



# Older Adults

## 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 \$8 slip and glaze fee payable at first day of class. There is a \$5 firing fee. Drop-in fee \$7 resident, \$9 non-resident.

**Intermediate/Advanced:** Learn advanced decorating techniques. You will be introduced to glazes and techniques, such as staining, airbrushing, decals, and more. A nonrefundable \$8 slip and glaze fee payable at first day of class.

**Instructor:** Helen Jurado

**Location:** Senior Center Willows Art Room

Class #	Level	Ages	Dates	Day	Time	Fee (Res/NR)
359901.AA	Beg	50 & Older	10/27 – 1/5	M*	8:30 am – 11:30 am	\$43/\$54
459901.AA	Beg	50 & Older	1/26 – 3/23	M*	8:30 am – 11:30 am	\$43/\$54
359902.AA	Int/Adv	50 & Older	10/27 – 1/5	M*	12:30 pm – 3:30 pm	\$43/\$54
459902.AA	Int/Adv	50 & Older	1/26 – 3/23	M*	12:30 pm – 3:30 pm	\$43/\$53

\*No class 12/15, 12/22, 12/29, 2/16



Ceramics

## Dance

### Daytime Ballroom Dance Lessons

**Every Tuesday: 12:45 pm – 1:45 pm**

Members \$2 / Non-members \$3. Pay at the door.

**Location:** Recreation Center, Community Room

**November** ..... Cha Cha

**December** ..... Hustle

**January** ..... International Tango

**February** ..... East Coast Swing

**Every Wednesday, 10:45 am to 12:45 pm**

Members \$2 / Non-members \$3. Pay at the door.

**Location:** Senior Center, Apricot and Cherry rooms

**November** ..... Nightclub Two-Step

**December** ..... Hustle

**January** ..... West Coast Swing

**February** ..... Argentine Tango

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

**Level 2:** Designed for more advanced dancers who know basic steps – pivot turns, jazz box, lock steps, coaster, sailor, waltz twinkle step, vines, etc. and have taken at least 2 line dance courses and/or know at least 12 dances. Students will learn 9–10 more difficult dances at a faster pace. Dances may include at least 2 dances that are 64 or more counts.

**Instructor:** Staff

**Location:** Recreation Center Ballroom

Class #	Level	Ages	Dates	Day	Time	Fee (Res/NR)
454001.AA	1	50 & Older	1/21 – 3/11	W	10:30 am – 12:00 pm	\$47/\$59
454002.BA	2	50 & Older	1/21 – 3/11	W	9:00 am – 10:30 am	\$47/\$59

## 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 #	Ages	Dates	Day	Time	Fee (Res/NR)
358750.AA	50 & Older	11/3 – 1/12	M*	10:00 am – 11:00 am	\$41/\$51
458750.AA	50 & Older	1/26 – 3/23	M*	10:00 am – 11:00 am	\$41/\$51

\*No class 12/15, 12/22, 12/29, 2/16



# 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 • And more!

**Center Hours:** 8:00 am – 6:30 p.m.    **Office Hours:** 9:00 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 \$25 (Basic) or \$29 (Premium), show photo ID with Sunnyvale address and utility bill.
3. Have your photo taken, and receive your personalized card. For more information, call (408) 730-7360.

Membership Benefit Structure	City of Sunnyvale Resident Status	Membership Type	
		Basic	Premium* <b>P</b>
		Resident	\$25/Year
	Non-resident	\$39/Year	\$45/Year
\$5 discount for any Older Adult class and personal training registration offered at the Senior Center		•	•
Free drop-in programs, lectures, game days and movies		•	•
Discounts on special events, daily lunches and dances listed in the Older Adult Section		•	•
Free health screening services (blood pressure and hearing)		•	•
Activity Guide mailing		•	•
Free use of Computer Lab and free computer repairs (parts not included)		•	•
Free use of Billiard Room		•	•
Free Table Tennis at Murphy Park (does not include ball fee)			•
Free use of fitness equipment in Fitness Room			•
One \$5.00 discount coupon for any class listed in the Older Adult Section of the Activity Guide.			•
Two Drop-In Passes; good for Back Care, Body Core, Cardio Mix, Current Events, Everyday Fitness, Gentle Core Fitness, Line Dancing, Sunny Fit, Symphony & Concerto and Zumba Gold.			•

The Sunnyvale Senior Center is now on Facebook! “Like” us at [www.facebook.com/SunnyvaleSeniorCenter](http://www.facebook.com/SunnyvaleSeniorCenter) to see what is new at the Senior Center and keep in touch with friends, both old and new.

