



Older Adults

Art

Ceramics (50+)

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

Beginning: Learn how to cast liquid slip into molds, clean and decorate ceramic pieces. This beginning class is fun and easy.

Intermediate/Advanced: Learn advanced decorating techniques, and receive an introduction to glazes and 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)
659901.AA	Beg	50+	6/6 – 8/1	M*	8:30 a.m. – 11:30 a.m.	\$44/\$55
659902.AA	Int/Adv	50+	6/6 – 8/1	M*	12:30 p.m. – 3:30 p.m.	\$44/\$55

*No class 7/4

Dance

Ballroom Dance (50+)

Dance like Fred Astaire and Ginger Rogers with a variety of ballroom dance music. No partner is needed.

Date/ Time: Wednesdays, 10:45 a.m. – 12:45 p.m.

Location: Senior Center Apricot and Cherry Rooms

Instructor: Peter Chong

Drop-in fee: \$2 Senior Center members, \$3 non-members payable at the door

May Tango **July** West Coast Swing

June Foxtrot **August** Salsa



Ballroom Dance

Older Adults

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 more. Purchase your 2017 membership after July 1, 2016, and get the remainder of 2016 for free. For more information, visit the Senior Center front desk. 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 Billiard Room
- Free Table Tennis at Murphy Park **P**
- Free use of Fitness Room **P**
- A \$5 discount coupon for Older Adult classes **P**
- Two drop-in passes **P**

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 (**P** Premium), show photo ID with Sunnyvale address or utility bill. Non-residents pay \$43 (Basic) or \$50 (**P** Premium).
3. Have your photo taken and receive a personalized card.

For more information
OlderAdults.inSunnyvale.com
 408-730-7360

Center Hours: Mon - Fri, 8 a.m. - 6:30 p.m. · Sat, 10 a.m. - 2 p.m. · Sun, closed | **Office Hours:** Mon - Fri, 9 a.m. - 5:30 p.m.

Like us on Facebook at facebook.com/SunnyvaleSeniorCenter



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

Have fun, meet new friends and dance to various genres of yesterday and today's popular music. Many styles of dance are explored including ballroom, Latin, jazz and country. No partner is needed. Drop-in fee: \$6 resident, \$8 non-resident.

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

High Beginner: Designed for more experienced dancers who can execute the basic steps, including 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 line dance courses is recommended.

Instructor: Julia Wetzel

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
654001.AA	Beg	50+	6/29 – 8/17	W	9:15 a.m. – 10:40 a.m.	\$47/\$59
654002.BA	High Beg	50+	6/29 – 8/17	W	10:45 a.m. – 12:15 p.m.	\$47/\$59



Modern Line Dancing

Lectures

Healthy Eating for Healthy Skin (50+)

Learn how nutrition affects skin health, including the food and nutrients that keep skin moisturized and protected against the sun damage and wrinkles that come with aging.

Date: Wednesday, May 4, 2016

Time: 1 – 2:30 pm

Location: Senior Center Laurel Room

Guest Speaker: Jennie Quon, Registered Dietitian and diabetes educator, Palo Alto Medical Foundation Nutrition Services



Watt Is Energy Efficiency?

Watt Is Energy Efficiency? (50+)

As a semi-finalist in the Georgetown University Energy Prize competition, Sunnyvale aims to reduce energy use in an innovative and scalable way to win a \$5 million prize. Help the community achieve its goal, by discovering ways to save money on your energy bill while adding value and comfort to your home. Activities at this lecture include learning how to save energy, borrowing a free, do it yourself Energy Saving Kit and participating in a fun energy quiz. Pre-registration is required. To register, call 408-730-7360.

Date: Wednesday, June 1, 2016

Time: 1 – 2 p.m.

