

# The Spotlight



www.losaltosrecreation.org

July & August 2013



Hurry to register your team for the summer bocce ball tournament.

See page 9 for details.

Left: 2012 Bocce Ball Champions, Blasters

The Center will be **closed** in observance of the Independence Day holiday on Thursday, July 4th.

The Center will also be closed for Summer Break from Monday, August 26th to Monday, September 2nd. The Center will reopen Tuesday, September 3rd.

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**Hours:**  
**Monday - Friday**  
**8:30 a.m. - 3:30 p.m.**  
**Doors open at 8:30 a.m.**

**City of Los Altos Recreation Department**  
**Senior Center**  
**97 Hillview Avenue**  
**Los Altos, CA 94022**  
**(650) 947-2797**  
**losaltosrecreation.org**

July is Parks & Recreation Month!

Celebrate with us at our Summer BBQs!

See page 7 for more information

# July 2013



Mon	Tue	Wed	Thu	Fri
<b>1</b> 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 4:30 <b>Senior Commission</b>	<b>2</b> 9:00 Bridge 10:00 Bocce Ball 10:15 Visions Unlimited 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor	<b>3</b> 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play	<b>4</b>  <b>The Senior Center will be closed in observance of Independence Day</b>	<b>5 Super Size Screen</b> 1:00 Room 12 <i>Les Miserables</i> Members: Free Others: \$1.00
<b>8</b> 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	<b>9</b> 9:00 Bridge 10:00 Bocce Ball 10:00 Legacies 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor	<b>10</b> 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play 5:30 Casual Dining	<b>11</b> 9:15 Int. Bridge 10:00 Men's Group 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC 1:00 Book Club Summer Concert	<b>12</b> <small>AARP 1:00</small> <b>2nd Friday Lunch</b> 12:00 Room 11 Tuna Salad Members: \$4.00 Others: \$6.00
<b>15</b> 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	<b>16</b> 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor 1:00 HICAP	<b>17</b> 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play	<b>18</b> 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC Tutor Summer Concert	<b>19</b> <small>CSA 10:00</small> <b>Birthday Bingo</b> 1:00 Room 11 Bingo at 1:00 then the July Birthday Party! Members: Free Others: \$1.00
<b>22</b> 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	<b>23</b> 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor	<b>24</b> 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play	<b>25</b> 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC Tutor Summer Concert	<b>26</b> <b>American BBQ</b> 12:00 Room 11 Members \$6.00 Others: \$8.00 10:30 Blood Pressure
<b>29</b> 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	<b>30</b> 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor	<b>31</b> 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play	<i>Free Tunes Under the Trees</i> 2013 Summer Concert Series continues through July and August. See Page 5 for details. 	

# August 2013

Mon	Tue	Wed	Thu	Fri
			<b>1</b> 9:15 Int. Bridge 10:00 Bocce Ball 10:00 Men's Group 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC	<b>2 Super Size Screen</b> 1:00 Room 12 <i>Chasing Mavericks</i> Members: Free Others: \$1.00
<b>5</b> 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 4:30 <b>Senior Commission</b>	<b>6</b> 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor <b>National Night Out</b>	<b>7</b> 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play	<b>8</b> 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC 1:00 Book Club	<b>9 2nd Friday Lunch</b> 12:00 Room 11 Shredded Beef Salad Members: \$4.00 Others: \$6.00
<b>12</b> 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	<b>13</b> 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor	<b>14</b> 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play 5:30 Casual Dining	<b>15</b> 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC	<b>16</b> <small>CSA 10:00</small> <b>Birthday Bingo</b> 1:00 Room 11 Bingo at 1:00 then the August Birthday Party! Members: Free Others: \$1.00
<b>19</b> 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker	<b>20</b> 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor 1:00 HICAP	<b>21</b> 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 12:30 Mah-Jongg Int. Free Play	<b>22</b> 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&MAC	<b>23</b> <b>German BBQ</b> 12:00 Room 11 Members: \$6.00 Others: \$8.00 10:30 Blood Pressure



**Senior Center Closed for Summer Break from August 26th — September 2nd.**

**The Center will reopen on Tuesday, September 3rd.**

## Volunteers

### Volunteer Opportunities

#### Summer Barbecuer

Friday, 10:00-1:00

July 26 & August 23

The Senior Center is 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.

