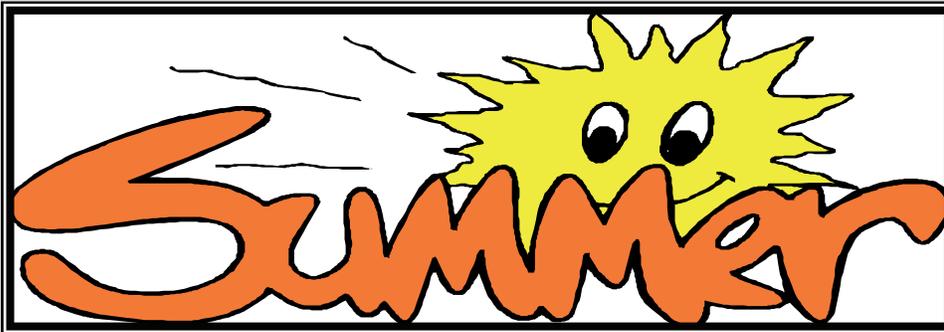


The Spotlight



www.losaltosrecreation.org

July & August 2014



July is Parks & Recreation Month!

Celebrate with us at our Summer BBQs!

See page 7 for more information



Hurry to register your team for the summer bocce ball tournament. See page 9 for details.

Inside Scoop

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The Center will be **closed** in observance of the Independence Day holiday on Friday, July 4th.

The Center will also be closed for Summer Break from Monday, August 25th to Monday, September 1st. The Center will reopen Tuesday, September 2nd.



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

July 2014

Mon	Tue	Wed	Thu	Fri
	1 9:00 Bridge 10:00 Bocce Ball 10:15 Visions Unlimited 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor	2 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play	3 9:15 Int. Bridge 10:00 Men's Group 10:00 Bocce Ball 10:00 Piano Lessons 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC	 The Senior Center will be closed in observance of Independence Day
7 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 4:30 Senior Commission	8 End Bocce Ball tournament sign-ups. 9:00 Bridge 10:00 Bocce Ball 10:00 Legacies 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor	9 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play 5:00 Casual Dining	10 9:15 Int. Bridge 10:00 Piano Lessons 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC 1:00 Book Club Summer Concert	11 All Captains Meeting—Bocce Super Size Screen 1:00 Room 12 <i>The Book Thief</i> Members: Free Others: \$1.00
14 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 6:00 PEP	15 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor 1:00 HICAP	16 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play 1:30 LinkAges	17 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Piano Lessons 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC Summer Concert	18 Birthday Lunch 1:00 Room 11 July Birthday Party! Stuffed Shells Members Birthday: Free Members: \$4.00 Others: \$6.00
21 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker Summer Bocce Ball Tournament starts	22 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor 1:00 Piano Concert	23 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play	24 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Piano Lessons 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC Summer Concert	25 Yee Ha Country Western BBQ 12:00 Room 11 Tri Tip Members \$6.00 Others: \$8.00
28 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	29 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor	30 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play	31 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Piano Lessons 1:00 Beg. Mah-Jongg 1:00 iPad&MAC Summer Concert	

August 2013

Mon	Tue	Wed	Thu	Fri
				1 Super Size Screen 1:00 Room 12 <i>Delivery Man</i> Members: Free Others: \$1.00
4 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 4:30 Senior Commission	5 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor National Night Out	6 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play	7 9:15 Int. Bridge 10:00 Men's Group 10:00 Bocce Ball 10:00 Piano Lessons 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC Summer Concert	8 2nd Friday Lunch 12:00 Room 11 BLT Sandwich Members: \$4.00 Others: \$6.00
11 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	12 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor 1:00 Piano Showcase	13 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play 1:30 LinkAges 5:00 Casual Dining	14 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Piano Lessons 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC 1:00 Book Club	15 Birthday Lunch 1:00 Room 11 August Birthday Party! Tacos Members Birthday: Free Members: \$4.00 Others: \$6.00
18 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	19 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor 1:00 HICAP 6:00 PEP	20 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play	21 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC	22 Tropical Madness BBQ 12:00 Room 11 Kabobs Members: \$6.00 Others: \$8.00

**Senior Program Closed for Summer Break from
August 25th — September 1st.**

The Senior Program will reopen on Tuesday, September 2nd.

