



SENIOR COMMISSION MEETING AGENDA

3:30 PM - Monday, February 06, 2023

Telephone/Video Conference Only

Please Note: Per California Executive Order N-29-20, the Senior Commission will meet via Telephone/Video Conference Only.

Telephone: 1-669-444-9171 / Meeting ID: 843 3311 5529

Members of the Public may join and participate in the Senior Commission meeting at <https://losaltosca.gov.zoom.us/j/84333115529?pwd=bzRhaU5XWm1vNWRRRkFuMi9RaTU4dz09>
Passcode: 640333

TO PARTICIPATE VIA VIDEO: We have moved to **ZOOM!** Members of the public will need to have a working microphone on their device and must have the latest version of ZOOM installed (**available at <https://zoom.us/download>**). To request to speak, please use the "Raise hand" feature located at the bottom of the screen under the Reactions Icon.

TO PARTICIPATE VIA TELEPHONE: Members of the public may also participate via telephone by calling the number listed above. To request to speak, press *9 on your telephone.

TO SUBMIT WRITTEN COMMENTS, prior to the meeting, on matters listed on the agenda email **SCpubliccomment@losaltosca.gov** with the subject line in the following format:

PUBLIC COMMENT AGENDA ITEM ## - MEETING DATE.

Emails sent to the above email address are sent to/received immediately by the Senior Commission. Correspondence submitted in hard copy/paper must be received by 2:00 p.m. on the day of the meeting to ensure it can be distributed prior to the meeting. Correspondence received prior to the meeting will be included in the public record.

Public testimony will be taken at the direction of the Chair and members of the public may only comment during times allotted for public comments. Once called to speak, speakers will be asked to state their name and place of residence. Providing this information is optional.

CALL MEETING TO ORDER

ESTABLISH QUORUM

PLEDGE OF ALLEGIANCE

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

Members of the audience may bring to the Commission's attention any item that is not on the agenda. Please complete a "Request to Speak" form and submit it to the Staff Liaison. Speakers are generally given two or three minutes, at the discretion of the Chair. Please be advised that, by law, the Commission

is unable to discuss or take action on issues presented during the Public Comment Period. According to State Law (also known as “the Brown Act”) items must first be noticed on the agenda before any discussion or action.

ITEMS FOR CONSIDERATION/ACTION

1. [Minutes: Approve minutes of the Senior Commission special meeting of January 9, 2023](#)
2. **Sunshine Calls:** Discuss support and/or options for sunshine calls and take action as appropriate
3. [Work Plan: Review recommended FY 2022/23 Work Plan and Subcommittees](#)

INFORMATIONAL ITEMS

4. **Grant Park Current Programming:** Receive update from Adult 50+ staff
5. **Grant Park Improvements:** Receive update from City staff
6. [Flyers: Recieve informational flyers](#)

COMMISSION/SUBCOMMITTEE/STAFF ORAL REPORTS AND REQUESTS FOR FUTURE AGENDA ITEMS

7. **Commission/Subcommittee Reports:** Receive updates from Commission/Subcommittees
 - A. Age Friendly City Recertification (Buchholz, Dixit, Li)
 - B. Outdoor Spaces and Buildings (Basiji, Nagao)
 - C. Transportation (Basiji, O'Reilly)
 - D. Housing (Basiji, O'Reilly)
 - E. Social Participation (Buchholz, Cohen, Dixit)
 - F. Respect and Social Inclusion (Buchholz, Cohen, Dixit)
 - G. Civic Participation and Employment (Li)
 - H. Communication and Information (Basiji, Nagao)
 - I. Community Support and Health Care Services (Buchholz, Cohen)
8. **Staff Oral Reports:** Receive information and announcements from Town of Los Altos Hills and City of Los Altos staff
9. **Future Agenda Items:**
 - A. Future Use/Programming at Grant Park

ADJOURNMENT

SPECIAL NOTICES TO PUBLIC

In compliance with the Americans with Disabilities Act, the City of Los Altos will make reasonable arrangements to ensure accessibility to this meeting. If you need special assistance to participate in this meeting, please contact the City Clerk 72 hours prior to the meeting at (650) 947-2610.

Agendas, Staff Reports and some associated documents for Senior Commission items may be viewed on the Internet at https://www.losaltosca.gov/meetings?field_microsite_tid_1=2321.

If you wish to provide written materials, please provide the Commission Staff Liaison with **10 copies** of any document that you would like to submit to the Commissioners in order for it to become part of the public record.

For other questions regarding the meeting proceedings, please contact the City Clerk at (650) 947-2720.



MINUTES OF THE SPECIAL MEETING OF THE SENIOR COMMISSION OF THE CITY OF LOS ALTOS AND TOWN OF LOS ALTOS HILLS, HELD ON MONDAY, JANUARY 9, 2023 AT 3:30 P.M. WITH REMOTE ACCESS VIA ZOOM

PRESENT: Vice Chair Li, Commissioners Basiji, Buchholz, Dixit, O'Reilly, Nagao

ABSENT: Chair Cohen

LATE: None

CALL MEETING TO ORDER

At 3:30 P.M., Vice Chair Li called the meeting to order.

