

# The Spotlight



[www.losaltosrecreation.org](http://www.losaltosrecreation.org)

March & April 2016

## CelebrateService

National Volunteer Week  
April 10-16, 2016



Volunteers help to create a more personal experience for Senior Program participants. You'll find a volunteer in almost every aspect of our programming. Thank you volunteers!

### Inside Scoop

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### City of Los Altos Recreation & Community Services Senior Program

Hillview Park and Community Center (HV), 97 Hillview Avenue, Los Altos, CA 94022

Monday - Friday, 8:30 am - 3:30 pm

Grant Park and Community Center, 1575 Holt Avenue, Los Altos, Ca, 94024

Wednesday, 10:00 am - 2:00 pm

Phone: (650) 947-2797

Website: [losaltosrecreation.org](http://losaltosrecreation.org)



# March 2016 Calendar of Events



Mon	Tue	Wed	Thu	Fri
 <p><b>1</b> 8:50/10:00 Stretch&amp;Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength &amp; Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong</p>	<p><b>2</b> 9:00 Bridge Free Play 9:30 Artventures 10-2 Grant 10:00 Legacies 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 6:00 Pickleball</p>	<p><b>3</b> 8:50/10:00 Stretch&amp;Flex 9:15 Int. Bridge 10:00 Piano Lesson 10:00 Bocce Ball 10:00 Men's Group 11:30 Strength &amp; Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg</p>	<p><b>4 Super Size Screen:</b>  <b>5 Flights Up</b>  1:00 Room 12 Members: Free All Others: \$1.00</p>	
<p><b>7</b> S.A.S.H orders due 9:00 Tax Preparation 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor 4:30 Senior Commission</p>	<p><b>8</b> 8:50/10:00 Stretch&amp;Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength &amp; Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong</p>	<p><b>9</b> 9:00 Bridge Free Play 9:30 Artventures 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 5:30 Casual Dining 6:00 Pickleball</p>	<p><b>10</b> 8:50/10:00 Stretch&amp;Flex 9:15 Int. Bridge 10:00 Piano Lessons 10:00 Bocce Ball 11:30 Strength &amp; Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 Book Club</p>	<p><b>11 2nd Friday Luncheon</b> <u>Menu</u> TBA 12:00 Room 11 Members: \$4.00 All Others: \$6.00 <b>Smart Driver Renewal</b></p>
<p><b>14</b> S.A.S.H orders due 9:00 Tax Preparation 9:00 Winning Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor</p>	<p><b>15 Day Trip</b> 8:50/10:00 Stretch&amp;Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength &amp; Balance 1:00 Line Dancing 1:00 Chess 10:00 HICAP 1:00 Extended Tour Party</p>	<p><b>16</b> 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 6:00 Pickleball</p>	<p><b>17</b> 8:50/10:00 Stretch&amp;Flex 9:15 Int. Bridge 10:00 Piano Lesson 11:30 Strength &amp; Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg </p>	<p><b>18 Birthday Luncheon</b> <u>Menu</u> Irish Lamb Stew Irish Soda Bread Dessert Members Birthday: Free Members: \$4.00 All Others: \$6.00</p>
<p><b>21</b> S.A.S.H orders due 9:00 Tax Preparation 9:00 Winning Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 2:00 Technology Tutor</p>	<p><b>22</b> 8:50/10:00 Stretch&amp;Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength &amp; Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong</p>	<p><b>23</b> 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 6:00 Pickleball</p>	<p><b>24</b> 8:50/10:00 Stretch&amp;Flex 9:15 Int. Bridge 10:00 Piano Lesson 10:00 Bocce Ball 11:30 Strength &amp; Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg</p>	<p><b>25 4th Friday Luncheon</b> <u>Menu</u> TBA 12:00 Room 11 Members: \$6.00 All Others: \$8.00</p>
<p><b>28</b> S.A.S.H orders due 9:00 Tax Preparation 9:00 Winning Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 1:30 Yoga 2:00 Technology Tutor</p>	<p><b>29</b> 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength &amp; Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong</p>	<p><b>30</b> 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 6:00 Pickleball</p>	<p><b>31</b> 8:50/10:00 Stretch&amp;Flex 9:15 Int. Bridge 10:00 Piano Lesson 10:00 Bocce Ball 11:30 Strength &amp; Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg</p>	<p><b>*Note:</b> <b>Calendars are not a comprehensive listing of all programs.</b></p>

# April 2016 Calendar of Events

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**



<p><b>4</b> S.A.S.H orders due 9:00 Tax Preparation 9:30 Monkeys 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor 4:30 Senior Commission</p>	<p><b>5</b> 8:50/10:00 Stretch&amp;Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength &amp; Balance 1:00 Line Dancing 1:00 Chess 2:00 Ping pong <b>Day Trip</b></p>	<p><b>6</b> 9:00 Bridge Free Play 9:30 Artventures 10:00 Bocce Ball 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 6:00 Pickleball</p>	<p><b>7</b> 8:50/10:00 Stretch&amp;Flex 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Men's Group 11:30 Strength &amp; Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg</p>	<p><b>1</b> <b>Super Size Screen Nebraska</b> 1:00 Room 12 Members: Free All Others: \$1.00</p>
<p><b>11</b> S.A.S.H orders due 9:00 Tax Preparation 9:30 Monkeys 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor</p>	<p><b>12</b> 8:50/10:00 Stretch&amp;Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength &amp; Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong</p>	<p><b>13</b> 9:00 Bridge Free Play 9:30 Artventures 10-2 Grant 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 5:30 Casual Dining 6:00 Pickleball</p>	<p><b>14</b> 8:50/10:00 Stretch&amp;Flex 9:15 Int. Bridge 10:00 Bocce Ball 11:30 Strength&amp;Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 Book Club 4:00 PEP</p>	<p><b>8</b> <b>2nd Friday Luncheon</b> <u>Menu</u> TBA 12:00 Room 11 Members: \$4.00 All Others: \$6.00</p>
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<p><b>25</b> S.A.S.H orders due 9:00 Tax Preparation 9:30 Monkeys 12:00 Poker 1:30 Yoga 1:30 Scrabble 2:00 Technology Tutor</p>	<p><b>26</b> 8:50/10:00 Stretch&amp;Flex 9:00 Bridge Free Play 10:00 Bocce Ball 11:30 Strength &amp; Balance 12:45 Tai Chi for Life 1:00 Line Dancing 1:00 Chess 2:00 Ping Pong</p>	<p><b>27</b> 9:00 Bridge Free Play 9:30 Artventures 10-2 Grant 10:00 Bocce Ball 11:00 Pickleball 12:30 Mah-Jongg Int. Free Play 6:00 Pickleball</p>	<p><b>28</b> 8:50/10:00 Stretch&amp;Flex 9:15 Int. Bridge 10:00 Bocce Ball 10:30 Piano Lessons 11:30 Strength&amp;Balance 12:00 Pinochle 1:00 Beg. Mah-Jongg</p>	<p><b>22</b> <b>4th Friday Luncheon</b> <u>Menu</u> TBA 12:00 Room 11 Members: \$6.00 All Others: \$8.00</p>
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**\*Note: Calendars are not a comprehensive listing of all programs**



