



The Spotlight

www.losaltosrecreation.org

July & August 2015

Celebrate with us at our Summer Barbecues!
July is Parks & Recreation Month!



Inside Scoop

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Independence Day Observed!

Friday, July 3
Sorry we're Closed!



1st ever Open House!
Wednesday, July 8
5:30-7:00 pm. See Page 8!

Summer Break!

Monday, August 24– Friday, August 28
We will reopen Monday, August 31

Labor Day!

Monday, September 7
We will reopen Tuesday, September 8

Hours:

Monday - Friday
8:30 am. - 3:30 pm
Doors open at 8:30 am



City of Los Altos Recreation & Community Services Department Senior Program

Hillview Park and Community Center (HV)
97 Hillview Avenue, Los Altos, CA 94022

Grant Park and Community Center
1575 Holt Avenue, Los Altos, Ca, 94024

(650) 947-2797

www.losaltosrecreation.org

July Calendar of Events

July 2015

Mon

Tue

Wed

Thu

Fri



1 9:30 Artventures
10:00 Bocce Ball
11:00 Pickleball
12:30 Mah-Jongg
Int. Free Play
1:00 Men's Group
at Grant
10:00-2:00 Grant

2
9:15 Int. Bridge
10:00 Bocce Ball
10:00 Men's Group
11:00 Poker
12:00 Pinochle
1:00 Beg. Mah-Jongg

3 Sorry We're Closed!
Independence Day (Observed)



6
9:00 Piano
9:30 Monkeys
10:00 Bocce Ball
12:00 Poker
4:30 Senior
Commission

7
9:00 Bridge Free Play
10:00 Bocce Ball
10:15 Visions Unlimited
1:00 Line Dancing
1:00 Chess
2:00 Ping Pong

8
9:30 Artventures
10:00 Bocce Ball
11:00 Pickleball
12:30 Mah-Jongg
Int. Free Play
1:00 Book Club @
Grant
5:30 Casual Dining
5:30-7:00 Open House!

9
9:15 Int. Bridge
10:00 Bocce Ball
11:00 Poker
12:00 Pinochle
1:00 Beg. Mah-Jongg
1:00 Book Club

**10 Super Size Screen:
"Driving Miss Daisy"**
1:00 Room 12
Members: Free
Non-members: \$1.00
**Join us for Coffee on
The Patio! 10:00am**

Summer Concert

13
9:00 Piano
9:30 Monkeys
10:00 Bocce Ball
12:00 Poker

14
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
**5:30-7:00 Dinner &
Music on the Patio!**

15
9:30 Artventures
10:00 Bocce Ball
11:00 Pickleball
11:00 Women's Group
**12:00 Speaker,
Community Services
Agency @ Grant**
12:30 Mah-Jongg
Int. Free Play
10:00-2:00 Grant

16
10:00 Stretch&Flex
**10:00 Extended Tour
Meeting**
11:00 Poker
11:30 Strength & Balance
12:00 Pinochle
1:00 Beg. Mah-Jongg
**Trip: Computer
History Museum
Summer Concert**

**17 Friday
Luncheon**
12:00 Room 11
Menu
TBA
Members: \$4.00
Non-Members: \$6.00
**Join us for Coffee on
The Patio! 10:00am**

20
9:00 Piano
9:30 Monkeys
10:00 Bocce Ball
12:00 Poker

21
10:00 Stretch&Flex
10:00 Bocce Ball
11:30 Strength & Balance
**12:30 Speaker: California
Water**
12:45 Tai Chi for Life
1:00 Line Dancing
1:00 HICAP
1:00 Chess
2:00 Ping Pong

22
9:00 Bridge Free Play
9:30 Artventures
10:00 Bocce Ball
11:00 Pickleball
12:30 Mah-Jongg
Int. Free Play
10:00-2:00 Grant

23
10:00 Stretch&Flex
9:15 Int. Bridge
10:00 Bocce Ball
11:00 Poker
11:30 Strength & Balance
12:00 Pinochle
1:00 Beg. Mah-Jongg

24 Birthday BBQ
Menu
Tri Tip
Members Birthday: Free
Members: \$6.00
Non-Members: \$8.00
**Join us for Coffee on
The Patio! 10:00am**

