



# The Spotlight



www.losaltosrecreation.org

January & February 2016



## Inside Scoop

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### It's the Senior Program's 39th Birthday!

(See page 6 for a brief history.)

The Senior Program will be closed in observance of:

**Martin Luther King Jr. Day**  
Monday, January 18, 2016

**Presidents Day**  
Monday, February 15, 2016

### City of Los Altos Recreation & Community Services Senior Program

#### Hillview Park and Community Center (HV)

97 Hillview Avenue, Los Altos, CA 94022  
Monday - Friday, 8:30 am - 3:30 pm

#### Grant Park and Community Center

1575 Holt Avenue, Los Altos, Ca, 94024  
Wednesdays, 10:00 am - 2:00 pm

January Calendar of Events

# January 2016

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

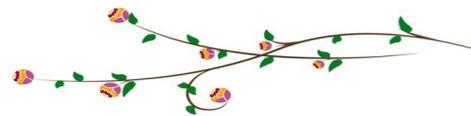
<p><b>4</b> 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 2:00 Tech Tutor 3:30 S.A.S.H. orders due</p>	<p><b>5</b> 9:00 Bridge Free Play 10:00 Bocce Ball 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong</p>	<p><b>6</b> 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play <b>10:00-2:00 Grant</b> 1:00 Men's Group (Grant)</p>	<p><b>7</b> 8:50/10:00 Stretch &amp; Flex 10:00 Bocce Ball 10:00 Men's Group (HV) 11:30 Strength &amp; Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg</p>	<p><b>8</b> 10:00 Bocce Ball  <b>Super Size Screen: "Big Eyes"</b> 1:00 Room 12 Members: Free Non-members: \$1.00</p>
<p><b>11</b> 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 2:00 Tech Tutor 3:30 S.A.S.H. orders Due 6:00 PEP</p>	<p><b>12</b> 9:00 Bridge Free Play 10:00 Bocce Ball 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong</p>	<p><b>13</b> 9:30 Artventures 11:00 Pickleball <b>12:00 Coffee, Cider and Conversation with the Mayor and Mayor Pro Tem (Grant)</b> 12:30 Mah-Jongg Int. Free Play 5:30 Casual Dining <b>10:00-2:00 Grant</b> 1:00 Book Club (Grant)</p>	<p><b>14</b> 8:50/10:00 Stretch &amp; Flex 10:00 Bocce Ball 11:30 Strength &amp; Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 Book Club</p>	<p><b>15</b> 10:00 Bocce Ball <b>11:00 (HV) Coffee, Cider and Conversation with the Mayor and Mayor Pro Tem (Grant)</b> <b>2nd Friday Luncheon</b> 12:00 Room 11 Members: \$4.00 Non-Members: \$6.00 1:00 Smart Driver</p>
<p><b>18</b>  <b>Sorry we're closed in observance of Martin Luther King Jr. Day!</b>  </p>	<p><b>19</b> 8:50/10:00 Stretch&amp;Flex 9:00 Bridge Free Play 10:00 Bocce Ball 10:00 HICAP 11:30 Strength &amp; Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong</p>	<p><b>20</b> 9:30 Artventures 11:00 Pickleball 11:00 Women's Group <b>12:00 Speaker: A New Year: Motivating a new me (Grant)</b> 12:30 Mah-Jongg Int. Free Play 5:30 Casual Dining <b>10:00-2:00 Grant</b></p>	<p><b>21</b> 8:50/10:00 Stretch&amp;Flex 9:15 Int. Bridge 10:00 Bocce Ball 10:30 Piano Lessons 11:30 <b>Mini-Trip:</b> Mozart Automobile Musuem 11:30 Strength &amp; Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg</p>	<p><b>22</b> 10:00 Bocce Ball  <b>Birthday Luncheon</b> 12:00 Room 11 <u>Menu</u> Chicken Casserole Members Birthday: Free Members: \$4.00 Non-Members: \$6.00  1:00 Smart Driver Part 2</p>
<p><b>25</b> 9:00 10 Weeks to Play Better Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 2:00 Tech Tutor 3:30 S.A.S.H. orders</p>	<p><b>26</b> 8:50/10:00 Stretch&amp;Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength &amp; Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong</p>	<p><b>27</b> 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play <b>10:00-2:00 Grant</b></p>	<p><b>28</b> 8:50/10:00 Stretch&amp;Flex 9:15 Int. Bridge 10:00 Bocce Ball 10:30 Piano Lessons 11:30 Strength &amp; Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg</p>	<p><b>29</b> 10:00 Bocce Ball  <b>4th Friday Luncheon</b> 12:00 Room 11 Members: \$6.00 Non-Members: \$8.00</p>



\*Note: Calendars are not a comprehensive listing of all programs

# February Calendar of Events

# February 2016



Mon	Tue	Wed	Thu	Fri
<b>1</b> 9:00 Tax Preparation 9:00 10 Weeks to Play Better Bridge 9:30 Monkeys 12:00 Poker 1:30 Yoga 2:00 Tech Tutor 3:30 S.A.S.H. orders Due 4:30 Senior Commission	<b>2</b> 8:50/10:00 Stretch&Flex 11:30 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing <b>1:00 Senior Power Personal Safety Workshop (Los Altos Library)</b> 1:00 Chess 2:00 Ping pong	<b>3</b> 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 1:00 Potpourri Sachets <b>10:00-2:00 Grant</b> 1:00 Men's Group (Grant)	<b>4</b> 8:50/10:00 Stretch&Flex 9:15 Int. Bridge 10:00 Bocce Ball 10:30 Piano Lessons 10:00 Men's Group (HV) 11:30 Strength & Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg	<b>5</b> 9:30 <b>Mini-Trip: AnnieGlass</b> 10:00 Bocce Ball <b>Super Size Screen: "The Hundred-Foot Journey"</b> 1:00 Room 12 Members: Free Non-Members: \$1.00
<b>8</b> 9:00 10 Weeks to Play Better Bridge 9:00 Tax Preparation 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 2:00 Tech Tutor 3:30 S.A.S.H. orders Due 6:00 PEP	<b>9</b> 8:50/10:00 Stretch&Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping pong	<b>10</b> 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 5:30 Casual Dining <b>10:00-2:00 Grant</b> 1:00 Book Club at Grant	<b>11</b> 9:15 Int. Bridge 10:00 Bocce Ball 10:30 Piano Lessons 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 Book Club	<b>12</b> 10:00 Bocce Ball  <b>Chinese New Year Luncheon</b> <u>Menu</u> <b>Broccoli Beef</b> 12:00 Room 11  Members:\$8.00 Non-Members:\$10.00
<b>15</b> <b>Sorry we're closed in observance of President's Day!</b>  	<b>16</b> 9:00 Bridge Free Play 10:00 Bocce Ball 10:00 HICAP 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong	<b>17</b> 9:30 Artventures 11:00 Pickleball 11:00 Women's Group <b>12:00 Speaker: Chat with the Chief (Grant)</b> 12:30 Mah-Jongg Int. Free Play <b>10:00-2:00 Grant</b>	<b>18</b> 9:15 Int. Bridge 10:00 Bocce Ball 10:30 Piano Lessons 12:00 Pinochle 1:00 Beg. Mah-Jongg	<b>19</b> 10:00 Bocce Ball  <b>Birthday Luncheon</b> 12:00 Room 11 <u>Menu</u> <b>Taco</b> Members Birthday: Free Members: \$4.00 Non-Members: \$6.00
<b>22</b> 9:00 10 Weeks to Play Better Bridge 9:00 Tax Preparation 9:30 Monkeys 12:00 Poker 1:30 Yoga 2:00 Tech Tutor 3:30 S.A.S.H. orders due	<b>23</b> 8:50/10:00 Stretch&Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong	<b>24</b> 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play <b>10:00-2:00 Grant</b> 5:00pm Pickleball	<b>25</b> 9:15 Int. Bridge 10:00 Bocce Ball 10:30 Piano Lessons 12:00 Pinochle 1:00 Beg. Mah-Jongg	<b>26</b> 10:00 Bocce Ball  <b>4th Friday Luncheon</b> 12:00 Room 11  Members:\$6.00 Non-Members:\$8.00
<b>29</b> 9:00 Tax Preparation 9:30 Monkeys 12:00 Poker 1:30 Yoga 2:00 Tech Tutor 3:30 S.A.S.H. orders				

