



## 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

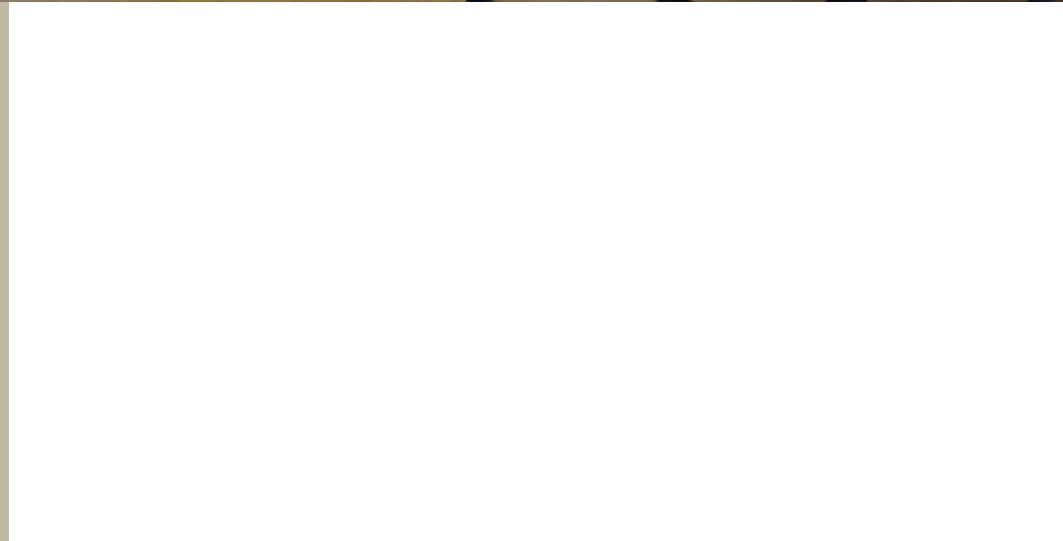
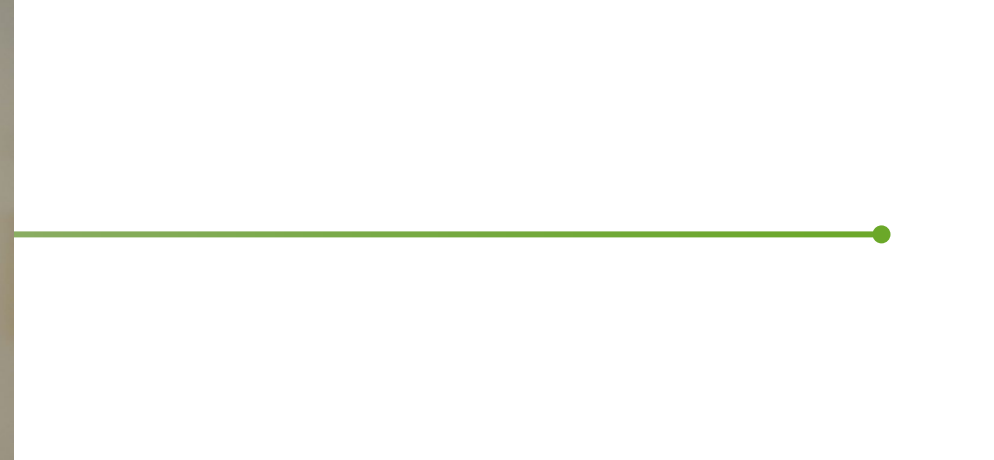


# Active Aging Week

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









Sunnyvale

Questions?

Trenton Hill, Recreation Manager  
[thill@sunnyvale.ca.gov](mailto:thill@sunnyvale.ca.gov)  
408-730-7378

