



Celebrate Active Aging Week® at the Sunnyvale Senior Center the week of September 24.

Active Aging Week® is the annual health promotion event for older adults organized by International Council on Active Aging®. The goal of Active Aging Week® is to give as many older adults as possible the means to experience activities and exercise in a safe, friendly and fun atmosphere. This free event is open to older adults 50 years and older.

The City of Sunnyvale supports wellness for older adults and is inviting the community to participate. **Health, fitness and wellness lectures and activities are planned for Tuesday, September 25 and Wednesday, September 26.** See inside for details.

In addition to lectures/workshops, you are invited during Active Aging Week® to “experience” select classes offered through Community Services at no charge. The flyer insert includes two passes and list of classes available for you to try. These passes are valid **from** September 24 through 29.

Active Aging 2012 will be held at the Sunnyvale Senior Center located at 550 East Remington Drive, Sunnyvale CA 94087. For more information, call the Senior Center at (408) 730-7360. Seats for are limited. Call to reserve your spot now.



Tuesday, 9/25

**9:30 – 11:00 am, Laurel Room
Creating Wellness, Karl Knopf, Ed. D.**

Learn about the six dimensions of wellness and how to live long and well. Dr. Knopf has been a health and fitness educator for more than thirty years. Dr. Knopf has a B.A. in Physical Education and Sociology, a Master's Degree in Human Performance and Adaptive Physical Education from San Jose State University and a Doctorate in Higher Education from Nova University. He has developed courses for older adults, the physically limited, visually impaired, and developmentally delayed. He has been instrumental in developing programs for mature adults, persons with arthritis and chronic pain and persons with disabilities. He is a consultant with the Stanford School of Medicine for older adult research projects and the Executive Director of Fitness Educators of Older Adults.

**11:30 am – 1:00 pm, Laurel Room
Matter of Balance and Fall Prevention Programs, Stanford Hospital**

Stanford Hospital will present information on programs that can keep you active and healthy! Matter of Balance and Farewell to Falls are programs emphasizing practical strategies to reduce falls, fear of falling and increase activity levels. Stanford will also offer participants a functional fitness assessment to evaluate lower body strength and endurance. **If you are interested in this test, you must sign up at the front desk prior to September 25.**

**12:45 – 1:45 pm, Laurel Room
Hypertension and Other Risk Factors, Aarti Srinivasan, MD, Palo Alto Medical Foundation**

Hypertension is prevalent, affecting over 60% of older Americans. We'll review the definition of "hypertension," lifestyle changes and modifications that may lower blood pressure, as well as common medications used to treat blood pressure. We'll talk briefly about other risk factors, such as diabetes, and cholesterol, that can exist along with blood pressure and increase one's risk for heart disease.



Choose an active life. The Sunnyvale Senior Center offers a variety of classes and activities that will keep you engaged in life. Have fun, meet new people, try something new, and invite a friend to join you! The following is a list of fitness classes available at the Senior Center. More information on these classes, activities and the fitness room is available in the Older Adult section of the Activity Guide.

- Back Care Conditioning
- Body & Core Strengthening
- Cardio Mix
- EnhanceFitness
- Gentle Core
- Personal Training
- Strength Training
- Sunny Fit
- Zumba Gold

Fitness Center

The Senior Center has a 900 square foot fitness room available to premium members. The center currently has recumbent bikes, elliptical machine, krank cycle, cross trainer, chest press, leg press, mid row/lat pulldown, thera band station and free weights.



Wednesday, 9/26

10:30 – 11:00 am, Laurel Room

EnhanceFitness®, Jennifer Schachner, Silicon Valley Healthy Aging Partnership

Join us for this informational presentation on our newest fitness program. EnhanceFitness® is an evidence-based program which has been proven to get measurable improvements in the health and well-being of older adults at all levels of fitness. This program has been supported by Silicon Valley Healthy Aging Partnerships whose mission is to create and support partnerships between community organizations to ensure that evidence-based health promotion programs are widely available on an on-going basis throughout Santa Clara County for all older adults.

11:15 am – 12:15 pm, Orchard Pavilion

EnhanceFitness® Demonstration, Christel Ligocki

Instructor Christel Ligocki will get you warmed up and moving as she leads this EnhanceFitness workout. Wear comfortable clothing and exercise shoes.

1:00 – 2:00 pm, Laurel Room

**Healthy Body, Healthy Brain: The Role of Nutrition and Exercise
Jennifer Mangosong-Shankle, MS , Education Manager**

The health of the brain plays a critical role in almost everything you do: thinking, feeling, remembering, working and playing - even sleeping. The good news is that we now know there's a lot you can do to help keep your brain healthier as you age and may reduce your risk of Alzheimer's disease or other dementia. This program will address the role of nutrition and exercise to keep your brain healthy and active.

