



Steppin' Out Messenger

Trips for Adults Over 50

Spring Quarter 2014

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 presentations on Feb 25 and 27. Special discounts will be offered. (See page 5 for details).
- Go to: *Seniors.inSunnyvale.com*, click on "Senior Trips," pick up a flyer at the Senior Center, or call 1 (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.

SIGN-UPS STILL BEING ACCEPTED FOR OUR WINTER TRIPS

See descriptions at Seniors.inSunnyvale.com

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

MAMMA MIA!

Wednesday, April 2, 2014

We've got orchestra tickets for Mamma Mia! at the Orpheum Theatre in San Francisco. Over 54 million people all around the world have fallen in love with the characters, the story and the music that make MAMMA MIA! the ultimate feel-good show! This funny tale unfolds on a Greek island paradise when on the eve of her wedding, a daughter's quest to discover the identity of her father brings 3 men from her mother's past back to the island they last visited 20 years ago. With hits including "Dancing Queen," "Money, Money, Money," and the title track, ABBA's timeless songs propel this enchanting tale of love, laughter and friendship. Lunch is not included.

TRIP #: 556800.S1

TIME: 12:15 pm – 6:30 pm COST: \$109R/\$136NR

BRUNCH AT CHAMINADE AND HALF MOON BAY

Sunday, April 13, 2014

This relaxing and indulgent day begins with an award winning Sunday brunch at the Chaminade Resort and Spa in Santa Cruz. High on a hill, the restaurant features not only excellent food, but ocean views as well. The buffet includes dishes such as mosaic raviolis, smoked salmon, roasted potatoes, eggs benedict, sliced bacon, breakfast sausage links, and a carving station with prime rib and other savory items. Alternatively, you could be your own chef and create a fanciful dish at the omelet and waffle station. After brunch, it's off to one of the quaintest cities along the San Mateo coast, Half Moon Bay. You'll have time to shop in any of the eclectic mix of stores on Main Street or just relax and enjoy the free time. Weather is always unpredictable along the coast, so please dress in layers and wear comfortable walking shoes.

TRIP #: 556800.S2

TIME: 9:15 am – 4:00 pm 

COST: \$93R/\$116NR

GEORGIA O'KEEFFE

Tuesday, April 29, 2014



If you love art, but have never seen Georgia O'Keeffe's original flower paintings, please join us for this trip to San Francisco's Art Museums. Our day starts at the deYoung with an early entry to Modern Nature, Georgia

day trips continued >



Day Trips

O’Keeffe and Lake George. Experience the incredible luminosity of her magnified botanical compositions, and be delighted by her panoramic landscapes. This exhibit offers a deeper understanding of the spirit of place that was essential to O’Keeffe’s artistic evolution. Afterwards you’ll have time to visit other exhibits at the deYoung, such as Shaping Abstraction, and The Bay Bridge: A Work in Progress 1933-1936, before heading over to the Legion of Honor, where they are hosting a collection of 70 impressionist paintings from the National Gallery of Art. Lunch is on your own – brown bag it or visit the deYoung’s café – it’s your choice.

TRIP #: 556800.S3 

TIME: 8:30 am – 4:30 pm COST: \$75R/\$94NR

SEA CHANTEYS

Saturday, May 3, 2014

Let your inner pirate out and join us for a sea chantey sing-along on the Balclutha at the Hyde Street Pier in San Francisco. Led by a Maritime National Historical Park ranger, this evening event features authentic sailing songs from the days of the tall-masted sailing ships and just a bit of history about that era. You’ll enjoy an on-board break with hot apple cider, hot chocolate or coffee before heading home. But your evening begins with dinner at Delancy Street where your entrée choices will be: **A) Serious Soulfood Gumbo**, with crab, chicken, shrimp, sausage, and rice (spicy); **B) Blackened Meatloaf**, served with garlic mashed potatoes and glazed carrots; **C) Rotisserie Rosemary and Garlic Chicken**, served with sautéed vegetables, or **D) Latin Scallop Ceviche**. All meals also include chips and salsa, onion rings, and an organic field greens salad for starters, chocolate mousse for dessert, and your choice of non-alcoholic beverages. It’s almost a quarter-mile walk out to the ship, so please wear comfortable walking shoes and bring warm jacket and dress in layers for the night chill.

