

**Registration Day is  
Wednesday, June 13**

# Steppin' Out Messenger



**Trips for Adults Over 50**

**Summer Quarter 2012**

**REGISTRATION:** Please join us on Wednesday, June 13, from 9 – 10 a.m. in the Lunch Room for day trip registration. From 10 a.m. – Noon, in the Senior Center's Laurel Room, we'll have extended trip registration with flyers and slide show presentations of some of our extended trips.

For more details and registration information, check out our Trip Web page at [Seniors.inSunnyvale.com](http://Seniors.inSunnyvale.com). Come to the Senior Center to pick up a flyer or call (408) 730-7360.

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

## **SIGN-UPS STILL BEING ACCEPTED FOR THIS TRIP FROM SPRING 2012**

*See description at [Seniors.inSunnyvale.com](http://Seniors.inSunnyvale.com)*  
Ruth Bancroft Garden & John Muir House  
Tuesday, 6/26/12 \$99R/\$124NR

## **PT. PINOS LIGHTHOUSE & PACIFIC GROVE MUSEUM OF NATURAL HISTORY**

*Friday, July 13, 2012*

Visit the oldest continuously operating lighthouse on the west coast, learn about the unique natural history of the Monterey Bay area, breathe in salt air at the beach, and savor a delicious lunch overlooking a beautiful golf course. The day starts with a docent led tour of the Pacific Grove Museum of Natural History, where you'll see one of the most extensive bird collections on the West Coast, a native plant garden, and a special exhibit on the migrating Monarch butterflies. Then it's off to lunch at the Point Pinos Grill. Your lunch entrée choices are: **A) Market Fresh Fish and Chips** with Firestone Beer Batter, Tartar Sauce, and Coleslaw; **B) 8 oz. Natural Beef Burger** with California Cheddar, Smoked Bacon, Avocado, Onion Ring, and Kennebec Kettle Chips; or **C) Grilled Chicken Caesar Salad** with Baby Romaine, Aged Vella

*Jack Cheese, Garlic Crostini, and Gilroy Garlic Dressing.* All meals begin with a cup of Clam Chowder, end with Old Fashioned Strawberry Shortcake, and include iced tea or coffee. After lunch you'll have time to explore the Pt. Pinos Lighthouse and spend some time walking along the beach. Please dress in layers and wear comfy shoes suitable for walking on sand.

TRIP #: 156800.S1 

TIME: 9:00 am – 5:15 pm

COST: \$87R/\$109NR

## **CALISTOGA & CASTELLO DI'AMOROSA**

*Tuesday, July 17, 2012*

Want to explore a 13th century, 107 room, Tuscan style castle without traveling to Italy and sample outstanding Napa Valley wines? Travel with us to Calistoga for a docent led tour of Castello di'Amorosa Castle and Winery which includes both a barrel tasting and samples of five premium wines. But before you check out the wine cellars and medieval torture chamber, you'll have some free time to explore the quaint town of Calistoga. You'll find a wide range of restaurants where you can enjoy an elegant lunch or grab something to eat on the go to sustain you as you browse through the many charming shops and boutiques. This is a long day, so please eat a good breakfast and consider bringing a snack for later. The castle tour lasts about 2 hrs and includes approximately 5 or 6 ounces of wine, so please eat a hearty lunch in Calistoga, wear comfy shoes, and bring a light jacket – the wine cellars can be quite cool.

TRIP #: 156800.S2 

TIME: 9:00 am – 7:00 pm

COST: \$99R/\$124NR



*day trips continued >*



# Day Trips

## SAN RAFAEL WALKING HISTORY TOUR

*Tuesday, July 31, 2012*

Want to know more about a Bay Area city that has preserved much of its historic architecture, tour a beautifully restored mission, and see a Civic Center designed by Frank Lloyd Wright? Join us as we travel to San Rafael for a walking tour of this charming North Bay city. Our docent will walk a little, talk a little, and then it's lunch at San Rafael Joe's. Our entrée choices are: **A) Pacific Red Snapper Meuniere, B) Roast Sirloin of Beef, C) Chicken Saute with Risotto, or D) Roast Leg of Pork.** All meals start with a Mixed Green Salad, include a Vegetable, Potatoes, French bread, Apple Pie a la mode, and coffee or tea. After lunch, we'll continue our walk and tour the Mission San Rafael Arcangel before heading home. Good walking shoes and dressing in layers are recommended.

