



CUPERTINO

THE 50+ SCENE

JULY/AUGUST 2014

CITY OF CUPERTINO SENIOR CENTER 408.777.3150

21251 STEVENS CREEK BLVD.



This July during Park and Recreation Month, set a new trend for yourself – what is OUT is IN! Make 2014 the year you go OUTside, change your OUTlook, and get INVolved at the Cupertino Senior Center. We have OUTstanding opportunities for you to

INclude health and wellness to your schedule. Get OUTside with fresh air wellness like 50+ Softball, 50+ Bocce Ball, the 50+ Fun Golf Tournament, and more. Change your OUTlook as you Share Discovery Through Travel on one of our INCredible trips both near and far. Finally, get INVolved by learning all you can about the INSTRUMENTAL resources we offer to the community. Get IN touch with us to try an OUTstanding program by calling 408.777.3150, or email SeniorCntr@cupertino.org.

HIDDEN TREASURES WANTED

COLLECTING AUGUST 1- OCTOBER 24

Please donate your gently used jewelry, craft items, and knick-knacks to our Hidden Treasures fund raising event scheduled for Thursday, October 30. We will start collecting these items in August. The proceeds will benefit our Case Management Program for at risk seniors and the Stay Active Fund to provide assistance to offset the cost for senior center membership and classes. Thank you for your continued support.

耆英中心將在10/30日再次舉辦藏寶室募款活動，所得將用做社工緊急經費和獎學金，幫助中心會員。請您收集不用的小擺飾，首飾，手工藝品等。我們將從8/1-10/24 接受捐贈品。謝謝您的贊助。

SUMMER SPAGHETTI FEED

WEDNESDAY, JULY 23, 12-1:30PM

Cupertino Senior Center and the Civically Active Teens are pleased to present a special spaghetti lunch at the center. We invite our members, grandchildren, great-grandchildren, and friends to come and enjoy a fun afternoon together. The menu will be spaghetti with marinara and meatballs, salad, garlic bread, and ice cream. After the meal, there will be time for games and face painting. Share your senior center experience with your family and friends. The cost is \$6 for members, \$2 for each of the members' grandchildren. Senior guests add \$5 day pass. Space is limited, sign up early. Please let us know if you need a gluten-free pasta option at the time of registration.

親友聯誼午餐-7/23 (週三), 12-1:30pm 庫市耆英中心和庫市社區服務營將舉辦聯誼午餐，我們邀請我們的會員，孫子，曾孫和朋友來享受一個溫馨的下午。菜單是意大利麵條加肉丸，沙拉，蒜蓉麵包和冰淇淋。飯後有時間玩遊戲和畫臉。會員\$6，孫兒女各\$2，耆英來賓加付當日活動費\$5。請早登記。

VOLUNTEER CORNER

HIDDEN TREASURES PLANNING MEETING

MONDAY, AUGUST 4, 1:30-2:30PM

We need many volunteers to sort through donated items on a weekly basis starting in September. You will get a sneak preview of the donated items, and have a lot of fun! Please come to the planning meeting to find out how you can make this fundraising event a great success. Senior center membership is required.

藏寶室募款活動籌備會-

8/4日(週一)1:30-2:30pm今年的藏寶室募款活動將在10/30日舉行，我們將在8/4開籌備會，希望大家來當義工。請登記。

VOLUNTEER TRANSLATORS

The Cupertino Senior Center is proud of its diversity, with many members of differing ethnicities and languages. As such, we sometimes require a translator to help at some of our events. Our senior population speaks many different languages including Mandarin, Cantonese, Japanese, Hindi, Farsi, Spanish, and more. The time commitment is scheduled in advance with events and appointments running from 1 to 3 hours. We are looking for fluency in English and another language. Please contact Justin Cecil at justinc@cupertino.org to schedule an interview.

徵求志願譯者 -

庫比蒂諾耆英中心以它的多樣性感到驕傲，我們的會員來自不同的國家，族裔和說不同語言。我們有時需要翻譯幫助我們與會員溝通，每次服務的時間約1~3小時。如您能說流利的英語和另一種語言，請和Justin Cecil 聯繫 justinc@cupertino.org 安排面談。

WHAT'S INSIDE

| | |
|----------------------------|------|
| Tours & Trips..... | 2, 3 |
| July Highlights..... | 4 |
| July Calendar..... | 5 |
| August Calendar..... | 6 |
| August Highlights..... | 7 |
| Class Schedule..... | 8 |
| Class Highlights..... | 9 |
| Case Manager's Corner..... | 10 |



Share Discovery Through Travel

Member New Trip Sign-up Begins Wednesday, **July 2**, 8am; Non-member begins July 9.

