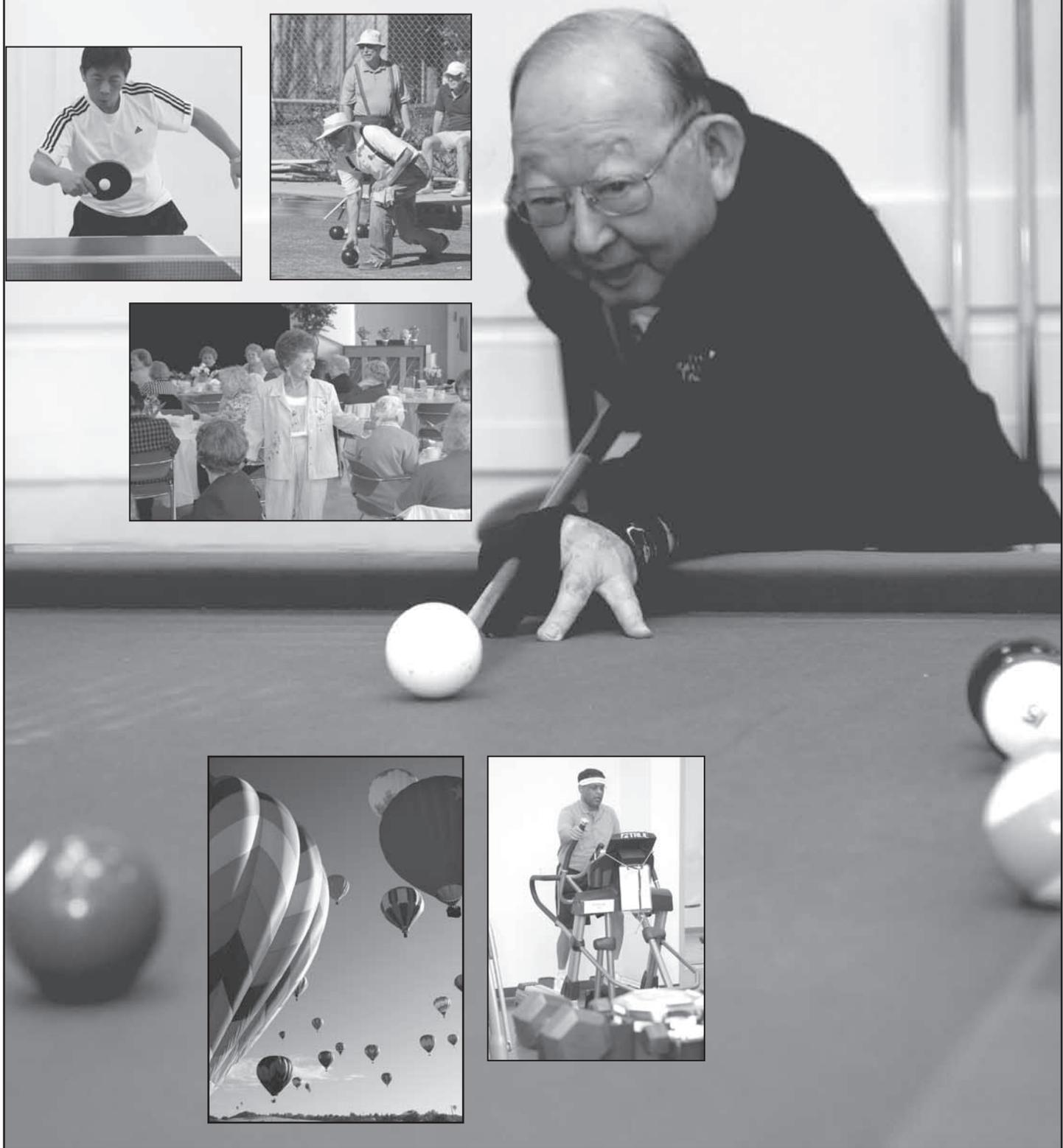


older adults

Online registration not yet available for older adult classes.



# Welcome to a place where you can get active your way.





Online registration not yet available for older adult classes.

—older adults

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!

