The Spotlight

www.losaltosrecreation.org

May & June 2015

May is Older Americans Month!

Theme: Get Into The Act

Cinco De Mayo
Tuesday, May 5

Memorial Day
Monday, May 25
Sorry We're Closed!

First Day of Summer
Sunday, June 21

Inside Scoop

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

City of Los Altos Recreation & Community Services Department Senior Program
97 Hillview Avenue, Los Altos, CA 94022
(650) 947-2797

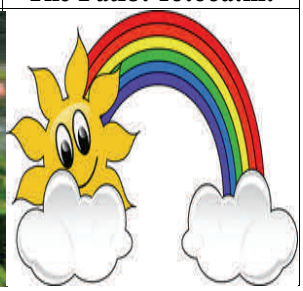
Grant Park
1575 Holt Ave., Los Altos, Ca, 94024
www.losaltosrecreation.org

May Calendar of Events
May 2015

Mon	Tue	Wed	Thu	Fri
				1 **Super Size Screen: "Mrs. Palfrey At The Claremont"** 1:00 Room 12 Members: Free Non-members: $1.00
4 9:30 Monkeys 10:00 Bocce Ball 11:45 Fitness 4 Seniors 12:00 Poker 4:30 Senior Commission	**5** **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	**6** 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 11:45 Fitness 4 Seniors 12:30 Mah-Jongg Int. Free Play **10:00-2:00 Grant Park**	**7** **10:00 Stretch&Flex** 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Men's Group **10:30 Lisa's Tea Treasures** 11:00 Poker 11:30 Strength & Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC Tutor 6:00 PEP	**8** **2nd Friday Luncheon** 12:00 Room 11 Menu TBA Members:$4.00 Non-Members:$6.00 Smart Driver 1:00 **Join us for Coffee on The Patio! 10:00a.m.**
11 9:00 Winning Bridge 9:30 Monkeys 10:00 Bocce Ball 11:45 Fitness 4 Seniors 12:00 Poker	**12** **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	**13** 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 11:45 Fitness 4 Seniors 12:30 Mah-Jongg Int. Free Play **10:00-2:00 Grant Park**	**14** **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 Tutor 1:00 Book Club	**15** **Birthday Luncheon** Menu Tamales Members Birthday: Free Members: $4.00 Non-Members:$6.00 Smart Driver 1:00 **Join us for Coffee on The Patio! 10:00a.m.**
18 9:00 Winning Bridge 9:30 Monkeys 10:00 Bocce Ball 11:45 Fitness 4 Seniors 12:00 Poker	**19** **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 HICAP 1:00 Chess 1:00 PC Tutor 2:00 Ping Pong	**20** 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 11:00 Women's Group 11:45 Fitness 4 Seniors 12:30 Mah-Jongg Int. Free Play **10:00-2:00 Grant Park**	**21** **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 Tutor	**22** **4th Friday Luncheon** Menu Beef Stroganoff Members: $6.00 Non-members: $8.00 **Join us for Coffee on The Patio! 10:00a.m.**
25 Sorry We're Closed!	**26** **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	**27** 9:00 Bridge Free Play 9:30 Artventurers 10:00 Bocce Ball 11:00 Pickleball 11:45 Fitness 4 Seniors 12:30 Mah-Jongg Int. Free Play **10:00-2:00 Grant Park**	**28** **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 Tutor	**29** **5th Friday Bingo and Dessert** Members: Free Non-Members: $1.00 **Join us for Coffee on The Patio! 10:00a.m.**