Volunteers

Volunteer Opportunities

Summer Barbecuer

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

Friday, July 25 & August 22 10:00-1:00

Second Friday and Birthday Lunch Chef

The Senior Program is looking for a volunteer to prepare one nutritious meal for a maximum of 36 seniors a month. The volunteer chef would work with staff to create a menu for publishing in the newsletter, schedule kitchen and lead volunteers in meal preparation, communicate shopping needs and prepare and serve meals adhering to proper time and temperature controls.

2nd and 3rd Friday of the Month

Front Desk Volunteer

The Senior Program is in need of front desk volunteers. Tasks include greeting participants with a smile, answering phones, refilling coffee, registering participants, answering questions, 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 preferred.

Thursday and Friday 8:00-12:00
Substitutes as needed 8:00 to 12:00/12:00-3:30

Movie Host

A volunteer is needed to make and serve popcorn and drinks and watch our first Friday movies.

1st Friday of each month 12:30

Gardener

The Senior Program is growing tomatoes, peas, watermelon, squash, strawberries and more in our raised planter boxes. If you are interested in helping with their care or improve upon what we already have then contact us.

MVP City-Wide Volunteers



If you would like to volunteer with the Senior Program or would like to explore other volunteer positions, please contact the City's Volunteer Coordinator at (650) 947-2897.



Los Altos/Los Altos Hills Joint Senior Commission



All agendas and minutes are posted online and on the Los Altos Senior Program Bulletin Board. Subscribe to receive Senior Commission agenda packets by e-mail at the City of Los Altos Main Page: losaltosca.gov; find, "Resources" then "E-mail Subscriptions" and click the box under Commissions and Committees that says *Senior Commission*. Enter your email address and then click "subscribe."

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

Commissioners:

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

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!



Newsletter Collating Appreciation

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

Stay Connected

Stay Connected

Follow the Los Altos Senior Program through one of our several media outlets:

Television: KMVT Channel 15

Websites:

City of Los Altos: www.losaltosca.gov

Recreation: www.losaltosrecreation.org

Publications:

The following publications may be found online at the City of Los Altos website, Senior Program, Recreation Office, or City Hall.

The Spotlight (Senior Program Bi-Monthly Newsletter)

Recreation Guide (Quarterly classes-all ages)



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 time to catch up on the newspaper or chat with friends.

Donations are encouraged. Please sign in.

Note Cards

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 holiday cards next time you need to send one!



Lost & Found

Lost an item? Check our closet in Room 10, inquire with a front desk volunteer or contact the main recreation office at (650) 947-2790.

City of Los Altos is not responsible for lost or stolen items.

Signing In

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

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 1-(866) 896-3587.

Benefits Check Up

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. (www.benefitscheckup.org)

Advance Health Care Directive

Schedule an hour appointment for assistance with an Advance Health Care Directive. Free! Contact El Camino Hospital (650) 940-7210.

50+ Scholarship Opportunity

For City of Los Altos residents interested in Senior Program membership and activities.

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

Recreation Department and Summer!

LOS ALTOS RECREATION DEPARTMENT

Summer is hitting its stride and so are our many recreation programs!

Have you looked inside your Summer Recreation Guide? It is chock-full of fun classes and activities! Pick up a copy at the Senior Center next time you visit.



2014 Summer Concert Series

Thursdays, 6:30-8:00

Free Tunes Under the Trees

July 10
Mustache Harbor
Soft rock
Hillview Park

July 24
Livewire
High energy dance band
Hillview Park

July 17
The Sun Kings
Beatles cover band
Grant Park

July 31
The Shanks
Premier classic rock
Grant Park

August 7
The Cheeseballs
High energy dance band
Hillview Park



LinkAges Technology Resource

Link Ages is piloting an internship program this summer with 5 students from Stanford, Foothill, and UC Berkeley called LinkAges Advocates. These students were hand-selected after a rigorous application process. The Advocates' interns are helping support the roll-out of LinkAges into the community.

One of the tasks of the student Advocates is to provide technology assistance and support to community members. If you want help to better use your technology gadgets, or just have general questions relating to technology and the web, contact the Senior Program front desk to schedule your appointment at (650)947-2797.

Tuesday 12:00-3:00 by appointment
July 15 and 29 and August 12 and 19

LinkAges Orientation 645518-12/14

Connect with other neighbors who have similar hobbies and interests, or help a local person in need. Pick-up a flyer in Room 10 for presentation

Wednesday, July 16 and August 13

RSVP appreciated; walk-ins welcome
More information timebank.linkages.org

Piano Lessons (30min/apt)

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

Instructor Ramya Krishna has been playing the piano since age 5 and loves teaching. This is her third summer with the Senior Program. She is currently entering 10th grade at Pinewood.

