

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

Shelter-in-Place Edition, 8/25/20

This or That?  
Amanda takes a crack at a  
new set of questions!

Page 2



CUPERTINO





**B**race yourselves—we’ve reached issue ten. This issue is so packed with new things, we added a couple extra pages at the end! As always, if you have any questions, comments, or suggestions, please send them our way at [JasonB@cupertino.org](mailto:JasonB@cupertino.org). Otherwise, enjoy!

This issue Amanda takes a crack at answering our very important questions. Did we tune some up specifically for her? Of course. Will you be surprised by any answers? Read on to find out!

Big Party or Small Gathering?

-Small gatherings create better settings to socialize with others but a big party is great to people watch.

New Clothes or New Phone?

-Hmm, my phone is going strong for 5+ years now and I do not really need new clothes since sheltering in place. If face coverings are considered clothing, I guess I could use a few more. Safety first everyone!

Work Hard or Play Hard?

-My coworkers may attest that I may work too hard but if allowed, I would definitely prefer the term vacation hard. After all, adventure is out there!

Ice Cream or Milk Tea?

-I can tell this one was picked just for me. If we are to get technical, I would pick general ice tea without

milk. However, there is something about ice cream that hits the spot on a really hot day. Am I right?

Train or Plane?

-One ticket for the Hogwarts Express please! Otherwise, soaring through the clouds to see other parts of the world.

Card Game or Board Game?

-How about hybrids? Sequence or Sushi Go anyone?

Disneyland or Disney World?

-Gosh, I have yet to visit Disney World and it’s on my list of places to vacation hard!

Animated or Live Action Movies?

-Ooo, this is a tie for me. What can I say? I appreciate the work of both styles!

Monsters or Wizards?

-Accio Firebolt! (to fly away from the monsters)

Star Trek or Star Wars?

-The Force will be with you. Always.

And we thought Adrianna was diplomatic! After 10 questions physicists and rocket scientists alike would struggle to answer, here’s what we’ve learned: Harry Potter over just about anything, why pick one answer when you can select both, and the Rebel Alliance over The Federation three-and-a-half to one half.

## SCAVENGER RESULTS

Team Jo Anna & Ken continue to earn top points week in, week out. Cashing in another 24 points this week, their team seems unstoppable. When the rule-maker set "A Hummer" in last edition's set, they expected pictures of civilian military vehicles, not hummingbirds. Using a car door for "A Blue Front Door" should have been predicted by the rule-maker, however, having been outwitted once before in similar fashion. Ken and Jo Anna's unbridled combination of creative rules interpretation and perseverance makes our task clear: make the rules harder.

That being said, if you have been enjoying the Scavenger Hunt, please consider submitting photos for the next round. We know Jo Anna and Ken's awe-inspiring scores can be intimidating, but this is all for fun. Part of the fun is competition though, and if we don't get more of that for the next Scavenger Hunt, we'll have to investigate a different activity for future newsletters. Hopefully you have been enjoying them, and if you have any insights, drop us a line at [JasonB@cupertino.org](mailto:JasonB@cupertino.org).

## FACEBOOK

### Puzzle Us This Competition

Try to solve as many daily puzzles as you can on our Facebook page! The theme is sports and 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 the September 16th puzzle will be crowned Puzzle Master!

### The Newly Crowned Puzzle Master

In the second "Puzzle Us This" competition, the scoring was neck-in-neck right down to the wire. In the end, 12 points was enough to secure victory. Congratulations, Vidya Nayak, 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](http://www.facebook.com/CupertinoSeniorCenter).

## SCAVENGER RULES - ROUND 10

Refined Rules:

- 1 - Take a picture of each item from the list to the right
- 2 - Fit more items in one photo to gain more points
- 3 - Bonus points now cap at 4 items/photo
- 4 - Points breakdown:
  - 1 item - 1 point
  - 2 items - 4 points
  - 3 items - 8 points
  - 4+ items - 16 points

Email all the photos you've taken of Scavenger Hunt items to [JasonB@cupertino.org](mailto:JasonB@cupertino.org) before September 15th.

