

The Spotlight

www.losaltosrecreation.org

September and October 2016

National Senior Center Month

Find Balance at Your Center

Purpose Fitness

Friendship Learning

ncoa
National Institute of Senior Centers

September 2016

Inside Scoop

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The Senior Program will be closed...

»» August 29 - September 5

for Summer break and in observance of Labor Day.

The Senior Program will re-open Tuesday, September 6, 2016.

City of Los Altos Recreation & Community Services Senior Program

Hillview Park and Community Center (HV), 97 Hillview Avenue, Los Altos, CA 94022
Monday - Friday, 8:30 am - 3:30 pm

Grant Park and Community Center, 1575 Holt Avenue, Los Altos, CA, 94024
Monday and Wednesday, 10:00 am - 2:00 pm

Phone: (650) 947-2797

Website: losaltosrecreation.org

September 2016 Calendar of Events

Mon	Tue	Wed	Thu	Fri
<p>Interested?</p> <p>If you are interested in playing Chess or Cribbage, then let us know at the volunteer desk in Room 10 and we will try and match you up with others interested in playing.</p>			<p>1</p> <p>Senior Program Closed</p>	<p>2</p> 
<p>5</p> <p>Senior Program Closed</p> <p>HAPPY LABOR DAY</p>	<p>6</p> <p>9:00 Bridge Free Play 9:00 Ping Pong 10:00 Bocce Ball 1:00 Line Dancing 1:00 Chess</p>	<p>7</p> <p>9:00 Bridge Free Play 9:30 Artventures 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 6:00 Pickleball</p>	<p>8</p> <p>8:30/9:35 Stretch&Flex 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Men's Group 11:30 Strength & Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 Book Club</p>	<p>9 Super Size Screen</p> <p><i>The Lunchbox</i></p> <p>1:00 Room 12 Members: Free All Others: Free</p> <p>9:00 Brain Alive Speaker 1:00 Smart Driver Course</p>
<p>12</p> <p>9:30 Monkeys 10-2 Grant 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor 4:00 Senior Commission</p>	<p>13</p> <p>8:30/9:35 Stretch&Flex 9:00 Bridge Free Play 9:00 Ping Pong 10:00 Bocce Ball 10:45 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess</p>	<p>14</p> <p>9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 6:00 Pickleball</p>	<p>15</p> <p>8:30/9:35 Stretch&Flex 9:15 Int. Bridge 10:00 Piano Lesson 10:00 Men's Group 11:30 Strength & Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg</p>	<p>16 Birthday Luncheon</p> <p>Members' Birthday Free Members: \$4.00 All Others: \$6.00</p> <p>10:00 Matter of Balance 1:00 Smart Driver Course</p>
<p>19</p> <p>9:30 Monkeys 10-2 Grant 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 2:00 Technology Tutor</p>	<p>20</p> <p>8:30/9:35 Stretch&Flex 9:00 Bridge Free Play 9:00 Ping Pong 10:00 Bocce Ball 10:00 HICAP 10:45 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing</p>	<p>21</p> <p>9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 6:00 Pickleball</p>	<p>22</p> <p>8:30/9:35 Stretch&Flex 9:15 Int. Bridge 10:00 Piano Lesson 10:00 Bocce Ball 11:30 Strength & Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg</p>	<p>23 4th Friday Luncheon</p> <p>12:00 Room 11 Members: \$6.00 All Others: \$8.00</p> <p>10:00 Matter of Balance</p>
<p>26</p> <p>9:30 Monkeys 10-2 Grant 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 2:00 Technology Tutor</p>	<p>27 Day Trip</p> <p>9:00 Bridge Free Play 9:00 Ping Pong 10:00 Bocce Ball 10:45 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess</p>	<p>28</p> <p>9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play</p>	<p>29</p> <p>8:30/9:35 Stretch&Flex 10:00 Piano Lesson 10:00 Bocce Ball 11:30 Strength & Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg</p>	<p>30 Welcome Coordinator!</p> <p>12:00 Room 11 Members: \$6.00 All Others: \$8.00</p> <p>10:00 Matter of Balance</p>

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

October 2016 Calendar of Events

Mon	Tue	Wed	Thu	Fri
3 9:30 Monkeys 10-2 Grant 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor 4:00 Senior Commission	4 8:30/9:35 Stretch&Flex 9:00 Bridge Free Play 9:00 Ping Pong 10:00 Bocce Ball 10:45 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess	5 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 6:00 Pickleball	6 8:30/9:35 Stretch&Flex 10:00 Bocce Ball 10:00 Men's Group 10:00 Piano Lesson 11:30 Strength & Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg	7 Super Size Screen Eddie the Eagle 1:00 Room 12 Members: Free All Others: Free 10:00 Matter of Balance
10 9:30 Monkeys 10-2 Grant 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor	11 8:30/9:35 Stretch&Flex 9:00 Bridge Free Play 9:00 Ping Pong 10:00 Bocce Ball 10:45 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess	12 9:00 Bridge Free Play 9:30 Artventures 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 6:00 Pickleball	13 8:30/9:35 Stretch&Flex 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Piano Lesson 11:30 Strength&Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 Book Club	14 2nd Friday Luncheon 12:00 Room 11 Members: \$4.00 All Others:\$6.00 10:00 Matter of Balance
17 9:30 Monkeys 10-2 Grant 10:00 Bocce Ball 12:00 Poker 1:30 Scrabble 2:00 Technology Tutor	18 8:30/9:35 Stretch&Flex 9:00 Bridge Free Play 10:45 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 10:00 HICAP 1:30 PEP	19 9:00 Bridge Free Play 9:30 Artventures 10-2 Grant 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 6:00 Pickleball	20 8:30/9:35 Stretch&Flex 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Piano Lesson 10:00 Men's Group 11:30 Strength&Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg	21 Birthday Luncheon 12:00 Room 11 Members' Birthday Free Members: \$4.00 All Others:\$6.00 10:00 Matter of Balance
24 9:30 Monkeys 10-2 Grant 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor	25 8:30/9:35 Stretch&Flex 9:00 Bridge Free Play 9:00 Ping Pong 10:00 Bocce Ball 10:45 Strength & Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 1:30 PEP	26 9:00 Bridge Free Play 9:30 Artventures 10-2 Grant 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 6:00 Pickleball	27 Day Trip 8:30/9:35 Stretch&Flex 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Piano Lesson 11:30 Strength&Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg	28 4th Friday 12:00 Room 11 Members: \$6.00 All Others: \$8.00 10:00 Matter of Balance
31 9:30 Monkeys 10-2 Grant 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor				

