Dungeons and Dragons campaign, and pictures from everyone’s time out on the local trails.

Parks and Recreation staff have put together a new program: #CupertinoCares. Each week on Friday the city posts an engaging and community-fostering activity to its website and social media platforms. Residents of all ages are encouraged to participate, and the events are ongoing. So far we’ve had an At Home Poetry Slam, Chalk the Walk, and One Thousand Thank You’s to frontline workers—keep an eye on Cupertino Cares and join in by going to our city facebook page: [www.facebook.com/cityofcupertino](http://www.facebook.com/cityofcupertino).

Meanwhile, some of our volunteers are just as busy as usual. Jim Cunningham has been leading the CSC Wednesday Jam group in weekly sessions via Zoom. Between meetings, they have put together something really special—an amazing cover of Glen Campbell’s “Try a Little Kindness.” Find a link to the video on page 5!

As has been the trend so far, our Shelter-in-Place Editions feature pictures taken by your Senior Center staff. So who is that dog on the cover? It’s Kim’s trusty companion, Hank!

# #CupertinoCares

It has never been more important to remain connected with our families, neighbors, and community as we navigate this difficult time by staying at home. To help foster positive and healthy community connections, the City is launching the #CupertinoCares initiative.

Each Friday, the City will post a fun activity for residents of all ages on its website and social media platforms. These activities will allow our community to write, draw, dance, sing, and laugh together while at home. Make sure to share your experiences by posting photos and videos to your social media accounts with the hashtag #CupertinoCares, or post in the comment sections.

Make sure to check the City's website and social media profiles for our continuing #CupertinoCares events which will be posted every Friday.

Stay strong, Cupertino. We will get through this together.

## FACEBOOK

### Photos of Positivity

Need a little positivity? Check out our Photos of Positivity weekly on Facebook! Our community members have taken a plethora of pictures they want to share to make your day or week a bit brighter. Have a photo you want to share too? Whether it be tacos for Cinco de Mayo, crafty dolls, jamming with friends, or catching wildlife practicing spaced socialization, we would love to see them. Email any positive photos to Amanda at [AmandaH@cupertino.org](mailto:AmandaH@cupertino.org).

### Wondrous Word of the Week

Every week on Wednesday we post a new, wondrous word! Last week's word was *flummox*. As in "Some are *flummoxed* when trying to solve our crossword and Sudoku puzzles in *The 50+ Scene Shelter-in-Place Edition*." If you are, don't give up!

See everything we're doing on Facebook at [www.facebook.com/CupertinoSeniorCenter](http://www.facebook.com/CupertinoSeniorCenter).

## SCAVENGER HUNT - ROUND 3

Still getting out for your morning or afternoon walks? Spice it up by taking our photography scavenger hunt challenge! The rules are simple: Take a picture of as many items as you can find from the list to the right. You get one point per item, but the points double for every item you can get in one photo. Email all the photos you've taken of Scavenger Hunt items to [JasonB@cupertino.org](mailto:JasonB@cupertino.org) before May 22nd. We'll tabulate the points, and celebrate the winners and their photos in the next newsletter!

- 1.) A Flag
- 2.) A Cat
- 3.) A Purple House
- 4.) A Cloud
- 5.) A Basketball Hoop
- 6.) Yourself in Sunglasses
- 7.) A Stuffed Animal

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# VIRTUAL TRAVEL

## National Cowboy & Western Heritage Museum



More than 10 million visitors from around the world have sought out this unique museum to gain better understanding of the West: a region and a history inspiring decades of dreams and folklore. Click through the museum on a 360-degree tour, or visit one of their online exhibits combining video, photos, and commentary to bring unique pieces of our national culture like the American Rodeo and the Frontier West to life.

Follow the link [here](#).

## Shukkeien Garden

Take in the cherry blossoms and bask in the virtual sunlight by exploring the 400-year-old Shukkeien Garden in Hiroshima, Japan. Stroll around the immaculately kept pond with its ten islets, rest for a moment in the tea house, or take in the golden splendor of the Giant Gingko Tree.

Follow the link [here](#).



## San Jose Jazz



Enjoy live performances from right here in the Bay Area! "Live From Home" from San Jose Jazz presents live-streamed concerts every Monday and Thursday at 7pm. Each 30-minute concert is followed by a Q&A where acts will answer questions from the online audience.

Follow the link [here](#).

