



## **SENIOR COMMISSION MEETING - SPECIAL MEETING AGENDA**

**3:30 PM - Monday, April 08, 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/84324619929?pwd=hXmozBXMLMU\\_5sAQ9QsSK48YGGllr2w.zOnjStl82IT2baDm](https://losaltosca.gov.zoom.us/j/84324619929?pwd=hXmozBXMLMU_5sAQ9QsSK48YGGllr2w.zOnjStl82IT2baDm)**

**Webinar ID: 843 2461 9929 / Passcode: 620751**

**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](mailto: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. [Age Friendly Focus Group: Participate in an Age Friendly focus group conducted by CAFE \(Center for Age Friendly Excellence\)](#)

#### INFORMATIONAL ITEMS

2. [American Association of Retired Persons \(AARP\) Survey Results: Receive report](#)
3. [Flyers: Recieve informational flyers](#)

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

#### 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](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.

Interviews: Wesley Cheng, Sue Walker

3/26/24 Walker\*

Sue Walker, age 59, married. She has been trained as a hospice volunteer. Her calling, however, is caring for seniors, especially a neighbor elderly couple.

The husband has active bladder cancer and the wife has Alzheimer's and OCD. Their 2 adult daughters are not immediately available easily though son-in-law does help with transportation on occasion.

Sue identifies isolation, transportation, food availability, and caregiving as major issues for them. They don't have any specific community available, and Sue is a major source of social exchange. Husband has limited driving to food stores nearby, about 3x/wk. Neither can cook for themselves; at best they can reheat food brought in from store or delivered. Their diet is limited to ready-to-eat foods, snacks, with limited fresh produce.

The husband is caregiver for wife but is on active cancer treatment and must sometimes be in the hospital. Since the bladder cancer is recurrent and may be metastatic, his life expectancy is limited. Both show increasingly poor judgment as they age.

Issues of food availability in both Sue Walker's neighbors and others in wealthy neighborhoods are not from economic problems but both issues of shopping and preparing food.

This family/neighbor situation is not rare, but it is unstable. Sue is an extraordinary neighbor and is dedicated to this couple. The rarity of this relationship and the foreseeable problems ahead make the need for outside professional caregivers very likely. Finding someone to replace Sue will not be easy and in general, very costly.

\* Sue is working as a professional in communication, maintains very active life including high level exercise. We met by serendipity but conversation immediately converged on the conditions of older adults

3/29/24 Cheng\*\*

Wesley created and runs the NPO Televisit. This is based on minimal technology. Tablets are supplied with a single click to join content and communicate by phone. Scheduled phone calls to seniors on maintain connection.

What Wesley describes as *invisibles* (hard to contact individuals) do read the Town Crier so they would get information on new programs.

Lists of "*invisibles*" can come from first responders (police, fire), ER doctors, geriatricians MD, possibly from CBO (Community Based Organizations) and religious institutions. These lists could be used for medical emergencies like earthquakes, fires, flooding, contagious diseases; access to this list would have to be regulated by HIPPA privacy guidelines.

Nutrition is a widespread issue. Homebound may have shopping problems (inc. transportation), difficulty preparing food, food delivery and quality of food. Refrigerators can be empty and poor quality foods (TV dinner, fast food, junk foods) may be only food available at any time. Social isolation and loneliness is also frequent.

New programs for older adults need to undergo scientific evaluation including why topic was chosen, intended audience and numeric record of attendees. Evaluation after 3mo or other specified time will determine whether program will continue for another observation period. Some individuals will drop out or be no-shows. Potentially correctible conditions include transportation, medical conditions (e.g. progressive dementia) and caregiving issues.

\*\* Televisit is a non-profit and relies on grants from various sources. It's programs are active internationally. Originally Televisit was founded by a church by Wesley and his wife.

Draft 4/1/24

Margriet DeLang\*\*\*

4/3/24

Margriet is a PhD Gerontologist, developer of SIPP, Senior Inclusion and Participation Project.

Our conversation centered on ways to start and nourish active programs meeting the priorities of the 8 Domains.

Appropriately, Los Altos changed its mission statement to include single persons: "The City's mission is to be a sustainable, vibrant and inclusive community in which to liv, work, visit and play." Formerly the mission statement emphasized being a "great place to raise a family."

We explored ways the city can create intergenerational connectors to increase contact between the *Wisdom generation* (seniors) and youth. This would address issues of social inclusion profiting both age groups. City departments are considering more carefully developing Age Friendly projects.

Developing programs that create family like networks build community relationships. This dynamic can address the isolation that results from biologic families being scattered all over the country.

Programs that include more than recreation are important. Something as simple as having group tables wherein different parties can start conversations with others they have just met. "Family nights" can be scheduled with open seating at large tables, especially in warm weather.

These meals could include some type of education and even have speakers discuss specific topics. Activities that are fun and creative will draw more attendance.

The Community Center could sponsor "classes" on creativity, storytelling, participatory art classes like watercolor painting or Ikebana flower arranging.

The Compassion Week activity attracts volunteers which automatically increases connections between strangers. Increasing and promoting volunteerism can help communities become more inclusive and expand networks.

Speakers series with "gastronomic bonding" (aka, shared food) and forming breakout small group discussions encourages sustained contact and mini-communities.

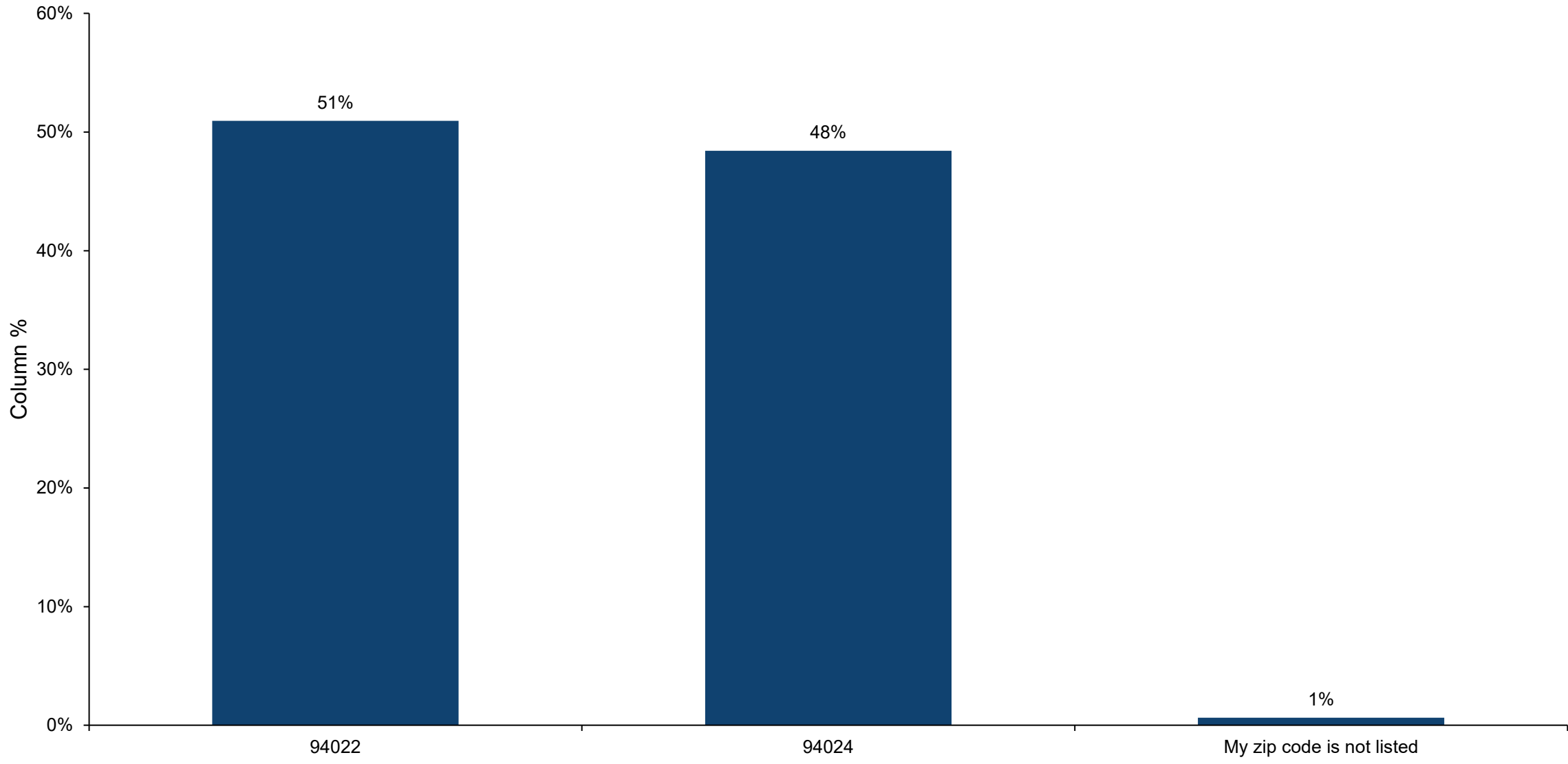
\*\*\*Margriet has conducted workshops with High School students coaching elders how to use current technology more confidently.

## 2023 AGE-FRIENDLY COMMUNITY SURVEY OF CITY OF LOS ALTOS 18+ AGE

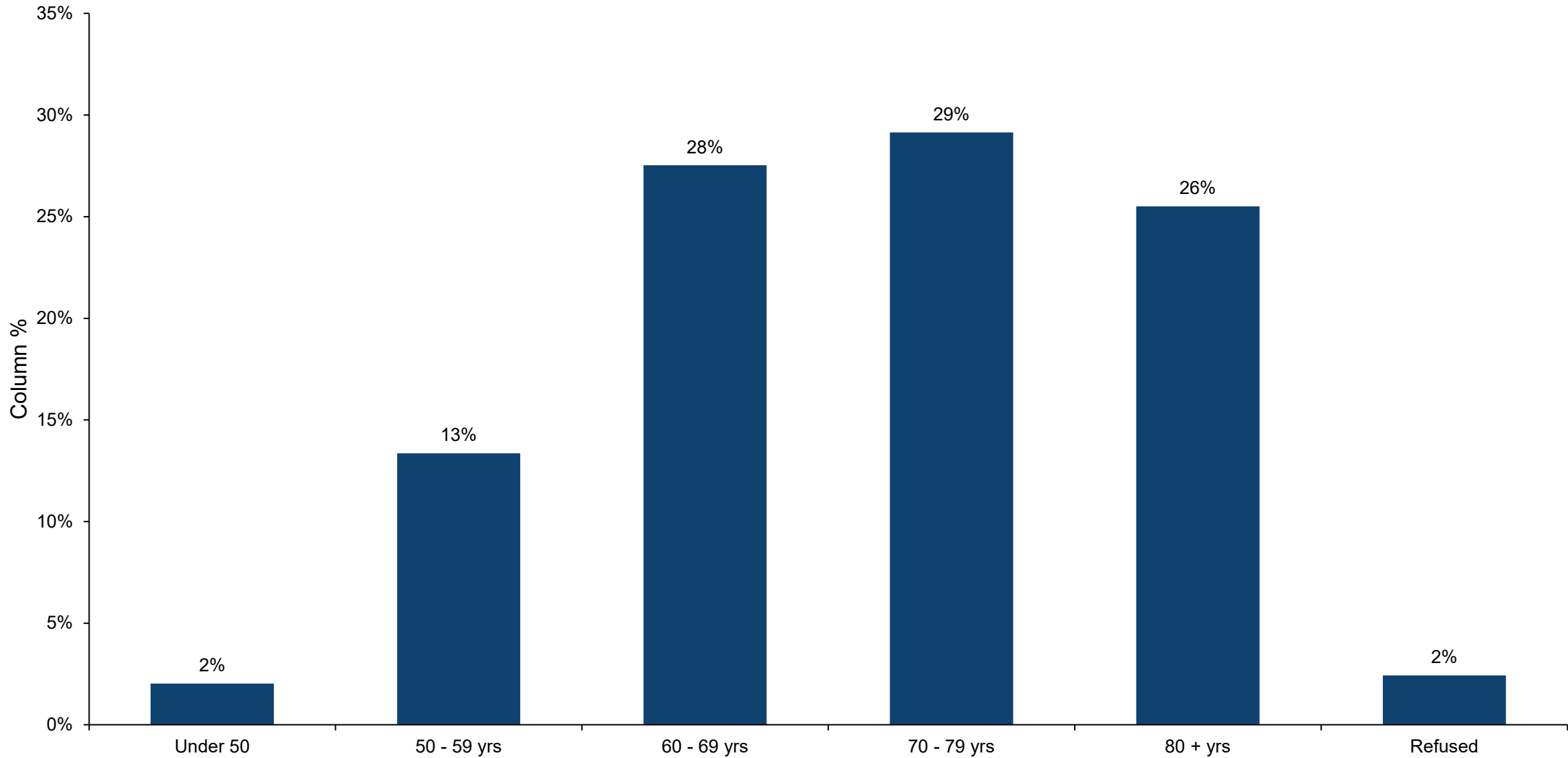


**NOTE: THE STUDY WAS CONDUCTED AMONG 316, LOWER THAN THE 500 COMPLETED RESPONSES THAT WE LIKE TO GET AT A MINIMUM. THE RESULTS ARE STILL VALID JUST NOT AS ROBUST AND ARE MORE DIRECTIONAL IN NATURE**

### Q1x4 Please select your 5-digit zip code?

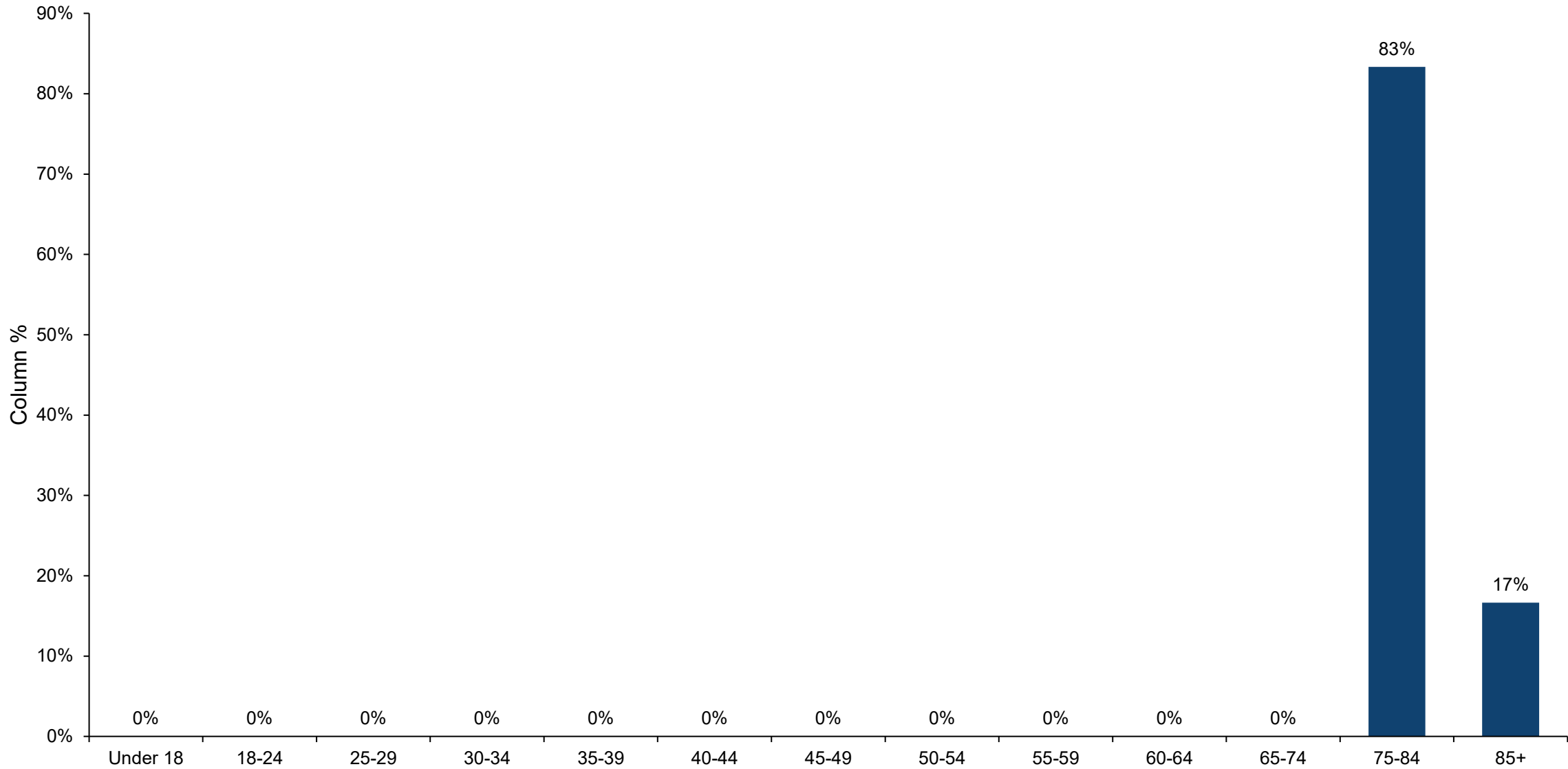


### Q1x5 What is your age as of your last birthday?

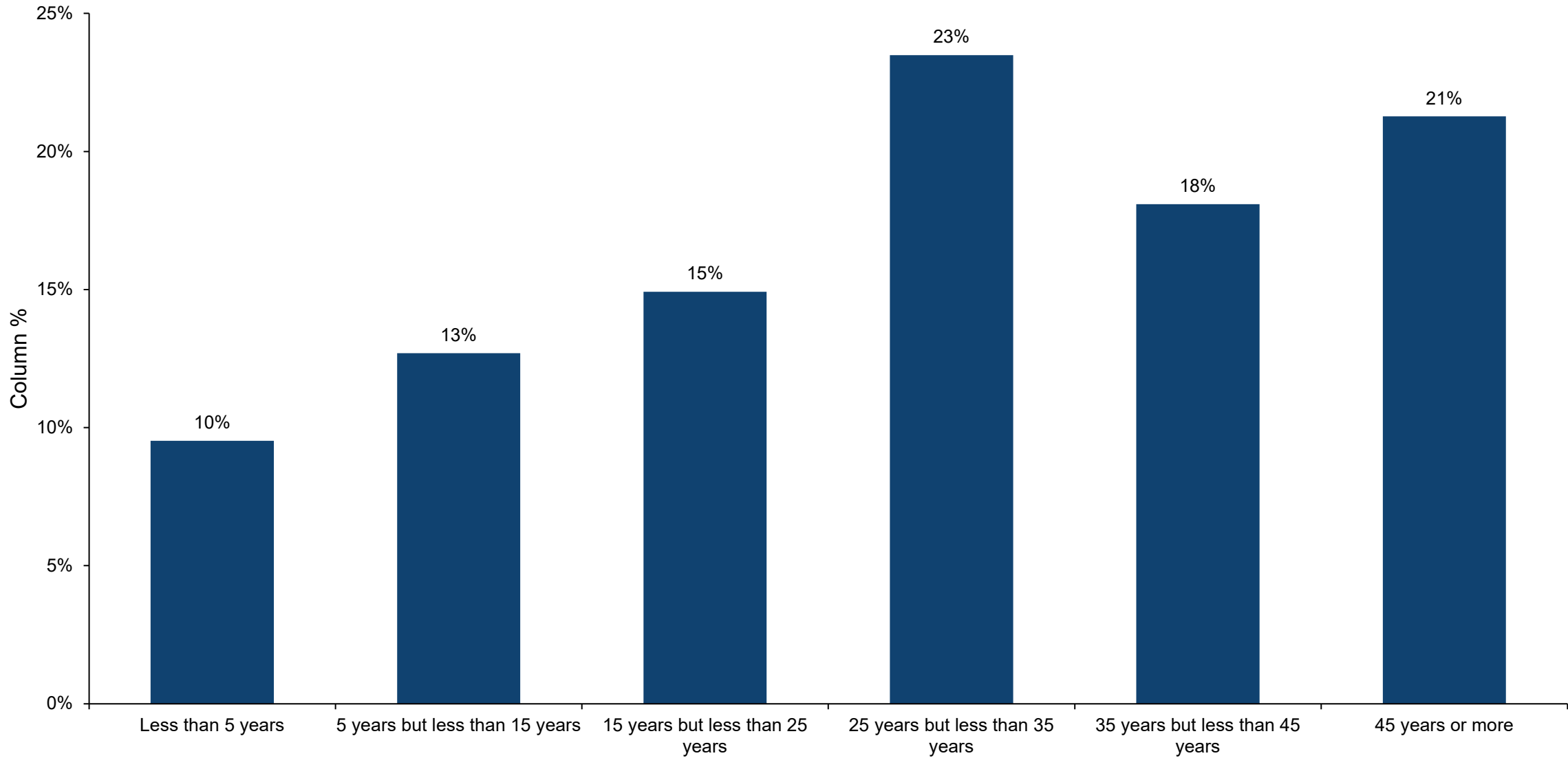




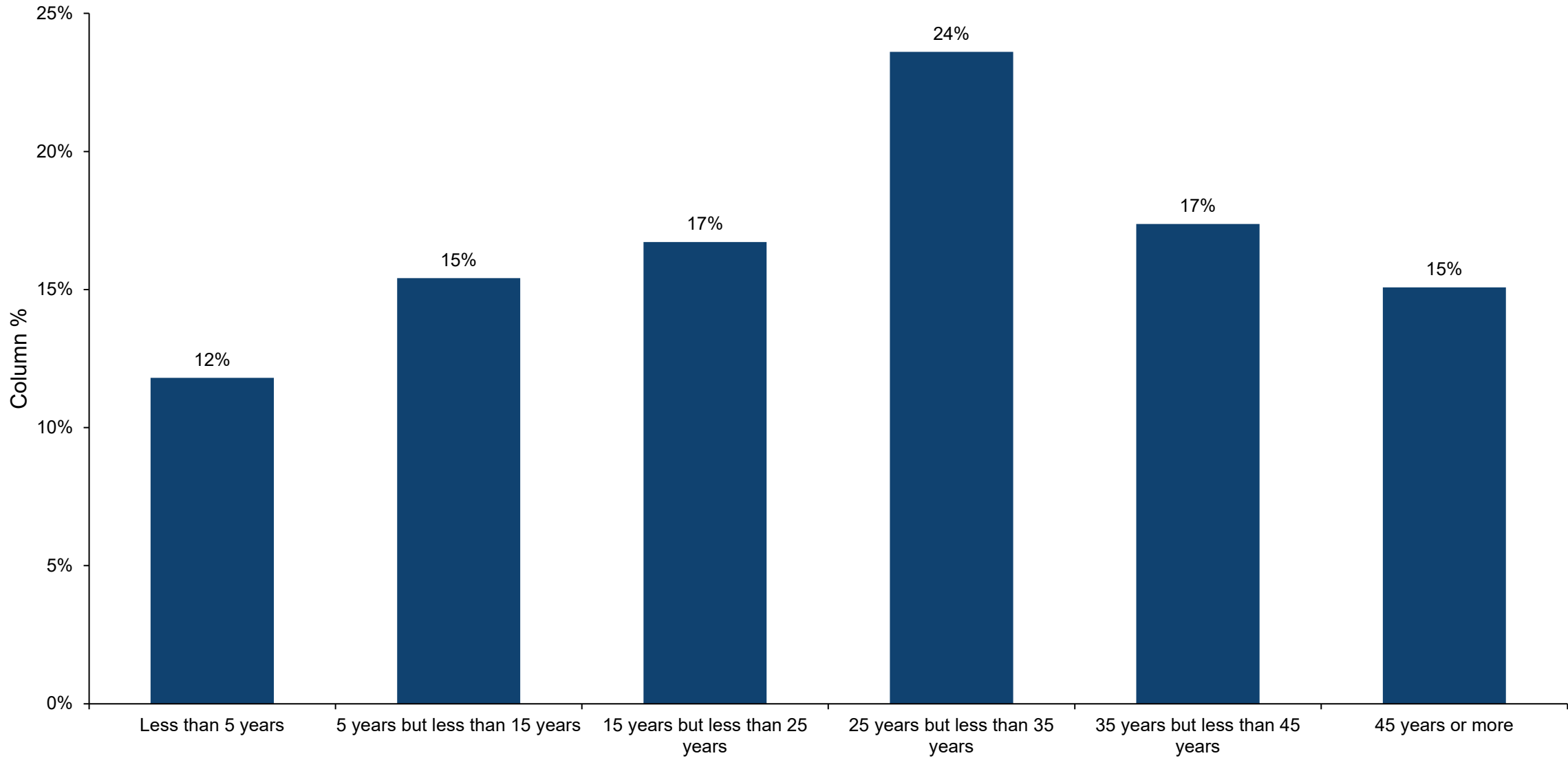
### Q1x6 Some people are not comfortable giving their exact age. Which of the following age ranges do you fall into?



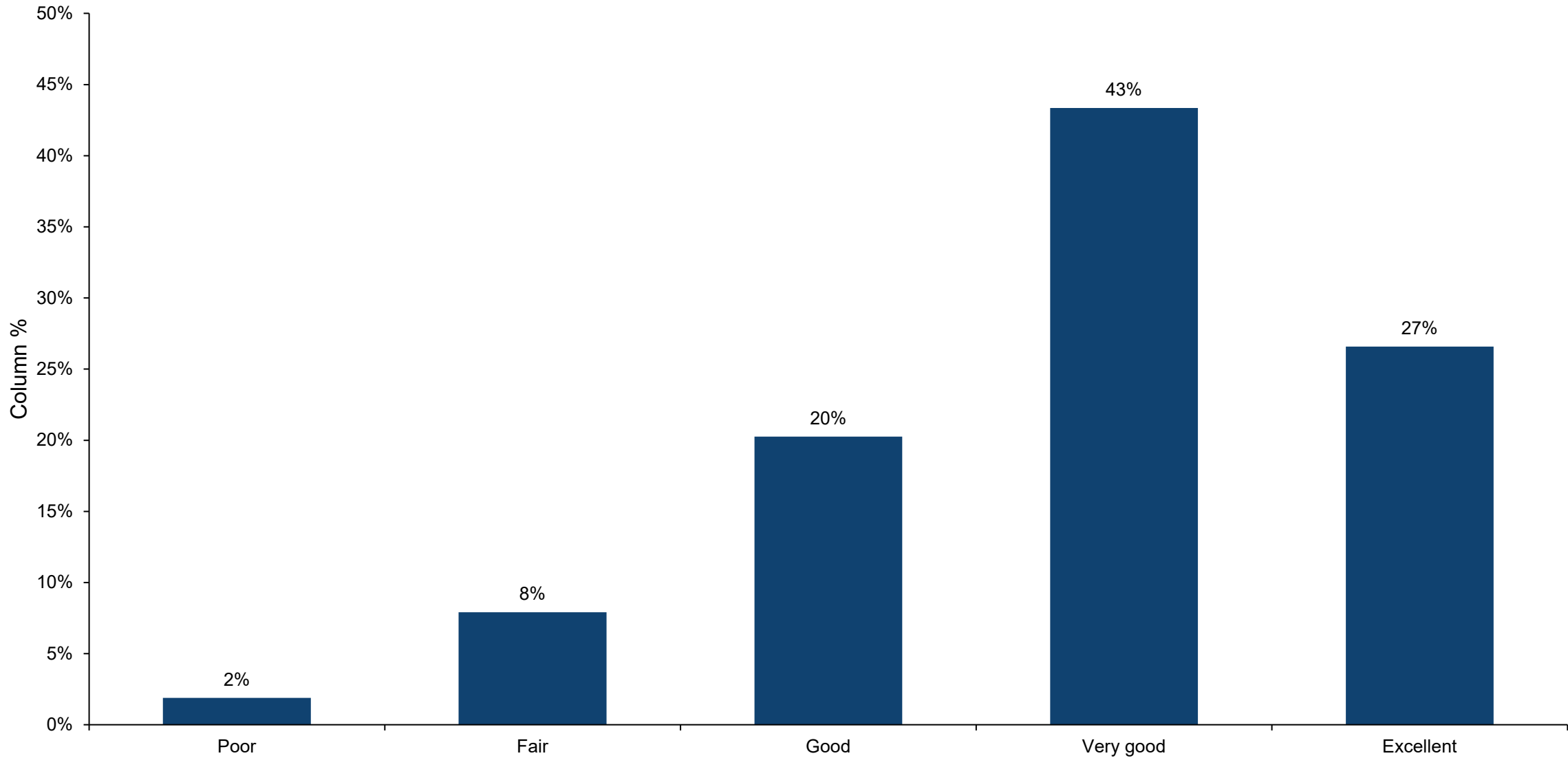
### Q2x3 How long have you lived in your community?



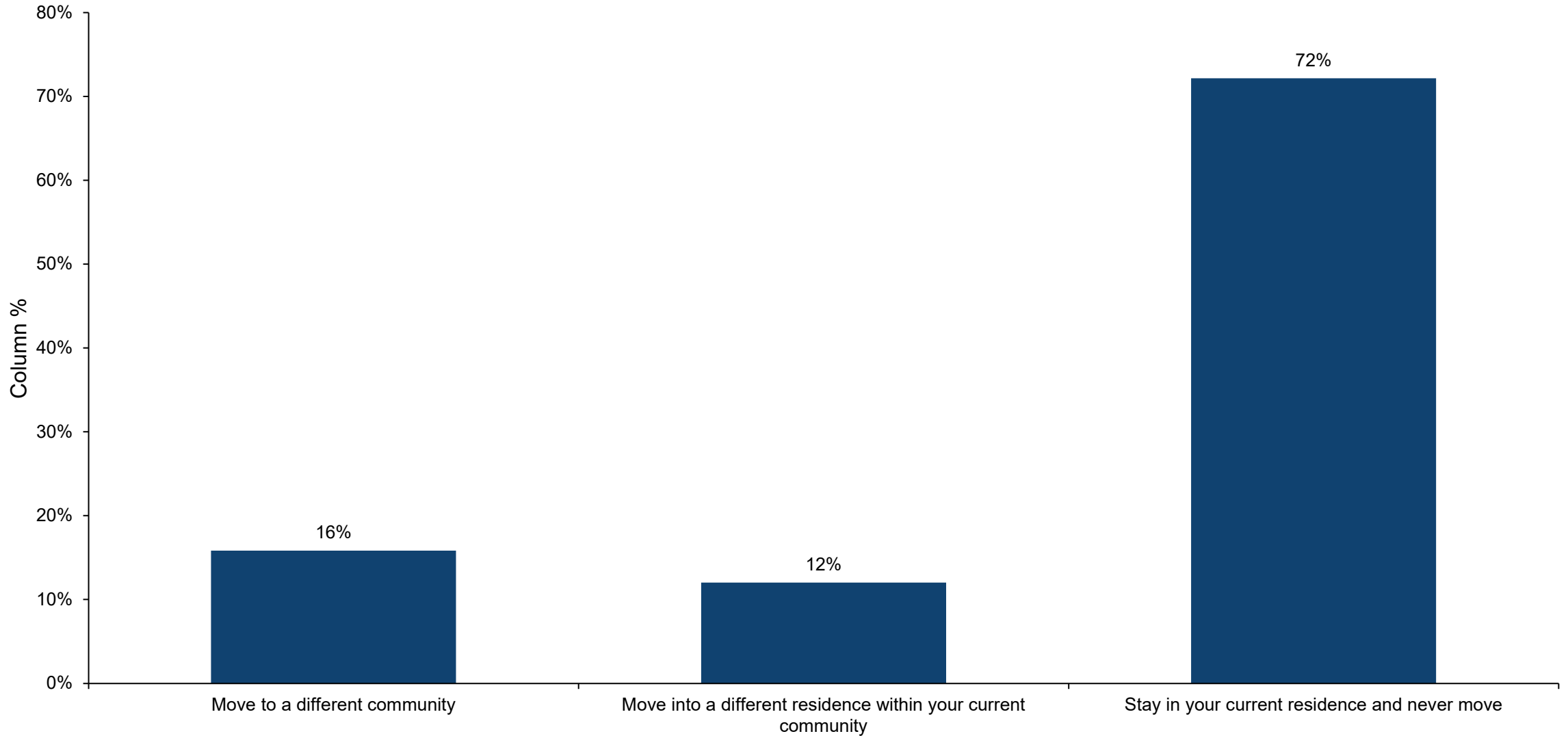
### Q2x4 How long have you lived in your current residence?



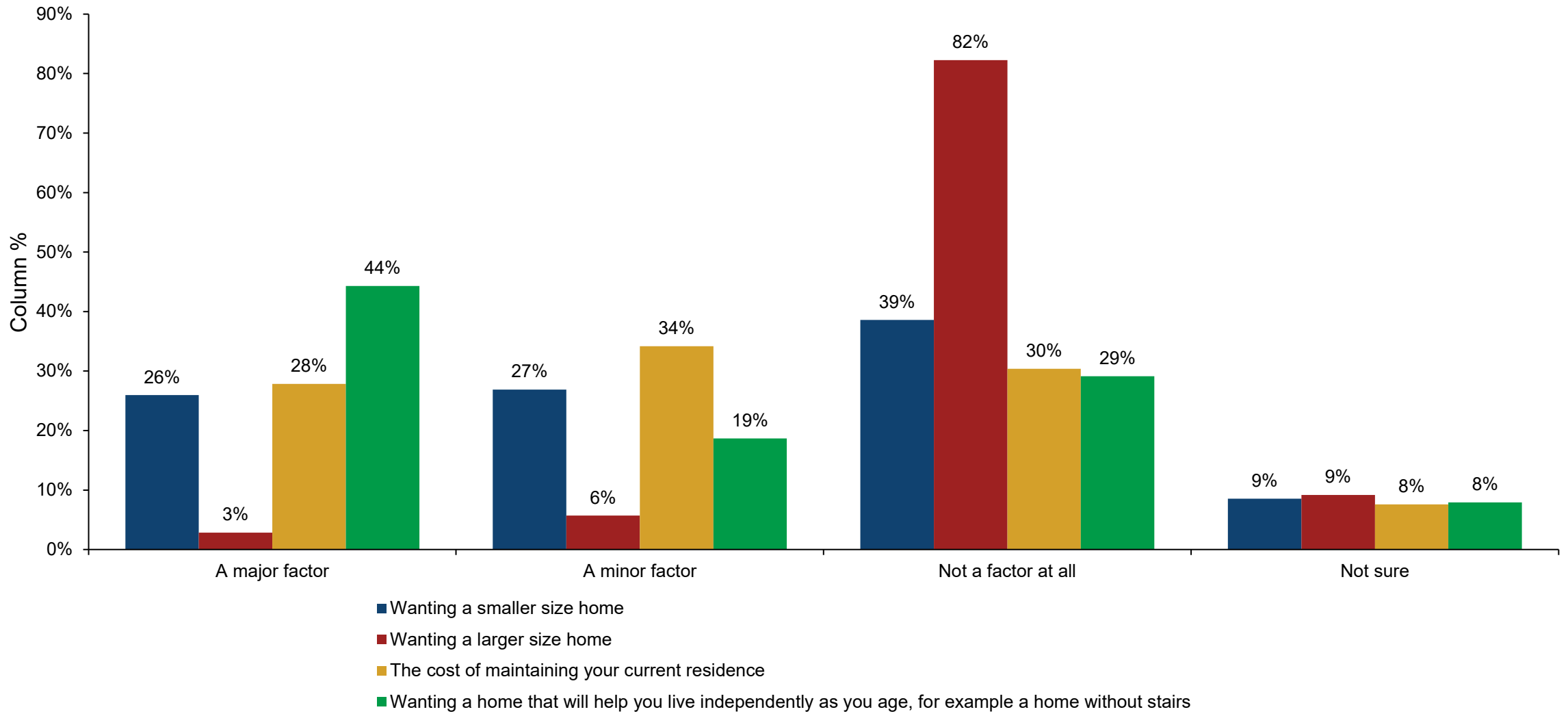
### Q2x5 How would you rate your current community as a place for people to live as they age?



**Q2x6 Thinking about your future years, are you more likely to move to a different community, move to a different residence within your current community or stay in your current residence and never move?**

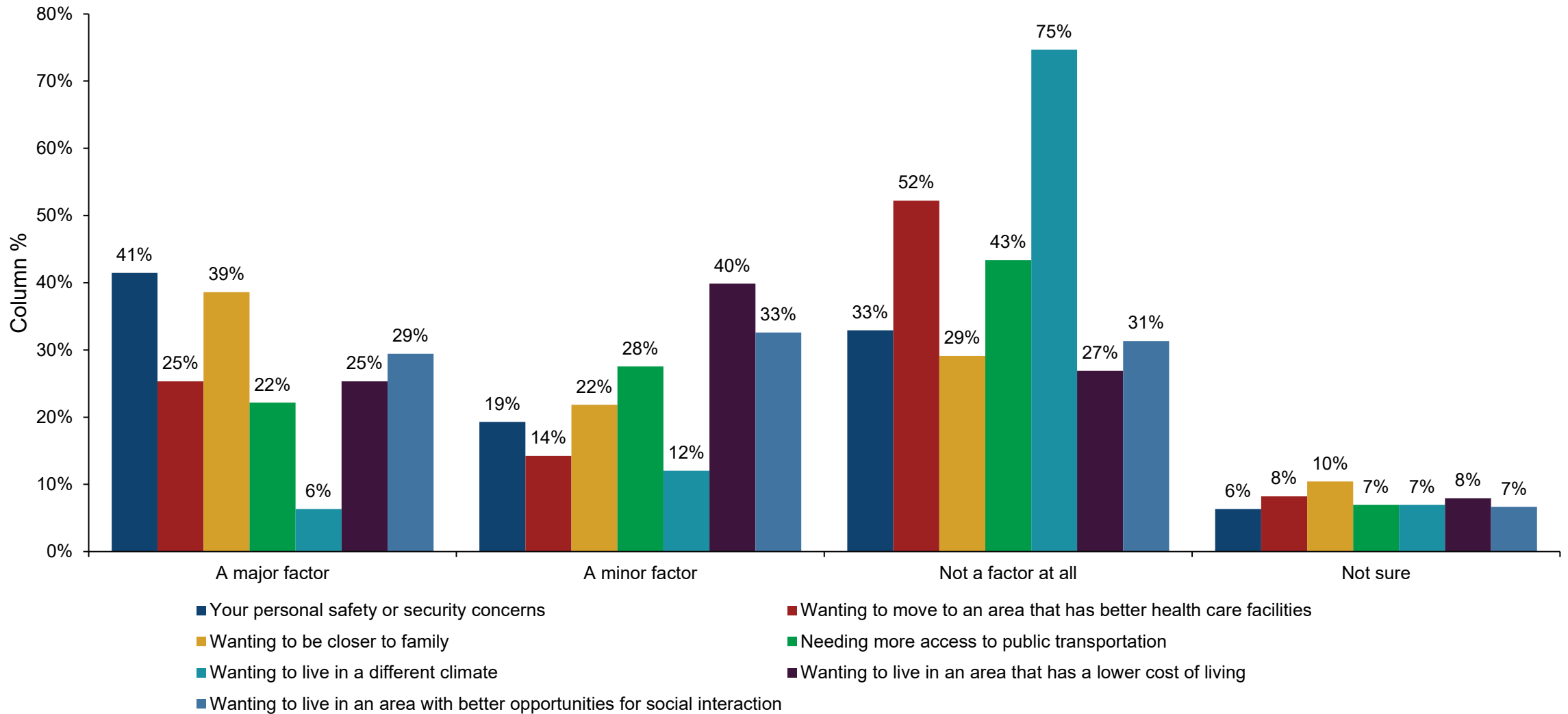


**Q3x1 Some people find that they need or want to move out of their home as they get older. If you were to consider moving out of your current residence, would the following be a major factor, a minor factor, or not a factor at all in your decision to move?**

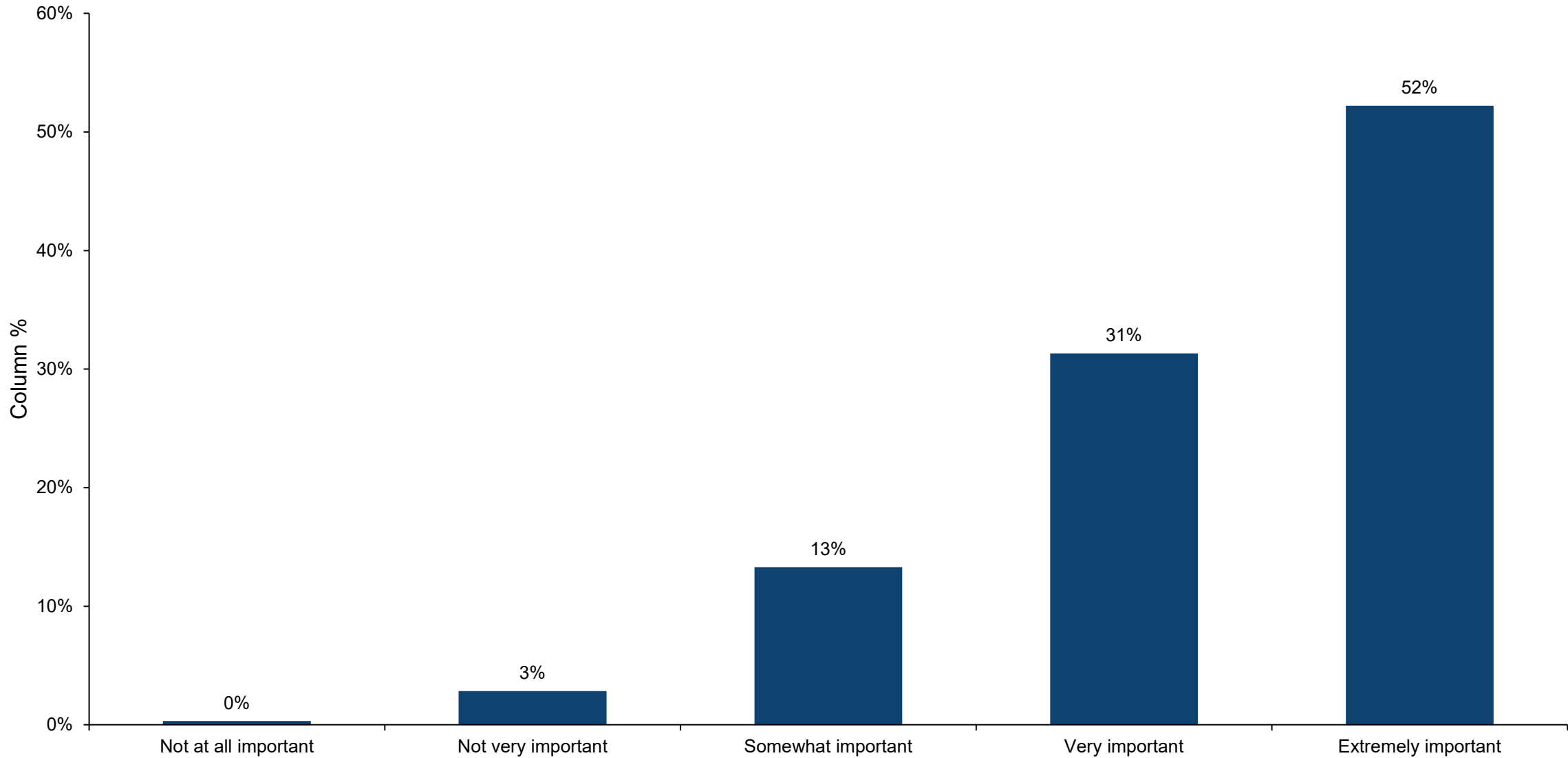


**Q3x2 Some people find that they need or want to move out of their community as they get older. If you were to consider moving out of your current community, would the following be a major factor, a minor factor, or not a factor at all in your decision to move?**

Agenda Item 2.

