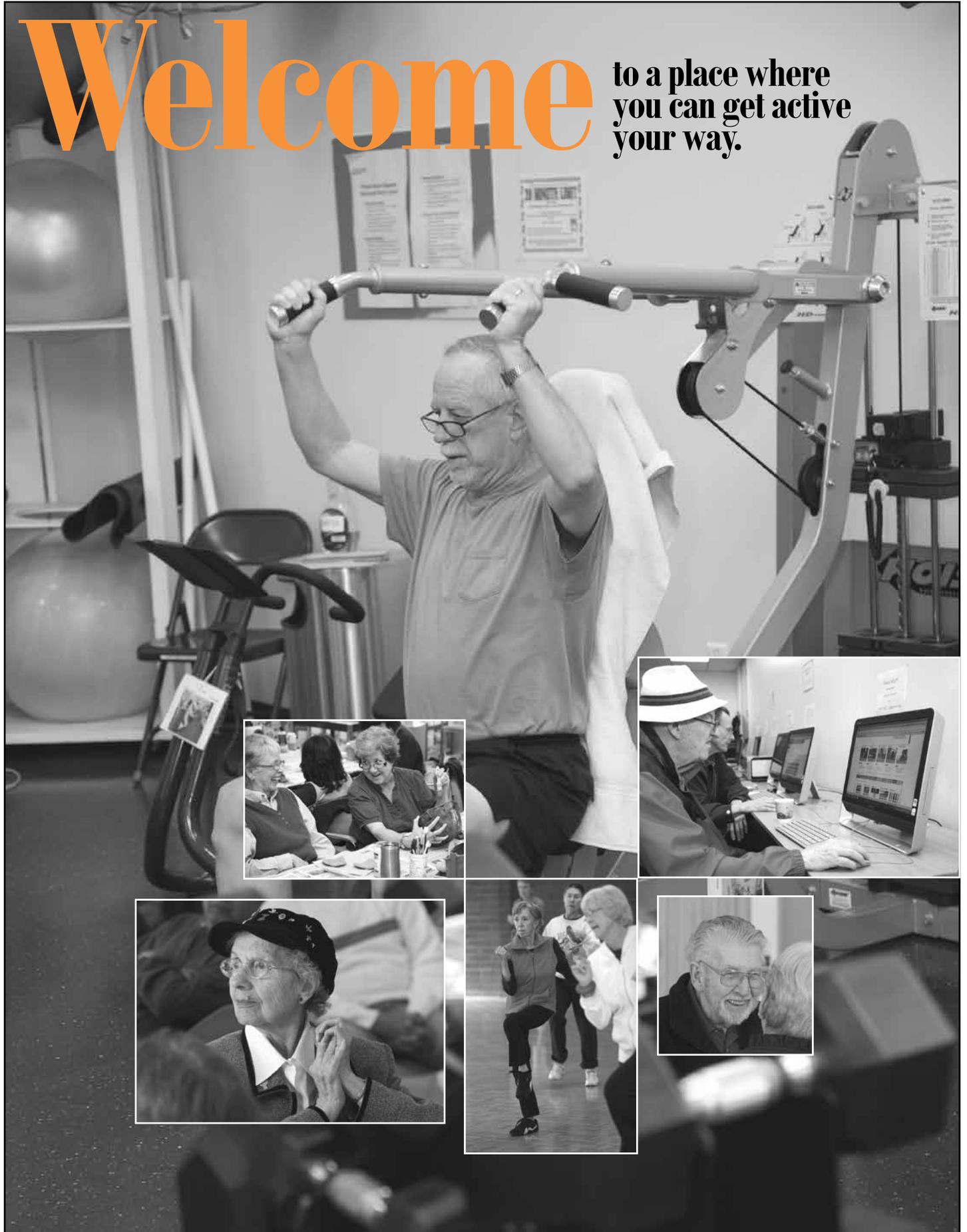




Welcome

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!