TRIP #: 156800.S3 TIME: 9:00 am – 5:00 pm   
COST: \$95R/\$119NR

## CARMEL & CONCOURSE D'ELEGANCE CARS

*Thursday, August 16, 2012*

Once a year Pebble Beach hosts the Concourse d'Elegance featuring some of the most beautiful and elegant cars ever built. For a couple of hours on one day only, many of the cars are driven into Carmel-by-the-Sea and parked along Ocean Avenue where everybody can enjoy them. We'll drop you off right on Ocean Avenue where you can view these magnificent automobiles from a bygone era. The day is totally your own. There are a multitude of wonderful places for a tasty lunch, lots of art galleries, and shopping galore in addition to the fabulous vintage cars. Traffic is likely to be heavy, so do yourself a favor and leave the driving and the parking to us! The weather along the coast is always unpredictable, so layers and a jacket are recommended.



TRIP #: 156800.S4 TIME: 8:15 am – 5:00 pm   
COST: \$59R/\$74NR

## FORT POINT & GOLDEN GATE BRIDGE HISTORY

*Saturday, August 18, 2012*

The world's most famous bridge celebrates its 75th anniversary this year and the California Historical Society Museum in San Francisco is hosting an exhibit chronicling the Golden Gate Bridge's history and construction. After our docent led tour of the exhibit, we'll spend a little time at the Golden Gate Bridge Visitors' Center and stop for a short while to take photos. Then we continue to Marin, where you'll have enough free time to enjoy a leisurely lunch on your own and/or get in some shopping before heading to historic Fort Point which will be hosting a Civil War re-enactment. You'll get to talk to the actors and learn about Fort Point's connection to the Civil War, as well as explore the fort and its historical exhibits. It will be cold, damp, and/or windy on part of this trip, so please wear layers and bring a warm jacket.

TRIP #: 156800.S5  
TIME: 9:15 am – 5:00 pm COST: \$59R/\$74NR

## ALCATRAZ ISLAND TOUR

*Wednesday, August 29, 2012*

Alcatraz, aka The Rock, is one of the most infamous bits of real estate in the Bay Area. Our day begins with a 15-minute ferry ride to the island where you'll get a short orientation and an audio headset for your self-guided tour. Much of the island is steep with a 130 foot change in elevation from the dock to the prison on top of the island. For those unable to hike up the hill, an electric shuttle goes up to the prison twice every hour. Boarding is only available at the bottom or at the top of the hill and only on a first come, first served basis. Please enjoy a hearty breakfast as there is no food allowed on Alcatraz. We'll enjoy a late lunch at Scoma's on Pier 47 before heading home. Our meal will start with a warming Cup of Clam Chowder, followed by your choice of: **A) Scoma's Catch of the Day, B) 8 oz. all natural Flat Iron Steak, C) Crab and Shrimp Combination Louis Salad, or D) Bay Shrimp Pasta Pamodoro.** All meals also include chocolate torte with Raspberry Sauce and your choice of coffee, tea, or iced tea. Lots of layers for this typically windy locale, and sturdy walking shoes are musts for this tour!

TRIP #: 156800.S6   
TIME: 8:15 am – 5:00 pm COST: \$116R/\$145NR

# Day Trips



## WAR HORSE

Wednesday, September 5, 2012

Please sign up  
before 6/13

The astounding puppetry makes this 2011 Tony Award winning play a must-see theatrical event. It's a simple war-is-hell tale of a boy and his horse, Joey, set in World War I. At a time when mechanized war-fare was in its infancy, horse power often meant actual horses. Joey, a life-sized horse puppet, demonstrates over and over again that courage and heart are not just human qualities. According to the NY Times, "...nothing on screen could replicate the specific thrill of watching Joey take on substance and soul... before our eyes." Please sign up early so we can get the best possible seats.

