



The Sunnyvale Senior Center



You are invited to become a member of the Sunnyvale Senior Center

- Learn new skills
- Make new friends
- Stay healthy
- Get in shape
- Attend lectures
- And more!

2013 Senior Center Membership Drive
 Buy your membership now and enjoy the Senior Center for the rest of 2012 and ALL of 2013!

Three Easy Steps to Become a Member

1. Come in and complete a membership application.
2. Show proof of residency and age (photo ID or utility bill) and pay a resident discounted fee of \$25 (Basic) or \$29 (Premium). Those living outside of Sunnyvale pay an annual membership fee of \$39 (Basic) or \$45 (Premium).
3. Have your photo taken and receive your personalized card. For more information, call (408) 730-7360.

Older Adult

Membership Benefit Structure	City of Sunnyvale Resident Status	Membership Type	
		Basic	Premium*
		Resident	\$25/Year
	Non-resident	\$39/Year	\$45/Year
\$5 discount for any Older Adult class and personal training registration offered at the Senior Center		✓	✓
Free drop-in programs, lectures, game days and movies		✓	✓
Discounts on special events, daily lunches and dances listed in the Older Adult Section		✓	✓
Free health screening services (blood pressure and hearing)		✓	✓
Activity Guide mailing		✓	✓
Free use of Computer Lab and free computer repairs (parts not included)		✓	✓
Free use of Billiard Room		✓	✓
Free Table Tennis (does not include ball fee)			✓
Free use of fitness equipment in Fitness Room			✓
One \$5.00 discount coupon for any class listed in the Older Adult Section of the Activity Guide.			✓
Two Drop-In Passes; good for Back Care, Cardio Mix, Zumba Gold, Gentle Core Fitness, Line Dancing, Sunny Fit, Body Core (Saturday only) and Current Events.			✓



Art

Ceramics (50 & older)

Create decorative items for your home, or gifts for family and friends. **Beginning:** Learn how to cast liquid slip into molds, clean and decorate ceramic pieces. This class is fun and easy.

Intermediate/Advanced: You will be introduced to glazes and techniques, such as staining, airbrushing, decals, and more. A nonrefundable \$7 slip and glaze fee payable at first day of class. There is a \$5 firing fee. Drop-in fee \$7 resident, \$9 non-resident.

Instructor: Helen Jurado

Location: Senior Center Willows Art Room

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
359901.AA	Beg	50 & older	10/29-12/17	M	8:30am-11:30am	\$41/\$51
359902.AA	Int/Adv	50 & older	10/29-12/17	M	12:30pm-3:30pm	\$41/\$51
459901.AA	Beg	50 & older	1/28-3/25	M*	8:30am-11:30am	\$41/\$51
459902.AA	Int/Adv	50 & older	1/28-3/25	M*	12:30pm-3:30pm	\$41/\$51

*No class 2/18

Dance

Daytime Ballroom Dance & Lessons

Every Wednesday; 10:45am-12:00pm, Apricot and Cherry Rooms \$2 members/\$3 non-members; pay at the door for dance and lessons.

November	Foxtrot
December/January	East Coast Swing/Lindy Hop
February	Night Club 2-Step

Evening Ballroom Dances

Dance Lessons

Every 3rd Wednesday; 6:45pm-7:30pm

Instructor: Babi & Ron Hogue.

Big Band, Swing & Popular Sounds

Every 3rd Wednesday; 7:30pm-9:30pm

Location: Senior Center, Orchard Pavilion

Fee: \$5 members, \$6 non-members

Price includes dance lessons & admission.

Upcoming dates and featured dances:

Nov. 21	Cha Cha
Dec. 12	Waltz
Jan. 16	Tango
Feb. 26	Rumba

Line Dancing (50 & older)

Have fun, meet new friends and keep moving to burn calories. No partners needed.

Beginning: This is your chance to learn fun, easy dances designed for the very beginning level student. 8-10 dances will be taught, reviewed and practiced for your enjoyment and exercise.

