



SENIOR COMMISSION MEETING AGENDA

3:30 PM - Monday, November 04, 2024

Los Altos Community Center, Sequoia Room

Please Note: The Senior Commission will meet in person as well as via Telephone/Video Conference

Members of the Public may observe the Senior Commission meeting at

<https://losaltosca-gov.zoom.us/j/88550758641?pwd=cShOS7lx0dO4ymlqYvR28IxRaAVLRE.1>

Webinar ID: 885 5075 8641 / Passcode: 227063

TO PARTICIPATE IN THE MEETING - Members of the public **MUST BE IN ATTENDANCE AT THE MEETING TO PARTICIPATE.**

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.

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.

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 regular Senior Commission meeting of October 7, 2024](#)
2. [2025 Senior Commission Meeting Schedule: Approve the 2025 Senior Commission meeting schedule](#)
3. [Work Plan: Create FY 2024/25 Work Plan](#)
4. [Senior Commission Health Fair: Discuss event possibilities and select a minimum of three date and time options to host the Senior Commission Health Fair, and consider forming an ad hoc subcommittee or working pair to start work on event logistics](#)

INFORMATIONAL ITEMS

5. [Age Friendly: Receive staff update regarding the age friendly action plan](#)
6. [Flyers: Receive informational flyers](#)

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

7. **Staff Oral Reports:** Receive information and announcements from Town of Los Altos Hills and city of Los Altos staff
8. **Adult 50+ Programming Ad Hoc Subcommittee:** Receive report
9. [Transportation Ad Hoc Subcommittee: Receive report](#)
10. **Future Agenda Items**
 - A. Work Plan
 - B. Health Fair - January

ADJOURNMENT

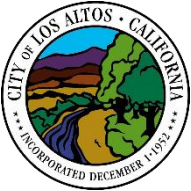
SPECIAL NOTICES TO PUBLIC

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 REGULAR MEETING OF THE SENIOR COMMISSION OF THE CITY OF LOS ALTOS AND TOWN OF LOS ALTOS HILLS, HELD ON MONDAY, OCTOBER 7, 2024, AT 3:30 P.M. VIA VIDEO CONFERENCE AND IN PERSON.

CALL MEETING TO ORDER

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

ESTABLISH QUORUM:

PRESENT: Basiji, Buchholz, Cohen, Dixit, Gallagher Thompson, Olson, and Trapnell.

ABSENT: None

LATE: None

PLEDGE OF ALLEGIANCE

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

ITEMS FOR CONSIDERATION/ACTION

1. **Senior Commission Reorganization:** Submit nominations and appoint a Chair and Vice Chair for 2024-25 term year.

Public Comment: None

Action: Upon a motion by Basiji, seconded by Buchholz, the Senior Commission appointed Jayne Cohen, Chair for the 2024-25 term year.

Approve: Basiji, Buchholz, Cohen, Dixit, Gallagher Thompson, Olson, and Trapnell.

Oppose: None

Absent: None

Abstention: None

Motion passed unanimously: 7-0-0-0

Upon a motion by Dixit, seconded by Gallagher Thompson, the Senior Commission appointed Kris Olson, Vice Chair for the 2024-25 term year.

Approve: Basiji, Buchholz, Cohen, Dixit, Gallagher Thompson, Olson, and Trapnell.

Oppose: None

Absent: None

Abstention: None

Motion passed unanimously: 7-0-0-0

2. **Minutes:** Approve minutes of the special Senior Commission meeting of September 9, 2024.

Public Comment: None

Action: Upon a motion by Basiji, seconded by Buchholz, the Senior Commission approved the minutes of the special meeting of September 9, 2024.

Approve: Basiji, Buchholz, Cohen, Dixit, Gallagher Thompson, and Olson.

Oppose: None

Absent: None

Abstention: Trapnell

Motion passed unanimously: 6-0-0-1

3. **Age Friendly:** Reviewed and discussed the age-friendly action plan and considered recommending the final draft to the Los Altos City Council for final approval and adoption.

Public Comment: None

Action: Upon a motion by Gallagher Thompson, seconded by Buchholz, the Commission approved to recommend the draft action plan to the Los Altos City Council for final approval and adoption.

Approve: Basiji, Buchholz, Cohen, Dixit, Gallagher Thompson, Olson, and Trapnell.

Oppose: None

Absent: None

Abstention: None

Motion passed unanimously: 7-0-0-0

4. **Transportation:** Reviewed and discussed transportation alternatives to the Roadrunners program.

