

# The Spotlight



www.losaltosrecreation.org

November & December 2014



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The Senior Program will be **closed** in observance of:  
**Veterans Day**– Tuesday, November 11, 2014  
**Thanksgiving**– Thursday and Friday, November 27 & 28, 2014

City offices, including the Senior Program, will be closed for the **Holidays** from: 3:00pm on Wednesday, December 24, 2014 to Friday, January 2, 2015.



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

**Hours:**



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

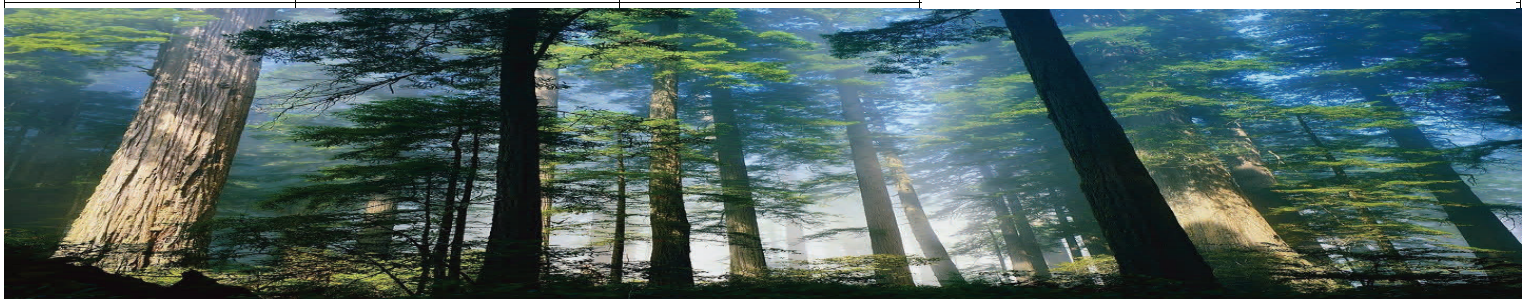


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# November 2014

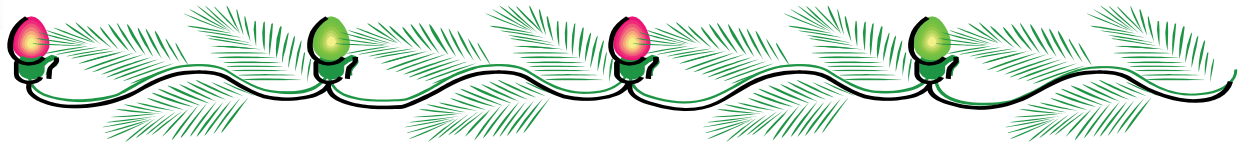


Mon	Tue	Wed	Thu	Fri	
<b>3</b> 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 4:30 Senior Commission	<b>4 Election Day!</b> 9:00 Bridge 10:00 Bocce Ball 10:15 Visions Unlimited 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor 1:30 LinkAges	<b>5</b> 9:00-12 Bridge 9:30 Artventures 10:00 Bocce Ball 12:30 Mah-Jongg Int. free play	<b>6</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>7</b> <b>Super Size Screen: "Belle"</b> 1:00 Room 12  Members: Free Non-Members: \$1.00	
<b>10</b> 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 6:00 PEP	<b>11 Closed</b>  <b>Veterans Day</b>	<b>12</b> 9:00-12 Bridge 9:30 Artventures 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play	<b>13</b> 9:15 Int. Bridge 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC 1:00 Book Club	<b>14 Birthday Party Luncheon</b> 12:00 Room 11 <u>Menu</u> Roast Pork Loin Members Birthday Members: \$4.00 Non-Members: \$6.00	
<b>17</b> 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 Artventures 10:00 Bocce Ball 12:00 Fall Dessert 12:30 Mah-Jongg Int. Free Play	<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 Thanksgiving Holiday Luncheon</b> 12:00 MPR <u>Menu</u> Turkey Members: \$6.00 Non-Members: \$8.00	
<b>24</b> 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	<b>25</b> 9:00 Bridge 10:00 Bocce Ball 1:00 Line Dancing 1:00 PC Tutor	<b>26</b> 9:00-12 Bridge 9:30 Artventures 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play	<b>27</b>		<b>28</b>  <b>Happy Thanksgiving</b>





