

Senior Commission Minutes
Approved June 03, 2019

**MINUTES OF A REGULAR MEETING OF THE SENIOR COMMISSION OF THE
CITY OF LOS ALTOS/TOWN OF LOS ALTOS HILLS, HELD ON
MONDAY, MAY 06, 2019
BEGINNING AT 3:30 P.M.
GRANT PARK (Room2)
1575 Holt Ave, Los Altos, CA, 94024**

ESTABLISH QUORUM

PRESENT: Commissioners Basiji, Buchholz, Harding, O'Reilly, Torbeck, Yu,

ABSENT:

PLEDGE OF ALLEGIANCE

Vice Chair O'Reilly led the Pledge of Allegiance.

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

Ginger Summit from Friends of the Library spoke about the need for space, due to the Community Center Project. The Friends of The Library will be losing space once construction begins. The Senior Commission asked if the Friends of The Library has considered reaching out to the schools or other libraries or other Friends of the Library agencies. Ginger said that they have, but there were no other options. Ginger was asking for support from the Senior Commission. The Senior Commission suggested a letter to the editor to obtain support.

Gary Hedden Spoke about shared housing. He encouraged the Senior Commission to attend a meeting on Wednesday, May 15th from 7:00pm to 8:30pm. The topic was to discuss the Benefits, Costs and Considerations for Homeowners.

ITEMS FOR CONSIDERATION/ACTION

1. Approval of Minutes – April 01, 2019

Upon a motion by Commissioner Basiji, seconded by Commissioner O'Reilly. 6 Commissioners approved the minutes of April 01, 2019.

INFORMATION ITEMS

- 2.. Senior Creativity Event (May 18, 2019)

Public Comment: None

Action: None

Discussion

The Senior Creativity Event which will be taking place on May 18, 2019 was promoted by the Senior

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Commission.

3. Are the Senior Commission and Senior Programming serving the needs of seniors who are aging in place?

Public Comment: Toby Reitmon came to talk about this item. She feels like this issue is very important and needs to be addressed.

Action: None

Discussion:

Chair Harding suggested that this topic be placed as one of the sub-committee items for the Senior Commission. Commissioner Buchholz mentioned that he is planning on aging in place and would be interested in figuring out a way for the Senior Commission to become more involved with this topic. There was discussion amongst the Commission to figure out how to address this topic.

4. Joint Council Update

Public Comment: None

Action: None

Discussion:

Staff Liaison Matheson shared with the Senior Commission details regarding the Joint Council meeting that would be taking place on Tuesday, May 07, 2019. The meeting will be taking place in Room 2 at the Hillview Community Center. The Senior Commission time has changed from 5:30pm to 6:00pm. During this time, the Commission can discuss the workplan with Council.

4a. Workplan

Public Comment: None

Action: None

Discussion:

The Senior Commission discussed the current Workplan and would like to adjust the current one. Staff Liaison Matheson will send the current workplan to the Commission to make updates on.

5. Spring Fling Update

Public Comment: None

Action: None

Discussion:

The Senior Commission discussed the outcome of the Spring Fling. It was a very successful event. The

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Commission mentioned that there were a few less than last year, but the attendance was still very good. There were 83 that attended. Staff Liaison Matheson also let the Senior Commission know the costs that were accrued during this event and sent a document that gave the number of residents of Los Altos and non-residents that attended. The Senior Commission is already starting to discuss plans for the next Spring Fling.

6. Update on Grant Community Center Projects

Public Comment: None

Action: None

Discussion:

Commissioner O'Reilly reported that the patio structure will be set up at Grant Park in the next three weeks. The walkway with the fence request is more complicated due to ADA regulations. There are more logistics to consider regarding that request.

7. Update on Hillview Community Center Projects

Public Comment: None

Action: None

Discussion:

Staff Liaison, Matheson reported that as of March 31st, there are no more classes taking place at the Hillview Community Center. The classes have been moved to other City buildings. There are no MVLA classes taking place currently due to lack of space. The Recreation Department is currently coordinating their move. As of right now there are no finalized dates for demolition or construction at this point.

8. Receive information and announcements from City and Town Staff

Updates

Programs & Events

Los Altos Hills:

Recent/Upcoming Senior Programs:

Thank you, Senior Commissioner, Doris for implementing Advanced Care Planning 3-series workshop which concluded on April 24th with 8 participants.

Monthly Recreational Walk will be held on Wednesday, June 5th at 9:30am at Purissima Park. Additional dates and locations: 7/3 at Town Hall and 8/7 at Westwind Community Barn.

Pasta Workshop will be held on Thursday, May 9th from 6:30-8:30 pm in the Parks and Recreation Building class fee \$54, residents \$50. Register by calling 650-947-2506 or visiting losaltoshills.ca.gov.

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[Fitness](#) for Seniors –May. Monthly programs continues Mondays and Wednesday from 11:45am – 12:45pm in the Council Chambers. Sign up for today with a 8 class flex pass or for monthly registration for June! Register by calling 650-947-2506 or visiting losaltoshills.ca.gov.