SPACE FOR BOTH SESSION DAYS ARE LIMITED (LECTURES AND WORKSHOP). CALL 730-7360 TO RESERVE YOUR SPOT FOR THE STANFORD FITNESS ASSESSMENT AND/OR THE LECTURE TOPIC THAT INTERESTS YOU.



Dance & Reap the Benefits! Dancing is a great way for people of all ages to get and stay in shape. Besides being fun, dancing has many positive health benefits. Along with the physical health benefits of dance, dance is a social activity. The Senior Center offers both drop-in dance activities and classes.

- Ballroom Dance Lessons & Dancing
- Line Dancing

Boost Your Brain Power. There are a variety of ways to help stimulate your memory, critical thinking and creativity. Try one of our classes or drop-in programs: Bridge, Book Club, Ceramics, Chess, Computers, Current Events, Game Day, Lectures, Mah Jong, Symphony & Concerto, Trips, U.S. History, Threads of Life, Trips, Volunteering, and Women's Network.

Exercise and physical activity fall into four basic categories — endurance, strength, balance, and flexibility. Most people tend to focus on one activity or type of exercise and think they're doing enough. Each type is different, though. Doing them all will give you more benefits. Mixing it up also helps to reduce boredom and cut your risk of injury.

Get active your way!

Exercise and physical activity are good for just about everyone, including older adults. No matter your health and physical abilities, you can gain a lot by staying active. In fact, in most cases you have more to lose by not being active.

Here are just a few of the benefits. Exercise and physical activity:

- Can help maintain and improve your physical strength and fitness.
- Can help improve your ability to do the everyday things you want to do.
- Can help improve your balance.
- Can help manage and improve diseases like diabetes, heart disease, and osteoporosis.
- Can help reduce feelings of depression and may improve mood and overall well-being.
- May improve your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

The key word in all these benefits is YOU — how fit and active you are now and how much effort you put into being active. (National Institute of Health; National Institute on Aging)



The Sunnyvale Senior Center is thankful for the support of the following organizations:

- Alzheimer's Association
- Health Trust of Silicon Valley
- Palo Alto Medical Foundation
- Silicon Valley Healthy Aging Partnership
- Stanford Hospital
- Sunnyvale-Cupertino Adult Education



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Let us help you reach your fitness goals. Each pass below is good for one time experience at any of the Fitness Classes listed below. These passes are valid from Monday, September 24th through Saturday, September 29th. Only one pass per class may be redeemed.

Active Aging Week® 2012 Pass

Pass is good for one meeting of the classes below (please check only one class):

- | | | |
|---|--|---------------------------------------|
| <input type="checkbox"/> Back Care Conditioning | <input type="checkbox"/> Body and Core (SAT. Only) | <input type="checkbox"/> Cardio Mix |
| <input type="checkbox"/> Gentle Core Fitness | <input type="checkbox"/> Sunny Fit Low Impact | <input type="checkbox"/> Line Dancing |
| <input type="checkbox"/> Zumba Regular | <input type="checkbox"/> Zumba Gold | |

Participant’s Name (First & Last): _____

Date: _____ Phone Number: _____ Membership #: _____

Email: _____

*** Membership not required. See back for terms and conditions of pass. Passes valid 9/24-9/29 ONLY.**

Active Aging Week® 2012 Pass

Pass is good for one meeting of the classes below (please check only one class):

- | | | |
|---|--|--|
| <input type="checkbox"/> Back Care Conditioning | <input type="checkbox"/> Body and Core (SAT., 9/29 Only) | <input type="checkbox"/> Cardio Mix |
| <input type="checkbox"/> Gentle Core Fitness | <input type="checkbox"/> Sunny Fit Low Impact | <input type="checkbox"/> Line Dancing (Mon., 9/24) |
| <input type="checkbox"/> Zumba Regular | <input type="checkbox"/> Zumba Gold | |

Participant’s Name (First & Last): _____

Date: _____ Phone Number: _____ Membership #: _____

Email: _____

*** Membership not required. See back for terms and conditions of pass. Passes valid 9/24-9/29 ONLY.**

**Active Aging Week® 2012
TERMS AND CONDITIONS**

Good for (1) one class meeting.

Pass users may not attend the same class multiple times.

Pass users must sign Drop-in Attendance/Waiver Forms and turn in pass to instructor.

Call the Senior Center for current class information (408) 730-7360.

For safety, always check with your physician before participating in a new exercise program.

PASS IS VALID BETWEEN MONDAY, SEPTEMBER 24 THROUGH SATURDAY, SEPTEMBER 29.

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