

The Spotlight



www.losaltosrecreation.org

September & October 2013



Celebrating 50 years of Halloween Window Painting!

We will be closed on Monday, September 2 in observance of Labor Day. The center will re-open on Tuesday, September 3.

City of Los Altos Recreation Department
Senior Center
97 Hillview Avenue, Los Altos, CA 94022

(650) 947-2797
www.losaltosrecreation.org

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Hours:

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

September is
National Senior Center
Month!

This year's theme...
Experts at Living Well

September 2013

Mon	Tue	Wed	Thu	Fri
<p>2</p>  <p>The Senior Center will be closed in observance of Labor Day</p>	<p>3</p> <p>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>4</p> <p>9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. free play</p>	<p>5</p> <p>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</p>	<p>6 Super Size Screen</p> <p>1:00 Room 12</p> <p>Quartet</p> <p>Members: Free Others: \$1.00</p>
<p>9</p> <p>9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker</p>	<p>10</p> <p>9:00 Bridge 10:00 Bocce Ball 10:00 Stepping On 10:00 Legacies 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor</p>	<p>11</p> <p>9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. free play 1:00 Pelvic Health 5:30 Casual Dining</p>	<p>12</p> <p>9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC 1:00 Book Club</p>	<p>13 2nd Friday Lunch</p> <p>12:00 Room 11</p> <p>Lasagna</p> <p>Members: \$4.00 Others: \$6.00 AARP Mature Driving</p>
<p>16</p> <p>9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 4:30 Senior Commission</p>	<p>17</p> <p>9:00 Bridge 10:00 Bocce Ball 10:00 Stepping On 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor 1:00 HICAP</p>	<p>18</p> <p>9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. free play</p>	<p>19</p> <p>9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC Tutor</p>	<p>20 CSA Case Mgmt. 10:00</p> <p>Birthday Bingo</p> <p>1:00 Room 11</p>  <p>Bingo then the September Birthday Party! Members: Free Others: \$1.00</p>
<p>23</p> <p>9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker</p>	<p>24</p> <p>9:00 Bridge 10:00 Bocce Ball 10:00 Stepping On 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor</p>	<p>25</p> <p>9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. free play</p>	<p>26</p> <p>9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC Tutor</p>	<p>27 4th Friday Lunch</p> <p>12:00 Room 11</p> <p>Glazed Pork Loin</p> <p>Members \$6.00 Others: \$8.00</p> <p>10:30 Blood Pressure</p>
<p>30</p> <p>9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker</p>				

October 2013

Mon	Tue	Wed	Thu	Fri
<p>Children's Corner Costume Parade! October 30th and October 31st throughout the day. Stop by to see the trick-or-treaters</p>	<p>1 9:00 Bridge 10:00 Bocce Ball 10:00 Stepping On 10:15 Visions Unlimited 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor</p>	<p>2 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play 5:30 Casual Dining</p>	<p>3 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</p>	<p>4 Super Size Screen 1:00 Room 12 Argo Members: Free Others: \$1.00</p>
<p>7 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 4:30 Senior Commission</p>	<p>8 9:00 Bridge 10:00 Bocce Ball 10:00 Stepping On 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor</p>	<p>9 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play 5:30 Casual Dining</p>	<p>10 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC 1:00 Book Club</p>	<p>11 2nd Friday Lunch 12:00 Room 11 Peruvian Flare Members: \$4.00 Others: \$6.00</p>
<p>14 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker</p>	<p>15 9:00 Bridge 10:00 Bocce Ball 10:00 Stepping On 1:00 Line Dancing 1:00 PC Tutor 1:00 HICAP</p>	<p>16 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play</p>	<p>17 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC</p>	<p>18 CSA Case Mgmt. 10:00 Birthday Bingo 1:00 Room 11 Bingo then the October Birthday Party Members: Free Others: \$1.00</p>
<p>21 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker</p>	<p>22 9:00 Bridge 10:00 Bocce Ball 10:00 Stepping On 1:00 Line Dancing 1:00 PC Tutor</p>	<p>23 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play</p>	<p>24 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC</p>	<p>25 4th Friday Lunch 12:00 Room 11 Italian Beef Stew Members: \$6.00 Others: \$8.00 10:30 Blood Pressure</p>
<p>28 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker</p>	<p>29 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor</p>	<p>30 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play</p>	<p>31 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC</p>	<p>1 Super Size Screen 1:00 Room 12 ZooKeeper Members: Free Others: \$1.00</p>

Appreciation and Staff

In Appreciation

Senior Center Library

In appreciation to all those who donate books, books on tape and videos. 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. Thank you for all you do!

