

50+ THE SCENE

Shelter-in-Place Edition, 10/20/20

This or That?
Rafael tries his hand at our
new questionnaire!

Page 2



CUPERTINO



As October draws to a close, we present you with the latest *The 50+ Scene*. Packed to the gills with programs and information, we'd also like to extend a special invitation to participate in our online succulent sale this year in lieu of Hidden Treasures.

Rafael is the subject of our questioning this issue, and our lovable Facility Attendant held up well under our pressing questions. Read on and learn a little, or confirm what you already knew, about Rafael. We've even included a couple of pictures of him above, in case you miss his face!

Bike or Hike?

-Biking is a pleasure for me—it keeps me in good health and is a stress-free way to do it! I've been biking for 15 years.

Sweater or Hoodie?

-Sweater. I prefer sweaters because hoodies are uncomfortable.

Rain or Snow?

-Rain. Rain is nice. If you're going to be outdoors, all you need is a coat! With snow, you get too cold, and I'm not a cold person.

Halloween or Fourth of July?

-Fourth of July. It's a happy family get-together, you can see fireworks, it's very happy, and I don't care

much for Halloween—too scary sometimes.

For your Jack o' Lantern: Spooky or Goofy?

-I don't carve pumpkins, so it doesn't matter to me! Plastic pumpkins are my favorite. I don't remember ever seeing a really good Jack o' Lantern out in the neighborhood.

Rock or Country?

-Country. Rock and Roll is fine, I like it. But Country is better.

Coke or Pepsi?

-Oh, Coke. But it has to be diet.

Couch or Recliner?

-Oh, yeah! I love the recliner after work.

Spring or Fall?

-I think I'll go for Fall. It just looks so pretty when everything starts turning different colors.

Star Trek or Star Wars?

-Star Wars. Just Star Wars.

From his family-oriented answers and his down-to-earth preferences, it seems the cheery Rafael you know and love is the same as ever! With only Kim left to answer questions, 'Wars is holding a dominant five and a half point lead to one half over 'Trek. Does this say something about the Senior Center staff's psychological disposition? Who can say.

#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.

PEN-PAL PROGRAM

Local teens from the City's Teen Commission and Youth Advisory Board have expressed interest in connecting with members of our center as pen pals. If you are interested in having a local teen as a pen pal, let us know. The teens are happy to start an exchange of emails. If interested, reach out to Jason Bisely at jasonb@cupertino.org or call him at 408.777.3127.

FACEBOOK

Puzzle Us This Competition

Try to solve as many daily puzzles as you can on our Facebook page! Each round of competition lasts two weeks. The points will be awarded as follows:

- +2 Points for being first to answer correctly
- +1 Point for answering correctly

The highest number of accrued points after each round of puzzle competition will be crowned Puzzle Master!

The Newly Crowned Puzzle Master

In the fifth and sixth "Puzzle Us This" competition, the scoring went through the roof. A new champion was crowned earning 18 points in round five and a record 20 points in round six. Congratulations, **Maureen Sarjeant**, you are the reigning Puzzle Master! Try to defend your crown from usurpers in the next edition of "Puzzle us This" running right now. Good luck!

See everything we're doing on Facebook at www.facebook.com/cupertinoseniorcenter.

ARTOUR APP

Let Cooper, Cupertino's robot mascot, guide you through the augmented reality Art Walk, ARTour. Through the AR experience, the user can learn interesting facts about the public art and historic sites located within the City of Cupertino.

[Click here to learn more!](#)

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HIDDEN TREASURES

October 26 to 30, All Day

By necessity, Hidden Treasures looks a little different this year. Instead of our full collection of donated items, we're focusing on the succulent table alone. Maria Lopez has cultivated a ton of plants accompanied by their exciting pots! Click on the example images below to be taken directly to our ActiveNet sales website during the week of the sale, starting October 26. Example images are not precise representations of each size classification—these are examples only. All proceeds still benefit the Case Management emergency fund and the Stay Active fund. After purchasing a succulent (or a few!) you will be contacted by Senior Center staff to set up pick up dates in early November.

For detailed instructions on how to purchase succulents, visit:
cupertino.org/hiddentreasures

If you have any questions, please contact Jason Bisely at jasonb@cupertino.org or 408.777.3127.
Thank you for your support!

Small
\$1



Medium
\$2



Large
\$3



XL / Special Pots
\$5



VIRTUAL TRAVEL

Have you visited any of these places in-person? If you've ever traveled to the below locations, or one of the virtual tours we've featured in the past, send your travel photos to jasonb@cupertino.org and we'll feature them on the back page of the next *The 50+ Scene*.

