



DATE: December 6, 2021

AGENDA ITEM # 5

TO: Senior Commission

FROM: Chris Knopf, Town of Los Altos Hills Staff Liaison
Cheryl Anderson, City of Los Altos Staff Liaison

SUBJECT: Informational Items

RECOMMENDATION:

Receive information and announcements from the Town of Los Altos Hills and City of Los Altos staff

BACKGROUND/DISCUSSION

City Staff will share with the Senior Commission a program updated since the Adult 50+ Program opened on Monday, October 4, 2021.

Los Altos Hills:

Introduction to Nonfinancial Retirement Planning

It's the most overlooked part of retirement planning. Your retirement could last 30 years. Beyond money, how will you invest your time? Learn about new work options, engaging volunteering, building a personal legacy and more. RSVP required, email Lyn at lyn@retirementlinkages.com

Winter Date: 1/10

Day: Monday

Time 11:00 – 11:30 am

Location: Virtual

Fee: Free

RSVP Required: lyn@retirementlinkages.com

Fall Prevention

Instructed by Santa Clara County Fire Department and Stanford Health Care

Identify fall risks and learn simple and effective home modifications to prevent falls. Learn what to do if you fall and exercises and activities that can help prevent falls. Get connected with community resources to maintain safety and wellness.

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Day: Thursday
Time: 11:00 am - Noon
Location: Town Hall Council Chambers
Fee: Free
RSVP Required: [fallprevlahjan2022.eventbrite.com](https://www.eventbrite.com/e/fallprevlahjan2022)

**Age is Only a Number
Presented by Dear Seniors**

Presented by Dear Seniors, a Los Altos Hills based organization, Age is Only a Number will include an overview of activities and events held by Los Altos Hills youth volunteer Anika Sikka. From bonding games to insightful discussions to an advice forum, this program will allow both youth and seniors to benefit and gain knowledge about others in their community.

Date: 1/21
Day: Friday
Time: 4:00 – 4:30 pm
Location: Virtual
RSVP Required: Anikasikka1@gmail.com

Memoir Writing: Tell Your Story, Discover Your Legacy

Many people think their lives are not that interesting. Yet we all have stories to share. Remember those moments in your life and create a valuable story collection and history for your family. No writing experience needed. Everyone with favorite stories to keep is welcome. Participants write at home and share stories with the group over the four-week class. Sign up early as this class is limited to six participants.

Learn about:

- Simple tips to assist storytelling
- How to identify significant moments in our lives
- What our stories tell us about our purpose and legacy

Winter Session: 1/24 - 2/14

Day: Monday
Time 10:00 am – 11:30 am
Location: Virtual
Fee: \$85 Non-resident Rate
\$80 Resident Rate

City of Los Altos:

Currently Hiring Facility Attendants:

The City of Los Altos Recreation & Community Services Department is currently hiring for facility attendants that would be working at the new Los Altos Community Center. Below is the link to the website and brief information about the position.

Direct Link For Position:

https://workforcenow.adp.com/mascsr/default/mdf/recruitment/recruitment.html?cid=1a9778da-a9fd-4b98-870a-e7f4617b59d9&ccId=19000101_000001&type=MP&lang=en_US

Facility Attendant Position-Part-Time
Salary Range: \$16.00 - \$20.00 (per hour depending on experience)

Mini Trip to Filoli's for the Holidays

Experience the wonders of the Holidays at the historic Filoli Estate in Woodside. Join an afternoon of fun on a self-guided, group tour of the grand house and gardens, sumptuously decorated for the holidays, complete with twinkling lights and the Spirit of the Season. We will enjoy browsing in the wonderful Clock Tower Shop filled with seasonal and Filoli-inspired merchandise, where you can select a gift or two for someone special on your list.

December 8, 2021
11am – 3:30pm
Residents: \$55
Non-Residents: \$66
Call the Center for more information (650)947-2797

34th Annual Gingerbread House Exhibit

Sweeten your holiday season with 34th Annual Gingerbread House Exhibit! Showcase your talents by creating whimsical, edible creation (as an individual, family, or group) that will be displayed in the Los Altos Community Center for the community to enjoy.

Social and Ornament Making Event: December 11, 10am – 4pm
Questions and more information may also be directed to Katy Brecher at kbrecher@losaltosca.gov.

Holiday Dessert Social with a movie to follow!

Come for dessert and stay for a movie! That's right, we are showing a classic for the holiday season. It's A Wonderful Life will make you smile, and the dessert will bring you joy!

December 16, 2021 –
Los Altos Community Center, Grand Oak Room
12pm – 3pm
Suggested donation: \$5

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20th Annual Fun Run

Taking place on New Year's Day, this Los Altos tradition is fun, noncompetitive, and free! A 5K (3.1 mile) walk, run, or roll (strollers or wheelchairs). Participate in the "run" or cheer on your family and friends. It's a great way to welcome 2022!

Event Details:

<https://www.losaltosca.gov/recreation/page/20th-annual-fun-run>

Registration Now Open:

<https://secure.rec1.com/CA/LosAltosRecreation/catalog/index/87bec665adb574fa6ad1935a14ff9678?filter=c2VhemNoPWZ1biUyMHJ1bg==>

COVID-19 Resource Link:

Parks, restrooms, and playgrounds will remain open. To stay updated with the latest information, please visit our City website at

<https://www.losaltosca.gov/citymanager/page/covid-19-resource-page>

ON THE MOVE (RIDE CARE PROGRAM)

Beginning July 1, 2019, the City of Los Altos provided a ride reimbursement program for participants of the Recreation and Community Services Adult 50+ Program. This program was created to aid local mature adults in being more mobile within the Los Altos and Los Altos Hills community.

1. Ride services must take place between July 1, 2021, and June 30, 2022
2. You must create an account on CIVIC Rec. <https://secure.rec1.com/CA/LosAltosRecreation/catalog>
3. This program is for ages 50 years and older.
4. Ride must begin and end within the City of Los Altos, Town of Los Altos Hills, El Camino Hospital Complex including North Dr., South Dr., Hospital Dr., and Solace Pl., Kaiser Mountain View (555 Castro St., Mountain View), Palo Alto Medical Foundation in Palo Alto and Mountain View, Palo Alto VA Hospital and all VA associated facilities located on Miranda Ave. and Loop Road, Stanford Hospital and associated facilities on Jordan, Pasteur, and Blake Wilber with no stops outside those areas.
5. Now accepting COVID-19 related trips and other trips that meet guidelines listed in #4.
6. You must use an on-demand ride company that can provide official verification of ride cost and transportation start and finish points.
7. Full cost of ride and up to \$3 driver gratuity will be reimbursed, any additional gratuity given will not be reimbursed.

For more information about this program, please call (650) 947-2797.

For more details about all the wonderful programs and activities the Adult 50+ program has to offer please refer to these links listed above. You can also see all programs offered by the Recreation & Community Services Department as a whole.