



Performing Arts

Belly Dance (16 & older)

Have fun learning traditional Middle Eastern style dance moves, while gaining core strength and control. You'll increase body awareness, muscle tone and flexibility!

Level 1 - Beginning: Learn Middle Eastern dance fundamentals, with an emphasis on technique and finger cymbal basics. This class is perfect for first-time dancers.

Level 2 - Intermediate: Build upon the basics, with a focus on understanding Middle Eastern rhythms, overlays, combinations, transitions and drum solo technique. Prerequisite: 1 year training at the beginning level.

Instructor: Alcina Nelson

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
544101.TP	1	16-older	3/5-4/23	Tu	6:30pm-7:30pm	\$79/\$99
544102.TQ	2	16-older	3/5-4/23	Tu	8:30pm-9:30pm	\$79/\$99

Abs Arabia Style (16 & older)

Body waves to belly rolls, Abs Arabia Style provides overall body toning and abdominal conditioning, with a focus on Middle Eastern dance moves. Wear comfortable exercise-style attire or your favorite Middle Eastern dance outfit. This exercise-style class is open to all levels. No previous Middle Eastern dance experience necessary.

Instructor: Alcina Nelson

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
544100.TQ	16-older	3/5-4/23	Tu	7:30pm-8:30pm	\$79/\$99

Lunch Hour Hula (18 & older)

Spend your lunch-hour in Hawaii! Learn hula basics and ancient Kahiko and modern Auana hula choreography and enjoy traditional Hawaiian music as the instructor accompanies class on gourd drum and ukulele. Hula is a fun, low-impact and spiritually uplifting workout. Wear shorts or stretch pants and T-shirt. Dance is done barefoot.

Instructor: Kanani Densing

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
544140.FP	18-older	3/8-4/26	F	12:00pm-1:00pm	\$79/\$99

Ballroom Dance (18 & older)

Find out how easy it is to have fun on the dance floor once you know the steps. This fun, non-competitive class makes it simple to learn popular ballroom dances. Leather-soled shoes that will stay firmly on your feet and allow you to spin safely are required. No partner necessary. We'll switch dance partners throughout the lesson.

Level 1 - Beginning: Learn the basics of the Fox Trot, Waltz, Tango, West Coast Swing, Rhumba and Cha-Cha.

Level 2 - Intermediate: Fine tune your dance style and learn moves that will get you noticed on the dance floor.

Instructor: Bud Ayers

Location: Recreation Center Ballroom (Tu), Community Room (M)

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
544301.MP	1	18-older	3/4-4/22	M	7:30pm-8:30pm	\$79/\$99
544301.TQ	1	18-older	3/5-4/23	Tu	8:30pm-9:30pm	\$79/\$99
544302.MQ	2	18-older	3/4-4/22	M	8:30pm-9:30pm	\$79/\$99

SEE A SHOW IN SUNNYVALE!

Unless otherwise noted, all performances are at Sunnyvale Theatre, 550 E. Remington Drive, Sunnyvale.

Tickets can be purchased by phone, (408) 733-6611 or in person at the Box Office two hours prior to the show or Monday through Friday, 4:30-6:30 p.m.

Evenings of Cultural Arts

(Information & Tickets: 408.733.6611)

more information at Arts.inSunnyvale.com)

Maurice Tani & 77 El Deora 2/16

The Patrick Landeza Project 3/23

The Black Brothers 4/13

All shows at 8 p.m. • Tickets \$28 general

\$22 students & seniors

Convenience fee of \$1 per order applies on mailed, faxed, online & phoned orders

California Theatre Center

(Information & Tickets: 408.245.2978)

more information at www.ctcinc.org)

FAMILY SERIES

Robinson Crusoe 2/2, 2/9

Miss Nelson is Missing 2/23, 3/2

Charlotte's Web 3/9, 3/30

Adventures of Brer Rabbit 3/16, 3/23

Rumpelstiltskin 4/13, 4/20, 4/27

Saturdays 11:00 a.m., selected evenings 7 p.m.

Single-ticket \$12 • At-the-door tickets \$15 Saturdays

Tickets on sale in advance by phone (408) 245-2978 and at the door 30 minutes prior to show

Sunnyvale Community Players

more information at www.sunnyvaleplayers.org)

Wizard of Oz (Jr. Show) 2/22 – 3/17

Little Women 4/19 – 5/12

Friday & Saturday 8 p.m., Sunday 2:30 p.m.,

Thursdays 7:30 p.m.

Tickets \$24 general (\$19 Jr. Show)

\$21 students & seniors (\$16 Jr. Show)

\$11 children 5 and younger (\$9 Jr. Show)

\$21 Thursday Bonus Night – all seats (\$16 Jr. Show)

\$2 per ticket Box Office fee

\$1 per order on phone

\$1 per ticket on online orders



Salsa (18 & older)

Looking for some spice in your life? Salsa class will prepare you for the dance floor by introducing basic steps and patterns for today's hottest dance craze. Wear leather-soled shoes that will stay firmly on your feet and allow you to spin safely. No tennis shoes, platform shoes or sandals. No partner necessary. We'll switch dance partners throughout the lesson.

Instructor: Bud Ayers

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
544361.TP	Beg	18-older	3/5-4/23	Tu	7:30pm-8:30pm	\$79/\$99

Tap Dance (14 & older)

Start tapping and your happy feet are sure to send a message to your whole body. You'll leave this class feeling uplifted and rejuvenated, with improved coordination, agility and tapping skills. Tap shoes are required.

Level 1 - Beginning: Learn and practice basic tap techniques, traveling steps and simple combinations. This class is perfect for adults and teens who have never tapped before and for anyone wanting a review.

Level 2 - Intermediate: Use your prior tap training in a low-impact tap workout with exciting rhythms and fun routines.

Instructor: TBA

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
544481.JP	1	14-older	3/7-4/25	Th	6:30pm-7:30pm	\$79/\$99
544482.JQ	2	14-older	3/7-4/25	Th	7:30pm-8:30pm	\$79/\$99

Guitar (12 & older)

Feel like a rockstar in no time, as you learn to play guitar and read guitar music using familiar songs from favorite artists. Bring your own guitar. All types of guitar welcome. Non-refundable materials fee of \$20 due at first class meeting.

Level 1 - Beginning: Start with guitar basics, including chords and how to tune your instrument. No experience necessary.

Level 2 - Intermediate: Increase chord vocabulary, improve timing, finger picking and more. Prerequisite: Guitar 1 or self-taught basics, including open chords, timing and basic strumming.

Instructor: Rick DeShera

Location: Recreation Center, Community Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
544831.JP	1	12-older	3/7-4/25	Th	6:00pm-7:15pm	\$79/\$99
544832.WP	2	12-older	3/6-4/24	W	6:00pm-7:15pm	\$79/\$99



Online Driver Education Course

This Online Driver's Education Course is approved by the California Department of Motor Vehicles. Reading, flash graphics, videos, and quizzes will prepare the reader to pass the written DMV test.

