

The Spotlight



www.losaltosrecreation.org

September & October 2014



*Come see our newly redecorated rooms
and new furniture*

*Thank you
to
The Sereno Group*



REMINDER!

We will be closed on Monday, September 1
in observance of Labor Day. The center
will re-open on Tuesday, September 2.

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

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Hours:

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

September is
National Senior Center
Month!
This year's theme...
Experts at Living Well



September 2014

Mon	Tue	Wed	Thu	Fri
1  Labor Day The Senior Center will be closed in observance of Labor Day	2 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor	3 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. free play 12:30 Morocco & Its People	4 10:00 Men's Group 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC	5 Super Size Screen 1:00 Room 12 The Monuments Men Members: Free Others: \$1.00
8 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 4:30 Senior Commission	9 9:00 Bridge 10:00 Bocce Ball 10:00 Legacies 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor	10 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg 1:00 Nutrition 5:30 Casual Dining 6:00 PEP	11 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC 1:00 Book Club	12 2nd Friday Lunch 12:00 Room 11 Pork Loin Members: \$4.00 Others: \$6.00 CTAP Presentation Smart Driver
15 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	16 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor 1:00 HICAP	17 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. free play 1:00 Good Stress vs Bad Stress	18 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC Tutor	19 Birthday Lunch 12:00 Room 11 Chicken Fettuccine Alfredo Birthday Members: Free Members: \$4.00 Non-Members: \$6.00 Smart Driver
22 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	23 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor Fall Prevention Day	24 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. free play 1:00 Keys to Successful Aging	25 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC Tutor	26 4th Friday Lunch 12:00 Room 11 Stuffed Bell Pepper Members \$6.00 Others: \$8.00
29 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	30 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor			

October 2014

Mon	Tue	Wed	Thu	Fri
		1 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play	2 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	3 Super Size Screen 1:00 Room 12 <i>Moonrise Kingdom</i> Members: Free Others: \$1.00
6 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 4:30 Senior Commission	7 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor 1:30 Link Ages Orientation	8 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play 5:30 Casual Dining	9 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC 1:00 Book Club	10 2nd Friday Lunch 12:00 Room 11 Baked Chicken Members: \$4.00 Others: \$6.00
13 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	14 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor	15 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 11:30 Pippin 12:30 Mah-Jongg Int. Free Play 6:00 PEP	16 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC	17 Birthday Lunch 12:00 Room 11 Steak Fajitas Members Birthday: Free Members: \$4.00 Others: \$6.00
20 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	21 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor 1:00 HICAP	22 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play	23 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC	24 4th Friday Lunch 12:00 Room 11 Beef Stew Members: \$6.00 Others: \$8.00
27 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	28 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor	29 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play	30 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC	31 5th Friday Bingo 1:00 Room 11 Members Free Others: \$1.00 <i>Happy Halloween</i>

Volunteers and Volunteer Opportunities



City-Wide Volunteers

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

You can contact Barbara at (650) 947-2897 or e-mail bsmith@losaltosca.gov.



Los Altos/Los Altos Hills Joint Senior Commission



All agendas and minutes are posted online and on the Los Altos Senior Program Bulletin Board. Subscribe to receive Senior Commission agenda packets by e-mail at the City of Los Altos Main Page: losaltosca.gov; find, "Resources" then "E-mail Subscriptions" and click the box under Commissions and Committees that says *Senior Commission*. Enter your email address and then click "subscribe."

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

Commissioners:

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

Stay Connected

Follow the Los Altos Senior Program through our publications and one of our media outlets:

Television: KMVT Channel 15

Websites:

City of Los Altos: www.losaltosca.gov
Recreation: www.losaltosrecreation.org

Publications:

The Spotlight (Senior Program Bi-Monthly Newsletter)
Recreation Guide (Quarterly classes-all ages)

Volunteer Opportunities

Front Desk Volunteer

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

Every Thursday & Friday, 8:00am to 12:00pm

2nd & Birthday Lunch Volunteer Chef

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

2nd & 3rd Friday of each month

Movie Host

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

1st Friday of each month 12:30

Holiday Luncheon Help

The Senior Program is looking for volunteers to help with our annual Holiday luncheons. We are in need of sous-chefs to assist with pre-event kitchen preparation. Volunteers are also needed the day of the luncheons, in the kitchen to assist with set-up, decorations, serving and clean up after the luncheon.

