

# The Spotlight



www.losaltosrecreation.org

March and April 2014

## CelebrateService

National Volunteer Week  
April 6-13, 2014



Left:  
*Technology Training for Senior Day.* A student instructs Linda and Bhaskar on how to use a tablet.

Right:  
Volunteer Chef Joanna Price takes a break to enjoy the presence of the Easter Bunny.



Left:  
Front desk volunteer Adela updates the outside bulletin board.



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**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

**NEW** Fit-Fun-Friends Class starts this March. See page 10 for details.

March Calendar of Events

# March 2014

Mon	Tue	Wed	Thu	Fri
<b>3</b> 9:00 Tax Preparation 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 4:30 <b>Senior Commission</b>	<b>4</b> 9:00 Bridge 10:00 Bocce Ball 10:15 Visions Unlimited 1:00 Line Dancing 1:00 PC Tutor	<b>5</b> 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play	<b>6</b> 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	<b>7 Super Size Screen</b> 1:00 Room 12  <i><b>Before Midnight</b></i>  Members: Free Others: \$1.00
<b>10</b> 9:00 Tax Preparation 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	<b>11</b> 9:00 Bridge 10:00 Bocce Ball 10:00 Legacies 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor	<b>12</b> 9:00-12 Bridge 9:30 Art Studio 12:30 Mah-Jongg Int. Free Play 12:30 Balkans 5:00 Casual Dining 6:00 PEP	<b>13</b> 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC 1:00 Book Club	<b>14 2nd Friday Lunch</b> 12:00 Room 11  <b>Pizza Casserole</b>  Members: \$4.00 Others: \$6.00
<b>17</b> 9:00 Tax Preparation 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	<b>18</b> 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor 1:00 HICAP	<b>19</b> 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play 12:30 Depression	<b>20</b> 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC	<b>21</b> CSA Case Mgr 10:00 Smart Renewal 1:00  <b>Birthday Lunch</b> 12:00 Room 11  <b>Pasta Marinara</b> Members Birthday: Free Members: \$4.00 Others: \$6.00
<b>24</b> MVLA Adult Education Classes Begin 9:00 Tax Preparation 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	<b>25</b> 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor	<b>26</b> 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play	<b>27</b> 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC	<b>28</b> Blood Pressure 10:30  <b>4th Friday Lunch</b> 12:00 Room 11  <b>Irish Lunch</b>  Members \$6.00 Others: \$8.00
<b>31</b> 9:00 Tax Preparation 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	 <p><b>Happy St. Patrick's Day</b></p>			

# April 2014

Mon	Tue	Wed	Thu	Fri
	<b>1</b> 9:00 Bridge 10:00 Bocce Ball 10:15 Visions Unlimited 1:00 Line Dancing 1:00 PC Tutor	<b>2</b> 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. free play 1:30 Inner Stress	<b>3</b> 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	<b>4 Super Size Screen</b> 1:00 Room 12 <i><b>Captain Phillips</b></i> Members: Free Others: \$1.00
	<b>7</b> 9:00 Tax Preparation 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 4:30 <b>Senior Commission</b>	<b>8</b> 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor	<b>9</b> 9:00-12 Bridge 9:30 Art Studio 12:30 Mah-Jongg Int. free play 12:30 linkAges 5:00 Casual Dining	<b>10</b> 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC 1:00 Book Club
<b>Volunteer Appreciation Week</b>				
<b>14</b> 9:00 Tax Preparation 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	<b>15</b> 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 HICAP 1:00 Line Dancing 1:00 PC Tutor	<b>16</b> 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. free play	<b>17</b> 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC	<b>18 CSA Case Mgr 10:00</b> <b>Birthday Lunch</b> 12:00 Room 11 <b>Enchilada Casserole</b> Members Birthday: Free Members: \$4.00 Others: \$6.00
<b>21</b> 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	<b>22</b> 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor 6:00 PEP <b>Earth Day</b>	<b>23</b> 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. free play	<b>24</b> 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC Tutor	<b>25 Blood Pressure 10:30</b> <b>4th Friday Lunch</b> 12:00 Room 11 <b>Italian Lunch</b> Members: \$6.00 Others: \$8.00
<b>28</b> 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	<b>29</b> 9:00 Bridge 10:00 Bocce Ball 10:00 Stepping On 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor	<b>30</b> 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. free play		

## Volunteers

### **MVP** City-Wide Volunteers



If you are interested in volunteering for the Senior Program or would like to explore other volunteer opportunities, please contact Jennifer Weiss at (650) 947-2897 or email: [jweiss@losaltosca.gov](mailto:jweiss@losaltosca.gov).