Advanced Beginning: For those who have participated in a line dancing class. Learn 8-10 dances in a variety of styles.

Instructor: Donna Frankel

Location: Recreation Center, Ballroom

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
454001.AA	Beg	50 & older	1/30-3/20	W	10:30am-12:00pm	\$45/\$56
454002.AA	Int/Adv	50 & older	1/28-3/25	M*	10:00am-11:30am	\$45/\$56
454002.BA	Int/Adv	50 & older	1/30-3/20	W	9:00am-10:30am	\$45/\$56

*No class 2/18

Fitness

Back Care Conditioning (50 & older)

Plus Stretch, Strengthen, and Relax

Move more easily and reduce chronic pain with gentle exercises that strengthen, and stretch your back. Exercising with a chair, belt and mat, you'll build a stronger, more vital torso while relaxing and rejuvenating the whole body. Bring a mat and yoga belt, and wear comfortable clothes. Drop-in fee \$5 resident, \$6 non-resident.

Instructor: Tamara Lo

Location: Senior Center, Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358750.AA	50 & older	10/29-1/7	M*	10:00am-11:00am	\$39/\$49
*No class 12/17, 12/24, 12/31					
458750.AA	50 & older	1/28-3/25	M*	10:00am-11:00am	\$39/\$49
*No class 2/18					

Personal Training Program (18 & older)

We are offering one-hour long, personalized fitness training sessions. Our certified and knowledgeable trainers will design a fitness program based on your personal exercise and wellness needs. Our programs can accommodate all fitness and ability levels. *Reminder: For your safety, always check with your physician before starting a new exercise program.*

# of Sessions	One Person Rates*		Two-Person Rates*	
	Residents	Non-Residents	Residents	Non-Residents
1	\$65	\$81	\$100	\$125
3	\$185	\$231	\$255	\$305
5	\$275	\$325	\$375	\$425

To schedule your personalized training session, please call (408) 730-7360

*Current Senior Center members receive a \$5 discount.

Body & Core Strengthening (50 & older)

Learn proper techniques and exercises to strengthen and condition all muscle groups using handweights. Recommended to improve bone density, metabolism and muscle tone-a perfect complement to regular cardio workouts. Bring a mat and handweights; stability ball on Saturdays only. Class registration forms will be accepted on 10/2. Priority registration given to walk in residents. Saturday ONLY: Drop-in fee \$5 resident, \$6 non-resident.

Intermediate: Must have participated in a Sunnyvale Senior Center fitness class within the past year.

Advanced: Higher intensity and faster paced workout.

Instructor: Tamara Lo

Location: Senior Center, Orchard Pavilion

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
358303.AA	Adv	50 & older	10/30-1/10	TuTh*	9:00am-10:00am	\$55/\$69
458303.AA	Adv	50 & older	1/22-3/14	TuTh	9:00am-10:00am	\$55/\$69
Location: Recreation Center, Ballroom						
358302.AA	Int/Adv	50 & older	10/30-1/10	TuTh*	10:30am-11:30am	\$55/\$69
358302.BA	Int/Adv	50 & older	11/3-1/12	Sa*	8:30am-9:30am	\$32/\$40
*No class 11/22, 11/24, 12/18, 12/20, 12/25, 12/27, 1/1						
458302.AA	Int/Adv	50 & older	1/22-3/14	TuTh	10:30am-11:30am	\$55/\$69
458302.BA	Int/Adv	50 & older	1/26-3/16	Sa	8:30am-9:30am	\$32/\$40



Cardio Mix (50 & older)

Burn fat and feel great while working up a sweat with uncomplicated moderate high-energy moves, lively dance steps and cardio kick-boxing routines that perfectly complement your regular strength training regimen. Bring a towel and mat to class. Drop-in Fee \$5 resident, \$6 non-resident