#### Second Friday Lunch Chef

2nd Friday of the Month

The Senior Center is looking for a volunteer to prepare one nutritious meal for a maximum of 36 seniors a month. The volunteer chef would work with staff to create a menu for publishing in the newsletter, schedule kitchen and lead volunteers in meal preparation, communicate shopping needs and prepare and serve meals adhering to proper time and temperature controls.

#### Bingo Caller

3rd Friday of the Month 12:00-1:00

The Senior Center is looking for a volunteer to call Bingo for one hour each month.

#### Front Desk Volunteer

Wednesday, Thursday & Friday 12:00-3:30

Substitutes as needed 8:30 to 12:00/12:00-3:30

The Senior Center is in need of front desk volunteers. Tasks include greeting participants with a smile, answering phones, refilling coffee, registering participants, answering questions, advising participants on resources as well as other small tasks as assigned. The commitment is either on a weekly, bi-weekly or substitute basis. Computer skills preferred.

#### Newsletter Collating Appreciation

Thank you to Nanette Pearson, Pat Densmore, Trudy Hickok, Phyllis Grame, Jeanie Whiteley and Nancy Vojvoda for collating our bi-monthly newsletter! We appreciate all your work!

### 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 Center. Thank you for all you do!



Los Altos/Los Altos Hills

Joint

Senior Commission



All agendas and minutes are posted online and on the Los Altos Senior Center Bulletin Board. Subscribe to receive Senior Commission agenda packets by e-mail at the City of Los Altos Main Page: [losaltosca.gov](http://losaltosca.gov); find, "E-mail Notification Signup" on the left side menu, and click. Find "Senior Commission" and click "subscribe" then fill out the requested information.

Meetings are held every 1st Monday at 4:30 in Hillview Community Center Room 11. All are welcome.

#### Commissioners:

Anabel Pelham (Chair)  
Kathy Seddiqui (Vice Chair)  
Karen Jenney  
Ashish Mathur  
Ginger Summit  
Linda A. Smith  
K. Gabrielle Tiemann

### MVP City-Wide Volunteers



MUNICIPAL VOLUNTEER PROGRAM

If you are interested in volunteering at the Senior Center or would like to explore other volunteer positions, please contact Jennifer Weiss. Jennifer is the City's Volunteer Coordinator, and she can provide you with information regarding city-wide volunteer opportunities. Contact Jennifer at (650) 947-2897 or e-mail [jweiss@losaltosca.gov](mailto:jweiss@losaltosca.gov).

## LOS ALTOS RECREATION DEPARTMENT

Summer is hitting its stride and so are our many recreation programs!

July sees three concerts on tap through our Summer Concert Series: July 11, Daze on the Green (classic rock 'n roll) at Hillview Soccer Field; July 18, The Sun Kings (a Beatles tribute band) at Grant Park; and July 25, Big Bang Beat, legendary rock 'n soul, plays at Hillview Soccer Field. (All concerts are 6:30-8pm.)

Classes are in full swing. This month we have classes in watercolor, tennis, karate, ice skating, and singing. We also have a one-day adventure hike at Ano Nuevo State Reserve.

Camps and classes for kids abound. If you have grandkids in the area, look through our summer recreation guide to see all the camps and classes we offer for them. (Depending on how many kids or how many weeks they enroll, you may be able to secure a 10% discount on their fees for selected camps.)

August sees us entering the dog days of summer. According to some historians, the origins of the Dog Days of Summer were believed to be a time that, due to the unrelenting hot weather, "the Sea boiled, the Wine turned sour, Dogs grew mad, and all other creatures became languid; causing to man, among other diseases, burning fevers, hysterics, and 'phrensies'."

Here at the Recreation Department, we take a somewhat different view of these last weeks of summer: We celebrate this time! How?

Well, our final concert of the season is Thursday, August 1, when *The Houserockers* will be playing their classic rock 'n roll at Grant Park. The concert runs from 6:30-8:30pm.

The last set of summer classes for adults start up with golf classes (one for adults, one specifically for women) start on Saturday, August 3, at Deep Cliff Golf Course.

Sunday, August 25, our Monterey Bay Whale Cruise sails on a 70-foot charter boat at a time of year to see perhaps the greatest variety of whales, dolphins, sea otters, seals, sea lions and seabirds. All aboard!

Our summer recreation guide has information on each of these activities. If you did not receive one in the mail, pick one up at the Senior Center or go online to [losaltosrecreation.org](http://losaltosrecreation.org).

