



SPECIAL SENIOR COMMISSION MEETING AGENDA

3:30 PM - Monday, September 11, 2023

Telephone/Video Conference Only

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

Telephone: 1-669-444-9171 / Meeting ID: 861 6500 8314

Members of the Public may join and participate in the Senior Commission meeting at
<https://losaltosca-gov.zoom.us/j/86165008314?pwd=a0YvY1dmcVZHTSsxQ3JCKyt3UWRzUT09>
Passcode: 458565

Please Note: Commissioner Buchholz will participate in the meeting via videoconference from the site listed below. The meeting agenda will be posted on the videoconference site, which is accessible to the public. Anyone wishing to address the Commission from the videoconference site will be provided with an opportunity to do so.

Location:

340 Dardanelli Lane
Los Gatos, CA 95012

TO PARTICIPATE IN-PERSON: Members of the public may also participate in person by being present at the Los Altos Community Center Sequoia Room located at 97 Hillview Avenue, Los Altos, CA 94022

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

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

TO SUBMIT WRITTEN COMMENTS, prior to the meeting, comments on matters listed on the agenda may be emailed to **SCpubliccomment@losaltosca.gov**. Emails sent to this email address are sent to/received immediately by the Senior Commission. Please include a subject line in the following format:

PUBLIC COMMENT AGENDA ITEM ## - MEETING DATE.

Correspondence submitted in hard copy/paper must be received by 2:00 p.m. on the day of the meeting to ensure it can be distributed prior to the meeting. Correspondence received prior to the meeting will be included in the public record.

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

CALL MEETING TO ORDER

ESTABLISH QUORUM

PLEDGE OF ALLEGIANCE

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

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

SPECIAL PRESENTATION

Introduction of new Adult 50+ Recreation Coordinator Chris Knopf

ITEMS FOR CONSIDERATION/ACTION

1. [Minutes: Approve minutes of the Senior Commission special meeting of July 10, 2023](#)
2. [Work Plan: Review recommended FY 2022/23 Work Plan and Subcommittees](#)

INFORMATIONAL ITEMS

3. [Age Friendly: Receive update from City staff](#)
4. [Flyers: Recieve informational flyers](#)

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

5. **Commission/Subcommittee Reports:** Receive updates from Commission/Subcommittees
 - A. Recertification Subcommittee (Buchholz, Cohen, Li)
 - B. Outdoor Spaces and Buildings (Basiji, Nagao)
 - C. Transportation (Basiji, O'Reilly)
 - D. Housing (Basiji, O'Reilly)
 - E. Social Participation (Buchholz)
 - F. Respect and Social Inclusion (Buchholz, Cohen)
 - G. Civic Participation and Employment (Li)
 - H. Communication and Information (Nagao)
 - I. Community Support and Health Care Services (Buchholz, Cohen)
6. **Staff Oral Reports:** Receive information and announcements from Town of Los Altos Hills and City of Los Altos staff

7. Future Agenda Items

- A. Review World Health Organization Eight Domains (October)

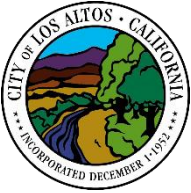
ADJOURNMENT**SPECIAL NOTICES TO PUBLIC**

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

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

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

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



MINUTES OF THE SPECIAL MEETING OF THE SENIOR COMMISSION OF THE CITY OF LOS ALTOS AND TOWN OF LOS ALTOS HILLS, HELD ON MONDAY, JULY 10, 2023 AT 3:30 P.M. VIA VIDEOCONFERENCE AND IN PERSON

CALL MEETING TO ORDER

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

ESTABLISH QUORUM:

PRESENT: Chair Cohen, Commissioners Buchholz, Nagao, O'Reilly

ABSENT: Commissioner Basiji

LATE: Vice Chair Li

PLEDGE OF ALLEGIANCE

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

ITEMS FOR CONSIDERATION/ACTION

1. **Minutes:** Approve minutes of the Senior Commission regular meeting of June 5, 2023.

Public Comment: None.

Action: Upon a motion by Commissioner Buchholz, seconded by Commissioner Nagao, the Commission approved the minutes of the meeting of June 5, 2023.

Approve: Chair Cohen, Commissioners Buchholz, Nagao, O'Reilly.

Oppose: None.

Absent: Commissioners Basiji and Li.

Abstention: None.

Motion passed unanimously: 4-0-2-1.

2. **Age Friendly Focus Groups:** Discuss stakeholders to include in the focus groups and how they will be recruited.

Public Comment: None.