Buckingham Palace



An iconic building and official residence of The Queen, Buckingham Palace has been the focus of many moments of British national celebration. Explore this magnificent building via virtual tours of the Grand Staircase, White Drawing Room, the Throne Room and the Blue Drawing Room.

[Follow the link here](#)

The Show Must Go Online

British actor and director Robert Myles has launched The Show Must Go Online, a weekly online reading group—performed by actors via Zoom and live streamed on YouTube—that works through Shakespeare's plays in the order they were written. Tune in live every Wednesday at noon or click through and enjoy previous readings whenever you like.

[Follow the link here](#)



National Gallery of Art



The National Gallery of Art welcomes you to explore and take a close-up look at what they have to offer. Enlarge the works on your screen, click on the different-colored dots to read wall texts, view higher-resolution photos, and see artist biographies on three different virtual exhibitions.

[Follow the link here](#)

Kenai Fjords National Park

This unique interactive tour combines video, audio narration, and 360-degree photos to truly immerse you in the Kenai Fjords National Park. The experience lets you kayak through majestic icebergs, explore glaciers and how they've melted, descend into icy crevasses, and get panoramic views of fjords.

[Follow the link here](#)



UPCOMING PROGRAMS AND EVENTS

Fireside Chats

Thursday, October 22 - 12749
Thursday, November 12 - 12858
noon to 1:00 p.m.

One of our favorite parts of the Senior Center is chatting with friends by the fireplace. Now the fireplace has gone virtual! Join us for a Zoom social to see old friends or meet new ones, as well as chat with one of your Senior Center staff. Members free, senior guests pay \$5.

[Click here to register for October 22](#)

[Click here to register for November 12](#)

Digital Bingo

Every Friday, 1:00 to 2:00 p.m.

Bingo is back and has gone virtual via Zoom! Join in on Friday afternoons for some live Bingo fun.

How to Participate:

1. Click [here](#) on Friday afternoons to join the bingo Zoom meeting.
2. Click [here](#) receive your free virtual bingo card prior to the start of the program.
3. When the window opens, click "Generate Now" and a card will appear.
4. A bingo caller will call out the numbers and the numbers will be shown on the screen via Zoom.
5. If the number called is on your card, mark your card by clicking the square space with that number.
6. Once you have bingo, type in "Bingo!" via Zoom's Chat function. You will need to take a picture or screenshot of your card and email it to amandah@cupertino.org to be verified.

How to Win: All participants will have their names placed in a raffle. Winners of each round will have an additional raffle ticket per win. At the end of the program a name will be drawn for an ultimate winner. Winners must be present at the time of the drawing. Cupertino Residents will have their prize delivered, non-residents will need to arrange a time for pick up.

Medicare Presentations

English Presentation - 12759
Monday, October 26, 2:00 to 3:30 p.m.

Mandarin Presentation - 12760
Tuesday, October 27, 10:00 to 11:30 a.m.

Whether you are new to Medicare or want to know more, join us for a presentation by the Health Insurance Counseling and Advocacy Program (HICAP). The presenter will discuss the latest updates and the Part D plans for 2021 and an overview of Medicare. The open enrollment for 2021 Medicare Part D begins on October 15 and ends on December 7, 2020. Presentations will be held on the Zoom platform. Free to the public. Pre-registration required.

[Click here to register for the English Presentation](#)

[Click here to register for the Mandarin Presentation](#)

SCC Fire Presents

Be Ready: Be Prepared!

Wednesday, November 4
10:00 to 11:15 a.m.

Learn about Bay Area disaster risks, how to make a plan and prepare for a disaster, and how to stay informed during and after the disaster. Learn about important communication systems and how to communicate with your support network during and after a disaster. Open to the public.

[Click here to register.](#)

Crime Prevention, Home Fire Safety

Thursday, November 12
11:00 a.m. to 12:30 p.m.

Learn important crime prevention and home fire safety tips including how to protect yourself against fraud, what to do if you are a victim of a scam, and learn personal safety and home fire safety tips. Open to the public.

[Click here to register.](#)

Virtual Recreation



All classes on this page are held over Zoom. You will need to download the app to a computer, smartphone, or tablet to participate in these classes. Navigate to reg4rec.org to see all the classes we are offering, or **click on the descriptions on this page to register**. Senior Center members enjoy the lowest rate. Non-members pay additional class pass. Become a Senior Center member today! Enjoy the familiar faces of your favorite instructors until we can rejoin each other in person!

Exercise Classes

Line Dance Beginning - 12870

Thursday, November 5 to December 17
7:00 to 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. Instructor: Kathy Chang. Cupertino Senior Center members pay \$30, non-members pay \$35. No class 11/24.