Location: Senior Center Laurel Room

Guest Speaker: Environmental Programs Fellow Bailey Hall, City of Sunnyvale Environmental Services

Personal Emergency Preparedness (PEP) (50+)

From chemical spills, storms and power outages to fires, floods and earthquakes, emergencies and disasters happen. Sponsored by the Sunnyvale Department of Public Safety, learn what resources and plans to have in place, how to protect yourself, your family and your home, and how to prioritize your preparations for emergencies and disasters at this free, fast-paced workshop. Pre-registration is required. To register, call 408-730-7360.

Date: Tuesday, June 7, 2016

Time: 2 – 4:30 p.m.

Location: Senior Center Laurel Room

Guest Speaker: PEP Instructors



Sports and Fitness

Back Care Conditioning **TRY IT!** (50+)

Plus Stretch, Strengthen, and Relax

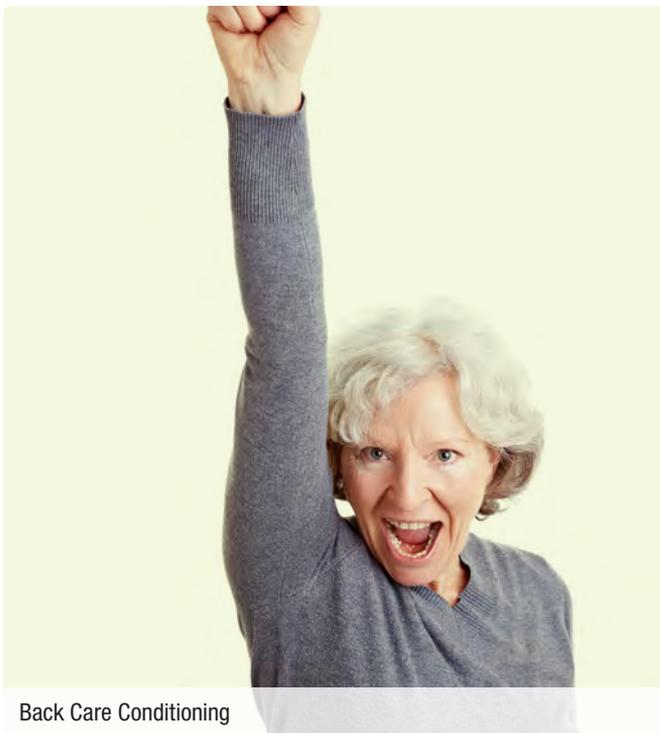
Move more easily and reduce chronic pain with gentle exercises that strengthen, and stretch your back. Exercising with a chair, belt and mat, build a stronger, more vital torso while relaxing and rejuvenating the whole body. Bring a mat and yoga belt, and wear comfortable clothes. Drop-in fee \$6 resident, \$8 non-resident.

Instructor: Tamara Lo

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658750.AA	50+	5/3 – 6/21	Tu	9:10 a.m. – 10:10 a.m.	\$42/\$53
658750.AB	50+	6/28 – 8/16	Tu*	9:10 a.m. – 10:10 a.m.	\$37/\$46

*No class 7/5



Back Care Conditioning

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.

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.

