



www.losaltosrecreation.org

The Spotlight

March & April 2015

**NEW!
Pickleball**



Inside Scoop

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Pickleball
The Lively Racket
Game for all Ages and
Abilities is coming to
Los Altos Senior
Program on
March 24, 2015!



REMINDER!

Hours:

Monday - Friday
8:30 a.m. - 3:30 p.m.
Doors open at 8:30 a.m.

City of Los Altos Recreation Department
Senior Program
97 Hillview Avenue, Los Altos, CA 94022
(650) 947-2797
www.losaltosrecreation.org

March Calendar of Events

March 2015



Mon

Tue

Wed

Thu

Fri

<p>2 9:30 Monkeys 10:00 Bocce Ball 11:45 Fitness 4 Seniors 12:00 Poker 4:30 Senior Commission</p>	<p>3 8:50/10:00 Stretch&Flex 9:00 Bridge Free Play 10:00 Bocce Ball 10:15 Visions Unlimited 11:30 Strength & Balance 1:00 Line Dancing 1:00 Chess 1:00 PC Tutor 2:00 Ping Pong</p>	<p>4 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:45 Fitness 4 Seniors 12:30 Mah-Jongg Int. Free Play 6:00 PEP</p>	<p>5 8:50/10:00 Stretch&Flex 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Men's Group 11:00 Poker 11:30 Strength & Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC</p>	<p>6 Super Size Screen: "The Secret Life of Walter Mitty" 1:00 Room 12 Members: Free Non-members: \$1.00</p>
<p>9 9:30 Monkeys 10:00 Bocce Ball 11:45 Fitness 4 Seniors 12:00 Poker</p>	<p>10 8:50/10:00 Stretch&Flex 9:00 Bridge Free Play 10:00 Bocce Ball 10:00 Legacies 11:30 Strength & Balance 1:00 Line Dancing 1:00 Chess 1:00 PC Tutor 2:00 Ping Pong</p>	<p>11 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:45 Fitness 4 Seniors 12:30 Mah-Jongg Int. Free Play</p>	<p>12 8:50/10:00 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 1:00 iPad&MAC 1:00 Book Club</p>	<p>13 2nd Friday Luncheon 12:00 Room 11 <u>Menu</u> TBA Members:\$4.00 Non-Members:\$6.00</p>
<p>16 9:00 Winning Bridge 9:30 Monkeys 10:00 Bocce Ball 11:45 Fitness 4 Seniors 12:00 Poker</p>	<p>17 St. Patrick's Day! 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 1:00 PC Tutor 1:00 HICAP 2:00 Ping Pong</p>	<p>18 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Women's Group 11:45 Fitness 4 Seniors 12:30 Mah-Jongg Int. Free Play</p>	<p>19 8:50/10:00 Stretch&Flex 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Stretch & Flex 10:30 SF Duck Tour 11:00 Poker 11:30 Strength & Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC</p>	<p>20 Birthday Luncheon <u>Menu</u> Lasagna Members Birthday: Free Members: \$4.00 Non-Members:\$6.00</p> 
<p>23 9:00 Winning Bridge 9:30 Monkeys 10:00 Bocce Ball 11:45 Fitness 4 Seniors 12:00 Poker</p>	<p>24 Pickleball Demo! 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 1:00 PC Tutor 2:00 Ping Pong</p>	<p>25 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:45 Fitness 4 Seniors 12:30 Mah-Jongg Int. Free Play</p>	<p>26 8:50/10:00 Stretch&Flex 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 iPad&MAC</p>	<p>27 4th Friday Luncheon <u>Menu</u> TBA Members: \$6.00 Non-members: \$8.00</p>
<p>30 9:00 Winning Bridge 9:30 Monkeys 10:00 Bocce Ball 11:45 Fitness 4 Seniors 12:00 Poker</p>	<p>31 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 1:00 PC Tutor 2:00 Ping Pong</p>			

