



Welcome to our Older Adults Section.

A listing of services, classes and activities available specifically to those of you 50 years of age and older.



The Importance of your Membership Fee

Your membership fee helps support the Senior Center and allows us to provide:

- Drop-in programs, lectures, movies and services that are free to the members
- Upgrades and replacement for specialized equipment, like that in the Fitness Room, the Billiard Room, etc.
- A \$5 discount for classes and a \$1 discount for dances offered through the Senior Center
- Lunch to members at reduced rates
- Many amenities that make the Senior Center a comfortable place
- Discounts for many of the classes offered by the Community Services Division

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 as of January 3, 2012	City of Sunnyvale Resident Status	Membership Type	
		Basic	Premium*
	Resident	\$25/Year	\$29/Year
Non-resident	\$39/Year	\$45/Year	
\$5 discount for any Older Adult class 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 Fitness Drop-In Passes; good for Cardio Mix, Zumba Gold, Gentle Core Fitness, Strengthen & Tone, Sunny Fit and Zumba Regular (based on space/class availability).			✓
\$5 discount for select classes in the "teens & adults" section (applicable classes are indicated by this symbol:)			✓



Online registration not yet available for older adult classes.

older adults



Leanne Tauck, Front Counter



Billiards



Computers

.. And Welcome Home

Join the Senior Center and...



Fitness

Make New Friends

Learn New Skills

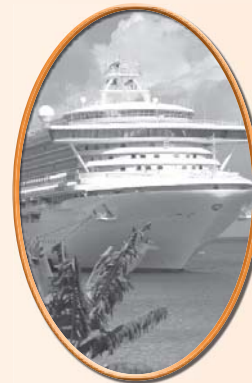
Get in Shape

Stay Healthy

Access Current Topics

Travel

And More!



Trips & More



New Member Coffee or Tea



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 a.m. in the Oak Lounge.



Art

Ceramics (50years & older)

Create decorative items for your home, or gifts for family and friends. A nonrefundable \$6 slip and glaze payable at first day of class. There is a \$4 firing fee. Drop-in fee \$6 member, \$8 non-member

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

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

Instructor: Helen Jurado

Location: Senior Center, Willows Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
559901.AA	Beg	50yrs&older	4/2-5/21	M	8:30am-11:30am	\$41/\$51
559902.AA	Int/Adv	50yrs&older	4/2-5/21	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	Zouk
April	Cha Cha

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 14	East Coast Swing
April 18	Foxtrot



Line Dancing (50years & older)

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

Beginning: 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.

Advanced Beginning: For those who have participated in a line dancing class. Learn 8-10 dances in a variety of styles.

Instructor: Donna Frankel

Location: Recreation Center, Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
554002.AA	AdvBeg	50yrs&older	4/9-6/4	M	10:00am-11:30am	\$43/\$54
554002.BA	AdvBeg	50yrs&older	4/11-5/30	W	9:00am-10:30am	\$43/\$54
554001.AA	Beg	50yrs&older	4/11-5/30	W	10:30am-12:00pm	\$43/\$54

Fitness

Reminder: For your safety, always check with your physician before starting a new exercise program. Come and observe a class or talk with our instructors to help you find a class that's right for you. **Sign up early – limited space available.**

Back Care Conditioning (50years & 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.

Instructor: Tamara Lo

Location: Senior Center, Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558750.AA	50yrs&older	3/26-5/14	M	10:00am-11:00am	\$38/\$48

Body & Core Strengthening (50years & older)

Learn proper techniques and exercises to strengthen and condition all muscle groups using hand weights. Recommended to improve bone density, metabolism and muscle tone – a perfect complement to regular cardio workouts. Bring a mat and hand weights, stability ball on Saturdays only. Class registration forms will be accepted on 1/30. Priority registration will be given to walk-in residents. Saturday ONLY: Drop-in fee \$5 resident, \$6 non-residents