\*Note: Calendars are not a comprehensive listing of all programs

# Grant Calendar of Events



Open every Wednesday 10:00 am—2:00 pm  
1575 Holt Avenue, Los Altos, CA 94024  
\*Schedule subject to change\*

## January Happenings

### January 6

10:00am—2:00pm  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (Bring lunch)  
1:00 Men's group  
1:00 Zumba Gold Dance Party with Nora

### January 13

10:00am—2:00pm  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (Bring lunch)  
12:00 Speaker: Coffee, Cider and Conversation:  
Seniors talk with the Mayor and Mayor Pro Tem  
1:00 Book Club with Betsy  
1:00 Zumba Gold Dance Party with Nora

### January 20

10:00am—2:00pm  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (Bring lunch)  
12:00 Speaker: A New Year: Motivating a new me  
1:00 Zumba Gold Dance Party with Nora

### January 27

10:00am—2:00pm  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (Bring lunch)  
1:00 Garden Club  
1:00 Zumba Gold Dance Party with Nora

## February Happenings

### February 3

10:00am—2:00pm  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (Bring lunch)  
1:00 Men's Group  
1:00 Zumba Gold Dance Party with Nora

### February 10

10:00am—2:00pm  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 Potluck  
1:00 Book Club with Betsy  
1:00 Zumba Gold Dance Party with Nora

### February 17

10:00am—2:00pm  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (Bring lunch)  
12:00 **Chat with the Chief**  
1:00 Zumba Gold Dance Party with Nora

### February 24

10:00am—2:00pm  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (Bring lunch)  
1:00 Garden Club  
1:00 Zumba Gold Dance Party with Nora

## Membership Benefits

The following services are available for those with a membership

### Membership

Thank you to every Los Altos Senior Program member for your continued loyalty and participation. By making a commitment each year, you are not only contributing to one of the best Senior Programs on the planet, but also strengthening our community and relationships. Our doors are open; come in and join our family today! Effective January 1, 2016, City of Los Altos Senior Program Newsletter Subscription will cost \$6.00 due to increased cost of postage.

#### Annual Membership Cost

Los Altos resident - \$26.00

Non-resident - \$40.00

Don't forget to add \$6.00 for home delivery of our bi-monthly Newsletter: The Spotlight

**Make checks payable to:** City of Los Altos

**Mail to:** Los Altos Senior Program

97 Hillview Avenue

Los Altos, CA 94022

### Member only and reduced rate on programs

Enjoy a discounted rate on Senior Programs and events as well as programming such as computer tutorials and equipment loans that are designed exclusively for members.

### Birthday Month Members!

Enjoy a Free Lunch at our Birthday Luncheon during your birthday month!

### Notary Service

Appointments held at City Hall. No charge for members. Donations accepted.

Call: Terry Ann at (650) 947-2642.

### Copies

Members are welcome to 10 free black and white copies per year. After 10, the Member cost is 5¢ per side of copy. Non-Member cost is 10¢.

Please see the front desk volunteers for assistance.

### Technology Resource Tutor

**Mondays** by appointment Room 10

Bring your device and meet one-on-one with a volunteer who will help you understand basic concepts of your device. Be ready with your questions to make the most out of your session.

1/2 hour appointments: 2:00 - 2:30, 2:30 - 3:00,

5 & 3:00 - 3:30.

### In-Home Repair Program

The In-Home Repair Program has three repair Volunteers: Lorraine Hancock, Dave Izant, and Bill Schick are volunteering to help with *minor* in-home repairs. This program is **free** for **current members** and is **not** for emergency repairs. Turn around time can be up to two weeks. Examples of repairs that may be requested are:

Electrical — Changing Light Bulbs, Switches

Plumbing — Dripping Faucet, Leaky Toilet

Sprinklers — Timers, Sprinkler Heads

No in-home repair request is guaranteed.

Volunteers may determine that requests are too extensive. In-home repair requests can be closed at any time due to an over-abundance of requests.

Donations are accepted. Please call (650) 947-2797.

### Equipment Loan Closet

The City of Los Altos Senior Program has an Equipment Loan Closet program. The Loan Closet contains wheelchairs, walkers, and canes. **Current members** may check out these items for three-month intervals after signing a release of liability form.

### DVD Loan Library

Want to watch a movie from the comfort of your home, but are tired of the same selection? Come to the Senior Program and ask about our DVD loan library! We have over 200 DVD's to choose from in varied genres. DVDs are ready to be checked out for one week loans. A maximum of six DVDs may be loaned at a time. Come check it out and see the Front Desk Volunteer or Staff for assistance.

### DMV Packets

Copies of the online practice tests, articles, informational DVD, and driver booklets are available for loan through the Senior Program.

### Medicine Drop-Off

The Senior Program takes old pills in their respective containers only. **Please NO sharp objects.**

### Battery Recycling

Recycle your household batteries: AA, AAA, D, C.