**Thursday, November 20 & December 18
Friday, November 21 & December 19**

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 with the Senior Program. Thank you!

(650) 947-2797 • www.losaltosrecreation.org

In Appreciation



Newsletter Collating Appreciation

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



Volunteers

This summer we had many wonderful volunteers. Some taught piano, tutored members on the computer, planted fresh flowers and helped with our Summer Barbeques. Thank you to all our volunteers who helped throughout the summer and continue to volunteer on a regular basis. We enjoy the time spent together.

Sereno Group



The Senior Program is honored to be the recipients of the Sereno Group's recent donation. Their generosity will help improve our existing programs and facility so that we can continue to offer an engaging, friendly and safe place for seniors in Los Altos.

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 program.

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. Stop by and see what is currently displayed.

Los Altos Legacies

Los Altos Legacies wrapped up its 2014 fiscal year on June 30, 2014. The last 12 months were busy for the Legacies Board in serving seniors, in the Los Altos/Los Altos Hills community.

To accomplish the Los Altos Legacies goals they worked with many local groups helping seniors: the Los Altos Senior Center, LA/LAH Senior Commission, the Los Altos Community Foundation's Center for Age Friendly Excellence (CAFE), Los Altos Rotary's Partners for an Elder Generation (PEG), and Los Altos Prepares.

Financially, Los Altos Legacies supported funding subsidies to the Senior Center for hot lunches and entertainment, root beer floats at the summer BBQ, and candy and orchid plant door prizes for the Holiday party. Legacies also helped sponsor Emergency Preparedness day in April, 2014 with a donation for buying emergency backpacks and supplies for seniors, and with a donation to Los Altos "Sit and Share" for downtown tables and chairs.

Next bi-monthly meeting: Tuesday, September 9
Hillview Conference Room 3 10:00

Donations

Scarf Collection

We will be collecting scarves this fall and winter for those in need. We appreciate your donations of handmade or gently used scarves. Please drop off your donations at the Senior Program, Room 10, Hillview Community Center.



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 5

645103-09

The Monuments Men

Starring: George Clooney, Matt Damon, Bill Murray, John Goodman, and Jean Dujardin.

Summary: Allied Heroes, Nazi Thieves, and the Greatest Treasure Hunt in History to tell the incredible true story of the seven art historians and museum curators who went behind enemy lines during World War II on a mission to recover some of the world's greatest works of art.

118 min. | Biography, Drama, War | Rated PG-13

October 3

645103-10

Moonrise Kingdom

Stars: Bruce Willis, Edward Norton, and Bill Murray

Summary: An "eccentric pubescent love story", it features newcomers Jared Gilman and Kara Hayward in the film's main roles and an ensemble cast.

94 min. | Comedy, Drama, Romance | Rated PG-13



2nd Friday - Luncheon

12:00

Room 11

Members: \$4.00

Others: \$6.00

Register Room 10

Reservations Preferred (650) 947-2797

September 12

645201-09

Pork Loin, Rice, Salad and Dessert

October 10

645201-10

Baked Chicken, Potato, Vegetable Medley and Dessert



3rd Friday - Birthday Luncheon

12:00

Room 11

Members: \$4.00

Others: \$6.00

Register Room 10

Reservations Preferred (650) 947-2797

September 19

645519-09

Chicken Fettuccine Alfredo, Salad and Dessert

October 17

645519-10

Steak Fajitas, Chips and Salsa and Dessert

4th Friday Luncheon

12:00

Room 11

Members: \$6.00

Others: \$8.00

Register Room 10

Reservations Preferred (650) 947-2797

September 26

645202-09

Stuffed Bell Pepper
Apple Sauce
Dessert



October 24

645202-10

Beef Stew
Rice
Dessert



5th Friday Bingo

1:00

Room 11

Members Free

Others: \$1.00

Friday, October 31

645203-03

Register Room 10

Reservations Preferred (650) 947-2797

Wear your favorite Halloween costume!



Activities & Classes

Registration, Class Refunds, and Transfers

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

Refund and transfer requests must be submitted in writing or in person, up to five working days prior to the first day of class. E-mail your requests to recreation@losaltosca.gov.