→ Day Trip Preview starts at 7:30am ←

ONCE The enchanting tale of a Dublin street musician

Tuesday, July 8, 4:15-11:30p

This award-winning Broadway show draws you in from the first note and never lets you go. We have center Mezzanine seats at the Curran Theater for this unique production. Before the show enjoy choices for dinner on your own from a wealth of restaurants.

Member Cost: \$126

RIDE THE DUCKS

Tuesday, July 15, 8:30a-4:30p

Climb aboard *Ride The Ducks* for a fun land and water tour of the historic streets and neighborhoods of San Francisco, plus lunch at the Hard Rock Cafe and a visit to Musée Mécannique.

Member Cost: \$99 - lunch included

INTO THE WOODS

Tuesday, August 5, 3:45-10:30p

Experience the award winning, endearing and captivating musical "Into The Woods" by Sondheim and Lapine, as well as summer evening dining south of San Francisco.

Member Cost: \$118 - dinner included

Darlene Love at Stern Grove

Sunday, August 10, 10:15a-5:30p

Join us for a perfect afternoon spent with music, friends, and food as we enjoy the fabulous tunes of the Rock and Roll Hall-of-Famer Darlene Love! You'll have time for a picnic lunch in the park at the famous Stern Grove before the concert begins.

Member Cost: \$53 - picnic lunch included

MONUMENTS OF CALIFORNIA HISTORY

Wednesday, August 13, 8a-5p

Experience the lives of some "monumental" figures in California history through Gary's captivating stories at the Mountain View Cemetery in addition to other intriguing locales.

Member Cost: \$99 - lunch included

MENDOCINO and FORT BRAGG

4 Days - August 16-19

Four days of delight--from wine tasting to the skunk train, from state parks to historic walks, from lighthouses to the theatre, and much more.

Member Cost: \$945, double occupancy

Travel Presentation Thursday, July 3 at 9am

Sign up at the front desk.

Mountain House Restaurant

Friday, September 5, 4:15-7:45p

Featured on *Check Please! Bay Area* and *Eye On The Bay*, the Mountain House Restaurant offers fine dining in the gorgeous scenery of the Santa Cruz Mountains. Enjoy a special evening of dining with good friends, old and new!

Member Cost: \$76 - includes dinner

OUT-TO-LUNCH BUNCH

Thursday, August 21, 4 pm

Willow Street Pizza

1554 Saratoga Ave, San Jose 95129

BEAUTIFUL BERKELEY

Thursday, September 11, 8:15a-5:30p

Experience autumn beauty as you walk the paths of Tilden Regional Park Botanical Gardens, then enjoy lunch at Spenger's Fresh Fish Grotto. You'll have time on your own to explore Berkeley before the tour and tasting at Takara Sake.

Member Cost: \$91 - lunch included



MOTOWN, *The Musical*

Thursday, September 18, 4:30-11:45p

Filled with stories and music of legends such as Diana Ross and Smokey Robinson, this uplifting musical shows us how Motown broke down barriers and got us all dancing. Enjoy time for dinner on your own before this legendary show!

Member Cost: \$139

Maine Coastal Cruise

8 Days - September 20-27

Wind around islands and through narrow waterways, experience the enrapturing mountains, sparkling waters, and charming costal towns which make Maine one of the most magical places in America.

Member Cost: Cruise starting at \$4,225 double occ.

Cruise The Estuary

With Dolphin Charters



Wednesday, September 24, 8:15a-3:15p

Our narrated tour begins in Berkeley, then cruises under the Bay Bridge, and through the Alameda Estuary giving us a "Backdoor" view of Alameda and Oakland. Following lunch on board, we cruise across the bay to San Francisco, then back to Berkeley.

Member Cost: \$119 - lunch included

Earthbound Farm

Thursday, October 2, 8:30a-3:45p

In picturesque Carmel Valley, Earthbound Farms offers fresh organic produce and amazing pumpkins. You'll learn about organic farming, then enjoy lunch of delicious foods before a delectable tour of Lula's Chocolates.

Member Cost: \$104 - lunch included



Pippin

Wednesday, October 8, 4:30-11:45p

Join us for a delightful evening with a delectable Mediterranean dinner, followed by fabulous theatre at the Golden Gate with Pippin, winner of four Tony Awards!

