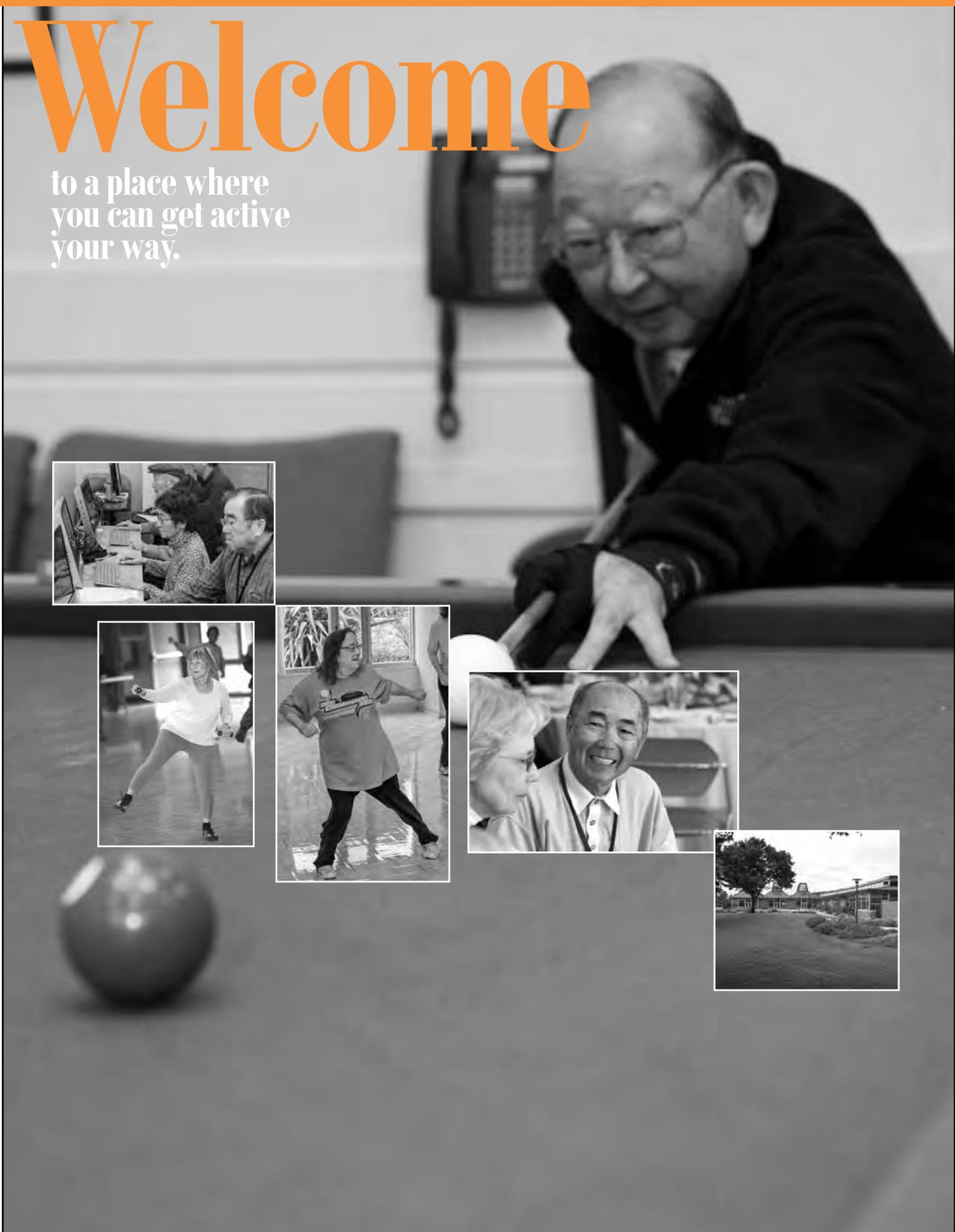




Welcome

to a place where
you can get active
your way.





The Sunnyvale

Senior Center



You are invited to become a member of the Sunnyvale Senior Center

- Learn new skills
- Make new friends
- Stay healthy
- Get in shape
- Attend lectures
- And more!

2014 Senior Center Membership Drive
Buy your membership now and get active your way!

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)
3. Have your photo taken and receive your personalized card. For more information, call (408) 730-7360.

