



SENIOR COMMISSION MEETING AGENDA

3:30 PM - Monday, March 03, 2025

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/82178902951?pwd=lfI3pHmItysS13rVd8BXJKLmLaucaj.1>

Webinar ID: 821 7890 2951 / Passcode: 145615

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

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

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

PUBLIC COMMENT AGENDA ITEM ## - MEETING DATE.

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

CALL MEETING TO ORDER

ESTABLISH QUORUM

PLEDGE OF ALLEGIANCE

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

Members of the audience may bring to the Commission's attention any item that is not on the agenda. Please complete a "Request to Speak" form and submit it to the Staff Liaison. Speakers are generally given two or three minutes, at the discretion of the Chair. Please be advised that, by law, the Commission is unable to discuss or take action on issues presented during the Public Comment Period. According to State Law (also known as "the Brown Act") items must first be noticed on the agenda before any discussion or action.

ITEMS FOR CONSIDERATION/ACTION

1. [Minutes: Approve minutes of the regular Senior Commission meeting of February 3, 2025](#)
2. [City Council Joint Meeting: Review and discuss the joint meeting held on February 25, 2025, and take action as appropriate](#)
3. [Work Plan: Update FY 2024/25 Work Plan](#)
4. [Senior Health Fair: Receive ad hoc subcommittee report, discuss presentation schedule, and assign working pairs to complete planning tasks for the event](#)
5. [Fall Fling: Receive ad hoc subcommittee report and assign working pairs to complete planning tasks for the event](#)
6. [Speaker Series: Receive staff report and take action as appropriate](#)

INFORMATIONAL ITEMS

7. [Flyers: Receive informational flyers](#)

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

8. **Staff Oral Reports:** Receive information and announcements from Town of Los Altos Hills and city of Los Altos staff
9. **Future Agenda Items**
 - A. Work Plan
 - B. Health Fair
 - C. Fall Fling

ADJOURNMENT

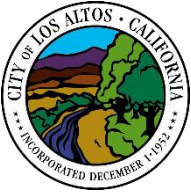
SPECIAL NOTICES TO PUBLIC

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

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

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

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



MINUTES OF THE REGULAR MEETING OF THE SENIOR COMMISSION OF THE CITY OF LOS ALTOS AND TOWN OF LOS ALTOS HILLS, HELD ON MONDAY, FEBRUARY 3, 2025, AT 3:30 P.M. VIA VIDEO CONFERENCE AND IN PERSON.

CALL MEETING TO ORDER

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

ESTABLISH QUORUM:

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

ABSENT: None

LATE: None

PLEDGE OF ALLEGIANCE

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

ITEMS FOR CONSIDERATION/ACTION

1. **Minutes:** Approve minutes of the regular Senior Commission meeting of January 6, 2025.

Public Comment: None

Action: Upon a motion by Olson, seconded by Gallagher Thompson, the Senior Commission approved the minutes of the regular meeting of January 6, 2025.

Approve: Basiji, Cohen, Gallagher Thompson, Olson, and Trapnell

Oppose: None

Absent: None

Abstention: Buchholz, Dixit

Motion passed unanimously: 5-0-0-2

2. **Work Plan:** Finalize FY 2024/25 work plan

Public Comment: None

Action: Upon a motion by Buchholz, seconded by Dixit, the Senior Commission approved the FY 2024/25 work plan with edits made at the meeting.

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

Oppose: None
Absent: None
Abstention: None
Motion passed unanimously: 7-0-0-0

3. **City Council Joint Meeting Preparation:** Determine and finalize topics for discussion, including past year’s accomplishments and presentation of new work plan, for the joint meeting scheduled on February 25, 2025 between 6 – 7 P.M.

Public Comment: None

Action: Discussed Senior Commission 2024 accomplishments and plans for 2025.

INFORMATIONAL ITEMS

4. **Flyers:** Informational flyers received.

