

The Spotlight



www.losaltosrecreation.org

January and February 2014



The City of Los Altos Senior Center will **re-open** from Winter Break on Thursday, January 2, 2014.

The Center will be **closed** in observance of the following holidays:

Martin Luther King Jr. Day - Monday, January 20th

Presidents Day - Monday, February 17th



It's the Senior Center's 37th Birthday!

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

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



January 2014

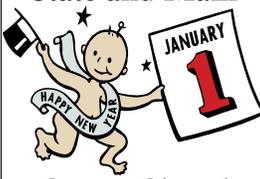
Mon

Tue

Wed

Thu

Fri

		<p>1 FUN RUN 9:00 a.m. Community Plaza State and Main</p>  <p>Center Closed</p>	<p>2 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Men's Group 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC</p>	<p>3 Super Size Screen 1:00 Room 12</p> <p>Parkland</p> <p>Members: Free Others: \$1.00</p>
<p>6 Adult Education Classes Begin 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 4:30 Senior Commission</p>	<p>7 9:00 Bridge 10:00 Bocce Ball 10:15 Visions Unlimited 1:00 Line Dancing 1:00 PC Tutor</p>	<p>8 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play 1:30 Inner Stress</p>	<p>9 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC 1:00 Book Club</p>	<p>10 2nd Friday Lunch 12:00 Multi</p> <p>Chinese New Year Luncheon</p> <p>Members: \$4.00 Others: \$6.00</p>
<p>13 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker</p>	<p>14 9:00 Bridge 10:00 Bocce Ball 10:00 Legacies 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor</p>	<p>15 9:30 Art Studio 12:30 Mah-Jongg Int. Free Play 1:30 Inner Stress 2:00 SFMOMA walk</p>	<p>16 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC</p>	<p>17 CSA Case Mgr 10:00 Smart Driver 1:00</p> <p>Birthday Lunch 12:00 Room 11</p> <p>Ravioli</p> <p>Members Birthday: Free Members: \$4.00 Others \$6.00</p>
<p>20</p>  <p>Closed for Martin Luther King Day</p>	<p>21 9:00 Bridge 10:00 Stepping On 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor 1:00 HICAP</p>	<p>22 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play 1:30 Inner Stress</p>	<p>23 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC</p>	<p>24 Blood Pressure 10:30 Smart Driver 1:00</p> <p>4th Friday Lunch 12:00 Room 11</p> <p>Utah Potato Casserole Members \$6.00 Others: \$8.00</p>
<p>27 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker</p>	<p>28 9:00 Bridge 10:00 Stepping On 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor</p>	<p>29 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play 1:30 Inner Stress</p>	<p>30 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC</p>	<p>31 5th Friday Bingo 1:00 Room 11</p>  <p>Members Free Others: \$1.00</p>

February 2014

MON

TUE

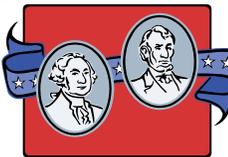
WED

THU

FRI



February

<p>3 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 4:30 Senior Commission</p>	<p>4 9:00 Bridge 10:00 Bocce Ball 10:00 Stepping On 10:15 Visions Unlimited 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor</p>	<p>5 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. free play 1:30 Inner Stress</p>	<p>6 9:00 SFMOMA walk 9:15 Int. Bridge 10:00 Men's Group 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC</p>	<p>7 Super Size Screen 1:00 Room 12 Blue Jasmine Members: Free Others: \$1.00</p>
<p>10 9:00 Tax Preparation 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker</p>	<p>11 9:00 Bridge 10:00 Bocce Ball 10:00 Stepping On 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor</p>	<p>12 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. free play 1:30 Inner Stress 5:30 Casual Dining</p>	<p>13 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC 1:00 Book Club</p>	<p>14 2nd Friday Lunch 12:00 Room 11 Potato Bar Members: \$4.00 Others: \$6.00</p>
<p>17  Closed President Day</p>	<p>18 9:00 Bridge 10:00 Bocce Ball 10:00 Stepping On 1:00 Line Dancing 1:00 PC Tutor 1:00 HICAP 6:00 PEP</p>	<p>19 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. free play 1:30 Inner Stress</p>	<p>20 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC Tutor</p>	<p>21 CSA Case Mgr. 10:00 Birthday Lunch 12:00 Room 11 Tostada Members Birthday: Free Members: \$4.00 Others \$6.00</p>
<p>24 9:00 Tax Preparation 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker</p>	<p>25 9:00 Bridge 10:00 Bocce Ball 10:00 Stepping On 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor</p>	<p>26 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. free play 1:30 Inner Stress</p>	<p>27 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC Tutor</p>	<p>28 Blood Pressure 10:30 4th Friday Lunch 12:00 Room 11 Thai Food Members \$6.00 Others: \$8.00</p>

Appreciation and Staff

In Appreciation

Los Altos Hardware

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

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 is currently displayed at the Senior Center.

