



Older Adults

Art

Ceramics (50+)

Create decorative items for your home, or gifts for family and friends. There is a nonrefundable \$8 slip and glaze fee and a \$5 firing fee. Drop-in fee \$7 resident, \$9 non-resident.

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	Ages	Dates	Day	Time	Fee (Res/NR)
559901.AA	Beg	50+	3/30 – 5/18	M	8:30 a.m. – 11:30 a.m.	\$43/\$54
559902.AA	Int/Adv	50+	3/30 – 5/18	M	12:30 p.m. – 3:30 p.m.	\$43/\$54



Ceramics

Photo by Varshadeep Parliathayya

Dance

Ballroom Dance Lessons

Dance to different ballroom music and dance like Fred Astaire and Ginger Rogers. No partners needed. Members \$2/ \$3. Non-members. Pay at the door.

Every Tuesday: 12:45 p.m. – 1:45 p.m.

Instructors: Adam and Wiellie Hwa

Location: Recreation Center, Community Room

March Two-Step

April Waltz

Every Wednesday: 10:45 a.m. – 12:45 p.m.

Instructor: Peter Chong

Location: Senior Center, Apricot and Cherry Rooms

March East Coast Swing

April Waltz



Ballroom Dance

Photo by Valentyna Gorbachenko

Line Dancing TRY IT! (50+)

Have fun, meet new friends and keep moving to burn calories. No partners needed. Drop-in fee \$6 resident, \$8 non-resident.

Level 1: Designed for new beginners, this line dance includes basic steps and 8 – 10 classic beginning dances.

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. Students will learn 9 – 10 more difficult dances at a faster pace. Dances may include at least 2 dances that are 64 or more counts.

Instructor: Staff

Location: Recreation Center Ballroom

Class #	Level	Ages	Dates	Day	Time	Fee (Res/NR)
554001.AA	1	50+	4/1 – 5/20	W	10:30 a.m. – 12:00 p.m.	\$47/\$59
554002.BA	2	50+	4/1 – 5/20	W	9:00 a.m. – 10:30 a.m.	\$47/\$59

Sunnyvale Senior Center Membership

Support the Senior Center — Buy a Membership Today!



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 • Much more!

Center Hours: M-F, 8 a.m. – 6:30 p.m., Sa, 10 a.m. – 2 p.m., Su, Closed. **Office Hours:** 9 a.m. – 5:30 p.m.

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.

Membership Benefit Structure	City of Sunnyvale Resident Status	Membership Type	
		Basic	Premium* P
	Resident	\$25/Year	\$29/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 at Murphy Park (does not include ball fee) / 2 monthly Pickleball passes			•
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, Body Core, Cardio Mix, Current Events, Everyday Fitness, Gentle Core Fitness, Line Dancing, Sunny Fit, Symphony & Concerto and Zumba Gold.			•

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 is **now available** for older adult classes. For more information, call (408) 730-7360.



COMMUNITY EVENT Thermometer Exchange and Medication Drop

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.

Also, safely dispose of any old mercury fever thermometers at this event. To avoid breakage and mercury contamination, thermometers must be contained in an unbreakable and closed container such as its original case, a plastic toothbrush holder or a plastic bottle with a screw-on cap. Place the closed container inside a sealed plastic bag. The first 100 residents who turn in old thermometers will receive a free non-mercury thermometer in exchange (limit one per household).

When: Wednesday, March 18, 2015, 11 a.m. – 1:30 p.m.

Location: Senior Center, Sequoia Room

Sponsored by: City of Sunnyvale, Environmental Services Department, Department of Public Safety, and Senior Center

For more information,
call (408) 730-7717, TDD (408) 730-7501,
or email green@sunnyvale.ca.gov.

Body & Core Strengthening **TRY IT!** (50+)

Learn proper techniques and exercises to strengthen and condition all muscle groups using hand weights. This class is recommended to improve bone density, metabolism and muscle tone, a perfect complement to regular cardio workouts. Bring a mat and hand weights. 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: Staff

Location: Recreation Center Ballroom

Class #	Level	Ages	Dates	Day	Time	Fee (Res/NR)
558302.AA	Int	50+	3/24 – 5/14	TuTh	10:20 a.m. – 11:20 a.m.	\$58/\$73
558303.AA	Adv	50+	3/24 – 5/14	TuTh	9:05 a.m. – 10:05 a.m.	\$58/\$73



Photo by Varshadeep Parlatayya

Cardio Mix (50+)

Burn fat and feel great while working up a sweat with uncomplicated moderate high-energy moves, lively dance steps and cardio kickboxing 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 #	Ages	Dates	Day	Time	Fee (Res/NR)
558200.AA	50+	3/24 – 5/14	TuTh	8:00 a.m. – 9:00 a.m.	\$50/\$63

For Personal Training and Strength Training in the Senior Center Fitness Room, see page 37.