**2013 Senior Center Membership Drive Begins July 23**

**Buy your membership now and enjoy the Senior Center for the rest of 2012 and ALL of 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 as of January 3, 2012	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 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 Fitness Drop-In Passes; good for Cardio Mix, Zumba Gold, Gentle Core Fitness, Strengthen & Tone, Sunny Fit and Zumba Regular (based on space/class availability).			✓
\$5 discount for select classes in the "teens & adults" section (applicable classes are indicated by this symbol:  )			✓

Older Adult



## Art

### Ceramics (50years & older)

Create decorative items for your home, or gifts for family and friends. A nonrefundable \$6 slip and glaze payable at first day of class. There is a \$4 firing fee. Drop-in fee \$6 member, \$8 non-member

**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	Age	Dates	Day	Time	Fee (Res/NR)
659901.AA	Beg	50yrs&older	6/4-7/23	M	8:30am-11:30am	\$41/\$51
659902.AA	Int/Adv	50yrs&older	6/4-7/23	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	Salsa
June	West Coast Swing
July	Waltz
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 16	Cha Cha
June 20	Waltz
July 18	Two Step
August 15	Bolero

NH

### Line Dancing-Continuing (50years & older)

Come have fun with us this summer learning new dances and exercising to a variety of line dance music. This continuing line dance class is designed for those who have taken a minimum of one 8-week line dance class. At least a dozen dances will be taught and reviewed, including several more advanced dances. The pace of class will be more advanced than an entry level beginning class.

**Instructor:** Donna Frankel

**Location:** Recreation Center, Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
654004.AA	Adv/Beg	50yrs&older	6/6-7/25	W*	10:00am-11:30am	\$38/\$48

\*No class 7/4

## Fitness

### Gentle Core Fitness (50years & 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

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658120.AA	50yrs&older	5/29-7/10	Tu*	12:00pm-1:00pm	\$30/\$38
658120.BA	50yrs&older	5/31-7/5	Th	12:00pm-1:00pm	\$30/\$38
158120.AA	50yrs&older	7/17-8/21	Tu	12:00pm-1:00pm	\$30/\$38
158120.BA	50yrs&older	7/19-8/23	Th	12:00pm-1:00pm	\$30/\$38

\*No class 6/12

### Personal Training Program (50yrs & 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.

### 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

Class #	Age	Dates	Day	Time	Fee (Res/NR)
158260.AA	50yrs&older	7/30-8/31	M,W,F	8:00am-9:00am	\$43/\$54

### SunnyFit (LowImpact) (50years & 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:** TBA

**Location:** Senior Center, Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658140.AA	50yrs&older	5/30-7/9	MW*	2:00pm-3:00pm	\$31/\$39
158140.AA	50yrs&older	7/11-8/15	MW	2:00pm-3:00pm	\$31/\$39

\*No class 7/4



## Cardio Mix (50years & 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	50yrs&older	5/29-7/10	TuTh*	8:00am-9:00am	\$37/\$46
158200.AA	50yrs&older	7/12-8/21	TuTh	8:00am-9:00am	\$37/\$46

\*No class 6/12

## Zumba Gold (50years & older)

A fun energetic workout to a fusion of Latin and international music. The class has been modified for active older adults and features interval and resistance training for your cardio conditioning and muscle toning. Come and dance your way to fitness! Drop-in fee \$5 resident, \$6 non-resident.

**Instructors:** Kathleen Hill, Irene Ortiz

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658210.AA	50yrs&older	6/1-7/6	MF	8:45am-9:45am	\$44/\$55
158210.AA	50yrs&older	7/9-8/13	MF	8:45am-9:45am	\$44/\$55

**Location:** Indoor Sports Center - Hill

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658210.BA	50yrs&older	5/29-7/5	TuTh*	4:15pm-5:15pm	\$44/\$55
158210.BA	50yrs&older	7/10-8/16	TuTh	4:15pm-5:15pm	\$47/\$59

**Location:** Recreation Center, Ballroom - Ortiz

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658210.CA	50yrs&older	5/30-7/11	W*	4:15pm-5:15pm	\$26/\$33
158210.CA	50yrs&older	7/18-8/15	W	4:15pm-5:15pm	\$23/\$29

**Location:** Senior Center, Orchard Pavilion - Ortiz

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658210.CA	50yrs&older	5/30-7/11	W*	4:15pm-5:15pm	\$26/\$33
158210.CA	50yrs&older	7/18-8/15	W	4:15pm-5:15pm	\$23/\$29

\*No class 7/4, 6/12

## Body & Core Strengthening (50years & 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; stability ball on Saturdays only. Class registration forms will be accepted on 3/26. Priority registration given to walk in residents. Saturday ONLY: Drop-in fee \$5 resident, \$6 non-residents.

