



Art

Ceramics (50+)

Create decorative items for your home or gifts for family and friends. There is a nonrefundable \$8 slip and glaze fee and a \$5 firing fee. Drop-in fee \$7 resident, \$9 non-resident.

Beginning: Learn how to cast liquid slip into molds, clean and decorate ceramic pieces. This beginning class is fun and easy.

Intermediate/Advanced: Learn advanced decorating techniques. You will be introduced to glazes and techniques, such as staining, airbrushing, decals and more.

Instructor: Helen Jurado

Location: Senior Center Willows Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
259901.AA	Beg	50+	8/24 – 10/19	M*	8:30 a.m. – 11:30 a.m.	\$44/\$55
259902.AA	Int/Adv	50+	8/24 – 10/19	M*	12:30 p.m. – 3:30 p.m.	\$44/\$55

*No class 9/7



Ceramics

Photo by Varshadeep Parlatthayya

Dance

Ballroom Dance Lessons (50+)

Dance like Fred Astaire and Ginger Rogers to a variety of ballroom dance music. No partner needed. Drop-in fee \$2 members, \$3 non-members. Pay at the door.

Every Wednesday: 10:45 a.m. – 12:45 p.m.

Instructor: Peter Chong

Location: Senior Center, Apricot and Cherry Rooms

September	Rumba
October	Cha Cha

CAR FIT

Discover your perfect automotive “fit.”

Attend a Free CarFit Check-up Event!

Date: Saturday, September 19, 2015

Time: 9 a.m. – 1:30 p.m.

Location: Senior Center, 550 E. Remington Drive, Back Parking Lot

CarFit is a free, interactive and educational program that teaches older drivers how to make their personal vehicle fit them. CarFit can enhance your safety as a driver and/or increase your mobility within the community. Each confidential check-up takes about 20 minutes. This is not a driving test or mechanical inspection. Trained technicians will work with each individual to assess current driving environment, recommend adjustments to increase safety and comfort, and to ensure you are aware of how to use your automobile’s safety features.

To schedule your 20-minute appointment, call (408) 730-7360. Appointment spaces are limited, so call today.

For more information

visit www.car-fit.org

CarFit is an educational program developed by AAA, AARP and the American Occupational Therapy Association.



Modern Line Dancing

Modern Line Dancing TRY IT! (50+)

Have fun, meet new friends and keep moving to burn calories. No partner needed. Drop-in fee \$6 resident, \$8 non-resident. This is a ten-week session.

Beginner – Level 1: Designed for new beginners, this line dance includes basic steps and 8 – 10 classic beginning dances.

High Beginner – Level 2 More advanced dancers who know basic steps-pivot turns, jazz box, lock steps, coaster, sailor, waltz twinkle step, vines, etc. and have taken at least 2 line dance courses and/or know at least 12 dances. Students will enjoy this challenging class and learn 9 – 10 more difficult dances at a faster pace. Dances may include at least 2 dances that are 64 or more counts.

Instructor: Julia Wetzel

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
254001.AA	1	50+	9/9 – 11/11	W	9 a.m. – 10:30 a.m.	\$59/\$74
254002.BA	2	50+	9/9 – 11/11	W	10:30 a.m. – 12 p.m.	\$59/\$74



Sunnyvale Senior Center Membership

Support the Senior Center — Buy a Membership Today!



You are invited to become a member of the Sunnyvale Senior Center

- Learn new skills • Make new friends • Stay healthy • Get in shape • Attend lectures • Much more!

Center Hours: M-F, 8 a.m. – 6:30 p.m., Sa, 10 a.m. – 2 p.m., Su, Closed. **Office Hours:** M–F, 9 a.m. – 5:30 p.m.

Three Easy Steps to Become a Member

1. Come in and complete a membership application.
2. Show proof of age. To pay discounted resident fee of \$28 (Basic) or \$32 (P Premium), show photo ID with Sunnyvale address and utility bill.
3. Have your photo taken, and receive your personalized card. For more information, call (408) 730-7360.