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 is currently displayed at the Senior Center.

Borba Farms

Gratitude to Borba Farms for all the healthy vegetables they provide the Senior Center. Borba Farms may be found at the Farmer's Market Thursday in Los Altos and every Sunday in Mountain View.

Student Volunteers

Each summer students' volunteer their time helping with the Summer Barbecues and sharing special talents they may have. This summer we had a few outstanding student volunteers. Ramya Krishna taught piano lessons, Cole Brinsfield and Brian Chu tutored senior center members on the computer, Sarah Cliff planted fresh flowers in the Senior Center planters and Selynna Sun and friends played the piano and string instruments at the June and July Barbecues. Thank you to all our student volunteers who helped us throughout the summer. We enjoyed learning from you.

Newsletter Collating

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

Yvonne Irick

Los Altos Legacies and the Los Altos Senior Center would like to thank long-time Los Altos Legacies board member and Senior Center volunteer, Yvonne Irick!

Yvonne has recently resigned from the Legacies Board of Directors after many years of volunteering for the Los Altos Legacies and the City of Los Altos Senior Center.

Yvonne has been a valuable member of the Los Altos community, helping the Monkey Toy Ladies, assisting at summer BBQ's, luncheons, Senior Center Desk Duty, Holiday parties, bus tours and endless other generous uses of her time.

She will definitely be missed, but we wish her all the best and give our most hearty "Thank You!"



Thank you Nora Beltran!

Nora Beltran's last day at the Los Altos Senior Center was July 19, 2013. She enjoyed her time here at the Los Altos Senior Center and will miss meeting and talking with everyone as they visit.

Nora is looking forward to visiting her mom in Mexico and spending time with her children. Nora hopes to return to the Senior Center in some capacity once things settle down. We all enjoyed her warm smile and delight in life and we look forward to seeing Nora again very soon.

Welcome Kathy May!

Kathy May is our newest Senior Center Staff member. She will be at the Senior Center on Tuesday, Thursday and Friday from 10:30 - 3:30.

We'll introduce her in the next newsletter but please stop by and say hello. We are very excited to include her as part of our staff.

Volunteers

MVP City-Wide Volunteers



If you are interested in volunteering at the Senior Center or would like to explore other volunteer positions, please contact Jennifer Weiss.

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

Contact Jennifer at (650) 947-2897 or e-mail jweiss@losaltosca.gov.

Volunteer Opportunities

2nd Friday Lunch Chef

2nd Friday of the Month

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

Bingo Caller

3rd Friday of the Month 12:45-2:00

The Senior Center is looking for a volunteer to call Bingo and help serve dessert and drinks, then help to clean up after our monthly Birthday Bingo celebration.

Holiday Luncheon Help

Thursday, November 21 and December 19
Friday, November 22 and December 20

The Senior Center is in need of people to help with our annual Holiday luncheons. We are in need of 3 sous-chefs on the Thursday dates listed above to assist with pre-event kitchen preparation. Volunteers are also needed on the day of the luncheons 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

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!

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 4:30pm in the Hillview Community Center Room 11. However, the September meeting is rescheduled to Monday, September 16, 2013 due to the Labor Day Holiday. All are welcome to attend.

Commissioners:

Anabel Pelham (Chair)	Ashish Mathur
Kathy Seddiqui (Vice Chair)	Linda A. Smith
Karen Jenney	Ginger Summit

Applications are being accepted for Los Altos Commission Members

The Los Altos City Council invites Los Altos residents to apply for appointment to the following Commissions:

Planning and Transportation Commission:
(One vacancy for a term to expire in February 2016)

Design Review Commission:
(One vacancy for a term to expire in February 2014)

Senior Commission:
(One vacancy for a term to expire in February 2015)

Applicants must be residents of the City of Los Altos to be considered for an appointment.

DEADLINE TO SUBMIT APPLICATIONS: FRIDAY, AUGUST 30, 2013. INTERVIEWS TENTATIVELY SCHEDULED: TUESDAY, SEPTEMBER 10, 2013

Submit applications to the City Clerk's Office at City Hall, located at 1 North San Antonio Road, Los Altos. For more information, visit www.losaltosca.gov or call 650-947-2720.