2014 Senior Center Membership Drive
 Buy your membership 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.

Older Adult

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, Enhance Fitness, Zumba Gold, Gentle Core Fitness, Line Dancing, Sunny Fit, Total Body Fitness, Body Core (10:30 am only) and Current Events.			✓

The Sunnyvale Senior Center is now on Facebook! LIKE US at www.facebook.com/SunnyvaleSeniorCenter to see what is new at the Senior Center, and to keep in touch with friends, both old and new.



Art

Ceramics (50 & older)

Create decorative items for your home, or gifts for family and friends. Intermediate/Advanced: Learn advanced decorating techniques. 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)
259901.AA	Beg	50 & older	8/26-10/21	M*	8:30am-11:30am	\$42/\$53
259902.AA	Int/Adv	50 & older	8/26-10/21	M*	12:30pm-3:30pm	\$42/\$53

*No class 9/2

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.

Month	Dance Style
September	Cha-cha
October	Foxtrot

Line Dancing (50 & older)

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

Level 1: Designed for new beginners, this line dance includes basic steps and 8-10 classic beginning dances, such as Waltz Across Texas, Elvira, New York New York, Mamma Mia, etc.

Level 2: Designed for 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.

Drop in fee: \$5 resident, \$6 non-resident

Instructor: Donna Frankel

Location: Recreation Center Ballroom

254001.AA	1	50 & older	9/18-11/20	W	10:30am-12:00pm	\$56/\$70
254002.BA	2	50 & older	9/18-11/20	W	9:00am-10:30am	\$56/\$70

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
254002.AA	2	50 & older	9/16-11/18	M	10:00am-11:30am	\$56/\$70

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: Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258750.AA	50 & older	8/26-10/21	M*	10:00am-11:00am	\$40/\$50

*No class 9/2

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. Class registration forms will be accepted on 8/6. Priority registration given to walk in residents. Intermediate: Must have participated in a Sunnyvale Senior Center fitness class within the past year.

Advanced: Higher intensity and faster paced workout.

Instructor: Christina Vargas

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
258302.AA	Int	50 & older	8/27-10/22	TuTh*	10:15am-11:15am	\$56/\$70

Location: Recreation Center Ballroom

258303.AA	Adv	50 & older	8/27-10/22	TuTh*	9:00am-10:00am	\$56/\$70
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Location: Orchard Pavilion

*No class 10/17

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: Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258200.AA	50 & older	8/27-10/17	TuTh	8:00am-9:00am	\$49/\$61

Chair Exercise (50 & older)

Enjoy safe stretching, breathing and relaxation exercises in the comfort of a chair. Drop-in Fee \$5 resident, \$6 non-resident

Instructor: June Ambrose

Location: Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258100.AA	50 & older	8/13-9/19	TuTh	10:15am-11:15am	\$38/\$48

Enhance Fitness (50 & older)

Enhance Fitness 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. Enhance Fitness 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. Drop-in fee \$5 resident, \$6 non-resident.

Instructor: Christel Ligocki

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258130.AA	50 & older	8/26-10/21	MWF*	10:00am-11:00am	\$87/\$109

*No class 9/2

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.



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: Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258120.AA	50 & older	8/27-10/15	Tu	12:00pm-1:00pm	\$40/\$50
258120.BA	50 & older	8/29-10/17	Th	12:00pm-1:00pm	\$40/\$50

Strength Training - See page 21.

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: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258140.AA	50 & older	8/26-10/21	MW*	2:30pm-3:30pm	\$45/\$56

*No class 9/2

Total Body Fitness (50 & older)

A low to moderate intensity fitness class that will help you increase strength, flexibility, and balance. The class will include a warm-up, low impact cardio-respiratory exercises, strength exercises using a resistance band, balance exercises and stretching. Exercises can be done standing or seated. Wear comfortable clothing and shoes appropriate for exercise. Bring yoga or exercise mat for optional stretching. Drop-in Fee \$5, \$6 non-resident.