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

10 Weeks to Play Bridge 645510-01

Learn to play bridge in a pleasant social setting. In ten weeks we will develop our playing skills, learn to communicate with our partners and, most importantly, have fun.

Monday 9:00-11:00
September 22—November 24

Members: \$90.00 Others: \$95.00

Questions? Call Roy Robinson at (650) 282-5402

Intermediate Bridge Lessons 645530-10

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. Lessons include one hour lecture and student play. Register for the month (outlined below) or drop-ins welcome.

Thursday* 9:15-12:00
Members: \$5.00/class Others: \$7.00/class

For information, call Tony Plutynski (650)948-0699.

September Session: 9/11, 9/18 & 9/25

October Session: 10/2, 10/9, 10/16, 10/23, 10/30

* No class 9/4

Please pay and register for a session or before each drop-in bridge lesson in **Room 10 or online**. All participants must either fill out a drop-in or membership form before registering for the first time.

Bocce Ball

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

Monday/Wednesday	10:00
Tuesday/Thursday	10:00
Friday	10:00
Bocce Ball Courts	free

Please sign in at 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 Room 10

Bridge Free Play

Bridge begins promptly at 9:00 a.m. Players draw cards. Groups of four are then formed, based on the rank of the cards. If there is an uneven number of players, players will rotate into the games. Players who come after 9:00 a.m. will need to wait until there is an open spot or until the group draws again to play. Individual Bridge players are encouraged to come and play or bring your own group of four for a morning or afternoon of cards. Would you like to learn to play bridge or hone your skills? See previous column for lessons.

Tuesday	9:00-3:30
Wednesday	9:00-12:00
Room 11	free

Please sign in at Room 10



Activities & Classes

Art Studio

645514-04

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

Wednesday 9:30 -12:00

Pay quarterly or before class in Room 10.

September 10 - December 17 Room 12

Members: \$1.00/class Others: \$3.00
Members: \$15.00/session Others: \$60.00

Visit their blog at...

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

Collage & Mixed Media Art Workshop

In this afternoon workshop, we will learn a variety of collage techniques. The use of acrylic paint, gel mediums, colorful paper, creating texture and stenciling will all be included. The instructor will spend some time demonstrating with plenty of time for the student to create their unique work of art. Come for a fun afternoon of art making. No art experience necessary; artists of all levels are welcome.

Instructor: Rona Foster

Thursday, November 6 1:30 - 4:00

Sr Member: \$35 Res Non Sr Member \$42 Others: \$65
Room 13 230523-03

Register: Hillview Room 10 or Recreation Office.

*Material fee of \$20 is due the day of class

Collage & Decorating Gift Boxes

Get ready for the holidays in this fun & creative workshop! We will decorate gift boxes with colorful papers, ribbons, and various objects. This is a great way to make gifts for others or for yourself. Materials including boxes are supplied.

Optional: bring a special box of your choice if you'd like.

Thursday, November 13 1:30 - 3:30

Sr Member: \$30 Res Non Sr Member \$42 Others: \$60
Room 13 230524-02

Register: Hillview Room 10 or Recreation Office.

Instructor: Rona Foster

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 2 - September 30

Members: \$30.00/session Others: \$40.00

October 7 - October 28

Members: \$24.00/session Others: \$32.00

Mah-Jongg

This free-play session is intended for those more intermediate or advanced Mah-Jongg players who are comfortable playing without instruction. Bring yourself or a group of four and your own set to enjoy a friendly game of Mah-Jongg.

Wednesday 12:30 - 3:30

Room 11 free

Please sign in at Room 10

Mah-Jongg Beginning

645515

If you would like to be part of a group that has fun and meets every Thursday afternoon to learn and play Mah-Jongg with "the card," then join our community.

Thursday 1:00 -3:30

Members: \$1.00/class Others: \$3.00

Pay monthly or before each class in Room 10.

September 4 - 25

Members: \$4.00/session Others: \$12.00

October 2 - 30

Members: \$5.00/session Others: \$15.00

Activities & Classes

Tai Chi for Life!

645534-04

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 16 - December 9 Multi-Purpose Room

Members: \$77.00

Others: \$86.00

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

Fit-Fun-Friends

645104-02

Having balance issues? Afraid of falling? Feeling weak and lacking energy? Come on down and have some fun listening to music and getting fit with friends. This is a class that involves basic everyday movements to improve range of motion, flexibility, muscle strength, and balance.

