

NEW
New Program
Offering

TRY IT!
Try It Free on the
First Day of Class

FREE
No Fees

\$\$
Supply Fee Due
on First Day

T
Free T-Shirt
per Session

S
Recreational
Swim

T
Travels
Offsite

C
Performance
on Final Day

H
Parent/Guardian
Participation Required

Older Adults

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.

Level 1 – Beginning: Learn how to cast liquid slip into molds, clean and decorate ceramic pieces. This beginning class is fun and easy.

Level 2 – Intermediate/Advanced: Learn advanced decorating techniques, and receive an introduction 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	1	50+	08/22 – 10/17	M*	8:30 a.m. – 11:30 a.m.	\$45/\$56
359901.AA	1	50+	10/24 – 12/12	M	8:30 a.m. – 11:30 a.m.	\$45/\$56
259902.AA	2	50+	08/22 – 10/17	M*	12:30 p.m. – 3:30 p.m.	\$45/\$56
359902.AA	2	50+	10/24 – 12/12	M	12:30 p.m. – 3:30 p.m.	\$45/\$56

*No class 09/05



Photo by Varshadeep Parlahayya

Ceramics

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 are available to Sunnyvale residents ages 50+.

For more information
call 408-730-7360

COMMUNITY EVENT

Thermometer Exchange and Medication Drop (50+)

Residents can bring their unneeded prescription, over-the-counter medications and medicated ointments and creams to this event for proper disposal. The first 100 residents who turn in old thermometers will receive a free, non-mercury thermometer in exchange (limit one per household). This program does not accept sharps, medical equipment or personal hygiene items. For more information, call 408-730-7717, TDD 408-730-7501 or email green@sunnyvale.ca.gov.

Date: Wednesday, Sept. 21, 2016

Time: 10:30 a.m. – 1:30 p.m.

Location: Senior Center Sequoia Room

Sponsored by: City of Sunnyvale Senior Center and the departments of Environmental Services and Public Safety

DANCE

Ballroom Dance (50+)

Dance like Fred Astaire and Ginger Rogers with a variety of ballroom dance music. No partner is needed.

Day/Time: Wednesdays, 10:45 a.m. – 12:45 p.m.

Location: Senior Center Apricot and Cherry Rooms

Instructor: Peter Chong

Drop-in Fee: \$2 Senior Center members, \$3 non-members (payable at the door)

September Merengue **November** Cha Cha
October Night Club Two step **December** Review of Dances



Photo by Valentyna Gorbachenko

Ballroom Dance



Modern Line Dancing **TRY IT!** (50+)

Have fun, meet new friends and dance to popular music while learning various styles of dance. No partner is needed. Drop-in fee: \$6 resident, \$8 non-resident. Special Offer: Register for two classes in same season to receive a \$5 discount.

Level 1 – Absolute Beginner: Learn basic elements and techniques of line dancing.

Level 2 – Beginner/Improver: Learn more elements and techniques of line dancing. Completion of Level 1 or six months of line dance experience is recommended.

Level 3 – High Beginner: Designed for experienced dancers who can execute the longer step combinations and be comfortable with step counting and wall spotting. Completion of Level 2 or one year of line dance experience is recommended.

Level 4 – Easy Intermediate: Designed for more experienced dancers to learn more complex choreography at a faster pace. Completion of Level 3 or 1+ years of line dance experience is recommended.

