



# Steppin' Out Messenger

**Trips for Adults Over 50**

**Winter Quarter 2016**

You can sign up for any day or extended trip as soon as you receive this newsletter. For more information, you can:

- Visit us online at *OlderAdults.inSunnyvale.com*, click on "Senior Trips," pick up a flyer at the Senior Center or call (408) 730-7360.
- Attend our next extended trip slide show. For more information, call the Senior Center at (408) 730-7360.
- To receive email updates on day and extended trips, write your email address on your day trip registration form, or give your name, phone number and email address to the front desk staff.

## Day Trips

*All day trips include: round-trip transportation from Sunnyvale Senior Center, escort(s), free parking and gratuity for the bus driver. Please arrive 30 minutes prior to trip start time to allow for check-in.*

### JERSEY BOYS

*Wednesday, January 27, 2016*

Come with us to see a matinee of Jersey Boys at San Francisco's Orpheum Theatre. The Tony Award-winning Best Musical tells the story of how Frankie Valli and The Four Seasons went from being unknown New Jersey kids to international pop superstars. The show features over 30 beautifully sung tunes, including "Sherry," "Big Girls Don't Cry" and "Can't Take My Eyes Off Of You." Please eat a hearty lunch before arriving, as there is no meal on this trip.

TRIP #: 456800.W1

TIME: 12:15 - 6:30 p.m.      COST: \$129R/\$161 NR

*Please arrive 30 minutes prior to trip start time to allow for check-in.*



*Photo by Jeremy Daniel*

### THE EXPLORATORIUM

*Tuesday, February 9, 2016*

With so much to do, so much to see and so much to play with, there's always something new to engage your mind at The Exploratorium, even if you've been there before. At this museum of science, art and human perception, following your curiosity and asking questions can lead to amazing moments of discovery, learning and awareness. The hundreds of explore-for-yourself exhibits increase self-confidence in being able to understand how the world works. Being playful and having fun is an important part of life for people of all ages. So enjoy a day of expanding perceptions and fun at one of the most unique museums in the entire world. Lunch is on your own: you can bring a lunch, buy something to take out at the Seismic Joint Café or enjoy dining at the Seaglass Restaurant, a casual, waterside venue with stunning views.

TRIP #: 456800.W2 

TIME: 9 a.m. - 4:30 p.m.      COST: \$69R/\$86NR

*Please arrive 30 minutes prior to trip start time to allow for check-in.*

*day trips continued >*



**Like us on Facebook**

[www.facebook.com/SunnyvaleSeniorCenter](http://www.facebook.com/SunnyvaleSeniorCenter)

**Special meal requests:** If you need a vegetarian or gluten-free meal or have allergies, please let us know your requirements at time of registration. We will gladly work with restaurants to get what you need.



# Day Trips

## MARE ISLAND

Wednesday, February 17, 2016

Our docent guided bus tour of Mare island has something for everyone. Learn about the West's first Naval Base and Shipyard including the Colonial Revival era mansions of Officers Row, the beautiful Tiffany stained glass windows at St. Peter's Chapel, the diverse trees of Alden Park, the dry-docks along the waterfront of Mare Island Strait and other points of interest. Simple lunch on the island includes a choice of **A) Turkey** or **B) Ham** Croissant Sandwich with a side of fresh fruit, salad, beverage, and dessert.

TRIP #: 456800.W3  

TIME: 8:30 a.m. - 5:30 p.m. COST: \$85R/\$106NR

*Please arrive 30 minutes prior to trip start time to allow for check-in.*



Photo by Tim Griffith

## CALIFORNIA ACADEMY OF SCIENCES BEHIND THE SCENES TOUR

Friday, March 4, 2016

Travel with us to the world's greenest museum for an insider's perspective on an hour long Behind-the-Scenes tour. We will learn how the Academy's scientists are tackling critical questions about life on Earth. In addition, we will visit research collections, a working laboratory, the living roof and geology specimens in the vault. Free time is allotted to visit other areas, including the new Color of Life Exhibition and the Big Picture. Enjoy VIP treatment with express entrance into Rainforests of the World Exhibit and ShakeHouse Earthquake simulator as well as reserved seating for the Planetarium show and a 10 percent discount in the Academy Café, The Terrace restaurant and Academy Gift Shops. Lunch is on your own.

