



# The Spotlight

November and December 2016



**City of Los Altos Recreation & Community Services Senior Program  
Hillview Park Community Center 97 Hillview Avenue, Los Altos, CA 94022  
Mon - Fri 8:30 am -3:30 pm**

**Grant Park Community Center 1575 Holt Ave, Los Altos, CA, 94024  
Mon & Wed 10:00 am - 2:00 pm**

# Index and Words From Our Staff

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Cheri Anderson  
Recreation  
Coordinator  
Senior Program

It is with great pleasure that I write this message to you! It feels good being back at the Senior Program! I see an exciting new direction for the Senior Program, starting with the Spotlight Newsletter! The Spotlight is more compact in hopes of saving a tree! Hopefully you will enjoy it's sleekness!

My plan is to have a listening ear to your ideas for our program then work with you, staff, and volunteers in creating activities that you love! Not to take away from what is already in place! My hope is to add activities that complement what we have! To start, we will have Interest Sheets at the Front Desk for you to put your ideas on. We want to know what you want so let's make it happen, shall we?

I want to thank Candace Avina for her 8 years of service with the Senior Program. She truly has set a pace here that will continue! I see great things happening at our Senior Program and look forward to experiencing them with you! See you there!



I am very comfortable with my duties at Hillview Center and Grant Park (GPSP), which is helping me provide better quality service to our Senior Community. I look forward to supporting all of you at the Los Altos Senior Program!

Gladys Castro  
Adult Recreation Leader



I am proud to announce that I have been hired as a permanent staff member and I will concentrate on program development, activities, special events, and local trips. Also, I welcome your suggestions and ideas to make your experience at our Center a great one!

Lori Stoia  
Adult Recreation Leader

**Please welcome Barbara Wilmoth, Office Assistant, who joins us in late October. Be sure to say hello when you are visiting the Hillview Center!**

# November 2016

Mon	Tue	Wed	Thu	Fri
	<b>1</b> 8:30 Stretch & Flex 9:00 Ping Pong 9:00 Bridge Free Play 10:00 Bocce Ball 10:45 Strength & Bal 1:00 Line Dancing	<b>2</b> 9:00 Bridge Play 9:30 Artventures 10:00 Bocce Ball 10:00 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 6:00 Pickleball-pm	<b>3</b> 8:30 Stretch&Flex 9:15 Int. Bridge 10:00 Piano Lessons 10:00 Bocce Ball 10:00 Men's Group 10:45 Strength & Bal 12:00 Pinochle 1:00 Beg. Mah-Jongg	<b>4</b> 10:00 Foreign Affairs  <b>Super Size Screen:</b> <b>Wild Oats</b> 1:00 Room 12 Members: Free All Others: \$1.00
<b>7</b> 9:30 Monkeys 10:00 Grant Park 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Tech Tutor 4:00 Sr. Comm.	<b>8</b> 8:30 Stretch & Flex 9:00 Ping Pong 9:00 Bridge Free Play 10:00 Bocce Ball 10:45 Strength & Bal 11:45 Tai Chi for Life 1:00 Line Dancing <b>Election Day!</b>	<b>9</b> 9:00 Bridge Play 9:30 Artventures 10:00 Bocce Ball 10:00 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 6:00 Pickleball-pm	<b>10</b> 8:30 Stretch & Flex 9:15 Int. Bridge 10:00 Piano Lessons 10:00 Bocce Ball 10:45 Strength & Bal 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 Book Club	<b>11</b> <b>We Are Closed            In Observance of            Veterans Day</b>  <small>VETERANS DAY</small>
<b>14</b> 9:30 Monkeys 10:00 Grant Park 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Tech Tutor	<b>15</b> 8:30 Stretch & Flex 9:00 Ping Pong 9:00 Bridge Free Play 10:00 HICAP 10:00 Bocce Ball 10:45 Strength & Bal 1:00 Line Dancing	<b>16</b> 9:00 Bridge Play 9:30 Artventures 10:00 Bocce Ball 10:00 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 6:00 PEP 6:00 Pickleball-pm	<b>17</b> 8:30 Stretch & Flex 9:15 Int. Bridge 10:00 Piano Lessons 10:00 Bocce Ball 10:45 Strength & Bal 12:00 Pinochle 1:00 Beg. Mah-Jongg	<b>18</b> 10:00 Foreign Affairs  <b>Thanksgiving            Luncheon</b> <u>Menu</u> Turkey and Fixins'  Members: \$8.00 Non-Members:\$10.00
<b>21</b> 9:30 Monkeys 10:00 Grant Park 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Tech Tutor	<b>22</b> 8:30 Stretch & Flex 9:00 Ping Pong 9:00 Bridge Free Play 10:00 Bocce Ball 10:45 Strength & Bal 1:00 Line Dancing	<b>23</b> 9:00 Bridge Play 9:30 Artventures 10:00 Bocce Ball 10:00 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play <b>No Pickleball-pm</b>	<b>24</b> <b>Happy Thanksgiving</b> 	<b>25</b> <b>Closed for Holiday!</b>
<b>28</b> 9:30 Monkeys 10:00 Grant Park 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Tech Tutor	<b>29</b> 8:30 Stretch & Flex 9:00 Ping Pong 9:00 Bridge Free Play 10:00 Bocce Ball 10:45 Strength & Bal 11:45 Tai Chi for Life 1:00 Line Dancing	<b>30</b> 9:00 Bridge Play 9:30 Artventures 10:00 Bocce Ball 10:00 Grant 11:00 Pickleball 12:30 Mah-Jongg 6:00 Pickleball-pm	<b>*Note: Calendars are not a comprehensive listing of all programs.</b>	