## Grant Calendar of Events

Open every Wednesday 10:00 am—2:00 pm  
1575 Holt Avenue, Los Altos, CA 94024  
\*Schedule subject to change\*



### March Happenings

#### **March 2**

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (Bring lunch)  
1:00 Zumba Gold Dance Party with Nora  
1:00 Current Events

#### **March 9**

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (Bring St. Patrick's Day lunch to share)  
1:00 Book Club with Betsy  
1:00 Zumba Gold Dance Party with Nora

#### **March 16**

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (bring lunch)  
12:00 Speaker: Mission Trails Recycling  
1:00 Zumba Gold Dance Party with Nora  
1:00 Men's Group

#### **March 23**

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (bring lunch)  
1:00 Garden Club  
1:00 Zumba Gold Dance Party with Nora

#### **March 30**

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (bring lunch)  
1:00 Zumba Gold Dance Party with Nora

### April Happenings

#### **April 6**

10:00-2:00  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (Bring lunch)  
1:00 Zumba Gold Dance Party with Nora  
1:00 Current Events

#### **April 13**

10:00-2:00  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (bring lunch)  
1:00 Book Club with Betsy  
1:00 Zumba Gold Dance Party with Nora

#### **April 20**

10:00-2:00  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (Bring lunch)  
12:30 Handmade Greeting Cards  
(Rm. 3 pre-register at Recreation Office)  
1:00 Nurse Practitioner  
1:00 Zumba Gold Dance Party with Nora  
1:00 Men's Group

#### **April 27**

10:00-2:00  
Intermediate Bridge, Mah-Jongg, Card Games  
10:15 Stretch with Eleanor  
10:45 Chair workout with Nora  
11:30 English Lessons with Galen  
11:30 (Bring lunch)  
1:00 Garden Club  
1:00 Zumba Gold Dance Party with Nora

## Membership Benefits

The following services are available for those with a membership

### Membership

*Thank you* to every Los Altos Senior Program member for your continued loyalty and participation. By making a commitment each year, you are not only contributing to one of the best Senior Programs on the planet, but also strengthening our community and relationships. Our doors are open; come in and join our family today!

#### Annual Membership Cost

Los Altos resident - \$26.00

Non-resident - \$40.00

Don't forget to add \$6.00 for home delivery of our bi-monthly newsletter: The Spotlight

**Make checks payable to:** City of Los Altos

**Mail to:** Los Altos Senior Program

97 Hillview Avenue

Los Altos, CA 94022

### Member only and reduced rate on programs

Enjoy a discounted rate on Senior Programs and events as well as programming such as technology tutoring and equipment loans that are designed exclusively for members.

### Birthday Month Members!

Enjoy a Free Lunch at our Birthday Luncheon during your birthday month!

### Notary Service

Appointments held at City Hall. No charge for members. Donations accepted.  
Call: Terry Ann at (650) 947-2642.

### Copies

Members are welcome to 10 free black and white copies per year. After 10, the Member cost is 5¢ per side of copy. All Others cost is 10¢.  
Please see the front desk volunteers for assistance.

### Technology Resource Tutor

**Mondays** by appointment HV Room 10  
Bring your device and meet one-on-one with a volunteer who will help you understand basic concepts of your device. Be ready with your questions to make the most out of your session.  
1/2 hour appointments.

(650) 947-2797 • [losaltosrecreation.org](http://losaltosrecreation.org)

### In-Home Repair Program

The In-Home Repair Program has three repair Volunteers: Lorraine Hancock, Dave Izant, and Bill Schick are volunteering to help with *minor* in-home repairs. This program is **free** for **current members** and is **not** for emergency repairs. Turn around time can be up to two weeks. Examples of repairs that may be requested are:

Electrical — Changing Light Bulbs, Switches

Plumbing — Dripping Faucet, Leaky Toilet

Sprinklers — Timers, Sprinkler Heads

No in-home repair request is guaranteed.

Volunteers may determine that requests are too extensive. In-home repair requests can be closed at any time due to an over-abundance of requests.

Donations are accepted. Please call (650) 947-2797.

### Equipment Loan Closet

The City of Los Altos Senior Program has an Equipment Loan Closet program. The Loan Closet contains wheelchairs, walkers, and canes. **Current members** may check out these items for three-month intervals after signing a release of liability form.

### DVD Loan Library

Want to watch a movie from the comfort of your home, but are tired of the same selection? Come to the Senior Program and ask about our DVD loan library! We have over 200 DVDs to choose from in varied genres. DVDs are ready to be checked out for one week loans. A maximum of six DVDs may be loaned at a time. Come check it out and see the Front Desk Volunteer or Staff for assistance.

### DMV Packets

Copies of the online practice tests, articles, informational DVD, and driver booklets are available for loan through the Senior Program.

### Medicine Drop-Off

The Senior Program takes old pills in their respective containers only. **Please NO sharp objects.**

### Battery Recycling

Recycle your household batteries: AA, AAA, D, C.

### See's Candies Certificates

See's Candies 1 lb. Gift Certificates are for sale for \$15.50. Retail cost is \$18.00. Drop in to purchase this perfect gift for any event!

# Recreation and Community Services

## Welcome Spring!

It is almost that time...blossoms and blooms making their debut...along with our spring activity guide, of course! Spring is the season of all things new, is it not? So what is new in the guide this time around?