- 1.) A Railroad Sign
- 2.) A Vinyl Record
- 3.) A Cassette Player
- 4.) A T-Shirt With a Slogan
- 5.) You Looking Cool
- 6.) Your Favorite Thing You Own
- 7.) A Sports Jersey

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# 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](mailto:JasonB@cupertino.org) and we'll feature them on the back page of the next *The 50+ Scene*.

## Klondike Gold Rush National Historical Park



We're all familiar with Sutter's Fort and the 49ers, but how much do you know about Alaska's great gold rush? Enjoy a stroll through the park museum, experience the fascinating Jeff Smiths Parlor Museum, and see how a pioneer family lived at the Moore House. Guided, audio-described tours are included, to help immerse you in these fascinating stories.

[Follow the link here](#)

## 42nd Street Moon

San Francisco's own 42nd Street Moon is keeping their artists and audiences connected through interviews, previews, and other tidbits of theatrical joy. Every Friday at 8:00 p.m., they feature live, cabaret-style performances on their website, as their artists and staff come together to share in conversation and music. As part of their virtual offerings, you will also find weekly live talks about the theatrical world and musical theatre trivia.

[Follow the link here](#)



## The London Zoo



From the comfort of your own den, burrow, or nest explore the virtual London Zoo. See the best of the zoo with webcams and live streams, zookeeper videos, behind-the-scenes updates, and even meet their baby sloth, Ello. The page is regularly updated to keep bringing you new things to enjoy.

[Follow the link here](#)

## The Museum of Flight

This sprawling museum, adjacent to the Boeing complex south of Seattle, Washington, is considered one of the world's largest and best air and space museums. Step inside a dozen iconic aircraft with their 360-degree tours—including the Boeing 747, the Concorde, and the museum's full-scale model of the space shuttle orbiter used for training astronauts. Keep clicking to "explore the museum" and find even more content on their huge array of artifacts and exhibits.

[Follow the link here](#)



# COMMUNITY UPDATES

## CSC Wednesday Jam Returns

### "Zoomin'" with CSC Wednesday Jam

Your very own Cupertino Senior Center Members have gotten together and created another instant classic. This time the group put together a parody cover about using Zoom during quarantine to the tune of "Groovin'" by The Young Rascals.

CSC Wednesday Jam is a social group that meets weekly. When the Senior Center was open you could find them in the Arts & Crafts Room every Wednesday afternoon. Now they're getting together via Zoom and still having a great time, making and sharing their musical talents!



[Click here to watch](#)

## Caregivers Count Virtual Conference

Saturday, September 12 to October 3  
10 a.m.- 12 p.m.

The Aging Services Collaborative of Santa Clara County is offering a four week free conference for families and friends who care for loved ones. See the list of dates and topics below. Free to the public.

[Click here to register](#)

### Event Dates and Topics

September 12  
Emotional Well-Being

September 19  
Paying for Care

September 26  
Technology Tools

October 3  
Reducing Stress and Dealing with  
Parents and Resistance

## Disposing of Unwanted Household Items

Unfortunately this year the Cupertino Senior Center will not be collecting donated items for Hidden Treasures. However, the City recently mailed out a flier to all residents containing information on what you can do with unwanted household items. Read on and check out the flier on the next page.

**Bulky Items (like furniture or appliances) and Extra Debris:** Residents can request two, free on-call pickups a year. Extra pickups can be scheduled for a fee. Contact Recology at [recologysouthbay@recology.com](mailto:recologysouthbay@recology.com) or (408) 725-4020.

**Donating:** Many traditional thrift stores are closed or have limited hours, but there are online options for posting items to sell or donate (see flier on the next page for ideas).

Cupertino's Environmental Programs staff are available to help answer any questions you have. Contact them at [environmental@cupertino.org](mailto:environmental@cupertino.org) or (408) 777-3236.



# Disposal Resources for Cupertino Residents

## Bulky Item and On-Call Pickup Service



**2 free pickups per year, extra pickups for a fee:**

Furniture, carpets, metals, mattresses, ranges, household appliances including refrigerators, washers, dryers, water heaters, and dishwashers, electronic waste, extra debris.

