

# APRIL 2015

## Grant Park Senior Program

A drop-in program for people over age 50; featuring drop-in activities, special programs, coffee and camaraderie!

### April 1

10:00 –2:00 Bridge Mah-Jongg & Games  
10:15 Stretch with Eleanor  
10:45– Chair workout with Nora  
12:00 Lunch & Socialize  
1:00 Zumba with Nora

### April 8

10:00 –2:00 Bridge Mah-Jongg & Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
12:00 Lunch & Socialize  
1:00 Book Club with Betsy

### April 15

10:00 Bridge & Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
12:00 Free time!  
1:00 Zumba workout with Nora

### April 22

10:00 –2:00 Bridge Mah-Jongg & Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
12:00 Bring your lunch & Guest Speaker:  
Elizabeth Medina– Community Services Agency  
1:00 Garden Club

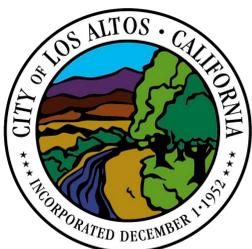
### April 29

10:00 Bridge & Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
12:00 Free time!  
1:00 Zumba workout with Nora



Open every Wednesday. 10-2pm

City of Los Altos Recreation Department



650.947.2790