June Calendar of Events

June 2015

Mon	Tue	Wed	Thu	Fri
1 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 4:30 Senior Commission	**2** 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 2:00 Ping pong	**3** 9:00 Bridge Free Play 10:00 Bocce Ball 11:00 Pickleball 11:45 Fitness 4 Seniors 12:30 Mah-Jongg Int. Free Play 6:00 PEP **10:00-2:00 Grant Park**	**4** 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 Tutor	**5** **Super Size Screen "Grumpy Old Men"** 1:00 Room 12 Members: Free Non-Members: $1.00 **Join us for Coffee on The Patio! 10:00a.m.**
8 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	**9** **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 2:00 Ping pong	**10** 9:00 Bridge Free Play 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play **10:00-2:00 Grant Park**	**11** **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 Tutor 1:00 Book Club	**12** **2nd Friday Luncheon** 12:00 Room 11 Menu TBA Members:$4.00 Non-Members:$6.00 **Join us for Coffee on The Patio! 10:00a.m.**
15 9:30 Monkeys 10:00 Bocce Ball 11:45 Fitness 4 Seniors 12:00 Poker	**16** 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 HICAP 1:00 Chess 2:00 Ping Pong	**17** 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Women's Group 11:00 Pickleball 11:45 Fitness 4 Seniors 12:30 Mah-Jongg Int. Free Play **10:00-2:00 Grant Park**	**18** 9:15 Int. Bridge 10:00 Bocce Ball 11:00 Poker 12:00 Pinochle **12:00 Canepa Motorsports Museum** 1:00 Beg. Mah-Jongg 1:00 iPad&MAC Tutor	**19** **Birthday Luncheon** 12:00 MPR Menu Chicken Salad Sandwich Members: $4.00 Non-Members: $6.00 **Join us for Coffee on The Patio! 10:00a.m.**
22 9:30 Monkeys 10:00 Bocce Ball 11:45 Fitness 4 Seniors 12:00 Poker	**23** 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong	**24** 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Pickleball 11:45 Fitness 4 Seniors 12:30 Mah-Jongg Int. Free Play **10:00-2:00 Grant Park**	**25** 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 Tutor **Concert In The Park**	**26** **Red, White & Blue Barbeque** 12:00 Room 11 Menu: Hamburgers Members: $6.00 Non-members: $8.00 **Join us for Coffee on The Patio! 10:00a.m.**
29 9:30 Monkeys 10:00 Bocce Ball 11:45 Fitness 4 Seniors 12:00 Poker	**30** 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong			

Appreciation

Thank you volunteers!

On Thursday, April 16, the City of Los Altos hosted their annual volunteer appreciation reception. All City volunteers are thanked for their contributions to the City of Los Altos at this event. This year's appreciation recognized many volunteers who have dedicated several hundred hours to improving the lives of their neighbors through their volunteerism in the City of Los Altos, many of whom volunteer through the Senior Program.

Those who volunteered 100+ hours to the City of Los Altos include:

Ellen Chu
Marie Evatt
Margaret Filson
Kathy Frates
Sharon Hiatt
Janice Hew
Verda Keenan
Daniel McCandless
Annie Metz
Kathleen Moore
Pat Reed
Tomie Sera
Lori Stoia
Lauren Sweet

Those who volunteered 250-499 hours:

Patricia Densmore
Adela Di Canio
Trudy Hickok
Dora Hsiao
Delroba Parsi

Those who volunteered 500+ hours:

Lily Hioki with 1,234 hours
Nanette Pearson with 507 hours
Jeannie Whiteley with 807 hours

Phyllis Semple Award

Each year the City awards one volunteer the Phyllis Semple award. Phyllis Semple ran the Los Altos volunteer program for over 24 years before passing away suddenly in 2011. This award honors Phyllis by recognizing one outstanding volunteer who is chosen by an award selection committee that reviews and discusses all nominations made by staff.

Congratulations Daniel McCandless

Daniel is the 2015 recipient of the Phyllis Semple award. Daniel helps at the Senior Program Friday lunches, special events, and with the Monkey Toys. He is willing to lend a hand to others with anything that needs to be done. He maintains a pleasant and enthusiastic demeanor and always has a smile to share.

Thank you. You will be missed…

Jenny Warila has volunteered as our Tuesday PC Tutor for over three years. She is retiring in May. We are thankful for the patience, knowledge, and understanding of gadgets and members that have come to work with her. Many members have a better understanding of their phones, computers, and tablets because of Jenny.

Marie Evatt and Lauren Sweet are a hard working dynamic duo that have organized, decorated, cleaned, cut, sliced, chopped, served, and most importantly shared their smiles, warm personality and consistency for over two years at our Friday lunches.

Best of luck ladies. Please do keep in touch.