Instructor: Tamara Lo

Location: Senior Center Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358200.AA	50 & older	10/30-1/10	TuTh*	8:00am-9:00am	\$48/\$60
*No class 11/22, 12/18, 12/20, 12/25, 12/27, 1/1					
458200.AA	50 & older	1/22-3/14	TuTh	8:00am-9:00am	\$48/\$60

EnhanceFitness (50 & older)

EnhanceFitness is an evidence-based group exercise class that will help you become more active, energized, and empowered to sustain an independent life. The class will focus on dynamic cardiovascular exercise, strength training, balance, and flexibility. EnhanceFitness is an exercise program with proven results! Exercises can be done seated or standing. Wrist/ankle weights provided. This class meets 3 times per week.

Instructor: Christel Ligocki (10am-11am)

Location: Recreation Center, Ballroom

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358130.AA	50 & older	10/29-1/9	MWF*	10:00am-11:00am	\$85/\$106
*No class 11/23, 12/17, 12/19, 12/21, 12/24, 12/26, 12/28, 12/31					
458130.AA	50 & older	1/23-3/20	MWF*	10:00am-11:00am	\$85/\$106
*No class 2/18					

Gentle Core Fitness (50 & older)

Make everyday activities easier, reduce stress and improve circulation, flexibility, coordination, agility, muscle tone, and overall health with gentle and safe stretching. Bring a mat, 2-3 lb hand weights, yoga belt and wear loose, comfortable clothes. Drop-in fee \$5 resident, \$6 non-resident

Instructor: Tamara Lo

Location: Senior Center, Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358120.AA	50 & older	10/30-1/8	Tu*	12:00pm-1:00pm	\$39/\$49
358120.BA	50 & older	1/1-1/10	Th*	12:00pm-1:00pm	\$39/\$49
*No class 11/22, 12/18, 12/20, 12/25, 12/27, 1/1					
458120.AA	50 & older	1/22-3/12	Tu	12:00pm-1:00pm	\$39/\$49
458120.BA	50 & older	1/24-3/14	Th	12:00pm-1:00pm	\$39/\$49

Sunny Fit Low Impact (50 & older)

This entry level fitness class will help you gain independence in your activities of daily living and increase your confidence in exploring other fitness workouts. Class will include low intensity aerobics, strength exercises using resistance bands, and balance and stretching exercises. Exercises can be modified for sitting or standing. Drop-in Fee \$5 residents, \$6 non-residents.

Instructor: Fred Brovold

Location: Senior Center, Orchard Pavilion

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358140.AA	50 & older	10/29-1/7	MW*	1:30pm-2:30pm	\$44/\$55
358140.AB	50 & older	10/29-1/7	MW*	2:45pm-3:45pm	\$44/\$55
*No class 12/17, 12/19, 12/24, 12/26, 12/31					
458140.AA	50 & older	1/23-3/20	MW*	1:30pm-2:30pm	\$44/\$55
458140.AB	50 & older	1/23-3/20	MW*	2:45pm-3:45pm	\$44/\$55
*No class 2/18					

Zumba Gold (50 & older)

Are you ready to join the PARTY? Zumba Gold is a fun, effective, low-impact and high-energy workout that will make you SMILE! Boost your cardiovascular fitness and tone your muscles with easy-to-follow moves to an exciting mix of Latin and international music. Please wear comfortable clothes, supportive shoes and bring a water bottle. Drop-in fee: \$5 residents, \$6 non-residents.

Instructor: Kathleen Hill

Location: Indoor Sports Center

Class #	Age	Dates	Day	Time	Fee (Res/NR)
358210.AA	50 & older	10/29-12/3	MF*	8:45am-9:45am	\$41/\$51
458210.AA	50 & older	1/11-3/17	MF*	8:45am-9:45am	\$67/\$84
*No class 11/22, 1/22, 2/18					

Instructor: Irene Ortiz

Location: Recreation Center, Ballroom

358210.BA	50 & older	10/30-1/15	TuTh*	4:15pm-5:15pm	\$63/\$79
458210.BA	50 & older	1/22-3/14	TuTh	4:15pm-5:15pm	\$63/\$79
No class 11/22, 12/18, 12/20, 12/25, 12/27, 1/3					

