



City of Los Altos Recreation and Community Services Department

Los Altos Adult 50+ Program
Activities, Programs and Events

FIND YOUR ONLINE FUN!



**ACTIVITIES AND
EVENTS**



**DISCUSSION
GROUPS**



EXERCISE



DANCE

ONLINE CLASS OFFERINGS

ONLINE FEE-BASED CLASSES

Tai Chi For Health - Exercises to open the joints, relax the muscles and tendons to increase mobility and stability.

Line Dancing - Enjoy LIVE video Line Dance instruction that increases mobility, balance, and dance skills.

ONLINE FREE CLASSES

Meditation - When and how to meditate. Its physical, mental, and spiritual benefits.

Chair Pilates - A well-designed program to increase Core Strength and Flexibility as well as opportunities to explore Agility and Balance.

ONLINE ACTIVITIES



DANCE EXERCISE

CONVERSATION GROUP

BOOK CLUB

ARTVENTURERS

TECHNOLOGY RESOURCE TUTOR

SPECIAL EVENTS

NOVEMBER

Mah Jongg Social Hour, a get together for the class Members – November 4th 11:00 am

Monkey Toy Makers Social Hour, for group Members – November 9th 10:00 am

Volunteer Social, Volunteers visit and share – November 12th 11:00 am

Thankfulness Thanksgiving Social with Drawing and Prizes – November 19th 11:00 am

DECEMBER

Conversation Group Social Time, Staff says hello – December 7th 11:00 am

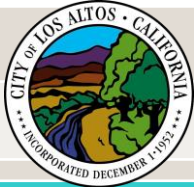

Creative Holiday Sweater Sharing Time – December 9th 11:00 am

Phil Ackerly Magic Show – December 15th 11:00 am

Holiday “Name that Tune” Gala with Drawing and Prizes – December 18th 11:00 am

KMV TV 15 Adult 50+ Program Pilot – Tuesday/Thursday December 1st – 31st 9:00 am – 1:00 pm

KMVtv15 - Adult 50+ Program Pilot Activities

TUESDAY	THURSDAY
Meditation	Meditation
ArtVenturers	HICAP
French Cooking	Los Altos TACO – Viva La Roca
American Cooking	Book Author Erin Sands
International Holiday Cooking	Nutcracker by Diablo Ballet
Sponsored by City of Los Altos and Los Altos Community Foundation	Youth Performances - Pianist
 	Youth Poet Laureate
	LAYT Rockettes Performance
	Peninsula Symphony Orchestra
	Ikebana Flower Arrangement

Resources



Services

The City of Los Altos developed programs and has connected with a variety of Organizations to strengthen our community

- **Community Connection Hotline**
- **Community Resource List**
- **HICAP Consultation**
- **CSA Senior Services Program**
- **Roadrunners Transportation Service**
- **On Demand Ride Reimbursement Program**
- * **Senior Connection Hotline**