ESTABLISH QUORUM

PLEDGE OF ALLEGIANCE

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

ITEMS FOR CONSIDERATION/ACTION

1. **Minutes:** Approve minutes of the Senior Commission regular meeting of December 5, 2022.

Public Comment: None.

Action: Upon a motion by Commissioner Buchholz, seconded by Commissioner Basiji, the Commission approved the minutes of the meeting of December 5, 2022.

Approve: Vice Chair Li, Commissioners Basiji, Buchholz, Dixit, O'Reilly and Nagao.

Oppose: None.

Absent: Chair Cohen.

Abstention: None.

Motion passed unanimously: 6-0-1-0.

2. **Outdoor Spaces and Buildings:** Receive update from Outdoor Spaces and Buildings Subcommittee (Basiji, Nagao) and take action as appropriate.

Public Comment: None.

Action: Received update from Outdoor Spaces and Buildings Subcommittee (Basiji, Nagao).

3. **Transportation Subcommittee Goals:** Discuss and recommend updates to the On the Move ridecare program, and explore alternative shuttle options.

Public Comment: None.

Action: Upon a motion by Commissioner O'Reilly, seconded by Commissioner Buchholz, the Commission approved the recommendation to extend the ridecare program boundaries to include Kaiser Hospital and adjacent complexes/services in the area of Lawrence Expressway and Homestead Road in Santa Clara.

Approve: Vice Chair Li, Commissioners Basiji, Buchholz, Dixit, O'Reilly and Nagao.

Oppose: None.

Absent: Chair Cohen.

Abstention: None.

Motion passed unanimously: 6-0-1-0.

Action: Upon a motion by Commissioner O'Reilly, seconded by Commissioner Nagao, the Commission approved the recommendation that the Senior Commission encourage the Los Altos City Council to explore and partner with neighboring jurisdictions to expand shuttle opportunities into Los Altos.

Approve: Vice Chair Li, Commissioners Basiji, Buchholz, Dixit, O'Reilly and Nagao.

Oppose: None.

Absent: Chair Cohen.

Abstention: None.

Motion passed unanimously: 6-0-1-0.

4. **2023 Senior Commission Meeting Schedule:** Approve the 2023 Senior Commission meeting schedule

Public Comment: None.

Action: Upon a motion by Commissioner Buchholz, seconded by Commissioner O'Reilly, the Commission approved the 2023 Senior Commission meeting schedule.

Approve: Vice Chair Li, Commissioners Basiji, Buchholz, Dixit, O'Reilly and Nagao.

Oppose: None.

Absent: Chair Cohen.

Abstention: None.

Motion passed unanimously: 6-0-1-0.

5. **Work Plan:** Review recommended FY 2022/23 Work Plan and Subcommittees.

Public Comment: None.

Action: Reviewed recommended FY 2022/23 Work Plan and Subcommittees.

INFORMATIONAL ITEMS

6. **Commission/Subcommittee Reports:** Received updates from Commission/Subcommittees
- A. Age Friendly City Recertification (Buchholz, Dixit, Li) – No report.
 - B. Housing (O'Reilly, Basiji) – Verbal report.
 - C. Social Participation (Buchholz, Cohen, Dixit) - No report.
 - D. Respect and Social Inclusion (Buchholz, Cohen, Dixit) - No report.
 - E. Civic Participation and Employment (Li) – No report.
 - F. Communication and Information (Basiji, Nagao) – No report.
 - G. Community Support and Health Care Services (Buchholz, Cohen) - No report.

7. **Staff Oral Reports:** Received information and announcements from Town of Los Altos Hills and City of Los Altos staff.

Public Comment: None.

Action: Received information and announcements from Town of Los Altos Hills and City of Los Altos staff.

8. **Flyers:** Receive informational flyers

Public Comment: None.

Action: Received informational flyers.

COMMISSION/SUBCOMMITTEE/STAFF ORAL REPORTS AND REQUESTS FOR FUTURE AGENDA ITEMS

9. **Future Agenda Items:**

- A. Age Friendly Recertification funding
- B. Improvements to Grant Park and Community Center
- C. Update on Grant Park and Community Center programs

ADJOURNMENT

At 4:49 P.M., Monday, January 9, 2023, Vice Chair Li adjourned the meeting.