Newsletter Collating

Thank you to Nanette Pearson, Pat Densmore, Trudy Hickok, Phyllis Grame and Jeanie Whiteley for collating our bi-monthly newsletter! We appreciate all the work you do!

Holiday Volunteers

The Senior Center celebrated the holidays by hosting several holiday programs including two luncheons, an Intergenerational Craft and Tree dressing, holiday trip and Healthy Thanksgiving Cooking presentation. Thank to the volunteers who brightened our holiday season.

Rosamond Bray, Marie Evatt, Manuela Vasquez, Joanna Price, Lauren Sweet, Daniel McCandless, Peggy Patton, Peggy Jones, Lori Stoia, Pat Scheid, Joanna Price, Darren Price, Nicole Di Canio, Liz Stout, Lenore Cambouris, Aurina Malaki, Kimberly Wheeler, Adela Di Canio, Nora Beltran, Kathleen Gardner, Jaemie Abad and Kelsey Marcos, Los Altos Legacies Board Members.

Coffee Service Daily, 9:00 - 3:00

Front Desk volunteers maintain drip coffee and tea beginning at 9:00 and ending at 3:00 each day. Please join us for a cup of coffee and some time to catch up on the newspaper or chat with friends. Donations are encouraged. Please sign in.

Thank you Kathy May!

Welcome Irene Hatch!

Kathy May has moved from part-time to substituting at the Senior Center. We'll see her periodically but are now pleased to introduce you to Irene Hatch who will work part-time, three days a week at the Senior Center.

Irene was born in San Francisco and grew up in Willow Glen where she still resides with her four children. Three of her children are in college and the youngest is a Senior in High School.

After raising her four children she decided to go back to work and worked at a doctor's office in Los Gatos. From there she has come to work at the Senior Center. She looks forward to meeting all of you and is willing to help you in any way possible.

Volunteer Piano Instructor -

Mrs. Hyun Jung Lee. Thank you!

Mrs. Lee volunteered to teach piano to Senior Center members. Some members rekindled their interest in music while others learned to play for the first time. We are grateful for the time Mrs. Lee volunteered with us and will miss her greatly. We are now looking for a volunteer to teach the piano during Senior Center hours. Please contact Jennifer Weiss, volunteer coordinator at (650) 947-2897 if you are interested.



New Year, New Resolutions

Well, well, well...making some New Year's resolutions are you? With the best of intentions, no doubt? Have no fear: your Los Altos Recreation Department is here to help. During the first few days of 2014, you will receive a copy of the winter 2014 Recreation Guide in your mail box. (It will also be available at the Senior Center.) The cover will have a picture of one of our Jazzercise class participants and on the side of the photo it will say in big letters:

NEW YEAR'S RESOLUTION SOLUTIONS INSIDE!

It is so simple...open the brochure and look through all the classes we have to offer. Surely one of them will help you with your New Year's Resolution. We'll see you in class!

However, before the 2014 classes and activities begin, we have one more order of holiday business to complete: the traditional New Year's Day Fun Run. Although it really should be called a Fun Walk, Run & Roll (stroller or wheelchair). It takes place on...when else...Wednesday, January 1, 2014, at 9am, in downtown Los Altos. The "race" starts and ends at the corner of Main and State Streets, with cheering crowds encouraging race participants all along the downtown triangle route. This event is not only a great way to welcome the New Year, it is also FREE! Come out and welcome 2014 with your fellow Los Altans.

A very Happy New Year to all!

A HAPPY
NEW YEAR

Intergenerational Corner



Technology Training Day for Seniors

Bring your devices (tablets, cell phones, laptops and more), social media, email to meet with a Community volunteer to have your questions answered.

Registration is required to the Town of Los Altos Recreation Department at (650) 947-2518 or sgualtieri@losaltoshills.ca.gov. Please provide your name, contact information, device(s), program and/or service.

