

THE 50⁺ SCENE

Shelter-in-Place Edition, 9/21/21

Festive Programs
Festivals, Events, and
Halloween, oh my!
Page 2



CUPERTINO



Halloween is right around the corner and your Cupertino Senior Center wants to see your passion for the spookiest of holidays. Amongst all the upcoming events in the city is the inaugural Senior Center Pumpkin Decorating Contest. Read on to see what's coming and how you can participate.

The next special event in the City's lineup is already this weekend! On Saturday, September 25 from 11 a.m. to 6 p.m. Memorial Park will play host to Dilli Haat. Designed to provide a space where individuals from different communities engage and interact with one another, Dilli Haat hopes to forge stronger relationships between people. With a wealth of authentic Indian food, performers, and even a Sari parade, Dilli Haat will certainly be exciting. Take some time to stop on by this weekend and check out all the festivities.

Kicking off October is the annual Pooch Plunge held at Blackberry Farm. For just \$5 per dog, pups and their people can [preregister for 45-minute swim blocks](#) on Saturday, October 2 at 9 a.m., 10 a.m., and 11 a.m. to enjoy the pools. Dogs only in the pool though! Come on down to help close out the Blackberry Farm season. You may even see some Senior Center staff and their dogs...

Meanwhile, the Senior Center is eagerly anticipating your pumpkin decorations. Register either [as yourself](#) or as part of a [grandparent and grandchild team](#) and get to decorating! Whether you want to carve, paint, glue, or staple, all designs are accepted. You've got the entire month to submit photos of your work and your submission could earn you a fall-themed prize! If you're interested, more details may be found on page 5.

Any kids in the family under 12? Now's the time to [sign up for the Monster Mash](#) which will be held Friday, October 29 from 7 p.m. to 8:30 p.m. A kid-friendly Halloween bash, the Monster Mash is designed for parents (or grandparents!) and children 12 years old and under. Come dressed in your favorite costume and spend the evening playing games, trick or treating, and making spooky crafts. Don't miss this spooktacular event!

With all these upcoming events, we hope there's something just right for you. Regular readers will know that we're always looking for pictures for our back cover. If you're dressing up for Halloween this year, please send us some previews of your costume to jasonb@cupertino.org. We would love to see costumes from years past as well if you've got them!

CONNECTIONS

Senior Advisory Council

Monday, September 27
2 to 3:15 p.m.

Interested in knowing more about the Senior Center community? Want an update on plans for the next phase of returning member services? Senior Center leaders of social activities and volunteer groups meet bi-monthly to provide updates and input on upcoming projects and programs. These meetings are open to all members and your input is welcome as we emerge from COVID-19.

If you have any questions or are interested in attending, please send us an email at: senior_center@cupertino.org or give us a call at (408) 777-3150. We look forward to seeing you there!

Jean Bedford

President, Cupertino Senior Advisory Council

Join Our Facebook Group

The Cupertino Senior Center has a Facebook group on the [Parks and Recreation Facebook page](#) offering daily updates on all Senior Center activities. To join the group, you must be a Senior Center member. Join the group by clicking [here](#).

Gift Cards

Did you know the Senior Center has gift cards? Gift cards make the perfect gift to engage friends to be part of our 50+ community and to encourage them to participate in fun and active programs. Gift cards are available for purchase at the front desk.

STANFORD HEALTH

Matter of Balance

Tuesday, September 28 to November 23
10 a.m. to noon

Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This program includes facilitated discussion on fall prevention and a gentle exercise program. You will set goals for increasing activity, make changes to reduce fall risks at home and exercise to increase strength and balance. Meets via Zoom. To register, email ecorman@stanfordhealthcare.org or call (650) 724-9369. Open and free to anyone 65+. Limited to 12 participants per session.

BINGOCIZE®

Tuesday and Thursday
October 5 to December 14
11 a.m to noon

BINGOCIZE® is a 10-week fall prevention program that combines the game of bingo with exercise. Play bingo, exercise together, and learn about techniques to reduce falls. Meets via Zoom. To register, email ecorman@stanfordhealthcare.org or call (650) 724-9369. Open and free to anyone 60+. Class size is limited, register by September 24.