Public Comment: Cliff Rhinehart, a volunteer for Roadrunners for 8+ years, shared his experiences with the Roadrunner Program.

Action: Upon a motion by Olson, seconded by Dixit, the Commission approved the creation of an ad-hoc subcommittee consisting of Buchholz & Gallagher Thompson to draft a letter of support for the original Roadrunner Program to be presented at a future El Camino Healthcare District Board meeting.

Approve: Basiji, Buchholz, Cohen, Dixit, Gallagher Thompson, Olson, and Trapnell.

Oppose: None

Absent: None

Abstention: None

Motion passed unanimously: 7-0-0-0

5. **Work Plan:** Review FY 2023/24 Work Plan.

Public Comment: None

Action: None taken. Commission will need to finalize existing work plan and discuss plans for the future work plan.

Commissioner Basiji left the meeting at 5:00 P.M.

INFORMATIONAL ITEMS

6. **Flyers:** Informational flyers received.

Public Comment: None

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

7. **Age-Friendly Task Force Ad Hoc Subcommittee:** No report

Public Comment: None

8. **Adult 50+ Programming Ad Hoc Subcommittee:** No report

Public Comment: None

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

Public Comment: None

10. **Future Agenda Items:**

Public Comment: None

- A) Work Plan
- B) Health Fair – November 2024
- C) Commission Calendar – November 2024
- D) Loneliness support and inclusivity programs
- E) Expansion of Club 55+ volunteer base

ADJOURNMENT:

At 5:20 P.M., Monday, October 7, 2024, Cohen adjourned the meeting.



SENIOR COMMISSION AGENDA REPORT

Meeting Date: November 4, 2024

Subject: 2025 Senior Commission Meeting Schedule

Prepared by: Jaime Chew, Parks & Recreation Deputy Director

Initiated by: Staff

Attachment(s): None

Staff Recommendation

The staff recommends approval of the 2025 Senior Commission meeting schedule

Environmental Review:

Not applicable

Summary:

- The Senior Commission regularly meets on the first Monday of each month at 3:30pm with no regular meetings scheduled during the months of July and December.

Fiscal Impact:

None

Background

The Senior Commission regularly meets on the first Monday of each month at 3:30pm with no regular meetings scheduled during the months of July and December.

Discussion/Analysis

The proposed 2025 Senior Commission schedule can be referenced below.

- Monday, January 6, 2025
- Monday, February 3, 2025
- Monday, March 3, 2025
- Monday, April 7, 2025
- Monday, May 5, 2025
- Monday, June 2, 2025
- Monday, August 4, 2025
- Monday, September 1, 2025 – Cancelled due to Labor Day holiday
- Monday, September 8, 2025 – Special Meeting
- Monday, October 6, 2025
- Monday, November 3, 2025

Senior Commission

2024 - 25 Work Plan

(October 2024 - September 2025)

Goals	Projects	Due Date	Priority/Source	Status	Assignment	Notes
Outdoor Spaces and Building						
Transportation	Write a letter to El Camino Healthcare District Board regarding the RoadRunner Program	November 2024	Community input	Completed	Buchholz, Gallagher Thompson	
Housing						
Social Participation	Collaborate with Adult 50+ staff to increase participation in programs and activities	October 2024		Completed	Nagao, Olson	
Respect and Social Inclusion						
Civic Participation and Employment						
Communication and Information						
Community Support and Health Care Services	Host a Health Fair	Spring/Fall 2025				
Emergency Preparedness						

Senior Commission 2024 - 25 Work Plan

(October 2024 - September 2025)

October 7, 2024	November 4, 2025	December - No Meeting	January 6, 2025	February 3, 2025	March 3, 2025
Reorganization	Work Plan		Work Plan		
Age Friendly Action Plan	Meeting Schedule		Health Fair		
Work Plan	Health Fair				
Transportation Alternative Options to RoadRunners	Age Friendly				

April 7, 2025	May 5, 2025	June 2, 2025	July - No Meeting	August 4, 2025	September 8, 2025
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SENIOR COMMISSION AGENDA REPORT

Meeting Date: November 4, 2024

Subject: Senior Commission Health Fair 2025

Prepared by: Jaime Chew, Parks & Recreation Deputy Director

Initiated by: Senior Commission

Attachment(s): None

Staff Recommendation

The staff recommends selecting a minimum of 3 date and time options to host the Senior Commission Health Fair, and forming an ad hoc subcommittee or working pair to start work on event logistics.