Online registration not yet available for older adult classes. To register, call (408) 730-7360.

Older Adults



Photo Credit: Varshadeep Parlatyaya

**Better Bones & Balance** (50 & Older)

Better Bones and Balance is an evidence-based exercise program designed to gradually improve the strength and balance of seniors, allowing them to avoid falls and remain independent. It is appropriate for men and women (pre-and post-menopause) and is safe for individuals with osteoporosis.

**Instructor:** Staff  
**Location:** Senior Center Laurel Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358160.AA	50 & Older	11/3-1/14	MW*	8:00 am – 9:00 am	\$135/\$169
458160.AA	50 & Older	1/21-3/18	MW*	8:00 am – 9:00 am	\$135/\$169
358160.BA	50 & Older	11/3-1/14	MW*	7:00 pm – 8:00 pm	\$135/\$169
458160.BA	50 & Older	1/21-3/18	MW*	7:00 pm – 8:00 pm	\$135/\$169

\*No class 12/15, 12/17, 12/22, 12/24, 12/29, 12/31, 1/2, 2/6

**Body & Core TRY IT!** (50 & Older)

Learn proper techniques and exercises to strengthen and condition all muscle groups using handweights. Recommended to improve bone density, metabolism and muscle tone — a perfect complement to regular cardio workouts. Bring a mat and handweights.

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

**Advanced:** Higher intensity and faster paced workout.  
**Drop-in fee:** \$5 resident, \$6 non-resident.  
**Instructor:** Christina Vargas

Class #	Level	Ages	Dates	Day	Time	Fee (Res/NR)
---------	-------	------	-------	-----	------	--------------

**Location:** Recreation Center Ballroom

358302.AA	Int	50 & Older	10/23 – 1/15	TuTh*	10:15 am – 11:15 am	\$58/\$73
458302.AA	Int	50 & Older	1/20 – 3/12	TuTh	10:15 am – 11:15 am	\$58/\$73

**Location:** Senior Center Orchard Pavilion

358303.AA	Adv	50 & Older	10/23 – 1/15	TuTh*	9:00 am – 10:00 am	\$58/\$73
458303.AA	Adv	50 & Older	10/23 – 1/15	TuTh	9:00 am – 10:00 am	\$58/\$73

\*No class 11/27, 12/2, 12/4, 12/16, 12/18, 12/23, 12/25, 12/30, 1/1

**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 #	Ages	Dates	Day	Time	Fee (Res/NR)
358200.AA	50 & Older	10/28 – 1/13	TuTh*	8:00 am – 9:00 am	\$50/\$63
458200.AA	50 & Older	1/20 – 3/12	TuTh	8:00 am – 9:00 am	\$50/\$63

\*No class 11/27, 12/16, 12/18, 12/23, 12/25, 12/30, 1/1

**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.

**Instructor:** Christel Ligocki  
**Location:** Recreation Center Ballroom (M/F), Community Room (W)

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
358130.AA	50 & Older	10/27 – 1/12	MWF*	10:00 am – 11:00 am	\$89/\$111
458130.AA	50 & Older	1/21 – 3/18	MWF*	10:00 am – 11:00 am	\$89/\$111

\*No class 11/28, 12/15, 12/17, 12/19, 12/22, 12/24, 12/26, 12/29, 12/31, 1/1, 2/16



EnhanceFitness

**Everyday Fitness TRY IT!** (50 & Older)

People with arthritis or back problems, and those who just want to maintain and improve fitness will benefit. 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.

**Instructor:** Fred Brovold  
**Location:** Recreation Center Ballroom

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
358150.AA	50 & Older	10/27 – 1/7	MW*	1:00 pm – 2:15 pm	\$52/\$65
458150.AA	50 & Older	1/21 – 3/18	MW*	1:00 pm – 2:15 pm	\$52/\$65

\*No class 12/15, 12/17, 12/22, 12/24, 12/29, 12/31, 2/16

Older Adults



**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 \$6 resident, \$8 non-resident.

**Instructor:** Tamara Lo  
**Location:** Senior Center Orchard Pavilion

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
358120.AA	50 & Older	10/28 – 1/6	Tu*	12:00 pm – 1:00 pm	\$41/\$51
458120.AA	50 & Older	1/20 – 3/10	Tu	12:00 pm – 1:00 pm	\$41/\$51