Date: **January 11, 2014**

Day: **Saturday**

Time: **1:00 – 4:00 pm**

Cost: **Free**

Location:

Hillview Community Center

97 Hillview Avenue,
Los Altos, CA 94022
Room 8

Interested in volunteering?

Contact Jennifer Weiss,
City of Los Altos Volunteer
Coordinator at (650) 947-2897.

Change of Seasons

The winter months are upon us. Please be prepared for the cold weather by wearing layers. The Senior Center will be kept at a comfortable temperature of 73° F. Also, please be diligent about washing your hands to avoid the spread of illness.



Volunteer



City-Wide Volunteers

If you are interested in volunteering at the Senior Center or would like to explore other volunteer positions, please contact Jennifer Weiss.

Jennifer is the City's Volunteer Coordinator, and she can provide you with information regarding city-wide volunteer opportunities.

Contact Jennifer at (650) 947-2897 or e-mail jweiss@losaltosca.gov.

SFMOMA Walk About 645518-04/05

The Senior Center is seeking three volunteers who are available to lead a group around the SFMOMA: Project Los Altos Exhibits.

Wednesday, January 15 2:00
Thursday, February, 6 9:00

See page 11 for program details and page 14 for Los Altos Library lecture.

2nd and 3rd Friday Lunch Chef

2nd and 3rd Friday of the Month

Two volunteers to prepare one nutritious meal for a maximum of 36 seniors a month.

Chinese New Year Luncheon Help

Thursday, January 9 and Friday, January 10

The Senior Center is in need of people to help with our annual Chinese New Year luncheon. We are in need of 3 sous-chefs on the Thursday dates listed above to assist with pre-event kitchen preparation. Volunteers are also needed on the day of the luncheons in the kitchen from 9:00 - 2:30 and from 9:30 - 10:30 and 11:00 - 2:30 to assist with set-up, decorations, serving and cleaning.

Scarf, Hat & Yarn Collection

We will be collecting scarves, hats, and yarn November through March. 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 Center. Your generosity is greatly appreciated!

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!



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)
Kathy Seddiqui (Vice Chair)
Ashish Mathur
Linda A. Smith
Karen Jenney
Ginger Summit

Congratulations to Paul Gonella who was appointed to the Senior Commission at the December 10, 2013 City Council Meeting.

Happy Birthday Los Altos Senior Center!

We're 37 years old!

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

Today, the City of Los Altos Senior Center has added additional programming, but still hosts several of the programs that were first created like the 2nd and 4th Friday lunches, Blood Pressure checks and Barbecues.

Celebrate with us throughout the month or at our Birthday Lunch on Friday, February 21 at 12:00.

Stay Connected, Emergency Preparedness

Stay Connected

Follow the Los Altos Senior Center 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 Center, Recreation Office or City Hall.

The Spotlight

(Senior Center Bi-Monthly Newsletter)

Recreation Guide (Quarterly classes—all ages)

Local Resources 2-1-1

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

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

Benefits Check Up www.benefitscheckup.org

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

Save the Date!

Emergency preparedness day for seniors

Join us for: expert guest speakers; individual backpacks with basic emergency supplies; pre-made commercial backpacks for sale and lists of emergency supplies from the Red Cross and FEMA.

Saturday, March 22 Free

Hillview Community Center Multi-Purpose Rm.

Co-hosted by: Los Altos Rotary, Center for Age-Friendly Excellence, Boy Scouts, Los Altos Prepare and City of Los Altos Senior Center and Town of Los Altos Hills

50+ Scholarship Opportunity

For City of Los Altos residents for Senior Center membership and programs.

The City of Los Altos offers eight individual scholarships of \$200.00 to residents on a first come, first serve 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 \$39,800.

Please call Peggy Ford at (650) 947-2790 to request a scholarship application and schedule an appointment to return your completed application and all required documents.

The Town of Los Altos Hills also offers scholarships to Town of Los Altos Hills Residents. Contact Sarah Gualtieri for more information at (650) 947-2814.

All appointments will be held at the Recreation Department: 97 Hillview Avenue, Los Altos, CA 94022.

