

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

Shelter-in-Place Edition, 1/19/21

Happy New Year

Learn about new programs and  
help guide us through 2021!

Page 2



CUPERTINO



**H**appy new year, Senior Center members! With 2020 behind us, we look forward to an exciting 2021 filled with new experiences. After a difficult past year, the Cupertino Senior Center wants to continue to work with you to brighten your days and lift your spirits. With that in mind, we need your help! Read on to see what we have in store and what you can do to help us be better for you.

We hate to start these articles with requests, but we also feel like you might be getting tired of seeing the same places and faces on the back page. Your fellow members (and of course the staff) want to see you! If you have any pictures from the past few months, or even joyful memories of the Senior Center, please share them with us so we can publish them on our back-page collage.

We'll happily take any pictures, but some ideas include: your current daily activities, Senior Center memories, or pictures from any trips you may have taken to our virtual travel locations, or any trips you may have taken with the Senior Center in the past. Email any pictures you'd be willing to share to [jasonb@cupertino.org](mailto:jasonb@cupertino.org).

Your feedback is important to us and to that end there are a couple ways to make your voice heard.

The Senior Advisory Council meeting is coming up on January 25 and is a great way to learn about what our volunteer groups are doing and provide insight or opinions of your own. Check out the information on page six to learn more.

In addition, at the end of this article is a link to a Microsoft Forms survey. We'd absolutely love it if you took a few minutes to fill that out and let us know how we're doing—the survey is completely anonymous, so please don't be afraid to share your thoughts.

With all that in mind, there are a few new things we're rolling out for you! New for 2021 are Zoom versions of our Beading and Chinese Calligraphy classes—check out the details on page 5 and click the descriptions to register! Santa Clara County Library continues to offer instructional seminars and Santa Clara County Fire offers safety classes as well. Information on both can be found on page five.

If you're interested in providing feedback, [please click here](#) to let us know what you think about our various virtual offerings and let us know what we could be doing better. Take care, and Happy 2021!

# #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.

## 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](mailto:jasonb@cupertino.org) or call him at (408) 777-3127.

## 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

Judy Taylor maintains her crown as she scored the highest number of points in each of the past few puzzle competitions to end 2020 as our reigning Puzzle Master. She's held her crown for the past four rounds with only a few coming close to out-solving her. Think you can solve our daily puzzles first and become the new Puzzle Master? Give it a try as Judy works to defend her crown from super solvers like you in the next edition of "Puzzle Us This."

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

## VIRTUAL RECREATION

While many of Cupertino's Recreation programs are canceled and our facilities closed, the City's Parks and Recreation Department is still committed to being a resource for fun, education, and healthy activities. Follow the link below to find indoor and outdoor activities and exercises for the body and mind. We post new activities every week, so check back frequently.

[Click here for the Virtual Recreation page!](#)

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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*.

## John F. Kennedy Presidential Library and Museum



Explore this institution dedicated to the memory of the United States' 35th president. Peruse exhibits memorializing milestones and mementos in honor of JFK's 100th birthday as well as fascinating artifacts of the Space Race and the journey to put a man on the Moon.

[Follow the link here](#)

## In Ayr's Kitchen

Focus on simple ingredients, simple techniques, and having fun in the kitchen with Ayr Muir in this fun series of cooking demonstration videos. Take your pick from all kinds of delicious foods to watch and cook along with options like Impromptu Brownies, Chili and Cornbread, Popovers!, Quick Pickled Vegetables, and more.