RSVP Volunteer Recognition (#645518-13)

RSVP Members, let's have some fun on Thursday, May 14th, at the RSVP Volunteer Recognition Luncheon at the Crowne Plaza Hotel—Foster City. If you would like to attend and need transportation, please contact the front desk volunteers to reserve a seat no later than Wednesday, May 6.

Thursday, May 14 Off-Site
Depart: 10:30 a.m. Return by: 2:00

Daniel McCandless and Lauren Sweet smile for a picture as they serve participants at a luncheon.

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 e-mail at bsmith@losaltosca.gov or visit losaltosca.gov/volunteer.

Joint Los Altos/Los Altos Hills Senior Commission

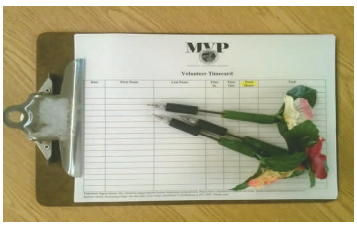
All agendas and minutes are posted online and on the Los Altos Senior Center Bulletin Board.

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

Commissioners:

Frank Martin (Chair)
Ashish Mathur (Vice Chair)
Bart Nelson
Ginger Summit
Arnold Testa
Sue Russell

Volunteer sign-in



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

How can you resist these Monkey Toys with cute faces that put a smile on a child's face?

Monday 9:30-11:30

NOW RECRUITING VOLUNTEERS:

Front Desk Volunteer

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

Thursday and Friday 8:00-12:00

Technology Resource Tutor

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

The commitment is two hours weekly (Monday - Friday) anytime between 8:30 – 3:30.

Barbecue/Luncheon Help

Help decorate the Senior Program rooms and patio before our barbecues and lunch then help serve, and clean-up while working alongside seniors.
2nd, 3rd and 4th Friday's

Summer Barbecuer

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

Friday, June 26, July 24, August 28

Monkey Toy Makers

Want to make a difference in your community? We are currently recruiting for Volunteers to help out the "Monkey Toy Makers." 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 in high demand. One day a week and 2 hours of your time is all that's needed.

Come join them for some fun, laughter, and a meaningful purpose.

From your Recreation and Community Services Department:

In an effort to properly reflect the services our department provides the Los Altos Recreation Department is now being called the **Recreation & Community Services Department!**

Classes: May and June see many classes beginning for adults, including: Passport to Retirement, Rejuvenate your Retirement, Got Employee Stock?, Golf for Adults, Golf for Women, Fitness 4 Seniors, Backyard Composting, Terrible Adult Chamber Orchestra, and Dog Obedience (Beginner and Advanced).

Ongoing classes include: Intermediate Bridge, Mah-Jongg, Personal Emergency Preparedness, and the perennial favorite, Line Dancing.

Summer Camp Discount for Grandkids
Summertime means camp! If you have grandkids in the area this summer, you may be able to secure a 10% discount on their camp fees. Look through the summer camp section of the spring Recreation Guide and look for the discount details.

Summer Concert Series
The summer concert series is back for another season of fun music in our beautiful parks. Bring a picnic and a folding chair and enjoy the evening! Look for the listing in the upcoming summer Recreation Guide.

Summer Guide
Speaking of which, the guide will be delivered to your mailboxes and available in the Senior Center the third week of May. Keep an eye out for it, make your plans, then come join us for all the summer fun!

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. A pilot Senior Drop-in Program was run from October – April to give city officials insight as to how well-utilized such a program would prove to be. The pilot program was successful and is now considered part of the City of Los Altos Senior Program.

Residents are welcome to drop in, however beginning July 1, 2015 participation in classes and lunch will be reserved for those who are active members of the City of Los Altos Senior Program. Membership costs $26.00 per year for Los Altos residents and $40.00 for all others. The membership provides reduced rates for participation in Senior Programming and member-only programs such as our in-home repair program, equipment loan closet, and access to our DVD loan library. Los Altos residents who are unable to afford the cost of membership may apply for a scholarship through the Recreation and Community Services Department.

Drop by any Wednesday and take a look!

City of Los Altos Residents 50+ Scholarship Opportunity

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

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

Town of Los Altos Hills residents may also request a scholarship by contacting Sarah Gualtieri for more information at (650) 947-2518.