Membership Benefit Structure	City of Sunnyvale Resident Status	Membership Type	
		Basic	Premium* P
	Resident	\$28/Year	\$32/Year
Non-resident	\$43/Year	\$50/Year	
\$5 discount for any Older Adult class and personal training registration offered at the Senior Center		•	•
Free drop-in programs, lectures, game days and movies		•	•
Discounts on special events, daily lunches and dances listed in the Older Adult Section		•	•
Free health screening services (blood pressure and hearing)		•	•
Activity Guide mailing		•	•
Free use of Computer Lab and free computer repairs (parts not included)		•	•
Free use of Billiard Room		•	•
Free Table Tennis at Murphy Park (does not include ball fee) / 2 monthly Pickleball passes			•
Free use of fitness equipment in Fitness Room			•
One \$5 discount coupon for any class listed in the Older Adult Section of the Activity Guide.			•
Two Drop-In Passes; good for Back Care, Body Core, Cardio Mix, Current Events, EnhanceFitness, (FYI this is one word no space inbetween Enhance and Fitness) Everyday Fitness, Gentle Core Fitness, Line Dancing, Sunny Fit, Symphony & Concerto and Zumba Gold.			•

“Like” us on Facebook at www.facebook.com/SunnyvaleSeniorCenter to see what is new at the Senior Center and keep in touch with friends, both old and new.

Online registration is **now available** for older adult classes. For more information, call (408) 730-7360 or visit RecreationClasses.inSunnyvale.org.



Celebrate Pollution Prevention Week and Help the Environment by Properly Disposing of Mercury and Pharmaceuticals

COMMUNITY EVENT Thermometer Exchange and Medication Drop

Do you have medications piling up and need to get rid of them? Residents can bring their unneeded prescription, over-the-counter medications and medicated ointments and creams to this event for proper disposal. This program does not accept sharps, personal hygiene items, bug spray or household cleaning products. Also, safely dispose of any old mercury fever thermometers at this event. To avoid breakage and mercury contamination, thermometers must be contained in an unbreakable and closed container such as its original case, a plastic toothbrush holder or a plastic bottle with a screw-on cap. Place the closed container inside a sealed plastic bag. The first 100 residents who turn in old thermometers will receive a free non-mercury thermometer in exchange (limit one per household).

Date: Wednesday, September 23, 2015

Time: 11 a.m. – 1:30 p.m.

Location: Senior Center, Sequoia Room

Sponsored by: City of Sunnyvale, Environmental Services Department, Department of Public Safety, and Senior Center

For more information,
call (408) 730-7717, TDD (408) 730-7501,
or email green@sunnyvale.ca.gov.

Lectures

Community Resource Solutions (50+)

Join us to learn the resources available to you and your loved ones. Community resource specialists will answer your questions and provide access to solutions.

Date: Tuesday, Sept. 15, 2015

Time: 1 p.m.

Location: Senior Center Cypress Room

Guest Speaker: Rene Ramsay, Information & Awareness Community Resource Specialist, Sourcewise

Everyday Stress: We All Have It,

So Let's Manage It Better (50+)

Come to this educational presentation and learn four different types of activities that are effective in reducing stress in everyday life. We will cover simple ways to relax when you don't have time, including using the power of pleasant activities, learning how to untwist those unhelpful thoughts, fitting exercise comfortably into an uncomfortable schedule and mindfulness.

Date: Tuesday, October 20, 2015

Time: 1 p.m.

Location: Senior Center Laurel Room

Guest Speaker: Larry Thompson, Ph.D. ABPP Professor, Emeritus Department of Medicine, Stanford University School of Medicine

Living Well with Diabetes (50+)

Join us for this presentation where we will focus on diabetes awareness, prevention and managing your diabetes.

Date: Wednesday September 2, 2015

Time: 1 p.m.

Location: Senior Center Laurel Room

Guest Speaker: Karen Zimmerman, Fundraising and Special Events, American Diabetes Association



Community Members Sharing Their Talents

Reservation is required. Please sign up at the Senior Center reception counter or call (408) 730-7360 as seats are limited. All seniors welcome!

The Joys of Toys: Collectible Antiques

Take a trip down memory lane and enjoy viewing an eclectic selection of toys from the 1940's and 1950's. You will see lithographed wind-up toys, fragile Japanese celluloid toys, American-made cast iron and steel toys and much more.

Date: Tuesday, August 18, 2015

Time: 1 p.m.

Location: Senior Center Laurel Room

Guest Speaker: Bob Garcia

Take a Look Into a Service Dog's Life

Are you curious about service dogs? Come to this informational presentation and learn the etiquette and training of these skilled animals, the different types of service dogs, what makes them so unique and more.

Date: Tuesday, September 8, 2015

Time: 1 p.m.

