



Therapeutic Recreation

The purpose of the Sunnyvale Therapeutic Recreation Program is to facilitate the development, maintenance and expression of a healthy and meaningful recreation lifestyle for individuals with physical, mental, emotional or social limitations. For class information and program fees and dates, or if you would like to be on our mailing list, please call (408) 730-7624.

■ Classes

Saturday of Experience (18years & older)

A full day of recreation and socialization activities for young adults that includes outings, arts and crafts, drama and music, current events, exercise and sports and games. Bring a bag lunch.

Saturday, 10:00am-3:00pm

Location: Serra Park Building, 739 The Dalles Ave.

10:00am-10:15am Welcome, social time

10:15am-11:00am. Exercise

11:00am-Noon Cooking

Noon-1:00pm Lunch

1:00am-2:00pm Activity: Sports/Drama/Music

2:00pm-2:45pm Art

2:45pm-3:00pm Clean up

■ Sports & Exercise

Bowling (18years & older)

Bumper lanes are used, shoes and adaptive equipment are provided.

Thursday, 3:30-5:00pm

Location: Homestead Lanes, 20990 Homestead Rd

Soccer (4-19years)

AYSO provides soccer programs for children with disabilities, ages 4-19 years, at no cost. For more information call (408) 739-AYSO or check out their Web site: www.soccer.org

■ Special Events

Santa Clara County Special Olympics

Provides year round athletic training and competition for qualified participants. For more information, please call the Santa Clara County Special Olympics' (SCCSO) office at (408) 392-0170, or visit us on the Web at sonc.org.

CO-OP Dances (18years & older)

Dances are sponsored by the: San Jose Office of Therapeutic Services; Santa Clara Parks and Recreation Therapeutic Program; and Sunnyvale Therapeutic Recreation Program.

Admission Price is per person and is payable at the door.

City	Date	Admission Price
Santa Jose	October 21, 2011	\$5
Santa Clara	December 9, 2011	\$5
Sunnyvale	February 17, 2012	\$7

Community Organizations

All of the organizations listed here provide recreational opportunities for persons with specific interests. If you have a particular interest in any of the wide variety of activities presented below, you are invited to contact the organization's representative at the phone number shown and obtain information on becoming a member. These organizations provide a valuable service to Sunnyvale, and the Department of Library and Community Services – Community Services Division encourages your participation as an active member.

Community Partners	Phone
Friends of the Sunnyvale Library	(408) 982-6657
Nova Vista Symphony	(408) 624-1492
Belle Swingers Square Dance Club	(408) 739-3977
Sunnyvale Art Club	(408) 733-1804
Sunnyvale Community Players	(650) 425-7549
Sunnyvale Garden Club	(408) 733-4686
Sunnyvale Historical Society & Museum	(408) 749-0220
Sunnyvale Photographic Club	(408) 306-1441
Sunnyvale Singers	(408) 718-9666
Sunnyvale Squares	(408) 744-1021
Sustainable Community Gardens	(408) 735-8154

Senior Clubs

American Association of Retired Persons (AARP)	(408) 296-3805
Bayview Senior Citizens	(408) 736-4453
California Grandmothers' Club	(408) 736-4453
Chinese Senior Club of Santa Clara Valley	(408) 738-4321
Sunnyvale Senior Citizens	(408) 734-0651
Unique Boutique	(408) 733-8459

Sports Clubs

Sunnyvale Badminton Club	(650) 527-4721
Sunnyvale Gymnastics Club	(408) 616-0740
Sunnyvale Judo Club	(408) 371-1449
Sunnyvale Lawn Bowls Club	(408) 736-4739
Sunnyvale Swim Club	(408) 248-8979

Youth Sports Leagues

Baseball/Softball

Lakewood Pony Baseball	(408) 747-7640
Metro Little League	(408) 594-0367
National Little League	(408) 720-1809
Sunnyvale Pony Baseball	(408) 985-2925
Serra Little League	(408) 733-4565
Sunnyvale Girls Softball League	(408) 380-1210
Southern Little League	(408) 373-4680

Football

POP Warner Football	(408) 799-8860
POP Warner Cheerleading	(408) 505-3566

Soccer

American Youth Soccer Organization	(408) 739-AYSO (2976)
Sunnyvale Alliance Soccer	(408) 368-6895

Other

Sunnyvale Sports Association	(408) 746-9200
------------------------------	----------------