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

### **Joint Los Altos/Los Altos Hills Senior Commission**

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

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

#### **Commissioners:**

Anabel Pelham (Chair)  
Kathy Seddiqui (Vice-Chair)  
Ashish Mathur  
Linda A. Smith                      Ginger Summit  
Paul Gonella

### **Volunteer Opportunities**

#### **Front Desk Volunteer**

**Thursday and Friday                      8:00-12:00**

**Wednesday & Thursday                12:00-3:30**

**Substitutes                                  8:00-12:00/12:00-3:30**



The Senior Center is in need of front desk volunteers. Tasks include greeting participants with a smile, answering phones, making

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.

## **Congratulations and Thank You!**



On Thursday, February 27, 2014, Senior Center In-Home Repair Volunteers Dave Izant, Irene and Bill Schick were honored for their contributions to the Los Altos Senior Center In-Home Repair Program at the California Parks and Recreation Society District 4 awards and volunteer recognition dinner.

Dave Izant, Lorraine Hancock and Bill Schick are in-home repair volunteers for the City of Los Altos. They take on small repairs, like fixing a leaky faucet, programming sprinklers, replacing light bulbs and smoke alarm batteries, to some larger projects, like replacing kitchen faucets and toilets, all to help seniors stay independent and in their homes. These individuals give the greatest gifts one can give: their own time, knowledge, kindness, expertise. They never turn down a call.

Lorraine began with us in 1994, has completed over 320 repairs and has been the only woman in the program. Bill is celebrating 10 years with us this year, and Dave has been with us over seven years! This program would not be the success it has been for 27 years without dedicated, talented individuals like these three who are willing to step up and help out their community.

Thank you Dave, Lorraine, and Bill for the difference you have made physically and personally in countless lives in our community.



# Emergency Preparedness

## 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

**Wednesday, March 12** 6:00 - 9:00

Hillview Room 16 Free

Register with the Recreation Department

## Be Prepared!

### Emergency packs for seniors

Join the guest speakers who are experts on making individual backpacks with basic emergency supplies.

**Saturday, April 5** 10:00  
Multi-Purpose Room Free

Register Room 10. Leave the attendees first, last name and phone number. Walk-ins welcome.

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

## AARP Smart Driver Renewal

**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 serve. Class limit of 30. Reserve your spot by calling (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.**

## 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.

## Flu Season

For more information and to locate flu shot centers, please go to [www.flu.gov](http://www.flu.gov).



## Mountain View-Los Altos Adult Education

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

**Spring Session: March 24-June 6**

**Register:**

Mail or Walk-in: Phone:(650) 940-1333  
MV-LA Adult Education Fax: (650) 967-4699  
Online [www.mvlaae.net](http://www.mvlaae.net) or  
333 Moffett Blvd, Mountain View, CA 94043

# Recreation News and Speakers

## We're Looking *Forward* to Spring!

Right about the time you are reading this newsletter, you will be receiving your brand new, hot-off-the-press copy of the Spring 2014 Recreation Guide. The cover shows a picture of one of our sweet Camp Shoup campers alongside one of her camp leaders. Take a moment (after you read this newsletter from cover to cover, of course!) to open it up and peruse the Guide. Hopefully there is plenty to catch your eye.

The adult classes are many and varied. Offered for the first time this Winter, and set to start up again in April, our Mindfulness Meditation class is one with broad appeal. The meditation aspect can be done while seated in a chair or, for those who wish to, while seated on the heated floor in Hillview's Room 2. According to the instructor, this class will help to increase a person's sense of well-being and happiness, offer greater stress resilience, and increase one's overall productivity. Sign me up! Oh...I mean, it sounds like it is definitely worth a look!

Other popular classes are also returning this Spring. In addition to the Senior Center's own Art Studio, we have watercolor classes (either for beginners or those with some experience), a tai chi class (that encourages relaxation and revitalization through gentle and slow whole body movements), and a financial class that focuses on issues and concepts important to retirees. There are many, many more classes offered ...take a look through the Recreation Guide and see what catches your fancy.

Of special note is a free seminar that will take place on March 2. The Creekside Neighborhood Seminar group will talk about the history and ecology of the beautiful streams in Los Altos and Los Altos Hills and re-imagine what they could be again. This seminar takes place on the aforementioned date from 3:00-5:00pm. It will be offered at the Los Altos Hills Town Hall. No registration is necessary.

So Spring is sprung...or at least springing. Join us in the Recreation Department—via a class, a seminar, or an activity—as we enjoy the start of a new season!

