

THE 50⁺ SCENE

May/June 2022

May Is Older Americans Month

Pages 2 and 10

Age my way
looks like
Knitting hats for
patients in critical care.



CUPERTINO



Western Access Video Excellence (WAVE) Award Finalists
Amy and Adek

Rising Star
Sumeeta Kirtane

Lifetime Achievement
Sharon Fong

Volunteer of the Year
Rosalind Schiros

Organization of the Year
Cupertino Senior Center
Needlecraft Volunteer Group

As Volunteer Appreciation Month, April, is winding down, we are jumping right into May which is Older American's Month (OAM) led nationally by the Administration for Community Living (ACL). This year's OAM theme is "Age My Way" which focuses on how older adults can age in their communities, living independently for as long as possible. We have many volunteers that highlight both celebrations by keeping active and rising to all occasions in various ways.

Two Cupertino TV Productions (CTVP) volunteers, Amy and Adek, received Western Access Video Excellence (WAVE) Award this year for the production of their shows. Amy's production, "Journey Back in Time from the Valley of Heart's Delight to the Heart of Silicon Valley", takes you through the Sunnyvale Historical Museum and how Sunnyvale has transformed from 1800 to the present with high-tech development. Adek's production, "I Sing Through the Guitar", showcases the accomplished musician and guitarist, Doug Young, and the

conversation about art, music, and personal stories mixed with wonderful performances. You can see their shows and learn more about CTVP by visiting cupertinotvproductions.com.

Locally, we have several volunteers who have recently been awarded a CREST (Cupertino Recognizes Extra Steps Taken) Award presented by the City of Cupertino. The CREST award honors the outstanding contributions a person makes in the selected category. Join in congratulating the following volunteers that are part of our 50+ community.

Lifetime Achievement

Sharon Fong

Volunteer of the Year

Rosalind Schiros

Rising Star

Sumeeta Kirtane

Organization of the Year

Cupertino Senior Center Needlecraft
Volunteer Group

CONNECTIONS

in-person

Senior Advisory Council

Thursday, May 26, 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 unput 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 Senior Center activities. To join the group, you must be a Senior Center member. Join the group by clicking [here](#).

ANNOUNCEMENTS

Gift Cards

Give the gift of having fun while staying active and socializing. Senior Center gift cards can be used for membership, classes, fun programs, and adventurous trips. They make the perfect gift to invite friends to join our lively community. Purchase your gift cards at the front desk today!

Yarn Needed

The Needlecraft volunteer group needs more yarn to continue making warm items for patients at local hospitals and homeless shelters. Donated yarn should be 100% acrylic or 100% cotton. Whole balls of yarn are preferred. Leftover balled up yarn should at least be the size of a baseball in material. Donations may be dropped off at the front desk during operation hours.



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IN-PERSON SPORT SOCIALS

Golf

Monday

10 a.m. to noon

Tee-up with fellow Cupertino Senior Center members at the Blackberry Farm Golf Course. Course fees apply, sign up in the Pro Shop.



Ping Pong 乒乓

Tuesday

8:30 to 11:30 a.m.

Friday

1 to 4:30 p.m.

Weekly ping pong has returned! Drop in on Tuesday morning or Friday afternoon to play ping pong with friends. Participants must bring their own ping pong paddle. Members play free, non-members pay \$5.

50+ Tennis

Tuesday, 9 to 11 a.m.

Come play tennis with other members on courts 5 and 6 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+ Softball

Thursday, Now through December 8
9 a.m. to noon

Enjoy the sun and bring a friend to play or watch 50+ Softball! 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. Participants must bring their own gloves and bats. Member fee is \$50 for the season to play. Open to all to watch and cheer on.



50+ Bocce Ball

Wednesday, Now through October 26
9 a.m.

Bocce Ball season is here! Come enjoy the outdoors while playing bocce at Blackberry Farm Park alongside the Stevens Creek Trail. Members can meet new people and have a great time while playing a game of bocce. First time players welcome, instructions are available. Free for members.

IN-PERSON SOCIALS

Open Card Playing and Bridge

Monday through Thursday
noon to 4 p.m.

