



DATE: January 06, 2020

AGENDA ITEM # 5

**TO:** Senior Commission

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

**SUBJECT:** Monthly Staff Update

**RECOMMENDATION:**

Receive information and announcements from City staff

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Updates

Los Altos Hills:

**Recent Senior Friendly Program Successes:**

Great turnout and wonderful information shared at **Preparing Your Estate Plan** held in December.

Wonderful Community turnout at **New Year's Day Hike/Walk** hosted by the Los Altos Hills Pathways Committee.

**Upcoming Events:**

**Art Walk and Talk Tour** will be held on Saturday January 18<sup>th</sup> at Town Hall. For more information visit the Women's Caucus for Art at [www.wcapeninsula.org](http://www.wcapeninsula.org).

**Pathways to Positive Aging** will be held on January 24<sup>th</sup> at 2pm in the Council Chambers. Learn from Pathways Home Health on different paths surrounding end of life issues. Free program, contact Recreation at 650-947-2506 to RSVP.

**Los Altos Hills Senior Friendly Programs:**

**Fitness for Seniors** registration is open for January at [losaltoshills.ca.gov/201/Parks-and-Recreation](http://losaltoshills.ca.gov/201/Parks-and-Recreation). Seniors may call Recreation at 650-947-2506 to register over the phone.

A free and open to all **Monthly Recreation Walk** will be offered Wednesday, January 8<sup>th</sup> at 9:30am at the Town Hall.

**Free Tech Help for Seniors** will be held on Thursday, January 9<sup>th</sup> at 4 PM in the Parks and Recreation building. Sign up for Tech Help at <http://seniortech.cf/> or simply call Chris in Recreation at 650-947-2506

The **Bookmobile** visits Los Altos Hills on Monday January 13<sup>th</sup> from 1 – 2pm.

**Hands Only CPR** will be held Wednesday, January 15<sup>th</sup> at 6:00pm in the Council Chambers. Registration: <http://hocprlahjan2020.eventbrite.com/>

**Personal Emergency Preparedness (PEP)** will be held Wednesday, February 5<sup>th</sup> at 6pm in the Council Chambers. Registration: [www.PEPLAHFeb2020.eventbrite.com](http://www.PEPLAHFeb2020.eventbrite.com)

**Compost Basics Workshop** will be held Saturday, February 22<sup>nd</sup> at 10am in the Parks and Recreation Building. Registration: <https://ucanr.edu/survey/survey.cfm?surveynumber=27817>

**City of Los Altos**

**Registration For Winter Session January 03, 2020**

**To the ON-DEMAND RIDE REIMBURSEMENT PROGRAM**

**2020 Kick-Off Event**

The City of Los Altos Senior Program is hosting a two part Event that will help you get started using your cell phone for scheduling with apps like Lyft or Uber. Senior Program Volunteers provide tutoring on cell phone usage. From there we invite you to meet us for lunch at Bell Tower Café using your cell phone to schedule your ride and join us for lunch! A follow up Event is scheduled to help with questions you have about using the Rideshare Reimbursement portion of the program.

The first part of the Event is on Monday, January 27, 2019 at 11:15 am in Room 2. The second part of the Event is on Monday, February 3, 2019 at 11:15am in Room 2. There is room for (15) people so sign us ASAP by calling (650)947-2797 to register or drop in at Grant Park, Room 4 to register.

After this Event you will be up and ready to have your ride scheduled for travel throughout Los Altos and Los Altos Hills!