Older Adult

Membership Benefit Structure

Prices effective January 2, 2014*

Membership Benefit Structure	City of Sunnyvale Resident Status	Membership Type	
		Basic	Premium*
	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 (does not include ball fee)			✓
Free use of fitness equipment in Fitness Room			✓
One \$5.00 discount coupon for any class listed in the Older Adult Section of the Activity Guide.			✓
Two Drop-In Passes; good for Back Care, Cardio Mix, Enhance Fitness, Zumba Gold, Gentle Core Fitness, Line Dancing, Sunny Fit, Total Body Fitness, Body Core (10:30 am only) and Current Events.			✓

The Sunnyvale Senior Center is now on Facebook! LIKE US at www.facebook.com/SunnyvaleSeniorCenter to see what is new at the Senior Center, and to keep in touch with friends, both old and new.



Art

Ceramics (50 & older)

Create decorative items for your home, or gifts for family and friends. Beginning: Learn how to cast liquid slip into molds, clean and decorate ceramic pieces. This beginning class is fun and easy. A nonrefundable \$7 slip and glaze fee payable at first day of class. There is a \$5 firing fee. Drop-in fee \$7 resident, \$9 non-resident.

Instructor: Helen Jurado

Location: Senior Center Willows Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
359901.AA	Beg	50 & older	10/28-12/16	M	8:30am-11:30am	\$42/\$53
359902.AA	Int/Adv	50 & older	10/28-12/16	M	12:30pm-3:30pm	\$42/\$53
459901.AA	Beg	50 & older	1/27-3/24	M*	8:30am-11:30am	\$42/\$53
459902.AA	Int/Adv	50 & older	1/27-3/24	M*	12:30pm-3:30pm	\$42/\$53

*No class 2/17



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.

November	Chinese Tango
December	Night Club 2-Step
January	East Coast Swing
February	Hustle

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 Waltz Across Texas, Elvira, New York New York, Mamma Mia, 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.

Drop in fee: \$5 resident, \$6 non-resident

Instructor: Donna Frankel

Location: Recreation Center Ballroom

454002.AA	2	50 & older	1/27-3/24	M*	10:00am-11:30am	\$46/\$58
454002.BA	2	50 & older	1/29-3/26	W	9:00am-10:30am	\$46/\$58

*No class 2/17

Location: Indoor Sports Center

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
454001.AA	1	50 & older	1/29-3/26	W	10:30am-12:00pm	\$46/\$58

Fitness

Back Care Conditioning (50 & 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. Drop-in fee \$5 resident, \$6 non-resident.

Instructor: Tamara Lo

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358750.AA	50 & older	10/28-1/6	M*	10:00am-11:00am	\$40/\$50
458750.AA	50 & older	1/27-3/24	M*	10:00am-11:00am	\$40/\$50

*No class 12/16, 12/23, 12/30, 2/17

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. Class registration forms will be accepted on 10/1. Priority registration given to walk in residents. Intermediate: Must have participated in a Sunnyvale Senior Center fitness class within the past year.

Advanced: Higher intensity and faster paced workout.

Instructor: Christina Vargas

Location: Senior Center Orchard Pavilion

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
358303.AA	3	50 & older	10/29-1/9	TuTh*	9:00am-10:00am	\$56/\$70
358302.AA	2	50 & older	10/29-1/9	TuTh*	10:15am-11:15am	\$56/\$70
458303.AA	3	50 & older	1/21-3/13	TuTh	9:00am-10:00am	\$56/\$70
458302.AA	2	50 & older	1/21-3/13	TuTh	10:30am-11:30am	\$56/\$70

*No class 11/28, 12/17, 12/19, 12/24, 12/26, 12/31



Cardio Mix (50 & older)

Burn fat and feel great while working up a sweat with uncomplicated moderate high-energy moves, lively dance steps and cardio kick-boxing routines that perfectly complement your regular strength training regimen. Bring a towel and mat to class. Drop-in Fee \$5 resident, \$6 non-resident

Instructor: Tamara Lo

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358200.AA	50 & older	10/29-1/9	TuTh*	8:00am-9:00am	\$49/\$61
458200.AA	50 & older	1/21-3/13	TuTh	8:00am-9:00am	\$49/\$61

*No class 11/28, 12/17, 12/19, 12/24, 12/26, 12/31



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 Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358130.AA	50 & older	10/28-1/10	MWF*	10:00am-11:00am	\$87/\$109
458130.AA	50 & older	1/22-3/19	MWF*	10:00am-11:00am	\$87/\$109

*No class 11/29, 12/16, 12/18, 12/20, 12/23, 12/25, 12/27, 12/30, 1/1, 2/17

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.