Location: Senior Center Orchard Pavilion

358210.CA	50 & older	10/31-1/9	W*	4:15pm-5:15pm	\$34/\$43
458210.CA	50 & older	1/23-3/13	W	4:15pm-5:15pm	\$34/\$43
No class 12/19, 12/26, 1/2					

Instructor: Maria Yonamine

Location: Indoor Sports Center

358210.CB	50 & older	10/31-1/9	W*	8:45am-9:45am	\$34/\$43
458210.CB	50 & older	1/23-3/13	W	4:15pm-5:15pm	\$34/\$43
*No class 11/21, 12/19, 12/26					

Lectures

Cataract Surgery (50 & older)

Join us for a this educational presentation where you'll learn what a cataract is, what are the current surgical interventions for cataracts and what is the outcome for vision after surgery.

Tuesday, January 15, 2013 • 1:00 - 2:00 PM

Location: Senior Center, Laurel Room

Guest Speaker, Dr. Shieuey and Kristin Kelly, Refractive Surgery Specialist Palo Alto Medical Foundation

Better Choices, Better Health Chronic Disease Self-Management Program (50 & older)

Join us for a Free 6 week workshop where you'll learn Decision-making skills, Communicate more effectively with family, friends and physicians, Develop a long-term exercise program, Learn to eat healthier, Manage fatigue and much more.

January 11, 2013 • 9:00 – 11:30 am

Meets each Friday for 6 weeks

Register by calling: (408) 961-9812

Location: Senior Center, Sequoia Room

Presenter: Erika Zuniga, Health Trust

The Facts about Hip Replacement and Recovery (50 & older)

Join us for a power-point presentation where you'll learn about minimally invasive - total joint replacement including repair of fractures and many common orthopedic problems.

Tuesday, Feb. 26, 2013 • 1:00-2:15 pm

Location: Senior Center, Laurel Room

Guest Speaker: Dr. Bernardo Ferrari, Orthopedics Specialist

Older Adult



Special Interest

AARP Safe Driving Program

AARP Safe Driving Program – Contact the Senior Center for more information. Pre-registration required

Current Events (50 & older)

Discover how today's current news may affect you. The class will cover the analysis and discussion of world, national and local news, science and technology, medicine and health care, and business and the economy.

Instructor: TBD

Location: Senior Center, Cypress Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
357000.AA	50 & older	11/1-1/10	Th*	10:15am-11:30am	\$16/\$20
*No class 11/22, 12/20, 12/27					
457000.AA	50 & older	1/24-3/14	Th	10:15am-11:30am	\$16/\$20

Symphony & Concerto (50 & older)

Survey the rich musical activities in the Santa Clara Valley. Lectures focus on concerts presented at Flint Center, California Theater in San Jose and at other locations in the area. Audio and video recordings include symphonic and chamber music, opera and ballet. The instructor is a cellist and lecturer with many years in the symphonic life of the Valley.

Instructor: Roger Emanuels

Location: Senior Center Laurel Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
354800.AA	50 & older	11/5-12/10	M	1:00pm-2:30pm	\$37/\$46
454800.AA	50 & older	1/7-2/25	M*	1:00pm-2:30pm	\$37/\$46
*No class 1/21, 2/18					

Threads of Life: Senior Support Group

A confidential, safe and non-judgmental forum to discuss and process problems, changes and transitions with a trained professional. Topics may include getting your needs met, communication, relationships, grief and loss, depression and loneliness. Group meets 2nd and 4th Tuesday of the month.