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



Grant Calendar of Events

Open Monday and Wednesday 10:00 am—2:00 pm

1575 Holt Avenue, Los Altos, CA 94024

*Los Altos Senior Program will be closed August 29 - September 5 for
Summer break and observance of Labor Day.*

September Happenings

September 7

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English with Galen, Mr Hong & Rosel
11:30 (bring lunch)
12:45 Zumba Gold Dance Party with Nora
1:00 Current Events

September 12

10:00-2:00 Coffee, Conversation and Cards

September 14

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English with Galen, Mr Hong & Rosel
11:30 (bring lunch)
12:45 Book Club with Betsy
1:00 Zumba Gold Dance Party with Nora

September 19

10:00-2:00 Coffee, Conversation and Cards

September 21

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English with Galen, Mr Hong & Rosel
11:30 (bring lunch)
12:00 Speaker: Anne Ferguson
12:45 Zumba Gold Dance Party with Nora
1:00 Men's Group

September 26

10:00-2:00 Coffee, Conversation and Cards

September 28

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English with Galen, Mr Hong & Rosel
11:30 (bring lunch)
1:00 Garden Club
12:45 Zumba Gold Dance Party with Nora

Schedule subject to change

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October Happenings

October 3

10:00-2:00 Coffee, Conversation and Cards

October 5

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English with Galen, Mr Hong & Rosel
11:30 (bring lunch)
12:45 Zumba Gold Dance Party with Nora
1:00 Current Events

October 10

10:00-2:00 Coffee, Conversation and Cards

October 12

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English with Galen, Mr Hong & Rosel
11:30 (bring lunch)

Grant Park Birthday!!!!

1:00 Book Club with Betsy
12:45 Zumba Gold Dance Party with Nora

October 17

10:00-2:00 Coffee, Conversation and Cards

October 19

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English with Galen, Mr Hong & Rosel
11:30 (bring lunch)
12:00 Speaker: Medicare Updates and Changes
12:45 Zumba Gold Dance Party with Nora
1:00 Men's Group

October 24 and 31

10:00-2:00 Coffee, Conversation and Cards

October 26

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English with Galen, Mr Hong & Rosel
11:30 (bring lunch)
1:00 Garden Club
12:45 Zumba Gold Dance Party with Nora

Membership Benefits

The following services are available for those with a membership

Membership

Thank you to every Los Altos Senior Program Member for your continued loyalty and participation. By making a commitment each year, you are not only contributing to one of the best Senior Programs, but you are also strengthening our community and relationships. Our doors are open; come in and join our family today!

Annual Membership Cost

Los Altos resident - \$26.00

Non-resident - \$40.00

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

Mail to: Los Altos Senior Program

97 Hillview Avenue

Los Altos, CA 94022

Member only and reduced rate on programs

Enjoy a discounted rate on Senior Programs and events as well as programming such as technology tutoring and equipment loans that are designed exclusively for members.

Birthday Month Members!

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

Notary Service

Appointments held at City Hall. No charge for members. Donations accepted.

Call: Terry Ann at (650) 947-2642.

Copies

Members are welcome to 10 free black and white copies per year. After 10, 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

Mondays by appointment HV Room 10

Bring your device and meet one-on-one with a volunteer who will help you understand basic concepts of your device. Be ready with your questions to make the most out of your session.

1/2 hour appointments.

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In-Home Repair Program

The In-Home Repair Program has five Repair Volunteers: Lorraine Hancock, Dave Izant, Bill Schick, Rajesh Patel and Mike Armfield. They Volunteer to help with *minor* in-home repairs. This program is **free** for **current members** and is **not** for emergency repairs. Turn around time can be up to two weeks. Examples of repairs that may be requested are:

Electrical — Changing Light Bulbs, Switches

Plumbing — Dripping Faucet, Leaky Toilet

Sprinklers — Timers, Sprinkler Heads

No in-home repair request is guaranteed.

Volunteers may determine that requests are too extensive. In-home repair requests can be closed at any time due to an over-abundance of requests.

Equipment Loan Closet

The City of Los Altos Senior Program has an Equipment Loan Closet program. The Loan Closet contains wheelchairs, walkers, and canes. **Current members** may check out these items for three-month intervals after signing a release of liability form.

DVD Loan Library

Want to watch a movie from the comfort of your home, but are tired of the same selection? Come to the Senior Program and ask about our DVD loan library! We have over 200 DVDs to choose from in varied genres. DVDs are ready to be checked out for one week loans. A maximum of six DVDs may be loaned at a time. Come check it out and see the Front Desk Volunteer or Staff for assistance.

DMV Packets

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

Medicine Drop-Off

The Senior Program takes old pills in their respective containers only. **Please NO sharp objects.**

Battery Recycling

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

See's Candies Certificates

See's Candies 1 lb. Gift Certificates are for sale for \$15.50. Retail cost is \$18.00. Drop in to purchase this perfect gift for any event!

Free Member Programs!

Register at Hillview Room 10 or Grant Multi-Purpose Room before each class.

Foreign Affairs 645534-02

The United States today must cope and lead in a hazardous, close-knit world. Working within our complex democratic system, we must produce foreign policies appropriate to situations that develop with great speed. Terrorism and other disasters are a constant threat. Global industrial economies destabilize at electronic velocity. The foreign policy process and current world crises will be discussed in class.

Friday 10:00—12:00
September 16—December 16
*No Class November 11 and 25
Members: \$61.00 All Others: \$81.00

Stretch with Eleanor

Join Volunteer Eleanor to practice “The Eight Pieces of Silk Brocade,” a foundational Chi Kung form to help build overall health, wellness and vitality.