# December 2016

Mon	Tue	Wed	Thu	Fri
			<b>1</b> 8:30 Stretch & Flex 9:15 Int. Bridge 10:00 Piano Lessons 10:00 Bocce Ball 10:00 Men's Group 10:45 Strength & Bal 12:00 Pinochle 1:00 Beg. Mah-Jongg	<b>2</b> 10:00 Foreign Affairs <b>Super Size Screen</b> <i>Love and Friendship</i> 1:00 Room 12 Members: Free All Others: \$1.00
<b>5</b> 9:30 Monkeys 10:00 Grant Park 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Tech Tutor 4:00 Sr. Comm.	<b>6</b> 8:30 Stretch & Flex 9:00 Ping Pong 9:00 Bridge Free Play 10:00 Bocce Ball 10:45 Strength & Bal 11:45 Tai Chi for Life 1:00 Line Dancing	<b>7</b> 9:00 Bridge Play 9:30 Artventures 10:00 Bocce Ball 10:00 Grant Park 10:00 Legacies 11:00 Pickleball 12:30 Mah-Jongg 6:00 Pickleball-pm	<b>8</b> 8:30 Stretch & Flex 9:15 Int. Bridge 10:00 Piano Lessons 10:00 Bocce Ball 10:45 Strength & Bal 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 Book Club	<b>9</b> 10:00 Foreign Affairs <b>Birthday Luncheon</b> 12:00 Rm: Multi <b>Member Bday: Free</b> Members: \$4.00 All Others:\$6.00
<b>12</b> 9:30 Monkeys 10:00 Grant Park 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Tech Tutor	<b>13</b> 8:30 Stretch & Flex 9:00 Ping Pong 9:00 Bridge Free Play 10:00 Bocce Ball 10:45 Strength & Bal 1:00 Line Dancing	<b>14</b> 9:00 Bridge Play 9:30 Artventures 10:00 Bocce Ball 10:00 Grant Park 11:00 Pickleball 12:30 Mah-Jongg 6:00 Pickleball-pm	<b>15</b> 8:30 Stretch & Flex 9:15 Int. Bridge 10:00 Piano Lessons 10:00 Bocce Ball 10:45 Strength & Bal 12:00 Pinochle 1:00 Beg. Mah-Jongg	<b>16</b> 10:00 Foreign Affairs <b>Holiday Luncheon</b> 12:00 Rm: Multi Members: \$8.00 All Others:\$10.00
<b>19</b> 9:30 Monkeys 10:00 Grant Park 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor	<b>20</b> 8:30 Stretch & Flex 9:00 Ping Pong 9:00 Bridge Free Play 10:00 Bocce Ball 10:45 Strength & Bal 1:00 Line Dancing	<b>21</b> 9:00 Bridge Play 9:30 Artventures 10:00 Bocce Ball 10:00 Grant Park 11:00 Pickleball 12:30 Mah-Jongg 6:00 Pickleball-pm	<b>22</b> 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg	<b>23</b> <b>Holiday Treats by the Fireplace</b> 11:00 Rm 10 Free to All Close at 3:00

