



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!

2014 Senior Center Membership Drive
Buy your 2014 membership after July 1, 2013 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, and Current Events.			✓

Older Adult

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 to keep in touch with friends, both old and new.



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 beginning class is fun and easy. 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)
659901.AA	Beg	50&older	6/3-7/22	M	8:30am-11:30am	\$41/\$51
659902.AA	Int/Adv	50&older	6/3-7/22	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.

May	Bachata
June	Waltz
July	Jitterbug
August	Rumba

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:

May 15	Cha-Cha
June 19	Waltz
July 19	Two Step
August	Bolero

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 advanced 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.

Instructor: Donna Frankel

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
654001.AA	1	50&older	6/5-7/24	W	10:30am-12:00pm	\$45/\$56
654002.BA	2	50&older	6/5-7/24	W	9:00am-10:30am	\$45/\$56

Fitness

Back Care Conditioning (50 & older)

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)
658750.AA	50&older	6/3-7/8	M	10:00am-11:00am	\$31/\$39
158750.AB	50&older	7/15-8/19	M	10:00am-11:00am	\$31/\$39

Body & Core Strength (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 4/2. 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.

Instructor: Tamara Lo (Int) **Location:** Recreation Center Ballroom

Instructor: Christina Vargas (Adv) **Location:** Senior Center Orchard Pavilion

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
658302.AA	Int	50&older	5/28-7/9	TuTh*	10:30am-11:30am	\$43/\$54
658303.AA	Adv	50&older	5/28-7/9	TuTh*	9:00am-10:00am	\$43/\$54
158302.AA	Int	50&older	7/11-8/20	TuTh	10:30am-11:30am	\$43/\$54
158303.AA	Adv	50&older	7/11-8/20	TuTh	9:00am-10:00am	\$43/\$54

*No class 7/4

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)
658200.AA	50&older	5/28-7/9	TuTh*	8:00am-9:00am	\$37/\$46
158200.AA	50&older	7/11-8/20	TuTh	8:00am-9:00am	\$37/\$46

*No class 7/4





Strength Training (See page 39)

Summer Morning Shape-Up (50 years & older)

Join us for this mini-session workout. The class focuses on low impact aerobics, stretching, and toning. Bring a mat. Light hand weights optional

Instructor: June Ambrose

Location: Senior Center, Orchard Pavilion

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Row 1: 158260.AA, 50&older, 7/29-8/30, M,W,F, 8:00am-9:00am, \$43/\$54

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: Recreation Center Ballroom

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Rows: 658140.AA, 658140.AB, 158140.AA, 158140.AB

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)

Location: Indoor Sports Center

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Rows: 658210.AA, 658210.CB, 158210.AA, 158210.CB

Instructor: Irene Ortiz

Location: Recreation Center Ballroom

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Rows: 658210.BA, 158210.BA

Instructor: Irene Ortiz

Location: Senior Center, Orchard Pavilion

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Rows: 658210.CA, 158210.CA

*No class 5/27, 7/4

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.

Senior Exercise

Join us for this presentation as Johanna demonstrates a variety of exercises and discusses activities to support fitness and healthy aging. Tuesday, May 8, 2013

Laurel Room
Special Guest: Johanna Losito, MSN, R.N., FNP-C, AOCNP
PAMF Hematology/Oncology

Enhance Fitness (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 (MF), Recreation Center Community Room (W)

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Row: 658130.AA, 50&older, 6/17-8/9, MWF, 10:00am-11:00am, \$85/\$106

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

Table with 7 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Rows: 658120.AA, 658120.BA, 158120.AA, 158120.BA

*No class 7/4

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.

Table with 5 columns: # of Sessions, One Person Rates* (Residents, Non-Residents), Two-Person Rates* (Residents, Non-Residents). Rows: 1, 3, 5 sessions

To schedule your personalized training session, please call (408) 730-7360

*Current Senior Center members receive a \$5 discount.



Common Knee Injuries

Do you lead an active life? Are you interested how to prevent common knee injuries? Join us for a discussion regarding ACL, MCL and meniscal injuries along with the latest techniques in knee replacement surgery.

Tuesday, June 4, 2013, 1pm-2:30pm, Laurel Room
Special Guest: Bernardo Ferrari, Orthopedics Specialist,
El Camino Hospital

Special Interest

Current 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)
657000.AA	50&older	5/30-7/11	Th*	10:15am-11:30am	\$13/\$16
157000.AA	50&older	7/18-8/22	Th	10:15am-11:30am	\$13/\$16

*No class 7/4

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)
654800.AA	50&older	6/3-6/24	M	1:00pm-2:30pm	\$26/\$33

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

*No class 5/28

SF

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) 949-7779

We have something to Celebrate!



Join us for our 10 Year Senior Center Anniversary Gala Ball

Friday, July 19, 2013

Arrival Time

6:00 PM

Event Hours

6:30 PM - 10:00 PM

Dress to Impress

For more information

please call (408) 730-7360 or

visit us at the senior center reception counter.