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

Adv: Higher intensity and faster paced workout

Instructor: Tamara Lo

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
558302.AA	Int	50yrs&older	3/27-5/17	TuTh	10:30am-11:30am	\$54/\$68
558302.BA	Int	50yrs&older	3/31-5/12	Sa	8:30am-9:30am	\$26/\$33

Location: Recreation Center, Ballroom

558303.AA	Adv	50yrs&older	3/27-5/17	TuTh	9:00am-10:00am	\$54/\$68
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Location: Senior Center, Orchard Pavilion

558303.AA	Adv	50yrs&older	3/27-5/17	TuTh	9:00am-10:00am	\$54/\$68
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Cardio Mix (50years & 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	50yrs&older	3/27-5/17	TuTh	8:00am-9:00am	\$47/\$59

Gentle Core Fitness (50years & 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 belts 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	50yrs&older	3/27-5/15	Tu	12:00pm-1:00pm	\$38/\$48
558120.BA	50yrs&older	3/29-5/17	Th	12:00pm-1:00pm	\$38/\$48

Personal Training Program (50yrs & 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.

Strength, Stability & Stamina (50yrs & older)

A self-paced class perfect for the beginner or more advanced fitness enthusiast. Therapeutic exercises focusing on balance, strength & endurance. Perfect for pre or post-op rehab. All exercises can be modified for your needs. Bring water, a mat, hand weights (2 lb & up, optional) and playground ball (optional). Drop-in Fee \$5 resident, \$6 non-resident. Instructor is multilingual (Cantonese, Hindi, Spanish).

Instructor: Fiona Gilbert

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558310.AA	50yrs&older	3/26-5/16	MW	10:00am-11:00am	\$51/\$64

Location: Recreation Center, Ballroom

558310.BA	50yrs&older	3/30-5/18	F	10:00am-11:00am	\$28/\$35
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Strength Training (18years & older)

See page 22.

Sunny Fit Low Impact (50years & 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 resident, \$6 non-resident.

Instructor: Fred Brovold

Location: Senior Center, Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558140.AA	50yrs&older	3/26-5/16	MW	2:00pm-3:00pm	\$43/\$54

Zumba Gold (50yrs & older)

A fun energetic workout to a fusion of Latin and international music. The class has been modified for active older adults and features interval and resistance training for your cardio conditioning and muscle toning. Come and dance your way to fitness! Drop-in fee \$5 resident, \$6 non-resident.

Instructor: Kathleen Hill

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558210.AA	50yrs&older	3/26-5/18	MF	8:45am-9:45am	\$61/\$76

Instructor: Irene Ortiz

Location: Recreation Center, Ballroom

558210.BA	50yrs&older	3/27-5/17	TuTh	4:15pm-5:15pm	\$61/\$76
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Location: Senior Center, Orchard Pavilion

558210.CA	50yrs&older	3/28-5/16	W	4:15pm-5:15pm	\$37/\$46
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Lectures

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

Better Choices, Better Health/ Chronic Disease Self-Management Program

The goals of this FREE, peer-taught, six-week workshop are to help people with chronic conditions and diabetes learn to take day-to-day responsibility for their own care and improve those skills required to manage their disease while work effectively with health care professionals. Please call (408) 961-9812 to register.

3/6, 3/13, 3/20, 3/27, 4/3, 4/10; Tuesday, 9:00am-11:30am

Location: Sequoia Room

Guest Speaker: HEALTH Trust Representative

Safe to Be Alone?

Do you know someone who may be home alone and at risk? We discuss what to look for and how to address your concern before it becomes an emergency. Home Safety checklist will be provided.

3/20; Tuesday, 6:30pm-7:30pm

Location: Laurel Room

Guest Speaker: Janine Pratt, MA Gerontology

Pathways Home Health Private Duty

Back Care

Learn how to take care of your back — before the pain starts.

