



Adult 50+ Program Regular Activities

Updated 1/22/25

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
FREE 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
FREE 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

Passport Movie Days
12 - 2 PM
2/11 - *The Theory of Everything*
5/6 - *Book Club*
Sycamore - LACC
FREE DROP-IN 50+

Line Dancing
1 - 2 PM
Grand Oak - LACC
FREE 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 Gathering
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
FREE 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
FREE 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
FREE 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

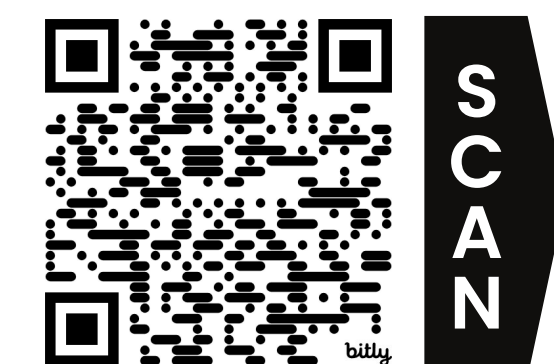
CALENDAR KEY *All classes subject to change. Contact your activity leader for the latest.*

- 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



SCAN



Adult 50+ Website



Adult 50+ Program Special Activities





Adult 50+ Program Brochure





PROGRAM HIGHLIGHTS

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




 **Mini-Trip: Ano Nuevo**
Elephant Seals with Lunch in Davenport
Thursday, 6/4, 10 AM - 3 PM





 **Meet-Up: Summer Concert Finale**
Wednesday, 7/31, 5:30 - 6:30PM
Cedar - LACC





FEATURED ACTIVITIES

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




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




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

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

 **National Walking Day**
Wednesday, 4/2, 10:45
Multipurpose Room - GPCC
 

 **Vector Control Topics for Los Altos**
Presented by County Vector Control
Thursday, 4/24, 12:45 - 1:45 PM
Grand Oak Room - LACC
 

 **Book Club - PASSPORT MOVIE DAY**
Book club tackles the infamous Fifty Shades of Grey. Comedy. PG-13.
Tuesday, 5/6, 12 - 2 PM
Sycamore- LACC
 

 **Samurai Spirit**
Presented by Scott Cady
Wednesday, 5/22, 12:45 - 1:45 PM
Grand Oak - LACC
 

ADULT 50+ LUNCHEONS

 **GPCC Luncheons**
2nd Wednesdays (2/12, 3/12, 4/9, 5/14)
11:30 AM - 12:45 PM
Multipurpose Room - GPCC


 **LACC Luncheons**
4th Thursdays (2/27, 3/27, 4/24, 5/22)
11:30 AM - 12:45 PM
Grand Oak Room - LACC


Seating limited.
Advanced sign-up required.



HOLIDAYS/CLOSURES


 **Martin Luther King Day**
1/20

 **Presidents' day**
2/17

 **City Gym Maintenance (Pickleball Closed)**
4/7 - 4/11


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!

 As a reminder, this brochure represents only a sliver of the upcoming activities, events, and community services delivered by City of Los Altos Parks and Recreation. For a more complete overview of offerings visit: losaltosca.gov/parksrec and grab the latest activity guide!

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