The course is very easy to use. You simply log into the web site, enroll, and you can begin immediately! For more information about the course and to register go to:

www.economicdrivingschool.com/online

When registering, complete the question that says:
"How did you hear about us?"
Choose Activity Guide. Enter code: 7350
Cost: \$68.50

Piano Keyboard Adult (13 & older)

Learn basic piano skills, theory and music reading at your own pace. Each student will have a keyboard for use in class; headphones with 1/4" adapter required. Access to a piano or keyboard for practice between lessons is essential for progress. Order non-refundable materials (book, flashcards) online at www.noteworthy-music-school.org. Pay with credit card online or in class with check or money order to Noteworthy Music School. Pre-ordered materials will be delivered on the first day of class.

Instructor: Noteworthy Music

Location: Creative Arts Center Meeting Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
544850.MU	13-older	3/4-4/29	M*	7:45pm-8:30pm	\$89/\$111
544850.WU	13-older	3/6-4/24	W*	7:45pm-8:30pm	\$79/\$99

*No class 4/15, 4/17

Gymnastics

Gymnastics: Co-ed (17 & older)

This is a co-ed recreational class for beginners. No previous experience is required. This class focuses on both men's and women's events and skills, including floor exercise, pommel horse, uneven and horizontal bars, vault, balance beam, and parallel bars. Strength and flexibility development are integral parts of the class.

Instructor: California Sports Center

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
543061.WA	Beg	17-older	3/6-5/1	W*	7:30pm-8:25pm	\$129/\$161
543061.SA	Beg	17-older	3/9-5/4	Sa*	12:00pm-12:55pm	\$129/\$161

*No class 4/17, 4/20

Sports, Fitness & Aquatics

Aerobics (16 & older)

Exercise routines choreographed to music. Adventurous exercisers can choose between high and low impact variations of different aerobic moves. The workout also combines floor work with stretching and toning with 1-3 lb weights, if desired. Participants bring weights and a mat. Ages 12-15 may register with a parent. Children under age 12 are not allowed in the classroom or Senior Center while class is in session.

Instructor: Christine Sabooni

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
548160.MA	16-older	3/4-5/1	MW*	7:00pm-8:30pm	\$112/\$140

*No class 3/20, 4/17

Baby Boot Camp (18 & older)

Get an all-body workout, including cardiovascular drills, strength training, and exercises designed to restore your core- all while being with your baby! Prenatal women must have a doctor's note and post-partum moms (at least 6-8 weeks) must have their doctor's verbal consent to participate. Exercise kits are required for first time users and can be purchased from the instructor for \$ 49.

Instructor: Bay Area Baby Boot Camp

Location: Las Palmas Park

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
548151.TA	Beg	18-older	3/5-3/26	Tu	9:30am-10:30am	\$48/\$60
548151.RA	Beg	18-older	3/7-3/28	Th	9:30am-10:30am	\$48/\$60
548151.TB	Beg	18-older	4/2-4/30	Tu	9:30am-10:30am	\$60/\$75
548151.RB	Beg	18-older	4/4-4/25	Th	9:30am-10:30am	\$48/\$60



Badminton (14 & older)

Class is structured to review fundamentals and provide play opportunity. Beginners need no previous experience. Racquet and shuttlecocks are required.

Instructor: Terence Chua

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
548000.TA	14-older	3/5-4/30	Tu	7:00pm-9:00pm	\$72/\$90

CPR AED Adult Lay Responder (15 & older)

Obtain your 1-year CPR/AED certifications for adults with successful completion of this 3-hour American Red Cross course. Graduates will be able to access the Emergency Medical System and provide basic care for breathing, cardiac emergencies until advanced medical help arrives. Participants must successfully complete all required skills and pass a written examination with a score of 80% or better in each course section. One- and two-day class fees are nonrefundable and nontransferable.

Instructor: Staff

Location: Senior Center Laurel Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
540460.AA	15-older	4/6	Sa	8:00am-12:30pm	\$77/\$96

CPR Pro Challenge Course (15 & older)

This class is the American Red Cross course designed to recertify participants who are currently certified in ARC CPR/AED for the Professional Rescuer. The "Challenge" format means there is no instruction or video. Students must arrive ready to take a written exam and upon successful completion of the written exam, demonstrate skills proficiency in a skills test 3/26, 4:30-6:30pm. Students who pass the exam with 80% or higher, will be issued a refund for \$50. Students that do not display skill proficiency will be dismissed and allowed to return for the full-length course. Full course: Wed-Fri, 3/27-3/29, 4:30-7:30pm.

Please note: All students must arrive at the beginning of class, however student completion times may vary since students will receive skills testing one at a time on a first-come, first-served basis

Instructor: Staff

Location: Washington Park Pool

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
540442.AA	Int/Adv	15-older	3/26-3/29	Tu-F	4:30pm-7:30pm	\$100/\$125

Square Dancing (18years & older)

Modern Western square dancing is a fun, friendly, sociable activity for dancers of all ages and ability levels. As an added benefit, an evening of square dancing provides a gentle cardiovascular workout, equivalent to a three-mile walk, to help burn calories and keep bones strong. Keep your memory strong, too, as you learn and practice the 100 internationally recognized square dance calls. Each lesson adds new steps and formations to your repertoire. The first session (7:00-8:30pm) focuses on beginning to mainstream calls for newer dancers. The second session (8:30-10:00pm) adds more challenging calls to plus level. No partner or experience needed. Dress is casual. Wear comfortable shoes.

FIRST NIGHT IS FREE!

Location: Murphy Park Building, 130 E. California Ave.

When: Tuesdays, 7:00pm-10:00pm with Sunnyvale Squares (New classes begin the first Tuesday of March and September. First-time dancers must start at the beginning of a class. Returning dancers are welcome to join anytime.

Fee: \$30 per month, purchased by the month at the door
First night FREE for new dancers.

For more information,
please call (408) 744-1021

Standard First Aid (15 & older)

Obtain your 3-year Standard First Aid certification with successful completion of this 3-hour American Red Cross course. Graduates will be able to access the Emergency Medical System and provide basic care for first aid and sudden illness emergencies until advanced medical help arrives. Participants must successfully complete all required skills and pass a written examination with a score of 80% or better in each course section. One- and two-day class fees are nonrefundable and nontransferable.

Instructor: Staff

Location: Senior Center Laurel Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
540470.AA	15-older	4/6	Sa	1:00pm-5:00pm	\$77/\$96

Lifeguard Review (15 & older)

This class is the American Red Cross course designed to recertify participants who are currently certified in American Red Cross Lifeguard Training and First Aid, and approaching the expiration date for their certification. This 16 hour course will require participants to pass a physical skills examination in lifeguarding rescue skills and first aid, as well as pass the written lifeguarding and first aid portions of the ARC Lifeguard Training exam with an 80% or higher.

