



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)
659901.AA	Beg	50+	6/1 – 7/20	M	8:30 a.m. – 11:30 a.m.	\$43/\$54
659902.AA	Int/Adv	50+	6/1 – 7/20	M	12:30 p.m. – 3:30 p.m.	\$43/\$54



Ceramics

Photo by Varshadeep Parlahayya

Dance

Ballroom Dance Lessons (50+)

Dance to different ballroom music and dance like Fred Astaire and Ginger Rogers. No partners needed. Drop-in fee \$2 members, \$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

- MayInternational Tango
- JuneWest Coast Swing
- JulyRumba
- AugustSalsa

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

Instructor: Peter Chong

Location: Senior Center, Apricot and Cherry Rooms

- MaySamba
- JuneWest Coast Swing
- JulyViennese Waltz
- AugustMerengue

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. This is a ten-week class.

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

Level 2: More advanced dancers who know basic steps-pivot turns, jazz box, lock steps, coaster, sailor, waltz twinkle step, vines and have taken at least 2 line dance courses and/or know at least 12 dances, will learn more difficult dances at a faster pace. Dances may include at least two dances that are 64 or more counts.

Instructor: Staff

Location: Recreation Center Ballroom

Class #	Level	Ages	Dates	Day	Time	Fee (Res/NR)
654001.AA	1	50+	6/3 – 8/5	W	10:30 a.m. – 12:00 p.m.	\$58/\$73
654002.BA	2	50+	6/3 – 8/5	W	9:00 a.m. – 10:30 a.m.	\$58/\$73

Older Adults – 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. This is a ten-week class.

Instructor: Tamara Lo

Location: Senior Center Orchard Pavilion

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
658750.AA	50+	6/1 – 8/3	M	10:00 a.m. – 11:00 a.m.	\$51/\$64



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. It's a perfect complement to regular cardio workouts. Bring a mat and hand weights. Drop-in fee \$5 resident, \$6 non-resident. This is a ten-week class.

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: Senior Center Orchard Pavilion

Class #	Level	Ages	Dates	Day	Time	Fee (Res/NR)
658302.AA	Int	50+	5/26 – 7/30	TuTh	10:20 a.m. – 11:20 a.m.	\$71/\$89
658303.AA	Adv	50+	5/26 – 7/30	TuTh	9:05 a.m. – 10:05 a.m.	\$71/\$89

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.

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. This is a ten-week 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)
658200.AA	50+	5/26 – 7/30	TuTh	8:00 a.m. – 9:00 a.m.	\$62/\$78

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 three 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

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
658130.AA	50+	6/8 – 8/3	MWF*	10:00 a.m. – 11:00 a.m.	\$89/\$111

*No class 7/3

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. This is a ten-week class.

Instructor: Fred Brovold

Location: Recreation Center Ballroom

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
658150.AA	50+	6/1 – 8/5	MW	1:00 p.m. – 2:15 p.m.	\$63/\$79



Everyday Fitness
Photo by Varshadeep Parlatthayya

Gentle Core Fitness (50+)

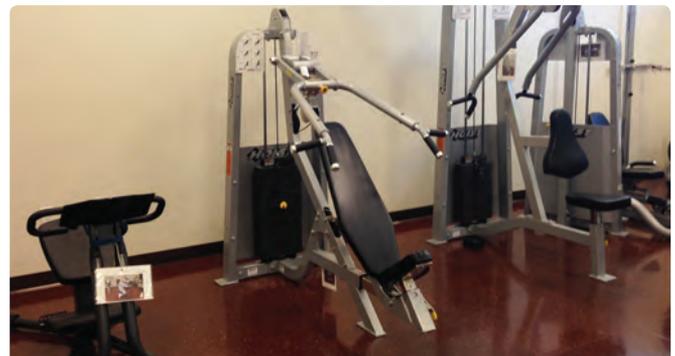
Make everyday activities easier, reduce stress and improve circulation, flexibility, coordination, agility, muscle tone and overall health with gentle and safe stretching. Bring a mat, 2-3 lb hand weights, yoga belt and wear loose, comfortable clothes. Drop-in fee \$6 resident, \$8 non-resident.