SENIOR COMMISSION
FY 2022-23 Work Plan (May 2022 to May 2023)

Goal	Projects	Assignments	Target Date	City Priority related to	Status
Recertify Los Altos as an Age-Friendly City	Action Plan	<ul style="list-style-type: none"> Engage CAFÉ (Center for Age Friendly Excellence) to create an Action Plan to recertify as an Age-Friendly City. Subcommittee: Buchholz, Dixit, Li	July 2022	Community Engagement	In progress
	Outdoor Spaces and Buildings	<ul style="list-style-type: none"> Participate in Grant Park Master Plan committee. Recommend hot water, HVAC and electrical upgrade in Grant Park in the CIP budget. Work collaboratively with Parks & Recreation to support senior use/age friendly programming in public areas. Plan joint meeting with Parks and Recreation Commission. Subcommittee: Basiji, Nagao		Community Engagement	Pending Action Plan details
	Transportation	<ul style="list-style-type: none"> Explore resources and options (transportation studies). Recommend (evaluate, check-in) ridesharing and reimbursement program improvements. Explore outreach strategies. Consider COVID impacts. Subcommittee: Basiji, O'Reilly		Community Engagement	Pending Action Plan details
	Housing	<ul style="list-style-type: none"> Understand local senior housing issues. Understand how other Commissions have addressed the housing needs of seniors. Advocate for senior housing needs/projects. Support senior elements in Los Altos Housing Element. Subcommittee: O'Reilly, Basiji		Housing	Pending Action Plan details

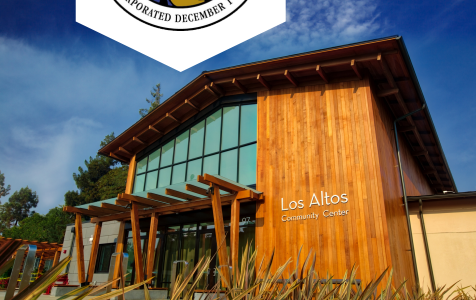
Goal	Projects	Assignments	Target Date	City Priority related to	Status
Maintain City/Town of Los Altos Age-Friendly status	Social Participation	<ul style="list-style-type: none"> Reach isolated seniors not online. Partner with Parks & Recreation Commission on Pop-Up Activities. <p>Subcommittee: Buchholz, Dixit, Cohen</p>		Community Engagement	Pending Action Plan details
	Respect and Social Inclusion	<ul style="list-style-type: none"> Reach isolated seniors not online and provide timely information. Address impacts of social isolation. Partner with Parks & Recreation Commission on Pop-Up Activities. <p>Subcommittee: Buchholz, Cohen, Dixit</p>		Community Engagement	Pending Action Plan details
	Civic Participation and Employment	<ul style="list-style-type: none"> Raise awareness regarding age discrimination in the workforce. Attract more employers while keeping the village feeling. <p>Subcommittee: Li</p>		Community Engagement	Pending Action Plan details
	Communication and Information	<ul style="list-style-type: none"> Develop strategies to promote senior programs and facilities including grassroots marketing. Widely distribute Spotlight newsletter and flyers. Meet with Marketing/Recreation staff. <p>Subcommittee: Basiji, Nagao</p>		Community Engagement	Pending Action Plan details
	Community Support and Health Care Services	<ul style="list-style-type: none"> Plan for next endemic and boosters. Keep those not on social media or using technology informed. Support sunshine calls <p>Subcommittee: Buchholz, Cohen</p>		Community Engagement	Pending Action Plan details



CITY OF LOS ALTOS

Parks & Recreation Department

Agenda Item 6.



WE'RE HIRING!

Current Opportunities

- PRESCHOOL TEACHER I/II
- RECREATION LEADER II
(ADULT & ADULT 50+)

apply
online
today!

Scan Me!



www.losaltosca.gov

9

bs

hr@losaltosca.gov

Spotlight

January- February 2023



Highlights

HAPPY NEW YEAR! The Adult 50+ Program would like to wish you the best in 2023! There are fantastic activities, events, and programs planned that will provide opportunities to jump into action this year. Everything is fresh, new, and inspiring.

Lunch

Shall we “do” lunch? Yes, indeed! Join us twice a month, the **second Wednesday** of the month at **Grant Park Community Center** and the **fourth Thursday** of the month at **Los Altos Community Center**. Lunch begins January 11. Bring a friend to enjoy the activities and stay for lunch!

Sports and Fitness

Dust off those sweats and join the fun of Drop-In Ping Pong, now featured at Grant Park Multipurpose Room and Los Altos Community Center (LACC), Grand Oak Room. That’s right, this program has expanded to two locations, Grant Park on **Monday**, and Los Altos Community Center (LACC) on **Thursday**.

Ping Pong hours are 10:30 AM – 1 PM at Grant Park and 11:15 AM – 2 PM at LACC.

Fee: FREE members/\$3 non-members

Pickleball learn-to-play events are coming to Egan Gym! Kick off the new year by brushing up on your skills at our first Pickleball Fun-to-Learn Event.

Welcome the Pickleball Ambassador Cynthia Gin, who brings her knowledge and enthusiasm of the sport right to you. Stay tuned for upcoming dates.

Effective January 2023, there will be a \$6 annual fee for the Spotlight to be mailed to your address.

Adult 50+ Program (650) 947-2797

<https://www.losaltosca.gov/parksrec/page/adult-50-program>

Santa Clara County COVID-19 guidelines are in place. Keep a safe distance and masks recommended.



