



# 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!

**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.

Center Hours: 8 a.m. - 6:30 p.m.

Office Hours: 9 a.m. - 5:30 p.m.

Older Adult

## Membership Benefit Structure

Membership Benefit Structure	City of Sunnyvale Resident Status	Membership Type	
		Basic	Premium*
	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)			✓
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, EnhanceFitness, 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](http://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. To register, call (408) 730-7360.



## Art

### Ceramics (50 & older)

Create decorative items for your home, or gifts for family and friends. 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 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	6/2-7/21	M	8:30am-11:30am	\$42/\$53
659902.AA	Int/Adv	50 & older	6/2-7/21	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.

May	Waltz
June	American Tango
July	Merengue
August	Rumba

### 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 includes basic steps and 8-10 classic beginning dances such as All My Ex's, Waltz Across Texas, Elvira, Where'm I Going To Live, New York- New York, Mamma Maria, 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 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. Drop-in fee: \$6 resident, \$8 non-resident.

**Instructor:** Donna Frankel

**Location:** Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
654001.AA	Beg	50 & older	6/25-8/20	W*	10:30am-12:00pm	\$46/\$58
654002.AB	Int/Adv	50 & older	6/25-8/20	W*	9:00am-10:30am	\$46/\$58

\*No class 7/30

## 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. This is a 10-week class.

**Instructor:** Tamara Lo

**Location:** Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658750.AA	50 & older	6/2-8/4	M	10:00am-11:00am	\$49/\$61



### 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, allowing 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. Drop-in fee: \$5 resident, \$6 non-resident. To learn more about this class, sign up for a lecture by calling (408) 730-7360.

**Instructor:** Jennifer Barnett, PT

**Location:** Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658160.AA	50 & older	TBA	TBA	TBA	TBA

### Body & Core (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. **Intermediate:** Must have participated in a Sunnyvale Senior Center fitness class within the past year.

**Advanced:** Higher intensity and faster paced workout.

This is a 10-week class.

**Instructor:** Christina Vargas

**Location:** Senior Center Orchard Pavilion

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
658303.AA	Adv	50 & older	5/27-7/31	TuTh*	9:00am-10:00am	\$69/\$86

**Location:** Recreation Center Ballroom

658302.AA	Int	50 & older	5/27-7/31	TuTh*	10:15am-11:15am	\$69/\$86
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\*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. This is a 10-week class.

**Instructor:** Tamara Lo

**Location:** Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658200.AA	50 & older	5/27-7/31	TuTh	8:00am-9:00am	\$60/\$75

### EnhanceFitness (50 & older)

Enhance Fitness 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.

**Instructor:** Christel Ligocki

**Location:** Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658130.AA	50 & older	6/9-8/4	MWF*	10:00am-11:00am	\$87/\$109

\*No class 7/4

Want To **TRY-IT**?  
See Page 62.



## 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. Special Discount: Register for 2 or more Zumba Gold classes and get a \$5 discount off total transaction. Each class is 12 weeks.



**Instructor:** Kathleen Hill

**Location:** Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658210.EA	50 & older	5/27-8/12	Tu	10:00am-11:00am	\$50/\$63
658210.HA	50 & older	5/30-8/22	F*	8:55am-9:55am	\$50/\$63

**Instructor:** Irene Ortiz,

**Location:** Recreation Center Ballroom

658210.EB	50 & older	5/27-8/12	Tu	4:15pm-5:15pm	\$50/\$63
658210.FA	50 & older	5/29-8/14	Th	4:15pm-5:15pm	\$50/\$63

**Location:** Senior Center Orchard Pavilion

658210.GA	50 & older	6/2-8/18	M	6:00pm-7:00pm	\$50/\$63
658210.CA	50 & older	5/28-8/13	W	4:15pm-5:15pm	\$50/\$63
658210.CC	50 & older	5/28-8/13	W	6:00pm-7:00pm	\$50/\$63

**Instructor:** Marla Yonamine

**Location:** Indoor Sports Center

658210.CB	50 & older	5/28-8/13	W	9:00am-10:00am	\$50/\$63
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\*No class 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.

### Aging Gracefully: Plastic Surgery Options for Older Adults

Join us for this informative lecture on facial surgeries and other surgical options for improving appearance as we age. Dr. Russell will discuss the specialized procedures and techniques to help patients restore a more youthful but natural look and age gracefully.

Tuesday, May 20, 1 p.m. – 2:30 p.m.

Senior Center, Laurel Room

Guest Speaker: Dr. Russell, Plastic Surgeon, Palo Alto Medical Foundation

### LinkAges TimeBank

Have you heard of TimeBanking? TimeBanking builds community one hour at a time by individual acts of helping. An hour of help earns one credit. Anyone can earn and spend time credits. Use it to learn a new skill, help a neighbor or person in need, or connect with others with similar hobbies and interests. Join us on June 17th at 1:00pm at Sunnyvale Senior Center to get your questions answered. More information can be found at [timebank.linkages.org](http://timebank.linkages.org)

Tuesday, June 3, 1 p.m. – 2:30 p.m.

