

CLASSES

Register online by clicking the descriptions, call (408) 777-3150, or register in-person at the Cupertino Senior Center 8 a.m. to 5 p.m. Monday through Friday.



What Are You Interested In?

Do not see the class or program you are interested in? Stop by the lobby table and share what activities you would like to see at the center.

Art

Beading

Learn about beading tools, different types of beading wires, threads and cords, and assorted beads. Practice learned techniques by creating assorted earrings, necklaces, and bracelets.

Day	Dates	Time	Member Fee
Thursday	5/5-5/26	9:30-10:30 a.m.	\$55

Instructor: Deborah Hall

Chinese Brush Painting Zoom

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. Zoom link will be emailed prior to the first meeting.

Day	Dates	Time	Member Fee
Monday	6/6, 6/13	10 a.m.-noon	\$18

Instructor: Ming-Fen Lee

Painting and Drawing at All Levels

Join the friendliest artists in town and paint or draw ‘till you drop! Classmates encourage each other in this art session that doesn’t have guidelines or curriculum—just artistic expression!

Day	Dates	Time	Member Fee
Monday	5/4-6/29	8:45-11:45 a.m.	\$41

Student Facilitator: Jerome Chin

Dance and Exercise

Feldenkrais Method Hybrid

The Feldenkrais Method® is a revolutionary approach to improving your life that uses gentle, mindful movement. This hybrid class will be taught both in-person at the Senior Center and via Zoom.

Day	Dates	Time	Member Fee
Tuesday	5/3-5/28	10:30-11:30 a.m.	\$57

Instructor: Michele Westlaken

Hula

In **Hula Beginning** learn the art of Hawaiian storytelling through dance. In **Hula Performance Group** practice towards performing in the community. No class May 30.

Hula - Beginning

Day	Dates	Time	Member Fee
Monday	5/2-6/27	noon-12:45 p.m.	\$9

Instructor: Pat Gregory

Hula Performance Group

Day	Dates	Time	Member Fee
Monday	5/2-6/27	1-2 p.m.	\$12

Instructor: Jackie Pereria-Anderson

Line Dance

Line dancing is a great way to exercise, improve your coordination, share a laugh with friends, and have fun.

Line Dance – Intermediate +

Day	Dates	Time	Member Fee
Monday	5/2-6/27	10-11:45 a.m.	\$63

Instructor: Kathy Chang

Line Dance - Improver/Intermediate

Day	Dates	Time	Member Fee
Tuesday	6/7-7/12	10:15-11:30 a.m.	\$45

Instructor: Kathy Chang

Line Dance – Intermediate/Advanced

Day	Dates	Time	Member Fee
Wednesday	6/1-7/6	10:15 a.m.-noon	\$54

Instructor: Kathy Chang

CLASSES

Strength and Conditioning

Join us for low-impact, total body muscle conditioning! Beginning with a warmup, Grace will lead you through standing exercises using Dynabands or weights, followed by mat exercises, before finishing with a relaxing stretch. Weights and mats provided, Dynabands must be brought by the student. Held at the Quinlan Community Center. No class June 17.

Day	Dates	Time	Member Fee
Friday	5/13-6/24	9:10-10:10 a.m.	\$32

Instructor: Grace DuVal

Yoga Foundations

Enjoy gently strengthening and stretching your body while precisely aligned to support healthy joints and posture. Correct posture supports all of our body systems including the mind and spirit.

Day	Dates	Time	Member Fee
Wednesday	5/4-6/22	8:15-9:30 a.m.	\$92

Instructor: Rupa Narayanan

Zumba Gold®

Zumba Gold® is a dance exercise class for active adults 50+. The dances feature a variety of Latin moves designed to help improve balance, strength, and flexibility. Zoom link will be emailed prior to the first class meeting.

Day	Dates	Time	Member Fee
Wednesday	5/18-6/29	10-11 a.m.	\$37

Instructor: Grace DuVal

Music

CSC Wednesday Jam

Have a great time playing guitar, bass, or other stringed instruments in an open, friendly group jam session. All musical talent levels welcome.

Day	Dates	Time	Member Fee
Wednesday	5/4-6/29	3-4:30 p.m.	\$21

Led by Jim Cunningham

Ukulele

Learn and practice this string instrument rich with history and tradition.

Beginning Ukulele

Day	Dates	Time	Member Fee
Tuesday	5/3-6/28	1-2 p.m.	\$14

Instructor: Delphine Ng

Advanced-Beginning Ukulele and HarmoniKatz

Day	Dates	Time	Member Fee
Tuesday	5/3-6/28	2:30-4 p.m.	\$21

Instructor: Delphine Ng

Rhythmaires Band

Day	Dates	Time	Member Fee
Friday	5/6-6/24	9:30-11:30 a.m.	\$24

Led by Kirby Miller

Tech

Apple Assistance

Own an Apple product and have questions on how to use it? Receive one-on-one assistance on how to use your iPhone, iPad, MacBook, Apple Watch, and other Apple products so you can text, surf the web, reply to emails, and so much more! 1-hour sessions are scheduled on a first come first serve basis.

Day	Dates	Time	Member Fee
Tuesday	5/10, 5/24, 6/14, 6/28	1-3 p.m.	\$6

Instructor: Brock Carpenter

iPhone

Do you have an iPhone and are not quite sure how to use it? iOS 15 required.

iPhone Beginning

Day	Dates	Time	Member Fee
Tuesday	5/10-6/21	1-3 p.m.	\$38

Instructor: Roz Schiros

iPhone Intermediate

Day	Dates	Time	Member Fee
Thursday	5/12-6/23	1-3 p.m.	\$38

Instructor: Roz Schiros