# December 2014



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

Gingerbread House Exhibit		December 1-5		9:00-5:00	Room 2
<p><b>1</b> 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 4:30 Senior Commission</p>	<p><b>2</b> 9:00 Bridge 10:00 Bocce Ball 10:15 Visions Unlimited 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor</p>	<p><b>3</b> 9:00-12 Bridge 9:30 Artventures 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play 1:30 Farewell to Falls</p>	<p><b>4</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&amp;MAC</p>	<p><b>5</b> <b>Super Size Screen</b> <b>"The Great Gatsby"</b> 1:00 Room 12  Members: Free Non-Members: \$1.00</p>	
<p><b>8</b> 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 10:00 Tree Dressing 12:00 Poker</p>	<p><b>9</b> 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor</p>	<p><b>10</b> 9:00-12 Bridge 9:30 Artventures 10:00 Bocce Ball 10:00 Legacies 12:30 Mah-Jongg Int. Free Play</p>	<p><b>11</b> 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&amp;MAC 1:00 Book Club</p>	<p><b>12</b> <b>Birthday Party Luncheon</b> 12:00 Room 11 <u>Menu</u> Braised Beef with Pasta Members Birthday: Free Members: \$4.00 Non-Members: \$6.00</p>	
<p><b>15</b> 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker</p>	<p><b>16</b> 9:00 Bridge 10:00 Bocce Ball 1:00 Line Dancing 1:00 PC Tutor 1:00 HICAP</p>	<p><b>17</b> 9:00-12 Bridge 9:30 Artventures 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play 1:30 LinkAges</p>	<p><b>18</b> 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&amp;MAC</p>	<p><b>19</b> <b>Holiday Luncheon</b> 12:00 MPR <u>Menu</u> Ham  Members: \$6.00 Non-Members: \$8.00</p>	
<p><b>22</b> 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker</p>	<p><b>23</b> 9:00 Bridge 10:00 Bocce Ball 1:00 Line Dancing 1:00 PC Tutor</p>	<p><b>24</b>                      <b>25</b>                      <b>26</b> <b>Closed for Holiday break from Wednesday, December 24, 2014— Friday, January 2, 2015</b></p>			
<p><b>29</b>                      <b>30</b> <b>Closed for Holiday Break</b></p>		<p><b>31</b> <b>HAPPY NEW YEAR</b> We will reopen Monday, January 5, 2015</p>			

## Recreation News and Intergenerational Corner

### HELLOOOO, HOLIDAYS!

Your Recreation Department is as busy as the elf's workshop as we plan for the upcoming holidays!

#### Gingerbread House Exhibit

This year's exhibit runs December 1-5, from 9am-5pm. It is free to all and will be held in the Hillview Community Center's Room 2. Register your entry by Nov 19 or stop by to enjoy the exhibit. This year's theme is "Toy Land".

#### Santa Visits

The Big Elf himself will be visiting Los Altos homes December 12 and 13 to meet kiddies up to 12 years of age. Register early...Santa is popular!

#### Camps

Holiday fun galore is the hallmark of our Camp Candy Cane (for 3.5-7 year olds), and Pre-Teen Holiday Camps ( 8-12 year olds). Great for grandkids or young friends.

#### Classes

In the midst of all this festiveness, we have our usual assortment of classes underway. There are many classes taking place in November and December including fitness, dancing, art, cooking, music and games of skill! Please join us for some of the festivities. For more information and/or to register, stop by our offices at the Hillview Community Center or go online [www.LosAltosRecreation.org](http://www.LosAltosRecreation.org).

### Intergenerational Corner

#### Fall Dessert– A Celebration of Thanks

Senior Program Members are invited to share in a proud moment for three and four year olds that have been practicing to perform a couple of songs at the Children's Corner Fall Dessert. See the smiles and pride of the children then enjoy some yummy desserts!

**Wednesday, November 19**

12:00

Hillview Multipurpose Room

Free

*RSVP required (650) 947-2797*

#### Tree Dressing

What would the holidays be like without children singing carols and decorating a lighted tree with ornaments? Please join us for all the fun!

**Monday, December 8**

10:00

Room 10

Free

#### Grant Park Senior Drop-in Program

Grant Park has been the scene of many Los Altos activities: soccer games, summer concerts, classes, playground fun...and Senior Drop-in Program? Yes! As part of a pilot program running through January 2015, the Grant Park Multi-purpose Room auxiliary area has been designated as THE spot for local seniors to drop in on Wednesdays from 11:00-2:00.