Instructor: Fred Brovold

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258150.AA	50 & older	8/26-10/21	MW*	1:00pm-2:15pm	\$50/\$63

*No class 9/2

Personal Training Program (50 & 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, 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

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258210.AA	50 & older	8/26-10/21	MF*	8:45am-9:45am	\$64/\$80

Instructor: Marla Yonamine

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258210.CB	50 & older	8/28-10/16	W	8:45am-9:45am	\$35/\$44

Instructor: Irene Ortiz

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258210.BA	50 & older	8/27-10/17	TuTh	4:15pm-5:15pm	\$64/\$80

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
258210.DA	50 & older	8/26-10/21	MW*	6:00pm-7:00pm	\$64/\$80
258210.CA	50 & older	8/28-10/16	W	4:15pm-5:15pm	\$35/\$44

*No class 9/2

Lectures

Sign up is required to attend and can be done at the reception counter or call (408) 730-7360. All seniors welcome!

Basics of Plastic Surgery for Older Adults

Tuesday, September 17

Sunnyvale Senior Center

9:30 – 11:30 a.m.

Join us for this informative lecture on surgical and non-surgical options for improving appearance as we age. Dr. Russell will discuss the specialized procedures and techniques to help patients restore a more youthful but natural look and age gracefully.

Help the Environment by Proper Mercury and Pharmaceutical Disposal

Wednesday, September 18

Sunnyvale Senior Center

11 a.m. – 1:30 p.m.

Mercury Fever Thermometer Exchange

Do you want to properly dispose of that old mercury fever thermometer that might be stored in the back of your medicine cabinet or that bathroom vanity drawer? The first 100 residents who bring in their mercury fever thermometers will receive a free, non-mercury-containing fever thermometer in exchange (limited to one (1) per household). To avoid breakage and contamination, mercury fever thermometers MUST be contained in an unbreakable and closed container such as its original case, a plastic toothbrush holder, or a soda/water bottle with a screw-on cap. As a second measure of protection, the closed container must be placed in a sealable plastic bag (zip-lock is fine). Other mercury-containing products will not be accepted at this event. For more information call Environmental Service at (408) 730-7717, TDD (408) 730-7501

Med Drop

Do you have medications piling up and need to get rid of them? Residents can bring their unneeded prescription and over-the-counter medications to this event for proper disposal. This program does not collect sharps or illegal narcotics. For more information call the Department of Public Safety at (408) 730-7100



Lectures (Con't)

Cataract Surgery (50 & older)

Join us for this educational presentation where you'll learn what a cataract is, what the current surgical interventions for cataracts are and what is the outcome for vision after surgery.

Tuesday, October 29

1 – 2:30 pm

Laurel Room

Guest Speaker: Dr. Shiuey and Kristin Kelly, Refractive Surgery Specialist
Palo Alto Medical Foundation (PAMF)

Adult and Community Education

Adult & Community Education (ACE) and De Anza/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 • De Anza College, (408) 864-8885
Foothill College, (650) 949-7102

Special Interest

AARP Safe Driving Program

Contact the Senior Center for more information. Pre-registration required.

Current 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 Nissan

Location: Senior Center Cypress Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
257000.AA	50 & older	8/29-10/17	Th	10:15am-11:30am	\$16/\$20

Symphony & Concerto (50 & older) **TRY-IT**

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 & older	9/9-9/30	M	1:00pm-2:30pm	\$26/\$33
254800.AB	50 & older	10/21-11/11	M	1:00pm-2:30pm	\$26/\$33

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

US History (50 & older)

History of Presidential Elections/History of the First Ladies
Class will continue with "The History of Presidential Elections" and will cover the next 10 elections. The remainder of the class will be devoted to "The History of the First Ladies." Who were these women and what influence did they have not only on their husbands, but also on the happenings of their times? And lastly, what did these women do after they and their husband left the White House?

Instructor: Dr. Ken Bruce

Location: Senior Center Apricot Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
257010.AA	50 & older	9/4-11/20	W	1:00pm-2:00pm	\$37/\$46

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.

Cooking Classes Coming Soon!

Classes will focus on eating well to stay healthy and learning a variety of food preparation ideas specifically suitable for older adults. Call the Senior Center for more information.





