

The Spotlight

www.losaltosrecreation.org

July and August 2016



The Senior Program will be closed...

»» Monday, July 4 in observance of Independence Day

»» August 29 - September 5

for Summer break and in observance of Labor Day.

The Senior Program will re-open Tuesday, September 6, 2016.

Inside Scoop

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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

Monday and Wednesday, 10:00 am - 2:00 pm

Phone: (650) 947-2797

Website: losaltosrecreation.org

July 2016 Calendar of Events

Mon

Tue

Wed

Thu

Fri



Interested?

If you are interested in a Fall Matter of Balance Class by Stanford University, playing Chess or Cribbage then let us know at the volunteer desk in Room 10 and we will try and match you up with others interested in playing.

1 Super Size Screen:
The Revenant
1:00 Room 12
Members: Free
All Others: Free
Coffee & Music on *the Patio*

4
Senior Program Closed



5
9:00 Bridge Free Play
10:00 Bocce Ball
1:00 Line Dancing
1:00 Chess

6
9:00 Bridge Free Play
9:30 Artventures
10:00 Bocce Ball
10-2 Grant
11:00 Pickleball
12:30 Mah-Jongg Int. Free Play
6:00 Pickleball

7
9:15 Int. Bridge
10:00 Bocce Ball
10:00 Men's Group
12:00 Pinochle
1:00 Beg. Mah-Jongg
Summer Concert

8 2nd Friday Luncheon
Menu
TBA
12:00 Room 11
Members: \$4.00
All Others: \$6.00
Coffee & Music on *the Patio*

11
9:30 Monkeys
10:00 Bocce Ball
10-2 Grant
12:00 Poker
1:30 Yoga
1:30 Scrabble
2:00 Technology Tutor
4:30 Senior Commission

12
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

13 Day Trip
9:00 Bridge Free Play
9:30 Artventures
10:00 Bocce Ball
10-2 Grant
11:00 Pickleball
12:30 Mah-Jongg Int. Free Play
5:00 Casual Dining

14
8:50/10:00 Stretch & Flex
9:15 Int. Bridge
10:00 Bocce Ball
11:30 Strength & Balance
12:00 Pinochle
1:00 Book Club
1:00 Beg. Mah-Jongg
Summer Concert

15 Birthday Luncheon
Menu
TBA
Members Birthday: Free
Members: \$4.00
All Others: \$6.00
Coffee & Music on *the Patio*

18
9:30 Monkeys
10:00 Bocce Ball
10-2 Grant
11:00 Age-Friendly Survey
12:00 Poker
1:30 Yoga
1:30 Scrabble
2:00 Technology Tutor

19
8:50/10:00 Stretch & Flex
9:00 Bridge Free Play
10:00 Bocce Ball
10:00 HICAP
11:30 Strength & Balance
12:45 Tai Chi for Life
1:00 Line Dancing
1:00 Chess

20
9:00 Bridge Free Play
9:30 Artventures
10:00 Bocce Ball
10-2 Grant
11:00 Pickleball
12:30 Mah-Jongg Int. Free Play
6:00 Pickleball

21
8:50/10:00 Stretch & Flex
9:15 Int. Bridge
11:00 Age-Friendly Survey
11:30 Strength & Balance
12:00 Pinochle
1:00 Beg. Mah-Jongg
Summer Concert

22 Fun at the Beach BBQ!
Menu
Tri Tip
12:00 HV Patio
Members: \$6.00
All Others: \$8.00
Coffee & Music on *the Patio*

25
9:30 Monkeys
10:00 Bocce Ball
10-2 Grant
12:00 Poker
1:30 Yoga
1:30 Scrabble
2:00 Technology Tutor

26 Day Trip
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

27
9:00 Bridge Play
9:30 Artventures
10:00 Bocce Ball
10-2 Grant
11:00 Pickleball
12:30 Mah-Jongg Int. Free Play
6:00 Pickleball

28
8:50/10:00 Stretch & Flex
9:15 Int. Bridge
10:00 Bocce Ball
11:30 Strength & Balance
12:00 Pinochle
1:00 Beg. Mah-Jongg
Summer Concert

29 5th Friday
Menu
Chinese Chicken Salad
Members: \$6.00
All Others: \$8.00
Coffee & Music on *the Patio*