Equipment needed: resistance band, 9" mini ball, and your choice of dumbbell weight between 1-10lbs. For more information contact Adam Halper at www.FitnessHalpers.com or (650) 479-5955

Monday & Wednesday

11:45-12:45

Town of Los Altos Hills Council Chambers

Session 9/8-10/1

Members: \$150.00

Others: \$160.00

*Materials fee of \$5 due first day

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 28, October 26 & November 23

Residents \$10.00

Others: \$10.00

Layc

2:00-5:00

Please contact the director before the first class at www.tacosv.com. Register in the Recreation Dept.

Men's Group

645529-7/8

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.

Thursday, September 4 & October 2 10:00

Free

Book Club

Books are available to check out in Room 10. Book Club discussion will begin at 1:00, but feel free to bring lunch and join the Book Club members at 12:30.

Free

1:00

September 11

Wild: From Lost to Found on the Pacific Crest Trail
By Cheryl Stayed

October 9

Secret Daughter

By Shilpi Somaya Gowda

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

Monkey Toy's

The Monkey Toy makers are in need of nylons and sewing helpers! Please bring all washed used/torn nylons to the Los Altos Senior Program to keep the Monkey Toy production going! Join us!

Monday

9:30-11:30

1000 Piece Puzzle Challenge Room 10

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

Activities & Classes

Active Zones Workshop Series

Nutrition Tips for Life 645312-01

With so much conflicting information about what to eat and what not to eat, this workshop breaks through the nutrition myths and provides practical tips that will impact the health of every cell in the body.

Wednesday, September 10 1:00 - 2:00

Good Stress vs Bad Stress 645313-01

Most people may not realize that stress, in the proper dosage, is good for your health. Unfortunately in today's fast-paced culture, people are overdosing on stress. This workshop teaches practical techniques to manage the good and bad life stressors.

Wednesday, September 17 1:00 - 2:00

Keys to Successful Aging 645314-01

This interactive workshop is based on the latest healthy aging research. Nine evidence-based factors are presented that will inspire participants to adopt a lifestyle of purpose driven wellness.

Wednesday, September 24 1:00 - 2:00

free Room 12

Registration appreciated to (650) 947-2797.

Walk-ins welcome.

California Telephone Access Program

The California Telephone Access Program is a public program mandated by the California State Legislature and administered by the California Public Utilities Commission (CPUC). This program provides access to basic telephone service for Californians who have difficulty using the telephone. A representative will be onsite with examples of the telephones and to answer any questions you may have regarding how you can participate in the program.

Friday, September 12 11:30

free Room 11

LinkAges Presentation

Connect with other neighbors who have similar hobbies and interests, and volunteer for a neighbor through LinkAges. Info. timebank.linkages.org

Tuesday, October 7 1:30

RSVP appreciated; walk-ins welcome Room 12

Cora's Casual Dining 645502-9/10

This group meets at a different restaurant every second Wednesday of each month for a **no-host dinner**. Cora will make the restaurant reservations but please RSVP by calling (650) 947-2797 by noon the Monday before the dinner. Come make new friends, share laughs, chat, and enjoy good times. We will try to find rides if you need one, so please call. Cash only.

September 10 5:00

Paul Martin's American Grill
545 San Antonio Road
Mountain View

October 8 5:00

Cibo
3398 El Camino Real
Palo Alto

Morocco & Its People

Presented by Dr. Kathleen Cohen

Combining sandy beaches and deserts and snowy peaks. Morocco has been the venue of movies like Lawrence of Arabia and Spartacus. Its bazaars shine with radiant silks, and leather is still made in medieval tanneries. Its people descend from ancient berbers and arabs who found ways to tame the desert and create magnificent mosques and palaces; and we can't forget Rick's Café!

Wednesday, September 3 12:30

free Room 12

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.

Wednesday, September 10 6:00 - 9:00pm

Wednesday, October 15 6:00 - 9:00pm

Monday, November 10 6:00 - 9:00pm

Hillview, Room 16 210813

free Register with the Recreation Department

(650) 947-2797 • www.losaltosrecreation.org

Upcoming Events

Los Altos Recreation Department: FABULOUS FALL FUN!