Personal Emergency Preparedness (PEP)

Are you prepared? The City of Los Altos, in coordination with Fire and Police, offers Personal Emergency Preparedness (PEP) training. Topics include: impact of area-wide disaster for individuals and community; how to guidebook covering: senior citizen health and wellness, fire safety, fire extinguishers, household hazardous materials, workplace and home safety; emergency planning; and supply kit preparation. 330813-01

Tuesday February 18 6:00 - 9:00 pm
Hillview Room 16 Free

Register with the Recreation Department

Flu Season

For more information, and to locate flu shot centers please go to www.flu.gov.

Friday Events

1st Friday Big Screen Movie

1:00 Room 12
Members: Free Others: \$1.00
Register Room 10

Fee provides popcorn and beverage

January 3 *Parkland* 645103-01

Summary: November 22, 1963 was a day that changed the world forever when young American President John F. Kennedy was assassinated in Dallas, Texas. This film follows, almost in real time, a handful of individuals forced to make split-second decisions after an event that would change their lives and forever alter the world's landscape.

Stars: Zac Efton, Billy Bob Thornton, Ron Livingston, Tom Welling, Paul Giamatti, Colin Hanks, Maria Gay Harden, Jackie Earle Haley and James Badge Dale.
93 min. | Drama, History | Rated PG | IMDb.com

February 7 *Blue Jasmine* 645103-02

Summary: A New York socialite, deeply troubled and in denial, arrives in San Francisco to impose upon her sister. She looks like a million, but isn't bringing money, peace, or love...

Stars: Cate Blanchett, Alec Baldwin, Pete Sarsgaard
98 min. | Drama, Comedy, | Rated PG IMDb.com

Chinese New Year Luncheon

12:00 Multi -Purpose Room

Members: \$4.00 Others: \$6.00
Register Room 10

Reservations Preferred (650) 947-2797

January 10 645201-01

Menu

Chinese Chicken Salad

Tan-tan noodle (peanut sauce)

Meat balls stewed with napa cabbage

Stir-fried vegetables w/ chicken

Dessert

Entertainment will be provided.



2nd Friday Luncheon

12:00 Room 11

Members: \$4.00 Others: \$6.00

Register Room 10

Reservations Preferred (650) 947-2797

February 14 645201-02



Menu Potato Bar



3rd Friday Birthday Celebration

12:00 Room 11

Birthday Month Members: Free

Members: \$4.00 Others: \$6.00

Register Room 10

Reservations Preferred (650) 947-2797

January 17 & February 21 645519-01/02



This special lunch will be hosted in honor of those celebrating their birthday. First come, first serve. Please let us know if it is your birthday month when making a reservation.

January 17 Ravioli's



February 21 Tostada

4th Friday Luncheon

12:00 Room 11

Members: \$6.00 Others: \$8.00

Register Room 10

Reservations Preferred (650) 947-2797

January 24 & 28 645202-01/02

January 24 Utah Potato Casserole

February 28 Thai Food

5th Friday Bingo and Dessert

1:00 Room 11

Members: Free Others: \$1.00

Register Room 10

Reservations Preferred (650) 947-2797

January 31 645203-01



Classes

Registration, Class Refunds & Transfers

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

Refund and transfer requests must be submitted in writing or in person, up to five working days prior to the first day of class. E-mail your requests to recreation@losaltosca.gov.

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

10 Weeks to Play Better Bridge 645510-03

In ten weeks we will learn to play bridge in a pleasant social setting. We will learn how to communicate with our partner, develop our playing skills and, most importantly, have fun. This is a class for beginning bridge players. For information, call Roy Robinson at 941-7978.

Monday* 9:00 - 11:00
Members: \$90.00 Others: \$95.00
November 25 - March 10 Room 12

*No Class Feb. 17

Tai Chi for Life! 645534

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.

Tuesday* 12:45-1:45
Members: \$10.00/class Others: \$12.00
Pay quarterly or before each class in Room 10.
January 14- April 1 Room 12
Members: \$85.00 Others: \$94.00
*No Class 2/18, 3/11

Line Dancing 645511

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

Tuesday 1:00 - 2:00
Members: \$6.00/class Others: \$8.00
Pay monthly or before each class in Room 10.
January 7 - January 28
February 4 - 25
Members: \$24.00/session Others: \$32.00

Stepping On Program 645518-02

Co-hosted by...

Stanford University Medical Center Trauma Service

Tuesdays for 7 weeks 10:00 - 12:00
January 21 - March 3 Register Room 10

Stepping On is a group program that empowers older adults who have fallen or who have a fear of falling to identify behaviors related to fall risks.

The sessions are guided by experienced Stanford staff and will meet one time a week for seven weeks.

