

# The Spotlight



www.losaltosrecreation.org

January & February 2015

# HAPPY NEW YEAR

## It's the Senior Program's 38th Birthday!

(See page 4 for a brief history.)



The Senior Program will be **closed** in observance of:  
**Martin Luther King Jr. Day**– Monday, January 19, 2015  
**Presidents Day**– Monday, February 16, 2015

### Hours:

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

(650) 947-2797 • losaltosrecreation.org

## Inside Scoop

January Calendar	2
February Calendar	3
Recreation News	4
Appreciation	5
Volunteer	6
Community	7
Membership Program	7
Membership Benefits	8
Services	9
Presentations	10
Stay Connected	10
Friday Events	11
Activities & Trips	12
Classes	13,14,15
Games We Play	16
Classes At Grant Park	17



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



# January 2015



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

			1 We're Closed!	2 We're Closed!
<b>5</b> 9:00 Better Bridge 9:30 Monkeys 10:00 Bocce Ball 11:45 Fitness 4 Seniors 12:00 Poker 4:30 Senior Commission	<b>6</b> 8:30 Walk With Me 9:00 Bridge Free Play 10:00 Bocce Ball 10:15 Visions Unlimited 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 1:00 PC Tutor 2:00 Ping Pong	<b>7</b> 8:30 Walk With Me 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:45 Fitness 4 Seniors 12:30 Mah-Jongg Int. Free Play	<b>8</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 1:00 Book Club	<b>9</b> <b>Super Size Screen: "The Best Exotic Marigold Hotel"</b>  1:00 Room 12 Members: Free Non-members: \$1.00
<b>12</b> 9:00 Better Bridge 9:30 Monkeys 10:00 Bocce Ball 11:45 Fitness 4 Seniors 12:00 Poker	<b>13</b> 8:30 Walk With Me 9:00 Bridge Free Play 10:00 Bocce Ball 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 1:00 PC Tutor 1:00 HICAP 2:00 Ping Pong	<b>14</b> 8:30 Walk With Me 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:45 Fitness 4 Seniors 12:30 Mah-Jongg Int. Free Play	<b>15</b> 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Book Club 1:00 Beg. Mah-Jongg 1:00 iPad&MAC	<b>16</b> <b>2nd Friday Luncheon</b> 12:00 Room 11 <u>Menu</u> Tilapia Sandwich <i>*Terraces of Los Altos</i>  Members:\$4.00 Non-Members:\$6.00
<b>19</b>  We're Closed!	<b>20</b> 8:30 Walk With Me 8:50 Stretch & Flex 9:00 Bridge Free Play 10:00 Bocce Ball 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 1:00 PC Tutor 2:00 Ping Pong	<b>21</b> 8:30 Walk With Me 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:00 Women's Group 11:45 Fitness 4 Seniors 12:30 Mah-Jongg Int. Free Play	<b>22</b> 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Stretch & Flex 11:30 NASA Trip 12:00 Pinochle 1:00 Beg. Mah-Jongg	<b>23</b> <b>Birthday Luncheon</b> <u>Menu</u> TBA <i>*Los Altos Senior Program</i> Members Birthday: Free Members: \$4.00 Non-Members:\$6.00
<b>26</b> 9:00 Better Bridge 9:30 Monkeys 10:00 Bocce Ball 11:45 Fitness 4 Seniors 12:00 Poker 6:00 PEP	<b>27</b> 8:30 Walk With Me 8:50 Stretch & Flex 9:00 Bridge Free Play 10:00 Bocce Ball 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong	<b>28</b> 8:30 Walk With Me 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 11:45 Fitness 4 Seniors 12:30 Mah-Jongg Int. Free Play	<b>29</b> 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Stretch & Flex 12:00 Pinochle 1:00 Beg. Mah-Jongg	<b>30</b> <b>4th Friday Luncheon</b> <u>Menu</u> Roast Beef Sandwich <i>*Terraces of Los Altos</i> Members: \$6.00 Non-members: \$8.00