Wednesday 10:15
Members: Free Grant Multi

Yoga

Join instructor Sawako Yoshimura and enjoy the many benefits of Yoga! Yoga benefits both body and mind including improving strength, flexibility and balance. Bring water and wear loose clothing. You can practice with or without shoes on.

**Note: Please bring a yoga mat. No class 10/17*

Monday 1:30-2:30
Members: Free HV Room 12

Zumba Gold

Join a fun loving dance party where you will enjoy easy to follow Zumba Gold dance movements from different rhythms around the world.

Wednesday 12:45-1:45
Members: Free Grant Multi

Members: Free

(650) 947-2797 • losaltosrecreation.org

Chair Exercise

Perform a combination of sitting and standing exercises that will increase your flexibility and strength.

Wednesday 10:45
Members: Free Grant Multi

Artventures 645514-04

Artventurers would love to meet new artists! Visual artists of all genres and levels are welcome to this studio for visual art! Bring your current project to work amongst others in a supportive environment.

Visit their blog at:

<http://caartventurers.blogspot.com/>

Wednesday, Sept 14-Jan 11 9:30-12:00
Members: Free HV Room 12
Non-members: \$3.00/class, \$51.00/session

Beginning Mah-Jongg

Annie Metz makes it simple to come and play Mah-Jongg. No experience necessary. Ask Annie questions to learn while you play or just enjoy playing with others. Mah-Jongg sets and ‘the card’ are provided during play. Just bring yourself and be ready for fun.

Thursday 1:00
Members: Free HV Room 12

Ping Pong

The Senior Program has a Ping Pong table and all the equipment to play. Members may sign-up to use it. Appointments are available each Tuesday. One appointment per visit please.

Tuesday 9:00
Free for members

Pickleball!

See page 13 for more information!

Volunteers

Volunteer Sign-in

Help us to keep track of your volunteer hours. Please fill out the volunteer time card found behind the volunteer desk each time you volunteer at the Senior Program.

Volunteer Coordinator

Barbara Smith, City of Los Altos Volunteer Coordinator has left the City of Los Altos. We wish her well in her future endeavors.

Gardens

The Senior Program planter boxes have been producing squash and beans this summer. Check them out! Tomatoes and pumpkins have also been planted. It is fun to see how they grow. Thank you to Susan and Frank Eaton for planting and maintaining the Senior Program patio and back planter boxes. Our flowers are bright because of their efforts!

Monkey Toy Makers

Dedicated volunteers gather to sew, chop, and cut nylons and socks to create Monkey Toys for the children at the Lucille Packard Children's Hospital. A vital part of the production are the donation of nylons and the volunteers who sew them! Please bring all washed used/torn nylons to Room 10 to keep the Monkey Toy production going! The ladies also want to express their appreciation to all the people who have donated nylons. Wish to volunteer? Check them out online: monkeytoyladies.com and come on Monday!

Monday Room 11 9:30-11:30



Joint Los Altos/Los Altos Hills Senior Commission

All agendas and minutes are posted online and on the Los Altos Senior Program Bulletin Board.

Meetings are held every 1st Monday at 4:00 pm. Meetings rotate between Town of Los Altos Hills Parks and Recreation Center, Grant Community Center and the Hillview Community Center, Room 11.

All are welcome to attend.

Next Meetings:

September 12 at Town of Los Altos Hills
October 3 at Grant Community Center

Commissioners:

Jim Basiji-Chair (LAH)	Doris Torbeck
Tracie Murray-Vice Chair	Bert Vincent
Gary Anderson	Karen Lemes (LAH)
Janet Harding	

Front Desk Volunteer

Friendly faces are needed to volunteer at our front desk. Tasks include greeting participants with a smile, answering phones and questions, making coffee, registering participants, advising participants on resources, as well as other tasks as assigned. The commitment is on a weekly, bi-weekly, or substitute basis. Computer skills necessary.

Monday-Friday 8:00-12:00 or 12:00-3:30

Scarf, Hat, & Yarn Collection

We will be collecting scarves, hats, and yarn. Sandy Goldstein brings donations to shelters for those in need. Please drop off your donations in Room 10 or at Grant. Your generosity is greatly appreciated!

Tiny Tots in Need!

The Los Altos Tiny Tots are requesting donations of paper towel rolls for art projects. Please bring your donations to Room 10 of the Senior Program! Thank you!

Speakers, Autumn

Speakers

Look for speakers at Grant on the third Wednesday of each month from 12:00—1:00 and on various days at the Hillview Community Center (HV).

Anne Ferguson, Ph.D., MBA

The City of Los Altos Parks and Recreation Commission presents its Speaker Series featuring Anne Ferguson, Ph.D., MBA. Dr. Ferguson is the Founder and Executive Director for Bay Area Older Adults (BAO), a nonprofit organization that promotes the health and wellness of older adults in the San Francisco Bay Area. Her presentation will cover the variety of outdoors activities for older adults in Los Altos Parks, other local parks and gardens as well as organizations that offer outdoor activities for Santa Clara County residents such as BAO.

Wednesday, September 21 12:00
Free Grant Multi

2017 Medicare Updates and Changes

Sourcewise Health Insurance Counselor will discuss...

- Medicare
- Prescription drug plans
- Cal-Mediconnect
- Covered California
- Medi-Cal

Changes and updates for 2017

Wednesday, TBA 12:00
Free Grant Multi

Intergenerational Corner

Join us for trick or treat fun with Children's Corner & Kinder Prep!

The children will trick or treat throughout the day. Come see all the different costumes, and join in the Halloween celebration by dressing up and partying it up on Monday, October 31.

Thursday, October 27 & Friday, October 28

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AUTUMN ACTIVITIES!

Autumn is one of the nicest times of the year. Warm days and cool evenings make it the perfect time to ... try some new classes at your local Recreation & Community Services Department! The most recent Activity Guide, showcasing our Team Fitness participants on the cover, is full of interesting, informative and/or fun classes to try. If you've wanted to try watercolor, or think it is time to get prepared for the event of an emergency, or just want to brush up on your bridge skills ... we have that class for you. There are MANY more classes ... if you did not receive an Activity Guide in the mail, there is a supply at each location of the Senior Program.