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

August 2016 Calendar of Events

| Mon | Tue | Wed | Thu | Fri |
|---|--|---|--|---|
| 1 9:30 Monkeys 10:00 Bocce Ball 10-2 Grant 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor | 2 Day Trip 8:50/10:00 Stretch & Flex 9:00 Bridge Free Play 11:30 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 1:00 Ping pong | 3 9:00 Bridge Free Play 9:30 Artventures 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 6:00 Pickleball | 4 8:50/10:00 Stretch & Flex 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Men's Group 11:30 Strength & Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg Summer Concert | 5 Super Size Screen In the Heart of the Sea 1:00 Room 12 All: Free Coffee & Music on <i>the Patio</i> |
| 8 9:30 Monkeys 10:00 Bocce Ball 10-2 Grant 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor | 9 8:50/10:00 Stretch & Flex 9:00 Bridge Free Play 11:30 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 1:00 Ping pong | 10 9:00 Bridge Play 9:30 Artventures 10:00 Bocce Ball 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 5:00 Casual Dining 6:00 Pickleball | 11 8:50/10:00 Stretch & Flex 9:15 Int. Bridge 10:00 Bocce Ball 11:30 Strength & Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 Book Club | 12 2nd Friday Luncheon <u>Menu</u> TBA 12:00 Room 11 Members: \$4.00 All Others: \$6.00 Coffee & Music on <i>the Patio</i> |
| 15 9:30 Monkeys 10:00 Bocce Ball 10-2 Grant 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor | 16 8:50/10:00 Stretch & Flex 9:00 Bridge Free Play 10:00 Bocce Ball 10:00 HICAP 11:30 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess | 17 9:00 Bridge Play 9:30 Artventures 10:00 Bocce Ball 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 6:00 Pickleball | 18 8:50/10:00 Stretch & Flex 9:15 Int. Bridge 10:00 Bocce Ball 11:30 Strength & Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg | 19 Birthday Luncheon <u>Menu</u> TBA 12:00 Room 11 Members Birthday: Free Members: \$4.00 All Others: \$6.00 |
| 22 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor | 23 9:00 Bridge Free Play 10:00 Bocce Ball 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 1:00 Ping Pong | 24 9:00 Bridge Play 9:30 Artventures 10-2 Grant 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 6:00 Pickleball | 25 Day Trip 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg | 26 Hawaiian BBQ <u>Menu</u> Kabob 12:00 HV Patio Members: \$6.00 All Others: \$8.00 |
| 29 | 30 | 31 | 1 |  |
| <p>Senior Program is Closed for Summer Break Monday, August 29—Monday, September 5 The Senior Program will re-open Tuesday, September 6</p> | | | | |

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



Grant Calendar of Events

Open Monday and Wednesday 10:00 am—2:00 pm

1575 Holt Avenue, Los Altos, CA 94024

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

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

Schedule subject to change

July Happenings

July 6

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Gladys
11:30 English Lessons with Galen
11:30 (bring lunch)
1:00 Meditation

July 13

10:00-2:00 Int. 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)
12:45 Zumba Gold Dance Party with Nora
1:00 Book Club with Betsy

July 20

10:00-2:00 Int. 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: Los Altos Dispute Resolution Services
1:00 Meditation

July 27

10:00-2:00 Int. 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)
12:45 Zumba Gold Dance Party with Nora
1:00 Garden Club

August Happenings

August 3

10:00-2:00 Int. 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)
12:45 Zumba Gold Dance Party with Nora
1:00 Current Events

August 10

10:00-2:00 Int. 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)
12:45 Zumba Gold Dance Party with Nora
1:00 Book Club with Betsy

August 17

10:00-2:00 Int. 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: Bruce Barton, Los Altos Town Crier Editor in Chief
12:45 Zumba Gold Dance Party with Nora
1:00 Men's Group

August 24 and 31 Senior Program Closed



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 \$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 technology tutoring 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 ten free black and white copies per year. After ten, the member cost is 5¢ per side of copy. All others, cost is 10¢.
Please see the front desk volunteers for assistance.

Technology Resource Tutor

Mondays by appointment HV 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.

(650) 947-2797 • losaltosrecreation.org

In-Home Repair Program

The In-Home Repair Program has four repair Volunteers: Lorraine Hancock, Dave Izant, Bill Schick and Rajesh Patel 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!

Recreation and Community Services Senior Program Staff!

Dear Participants, Volunteers and Colleagues,

The Los Altos Senior Program was created by and for the residents of Los Altos. From the beginning, staff together with many volunteers, community members/organizations and colleagues have assisted in carrying out the goals of the community by taking direction from first Los Altos Community Senior Coordinating Council and now the City of Los Altos. These staff members include Jane Gray, Barbara Menker, May Wang, Blondina Fister, Judie Sidebottom, Alice Putnam, Joe Karpantry, Pamela Reliford and Lydia Bernard. I have been honored to carry on their traditions, expand and implement new events and programming for the public age 50+ for nine years.



In mid to late August I will be taking on new responsibilities with the Los Altos Recreation and Community Services Department. I will be managing the City's Tiny Tot and Kinder Prep program and camps, Youth Theater, Egg Hunt, Gingerbread House Exhibit and the city gyms. This is a very exciting change for me. I will miss working with the participants, volunteers and staff of the Senior Program; however I am eager to start these new responsibilities surrounded by those who continue to support City of Los Altos Recreation and Community Services.

My office will be located in the Hillview Community Center, Room A but I will visit often and serve in an advisory capacity as needed. The Senior Program is at a very exciting moment in history and the direction of its services will be determined by all of you. There are many good things to come! Thank you to those part-time staff who I have had the pleasure of working with over the years (Nora Haley, Jan August, Jennifer Weiss, BJ Hathaway, Emily Ufheil-Somers, Nora Beltran, Carla Yonan, Nancy Callahan, Kathleen May, Irene Hatch, Kate Thornton, Cheri Anderson, Chris Penaranda, Joan Young, Kevin Low, and Gladys Castro).