Location: Senior Center Laurel Room

Guest Speaker: Kathy Waddell from Operation Freedom Paws



Workshops

Diabetes Self-Management Program (DSMP-English)

This peer-taught health education workshop for people with diabetes is an evidence-based program designed by Stanford's Patient Education Center. The goal of the six-session workshop is to help individuals take day-to-day responsibility to manage their diabetes and work effectively with their health care professionals. Through this workshop, participants will learn problem-solving and decision-making skills which enable them to confront the ever-changing challenges of living with diabetes. The course is facilitated by two trained leaders, one or both of whom themselves have a chronic condition. Pre-registration is required. To register, call (408) 961-9812.

Day: Mondays

Date: October 5 – November 9, 2015

Time: 9 a.m. – 11:30 a.m.

Location: Senior Center, Cypress Room

Presented by: Health Trust

Special Interest

AARP Smart Driver Program

Pre-registration is required. For more information, call (408) 730-7360.

Current Events and News

(50+)

Discover how today's current news may affect you. The class will analyze and discuss world, national and local news, science and technology, medicine and health care, business and economic headlines.

Instructor: Peggy Nissen

Location: Senior Center Cypress Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
257000.AA	50+	8/27 – 10/15	Th	10:15 a.m. – 11:30 a.m.	\$17/\$21

Threads of Life: Senior Support Group

(50+)

A confidential, safe and non-judgmental forum to discuss and process problems, changes and transitions with a trained professional. Topics may include getting your needs met, communication, relationships, grief and loss, depression and loneliness. Group meets second and fourth Tuesdays of the month.

Date: Tuesday, 2:30 p.m. – 4 p.m.

Instructor: Kathy Krueger, M.A., LMFT

Location: Senior Center Laurel Room Fee: \$10/day resident, \$13/day non-resident

Symphony and Concerto

TRY IT!

(50+)

Survey the rich musical activities in the Santa Clara Valley. Lectures focus on concerts presented at Flint Center, California Theater in San Jose and at other locations in the area. Audio and video recordings include symphonic and chamber music, opera and ballet. The instructor is a cellist and lecturer with many years in the symphonic life of the Valley.

Instructor: Roger Emanuels

Location: Senior Center Laurel Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
254800.AA	50+	9/14 – 10/12	M	1 p.m. – 2:30 p.m.	\$34/\$43
254800.AB	50+	10/19 – 11/16	M	1 p.m. – 2:30 p.m.	\$34/\$43



US History

TRY IT!

(50+)

Join us as we continue our narrative of who the first ladies of the United States were and what their lives were like growing up and meeting their husbands who would become the president. Our saga begins with the First Lady who is responsible for planting the cherry trees that bloom so spectacularly each spring in our nation's capital. Next we will meet both of President Woodrow Wilson's wives and continue with Mesdames Harding, Hoover and Eleanor Roosevelt. In the second half of the Twentieth Century we will continue with the lives of Elizabeth (Bess) Truman, Mamie Eisenhower, Jacqueline Kennedy, Claudia Johnson, Thelma Nixon, Elizabeth Ford and as many other First Ladies as time permits.

Instructor: Dr. Ken Bruce

Location: Senior Center Apricot Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
257010.AA	50+	9/9 – 12/2	W*	1 p.m. – 2 p.m.	\$39/\$49

*No class 10/7

Adult and Community Education

Adult & Community Education (ACE) and Foothill College work in partnership with the Senior Center to provide a variety of educational courses. Classes are held at the Senior Center and membership is required. For class listing and registration, call:

ACE(408) 522-2700

Foothill College(650) 949-7103

Sports and Fitness

Back Care Conditioning

TRY IT!

(50+)

Plus Stretch, Strengthen and Relax

Move more easily and reduce chronic pain with gentle exercises that strengthen and stretch your back. Exercising with a chair, belt and mat, you'll build a stronger, more vital torso while relaxing and rejuvenating the whole body. Bring a mat and yoga belt, and wear comfortable clothes. Drop-in fee \$6 resident, \$8 non-resident.

Instructor: Tamara Lo

Location: Senior Center Apricot Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258750.AA	50+	8/24 – 10/19	M*	10 a.m. – 11 a.m.	\$42/\$53

*No class 9/7

Body & Core Strengthening TRY IT! (50+)

Learn proper techniques and exercises to strengthen and condition all muscle groups using hand weights. This class is recommended to improve bone density, metabolism and muscle tone. It's a perfect complement to regular cardio workouts. Bring a mat and hand weights. Drop-in fee \$5 resident, \$6 non-resident.