Intro to Zentangle is a new idea for aspiring artists, or those who are more accomplished in the craft of art. All are welcome. For the dancers in the group, we have Intermediate Ballroom & Latin Dance. If you have always wanted to play the piano, Piano Lessons with Mrs. Lee might be the class for you. Lastly, Adult High Intermediate Tennis is a new section for the more advanced tennis players out there. In addition to these new classes, we have many more listings in the adult class section of the spring activity guide, several of which are geared specifically for the senior population. Take a gander through the guide.

The annual Egg Hunt takes place on Saturday, March 26. Activities begin at 9:30am, with the hugely popular hunt starting at 10:00 SHARP for kids walking to 10 years of age. If you have grandkids or neighborhood kids in the area, tell them about this fun and free event. Don't forget to come on out yourself: it's always a good time at the Hillview Soccer Field!

We hope to see you out and about at Hillview or Grant during this fresh, new season!



## A Note from the Coordinator

The Los Altos Senior Program is in full gear! It was so good to see so many participants at each of the *Coffee, Cider and Conversation: Seniors talk with the Mayor and Mayor Pro Tem*. I appreciated the conversation and am working to continue to enhance the Senior Program offerings and experience based on your feedback.

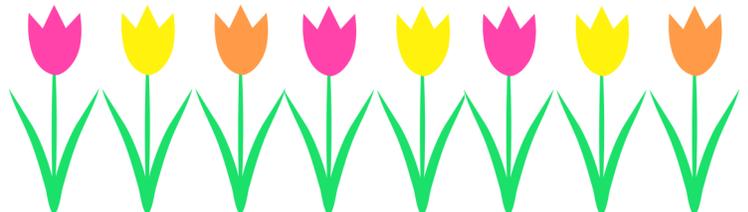
Our many volunteers are the reasons why we are able to offer so many quality programs. April is National Volunteer Month so I hope you'll join me in thanking our volunteers for their commitment to the Senior Program. Do you have a skill that many would enjoy learning? Contact Barbara Smith, the City of Los Altos volunteer coordinator to share your talents with our Senior Program.

Pickleball is continuing to grow here in Los Altos. Egan Gym is now open for drop-in Pickleball on Wednesday nights from 6:00-7:00. The cost is \$5.00. We will expand the hours of play as the gym becomes available. Also, Wednesday Pickleball will now have two courts unless rain or a prior rental is scheduled.

Thank you for making the City of Los Altos Senior Program an enjoyable place to work, visit, and recreate. It is each individual that makes this place so special and helps to create lasting memories. I look forward to visiting with each of you throughout the coming months.

Sincerely,

**Candace Avina**  
Recreation Coordinator



## Volunteer

# Celebrate Service

National Volunteer Week  
April 10-16, 2016

**Thank you Volunteers!**



### Get Involved! Make a Difference! Learn New Skills!



Volunteer for the Senior Program or explore other volunteer positions by contacting Barbara Smith. Barbara is the City's Volunteer Coordinator, and

she can provide you with information regarding city-wide volunteer opportunities. Contact Barbara Smith at (650) 947-2897, e-mail at [bsmith@losaltosca.gov](mailto:bsmith@losaltosca.gov), or visit [losaltosca.gov/volunteer](http://losaltosca.gov/volunteer).

### Gardening?



The Los Altos Senior Program has planter boxes that could use some TLC. Contact Barbara, Los Altos Volunteer Coordinator if you are available to help us plant our garden!

### Volunteer sign-in

Help us to keep track of your volunteer hours. Please fill out the volunteer time card found



behind the volunteer desk each time you volunteer at the Senior Program. Thank you for all you do!

### Now Recruiting Volunteers:

#### Front Desk Volunteer

Friendly faces are needed to volunteer at our front desk. Tasks include greeting participants with a smile, answering phones and questions, making coffee, registering participants, advising participants on resources, as well as other tasks as assigned. The commitment is on a weekly, bi-weekly, or substitute basis. Computer skills necessary.

**Monday-Friday 8:00-12:00 or 12:00-3:30**

#### Technology Resource Tutor

This volunteer would have knowledge of and be able to communicate how to use multiple operating systems on various devices including the cell phone, tablet, and laptop computer. The commitment is two hours weekly.

#### Scarf, Hat, & Yarn Collection

We will be collecting scarves, hats, and yarn. Sandy Goldstein brings donations to shelters for those in need. Please drop off your donations in Room 10 or at Grant. Your generosity is greatly appreciated!

#### Barbecuer

We are looking for an individual who would be in charge of barbecuing at our summer barbecues. Staff will purchase and provide all food and supplies. Starting the barbecue and barbecuing are the main responsibilities.

## Volunteer



### Monkey Toys

Dedicated volunteers gather to sew, chop, and cut nylons and socks to create Monkey Toys for the children at the Lucille Packard Children's Hospital. Vital parts of this production are the donation of nylons and the volunteers who sew them! Please bring all washed used/torn nylons to Room 10 to keep the Monkey Toy production going! The ladies also want to express their appreciation to all the people who have donated nylons. Wish to volunteer? Check them out online: [monkeytoyladies.com](http://monkeytoyladies.com) and come on Monday!

**Monday**            Room 11            9:30-11:30

### Joint Los Altos/Los Altos Hills Senior Commission

All agendas and minutes are posted online and on the Los Altos Senior Program Bulletin Board. Meetings are held every 1st Monday at 4:30 pm. Meetings rotate between Town of Los Altos Hills Council Chambers, Grant, and the Hillview Park & Community Center Room 11. All are welcome to attend.

#### Next Meetings:

**March 7**

**Grant Park and Community Center, Room 3**

**April 4**

**Hillview Park and Community Center, Room 11**

#### Commissioners:

Frank Martin (Chair)

Jim Basiji

Bart Nelson

Karen Lemes

### City of Los Altos Residents 50+ Scholarship Opportunity

The City of Los Altos offers eight individual scholarships of \$200.00 to residents on a first come, first served basis to individuals who qualify. To qualify for the scholarship residents must live in the City of Los Altos (county residents do not qualify) and have an individual income of less than \$42,000.