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

Runnymede Sculpture Farm <i>With Gary, lunch at Il Fornaio</i>	M, 9/9	\$85 R/\$106 NR
Monterey Movie Tour <i>Lunch included</i>	Sa, 9/14	\$125 R/\$156 NR
Fall Colors w/ Ranger Dan <i>UCSC Arboretum, Lunch at the Firefish Grill on the Santa Cruz Wharf</i>	Th, 9/26	\$97 R/\$121 NR
The New Exploratorium <i>Lunch at Delancey Street</i>	Tu, 10/1	\$93 R/\$116 NR
Old SF Mint <i>Lunch at the Garden Court</i>	W, 10/9	\$94 R/\$118 NR
SF Bay Cruise <i>Lunch at Kincaid's</i>	Su, 10/20	\$130 R/\$163 NR

Amaluna – Cirque du Soleil’s new show – is coming to San Jose and we’ve got tickets for an evening performance on Tuesday, January 28th. Trip includes dinner. \$147R/\$184NR. Show tickets must be purchased in advance, so sign up ASAP!



Extended Trips

Albuquerque Balloon Fiesta, Fri. 10/11/13 – Wed. 10/16/13
Holiday Shows in Branson, Fri. 11/15/13 – Tue. 11/19/13
Costa Rica Eco Adventure, Sat. 2/1/14 – Mon. 2/10/14
Palm Springs Desert Fun, Tue. 3/11/14 – Fri. 3/14/14
Washington D.C., Wed., 4/23/14 – Tue., 4/29/14
New York City – Thur., 6/5/14 – Mon., 6/9/14
Black Sea Voyage, Thur., 7/31/14 – Tue. 8/12/14
American Canyonlands, Thurs., 9/18/14 – 9/26/14

Upcoming Trip Slide Shows

(10 am, Senior Center, Laurel Room)

- 9/10: Costa Rica Eco Adventure, Black Sea Voyage and American Canyonlands*
- 9/12: Washington DC, New York City, Holiday Shows in Branson and Palm Springs Desert Fun.

Note: \$100 Early Booking Discounts available on some trips. Come to the slide shows for details. See you there!

*American Canyons early booking discount ends 9/13/13.

American Canyonlands



Older Adult

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





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.

Call for pricing

Upcoming Events

Save the Dates and Join us for the following:

THANKSGIVING LUNCHEON

Friday Nov. 8, Doors open 11 a.m. • Lunch Served at 11:45 a.m.
followed by Live Entertainment

BREAKFAST WITH SANTA

Saturday Dec. 7, two shifts 8 -9:30 a.m. and 10:30 a.m.– Noon
Join us for breakfast, face painting, holiday crafts and pictures with
Santa

HOLIDAY LUNCHEON

Friday, Dec. 13, Doors open 11 a.m. • Lunch Served at 11:45 a.m.
followed by Live Entertainment

Details will be available in the Nov-Feb. Guide

NH



Free Fitness Room Orientation

Free monthly fitness room orientation will be offered 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.

SF

Volunteers Needed

Join the group of folks who help make our Senior Center GREAT!

Areas Where We Need You

Lunch Volunteers - Kitchen

Computer tutors

Please call (408) 730-7360

NH

Senior Center Fitness Room



Fitness Room
FREE for
Premium Members

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, 8am – 6:30pm

Sa, 10am – 2:00pm

Su, CLOSED

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

Murphy Park Senior Programs

250 N. Sunnyvale Ave.

LAWN BOWLS

Mon. – Sat., 12:30 – 3:30pm.

For one free class of instruction & equipment use, call Joe Shepard:

(408) 739-5675

TABLE TENNIS

M – F, 9:30am – 4pm.

Bring your own paddle & light soled shoes.

For more information about either program, call (408) 730-7334.

