

The Spotlight



www.losaltosrecreation.org

May and June 2014



OLDER AMERICANS
MONTH 2014

The Center will be **closed** in observance of the Memorial Day holiday on Monday, May 26.

City of Los Altos Recreation Department
Senior Program
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.

May 2014

Mon	Tue	Wed	Thu	Fri
			1 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	2 Super Size Screen 1:00 Room 12 Gravity Members: Free Others: \$1.00
5 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 4:30 Senior Commission	6 9:00 Bridge 10:00 Bocce Ball 11:00 Understand Finances 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor	7 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play	8 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC 1:00 Book Club	9 Smart Driver 1:00 2nd Friday Lunch 12:00 Room 11 Merry May Indoor Picnic Members: \$4.00 Others: \$6.00
12 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	13 9:00 Bridge 10:00 Bocce Ball 10:00 Legacies 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor	14 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play 1:30 Stepping On 5:00 Casual Dining	15 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC 1:00 Online Safety	16 CSA Case Mgr 10:00 Smart Driver 1:00 Birthday Lunch 12:00 Room 11 Linguine Pesto Members Birthday: Free Members: \$4.00 Others: \$6.00
19 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	20 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor 1:00 HICAP	21 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play 1:30 Stepping On	22 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC	23 Blood Pressure 10:30 4th Friday Lunch 12:00 Room 11 Pork Loin Members \$6.00 Others: \$8.00
26  Senior Center closed in observance of Memorial Day	27 9:00 Bridge 10:00 Bocce Ball 10:15 Visions Unlimited 1:00 Line Dancing 1:00 PC Tutor	28 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play 1:30 Stepping On	29 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC	30 5th Friday Bingo 1:00 Room 11  Members Free Others: \$1.00

June 2014

Mon	Tue	Wed	Thu	Fri
2 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 4:30 Senior Commission	3 9:00 Bridge 10:15 Visions Unlimited 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor 1:00 linkAges	4 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. free play 1:30 Stepping On	5 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	6 Super Size Screen 1:00 Room 12 Twelve Years a Slave Members: Free Others: \$1.00
9 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	10 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor	11 9:00-12 Bridge 9:30 Art Studio 12:30 Mah-Jongg Int. free play 1:30 Stepping On 5:00 Casual Dining	12 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC 1:00 Book Club	13 Travel Presentation 2nd Friday Lunch 12:00 Room 11 Broccoli Chicken Divan Members: \$4.00 Others: \$6.00
16 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	17 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 HICAP 1:00 Line Dancing 1:00 PC Tutor	18 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. free play 1:30 Stepping On	19 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC	20 CSA Case Mgr 10:00 Birthday Lunch 12:00 Room 11 Tamales Members Birthday: Free Members: \$4.00 Others: \$6.00
23 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	24 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor	25 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. free play 1:30 Stepping On	26 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC Tutor Summer Concert	27 Blood Pressure 10:30 4th Friday Celebrate America BBQ 12:00 Room 11 Members: \$6.00 Others: \$8.00
30 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	Summer Concert Series—Save the dates! Saturday, June 21 Thursday, June 26 Thursday, July 10 Thursday, July 17 Thursday, July 24 Thursday, July 31 Community Concerts are free and are held 6:30—8:30 and will rotate between Grant Park and the Hillview Community Center. Pick-up a flyer in the Senior Center for more detailed information.			

Volunteers

MVP City-Wide Volunteers



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

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

Congratulations Adela!

On Wednesday, April 9 the City of Los Altos awarded the Phyllis Semple outstanding volunteer award to Adela Di Canio. Adela volunteers at the Senior Center front desk on Monday and Wednesday's and makes herself available for events and other items as they come up. Since 2010 she has volunteered over 570 hours!

Congratulations Adela and thank you.