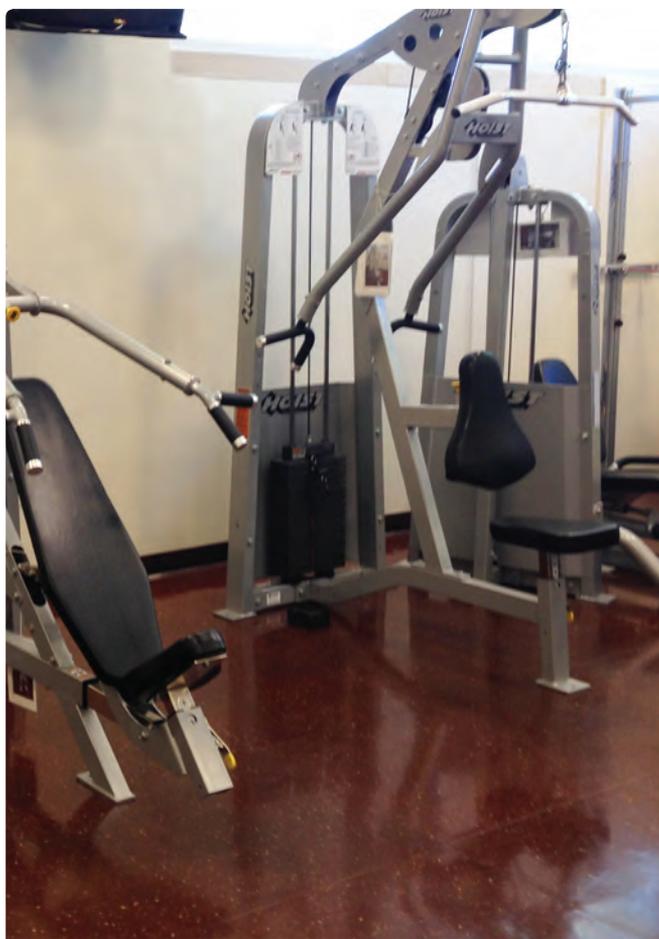
For more information, visit www.svlbc.org.

P TABLE TENNIS

Monday – Friday, 9:30 a.m. – 4 p.m.

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

For more information about either program, call 408-730-7359.



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.

NEW
New Program Offering

TRY IT!
Try It Free on the First Day of Class

FREE
No Fees

\$\$
Supply Fee Due on First Day



Extended Care Available



Free T-Shirt per Summer



Recreational Swim



Travels Offsite



Performance on Final Day



Parent/Guardian Participation Required

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.

Pickleball is closed in July and August due to construction in the Indoor Sports Center gym.

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.



Cardio Mix

(50+)

Burn fat and feel great while working up a sweat with uncomplicated, moderate and 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)
658200.AA	50+	5/3 – 6/23	TuTh	8 a.m. – 9 a.m.	\$52/\$65
658200.AB	50+	6/28 – 8/18	TuTh*	8 a.m. – 9 a.m.	\$46/\$58

*No class 7/5, 7/7



Cardio Mix

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. This class meets three times per week. Drop-in fee: \$5 resident, \$6 non-resident (drop-in is only available Mondays and Fridays).

Instructor: Christel Ligocki

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

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658130.AA	50+	6/1 – 7/27	MWF*	10 a.m. – 11 a.m.	\$92/\$115
658130.AB	50+	8/8 – 10/3	MWF*	10 a.m. – 11 a.m.	\$92/\$115

*No class 7/4, 9/5

Everyday Fitness

(50+)

Everyday Fitness class supports participants with arthritis or back problems and those who just want to maintain and improve fitness daily. 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)
658150.AA	50+	5/9 – 6/27	MW*	1 p.m. – 2:15 p.m.	\$40/\$50
658150.AB	50+	6/29 – 8/10	MW*	1 p.m. – 2:15 p.m.	\$40/\$50

*No class 5/30, 6/15, 6/20, 7/4

Body and 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.

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)
658302.AA	Int	50+	5/3 – 6/23	TuTh	10:20 a.m. – 11:20 a.m.	\$59/\$74

Location: Senior Center Orchard Pavilion

658302.AB	Int	50+	7/5 – 8/11	TuTh	10:20 a.m. – 11:20 a.m.	\$44/\$55
658303.AA	Adv	50+	5/3 – 6/23	TuTh	9:05 a.m. – 10:05 a.m.	\$59/\$74
658303.AB	Adv	50+	7/5 – 8/11	TuTh	9:05 a.m. – 10:05 a.m.	\$44/\$55



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 a yoga belt. Wear loose, comfortable clothes. Drop-in fee: \$6 resident, \$8 non-resident.