TRIP #: 156800.S7

TIME: 12:30pm - 6:30pm COST: \$116R/\$145NR



## OLD SAN FRANCISCO

Tuesday, September 11, 2012

Please sign up  
before 6/13

Want a taste of what life was like for the original gold-mining '49ers? Then join us as we travel to San Francisco for a self-guided tour of the Balclutha, a 19th century sailing ship that made the perilous journey around Cape Horn. You'll be able to explore the ship, watch the videos, and learn about the ship and the perilous passage to San Francisco. Then we're off for an early lunch at the oldest restaurant in San Francisco. Founded in 1849, the Tadich Grill, has been serving its signature seafood dishes and other delights for more than 150 years. Our lunch will begin with New England Clam Chowder, followed by your choice of: **A) Mesquite Broiled Salmon Filets** with steak fries; **B) Tadich Grill Pot Roast** with mashed potatoes; **C) Chicken Dore with Piccata Sauce** and rice; or **D) Pan-fried Sand Dab Filets**, with lemon butter sauce and rice. All meals also include a fresh vegetable,

Tadich Grill Bourbon Caramel Bread Pudding for dessert, and your choice of tea, coffee, or soda. To round out our day, we travel to the Anchor Steam Brewery, also founded in 1849, for a tour of what was arguably the first micro-brewery in California. The tour concludes with a tasting where you can select samples from all the brews Anchor is currently producing.

TRIP #: 156800.S8



TIME: 8:15am - 4:30 pm COST: \$97R/\$121NR



## SURF AND TURF IN SANTA CRUZ

Thursday, September 27, 2012

Our day starts with a visit to one of Santa Cruz's hidden treasures, the Wilder Ranch State Park. Run as an operating dairy ranch for over 100 years, this 7,000 acre property was acquired by the State Park system in order to preserve the land's natural environment and cultural history. You'll get a docent led tour of the restored 1859 farm house and the 1897 Victorian, as well as the barns and the Pelton water-wheel powered machine shop. If you like animals more than architecture, you can opt to skip the tour and spend some extra time with the livestock that live at the ranch. Then it's off to lunch at the Hindquarter where your lunch choices will be: **A) Chicago Baby Back Ribs** with French fries; **B) Roast Breast of Turkey** with mashed potatoes, gravy, vegetable, and cranberry sauce or **C) Blackened Salmon Caesar Salad** with Soup of the Day. Meals will include a salad, your choice of drink, including soft drinks, and Raspberry Cheesecake for dessert. Then it's off for a docent-led tour of the Seymour Marine Discovery Center, a working marine laboratory operated by UC Santa Cruz. We'll allow time for you to explore the exhibit hall and aquarium on your own, and visit the gift shop before heading home.

TRIP #: 156800.S9



TIME: 8:45am - 5:00pm COST: \$91R/\$114NR



# Extended Trips

All can register for extended trips prior to June 13.

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 new trip.

## PAGEANT OF THE MASTERS

Mon., July 23 – Thurs., July 26, 2012

The theme for 2012's Pageant of the Masters is "The Genius." Trip highlights are: **Knott's Berry Farm** Resort Hotel, a **tour of "The Early Years"** of Knott's Berry Farm, a day at **Catalina Island**, the **Laguna Arts and Sawdust festivals** including dinner at **Tivoli Terrace**, and a tram tour of **Universal Studios** with time at Universal City Walk. We end our trip with a docent lead **tour of six vintage homes** depicting the lives of early Southern Californians at the Heritage Square Museum.

The price for this four-day trip is \$1,550(R) per person double occupancy, \$1,775 (R) single. Call Betty at 408-730-7372 for space availability.

The pre-trip meeting will be held Tues., July 10, from 10:00am – Noon in the Laurel Rm.

## SPECTACULAR SOUTH AFRICA

Thurs., August 23 – Tues., September 4, 2012

Join us on a most amazing adventure to the Republic of South Africa. Highlights include: Johannesburg guided tour, a full-day vehicle safari game drive in Kruger National Park, a flight to Port Elizabeth, a journey to Tsitsikamma Forest, and visits to Knysna and Featherbed Nature Reserve. We also: visit an ostrich farm and a local wine farm, tour Cape Town, ride a cable car to the top of Table Mountain, see the Malay Quarter's mosques and minarets, stop at the Milnerton Lighthouse, explore the coastal scenery and charming towns that populate the Cape Peninsula, visit the penguins at Boulder Beach, explore Kirstenboach Botanical Gardens, tour the African Gold Museum, and enjoy a traditional African dinner.