**Closed for Holiday break from 3:00  
 Friday, December 23 - Friday, December 30.  
 We will re-open Tuesday, January 3, 2017.**

*Happy Holidays!*

\*Note: Calendars are not a comprehensive listing of all programs



## Grant Calendar of Events

Open every Wednesday 10:00 am—2:00 pm  
1575 Holt Avenue, Los Altos, CA 94024

### November

#### **Wednesday 11/2**

10:00-2:00 Int. Bridge, Mah- Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:00 English Lesson & Conversation  
11:45 Snack and Socialize  
Spanish Lesson with Viviana  
12:45 Garden Club with Jake & Jan  
Zumba Gold with Nora

#### **Monday 11/7**

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games

#### **Wednesday 11/9**

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:00 English Lesson & Conversation  
11:45 Snack and Socialize  
Spanish with Viviana  
12:45 Zumba Gold Dance Party with Nora  
Garden Club with Jake & Jan

#### **Monday 11/14**

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games

#### **Wednesday 11/16**

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:00 English Lesson & Conversation  
11:45 Snack and Socialize  
Spanish with Viviana  
12:00 Speaker: Taruna Khanna  
12:45 Zumba Gold Dance Party with Nora  
Garden Club with Jake & Jan  
1:00 Book Club with Betsy

#### **Monday 11/21**

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games

#### **Monday 11/28**

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games

#### **Wednesday 11/30 (see 11/16)**

### December

#### **Wednesday 12/7**

10:00-2:00 Int. Bridge, Mah- Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:00 English Lesson & Conversation  
11:45 Snack and Socialize  
Spanish Lesson with Viviana  
12:45 Garden Club with Jake & Jan  
Zumba Gold with Nora

#### **Monday 12/12**

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games

#### **Wednesday 12/14**

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:00 English Lesson & Conversation  
11:45 Snack and Socialize  
Spanish with Viviana  
12:00 Speaker: Lisa Chung  
12:45 Zumba Gold Dance Party with Nora  
Garden Club with Jake & Jan  
1:00 Book Club with Betsy

#### **Monday 12/19**

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games

#### **Wednesday 12/21**

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:00 English Lesson & Conversation  
with Galen and Rosel  
11:45 Snack and Socialize  
Spanish with Viviana  
12:45 Zumba Gold Dance Party with Nora  
Garden Club with Jake & Jan  
1:00 Book Club with Betsy

**The Senior Program is closed  
December 23– January 3, 2017.  
Grant Park will open January 4, 2017.**

# Membership Perks

## Membership

Your membership with Los Altos Senior Program is important to us! You are not only contributing to a viable Senior Program, you are also strengthening our community and relationships. Our doors are open so come in and join us! Annual Membership is \$26.00 for Los Altos residents and \$40.00 for Non-residents. Don't forget to add \$6.00 for home delivery of our bi-monthly newsletter: The Spotlight! Make checks payable to: City of Los Altos

## Members get these perks with membership!

### Free In-Home Repair Program

Volunteers: Lorraine Hancock, Dave Izant, and Bill Schick help with *minor* repairs such as :

Electrical — Changing Light Bulbs, Switches  
Plumbing — Dripping Faucet, Leaky Toilet  
Sprinklers — Timers, Sprinkler Heads

This program is **not** for emergency repairs. Turn around time, up to two weeks. No in-home repair request is guaranteed. Volunteers determine extent of requests. Due to work load, repair requests can be closed at any time. Donations accepted. Call (650) 947-2797.

### Birthday Month Members!

Enjoy a FREE Lunch at our Birthday Luncheon during your birthday month!

### Notary Service until December, 2016.

Appointments held at City Hall. Donations accepted. Call: Terry Ann at (650) 947-2642.

### Copies

Members are welcome to ten free black and white copies per year. After ten, the member cost is 5¢ per side of copy. All others cost is 10¢.

Please see the front desk volunteers for assistance.

### Technology Resource Tutor

By appointment HV Room 10  
Bring your device and meet one-on-one or in a group.