Summer Concert

27
9:00 Piano
9:30 Monkeys
10:00 Bocce Ball
12:00 Poker
6:00 PEP

28
10:00 Stretch&Flex
9:00 Bridge Free Play
10:00 Bocce Ball
11:30 Strength & Balance
11:30 Picnic in the Park!
12:45 Tai Chi for Life
1:00 Line Dancing
1:00 Chess
2:00 Ping Pong

29
9:00 Bridge Free Play
9:30 Artventures
10:00 Bocce Ball
11:00 Pickleball
12:30 Mah-Jongg
Int. Free Play
10:00-2:00 Grant

30
10:00 Stretch&Flex
10:00 Bocce Ball
11:00 Poker
11:30 Strength & Balance
12:00 Pinochle
1:00 Beg. Mah-Jongg

31 Friday Luncheon
Menu
TBA
Members: \$4.00
Non-Members: \$6.00
**Join us for Coffee on
The Patio! 10:00am**

Summer Concert

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

August Calendar of Events

August 2015



Mon	Tue	Wed	Thu	Fri
3 9:30 Monkeys 10:00 Bocce Ball 11:30 Speaker: Sourcewise 12:00 Poker 4:30 Senior Commission 6:00 PEP	4 9:00 Bridge Free Play 10:00 Bocce Ball 10:00 Stretch&Flex 11:30 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping pong 5:30-7:00 Dance! National Night Out	5 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 1:00 Men's Group at Grant 6:00 PEP 10:00-2:00 Grant	6 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Stretch&Flex 10:00 Men's Group 11:00 Poker 11:30 Strength & Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg Summer Concert	7 Super Size Screen "Last Vegas" 1:00 Room 12 Members: Free Non-Members: \$1.00 Join us for Coffee on The Patio! 10:00am
10 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	11 10:00 Stretch&Flex 9:00 Bridge Free Play 10:00 Bocce Ball 10:15 Visions Unlimited 11:30 Strength & Balance 11:30 Picnic In The Park! 1:00 Line Dancing 1:00 Chess 2:00 Ping pong	12 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 10:00-2:00 Grant Trip: Giants Game	13 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Stretch&Flex 11:00 Poker 11:30 Strength&Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 Book Club Summer Concert	14 Friday Luncheon 12:00 Room 11 <u>Menu</u> TBA Members:\$4.00 Non-Members:\$6.00 Join us for Coffee on The Patio! 10:00am
17 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	18 9:00 Bridge Free Play 10:00 Bocce Ball 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 HICAP 1:00 Chess 2:00 Ping Pong 5:30-7:00 Dinner & Music on the Patio!	19 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Women's Group 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 10:00-2:00 Grant 12:00 Sleep for the Elderly- Speaker at Grant	20 9:15 Int. Bridge 10:00 Bocce Ball 11:00 Poker 12:00 Pinochle 1:00 Beg. Mah-Jongg Summer Concert	21 Birthday Luncheon 12:00 Patio <u>Menu</u> Kabobs Members: \$6.00 Non-Members: \$8.00 Join us for Coffee on The Patio! 10:00am

The Senior Program will be closed for Summer Break from August 24— August 28.

The Senior Program will reopen on Monday, August 31.

The Senior Program will be closed for Labor Day Monday, September 7.

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



Grant

Open every Wednesday 10:00a.m.-2:00p.m.
1575 Holt Avenue, Los Altos, CA 94024
Schedule subject to change



July Happenings

July 1

10:00a.m.—2:00p.m.
Intermediate Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English Lessons with Galen
12:00 Men's group
1:00 Zumba Gold Dance Party with Nora

July 8

10:00a.m.—2:00p.m.
Intermediate Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English Lessons with Galen
12:00 (Bring lunch)
1:00 Book Club with Betsy

July 15

10:00a.m.—2:00p.m.
Intermediate Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English Lessons with Galen
12:00 (Bring lunch)
12:00 Speaker– Community Services Agency
1:00 Zumba Gold Dance Party with Nora

July 22

10:00a.m.—2:00p.m.
Intermediate Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English Lessons with Galen
12:15 Karaoke
1:00 Garden Club

July 29

10:00a.m.—2:00p.m.
Intermediate Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English Lessons with Galen

August Happenings

August 5

10:00a.m.—2:00 p.m.
Intermediate Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English Lessons with Galen
12:00 Men's Group
1:00 Zumba Gold Dance Party with Nora

August 12

10:00a.m.—2:00p.m.
Intermediate Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English Lessons with Galen
12:00 (Bring lunch)
1:00 Book Club with Betsy

August 19

10:00a.m.—2:00p.m.
Intermediate Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English Lessons with Galen
12:00 Speaker– Dr. Donn Posner
1:00 Zumba Gold Dance Party with Nora

August 26

10:00a.m.—2:00p.m.
Intermediate Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English Lessons with Galen
12:00 (Bring lunch)
12:15 Karaoke
1:00 Garden Club



Recreation & Community Services Department News

From your Recreation and Community Services Department:

Dog Days of Summer in Recreation & Community Services.