Member Cost: \$159 - dinner included



Sargent Equestrian Center

Wednesday, October 15, 7:45a-4:45p

Learn about different horse breeds, including the Sargent Clydesdales, and enjoy horse-drawn carriage rides around this lovely property. After a hearty cowboy-style lunch, we'll visit Jeremy Wine Co. tasting room and learn about wines.

Member Cost: \$99 - lunch included



We Get To Google Again!

Thursday, October 23, 9:15a-3:30p

Join us as we tour Google, an opportunity very few people get! We'll learn about the company and its products, enjoy lunch, and have an opportunity to purchase Google merchandise.

Member Cost: \$45 - lunch included



SPAIN'S CLASSICS

11 Days - November 8-18

Locally guided tours and walking tours exploring the history, beauty, and culture of authentic Spain.

Member Cost: \$4,249 double occupancy

Travel Presentation Tuesday, July 29 at 2pm

Sign up at the front desk.

Save The Date

LEVI'S STADIUM Tour

Tuesday, November 25



JULY ACTIVITY HIGHLIGHTS

Marv's Musical Memories

Monday, July 14, 2-3pm- Marches

Monday, August 11, 2-3pm- Piano Jazz

Marv Emerling is a local musician and music collector with great interest in performers, composers, and players. Specially recorded music is accompanied with thoroughly enjoyable commentary. Members free, senior guests pay \$5 day pass. Sign up at the lobby table.

4th on the 3rd and

July Birthday Bash

Thursday, July 3, 12pm



Independence Day is coming early to the Cupertino Senior Center, come get patriotic with us! Wear your Red, White, and Blue! We will celebrate our nation's birthday as well as honor members with July birthdays with American-themed music by the Rhythmaires Band and BBQ'd burgers with all the fixings. Members \$8, senior guests add \$5 day pass. **Sign up early, space is limited.**

慶祝美國國慶-7/3(週四), 12pm 請來聆聽本中心樂隊演奏愛國歌曲, 午餐是烤漢堡, 洋芋沙拉, 西瓜, 甜點和檸檬水。我們將對七月壽星(會員)表示敬意。會員 \$8, 來賓請加付當日活動費\$5

20 Feet from Stardom

FREE!

Wednesday, July 30, 1:30-3:30pm

This 2013 Oscar-winner plunges you into the exciting world of musical stars as it explores the careers of Darlene Love, Patti Austin, and Merry Clayton. This movie is the perfect preview to the senior center trip on Sunday, August 10, to see Darlene Love at Stern Grove. Lemonade and popcorn will be served. Members free, senior guests pay \$5 day pass.

Cinema at Sundown

FREE!

Thursday Nights at 8:15pm

Blackberry Farm Park, 21979 San Fernando Ave.

July 17- *Honey, I Shrank the Kids*

Walt Disney Pictures, PG

July 24- *Hoot*

New Line Cinema, PG

July 31- *Turbo*

Dreamworks, PG



Cupertino Celebrates 4th of July



Memorial Park

7-11am- \$7 Pancake Breakfast at Quinlan Center

9:30am- Flag Raising

10am- Children's Parade

10:30am-12pm- Live Music by the OTR Band- R&B and Rock-n-Roll hits from 70s to today!

Pack a blanket, hat, and snacks and be ready to dance the morning away!

Blackberry Farm

10am-4pm- Free Swimming

12-2pm- \$5 BBQ Lunch

12-3pm- Live Music by *The Dave Crimmen Band*

Classic 50s Rock & Roll

5pm- The Blackberry Farm Park closes



Children at the Senior Center

Children are welcome at the senior center when we have advertised family events. However, children are not allowed to attend programs or classes offered for seniors. For the safety of the children and others, please never leave children unattended in our lobby or lounge, and please have children walk when inside the building.

兒童在耆英中心- 耆英中心歡迎兒童參加多代同堂的家庭節目。但是兒童不宜參加專為會員設計的活動和課程。為了大家的安全。請勿讓兒童落單或在中心奔跑。

Shakespeare in the Park 2014

FREE!

