



## **FREE!** Active Aging Week

Ignite your passion and explore the benefits of a healthy lifestyle. Join friends at the Sunnyvale Senior Center for a week of free fun programs! **No registration needed for any activities. Classes are first come, first served. Space is limited.**

**Monday,  
Sept. 30**

**11:30 a.m. – 12:30  
p.m.**

**Presentation: Life of a Service Dog** — *Senior Center Laurel Room*

Speaker: Kathy Waddell

Curious about service dogs? Come learn the differences between service dogs, therapy dogs and emotional support animals. Kathy will share the origin and history of service dogs, various training models, types of service dogs, access rights, etiquette and more.

**1 – 2 p.m.**

**Movie: American Sports Documentary** — *Sunnyvale Theatre*

See the movie title on the flyer near the Senior Center flyer rack. 1 hour 50 minutes, PG-13.

**2:15 – 3:15 p.m.**

**Sunnyfit**— *Recreation Center Ballroom*

This entry-level fitness class includes low intensity aerobics and strength training. Exercises can be done sitting or standing.

**Tuesday,  
Oct. 1**

**9:30 a.m. – noon**

**Table Tennis Lesson** — *Murphy Park*

Did you watch table tennis during the Summer Olympics? Ever wondered how the athletes got so skilled? Drop by the Murphy Park building for a free lesson from one of our dedicated table tennis volunteers. See how this game of hand-eye coordination provides both a physical and mental workout to keep you fit!

**9:30 – 10:30 a.m.**

**Zumba Gold** — *Indoor Sports Center*

Join a fun, low-impact and high energy full-body workout class that makes you smile!

**Tuesday,  
Oct. 1**

- 10:30 – 11:30 a.m. Intimacy and Healthy Aging Presentation — Senior Center Laurel Room**  
Speaker: Vivian Silva, MSW Care Manager
- Join us for a lively presentation and discussion regarding the role intimacy plays in enhancing our health.
- 1:30 – 3 p.m. Ballroom Dance Lesson West-Coast Swing — Senior Center Orchard Pavilion**  
Dance for fun and fitness.

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**Wednesday,  
Oct. 2**

- 9:15 – 10:15 a.m. Body & Core — Senior Center Orchard Pavilion**  
Strengthen and condition all muscle groups using hand weights in this advanced class. Participants are required to get down and up from the floor. Please bring a mat and hand weights (2 to 5 pounds).
- 1 – 3:30 p.m. Ballroom Dance Drop-In — Senior Center Orchard Pavilion**  
Get on the dance floor and move to the music in a safe, supportive atmosphere. Leather-soled shoes that stay firmly on your feet are recommended. Participants are encouraged to bring a partner.
- 1:30 – 2:30 p.m. Mindfulness and Art — Senior Center Laurel Room**  
Join us for a relaxing session of neurographic art—a fun, meditative drawing practice used to calm the mind and focus on the present moment.

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**Thursday,  
Oct. 3**

- 2 – 3 p.m. Gluten Free Baking Lecture — Senior Center Laurel Room**  
Chef Michele will show you how to make gluten-free baking easy and fun. *No registration is needed.*
- 5 – 6:30 p.m. An Evening of Big Band Music with the Top Shelf Band — Senior Center Orchard Pavilion**  
Enjoy a lively evening with friends and music from the Top Shelf Band. Cake and coffee will be provided.

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**Friday,  
Oct. 4**

- 1 – 2 p.m. Strong Muscles and Bones — Senior Center Orchard Pavilion**  
Focus on building strength with an emphasis on postural awareness and fall prevention in this intermediate-level class. Exercises are focused on weight training, Pilates and functional movement. Safe for those with osteoporosis. Please bring a mat, bath towel and hand weights.