## Speakers

### **Ancient Balkans to Modern Albania:** History, Art, and People 645518

View images of artwork that tell a story of the Balkans. See figurines created over 20,000 years ago and hear about King Phillip of Macedonia and his famous son, Alexander.

Journey through images of the Romans, of the resistance to the invasion of Moslems and Fascists, followed by the takeover and fall of Communism. The whirlwind tour concludes with images of people.

Presented by Dr. Kathleen Cohen.

**Wednesday** 12:30  
Free  
March 12 Room 12

### **Could It Be Depression?** 645518

Richard Winetzky, LMFT, Senior Program Therapist, from the OATS program at El Camino Hospital, will talk about depression and older adults. After the discussion, Elizabeth Medina, Senior Services Program Director, from the Community Services Agency of Mountain View & Los Altos, will provide a short presentation on their case management services for seniors.

**Wednesday** 12:30  
Free  
March 19 Room 12

### **linkAges** 645518

The linkAges Bay Area Time Bank just launched in Los Altos! Connect with other neighbors who have similar hobbies and interests, or help a local person in need. More information: [timebank.linkages.org](http://timebank.linkages.org).

**Wednesday** 12:30  
Free  
April 9 Room 12

# Friday Events

## 1st Friday Big Screen Movie

1:00 Register Room 10

Members: Free Others: \$1.00

*Fee includes popcorn and beverage*

**March 7** *Before Midnight* 645103-03

**Summary:** It has been nine years since we last met Jesse and Celine, the French-American couple who once met on a train in Vienna. They now live in Paris with twin daughters, but have spent a summer in Greece on the invitation of an author colleague of Jesse's. When the vacation is over and Jesse must send his teenage son off to the States, he begins to question his life decisions, and his relationship with Celine is at risk.

**Stars:** Ethan Hawke, Julie Delpy, Seamus Davey-Fitzpatrick.

109min. | Romance, Drama | R | IMDb.com

**April 4** *Captain Phillips* 645103-04

**Summary:** The true story of Captain Richard Phillips and the 2009 hijacking by Somali pirates of the US flagged MV Maersk Alabama, the first American cargo ship to be hijacked in two hundred years.

**Stars:** Tom Hanks, Barkhad Abdi, Barkhad Abdirahman

134 min. | Drama, Adventure | PG-13 | IMDb.com

Thank you to Laverne Uribe for preparing snacks and being available for our movies.

## 2nd Friday Lunch

12:00 Register Room 10

Members: \$4.00 Others: \$6.00

Reservations Preferred (650) 947-2797

March 14 and April 11 645201-03/04

**March 14** Pizza Casserole

**April 11** Louise's Oklahoma Comfort Casserole

Thank you to volunteer chef Patty Fewer for preparing our second Friday luncheons.

## 3rd Friday Birthday Celebration

12:00 Register Room 10

Birthday Month Members: Free

Members: \$4.00 Others: \$6.00

Reservations Preferred (650) 947-2797

March 21 and April 18 645519-03/04



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.

**March 21** Pasta Marinara

**April 18** Enchilada Casserole

Thank you to our faithful luncheon volunteers: Peggy Jones, Lori Stoia, Marie Evatt, Lauren Sweet, Peggy Patton, and Rosamond Bray for helping us to serve our participants well.

## 4th Friday Luncheon

12:00 Register Room 10

Members: \$6.00 Others: \$8.00

Reservations Preferred (650) 947-2797

March 28 and April 25 645202-01/02

**March 28**

**Irish Lunch**



Menu  
Meatloaf  
Colcannon mashed potatoes  
Lentil soup

**April 25**

**Italian Lunch**

Menu  
Chicken parmesan  
Pasta salad  
Coffee cake



Thank you to volunteer chef Joanna Price for preparing our fourth Friday luncheons.

## Classes

### 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](mailto:recreation@losaltosca.gov).

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

### 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.

March 6 - 27  
Members: \$4.00/session Others: \$12.00  
April 3 - 24  
Members: \$4.00/session Others: \$12.00

### 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 more 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.  
March 4 - March 25  
April 1 - 29  
Members: \$24.00/session Others: \$32.00

### 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.

**Tuesday\*** 12:45-1:45  
Drop-in  
Members: \$10.00/class Others: \$12.00

\*No Class 3/4

Spring session 4/8-6/10 Room 12  
Members: \$85.00 /session Others: \$94.00  
\*No Class 5/27

### 10 Weeks to Play Winning Bridge 645510-05

This class is for more advanced beginning bridge players who have learned the basics and want to improve their game. In ten weeks we will sharpen our bidding, playing, and defensive skills.

Prerequisite: Students should have either completed our previous ten-week classes or have some previous knowledge of basic bridge bidding and playing. For information, call Roy Robinson at (650) 941-7978.