Ahhh...the leaves are starting to turn, the air is a bit crisper...its fall! Or, as your friendly recreation staff says it is a, "FABULOUS, FUN FALL!" We have some new activities coming up, as well as some old favorites. Five new classes debut this September and all of them are outlined in our fall Activity Guide. These new classes are: Collage & Mixed Media, Collage & Decorating, iPad Art, Dance like NIA, and Advanced Mindfulness Mediation.

Other fall happenings include:

The Garden Club of Los Altos will hold its Fall Plant Exchange on Saturday, Sept 27, in the Hillview Park & Community Center parking lot. The exchange runs from 10:00 – 12:00noon.

If you are thinking that fall might be a good time to volunteer, look no further than our **Municipal Volunteer Program**. You can become an **MVP** by calling our volunteer coordinator Barbara Smith at (650) 947-2897. Barbara will fill you in on current volunteer opportunities, or see if one can be arranged to align with your interests. Also, Acterra (whose motto is "Action for a Healthy Planet") is hosting Fall Work Days at Redwood Grove several times this fall. Check their website, Acterra.org, for all the info.

Last but certainly not least, the Halloween Window Painting Contest is back for its 51st showing! Local kids will be painting the store front windows of participating downtown merchants from October 23 through October 25. Take a stroll through downtown and enjoy the artwork of our young locals.

For information on all of our class and activities, check our website at LosAltosRecreation.org . Enjoy autumn!



Candace Avina's Baby News

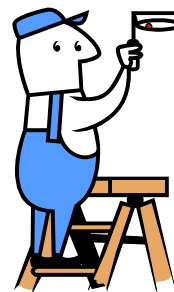


Candace Avina, City of Los Altos Recreation Coordinator – Senior Programs, will be on maternity leave starting mid October. Candace is expecting a baby girl to arrive around October 21. A

interim coordinator will be covering Candace's position while she is away so the Senior Program will be in good hands! All staff and participants wish Candace much strength and a healthy baby girl.

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 8th.

Join us for trick or treat fun with Children's Corner & Kinder Prep



Thursday, October 30
Friday, October 31

The children will trick or treat throughout the day. Come see all the different costumes, and join in the Halloween celebration by dressing up and paying Bingo at 1:00. (See page 6 for information)

Save the Date Fall Dessert

November 19

A celebration of thanks.

Children's Corner will provide dessert and a small performance. This is a must see event for Senior Program members so mark your calendar and don't miss the fun!



Travel

Levi's Stadium Tour

645302-01



Date Change
Sunday, September 7

Includes: Guided Stadium Tour, Museum and Gift Shop Entrance, Lunch at Michael Mina's TailGate, Charter Bus and Bus Driver Gratuity.

The new Levi's Stadium will be home to the 49ers for the next generation of tradition and glory. Be one of the first to go behind the scenes of the new state of the art-venue that has created the ultimate fan-experience through innovation, technology and an environmental focus.

Stadium tours feature the Suite Tower, Premium Club Spaces, Field Level, Locker Room, Press Level, NRG Solar Terrace, 49ers Team Store and Museum.

Members: \$70.00 All Others: \$80.00

To/From Hillview Community Center
Depart.: Approx. 10:30 a.m.
Return: Approx. 4:30 p.m.

Great Trains & Grand Canyons

Sunday, October 4, 2015

6 days • 5 nights • 8 meals

Spend five nights in a upscale resort, retirement and artist community while you branch out each day to see a new sight in Arizona.

Tour hight lights include:

Two Rail Journeys, Grand Canyon Railway, Verde Canyon Railway, Grand Canyone National Park, Black Bart's Steakhouse, Tlaquepaque and Uptown Sedona, Chuckwagon Supper and Show and more!

Cost per person: \$1895 (Double) \$2495 (Single)

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

Pippin

645303-01

Wednesday, October 15

The Los Altos Senior Program will join Mountain View Senior Center and Kanen tours for a matinee showing of PIPPIN!

PIPPIN tells the story of a young prince on a death-defying journey to find meaning in his existence. Will he choose a happy but simple life? Or will he risk everything for a singular flash of glory?