Hope you are enjoying your summer and some (many) of our activities!



July 11  
**Daze on the Green**  
*Classic Rock n' Roll*  
Hillview Soccer Field

July 18  
**The Sun Kings**  
*Beatles Cover Band*  
Grant Park

July 25  
**Big Bang Beat**  
*Legendary Rock n Soul*  
Hillview Soccer Field

August 1  
**The Houserockers**  
Grant Park

## 2013 Summer Concert Series

Thursdays, 6:30-8:00



## Stay Connected

### Stay Connected

Follow Los Altos Senior Center happenings through one of our several media outlets:

**Television:** KMVT Channel 15 or 26

**Websites:**

City of Los Altos: [losaltosca.gov](http://losaltosca.gov)  
Recreation: [losaltosrecreation.org](http://losaltosrecreation.org)

**Publications:**

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

The Spotlight (Senior Center Bi-Monthly Newsletter)

Recreation Guide (Quarterly classes-all ages)



### 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 ([211scc.org](http://211scc.org)).

*If you live outside of the county, dial 1-(866) 896-3587.*

### Benefits Check Up

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.

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

### Coffee Service

Daily, 9:00-3:00

Front Desk volunteers maintain drip coffee and tea beginning at 9:00 and ending at 3:00 each day. Please join us for a cup of coffee and time to catch up on the newspaper or chat with friends.

*Donations are encouraged. Please sign in.*

## In Appreciation

### Senior Center Library

In appreciation to all those who donate books, books on tape and DVDs. Our library is a treasure for our seniors. Special thanks to the Friends of the Library for all the fine books given to our Center.

### Los Altos Hardware

Thank you to Los Altos Hardware for their continued support of our Recycled Battery Program.

### Los Altos Art Club

Every two months there is a change in Senior Center scenery. Noteworthy Los Altos Art Club members rotate their art exhibits in Rooms 10 and 11. Come see what great works are currently on display at the Senior Center.

### Borba Farms

Gratitude to Borba Farms for the healthy vegetables they provide the Senior Center. Visit Borba Farms at the Los Altos Farmer's Market.

### Nylons and Cardboard Centers of Toilet Paper and Paper Towel Rolls

The Recreation Department is in need of the cardboard centers of toilet paper and paper towel rolls. The Monkey Toy Ladies need clean used nylons. You may drop off your donations in Room 10 of the Senior Center.

### Note Cards

The Senior Center has donated note cards that participants may use. Ask our front desk volunteers where to find our stash of Get Well, Birthday and Holiday Cards next time you need to send one!



### Lost & Found

Lost an item? Check our closet in room 10, inquire with a front desk volunteer or contact the main recreation office at (650) 947-2790.

*City of Los Altos is not responsible for lost or stolen items.*

## Friday Events



### Big Screen Movie

1:00 Room 12

Members: Free Others: \$1.00

Register Room 10

*Fee provides popcorn and beverage*

#### July 5

*Les Miserables*

(#645103-07)

Starring: Hugh Jackman, Russell Crowe, Anne Hathaway.

In 19th-century France, Jean Valjean, who for decades has been hunted by the ruthless policeman Javert, after breaking parole, agrees to care for factory worker Fantine's daughter, Cosette. The fateful decision changes their lives forever.

158 minutes Rated PG- 13 (IMdB.com)

#### August 2

*Chasing Mavericks*

(#645103-08)

Starring: Gerard Butler, Jonny Weston, Elisabeth Shue, Abigail Spencer.

When young Jay Moriarity discovers that the mythic Mavericks surf break, one of the biggest waves on Earth, exists just miles from his Santa Cruz home, he enlists the help of local legend Frosty Hesson to train him to survive it.

116 minutes Rated PG (IMdB.com)



### Birthday Bingo

July 19 & August 16

1:00 Room 11

Members: Free Others: \$1.00

Register Room 10 (#645519-07/08)

*Fee provides birthday dessert and beverage*

Celebrate all July and August birthdays by first winning a few Bingo games and then enjoying

**Cupcakes & Ice Cream!**



### 2nd Friday Luncheon

12:00 Room 11

Members: \$4.00 Others: \$6.00

Register Room 10

Reservations preferred (650) 947-2797

#### July 12

(#645201-07)

Tuna Salad

#### August 9

(#645201-08)

Shredded Beef Salad

Thank you Marie Evatt, Lauren Sweet and Pat Dirks for your support of our luncheons.