We are rolling right along with our summer here in the Recreation & Community Services Department. We hope you have enjoyed some of our summer concert series performances. If you haven't made it out to any yet, we have five more concerts on the books during the next two months. They are all on Thursday evenings, start promptly at 6:30pm, and run until 8pm. Grant Park will be rocking on July 9, July 23, and August 6. The Hillview Community Center will be host to the bands on July 16 and July 30. These concerts are an awful lot of fun. Come join us, if you haven't already.

If classes are what you are looking for, we really *are* going to the dogs with our Dog Obedience classes (both beginning and advanced)! Other classes especially for adults that start in July and August include Intermediate Tennis, Ice Skating, Golf, Golf for Women, and Pet First Aid & CPR.

Also, if you have grandkids living in the area or visiting this summer, we have a plethora of camps for them. And, depending on if there are multiple siblings enrolling or if one child will be enrolling in multiple weeks, you might be eligible for a discount on their fees for certain camps.

For full info on all our programs, take a look at our summer Recreation Guide. You can find a copy in the Senior Center (at both Hillview and Grant sites) or online at LosAltosRecreation.org. Of course, if you have any questions just give us a call at (650)947-2790 or stop by our offices at 97 Hillview Ave! We are happy to help!

Enjoy these dog days of summer!



Summer Concert Series 2015

July 9	Phil 'N The Blanks	Grant Park
July 16	Dutch Uncle	Hillview Park
July 23	The Houserockers	Grant Park
July 30	Timewarp	Hillview Park
August 6	The Shanks	Grant Park

Thursday's Free!

Hillview	97 Hillview Avenue	6:30 pm
Grant	1575 Holt Avenue	

Congratulations Kate!

We are happy to announce that Kate is expecting! In December, Kate and her partner Ian will become first-time parents and are definitely feeling the excitement! We look forward to hearing about their journey and hope everything goes well!



Candace's baby girl Clarabelinda visited the Senior Program for the 2nd Friday Mother's Day Luncheon on May 8.

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 for more information at (650) 947-2518.

Volunteer and Appreciation

Thank you. You will be missed...

Dean Johnson has volunteered as our Thursday MAC Tutor for several years. He retired late May. Many members have a better understanding of their Mac computers because of Dean. Thank you Dean; you will be missed.

Volunteer sign-in



Help us to keep track of your volunteer hours. Please fill out the volunteer time card found behind the volunteer desk each time you volunteer at the Senior Program.

Thank you for all you do!

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 at (650) 947-2897, e-mail at bsmith@losaltosca.gov, or visit losaltosca.gov/volunteer.

Joint Los Altos/Los Altos Hills Senior Commission

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

Meetings are held every 1st Monday at 4:30 pm in the Hillview Park and Community Center Room 11. All are welcome to attend.

Next Meetings: July 6 and August 3

Commissioners:

Frank Martin (Chair)	Bart Nelson
Ashish Mathur (Vice Chair)	Arnold Testa
Jim Basiji	Sue Russell

Need Assistance With Errands?

Are you sick and shut in? Do you need some errands run? Look for more information on this service in the September/ October edition of the Spotlight Newsletter.

(650) 947-2797 • losaltosrecreation.org

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 small tasks as assigned. The commitment is either 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 (Monday-Friday) anytime between **8:30 – 3:30**

Barbecue/Luncheon Help

Help decorate the Senior Program rooms and patio before our barbecues and lunch, then help serve and clean-up while working alongside seniors.

Friday, 2nd, 3rd and 4th

Summer Barbecuer

We are looking for an individual who would be in charge of barbecuing at our summer barbecues. Staff will purchase and provide all food and supplies. Starting the barbecue and barbecuing are the main responsibilities.