Come down to the Senior Center to play card games and bridge. Groups are always open to new members joining in the fun. Members free, non-members pay \$5.

Ballroom Dance Social

交際舞社

Second and Fourth Monday
2:45 to 4:15 p.m.

Do you love to dance? Strap on your dancing shoes and stop by for an afternoon of music and fun. Members free, non-members pay \$5.

Needlecraft

Thursday, 10 a.m. to noon

Know how to knit or crochet? Become a volunteer and join the needlecraft group to make warm clothing such as hats, scarves, and blankets which will be collected and donated to organizations like the Palo Alto Veterans Hospital, homeless shelters, and local hospitals. Yarn is provided. If interested in joining, contact Amanda Hui at amandah@cupertino.org.

Karaoke 卡拉OK

Thursday

1:15 to 4:30 p.m.

Join this lively group for singing and dancing every week. Singers and music lovers of all levels are welcome. Members free, non-members pay \$5.

Bingo

Friday

1 to 3:30 p.m.

Weekly bingo is back starting in May! Enjoy a fun afternoon playing Bingo here at the Cupertino Senior Center! Bingo cards are \$5 to \$8 and daubers are \$2. Purchases must be made in cash. Preregistration is required to attend.



Mah Jongg 麻將

Friday

noon to 4 p.m.

Try your hand at this engrossing game of skill, strategy, and calculation. Different styles of tiles are available or bring your own. Members free, non-members pay \$5.

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.

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® Zoom

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

SHARE DISCOVERY THROUGH TRAVEL

Trip registration begins:

Member - Tuesday, April 26
Non-member - Monday, May 2

Historic Napa River Cruise with Dolphin Charters

Wednesday, June 15
8:30 a.m. to 4:30 p.m.

Join us as we board the River Dolphin for a trip down the Petaluma River. The River Dolphin is a large catamaran style boat, and lunch will be served onboard as we enjoy a narrated view of the waterway. A cruise along the Napa River is like a voyage into the past. Beginning at historic Vallejo, the cruise continues along the waterfront of Vallejo and Mare Island. Once beyond Vallejo, you will enter a different world, one of vineyards, agriculture, backwater homes and marinas. Some of the largest contiguous marshes in California are located along the Napa River, with abundant bird life. After your three-hour tour, enjoy time at your leisure to explore the charming waterfront downtown of Benicia.

Member cost: \$164

Activity Level: Moderate; embarking and disembarking boat and walking at your own pace.

Trip includes: Three-hour boating tour, Lunch, Transportation, Tips, and Travel Staff

Itinerary subject to change. [Click here to register.](#)



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

Carmel-by-the-Sea

Wednesday, May 18
8:30 a.m. to 4:30 p.m.

Spend a day in this quaint village by the sea, without having to drive or worry about parking! Carmel-by-the-Sea is a community rich in the history and traditions of early California. Highlighting over 90 art studios and galleries, it also boasts numerous antique shops, loads of boutiques, and small, intimate cafes and restaurants. Carmel promises hours of discovery as you enjoy the peaceful, European ambiance while strolling through winding streets and exploring secluded courtyards. You may feel like exploring Carmel Mission and the Mission Ranch or digging your toes in the sand at Carmel beach. You decide, it's your day.

Member Cost: \$72

Trip includes: Transportation, Tips, and Travel Staff

Activity Level: Variable; walking at your own pace

Itinerary subject to change. [Click here to register.](#)

VOLUNTEER CORNER

Join the Greeting Cards Committee

Join this friendly group to help organize greeting cards. The Greeting Cards Committee meets once a month to sort and restock the greeting cards rack. Sales of these cards goes to support the Senior Center's Stay Active Fund.

Cupertino TV Production

The Cupertino TV Production is back to meeting on-site once a month. The Cupertino TV Production is an award-winning volunteer film group that creates TV segments that air on the city channel, YouTube, and Roku. The group has bi-weekly meetings to discuss ongoing projects and new segment ideas ranging from formal interviews to historical news to local events. No experience is required, and new members are always welcome to join.

If interested or for additional information on volunteer opportunities, contact Amanda at amandah@cupertino.org or (408) 777-3374.

