



Adult 50+ Program Regular Activities

Updated 11/7/24

Monday

Adult 50+ Rec Room
9 AM - 2 PM
Cedar - LACC
Room 4 - GPCC
FREE DROP-IN 50+

2025 Tax Prep. Assistance
AARP Foundation's IRS-certified volunteers
9 & 10:15 AM (Mondays, Feb - Apr, by appt.)
Sequoia - LACC
FREE SIGN UP

Meditation Class
9 - 10 AM
Online (Class resumes - 12/9)
FREE SIGN UP

Ping Pong
10:30 AM - 1 PM
Multipurpose - GPCC
\$ SIGN UP

Discussion Group
10:30 AM - 12 PM
Room 3 - GPCC
FREE DROP-IN

Monkey Toy Program
12 - 2 PM
Sycamore - LACC
FREE DROP-IN

Fitness Dance and Fun
1 - 2 PM
Online
FREE SIGN UP

Pickleball
6:30 - 9:30 PM
City Gym - Egan School
\$ SIGN UP

Tuesday

Adult 50+ Rec Room
9 AM - 2 PM
Cedar - LACC
FREE DROP-IN 50+

Cultural Exchange Program
10:30 AM - 12 PM (2nd Tuesdays)
Sycamore - LACC
FREE DROP-IN

Movie Days
12 - 2 PM
2/11 - *The Theory of Everything*
Sycamore - LACC
\$ % DROP-IN 50+

Line Dancing
1 - 2 PM
Grand Oak - LACC
\$ SIGN UP

Technology Tutoring
1 - 3 PM (Select Tuesdays, by appt.)
Buckeye - LACC
FREE SIGN UP

HICAP (Medicare Counseling)
Health Insurance Counseling & Advocacy Program
1 - 4 PM (3rd Tuesdays, by appt.)
Madrone - LACC
FREE SIGN UP

Wednesday

Adult 50+ Rec Room
9 AM - 2 PM
Cedar - LACC
Room 4 - GPCC
FREE DROP-IN 50+

American Mah Jongg Class
9:30 - 11:30 AM
Room 1 - GPCC
FREE SIGN UP

ArtVenturers Program
9:30 AM - 12 PM
Apricot - LACC
FREE DROP-IN

Chair Yoga Class
9:45 - 10:15 AM
Room 3 - GPCC (Class resumes - 12/11)
FREE DROP-IN

Stretching & Walking Class
10:15 - 10:45 AM
Basketball court area - GPCC
FREE DROP-IN

Book Club Program
11 AM - 12 PM (3rd Wednesdays)
Room 3 - GPCC

American Mah Jongg
11:30 AM - 2 PM
Room 1 - GPCC
FREE SIGN UP

Dance Exercise Class
1 - 2 PM (Room 2 on luncheon dates)
Multipurpose - GPCC
FREE DROP-IN

Pickleball
6:30 - 9:30 PM
City Gym - Egan School
\$ SIGN UP

Thursday

Adult 50+ Rec Room
9 AM - 2 PM
Cedar - LACC
FREE DROP-IN 50+

Bocce Ball 50+ Play
9 AM - 12 PM
Bocce Ball Courts - LACC
FREE DROP-IN 50+ Weather Permitting

Bridge
10 AM - 2 PM
Sycamore - LACC
FREE DROP-IN

Ping Pong
11:15 AM - 2 PM
Grand Oak or Birch - LACC
\$ SIGN UP

Carrom
11:30 AM - 1 PM
Cedar - LACC
FREE DROP-IN

Rummikub
10:30 AM - 2 PM
Cedar - LACC
FREE DROP-IN

Fitness Dance and Fun
1 - 2 PM
Online
FREE SIGN UP

Friday

Foreign Affairs
10:30 AM - 12 PM
Online
\$ SIGN UP

LOCATIONS & HOURS

Los Altos Community Center
97 Hillview Ave, Los Altos, CA 94022
Monday - Thursday 9 AM - 2 PM

Grant Park Community Center
1575 Holt Ave, Los Altos, CA 94024
Mondays & Wednesdays, 9 AM - 2 PM

ONLINE RESOURCES

losaltosca.gov/calendar
losaltosca.gov/parksrec

CONTACT

(650) 947-2797

CALENDAR KEY *All classes subject to change. Contact your activity leader for the latest.*

- Fee-Required
- Discounted for Passport Members
- Passport Required
- Free
- Drop-In (no sign-up)
- Advanced sign-up required

“LACC” - Los Altos Community Center

“GPCC” - Grant Park Community Center

50+ Age Requirement



Adult 50+ Website

Adult 50+ Program Special Activities



Adult 50+ Program Brochure


PROGRAM HIGHLIGHTS

 **Thankful Thanksgiving Luncheon**
 Adult 50+ Volunteer & Partner Recognition
 Thursday, 11/14, 11:30 AM - 1:15 PM
 Grand Oak Room - LACC

FREE SIGN UP


 **Adult 50+ Meet-Up**
 A Christmas Story: The Musical by
 the Los Altos Stage Company
 Thursday, 12/5, 6:45 - 10 PM
 Cedar Room - LACC