TRIP #: 456800.W4 

TIME: 9 a.m. - 5:15 p.m. COST: \$99R/\$124NR

*Please arrive 30 minutes prior to trip start time to allow for check-in.*

## FASHION AND FINE ART

Tuesday, March 15, 2016

The morning begins with a trip to the DeYoung Museum to view the world premiere retrospective of Oscar de la Renta's life and career. The exhibition features 100+ ensembles produced over five decades, including his designs for many of the most powerful and renowned public figures of the 20th century. Additional time is allotted to view the museum's permanent collection and enjoy lunch. Next we will visit the Legion of Honor to view Pierre Bonnard: Painting Arcadia. In this exclusive showing, we will see 60+ works that span the artist's complete career. One of the most defining figures of Modernism, Bonnard worked in several genres and techniques, including painting, drawing and photography. His images often have dream like qualities that are emotionally evocative. If you love art in all its many forms, you won't want to miss this trip!

TRIP #: 456800.W5 

TIME: 8:30 a.m. - 5:15 p.m.

COST: \$TBD

*Please arrive 30 minutes prior to trip start timeto allow for check-in.*

## TEA AT FILOLI

Late March 2016

Immerse yourself in the beauty of early 20th century architecture and estate design as we explore Filoli in Woodside, part of the National Trust for Historic Preservation. This Georgian Revival mansion offers English antiques as well as richly textured paintings from the Dutch masters. Its spectacular grounds present a hallmark of garden landscape design, breathtaking in scale and displaying the diversity of California flora. We will tour the house, then enjoy a genteel but hearty tea. We will end the day with a docent-led garden tour. The menu will likely include delicious sandwiches, seasonal salads, scones and pastries. Please wear comfortable walking shoes. Trip date to be determined. For more information, call the Senior Center at (408) 730-7360.

TRIP #: 456800.W6

TIME: TBD

COST: TBD

*Please arrive 30 minutes prior to trip start time to allow for check-in.*

**Bus Boarding Procedure:** Our standard procedure to board a bus is in the order a participant is registered for a trip. In some situations, especially for large groups, we may need to board participants as they check in on the day of the trip so we can depart on time.

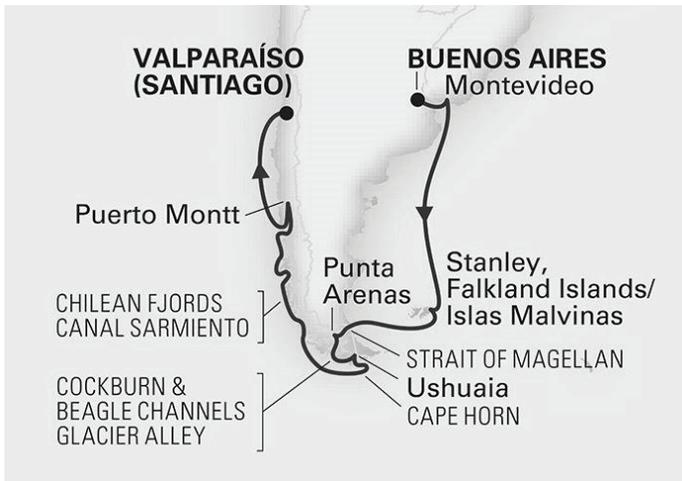
# Extended Trips



Most extended trips include: one escort, a tour guide, roundtrip transportation from Sunnyvale Senior Center to the airport (if flying), free parking, gratuities for listed services, including the bus driver, tour director, baggage handlers when available, trip cancellation insurance for trips outside of California and a pre-trip meeting to hand out travel documents and to go over the details of the trip.

