

Steppin' Out Messenger



Trips for Adults 50+

Fall Quarter 2016

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

- Visit us online at *OlderAdults.inSunnyvale.com* and click on "Senior Trips," pick up a flyer at the Senior Center or call 408-730-7360.
- Attend our next extended trip slide show. For more information, call Senior Center at 408-730-7360.
- 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.

Day Trips

All day trips include: round-trip transportation from Sunnyvale Senior Center, escort(s), free parking and gratuity for the bus driver. Please arrive 30 minutes prior to trip start time to allow for check-in. Day trips are subject to modification or cancellation due to inclement weather.

NATIONAL STEINBECK CENTER & HOME AND SUCCULENT GARDENS *Tuesday, October 4, 2016*

Visit the National Steinbeck Center located in Salinas, the birthplace of author John Steinbeck. Learn about his life and values through a collection of artifacts, books and film clips. Enjoy lunch and a docent talk at the historical Steinbeck House. Lunch will include salad, chicken bundle (breast of chicken with tarragon cream sauce wrapped in philo dough), rice, vegetables, dessert and beverage. After lunch it's a short ride to the Succulent Gardens in Castroville where you will make a small container garden of succulent plants to take home.

TRIP #: 356800.F2  
TIME: 8:45 a.m. to 5 p.m. COST: \$117/\$146NR



ILLUMINATION AT GILROY GARDENS *Saturday, October 22, 2016*

Lumination is a festival of lights celebrating 2,000 years of Chinese culture and tradition at Gilroy Gardens. There are over 30 light displays handcrafted by artisans from Zigong, China, as well as live performances and an artisan marketplace. A Chinese buffet of Szechuan chicken, steamed white fish with shallots and ginger, steamed mushrooms, green beans and tofu, vegetarian chow mein, white rice and egg drop soup (menu subject to change) and dinner show are included.

TRIP#: 356800.F3 
TIME: 5 p.m. to 11 p.m. COST: \$83R/\$104NR





Day & Extended Trips

WHITE CHRISTMAS SHOW & DINNER

Wednesday, December 14, 2016

This holiday season treat yourself to Irving Berlin's White Christmas, a musical that tells the story of a song-and-dance team performing in a Vermont Inn. This musical is full of dancing, music and laughter! After the show, you'll have dinner at Pier Market Seafood Restaurant at Pier 39. Entrée choices include **A) Mixed Grill (Salmon and Shrimp), B) Grilled New York Steak and Shrimp, and C) Grilled Mahi-Mahi.** All dinners include sourdough French bread, butter, clam chowder soup, rice pilaf, coleslaw, ice cream with brownie and coffee or tea. To guarantee your space, register by Thursday, 11/3.

TRIP#: 356800.F4 

TIME: 5 p.m. to 11 p.m. COST:\$159R/\$199NR



BEST OF AUSTRALIA AND NEW ZEALAND

Tuesday, Feb. 21 – Wednesday, March 8, 2017

Come experience the culture, wildlife and natural beauty of Australia and New Zealand. Visit major cities, notable outdoor sites and tropical settings including Cairns, Sydney, and Melbourne, the Great Barrier Reef, Sydney Opera House and a wildlife park. Visits to New Zealand's famous cities of Christchurch, Queenstown, Auckland and the island of Rotorua are just some of the highlights.

The price for this sixteen-day trip is \$8,083(R) pp double occupancy and \$9,483(R) single occupancy. Deposit is \$885 pp, with Final Payment due

Wednesday, December 7, 2016. Trip includes airfare, twenty-two meals (12 breakfasts, 1 continental breakfast, 2 lunches, 7 dinners) and 13 nights in First . Class Hotels (3-Cairns, 3-Sydney, 2-Melbourne, 1-Christchurch, NZ, 2-Queenstown, 1-Rotorua, 1-Auckland Airport Area). Discount of \$200 pp if all payments made after deposit are paid BY CHECK prior to Wednesday, Dec. 7, 2016.



ARIZONA SPRING TRAINING AND MORE!

Sunday, March 26,- Thursday, March 30, 2017

This 5-day trip has something for baseball fans and nature lovers alike. Cheer your favorite baseball teams at Spring Training and explore the magnificent Arizona landscape with side trips to Phoenix, Scottsdale and Sedona. Visit the Arizona Biltmore Hotel, Old Town Scottsdale and the Musical Instrument Museum and enjoy a "Wild West" themed dinner.

The price for this trip is \$1,999(R) pp double occupancy and \$2,399(R) single occupancy. Deposit is \$400 pp, with Final Payment due Wednesday, February 1, 2017. Trip includes airfare, six meals (4 breakfasts, 2 dinners) and 4 nights at the Phoenix Mesa Hilton.



Extended Trips



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.