Members: \$142.00 All Others: \$147.00

Golden Gate Theater, San Francisco
Ten Prime Orchestra Seats available

To/From Hillview Community Center
Depart.: Approx. 11:30 a.m.
Return: Approx. 6:30 p.m.



Bay Area Older Adults invites you to join other active adults age 50+. Enjoy outdoor activities, exploration trips and fun classes.

Some upcoming events include:

Gourmet Chocolate Tasting Extravaganza	9/4
Learn the Latest about Alzheimer's	9/10
Native Plant Discovery Hike	9/13
Winery Hike	9/17

Stop by Room 10 or call (650) 947-2797 for more details.

Day Trip Cancellation Policy

Full payment for travel is required at the time of reservation, unless otherwise stated. All trips are subject to change. If a trip is cancelled, all participants will receive a full refund. Participant cancellations will receive no refunds unless a replacement traveler is found. A \$20.00 administrative fee is charged to all participant cancellations and/or substitutions.

**Extended trips not included.*

SERVICES PROVIDED AT THE LOS ALTOS SENIOR PROGRAM

Information and Appointments
(650) 947 - 2797

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, 9/16 & Tuesday 10/21.

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 sharp items including Epi Pins.

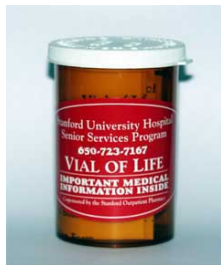
November Smoke Detector Program:

See page 11 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 Smart Driver Course 645501

Two Consecutive Fridays Room 12

Friday, September 12 & September 19 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

Friday, November 14 1:00-6:00 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.

Community Services Agency (CSA)

CSA's 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.

Stop by Room 10 at the Senior Program to pick up a CSA Information & Referral Newsletter.

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 to submit your information.

September - Nutrition

October - Housing



Mountain View - Los Altos

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

Scholarship, Community Events and Member Benefits

50+ Scholarship Opportunity

For City of Los Altos residents for Senior Program 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.

Please call Peggy Ford at the Recreation Department to request a scholarship application and schedule an appointment to return your completed application and all required documents. Peggy Ford can be contacted at (650) 947-2887. All appointments will be held at the Recreation Department: 97 Hillview Ave, Los Altos, CA 94022.

Coffee Service

Daily, 9:00—3:00

Front Desk volunteers maintain drip coffee and tea beginning at 9:00 and ending at 3:00 each day in Room 10. Please join us for a cup of coffee and some time to catch up on the newspaper or chat with friends. Donations are encouraged. Please sign in.

Lost & Found

Lost an item? Check our closet in Room 10, inquire with a front desk volunteer or contact the main recreation office at (650) 947-2790.

City of Los Altos is not responsible for lost or stolen items.



Community Events

Corvette Spectacular

Sunday, September 21 8:00 - 4:00

Main Street

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

Farmers' Market

Thursdays, until September 25 4:00 - 8:00

Main Street

Ye Old Town Band

1:30 - 3:30

September 28

Shoup Park, 400 University Avenue, Los Altos

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

Fall Festival

Saturday and Sunday, October 4 & 5 10:00- 5:00

South parking plaza San Antonio Rd & First St

Contact: (650) 948-1455

Membership Benefits

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 Program 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!

MAC Computer Resource Room 10

Tuesday by appointment 1:30/2:30

Brian Farquharson will meet one-on-one with members of the Senior Program by appointment for one hour.

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 Programs on the planet!

Annual Membership Cost

Los Altos resident - \$26.00

Non-resident - \$40.00

Add \$5.00 for home delivery of the Spotlight

Make checks payable to: City of Los Altos

Mail to: Los Altos Senior Program

97 Hillview Avenue

Los Altos, CA 94022

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.

See's Candy Gift Certificate

The Senior Center sells See's Candy 1 lb. Gift Certificates for \$15.50. Retail cost is \$18.00. Drop in to purchase this perfect gift for any season!

Copies

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

DVD Loan Library

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

DMV Packets

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

Equipment Loan Closet

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

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

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

Tennis Balls

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

Members Only Programs

Senior Program members may enjoy programs such as computer tutorials that are designed exclusively for members. See page 13.

Reduced Rates on Programs

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

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

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Staff: Candace Avina Irene Hatch Kathy May

Spotlight Newsletter

Los Altos Senior Program