Intermediate: Must have participated in a Sunnyvale Senior Center fitness class within the past year.

Advanced: Higher intensity and faster paced workout.

Instructor: Jason Ortiz

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
258302.AA	Int	50+	8/25 – 10/20	TuTh*	10:20 a.m. – 11:20 a.m.	\$59/\$74

Location: Senior Center Orchard Pavilion

258303.AA	Adv	50+	8/25 – 10/20	TuTh*	9:05 a.m. – 10:05 a.m.	\$59/\$74
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*No class 9/22

Pickleball Ages 50+

A fun paddle sport that combines elements of tennis, badminton and ping-pong has arrived in Sunnyvale. The rules are simple and the game is played on a badminton-sized court and a slightly modified tennis net. Paddles and plastic balls are provided.

Mondays, 10 a.m. – 1 p.m.

Indoor Sports Center, 550 E. Remington Drive, Sunnyvale

Drop-in fee is \$5 for Senior Center members/non-members.

10-visit pass is \$40 for Senior Center members/
\$50 Senior Center non-member.

P Senior Center Premium Members receive two free drop-in passes monthly.

For more information
call Susan Van Dyne at (408) 730-7359.

Cardio Mix (50+)

Burn fat and feel great while working up a sweat with uncomplicated moderate high-energy moves, lively dance steps and cardio kickboxing routines that perfectly complement your regular strength training regimen. Bring a towel and mat to class. Drop-in fee \$5 resident, \$6 non-resident.

Instructor: Tamara Lo

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258200.AA	50+	8/25 – 10/15	TuTh	8am-9am	\$52/\$65

For Strength Training in the Senior Center, see page 26.



Photo by Varshadeep Parlathayya

Murphy Park Senior Programs

250 N. Sunnyvale Ave.

LAWN BOWLS

Monday – Wednesday, 12:15 – 3:30 p.m.

For one free class of instruction and equipment use, call Larry at (408) 730-4028.

For more information, visit www.svlbc.org.

P TABLE TENNIS

Monday – Friday, 9:30 a.m. – 4:00 p.m.

Bring your own paddle. Wear shoes with light-colored soles.

For more information about either program, call (408) 730-7359.

P Premium membership required

EnhanceFitness TRY IT! (50+)

EnhanceFitness is an evidence-based group exercise class that will help you become more active, energized and empowered to sustain an independent life. The class will focus on dynamic cardiovascular exercise, strength training, balance and flexibility. EnhanceFitness is an exercise program with proven results! Exercises can be done seated or standing. Wrist/ankle weights provided. This class meets three times per week. Drop-in fee \$5 resident, \$6 non-resident.

Instructor: Christel Ligocki

Location: Recreation Center Ballroom (M, F)
Recreation Center Community Room (W)

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258130.AA	50+	8/17 – 10/12	MWF*	10 a.m. – 11 a.m.	\$92/\$115

*No class 9/7

**Everyday Fitness TRY IT! (50+)**

People with arthritis or back problems and those who just want to maintain and improve fitness will benefit from everyday fitness. This class includes sit-and-be-fit aerobics, strength and cardio vascular training and exercises for flexibility, endurance, back and bone density. Teacher also provides tips on body mechanics. Drop-in fee \$5 resident, \$6 non-resident.

Instructor: Fred Brovold

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258150.AA	50+	8/24 – 10/19	MW*	1 p.m. – 2:15 p.m.	\$53/\$66

*No class 9/7

Gentle Core Fitness TRY IT! (50+)

Make everyday activities easier, reduce stress and improve circulation, flexibility, coordination, agility, muscle tone and overall health with gentle and safe stretching. Bring a mat, 2-3 lb. hand weights and yoga belt. Wear loose, comfortable clothes. Drop-in fee \$6 resident, \$8 non-resident.

Instructor: Tamara Lo

Location: Senior Center Apricot Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258120.CA	50+	8/28 – 10/16	F	12 p.m. – 1 p.m.	\$42/\$53

Sunny Fit-Low Impact TRY IT! (50+)

This entry-level fitness class will help you gain independence in your activities of daily living and increase your confidence in exploring other fitness workouts. Class will include low intensity aerobics, strength exercises using resistance bands, and balance and stretching exercises. Exercises can be modified for sitting or standing. Drop-in Fee \$5 residents, \$6 non-residents.

