


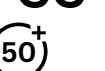





















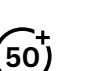









Adult 50+ Program Regular Activities

Updated 4/23/25

Monday

-  **Adult 50+ Rec Room**
9 AM - 2 PM
Cedar - LACC
Room 4 - GPCC
  
-  **Meditation Class**
9 - 10 AM
Online
  
-  **Ping Pong**
10:30 AM - 1 PM
Classrooms 2 & 3- GPCC
  
-  **Carrom**
11:30 AM - 1 PM
Classroom 4 - GPCC
 
-  **Discussion Group**
10:30 AM - 12 PM
Room 1 - GPCC
  
-  **Monkey Toy Gathering**
12 - 2 PM
Sycamore - LACC
 
-  **Fitness, Dance, and Fun**
1 - 2 PM
Online
  
-  **Pickleball for All**
6:30 - 9:30 PM
City Gym - Egan School
 

Tuesday

-  **Adult 50+ Rec Room**
9 AM - 2 PM
Cedar - LACC
  
-  **Beginning Chen Tai Chi**
9 - 10:30 AM
Garden House - Shoup
 
-  **SOLAH Cultural Exchange**
10:30 AM - 12 PM (2nd Tuesdays)
Sycamore - LACC
 
-  **Passport Movie Days**
12 - 2 PM
5/6 - Book Club
8/5 - The Iron Lady
Sycamore - LACC
  
-  **Line Dancing**
1 - 2 PM
Grand Oak - LACC
 
-  **HICAP (Medicare Counseling)**
Health Insurance Counseling & Advocacy Program
1 - 4 PM (3rd Tuesdays, by appt.)
Madrone - LACC
 

Wednesday

-  **Adult 50+ Rec Room**
9 AM - 2 PM
Cedar - LACC
Room 4 - GPCC
  
-  **American Mah Jongg Class**
9:30 - 11:30 AM
Classrooms 2 & 3- GPCC
  
-  **ArtVenturers**
9:30 AM - 12 PM
Apricot - LACC
 
-  **Chair Yoga Class**
9:45 - 10:15 AM
Classroom 1 - GPCC
 
-  **Stretching Class**
10:15 - 10:45 AM
Basketball court area - GPCC
 
-  **Book Club**
11 AM - 12 PM (3rd Wednesdays)
TBA
 
-  **American Mah Jongg**
11:30 AM - 2 PM
Classrooms 2 & 3- GPCC
 
-  **Technology Tutoring**
1 - 3 PM (Select Wednesdays, by appt.)
Buckeye - LACC
  
-  **Dance Exercise**
1 - 2 PM
Hallway Corridor - GPCC
  
-  **Pickleball for All**
6:30 - 9:30 PM
City Gym - Egan School
 

Thursday

-  **Adult 50+ Rec Room**
9 AM - 2 PM
Cedar - LACC
  
-  **Bocce Ball 50+ Play**
9 AM - 12 PM
Bocce Ball Courts - LACC
   *Weather Permitting*
-  **Bridge**
10 AM - 2 PM
Sycamore - LACC
 
-  **Rummikub**
10:30 AM - 2 PM
Cedar - LACC
 
-  **Ping Pong**
11:15 AM - 2 PM
Grand Oak - LACC
 

Friday

-  **Foreign Affairs**
10:30 AM - 12 PM
Online
 

LOCATIONS & HOURS

Los Altos Community Center
97 Hillview Ave, Los Altos, CA 94022
Monday - Thursday 9 AM - 2 PM

Grant Park Community Center
1575 Holt Ave, Los Altos, CA 94024
Mondays & Wednesdays, 9 AM - 2 PM


ONLINE RESOURCES

losaltosca.gov/calendar
losaltosca.gov/parksrec

CONTACT

 (650) 947-2797

CALENDAR KEY All classes subject to change. Contact your activity leader for the latest.