**Monday** 9:00 - 11:00  
Members: \$90.00 Others: \$95.00  
March 17 - May 19 Room 12

### 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 (650) 948-0699

**Thursday** 9:15-12:00  
Members: \$5.00/class Others: \$7.00  
Pay monthly or before each class in Room 10.  
March 6 - March 27 Room 12  
April 3 - April 24 \*No Class 4/10  
Members: \$20.00/session Others: \$28.00

## Classes & Activities

### Fit-Fun-Friends

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](http://www.FitnessHalpers.com) or (650) 479-5955

**Monday & Wednesday** 2:00-3:00  
Town Hall Council Chambers  
Session 1:3/10 – 4/2      Session 2:4/14 – 5/7

### Art Studio 645514

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  
Members: \$1.00/class      Others: \$3.00  
Pay quarterly or before class in Room 10.  
April 9 - June 11      Room 12  
Members: \$9.00/session      Others: \$27.00

### Senior Technology Training

linkages, along with Stanford University Alumni Association, will be hosting a Technology Training Day for Seniors. Keep watch for event information.

Save the date: **Saturday, May 17**

### 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 3/30, 4/27** 2:00-5:00

All: \$10.00 each month Hillview Social Hall  
Contact the director before the first class at [tacosv.com](http://tacosv.com). Register: Recreation Department.

### 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. Free

Thursday, March 6 and April 3 10:00

### 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.

**2nd Thursday** 1:00  
Free Room 18

**March 13** *Prague Winter*  
Madeline Albright

**April 10** *A Blaze of Glory: A Novel of the Battle of Shloh*  
Jeff Shaara

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

### Cora's Casual Dining 645502-03/04

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.

**2nd Wednesday** RSVP Room 10

**March 12** 5:00  
Aldo  
388 Main Street. Los Altos

**April 9** 5:00  
Crown Plaza Bistro 4290  
4290 El Camino Real, Palo Alto

## Drop-In Games

The following drop-in games are hosted by the Senior program 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 and make new friends!

<b>Monday/Wednesday</b>	10:00
<b>Tuesday/Thursday</b>	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.

<b>Monday</b>	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 for lessons.

<b>Tuesday</b>	9:00 - 3:30
<b>Wednesday</b>	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!

<b>Thursday</b>	12:00 - 3:30
Room 11	Please sign-in; free



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.

### 1000-Piece Puzzle Challenge

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

<b>Monday-Friday</b>	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. Games include Price Is Right, Wii Sports, Puppy Love, Deal or No Deal, Wii Play, and Wii Fit.

<b>By Appointment</b>	8:30 - 3:30
Room 10	Please sign in; free

### Shuffleboard: Indoor and Outdoor

We have 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.

<b>Monday-Friday</b>	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.

<b>Wednesday</b>	12:30 - 3:30
Room 11	Please sign in; free

**SERVICES PROVIDED AT THE  
LOS ALTOS SENIOR CENTER**

Information and Appointments  
(650) 947 - 2797

**Blood Pressure Readings: Room 10  
Friday, March 28 and April 25**

Time: 10:30-11:45am

Nurse: Ginny Knell

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

Next appointments:

**Tuesday, March 18 and April 15**

**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 (650)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



**Mountain View-Los Altos  
Community Services Agency**

**March 21:** Legal/Financial 10:00  
**April 18:** Education/Employment 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.

**Senior Center Without Walls**

This is a free telephone program connecting California elders through activities, friendship, and community. Check out the next Spotlight for an informational presentation date or contact them for more information.

**Call:** Toll-free: 1-877-797-7299

**Email:** [info@SeniorCenterWithoutWalls.org](mailto:info@SeniorCenterWithoutWalls.org)

**Free Tax Assistance and Electronic Filing**

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

**Mondays,**

**March 3- 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.

## Travel Information

**Exploring Progress** 645301  
Thursday, June 19  
Members: \$73+ \$2 Cash Others: \$77 + \$2 Cash

Explore cutting-edge concepts of today and yesterday. Begin with a ride to Novato, CA, where we will visit the Buck Institute. This is the nation's first independent research facility focused solely on understanding the connection between aging and chronic disease. After, enjoy a boxed lunch and then a tour of the Marin County Civic Center, the last commission by Frank Lloyd Wright. On your way home, you'll visit the Golden Gate National Recreation Area Nike Missile Site where the United States Army built and operated close to 300 Nike missile firing batteries. It's a day of welcoming what is and remembering what was. 25 participants must be paid in full by Thursday, May 1 for this trip to go.