**For more information about all our extended trips, including detailed itineraries, number of included meals, pricing, payment options and discounts, please pick up a trip flyer or ask at the front desk.**

**Please note that non-residents pay an additional \$50 per person per extended trip.**



## SOUTH AMERICAN CRUISE AND IGUAZU FALLS

*Saturday, March 5, 2016 - Thursday, March 24, 2016*

Ready for a unique 20-day South American adventure? We fly to Santiago, (Valparaíso) Chile to board our Holland America Cruise, sailing down the west coast of Chile and up the east coast of Argentina. You'll see the spectacular Chilean Fjords and Tierra del Fuego, while we glide past Patagonia and navigate through the Straits of Magellan and Cape Horn. Ports of call include full days in Puerto Montt, Ushuaia, Punta Arenas, Port Stanley, and Montevideo. We spend the night in Buenos Aires, Argentina to explore this European-style city before catching a short flight to Iguazu Falls. You will be amazed by the thunder and beauty of the 275+ waterfalls and cascades that comprise Iguazu Falls, which are higher and wider than Niagara Falls. You'll be able to walk a series of catwalks through lush landscapes to the U-shaped Devil's Throat where three rivers converge. The resulting mist obscures the bottom of the falls, more than 250' below. If you enjoy magnificent scenery and exotic locales, don't take any chances. Sign up early!

The price for this 20-day trip is based on choice of shipboard accommodation from \$7,795 (R) pp double occupancy. Full payment is due upon registration. Trip includes most meals. See flyer for more information.

## DOWN THE MISSISSIPPI

*Sunday, April 3, 2016 - Monday, April 11, 2016*

Does "The Adventures of Huckleberry Finn" have a special place in your heart? Does some secret part of you wish that you could have been a riverboat gambler or one of the fancy ladies keeping them company? If the Mississippi River calls to you, then treat yourself to this paddlewheel riverboat cruise aboard the famous American Queen. The trip begins with a flight to Memphis where we spend the night before getting a city tour and visiting Elvis Presley's Graceland. Next, we will steam downriver towards New Orleans, stopping in several cities, including Baton Rouge and Natchez for historic city tours. In Vicksburg, you will gain an in-depth understanding of its famous battle, one of the most significant turning points of the Civil War. We'll also visit the Cajun Heritage & Rural Life Museum and several plantations, including the Myrtles and Oak Alley. The cruise ends in the Big Easy (New Orleans), where we'll visit this enchanting city before returning home.

The price for this 9-day trip is based on choice of shipboard accommodation from \$5,399 pp double occupancy. Full payment is due upon registration. Trip includes most meals. See flyer for more information.



*Photo courtesy American Queen Steamboat Company / www.AQSC.com*



# Extended Trips



## MACKINAC ISLAND AND TULIP FESTIVAL

*Friday, May 6, 2016 - Friday, May 13, 2016*

Do you yearn for simpler times? Love historic homes and hotels? Then consider joining us on this fun trip as we do the next best thing to traveling back in time. Following your flight to the Midwest, you will visit the Ford Museum in Allen Park, Michigan, and have dinner and a tour at the exquisite Edsel and Eleanor Ford House. Then it's off to Holland, Michigan, to view the Veldheer Tulip Gardens and see the only authentic Dutch windmill operating in the U.S. The next day, we take the ferry to Mackinac Island for a 2-night stay at the glorious Victorian-era resort, the Grand Hotel. Since cars are forbidden on this resort island in Lake Huron, you'll have time to relax on your horse-drawn carriage tour of the island. You'll take in the Surrey Hills Museum and see the famous limestone formation, Arch Rock. Then we travel through Wisconsin's picturesque landscape and sample award-winning cheeses, en route to Green Bay. To end our trip, we will visit the Windy City, Chicago, for a city tour showcasing its unique cityscape and impressive architecture, before enjoying a farewell dinner and heading home.

The price for this 8-day trip is \$3,490 (R) pp double occupancy, \$4,290 (R) pp single occupancy. Trip includes 10 meals. Full payment is due upon registration. See flyer for more information.