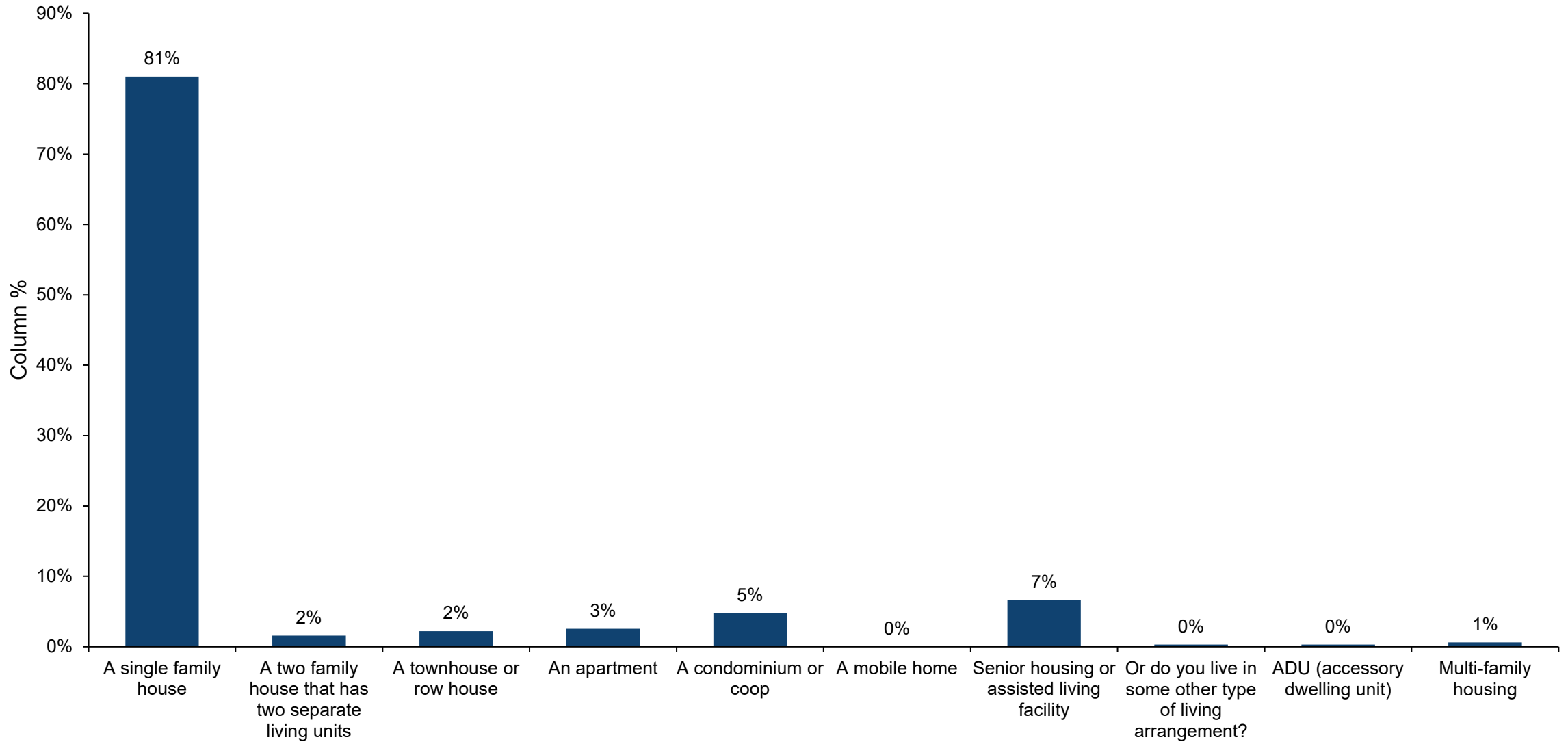


### Q4x1 How important is it for you to remain in your current community for as long as possible?

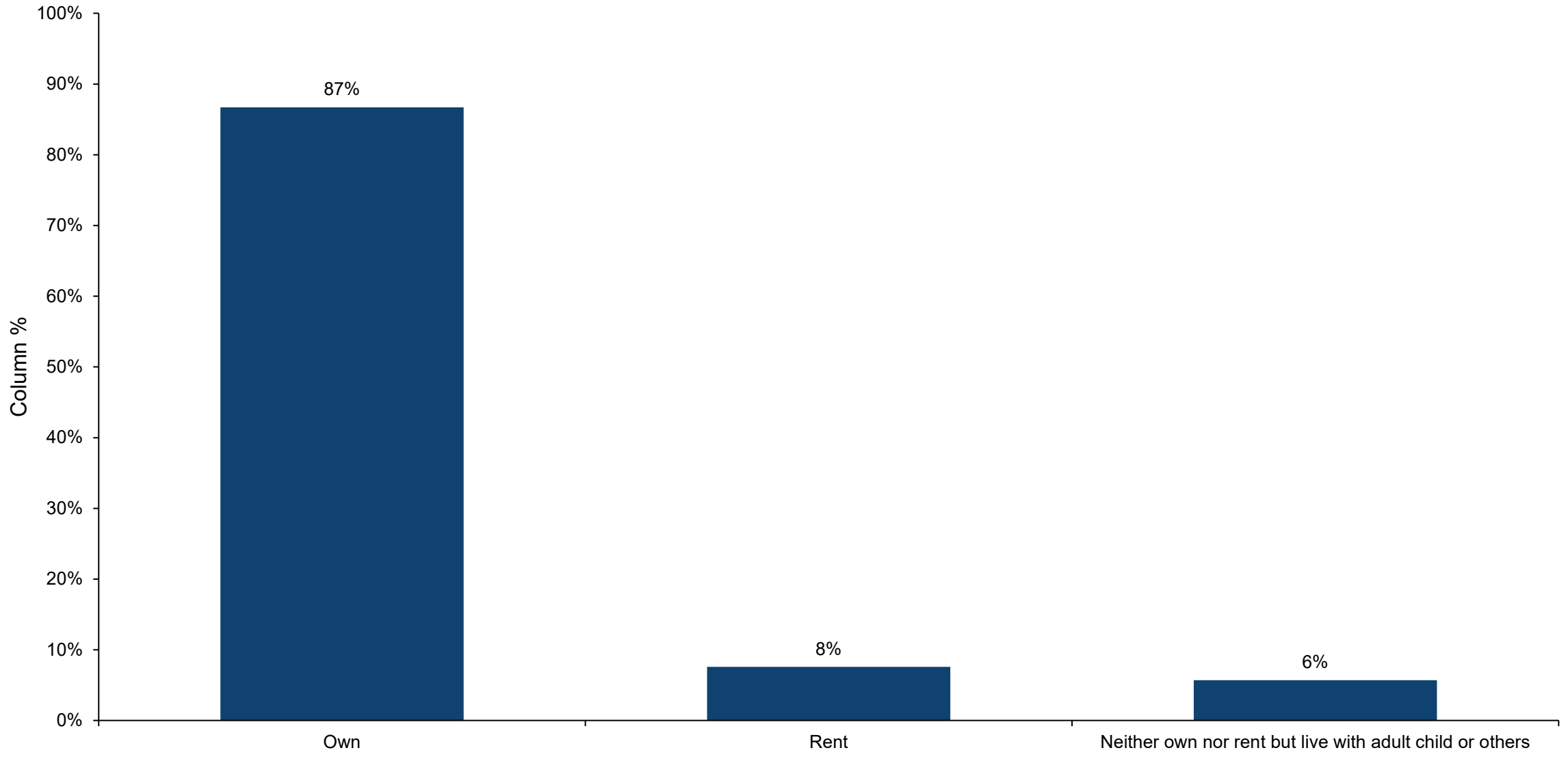




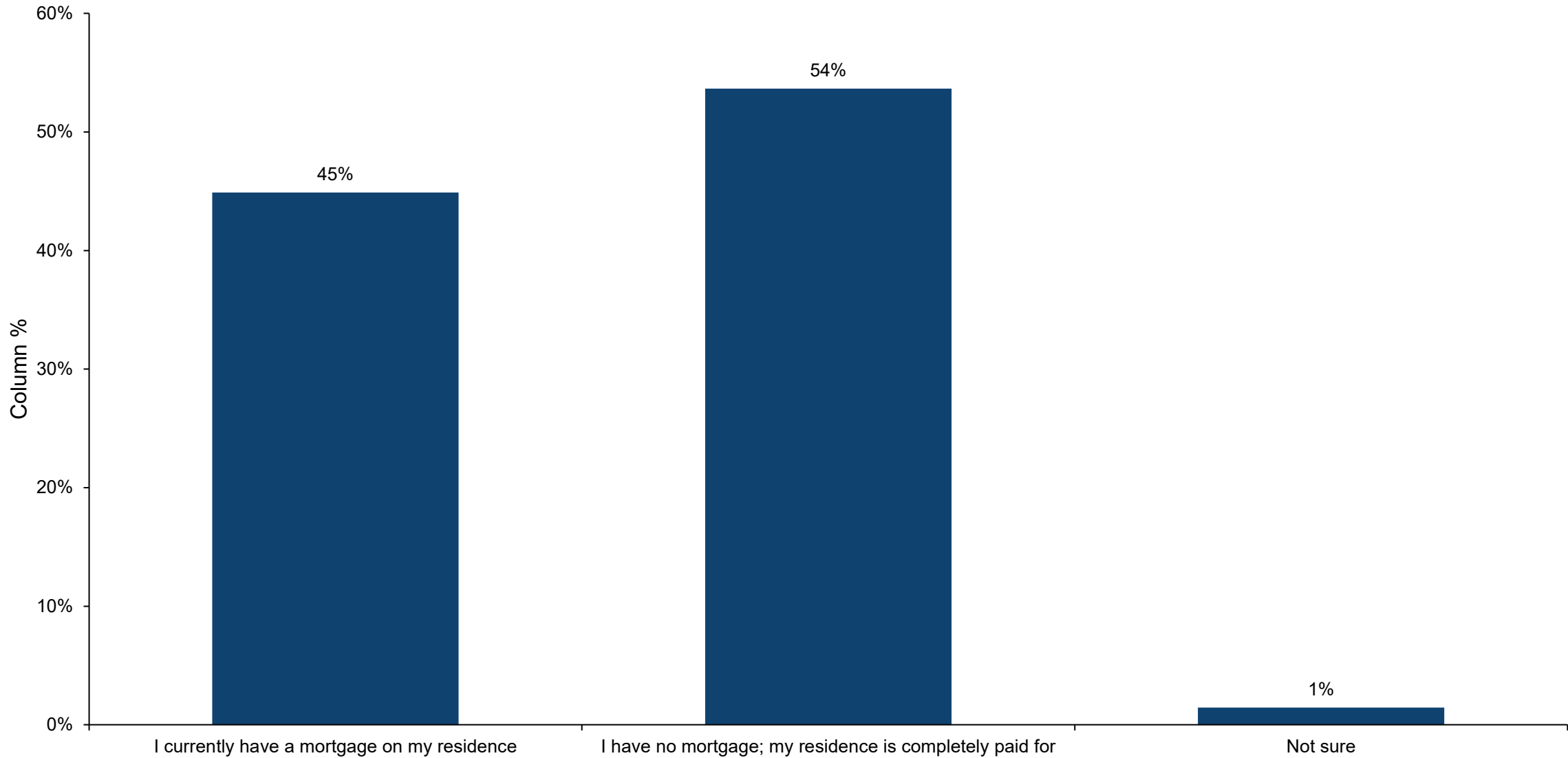
### Q4x2 Which of the following types of homes best describes where you currently live?



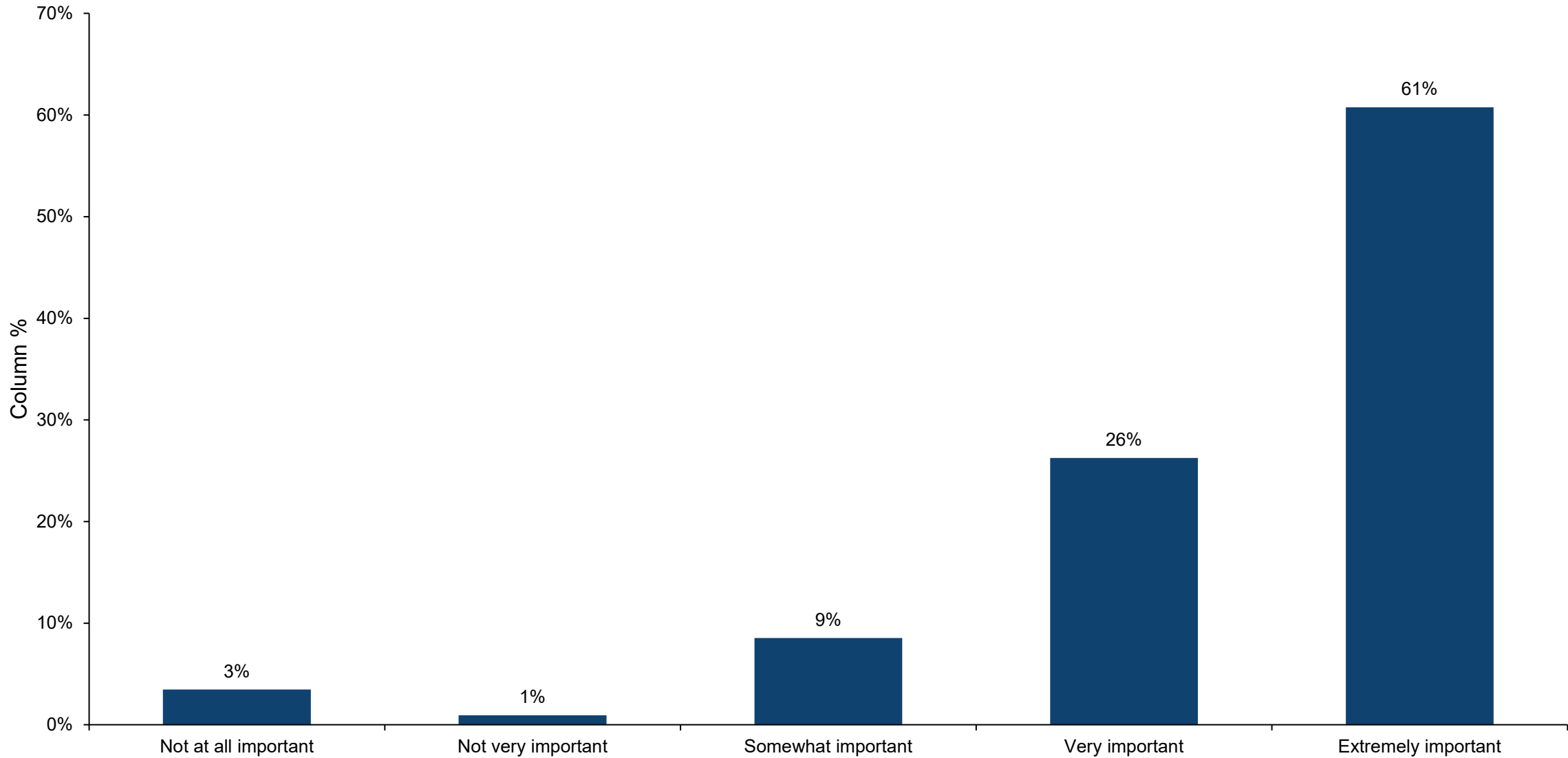
### Q4x3 Do you own or rent your residence?



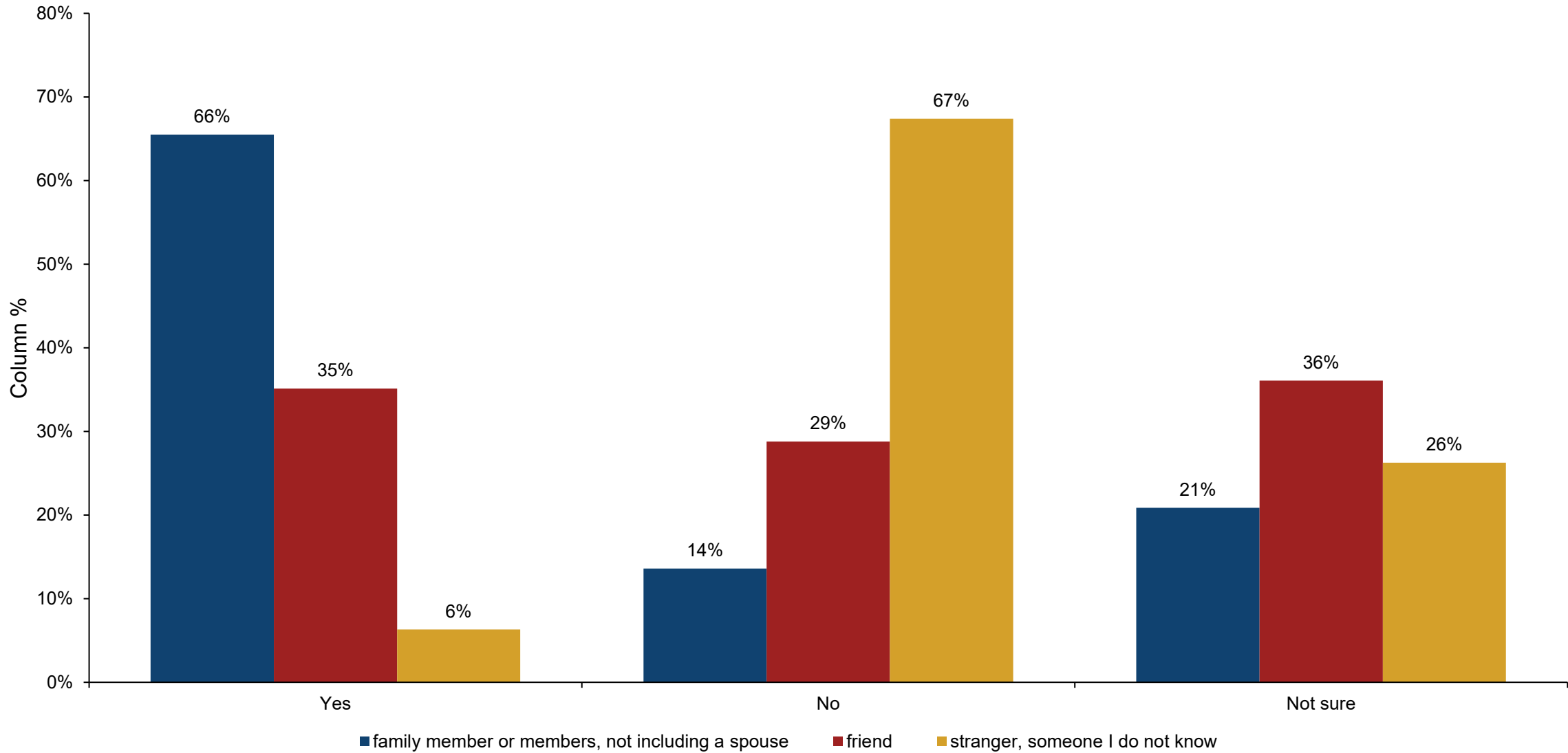
### Q4x3\_1 Do you currently have a mortgage on your residence or is your residence fully paid for?



### Q4x4 How important is it for you to be able to live independently in your own home as you age?

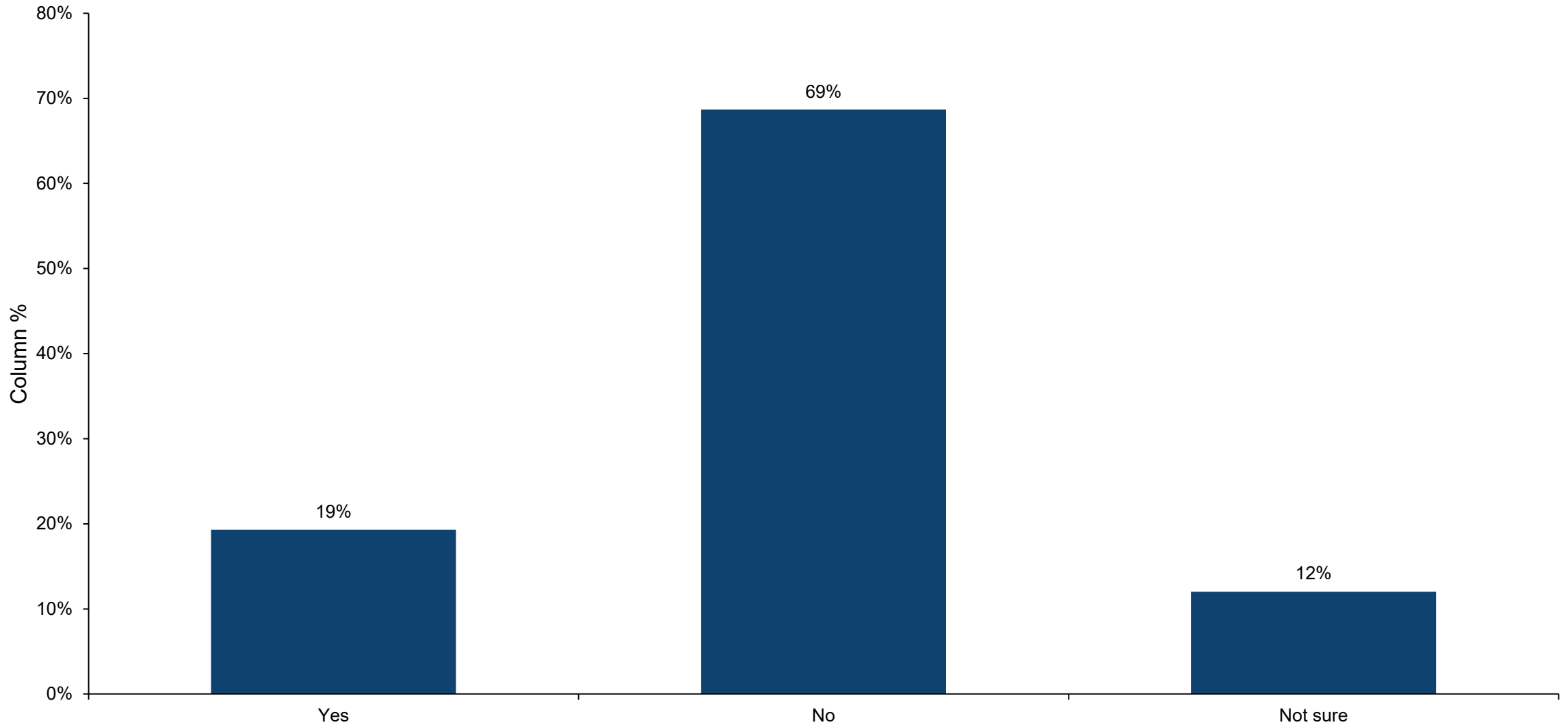


### Q4x4\_1 As you grow older, would you consider sharing your home with?

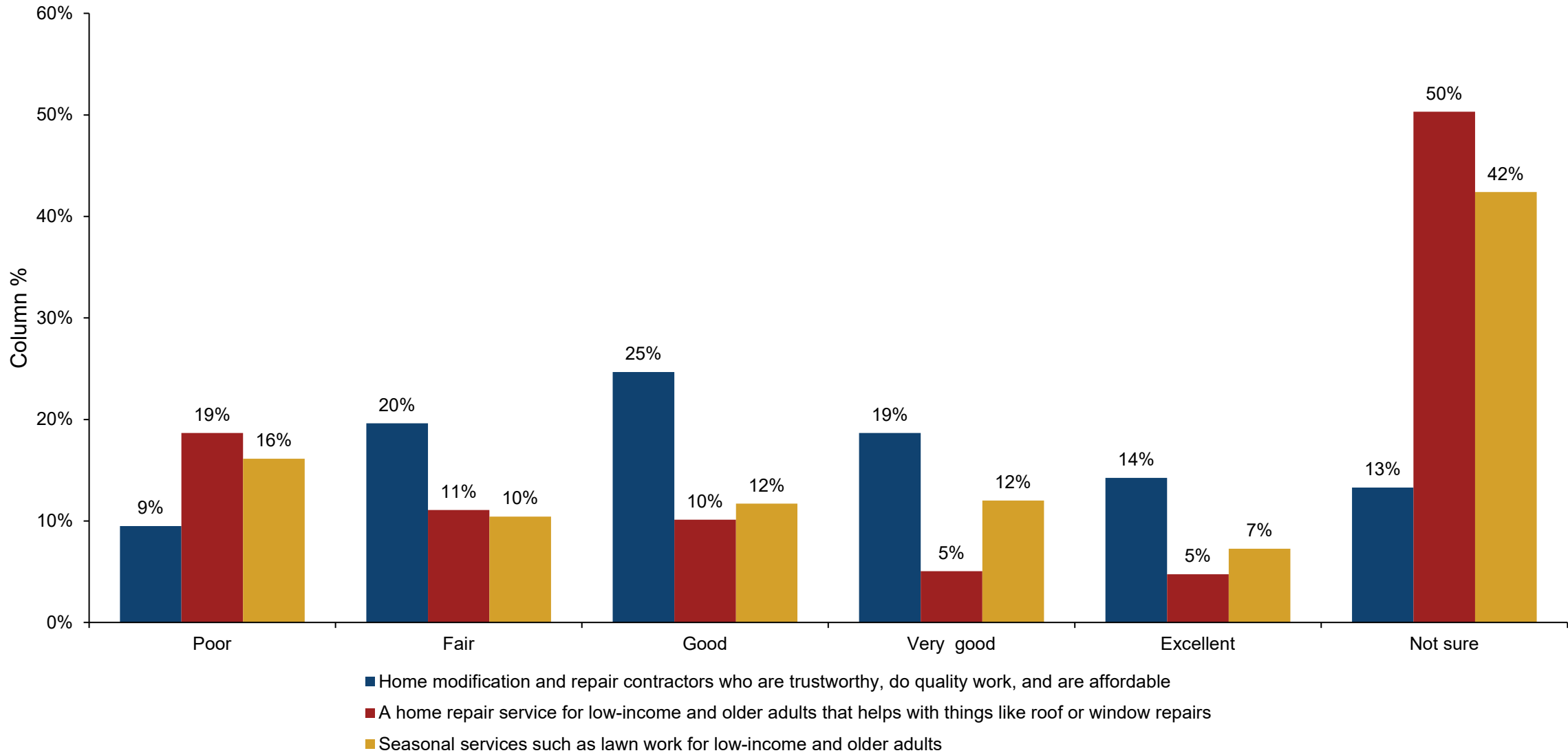


**Q4x5 Some people find that they need to make modifications to their residence to enable them to stay there for as long as possible. Does your current residence need any major repairs, modifications, or changes to enable you to stay there for as long as possible?**

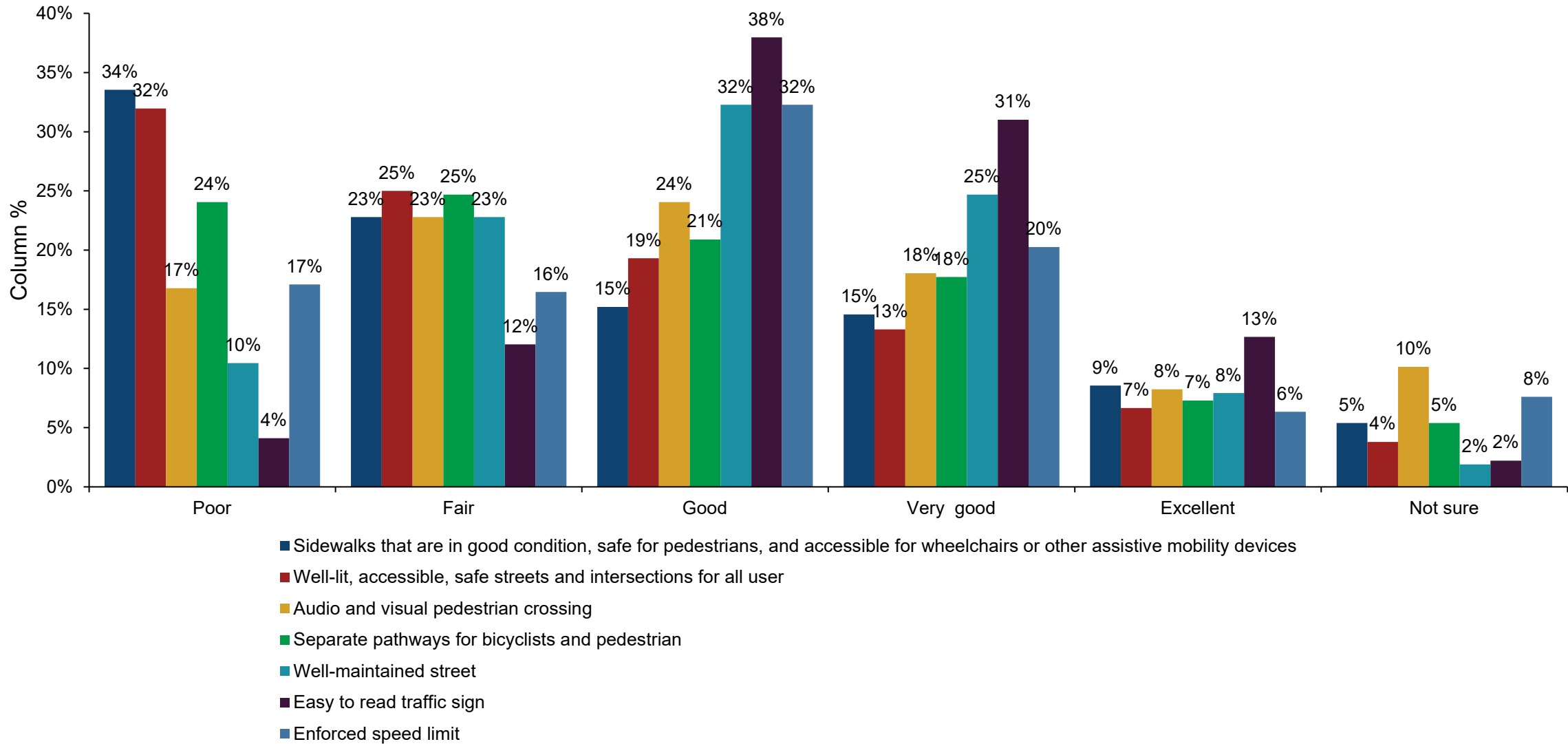
Agenda Item 2.



### Q5x2 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?

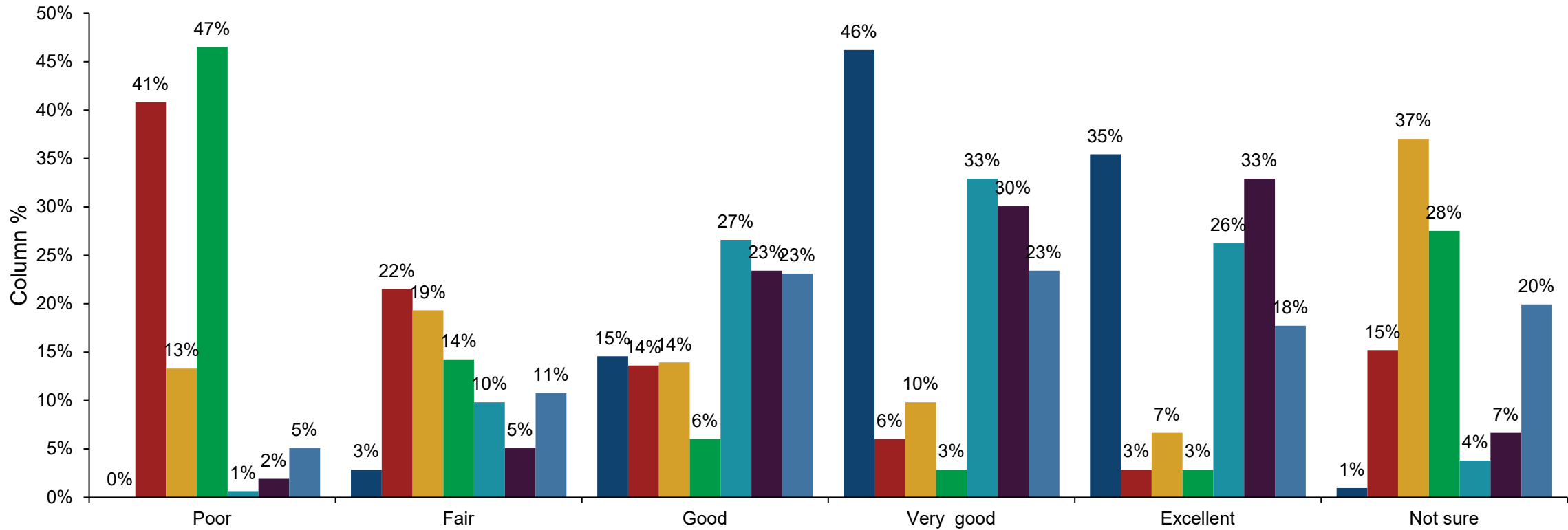


### Q5x4 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?



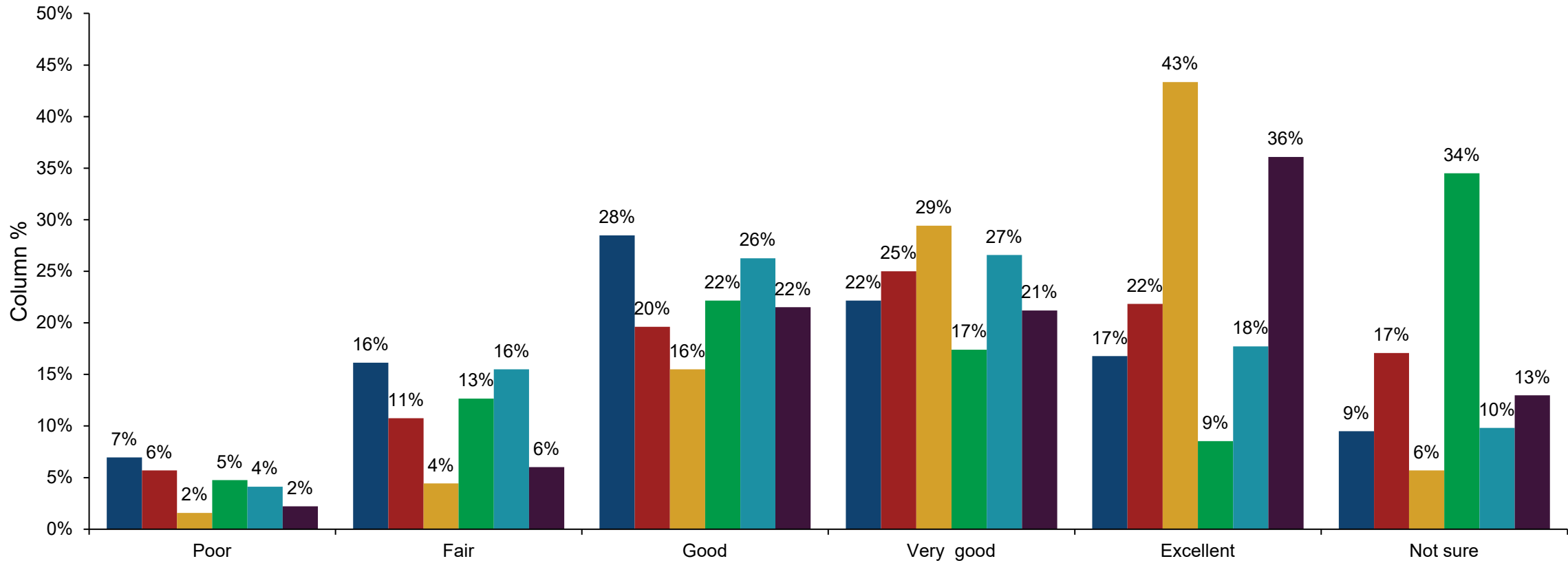


### Q5x6 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?



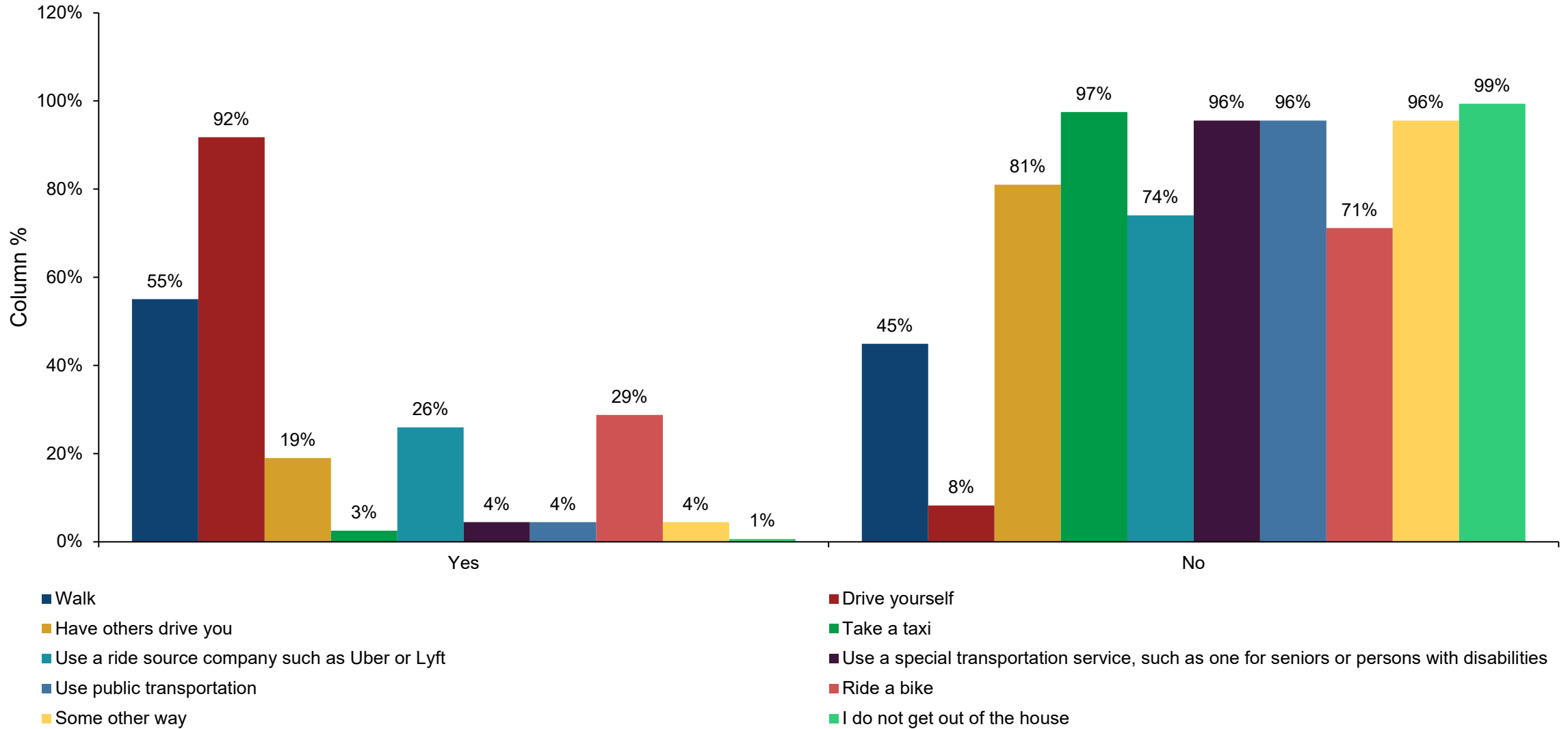
- Well-maintained homes and properties
- Affordable housing options for adults of varying income levels such as older active adult communities, assisted living and communities with shared facilities and outdoor spaces
- Homes that are built with things like a no step entrance, wider doorways, and first floor bedrooms and bathrooms
- Well-maintained, safe low-income housing
- Well-maintained parks
- Safe parks
- Public buildings and spaces including restrooms that are accessible to people of different physical abilities

### Q5x6\_grid Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?

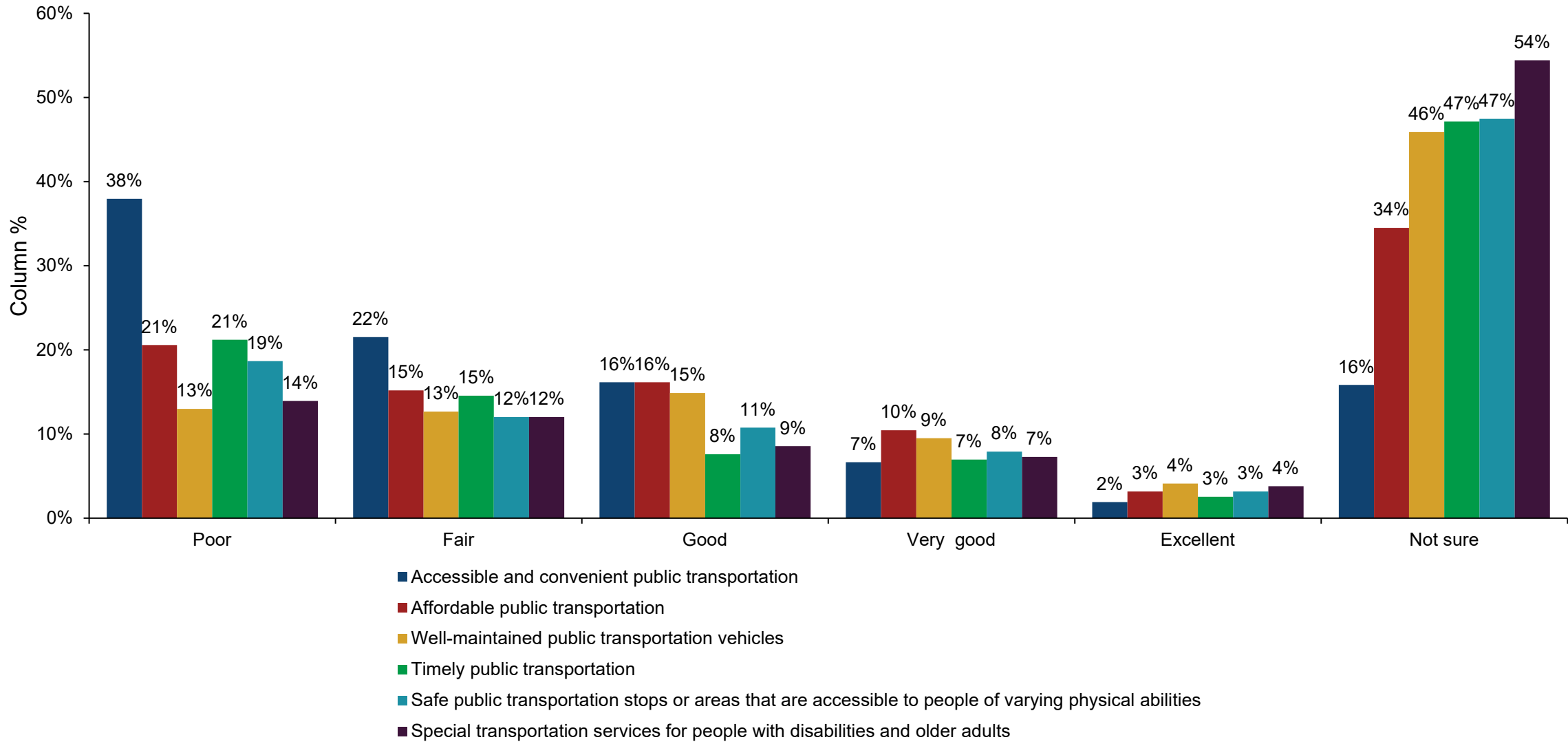


- Enough benches for resting in public areas like parks, along sidewalks, and around public buildings
- Conveniently located emergency care centers
- Well-maintained hospitals and health care facilities
- Neighborhood watch programs
- Conveniently located public parking lots and areas to park including handicapped parking
- Affordable public parking

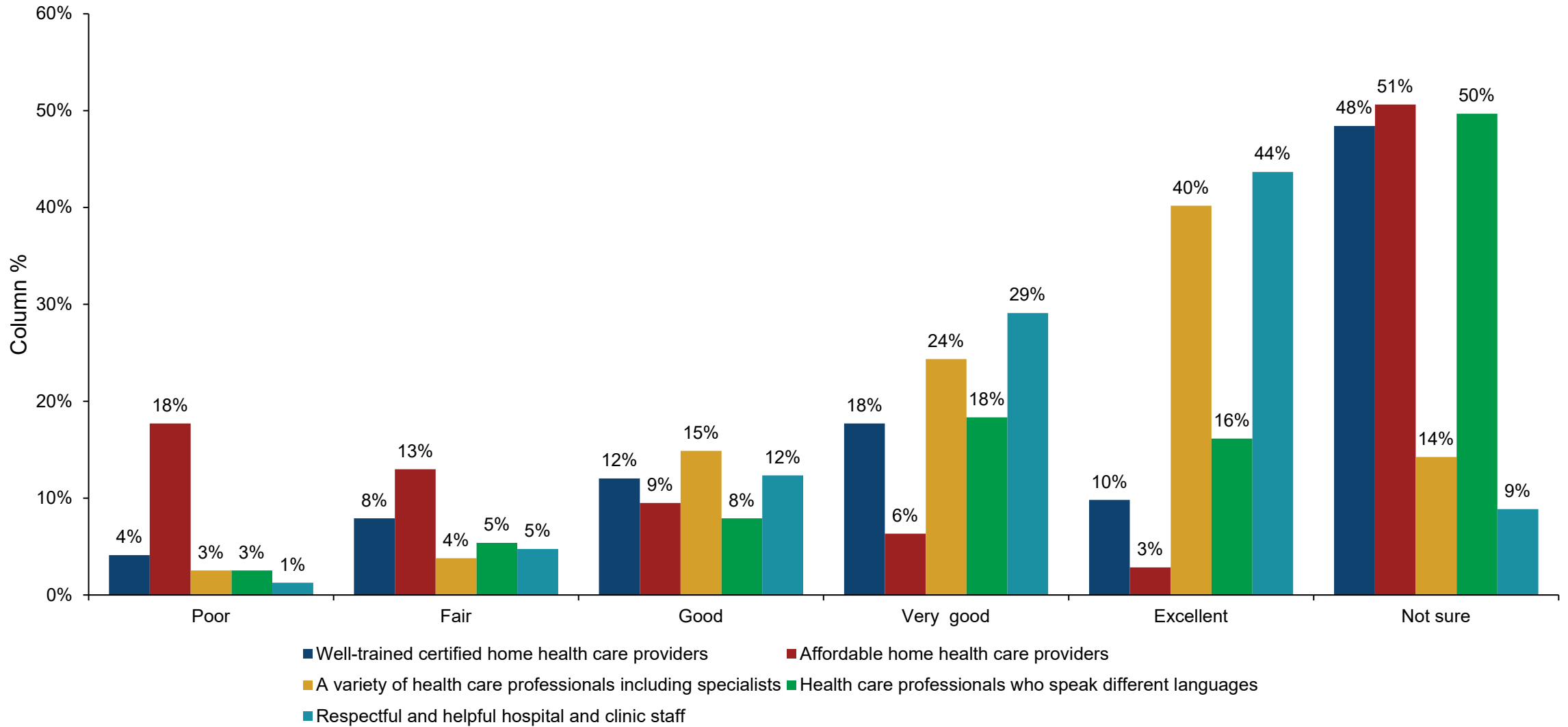
# Q6x2 How do you usually get around your community for things like shopping, visiting the doctor, running errands, and other things?



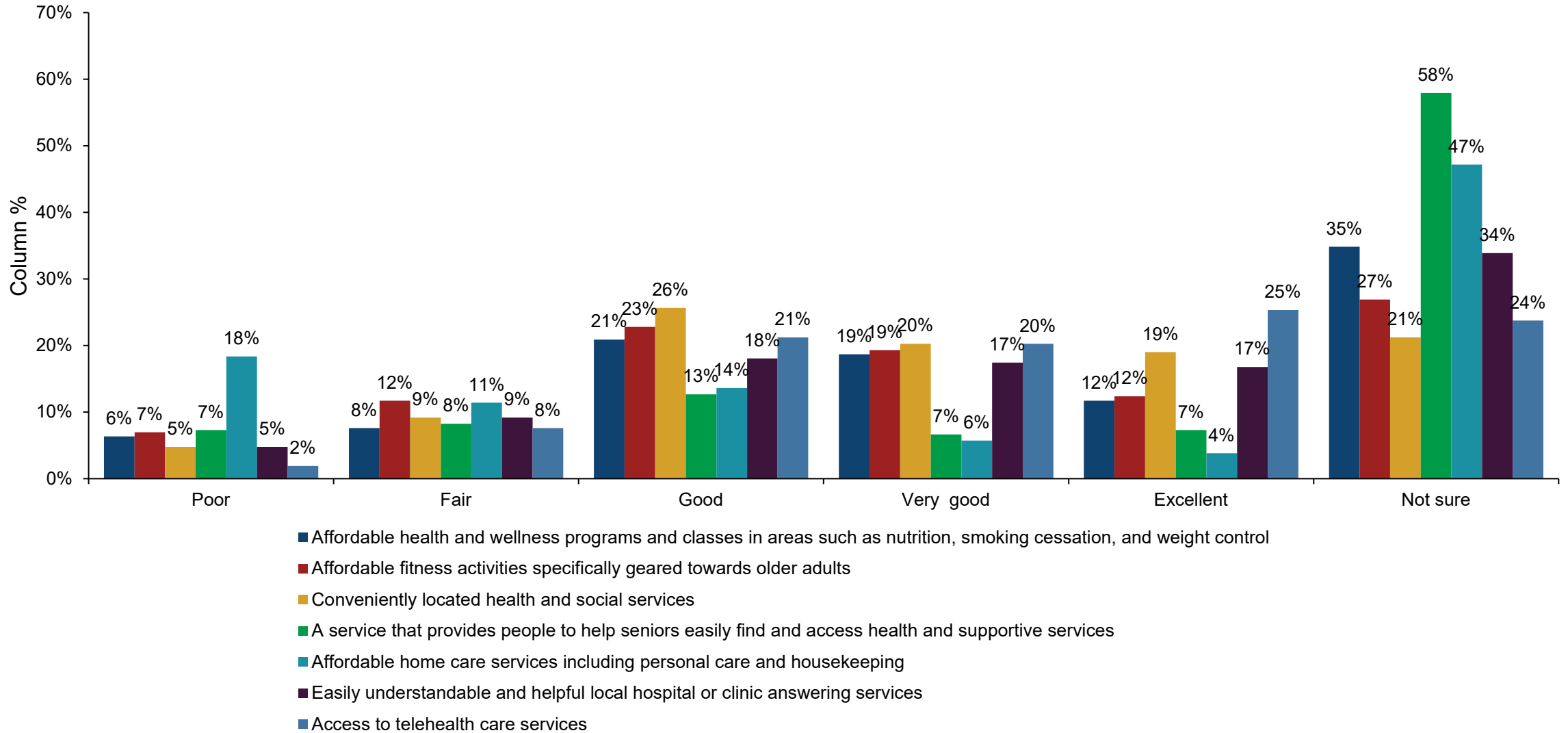
### Q6x3 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?



