



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. 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)
359901.AA	Beg	50+	10/26 – 12/14	M	8:30 a.m. – 11:30 a.m.	\$44/\$55
459901.AA	Beg	50+	1/25 – 3/21	M*	8:30 a.m. – 11:30 a.m.	\$44/\$55
359902.AA	Int/Adv	50+	10/26 – 12/14	M	12:30 p.m. – 3:30 p.m.	\$44/\$55
459902.AA	Int/Adv	50+	1/25 – 3/21	M*	12:30 p.m. – 3:30 p.m.	\$44/\$55

*No class 2/15



Origami

Fun with Origami (50+)

Join us for an afternoon of fun learning the art of paper folding. It is easy, inexpensive and great for sharing with friends and family. This is an intergenerational activity so young guests may attend when accompanied by an adult 50+. For more information call (408) 730-7360.

Dance

Ballroom Dance (50+)

Dance like Fred Astaire and Ginger Rogers to a variety of ballroom dance music. No partner needed. Drop-in fee \$2 members, \$3 non-members. Pay at the door.

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

Instructor: Peter Chong

Location: Senior Center Apricot and Cherry Rooms

November and December Hustle
January Two Step
February East Coast Swing

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 will be explored including ballroom, Latin, jazz, country and so much more. No partner needed. This is a ten-week session. Drop-in fee \$6 resident, \$8 non-resident.

Beginner – Level 1: Designed for new beginners, learn basic elements and techniques of line dancing.

High Beginner – Level 2: This class is for more experienced dancers who can execute the basic steps. This includes knowledge of pivot turns, jazz box, lock steps, coaster, sailor, waltz twinkle, vine/weave. Dancers should also be comfortable with step counting and wall spotting. Completion of two Beginner – Level 1 line dance courses is recommended. Dances of higher complexity (up to 64 counts) will be taught at a faster pace in this class.

Instructor: Julia Wetzel

Location: Recreation Center Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
454001.AA	Beg	50+	1/6 – 3/9	W	9:15 a.m. – 10:15 a.m.	\$59/\$74
454002.BA	Int/Adv	50+	1/6 – 3/9	W	10:15 a.m. – 12:15 p.m.	\$59/\$74

Special Events

Celebrate Veteran's Day (50+)

You are invited for complimentary coffee and dessert at our Veteran's Day Open House. This is your opportunity to thank a Veteran who is serving or has served in the military. A special Quilt of Valor will be presented to Veterans who have been "touched by war." Also, the Senior Center will be collecting items for care packages that will be sent to active military. For a list of items, visit <http://tinyurl.com/SunnyvaleSeniorCenter>

Location: Senior Center Cherry and Peach Rooms

Date: Wednesday, November 11, 2015

Time: 1:30 – 3 p.m.



Sunnyvale Senior Center Membership

Support the Senior Center — Buy a Membership Today!



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

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

Center Hours: M-F, 8 a.m. – 6:30 p.m., Sa, 10 a.m. – 2 p.m., Su, Closed. **Office Hours:** M–F, 9 a.m. – 5:30 p.m.

Three Easy Steps to Become a Member

1. Come in and complete a membership application.
2. Show proof of age. To pay discounted resident fee of \$28 (Basic) or \$32 (P Premium), show photo ID with Sunnyvale address and utility bill.
3. Have your photo taken and receive a personalized card. For more information, call (408) 730-7360.

Membership Benefit Structure	City of Sunnyvale Resident Status	Membership Type	
		Basic	Premium* P
	Resident	\$28/Year	\$32/Year
	Non-resident	\$43/Year	\$50/Year
\$5 discount for any Older Adult class and personal training registration offered at the Senior Center		•	•
Free drop-in programs, lectures, game days and movies		•	•
Discounts on special events, daily lunches and dances listed in the Older Adult Section		•	•
Free health screening services (blood pressure and hearing)		•	•
Activity Guide mailing		•	•
Free use of Computer Lab and free computer repairs (parts not included)		•	•
Free use of Billiard Room		•	•
Free Table Tennis at Murphy Park (does not include ball fee) / 2 monthly Pickleball passes			•
Free use of fitness equipment in Fitness Room			•
One \$5 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, EnhanceFitness, Everyday Fitness, Gentle Core Fitness, Line Dancing, Sunny Fit, Symphony & Concerto and Zumba Gold.			•

“Like” us on Facebook at www.facebook.com/SunnyvaleSeniorCenter to see what is new at the Senior Center and keep in touch with friends, both old and new.