### See's Candies Certificates

See's Candies 1 lb. Gift Certificates are for sale for \$15.50. Retail cost is \$18.00. Drop in to purchase this perfect gift for any event!

(650) 947-2797 • losaltosrecreation.org

# Recreation & Community Services Department News

## Recreation News

It is time to greet the New Year, and we have just the way to do it! Can you say FUN RUN? The annual New Year's Day Fun Run—which should actually be called the Fun Run/Walk/Roll (wheelchairs and strollers)—will take place on Friday, January 1, 2016. Beginning at 9am at the corner of Main and State Streets in downtown Los Altos, this is a great way to get the year off to a running start, if we do say so ourselves. If you don't feel like running, walking or rolling in the event, come out and cheer on your family and neighbors. It is a fun time for all, with music and refreshments provided. And did we mention it is FREE?

If you are the resolution-making type of person, we are a solution-offering type of Recreation & Community Services Department. We have a variety of senior-specific classes: exercise, art, finances, plus more. The winter 2016 activity guide will be out the last week of December, and class registration begins Monday, January 4. Sign up and get going on your New Year resolutions.

## Welcome Abigail Kathryn Ice!

Abigail Kathryn Ice was brought into the world by mommy and daddy—Kate Thornton and Ian Ice on Monday, December 14, 2015 at 8:51 am. Abigail is 6 lbs. 14 oz., 19.5 inches. She is such a beautiful little bundle of joy.

Congratulations Kate and Ian!



## City of Los Altos Residents 50+ Scholarship Opportunity

The City of Los Altos offers eight individual scholarships of \$200.00 to residents on a first come, first served basis to individuals who qualify. To qualify for the scholarship residents must live in the City of Los Altos (county residents do not qualify) and have an individual income of less than \$42,000.

Please call Greg Milano at (650) 947-2848 to request a scholarship application and schedule an appointment to return your completed application and all required documents. All appointments will be held at the Recreation and Community Services Department: 97 Hillview Avenue, Los Altos, CA 94022 (unless otherwise requested). Town of Los Altos Hills residents may also request a scholarship by contacting Sarah Gualtieri at (650) 947-2518.

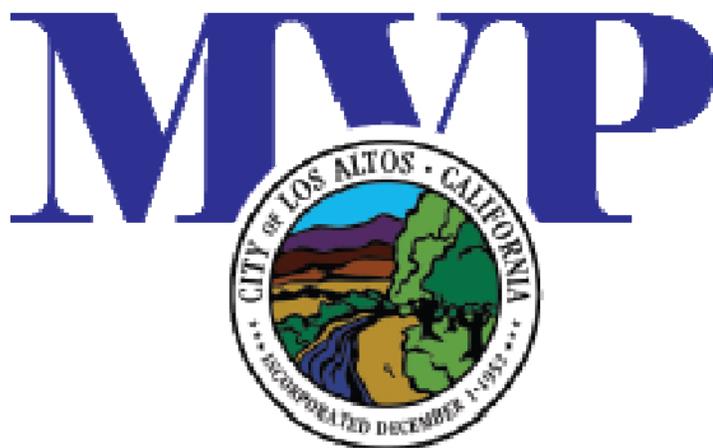


February 1977 marked the grand opening for a Senior Drop-In Center at 97 Hillview Avenue, Los Altos, CA 94022. At that time, the Center was staffed by volunteers and run by the Los Altos Community Senior Coordinating Council. In 1983, due to the rapid growth of the Center, it was deemed advisable that it be separated from the parent organization (Los Altos Senior Coordinating Council) and become an independent entity known as Los Altos Senior Center, Inc. In 2002, operational responsibility was turned over to the City of Los Altos.

Today, the City of Los Altos Senior Program has added additional programming, but still hosts several of the programs that were first created like the 2nd and 4th Friday lunches, card games and barbecues.

(650) 947-2797 • [losaltosrecreation.org](http://losaltosrecreation.org)

## Volunteer



MUNICIPAL VOLUNTEER PROGRAM

### Get Involved! Make a Difference! Learn New Skills!

Volunteer for the Senior Program or explore other volunteer positions by contacting Barbara Smith. Barbara is the City's Volunteer Coordinator, and she can provide you with information regarding city-wide volunteer opportunities. Contact Barbara Smith at (650) 947-2897, e-mail at [bsmith@losaltosca.gov](mailto:bsmith@losaltosca.gov), or visit [losaltosca.gov/volunteer](http://losaltosca.gov/volunteer).

### Volunteer sign-in



Help us to keep track of your volunteer hours by filling out the volunteer time card found behind the volunteer desk each time you volunteer.

Thank you for all you do!

### Joint Los Altos/Los Altos Hills Senior Commission

All agendas and minutes are posted online and on the Los Altos Senior Program Bulletin Board.

Meetings are held every 1st Monday at 4:30 pm. Meetings rotate between Town of Los Altos Hills Council Chambers, Grant, and the Hillview Park & Community Center Room 11. All are welcome to attend.

#### Next Meetings: February 1

#### Commissioners:

Frank Martin (Chair)

Ashish Mathur (Vice Chair)

Jim Basiji

Bart Nelson

Karen Lemes

### Now Recruiting Volunteers:

#### Front Desk Volunteer

Friendly faces are needed to volunteer at our front desk. Tasks include greeting participants with a smile, answering phones and questions, making coffee, registering participants, advising participants on resources, as well as other tasks as assigned. The commitment is on a weekly, bi-weekly, or substitute basis. Computer skills necessary.

**Monday—Friday 8:00-12:00 or 12:00-3:30**

#### Technology Resource Tutor

This volunteer would have knowledge of and be able to communicate how to use multiple operating systems on various devices including the cell phone, tablet, and laptop computer. The commitment is two hours weekly.

#### Scarf, Hat, & Yarn Collection

We will be collecting scarves, hats, and yarn. Sandy Goldstein picks up all donations of handmade or gently used scarves and hats and drops them off at shelters for those in need. Please drop off your donations in Room 10 or at Grant. Your generosity is greatly appreciated!

#### Tiny Tots in Need!

The Los Altos Tiny Tots are requesting donations of paper towel rolls for the art projects. Please bring your donations to Room 10 of the Senior Program! Thank you!

### In Appreciation

#### Los Altos Hardware

Thank you to Los Altos Hardware for their continued support of our Recycled Battery Program.

#### Los Altos Art Club

Every two months there is a change in scenery. Noteworthy Los Altos Art Club members rotate their art exhibits in HV Rooms 10 and 11. Come see what great works are currently on display.

