



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 |
|-----------|-----|----------|-----------|------|----------------|-----------|

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 |
|-----------|----------|-----------|------|---------------|-----------|

Location: Senior Center Orchard Pavilion - Irene Ortiz

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

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



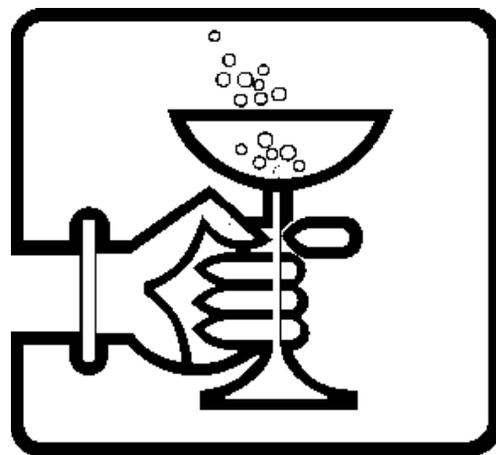
Save This Date:

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

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