TRIP #: 556800.S4 

TIME: 3:45 pm – 11:30 pm COST: \$84R/\$105NR

CSI IN SAN JOSE

Friday, May 9, 2014

Once again, Dr. Steven Lee, of the Justice Studies Department at San Jose State University, has invited us to spend some time with him and his students learning the truth about Forensic Studies and Crime Scene Investigations. You’ll get a chance to investigate a mock crime, order tests and request analysis of evidence as you separate fact from fiction. This is your chance to learn first-hand how accurate or inaccurate TV’s presentation of crime scene analysis really is. But our day starts with lunch at the Sonoma Chicken Coop with a simple buffet style lunch with chicken and salmon entrees, salad, sides, and your choice of non-alcoholic drinks. After lunch, Dr. Lee will lead you through some hands-on demos in addition to the forensic analysis. You’ll break in the afternoon for dessert, and form teams to share your ideas about the crime, and brain storm possible solutions. This is going to be one incredibly fun day. Please sign up early if you don’t want to miss out!

TRIP #: 556800.S5

TIME: 11:00 am – 6:15 pm COST: \$117R/\$146NR



TENTACLES AT THE MONTEREY BAY AQUARIUM

Thursday, May 22, 2014

Be among the first to see Tentacles, the newest exhibit at the Monterey Bay Aquarium. Costing in excess of \$3 million, it features seldom seen squid, octopuses, and chambered nautilus, many of whom have never before been exhibited at any aquarium. If all goes as planned, you’ll see a school of foot-long bigfin reef squid, giant Pacific octopuses, the mimic octopus, and the world’s smallest squid. Don’t miss this chance to see these very alien, but highly intelligent animals. Lunch is on your own, but with a self-service café and a full service restaurant onsite as well as dozens of eateries in town, you’re sure to find a great lunch! After lunch, you’ll get a very special one-hour Behind-the-Scenes Tour of the Aquarium. You’ll learn about exciting research projects

The Sunnyvale Senior Center is now on Facebook!

LIKE US at

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

Day Trips



and how they prepare food for over 10,000 animals. You'll also get a glimpse of the exhibits—from the other side of the window!

TRIP #: 556800.S6 
TIME: 9:00 am – 5:30 pm COST: \$108R/\$135NR



ART DECO IN SAN FRANCISCO

Tuesday, June 3, 2014

You'll get a new in-depth appreciation of Art Deco art and architecture on this driving and walking tour from our step-on guides provided by the Art Deco Society of California. You'll visit the Old Rincon Post Office with its 27 murals, and stop at the Aquatic Park Bathhouse/Maritime Museum. Your guides will discuss both the historical and design significance of the 1930's and 1940's when many of these masterpieces were created. We'll break for lunch in the middle of the day at the delightful Beach Chalet with its early 1930's murals and its beautiful ocean views. Entrée choices will be: **A) VFW Beer Battered Fish and Chips**, served with housemade tartar sauce, French fries and cole slaw; **B) Chalet Cheeseburger**, with cheddar cheese, garlic aioli, lettuce, tomato, pickled red onion, and French fries; or **C) Arugula and Chicken Salad**, with shredded chicken, strawberries, avocado, snow peas, preserved lemon vinaigrette, and almonds. Lunch will also include a cup of New England style clam chowder as a starter, New York cheesecake with berry compote for dessert, and your choice of coffee, iced tea, or soft drinks.

TRIP #: 556800.S7 
TIME: 9:00 am – 5:00 pm COST: \$101R/\$126NR

A DAY IN THE REDWOODS

Wednesday, June 25, 2014

Our day begins with a leisurely tour of Henry Cowell Redwoods State Park led by Ranger Dan, a California State Parks Interpretive Ranger. This walk through the magnificent coastal redwoods in Felton is on level ground on a recently refurbished trail that is wheelchair accessible. Afterwards, it's off to Casa Nostra Italian Restaurant for lunch, where your meal choices will be: **A) Tilapia Alla Putanesca**, fresh tilapia filet with green olives, black olives, capers, tomato, and garlic; **B) Short Ribs**, boneless short ribs with carrots, celery, onions, Italian herbs in red wine reduction; **C) Cannelloni di Pollo**, homemade chicken cannelloni in aurora sauce; or **D) Melanzana Alla Parmigiana**, classic eggplant parmigiana. All meals start with a salad, include sautéed vegetables and roasted potatoes with the entrée, a homemade cannoli for dessert and your choice of non-alcoholic drinks. After lunch just sit back and enjoy the ride home as we travel through the beautiful Santa Cruz mountains on scenic Highway 9 through Boulder Creek and into Saratoga before returning home.