Friday, July 24, August 21

Monkey Toy Makers

Want to make a difference in your community? We are currently recruiting for Volunteers to help out the "Monkey Toy Makers." Monkey Toy Makers handcraft stuffed toy sock monkeys, which are then donated to sick and recovering children at Lucile Packard Children's Hospital. Sewers and washed used/torn nylons are in high demand. Wish to volunteer? One day a week and 2 hours of your time is all that's needed. Come join them for some fun, laughter, and a meaningful purpose.

Mondays

9:30-11:30

Speakers and Emergency Preparedness

Speakers

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

Community Services Agency

Elizabeth Medina, Senior Services Program Director, will be speaking about advanced health care directives. See page 17 for more information on the Community Services Agency.

Wednesday, July 15 12:00—1:00
Grant Free

California Water Service

Hear about the latest updates on the drought and how we plan to comply with the State's water use reduction requirements, including water waste, water budgets and conservation tools.

Tuesday, July 21 12:30—1:30
HV Room 12 Free

Sleep and the Elderly

Do you lie awake, struggling to catch the sleep that eludes you...then feel exhausted and miserable during the day? Insomnia increases the risk for high blood pressure, obesity, diabetes, anxiety, and substance abuse. What's more is, although insomnia often is considered a sign of depression, new research reveals that the insomnia can come *first* and double a person's risk of developing depression. Dr. Donn Posner from the Palo Alto Institute for Research and Education will answer your questions and shed some light on this troublesome topic.

Wednesday, August 19 12:00-1:00
Grant Free

Sourcewise

Sourcewise is Santa Clara Counties Area Agency on Aging. Hear about the programs and resources they offer such as health insurance counseling, meals on wheels, and an online resource directory. They provide valuable resources as you age.

Monday, August 3 11:30—12:30
HV Room 12 Free

(650) 947-2797 • losaltosrecreation.org

White House Conference on Aging

Monday, July 13, 2015

The first baby boomers reached retirement age in 2011, accelerating a population surge in the number of Americans over the age of 65. Each day for the next 15 years, thousands more will reach retirement age, creating more opportunities for how we define what it means to be an older American. This conference will bring together government officials, members of the public, caregivers, older Americans, business leaders, and community leaders to discuss a vision for aging in the next decade. You can participate by watching the conference online.

For more information visit:

www.whitehouseconferenceonaging.gov

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*

Monday, July 27 830813-01
Grant Room 3 6:00-9:00
Monday, August 3 830813-02
HV Room 16 6:00-9:00

National Night Out

"Give Crime & Drugs a Going Away Party."

Tuesday, August 4 6:00 -9:00

Join forces with thousands of communities nationwide for the "32nd Annual National Night Out," an anti-crime/drug-prevention event. Neighbors are asked to lock their doors, turn on outside lights, and spend an evening out with their neighbors and police. Host or attend a neighborhood activity on your block to be a part of the over one million people building neighborhood unity and strengthening police-community partnerships.

Please register all events by July, 22. Applications may be picked up at the Police Department. Contact Josh Cottrell, Community Service Officer at (650)947-2775 or email jcottrell@losaltosca.gov with questions. *Sponsored by: National Association of Town Watch and co-sponsored locally by the Los Altos Police Department.*

New Programs!

Open House

There is much going on with the Los Altos Senior Program! The Open House will premier current and new programs, classes and activities! Sample some of our classes with your favorite Instructor! Get the latest information on what is being offered by our new and expanded sites! Stay for refreshments!

Wednesday, July 8 **5:30 pm—7:00 pm**
Hillview Park and Community Center (HV)
97 Hillview Avenue, Los Altos Rooms 10, 11, 12

Piano Lessons

Join us for Fun-Filled piano lessons! Senior Program members of all levels can enjoy a thirty-minute piano lesson. Contact the Senior Program front desk for an appointment at (650)947-2797.

Instructor Ramya Krishna has been playing piano since age 5 and loves teaching. This is her fourth summer with the Senior Program. She is currently entering 11th grade at Pinewood.

Monday's, June 15 – August 10
(9:00—10:30, 30min/appt.)

Dinner and Music on “The Patio”

Chef Martin Lu demonstrates grilling a delectable meal that is eaten while listening to Jazz Saxophonist, Michael O’Neill, on “The Patio”!
645551/01

Tuesday, July 14 **5:30 pm—7:00 pm**
HV Patio
Members: \$20.00 All Others: \$25.00

Picnic In The Park!