Public Comment: None

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

Public Comment: None

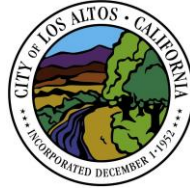
COMMISSION/SUBCOMMITTEE/STAFF ORAL REPORTS AND REQUESTS FOR FUTURE AGENDA ITEMS

- 6. **Future Agenda Items:**
 - A. Work Plan
 - B. Health Fair
 - C. Fall Fling Collaboration with Club 55

Public Comment: None

ADJOURNMENT:

At 4:47 P.M., Monday, February 3, 2025, Cohen adjourned the meeting.



SENIOR COMMISSION AGENDA REPORT

Meeting Date: March 3, 2025

Subject: Joint City Council Meeting Review

Prepared by: Jaime Chew, Parks & Recreation Deputy Director

Initiated by: City Staff

Staff Recommendation

The staff recommends to review the joint City Council meeting and take action as appropriate.

Summary/Project Description:

Review joint City Council meeting.

Fiscal Impact: None

Background

Per the Commission Handbook:

When a commission work plan is necessary each commission shall discuss and prepare its annual work plan based upon the City Council annual priorities and budget, which shall be submitted and approved by the City Council. The work plan is a list of the anticipated topics, assignments and goals that the commission will focus on over a 12-month period. From time to time the City Council may amend the approved commission work plan in order to achieve the goals of the city. Any requested modifications should be in line with the goals and objectives of the commission and the city.

The Senior Commission held their joint City Council meeting on Tuesday, February 25, 2025.

Discussion/Analysis

The Senior Commission will need to review and discuss their joint City Council meeting and take action as appropriate.

Senior Commission

2024 - 25 Work Plan

(October 2024 - September 2025)

Goals	Projects	Due Date	Priority/Source	Status	Assignment	Notes
Outdoor Spaces and Building						
Transportation	Write a letter to El Camino Healthcare District Board regarding the RoadRunner Program	November 2024	Community input	Completed	Buchholz, Gallagher Thompson	Individual letters were written in lieu of a formal letter due to Council being the legislative body that should approve a letter being sent by the city
Housing						
Social Participation	Collaborate with Adult 50+ staff to increase participation in programs and activities	October 2024		Completed	Nagao, Olson	
	Collaborate with Club 55 and Adult 50+ Program to expand the October Club 55 event to a Halloween themed Fall Fling	October 2025	Commission	In Progress	Olson, Trapnell	
	Collaborate with Club 55 and Adult 50+ Program to host a Spring Fling in April	April 2026	Commission			Planning of this event will be based upon the Fall Fling
Respect and Social Inclusion						
Civic Participation and Employment						
Communication and Information						

Senior Commission

2024 - 25 Work Plan

(October 2024 - September 2025)

Agenda Item 3.

Community Support and Health Care Services	Host a Health Fair	September / October 2025	Commission	In Progress	Basiji, Buchholz, Gallagher Thompson	Two dates have been reserved at the Los Altos Community Center 1. Tuesday, September 9 2. Tuesday, October 7 Final date will be based upon availability of speakers and vendors
Emergency Preparedness						

Senior Commission 2024 - 25 Work Plan

(October 2024 - September 2025)

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

April 7, 2025	May 5, 2025	June 2, 2025	July - No Meeting	August 4, 2025	September 8, 2025
Health Fair	Health Fair	Health Fair		Health Fair	Health Fair
Fall Fling	Fall Fling	Fall Fling		Fall Fling	Fall Fling



SENIOR COMMISSION AGENDA REPORT

Meeting Date: March 3, 2025

Subject: Senior Health Fair

Prepared by: Jaime Chew, Parks & Recreation Deputy Director

Initiated by: City Staff and Senior Health Fair Ad Hoc Subcommittee

Staff Recommendation

The staff recommends to receive the ad hoc subcommittee report, discuss presentation schedule, and assign working pairs to complete planning tasks for the event.

Summary/Project Description:

Receive ad hoc subcommittee report, discuss and provide feedback on the presentation schedule, and assign working pairs to complete planning tasks for the event.

Fiscal Impact: None

Background

At the January 6, 2025, Senior Commission regular meeting, the Commission approved the formation of the Senior Health Fair Ad Hoc Subcommittee of Basiji, Buchholz, and Gallagher Thompson. Subsequently, at the February 3, 2025, Senior Commission regular meeting, the Commission approved their 2024 – 2025 work plan which included hosting a Senior Health Fair in the fall of 2025 (September 9 or October 7).

