

THE 50⁺ SCENE

Shelter-in-Place Edition, 12/15/20

Happy Holidays
A holiday-themed
"This or That?" with Kim.
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CUPERTINO



As the end of the year approaches, we hope to bring you a bit of holiday cheer in this edition of *The 50+ Scene*. We hope you've been enjoying this publication and, as always, if you have any questions or suggestions, we'd love to hear them at seniorcntr@cupertino.org.

The Senior Center's Supervisor, Kim (pictured above with her constant companion Hank), thought she might escape our ongoing "This or That?" questions. Fear not, gentle readers. We've come up with something special just for her. Read on to see her answers to an exciting range of holiday-themed questions.

Garland or Wreaths?

-Oh, for sure wreaths. They're so festive and they make doorways super happy.

Hot Cocoa or Eggnog?

-Oh, there's no question. Hot Chocolate, but for sure Kim's homemade hot chocolate with a little cinnamon—so good!

Marshmallows or Whipped Cream?

-Whipped cream, but it has to be the pure stuff.

Gingerbread or Sugar Cookie?

-Sugar cookie. But my real answer is a ginger cookie from Country Gourment.

Ugly Sweater or Holiday Hat?

-OK... ugly sweater.

Real Tree or Fake Tree?

-How can you ever not have the delicious smell of a real tree in your house?

Reindeer or Elves?

-Rudolph.

Wrap presents or open presents?

-Oh, wrapping. Wrapping, wrapping, wrapping, wrapping. Gosh, beautiful bows and well-creased corners!

Snow Man or Snowball?

-Snowballs. They're way more fun, of course. And when you're out hiking in the snow, snowballs are quick. Snow Men take too long, and Hank and I like to keep moving.

Star Wars or Star Trek?

-The one that was on TV.

What a roller coaster of emotions these answers presented! Happy doorways, delicious smells, and a whole lot of wrapping, not to mention the emphatic "Rudolph" answer. We know Kim is getting amped up for the holidays. Our only question is whether "The one that was on TV" should actually count for team Trekkie. Regardless, as the voting wraps up it looks like the Empire holds a dominant victory over the Borg: six-and-a-half to one-and-a-half. Do you have any questions for the staff? Drop us a line.

Happy Holidays from all the staff!

#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 has launched the #CupertinoCares initiative.

The City has been posting fun activities for residents of all ages on its website and social media platforms. These activities 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.

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

FACEBOOK

Puzzle Us This Competition

Solve as many daily puzzles as possible on our Facebook page! Themes change each round, so be sure to read the description! Points are 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 will be crowned Puzzle Master!

The Newly Crowned Puzzle Master

In the Thanksgiving-themed round of competition, Judy Taylor became our new Puzzle Master with her hot solving streak in answering all the puzzles. She maintained her crown in the most recent puzzle competition within its new theme, winter. Congratulations Judy! Try to defend your crown from other super solvers in the next edition of "Puzzle Us This."

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

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.

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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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*.

Spreckles Organ Webcast



Each week, alone in the quiet of the evening, San Diego Civic Organist Raul Prieto Ramirez fills Balboa Park's every corner with the huge musicality that can only be created by the world's largest outdoor musical instrument—The Spreckels Organ. On Sundays at 2 p.m. a new concert is released along with an accompanying bilingual live chat with Ramírez. Busy on Sundays at 2? You can catch the week's video on YouTube for 48 hours after the performance.

[Follow the link here](#)

Macy's Center City

Experience the wonder of seasons past with these two videos about beloved holiday traditions at Macy's Center City in Philadelphia. Watch how the spirit of A Christmas Carol has lived on in Dickens Village and see classic holiday tales as they've come to life in lights at Macy's Christmas Light Show.

[Click here to see the Dickens Village](#)

[Click here to see The Light Show](#)



Art Institute of Chicago



Explore one of the oldest and largest art museums in the U.S. from the comfort of your living room. Featuring major pieces such as American Gothic and A Sunday on La Grande Jatte, their collection features more than 5,000 years of human expression from cultures around the world. "Wander" through their holdings with themed highlights tours, interactive features, audio tours, and more.