Grant Park

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

May Happenings

May 6
10:00a.m.—2:00p.m.
Intermediate Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
12:00 Men's group
1:00 Zumba Gold Dance Party with Nora

May 13
10:00a.m.—2:00p.m.
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

May 20
10:00a.m.—2:00p.m.
Intermediate Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
12:00 (Bring lunch)
12:00 Speaker—Cedric Novenario
1:00 Zumba Gold Dance Party with Nora

May 27
10:00a.m.—2:00p.m.
Intermediate Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
12:00 Karoake
1:00 Garden Club

June Happenings

June 3
10:00a.m.—2:00 p.m.
Intermediate Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
12:00 Men's Group
1:00 Zumba Gold Dance Party with Nora

June 10
10:00a.m.—2:00p.m.
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

June 17
10:00a.m.—2:00p.m.
Intermediate Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
12:00 (Bring lunch)
1:00 Zumba Gold Dance Party with Nora

June 24
10:00a.m.—2:00p.m.
Intermediate Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
12:00 Speaker: Manny Hernandez, Recreation Director
1:00 Garden Club

"You speak, we listen!"

The Senior Program is striving to enhance the services, drop-in activities, and classes we offer. Feel free to share your ideas because we love to hear your input! There is a suggestion box behind the long couch in Room 10. We encourage you to submit your ideas and suggestions so that we may better serve you! A few of our program upgrades include:
-Room 10 discussions of travel, senior fitness, and Community resources!
-Pickleball Wednesdays at 11:00-1:00 located in the Multi- Purpose Room!
-Mini-trips every month!

A Tidbit From Kate Thornton

"I'm so happy to work here. The Senior Program Participants are fun, the volunteers are wonderfully helpful, and the staff works so hard to cater to the needs of our participants. Everyday is filled with laughter, and there is always something happening!"

A Tidbit From Cheri Anderson

"I truly am inspired working here at the Los Altos Senior Program! I see participants enjoying a cup of coffee, some games, and numerous activities that keep them vital! As a mature adult, I feel good being in the company of "master" adults who live their lives fully!

What I enjoy most about working at the Center is the friendliness of our participants as they greet us with a smile and say hello every day! It's a "warm and fuzzy" feeling!"

Women's Group 640841-05/06

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
May 20 & June 17 Room 10

Meet Candace's new bundle of joy: Clarabelinda! 12:00

Clarabelinda will be joining us for lunch on Friday, May 8th. Come by and meet her.

Book Club Free

Books are available 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
May 14	***The Elegance of the Hedgehog*** Muriel Barbery	
June 11	***Savage Harvest: a Tale of Cannibals, Colonialism and Michael Rockefeller Tragic Quest for Primitive Art*** Carl Hoffman	

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

Terrible Adult Chamber Orchestra

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

LAYC	2:00-5:00
May 31	430111-02
June 28	430111-03
Sunday, April 26– June 28	430111-04

Members and Non-members: $10.00
**Requirement: Contact the director before the first class at*

Beginning Piano Lessons with Ramya

Do you want to learn the piano or practice with a student who can help you improve? Members only may sign-up for a one-on-one 30 minute lesson.

Men's Group 645529-05/06

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
May 7 & June 4 Room 10

New Programs!

Open House

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

Wednesday, July 8 **5:30 p.m.—7:00 p.m.**
Hillview Community Center
97 Hillview Avenue, Los Altos Rooms 10, 11, 12

Aqua Aerobics—Interested?

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

Coffee 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 Senior Center door!

The Patio is our new "outdoor" living space that boasts a beautiful garden setting with birds singing and butterflies lighting on the flowers!

This new activity kicks off Friday, May 1st, starting at 10:00 a.m. until 12:00 and will continue every Friday throughout the spring/ summer months.

Donations are always appreciated!

See you on the Patio!

On March 20, Dr. Donn Posner from the Palo Alto Institute for Research and Education shared his knowledge about sleep and the elderly. If you are interested in more information about sleeping better, come to the Senior Program and pick up a flyer.

Dance!

Get your "line dance on," meet new friends at Hillview Community Center LAYC Multi-Purpose Room! Refreshments provided!

