

DATE: September 18, 2017

AGENDA ITEM # 7



**TO:** Senior Commission

**FROM:** Jaime Chew, Recreation & Community Services Manager  
Sarah Robustelli, Community Services Supervisor

**SUBJECT:** Monthly Staff Update

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### Updates

#### **September/October Spotlight**

The bi-monthly newsletter has been released. It includes highlights of programs and events coming up in the months of September and October.

#### **Los Altos Fall Activity Guide**

The Fall Activity Guide has been release. Register now for programs and classes through December!

#### **Los Altos Hills Fall/Winter Activity Guide**

The Fall/Winter Activity Guide been released and the senior section has increased significantly. Offerings are located on pages 6-8. Per the Senior Commission's recommendation, Club 55 and up! was showcased.

### Programs & Events

#### **Tai Chi Class Expansion**

Instructor Linda Scheer has expanded her Tai Chi class to accommodate our participants who want more workout time! Starting Thursday, September 7 at 11:45am join Linda at LAYC for an added class!

#### **Mah-Jongg**

Learn American Beginning Mah-Jongg, a social table game made up of tiles to make patterns, Wednesdays 9:30am – 11:30am in Room 11.

#### **Free activity**

Starting September 19, hand massage offered on a first come first serve basis on Tuesday mornings, 9am – 11am in Room 10.

#### **Tech Tutor Workshop**

Intergenerational Tech Tutor Workshop is back by popular demand! You can bring electronic device such as laptop, cellphone, etc. and our team of high school volunteers are

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here to help. On the 3<sup>rd</sup> Wednesday starting September 20, 2017 to Wednesday, February 21, 2018 from 3:30pm – 5pm in the Computer Lab at the Hillview Community Center. Fee for Senior Center Members is \$1 and for all others \$3 for each session.

### **First Street Green Project**

Joanne Price of the First Street Green Project will share information about their program, Thursday, September 21, 2017 at 10:30am in Room 11.

### **Senior Walk + Additional Programming**

Santa Clara County Fire and Parks and Los Altos Hills Recreation Staff planned the following 2018-19 senior programming. The program would piggyback off our existing Monthly Senior Walks, which are typically held on the first Tuesday of every month at 10am. The walk typically takes until 11am. Our hope is after the walk participants would stay for one of the below listed Safety presentations and then stay for lunch! Each event wrapping up around 12:30 pm. These quarterly events will be called: **Stay Active, Stay Safe and Stay for Lunch**

- Tuesday, April 3, 2018 – Senior Fire & Fall Prevention Program
- Tuesday, July 10, 2018 – Preparing Residents for Home Emergencies
- Tuesday, October 2, 2018 – Safety at Home for Seniors (Law Enforcement)
- Tuesday, January 8, 2019 – Preparing Caregivers for Home Emergencies

### **New Senior Highlights**

**Monthly Walks:** 1<sup>st</sup> Tuesday of the month at 10am leaving from Town Hall

**Informational Session on Silicon Valley Clean Energy:** September 8 from 2pm – 3pm

**AARP Senior Smart Driver Course:** October 3 & 10 from 9am – 1pm

**The Hidden Epidemic: Opioids:** October 5 from 2:30pm – 3:30pm

**Intimacy, Sexuality and Healthy Aging Forum:** November 28 from 2pm – 3:30pm

**Technology for Seniors:** January 27 from 9am – 12pm

**AARP Senior Smart Driver Refresher Course:** February 5 from 9am – 1pm