**Int:** Must have participated in a Sunnyvale Senior Center fitness class within the past year.

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

**Instructor:** Tamara Lo

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
658302.AA	Int/Adv	50yrs&older	5/29-7/10	TuTh*	10:30am-11:30am	\$42/\$53
658302.BA	Int/Adv	50yrs&older	6/2-7/7	Sa	8:30am-9:30am	\$23/\$29
158302.AA	Int/Adv	50yrs&older	7/12-8/21	TuTh	10:30am-11:30am	\$42/\$53
158302.BA	Int/Adv	50yrs&older	7/14-8/18	Sa	8:30am-9:30am	\$23/\$29

**Location:** Recreation Center, Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
658302.AA	Int/Adv	50yrs&older	5/29-7/10	TuTh*	10:30am-11:30am	\$42/\$53
658302.BA	Int/Adv	50yrs&older	6/2-7/7	Sa	8:30am-9:30am	\$23/\$29
158302.AA	Int/Adv	50yrs&older	7/12-8/21	TuTh	10:30am-11:30am	\$42/\$53
158302.BA	Int/Adv	50yrs&older	7/14-8/18	Sa	8:30am-9:30am	\$23/\$29

**Location:** Senior Center, Orchard Pavilion

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
658303.AA	Adv	50yrs&older	5/29-7/10	TuTh*	9:00am-10:00am	\$42/\$53
158303.AA	Adv	50yrs&older	7/12-8/21	TuTh	9:00am-10:00am	\$42/\$53

\*No class 6/12

## Strength, Stability & Stamina (50years & older)

A self-paced class perfect for the beginner or more advanced fitness enthusiast. Therapeutic exercises focusing on balance, strength & endurance. All exercises can be modified for your needs. Bring water, a mat, hand weights (2 lb & up, optional), and playground ball (optional). Drop-in Fee \$5 resident, \$6 non-resident.

**Instructor:** TBA

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658310.AA	50yrs&older	5/30-7/9	MW*	10:00am-11:00am	\$37/\$46
158310.AA	50yrs&older	7/11-8/15	MW	10:00am-11:00am	\$37/\$46

**Location:** Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658310.AA	50yrs&older	5/30-7/9	MW*	10:00am-11:00am	\$37/\$46
158310.AA	50yrs&older	7/11-8/15	MW	10:00am-11:00am	\$37/\$46

**Location:** Recreation Center, Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658310.BA	50yrs&older	6/1-7/6	F	10:00am-11:00am	\$22/\$27
158310.BA	50yrs&older	7/13-8/17	F	10:00am-11:00am	\$22/\$27

\*No class 7/4

## Back Care Conditioning (50years & older)

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.

**Instructor:** Tamara Lo

**Location:** Senior Center, Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658750.AA	50yrs&older	6/4-7/9	M	10:00am-11:00am	\$30/\$38
158750.AB	50yrs&older	7/16-8/20	M	10:00am-11:00am	\$30/\$38

Class #	Age	Dates	Day	Time	Fee (Res/NR)
658750.AA	50yrs&older	6/4-7/9	M	10:00am-11:00am	\$30/\$38
158750.AB	50yrs&older	7/16-8/20	M	10:00am-11:00am	\$30/\$38

## Lectures

Sign up is required to attend and can be done at the reception counter or call (408) 730-7360. All seniors welcome!

## Partnering With Your Doctor and Know the 10 Warning Signs of Alzheimer's

This workshop will address two topics. Learn the importance of partnering with the physician; assessing one's behavior when visiting one's own physician; and challenges in physician/caregiver interaction.

5/1, 1:00-2:00 PM

**Location:** Senior Center, Laurel Room

**Guest Speaker:** Jennifer Mangosong-Shankle, Alzheimer's Association

## Unveil the Treasures of Your Local Community and the Secrets to Vitality!

Do you know someone who may be home alone and at risk? We discuss This lecture highlights the rich cultural and natural diversity in the Bay Area including the oldest Japanese garden in the Western hemisphere and much more. Join us for this informative presentation.

6/5, 1:00 - 2:00 PM

**Location:** Senior Center, Laurel Room

**Guest Speaker:** Dr. Anne Ferguson

Executive Director, Bay Area Older Adults

NH

## Back Care

Learn how to take care of your back — before the pain starts.