[Follow the link here](#)

Parks Canada Wildlife Webcams

From northern Yukon to the waters of Quebec's Saguenay-St. Lawrence Marine Park, these webcams and remote cameras capture the wild lives of wildlife. Get close to wildlife... without actually getting close. Watch live feeds for the chance to see polar bears, bison, and more, or take a look at some of their favorite wildlife moments captured on these cams with highlight videos and photos.

[Follow the link here](#)



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!

Line Dance Beginning

Thursday, January 7 to February 25
7 p.m. to 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. This is the introductory course designed for brand-new line dancers, or those with limited experience. Instructor: Kathy Chang. Cupertino Senior Center members pay \$40, non-members pay \$45.

Line Dance Intermediate

Tuesday, January 5 to February 23
7 p.m. to 8:30 p.m.

Line Dance is a great exercise that may improve your balance, memorization skills, muscle tone, and overall health. This course is intended for those with some experience in line dancing. Zoom format may be more difficult than in-person! Instructor: Kathy Chang. Cupertino Senior Center members pay \$40, non-members pay \$45.

Feldenkrais Method

Tuesday, January 5 to 26,
10:30 a.m. 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.

ESL Intermediate

Wednesday, January 6 to 27
10 a.m. 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.

Chair Exercise

Thursday, January 14 to February 4
5 p.m. to 5:45 p.m.

Join Marla in an upbeat exercise class that is designed to be performed from a seated position. Some movements can be performed standing but all can be done while seated in a chair. Please ensure that your chair has a firm, unwheeled base. Instructor: Marla Yonamine. Cupertino Senior Center members pay \$12, non-members pay \$17.

Chinese Calligraphy

Tuesday, January 5 and 19
3 p.m. to 5 p.m.

Learn the beautiful, artistic writing style of Chinese Calligraphy in a Zoom setting. Four passionate volunteer instructors will rotate through guiding your artistic development. Supplies needed include ink, paper, and paint brush. Instructors: Fred Jair, William Mann, Yuanfa Wang, and Yeou-Yen Cheng. Cupertino Senior Center members pay \$6, non-members pay \$11.

FREE VIRTUAL FITNESS CLASSES

Click anywhere in this field to be taken to our Virtual Recreation page and check out all the activities we have there! All the free classes below can be found by following the links on that page.

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

UPCOMING PROGRAMS AND EVENTS

Who is Sourcewise?

Thursday, December 17, 2 p.m. to 3 p.m.
Learn more about who Sourcewise is; how they support older adults, caregivers, and individuals with disabilities (18 and older) in Santa Clara County. Join the meeting via Microsoft Teams by registering on the website from your computer or mobile app. Pre-registration required. Open to the public.

[Click here to register](#)

Virtual Bingo

Friday, December 18, 1 p.m. to 2 p.m.
Friday, December 18 will be the last day of Virtual Bingo. We hope you will join us for one final round to win some prizes. Open to the public.

How to Participate:

1. Click [here](#) on Friday afternoons to join the bingo Zoom meeting. Please type in your name so we know who is playing
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 corresponding square space
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 be placed in a raffle. Winners of each round will have an additional raffle ticket. At the end of the program an ultimate winner will be drawn—winners must be present at that time. Cupertino Residents will have their prize delivered, non-residents will need to arrange a time for pick up.

Holidays in Hawai'i

Were you unable to attend the live performance of Holidays in Hawai'i? Just want to see it again? Fear not--the event was recorded and has been posted to YouTube for you to watch at your convenience.

Sway along with the Cupertino Senior Center's Lei Nani Hula dancers and the Pilo Ho'okani band as they celebrate the holidays with Hawai'ian songs and dances. Sing along with the band from the comfort of your home!

[Click here to watch on YouTube](#)

Fireside Chats

Thursday, January 14, noon to 1 p.m.
Thursday, January 28, noon to 1 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. Pre-registration required. Members free, senior guests pay \$5.

[Click here to register for January 14](#)

[Click here to register for January 28](#)

Finding Balance During Difficult Times

Wednesday, January 20, 4 p.m. to 5 p.m.