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

Volunteer Opportunities

Front Desk Volunteer

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

Thursday and Friday

8:00-12:00

Summer Barbecuer

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

Friday, June 27, July 25, August 22

2nd and Birthday Lunch Volunteer Chef

The Senior program is looking for two volunteers to prepare one nutritious meal for a maximum of 36 seniors a month. The volunteer chef will 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 each month

Movie Host

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

1st Friday of each month

12:30

Gardener

The Senior program raised planter boxes are looking for a volunteer to plant them.

Photo Uploader

The Senior program is looking for a volunteer to upload several years of photos to our online photo album. Please let us know if you are able to take this on.

(650) 947-2797 • losaltosrecreation.org

Appreciation and Stay Connected

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.

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. Please sign in. Donations are appreciated.

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!

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!

Library

Special thanks to the Friends of the Library and those that donate all the fine books to our Senior Program.

Monkey Toys

Dedicated volunteers gather to sew, chop, and cut nylons and socks to create Monkey Toys for the children at the Lucille Packard Children's Hospital. Vital parts of this production are the donation of nylons and the volunteers who sew them! Please bring all washed used/torn nylons to Room 10 to keep the Monkey Toy production going! The ladies also want to express their appreciation to all the people who have donated nylons. Wish to volunteer? Check them out online: monkeytoyladies.com and come on Monday!

Monday Room 11 9:30-11:30

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 Programs 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 benefit programs for seniors with limited income and resources.

Scarf, Hat, & Yarn Collection

We are collecting donations of handmade or gently used scarves, hats, and yarn through June for those in need. Please drop off your donations in Room 10.

Your generosity is greatly appreciated!

Presentations and More!

Presentations

Online Safety for Silver Surfers

Computers and the internet have become essential to many seniors. Yet, cyber-crimes, scams, identity theft and other online threats can be a source of worry. Join us for a free seminar discussing how we can protect ourselves and surf the web with more confidence.

Thursday, May 15 1:00 645518-06
Free Room 12

RSVP appreciated by Monday, May 5 to (650) 947-2797; walk-ins welcome.

Tech Day for Older Adults

Bring your questions along with a laptop, tablet or device for a one-hour technology tutoring session with a skilled volunteer.

Contact linkAges staff member, Christina Araiza by phone at (650) 934-3556 or email: araizac@pamf.org to reserve your one-hour slot and make your lunch selection. Walk-ins welcome although reservations will be given priority.

Saturday, May 17 9:30-3:00
Free Hillview Social Hall

Link Ages 645518-07

The link Ages 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

Tuesday, June 3 1:00
RSVP appreciated by Wednesday, May 28; walk-ins welcome

Premier World Discovery 645518-08

Two extended tours; Pacific Northwest and New Orleans Holiday are now on sale. View a slideshow while you hear of the various destinations within these tours and our 2015 Great Trains and Grand Canyons Tour. Bring your questions!

Friday, June 13 11:00
Reservations preferred, walk-ins welcome.

2014 Margaret Thompson Historical Essay Contest

Since 1984 the City of Los Altos Historical Commission and History Museum have hosted a historical essay contest for Los Altos students grades 3rd, 4th, 5th and 6th. This year's essay prompt is *Los Altos Art Works Enrich Our Lives and Community*.

Top essays receive \$50 for first place, \$30 for second place and \$20 for third place. Contest winners will be recognized on May 13 at an Ice Cream Social and by Mayor Megan Satterlee at the City of Los Altos City Council Meeting. Read the winning essays on the City of Los Altos Historical Commission website in June.

Older Americans Month 2014 Safe Today. Healthy Tomorrow.

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes Older Americans for their contributions and demonstrates our nation's commitment to help them stay healthy and active.

This year's theme is "**Safe Today. Healthy Tomorrow.**" The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

MVLA 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 - July 1 Register:

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

Friday Events

1st Friday Big Screen Movie

1:00 Register Room 10

Members: Free Others: \$1.00

Fee includes popcorn and beverage

May 2 *Gravity* 645103-05

Summary: Dr. Ryan Stone is a brilliant medical engineer on her first shuttle mission, with veteran astronaut Matt Kowalsky in command of his last flight before retiring. But on a seemingly routine spacewalk, disaster strikes. The shuttle is destroyed, leaving Stone and Kowalsky completely alone - tethered to nothing but each other and spiraling out into the blackness.