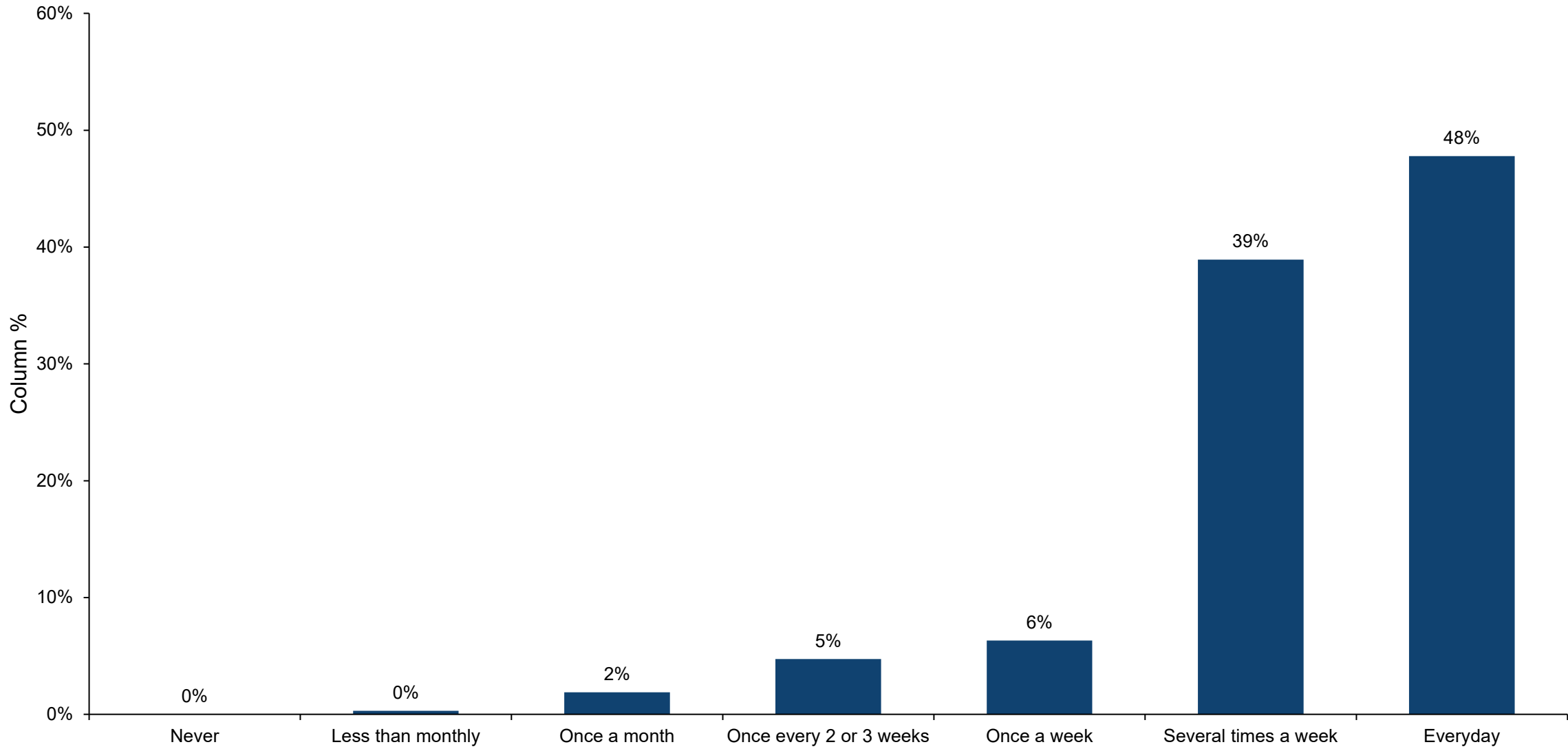
**Q7x2 Thinking now about health care professionals in your community, would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?**



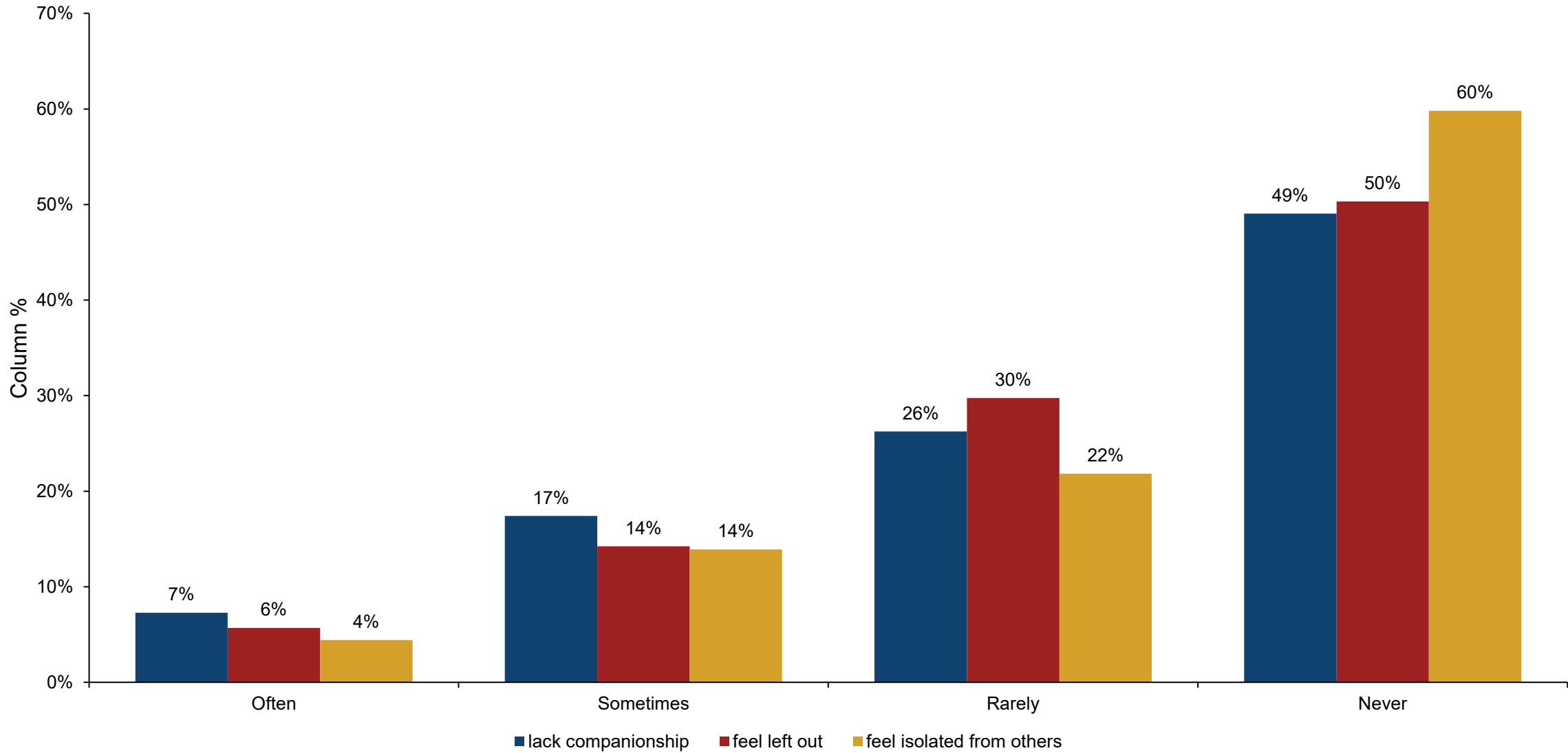
# Q7x3 Thinking now about health and wellness services in your community, would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?



### Q8x2 How often do you have contact with family, friends, or neighbors who do not live with you?

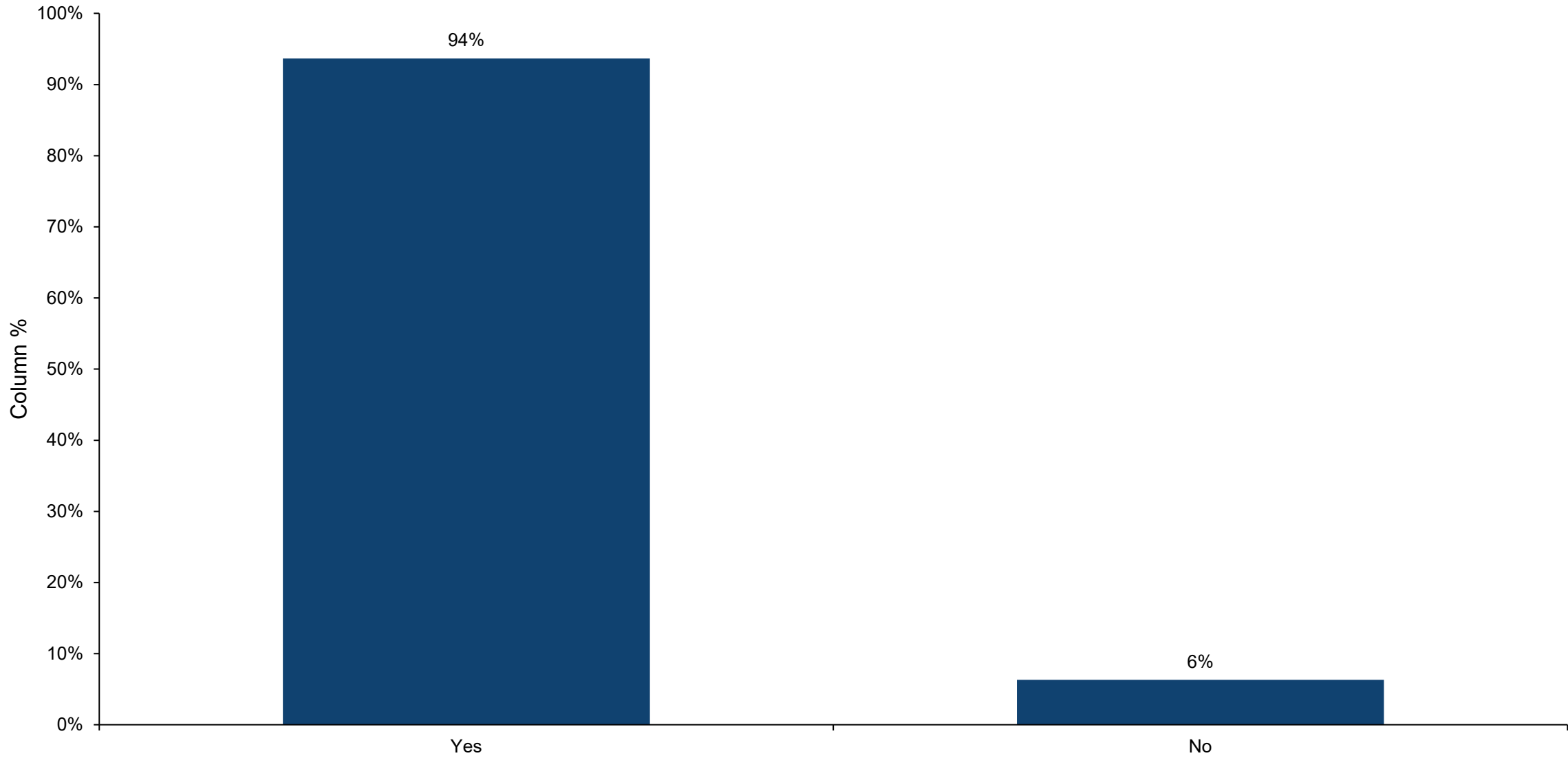


### Q8x3 How often do you feel the following?

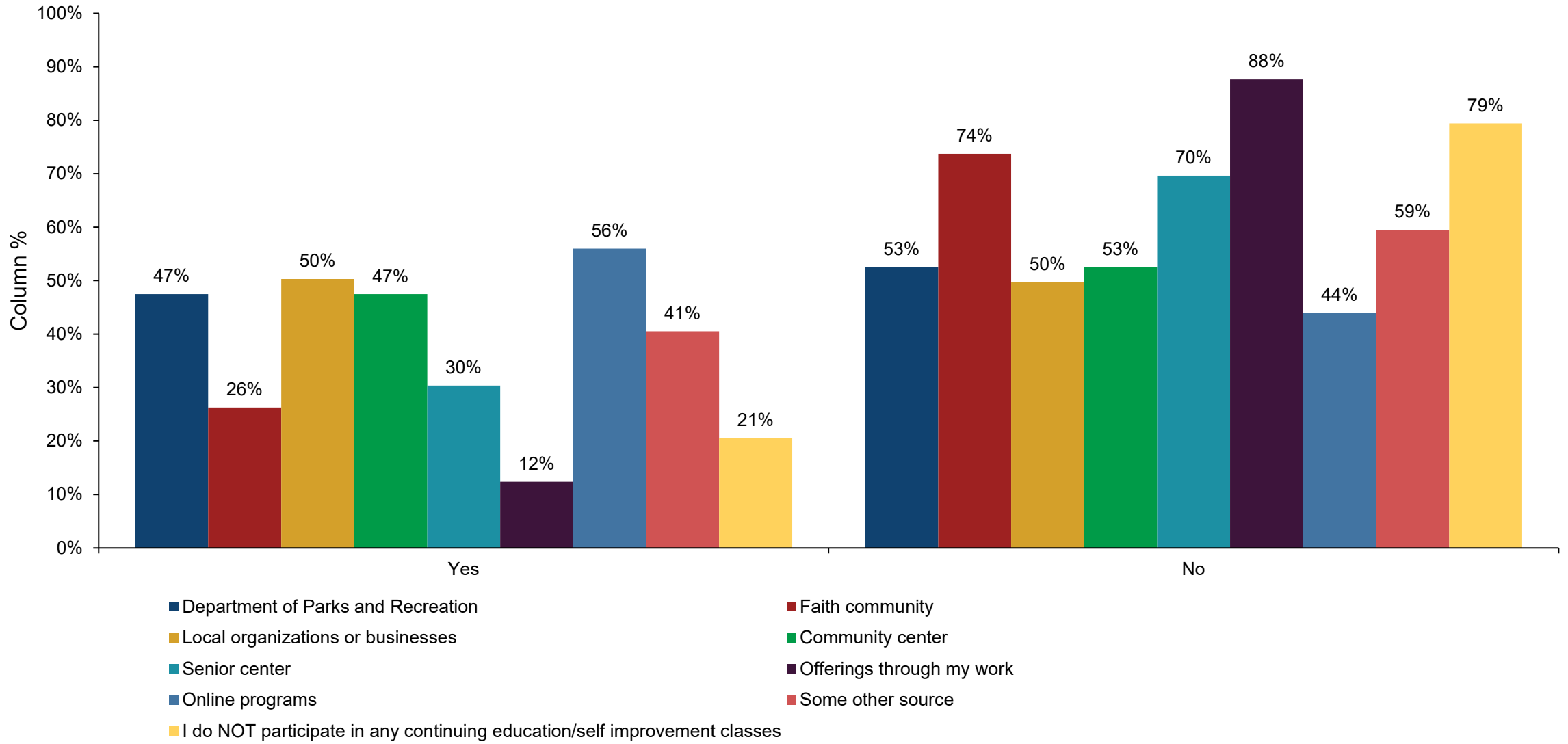




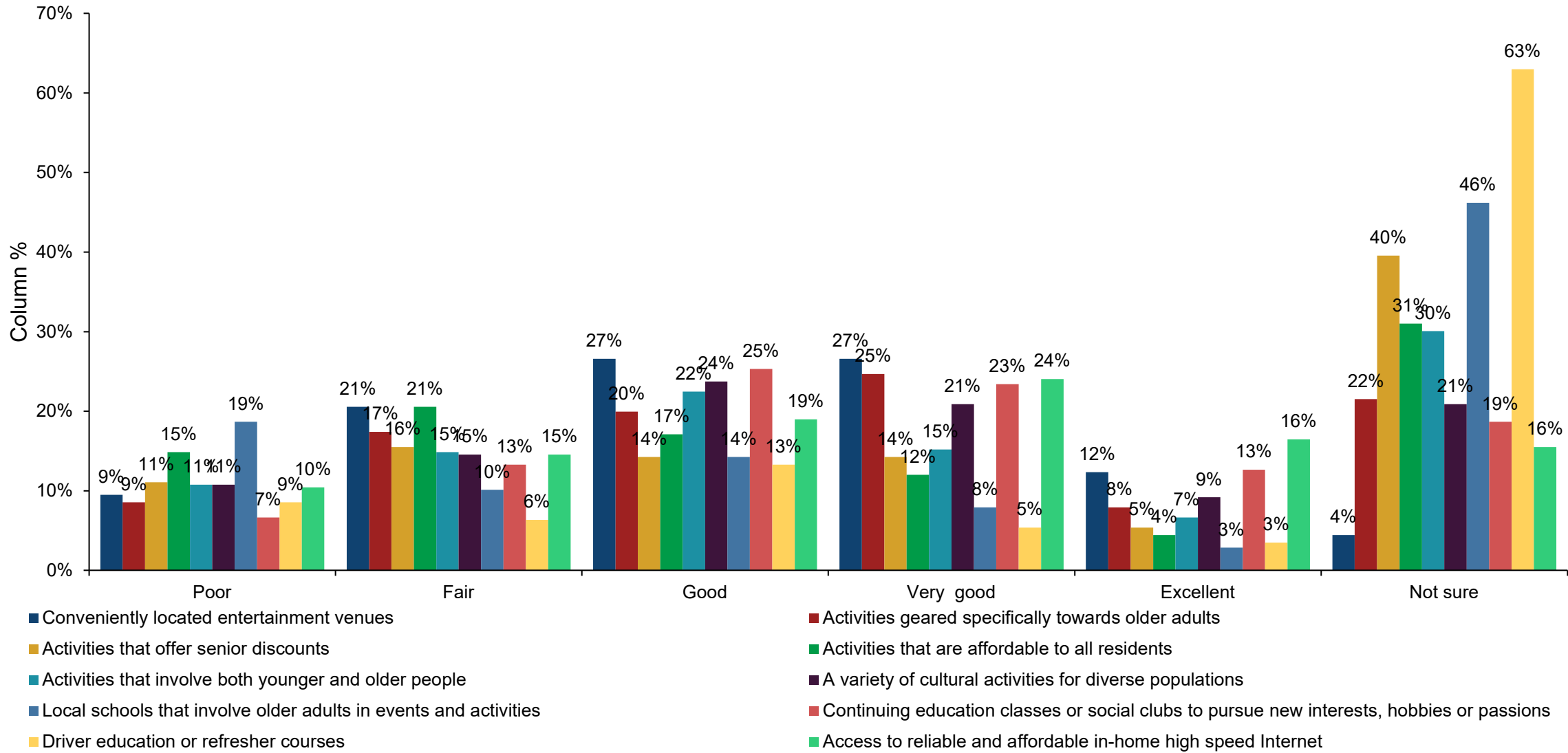
### Q8x4 If you were in trouble, do you have friends or family who can help you at any time of the day or night?



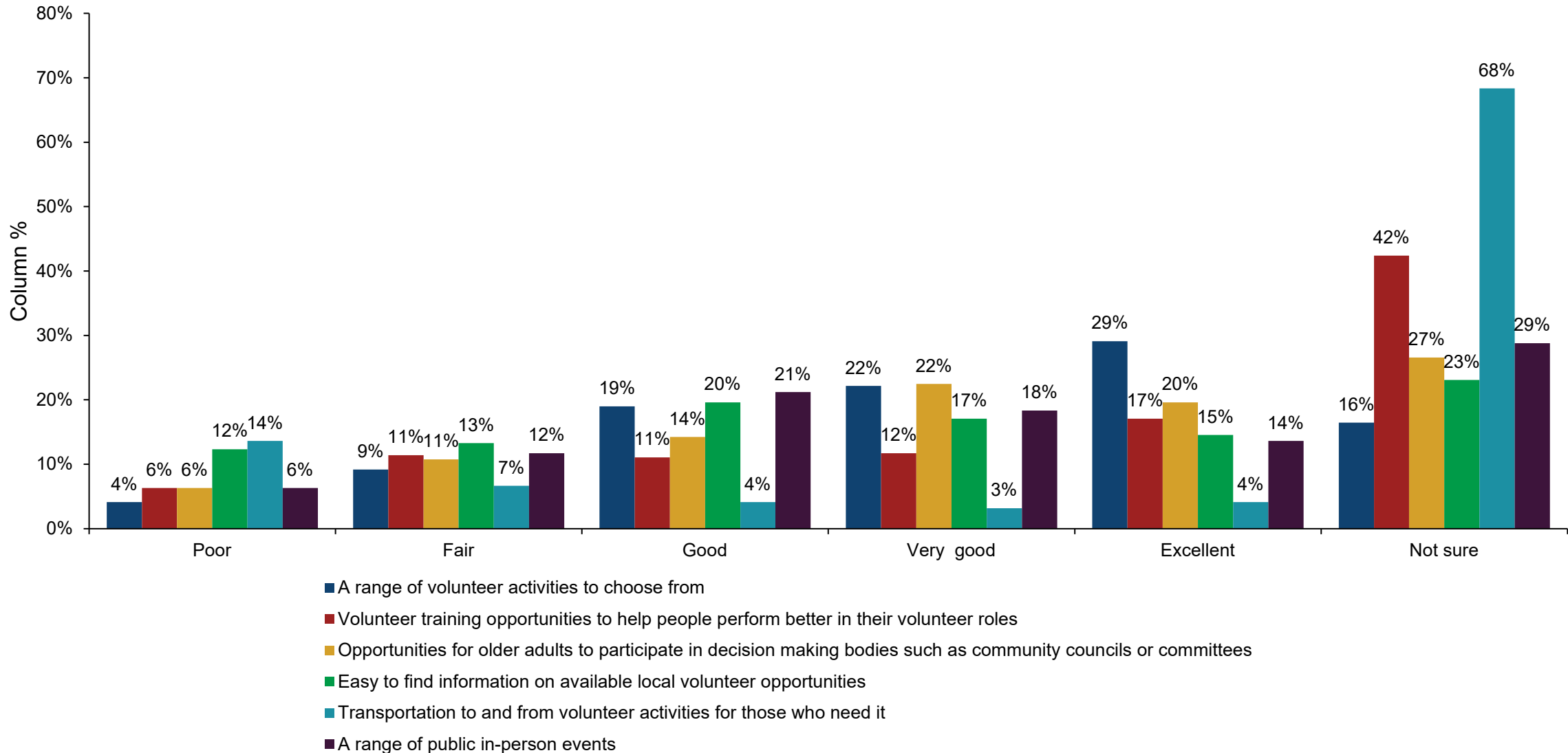
# Q8x5 Do you use the following sources for continuing education or self-improvement classes or workshops in your community?



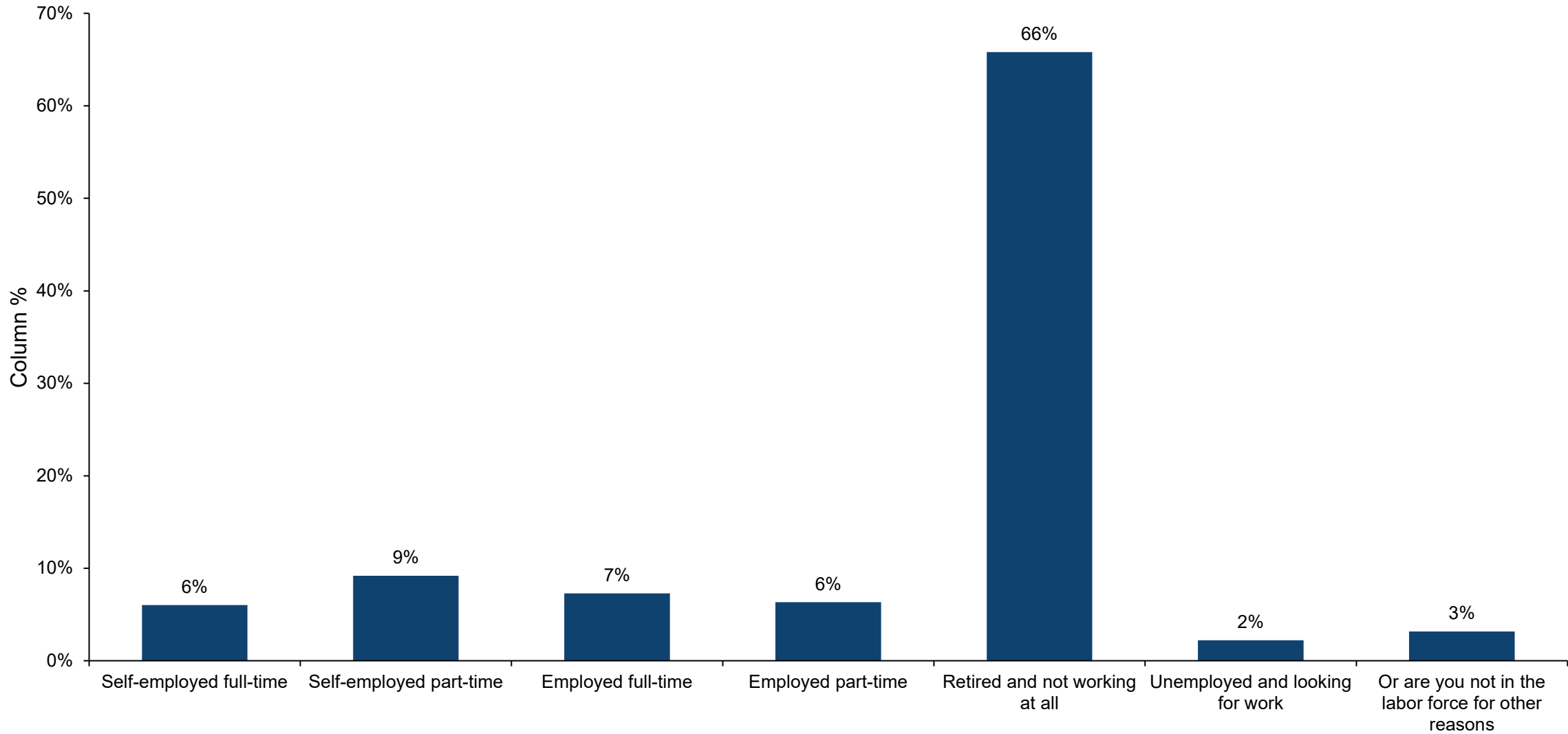
### Q8x6 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?



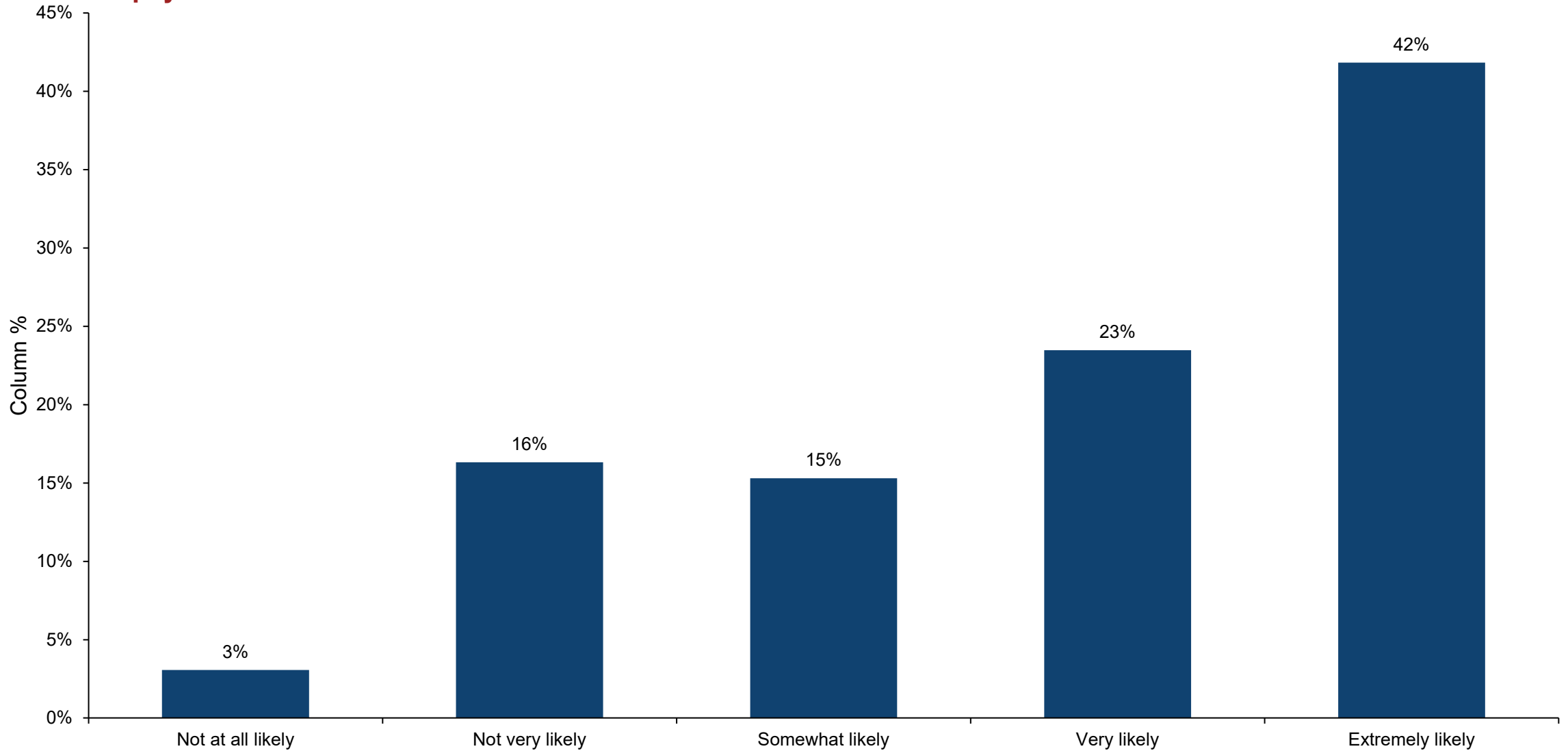
### Q9x2 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?



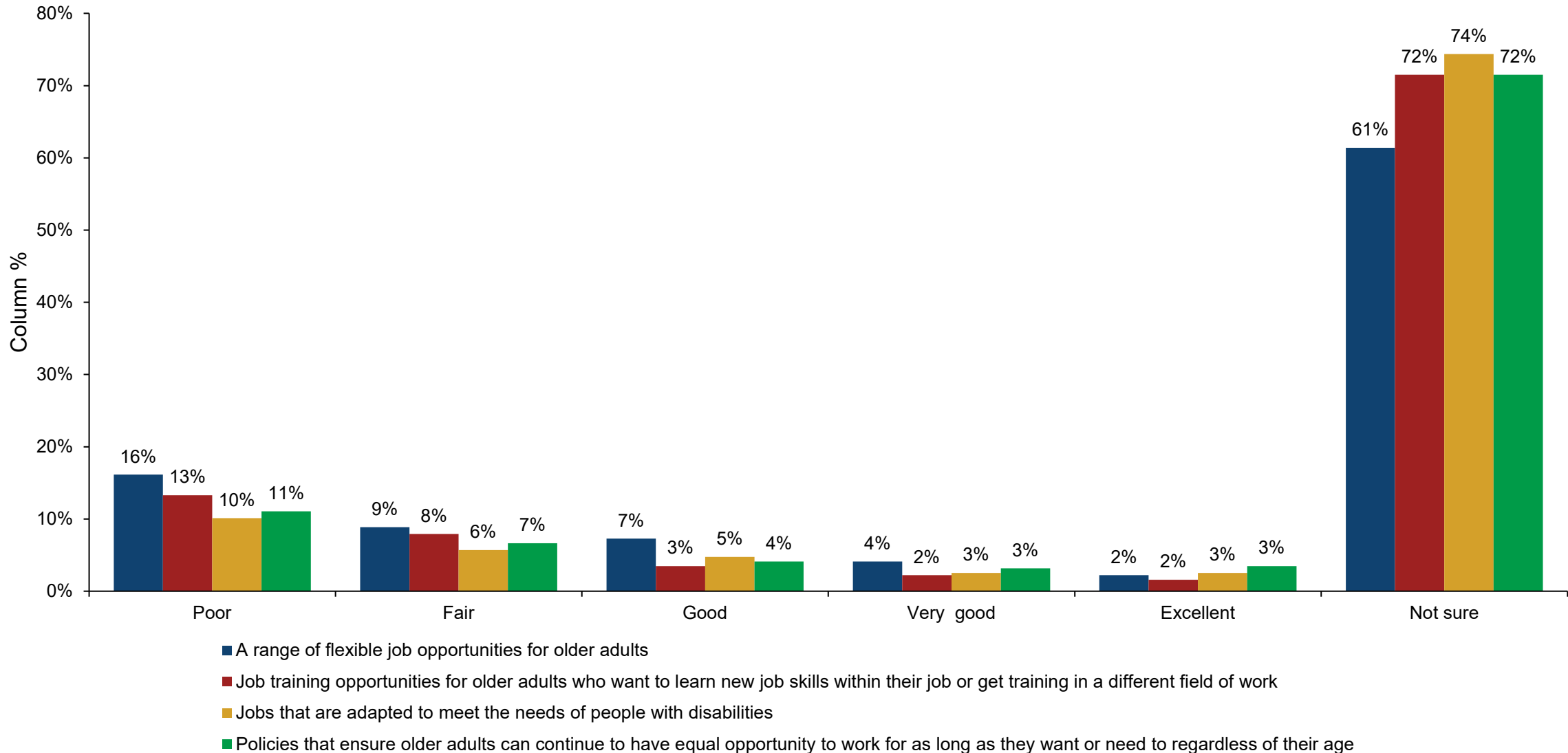
### Q10x2 Which of the following best describes your current employment status?



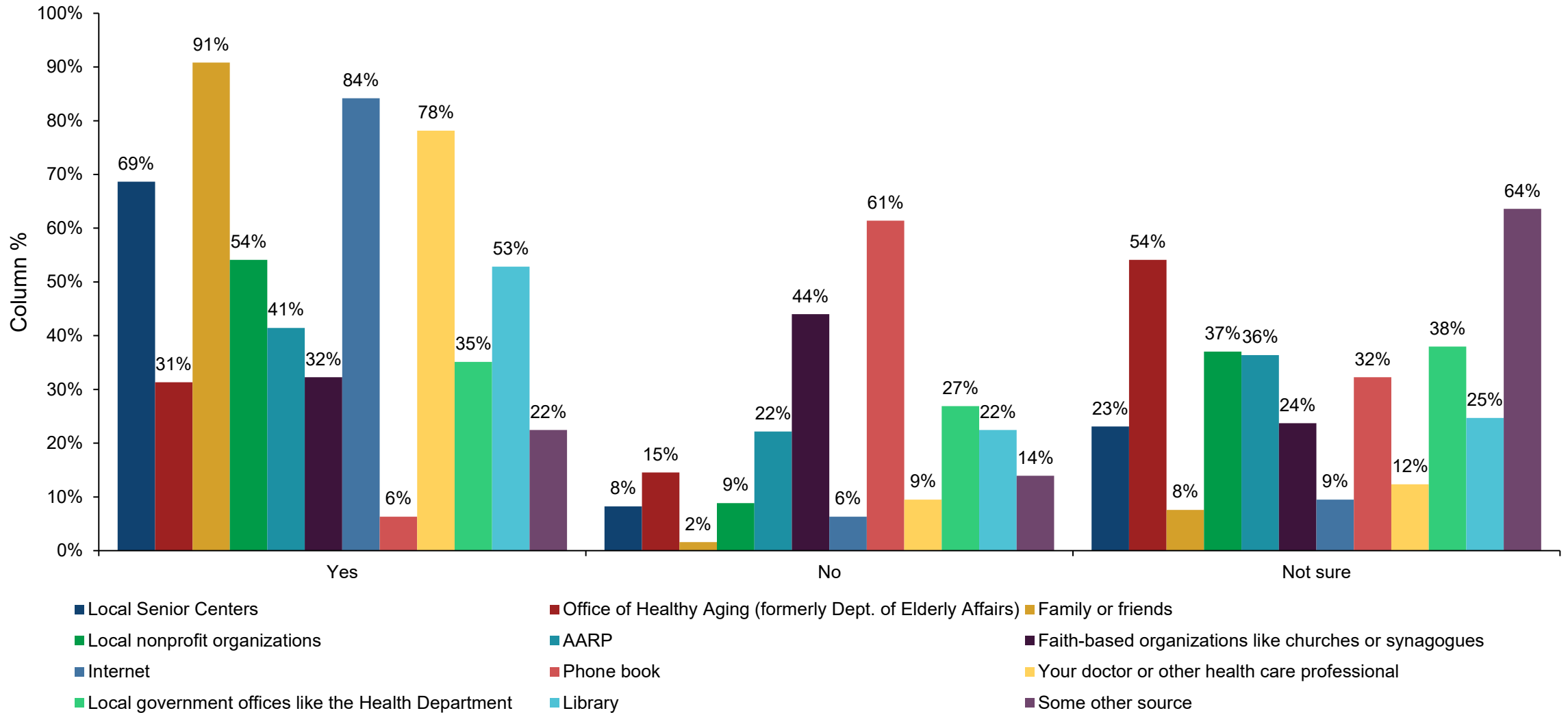
# Q10x3 How likely is it that you will continue to work as long as possible, rather than choosing to retire and no longer work for pay?



### Q10x4 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?

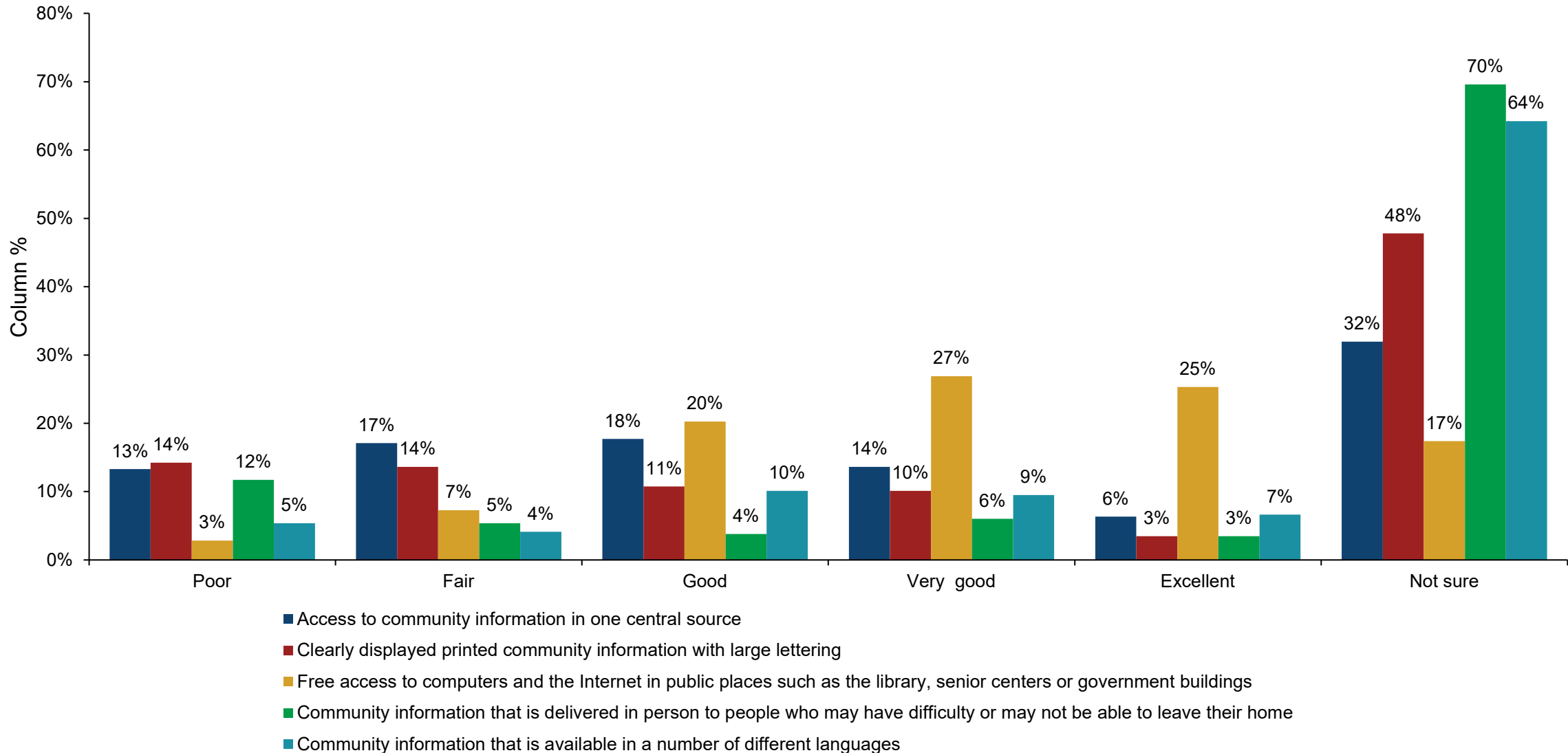


**Q11x2 Would you turn to the following resources if you, a family member or friend needed information about services for older adults such as caregiving services, home delivered meals, home repair, medical transport, or social activities?**

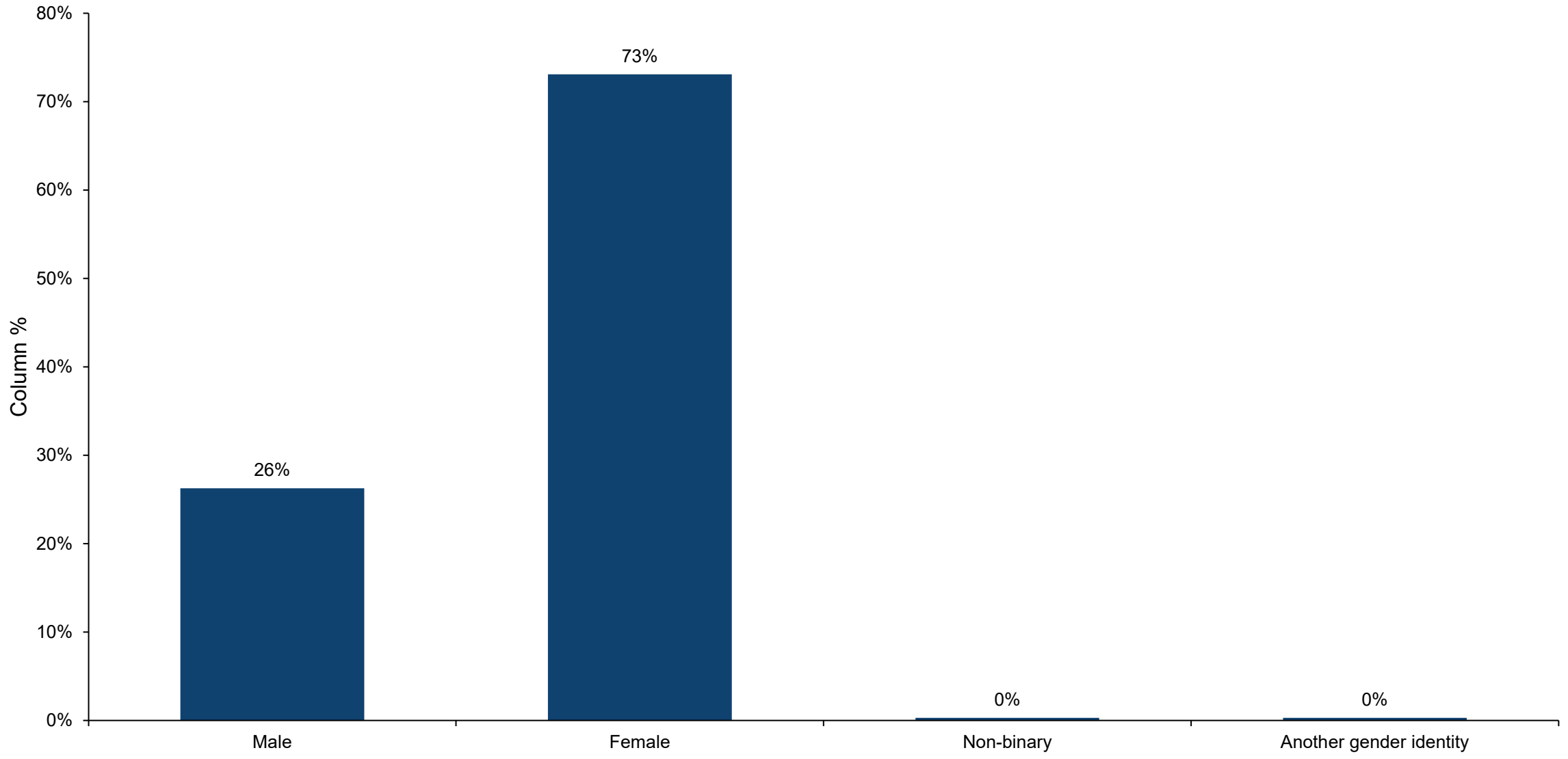




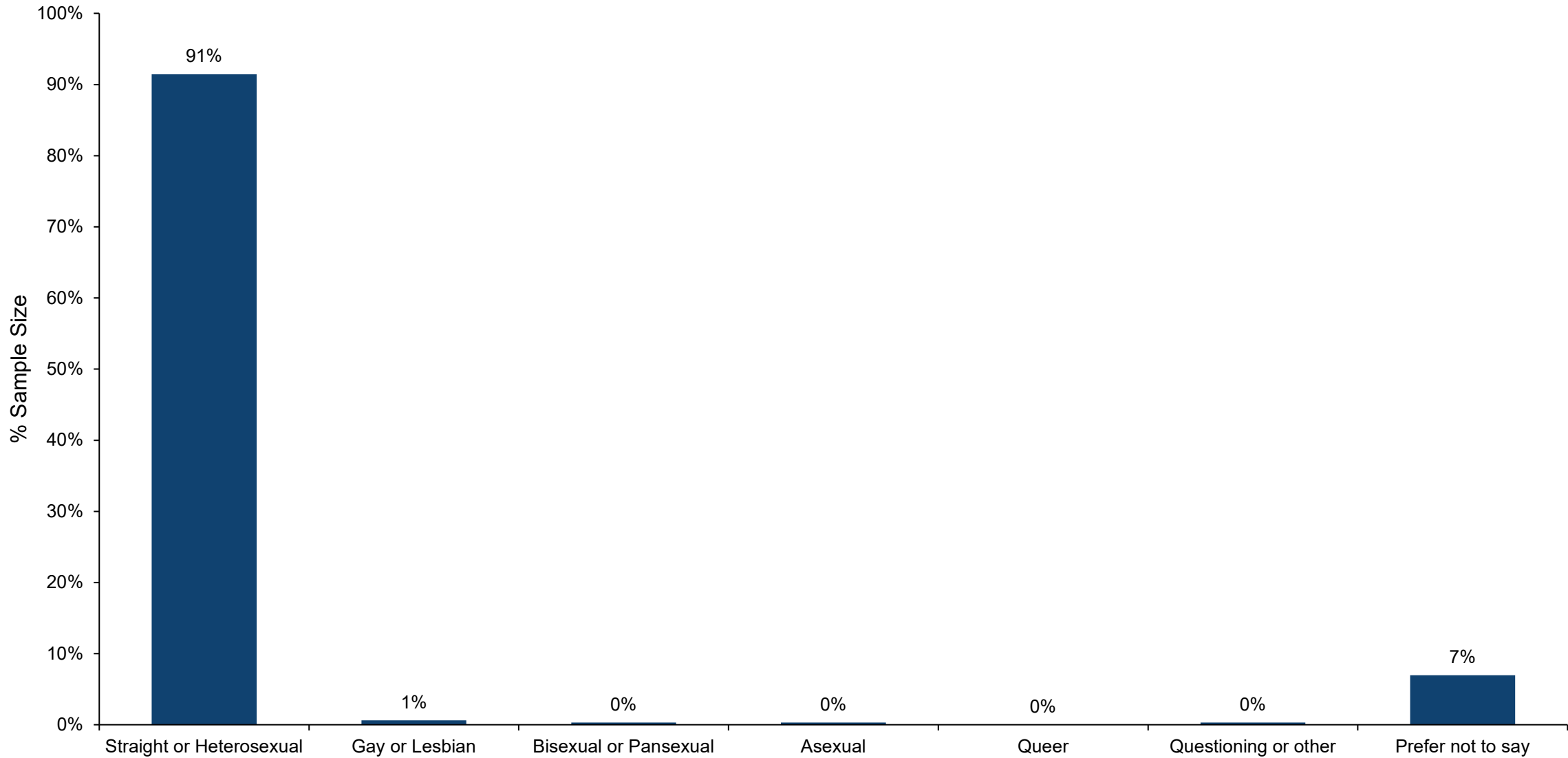
### Q11x3 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?