## PARKS AND SHAKESPEARE

*Monday, June 6, 2016 - Saturday, June 11, 2016*

For those of you who prefer not to fly and those who like to see everything along the way, this 6-day motoring trip to southern Oregon is a real winner. We drive north to meet our step-on guide for tours of Burney Falls and Mt. Lassen, before continuing on to Mt. Shasta and another guided tour. We have two nights in Ashland, featuring two performances at the Oregon Shakespeare Festival (please note, not all of their productions are Shakespearean plays) and a guided tour of Crater Lake. Then, for a change of pace, we head for Gold Beach, overnight at Jot's Resort on the Rogue River, and take a 64-mile narrated round-trip ride through pristine wilderness on the Mail Boat that still delivers mail upriver. We return through Ferndale, with its Victorian homes and the majestic redwoods in Humboldt County. So whether you prefer Mother Nature's drama or the Bard's, this trip has an abundance of delights!

The price for this 6-day trip is \$1,899 (R) pp double occupancy, \$2,399 (R) pp single occupancy. Trip includes 10 meals. Deposit of \$450 is required, with balance due Wednesday, April 20, 2016. See flyer for more information.



*Photos courtesy Yellowstone National Park*

## NATIONAL PARK WONDERS

*Yellowstone, Grand Teton, Mount Rushmore and more  
Saturday, June 18, 2016 - Sunday, June 26, 2016*

Our trip to the greatest sights of the American West highlights its natural wonders and pioneering spirit. Flying into Salt Lake City, we first head north to Idaho to visit the Oregon Trail Center in Montpelier to learn about the journey of the West's early pioneers. Following an aerial tram ride to the summit of Rendezvous Mountain, we cross into Wyoming and see the Snake River Valley and Grand Teton National Park. Enjoy free time to

# Extended Trips



stroll the boardwalks in the Old West town of Jackson and finish the day with a chuck wagon round-up meal. Next, we spend two nights in Yellowstone National Park. The picturesque adventures of America's first national park include seeing Old Faithful erupting more than 100 feet in the air, taking a guided walk among spouting geysers, bubbling mud pots and turquoise hot springs and looking for grizzly bears, elk and herds of bison in Hayden Valley on our way to the Grand Canyon of Yellowstone with its waterfall views. Taking the upper loop to Dunraven Pass and the Lamar Valley then brings us to some of the less traveled, but ruggedly beautiful regions of the park and Mammoth Hot Springs. Leaving the park, we travel to Cody, Wyoming, giving us a deeper appreciation for the Old West at the Buffalo Bill Historical Center. Landmarks include Devil's Tower, America's first national monument, and a historical tour of Deadwood. Traveling through the Black Hills takes us to our final destinations: the enormous Crazy Horse Memorial and Mount Rushmore. This nine-day trip offers magnificent scenery, iconic wildlife and glimpses into fascinating American history and includes 14 meals (8 breakfasts, 1 lunch, and 5 evening meals).

Price for this 9-day trip is \$3,295 (R) pp double occupancy, \$4,170 (R) pp single occupancy. Trip includes 14 meals (eight breakfasts, one lunch and five evening meals). Deposit of \$800 is required, with balance due Wednesday, February 10, 2016.

Available discounts include \$125 past passenger discount if traveled on Insight, Brendan Vacations, Uniworld River Cruise, African Travel or Trafalgar Tours and \$75 military discount. See flyer for more information.

## **BEST OF BRITAIN**

*Wednesday, July 6, 2016 - Wednesday, July 20, 2016*

If you can trace your roots back to the British Isles, or just have an interest in America's mother country, please join us on this jam-packed excursion. We fly overnight to London for some free time and a tour of the city, before traveling on to Stonehenge, Bath and the historic cathedral city of Exeter. You'll see dramatic scenery, visit castles and medieval ruins and tour Liverpool, home of the Beatles. Next, we travel north through the beautiful Lake District to Glasgow and the Scottish Highlands. You'll journey along the banks of both Loch Lomond and Loch Ness, before crossing the bridge to the Isle of Skye. On the east coast of Scotland, golfers can visit the eighteenth hole at St. Andrews, where

the game was invented 600 years ago. Before leaving Scotland, we will enjoy a city tour of Edinburgh and visit the medieval market town of Alnwick, including its castle which posed as Hogwarts in the first two Harry Potter movies. Enjoy a luncheon in a 15th century manor house on a working dairy farm in Wales. We also visit Shakespeare's birthplace in Stratford-upon-Avon, Fort William and other sites you might recognize from the Outlander series. These are just a few highlights of this wonderful trip. See flyer for more details.