Action: Discussed stakeholders to include in the focus groups and how they will be recruited.

Vice Chair Li joined the Senior Commission meeting.

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

Public Comment: None.

Action: Chair Cohen requested to be taken off the Social Participation subcommittee in FY 2022/23 Work Plan

INFORMATIONAL ITEMS

4. **Age Friendly:** Receive update from City staff.

Public Comment: None.

Action: Received update from City staff.

5. **Los Altos Commission Updates:** Receive ordinance updates.

Public Comment: None.

Action: Received ordinance updates.

6. **Flyers:** Receive informational flyers.

Public Comment: None.

Action: Received informational flyers.

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

7. **Commission/Subcommittee Reports:** Receive updates from Commission/Subcommittees.

- A. Recertification Subcommittee (Buchholz, Cohen, Li) – No report.
- B. Outdoor Spaces and Buildings (Basiji, Nagao) – No report.
- C. Transportation (Basiji, O'Reilly) – No report.
- D. Housing (O'Reilly, Basiji) – No report.
- E. Social Participation (Buchholz, Cohen) – No report.
- F. Respect and Social Inclusion (Buchholz, Cohen) – No report.
- G. Civic Participation and Employment (Li)-No report.
- H. Communication and Information (Nagao) – No report.
- I. Community Support and Health Care Services (Buchholz, Cohen) – No report.

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

Public Comment: None.

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

9. **Future Agenda Items:**

- A. Review World Health Organization Eight Domains – September
- B. Spring Fling

C. Resource Faire

ADJOURNMENT:

At 4:42 P.M., Monday, July 10, 2023, Chair Cohen adjourned the meeting.

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

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

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



SENIOR COMMISSION AGENDA REPORT

Meeting Date: September 11, 2023

Subject: Age Friendly

Prepared by: Jaime Chew, Recreation Manager

Initiated by: City Staff

Staff Recommendation

The staff recommends to receive the report

Summary/Project Description:

Age Friendly Recertification Project

Fiscal Impact:

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

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

Background

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

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

On June 7, 2021, Anabel Pelham, PhD and Founding Director for the Center for Age-Friendly Excellence (CAFÉ), gave a presentation to the Senior Commission on Age-Friendly Community Sustainability Principles from Grantmakers in Aging. CAFÉ was created to capture all the knowledge, capacity, experience, expertise, and process to become an Age-Friendly City and is currently working with 21 cities. Dr. Pelham has works closely with the California AARP who assists with the process to create a 5-year Age-Friendly Action Plan, as required by the program. On December 6, 2021, the Senior Commission approved the recommendation to pursue Dr. Pelham and CAFÉ to assist the City of Los Altos to update its Age Friendly status and create an Action Plan for the WHO.



Subject: Age Friendly

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

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

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

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

Staff met with an AARP representative on August 3, 2023, to discuss the survey process.

Discussion/Analysis

Staff met with the AARP research and development team on August 31, 2023, to finalize the set up of the online survey link. Once the live survey link is set up, it will be shared with the Commission. The research and development team recommended a minimum target of 300 respondents with an ultimate goal of 500.

SPOTLIGHT



Please join the Los Altos Parks and Recreation Department in welcoming our new Adult 50+ Coordinator Chris Knopf! Chris comes to us from the Town of Los Altos Hills where he worked as a Recreation Specialist for six years.

During his time with the Town, he was responsible for many community events, contract classes, adult and senior-friendly programs, and sharing a variety of community resources. Chris served as the staff liaison to the Youth Commission and to our joint Los Altos-Los Altos Hills Senior Commission.

Now with the City of Los Altos, you'll find Chris at both Adult 50+ sites, and at many of our upcoming community events. Please join us for a casual meet-and-greet coffee social on Wednesday, September 20, at Grant Park (see inside for more information).

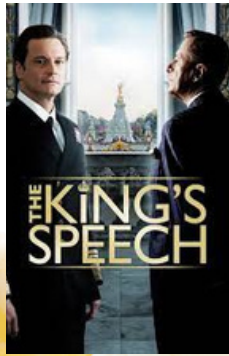
Adult 50+ Program (650) 947-2797

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

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

3rd THURSDAY MOVIES

Los Altos Community Center (LACC)/ Sequoia Room
 Fee: \$0 member/\$1 non-member



Thursday, September 21, 12:30 PM

Historical Drama, 2010

King George VI, played by Colin Firth, and his relationship with a speech therapist, who helps the King cope with the physical and psychological roots of his agonizing stammer. As the new king, after his brother abdicates the throne, he is left in crisis when he must make a critical broadcast to all Britain following the declaration of war on Nazi Germany. A memorable, academy award winning, critical success...A must see.