This program is in response to needs cited by the Grant Park community. At the suggestion of the Park & Arts Commission, city administrators surveyed residents on an array of items. One important need was to have a place where area residents aged 50+ could come by for socialization, presentations or a cup of coffee. This pilot Senior Drop-in Program is designed to give city officials insight as to how well utilized such a program would prove to be, should it be fully developed in the future. Grant Park's Multi-purpose Room kitchen/classroom (located at 1575 Holt Ave) has been spruced up (fresh paint, new furniture and additional furnishings), and volunteers have stepped forward to "staff" the pilot program during its four-month test run. There is a one-time fee of \$10 for this program. This fee enables Los Altos residents 50 years or older to stop by as often as they like every Wednesday now through the end of January 2015. (Current Senior Program members are absolutely welcome at this Drop-in Program and can enjoy the center at no additional charge.) Drop by any Wednesday and take a look!

#### Election Day!

November 4 is Election Day! Get out to vote! For more information visit:

[www.sccgov.org/sites/rov/Pages/Registrar-of-Voters.aspx](http://www.sccgov.org/sites/rov/Pages/Registrar-of-Voters.aspx).



## Appreciation

### In Appreciation:

The Senior Program could not flourish without the people who generously lend their time and services to ensure a clean, safe and fun environment for all participants.

#### Front Desk Volunteers

Thank you to Adela Di Canio, Ellen Chu, Rose Gregorwich, Verda Keenan, Lori Stoia, Farideh Sajjadian, Kathy Frates, Patricia Hong, Pat Scheid and Molly Peterson for your friendly greeting and sharing of resources to the participants of the Senior Program!

#### Los Altos Art Club

Every two months there is a change in Senior Center scenery. Noteworthy Los Altos Art Club members rotate their art exhibits in Rooms 10 and 11. Come see what great works are currently on display at the Senior Center.

#### Senior Center Library

Many thanks to all those who donate books, books on tape and DVDs. Our library is a treasure for our seniors. Special thanks to the Friends of the Library for all the fine books given to our Center.

#### Los Altos Hardware

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

#### Los Altos Legacies

Thank you Los Altos Legacies for subsidizing Senior Program events.

### New Staff Members:

#### Say Hello To Kate Thornton!

Kate brings her enthusiasm and compassion to the position of Recreation Leader for the Senior Program. As a recent graduate from California State University San Bernardino, Kate has recently relocated to the Bay Area to pursue her passion in environmental issues surrounding local wildlife rehabilitation and habitat restoration. Throughout her life she has loved conversing with people and learning about their individual life experiences. In her spare time she hikes and explores, sings, and reads as many books as she can. Join us in a warm welcome!



#### Say Hello To Cheri Anderson!

Cheri is known as a recreation “Enthusiast”! Her education includes studies in the Masters of Science program at San Francisco State University and a Bachelor of Science degree from Kentucky State University where she majored in Administration of Recreation and Health, Physical Education and Recreation. Cheri specializes in programming, grant writing, facilities management, and aquatics for youth, adults, and mature adults. Having a passion for health and well-being, Cheri focuses on being conscientious about personal fitness, emotional wellness, and spiritual mindfulness. She brings with her a commitment to excellence and an appreciation of being in the Recreation profession!



#### Congratulations Candace!

Candace Avina welcomed home a baby girl in October, and we could not be happier for her! Congratulations!

## Change of Seasons



The fall and winter months are upon us. Please be prepared for the cold weather by wearing layers and help prevent the spread of illnesses by washing your hands! The Senior Center will be kept at a comfortable temperature of 73° F.

## Volunteer

### City-Wide Volunteers

If you are interested in volunteering at the Senior Center or would like to explore other volunteer positions, please contact Barbara Smith, the City's Volunteer Coordinator. She can provide you with information regarding city-wide volunteer opportunities.

Contact Barbara at (650) 947-2897 or e-mail [bsmith@losaltosca.gov](mailto:bsmith@losaltosca.gov).

### Meet Barbara Smith!

Barbara brings with her a wealth of experience and diverse skills which have proven to be of great benefit in her new role as Volunteer Coordinator with the City of Los Altos. Minus the past 11 years in South Florida, Barbara spent 20-plus years in the Bay Area and she is elated to be "back home." Barbara's previous experience includes a 14 year career at Stanford University as an Administrator and an Executive Assistant at Media Arts Group and the San Jose Convention Center and Visitors Bureau prior to moving to South Florida. While in South Florida, she served as the Grant Writer for a local municipality, as well as Office Manager & Executive Assistant/Project Manager in varying capacities. In her spare time, Barbara enjoys spending time with family and friends, playing tennis, taking in the much missed natural beauty of the Bay Area, watching football, basketball and traveling. We are excited to see what happens!!