Online registration is **now available** for older adult classes. For more information, call (408) 730-7360 or visit RecreationClasses.inSunnyvale.org.

Older Adults



Thanksgiving Luncheon (50+)

Join us as we begin the holiday season with a delicious Thanksgiving luncheon followed by entertainment by San Jose State University's Pitch Please.

Location: Senior Center Orchard Pavilion

Date: Friday, November 6, 2015

Time: Doors open at 11 a.m. Event begins at 11:30 a.m. – 1 p.m.

For More Information call (408) 730-7360



Thanksgiving Luncheon

Photo by Varshadeep Parlathayya

Breakfast with Santa (all ages)

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 provided by The Singing Children and The Entertainment Choir.

Location: Senior Center Orchard Pavilion

Date: Saturday, December 5, 2015

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

Admission: \$5.00 if purchased by November 25, \$7.50 if purchased after November 25.

For more Information call (408) 730-7360



Breakfast with Santa

Photo by Varshadeep Parlathayya

Holiday Luncheon (50+)

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

Location: Senior Center Orchard Pavilion

Date: Friday, December 11, 2015

Time: 11:30 a.m. – 1 p.m., Doors open at 11 a.m.

For more information call (408) 730-7360

Valentine's Day Celebration

Celebrate Valentine's Day with a lovely, gourmet experience at the Sunnyvale Senior Center.

Date: Friday, February 12, 2016

Time: 11:30 a.m., doors open at 11 a.m.

Cost: \$12 Members, \$14 Non-members

Location: Senior Center Peach and Cherry Rooms

For more information call (408) 730-7360



Valentine's Day Celebration

Older Adults



WE'RE LOOKING FOR YOU

Share Your Talents

Come share your talent, hobby or story with the Sunnyvale Senior Center community.

We would like to highlight your unique quality, skill or life experience as a featured topic in our new "In the Spotlight" series.

If you have something to share, please call the Senior Center at (408) 730-7360.

Lectures

Meet and Move (50+)

Free Walking Buddy Program for Caregivers

Caring for an ailing family member or friend? If so, you know how hard it can be to make time to take care of yourself. The Sunnyvale Senior Center has teamed up with El Camino Hospital, Sutter Health – Palo Alto Medical Foundation to offer the Meet and Move walking buddy program just for caregivers. This free “walk and talk” program for adult family caregivers in Sunnyvale, Cupertino, Los Altos, Mountain View and surrounding communities connects caregivers with others who understand the challenges and rewards of caregiving. Schedule buddy walks at your convenience, set realistic fitness goals, monitor your progress and take steps to improve your own physical and emotional wellness.

Dates: November 5 and 17, 2015

Time: 5:30 p.m.

Location: Senior Center Laurel Room

Guest Facilitator: Cyndi Mariner, Palo Alto Medical Foundation



Free Walking Buddy Program for Caregivers

The Exciting World of Adult Cat Fostering (50+)

Please join us for an introduction to the new Adult Feline Foster Care Program. Beth Ward from the Humane Society Silicon Valley will discuss the benefits of fostering; what happens when you open your heart and home to a cat that needs your love and attention and learn what it takes to become a hero for cats in your community! Explore the possibility of becoming a foster family yourself. All necessary supplies will be provided. All you need is a warm lap and some compassion.

Date: Tuesday, February 2, 2016

Time: 1 p.m.

Location: Senior Center Laurel Room

Guest Speaker: Beth Ward, Human Society Silicon Valley

In the Spotlight

Operation Freedom Paws (50+)

Come learn how this nonprofit service dog agency trains service dogs using a new and unique model. Operation Freedom Paws in Gilroy, CA helps veterans, adults and children with disabilities train their own service dogs at no cost to the client.

Date: Tuesday, November 3, 2015

Time: 1 p.m.

Location: Senior Center Laurel Room

Guest Speaker: Kathy Waddell, Operation Freedom Paws

Services

Hearing Evaluations and Free Telephone Program (50+)

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. For more information and to sign up, call (408) 730-7360 or visit the Senior Center registration desk.

Date: Wednesday, November 4, 2015

Time: 9 – 10:40 a.m.

Location: Senior Center Consultation Room



Hearing Evaluations and Free Telephone Program

Notary Services (50+)

Certified Notary professionals are available to meet with you by appointment only. This service is offered free to members and available for non-members for a \$2.00 fee.

Date/Time: For available appointments, please call (408) 730-7360 or stop by the Senior Center registration desk.