Thursday, October 19, 12:30 PM

Romantic Comedy, 1953

A 1953 American romantic comedy, this film is a fun adventure of a bored and sheltered princess (Audrey Hepburn), who escapes her guardians in Rome and falls in love with an American newsman (Gregory Peck). Produced and directed by William Wyler. Enjoy this delightful film with us.



CITY OF LOS ALTOS PARKS & RECREATION
ADULT 50+ PROGRAM
GAMES AND ACTIVITIES

Agenda Item 4.

Join us for these fun activities, make new friends and stay fit.

Drop-In Ping Pong Fee: \$0 member, \$3 non-member

Join the fun of Ping Pong, now featured at Grant Park and the Los Altos Community Center (LACC).

Los Altos Community Center (LACC)
Grand Oak Room

Grant Park
Multi-Purpose Room

Thursdays, 11:15 AM - 2 PM

Mondays, 10:30 AM - 1 PM

NOTE: Every 4th Thursday, Ping Pong at LACC will be held in the Birch Room, 11:15 AM - 2 PM

Pickleball Fee: \$0 member, \$3 resident, \$5 non-resident, \$1 Youth

New to Pickleball? No worries, our beginner net is ready for you. Staff and players are available to support you with rules, as well as hints to make playing more fun. Pickleball is always a rollicking good time!

Intergenerational Indoor Pickleball Drop-in Program

Egan Junior High School Gym
100 W Portola Ave, Los Altos
Mondays/Wednesdays, 6:30 - 9:30 PM

Members' Pickleball Loaner Program at Grant Park

Grant Park Basketball Court
1575 Holt Ave, Los Altos
Mondays, 10 AM - 1:30 PM

Bocce Ball

Come and enjoy our beautiful outdoor bocce ball courts. We have two big courts for you to enjoy and spend time playing.

Los Altos Community Center (LACC)/Bocce Ball court

Mondays -Thursdays, 9 AM - 1 PM



Virtual Class via Zoom

DO YOU HAVE CONCERNS ABOUT FALLING?

What Will I Learn?

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Seated exercises to increase strength and balance

Who Should Attend?

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

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

October 17 to December 12, 2023, Virtual Class via Zoom
 Every Tuesday, 10 AM - 12 PM (9 sessions for 2 hours each)
 Class limited to 12 participants

Register Now! Space is Limited! No Fee!

Call (650) 725-2196

email: tcattiggay@stanfordhealthcare.org

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

Coffee Social

Attend our coffee social with a fully-hosted barista who can whip up a delectable coffee drink of your choice. Complimentary tasty snacks, with a variety of teas available, too!

While savoring your treat, socialize with your Adult 50+ Program friends, learn about upcoming activities, and meet our new Recreation Coordinator Chris Knopf. Chris comes to the City from the Town of Los Altos Hills with experience serving the 50+ population.

Sept. 20th, 10 AM-12 PM at Grant Park

1575 Holt Ave, Los Altos

650-947-2894
 Chris Knopf <cknopf@losaltosca.gov>
losaltosca.gov/parksrec/page/adult-50-program

ADULT 50+ RECREATION COORDINATOR CHRIS KNOPF

MEETUPS/MINI TRIPS

Agenda Item 4.

Important note: It is required for all participants to have their emergency contact information updated and waivers of liability signed on CivicRec before the trip date.

Meetup – No-Host Lunch at Fiesta Vallarta Mexican Restaurant & Hidden Villa

Farm Tour

Tuesday, September 19, 11AM – 3PM

Fee: \$24

We'll meet at Fiesta Vallarta, downtown Los Altos, for a relaxing, no-host lunch on the patio. Then we're off to Hidden Villa Farm and Wilderness Preserve, an educational non-profit, in the quiet foothills of Los Altos. We'll tour their organic gardens, greet the farm animals, learn about sustainable agriculture, and enjoy the beauty of this special place.

Hidden Villa Farm
26870 Moody Rd.
Los Altos Hills 94022

Fiesta Vallarta
301 State St.
Los Altos 94022

***Register on CivicRec or call the Center at (650) 947-2797 by Monday, September 11**

Mini Trip –Visit Carolands Mansion, Hillsborough & No-Host Lunch at Wisteria

Café at Allied Arts Guild, Menlo Park

Thursday, October 19, 9:15AM – 2:45PM

Fee: \$65

Visit the Carolands Mansion in Hillsborough for a fascinating, docent-led tour of this storied "chateau." Listed on the National Registry of Historic Places, the home is considered to be one of the finest examples of French Classical architecture in the U.S. No-host lunch will follow at the charming Café Wisteria, Allied Arts Guild, in Menlo Park. Note: Walking difficulty is moderate. Transportation provided.