### Fourth Friday BBQs

12:00 Senior Center Patio

Members: \$6.00 Others: \$8.00

Register Room 10

Reservations preferred (650) 947-2797

#### July 26

(#645202-07)



### All American BBQ

#### Menu

Hamburger

Salad

Watermelon

#### August 23

(#645202-08)



### German BBQ

#### Menu

Tri-Tip

German Potato Salad

Dessert



Thank you Laverne Uribe  
for your support of our Friday events.

Thank you Los Altos Legacies for sponsoring  
Senior Center events.

# Senior Center Programming

**Art Studio** Register Room 10  
**Wednesday** 9:30-12:00  
**June 19 - August 28\*** (#645514-04)  
Room 11

Visual artists of all genres and levels are welcome to bring your current project to work amongst others in a supportive environment.

Register at the Senior Center for the session or drop - in before each class are also welcome.

Members: \$1.00/class Others: \$3.00/class  
Members: \$11.00/session Others: \$33.00/session  
\*No class 7/4

**Line Dancing** Register Room 10  
**Tuesday** (#645511-08/09)  
1:00-2:00 - Beginner 2:00-2:30 - Intermediate

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

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 Richard Campbell at (408) 377-6978.

*No experience necessary.*

July Session: 7/2, 7/9, 7/16, 7/23 & 7/30

August Session: 8/6, 8/13, & 8/20 & 8/27

**Puti Meditation** Register Room 10  
**Group Practice**  
**Monday & Friday\*** 7:30-9:30 PM  
**September 9 - December 20** (#645527-04)

Members: \$40.00/session Others: \$50.00/session

For health, for happiness, for life. You can improve your overall health by using visualization and body movement to music. These simple exercises can be learned quickly, regardless of age, gender, language, or cultural background. This class is for the seasoned and the beginner.

**Cora's Casual Dining** RSVP Room 10  
**Wednesday, July 10** 5:30 (#645502-07)

La Fiesta Restaurant  
Authentic Mexican Cuisine  
240 Villa Street  
Mountain View

**Wednesday, August 14** 5:30 (#645502-08)

Pompeii Ristorante  
100 State Street  
Los Altos

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 Center** 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.

**Men's Group** Register Room 10  
**Thursday, July 11 &** (#645529-07/08)  
**Thursday, August 1** 10:00

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 welcome, reservations preferred.

**Book Club**  
**2nd Thursday of every month** 1:00

Books are available to check out in the Senior Center. Book Club discussion will begin at 1:00, but feel free to bring a packed lunch and join the book club members at 12:30.

July 11 **Half the Sky**  
by Nicholas Kristof and  
Sheryl WuDunn

August 8 **One Thousand White  
Women: the Journals of  
May Dodd**  
by Jim Fergus

## Questions?

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



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

# Senior Center Programs

## Class Refund & Transfer Policy

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 your requests to [info@losaltosca.gov](mailto:info@losaltosca.gov).

All refunds will be charged a \$10 service fee.

No refunds or transfers will be given once class begins.

## 1000 Piece Puzzle Challenge Room 10

Stop by the Senior Center anytime during our operating hours to help finish our 1000 piece puzzle.

## Ping Pong

### By Appointment

The City of Los Altos Senior Center has one ping pong table that may be used by appointment. To reserve the ping pong table please call (650) 947-2797.

## Bocce Ball

<b>Monday/Wednesday</b>	10:00	Courts
<b>Tuesday/Thursday</b>	10:00	Courts

Beginning Bocce Ball is on Tuesday and Thursday. Come learn to play Bocce Ball & make new friends!

## Pinochle

<b>Thursday</b>	12:00-3:30	Room 11
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Openings are available for new players. Rusty? We don't mind. Join in and have some fun!

## Poker

<b>Monday</b>	12:00-3:30	Room 11
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Drop in and join us for a casual game of poker.

<b>Wii</b>	Room 10
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<b>Monday-Friday</b>	8:30-3:30
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Play any of the active or challenging Wii games. Senior Center games include Price is Right, Wii Sports, Puppy Love, Deal or No Deal, Wii Play, and Wii Fit. Free lessons are given by appointment only.

## Shuffleboard: Indoor and Outdoor

The Senior Center has two outdoor Shuffleboards and one indoor. Drop by anytime 8:30 – 3:30 to play on the indoor Shuffleboard or call to make an appointment to play on the outdoor Shuffleboard.

