



DATE: May 06, 2019

AGENDA ITEM # 8

TO: Senior Commission

FROM: Bridget Matheson, Recreation & Community Services Supervisor
Sarah Robustelli, Community Services Supervisor

SUBJECT: Monthly Staff Update

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.

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.

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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!

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.



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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.

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