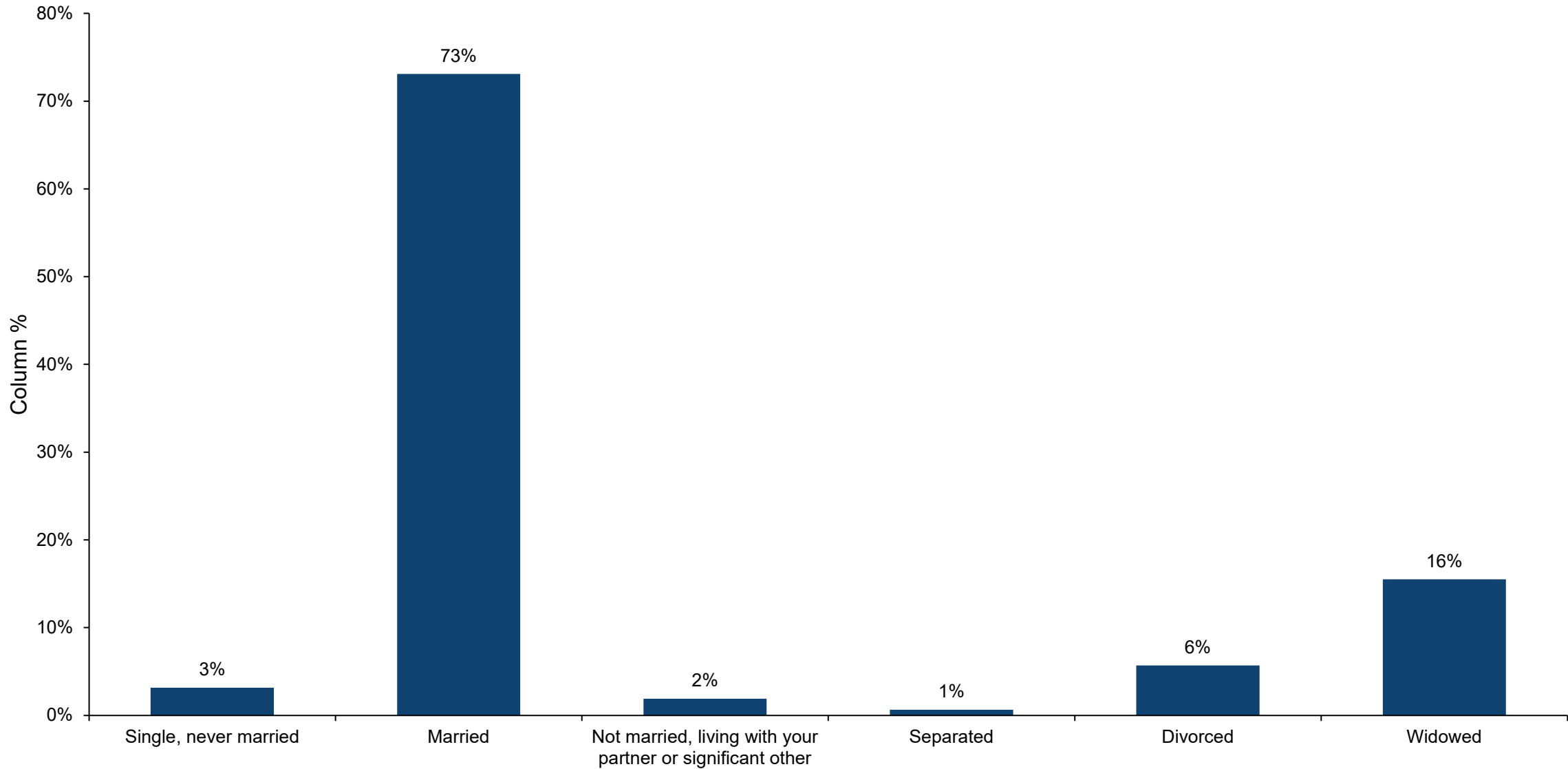
## Q12x2 What is your gender?



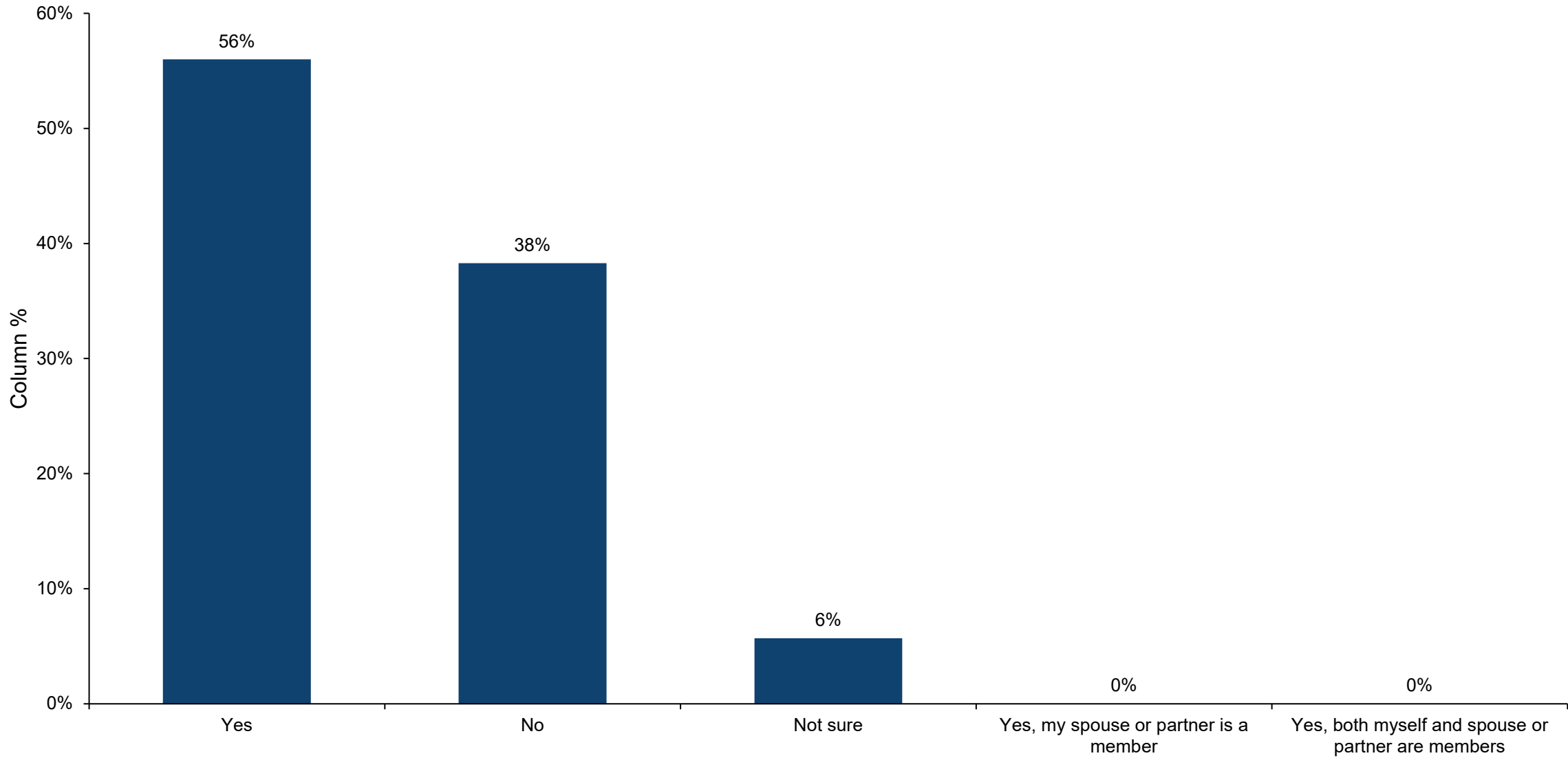
### Q12x3 Which term best describes how you currently identify?



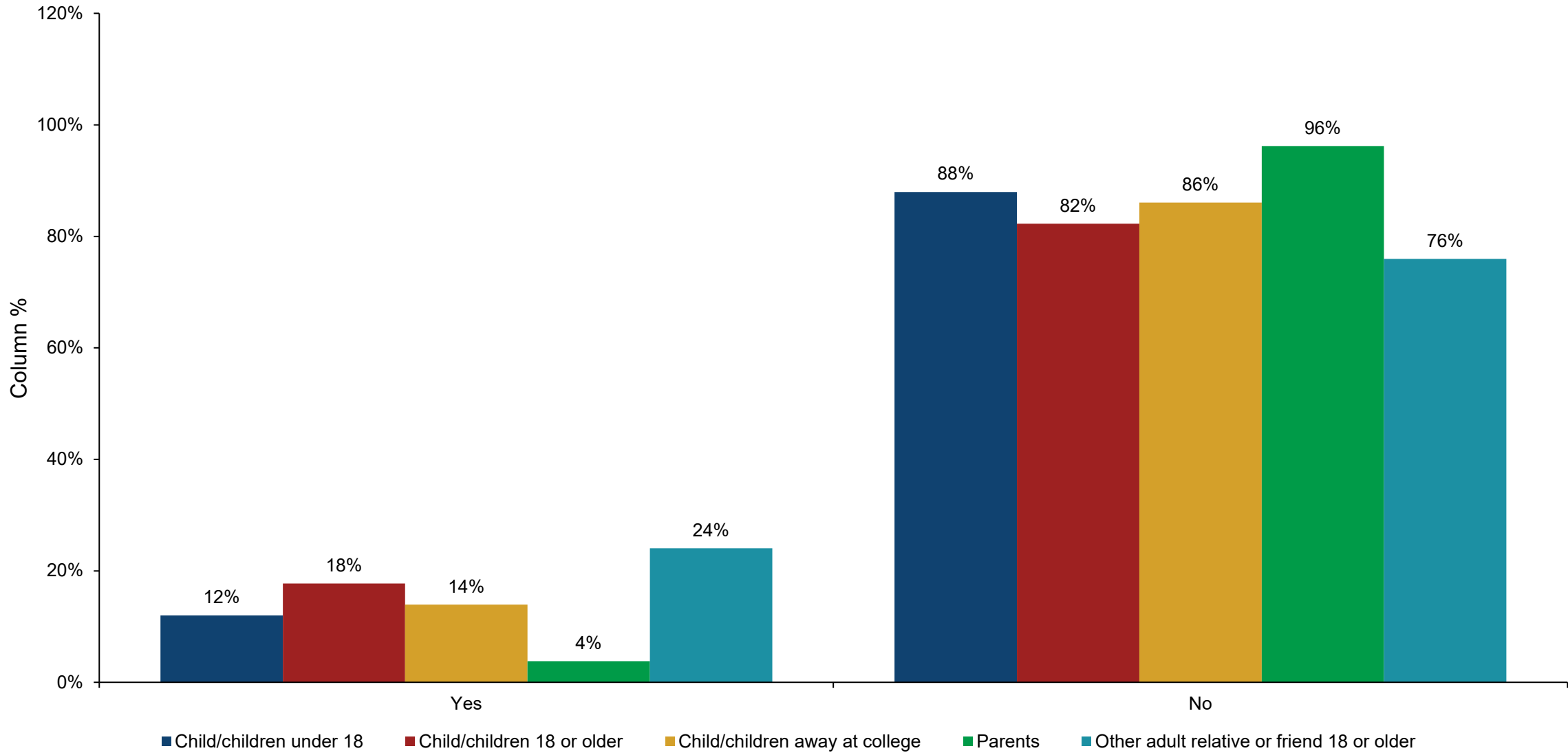
### Q13x1 What is your current marital status?



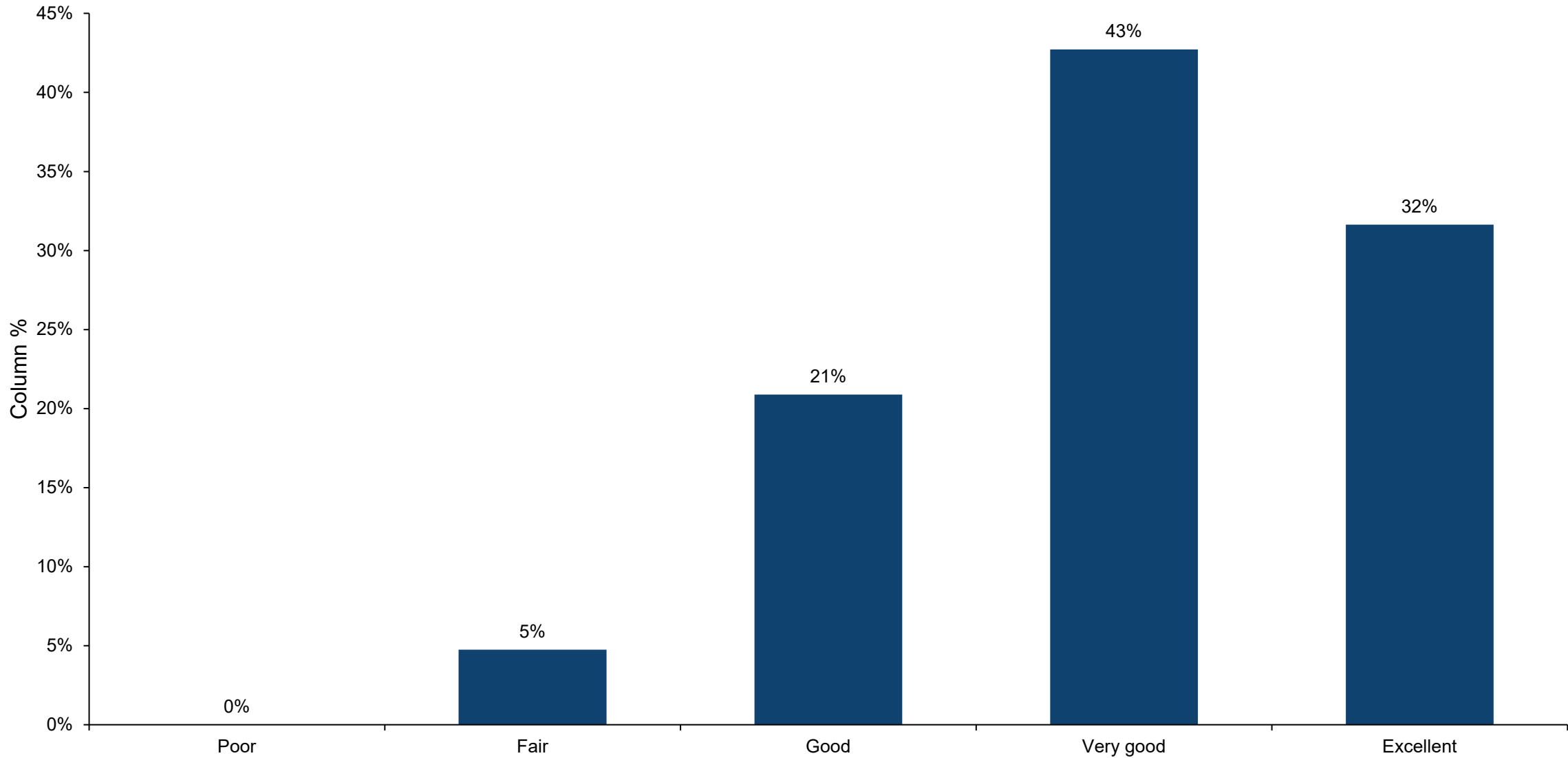
### Q13x2 Are you, your spouse or partner currently a member of AARP?



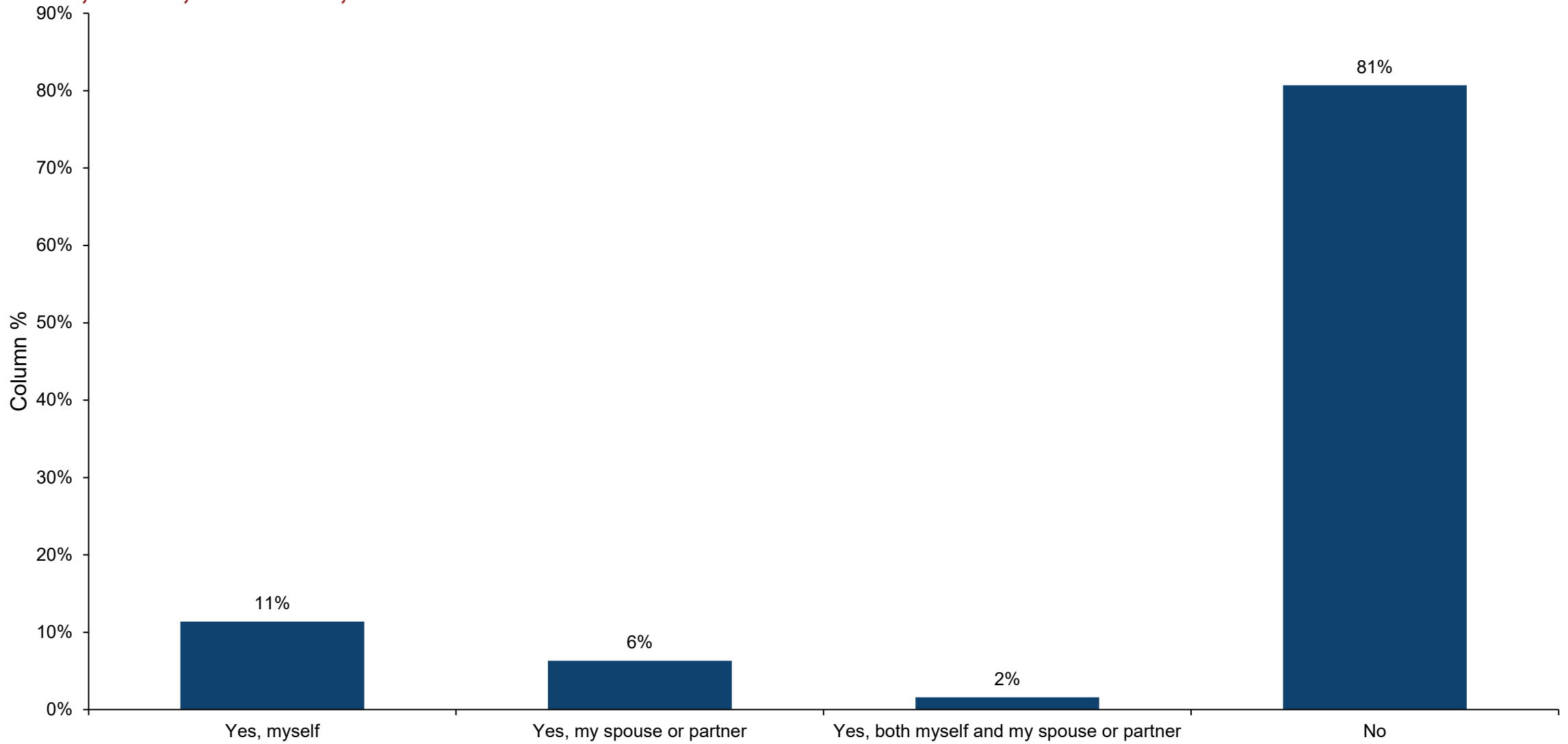
### Q14x1 Besides you, do you have any of the following people living in your household?



### Q14x2 In general would you say your health is?



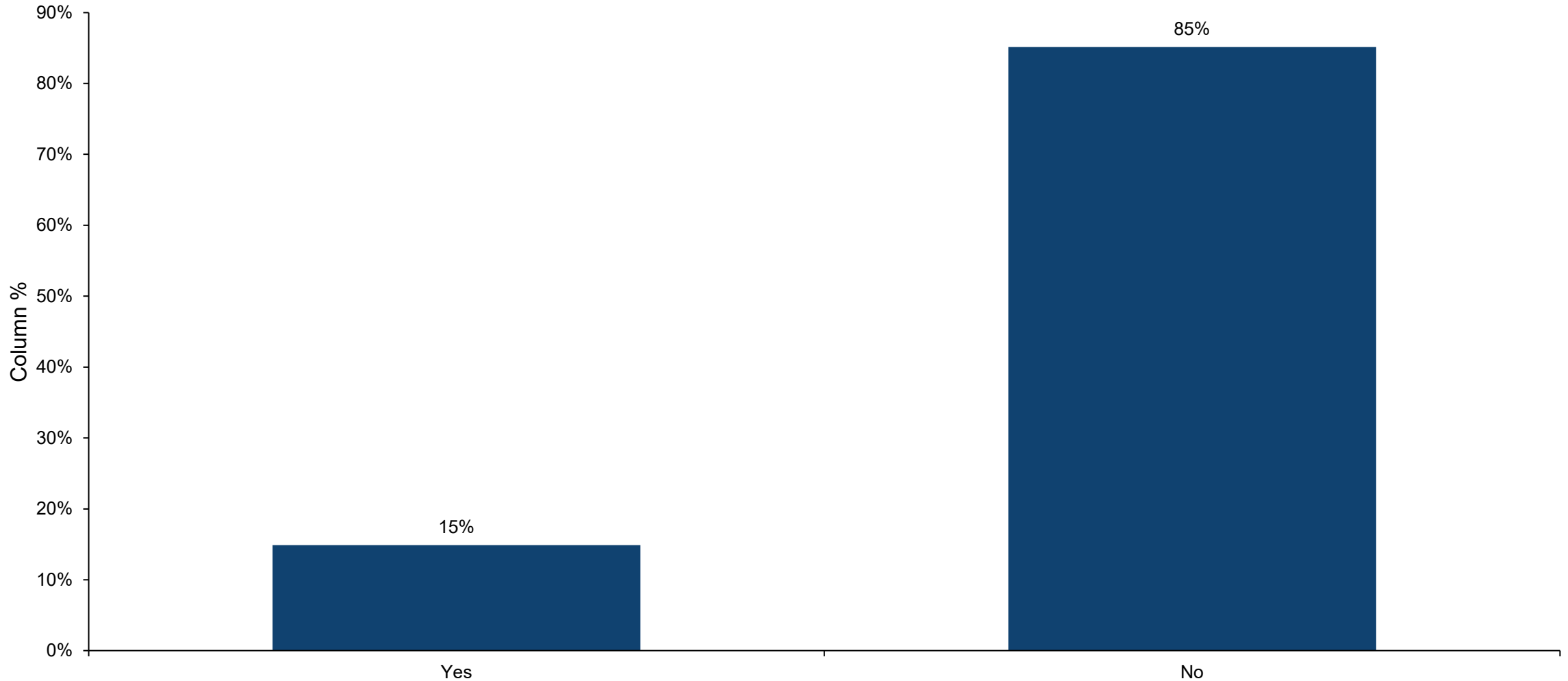
# Q15x1 Does any disability, handicap, or chronic disease keep you, your spouse or partner from participating fully in work, school, housework, or other activities?



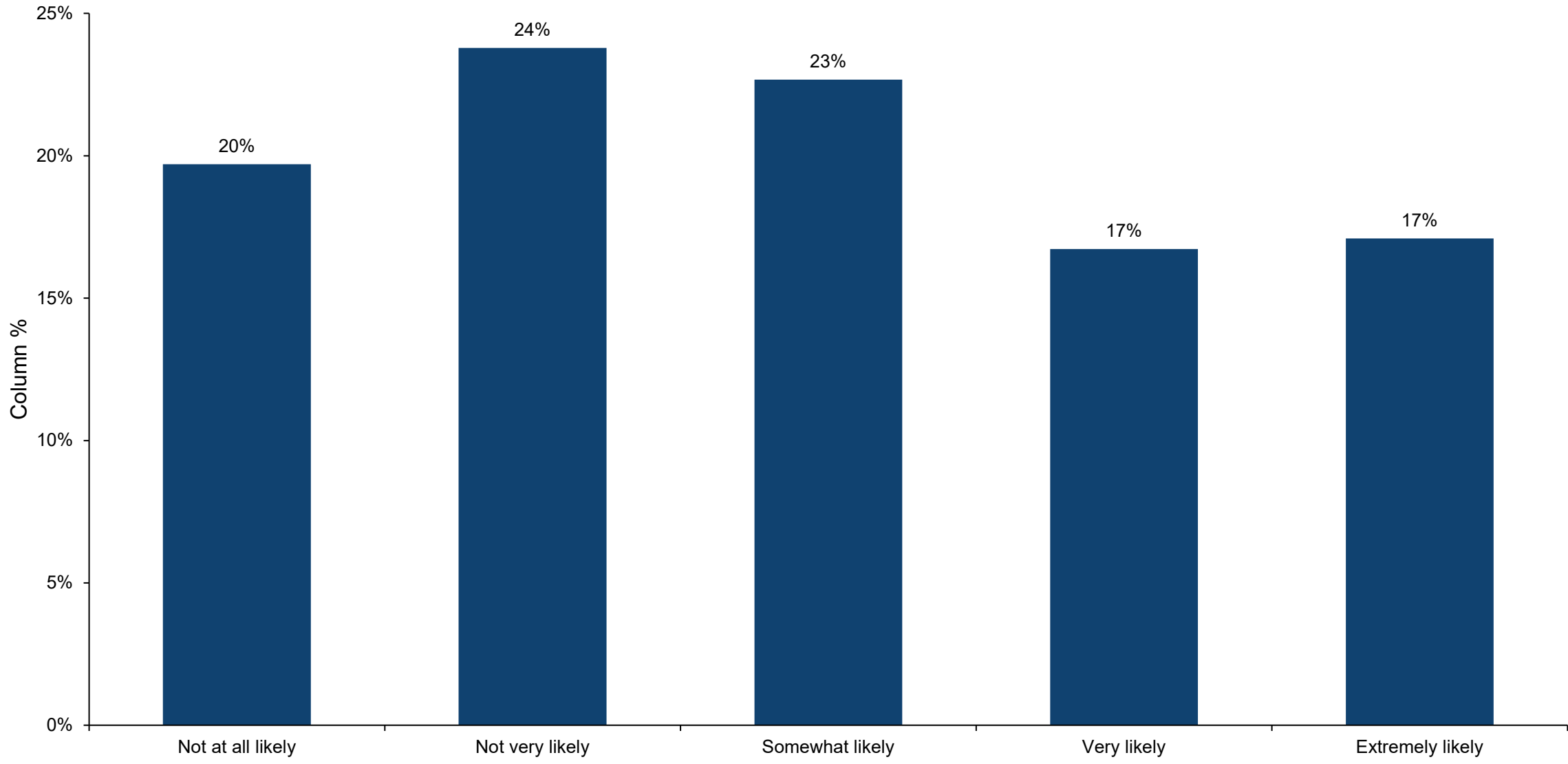


**Q16x1 A family caregiver is someone who provides care for an adult loved one who is ill, frail, elderly, or has a physical, mental, or emotional disability. This care may include helping with personal needs like bathing or dressing, meals, household chores, shopping, transportation, managing medical care or finances, or even visiting regularly to see how they are doing. This adult need not live with you. Are you currently a family caregiver provider?**

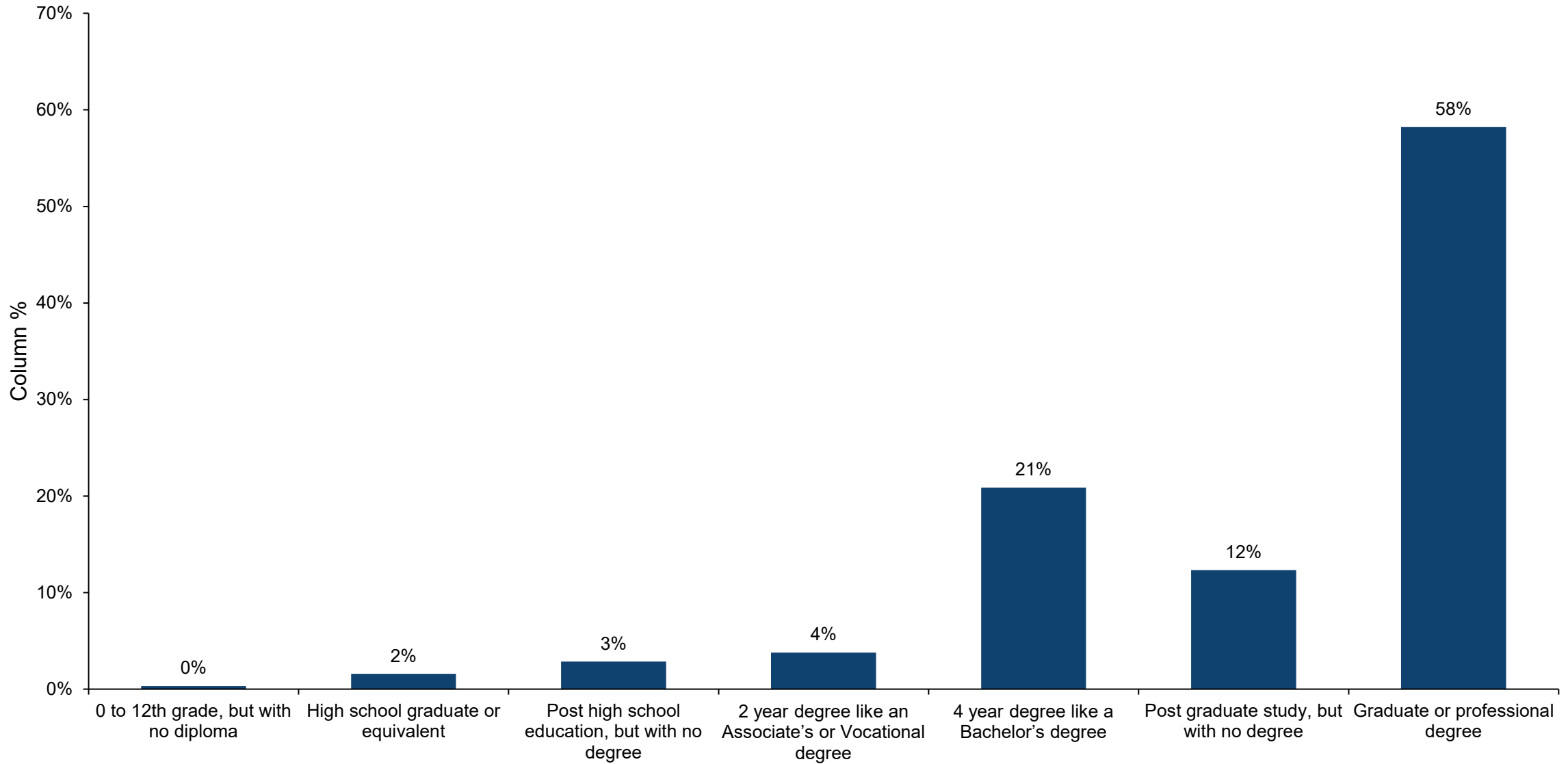
Agenda Item 2.



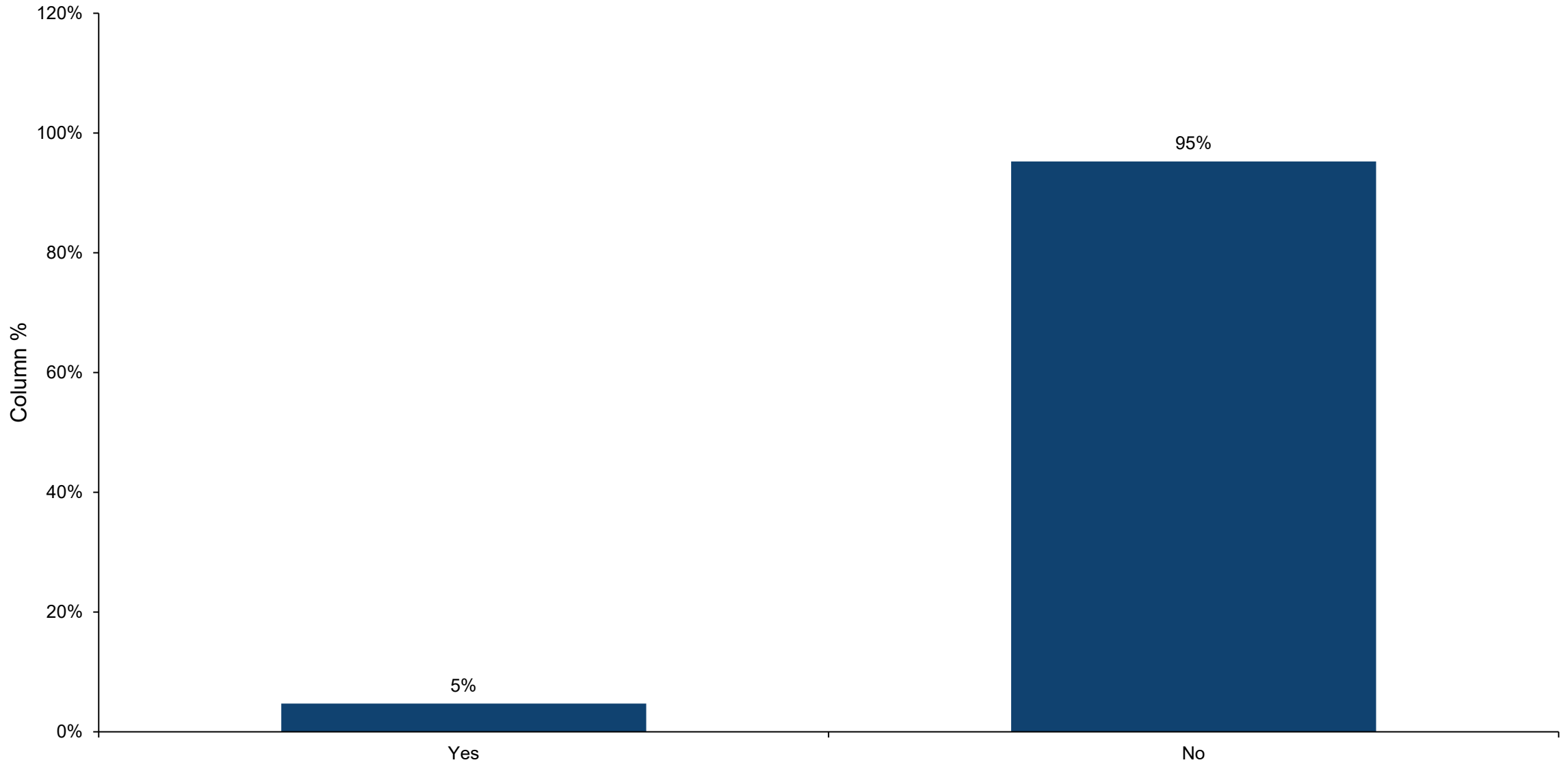
### Q16x2 How likely is it that you will provide unpaid care to an adult loved one in the future?



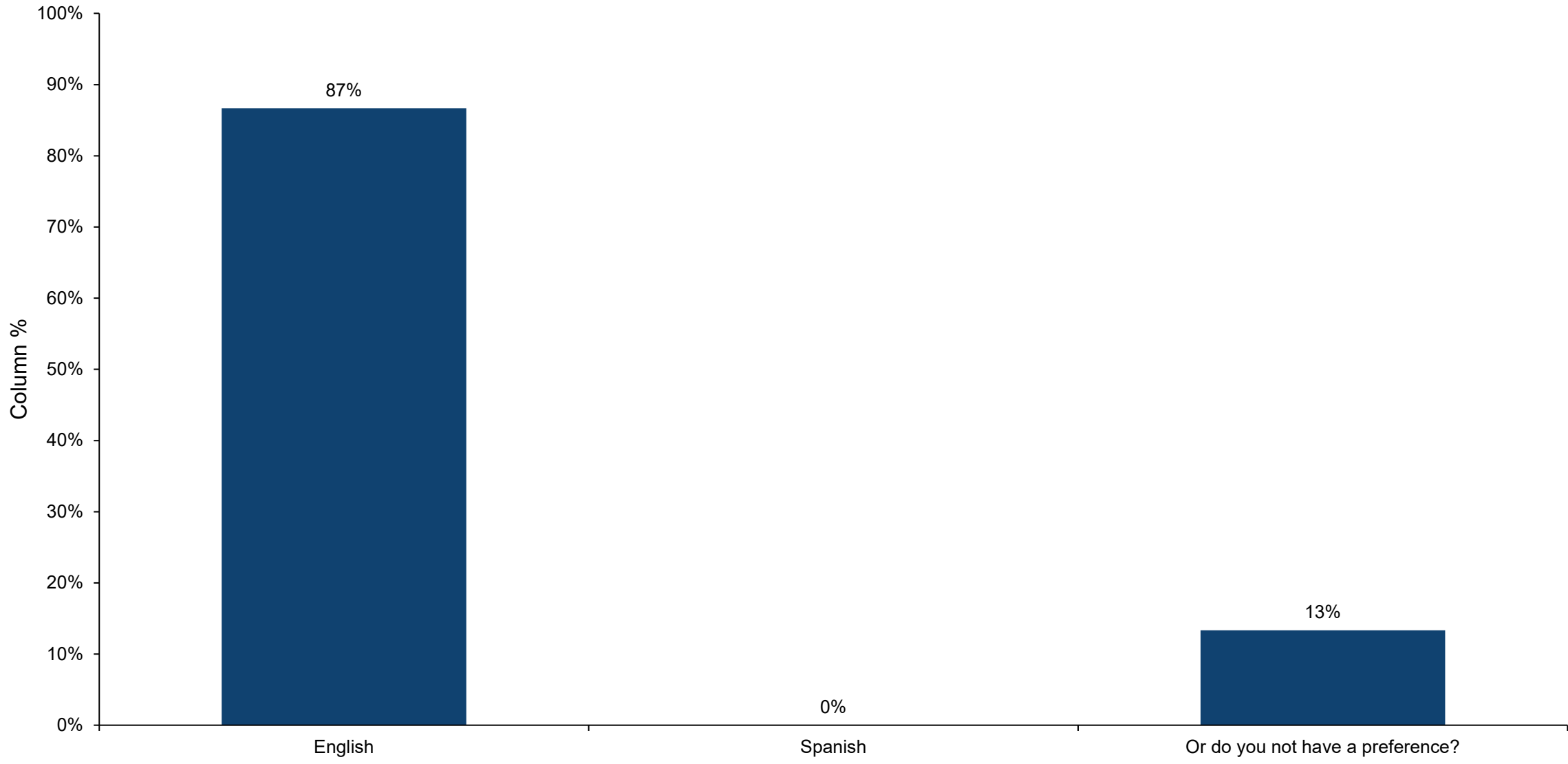
### Q16x3 What is the highest level of education that you completed?



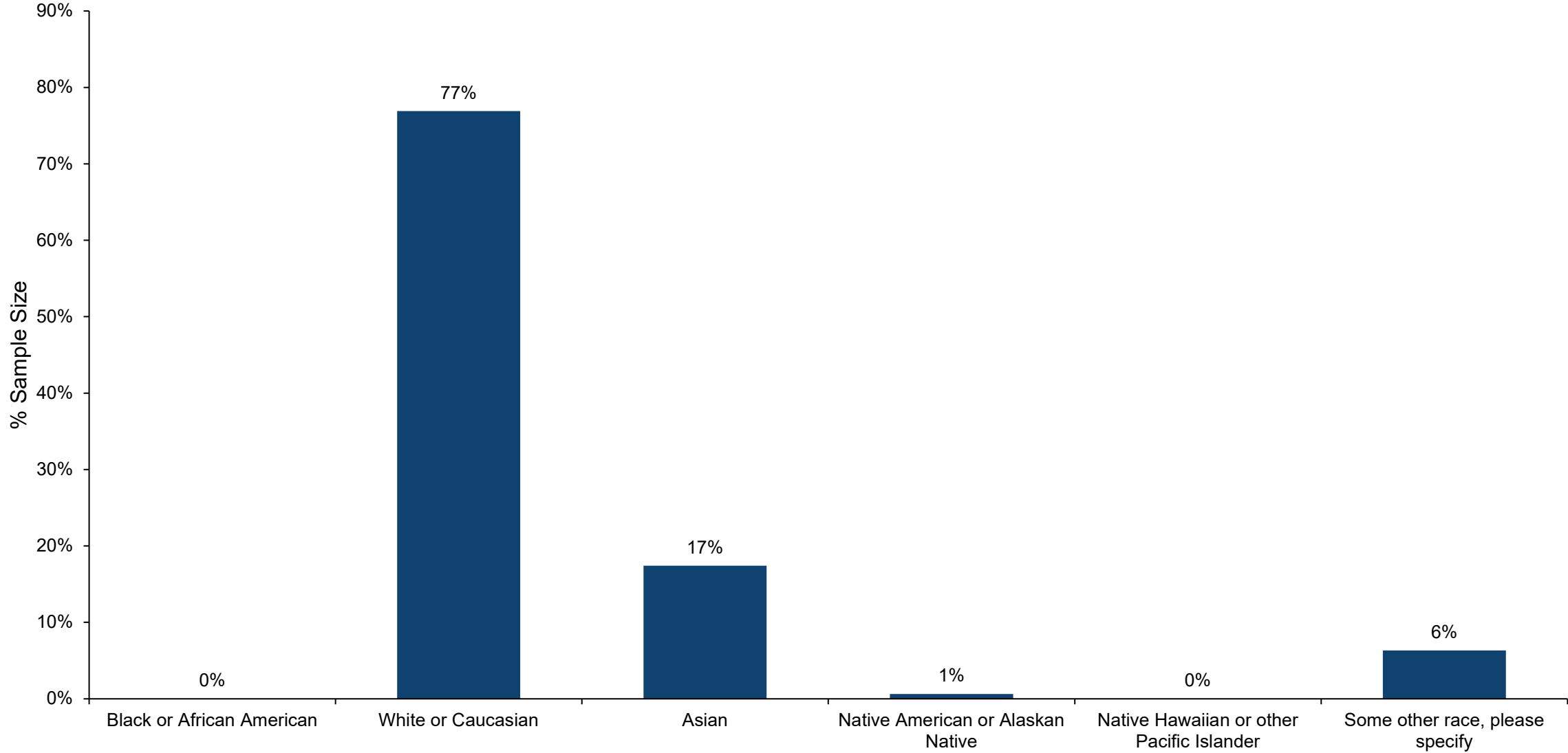
### Q16x4 Are you of Hispanic, Spanish, or Latino origin or descent?



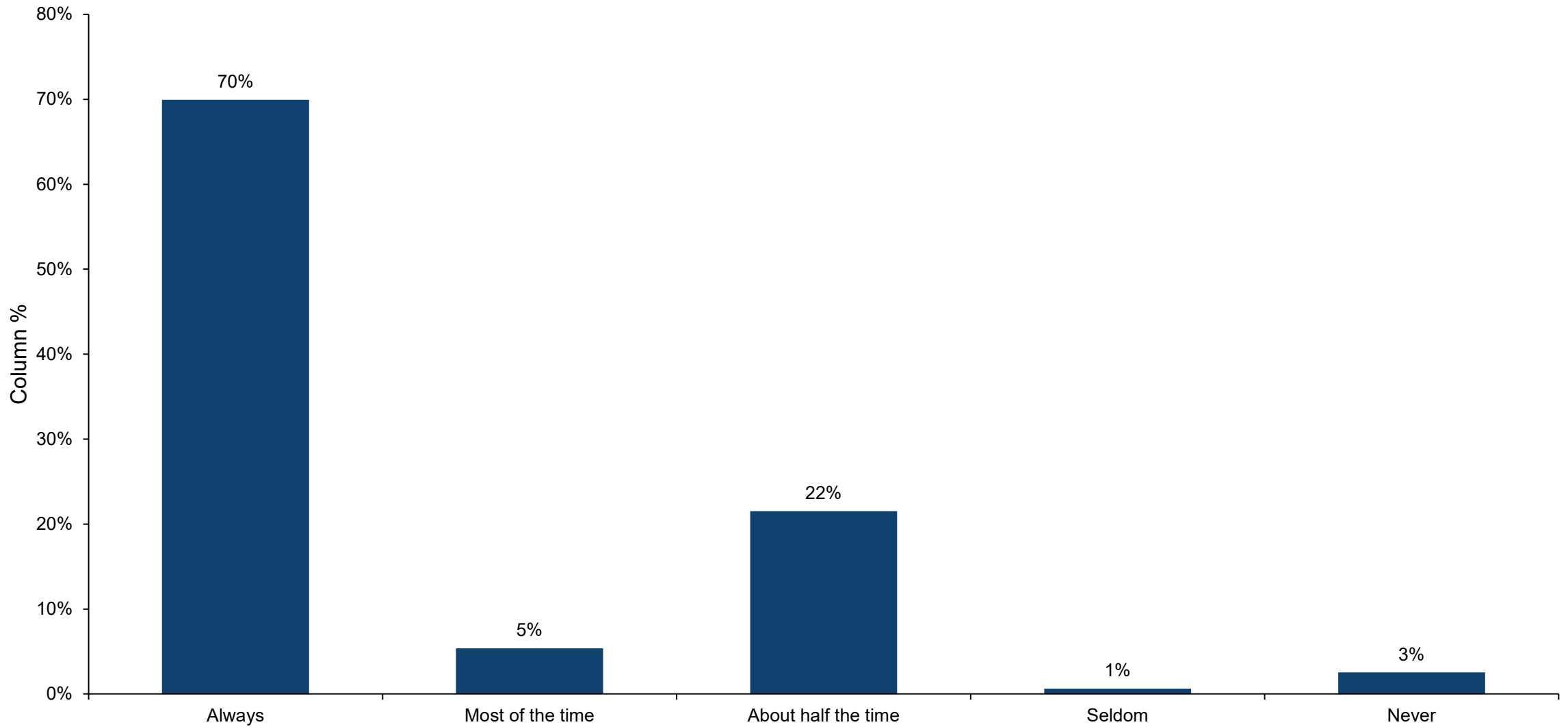
### Q16x5 Which language do you prefer to speak?



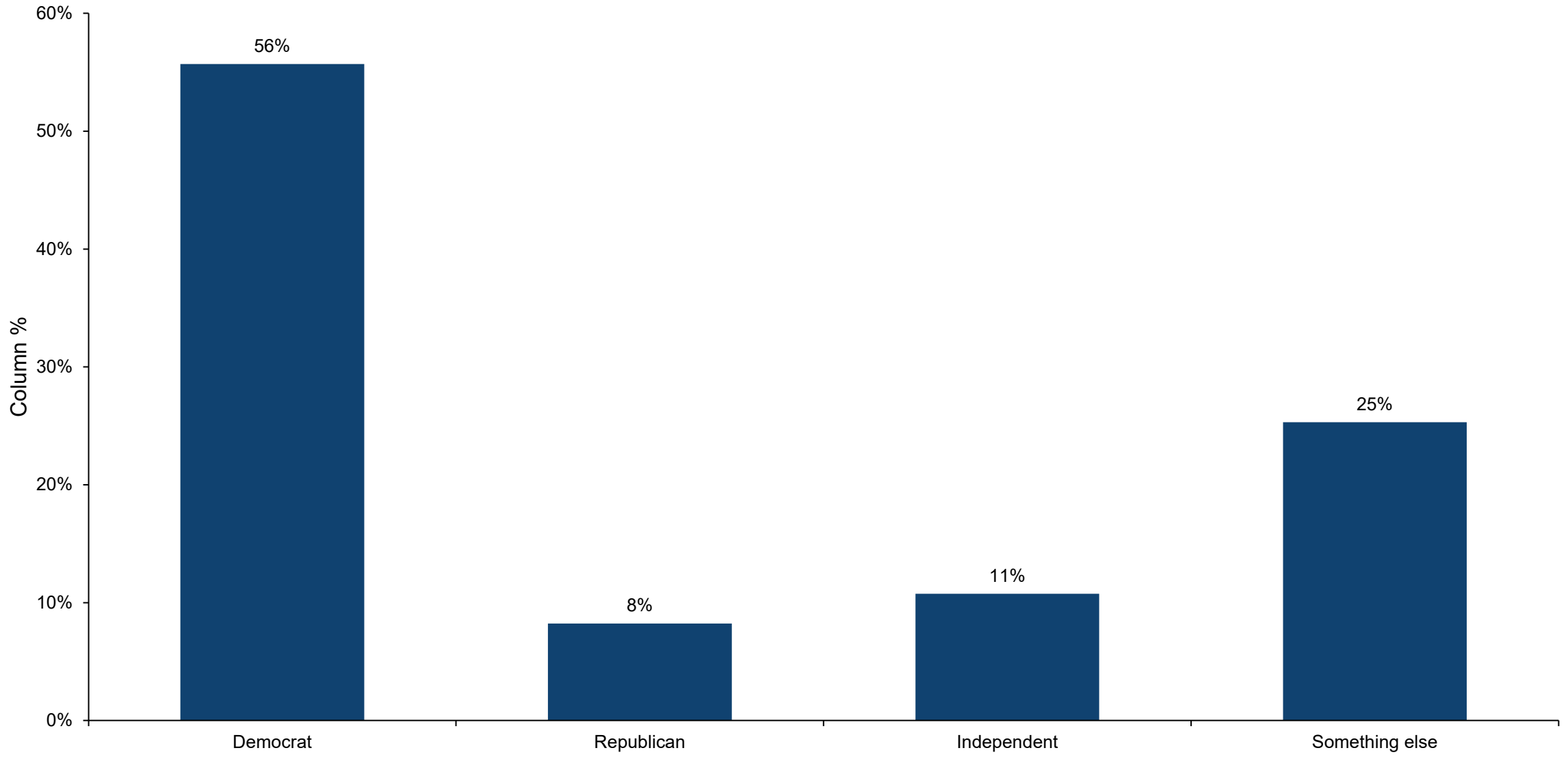
### Q16x6 What race do you consider yourself?