Interested in learning how to play Shuffleboard or hosting an on-going Shuffleboard Group? Please contact us at (650) 947-2797.

<b>Mah-Jongg Beginning Lessons</b>	1:00-3:30
<b>Thursday</b>	Register Room 10 (#645515)

Members:	\$1.00/class	Others:	\$3.00/class
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If you would like to be a part of a group that has fun and meets every Thursday afternoon to learn and play Mah-Jongg, then join our community.

This class is led by instructor Annie Metz, who has played Mah-Jongg for over 25 years. Annie will be teaching Mah-Jongg with “the card.” She looks forward to having fun while teaching and playing with new people.

<b>Mah-Jongg Intermediate Free Play</b>	12:30-3:30
<b>Wednesday</b>	Register Room 10 (#645520-03)

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. Please sign-in.



Instructor Annie Metz introducing the game of Mah-Jongg at a Los Altos Library and Recreation Department Take - A - Look workshop.

## Summer Bocce Ball Tournament

The deadline to sign up as a team or individual is July 3rd. An “all captains” meeting will be held on July 11th at 10:00 a.m. in Room 11 to finalize all tournament rules. The tournament will commence the week of July 15th. The day of play will be determined by those playing. Teams consist of four players; a minimum of two players must be present to play. The champion of the Senior Center tournament will play the City of Los Altos Employee Tournament Champions. See event flier for more details.

## Senior Center Programs

### Bridge Free Play

**Tuesday** 9:00-3:30 Room 11  
**Wednesday** 9:00-12:00

Bridge begins promptly at 9:00. Players draw cards. Groups of four are then formed based on the rank of the cards. If there is an uneven number of players, players will rotate into the games. Players who come after 9:00 will need to wait until there is an open spot or until the group draws again to play. Individual Bridge players are encouraged to come and play or bring your own group of four for a morning or afternoon of cards.

### Ten weeks to Play Bridge

**Monday** 9:00-11:00



Roy's beginning bridge lessons will break during the summer and will reconvene in September. See the next Spotlight for details.

Need more information?  
Call Roy Robinson (650) 941-7978

### Intermediate Bridge Lessons (#645530)

**Thursday\*** 9:15-12:00 Room 12

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 hand and ordinary hand bidding. Lessons include one hour lecture and student play. Register for the month (outlined below) or drop-ins welcome.

Members: \$5.00/class Others: \$7.00/class

For information, call Tony Plutynski (650)948-0699.

July Session: 7/11, 7/18, & 7/25

August Session: 8/1, 8/8, 8/15 & 8/22

\* No class Thursday 7/4 & Thursday 8/29

Please pay and register for a session or before each drop-in bridge lesson in **Room 10 or online**.

All participants must either fill out a drop-in or membership form before registering for the first time.

### Monkey Toy Ladies

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

The Monkey Toy Ladies are in need of nylons and sewing helpers! Please bring all washed used/torn nylons to the Los Altos Senior Center to keep the Monkey Toy production going! Join us!

**Tai Chi for Life!** Register Room 10

**Tuesday\*** 12:45-1:45  
**June 18-September 10** (#645534-03)

Members: \$10/class, Others: \$12/class  
Members: \$85.00/session, Others:\$94.00/session

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. It promotes health, balance, flexibility, strength and clarity. \*No class Tuesday, 7/2, 8/13, & 9/3

### Terrible Adult Chamber Orchestra

(#230111-01/02)  
**Sunday, September 29** 2:00-5:00  
Hillview Social Hall \$10.00/session  
**Sunday, October 27** 2:00-5:00  
Hillview Social Hall \$10.00/session

The 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. Must bring own instrument and stand. Please contact the director before the first class at [www.tacosv.com](http://www.tacosv.com)

Register with the City of Los Altos Recreation Department

**Latimerlo Studio** Register Recreation Office  
**Singin' the Classics**

**Thursdays** 2:00-3:00  
**July 18 - August 15** (#840113-02)  
Senior Center Members \$105\* All Others \$123\*

\*Materials fee of \$20 due first day of class

Love the music of Frank Sinatra, Nat King Cole, and the rest of the crooners? Come sing those songs with us while learning healthy vocal technique. Our instructor will teach you the basics of good singing while leading you through the hits of the 30s, 40s and 50s.