Instructor: Tamara Lo

Location: Senior Center Orchard Pavilion

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
658120.CA	50+	5/29 – 8/7	F*	12:00 p.m. – 1:00 p.m.	\$51/\$64

*No class 7/3



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.

SunnyFit (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. This is a ten-week class.

Instructor: Fred Brovold
Location: Recreation Center Ballroom

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
658140.AA	50+	6/1 – 8/5	MW	2:30 p.m. – 3:30 p.m.	\$57/\$71

Zumba Gold TRY IT! (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 set to an exciting mix of Latin and international music. Wear comfortable clothes, supportive shoes and bring a water bottle. This is a twelve-week class. Drop-in fee \$5 residents, \$6 non-residents. Special Discount: Register for two Zumba Gold classes and get a \$5 discount.

Instructor: Lilian Zeljiko (Tu morning), Irene Ortiz (Tu/Th afternoons), Marla Yonamine (W morning), Staff (Th morning)
Location: Indoor Sports Center

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
658210.EA	50+	6/2 – 8/18	Tu	10:00 a.m. – 11:00 a.m.	\$54/\$68
658210.CB	50+	5/27 – 8/12	W	9:00 a.m. – 10:00 a.m.	\$54/\$68

Location: Recreation Center Ballroom

658210.FB	50+	5/28 – 8/13	TuTh	9:00 a.m. – 10:00 a.m.	\$54/\$68
658210.EB	50+	5/26 – 8/11	Tu	4:15 p.m. – 5:10 p.m.	\$54/\$68
658210.FA	50+	5/28 – 8/13	Th	4:15 p.m. – 5:10 p.m.	\$54/\$68

*No class 7/3

For Personal Training in the Senior Center, see page 46.

For Strength Training in the Senior Center, see page 47.

Lectures and Workshops

Everyday Stress:

We All Have It, So Let's Manage It Better (50+)

Come to this educational presentation and learn four different types of activities that are effective in reducing stress in everyday life. We will cover simple ways to relax when you don't have time including using the power of pleasant activities, learning how to untwist those unhelpful thoughts, fitting exercise comfortably into an uncomfortable schedule and mindfulness.

Date: Tuesday, May 19, 2015
Time: 1:00 – 2:45 p.m.
Location: Senior Center Cypress Room

Guest Speaker: Larry Thompson, Ph.D. ABPP Professor, Emeritus Department of Medicine, Stanford University School of Medicine

Health Resource Guide for Chinese Seniors in Santa Clara County (50+)

This lecture will help Chinese seniors gain knowledge about the Senior Health Resource Guide, produced by El Camino Hospital and the Chinese Health Initiative. The bilingual guide, written in Chinese and English, features a wealth of useful health information and resources including overview of the American medical system, healthcare basics, listing of South Bay Area healthcare facilities, community resources, health and prevention tips and health insurance. Presentation will be spoken in Mandarin. Space is limited. Sign-up is required. For more information or if you need an interpreter for Cantonese, please call the Senior Center at (408) 730-7360.

Date: Tuesday, June 16, 2015
Time: 1:00 – 2:45 p.m.
Location: Senior Center Cypress Room
Guest Speaker: Chinese Health Initiative, El Camino Hospital

Senior Fitness (50+)

Join us for this discussion on staying active and fit. Topics include exercise techniques to promote bone, muscle, and heart health, as well as tips to promote overall strength and mobility, improve balance and prevent falls. You are never too old to get and stay fit.

Date: Tuesday, May 5, 2015
Time: 1:00 – 2:30 p.m.
Location: Senior Center Cypress Room

Guest Speaker: Dr. Kim Carlson, Internal Medicine, Palo Alto Medical Foundation (PAMF)



Photo by Varshadeep Parlahayya

Better Choices – Better Health Chronic Disease Self-Management Program Workshop (50+)

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. For more information and to register, please call (408) 961-9812.