The Taming of the Shrew

July 19, 20, 25, 26, 27 and August 1, 2, 3

Memorial Park Amphitheater

Show Time: 7:30pm

AUGUST 2014

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| CITY OF CUPERTINO SENIOR CENTER 408.777.3150 OFFICE HOURS: <i>Monday-Friday 8am-5pm</i> EMAIL: SeniorCtr@cupertino.org WEBSITE: www.cupertino.org/senior Find us on Facebook! | | AUGUST 1, 2014 ACCEPTING DONATIONS FOR THE HIDDEN TREASURES FUNDRAISING EVENT SEE PAGE 1 FOR DETAILS | | 1 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 1:15-3 Book Review– <i>Dear Life</i> by Alice Munro |
| 4 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Hidden Treasures Planning Meeting 藏寶室募款活動籌備會 | 5 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production-The Better Part 10:30-11:30 Booktalk 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 3:45-10:30 Into the Woods Trip | 6 9-12 50+ Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12 August Social and Birthday Bash (\$8) 8月慶生宴 BBQ Chicken Flatbread American Classics 12-4 Card Playing | 7 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-3:30 Current Events Discussion Group 2-4 Open Bridge | 8 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 10 SUNDAY 10:15-5:30 Darlene Love Trip |
| 11 9 Golf and Lunch at Deep Cliff Golf Course (\$24, \$29) 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 2-3 Marv's Musical Memories– Piano Jazz 2:05-3:35 Ballroom Dance Social 交際舞社交 | 12 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production-The Better Part 12-4 Card Playing | 13 8-5 Monuments of California History Trip 9-12 50+ Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing | 14 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2 Learn About the Senior Center 2-4 Open Bridge 3-4:30 Caregiver Support Group | 15 8:30 Newsletter Collating 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 16 SATURDAY 7:30 Mendocino and Fort Bragg Tour Departs |
| 18 10-12 Golf for Seniors 12-4 Card Playing 2:05-3:35 Ballroom Dance Social 交際舞社交 | 19 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production-The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 6:30 Mendocino and Fort Bragg Tour Returns | 20 9-12 50+ Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3 Harmonikatz Concert and Sing-A-Long 口琴演奏會 5-6:30 Caregiver Support Group in Mandarin 家庭照護者互持小組 | 21 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge 4 Out-to-Lunch Bunch Willow Street Pizza | 22 9-11 Rhythmaires Band Practice 12-1 Bingo Lunch (\$10) 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓 |

Senior Center Closure–Week of August 25-September 1

CUPERTINO SENIOR CENTER WILL BE CLOSED FROM MONDAY, AUGUST 25 THROUGH MONDAY, SEPTEMBER 1, FOR CITY STAFF TO PERFORM PREVENTATIVE AND GENERAL MAINTENANCE. GENERAL MAINTENANCE WILL INCLUDE REFINISHING TEAK BENCHES, CARPET REPLACEMENT, AND MORE.
WE WILL REOPEN ON TUESDAY, SEPTEMBER 2.

8/25-9/1 中心維修, 歇業一週. 請見諒! 9/2 (週二)照常營業.

JULY 2014

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| <p>CITY OF CUPERTINO SENIOR CENTER 408.777.3150 OFFICE HOURS: Monday-Friday 8am-5pm EMAIL: SeniorCntr@cupertino.org WEBSITE: www.cupertino.org/senior Find us on Facebook!</p> | <p>1 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 10:30-11:30 Booktalk 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p> | <p>2 7:30 Day Trip Preview 8 New Trip Sign Up 9-12 50+ Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 6:15-11:15 CHER Dressed to Kill Trip</p> | <p>3 9 Mendocino Tour Presentation 11:15-1:30 Needlecraft 12 4th on the 3rd and Birthday Bash (\$8) BBQ Hamburgers Rhythmaires Band 國慶和 7月慶生宴 12-2 Card Playing 2-3:30 Current Events Discussion Group No Karaoke 2-4 Open Bridge</p> | <p>4 INDEPENDENCE DAY SENIOR CENTER CLOSED 慶祝國慶 中心歇業一天 SEE PAGE 4 FOR DETAILS</p> |
| <p>7 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓</p> | <p>8 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 11 Blue Danube Trip Departs 12-4 Card Playing 4:15-12:30 ONCE Trip</p> | <p>9 9-12 50+ Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing</p> | <p>10 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2 Learn About the Senior Center 2-4 Open Bridge 3-4:30 Caregiver Support Group</p> | <p>11 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓</p> |
| <p>14 10-12 Golf for Seniors 12-4 Card Playing 2-3 Marv's Musical Memories- Marches 2:05-3:35 Ballroom Dance Social 交際舞社交</p> | <p>15 8:30-11:30 Ping Pong 乒乓 8:30-4:30 Ride the Ducks Trip 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓</p> | <p>16 9-12 50+ Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 5-6:30 Caregiver Support Group in Mandarin 家庭照護者互持小組</p> | <p>17 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p> | <p>18 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓</p> |
| <p>21 10-12 Golf for Seniors 12-4 Card Playing 1:30-2:30 Blood Pressure Check 量血壓 1:30-2:45 Volunteer Advisory Council Meeting</p> | <p>22 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 9 Blue Danube Trip Returns</p> | <p>23 9-12 50+ Bocce Ball at Blackberry Farm Park 10-12 Case Manager Consultation 社工諮詢 12-1:30 Summer Spaghetti Feed (\$6, \$2) 親友聯誼午餐 12-4 Card Playing</p> | <p>24 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p> | <p>25 9:30-11:30 Rhythmaires Band Practice 12-4 Mah Jongg 麻將 1-3:30 Bingo 賓果 1-4:30 Ping Pong 乒乓</p> |
| <p>28 10-12 Golf for Seniors 12-4 Card Playing 2:05-3:35 Ballroom Dance Social 交際舞社交</p> | <p>29 8:30-11:30 Ping Pong 乒乓 9-11 Tennis 網球 9:30-11:30 TV Production - The Better Part 12-4 Card Playing 12:15-1:15 Blood Pressure Check 量血壓 2 Travel Presentation- Spain's Classics</p> | <p>30 9-12 50+ Bocce Ball at Blackberry Farm 10-12 Case Manager Consultation 社工諮詢 12-4 Card Playing 1:30-3:30 Movie- 20 Feet from Stardom</p> | <p>31 9-12 50+ Softball 11:15-1:30 Needlecraft 12-2 Card Playing 1:30-4:30 Karaoke 卡拉OK 2-4 Open Bridge</p> |  |