\*No class 12/16, 12/23, 12/30

**Sunny Fit Low Impact** **TRY IT!** (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 #	Ages	Dates	Day	Time	Fee (Res/NR)
358140.AA	50 & Older	10/27 – 1/7	MW*	2:30 pm – 3:30 pm	\$46/\$58
458140.AA	50 & Older	1/21 – 3/18	MW*	2:30 pm – 3:30 pm	\$46/\$58

\*No class 12/15, 12/17, 12/22, 12/24, 12/29, 12/31, 2/16

**Zumba Gold** **TRY IT!** (50 & Older)

Are you ready to join the party? Zumba Gold is a fun, low-impact and high-energy workout that will make you smile. Boost your cardiovascular fitness and tone your muscles with easy-to-follow moves to an exciting mix of Latin and international music. Please wear comfortable clothes, supportive shoes and bring a water bottle. Drop-in fee: \$5 residents, \$6 non-residents. Special Discount: Register for 2 or more Zumba Gold classes and get a \$5 discount off total transaction.

**Instructors:** Irene Ortiz (M, TU pm, W pm, TH), Gwen Gillespie (F), Marla Yonamine (W am), Lillian Zeljko (TU am)

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
---------	------	-------	-----	------	--------------

**Location:** Indoor Sports Center

358210.EA	50 & Older	10/28 – 1/13	Tu*	10:00 am – 11:00 am	\$36/\$45
358210.CB	50 & Older	10/29 – 1/14	W*	9:00 am – 10:00 am	\$36/\$45
458210.EA	50 & Older	1/20 – 3/17	Tu	10:00 am – 11:00 am	\$36/\$45
458210.CB	50 & Older	1/21 – 3/11	W	9:00 am – 10:00 am	\$36/\$45
358210.HA	50 & Older	10/31 – 1/16	F*	8:30 am – 9:30 am	\$36/\$45
458210.HA	50 & Older	1/23 – 3/13	F	8:30 am – 9:30 am	\$36/\$45

**Location:** Recreation Center Ballroom

358210.EB	50 & Older	10/28 – 1/6	Tu*	4:15 pm – 5:15 pm	\$36/\$45
358210.FA	50 & Older	10/23 – 1/15	Th*	4:15 pm – 5:15 pm	\$36/\$45
458210.EB	50 & Older	1/20 – 3/10	Tu	4:15 pm – 5:15 pm	\$36/\$45
458210.FA	50 & Older	1/22 – 3/12	Th	4:15 pm – 5:15 pm	\$36/\$45

**Location:** Senior Center Orchard Pavilion

358210.GA	50 & Older	10/27 – 1/5	M*	6:00 pm – 7:00 pm	\$36/\$45
358210.CC	50 & Older	10/29 – 1/7	W*	6:00 pm – 7:00 pm	\$36/\$45
458210.GA	50 & Older	1/26 – 3/23	M*	6:00 pm – 7:00 pm	\$36/\$45
458210.CC	50 & Older	1/21 – 3/11	W	6:00 pm – 7:00 pm	\$36/\$45

\*No class 10/30, 11/25, 11/27, 11/28, 12/15, 12/16, 12/17, 12/18, 12/19, 12/22, 12/23, 12/24, 12/25, 12/26, 12/29, 12/30, 12/31, 1/1, 1/2, 2/16, 2/17

**For Personal Training and Strength Training in the Senior Center Fitness Room, see page 35.**

**Special Interest**

**Current Events** (50 & Older)

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

**Instructor:** Peggy Nissen  
**Location:** Senior Center Cypress Room

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
357000.AA	50 & Older	10/30 – 1/15	Th*	10:15 am – 11:30 am	\$17/\$21
457000.AA	50 & Older	1/22 – 3/12	Th	10:15 am – 11:30 am	\$17/\$21

\*No class 11/27, 12/18, 12/25, 1/1

**Inner Resources** (50 & Older)

This is a psychoeducational program using relaxation, breathing, and meditation to enhance your ability to cope with stress. Sessions will focus on meditation, mind-body awareness practices, and stress reduction techniques. This is a non-religious course, involving sitting, breathing, and noticing thoughts and body. No yoga or rigorous exercise is required. No previous experience is required, and meditation beginners are welcome.

**Instructor:** Palo Alto University Staff  
**Location:** Recreation Center Boardroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
456401.AA	Beg	50 & Older	2/3-3/24	Tu	2:00 pm – 3:30 pm	\$0/\$0

**Old Tyme Movies and Their History**

Join us on the second and fourth Wednesday of each month as we step back in film history to enjoy some good old-tyme film flicks. Local film historian Jim Chase will present 16mm film features from the 1930s, '40s, '50s and beyond. Jim has collected these films over an extended period and still uses film projectors as was done in the theatres.

