

JULY 2020



Sunnyvale

# Activities

## Programming From a Distance

While the Senior Center remains closed, staff have been busy creating free online classes, groups and lectures for our community. If you are interested in joining one or more of the activities, 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. Please see below for activity schedule including new lectures.

### Ongoing Programming

#### Seated Exercise

M/W/F  
10 - 10:45 a.m.  
Julie Jensen

This multilevel class is designed to increase range of motion, strength, muscular endurance and cardiovascular fitness. No class on July 20, 22 & 24.

#### Caregiver Support By Appointment

Are you a stressed caregiver of an older adult? Do you need a chance to talk with someone? Call 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.

### **Mindfulness Meditation**

Mondays  
1:30 - 2:30 p.m.  
Volunteer Instructor

Learn simple techniques you can use to decrease your stress levels and remain in a peaceful state throughout your day. Time for discussion, reflecting and Q&A will be included.

### **Beginning Ballroom Dance Instruction**

Tuesdays  
9:30 - 10:30 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**

### **The Complex World of Decluttering and More**

Wednesday, July 1  
9:30 - 10:30 a.m.  
Edna Wallace, LMFT,  
LPCC El Camino Hospital

In this talk we'll look at a few successful decluttering habits, attachments, emotional and personal connections, strong competing interests and have some fun while learning about it.

## **Coping with Anxiety and Depression in Difficult Times**

Tuesday, July 7

1:30 - 2:30 p.m. OR

Monday, July 20

9:30 - 10:30 a.m.

Lise Dykeman, Plane Tree

The coronavirus pandemic has most of us extra-anxious, worried and depressed, but at the same time, new resources have stepped up to help people in Santa Clara County deal with extraordinary stress. Learn about how anxiety, depression and isolation mutually reinforce each other, and learn techniques to short-circuit that feedback spiral. The presentation will also cover new initiatives and well-established resource organizations for mental health support.

## **Cyber Security**

Monday, July 13

3:30 - 4:30 p.m.

Global Computer Literacy

Learn how to:

- Safely navigate the web while being efficient and productive online.
- Make smart decisions with choosing passwords, emails, web browsing, social media, phishing, scams, detecting secure websites and more.
- Deal with tricky online situations involving your safety.

## **A Good Night's Sleep**

Friday, July 10

11 a.m. - noon

Emily Leslie OTAS and  
Raymond Ng OTAS

A good night's sleep affects every aspect of your life. Learn what happens to our bodies as we sleep and techniques to help get a better night's sleep. The discussion also covers sleep profiles, the importance of sleep and what occupational therapists can do to help. Finish the workshop by participating in a guided meditation to practice how you can help quiet the mind before sleep.

## **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](mailto: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](https://www.sunnyvale.ca.gov/virus).

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