February Calendar of Events



# February 2015



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<p><b>2</b>            9:00 Better Bridge            9:30 Monkeys            10:00 Bocce Ball            11:45 Fitness 4 Seniors            12:00 Poker            4:30 Senior Commission</p>	<p><b>3</b>            8:30 Walk With Me            8:50 Stretch &amp; Flex            9:00 Bridge Free Play            10:00 Bocce Ball            10:15 Visions Unlimited            11:00 Strength &amp; Balance            12:45 Tai Chi for Life            1:00 Line Dancing            1:00 Chess            1:00 PC Tutor            2:00 Ping pong</p>	<p><b>4</b>            8:30 Walk With Me            9:00 Bridge Free Play            9:30 Artventures            10:00 Bocce Ball            11:45 Fitness 4 Seniors            12:30 Mah-Jongg Int. Free Play</p>	<p><b>5</b>            9:15 Int. Bridge            10:00 Bocce Ball            10:00 Stretch &amp; Flex            10:30 Men's Group            12:00 Pinochle            1:00 Beg. Mah-Jongg            1:00 iPad&amp;MAC</p>	<p><b>6</b>  <b>Super Size Screen            "As Good As It Gets"</b>            1:00 Room 12              Members: Free            Non-Members: \$1.00</p>
<p><b>9</b>            9:00 Better Bridge            9:30 Monkeys            10:00 Bocce Ball            11:45 Fitness 4 Seniors            12:00 Poker</p>	<p><b>10</b>            8:30 Walk With Me            8:50 Stretch &amp; Flex            9:00 Bridge Free Play            10:00 Bocce Ball            11:00 Seniors At Home Presentation            11:00 Strength &amp; Balance            12:45 Tai Chi for Life            1:00 Line Dancing            1:00 Chess            1:00 PC Tutor            2:00 Ping Pong            6:00 PEP</p>	<p><b>11</b>            8:30 Walk With Me            9:00 Bridge Free Play            9:30 Artventures            10:00 Bocce Ball            11:45 Fitness 4 Seniors            12:30 Mah-Jongg Int. Free Play</p>	<p><b>12</b>            9:15 Int. Bridge            10:00 Bocce Ball            10:00 Stretch &amp; Flex            12:00 Pinochle            1:00 Beg. Mah-Jongg            1:00 iPad&amp;MAC            1:00 Book Club</p>	<p><b>13</b>  <b>Chinese New Year Luncheon</b>            12:00 Room 11    <u>Tentative Menu</u>            Braised Beef Brisket              Members:\$4.00            Non-Members:\$6.00</p>
<p><b>16</b>              We're Closed!</p>	<p><b>17</b>            8:30 Walk With Me            8:50 Stretch &amp; Flex            9:00 Bridge Free Play            10:00 Bocce Ball            11:00 Seniors At Home Presentation            11:00 Strength &amp; Balance            12:45 Tai Chi for Life            1:00 Line Dancing            1:00 Chess            1:00 PC Tutor            2:00 Ping Pong</p>	<p><b>18</b>            8:30 Walk With Me            9:00 Bridge Free Play            9:30 Artventures            10:00 Bocce Ball            11:00 Women's Group            11:45 Fitness 4 Seniors            12:30 Mah-Jongg Int. Free Play            1:30 LinkAges</p>	<p><b>19</b>            9:15 Int. Bridge            10:00 Bocce Ball            10:00 Stretch &amp; Flex            12:00 Pinochle            1:00 Beg. Mah-Jongg            1:00 iPad&amp;MAC</p>	<p><b>20</b>  <b>Birthday Luncheon</b>            12:00 MPR  <u>Menu</u>            TBA              Members: \$4.00            Non-Members: \$6.00</p>
<p><b>23</b>            9:00 Better Bridge            9:30 Monkeys            10:00 Bocce Ball            11:45 Fitness 4 Seniors            12:00 Poker</p>	<p><b>24</b>            8:30 Walk With Me            8:50 Stretch &amp; Flex            9:00 Bridge Free Play            10:00 Bocce Ball            11:00 Strength &amp; Balance            12:45 Tai Chi for Life            1:00 Line Dancing            1:00 Chess            1:00 PC Tutor            2:00 Ping Pong</p>	<p><b>25</b>            8:30 Walk With Me            9:00 Bridge Free Play            9:30 Artventures            10:00 Bocce Ball            11:45 Fitness 4 Seniors            12:30 Mah-Jongg Int. Free Play</p>	<p><b>26</b>            9:15 Int. Bridge            10:00 Bocce Ball            10:00 Hakone Garden Trip            10:00 Stretch &amp; Flex            12:00 Pinochle            1:00 Beg. Mah-Jongg</p>	<p><b>27</b>  <b>4th Friday Luncheon</b>            12:00 Room 11  <u>Menu:</u>            Seasoned Pork Loin              Members: \$6.00            Non-members: \$8.00</p>