Environmental Review:

Not applicable

Summary:

- At the September 9, 2024, Senior Commission special meeting, the Commission approved hosting a Senior Commission Health Fair event in 2025.
- The Senior Commission will need to select a minimum of three date and time options to host the Senior Commission Health Fair, and potentially select an ad hoc subcommittee or working pair to start work on event logistics.

Fiscal Impact:

None

Background

At the September 9, 2024, Senior Commission special meeting, the Commission approved hosting a Senior Commission Health Fair event in 2025. The Senior Commission requested to agendize the topic in November 2024 to incorporate feedback from the October 16, 2024, Senior Health Fair event at the Grant Park Community Center in the discussion. In addition, the Commission indicated interest in potentially hosting the event on either a Tuesday, Thursday, or Saturday during the May – October timeframe in 2025.

Discussion/Analysis

City staff reviewed the 2025 calendar schedules, during the May – October timeframe, for the Grand Oak Room, Sequoia Room, and Manzanita Room at the Los Altos Community Center. City staff noted the following programs that would affect availability of those event spaces:



Subject: Senior Commission Health Fair 2025

-
- Tuesdays – Jazzercise Program from 8:45am – 10:45am in Grand Oak
 - Thursdays – Jazzercise Program from 8:45am – 10:45am in Grand Oak
 - Thursdays – Adult 50+ Ping Pong Program from 11:15am – 2pm in Grand Oak
 - Saturdays – Jazzercise Program from 8:30am – 10:30am in Grand Oak

If the Senior Commission desires to host the Senior Commission Health Fair on a weekday, due to programming, city staff recommends selecting a Tuesday and select a start time no earlier than 12pm to allow for event set up.

If the Senior Commission desires to host the Senior Commission Health Fair on a weekend, city staff has noted the following Saturdays that are available to host the event during the May – October 2025 timeframe:

- May 10
- June 28
- July 19 or 26
- August 30
- September 6, 13, 20, 27
- October 11 or 18

If the Senior Commission desires to host the Senior Commission Health Fair on a weekend, city staff recommends selecting an available Saturday, and select a start time no earlier than 12pm to allow for event set up.

The Senior Commission should select a minimum of three date and time options to host the Senior Commission Health Fair, and should consider forming an ad hoc subcommittee or working pair to start work on event logistics.



SENIOR COMMISSION AGENDA REPORT

Meeting Date: October 7, 2024

Subject: Age Friendly Draft Action Plan

Prepared by: Jaime Chew, Parks & Recreation Deputy Director

Initiated by: City Staff

Staff Recommendation

The staff recommends to review and discuss the age friendly draft action plan and consider recommending the final draft to City Council for final approval and adoption.

Summary/Project Description:

Age Friendly Recertification Project

Fiscal Impact:

The Age Friendly recertification project will cost \$30K.

- Breakdown of funds to be used:
 - o \$30K General Fund
- Amount approved at mid-year by City Council on February 14, 2023

Background

At its regular meeting on June 28, 2011, the Senior Commission proposed that City Council consider applying, on behalf of Los Altos, to join the World Health Organization (WHO) Network of Age-Friendly Cities. City Council supported the efforts and directed the Senior Commission to draft the application for Council's review. Staff was directed to provide an estimate regarding the number of anticipated staff hours required during years 1 and 2 of the planning phase.

On September 27, 2011, City Council approved the Los Altos application to the WHO Network of Age-friendly Cities with an amendment that included the removal of the proposed Senior Commission recommendations from the application to allow the process to be more aspirational in nature.

On June 7, 2021, Anabel Pelham, PhD and Founding Director for the Center for Age-Friendly Excellence (CAFÉ), gave a presentation to the Senior Commission on Age-Friendly Community Sustainability Principles from Grantmakers in Aging. CAFÉ was created to capture all the knowledge, capacity, experience, expertise, and process to become an Age-Friendly City and is currently working with 21 cities. Dr. Pelham has works closely with the California AARP who assists with the process to create a 5-year Age-Friendly Action Plan, as required by the program.



Subject: Age Friendly Draft Action Plan

On December 6, 2021, the Senior Commission approved the recommendation to pursue Dr. Pelham and CAFÉ to assist the City of Los Altos to update its Age Friendly status and create an Action Plan for the WHO.

On February 14, 2023, the Los Altos City Council approved the mid-year budget request of \$30K to fund the Age Friendly Recertification Project.