### Holiday Luncheon Help

**Thursday, December 18 and Friday, December 19**

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

### Volunteer sign-in

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

### 2nd and 3rd Friday Lunch Chef 2nd and 3rd Friday of the Month

The Senior Center is looking for two volunteers to prepare one nutritious meal for a maximum of 36 seniors a month. Beginning in January 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.

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

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

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

All are welcome to attend.

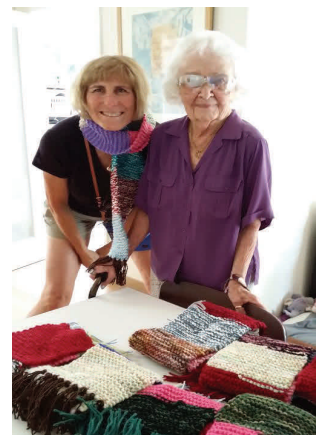
#### Commissioners:

Anabel Pelham (Chair)  
Kathy Seddiqui (Vice Chair)  
George Prodan

Ashish Mathur  
Paul Gonella  
Ginger Summit

### Scarf, Hat & Yarn Collection

We will be collecting scarves, hats, and yarn November through March. Sandy Goldstein picks up all donations of handmade or gently used scarves and hats and drops them off at shelters for those in need. Please drop off your donations in Room 10 of the Senior Program. Your generosity is greatly appreciated!



Tachia and her caregiver friend with her knitted scarves

## Presentations, Stay Connected



**Stanford**  
HEALTH CARE

### Stanford Health Care Presents: “Farewell to Falls”

Wednesday, December 3  
1:30

Library  
Free

Have you fallen recently? Say Farewell to Falls! More than 1 million older adults in California fall each year, with 200,000 of those falls resulting in injury. Nearly 188 Californians, age 55 and over, are hospitalized every day from slips, trips and falls. Research now shows that there are things that you can do to prevent falls and help you to maintain your independence.

Falls can be prevented by:

**Exercise**-Participate in balance, mobility and strength training programs geared specifically at preventing falls

**Medication Review**-Some side effects or drug interactions can increase falls

**Home Modifications**-Even minor changes in your home may prevent the next fall from occurring.

Join us for this insightful presentation.

**A minimum of 12 registered participants are needed in order for this presentation to occur. Register with the Senior Program (650)947-2797 by November 26.**



### LinkAges

Tuesday, November 4  
1:30

Room 12  
Free

The LinkAges TimeBank is a community-based service exchange network where members give and receive help, learn new skills and share hobbies and interests. Members earn hours by providing services, and use those hours to receive services in return.

Please join us for the LinkAges TimeBank orientation and learn more about volunteering for a neighbor through:

[Linkages.info.timebank.linkages.org](http://Linkages.info.timebank.linkages.org)

All may join us for free!

Walk-ins welcome.

Reservations Preferred (650)947-2797



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

## Stay Connected

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

**Television:** KMVT Channel 15

### Websites:

City of Los Altos: [www.losaltosca.gov](http://www.losaltosca.gov)  
Recreation: [www.losaltosrecreation.org](http://www.losaltosrecreation.org)

### Publications:

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

The Spotlight (Senior Center Bi-Monthly Newsletter)

Recreation Guide (Quarterly classes—all ages)

### Local Resources 2-1-1

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

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

### Benefits Check Up [www.benefitscheckup.org](http://www.benefitscheckup.org)

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

## Classes

### Registration, Class Refunds & Transfer

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

**Refund and transfer** requests must be submitted in writing or in person, up to five working days prior to the first day of class. E-mail requests to: [recreation@losaltosca.gov](mailto:recreation@losaltosca.gov)  
All refunds will be charged a \$10 service fee. No refunds or transfers will be given once class begins.

### 10 Weeks to Play Better Bridge

Those who have completed the Previous Bridge class or who have some playing experience are welcome to join our next Bridge class. We will learn how to better communicate with our partner, develop our playing skills and, most importantly, have fun!

645541-01

#### Mondays

Room 12

December 8– March 9, 2015

9:00- 11:00

Members: \$90.00 Others \$95.00

*\*No Class 12/22, 12/29, 1/19, 2/16*

*For information, call Roy Robinson at (650) 941-7978*

### Artventures

645514-04

Visual artists of all genres and levels are welcome to this studio for visual art! Bring your current project to work amongst others in a supportive environment. Visit their blog at:

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

#### Wednesday

Room 12

September 10– December 17

9:30– 12:00

Members: \$1.00/class, \$15.00/session

Others: \$3.00/class, \$45.00/session

*\*Pay quarterly or before each class in Room 10.*



### 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 Instructor Richard Campbell (408) 377-6978. No experience necessary.