VIRTUAL AND IN-PERSON LECTURES

in-person

Medici.TV

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

Find out how you may stream over 100 live broadcasts a year plus thousands of recordings featuring international concerts, operas, ballets, documentaries, master classes, educational films, and artist profiles. Includes performance synopses, cast information, composer details, and more. New videos are continually added to the website. Preregistration required. Members free, non-members pay \$5

in-person

Fall Prevention

Wednesday, May 18, 10 to 11 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. Members free, non-members pay \$5.



in-person

Via Cupertino

Wednesday, May 18, 11 a.m. to noon

Looking for a local and easy ADA transportation? See how to use Via Cupertino, an on-demand community shuttle to go anywhere in Cupertino, and even select locations in the broader Silicon Valley such as the Sunnyvale Caltrain station, Kaiser Santa Clara, and Rancho San Antonio. Presentation will include information on how to use the service, fares, updated features, and a private viewing of one of the ADA vans. Potential discounts will be given to those who attend. Preregistration required. Members free, non-members pay \$5.

Cupertino Senior Center • (408) 777-3150

in-person

Discover & Go

Wednesday, May 25, 10 to 11 a.m.

Discover & GO, is a virtual museum pass program for Santa Clara County Library District cardholders that offers library users the ability to reserve admission passes to more than 50 museums and venues throughout the greater Bay Area. Attend to find out how you can reserve your passes with the Santa Clara County Library. Preregistration required. Members free, non-members pay \$5.

online

Be Ready: Be Prepared! For Emergencies

Thursday, June 16, 10 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. [bereadycupjune2022.eventbrite.com](https://www.eventbrite.com/e/bereadycupjune2022-eventbrite-com)

in-person

Universal Class

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

Register for unlimited access to more than 500 free, non-credit, continuing education online courses using your Santa Clara County library card. Enroll in up to 5 courses at a time. You have up to 6 months to finish each course. Preregistration required. Members free, non-members pay \$5.



Cupertino Senior Center members share how they are celebrating Older Americans Month by sharing what “Aging My Way” looks like for them.

What does “Aging My Way” look like for you?

RESOURCES FOR SENIORS

Resource Referral Website

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)

Monday, June 13 and 27
1 to 3 p.m.

Find out what your options are with Medicare and what will work best for you. The Health Insurance Counseling and Advocacy Program will help you fully understand your Medicare options to be better informed to make the right choices while navigating the Medicare maze. To schedule an appointment, call the front desk at (408) 777-3150.

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



Via Cupertino Shuttle

Temporarily disabled and need transportation without relying on family and friends? The Via Cupertino shuttle will pick you up and take you to your Cupertino destinations such as the grocery store, local eateries, the post office, and more. Via Cupertino can also take Cupertino residents to medical appointments at Kaiser Santa Clara and Sutter Health West Valley Center. Discounted fares for seniors are \$2 per trip. Rides can be booked by downloading the Via app or call:

(669) 201-1892

cupertino.org/shuttle



Sourcewise

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



211

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

West Valley Community Services (WVCS)

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

Birthday Bash Luncheon!

Doors open at noon • Members \$12, Non-member \$17



May Birthday Bash Luncheon

Wednesday, May 4

Join us for a Cinco de Mayo celebration while celebrating May birthdays. You will enjoy chile relleno, refried beans, Mexican rice, and tres leches cake. Preregistration required. Vegetarian option available when registering.

Luau and June Birthday Bash

Wednesday, June 8

Come swing along with our No Hoaloha Ho'okani Pila Hawaiian Band during a traditional Hawaiian Luau! Enjoy teriyaki chicken, tropical fruit, sweet rolls, fried rice, and guava cake. Members with June birthdays will be honored. Preregistration required. Vegetarian option available when registering. This event sells out quickly so be sure to register early!

Independence Day Celebration and July Birthday Bash

Wednesday, June 29

Get patriotic with us early and 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, BBQ'd burgers with all the fixings, and an All-American dessert. Preregistration required. Vegetarian option available when registering. This event sells out quickly so be sure to register early!

Registration opens April 25. To register, call (408) 777-3150, visit us in-person, or [Click Here](#).