4/24; Tuesday, 1:00pm-2:00pm

**Location:** Senior Center, Laurel Room

**Guest Speaker:** Ritu Chabriya

NH

## For the Lunch Program

please call 408-730-7360



## Medicare Solutions

Do you find the various Medicare Plans confusing and complicated? Come to this in-depth presentation and discover the various options that Medicare offers. This is for current and prospective Medicare beneficiaries as well as family members or caregivers.

Tuesday, July 17, 2012

1:00 - 2:00 PM

Guest Speaker: Marcelo Espiritu

HICAP, Council on Aging Silicon Valley

## Hearing Loss: The Physical, Emotional and Social Impact and What You Can Do About It

*Hearing loss is a serious and often under-treated problem. Join us to hear about the physical causes of hearing loss, the emotional and social effects of untreated hearing loss, and treatment options including hearing aids and assistive listening devices, as well as medically treatable types of hearing loss and appropriate medical referrals and management.*

Tuesday, August 28, 2012 • 1:00 - 2:00 PM

Guest Speaker: Sharon Goodson, Au.D, CCC-A

Palo Alto Medical Foundation

NH

## Special Interest

### AARP Safe Driving Program

AARP Safe Driving Program – Contact the Senior Center for more information. Pre-registration required

### Computer Classes (18yrs & older)

Will return in the Fall

### Current Events (50years & 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: TBA

Location: Senior Center, Cypress Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
657000.AA	50yrs&older	5/31-7/5	Th	10:15am-11:30am	\$13/\$16
157000.AA	50yrs&older	7/12-8/16	Th	10:15am-11:30am	\$13/\$16

### Symphony & Concerto (50years & 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	50yrs&older	4/30-5/21	M	1:00pm-2:30pm	\$26/\$33
654800.AB	50yrs&older	6/4-6/25	M	1:00pm-2:30pm	\$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 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 residents, \$13/day non-residents

## 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) 949-7017

## Trips

For more details and registration information on our trips, stop by the Senior Center for a copy of our trip newsletter or flyers for extended trip(s), visit [Seniors.inSunnyvale.com](http://Seniors.inSunnyvale.com) on the Web and click on the "Senior Trips," or give us a call (408) 730-7360.

### Registration

Please join us on Wednesday, June 13 from 9 – 10 a.m. for day trips and from 10 – 12 p.m. for extended trip registration and slide show presentations.



### Day Trips

Elkhorn Slough – Baby Sea Mammals Tour + Lunch at Phil's Fish Market*	W, 5/9	\$110 R/\$138 NR
Hysterical Historical Sacramento & Crocker Museum + Lunch at Rio City Cafe*	W, 5/16	\$117 R/ \$146 NR
Cow Hollow Tour w/Gary & Tour of Octagon House + Lunch at Perry's*	W, 5/30	\$103 R/\$129 NR
HobNob Art Tour of Union Sq. & Chinatown + Lunch at Oriental Pearl*	F, 6/8	\$99 R/\$124 NR
Cowgirl Creamery & Garden Valley Ranch + Lunch at Riverside Bistro*	Th, 6/21	\$95 R/\$119 NR
Ruth Bancroft Garden & John Muir House + Lunch at Prima Ristorante*	Tu, 6/26	\$99 R/\$124 NR
Pt. Pinos Lighthouse and Pacific Grove Museum of Natural History + Lunch	F, 7/13	\$87 R/\$109 NR
Calistoga & Castello di Amorsosa Lunch on your own	Tu, 7/17	\$99 R/\$124 NR
San Rafael Walking History Tour + Lunch at San Rafael Joe's	Tu, 7/31	\$95 R/\$119 NR
Carmel & Concourse d'Elegance Cars Lunch on your own	Th, 8/16	\$59 R/\$74 NR
Ft. Point, Golden Gate Bridge History Lunch on your own in Sausalito	Sa, 8/18	\$59 R/\$74 NR
Alcatraz Island Tour + Late lunch at Scoma's	W, 8/29	\$116 R/\$145 NR

\*Registrations for these trips are already being accepted – so sign up now!



## Trips



### Extended Trips

Pageant of the Masters, Mon., 7/23/12 – Thur., 7/26/12

Spectacular South Africa, Thur., 8/23/12 – Tue., 9/4/12

National Parks & Shakespeare, Mon., 9/17/12 – Sat., 9/22/12

Circle Hawaii Cruisetour, Thur., 10/18/12 – Sat., 10/27/12

#### Trip Slide Show Presentations on New Trips

Wednesday, 6/13, 10am – 12pm, Senior Center, LaurelRoom  
Southern Italy; America's Mid-Atlantic Region featuring Gardens & Mansions; Yosemite

## 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..



## Care Management

Linking individuals with services that will allow them to maintain their independence. We provide home assessments and both home and office consultation.