Fitness

Back Care Conditioning (50+)

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 #	Ages	Dates	Day	Time	Fee (Res/NR)
558750.AA	50+	3/30 – 5/18	M	10:00 a.m. – 11:00 a.m.	\$41/\$51

EnhanceFitness TRY IT! (50+)

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 (drop-in only available Monday and Friday).

Instructor: Christel Ligocki

Location: Recreation Center Ballroom (M,F) and Community Room (W)

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
558130.AA	50+	4/6 – 6/1	MWF*	10:00 a.m. – 11:00 a.m.	\$89/\$111

*No class 5/25

Everyday Fitness TRY IT! (50+)

People with arthritis or back problems, and those who just want to maintain and improve fitness will benefit. This class includes sit-and-be-fit aerobics, strength and cardio vascular training, and exercises for flexibility, endurance, back and bone density. Teacher also provides tips on body mechanics. Drop-in fee: \$5 resident, \$6 non-resident.

Instructor: Fred Brovold

Location: Recreation Center Ballroom

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
558150.AA	50+	3/30 – 5/20	MW	1:00 p.m. – 2:15 p.m.	\$52/\$65



Everyday Fitness

Photo by Varshadeep Parlathayya

Gentle Core Fitness (50+)

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 \$6 resident, \$8 non-resident.

Instructor: Tamara Lo

Location: Senior Center Orchard Pavilion

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
558140.CA	50+	3/27 – 5/15	Friday	12:00 p.m. – 1:00 p.m.	\$41/\$51

Sunny Fit (Low Impact) TRY IT! (50+)

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 #	Ages	Dates	Day	Time	Fee (Res/NR)
558140.AA	50+	3/30 – 5/20	MW	2:30 p.m. – 3:30 p.m.	\$46/\$58

Zumba Gold (50+)

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.

Special Discount: Register for two Zumba Gold classes and get a \$5 discount.

Instructor: Irene Ortiz (M/W evenings, Tu/Th afternoons), Marla Yonamine (W morning), Lillian Zeljiko (Tu, Th mornings), Staff (F morning)

Location: Indoor Sports Center Gym

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
558210.EA	50+	3/24 – 5/19	Tu*	10:00 a.m. – 11:00 a.m.	\$36/\$45
558210.CB	50+	3/25 – 5/13	W	9:00 a.m. – 10:00 a.m.	\$36/\$45
558210.HA	50+	3/27 – 5/15	F	8:30 a.m. – 9:30 a.m.	\$36/\$45

Location: Recreation Center Ballroom

558210.EB	50+	3/24 – 5/12	Tu	4:15 p.m. – 5:15 p.m.	\$36/\$45
558210.FB	50+	3/26 – 5/21	Th*	9:00 a.m. – 10:00 a.m.	\$36/\$45
558210.FA	50+	3/26 – 5/14	Th	4:15 p.m. – 5:15 p.m.	\$36/\$45

Location: Senior Center Orchard Pavilion

558210.GA	50+	3/30 – 5/18	M	6:00 p.m. – 7:00 p.m.	\$36/\$45
558210.CC	50+	3/25 – 5/13	W	6:00 p.m. – 7:00 p.m.	\$36/\$45

*No class 4/7 (10 a.m.), 4/9 (9 a.m.)

Special Interest

Current News & Events (50+)

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 #	Ages	Dates	Day	Time	Fee (Res/NR)
557000.AA	50+	3/26 – 5/14	Th	10:15 a.m. – 11:30 a.m.	\$17/\$21

Inner Resources (50+)

This is a **free** 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, and meditation beginners are welcome.