(650) 947-2797 • [losaltosrecreation.org](http://losaltosrecreation.org)

## Volunteer



### **Congratulations Monkey Toy Makers!**

On Friday, December 5, 2015 at the Crown Plaza Cabana Hotel, Monkey Toy Makers were honored at the 33rd Los Altos/Los Altos Hills Joint Community Volunteer Service Awards. Monkey Toy Makers have met for 39 years on Monday mornings from 9:30 am—11:30 am at the City of Los Altos Senior Program to hand make Monkey Toys for critically ill and recovering children at Lucille Packard Children's Hospital. Multiple generations of mothers and daughters have participated in this project.

This group of skilled and dedicated ladies and gentlemen produces on average, 40 Monkey Sock Toys on a monthly basis. Each handmade Monkey Sock Toy takes approximately 12 hours to produce from start to finish, and each one is given its own unique character as volunteers apply the exclusive finishing touches to its face. Collectively, the Monkey Sock Toy Makers logged over 4,533 hours in 2014. While a total of 308 Monkey Sock Toys were produced in 2014, the toy makers are on target to produce an estimated 380 for 2015.

The honorees received a Certificate of Recognition from the California Senate and Assembly, a plaque from the Mayor of Los Altos and Town of Los Altos Hills and a Certificate of Commendation from the Santa Clara County Supervisors. The Monkey Toy Makers are always looking for new volunteers and washed nylons. Drop the nylons off at the Senior Program and join them on Mondays in Room 11 of the Hillview Community Center from 9:30—11:30. Thank you Monkey Toy

8 Makers for your years of service.

### **S.A.S.H. (Shopping Assistance for Seniors who are Homebound)**

Local volunteers are available to pick-up cooked rotisserie chickens from Costco and deliver them warm to Los Altos residents 50+. This is a trial program that has 10 available deliveries per week on a first-come, first-serve basis.

**Place your order Monday-Friday, for a Wednesday delivery between 10:30 am and 1:30 pm.**

### **Cost & Payment**

The cost for chicken home-delivery is \$7.00 for Senior Program members and \$8 for non-members. Payment may be made using your credit or debit card by calling Recreation & Community Services Office at (650) 947-2790 between 8:00 am – 5:00 pm Monday-Friday or by check (made payable to "City of Los Altos") or cash (exact change, please) at the time of delivery. Donations to the Los Altos Senior Program are welcome, but not required.

### **Eligibility**

This program is available to all Los Altos Residents 50+. The program may be expanded to include delivery of other foods in the future based on member feedback and participation. For more information, contact Recreation & Community Services at (650) 947-2790.

(650) 947-2797 • [losaltosrecreation.org](http://losaltosrecreation.org)

## Thank You Front Desk Volunteers and Tax Service

### Thank You Front Desk Volunteers!

The first people to welcome you into the Hillview Senior Program site are our front desk volunteers. These volunteers commit to volunteering four hours a week year-round. They help with all aspects of the Senior Program including administration, event preparation and facility decorating and set-up. This group truly makes the Senior Program a home away from home. Next visit, please make sure to introduce yourself and thank them for all they do.

(L-R) Volunteer Coordinator Barbara Smith, Ellen Chu, Adela DiCanio, Kathy Frates, Shalini Gupta, Judy Hansen (not pictured below), Verda Keenan Substitutes: Patricia Hong (not pictured below), Lori Stoia, Pat Scheid



*Thank  
You*



### Tax Aide—Free Tax Assistance and Electronic Filing

Mondays

9:00-12:00

February 1 - April 18, 2016

By Appointment only beginning January 4. For taxpayers with relatively simple returns, with special attention to those over the age of 60. Call Los Altos Senior Program at (650) 947-2797 to see if your return qualifies.

Please bring the following information...

- 1) 2015 (income, cost basis information for taxable sales, deductible expenses, tax payments).
- 2) Copies of your 2014 returns (Federal and state).
- 3) **Because the IRS is concerned about a large increase in identity theft on tax returns; please bring a picture ID and documents showing all Social Security numbers**

AARP Tax Aide requires all tax returns to be electronically filed. Sponsored by AARP Tax-Aide.

## Friday Events

### Big Screen Movie

1:00

Members: Free

*Fee provides popcorn and beverage*

**Big Eyes**

645103-01/02

**Register Room 10**

All Others: \$1.00

**January 8**



**Summary:**

A drama based on the true story of Walter Keane (Christoph Waltz), who was notarized as one of the most successful painters of the 1950s and early 1960s. His fame was due to paintings that his wife Margaret Keane (Amy Adams) created and this movie tells about her awakening as an

artist and relationship with her husband.

**Stars:**

Amy Adams, Christoph Waltz, Danny Huston

106 mins./Biography, Crime, Drama /

Rated PG-13

### The Hundred-Foot Journey February 5



**Summary:**

The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's Michelin-starred eatery. The famous chef reluctantly begins mentoring an Indian boy whose family owns a rival establishment in the neighborhood.

**Stars:** Helen Mirren, Om Puri, Manish Dayal

122 min./ Comedy, Drama /PG

### Luncheons

### Room 11

12:00

**Register Room 10**

**Walk-ins welcome. Reservations preferred.  
Please call (650) 947-2797 for more information.**

#### January Luncheons:

#### **2nd Friday Luncheon**

**January 15**

Members: \$4.00

645201-01

All Others: \$6.00

#### **Birthday Luncheon**

**January 22**

Menu: Chicken Casserole, Salad and Dessert

Members: \$4.00

645519-01

All Others: \$6.00

Birthday Members: Free

#### **4th Friday Luncheon**

**January 29**

Members: \$6.00

645202-01

All Others: \$8.00

#### February Luncheons:

#### **Chinese New Year Luncheon**

**Menu:** Steamed Rice, String Bean

Chicken Breast, Broccoli Beef,

Dessert

**February 12**

Members: \$8.00

645201-02

All Others: \$10.00

#### **Birthday Luncheon**

**February 19**

Menu: Taco, Spanish Rice, Beans and Dessert

Members: \$4.00

645519-02

All Others: \$6.00

Birthday Members: Free

#### **4th Friday Luncheon**

**February 26**

Members: \$6.00

645202-02

All Others: \$8.00



\*Terraces of Los Altos cater our 2nd & 4th Friday luncheons. The menu will be made available the week of the lunch.

\*Thank you to Los Altos Legacies for subsidizing the Senior Program meals and entertainment.



**THE TERRACES**  
At Los Altos

Thank you to the Terraces of Los Altos for catering our 2nd and 4th Friday Luncheons!

## Speakers

### Speakers

Look for speakers at Grant Park and Community Center on the third Wednesday of each month from 12:00—1:00 and on various days at Hillview Park and Community Center (HV).