## International Space Station

Over almost 20 years, 239 people from 19 countries have lived and worked continuously aboard the International Space Station, advancing scientific knowledge and demonstrating new technologies, making research breakthroughs not possible on Earth. Join them on a tour of their home-away-from-home as they float through space and show you all the bells and whistles and gear aboard this unique microgravity laboratory.

Follow the link [here](#).



The 50+ Scene Shelter-in-Place Edition, May 11, 2020

# VOLUNTEER GROUPS

## CSC Wednesday Jam

A number of the Cupertino Senior Center's volunteer-led music classes have continued to meet through Zoom. One of these groups, The CSC Wednesday Jam, recorded each member individually playing Glen Campbell's "Try a Little Kindness" before one of the members combined all the vocals and instruments. Want to put a smile on your face? Check out the excellent rendition on YouTube by clicking on the image to the right.



## The Better Part Program Schedule for June

Cupertino, Los Altos & Mountain View Comcast Cable Channel 15  
Sunnyvale Comcast Channel 26; AT&T U-verse, Channel 99 throughout the Bay Area  
Monday at 4:30 p.m., Tuesday at 7 p.m., and Friday at 7 p.m.

The Better Part is a Public Access television program produced by members of the Cupertino Senior Center. The group meets twice a week to produce their shows. The first meeting is on Tuesday to plan the shows and The second meeting is at the studio of KMVT15 in Mountain View to tape the show for cablecast. They have been producing award-winning television shows since 1983 and cablecast their 1,200th show in October 2018. Further information can be obtained by contacting the group at [info@thebetterpart.com](mailto:info@thebetterpart.com) or by visiting their website at [www.thebetterpart.com](http://www.thebetterpart.com).

*Internet schedule:* [www.cmap.tv](http://www.cmap.tv)  
Monday, Thursday: 6 p.m. | Tuesday, Friday: 10 a.m.



### Thriving in Stressful Times

June 1, 2, and 5

Experiencing stress is a universal condition and our guest shares her expertise on how to reduce it.

### Technology Helping Seniors

June 8, 9, and 12

Seniors staying in touch with just a touch screen.

### Old Broads Rule

June 15, 16, and 19

Three ladies provide us with beautiful harmonies of Americana music.

### Cupertino Cherry Blossom Festival

June 22, 23, and 26

The Cupertino Cherry Blossom Festival is a celebration of Japanese culture and has been held annually in April since 1983.

### Furry Friends

June 29, 30, and July 3

Pet owners bring their "Furry Friends" to love and be loved by seniors living in the Pacific Gardens retirement community.

# Virtual Recreation



The City's Parks and Recreation Department misses you! We have been working with our instructors to bring you a familiar selection of educational programs in a virtual classroom environment. We are excited to share this experience with you.

Classes will be held over Zoom. You will need to download the app to a computer, smartphone, or tablet to participate in these classes. For help using Zoom, please watch this short how-to video.

Navigate to [www.reg4rec.org](http://www.reg4rec.org) to see all the classes we are offering, or click on this page to register. Enjoy the familiar faces of your favorite instructors until we can rejoin each other in person!

## Cyber Security - 12269

Friday, May 22, 1:30 - 3 p.m.

Technology is evolving every day and with it, cybercrime. Learn methods and best practices to keep your devices and information safe from cyber threats. This seminar is geared towards those 50 years or older and is designed to inform, guide, and teach preventative measures against cyber-attacks. Handouts will be included. Instructor: Curt Helvey. \$5.

## Yoga for 50+ - 12289

Tuesday, May 12-26, 3 - 4 p.m.

Discover how yoga can strengthen your core, improve posture, and cultivate awareness of our body. Iyengar is a detailed style of yoga, with great attention paid to finding the proper alignment in a pose, and yoga props such as blankets and blocks are used. Join us and learn what benefits this class will hold for you! Geared for 50+, but open to all. Instructor: Polly Hu. \$12.

## Chair Exercise - 12288

Thursday, May 14 - 28, 1:30 p.m. - 3 p.m.

An upbeat exercise class designed to be performed from a seated position. Some movements are performed standing, but all can be adjusted to be performed from a chair. Instructor: Polly Hu. \$12.

## Line Dance Beginning - 12271

Thursday, May 7-28, 7 - 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. Good exercise, great fun! Geared for 50+, but open to all. Instructor: Kathy Chang. \$16.