As you peruse the brochure, look for details on all our fall activities including the 53rd Annual Halloween Window Painting Contest. Local kids (4th grade through high school) will be painting store front windows in downtown Los Altos from October 20 through October 22. Take a stroll through downtown and enjoy the creative artwork of our local youngsters.

For info on all of our class and activities, check our website at LosAltosRecreation.org.



Fall Dessert - A Celebration of Thanks

Senior Program members are invited to share in a proud moment for three and four year olds that have been practicing to perform a couple of songs at the Children's Corner Fall Dessert! See the smiles and pride of the children and enjoy some yummy desserts! This event is open to Senior Program Members only.

Thursday, November 17 12:00
Free to Members HV Multi

RSVP Required (650) 947-2797

Friday Events!

Big Screen Movie 645103-09/10
1:00 Register Room 10
 Members: Free All Others: Free

Popcorn and Beverage: All participants need a ticket. Please check-in at Room 10.

Members: Free All Others: \$1.00

The Lunchbox September 9

Summary:

A mistaken delivery in Mumbai's famously efficient lunchbox delivery system connects a young housewife to an older man in the dusk of his life as they build a fantasy world together through notes in the lunchbox.

IMDB

Stars:

Irrfan Khan, Nimrat Kaur, Nawazuddin Siddiqui

1hour 44 mins./Drama, Romance/Rated PG

Eddie the Eagle October 7

Summary:

The story of Eddie Edwards, the notoriously tenacious British underdog ski jumper who charmed the world at the 1988 Winter Olympics. IMDB

Stars:

Taron Egerton, Hugh Jackman, Tom Costello

1hour 46 min./ Biography, Comedy, Drama /PG-13

Thank You!



19740 Stevens Creek Blvd.
 Cupertino, CA 95014
 Phone: (408) 861-9544
 www.alohafreshpoke.com

Aloha Fresh and Kapalakiko Band for catering and playing Hawaiian tunes at our Luau on Friday, August 26, 2016. What a special day it was!

www.kapalakiko.org/



Kapalakiko I Ke Aloha

"In San Francisco, where there is love"

12:00 Register Room 10

Walk-ins welcome. Reservations preferred. Please call (650) 947-2797 for more information.

Luncheons:

2nd Friday Luncheon 645201-10
October 14

Members: \$4.00 All Others: \$6.00

Birthday Luncheon 645519-09/10
September 16

Menu:

Tacos
 Rice and Beans
 Dessert

October 21

Menu:

Fettucine
 Vegetables
 Dessert

Members: \$4.00 All Others: \$6.00
 Birthday Members: Free

4th Friday Luncheon 645202-09/10
September 23 and October 28

Members: \$6.00 All Others: \$8.00

5th Friday 645203-02
September 30

Welcome New Coordinator Lunch!

Members: \$6.00 All Others: \$8.00

*Terraces of Los Altos cater our 2nd & 4th Friday luncheons. The menu will be made available the week of the lunch.

*Thank you to Los Altos Legacies for subsidizing the Senior Program meals and entertainment.



Active!

Gentle Yoga for a Healthy Spine

This class focuses on increasing flexibility, mobilizing and strengthening the spine, releasing tension, toning the core, and achieving a sense of well-being. You will leave class feeling relaxed and energized. Suitable for beginners. 431707-1/2

Note: Bring a Yoga mat, towel and loose clothing.

Monday 9:15-10:15
Sept 12-January 16 Shoup Park Garden House

Wednesday 9:30-10:30
Sept 14-January 11 Shoup Park Garden House

Residents: \$188.00 All Others: \$223.00

Fun + Fitness

Have some fun listening to music and getting fit with friends. This is a class that involves basic everyday movements to improve range of motion, flexibility, muscle strength, and balance.

For more information contact Adam Halper at www.fitnesshalpers.com or (650) 479-5955.

Note: Resistance band, Pilates ball, and your choice of dumbbell weight between 1-10lbs.

Monday/Wednesday 11:45-12:45
Los Altos Hills Council Chambers

September 12-October 5 245106-01
October 10-November 2 245106-02

Members: \$172.00 All Others: \$205.00

Personal Training by Team Fitness

With over 40 years of collective coaching, our two Los Altos coaches will work with you whether you're just getting started or have been working out for some time. You can also form a small personal training group of two to three friends.

Registration note: By appointment only. To register, email or call Tom Gordon at tomgordon@teamfitness.com or call 1(877)751-5100, x3.

\$35 per hour-3 people, 45 per hour-2 people
\$75 per hour-Individual

Strength and Balance Class 645107-05

Join group leader Nora Beltran in low impact exercises that strengthen the body and improve balance. Let's hear it for wellness! Chairs will be made available if needed for seated and standing support. All are welcome to join us!

Tuesday/Thursday 10:45-11:30
Sept 13 - December 15 Multi-Purpose Rm
**No class: 11/22 & 11/24*

Members: Free All Others: \$84.00

Stretch & Flex HV Social Hall

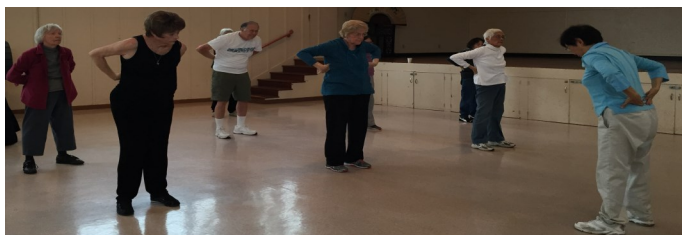
Join instructor Nora Beltran to tone your muscles and improve range of motion in your joints. Lengthen and strengthen in this class.

**Bring a mat and a towel to each class*

Tuesday/Thursday 8:30-9:30
Sept 13 - December 15 645108-07
**No class: 11/22 & 11/24*

Tuesday/Thursday 9:35-10:35
Sept 13 - December 15 645108-10
**No class: 11/22 & 11/24*

Members: \$78.00 All Others: \$104.00



Tai Chi for Life! 645534-04

Learn new ways to RELAX, REVITALIZE, and HAVE FUN! Tai Chi is a mindful, internal martial art that flows in gentle and slow, whole body movements and promotes health, balance, flexibility, strength, and clarity. Join instructor Linda Scheer as she leads us through Tai Chi techniques.