## Recreation News

### Happy Birthday Los Altos Senior Program! *We're 38 years old!*

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

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

Celebrate with us throughout the month or at our Birthday Lunch on Friday, February 20 at 12:00!

### New Year Resolution Solutions!

It is (happily) THAT time again...New Year's resolution time, that is. What's in stock for you this fine January? Perhaps some exercise? Checking up on financial matters? Nurturing the artist within? It just so happens that we have senior-specific classes for all of the above...plus more! The Los Altos Recreation Guide will be in your mailboxes—and at the Senior Center—at the beginning of January. Registration begins January 2. Sign up and get started on those resolutions pronto!

However, first things first: let's talk about the New Year's Day Fun Run! Taking place on...when else... Thursday, January 1, 2015, at 9am, the "race" takes place in downtown Los Altos. The run/walk/roll (wheelchair or stroller) starts and ends at the corner of Main and State Streets, with cheering crowds encouraging race participants all along the downtown triangle route. This event is a great way to welcome the New Year. Plus, it's FREE! Come out and welcome 2015 with your fellow Los Altans (see page 7 for details).

A very Happy New Year to all!

### 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 10:00-2:00.

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!

The Grant Park Pilot program may be extended through the end of February.



## Appreciation

### “You spoke, we listened!”

The Senior Program is striving to expand our services and the drop-in activities and classes we offer. Feel free to share your ideas with us because we would love to hear your input!

A few of our program upgrades include:

- New women's group
- We are excited to incorporate more exercise classes that involve gentle movements and increase mobility.
- Join us in room 10 for discussions of travel, senior fitness, and home & garden!
- Come enjoy our new comfortable lounge area and participate in great conversation!

### 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, Chirag Patel, Judy Hansen, Roz Bray 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.

#### Grant Received!

The Town of Los Altos Hills awarded the Los Altos Senior Program a Community Service Program Grant! Thank you, Town of Los Altos Hills.

## Change of Seasons

The 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 Program rooms will be kept at a comfortable temperature of 73° F.



### A Tidbit From Adela DiCanio

“ What is it to volunteer at the Senior [Program], it isn't just the laughter I get from everyone– it isn't just the stories we share– it isn't just about the great luncheons we share, it isn't just the coffee and food everyone brings in to share. It's all about the energy of love.” -Adela DiCanio

**Clarabelinda Rose Avina** was born to Robert and Candace Avina on Tuesday, October 21, 2014 at 5:31 am. Clarabelinda weighed in at 8 pounds 1.6 ounces measuring 19.5 inches long when born.

Her name has a very special meaning within our family. Clara taken from the city where both Candace and Rob grew up. Linda, the name of Candace's Dad's sister, and Rose comes from Rob's sister and grandmother.

Throughout the years Candace (Bates) was frequently called CB so the "B" in Clarabelinda gives her Mom's initials "CB" followed by Dad's initials "RA".



Clarabelinda is healthy and growing well. She enjoys looking at lights, holding onto fingers and snuggling up with Mommy and Daddy. The Avina and Bates family thanks everyone for all of their wonderful wishes. Thank you:)  
Candace Avina

## Volunteer

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

### NOW RECRUITING VOLUNTEERS: Monkey Toy Ladies

Want to make a difference in your community? We are currently recruiting for Volunteers to help out the "Monkey Toy Ladies." The Monkey Toy Ladies handcraft stuffed toy sock monkeys, which are then donated to sick and recovering children at Lucile Packard Children's Hospital. Cutters and Sewers are greatly needed. One day a week and 2 hours of your time is all that's needed. The Ladies meet every Monday from 9:30 to 11:30 a.m. Come join them for some fun, laughter and a meaningful purpose. How can you resist these cute faces that put a smile on a child's face?

