



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!

Support the Senior Center - Buy a Membership Today!!

Three Easy Steps to Become a Member

1. Come in and complete a membership application.
2. Show proof of age. To pay discounted resident fee of \$25 (Basic) or \$29 (Premium), show photo ID with Sunnyvale address and utility bill.
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, Zumba Gold, EnhanceFitness, Everyday Fitness, Gentle Core Fitness, Line Dancing, Sunny Fit, 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 keep in touch with friends, both old and new.

Online registration not yet available for older adult classes.



Online registration not yet available for older adult classes.

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, then 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. A nonrefundable \$7 slip and glaze fee is payable at first day of class. There is a \$5 firing fee. Drop-in fee \$7 resident, \$9 non-resident. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Helen Jurado

Location: Senior Center Willows Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
559901.AA	Beg	50 & older	3/31-5/19	M	8:30am-11:30am	\$42/\$53
559902.AA	Int/Adv	50 & older	3/31-5/19	M	12:30pm-3:30pm	\$42/\$53

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	Bachata
April	Bolero

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 class includes basic steps and 8-10 classic beginning dances such as Waltz Across Texas, Elvira, New York, New York, Cotton-Eyed Joe, 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 two line dance courses and/or know at least 12 dances.

Drop in fee: \$6 resident, \$8 non-resident

Please note: On-line registration not available. Call the Senior Center at 408-730-7360 to register..

Instructor: Donna Frankel

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
554001.AA	1	50 & older	TBD*	W	10:30am-12:00pm	\$46/\$58
554002.AA	2	50 & older	TBD*	W	9:00am-10:30pm	\$46/\$58

* Contact the Senior Center for more information.

Personal Training Program (18 & older)

We are offering one-hour, 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.

Sports & Fitness

Back Care Conditioning (50 & older)



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. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Tamara Lo

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558750.AA	50 & older	3/31-5/19	M	10:00am-11:00am	\$40/\$50

Better Bones & Balance (50 & older)



Better Bones and Balance is an evidence-based exercise program designed to gradually improve the strength and balance of seniors, helping them to avoid falls and remain independent. It is appropriate for men and women (pre-and post-menopause) and is safe for individuals with osteoporosis. Participants must be able to walk independently. This class is taught by Jennifer Barnett, a physical therapist and certified Better Bones and Balance instructor. She has worked with the senior population for twenty years.

Instructor: Jennifer Barnett

Contact the Senior Center for more information.

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 1/28. 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. Class registration starts 1/28/14. Drop-in fee \$5 resident, \$6 non-resident, 10:15 a.m. class only. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Christine Vargas

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
558302.AA	2	50 & older	3/25-5/15	TuTh	10:15am-11:15am	\$56/\$70
558303.AA	3	50 & older	3/25-5/15	TuTh	9:00am-10:00am	\$56/\$70

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 **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Tamara Lo

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558200.AA	50 & older	3/25-5/15	TuTh	8:00am-9:00am	\$49/\$61



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. Drop-in fee \$5 resident, \$6 non-resident. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Christel Ligocki

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558130.AA	50 & older	4/7-6/2	MWF*	10:00am-11:00am	\$87/\$109

*No class 5/26

Everyday Fitness (50 & older)



Designed for those with arthritis, back problems or who just want to maintain and improve fitness. Strength and cardiovascular training, endurance, flexibility and bone density, warm-up, sit-and-be-fit aerobics, back exercises, and information on body mechanics are offered. Exercises may be done in a chair. Drop in fee: \$5 resident, \$6 non-resident. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Fred Brovold

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558150.AA	50 & older	4/7-6/2	MW	1:00pm-2:15pm	\$50/\$63

1:00pm-2:15pm \$50/\$63

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 **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Tamara Lo

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558120.AA	50 & older	3/25-5/13	Tu	12:00pm-1:00pm	\$40/\$50

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. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Fred Brovold

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558140.AA	50 & older	3/31-5/21	MW	1:00pm-2:15pm	\$45/\$56

Strength Training (18 & older) See page 31

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. Drop-in fee \$5 resident, \$6 non-resident (10:30 am class only) **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Special Discount: Register for 2 or more Zumba Gold classes and get a \$5 discount off total transaction.