Thursday, June 12-August 14 10:00-12:00

Piano Concert Room 10

Come and listen to pianist Ramya Krishna as she performs an Elegy by Rachmaninoff (opus 3, no. 1) as well as the 2nd movement of Beethoven's "Pathetique" Sonata (opus 13). At the end, she will play two lighter pieces from Prokofiev's "Visions Fugitives" (no. 7 and no. 11).

Tuesday, July 22 1:00—1:50

Piano Showcase Room 10

Students taking piano lessons from Ramya Krishna will perform songs that they learned during the summer. Come and hear what your peers have accomplished.

Tuesday, August 12 1:00

Friday Events



Big Screen Movie

1:00 Room 12

Members: Free Others: \$1.00

Register Room 10

Fee provides popcorn and beverage



July 11

The Book Thief 645103-07

Starring: Sophie Nélisse, Geoffrey Rush & Emily Watson

While subjected to the horrors of World War II Germany, young Liesel finds solace by stealing books and sharing them with others. In the basement of her home, a Jewish refugee is being sheltered by her adoptive parents.

131 min - [Drama](#) | [War](#)

August 1

Delivery Man 645103-08

Starring: Vince Vaughn, Chris Pratt & Cobie Smulders

An affable underachiever finds out he's fathered 533 children through anonymous donations to a fertility clinic 20 years ago. Now he must decide whether or not to come forward when 142 of them file a lawsuit to reveal his identity.

105 min - [Comedy](#) | [Drama](#)

2nd Friday Luncheon

12:00 Room 11

Members: \$4.00 Others: \$6.00

Register Room 10

Reservations preferred (650) 947-2797

July 11

We will be showing a movie rather than serving 2nd Friday lunch in July due to the holiday.

August 8 645201-08

BLT Sandwich
Fruit Salad
Pudding Cake

Thank you to our faithful luncheon volunteers for helping to serve our participants well.

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.

This special lunch is 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.

July 18 645519-07

Stuffed Shells
Salad, Dinner Roll, Dessert

August 15 645519-08

Tacos
Beans, Rice, Dessert

Summer Fourth Friday BBQs

12:00

Senior Center Patio

Members: \$6.00 Others: \$8.00

Register Room 10

Reservations preferred (650) 947-2797

July 25 645202-07

Yee Ha Country Western BBQ

Menu

Tri Tip

Salad

Watermelon

Root Beer Floats



Entertainment provided by
Beaus and Beaus Square Dancing Group

August 22 645202-08

Tropical Madness BBQ

Menu

Kabobs

Tropical Salad

Sorbet



Island moves
Polynesian
Entertainment
at 12:30!

Senior Program Activities

Registration, Class Refunds, and 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 Bridge 645510-01

Roy Robinson teaches three consecutive beginning bridge classes that build on each other September-June. Look for more information in the Fall 2014 Recreation Guide and September Spotlight.

Questions? Roy Robinson at (650) 941-7978.

Monday 9:00-11:00

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. Lessons include one hour lecture and student play. Register for the month (outlined below) or drop-ins welcome.

Thursday* 9:15-12:00
Members: \$5.00/class Others: \$7.00/class

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

July Session: 7/3, 7/10, 7/17, 7/24 & 7/31

August Session: 8/7, 8/14 & 8/21

* No class Thursday 8/28.

Please pay and register for a session or before each drop-in bridge lesson in **Room 10 or online**. All participants must either fill out a drop-in or membership form before registering for the first time.

Bocce Ball

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

Monday/Wednesday 10:00
Tuesday/Thursday 10:00
Friday 10:00
Bocce Ball Courts free
Please sign in at Room 10

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 free
Please sign in at Room 10

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 previous column for lessons.

Tuesday 9:00-3:30
Wednesday 9:00-12:00
Room 11 free
Please sign in at Room 10

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
Please sign in at Room 10

Senior Program Activities

Art Studio 645514-03

Visual artists of all genres and levels are welcome! Bring your current project to work among others in a supportive environment. Visit their blog at...

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

Wednesday 9:30-12:00

Pay quarterly or before class in Room 10.

June 18 - September 3 Room 12

Members: \$1.00/class Others: \$3.00

Members: \$11.00/session Others: \$33.00

*There will be no class on 8/27

Book Club

Books are available to check out in Room 10.

Book Club discussion will begin at 1:00, but feel free to bring lunch and join the Book Club members at 12:30.