TRIP #: 556800.S8 
TIME: 9:00 am – 4:45 pm COST: \$94R/\$118NR

PIPPIN

Wednesday, October 1, 2014

Direct from Broadway to the Golden Gate Theatre, Pippin, the Musical, is directed by Diane Paulus, director of the 2009 and 2012 Tony Award winners for Best Musical Revival (Hair and The Gershwins' Porgy and Bess). Pippin tells the story of a young prince on a death-defying journey to find meaning in his existence. Will he choose a happy but simple life? Or will he risk everything for a singular flash of glory? This captivating production features sizzling choreography in the style of Bob Fosse and breathtaking acrobatics. Join us for a magical, unforgettable new Pippin! Show only, lunch is not included.

TRIP #: 356800.F1
TIME: 12:30 pm – 6:30 pm COST: \$124R/\$155NR





Extended Trips

Join us for slide show previews of our extended trips. See page 5.

PALM SPRINGS DESERT FUN

Tue., March 11, 2014 – Fri., March 14, 2014

Don't miss out! Now is the time to see the famous Palm Springs Follies, which is closing forever, later in 2014. Also visit the Living Desert Zoo and Botanical Gardens, sample dates and tour the Shields Date Garden, spend time at the Palm Springs Air (huge collection of WWII planes) and Art (Chagall, Picasso, Warhol, Calder, Ansel Adams, etc.) Museums and the Village Street Fair (200 vendors/street entertainers), and enjoy the step-on guide relating history of famous stars' homes in the area. Price pp, double occupancy: \$1,354; single occupancy is \$1,628.

The pre-trip meeting will be Tue., Feb. 25, from 1:00 – 3:00 p.m. in the Neighborhood Rm. at the Community Center

WASHINGTON, D.C.

Wed., April 23, 2014 – Tue., April 29, 2014

The pre-trip meeting will be Thu., Apr. 10, from 10:30 am – Noon in the Laurel Rm. at the Senior Center

**NEW
Date**

NEW YORK CITY

Thur., June 12, 2014 – Mon., June 16, 2014

Highlights of this trip include: Two Broadway Shows, Greenwich Village, Wall Street, Ground Zero—9/11 Memorial, Metropolitan Museum of Art, Statue of Liberty and free time to explore on your own.

The price for this five-day trip is \$2,979(R) pp double occupancy and \$3,779(R) single occupancy. Deposit is \$320 pp, with balance due Thur., Apr. 3, 2014. Trip includes five meals (three breakfasts and two dinners). Slide show on February 5, see page 5.

The pre-trip meeting will be Thu., May 22, from 10:30 am – Noon in the Neighborhood Rm. at the Community Center

BLACK SEA VOYAGE

Thurs., July 31, 2014 – Tue., August 12, 2014

Start with three nights in Istanbul, Turkey with a city tour, Topkapi Palace; then Plovdiv for dinner and tour, Veliko Tarnovo for a tour and lunch in Arbanasi. Our seven-day cruise up the Danube from Bulgaria to Hungary aboard AmaWaterway's, AmaPrima, includes complimentary shore excursions, with personal headsets to hear our guide. Ports of call include: Palace of Parliament in Romania, a city tour of Vidin, and Baba Vida fortress in Belogradchik. We'll traverse the narrow gorges of the Iron Gates dividing the Carpathian and Balkan Mountains, cruise between Serbia and Croatia, and fly home from Budapest, Hungary. Optional extended stay for tours of Budapest and Vienna. Please see flyer for details of this fabulous trip.

The price for this 13-day trip depends on the cabin you choose—see flyer. Deposit is \$1300(R) pp, with balance due Thur., April 24, 2014. Trip includes all meals onboard the cruise ship (three breakfasts, one lunch and one dinner on the land package).

The pre-trip meeting will be Wed., Jul. 16, from 10:30 am – Noon in the Laurel Rm. at the Senior Center

AMERICAN CANYONLANDS

Thur., September 18, 2014 – Fri., September 26, 2014

Highlights of this trip: Three National Parks (Grand Canyon, Zion and Bryce Canyons), Scottsdale, Zion Park Tram Tour, Sedona Trolley Tour, Oak Creek Canyon, Cameron Trading Post, Lake Powell Cruise, Monument Valley and scenic drive, two nights each in Grand Canyon, Lake Powell, and Las Vegas.

The price for this nine-day trip is \$2,821(R) pp double occupancy and \$3,571(R) single occupancy. Deposit is \$490 pp, with balance due Wed., Jul. 2, 2014. Trip includes 14 meals (eight breakfasts, one lunch and five dinners).

The pre-trip meeting will be Wed., Sep. 3, from 10:30 am – Noon in the Sequoia Rm. at the Senior Center



Extended Trips

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



RAILS OF NEW ENGLAND

Fri., October 10, 2014 – Fri., October 17, 2014

Highlights of this trip: Three rail journeys—Conway Scenic Railroad, Mount Washington Cog Railway and the Essex Steam Train; Boston City tour, Faneuil Hall & Quincy Market; Minute Man National Historic Park in Lexington & Concord; Lobster Dinner, Portland, Maine; Casco Bay Cruise; scenic Kancamagus Highway, Billings Farm & Museum in Woodstock and Quechee Gorge; Green Mountain Sugar House and Mohegan Sun Resort & Casino and Mystic Seaport, a replica of a 19th century New England fishing village.