Place your lunch order (Turkey, Ham or Veggie), then meet us at the park for a Picnic Lunch with Friends!

Tuesday, July 28 Patriot’s Corner
Tuesday, August 11 Heritage Oaks Park
Members: \$15.00 for boxed lunch Others: \$20.00

Pick up a flyer in the Senior Program for more info. Carpooling is recommended as parking is limited.

(650) 947-2797 • losaltosrecreation.org



Coffee on “The Patio”

Is getting GREAT reviews!! This activity began Friday, May 1st, and is continuing throughout the summer months.

Donations are always appreciated!
See you on the HV Patio!

Friday’s 10:00 am—12:00 pm

Dance, Dance, Dance!

645552-01
Get your “line dance on,” with Richard Campbell, Line Dance Extraordinaire! Our first dance of the Summer Season hosts great music, dance tips, and refreshments! Bring your friends and dance the evening away!

Tuesday, August 4 **5:30 pm—7:00 pm**
Los Altos Youth Center
One North San Antonio Road, Los Altos
Members: \$10.00 All Others: \$15.00

Dinner and Music on “The Patio”

For our final evening dining event of the Summer, Chef Juan Yanez will prepare a grilled Culinary delight that is eaten while listening to The NASA Ames Jazz Combo on “The Patio”!

Tuesday, August 18 **5:30 pm—7:00 pm**
Hillview Park and Community Center 645551/02
97 Hillview Avenue, Los Altos Patio
Members: \$20.00 All Others: \$25.00

Aqua Aerobics

Are you interested in trying Aqua Aerobics? It is a low-impact form of exercise in the water. Details are yet to be determined, so please sign-up to show your interest and remain updated.

Programs

Something's Happening with the Senior Program in Los Altos!

COME AND CHECK IT OUT!

There is FUN, FUN, FUN happening at what is known as the Senior Program of Los Altos with the onslaught of activities, along with the expansion of two sites: Hillview and Grant!

We're offering programs that promote fitness, well being, social, creative, and travel opportunities! We start off our summer program with an Open House in the evening because the Hillview Center will open late on special evenings, from 5:30pm to 7:00pm, July until September!

Take a peek at the Hillview Patio that has been spruced up outside Rooms 10, 11, and 12 for summer activities such as Dinner On The Patio, Barbecues, Painting On The Patio, and more!

Get your "dance on" with our Line Dancing and Zumba Dances scheduled for August and September in the Hillview LAYC Multi-Purpose Room! Picnic with us at local parks this summer as you enjoy nature and friends with tasty lunches prepared by local restaurants.

We're enhancing our fitness program with Aqua Aerobics this summer! You can ride with us or come on your own to work out in a heated pool with a certified instructor!

For Pickleball fans, we offer more, more, more Pickleball! Check with us to see where the next Pickleball Site will be, indoors or outdoors; it will be fun!

Tournament time is coming! For the Bridge enthusiasts there will be a tournament at the Hillview Center in September, and for the Mah-Jongg lovers, October will be tournament time!

Enjoy traveling to Bay Area attractions on what we call "Mini Trips"! We will visit the Computer History Museum, SF Giants Baseball Game, Fleet Week, and Mozart Foundation Automobile Museum during the months of July through December!

Our expanded Site at Grant Park is open Wednesdays from 10:00am until 2:00pm and has been well received! Enjoy a variety of programs such as Bridge, Exercise, Speaker Forum, and much, much more!

Our "Golden-Agers" Rock at the City of Los Altos Senior Program!

(650) 947-2797 • losaltosrecreation.org

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, July 8 5:30 (#645502-07)

Ristorante Bella Vita 376 First Street, Los Altos

Wednesday, August 12 5:30 (#645502-08)

Le Petit Bistro
1405 West El Camino Real, Mountain View

Book Club 1:00
Hillview, 2nd Thursday Room 18

July 9 *Me Before You*
Jo Jo Moyes

August 13 *Zealot: the Life and Times of Jesus of Nazareth*
Reza Aslan

Books are available in the Senior Center. 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, July 8 & August 12

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

Men's Group 645529-07/08

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, July 2 & August 6 10:00
Hillview Room 10
1st Wednesday, July 1 & August 5 10:00
Grant Multi-Purpose

Classes

“A Taste of” Classes continue....

