

Grant Calendar of Events

Open Monday and Wednesday 10:00 am—2:00 pm 1575 Holt Avenue, Los Altos, CA 94024

Grant program will be closed Monday and Wednesday, August 22 and 24 due to Grant Community Center and Park renovations.

Los Altos Senior Program will be closed August 29 - September 5 for Summer break and observance of Labor Day.

Schedule subject to change

July Happenings **August Happenings** August 3 July 6 10:00-2:00 Int. Bridge, Mah-Jongg, Card Games 10:00-2:00 Int. Bridge, Mah-Jongg, Card Games Stretch with Eleanor 10:15 10:15 Stretch with Eleanor Chair workout with Gladys 10:45 Chair workout with Nora 10:45 English Lessons with Galen 11:30 English Lessons with Galen 11:30 11:30 (bring lunch) 11:30 (bring lunch) Speaker: Los Altos Dispute Resolution 12:45 Zumba Gold Dance Party with Nora 12:00 1:00 **Current Events** Program 1:00 Meditation August 10 10:00-2:00 Int. Bridge, Mah-Jongg, Card Games July 13 Stretch with Eleanor 10:15 10:00-2:00 Int. Bridge, Mah-Jongg, Card Games 10:45 Chair workout with Nora 10:15 Stretch with Eleanor English Lessons with Galen 11:30 10:45 Chair workout with Nora 11:30 (bring lunch) English Lessons with Galen 11:30 Zumba Gold Dance Party with Nora 12:45 11:30 (bring lunch) Book Club with Betsy 1:00 Zumba Gold Dance Party with Nora 12:45 August 17 Book Club with Betsy 1:00 10:00-2:00 Int. Bridge, Mah-Jongg, Card Games **July 20** 10:15 Stretch with Eleanor 10:00-2:00 Int. Bridge, Mah-Jongg, Card Games 10:45 Chair workout with Nora 11:30 English Lessons with Galen 10:15 Stretch with Eleanor 11:30 (bring lunch) 10:45 Chair workout with Nora Speaker: Bruce Barton, Los Altos Town 11:30 English Lessons with Galen 12:00 Crier Editor in Chief 11:30 (bring lunch) Speaker: Los Altos Dispute Resolution Zumba Gold Dance Party with Nora 12:45 12:00 Services 1:00 Men's Group 1:00 Meditation

August 24 and 31 Senior Program Closed



(bring lunch)

Garden Club

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games

Chair workout with Nora

English Lessons with Galen

Zumba Gold Dance Party with Nora

Stretch with Eleanor

July 27

10:15

10:45

11:30

11:30

12:45

1:00