



DATE: December 02, 2019

AGENDA ITEM # 6

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

Updates

Los Altos Hills:

Recent Senior Successes:

Great turnout and wonderful information shared at **Medicare Enrollment Presentation** and **Stay Active, Stay Safe, Stay for Lunch** held in November.

Upcoming Events:

Westwind Community Barn Lighting will be held on Sunday, December 8th from 2 – 5pm at 27210 Altamont Road, Los Altos Hills, CA 94022. Crafts, Bake Sale, , Pony Rides, Petting Zoo, Santa Visits.

Art Walk and Talk Tour will be held on Saturday January 18th at Town Hall. For more information visit the Women's Caucus for Art at www.wcapeninsula.org.

Pathways to Positive Aging will be held on January 24th at 2pm in the Town Hall. 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 December at 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, December 4th at 9:30am at the Town Hall.

Free Tech Help for Seniors will be held on Thursday, December 5th 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 December 9th from 1 – 2pm.

Mindful Eating: Mind-Body Connection a free series that “enhances our understanding of what to eat, how to eat, how much to eat, and why we eat what we eat.” The next course, Emotional Eating, will be offered on December 11th at 6:30pm in the Parks and Recreation building.

City of Los Altos

Code Enforcement Officer Karan Malhi Coming To Speak

On Wednesday, December 4th at 12:30pm, Karan Malhi from the Los Altos Police Department will be here. This activity will be taking place at Grant Park in Room 4. During this time Karan will outline his responsibilities and do a Q&A.

32ND Annual Gingerbread Exhibit

The 32nd Annual Gingerbread Exhibit will take place Tuesday, December 10 – Thursday, December 19. New this year.... participants will have the opportunity to showcase their creations in Los Altos businesses. Registration for both host businesses and participants are now open! Sign up before November 22! Space is limited. Online registration and information may be found at <https://www.losaltosca.gov/recreation/page/32nd-annual-gingerbread-exhibit>. Questions and more information may also be directed to Candace Avina at cavina@losaltosca.gov.

Mini Trip-Holiday Luncheon at Gamble Gardens (SOLD OUT)

This trip will be taking place on Tuesday, December 10th.

Arrive at LAYC (1 N. San Antonio Road, Los Altos) by 11:15 AM for boarding and departure by 11:30 AM, return time approximately 3:00 PM.

Have a *delicious* holiday lunch served in the main house at 12 PM and, weather permitting, take a stroll of the grounds. Lunch will be tomato soup, chicken in phyllo with sauce, and cherries jubilee (menu subject to change). **\$65 Members / \$70 Non-Members** Includes lunch, transportation, & gratuity.

Come Join us for a Holiday Season Treat! The Bay Area's Own Phil Ackerly

On Wednesday, December 11th from 12:30pm -1:15 pm at Grant Park in the ant Park Multi-Purpose Room, Magic, comedy, and fun all wrapped into one! Free for all!

Tech Workshops with Shalini

1st and 3rd Mondays of the month **10:00 AM** Grant Park Room 4

Monday, December 16th– Useful Apps

Christmas Lunch

On Friday, December 20th at 12:00 pm, the Christmas Lunch will be taking place.

This activity will be taking place at LAYC (Los Altos Youth Center) in Multi-Purpose Room.

Packed with lots of fun, food, and good company, you will walk away feeling the cheer of the season!

Lunch is served at 12:00 PM, entertainment by Dance Connection, performing a mini version of the Nutcracker, starts at 12:30 PM, prizes and gift give away starts at 1:15 PM.

Please call (650) 947-2797 or come to Room 4 to sign up! Suggested donation of \$8.

2020 Fun Run

Taking place on New Year's Day, this Los Altos tradition is Fun, non-competitive and Free! A 5k (3.1 mile) walk, run or roll (strollers or wheelchairs). Participate in the “run” or cheer on your family and friends. It's a great way to welcome 2020! For more information about our programs, please visit LosAltosRecreation.org or call 650-947-2790.