### A New Year: Motivating a new me

Do you want a fresh start in 2016 but don't know how to motivate yourself? Join this presentation to learn ways to overcome the challenges to stay motivated to make changes. Finding meaning may be different for everyone, and we will explore ways to get started to make ourselves the best we can be.

Presented by Vivian I. Silva, MSW/ Gerontologist/Geriatric Care Manager and instructor at San Jose State University.

**Wednesday, January 20** 12:00

### Chat with the Chief



Join your neighbors and Chief Tuck Younis for coffee and conversation! No agenda or speeches, just a chance to ask questions, voice concerns, and get to know the Police Chief.

**Wednesday, February 17** 12:00  
Grant Multi-Purpose Room



NIXLE: is a new communication service which the city uses to reach residents quickly. The City will send alerts directly to registered users via text message, email and the web.

To register visit [www.NIXLE.com](http://www.NIXLE.com).

### Coffee, Cider and Conversation Seniors talk with the Mayor and Mayor Pro Tem

The City of Los Altos is hosting a conversation between senior residents and the Mayor and Mayor Pro Tem to find out what topics are important to the senior community. Come enjoy coffee and hot apple cider while sharing your views on what interests seniors the most.

**Wednesday, January 13** 12:00—1:00 pm  
Grant Multi-Purpose Room  
1575 Holt Avenue, Los Altos, CA 94024

**Friday, January 15** 11:00—12:00 pm  
Hillview Park and Community Center, Rm 12  
97 Hillview Avenue, Los Altos, CA 94022

Councilmembers:

Mayor Bruins and Mayor Pro Tem Prochnow.

### Senior Power Workshop

Too often, concern about safety stops people from enjoying life fully. This workshop focuses on interpersonal safety situations commonly faced by older people as they work, travel, volunteer; deal with family issues, and cope with physical changes. A few simple 'People Safety' skills can increase confidence and reduce worry. This active, upbeat approach makes these skills easy to learn quickly, and the skills are easily adapted to work with each participants' abilities.

**Tuesday, February 2** 1:00—3:00pm  
Los Altos Library

**10 participants must be committed to attend this workshop by Tuesday, February 2 for this workshop to be held.** Please RSVP to the Los Altos Senior Program at (650) 947-2797.

Sponsored by kidpower, Los Altos Library and Los Altos (650) 947-2797 • [losaltosrecreation.org](http://losaltosrecreation.org)

## Programs



### Important Announcements for Senior Program Participants Members and Non-Members

#### Credit Card Procedures:

Participants using a **Credit Card** to purchase a membership or register for Senior Program classes, trips, luncheons or activities will need to register at Recreation & Community Services **front office**. The Department is currently updating its' credit card procedures to comply with new credit card mandates.

**We anticipate Senior Program participants being able to use a credit card in the Senior Program in 4 months.**

Participants may utilize online registration to register for Senior Programs.

#### Updated Drop-in and Membership forms:

The City of Los Altos Senior Program is updating its drop-in forms. If you drop-in on a regular basis, please take the time to fill out a new drop-in form to help keep our records current.

#### Newsletter Subscription

Effective January 1, 2016, an annual City of Los Altos Senior Program mailed Newsletter Subscription will cost \$6.00 due to increased cost of postage.

### Daily Coffee Service 9:00 - 3:00

Come to the Senior Program and enjoy hot caffeinated and decaffeinated coffees. If coffee is not your cup of tea, then we have a selection of teas! Have a cup and relax with friends, catch up on today's news, and enjoy a new program or class! *Donations are appreciated. Please sign in.*

### Personal Emergency Preparedness

Are you prepared? The City of Los Altos, in coordination with Fire and Police, offers Personal Emergency Preparedness (PEP) training designed to prepare citizens to cope in the event of a disaster and to be self-sufficient during the first 72 hours or until emergency relief is available.

Residents and all others may join us for free!

*\*Register with the Recreation Department*

*\*You may want to bring a light snack*

**Monday, February 8** 330813-01  
HV Room 16 6:00-9:00

### Women's Group 640841-01/02

Looking for new friends and great conversations? Join us for our new women's group! Come sit on our cozy couches and enjoy a cup (or more) of coffee, tea, and conversation about women's interests and thoughts.

**3rd Wednesday** Free 11:00  
January 20 & February 17 Room 10

### Men's Group 645529-01/02

Whether you are a single or a married man, you are experiencing the same things as others around you. Come meet and chat among men and relax over pastries and coffee. Walk-ins encouraged.

**1st Thursday, January 7 & February 4**  
HV Room 10 10:00  
**1st Wednesday, January 6 & February 3**  
Grant Multi-Purpose Room 10:00



### Mountain View-Los Altos Adult Education



From Art to Genealogy to Yoga...the MVLA Adult School offers more than 40 classes at the Hillview Community Center.

#### **Register or information:**

Mail or Walk-in: Phone:(650) 940-1333  
MV-LA Adult Education Fax: (650) 967-4699  
Online [www.mvlaae.net](http://www.mvlaae.net) or  
333 Moffett Blvd, Mountain View, CA 94043

## Programs and Classes

### Book Club

1:00

Hillview, 2nd Thursday

Room 18

January 14

*All the Light We Cannot See*  
Anthony Doerr

February 11

*Red Notice: A True Story of High Finance, Murder and One Man's Fight for Justice.*  
Bill Browder

Books are available at the Senior Program. Book Club discussion begins at 1:00, but feel free to bring lunch and join book club members at 12:30.



#### Questions?

Call Cynthia at the Library  
(650) 948-7683 (x3510) or  
Janet at (650) 967-2941.



### Grant

2nd Wednesday, January 13 & February 10

Books will be decided on as a group at the Grant Book Club.

### Cora's Casual Dining

RSVP Room 10

This group meets at a different restaurant the second Wednesday of each month for a **no-host dinner**. Cora will make the restaurant reservations but please **RSVP to the Senior Program** at (650) 947-2797 by noon the Monday before the dinner. Come make new friends, share laughs, chat, and enjoy good times. We will try to find rides if you need one, so please call. Cash only.

Wednesday, January 13 5:30 645502-01

Cetrella  
400 Main Street

Wednesday, February 10 5:30 645502-02

Ristorante Bella Vita  
376 First Street

### 1000-Piece Puzzle Challenge

Stop by the Senior Program anytime during operating hours to help finish our 1000 piece puzzle. Ideas for new puzzles? We are listening!