Please call Peggy Ford at (650) 947-2887 to request a scholarship application and schedule an appointment to return your completed application and all required documents. All appointments will be held at the Recreation and Community Services Department: 97 Hillview Avenue, Los Altos, CA 94022 (unless otherwise requested). Town of Los Altos Hills residents may also request a scholarship by contacting Sarah Gualtieri at (650) 947-2518.

### Realtor Service Volunteer Program

One week a year local realtors volunteer to assist senior citizens with household tasks. This is a free service that you must apply for. Pick-up an application in HV Room 10.



Sponsored by Silicon Valley Association of Realtors  
Realtor Service  
Volunteer Program

Applications are due April 8 by mail to...

Silicon Valley Association of REALTORS®  
ATTN: RSVP Program  
19400 Stevens Creek Blvd., Suite 100  
Cupertino, CA 95014  
Fax: (408) 200-0101  
The service will be provided May 2-6.  
Website: [silvar.org](http://silvar.org)

### Tiny Tots in Need!

The Los Altos Tiny Tots are requesting donations of paper towel rolls for the art projects. Please bring your donations to Room 10 of the Senior Program! Thank you!

## Friday Events!

**Big Screen Movie** 645103-03/04

**1:00 Register Room 10**

Members: Free All Others: \$1.00  
*Fee provides popcorn and beverage*

**5 Flights Up March 4**

Summary:



A much in love couple decides to list their property in Brooklyn to see what the market would bear while their dog is in the hospital and a rumored terrorist attack is sending people into a frenzy. In a world of chaos and

confusion Ruth and Alex realize the same bond of love that has kept them together all these years will allow them to see their way through all this craziness.

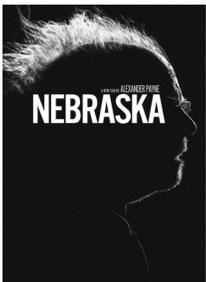
Stars:

Diane Keaton, Morgan Freeman, Cynthia Nixon

92 mins./language, some nudity/Drama/  
 Rated PG-13

**Nebraska April 1**

Summary:



An aging, booze-addled father makes the trip from Montana to Nebraska with his estranged son in order to claim a million-dollar Mega Sweepstakes Marketing prize.

Stars: Diane Bern, Will Forte

115 min./ Adventure, Comedy, Drama/R



Thank you to the Terraces of Los Altos for catering our 2nd and 4th Friday Luncheons.

OWNED AND MANAGED BY ABHOW

**12:00 Register Room 10**

**Walk-ins welcome. Reservations preferred. Please call (650) 947-2797 for more information.**

### Luncheons:

**2nd Friday Luncheon** 645201-03/04  
**March 11 and April 8**

Members: \$4.00 All Others: \$6.00

**Birthday Luncheon** 645519-03/04  
**March 18**

Menu:

Irish Lamb Stew  
 Irish Soda Bread  
 Dessert



**April 15**

Menu:

Potato Bar  
 Dessert

Members: \$4.00 All Others: \$6.00  
 Birthday Members: Free

**4th Friday Luncheon** 645202-03/04  
**March 25 and April 22**

Members: \$6.00 All Others: \$8.00

**5th Friday** 645203-01  
**April 29**

Cheese Tasting

Members: \$6.00 All Others: \$8.00

\*Terraces of Los Altos cater our 2nd & 4th Friday luncheons. The menu will be made available the week of the lunch.

\*Thank you to Los Altos Legacies for subsidizing the Senior Program meals and entertainment.

## Active!

### Yoga

Join instructor Sawako Yoshimura and enjoy the many benefits of Yoga! Yoga benefits both body and mind including improving strength, flexibility and balance. Bring water and wear loose clothing. You can practice with or without shoes on.

*\*Note: Please bring yoga mat.*

**Monday** 1:30-2:30  
Free HV Room 12

*\*No class April 4th*

### Line Dancing 645511

Step right up! An easy way to get some healthy exercise and have fun keeping fit. The warm camaraderie, great music, and good workout will keep you high stepping all week. For information call instructor Richard Campbell (408) 377-6978.

No experience necessary.

**Tuesday** 1:00-2:00  
HV Room 4

Members: \$6.00/class All Others: \$8.00/class

*\*Pay monthly or before each class in HV Room 10*

### Tai Chi for Life! 645534-02

Learn new ways to RELAX, REVITALIZE, and HAVE FUN! Tai Chi is a mindful, Internal martial art that flows in gentle and slow whole body movements and promotes health, balance, flexibility, strength, and clarity. Join instructor Linda Scheer as she leads us through Tai Chi techniques.

**Tuesday** 12:45-1:45  
April 12-June 7 HV Multi-Purpose

*\*No class: 5/17*

Members: \$10.00/class, \$69.00/session

All Others: \$12.00/class, \$78.00/session

*\*Pay quarterly or before each class in HV Room 10.*

### Chair Exercise

Perform a combination of sit and standing exercises that will increase your flexibility and strength. 10:45

**Wednesday** Grant Multi-Purpose

### Strength and Balance Class 645107-03

Join group leader Nora Beltran in low impact exercises that strengthen the body and improve balance. Let's hear it for wellness! Chairs will be made available if needed for seated and standing support. All are welcome to join us!

**Tuesday/Thursday** 11:30-12:15  
April 12 - June 16 HV Multi-Purpose

*\*No class: 4/26 & 4/28*

Members: \$20.00 All Others: \$60.00

### Stretch & Flex HV Social Hall

Join instructor Nora Beltran to tone your muscles and improve range of motion in your joints. Lengthen and strengthen in this class.

*\*Bring a mat to each class*

**Tuesday/Thursday** 8:50-9:50  
April 12-June 16 645108-03

*\*No class: 4/26 & 4/28*

**Tuesday/Thursday** 10:00-11:00  
April 12-June 16 645108-04

*\*No class: 4/26 & 4/28*

Members: \$54.00 All Others: \$60.00

### Stretch with Eleanor

Join Volunteer Eleanor to practice "The Eight Pieces of Silk Brocade," a foundational Chi Kung form to help build overall health, wellness and vitality.

**Wednesday** 10:15  
Free Grant Multi-Purpose

### Zumba Gold



Join a fun loving dance party where you will enjoy easy to follow Zumba Gold dance movements from different rhythms around the world.

