



Active Aging Week 2025

Trenton Hill
Parks and Recreation Commission, October 2025



Senior Center

- Opened in 2003
- 23,000 Square Feet
- M-F 8:30 a.m to 5 p.m.
- 814 Memberships
- Avg. ~190 Meals Served Daily
- Age-Friendly City
- Health and Social Services



Senior Center – Membership

- Membership (\$40/60 yr)
 - ◆ Free programs, lectures, game days and movies
 - ◆ Special events and luncheons
 - ◆ Computer Lab and Billiards
 - ◆ Fitness Room
 - ◆ 3 - \$5 off coupons for classes
- Anyone Ages 50+





Senior Center - Programs

- Recreation Classes
- Special Events
- Day Trips
- Drop In Programs
 - ◆ Fitness Room
 - ◆ Activities
 - ◆ Dance



Senior Center – Active Aging Services

- Care Management
- Classes & Fitness Room
- Screening Services
- Educational Lectures
- Grant Programs



TOTAL INDEX SCORE


[Livability Score](#) ?

CATEGORY SCORE

48	HOUSING Affordability and access
61	NEIGHBORHOOD Access to life, work, and play
55	TRANSPORTATION Safe and convenient options
39	ENVIRONMENT Clean air and water
66	HEALTH Prevention, access and quality
35	ENGAGEMENT Civic and social involvement
52	OPPORTUNITY Inclusion and possibilities

Age-Friendly Sunnyvale

- Designation in 2017
- All cities in Santa Clara County
- Partner w/AARP and WHO
- 3-year action plan, currently being revised
- Staff Advisory Committee
 - ◆ SeniorCenter@sunnyvale.ca.gov



Senior Center – Active Aging Week

- Active Aging Week
 - ◆ Oct. 6-12
- National Initiative by the International Council of Active Aging
- Celebrate Aging and Promote Healthy Lifestyles
- Free



SENIOR RESOURCE FAIR

SUNNYVALE SENIOR CENTER
550 E. REMINGTON DRIVE
SUNNYVALE, CA 94087

 **WEDNESDAY,**
OCTOBER 8, 2025
9:00 a.m. - noon

FREE community event
spotlighting programs and
services that support the
Sunnyvale Senior Community

**Don't miss our free entry
drawing!**

ALL ARE WELCOME!

For more information:

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

Active Aging Week

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Sunnyfit – Aerobics and Strength Training 	<ul style="list-style-type: none"> Zumba Gold Presentation: Healthy Aging Ballroom Dance Instruction 	<ul style="list-style-type: none"> Body & Core – strength training with weights Ballroom Dance – Social Dance 	<ul style="list-style-type: none"> Yuan Chi Dance – Tai Chi inspired dance Presentation: Tech Literacy 	<ul style="list-style-type: none"> Muscles and Bones – strength training Ice Cream Social





DRAFT PRESENTATION





Questions?

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