



Older Adults

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Art

Ceramics \$13 (50+)

Create decorative items for your home or gifts for family and friends. 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 and receive an introduction to glazing 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	50+	3/28 – 5/16	M	8:30 a.m. – 11:30 a.m.	\$44/\$55
559902.AA	Int/Adv	50+	3/28 – 5/16	M	12:30 p.m. – 3:30 p.m.	\$44/\$55

Fun with Origami (50+)

Join us for an afternoon of learning the art of paper folding. It is a relaxing, fun activity you can share with friends and family. This is an intergenerational activity, so young guests may attend when accompanied by an adult 50+. Drop-in fee free for members, \$2 non-members. For more information, call (408) 730-7360.

Thursdays: 3:45 p.m. – 4:30 p.m.

Instructor: Leanne Loo

Location: Senior Center Sequoia Room

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. The first 100 residents who turn in old thermometers will receive a free non-mercury thermometer in exchange (limit one per household). This program does not collect sharps, medical equipment or personal hygiene items. For more information, call (408) 730-7717 or email green@sunnyvale.ca.gov.

Date: Wednesday, March 16, 2016

Time: 10:30 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

Sunnyvale Senior Center Membership

If you're 50+, don't miss out on all the benefits of becoming a member of the Senior Center: learn new skills, make new friends, stay healthy, attend lectures and much more! Get Active Your Way!



Membership Benefit Structure

Your annual membership includes:

- A \$5 discount for any Older Adult class
- Free drop-in programs, lectures, game days and movies
- Discounts on special events, luncheons and dances
- Free health screening services
- Free use of Computer Lab and Billard Room
- Free Table Tennis at Murphy Park
- Free use of Fitness Room
- A \$5 discount coupon for Older Adult classes
- Two drop-in passes

Steps to Becoming a Member

1. Come in and complete a membership application.
2. Show proof of age. To pay annual discounted resident fee of \$28 (Basic) or \$32 (Premium), show photo ID with Sunnyvale address or utility bill.
3. Have your photo taken and receive a personalized card.

For more information

OlderAdults.inSunnyvale.com
(408) 730-7360

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

Like us on Facebook at www.facebook.com/SunnyvaleSeniorCenter



Dance

Ballroom Dance

Dance like Fred Astaire and Ginger Rogers to a variety of ballroom dance music. No partner needed. Drop in fee \$2 members, \$3 non-members. Pay at the door.

Every Tuesday and Thursday: 11:30 a.m. – 1:30 p.m.

Instructor: To Be Determined

March To Be Determined April..... To Be Determined

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

Instructor: Peter Chong

March Waltz April.....Bachata



Ballroom Dance

Photo by Valentyna Gorbachenko

Modern Line Dancing **TRY IT!** (50+)

Have fun, meet new friends and keep moving to burn calories. No partner needed. Drop-in fee \$6 resident, \$8 non-resident. This is a ten-week session.

Level 1 – Beginner: Designed for new beginners, learn basic elements and techniques of line dancing.

Level 2 – High Beginner: This class is for more experienced dancers who can execute the basic steps. This includes knowledge of pivot turns, jazz box, lock steps, coaster sailor, waltz twinkle and vine/weave. Dancers should also be comfortable with step counting and wall spotting. Completion of two Beginner-Level 1 line dance courses is recommended. Dances of higher complexity (up to 64 counts) will be taught at a faster pace in this class.

Instructor: Julia Wetzel

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
554001.AA	1	50+	3/23 – 6/8	W*	9:15 a.m. – 10:45 a.m.	\$59/\$74
554002.BA	2	50+	3/23 – 6/8	W*	10:45 a.m. – 12:15 p.m.	\$59/\$74

*No class 4/6, 5/4



WE'RE LOOKING FOR YOU Share Your Talents

Come share your talent, hobby or story with the Sunnyvale Senior Center community. We would like to highlight your unique quality, skill or life experience as a featured topic in the "In the Spotlight" series.

If you have something to share, please call the Senior Center at (408) 730-7360.

Services



Hearing Evaluations

Hearing Evaluations and 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. For more information and to sign up, call (408) 730-7360 or visit the Senior Center registration desk.

Date: Tuesday, April 12, 2016

Time: 9 – 10:40 a.m.

Location: Senior Center Consultation Room

Special Event

'50s/'60s Bandstand Dance Social (50+)

As a prelude to your Friday night, we invite you and your friends to enjoy live music and hors d'oeuvres. Entertainment provided by Steve Edwards.

Date: Friday, March 4, 2016

Time: 3 p.m. – 5 p.m.

Location: Senior Center Orchard Pavilion

Admission: \$13 Members, \$15 Non-members

Sponsored by: Senior Center

For more information and to purchase tickets, call (408) 730-7360.