Monday-Friday 8:30—3:30  
Room 10 Free

### Registration, Class Refunds, & Transfers

**Registration:** Please pay and register in Room 10. All participants must either fill out a drop-in or membership form before registering for the first time. Any class changes will be noted at time of registration. **Please plan on arriving early to class to expedite your service experience.**

**Refund and transfer** requests must be submitted in writing via email or in person, up to five working days prior to the first day of class. E-mail requests to: [recreation@losaltosca.gov](mailto:recreation@losaltosca.gov). All refunds will be charged a \$10 service fee. No refunds or transfers will be given once class begins.

### Strength and Balance Class 645107-01

Join group leader Nora Beltran in low impact exercises that strengthen the body and improve balance. Let's hear it for wellness! Chairs will be made available if needed for seated and standing support. All are welcome to join us!

Tuesdays/Thursdays 11:30—12:15  
January 19 - March 24 HV Multi-purpose

\*No Class: 2/16

Members: \$20.00 All Others: \$60.00



### Stretch & Flex

HV Social Hall

Join instructor Nora Beltran to tone your muscles and improve range of motion in your joints. Lengthen and strengthen in this class.

\*Bring a mat to each class

Tuesdays/Thursdays 8:50 - 9:50  
January 19 - March 24 645108-01

\*No Class: 2/16

Tuesdays/Thursdays 10:00 - 11:00  
January 19 - March 24 645108-02

\*No Class: 2/16

Members: \$54.00 All Others: \$60.00

## Classes

### Private Piano Lessons 645522

**New** Got Piano? It's never too late to learn to play the piano. This lesson offers one on one—thirty minute piano lessons in a well structured but friendly environment for you to play a variety of pieces and styles at any levels.

Instructor Hyunjung earned a master's degree in Piano Performance and has more than 20 years of teaching experience for all levels.

Thursday, January 21-March 31

10:30 –12:00 (30 minute classes)

Members: \$35.00/class, \$385.00/session

All Others: \$41.00/class, \$462.00/session

*\*Pay quarterly or before each class in Room 10.*

### Terrible Adult Chamber Orchestra

TACO is an orchestra for the rest of us, a monthly gathering of adults who want to play music together in a relaxed, sociable setting.

*\*Note: Must bring own instrument and stand.*

*\*Required: Please contact the director before the first class at [tacosv.com](http://tacosv.com).*

**Sunday** 2:00-5:00

LAYC

January 31 330111-01

February 28 330111-02

Members & All Others: \$10.00

### Line Dancing Room 4

Step right up! An easy way to get some healthy exercise and have fun keeping fit. The warm camaraderie, great music, and good workout will keep you high stepping all week. For information call instructor Richard Campbell (408) 377-6978. No experience necessary.

**Tuesday** 1:00- 2:00

January 5 - January 26 645511-01

February 2 - February 23 645511-02

Members: \$6.00/class, \$24.00/session

All Others: \$8.00/class, \$32.00/session

*\*Pay monthly or before each class in Room 10*



### Mah-Jongg

Room 12

If you would like to be part of an ongoing group that has fun and meets every Thursday afternoon to learn while playing Mah-Jongg, then join our Community. This group is led by Annie Metz.

**Thursday** 1:00-3:30

January 21 - March 31 645515-01

Members: Free

All Others: \$3.00/class, \$36.00/session

*\*Pay monthly or before each class in Room 10.*

### 10 Weeks to Play Better Bridge

This ten-week class is for beginners who have learned the basics of contract bidding and play, and want to improve their skills. Prerequisites: Students should have either completed our previous ten-week course or have some playing experience.

**Mondays** 9:00-11:00

January 25 - April 4 645541-01

*\*No Class: 2/15*

Room 12

Members: \$110.00 All Others: \$120.00

### Intermediate Bridge Room 12

This class teaches only intermediate social (party) bridge. It helps players to advance their skills at both bidding and playing. Lessons assume basic bridge knowledge including evaluation hand and ordinary hand bidding. Classes include one hour lecture followed by student play.

*For more information, Contact Tony Plutynski at (650) 948-0699.*

**Thursday** 9:15-12:00

January 21 - March 31 645530-01

Members: \$5.00/class, \$55.00/session

All Others: \$7.00/class, \$77.00/session

*\*Drop-in fee only January 7 and 14*

*\*Pay monthly or before each class in Room 10*



## Classes



### Artventures

645514-01

Artventurers would love to meet new artists! Visual artists of all genres and levels are welcome to this studio for visual art! Bring your current project to work amongst others in a supportive environment.

Visit their blog at:

<http://caartventurers.blogspot.com/>.

#### Wednesday

9:30-12:00

January 20 - March 30

Room 12

Members: \$1.00/class, \$11.00/session

All Others: \$3.00/class, \$33.00/session

*\*Pay quarterly or before each class in Room 10.*

### Collage and Mixed Media Room 13

Come and learn a variety of collage techniques. The use of acrylic paint, gels, mediums, colorful paper, creating texture, and stenciling will all be included. Come for a fun time of art making.

Artists of all levels are welcome.

*\*Materials fee of \$20.00 due at class.*

#### Tuesday

6:00- 8:30 pm

February 9

330523-01

Members: \$57.00

All Others: \$66.00

### Tai Chi for Life!

645534-01

Learn new ways to RELAX, REVITALIZE, and HAVE FUN! Tai Chi is a mindful, internal martial art that flows in gentle and slow whole body movements and promotes health, balance, flexibility, strength, and clarity. Join instructor Linda Scheer as she leads us through Tai Chi techniques.

#### Tuesday

12:45-1:45

January 19 - March 29

HV Multi-Purpose

*\*No Class: 2/16, 3/15*

Members: \$10.00/class, \$72.00/session

All Others: \$12.00/Class, \$81.00/session

## Yoga

Join instructor Sawako Yoshimura and enjoy the many benefits of Yoga! Yoga benefits both body and mind including improving strength, flexibility and balance. Bring water and wear loose clothing. You can practice with or without shoes on.

*\*Note: Please bring yoga mat.*

#### Mondays

1:30-2:30

Free

Room 12

No Class January 4, 18 and February 15

## Fun + Fitness

Formally Fitness 4 Seniors. Having balance issues? Afraid of falling? Feeling weak and lacking energy? Come on down and have some fun listening to music and getting fit with friends. This is a class that involves basic everyday movements to improve range of motion, flexibility, muscle strength, and balance. For more information contact Adam Halper at [www.fitnesshalpers.com](http://www.fitnesshalpers.com) or (650) 479-5955.