#### Tuesday

1:00 - 2:00

Pay monthly or before each class in Room 10.

November 4– November 25

Members: \$6.00/class, \$18.00/session

Others: \$8.00/class, \$24.00/session

December 2– December 23

Members: \$6.00/class, \$24.00/session

Others: \$8.00/class, \$32.00/session

*\*No Class 11/11*

*\*Pay monthly or before each class in Room 10*

### Tai Chi for Life!

645534

Learn new ways to relax, revitalize, and have fun. Tai Chi is a mindful, internal martial art that flows in gentle and slow whole body movements. It promotes health, balance, flexibility, strength, and clarity. Join instructor Linda Scheer as she leads us through Tai Chi techniques.

#### Tuesday

Room 12

September 16 - December 9

12:45-1:45

Members: \$10.00/class, \$77.00/session

Others: \$12.00/class, \$86.00/session

No Class 9/23, 10/21, 11/25

*\*Pay quarterly or before each class in Room 10.*

### NEW! Tai Chi Practice

230312

Drop in for one hour of self-guided Tai Chi practice. Please register at the Senior Program in room 10 before you begin.

#### Thursday

Multipurpose room

September 18-December 4

12:45-1:45

Members: \$1.00

Others: \$3.00

*\*No practice 11/3 & 11/27*

### Mountain View-Los Altos Adult Education



From Art to Genealogy to Yoga, the MVLA Adult School offers more than 40 classes at the Hillview Community Center. For class information please visit: [mvlaae.net](http://mvlaae.net) or call: (650) 940-1333



## Classes



### Collage & Mixed Media Workshop

In this afternoon workshop, we will learn collage techniques. We will use acrylic paint, gel mediums, and colorful paper to create texture and art! Artists of all levels are welcome.

**Thursday** 230523-03  
November 6 1:30-4:00  
Members: \$35.00 Others: \$65.00  
Resident Non-Members: \$42.00

*\*Material fee of \$20.00 is due the day of class.*

### Collage & Decorating Gift Boxes

Prepare for the Holidays in this fun afternoon workshop where we will decorate gift boxes with colorful paper, ribbons, and various objects! Materials and boxes are supplied.

*\*Optional: Bring a special box of your choice to decorate!*

**Thursday** 230524-02  
November 13 1:30-3:30  
Members: \$30.00 Room 13  
Resident Non-Members: \$42.00 Others: \$60.00

*\*Register in the Senior Program Room 10 or the Recreation Office*

### 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. Must bring your own instrument and stand.

**Sunday, November 23** 230111-03  
Residents and all Others: \$10.00  
Hillview Social Hall 2:00-5:00

*\*Please contact the director before the first class at [tacosv.com](http://tacosv.com).*

*\*Register in the Recreation Office*

### NEW! Bodyweight Bootcamp

If you are ready to shed some pounds, increase lean muscle mass and improve overall fitness, then gather up some friends because our Bodyweight Boot Camps are perfect for you.

*\*Equipment Note: Please bring yoga mat.*

**Monday/Wednesday**  
November 3 - November 26 645105-03  
December 1 - December 29 645105-04  
Members: \$150.00  
Others: \$160.00

*Material fee of \$10.00 is due the first day of class*

### Intermediate Bridge Lessons

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.

*\*For information, call Tony Plutynski at (650) 948-0699*

**Thursday** 9:15-12:00  
November 6– November 20 645530-11  
December 4– December 18 645530-12

Members: \$5.00/class, \$15.00/session

Others: \$7.00/class, \$21.00/session

*\*Pay monthly or before each class in Room 10*

### Beginning Mah-Jongg

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

**Thursday** 1:00-3:30  
November 6– November 20 645515-11  
December 4– December 18 645515-12

Members: \$1.00/class, \$3.00/session

Others: \$3.00/class, \$9.00/session

*\*Pay monthly or before each class in Room 10.*

### Senior Fit-Fun-Friends

Having Balance issues? Lacking energy? Come have some fun listening to music and getting fit with friends. This is a class that involves basic everyday movements to improve range of motion, flexibility, muscle strength and balance.