## Helpful Programs

**Stepping On Program** Register Room 10  
Tuesday, 10:00 - 12:00  
**September 10 - October 22, 2013** (#645518-09)

Stepping On is a group program that empowers older adults who have fallen or who have a fear of falling to identify behaviors related to fall risks. The sessions are guided by experienced Stanford staff and will meet one time a week for seven weeks.

### Eligibility:

65 years or over  
Fallen in the past year or are fearful of falling  
Can walk inside without assistance  
Live in a home or apartment  
Does not suffer from dementia

Program is licensed by the Wisconsin Institute to Healthy Aging

### Sponsored by...



Joint Los Altos/  
Los Altos Hills  
Senior Commission

## 50+ Scholarship Opportunity

For City of Los Altos residents for Senior Center membership and programs.

The City of Los Altos offers eight individual scholarships of \$200.00 to residents on a first come, first serve 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 \$39,800.

Please call Peggy Ford at (650) 947-2790 to request a scholarship application and schedule an appointment to return your completed application and all required documents.

The Town of Los Altos Hills also offers scholarships to Town of Los Altos Hills Residents. Contact Sarah Gualtieri for more information at 650-947-2814.

## 2013 Margaret Thompson Historical Essay Contest

Since 1984 the City of Los Altos Historical Commission and History Museum have hosted a historical essay contest for Los Altos students grades 3rd, 4th, 5th and 6th. The historical essay contest was founded by then-Historical Commissioner Margaret Thompson.

This year's essay prompt was "Bear In Mind: The Story of the California Grizzly." Winners at each grade level received \$50 for first place, \$25 for second place and \$10 for third place. A total of 671 entries were submitted. 2013 contest winners were recognized on May 14, 2013 at an Ice Cream Social at the History Museum and by the Mayor Jarrett Fishpaw at the City of Los Altos City Council Meeting that evening.

### 2013 1st Place Winners are...

Grade 3: Zara Lokuge, Gardner Bullis Elementary  
Grade 4: Janya Sundar, Bullis Charter School  
Grade 5: Ravi Krishna, Pinewood School  
Grade 6: Sanjana Mishra, Gardner Bullis Elementary



A trophy to honor the school with the most winners, commissioned by Margaret Thompson, went to Pinewood School for 2013.

You may view the winning essays online at the Town Crier website.

## Needlework—Drop-in Interest?

Members: \$1.00/class      Others: \$3.00/class

The Senior Center would like to know if you are interested in bringing your current needlework project (quilting, crochet, sewing, knitting) and all your materials to work amongst others who share in your similar interest. If so, what two days and times would work best for you? Let us know by contacting the front desk at 650-947-2797.

## In the Community

### **Ye Old Town Band**

1:30-3:30

**July 28, August 25, September 29**

Shoup Park, 400 University Avenue, Los Altos

Enjoy a free, old-fashioned band concert in a beautiful park setting. Concerts present music ranging from rousing marches to popular musicals. Bring a picnic lunch, use the barbecues in the park, or just sit on the grass and enjoy!

### **Friends of the Library Book Sale**

Hillview Community Center

Multipurpose Room

**Friday, 8/23 (Members Only)**

6:30 –9:00

**Saturday, 8/24 (General Public)**

10:00-3:00

**Sunday, 8/25 (\$5.00 Bag Sale)**

12:00-3:00

For more information please visit:

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

### **Farmers' Market**

**Thursdays, until September 27**

4:00-8:00

State Street between Second and Fourth

Enjoy just-picked local fruits and vegetables, ranch eggs, fresh cut flowers and live plants, bakery items, unique prepared foods, locally caught fish, as well as jewelry and handcrafts. The farmer's market has expanded with more organic farmers selling the local produce that they grow, along with your favorite prepared foods, bakeries and more.

Presented by the Los Altos Village Association.

For more information visit

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

### **Friday Movie Nights**

**Friday, August 9 through August 23**

8:30

Main Street at 3rd Intersection

Enjoy a family movie under the stars during this popular summer outdoor series. You may set out your chairs, sleeping bags, blankets and picnics beginning at 6:00 pm. Seating is first come first served.

Presented by the Los Altos Village Association.

For more information visit

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



### **Los Altos Legacies board meeting**

**Bimonthly, Tuesday, July 9 10:00**

Los Altos Legacies was originally incorporated as a non-profit organization in 1978. It continues to focus 100% of its attention on seniors, and only seniors, in Los Altos and Los Altos Hills. The Board of Directors consists of six volunteers: Paul Gonella, Yvonne Irick, King Lear, Ellen Gonella, Verda Keenan, John Lippold and Ed Hodges. The Board is still looking for a volunteer from Los Altos Hills, so if you are interested, please contact Paul or Yvonne.