**Wednesday** 1:00-2:00  
Free Grant Multi-Purpose

## Active! Speakers

### Gentle Yoga for a Healthy Spine

This class focuses on increasing flexibility mobilizing and strengthening the spine, releasing tension, toning the core, and achieving a sense of well-being. You will leave class feeling relaxed and energized. Suitable for beginners. 431707-1/2

*Note: Bring a Yoga mat, towel and loose clothing.*

**Monday** 9:15-10:15  
April 18-June 13 Shoup Park Garden House

**Wednesday** 9:30-10:30  
April 20-June 15 Shoup Park Garden House

Residents: \$111.00 All Others: \$131.00

### Fun + Fitness 341042-02

Have some fun listening to music and getting fit with friends. This is a class that involves basic everyday movements to improve range of motion, flexibility, muscle strength, and balance.

For more information contact Adam Halper at [www.fitnesshalpers.com](http://www.fitnesshalpers.com) or (650) 479-5955.

*Note: Resistance band, Pilates ball, and your choice of dumbbell weight between 1-10lbs.*

**Monday/Wednesday** 11:45-12:45  
Los Altos Hills Council Chambers

March 7-March 30

Members: \$160.00 All Others: \$190.00

### Personal Training by Team Fitness

With over 40 years of collective coaching, our two Los Altos coaches will work with you whether you're just getting started or have been working out for some time. Can also form a small personal training group of two to three friends.

Registration note: By appointment only. To register, email or call Tom Gordon at [tomgordon@teamfitness.com](mailto:tomgordon@teamfitness.com) or call 1(877)751-5100, x3.

\$35 per hour-3 people  
\$45 per hour-2 people  
\$75 per hour-Individual

## Speakers

### Mission Trails Recycling



Come talk recycling with Mission Trails. Hear from a representative about what items can be recycled and other items relating to trash.

**Wednesday, March 16** 12:00  
Free Grant Multi-Purpose Room

### Barbara Denn, Nurse Practitioner

Nurse Practitioner Barb Dehn will be speaking about general age related issues.

**Wednesday, April 20** 12:00  
Free Grant Multi-Purpose Room

### Daily Coffee Service

**Monday-Friday** Hillview Room 10 9-3  
**Wednesday** Grant Multi-Purpose 10-2

Come to the Senior Program and enjoy hot caffeinated and decaffeinated coffee. If coffee is not your cup of tea, then we have a selection of teas! Have a cup and relax with friends, catch up on today's news, and enjoy a new program or class!

*Donations are appreciated. Please sign in.*

### Registration, Class Refunds & Transfer

**Registration:** Please pay and register in Hillview Room 10. All participants must either fill out a drop-in or membership form before registering for the first time. Any class changes will be noted at time of registration. **Please plan on arriving early to class to expedite your service experience.** Refund and transfer requests must be submitted in writing or in person, up to five working days prior to the first day of class. E-mail requests to: [recreation@losaltosca.gov](mailto:recreation@losaltosca.gov) All refunds will be charged a \$10 service fee. No refunds or transfers will be given once class begins.

## Music, Art, S.A.S.H

### Private Piano Lessons 645522

Got Piano? It's never too late to learn to play the piano. This lesson offers one on one—thirty minute piano lessons in a well structured but friendly environment for you to play a variety of pieces and styles at any levels.

Instructor Hyunjung earned a master's degree in Piano Performance and has more than 20 years of teaching experience for all levels.

**Thursday**, 1/21-3/31 and 4/21-6/9  
10:30-12:00 (30 minute classes)

Members: \$35.00/class, \$385.00/session  
All Others: \$41.00/class, \$462.00/session  
*\*Pay quarterly or before each class in HV Room 10.*

### Terrible Adult Chamber Orchestra

TACO is an orchestra for the rest of us, a monthly gathering of adults who want to play music together in a relaxed, sociable setting.

*Note: Must bring own instrument and stand.  
Required: Please contact the director before the first class at [tacosv.com](http://tacosv.com). 330111/03 and 430111/01*

**Sunday**, March 27 and April 24 2:00-5:00  
Los Altos Youth Center

Members: \$10.00 All Others: \$10.00

### Artventures 645514-02

Artventurers would love to meet new artists! Visual artists of all genres and levels are welcome to this studio for visual art! Bring your current project to work amongst others in a supportive environment.

Visit their blog at:

<http://caartventurers.blogspot.com/>

**Wednesday**, April 13-June 8 9:30-12:00  
HV Room 12

Members: \$1.00/class, \$9.00/session  
Non-members: \$3.00/class, \$27.00/session  
*\*Pay quarterly or before each class in HV Room 10.*

### Handmade Greeting Cards

Learn how to make beautiful greeting cards that you will be proud to send to your family and friends. No experience necessary.

**Wednesday**, April 20-June 8 12:30-2:30  
410550-01 Grant Room 3

Residents: \$117 All Others: \$138  
*\*Materials fee of \$35.00 due first day of class.  
\*No class 4/27*



From Art to Genealogy to Yoga...the MVLA Adult School offers more than 40 classes at Hillview.

### S.A.S.H. (Shopping Assistance for Seniors who are Homebound)

Local volunteers are available to pick-up cooked rotisserie chickens from Costco and deliver them warm to Los Altos residents 50+. This is a trial program that has 10 available deliveries per week on a first-come, first-serve basis.

**Place your order Monday-Friday, for a Wednesday delivery between 10:30 am and 1:30 pm.**

#### Cost & Payment

The cost for chicken home-delivery is \$7.00 for Senior Program members and \$8 for non-members. Payment may be made using your credit or debit card by calling Recreation & Community Services Office at (650) 947-2790 between 8:00 am – 5:00 pm Monday-Friday or by check (made payable to “City of Los Altos”) or cash (exact change, please) at the time of delivery. Donations to the Los Altos Senior Program are welcome, but not required.

#### Eligibility

This program is available to all Los Altos Residents 50+. The program may be expanded to include delivery of other foods in the future based on member feedback and participation. For more information, contact Recreation & Community Services at (650) 947-2790.