Instructor: Julia Wetzel

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
254001.AA	1	50+	09/07 – 12/14	W*	9:15 a.m. – 10:40 a.m.	\$55/\$69
254004.AA	4	50+	09/07 – 12/14	W*	10:45 a.m. – 12:15 p.m.	\$55/\$69

Location: Sunnyvale Theatre Dance Studio

254002.AA	2	50+	09/06 – 12/13	Tu*	8:45 a.m. – 10 a.m.	\$48/\$60
254004.BA	4	50+	09/06 – 12/13	Tu*	10:05 a.m. – 11:30 a.m.	\$55/\$69

*No class 09/20, 09/21, 09/27, 09/28, 10/04, 10/05, 10/25, 10/26, 11/22, 11/23



Modern Line Dancing

SPECIAL EVENTS

Celebrate Veteran's Day

Thank a veteran who is serving or has served in the military at our Veteran's Day Open House. You're invited for complimentary coffee and dessert and the presentation of a special Quilt of Valor to veterans who have been "touched by war." Veterans who have not received a quilt previously, please call 408-730-7360 to register. We will be collecting items for care packages that will be sent to active military. For a list of items, visit bit.ly/SouthBayVets.

Date: Wednesday, Nov. 9, 2016

Time: 10 – 11:30 a.m.

Location: Senior Center Sequoia Room

Thanksgiving Luncheon

Join us as we begin the holiday season with a traditional Thanksgiving meal, followed by live entertainment. For information, call 408-730-7360.

Date: Friday, Nov. 4, 2016

Time: 11:30 a.m. – 1 p.m. (doors open at 11 a.m.)

Location: Senior Center Orchard Pavilion

Fee: \$12 Senior Center members, \$14 non-members (no refunds)*

*Add \$2 if purchased after Oct. 28



Photo by Varshadeep Parlathayya

Thanksgiving Luncheon

Holiday Luncheon

Deck the halls and celebrate with friends and family at our festive Holiday Luncheon, followed by live entertainment. No refunds.

Date: Friday, Dec. 2, 2016

Time: 11:30 a.m. – 1 p.m. (doors open at 11 a.m.)

Location: Senior Center Orchard Pavilion

Fee: \$12* Senior Center members, \$14* non-members

*Add \$2 if purchased after Nov. 23

Breakfast with Santa

Grandparents, grandchildren and families, treat your loved ones to a fun breakfast! Join us for this wonderful opportunity to have your picture taken with Santa, participate in a variety of crafts and enjoy special performances by The Singing Children and The Entertainment Choir. For information, call 408-730-7360.

Date: Saturday, Dec. 10, 2016

Seating times: 8 – 9:30 a.m. or 10:30 a.m. – noon

Location: Senior Center Orchard Pavilion

Fee: \$5 general admission, \$7.50 if purchased after December 2.

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IN THE SPOTLIGHT

Reservations required for In the Spotlight series. Please sign up at the Senior Center reception counter or call 408-730-7360 as seats are limited.

Cupertino TV Productions – The Better Part (50+)

Learn about The Better Part, a group of volunteers (no experience required) ages 50+, who participate in the production of TV interview shows in a variety of roles. Subjects have included Irish bagpipes, the League of Women Voters, a car race around the world and more. Our programs are cablecast in 27 communities and on YouTube and Roku. It's a lot of fun to participate in a TV show! Pre-registration is required.

Date: Wednesday, Sept. 14, 2016

Time: 1 – 2:30 p.m.

Location: Senior Center Laurel Room

Guest Speaker: Grace Trafton and Greg Johnsrude



Finding Joy

Finding Joy (50+)

Come discover how to have joy every day, both simple and profound, in music, nature, solitude, persistence and more at this presentation. Joy will read from her book of personal essays and share how she finds joy in all areas of her life. Pre-registration required.

Date: Wednesday, Nov. 9, 2016

Time: 1 – 2:30 p.m.

Location: Senior Center Laurel Room

Guest Speaker: Joy Rewick

Brown Bag Social **FREE**

Bring a bag lunch to the Senior Center and eat lunch and socialize with others. Coffee and tea are provided at no charge.

Who: Adults ages 50+

Days: Monday through Friday

Time: 11:30 a.m. to 1 p.m.

Location: Senior Center Orchard Pavilion

For information
call 408-730-7360

LECTURES

Reservations required for the following lectures. Please sign up at the Senior Center reception counter or call 408-730-7360 as seats are limited.