### Equipment Loan Closet

The Loan Closet contains wheelchairs, walkers, and canes. Check out these items for three-month intervals after signing a release of liability form.

### Battery Recycling

Recycle your household batteries: AA, AAA, D, C.

### DVD Loan Library

Over 200 DVD's to choose from. DVDs are checked out for one week. A maximum of six DVDs may be loaned at a time.

### DMV Packets

Copies of the online practice tests, articles, informational DVD, and driver booklets are available for loan.

### Medicine Drop-Off

Old pills in their respective containers only.

**Please NO sharp objects or liquids.**

### See's Candies Certificates for Members ONLY

See's Candies 1 lb. Gift Certificates are for sale for \$15.50. Retail cost is \$18.



Grant Park Program activities are currently FREE to Members. Donations accepted!

## Volunteer Appreciation

**Thank you Volunteers, individuals and groups, who assist our Senior Program!  
Your commitment to our Community is felt and greatly appreciated!**

Volunteering for the Senior Program at Hillview and Grant Park is a most rewarding experience! Our Volunteers stay with us for many years, we believe, because they feel they are contributing something of relevance that is valued and appreciated, especially for our senior community.

Interested?

Come see what we are doing and join us, assist with activities that match your expertise!

**Contact our Volunteer Coordinator at (650) 947-2897 or visit [losaltosca.gov/volunteer](http://losaltosca.gov/volunteer).**

### **Examples of Volunteer Opportunities with the Senior Program:**

- Monkey Toy Makers
- Flower/Plant Maintenance
- Friday Lunch Program at Hillview
- Wednesday Snacks at Grant Pk
- Facility/Event Set-Up and Breakdown
- Facility /Equipment Inventory/Organizing
- Event Monitoring and Tracking
- Facility Decorating
- Facility Tours
- Tech Tutoring
- Mini Trip Escort



***A special THANK YOU to the Los Altos Legacies who has this to share:***

Los Altos Legacies fiscal year ended June 2016 and we are pleased to have helped the Senior Center with over \$3,000 worth of funding assistance. Going forward, we continue to look for opportunities to help seniors. The latest help we have found is with Jitterbug phones, where you can press "0" to summon Lyft rides from an operator for low-cost transportation. Jitterbug phones are simple cell phones (not "smart" phones) available from Best Buy, Amazon and other outlets. Legacies is trying to solve problems with ideas, not just funding. If you want to join our Board, please visit our next meeting, December 7 at 10 am in the Neutra House.

**We appreciate MVP, Municipal Volunteer Program for all they do to assist with recruiting, recognizing and celebrating our Volunteers. Your tireless work is noticed and revered!**

**Thank You!**

## Looking Forward!

# 2017 marks the 40th year Los Altos Senior Program has existed! Let's CELEBRATE!

The Senior Program has come a long way and we want to take time to acknowledge it's presence in our community! We are going to have activities and events, small and large to commemorate where we have been and where we are going! Stay tuned for announcements about how you can join in the celebration!

### Speaker Series at Hillview

November and December is preparation time for bringing a dynamic group of Speakers to you next year as we celebrate our 40th Anniversary of The Los Altos Senior Program!

**So have a Happy Holiday Season and we will see you in the New Year!**



### Discussion Groups, Meet-Ups and More!

What we are up to in the new year is creating a platform for folks to come together and share ideas, try new things, or catch up on current events. Things like Tech Meet Up or Let's Talk About: (Topics) events, social gatherings and such!

*We also want to communicate with you, our Participants, via email. Our thought is we can save a tree by using paperless communication (newsletters, announcements, program updates, etc.) and we can get the word out to you expeditiously! IF you will let us know, we want to take a poll to see what the interest is. Your input is important! An interest sheet will be at the Center so you can vote yes or no. Thank you for your participation in this!*

Pickleball and Ping Pong "fever" have hit Los Altos! These net games are fun to play and quite addicting once a person gets started! Such is the case in our Program! Pickleball has taken over the Egan Gym on Wednesday evenings, starting at 6pm this November! Our Pickleball Ambassador will be on site each Wednesday! Cost to play is \$3 for Non-Members and FREE for Members.

Ping Pong has extended it's hours from 2 hrs on Tuesdays to all day! Starting at 9am the table is set up in Room 12 at Hillview for Members and their Guests. Reservations are requested to avoid schedule conflicts.

