

DATE: April 02, 2018

AGENDA ITEM # 6



TO: Senior Commission

FROM: Bridget Matheson, Recreation & Community Services Supervisor
Sarah Robustelli, Community Services Supervisor

SUBJECT: Monthly Staff Update

Updates

Programs & Events

Los Altos Hills:

Stay Active, Stay Safe and Stay for Lunch, a new program partnering with Santa Clara County Fire will happen on Tuesday, April 3rd from 10:00 am -12:30 pm. This is a free event open to the public for a 2 mile walk, Senior Fire & Fall Prevention workshop, then lunch. Registration is required: <http://www.losaltoshills.ca.gov/201/Parks-and-Recreation>

Game Night for all ages will be held on Tuesday, April 3rd from 4:00-5:30 pm in the Parks and Recreation Building. There will be music, puzzles, snacks, board games and Nintendo NES.

Hike in the Hills on Sunday, April 8th 9:00 am starting from Purissima Park. Join the Parks and Recreation Committee member, Scott Vanderlip on a 6.6 mile hike leaving from Purissima Park. For more information on the loop visit website: lahrecreationtrails.org.

Earth Day Celebration will be happening on Sunday, April 15th from 1:00-4:00 pm at Westwind Community Barn, 27210 Altamont Road, Los Altos Hills, CA 94022.

Looking for a **Tech Appointment**? The Los Altos Hills Youth Commission will be hosting appointments on Tuesday, April 17th from 7:00-8:00 pm at Town Hall, 26379 Fremont Road, Los Altos Hills, CA 94022.

On Friday, April 20th, 10:00-Noon at Town Hall there will be an **Art Walk and Talk Tour**. The Odyssey exhibition by Judy Gittelsohn will be on display at Los Altos Hills Town Hall from March – September. The public is invited to an art walk and talk tour to discover why the exhibition is arranged in four parts, and how a story is created of rhythms, poems, colors, and tone. For more information visit www.judyg.com.

On Saturday, May 5 at 9:00 am Westwind Community Barn, **17th Annual Pathways Run/Walk** 5k, 10K and 1-Mile fun run available. To sign up and for more information visit the event website at www.lahpathwaysrun.org.

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Bring your grandkids to a brand new event, Saturday, May 19, 10:00-11:00 am, Town Hall called **Touch a Truck**. Do you know a kid who loves trucks? This is their chance to climb on your favorite trucks that service the Town of Los Altos Hills. Learn hands-on about how they work and take pictures in them. Trucks attending: Santa Clara County Fire, Santa Clara County Sheriff, GreenWaste Recovery, LAH Public Works Crew Gator and Santa Clara County Bookmobile!

City of Los Altos:

Calling all seniors! Join us for a casual evening to welcome Spring. Mix & mingle with old and new friends. Enjoy heavy hors d'oeuvres, beverages & an "Oldies, but Goodies" DJ. This event will be taking place at the Garden House at Shoup Park (400 University Avenue, Los Altos). Tickets cost \$10 per person. **The deadline to purchase tickets is by Thursday, March 29th**. Tickets can be purchased online or at the Los Altos Recreation & Community Services Front Desk. The activity code for this event is **440711-01**. This event is Sponsored by the City of Los Altos/City of Los Altos Hills Senior Commission and Club 55. <https://www.losaltosca.gov/recreation/page/senior-spring-fling>

CSA Presentation (Speaker): The Community Service Agency, the social services side of the program, will be coming to introduce their services which follows a Q&A portion. This is a free event happening on Friday, April 20th in Room 11 at the Los Altos Senior Center located in 97 Hillview, Los Altos CA 94022. Please RSVP by calling (650)947-2727.

Medicare Updates (Speaker): CMS will be rolling out new Medicare cards and Medicare Updates. Come, learn more information about Medicare this coming year. This will take place on Thursday, April 26, 11am-12pm, in RM 11 at the Los Altos Senior Center located in 97 Hillview, Los Altos CA 94022. Please RSVP by calling (650)947-2727.

Mini Trip - Chung Tai Zen Center, Sunnyvale: Join us on Monday, May 14, 2018 for a guided tour, a meditation session, and a vegetarian lunch. The cost for this trip would be \$37/members and \$47/non-members. This price includes tour, lecture, meditation session, lunch, transportation and gratuity. Seats are limited. Arrive at the Senior Center by 9:45am, located in 97 Hillview, Los Altos CA 94022. Please RSVP by calling (650)947-2727.

Pickleball additional night schedule: There are now two nights available for evening Pickleball. Pickleball will now be available in EGAN for Tuesday and Wednesday nights at 6pm-8pm. Please contact Los Altos Senior Center for more information at (650) 947-2797

Grant Park Location

Tech Tutor is now available! Starting March 5th our wonderful volunteer Shalini will be available

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to help with computer, smart phone, or tablet questions. Available on Monday from 10:00am to 11:00am in Room 4. Reserve your time with Gladys. Cost: \$1/members, \$3 /non-members.

Senior Dance Exercise. Never miss a chance to DANCE!!! Join us at Grant Park for this fun and healthy class. Get a chance to learn Salsa, Cha Cha, Cumbia, Bachata, Swing, Rock 'n Roll, Line Dancing and other dancing genres. Taught by Bob & Marilu. Classes are held on the 1st and 3rd Mondays and every Wednesday from 12:45 to 1:45pm in the Multi-Purpose Room.