Tuesday 11:45-12:45
Sept 13-December 16 HV Multi-Purpose
**No class: 10/18, 11/1 and 11/22*

Members: \$10.00/class, \$85.00/session
All Others: \$12.00/class, \$95.00/session
**Pay quarterly or before each class in HV Room 10.*

Mindfulness

Mindfulness Meditation 250822-01/02

As proven by neuroscientists, Mindfulness Meditation rewires our neural pathways so we relate to ourselves and others calmly, nonjudgmentally, compassionately. Result?

A life of balance, peace, happiness, contentment. increased concentration and Productivity, greater stress resilience, Empathy and a sense of well-being. Come and see!

Equipment Note: 1. Chairs are available but if you feel comfortable sitting on the floor, please bring a cushion. 2. Wear comfortable clothing.

Monday 10:00-12:00
Sept. 12– Oct. 31 6:00-8:00pm
HV Rm 18
Residents \$186* All Others \$221*

*Materials fee of \$30 due first day.

Memory Training 233001-01

Empower yourself by maximizing your mental assets. This course provides skills, tools and techniques to get your memory fit, fast and focused to quickly recall names, number and lists. Learn more in less time and give presentations and speeches without notes and more!

Saturday 10:00-12:00
Sept. 17 - Oct. 22 HV Rm 18
Residents \$212 All Others \$252



LOS ALTOS DISPUTE
RESOLUTION SERVICES
SOLVING CONFLICT YOUR WAY

Introduction to Conflict Management Techniques

Learn how to identify different types of conflicts and strategies on how to resolve those conflicts peacefully

Monday 10:00—11:30
October 24 Grant Rm. 3
Members: Free All Others: Free

Pre-Registration Required to (650) 947-2797.
Maximum of 20 participants. #645518-01

(650) 947-2797 • losaltosrecreation.org

Matter of Balance 645312/01-02

Many older adults experience concerns about falling and restrict their activities. Matter of Balance (MOB) is an award winning program designed to manage falls and increase activity levels.

Who Should Attend?

Anyone concerned about falls, interested in improving balance, flexibility and strength, or who has fallen in the past and has restricted activities because of falling concerns.

Friday 10:00-12:00
Sept 16—November 4 HV Room 12
or

Wednesday 9:30—11:30
Jan 18—March 8 Grant Rm 3

Minimum 10 students, maximum 14 needed by Tuesday, September 6, 2016 for the Hillview session. Participants are asked to commit to the eight week session. Register in Hillview Room 10.

Keep your brain alive!

Want to get your brain fit, fast and focused and minimize problems we associate with getting older? Problems such as forgetting where you put those keys or parked the car when you went to the mall, problems such as just not feeling sharp or finding it difficult to learn new things? Is it really possible to combat such problems? The answer, according to neuroscientists, is a resounding YES, if we take steps to keep our brains alive so we generate new brain cells and grow new connections.

Join Usha Welaratna, Ph.D. as she talks about the latest findings by neuroscientists about the aging brain and shares some tips on keeping your brain young and alive, whether you are 40 or 80!

Friday 10:00
September 9 HV Rm 12 11

Emergency Preparedness, Music

Emergency Preparedness

Community Emergency Response Team (CERT)

After a large-scale disaster, emergency services may be unavailable. People who are prepared in advance can work as a team. CERT trains participants about emergency preparedness and provides basic disaster response training to assist others when first responders are not immediately available.

Registration Note: To register: email name, address, phone number and course dates to communityoutreach@sccfd.org or call (408) 378-4010.

Santa Clara County Fire Dept Staff 18+yr

Monday, Sept 12, 26, 29 6:00-9:00
Wednesday, Sept 14, 21, 28 6:00-9:00
Saturday, October 1 9:30-12:00
Residents & All Others \$35* HV Rm 12
**This class meets a total of 7 times.*

Personal Emergency Preparedness - (PEP) 230813-01

Personal Emergency Preparedness is a 3-hour class designed to prepare citizens to cope in the event of a disaster and to be self-sufficient during the first 72 hours or until emergency relief is available.

Note: You may want to bring a light snack to class.

Thursday, 1:30-3:00
October 18 & 25 HV Rm 12
Residents: Free All Others: Free

**Register with the Recreation Department*



Music

Private Piano Lessons 645522

It's never too late to learn to play the piano. This lesson offers one on one—thirty minute piano lessons in a well structured but friendly environment for you to play a variety of pieces and styles at any level.

Instructor Hyunjung earned a master's degree in Piano Performance and has more than 20 years of teaching experience for all levels.

Thursday 10:00-12:30
(30 or 45 minute classes)

Sept. 15—Dec 15 *No class 11/24

Members: \$390.00/\$595session

All Others: \$520.00/\$720ession

Terrible Adult Chamber Orchestra

TACO is an orchestra for the rest of us, a monthly gathering of adults who want to play music together in a relaxed, sociable setting.

Note: Must bring own instrument and stand.

Required: Please contact the director before the first class at tacosv.com. 230111/01 and 330111/02

Sunday 2:00-5:00
Sept 25 and October 30 Los Altos Youth Center
Members: \$10.00 All Others: \$10.00

Line Dancing 645511

Step right up! An easy way to get some healthy exercise and have fun keeping fit. The warm camaraderie, great music, and good workout will keep you high stepping all week.

For information call instructor Richard Campbell (408) 377-6978. No experience necessary. HV Social Hall

Tuesday 1:00-2:00
Members: \$6.00/class All Others: \$8.00/class

Travel

Rosie the Riveter Museum 645301-06

An unusual urban national park, the Rosie the Riveter/WWII Home Front National Historical Park is located on the waterfront in Richmond, CA. It is the flagship national park for telling stories of the home front efforts across the United States. Experience educational and interactive exhibits and a film which represent a highly personal and unique narrative of everyday life on the home front. After our visit, we will have a no host lunch at a restaurant of your choice in quaint Point Richmond.