The price for this 15-day trip is \$5,998 (R) pp double occupancy, \$7,248 (R) pp single occupancy. Trip includes 19 meals. Deposit of \$800 is required, with balance due Friday, April 1, 2016.

Earn the following Booking Discounts: \$75 pp for retired military and \$150 for participants who have traveled on a Trafalgar, Uniworld or Insight Tours trip in the past 5 years. See flyer for more information.

## **TRAINS, TRAINS AND MORE TRAINS OF COLORADO**

*Sunday, August 21, 2016 - Sunday, August 28, 2016*

Spectacular scenery, ancient ruins and historic trains make this one fabulous trip. Join us as we fly to Denver, Colorado, before boarding the Leadville Colorado Southern RR, the first of our five fabulous train rides. The conductor will entertain you with tales of mountain life as you climb higher and higher. The views just get more impressive until you reach Fremont Pass and catch a glimpse of the two tallest peaks in Colorado. We then visit the 1,000+ year old Anasazi cliff dwellings at Mesa Verde. Covering more than 80 square miles, Mesa Verde is our only cultural national park. Moving on, we spend a day traveling on the Durango & Silverton RR on our way to Chama, New Mexico, before returning to Colorado on the Cumbres and Toltec, America's most authentic steam-operated railroad. You might catch sight of bighorn sheep, blue herons or bald eagles from either the Royal Gorge Route Railroad or the Pike's Peak Cog Railway, on the way to the Garden of the Gods red rock formations. Then there's just time to visit the Colorado Springs Air Force Academy, with its spectacular Cadet Chapel, before flying home.

The price for this 8-day trip is \$2,999 (R) pp double occupancy, \$3,499 (R) pp single occupancy. Trip includes 13 meals. Deposit of \$500 pp is required, with balance due Wednesday, June 22, 2016. See flyer for more information.

# Trip Policies & Procedures

## GENERAL INFORMATION

- Day Trips: Arrive 30 minutes before departure time to check in and board the bus. All participants must depart/return with the group on the bus. If you do not arrive by the departure time, you **may not** join the group while the trip is in progress.
- We offer slide show previews of extended trips. See page 1 for details. You can now register for all trips upon receipt of this newsletter.
- The Sunnyvale Senior Center reserves the right to make necessary changes or modifications to a trip, including menu choices.
- Bus Boarding Procedure: Our standard procedure to board a bus is in the order a participant is registered for a trip. In some situations, especially for large groups, we may need to board participants as they check in on the day of the trip so we can depart on time.

Day trips will list the cost of the trip for both Sunnyvale Residents (R) and Non-residents (NR).

For extended trips, non-residents are charged an additional \$50 per trip.



## CANCELLATIONS AND REFUNDS

### DAY TRIPS

- Those canceling any day trip will receive a refund, less a \$10 administrative fee charged by the City of Sunnyvale, if:
  - 1) Cancellation is received prior to the day of the trip, and
  - 2) Your place is filled from the wait list (if one exists).

**NOTE: NO refund if your space is not filled by another participant.**

- No-shows will **not** receive a refund.
- Full refunds are made if the trip is canceled by the Senior Center.

### EXTENDED TRIPS

- Some deposits are not refundable. Please read the individual trip payment and cancellation policies that apply to the trip you have selected.
- Please be sure to read all trip cancellation and refund policies so you are aware of the penalties involved should you need to cancel your trip.
- There will be no refunds for any unused portion of a tour, unless covered by trip cancellation insurance.
- A cancellation letter is required to cancel a trip.

