Senior Center Updates

Senior Center Survey: Thank you to those that have already completed the survey! If you have not participated yet, please consider taking a few moments to help us plan for future classes and programs by clicking here.

Senior Center Membership: For those that purchased a 2020 Senior Center Membership, we have automatically extended your membership through December 2021 at no additional cost.

NEW Fall Programming: Now offering new fee-based virtual fitness and education classes in addition to our ongoing free programs and workshops. Please see below for classes being offered and how to register.

Fee-based Programs and Classes
We are excited to be back with some of your favorite instructors teaching virtual classes. You can register online or contact the Senior Center front desk at 408-730-7360 for assistance.

Virtual Classes

**Everyday Fitness**
M/W, 9/14-10/7
1 - 2 p.m.
$32 Res/$40 Nonres
Patricia Seivers

Supporting participants with arthritis or back problems and those who just want to maintain and improve fitness. This class includes sit-and-be-fit aerobics, strength and cardiovascular training and exercises for flexibility, endurance, back and bone density. Instructor also provides tips on body mechanics. Upon registration, please contact the Senior Center at 408-730-7360 to arrange the purchase and pick-up of a $5 Dynaband.

To register click [here](#) IE7HEF.IA
SunnyFit  
M/W, 9/14-10/7  
2:15 - 3:15 p.m.  
$32 Res/$40 Nonres  
Patricia Seivers  
To register click [here](#)  
IE7HRA.IA

Helping participants maintain independence in activities of daily living and increase confidence in exploring other fitness workouts, this entry-level fitness class includes: low intensity aerobics, strength exercises using resistance bands, and balance and stretching exercises. Exercises can be modified for sitting or standing.

Cardio & Strength  
T/TH, 9/15–10/8  
1 - 2 p.m.  
$32 Res/$40 Nonres  
Julie Jensen  
To register click [here](#)  
IE7HCB.IB

Strengthen heart and lungs through cardio-conditioning. Learn proper techniques and exercises to strengthen and condition all muscle groups using hand weights. This class is recommended to improve bone density, metabolism and muscle tone. Participants should have their own mat and hand weights ready at home. This class is taught at an intermediate level.

Zumba Gold  
Tues., 9/15-10/6  
10:45 - 11:45 a.m.  
$16 Res/$20 Nonres  
Grace DuVal  
To register click [here](#)  
IE7HZG.IB

Zumba Gold is a fun, low-impact and high-energy full-body workout class that will make you smile! Boost your cardiovascular fitness and tone your muscles with easy-to-follow moves set to an exciting mix of Latin and international music. All fitness levels welcome. Wear comfortable clothes and supportive shoes.

Introduction to Birds of Santa Clara Valley  
Wed., 9/16-10/14  
11 a.m. - 12:15 p.m.  
$20 Res/$25 Nonres  
Larry Spivak  
To register click [here](#)  
IE7NCA-IA

From commonly to rarely seen, learn about the birds of Santa Clara Valley, their stories and habits with detailed illustrations and information.

Functional Pilates  
Wed., 9/23–10/14  
5 - 6 p.m.  
$16 Res/$20 Nonres

An introductory Pilates mat class with an emphasis on healthy movement patterns. Improve range of motion, core strength, balance and overall sense of well-being.
Marla Yonamine

To register click here
IE7JTA.IA

Modern Line Dance 1A
Th., 9/17–10/8
9:30 – 10:30 a.m.
$16 Res/$20 Nonres
Holly Baral

To register click here
ID5EOA.IZ

Modern Line Dance 1B
Th., 9/17–10/8
10:45 – 11:45 a.m.
$16 Res/$20 Nonres
Holly Baral

To register click here
ID5EOA.IE

Dance to popular music while learning various styles of dance. No partner is needed.
Level 1A Beginner is designed for new beginners and includes basic steps and 8-10 classic beginning dances.

Dance to popular music while learning various styles of dance. No partner is needed.
Level 1B Beginner Improver is designed for dancers who are comfortable with the basics of line dancing. Completion of Level 1A or six months of line dance experience is recommended.

Free Classes, Programs and Workshops
If you are interested in joining one or more of the below ongoing programs or workshops below, please email the Sunnyvale Senior Center with the class, group or lecture you would like to join. An email invitation will be sent for each program.

Ongoing Programs and Classes

Walking Group
W - Ortega Park
F - Las Palmas Park
8:30 - 9:20 a.m.
Julie Jensen

This is a free walking group for older adults (50+) with a maximum of 12 participants per meeting. A five-minute pre-walk stretch will begin promptly at 8:30 a.m. followed by a 45-minute walk. Walkers are encouraged to walk at their own pace and socially distance. Two facilitators will be present at each walk. You MUST reserve a space to attend this walking group. To learn more and read the guidelines, click here.