Instructor: Fred Brovold

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358150.AA	50 & older	10/28-1/8	MW*	1:00pm-2:15pm	\$50/\$63
458150.AA	50 & older	1/22-3/19	MW*	1:00pm-2:15pm	\$50/\$63

*No class 12/16, 12/18, 12/23, 12/25, 12/30, 1/1, 2/17

Gentle Core Fitness (50 & older)



Make everyday activities easier, reduce stress and improve circulation, flexibility, coordination, agility, muscle tone, and overall health with gentle and safe stretching. Bring a mat, 2-3 lb hand weights, yoga belt and wear loose, comfortable clothes. Drop-in fee \$5 resident, \$6 non-resident

Instructor: Tamara Lo

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358120.AA	50 & older	10/29-1/7	Tu*	12:00pm-1:00pm	\$40/\$50
358120.BA	50 & older	10/31-1/9	Th*	12:00pm-1:00pm	\$40/\$50
458120.AA	50 & older	1/21-3/11	Tu	12:00pm-1:00pm	\$40/\$50
458120.BA	50 & older	1/23-3/13	Th	12:00pm-1:00pm	\$40/\$50

*No class 11/28, 12/17, 12/19, 12/24, 12/26, 12/31

Strength Training (See Page 27)

Sunny Fit-Low Impact (50 & older)



This entry level fitness class will help you gain independence in your activities of daily living and increase your confidence in exploring other fitness workouts. Class will include low intensity aerobics, strength exercises using resistance bands, and balance and stretching exercises. Exercises can be modified for sitting or standing. Drop-in Fee \$5 residents, \$6 non-residents.

Instructor: Fred Brovold

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358140.AA	50 & older	10/28-1/8	MW*	2:30pm-3:30pm	\$45/\$56
458140.AA	50 & older	1/22-3/19	MW*	2:30pm-3:30pm	\$45/\$56

*No class 12/16, 12/18, 12/23, 12/25, 12/30, 1/1, 2/17

Personal Training Program (50 & 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.



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.

Instructor: Kathleen Hill

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358210.AA	50 & older	10/28-1/10	MF*	8:45am-9:45am	\$64/\$80
458210.AA	50 & older	1/24-3/21	MF*	8:45am-9:45am	\$64/\$80

Instructor: Marla Yonamine

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358210.CB	50 & older	10/30-1/8	W*	8:45am-9:45am	\$35/\$44
458210.CB	50 & older	1/22-3/12	W	8:45am-9:45am	\$35/\$44

Instructor: Irene Ortiz

Location: Recreation Center Ballroom

358210.BA	50 & older	10/29-1/9	TuTh*	4:15pm-5:15pm	\$64/\$80
458210.BA	50 & older	1/21-3/13	TuTh	4:15pm-5:15pm	\$64/\$80

Location: Senior Center Orchard Pavilion

358210.DA	50 & older	10/28-1/8	MW*	6:00pm-7:00pm	\$64/\$80
458210.DA	50 & older	1/22-3/19	MW*	6:00pm-7:00pm	\$64/\$80
358210.CA	50 & older	10/30-1/8	W	4:15pm-5:15pm	\$35/\$44
458210.CA	50 & older	1/22-3/12	W	4:15pm-5:15pm	\$35/\$44

*No class 11/28, 12/16-12/31, 1/1, 2/17

Lectures

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

Crime Prevention

Tuesday, November 5

Sunnyvale Senior Center, Laurel Room
10 – 11 a.m.

Join us for this informative presentation where you'll learn about personal safety for seniors, how to help prevent being a victim and current financial crime trends targeting seniors.

Guest Speaker: Greg Othon, PS Officer II/Investigations Police Bureau of Special Operations

Glitches in the Road of Life

Wednesday, February 19, 2014

Sunnyvale Senior Center, Laurel Room
1 – 2:30 p.m.

At any time we can be stopped in our tracks by a glitch while on our life's journey. Are you going through an unwanted change in your life or are you interested in learning how to better manage life's surprises? Vivian I. Silva, (educator, gerontologist and geriatric care manager) presents ways to identify our strengths and manage life's surprises based on her experience working with mid-life and older adults.

Guest Speaker: Vivian Silva, Sunnyvale Senior Center Care Mgr.

Special Interest

AARP Safe Driving Program

Contact the Senior Center for more information. Pre-registration required.

Current Events (50 & older)

Discover how today's current news may affect you. The class will cover the analysis and discussion of world, national and local news, science and technology, medicine and health care, and business and the economy.