## Line Dance Intermediate - 12272

Tuesday, May 5-26, 7 - 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. Good exercise, great fun! Geared for 50+, but open to all. Instructor: Kathy Chang. \$16.

## FREE VIRTUAL FITNESS CLASSES

### Mondays

*Zumba with Monica*  
9:00 a.m. - 10:00 a.m.

*Chair X with Polly*  
10:30 a.m. - 11:30 a.m.

### Tuesdays

*Bootcamp with Raychel*  
8:30 a.m. - 9:30 a.m.

*Feldenkrais with Michele*  
10:30 a.m. - 11:30 a.m.

### Wednesdays

*Pilates with Jill*  
9:00 a.m. - 10:00 a.m.

*Zumba Gold with Grace*  
10:30 a.m. - 11:30 a.m.

### Thursdays

*Yoga with Polly*  
9:00 a.m. - 10:00 a.m.

*Body Sculpting with Raychel*  
10:30 a.m. - 11:30 a.m.

### Fridays

*U-Jam® with Monica*  
9:00 a.m. - 10:00 a.m.

*Bombay Jam® with Archana*  
12:00 p.m. - 1:00 p.m.

# PUZZLES AND GAMES

## Sudoku

Use the numbers provided to decipher the rest of the grid. Each 3x3 square should have every number, 1-9, with no repeats. Each row and column in the 9x9 grid should have every number, 1-9, with no repeats. Sudoku is a game of logic and elimination. You shouldn't have to guess!

Easy

		2		6	1			9
8		5	4				7	6
6		4						
		3		5	2			
			8		7			
			9	3		2		
						1		2
3	6				8	4		7
2			1	4		9		

Medium

		8	7		4		3	1
7			6			9		
				9	5	7		
1			9				6	7
				1				
2	8				6			3
	4	1	8					
		5			7			9
8	7		5	2	4			

Hard

	5		7					1
	8			6		3		4
3		7			9			
1					7		3	
	7		9	4	3		6	
	9		2					7
			3			2		8
7		1		2			5	
8					4			1

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## Crosswords

The crossword below was provided by [www.alberichcrosswords.com](http://www.alberichcrosswords.com) and set by Alberich.

1		2		3		4		5		6		7		8
9								10						
11				12								13		
				14								15		
16								17						
18		19				20		21					22	
23				24								25		
				26								27		
28								29						
	30													

### Across

- 1 - Mostly training and skill show how easily something can be done (14)
- 9 - Admires new weapon (7)
- 10 - Company chief ordered to get a small house (7)
- 11 - A fool rejected Turner perhaps (4)
- 12 - Transaction includes black fur (5)
- 13 - Endlessly show respect by going down on one? (4)

- 16 - Cut head off...cut head off exotic flower first (7)
- 17 - Get together for prayer (7)
- 18 - A very short dance? (3-4)
- 21 - The weather worried Tim and Alec (7)
- 23 - Transport for vagrant mostly (4)
- 24 - Embargo on nobleman (5)
- 25 - God whose reflection is seen in canal (4)
- 28 - Spoke but spoke indistinctly first off (7)
- 29 - He worked with vicar to keep records (7)
- 30 - Deborah started changing act (5,3,6)

### Down

- 1 - Launch sailing vessel and celebrate lavishly (4,3,4,3)
- 2 - Composition by an Italian poet (7)
- 3 - Melt some of the path away (4)
- 4 - Announcer on the radio for match (7)
- 5 - Rustic leaders of British union get tummy ache (7)
- 6 - Permit takes time for Latvian (4)
- 7 - Apprentice from Aintree messed up (7)
- 8 - Again advanced smaller sum to head, showing persistence (14)

### Last Edition's Solve

- 14 - Damp has to destroy finally (5)
- 15 - The King lives - that's crazy! (5)
- 19 - One demands former thespian (7)
- 20 - I put lad off with praise (7)
- 21 - Piece of music for choir at end of performance (7)
- 22 - Studio is refurbished late - that's right (7)
- 26 - River associated with a waste product (4)
- 27 - Copy Spain and Switzerland, love (4)