FREE SIGN UP


 **Holiday Luncheon Celebration**
 Wednesday, 12/11, 11:30 AM - 1:45PM
 Multipurpose Room - GPCC

FREE SIGN UP

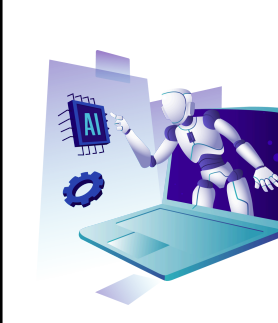
FEATURED ACTIVITIES

 **Puntarenas**
 Presented by Scott Cady
 Wednesday, 1/8, 12:30 - 1:30 PM
 Multipurpose Room - GPCC


FREE DROP-IN

 **The Benefits of Line Dancing**
 Tuesday, 1/21, 12:45 - 1 PM
 Grand Oak Room - LACC

FREE DROP-IN

 **AI for Seniors**
 Presented by AnewVista
 Thursday, 1/23, 1 - 2 PM
 Apricot Room - LACC


FREE DROP-IN

 **The Theory of Everything - MOVIE DAY**
 The true story of astrophysicist S. Hawking
 Tuesday, 2/11, 12 - 2 PM
 Cedar Room - LACC


FREE DROP-IN 50+

 **End-of-Life Transitions**
 Presented by Beacon Light Doulas
 and Hand 'n Hand
 Wednesday, 2/12, 12:45 - 1:45 PM
 Multipurpose Room - GPCC


FREE DROP-IN

 **Mexican Explorers**
 Presented by Scott Cady
 Thursday, 2/27, 12:45 - 1:45 PM
 Grand Oak Room - LACC

FREE DROP-IN

 **Cartagena**
 Presented by Scott Cady
 Wednesday, 3/12, 12:45 - 1:45 PM
 Multipurpose Room - GPCC

FREE DROP-IN

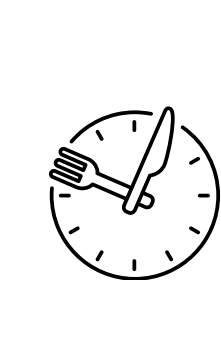
 **Mini-Trip: Stanford University**
 Trek the treasured sites at Stanford University
 Thursday, 3/20, 10 AM - 3 PM

FREE SIGN UP

ADULT 50+ LUNCHEONS

 **GPCC Luncheons**
 2nd Wednesdays (1/8, 2/12, 3/12)
 11:30 AM - 12:45 PM
 Multipurpose Room - GPCC

FREE SIGN UP

 **LACC Luncheons**
 4th Thursdays (1/23, 2/27, 3/27)
 11:30 AM - 12:45 PM
 Grand Oak Room - LACC

FREE SIGN UP

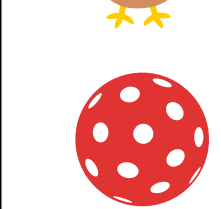
Seating limited. Advanced sign-up required.




HOLIDAYS/CLOSURES

 **Veterans Day**
 11/11

 **Thanksgiving Day**
 11/28





 **City Gym Maintenance (Pickleball Closed)**
 12/16 - 12/20, & 4/7 - 4/11

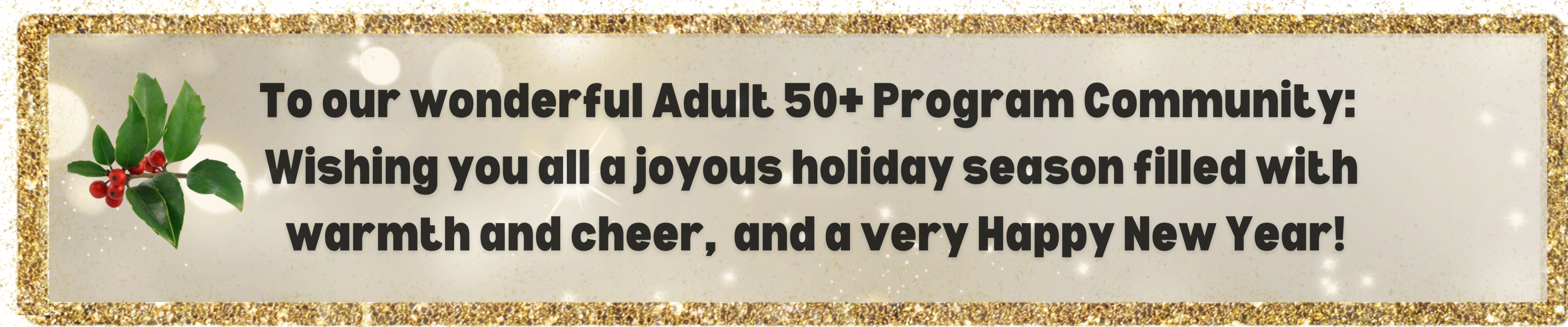
 **Winter Holiday Closure**
 12/23/24 - 1/3/25

 **Martin Luther King Day**
 1/20

The Adult 50+ Program offers a variety of engaging activities for our vibrant 50+ community to enjoy. We encourage you to visit us soon to participate in activities, pick up the latest brochure, and connect with staff.


Open this brochure to learn more about our upcoming regular and special programming. Below, we also have several announcements to share:

-  Adult 50+ Program staff are ready to share information with you! Interested in trying a new class? Let us introduce you to our activity leaders!
-  A common question staff receives is “Do I need to sign up for this?” As a reference, browse our calendars and note the  button which indicates when registration is required.
-  Never miss your invitation to a City of Los Altos Adult 50+ event. Join our mailing list and recreate with us! Contact an Adult 50+ staff member to be added!



**To our wonderful Adult 50+ Program Community:
Wishing you all a joyous holiday season filled with
warmth and cheer, and a very Happy New Year!**

ADULT 50+ PROGRAM HOURS & LOCATIONS

Los Altos Community Center 97 Hillview Ave, Los Altos, CA 94022 Monday - Thursday 9 AM - 2 PM	Grant Park Community Center 1575 Holt Ave, Los Altos, CA 94024 Mondays & Wednesdays, 9 AM - 2 PM	 CONTACT (650) 947-2797
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