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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*.

Bryce Canyon National Park



Bryce Canyon's hoodoos are a stunning example of the art that can be created by millennia of geologic activity. This beautiful red rock is also located under some of the darkest sky in the continental U.S.. This virtual tour lets you enjoy their star-filled night sky from the famous Sunset Point.

[Follow the link here](#)

Denali Sled Dog Puppy Cam

Mushing is a cultural tradition across Alaska that dates back many thousands of years. It also provides the National Park Service the most effective available means to patrol vast areas of designated Wilderness during the long winter season. Watch these puppies eat, play, and grow into hard working dogs via a live webcam.

[Follow the link here](#)



Wilson Island, Australia



Part of the Great Barrier Reef, Wilson Island is located in Australia's Capricornia Cays National Park. This unique Street View experience allows you to not only explore the island, but to dive underwater and see the beautiful corals surrounding it.

[Follow the link here](#)

Albertina Museum

Located in the historical heart of Vienna, the Albertina Museum combines imperial flair and masterpieces of art. What used to be the city's largest residential palace during the Habsburg monarchy is now an art museum of international renown which attracts cultural travelers and city tourists from around the globe.

[Follow the link here](#)



PUMPKIN DECORATING CONTEST

Pumpkin Decorating Contest

October 1 to October 31

Celebrate the spooky season by carving or painting a pumpkin of your choice and submit a photo of it by October 31 to participate in the Senior Center's first pumpkin decorating contest. Whether the pumpkin is big or small, you may carve a scary face or paint all around your pumpkin. The more the merrier so have your grandkids join in the decorating fun. Contest categories are for individual pumpkins and grandparent-grandkid duo. You must register for the category you would like to participate in. Pictures must be submitted to Amanda at amandah@cupertino.org by Sunday, October 31 for your chance to win a fall-themed prize.

Winners will be contacted the first week of November to pick up their prize and be highlighted in the following Senior Center newsletter. Have a scary time decorating! Free to participate and open to all.

Grandparent and Grandchild Pair

[Click here to register](#)

Individual Pumpkin

[Click here to register](#)



Team up with a grandchild to passionately paint a pair of pumpkins. Creative carvings, of course, also encouraged!

Take a stab at carving your own pumpkin or brush up on your artistic passion and paint one. Possibilities for decorations are endless, so explore your creative side and go crazy!

CLASSES

Unless specifically notated, all classes on this page and the next are held in-person at the Cupertino Senior Center. **Register online by clicking the descriptions, or register in-person at the Cupertino Senior Center on Tuesday and Wednesday from 8 a.m. to 5 p.m.**

Santa Clara County Library (Card Required) Mercury News Online

Wednesday, September 29, 10 to 11 a.m.

Learn how you can receive full access to today's local newspaper on the go or at home through the online version of *The Mercury News*. You will have access to issues from 2006 to now. Preregistration required. Workshop will be held in-person. Members free, senior guests pay \$5.

Creativebug

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

The fall season is a great time to get creative and crafty. Learn how to access over 1,000 online art and craft classes, patterns, templates, recipes and more. Topics include all sorts of art and design. Watch videos anytime, anywhere. Preregistration required. Workshop will be held in-person. Members free, senior guests pay \$5.

Apple Assistance

Tuesday, October 12 and 26,
November 2 and 16, 1 to 3 p.m.

Own an Apple product and have questions on how to use it? Receive one-on-one assistance on how to use your Apple products so you can text, surf the web, reply to emails, and so much more! 1-hour appointments are scheduled on a first come first serve basis. Instructor: Brock Carpenter. Member fee is \$5.

Advanced-Beginning Ukulele and HarmoniKatz

Tuesday, October 5 to 26, 2:30 to 4 p.m.

Practice with other Senior Center members while further developing your skills with a ukulele. Class is intended for those familiar with their instruments. Instructor approval is required before registering. Instructor: Delphine Ng. Member fee is \$9.

Beginning Ukulele

Tuesday, October 5 to 26, 1 to 2 p.m.