Senior Center, Laurel Room

Guest Speaker: Christina Araiza, MPH, Community Engagement Manager, Palo Alto Medical Foundation

### Better Choices-Better Health Chronic Disease Self-Mangement Program

Join us for a 6 week workshop where you'll learn Decision Making Skills, How to Deal with Anger and Depression, Learn to eat healthier and Develop a long-term Exercise Program and more. For more information and to sign-up, please call (408) 961-9812

July 1 – August 5, 9 a.m. – 11:30 a.m.

Senior Center, Laurel Room:

## 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. This is a 10-week class.

**Instructor:** Fred Brovold

**Location:** Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658150.AA	50 & older	6/2-8/6	MW	1:00pm-2:15pm	\$61/\$76

## 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 This is a 10-week class.

**Instructor:** Tamara Lo

**Location:** Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658120.AA	50 & older	5/27-7/29	Tu	12:00pm-1:00pm	\$49/\$61

## Personal Training Program (18 & older)

We are offering one-hour long, personalized fitness training sessions. Our certified and knowledgeable trainers will design a fitness program based on your personal exercise and wellness needs. Our programs can accommodate all fitness and ability levels. *Reminder: For your safety, always check with your physician before starting a new exercise program.*

# of Sessions	One Person Rates*		Two-Person Rates*	
	Residents	Non-Residents	Residents	Non-Residents
1	\$65	\$81	\$100	\$125
3	\$185	\$231	\$255	\$305
5	\$275	\$325	\$375	\$425

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

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

## SunnyFit (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. This is a 10-week class.

**Instructor:** Fred Brovold

**Location:** Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658140.AA	50 & older	6/2-8/6	MW	2:30pm-3:30pm	\$55/\$69



## 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. This is a 10-week class.

**Instructor:** Peggy Nissen

**Location:** Senior Center Cypress Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
657000.AA	50 & older	5/29-8/14	Th*	10:15am-11:30am	\$19/\$24

### 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	6/2-6/23	M	1:00pm-2:30pm	\$26/\$33

### AARP Smart Driver 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 2<sup>nd</sup> and 4<sup>th</sup> 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

### 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



## Trips

### Registration

You can register for all trips 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

<b>Brunch at Chaminade and Half Moon Bay + free time</b>	Sun, 4/13	\$93R/\$116NR
<b>Georgia O'Keeffe – SF Art Museums – lunch on your own</b>	Tue, 4/29	\$75R/\$94NR
<b>Sea Chanteys Sing-along In SF + dinner at Delancey Street</b>	Sat, 5/3	\$84R/\$105NR
<b>CSI in SJ Crime solving at SJSU + buffet lunch</b>	Fri, 5/9	\$117R/\$146NR
<b>Tentacles at the Monterey Bay Aquarium – lunch on your own</b>	Thu, 5/22	\$108R/\$135NR
<b>Art Deco in SF Driving and walking tour + lunch</b>	Tue, 6/3	\$101R/\$126NR
<b>Day in the Redwoods – Henry Cowell State Pk, scenic drive, + lunch at Casa Nostra</b>	Wed, 6/25	\$94R/\$118NR
<b>Napa River Cruise - + lunch at the Dead Fish</b>	Thu, 7/10	TBD/TBD
<b>Oakland Cathedral – + Gardens at Lake Merritt + lunch</b>	Fri, 7/18	TBD/TBD
<b>Treasure Island – Flea Market, Wine tasting, lunch on your own</b>	Sat, 7/16	TBD/TBD
<b>Aloha Festival – Island culture, lunch on your own</b>	Sat, 8/2	TBD/TBD
<b>Murder Mystery Night – Live theatre, dinner at Bella Mia in San Jose</b>	Fri, 8/22	TBD/TBD
<b>Flower Power w/ Gary – SF Flower Mart, Haight-Ashbury, + lunch at Flower Mart Cafe</b>	Tue, 9/9	TBD/TBD
<b>Napa Wine Train – Vintage train ride, fall colors + lunch</b>	Wed, 9/17	TBD/TBD
<b>SF Movie Tour – Movie clips at locales, lunch on your own</b>	Tue, 9/30	\$87R/\$109NR
<b>Pippin – Musical at Golden Gate Theatre in SF, show only</b>	Wed, 10/1	\$124R/\$155NR

Check out the **Steppin' Out Messenger** for more information on upcoming Summer Day Trips.

### Extended Trips

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



### Upcoming Trip Slide Shows

#### Extended Trip Slide Show

Look for information on our June extended trip slide show in the Steppin' Out Messenger. The show will feature upcoming trips to American Canyonlands, Rails of New England, Panama Canal, Cuba, Western Canada, Seattle, San Diego and Russia or Iceland.



American Canyonlands



Rails of New England



Panama Canal Cruise

## SEE A SHOW IN SUNNYVALE!

Unless otherwise noted, all performances are at Sunnyvale Theatre, 550 E. Remington Drive, Sunnyvale.

Tickets can be purchased by phone, (408) 733-6611 or in person at the Box Office two hours prior to the show or Monday through Friday, 4:30-6:30 p.m.