Location: Senior Center Consultation Room



Special Interest

AARP Smart Driver Program

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

Adult and Community Education

Adult & Community Education (ACE) and 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
Foothill College (650) 949-7103

Current Events and News

(50+)

Discover how today's current news may affect you. The class will analyze and discuss world, national and local news, science and technology, medicine and health care, business and economic headlines.

Instructor: Peggy Nissen
Location: Senior Center Cypress Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
357000.AA	50+	10/29 – 1/7	Th*	10:15 a.m. – 11:30 a.m.	\$17/\$21
457000.AA	50+	1/21 – 3/10	Th	10:15 a.m. – 11:30 a.m.	\$17/\$21

*No class 11/26, 12/24, 12/31

Inner Resources **NEW**

(50+)

This psychoeducational 8-week program uses relaxation, breathing and meditation to enhance your ability to cope with stress. Sessions will focus on mind-body awareness and meditation practices and stress reduction techniques. This is a non-religious course involving sitting, breathing and noticing thoughts and the body. No previous experience is required. No yoga or rigorous exercise is required. Meditation beginners are welcome. Pre-registration is required.

Date/Time: Will begin in February 2016. For more information and to register, call Senior Center at (408) 730-7360.

Location: Sunnyvale Community Center

Presented by: Palo Alto University

Fee: Free

Symphony and Concerto **TRY IT!**

(50+)

Survey the rich musical activities in the Santa Clara Valley. Lectures focus on concerts presented at Flint Center, California Theater in San Jose and at other locations in the area. Audio and video recordings include symphonic and chamber music, opera and ballet. The instructor is a cellist and lecturer with many years in the symphonic life of the Valley.

Instructor: Roger Emanuels

Location: Senior Center Laurel Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
354800.AA	50+	11/23 – 12/14	M	1 p.m. – 2:30 p.m.	\$27/\$34
454800.AA	50+	1/4 – 2/8	M	1 p.m. – 2:30 p.m.	\$34/\$43
454800.AB	50+	2/22 – 3/14	M	1 p.m. – 2:30 p.m.	\$27/\$34

Threads of Life: Senior Support Group

(50+)

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 second and fourth Tuesdays of the month.

Date: Tuesday, 2:30 p.m. – 4 p.m.

Instructor: Kathy Krueger, M.A., LMFT

Location: Senior Center Laurel Room

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

U.S. History will return Spring 2016

Pickleball Ages 50+

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

Mondays, 10 a.m. – 1 p.m.

Indoor Sports Center, 550 E. Remington Drive, Sunnyvale

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

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

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

For more information

call Susan Van Dyne at (408) 730-7359.

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

Instructor: Tamara Lo

Location: Senior Center Apricot Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358750.AA	50+	11/2 – 1/4	M*	10 a.m. – 11 a.m.	\$42/\$53
458750.AA	50+	1/11 – 3/14	M*	10 a.m. – 11 a.m.	\$42/\$53

*No class 12/21, 12/28, 1/18, 2/15

For Personal Training in the Senior Center, see page 37.



Body and Core Strengthening

Photo by Varshadeep Parlatihayya

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)
358302.AA	Int	50+	10/27 – 1/5	TuTh*	10:20 a.m. – 11:20 a.m.	\$59/\$74
458302.AA	Int	50+	1/12 – 3/3	TuTh	10:20 a.m. – 11:20 a.m.	\$59/\$74
358303.AA	Adv	50+	10/27 – 1/5	TuTh*	9:05 a.m. – 10:05 a.m.	\$59/\$74
458303.AA	Adv	50+	1/12 – 3/3	TuTh	9:05 a.m. – 10:05 a.m.	\$59/\$74

*No class 11/26, 12/22, 12/24, 12/29, 12/31

Cardio Mix (50+)

Burn fat and feel great while working up a sweat with uncomplicated moderate high-energy moves, lively dance steps and cardio kickboxing routines that perfectly complement your regular strength training regimen. Bring a towel and mat to class. 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+	10/27 – 1/5	TuTh*	8 a.m. – 9 a.m.	\$52/\$65
458200.AA	50+	1/12 – 3/3	TuTh	8 a.m. – 9 a.m.	\$52/\$65

*No class 11/26, 12/22, 12/31

For strength training in the Senior Center, see page 37.