Free 1:00

July 10 Cuckoo's Calling
Robert Galbraith aka J. K. Rowlings

August 14 The Light Between the Oceans
M. L. Stedman

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

Cora's Casual Dining 645502-7/8

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 by calling (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.

July 9 5:00

Ristorante Bella Vita
376 First St., Los Altos

August 13 5:00

Sundance The Steakhouse
1921 El Camino Real, Palo Alto

Fit-Fun-Friends 645104-01

Having balance issues? Afraid of falling? Feeling weak and lacking energy? Come on down and 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.

Equipment needed: resistance band, 9" mini ball, and your choice of dumbbell weight between 1-10lbs. For more information contact Adam Halper at www.FitnessHalpers.com or (650) 479-5955

Monday & Wednesday 11:45-12:45

Town of Los Altos Hills Council Chambers

Session 6/16-8/20

Members: \$136.00 Others \$150.00

*Materials fee of \$5 due first day

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.

July 1 - July 29

Members: \$30.00/session Others: \$40.00

August 5 - August 26

Members: \$24.00/session Others: \$32.00

Summer Bocce Ball Tournament

The deadline to sign up as a team or individual is Tuesday, July 8th. An "all captains" meeting will be held on Friday, July 11 at 11:00 a.m. in Room 11 to finalize all tournament rules.

The tournament will commence the week of July 21st. The day of play and time will be determined by those playing. Teams consist of four players; a minimum of two players must be present to play. The champion of the Senior Program tournament will play the City of Los Altos Employee Tournament Champions.

Senior Program Activities

Understanding your Financial Resources

Judy Sanchez can help you learn to put together an inventory of your assets and liabilities.

These sessions will be offered as an ongoing by appointment program. Please call the front desk at (650) 947-2797 to schedule your time to meet with Judy Sanchez.

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 free
Please sign in at Room 10

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.
July 3 - 31
Members: \$5.00/session Others: \$15.00
August 7 - 21
Members: \$4.00/session Others: \$12.00



Instructor Annie Metz introducing the game of Mah-Jongg at a Los Altos Library and Recreation Department Take - A - Look workshop.

1000 Piece Puzzle Challenge Room 10

Stop by Room 10 anytime during our operating hours to help finish our 1000 piece puzzle.

Please sign in at Room 10.

Monkey Toy's

The Monkey Toy makers are in need of nylons and sewing helpers! Please bring all washed used/torn nylons to the Los Altos Senior Program to keep the Monkey Toy production going! Join us!

Monday 9:30-11:30

Check them out online: monkeytoyladies.com

Men's Group

645529-7/8



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.

Thursday, July 3 & August 7 10:00

Tai Chi for Life! 645534-03

Tuesday* 12:45-1:45

June 17-September 9

Members: \$10/class, Others: \$12/class
Members: \$85.00/session, Others:\$94.00/session

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. *No class Tuesday, 7/2, 8/13, & 9/3

Register Room 10

Wii

Learn to play or join volunteer Cole for fun, playing any of the physically active or brain challenging Wii games. 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 free

Register Room 10

Trips



Levi's Stadium Tour 645301-08

Saturday, September 6

Includes: Guided Stadium Tour, Museum and Gift Shop Entrance, Lunch at Michael Mina's TailGate, Charter Bus and Bus Driver Gratuity

The new Levi's Stadium will be home to the 49ers for the next generation of tradition and glory. Be one of the first to go behind the scenes of the new state of the art-venue that has created the ultimate fan-experience through innovation, technology and an environmental focus.

Stadium tours feature the Suite Tower, Premium Club Spaces, Field Level, Locker Room, Press Level, NRG Solar Terrace, 49ers Team Store and Museum.

Members: \$70.00 All Others: \$80.00

To/From Hillview Community Center

Depart:: Approx. 10:30 a.m.

Return: Approx. 4:30 p.m.

Day Trip Cancellation Policy

Full payment for travel is required at the time of reservation, unless otherwise stated. All trips are subject to change. If a trip is cancelled, all participants will receive a full refund. Participant cancellations will receive no refunds unless a replacement traveler is found. A \$20.00 administrative fee is charged to all participant cancellations and/or substitutions.

Travel Policies and Procedures

- Order of boarding the bus will be at the discretion of the tour escort.
- One other pick-up is included in most trips.
- Bus driver gratuity requires cash payment at time of sign-up for most tours.
- Must have a completed drop-in form with first and last name, address, phone number and two emergency contacts at time of sign-up if not a member.