There are additional volunteer opportunities with the City of Los Altos. **Get Involved! Make a Difference! Learn New Skills!** For more information on volunteering with the City of Los Altos, contact Barbara Smith, Volunteer Coordinator at (650) 947-2897, email her at [bsmith@losaltosca.gov](mailto:bsmith@losaltosca.gov) or visit <http://www.losaltosca.gov/volunteer>.



### 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!

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.



### City-Wide Volunteers

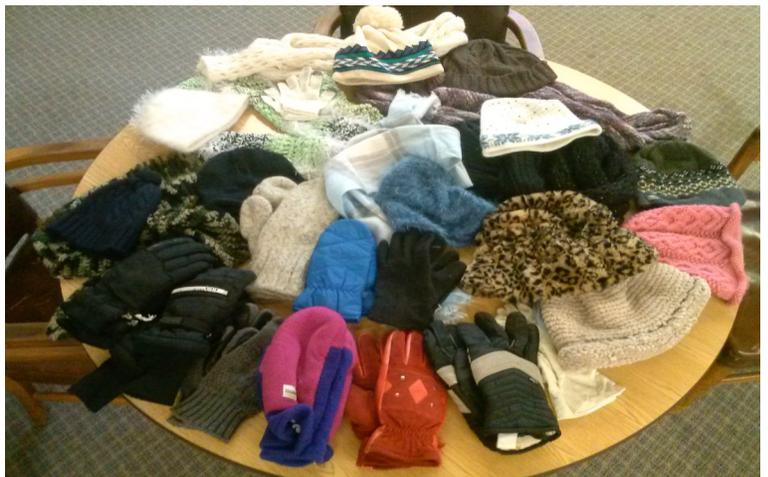
If you are interested in Volunteering for the Senior Program or would like to explore other volunteer

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).



### Scarf, Hat & Yarn Collection

We will be collecting scarves, hats, and yarn January 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!



# Community and Membership

## Community Events

### New Years Fun Run!

Thursday, January 1, 2015 9:00

Free run, walk, roll 5k race is held every New Year's Day, rain or shine! The race begins at 9:00am at the corner of Main Street and State Street. All ages are welcome to attend. No pre-registration required.

*\*Note: Dogs must be on a leash, and please no bicycles!*  
Contact the Recreation Department for more details at (650)947-2797.

### Friends of the Library Book Sale

Hillview Community Center Multi-Purpose Room

**Friday, January 30-Sunday, February 1, 2015**

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

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

### Los Altos Legacies!

Los Altos Legacies would like to wish you all a happy and healthy 2015! Now that we have some rain to start the year, things are looking up.

We hope everyone enjoyed the Holiday Luncheon with the individual Ghirardelli chocolate treats provided by Los Altos Legacies. As always, the orchid raffle prizes provided a special moment at the end of the luncheon. The orchids have been a gift to you from Los Altos Legacies for almost ten years now. We love that they bring beauty and joy to your lives!

Los Altos Legacies Board Member volunteers are Paul Gonella, chairman; Ellen Gonella, secretary/treasurer; John Lippold, vice chairman; King Lear, member; Verda Keenan, member; Ed Hodges, member; Gabrielle Tiemann, member.

## 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!

### 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!

### 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.

### Ping Pong

Room 12

Tuesday

2:00

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

### NEW! Women's Group

640841-01/02

Looking for new friends and great conversations? Join us for our new women's group! Come sit on our cozy couches and enjoy a cup (or more) of coffee, tea and conversation about women's interests and thoughts.

**3rd Wednesday**

Free

11:00

January 21 & February 18

Room 10

### Men's Group

645529-01/02

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

January 8 & February 5

Room 10

### 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 event!

### Reduced Rates on Programs

Senior Program members receive reduced fees on Senior Program events and offered programs.

## 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.

### 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

### 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.

### 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.

### 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, January 20 and Tuesday, February 17**

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

### 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.

### 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.

## Services

### 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.



### AARP Smart Driver Course 645501

Friday, January 16 & 23 1:00-5:00 Room 12  
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-AARP members.**



### 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.

January: CSA will be providing resources on Adult Education classes and employment information.