Tuesday, 2:30pm–4:00pm

Instructor: Kathy Krueger, M.A., LMFT

Location: Senior Center, Laurel Room

Fee: \$10/day resident, \$13/day non-resident

Adult and Community Education

Adult & Community Education (ACE) and De Anza/Foothill College work in partnership with the Senior Center to provide a variety of educational courses. Classes are held at the Senior Center and membership is required. For class listing and registration, call:

ACE, (408) 522-2700 • De Anza College, (408) 864-8885
Foothill College, (650) 949-7779



Trips

Registration

We are no longer having a Registration Day event, so you can now register for all trips as soon as we publicize them by coming to the Senior Center, or mailing your registration form. For extended trips you can pick up flyers, or print them from our website; **Seniors.inSunnyvale.com**, then click on Senior Trips. For more information call 408-730-7360.



Day Trips

Monterey Bay Exploration Center <i>in Santa Cruz + Lunch</i>	Th, 11/1	\$83 R/\$104 NR
A Swingin' Holiday Ballet/Classic <i>Jazz + Lunch</i>	Sat, 11/17	\$111 R/\$139 NR
Royal Treasures from the Louve	Tu, 11/20	\$72 R/\$90 NR
Wildlife and Jelly Bellys® <i>Lindsay Wildlife Museum, Jelly Belly factory Tour + Lunch</i>	W, 12/5	\$96 R/\$120 NR
Dunsmuir House <i>Christmas tea</i>	Su, 12/9	\$77 R/\$96 NR
Claremont Area with Gary <i>+ Lunch</i>	Th, 12/13	\$93 R/\$116 NR
Anything Goes <i>Musical Golden Gate Theater - show only</i>	W, 1/30	\$116 R/\$145 NR
Beach Blanket Babylon <i>+ Dinner</i>	Sa, 2/9	\$146 R/\$183 NR
Terracotta Warriors <i>Asian Art Museum + Lunch</i>	Tu, 2/26	\$99 R/\$124 NR
<i>Registrations for all trips are now being accepted – so sign up now!</i>		
<i>We're working on more day trips for January and February - so please check out the upcoming Winter edition of the Steppin' Out Newsletter for more details about these trips and new additions to our Winter line-up.</i>		



Extended Trips

NEW! Ethan Bornick Show in Reno , Train/Bus trip, See this young performer on the internet! Fri., 11/30/12 - Sat., 12/1/12
* Southern Italy & Sicily , Thur., 4/18/13 – Mon., 4/29/13
* America's Mid-Atlantic Region , Tue., 5/14/13 – Mon., 5/20/13
* Great Canadian Cities , Wed., 6/12/13 – Wed., 6/19/13
* Scandinavian Highlights , Thur., 7/18/13 – Sun., 7/28/13
* Albuquerque's Balloon Fiesta , Fri., 10/11/13 – Wed., 10/16/13

*Slide Show Presentations on New Trips

Wednesday, Nov. 28th, 10am - 12pm, Senior Center, Laurel Room



Legal Clinics at the Senior Center

The South Asian Bar Association of Northern California (SABA-NC) in collaboration with the City of Sunnyvale SABS-NC will be hosting free legal clinics at the Sunnyvale Senior Center.

Volunteer attorneys will be available to provide FREE 20-30 minute legal consultations to answer questions on various legal matters. The clinics will be in session on the following Saturdays:

Every 3rd Saturday from 10 am to 12 noon (starting Sept. 15)

No appointments required. Just walk in and sign up at the front desk on the day of the clinic. If you would like to set up an appointment, please email probono@southasianbar.org or see staff at the Senior Center, Monday through Friday between 9 am to 5:30 pm.



Care Management

Linking individuals with services that will allow them to maintain their independence. We provide home assessments and both home and office consultation.

Call (408) 730-7732

GM

Lunchtime Librarian

Sunnyvale Librarians visit the Senior Center
Every 1st and 3rd Thursday of the month
11:00 am to 12:00 pm

- Get a library card
- Learn about eBooks
- Bring your eReader
- Talk about good reads
- Learn about our Special Outreach for home bound residents



Sunnyvale Library at sunnyvalelibrary.org

Get The Help You Need.