EnhanceFitness TRY IT! (50+)

EnhanceFitness is an evidence-based group exercise class that will help you become more active, energized and empowered to sustain an independent life. The class will focus on dynamic cardiovascular exercise, strength training, balance and flexibility. EnhanceFitness is an exercise program with proven results! Exercises can be done seated or standing. Wrist/ankle weights provided. This class meets three times per week. Drop-in fee \$5 resident, \$6 non-resident.

Instructor: Christel Ligocki

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

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358130.AA	50+	10/26 – 1/11	MWF*	10 a.m. – 11 a.m.	\$92/\$115
458130.AA	50+	1/20 – 3/16	MWF*	10 a.m. – 11 a.m.	\$92/\$115

*No class 11/27, 12/21, 12/23, 12/25, 12/28, 12/30, 1/1, 2/15

Everyday Fitness TRY IT! (50+)

People with arthritis or back problems and those who just want to maintain and improve fitness will benefit from everyday fitness. This class includes sit-and-be-fit aerobics, strength and cardio vascular training and exercises for flexibility, endurance, back and bone density. Teacher also provides tips on body mechanics. Drop-in fee \$5 resident, \$6 non-resident.

Instructor: Fred Brovold

Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358150.AA	50+	10/26 – 12/16	MW	1 p.m. – 2:15 p.m.	\$53/\$66
458150.AA	50+	1/11 – 3/9	MW*	1 p.m. – 2:15 p.m.	\$53/\$66

*No class 1/18, 2/15



Everyday Fitness

Photo by Varshadeep Parlatihayya

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

Instructor: Tamara Lo

Location: Senior Center Apricot Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358120.CA	50+	10/30 – 1/8	F*	12 p.m. – 1 p.m.	\$42/\$53
458120.AA	50+	1/15 – 3/4	F	12 p.m. – 1 p.m.	\$42/\$53

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



Unique Boutique

Annual Holiday Faire at the Sunnyvale Senior Center

Come browse a large variety of hand-crafted jewelry, cards, hats and scarves, baby items quilts, towels and so much more by over 23 creative artisans.

When: Wednesday, November 4 – Friday, November 6, 2015
10 a.m. – 3 p.m.

Location: Sunnyvale Senior Center

Unique Boutique Monday – Friday
Regular Store Hours: 10:30 a.m. – 2:30 p.m.

Phone: (408) 733-8459

Sunny Fit – Low Impact **TRY IT!** (50+)

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

Instructor: Fred Brovold
Location: Recreation Center Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358140.AA	50+	10/26 – 12/16	MW	2:30 p.m. – 3:30 p.m.	\$47/\$59
458140.AA	50+	1/11 – 3/9	MW*	2:30 p.m. – 3:30 p.m.	\$47/\$59

*No class 1/18, 2/15

Zumba Gold **TRY IT!** (50+)

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. 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 and get a \$5 discount.

Instructor: Marla Yonamine (W/F morning), Staff (Tu/Th afternoon), Lilian Zeljko (M afternoon, TuTh morning)

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358210.EA	50+	10/27 – 1/5	Tu*	10 a.m. – 11 a.m.	\$37/\$46
358210.CB	50+	10/28 – 12/16	W	9 a.m. – 10 a.m.	\$37/\$46
358210.FB	50+	10/29 – 1/7	Th*	9 a.m. – 10 a.m.	\$37/\$46
358210.HA	50+	10/30 – 1/8	F*	8:45 a.m. – 9:45 a.m.	\$37/\$46
458210.EA	50+	1/12 – 3/8	Tu*	10 a.m. – 11 a.m.	\$37/\$46
458210.CB	50+	1/13 – 3/2	W	9 a.m. – 10 a.m.	\$37/\$46
458210.FB	50+	1/14 – 3/10	Th*	9 a.m. – 10 a.m.	\$37/\$46
458210.HA	50+	1/15 – 3/4	F	8:45 a.m. – 9:45 a.m.	\$37/\$46

Location: Recreation Center Ballroom

358210.GB	50+	10/26 – 1/4	M*	4:30 p.m. – 5:30 p.m.	\$37/\$46
458210.GB	50+	1/11 – 3/14	M*	4:30-5:30 p.m.	\$37/\$46

*No class 11/23, 11/24, 11/26, 11/27, 12/21, 12/24, 12/25, 12/28, 12/31, 1/1, 1/18, 2/15, 2/16 (a.m. only), 2/18 (a.m. only)



Zumba Gold

Trips

Registration

Register for all trips by coming to the Senior Center, or mailing your registration form. For extended trips, pick up flyers or print them from our website, OlderAdults.inSunnyvale.com, then click on Senior Trips.

For more information call (408) 730-7360.



