



Steppin' Out Messenger

Trips for Adults Over 50

Spring Quarter 2015

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

- Attend our extended trip slide show on Tuesday, February 24, 10 a.m. - 12 noon, Laurel Room. The presentation will include the Natural Wonders of Iceland, San Diego and Seattle.
- Attend our special Trip Exploration presentation in April featuring our 2016 extended trips. Special discounts will be offered and refreshments will be served. For more information, call the Senior Center at (408) 730-7360.
- Go to: *OlderAdults.inSunnyvale.com*, click on "Senior Trips," or pick up a flyer at the Senior Center, or call (408) 730-7360.
- If you'd like 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.



MONTEREY BAY AQUARIUM TENTACLES

Wednesday, March 4, 2015

See the Monterey Bay Aquarium as you've never seen it before on a one-hour VIP tour. Expert guides will lead you through the Aquarium to both the most popular exhibits and exclusive areas behind the scenes to show you how the magic is created. You'll hear favorite animal stories and find out how they care for more than 35,000 plants and animals. Afterwards, you'll have plenty of time to revisit your favorite exhibits, including the featured *Tentacles* exhibit. There, you'll journey to a world of undersea magicians, masters of disguise and quick-change artists. With an ever-changing collection of these amazing sea creatures, you'll be delighted the first time and every time you see this show. Lunch is on your own at the aquarium.

TRIP #: 456800.W5 

TIME: 9 a.m. - 5:30 p.m.

COST: \$106R/\$133NR

SPECIAL DIETARY NEEDS?

If you are vegetarian, need a gluten-free meal, have food allergies or any special dietary needs, we can work with restaurants to provide a meal tailored to your needs. Just let us know your requirements when you register.

All day trips include: round-trip transportation on Royal Coach from Sunnyvale Senior Center, escort(s), free parking and gratuity for the bus driver.

The Sunnyvale Senior Center
is now on Facebook!



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www.facebook.com/SunnyvaleSeniorCenter
to see what's new at the Senior Center
and to keep in touch with friends.

day trips continued >



Day Trips



Henry Raeburn. Reverend Robert Walker (1755–1808) Skating on Duddingston Loch. Oil on canvas, 30 x 25 in. (76.2 x 63.5 cm) National Galleries of Scotland

HIGH STYLE AND OLD MASTERS

Thursday, March 19, 2015

View 55 works from some of the world's greatest painters at the de Young Museum's exhibition *Botticelli to Braque: Masterpieces from the National Galleries of Scotland*. Spanning more than 400 years from the Renaissance to the early 20th century, some of these paintings have never before been seen in the United States. Other represented artists include El Greco, Monet, Vermeer and Velazquez. You'll have plenty of time for this very special show, as well as time to explore other galleries and have lunch on your own before we head over to the Legion of Honor. There you'll be able to explore glamour and sophistication through one of the world's preeminent costume collections in *High Style: The Brooklyn Museum Costume Collection*. You'll view the evolution of fashion from 1910 to 1980, through more than 90 stunning costumes and accessories. You'll see rare pieces from French couture houses, designed by Lanvin, Schiaparelli, "Coco" Chanel and Givenchy, as well as pioneering American designers. So for a day filled with beauty, stunning craftsmanship and flamboyance, join us as we travel to San Francisco's Fine Art Museums.

TRIP #: 456800.W6 

TIME: 8:30 a.m. - 4:30 p.m. COST: \$79R/\$99NR

STARS ON ICE

Sunday, April 5, 2015

If you love the grace and athleticism of ice skating, join us for this special Stars on Ice event at the SAP Center. Watch world-class skating and stunning ensemble performances featuring the United States' first Olympic gold medal ice dancing team Meryl Davis and Charlie White, as well as U.S. Olympic Gold Medalist Evan Lysacek and U.S. Olympic Silver Medalist Patrick Chan. After the show, we'll head over to The Old Spaghetti Factory for dinner. Entrée choices will include: **A) Shrimp Salad**, butter leaf lettuce, avocado, cherry tomatoes, green onions and croutons topped with grilled shrimp and lemon cilantro vinaigrette; **B) Spaghetti and Sicilian Meatballs**, two large handmade beef meatballs with 100% durum semolina spaghetti and tasty Marinara sauce; and **C) Chicken Fettuccine**, with tender all natural chicken breast strips, fresh broccoli, grilled mushrooms, alfredo sauce and shredded romano cheese. Meals will also include fresh baked bread, soup or salad, spumoni ice cream for dessert and your choice of non-alcoholic beverages. Please bring a warm jacket and dress in layers. **Please note: This is Easter Sunday.**

TRIP #: 556800.S1

TIME: 3 – 8:15 p.m. 