Instructor: Fred Brovold

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258140.AA	50+	8/24 – 10/19	MW*	2:30 p.m. – 3:30 p.m.	\$47/\$59

*No class 9/7

Zumba Gold TRY IT! (50+)

Zumba® Gold is a fun, low-impact and high-energy workout that will make you smile! Boost your cardiovascular fitness and tone your muscles with easy-to-follow moves set to an exciting mix of Latin and international music. Wear comfortable clothes, supportive shoes and bring a water bottle. Drop-in fee \$5 residents, \$6 non-residents. Special Discount: Register for two Zumba Gold classes and get a \$5 discount.

Instructor: Lilian Zeljiko (Tu/Th morning), Staff (Tu/Th afternoons), Marla Yonamine (W/F morning)

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258210.EA	50+	8/25 – 10/13	Tu	10 a.m. – 11 a.m.	\$37/\$46
258210.FB	50+	8/27 – 10/15	Th	9 a.m. – 10 a.m.	\$37/\$46
258210.HA	50+	8/28 – 10/16	F	8:30 a.m. – 9:30 a.m.	\$37/\$46

Location: Recreation Center Ballroom

258210.EB	50+	8/25 – 10/13	Tu	4:15 p.m. – 5:15 p.m.	\$37/\$46
258210.FA	50+	8/27 – 10/15	Th	4:15 p.m. – 5:15 p.m.	\$37/\$46

Location: Senior Center Orchard Pavilion

258210.CB	50+	8/26 – 10/14	W	9 a.m. – 10 a.m.	\$37/\$46
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For Personal Training in the Senior Center, see page 25.

Senior Trips**Registration**

Register for all trips by coming to the Senior Center, or mailing your registration form. For extended trips, pick up flyers or print them from our website, *OlderAdults.inSunnyvale.com*, then click on Senior Trips.

For more information call (408) 730-7360.

Day Trips**San Francisco Waterfront with Doug McConnell**

Tour and lunch at Fog Harbour Fish House Th, 8/27 \$132 R/\$165 NR

Phantom of the Opera

In SF, performance only, no meal W, 9/9 \$134 R/\$168 NR

Fun in Half Moon Bay

Beach, plus shopping, no meal Tu, 9/22 \$53 R/\$66 NR

The Lion King, The Award-Winning Best Musical

In San Jose, no meal Th, 10/1 \$117 R/146 NR

Fleet Week Cruise

Blue Angels and buffet lunch Sa, 10/10 \$129 R/\$161 NR

Please check out the next edition of the *Steppin' Out Newsletter* or ask at the Senior Center front desk for more information on these and other upcoming day trips.



The Lion King, 10/1

Photo by Johan Persson © Disney

Upcoming Trip Slide Show

For more detailed information about our extended trips, please attend our next trip slide show. For date and time, contact the Senior Center at (408) 730-7360.

Note: Early Booking Discounts may be available on some trips.

Extended Trips 2016

South American Cruise and Iguazu Falls

Saturday, 3/5/16 – Thursday, 3/24/16

Down the Mississippi

Sunday, 4/3/16 – Monday, 4/11/16

Mackinac Island and Tulip Festival

Friday, 5/6/16 – Friday, 5/13/16

Parks and Shakespeare

Monday, 6/6/16 – Saturday, 6/11/16

Cape Cod and the Islands

Friday, 6/17/16 – Friday, 6/24/16

Best of Britain

Wednesday, 7/6/16 – Wednesday, 7/20/16

Trains, Trains and More Trains of Colorado

Sunday, 8/21/16 – Sunday, 8/28/16

Care Management

Care Management assists seniors and their families in identifying care and service needs. One of our primary goals is to link individuals with services that will allow them to maintain their independence. Care Management services is available to Sunnyvale Residents ages 50+. For more information call (408) 730-7732 or (408) 730-7368.



The Unique Boutique

The Unique Boutique is a special place where you can always find a beautiful, home-made item waiting to delight you or someone you care about. Come in and browse!

Phone: (408) 733-8459

Store Hours: Monday – Friday, 10:30 a.m. – 2:30 p.m.

Contact: Linda Brown, President



Photo by Varshadeep Parlathayya

Join us for Lunch in the Orchard Café

Enjoy a home style meal prepared by our on-site Chef, **Cecilia Garza-Ruiz.**

Meals are served, Monday-Friday at noon in the Orchard Café. Our lunches include: soup or salad, entrée, dessert and beverage. Call for pricing and/or reservation. Menu subject to change. Late arrivals are not guaranteed a lunch.