*Note: Bring resistance band, Pilate's ball, and your choice of dumbbell weight between 1-10lbs required.*

#### Monday/Wednesday

11:45-12:45

Los Altos Hills Council Chambers

February 8 - March 2

341042-01

Members: \$160.00

All Others: \$170.00

## Bodyweight Bootcamp

If you are ready to shed some pounds, increase lean muscle mass, and improve overall fitness, then gather up some friends, our Bodyweight Boot Camps are perfect for you! For more information contact Adam Halper at (650) 479-5955 or [fitnesshalpers.com](http://fitnesshalpers.com).

*\*Note: Please bring yoga mat.*

#### Monday/Wednesday

6:00 - 7:00am

Los Altos Hills Council Chambers

February 8 - March 2

331041-01

#### Monday/Wednesday

8:45 - 9:45 am

HV Multi-purpose Room

February 8 - March 2

331041-03

Members: \$160.00 & All Others: \$170.00

## Travel

*“Mini”-Trips: Local trips to attractions near us!*



### Discover Cuba– Havana & Varadero

April 13, 2016

8 Days \* 7 Nights \* 16 Meals

**Highlights:**

Melia Varadero All-inclusive Resort • Matanzas School of Art & Music • Havana & Museum of the Revolution • Home & Studio of Artist Jose Fuster • Old Style Classic Car Club Discussion • Francisco Donatien Cigar Factory Visit • Hemingway’s Farm  
Cost Per Person: \$5095 (Double) \$11,095 (Single)



### Cape Cod & The Islands

June 5, 2016

7 Days \* 6 Nights \* 9 Meals

**Highlights:**

Nantucket Island Tour • Boston City Tour • Plymouth Plantation & Plymouth Rock • Mayflower II • Martha’s Vineyard Tour • Newport’s Ocean Drive • New England Lobster Dinner  
Cost Per Person: \$2295 (Double) \$2940 (Single)



### Venice & The Italian Lakes

September 27, 2016

9 Days \* 8 Nights \* 10 Meals

**Highlights:**

Seven Nights in the Lake Como Area • Milan City Tour • Lake Como Cruise • Bellagio • Romeo & Juliet Balcony • Verona Arena • St. Marks Basilica  
Cost Per Person: \$3895 (Double) \$4395 (Single)



### Washington DC & Williamsburg

October 13, 2016

7 Days \* 6 Nights \* 9 Meals

**Highlights:**

Washington DC City Tour • World War II Memorial • Smithsonian Institution • Mt. Vernon Tour • Jamestown & Yorktown • DC Twilight Illumination Tour • Traditional Colonial Dinner  
Cost Per Person: \$2325 (Double) \$3000 (Single)

### Mozart Car Museum

645301

This is a rare opportunity to tour the Mozart Foundation Automobile Museum in Mountain View, California. This world class private collection of automobiles includes Bugatti, Alfa Romeo, Duesenberg, Pierce Arrow, Packard, Ferrari, and more. The museum is a dream come true for antique, vintage, and classic car enthusiasts. The museum is not open to the public, so it is a unique opportunity to see and learn about some of the world’s rarest automobiles. See flyer for more trip details.

**Thursday, January 21**

Members: \$25.00 All Others: \$35.00

Cost Includes:

Round trip transportation, lunch  
Depart from Hillview Park & Community Center  
Depart: Approx. 11:30 Return: Approx. 3:30

### AnnieGlass

645301-02

Today we are traveling to Watsonville to view the creation of AnnieGlass products. Annie Glass has a full line of sustainably handcrafted and food friendly luxury glass dinnerware, serving pieces and décor. Two pieces from the Annieglass Shells Collection, Coquina and Tiburon, can be found on permanent display in the Luce Foundation Collection of American Craft at the Smithsonian American Art Museum in Washington, D.C. Her pieces are also sold in luxury retailers. After the tour we are off to lunch. See flyer for more trip details.

**Friday, February 5**

Members: \$40.00 All Others: \$50.00

Cost Includes:

Round trip transportation, lunch  
Depart from Hillview Park & Community Center  
Depart: Approx. 9:30 Return: Approx. 3:30

# Games We Play

## Drop-In Games

### Pickleball...

640965

Continues to grow in popularity and participation at Hillview! It is known to be a FUN yet low-impact sports activity, providing mild, yet hearty exercise! Pickleball is light on injuries and ailments! Doubles play is the way at Hillview, meaning two players to a team! Lots of laughs and conversation mix in with play at this activity! All are warmly welcomed!

Wednesday's

Los Altos Youth Center 11:00—1:00  
Members: Free All Others: \$3.00

**New**

**Beginning Wednesday, February 17**

Egan Gym (2 Courts) 5:00—7:00  
100 W Portola Ave, Los Altos, 94022  
Members and All Others: \$5.00

### Ping Pong

Call (650) 947-2797 to reserve your spot today!

**Tuesday** 1:00  
Room 12 Free for members

### Wii

Come on in and enjoy current events and youtube.com videos on our Wii console! Bring some friends, or make some new ones! Also, learn to play any of the physically-active or brain-challenging Wii games.

**Monday-Friday** 8:30-3:30  
Room 10

### Bocce Ball

Learn to play Bocce Ball & make new friends!

**Monday/Wednesday, Tuesday/Thursday, Friday**

Bocce Ball Courts 10:00  
1st Tuesday of the month 2:00—4:00

### Shuffleboard: Outdoor

The Senior Program has an outdoor shuffleboard. Call to make an appointment to play.

**Monday-Friday** 8:30 - 3:30

### Grant

Card games are also available at Grant, every Wednesday from 10:00 to 2:00! Join us at 1575 Holt Avenue, Los Altos, Ca 94024! Card games include Bridge, Mah-Jongg, and MORE!

### Mah-Jongg Intermediate Free Play

This free play session is intended for those more intermediate or advanced Mah-Jongg players who are comfortable playing without instruction. Bring yourself or a group of four and your own set to enjoy a friendly game of Mah-Jongg.

**Wednesday** (HV Room 11) 12:30 - 3:30  
Wednesday (Grant) 10:00 - 2:00

### Bridge Free Play

Bridge begins promptly at 9:00 am. Groups of four play. If there is an uneven number of players, players rotate into the games.

See page 10 for lessons that will work for your own personal play level!

**Tuesday** 9:00 - 3:00  
**Wednesday** 9:00—12:00  
Room 11

### Poker

Poker is recruiting new members! Enjoy casual games of poker and meet new friends!

**Monday** 12:00 - 3:30  
Room 11

### Pinochle

Openings are available for new players. Rusty? We don't mind. Join in and have some fun!

**Thursday** 12:00 - 3:30  
Room 11

### Chess

Drop in and play one of the world's most popular games: chess! Great for concentration, strategy development, making friends, and much more!