Volunteers...so many...thank you! Sincerely, Candace Avina

Meet new Supervisor, Jaime Chew

Jaime is excited to join the City of Los Altos as a Recreation Supervisor! She has 19 years of recreation experience and most recently served as a Recreation Supervisor for the City of Milpitas for the past 7 years. She also served as a Program Coordinator for the City of Union City and a Physical Education Paraprofessional for the YMCA/Milpitas Unified School District.

She is a graduate of the University of California, San Diego (UCSD) with a Bachelor's Degree in General Biology, and she successfully completed the Santa Clara County Leadership Academy Program in 2011. She is also a current Instructor Trainer with the American Red Cross.

Jaime supervised the operations of the Barbara Lee Senior Center and the Sports Center for the City of Milpitas which assisted her in expanding her knowledge of the recreation profession. In addition, over the course of her recreation career, she has had the opportunity to coordinate and supervise: youth, teens, adults/seniors, summer camps, after school programs, preschool, contract classes, sports and fitness, athletic field allocations, marketing and sponsorship, facility rentals and aquatics.

In her spare time she enjoys baking/cooking, dancing and performing in local community musical productions, and spending time with her family—especially her 16 month old daughter Riley.

Jaime is looking forward to getting to know the Los Altos community!

Welcome New Staff!

Meet Kevin Low



Kevin Low is a San Jose Native. He has a BS in Recreation from San Jose State University. Along with the City of Los Altos,

he also works part-time for the City of San Jose, City of Mountain View, and City of Scotts Valley. In the past, he's worked jobs such as a lift operator at Heavenly Ski Resort and manager at a tattoo shop. He now looks forward to expanding his work experience with the Los Altos senior population.

Outside of work, he loves to be inspired by the energies of road tripping, skateboarding, snowboarding, reading, painting, and music events/festivals. Kevin doesn't have a long term career goal yet, but often thinks about working outdoors and experiencing other cities in the future.



Grant Lounge

You've asked—we've listened! Drop in to Grant Community Center and Park on Mondays to enjoy coffee, conversation and cards! Card tables are available on a first-come, first serve basis. Meet your neighbors and continue growing those relationships. Drop-in for free, membership appreciated. Participants are encouraged to express support for Los Altos Senior programs by purchasing a Senior Program Membership. A membership gives you access to member-only and discounts on senior programs. See page five for membership benefits. The schedule for Monday drop-in will be held from 10-2 as follows....

Room 2: July 11

Room 3: July 18, August 8, 15

The following exceptions to time and location apply....

Room 3: July 25 – 1:30 – 4:30

Room 4: August 1 – 1:30 – 4:30

Meet Gladys "Lita" Castro!



Gladys was born in Lima, Peru. She is a strong believer in the importance of sharing information about community resources, socializing, sharing time with

others of common interests, doing what you like, and keeping positive thoughts and attitude.

Gladys studied General Education with a focus on Law in Peru at the University of San Luis Gonzaga. She received a Child Development Assistant Permit by the Commission of Teacher Credential (CTC), and later received an exemplary family childcare award and recognition by the Community and Government. She continues to pursue classes of personal growth when time permits. Gladys's goal is to dedicate her life to support others through recreational activities and community services to improve the public's quality of life. We are lucky to have Gladys on our team!

Grant Lounge will be **closed** on Monday, August 22 and 24 due to Grant Community Center and Park renovations and Senior Program Summer Break.

Recreation & Community Services and Scholarship Opportunity



Hello, Summer! Actually, we are well into our summer activities.

Concert Series

Bring a blanket or beach chair, a neighbor or two, perhaps a picnic dinner, and prepare to enjoy our beautiful parks and good music!

Classes

We have some newer classes this summer for you to check out: two Zentangle classes, an art class sometimes referred to as “yoga for your brain”, and Neuro Power, a class that suggests fun strategies to help stimulate nutrients for your brain. We also have many favorites returning in diverse areas such as art, dancing, fitness, yoga and tai chi.

Youngsters Visiting You?

If you have grandkids living in the area or visiting this summer, we have many, many 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. Inquire at the Recreation & Community Services front office.

For full info on all our programs, take a look at our summer Recreation Activity Guide. Copies are available 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) 947-2797 or stop by our offices at 97 Hillview Ave, Room 10! We are happy to help!

2016 Summer Concert Schedule

| | |
|-------------------------|-------|
| 07.07 Fleetwood Mask | HV |
| 07.14 Phil N the Blanks | Grant |
| 07.21 Sun Kings | HV |
| 07.28 The Peelers | Grant |
| 08.04 Foreverland | HV |

| | |
|---|------------------|
| Thursdays | 6:30—8:00 |
| Hillview Park and Community Center (HV) | Soccer Field |
| 97 Hillview Avenue | |
| Grant Park and Community Center (Grant) | Soccer Field |
| 1575 Holt Avenue | |



City of Los Altos Residents 50+ Scholarship Opportunity

The City of Los Altos offers eight individual Senior Program scholarships of \$200.00 to residents for participation in Senior Programs 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 \$43,100.

Please call Jaime Chew 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.