Tuesday, September 27

Members: \$35.00 All Others: \$45.00
To/From Hillview Park and Community Center
Depart: Approx. 9:15 am
Return: Approx. 5:00 pm



Soap Making 645301-07

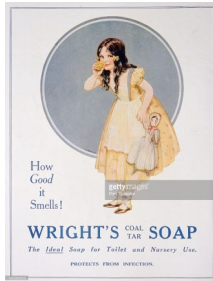
Come with us and have some good clean fun by creating your very own soap. We will be going to Opalz in Mountain View where each of you will be creating four unique soaps that will be perfect as a gift or for personal use. We will be using a natural glycerin melt and pour soap base and will have many fragrance oils, botanicals and molds to select from. Owner Annie Jenkins will provide instruction on how fun and easy it is to

create our own individual soap. Before we begin our creative adventure, we will have lunch.

Thursday, October 27

Members: \$55.00 All Others: \$65.00
To/From Hillview Park and Community Center
Depart: Approx. 10:30 a.m.

(650) 947-2797 • losaltosrecreation.org



Travel Policies and Procedures

- Order of boarding the bus will be at the discretion of the tour escort.
- Must have a completed drop-in form with first and last name, address, phone number and two emergency contacts at time of sign-up if not a current member.
- Must pay for trip at time of sign-up.

Philadelphia, Poconos, Brandywine Valley

September 17, 2017

6 Days • 5 Nights • 7 Meals

Highlights:

Valley Forge Nat'l Historical Park • Philadelphia City Tour • Independence Hall and the Liberty Bell • National Constitution Center • The Poconos • Town of Jim Thorpe, Brandywine Valley • Two former DuPont Mansions • Hershey's Chocolate World • Pennsylvania Amish Country •

Cost Per Person: \$2,175 (Double) \$2,725 (Single)

New England Rails and Trails

October 6, 2017

8 Days • 6 Nights • 11 Meals

Highlights:

2 Rail Journeys • Boston City Tour • Faneuil Hall Marketplace • North Conway, NH • Billings Farm and Museum • Woodstock • Maple and Sugar Farm • Ben & Jerry's Factory • Portland Maine and more! •

Cost Per Person: \$2,975 (Double) \$3,850 (Single)

Extended travel also available to...

Holland Tulips and Rhine River Castles
Arizona Spring Training

**Contact Senior Program Staff
for registration or with travel
questions. (650) 947-2797**

Life Long Learning!



Ten Weeks to Play Winning Bridge

This class is for beginners who have learned the basics and would like to improve their game.

Prerequisites: Students should have either completed our previous ten-week course or have some playing experience.

Mondays 9:00-11:00
October 3-December 19 HV Room 12
Members: \$110.00 All Others: \$120.00
* No class 11/21 & 11/28 645510-01
*For information, call Roy Robinson at (650) 282-5402.

Intermediate Bridge 645530-01

This class teaches only intermediate social (party) bridge. It helps players to advance their skills at both bidding and playing. Lessons assume basic bridge knowledge including evaluation of hands and ordinary hand bidding. Classes include a one hour lecture, followed by student play.

Thursday 9:15-12:00
September 15-January 12 HV Room 12
Members: \$5.00/class, \$70.00/session
All Others: \$7.00/class, \$98.00/session
*No class 9/29, 10/6, 11/24 & 12/29
*Pay quarterly or before each class in HV Room 10
*For information, call Tony Plutynski at (650) 948-0699.

Bridge Free Play

Bridge at Hillview begins promptly at 9:00 am. Groups of four play. If there is an uneven number of players, players rotate into the games.

Tuesday 9:00-3:00
Wednesday 9:00-12:00
Free HV Room 11
Wednesday 10:00-2:00
Free Grant Multi-Purpose
* Please sign in

Mah-Jongg 645515-01

Mah-Jongg players of all levels are encouraged to join us for a good game or two. Groups play using, 'the card.'

Beginning Mah-Jongg

Annie Metz makes it simple to come and play Mah-Jongg. No experience necessary. Ask Annie questions to learn while you play or just enjoy playing with others. Mah-Jongg sets and 'the card' are provided during play. Just bring yourself and be ready for fun.

Thursday 1:00
HV Room 12
Members: Free All Others: \$3.00

Intermediate Mah-Jongg

This free play session is intended for those more intermediate or advanced Mah-Jongg players who are comfortable playing without instruction. Bring yourself or a group of four and your own set to enjoy a friendly game of Mah-Jongg.

Wednesday 12:30
Free HV Room 11

Grant Drop-in Mah-Jongg

Bring your own set and a group of four. Card tables are available from 10:00-2:00 on a first-come first-served basis. Free

Wednesday Grant Multi 10:00-2:00

Los Altos Hills Senior Resources and Facilities Forum

Are you interested in the services Avenidas, Avenidas Village, Little House, Grant Park and Los Altos Senior Center offer? Learn more at this forum and enjoy a cold treat while socializing with your neighbors. An Ice Cream Social will follow.

Thursday, October 13 2:00-4:00
Los Altos Hills Council Chambers
26379 Fremont Road, Los Altos Hills
RSVP 650-947-2518 by October 10

Drop-In!

Pickleball... 640965

Continues to grow in popularity and participation at Hillview. It is known to be a FUN, yet low-impact sports activity by providing mild, yet hearty exercise. Pickleball is light on injuries and ailments. Doubles play is the way at Hillview, meaning two players to a team. Lots of laughs and conversation mix in with play at this activity! All are warmly welcome.

Wednesday 11:00-1:00
Hillview Multi-Purpose
Members: Free All Others: \$3.00

Wednesday Evenings 6:00-7:00
Egan Gym (2 Courts)
100 W Portola Ave, Los Altos, 94022
Members: \$5.00 All Others: \$5.00

Ping Pong

Call (650) 947-2797 to reserve your spot today!

Tuesday 9:00—3:30
Free for members HV Room 12

Wii

Come on in and enjoy current events and youtube.com videos on our Wii console! Bring some friends, or make some new ones! Also, learn to play any of the physically-active or brain-challenging Wii games.

Monday-Friday 8:30-3:30
HV Room 10

Bocce Ball

Learn to play Bocce Ball & make new friends!