*Equipment needed: resistance band, 9” mini ball and your choice of dumbbell weight between 1-10lbs*

**Monday/Wednesday**  
November 3- November 26 645104-04  
December 1– December 29 645104-05  
Los Altos Hills Council Chamber 11:45-12:45  
Members: \$150.00

Others: \$160.00

*\$5.00 material fee due on first day of class*

## Classes and Games

### Personal Emergency Preparedness (PEP)

Are you prepared? The City of Los Altos, in coordination with Fire and Police, offers Personal Emergency Preparedness (PEP) training designed to prepare citizens to cope in the event of a disaster and to be self-sufficient during the first 72 hours or until emergency relief is available.

Residents and all others may join us for free.

**Monday, November 10** 210813-03

Hillview Room 16 6:00-9:00

**Monday, December 1** 210813-04

Grant Park Room 1 6:00-9:00

*\*Register with the Recreation Department*

### Drop-In Games

#### Bocce Ball

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

**Tuesday/Thursday** 10:00

**Monday/Wednesday** 10:00

**Friday** 10:00

Bocce Ball Courts Free

*Please sign in at the Senior Program; Room 10*

#### Wii

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

**By Appointment** 8:30- 3:30

Room 10 Free

*Please sign in at the Senior Program; 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 the Senior Program; Room 10*

### Mah-Jongg

This free play session is intended for those more intermediate or advanced Mah-Jongg players who are comfortable playing without instruction. Bring yourself or a group of four and your own set to enjoy a friendly game of Mah-Jongg. Would you like to learn how to play? See page 9 for information on lessons.

**Wednesday** 12:30- 3:30

Room 11 Free

*Please sign in at the Senior Program; 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 the Senior Program; Room 10*

### Shuffleboard: Outdoor

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

**Monday-Friday** 8:30 - 3:30

### Bridge Free Play

Bridge begins promptly at 9:00 a.m. Groups of four are then formed based on the rank of the cards drawn. 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. Would you like to learn to play bridge or hone your skills? See page 8 and 9 for lessons that will work for your own personal play level!

**Tuesday** 9:00- 3:00

**Wednesday** 9:00-12:00

Room 11 Free

*Please sign in at the Senior Program; Room 10*

### 1000-Piece Puzzle Challenge

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

**Monday-Friday** 8:30

Room 10 Free

*Please sign in at the Senior Program; Room 10*

## Friday Events

Adjustments have been made to our typical Friday event schedule due to holiday closures. We will resume our regular Friday event schedule beginning in January, 2015.

### 1st Friday - Big Screen Movie

1:00 Room 12



Members: Free Others: \$1.00

Register Room 10

*Fee provides popcorn and beverage*

November 7

645103-11

#### *Belle*

Summary: Raised by her great-uncle Lord Mansfield, Belle's lineage affords her certain privileges, yet her status prevents her from the traditions of noble social standing. While her cousin Elizabeth chases suitors for marriage, Belle is left on the sidelines wondering if she will ever find love.

Stars: Gugu Mbatha-Raw, Matthew Goode, Emily Watson, Tom Wilkinson

102 min. / Drama/ Rated PG/  
Rottentomatoes.com

December 5

645103-12

#### *The Great Gatsby*

Summary:

Chasing his own American Dream, Nick lands next door to a mysterious, party-giving millionaire, and across the bay from his cousin, Daisy and her husband, Tom Buchanan. It is thus that Nick is drawn into the captivating world of the super rich, their illusions, loves, and deceits. As Nick bears witness, within and without of the world he inhabits, he pens a tale of impossible love, incorruptible dreams and high-octane tragedy, and holds a mirror to our own modern times and struggles.

Stars: Tobey Maguire, Leonardo DiCaprio, Carey Mulligan

142 min./ Drama, Romance/ Rated PG-13/  
Rottentomatoes.com

### Birthday Luncheon

645519-11/12

12:00 Room 11

Birthday Month Members: Free  
Members: \$4.00 Others: \$6.00

Friday, November 14

#### Menu

Roast Pork Loin with Sweet Potato  
Romaine and Iceberg Lettuce Salad  
Sponge Cake



Friday, December 12

#### Menu

Braised Beef with Pasta  
Cucumber Mixed Green Salad  
Ice Cream



*Register Room 10*

*Walk-ins welcome*

*Reservations Preferred (650) 947-2797*

*This special lunch will be hosted in honor of those active Senior Program members celebrating their birthday month. First come, first served. Please let us know if it is your birthday month when making a reservation. Lunch catered by The Terraces of Los Altos.*