**Second and fourth Wednesday: 10 am**  
Senior Center Laurel Room

For more information on upcoming films and to sign-up, please call (408) 730-7360 or stop by the Senior Center reception desk. Sign-up is required to attend as space is limited.

**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. Session is 6 weeks.

**Instructor:** Roger Emanuels  
**Location:** Senior Center Laurel Room

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
454800.AA	50 & Older	1/26 – 3/9	M*	1:00 pm – 2:30 pm	\$40/\$50

\*No class 2/16

### 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

### US History **TRY IT!**

(50 & Older)

Join us as we continue with our narrative of who the first ladies of the United States were and what their lives were like growing up and meeting their husbands who would become the president. At the same time we will examine the events that were happening in the country and the world while they occupied the White House. Finally we will examine what their life was like after they left 1600 Pennsylvania Avenue. Join us as we move into the Twentieth Century and examine the life and time of First Lady Edith Carow Roosevelt.

**Instructor:** Dr. Ken Bruce

**Location:** Senior Center Apricot Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
457010.AA	50 & Older	1/7 – 3/25	W	1:00 pm – 2:00 pm	\$38/\$38

### 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

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

### Services

#### Hearing Evaluations & Free Telephone Program

San Jose State University students will provide hearing evaluations. If you qualify, you will receive a free phone from the California Telephone Access Program. Advance registration is required. Sign up at the Senior Center Registration Desk.

**Wednesday, November 5, 2014**

**9:00 – 10:40 a.m.**

**Location:** Senior Center consultation rooms

For more information, call the Senior Center at (408) 730-7360.

## 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. Please note, November tour will be 11/21, instead of 11/28. No tour is offered in December, due to holiday closure.

### Lecture: Strokes and Prevention

Join us for this informative presentation on stroke symptoms, including how to recognize if you're having one, preventative tips and what to do if you have one.

**Wednesday, February 18, 2015**

**1 – 2:30 p.m.**

**Location:** Senior Center, Laurel Room

**Guest Speaker:** Sherril Hopper, Stroke Program Nurse Practitioner, Stroke Center, El Camino Hospital

For more information and additional lectures, call the Senior Center at (408) 730-7360.

### Senior Resource Fair

You are invited to a Senior Resource Fair hosted by the Contractors State License Board (CSLB) and the Sunnyvale Senior Center to increase awareness of local, state and federal agencies that are available to help prevent and/or address consumer fraud. The Senior Resource Fair is Friday, January 30, 2015, 1 – 4 p.m.

### Special Events



Breakfast with Santa

#### 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!

**Location:** Sunnyvale Senior Center, Orchard Pavilion, 550 E. Remington Drive

**Date:** Saturday, December 6, 2014

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

**Admission:** \$5.00 if purchased by November 26  
\$7.50 if purchased after November 26.

**For More Information:** Call (408) 730-7360

#### Thanksgiving Luncheon

Join us as we begin the holiday season with a delicious Thanksgiving luncheon followed by entertainment by Columbia Middle School Choir.

**Location:** Sunnyvale Senior Center, Orchard Pavilion, 550 E. Remington Drive

**Date:** Friday, November 7, 2014

**Time:** Doors open at 11:00 a.m. Event begins at 11:45 a.m. – 1:00 p.m.

**For More Information:** Call (408) 730-7360



### Holiday Luncheon

It's time to deck the halls and celebrate with friends, family and staff for a festive holiday luncheon. Live entertainment will follow.

**Location:** Sunnyvale Senior Center, Orchard Pavilion, 550 E. Remington Drive

**Date:** Friday, December 12, 2014

**Time:** 11:45 a.m. – 1:00 p.m., Doors open at 11:00 a.m.

**For More Information:** Call (408) 730-7360



Holiday Luncheon

### Valentine's Day Celebration

**Date:** Friday, February 13, 2015

**Time:** 3:00 – 5:00 p.m.

**Cost:** Members \$13, Non-members \$16

**Location:** Peach and Cherry Rooms

"The Sunnyvale Senior Center has partnered with Atria, Sunnyside Gardens and Belmont Village of Sunnyvale communities to celebrate a Valentine's Day Gourmet Experience"

### Lunchtime Librarian

**Sunnyvale Librarians visit the Senior Center**  
Every first and third Thursday of the month

11:00 a.m. to 12:00 p.m.

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

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

Discover your perfect automotive "fit."

### Attend a Free CarFit Check-up!



**CarFit Event – Wednesday, November 5, 2014**

10 a.m. – 2 p.m.

