



# Steppin' Out Messenger

**Trips for Adults Over 50**

**Fall Quarter 2015**

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 on Wednesday, November 4, 2015. 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.*

### THE LION KING

*Thursday, October 1, 2015*

Hailed by Time Magazine as "Awe-Inspiring! A gorgeous, gasp-inducing spectacle," and praised as "The most exciting, most inventive, most moving theater that has ever come to Broadway," by Good Morning America, "The Lion King," with music by Elton John and lyrics by Tim Rice, is coming to the San Jose Center of Performing Arts. A winner of six Tony Awards, including Best Musical and Best Costumes, this staged version of Disney's animated film offers a thrilling spectacle of music, drama and the story of the circle of life. Don't miss this glorious musical. There is simply nothing else like it. Dinner is not included.

TRIP #: 356800.F2

TIME: 6:30 - 11 p.m.

COST: \$117R/\$146 NR

**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.



*Photo by Johann Persson © Disney*

### FLEET WEEK CRUISE

*Saturday, October 10, 2015*

All aboard! Travel with us to Alameda and board a Commodore Cruises luxury yacht for a thrilling Fleet Week experience. This trip offers a unique perspective of the San Francisco Bay and a great view of the U.S. Navy's Blue Angels, as they soar overhead. Trip also includes a buffet lunch. Currently, this trip is sold out. To be placed on the wait list, please call the Senior Center.

TRIP #: 356800.F1



TIME: 11 a.m. - 6:45 p.m.

COST: \$129R/\$161NR



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*day trips continued >*



# Day Trips

## SAFARI WEST

Thursday, November 5, 2015

Safari West is an African adventure nestled in the heart of California's wine country. This 400-acre reserve in Santa Rosa gives guests an opportunity to explore the "Sonoma Serengeti" and see giraffes, gazelles, zebras, oryx, antelopes, cape buffalo, wildebeests and many other animals in an exotic African safari setting. Enjoy a buffet lunch that includes barbecue chicken, pulled pork sandwiches, green salad, side dishes, dessert and your choice of hot beverage. Next, guests will enjoy a 90-minute walking/driving trek led by a naturalist guide. Afterwards, we will have time to visit the gift shop. Please wear comfortable walking shoes, a hat and dress in layers as the safari vehicles have open sides.

TRIP #: 356800.F3 

TIME: 9 a.m. - 6 p.m.

COST: \$140R/\$175NR



Photo courtesy Safari West

## SAN JOSE SHARKS HOCKEY GAME

Tuesday, November 10, 2015

Travel to the SAP Center to see the San Jose Sharks battle the New York Islanders. Our seats include a buffet dinner and are located in the Penthouse Plaza with private restroom and elevator access. On the menu is Roasted Barbecue Tri-Tip, garlic mashed potatoes, corn, bacon-tomato-avocado salad with bleu cheese dressing and two drink tickets good for your choice of beverage, including alcohol. Food service begins 30 minutes prior to puck drop and continues until the end of period one. Plus, bring your camera as there is a good chance that the team's mascot, S. J. Sharkie will drop by our section for a short visit. Please dress in layers as it could be quite cool.

TRIP #: 356800.F4

TIME: 5:45 p.m. - 11 p.m.

COST: \$136R/\$170NR

## HOLIDAY TRAIN OF LIGHTS

Wednesday, December 2, 2015

Looking for a fun experience to kick off the holiday season? Take a one-hour ride with us on the historic Niles Canyon Railway. As the sun sets, we will travel on a beautifully decorated antique rail car through bucolic landscapes where we might see deer and other native fauna. Each car is decorated differently by passionate volunteers, so guests are encouraged to walk through each car to enjoy all of the holiday cheer on this slow-moving train. Then we will head to Bosco's, named for the dog who was elected as Sunol's honorary mayor. Your entrée choices will be: **A) Broiled Prawns over Linguine; B) House Oven Roasted Prime Rib au jus** (12 ounce portion) with creamy horseradish; or **C) Roasted Boneless Half Chicken**. All meals include a mixed green salad with bay shrimp as a starter, seasonal vegetables, a starch, fruit tart for dessert and your choice of selected non-alcoholic beverages.

TRIP #: 356800.F5 

TIME: 2:45 p.m. - 9:15 p.m.

COST: \$99R/\$124NR

## A GENTLEMAN'S GUIDE TO LOVE AND MURDER

Wednesday, December 9, 2015

Need a good laugh and an antidote to all the sugarplums and sweetness of the holiday season? Then travel with us to San Francisco's Golden Gate Theatre to see the 2014 Tony Award winning best musical, "A Gentleman's Guide to Love and Murder" hailed by the New York Times as "INSPIRED AND HILARIOUS. Bloodlust hasn't sung so sweetly, or provided so much theatrical fun since Sweeney Todd first wielded his razor with gusto many a long year ago." The story follows Monty Navarro, an heir to a family fortune who sets out to jump the line of succession by eliminating the eight pesky relatives who stand in his way. All the while, Monty has to juggle his mistress, his fiancée and the constant threat of landing behind bars. Of course, it will all be worth it if he can slay his way to his inheritance. Getting away with murder has never been so much fun. Lunch is not included.

