



Sunnyvale

Active Aging Week 2024

Trenton Hill
Parks and Recreation Commission, October 2024



Senior Center

- Opened in 2003
- 23,000 Square Feet
- M-F 8:30 a.m to 5 p.m.
- 814 Memberships
- Ave. ~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

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



Active Aging Week

- Annual Active Aging Week Celebration
 - ◆ Sept. 30 – Oct. 6
- National Initiative by the International Council of Active Aging
- Celebrate Aging and Promote Healthy Lifestyles
- Free programs/classes daily

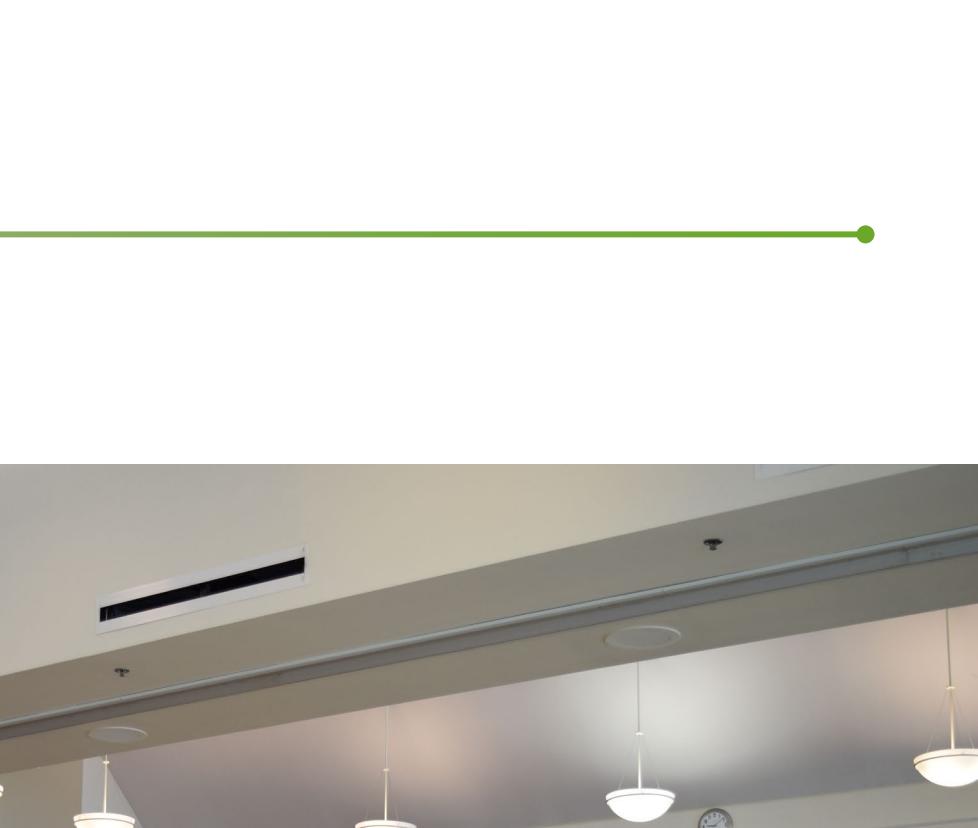


Active Aging Week

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none">• Sunnyfit – Aerobics and Strength Training• Movie – Underrated• Presentation – Life of a Service Dog	<ul style="list-style-type: none">• Table Tennis Lesson• Zumba Gold• Presentation – Healthy Aging• Ballroom Dance – West-coast Swing	<ul style="list-style-type: none">• Body & Core – strength training with weights• Ballroom Dance – Social Dance• Mindfulness and Art	<ul style="list-style-type: none">• Baking Demonstration – Gluten Free Baking• Concert – Evening with Top Shelf Big Band	<ul style="list-style-type: none">• Muscles and Bones – strength training• Ice Cream Social



City of Sunnyvale – Active Aging Week



City of Sunnyvale – Active Aging Week



Sunnyvale

Questions?

Trenton Hill, Recreation Manager
thill@sunnyvale.ca.gov
408-730-7378