February: CSA will be providing resources on Transportation through local organizations.

### 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>

### Medicine Drop-Off

The Senior Program takes old pills in their respective containers only. **Please NO sharp objects.**

(650) 947-2797 • [losaltosrecreation.org](http://losaltosrecreation.org)

### Book Club

Free

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** Room 18 1:00  
**January 8** *The Round House*

Louise Erdrich

**February 12** *Orphan Train*

Christina Baker Kline



### Questions?

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



### 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? See page 6 for additional information.

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

### 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 others for the next time you need one!

### Battery Recycling

Recycle your used household batteries. Los Altos Hardware helps to maintain this program.

### 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.

# Presentations, Stay Connected



## 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.

Call (650)625-3815 or email Vivian Nguyen at [linkagestimebank@gmail.com](mailto:linkagestimebank@gmail.com).

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

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

*\*Sponsored by CAFÉ & LinkAges*

## Premiere Travel

Join us for a presentation by Chris Adams from Premiere Travel. Their mission is to serve their customers in the ever-changing travel landscape by utilizing the best know-how and technology, and simply deliver the best discounts and value. Join us for this interesting and informative presentation with lunch to follow!

**Friday, February 6** 11:00 **Room 12**

Come join us in Room 12 to see what Chris Adams has to share!

The San Francisco Bay Area's  
Premier Service Provider for Seniors



## Seniors At Home

Better care starts at home. Home Care services at Seniors At Home promote independence by helping seniors remain at home while providing the support they need to do so.

With assistance from Seniors At Home, you can balance the desire to be independent with the need to be safe and secure.

**Tuesday, February 10, 2015** 11:00

Come join us in Room 12 and enjoy this presentation courtesy of the Los Altos Senior Program!

*\*Sponsored by Seniors At Home*

## Tax Aide

**Monday, February 2– Monday, April 27**

Room 8 9:00-12:00

Call (650)947-2797 to make your appointment with Jerry Lopatin.

Please bring:

Check book, information for 2014 (income, cost basis information for stock and home sales, deductible expenses, car registration, estimated tax payments, and anything else you think might be important), property tax bills if you itemize deductions, copies of your 2013 returns.

*\*Sponsored by AARP Tax-Aide*

## 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.

## Friday Events

### 1st Friday - Big Screen Movie



1:00 Room 12

Members: Free Others: \$1.00

Register Room 10

*Fee provides popcorn and beverage*

**January 9** 645103-01

#### *The Best Exotic Marigold Hotel*

##### Summary:

The film follows a group of British retirees who decide to “outsource” their retirement to less expensive and seemingly exotic India. Enticed by advertisements for the newly restored Marigold Hotel and bolstered with visions of a life of leisure, they arrive to find the palace a shell of its former self. Though the new environment is less luxurious than imagined, they are forever transformed by their shared experiences, discovering that life and love can begin again!

Stars: Maggie Smith, Judi Dench, Bill Nighy, Dev Patel, Tom Wilkinson.

123 min. / Drama, Comedy/ Rated PG-13/  
Rottentomatoes.com

### January Luncheons:

**2nd Friday Luncheon** 645201-01

Friday, January 16, 2015

12:00 Room 11

##### Menu

Mixed Green Salad

Tilapia Sandwich

Members: \$4.00 Non-members: \$6.00

*\*Luncheon catered by The Terraces of Los Altos.*

**Birthday Luncheon** 645519-01

Friday, January 23, 2015

12:00 Room 11

##### Menu

TBA

Members: \$4.00 Non-members: \$6.00

Birthday month members: Free

**4th Friday Luncheon** 645202-01

Friday January 30, 2015

12:00 Room 11

##### Menu

Mango Shrimp Salad

Roast Beef Sandwich

Members: \$6.00 Non-members \$8.00

*\*Luncheons catered by The Terraces of Los Altos.*

### 1st Friday - Big Screen Movie

1:00 Room 12

Members: Free Others: \$1.00

Register Room 10

*Fee provides popcorn and beverage*

**February 6** 645103-02

#### *As Good As It Gets*

##### Summary:

Jack Nicholson is hilariously funny as a compulsive-obsessive, homophobic romance novelist who is compelled by circumstances to get to know his gay neighbor (Greg Kinnear) and the waitress who puts up with Nicholson’s abuse over breakfast every morning.