### Dining

The results are in and the new Hillview Senior Program "Lunch Café" is a keeper! What that means is you can come and enjoy freshly cooked meals at the Lunch Café, located in the Multi-Purpose Room at Hillview Community Center. The room has been arranged as an intimate dining room with coziness and warmth mixed in! You can smell the aromas of food cooking as you walk by! We open our doors at 11:30am and serve lunch at noon. Reservations are helpful so we can get food supplies for everyone to enjoy. You can also pay at the door on the day of. Lunch Café is open 2nd, 3rd, 4th, and 5th Fridays.  
**Bon appetite!**



## Special Events

The Holiday Season is upon us and we at the Senior Program are grateful for a new season of giving thanks, showing generosity, and compassion to one another! With that we are looking forward to the Thanksgiving Luncheon on Friday, November 18, 2016 where we eat good food, have live entertainment, and enjoy one another in comradery!

We are also having a Christmas Luncheon on Friday, December 16, 2016 that will have you feeling delightfully full of scrumptious food, holiday music, and gift giving!

Reservations are recommended for both affairs so call the Center or drop by soon! Both events start at 12:00pm and are \$8 for Members, \$10 for non-members.



On Friday, December 23, 2016 we will have light refreshments and holiday music around the fireplace in Room 10! If you're still in town and want a nice break from all the shopping crowds, come enjoy holiday treats with us! We'll be happy to see you!

**AARP Smart Driver Renewal Course** will be at the Senior Program this December 13, 2016 from 1:00-5:30pm. AARP Members pay \$15, all others \$20. You can reserve your spot by calling us at (650)947-2797. You must have completed an eight hour class within the last three years to attend the renewal course.

We will be seeing smiles on tiny faces, laughter from anticipation of holiday feasts, celebrations and more as our Tiny Tot Program brings Festivities to the Hillview Community Center. You may hear caroling or see little hands putting ornaments on our Holiday Tree. It will all be happening right at or around our Senior Center so please take a moment to enjoy bright eyes, giggles, and shrieks about the holiday from our tiny folks and their families!

Posted information will be all around the Hillview Community Center!



### The CSA Holiday Food Drive...

Continues this year at Hillview Community Center and at Grant Park. This means that in November and December you can help CSA provide a good meal to hundreds of families in our community by donating:

Baking goods	Crackers
Spices	Hot cocoa, coffee, tea
Potatoes	Canned gravy & mixes
Pudding & Jello	Special treats

Drop your items in the CSA containers and make someone happy this Holiday Season!

### We have some exciting movies to show November and December!

The movie **"Wild Oats"**, with Shirley McLaine, is a comedy about a woman who receives a life insurance check accidentally made out for \$5,000,000 instead of the expected \$50,000. She and her best friend take the money and head out for the adventure of a lifetime!

The movie **"Love and Friendship"** is a drama about Lady Susan Vernon who takes up temporary residence at her in-laws' estate and, while there, is determined to be a matchmaker for her daughter Frederica -- and herself too, naturally.

Come for the movie, stay for the popcorn! We have an "Old Fashion" popcorn popper that we'll be making fresh popcorn for you to enjoy! See you on the first Friday of November and December!

## Classes and Activities Locations! Services, Senior Center and Community

Please see the Recreation Guide under Adult and Senior Classes, Pages 24—39 for Descriptions!