Pippin

645301-07

Wednesday, October 15

The Los Altos Senior Program will join Mountain View Senior Center and Kanen tours for a matinee showing of PIPPIN!

PIPPIN tells the story of a young prince on a death-defying journey to find meaning in his existence. Will he choose a happy but simple life? Or will he risk everything for a singular flash of glory?

Members: \$142.00 All Others: \$147.00

Golden Gate Theater, San Francisco
Ten Prime Orchestra Seats available

To/From Hillview Community Center

Depart:: Approx. 11:30 a.m.

Return: Approx. 6:30 p.m.

Great Trains & Grand Canyons

Sunday, October 4, 2015

6 days • 5 nights • 8 meals

Spend five nights in a upscale resort, retirement and artist community while you branch out each day to see a new sight in Arizona.

Tour high lights include:

Two Rail Journeys, Grand Canyon Railway, Verde Canyon Railway, Grand Canyon National Park, Black Bart's Steakhouse, Tlaquepaque and Uptown Sedona, Chuckwagon Supper and Show and more!

Cost per person: \$1895 (Double) \$2495 (Single)

Extended trip policies and procedures differ from the day trip policies. Please refer to the trip flyer in Hillview Room 10.

In the Community and Los Altos Legacies

Ye Old Town Band

Enjoy a free, old-fashioned band concert in a beautiful park setting. Concerts present music ranging from rousing marches to popular musicals. Bring a picnic lunch, use the barbecues in the park, or just sit on the grass and enjoy!

July 27, August 31, September 28 1:30-3:30
Shoup Park, 400 University Avenue, Los Altos

For more information visit:
windband.org/oldtowne/

Farmers' Market

Enjoy just-picked local fruits and vegetables, ranch eggs, fresh cut flowers and live plants, bakery items, unique prepared foods, locally caught fish, as well as jewelry and handcrafts. The farmer's market has expanded with more organic farmers selling the local produce that they grow, along with your favorite prepared foods, bakeries and more.

Presented by the Los Altos Village Association.

Thursdays, May 1-September 25 4:00-8:00
State Street between Second and Fourth

For more information visit
downtownlosaltos.org

First Friday: August 1st

Enjoy an evening of fun shopping, dining, and exploring downtown.

Downtown Los Altos.

For more information visit
losaltosfirstfriday.org/

Seniors' Agenda Network Summit

Santa Clara County Seniors are invited to discuss updates on the Senior Agenda.

Wednesday, August 27 9:30-12:00
Milpitas Community Center
457 East Calaveras Boulevard, Milpitas, CA
More information: Diana Miller (408) 755-7697

Los Altos Legacies

Los Altos Legacies is continuing to serve Los Altos and Los Altos seniors in many ways. Legacies was a major sponsor of the Emergency Preparedness Day in which backpacks filled with emergency supplies and information for seniors were given away for free! About 100 backpacks were given away to help seniors in the event of an earthquake or other natural disaster. This event was coordinated by the Partners for an Elder Generation committee of Los Altos Rotary, headed by Legacies Board member Paul Gonella.

Mark your calendar for the Senior Center BBQ on Friday, July 25! Los Altos Legacies will be providing free root beer floats for all seniors at that BBQ, and they will be delicious!

Board meetings are open to the public and are held bi-monthly on the second Tuesday

Tuesday July 8 10:00
Hillview Conference Room 3

35th Los Altos Arts & Wine Festival



The highly-rated Arts & Wine Festival in Los Altos, showcases day long free concerts from top performers, the distinctive works of artists and craftspeople from over a dozen states, select vintages from local wineries, as well as a wide variety of foods and fun for the whole family.

Saturday and Sunday, July 12 & 13 10:00-6:00
Main and State Streets

For more information visit downtownlosaltos.org

Mountain View Senior Center Resource Fair

Check out information for seniors on housing, health, transportation, legal aid and more!

Tuesday, August 26 2:30-5:00
Mountain View Senior Center
266 Escuela Avenue, Mountain View, CA
Call (650) 903-6330 for more information

Emergency Preparedness

Personal Emergency Preparedness (PEP) Trainings

Monday, July 14 6:00-9:00
Tuesday, August 19 6:00-9:00

When a disaster strikes, it might be days before emergency medical, police and fire are able to respond in your neighborhood. It is important for individuals and families to be prepared to be self sufficient for the first 72 hours following a disaster. The City of Los Altos, in collaboration with Los Altos Police and Santa Clara County Fire Department, 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.