Discussion/Analysis

The Senior Health Fair Ad Hoc Subcommittee will provide an update on progress based upon subcommittee meetings and a meeting with city staff. The subcommittee is requesting feedback on the presentation schedule for the event, in addition to assistance through the assignment of working pairs to complete a number of planning tasks for the event.

Attachment

1. Senior Health Fair Ad Hoc Subcommittee Report

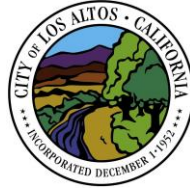
Senior Health Fair Ad Hoc Subcommittee

- Health Fair proposed by the Senior Commission to address the needs of the population we serve
- Audience 60-100yo; Active seniors 60's and 70's have different issues than many 80-100yo whose needs may be different
- If this presentation in the fall is well attended we will continue to provide health education to the community, whether a speakers series or another fair
- We are concentrating on several issues common in all populations
 - Mental health and Dementia prevention;
 - Care giving from both the perspectives of the provider and the recipients;
 - Promoting lifestyle and attitude fostering wellbeing with concentration on nutrition and physical activity

Maintaining wellbeing requires education, ongoing motivation and support, and creating a “community” of persons who practice a healthy lifestyle and can help others overcome the inertia that develops after the initial high of the Fair fades. The Senior Commission recognizes that this Health Fair is only a beginning effort to keep seniors practicing what they learn from the programs we offer.

Main topics could include care giving for both care givers and those receiving care. Information might cover, stress, availability of resources, stages of aging, adult children moving to parents area and vice versa.

Underlying purpose is to create an ongoing series of speakers and emphasis on preparing for the future. Creating community at the event and encouraging people with common interests to continue to meet with each other. Handouts from speakers for visual learners. Audiovisual help to record talks and including a library of the speeches.



SENIOR COMMISSION AGENDA REPORT

Meeting Date: March 3, 2025

Subject: Fall Fling

Prepared by: Jaime Chew, Parks & Recreation Deputy Director

Initiated by: City Staff and Fall Fling Ad Hoc Subcommittee

Staff Recommendation

The staff recommends to receive the ad hoc subcommittee report and assign working pairs to complete planning tasks for the event.

Summary/Project Description:

Receive ad hoc subcommittee report and assign working pairs to complete planning tasks for the event.

Fiscal Impact: None

Background

At the January 6, 2025, Senior Commission regular meeting, the Commission approved the formation of the Fall Fling Ad Hoc Subcommittee of Olson and Trapnell. Subsequently, at the February 3, 2025, Senior Commission regular meeting, the Commission approved their 2024 – 2025 work plan which included collaborating with Club 55 on their October event (October 17).

Discussion/Analysis

The Fall Fling Ad Hoc Subcommittee will provide an update on progress based upon subcommittee meetings and meetings with city staff. The subcommittee is requesting assistance through the assignment of working pairs to complete a number of planning tasks for the event.

Attachment

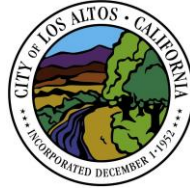
1. Fall Fling Ad Hoc Subcommittee Report

Fall Fling Ad Hoc Subcommittee

- City will provide room, tables (up to 18 round), white tablecloths, stand-up cocktail tables are available, paper goods, coffee/tea/water, alcohol permit, catering services & clean up, will see if Adult 50+ has any decorations which could be used, normal routine for advertising and ad in TC, website, FB post, flyers.
- Able to utilize: Jenga, corn hole, Connect 4, Foosball, Air hockey
- City will pay for entertainment (DJ)
- Budget for food is TBD
- Prizes for costume contest - look for donations
- Alcohol: Club 55
- Decorations
- Article in TC: need writer
- Advertisement: LA Forward FB page, Nextdoor? Patch? LAVA (explore), Chamber (explore) LA Community Foundation
- Registration will be encouraged
- Event time will be 6pm – 9pm

Additional assistance:

- Senior Commissioners have assignments to help throughout the process using working Pairs



SENIOR COMMISSION AGENDA REPORT

Meeting Date: March 3, 2025

Subject: Adult 50+ Program Speakers

Prepared by: Candace Avina, Recreation Coordinator
Chris Knopf, Recreation Coordinator

Initiated by: City Staff and Senior Commission

Staff Recommendation

The staff recommends to receive the report and take action as appropriate.