The price for this eight-day trip is \$3,063(R) pp double occupancy and \$3,888(R) single occupancy. Deposit of \$490 per person is due April 14. Balance due Friday, July 25. Trip includes 11 meals (seven breakfasts, four dinners).

The pre-trip meeting will be Wed., Oct. 1, from 10:30 am – Noon in the Sequoia Rm. at the Senior Center



Welcome Donna



Please welcome Donna Frankel, who has joined our Senior Center trip program staff. Donna is sharing trip program duties with Betty Burney, including the responsibility for escorting some of the extended trips.

Donna is not new to the Sunnyvale Senior Center, having been a line, tap and social dance instructor here for nearly 25 years. For the past 17 years, she has combined her love of dance, people and travel, organizing and leading dance cruises and land trips all over the world.

PANAMA CANAL CRUISE

Mon., December 8, 2014 — Mon. December 22, 2014

Celebrate the 100 anniversary of the Panama Canal by transiting through all the locks from the Pacific to the Caribbean Sea on Holland America's beautiful H/S Amsterdam. We fly to San Diego, where our 14 night cruise begins. We'll cruise to Puerto Vallarta & Huatulco, Mexico; Puerto Quetzal, Guatemala; Corinto, Nicaragua; and Puerto Caldera, Costa Rica. Then we navigate through each lock and onto Cartagena, Columbia, arriving in Ft. Lauderdale in time to fly back and still enjoy the full Christmas Holidays at home. You can do your holiday shopping, especially hand-crafted items at bargain prices on this trip, which starts and finishes at the Sunnyvale Senior Center.

The price for this 14 night trip depends on the cabin you choose—see flyer. \$600 deposit is required to sign up for this trip. **There is a Feb. 28, 2014 deposit deadline to earn the following generous shipboard credit: \$87 pp for inside cabin, \$137 pp for outside cabin, \$187 pp for veranda suites.** There are also significant savings for 3rd and 4th person(s) in a cabin. Note cabins are available on a first come first served basis. Final payment is due August 25, 2014. Trip includes round trip transport to airport from Senior Center, round trip airfare, trip insurance, some baggage handling, activities and entertainment on the ship and 42 meals. *Slide show 2/25/14 see below.*



Join us on Tue., Feb. 25, from 10 am to Noon in the Neighborhood Room at the Community Center for slide show presentations on the Black Sea Voyage, Panama Canal and New York City.

Then on Thursday, Feb, 27, from 10 am to Noon in the Neighborhood Room for slide show presentations on the American Canyonlands and Rails of New England 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.
- Slide show previews of extended trips - see page 5. You can now register for all trips upon receipt of this newsletter.
- **Registration for extended trips can be completed at the front desk before the February 25, 2014, slide show.**
- 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 will be 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 that may not be suitable for certain health conditions, such as high altitude.
- 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 - Spring 2014

P.O. Box 3707 • Sunnyvale, CA 94088-3707 • Call 1(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)

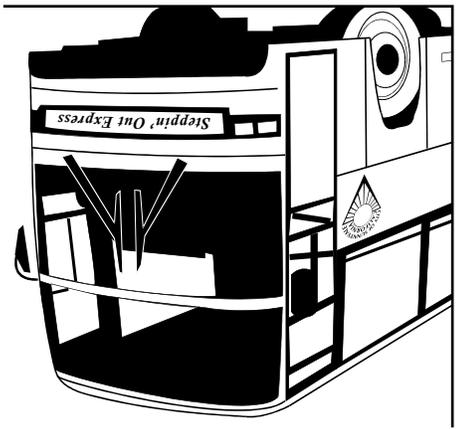
Do you have dietary or special needs that we should be aware of? (i.e. use of cane or wheelchair)? ____ Yes

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	\$

*See trip descriptions for the menu choices, check web or Steppin' Out bulletin board.

- You must be 50 years or older to participate.
- You can register for up to two people, if residing at the same address.



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P.O. Box 3707
Sunnyvale, CA 94088-3707
1 (408) 730-7360
Seniors.inSunnyvale.com



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 website Seniors.inSunnyvale.com, click on "Senior Trips" and print out the reservation form for the trip you want to go on.

Slide show presentations for our extended trips - please see page 5.

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 and 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 pp 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.