Rose Kleiner

Adult and Senior Day Health Center (50+)

Learn all about the services provided at the Rose Kleiner Day Health Center including adult day care and adult day health care. Additionally, Rose Kleiner provides a variety of therapies, group exercise, fun activities, transportation, and tasty and nutritious lunches. Come learn how easy it is to enroll in their programs and receive complimentary giveaway items. Pre-registration is required.

Date: Wednesday, Sept. 7, 2016

Time: 1 – 2 p.m.

Location: Senior Center Laurel Room

Guest Speaker: Hong Bu

Life After Retirement – What Do I Do Now? (50+)

Retirement can sometimes be a difficult adjustment, and it is never too early to plan for what you will do in your golden years. Come and learn the key to a happy and fulfilling retirement. This is not about financial planning and investments, but rather tips to be engaged and adventurous. Pre-registration is required.

Date: Wednesday, Oct. 26, 2016

Time: 1 – 2:30 p.m.

Location: Senior Center Laurel Room

Guest Speaker: Geriatric Care Manager Vivian I. Silva, MSW



Life After Retirement – What Do I Do Now?

Live Green/Save Green Part II (50+)

Find out how living greener can save you money! Learn about pest management, both inside and outside the home, and make a natural, non-toxic pest control product. Combat the global epidemic of food waste by learning how to reduce food waste to landfill and convert food waste to fertilizer through worm composting. Pre-registration is required.

Date: Wednesday, Nov. 30, 2016

Time: 1 – 3 p.m.

Location: Senior Center Laurel Room

Guest Speaker: Jackie Davison and Sandy Jensen, City of Sunnyvale Environmental Services Department



Sunnyvale Senior Center Membership

If you're 50+, don't miss out on all the benefits of becoming a member of the Senior Center: learn new skills, make new friends, stay healthy, attend lectures and more. Purchase your 2017 membership after July 1, 2016, and get the remainder of 2016 for free. For more information, visit the Senior Center front desk. Get active your way!



MEMBERSHIP BENEFIT STRUCTURE

Your annual membership includes:

- A \$5 discount for any Older Adult class
- Free drop-in programs, lectures, game days and movies
- Discounts on special events, luncheons and dances
- Free health screening services
- Free use of Computer Lab and Billard Room
- Free Table Tennis at Murphy Park (Premium)
- Free use of Fitness Room (Premium)
- A \$5 discount coupon for Older Adult classes (Premium)
- Two drop-in passes (Premium)



STEPS TO BECOMING A MEMBER

- Come in and complete a membership application.
- Have your photo taken and receive a personalized card.
- Show proof of age. To pay annual discounted resident fee of \$28 (Basic) or \$32 (Premium), show photo ID with Sunnyvale address or utility bill. Non-residents pay \$43 (Basic) or \$50 (Premium)

FOR INFORMATION

OlderAdults.inSunnyvale.com • 408-730-7360

Center Hours: Mon – Fri, 8 a.m. – 6:30 p.m.
• Sat, 10 a.m. – 2 p.m. • Sun, closed

Office Hours: Mon – Fri, 9 a.m. – 5:30 p.m.

Like us on Facebook  at facebook.com/SunnyvaleSeniorCenter

**SPORTS AND FITNESS****Back Care Conditioning TRY IT!** (50+)**Plus Stretch, Strengthen, and Relax**

Increase movement to move more easily and reduce chronic pain with gentle exercises that strengthen, and stretch your back. Exercise with a chair, belt and mat to 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: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258750.AA	50+	08/30 – 10/18	Tu	9:10 a.m. – 10:10 a.m.	\$43/\$54
358750.BA	50+	10/25 – 12/13	Tu	9:10 a.m. – 10:10 a.m.	\$43/\$54

P Senior Center Fitness Room

Enjoy the wide range of cardio and weight resistance equipment. Use of room requires Premium Senior Center membership, or \$5 pass. First-time users are required to view the Fitness Room training DVD.

Days/Time

Monday – Friday, 8 a.m. – 6:30 p.m.