Membership

Premiere Passport Fee - \$48 for all (residents and non-residents)

It's here! The "Premiere Passport" Adult 50+ Program Membership has arrived, and we are happy to assist with registration. The Premiere Passport has perks that you can enjoy such as discounts on classes, programs, events, and much more. We encourage registering on CivicRec, the online portal used for registration, payment, and facility rentals. Let us know if you need help with setting up your profile.

February is **Premiere+ Membership Month** at Los Altos Adult 50+ Program! Sign up on CivicRec to get started, or come in to Grant Park or LACC and our Team will help you sign up.

Membership Perks

Free Sports Program

- Indoor Pickleball- Egan Gym
- Members Pickleball-Grant
- Ping Pong - LACC + Grant
- Bocce Ball- LACC

Free Equipment Loan Program

- Pickleball- Grant Park
- Mah Jong sets- LACC + Grant
- Bocce Ball- LACC
- DMV Packets- LACC + Grant

Discounts

- Adult 50+ Classes
- Special Events

Free Drop-in Programs:

- 3rd Thursday movies at LACC

Other

- Meet-Ups for members
- Free Birthday Lunch
- SEE's Gift Certificates for purchase at a discount

NEW

Notary Service

- Notarizations by appointment only
- Appointments scheduled between **9 AM and 12 PM, Thursdays**
- Appointments are 15 minutes per participant.

Suggested donations for notarization:

- \$2 per signature for members
- \$5 per signature for non-members
- Donations made to the Adult 50+ program

Adult 50+ Program (650) 947-2797

<https://www.losaltosca.gov/parksrec/page/adult-50-program>

*Register/Create your account on CivicRec at LosAltosRecreation.org and click on "View Classes"

Tax Season

Tax Season is upon us and we are happy to have the AARP Tax Aide Program return for another year of assisting with tax preparation.

Free tax-return preparation service will be offered on Monday mornings, **February 6 through April 10**, at the Los Altos Community Center at 97 Hillview Avenue.

Appointments required: Call the Adult 50+ Program at (650) 947-2797 to make an appointment.

- The program focuses on clients with moderate incomes, with special emphasis on those age 50 and over.
- Clients should bring photo ID, Social Security card or statement, 2021 tax return, all 2022 tax information and evidence of health-care coverage if available.
- Trained, IRS-certified volunteers meet with clients in person, review their tax forms and records, then prepare and electronically file both Federal and California tax returns.

Speakers

Enjoy an early lunch at 11:15 AM, and then join Adult 50+ Program member **Anita Parsons** as she brings you along on her 20-day, three-pass trek in the Everest Region of Nepal. Anita will present an in-person power point presentation on **Wednesday, January 11, 11:45 AM** in the multi-purpose room at Grant Park and on **Thursday, February 23, 12:45 PM** in the Grand Oak Room at Los Altos Community Center (LACC).

Scott Cady returns with a great series of talks that will inspire and delight! Come for a good talk and stay for lunch at Los Altos Community Center **Thursday, January 26**, and at Grant Park Community Center on **Wednesday, February 8** where he will present after the 11:15 AM lunch. The series Scott is presenting runs till Wednesday, May 10, 2023. Bring a friend!

Future Programs

Lots of participants have commented on the desire to learn more about their phones, iPads, and computers, along with how to effectively use our **CivicRec portal**. As we return to in-person programs and registering for them, there has been a request to expand on the “how to’s” of using the internet with these devices. This Spring, we will offer a Tech Day where you can bring your devices and receive help understanding how to access more on them; plus stay for refreshments. Stay tuned for more information.

We’re also planning a new early evening dining event program where we meet at local restaurants in Los Altos and enjoy socializing over a nice meal. This program will begin in early Spring as a Meet-Up event. This new program also encourages you to use the On-the-Move Rideshare program we offer. More details to follow!

Adult 50+ Program (650) 947-2797

<https://www.losaltosca.gov/parksrec/page/adult-50-program>

*Register/Create your account on CivicRec at [LosAltosRecreation.org](https://www.losaltosca.gov/parksrec/page/adult-50-program) and click on "[View Classes](#)"

Movie Time

3rd Thursday Movies

Los Altos Community Center(LACC)/Sycamore Room

Fee: FREE members/\$1 non-members



Coco

Thursday, January 19 at 12:30 PM

This delightful, Academy Award winner is an outstandingly entertaining animated film with emphasis on life lessons. The story follows a 12-year-old boy named Miguel who is accidentally transported to the Land of the Dead,

where the deceased live, if they are remembered well. While there, Miguel not only discovers his family's legacy, but his search will lead him to an unexpected truth in this Disney tale about love, hate, death, music, betrayal -- and most of all: the importance of Family.



An Affair to Remember

Thursday, February 16 at 12:30 PM

Celebrating February as the month of love and romance, this 1957 American classic, starring Cary Grant and Deborah Kerr is on the bill. This movie is considered to be among the most romantic films of all time according to the American Film Institute. A couple falls in love while on a European cruise and agrees to meet in six months at the Empire State Building...but what will happen?? An unforgettable, dramatic romance, to be sure.