-  Free
-  Fee-Required
-  50+ Age Requirement
-  Drop-In (no sign-up)
-  Advanced sign-up required
-  Passport Required

- “LACC” Los Altos Community Center
- “GPCC” Grant Park Community Center
-  Scheduling impacted by construction



Adult 50+ Website

Updated 4/23/25

Adult 50+ Program Special Activities

PROGRAM HIGHLIGHTS



Meet-Up: Live & Age Well EXPO

Friday, 5/9, 10 AM - 1:30 PM
Cupertino Senior Center

FREE SIGN UP



Mini-Trip: Ano Nuevo

Elephant Seals with no-host lunch at the
Davenport Roadhouse Restaurant

Thursday, 6/4, 10 AM - 3 PM

\$ SIGN UP



Meet-Up: Summer Concert Finale

Wednesday, 7/31, 5:30 - 6:30PM
Cedar - LACC

FREE SIGN UP

ADULT 50+ LUNCHEONS

GPCC Luncheons

Wednesdays (8/13, 9/10, 9/17)

11:30 AM - 12:45 PM

Multipurpose Room - GPCC

FREE SIGN UP

LACC Luncheons

4th Thursdays (*5/14, 5/22, *6/11, 6/26, *7/9, 7/24)

11:30 AM - 12:45 PM

Grand Oak Room - LACC

FREE SIGN UP

*Scheduling impacted by construction

Seating limited. Advanced sign-up required.

PROGRAM CLOSURES



Memorial Day

5/26



Juneteenth

6/19



Adult 50+ Program Closure

Grant & LACC 50+ Rec Rooms Closed
9/1 - 9/5

FEATURED ACTIVITIES



PASSPORT MOVIE DAY - BOOK CLUB

A group of women rediscover love and friendship
through a steamy book. Comedy. PG-13.

Tuesday, 5/6, 12 - 2 PM

Sycamore- LACC

\$ SIGN UP 50+



Avenidas: Door-to-Door Program

Wednesday, 5/14, 12:45 - 1:45 PM

Grand Oak Room - LACC

FREE SIGN UP



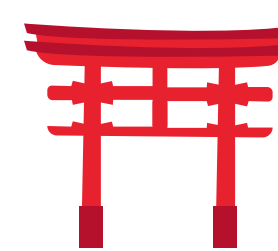
Letters for Service Members

Presented by Daughters of the Revolution

Wednesday, 6/11, 10 - 12 PM

Sequoia Room - LACC

FREE SIGN UP



Hiroshima

Presented by Dr. Scott Cady

Wednesday, 6/11, 12:45 - 1:45 PM

Grand Oak Room - LACC

FREE SIGN UP



Meet RoadRunners Transportation

Thursday, 6/26, 12:45 - 1:45 PM

Grand Oak Room - LACC

FREE SIGN UP



Hearing Loss in Seniors

Presented by Dr. Ken Peters

Wednesday, 7/9, 12:45 - 1:45 PM

Grand Oak Room - LACC

FREE SIGN UP



Adult 50+ Program Summer Luau

Wednesday, 8/13, 11:30 AM - 12:45 PM

Multipurpose Room - GPCC

FREE SIGN UP



Silk Road

Presented by Dr. Scott Cady

Thursday, 8/28, 12:45 - 1:45 PM

Grand Oak Room - LACC

FREE SIGN UP



Spring 2025

Adult 50+ Program Brochure

The Adult 50+ Program offers a wide variety of engaging activities designed specifically for our 50+ community. We invite you to visit us, explore our programs, pick up the latest brochure, and connect with our friendly staff. Open this brochure to learn more about our upcoming regular and special programs. We also have a few announcements to share:



Grant Park

Renovations at the Grant Park facility are ongoing, completing upgrades to the electrical and HVAC systems.

Classrooms are scheduled to reopen on May 5, at which time Adult 50+ Program activities will resume in those spaces.

The next phase of the project will focus on work in the Multipurpose Room. As a result, Adult 50+ Program activities will not be held there through most of the spring & summer months.

For the current scheduling, refer to the enclosed calendar and contact your activity leaders for the latest information. As always, the schedule is subject to change, and will be updated periodically as the project progresses. We appreciate your patience and cooperation throughout this redevelopment process. Thank you for your continued support!



Please note, this brochure highlights just a small selection of the upcoming activities, events, and community services offered by the City of Los Altos Parks and Recreation. For a more comprehensive overview, visit losaltosca.gov/parksrec and download the latest activity guide!

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