April Calendar of Events

April 2015



Mon

Tue

Wed

Thu

Fri

		<p>1 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play</p>	<p>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 1:00 iPad&MAC</p>	<p>3 Super Size Screen "Something's Gotta Give" 1:00 Room 12 Members: Free Non-Members: \$1.00</p>
<p>6 9:00 Winning Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 4:30 Senior Commission</p>	<p>7 8:50/10:00 Stretch&Flex 9:00 Bridge Free Play 10:00 Bocce Ball 10:15 Visions Unlimited 11:30 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 1:00 PC Tutor 2:00 Ping pong</p>	<p>8 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play</p>	<p>9 8:50/10:00 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 1:00 iPad&MAC 1:00 Book Club</p>	<p>10 2nd Friday Luncheon 12:00 Room 11 <u>Menu</u> TBA Members:\$4.00 Non-Members:\$6.00</p>
<p>13 9:00 Winning Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker</p>	<p>14 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 1:00 PC Tutor 2:00 Ping Pong</p>	<p>15 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</p>	<p>16 8:50/10:00 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 1:00 iPad&MAC</p>	<p>17 Birthday Luncheon 12:00 MPR <u>Menu</u> TBA Members: \$4.00 Non-Members: \$6.00</p>
<p>20 9:00 Winning Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker</p>	<p>21 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 1:00 PC Tutor 1:00 HICAP 2:00 Ping Pong</p>	<p>22 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play</p>	<p>23 8:50/10:00 Stretch&Flex 9:15 Int. Bridge 9:30 Filoli Mansion 10:00 Bocce Ball 11:00 Poker 11:30 Strength&Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC</p>	<p>24 4th Friday Luncheon 12:00 Room 11 <u>Menu:</u> TBA Members: \$6.00 Non-members: \$8.00</p>
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Recreation News



From your Recreation Department: Bring on Spring!

Soon to be delivered to your mailbox is the spring 2015 edition of our Recreation Guide. The cover shows a picture of two of our “happy campers” from Camp Shoup. What’s inside this brochure for you?

First of all, we have many, many adult classes. Several classes are new this season, including a Chinese/Mandarin language class, a pet first aid class, and a class in edible gardening. Also, the popular Watercolor for All Levels returns after a brief hiatus. Browse through the guide and see what catches your eye. If there is a class and/or subject you would like to see offered in the future, please let us know. We are always looking for fresh ideas.

The annual Egg Hunt and Launch will take place on Saturday, April 4. Activities begin at 9:30am, with the hugely popular hunt starting at 10:00 SHARP, for kids walking to 10 years of age. At 10:45, the Teen Egg Launch begins for youth 11-17 years: whoever can send their uncooked egg the farthest in a home-built contraption, and have it land intact, has bragging rights all year! If you have grandkids or neighborhood kids in either age category, tell them about these fun and free events. Then come on out yourself...it promises to be an entertaining morning at the Hillview Soccer Field.

Join us—via a class, a seminar or an activity—as we welcome the start of a new season!



Grant Park Senior Drop-in Program

Grant Park has been the scene of many Los Altos activities: soccer games, summer concerts, classes, playground fun...and Senior Drop-in Program? Yes! The Grant Park Multi-purpose Room auxiliary area has been designated as THE spot for local seniors to drop in on Wednesdays from 10:00-2:00.

This program is in response to needs cited by the Grant Park community. At the suggestion of the Park & Arts Commission, city administrators surveyed residents on an array of items. One important need was to have a place where area residents aged 50+ could come by for socialization, presentations or a cup of coffee. This pilot Senior Drop-in Program is designed to give city officials insight as to how well utilized such a program would prove to be, should it be fully developed in the future. Grant Park’s Multi-purpose Room, kitchen/classroom, (located at 1575 Holt Ave), has been spruced up, (fresh paint, new furniture and additional furnishings), and volunteers have stepped forward to “staff” the Program.

There is a one-time annual fee of \$10 for this program. This fee enables Los Altos residents 50 years or older to stop by as often as they like, every Wednesday. (Current Senior Program members are absolutely welcome at this Drop-in Program and can enjoy the center at no additional charge.) Drop by any Wednesday and take a look!



Appreciation

“You speak, we listen!”

The Senior Program is striving to enhance our services, the drop-in activities, and classes we offer. Feel free to share your ideas with us because we would love to hear your input!

A few of our program upgrades include:

- Room 10 discussions of travel, senior fitness, and Community resources!
- New puzzle table!
- Pickleball Wednesdays starting in April!
- Our better than ever Ping Pong table!
- Our Suggestion Box located next to the sign in sheet in Room 10.