Special Interest

AARP Smart Driver Program

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

Adult and Community Education

Adult & Community Education (ACE) and 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 listings and registration, call:

ACE (408) 522-2700
 Foothill College..... (650) 949-7103

Current Events

(50+)

Discover how today's current news may affect you. The class will analyze and discuss world, national and local news, science and technology, medicine and health care, business and economic headlines.

Instructor: Peggy Nissen

Location: Senior Center Cypress Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
557000.AA	50+	3/24 – 5/12	Th	10:15 a.m. – 11:30 a.m.	\$17/\$21



Current Events

Inner Resources

(50+)

This psychoeducational eight-week program uses relaxation, breathing and meditation to enhance your ability to cope with stress. Sessions focus on mind-body awareness and meditation practices and stress reduction techniques. This is a non-religious course involving sitting, breathing and thought and body awareness. No previous experience is required. No yoga or rigorous exercise is required. Meditation beginners are welcome. Pre-registration is required. For more information and to register, call the Senior Center at (408) 730-7360.

Date/Time: To Be Determined

Location: Sunnyvale Community Center

Presented by: Palo Alto University

Fee: Free



Symphony and Concerto

Symphony and Concerto

(50+)

Survey the rich musical activities in the South Bay. Lectures focus on concerts presented at Flint Center in Cupertino, California Theater in San Jose and at other locations in the area. Audio and video recordings include symphonic and chamber music, opera and ballet. Instructor is a cellist and lecturer with years of symphonic knowledge.

Instructor: Roger Emanuels

Location: Senior Center Laurel Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
554800.AA	50+	3/21 – 4/18	M	1 p.m. – 2:30pm	\$34/\$43



Threads of Life: Senior Support Group

Threads of Life: Senior Support Group

(50+)

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 Tuesdays of the month.

Days/Time: Tuesday, 2:30 p.m. – 4 p.m.

Instructor: Kathy Krueger, M.A., LMFT

Location: Senior Center Laurel Room

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

**US History TRY IT!** (50+)

This will be our final session of the History of the First Ladies, as we study the lives and backgrounds of the First Ladies who lived during our lifetime. First ladies covered include "Lady Bird" Johnson, Pat Nixon, Betty Ford, Rosalyn Carter, Nancy Reagan, Barbara Bush, Hillary Clinton, Laura Bush and Michelle Obama.

Instructor: Dr. Ken Bruce

Location: Senior Center Apricot Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
557010.AA	50+	3/9 – 6/1	W*	1 p.m. – 2 p.m.	\$39/\$49

*No class 4/6

Sports and Fitness**Back Care Conditioning TRY IT!** (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: \$6 resident, \$8 non-resident.

Instructor: Tamara Lo

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558750.AA	50+	3/22 – 5/10	Tu	9:10 a.m. – 10:10 a.m.	\$42/\$53

**Pickleball
Ages 50+**

A fun paddle sport combining elements of tennis, badminton and ping-pong. The rules are simple. Game is played on a badminton-sized court and a slightly modified tennis net. Paddles and plastic balls are provided.

Day/Time: Mondays, 10 a.m. – 1 p.m.

Location: Indoor Sports Center

Drop-in Fee: \$5 Senior Center members/non-members

10-visit Pass: \$40 Senior Center members/\$50 non-member.

P Senior Center Premium Members receive two free drop-in passes monthly.

For more information

call Susan Van Dyne at (408) 730-7359.

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

Using hand weights, learn proper techniques and exercises to strengthen and condition all muscle groups. This class is recommended to improve bone density, metabolism and muscle tone. It's 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: Jason Ortiz

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
558302.AA	Int	50+	3/8 – 4/28	TuTh	10:20 a.m. – 11:20 a.m.	\$59/\$74

Location: Senior Center Orchard Pavilion

558303.AA	Adv	50+	3/8 – 4/28	TuTh	9:05 a.m. – 10:05 a.m.	\$59/\$74
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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 #	Age	Dates	Day	Time	Fee (Res/NR)
558200.AA	50+	3/8 – 4/28	TuTh	8 a.m. – 9 a.m.	\$52/\$65

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

Instructor: Christel Ligocki

Location: Recreation Center Ballroom (MF), Senior Center Orchard Pavilion (W)

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558130.AA	50+	3/21 – 5/13	MWF	10 a.m. – 11 a.m.	\$92/\$115



Everyday Fitness

Photo by Varshadeep Parlarthayya

Everyday Fitness **TRY IT!** (50+)

People with arthritis or back problems and those who just want to maintain and improve fitness will benefit from everyday fitness. 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 #	Age	Dates	Day	Time	Fee (Res/NR)
558150.AA	50+	3/14 – 5/4	MW	1 p.m. – 2:15 p.m.	\$53/\$66

Gentle Core Fitness **TRY IT!** (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 and yoga belt. Wear loose, comfortable clothes. Drop-in fee: \$6 resident, \$8 non-resident.