## Travel

*“Mini”-Trips: Local trips to attractions near us!*

### Triton Museum: Gridiron Glory: The Best of the Pro Football Hall of Fame

Triton Museum of Art is hosting the Pro Football Hall of Fame’s largest traveling exhibition in its history. The exhibit features hundreds of artifacts from the Hall of Fame’s collection and presents a panoramic view of the story of professional football. After, enjoy lunch at Athena’s Grill before visiting the Rose Garden.

**Tuesday, March 15**                    645301-03  
Members: \$50.00                    All Others: \$60.00  
Cost Includes:  
Round trip transportation, lunch, entrance into the museum

Depart from Hillview Park&Community Center  
Depart:Approx. 10:15    Return: Approx. 3:30

### De Young Museum

Visit the De Young Museum where Oscar De La Renta, Bouquets to Art and Royal Hawaiian Featherwork are all on exhibit.

**Tuesday, April 5, 2016**                    645301-05  
Members: \$50.00                    All Others: \$60.00

Cost Includes:  
Round trip transportation and entrance into exhibits

Depart from Hillview Park&Community Center  
Depart:Approx. 9:00    Return: Approx. 4:15

\*Maximum of 13 spaces available.

\*Please inquire about cost of trip if you are a museum member. Present museum number when registering.

### Travel Policies and Procedures

- Order of boarding the bus will be at the discretion of the tour escort.
- Must have a completed drop-in form with first and last name, address, phone number and two emergency contacts at time of sign-up if not a current member.
- Must pay for trip at time of sign-up.

### Venice & The Italian Lakes



**September 27, 2016**  
**9 Days • 8 Nights • 10 Meals**

#### Highlights:

Lake Como City and Cruise • Milan City Tour • Bellagio • Romeo & Juliet Balcony • Verona Arena • St. Marks Basilica

Cost Per Person: \$3895 (Double)    \$4395 (Single)

### Washington DC & Williamsburg



**October 13, 2016**  
**7 Days • 6 Nights • 9 Meals**

#### Highlights:

Washington DC City Tour • World War II Memorial • Smithsonian Institution • Mt. Vernon Tour • Jamestown & Yorktown • DC Twilight Illumination Tour • Traditional Colonial Dinner

Cost Per Person: \$2325 (Double)    \$3000 (Single)

### Charleston and Savannah Holiday



**November 29, 2016**  
**7 Days • 6 Nights • 10 Meals**

#### Highlights:

Charleston City Tour • Boone Hall Plantation • Fort Sumpter Boat Tour • Charleston Holiday Lights • Beaufort Horse Drawn Carriage Tour • Jekyll Island Trolley Tour • Savannah City Tour •

Cost Per Person: \$2345 (Double)    \$3045 (Single)

### Extended Tour Party

Hear about all the exciting stops along the extended tours from Kris Adams, Premier World Discovery representative. He’ll share some pictures and inside stories on our extended trips.

A small snack will be available.

**Tuesday, March 15**                    1:00-2:00  
Free    HV Room 12  
Walk-Ins welcome, reservations preferred.

## Life Long Learning!



### Ten Weeks to Play Winning Bridge

This class is for beginners who have learned the basics and would like to improve their game.

Prerequisites: Students should have either completed our previous ten-week course or have some playing experience.

**Mondays** 9:00-11:00  
April 11-June 6 HV Room 12

### Intermediate Bridge 645530-02

This class teaches only intermediate social (party) bridge. It helps players to advance their skills at both bidding and playing. Lessons assume basic bridge knowledge including evaluation of hands and ordinary hand bidding. Classes include a one hour lecture, followed by student play.

**Thursday** 9:15-12:00  
April 21-June 9 HV Room 12

Members: \$5.00/class, \$48.00/session  
All Others: \$7.00/class, \$64.00/session  
*\*Drop-in fee only April 4 and 7*  
*\*Pay quarterly for before each class in HV Room 10*  
*\*For information, call Tony Plutynski at (650) 948-0699.*

### Bridge Free Play

Bridge begins promptly at 9:00 am. Groups of four play. If there is an uneven number of players, players rotate into the games.

**Tuesday** 9:00-3:00  
**Wednesday** 9:00-12:00  
Free HV Room 11  
**Wednesday** 10:00-2:00  
Free Grant Multi-Purpose  
*\* Please sign in*

### Mah-Jongg 645515-03

Mah-Jongg players of all levels are encouraged to join us for a good game or two. Groups play using, 'the card.'

#### Beginning Mah-Jongg

Annie Metz makes it simple to come and play Mah-jongg. No experience necessary. Ask Annie questions to learn while you play or just enjoy playing with others. Mah-Jongg sets and 'the card' are provided during play. Just bring yourself and be ready for fun.

**Thursday** 1:00  
HV Room 12  
Members: Free All Others: \$3.00

#### Intermediate Mah-Jongg

This free play session is intended for those more intermediate or advanced Mah-Jongg players who are comfortable playing without instruction. Bring yourself or a group of four and your own set to enjoy a friendly game of Mah-Jongg.

**Wednesday** 12:30  
Free HV Room 11

#### Grant Drop-in Mah-Jongg

Bring your own set and a group of four. Card tables are available from 10:00-2:00 on a first-come first-served basis. Free

**Wednesday** Grant Multi 10:00-2:00



## Drop-In!

### Pickleball... 640965

Continues to grow in popularity and participation at Hillview! It is known to be a FUN, yet low-impact sports activity, providing mild, yet hearty exercise! Pickleball is light on injuries and ailments! Doubles play is the way at Hillview, meaning two players to a team! Lots of laughs and conversation mix in with play at this activity! All are warmly welcomed!

**Wednesday** 11:00-1:00

Note: Two courts except for rainy days and April 20.  
Beginning Players: Hillview Multi-Purpose  
Intermediate Players: Los Altos Youth Center

Members: Free All Others: \$3.00

**Wednesday Evenings** 6:00-7:00

Egan Gym (2 Courts)  
100 W Portola Ave, Los Altos, 94022

Members: \$5.00 All Others: \$5.00

### Ping Pong

Call (650) 947-2797 to reserve your spot today! \* No Ping Pong March 15

**Tuesday** 1:00  
Free for members HV Room 12

### Wii

Come on in and enjoy current events and youtube.com videos on our Wii console! Bring some friends, or make some new ones! Also, learn to play any of the physically-active or brain-challenging Wii games.