New City Website. Stay Connected.

THE CITY OF LOS ALTOS LAUNCHES NEW WEBSITE

Los Altos, Calif. – August 26, 2013 – The City of Los Altos is pleased to announce that its new website has officially launched. The new website (www.losaltosca.gov) captures the charm and character of Los Altos with inviting earth tones and iconic photos taken throughout the City.

In addition to a whole new look and feel, the new website is designed to help the community stay informed of what's going on in the City of Los Altos. Updated features include improved navigation, a detailed map of current City projects, and a number of interactive options for residents to connect with the City. Citizens can opt-in to receive e-newsletters, view a staff directory, and submit requests for City Services online. These City services include maintenance service requests, online reporting of traffic complaints and suspected Municipal Code violations, as well as requests for police reports and various City permits.

Planning began over a year ago when the City began recruiting feedback from the community to help guide the selection of features that would be included on the new website. Citizen focus groups were held earlier this summer to provide additional feedback and user testing. The focus groups proved to be highly valuable in identifying weak spots and areas in need of clarification or improvement.

The Los Altos City Council reviewed the new website design at a Study Session held on August 13, 2013 where they commended staff on the final result of many months of hard work.

As with any new website, there may be adjustments that need to be made over the next few weeks, so please be patient as any kinks are worked out. More content will be added on an ongoing basis, and the City has exciting plans for the continued growth of the site. The vision is that the website will become a one-stop-shop for residents, local businesses, visitors and anyone else interested in learning more about the City of Los Altos.

If you would like to provide feedback to the City about the new website, please feel free to do so. You'll find a comment form on the front page at www.losaltosca.gov. For more information, contact Erica Ray, Public Information Coordinator at (650) 947-2611 or eray@losaltosca.gov.

Stay Connected

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
Recreation: 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)

City News (Quarterly City Newsletter)

Local Resources

2-1-1

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

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

Benefits Check Up

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

Recreation News and Speakers

Los Altos Recreation Department: Hello Fall!

Is that the hint of autumn in the air? Well, that means that the start of fall classes and the 50th annual Halloween Window Painting Contest cannot be far behind!

Several classes will be making their first appearance this fall. **Stepping On** is a class taught by the professionals at Stanford Hospital. This class is specifically geared to older adults who have fallen (or who have a fear of falling) to identify behaviors related to fall risks. Another set of classes, **BoneSmart Movement & Beyond**, is actually two separate offerings. The first one is an exercise class designed to help strengthen your overall body, including bones. Their other class is a lecture/demonstration which focuses on simple things you can incorporate into everyday life to help reduce your risk of falling. Scrapbooking with Marybeth Bird is introducing a **School Days Organizer** class. This might be of interest if you are thinking along the lines of organizing photos and mementos from your kids' and/or grandkids' school years. **Indian Cooking with Rashmi** is a hands-on cooking class that showcases authentic and easy Indian cooking. (Big bonus for this class: at the end of the afternoon, you'll consume what you cook!) **Holiday Caroling** from Latimerlo Studio is a singing class about—what else—the holiday classics, and culminates in a community performance of these joyful songs.

However, before we talk too much about the holidays...we have Halloween to look forward to! In downtown Los Altos, that means the **50th annual Halloween Window Painting Contest** will soon be taking place. As many of you doubtless know, this community event invites local children to register to paint a store-front window in the downtown Los Altos triangle. Many of our downtown merchants generously offer their window space to our school-age children who, in turn, paint all manner of pumpkins, witches, and/or goblins on said windows, in eager anticipation of this autumn holiday. If you know any local 4th-12th graders who would enjoy participating in this beloved Los Altos tradition, direct them to losaltosrecreation.org. It is a free event for all kids, but registration on or before Thursday, October 17 is a must. Then make a point to stroll the downtown streets to enjoy their artistic endeavors.

All of our classes and special events are included in the fall 2013 Recreation Guide. (The front cover features a photo of our bocce ball courts.) If you don't already have a copy, pick one up the next time you're visiting the Senior Center.

Speaker and Emergency Preparedness

Pelvic Health for Women 645518-08

Speaker: Bonnie Gebhart, MBA, BSN, RN-BC
Program Coordinator, Pelvic Health/GYN Surgery
El Camino Hospital

At some point in her life, nearly every woman will experience some form of pelvic health issue such as pain, discomfort or incontinence. And yet, due to embarrassment or other reasons, only a small minority of those suffering will seek treatment.