**Monday/Wednesday,
Tuesday/Thursday and Friday**

Hillview Bocce Ball Courts 10:00
1st Tuesday of the month 2:00-4:00

Grant

Card games are also available at Grant every Monday and Wednesday from 10:00 to 2:00! Join us for card games which include Bridge, Mah-Jongg, and MORE!

Pinochle

Openings are available for new players. Rusty? We don't mind. Join in and have some fun!

Thursday 12:00
HV Room 11

Poker

Poker is recruiting new members! Enjoy casual games of poker and meet new friends!

Monday 12:00
HV Room 11

Chess

Drop in and play one of the world's most popular games: chess! Great for concentration, strategy development, making friends, and much more!

Tuesday 1:00
HV Room 10

Scrabble

Stretch your mind to come up with words. Laugh, smile and joke while strengthening your vocabulary!

Monday 1:30
HV Room 10

Mah-Jongg and Bridge

Plenty of fun is to be had for all levels. See page 14 for detailed information on where and when to play!

Shuffleboard: Outdoor

Members call for an appointment to play.
Monday-Friday 8:30-3:30

Special Interest

Cora's Casual Dining

Cora's Casual Dining Program will be taking a break. Check out our newsletter for updated information on a new dining experience led by volunteer, Cora Simon.

Book Club

1:00

Hillview, 2nd Thursday HV Room 18

September 8

The Rosie Project by Graeme Simsion

October 13

I'm Looking Through You: Growing Up Haunted: A Memoir by Jennifer Finney Boylan.

Books are available at the Senior Program. Book Club discussion begins at 1:00, but feel free to bring lunch and join book club members at 12:30.



Questions?

Call Cynthia at the Library (650) 948-7683 (x3510) or Janet at (650) 967-2941.



Grant

2nd Wednesday, September 14 & October 12

Books will be decided on as a group at the Grant Book Club.

Smart Driver Course

Two Consecutive Fridays Rm. 2 & 12
Friday, September 9 & 16 1:00 - 5:00

Smart Driver Renewal Course*

Friday, December 1:00 - 5:30

**Must have completed eight hour class within the last three years to attend the renewal course.*

\$15.00 AARP Members \$20.00 All Others

Please bring check payable to "AARP" and AARP number to class. Reserve your spot by calling the Senior Program at (650) 947-2797. Certificate of completion is given at the end of either the 2-day or renewal course.
Certificate is required for discount.

Women's Group

640841-09/10

Let's get this group started! Let us know if you would like to be part of a Women's group and how you would like it to be run! Contact the Hillview volunteer desk with your ideas.

Men's Group

645529

Whether you are a single or a married man, you are experiencing the same things as others around you. Come meet and chat among men and relax over pastries and coffee. Walk-ins encouraged.

1st and 3rd Thursday, Sept 8, 15 & October 6

HV Room 10 10:00

3rd Wednesday, Sept 21 & October 19

Grant Multi-Purpose Room 10:00

English Lessons with Galen, Mr. Hong and Rosel

Volunteer Galen offers relaxed English lessons to those in attendance.

Wednesday

11:30

Free

Grant Multi-Purpose

Garden Club

Come and join others to stimulate your knowledge and love of gardening.

Fourth Wednesday Sept 28 & October 26

Free 1:00 Grant Multi-Purpose

Fall Plant Exchange

Saturday, September 29 10:00-12:00

Hillview Community Center Parking Lot
Free event, but you must bring a labeled plant life to exchange. Questions? 650-947-2790.

1000-Piece Puzzle Challenge

Stop by the Senior Program anytime during operating hours to help finish our 1000 piece puzzle. Ideas for new puzzles? We are listening!

Monday-Friday

8:30-3:30

Free

HV Room 10

In Appreciation, Scholarship

In Appreciation

Los Altos Legacies

Thank you to the Los Altos Legacies for the donation of a Ping Pong table. We will utilize it well!

Newsletter Collating

Thank you to Nanette Pearson, Pat Densmore, and Trudy Hickok, for collating our bi-monthly newsletter. We appreciate all your work!

Senior Center Library

In appreciation to all those who donate books, audio books and videos. Our library is a treasure for our seniors. Special thanks to the Friends of the Library for all the fine books given to our program.

Los Altos Hardware

Thank you to Los Altos Hardware for their continued support of our Recycled Battery Program.

Los Altos Art Club

Every two months there is a change in Senior Center scenery. Noteworthy Los Altos Art Club members rotate their art exhibits in Rooms 10 and 11. Stop by and see what is currently displayed.

Terraces of Los Altos

Thank you to the Terraces of Los Altos for catering our 2nd and 4th Friday Luncheons.

Daily Coffee Service

Monday-Friday	Hillview Rm 10	9-3
Monday	Grant Multi-Purpose	10-2
Wednesday	Grant Multi-Purpose	10-2

Come to the Senior Program and enjoy hot caffeinated and decaffeinated coffee. If coffee is not your cup of tea, then we have a selection of teas! Have a cup and relax with friends, catch up on today's news, and enjoy a new program or class!

Donations are appreciated. Please sign in.

Smoke Detector Program Free



In November, Sunset Rotary members will volunteer their time to change old batteries or install new smoke detectors free of charge in your home. If you are in need of this service, please call the Senior Program at (650) 947-2797 and leave your name, address and phone number. A Rotary Club member will call to schedule an appointment in November.

Cards For All Occasions

Ask our front desk volunteers where to find our stash of Get Well, Birthday, and other cards for the next time you need one!

MVLA Mountain View-Los Altos Adult Education **Adult Education**

From Art to Genealogy to Yoga...the MVLA Adult School offers more than 40 classes at Hillview.

City of Los Altos Residents 50+ Scholarship Opportunity

The City of Los Altos offers eight individual Senior Program scholarships of \$200.00 to residents for participation in Senior Programs on a first come, first served basis to individuals who qualify. To qualify for the scholarship residents must live in the City of Los Altos (county residents do not qualify) and have an individual income of less than \$43,100.