Instructor: Tamara Lo
Location: Senior Center Apricot Room

Table with 6 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Rows include 658120.CA and 658120.CB.

*No class 7/8

Sunny Fit – Low Impact TRY IT! (50+)

This entry-level fitness class helps participants gain independence in activities of daily living and increase confidence in exploring other fitness workouts. Class includes 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 6 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Rows include 658140.AA and 658140.AB.

*No class 5/30, 6/15, 6/20, 7/4

Zumba Gold TRY IT! (50+)

Ready to join the party? Zumba® Gold is a fun, low-impact and high-energy workout that will makes participants smile! Boost cardiovascular fitness and tone 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 in the same season and get a \$5 discount.

Instructor: Marla Yonamine (W morning), Lilian Zeljko
Location: Indoor Sports Center (Orchard Pavilion 7/13)

Table with 6 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Rows include 658210.EA, 658210.CB, and 658210.FB.

Location: Recreation Center Ballroom

Table with 6 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Rows include 658210.GB, 658210.EB, 658210.FC, and 658210.GC.

Location: Senior Center Orchard Pavilion

Table with 6 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Rows include 658210.CD and 658210.CE.

Location: Theatre Dance Studio

Table with 6 columns: Class #, Age, Dates, Day, Time, Fee (Res/NR). Row includes 658210.CF.

*No class 5/30, 7/4, 7/5, 7/6, 7/7

For Personal Training in the Senior Center, see page 56.

For Strength Training in the Senior Center, see page 56.

Trips

Day Trips NEW

Registration

Register for all trips by visiting the Senior Center or mailing the completed registration form. Registration forms can be downloaded at OlderAdults.inSunnyvale.com. For more information call 408-730-7360.

- Elkhorn Slough W, 4/20 \$115 R/\$144 NR
Monterey Bay Aquarium Tu, 5/10 \$106 R/\$133 NR
Doug McConnell's Marin W, 6/15 \$TBD
Beautiful: The Carole King Musical..... W, 9/14 \$TBD

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

2016 Extended Trips

For extended trips, pick up flyers or print them from the website, OlderAdults.inSunnyvale.com, click on Senior Trips. For more information call 408-730-7360.

- Mackinac Island and Tulip Festival (waitlist)..... Fri., 5/6 – Fri., 5/13
Parks and Shakespeare..... Mon., 6/6 – Sat., 6/11
Natural Park Wonders (waitlist)..... Sat., 6/18 – Sun., 6/26
Best of Britain..... Wed., 7/6 – Wed., 7/20
Trains, Trains and More Trains of Colorado..... Sun., 8/21 – Wed., 8/28

Extended Trip Highlight

Parks and Shakespeare NEW

Monday, June 6 – Saturday, June 11, 2016

Join the Senior Center for a six-day, motoring trip to southern Oregon.

- Take guided tours of Burney Falls, Mount Lassen, Mount Shasta and Crater Lake
• Watch two performances at the Oregon Shakespeare Festival in Ashland
• Visit the coastal community of Gold Beach
• Stay overnight at Jot's Resort on the Rogue River
• Take a ride through pristine wilderness on the mail boat that still delivers mail upriver
• Visit the Victorian homes in Ferndale
• Visit the majestic redwoods of Humboldt County

The price for this six-day trip is \$1,899 (R) pp double occupancy, \$2,399 (R) pp single occupancy. Trip includes 10 meals. Deposit of \$450 is required, with balance due Wednesday, April 20, 2016.

NEW

New Program Offering

TRY IT!

Try It Free on the First Day of Class

FREE

No Fees

\$\$

Supply Fee Due on First Day

♻️

Extended Care Available

👕

Free T-Shirt per Summer

🏊

Recreational Swim

🚗

Travels Offsite

📅

Performance on Final Day

👤

Parent/Guardian Participation Required



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. Handcrafted items created by 23+ creative artisans.

For more information
call 408-733-8459

Older Adults



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.
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