Beginner Bridge classes continue through May 29th, with registration at maxed out at capacity. Sign up for Beginner II Bridget that will be held 6/12, 6/19, 6/26, 7/10, 7/17, and 7/24 on Wednesdays from 1:30-3:00 pm at Town Hall. Register by calling 650-947-2506 or visiting losaltoshills.ca.gov.

Tech Help for Seniors monthly program will be held on Thursday, June 13th from 4:00 – 5:00pm in the Parks and Recreation Building. Sign up for free help today, by visiting <http://seniortech.cf/?i=1>.

Did you know Happy Hollow has free Senior Safari Days? This monthly event is for guests age 50+ with free admission and free parking. Early access, animal meet and greets, 10,000 step challenge, and special activities such as water color painting, qigong and Zumba. Upcoming dates including: 5/23, 6/27, 7/25, 8/22, 9/26 at 9:00-10:00 am at Happy Hollow Park and Zoo.

Free workshop Retirement Making Your Money Last scheduled for Saturday, July 13th from 10:30am – 11:30am in the Parks and Recreation Building.

Upcoming Senior Events:

[Pathways Run/Walk](#) will be held on Saturday, May 11th at 9:00 am Westwind Community Barn. Join us for the 1-mile, 5K or 10K race.

[Touch a Truck](#) will be held on Saturday, May 18th from 10-Noon at Town Hall.

City of Los Altos

The City of Los Altos Summer Concert Series has been announced! Visit the Cities website for more information! The Summer Concert Series will be coming to Rosita Park due to upcoming demolition and construction of the new community center. There will be an Open House Meeting taking place on Wednesday, May 22, 2019 from 6:00pm to 7:00pm at Rosita Park (401 Rosita Avenue, Los Altos, Ca). The purpose of this meeting is for residents to provide feedback on the three (3) Summer Concerts to be hosted at Rosita Park- June 27, July 18 and August 1, 2019.

Learn more about our Summer Concert Series at:

<https://www.losaltosca.gov/recreation/page/summer-concert-series-14>

Summer Registration will be taking place on Tuesday, May 14, 2019. For more information about fun activities that will be taking place during the summer season.

For more information about our programs, please visit LosAltosRecreation.org or call 650-947-2790.

CSA Presentation

On Tuesday, May 07, 2019, CSA will be coming to speak at Grant park at 10:30am in Room 3. The topics to be discussed are the following: Caffeine, Alcohol and Medication Awareness and Healthy Nutrition.

Roadrunners Update

On Wednesday, May 08, 2019 the Roadrunners will be giving an update regarding the services they provide. This will be taking place at 12:30pm in the Multipurpose Room at Grant.

Pickleball Class at Egan Gym

Intergenerational lessons by the Coach Nemoff Team!

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Two IPTPA certified instructors, Camden and Terry Nemoff, will teach you the right methods and the highest level of pickleball drills and skills! Classes are Wednesdays 6-8pm and Saturdays 1-4pm. Two Sessions: May 1-15 and May 22-June 5. \$155 Senior Center Members/\$175 all others.

Clifford Reinhardt will be speaking at Grant Park

Clifford will be at Grant on May 8th at 12:30pm to speak about the updated RoadRunners program information.

Charles M. Schultz Museum Trip

Come with us to view the largest collection of original Peanuts artwork at the Charles M. Schulz Museum in Santa Rosa! We will have a docent led tour of this fun and fascinating museum to learn more about the one of the most popular comic strips of the 20th Century. The museum is located on the property where Charles Schulz spent the last thirty years of his life drawing, eating and as he described it, "hanging out." We will have a no host lunch at the Warm Puppy Café.

Thursday, May 23, 2019

Arrive at LAYC by 8:45 AM

Departure time 9:00 AM

Return time approximately 5:00 PM

\$69.00/Members and \$74.00/Non-Members

Price includes museum admission, docent led tour, transportation, and gratuity Register for the trip at Grant RM 4. Sign up early because space is limited.

Summer Registration will be taking place on Tuesday, May 21, 2019. For more information about fun activities that will be taking place during the summer season.

For more information about our programs, please visit LosAltosRecreation.org or call 650-947-2790.

COMMISSIONERS' REPORTS AND COMENTS

Community Center Subcommittee

Action -None

A report was mentioned earlier.

Outreach Subcommittee

Action- None

A report was mentioned earlier.

Transportation Subcommittee

Action- None

A report was mentioned earlier.

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Health and Safety Committee

Action- None

A report was mentioned earlier.

Age Friendly Subcommittee

Action-None

A report was mentioned earlier.

Online Resource Library Subcommittee

Action- None

A report was mentioned earlier.

Public Comment

None

POTENTIAL FUTURE AGENDA ITEMS

Ride Share Suggestions, Affordable Housing Sub Committee, Review population of each Sub-Committee

ADJOURNMENT – Chair Harding adjourned the meeting at 5:30pm