Participants must arrive at the pool with a swim suit and towel, and be prepared to complete all skills upon arrival as a review will not be provided with this course. One day and two day courses are non-refundable and non-transferable.

Instructor: Staff

Location: Washington Park Pool

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
540441.AB	Beg	15-older	4/30-5/9	TuTh	4:30pm-8:30pm	\$191/\$239

Location: Sunnyvale Middle School Pool

540441.AA	Beg	15-older	3/2-3/3	SaSu	8:00am-5:00pm	\$191/\$239
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Lifeguard Training (15 & older)

This class is the American Red Cross course to become a certified lifeguard. It will include training and certification in First-Aid and CPR for the Professional Rescuer. Attendance at all class sessions is mandatory. Participants must be at least 15 years old and pass a skills test on the first day that includes a 300 yard swim, as well as a timed event with a 10lb. brick. Fee includes all books, certification, and a pocket mask. Attendance and participation at all class meetings is required. Participants must bring their pocket mask and book (provided at the first class meeting), swimsuit and towel to each class meeting. Anyone who does not meet the minimum requirements on the first day will be provided with a refund.

Instructor: Staff

Location: Sunnyvale Middle School Pool

540440.LA	15-older	3/9-3/24	SaSu*	8:00am-5:00pm	\$273/\$323
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Location: Washington Park Pool

540440.LB	15-older	4/17-4/20	W-Sa	8:00am-5:00pm	\$273/\$323
540440.LC	15-older	4/27-5/5	SaSu	8:00am-5:00pm	\$273/\$323

*No class 3/16, 3/17

Israeli Folk Dance (13years & older)

Enjoy the evening in an energetic and inspiring way. Israeli folk dance in a circle, in a group or with a partner in rhythmic and dynamic movement. The evening starts with a 45-minute lesson followed by dancing to your requests.

Where: Ballroom in the Recreation Center

When: Mondays with Loui Tucker, 7:45pm-11:00pm

Cost: \$7 at the door

No dancing 3/25 in observance of Passover.

Please call (408) 287-9999 for more information.

Teen & Adult



Hypnotize Yourself Slim! (18 & older)

NEW CLASS
Hypnosis is all about the mind-body connection. So why not use it and shed 19 lbs and 3" before your next family gathering? Diets rarely work. Reprogram your mind instead and watch binges and grazing fade. Course includes daily email support and group hypnosis audio tailored to your needs. \$10 printing fee due to instructor at 1st class. Optional quickstart audio CD available for purchase, promotes healthier habits instinctively.

Instructor: Eric Rosen, CHt

Location: Recreation Center Neighborhood Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
548250.TA	18-older	3/5-3/19	Tu	11:30am-2:00pm	\$69/\$86
548250.TB	18-older	4/9-4/23	Tu	6:30pm-9:00pm	\$69/\$86

FREE Sneak Preview of Hypnosis class!
7:00pm (45 minutes + Q&A) • Sunnyvale Library • Tues., March 26th
665 W. Olive, Sunnyvale

Lunch-Hour Pilates (18 & older)

Work out on your lunch-hour but skip the sweat with this gentle, effective mat class! Strengthen and tone with controlled breathing/movement exercises focused on core muscles. Pilates emphasizes body mechanics, alignment and form to improve flexibility, balance and posture. Class uses rings, bands and balls for added challenge. Yoga mat required. Class is not suitable for pregnant women or people with acute mobility, joint or bone density problems.

Instructor: Sarah Graves

Location: Theatre Dance Studio

Class #	Age	Dates	Day	Time	Fee (Res/NR)
548920.TP	18-older	3/5-4/30	Tu*	12:00pm-1:00pm	\$79/\$99
548920.JP	18-older	3/7-5/2	Th*	12:00pm-1:00pm	\$79/\$99

*No class 4/2, 4/4

Meditation/Visualization (16 & older)

Learn easy methods to quiet the mind. By watching your thoughts you can find a peaceful place inside of yourself. Breathing techniques, listening skills and visualization will be taught to help you cope with the outside world. Experience your true self. Please bring a mat or blanket and wear comfortable clothing.

Instructor: Robin Pickel

Location: Recreation Center Boardroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
548780.SC	16-older	3/2-4/27	Sa	11:15am-12:00pm	\$86/\$108

Swim Adult (16 & older)

This class is open to all participants from first time swimmers to more advanced swimmers desiring skill and technique coaching.

Instructor: Staff

Location: Washington Park Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
540420.SA	16-older	4/6-4/27	Sa	9:15am-9:45am	\$58/\$73

Swim - Water Exercise (16 & older)

Splash into an exciting workout and enjoy the benefits of water exercise! This class is a great way to increase cardiovascular fitness, muscle strength, endurance, and flexibility. Relieve stress and have fun while making new friends. Open to all fitness levels. No swimming skills are necessary. Water walkers/joggers welcome. Teens 13-15 may register with a parent or guardian. You also have the option of purchasing a drop-in punch card on-site during any class date and time. Punch cards are \$90 for 12 workouts.

Instructor: Staff

Location: Washington Park Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
540430.WA	16-older	4/1-4/26	MWF	5:30pm-6:30pm	\$75/\$94
540430.WB	16-older	4/6-4/27	Sa	8:00am-9:00am	\$25/\$31

Strength Training (18 & older)

Feel stronger, healthier and more vital. Strengthen your bones and improve balance, coordination and mobility-all through the proper use of fitness machines and weights. You'll warm up, rotate through various exercise stations and then cool down. Classes will have a maximum of 8 students to better meet your individual fitness goals.

Instructor: Suzanne Luft

Location: Senior Center Aspen Fitness Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
546300.AA	Beg	18-older	3/18-4/22	M	7:00pm-8:00pm	\$46/\$58
546300.BA	Beg	18-older	3/19-4/23	Tu	7:00pm-8:00pm	\$46/\$58

Personal Training Program (18 & older)

We are offering one-hour long, personalized fitness training sessions. Our certified and knowledgeable trainers will design a fitness program based on your personal exercise and wellness needs. Our programs can accommodate all fitness and ability levels. *Reminder: For your safety, always check with your physician before starting a new exercise program.*

# of Sessions	One Person Rates*		Two-Person Rates*	
	Residents	Non-Residents	Residents	Non-Residents
1	\$65	\$81	\$100	\$125
3	\$185	\$231	\$255	\$305
5	\$275	\$325	\$375	\$425

To schedule your personalized training session, please call (408) 730-7360

*Current Senior Center members receive a \$5 discount.