Coffee and Music on *The Patio*



Join your friends and colleagues, while taking a break from a class or activities to enjoy coffee and refreshments on *The Patio*, right outside the HV Senior Program door!

10:00-12:00



Youth musicians will drop-in to play their instrument of choice. Listen before lunch.
Friday, July 1, 15, 29 & August 12
11:00-11:30

Volunteers

 Volunteers are the heart of our programming. Thank you to those who have volunteered over the summer and throughout the year. Many have passed through our doors before all of us. Please accept my appreciation for all the volunteers past and present that have given so much to the Los Altos Senior Program. The below individuals are carrying on your legacy. 


Front Desk Volunteers

Adela Di Canio, Ellen Chu, Susie Elnaggar, Shalini Gupta, Verda Keenan, Kathy Frates, Nancy Lee, Lori Stoia and Patricia Scheid.

Newsletter Collating Volunteers

 Nanette Pearson, Patricia Densmore, Trudy Hickok

Luncheon/BBQ Volunteers

Daniel McCandless, Chiraq Patel, Aly and Conor Donovan, Austin Paige, Joseph Jacobson, Edison Tom, Vinay Patel, Maya Shukla and Olivia Pawlowski, Joanna Price, Ilya Polkovniko, Bill Skotnika 

Pickleball, Grant and Misc. Volunteers

Stan Peters, Maya Chandra, Nicholas Miro, Leesa Yim, Lisa Smith, Lynette Lee Eng, Karen Yang, Jan Fetter-Clauson, Laura Cline, Betsy Reeves, Liz Stout, Nicole Di Canio, John Cardoza, Roy Ito, Sawako Yoshimura, Ramya Krishna, Annie Metz, Cora Simon, Janet Harp, Stewart Wobber

Thank you to the following organizations...

 Los Altos Sunset Rotary
Abbott Vascular

Get Involved! Make a Difference! Learn New Skills!

Volunteer at 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.

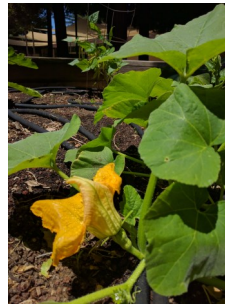
Contact Barbara at (650) 947-2897 or email at bsmith@losaltosca.gov or visit losaltosca.gov/volunteer.

Volunteer sign-in

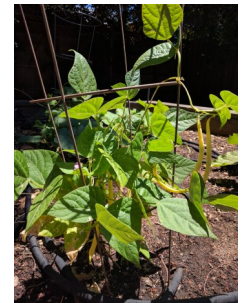


Help us to keep track of your volunteer hours. Please fill out the volunteer time card found behind the volunteer desk each time you volunteer. Thank you for all you do!

Gardens



Youth volunteers Angela Marie Fairman and Shreya Arvind planted pumpkins, beans, squash and eggplant in the Senior Program planter boxes. Beans are now sprouting! Check them out when you have time.



Thank you to Ashley Kodweis who planted flowers in the Senior Program patio. Many participants are enjoying the summer blooms. These Gardens will be cared for by Susan Eaton. Thank you for preparing our Garden!

Thank you Janice!

Thank you to Janice Hew for her dedication to the Monkey Toy Makers!

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 Community Center and the Hillview Community Center, Room 11. All are welcome to attend.

Next Meeting: July 11 at Hillview Rm. 11

Commissioners:

| | |
|---------------|-------------------|
| Gary Anderson | Bert Vincent |
| Janet Harding | Jim Basiji (LAH) |
| Tracie Murray | Karen Lemes (LAH) |
| Doris Torbeck | |

Friday Events!

Big Screen Movie 645103-07/08

1:00 Register Room 10

Members: Free All Others: Free
Popcorn and Beverage: All participants need a ticket. Please check-in at Room 10.

Members: Free All Others: \$1.00

***The Revenant* July 1**



Summary:
While exploring the uncharted wilderness in 1823, frontiersman Hugh Glass (Leonardo DiCaprio) sustains life-threatening injuries from a brutal bear attack. When a member (Tom Hardy) of

his hunting team kills his young son (Forrest Goodluck) and leaves him for dead, Glass must utilize his survival skills to find a way back to civilization. Grief-stricken and fueled by vengeance, the legendary fur trapper treks through the snowy terrain to track down the man who betrayed him.

Stars: Leonardo DiCaprio, Tom Hardy
2 hrs, 36 min/Adventure/Drama/R

***In the Heart of the Sea* August 5**



Summary:
In 1820, crewmen aboard the New England vessel Essex face a harrowing battle for survival when a whale of mammoth size and strength attacks with force, crippling their ship and leaving them adrift in the ocean. Pushed to

their limits and facing storms, starvation, panic and despair, the survivors must resort to the unthinkable to stay alive. The incredible tale ultimately inspires author Herman Melville to write "Moby-Dick."