Summary/Project Description:

Receive report on Adult 50+ Program speakers.

Fiscal Impact: None

Background

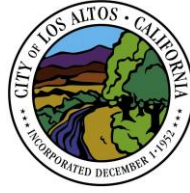
At the February 3, 2025, Senior Commission regular meeting, the Commission requested information on the Adult 50+ Program speaker series, and the process to potentially expand topics and offerings.

Discussion/Analysis

Speaker presentations are organized by Adult 50+ Program staff in collaboration with volunteers, local agencies, and resources to engage the diverse social and recreational interests of the older adult community. Presentations take place at the Los Altos Community Center and Grant Park Community Center locations, utilizing available audio-visual (AV) and facility resources. To encourage attendance, presentations are generally scheduled after Adult 50+ Program Community Luncheons. However, they may also be scheduled at other times at the discretion of the Adult 50+ Program.

The process begins when interested presenters or coordinating agencies contact the Adult 50+ Program to submit a proposal for their presentation. Recent speakers for the Adult 50+ Program include:

- Los Altos Chief of Police – Hosted at Grant Park Community Center, providing insights on public safety and community concerns.
- Dr. Scott Cady Series: Destinations Around the World – A travel-themed presentation series.
- Local Resources & Services – Featuring representatives from home health providers, community programs, and a variety of special interest topics tailored to the diverse needs of the Adult 50+ Program participants.



Subject: Adult 50+ Program Speakers

Upcoming, Los Altos City Manager Gabriel Engeland will be the featured speaker on March 5. This session will provide an opportunity for participants to engage in a discussion on key city updates which will include:

- Developments in Downtown Los Altos
- Enhancements to the Grant Park Community Center
- Insights into the upcoming transition to district-based elections

Publicity for this event is currently underway, and we look forward to a well-attended and informative session.

Senior Commissioners are encouraged to recommend topics and speakers. Adult 50+ Program staff will review and consider the suggestions.

LOS ALTOS PARKS & RECREATION

BECOME A VOLUNTEER!




OPPORTUNITIES

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

INTERESTED?

rec-info@losaltosca.gov 

(650) 947-2790 

LosAltosRecreation.org 

**Parks
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Life
Better!**



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LosAltosCA.gov/HR

Agenda Item 7.



LOS ALTOS PARKS & RECREATION

NOW HIRING SUMMER CAMP STAFF

FREE CPR
TRAINING

Lead our campers in crafts, games,
and nature-based activities

CAMP DIRECTOR

Senior Recreation Leader

\$20-\$23

MUST BE 18+ TO APPLY



CAMP COUNSELORS

Recreation Leader

\$18.20-\$21.50

MUST BE 16+ TO APPLY



*Pay based on experience

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LosAltosRecreation.org





WE'RE HIRING!

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

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

apply
online
today!

Scan Me!





CITY OF LOS ALTOS PARKS & RECREATION PRESENTS

Parks
Make
Life
Better!

Family Fun Days

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

FREE!

**10 AM -
1 PM**

JOIN US ON SELECT SATURDAYS
FOR TOTAL FAMILY FUN!

FEBRUARY

22

AROUND THE WORLD



APRIL

5

ECO EXPLORERS



JUNE

21

SUMMER KICKOFF

Games • Crafts • Movies • More



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



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?

APPLY TODAY!

Applications due Wednesday, April 30



Los Altos Youth Commission Presents

3rd Annual Open Mic Night!