Learn the basic chords and strums on a ukulele and how to apply them to music. Come to class with a ukulele, music stand, tuner, and tablet or 3-ring binder to hold your music and class notes. Instructor: Delphine Ng. Member fee is \$6.

Chinese Brush Painting (Zoom)

Monday, September 27 to October 18
10 a.m. to noon

Discover the "Impressionistic Style" of Chinese brush painting. Class begins with the basic strokes and gradually introduces other components as skill increases. Grow your talent by taking further sessions. Meets on Zoom. Links will be emailed out 24 hours prior to the first meeting. Instructor: Ming-Fen Lee. Cupertino Senior Center members pay \$36.

CSC Wednesday Jam

Wednesday, October 6 to 27
3 to 4:30 p.m.

Join a group jam session led by Jim Cunningham. Have a great time playing guitar, bass, or other stringed instruments in an open, friendly session. All musical talent levels welcome. Member fee is \$9.

Cyber Security

Wednesday, October 6 to October 20
10 to 11:20 a.m.

Technology is evolving every day and with it, cybercrime. Learn methods and best practices to keep your devices and information safe from cyber threats. Instructor Curt Helvey. Member fee is \$22.

Feldenkrais Method®

Tuesday, October 5 to 26
10:30 to 11:30 a.m.

The Feldenkrais Method® is a revolutionary approach to improving your life that uses gentle, mindful movement. This class will be taught both in-person at the Senior Center and via Zoom. Instructor: Michele Westlaken. Member fee is \$25.

CLASSES

Hula Performance Group

Wednesday, October 6 to 27
1 to 2:30 p.m.

Practice towards performing in the community as a Cupertino Senior Center Volunteer. Instructor approval is required before registering. Instructor: Jackie Pereria-Anderson. Member fee is \$9.

Hula - Beginning

Wednesday, October 6 to 27
12:15 to 1 p.m.

Learn the art of Hawai'iian storytelling through dance. The instructor will guide you through the fundamentals of Hula as she teaches you the tales of the dances of Hawai'i. Instructor: Pat Gregory. Member fee is \$5.

iPad Beginning

Tuesday, October 12 to November 23
1 to 3 p.m.

Become familiar with your iPad or iPhone by learning about gestures, home screen updates, control center, QuickType and QuickPath, and more. Members must bring a fully charged device with iOS 14 to each class. Please know your Apple account ID and password. Instructor: Roz Schiros. Member fee is \$38.

iPad Intermediate

Wednesday, October 13 to November 24
1 to 3 p.m.

Expand your iPad skills as you are guided through the latest updates to Safari, camera, photo editing, and more. Members must bring a fully charged device with iOS 14 to each class. Please know your Apple account ID and password. Instructor: Roz Schiros. Member fee is \$38.

iPad/iPhone in Mandarin

週二,10月26日-11月16日 星期x上午10時至中午12時
來對iPhone/iPad有更多的認識並學習如何設置,控制中心,照片編輯,下載和更多的應用. 上課需知:請帶充好電的iPhone/iPad, 12.x.x或以上iOS版本,以及個人蘋果帳戶編號與密碼. 需要預先到前臺報名. 老師 Lisa Su. 會員 \$22.

Line Dance - Beginner/Intermediate

Tuesday, October 5 to 26
10:15 to 11:30 a.m.

Intended for those who have been line dancing for some time and have mastered the basic steps and movements within line dancing. Instructor: Kathy Chang. Member fee is \$30.

Line Dance - Intermediate+

Wednesday, October 6 to 27
10:15 a.m. to noon

Class features dance routines suitable for experienced dancers. For those who have mastered a comprehensive range of step patterns and movements, offering a wide variety of dance routines and turning techniques. Instructor: Kathy Chang. Member fee is \$36.

Painting and Drawing at All Levels

Wednesday, October 6 to 27
8:45 to 11:45 a.m.

Join the friendliest artists in town and paint or draw 'till you drop! Student facilitators provide personal feedback on your work and class is open to anyone at any level! Classmates encourage each other in this art session that doesn't have guidelines or curriculum—just artistic expression! Student Facilitators: Jerome Chin, Beth Garcia. Member fee is \$23.

Zumba Gold® (Zoom)

Wednesday, October 13 to November 3
10 to 11 a.m.