The Senior Program Staff and Volunteers came together to create new and exciting activities to offer to YOU, our participants!

Come, try some of these classes, just a taste, and see if you like them! We hope you enjoy!

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. All refunds will be charged a \$10 service fee. No refunds or transfers will be given once class begins.



Artventures

645513-03

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

June 17– August 19

Room 12

Members: \$1.00/class, \$10.00/session

All Others: \$3.00/class, \$30.00/session

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

10 Weeks to Play Winning Bridge

Roy's beginning bridge lessons will begin in September. See the next Spotlight for details.

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. *Tony Plutynski at (650) 948-0699.*

Thursday

9:15-12:00

July 2– July 23

645530-07

August 6– August 27

645530-08

Members: \$5.00/class, \$25.00/session

All Others: \$7.00/class, \$35.00/session

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

Beginning Mah-Jongg

Room 12

If you would like to be part of a group that has fun and meets every Thursday afternoon to learn while playing Mah-Jongg, then join our Community.

This group is led by instructor Annie Metz, who has played Mah-Jongg for over 25 years. Annie will be teaching Mah-Jongg with “the card” as you play. She looks forward to having fun while teaching and playing with new people.

Thursday

1:00-3:30

July 2– July 30

645515-07

Members: \$1.00/class, \$5.00/session

All Others: \$5.00/class, \$15.00/session

August 6– August 27

645515-08

Members: \$1.00/class, \$4.00/session

All Others: \$4.00/class, \$12.00/session

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



Classes



Stretch & Flex 645108-05

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

Tuesdays/Thursdays 10:00-11:00
 July 14– August 13 HV Social Hall
 Members: \$27.00 All Others: \$32.00

**Bring a mat to each class*

Strength and Balance Class 645107-03

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 11:30-12:15
 July 14– August 13 Room 4
 Members: \$10.00 All Others: \$30.00

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
 July 7– July 28 645511-07
 August 4– August 25 645511-08

Members: \$6.00/class, \$24.00/session
 All Others: \$8.00/class, \$32.00/session
**Pay monthly or before each class in Room 10*

Fit over 40: Kickstart 645106

Ready to change your body and regain a youthful feeling? Kickstart your fitness by setting goals, learning leveled exercises, and adopting healthy habits. In this fun group setting, improve your strength, endurance, flexibility, body composition, and agility. Stay in touch through the week with our online forum. Taught by Certified Personal Trainer Audrey Ryder and Certified Health Coach Toni King. For more information visit: <http://www.tonifitness.com> or call Toni King at (650) 656-5253.

Tuesday 1:30– 2:30
 Session 5: June 30– July 28
No Class: 7/7
 Members: \$130.00 All Others:\$144.00

Tai Chi for Life! 645534-05

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. It promotes health, balance, flexibility, strength, and clarity. Join instructor Linda Scheer as she leads us through Tai Chi techniques.

Tuesday 12:45-1:45
 June 16 - August 25 HV Social Hall
**No Class 7/7, 8/11*

Members: \$10.00/class, \$77.00/session
 All Others: \$12.00/Class, \$87.00/session
**Pay quarterly or before each class in Room 10.*

Backyard Composting Room 18

Turn your kitchen scraps and yard waste into rich, organic compost for your garden! Learn what can be composted and which system will work best for you.

Saturday 10:00-12:00
 July 11 830843-01
 August 15 830843-02

Members: \$39.00
 All Others: \$57.00



Friday Events



Greg Milano cooking burgers on the barbeque!

Big Screen Movie

1:00 **Register Room 10**

Members: Free All Others: \$1.00

Fee provides popcorn and beverage

July 10 645103-07

Driving Miss Daisy

Summary: Affectionately covers the 25-year relationship between a wealthy, strong-willed southern matron and her equally indomitable black chauffeur, Hoke. Both employee and employer are outsiders, Hoke because of the color of his skin and Miss Daisy because she is Jewish in a WASP-dominated society. At the same time, Hoke cannot fathom Miss Daisy's cloistered inability to grasp the social changes sweeping the south in the 1960's. Nor can Miss Daisy understand why Hoke's "people" are so indignant. It is only when Hoke is retired and Miss Daisy is confined to a home for the elderly that the two finally realize they have been friends and kindred spirits all along. (Rottentomatoes.com)

Stars: Jessica Tandy, Morgan Freeman, Dan Aykroyd
99 mins. / Drama, Comedy / Rated PG

August 7 645103-08

Last Vegas

Summary: The ensemble comedy follows four friends who decide to throw a Las Vegas party for the only one of them who has remained single.