**RecologySouthBay@recology.com** or **408-725-4020**



**X On street X On sidewalk**

## Sell or Donate Online

There are many apps and groups online that can be useful for "rehomeing" items



Provided as suggested resources only without endorsement. Use at your own discretion.

## Household Hazardous Waste (HHW) Disposal



**Never put HHW in the garbage:** Schedule a drop-off appointment for materials such as paint, pool chemicals, pesticides, cleaning supplies, auto fluids.

Appointments: **HHW.org** or **408-299-7300**

## Unwanted Medication and Sharps Disposal

Drop-off locations or free mail-back service: **med-project.org**

**REMEMBER:** Never leave items on the sidewalk or in the street.



Environmental@cupertino.org  
Cupertino.org/nowaste  
408-777-3236

# 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](http://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 - 12543

Thursday, September 3 to 24, 7 to 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. Cupertino Senior Center members pay \$20, non-members pay \$25.

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### Line Dance Intermediate - 12544

Tuesday, September 1 to 22, 7 to 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. Cupertino Senior Center members pay \$20, non-members pay \$25.

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### Feldenkrais Method - 12542

Tuesday, September 1 to 29, 10:30 to 11:30 a.m.

Rediscover flexibility and ease with Feldenkrais movement improvement exercise. Each class explores novel and gentle movement patterns to invigorate your brain and nervous system with new ways of organizing and sensing your movement, which may result in improved balance and coordination. Instructor: Michele Westlaken. Cupertino Senior Center members pay \$20, non-members pay \$25.

### Monday Chair Exercise - 12567

Monday, August 31 to September 28  
10:30 to 11:30 a.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. Cupertino Senior Center members pay \$12, non-members pay \$17. No class 9/7.

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### Thursday Chair Exercise - 12568

Thursday, September 3 to 24, 10:30 to 11:30 a.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. Cupertino Senior Center members pay \$12, non-members pay \$17.

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### Yoga for 50+ - 12569

Tuesday, September 1 to 29, 3 to 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. Cupertino Senior Center members pay \$20, non-members pay \$25.



# 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

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

Medium

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

Hard

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

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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									

### Across

- 1 - Narrow escape from encounter with sharp razor? (5,5)
- 9 - On reflection Val is hard but generous (6)
- 10 - Gran gets ring back in very short time (10)
- 11 - Person revered by one pretty girl mostly (4)
- 12 - One who foretells financial advantage for the auditor (7)
- 15 - Cuts around university floodgates (7)
- 16 - Irritable character in Grahame's story (5)

- 17 - Rocks and Ecstasy impounded by judge (4)
- 18 - Prevent vessels returning (4)
- 19 - One following strict diet, say, in the lead (5)
- 21 - Territorial dispute causing conflict at the racecourse? (4,3)
- 22 - Left with beam after show (7)
- 24 - Metal item used to control pet (4)
- 27 - Symbolic tales spreading lies galore (10)
- 28 - Striking single, move faster than opponent (6)
- 29 - Forced away gentle bird (5,5)

### Down

- 2 - One departing bar is heard (6)
- 3 - Northerner puts son on bed (4)
- 4 - Around lake there's poor protection (7)
- 5 - Above taking part in wildcat operations (4)
- 6 - Aging tree starts to look yellowish (7)
- 7 - One justifying V-sign (10)
- 8 - Could be holy popish thinking (10)
- 12 - At sea patrol boat loses a little time in Welsh seaside town (4,6)
- 13 - Responds excessively when engineer gets stuck into ham (10)
- 14 - Sailor takes exercise to become thinner (5)
- 15 - Reversed roles for band (5)
- 19 - Homeless person in Virginia given allowance (7)
- 20 - Is familiar we hear with happy bunch... (7)
- 23 - ...a toff, too (2,4)
- 25 - Predatory creature rising with tide (4)
- 26 - A danger to swimmers in Oregon and California (4)

### Last Edition's Solve

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



## 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。

### Schedule Appointments

#### Health Insurance Counseling (HICAP)

Consultation on Medicare and Medicare-related health insurance.

To schedule appointments visit [mysourcewise.com/medicare-options](http://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](#).



**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](#).

## 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](#).