Line Dance Intermediate - 11310

Tuesday, November 3 to December 15
7:00 to 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. Instructor: Kathy Chang. Cupertino Senior Center members pay \$30, non-members pay \$35. No class 11/26.

Feldenkrais Method - 12869

Tuesday, November 3 to 24, 10:30 to 11:30 a.m.

Rediscover flexibility and ease with Feldenkrais movement improvement exercise. Explore novel and gentle movement patterns to invigorate your brain and nervous system. Instructor: Michele Westlaken. Cupertino Senior Center members pay \$16, non-members pay \$21.

English as a Second Language

Basic and Easy - 12866

Tuesday, November 3 to 24
10:00 to 11:30 a.m.

Learn the basics of the English alphabet, phonics, easy grammar, practical words, and phrases. This class is the first level of English as a Second Language! Instructor: Vision Literacy. Cupertino Senior Center members pay \$12, non-members pay \$17.

Intermediate - 12868

Wednesday, November 4 to 25
10:00 to 11:30 a.m.

Learn basic English grammar, vocabulary, and phrases for everyday use. This class is designed for those who want to improve their ability to speak, understand, and write English. This is the second level of English as a Second Language. Instructor: Larry North, Friends of Vision Literacy. Cupertino Senior Center members pay \$12, non-members pay \$17.

Advanced - 12865

Friday, November 6 to 20
10:00 to 11:30 a.m.

Learn the next level of English grammar, vocabulary, and phrases for everyday use. Further improve your ability to speak, understand, and write English at an advanced level. This is the third level of English as a Second Language. Instructor: Larry North, Friends of Vision Literacy. Cupertino Senior Center members pay \$9, non-members pay \$14.

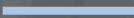
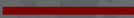
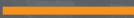




FREE VIRTUAL FITNESS CLASSES

Zumba	Monday	9:00 a.m. to 10:00 a.m.
Bootcamp	Tuesday	8:30 a.m. to 9:30 a.m.
Zumba Gold	Wednesday	10:30 a.m. to 11:30 a.m.
Body Sculpting	Thursday	10:30 a.m. to 11:30 a.m.
U-Jam®	Friday	9:00 a.m. to 10:00 a.m.
Cardio Dance	Friday	12:00 p.m. to 1:00 p.m.

CREEKSIDE PARK HIGHLIGHT



MAP LEGEND

-  Three-Tenth Mile Loop
-  Four-Tenth Mile Loop
-  Eight-Tenth Mile Loop
-  Creekside Park Building
-  Park Sign
-  Picnic Benches
-  Bridge towards Wilson Park

CREEKSIDE PARK HIGHLIGHT



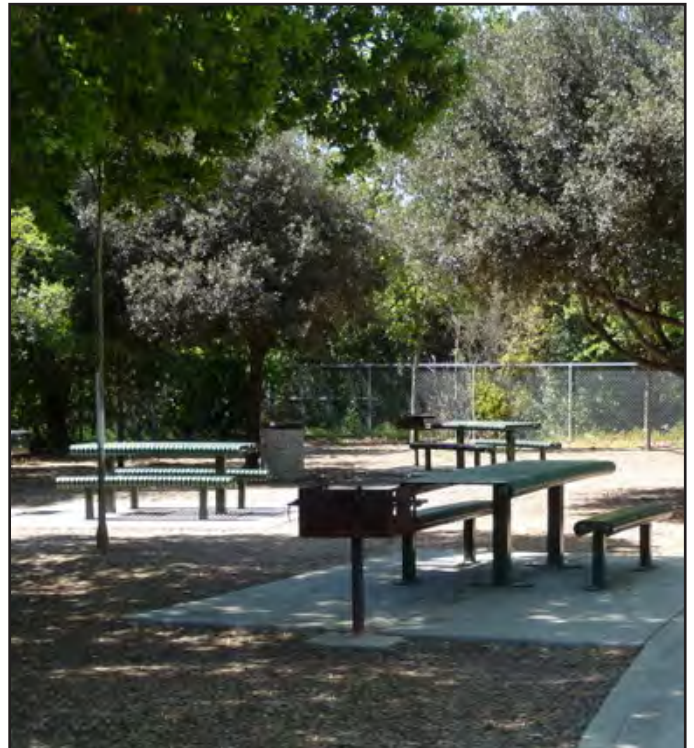
Park Facts

- Located near Cupertino High School, Hyde Middle School and Sedgwick Elementary off of Miller Ave.
- The Pacific Coast Farmer's Market Association holds their Cupertino market in the parking lot every Friday morning.
- The Northern grass field is a recommended viewing site for the City's annual 4th of July Celebration.
- Wilson Park is only a short quarter-mile walk away.
- The park boasts two playgrounds to accommodate varying ages of children.
- The park's soccer fields get the most abundant use with a variety of programs taking advantage of them.