TRIP #: 356800.F6

TIME: 12:15 p.m. - 6:45 p.m.

COST: \$119R/\$149NR

## JERSEY BOYS - ON SALE NOW!

Wednesday, January 27, 2016

Orpheum Theatre, San Francisco

# 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.**



*Photo courtesy Alamo World Travel*

## **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, (Valparaiso) 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. Final payment is due December 1, 2015. 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. Final payment is due, December 15, 2015. Trip includes most meals. See flyer for more information.

This is our most popular extended trip with a few cabin categories sold out. Please don't be left on the waiting list. Book today!



*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. Deposit of \$455 is required. Early Booking Discount of \$100 pp for full payment if made by Friday, October 30, 2015. 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!

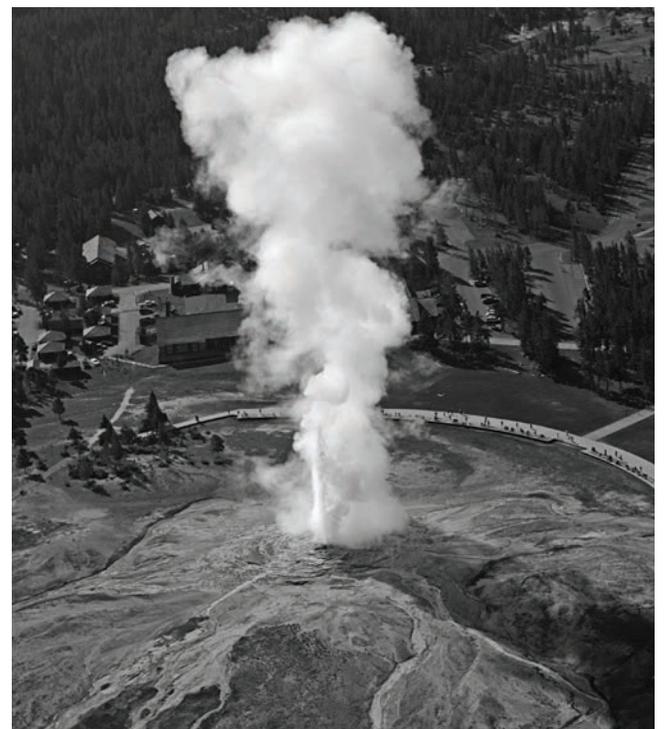
The price for this 6-day trip is \$1,899 (R) pp double occupancy, \$2,399 (R) pp single occupancy. Trip includes 10 meals. Deposit of \$450 is required, with balance due Wednesday, April 20, 2016. Hurry, you can still earn an Early Booking Discount of \$30 pp for full payment if made by Wednesday, September 30, 2015. See flyer for more information.

## YELLOWSTONE NATIONAL PARK

*June 2016*



You asked for it, you got it. In late September, look for the flyer with more details about this exciting trip.



*Photos courtesy Yellowstone National Park*

# Extended Trips



Photo courtesy Alnwick Castle

## 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 of the many 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 Early Booking Discounts: \$250 pp for full payment if made by December 2, 2015; plus \$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.



Photo courtesy Jeff Shane, Courtesy Royal Gorge Route

## 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. Early booking discount of \$50 pp has been extended to Wednesday, September 30, 2015.

## EXTENDED TRIP SLIDE SHOW

Please join us Wednesday, November 4, 1 - 4 p.m. in the Senior Center Laurel Room to watch a slide show presentation of our upcoming extended trips.

# 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.

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 deboarding 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, 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

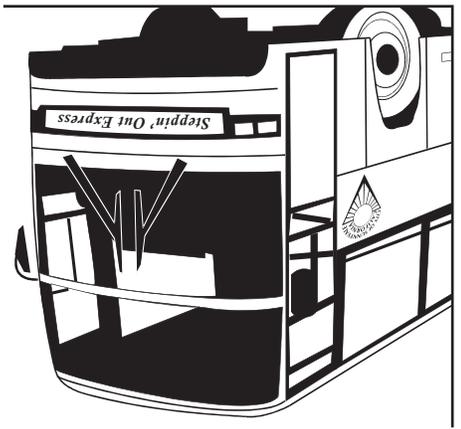
 = trip includes hilly terrain



## 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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P.O. Box 3707  
Sunnyvale Senior Center



## 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*, 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**.