There are solutions! Come listen to Bonnie Gebhart, RN talk about how to improve your pelvic health.

Wednesday, September 11 1:00-2:00

Hillview Room 12 Free

Walk-ins welcome. A minimum of 15 people must make a reservation by Friday, September 6.

Personal Emergency Preparedness (PEP)

Are you prepared? The City of Los Altos, in coordination with Fire and Police, offers Personal Emergency Preparedness (PEP) training. Topics include: impact of area-wide disaster for individuals and community; how to guidebook covering: senior citizen health and wellness, fire safety, fire extinguishers, household hazardous materials, workplace and home safety; emergency planning; and supply kit preparation.

Saturday, October 3 9:00 – 12:00

Grant Community Center, Room 4

Free Register with the Recreation Department

Friday Events

1st Friday - Big Screen Movie

1:00

Room 12

Members: Free Others: \$1.00

Register Room 10

Fee provides popcorn and beverage



September 6

645103-09

Quartet

Stars: Maggie Smith, Tom Courtenay, Billy Connolly

Summary: At a home for retired musicians, the annual concert to celebrate Verdi's birthday is disrupted by the arrival of Jean, an eternal diva and the former wife of one of the residents.

98 min. | Comedy, Drama | Rated PG | IMDb.com

October 4

645103-10

Argo

Stars: Ben Affleck, Bryan Cranston, Alan Arkin

Summary: Acting under the cover of a Hollywood producer scouting a location for a science fiction film, a CIA agent launches a dangerous operation to rescue six Americans in Tehran during the U.S. hostage crisis in Iran in 1980.

120 min. | Biography, History | Rated R | IMDb.com

2nd Friday - Luncheon

12:00

Room 11

Members: \$4.00 Others: \$6.00

Register Room 10

Reservations Preferred (650) 947-2797

September 13

645201-09



Menu

Lasagna
Vegetables
Dessert

October 11

645201-10

Peruvian Flare Menu

Aji de Gallina (Chicken Stew in a cheese and walnut sauce)

Salad

Mazamorra Morada (Dessert with purple corn and fruit)

Pick-up a Senior Center flyer for more information.

3rd Friday - Birthday Bingo

1:00

Room 11

Members: Free Others: \$1.00

Register Room 10

Fee provides dessert and beverage

September 20 & October 18

645519-09/10



Celebrate all September and October birthdays by first winning a few Bingo games and then enjoying **Cupcakes & Ice Cream!**

Thank you Laverne Uribe
for your support of our Friday events.

4th Friday - Luncheon

12:00

Room 11

Members: \$6.00 Others: \$8.00

Register Room 10

Reservations Preferred (650) 947-2797

September 27

645202-09

Summer Harvest

Enjoy a wonderful sampling of vegetables from the last crop of the season paired with glazed Pork Loin.



October 25

645202-10

Almost Fall Yet?

We will enjoy a fabulous fall meal...

Menu

Italian Beef Stew over Rice
Salad
Spice Cake



Thank you to our Luncheon Volunteers...

Rosamond Bray, Marie Evatt, Peggy Jones, Joanna Price, Lori Stoia, Laureen Sweet, Daniel McCandless and Manuela Vasquez.

Games

The following drop-in games are hosted by the Senior Center for free to adults 50+.

No registration is required however membership is appreciated. Please sign-in before you play.

Drop-In Games

Bocce Ball

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

Monday/Wednesday 10:00

Tuesday/Thursday 10:00

Bocce Ball Courts Please sign in, free

Poker

Bring your lunch to enjoy with friends at 11:30 before a casual game of poker beginning at 12:00. Haven't played in awhile? We'll help jog your memory.

Monday 12:00-3:30

Room 11 Please sign in, free

Bridge Free Play

Bridge begins promptly at 9:00 am. Players draw cards. Groups of four are then formed based on the rank of the cards. If there is an uneven number of players, players will rotate into the games.

Players who come after 9:00 am will need to wait until there is an open spot or until the group draws again to play. Individual Bridge players are encouraged to come and play or bring your own group of four for a morning or afternoon of cards. Would you like to learn to play bridge or hone your skills? See page 10 and 11 for lessons.

Tuesday 9:00-3:30

Wednesday 9:00-12:00

Room 11 Please sign-in, free

Pinochle

Openings are available for new players. Rusty? We don't mind. Join in and have some fun!