In Appreciation:

The Senior Program could not flourish without the people who generously lend their time and services to ensure a clean, safe and fun environment for all participants.

Front Desk Volunteers

Thank you to Adela Di Canio, Ellen Chu, Rose Gregorwich, Verda Keenan, Lori Stoia, Farideh Sajjadian, Kathy Frates, Chirag Patel, Judy Hansen, Roz Bray and Molly Peterson for your friendly greeting and sharing of resources to the participants of the Senior Program!

Los Altos Art Club

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

Senior Center Library

Many thanks to all those who donate books, books on tape and DVDs. Our library is a treasure for our seniors. Special thanks to the Friends of the Library for all the fine books given to our Center.

Los Altos Hardware

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

Los Altos Legacies

Thank you Los Altos Legacies for subsidizing Senior Program events.

Change of Seasons

Spring is upon us and so is the rain! The Senior Program rooms will be kept at a comfortable temperature of 73° F.



A Tidbit From Lori Stoia

“I volunteer [at the Senior Program] because of the interaction between the participants and myself. I hear the most interesting stories from the Seniors who visit the Center.”

A Tidbit From Kathy Frates

“I enjoy volunteering at the Senior Center because of the people I get to interact with. The Staff and [Participants] add to my day with their smiles, humor, words of wisdom, support for each other, and generally positive outlook on life.”



Stockings Needed!

Let's show our appreciation for this 30-year service from the Monkey Toy Ladies, by donating any **nylon stockings** to Room 10 of the Senior Program!

Thank you Cora Simon!

We would like to extend our heart-felt thanks to Cora Simon for all of the amazing dining experiences she has hosted over the years. The relationships that have been built will last for a lifetime. Thank you again, Cora, and we wish you the best!

Welcome Back Candace!

Candace will be returning Tuesday, March 10! We have all missed her here at the Senior Program and are excited to welcome her back. We hope she will bring her baby girl, Clarabelinda Rose, to the Program and introduce us to her!

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 in the Hillview Community Center Room 11.

All are welcome to attend.

Commissioners:

Anabel Pelham (Chair)	Ashish Mathur
Kathy Seddiqui (Vice Chair)	Paul Gonella
George Prodan	Ginger Summit

NOW RECRUITING VOLUNTEERS:

Monkey Toy Ladies

Want to make a difference in your community? We are currently recruiting for Volunteers to help out the "Monkey Toy Ladies." The Monkey Toy Ladies handcraft stuffed toy sock monkeys, which are then donated to sick and recovering children at Lucile Packard Children's Hospital. Cutters and Sewers are greatly needed. One day a week and 2 hours of your time is all that's needed. The Ladies meet every Monday from 9:30 to 11:30 a.m. Come join them for some fun, laughter and a meaningful purpose. How can you resist these cute faces that put a smile on a child's face?

There are additional volunteer opportunities with the City of Los Altos. **Get Involved! Make a Difference! Learn New Skills!** For more information on volunteering with the City of Los Altos, contact Barbara Smith, Volunteer Coordinator at (650) 947-2897, email her at bsmith@losaltosca.gov or visit <http://www.losaltosca.gov/volunteer>.



(650) 947-2797 • losaltosrecreation.org

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 Center. Thank you for all you do!

Member/Visitor Sign In

Signing in helps us to report how many people come into the Senior Center each day. Please sign in even if you are just passing by.



NOW RECRUITING VOLUNTEERS:

Front Desk Receptionist

Friday Luncheon Help

Now recruiting for Front Desk Receptionist and Friday Luncheon Help. If you are interested in Volunteering for the Senior Program or would like to explore other volunteer opportunities, please contact Barbara Smith, the City's Volunteer Coordinator.

She can provide you with information regarding city-wide volunteer Positions.

Contact Barbara at (650) 947-2897

Scarf, Hat & Yarn Collection

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



Community and Membership

Community Events

Spring Egg Hunt!

Saturday, April 4, 2015

Held in rain or shine, this annual free event is held at 10am sharp on the Hillview soccer field! Children who are able to walk, up to kids 10 years old are welcome to participate in the egg hunt. Teens are encouraged to bring their home-made contraptions to the Teen Egg Launch.



Kids Egg hunt

Activities and visits from Fun E. Bunny
Hillview Soccer Field

10:00

9:30-10:30

Free

Teen Egg Launch

Hillview Soccer Field

RSVP Required

10:45

Free

Contact the Recreation Department for details at (650)947-2797.