Learn how to stay mindful and reduce anxiety in a chaotic, unpredictable world. Join for a conversation and guided exercise with Bob Stahl, PhD, El Camino Health Chaplain Reverend John Harrison, and Scrivner Center for Mental Health & Addiction Services Executive Director Michael Fitzgerald, APRN. Presented by El Camino Health Foundation. Open to the public.

[Click here to register](#)

Santa Clara County Fire

Be Ready: Be Prepared!

Tuesday, January 12, 10 a.m. 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](#)

Fall Prevention

Thursday, January 28, 10 a.m. to 11:15 a.m.

Learn how to identify fall risks and simple and effective home modifications to prevent falls. Learn six steps to prevent falls and what to do right after a fall happens. Get connected with community resources to maintain safety and wellness. Open to the public.

[Click here to register](#)

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

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

Medium

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

Hard

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

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Crossword

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							

Across

- 1 - Posh sort needs place to shoot in New Orleans (6,6)
- 9 - Have means to live, needing loans first (7)
- 10 - Composer from this country given a hearing (7)
- 11 - Terrace of museum sheltering the Queen (7)
- 12 - Empress from Amritsar in Asia (7)
- 13 - Performing only new material (5)
- 14 - Where people are late for party in good measure (9)

- 16 - Past agreement affected trade at start of year (9)
- 19 - One party then another beginning to search for extinct birds (5)
- 21 - I chat endlessly with Scotsman from Naples perhaps (7)
- 23 - Mother's wise to get this treatment (7)
- 24 - Shout about working in US city (7)
- 25 - Sentry shows concern (7)
- 26 - Article by attractive woman makes a considerable sum (1,6,5)

Down

- 2 - Politician is mostly reliable, if eccentric (7)
- 3 - Go in van, moving around French city (7)
- 4 - European wandered around street when alienated (9)
- 5 - He's top of the order (5)
- 6 - Pull a face as Bill is covered in dirt (7)
- 7 - Tries an exotic wine (7)
- 8 - Old Peruvian ancestry is brilliant (12)
- 9 - Triple score with three sixes – it's a record (7-5)
- 15 - Jack mistreated my Sally dreadfully (9)
- 17 - Row over university student with a blade (7)
- 18 - One turfs out English champion (7)
- 19 - Get rid of Diana's attitude (7)
- 20 - Be boring about old soldier (7)
- 22 - Music group turning joint upside down (5)

Last Edition's Solve

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

Cupertino Senior Center

21251 Stevens Creek Blvd
Cupertino, CA 95014

January 6 and January 20
9:30 am - 3:45 pm

Schedule an Appointment at: www.sccfreetest.org

Appointments Available 7 Days in Advance

Get Tested, Cupertino!

Get a FREE COVID-19 Test January 6 and 20



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For more information, call 2-1-1
or visit SCCfreetest.org



SHARE YOUR HOME WITH A DE ANZA COLLEGE STUDENT

Do you have a **spare bedroom**? We can match you with a qualified **De Anza College student** who needs an **affordable, safe** place to rent.

House sharing can offer you

- Added **income**
- **Companionship** and security
- A chance to **help** someone else



Housemates are screened by **De Anza College** and **Catholic Charities of Santa Clara County** under a grant from the **City of Cupertino**.

To qualify, you must

- Have a **private bedroom** available
- Show **proof of home ownership** or landlord's permission to sublet
- Complete a **home assessment** and criminal **background check**

To learn more, contact **Erika Flores**, program coordinator

floreserika@deanza.edu | 408.864.5730 | deanza.edu/resources/cupertino-housing



Case Management

Cupertino Senior Center's Case Management Team is still working and available to support you. Case Managers can be contacted by phone at 408.777.3150 or by email at seniorservices@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.

庫比蒂諾老年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聯絡,請致電408.777.3152 可用中文留言或電郵 seniorservices@cupertino.org. 社工會提供評估以確定服務需求,並協助您保持安全,有效,獨立的生活和生活質量. 如有任何疑問或疑慮,請與我們的社工聯絡! 我們會竭誠為您服務.

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](#).



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](#).



Tonight's Full Moon is called the Beaver Moon

11.30.2020