To register, go to losaltosrecreation.org and search for class code 430813 or call the recreation department at (650) 947-2790. FREE to Los Altos Residents

National Night Out

“Give Crime & Drugs a Going Away Party.”
Tuesday, August 5 6:00-9:00

Join forces with thousands of communities nationwide for the, “**31st Annual National Night Out**,” anti-crime/drug prevention event. Neighbors are asked to lock their doors, turn on outside lights and spend an evening out with their neighbors and police. Host or attend a neighborhood activity on your block to be a part of the over one million people building neighborhood unity and strengthening police-community partnerships.

Please register all events by July 8, 2014. Applications may be picked up at the Police Department. Contact Josh Cottrell, Community Service Officer at 650-947-2704 or email jcottrell@losaltosca.gov with questions.

Sponsored by: National Association of Town Watch and co-sponsored locally by the Los Altos Police Department.

The following programs are available for those with a membership.

Technology Resource

The City of Los Altos Senior Program has three volunteers that are available to meet with Senior Program Members for a one-on-one tutorial of PC and MAC computers/some technological products. These appointments are for one hour and are meant to prepare you to enter basic computer/device classes. Call the Senior Program (650)974-2797 for an appointment as follows...

PC/MAC beginner Jenny Warila: Tuesday by appointment 1:00/2:00

MAC beginner Brian Farquharson: Tuesday by appointment 1:30/2:30

MAC Intermediate/Advanced Dean Johnson: Thursday by appointment 1:00/2:00

Only for Summer...

Cole Brinsfield and LinkAges interns. See page 6 for more details.

See page 14 for more Senior Program Membership benefits.

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 Program
97 Hillview Avenue
Los Altos, CA 94022

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.

See's Candy Gift Certificate

The Senior Center sells See's Candy 1 lb. Gift Certificates for \$15.50. Retail cost is \$18.00. Drop in to purchase this perfect gift for any season!

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.

Reduced Rates on Programs

Senior Center members receive reduced fees on Senior Center events and offered programs. See pages 6-15 for details.

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 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.

Members Only Programs

Senior Center members may enjoy programs such as piano lessons and computer tutorials that are designed exclusively for members. See page 15.

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.

**SERVICES PROVIDED AT THE
LOS ALTOS SENIOR CENTER**
Information and Appointments
(650) 947 - 2797

HICAP: Conference Room 3

Health Insurance Counseling & Advocacy

3rd Tuesday: July 16 & August 20

Call for an appointment with Roy Ito.
Assistance with Medicare & supplement
claims, comparisons & long-term care,
HMO, Appeals. No charge service.

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.

**Hearing Screening: Pacific Hearing
Service**

Off-site appointments only.
Call (650) 941-0664.

Resource/Information Center: Council
on Aging resources and more. Caretakers,
health info, assisted living, and resources.
Free! *Vial of Life* containers available.

Medicine Drop-Off:

The Senior Center takes old pills in their
respective containers only. Please
NO loose pills and NO creams or lotions.

Notary Service

Appointments held at City Hall. No charge
for members. Donations accepted.

Call: Terryann at (650) 947-2642

Community Services Agency (CSA)

CSA's 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.

Stop by Room 10 at the Senior Program to pick up
a CSA Information & Referral Newsletter.

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 information.



**Mountain View-Los Altos
Adult Education**

Hillview Community Center classes include...

Ikebana, Painting, Genealogy, U.S. Foreign
Relations, Language study, Writing, Knitting and
Crochet, Exercise for the Older Adult, Hike for
Health, Qigong, Stretch & Flex and Yoga.

Summer Session: June 16 - August 1

Fall Session: September 2

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

AARP Smart Driver

645301

Two Consecutive Fridays

Room 12

Friday, September 12 and 19

1:00—5:00

AARP Smart Driver Renewal Course*

Friday, November 14

1:00-6:00

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

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

Please bring check payable to, "AARP" and AARP
number to class. Reserve your spot by calling the
Senior Program at (650) 947-2797.

Certificate of completion is given at the end of
either the 2-day or renewal course.

Certificate is required for an insurance discount.

Vial of L.I.F.E. (Lifesaving Information for
Emergencies)

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 today!

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

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👉 Time Sensitive Material

Email: recreation@losaltosca.gov

Staff: Candace Avina Nora Beltran Irene Hatch Kathy May

Spotlight Newsletter

Los Altos Senior Program