Los Altos Legacies!

Los Altos Legacies is happy to welcome spring to Los Altos!! We continue to meet quarterly on the second Wednesday, with our next meeting scheduled for March 11 at 10 a.m. in Conference Room 3. We have open meetings and are still looking for a board member from Los Altos Hills. Interested? Let us know!

Los Altos Legacies continues to push for a vibrant, separate senior center in the new community center. The Los Altos City Council and Senior Commission would always be open to hearing your views on this important issue, so don't be afraid to speak up!

Los Altos Legacies Board members are Paul Gonella, chairman; John Lippold, Vice Chairman; Ellen Gonella, Secretary/Treasurer; Gabrielle Tiemann;

The following programs are available for those with a membership

iPad & MAC Computer Resource

Thursday by appointment

Room 10

1:00/2:00

Dean Johnson will meet one-on-one with members of the Senior Program by appointment for one hour. These appointments are designed to help members of the Senior Center problem solve/troubleshoot with Mac applications, downloading upgrades and more!

Please no iPhones

PC Computer Resource

Tuesday by appointment

Room 10

1:00/2:00

Our PC tutor, Jenny Warila, will meet one-on-one with Senior Program members by appointment for one hour to introduce them to basic computer concepts. Jenny is passionate about helping people use technology to enjoy life more!

Ping Pong

Tuesday

Room 12

2:00

It's back! The Senior Program Ping Pong table is officially up and running! Call the Senior Program at (650)947-2797 to reserve your appointment today.

Women's Group

640841-03/04

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

3rd Wednesday

Free

11:00

March 18 & April 15

Room 10

Men's Group

645529-03/04

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 welcome, reservations preferred.

1st Thursday

Free

10:00

March 5 & April 3

Room 10

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!

Members Only Programs

Senior Program members may enjoy programs such as computer tutorials and equipment loans that are designed exclusively for members. Senior Program members also receive reduced fees on Senior Program events and offered programs.

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 from the copy machine 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.

HICAP

Free

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

Tuesday, March 17 and Tuesday, April 21

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.

(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.

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.

**Only donations of wheelchairs, walkers or canes in good condition are accepted at the Senior Program.*

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.

Free preliminary Hearing Screening: Pacific Hearing Service

Off-site appointments - call (650) 941-0664

Services

Coffee Service

Daily, 9:00 - 3:00

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

Please sign in.



AARP Smart Driver Renewal Course

Friday, March 20

645501

Room 12

1:00-6:00

First-come, first-served. Class limit of 30. Reserve your spot by calling the Senior Program at (650) 947-2797. Please bring payment by check made out to "AARP" with your AARP number to class.

**Certificate is required to get an insurance discount.*

Cost: \$15.00 AARP members, \$20.00 non-AARP members.



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.

March: Advanced Health Care Directive (A.H.C.D.) and Physician's Order for Life-Sustaining Treatment (P.O.L.S.T.) forms.

April: Home Care and In-Home supportive services (I.H.S.S.)

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>

Medicine Drop-Off

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

Book Club

Free

Books are available to check out in the Senior Center. Book Club discussion will begin at 1:00, but feel free to bring lunch and join the book club members at 12:30.

2nd Thursday

Room 18

1:00

March 12

We Need New Names

NoViolet Bulawayo

April 9

Boys in the Boat

Daniel Brown



Questions?

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



Monkey Toy Ladies

The Monkey Toy Ladies are in need of nylons and sewing helpers! Please bring all washed used/torn nylons to the Los Altos Senior Center to keep the Monkey Toy production going! Wish to volunteer? See page 6 for additional information.

Monday

Room 11

9:30 - 11:30

Cards For All Occasions

The Senior Program has donated note cards that participants may use. Ask our front desk volunteers where to find our stash of Get Well, Birthday and others for the next time you need one!

Battery Recycling

Recycle your used household batteries. Los Altos Hardware helps to maintain this program.

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>

Free Advance Health Care Directive Assistance

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

Appointment includes: answering questions about the process, explanation of medical and legal language, help with form completion, etc.

Contact El Camino Hospital (650)940-7210.