Creekside Park is comprised of a spacious 13 acres in East Cupertino. Its grounds boast family picnic benches (right), a rentable facility (top), two playground areas, a pair of basketball half-courts, and three tournament-quality soccer fields. The park includes a paved pathway around the perimeter, allowing for ample walking space, and a bicycle/pedestrian bridge over Calabazas Creek that can send you on your way towards neighboring Wilson Park if you'd like to extend your jaunt.

The park sits on grounds that were formerly a Cupertino Union School District building called Fremont Older Elementary. When Sedgwick Elementary, just down the street, was opened, Fremont Older was closed and the students were transitioned over to the new school. The schoolgrounds were soon replaced by the beautiful park that sits there today.

Can you guess which current Senior Center staff members were present at the park's grand opening in 1998? Send your guess to jasonb@cupertino.org!



History

1990 - Measure "T" passes approving a utility tax which results in Cupertino purchasing both the Fremont Older School grounds and Blackberry Farm Golf Course and Park.

1995 - Fremont Older School building is demolished to make way for the park.

1998 - Creekside Park is dedicated in March.

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

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

Medium

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

Hard

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

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Crosswords

The crossword below was provided by 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									

Across

- 3 - Old East German follows river to find perch (5)
- 8 - Fool is one from Italian city (6)
- 9 - Everyone is accommodating English friends (6)
- 10 - Two notes from operatic heroine (4)
- 11 - Not moving goods yet (5-5)
- 12 - Thus African country produces African (6)
- 13 - Capsize open vessel (8)

10

- 16 - Gaunt young Irene performs in musical (5,3,4,3)
- 18 - Teen reformed with gaol stretch (8)
- 21 - Police force has those people on film (3,3)
- 23 - New peer's given ring portraying Zeus's daughter (10)
- 25 - US general's the dregs (4)
- 26 - Give daughter a note perhaps (6)
- 27 - The Italian is after fast food (6)
- 28 - Play about District Attorney in the present time (5)

Down

- 1 - American who inhabits the White House? (6)
- 2 - One toiling at unraveling lawsuit (10)
- 3 - Wine gets Sir Nigel drunk (8)
- 4 - Over the moon, having climbed Everest? (2,3,2,3,5)
- 5 - Deal with equipment (6)
- 6 - Idiot wants 150 books (4)
- 7 - Retailer of wine collection, say (6)
- 12 - Very hard worker is left inside bar (5)
- 14 - Back home, I'll follow cake with pasta (10)
- 15 - Group of musicians not touring Tyneside (5)
- 17 - Working honestly or dishonestly? (2,3,3)
- 19 - Ollie upset wife so keep out of sight (3,3)
- 20 - Computer manufacturer needs time to produce program (6)
- 22 - Quote me retrospectively? It'll make you sick (6)
- 24 - Openers for Sussex caught and bowled but this chap's not out (4)

Last Edition's Solve

	P	A	N	E	L	B	E	A	T	E	R	S		
9	A	R	I	Z	O	N	A	P	O	R	T	I	C	O
10	M	G	N	C	I	L	N	N						
11	P	E	A	C	O	C	K	C	H	I	N	O	O	K
12	H	I	M	J				E	Z					
13	N	L	A	Y	A	D	V	E	R	S	A	R	Y	
14	T				C	I								S
15	H	E	N	P	E	C	K	E	D	B	E	L	A	Y
16	E	O	D							R	A			E
17	A	T	A	I	N	S	O	C	E	A	N	I	A	
18	T	A	F	A	T					A	T			R
19	R	E	B	U	I	L	D	A	D	D	R	E	S	S
20	E	I	C	D	P					T				R
21	T	H	E	D	O	N	E	T	H	I	N	G		

COMMUNITY RESOURCES

Case Management

Cupertino Senior Center's Case Management Team is still working and available to support you. Case Managers are checking email and voicemail. To reach Adrianna Stankovich, call 408.777.3157 or email adriannas@cupertino.org. To reach Vivian Silva, call 408.777.3155 or email vivians@cupertino.org. Case Managers assist seniors in identifying care and service needs in order to maintain safe, productive, independent living and quality of life. Reach out to the case management staff 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, 聯絡, 請致電408.777.3157 可用中文留言或電郵 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.

Schedule Appointments

Health Insurance Counseling (HICAP)

Consultation on Medicare and Medicare-related health insurance.

To schedule appointments visit mysourcewise.com/medicare-options.

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



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](http://www.getfood.org).



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](http://www.sccsn.org).

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](http://www.wvcs.org).