Senior Peer Advocate Program



Tailored specifically for older adults and their families

Provided by specially trained Peer Advocate Volunteers

We can provide help & information with:

- Housing, Food and Nutrition
- Adult Day Health/Day Care
- Transportation and Legal Issues
- Caregiving and family support

Call for an appointment: 408-730-7367

The Senior Peer Advocate is a program sponsored by The Health Trust Healthy Aging Initiative in collaboration with nine agencies, including the City of Sunnyvale.

NH

The Unique Boutique

The Unique Boutique is a special place where you can always find a beautiful, home-made item waiting to delight you or someone you care about. Come in and browse!

Phone: (408) 733-8459

Store Hours: . . . M – F, 10:30am – 2:30pm

Contact: Pat Hickey, President

GM

Older Adult



Upcoming Events



Thanksgiving Luncheon

Join us as we gather together to begin the Holiday Season for a delicious home made Thanksgiving Luncheon followed with some great Live Entertainment!

Sunnyvale Senior Center ~ Orchard Pavilion, 550 E. Remington Drive
Friday, November 9, 2012

Admission: Members \$11.00 / Non-members: \$13.00 (add \$2.00 if purchased after November 2).

Doors open at 11:00 a.m. Event begins at 11:45 a.m. -1:00 p.m.

For more information, call (408) 730-7360

Breakfast with Santa

Grandparents, Grandchildren and Families! This is a wonderful opportunity to treat your loved ones to a fun breakfast, have your picture taken with Santa and participate in a variety of crafts.

Sunnyvale Senior Center ~ Orchard Pavilion, 550 E. Remington Drive
Saturday, December 8, 2012

2 Shifts available: 8 a.m. – 9:30 a.m. or 10:30 a.m. - noon.

Admission: \$5.00 (\$7.50 if purchased after November 30.)

For more information, call (408) 730-7360



Holiday Luncheon

It's Holiday time to Deck the Halls and Celebrate with friends, family and staff for a delicious Holiday Luncheon.

Live Entertainment will follow!

Sunnyvale Senior Center ~ Orchard Pavilion, 550 E. Remington Drive
Friday, December 14, 2012

11:45 a.m. – 1:00 p.m.

Doors open at 11:00 a.m.

Admission: Members \$11.00 / Non-members: \$13.00 (Add \$2.00 if purchased after December 7.)

For more information, call (408) 730-7360



Tapas & Tunes

As a prelude to your Friday night, we invite you and your friends to enjoy live music, hors d'oeuvres and a glass of wine in the beautiful Orchard Pavilion. Featuring Music by the Mary Ellen Duo. Sponsored by the Sunnyvale Senior Center and Home Instead Senior Care

Community Center ~ Orchard Pavilion, Senior Center Bldg., 550 E. Remington Drive

Friday, January 18, 2013

5:30 p.m. – 7:30 p.m.

Doors open at 5:15 p.m.

Admission: Members \$13.00 / Non-Members \$16.00

For more information and to purchase tickets please call (408) 730-7360





Murphy Park Senior Programs

250 N. Sunnyvale Ave.

LAWN BOWLS

Mon. – Sat., 12:30 – 3:30 pm.
For one free class of instruction
& equipment use,
call Al Rizzo: (408) 736-4739



Table Tennis
FREE for
Premium Members

TABLE TENNIS

M – F, 9:30 am – 4:00 pm.
Bring your own paddle
& light soled shoes.
For more information
about either program,
call (408) 730-7334.



GB

Volunteers Needed

Join the group of folks who help make our Senior Center GREAT!

Areas Where We Need You

- Lunch Program
- Computer Lab
- Blood Pressure - Nurse/Doctor
- Current Events Instructor

Please call (408) 730-7360

NH

Senior Center Fitness Room



Fitness Room
FREE for
Premium Members

SF

Enjoy the wide range of cardio and weight resistance equipment. Use of room requires Senior Center membership or a \$5.00 pass, and viewing of the "Fitness Room" training DVD.