For more information
call (408) 730-7359.

Get The Help You Need

Information & Assistance Program

Tailored specifically for older adults and their families
Provided by specially trained Peer Advocate Volunteers

We provide help with:

- Housing, Food and Nutrition
- Adult Day Health/Day Care
- Health Care Information & Health Promotion
- Transportation and Legal Issues
- Caregiving and Family Support

Call for an appointment: (408) 730-7367

The Senior Peer Advocate is a program sponsored by The Health Trust Healthy Aging Initiative in collaboration with nine agencies, including the City of Sunnyvale. It is part of a larger movement spearheaded by the Santa Clara County Aging Services Collaborative to make Santa Clara County a more "livable community" for all ages.



Senior Drop-In Events

Drop-in programs and services are free to members, unless noted otherwise. Some drop-in programs also require Premium Membership, noted by **P**. For more information about the programs and services listed below and/or to make an appointment, please call the Senior Center at (408) 730-7360.

Drop-In Programs

Program	Non-Member Fee	Meets
Ballroom Dance	\$2	Tuesday: 1:30 – 4 p.m. (International music); Last Friday: 2 – 4 p.m.
Billiards	\$5	Monday – Friday: 9 a.m. – 6:30 p.m.; Saturday: 10 a.m. – 2 p.m.
Book Club	\$2	2nd Friday, 1:15 – 3 p.m.
Bridge	\$2	Tuesday: 12:15 – 3 p.m. Sign in between 11 – 11:45 a.m.
Chess Club	\$2	Thursday: 2:30 – 5:30 p.m.
Computer Tech Help (Sr. Center Members Only)	N/A	Monday – Friday: By appointment
Computer Lab	\$5	Monday – Friday: 9:30 – 11:30 a.m. and 1:30 – 3:30 p.m.
Computer Tutoring	\$5	1st and 3rd Mondays: 11:30 a.m. – 1:30 p.m.
Dancing for Health	\$2	Thursday: 3 – 5 p.m.
Duplicate Bridge	\$2	Monday: 12:30 – 3:30 p.m.
First Cup	\$.50 per cup for all	Monday – Friday: 8:30 a.m. – 3 p.m.
Fitness Room P	\$5	Monday – Friday: 8 a.m. – 6:30 p.m.; Saturday: 10 a.m. – 2 p.m.
Game Day	\$2	Thursday, 12 – 3 p.m.; Friday: 1 – 4 p.m.
Lawn Bowls at Murphy Park (+ Club Membership for all)	\$2	Monday, Tuesday, Wednesday, 12:15 – 3:30 p.m.
Mah Jong	\$2	Thursday: 9 – 11:30 a.m.
Movies	Free for all	1st & 3rd Friday: 1 p.m.
Musicians Jam Session	\$2	1st & 3rd Monday: 1:30 – 3 p.m.
Old Tyme Movies	Free for all	2nd & 4th Wednesday, 10 a.m.
Pickleball at Indoor Sports Center P	\$5	Monday: 10 a.m. – 1 p.m.
Table Tennis at Murphy Park P	\$5	Monday – Friday: 9:30 a.m. – 4 p.m.
Tai Chi	\$2	Thursday: 1:30 – 2:30 p.m.
Wu's Tai Chi	\$2	Friday: 9 – 11 a.m.
Women's Network	Free for all	Tuesday: 10:30 – 11:30 a.m.
Yuan Chi	\$2	Friday: 9 – 11 a.m.

Services

Service	Non-Member Fee	Available/Call
BART Tickets	\$9	Monday – Friday: 9 a.m. – 5:30 p.m.
Blood Pressure	Free	Monday and Thursday: 10 a.m. – Noon
Care Management	Free	By appointment only
Diabetes Support	Free	4th Thursday each month: 1 – 2:30 p.m.
El Camino Hospital Resource Library	Free	Tuesday: 10:30 am – 11:30 a.m.
Foot Care	\$40/\$50 NM	Mondays 9/28, By appointment
Health Insurance Counseling and Advocacy Program (HICAP)	Free	By Appointment – Call
Hearing Screenings	Free	By Appointment – Call
Notary Services	\$2	9/8, 9/22, 10/13, 10/27: By appointment
Project Sentinel	Free	2nd Wednesday: 10 a.m. – Noon



Chess

Photo by Valentyna Gorbachenko