The price for this 13-day trip is \$5,599(R) pp double occupancy, \$6,449(R) single occupancy. Deposit is \$510 per person, with balance due 7/23/12. Sign-up is on a space available basis.

The pre-trip meeting will be held Wed., Aug. 8, from 10:00am – Noon in the Laurel Rm.

## PARKS & SHAKESPEARE

Mon., September 17 – Sat., September 22, 2012

This is a fun trip we had totally customized for us. We depart the Senior Center on a motorcoach and head to Mount Lassen, stopping at the visitor's center. Then we're off to beautiful Burney Falls and a stop at the visitor's center before we drive up to the Mount Shasta area. On day two we'll enjoy a four hour tour of Mt. Shasta with a local guide and author of books on Shasta. Afterwards we head to Ashland for an evening performance at the Shakespeare Festival. On day three we travel to Crater Lake National Park for a stop at the visitor's center for a guided tour of the lake area. We'll lunch on our own at Crater Lake Lodge before we head back to Ashland. On day four we check out Ashland before attending a matinee play, after which we depart for Gold Beach. On day five we take a six hour round trip Mail Boat Ride on the Rogue River that includes narration, possible wild life sightings and lunch. We overnight in Eureka then begin our journey home. On day six we'll drive through Ferndale, noted for its Victorian homes and travel through beautiful scenic redwoods on our way home.

The price for this six-day trip is \$1,699(R) pp double occupancy, \$2,100(R) single occupancy. Deposit is \$200 per person, with balance due 7/5/12.

The pre-trip meeting will be held Tues., Sept. 11, from 10:00am – Noon in the Laurel Rm.

## CIRCLE HAWAII CRUISETOUR

Thurs., October 18 – Sat., October 27, 2012

We fly to Oahu for three days, spending two nights at the Aston, **Waikiki**, and spending our days sightseeing. Highlights are: a Luau, excursions to **Pearl Harbor and the Arizona Memorial**, time to shop and browse Waikiki, and a **full-day Circle Island Tour** before boarding the Norwegian Cruise line's **Pride of America**. Our ports of call are: **Kahului, Maui; Hilo, Hawaii; Kona, Hawaii** (note: if conditions permit, we sail by Kilauea Volcano); and **Nawiliwili, Kauai**, before returning to Honolulu, Oahu, for our flight home.

# Extended Trips

All can register for extended trips prior to June 13 .



The price for this ten-day trip is \$3,650(R) pp double occupancy Inside cabin, \$3,748(R) pp double occupancy Outside cabin with partially obstructed view, (unless you sign up early), \$4,150(R) pp double occupancy balcony cabin. Deposit is \$550 per person, with balance due 7/20/12.

The pre-trip meeting will be held **Thur., Oct. 4,**  
from 10:00am – Noon in the Laurel Rm.

## BRANSON MUSICAL HOLIDAY

*Thurs., November 8 – Mon., November 12, 2012*

Christmas at Branson—enjoy seven different performances: Doug Gabriel; the energetic Dutton Family; Hughes Brothers & Family; Twelve Irish Tenors; the Russian comic Yakov Smirnoff; the Showboat Branson Belle entertainment; and Branson's best show, SIX!. We'll also go to Silver Dollar City and enjoy some of the various shows they offer and stop at Stone Hill Winery to taste and learn how Spumante and cream sherry are produced and bottled.

The price for this five-day trip is \$2,069(R) pp double occupancy, \$2,319(R) single occupancy. Deposit is \$310 per person, with balance due 9/9/12. **Early Booking Discount:** if you sign up before July 9, you'll save \$50 off your final payment.

The pre-trip meeting TBD.

## SOUTHERN ITALY & SICILY

Featuring Taormina, Alberobello and the Amalfi Coast

*Thurs., April 18, 2013 – Mon., April 29, 2013*

Explore the hidden treasures of southern Italy and Sicily, including: Palermo, Monreale, Agrigento, Cantania, Mt. Etna, Giardini Naxos, Taormina, Basilicata, Taranto, Alberobello, Matera, Sorrento Peninsula, Amalfi Coast, and Pompeii. We'll visit numerous squares and piazzas, including Quattro Canti and other great museums and shops. We'll tour the Palace of Normans and La Martorana Church, which houses the Imperial Crown of Constance of Aragon. We'll see a 12th century Cathedral and Valley of the Temples' ruins, a UNESCO World Heritage site. We'll see significant monuments and beautiful flowering gardens, ferry to Villa San Giovanni and the seaside town of Scanzano Jonico, visit local wineries for tasting and a dinner, tour Aragonese's

