

August 2020



Sunnyvale

# Activities

## Senior Center Updates

**Senior Center Survey:** Please help us plan for future classes and programs! We are conducting a survey to learn more about how we can tailor our programs and services during this time. We would appreciate it if you could participate in our online survey by clicking [here](#).

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

**Fall Programming:** Beginning in September, new fee-based virtual fitness and education classes will be offered in addition to our ongoing free programs and workshops. In mid-August we will share information on these classes and how to sign up.

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## Programs

If you are interested in joining one or more of the below ongoing programs or workshops, 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 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.

**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

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.

2 - 3 p.m.  
Volunteer Instructor

## Workshops

### History of Sunnyvale and the Heritage Park Museum

Wednesday, August 19  
9:30 a.m.  
Jim Reynolds

At this presentation you'll learn about the history of Sunnyvale from the early Native Americans to the current technical innovators. You'll also go on a virtual tour of the museum which includes the story of the Stevens-Townsend-Murphy party who crossed the Sierra in 1844.

### Sleep issues - Oh, for a Good Night's Sleep!

Monday, August 24  
9:30 - 10:30 a.m.  
Lise Dykeman, Plane Tree

Sleep research has discovered that sleep patterns are connected to other aspects of our health in some surprising ways. Learn about recent findings on how much sleep we need (and what kind of sleep), on how disordered sleep can affect many different systems in our bodies - and what can be done about those concerns. Format is a Zoom presentation followed by Q&A and group discussion.

## Partner Provided Workshop

### Introduction to Medicare

Friday, August 14  
10:30 - 11:30 a.m. OR  
Monday, August 24  
1:30 - 2:30 p.m.  
Sourcewise HICAP

Are you 65 or older? New to Medicare? Receiving SSDI? Medicare questions? Sourcewise provides residents of Santa Clara County access to the Health Insurance Counseling & Advocacy Program (HICAP). Free, objective and unbiased information assists Medicare beneficiaries, their families, and caregivers to understand their Medicare benefits and best healthcare options. Presentation is an online webinar via Zoom.

Click [here](#) to register for the August 14th class.

Click [here](#) to register for the August 24th class.

## 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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### **Are you interested in representing Sunnyvale as a Sourcewise Advisory Board Member?**

The Sourcewise is a non-profit organization designated by the State of California as the Area Agency on Aging in Santa Clara County. Sourcewise has a forty-one member Advisory Council representing cities, county, and various senior organizations and interest groups. The Advisory Council to the Sourcewise meets ten times per year, is responsible for conducting the annual planning process, and deals with a number of broad-based advocacy issues of concern to senior citizens.

To apply or for more information on this appointment please [email](#) Tracey Gott.

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408-730-7360 · [seniorcenter@sunnyvale.ca.gov](mailto:seniorcenter@sunnyvale.ca.gov) · [Sunnyvale.ca.gov](https://www.sunnyvale.ca.gov)