COST: \$99R/\$124NR

WESTERN RAILWAY MUSEUM

Wednesday, April 8, 2015

Come with us to the Western Railway Museum to travel on the Scenic Limited Wildflower Train. Enjoy a one-hour tour through the rolling hills of rural Solano County in Suisun City. Back at the museum, you can learn about the regional heritage of California trains and visit the gift shop to find train-related gifts perfect for the young, young-at-heart and serious enthusiasts. Then it's off to Foster's Bighorn restaurant for lunch. This restaurant boasts one of the world's most remarkable collections of wild game trophies with more than 300 wild animals, birds and fish. Your entrée choices are: **A) Fish and Chips**, three pieces of mild, cold-water Alaskan Pollock; **B) Bighorn Bison Burger**, less fat and more protein than beef, with your choice of fries or green salad; **C) Grilled Chicken, Swiss Cheese and Bacon Sandwich**, on a warm Ciabatta bun, with your choice of fries or green salad; or **D) Asian Chicken Salad**, oven-baked chicken, mandarin oranges, crispy won tons, toasted almonds with a light Asian balsamic dressing. All meals also include blackberry cobbler for dessert and choice of non-alcoholic drinks.

TRIP #: 556800.S2  + 

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

COST: \$88R/\$110NR

Day Trips



THE MAGIC FLUTE

Thursday, April 23, 2015

Mozart's classic opera, "The Magic Flute," is a fantastical quest for enlightenment and honor which leads the hero, Tamino, through a mystical story about the power of love. Tamino, a young prince discovers a magical flute and a princess, Pamina, who will make him whole. This comical tale enters a world of magic fantasy, complete with a giant serpent, a secret brotherhood and a lovesick bird catcher. Join us for a fun and magical evening with Opera San José. Sung in German with English supertitles. No meal is included. Please eat a hearty dinner before arriving.

TRIP #: 556800.S3 

TIME: 7 - 11:45 p.m.

COST: \$121R/\$151 NR

PETALUMA RIVER CRUISE

Friday, May 15, 2015

Enjoy a narrated cruise on Dolphin Charters exploring the Petaluma River and learning about its commercial and industrial aspects as well as the natural history of the region. We will pass through the "D" Street drawbridge and wind our way through the wetlands of meadows and oxbows as we learn about the river's importance to Petaluma and the surrounding countryside. Please bring a snack to eat on the boat, as we plan to have a late lunch at Dempsey's. You have your choice of: **A) Red Rooster Pizza** with roasted Roma tomatoes, basil and mozzarella; **B) Carnitas Pork Sandwich** with creamy slaw served on a toasted bun with black beans; or **C) Grilled Chicken Breast Sandwich** with aioli, grilled onions and greens served with hand cut fries. All meals will also include a fruit crisp for dessert and choice of coffee, hot or iced tea and soda.

TRIP #: 556800.S4 

TIME: 8 a.m. - 6:15 p.m.

COST: \$125/\$156R

CANTOR ARTS CENTER

Wednesday, June 10, 2015

We will start our day with lunch at Coconuts Caribbean Restaurant in Palo Alto where your entrée choices will be: **A) Roasted Sea Bass** with okra, tomato, pumpkin, green bananas, coconut rundown sauce and tomato choka; **B) Boneless Oxtail and Rigatoni** with slow-cooked oxtails, rigatoni pasta, olive oil, oxtail tomato sauce and fresh herbs; or **C) Jamaican Jerk Chicken**, smoked over apple wood with Jerk dipping sauce. All meals will come with Jerk chicken

wings with sweet chili dipping sauce appetizer, sides of rice and beans and sweet fried plantains, seasonal gelato with chocolate sauce and mixed berries for dessert and your choice of coffee and sodas. Then its off to the Cantor Arts Center on the Stanford campus to enjoy their diverse collections spanning continents, cultures and 5,000 years of art history. Enjoy a docent-led tour of the Cantor Museum and the new wing housing the Anderson Collection. The tour will include one of the largest presentations of Rodin bronzes outside Paris and the recent gift of more than 100 modern works from 20th century American artists from the esteemed Anderson collection. Please wear comfortable walking shoes.

TRIP #: 556800.S5 

TIME: 11 a.m. - 4:30 p.m.

COST: \$81R/\$101NR



Photo by Joan Marcus, 2013

THE BOOK OF MORMON

Tuesday, June 30, 2015

Hailed by the *New York Times* as "the best musical of this century," and lauded as "Grade A: the funniest musical of all time," by *Entertainment Weekly*, "The Book of Mormon," written by the creators of the animated sitcom "South Park," is coming to San Jose for a very short run. "The Book of Mormon" follows two young missionaries who are sent to Uganda to try to convert citizens to the Mormon religion. One missionary is an enthusiastic go-getter with a strong dedication to his faith, while his partner is a socially awkward, but well-meaning nerd, whose tendency to embroider the truth soon lands him in trouble. Upon their arrival in Africa, they soon learn that in a society plagued by AIDS, poverty and violence, a successful mission may not be as easy as they expected. Just like the show "South Park," this performance does include very explicit language that may be offensive to some. A meal is not included.