4/24; Tuesday, 1:00pm-2:00pm

Location: Laurel Room

Guest Speaker: Scott Morley,

PT Clinic Director at Sunnyvale Physical Therapy/
Physical Rehabilitation Network (PRN)



Special Interest

AARP Safe Driving Program

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

Computer Classes (18yrs & older)

See page 20.

Current Events (50years & 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: Carmelina DiMeglio

Location: Senior Center, Cypress Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
557000.AA	50yrs&older	3/29-5/17	Th	10:15am-11:30am	\$16/\$20

History of Presidential Elections (50yrs & older)

Even before George Washington took office, there were eleven other men who held the title of "Mr. President." But that was before the Constitutional Convention of 1787. Take this class and find out how we have elected presidents from then until now. Whatever happened to the Federalist Party? Join us as we examine each election, and outcome.

Instructor: Dr. Ken Bruce

Location: Senior Center, Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
557010.AA	50yrs&older	3/21-6/6	W	1:00pm-2:00pm	\$35/\$44

Symphony & Concerto (50years & 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	50yrs&older	2/27-3/19	M	1:00pm-2:30pm	\$26/\$33
554800.AB	50yrs&older	4/2-4/23	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 residents, \$13/day non-residents

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) 949-7017

Trips

For more details and registration information on our trips, stop by the Senior Center for a copy of our trip newsletter or flyers for extended trips, visit Seniors.inSunnyvale.com on the web and click on "Senior Trips," or give us a call at (408) 730-7360.

Registration

Please join us on Wednesday, March 14 from 9 – 10 a.m. for day trips and from 10 a.m. – 12 p.m. for extended trip registration and slide show presentations.



Day Trips

Tulipmania & Pacific Orchid Expo* <i>Lunch on your own at Pier 39</i>	F, 2/24	\$61 R/\$76 NR
Berkeley Gourmet Excursion* <i>Guided culinary walking tour</i>	W, 3/7	\$109 R/ \$136 NR
Crime Lab & Forensics Tour <i>SC Co. DA's Crime Lab + SJSU, lunch</i>	Th, 3/15	\$82 R/\$103 NR
Marine Mammal Center* <i>Lunch at Spinnaker's</i>	M, 3/26	\$89 R/\$111 NR
Spamalot* <i>Orpheum Theatre musical production, no meal</i>	W, 4/11	\$104 R/\$130 NR
SF Ferry Bldg & Rincon Murals w/Gary* <i>Lunch on your own</i>	Tu, 4/24	\$58 R/\$73 NR
Lunch at the Palace w/Gary* <i>Plus history of Money Museum</i>	M, 4/30	\$89 R/\$111 NR

*Sign up now!



Extended Trips

Florida – The Sunshine State, Tues., 2/28/12 – Wed., 3/7/12

Discover Cuba, Thur., 4/5/12 – Fri., 4/13/12

Great Lakes Adventure, Wed., 5/2/12 – Fri., 5/11/12

Spain's Classics^a, Wed., 5/23/12 – Tues., 6/5/12

Pageant of the Masters^a, Mon., 7/23/12 – Thurs., 7/26/12

Spectacular South Africa^a, Thurs., 8/23/12 – Tues., 9/4/12

Parks & Shakespeare^a, Mon., 9/17/12 – Sat., 9/22/12

Circle Hawaii Cruisetour^a, Thurs., 10/18/12 – Sat., 10/27/12

Trip Slide Show Presentations

^a: Wednesday, 3/14, 10am – 12pm, Senior Center, Laurel Room



Online registration not yet available for older adult classes.



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

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

KW

Join us for Lunch in the Orchard Café

Enjoy a home-cooked style meal prepared by our on-site Chef, Cecilia Garza-Ruiz. Meals are available, Monday-Friday at 12:00pm in the Orchard Café.