Eligibility:

65 years or over
Fallen in the past year or are fearful of falling
Can walk inside without assistance
Live in a home or apartment
Does not suffer from dementia

Program is licensed by the Wisconsin Institute to Healthy Aging

Class may be full - contact Senior Center to placed on waiting list and learn of other Stepping On sites.

Classes

Art Studio 645514

Visual artists of all genres and levels are welcome! 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
Members: \$1.00/class Others: \$3.00
Pay quarterly or before class in Room 10.
January 8 - April 2 Room 12
Members: \$13.00/session Others: 39.00

Inner Resources for Stress 645518-03

Learn meditation, relaxation, and breathing techniques that are helpful with reducing stress. Suggestions will be discussed on how to apply these practices in your everyday life.

Class facilitators are Ph.D. students in clinical psychology who received didactic and experimental training in an empirically-supported group-based meditation and mindfulness intervention called Inner Resources.

Wednesday 1:30-3:30
January 8 - February 26
Registration Fee:
Members: \$10.00 Others: \$24.00

Class Lecture Fee: \$25 (includes learning Materials and 4 guided meditation CD's. Payable by cash or check. Checks payable to PAU 10-10-20104-42201. In subject line at bottom write "Inner Resources Center".
Registration prior to the first class is encouraged.

Bone Smart Movement and Beyond

Wednesday 12:30-1:30
Members: \$128 Others: \$138
January 29 - March 26 645536-02
Los Altos Hills City Council Chamber

This class incorporates standing, sitting and mat Pilate's exercises that will strengthen your body including your bones. You'll be guided through stretches, balance exercises, energizing weight bearing routines and basic alignment motions.
No Class 2/19

Intermediate Bridge Lessons 645530

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 and student play. Questions? Call Tony Plutynski 948-0699

Thursday 9:15-12:00
Members: \$5.00/class Others: \$7.00
Pay monthly or before each class in Room 10
January 2 - January 30
Members: \$25.00/session Others: \$35.00
February 6 - February 27 Room 12
Members: \$20.00/session Others: \$28.00

Mah-Jongg Beginning 645515

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

Thursday 1:00-3:30
Members: \$1.00/class Others: \$3.00
Pay monthly or before each class in Room 10.
January 2 - 30
Members: \$5.00/session Others: \$15.00
February 6 - 27
Members: \$4.00/session Others: \$12.00



Hillview Community Center Classes...

Japanese Flower Arranging, Ikebana,
Painting with Oil and Acrylic, Watercolor Painting,
Genealogy. U.S. Foreign Relations
Chinese, Creative Writing Workshop, French
German, Memoirs Writing, Spanish, Knitting and
Crochet Workshop, Exercise for the Older Adult
Hike for Health, Qigong, Stretch & Flex, Yoga

Winter Session: January 6 - March 21, 2014

Register:

Mail or Walk-In: Phone:(650) 940-1333
MV-LA Adult Education Fax: (650) 967-4699
333 Moffett Blvd. Online www.mvlae.net
Mountain View, CA 94043

Activities

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? Check them out online: monkeytoyladies.com

Monday Room 11 9:30 - 11:30

Men's Group 645529

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.

1st Thursday Free 10:00
January 2 and February 6 Room 10

AARP Smart Driver Course 2014

Friday's January 17 & 24 1:00 -5:00 Room 12

MUST HAVE COMPLETED EIGHT HOUR CLASS WITHIN THE LAST THREE YEARS TO ATTEND THE RENEWAL COURSE BELOW:

Friday, March 21 1:00-6:00 Room 12

First-come, first-served. Class limit of 30. Reserve your spot by calling the Senior Center 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.

Note: AARP has reorganized the AARP Mature Driver Course. The course is now called "Smart Driver" and the cost will be \$15.00 for AARP members and \$20.00 for non members.

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. Bring your own instrument and stand.

Sunday, 1/26, 2/23, 3/30

Residents/Others: \$10.00 each month
Hillview Social Hall 2:00-5:00
Please contact the director before the first class at tacosv.com. Register in the Recreation Department.

Book Club

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 1:00
Free Room 18

January 9 *Emma*
Jane Austin

February 13 *Cleopatra: A Life*
Stacy Schiff



Questions?