Senior Center – 550 E. Remington Drive, Back Parking Lot

CarFit is a free, interactive and educational program that teaches older drivers how to make their personal vehicle fit them. CarFit can enhance your safety as a driver and/or increase your mobility within the community. Each confidential check-up takes about 20 minutes. This is not a driving test or mechanical inspection. Trained technicians and/or health care professionals will work with each driver individually to:

- Review 12 key areas of your in the driver's seat, including adequate space from the steering wheel, proper seat belt use and properly adjusted head restraints.
- Recommend adjustments as needed to increase your safety and comfort.
- Ensure you know how to use and adjust your automobile's safety devices yourself.

### To Schedule Your 20-Minute Appointment

Please call (408) 730-7360.

Appointment spaces are limited, so call today.

### For More Information

Visit [www.car-fit.org](http://www.car-fit.org)

CarFit is an educational program developed by AAA, AARP, and the American Occupational Therapy Association.

## 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, [Seniors.inSunnyvale.com](http://Seniors.inSunnyvale.com), then click on Senior Trips.

For more information call (408) 730-7360.

### Day Trips

#### Beach Blanket Babylon

Holiday show, dinner F, 11/21 \$159 R/\$199 NR

#### Holiday Traditions at Filoli

Shopping, lunch Tu, 12/2 \$108 R/\$135 NR

#### Kinky Boots

Musical at the Orpheum, no meal W, 12/10 \$125 R/\$156 NR

#### Kurios – Cirque du Soleil show

Dinner at Delancey Street in San Francisco F, 1/16 \$144 R/\$180 NR

#### Arion Press

Docent tour, lunch in San Francisco TBD TBD

#### Newsies

Musical in San Francisco, no meal W, 2/25 \$124 R/\$155 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.

### Upcoming Trip Slide Shows

#### Monday, 11/24/14, 9:30 a.m. – noon

Recreation Center, Neighborhood Room  
Featuring Cuba, San Diego, Seattle, Canada and Iceland

*Note, early booking discounts available on some trips.*

### Extended Trips

- Panama Canal Cruise..... M, 12/8/14 – M, 12/22/14
- Colonial Cities of Cuba ..... Sa, 3/21/15 – Su, 3/29/15
- San Diego, Solvang and Catalina Island,  
with an overnight on The Queen Mary ..... M, 3/16/15 – Sa, 3/21/15
- Seattle with Folklife Festival ..... Tu, 5/19/15 – Sa, 5/23/15
- Canadian Rockies and Glacier National Park..... F, 6/26/15 – Th, 7/2/15
- Natural Wonders of Iceland..... Sa, 8/15/15 – Su, 8/23/15



Panama Canal



San Diego



Seattle



## 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); 4th Friday: 2 – 4 p.m.
Billiards	\$5	Monday – Friday: 9 a.m. – 6 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 Help (Sr. Center Members Only)	N/A	Monday – Friday: By appointment
Computer Investment Group	\$2	2nd Friday: 11:30 a.m. – 12:30 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.
Drop-in Games	\$2	Th, 12:15 – 3:30 p.m.
Duplicate Bridge	\$2	Monday: 12:30 – 3:30 p.m.
First Cup	50¢ per cup for all	Monday – Friday: 8:30 a.m. – 3 p.m.
Fitness Room <b>P</b>	\$5	Monday – Friday: 8 a.m. – 6:30 p.m.; Saturday: 10 a.m. – 2 p.m.
Game Day	\$2	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 p.m.
Old Tyme Movies	Free for all	2nd & 4th Wednesday, 10 a.m.
Table Tennis at Murphy Park <b>P</b>	\$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	\$2	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	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 p.m.
Foot Care	\$40/\$50 NM	Monday 11/24 & 1/26: 1 p.m.
Health Insurance Counseling and Advocacy Program (HICAP)	Free	By Appointment – Call
Hearing Screenings	Free	By Appointment – Call
Notary Services	\$2	By Appointment – Call
Project Sentinel	Free	2nd Wednesday: 10 a.m. – Noon
VTA Photo ID	Free	For more information, call.



Lawn Bowls

Photo Credit: Varshadeep Parlatthayya

## 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.

## **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

## 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.

## 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.



## 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.

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

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

## Murphy Park Senior Programs

250 N. Sunnyvale Ave.

### LAWN BOWLS

**Monday – Wednesday, 12:15 – 3:30 p.m.**

For one free class of instruction & equipment use,  
 call Joe Shepard: (408) 739-5675

### **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.

## 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) 732-4249

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

Contact: Linda Brown, President