Instructor: Palo Alto University Staff

Location: Senior Center Cypress Room

Class #	Level	Ages	Dates	Day	Time	Fee (Res/NR)
556401.CA	Beg	50+	4/7 – 5/26	Tu	7:00 p.m. – 8:30 p.m.	\$0/\$0



Symphony & Concerto (50+)

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 #	Ages	Dates	Day	Time	Fee (Res/NR)
554800.AA	50+	3/16 – 4/20	M	1:00 p.m. – 2:30 p.m.	\$40/\$50
554800.AB	50+	4/27 – 6/1	M*	1:00 p.m. – 2:30 p.m.	\$33/\$41

*No Class 5/25



Symphony & Concerto

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, 2:30 p.m. – 4:00 p.m.

Instructor: Kathy Krueger, M.A., LMFT

Location: Senior Center Laurel Room

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

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) 949-7103

U.S. History will return Fall 2015.

AARP Smart Driver Program

Pre-registration is required. For more information, call (408) 730-7360.

Lectures & Services

Cataract Surgery (50+)

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

Wednesday, March 18, 2015

1:00 p.m. – 2:30 p.m.

Location: Senior Center, Laurel Room

Guest Speaker: Dr. Shieuey, Refractive Surgery Specialist, Palo Alto Medical Foundation (PAMF)

Every Woman Counts (50+)

Attend this **free** educational workshop to learn exactly what cancer is, and find out if you qualify for free breast and cervical cancer screenings offered through Every Woman Counts. Learn about breast cancer and cervical cancer risk factors, the importance of early detection, and screening recommendations.

Wednesday, April 1, 2015

Time: 6:30 – 7:30 p.m.

Location: Senior Center, Sequoia Room

Guest Speaker: Dora Silva, EWC Health Educator and Program Coordinator, Community Mammography Access Project at Community Health Partnership

Hearing Evaluations & Free Telephone Program

San Jose State University students will provide hearing evaluations. If you qualify, you will receive a free phone from the California Telephone Access Program. Advance registration is required. Sign up at the Senior Center Registration Desk.

Wednesday, April 8, 2015

9:00 – 10:40 a.m.

Location: Senior Center consultation rooms

For more information, call the Senior Center at (408) 730-7360.

Workshops

Diabetes Self-Management Program (DSMP-English)

This peer-taught health education workshop for people with diabetes is an evidence based program designed by Stanford's Patient Education Center. The goal of the six-session workshop is to help individuals take day-to-day responsibility to manage their diabetes and work effectively with their health care professionals. Through this workshop, participants will learn problem-solving and decision-making skills which enable them to confront the ever-changing challenges of living with diabetes. The course is facilitated by two trained leaders, one or both who themselves have a chronic condition. For more information or to register for a workshop, please call (408) 961-9812.

March 6 – April 10

9:00 a.m. – 11:30 a.m.

Location: Senior Center, Sequoia Room

Presented by: Health Trust

Special Events

Tea Luncheon and Fashion Show

March 13, 2015

Designers Corner Exclusive Lady's Fashions of San Jose will introduce their NEW line of spring clothing!

Men are welcome to attend!

Members \$11 / Non-members \$13

Purchase Tickets by March 6. No Refunds.

ORCHARD PAVILION

Sunnyvale Senior Center, 550 E. Remington Drive, Sunnyvale

Doors open at 11:00 a.m. Luncheon Served at 11:30 a.m.

Fashion Show begins at 12:00 p.m.

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

Senior Teen Spring Ball

Dress to dance the night away, and enjoy a fun night with us! The Teen Advisory Committee (TAC) is hosting a Spring Ball at the Senior Center in the Orchard Pavilion Room.

Saturday, April 11, 2015

Hours: 6 p.m. - 9 p.m.

Dance Admission: \$5 Members ~ \$6 Non-members.

Dance instruction provided by Ken Kwong

TAC members provide an interactive dance lesson.

Light refreshments will be served.

Pre-register today using activity 537410.SR.

For more information, call (408) 730-7741.



Murphy Park Senior Programs

250 N. Sunnyvale Ave.

LAWN BOWLS

Monday - Wednesday, 12:15 - 3:30 p.m.

For one free class of instruction and equipment use, call Joe Shepard at (408) 739-5675

P TABLE TENNIS

Monday - Friday, 9:30 a.m. - 4:00 p.m.

Bring your own paddle. Wear shoes with light-colored soles.

For more information about either program,

call (408) 730-7359.



P Senior Center Fitness Room

Enjoy the wide range of cardio and weight resistance equipment. Use of room requires Premium Senior Center membership, or \$5 pass. First-time users are required to view the Fitness Room training DVD.