City staff met with CAFÉ on March 23, 2023, to discuss next steps. Dr. Pelham has recommended that the City of Los Altos conduct the American Association of Retired Persons (AARP) survey first to gain statistical data. This will provide metrics to compliment and compare the information to be gathered in the focus groups. City staff has already initiated outreach to AARP to start the process.

The Recertification Subcommittee met with Dr. Pelham on April 18, 2023, to learn about the recertification process and discuss next steps. In addition, City staff met with AARP representatives to discuss the survey process.

City staff submitted the application to AARP to set up the survey. The City's PIO team is currently working on an outreach plan to inform the Los Altos community of this opportunity to provide feedback.

Staff met with an AARP representative on August 3, 2023, to discuss the survey process. Staff had a follow up meeting with the AARP research and development team on August 31, 2023, to finalize the set up of the online survey link. The research and development team recommended a minimum target of 300 respondents with an ultimate goal of 500.

Staff received the live survey link from the AARP research and development team, and worked with the Public Information Officer (PIO) team to create and release a press announcement which was published in early November 2023. Since then, ad hoc subcommittees have shared and presented information to various community groups which include: cultural exchange group, Los Altos Community Center lunch group, Grant Park Community Center lunch group, and Rotary.

The survey was open through January 29, 2024. A total of 316 completed surveys were received – 248 online and 68 hard copy. Survey data was distributed to the Senior Commission in the April 8, 2024, meeting packet.

All 3 focus groups have been completed – Task Force, Senior Commission, and the community group identified by the Senior Commission. A Town Hall meeting was held on Thursday, May 23 at 1pm at the Los Altos Community Center in the Sequoia Room. There were approximately 35 community members in attendance.



Subject: Age Friendly Draft Action Plan

In mid-June, CAFÉ conducted interviews with staff representing the following departments or services: City Manager, Development Services, Fire, Library, Parks & Recreation, Police, and Public Works

From July through September, CAFÉ, along with city staff, worked with the graphic designer to prepare the draft action plan. The draft action plan was presented and reviewed by the Task Force on September 26, 2024.

On October 7, 2024, the Senior Commission unanimously approved to recommend the age friendly draft action plan to City Council for final approval and adoption. City Council consideration is anticipated for November 12, 2024.

Discussion/Analysis

No action is required at this time.



Adult 50+ Regular Programming

Updated 10/29/24

Monday

- Adult 50+ Rec Room**
9 AM - 2 PM
Cedar - LACC
Room 4 - GPCC
FREE DROP-IN 50+
- 2025 Tax Prep. Assistance**
AARP Foundation's IRS certified volunteers
9 & 10:15 AM (Mondays Feb - Apr, by appt.)
Sequoia - LACC
FREE SIGN UP
- Meditation Class**
9 - 10 AM
Online (Class resumes- Dec.9th)
FREE SIGN UP
- Ping Pong**
10:30 AM - 1 PM
Multi-purpose - GPCC
S FREE SIGN UP
- Discussion Group**
10:30 AM - 12 PM
Room 3 - GPCC
FREE DROP-IN
- Monkey Toy Program**
12 - 2 PM
Sycamore - LACC
FREE DROP-IN
- Fitness Dance and Fun**
1 - 2 PM
Online
FREE SIGN UP
- Pickleball**
6:30 - 9:30 PM
City Gym - Egan School
S FREE SIGN UP

Tuesday

- Adult 50+ Rec Room**
9 AM - 2 PM
Cedar - LACC
FREE DROP-IN 50+
- Cultural Exchange Program**
10:30 AM - 12 PM (2nd Tuesdays)
Sycamore Room - LACC
FREE DROP-IN
- Movie Days**
12 - 2 PM
2/11 - *The Theory of Everything*
Sycamore - LACC
S FREE DROP-IN 50+
- Line Dancing**
1 - 2 PM
Grand Oak - LACC
S FREE SIGN UP
- Technology Tutoring**
1 - 3 PM (Select Tuesdays, by appt.)
Buckeye - LACC
FREE SIGN UP
- HICAP (Medicare Counseling)**
Health Insurance Counseling & Advocacy Program
1 - 4 PM (3rd Tuesdays, by appt.)
Madrone - LACC
FREE SIGN UP

