

Services

Unless otherwise indicated, services are FREE to members, \$2.00 for non-members
 Participants may be required to provide proof of age and to sign a liability waiver/photo release statement
 For information and appointments, please call the Senior Center

SERVICE	WHEN	COST	WHAT
Advance Health Care Directive	By appointment	Free for members \$2 non-members	Plan and make medical choices now for future situations
BART Tickets	Anytime	\$9.00 for ticket valued at \$24	
Blood Pressure Screening	Monday & Thursday 10:00am-Noon	Free	Retired nurses provide the screening
Blood Sugar Testing	Tuesday, Dates TBD 10:00am-Noon By appointment	Free for members \$2 non-members	No fasting required
Care (Case) Management	By appointment (408) 730-7732	Free	Assist seniors in identifying care and service needs
El Camino Hospital Resource Library	Tuesday 11:30am-12:30pm	Free	Health Resources
Foot Care	1/25 & 3/29 Begins at 12:30pm By appointment	\$40 members \$50 non-members	Routine podiatry screening and foot care services by Dr. Amirkiai, DPM
Hearing Screenings	9:00am-10:40am By appointment	Free for members \$2 non-members	Screening provided by San Jose State students
HICAP (Health Insurance Counseling)	By appointment	Free for members \$2 non-members	Assistance with questions about Medicare and insurance billings.
Income Tax Assistance	(408) 735-0653 By appointment	Free	Provided by Sunnyvale Community Services at 725 Kifer Road, Sunnyvale, CA 94086
Library for Homebound Readers	(408) 730-7306	Free	Library will deliver books, music CDs, videos, regular & large print materials
Notary Services	2nd & 4th Tuesday 12:30pm-1:00pm By appointment	Free for members \$2/document non-members	Cannot notarize wills. Limit of 3 documents per person. Call 730-7360 for appointment
VTA (Santa Clara Valley Transportation Authority Senior/Disabled Photo ID Card)	Dates TBD 10:00am-Noon Sign up required	\$3.00	You must be a Medicare card holder & have a valid photo ID to qualify for this service. Photos taken for discounted transit cards for seniors and disabled
SALA (Senior Adult Legal Assistance)	(408) 738-4321 By appointment	Free	Provided by Sunnyvale Community Services at 725 Kifer Road, Sunnyvale, CA 94086
Senior Services Directory	Front Desk	\$5.00	

ACTIVITIES, CLASSES AND SERVICES FOR PATRONS OF THE SUNNYVALE SENIOR CENTER

SERVICE	WHEN	COST	WHAT
Stop Predatory Mortgage Lending	(408) 350-3229		Call with questions about refinance, loans, mortgages, home improvement loans, foreclosure rescue scams etc. From Counsel on Aging
Sunnyvale Community Services			Provides services to help seniors stay independent and assists in medical and financial assistance
Sunnyvale Nutrition Site	(408) 739-0833 535 Old San Francisco Rd.	Free; donations welcomed	Provides nutritional meals to seniors aged 60+
Transportation (Outreach, Inc.)	(408) 436-2865		To be eligible, must complete & submit an application to Outreach. Applications available at the Senior Center
Vial of Life	Anytime	Free	Necessary health & medical information vials
Where to Live (Housing Guide)	Anytime	\$8.00	
Wireless Hearing System for the Hearing Impaired			The Senior Center is wired with a special wireless system that enhances sound.

Community Groups

ORGANIZATION	SUBJECT	CONTACT	PHONE #	MEETS	LOCATION
American Association of Retired Persons (AARP)	Sponsor candidate forums & educational programs	Nellie Durand	(408) 296-3805	1st Wednesday, 1:30pm No meeting Jul & Jan	Peach Room, Senior Center
Bayview Senior Citizens Club	Socialize with friends, go on trips, play bingo	Mary Hidalgo	(408) 736-4453	Th, 10:00am-2:30pm	Ballroom, Recreation Center
California Grandmothers' Club	A social non-profit service club that raises money for local causes.	Mary Hidalgo	(408) 736-4453	1st Wednesday, 11:30am	Laurel Room, Senior Center
Chinese Sr. Club of Santa Clara Valley	Many social activities including dancing, chorus, and educational seminar	Nancy Wu	(408) 739-4309		
Sunnyvale Garden Club	Learn more about your garden: share tips & meet people	Sara White	(408) 733-4686	3rd Tuesday, 9:30am	Heritage Center, Community Center
Sunnyvale Historical Society & Museum Association	Historical museum and gift shop	<i>heritagepark-museum.org</i>	(408) 749-0220	Su, Tu, Th., Noon-4:00pm	550 E. Remington
Sunnyvale Photo Club	Discuss ways to improve your photograph	Keith Schwamkrug	(408) 732-5360	2nd & 4th Mondays, 7:30pm	Heritage Center 550 E. Remington
Sunnyvale Senior Citizens Club	Socialize with friends, play bingo, enjoy potlucks	Shirley Solorzano	(408) 734-0651	Tu, 10:00am-2:00pm	Community Room, Recreation Center
Unique Boutique	A shop where senior artisans display & sell their wares	Donna Philpott (408) 739-0308 Boutique (408) 733-8459		M-F, 10:30am-2:30pm	Senior Center