Instructor: Peggy Nissen

Location: Senior Center Cypress Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
357000.AA	50 & older	10/31-1/9	Th*	10:15am-11:30am	\$16/\$20
457000.AA	50 & older	1/23-3/13	Th	10:15am-11:30am	\$16/\$20

*No class 11/28, 12/19, 12/26

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)
354800.AA	50 & older	11/18-12/9	M	1:00pm-2:30pm	\$26/\$33
454800.AA	50 & older	1/6-2/24	M*	1:00pm-2:30pm	\$37/\$46

*No class 1/20, 2/17

Threads of Life: Senior Support Group

A confidential, safe and non-judgmental forum to discuss and process problems, changes and transitions with a trained professional. Topics may include getting your needs met, communication, relationships, grief and loss, depression and loneliness. Group meets 2nd and 4th Tuesday of the month.

Tuesday, 2:30pm-4:00pm

Instructor: Kathy Krueger, M.A., LMFT

Location: Senior Center, Laurel Room

Fee: \$10/day resident, \$13/day non-resident

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) 949-7102



Trips

Registration

You can now register for all trips as soon as they are publicized by coming to the Senior Center, or mailing your registration form. For extended trips you can pick up flyers, or print them from our website; **Seniors.inSunnyvale.com**, then click on Senior Trips. For more information call 408-730-7360.



Day Trips

Classic Cars - Canepa <i>Lunch at the Crow's Nest, wine tasting</i>	Th, 11/7	\$76 R/\$95 NR
Peter & the Starcatcher <i>At SF's Curran Theatre, no lunch</i>	W, 11/13	\$112 R/\$140 NR
Porgy and Bess <i>At SF's Golden Gate Theatre, no lunch</i>	W, 12/4	\$117 R/\$146 NR
Historic Houses <i>Lunch at Paradiso</i>	Th, 12/12	\$102 R/\$128 NR
City Lights, Bay Bridge <i>Holiday lights, dinner at Palomino's</i>	Tu, 12/17	\$98 R/\$123 NR
Hockney & SF Art Museums <i>Lunch on your own</i>	F, 1/17	\$79 R/\$99 NR
Cirque du Soleil's Amaluna <i>Dinner at Los Gatos Brewing Co.</i>	Tu, 1/28	\$147 R/\$184 NR
Benicia, Then and Now <i>History, ArtGlass + Lunch</i>	Th, 2/6	\$94 R/\$118 NR

We're working on more day trips for January and February - so please check out the upcoming winter edition of the *Steppin' Out* Newsletter for more details.



Extended Trips

Holiday Shows in Branson , Fri. 11/15/13 – Tue. 11/19/13
Costa Rica Eco Adventure , Sat. 2/1/14 – Mon. 2/10/14
Palm Springs Desert Fun , Tue. 3/11/14 – Fri. 3/14/14
Washington DC , Wed. 4/23/14 – Tue. 4/29/14
New York City , Thur. 6/5/14 – Mon. 6/9/14
Black Sea Voyage , Thurs. 7/31/14 – Tue. 8/12/14
American Canyonlands , Thurs. 9/18/14 – Fri. 9/26/14
Rails of New England , Fri. 10/3/14 – Fri. 10/10/14

Upcoming Trip Slide Shows

(10 a.m. - Noon, Senior Center, Laurel Room)

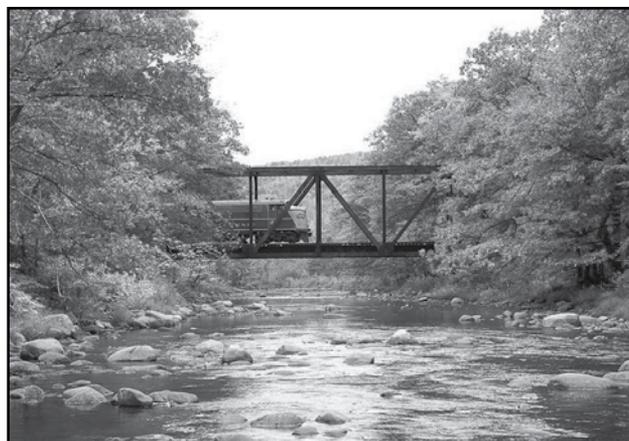
- Tue., 12/3/13: Costa Rica Eco Adventure, Black Sea Voyage and American Canyonlands, Rails of New England
- Fri., 12/6/13: Washington DC, New York City, and Palm Springs Desert Fun.
- \$100 Early Booking Discounts (EBD) available on Washington DC (ends Oct. 23), New York City (ends Dec. 4.) and Rails of New England (ends Jan. 24) trips. Come to the slide shows for details. See you there!



SF Museums



Washington DC



American Canyonlands

Older Adult



Upcoming Events



Thanksgiving Luncheon

Join us as we begin the Holiday Season with a delicious Thanksgiving Luncheon followed by a performance from the Columbia Middle School Choir.

Sunnyvale Senior Center ~ Orchard Pavilion,

550 E. Remington Drive

Friday, November 8, 2013

Admission: Members \$11 / Non-members: \$13 (add \$2 if purchased after November 1).