Wednesday

- Adult 50+ Rec Room**
9 AM - 2 PM
Cedar - LACC
Room 4 - GPCC
FREE DROP-IN 50+
- American Mah Jongg Class**
9:30 - 11:30 AM
Room 1 - GPCC
FREE SIGN UP
- ArtVenturers Program**
9:30 AM - 12 PM
Apricot - LACC
FREE DROP-IN
- Chair Yoga Class**
9:45 - 10:15 AM
Room 3 - GPCC (Class resumes- Dec., 11th)
FREE DROP-IN
- Stretching & Walking Class**
10:15 - 10:45 AM
Basketball court area - GPCC
FREE DROP-IN
- Book Club Program**
11 AM - 12 PM (3rd Wednesdays)
Room 3 - GPCC
- American Mah Jongg**
11:30 AM - 2 PM
Room 1 - GPCC
FREE SIGN UP
- Dance Exercise Class**
1 - 2 PM (Room 2 on luncheon dates)
Multi-purpose - GPCC
FREE DROP-IN
- Pickleball**
6:30 - 9:30 PM
City Gym - Egan School
S FREE SIGN UP

Thursday

- Adult 50+ Rec Room**
9 AM - 2 PM
Cedar - LACC
FREE DROP-IN 50+
- Bocce Ball 50+ Play**
9 AM - 12 PM
Bocce Ball Courts - LACC
FREE DROP-IN 50+ *Weather Permitting*
- Bridge**
10 AM - 2 PM
Sycamore - LACC
FREE DROP-IN
- Ping Pong**
11:15 AM - 2 PM
Grand Oak or Birch - LACC
S FREE SIGN UP
- Carrom**
11:30 AM - 1 PM
Cedar - LACC
FREE DROP-IN
- Rummikub**
10:30 AM - 2 PM
Cedar - LACC
FREE DROP-IN
- Fitness Dance and Fun**
1 - 2 PM
Online
FREE SIGN UP

Friday

- Foreign Affairs**
10:30 AM - 12 PM
Online
S FREE SIGN UP

LOCATIONS & HOURS

Los Altos Community Center
97 Hillview Ave, Los Altos, CA 94022
Monday - Thursday 9 AM - 2 PM

Grant Park Community Center
1575 Holt Ave, Los Altos, CA 94024
Mondays & Wednesdays, 9 AM - 2 PM

ONLINE RESOURCES

losaltosca.gov/calendar
losaltosca.gov/parksrec

CONTACT

(650) 947-2797

CALENDAR KEY *All classes subject to change. Contact your activity leader for the latest.*

Fee-Required	FREE Free	"LACC" - Los Altos Community Center	
Discounted for Passport Members	DROP-IN Drop-In (no sign-up)	"GPCC" - Grant Park Community Center	
Passport Required	SIGN UP Advanced sign-up required	50+ Age Requirement	



Adult 50+ Website

Adult 50+ Special Programming

PROGRAM HIGHLIGHTS



Thankful Thanksgiving Luncheon
 Adult 50+ Volunteer & Partner Recognition
 Thursday, 11/14, 11:30 AM - 1:15 PM
 FREE SIGN UP



Adult 50+ Meet-Up
 A Christmas Story: The Musical by
 the Los Altos Stage Company
 Thursday, 12/5, 6:45 - 10 PM
 Cedar - LACC
 \$ SIGN UP



Holiday Luncheon Celebration
 Wednesday, 12/11, 11:30 AM - 1:45PM
 Multipurpose room, GPCC
 FREE SIGN UP

ADULT 50+ LUNCHEONS



GPCC Luncheons
 2nd Wednesdays (1/8, 2/12, 3/12)
 11:30 AM - 12:45 PM
 Multipurpose - GPCC
 FREE SIGN UP



LACC Luncheons
 4th Thursdays (1/23, 2/27, 3/27)
 11:30 AM - 12:45 PM
 Grand Oak - LACC
 FREE SIGN UP

Seating limited.
 Advanced sign-up required.



HOLIDAYS/CLOSURES



Veterans Day
 11/11



Thanksgiving Day
 11/28



City Gym Maintenance (Pickleball Closed)
 12/16 - 12/20, & 4/7 - 4/11



Winter Holiday Closure
 12/23/24 - 1/3/25



Martin Luther King Day
 1/20

FEATURED ACTIVITIES



Puntarenas
 Presented by Scott Cady
 Wednesday, 1/8, 12:30 - 1:30 PM
 Multipurpose - GPCC
 FREE DROP-IN



The Benefits of Line Dancing
 Tuesday, 1/21, 12:45 - 1 PM
 Grand Oak Room - LACC
 FREE DROP-IN