AUGUST ACTIVITY HIGHLIGHTS

August Social and Birthday Bash

Wednesday, August 6, 12pm

Enjoy BBQ chicken flatbread pizza and salad as Steve Siacotos and Mary Ellen team up to deliver a masterful performance of American classics. Dessert will be a warm piece of peach cobbler. Members with August birthdays will be honored. Members \$8, senior guest add \$5 day pass. Space is limited, please sign up early.

八月慶生宴- 8/6 (週三), 請來品嚐醬汁烤雞皮薩和沙拉, 甜點是烤水蜜桃. 表演節目是 Steve Siacotos 和 Mary Ellen 雙人合唱美國經典歌曲, 我們將對8月過生的會員表示敬意. 會員\$8, 來賓請加付當日活動費\$5.

Book Review Meeting

FREE!

Friday, August 1, 1:15-3pm

Dear Life by Alice Munro, reviewed by Sara Malaun. Learn about new books and meet new people. Free for members, senior guests pay \$5 day pass.

HarmonikatZ Band

FREE!

Summer Concert and Sing-A-Long

Wednesday, August 20, 1:30-3pm

Join the HarmonikatZ Band members as they celebrate summer with a concert and a Sing-A-Long. Spend an afternoon with music and good company. Light refreshments will be served. Please sign up at the lobby table. Members free, senior guests pay \$5 day pass.

口琴演奏會- 8/20 (週三), 1:30-3pm 耆英中心口琴團將演奏美國鄉土音樂, 茶點招待. 歡迎參加. 會員免費, 耆英來賓付\$5當日活動費. 請早登記.

50+ Golf & Lunch



Monday, August 11, 9am-1:30pm

9am- Tee off at Deep Cliff Golf Course

12:30pm- Lunch on the patio

Enjoy a fun morning of golf and lunch at Deep Cliff. Cost includes green fees, sandwich lunch, and prizes. Members \$24, senior guests \$29. Pick up and return the entry form to the senior center by August 6. Sign up early!

高爾夫球賽- 8/11 (週一), 9am-1:30pm

9am 在庫市Deep Cliff 高爾夫球場報到

12:30pm 高爾夫球場餐廳吃三明治午餐, 並有獎品. 請在8/6日前報名. 會員\$24, 非會員耆英\$29 (包括午餐和球場費)

Sloppy Joe Bingo Lunch

Friday, August 22, 12pm

Have fun, eat a great lunch, and help the bingo program raise funds by attending this delicious Sloppy Joe lunch and playing an afternoon of Bingo. Bingo cards are sold separately \$4-\$7. Lunch for members is \$10, senior guest add \$5 day pass. Sign up early at the front desk, space is limited.