NH

Volunteers Needed

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

Areas Where We Need You

Lunch Program

Computer Lab

Current Events Instructor

Please call (408) 730-7360



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

Monterey Bay Wildflowers , Step-on naturalist, lunch included	Th, 4/18	\$93 R/\$116 NR
Safari West Buffet BBQ lunch included	W, 5/22	\$132 R/\$165 NR
Girl with a Pearl Earring & Impressionists on the Water Lunch on your own	Su, 6/2	\$86 R/\$108 NR
Hyde Street Pier & Tadich Grill Historic sailing ships, lunch included	W, 6/26	\$96 R/\$120 NR

Registrations for all trips are now being accepted – so sign up now!
Please check out the **Steppin' Out Messenger** for more information on upcoming Summer Day Trips



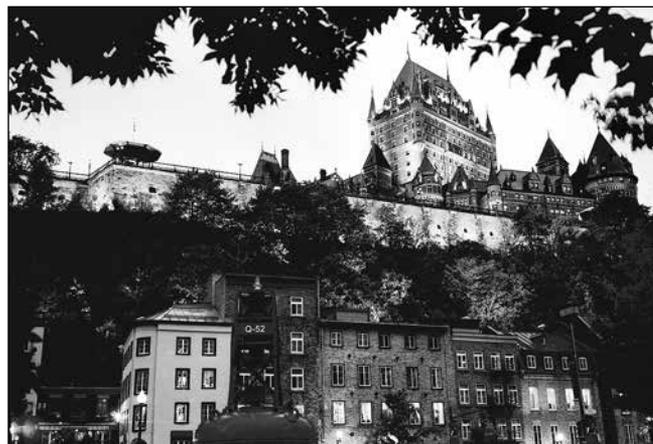
Extended Trips

Great Canadian Cities , Wed., 6/12/13 – Wed., 6/19/13
Scandinavian Highlights , Thur., 7/18/13 – Mon., 7/29/13
*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

Join us on Tuesday June 4, 10am to noon, Senior Center, Laurel Room, for slide show presentations of the following trips: Splendors of Croatia, Albuquerque Balloon Fiesta, and Holiday Shows in Branson. See Summer Steppin' Out Newsletter for additional extended trips.

Our extended trips include an escort and a professional tour guide, free parking & round trip transportation from the Sunnyvale Senior Center to the airport, gratuities for guides and drivers, trip insurance, round trip air, admissions and meals as listed on the flyer, wonderful hotels, and a friendly group of travelers to share these amazing trips.



Great Canadian Cities trip June 12 – 19, 2013. \$3,044 per person double. Photo: Quebec City



Scandinavian Highlights trip July 18 – 29, 2013. \$5,697 per person double. Photo: Aurlands Fjord



Splendors of Croatia trip September 18 – 28, 2013. \$3,984 per person double. Photo: Dalmatian Coast

Older Adult



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



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



NH

Sunnyvale Library at sunnyvalelibrary.org

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.

GM

The Unique Boutique

The Unique Boutique is a special place where you can always find a beautiful, home-made item waiting to delight you or someone you care about. Come in and browse!

Phone: (408) 733-8459
Store Hours: M – F, 10:30am – 2:30pm
Contact: Pat Hickey, President

GM



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

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.



Table Tennis
FREE for
Premium Members

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

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

SF

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.

SF

Older Adult



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, 12:15-3:00pm
Chess Club	\$2	Th, 2:30-5:30pm
Ballroom Dance - for all Seniors	\$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 (50¢ per cup for ALL)		M-F, 8:30am-3:00pm
Fitness Room Ⓟ	\$5	M-F, 8:00am-6:30pm Sa, 10:00am-2:00pm
Game Day	\$2	F, 1:00-4:00pm
Lawn Bowls (+ Club Membership for ALL)	\$2	M-Sat, 12:30-3:00pm
Mah Jong	\$2	Th, 9:30-11:30am
Movies (FREE for ALL)		1 st & 3 rd F, 1:00pm
Open Games	\$2	Thurs., 12:15-3:30pm
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

Program	Non-Member Fee (\$)	Meets
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	(\$9 for ALL; a \$24 value)	M-F, 9:00am-5:30pm
Blood Pressure	(FREE for ALL)	M & Th, 10:00am-Noon
Care Management (FREE for Sunnyvale Residents only)		Call: (408) 730-7732
El Camino Hospital Resource Library	(FREE for ALL)	Tu., 10:30am- 11:30am
Diabetes Support		4th Thursday 1:00pm-2:30pm
Foot Care	(\$40 members, \$50 Non-members)	Monday 5/20, 7/29 1:00pm
Health Insurance Counseling and Advocacy Program (HICAP)	FREE	By appointment - call
Hearing Screenings	FREE	Will return in Fall