[Follow the link here](#)



## Nature Conservancy of Oklahoma



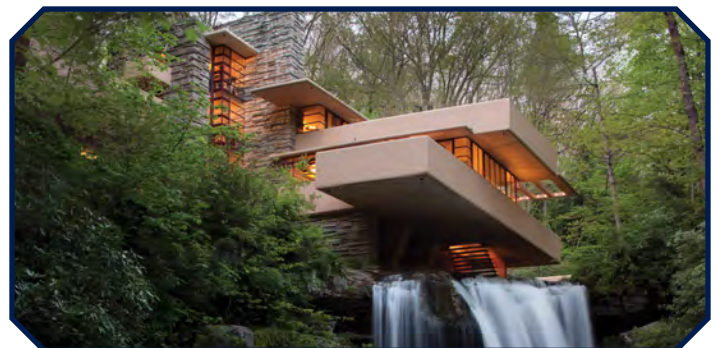
Enjoy soothing views of clear blue skies, red clay formations, and fields of wildflowers with the Nature Conservancy of Oklahoma's virtual field trip. Enjoy 360-degree views of these beautiful sights, as well as videos of Bison on the Tallgrass Prairie, Bald Eagles over the Illinois River, and more.

[Follow the link here](#)

## Frank Lloyd Wright Virtual Visits

On one Thursday each month, two Frank Lloyd Wright sites will be paired up to go live—side by side—on Facebook Live video. Watch as these architectural gems are explored and even ask your questions via Facebook. You can also visit past tours to see such famous examples as Fallingwater and Unity Temple.

[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](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!

## Feldenkrais Method

Tuesday, February 2 to 23  
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.

## Chair Exercise

Thursday, February 18 to March 11  
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, base with no wheels. Instructor: Marla Yonamine. Cupertino Senior Center members pay \$12, non-members pay \$17.

## 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.

## 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.

## ESL Intermediate

Wednesday, February 3 to 24  
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.

ESL 中級 2月3日至24日,星期三 上午10點至上午11:30

學習日常使用的基本英語語法,詞彙和短語. 本課程是為那些希望提高其說,理解和寫英語能力的人設計的. 這是英語作為第二語言的第二級. 講師: Larry North, 視覺識字之友. 庫比蒂諾高級中心會員支付12美元,非會員支付17美元.

## Beading

Thursday, February 4 to 25  
2:15 p.m. to 4:15 p.m.

Develop beading skills and practice with friends via Zoom! Understanding written directions, observing demonstrations, use of beading tools & new beading tricks will further sharpen your skills. Beading techniques will be learned through specific projects such as necklaces & earrings. The curriculum & supply list will be provided prior to the first day of class. Some beading experience is strongly recommended. Instructor: Deborah Hall. Cupertino Senior Center members pay \$40, non-members pay \$45.

# UPCOMING PROGRAMS AND EVENTS

## Virtual Program Interest Survey

We want to hear from you! We've put together a Microsoft Forms survey to help us determine what programs or classes you've been enjoying, what you want to see more of, and other new ideas you'd like to try. Your feedback is very important to us—please follow the link below to fill out the short survey.

[Click here to access the survey](#)

## Santa Clara County Library

### Freegal Webinar

Wednesday, January 27  
10 a.m. to 11 a.m.

Learn about Freegal, a downloadable music service which provides access to the full catalog of artists in Sony Music Entertainment including artist from the Independent Online Distribution Alliance. Santa Clara County Library cardholders can download five songs or two videos a week using their card number and PIN. Preregistration required. Members free, non-members pay \$5.

[Click here to register](#)

### New York Times Online Webinar

Wednesday, February 24  
10 a.m. to 11 a.m.

Learn how you can read The New York Times online for free, courtesy of the Santa Clara County Library District. The New York Times online is available in three editions: English, Spanish, and Chinese. Headlines are updated throughout the day and readers have access to Times Video, which provides short videos on culture, entertainment, world news, science, and much more. Preregistration required. Members free, non-members pay \$5.

[Click here to register](#)

## Senior Advisory Council Meeting

Monday, January 25, 1 p.m. to 2:15 p.m.

Join us for the next Advisory Council Meeting. The Senior Advisory Council is a group of volunteers representing the needs and requests of the Cupertino Senior Center membership. The Council meets once every other month to discuss events the various social groups are engaging in and review projects pertaining to the center. The council is always looking for more members willing to provide insight or feedback about the center and staff members are very appreciative of the feedback we get from this dedicated group. Please send an email to [seniorcntr@cupertino.org](mailto:seniorcntr@cupertino.org) or call us at (408) 777-3150 if you are interested in attending.