Stars: Chris Hemsworth, Benjamin Walker, Cillian Murphy, Brendan Gleason
2 hrs, 2 min/Action, Adventure, Biography/
PG-13

12:00 Register Room 10

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

Luncheons:

2nd Friday Luncheon 645201-07/08
July 8 and August 12

Members: \$4.00 All Others: \$6.00

Birthday Luncheon 645519-07/08
July 15 and August 19

Members: \$4.00 All Others: \$6.00
Birthday Members: Free

Summer Barbecues 645202-07/08
July 22 and August 26

Members: \$6.00 All Others: \$8.00

July 22 Fun at the Beach:

Menu: Tri Tip, Salad, Watermelon
Root Beer Floats provided by Los Altos Legacies

August 26 Hawaiian BBQ!

Menu: Kabobs, Fruit Salad, Dessert.

5th Friday Fun!

July 29 645203-02

Menu: Chinese Chicken Salad

Members: \$6.00 All Others: \$8.00

*Terraces of Los Altos will cater our 2nd & 3rd Friday luncheons over the summer. 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.

*Entertainment will be provided at the Barbecues and 5th Friday event. Pick-up a flyer for more information.

Art, Music, Yoga

Registration, Class Refunds & Transfer

Registration: Please pay and register in Hillview 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 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 \$20 service fee. No refunds or transfers will be given once class begins.

Artventures 645514-03

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 15-August 24 HV Room 12

Members: \$1.00/class, \$12.00/session
Non-members: \$3.00/class, \$36.00/session
**Current session: pay quarterly or before class in HV Room 10.*

Zen Meditation Series

Korean Monk Hwansen Sunim will teach the benefits of meditation and guide you through a group meditation.

Wednesday 1:00
July 6 and 20
Free to Members Grant Multi-Purpose



In-Home Repair Volunteers!

Thank you!

L-R:
Rajesh Patel,
Lorraine Hancock,
Dave Izant
and
Bill Schick

Yoga for Adults 831702-01/02

Hatha yoga encourages healing of the body by releasing physical, mental and emotional tension. It also promotes strength and flexibility. These beginning and intermediate classes offer instruction based on the teaching of BKS Lyengar in asana practice, breathing techniques and end with deep relaxation. Equipment Note: Yoga Sticky mat, thick towel or blanket required. Wear comfortable shoes.

Monday, Continuing 6:00-7:30
June 13-August 22 HV Room 4
**No class 7/4*

Thursday, Beginning 6:00-7:15
June 16-August 25 HV Room 4

Residents: \$132.00 All Others: \$156.00

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.*

Monday 1:30-2:30
Free for members HV Room 12

Speaker



LOS ALTOS DISPUTE
RESOLUTION SERVICES
SOLVING CONFLICT YOUR WAY

Learn about how this local dispute resolution service helps resolve issues between neighbors, tenants and landlords, roommates, clients and small local businesses, co-workers,

or organizations in the community. Parties participate on a voluntary basis and give up none of their legal rights to resolve the matter in court. Find more info on their website: losaltoscf.org/losaltosdispute/

Wednesday, July 20 12:00
Free for members Grant Multi-Purpose

Active!

Line Dancing 645511

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

HV Social Hall

Members: \$6.00/class
All Others: \$8.00/class

Strength and Balance Class 645107-04

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!

Tuesday/Thursday 11:30-12:15
July 12-August 25 HV Multi-Purpose
Members: \$16.00 All Others: \$48.00

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.*

Tuesday/Thursday 8:50-9:50
July 12-August 25 645108-08

Tuesday/Thursday 10:00-11:00
July 12-August 25 645108-09
Members: \$45.00 All Others: \$55.00

Zumba Gold



Join a fun loving dance party where you will enjoy easy to follow Zumba Gold dance movements from different rhythms around the world.

Wednesday 12:45-1:30
Free for members Grant Multi-Purpose

Chair Exercise

Perform a combination of sitting and standing exercises that will increase your flexibility and strength.

Wednesday 10:45
Free for members Grant Multi-Purpose

Stretch with Eleanor

Join Volunteer Eleanor to practice "The Eight Pieces of Silk Brocade," a foundational Chi Kung form to help build overall health, wellness and vitality.

Wednesday 10:15
Free for members Grant Multi-Purpose

Personal Training by Team Fitness

With over 40 years of collective coaching, two Los Altos coaches will work with you whether you're just getting started or have been working out for some time. You can also form a small personal training group of two to three friends.

Registration Note: By appointment only. To register, email or call Tom Gordon at tomgordon@teamfitness.com or (877) 751-5100, x3.

\$35 per hour-3 people,
\$45 per hour-2 people
\$75 per hour-Individual

Tai Chi for Life! 645534-03

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
*June 14-August 30 HV Room 4
**No class 7/5,8/16*

Members: \$10.00/class, \$85.00/session
All Others: \$12.00/class, \$94.00/session
**Pay quarterly or before each class in HV Room 10.*

Special Interest

Cora's Casual Dining 645502-06/07

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 13 5:00

Dinah's Poolside Restaurant
4261 El Camino Real, Palo Alto

Wednesday, August 10 5:00

Urfa
233 State Street, Los Altos

Book Club 1:00

Hillview, 2nd Thursday HV Rm 18 & 11

July 14 **Under the Wide and Starry Sky:**
A Novel by Nancy Horan

August 11 **In the Heart of the Sea: The
Tragedy of the Whaleship Essex**
by Nathaniel Philbrick

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. See the movie in August.