Thursday 12:00-3:30

Room 11 Please sign-in, free



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.

1000-Piece Puzzle Challenge

Monday-Friday 8:30 - 3:30

Room 10 Please sign in, free

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

Wii

By Appointment 8:30-3:30

Room 10 Please sign in, free

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.

Shuffleboard: Indoor and Outdoor

Monday-Friday 8:30-3:30

Room 11 Please sign in, free

The Senior Center has an outdoor and indoor shuffleboard. Drop-in during operating hours to play the indoor shuffleboard. Call to make an appointment to play on the outdoor shuffleboard.

Mah-Jongg

Wednesday 12:30-3:30

Room 11 Please sign in, free

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.

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 your requests to recreation@losaltosca.gov.

All refunds will be charged a \$10 service fee.

No refunds or transfers will be given once class begins.

Puti Meditation 645527-04

For health, for happiness, for life. You can improve your overall health by using visualization and body movement to music. These simple exercises can be learned quickly, regardless of age, gender, language, or cultural background. This class is for the seasoned and the beginner.

Monday/Friday 7:30 - 9:30
Members: \$40.00 Others: \$50.00
September 9 - December 20 Room 12

10 Weeks to Play Bridge 645510-01

In ten weeks we will learn to play bridge in a pleasant social setting. We will learn how to communicate with our partner, develop our playing skills and, most importantly, have fun. This is a class for beginning bridge players.

For information, call Roy Robinson at 941-7978.

Monday* 9:00-11:00
Members: \$90.00 Others: \$95.00
September 9 - November 18 Room 12

*No class on 11/11

Sponsored by...



Joint Los Altos/
Los Altos Hills
Senior Commission

Stepping On 645518-09

Stepping On is a group program that empowers adults 65+ who have fallen or who have a fear of falling to identify behaviors related to fall risks. The sessions are guided by experienced Stanford Hospital staff and will meet one time a week for seven weeks.

Eligibility:

65 years or over
Fallen in the past year or are fearful of falling
Can walk inside without assistance
Live in a home or apartment
Does not suffer from dementia

Program is licensed by the Wisconsin Institute to Healthy Aging

Tuesday 10:00 - 12:00
Limited space, register Room 10 Free
September 10 - October 22 Room 12

Line Dancing 645511

Step right up. An easy way to get some healthy exercise, and have fun keeping fit. The warm camaraderie, great music, and good workout will keep you high stepping all week.

For information call Richard Campbell (408) 377-6978
No experience necessary.

Tuesday 1:00 - 2:00
Members: \$6.00/class Others: \$8.00
Pay monthly or before each class in Room 10.
September 3- 24
October 1-29
Members: \$24.00/session Others: \$32.00



Classes

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.

Tuesday* 12:45-1:45
Members: \$10.00/class Others: \$12.00
Pay quarterly or before each class in Room 10.
September 17 - December 10 Room 12
Members: \$85.00 Others: \$94.00
*No Class 10/15, 10/22, and 11/26

Art Studio 645514

Visual artists of all genres and levels are welcome! Bring your current project to work amongst others in a supportive environment.

Wednesday 9:30-12:00
Members: \$1.00/class Others: \$3.00
Pay quarterly or before each class in Room 10.
September 4 - December 18 Room 12
Members: \$16.00/session Others: 48.00

BoneSmart Movement & Beyond 645536

We'll incorporate standing, sitting and mat Pilates exercises that will strengthen your body including your bones. You'll be guided through stretches, balance exercises, energizing weight bearing routines and basic alignment motions that will help you move through your daily activities safely. Rather than decline with age, you'll actually improve!

Equipment notes: Please bring a mat. Also bring 9" miniballs and resistance bands. Also available for purchase from instructor (\$20.00 for both).

Wednesday, September 18 - November 13*
Los Altos Hills Council Chamber 12:30-1:30
Members: \$128.00 Others: \$138.00

*No class 10/9 & 11/6
See page 12 for information on a free demonstration.

Intermediate Bridge Lessons 645530

This class teaches only intermediate social (party) bridge. It helps players to advance their skills at both bidding and playing. Lessons assume basic bridge knowledge including evaluation hand and ordinary hand bidding. Classes include one hour lecture and student play.