Friday, March 21 6-9PM

LOS ALTOS COMMUNITY CENTER
GRAND OAK ROOM
97 HILLVIEW AVE



RSVP



(650) 947-2790
rec-info@losaltosca.gov
LosAltosRecreation.org



Drive-Thru Shred Event

Saturday, March 22nd, 2025

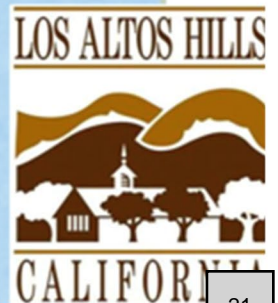
8 - 11 AM or until truck is full

Available to help residents destroy confidential documents. Residents may bring up to 15 standard file boxes to shred

Town Hall Parking Lot

26379 Fremont Road

Los Altos Hills, 94022



**Ages:
Walking to
10 Years**

**Bring your
own basket,
5 eggs
maximum**



Los Altos Parks & Recreation

SPRING EGG HUNT

Co-sponsored by the Friends of the Library of Los Altos



Saturday, April 19

Hillview Soccer Field, 97 Hillview Ave



9:30 AM - Carnival Games

10 AM - Egg Hunt Begins

10:20 AM - Live Children's Performance

(650) 947-2790 | rec-info@losaltosca.gov

LosAltosRecreation.org



Hoppin' Hounds

Biscuit Hunt

Learn more at



losaltoshills.ca.gov/register



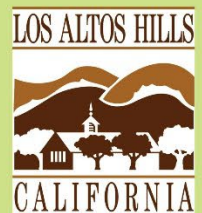
Saturday, April 19
9:00-10:30 AM

It's the twenty-first annual Hoppin' Hounds Biscuit Hunt! You and your dog will hunt through Byrne Preserve in search of dog-healthy treats. \$10 per entry to support Pets In Need's Palo Alto Animal Shelter.

Byrne Preserve at Westwind Community Barn

27210 Altamont Road, Los Altos Hills

For more info, contact 650-947-2518
or esteta@losaltoshills.ca.gov
losaltoshills.ca.gov/register





Live Well Age Well

Health Expo Meet-Up

Friday, May 9
10 AM-1:30 PM

Join the Adult 50+ Program for a Meet-Up at the Live Well Age Well Health Expo at the Cupertino Senior Center!



Transportation not included.
Moderate mobility is required.

FREE!

Connect with
the 50+ community

Our Meet-Up starts at 10 AM at Cupertino's Memorial Park Picnic Ground with coffee and breakfast pastries. Afterward, we'll take a short walk to the Senior Center to explore the Health Expo at your leisure.

Registration Required.



For More Information:
(650) 947-2797
Adult50plus@losaltosca.gov
LosAltosRecreation.org



RUN THE PATH LOVE THE TOWN



2025

LOS ALTOS HILLS PATHWAYS RUN/WALK

MAY 10
WESTWIND
COMMUNITY
BARN

RACE



EARLY BIRD SPECIALS
LAHPATHWAYSRUN.ORG

5K/10K

9AM

1-MILE FUN RUN

10:30 AM



LOS ALTOS PARKS & RECREATION

REDWOOD GROVE SUMMER CAMP



ADVENTURE THROUGH REDWOOD GROVE

JUNE 16 - AUGUST 8

**REGISTER
HERE!**



AGES 3.5 - 11 YEARS



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

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rec-info@losaltosca.gov
LosAltosRecreation.org**

**Parks
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Life
Better!**





**AGES
3.5 - 4
YEARS**

CAMP JELLY BEAN



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



- 6/30-7/2 • Under the Sea**
- 7/7-7/11 • Pirates & Princesses**
- 7/14-7/18 • Big Wheels & Little Explorers**
- 7/21-7/25 • Pawsome Pals**



LOS ALTOS PARKS & RECREATION

STAY CURRENT WITH THE ADULT 50+ PROGRAM

JOIN OUR EMAIL LIST TODAY!*



GET UPDATES ON

- ✓ *Mini-Trips*
- ✓ *Activities*
- ✓ *Luncheons*
- ✓ *Much More!*

HOW TO JOIN

*Contact (650) 947-2790,
Adult50plus@losaltosca.
gov or visit the Adult 50+
Program Offices and say
“I want to join your email
list!”*

** CivicREC Account Required*