Presentations, Stay Connected

Sleep and the Elderly

Friday, March 20, 2015

11:00-12:00

Room 12

Do you lie awake night after night, 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, 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 be at the Senior Program to answer your questions and shed some light on this troublesome topic. After, join us in Room 11 for our Birthday Luncheon!

Tax Aide

Monday, February 2– Monday, April 27

Room 8

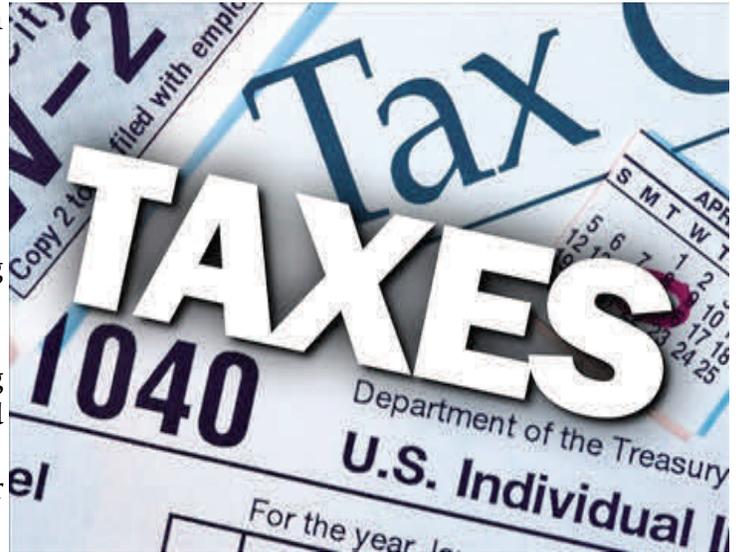
9:00-12:00

Call (650)947-2797 to make your appointment with Jerry Lopatin.

Please bring:

Check book, information for 2014 (income, cost basis information for stock and home sales, deductible expenses, car registration, estimated tax payments, and anything else you think might be important), property tax bills if you itemize deductions, copies of your 2013 returns.

**Sponsored by AARP Tax-Aide*



Connect Hearing– Hearing Screening

Friday, April 24, 2015

9:30– 12:00

Room 12

Join us for a short screening to confirm your hearing health. In just 15 minutes, Megan Collishaw and her associates at Connect Hearing in Los Altos can determine if you can benefit from their hearing screening and help you find the best solution for your lifestyle and budget. If you have any questions regarding hearing issues, this presentation is for you! After, join us for our 4th Friday Luncheon in Room 11!

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

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

Friday Events

1st Friday - Big Screen Movie

1:00 Room 12

Members: Free Non-Members: \$1.00

Register Room 10

Fee provides popcorn and beverage

March 6 645103-03

The Secret Life of Walter Mitty

Summary:

Ben Stiller directs and stars in THE SECRET LIFE OF WALTER MITTY, James Thurber's classic story of a day-dreamer who escapes his anonymous life by disappearing into a world of fantasies filled with heroism, romance and action. When his job along with that of his co-worker (Kristen Wiig) are threatened, Walter takes action in the real world embarking on a global journey that turns into an adventure more extraordinary than anything he could have ever imagined.

Stars: Ben Stiller, Kristen Wiig, Patton Oswalt, Kathryn Hahn

114 min. / Drama, Comedy, Action, Adventure/
Rated PG/ Rottentomatoes.com

1st Friday - Big Screen Movie

1:00 Room 12

Members: Free Non-Members: \$1.00

Register Room 10

Fee provides popcorn and beverage

April 3 645103-04

Something's Gotta Give

Summary:

Harry Sanborn is a perennial bachelor who only dates women under the age of thirty. On what was to have been a romantic weekend with his latest infatuation, Harry develops chest pains. Marin's mother Erica Barry, a successful, divorced playwright, reluctantly agrees to help nurse him back to health. Once they are alone together, Harry is surprised to find himself drawn to Erica for all the right reasons. Erica finds herself rediscovering love in the midst of romantic complications. Once recovered, Harry returns home and goes back to his old ways. However, when his feelings for Erica prove to be life altering, Harry must undergo a true change of heart--if he is to win her back.