TRIP #: 556800.S6

TIME: 6:30 - 11 p.m.

COST: \$111R/139NR



Extended Trips

Join us for slide show previews of our extended trips. See below.

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.

Reminder, non-residents pay an additional \$50 per trip.



Photo courtesy Friendly Excursions

LAST CHANCE

SAN DIEGO, SOLVANG, CATALINA ISLAND AND THE QUEEN MARY

Monday, March 16, 2015-Saturday, March 21, 2015

Love to travel, but hate to fly? This is the trip for you! Just hop on the bus here at the Senior Center for a 6-day California adventure. We'll tour the old Mission in Santa Inés and overnight in the Danish town of Solvang. Then it's on to beautiful San Diego where we enjoy dinner and shopping in Old Town, and stay at the Embassy Suites, across from Seaport Village. Our itinerary includes your choice of two of the following three venues: San Diego Zoo-with narrated bus tour, Sea World, or a day at Balboa Park visiting your favorites among 13 museums (including natural history, sports, air and space and art). An evening tour of Coronado Island is included. We will visit Catalina Island and overnight on the Queen Mary before returning to Sunnyvale.

The price for this 6-day trip is \$1,599 (R) pp double occupancy, \$1,999 (R), single occupancy, due now. Trip includes 7 meals (two continental breakfasts, three breakfast buffets and two dinners). Optional Insurance – see details on flyer.

The pre-trip meeting is Thursday, March 5, 1-2:30 p.m. in the Senior Center, Apricot Room

COLONIAL CITIES OF CUBA

Saturday, March 21, 2015 - Sunday, March 29, 2015

The pre-trip meeting is Monday, March 9, 2015, 10 a.m.-noon in the Senior Center Cypress Room.



Photo courtesy Friendly Excursions

SEATTLE WITH FOLKLIFE FESTIVAL

Tuesday, May 19, 2015 - Saturday, May 23, 2015

Ready for a unique experience we've never offered before? Explore Seattle from top to bottom: Pike Place Market, Klondike Gold Rush National Historical Park, Underground Tour of Seattle, Seattle Art Museum, Kubota Gardens, Boeing Factory Tour, Seattle Aquarium, and a cruise through the Chittenden Locks, where trout and salmon jump over a gigantic fish ladder. This five-day trip includes a welcome dinner at Ivar's famous Salmon House and concludes with your choice of: free time in Seattle on your own or a day and a half at the Seattle Folklife Festival (a hands-on event featuring Americana crafts, music, dance, art, food, and so much more). This amazing festival, which you can enjoy at your own pace, is within walking distance of your hotel.

The price for this 5-day trip is \$1,899 (R) pp double occupancy and \$2,299 (R) single occupancy. Deposit of \$200 pp is due at booking, with balance due Thurs., March 19, 2015. Trip includes five meals (four breakfasts, and one dinner).

Extended Trips

Join us for slide show previews of our extended trips. See page 1.



Photo courtesy Collette Travel Services

CANADIAN ROCKIES AND GLACIER NATIONAL PARK

Friday, June 26 -Thursday, July 2, 2015

See Western Canada like never before. Fly to Calgary and experience breathtaking scenery at Waterton Lakes National Park, a UNESCO World Heritage site, then relax at the Prince of Wales Hotel. At Glacier National Park, ride a Jammer, an open air touring car, along Going to the Sun Road, which stretches across the Continental Divide. Stay three nights at the "Castle in the Rockies," the Fairmont Banff Springs Hotel, a destination in itself, with a gondola ride to the summit, stops at the lovely Bow Falls and fascinating Hoodoos, also known as the "Land of Sleeping Giants." Visit the Columbia Icefields for a special ride (weather permitting) across the glacial ice which is over 1,000 feet thick.

The price for this 7-day trip is \$3,644 (R) pp double occupancy and \$4,394 single occupancy. Deposit of \$455 per person is due now, with balance due April 26, 2015.

Trip Exploration Day April 2015

Be among the first to hear about all our new extended trips for 2016 and get a close up view of some of the sites and spectacular views you'll see on these trips via slide shows. Staff and vendors will be on hand to answer your questions about both extended and day trips. For more information, call (408) 730-7360 or visit the Senior Center, 550 E. Remington Drive, Sunnyvale.



