



DATE: 4, November, 2013

AGENDA ITEM # 2

TO: Senior Commission

FROM: Candace Avina, Staff Liaison

SUBJECT: Sponsorship of a Senior walking program

RECOMMENDATION:

Discuss sponsorship of a walking program

BACKGROUND

The October 2013 Outreach newsletter highlighted Outreach's Senior Walk Project supported by their Management Mobility Center active transportation program. The program was run and is continued by seniors at the Mayfair Senior Center. The Southside Senior Center hosted the project through June.

DISCUSSION

The City and Town of Los Altos have both hosted walking programs in the past however they have not continued long-term due to lack of leadership. The Senior Commission has expressed interest in researching the feasibility of a walking program in the City of Los Altos and Town of Los Altos Hills.

Attachments:

A. October 2013 Outreach e-newsletter

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October 2013

MAYFAIR WALKS!



For the past six weeks a group of 32 hardy Mayfair seniors enjoyed weekly walks with OUTREACH Mobility Management Center staff. As part of OUTREACH's active transportation activities, these walks are designed to encourage walking as both exercise and as a healthy mobility option for older adults. In addition to the weekly walks, OUTREACH staff worked with Mayfair seniors to identify walking hazards in the neighborhood surrounding the Mayfair Community Center as well as encouraged seniors to consider the combination of walking and public transit as a means of low-cost travel.

While the seniors will now be leading the walking program at Mayfair, you can join the OUTREACH Mobility Management Center staff Wednesday mornings at the Southside Senior Center for our *Senior Walk @ Southside*. The *Senior Walk @ Southside* will continue through the month of October. OUTREACH's *Senior Walk Project* (that includes safety vests for walkers, participant refreshments and transit travel instruction) is totally funded by OUTREACH

October is Disability Awareness Month!

Join the conversation on the [MOBILITY NETWORK!](#)

San Jose City Hall will have Disability Awareness Day events on October 4th.

Click [HERE](#) for more information.



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