**Q16x7 Thinking about your state elections for Governor and Legislators in the last 10 years, which of the following best describes your voting behavior? How often would you say you vote?**

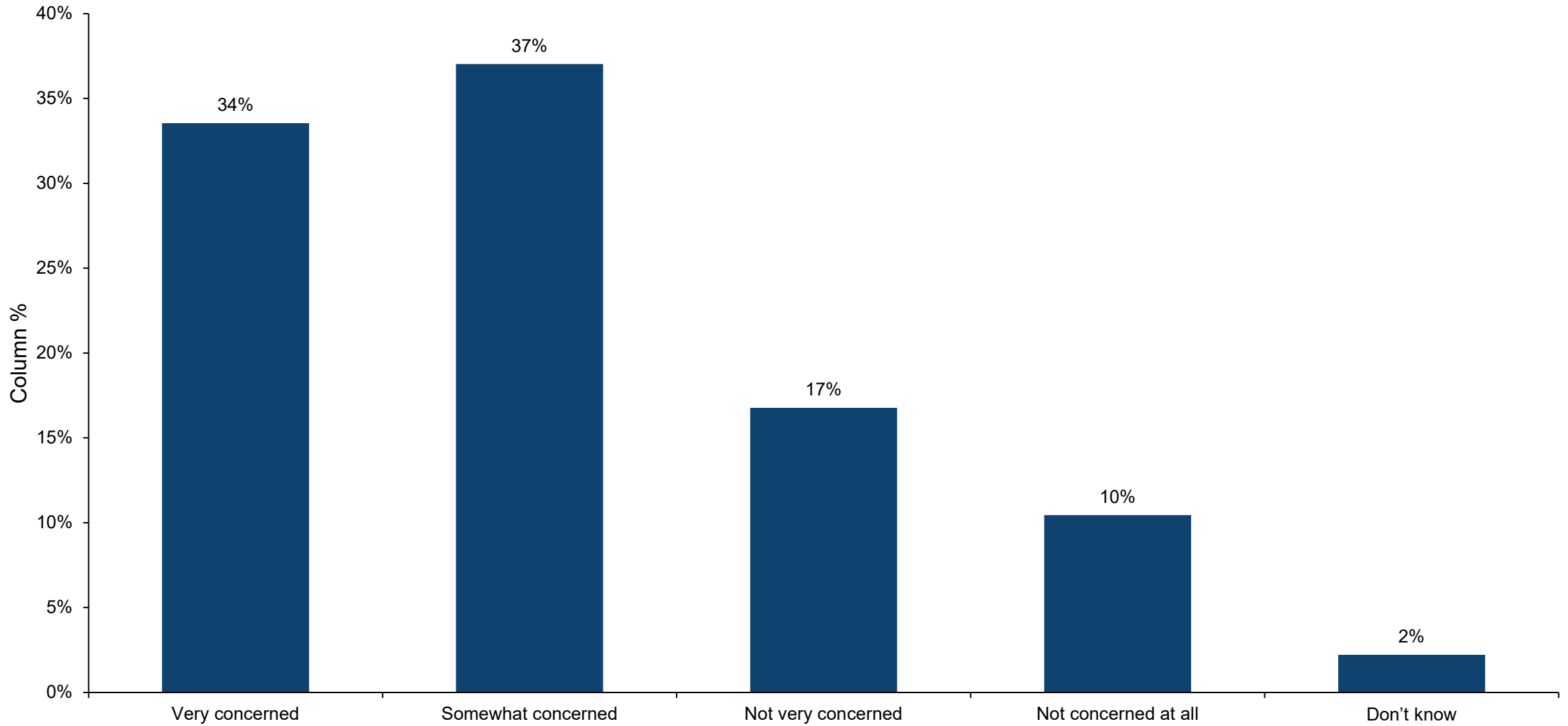


### Q16x8 Which political party do you most identify with?

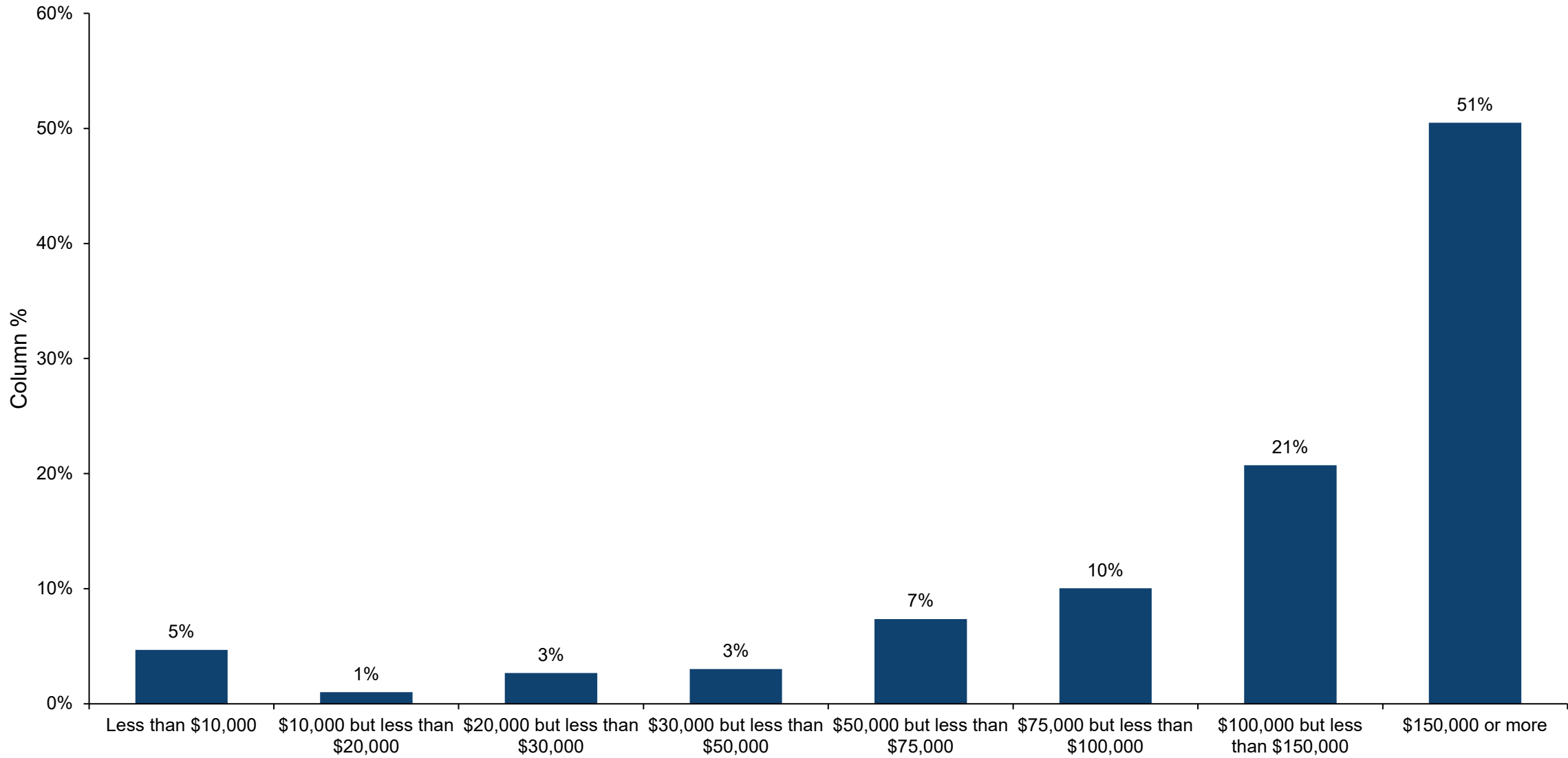




**Q16x10 How concerned are you that cost of living increases, over which you have no control, may reduce your standard of living during your retirement years?**



### Q16x9 In which category did your annual household income before taxes fall in 2022?



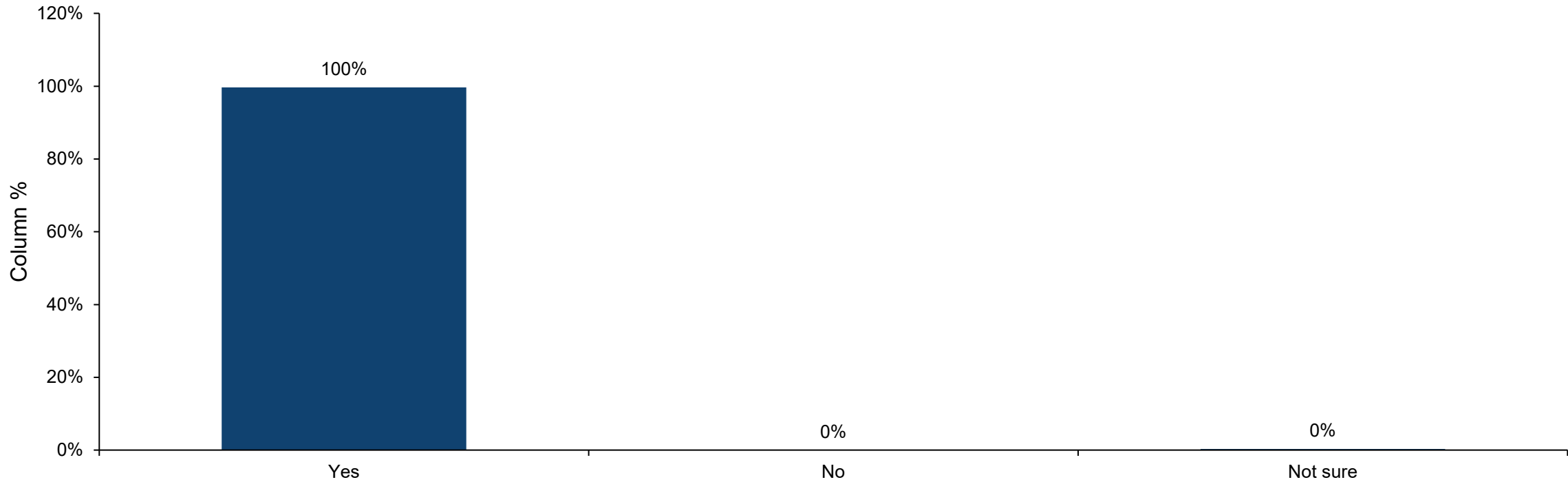
# APPENDIX

## 2023 AGE-FRIENDLY COMMUNITY SURVEY OF CITY OF LOS ALTOS 18+ AGE



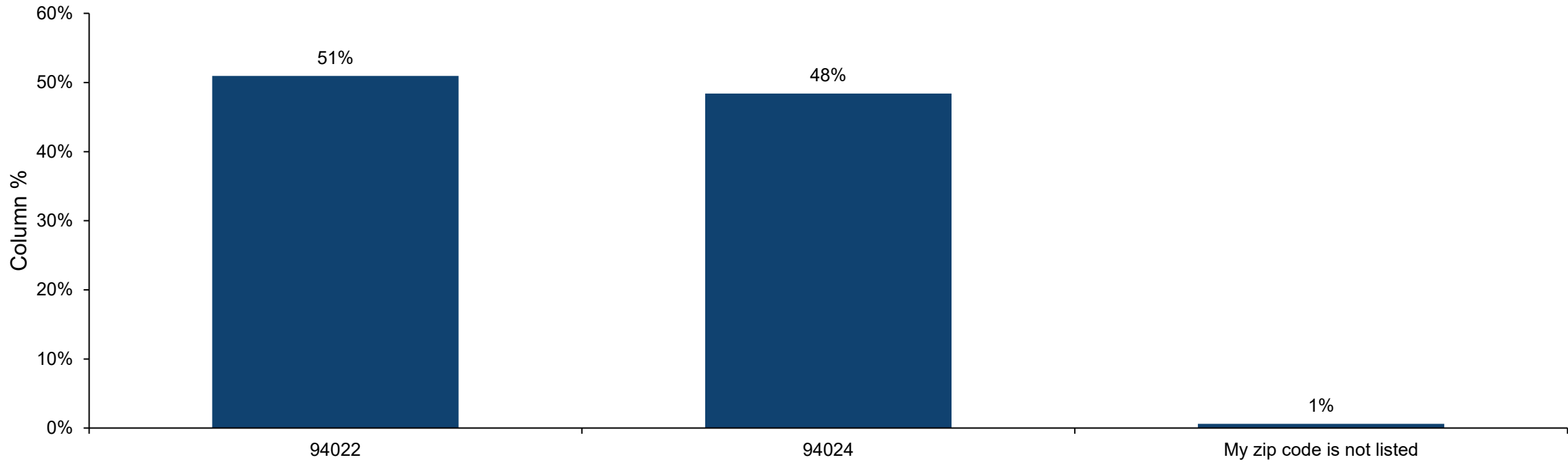
**NOTE: THE STUDY WAS CONDUCTED AMONG 316, LOWER THAN THE 500 COMPLETED RESPONSES THAT WE LIKE TO GET AT A MINIMUM. THE RESULTS ARE STILL VALID JUST NOT AS ROBUST AND ARE MORE DIRECTIONAL IN NATURE**

### Q1x3 Are you a resident of the City of Los Altos, CA



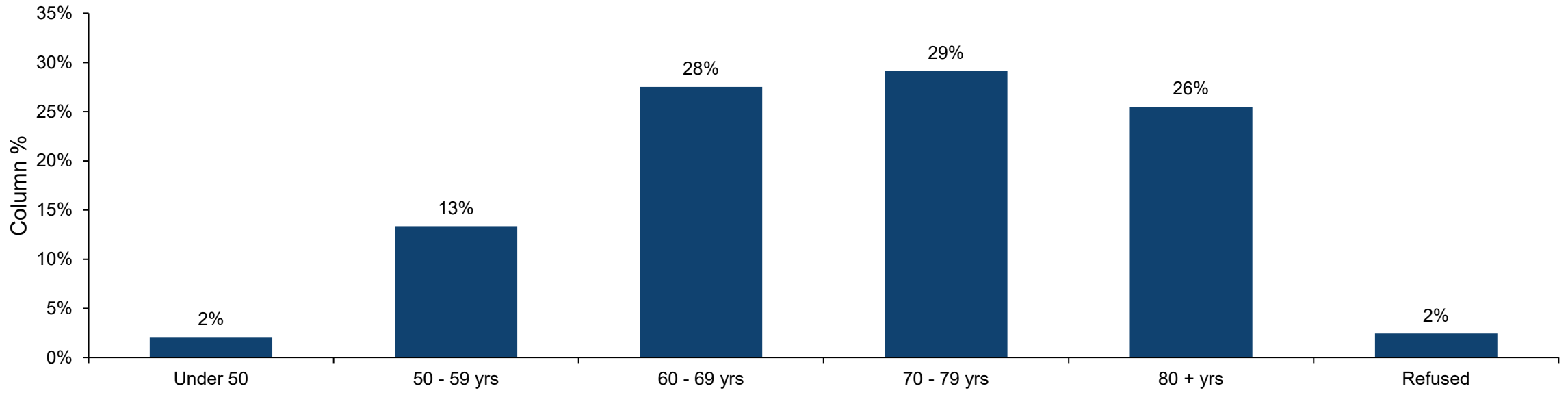
|              | Count      | Column %    |
|--------------|------------|-------------|
| Yes          | 315        | 100%        |
| No           | 0          | 0%          |
| Not sure     | 1          | 0%          |
| <b>TOTAL</b> | <b>316</b> | <b>100%</b> |

**Q1x4 Please select your 5-digit zip code?**



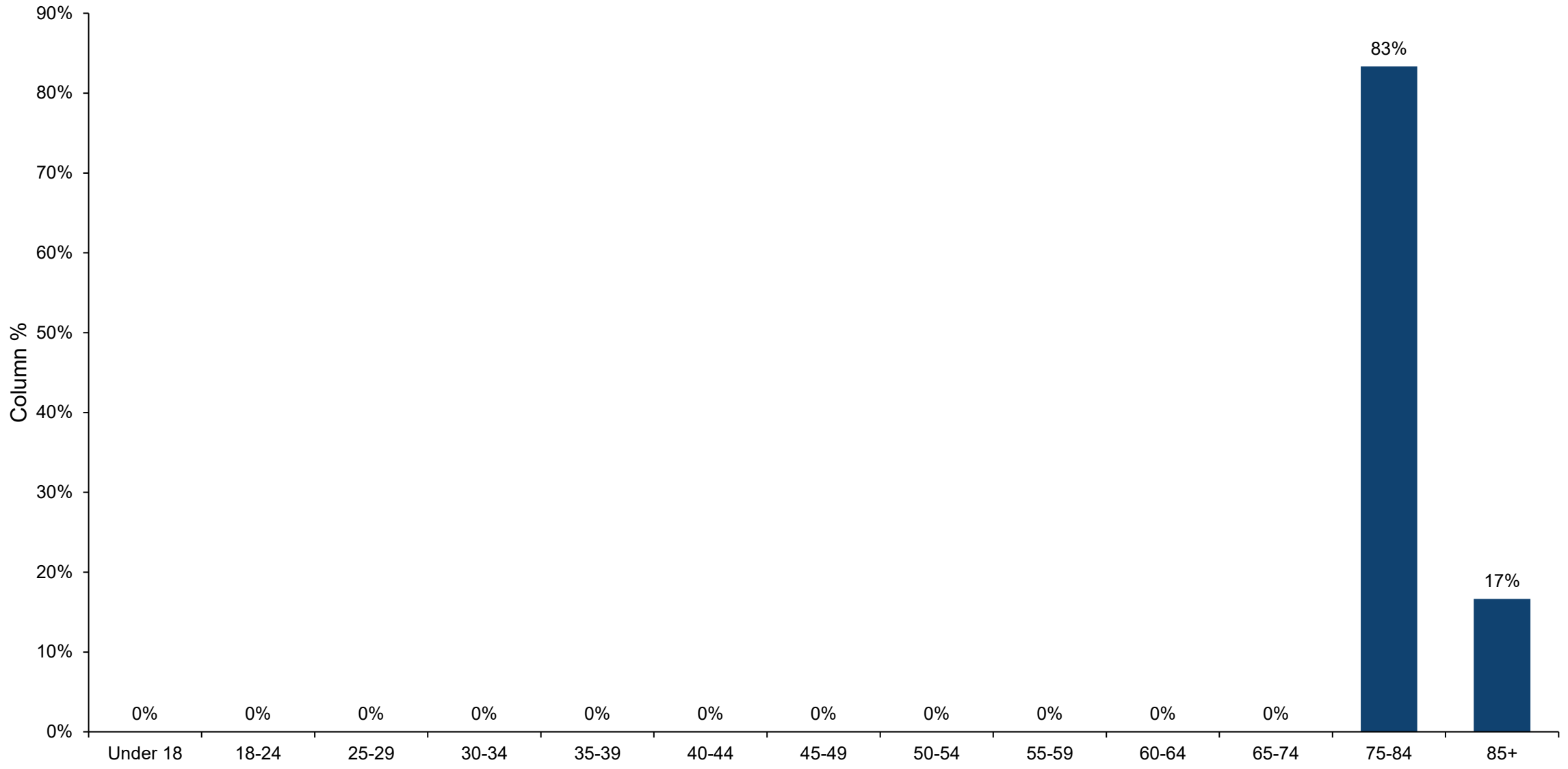
|                           | <b>Count</b> | <b>Column %</b> |
|---------------------------|--------------|-----------------|
| 94022                     | 161          | 51%             |
| 94024                     | 153          | 48%             |
| My zip code is not listed | 2            | 1%              |
| <b>TOTAL</b>              | <b>316</b>   | <b>100%</b>     |

### Q1x5 What is your age as of your last birthday?



|              | Count      | Column %    |
|--------------|------------|-------------|
| Under 50     | 5          | 2%          |
| 50 - 59 yrs  | 33         | 13%         |
| 60 - 69 yrs  | 68         | 28%         |
| 70 - 79 yrs  | 72         | 29%         |
| 80 + yrs     | 63         | 26%         |
| Refused      | 6          | 2%          |
| <b>TOTAL</b> | <b>247</b> | <b>100%</b> |

### Q1x6 Some people are not comfortable giving their exact age. Which of the following age ranges do you fall into?

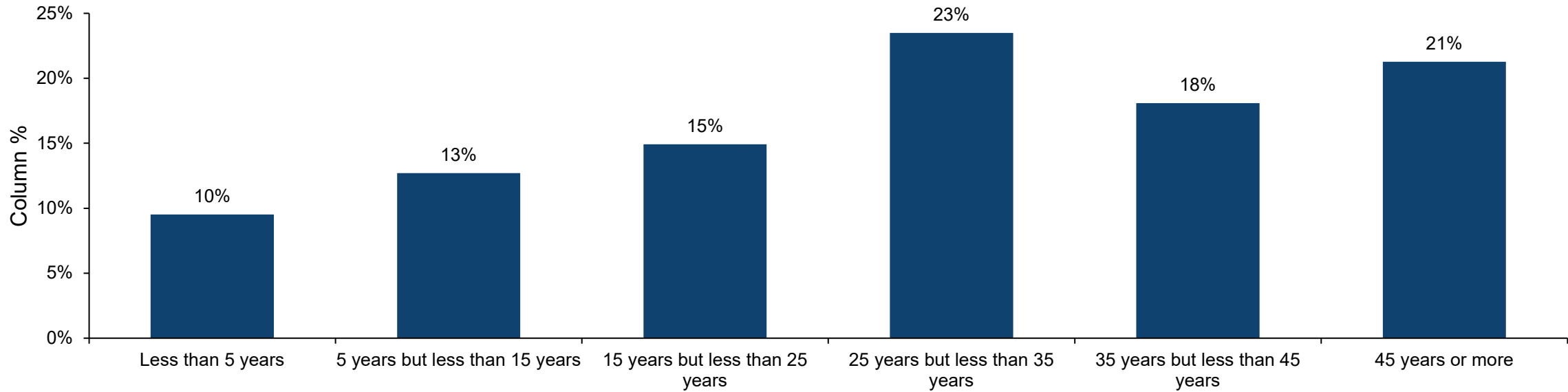


**Q1x6 Some people are not comfortable giving their exact age. Which of the following age ranges do you fall into?**

|              | <b>Count</b> | <b>Column %</b> |
|--------------|--------------|-----------------|
| Under 18     | 0            | 0%              |
| 18-24        | 0            | 0%              |
| 25-29        | 0            | 0%              |
| 30-34        | 0            | 0%              |
| 35-39        | 0            | 0%              |
| 40-44        | 0            | 0%              |
| 45-49        | 0            | 0%              |
| 50-54        | 0            | 0%              |
| 55-59        | 0            | 0%              |
| 60-64        | 0            | 0%              |
| 65-74        | 0            | 0%              |
| 75-84        | 5            | 83%             |
| 85+          | 1            | 17%             |
| <b>TOTAL</b> | <b>6</b>     | <b>100%</b>     |

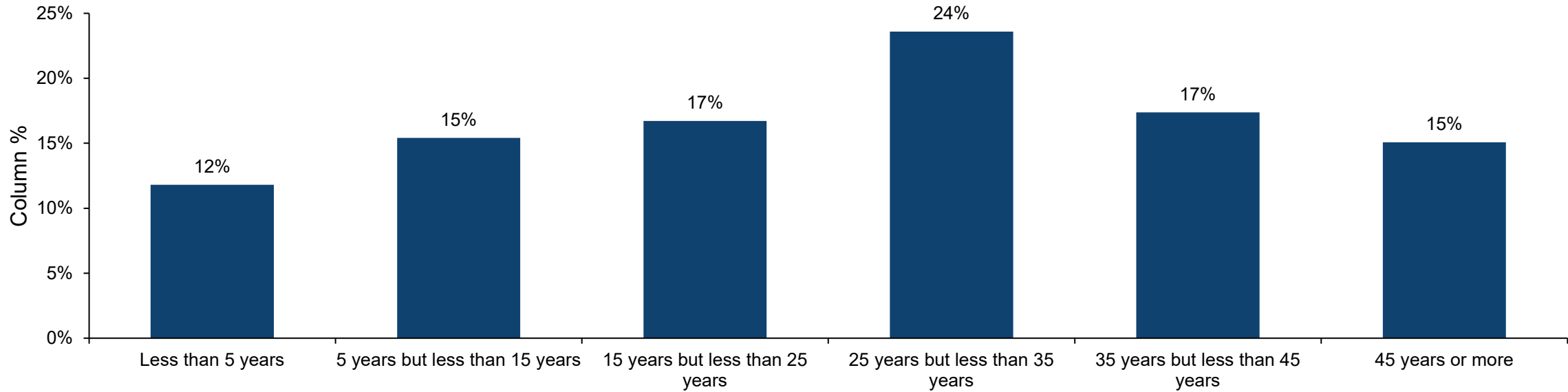


### Q2x3 How long have you lived in your community?



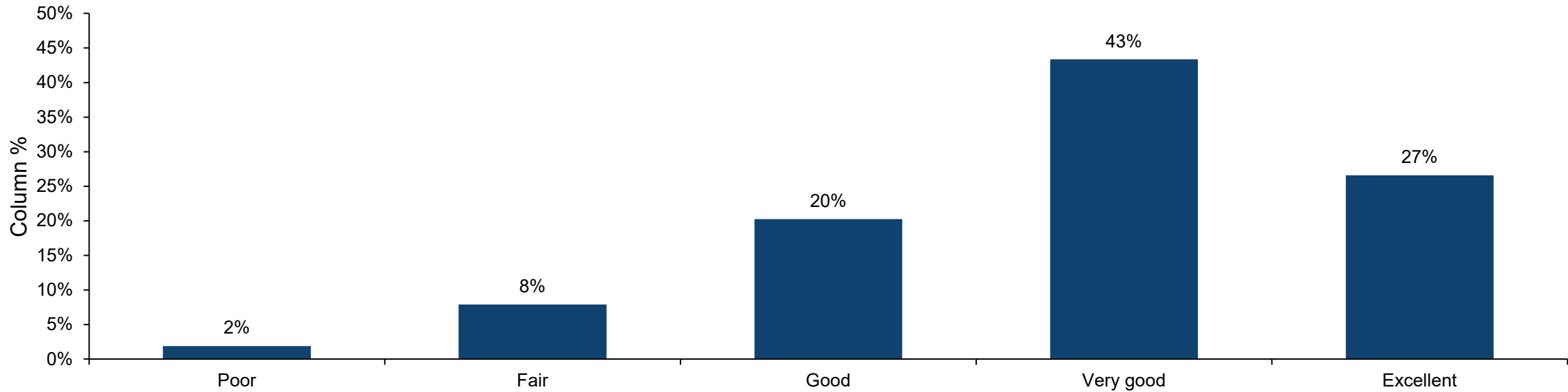
|                                 | Count      | Column %    |
|---------------------------------|------------|-------------|
| Less than 5 years               | 30         | 10%         |
| 5 years but less than 15 years  | 40         | 13%         |
| 15 years but less than 25 years | 47         | 15%         |
| 25 years but less than 35 years | 74         | 23%         |
| 35 years but less than 45 years | 57         | 18%         |
| 45 years or more                | 67         | 21%         |
| <b>TOTAL</b>                    | <b>315</b> | <b>100%</b> |

### Q2x4 How long have you lived in your current residence?



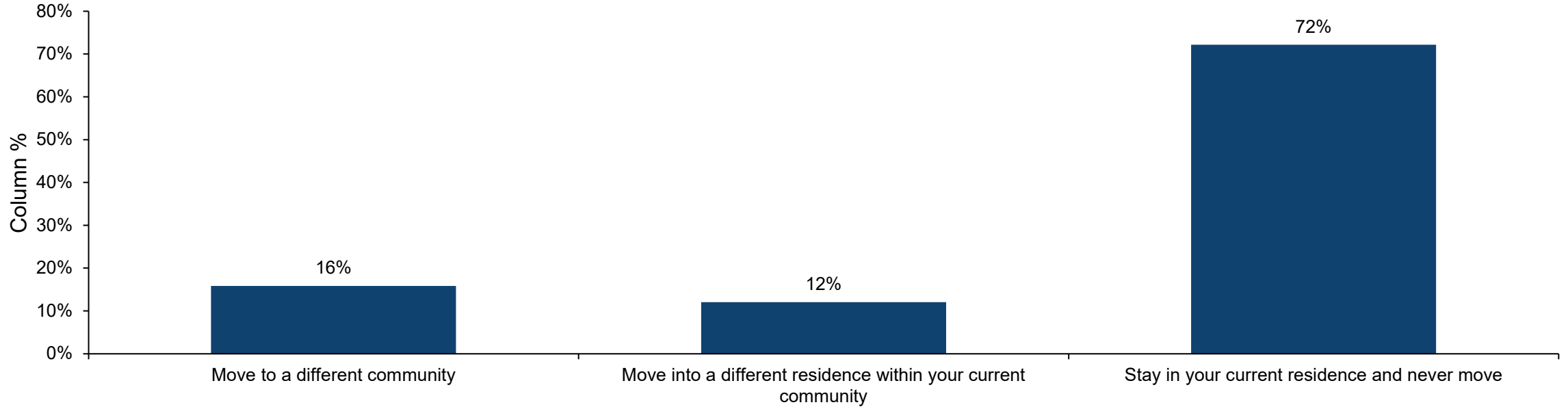
|                                 | Count      | Column %    |
|---------------------------------|------------|-------------|
| Less than 5 years               | 36         | 12%         |
| 5 years but less than 15 years  | 47         | 15%         |
| 15 years but less than 25 years | 51         | 17%         |
| 25 years but less than 35 years | 72         | 24%         |
| 35 years but less than 45 years | 53         | 17%         |
| 45 years or more                | 46         | 15%         |
| <b>TOTAL</b>                    | <b>305</b> | <b>100%</b> |

### Q2x5 How would you rate your current community as a place for people to live as they age?



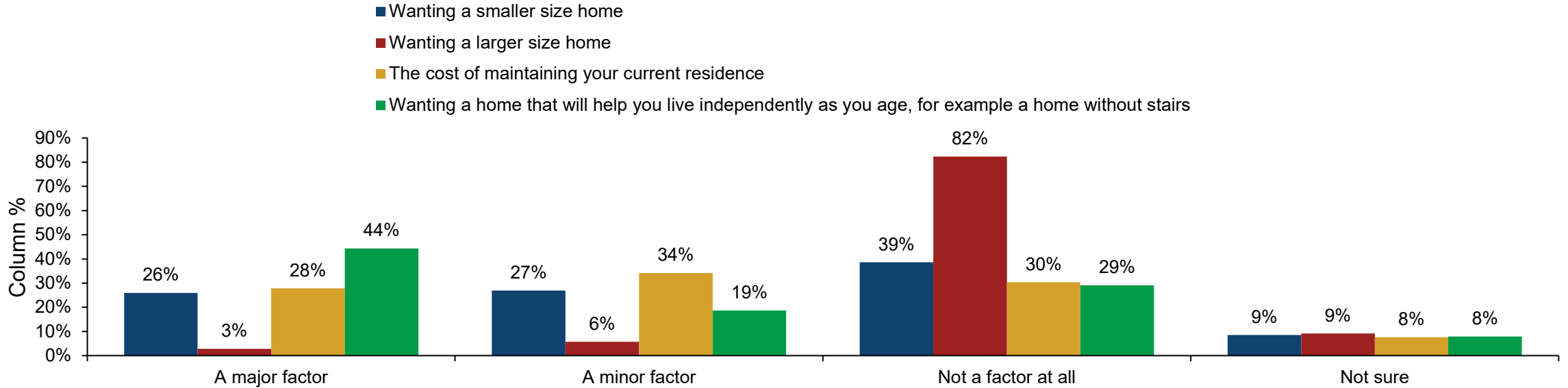
|              | Count      | Column %    |
|--------------|------------|-------------|
| Poor         | 6          | 2%          |
| Fair         | 25         | 8%          |
| Good         | 64         | 20%         |
| Very good    | 137        | 43%         |
| Excellent    | 84         | 27%         |
| <b>TOTAL</b> | <b>316</b> | <b>100%</b> |

**Q2x6 Thinking about your future years, are you more likely to move to a different community, move to a different residence within your current community or stay in your current residence and never move?**



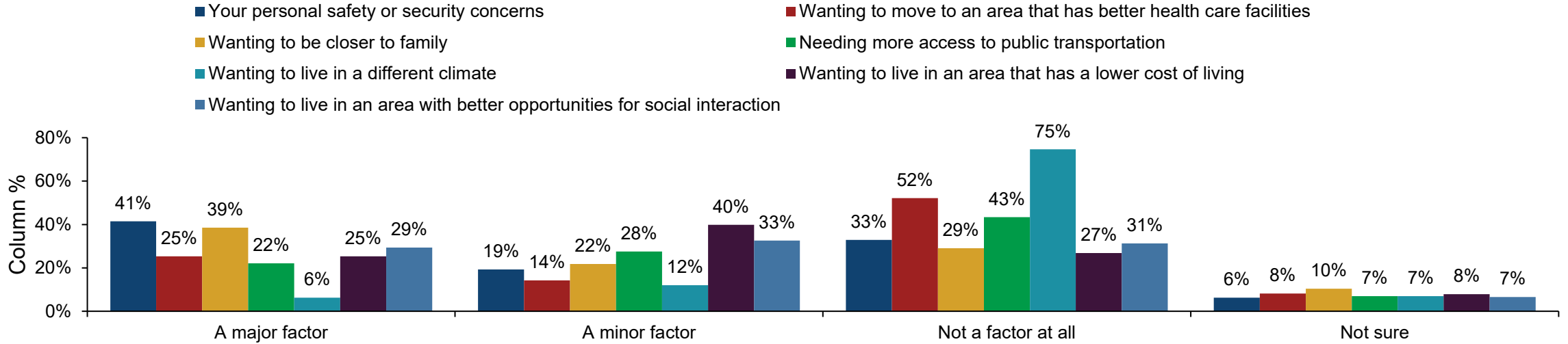
|   | Count      | Column %    |
|---|------------|-------------|
| Move to a different community                                 | 50         | 16%         |
| Move into a different residence within your current community | 38         | 12%         |
| Stay in your current residence and never move                 | 228        | 72%         |
| <b>TOTAL</b>  | <b>316</b> | <b>100%</b> |

**Q3x1 Some people find that they need or want to move out of their home as they get older. If you were to consider moving out of your current residence, would the following be a major factor, a minor factor, or not a factor at all in your decision to move?**



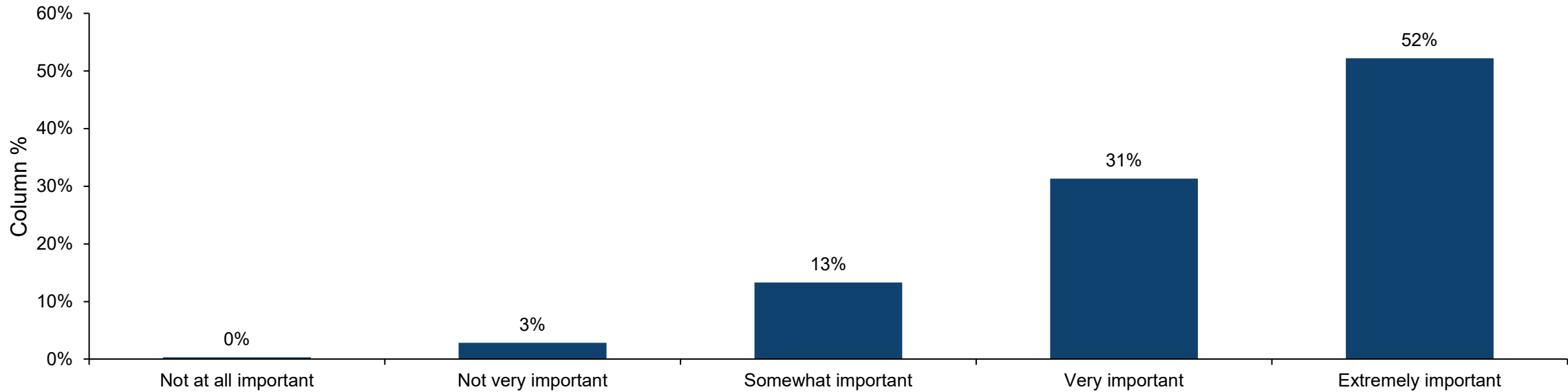
|  | A major factor |          | A minor factor |          | Not a factor at all |          | Not sure |          | Total |          |
|--|----------------|----------|----------------|----------|---------------------|----------|----------|----------|-------|----------|
|  | Count          | Column % | Count          | Column % | Count               | Column % | Count    | Column % | Count | Column % |
| Wanting a smaller size home  | 82             | 26%      | 85             | 27%      | 122                 | 39%      | 27       | 9%       | 316   | 100%     |
| Wanting a larger size home   | 9              | 3%       | 18             | 6%       | 260                 | 82%      | 29       | 9%       | 316   | 100%     |
| The cost of maintaining your current residence   | 88             | 28%      | 108            | 34%      | 96                  | 30%      | 24       | 8%       | 316   | 100%     |
| Wanting a home that will help you live independently as you age, for example a home without stairs | 140            | 44%      | 59             | 19%      | 92                  | 29%      | 25       | 8%       | 316   | 100%     |

# Q3x2 Some people find that they need or want to move out of their community as they get older. If you were to consider moving out of your current community, would the following be a major factor, a minor factor, or not a factor at all in your decision to move?



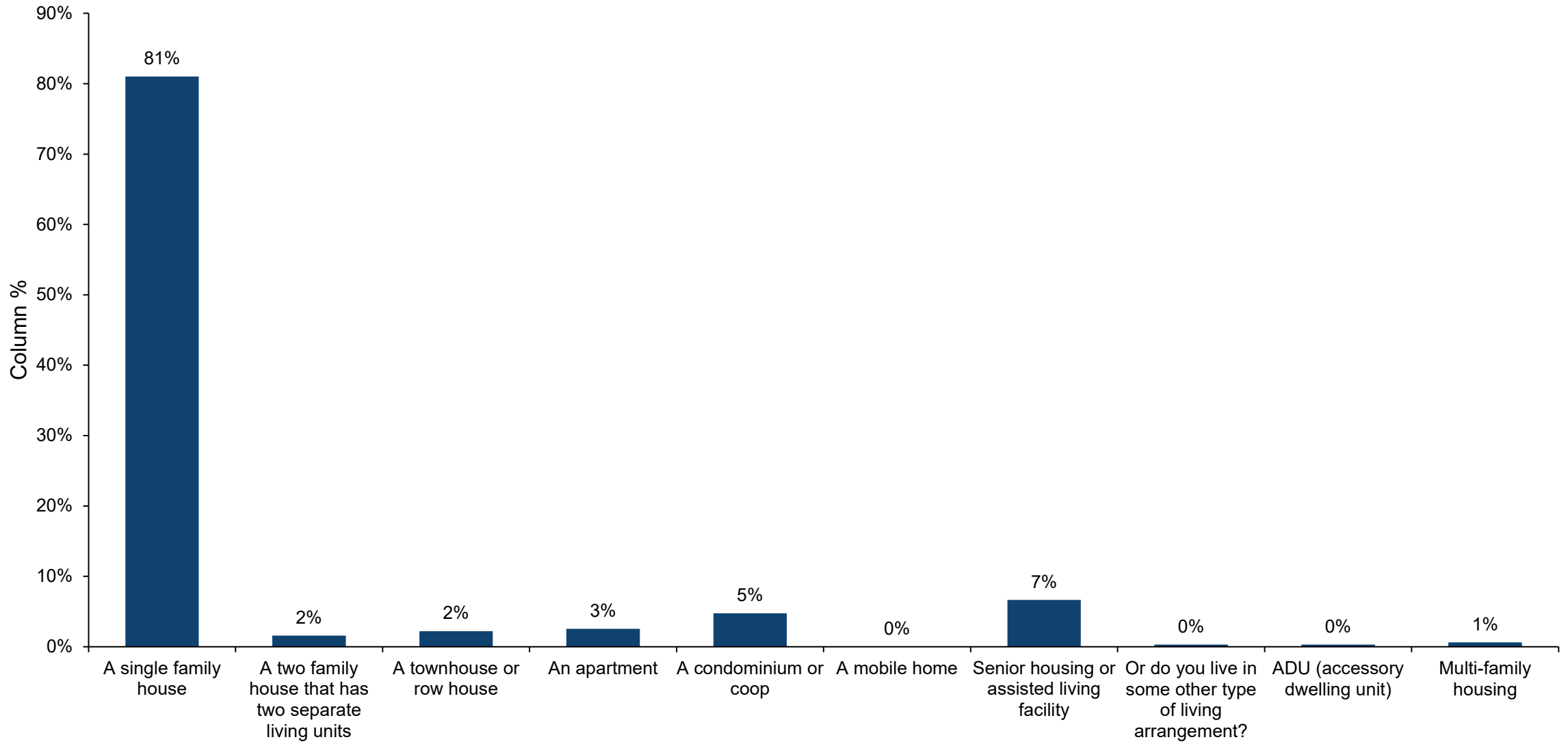
|   | A major factor |          | A minor factor |          | Not a factor at all |          | Not sure |          | Total |          |
|---|----------------|----------|----------------|----------|---------------------|----------|----------|----------|-------|----------|
|   | Count          | Column % | Count          | Column % | Count               | Column % | Count    | Column % | Count | Column % |
| Your personal safety or security concerns                                   | 131            | 41%      | 61             | 19%      | 104                 | 33%      | 20       | 6%       | 316   | 100%     |
| Wanting to move to an area that has better health care facilities           | 80             | 25%      | 45             | 14%      | 165                 | 52%      | 26       | 8%       | 316   | 100%     |
| Wanting to be closer to family  | 122            | 39%      | 69             | 22%      | 92                  | 29%      | 33       | 10%      | 316   | 100%     |
| Needing more access to public transportation                                | 70             | 22%      | 87             | 28%      | 137                 | 43%      | 22       | 7%       | 316   | 100%     |
| Wanting to live in a different climate                                      | 20             | 6%       | 38             | 12%      | 236                 | 75%      | 22       | 7%       | 316   | 100%     |
| Wanting to live in an area that has a lower cost of living                  | 80             | 25%      | 126            | 40%      | 85                  | 27%      | 25       | 8%       | 316   | 100%     |
| Wanting to live in an area with better opportunities for social interaction | 93             | 29%      | 103            | 33%      | 99                  | 31%      | 21       | 7%       | 316   | 100%     |

### Q4x1 How important is it for you to remain in your current community for as long as possible?



|                      | Count      | Column %    |
|----------------------|------------|-------------|
| Not at all important | 1          | 0%          |
| Not very important   | 9          | 3%          |
| Somewhat important   | 42         | 13%         |
| Very important       | 99         | 31%         |
| Extremely important  | 165        | 52%         |
| <b>TOTAL</b>         | <b>316</b> | <b>100%</b> |

### Q4x2 Which of the following types of homes best describes where you currently live?

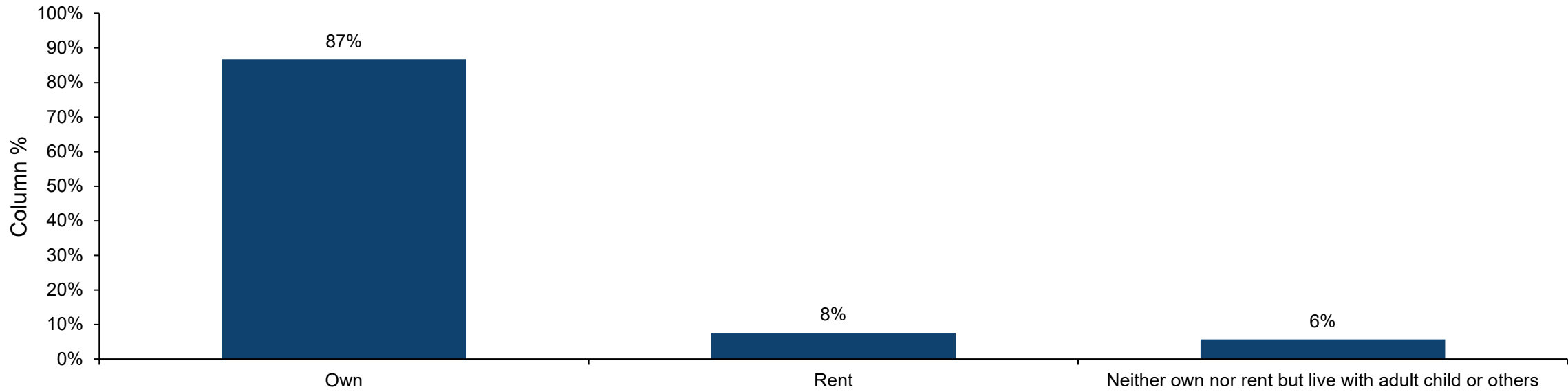




**Q4x2 Which of the following types of homes best describes where you currently live?**

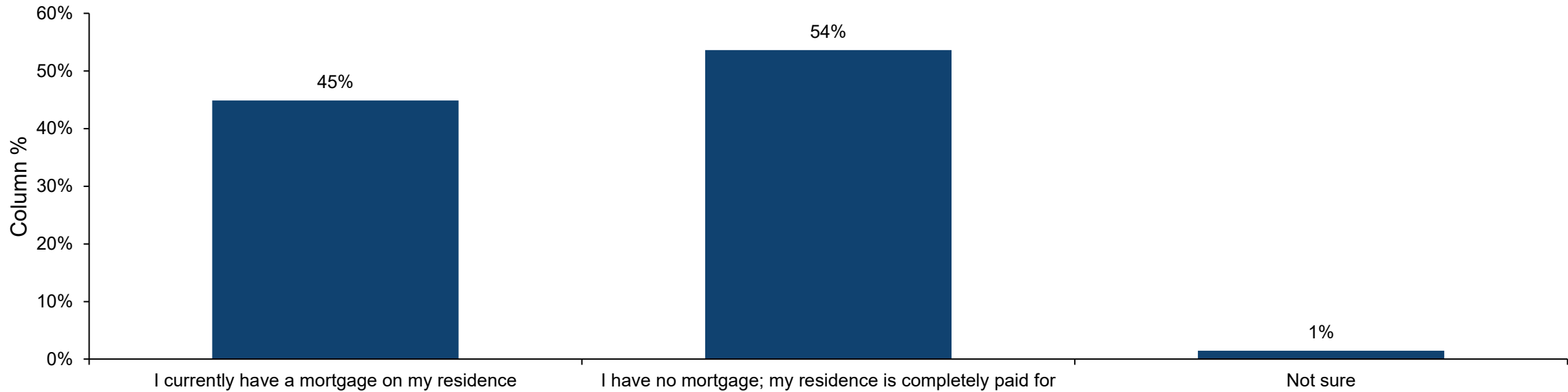
|  | <b>Count</b> | <b>Column %</b> |
|--|--------------|-----------------|
| A single family house                                    | 256          | 81%             |
| A two family house that has two separate living units    | 5            | 2%              |
| A townhouse or row house                                 | 7            | 2%              |
| An apartment   | 8            | 3%              |
| A condominium or coop                                    | 15           | 5%              |
| A mobile home  | 0            | 0%              |
| Senior housing or assisted living facility               | 21           | 7%              |
| Or do you live in some other type of living arrangement? | 1            | 0%              |
| ADU (accessory dwelling unit)                            | 1            | 0%              |
| Multi-family housing                                     | 2            | 1%              |
| <b>TOTAL</b>   | <b>316</b>   | <b>100%</b>     |