Monday - Friday, 8 a.m. - 6:30 p.m.

Saturday, 10 a.m. - 2 p.m.

Closed Sundays.

For more information, call (408) 730-7359

P This program is free for Senior Center Premium members.

Photos by Varshadeep Parlathayya



Senior Drop-In Events

Drop-in programs and services are free to members, unless noted otherwise. Some drop-in programs also require 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-Member Fee	Meets
Ballroom Dance	\$2	Tuesday: 1:30 – 4 p.m. (International music); 4th Friday: 2 – 4 p.m.
Billiards	\$5	Monday – Friday: 9 a.m. – 6:30 p.m.; Saturday: 10 a.m. – 2 p.m.
Book Club	\$2	2nd Friday, 1:15 – 3 p.m.
Bridge	\$2	Tuesday: 12:15 – 3 p.m. Sign in between 11 – 11:45 a.m.
Chess Club	\$2	Thursday: 2:30 – 5:30 p.m.
Computer Help (Sr. Center Members Only)	N/A	Monday – Friday: By appointment
Computer Investment Group	\$2	2nd Friday: 11:30 a.m. – 12:30 p.m.
Computer Lab	\$5	Monday – Friday: 9:30 – 11:30 a.m. and 1:30 – 3:30 p.m.
Dancing for Health	\$2	Thursday: 3 – 5 p.m.
Duplicate Bridge	\$2	Monday: 12:30 – 3:30 p.m.
First Cup	50¢ per cup for all	Monday – Friday: 8:30 a.m. – 3 p.m.
Fitness Room P	\$5	Monday – Friday: 8 a.m. – 6:30 p.m.; Saturday: 10 a.m. – 2 p.m.
Game Day	\$2	Thursday, 12:00 – 3:00 p.m.; Friday: 1 – 4 p.m.
Lawn Bowls at Murphy Park (+ Club Membership for all)	\$2	Monday, Tuesday, Wednesday, 12:15 – 3:30 p.m.
Mah Jong	\$2	Thursday: 9:30 – 11:30 a.m.
Movies	Free for all	1st & 3rd Friday: 1 p.m.
Musicians Jam Session	\$2	1st & 3rd Monday: 1:30 – 3:00 p.m.
Old Tyme Movies	Free for all	2nd & 4th Wednesday, 10 a.m.
Pickleball at Indoor Sports Center P	\$5	Monday: 10 a.m. – 1 p.m.
Table Tennis at Murphy Park P	\$5	Monday – Friday: 9:30 a.m. – 4 p.m.
Tai Chi	\$2	Thursday: 1:30 – 2:30 p.m.
Wu's Tai Chi	\$2	Friday: 9 – 11 a.m.
Women's Network	Free for all	Tuesday: 10:30 – 11:30 a.m.
Yuan Chi	\$2	Friday: 9 – 11 a.m.

Services

Service	Non-Member Fee	Available/Call
BART Tickets	\$9	Monday – Friday: 9 a.m. – 5:30 p.m.
Blood Pressure	Free	Monday and Thursday: 10 a.m. – Noon
Care Management	Free*	By appointment only
Diabetes Support	Free	4th Thursday each month: 1 – 2:30 p.m.
El Camino Hospital Resource Library	Free	Tuesday: 10:30 am – 11:30 a.m.
Foot Care	\$40/\$50 NM	Monday 3/30: 1 p.m.
Health Insurance Counseling and Advocacy Program (HICAP)	Free	By Appointment – Call
Hearing Screenings	Free	By Appointment – Call
Notary Services	\$2	Please call for more information.
Project Sentinel	Free	2nd Wednesday: 10 a.m. – Noon



Chess Club

Photo by Valentyna Gorbachenko

Get The Help You Need

Information & Assistance Program

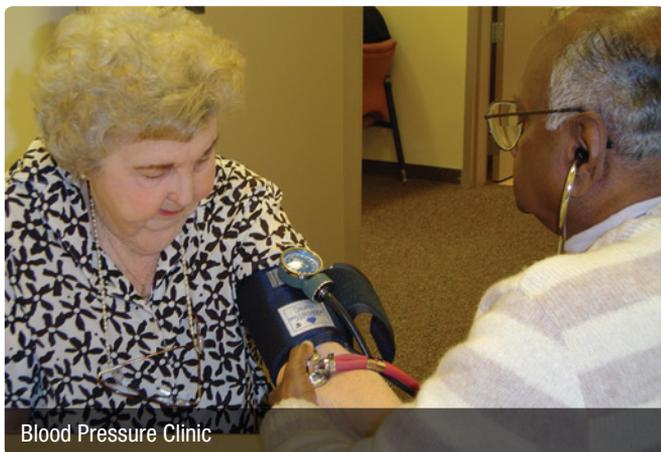
Tailored specifically for older adults and their families
 Provided by specially trained Peer Advocate Volunteers

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.