Pickleball

Intergenerational Indoor Pickleball

All levels welcome

Egan Junior High School Gym.

100 W Portola Ave, Los Altos

Monday/Wednesday, 6:30 - 9:30 PM

Fee: FREE members, \$3 residents, \$5 non-residents

Members Pickleball Program at Grant

All levels welcome

Grant Park Basketball Court

Monday, 10 AM - 1:30 PM

For Members who are Pickleball enthusiasts, there are two taped courts at Grant Park on the basketball court. Members can borrow a Pickleball net, utilizing the loaner program for Members, and set up on the court on Mondays between 10 AM - 1:30 PM.

Ping Pong

Agenda Item 6.

Drop-In Ping Pong

All levels welcome

Los Altos Community Center (LACC)/Grand Oak Room

Thursday, 11:15 AM - 2 PM

Grant Park/Multi-Purpose Room

Monday, 10:30 AM - 1 PM

Fee: FREE members/\$3 non-members

Join the fun of Ping Pong, now featured at Grant Park and Los Altos Community Center. This action-packed program has expanded to both our locations.

Create Greeting Cards for Military Service Personnel - Workshop

Los Altos Community Center (LACC)/Manzanita Room

FREE Activity, Light snacks provided

Tuesday, January 31 from 10 AM - 12 PM



In partnership with the Daughters of the American Revolution (DAR), we invite you to join this fun opportunity to create greeting cards for our active-duty service members, just in time for Valentine's Day. Let's capture our creative talents and spend some time together to express our appreciation for their service. Cards, materials and instructions will be supplied.

*** Register on CivicRec or call the center by January 23.**

Mini Trips

Meet-Up in Woodside - Members only

Folger Estate Stable Historic District Group Tour and Docent-Led Natural History Walk. No-host Group Lunch at Buck's Restaurant.

Tuesday, February 28 10AM-2PM

Fee: FREE members

Meet us at the Folger Estate Stable for a group tour of this fully-renovated structure and the surrounding buildings, originally owned by the Folger Coffee Family. A 40-minute natural history walk at Wunderlich Park follows the tour. Afterward, we'll gather for a no-host group lunch at near-by Bucks Restaurant, a fun, casual favorite.



Folger Estate Stable/Wunderlich Park
4040 Woodside Rd.
Woodside 94062



Buck's Restaurant
3062 Woodside Rd.
Woodside 94062

*** Register on CivicRec or call the center by February 20.**



Class & Activity Highlights

BOCCE BALL

Monday through Thursday
Los Altos Community Center
LACC Bocce Ball Court
 9 AM-1 PM
 Outdoor court. Equipment provided.

CHESS

Monday
Grant Park
 9 AM-2 PM

Wednesday
Los Altos Community Center
LACC Sycamore Room
 9 AM-1 PM
 Contact Ben
 (650) 400-0353
All Levels Welcome

LET'S MAKE MUSIC JAM SESSION

Monday
Grant Park
 10 AM-12 PM

Bring your favorite instrument and join in the fun.

DROP-IN PING PONG

Monday
Grant Park Multi-Purpose Room
 10:30 AM-1 PM

Thursday
Los Altos Community Center
LACC Grand Oak Room
 11:15 AM-2 PM
FREE members/\$3 non-members
All levels welcome

FITNESS DANCE AND FUN - Online

Monday and Thursday
 Virtual class using Google Meet
 1-2 PM
 Join Xochitl
meet.google.com/iqx-yoqm-wac

Low-impact cardio/dance, strength training, and stretching exercises for seniors using chair, exercise ball, and resistance bands.

INTERGENERATIONAL INDOOR PICKLEBALL

Monday/Wednesday
Egan Junior High School Gym
 100 W Portola Ave, Los Altos
 6:30-9:30 PM
FREE members/\$3 residents/\$5 non-residents \$1 youth
All levels welcome
 Pickleball membership available.

LINE DANCING

Tuesday
Los Altos Community Center
LACC Grand Oak Room
 1-2 PM
 January 24-February 14
\$24 members/\$26 non-members
 February 21-March 21
\$27 members/\$30 non-members

TECH TUTOR APPOINTMENTS

Monday
Los Altos Community Center
 1-hour appointments with Ellen Chu
 1-3 PM
Need tech help?
 Contact Adult 50+ Program to schedule an appointment.

HICAP APPOINTMENTS Health Insurance Counseling & Advocacy Program

Third Tuesday
Los Altos Community Center
 1-hour appointments with Nancy Lee
 1-4 PM
Medicare questions?
 Contact Adult 50+ Program to schedule an appointment.

CHEN STYLE TAI CHI

Wednesday
Shoup Park Garden House
 January 18-March 22
 10:30 AM-12 PM
\$140 members/\$166 non-members

Instructor Kathleen McCarty leads exercises to open the joints and relax the muscles and tendons, which increase mobility and stability.