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

Grant

2nd Wednesday, July 13 & August 10

English Lessons with Galen

Volunteer Galen offers relaxed English lessons to those in attendance.

Wednesday 11:30
Free Grant Multi-Purpose

Garden Club

Come and join others to stimulate your knowledge and love of gardening.

Fourth Wednesday, July 27 1:00
Free Grant Multi-Purpose

(650) 947-2797 • losaltosrecreation.org

Personal Emergency Preparedness - (PEP) 830813-01

Personal Emergency Preparedness is a 3-hour class 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.

Note: You may want to bring a light snack to class.

Saturday, July 23 12:00-3:00

Hillview 17

Residents: Free All Others: Free

**Register with the Recreation and Community Services*

Smart Driver Course

Two consecutive Fridays 1:00 - 5:00

Friday, September 9 & September 16

Smart Driver Renewal Course*

Friday, December 9 1:00 - 5:30

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

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

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.

Women's Group

Let's get this group started! Let us know if you would like to be part of a Women's group and how you would like it to be run! Contact the Hillview volunteer desk with your ideas.

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 7 & August 4

HV Room 10 10:00

3rd Wednesday, August 17

Grant Multi-Purpose Room 1:00

Drop-In!

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 11:00-1:00
Members: Free All Others: \$3.00

Wednesday Evenings 6:00-8:00
Egan Gym (2 Courts)
100 W Portola Ave, Los Altos, 94022
Members: \$5.00 All Others: \$5.00

Bocce Ball

Learn to play Bocce Ball & make new friends!

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

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

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.

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 HV Room 10

Ping Pong

Tuesday by appointment after August

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
Free HV Room 10

Pinochle

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

Thursday 12:00
HV Room 11

Poker

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

Monday 12:00
HV 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
HV Room 10

Scrabble

Stretch your mind to come up with words available to you. Laugh, smile and joke while strengthening your vocabulary!

Monday 1:30
HV Room 10

Mah-Jongg and Bridge

Plenty of fun is to be had for all levels. See page 15 for detailed information on where and when to play!

Shuffleboard: Outdoor

Members call for an appointment to play.
Monday-Friday 8:30-3:30

Age-Friendly Survey, Bridge and Mah-Jongg

Your input is needed!

World Health Organization (WHO) has created a template to help communities meet the challenge of transforming our streets, services, parks and playgrounds— and our attitudes and feelings— to support the growing population of elderly people. For the first time ever, older people outnumber the young in the US; and by 2030, one in four Santa Clara County residents will be over the age of 60. A county-wide effort is being led by the Seniors' Agenda of Santa Clara County, Department of Aging and Adult Services and Center for Age-Friendly Excellence in Los Altos, to assist all 15 cities in Santa Clara County to achieve designation by the World Health Organization as an Age-Friendly city. The City of Los Altos became an Age-Friendly city in 2011. Follow-up reports will be conducted this year.

Santa Clara County Livability Survey: Santa Clara County Department of Public Health is conducting an evidence-based county wide survey of seniors' needs to inform each of our cities of the opinions, needs and challenges of older adults. The survey is based on the Livable Communities survey of AARP. Fill out the survey online at surveymonkey.com/r/AgeFriendlyEnglish or make an appointment with a volunteer to fill out the survey.

Beginning Bridge Lesson

This class is designed for those interested in an introduction to Standard American Contract bridge. Four students are needed for a class. Interested? Sign-up at the front desk.

 **Monday** 10:00-2:00
 Register in Room 10
 Free for Senior Program Members

Intermediate Bridge 645530-03

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 of hands and ordinary hand bidding. Classes include a one hour lecture, followed by student play.

Thursday 9:15-12:00
 June 16-September 8

Members: \$5.00/class, \$78.00/session
 All Others: \$7.00/class, \$104.00/session

**Pay quarterly or before each class in HV Room 10
 For information, call Tony Plutynski at (650) 948-0699 .

Bridge Free Play ** Please sign in*

Tuesday 9:00-3:00 HV Room 11
Wednesday 9:00-12:00 HV Room 11
Monday 10:00-2:00 Grant
Wednesday 10:00-2:00 Grant Multi

Survey Appointments: Senior Program Room 10 at 11:00 am on Monday, July 18 and Thursday, July 21
 Grant Lounge at 11:00 on Monday, July 25 and Wednesday, July 27

Mah-Jongg

Mah-Jongg players of all levels are encouraged to join us for a good game or two. Groups play using, 'the card.'

Beginning Mah-Jongg HV Room 12

Annie Metz makes it simple to come and play Mah-Jongg. No experience necessary. Ask Annie questions to learn while you play or just enjoy playing with others. Mah-Jongg sets and 'the card' are provided during play. Just bring yourself and be ready for fun.

Thursday 1:00
 Members: Free All Others: \$3.00

Intermediate Mah-Jongg HV Room 11

This free play session is intended for the 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.

Wednesday 12:30

Drop-in Mah-Jongg Grant

Bring your own set and a group of four. Card tables are available from 10:00-2:00 on a first-come first-served basis.