GM

## Senior Center Advisory Committee

Be the voice of the senior community by sharing our members' interests, suggestions and concerns. Make a difference and apply today to be an Advisory Committee Representative. Meetings are held on the second Monday in January, March, May, July, September and November from 1:00pm-3:00pm.

#### Senior Advisory Committee Members

Linda Barclay, Jeanne Brown, Mary Griffin, Mary Hidalgo, Norine Krueger, Chi-Kin Lee, Susan Lotz, Marty Rawson



## 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

Hours: Monday, Wednesday & Thursdays 12 p.m. – 2 p.m.

Drop In at the Senior Center or

Call for an appointment: 408-730-7367

The Senior Peer Advocate is a new 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.

NH

## 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

KW



## Upcoming Events

### TWO TAPAS EVENTS

As a prelude to your Friday night, we invite you and your friends to enjoy live music, hors d'oeuvres and a glass of wine in the beautiful Orchard Pavilion.

Featuring Live Music by The Mary Ellen Duo.

Sponsored by the Sunnyvale Senior Center and Home Instead

#### Community Center

550 E. Remington Drive

Orchard Pavilion ~ Senior Center Bldg.

Friday, May 11, 2012

AND

Friday, August 17, 2012 • 5:30 p.m. – 7:30 p.m.

Doors open at 5:15 p.m.

Purchase tickets early as seating is limited. For more information and to acquire tickets please call (408) 730-7360

### 9 YEAR ANNIVERSARY CELEBRATION LUNCHEON

"Beach Days " Intergenerational Event

We're bringing the beach to Sunnyvale to celebrate 9 Years of fun memories. Dress up in your beachwear and join your friends and family for a delicious BBQ lunch and sing along to familiar beach tunes. Entertainment provided.

All ages welcome

Sunnyvale Senior Center ~ Orchard Pavilion

Friday July 20, 2012 • 11:45 – 1:00 pm

Doors open at 11:00 a.m.

Price: Members \$11.00 / Non-members: \$13.00.

(Add \$2.00 if purchased after July 13.)

Purchase your tickets early as space is limited.

For more information please call (408) 730-7360

## Ceramics Class Open House

Learn about the ancient art of ceramics by making a complimentary project to take home. Sign up for the Open House at the Senior Center front desk or call 408-730-7360.

Monday, May 21 • 10:00am to 2:00pm

Location: Senior Center, Willows Art Room

Light refreshments will be served

2E

## Volunteers Needed

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

### Areas Where We Need You

Computer Lab Assistants

Please call (408) 730-7360

KW

## Senior Center Fitness Room



Fitness Room FREE for Premium Members

KW

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 – 6:00pm

Sa, 10:00am – 2:00pm

Su, CLOSED

For more information, call (408) 730-7624.

## Murphy Park Senior Programs

250 N. Sunnyvale Ave.

### LAWN BOWLS

Mon. – Sat., 12:30 – 3:30pm.

For one free class of instruction & equipment use, call Al Rizzo:

(408) 736-4739

### TABLE TENNIS

M – F, 9:30am – 4:00pm.

Bring your own paddle & light soled shoes. Call: (408) 730-7624

For more information about either program, call (408) 730-7624.

KW

Table Tennis FREE for Premium Members



## 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 <sup>nd</sup> Friday, 1:15-3:00pm
Bridge	\$2	Tu & Th, 12:15-3:00pm
Chess Club	\$2	Th, 2:30-5:30pm
Dance Club ☺	\$2	Tu, 1:30 – 4:00pm
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, 3:00-5:00pm
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-6:00pm 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 <sup>st</sup> & 3 <sup>rd</sup> F, 1:00pm
Sudoku	\$2	Call: (408) 730-7360
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
Yuan Chi ☺	\$2	F, 9:00-11:00am

### 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., 11:30am-12:30pm
Diabetes Support	\$2	11/17, 12/15, 1/26 & 2/23 1:00pm-2:30pm
Foot Care	(\$40 members, \$50 Non-members)	5/25, 7/30 1:00pm
Health Insurance Counseling and Advocacy Program (HICAP)	\$2	By appt. - call
Hearing Screenings	\$2	Will return in Fall
Notary Services	\$2	By appt - call
VTA Photo ID	(FREE for ALL)	5/8, 7/17 10:00am