Seated Exercise

This multilevel class is designed to increase range of
M/W/F
10 - 10:45 a.m.
Julie Jensen

**Caregiver Support**
by appointment

Are you a stressed caregiver of an older adult? Do you need a chance to talk with someone? Call 408-730-7360 to make an appointment to connect with a Care Manager.

**Zooming Around Drawing**
Wednesdays
2:30 - 3:30 p.m.
Shelley Capovilla

Learn to draw using a standard pencil and pen. Items needed: pencil, pen, paper, a piece of paper and a willingness to try something new.

**Weekly Chat Group**
Wednesdays
1 - 2:30 p.m.
Sunnyvale Care Managers

Join the Sunnyvale Care Managers in a weekly chat to catch up, share stories and support each other as we navigate these changing times.

**Yoga as Lifestyle**
Mondays
8:30 - 9:30 a.m.
Volunteer Instructor

Weekly instruction offers a sequence of simple postures, breathing techniques, meditation and relaxation.

**Dancing for Health**
Thursdays
3:30 - 5 p.m.
Volunteer Instructor

Combination of Tai Chi, Health Qigong and other exercises to improve overall balance, strength, flexibility and boost immune system.

**Beginning Ballroom Dance Instruction**
Tuesdays
9 - 10 a.m.
Volunteer Instructor

Join us weekly for beginning Ballroom Dance instruction and learn Latin dance techniques and basic steps for Rumba.

**Brain Games**
Fridays
2 - 2:45 p.m.
Senior Center Staff

Take a break and come participate in some Friday fun! Join us as we play games such as Wuzzles-Word Puzzles, Hangman, What Happened In? (name a year), Trivia and more.
New Discussion Series: Making Sense of the News in Challenging Times
Thursdays
2 - 3 p.m.
Volunteer Instructor

Join a weekly discussion of current events—world, national, local events and issues in society, politics, health topics. The discussion is facilitated and all viewpoints are welcome.

Workshops

Medicine-related Falls and Fall Prevention in Older Adults
Tuesday, Sept. 22
1 - 2 p.m.
Richard Hull, RPh and Giselle Leung, PharmD, BCGP

This is a virtual presentation in which we discuss medicines/medicine classes that may contribute to falls in seniors, what to do if you are taking any of these medicines, and what you or your caregiver can do to prevent falls.

Partner Provided Services

Get Connected Online
Various Dates
Various Times
Sunnyvale Public Library Staff

To register, click here

Need help with your phone, tablet, or computer? The Sunnyvale Public Library is offering a remote virtual program called Get Connected Online, to help people with their devices while the library is closed. Register by selecting an available day and time and clicking the blue 'Continue' button, then fill out the registration form. Please keep an eye on your email for more information after you've signed up. For help signing up call the library at 408-730-7300.

Caregivers Count 10th Annual Conference
Virtual Event 4 Part Series

9/12-10/3
10 a.m. - noon

A free virtual conference for families and friends caring for a loved one.

Event Dates and Topics:
9/12 - Emotional Well-Being
9/19 - Paying for Care
9/26 - Technology Tools
10/3 - Reducing Stress & Dealing with Parents and Resistance
How Can We Help?

Call Sunnyvale Serves for resources to help during COVID-19

If you or someone you know needs assistance with the following items or has any additional concerns during the shelter in place order, call Sunnyvale Serves and staff will direct you to the best resource.

- Meal programs and food support
- Grocery and prescription pick up and delivery
- Care Management
- Housing Aid Information
- Lost Wages Information
- COVID-19 Updates

If you are interested of any of these services or have a need for something not listed above, please contact Sunnyvale Serves at 408-730-7360 between 8:30 a.m. and 5 p.m., Monday through Friday or seniorcenter@sunnyvale.ca.gov.

Let your neighbors know that we are a resource, please don't hesitate to contact us with any questions or suggestions. For local updates on the evolving situation visit Sunnyvale.ca.gov/virus.

Sourcewise - HICAP Services

Sourcewise Health Insurance Counseling and Advocacy Program (HICAP) continues to provide phone counseling to assist with your Medicare questions and concerns. Please call 408-350-3200 and choose Option 2 to leave a detailed message. Sourcewise will contact you to schedule an appointment with a HICAP Counselor.

408-730-7360 · seniorcenter@sunnyvale.ca.gov · Sunnyvale.ca.gov