Safari West

Day Trips

San Jose Sharks

Hockey game, includes buffet dinner W, 10/28 \$136 R/ \$170 NR

Safari West

Safari tour, plus buffet lunch Th, 11/5 \$140 R/\$175 NR

Holiday Train of Lights

Train ride, plus dinner at Bosco's W, 12/2 \$99 R/\$124 NR

A Gentleman's Guide to Love and Murder

In SF, performance only, no meal W, 12/9 \$119 R/\$149 NR

Jersey Boys

In SF, performance only, no meal W, 1/27 \$129 R/\$161 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.

2016 Extended Trips

- South American Cruise and Iguazu Falls.....Sat., 3/5/16 – Thurs., 3/24/16
- Down the Mississippi Sun., 4/3/16 – Mon., 4/11/16
- Mackinac Island and Tulip FestivalFri., 5/6/16 – Fri., 5/13/16
- Parks and Shakespeare..... Mon., 6/6/16 – Sat., 6/11/16
- Yellowstone National Park (New)June 2016
- Best of Britain..... Wed., 7/6/16 – Wed., 7/20/16
- Trains, Trains and More Trains of ColoradoSun., 8/21/16 – Wed., 8/28/16

New Yellowstone National Park for 2016. Details coming soon!



Yellowstone National Park

Photo courtesy Yellowstone National Park

Upcoming Trip Slide Shows

For more detailed information about our extended trips, please attend our next trip slide show. For more information, contact the Senior Center at (408) 730-7360.

Date: Wednesday, November 4
Time: 1 p.m. – 4 p.m.
Location: Senior Center Laurel Room

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.

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.



Join us for Lunch in the Orchard Café

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

Meals are served, Monday-Friday at noon in the Orchard Café. Our lunches include: soup or salad, entrée, dessert and beverage. Call for pricing and/or reservation. Menu subject to change. Late arrivals are not guaranteed a lunch. For more information call (408) 730-7359.

Get The Help You Need

Information & Assistance Program

Tailored specifically for older adults and their families
 Provided by specially trained Peer Advocate Volunteers

We provide help with:

- Housing, Food and Nutrition
- Adult Day Health/Day Care
- Health Care Information & Health Promotion
- Transportation and Legal Issues
- Caregiving and Family Support

Call for an appointment: (408) 730-7367

The Senior Peer Advocate is a program sponsored by The Health Trust Healthy Aging Initiative in collaboration with nine agencies, including the City of Sunnyvale. It is part of a larger movement spearheaded by the Santa Clara County Aging Services Collaborative to make Santa Clara County a more “livable community” for all ages.

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+. For more information call (408) 730-7732 or (408) 730-7368.

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.
Game Day	\$2	Thursday, 12 – 3 p.m.; Friday: 1 – 4 p.m.
Guitar Instruction	N/A	Sign-up required – Call
Lawn Bowls at Murphy Park (+ Club Membership for all)	\$2	Monday, Tuesday, Wednesday, 12:15 – 3:30 p.m.
Mah Jong	\$2	Thursday: 9 – 11:30 a.m.
Movies	Free for all	1st and 3rd Friday: 1 p.m.
Musicians Jam Session	\$2	1st and 3rd Monday: 1:30 – 3 p.m.
Old Tyme Movies	Free for all	2nd and 4th Wednesday, 10 a.m.
Pickleball at Indoor Sports Center P	\$5	Monday: 10 a.m. – 1 p.m.
Table Tennis at Murphy Park P	\$5	Monday – Friday: 9:30 a.m. – 4 p.m.
Tai Chi	\$2	Thursday: 1:30 – 2:30 p.m.
Wu's Tai Chi	\$2	Friday: 9:15 – 11:15 a.m.
Women's Network	Free for all	Tuesday: 10:30 – 11:30 a.m.
Yuan Chi	\$2	Friday: 9 – 11 a.m.

Services

Service	Non-Member Fee	Available/Call
BART Tickets	\$9 for all	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
El Camino Hospital Resource Library	Free	Tuesday: 10:30 am – 11:30 a.m.
Foot Care	\$40M/ \$50 NM	By appointment – Call
Health Insurance Counseling and Advocacy Program (HICAP)	Free	By appointment – Call
Hearing Screenings	Free	By appointment – Call
Notary Services	\$2	By appointment – Call Photo I.D. required.
Project Sentinel	Free	2nd Wednesday: 10 a.m. – Noon



Guitar

Photo by Valentyna Gorbachenko