Tuesday, August 4 **5:30 p.m.—7:00 p.m.**

Members: FREE Others: $5.00

Dinner and Music on the Patio

Learn to prepare a grilled dish, by a Chef, and eat it on the patio as you listen to live music under the stars! More information to come!

Tuesday, July 14 **5:30 p.m.—7:00 p.m.**
Hillview Community Center
97 Hillview Avenue, Los Altos Patio

Members: TBA Others: TBA

Picnic In The Park!

Place your lunch order, then meet us at the park for a Picnic Lunch with Friends! 11:30

Tuesday, July 14	Marymeade Park
Tuesday, July 28	Patriot's Corner
Tuesday, August 11	Heritage Oaks Park
Tuesday, August 25	Rosita Park

Members: $15.00 for boxed lunch Others: $20.00
Pick up a flyer in the Senior Center for more info.
Carpooling is recommended as parking is limited.

"A Taste of" Classes continue….

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

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

Registration, Class Refunds & 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.

Artventures **Room 12**

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
April 8– May 27	645514-02
June 17– August 19	645514-03

Members: $1.00/class, $8.00/session
Non-members: $3.00/class, $24.00/session
**Pay quarterly or before each class in Room 10.*

10 Weeks to Play Winning Bridge

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

Intermediate Bridge **Room 12**

This class teaches only intermediate social (party) bridge. It helps players to advance their skills at both bidding and playing. Lessons assume basic bridge knowledge including evaluation hand and ordinary hand bidding. Classes include one hour lecture followed by student play. *Tony Plutynski at (650) 948-0699.*

Thursday	9:15-12:00
May 7-May 28	645530-05
June 4– June 25	645530-06

Members: $5.00/class, $20.00/session
Non-Members: $7.00/class, $25.00/session
**Pay monthly or before each class in Room 10*

Beginning Mah-Jongg **Room 12**

If you would like to be part of a group that has fun and meets every Thursday afternoon to learn and play Mah-Jongg, then join our community.
This group is led by instructor Annie Metz, who has played Mah-Jongg for over 25 years. Annie will be teaching Mah-Jongg with "the card" as you play.
She looks forward to having fun while teaching and playing with new people.

Thursday	1:00-3:30
May 7– May 28	645515-05
June 4– June 25	645515-06

Members: $1.00/class, $4.00/session
Non-Members: $3.00/class, $12.00/session
**Pay monthly or before each class in Room 10.*

Mountain View-Los Altos Adult Education

Summer Session: June 16 - July 1
Register:
Mail or Walk-in: Phone:(650) 940-1333
MV-LA Adult Education Fax: (650) 967-4699
Online www.mvlaae.net or
333 Moffett Blvd, Mountain View, CA 94043

Classes

Stretch & Flex 645108-04

Join instructor Nora Beltran to tone your muscles and improve range of motion in your joints. Lengthen and strengthen in this class. Come to the Hillview community social hall to participate!

Tuesdays/Thursdays 10:00-11:00
April 7– June 11

Members: $54.00 Non-members: $60.00
**Bring a mat to each class*

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 and standing support. All are welcome to join us!

Tuesdays 11:30-12:15
April 7-June 11

Members: $16.00 Non-Members: $48.00

Tai Chi for Life! 645534-02

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 12:45-1:45
Multi-Purpose Room
April 14– June 2
Members: $10.00/class, $69.00/session
Non-Members: $12.00/Class, $79.00/session
June 16—August 25
Members: $10.00/class, $77.00/session
Non-Members: $12.00/Class, $87.00/session

Fitness 4 Seniors 645106

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, Pilates ball, and your choice of dumbbell weight between 1-10lbs.*

Monday/Wednesday 4 weeks
Los Altos Hills Council Chambers 11:45-12:45

Members: $150.00 Non-Members:$160.00

Bodyweight Boot camp 645105

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) 479-5955.
**Equipment Note: Please bring yoga mat.*

Monday/Wednesday 4 weeks
Los Altos Hills Council Chambers 6:00-7:00 a.m.

Members: $150.00 Non-Members: $160.00

Line Dancing Room 4

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

Tuesday 1:00- 2:00

May 12– June 2 645511-05
June 9– June 30 645511-06

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

Friday Events

George Kronos just finishing barbecuing Kabobs.