### Holiday Luncheons

Multi -Purpose Room

12:00

Members: \$6.00

Others: \$8.00

*Register Room 10*

*Reservations Preferred (650) 947-2797*

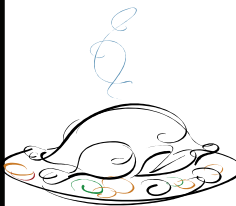
#### **Thanksgiving Luncheon**

Friday, November 21

645202-11

#### Menu

Autumn Berry Salad  
Sweet Potato and Cranberry Stuffing  
Herb Roasted Turkey and Gravy  
Roasted Green Beans with Shallots  
Cranberry Sauce  
Bread Rolls with Butter  
Pumpkin Cake with Cream Cheese Frosting



#### **Holiday Luncheon**

Friday, December 19

645202-12

#### Menu

Pineapple Mint Coleslaw  
Broccoli with Toasted Sesame Seeds  
Ham with Potatos Au Gratin  
Dessert



*\*During the Thanksgiving and Holiday Luncheons, the senior program will be closed from 12:00-1:30. Please join us in the Multi-Purpose Room during these times.*

**Thank you to our Luncheon Volunteers...**  
**Daniel McCandless, Lori Stoia, Peggy Jones,**  
**Lauren Sweet and Marie Evatt**

## Activities and Holiday Trip

### Monkey Toy Ladies

The Monkey Toy Ladies are in need of nylons and sewing helpers! Please bring all washed used/torn nylons to the Los Altos Senior Center to keep the Monkey Toy production going! Wish to volunteer?

**Monday** Room 11 9:30 - 11:30

### Men's Group

645529-11/12

Whether you are a single or a married man you are experiencing the same things as others around you. Come meet and chat among men and relax over pastries and coffee. Walk-ins welcome, reservations preferred.

**1st Thursday** Free 10:30  
November 6 and December 4 Room 10

### Smoke Detector Program

**Saturday November 8** Free

Sunset Rotary members will volunteer their time to change old batteries or install new smoke detectors free of charge in your home. If you are in need of this service, please call the Senior Program at (650) 947-2797 and leave your name, address and phone number. A Rotary Club member will call to schedule an appointment.

### Book Club

Books are available to check out in the Senior Center. Book Club discussion will begin at 1:00, but feel free to bring lunch and join the book club members at 12:30.

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

**November 13** *The Uninvited Guests*  
Sadie Jones

**December 11** *The End of Your Life*  
*Book Club*  
Will Schwalbe



### Questions?

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



### Cora's Casual Dining

The Casual Dining Program will be taking a break during the winter quarter. Please join us again starting in March for a new dining experience led by volunteer, Cora Simon.

### Save the Date:

### Technology for Seniors Day!

Need a tutorial on social media, email, or cell phones? Community volunteers and the LinkAges Time Bank are joining forces to answer your questions. Registration is required; please provide your name, contact information, device(s) and/or service to Vivian Nguyen (650)625-3815 or email her at linkagestimebank@gmail.com

**Saturday January 10, 2015** 1:00-4:00

Come to the Town of Los Altos Hills Town Hall Council Chambers and join us for free!

*\*Sponsored by CAFÉ & LinkAges*



### Extended Holiday Trip

### New Orleans Holiday!

**Sunday, December 7**

**5 days • 4 nights • 7 meals**

Spend four nights in the exciting French Quarter in New Orleans! Enjoy amazing tours and fascinating culture!

### Tour Highlights include:

French Quarter Walking Tour, The French Market, Steamboat Tour, New Orleans Schools of Cooking, New Orleans City Tour, Garden District, Oak Alley Plantation, and a Celebration in the Oaks!

Cost per person: \$1595 (Double) \$2045 (Single)

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

## Services

### Rebuilding Together

Preserve affordable home ownership and revitalize neighborhoods by providing critical home repair and modification services to those in need and to those who qualify at no cost to homeowners.

For more information: Call (650) 940-7210

Or visit: <http://rebuildingtogethersv.org>

### Free Advance Health Care Directive Assistance

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

### 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.

### AARP Smart Driver Renewal Course

645501

Friday, November 7 1:00 - 5:30 Room 12

*MUST HAVE COMPLETED EIGHT HOUR CLASS WITHIN THE LAST THREE YEARS TO ATTEND THE RENEWAL COURSE.*

First-come, first-served. Class limit of 30.

Reserve your spot by calling the Senior Program at (650) 947-2797. Please bring payment by check made out to “AARP” with your AARP number to class.

Certificate is required to get an insurance discount.

Cost: \$15.00 AARP members, \$20.00 non-members.