Stars: Sandra Bullock, George Clooney
109 min. | Drama, Sci-Fi | PG-13 | IMDb.com

June 6 *Twelve Years a Slave* 645103-06

Summary: Based on an incredible true story of one man's fight for survival and freedom. In the pre-Civil War United States, Solomon Northup, a free black man from upstate New York, is abducted and sold into slavery. Facing cruelty personified by a malevolent slave owner, portrayed by as well as unexpected kindnesses, Solomon struggles not only to stay alive, but to retain his dignity. In the twelfth year of his unforgettable odyssey, Solomon's chance meeting with a Canadian abolitionist will forever alter his life.

Stars: Chiwetel Ejiofor, Michael K. Williams,
134 min. | Drama, Biography | R | IMDb.com

2nd Friday Lunch

12:00 Register Room 10

Members: \$4.00 Others: \$6.00

Reservations Preferred (650) 947-2797

May 9 and June 13 645201-05/06

May 9 Merry May Indoor Picnic—
Bagels with a plethora of shmear.

June 13 Broccoli Chicken Divan

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

May 16 and June 20 645519-05/06



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.

May 16 Linguine Pesto, Green Salad,
Bread Sticks and Dessert

June 20 Tamales, Rice and Beans, Dessert

Thank you to our faithful luncheon volunteers: Peggy Jones, Daniel McCandless, Fumie Hamada, Lori Stoia, Marie Evatt, Lauren Sweet, and Peggy Patton for helping to serve our participants well.

4th Friday Luncheon & BBQ

12:00 Register Room 10

Members: \$6.00 Others: \$8.00

Reservations Preferred (650) 947-2797

May 23 and June 27 645202-05/06

May 23 Pork Loin

June 27 *Celebrate America BBQ*
Hamburger (all the fixings)
Fruit Salad
Apple Pie



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

5th Friday Bingo and Dessert

1:00 Room 11

Members: Free Others: \$1.00

Register Room 10

Reservations Preferred (650) 947-2797

May 30 645203-02

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.

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.

May 1 - 29
Members: \$5.00/session Others: \$15.00
June 5 - 26
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.
May 6 - May 27
June 3 - 24
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

Spring session 4/8-6/10

Summer session 6/17-9/09

Members: \$85.00 /session Others: \$94.00

*No Class 5/27, 7/8, 8/12, 9/2

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 5/25, 6/29 2:00-5:00

All: \$10.00 each month Hillview Social Hall

Contact the director before the first class at tacosv.com. Register: Recreation Department.

10 Weeks to Play Bridge

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.

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.

Thursday 9:15-12:00
Members: \$5.00/class Others: \$7.00
Pay monthly or before each class in Room 10.

May 1 - May 29 Room 12
Members: \$25.00/session Others: \$35.00
June 5 - June 26
Members: \$20.00/session Others: \$28.00

Classes & Activities

Fit-Fun-Friends 645104

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 3: 5/19-6/11 Session 4: 6/23-7/16
Members: \$136.00 All Others \$150.00

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.
June 18 - September 3 Room 12
Members: \$11.00/session Others: \$33.00

Stepping On 645518-17

Stepping On is a group program that empowers adults 65+ who have fallen or who have a fear of falling to identify behaviors related to fall risks. The sessions are guided by experienced Stanford Hospital 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

Wednesday 1:30 - 3:30
Limited space, register Room 10 Free
May 14 - June 25 Room 12

Men's Group 645529-05/06

Whether you are a single or a married man, you are experiencing the same things as others around you. Come meet and chat among men and relax over pastries and coffee. Free