## Santa Clara County Fire

### Crime Prevention and Home Fire Safety

Wednesday, February 3  
10 a.m. to 11:30 a.m.

Learn how to protect yourself against fraud and identity theft, what to do if you are a victim of a scam, learn personal safety and home security protection tips and how to identify suspicious activity and how to report it. Learn important home fire safety tips and how to practice important safety habits to prevent fires in the home. Learn the importance of creating a home escape plan, how to call 9-1-1 in an emergency and discover important community resources to help you and your family stay safe. Open to the public.

[Click here to register](#)

### Fall Prevention

Thursday, February 18  
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](#)

# RESOURCES AND QUESTIONNAIRES

## Food Needs Survey

Are you or a loved one in need of food assistance? The City of Cupertino is working to better understand the level of need in our community. Please take the survey to receive more information on food resources for which you may be eligible. If you cannot take this survey online or need translation assistance, please call (408) 777-3152 to complete the survey over the phone.

[Click here to take the survey](#)

您和您的親人需要食物援助嗎? 庫比蒂諾市正在努力更好地了解我們社區中的需求水平. 請參加調查以獲取更多您可能有資格獲得的有關糧食資源的信息. 如果您不能在線進行此調查或需要翻譯幫助,請致電(408) 777-3152通過電話完成調查.

[前往opentownhall.com/10154](http://opentownhall.com/10154)進行調查

## 2020 Tax Resources

### AARP Foundation Tax-Aide

Tax-Aide is the nation's largest free, volunteer-run tax preparation and assistance program. It is designed to serve low- and moderate-income tax payers, with a special focus on those 60 and older, though no one is turned away. Starting February 1, call (888) 227-7669 for assistance in finding a Tax-Aide site, or visit their locator website for assistance.

[Click here for the Tax-Aide Locator after February 1](#)

### West Valley Community Services and United Way Bay Area

West Valley Community Services (WVCS) is a Volunteer Income Tax Assistance (VITA) site under United Way Bay Area (UWBA), partnered with the IRS. The VITA program offers free tax help to individuals who make less than \$57,000 annually, persons with disabilities, and those who speak limited English. UWBA has many VITA locations throughout the Bay Area to assist with tax returns.

[Click here for the WVCS website](#)

[Click here for the UWBA tax site locator](#)

## Vaccine Information

The first COVID-19 vaccines have been authorized for use in the United States. Vaccinations have begun. These vaccines were tested among tens of thousands of volunteers to ensure that they are safe and effective. To learn more about the vaccine and who is currently eligible to receive it, please visit the Santa Clara County Department of Public Health's vaccine information webpage at [sccfreevax.org](http://sccfreevax.org). **Individuals who are eligible to be vaccinated, should contact their healthcare provider for more information or to make an appointment:**

Kaiser members should [contact their primary care provider here](#) or contact the Kaiser appointment or advice line to determine their eligibility and schedule an appointment.

Eligible individuals who receive primary care from **Palo Alto Medical Foundation (PAMF)** should [contact PAMF to schedule their vaccination appointment](#).

Eligible individuals who receive their primary care from **Stanford Healthcare** should [contact Stanford to schedule an appointment](#).

Eligible individuals whose primary care provider is **Santa Clara Valley Medical Center Hospital & Clinics (SCVMC)** can be vaccinated through the County's Health and Hospital System. [Schedule a vaccination appointment here](#).

Eligible individuals whose primary care provider is **not** with Kaiser, PAMF, Stanford, or SCVMC can be vaccinated through:

- The County's Health and Hospital System. [Click here to schedule an appointment](#).
- El Camino Health - [Click here to schedule an appointment](#).
- Good Samaritan Hospital - [Click here to schedule an appointment](#).
- Regional Medical Center - [Click here to schedule an appointment](#).