### Cards For All Occasions

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 one!

### Medicine Drop-Off

The Senior Program takes old pills in their respective containers only.

**Please NO Sharp objects.**



## Mountain View-Los Altos Community Services Agency

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

### Friendship Line

The Friendship Line is a program sponsored by the Institute on Aging and is both a crisis intervention center and a “warm” line for routine, even daily, phone calls that provide emotional support, medication reminders and well-being check-ins.

For more information:

Call toll free (800) 971-0016

Call local (415) 752-3778

Or visit <http://www.ioaging.org/services-for-elders-and-caregivers/friendship-line>

### HICAP

Free

Health Insurance Counseling & Advocacy Program Assistance with Medicare & supplement claims, comparisons & long-term care, HMO, Appeals.

Call (650)947-2797 for appointments with Roy Ito.

Next available appointments:

**Tuesday, November 18 and Tuesday, December 16**

### Coffee Service

Daily, 9:00 - 3:00

Come to the Senior Program and enjoy hot caffeinated and decaffeinated coffees. If coffee is not your cup of tea, then we have a selection of teas! Have a cup and relax with friends or catch up on today's news.

Donations are appreciated. Please sign in.



## Community and Membership

### Los Altos Legacies

Los Altos Legacies is setting its goals for the fiscal year ending June 30, 2015. In keeping with Legacies' charter of working for seniors, and only seniors, in Los Altos and Los Altos Hills, the primary goal of this year is to encourage the building of the new community center with a focus on a having desirable spaces for seniors. Los Altos Legacies board of directors is looking forward to helping with the Holiday luncheon in December and providing orchid plants and candy treats for door prizes!

If you have any questions for the board, please contact one of the board members or call Paul or Ellen Gonella at (650)948-2920. Join the Los Altos Legacies meeting on December 10, 2015 at 10 a.m. in Conference Room 3. Board members are Paul Gonella, King Lear, John Lippold, Gabrielle Tiemann, Ellen Gonella, Ed Hodges and Verda Keenan.

### Free preliminary Hearing Screening: Pacific Hearing Service

Off-site appointments - call (650) 941-0664

### Notary Service

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

## Community Events

### Friends of the Library Book Sale

Hillview Community Center

**November 14 –16**

Multi Purpose Room

CASH ONLY sales. Prices are "as marked", starting from only \$.50!

For more information please visit:  
[losaltoslibraryfriends.org/](http://losaltoslibraryfriends.org/)

### Holiday Carriage Rides

Enjoy horse-drawn carriage rides through downtown Los Altos. For dates, prices and more information call (650) 949-5282 or visit [downtownlosaltos.org](http://downtownlosaltos.org).

*Sponsored by Los Altos Village Association (LAVA).*

### Festival of Lights Parade

6:00

**Sunday, November 30**

Floats and Characters shining bright with lights have decorated the streets of Los Altos for 34 years. Join your fellow Los Altans in ushering in the holiday season with "A Child's Holiday Fantasy" parade. For more information visit [losaltosparade.com](http://losaltosparade.com). *\*Please leave your pets at home*

## The following 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 Program 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!

### See's Candies Certificates

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

### Ping Pong Room 12

The Center has one ping pong table that may be used by appointment. To reserve the ping pong table call (650) 947-2797.

### PC Computer Resource Room 10

Tuesday by appointment 1:00/2:00

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

See page 15 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 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 Senior Programs on the planet!

### Annual Membership Cost

Los Altos resident - \$26.00

Non-resident - \$40.00

Don't forget to add \$5.00 for home delivery of our Newsletter: The Spotlight

**Make checks payable to:** City of Los Altos

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

### In-Home Repair Program

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

Electrical — Changing light bulbs, Switches  
Plumbing — Dripping Faucet, Leaky Toilet  
Sprinklers — Timers, Sprinkler Heads

No in-home repair request is guaranteed. Volunteers may determine that requests are too extensive. In-home repair requests can be closed at any time due to an over abundance of requests. Donations are accepted.

Please call (650) 947-2797 for this service.

### 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.

*Only donations of wheelchairs, walkers or canes in good condition are accepted at the Senior Program.*

### Members Only Programs

Senior Center members may enjoy programs such as computer tutorials and equipment loans that are designed exclusively for members.

### Tennis Balls

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

### Reduced Rates on Programs

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



### 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.

### 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 Senior Program 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.

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

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

Change Service Requested

👉 Time Sensitive Material

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

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

# Spotlight Newsletter

Los Altos Senior Program