To/From Los Altos Senior Center  
Depart:: Approx. 8:30 a.m.  
Return: Approx. 5:30 p.m.

**Pippin** 645301

\*Saturday, October 12 Matinee  
\*Members: \$190.00 All Others: \$200.00  
Golden Gate Theater, San Francisco Orchestra

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?

\*Group tickets will be purchased once 15 people are reserved and confirmed to see Pippin. A confirmation call will be made to confirm day, time and cost of performance. If less than 15 people have shown interest by March 7 then the Senior Center will not attend.

### 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.

**Pacific Coast Adventure** 645301  
Thursday, September 18 - 24, 2014  
7 days • 6 nights • 9 meals

Travel by plane to Seattle and by bus home! This exciting Pacific Coast Adventure will take you from the Pacific Northwest along great parts of the Oregon and California Coasts to Los Altos.

Tour Highlights include:

Seattle City Tour , Pike Place Market, Boeing Factory Tour, Mt. St. Helens Visitor Center, Multnomah Falls, Portland, Coos Bay, Dune Buggy Tour, Redwood National Park, Avenue of the Giants, and much more!

Cost Per Person: \$1745 (Double) \$2370 (Single)

*Extended trip policies and procedures differ from the day trip policies. Please refer to the trip flyer in the Senior Center.*

### New Orleans Holiday

Sunday, December 7, 2014  
5 days • 4 nights • 7 meals

Enjoy an exciting stay in the French Quarter. Experience "The Quarter" filled with fabulous restaurants and jazz clubs.

Tour Highlights include:

French Quarter Walking Tour, French Market, Café du Monde, Steamboat Natchez Cruise, New Orleans School of Cooking, Oak Ally Plantation, and more!

Cost Per Person: \$1595 (Double) \$2045 (Single)

*Extended trip policies and procedures differ from the day trip policies. Please refer to the trip flyer in the Senior Center.*

### 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.

## Community and Membership Program

### Community

#### **National Volunteer Week, April 6-12**

This year marks the 40th anniversary of National Volunteer Week, demonstrating the enduring importance of recognizing our country's volunteers for their vital contributions. The celebration has grown exponentially, drawing endorsements from all U.S. presidents since 1974 and from governors, mayors and other elected officials.

#### **Los Altos FIRST FRIDAY**

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

**Friday, March 7 and April 4** 6:00 - 8:00  
FREE Parking! For more information visit:  
[www.losaltosfirstfriday.org](http://www.losaltosfirstfriday.org).

#### **Realtor Service Volunteer Program**

One week a year local realtors volunteer to assist senior citizens with household tasks. This is a free service that you must apply for.

Pick-up an application in Room 10.  
Applications are due March 15 by mail to  
Silicon Valley Association of Realtors at  
19400 Stevens Creek Blvd.,  
Cupertino, CA 95014 or  
Fax: (408) 200-0101

The service will be provided May 5-9.  
Website: [silvar.org](http://silvar.org)

### Los Altos Legacies

Los Altos Legacies is proud to be a sponsor of activities for seniors in Los Altos and Los Altos Hills, including the Emergency Preparedness Day for Seniors to be held on Saturday, March 22, 2014. Please mark your calendars to attend this free seminar in the Hillview Multi-Purpose Room.

Legacies would also like to remember a friend of the Senior Center, Regina Isbell. Regina loved line dancing into her 90s and was well known around Los Altos. She passed away peacefully in her sleep at age 104 on June 8, 2013. Regina was born in San Francisco in 1909, and she lived in Los Altos from 1953 to 2010, when she moved to Alpine Meadows to live with her son. Her life long motto was, "Keep on Dancing!"

Los Altos Board meetings are open to the public. They are held the second Tuesday of every other month at 10:00am. For questions, please call (650) 948-2920.

Board Meeting: bi-monthly second Tuesday  
**Tuesday March 11** 10:00  
Hillview Conference Room 3



Left:  
Senior program  
volunteers getting  
ready to go to a  
volunteer  
appreciation  
luncheon.

**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

### 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.

### 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 minor repairs that may be requested are:

Electrical — Changing light bulbs

Plumbing — Dripping faucet

Sprinklers — Timers, sprinkler heads

**\*In order to comply with our insurance, repairs must be limited to minor. No in-home repair request is guaranteed. Please view this program as it was originally intended "to evaluate repairs and assist with minor repairs only**

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 \$18.00. 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 as: 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 - 10 for details.

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

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**Email: [recreation@losaltosca.gov](mailto:recreation@losaltosca.gov)**

**Staff: Candace Avina    Nora Beltran    Irene Hatch    Kathy May**

# Spotlight Newsletter

Los Altos Senior Center