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

Call for pricing

NH

KW



Senior Center Advisory Committee

Are you an active participant in programs, services, special events and/or clubs through the Sunnyvale Senior Center? Become a member of the Senior Advisory Committee. Listen to seniors in the Sunnyvale community and convey their ideas, suggestions, concerns and questions to the staff at the Senior Center. Meetings are held on the second Monday in January, March, May, July, September and November from 1:00pm-3:00pm.

Senior Advisory Committee Members
Linda Barclay, Jeanne Brown, Mary Griffin, Mary Hidalgo, Norine Krueger, Chi-Kin Lee, Susan Lotz, Marty Rawson



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

Hours: Monday, Wednesday & Thursdays 12 p.m. – 2 p.m.

Drop In at the Senior Center or

Call for an appointment: 408-730-7367

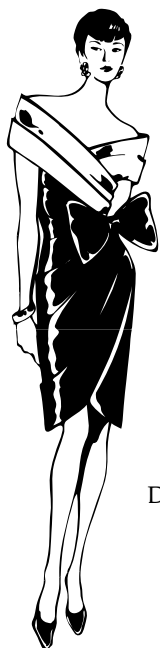
The Senior Peer Advocate is a new program, sponsored by The Health Trust Healthy Aging Initiative in collaboration with nine agencies, including the City of Sunnyvale. It is part of a larger movement spearheaded by the Santa Clara County Aging Services Collaborative to make Santa Clara County a more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

NH



Upcoming Events at the Orchard Pavilion!

Purchase tickets at the Senior Center Reception Counter.
Tickets go FAST for these events, so get yours earlier —
you'll save money and ensure you get a seat!
(Prices shown are for Members (M) and Non-members (NM)
Need more information? Call (408) 730-7360.



Tea & Fashion Show Luncheon

We cordially invite you to attend our
Afternoon Tea Luncheon
followed by an Exquisite Fashion Show.
Chico's of Los Gatos is excited to introduce to you their
"new" line of spring clothing!

Purchase your ticket early to reserve your seat.

DOOR PRIZE DRAWINGS

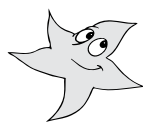
Sunnyvale Senior Center - Orchard Pavilion
Friday March 2, 2012
Luncheon Served: 11:45 a.m. • Fashion Show: 12:15 p.m.
Doors open at 11:00 a.m. ~ Event Hours 11:45 a.m. – 1:00 p.m.

Admission: Members \$8 / Non-members: \$13

For more information, call (408) 730-7360.
Purchase tickets at reception counter

If you would like to be a model,
please stop by front desk or call Nancy Hextell at (408) 730-7361

NH



Thank You!!!!



The staff at the Senior Center
gratefully 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.



KW

Volunteers Needed

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

Areas Where We Need You

- Computer Lab Assistants
- Trip Escorts
- Office Assistants

Please call (408) 730-7360

KW

Senior Center Fitness Room



Fitness Room
FREE for
Premium Members

KW

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) 730-7624.

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 Al Rizzo:
(408) 736-4739

TABLE TENNIS

M – F, 9:30am – 4:00pm.

Bring your own paddle &
light soled shoes. Call: (408) 730-7624

For more information about either program,
call (408) 730-7624.

KW

Table Tennis
FREE for
Premium Members



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	\$2	Tu & Th, 12:15-3:00pm
Chess Club	\$2	Th, 2:30-5:30pm
Dance Club ☉	\$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 (+ Club Membership for ALL)	\$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
Sudoku	\$2	Call: (408) 730-7360
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

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., 11:30am-12:30pm
Diabetes Support	\$2	11/17, 12/15, 1/26 & 2/23 1:00pm-2:30pm
Foot Care	<i>(\$40 members, \$50 Non-members)</i>	3/26, By appt. - call
Health Insurance Counseling and Advocacy Program (HICAP)	\$2	By appt. - call
Hearing Screenings	\$2	4/10/12, 9:00am-10:45am
Notary Services	\$2	By appt - call
VTA Photo ID	<i>(FREE for ALL)</i>	3/6, 2012, By appt. - call