



Adult 50+ Regular Programming

Updated 7/30/24

Monday

- Adult 50+ Rec Room**
9 AM - 2 PM
Cedar - LACC
Room 4 - GPCC
- Meditation Class**
9- 10 AM
Online
- Ping Pong Passport Play**
10:30 AM - 1 PM
Multi-purpose - GPCC
- Discussion Group**
10:30 AM - 12 PM
Room 3 - GPCC
- Monkey Toy Program**
12 - 2 PM
Sycamore - LACC
- Technology Tutoring**
1 - 3 PM (Select Mondays, by appt.)
Buckeye - LACC
- Fitness Dance and Fun**
1 - 2 PM
Grant Park Community Center (GPCC)
- Pickleball Passport Play**
6:30 - 9:30 PM
City Gym - Egan School

Tuesday

- Adult 50+ Rec Room**
9 AM - 2 PM
Cedar - LACC
- Cultural Exchange Program**
10:30 AM - 12 PM (2nd Tuesdays)
Sycamore Room - LACC
- Passport Movies**
12 - 2 PM (3rd Tuesdays)
8/20 - Hudsucker Proxy
9/17 - The Book Club
10/15 - The Last of the Mohicans
Sycamore - LACC
- Line Dancing**
1 - 2 PM
Grand Oak - LACC
- HICAP (Medicare Counseling)**
Health Insurance Counseling & Advocacy Program
1 - 4 PM (3rd Tuesdays, by appt.)
Madrone - LACC

Wednesday

- Adult 50+ Rec Room**
9 AM - 2 PM
Cedar - LACC
Room 4 - GPCC
- American Mah Jongg Class**
9:30 - 11:30 AM
Room 1 - GPCC
- ArtVenturers Program**
9:30 AM - 12 PM
Apricot - LACC
- Chair Yoga Class**
9:45 - 10:15 AM
Room 3 - GPCC
- Stretching & Walking Class**
10:15 - 10:45 AM
Basketball court area - GPCC
- Book Club Program**
11 AM - 12 PM (3rd Wednesdays)
Room 3 - GPCC
- American Mah Jongg Play**
11:30 AM - 2 PM
Room 1 - GPCC
- Dance Exercise Class**
1 - 2 PM (except for luncheon dates)
Multi-purpose - GPCC
- Pickleball Passport Play**
6:30 - 9:30 PM
City Gym - Egan School

Thursday

- Adult 50+ Rec Room**
9 AM - 2 PM
Cedar - LACC
- Bocce Ball Passport Play**
9 AM - 12 PM
Bocce Ball Courts - LACC
 Weather Permitting
- Bridge Adult 50+ Play**
10 AM - 2 PM
Sycamore - LACC
- Ping Pong Passport Play**
11:15 AM - 2 PM
Grand Oak or Birch - LACC
- Carrom Adult 50+ Play**
11:30 AM - 1 PM
Cedar - LACC
- Fitness Dance and Fun**
1 - 2 PM
Online

Friday

- Foreign Affairs**
10:30 AM - 12 PM
Online

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

- Fee-Required to participate
- Free to all participants
- Discounted or FREE for members
- Advanced sign-up required
- “LACC” - Los Altos Community Center
- “GPCC” - Grant Park Community Center



Adult 50+ Website

Updated 7/24/24



Summer 2024 Edition


Adult 50+ Special Programming

Adult 50+ Program Brochure

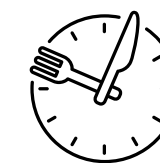
PROGRAM HIGHLIGHTS

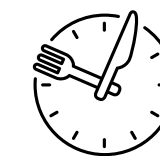
 **Adult 50+ Mini Trip**
Wells Fargo Museum & Ferry Building Lunch
 Wednesday, 8/7, 10 AM - 4 PM
 Chartered Bus Departs from LACC
 \$ SIGN UP