## YOUR HEALTH & SAFETY

**IMPORTANT - Members must notify the Senior Center of any changes to their Membership Form. Non-member trip participants must fill out a Trip Emergency/Medical Information Form. This information will be released to medical personnel should an emergency arise.**

- Travelers needing special assistance must notify the Senior Center at the time you register to determine what assistance may be reasonably accommodated.
- Trip participants **must be able to independently participate** on trips (take care of personal needs, follow instructions, etc.) or have a caregiver with them to provide personal assistance during a trip. Escorts and bus drivers **cannot** be held responsible for lifting or assisting individuals with walking, boarding or exiting the bus, or personal needs.
- Check with your physician on the advisability of traveling. There may be elements of an extended trip, such as high altitude, that may not be suitable for certain health conditions.
- Bring your Medi-Care, Medi-Cal or other insurance cards with you on a trip.
- If you use a walker or wheelchair or have other special needs including dietary restrictions, please include this information on your Membership Form. Non-members should include this information on your Trip Emergency / Medical Information Form. We will make all reasonable accommodations for you.
- Any accident/incident should be reported to a trip escort.
- Trip participants are required to carry **photo identification** on all trips for safety and security purposes.

• **Day Trip Activity Levels:**



= trip includes moderate walking and/or standing for extended periods

= trip includes some stairs and/or multiple times on/off bus

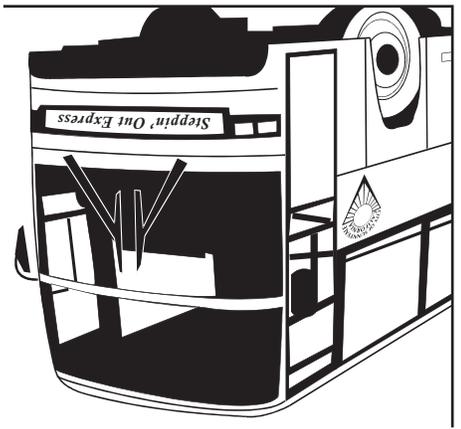
= trip includes hilly terrain



## PARKING

Cars are to be parked in the back parking lot at the end opposite the Sunnyvale Historical Museum for day and extended trips. This enables those attending Senior Center classes, lunch program and senior clubs to use the parking spaces in front of the Senior Center and those visiting the Sunnyvale Historical Museum to park near the museum. The bus will drop participants off at this same location when returning from trips.





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## Registration, Payment Information and Policies

### REGISTRATION INFORMATION!

**Register Now!** You can walk in, call or mail in your registration forms for all trips as soon as you receive this newsletter.

**Day trips:** Use the reservation form in the newsletter for day trips only. You can sign up two people on each form, if they live at the same address.

**Extended trips:** Come to the Senior Center for the flyer and registration form, or go on our Web site, [OlderAdults.inSunnyvale.com](http://OlderAdults.inSunnyvale.com), click on "Senior Trips" and print out the reservation form for the trip you want to go on.

**Slide show presentations** are offered for our extended trips. For more information, call the Senior Center.

**Service fees** will be charged for companions who are 21 - 49 years old. The additional fees are: \$5 for each day trip, and \$25 for each extended trip.

### PAYMENT INFORMATION

- Prices are based on a per person basis. Payment is due at the time of registration.
- Trips may be paid by cash, check or credit card (Mastercard or VISA).
- For extended trips, a \$50 per person non-resident fee is due at time of final payment made out to the City of Sunnyvale.
- Make checks out to the **City of Sunnyvale** unless otherwise noted. A fee of \$30 is charged for any returned check.

### REMINDERS

You don't have to be a member of the Sunnyvale Senior Center to go on a trip, although it's encouraged and recommended. However, you must be at least 50 years of age, unless you are accompanying a senior traveler.

The City of Sunnyvale encourages persons with disabilities to participate in our recreation programs. We will make reasonable efforts to accommodate persons with disabilities in accordance with the Americans with Disabilities Act. If you require special accommodations, please let us know when you register; (408) 730-7360, TDD (408) 730-7501. Visit [OlderAdults.inSunnyvale.com](http://OlderAdults.inSunnyvale.com).