**Monday-Friday** 8:30-3:30  
HV Room 10

### Bocce Ball

Learn to play Bocce Ball & make new friends!

**Monday/Wednesday,  
Tuesday/Thursday and Friday**

Hillview Bocce Ball Courts 10:00  
1st Tuesday of the month 2:00-4:00

### Grant

Card games are also available at Grant every Wednesday from 10:00 to 2:00!

Join us at 1575 Holt Avenue, Los Altos, Ca 94024! Card games include Bridge, Mah-Jongg, and MORE!

### Pinochle

Openings are available for new players. Rusty? We don't mind. Join in and have some fun!

**Thursday** 12:00  
HV Room 11

### Poker

Poker is recruiting new members! Enjoy casual games of poker and meet new friends!

**Monday** 12:00  
HV Room 11

### Chess

Drop in and play one of the world's most popular games: chess! Great for concentration, strategy development, making friends, and much more!

**Tuesday** 1:00  
HV Room 10

### Scrabble

Stretch your mind to come up with words available to you. Laugh, smile and joke while strengthening your vocabulary!

**Monday** 1:30  
HV Room 10

### Mah-Jongg and Bridge

Plenty of fun is to be had for all levels. See page 14 for detailed information on where and when to play!

### Shuffleboard: Outdoor

Members call for an appointment to play.  
**Monday-Friday** 8:30-3:30

## Special Interest

### **Cora's Casual Dining** RSVP Room 10

This group meets at a different restaurant the second Wednesday of each month for a **no-host dinner**. Cora will make the restaurant reservations but please **RSVP to the Senior Program** at (650) 947-2797 by noon the Monday before the dinner. Come make new friends, share laughs, chat, and enjoy good times. We will try to find rides if you need one, so please call. Cash only.

**Wednesday, March 9** 5:30

Le Petit Bistro  
1405 West El Camino Real, Mountain View

**Wednesday, April 13** 5:30

Urfa Bistro  
233 State Street, Los Altos

**Book Club** 1:00

**Hillview**, 2nd Thursday HV Room 18

**March 10 The Martian**  
Andy Weir

**April 14 The Water is Wide: A Memoir**  
Pat Conroy

Books are available at the Senior Program. Book Club discussion begins at 1:00, but feel free to bring lunch and join book club members at 12:30.



### **Questions?**

Call Cynthia at the Library  
(650) 948-7683 (x3510) or  
Janet at (650) 967-2941.



### **Grant**

**2nd Wednesday**, March 9 & April 13

Books will be decided on as a group at the Grant Book Club.

### **1000-Piece Puzzle Challenge**

Stop by the Senior Program anytime during operating hours to help finish our 1000 piece puzzle. Ideas for new puzzles? We are listening!

**Monday-Friday** 8:30-3:30  
Free HV Room 10

(650) 947-2797 • losaltosrecreation.org

### **Personal Emergency Preparedness - (PEP)** 330813-04

Personal Emergency Preparedness is a 3-hour class designed to prepare citizens to cope in the event of a disaster and to be self-sufficient during the first 72 hours or until emergency relief is available.

Note: You may want to bring a light snack to class.

**Thursday, April 14** 2:00-5:00  
HV Room 16

**Wednesday, May 18** 6:00-9:00  
Grant Room 3  
Residents: Free All Others: Free

*\*Register with the Recreation Department*

### **Women's Group** 640841-01/02

Let's get this group started! Let us know if you would like to be part of a Women's group and how you would like it to be run! Contact the Hillview volunteer desk with your ideas.

### **Men's Group** 645529

Whether you are a single or a married man, you are experiencing the same things as others around you. Come meet and chat among men and relax over pastries and coffee. Walk-ins encouraged.

**1st Thursday**, March 3 & April 7  
HV Room 10 10:00  
**3rd Wednesday**, March 16 & April 20  
Grant Multi-Purpose Room 10:00

### **English Lessons with Galen**

Volunteer Galen offers relaxed English lessons to those in attendance.

**Wednesday** 11:30  
Free Grant Multi-Purpose

### **Garden Club**

Come and join others to stimulate your knowledge and love of gardening.

**Fourth Wednesday**, April 23 and March 27  
Free 1:00 Grant Multi-Purpose

## Services

### HICAP

Free

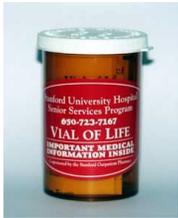
Health Insurance Counseling & Advocacy Program assistance with Medicare & supplement claims, comparisons & long-term care, and HMO Appeals. Call (650) 947-2797 for appointments with Roy Ito.

Next available appointments:

**Tuesday, March 15 & April 19**

### Vial of L.I.F.E

(Lifesaving Information for Emergencies)



First responders are trained to look for the Vial of Life kit in an emergency. It enables Emergency Responders to quickly locate helpful information regarding your

medical history. Come to Room 10 and inquire at the Front Desk.

### Smart Driver Course

Two Consecutive Fridays

**Friday, May 20 & May 27** 1:00 - 5:00

### Smart Driver Renewal Course\*

**Friday, March 11** 1:00 - 5:30

*\*Must have completed eight hour class within the last three years to attend the renewal course.*

**\$15.00 AARP Members \$20.00 All Others**

Please bring check payable to "AARP" and AARP number to class. Reserve your spot by calling the Senior Program at (650) 947-2797. Certificate of completion is given at the end of either the 2-day or renewal course.

Certificate is required for discount.

### Advance Health Care Directive

Schedule an hour long appointment for assistance with an Advance Health Care Directive. Appointment includes: answering, explanation of medical and legal language, help with forms, etc.

Contact El Camino Hospital (650) 940-7210.

(650) 947-2797 • [losaltosrecreation.org](http://losaltosrecreation.org)

### Rebuilding Together

Preserve affordable home ownership and revitalize neighborhoods by providing critical home repair and modification services to those in need and to those who qualify at no cost to homeowners.

For more information: Call (650) 940-7210

Or visit: <http://rebuildingtogethersv.org>

### Mountain View-Los Altos Community Services Agency

CSA Senior Services Program is committed to helping local seniors live happy, healthy, and independent lives. Case Managers provide referrals to community resources, make arrangements for in-home services, and work cooperatively with care providers.