Instructor: Tamara Lo
Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558120.CA	50+	3/11 – 4/29	F	12 p.m. – 1 p.m.	\$42/\$53

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 #	Age	Dates	Day	Time	Fee (Res/NR)
558140.AA	50+	3/14 – 5/4	MW	2:30 p.m. – 3:30 p.m.	\$47/\$59

Zumba Gold **TRY IT!** (50+)

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

Instructor: Marla Yonamine (W), Lilian Zeljko (MTuTh)
Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
558210.EA	50+	3/15 – 5/10	Tu*	10 a.m. – 11 a.m.	\$37/\$46
558210.CB	50+	3/16 – 5/4	W	9 a.m. – 10 a.m.	\$37/\$46
558210.FB	50+	3/17 – 5/12	Th*	10 a.m. – 11 a.m.	\$37/\$46
558210.GB	50+	3/21 – 5/16	M*	4:30 p.m. – 5:30 p.m.	\$37/\$46

*No class 4/4, 4/5, 4/7

For Personal Training in the Senior Center, see page 40.

For Strength Training in the Senior Center, see page 40.

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 Larry at (408) 730-4028.

For more information, visit www.svlbc.org.

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.

Workshops

Diabetes Self-Management Program (50+)

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 providers. Through this workshop, participants learn problem-solving and decision-making skills that enable them to confront the ever-changing challenges of living with diabetes. Course facilitated by two trained leaders, one or both of whom have a chronic condition. Pre-registration is required. To register, call (408) 961-9812.

Days: Fridays
Dates: March 11 – April 15, 2016
Time: 9 a.m. – 11:30 a.m.
Location: Senior Center Cypress Room
Presented by: Health Trust

"Free" Age Well (50+)

Drive Smart Senior Driver Safety Seminar

Presented by the California Highway Patrol, the program dispels myths about older drivers, teaches rules of the road, how to compensate for age related changes, the role of nutrition, fitness and medications, evaluates driving using confidential self-assessments and presents safe driving tips and mobility options in the public transportation system. Pre-registration is required. To register, call (408) 730-7360.

Date: Wednesday, March 2, 2016
Time: 9 a.m. – 1 p.m.
Location: Senior Center Laurel Room

Live Green, Save Green (50+)

Learn how living greener can save you money, by properly disposing of common household materials, composting and green cleaning. You then have the opportunity to make your very own household cleaning products to take home. In addition, get informed about Sunnyvale's Zero Waste Initiative and ways to keep our Bay clean.

Date: Tuesday, March 1, 2016
Time: 1 p.m. – 3 p.m.
Location: Senior Center Laurel Room
Guest Speakers: Jackie Davison and Sandy Jensen, City of Sunnyvale Environmental Services Department



Trips for Adults 50+

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 information call (408) 730-7360.**

Day Trips **NEW**



Wicked

Photo by Joan Marcus 2015

Mare Island

Docent led tour, includes lunch W, 2/17 \$85 R/\$106 NR

California Academy of Science Behind the Scenes Tour

No meal F, 3/4 \$99 R/\$124 NR

Fashion and Fine Art

Oscar de la Renta and Bonnard shows Tu, 3/15 \$81 R/\$101 NR in SF, no meal

Tea at Fioli

House and garden tours, includes full tea W, 3/23 \$98 R/\$123 NR

Wicked

Musical in SF, performance only, no meal W, 4/13 \$TBD

Elkhorn Slough Safari

Plus nature walk, includes lunch W, 4/20 \$TBD

Wildflowers with Ranger Dan

Includes lunch F, 4/29 \$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.

2016 Extended Trips

- South American Cruise and Iguazu Falls.....Sat., 3/5/16 – Thurs., 3/24/16
- Down the Mississippi Sun., 4/3/16 – Mon., 4/11/16
- Mackinac Island and Tulip FestivalFri., 5/6/16 – Fri., 5/13/16
- Parks and Shakespeare..... Mon., 6/6/16 – Sat., 6/11/16
- National Park Wonders..... Sat., 6/18/16 – Sun., 6/26/16
- Best of Britain..... Wed., 7/6/16 – Wed., 7/20/16
- Trains, Trains and More Trains of Colorado.....Sun., 8/21/16 – Wed., 8/28/16

Upcoming Trip Slide Shows

For more detailed information about our extended trips, please attend our next trip slide show. For date and time, contact the Senior Center at (408) 730-7360.