Saturday, 10 a.m. – 2 p.m.

Closed Sundays

For information, call 408-730-7359

P This program is free for Senior Center Premium members.

Body and 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+	08/30 – 10/20	TuTh	10:20 a.m. – 11:20 a.m.	\$60/\$75
358302.AA	Int	50+	10/25 – 12/15	TuTh*	10:20 a.m. – 11:20 a.m.	\$56/\$70

Location: Senior Center Orchard Pavilion

258303.AA	Int	50+	08/30 – 10/20	TuTh	10:20 a.m. – 11:20 a.m.	\$60/\$75
358303.AA	Int	50+	10/25 – 12/15	TuTh*	10:20 a.m. – 11:20 a.m.	\$56/\$70

*No class 11/24

Cardio Mix (50+)

Burn fat and feel great while working up a sweat with uncomplicated, moderate and 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+	08/30 – 10/20	TuTh	8 a.m. – 9 a.m.	\$53/\$66
358200.AA	50+	10/25 – 12/15	TuTh*	8 a.m. – 9 a.m.	\$50/\$63

*No class 11/24



EnhanceFitness

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 (MF), Senior Center Orchard Pavilion (W)

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258130.AA	50+	10/10 – 12/05	MWF*	10 a.m. – 11 a.m.	\$94/\$118

*No class 11/25

Everyday Fitness TRY IT! (50+)

Everyday Fitness class supports participants with arthritis or back problems and those who just want to maintain and improve 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+	08/29 – 10/24	MW*	1 p.m. – 2:15pm	\$54/\$66
358150.AA	50+	10/31 – 12/14	MW	1 p.m. – 2:15pm	\$47/\$59

*No class 09/05

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Sunny Fit – Low Impact **TRY IT!** (50+)

This entry-level fitness class helps participants gain independence in activities of daily living and increase confidence in exploring other fitness workouts. Class includes 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+	08/29 – 10/24	MW*	2:30 p.m. – 3:30 p.m.	\$48/\$60
358140.AA	50+	10/31 – 12/14	MW	2:30 p.m. – 3:30 p.m.	\$42/\$53

*No class 09/05



Free Fitness Room Orientation

FREE

Not sure where to start? A Senior Center personal trainer will show you how to safely operate the fitness room equipment.

Offered monthly for Premium **P** and Basic Senior Center members.

For information and to sign up,
visit the Senior Center front desk or call 408-730-7360.

Space is limited.



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.

Pickleball Ages 50+

A fun paddle sport combining elements of tennis, badminton and ping-pong. The rules are simple. Game is played on a badminton-sized court and a slightly modified tennis net. Paddles and plastic balls are provided.

Day/Time: Mondays, 10 a.m. – 1 p.m.

Location: Indoor Sports Center

Drop-in Fee: \$5 Senior Center members/non-members

10-visit Pass: \$40 Senior Center members/\$50 non-member

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

For more information

call 408-730-7359



Older Adults

**Zumba Gold** **TRY IT!** (50+)

Ready to join the party? Zumba® Gold is a fun, low-impact and high-energy workout that makes participants smile! Boost cardiovascular fitness and tone muscles with easy-to-follow moves listening to an exciting mix of Latin and international music. Please 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 in the same season and get a \$5 discount.

Instructor: Marla Yonamine (W morning), Lilian Zeljko

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258210.EA	50+	08/30 – 10/18	Tu	10 a.m. – 11 a.m.	\$38/\$48
258210.CB	50+	09/14 – 11/02	W	9 a.m. – 10 a.m.	\$24/\$30
258210.FB	50+	09/01 – 10/20	Th	9 a.m. – 10 a.m.	\$38/\$48
358210.EA	50+	10/25 – 12/13	Tu*	10 a.m. – 11 a.m.	\$33/\$41
358210.CB	50+	11/09 – 12/14	W	9 a.m. – 10 a.m.	\$29/\$36
358210.FB	50+	10/27 – 12/15	Th*	9 a.m. – 10 a.m.	\$33/\$41