GB



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	Fee (\$)	Meets
Billiards	\$5	M-F, 9am-6pm Sa, 10am-2pm
Book Club	\$2	2 nd Friday, 1:15-3pm
Bridge	\$2	Tu & Th, 12:15-3pm sign in between 11-11:45am
Chess Club	\$2	Th, 2:30-5:30pm
Ballroom Dance	\$2	Tu, 1:30 – 4pm
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, 3-5pm
Duplicate Bridge	\$2	Mon. 12:30-3:30pm
First Cup <i>(50¢ per cup for ALL)</i>		M-F, 8:30am-3pm
Fitness Room Ⓟ	\$5	M-F, 8am-6:30pm Sa, 10am-2pm
Game Day	\$2	Fri, 1-4pm
Lawn Bowls <i>(+ Club Membership for ALL)</i>	\$2	M-Sat, 12:30-3pm
Mah Jong	\$2	Th, 9:30-11:30am
Movies <i>(FREE for ALL)</i>		1 st & 3 rd F, 1pm
Musicians Jam Session	\$2	1 st & 3 rd M, 1:30-2:30pm
Table Tennis Ⓟ	\$5	M-F, 9:30am-4pm
Tai Chi	\$2	Th, 1:30-2:30pm
Wu's Tai Chi ☺	\$2	Fri, 9-11am
Women's Network	\$2	Tu, 10:30-11:30am
Yuan Chi ☺	\$2	Fri, 9-11am

SERVICES

Service	Fee (\$)	Available / Call
BART Tickets	\$9	M-F, 9am-5:30pm
Blood Pressure	FREE	2 nd Friday, 10am-Noon
Care Management	FREE*	M & Th, 10am-Noon
Diabetes Support	\$2	4th Thursday each month
El Camino Hospital Resource Library	FREE	Tu., 10:30am-11:30pm
Foot Care	\$40/\$50 NM	Monday 9/30, 11/25, 1pm
Health Insurance Counseling and Advdococy Program (HICAP)	FREE	By appointment - call
Hearing Screenings	FREE	By appointment - call
Legal Services	FREE	3rd Saturday 10am-Noon
Notary Services	\$2	By appointment - call
VTA Photo ID	FREE	Th, 3-5pm

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

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 and over. For more information, call (408) 7330-7732 or (408) 730-7368.



There are many facilities available for rent from the City of Sunnyvale – Community Services Division. Our facilities and their beautifully landscaped surroundings are some of the most competitively priced in Silicon Valley and they're conveniently located.

We have accommodations to fit almost every need; from small meeting rooms to large conference and banquet rooms located at the Community Center Complex, to picnic areas, sports fields and park buildings located throughout the City at our 21 beautiful parks. You can hold your company meeting in our 200 seat Theater, your team building session in our Indoor Sports Center, have a series of interdepartmental baseball games at one of our 22 ballfields, a dance-themed birthday party for your child and his/her friends in our Dance Studio, or have your wedding reception in one of our fully-equipped banquet facilities—the possibilities are limitless.

Detailed information about our facilities, which are divided into the following categories, is available on the Web at Recreation.inSunnyvale.com (click on "Facility Rentals" in the column on the left-hand side of the page), or by calling the numbers shown below:

- Meeting/Conference/Banquet Rooms, (408) 730-7335
- Baylands Park and Park Buildings, (408) 730-7335
- Indoor Sports Center, (408) 730-7334
- Picnic Areas, (408) 730-7751
- Pools, (408) 730-7723
(renters must provide their own insurance and certified lifeguards)
- Sports Fields, (408) 730-7721
- Sunnyvale Theatre, (408) 730-7725

We'll also gladly help you determine which facility best meets your needs. So, if you're not quite sure what's best, please give us a call today at (408) 730-7751.

For a map of Sunnyvale Parks, Community Center and Golf Courses, see page 44.

Main Facilities Reservations Office
Monday - Friday, 9 a.m. – 6 p.m.
Phone: (408) 730-7751 • Fax: (408) 730-7754

Recreation.inSunnyvale.com

550 E. Remington Drive • P.O. Box 3707
Sunnyvale, CA 94088-3707



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)

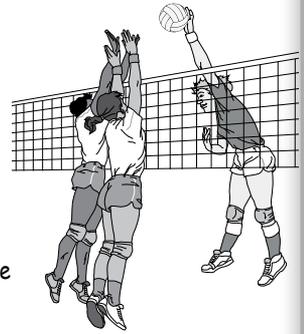
Individual drop-in fee (per visit): \$5 Resident, \$6 Non-Resident
Spectators must also pay the fee

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



GB



* Two separate sessions—separate fee charged.