Stars: Jack Nicholson, Greg Kinnear, Helen Hunt, Cuba Gooding Jr.

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



### February Luncheons:

**Chinese New Year Luncheon** 645201-02

Friday, February 13, 2015

12:00 Room 11

##### Tentative Menu

Braised Beef Brisket

Members: \$6.00 Non-members: \$8.00

*\*Luncheon Catered by the Terraces of Los Altos*

**Birthday Luncheon** 645519-02

Friday, February 20, 2015

12:00 Room 11

##### Menu

TBA

Members: \$4.00 Non-members: \$6.00

Birthday month members: Free

**4th Friday Luncheon** 645202-02

Friday, February 27, 2015

12:00 Room 11

##### Tentative Menu

Seasoned Pork Loin

Members: \$6.00 Non-members \$8.00

*\*Luncheons catered by The Terraces of Los Altos.*

*\*For all Luncheons, register in Room 10*

*Walk-ins welcome. Reservations preferred.*

*(650) 947-2797*

## Activities and Trips

*“Mini”-Trips: Local trips to attractions near us!*



### NASA- Ames Research Center

*Thursday, January 22, 2015*

*Leave 11:00                      Return 2:30*

**645301-01**

#### Highlights

Science on a Sphere  
Ames Spacecraft Missions  
Discovering the Moon  
REAL Moon Roc  
Shuttle Cockpit Simulator  
Immersive Theater  
Mercury Redstone 1A (MR-1A)  
SOFIA  
Kepler  
Living and Working in Space

After, join us for lunch at:

Sweet Tomatoes at 1:30

1040 Grant Rd., Ste 350

Mountain view, Ca 94040

Between Bently Square and Oak Lane

(650)961-2500

Members: \$50.00, Non-members: \$60.00

**Tour and Lunch included in price.**



### Hakone Gardens

*Thursday, February 26, 2015*

*Leave 10:00                      Return 2:00*

**645301-02**

#### Highlights

Docent Guided Tour  
Oldest Japanese and Asian Estate  
Timeless Oasis of Peace  
Picnic Area on Grounds

Lunchbox lunch provided in Picnic Area.

Members: \$60.00, Non-members: \$70.00

**Tour and Lunch included in price.**



### City of Los Altos Senior Program Presents: Yellowstone and the Wild West

**July 24, 2015**

**7 Days \* 6 Nights \* 9 Meals**

Yellowstone Nat'l Park was established in 1872 as America's first Nat'l Park. There are 290 waterfalls over 15 feet tall and flow year-round. Yellowstone has the largest concentration of free roaming wildlife than all of the lower 48 states. There are about 300 active geysers and 10,000 thermal features. There are 50 mammal species, 311 bird species, 18 fish species, 6 reptile species, 4 amphibian species, and 5 endangered or threatened species.



#### \*Highlights\*

3 nights in Jackson

Grand Teton National Park

The Great Salt Lake

Tabernacle Organ Recital

Museum of Wildlife Art & Elk Refuge

Yellowstone National Park

Old Faithful Geyser



Senior Program participants on September 7, 2014 at Levi's Stadium for an interesting and informative tour. Great Trips, Good Times!

## Classes

### A Taste Of Classes

The Senior Program Staff and Volunteers came together to create new and exciting activities that we want to offer to YOU, our participants! We invite you to try out some of our classes, just a taste, and see if you will like them!

We will be offering some activities one time, some for several months, and some year round. It all depends on YOU to determine how we continue our always improving program!

Come... have a taste of our brand new Activities! (New activities indicated with a "\*" next to the title.)

### 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!

**Mondays** 645541-01  
December 1, 2014– March 2, 2015 Room 12  
Members: \$90.00 9:00-11:00  
Others \$95.00

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

*For information, call Roy Robinson at (650) 282-5402*

### Intermediate Bridge

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 followed by student play.