For information, call Tony Plutynski at 948-0699
Thursday 9:15-12:00
Members: \$5.00/class Others: \$7.00
Pay monthly or before each class in Room 10
September 5 - 26 Room 12
October 3 - October 31
Members: \$20 Others: \$28.00

Mah-Jongg Beginning 645515

If you would like to be part of a group that has fun and meets every Thursday afternoon to learn and play Mah-Jongg, 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
Members: \$1.00/class Others: \$3.00
Pay monthly or before each class in Room 10.
September 5 - 26
Members: \$4.00/session Others: \$12.00
October 10-31
Members: \$5.00/session Others: \$15.00

Terrible Adult Chamber Orchestra

The Terrible Adult Chamber Orchestra (TACO) is an orchestra for the rest of us, a monthly gathering of adults who want to play music together in a relaxed social setting. Bring own instrument and stand.

Sunday, September 29, October 27, November 24
Residents \$3.00 Others: \$3.00
Hillview Social Hall 2:00-5:00
Please contact the director before the first class at www.tacosv.com. Register in the Recreation Dept.

Activities

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?

Check them out online:

www.monkeytoyladies.com

Monday Room 11 9:30 - 11:30

Men's Group 645529

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

1st Thursday 10:30

Free

September 5 and October 3 Room 10

Cora's Casual Dining 645502

This group meets at a different restaurant every second Wednesday of each month for a **no-host dinner**. Cora will make the restaurant reservations but please RSVP to the Senior Center (650.947.2797) by noon the Monday before the dinner. Come make new friends, share laughs, chat and enjoy good times. We will try to find rides if you need one, so please call. Cash only.

2nd Wednesday RSVP Room 10

September 11 5:30

SunDance, The Steak House
1921 El Camino Real, Palo Alto

October 9 5:30

Village Kebab
233 State Street, Los Altos

Fall Dessert-Save the Date! November 16

For a celebration of thanks. Children's Corner will provide dessert and a small performance.

BoneSmart Movement & Beyond

Free Lecture Demonstration 645536-05

Are you worried about loosing your balance, falling, breaking a bone? Have you been diagnosed with low bone density? Learn simple things you can do, right now, which will dramatically reduce your risk of falling or injury your self. Pre-registration is required.

Wednesday, September 11 12:30 - 1:30

Free Register Room 10
Los Altos Hills Council Chamber

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 a packed lunch and join the book club members at 12:30.

2nd Thursday 1:00

Free Room 18

September 12 *The Tender Bar*
by J.R. Moehringer

October 10 *The Shadow of the Wind*
by Carlos Ruiz Zafon
and Lucia Graves



Questions?

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



Established 2003

Smoke Detector Program



Sunset Rotary members will be volunteering 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 front desk at 650.947.2797 and leave your name, address and phone number.

A Rotary Club member will call to schedule an appointment closer to November.

Services

SERVICES PROVIDED AT THE LOS ALTOS SENIOR CENTER

Information and Appointments
(650) 947 - 2797

Blood Pressure Readings: Room 10 **Friday, 9/27 & Friday, 10/25**

Time: 10:30-11:45am

Nurse: Ginny Knell

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

Next appointments

Tuesday, 9/17 & Tuesday 10/15.

Battery Recycling

Recycle your used household batteries—AA, AAA, D, or C. Los Altos Hardware helps to maintain this program. Please show your appreciation for their support.

Hearing Screening: Pacific Hearing Service

Off-site appointments - call 941-0664

Resource/Information Center:

Sourcewise, Case - Management, Housing

Medicine Drop-Off:

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

November Smoke Detector Program:

See page 12 for more information.

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.

AARP Mature Driving Course (#645501-05)
Two Consecutive Fridays Room 12
Friday, September 13 & September 20 1:00-5:00
AARP Member: \$12.00 Others: \$14.00
Certification is given at completion of 2-day class.

AARP Mature Driving Renewal Course (#645501-06)
Friday, November 8 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 Center 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.



Mountain View-Los Altos Community Services Agency

September 20 & October 18 10:00

September: Advanced Health Care Directive (ACHD) & Physician's Orders for Life-Sustaining Treatment (POLST) forms. We'll review the forms and assist seniors in filling them out. (These appointments are generally 20 minutes).

October: Home Care & In-Home Supportive Services (IHSS). Review the options and local agencies for receiving caregiver services in the home.