Blood Pressure Clinic

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) 732-4279

Store Hours: Monday – Friday, 10:30 a.m. – 2:30 p.m.

Contact: Linda Brown, President

Free Fitness Room Orientation

Free fitness room orientations are offered monthly for Premium and Basic Senior Center members. A Senior Center personal trainer will show you how to safely operate the fitness room equipment. For more information and to sign up, contact the Senior Center registration desk. Space is limited.



Photo by Varshadeep Parlathayya

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 noon 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.

For more information, call (408) 730-7359.



Age Well/Drive Smart Senior Driver Safety Seminar

Topics covered include myths about older drivers, rules of the road, safe driving tips, compensating for age related changes, confidential self-assessments, role of nutrition, fitness and medications and mobility options in the public transportation system. Space is limited. Pre-registration is required to attend. For more information and to register, call the Sunnyvale Community Center at (408) 730-7360.

Wednesday, March 18, 2015
9:00 a.m. - 1:00 p.m.

Location: Senior Center, Neighborhood Room
Presented by: California Highway Patrol
Cost: Free

Discover your perfect automotive “fit.”

Attend a Free CarFit Check-up!

CarFit Event – Saturday, April 11, 2015
9:00 a.m. – 1:30 p.m.

Senior Center – 550 E. Remington Drive, Back Parking Lot

CarFit is a free, interactive and educational program that teaches older drivers how to make their personal vehicle fit them. CarFit can enhance your safety as a driver and/or increase your mobility within the community. Each confidential check-up takes about 20 minutes. This is not a driving test or mechanical inspection. Trained technicians will work with each individual to assess current driving environment, recommend adjustments to increase safety and comfort, and to ensure you are aware of how to use your automobiles’s safety features.

To schedule your 20-minute appointment,
call (408) 730-7360.

Appointment spaces are limited, so call today.

For more information,
visit www.car-fit.org

CarFit is an educational program developed by AAA, AARP and the American Occupational Therapy Association.

Trip Exploration Day

Be among the first to hear about all our new extended trips for 2016 and get a close up view of some of the wonders you’ll see on these trips via slide shows. Staff and vendors will be on hand to answer your questions about both extended and day trips.

Join us

Thursday, April 2015

Recreation Center Ballroom

Stop by the Senior Center front desk, or call (408) 730-7360 for more information. Light refreshments will be served.

Senior Day Trips

Registration

Register for all trips by coming to the Senior Center, or mailing your registration form. For extended trips, pick up flyers or print them from our website, OlderAdults.inSunnyvale.com, then click on Senior Trips.

For more information call (408) 730-7360.

Day Trips

Tulipmania		
Flowers at Pier 39, lunch at Scoma’s	F, 2/20	\$86 R/\$108 NR
Newsies		
Musical in San Francisco, no meal	W, 2/25	\$124 R/\$155 NR
Monterey Bay Aquarium		
Guided tour, lunch on your own	W, 3/4	\$106 R/\$133 NR
High Style and Old Masters		
SF Art Museums, lunch on your own	Th, 3/19	\$79 R/\$99 NR
Stars on Ice		
Olympic skaters in San Jose + lunch	Su, 4/5	Price TBD
Western Railway Museum		
Train ride, wildflowers+ lunch	W, 4/8	\$88 R/\$110 NR
Magic Flute		
Mozart at Opera San José, no meal	Th, 4/23	Price TBD

Please check out the next edition of the *Steppin’ Out Newsletter* or ask at the Senior Center front desk for more information on these and other upcoming day trips.

Extended Trips

- Seattle with Folklife Festival Tue., 5/19/15 – Sat., 5/23/15
- Canadian Rockies and Glacier National Park..... Fri., 6/26/15 – Thurs., 7/2/15
- Natural Wonders of Iceland..... Sat., 8/15/15 – Mon., 8/24/15



Seattle