Monday and Wednesday 10:00-2:00 15

Mini-Trips

Cantor Arts Museum

645301-02

Wednesday, July 13

Enjoy a self-guided tour of *Richard Diebenkorn: The Sketchbooks Revealed and Edward Hopper: New York Corner* at the Cantor Arts Center at Stanford University. The Richard Diebenkorn exhibit presents sketchbooks of 20th-century painter Richard Diebenkorn. 29 books span 50 years of the artist's career and contain 1,045 drawings. The Edward Hopper exhibit showcases the painting *New York Corner*. We will have a no host lunch at the Cool Café then a guided tour of the Rodin Garden Sculptures.

Members: \$22.00 All Others: \$32.00
To/From Hillview Park and Community Center
Depart: Approx. 10:00 a.m.
Return: Approx. 3:30 p.m.

California Academy of Sciences

Tuesday, July 26

645301-03

Come with us and take a self-guided tour of the **California Academy of Sciences in Golden Gate Park**. The California Academy of Sciences is a renowned scientific and educational institution dedicated to exploring, explaining, and sustaining life on earth. During our self-guided tour you will visit Steinhart Aquarium, Osher Rainforest, The Swamp and the African Penguins. We will have a no host lunch so you will have the choice of bringing your own from home, dining at the Academy Café or meander through the Japanese Tea Garden. If you choose the Japanese Tea Garden, there may be an entrance fee.

Members: \$55.00 All Others: \$65.00
To/From Hillview Park and Community Center
Depart: Approx. 9:30 a.m.
Return: Approx. 3:30 p.m.

Hiller Aviation Museum

645301-04

Tuesday, August 2

Join us for an interesting self-guided tour of Hiller Aviation Museum in San Carlos. The museum features over 40 unique aircrafts that tell the story of aviation in Northern California and beyond. There are many hands-on exhibits that provide interactive experiences that explore flight, weather, careers and aviation's daily working world. Some of the exhibits include Boeing 747-100 Nose Section, Boeing 737-300 Cockpit, Engines, Storm Making and more. After a stroll through downtown San Carlos where you will have the opportunity to shop and dine at (no host) a restaurant of your choice.

Members: \$30.00 All Others: \$40.00
To/From Hillview Park and Community Center
Depart:: Approx. 9:30 a.m.
Return: Approx. 2:15 p.m.

Senior Safari Walkabout

645301-05

Thursday, August 25

Happy Hollow is not just a place for kids! County of Santa Clara hosts early morning Senior Safari Walkabouts. Get some exercise while enjoying the beautiful sights and sounds of Happy Hollow Park & Zoo. Seniors are invited to challenge their minds, get a little (or a lot) of exercise, and gain unique knowledge into the wonders of the natural world in an atmosphere sure to make you feel like a kid again! Animal Meet & Greets, highlighted routes for the 10,000 Step Program, and see the Zoo wake-up. Lunch at Original Joe's following the Zoo.

Members: \$35.00 All Others: \$45.00
To/From Hillview Park and Community Center
Depart:: Approx. 8:15 a.m.
Return: Approx. 2:15 p.m.

Extended Tours

Venice & The Italian Lakes



September 27, 2016
9 Days•8 Nights•10 Meals

Highlights:

Lake Como City and Cruise •
Milan City Tour • Bellagio • Romeo & Juliet
Balcony • Verona Arena • St. Marks Basilica •
Cost Per Person: \$3,895 (Double) \$4,395 (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 •
Cost Per Person: \$2,325 (Double) \$3,000 (Single)

Charleston and Savannah Holiday



November 29, 2016
7 Days • 6 Nights • 10 Meals

Highlights:

Charleston City Tour • Boone
Hall Plantation • Fort Sumpter Boat Tour •
Charleston Holiday Lights • Beaufort Horse
Drawn Carriage Tour • Jekyll Island Trolley
Tour • Savannah City Tour •
Cost Per Person: \$2,345 (Double) \$3,045 (Single)

Arizona Spring Training Getaway



March 19, 2017
6 Days • 5 Nights • 7 Meals

Highlights:

Phoenix City Tour • 2 Spring Training
Baseball Games • Hall of Flame Fire
Museum • Old Town Scottsdale • Heard
Museum of Native American Culture •
Tucson Area • Mission San Xavier • Arizona-
Sonora Desert Museum • Sabino Canyon Rec
Area Tram Tour •
Cost Per Person: \$1,895 (Double) \$2,495 (Single)

Holland Tulips, Rhine River Castles



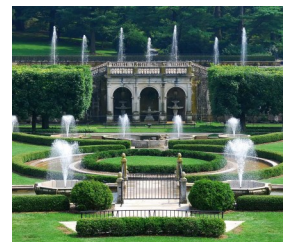
March 27, 2017
11 Days • 9 Nights • 22 Meals

Highlights:

Lucerne • Strasbourg •
Speyer • Cologne •
Amersterdam • Canal Cruise • Keukenhof
Gardens • Black Forest • Cuckoo Clock
Factory • Basel • Rudensheim • Koblenz •
Cost Per Person starts at:

\$4,895 (Double) \$6,245 (Single)

Philadelphia, Poconos, Brandywine Valley



September 17, 2017
6 Days • 5 Nights•7 Meals

Highlights:

Valley Forge Nat'l
Historical Park •
Philadelphia City Tour •
Independence Hall and the Liberty Bell •
National Constitution Center • The Poconos •
Town of Jim Thorpe, Brandywine Valley •
Two former DuPont Mansions • Hershey's
Chocolate World • Pennsylvania Amish
Country •
Cost Per Person: \$2,175 (Double) \$2,725 (Single)

New England Rails and Trails



October 6, 2017
8 Days • 6 Nights•11 Meals

Highlights:

2 Rail Journeys • Boston
City Tour • Faneuil Hall Marketplace •
North Conway, NH • Billings Farm and
Museum • Woodstock • Maple and Sugar
Farm • Ben & Jerry's Factory • Portland
Maine and more! •
Cost Per Person: \$2,975 (Double) \$3,850 (Single)

**Contact Senior Program Staff
for registration or with travel
questions. (650) 947-2797**

Services

Transportation: Road Runners

RoadRunners is a transportation service provided by dedicated El Camino Hospital Auxiliary volunteers. Transportation is provided for medical, dental, or any health related appointments. A reservation is required. For fees and details, or to place a reservation for this service, please call RoadRunners directly at (650) 940-7016.

RoadRunners office hours:

Monday - Friday | 7:30 am to 4:30 pm

Pick up and Drop Off service hours:

Monday - Friday | 8:15 am to 3:30 pm

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.

3rd Tuesday of month by appointment:

Tuesday, July 19 and August 16

Advance Health Care Directive

Schedule an hour long appointment for assistance with an Advance Health Care Directive. Appointment includes: information, explanation of medical and legal language, help with forms, etc.

Contact El Camino Hospital (650) 940-7210.

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>

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.

Nutrition Program

Enjoy a healthy meal with others Monday-Friday at the Mountain View Senior Center. Pick-up a flyer in the Los Altos Senior program or check out Mountain View's Prime Time News publication for the menu and more information.

Sponsored by: Community Services Agency partnering with Santa Clara County S.N.P. (650) 964-6586. 266 Escuela Avenue, Mtn. View

Monday-Friday Mtn. View Senior Center
Sign in by 11:15, lunch served at 11:45
Suggested donation for ages 60+ \$3.00
Suggested donation for guests under 60 \$8.00

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. Inquire at the Room 10 Front Desk.

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

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
Recreation: 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)

City Joins Next Door!

The City of Los Altos is excited to announce the launch of its profile on Nextdoor, the private social network for neighborhoods.

Nextdoor will allow the City to provide residents with city-wide, as well as neighborhood-specific updates, connecting residents to information that is timely and relevant. Neighborhoods establish and self-manage their own Nextdoor websites and the City will not be able to access residents' websites, contact information or content. Information shared on Nextdoor is password protected and cannot be accessed by search engines.

Those interested in joining their neighborhood's Nextdoor website can visit www.nextdoor.com and enter their address. If residents have questions about their Nextdoor website, please visit help.nextdoor.com.



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.

(650) 947-2797 • losaltosrecreation.org

City Manager Weekly Updates

Chris Jordan, Interim City Manager posts weekly updates to summarize the activities of the City's various Departments.

You may sign up to receive this weekly update via email by signing up for the City Manager Weekly Update email list at losaltosca.gov/enotify.

Community

Farmers Market 4:00 - 8:00

Thursdays, May 5-September 29

State Street between Second and Fourth

Los Altos Arts & Wine Festival

Saturday and Sunday, July 9 & 10 10:00-6:00

Main and State Streets

For more information visit downtownlosaltos.org

Ye Olde Towne Band 1:30-3:30

Enjoy a free, old-fashioned band concert in beautiful Shoup Park.

Information: windband.org/oldtowne/

July 31, August 28 and September 25

Senior Safari Walk About

For more information: Call (408)794-6400 or visit HHPZ.org.

Thursday, July 28, August 25, September 22 and October 27.

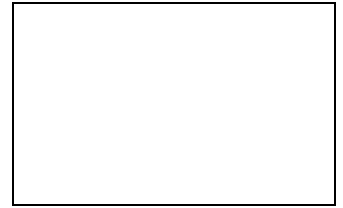
Los Altos Legacies Board Meeting

Los Altos Legacies continues to support enhanced facilities for seniors. Free root beer floats will be served at the July 22 Senior Program BBQ-come and enjoy the day with us! Los Altos Legacies is recruiting a new board member. Contact any one of the current board members to express your interest: Paul Gonella, Chairman, John Lippold, Vice-Chair, Ellen Gonella, Secretary/Treasurer, Gabrielle Tiemann, King Lear, Ed White, and Ed Hodges.

September 7 and December 7 10:00

Neutra House, 183 Hillview Avenue

Los Altos Senior Program
Hillview Community Center and Park
97 Hillview Avenue
Los Altos, CA 94022



Change Service Requested

👉 Time Sensitive Material

Email: recreation@losaltosca.gov

Staff: Candace Avina Nora Beltran Gladys Castro Kevin Low Joan Young

Spotlight Newsletter

Los Altos Senior Program