BOOK CLUB Agenda Item 6.

Third Wednesday
Grant Park
 11 AM-12 PM
January
 "A Dream Called Home" by Reyna Grande
February
 "Horse" by Geraldine Brooks
 Contact Janet
jharpca@comcast.net
 The library supplies the books!

AMERICAN MAH JONGG

Wednesday
Grant Park Room 1
 January 18-March 22
Beginning Mah Jongg Class
 9:30-11:30 AM
Open Play Mah Jongg
 11:30 AM-2 PM
Thursday
Los Altos Community Center
LACC Sycamore Room
 Open Play Mah Jongg
 January 19-March 23
 11:30 AM-2 PM

RUMMIKUB

Thursday
Los Altos Community Center
LACC Sycamore Room
 12-2 PM
 Learn to play this tile-based board game. Combines elements of Rummy card game and Mah Jongg.

FOREIGN AFFAIRS - Online

Friday
 Virtual class using Zoom
 January 20-March 24
 10:30 AM-12 PM
\$77 members/\$90 non-members
 Participants meet online to discuss a range of foreign affairs topics.

SENIOR CHAIR/STANDING PILATES

Friday
Los Altos Community Center
LACC Sycamore Room
 10:30-11:15 AM
 January 20-March 21
\$19 per class members
\$23 per class non-members

Adult 50+ Program (650) 947-2797

***Register/Create your account on CivicRec at LosAltosRecreation.org and click on "View Classes" Fees, if applicable, are noted.**





DO YOU HAVE concerns about falling?

What Will I Learn?

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- seated exercises to increase strength and balance

Who Should Attend?

- anyone 65 years and older and concerned about falls
- anyone interested in improving balance, flexibility, and strength and wants to do seated exercise
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

This program is geared for older adults and includes facilitated discussion on fall prevention. Gentle seated exercises are introduced on the 4th session.



Classes are on ZOOM
January 10-March 7
Every Tuesday
10 AM-12 PM
9 sessions

Classes are held 1 time/week for 9 weeks for 2 hours each session.

Class limited to 12 participants

To register: (650) 725-2196 or tcattigay@stanfordhealthcare.org

A Matter of balance was created with support from the National Institute on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780). © All rights reserved, MaineHealth's Partnership for Healthy Aging.



FREE Online Class
Be Ready: Be Prepared for Disasters!
Thursday, January 19
10:30-11:45 AM

Register for class at least 30 minutes prior to the start of class.

Learn about Bay Area disaster risks, how to make a plan and prepare for a disaster, disaster supply kit contents, and how to stay informed during and after the disaster. Learn about important communication systems and how to communicate with your support network during a disaster. Instructor: Fire Dept.

Register at <https://Jan2023LosAltosBeReady.eventbrite.com>




FREE In-Person Class
Fall Prevention & Wellness Resources
Wednesday, February 15
11 AM-12:15 PM
Grant Park

Learn how to identify fall risks and simple and effective home modifications to prevent falls. Learn six steps to prevent falls and what to do right after a fall happens. Get connected with community resources to maintain safety and wellness.

Register at <https://Feb2023LosAltosFallPrev.eventbrite.com>

JANUARY 2023 Classes/Events/Activities (including Online)
Los Altos Community Center (LACC)
<https://www.losaltosca.gov/parksrec/page/adult-50-program>

Agenda Item 6.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Center Closed	3 Tuesday Schedule 9 AM-1 PM Play Bocce Ball 9:15 AM-2 PM Play Bridge 1-3 PM Ellen C. Tech Tutor (appt)	4 Wednesday Schedule 9 AM-1 PM Play Bocce Ball 9 AM-1 PM Chess 9:15 AM-2 PM Play Bridge 9:30 AM-12 PM Lenora V. ArtVenturers	5 Thursday Schedule 9-11:30 AM Play Bridge 9 AM-1 PM Play Bocce Ball 11:15 AM-2 PM Ping Pong 11:30 AM-2 PM Play Pinochle 12-2 PM Play Rummikub 1-2 PM Xochitl M. Fitness Dance and Fun*	6
9 Monday Schedule 9 AM-1 PM Play Bocce Ball 9:15 AM-2 PM Play Bridge 12-2 PM Monkey Toys 6:30-9:30 PM Pickleball (Egan Gym)	10 Tuesday Schedule repeats plus 10 AM-12 PM Stanford Health Care-A Matter of Balance* 10:30 AM-12 PM Cultural Exchange	11 Wednesday Schedule repeats plus 6:30-9:30 PM Pickleball (Egan Gym)	12 Thursday Schedule repeats	13
16  MARTIN LUTHER KING DAY Center Closed	17 Tuesday Schedule repeats plus 10 AM-12 PM Stanford Health Care-A Matter of Balance* 1-4 PM Nancy L. HICAP (appt) No Tech Tutor appointments	18 Wednesday Schedule repeats plus 10:30-12 PM Kathleen M. Chen Tai Chi (Shoup Park Garden House) 6:30-9:30 PM Pickleball (Egan Gym)	19 Thursday Schedule repeats plus 10:30-11:45 AM SCCFD- Be Ready: Be Prepared for Disasters* 11:30 AM-2 PM Play American Mah Jongg 12:30-2:30 PM Movie "Coco"	20 Friday Schedule 10:30 AM-12 PM Ken P. Foreign Affairs* 10:30-11:15 AM Amanda B. Senior Chair/Standing Pilates
23 Monday Schedule repeats plus 1-3 PM Ellen C. Tech Tutor (appt)	24 Tuesday Schedule repeats plus 10 AM-12 PM Stanford Health Care-A Matter of Balance* 1-2 PM Richard C. Line Dancing No Tech Tutor appointments	25 Wednesday Schedule repeats plus 10:30-12 PM Kathleen M. Chen Tai Chi (Shoup Park Garden House) 6:30-9:30 PM Pickleball (Egan Gym)	26 Thursday Schedule repeats plus 11 AM Scott Cady-Speaker-The Real Pirates of the Caribbean 11:30 AM-2 PM Play American Mah Jongg 12 PM Lunch Program	27 Friday Schedule repeats
30 Monday Schedule repeats	31 Tuesday Schedule repeats plus 10 AM-12 PM Write Greeting cards for Active Military 10 AM-12 PM Stanford Health Care-A Matter of Balance* 1-2 PM Richard C. Line Dancing No Tech Tutor appointments			