Thursday, May 1 and June 5 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. Free

2nd Thursday 1:00

May 8 *Shoemaker's Wife*
Adriana Trigiani

June 12 *Fried Green Tomatoes at the Whistle stop Cafe* by Fannie Flag

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

Cora's Casual Dining 645502-05/06

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

May 14 5:00
Dinah's Poolside Restaurant
4261 El Camino Real, Palo Alto

June 11 5:00
Pompeii Ristorante
100 State Street, Los Altos

Understanding your Financial Resources

Join a small group for one hour as you learn to put together an inventory of your assets and liabilities. 645518-11

*Do not bring records with you.

Tuesday, May 6 11:00

RSVP to the Room 10 front desk.

(650) 947-2797 • losaltosrecreation.org

Drop-In Games

The following drop-in games are hosted by the Senior program for free for 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! New Group on Friday!

Monday/Wednesday	10:00
Tuesday/Thursday	10:00
Friday	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 8 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

Summer Bocce Ball Tournament

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

1000-Piece Puzzle Challenge

Stop by Room 10 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. 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

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.

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

(650) 947-2797 • losaltosrecreation.org

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

Information and Appointments
(650) 947 - 2797

**Blood Pressure Readings: Room 10
Friday, May 23 and June 27**

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, May 20 and June 17

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

Personal Emergency Preparedness

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

Saturday, May 3 9:00 - 12:00

Hillview Room 16 Free

Register with the Recreation Department

AARP Smart Driver Course 2014

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.

Friday, May 9 & 16 1:00 -5:00 Room 12

Cost:
\$15.00 for AARP members and \$20.00 all others



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

May 16: Transportation 10:00

June 20: Advance Health Care 10:00

Directives(AHCD) &
Physician’s Orders For Life
Sustaining Treatments (POLST)

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.

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 May 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
June 21, August 14,
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:

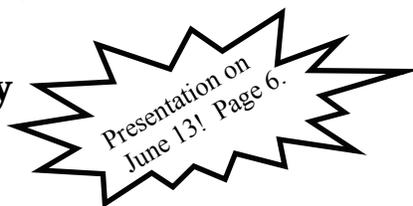
Seattle City Tour , Pike Place Market, Boeing Factory Tour, Mt. St. Helens Visitor Center, Multnomah Falls, Portland, Coos Bay, Dune Buggy Tour, Redwood National Park, Avenue of the Giants, and much more!

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.

Recreation

Classes

It is a fact (as of press time!) that there will be no less than 15 classes for adults starting up through the Los Altos Recreation Department in the month of May. And that is just a spring warm up for summer: June sees 38 classes beginning for adults. The only question is: for which class(es) are YOU signing up?

“Classes, classes, classes,” you say. “Sure, but what type of classes?” Glad you asked. In May and June, we offer many diverse classes such as finance, ballroom dance, belly dance, fit-fun-friends, zumba, yoga, judo, ice skating, meditation for weight loss, soccer for women, tennis, indoor cycling, emergency preparedness, golf, and a coastal hike. Plus our perennial favorites such as line dancing, art studio, tai chi, bridge, and mah-jongg also return this May and June.

Where can you read up on all these classes? Well, the summer Recreation Guide, of course. The guide will be mailed mid-May so keep an eye out for it in your mailbox or pick up a copy at the Senior Center.

Now, every class is not right for everybody but surely there are a few that peak your interest? If not, please let us know immediately. We'll see what we can do for you for autumn!

Summer Camp Discount for Grandkids

Of special note: If you have grandkids in the area during June, July and/or August, look through the youth camps and classes section of the guide. Depending on how many kids or how many weeks they enroll in select camps, you may be able to secure a 10% discount on their camp fees.