Tai Chi Chuan (14 & older)

Exercise your body and mind with the slow motion, dance-like movements of this traditional Chinese martial art. Regular practice can improve balance, flexibility and strength. Because the movements require mental focus, it also serves as a stress reducing meditation. No black-soled shoes allowed.

Level 1 - Beginning/Advanced Beginning: Learn fundamentals of Yang style traditional forms and work to master authentic 8-form and 28-form short routines.

Level 2 - Intermediate/Advanced: Challenge yourself with the authentic Yang style 85-form long routine and techniques with and without partners. Teacher provides advanced students with individual coaching in sword and saber form.

Instructor: Larry Young

Location: Theatre Dance Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
548911.WP	Beg	14-older	3/6-4/24	W	6:45pm-7:45pm	\$59/\$74
548912.WQ	Int/Adv	16-older	3/6-4/24	W	8:00pm-9:00pm	\$59/\$74

Volleyball (16 & older)

Skills taught are team-play oriented with a fun atmosphere. Students should know rules and be able to pass, dig, set, serve and spike the ball. This is not a beginner class.

Instructor: Tom Jack

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
548702.MA	Int/Adv	16-older	3/4-4/29	M*	8:00pm-10:00pm	\$88/\$110

*No class 4/8





Yoga For Fitness (16 & older)

Open to men and women wishing to develop flexibility and body control via stretching routines and posture. Foam rubber mat is recommended.

Instructor: Betty Strain

Class #	Age	Dates	Day	Time	Fee (Res/NR)
Location: Recreation Center Community Room					
548750.FA	16-older	3/8-4/26	F	9:30am-11:00am	\$76/\$95

Location: Senior Center Orchard Pavilion

548750.RA	16-older	3/7-4/25	Th	6:30pm-8:00pm	\$76/\$95
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Yoga for Wellness (16 & older)

Stressed out? Need to relax? This class taught by a certified Iyengar instructor will have lasting benefits in your life. The practice of yoga will improve your overall health and release tension and stress. No experience necessary- all levels welcome. Please bring a yoga mat and two towels or a firm blanket.

Age 12-15 may register with a parent.

Instructor: Baerbel Schuhmacher

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
548770.TA	16-older	3/5-4/30	Tu*	6:00pm-7:30pm	\$76/\$95

*No class 4/2, 4/9

Yoga Lite (Hatha) (16 & older)

Improve your balance, flexibility and mental focus. Mudra, Asanas and deep breathing techniques will teach you to handle life in an easy relaxed way. Techniques are 5,000 years old and work for all ages and levels. Come start the day in a good mood! Wear loose clothes and bring a mat.

Instructor: Robin Pickel

Location: Recreation Center Ballroom (W), Community Room (S)

Class #	Age	Dates	Day	Time	Fee (Res/NR)
548760.WA	16-older	3/6-4/24	W	8:30am-10:00am	\$76/\$95
548760.SB	16-older	3/2-4/27	Sa	9:30am-11:00am	\$86/\$108

Zumba (18 & older)

Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party.

Instructor: Gwen Gillespie, Kimberley Howell

Class #	Age	Dates	Day	Time	Fee (Res/NR)
Location: Recreation Center Ballroom, Gwen Gillespie					
548790.TA	18-older	3/5-4/23	Tu	9:15am-10:15am	\$72/\$90
548790.TB	18-older	3/5-4/23	Tu	6:00pm-7:00pm	\$72/\$90

Location: Senior Center Orchard Pavilion, Kimberley Howell					
548790.SA	18-older	3/2-4/27	Sa	9:00am-10:00am	\$81/\$101

Zumba Toning (18 & older)

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the Toning Stick). It combines targeted body sculpting exercises and high energy cardio work with Latin infused Zumba moves to create a calorie torching, strength training dance fitness party. Students learn to use lightweight, maraca like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes, and thighs.

Instructor: Gwen Gillespie

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
548791.HA	Beg	18-older	3/7-4/25	Th	9:15am-10:15am	\$72/\$90
548791.HB	Beg	18-older	3/7-4/25	Th	6:00pm-7:00pm	\$72/\$90



Special Interests

Driver's Education (14 & older)

Driver's Education is a LIFE SKILL class. There is no substitute for the student-teacher interaction, discussion, video analysis, and instant feedback that takes place in the classroom. This course meets the State of California requirement to obtain a driver's instruction permit. The class is 30 hours long and does not include behind the wheel instruction. Upon completion of this course student will receive a Certificate of Completion of Classroom Driver Education. Students must attend all sessions in order to receive the DMV Completion Certificate. Students must be 15 1/2 to get an instruction permit. A lunch break is provided. Students should bring a bag lunch.

Instructor: Economic Driving School-2430

Location: Creative Arts Center Art Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
535310.AS	14-older	4/13-4/21	SaSu	8:30am-4:30pm	\$138/\$158

Visual Arts/Pottery

Glass Fusing-Beginning (16 & older)

Learn how easy and fun it is to make beautiful fused art glass! You'll be introduced to the glass fusing process by melting layers of glass in a kiln to create small coasters, tiles, pendants, wall art and more. Topics will include: safety, how to select and cut glass, use of basic glass fusing tools, kiln shelf preparation, and firing techniques. You do not need to be an artist to learn this fun art form. Intermediate students are welcome and can expand on existing glass fusing skills. Design help is always available. Classes will begin with a short lecture on intermediate and/or advanced topics with samples. Please wear closed toed shoes. A non-refundable \$65 supply fee will be collected at first class.

Instructor: Crystal Ouzillou

Location: Creative Arts Center Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
549311.MA	Beg	16-older	3/4-3/18	M	10:00am-12:00pm	\$68/\$85
549311.WA	Beg	16-older	3/6-3/20	W	7:00pm-9:00pm	\$68/\$85
549311.MB	Beg	16-older	4/15-4/29	M	10:00am-12:00pm	\$68/\$85
549311.WB	Beg	16-older	4/17-5/1	W	7:00pm-9:00pm	\$68/\$85

Basic Digital Photography (16 & older)

Take better pictures with your digital camera. Topics will include basic operation of your camera, basic rules of lighting, composition and exposure, composing pictures in difficult conditions, and dealing with parallax. Class will include assignments and constructive critiques. Bring a digital camera to first class. Camera manual is helpful, but not required.

Instructor: Richard Fox

Location: Creative Arts Center Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
549511.TA	Beg	16-older	3/5-4/23	Tu	7:00pm-9:00pm	\$76/\$95

Basic Photoshop for Photographers (16 & older)

Turn your digital images into photographs using Photoshop tools and tricks. Digital workflow used by professionals will be taught. Improve contrast, sharpness and color. Students are urged to bring a laptop with Photoshop Cs4/5 or Photoshop elements. Students who do not bring a laptop to class may still participate.

