



The Sunnyvale Senior Center will once again be hosting Active Aging Week during the week of September 23, 2013.

Active Aging Week promotes the benefits of a healthy lifestyle on a national scale by giving older adults the opportunity to experience diverse activities and exercise in a safe, friendly and fun atmosphere.

Here is a summary of the **free** activities planned for the week.

Monday, September 23

9 am to 2 pm ~ Ceramics Open House - Willows Art Room

Drop by and learn how liquid clay is transformed into beautiful decorative items for home or gifts. Finished ceramic pieces created by students will be on display. Make a small complimentary ceramic piece to take home.

Tuesday, September 24

10 to 11:30 am ~ Know the 10 Warning Signs – Laurel Room

Memory loss that disrupts daily life is not a typical part of aging. It may be a symptom of Alzheimer's, a fatal brain disease that causes a slow decline in memory, thinking and reasoning skills. Every individual may experience one or more of the warning signs in different degrees. This program will provide information about the 10 warning signs of Alzheimer's disease, the importance of early detection and how a healthy lifestyle can make a difference!

Speaker: Bonnie Bollwinkel, Professional Education Specialist from the Alzheimer's Association

2 to 3 pm ~ Zumba® Gold Party at the Recreation Center Ballroom

Join us for a fun, low-impact and high energy workout that will make you SMILE! Instructors Kathleen, Irene and Marla will co-teach this workout. Instructors will be available to answer your questions after the session. Pre-register for this event at the front desk or call (408) 730-7360.

Wednesday, September 25

9 to 10:30 am ~ Falls Prevention– Laurel Room

Did you know that every 15 seconds an older adult is treated in an emergency room in the United States as a result of a fall? Falls can threaten a person's independence. Approximately one-third of older Californians fall each year, with many of the 1.3 million suffering serious injury, particularly hip fractures and head injuries. The good news is that many falls are preventable.

Ellen will be discussing the following: who are at risk for a fall; what can be done to reduce risks; and how to identify risk factors for falls among older adults.

Speaker Ellen Corman, MRA, Supervisor, Community Outreach and Injury Prevention from Stanford University Medical Center Trauma Service

Wednesday, September 25

9 am to 12:30 pm ~ Discover your Community!

During this time, the following organizations/groups will be at the Senior Center hallways to educate the community of available programs and services to the community.

- **Sunnyvale Cupertino Adult Education**
- **Health Trust of Silicon Valley**
- **City of Sunnyvale Department of Library and Community Services**
- **Constituent Services available from 17th Congressional District - Congressman Mike Honda's**

Friday, September 27

1:00 pm – 2:30 pm ~ Move It or Lose It! Physical Activity for Older Adults - Laurel Room

Instructor Fred Brovold will discuss recommended guidelines for physical activity, components of an exercise program and how to get started with an exercise program. After the lecture presentation, you can participate in an optional exercise session that will include cardio-respiratory, strengthening and balance improvement exercises.

Speaker: Fred Brovold, A.C.S.M. (Personal Trainer)

Fitness Room Orientation (offered on two days!)

Thursday, September 26 9:30 – 10:30 am

Friday, September 27, 3:00– 4:00 pm

A Senior Center personal trainer will demonstrate and provide instructions on how to set up and properly use machines and explain the benefits of each machine in the fitness room. Pre-register for the orientation at the front desk or call (408) 730-7360.

Free Event ~ Space is limited ~ You must pre-register at the Sunnyvale Senior Center or by calling 408-730-7360. Registration begins 9/10/2013.

Special Thanks to our guest speakers and partners for their participation in this year's events!