Stars: Jack Nicholson, Diane Keaton, Keanu Reeves, Amanda Peet

123 min./ Romance, Comedy /Rated PG-13/
Rottentomatoes.com

March Luncheons:

2nd Friday Luncheon 645201-03

Friday, March 13, 2015
12:00 Room 11

Menu
TBA

Members: \$4.00 Non-members: \$6.00

Birthday Luncheon 645519-03

Friday, March 20, 2015
12:00 Room 11

Menu
Lasagna

Members: \$4.00 Non-members: \$6.00
Birthday month members: Free

4th Friday Luncheon 645202-03

Friday March 27, 2015
12:00 Room 11

Menu
Shepard's Pie

Members: \$6.00 Non-members \$8.00

April Luncheons:

2nd Friday Luncheon 645201-04

Friday, April 10, 2015
12:00 Room 11

Menu

Roast Beef Sandwich

Members: \$4.00 Non-members: \$6.00

Birthday Luncheon 645519-04

Friday, April 17, 2015
12:00 Room 11

Menu
TBA

Members: \$4.00 Non-members: \$6.00
Birthday month members: Free

4th Friday Luncheon 645202-04

Friday, April 24, 2015
12:00 Room 11

Menu

Chicken Supreme

Members: \$6.00 Non-members \$8.00

**For all Luncheons, register in Room 10
Walk-ins welcome. Reservations preferred.*

(650) 947-2797

Activities and Trips

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

The Ducks San Francisco Sightseeing Tour

Thursday, March 19, 2015

Leave 10:30 am Return 3:00

Tours starts at 11:30am

645301-03

Enjoy lunch as you experience an exciting ride on land and water duck boats. Ride through the historic streets and neighborhoods of San Francisco. Splash down and cruise famous McCovey Cove. Drive the duck, if you want. Quack along with the captain and the music aboard this 90-minute city adventure. The captain mixes fun, music, and history into an interactive experience!

Members: \$60.00, Non-Members: \$70.00

Tour and Lunch included in price.



Filoli Mansion and Garden Tour

Thursday, April 23, 2015

Leave 10:00 am Return 3:00 pm

Tour starts at 10:30am

645301-04

This guided house and garden tour with an Experienced Docent will take you back to a time of royalty and classic beauty! This is a walking tour that allows you to take in the beauty one scene at a time. Lunch will be provided in one of the pristine gardens. This well kept attraction is close by in Woodside, just a few miles away!

Members: \$50.00 Non-Members: \$60.00



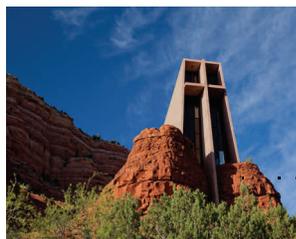
City of Los Altos Senior Program Presents:

Great Trains & Grand Canyons

October 4, 2015

6 Days * 5 Nights * 8 Meals

Sedona



70

◇ The red rocks of Sedona are formed by a layer of rock known as the Schnebly Hill Formation.

.....◇ The Chapel of the Holy Cross completed construction in 1956. The Chapel rises feet above a 1,000 foot Red Rock cliff.

Grand Canyon Facts



◇ Contrary to popular belief, the Grand Canyon is NOT the world's deepest nor widest Canyon.

◇ The Federal Aviation Administration (FAA) was created in 1958 as the result of a crash between two passenger planes directly over the canyon.

Montezuma Castle Facts



◇ This 20 room high-rise apartment, nestled into a towering limestone cliff, tells a story of survival and prosperity in an otherwise unforgiving desert landscape.

Highlights

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

Classes

A Taste Of Classes continues....

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

Come, try some of our classes, just a taste, and see if you like them!

We hope you enjoy!



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 hand and ordinary hand bidding. Classes include one hour lecture followed by student play.

**For information, call Tony Plutynski at (650) 948-0699*

Thursday

9:15-12:00

March 5– March 26

Room 12

Members: \$5.00/class, \$20.00/session

Non-Members: \$7.00/class, \$28.00/session

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

10 Weeks to Play Winning Bridge

This class is for beginners who have learned the basics and would like to improve their game.

Prerequisites: Students should have either completed our previous 10 week course or have some playing experience.

Mondays

645542-01

March 16, 2015– May 18, 2015

Room 12

Members: \$90.00

9:00-11:00

Non-Members: \$95.00

For information, call Roy Robinson at (650) 282-5402

Line Dancing

645511-03

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

March 3– March 31

Room 4

Members: \$6.00/class, \$30.00/session

Non-Members: \$8.00/class, \$40.00/session

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

Registration, Class Refunds & Transfer

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 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.