Instructor: Richard Fox

Location: Creative Arts Center Paint Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
549550.WA	16-older	3/6-4/24	W	7:00pm-9:00pm	\$76/\$95

Teen & Adult



Watercolor Painting (18 & older)

Learn watercolor basics in a relaxed setting. Have fun trying out still life, landscape and the figure. See how famous artists have used this versatile medium to enhance their lives. In-class demonstrations and slide lectures. Supply list will appear on your receipt (approx.\$45). Supplies should be purchased by second class meeting. Supplies for first class will be provided.

Instructor: Karen Haas

Location: Creative Arts Center Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
549641.JA	Beg	18-older	3/14-4/18	Th*	10:00am-12:00pm	\$66/\$83

Figure Painting & Sculpting (18 & older)

This class will focus on figure proportion and anatomy through painting, drawing and ceramic sculpture. Students will learn to analyze the figure while expressing individual interpretation. Materials list appears on registration receipt. Participants must be 18 years of age for this class. Model fees will be shared by class participants (approximately \$50-80) and payable at first class.

Instructor: Rebecca Bui

Location: Creative Arts Center Paint Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
549941.MA	Beg	18-older	4/22-6/3	M*	7:00pm-10:00pm	\$90/\$113

*No class 5/27

Pottery (16 & older)

This course will teach you basic hand and wheel techniques. Individual style and approach is encouraged. Perfect for the beginning and advanced beginning potter. Clay must be purchased in class (\$28 for a 25 lb. bag) Firing and glazing included in class price. Beginning tool kits may be purchased in class (\$25).

Instructor: Danny Sheu (M,Th,F), Barbara Brown (W)

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
549911.MA	Beg	16-older	4/1-5/6	M	7:00pm-10:00pm	\$144/\$180
549911.WA	Beg	16-older	4/3-5/8	W	9:00am-12:00pm	\$144/\$180
549911.WB	Beg	16-older	4/3-5/8	W	12:00pm-3:00pm	\$144/\$180
549911.JA	Beg	16-older	4/4-5/9	Th	7:00pm-10:00pm	\$144/\$180
549911.FA	Beg	16-older	4/5-5/10	F	10:00am-1:00pm	\$144/\$180

Pottery: Parent and Child Adv. (11-16years)

Learn advanced pottery skills while working side by side with your child. Techniques in wheel throwing and high-fire glazing will be taught. Previous clay experience required. Clay must be purchased in class for \$28 per 25lb bag. Glazing and firing are included in class price. Parent may accompany more than one child. No unregistered siblings will be permitted in the studio. Price is per child. Wear clothes that can get messy.

Instructor: Susan Worley

Location: Creative Arts Center Pottery Studio

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
529932.FA	Int/Adv	11-18yrs	3/8-4/26	F*	6:30pm-8:30pm	\$157/\$196

*No class 4/5, 4/19



Open Painting Studio (18yrs & older)

Set aside time to paint each week and join fellow artists for a morning of creativity and collaboration. The Sunnyvale Community Center invites painters of all skill levels to work in our spacious, well-lit painting studio. All painting and drawing mediums are welcome. No formal instruction is provided. Lots of table space, natural light, painting easels and comradery available.

Location: Paint Room in Creative Arts Center
Sunnyvale Community Center
550 E. Remington Drive
Sunnyvale, CA 94087

Fee: \$5 (Payable at door). Drop-ins welcome.

Day: Mondays, 9am-noon

Please call (408) 730-7758 for more information.



Open Pottery Studio (16yrs & older)

For intermediate and advanced potters. No formal instruction will be provided, but technical assistance is available. Open studio passes, good for one 4-hour block, may be purchased in the studio. Prorating for unused hours will not be available and passes expire at the end of each 12-week session. Children under the age of 16 may participate if accompanied by an adult.

Location: Creative Arts Center Pottery Studio

Session: 2/11-3/23 and 4/1-5/11

(studio closed 2/18, 3/25 thru 3/30)

Fee (Res/NR): \$28/\$34 per 4-hour pass

Day: Tu 10am-10pm; Th 10am-2pm; F 2-6pm; Sa 9:30am-1:30pm

Glazing and firing is included in pass price • Clay must be purchased in class/open studio (\$28 per 25 lb bag) • No refunds, transfers, or credits for passes • Lost passes will not be credited • Kiln use is for group firing. Works over 20" x 20" x 24" or pieces that cannot fit in a group firing will not be accepted for firing • No outside firing accepted • No dangling jewelry, open-toed shoes or children allowed. **CLAY PICK-UPS:** Pick-ups may be made during open studio hours only. (Pick-ups will not be permitted during scheduled class times.) No trimming or "quick glazing" will be allowed unless an Open Studio pass is presented. Allow 3-4 weeks for firing. Large or irregularly shaped pieces will be held and fired during maintenance closures in the studio (approximately every 12 weeks).

Please call (408) 730-7758 for more information.



ADULT DROP-IN GYM

Sunnyvale Indoor Sports Center • 550 E. Remington Drive



BADMINTON

Tuesday thru Friday
11:30am-1:30pm

*Saturday 3:30-5:30pm & 5:45-7:45pm

*Sunday 12:30-2:30pm & 2:45-4:45pm

Must be at least 16 years of age or older to participate unless supervised by parent or legal guardian (Badminton only)

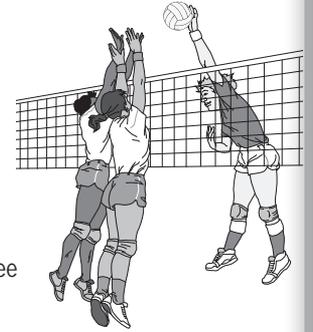
Individual drop-in fee (per visit): \$5 Resident, \$6 Non-Resident
Spectators must also pay the fee

Discount passes available:
Sunnyvale Resident (10 visit pass \$40)
Non-Resident (10 visit pass \$50)

Fee includes use of showers & locker room

VOLLEYBALL

Tuesday 5:00-7:00pm



* Two separate sessions—separate fee charged.

For more information, call (408) 730-7334

GB

Adult Sports Leagues

The City of Sunnyvale offers leagues in each of the sports below for teams interested in playing other teams.



Basketball: 10-week season + playoffs
Winter: early January through late March
Spring/Summer: early April through late June
Fall: early September through early December

Volleyball: 8-week season + playoffs



Winter: early January through mid March
Spring: late March through early June
Summer: late June through late August
Fall: late September through mid November.

Registration is for teams only. Individuals can call to be placed on a waiting list for players looking for a team. For registration information call (408) 730-7334.

GB

Columbia DROP-IN GYM

Columbia Neighborhood Center
785 Morse Avenue, Sunnyvale

For Middle & High School Students Only
(All students must show current school ID at check in)

FEE: \$0.50 Resident , \$1 Non-Resident



Youth Basketball*
Fridays 7-10pm

Youth Soccer*
Mondays 7-9pm
Saturdays 7-10pm



For more information, call (408) 730-7334

*Due to liability concerns, we do not allow adults to participate in games against students. Thanks for your cooperation.