Please call Jaime Chew at (650) 947-2848 to request a scholarship application and schedule an appointment to return your completed application and all required documents. All appointments will be held at the Recreation and Community Services Department: 97 Hillview Avenue, Los Altos, CA 94022 (unless otherwise requested). Town of Los Altos Hills residents may also request a scholarship by contacting Sarah Gualtieri at (650) 947-2518₁₇

Services

Transportation: Road Runners

RoadRunners is a transportation service provided by dedicated El Camino Hospital Auxiliary volunteers. Transportation is provided for medical, dental, or any health related appointments. A reservation is required. For fees and details, or to place a reservation for this service, please call RoadRunners directly at (650) 940-7016.

RoadRunners office hours:

Monday - Friday | 7:30 am to 4:30 pm

Pick up and Drop Off service hours:

Monday - Friday | 8:15 am to 3:30 pm

HICAP

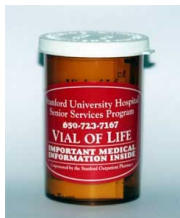
Free

Health Insurance Counseling & Advocacy Program assistance with Medicare & supplement claims, comparisons & long-term care, and HMO appeals. Call (650) 947-2797 for appointments with Roy Ito.

3rd Tuesday of month by appointment:

Tuesday, September 20 & October 18

Vial of L.I.F.E



(Lifesaving Information for Emergencies) First responders are trained to look for the Vial of Life kit in an emergency. It enables Emergency

Responders to quickly locate helpful information regarding your medical history. Inquire at the Room 10 Front Desk.

Advance Health Care Directive

Schedule an hour long appointment for assistance with an Advance Health Care Directive. Appointment includes: answering questions, explanation of medical and legal language, help with forms, etc.

Contact El Camino Hospital (650) 940-7210.

Flu Season

For more information and to locate flu shot centers, please go to www.flu.gov.

Mountain View-Los Altos Community Services Agency

CSA Senior Services Program is committed to helping local seniors live happy, healthy, and independent lives. Case Managers provide referrals to community resources, make arrangements for in-home services, and work cooperatively with care providers.

If you would like to receive CSA's Information & Referral Newsletter via mail or email, please contact Program Director Elizabeth Medina at (650) 810-2237 or emedina@csacares.org to submit your request.

Nutrition Program

Enjoy a healthy meal with others Monday-Friday at the Mountain View Senior Center. Pick-up a flyer in the Los Altos Senior program or check out Mountain View's Prime Time News publication for the menu and more information.

Sponsored by: Community Services Agency partnering with Santa Clara County S.N.P. (650) 964-6586. 266 Escuela Avenue, Mtn. View

Monday-Friday Mtn. View Senior Center
Sign in by 11:15, lunch served at 11:45
Suggested donation for ages 60+ \$3.00
Suggested donation for guests under 60 \$8.00

Friendship Line

The Friendship Line is a program sponsored by the Institute on Aging and is both a crisis intervention center and a "warm" line for routine, even daily phone calls that provide emotional support, medication reminders, and well-being check-ins.

For more information:

Call toll free (800) 971-0016

Call local (415) 752-3778

Or visit <http://www.ioaging.org/services-for-elders-and-caregivers/friendship-line>

Senior Center Without Walls

seniorcenterwithoutwalls.org or
Call (877) 797-7299 for more information.

Stay Connected, Community

Follow the Los Altos Senior Program through one of our several media outlets.

Television: KMTV Channel 15

Websites:

City of Los Altos: www.losaltosca.gov

Recreation: www.losaltosrecreation.org

Publications:

The following publications may be found online at the City of Los Altos website, Senior Program, Recreation Office, or City Hall.

The Spotlight

(Senior Program Bi-Monthly Newsletter)

Recreation Guide (Quarterly classes—all ages)

City Manager Weekly Updates

Chris Jordan, Interim City Manager posts weekly updates to summarize the activities of the City's various Departments.

You may sign up to receive this weekly update via email by signing up for the City Manager Weekly Update email list at losaltosca.gov/enotify.

Local Resources 2-1-1

For free, non-emergency community, health and disaster information in Santa Clara County, dial 2-1-1. When you dial 2-1-1, you will speak with a live phone specialist who can answer your questions regarding nonprofit services and agencies within the community (www.211scc.org/about.htm).

If you live outside of the county, dial (866) 896-3587.

Benefits Check Up

www.benefitscheckup.org

Developed and maintained by the National Council on Aging (NCOA), Benefits Check Up is the nation's most comprehensive web-based service to screen for benefits programs for seniors with limited income and resources.

Community

Farmers Market 4:00 - 8:00

Thursdays, until September 29

State Street between Second and Fourth

Ye Olde Towne Band 1:30-3:30

Enjoy a free, old-fashioned band concert in beautiful Shoup Park.

Information: windband.org/oldtowne/

September 25

Senior Safari Walk About

For more information: Call (408)794-6400 or visit HHPZ.org.

Thursday, September 22 and October 27.

Los Altos Legacies!

The Los Altos Legacies hopes everyone enjoyed their delicious root beer floats at the Senior Center BBQ on July 22, 2016. It was a sweet ending sponsored by our non-profit group! We will see you again at the Holiday Party with our wonderful prizes of candy and flowers!

In the meantime, have fun using the NEW ping pong table purchased by Los Altos Legacies to replace the broken one. This is a professional grade ping pong table that will stand up to the constant use of many entertaining games enjoyed by seniors over the years. Enjoy! As you know Legacies is able to support these activities due to the donations and legacy gifts of seniors like YOU! We are a non-profit, tax-deductible charity supporting only Los Altos/Los Altos Hills Seniors.

Los Altos Legacies has a new board member:

Ed White. Welcome! Ed joins board members Paul Gonella, Chairman; John Lippold, Vice Chairman; Ellen Gonella, Secretary/Treasurer; King Lear; Gabrielle Tiemann; Ed Hodges; and Verda Keenan.

2016 Meetings: Neutra House at 10:00 am
September 7 and December 7.

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

Non-Profit
U.S. Postage Paid
Los Altos, CA.
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👉 Time Sensitive Material

Email: recreation@losaltosca.gov

Staff: Nora Beltran Gladys Castro Kevin Low Alex Tula

Spotlight Newsletter

Los Altos Senior Program