Dates: Fridays, July 10 – August 14
Time: 9:00 – 11:30 a.m.
Instructor: Health Trust
Location: Senior Center Laurel Room



Special Event

Celebrating Mother's Day

The Sunnyvale Senior Center invites you to a special Mother's Day Brunch while listening to the delightful sounds provided by musician, Gary Soals. Featured menu includes scrambled eggs, sausage links, country-style potatoes, assorted pastries and a fruit platter. Meal served with choice of apple juice, orange juice, coffee, hot tea, iced tea, or a Mimosa. For more information or to purchase tickets, please call (408) 730-7360 or visit the reception counter at the Senior Center.

Date: Friday, May 8, 2015

Time: 10 – 12 noon

Location: Sunnyvale Senior Center, Orchard Pavilion

Cost: \$11 Members, \$13 Non-members, add \$2 after May 1, 2015

Purchase your tickets early as space is limited. No refunds.

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

The Magic Flute

Opera San José, performance only, no meal Th, 4/23 \$121 R/\$151 NR

Petaluma River Cruise

Narrated cruise + lunch F, 5/15 \$125 R/\$156 NR

Cantor Arts Center

Guided tour + lunch W, 6/10 \$81 R/\$101 NR

Book of Mormon SOLD OUT! Wait list only.

In San Jose, performance only, no meal Tu, 6/30 \$111 R/\$139 NR

Phantom of the Opera

In SF, performance only, no meal W, 9/9 \$134 R/\$168 NR

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.



Seattle with Folklife Festival

Trip Exploration Day

Join us for this engaging and informative presentation. Be among the first to hear about all our new extended trips for 2016 including South America, United Kingdom, Mackinac Island in Michigan, a Mississippi riverboat cruise and an adventure on historic Colorado trains. 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. Light refreshments will be served.

The exact date in April is still to be determined.

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

Extended Trips

Seattle with Folklife FestivalTue., 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



Iceland

Special Interest

Current News and 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. This is a ten-week class.

Instructor: Peggy Nissen

Location: Senior Center Cypress Room

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
657000.AA	50+	5/28 – 7/30	Th	10:15 a.m. – 11:30 a.m.	\$19/\$24

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)
654800.AA	50+	6/8 – 6/29	M	1:00 p.m. – 2:30 p.m.	\$26/\$33

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

AARP Smart Driver Program

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

U.S. History will return Fall 2015.

**Pickleball
Ages 50+**

A fun paddle sport that combines elements of tennis, badminton and ping-pong has arrived in Sunnyvale. The rules are simple and the game is played on a badminton-sized court and a slightly modified tennis net. Paddles and plastic balls are provided.

Mondays, 10 a.m. – 1 p.m.

Indoor Sports Center, 550 E. Remington Drive, Sunnyvale

Drop-in fee is \$5 for Senior Center members/non-members.

10-visit pass is \$40 for Senior Center members/
\$50 Senior Center non-member.

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

For more information,
call Susan Van Dyne at (408) 730-7359.



Photo by Varshadeep Parlathayya

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.



Photo by Varshadeep Parlathayya



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

Contact: Linda Brown, President

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.



Blood Pressure Clinic, page 58



Photo by Varshadeep Parlatayya

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 and/or reservation.

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

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

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.

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:** M–F, 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 \$28 (Basic) or \$32 (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	\$28/Year	\$32/Year
Non-resident	\$43/Year	\$50/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.



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 Tutoring	\$5	1st and 3rd Mondays: 11:30 a.m. – 1:30 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.
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 Clinic	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 M/ \$50 NM	Mondays 5/18, 7/27: By appointment
Health Insurance Counseling and Advocacy Program (HICAP)	Free	By Appointment – Call
Hearing Screenings	Free	Return in the Fall
Notary Services		Please call for more information.
Project Sentinel	Free	2nd Wednesday: 10 a.m. – Noon



Computer Lab