### Q4x3 Do you own or rent your residence?



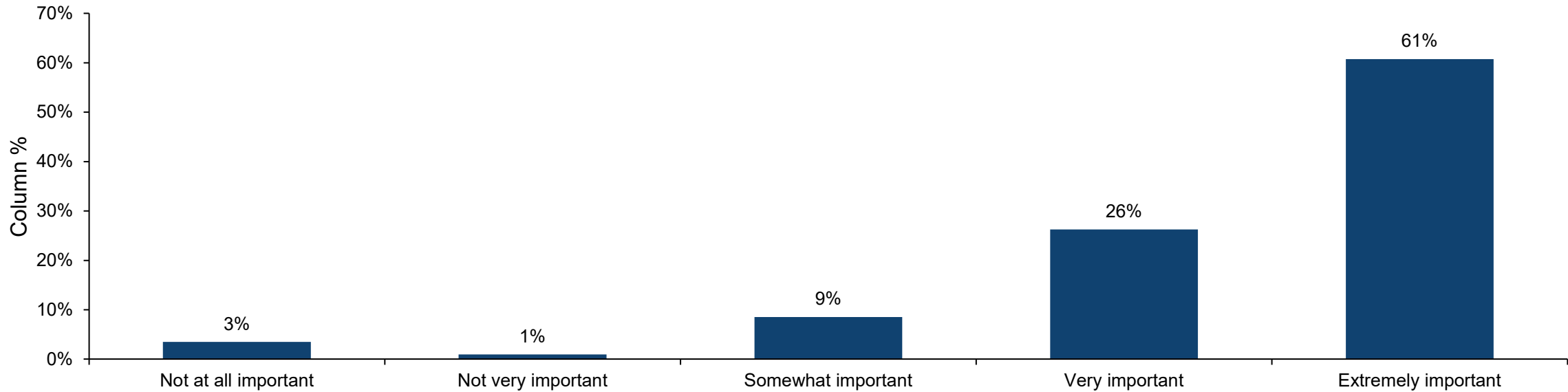
|  | Count      | Column %    |
|--|------------|-------------|
| Own  | 274        | 87%         |
| Rent   | 24         | 8%          |
| Neither own nor rent but live with adult child or others | 18         | 6%          |
| <b>TOTAL</b>   | <b>316</b> | <b>100%</b> |

**Q4x3\_1 Do you currently have a mortgage on your residence or is your residence fully paid for?**



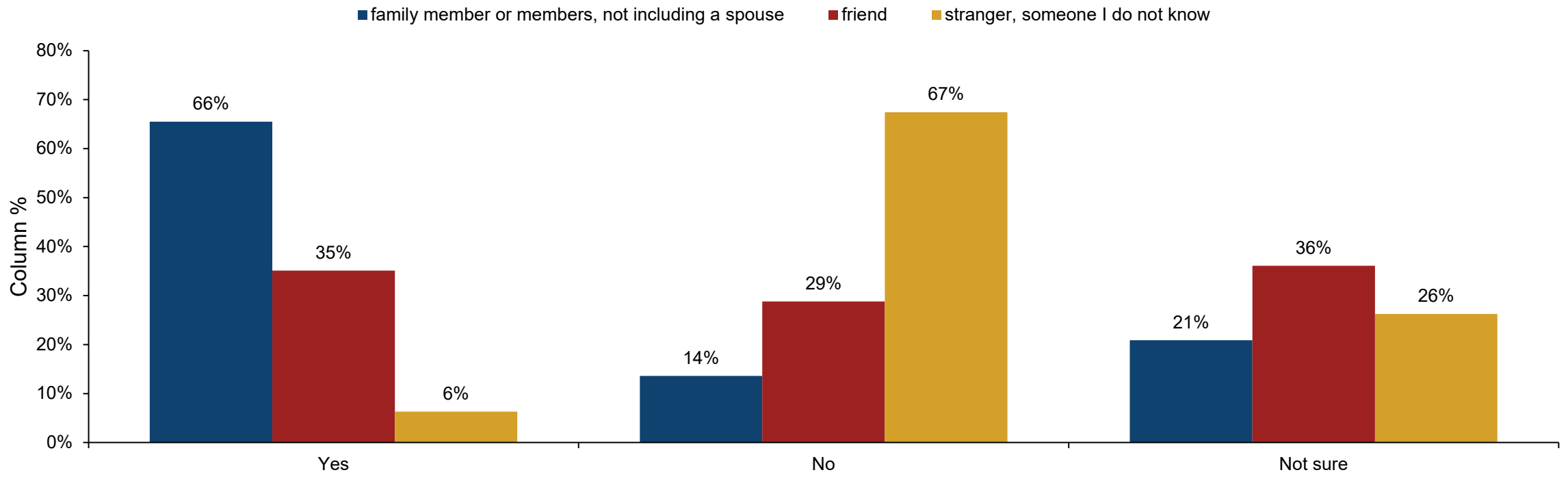
|   | <b>Count</b> | <b>Column %</b> |
|---|--------------|-----------------|
| I currently have a mortgage on my residence             | 123          | 45%             |
| I have no mortgage; my residence is completely paid for | 147          | 54%             |
| Not sure  | 4            | 1%              |
| <b>TOTAL</b>  | <b>274</b>   | <b>100%</b>     |

### Q4x4 How important is it for you to be able to live independently in your own home as you age?



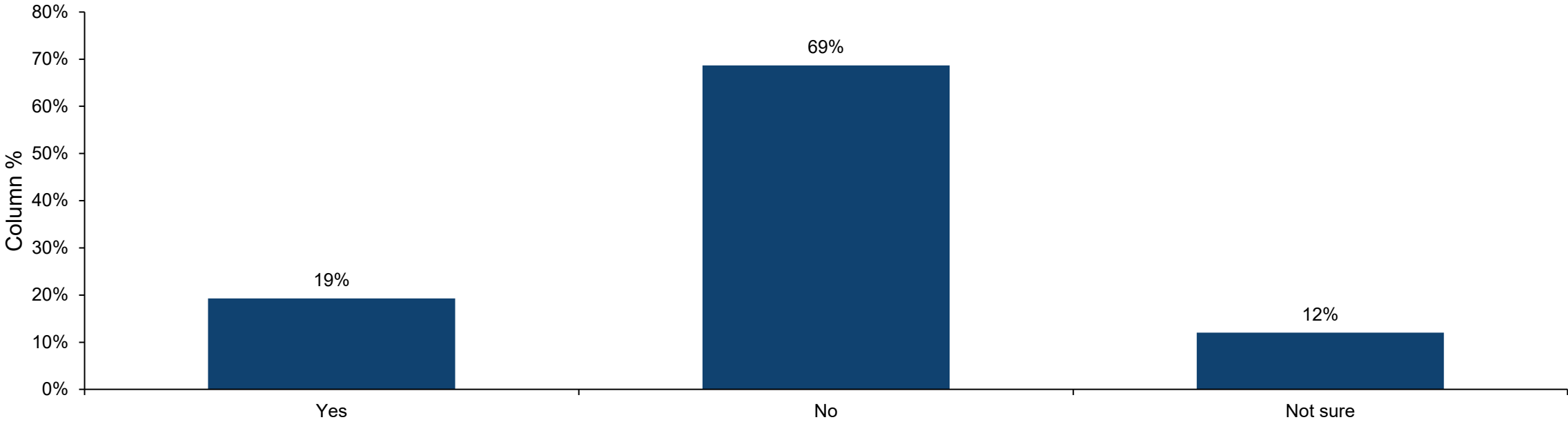
|                      | Count      | Column %    |
|----------------------|------------|-------------|
| Not at all important | 11         | 3%          |
| Not very important   | 3          | 1%          |
| Somewhat important   | 27         | 9%          |
| Very important       | 83         | 26%         |
| Extremely important  | 192        | 61%         |
| <b>TOTAL</b>         | <b>316</b> | <b>100%</b> |

### Q4x4\_1 As you grow older, would you consider sharing your home with?



|  | Yes   |          | No    |          | Not sure |          | Total |          |
|--|-------|----------|-------|----------|----------|----------|-------|----------|
|  | Count | Column % | Count | Column % | Count    | Column % | Count | Column % |
| family member or members, not including a spouse | 207   | 66%      | 43    | 14%      | 66       | 21%      | 316   | 100%     |
| friend   | 111   | 35%      | 91    | 29%      | 114      | 36%      | 316   | 100%     |
| stranger, someone I do not know                  | 20    | 6%       | 213   | 67%      | 83       | 26%      | 316   | 100%     |

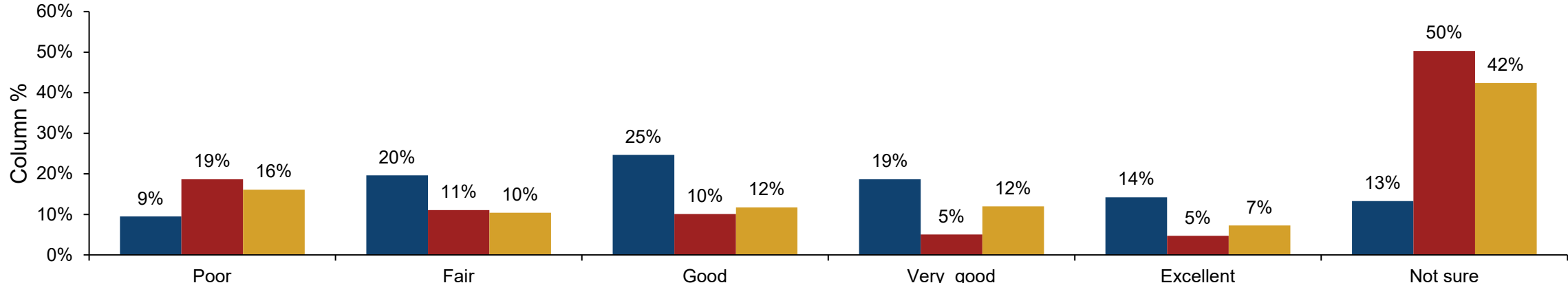
**Q4x5 Some people find that they need to make modifications to their residence to enable them to stay there for as long as possible. Does your current residence need any major repairs, modifications, or changes to enable you to stay there for as long as possible?**



|              | <b>Count</b> | <b>Column %</b> |
|--------------|--------------|-----------------|
| Yes          | 61           | 19%             |
| No           | 217          | 69%             |
| Not sure     | 38           | 12%             |
| <b>TOTAL</b> | <b>316</b>   | <b>100%</b>     |

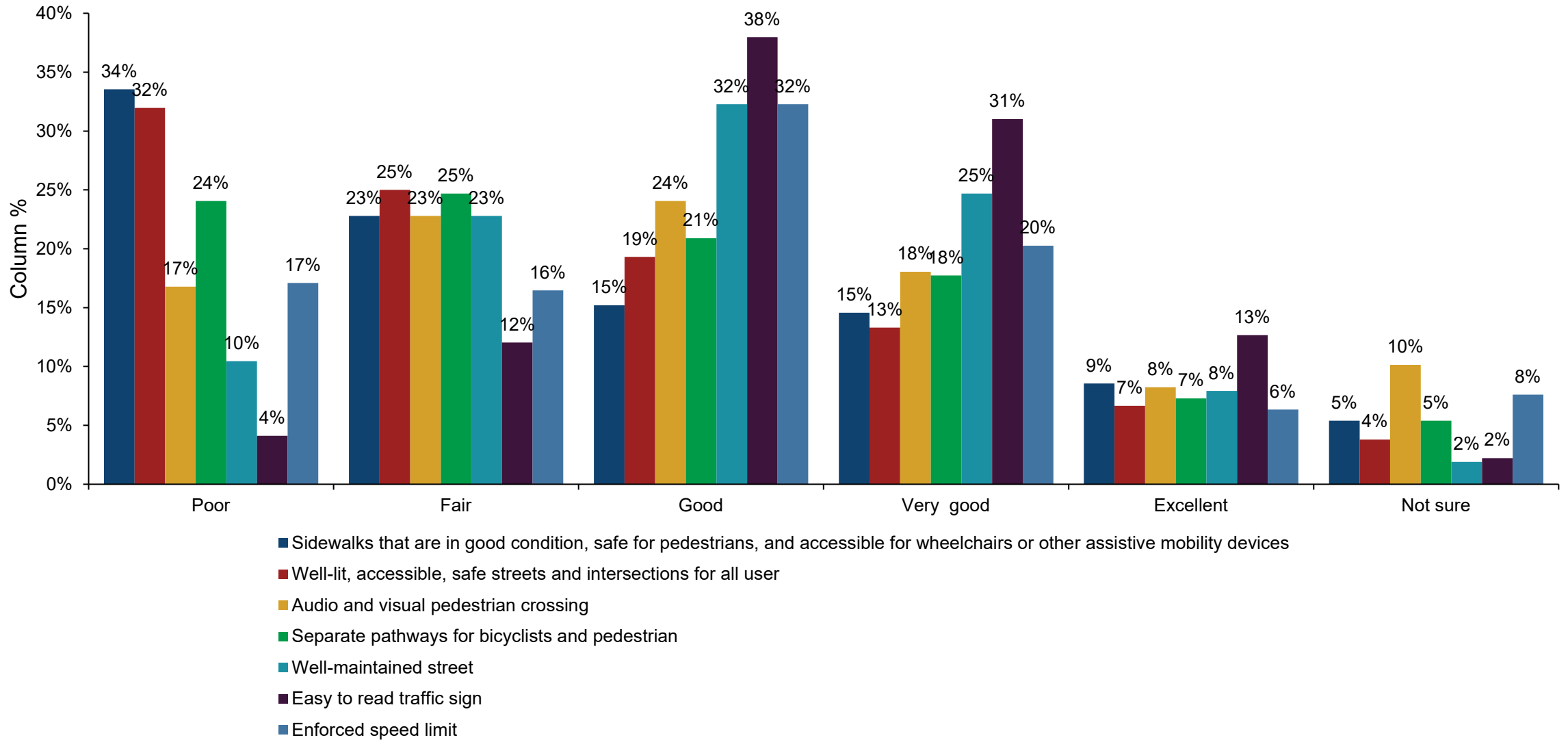
## Q5x2 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?

- Home modification and repair contractors who are trustworthy, do quality work, and are affordable
- A home repair service for low-income and older adults that helps with things like roof or window repairs
- Seasonal services such as lawn work for low-income and older adults



|  | Poor  |          | Fair  |          | Good  |          | Very good |          | Excellent |          | Not sure |          | Total |          |
|--|-------|----------|-------|----------|-------|----------|-----------|----------|-----------|----------|----------|----------|-------|----------|
|  | Count | Column % | Count | Column % | Count | Column % | Count     | Column % | Count     | Column % | Count    | Column % | Count | Column % |
| Home modification and repair contractors who are trustworthy, do quality work, and are affordable        | 30    | 9%       | 62    | 20%      | 78    | 25%      | 59        | 19%      | 45        | 14%      | 42       | 13%      | 316   | 100%     |
| A home repair service for low-income and older adults that helps with things like roof or window repairs | 59    | 19%      | 35    | 11%      | 32    | 10%      | 16        | 5%       | 15        | 5%       | 159      | 50%      | 316   | 100%     |
| Seasonal services such as lawn work for low-income and older adults                                      | 51    | 16%      | 33    | 10%      | 37    | 12%      | 38        | 12%      | 23        | 7%       | 134      | 42%      | 316   | 100%     |

## Q5x4 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?

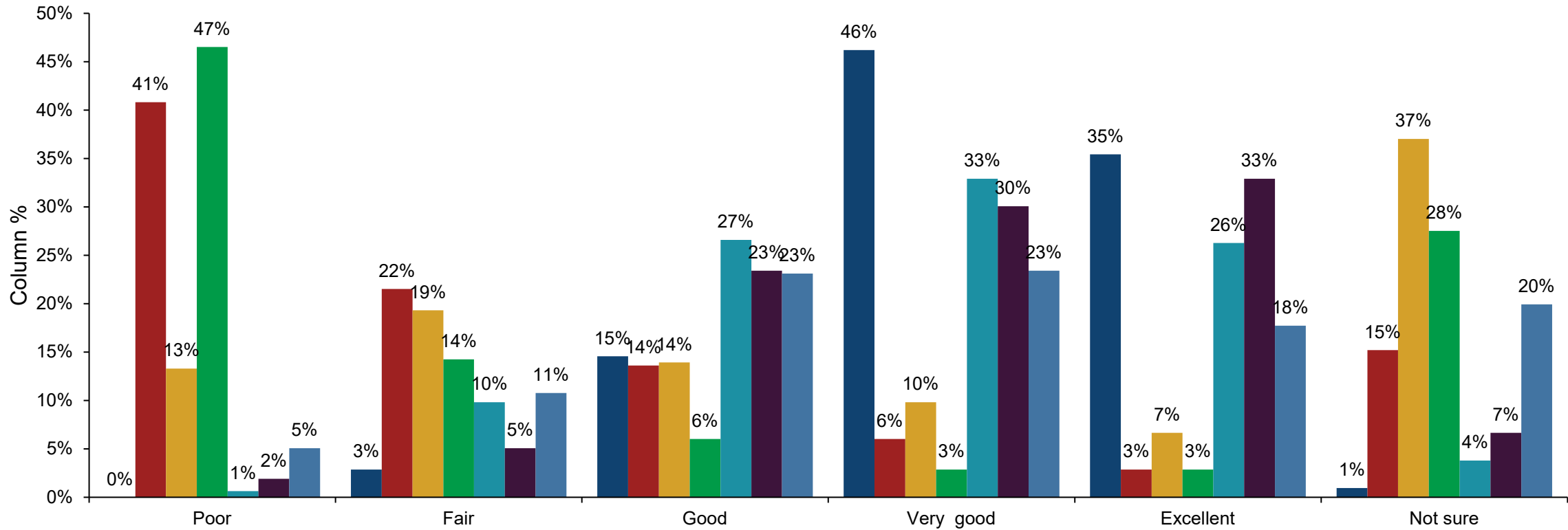




**Q5x4 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?**

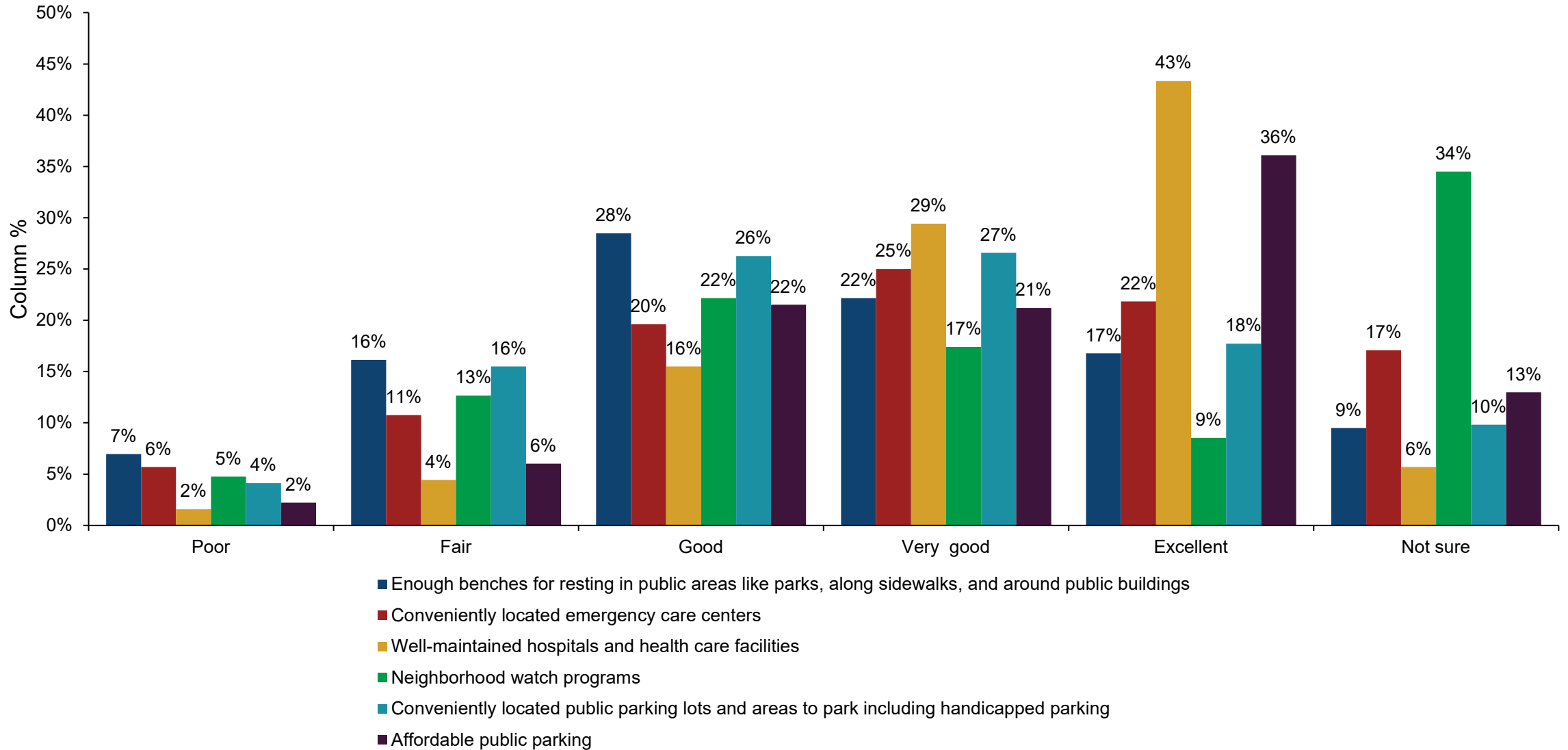
|  | Poor  |          | Fair  |          | Good  |          | Very good |          | Excellent |          | Not sure |          | Total |          |
|--|-------|----------|-------|----------|-------|----------|-----------|----------|-----------|----------|----------|----------|-------|----------|
|  | Count | Column % | Count | Column % | Count | Column % | Count     | Column % | Count     | Column % | Count    | Column % | Count | Column % |
| Sidewalks that are in good condition, safe for pedestrians, and accessible for wheelchairs or other assistive mobility devices | 106   | 34%      | 72    | 23%      | 48    | 15%      | 46        | 15%      | 27        | 9%       | 17       | 5%       | 316   | 100%     |
| Well-lit, accessible, safe streets and intersections for all user  | 101   | 32%      | 79    | 25%      | 61    | 19%      | 42        | 13%      | 21        | 7%       | 12       | 4%       | 316   | 100%     |
| Audio and visual pedestrian crossing   | 53    | 17%      | 72    | 23%      | 76    | 24%      | 57        | 18%      | 26        | 8%       | 32       | 10%      | 316   | 100%     |
| Separate pathways for bicyclists and pedestrian  | 76    | 24%      | 78    | 25%      | 66    | 21%      | 56        | 18%      | 23        | 7%       | 17       | 5%       | 316   | 100%     |
| Well-maintained street   | 33    | 10%      | 72    | 23%      | 102   | 32%      | 78        | 25%      | 25        | 8%       | 6        | 2%       | 316   | 100%     |
| Easy to read traffic sign  | 13    | 4%       | 38    | 12%      | 120   | 38%      | 98        | 31%      | 40        | 13%      | 7        | 2%       | 316   | 100%     |
| Enforced speed limit   | 54    | 17%      | 52    | 16%      | 102   | 32%      | 64        | 20%      | 20        | 6%       | 24       | 8%       | 316   | 100%     |

### Q5x6 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?



- Well-maintained homes and properties
- Affordable housing options for adults of varying income levels such as older active adult communities, assisted living and communities with shared facilities and outdoor spaces
- Homes that are built with things like a no step entrance, wider doorways, and first floor bedrooms and bathrooms
- Well-maintained, safe low-income housing
- Well-maintained parks
- Safe parks
- Public buildings and spaces including restrooms that are accessible to people of different physical abilities

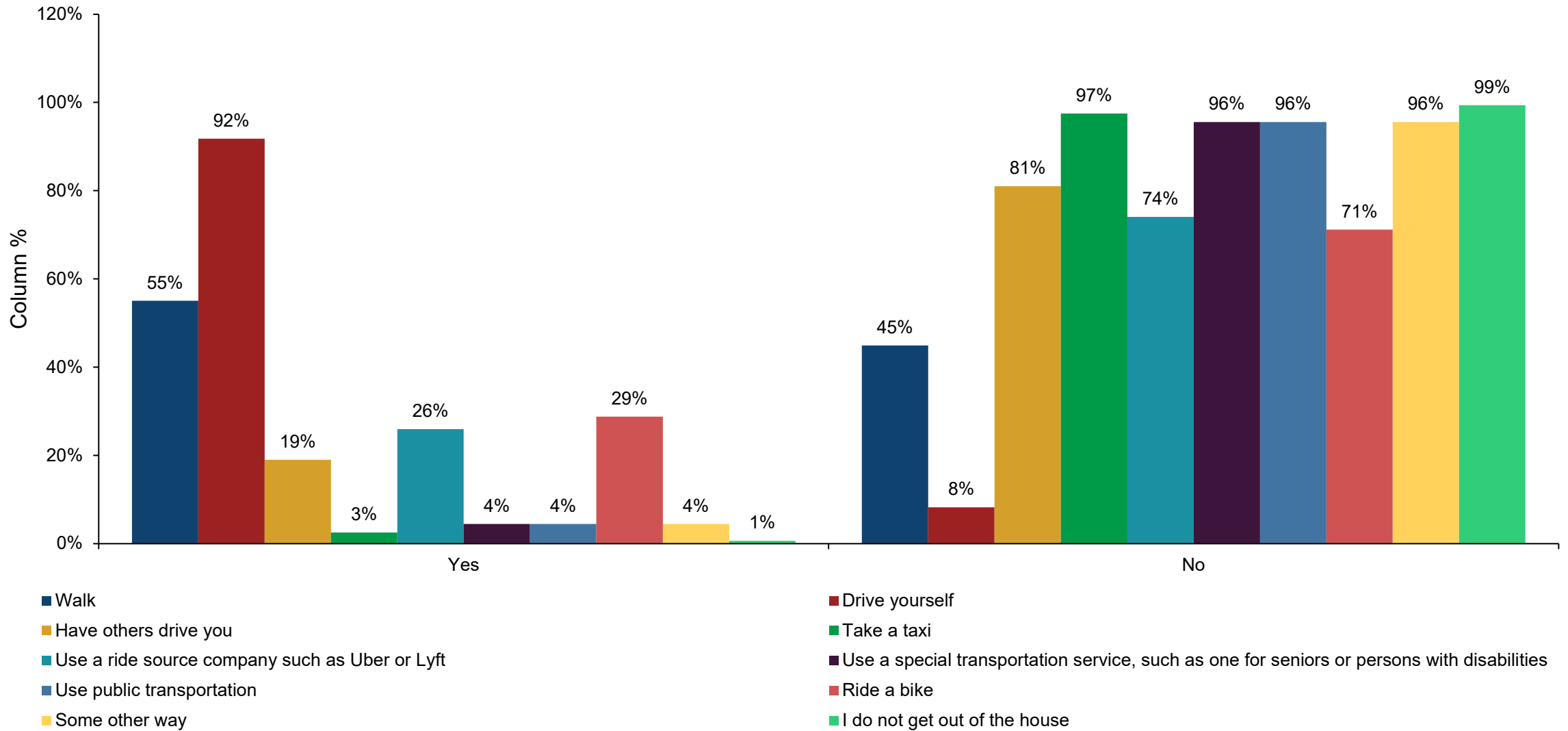
## Q5x6\_grid Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?



## Q5x6 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?

|  | Poor  |          | Fair  |          | Good  |          | Very good |          | Excellent |          | Not sure |          | Total |          |
|--|-------|----------|-------|----------|-------|----------|-----------|----------|-----------|----------|----------|----------|-------|----------|
|  | Count | Column % | Count | Column % | Count | Column % | Count     | Column % | Count     | Column % | Count    | Column % | Count | Column % |
| Well-maintained homes and properties   | -     | -        | 9     | 3%       | 46    | 15%      | 146       | 46%      | 112       | 35%      | 3        | 1%       | 316   | 100%     |
| Affordable housing options for adults of varying income levels such as older active adult communities, assisted living and communities with shared facilities and outdoor spaces | 129   | 41%      | 68    | 22%      | 43    | 14%      | 19        | 6%       | 9         | 3%       | 48       | 15%      | 316   | 100%     |
| Homes that are built with things like a no step entrance, wider doorways, and first floor bedrooms and bathrooms   | 42    | 13%      | 61    | 19%      | 44    | 14%      | 31        | 10%      | 21        | 7%       | 117      | 37%      | 316   | 100%     |
| Well-maintained, safe low-income housing   | 147   | 47%      | 45    | 14%      | 19    | 6%       | 9         | 3%       | 9         | 3%       | 87       | 28%      | 316   | 100%     |
| Well-maintained parks  | 2     | 1%       | 31    | 10%      | 84    | 27%      | 104       | 33%      | 83        | 26%      | 12       | 4%       | 316   | 100%     |
| Safe parks   | 6     | 2%       | 16    | 5%       | 74    | 23%      | 95        | 30%      | 104       | 33%      | 21       | 7%       | 316   | 100%     |
| Public buildings and spaces including restrooms that are accessible to people of different physical abilities  | 16    | 5%       | 34    | 11%      | 73    | 23%      | 74        | 23%      | 56        | 18%      | 63       | 20%      | 316   | 100%     |
| Enough benches for resting in public areas like parks, along sidewalks, and around public buildings  | 22    | 7%       | 51    | 16%      | 90    | 28%      | 70        | 22%      | 53        | 17%      | 30       | 9%       | 316   | 100%     |
| Conveniently located emergency care centers  | 18    | 6%       | 34    | 11%      | 62    | 20%      | 79        | 25%      | 69        | 22%      | 54       | 17%      | 316   | 100%     |
| Well-maintained hospitals and health care facilities   | 5     | 2%       | 14    | 4%       | 49    | 16%      | 93        | 29%      | 137       | 43%      | 18       | 6%       | 316   | 100%     |
| Neighborhood watch programs  | 15    | 5%       | 40    | 13%      | 70    | 22%      | 55        | 17%      | 27        | 9%       | 109      | 34%      | 316   | 100%     |
| Conveniently located public parking lots and areas to park including handicapped parking   | 13    | 4%       | 49    | 16%      | 83    | 26%      | 84        | 27%      | 56        | 18%      | 31       | 10%      | 316   | 100%     |
| Affordable public parking  | 7     | 2%       | 19    | 6%       | 68    | 22%      | 67        | 21%      | 114       | 36%      | 41       | 13%      | 316   | 100%     |

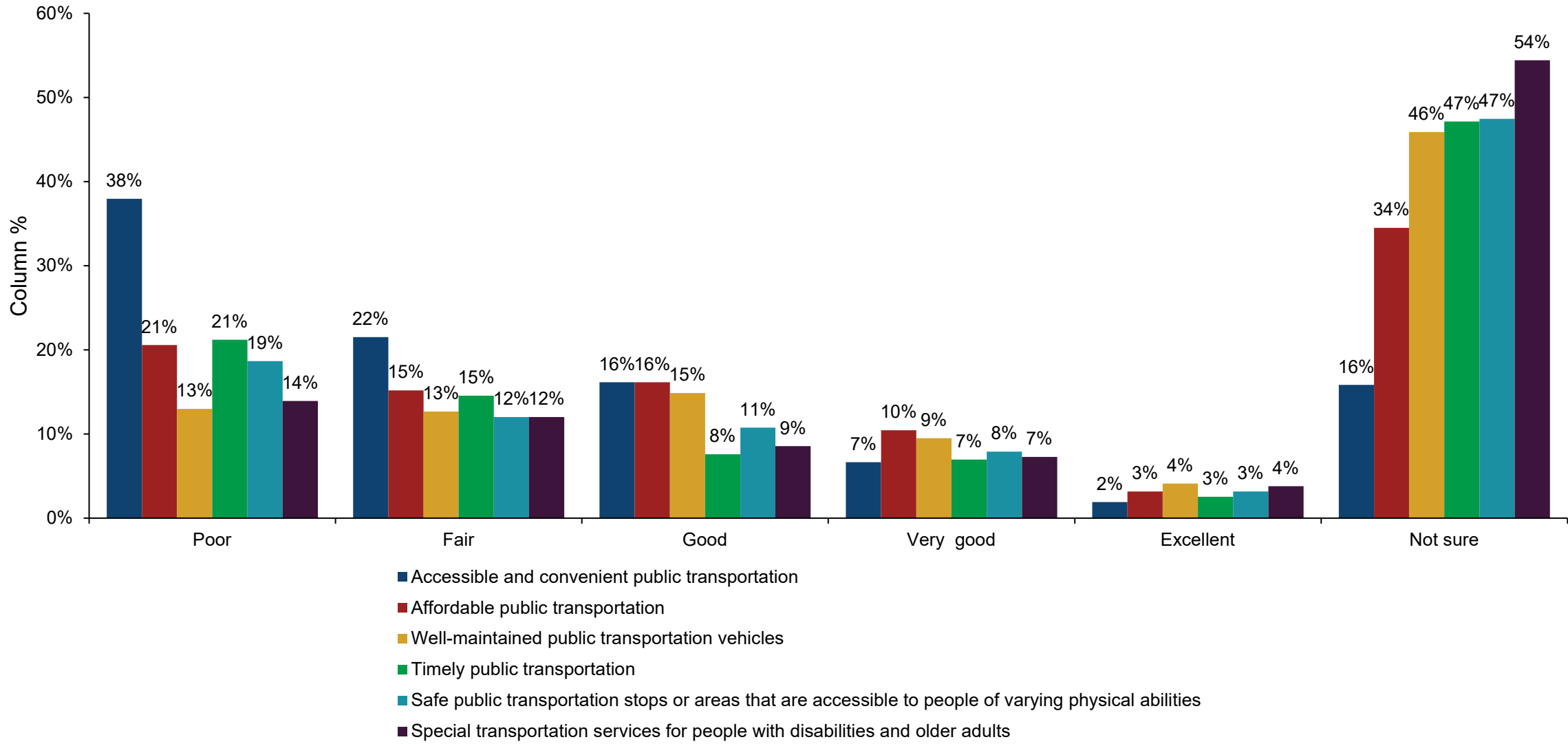
# Q6x2 How do you usually get around your community for things like shopping, visiting the doctor, running errands, and other things?



**Q6x2 How do you usually get around your community for things like shopping, visiting the doctor, running errands, and other things?**

|  | Yes   |          | No    |          | Total |          |
|--|-------|----------|-------|----------|-------|----------|
|  | Count | Column % | Count | Column % | Count | Column % |
| Walk   | 174   | 55%      | 142   | 45%      | 316   | 100%     |
| Drive yourself   | 290   | 92%      | 26    | 8%       | 316   | 100%     |
| Have others drive you  | 60    | 19%      | 256   | 81%      | 316   | 100%     |
| Take a taxi  | 8     | 3%       | 308   | 97%      | 316   | 100%     |
| Use a ride source company such as Uber or Lyft   | 82    | 26%      | 234   | 74%      | 316   | 100%     |
| Use a special transportation service, such as one for seniors or persons with disabilities | 14    | 4%       | 302   | 96%      | 316   | 100%     |
| Use public transportation  | 14    | 4%       | 302   | 96%      | 316   | 100%     |
| Ride a bike  | 91    | 29%      | 225   | 71%      | 316   | 100%     |
| Some other way   | 14    | 4%       | 302   | 96%      | 316   | 100%     |
| I do not get out of the house  | 2     | 1%       | 314   | 99%      | 316   | 100%     |

### Q6x3 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?



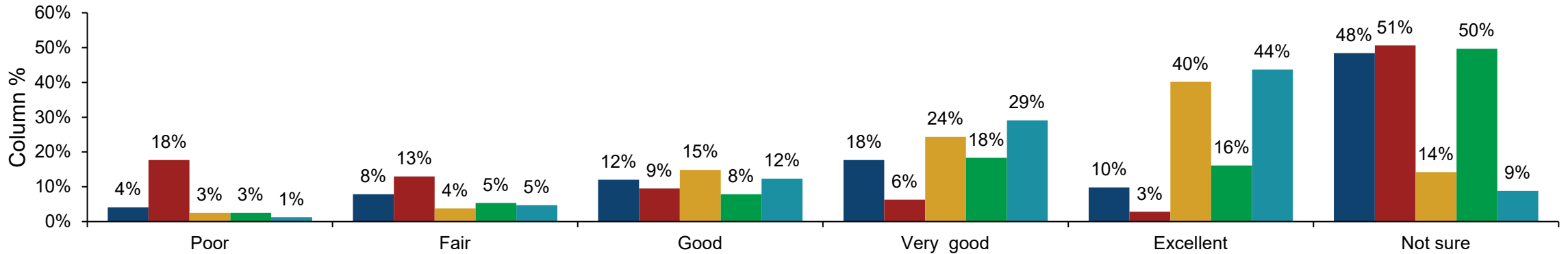
### Q6x3 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?

|   | Poor  |          | Fair  |          | Good  |          | Very good |          | Excellent |          | Not sure |          | Total |          |
|---|-------|----------|-------|----------|-------|----------|-----------|----------|-----------|----------|----------|----------|-------|----------|
|   | Count | Column % | Count | Column % | Count | Column % | Count     | Column % | Count     | Column % | Count    | Column % | Count | Column % |
| Accessible and convenient public transportation   | 120   | 38%      | 68    | 22%      | 51    | 16%      | 21        | 7%       | 6         | 2%       | 50       | 16%      | 316   | 100%     |
| Affordable public transportation  | 65    | 21%      | 48    | 15%      | 51    | 16%      | 33        | 10%      | 10        | 3%       | 109      | 34%      | 316   | 100%     |
| Well-maintained public transportation vehicles  | 41    | 13%      | 40    | 13%      | 47    | 15%      | 30        | 9%       | 13        | 4%       | 145      | 46%      | 316   | 100%     |
| Timely public transportation  | 67    | 21%      | 46    | 15%      | 24    | 8%       | 22        | 7%       | 8         | 3%       | 149      | 47%      | 316   | 100%     |
| Safe public transportation stops or areas that are accessible to people of varying physical abilities | 59    | 19%      | 38    | 12%      | 34    | 11%      | 25        | 8%       | 10        | 3%       | 150      | 47%      | 316   | 100%     |
| Special transportation services for people with disabilities and older adults                         | 44    | 14%      | 38    | 12%      | 27    | 9%       | 23        | 7%       | 12        | 4%       | 172      | 54%      | 316   | 100%     |



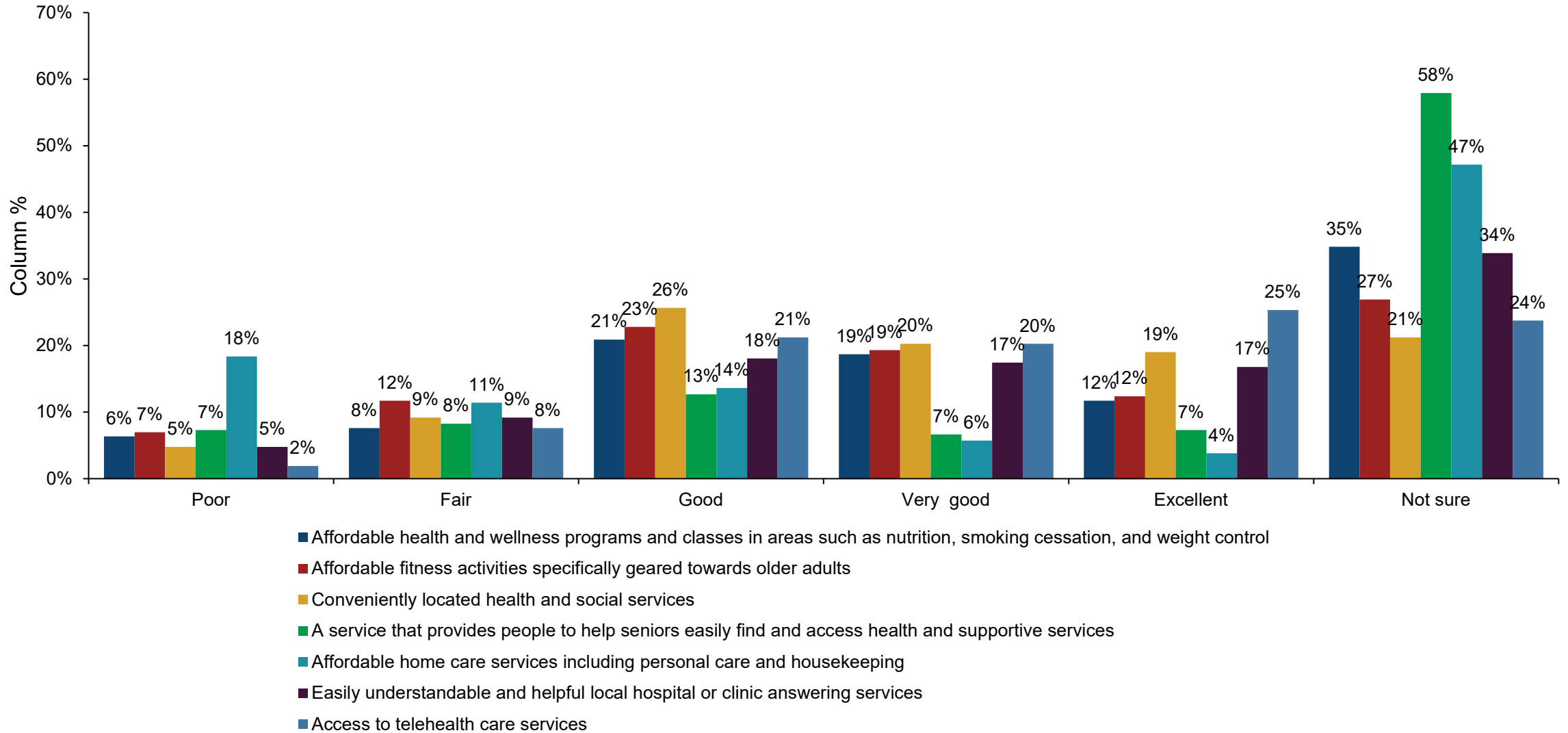
# Q7x2 Thinking now about health care professionals in your community, would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?

- Well-trained certified home health care providers
- Affordable home health care providers
- A variety of health care professionals including specialists
- Health care professionals who speak different languages
- Respectful and helpful hospital and clinic staff



|  | Poor  |          | Fair  |          | Good  |          | Very good |          | Excellent |          | Not sure |          | Total |          |
|--|-------|----------|-------|----------|-------|----------|-----------|----------|-----------|----------|----------|----------|-------|----------|
|  | Count | Column % | Count | Column % | Count | Column % | Count     | Column % | Count     | Column % | Count    | Column % | Count | Column % |
| Well-trained certified home health care providers            | 13    | 4%       | 25    | 8%       | 38    | 12%      | 56        | 18%      | 31        | 10%      | 153      | 48%      | 316   | 100%     |
| Affordable home health care providers                        | 56    | 18%      | 41    | 13%      | 30    | 9%       | 20        | 6%       | 9         | 3%       | 160      | 51%      | 316   | 100%     |
| A variety of health care professionals including specialists | 8     | 3%       | 12    | 4%       | 47    | 15%      | 77        | 24%      | 127       | 40%      | 45       | 14%      | 316   | 100%     |
| Health care professionals who speak different languages      | 8     | 3%       | 17    | 5%       | 25    | 8%       | 58        | 18%      | 51        | 16%      | 157      | 50%      | 316   | 100%     |
| Respectful and helpful hospital and clinic staff             | 4     | 1%       | 15    | 5%       | 39    | 12%      | 92        | 29%      | 138       | 44%      | 28       | 9%       | 316   | 100%     |

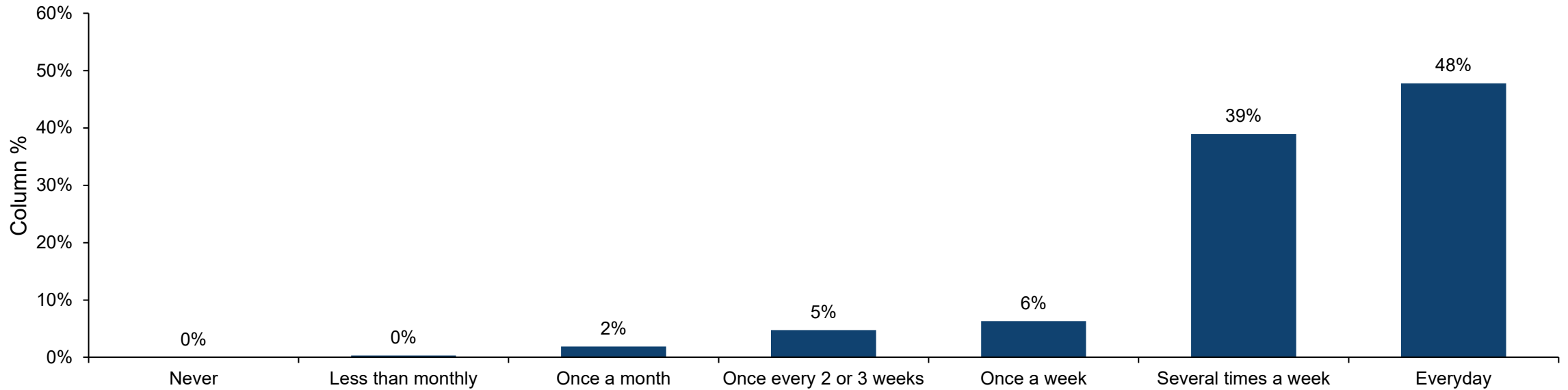
# Q7x3 Thinking now about health and wellness services in your community, would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?