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



Established 2003

Cora's Casual Dining 645502-01/02

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

2nd Wednesday RSVP Room 10

No dining group for month of January

February 12 5:00

Petit Bistro
1405 El Camino Real
Mountain View

SFMOMA: Project Los Altos Walk About

Start at the Senior Center to meet up with others to enjoy a walk around the *SFMOMA on the go exhibits*. End in downtown Los Altos where you are free to meander through downtown or return to the Senior Center. Rain or Shine!

645518-04/05

Wednesday, January, 15 2:00

Thursday, February, 6 9:00
Free Room 10

Drop-In Games

The following drop-in games are hosted by the Senior Center for free to adults 50+. No registration is required however membership is appreciated. Please sign-in before you play.

Bocce Ball

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

Monday/Wednesday	10:00
Tuesday/Thursday	10:00
Bocce Ball Courts	Please sign in, free

Poker

Bring your lunch to enjoy with friends at 11:30; before a casual game of poker beginning at 12:00. Haven't played in awhile? We'll help jog your memory.

Monday	12:00 - 3:30
Room 11	Please sign in, free

Bridge Free Play

Bridge begins promptly at 9:00 a.m. Players draw cards. Groups of four are then formed based on the rank of the cards. If there is an uneven number of players, players will rotate into the games.

Players who come after 9:00 a.m. will need to wait until there is an open spot or until the group draws again to play. Individual Bridge players are encouraged to come and play or bring your own group of four for a morning or afternoon of cards. Would you like to learn to play bridge or hone your skills? See page 9 and 10 for lessons.

Tuesday	9:00 - 3:30
Wednesday	9:00 - 12:00
Room 11	Please sign-in, 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	Please sign-in, free



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.

1000-Piece Puzzle Challenge

Stop by the Senior Center anytime during operating hours to help finish our 1000 piece puzzle.

Monday-Friday	8:30 - 3:30
Room 10	Please sign in, free

Wii

Learn to play or join volunteer Cole for fun playing any of the physically active or brain challenging Wii games. Senior Center games include Price is Right, Wii Sports, Puppy Love, Deal or No Deal, Wii Play and Wii Fit.

By Appointment	8:30 - 3:30
Room 10	Please sign in, free

Shuffleboard: Indoor and Outdoor

The Senior Center has an outdoor and indoor shuffleboard. Drop-in during operating hours to play the indoor shuffleboard. Call to make an appointment to play on the outdoor shuffleboard.

Monday-Friday	8:30 - 3:30
Room 11	Please sign in, 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.

Wednesday	12:30 - 3:30
Room 11	Please sign in, free



Mountain View-Los Altos Community Services Agency

SERVICES PROVIDED AT THE LOS ALTOS SENIOR CENTER

Information and Appointments
(650) 947 - 2797

**Blood Pressure Readings: Room 10
Friday, January 24 and February 28**

Time: 10:30-11:45am

Nurse: Ginny Knell

HICAP: Health Insurance Counseling & Advocacy Program 3rd Tues. Assistance with Medicare & supplement claims, comparisons & long-term care, HMO, Appeals. No charge service. Call for appointments with Roy Ito.

Next appointments:

Tuesday, January 21 and February 18

Battery Recycling

Recycle your used household batteries—AA, AAA, D, or C. Los Altos Hardware helps to maintain this program. Please show your appreciation for their support.

**Free preliminary Hearing Screening:
Pacific Hearing Service**

Off-site appointments - call 941-0664

Resource/Information Center:

Sourcewise, Case Management, Housing

Medicine Drop-Off:

The Senior Center takes old pills in their respective containers only. Please

NO loose pills and NO creams or lotions.

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.

Notary Service

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

January 17: Housing 10:00
February 21: Emergency Assistance 10:00

Call (650) 947-2797 to make an appointment.

Information and Referral

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. Contact CSA at (650) 968-0836 (x131) for more information about Case Management.

Vial of L.I.F.E.

The Vial of LIFE kit enables Emergency Responders to quickly locate helpful information regarding your medical history. Emergency Responders, Firefighters, Paramedics and Police are trained to look for the Vial of LIFE sticker and obtain information from the Vial. Pick one up at the Senior Center front desk today!

Free Tax Assistance and Electronic Filing

for low-to-moderate-income taxpayers, with special attention to those over the age of 60.

Mondays,

February 10 - April 14 9:00 to noon
By Appointment only (650) 947-2797

Room 10 Free

Bring the following information for 2013

- (income, cost basis information for taxable sales, deductible expenses, tax payments)
- Copies of your 2012 returns (Federal and State)

Because the IRS is concerned about a large increase in identity theft on tax returns, please bring a picture ID and documents showing all Social Security numbers.