Zumba Gold® is a dance exercise class designed for active adults 50+. The dances feature a variety of Latin moves and are designed to help improve balance, strength, and flexibility. Meets on Zoom. Links will be emailed out 24 hours prior to the first meeting. Instructor: Grace DuVal. Members fee is \$21.

INFORMATION AND WEBINARS

Navigating Recycling and Composting in Cupertino

Wednesday, September 29
10 to 11 a.m.

Have you ever wondered what kind of plastic can be recycled, or what you can put in your compost? Did you know that each city's process for waste is different? Learn how these things are divided in Cupertino and how recycling can have an impact worldwide, as well as share your thoughts on the future of single-use plastics in Cupertino. Presented by Cupertino's own Environmental Programs Team. Preregistration required, meets in-person or via Zoom. Members free, senior guests pay \$5 day pass.

[Click here to register](#)

Cupertino TV Production Presents "Journey Back in Time..."

The Cupertino Senior Center's Cupertino TV Productions brings you "Journey Back in Time from Valley of Heart's Delight to the Heart of Silicon Valley" which chronicles the transformation of the City of Sunnyvale from a farming community 150 years ago to the now ethnically diverse modern city. Producer and host, Amy Reimann, joins founder and director of Sunnyvale Heritage Park Museum, Laura Babcock, in an engaging travel back in time to witness the growth of one of the prominent cities in the Silicon Valley. Experience a personal tour through the museum and an in depth look at specifically the Murphy home.

[Click here to watch](#)

Santa Clara County Fire

Zonehaven: Know Your Evacuation ZONE!

Wednesday, September 29 and
Thursday, October 21, 6:30 to 7:30 p.m.

In the event of a wildfire or other emergency, public safety agencies will issue evacuation orders and protective actions for impacted areas. Zonehaven is a web-based platform that provides real-time evacuation updates. Learn about this platform, alerting and notifications, how to prepare to evacuate safely, and standardized evacuation terminology.

[Click here to register](#)

Be Ready: Be Prepared! (in Cantonese)

準備好:來參加! 網上課程

中文 廣東話 班 10/7, 6 - 6:45 p.m.

如果你的社區內有地震,山火或水災,你準備好了嗎? 你可能要等幾天才會有緊急救援隊來拯救你. 學習如何在災難發生後的72小時後依靠自己.

[點擊此處註冊](#)

Crime Prevention and Home Fire Safety

Wednesday, October 20, 6 to 7:30 p.m.

Learn how to protect yourself against fraud and identity theft as well as 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.

[Click here to register](#)

Safety regulations from the City of Cupertino, Santa Clara County, and the State of California must be followed to participate.

50+ Tennis

Tuesday, 9 to 11 a.m.

Come play tennis with other members on courts five and six at Memorial Park! New members welcome. Equipment not included. This is a Cupertino Senior Center drop-in tennis group, not a class. Free for members.

50+ Bocce Ball

Wednesday through
October 27, 9 a.m.

Enjoying the outdoors is easy to do while playing bocce at Blackberry Farm Park alongside the Stevens Creek Trail. Meet new people and have a great time! First-time players welcome, instructions are available. Free for members.

50+ Softball

Thursday through
December 9, 9 a.m.

Memorial Park is the home of the Cupertino Sandlot Softball group who warm-up and take batting practice beginning at 9 a.m. A pick-up game starts promptly at 10 a.m. each week. Member fee is \$50 for the season.

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

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

Medium

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

Hard

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

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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								
26										27				
28										29				
30										31				

Across

- 1 - New store keeps British ice-cream (6)
- 4 - Noblewoman wants pub on old headland (8)
- 9 - Request comes in to get engine part (6)
- 10 - Emit a fug perhaps and use it to disinfect (8)
- 11 - Gate of harbour by a lake (6)
- 12 - Chief of staff blasted lenient guard (8)
- 13 - Container in grate (3)
- 14 - One looks for member of 60s group? (6)