**Q7x3 Thinking now about health and wellness services in your community, would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?**

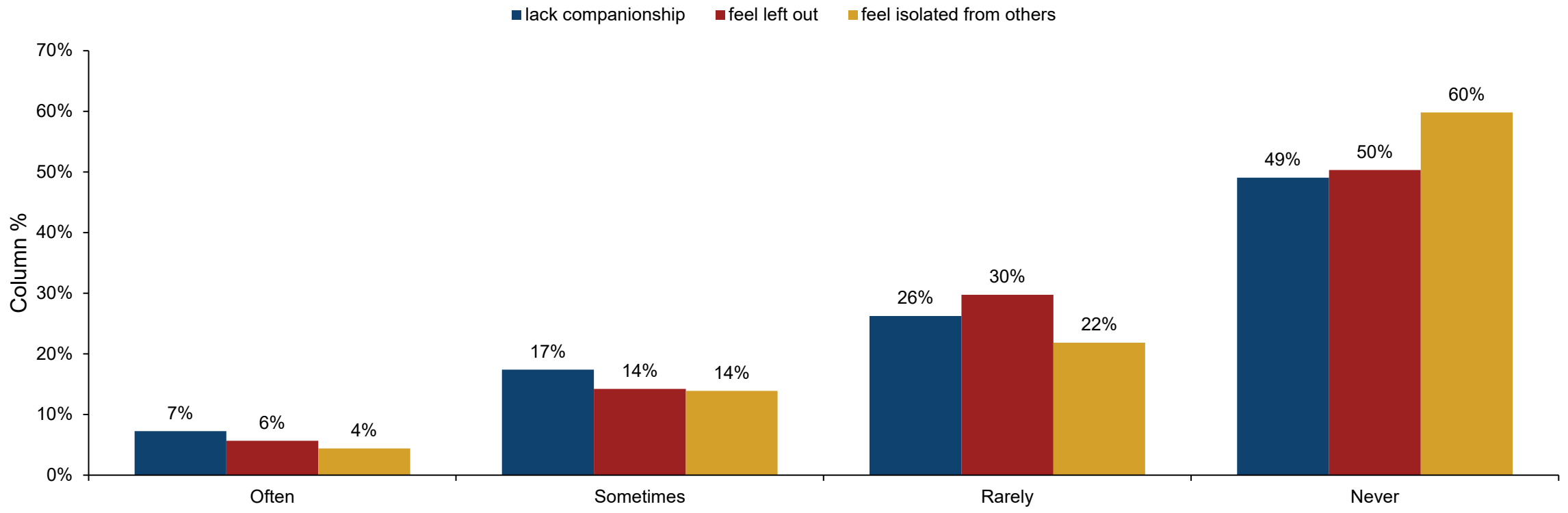
|   | Poor  |          | Fair  |          | Good  |          | Very good |          | Excellent |          | Not sure |          | Total |          |
|---|-------|----------|-------|----------|-------|----------|-----------|----------|-----------|----------|----------|----------|-------|----------|
|   | Count | Column % | Count | Column % | Count | Column % | Count     | Column % | Count     | Column % | Count    | Column % | Count | Column % |
| Affordable health and wellness programs and classes in areas such as nutrition, smoking cessation, and weight control | 20    | 6%       | 24    | 8%       | 66    | 21%      | 59        | 19%      | 37        | 12%      | 110      | 35%      | 316   | 100%     |
| Affordable fitness activities specifically geared towards older adults  | 22    | 7%       | 37    | 12%      | 72    | 23%      | 61        | 19%      | 39        | 12%      | 85       | 27%      | 316   | 100%     |
| Conveniently located health and social services   | 15    | 5%       | 29    | 9%       | 81    | 26%      | 64        | 20%      | 60        | 19%      | 67       | 21%      | 316   | 100%     |
| A service that provides people to help seniors easily find and access health and supportive services                  | 23    | 7%       | 26    | 8%       | 40    | 13%      | 21        | 7%       | 23        | 7%       | 183      | 58%      | 316   | 100%     |
| Affordable home care services including personal care and housekeeping  | 58    | 18%      | 36    | 11%      | 43    | 14%      | 18        | 6%       | 12        | 4%       | 149      | 47%      | 316   | 100%     |
| Easily understandable and helpful local hospital or clinic answering services   | 15    | 5%       | 29    | 9%       | 57    | 18%      | 55        | 17%      | 53        | 17%      | 107      | 34%      | 316   | 100%     |
| Access to telehealth care services  | 6     | 2%       | 24    | 8%       | 67    | 21%      | 64        | 20%      | 80        | 25%      | 75       | 24%      | 316   | 100%     |

### Q8x2 How often do you have contact with family, friends, or neighbors who do not live with you?



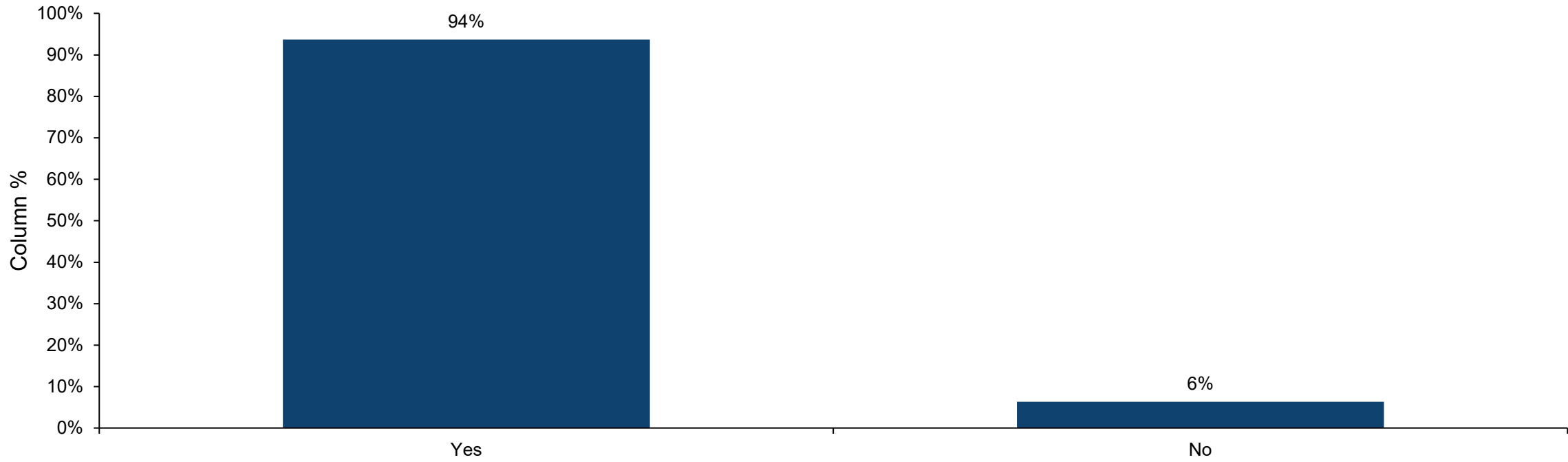
|                         | Count      | Column %    |
|-------------------------|------------|-------------|
| Never                   | 0          | 0%          |
| Less than monthly       | 1          | 0%          |
| Once a month            | 6          | 2%          |
| Once every 2 or 3 weeks | 15         | 5%          |
| Once a week             | 20         | 6%          |
| Several times a week    | 123        | 39%         |
| Everyday                | 151        | 48%         |
| <b>TOTAL</b>            | <b>316</b> | <b>100%</b> |

### Q8x3 How often do you feel the following?



|                           | Often |          | Sometimes |          | Rarely |          | Never |          | Total |          |
|---------------------------|-------|----------|-----------|----------|--------|----------|-------|----------|-------|----------|
|                           | Count | Column % | Count     | Column % | Count  | Column % | Count | Column % | Count | Column % |
| lack companionship        | 23    | 7%       | 55        | 17%      | 83     | 26%      | 155   | 49%      | 316   | 100%     |
| feel left out             | 18    | 6%       | 45        | 14%      | 94     | 30%      | 159   | 50%      | 316   | 100%     |
| feel isolated from others | 14    | 4%       | 44        | 14%      | 69     | 22%      | 189   | 60%      | 316   | 100%     |

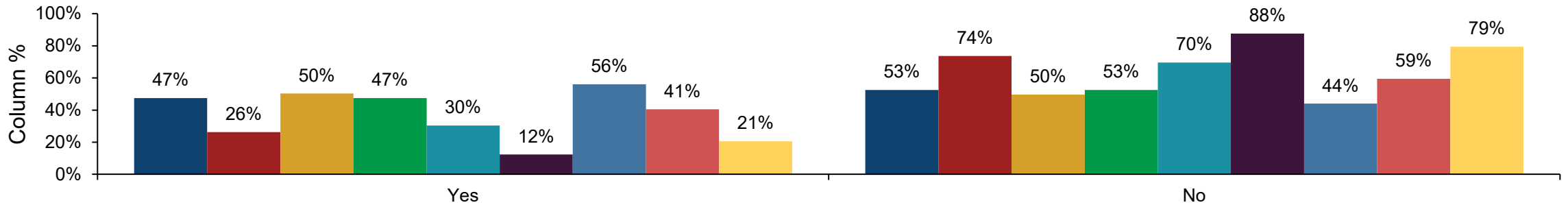
**Q8x4 If you were in trouble, do you have friends or family who can help you at any time of the day or night?**



|              | Count      | Column %    |
|--------------|------------|-------------|
| Yes          | 296        | 94%         |
| No           | 20         | 6%          |
| <b>TOTAL</b> | <b>316</b> | <b>100%</b> |

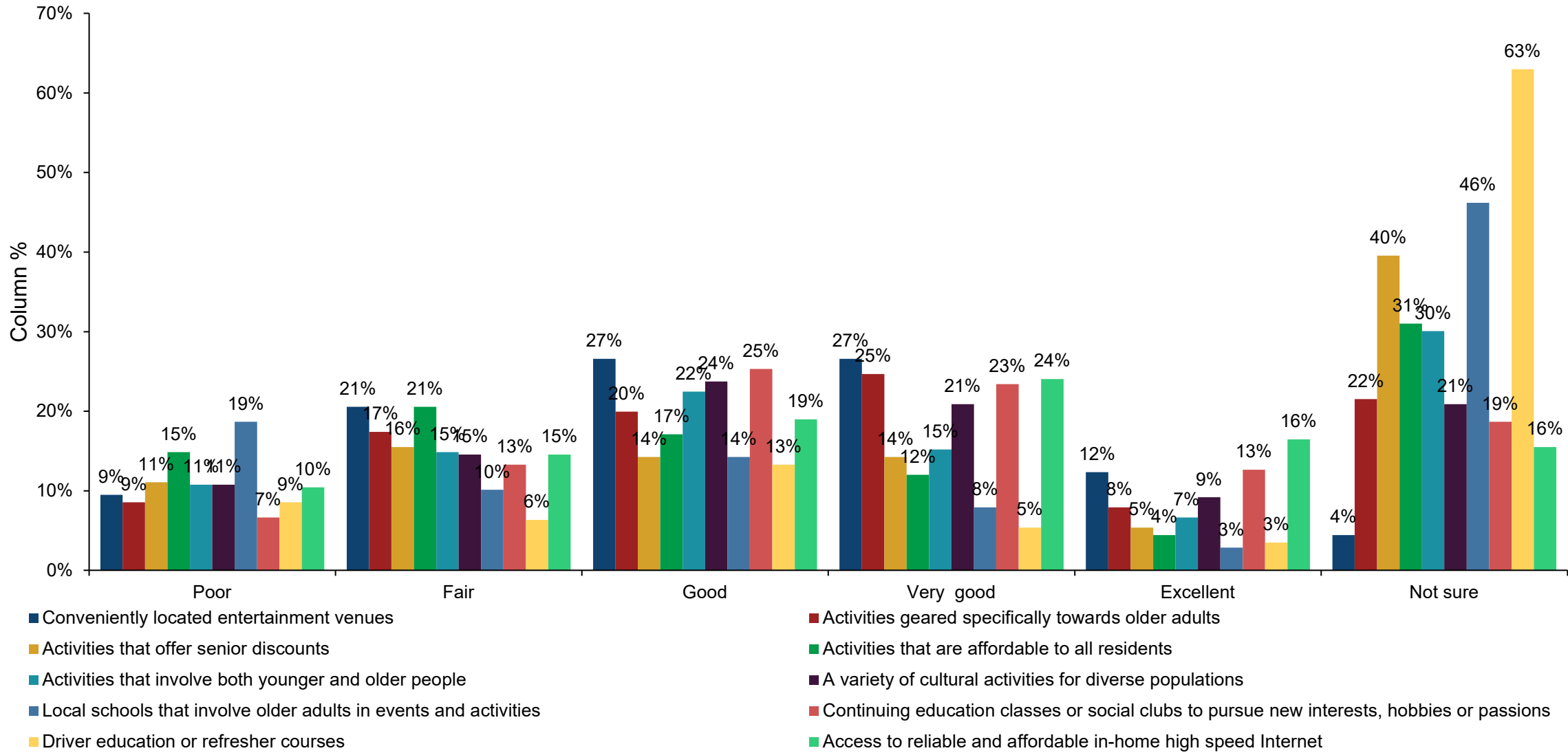
# Q8x5 Do you use the following sources for continuing education or self-improvement classes or workshops in your community?

- Department of Parks and Recreation
- Local organizations or businesses
- Senior center
- Online programs
- I do NOT participate in any continuing education/self improvement classes
- Faith community
- Community center
- Offerings through my work
- Some other source



|   | Yes   |          | No    |          | Total |          |
|---|-------|----------|-------|----------|-------|----------|
|   | Count | Column % | Count | Column % | Count | Column % |
| Department of Parks and Recreation  | 150   | 47%      | 166   | 53%      | 316   | 100%     |
| Faith community   | 83    | 26%      | 233   | 74%      | 316   | 100%     |
| Local organizations or businesses   | 159   | 50%      | 157   | 50%      | 316   | 100%     |
| Community center  | 150   | 47%      | 166   | 53%      | 316   | 100%     |
| Senior center   | 96    | 30%      | 220   | 70%      | 316   | 100%     |
| Offerings through my work   | 39    | 12%      | 277   | 88%      | 316   | 100%     |
| Online programs   | 177   | 56%      | 139   | 44%      | 316   | 100%     |
| Some other source   | 128   | 41%      | 188   | 59%      | 316   | 100%     |
| I do NOT participate in any continuing education/self improvement classes | 65    | 21%      | 251   | 79%      | 316   | 100%     |

### Q8x6 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?

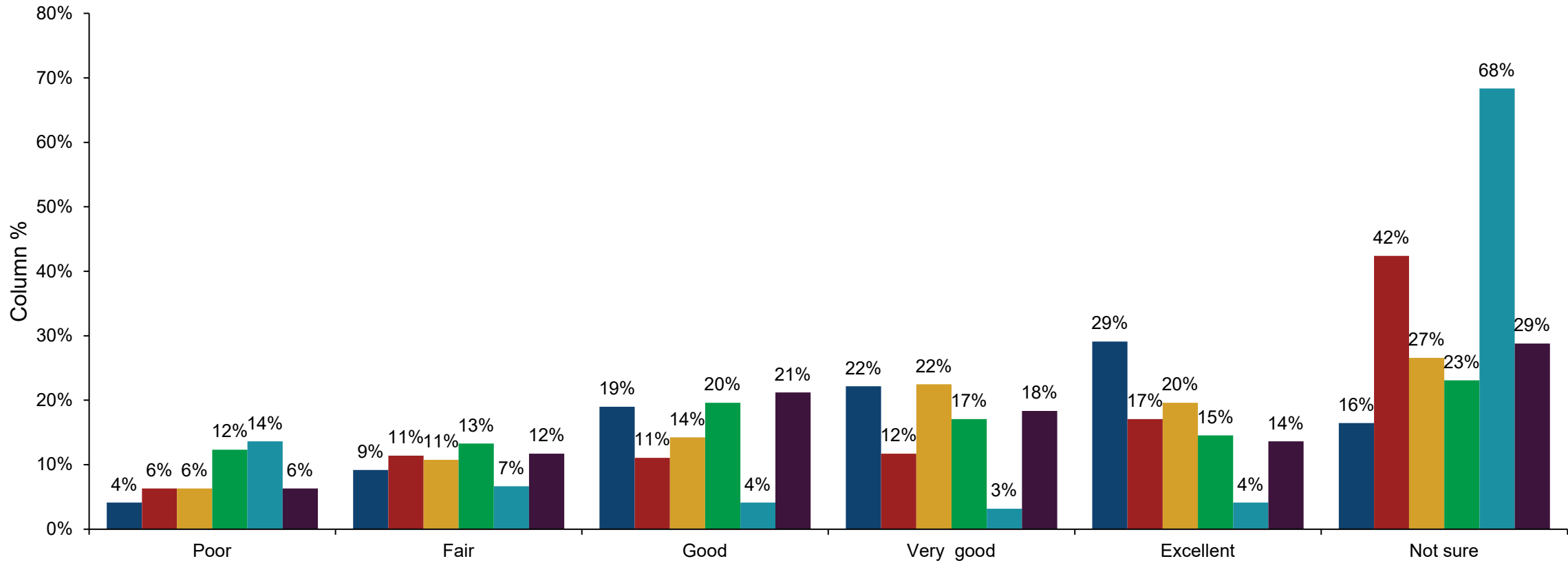




## Q8x6 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?

|   | Poor  |          | Fair  |          | Good  |          | Very good |          | Excellent |          | Not sure |          | Total |          |
|---|-------|----------|-------|----------|-------|----------|-----------|----------|-----------|----------|----------|----------|-------|----------|
|   | Count | Column % | Count | Column % | Count | Column % | Count     | Column % | Count     | Column % | Count    | Column % | Count | Column % |
| Conveniently located entertainment venues   | 30    | 9%       | 65    | 21%      | 84    | 27%      | 84        | 27%      | 39        | 12%      | 14       | 4%       | 316   | 100%     |
| Activities geared specifically towards older adults                                       | 27    | 9%       | 55    | 17%      | 63    | 20%      | 78        | 25%      | 25        | 8%       | 68       | 22%      | 316   | 100%     |
| Activities that offer senior discounts  | 35    | 11%      | 49    | 16%      | 45    | 14%      | 45        | 14%      | 17        | 5%       | 125      | 40%      | 316   | 100%     |
| Activities that are affordable to all residents   | 47    | 15%      | 65    | 21%      | 54    | 17%      | 38        | 12%      | 14        | 4%       | 98       | 31%      | 316   | 100%     |
| Activities that involve both younger and older people                                     | 34    | 11%      | 47    | 15%      | 71    | 22%      | 48        | 15%      | 21        | 7%       | 95       | 30%      | 316   | 100%     |
| A variety of cultural activities for diverse populations                                  | 34    | 11%      | 46    | 15%      | 75    | 24%      | 66        | 21%      | 29        | 9%       | 66       | 21%      | 316   | 100%     |
| Local schools that involve older adults in events and activities                          | 59    | 19%      | 32    | 10%      | 45    | 14%      | 25        | 8%       | 9         | 3%       | 146      | 46%      | 316   | 100%     |
| Continuing education classes or social clubs to pursue new interests, hobbies or passions | 21    | 7%       | 42    | 13%      | 80    | 25%      | 74        | 23%      | 40        | 13%      | 59       | 19%      | 316   | 100%     |
| Driver education or refresher courses   | 27    | 9%       | 20    | 6%       | 42    | 13%      | 17        | 5%       | 11        | 3%       | 199      | 63%      | 316   | 100%     |
| Access to reliable and affordable in-home high speed Internet                             | 33    | 10%      | 46    | 15%      | 60    | 19%      | 76        | 24%      | 52        | 16%      | 49       | 16%      | 316   | 100%     |

### Q9x2 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?

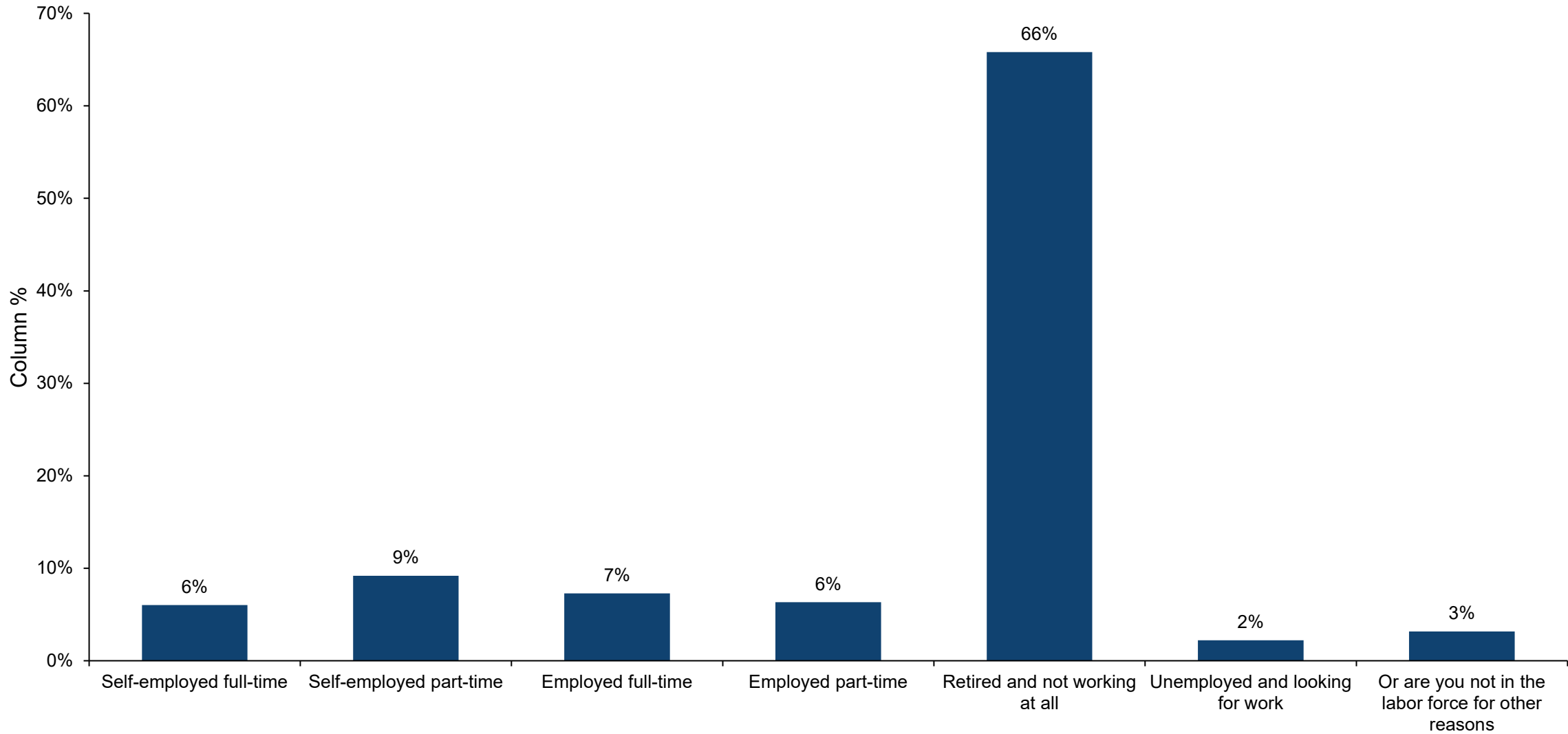


- A range of volunteer activities to choose from
- Volunteer training opportunities to help people perform better in their volunteer roles
- Opportunities for older adults to participate in decision making bodies such as community councils or committees
- Easy to find information on available local volunteer opportunities
- Transportation to and from volunteer activities for those who need it
- A range of public in-person events

## Q9x2 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?

|  | Poor  |          | Fair  |          | Good  |          | Very good |          | Excellent |          | Not sure |          | Total |          |
|--|-------|----------|-------|----------|-------|----------|-----------|----------|-----------|----------|----------|----------|-------|----------|
|  | Count | Column % | Count | Column % | Count | Column % | Count     | Column % | Count     | Column % | Count    | Column % | Count | Column % |
| A range of volunteer activities to choose from   | 13    | 4%       | 29    | 9%       | 60    | 19%      | 70        | 22%      | 92        | 29%      | 52       | 16%      | 316   | 100%     |
| Volunteer training opportunities to help people perform better in their volunteer roles                          | 20    | 6%       | 36    | 11%      | 35    | 11%      | 37        | 12%      | 54        | 17%      | 134      | 42%      | 316   | 100%     |
| Opportunities for older adults to participate in decision making bodies such as community councils or committees | 20    | 6%       | 34    | 11%      | 45    | 14%      | 71        | 22%      | 62        | 20%      | 84       | 27%      | 316   | 100%     |
| Easy to find information on available local volunteer opportunities  | 39    | 12%      | 42    | 13%      | 62    | 20%      | 54        | 17%      | 46        | 15%      | 73       | 23%      | 316   | 100%     |
| Transportation to and from volunteer activities for those who need it  | 43    | 14%      | 21    | 7%       | 13    | 4%       | 10        | 3%       | 13        | 4%       | 216      | 68%      | 316   | 100%     |
| A range of public in-person events   | 20    | 6%       | 37    | 12%      | 67    | 21%      | 58        | 18%      | 43        | 14%      | 91       | 29%      | 316   | 100%     |

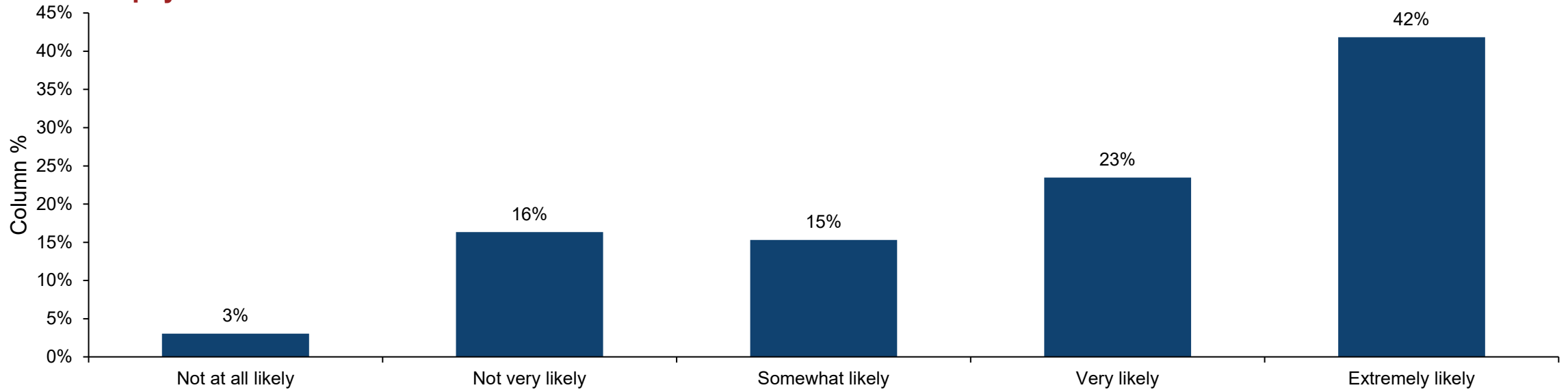
### Q10x2 Which of the following best describes your current employment status?



**Q10x2 Which of the following best describes your current employment status?**

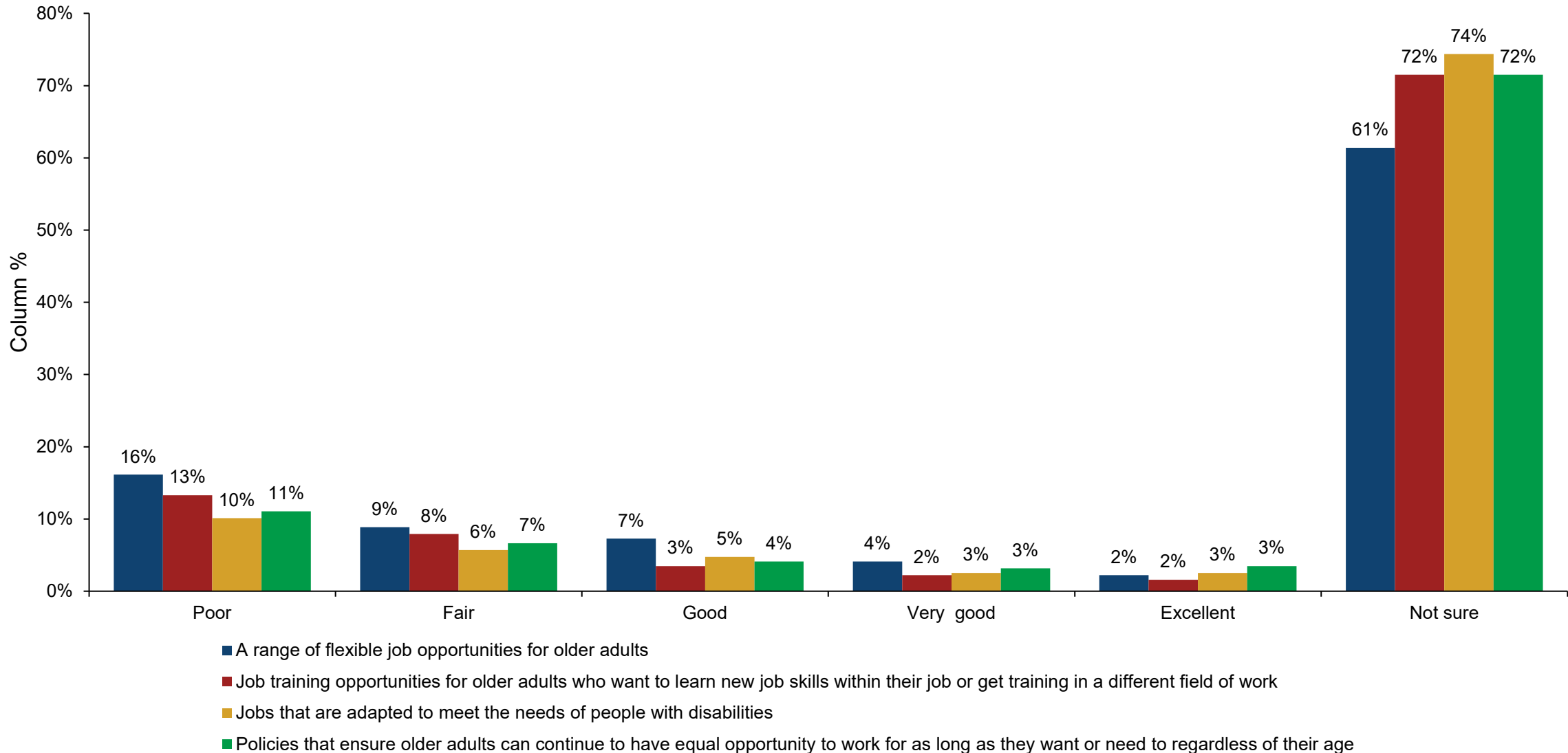
|   | <b>Count</b> | <b>Column %</b> |
|---|--------------|-----------------|
| Self-employed full-time                             | 19           | 6%              |
| Self-employed part-time                             | 29           | 9%              |
| Employed full-time                                  | 23           | 7%              |
| Employed part-time                                  | 20           | 6%              |
| Retired and not working at all                      | 208          | 66%             |
| Unemployed and looking for work                     | 7            | 2%              |
| Or are you not in the labor force for other reasons | 10           | 3%              |
| <b>TOTAL</b>  | <b>316</b>   | <b>100%</b>     |

**Q10x3 How likely is it that you will continue to work as long as possible, rather than choosing to retire and no longer work for pay?**



|                   | Count     | Column %    |
|-------------------|-----------|-------------|
| Not at all likely | 3         | 3%          |
| Not very likely   | 16        | 16%         |
| Somewhat likely   | 15        | 15%         |
| Very likely       | 23        | 23%         |
| Extremely likely  | 41        | 42%         |
| <b>TOTAL</b>      | <b>98</b> | <b>100%</b> |

### Q10x4 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?

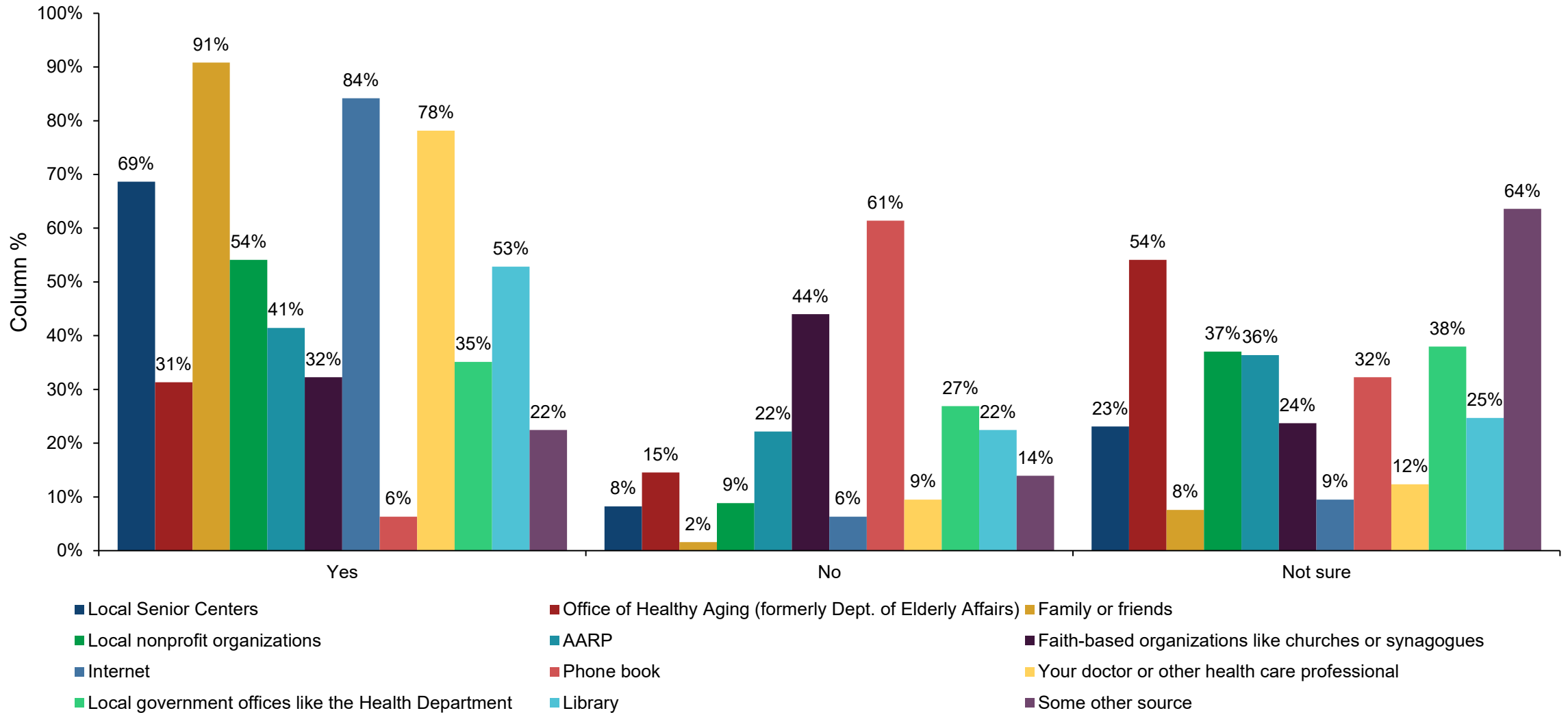


## Q10x4 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?

|  | Poor  |          | Fair  |          | Good  |          | Very good |          | Excellent |          | Not sure |          | Total |          |
|--|-------|----------|-------|----------|-------|----------|-----------|----------|-----------|----------|----------|----------|-------|----------|
|  | Count | Column % | Count | Column % | Count | Column % | Count     | Column % | Count     | Column % | Count    | Column % | Count | Column % |
| A range of flexible job opportunities for older adults   | 51    | 16%      | 28    | 9%       | 23    | 7%       | 13        | 4%       | 7         | 2%       | 194      | 61%      | 316   | 100%     |
| Job training opportunities for older adults who want to learn new job skills within their job or get training in a different field of work   | 42    | 13%      | 25    | 8%       | 11    | 3%       | 7         | 2%       | 5         | 2%       | 226      | 72%      | 316   | 100%     |
| Jobs that are adapted to meet the needs of people with disabilities  | 32    | 10%      | 18    | 6%       | 15    | 5%       | 8         | 3%       | 8         | 3%       | 235      | 74%      | 316   | 100%     |
| Policies that ensure older adults can continue to have equal opportunity to work for as long as they want or need to regardless of their age | 35    | 11%      | 21    | 7%       | 13    | 4%       | 10        | 3%       | 11        | 3%       | 226      | 72%      | 316   | 100%     |



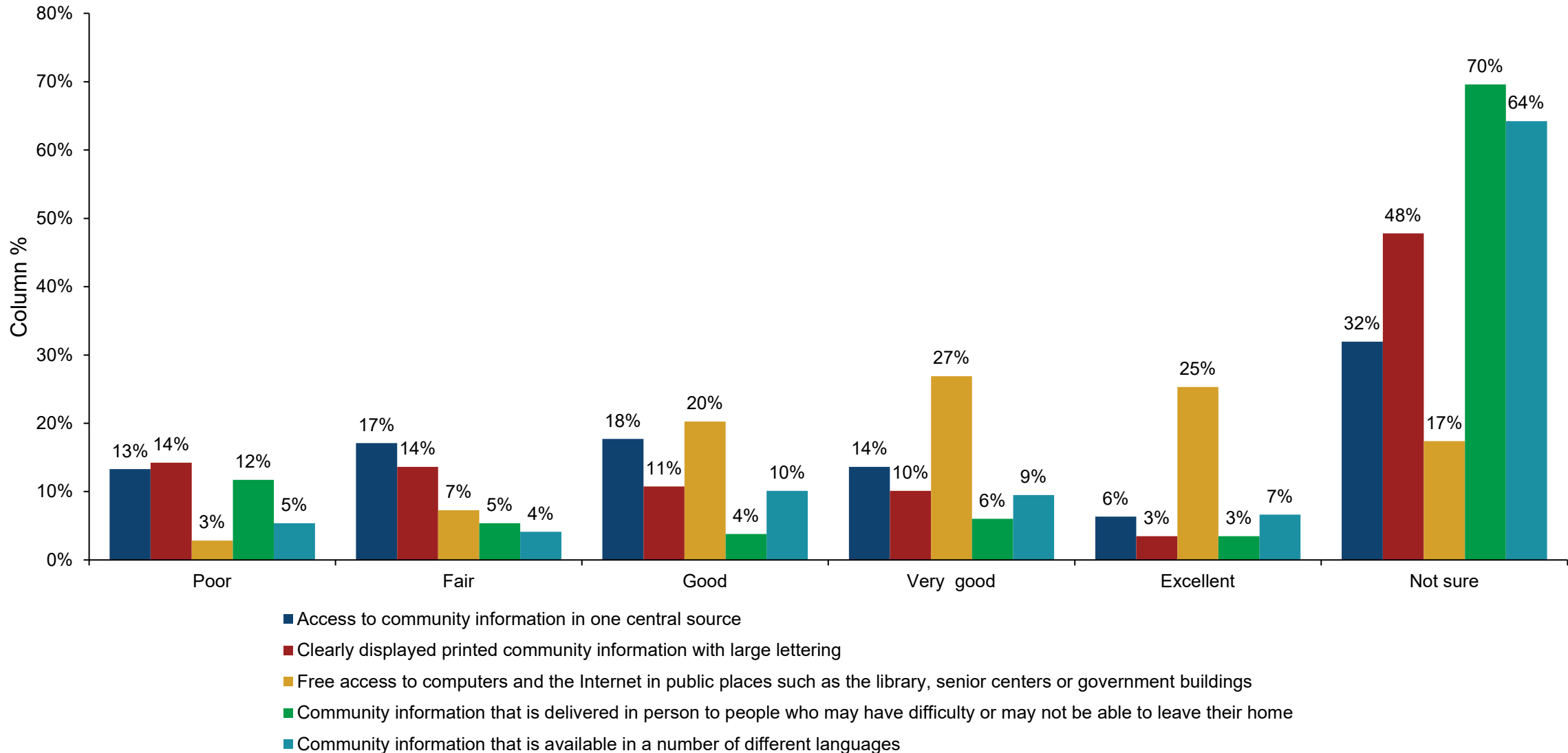
**Q11x2 Would you turn to the following resources if you, a family member or friend needed information about services for older adults such as caregiving services, home delivered meals, home repair, medical transport, or social activities?**



**Q11x2 Would you turn to the following resources if you, a family member or friend needed information about services for older adults such as caregiving services, home delivered meals, home repair, medical transport, or social activities?**

|   | Yes   |          | No    |          | Not sure |          | Total |          |
|---|-------|----------|-------|----------|----------|----------|-------|----------|
|   | Count | Column % | Count | Column % | Count    | Column % | Count | Column % |
| Local Senior Centers  | 217   | 69%      | 26    | 8%       | 73       | 23%      | 316   | 100%     |
| Office of Healthy Aging (formerly Dept. of Elderly Affairs) | 99    | 31%      | 46    | 15%      | 171      | 54%      | 316   | 100%     |
| Family or friends   | 287   | 91%      | 5     | 2%       | 24       | 8%       | 316   | 100%     |
| Local nonprofit organizations                               | 171   | 54%      | 28    | 9%       | 117      | 37%      | 316   | 100%     |
| AARP  | 131   | 41%      | 70    | 22%      | 115      | 36%      | 316   | 100%     |
| Faith-based organizations like churches or synagogues       | 102   | 32%      | 139   | 44%      | 75       | 24%      | 316   | 100%     |
| Internet  | 266   | 84%      | 20    | 6%       | 30       | 9%       | 316   | 100%     |
| Phone book  | 20    | 6%       | 194   | 61%      | 102      | 32%      | 316   | 100%     |
| Your doctor or other health care professional               | 247   | 78%      | 30    | 9%       | 39       | 12%      | 316   | 100%     |
| Local government offices like the Health Department         | 111   | 35%      | 85    | 27%      | 120      | 38%      | 316   | 100%     |
| Library   | 167   | 53%      | 71    | 22%      | 78       | 25%      | 316   | 100%     |
| Some other source   | 71    | 22%      | 44    | 14%      | 201      | 64%      | 316   | 100%     |

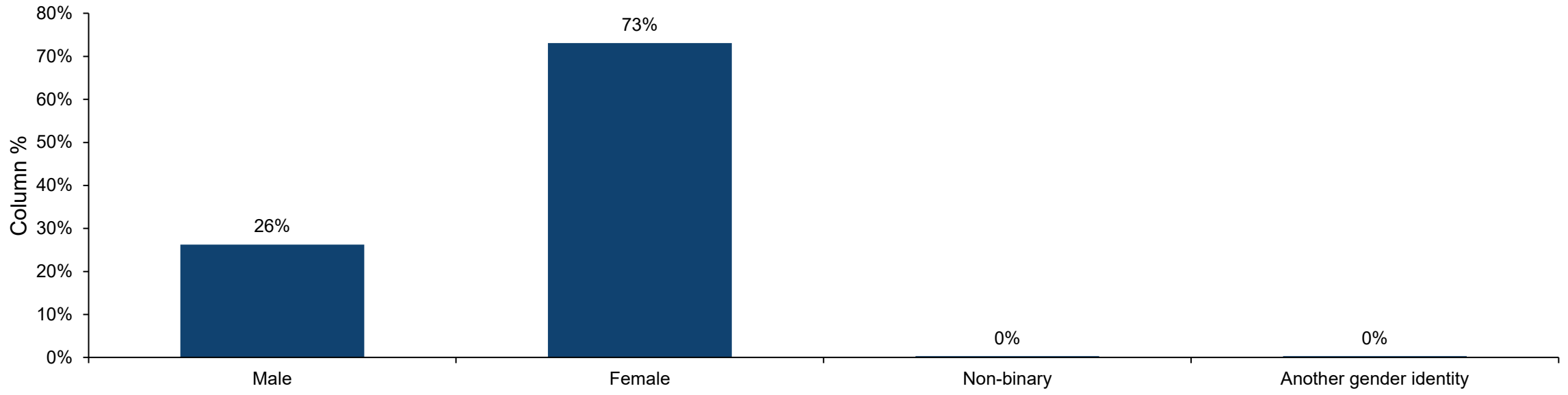
### Q11x3 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?