Extended Trip Highlight

NATIONAL PARK WONDERS **NEW**

Yellowstone, Grand Teton, Mount Rushmore and more Saturday, June 18, 2016 – Sunday, June 26, 2016

Join us on a National Park journey through the American West. Destinations include:

- **Oregon Trail Center (Montpelier, Idaho)** — Learn about the journey of the West's early pioneers and enjoy an aerial tram ride to the summit of Rendezvous Mountain.
- **Snake River Valley, Grand Teton National Park (Wyoming)** — Explore the Old West town of Jackson, including a chuck wagon round-up meal.
- **Yellowstone National Park** — Enjoy the wonders of America's first national park including: Old Faithful erupting 100+ feet, walking among spouting geysers, bubbling mud pots, and turquoise hot springs all while looking for grizzly bears, elk and herds of bison in Hayden Valley on the way to Yellowstone Grand Canyon with its mystic waterfall.
- **Dunraven Pass, Lamar Valley and Mammoth Hot Springs**
- **Buffalo Bill Historical Center (Cody, Wyoming)** — Landmarks include Devil's Tower, America's first national monument, and a historical tour of Deadwood.
- **Crazy Horse Memorial and Mount Rushmore** — On our way we'll travel through the Black Hills.

This nine-day trip offers magnificent scenery, iconic wildlife and glimpses into fascinating American history and includes 14 meals (8 breakfasts, 1 lunch, and 5 evening meals).

Fee: \$3,295 (R) pp double occupancy, \$4,170 (R) pp single occupancy. Balance due Tuesday, March 1, 2016. Some travel discounts available. For more information call (408) 730-7360 or visit *OlderAdults.inSunnyvale.com*.



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 through Friday at noon in the Orchard Café. Lunches include: soup or salad, entrée, dessert and beverage. Call for pricing and/or reservation. Menu subject to change. Late arrivals are not guaranteed a lunch. For menu, visit *OlderAdults.inSunnyvale.com*.

For more information
call (408) 730-7359

Get the Help You Need

Information and 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 and 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.



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 are available to Sunnyvale residents ages 50+.

For more information
call (408) 730-7732 or (408) 730-7368



Unique Boutique Annual Spring Fling Fair

Wednesday, April 20 - Friday, April 22, 2016

10 a.m. - 3 p.m.

Sunnyvale Senior Center

Come browse a large variety of quality handcrafted gifts such as jewelry, cards, hats, scarves, baby items, quilts, towels and so much more. Hand crafted items created by 23+ creative artisans.

For more information
call (408) 733-8459



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); Last 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 Tech Help (Sr. Center Members Only)	N/A	Monday – Friday: By appointment
Computer Lab	\$5	Monday – Friday: 9:30 – 11:30 a.m. and 1:30 – 3:30 p.m.
Computer Tutoring	\$5	1st and 3rd Mondays: 11:30 a.m. – 1:30 p.m.
Dancing for Health	\$2	Thursday: 3 – 5 p.m.
Duplicate Bridge	\$2	Monday: 12:30 – 3:30 p.m.
Fitness Room P	\$5	Monday – Friday: 8 a.m. – 6:30 p.m.; Saturday: 10 a.m. – 2 p.m.
Fun with Origami	\$2	Thursday, 3:45 p.m. – 4:30 p.m.
Game Day	\$2	Thursday, 12 – 3 p.m.; Friday: 1 – 4 p.m.
Guitar Instruction	N/A	Sign-up required – Call Senior Center
Lawn Bowls at Murphy Park (+ Club Membership for all)	\$2	Monday, Tuesday, Wednesday, 12:15 – 3:30 p.m.
Lunchtime Librarian	Free	1st and 3rd Thursdays: 11 a.m. – noon
Mah Jong	\$2	Thursday: 9 – 11:30 a.m.
Movies	Free	1st and 3rd Friday: 1 p.m.
Musicians Jam Session	\$2	1st and 3rd Monday: 1:30 – 3 p.m.
Old Tyme Movies	Free	2nd and 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: 9:15 – 11:15 a.m.
Women's Network	Free	Tuesday: 10:30 – 11:30 a.m.
Yuan Chi	\$2	Friday: 9 – 11 a.m.

Services

Service	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 – Call Senior Center
El Camino Hospital Resource Library	Free	Tuesday: 10:30 am – 11:30 a.m.
Health Insurance Counseling and Advocacy Program (HICAP)	Free	By appointment – Call Senior Center
Hearing Screenings	Free	By appointment – Call Senior Center
Notary Services	\$2 for non-member	By appointment – Call Senior Center Photo I.D. required.
Project Sentinel (Housing Resources)	Free	2nd Wednesday: 10 a.m. – Noon



Table Tennis at Murphy Park

Photo by Varshadeep Parlathayya