Doors open at 11 a.m. Event begins at 11:45 a.m. -1 p.m.

Breakfast with Santa

Grandparents, Grandchildren and Families!

This is a wonderful opportunity to treat your loved ones to a fun breakfast, have your picture taken with Santa and participate in a variety of crafts.

Special Entertainment will be provided!

Sunnyvale Senior Center ~ Orchard Pavilion,

550 E. Remington Drive

Saturday, December 7, 2013

2 Shifts available: 8 a.m. – 9:30 a.m. or 10:30 a.m. - noon.

Admission: \$5 (\$7.50 if purchased after November 27.)



Holiday Luncheon

It's Holiday time to Deck the Halls and Celebrate with friends, family and staff for a festive Holiday Luncheon.

Live Entertainment will follow!

Sunnyvale Senior Center ~ Orchard Pavilion,

550 E. Remington Drive

Friday, December 13, 2013

11:45 a.m. – 1 p.m.

Doors open at 11 a.m.

Admission: Members \$11 / Non-members: \$13 (Add \$2 if purchased after December 6.)



For more information, call (408) 730-7360



Murphy Park Senior Programs

250 N. Sunnyvale Ave.

**Note: Table Tennis is moving to Fair Oaks Park, 540 N. Fair Oaks Avenue, during construction at Murphy Park*

LAWN BOWLS

Mon. – Sat., 12:30 – 3:30 pm.

For one free class of instruction & equipment use, call Al Rizzo: (408) 736-4739



Table Tennis FREE for Premium Members

TABLE TENNIS*

M – F, 9:30 am – 4:00 pm.

Bring your own paddle & light soled shoes.

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



Volunteers Needed

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

Areas Where We Need You

- Lunch Program
- Computer Lab
- Computer Tutors

Please call (408) 730-7360

NH

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, 8:00am – 6:00pm
Sa, 10:00am – 2:00pm
Su, CLOSED

For more information, call (408) 730-7358.



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.

NH

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.

Tour will not be offered in December.

Older Adult



Senior Center Drop-in Programs and Services

Drop-in programs and services are free to members, unless noted otherwise. Some drop-in programs also require a membership to the Chinese Club, noted by ☺, or Premium Membership, noted by Ⓟ. For more information about the programs and services listed below and/or to make an appointment, please call the Senior Center at (408) 730-7360.

DROP-IN PROGRAMS

Program	Fee (\$)	Meets
Billiards	\$5	M-F, 9am-6pm Sa, 10am-2pm
Book Club	\$2	2 nd 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 nd F, 9:30-11:30am
Computer Help (Sr. Center Members Only)	N/A	M-F, By appt.
Computer Investment Group	\$2	2 nd F, 11:30am-12:30pm
Computer Lab	\$5	M-F, 9:30am-11:30am 1:30pm-3:30pm
Dancing for Health ☺	\$2	Th, 3-5pm
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 Ⓟ	\$5	M-F, 8am-6:30pm Sa, 10am-2pm
Game Day	\$2	Fri, 1-4pm
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 st & 3 rd F, 1pm
Musicians Jam Session	\$2	1 st & 3 rd M, 1:30-3pm
Table Tennis Ⓟ @ Fair Oaks Park	\$5	M-F, 9:30am-4pm
Tai Chi	\$2	Th, 1:30-2:30pm
Wu's Tai Chi ☺	\$2	Fri, 9-11am
Women's Network	\$2	Tu, 10:30-11:30am
Yuan Chi ☺	\$2	Fri, 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	4th Thursday each month
El Camino Hospital Resource Library	FREE	Tu., 10:30am-11:30pm
Foot Care	\$40/\$50 NM	Monday 11/25, 1/29 1pm
Health Insurance Counseling and Advodcoy Program (HICAP)	FREE	By appointment - call
Hearing Screenings	FREE	By appointment - call
Legal Services	FREE	3rd Saturday 10am-Noon
Notary Services	\$2	By appointment - call
VTA Photo ID	FREE	By appointment - call

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





Join us for Lunch in the Orchard Café



Enjoy a home style meal prepared by our on-site Chef, Cecilia Garza-Ruiz.

Meals are served, Monday-Friday at 12:00pm in the Orchard Café.

Our lunches include: soup or salad, entrée, dessert and beverage.

Call for pricing

Dining room opens at 11:30 a.m. Salads are available, if ordered by 10 a.m.

Salads must be paid for in advance

Arrivals after 12:15 p.m. are not guaranteed unless special arrangements have been made in advance

Menu subject to change

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.



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.

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