Location: Recreation Center Ballroom

258210.GB	50+	08/29 – 10/17	M*	4:30 p.m. – 5:30 p.m.	\$33/\$41
358210.GB	50+	10/24 – 12/05	M*	4:30 p.m. – 5:30 p.m.	\$33/\$41

Location: Senior Center Orchard Pavilion

258210.CD	50+	08/31 – 10/19	W	4:30 p.m. – 5:30 p.m.	\$38/\$48
358210.CD	50+	10/26 – 12/14	W*	4:30 p.m. – 5:30 p.m.	\$33/\$41

*No class 09/05, 11/21, 11/22, 11/23, 11/24



Zumba Gold

For Personal Training for Adults 50+, see page 31.

For Strength Training for Adults 50+, see page 31.

Murphy Park Senior Programs
Ages 50+

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 p.m.

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

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

WORKSHOPS AND SEMINARS

Reservations required for the following workshops and seminars. Please sign up at the Senior Center reception counter or call 408-730-7360 as seats are limited.

Personal Emergency Preparedness Workshop (50+)

From chemical spills, storms and power outages to fires, floods and earthquakes, emergencies and disasters happen. Sponsored by the Sunnyvale Department of Public Safety, learn what resources and plans to have in place, how to protect yourself, your family and your home, and how to prioritize your preparations for emergencies and disasters at this free, fast-paced workshop. Pre-registration is required.

Date: Tuesday, Sept. 20, 2016 **Time:** 2 – 4:30 p.m.

Location: Senior Center Laurel Room **Guest Speaker:** PEP Instructors

Better Choices, Better Health Chronic**Disease Program Workshop** (50+)

An evidence-based program designed by the Stanford Patient Education Research Center, this self-management program is a six-session, peer-taught health education workshop for people with a chronic condition(s). The goal of the workshop is to help individuals take day-to-day responsibility for their care, while increasing skills necessary to manage their disease.

Date: Sept. 9 – Oct. 14, 2016 **Day/Time:** Fridays, 9 – 11:30 a.m.

Location: Senior Center Cypress Room **Presented by:** Health Trust

Age Well/Drive Smart Senior Driver**Safety Seminar** (50+)

Topics covered include myths about older drivers, rules of the road, safe driving tips, compensating for age-related changes, confidential self-assessments, role of nutrition, fitness and medications and mobility options in the public transportation system. Pre-registration is required.

Date: Wednesday, Oct. 19, 2016 **Time:** 9 a.m. – 1 p.m.

Location: Senior Center Laurel Room **Presented by:** California Highway Patrol

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TRIPS

Registration

Visit the Senior Center front desk or download the registration form online at OlderAdults.inSunnyvale.com. For information, call 408-730-7360.

Day Trips **NEW**

Fleet WeekSa, 10/08..... \$129R/\$161NR
View airshow aboard yacht with buffet lunch

White Christmas and Union SquareW, 12/14..... Price TBD
See show at the Orpheum Theatre with free time in Union Square

Check out the next edition of the Steppin' Out Newsletter or ask at the Senior Center front desk for more information on upcoming day trips.



Photo by Kevin White

White Christmas and Union Square



Best of Australia and New Zealand

Extended Trips **NEW**

For extended trips, pick up fliers or print them from the website, OlderAdults.inSunnyvale.com, by clicking on Senior Trips. For more information, call 408-730-7360. (R) = Resident

Best of Australia and New Zealand Tue, 02/21 – Wed, 03/08/17

Experience the culture, wildlife, and natural beauty of Australia and New Zealand on this 16-day trip. In Australia, tour Cairns, Sydney, Melbourne, the Great Barrier Reef, Sydney Opera House and a wildlife park. In New Zealand explore famous cities of Christchurch, Queenstown and Auckland and more.