Legend

- Fee-Based Classes
- Free Classes/Open Play
- Special Activities and Events
- Call for Appointment/Registration Required
- ★ Online activities are marked with an asterisk. Check both location calendars.

LACC
 Adult 50+ Program
 Sycamore & Cedar Rooms
 97 Hillview Avenue
 Los Altos, CA 94022

Mon-Thu: 9 AM-2 PM
 (650) 947-2797

NOTE: Calendars are not a comprehensive listing of all programs. Schedule subject to change.

FEBRUARY 2023 Classes/Events/Activities (including Online)
Los Altos Community Center (LACC)
<https://www.losaltosca.gov/parksrec/page/adult-50-program>

Agenda Item 6.

Monday	Tuesday	Wednesday	Thursday	Friday
		Wednesday Schedule ¹ 9 AM-1 PM Play Bocce Ball 9 AM-1 PM Chess 9:15 AM-2 PM Play Bridge 9:30 AM-12 PM Lenora V. ArtVenturers 10:45-11:45 AM Kathleen M. Chen Tai Chi (Shoup Park Garden House) 6:30-9:30 PM Pickleball (Egan Gym)	Thursday Schedule ² 9-11:30 AM Play Bridge 9 AM-1 PM Play Bocce Ball 11:15 AM-2 PM Ping Pong 11:30 AM-2 PM Play American Mah Jongg 11:30 AM-2 PM Play Pinochle 12-2 PM Play Rummikub	Friday Schedule ³ 10:30 AM-12 PM Ken P. Foreign Affairs* 10:30-11:15 AM Amanda B. Senior Chair/Standing Pilates
Monday Schedule ⁶ 9 AM AARP Tax-aide Tax Preparation. Appointment required 9 AM-1 PM Play Bocce Ball 9:15 AM-2 PM Play Bridge 12-2 PM Monkey Toys 6:30-9:30 PM Pickleball (Egan Gym)	Tuesday Schedule ⁷ 9 AM-1 PM Play Bocce Ball 9:15 AM-2 PM Play Bridge 10 AM-12 PM Stanford Health Care-A Matter of Balance* 1-2 PM Richard C. Line Dancing 1-3 PM Ellen C. Tech Tutor (appt)	Wednesday Schedule repeats ⁸	Thursday Schedule repeats ⁹	Friday Schedule repeats ¹⁰
Monday Schedule repeats ¹³	Tuesday Schedule repeats plus ¹⁴ 10:30 AM-12 PM Cultural Exchange	Wednesday Schedule repeats ¹⁵	Thursday Schedule repeats plus ¹⁶ 12:30-2:30 PM Movie "An Affair to Remember" 1-2 PM Xochitl M. Fitness Dance and Fun*	Friday Schedule repeats ¹⁷
 PRESIDENTS DAY Center Closed	Tuesday Schedule repeats plus ²¹ 1-4 PM Nancy L. HICAP (appt) <u>No Tech Tutor appointments</u>	Wednesday Schedule repeats ²²	Thursday Schedule repeats plus ²³ 11 AM Scott Cady-Speaker-Captain James Cook-Hero or Zero? 12 PM Lunch Program 12:45 PM Anita Parsons-Speaker-Trekking in Nepal 1-2 PM Xochitl M. Fitness Dance and Fun*	Friday Schedule repeats ²⁴
Monday Schedule repeats ²⁷	Tuesday Schedule repeats plus ²⁸ 10 AM-2 PM Meet-Up in Woodside-Folger Estate Stable <u>No Tech Tutor appointments</u>			

Legend

- Fee-Based Classes
- Free Classes/Open Play
- Special Activities and Events
- Call for Appointment/Registration Required
- ★ Online activities are marked with an asterisk. Check both location calendars.