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

Medium

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

Hard

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

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## Crossword

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 - Seize conflicting factions in church (10)
- 9 - European sophistication (6)
- 10 - Is a climate change causing disasters? (10)
- 11 - Writer keeps ring for labourer (4)
- 12 - British team's touring Spain in addition (7)
- 15 - Converted democrat has no time for friend (7)
- 16 - Road damaged by nitrogen gas (5)

- 17 - Fellow gets to have a meal – that's an achievement (4)
- 18 - Money is essential to amateur ornithologist (4)
- 19 - Annoyance when old car doesn't start (5)
- 21 - Withdraw religious education pamphlet (7)
- 22 - Note, garment provides compensation (7)
- 24 - Writer not unknown to be difficult (4)
- 27 - Urbane exec unusually displaying high spirits (10)
- 28 - Grandmother has setback in French city (6)
- 29 - The tears we shed, darling (10)

### Down

- 2 - Old stove's colour (6)
- 3 - Supporter keeps pound for tart (4)
- 4 - Captain provides opening for sound sleeper (7)
- 5 - Dry run requiring outside help (4)
- 6 - One slip spoiled foreign letter (7)
- 7 - Rare title circulates around university as reading matter (10)
- 8 - You keep below – shouting's beginning to get noisy (10)
- 12 - Be needing tennis stroke in advance (10)
- 13 - A little knowledge of Swedish initially being important (10)
- 14 - Was model embracing popular and good person? (5)
- 15 - In credit, need to pay shrink (7)
- 19 - A bit of a shock involving Chelsea's top player (7)
- 20 - Soldiers negotiate for shelter (7)
- 23 - Score freely, netting century in game (6)
- 25 - Copper needs to be 27 perhaps (4)
- 26 - Reasonable-sounding price (4)

### Last Edition's Solve

1	S	2	L	3	O	4	A	5	N	6	E	7	R	8																
	I		V		S		B		R		E		I																	
9	S	10	U	11	S	12	I	13	S	14	T	15	B	16	R	17	I	18	T	E	N									
	E		E		G		R		O		M		S		C															
19	V		E		R		A		N		D		A		T		S		A		R	I	N	A						
	E		A		A		O		N		C		N																	
21	N		Y		L		O		N		G		R		A		V		E		22	Y	A	R	D					
	T										E		B																	
24	V		E		23	T		24	E		R		D		A		25	D		26	O		27	O	S					
	E		P			V					S						I													
29	T		A		L		I		A		30	M		A		S		S		A		G		E						
	G		T		C		O		A		C		P																	
31	H		O		32	U		33	S		T		O		N		34	L		35	O		36	O	U	T				
	T		L			O					E		L				S													
											37	A		P		R		E		38	T		39	Y		P	E	N	N	Y



# Cupertino Senior Center

21251 Stevens Creek Boulevard  
Cupertino, CA 95014

February 3 and February 17  
9:30 a.m. to 4 p.m.

Schedule an Appointment  
at: [www.sccfreetest.org](http://www.sccfreetest.org)

Appointments Available 7  
Days in Advance

# Get Tested, Cupertino!

## Get a FREE COVID-19 Test February 3 & 17



CITY OF



CUPERTINO

Cupertino Senior Center • (408) 777-3150

For more information, call 2-1-1  
or visit [SCCfreetest.org](http://SCCfreetest.org)

## 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](mailto: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](mailto: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.



**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 stay at home order.

Visit their website [here](#).

## 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

## 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](#).

# In Memoriam

*Your life was a blessing, your memory a treasure, you  
are loved beyond words and missed beyond measure.*

*Judith Adams*

*Helen Adzich*

*Loretta Bassman*

*Elinor Heintz*

*Pat Howard*

*Mako Imamura*

*Hideko Ino*

*Dale LaGalle*

*Pat McCaw*

*Bob Mok*

*Elizabeth Neumann*

*Joyce Paul*

*Nancy Proctor*