Gifts and Gratuities

As per city policy, all senior center staff are employees of the City of Cupertino, and city employees are not allowed to solicit or accept gifts or gratuities from any individuals or companies. Incidental items, such as a business luncheon, candy, and other items of nominal value do not fall within the scope of this policy. We appreciate your understanding.

庫柏蒂諾市政府規定所有員工不得接受任何贈品和禮物, 請見諒.

Our New Recreation Coordinator

We are delighted to announce that Alexandra Fall will be the new Recreation Coordinator overseeing classes, events, luncheons, and newsletter editing. You may know her or have seen her around as Alex has been with the senior center since January 2013, and has served in the Travel Program as a program assistant and day trip leader. Alex has been selected after a rigorous selection process. Alex graduated from San Jose State University with a Bachelor of Science in Recreation Administration. Her qualifications and experience along with the interview results helped us make this great choice. Please join us in extending a heartfelt congratulations and welcome to Alex.

歡迎 Alexandra Fall 成爲耆英中心最新的休閒協調員, 她將負責策劃中心的活動, 課程, 午餐 和雙月刊的編輯. 請和我們一起祝賀和歡迎Alex.

Communicate and View Events (CAVEs)


The Cupertino Senior Center is starting an exciting new program called Communicate and View Events (CAVEs). With this new initiative, members can see their new program idea quickly put into action. Once the new program is accepted by the CAVEs volunteer, the member would identify the content, schedule, and hold the new program during a CAVEs session. The senior center is recruiting a volunteer to run this new program. If you have an interest in learning more or would like to potentially run the program, please contact Justin Cecil at 408.777.3150 or JustinC@cupertino.org.

CITY OF CUPERTINO SENIOR CENTER CLASS SCHEDULE

| REGISTRATION STARTS JUNE 23 | DAY | DATES | TIME | INSTRUCTOR | MEMBER FEE |
|--|-------|-----------------------|-------------|-------------------|------------|
| Accordion | T | 7/22-9/23 | 1:45-3:15 | R. Di Bono | \$20 |
| Art History- Abstract Expressionism | T | 8/5-9/16 | 1:30-3:30 | K. Young | \$45 |
| Ballroom Dance 交際舞- Tango, Hustle | W | 7/2-7/23 | 1:30-3:30 | D. Lew | \$32 |
| Ballroom Dance 交際舞- Swing, Foxtrot | W | 7/30-8/20 | 1:30-3:30 | D. Lew | \$32 |
| Chair Exercise | M & W | 7/7-8/13 | 11-12 | T. Baker | \$40 |
| Chinese Brush Painting 國畫班 | M | 7/28-9/29 | 8:30-10:30 | M. Lee | \$50 |
| Chinese Brush Painting 國畫班 | M | 7/28-9/29 | 10:40-12:40 | M. Lee | \$50 |
| Chinese Calligraphy 書法班 | T | 7/1-8/19 | 3-5 | C. Cheng, K. Liew | \$15 |
| Citizenship Class 公民班 | M & F | 7/7-8/22 | 8:15-9:45 | V. Wong | \$20 |
| Cooking with Suzanne-Mediterranean Summer Salads | W | 8/20 | 10-1 | S. Vandyck | \$55 |
| Conversational English 英語會話班 | M & T | 8/4-9/30 | 10-11:45 | P. Chun, V. Wong | \$20 |
| Erhu II 二胡班 | T | 8/12-10/7 | 3:30-5 | G. Lai | \$20 |
| Erhu I 二胡班 | Th | 8/14-10/9 | 3-4:30 | G. Lai | \$20 |
| ESL- Basic and Easy 初級英語班 | M | 6/30-8/18 | 10-12 | R. Mussman | \$25 |
| ESL- Advanced Beginning 初高級英語班 | W | 7/2-8/20 | 10-12 | R. Mussman | \$25 |
| Feldenkrais Method | T | 7/1-8/19 | 9:30-10:30 | M. Westlaken | \$40 |
| Feldenkrais Chair Exercise | W | 7/2-8/20 | 1:30-2:30 | M. Westlaken | \$40 |
| Harmonica II- Performance Band | M | 8/4-9/15 | 3:45-4:45 | A. McKee | \$15 |
| Hatha Yoga | Th | 7/10-9/4 | 2:30-3:30 | V. Bhat | \$40 |
| Hula Dancing 夏威夷呼拉舞 | M | 6/30-8/4 | 11:45-12:45 | F. Ota | \$15 |
| Hula Dance Performance Group | M | 6/30-8/4 | 12:55-1:55 | F. Ota | \$15 |
| Pilates | T | 8/12-10/21 | 1:15-2:15 | K. Phipps | \$35 |
| Tai Chi for Older Adults 太極拳 | W | 7/16-9/10 | 3:30-4:30 | H. Tseng | \$46 |
| Tai Chi for Older Adults 太極拳 | Th | 7/10-9/4 | 10:30-11:30 | H. Tseng | \$46 |
| Ukulele Class- Beginning III | T | 8/5-9/16 | 3:30-5 | A. McKee | \$20 |
| Yoga for 50+ | Th | 6/26-8/14 | 4-5 | B. Laux | \$40 |
| Yuan Chih Dance 元極舞 | F | 7/11-8/22 | 10-11:30 | Annie & Helen | \$15 |
| Zumba Gold with Irene | F | 8/8-10/3 | 3:45-4:45 | I. Ortiz | \$37 |
| Zumba Gold with Irene at Quinlan Center | M | 8/4-10/6 | 2:30-3:30 | I. Ortiz | \$37 |
| EVENING CLASSES | | | | | |
| Line Dance- Advanced Beginning | T | 7/15-9/9 | 7-8:30 | Sue & Kathy | \$48 |
| Tai Chi for Older Adults 太極拳 | T | 7/15-9/9 | 6:30-7:30 | H. Tseng | \$46 |
| Zumba Gold Dance & Toning | W | 7/16-9/10 | 6:30-7:30 | H. Shariffe | \$45 |
| COMPUTER AND TECHNOLOGY CLASSES | | | | | |
| Apple Beginning | W | 7/30-8/20 | 12-2 | P. Spitsen | \$22 |
| iPad for Chinese Speakers 中文蘋果 iPad 初級 | T | 7/1-7/22 | 10-12 | C. Ho, S. Ni | \$22 |
| iPad Beginning | T | 7/22-8/12 | 1-3 | R. Schiros | \$22 |
| iPad Intermediate | Th | 7/24-8/14 | 1-3 | R. Schiros | \$22 |
| iPad Advanced | M | 7/7-7/28 | 9:30-11:30 | K. Smith | \$38 |
| iPad, iPod, iPhone, I'm Lost- One-on-One | T | 7/22, 7/29, 8/5, 8/12 | 3:15-3:45 | R. Schiros | \$10ea |
| iPad, iPod, iPhone, I'm Lost- One-on-One | T | 7/22, 7/29, 8/5, 8/12 | 3:45-4:15 | R. Schiros | \$10ea |
| Maintain Your PC | F | 8/15-9/12 | 10-12 | M. Ferguson | \$22 |