Carolands Mansion



Café Wisteria

***Register on CivicRec or call the Center at (650) 947-2797 by Monday, September 25**

Military Service Personnel Card Writing Session

Wednesday, October 25, 10AM – 12PM

Fee: Free

In collaboration with the Daughters of the American Revolution (DAR), we invite you to create greeting cards for our active-duty military servicemembers, in time to arrive for the holidays. Bring a friend or neighbor! Let's express our appreciation for our overseas troops. Cards, craft materials, and light refreshments provided.



***Register on CivicRec or call the Center at (650) 947-2797 by Wednesday, October 18**

CHESS
Monday
 Grant Park
 9 AM-2 PM

Wednesday
 Los Altos Community Center
 9 AM-1 PM
 Contact Ben for information
 (650) 400-0353

MEDITATION WITH VIJAY DHIR
 Virtual class via Zoom
Monday
 Grant Park
 9-10AM

LET'S MAKE MUSIC JAM SESSION
Monday
 Grant Park
 10 AM-12 PM
 Bring your favorite instrument
 and join in no-stress music fun.

**DISCUSSION GROUP
 WITH JACK T.**
Monday
 Grant Park Room 3
 10:30 AM-12 PM

FITNESS DANCE AND FUN
 Virtual class using Google Meet
Monday and Thursday
 1-2 PM
 Join Xochitl
meet.google.com/iqx-yoqm-wac
 Low-impact cardio/dance, strength
 training, and stretching exercises for
 seniors using chair, exercise ball, and
 resistance bands.

**AUTOBIOGRAPHY & MEMOIR
 WRITING**
Tuesday
 Los Altos Community Center
 LACC Apricot Room
 10:30 AM-12PM
October 17 - November 7
\$52 member/\$ 62 non-member

Write and share your life stories,
 two pages at a time. Create a family
 keepsake by using writing prompts
 and exercises to spark memories.
 Four-week class.

LINE DANCING
Tuesday
 Los Altos Community Center
 LACC Grand Oak Room
 1-2 PM
 September 12 - October 10
\$22 member/\$ 24 non-member
 October 10 - November 7
\$24 member/\$27 non-member
 November 14 - December 12
\$24 member/\$27 non-member

TECH TUTOR APPOINTMENTS
 Select Mondays and Tuesdays
 Los Altos Community Center
 1-hour appointments with
 Ellen Chu
 1-3 PM

Need tech help?
 Contact Adult 50+ Program
 to schedule an appointment.

HICAP APPOINTMENTS
 Health Insurance Counseling
 & Advocacy Program
Third Tuesday
 Los Altos Community Center
 1-hour appointments with
 Nancy Lee
 1-4 PM

Help with Medicare information
 Contact Adult 50+ Program
 to schedule an appointment.

AMERICAN MAH JONGG
Wednesday
 Grant Park Room 1
September 13 -December 13
Beginning Mah Jongg Class
 9:30-11:30 AM

Open Play Mah Jongg
 11:30 AM-2 PM

Thursday
 Los Altos Community Center
 LACC Sycamore Room
 Open Play Mah Jongg
 11:30 AM-2PM

CHAIR YOGA WITH VIJAY DHIR
Wednesday
 Grant Park Room 3
 9:45-10:15 AM

**STRETCHING AND WALKING
 WITH ELEANOR**
Wednesday
 Grant Park Outdoors
 10:15-10:45 AM

BOOK CLUB
Third Wednesday
 Grant Park
 11 AM-12 PM

September 20
 "Cokie: A Life Well Lived"
 by Steven Roberts (Biography)

October 18
 "Midnight Library "
 by Matt Haig (Fiction)


Contact Janet
jharpca@comcast.net
The library supplies the books!

RUMMI Agenda Item 4.

Thurs
 Los Altos Community Center
 LACC Sycamore Room
 11 AM-1 PM

Learn to play this tile-based board
 game with Volunteer instructor
 Pat Sherwood.