P	O	T	O	M	A	C	S	W	A	L	L	O	W
E	I	I	O	O	D	I	A						
A	T	T	E	N	T	I	O	N	A	N	G	E	L
C	U	U											
H	O	L	S	T	C	I	C	A	T	R	I	C	E
Y	A	A	E	I	O								
C	R	E	M	E	D	E	L	A	C	R	E	M	E
E													
D	I	G	I	N	O	N	E	S	H	E	E	L	S
U	A	A											
C	A	B	A	L	L	E	R	O	E	N	T	E	R
A	B	O											
T	A	L	L	Y									
E	E	A											
S	A	D	D	L	E	D							

## Case Management

Cupertino Senior Center's Case Management Team is still working and available to support you. Case Manager Adrianna Stankovich is checking email at [AdriannaS@cupertino.org](mailto:AdriannaS@cupertino.org) and answering phone calls at 408.777.3157. Vivian Silva can also be reached at 408.777.3155 or [VivianS@Cupertino.org](mailto:VivianS@Cupertino.org). Case Managers provide assessments to determine the needs for services and coordinate and ensure legal services are in place. Reach out to the case management squad if you have any questions or concerns! We are here for you.

庫比蒂諾耆英中心的社工部門仍維持運作為您提供服務,如有需要請與我們的社工 Adrianna Stankovich, MPIA聯絡,請致電408.777.3157 可用中文留言或電郵 [adriannas@cupertino.org](mailto:adriannas@cupertino.org), 社工會提供評估以確定服務需求,並協助和確保法律資源,如有任何疑問或疑慮,請與我們的社工聯絡! 我們會竭誠為你服務。



**SECOND HARVEST**  
of SILICON VALLEY

Second Harvest of Silicon Valley offers a toll-free hotline to low-income families which helps people in need of food find resources in their neighborhood. For assistance call

800.984.3663 or text GETFOOD to 408.455.5181

Visit their website [here](#).



**Social Services Agency**

County of Santa Clara

Santa Clara County's Senior Nutrition Program serves adults over sixty, disabled adults living with older adults, and the spouses of people that are over sixty. The program now follows a take-out model at most locations, though some have closed during the shelter-in-place order.

Visit their website [here](#).

### Schedule Appointments

#### Health Insurance Counseling (HICAP)

Consultation on Medicare and Medicare-related health insurance.

Visit [www.mysourcewise.com/medicare-options](http://www.mysourcewise.com/medicare-options) to schedule appointments.

健康保險諮詢

有關聯邦醫療咭,並相關的健康保險問題,有提供國,粵語翻譯.請上網安排約談

#### Senior Adult Legal Aid (SALA)

Provides free assistance to elders for basic 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 live in Santa Clara County.

Call 408.295.5991 to schedule appointments.

法律諮詢

為年滿60歲或以上並居住在聖克拉拉縣 (Santa Clara County) 的長者提供的免費諮詢: 包括基本公共利益的法律事項,長期護理,虐待長者,住屋,消費者的問題,未雨綢繆的規劃,其他遺囑認證的選擇並簡單遺囑等,請致電 408.295.5991預約

## Meals on Wheels

Residents in quarantine, as well as older adults and persons with disabilities or health conditions who need support can call 408.350.3200, choose option 4 for the Meals on Wheels program.



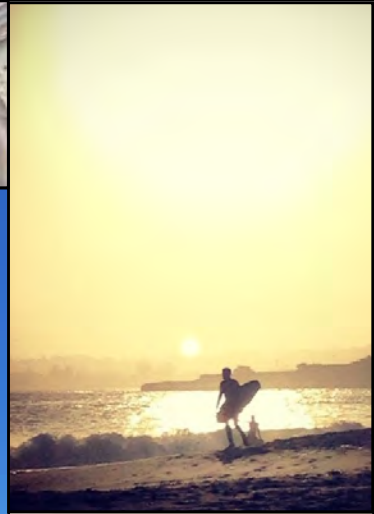
HEALTH • HOME • HEART

**West Valley Community Services**

West Valley Community Services (WVCS) accepts clients over sixty years old who live in zip codes 95014, 95030, 95032, 95033, 95044, 95070, 95129, and 95130. WVCS can deliver food once a week to your house provided you meet their qualifying factors. You must register as a WVCS client by filling out a one page form. Cupertino Senior Center can help you with this process. You may call the center at 408.777.3150.

Visit their website [here](#).





SORRY, LANGUAGE NERDS: THE OED ALLOWS MODIFICATIONS LIKE "VERY" ON THIS 6-LETTER WORD MEANING "ONE OF A KIND"