Monkey Toy Makers	Room 11	
Bocce Ball	Hillview Bocce Ball Courts	
Bocce Ball	1st Tuesday 2:00	
Poker	Room 11	
Yoga	Room 12	
Scrabble	Room 10	
Technology Tutor	By Appt. Room 10	
Stretch and Flex (2) Classes	HV Social Hall	645108
(Sept 13-Dec 15)	*No class: 11/22 & 11/24	
Bridge Free Play	Room 11	
Ping Pong	Room 12	
Strength & Balance	HV Social Hall	645107
Tai Chi For Life	Room 4	645534
(Sept 13-December 6)	*No class: 11/1 & 11/22	
Line Dance	HV Social Hall	645511
Chess	Room 10	
HICAP	Room 10	
Intermediate Bridge	Room 12	
Artventures	Room 12	645514
Grant Park	GP Multi, Rm 1	
Pickleball	LAYC & Egan Gym-pm	640965
Mah-Jongg	Room 12	
Intermediate Mah-Jongg	Room 11	
Drop-In Mah-Jongg	GP Multi-Purpose	
Super Size Screen Movie	Room 12	645103
Foreign Affairs	Room 18	645543
Luncheons	HV Multi-Purpose	645201
Men's Group	Room 11	645529
Private Piano Lessons	Conference Rm 3	645522
	*No class 11/24	
Pinochle	Room 11	
Senior Commission Meeting	Room 11	
English Lessons	GP Multi-Purpose	
Smart Driver Renewal Course	Room 12	
Drop-In Games and Activities	Room 10—12, GP Multi	
Terrible Adult Chamber Orchestra	LAYC	
Family Holiday Sing-A-Long	LAYC	
Book Club	Room 17	
Los Altos Legacies Board Meeting	Neutra House, HV	

**Just a Reminder:**

Ten Weeks To Play Bridge will return January 2017  
Cora's Casual Dining is cancelled until further notice

### Senior Center Services

**Daily Coffee Service Rm 10**  
**Coffee Service GP Multi**  
*Donations are appreciated!*

**Cards For All Occasions**  
Card file located in Room 10

**Los Altos Residents 50+ Scholarship Opportunity**  
For participation in our Programs. Call Jaime Chew 650.947.2848.

**Center Library Rm 11**

### Community Services

**Smoke Detector Program**  
Sunset Rotary changes batteries, installs new smoke detectors free. Call 650.947.2797.

**Los Altos Hardware**  
Battery Recycling Rm 10

**Los Altos Art Club**  
Art Exhibit every 2 mo. Rm 10,11

**MVLA Mountain View-Los Altos Adult Education**  
Classes taught at Hillview.

**Transportation: Road Runners**

Pick up and Drop off  
650.940.7016

**Vial of L.I.F.E. Rm 10**  
Lifesaving Information for Emergencies call 650.947.2797

**CSA Senior Services Program**  
Case Management 650.810.2237

## Special Interest and Staying Connected

**Special interest activities are fun, educational, and resourceful at the Senior Program. Here are few offerings to be had by all that will be FREE to Members.**

We are wondering if a Garden Club would be a viable activity to have at the Hillview Center. A Volunteer Instructor will show us how to grow vegetables and flowers we can use in our Lunch Café, for eating and for decorating the tables. To us at the Center, that sounds great, however your input and involvement is what will make the activity successful! So, what do you think? Interested? If so, please let us know! Call in or drop in and get signed up. Nothing like a meal cooked with fresh ingredients!



### Interested in Photography?

We are full of ideas for those who have special interests and photography class is another one to explore. Again, we urge you to let us know by dropping in or calling the Senior Program to give us your choice. We believe this class will be a lot of fun with a Volunteer Photographer working with you to help you advance your photography skills or just to have a good time taking pictures of your favorite things!

At Grant Park there will be two dynamic Speakers:  
Nov. 16 - Taruna Khanna who will share the information about the new programs available at the local Elementary and Middle schools. (e.g. Cornerstone)

AND

Dec. 14 - Lisa Chung, Senator Jerry Hill's Representative, will provide a legislative update.

Speakers do their presentations at 12 noon so be sure to get your seat!

Also Winter meditation with Hwansan Sunim will be November 23, 30 and December 7, at 1pm.

## Staying Connected

**We are on Facebook and Twitter!**

Check us out while in the comforts of your home!



**You can also follow the Senior Program through our media outlets!**

KMVT—Channel 15

City of Los Altos Recreation websites:

[www.losaltosca.gov](http://www.losaltosca.gov)

[www.losaltosrecreation.org](http://www.losaltosrecreation.org)

Don't forget the Spotlight and the Recreation Guide can be found online!



Los Altos Senior Program  
Hillview Community Center  
97 Hillview Ave.  
Los Altos, CA 94022



Change Service Requested

 Time Sensitive Material

Email: [recreation@losaltosca.gov](mailto:recreation@losaltosca.gov)

Staff: Cheri Anderson

Lori Stola

Gladys Castro

Barbara Wilmoth

# Spotlight Newsletter

Los Altos Senior Program