**Tuesday** 1:00  
Room 10

## Services

### HICAP

Free

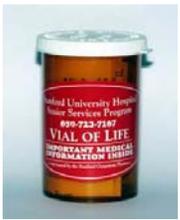
Health Insurance Counseling & Advocacy Program assistance with Medicare & supplement claims, comparisons & long-term care, and HMO Appeals. Call (650) 947-2797 for appointments with Roy Ito.

Next available appointments:

**Tuesday, January 19 & February 16**

### Vial of L.I.F.E

(Lifesaving Information for Emergencies)



First responders are trained to look for the Vial of Life kit in an emergency. It enables Emergency Responders to quickly locate helpful information regarding your medical history.

Come to Room 10 and inquire at the Front Desk.

### Smart Driver Course

Two Consecutive Friday's  
Friday, January 15-22 1:00 - 5:00

### Smart Driver Renewal Course\*

Friday, March 11 1:00 - 5:30

*\*Must have completed eight hour class within the last three years to attend the renewal course.*

**Cost: \$15.00 AARP Members \$20.00 All Others**

Please bring check payable to "AARP" and AARP number to class. Reserve your spot by calling the Senior Program at (650) 947-2797. Certificate of completion is given at the end of either the 2-day or renewal course. Certificate is required for discount.

### Advance Health Care Directive

Schedule an hour long appointment for assistance with an Advance Health Care Directive.

Appointment includes: answering, explanation of medical and legal language, help with forms, etc.

Contact El Camino Hospital (650) 940-7210.

### Flu Season

For more information and to locate flu shot centers, please go to [www.flu.gov](http://www.flu.gov).

### Rebuilding Together

Preserve affordable home ownership and revitalize neighborhoods by providing critical home repair and modification services to those in need and to those who qualify at no cost to homeowners.

For more information: Call (650) 940-7210

Or visit: <http://rebuildingtogethersv.org>

### Mountain View-Los Altos Community Services Agency

CSA Senior Services Program is committed to helping local seniors live happy, healthy, and independent lives. Case Managers provide referrals to community resources, make arrangements for in-home services, and work cooperatively with care providers.

If you would like to receive CSA's Information & Referral Newsletter via mail or email, please contact Program Director Elizabeth Medina at (650) 810-2237 or [emedina@csacares.org](mailto:emedina@csacares.org) to submit your request.

### Friendship Line

The Friendship Line is a program sponsored by the Institute on Aging and is both a crisis intervention center and a "warm" line for routine, even daily, phone calls that provide emotional support, medication reminders, and well-being check-ins.

For more information:

Call toll free (800) 971-0016

Call local (415) 752-3778

Or visit <http://www.ioaging.org/services-for-elders-and-caregivers/friendship-line>

### Cards For All Occasions

Ask our front desk volunteers where to find our stash of Get Well, Birthday, and other cards for the next time you need one!

### Change of Seasons

The winter months are here! Please be prepared for the cold weather by wearing layers, and help prevent the spread of illnesses by washing your hands! The Senior Program will be kept at a comfortable temperature of 73° F.

(650) 947-2797 • [losaltosrecreation.org](http://losaltosrecreation.org)

## Community Events & Staying Connected

### Stay Connected

Follow the Los Altos Senior Program through one of our several media outlets.

**Television:** KMVT Channel 15

**Websites:**

City of Los Altos: [www.losaltosca.gov](http://www.losaltosca.gov)

Recreation: [www.losaltosrecreation.org](http://www.losaltosrecreation.org)

**Publications:**

The following publications may be found online at the City of Los Altos website, Senior Program, Recreation Office, or City Hall.

The Spotlight

(Senior Program Bi-Monthly Newsletter)

Recreation Guide (Quarterly classes—all ages)



### NIXLE

NIXLE: is a new communication service which the city uses to reach residents quickly. The City will send alerts directly to registered users via text message, email and the web.

To register visit [www.NIXLE.com](http://www.NIXLE.com).

### Local Resources 2-1-1

For free, non-emergency community, health and disaster information in Santa Clara County, dial 2-1-1. When you dial 2-1-1, you will speak with a live phone specialist who can answer your questions regarding nonprofit services and agencies within the community ([www.211scc.org/about.htm](http://www.211scc.org/about.htm)).

*If you live outside of the county, dial (866) 896-3587.*

### Benefits Check Up

[www.benefitscheckup.org](http://www.benefitscheckup.org)

Developed and maintained by the National Council on Aging (NCOA), Benefits Check Up is the nation's most comprehensive web-based service to screen for benefits programs for seniors with limited income and 19 resources.

### Community Events

#### Friends of the Library Book Sale

Hillview Community Center Multi Purpose Room  
**February 26-28**

CASH ONLY sales. Prices are "as marked" starting from only \$.50!

*\*Must be a member of the Friends of the Los Altos Library to attend Friday Sale. May join at sale, \$10.00 for the year.*

For more information please visit:  
[losaltoslibraryfriends.org/](http://losaltoslibraryfriends.org/)

#### Holiday Carriage Rides

Enjoy horse-drawn carriage rides through downtown Los Altos. For dates, prices and more information call (650)949-5282 or visit [downtownlosaltos.org](http://downtownlosaltos.org).

*\*Sponsored by Los Altos Village Association (LAVA).*

### Los Altos Legacies!

Los Altos Legacies hopes everyone enjoyed the Holiday Party and luncheon! Legacies once again provided the individual candy packages for each attendee, assembled by our loyal board members! Board members Paul and Ellen Gonella went to Half Moon Bay to procure the lovely orchid prizes for the annual drawing and hope you were a lucky winner! The orchids make such a beautiful display for the holidays! Of course, who could forget our memorable visit from Santa! Did you tell him what is on your wish list?

The Los Altos Legacies Board of Directors has a new member, Ed White, joining Paul Gonella, Chairman; Ellen Gonella, Secretary & Treasurer; John Lippold, Vice Chairman; King Lear; Gabrielle Tiemann; Ed Hodges; and Verda Keenan. Welcome Ed!

Future Meetings: Neutra House at 10:00am  
March 2, 2016, June 1, 2016, September 7, 2016  
December 7, 2016.

Los Altos Senior Program  
Hillview Community Center  
97 Hillview Ave  
Los Altos, CA. 94022

Non-Profit  
U.S. Postage Paid  
Los Altos, CA.  
Permit No. 61

Change Service Requested

👉 Time Sensitive Material

Email: [recreation@losaltosca.gov](mailto:recreation@losaltosca.gov)

Staff: Candace Avina Nora Beltran Irene Hatch Chris Penaranda Kate Thornton

# Spotlight Newsletter

Los Altos Senior Program