FIND A GRAVE 'LEARNING LAB'
Friday
 Los Altos Community Center
 LACC Sycamore Room
September 29
 10-11:30 AM

 If you're interested in genealogy or
 family history research, you will
 want to use the Find a Grave
 website or app. Join this hands-on
 lesson for a "Learning Lab" on the
 Find a Grave website or phone
 app. Bring your smartphone
 (iPhone preferred). Make sure you
 know your password to download
 apps (e.g. AppleID)

FOREIGN AFFAIRS
Friday
 Virtual class via Zoom
September 15 - December 15
 10:30 AM-12 PM
\$68 member/\$82 non-member
 Participants meet online to
 discuss a range of foreign affairs
 topics with Ken Peterson.

OPEN PLAY BRIDGE
Monday and Wednesday
 Grant Park
 9:15 AM-2 PM
Monday through Wednesday
 9:15 AM-2PM
Thursday
 9-11:30 AM
 Los Altos Community Center
 LACC Sycamore Room

We provide the space. Please
 come with your group.

CLUB 55 EVENT
Friday
 Los Altos Community Center
 LACC Grand Oak Room
September 15
 6-8:30 PM
RSVP required by emailing
Club55LosAltos@gmail.com

**SANTA CLARA COUNTY FIRE
 DEPARTMENT (SCCFD)**
 Presentations by SCCFD are
 noted on the calendar.
Register for Event
www.sccfd.eventbrite.com
Upcoming Events
www.sccfd.org
Call (408) 378-4010

SEPTEMBER 2023 CLASSES/EVENTS/ACTIVITIES (INCLUDING ONLINE)
LOS ALTOS COMMUNITY CENTER (LACC)

Agenda Item 4.

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

Monday	Tuesday	Wednesday	Thursday	Friday
4  Center Closed	5 <u>Tuesday Schedule</u> 9 AM-1 PM Play Bocce Ball 9:15 AM-2 PM Play Bridge 1-3 PM <i>Ellen C.</i> Tech Tutor (appt)	6 <u>Wednesday Schedule</u> 9 AM-1 PM Play Bocce Ball 9 AM-1 PM Chess 9:15 AM-2 PM Play Bridge 9:30 AM-12 PM <i>Lenora V.</i> ArtVenturers 6:30-9:30 PM Pickleball (Egan Gym)	7 <u>Thursday Schedule</u> 9-11:30 AM Play Bridge 9 AM-1 PM Play Bocce Ball 11 AM-1 PM Play Rummikub 11:15 AM-2 PM Ping Pong 11:30 AM-2 PM Play Pinochle 11:30 AM-2 PM Play American Mah Jongg 1-2 PM <i>Xochitl M.</i> Fitness Dance and Fun*	8
11 <u>Monday Schedule</u> 9 AM-1 PM Play Bocce Ball 9:15 AM-2 PM Play Bridge 12-2 PM Monkey Toys 6:30-9:30 PM Pickleball (Egan Gym)	12 <u>Tuesday Schedule repeats plus</u> 10:30 AM-12 PM Cultural Exchange 1-2 PM <i>Richard C.</i> Line Dancing	13 <u>Wednesday Schedule repeats</u>	14 <u>Thursday Schedule repeats</u>	15 <u>Friday Schedule</u> 10:30 AM-12 PM <i>Ken P.</i> Foreign Affairs* 6-8:30 PM Club 55, Grand Oak Room
18 <u>Monday Schedule repeats</u>	19 <u>Tuesday Schedule repeats plus</u> 11 AM-3 PM Meetup-Lunch Fiesta/Hidden Villa Farm Tour 1-2 PM <i>Richard C.</i> Line Dancing 1-4 PM <i>Nancy L</i> HICAP (appt) <u>No Tech Tutor</u>	20 <u>Wednesday Schedule repeats</u>	21 <u>Thursday Schedule repeats plus</u> 11 AM-12 PM <i>Dr Scott Cady</i> Presentation-The Tale of a Whale, Apricot Room 12:30-2:30 PM Movie "The King's Speech," Sequoia Room	22 <u>Friday Schedule repeats</u>
25 <u>Monday Schedule repeats plus</u> 1-3 PM <i>Ellen C.</i> Tech Tutor (appt)	26 <u>Tuesday Schedule repeats plus</u> 1-2 PM <i>Richard C.</i> Line Dancing 6:30 PM-8:30 PM SCCFD Presentation-Prepare for Wild Fire, Los Altos Hills Town Hall <u>No Tech Tutor</u>	27 <u>Wednesday Schedule repeats</u>	28 <u>Thursday Schedule repeats plus</u> 12 PM 4th Thursday Lunch	29 <u>Friday Schedule repeats plus</u> 10-11:30 AM Find a Grave Learning Lab- Genealogy and Family History Research, Sycamore Room

Legend

- Fee-Based Classes
- Free Classes/Open Play
- Special Activities and Events
- Call for Appointment/Registration Required

* Online activities are marked with an asterisk. Check both location calendars.