1st Friday - Big Screen Movie

1:00 **Register Room 10**

Members: Free Non-Members: $1.00

Fee provides popcorn and beverage

May 1 645103-05

Mrs. Palfrey At The Claremont

Summary: An elegant elderly lady, after being recently widowed, moves from Scotland to London to be near her 26 year old grandson, Desmond. When Desmond fails to return any of her several phone calls or visit at the resident hotel, fate brings her together with a young writer, Ludovic Meyer, after she has an accident outside his basement flat.

Stars: Joan Plowright, Rupert Friend, Anna Massey, Zoe Tapper, Robert Lang, Marcia Warren.

108 mins. / Drama, Comedy/ Rated G

June 5 645103-06

Grumpy Old Men

Summary: Jack Lemmon is John Gustafson, an ice-fishing Minnesota native who has been feuding with his neighbor and former best friend Max Goldman (Walter Matthau) for decades. The battle of wills between John and Max is characterized by crude name calling and harmless practical jokes. Max is unaware that John is having serious problems, chiefly that his daughter Melanie (Daryl Hannah) is experiencing marital woes and that his house is about to be confiscated by an officious IRS agent (Buck Henry). When it seems that John and Max may finally put aside their childish rivalry, however, sexy new neighbor Ariel (Ann-Margret) arrives and dates both men, pitting them against each other more fiercely than ever before.

Stars: Jack Lemmon, Walter Matthau, Ann Margret, Burgess Meredith, Daryl Hannah, Buck Henry.

103 min./ Drama, Comedy /Rated PG-13

Luncheons

12:00 **Register Room 10**

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

2nd Friday

May 8 645201-05
June 12 645201-06

Menu: Terraces of Los Altos cater our 2nd Friday lunch. The menu will be made available the week of the lunch.

Members: $4.00 Non-members: $6.00

Birthday!

May 15 645519-05

Menu: Tamales, Rice, Beans, Dessert

June 19 645519-06

Menu: Chicken Salad Sandwich on a Croissant, Chicken Noodle Soup and Dessert

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

4th Friday

May 22 645202-05

Menu: Terraces of Los Altos cater our 4th Friday lunch.

June 26 645202-06
Red, White and Blue BBQ

Menu: Hamburger, Green salad, Watermelon

Members: $6.00 Non-members $8.00

5th Friday
Intergenerational Bingo and Dessert

1:00 **Register Room 10**

May 29 645203-01

Members: Free Non-Members: $1.00

Come and try your luck at getting B.I.N.G.O. Kinder Prep will be singing a short song for those in attendance, and then we'll enjoy a few rounds of Bingo before enjoying a sweet snack.

Are your grandkids around? Bring them!

Drop-In Games We Play

Pickleball… 640965

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

Wednesdays in the Hillview Multi-Purpose Rm
11:00a.m.—1:00p.m.
Members: Free Non-Members $3.00

Poker

Enjoy free casual games of poker.

Monday 12:00-3:30
Thursday 11:00-3:30
Room 11 Free

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

Tuesday 9:00- 3:00
Wednesday 9:00-12:00
Room 11 Free

Wii

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

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

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 10 for information on lessons.

Wednesday 12:30- 3:30
Room 11 Free

Bocce Ball

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

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

Summer Bocce Ball Tournament!

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

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

1000-Piece Puzzle Challenge

We have received a new Puzzle Table!!! Stop by the Senior Center anytime during operating hours to help finish our 1000 piece puzzle. Ideas for new puzzles? We are listening!

Monday-Friday 8:30—3:30
Room 10 Free

Shuffleboard: Outdoor

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

Monday-Friday 8:30 - 3:30

"Mini"-Trips: Local trips to attractions near us!

A Mother's Day Salute!

Tour the Costume Bank, then have High Tea at Lisa's Tea Treasures of Los Altos

Thursday, May 7, 2015
Meet at the Costume Bank, 169 State St., Los Altos
Tours starts at 10:30
645301-05

The Costume Bank is home to thousands of costumes and accessories! Lisa's Tea Treasures lets your taste buds bask in the decadence of traditional tea sandwiches, gourmet savories, freshly baked scones, and divine desserts.