LACC
 Adult 50+ Program
 Sycamore & Cedar Rooms
 97 Hillview Avenue
 Los Altos, CA 94022
 Mon-Thu: 9 AM-2 PM
 (650) 947-2797

NOTE: Calendars are not a comprehensive listing of all programs. Schedule subject to change.

Classes/Events/Activities (including Online)


Grant Park

<https://www.losaltosca.gov/parksrec/page/adult-50-program>

Agenda Item 6.

January 2023

February 2023

Monday	Wednesday
2 Center Closed	4 Wednesday Schedule 9:15 AM-2 PM Play Bridge 10:15-10:45 AM Eleanor Stretching & Walking 1-2 PM Bob, Marilu & Xochitl Dance Exercise
9 Monday Schedule 9 AM-2 PM Chess 9:15 AM-2 PM Play Bridge 10 AM-1:30 PM Members Pickleball, Basketball Court 10:30 AM-1 PM Ping Pong 11 AM-12 PM Jack T. Conversation Group, Room 3 1-2 PM Xochitl M. Fitness Dance and Fun*	11 Wednesday Schedule repeats plus 11:15 AM Lunch Program 11:30 AM-1:30 PM Bookmobile-Go Go Biblio 11:45 AM Anita Parsons-Speaker-Trekking in Nepal
16  MARTIN LUTHER KING DAY Center Closed	18 Wednesday Schedule repeats plus 9:30-11:30 AM Marilyn L. Class American Mah Jongg, Room 1 10:45-11:45 AM Shani Kleinhaus-Speaker-The Audobon Society-Landscaping for birds and nature 11 AM-12 PM Book Club* 11:30 AM-2 PM Play American Mah Jongg, Room 1
23 Monday Schedule repeats plus 10 AM-12 PM Barry H. Let's Make Music Jam Session	25 Wednesday Schedule repeats plus 9:30-11:30 AM Marilyn L. Class American Mah Jongg, Room 1 11:30 AM-2 PM Play American Mah Jongg, Room 1
30 Monday Schedule repeats plus 10 AM-12 PM Barry H. Let's Make Music Jam Session	

Monday	Wednesday
	1 Wednesday Schedule 9:15 AM-2 PM Play Bridge 9:30-11:30 AM Marilyn L. Class American Mah Jongg, Room 1 10:15-10:45 AM Eleanor Stretching & Walking 11:30 AM-2 PM Play American Mah Jongg, Room 1 1-2 PM Bob, Marilu & Xochitl Dance Exercise
6 Monday Schedule 9 AM-2 PM Chess 9:15 AM-2 PM Play Bridge 10 AM-1:30 PM Members Pickleball, Basketball Court 10 AM-12 PM Barry H. Let's Make Music Jam Session 10:30 AM-1 PM Ping Pong 11 AM-12 PM Jack T. Conversation Group, Room 3	8 Wednesday Schedule repeats plus 11:15 AM Lunch Program 11:30 AM-1:30 PM Bookmobile-Go Go Biblio 11:45 AM Scott Cady-Speaker-The Real Pirates of the Caribbean
13 Monday Schedule repeats	15 Wednesday Schedule repeats plus 11 AM-12 PM Book Club* 11 AM-12:15 PM SCCFD-Fall Prevention and Wellness Resources
20  Center Closed	22 Wednesday Schedule repeats
27 Monday Schedule repeats plus 1-2 PM Xochitl M. Fitness Dance and Fun*	

- Legend**
- Fee-Based Classes
 - Free Classes/Open Play
 - Special Activities and Events
 - Call for Appointment/Registration Required
 - ★ Online activities are marked with an asterisk. Check both location calendars.

Grant Park
Adult 50+ Program
Room 4
1575 Holt Avenue
Los Altos, CA 94024
Mon/Wed: 9 AM-
(650) 947-2797

NOTE: Calendars are not a comprehensive listing of all programs. Schedule subject to change.



Los Altos Adult 50+ Program

Parks

Agenda Item 6.

SPOTLIGHT NEWSLETTER

Email: rec-info@losaltosca.gov

Effective January 2023, there will be a \$6 annual fee for the Spotlight to be mailed to your address.

Change Service Requested



ARE YOU PREPARED FOR A MEDICAL EMERGENCY?

THURSDAY, FEBRUARY 9TH
LOS ALTOS HILLS TOWN HALL

VISIT SCCFD.EVENTBRITE.COM



Drive-Thru Shred Event

**Secure, Convenient, and
Environmentally Responsible**

Date: 3/18

Day: Saturday

Time: 8:00 – 11:00am (or until truck is full)

Location: Town Hall Parking Lot

Fee: Free, Proof of Residency Required