If you would like to receive CSA's Information & Referral Newsletter via mail or email, please contact Program Director Elizabeth Medina at (650) 810-2237 or [emedina@csacares.org](mailto:emedina@csacares.org) to submit your request.

### Friendship Line

The Friendship Line is a program sponsored by the Institute on Aging and is both a crisis intervention center and a "warm" line for routine, even daily phone calls that provide emotional support, medication reminders, and well-being check-ins.

For more information:

Call toll free (800) 971-0016

Call local (415) 752-3778

Or visit <http://www.ioaging.org/services-for-elders-and-caregivers/friendship-line>

### Flu Season

For more information and to locate flu shot centers, please go to [www.flu.gov](http://www.flu.gov).

### Cards For All Occasions

Ask our front desk volunteers where to find our stash of Get Well, Birthday, and other cards for the next time you need one!

## Stay Connected



NIXLE: is a new communication service which the city uses to reach

residents quickly. The City will send alerts directly to registered users via text message, email and the web.

To register visit [www.NIXLE.com](http://www.NIXLE.com).

Follow the Los Altos Senior Program through one of our several media outlets.

**Television:** KMVT Channel 15

### Websites:

City of Los Altos: [www.losaltosca.gov](http://www.losaltosca.gov)

Recreation: [www.losaltosrecreation.org](http://www.losaltosrecreation.org)

### Publications:

The following publications may be found online at the City of Los Altos website, Senior Program, Recreation Office, or City Hall.

The Spotlight

(Senior Program Bi-Monthly Newsletter)

Recreation Guide (Quarterly classes—all ages)



## Credit Card Procedures

Participants using a **Credit Card** to purchase a membership or register for Senior Program classes, trips, luncheons or activities will need to register at Recreation & Community Services **front office**. The Department is currently updating its credit card procedures to comply with new credit card mandates.

**We anticipate Senior Program participants being able to use a credit card in the Senior Program in 2 months.**

Participants may utilize online registration to register for Senior Programs.

## Local Resources 2-1-1

For free, non-emergency community, health and disaster information in Santa Clara County, dial 2-1-1. When you dial 2-1-1, you will speak with a live phone specialist who can answer your questions regarding nonprofit services and agencies within the community ([www.211scc.org/about.htm](http://www.211scc.org/about.htm)).

*If you live outside of the county, dial (866) 896-3587.*

## Benefits Check Up

[www.benefitscheckup.org](http://www.benefitscheckup.org)

Developed and maintained by the National Council on Aging (NCOA), Benefits Check Up is the nation's most comprehensive web-based service to screen for benefits programs for seniors with limited income and resources.

## Los Altos Legacies!

Los Altos Legacies has once again voted to financially support the Los Altos Senior Program with funds to subsidize the hot luncheon costs and the cost of entertainment. Legacies hopes you enjoy their investment. Los Altos Legacies is also continuing to make the December holiday party the best ever!

Los Altos Legacies board member Gabrielle Tiemann has joined the newly formed Community Center Alliance. This group's goal is to make a proposal to the City Council for new options for community center facilities. If you are interested, please contact Gabrielle.

Los Altos Legacies has a new board member: Ed White. Welcome! Ed joins board members Paul Gonella, Chairman; John Lippold, Vice Chairman; Ellen Gonella, Secretary/Treasurer; King Lear; Gabrielle Tiemann; Ed Hodges; and Verda Keenan.

2016 Meetings: Neutra House at 10:00 am  
March 2, June 1, September 7, December 7.

## Tax Preparation, Scam Alert

### Tax Aide-Free Tax Assistance and Electronic Filing

Monday, February 1-April 18, 2016

9:00-12:00

By appointment only beginning January 4. For taxpayers with relatively simple returns, with special attention to those over the age of 60. Call Los Altos Senior Program at (650) 947-2797 to see if your return qualifies. Please bring the following information...

- Copy of last year's Federal and State income tax returns
- W2 form from employers
- 1099-INT (regarding interest income)
- 1099-Div (regarding dividend income)
- SSA-1099 income from social security
- 1099-B (stock sale) plus original cost information
- All other 1099 forms received
- 1095 A,B or C (health insurance information)
- If deductions are claimed, bring information to support
- Name and address of landlord to receive renter's credit
- Property tax bills paid in 2015

**Because the IRS is concerned about a large increase in identity theft on tax returns; please bring a picture ID and documents showing all Social Security Numbers**

AARP Tax Aide requires all tax returns to be electronically filed.  
Sponsored by AARP Tax-Aide

### SCAM ALERT:

An aggressive and sophisticated phone scam targeting taxpayers, the elderly, and citizens in general has been making the rounds throughout the country.

Telephone callers will claim to be employees of the IRS, PG&E, Cable Company, a local or foreign law enforcement agency, or other collection agency. These con artists can sound very convincing when they call. They will use fake names and bogus identification badge numbers. They may know a lot about their targets and they usually alter the caller ID to show the agency which they claim to be calling from.

Victims are told they owe money and it must be paid promptly through a pre-loaded debit card or wire transfer. If the victim refuses to cooperate, they are then threatened with arrest, deportation or suspension of a business or driver's license, or termination of services. In many cases, the caller becomes hostile and insulting.

Victims may also be told they have a refund due to try to trick them into sharing private information. If the phone isn't answered, the scammers often leave an "urgent" callback request.

It is important to note that the IRS, a law enforcement agency, or any reputable business will **NEVER:**

- Call to demand immediate payment, nor will the agency call about taxes owed without first having mailed you a bill.
- Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- Require you to use a specific payment method for your taxes, such as a prepaid debit card.
- Ask for credit or debit card numbers over the phone.
- Threaten to bring in local police or other law enforcement groups to have you arrested for not paying.

If you suspect you've been the victim of this scam, please contact the Los Altos Police Department at (650) 947-2770.

Los Altos Senior Program  
Hillview Community Center  
97 Hillview Ave  
Los Altos, CA. 94022

Non-Profit  
U.S. Postage Paid  
Los Altos, CA.  
Permit No. 61

Change Service Requested

👉 Time Sensitive Material

Email: [recreation@losaltosca.gov](mailto:recreation@losaltosca.gov)

Staff: Candace Avina Nora Beltran Kate Thornton

# Spotlight Newsletter

Los Altos Senior Program