Legacies provides funding for Senior Center hot lunches and entertainment, the door prizes and candy treats for the Holiday Party, and many other things for the Los Altos Senior Center. If you are interested in donating a tax-deductible one-time gift or a portion of your estate, please ask any Board member for help. Los Altos Legacies is for you! Join us at a board meeting the second Tuesday of every odd month at 10 a.m. in Hillview Conference Room 3.

### **34th Annual Los Altos Arts & Wine Festival**

**Saturday and Sunday, July 13 & 14 10:00-6:00**

Main and State Streets.

The highly-rated Arts & Wine Festival in downtown Los Altos, showcases day long free concerts from top performers, the distinctive works of artists and craftspeople from over a dozen states, select vintages from local wineries, as well as a wide variety of foods and fun for the whole family.

Sponsored by the Los Altos Village Association.

For more information visit

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

### **Free Advance Health Care Directive Assistance**

Schedule an hour long appointment for assistance with an Advance Health Care Directive. Appointment includes: answering questions about the process, explanation of medical & legal language, help with form completion, etc.

Contact El Camino Hospital (650) 940-7210.

**SERVICES PROVIDED AT THE  
LOS ALTOS SENIOR CENTER**

Information and Appointments  
(650) 947 - 2797

**Blood Pressure Readings: Room 10**

**Friday, July 26 & August 23**

Time: 10:30-11:45am

Nurse: Ginny Knell

**HICAP: Conference Room 3**

Health Insurance Counseling & Advocacy

**3rd Tuesday: July 16 & August 20**

Call for an appointment with Roy Ito.

Assistance with Medicare & supplement claims, comparisons & long-term care, HMO, Appeals. No charge service.

**Battery Recycling**

Recycle your used household batteries - AA, AAA, D, or C. Los Altos Hardware helps to maintain this program. Please show your appreciation for their support.

**Hearing Screening: Pacific Hearing Service**

Off-site appointments only.

Call (650) 941-0664.

**Resource/Information Center:** Council on Aging resources and more. Caretakers, health info, assisted living, and resources. Free! *Vial of Life* containers available.

**Medicine Drop-Off:**

The Senior Center takes old pills in their respective containers only. Please **NO loose pills and NO creams or lotions.**

**Notary Service**

Appointments held at City Hall. No charge for members. Donations accepted.

Call: Terryann at (650) 947-2642

**AARP Mature Driving Renewal Course**

Room 12

(#645501-04)

**Friday, July 12**

1:00-5:00

AARP Member: \$12.00

Others: \$14.00

**MUST HAVE COMPLETED EIGHT HOUR CLASS WITHIN THE LAST THREE YEARS TO ATTEND THE RENEWAL COURSE.**

First-come, first-served. Class limit of 30. Reserve your spot by calling the Senior Center at (650) 947-2797. Please bring payment and AARP number to class.



**Mountain View-Los Altos  
Community Services Agency**

**July 19 and August 16**

10:00

The third Friday of each month Case Managers visit the Los Altos Senior Center to discuss various topics of interest.

**Next topics will be...**

July: Education & Employment Resources.

August: Transportation Resources.

Call the Los Altos Senior Center at (650) 947-2797 to make an appointment.

**Information and Referral**

The Senior Services Program within CSA 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.

**Contact CSA at (650) 968-0836 (x131) for more information about Case Management.**

**Vial of L.I.F.E.** (Lifesaving Information for Emergencies)

The Vial of LIFE kit enables Emergency Responders to quickly locate helpful information regarding your medical history. Emergency Responders, Firefighters, Paramedics and Police are trained to look for the Vial of LIFE sticker and obtain information from the Vial. Pick one up today!



**Mountain View - Los Altos  
Adult Education**

From Art to Genealogy to Yoga...MVLA Adult Education offers more than 40 classes at the Hillview Senior Center. For class information please go to [www.mvlaae.net](http://www.mvlaae.net) or call (650) 940-1333.

The following services are available for those with a membership.

### **Membership**

*Thank you* to all Los Altos Senior Center members for your continued loyalty and participation. We're thrilled when neighboring friends join us. By making a commitment each year, you are contributing to one of the best little Senior Centers on the planet!

