

## Los Altos Senior Program Survey

Age bracket

- Under 60
- 60-65
- 65-70
- 70-75
- over 75

Gender

- Male
- Female

Current member of Los Altos Senior Program

- Yes
- No

Do you live in

- Los Altos
- Los Altos Hills
- Mountain View
- Palo Alto
- Other

If you live in Los Altos, do you live?

- Northwest of Springer Road
- Between Springer Road and Grant Road
- Southeast of Grant Road

When you come to the Senior Centers, do you usually

- Come by yourself
- Come with a partner or friend
- Come with an attendant

How do you get to the Senior Centers

- Walk
- Ride a bike
- Drive
- Someone drives you
- Taxi, bus or other

How often do you attend Senior Center activities?

- Several times a week
- About once a week
- Several times a month
- About once a month

What were you most interested in when you first came to the Senior Centers?

- Exercise
- Informal social activities
- Meeting friends
- Table and board games
- Classes and discussion groups
- Active sports (Bocce, Pickle ball)
- Volunteer and goal-focused activities, like sock dolls
- Other <fill in blank>

Which Center(s) do you attend?

- Only Hillview
- Only Grant Park
- Primarily Hillview, sometimes Grant Park
- Primarily Grant Park, sometimes Hillview

How active are you?

- No limitations on physical activity
- Some limitations on physical activity
- Need some assistance getting around

What language are you most comfortable in

- English
- Spanish
- Chinese
- Japanese
- Other

What is your favorite activity at the Senior Centers

Bocce ball  
Bridge,  
Board and table games,  
Discussion groups  
Chair exercise,  
Zumba  
Pickle Ball  
Served Lunches  
Potluck Lunches  
Lounge Conversation  
Speakers  
Book club  
Gardening club  
Language class  
Technology tutoring  
Special topics (e.g. health, wellness, investment management, safe driving)  
Line dancing,  
Art classes  
Field trips

What is your second favorite activity

Bocce ball  
Bridge,  
Board and table games,  
Discussion groups  
Chair exercise,  
Zumba  
Pickle Ball  
Served Lunches  
Potluck Lunches  
Lounge Conversation  
Speakers  
Book club  
Gardening club  
Language class  
Technology tutoring  
Special topics (e.g. health, wellness, investment management, safe driving)  
Line dancing,  
Art classes  
Field trips

What other activities would you like the Senior Program to offer? (Check as many as you are interested in.)

Camera club  
Writers' group  
Ballroom dancing instruction  
Ballroom dancing events  
Drawing and painting,  
Crafts (such as pottery)  
Cooking classes  
Organized high school tutoring  
Other

What kinds of classes or speakers would you like on the schedule?

Investment management  
retirement planning  
Defensive driving  
Nutrition and menu planning  
Earthquake preparedness  
Health and wellness  
Political affairs  
History  
Home health care  
Other

Would you rate the quality of the Los Altos Senior Program from 1-10,

1 being "Needs lots of improvement" to 10 "I like it the way it is and don't think it could be improved."

1-10 rating \_\_\_\_\_

Would you rate the importance of the Los Altos Senior Program in your own life from 1-10?

1 being "I wouldn't miss it if it weren't available" to 10 "It's a very important part of my life and I wouldn't want to see it cut back or discontinued."

1-10 rating \_\_\_\_\_

Would you be interested in volunteering on a regular basis for activities such as reception, meal service, tutoring or mentoring, helping with classes and activities?

Yes

No

Would you be interested in working with Los Altos youth as a

• Mentor for college applications?

• Coach for public speaking, presentations and essay writing?

• Tutor for high school courses, especially math and science?

• Teacher of special skills, such as photography, videography, carpentry, or auto mechanics?

Do you have any suggestions or ideas for improving the Los Altos Senior Center Program and its activities?

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