Photo courtesy Alamo World Travel & Tours

NATURAL WONDERS OF ICELAND

Saturday, August 15, 2015 - Monday, August 24, 2015

Iceland has it all. A first for Sunnyvale, this trip features Europe's largest waterfall, a desert, an active volcano, glaciers galore and the finest fjords in a country that's enjoyed real democracy since 930. History buffs, whale watchers, birders, sailors, hikers and explorers will love this off-the-beaten-track destination. We travel in high style staying at luxury hotels throughout this incredible country, filled with natural wonders. Our tour starts in Reykjavik and continues on to Iceland's newest geothermal heat/electric power station in Hellisheidavirjun, the hot springs at Geysir and the mighty Gullfoss waterfalls, the Icelandic equivalent of Niagara Falls. On the southern coast, black basalt-sand beaches and Vatnajokull, the largest glacier in Europe, await us. See the dramatic blue icebergs featured in two James Bond films, the sand desert of Modrudal and Godafoss, known as the "Waterfalls of the Gods," before reaching Akureyri, a trading center first established in 1602.

The price of this 10-day trip is \$5,795 (R) pp double occupancy, \$6,669 (R), Single occupancy. Deposit of \$950 is due March 3, 2015 with balance due Friday, April 24, 2015. Register soon for this amazing trip.

Early Booking Discount: \$150 per person for participants who have traveled on an Insight or Trafalgar Tour in the past five years.

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.

Steppin' Out Day Trip Registration

P.O. Box 3707 • Sunnyvale, CA 94088-3707 • Call (408) 730-7360

Please complete all information carefully and completely to ensure your form is processed correctly:

Note: Two people may register on this form if residing at the same address.



Mr. Mrs. Ms. _____ Last Name _____ First Name _____ Nickname _____ Membership # _____

Mr. Mrs. Ms. _____ Last Name _____ First Name _____ Nickname _____ Membership # _____

Street Address _____

City/State/Zip _____ Phone: () _____

E-mail Address (for trip updates) _____

My check is attached, payable to *City of Sunnyvale*. (There is a \$30 charge for all returned checks)

Please charge my: MasterCard Visa Name of cardholder _____

Card # _____ Expiration Date (MM/YY) _____ 3-digit security code (back of card) _____

Signature: _____ Date: _____

LIABILITY WAIVER/PHOTO RELEASE: In consideration of participation in a trip offered by the City of Sunnyvale Department of Library and Community Services – Community Services Division, I, the undersigned, agree to indemnify and hold the City of Sunnyvale harmless and hereby waive, release and discharge any and all claims for damage, for death, personal injury, bodily injury or property damage which I may have or which hereinafter may accrue to me against the City of Sunnyvale, its City Council, employees, agents, and volunteers from and against any liability arising out of or connected in any way with my participation in a trip, even though that liability may arise out of negligence or carelessness on the part of the person or entities mentioned above. ■ I understand that accidents and injuries can arise from participation in this trip; knowing the risks, nevertheless, I hereby agree to assume those risks and to release and to hold harmless all of the persons or entities mentioned above whom (through negligence or carelessness) might otherwise be liable to me (or my heirs or assignees) for damages. It is further understood and agreed that this waiver, release and assumption of risks has been freely entered into and is to be binding on my heirs and assigns. ■ I understand and agree that my medical information may be shared with medical personnel if I have a medical emergency. If I have a medical emergency, I give my permission for an ambulance to be called and to have emergency care administered. ■ I have read and agree to the registration and program policies. Further, I agree to allow use of my image, which may be captured through video, photo, digital camera or other media, for City of Sunnyvale promotional materials and publications. By my signature below, I acknowledge that I have read this document and understand its contents.

Signature* _____ Date _____

**Signature required to participate on trips*

Signature _____ Date _____

(Signature of second household member required if listed above)

Do you have dietary or special needs that we should be aware of? (i.e. use of cane or wheelchair) ____ Yes

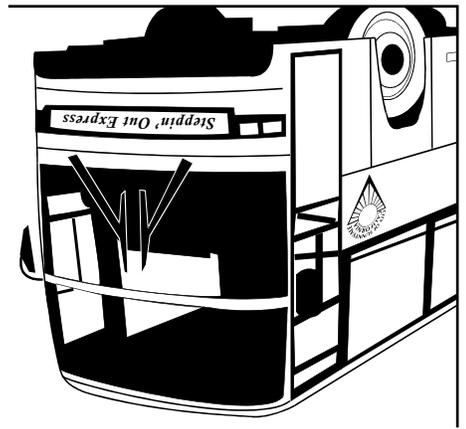
If yes, please list: _____

Day Trip Registration Form

Passenger's First Name	Day Trip Number	Day Trip Name	Date	Menu Choice (A, B, C, etc.)*	Fee/pp	Subtotal
	.					\$
	.					\$
	.					\$
	.					\$
	.					\$
	.					\$
					TOTAL	\$

* For the menu choices, see trip descriptions in this flyer, online, or on the Steppin' Out bulletin board.

- You must be 50 years or older to participate.



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Sunnyvale, CA 94088-3707
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. Please see page 1 for details.

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**.