### Evenings of Cultural Arts

(Information & Tickets: 408.733.6611

more information at [Arts.inSunnyvale.com](http://Arts.inSunnyvale.com))

Dave Stamey ..... 5/2

All shows at 8 p.m. • Tickets \$28 general

\$22 students & seniors

Convenience fee of \$1 per order applies on mailed, faxed, online & phoned orders

### California Theatre Center

(Information & Tickets: 408.245.2978

more information at [www.ctcinc.org](http://www.ctcinc.org))

#### FAMILY SERIES

*The Ugly Duckling* ..... 4/5, 4/12

*The Adventures of Tom Sawyer* ..... 4/19, 4/26

*Hansel and Gretel*..... 5/2, 5/3, 5/10

Saturdays 11:00 a.m., selected evenings 7 p.m.

Single-ticket \$12 • At-the-door tickets \$15 Saturdays

Tickets on sale in advance by phone (408) 245-2978 and at the door 30 minutes prior to show

### Sunnyvale Community Players

More information at [www.sunnyvaleplayers.org](http://www.sunnyvaleplayers.org))

*Little Shop of Horrors* ..... 4/4 - 4/27

Friday & Saturday 8 p.m., Sunday 2:30 p.m.,

Thursdays 7:30 p.m.

Tickets \$24 general - \$21 students & seniors

\$11 children 5 and younger

\$21 Thursday Bonus Night – all seats

\$2 per ticket Box Office fee on all tickets

Plus \$1 per order on phone;

\$1 per ticket on online orders

### The Serenaders

Sunnyvale's Big Band performs free concerts

in Ortega Park, 636 Harrow Way, Sunnyvale

6/8, 7/13, 8/10, 9/14

Second Sunday of the month 1:30-3:30 p.m.



## Lunchtime Librarian

Sunnyvale Librarians visit the Senior Center  
Every 1st and 3rd Thursday of the month  
11:00 am to 12:00 pm

- Get a library card
- Learn about eBooks
- Bring your eReader
- Talk about good reads
- Learn about our Special Outreach for home bound residents



Sunnyvale Library at [sunnyvalelibrary.org](http://sunnyvalelibrary.org)

## 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.

## Celebrating Community Connections & Culinary Creations for Mother's Day

Experience a New Flavor~The Sunnyvale Senior Center in partnership with Atria, Sunnyside Gardens and Sunrise Senior Living Communities invite you to celebrate a Mother's Day gourmet experience. Three gourmet chefs from Atria, Sunnyside Gardens and Sunrise will prepare their signature dishes starting with a savory green salad, mouth-watering ribs with oven roasted potatoes, and an enticing dessert. A glass of wine is included and music will be provided.

Sunnyvale Senior Center  
550 E. Remington Drive, Sunnyvale

Friday May 9, 2014  
4-6 p.m. (Doors open at 3:45 p.m.)

Admission: Member \$13.  
Non-member \$16.

Purchase your tickets early as seats are limited. For more information and to purchase your tickets, please call (408) 730-7360.



## 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

M – Sa., 12:30 – 3:30 pm.

For one free class of instruction and equipment use, call Joe Shepard at (408) 739-5671.



## TABLE TENNIS

Temporarily relocated to Fair Oaks Park, 540 N. Fair Oaks Ave M – F, 9:30 a.m. – 4 p.m.

Bring your own paddle and wear shoes with light-colored soles.

For more information about either program, call (408) 730-7334.



Table Tennis FREE for Premium Members

## 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.

## Senior Center Fitness Room



Fitness Room FREE for Premium Members

Enjoy the wide range of cardio and weight resistance equipment. Use of room requires Senior Center membership, or a \$5.00 pass, and viewing of the "Fitness Room" training DVD.

M – F, 8 a.m. – 6:30 p.m.  
Sa, 10 a.m. – 2 p.m.  
Su, closed

For more information, call (408) 730-7359

## 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 p.m. 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



## Free Fitness Room Orientation

Free monthly fitness room orientation will be offered 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.

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 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 <sup>nd</sup> 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 <sup>nd</sup> F, 9:30-11:30am
Computer Help (Sr. Center Members Only)	N/A	M-F, By appt.
Computer Investment Group	\$2	2 <sup>nd</sup> 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 <b>P</b>	\$5	M-F, 8am-6:30pm Sa, 10am-2pm
Game Day	\$2	Fri, 1-4pm
International Dance	\$2	4 <sup>th</sup> 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 <sup>st</sup> & 3 <sup>rd</sup> F, 1pm
Musicians Jam Session	\$2	1 <sup>st</sup> & 3 <sup>rd</sup> M, 1:30-3pm
Table Tennis <b>P</b> @ 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	4 <sup>th</sup> Thursday each month
El Camino Hospital Resource Library	Free	Tu, 10:30am-11:30pm
Foot Care	\$45 members/\$50 non-members	By appointment - call
Health Insurance Counseling and Advodcoy Program (HICAP)	Free	By appointment - call
Hearing Screenings	Free	By appointment - call
Notary Services	\$2	By appointment - call
VTA Photo ID	Free	Call for info



### 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.