Sponsored by AARP Tax-Aide

The AARP program requires all tax returns to be electronically filed.

Community and Membership

Community

Aging in Place Conference

The City of Mountain View's Senior Advisory Committee invites you to an Aging in Place conference full of seminars and vendors who will be available on-site to answer your Aging in Place questions.

Saturday, February 8 9:00 - 3:00

More information: Free

Mountain View Senior Center
266 Escuela Avenue, Mountain View, CA
For more information call (650) 903-6330

SFMOMA: Project Los Altos

San Francisco Museum of Modern Art

Los Altos Library will be hosting a SFMOMA docent presentation on the newly commissioned art works located throughout downtown Los Altos. The talk will focus on the artworks in the context of Los Altos distinctive history and culture.

January 13 7:00-8:00

Los Altos Library Program Room
For more information call (650) 948-7683
See page 11 for information on an Exhibit Walk About.

Senior Center Planters

The Senior Center back planters have been planted with lettuce, red onion, broccoli, brussels sprouts and celery. See them grow.

Los Altos Legacies - Happy New Year!

Los Altos Legacies wishes a New Year filled with good health and prosperity to all!

Los Altos Legacies board members brought holiday cheer to Senior Center participants with the sponsorship of favors, door prizes, amazing orchid plants and holiday carols at the Senior Center Holiday Luncheon.

Current directors are Paul Gonella (chair), John Lippold (vice chair), Ellen Gonella (secretary/treasurer), King Lear, Ed Hodges and Verda Keenan. Talk to or visit the Los Altos Legacies board to express your support for Los Altos Seniors. Paul and Ellen Gonella would be happy to answer any questions you may have (650) 948-2920.

Board Meeting: bi-monthly second Tuesday
Tuesday January 14 10:00
Hillview Conference Room 3

Los Altos FIRST FRIDAY

Enjoy an evening of fun for the whole family! Stores open late. Music, prizes and activities! Also, many great downtown restaurants will be open!

Friday, January 3 & February 7 6:00 - 8:00
FREE Parking! For more information visit:
www.losaltosfirstfriday.org

The following two programs are available for those with a membership.

iPad & MAC Computer Resource

Room 10

Thursday by appointment 1:00/2:00

Dean Johnson will meet one-on-one with members of the Senior Center 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.

PC Computer Resource

Room 10

Tuesday by appointment 1:00/2:00

Our PC tutor, Jenny Warila, will meet one-on-one with Senior Center 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!

Membership Benefits

The following services are available for those with a membership.

Membership

Thank you to all Los Altos Senior Center members for your continued loyalty and participation. We're thrilled when neighboring friends join us. By making a commitment each year, you are contributing to one of the best little Senior Centers on the planet!

Annual Membership Cost

Los Altos resident - \$26.00

Non-resident - \$40.00

Add **\$5.00** for home delivery of the Spotlight

Make checks payable to: City of Los Altos

Mail to: Los Altos Senior Center

97 Hillview Avenue

Los Altos, CA 94022

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.

See's Candy Gift Certificate

The Senior Center sells See's Candy 1 lb. Gift Certificates for \$14.75. Retail cost is \$16.90. Drop in to purchase this perfect gift for any season!

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.

Members Only Programs

Senior Center members may enjoy programs such computer tutorials that are designed exclusively for members. See page 14.

Reduced Rates on Programs

Senior Center members receive reduced fees on Senior Center events and offered programs. See pages 8 - 11 for details.

DVD Loan Library

DVDs are ready to be checked out for one week loans. A maximum of six DVDs may be loaned at a time. Please see the Front Desk Volunteer for assistance.

DMV Packets

Copies of the online practice tests, articles and driver booklets are available on loan. Please bring them back in the same condition you received them.

Equipment Loan Closet

The City of Los Altos Senior Center 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.

Donations only of wheelchairs, walkers or canes in good condition are accepted at the Senior Center.

Tennis Balls

Tennis balls available by request. These can be cut in half and put on the bottom of walkers without wheels.

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

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

Change Service Requested

👉 Time Sensitive Material

Email: recreation@losaltosca.gov

Staff: Candace Avina Nancy Callahan Irene Hatch Kathy May

Spotlight Newsletter

Los Altos Senior Center