Teen & Adult



Welcome

to a place where
you can get active
your way.





The Sunnyvale Senior Center



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
- And more!

2013 Senior Center Membership Drive
 Buy your membership now and enjoy the Senior Center for 2013!

Three Easy Steps to Become a Member

1. Come in and complete a membership application.
2. Show proof of residency and age (photo ID or utility bill) and pay a resident discounted fee of \$25 (Basic) or \$29 (Premium). Those living outside of Sunnyvale pay an annual membership fee of \$39 (Basic) or \$45 (Premium).
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*
		Resident	\$25/Year
	Non-resident	\$39/Year	\$45/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 (does not include ball fee)			✓
Free use of fitness equipment in Fitness Room			✓
One \$5.00 discount coupon for any class listed in the Older Adult Section of the Activity Guide.			✓
Two Drop-In Passes; good for Back Care, Cardio Mix, Zumba Gold, Gentle Core Fitness, Line Dancing, Sunny Fit, Body Core (Saturday only) and Current Events.			✓

Older Adult



Art

Ceramics (50 & older)

Create decorative items for your home, or gifts for family and friends.

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

Intermediate/Advanced: You will be introduced to glazes and techniques, such as staining, airbrushing, decals, and more. A nonrefundable \$7 slip and glaze fee payable at first day of class. There is a \$5 firing fee. Drop-in fee \$7 resident, \$9 non-resident.

Instructor: Helen Jurado

Location: Senior Center Willows Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
559901.AA	Beg	50-older	4/1-5/20	M	8:30am-11:30am	\$41/\$51
559902.AA	Int/Adv	50-older	4/1-5/20	M	12:30pm-3:30pm	\$41/\$51

Dance

Daytime Ballroom Dance & Lessons

Every Wednesday; 10:45am-12:00pm, Apricot and Cherry Rooms

\$2 members/\$3 non-members; pay at the door for dance and lessons.

March	Tango
April	Salsa

Evening Ballroom Dances

Dance Lessons

Every 3rd Wednesday; 6:45pm-7:30pm

Instructor: Babi & Ron Hogue.

Big Band, Swing & Popular Sounds

Every 3rd Wednesday; 7:30pm-9:30pm

Location: Orchard Pavilion

Fee: \$5 members, \$6 non-members

Price includes dance lessons & admission.

Upcoming dates and featured dances:

March 20	East Coast Swing
April 17	Foxtrot

Line Dancing (50 & older)

Have fun, meet new friends and keep moving to burn calories. No partners needed.

Level 1: This is your chance to learn fun, easy dances designed for the very beginning level student. 8-10 dances will be taught, reviewed and practiced for your enjoyment and exercise.

Level 2: This class is designed for those who have already taken at least 1-2 sessions of Level 1. Learn 10-12 dances with more complex steps - syncopation, some turns, faster and longer than Level 1.

Level 3: Students will learn a dozen or more dances designed for those who have already taken or have had at least a year of Level 2 dances. These dances will involve some 64 count dances, more difficult steps, rhythm sequences, a few spins and more speed than Level 2.

Instructor: Donna Frankel

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
554001.AA	1	50-older	4/3-5/22	W	10:30am-12:00pm	\$45/\$56
554002.AA	2	50-older	4/1-5/20	M	10:30am-12:00pm	\$45/\$56
554002.BA	2	50-older	4/3-5/22	W	9:00am-10:30am	\$45/\$56
554003.AA	3	50-older	4/1-5/20	M	9:00am-10:30am	\$45/\$56

Fitness

Back Care Conditioning (50 & older)

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 \$5 resident, \$6 non-resident.

Instructor: Tamara Lo

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558750.AA	50-older	4/1-5/20	M	10:00am-11:00am	\$39/\$49

Body & Core Strengthening (50 & older)

Learn proper techniques and exercises to strengthen and condition all muscle groups using handweights. Recommended to improve bone density, metabolism and muscle tone—a perfect complement to regular cardio workouts. Bring a mat and handweights; stability ball on Saturdays only. Class registration forms will be accepted on 1/29. Priority registration given to walk in residents. Saturday ONLY: 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: Tamara Lo

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
558302.AA	Int	50-older	3/26-5/16	TuTh	10:30am-11:30am	\$55/\$69

Instructor: TBA

558303.AA	Adv	50-older	3/26-5/16	TuTh	9:00am-10:00am	\$55/\$69
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Personal Training Program (18 & older)

We are offering one-hour long, personalized fitness training sessions. Our certified and knowledgeable trainers will design a fitness program based on your personal exercise and wellness needs. Our programs can accommodate all fitness and ability levels. *Reminder: For your safety, always check with your physician before starting a new exercise program.*

# of Sessions	One Person Rates*		Two-Person Rates*	
	Residents	Non-Residents	Residents	Non-Residents
1	\$65	\$81	\$100	\$125
3	\$185	\$231	\$255	\$305
5	\$275	\$325	\$375	\$425

To schedule your personalized training session, please call (408) 730-7360

*Current Senior Center members receive a \$5 discount.





Zumba Gold (50 & older)

Are you ready to join the PARTY? Zumba Gold® is a fun, effective, low-impact and high-energy workout that will make you SMILE! Boost your cardiovascular fitness and tone your muscles with easy-to-follow moves 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.

Instructor: Kathleen Hill (MF), Marla Yonamine (W)

Class #	Age	Dates	Day	Time	Fee (Res/NR)
Location: Indoor Sports Center					
558210.AA	50-older	3/25-5/17	MF	8:45am-9:45am	\$63/\$79
558210.CB	50-older	3/27-5/15	W	8:45am-9:45am	\$34/\$43

Location: Recreation Center Ballroom - Irene Ortiz

558210.BA	50-older	3/26-5/16	TuTh	4:15pm-5:15pm	\$63/\$79
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Location: Senior Center Orchard Pavilion - Irene Ortiz

558210.CA	50-older	3/27-5/15	W	4:15pm-5:15pm	\$34/\$43
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Lectures

Sign up is required to attend and can be done at the reception counter or by calling (408) 730-7360. Space is limited so we encourage early sign-up.

Elder Fraud: What it is, how it works, and how we can stop it.

Identify various common scams that target the elderly. Explain how they work, and how the scammers get information about our elders and us. Discuss how our elders can protect themselves and how we can help our elders avoid being victimized. Subjects covered are identity theft, investment scams, sweetheart scams, lottery and advance fee scams, repair scams, Power of Attorney abuse, and how to look for home care assistance. Personal safety pointers for the elderly are included. Also included is information for building a supportive community of people upon whom our elders can rely when they have questions or concerns about scammers who are targeting them.