AI for Seniors
 Presented by Anewvista
 Thursday, 1/23, 1 - 2 PM
 Apricot Room - LACC
 FREE DROP-IN



The Theory of Everything - MOVIE DAY
 The true story of astrophysicist S.Hawking
 Tuesday, 2/11, 12 - 2 PM
 Cedar Room - LACC
 \$ SIGN UP DROP-IN 50+



End-of-Life Transitions
 Presented by Beacon Light Doulas
 and Hand 'n Hand
 Wednesday, 2/12, 12:45 - 1:45 PM
 Multipurpose - GPCC
 FREE DROP-IN



Mexican Explorers
 Presented by Scott Cady
 Thursday, 2/27, 12:45 - 1:45 PM
 Grand Oak Room - LACC
 FREE DROP-IN



Cartagena
 Presented by Scott Cady
 Wednesday, 3/12, 12:45 - 1:45 PM
 Multipurpose - GPCC
 FREE DROP-IN



Mini-Trip: Stanford University
 Trek the treasured sites at Stanford University
 Thursday, 3/20, 10 AM - 3 PM
 \$ SIGN UP

BARN LIGHTING



SUNDAY, DECEMBER 7

2:00 - 5:00 PM

LOS ALTOS HILLS



CALIFORNIA

**WESTWIND COMMUNITY BARN
27210 ALTAMONT ROAD**



CITY OF LOS ALTOS PARKS & RECREATION PRESENTS

Parks
Make
Life
Better!

Family Fun Days

AT THE LOS ALTOS COMMUNITY CENTER
CO-SPONSORED BY THE FRIENDS OF THE LIBRARY OF LOS ALTOS

10 AM -
1 PM

JOIN US ON SELECT SATURDAYS
FOR TOTAL FAMILY FUN!

FREE!

AUGUST

10

UNDER THE SEA

OCTOBER

26

HALLOWEEN HOOPLA

DECEMBER

14

WINTER WONDERLAND

Games • Crafts • Movies • More



97 Hillview Avenue
(650) 947-2790 | LosAltosRecreation.org





WE'RE HIRING!

Join the city of Los Altos Parks & Recreation department in creating a vibrant and welcoming community! We're excited to announce that we are hiring for a variety of positions within our dynamic team.

- ★ Make a positive impact in the Los Altos community
- ★ Gain valuable experience in a fun environment
- ★ Flexible hours

**apply
online
today!**

Scan Me!



LOS ALTOS PARKS & RECREATION

BECOME A VOLUNTEER!




OPPORTUNITIES

- ✔ Adult 50+ Program
- ✔ Drop-in Pickleball
- ✔ Marketing Material Distribution
- ✔ Special Events

INTERESTED?

rec-info@losaltosca.gov 

(650) 947-2790 

LosAltosRecreation.org 

**Parks
Make
Life
Better!**



TINY TOTS | KINDER PREP

PLAY WITH A PURPOSE
2024 - 2025 PRESCHOOL-AGE PROGRAM

MONDAY - THURSDAY + ADVENTURE FRIDAY
8:45-11:45 AM AT THE SAN ANTONIO CLUB



Kinder Prep is for children not quite ready for full day TK or Kindergarten. Our class size is smaller and our goal is to make learning FUN! Activities include phonics, math, Spanish, art, music, cooking, and plenty of free play indoors and out.

REGISTRATION NOW OPEN TO ALL!



CHILDREN MUST BE 4 YEARS OLD BY JANUARY 1, 2025 AND POTTY TRAINED



FOR MORE INFORMATION

(650) 947-2890 | LosAltosRecreation.org



Jon Cowan

Executive Director, Government Relations & Community Partnerships

El Camino Health Services ECHS

10/17/23 notes

I spoke with Mr. Cowan today who is in charge of transportation inc. Road Runners RR and Lyft. The decision to stop RR was based on changes in utilization. There is less demand for volunteer driver services. A small core group is constant. Despite ECHS efforts to increase demand there are still relatively few users. The decision to stop RR was a business decision on the use of services and not simply one of finance.

He was very forthcoming and open in the discussion. The problem is one of isolation/loneliness in the core rider group mainly. Social relationships have formed between patients and volunteer drivers. The problem is based on social issues and increasing community relationships could help solve the needs of the riders who feel cut off.

Jon suggested several potential solutions.

- Senior Day Care services providing transportation
- Developing volunteer “wellness check” buddies.
- Develop Proposal to solve problem, submitting grant proposal to ECHS during Dec-Feb.

William Buchholz, Senior Commissioner