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

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


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

OCTOBER 2023 CLASSES/EVENTS/ACTIVITIES (INCLUDING ONLINE)

LOS ALTOS COMMUNITY CENTER (LACC)

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

Agenda Item 4.

Monday	Tuesday	Wednesday	Thursday	Friday
Monday Schedule ² 9 AM-1 PM Play Bocce Ball 9:15 AM-2 PM Play Bridge 12-2 PM Monkey Toys 6:30-9:30 PM Pickleball (Egan Gym)	Tuesday Schedule ³ 9 AM-1 PM Play Bocce Ball 9:15 AM-2 PM Play Bridge 1-2 PM Richard C. Line Dancing	Wednesday Schedule ⁴ 9 AM-1 PM Play Bocce Ball 9 AM-1 PM Chess 9:15 AM-2 PM Play Bridge 9:30 AM-12 PM Lenora V. ArtVenturers 6:30-9:30 PM Pickleball (Egan Gym)	Thursday Schedule ⁵ 9-11:30 AM Play Bridge 9 AM-1 PM Play Bocce Ball 11 AM-1 PM Play Rummikub 11:15 AM-2 PM Ping Pong 11:30 AM-2 PM Play Pinochle 11:30 AM-2 PM Play American Mah Jongg 1-2 PM Xochitl M. Fitness Dance and Fun*	Friday Schedule ⁶ 10:30 AM-12 PM Ken P. Foreign Affairs*
 ⁹ Center Closed	¹⁰ <u>Tuesday Schedule repeats plus</u> 10:30 AM-12 PM Cultural Exchange 1-3 PM Ellen C. Tech Tutor (appt)	¹¹ <u>Wednesday Schedule repeats plus</u> 6-7:30 PM SCCFD Presentation-Hands Only CPR & AED*	¹² <u>Thursday Schedule repeats</u>	¹³ <u>Friday Schedule repeats</u>
¹⁶ <u>Monday Schedule repeats</u>	¹⁷ <u>Tuesday Schedule repeats plus</u> 10 AM-12 PM A Matter of Balance* 10:30 AM-12 PM Lyn C. Autobiography and Memoir Writing, Apricot Room 1-3 PM Ellen C. Tech Tutor (appt) 1-4 PM Nancy L. HICAP (appt)	¹⁸ <u>Wednesday Schedule repeats</u>	¹⁹ <u>Thursday Schedule repeats plus</u> 9:15 AM-3:15 PM MiniTrip-Carolands Mansion, Hillsborough 12:30-2:30 PM Movie "Roman Holiday," Sequoia Room	²⁰ <u>Friday Schedule repeats</u>
²³ <u>Monday Schedule repeats plus</u> 1-3 PM Ellen C. Tech Tutor (appt)	²⁴ <u>Tuesday Schedule repeats plus</u> 10 AM-12 PM A Matter of Balance* 10:30 AM-12 PM Lyn C. Autobiography and Memoir Writing, Apricot Room 1-3 PM Ellen C. Tech Tutor (appt)	²⁵ <u>Wednesday Schedule repeats plus</u> 10 AM-12 PM Military Service Personnel Card Writing Session, Sequoia Room	²⁶ <u>Thursday Schedule repeats plus</u> 12 PM 4th Thursday Lunch	²⁷ <u>Friday Schedule repeats</u>
³⁰ <u>Monday Schedule repeats</u>	³¹ <u>Tuesday Schedule repeats plus</u> 10 AM-12 PM A Matter of Balance* 10:30 AM-12 PM Lyn C. Autobiography and Memoir Writing, Apricot Room 1-3 PM Ellen C. Tech Tutor (appt)			