Classes

Fitness 4 Seniors

Having Balance issues? Afraid of falling? Feeling weak and lacking energy? Come have some fun listening to music and getting fit with friends.

This is a class that involves basic everyday movements to improve range of motion, flexibility, muscle strength and balance. For more information, contact Adam Halper at www.fitnesshalpers.com or (650)479-5955.

**Equipment needed: resistance band, 9" mini ball and your choice of dumbbell weight between 1-10lbs*

Monday/Wednesday

March 2– March 25

Los Altos Hills Council Chamber

Members: \$150.00

Non-Members:\$160.00

645106-03

11:45-12:45

Stretch & Flex

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

Lengthen and strengthen in one class or in one session! Come to the Hillview community social hall to participate!

Tuesdays/Thursdays

April 7– June 11, 2015

645108-03

645108-04

**Bring a mat to each class*

Members: \$54.00/session

Non-members: \$60.00/session

8:50-9:50

10:00-11:00

Mah-Jongg

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

This class is led by instructor Annie Metz, who has played Mah-Jongg for over 25 years. Annie will be teaching Mah-Jongg with “the card.”

She looks forward to having fun while teaching and playing with new people.

Thursday

March 5– March 26

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

Non-Members: \$3.00/class, \$12.00/session

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

1:00-3:30

Room 12

Strength and Balance Class 645107-02

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

Tuesdays

April 7-June 11, 2015

Members: \$16.00/session

Non-Members: \$48.00/session

**Pay entire fee or before each class in Room 10.*

**walk-ins welcome.*



11:30-12:15

Room 4

Bodyweight Bootcamp

If you are ready to shed some pounds, increase lean muscle mass and improve overall fitness, then gather up some friends because our Bodyweight Boot Camps are perfect for you.

For more information contact Adam Halper at www.fitnesshalpers.com or (650)4795955.

**Equipment Note: Please bring yoga mat.*

Monday/Wednesday

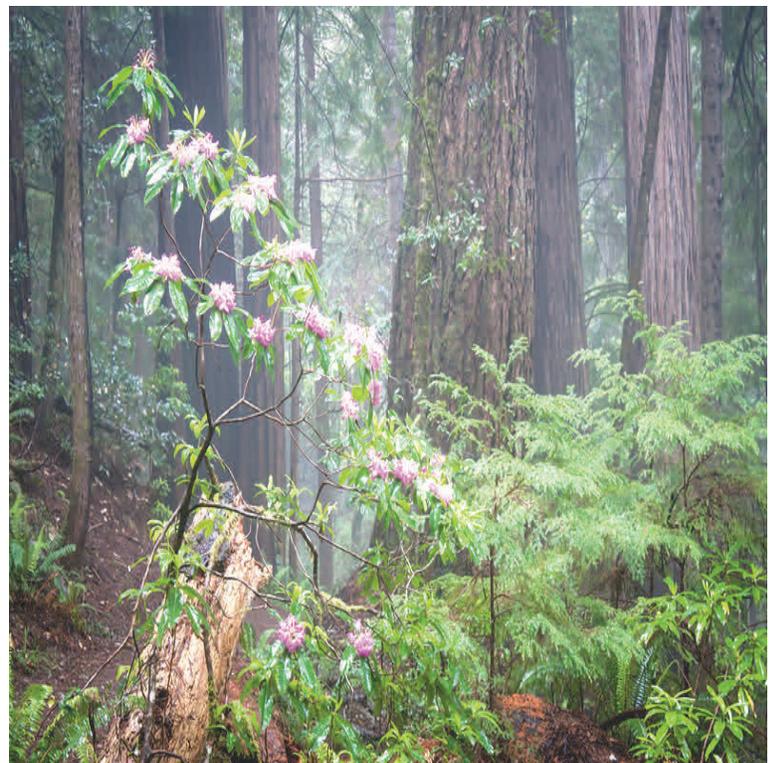
March 2- March 25

Members: \$150.00

Non-Members: \$160.00

645105-07

6:00-7:00am



Classes



Artventures

645514-01

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

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

Wednesdays Room 12 9:30-12:00
January 21, 2015– April 8, 2015

Members: \$1.00/class, \$12.00/session

Non-members: \$3.00/class, \$36.00/session

*Pay quarterly or before each class in Room 10.