For more information, call (408) 730-7334

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.

GB

Evenings of Cultural Arts

Arts.inSunnyvale.com

Exceptional talent. Endless variety.
Everything you want in your neighborhood theater.



Please indicate your ticket order below.

Type of Ticket	① Patrick Ball Admission 9/7/13	② Metales M5 10/26/13	③ Swingin' Blue Stars 11/30/13	④ Hot Club of San Francisco 12/21/13	⑤ Nykken 1/11/14	⑥ Adam Marks 2/15/14	⑦ The Kathy Kallick Band 3/22/14	⑧ Dave Stamey 5/3/14	Ordered #	Price Each	Cost
GA = General Admission S/S = Student / Senior 60+											
SUBSCRIPTIONS: please check which shows you wish to see											
8-shows: GA	✓	✓	✓	✓	✓	✓	✓	✓		X \$176	
8-shows: S/S	✓	✓	✓	✓	✓	✓	✓	✓		X \$128	
6-shows: GA										X \$144	
6-shows: S/S										X \$108	
4-shows: GA										X \$104	
4-shows: S/S										X \$80	
INDIVIDUAL TICKETS: please mark the # desired per show – Buy 9 individual tickets and get a 10th free											
General Admission										X \$28	
Student or Senior										X \$22	
										Total Amount Due	
										Tax-Deductible Donation toward City-Presented Performances	
										Total Enclosed	



SPONSORS

the domain hotel

THE SUN



All performances are held at the Sunnyvale Theatre, 550 E. Remington Dr., beginning at 8:00 p.m.

PAYMENT INFORMATION

My check is enclosed, made payable to "City of Sunnyvale." A \$30 service charge will be applied to all returned checks

Visa MasterCard American Express Card # _____ Exp: _____ 3-digit security code from back of card: _____

Name on Card: _____ Signature: _____

Mailing Street Address: _____ City: _____ State: _____ Zip: _____

Phone #: _____ E-mail: _____

Please mail my tickets to the address above. (This option not available for orders received fewer than 10 days before earliest performance puRecreation Centerhased.)

Please hold my tickets at "Will Call!" I would like to receive e-mail announcements and special offers from Sunnyvale Theatre.

You must provide all information requested for your form to be processed. All sales are final. No refunds or exchanges. Once completed, detach this registration form and mail to the following address along with your check or credit card information: **City of Sunnyvale, Performing Arts Center, P.O. Box 3707, Sunnyvale, CA 94088-3707** or fax to **(408) 730-7726**. To order by phone, call **(408) 733-6611**.

The City of Sunnyvale encourages persons with disabilities to participate in our recreation programs. We will make reasonable efforts to accommodate persons with disabilities in accordance with the Americans with Disabilities Act. If you require special accommodations, please call (408) 730-7725, TDD (408) 730-7501, at least five days in advance of the performance.



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, or Arts.inSunnyvale.com)

- Patrick Ball* 9/7
- Metales M5* 10/26

All shows at 8 p.m.

Tickets \$28 general • \$22 students & seniors

California Theatre Center

(Information & Tickets: 408.245.2978, more information at www.ctcinc.org)

FAMILY SERIES

- Jack and the Beanstalk* 10/7-10/25
- I Don't Want To Go To Bed* 10/28-11/15

Saturdays 11:00 a.m.

Single-ticket \$13 • 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

Information & Tickets: (408) 733-6611 or www.sunnyvaleplayers.org)

- Pippin* 9/13-10/6
- Zombie Prom* 11/1-11/24

Friday & Saturday 8 p.m., Sunday 2:30 p.m., Thursdays 7:30 p.m.

Tickets \$24 general, \$21 students & seniors, \$11 children 5 and younger, \$19 Thursday Bonus Night – all seats

\$2 per ticket Box Office fee,
\$1 per order on online orders

The Serenaders

(Information: 408.257.4866)

Sunnyvale's big band performs free concert in Ortega Park, 636 Harrow Way.

9/8

Second Sunday of the month from 1:30 to 3:30 p.m.