

DATE: December 03, 2018

AGENDA ITEM # 5



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:

Monthly Senior Walk is scheduled for December 4th at 10:00 am leaving from Town Hall. Wrapping up at 11:00 am.

Teaching Seniors Technology Thursday, December 6th from 4:00-5:00 pm at Town Hall. To book your appointment contact <http://seniortech.cf/?i=1>.

Chamber Music Concert featuring Telegraph Quartet will be held Saturday, December 8th from 7:30-9:00 pm. Get your tickets before they sell out. Refreshments will follow the concert. Register on the Town's website: \$25, \$20 for Los Altos Hills residents.

Caroling in the Hills will be held Thursday, December 20th from 7:30-9 pm. Meet at Town Hall in the Parks and Recreation Building for warm up, cider, and cookies.

Stay Active, Stay Safe, Stay for Lunch will be held Tuesday, January 8th from 10:00 am – 12:30 pm. This installment will focus on Preparing Caregivers for Home Emergencies. For more information and to RSVP please contact srobustelli@losaltoshills.ca.gov.

Technology for Seniors will be held on Saturday, January 12th from 9:00-Noon. To register contact srobustelli@losaltoshills.ca.gov.



Healthy Aging Forum – Glitches in the Road of Life will be held on Thursday, January 17th from 3:00-4:30 pm. Educator Vivian Silva, MSW. will discuss how Seniors can build social support structures to weather any storm. To register contact cknopf@losaltoshills.ca.gov.

Hand Only CPR/AED Class will be held on Wednesday January 23rd from 6:00 – 7:30 pm. Santa Clara County Fire offers this course free to the public to instruct hands only CPR compressions and how to use an automated external defibrillator. For more information visit www.sccfd.org.

City of Los Altos

Gingerbread meet Gum Drops, Lollipops and Candy Galore get ready for all the fun that is in store! It's the Gingerbread House Exhibit that's coming to town. Join the masses in applying to show your creation. Applications may be found online at <https://www.losaltosca.gov/recreation/page/gingerbread-house-exhibit> or pick up an application at the Recreation Office (97 Hillview Avenue, Los Altos, CA 94022). The Exhibit will be held Tuesday, November 27, 2018 - 9:00am to Thursday, December 6, 2018.

December 4th

We will be having our festive 2nd Annual Tree Lighting with a new addition of Cookies With Santa. This event will be taking place at the Hillview Community Center Senior Center in Rooms 10, 11, 12 from 5:00pm to 7:00pm. Entertainment Includes the following: Cookies with Santa, Gingerbread House Exhibit, Lyric Victorian Carolers and Bel Canto Flute Choir. Refreshments provided by the Los Altos Sunset Rotary and The Los Altos Senior Center.

Holiday Movie Marathon

Takes place on Wednesdays at 1:00pm in Room 12 at the Hillview Community Center Senior Program. Come find out what's playing. Movies will be shown on 12/5, 12/12 and 12/19.

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Christmas Luncheon

Come celebrate the holiday with us on Friday, December 14th at 12:00pm in the Multi-Purpose Room at the Hillview Community Center for a deliciously catered holiday lunch. There will be raffle for orchids and other goodies for this very special event provided by the Los Altos Legacies. There is a suggested donation of \$10.00. If you are interested in attending, please come to Room 10 at the Hillview Community Center Senior Program and sign up.