Members: $35.00 Non-Members: $40.00

For the Fathers!

Visit Canepa Motorsports Museum and remember the times of racy cars!

Have lunch afterwards!

Thursday, June 18, 2015
Leave Hillview at 11:00 Return 3:00
Tour starts at 12:00
645301-06

The museum is dedicated to the spirit of automotive competition and the celebration of engineering excellence. On display are a broad spectrum of racecars and motorcycles from the golden age of motorsport to modern times. A must see for car enthusiasts!

Members: $25.00 Non-Members: $30.00

Great Trains & Grand Canyons

October 4, 2015

6 Days * 5 Nights * 8 Meals

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

Sedona Facts

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 70 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.

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

Extended Tour Party Meeting Room 11

Take a trip through the Great Trains and Grand Canyon, San Antonio and Cuba as Kris Adams, Premier Travel representative presents our extended trips. **Thursday, July 16, 2015 10:00a.m.**

On Thursday, March 19, participants "Rode the Duck" in San Francisco. Pictured left is Adela and Captain Fantastic on the Ride the Ducks San Francisco Sightseeing Tour. A few of us got to steer when we entered the Bay! Pictured right is our group aboard the Duck! We had a Quack-Tastic time traveling by land and sea! Be sure to join us for future "Mini"-trips planned once every month!

Membership Benefits

The following services are available for those with a membership

Membership

Thank you to every Los Altos Senior Program member for your continued loyalty and participation. By making a commitment each year, you are not only contributing to one of the best Senior Programs on the planet, but also strengthening our community and relationships. Our doors are open; come in and join our family today!

Annual Membership Cost

Los Altos resident - $26.00
Non-resident - $40.00
Don't forget to add $5.00 for home delivery of our bi-monthly Newsletter: The Spotlight

Make checks payable to: City of Los Altos

Mail to: Los Altos Senior Program
97 Hillview Avenue
Los Altos, CA 94022

Notary Service

Appointments held at City Hall. No charge for members. Donations accepted.
Call: Terry Ann at (650) 947-2642.

Copies

Members are welcome to 10 free black and white copies per year. After 10, the Member cost is 5¢ per side of copy. Non-Member cost is 10¢.
Please see the front desk volunteers for assistance.

Battery Recycling

Recycle your used household batteries - AA, AAA, D, or C.

See's Candies Certificates

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

Technology Resource Tutor

By appointment Room 10

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

In-Home Repair Program

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

Electrical — Changing Light Bulbs, Switches
Plumbing — Dripping Faucet, Leaky Toilet
Sprinklers — Timers, Sprinkler Heads

No in-home repair request is guaranteed.
Volunteers may determine that requests are too extensive. In-home repair requests can be closed at any time due to an over abundance of requests.
Donations are accepted.
Please call (650) 947-2797 for this service.

Equipment Loan Closet

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

DVD Loan Library

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

DMV Packets

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

Medicine Drop-Off

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

Member only and reduced rate on programs

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

Community Events, Stay Connected

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

Television: KMVT Channel 15

Websites:

City of Los Altos: www.losaltosca.gov
Recreation: www.losaltosrecreation.org

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)

Tiny Tots in Need!

The Los Altos Tiny Tots Program is requesting donations of paper towel rolls for the projects they like to do! Please bring your donations to Room 10 of the Senior Program!

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

Scarf, Hats and Yarn Donations

Thank you to those who have donated scarves, hats and yarn. We will resume collecting these items in September.

Community Events

Farmer's Market

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

Elder Summit

Friday, May 15, 2015 8:00 - 4:30
El Camino Hospital Elder Summit includes lectures, demonstrations, senior exercise, and resources.
For more information: elcaminohospital.org/ Programs_and_Services/Senior_Services/Elder_Summit

Fine Art In The Park

Saturday and Sunday, May 16 & 17 10:00
Lincoln Park, 199 University Avenue, Los Altos.
Free parking at Los Altos High School, with shuttles to the park.