Instructor: Kathleen Hill

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558210.EA	50 & older	3/25-5/13	Tu	9:00am-10:00am	\$35/\$44
558210.HA	50 & older	3/28-5/16	M	8:55am-9:55am	\$35/\$44
558210.FA	50 & older	3/28-5/16	F	8:55am-9:55am	\$35/\$44

Instructor: Irene Ortiz

Location: Recreation Center Ballroom

558210.EB	50 & older	3/25-5/13	Tu	4:15pm-5:15pm	\$35/\$44
558210.FA	50 & older	3/27-5/15	Th	4:15pm-5:15pm	\$35/\$44

Location: Senior Center Orchard Pavilion

558210.GA	50 & older,	3/24 - 5/12	M	6:00pm-7:00 pm,	\$35/\$44
558210.CC	50 & older,	3/26 - 5/14	W	6:00pm-7:00 pm,	\$35/\$44

Instructor: Marla Yonamine

Location: Indoor Sports Center

58210.CB	50 & older	3/26-5/14	W	9:00am-10:00am	\$35/\$44
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Lectures

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

Coping With Transitions and Loss

Life is full of changes, many that are joyful and many that are challenging and painful. As we grow older, those transitions and losses seem to come ever faster. Please join us on March 4, when you'll learn some of the myths surrounding these transitions and losses. There will also be a discussion about how we can meet life's inevitable challenges with presence and hope, and also how we can support our friends and loved ones as they deal with their losses and transitions.

Tuesday, March 4, 2014, 1- 2 p.m.

Laurel Room

Guest Speaker: Kathryn Lodato, Licensed Marriage and Family Therapist and Grief Counselor, Hospice of the Valley

Age Well ~ Drive Smart

Senior Driver Safety Seminar Presented by the California Highway Patrol

This program is designed with an emphasis on Traffic Safety and Awareness. Seminar topics include: compensating for age-related physical changes; myths about older drivers; tuning up your driving skills and rules of the road. A discussion regarding transportation alternatives is also presented.

Wednesday, March 19, 2014, 9 a.m. - 1 p.m.

Laurel Room

History of Traditional Chinese Medicine, Acupuncture and Herbology

This educational lecture will cover the fascinating history of Traditional Chinese Medicine, Acupuncture and Herbology. A recent AARP survey suggests that 47 percent of Americans over 50 years of age have been treated with complimentary medicine, such as Traditional Chinese Medicine, Acupuncture and Herbs, in the last year.

Wednesday, April 2, 2014, 1 - 2 pm

Sequoia Room

Want To TRY IT ?
See Page 54.



Thermometer Exchange and Med Drop

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.

Do you have medications piling up and need to get rid of them? Residents can bring their unneeded prescription, over-the-counter medications and medicated ointments and creams to this event for proper disposal. This program does not accept sharps, personal hygiene items, bug spray or household cleaning products.

Wednesday, March 12, 2014, 11 a.m. – 1:30 p.m.
Sequoia Room

Special Interest

AARP Smart Driver Program

Contact the Senior Center for more information about AARP's Smart Driver Program. 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 second and fourth 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

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 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. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Roger Emanuels

Location: Senior Center Laurel Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
554800.AA	50 & older	3/31-4/21	M	1:00pm-2:30pm	\$26/\$33
554800.AB	50 & older	4/28-5/19	M	1:00pm-2:30pm	\$26/\$33

Inner Resources (50 & older)



This is a psychoeducational program using relaxation, breathing, and meditation to enhance your ability to cope with stress. Sessions will focus on meditation, mind-body awareness practices and stress reduction techniques. This is a non-religious course involving sitting, breathing, and noticing thoughts and body. No yoga or rigorous exercise is required. No previous experience is required. Meditation beginners are welcome.

Instructor: Palo Alto University

Location: Recreation Center Boardroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
556401.AA	Beg	50 & older	2/4-3/25	Tu	2:00pm-3:30pm	\$0/\$0
556401.AB	Beg	50 & older	TBD*	Tu	2:00pm-3:30pm	\$0/\$0

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. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Peggy Nissen

Location: Senior Center Cypress Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
557000.AA	50 & older	3/27-5/15	Th	10:15am-11:30am	\$16/\$20

US History: First Ladies (50 & older)

***Class will start in April. Contact the Senior Center for dates.** Join our class as we continue to examine the lives of the First Ladies. Who were they? What were they like? What were their early upbringings like? What was it like living in the eras in which they grew up? What were the events of their times? How did they meet the men they married? What influence did they have on their husbands' Presidencies? And what were their lives like after they left the White House? Please join us as we explore the lives of the First Ladies. **Please note:** On-line registration not available. Call the Senior Center at 408-730-7360 to register.

Instructor: Dr. Ken Bruce

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
557010.AA	50 & older	3/19-6/4	W*	1:00pm-2:00pm	\$37/\$46

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



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 Premium Membership, noted by **P**. For more information about the programs and services listed below and/or to make an appointment, please call the Senior Center at (408) 730-7360.