Stars: Michael Douglas, Robert DeNiro, Morgan Freeman, Kevin Kline, Mary Steenburgen, Jerry Ferrara.

105 min. / Comedy / Rated PG-13

(650) 947-2797 • losaltosrecreation.org

Luncheons/Barbeques

12:00 **Register Room 10**

Walk-ins Welcome. Reservations Preferred.
Please call (650) 947-2797 for more information.

Friday Luncheons

July 17 645201-07

July 31 645202-07

August 14 645201-08

Menu: Terraces of Los Altos cater our Friday lunch. The menu will be made available the week of the lunch.

Members: \$4.00

All Others: \$6.00



Birthday Party Barbecues!

July 24 645519-07

Menu: Salad, Watermelon, Tri Tip, Root Beer Floats. **Join us on the Patio!**

August 21 645519-08

Menu: Fruit Salad, Kabobs, Dessert.

Members: \$6.00

All Others: \$8.00

Birthday month members: Free

Friday event days have been changed due to holidays in July and August.



Games

Drop-In Games We Play

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!

Wednesdays in the Hillview Multi-Purpose Rm

11:00a.m.—1:00p.m.

Members: Free All Others: \$3.00

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!

Poker

Enjoy free casual games of poker.

Monday 12:00-3:30
Room 11 Free

Shuffleboard: Outdoor

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

Monday-Friday 8:30 - 3:30

Bridge Free Play

Bridge begins promptly at 9:00 a.m. 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 Free

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 Free

(650) 947-2797 • losaltosrecreation.org

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. Would you like to learn how to play? See page 10 for information on lessons.

Wednesday 12:30- 3:30
Room 11 Free

Bocce Ball

Beginning Bocce Ball is on Tuesday and Thursday. Come learn to play Bocce Ball & make new friends!

Monday/Wednesday, Tuesday/Thursday, Friday
Bocce Ball Courts 10:00

Summer Bocce Ball Tournament!

Come play Summer Bocce Ball! The day of play will be determined by those playing. Teams consist of four players; a minimum of two players must be present to play. Individuals or teams may sign-up by contacting the front desk. The champion of the Senior Program tournament will play the City of Los Altos Employee Tournament Champions.

1000-Piece Puzzle Challenge

We have received a new Puzzle Table!!! Stop by the Senior Center 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

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 Free

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 Free

Ping Pong

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

Tuesday 2:00
Room 12 Free

Mini Trips and Major Trips

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



Computer History Museum 645301-07

Thursday, July 16

Leave Hillview: 11:30

Tour: 12:00

Lunch: Amarin Thai Restaurant

Return: 3:00

Spend a day at the Computer History Museum and find out why computer history is 2000 years old. Learn about computer history's game-changers in our multimedia exhibitions. Listen to computer pioneers tell their story from their own perspective. Discover the roots of today's Internet and mobile devices. See over 1,100 historic artifacts, including some of the very first computers from the 40s & 50s.

Members: \$30.00

Non-Members: \$35.00

**Price includes lunch and transportation.*



SF Giant's Baseball Game 645301-08

Wednesday, August 12

Leave Hillview at 11:45

Return at 4:30

“Take me out to the Ballgame” and see the San Francisco Giants take on the Houston Astros! Buy your own lunch and help us cheer on the Giants! GO GIANTS!!!

Members: \$55.00

All Others: \$60.00

**Price includes transportation.*

Extended Tour Party Meeting Room 11

Take a trip through the Great Trains and Grand Canyon, San Antonio and Cuba as Kris Adams, Premier Travel representative presents our extended trips.

Thursday, July 16 10:00

Great Trains & Grand Canyons

October 4, 2015

6 Days * 5 Nights * 8 Meals

Highlights:

Two Rail Journeys • Grand Canyon National Park • Oak Creek Canyon • Sedona Trolley Tour • Chapel of the Holy Cross • Montezuma Castle

Cost Per Person: \$1895 (Double) \$2495 (Single)

San Antonio Holiday

December 2, 2015

5 Days * 4 Nights * 6 Meals

Highlights:

San Antonio City Tour • San Jose Mission • El Mercado Market Place • Riverwalk Cruise • The Alamo • Hill Country • LBJ Ranch • Fredricksburg • Fiesta De Las Luminarias • Four Nights At One Hotel

Cost Per Person: \$1550 (Double) \$1975 (Single)

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 • Fransisco 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

June 5, 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)

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!