Trip fee is \$8,083 (R) pp double occupancy, \$9,483 (R) single occupancy. Trip includes 22 meals. Deposit of \$885 is required, with balance due December 7, 2016.

Arizona and Baseball Spring Training Sun, 03/26 – Thu, 03/30/17

Celebrate America's favorite pastime on this five-day trip. Attend some of Major League spring training baseball games, visit Phoenix, Musical Instrument Museum, Old Town Scottsdale, and breathtaking Sedona, with its red rock monoliths.

Trip fee is \$1,999 (R) pp double occupancy, \$2,399 (R) single occupancy. Trip includes 6 meals (4 Breakfasts, 2 Dinners). Deposit of \$400 is required, with balance due February 1, 2017.

Peru: Ancient Land of Mysteries (Machu Picchu) ..Sat, 05/13 – Mon, 05/22/17

This 10-day trip explores five thousand years of living history as you travel through Peru. Some of the extraordinary highlights include visits to Lima, Cuzco, Lake Titicaca, the ruins of Ollantaytambo, and the mystical "Lost City of the Incas," Machu Picchu. Your incredible journey will take you through local markets and artisanal shops while you savor Peru's exquisite food, history, and culture.

Trip fee is \$5,479 (R) pp double occupancy, \$6,329 (R) single occupancy. Trip includes 15 meals (9 Breakfasts, 1 Lunch, 5 Dinners). Deposit of \$530 is required, with balance due March 14, 2017.

National Park Wonders Sat, 06/17 – Sun, 06/25/17

By popular demand, we will once again offer our very successful National Park Wonders trip. On this nine-day trip visit Jackson, Cody, and Rapid City, Yellowstone, Mammoth Hot Springs, Buffalo Bill Center of the West (a complex of five museums), Devils Tower, Mount Rushmore, and Crazy Horse Memorial. Keep your eyes open for some of the area's abundant wildlife including moose, elk, bison, bald eagles and prong horn sheep.

Trip fee is \$3,675 (R) pp double occupancy, \$4,725 (R) single occupancy. Trip includes 13 meals (8 Breakfasts, 1 Lunch, 4 Dinners). Deposit of \$750 is required, with balance due March 1, 2017.

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



Extended Trip Presentation

Find out more information about the Sunnyvale Senior Center's 2017 extended trips.

For more details
see page 2



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.
Fitness Room P	\$5	Monday – Friday: 8 a.m. – 6:30 p.m.; Saturday: 10 a.m. – 2 p.m.
Fun with Origami	\$2	Thursday, 3:00 p.m. – 3:45 p.m.
Game Day	\$2	Thursday, 12 – 3 p.m.; Friday: 1 – 4 p.m.
Guitar Instruction	N/A	Sign-up required – Call Senior Center
Lawn Bowls at Murphy Park (+ Club Membership for all)	\$2	Monday, Tuesday, Wednesday, 12:15 – 3:30 p.m.
Lunchtime Librarian	Free	1st and 3rd Thursdays: 11 a.m. – noon
Mah Jong	\$2	Thursday: 9 – 11:30 a.m.
Movies	Free	1st and 3rd Friday: 1 p.m.
Musicians Jam Session	\$2	1st and 3rd Monday: 1:30 – 3 p.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: 9:15 – 11:15 a.m.
Women's Network	Free	Tuesday: 10:30 – 11:30 a.m.
Yuan Chi	\$2	Friday: 9 – 11 a.m.

Services

Service	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 – Call Senior Center
El Camino Hospital Resource Library	Free	Tuesday: 10:30 am – 11:30 a.m.
Health Insurance Counseling and Advocacy Program (HICAP)	Free	By appointment – Call Senior Center
Hearing Screenings	Free	By appointment – Call Senior Center
Notary Services	\$2 for non-member	By appointment – Call Senior Center Photo I.D. required.
Project Sentinel (Housing Resources)	Free	2nd Wednesday: 10 a.m. – Noon



Table Tennis at Murphy Park

Photo by Varshadeep Parlatayya