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

**Thursday** 9:15-12:00  
February 5– February 26 645530-02  
Members: \$5.00/class, \$20.00/session  
Others: \$7.00/class, \$28.00/session

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

### 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: [mvlade.net](http://mvlade.net) or call: (650) 940-1333.

### 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.

### Line Dancing

645511-02

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

February 3– February 24

Room 4

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

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

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

### Interim Tai Chi Class Series for a Happy New Year

645534-56

This series is 3 classes long, and held between the holidays and the beginning of the Winter class series. Come join Linda Scheer!

#### Tuesday

Multipurpose room

January 6– January 20

12:45-1:45

Members: \$10.00/class, \$29.00/session

Others: \$12.00/class, \$38/session

*\*Walk-ins welcome. Reservations preferred in Room 10.*



## Classes

### 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  
January 8– January 29 645515-01  
February 5– February 26 645515-02  
Members: \$1.00/class, \$4.00/session  
Others: \$3.00/class, \$12.00/session  
*\*Pay monthly or before each class in Room 10.*

### 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.

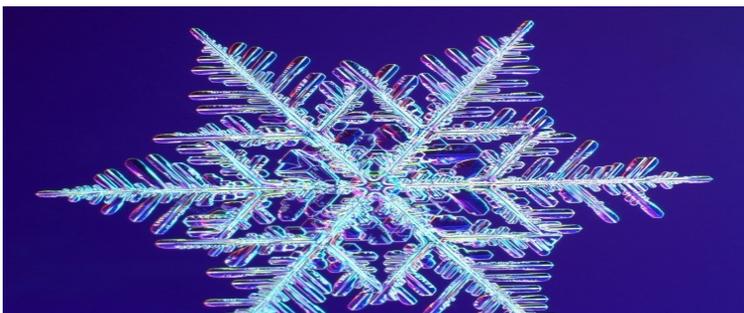
**Thursday** Room 13  
330523-03  
Thursday, February 12 1:30-4:00  
Members: \$35.00 Others: \$45.00  
*\*Material fee of \$20.00 is due the day of class.*

### 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, January 26** 330813-01  
Grant Room 3 6:00-9:00  
**Tuesday, February 10** 330813-02  
Hillview Room 16 6:00-9:00

*\*Register with the Recreation Department*



### 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.

LAYC 2:00-5:00  
**Sunday, January 25** 330111-01  
**Sunday, February 22** 330111-02  
Members and non-members: \$10.00  
Hillview Social Hall 2:00-5:00  
**January 25-March 29** 330111-04  
No class 2/5, 2/12, 2/19, 3/4, 3/11, 3/18  
Members and non-members: \$10.00  
*\*Requirement: contact the director before the first class at [tacosv.com](http://tacosv.com).*

*\*Register in the Recreation Office*

### 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. For more information contact Adam Halper at [www.fitnesshalpers.com](http://www.fitnesshalpers.com) or (650)4795955.

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

### Monday/Wednesday

January 5– February 25 645105-06  
Members: \$150.00 6:00-7:00am  
Others: \$160.00  
*Material fee of \$10.00 is due the first day of class*

### Fitness 4 Seniors

Having Balance issues? Afraid of falling? Feeling weak and 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. For more information, contact Adam Halper at [www.fitnesshalpers.com](http://www.fitnesshalpers.com) or (650)479-5955.

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

### Monday/Wednesday

January 5– February 25 645106-02  
Los Altos Hills Council Chamber 11:45-12:45  
Members: \$150.00  
Others: \$160.00  
*\$10.00 material fee due on first day of class*

## Classes



### \*Walk With Me!

641037-01

**Tuesday & Wednesdays Room 10 8:30-9:30**

Take a weekly walk with Cheri Anderson and take the stress out of your day, feel healthier, PLUS see your immediate Community Center surroundings! You can chat with friends who accompany you on this fun filled, low impact workout! This FREE, NEW activity will start off with walks of 20 minutes, then 30 minutes, then up to 45 minutes! All are welcome! Wheelchair and walker friendly!

### \*Stretch & Flex

Join instructor Nora Beltran to tone your muscles and improve range of motion in your joints. Lengthen and strengthen in one class or in one session! Come to the Hillview community social hall to participate!