CLASS HIGHLIGHTS

Fresh Mediterranean Summer Salads

Wednesday, August 20, 10am-1pm 

Join Chef Suzanne, cookbook author and sommelier, as she shows you how to make vibrant and colorful refreshing meal salads bursting with essential vitamins and minerals such as Cypriote grilled Halloumi cheese on arugula leafy greens and fennel with pomegranate & mint dressing, fattoush, a Lebanese tomato, cucumber and mixed fresh herb salad using toasted pita bread, and Moroccan Mixed Bean Salad with tomatoes and organic herbs and spices. All dishes will be accompanied by Suzanne's oven fresh baked Greek olive bread. Member fee \$55.

Maintain Your PC

Friday, August 15-September 12, 10-12pm

An advanced computer course where the instructor will show you how to prevent computer catastrophes, to repair problems that occur, and to energize your computer by deleting unnecessary files. You should already be familiar with using the internet such as Google searches, downloading, and installing programs. Must bring your own laptop computer. No class August 29. Member fee \$22.

Chair Exercise

Monday, Wednesday, July 7-August 13, 11am-12pm

Designed for members with a wide range of abilities, the instructor will adjust her teaching to suit individual's needs. This gentle exercise class may improve muscle strength, balance, and flexibility. Member fee \$40.

Ballroom Dance Class

Tango, Hustle

Wednesday, July 2-July 23, 1:30-3:30pm

Swing, Foxtrot

Wednesday, July 30-August 20, 1:30-3:30pm

David Lew, a popular dance instructor, will demonstrate his unique teaching style. To dance well, you need to have the right posture frame and learn the proper leading and following techniques. Member fee \$32 each month.

交際舞- 週三, 1:30-3:30pm

由灣區很受歡迎的舞蹈老師教授各種交際舞技巧和流行的舞步。 Member fee \$32 each month.