For more information about all extended trips, including detailed itineraries, number of included meals, pricing, payment options and discounts, please pick up a trip flyer or ask at the front desk.

Please note that non-residents pay an additional \$50 per person per extended trip.

PERU: ANCIENT LAND OF MYSTERIES MACHU PICCHU, CUZCO AND MORE

Saturday, May 13, 2017 – Monday, May 22, 2017

This 10-day trip explores five thousand years of living history as you travel through Peru. Some of the extraordinary highlights include visits to Lima, Cuzco, Lake Titicaca, the ruins of Ollantaytambo and the mystical “Lost City of the Incas,” Machu Picchu. Your incredible journey will take you through local markets and artisanal shops while you savor Peru’s exquisite food, history, and culture.

The price for this trip is \$5,479(R) pp double occupancy and \$6,329(R) single occupancy. Deposit is \$530 pp, with Final Payment due Tuesday, March 14, 2017. Trip includes airfare, fifteen meals (9 breakfasts, 1 lunch, 5 dinners) and 9 nights in First Class Hotels (2-Hilton Lima Miraflores, Lima, 2-Casa Andina, Sacred Valley, 1-Sumaq Hotel, Machu Picchu, 2-Hilton Garden Inn, Cuzco, 2-Libertador Lake Titicaca, Puno). Discount of \$200 pp if Final Payment made prior to Monday, Nov. 14, 2016.



NATIONAL PARK WONDERS YELLOWSTONE, MOUNT RUSHMORE AND MORE

Saturday, June 17, 2017-Sunday, June 25, 2017

Explore the wonders of two of our most cherished national parks, Yellowstone and Grand Teton, as well as visiting historic sites in Utah, Idaho, Wyoming, and South Dakota on this never-to-be-forgotten 9-day tour. This trip blends old-west towns of Jackson, Cody, Sheridan, and Montpelier with Devil’s Tower, Crazy Horse Memorial and Mount Rushmore national historic monuments.

The price for this 9-day trip is \$3,750(R) pp double occupancy and \$4,800(R) single occupancy. Deposit is \$750 pp, with Final Payment due Wednesday, March 1, 2017. Trip includes airfare, fourteen meals (8 breakfasts, 1 lunch, 5 dinners) and 8 nights in the following hotels: 1-Sheraton Salt Lake City, 2-The Lodge at Jackson Hole, 2-National Park Lodges, 1-Sheridan Holiday Inn, 2-The Rushmore Hotel, Rapid City). Discounts: 1) \$225 pp off if make early full payment for trip by Thursday, Jan. 5, 2017; 2) \$125 pp if you are a past traveler with Trafalgar, Insight Vacations, Uniworld River Cruises, Brendan or African Travel; 3) \$75 Retired Military personnel (must provide copy of DD214).



Extended Trips



SAN JUAN ISLANDS, VANCOUVER & VICTORIA, BC

Sunday, July 16 – Saturday, July 22, 2017

Get your camera ready and join this exciting trip to the beautiful San Juan Islands. After a short flight to Seattle, Washington, you will head to Vancouver, BC. The first two days, take in the sights on a city tour and enjoy this bustling west coast seaport. On day three, a ferry will take you to the charming city of Victoria. See the Parliament Buildings, Fairmont Empress Hotel, Bastion Square and Thunderbird Park on your city tour and visit the beautiful Butchart Gardens. From Victoria you will head to Sydney to catch the ferry to Friday Harbor. While cruising through the islands to Friday Harbor, keep an eye open for local wildlife such as soaring eagles and diving orcas. Your hotel for the next three nights will provide a base for exploring the historic Roche Harbor Resort, Sculpture Park, the English and American Camps and an Alpaca Farm and an afternoon cruise of the San Juan Islands. You will have time to browse the quaint Friday Harbor boutiques and galleries and tour a Lavender Farm on the island. A hosted farewell dinner gives all a chance to say goodbye before departing for Seattle and the flight home.

The price for this seven-day trip is \$2,999 (R) pp double occupancy and \$3,499 (R) single occupancy. Deposit is \$450 pp, with Final Payment due by Wednesday May 17, 2017. Trip includes airfare, eight meals (six continental/full breakfasts, two dinners) and six nights in hotels (2-Vancouver, 1-Victoria, 3-Friday Harbor). Discount: \$100 pp if deposit made by Tuesday, November 1, 2016.

PAGEANT OF THE MASTERS

Monday, August 14 – Thursday, August 17, 2017

Savor the sights of Southern California on this four-day tour. Your adventure begins in Los Angeles with a city tour, lunch and time to stroll Olvera Street and the downtown area. This first night, you will enjoy a delicious dinner at the Kobe Steakhouse before checking into your hotel. The next morning, escape the hustle and bustle with a day on beautiful Catalina Island. Your California adventure continues the following day with a tour of Mission San Juan Capistrano followed by an afternoon at the Laguna Beach Sawdust Festival. Explore the fine arts and crafts on exhibit and for sale by local artists. You will dine at the Tivoli Terrace that evening before heading to seats in the main tier for the renowned Pageant of the Masters, live portrayals of classical and contemporary art accompanied by music and live narration. Before your return flight home the following day, you will visit the Endeavor space shuttle exhibit along with the OUE Skyspace LA, California's tallest open-air observation deck which is home to the Skyslide, a 45-foot long glass slide.