**Tuesdays/Thursdays**

January 20– March 26, 2015

645108-01

8:50-9:50

645108-02

10:00-11:00

*\*Bring a mat to each class*

Members: \$54.00/session

Non-members: \$60.00/ session

### \*Strength and Balance Class

Join group leader Nora Beltran in low impact exercises that strengthen the body and balance gently. Let's hear it for wellness! Chairs will be made available if needed for seated or standing support. All are welcome to join us!

**Tuesdays**

Room 4 or 11

February 3-March 26, 2015

645107-01

11:30-12:15

Members: \$16.00

Others: \$48.00

*\*Pay entire fee or before each class in Room 10.*

*\*walk-ins welcome.*



### Artventures

645514-01

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/>

**Wednesdays**

**Room 12**

**9:30-**

**12:00**

**January 21, 2015– April 8, 2015**

Members: \$1.00/class, \$14.00/session

Non-members: \$3.00/class, \$42/session



### Tai Chi for Life!

645534-01

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**

January 27– March 31

Multi-Purpose Room

12:45-1:45

Members: \$10.00/class, \$69.00/session

Others: \$12.00/class, \$78.00/session

1/27-3/31. No class 3/3 & 3/10

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

# Classes and Games

## Drop-In Games We Play

### **\*NEW! Pickleball**

What is it? Come in and ask us! Keep your eyes open for Demo Day coming in March 2015!

### **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

### **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

### **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

### **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



### **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

### **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

### **Chess**

Drop in and play one of the world's most popular games, Chess! Great for concentration, strategy development, making friends, and much more!

**Tuesday** 1:00  
Room 10 Free

### **Wii**

Come on in and enjoy current events and youtube.com videos on our Wii console! Bring some friends, or make some new ones! Also, learn to play any of the physically active or brain challenging Wii games.

8:30- 3:30 Room 10  
*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



## Classes At Grant Park

Open every Wednesday 10:00-2:00  
1575 Holt Avenue, Los Altos, CA 94024

### January Happenings

#### **January 7**

10:00 Bridge and Games (all day)  
10:15 Stretch with Eleanor  
10:30 Chair workout with Nora  
11:00 Bingo with Mike for prizes  
12:00 (bring lunch)  
1:00 Games with Staff

#### **January 14**

10:00 Bridge and Games (all day)  
10:15 Stretch with Eleanor  
10:30 Chair workout with Nora  
11:00 Mah-Jongg  
12:00 (bring lunch)  
1:00 Book Club with Betsy

#### **January 21**

10:00 Bridge and Games (all day)  
10:15 Stretch with Eleanor  
10:30 Chair workout with Nora  
11:00 Speaker-Transition to Assisted Living  
12:00 Lunch provided by Gratis  
1:00 Zumba Dance workout with Nora

#### **January 28**

10:00 Bridge and Games (all day)  
10:15 Stretch with Eleanor  
10:30 Chair workout with Nora  
11:00 Speaker- Fall Prevention, Maintaining  
Healthy Hips & Joints for Seniors  
12:00 (bring lunch)  
1:00 Art discussion with Betsy



### February Happenings

#### **February 4**

10:00 Bridge and Games (all day)  
10:15 Stretch with Eleanor  
10:30 Chair workout with Nora  
11:00 Bingo with Mike for prizes  
12:00 (bring lunch)  
1:00 Games with Staff

#### **February 11**

10:00 Bridge and Games (all day)  
10:15 Stretch with Eleanor  
10:30 Chair workout with Nora  
11:00 Mah-Jongg  
12:00 (bring lunch)  
1:00 Book Club with Betsy

#### **February 18**

10:00 Bridge and Games (all day)  
10:15 Stretch with Eleanor  
10:30 Chair workout with Nora  
11:00 Speaker-Low Maintenance Landscaping for  
Seniors  
12:00 (bring lunch)  
1:00 Zumba Dance workout with Nora

#### **February 25**

10:00 Bridge and Games (all day)  
10:15 Stretch with Eleanor  
10:30 Chair workout with Nora  
11:00 Mah-Jongg  
12:00 Lunch provided by Gratis  
1:00 Speaker- Plant Care



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