 **Adult 50+ Mini Trip**
Hiller Aviation Museum & Noelani's Grill
 Wednesday, 10/2, 9:30 AM - 2:30 PM
 Chartered Bus Departs from LACC
 \$ 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 - LACC
 \$ SIGN UP

ADULT 50+ LUNCHEONS


 **GPCC Luncheons**
 2nd Wednesdays (8/14, 9/11, 10/9)
 11:30 AM - 12:30 PM
 Multipurpose - GPCC
 SIGN UP

 **LACC Luncheons**
 4th Thursdays (8/22, 9/26, 10/24)
 11:30 AM - 12:30 PM
 Grand Oak - LACC
 SIGN UP

 **Seating limited. Advanced sign-up required. Contact staff or register online.**

HOLIDAYS/CLOSURES

 **Annual Program Summer Closure**
 8/26 - 9/2

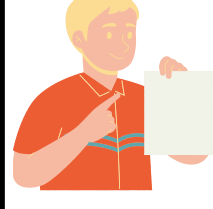
 **City Gym Maintenance (Pickleball Closed)**
 9/23 - 9/27 & 12/16 - 12/20

 **Indigenous Peoples' Day**
 10/14

 **Thanksgiving Day**
 11/28


FEATURED ACTIVITIES

 **VTA's Transportation for Seniors**
 Presented by Valley Transportation Auth.
 Wednesday, 8/14, 12:45 - 1:15 PM
 Multipurpose - GPCC
 FREE


 **Treasures of the Adriatic Coast - Slovenia**
 Presented by Scott Cady
 Wednesday, 8/22, 12:45 - 2 PM
 Grand Oak - LACC
 FREE

 **Meet the New Police Chief Lagergren**
 Hosted by Councilmember Lee Eng
 Wednesday, 9/11, 12:30 - 1 PM
 Multipurpose - GPCC
 FREE


 **Bocce Ball Coffee Social**
 Thursday, 9/19, 9:30 - Noon
 Bocce Courts - LACC
 FREE


 **Preparing for Medical Emergencies**
 Thursday, 9/26, 12:30 - 2 PM
 Apricot Room - LACC
 FREE

 **Cybersecurity Awareness**
 Monday, 10/7, 9:30 - 11 AM
 Apricot Room - LACC
 FREE

 **Fascinating History of Bridgetown Barbados**
 Presented by Scott Cady
 Wednesday, 10/9, 12:45 - 2 PM
 Multipurpose - GPCC
 FREE

 **Cards of Support**
 Hosted by Daughters of the Revolution
 Wednesday, 10/23, 10 AM - 12 PM
 Sequoia - LACC
 FREE

 **Grassroots Ecology - Redwood Grove**
 Thursday, 10/24, 1 - 1:45 PM
 Grand Oak - LACC
 FREE

 **SOLAH Diwali Celebration**
 Wednesday, 10/30, 11 AM - 1 PM
 Grand Oak - LACC
 FREE

The Adult 50+ Program Staff hopes that you are doing well! We encourage you to find an opportune time to visit us in the Adult 50+ Program rooms and participate in an upcoming activity. Open this brochure to learn more about our upcoming regular and special programming. Below, we also have several announcements to share:



We've updated our program calendars! Look inside for our weekly activities and look on the back for upcoming special programs. If a program sounds interesting contact us to learn more.



As you browse our Adult 50+ Program calendars, please direct your attention to "Featured Activities." We're sharing a variety of upcoming presentations, workshops, and activities that we'd encourage you to attend.



Never miss your invitation to a City of Los Altos Adult 50+ Event or City Happening. Join our mailing list and recreate with us! Contact an Adult 50+ staff member to be added!



Adult 50+ Program has a variety of opportunities for those interested in serving and providing recreational services to our community. Inquire today!



Community Service & Recreation leaders are encouraged to apply for several positions within the Adult 50+ Program. Learn more by visiting losaltosca.gov's employment opportunities section.

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(650) 947-2797