### **Annual Membership Cost**

Los Altos resident - \$26.00

Non-resident - \$40.00

Add \$5.00 for home delivery of the Spotlight

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

**Mail to:** Los Altos Senior Center  
97 Hillview Avenue  
Los Altos, CA 94022

### **See's Candy Gift Certificate**

The Senior Center sells See's Candy 1 lb. Gift Certificates for \$14.75. Retail cost is \$16.90. Drop in to purchase this perfect gift for any season!

### **Copies**

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

### **DVD Loan Library**

DVDs are ready to be checked out for one week loans. A maximum of six DVDs may be loaned at a time. Please see the Front Desk Volunteer for assistance.

### **DMV Packets**

Copies of the online practice tests, articles and driver booklets are available on loan. Please bring them back in the same condition you received them.

### **In-Home Repair Program**

The In-Home Repair Program has four repair volunteers. Lorraine Hancock, Dave Izant, Walter Wilson 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 July 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 for this service.

### **Equipment Loan Closet**

The City of Los Altos Senior Center 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.

*Donations only of wheelchairs, walkers or canes in good condition are accepted at the Senior Center.*

### **Members Only Programs**

Senior Center members may enjoy programs such as piano lessons and computer tutorials that are designed exclusively for members. See page 15.

### **Reduced Rates on Programs**

Senior Center members receive reduced fees on Senior Center events and offered programs. See pages 6-15 for details.

## Emergency Preparedness

### Personal Emergency Preparedness (PEP) Trainings

**Saturday, July 27 & August 3** 9:00 – 12:00

When a disaster strikes, it may be days before emergency medical, police and fire are able to respond in your neighborhood. It is important for individuals and families to be prepared to be self-sufficient for the first 72 hours following a disaster. The City of Los Altos, in collaboration with Los Altos Police and Santa Clara County Fire Department, offers Personal Emergency Preparedness (PEP) training.

Topics include: impact of area-wide disaster for individuals and community; how to guidebook covering: senior citizen health and wellness, fire safety, fire extinguishers, household hazardous materials, workplace and home safety; emergency planning; and supply kit preparation.

To register, go to [losaltosrecreation.org](http://losaltosrecreation.org) and search for class code 430813 or call the recreation department at (650) 947-2790. FREE to Los Altos Residents

### National Night Out

*“Give Crime & Drugs a Going Away Party.”*

**Tuesday, August 6** 6:00 -9:00

Join forces with thousands of communities nationwide for the, “30th Annual National Night Out,” anti crime/drug prevention event. Neighbors are asked to lock their doors, turn on outside lights and spend an evening out with their neighbors and police. Host or attend a neighborhood activity on your block to be a part of the over one million people building neighborhood unity and strengthening police-community partnerships.

Please register all events by July, 15.

Applications may be picked up at the Police Department. Contact Josh Cottrell, Community Service Officer at 650-947-2775 or email [jcottrell@losaltosca.gov](mailto:jcottrell@losaltosca.gov) with questions.

*Sponsored by: National Association of Town Watch and co-sponsored locally by the Los Altos Police Department.*

## The following programs are available for those with a membership.

### iPad & MAC Computer Resource Room 10

**Thursday** by appointment 1:00/2:00

Dean Johnson will meet one-on-one with members of the Senior Center by appointment for one hour.

These appointments are designed to help members of the Senior Center problem solve/troubleshoot with Mac applications, downloading upgrades and more.

### PC Computer Resource Room 10

**Tuesday** by appointment 1:00/2:00

Our PC tutor, Jenny Warila, will meet one-on-one with Senior Center members by appointment for one hour to introduce them to basic computer concepts. Jenny is passionate about helping people use technology to enjoy life more!

### Piano Lessons with Ramya Krishna

**Thursday** 10:00-12:00 (30min/appt)

**June 27 - August 15** (#645538)

Members: \$1.00

Join us for fun-filled piano lessons. Senior Center Members of all levels can enjoy a thirty-minute piano lesson. Contact the Senior Center front desk for an appointment.

*Instructor Ramya Krishna has been playing the piano since age 5 and loves teaching. She is currently entering 9th grade at Pinewood.*

See page 14 for more Senior Center Membership benefits.

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

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Staff: Candace Avina    Nora Beltran    Nancy Callahan

# Spotlight Newsletter

Los Altos Senior Center