### Q11x3 Would you rate your community as excellent, very good, good, fair, poor, or not sure on having the following?

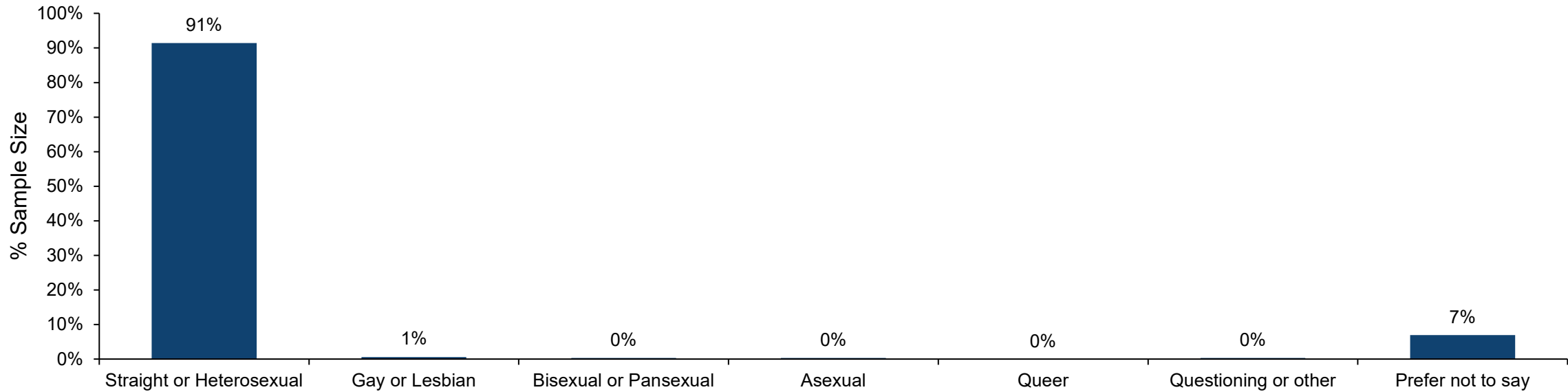
|  | Poor  |          | Fair  |          | Good  |          | Very good |          | Excellent |          | Not sure |          | Total |          |
|--|-------|----------|-------|----------|-------|----------|-----------|----------|-----------|----------|----------|----------|-------|----------|
|  | Count | Column % | Count | Column % | Count | Column % | Count     | Column % | Count     | Column % | Count    | Column % | Count | Column % |
| Access to community information in one central source  | 42    | 13%      | 54    | 17%      | 56    | 18%      | 43        | 14%      | 20        | 6%       | 101      | 32%      | 316   | 100%     |
| Clearly displayed printed community information with large lettering   | 45    | 14%      | 43    | 14%      | 34    | 11%      | 32        | 10%      | 11        | 3%       | 151      | 48%      | 316   | 100%     |
| Free access to computers and the Internet in public places such as the library, senior centers or government buildings     | 9     | 3%       | 23    | 7%       | 64    | 20%      | 85        | 27%      | 80        | 25%      | 55       | 17%      | 316   | 100%     |
| Community information that is delivered in person to people who may have difficulty or may not be able to leave their home | 37    | 12%      | 17    | 5%       | 12    | 4%       | 19        | 6%       | 11        | 3%       | 220      | 70%      | 316   | 100%     |
| Community information that is available in a number of different languages   | 17    | 5%       | 13    | 4%       | 32    | 10%      | 30        | 9%       | 21        | 7%       | 203      | 64%      | 316   | 100%     |

## Q12x2 What is your gender?



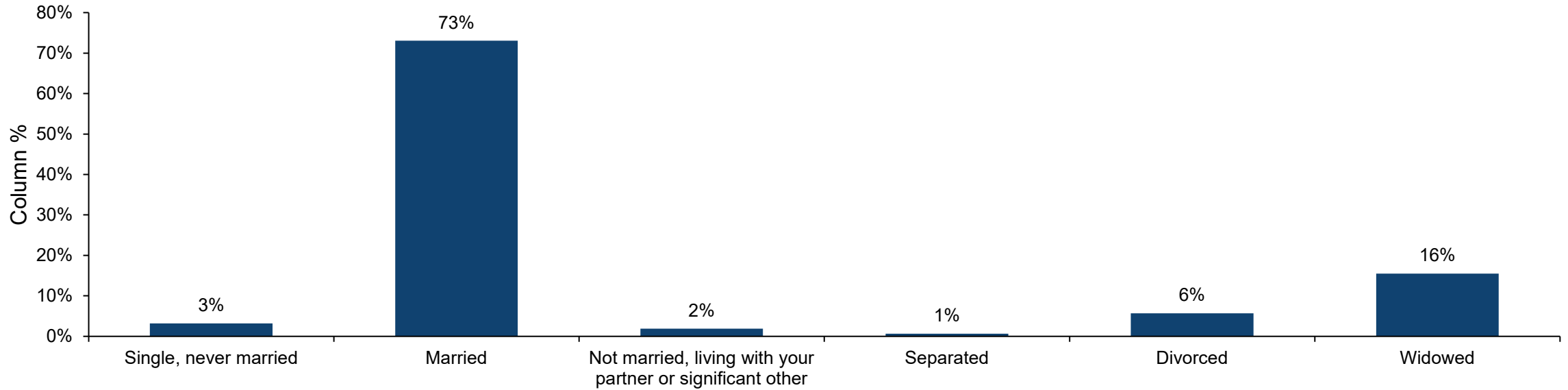
|                         | Count      | Column %    |
|-------------------------|------------|-------------|
| Male                    | 83         | 26%         |
| Female                  | 231        | 73%         |
| Non-binary              | 1          | 0%          |
| Another gender identity | 1          | 0%          |
| <b>TOTAL</b>            | <b>316</b> | <b>100%</b> |

### Q12x3 Which term best describes how you currently identify?



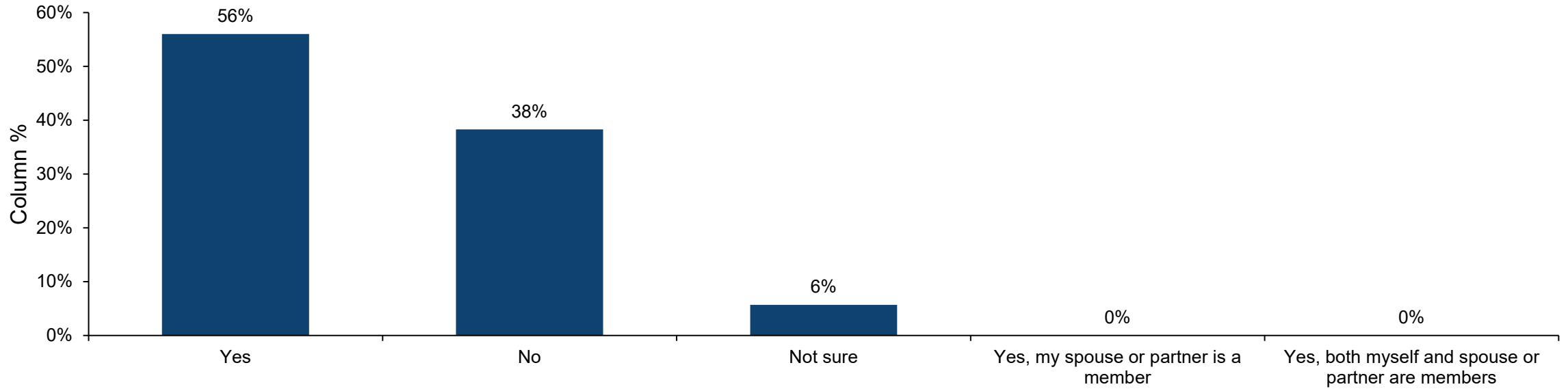
|                          | Count      | Column %    |
|--------------------------|------------|-------------|
| Straight or Heterosexual | 289        | 91%         |
| Gay or Lesbian           | 2          | 1%          |
| Bisexual or Pansexual    | 1          | 0%          |
| Asexual                  | 1          | 0%          |
| Queer                    | 0          | 0%          |
| Questioning or other     | 1          | 0%          |
| Prefer not to say        | 22         | 7%          |
| <b>TOTAL</b>             | <b>316</b> | <b>100%</b> |

### Q13x1 What is your current marital status?



|  | Count      | Column %    |
|--|------------|-------------|
| Single, never married                                      | 10         | 3%          |
| Married  | 231        | 73%         |
| Not married, living with your partner or significant other | 6          | 2%          |
| Separated  | 2          | 1%          |
| Divorced   | 18         | 6%          |
| Widowed  | 49         | 16%         |
| <b>TOTAL</b>   | <b>316</b> | <b>100%</b> |

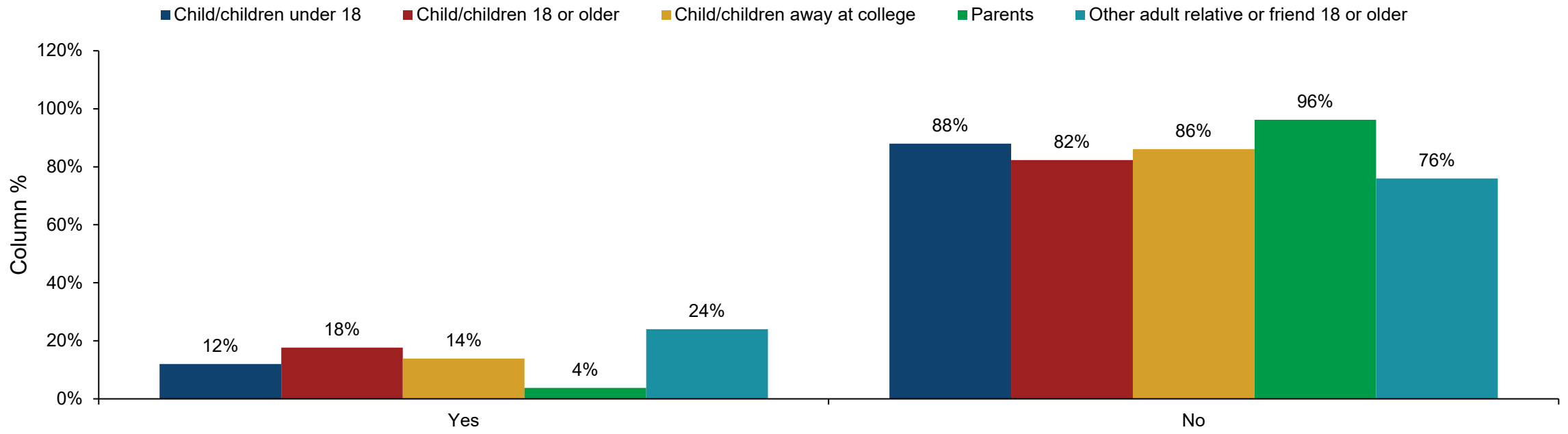
### Q13x2 Are you, your spouse or partner currently a member of AARP?



|  | Count      | Column %    |
|--|------------|-------------|
| Yes  | 177        | 56%         |
| No   | 121        | 38%         |
| Not sure   | 18         | 6%          |
| Yes, my spouse or partner is a member              | 0          | 0%          |
| Yes, both myself and spouse or partner are members | 0          | 0%          |
| <b>TOTAL</b>                                       | <b>316</b> | <b>100%</b> |

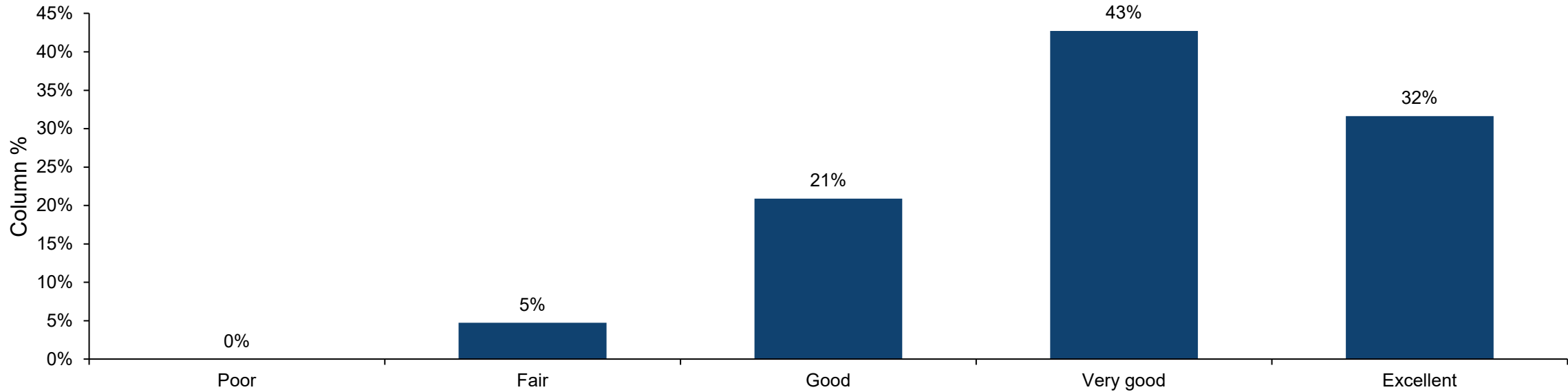


### Q14x1 Besides you, do you have any of the following people living in your household?



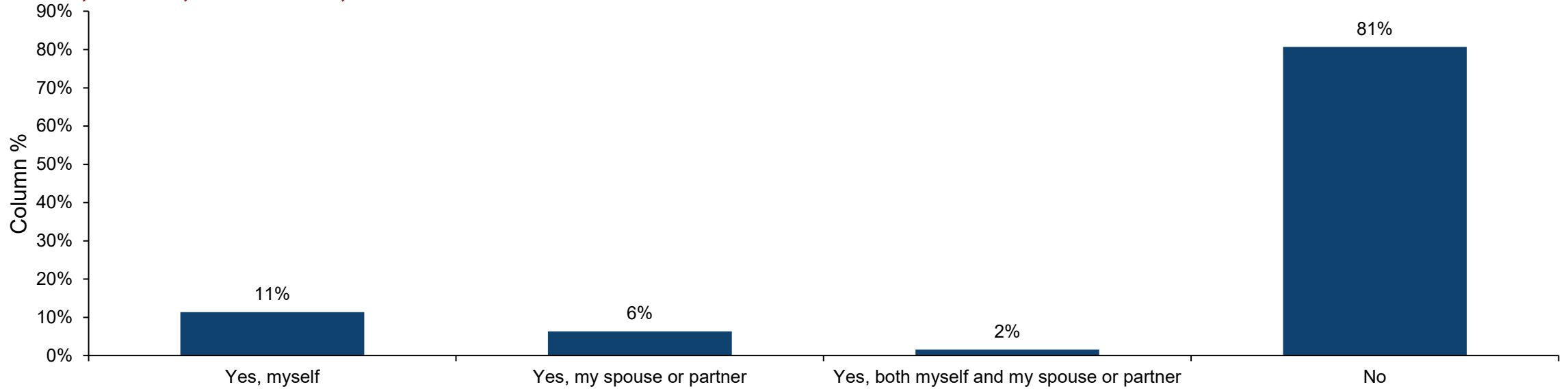
|  | Yes   |          | No    |          | Total |          |
|--|-------|----------|-------|----------|-------|----------|
|  | Count | Column % | Count | Column % | Count | Column % |
| Child/children under 18                    | 38    | 12%      | 278   | 88%      | 316   | 100%     |
| Child/children 18 or older                 | 56    | 18%      | 260   | 82%      | 316   | 100%     |
| Child/children away at college             | 44    | 14%      | 272   | 86%      | 316   | 100%     |
| Parents                                    | 12    | 4%       | 304   | 96%      | 316   | 100%     |
| Other adult relative or friend 18 or older | 76    | 24%      | 240   | 76%      | 316   | 100%     |

### Q14x2 In general would you say your health is?



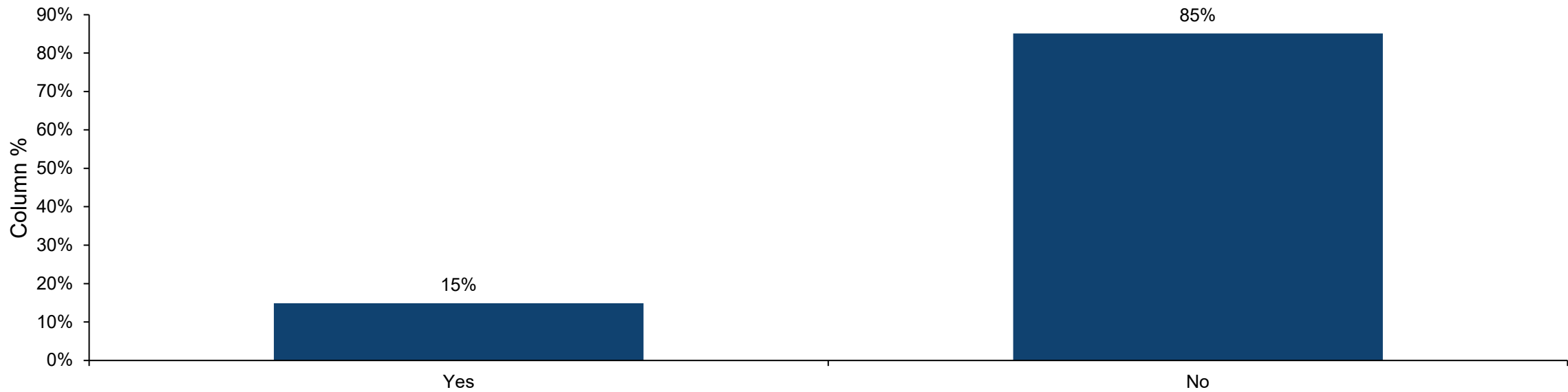
|              | Count      | Column %    |
|--------------|------------|-------------|
| Poor         | 0          | 0%          |
| Fair         | 15         | 5%          |
| Good         | 66         | 21%         |
| Very good    | 135        | 43%         |
| Excellent    | 100        | 32%         |
| <b>TOTAL</b> | <b>316</b> | <b>100%</b> |

**Q15x1 Does any disability, handicap, or chronic disease keep you, your spouse or partner from participating fully in work, school, housework, or other activities?**



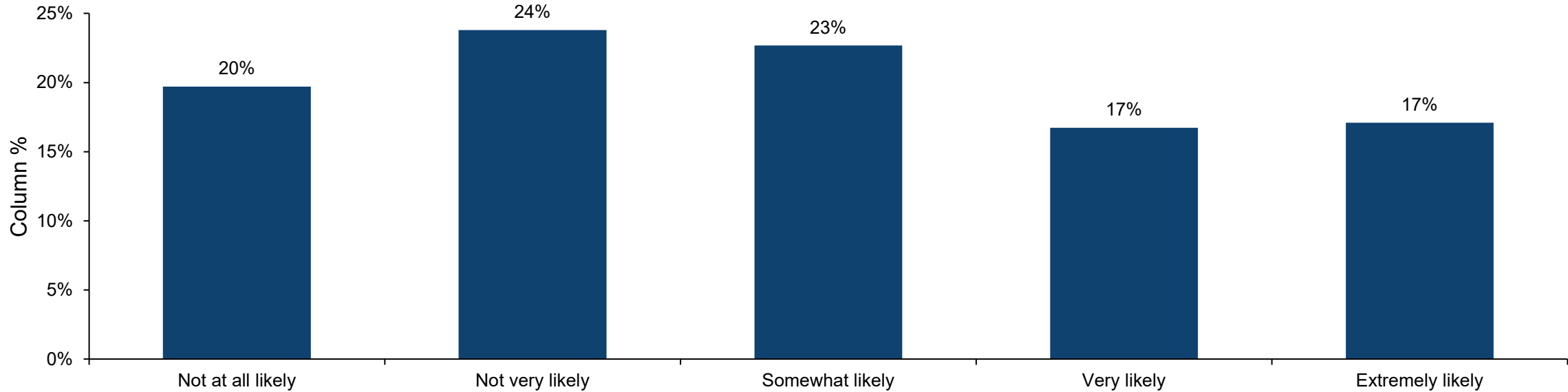
|   | Count      | Column %    |
|---|------------|-------------|
| Yes, myself                               | 36         | 11%         |
| Yes, my spouse or partner                 | 20         | 6%          |
| Yes, both myself and my spouse or partner | 5          | 2%          |
| No  | 255        | 81%         |
| <b>TOTAL</b>                              | <b>316</b> | <b>100%</b> |

**Q16x1 A family caregiver is someone who provides care for an adult loved one who is ill, frail, elderly, or has a physical, mental, or emotional disability. This care may include helping with personal needs like bathing or dressing, meals, household chores, shopping, transportation, managing medical care or finances, or even visiting regularly to see how they are doing. This adult need not live with you. Are you currently a family caregiver provider?**



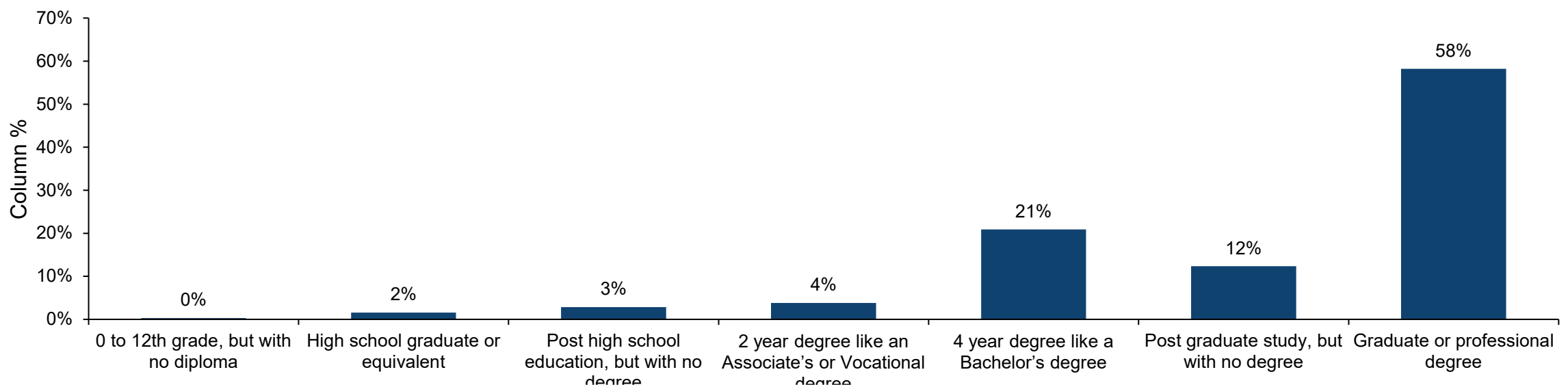
|       | Count | Column % |
|-------|-------|----------|
| Yes   | 47    | 15%      |
| No    | 269   | 85%      |
| TOTAL | 316   | 100%     |

**Q16x2 How likely is it that you will provide unpaid care to an adult loved one in the future?**



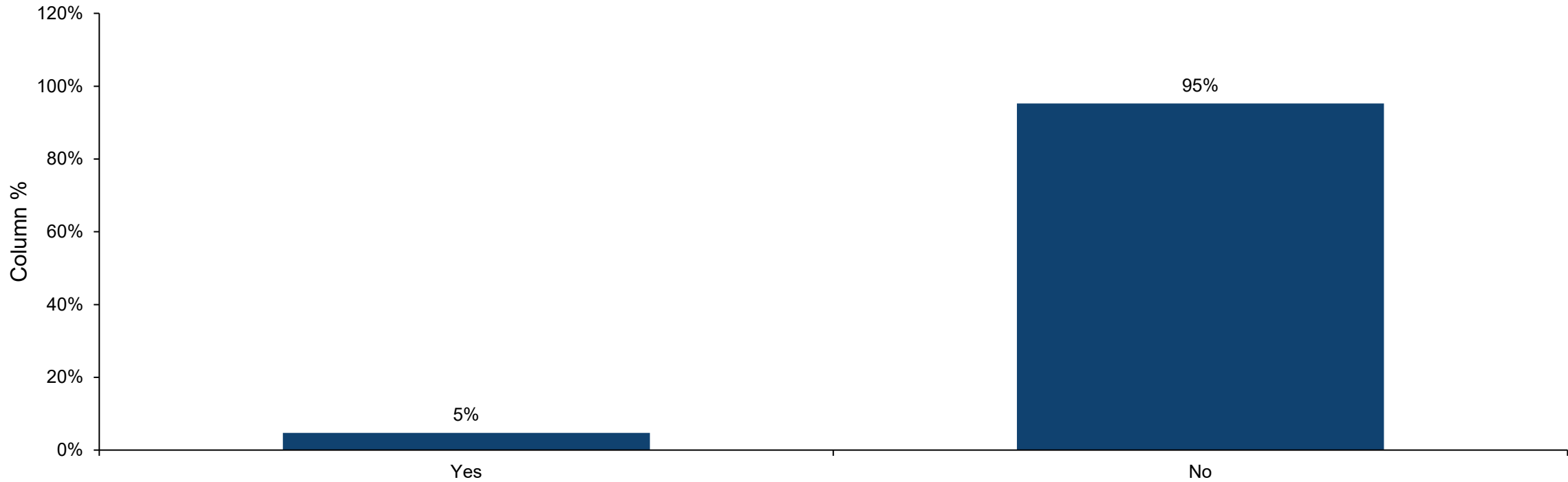
|                   | <b>Count</b> | <b>Column %</b> |
|-------------------|--------------|-----------------|
| Not at all likely | 53           | 20%             |
| Not very likely   | 64           | 24%             |
| Somewhat likely   | 61           | 23%             |
| Very likely       | 45           | 17%             |
| Extremely likely  | 46           | 17%             |
| <b>TOTAL</b>      | <b>269</b>   | <b>100%</b>     |

### Q16x3 What is the highest level of education that you completed?



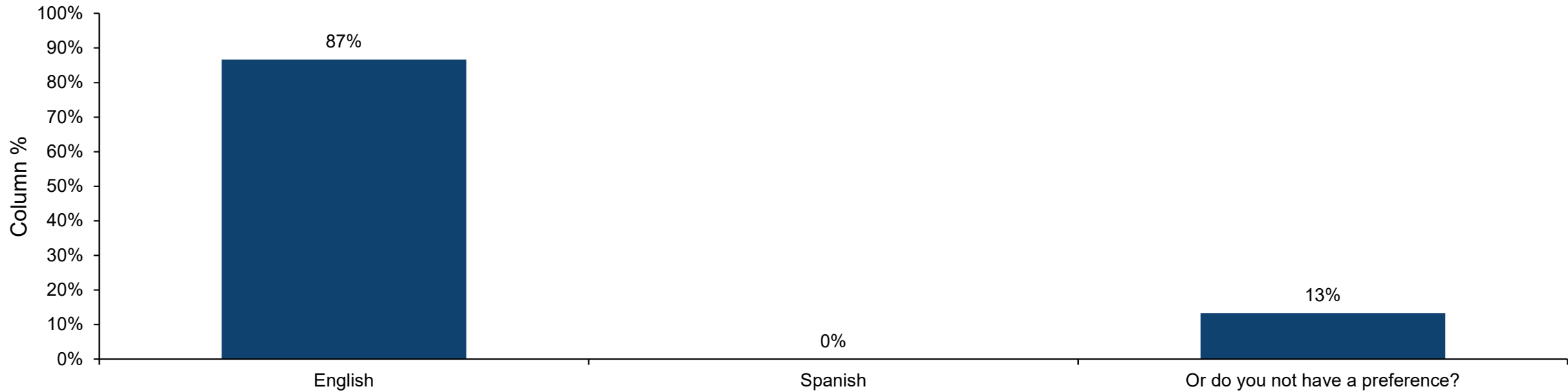
|  | Count      | Column %    |
|--|------------|-------------|
| 0 to 12th grade, but with no diploma                   | 1          | 0%          |
| High school graduate or equivalent                     | 5          | 2%          |
| Post high school education, but with no degree         | 9          | 3%          |
| 2 year degree like an Associate's or Vocational degree | 12         | 4%          |
| 4 year degree like a Bachelor's degree                 | 66         | 21%         |
| Post graduate study, but with no degree                | 39         | 12%         |
| Graduate or professional degree                        | 184        | 58%         |
| <b>TOTAL</b>   | <b>316</b> | <b>100%</b> |

### Q16x4 Are you of Hispanic, Spanish, or Latino origin or descent?



|       | Count | Column % |
|-------|-------|----------|
| Yes   | 15    | 5%       |
| No    | 301   | 95%      |
| TOTAL | 316   | 100%     |

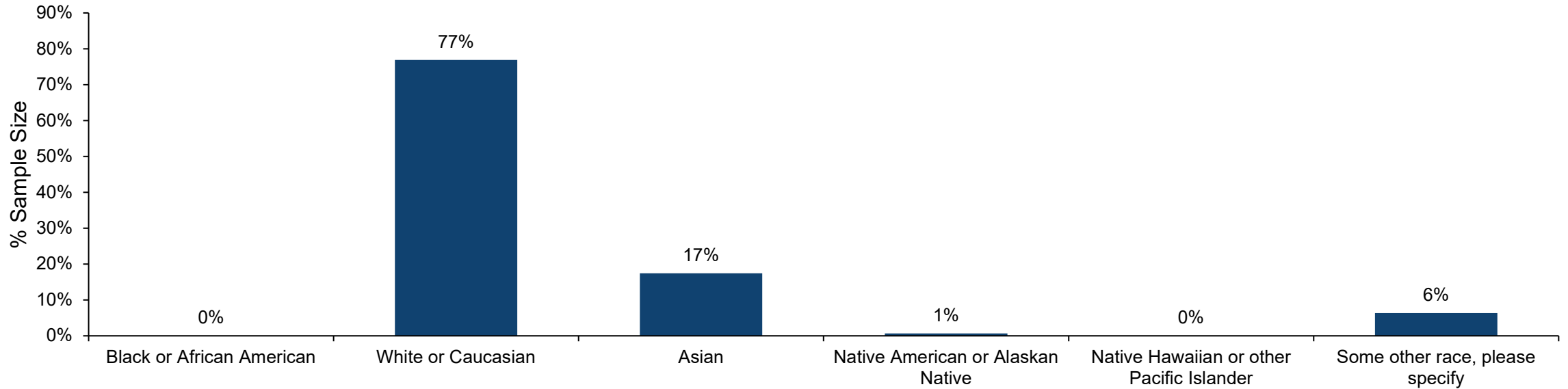
### Q16x5 Which language do you prefer to speak?



|                                  | Count     | Column %    |
|----------------------------------|-----------|-------------|
| English                          | 13        | 87%         |
| Spanish                          | 0         | 0%          |
| Or do you not have a preference? | 2         | 13%         |
| <b>TOTAL</b>                     | <b>15</b> | <b>100%</b> |

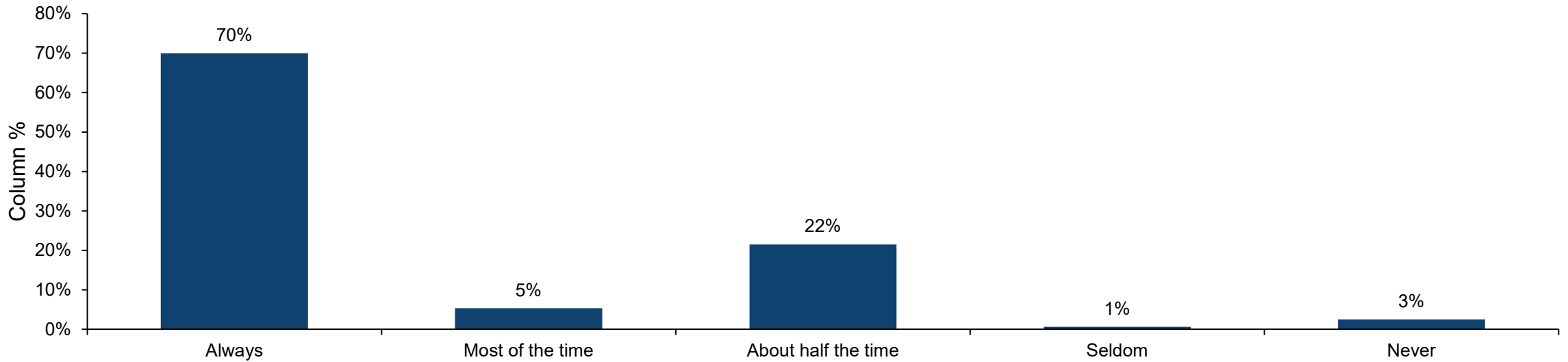


### Q16x6 What race do you consider yourself?



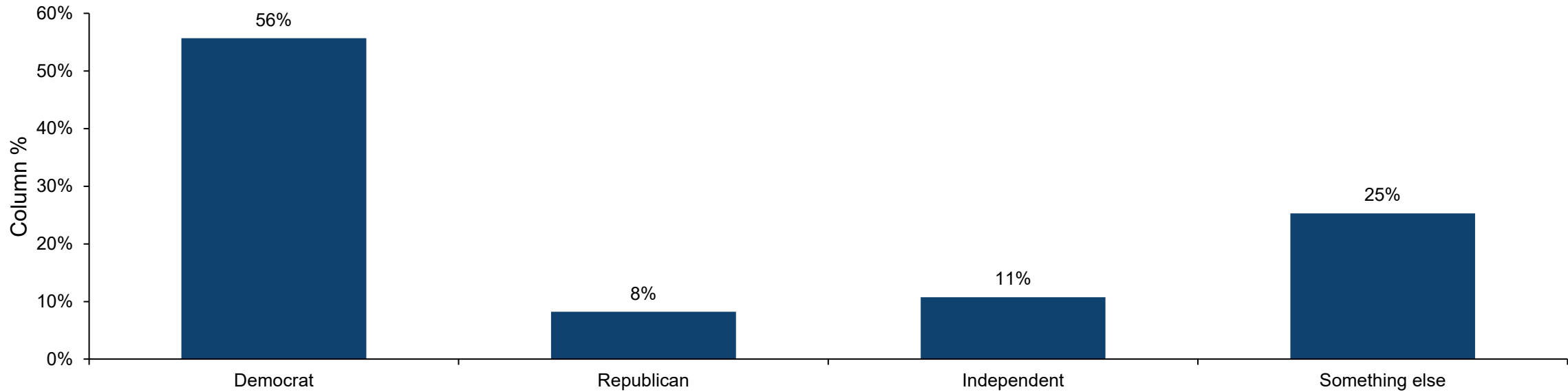
|   | Count      | Column %    |
|---|------------|-------------|
| Black or African American                 | 0          | 0%          |
| White or Caucasian                        | 243        | 77%         |
| Asian                                     | 55         | 17%         |
| Native American or Alaskan Native         | 2          | 1%          |
| Native Hawaiian or other Pacific Islander | 0          | 0%          |
| Some other race, please specify           | 20         | 6%          |
| <b>TOTAL</b>                              | <b>320</b> | <b>101%</b> |

**Q16x7 Thinking about your state elections for Governor and Legislators in the last 10 years, which of the following best describes your voting behavior? How often would you say you vote?**



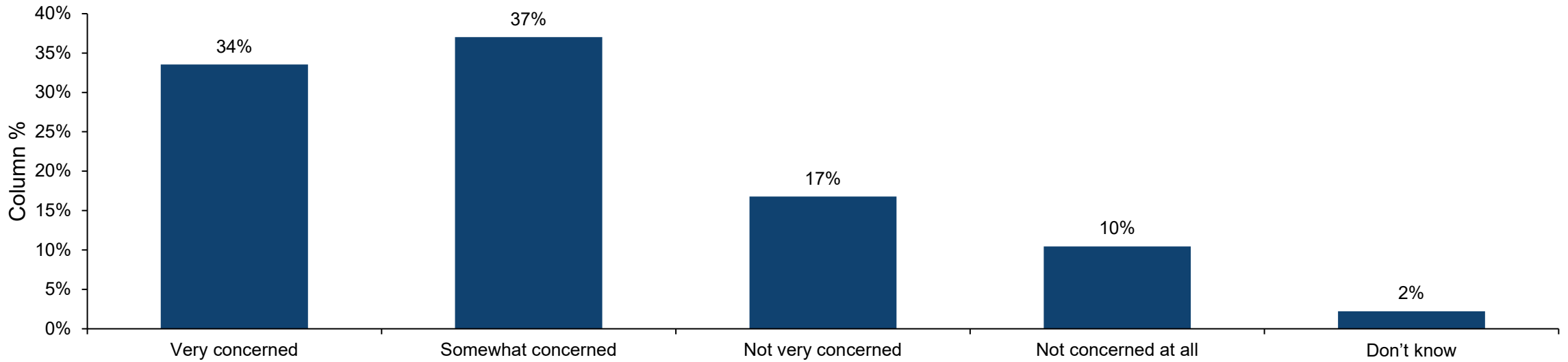
|                     | Count      | Column %    |
|---------------------|------------|-------------|
| Always              | 221        | 70%         |
| Most of the time    | 17         | 5%          |
| About half the time | 68         | 22%         |
| Seldom              | 2          | 1%          |
| Never               | 8          | 3%          |
| <b>TOTAL</b>        | <b>316</b> | <b>100%</b> |

### Q16x8 Which political party do you most identify with?



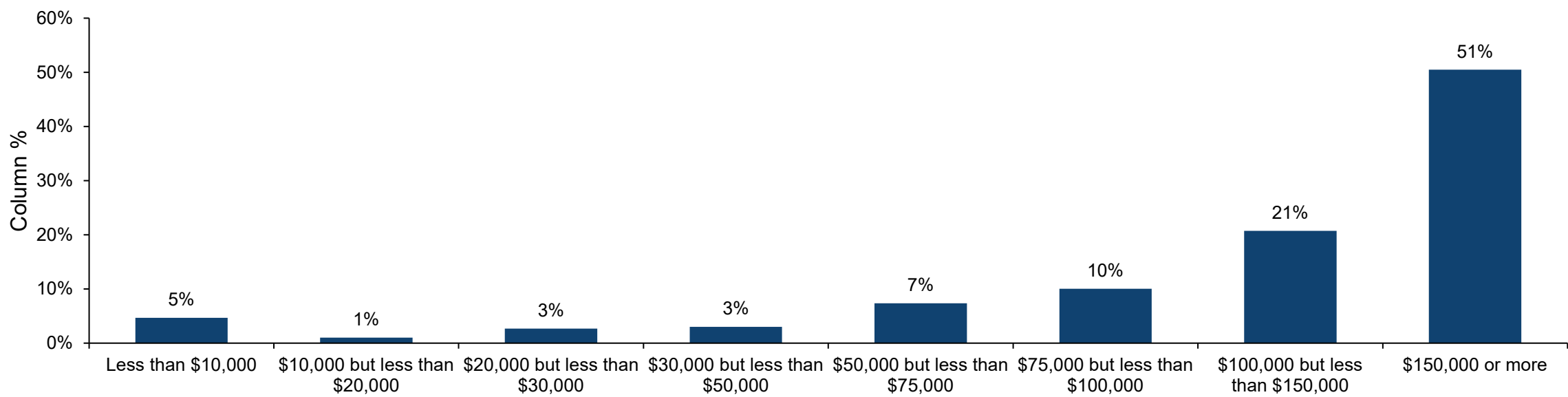
|                | Count      | Column %    |
|----------------|------------|-------------|
| Democrat       | 176        | 56%         |
| Republican     | 26         | 8%          |
| Independent    | 34         | 11%         |
| Something else | 80         | 25%         |
| <b>TOTAL</b>   | <b>316</b> | <b>100%</b> |

**Q16x10 How concerned are you that cost of living increases, over which you have no control, may reduce your standard of living during your retirement years?**



|                      | Count      | Column %    |
|----------------------|------------|-------------|
| Very concerned       | 106        | 34%         |
| Somewhat concerned   | 117        | 37%         |
| Not very concerned   | 53         | 17%         |
| Not concerned at all | 33         | 10%         |
| Don't know           | 7          | 2%          |
| <b>TOTAL</b>         | <b>316</b> | <b>100%</b> |

### Q16x9 In which category did your annual household income before taxes fall in 2022?



|                                   | Count      | Column %    |
|-----------------------------------|------------|-------------|
| Less than \$10,000                | 14         | 5%          |
| \$10,000 but less than \$20,000   | 3          | 1%          |
| \$20,000 but less than \$30,000   | 8          | 3%          |
| \$30,000 but less than \$50,000   | 9          | 3%          |
| \$50,000 but less than \$75,000   | 22         | 7%          |
| \$75,000 but less than \$100,000  | 30         | 10%         |
| \$100,000 but less than \$150,000 | 62         | 21%         |
| \$150,000 or more                 | 151        | 51%         |
| <b>TOTAL</b>                      | <b>299</b> | <b>100%</b> |

LOS ALTOS HILLS PARKS AND RECREATION

# PATHWAYS RUN/WALK

Saturday, May 11th, 9 am  
Westwind Community Barn

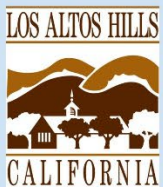


This annual event begins at the Westwind Community Barn, travels through the Byrne Preserve and extends into the Los Altos Hills Pathways system. The run features a hilly and challenging 5K and 10K Pathways Run/Walk, plus a 1-Mile Fun Run. To learn more, visit the event website at [lahpathwaysrun.org](http://lahpathwaysrun.org).

**SIGN UP TODAY**



<https://bit.ly/annualpathwaysrun-walk>



-  [lahpathwaysrun.org](http://lahpathwaysrun.org)
-  650-947-2518
-  [esteta@losaltoshills.ca.gov](mailto:esteta@losaltoshills.ca.gov)

2024  
Theme:  
**JUST RUN**

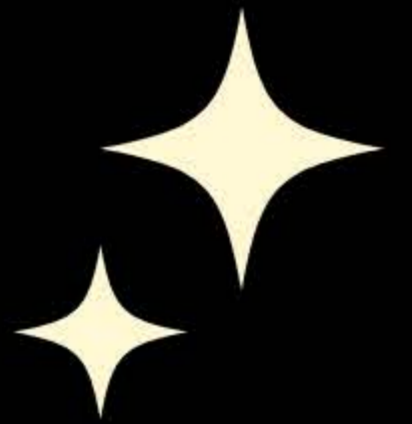


LOS ALTOS  
YOUTH COMMISSION  
PRESENTS

# Open Mic Night

97 HILLVIEW AVE  
LOS ALTOS  
COMMUNITY  
CENTER,  
GRAND OAK  
ROOM

RSVP!



FRIDAY,  
**April**  
**26** 6-9  
PM

(650)-947-2790  
REC-INFO@LOSALTOSCA.GOV

SPONSORED BY LOS ALTOS PARKS & RECREATION

# PARENT & ME STORYTIME



JOIN US FOR STORYTIME, FOLLOWED BY FREE PLAY!

**TUESDAY,  
APRIL 23**

10:30 AM - 12 PM

**SAN ANTONIO CLUB**

647 N. SAN ANTONIO RD., LOS ALTOS

---

**QUESTIONS?**

(650) 947-2790

REC-INFO@LOSALTOSCA.GOV



# APPLY TO BE A SUMMER CAMP COUNSELOR- IN-TRAINING



**CONNECT WITH  
OTHER TEENS AND  
BECOME A LEADER!**

- Love summer camp, but are too old to attend?
- Looking for experience working with kids ages 3.5 - 11?
- Enjoy being outdoors and under the Redwood trees?
- Looking for volunteer experience?
- Are you 13 - 15 years old?

CAMP

**APPLY TODAY!**

Applications due Tuesday, April 30



**Questions?** (650) 947-2790 | [rec-info@losaltosca.gov](mailto:rec-info@losaltosca.gov)



LOS ALTOS PARKS & RECREATION

# REDWOOD GROVE SUMMER CAMP



## ADVENTURE THROUGH REDWOOD GROVE

### JUNE 17 - AUGUST 5

**REGISTER  
HERE!**



### AGES 3.5 - 11 YEARS



**OUTDOOR GAMES | STORYTELLING | MUSIC  
CRAFTS | NATURED-BASED ACTIVITIES**

**QUESTIONS?**

**(650) 947-2790**

**rec-info@losaltosca.gov**

**Parks  
Make  
Life  
Better!**





# CITY OF LOS ALTOS

## Parks & Recreation Department

Agenda Item 3.



# WE'RE HIRING!

## SUMMER RECREATION LEADERS

- CAMP COUNSELORS (RECREATION LEADERS I/II)
- CAMP DIRECTORS (RECREATION LEADER III)

### JOIN OUR TEAM:

Looking for an exciting and fun summer job that allows you to make a difference in the lives of children? City of Los Altos is currently seeking experienced and enthusiastic camp counselors and directors to join our team and help create an unforgettable summer camp experience for our young campers!

apply  
online  
today!

Scan Me!



[www.losaltosca.gov/jobs](http://www.losaltosca.gov/jobs)  
hr@losaltosca.gov | 650-790-1790

131

**AGES  
3.5 - 4  
YEARS**

# CAMP JELLY BEAN

**Camp Jelly Bean is an introductory day camp specially designed for our youngest adventurers! This charming camp provides a natural and secure storybook setting for our littlest campers.**



**6/17 - 6/21 | Sand & Surf  
7/1 - 7/5 | Superheroes & Tutus  
7/15 - 7/19 | Pirates & Princesses  
7/29 - 8/2 | ABC Dinosaur**

LOS ALTOS PARKS & RECREATION

# BECOME A VOLUNTEER!




## OPPORTUNITIES

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

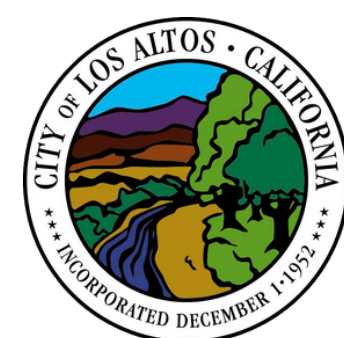
## INTERESTED?

[rec-info@losaltosca.gov](mailto:rec-info@losaltosca.gov) 

**(650) 947-2790** 

[LosAltosRecreation.org](http://LosAltosRecreation.org) 

**Parks  
Make  
Life  
Better!**





# Adult 50+ Special Programming

## PROGRAM HIGHLIGHTS



### Adult 50+ Mini Trip

Farm Fun & Lunch in Pescadero!

Wednesday, 4/17, 9:30 AM - 4 PM  
Chartered Bus Departs from LACC

**SIGN UP**



### Adult 50+ Mini Trip

Carolands Mansion & Lunch at Allied Arts

Thursday, 5/9, 9:15 AM - 3:30 PM  
Chartered Bus Departs from LACC

**SIGN UP**



### Adult 50+ Meet-Up

Exclusive Pre-Concert Lounge

Thursday, 6/13, 5 - 6:30 PM  
Multi- GPCC

**FREE** **SIGN UP**

## FEATURED ACTIVITIES



### AARP Tax Appointments

Register online and book appointment

Monday, 2/5 - 4/8

Sequoia - LACC

**FREE** **SIGN UP**



### Internet Safety for Adult 50+ Citizens

Presented by Nihir Bhatt

Tuesday, 4/2, 11:30 - 12:30 PM

Apricot Room - LACC

**FREE**



### Meet the Community Services Agency - Senior Department

Presented by CSACares.org

Wednesday, 4/10, 12:15 PM

Multipurpose - GPCC

**FREE**



### Mah-Jongg 2024

### League Card Preview

Presented by Marilyn Levy

Wednesday, 4/17, 11AM - 12 PM

Room 1 - GPCC

**FREE**



### Military Appreciation Cards

Presented by Daughters of the Revolution

Wednesday, 5/8, 10 - 12 PM

Sequoia - LACC

**FREE** **SIGN UP**



### Fall Prevention

Presented by SCC Fire Department

Wednesday, 5/8, 12:15 - 1 PM

Multipurpose - GPCC

**FREE**



### Corfu, Greece: Where Nature and History Converge

Presented by Scott Cady

Thursday, 5/23, 12:30 - 1:30 PM

LACC - Apricot

**FREE**



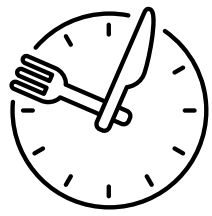
### International Day of Yoga

Thursday, 6/20, 11:00 - Noon

Grand Oak - LACC

**FREE**

## ADULT 50+ LUNCHEONS



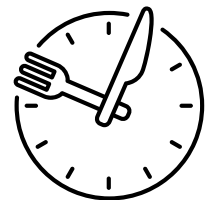
### GPCC Luncheons

2nd Wednesdays (4/10, 5/8, 6/12)

11:15 AM - 12:15 PM

Multi-purpose - GPCC

**SIGN UP**



### LACC Luncheons

4th Thursdays (3/28, 4/25, 5/16, 6/27)

11:30 AM - 12:30 PM

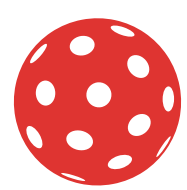
Grand Oak - LACC

**SIGN UP**



Seating limited. Advanced sign-up required.  
Contact Adult 50+ or register online.

## HOLIDAYS/CLOSURES



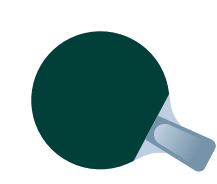
### Pickleball Cancelled

4/8 - 4/12 & 6/10 - 6/14



### Memorial Day

Monday, 5/27



### Ping-pong Cancelled

Thursday, 6/13, LACC



### Juneteenth

Wednesday, 6/19

**PARKS AND REC  
EVENT CALENDAR**

[losaltosca.gov/calendar](https://losaltosca.gov/calendar)

**MORE INFO**



**CATALOG &  
PROGRAM INFO**









[losaltosca.gov/parksrec](https://losaltosca.gov/parksrec)







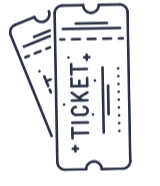
# Adult 50+ Regular Programming

Updated 3/27/24

## Monday

- 
**Meditation**  
 9- 10 AM  
 Online  
FREE SIGN UP
- 
**Adult 50+ Rec Room**  
 9 AM - 12 PM  
 Sycamore - LACC  
 Room 4 - GPCC  
FREE
- 
**Ping Pong Drop-In**  
 10:30 AM - 1 PM  
 Multi-purpose - GPCC  
\$ %
- 
**Discussion Group**  
 10:30 AM - 12 PM  
 Room 3 - GPCC  
FREE
- 
**Monkey Toy Makers**  
 12 - 2 PM  
 Sycamore - LACC  
FREE SIGN UP
- 
**Technology Tutoring**  
 1 - 3 PM (Select Mondays, by appt.)  
 Buckeye - LACC  
FREE SIGN UP
- 
**Fitness Dance and Fun**  
 1 - 2 PM  
 Grant Park Community Center (GPCC)  
FREE
- 
**Pickleball Drop-In**  
 6:30 - 9:30 PM  
 City Gym - Egan School  
\$ %

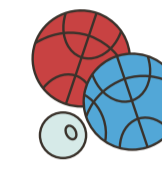
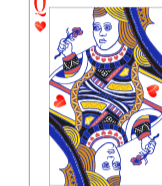



## Tuesday

- 
**Play Bocce Ball**  
 9 AM - 1 PM  
 Bocce Ball Courts - LACC  
FREE Weather Permitting
- 
**Bridge Free Play**  
 9 AM - 2 PM (except 2nd Tuesdays)  
 Sycamore - LACC  
FREE
- 
**Line Dancing**  
 1 - 2 PM  
 Grand Oak - LACC  
\$ SIGN UP %
- 
**Cultural Exchange**  
 10:30 AM - 12 PM (2nd Tuesdays)  
 Sycamore Room - LACC  
FREE
- 
**Monthly Movie (New Day)**  
 12 - 2 PM (2nd Tuesday)  
 5/14 - Mother (1996 - Albert Brooks)  
 6/11 - Carmen Jones (1954)  
 7/9 - Women's Prison (1955)  
 Sycamore - LACC  
\$ %
- 
**HICAP (Medicare Counseling)**  
*Health Insurance Counseling & Advocacy Program*  
 1 - 4 PM (3rd Tuesdays, by appt.)  
 Madrone - LACC  
FREE SIGN UP


## Wednesday

- 
**50+ Game Day**  
 9 AM - 2 PM  
 Sycamore - LACC  
FREE
- 
**American Mah Jongg Class**  
 9:30 - 11:30 AM  
 Room 1 - GPCC  
FREE SIGN UP
- 
**ArtVenturers**  
 9:30 AM - 12 PM  
 Apricot - LACC  
FREE
- 
**Chair Yoga**  
 9:45 - 10:15 AM  
 Room 3 - GPCC  
FREE SIGN UP
- 
**Stretching & Walking**  
 10:15 - 10:45 AM  
 Basketball court area - GPCC  
FREE
- 
**Book Club**  
 11 AM - 12 PM (3rd Wednesdays)  
 Room 3 - GPCC  
FREE SIGN UP
- 
**Play American Mah Jongg**  
 11:30 AM - 2 PM  
 Room 1 - GPCC  
FREE SIGN UP
- 
**Dance Exercise**  
 1 - 2 PM  
 Multi-purpose - GPCC  
FREE
- 
**Pickleball Drop-In**  
 6:30 - 9:30 PM  
 City Gym - Egan School  
\$ %

## Thursday

- 
**Play Bocce Ball**  
 9 AM - 1 PM  
 Bocce Ball Courts - LACC  
FREE Weather Permitting
- 
**Bridge - Welcoming Group**  
 10 AM - 2 PM  
 Sycamore - LACC  
FREE
- 
**Ping Pong Drop-In**  
 11:15 AM - 2 PM  
 Grand Oak or Birch - LACC  
\$ %
- 
**Adult 50+ Rec Room**  
 9 AM - 12 PM  
 Maple - LACC  
FREE
- 
**Fitness Dance and Fun**  
 1 - 2 PM  
 Online  
FREE SIGN UP

## Friday

- 
**Foreign Affairs**  
 10:30 AM - 12 PM  
 Online  
\$ 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](https://losaltosca.gov/calendar)  
[losaltosca.gov/parksrec](https://losaltosca.gov/parksrec)

### CONTACT

 (650) 947-2797

### CALENDAR KEY

- \$ Fee-Required to participate
- % Discounted or FREE for members
- FREE Free to all participants
- SIGN UP Advanced sign-up required

“LACC” - Los Altos Community Center  
 “GPCC” - Grant Park Community Center



Adult 50+ Website