DROP-IN PROGRAMS

Program	Non-Members Fee	Meets
Billiards	\$5	M-F, 9am-6pm Sa, 10am-2pm
Book Club	\$2	2 nd Friday, 1:15-3pm
Bridge	\$2	Tu, 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
Drop-in Games	\$2	Th, 12:15-3:30pm
Duplicate Bridge	\$2	Mon. 12:30-3:30pm
First Cup <i>(50¢ per cup for all)</i>		M-F, 8:30am-3pm
Fitness Room P	\$5	M-F, 8am-6:30pm Sa, 10am-2pm
Game Day	\$2	Fri, 1-4pm
International Dance	\$2	4 th Friday, 2-3:30pm
Lawn Bowls @ Murphy Park <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, 1:30-3pm
Table Tennis P @ Fair Oaks Park	\$5	M-F, 9:30am-4pm
Tai Chi	\$2	Th, 1:30-2:30pm
Wu's Tai Chi	\$2	F, 9-11am
Women's Network	\$2	Tu, 10:30-11:30am
Yuan Chi	\$2	F, 9-11am

SERVICES

Service	Fee (\$)	Available / Call
BART Tickets	\$9	M-F, 9am-5:30pm
Blood Pressure	Free	M & Th, 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	By appointment - call
Health Insurance Counseling and Advodcoy 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	Call for new info

Older Adult

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 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.



Upcoming Events

Luncheon & Fashion Show
March 14, 2014
 Chico's of Los Altos will introduce their **NEW** line of clothing!

\$10 Members
\$12 Non-Members
 Purchase tickets by 3/7
 No Refunds

Men are welcome to attend!

- MENU**
- Starter*
 - Mixed Green Salad with Sweet Sherry Vinaigrette
 - Soup Du Jour*
 - Cream of Cauliflower & Cheddar Scones
 - Tea Sandwich*
 - Cranberry Chicken Salad
 - Fresh Fruit Platter
 - Dessert*
 - Assorted Petite Desserts
 - Beverage*
 - Coffee & Tea

ORCHARD PAVILION

Luncheon Served at 11:45 a.m. • Fashion Show begins at 12:15 p.m.

If you are interested in being a model, please stop by the reception counter or call Nancy Hextell at (408) 730-7361

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 let us know when you register; TDD (408) 730-7501. Find us on the Web at seniors.inSunnyvale.com.



NH 7361



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) 730-7732 or (408) 730-7368.

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



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

Table Tennis has been temporarily relocated to Fair Oaks Park.

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

Volunteers Needed

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

Areas Where We Need You:

- Lunch Program
- Computer Tutors
- Current Events Instructor

Please call (408) 730-7360

NH

Senior Center Fitness Room



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 – 6:30pm
Sa, 10:00am – 2:00pm
Su, CLOSED

Fitness Room FREE for Premium Members

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. Call for pricing. Menu subject to change. Late arrivals are not guaranteed a lunch

NH

Older Adult

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.



Trips

Registration

You can register for all trips now 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

Benicia, Then and Now <i>History, Art Glass + lunch</i>	Thu, 2/6	\$94 R/\$118 NR
Aquaponics <i>Farm tour + lunch</i>	Sat, 2/15	\$97 R/\$121 NR
North Beach with Gary <i>History + lunch at Scoma's</i>	Wed, 3/5	\$98 R/\$123 NR
Ironstone Vineyards – Gardens, <i>Wine tasting, tour + lunch</i>	Fri, 3/14	\$123 R/\$154 NR
Spring Wildflowers <i>w/Ranger Dan + lunch</i>	Thu, 3/27	\$97 R/\$121 NR
Mamma Mia! – Musical <i>Orpheum Theatre, show only</i>	Wed, 4/2	\$109 R/\$136 NR
Brunch at Chaminade and Half Moon Bay <i>+ free time</i>	Sun, 4/13	TBD/TBD
Sea Chanteys <i>sing-along in SF + dinner</i>	Sat, 5/3	TBD/TBD
CSI <i>Crime solving at SJSU + lunch</i>	Fri, 5/9	TBD/TBD
Tentacles at the Monterey Bay Aquarium <i>lunch on your own</i>	Thu, 5/22	TBD/TBD
Art Deco <i>Driving + walking tour of SF + lunch</i>	Tue, 6/3	TBD/TBD
Pippin - musical <i>Golden Gate Theatre, show only</i>	Wed, 10/1	TBD/TBD

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

For more information about these and other upcoming day trips, please pick up a copy of our Steppin' Out Newsletter.



Extended Trips

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, Thu. 6/12/14 – Mon. 6/16/14

Black Sea Voyage, Thu. 7/31/14 – Tue. 8/12/14

American Canyonlands, Thu. 9/18/14 – Fri. 9/26/14

Rails of New England, Fri. 10/10/14 – Fri. 10/17/14

Panama Canal Cruise, Mon. 12/8/14 – Mon. 12/22/14



Washington, D.C.



New York City.

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

Visit us at sunnyvalelibrary.org



Upcoming Trip Slide Shows

*Tue., 2/25/14, 10 a.m – Noon, Recreation Center, Community Room for Black Sea Voyage, Panama Canal, Washington D.C., and New York City

*Thu., 2/27/14, 10 a.m – Noon, Recreation Center, Neighborhood Room for American Canyonlands & Rails of New England