The price for this four-day trip is \$1,998(R) pp double occupancy and \$2,383(R) single occupancy. Deposit is \$500 pp, with Final Payment due Monday, May 1, 2017. Main tier tickets to the Pageant of the Masters cannot be guaranteed for deposits received after Friday, December 16, 2016. Trip includes: five meals (3 breakfasts, 2 dinners) and 3 nights at Best Western Plus Convention Center in Long Beach. Discount: \$100 pp if deposit made by Monday, October 31, 2016.

Upcoming Slide Shows

Tuesday, 10/18/2016

Peru: Machu Picchu	10 a.m.
National Park Wonders	10:30 a.m.
Switzerland & Austria	11 a.m.
Pageant of the Masters	11:30 a.m.

Friday, 10/21/2016

Smoky Mountains	10 a.m.
Australia & New Zealand	10:30 a.m.
San Juan, Vancouver & Victoria B.C.	11 a.m.
Arizona & Baseball Spring Training	11:30 a.m.

Extended Trips



SWITZERLAND & AUSTRIA

*Saturday, September 9–
Friday, September 22, 2017*

Join us on this amazing trip to ride past beautiful Alpine lakes, traverse gorgeous valleys and majestic mountain, take docent-led walking tours of famous cities with their beautiful architecture, grand palaces and fortresses, dine in a castle, explore famous Swiss and Austrian resort towns and stay in an authentic Swiss chalet. Into the very heart of Europe, this trip takes in many highlights of Switzerland and Austria with scenic drives to Liechtenstein and the Italian ski resort of Cortina d'Ampezzo. With breathtaking scenery and fascinating sights, this trip is not to be missed.

The price for this thirteen-day trip is \$5,675(R) pp double occupancy and \$6,625(R) single occupancy. Deposit is \$850 pp (Note: registration after Friday, May 12, 2017 is based on availability), Final Payment due Thursday, June 1, 2017. Trip includes: seventeen meals (12 breakfasts, 5 dinners) and 12 nights in 4 and 5 star hotels (1-Zurich, 1-Salzburg, 2-Vienna, 1-Villach, 1-Innesbruck, 1-St Moritz, 2-Zermatt, 1-Evian, 2-Lucerne).

Discounts for this trip: 1) \$100 pp if make deposit within one week of the first slide show, 2) \$300 pp for early full payment by January 11, 2017, 3) \$150 pp for past passengers of with Trafalgar, Insight Vacations, Uniworld River Cruises, Brendan or African Travel, 4) \$75 Retired Military personnel (must provide copy of DD214).

SMOKY MOUNTAINS & BLUEGRASS

*Featuring Three Nights
at Nashville's Opryland Resort
Wednesday, October 11 –
Wednesday, October 18, 2017*

On this trip you will visit Churchill Downs, Louisville Slugger Museum & Factory, Evan William's Bourbon Distillery, Kentucky Horse Park's working horse farm, Dollywood theme park and the Country Music Hall of Fame. You'll tour Smoky Mountains National Park, Biltmore Estate, Nashville City and The Hermitage (President Andrew Jackson's home). Enjoy Nashville's Nightlife Dinner Theater experience and your farewell dinner and performance at The Grand Ole Opry.

The price for this eight-day trip is \$3,415(R) pp double occupancy and \$4,240(R) single occupancy. Deposit of \$510 pp is due by Monday, April 17 with Final Payment due Friday, July 28, 2017. Trip includes airfare, eleven meals (7 breakfasts, 4 dinners) and seven nights in First Class Hotels (2-Galt House, Louisville, 2-Doubletree, Gatlinburg, 3-Gaylord Opryland Resort, Nashville).

Discount of \$50 pp if deposit made by Monday, April 10, 2017. Discount of \$100 pp if all payments made after deposit are paid BY CHECK prior to Friday, July 28, 2017.



Extended trips have various activity levels and may include uneven terrain, extensive walking, stairs and high altitude. Attend a slide show for more information on trips (see page 4).

Trip Policies and 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 one 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.
- Bus Boarding Procedure: The standard procedure is to board in order of participant registration for the trip. In some situations, especially for large groups, participants may need to board as they check in on the day of the trip, so departure is on time.

**Day trips 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 AND 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 exiting 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 including dietary restrictions, please 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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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. For more information, call the Senior Center.

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**.