Los Altos Pet Parade

Saturday, May 16 10:00
This free "Los Altos Heritage Event" will begin on Main Street at First Street. *Information: (650) 735-1552.*

Ye Old Town Band 1:30 - 3:30

May 31, June 28, July 26, August 30, Sept. 27
Shoup Park, 400 University Avenue, Los Altos
Enjoy a free, old-fashioned band concert in a beautiful park setting. Information: windband.org/oldtowne/

Los Altos Legacies!

Los Altos Legacies wants to welcome back Candace and thank Cheri for her valuable leadership in Candace's absence. Legacies continues to support senior activities in the community and is looking forward to the annual Rotary PEG event on

Saturday, June 20, at the **Los Altos Youth Center.** This free event will focus on access to aids to planning for your heirs, with many speakers and an array of papers to help your planning, including POLST forms that have been revised in California for 2015. You are welcome to attend!

Legacies has contributed to bring this to you at no cost. The speakers will include professionals from El Camino Hospital, Center for Age Friendly Excellence, and Hospice of the Valley, PLUS a local attorney, with the latest updates on elder law. There will be a free packet of information
handed out, as well as light refreshments.

If you have any questions about Los Altos Legacies, you are welcome to attend their meetings, quarterly on the second Wednesday of March, June, September, and December at 10:00 a.m. in Conference Room 3, or contact one of our Board Members. Paul or Ellen Gonella, Gabrielle Tiemann, John Lippold, Ed Hodges, King Lear, or Verda Keenan.

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.

Thursday, May 7	430813-02
Grant Room 3	6:00-9:00
Wednesday, June 3	430813-03
Hillview Room 16	6:00-9:00

**Register with the Recreation Department*

AARP Smart Driver Course

Friday, May 8 & May 15	645501
Room 12	1:00-5:00

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.

HICAP

Free

Health Insurance Counseling & Advocacy Program Assistance with Medicare & supplement claims, comparisons & long-term care, and HMO Appeals. Call (650)947-2797 for appointments with Roy Ito. Next available appointments:
Tuesday, May 19 and June 16

Vial of L.I.F.E

(Lifesaving Information for Emergencies)
First responders are trained to look for the Vial of Life kit in an emergency. It enables Emergency Responders to quickly locate helpful information regarding your medical history.
Come to Room 10 and inquire at the Front Desk.

Advance Health Care Directive

Schedule an hour long appointment for assistance with an Advance Health Care Directive.
Appointment includes: answering, explanation of medical and legal language, help with forms, etc.
Contact El Camino Hospital (650) 940-7210.

Rebuilding Together

Preserve affordable home ownership and revitalize neighborhoods by providing critical home repair and modification services to those in need and to those who qualify at no cost to homeowners.
For more information: Call (650) 940-7210
Or visit: http://rebuildingtogethersv.org

Mountain View-Los Altos Community Services Agency

CSA Senior Services Program is committed to helping local seniors live happy, healthy, and independent lives. Case Managers provide referrals to community resources, make arrangements for in-home services, and work cooperatively with care providers. If you would like to receive CSA's Information & Referral Newsletter via mail or email, please contact Program Director Elizabeth Medina at (650) 810-2237 or emedina@csacares.org to submit your request.

Friendship Line

The Friendship Line is a program sponsored by the Institute on Aging and is both a crisis intervention center and a "warm" line for routine, even daily, phone calls that provide emotional support, medication reminders, and well-being check-ins.
For more information:
Call toll free (800) 971-0016
Call local (415) 752-3778
Or visit http://www.ioaging.org/services-for-elders-and-caregivers/friendship-line

Cards For All Occasions

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

S.C.V.W.D Tax Exemption

The Santa Clara Valley Water District offers an exemption from the Safe, Clean Water property tax to those who qualify. Apply between April 15 and June 30 to save on your property tax bill.

Criteria: (1) Total household income for 2014 was below $45,821 (2) Born before June 30, 1951 (3) Live in and own the home the tax is assessed on.
Download an application online at www.valleywater.org/Programs/SeniorParcelTaxExemption or find an application in the Senior Center. Questions? (408) 630-2810.

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

Non-Profit
U.S. Postage Paid
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☞ **Time Sensitive Material**

Email: recreation@losaltosca.gov

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

Spotlight Newsletter

Los Altos Senior Program