Call (650) 947-2797 to make an appointment

Information and Referral

The Senior Services Program within CSA is committed to helping local seniors live happy, healthy, and independent lives. Case Managers provide referrals to community resources, make arrangements for in-home services, and work cooperatively with care providers. Contact CSA at (650) 968-0836 (x131) for more information about Case Management.



Mountain View - Los Altos Adult Education

From Art to Genealogy to Yoga...the MVLA Adult School offers more than 40 classes at the Hill-view Senior Center. For class information please go to www.mvlaae.net or call (650) 940-1333.

Scholarship and Community Events

50+ Scholarship Opportunity

For City of Los Altos residents for Senior Center membership and programs.

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

To qualify for the scholarship residents must live in the City of Los Altos (County residents do not qualify) and have an individual income of less than \$39,800.

Please call Peggy Ford at (650) 947-2790 to request a scholarship application and schedule an appointment to return your completed application and all required documents.

The Town of Los Altos Hills also offers scholarships to Town of Los Altos Hills Residents. Contact Sarah Gualtieri for more information at 650-947-2814.

Community Events

Corvette Spectacular

Sunday, September 22 8:00 - 4:00
Main Street

Contact: <http://www.sccorvettes.org/Events/CorvetteSpectacular.aspx>

Mountain View Senior Resource Fair

Thursday, September 26 2:30 - 5:00

Mountain View Senior Center

Contact: (650) 903-6330

Farmers' Market

Thursdays, until September 26 8:00 - 4:00

Main Street

Fall Plant Exchange

Saturday, September 28 10:00 - 12:00

Hillview Community Center Parking Lot

Contact: (650) 947-2790

Ye Old Town Band

1:30 - 3:30

September 29

Shoup Park, 400 University Avenue, Los Altos

Contact: <http://www.windband.org/oldtowne/>

Fall Festival

Saturday and Sunday, October 5 & 6 10:00- 5:00

State Street at Edith

Contact: (650) 948-1455

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 Center by appointment for one hour.

These appointments are designed to help members of the Senior Center problem solve/troubleshoot with Mac applications, downloading upgrades and more.

PC Computer Resource Room 10

Tuesday by appointment 1:00/2:00

Our PC tutor, Jenny Warila, will meet one-on-one with Senior Center members by appointment for one hour to introduce them to basic computer concepts. Jenny is passionate about helping people use technology to enjoy life more!

Piano Lessons with Mrs. Lee

TBD (30min/appt)

Join us for fun-filled piano lessons. Senior Center Members of all levels can enjoy a thirty-minute piano lesson. Contact the Senior Center front desk for an appointment.

Ping Pong

Room 12

By Appointment

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

See page 15 for more Senior Center Membership benefits.

Membership Benefits

The following services are available for those with a membership.

Membership

Thank you to all Los Altos Senior Center members for your continued loyalty and participation. We're thrilled when neighboring friends join us. By making a commitment each year, you are contributing to one of the best little Senior Centers on the planet!

Annual Membership Cost

Los Altos resident - \$26.00

Non-resident - \$40.00

Add \$5.00 for home delivery of the Spotlight

Make checks payable to: City of Los Altos

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

See's Candy Gift Certificate

The Senior Center sells See's Candy 1 lb. Gift Certificates for \$14.75. Retail cost is \$16.90. Drop in to purchase this perfect gift for any season!

Copies

Members are welcome to 10 free black and white copies from the copy machine per year. After 10, the Member cost is 5¢ per side of copy. Non-Member cost is 10¢. Please see the front desk volunteers for assistance.

DVD Loan Library

DVDs are ready to be checked out for one week loans. A maximum of six DVDs may be loaned at a time. Please see the Front Desk Volunteer for assistance.

DMV Packets

Copies of the online practice tests, articles and driver booklets are available on loan. Please bring them back in the same condition you received them.

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.

Equipment Loan Closet

The City of Los Altos Senior Center has an Equipment Loan Closet program. The Loan Closet contains wheelchairs, walkers, and canes.

Current members may check out these items for three-month intervals after signing a release of liability form.

Donations only of wheelchairs, walkers or canes in good condition are accepted at the Senior Center.

Tennis Balls

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

Members Only Programs

Senior Center members may enjoy programs such as piano lessons and computer tutorials that are designed exclusively for members. See page 14.

Reduced Rates on Programs

Senior Center members receive reduced fees on Senior Center events and offered programs. See pages 10-12 for details.

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

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Los Altos Senior Center