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

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

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

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

SEPTEMBER 2023

OCTOBER 2023

Monday		Wednesday		Monday		Wednesday			
<p style="text-align: center;">4</p> 		<p style="text-align: center;"><u>Wednesday Schedule</u> 6</p> <p>9:15 AM-2 PM Play Bridge</p> <p>9:45-10:15 AM Vijay D. Chair Yoga, Room 3</p> <p>10:15-10:45 AM Eleanor Stretching & Walking</p> <p>11 AM Tim Giacomini, Mission Trails Presentation-Properly Separate Trash, Recycling, Organic Waste, Multi-purpose Room</p> <p>1-2 PM Bob, Marilu & Xochitl Dance Exercise</p>		<p style="text-align: center;"><u>Monday Schedule</u> 2</p> <p>9-10 AM Vijay D. Meditation*</p> <p>9 AM-2 PM Chess</p> <p>9:15 AM-2 PM Play Bridge</p> <p>10 AM-12 PM Barry H. Let's Make Music Jam Session</p> <p>10 AM-1:30 PM Members Pickleball, basketball court</p> <p>10:30 AM-1 PM Ping Pong</p> <p>10:30 AM-12 PM Jack T. Discussion Group, Room 3</p> <p>1-2 PM Xochitl M. Fitness Dance and Fun*</p>		<p style="text-align: center;"><u>Wednesday Schedule</u> 4</p> <p>9:15 AM-2 PM Play Bridge</p> <p>9:30-11:30 AM Marilyn L. Class American Mah Jongg, Room 1</p> <p>9:45-10:15 AM Vijay D. Chair Yoga, Room 3</p> <p>10:15-10:45 AM Eleanor Stretching & Walking</p> <p>11 AM Vijay D. Presentation-Self-healing through Acupressure. Multi-purpose Room</p> <p>11:30 AM-2 PM Play American Mah Jongg, Room 1</p> <p>1-2 PM Bob, Marilu & Xochitl Dance Exercise</p>			
		<p style="text-align: center;"><u>Monday Schedule</u> 11</p> <p>9-10 AM Vijay D. Meditation*</p> <p>9 AM-2 PM Chess</p> <p>9:15 AM-2 PM Play Bridge</p> <p>10 AM-12 PM Barry H. Let's Make Music Jam Session</p> <p>10 AM-1:30 PM Members Pickleball, basketball court</p> <p>10:30 AM-1 PM Ping Pong</p> <p>10:30 AM-12 PM Jack T. Discussion Group, Room 3</p> <p>1-2 PM Xochitl M. Fitness Dance and Fun*</p>		<p style="text-align: center;"><u>Wednesday Schedule repeats plus</u> 13</p> <p>9:30-11:30 AM Marilyn L. Class American Mah Jongg, Room 1</p> <p>11:15 AM 2nd Wednesday Lunch</p> <p>11:30 AM-2 PM Play American Mah Jongg, Room 1</p> <p>12 PM Santa Clara County Fire Department (SCCFD) Presentation-Fall Prevention and Wellness Resources, Multi-purpose Room</p>		<p style="text-align: center;">9</p> 		<p style="text-align: center;"><u>Wednesday Schedule repeats plus</u> 11</p> <p>11:15 AM 2nd Wednesday Lunch</p> <p>12 PM George O. Ting, MD Presentation-Everything You Need to Know About Kidneys and Your Health. Multi-purpose Room</p>	
		<p style="text-align: center;"><u>Monday Schedule repeats</u> 18</p>		<p style="text-align: center;"><u>Wednesday Schedule repeats plus</u> 20</p> <p>9:30-11:30 AM Marilyn L. Class American Mah Jongg, Room 1</p> <p>10 AM-12 PM Coffee Social</p> <p>11 AM-12 PM Book Club, Room 3</p> <p>11:30 AM-2 PM Play American Mah Jongg, Room 1</p>		<p style="text-align: center;"><u>Monday Schedule repeats</u> 16</p>		<p style="text-align: center;"><u>Wednesday Schedule repeats plus</u> 18</p> <p>11 AM-12 PM Book Club, Room 3</p>	
		<p style="text-align: center;"><u>Monday Schedule repeats</u> 25</p>		<p style="text-align: center;"><u>Wednesday Schedule repeats plus</u> 27</p> <p>9:30-11:30 AM Marilyn L. Class American Mah Jongg, Room 1</p> <p>11:30 AM-2 PM Play American Mah Jongg, Room 1</p>		<p style="text-align: center;"><u>Monday Schedule repeats</u> 30</p>			

- Legend**
- Fee-Based Classes
 - Free Classes/Open Play
 - Special Activities and Events
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Grant Park
 Adult 50+ Program
 Room 4
 1575 Holt Avenue
 Los Altos, CA 94024

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

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



Los Altos Adult 50+ Program

SPOTLIGHT NEWSLETTER

Email: rec-info@losaltosca.gov

*Register/Create your account on CivicRec at LosAltosRecreation.org and click on "[View Classes](#)"

There is a \$6 annual fee for the Spotlight to be mailed to your address.