Annual Membership Cost

Los Altos resident - \$26.00

Non-resident - \$40.00

Don't forget to add \$5.00 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

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.

Battery Recycling

Recycle your used household batteries - AA, AAA, D, or 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!

Technology Resource Tutor

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 so you can make the most out of your session.

(650) 947-2797 • losaltosrecreation.org

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 for this service.

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.**

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.

Community Events, Stay Connected

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

Television: KMVT Channel 15

Websites:

City of Los Altos: www.losaltosca.gov

Recreation: www.losaltosrecreation.org

Senior Program: www.facebook.com/pages/City-of-Los-Altos-Senior-Program/135042355859

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 Center Bi-Monthly Newsletter)

Recreation Guide (Quarterly classes—all ages)



Local Resource 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).

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

Benefits Check Up www.benefitscheckup.org

Developed and maintained by Sourcewise, Benefits Check Up is the nation's most comprehensive web-based service to screen for benefits programs for seniors with limited income and resources. Please call (408) 350-3200 and select option 1 from their menu options for more information. Located: 2115 The Alameda, San Jose, Ca 95126

Summer Camps in Need!

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

Community Events

Farmer's Market

Thursdays, May 7-September 24 4:00 - 8:00
State Street between Second and Fourth

Glorious Fourth Celebration

Saturday, July 4 10:30-2:00
Join the Los Altos Community Foundation for the annual Glorious Fourth Celebration in Shoup Park. Open to all and located at 400 University Avenue, Los Altos, Ca 94022.

Festivities include: Live music, food & desserts, bounce house, face painting, balloon art, reptiles, games, & Sing-a-long!

Ye Old Town Band

July 26, August 30, Sept. 27 1:30 - 3:30
Shoup Park, 400 University Avenue, Los Altos
Enjoy a free, old-fashioned band concert in a beautiful park setting. Information: windband.org/oldtowne/

Friday Movie Nights

Fridays, August 7 through August 28 8:30
Main Street at 3rd Intersection
Enjoy a family movie under the stars.
Presented by the Los Altos Village Association. Visit www.downtownlosaltos.org for information.

(650) 947-2797 • losaltosrecreation.org

Los Altos Legacies!

Now that Summer is here, Los Altos Legacies hopes you are looking forward to the root beer floats that we provide at the July BBQ. This is Legacies' way to remind you that our non-profit organization serves only seniors in the Los Altos/Los Altos Hills area. Brochures will be passed out at the BBQ with more information.

Throughout the year, Los Altos Legacies provides continual monetary support to the Senior Program, including funds to subsidize the cost of the monthly hot lunch program, cover the cost of entertainment, provide the wonderful candy and prizes at the Holiday party, and cover other senior needs as recognized by the Senior Program staff.

We want to recognize our Board member Ed Hodges and congratulate him on reaching his 100th birthday! We hope you serve many more years, Ed.

If you would like to join our Board of Directors, please contact Paul or Ellen Gonalla at (650)948-2920.



Services

Water Conservation

Help us help the environment by conserving water! Here are a few helpful tips:

- Use a broom, not hose, to clean driveways and walkways.
- Mulch around plants to hold water in soil.
- Water your yard and outdoor plants early or late in the day to reduce evaporation.
- Use a low-flow showerhead.
- Install new toilets that use less than 1.6 gallons per flush.
- Turn off sink faucet while scrubbing dishes.

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, July 21 and August 18

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.

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.

AARP Smart Driver

645301

Two Consecutive Fridays

Room 12

Friday, September 11 and 18

1:00—5:00

AARP Smart Driver Renewal Course*

Friday, November 13

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.

(650) 947-2797 • losaltosrecreation.org

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 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!



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 or

333 Moffett Blvd, Mountain View, CA 94043

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

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Staff: Cheri Anderson Candace Avina Nora Beltran Irene Hatch Kate Thornton

Spotlight Newsletter

Los Altos Senior Program