M – F, 8:00am – 6:00pm
Sa, 10:00am – 2:00pm
Su, CLOSED

For more information, call (408) 730-7358.

Join us for Lunch in the Orchard Café



Enjoy a home style meal prepared by our on-site Chef, Cecilia Garza-Ruiz. Meals are served, Monday-Friday at 12:00pm in the Orchard Café. Our lunches include: soup or salad, entrée, dessert and beverage. Call for pricing Menu subject to change

NH

New Member Coffee

New and potential members are invited to enjoy a complimentary cup of coffee or tea while touring our beautiful facility and learning about our programs. Tours offered the last Friday of each month, at 10:30 am in the Oak Lounge.

Tour will not be offered in December.

Older Adult



Senior Center Drop-in Programs and Services

Drop-in programs and services are free to members, unless noted otherwise. Some drop-in programs also require a membership to the Chinese Club, noted by ☉, or Premium Membership, noted by Ⓟ. For more information about the programs and services listed below and/or to make an appointment, please call the Senior Center at (408) 730-7360.

DROP-IN PROGRAMS

Program	Non-Member Fee (\$)	Meets
Billiards	\$5	M-F, 9:00am-6:00pm Sa, 10:00am-2:00pm
Book Club	\$2	2 nd Friday, 1:15-3:00pm
Bridge sign in between 11-11:45am	\$2	Tu & Th, 12:15-3:00pm
Chess Club	\$2	Th, 2:30-5:30pm
Dance Club ☉	\$2	Tu, 1:30 – 4:00pm
Computer Club	\$2	2 nd F, 9:30-11:30am
Computer Help (Sr. Center Members Only)	N/A	M-F, By appt.
Computer Investment Group	\$2	2 nd F, 11:30am-12:30pm
Computer Lab	\$5	M-F, 9:30am-11:30am 1:30pm-3:30pm
Dancing for Health ☉	\$2	Th, 3:00-5:00pm
Duplicate Bridge	\$2	Mon. 12:30-3:30pm
First Cup <i>(50¢ per cup for ALL)</i>		M-F, 8:30am-3:00pm
Fitness Room Ⓟ	\$5	M-F, 8:00am-6:00pm Sa, 10:00am-2:00pm
Game Day	\$2	F, 1:00-4:00pm
Lawn Bowls <i>(+ Club Membership for ALL)</i>	\$2	M-Sat, 12:30-3:00pm
Mah Jong	\$2	Th, 9:30-11:30am
Movies <i>(FREE for ALL)</i>		1 st & 3 rd F, 1:00pm
Table Tennis Ⓟ	\$5	M-F, 9:30am-4:00pm
Tai Chi	\$2	Th, 1:30-2:30pm
Wu's Tai Chi ☉	\$2	F, 9:00-11:00am
Women's Network	\$2	Tu, 10:30-11:30am
Yuan Chi ☉	\$2	F, 9:00-11:00am

SERVICES

Service	Non-Member Fee (\$)	Available / Call
BART Tickets	<i>(\$9 for ALL; a \$24 value)</i>	M-F, 9:00am-5:30pm
Blood Pressure	<i>(FREE for ALL)</i>	M & Th, 10:00am-Noon
Care Management <i>(FREE for Sunnyvale Residents only)</i>		Call: (408) 730-7732
El Camino Hospital Resource Library	<i>(FREE for ALL)</i>	Tu., 10:30am-11:30am
Diabetes Support	\$2	11/15, Dec (closed) 1/24, 2/28 1:00pm-2:30pm
Foot Care	<i>(\$40 members, \$50 Non-members)</i>	Monday 11/26, 1/28 1:00pm
Health Insurance Counseling and Advodcoy Program (HICAP)	FREE	By appointment - call
Hearing Screenings	FREE	Tuesday 10/30 By appointment - call
Notary Services	\$2	By appointment - call
VTA Photo ID	<i>(FREE for ALL)</i>	By appointment - call