- 17 - Sly devil loses one pound then promises to pay (7)
- 21 - Occupier of temporary shelter outside centre of Gdansk (6)
- 25 - A chap to tease (3)
- 26 - One working with Norma on hill? (8)
- 27 - Nation accepts popular playwright (6)
- 28 - Going across river involves guts (8)
- 29 - Six vehicles for clergymen (6)
- 30 - Member of audience is unusually silent before the Queen (8)
- 31 - To give protection from French fiend, I must go (6)

Down

- 1 - One gives direction to put name to letters (8)
- 2 - Kept quiet (8)
- 3 - Raised tax in east Leeds endlessly (8)
- 5 - One mistreats Jack and his employer? (8)
- 6 - After work I swallowed drug (6)
- 7 - Woman finds Pamela inebriated to some extent (6)
- 8 - Yes, elm could be suitable (6)
- 12 - Relish entertaining one with the Messiah (7)
- 15 - The German turned up for wine (3)
- 16 - Small building is closed first off (3)

- 18 - Calm about intravenous drug (8)
- 19 - Banter that's not lasted well? (8)
- 20 - Emphasised puddings should rise (8)
- 22 - Con the healthy and prosper (2,4)
- 23 - Churned up salted deposits at river mouths (6)
- 24 - Girl engrosses soldiers with martial art (6)
- 25 - Leave a story for footballer (6)

Last Edition's Solve

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

REOPENING INFORMATION

Last year, the City closed its facilities to protect public health during the COVID-19 pandemic. Many of those programs, services, and events are coming back in-person in the coming months. Some online services will continue.

The dates below are estimates and subject to change. Check back regularly at cupertino.org/reopening for updates and changes to this schedule as well as information about the reopening of other city facilities.

	Current Status	Reopening	Notes
Senior Center	Partially Open	Fully Reopen in 2022	
Outdoor Senior Sports	Open		Bocce, Tennis, Softball
Front Desk - 2 Days per Week (Tu, W)	Open		Registration and classes
Front Desk - 5 Days per Week	Closed	Early 2022	
Senior Social Programs	Closed	Early 2022	Limited Capacity Table Tennis, Card Playing, Bridge, Cribbage, Mah Jongg, Bingo, Ballroom Dance, etc.
Luncheons and Trips	Closed	Early 2022	Birthday Bash, Lunch with Friends, Day Trips, and Other Events



RESOURCES FOR SENIORS

Resource Referral Website

The City of Cupertino recently updated its website to include links to resources for our senior community. Please visit cupertino.org/seniorresources to view contact information for a variety of resource agencies. Resource categories include nutrition, transportation, counseling, elder abuse, and more.

Santa Clara County Department of Aging and Adult Services

The Department of Aging and Adult Services (DAAS) promotes an Age-friendly community for all residents of Santa Clara County. DAAS strives to ensure a safe and independent lifestyle for older adults, dependent adults, and those with disabilities.

(408) 755-7600

sccgov.org/daas

Schedule Appointments

Health Insurance Counseling (HICAP)

Consultation on Medicare and Medicare-related health insurance. To schedule appointments visit mysourcewise.com/medicare-options or call (408) 350-3200 and select option two.

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.

(408) 295-5991

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



SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS

Sourcewise offers resource information on a variety of topics including housing, nutrition, health insurance, transportation, and more. Through a comprehensive network of resources, Sourcewise strives to educate, prepare, support, and advocate for all adults, their families, and their caregivers within Santa Clara County.

(408) 350-3200

mysourcewise.com



Receive free, non-emergency community, health, and disaster information in Santa Clara County. 211 is confidential and available in over 170 languages. 24 hours a day, 7 days a week.

Dial 2-1-1

211bayarea.org



HEALTH • HOME • HEART

West Valley Community Services

West Valley Community Services provides a continuum of basic needs, including an in-house and mobile food pantry, homeless support, affordable housing, emergency financial assistance, family support, referrals, education, and case management. West Valley Community Services serves homeless and low-income individuals and families.

(408) 255-8033

wvcommunityservices.org



Cupertino 50+ Scene
Cupertino Senior Center
21251 Stevens Creek Blvd
Cupertino, CA 95014
(408) 777-3150



Dutchman's pipe
月下美人

09.12.2021

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Good morning from early morning golf