15th century Castle, and see Trulli Houses with their distinctive cone-shaped roofs in Alberobello. We'll view the Bay of Naples, visit a cheese producer, see Sassi di Matera's cave dwellings, sample Limoncello in Minori and tour the excavated ruins of Pompeii at the foothills of Mt. Vesuvius. Then we'll fly home from Rome—in order to rest up from this wonderful trip.

The price for this twelve-day trip is \$4,545(R) pp double occupancy, \$5,045(R) single occupancy. Deposit is \$470 per person, with balance due 2/14/13. **Early Booking Discount:** if you sign up before Oct. 12, 2012, you'll save \$100 off your final payment.



## AMERICA'S MID-ATLANTIC REGION!

Featuring Mansions, Gardens & Hidden Gems!

*Tues., May 14, 2013 – Mon., May 20, 2013*

Join us as we visit Valley Forge National Historic Park, Longwood Gardens, fountains and the Peirce-du Pont House built in 1730. We'll also: take a tram tour of Winterthur Gardens, founded by Henry Francis DuPont; tour "Nemours," the 300-acre gardens and estate of Alfred I. DuPont, built in 1907; visit the Barnes Foundations art museum, that opened May 2012; tour the Wheaton Arts Museum of American Glass; overnight in quaint Cape May, NJ, renowned for its Victorian architecture; tour the US Naval Academy in Annapolis, MD; and tour the Hampton National Historic plantation. Finally, we'll visit Fort McHenry, the historic star shaped fort whose bombardment by the British Royal Navy during the War of 1812 inspired Francis Scott Key to write "The Star-Spangled Banner"—our national anthem.

The price for this seven-day trip is \$2,868(R) pp double occupancy, \$3,518(R) single occupancy. Deposit is \$500 per person, with balance due February 28.

# Trip Policies & Procedures

## GENERAL INFORMATION

- Registration Wednesday, **June 13, 2012**: **9 a.m. – 10 a.m.**, Orchard Pavilion for day trips;  
**10 a.m. – Noon**, Laurel Room for extended trips.
- 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.
- **Registration for most extended trips can be completed at the front desk before June 13, 2012.**
- 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 new 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.

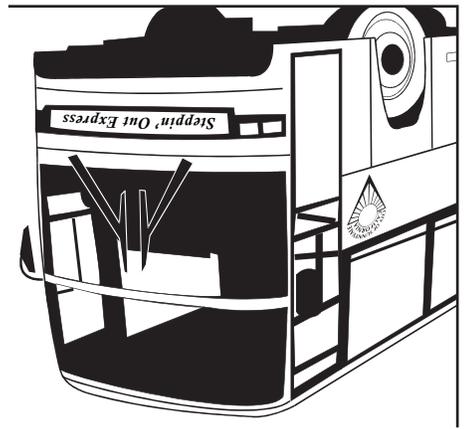
- **Day Trip Activity Levels:**  = trip includes moderate walking and/or standing for extended periods  
 = trip includes some stairs and/or multiple times on/off bus  
 = trip includes hilly terrain



## 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.





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P.O. Box 3707  
Sunnyvale Senior Center



## Registration, Payment Information and Policies

### REGISTRATION INFORMATION!

- You can mail in your registration form early! It will be processed in order of date received after walk-in registration (unless trip suggests early sign up).
- “Walk-in” registration will be held on Wednesday, 6/13/12, **9 – 10 a.m.**, Orchard Pavilion for day trips; **10 a.m. – Noon**, Laurel Room for extended trips. Numbers will be distributed on a first-come, first-served basis starting at 8:30 a.m.
- After “walk-in” registration is completed, all trips will then be available for purchase at the front desk.
- 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.
- You may register up to two people on registration day, Wednesday, 6/13/12.

### 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).
- 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. You may sign-up for most extended trips prior to our day trip registration on 6/13/12.

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; TDD (408) 730-7501. Visit [Seniors.inSunnyvale.com](http://Seniors.inSunnyvale.com)