7/2-7/23- Tango, Hustle, 7/30-8/20- Swing, Foxtrot

Art History

Abstract Expressionism

Tuesday, August 5-September 16, 1:30-3:30pm

Abstract expressionism is an art form developed in the United States, specifically New York City, after WWII. The artists broke away from conventionality, both in subject and technique, and focused on personal psyches. Art history instructor Ken Young will explore the life and works of Barnett Newman, Willem De Kooning, Franz Kline, Mark Rothko, and will end the session with an impersonation of Jackson Pollock. Member fee \$45.

iPad, iPod, iPhone, I'm Lost

Tuesday, July 22, 29, August 5, 12, 3:15-3:45pm

Tuesday, July 22, 29, August 5, 12, 3:45-4:15pm

Book your one-on-one 30-minute session to get your individual questions answered. Bring your fully-charged device to your appointment. Must complete first session before booking a second. Member fee \$10 each session.

Zumba Gold

Wednesday, July 16-September 10, 6:30-7:30pm

Member fee \$45

Monday, August 4-October 6, 2:30-3:30pm

Friday, August 8-October 3, 3:45-4:45pm

Member fee \$37 each class

Dance your way to health, check out these invigorating and fun exercise classes.

Tai Chi for Older Adults

Tuesday, July 15-September 9, 6:30-7:30pm

Wednesday, July 16-September 10, 3:30-4:30pm

Thursday, July 10-September 4, 10:30-11:30am

Tai Chi is an ancient form of exercise from China. Studies have shown that practicing Tai Chi improves balance, flexibility, and helps to attain better health. All levels welcome. Member fee \$46 each class.

Hatha Yoga

Thursday, July 10-September 4, 1:30-2:30pm

This is a gentle form of Hatha Yoga, developed by the instructor Vasanthi Bhat, which combines yoga postures with breathing and meditation for maximum health benefits. Instructor will modify her teaching to students' needs. Please bring a yoga mat or use a chair. Member fee \$40.

CASE MANAGER'S CORNER

Volunteer Nurse - Blood Pressure Checks 量血壓

Monday, July 7, 21, August 11, 1:30-2:30pm

Tuesday, July 1, 15, 29, August 5, 19, 12:15-1:15pm

Case Manager

Works with at-risk and homebound seniors. Senior center membership is required.

社工服務. 為行動不便的會員提供服務. 須是中心會員

Drop-in Consultation with Case Manager

Wednesdays 10am-12pm

Karen Goss, Case Manager, is available to discuss simple issues. No appointment is needed. English/Cantonese/Mandarin.

社工諮詢- 週三, 10am-12pm, 一般諮詢, 不需預約, 須是中心會員. 英, 國, 粵語服務.

Caregiver Support Group

Thursday, July 10, August 14, 3-4:30pm

Wednesday, July 16, August 20, 5-6:30pm, Mandarin

Provides a safe place for family caregivers to share their experiences and challenges. Join our circle of support.

家庭照護者互持小組 - 7/16, 8/20 (週三), 5-6:30pm 如您正為照顧一個患病家人而感到無助, 請來參加此小組分享難處和心得.

City of Cupertino Senior Center

21251 Stevens Creek Blvd.

Cupertino, CA 95014

408.777.3150

www.cupertino.org/senior

www.cupertino.org/50plus

www.cupertino.org/seniorcenterfacebook

Please call 408.777.3150 to make appointments for the following services: 下列服務, 請預約.

Health Insurance Counseling (HICAP)

Thursday, July 10, 24, August 14, 1-3pm

Consultation on Medicare and health insurance.

健康保險諮詢-7/10, 7/24, 8/14 (週四), 9-10am 中文服務

Housing

Wednesday, July 9, 23, August 13, 2-4pm

Information on resources for senior housing options.

租屋諮詢 - 7/9, 7/23, 8/13, (週三), 2-4pm

Senior Adult Legal Aid (SALA)

Friday, July 11, 18, 25, August 1, 8, 15

10:30am-12:30pm

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.

法律諮詢- 週五 7/11, 7/18, 7/25, 8/1, 8/8, 8/15

10:30am-12:30pm 60歲以上, 並住在聖縣.

UPCOMING EVENTS IN SEPTEMBER

ADULT COMMUNITY EDUCATION COURSES
SEPTEMBER 2-OCTOBER 24

DE ANZA CARDIO-VASCULAR TRAINING
SEPTEMBER 22-DECEMBER 12
MON/WED/FRI 9-10AM; TUE/THU 1:30-2:30PM

NEXT NEWSLETTER AVAILABLE