Summer Concert Series

Mark June 21 in your calendar: the Peninsula Symphony kicks off our annual Summer Concert Series at the Hillview Soccer Field on this date! Show time is 6:30. The following Thursday (June 26) the California Beach Boys perform at Grant Park, also beginning at 6:30. The evenings promise to be beautiful this time of year...bring a picnic and a folding chair and enjoy the music! More concerts follow in July and August...look for the listing in the next edition of *The Spotlight*.

Looking forward to seeing you at classes and concerts!

Los Altos Legacies

Los Altos Legacies, is a local non-profit dedicated to supporting seniors. The Los Altos Legacies are continuing to make the Los Altos Community better for its senior residents. Most recently, Los Altos Legacies contributed to the Los Altos Community Foundation's "Sit and Share Program."

If you have visited downtown Los Altos and enjoyed the wonderful teak chairs and tables, with green cushions and orange umbrellas, you are participating in "Sit and Share" Legacies wants to make Los Altos the friendly and welcoming city that we all enjoy!

Please talk to any of the Board of Directors to find out how you can contribute through Los Altos Legacies: Paul Gonella, John Lippold, Verda Keenan, King Lear, Ed Hodges, Gabrielle Tiemann, and Ellen Gonella or call 650 948-2920 for more information.

Board meetings are open to the public. Board Meeting: bi-monthly second Tuesday

Tuesday May 13

10:00

Hillview Conference Room 3

Community and Membership Program

Community

Friends of the Library Book Sale

Stop by the Friends of the Library used book sale held at the Hillview Community Center. Browse their large collection of books, CDs, DVDs, etc. to find the perfect gifts or additions to your own collection.

All sales cash only. Books sold only by the bag on Sunday (\$5.00 per bag).

Saturday, May 3 9:00-3:00

Sunday, May 4 12:00-3:00

Ye Old Town Band 1:30-3:30

May 25, June 29, July 27, August 31, Sept. 28
Shoup Park, 400 University Avenue

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!

Fine Art In The Park 10:00-5:30

Los Altos Rotary Art Show is one of the Bay Area's premier open-air art shows, featuring original, juried works by some 170 artists.

Free parking at Los Altos High School, with shuttles to the park.

Saturday and Sunday, May 17 & 18
Lincoln Park, 199 University Avenue, Los Altos

Los Altos Pet Parade

This free "Los Altos Heritage Event" will begin on Main street at First Street.



For more information, please call 650-988-9900.

Saturday, May 17 10:00

Caregivers Count! Conference

This free conference is for families and friends caring for an aging loved one.

For more information contact Tina Wong-Erling (408)866-2147 or visit the website for online registration and more information at www.sccagingcollaborative.org

Saturday, May 3 9:00 - 2:00

Campbell Community Center
1 W Campbell Avenue, Campbell, CA 95008
Cost: Free registration required by April 18.

El Camino Hospital Elder Summit

Attend free lectures and demonstrations, discussions on behavioral symptoms of dementia, urinary incontinence, balance check and more.

Friday, May 30, 2014 8:00-4:30

El Camino Hospital, ground floor main hospital Conference rooms A,B,C,E,F,G
Cost: Non-El Camino Hospital employee: \$10/CE
ElCaminoHospital.org

Forum Health and Resource Fair

Pick-up practical information and resources on preventative health, and innovative.

23500 Cristo Rey Drive, Cupertino, CA 95014
Free RSVP (650)944-0100

Saturday, June 7 10:00-2:00

Farmers' Market

Thursdays, May 1-September 25 4:00-8:00

State Street between Second and Fourth

Enjoy the finest hand-picked fruit and vegetables, ranch eggs, fresh cut flowers and much more!

The following program is available for those with a Senior Program membership.

Computer Resource

The City of Los Altos Senior Center has three volunteers that are available to meet with Senior Center 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 Center for an appointments 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

Membership Benefits

The following services are available for those with a membership.

Membership

Thank you to all Los Altos Senior Program 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 Programs 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

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

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

See's Candy 1 lb. Gift Certificates are for sale for \$15.50. 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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Spotlight Newsletter

Los Altos Senior Center