Tuesday, March 26, 2013

1:00 – 2:15 PM

Laurel Room

Guest Speaker: Janet Berry, DA Santa Clara County,

Detective from Sunnyvale DPS



Cardio Mix (50 & older)

Burn fat and feel great while working up a sweat with uncomplicated moderate high-energy moves, lively dance steps and cardio kick-boxing 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)
558200.AA	50-older	3/26-5/16	TuTh	8:00am-9:00am	\$48/\$60

EnhanceFitness (50 & older)

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 3 times per week.

Instructor: Christel Ligocki

Location: Recreation Center Ballroom, (MW)
Recreation Center Community Room-(F)

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558130.AA	50-older	4/8-6/5	MWF*	10:00am-11:00am	\$85/\$106

*No class 5/17, 5/27

Gentle Core Fitness (50 & older)

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, yoga belt and wear loose, comfortable clothes. Drop-in fee \$5 resident, \$6 non-resident

Instructor: Tamara Lo

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558120.AA	50-older	3/26-5/14	Tu	12:00pm-1:00pm	\$39/\$49
558120.BA	50-older	3/28-5/16	Th	12:00pm-1:00pm	\$39/\$49

Sunny Fit (Low Impact) (50 & older)

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: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558140.AA	50-older	4/1-5/22	MW	1:30pm-2:30pm	\$44/\$55
558140.BA	50-older	4/1-5/22	MW	2:45pm-3:45pm	\$44/\$55



Special Interest

Current News & Events (50 & older)

Discover how today's current news may affect you. The class will cover the analysis and discussion of world, national and local news, science and technology, medicine and health care, and business and the economy.

Instructor: Peggy Nissen

Location: Senior Center Cypress Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
557000.AA	50-older	3/28-5/16	Th	10:15am-11:30am	\$16/\$20

Symphony & Concerto (50 & older)

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)
554800.AA	50-older	3/4-3/25	M	1:00pm-2:30pm	\$26/\$33
554800.AB	50-older	4/1-4/22	M	1:00pm-2:30pm	\$26/\$33
554800.AC	50-older	4/29-5/20	M	1:00pm-2:30pm	\$26/\$33

US History (50 & older)

History of Presidential Elections

This continuing class will start with the Election of 1932. Be with us as Franklin D. Roosevelt leads the U.S. out of the Great Depression and through World War II. See the torch pass to a new generation as John F. Kennedy takes the oath of office and guides us through the Cuban Missile Crisis, followed by the election in 1964 of Lyndon Baines Johnson and our involvement in Vietnam. Richard Nixon won in 1968. After the election of Jimmy Carter came the Reagan years to be followed by the election of George Herbert Walker Bush. 1992 saw William Jefferson Clinton lead the country and then came the election of George W. Bush in 2000. We will finish with the election of America's first African-American President Barack Obama.

Instructor: Dr. Ken Bruce

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
557010.AA	50-older	3/13-6/5	W*	1:00pm-2:00pm	\$36/\$45

*No class 4/17

AARP Safe Driving Program

AARP Safe Driving Program – Contact the Senior Center for more information. Pre-registration required

Threads of Life: Senior Support Group

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 2nd and 4th Tuesday of the month.

Tuesday, 2:30pm–4:00pm

Instructor: Kathy Krueger, M.A., LMFT

Location: Senior Center, Laurel Room

Fee: \$10/day resident, \$13/day non-resident

Trips

Registration

You can now register for all trips as soon as they are publicized by coming to the Senior Center, or mailing your registration form. For extended trips you can pick up flyers, or print them from our website; Seniors.inSunnyvale.com, then click on Senior Trips. For more information call 408-730-7360.



Day Trips

UC Santa Cruz Arboretum & Lunch on the Wharf	Tu, 2/19	\$90 R/\$113 NR
China's Terracotta Warriors Lunch at the Magic Flute	Tu, 2/26	\$99 R/\$124 NR
Rosie the Riveter & SS Red Oak Victory Ship, includes lunch	Sa, 3/9	\$80 R/\$100 NR
SF Flower and Garden Show, No meal included	Th, 3/21	\$63 R/\$79 NR
Disney Museum, Snow White Exhibit Box lunch included	W, 4/3	\$86 R/\$108 NR
Jersey Boys, at SF's Curran Theatre, dinner included	Th, 4/11	\$145 R/\$181 NR
Monterey Bay Wildflowers, Step-on naturalist, lunch included	Th, 4/18	\$93 R/\$116 NR

Registrations for all trips are now being accepted – so sign up now!



Extended Trips

Southern Italy & Sicily, Thur., 4/18/13 – Mon., 4/29/13
*America's Mid-Atlantic Region, Tue., 5/14/13 – Mon., 5/20/13
*Great Canadian Cities, Wed., 6/12/13 – Wed., 6/19/13
*Scandinavian Highlights, Thur., 7/18/13 – Sun., 7/28/13
*Splendors of Croatia, Wed. 9/18/13 – Sat. 9/28/13
*Albuquerque's Balloon Fiesta, Fri., 10/11/13 – Wed., 10/16/13
*Holiday Shows in Branson, Fri. 11/15/13 – Tue. 11/19/13

*Trip Slide Show Presentations of our Extended Trips

On Wed., 2/27, 10am - Noon, Senior Center, Laurel Room, for America's Mid-Atlantic Region, Great Canadian Cities, Scandinavian Highlights, Splendors of Croatia, Albuquerque Balloon Fiesta, and Holiday Shows in Branson



Legal Clinics at the Senior Center

The South Asian Bar Association of Northern California (SABA-NC) in collaboration with the City of Sunnyvale SABS-NC will be hosting free legal clinics at the Sunnyvale Senior Center. Volunteer attorneys will be available to provide FREE 20-30 minute legal consultations to answer questions on various legal matters. The clinics will be in session on the following Saturdays:

Every 3rd Saturday from 10 am to 12 noon

No appointments required. Just walk in and sign up at the front desk on the day of the clinic. If you would like to set up an appointment, please email probono@southasianbar.org or see staff at the Senior Center, Monday through Friday between 9 am to 5:30 pm.

NH

Get The Help You Need.

Senior Peer Advocate Program



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

We can provide help & information with:

- Housing, Food and Nutrition
- Adult Day Health/Day Care
- 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.

NH



Care Management

Linking individuals with services that will allow them to maintain their independence. We provide home assessments and both home and office consultation.

Call (408) 730-7732

GM

Lunchtime Librarian

Sunnyvale Librarians visit the Senior Center
Every 1st and 3rd Thursday of the month
11:00 am to 12:00 pm

- Get a library card
- Learn about eBooks
- Bring your eReader
- Talk about good reads
- Learn about our Special Outreach for home bound residents



Sunnyvale Library at sunnyvalelibrary.org

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: M – F, 10:30am – 2:30pm
Contact: Pat Hickey, President

GM

Older Adult



Upcoming Events

Musical Encounter Jam Session

If you're a music aficionado, join us on the 1st & 3rd Monday of each month from

1:30 – 3:00 in the Cypress Room.