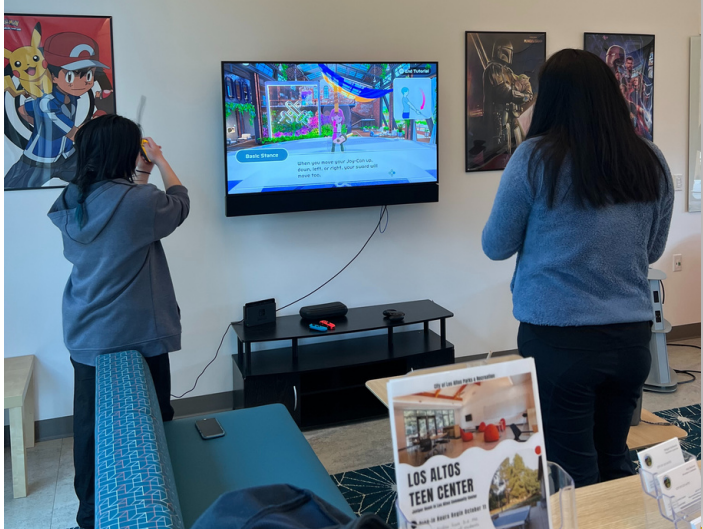
Change Service Requested



Los Altos Parks & Recreation

NOW HIRING

RECREATION LEADER II/III (TEEN CENTER)



REQUIREMENTS

- ✓ Enjoy working with teens (gr 6-12)
- ✓ At least 18 years old
- ✓ Available Monday - Friday, 3 - 6 PM
- ✓ Team Player
- ✓ Enthusiastic

APPLY ONLINE

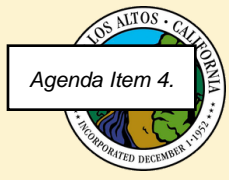
www.LosAltosCA.gov/jobs



QUESTIONS?

Contact Will Hanel
 whanel@losaltosca.gov
 (650) 947-2727





TINY TOTS

PLAY WITH A PURPOSE
2023 | 2024 PRESCHOOL-AGE PROGRAM



PLAYSCHOOL

3 – 4 years old

Mon/Wed/Fri | 9 AM - 12 PM
San Antonio Club



KINDER PREP

4 – 5 years old

Monday - Thursday | 8:45 - 11:45 AM
Los Altos Community Center



KINDER PREP ADVENTURE DAY

4 – 5 years old

Friday | 8:45 - 11:45 AM
Los Altos Community Center

Playschool students must be 3 years old and potty trained by November 1, 2023.
Kinder Prep/Adventure Day students must be 4 years old and potty trained by November 1, 2023.

ENROLL NOW!

For more information visit LosAltosRecreation.org





CITY OF LOS ALTOS PARKS & RECREATION PRESENTS

Parks
Make
Life
Better!

Family Fun Days

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

10 AM -
1 PM

JOIN US ONE SATURDAY A MONTH
FOR THEMED FAMILY FUN!

FREE!

AUGUST

26

ANIMAL ADVENTURES

OCTOBER

28

HALLOWEEN HOOPLA

DECEMBER

16

WINTER WONDERLAND

Games • Crafts • Movies • More



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



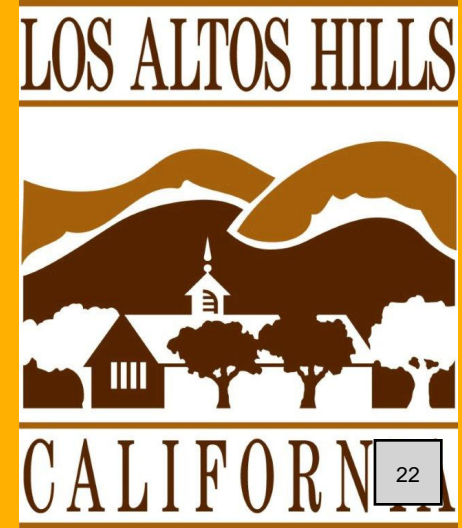


TOUCH A TRUCK

SAT, SEPT 30
9:00 - 11:00 AM



GARDNER BULLIS
LOS ALTOS HILLS



Drive-Thru Shred Event

Agenda Item 4.

SECURE, CONVENIENT, AND ENVIRONMENTALLY RESPONSIBLE

Available to help residents responsibly destroy confidential documents. Residents are invited to bring up to 5 standard file boxes or paper bags of documents to shred.

100% of the shredded paper is recycled.

Date: 9/23

Day: Saturday

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

Location: Town Hall Parking Lot

Fee: Free