Tai Chi for Life!

645534-01/02

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

January 27– March 31

April 14–June 2

Members: \$10.00/class, \$69.00/session

Non-Members: \$12.00/Class, \$79.00/session

*No Class 3/3, 3/10

*Pay quarterly or before each class in Room 10.



(650) 947-2797 • losaltosrecreation.org



Terrible Adult Chamber Orchestra

The Terrible Adult Chamber Orchestra (TACO) is an orchestra for the rest of us, a monthly gathering of adults who want to play music together in a relaxed social setting. Must bring your own instrument and stand.

Sunday, March 29

330111-03

LAYC

2:00-5:00

Members and Non-members: \$10.00

*Requirement: contact the director before the first class at tacosv.com.

*Register in the Recreation Office

Personal Emergency Preparedness -PEP

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.

Wednesday, March 11

330813-03

Hillview Room 16

6:00-9:00

*Register with the Recreation Department

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. For class information please visit: mvlade.net or call: (650) 940-1333.



Classes and Games

Drop-In Games We Play

Pickleball,

640965

was created with one thing in mind: FUN! It was designed to be easy to learn and play whether you're five, eighty-five or somewhere in between. The ball used is similar to a wiffle ball, but slightly smaller. The lower net and wiffle ball allow the game to be accessible to people of all ages and abilities, while still allowing more competitive players to test their mettle. Los Altos Pickleball Demo is Tuesday, March 24th at 11am, in the Multipurpose Room!

In April: Pickleball Wednesdays in the Multi-Purpose and LACY Multi-Purpose Rm

April 1 - 11am	Multi-Purpose Room
April 8 - 11 am	Multi-Purpose Room
April 15-11am	Multi-Purpose Room
April 22-11am	LACY Multi-Purpose
April 29-11am	LACY Multi-Purpose

Members: Free Non-Members \$3.00

Poker

Enjoy a casual game of poker beginning at 12:00.

Ping Pong

Stop by Room 10 to make your appointment today!

Tuesdays	2:00
Room 12	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

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 8 and 9 for lessons that will work for your own personal play level!

Tuesday	9:00- 3:00
Wednesday	9:00-12:00

Shuffleboard: Outdoor

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

Monday-Friday	8:30 - 3:30
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Mah-Jongg

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 9 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!

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

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.

8:30- 3:30	Room 10
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Please sign in at the Senior Program; Room 10

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
Room 10	Free



Classes At Grant Park



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

March Happenings

March 4

10:00am—2pm Intermediate Bridge, Mah-Jongg,
Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
12:00 (bring lunch)
1:00 Zumba Dance Party with Nora

March 11

10:00am—2pm Intermediate Bridge, Mah-Jongg,
Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
12:00 (bring St. Patrick's Day lunch to share)
1:00 Book Club with Betsy

March 18

10:00am—2pm Intermediate Bridge, Mah-Jongg,
Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
12:00 (bring lunch)
1:00 Zumba Dance Party with Nora

March 25

10:00am—2pm Intermediate Bridge, Mah-Jongg,
Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
12:00 Speaker—Sherie Dodsworth, Los Altos
Prepare/BATS
1:00 Art Studio with Betsy



April Happenings

April 1

10:00am—2pm Intermediate Bridge, Mah-Jongg,
Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
12:00 (bring lunch)
1:00 Zumba Dance Party with Nora

April 8

10:00am—2pm Intermediate Bridge, Mah-Jongg,
Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
12:00 (bring lunch)
1:00 Book Club with Betsy

April 15

10:00am—2pm Intermediate Bridge, Mah-Jongg,
Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
12:00 (bring lunch)
1:00 Zumba Dance Party with Nora

April 22

10:00am—2pm Intermediate Bridge, Mah-Jongg,
Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
12:00 Speaker—TBA
1:00 Art Studio with Betsy

April 29

10:00am—2pm Intermediate Bridge, Mah-Jongg,
Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
12:00 Speaker—Elizabeth Medina, Senior Services
Program Director of CSA
1:00 Zumba Dance Party with Nora



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

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Email: recreation@losaltosca.gov

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

Spotlight Newsletter

Los Altos Senior Program