String instruments, Singers, Flutes or
Recorders

This is a new Drop-In Program for Senior Musicians.

No Registration is required

First Come, First Served

Seating limited to 20

Members FREE (bring your membership card) ~ Non-Members \$2.00



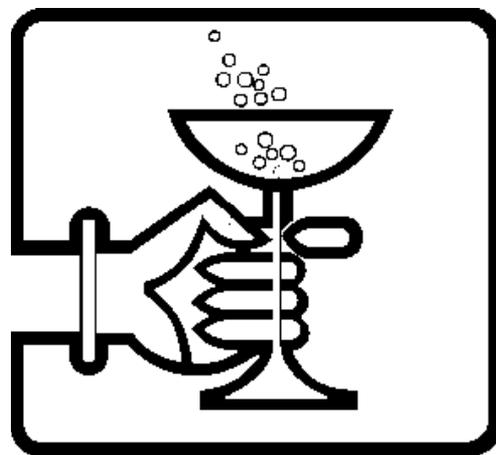
Save This Date:

10 Year Senior Center Anniversary Celebration

Friday, July 19, 2013

More information will follow
in the next guide.

A Toast to Our Volunteers!



The staff at the Senior Center graciously acknowledges the talents, skills, commitment and time that our volunteers generously give to our community. Thank you one and all for helping with our programs:

Blood Pressure	Bridge Programs	Chess
Computer Programs	Customer Service	Dances
Data Entry	Exercise Programs	Fitness Room
Game Day	Lunch Program	Mah Jong
Movies	Music Program	Notary Services
Older Adults	Orientation	Senior Advisory Committee
Senior Center Greeters	Senior Peer Advocates	Senior Clubs
Special Events	Staff Administration	Tai Chi
Table Tennis	Trip Program	

*To you —with
Our Gratitude!*

NH



Murphy Park Senior Programs

250 N. Sunnyvale Ave.

LAWN BOWLS

Mon. – Sat., 12:30 – 3:30 pm.
For one free class of instruction
& equipment use,
call Al Rizzo: (408) 736-4739



Table Tennis
FREE for
Premium Members

TABLE TENNIS

M – F, 9:30 am – 4:00 pm.
Bring your own paddle
& light soled shoes.
For more information
about either program,
call (408) 730-7334.



GB

New Member Coffee

New and potential members are invited to enjoy a complimentary cup of coffee or tea while touring our beautiful facility and learning about our programs. Tours offered the last Friday of each month, at 10:30 am in the Oak Lounge.

NH

Senior Center Fitness Room



Fitness Room
FREE for
Premium Members

SF

Enjoy the wide range of cardio and weight resistance equipment. Use of room requires Senior Center membership or a \$5.00 pass, and viewing of the "Fitness Room" training DVD.

M – F, 8:00am – 6:00pm
Sa, 10:00am – 2:00pm
Su, CLOSED

For more information, call (408) 730-7358.

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 12:00pm in the Orchard Café.

Our lunches include:
soup or salad, entrée, dessert and beverage.

Members \$5.50 / Non-Members \$8.00

Menu subject to change

Specialty salads require pre-payment

NH



NEW - Free Fitness Room Orientations

Free fitness room orientations will be offered twice a month to Premium and Basic Senior Center members. A Senior Center personal trainer will show you how to safely operate fitness room equipment. For more information and to sign up, contact the Senior Center front desk. Space is limited.



Senior Center Drop-in Programs and Services

Drop-in programs and services are free to members, unless noted otherwise. Some drop-in programs also require a membership to the Chinese Club, noted by ☺, or Premium Membership, noted by Ⓟ. 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
Billiards	\$5	M-F, 9:00am-6:00pm Sa, 10:00am-2:00pm
Book Club	\$2	2 nd Friday, 1:15-3:00pm
Bridge sign in between 11-11:45am	\$2	Tu & Th, 12:15-3:00pm
Chess Club	\$2	Th, 2:30-5:30pm
Ballroom Dance	\$2	Tu, 1:30 – 4:00pm
Computer Club	\$2	2 nd F, 9:30-11:30am
Computer Help (Sr. Center Members Only)	N/A	M-F, By appt.
Computer Investment Group	\$2	2 nd F, 11:30am-12:30pm
Computer Lab	\$5	M-F, 9:30am-11:30am 1:30pm-3:30pm
Dancing for Health ☺	\$2	Th, 3:00-5:00pm
Duplicate Bridge	\$2	Mon. 12:30-3:30pm
First Cup <i>(50¢ per cup for ALL)</i>		M-F, 8:30am-3:00pm
Fitness Room Ⓟ	\$5	M-F, 8:00am-6:00pm Sa, 10:00am-2:00pm
Game Day	\$2	F, 1:00-4:00pm
Lawn Bowls <i>(+ Club Membership for ALL)</i>	\$2	M-Sat, 12:30-3:00pm
Mah Jong	\$2	Th, 9:30-11:30am
Movies <i>(FREE for ALL)</i>		1 st & 3 rd F, 1:00pm
Table Tennis Ⓟ	\$5	M-F, 9:30am-4:00pm
Tai Chi	\$2	Th, 1:30-2:30pm
Wu's Tai Chi ☺	\$2	F, 9:00-11:00am
Women's Network	\$2	Tu, 10:30-11:30am
Yuan Chi ☺	\$2	F, 9:00-11:00am
Muscians Jam Session	\$2	1 st & 3 rd Mon, 1:30-2:30pm

SERVICES

Service	Non-Member Fee (\$)	Available / Call
BART Tickets	<i>(\$9 for ALL; a \$24 value)</i>	M-F, 9:00am-5:30pm
Blood Pressure	<i>(FREE for ALL)</i>	M & Th, 10:00am-Noon
Care Management <i>(FREE for Sunnyvale Residents only)</i>		Call: (408) 730-7732
El Camino Hospital Resource Library	<i>(FREE for ALL)</i>	Tu., 10:30am-11:30am
Diabetes Support	\$2	4th Thursday 1:00pm-2:30pm
Foot Care	<i>(\$40 members, \$50 Non-members)</i>	Monday 3/25, 5/20 1:00pm
Health Insurance Counseling and Advdocy Program (HICAP)	FREE	By appointment - call
Hearing Screenings	FREE	Tuesday 4/9 By appointment - call
Notary Services	\$2	By appointment - call
VTA Photo ID	<i>(FREE for ALL)</i>	By appointment - call

Join us at our Tapas Event on Fri. January 18, 2013. For more information please call (408) 730-7360