

# The Spotlight



www.losaltosrecreation.org

November and December 2013



## Inside Scoop

November Calendar	2
December Calendar	3
Appreciation	4
Recreation News	5
Intergenerational Corner	5
Volunteer	6
Presentations	7
Stay Connected	7
Friday Events	8
Classes	9 & 10
Activities	11
Holiday Trip	11
Games	12
Services	13
Community Events	14
Membership Program	14
Membership Benefits	15

The Center will be **closed** in observance of:  
**Veterans Day**—Monday, November 11, 2013  
**Thanksgiving**—Thursday and Friday, November 28  
and November 29, 2013

City offices will be closed for the **Holidays** from:  
Tuesday, December 24 at 3:00 p.m. - January 1, 2014  
The Center will re-open on Thursday, January 2, 2014

**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  
www.losaltosrecreation.org



# November 2013

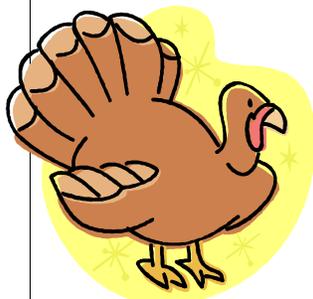
Mon

Tue

Wed

Thu

Fri



**1 Super Size Screen**  
1:00 Room 12  
**ZooKeeper**  
Members: Free  
Others: \$1.00

**4**  
9:00 Beg. Bridge  
9:30 Monkeys  
10:00 Bocce Ball  
12:00 Poker  
4:30 Senior Commission  
6:00 PEP

**5**  
9:00 Bridge  
10:00 Bocce Ball  
10:15 Visions Unlimited  
12:45 Tai Chi  
1:00 Line Dancing  
1:00 PC Tutor  
1:00 HICAP Presentation

**6**  
9:00-12 Bridge  
9:30 Art Studio  
10:00 Bocce Ball  
10:30 Piano  
12:30 Mah-Jongg Int. free play

**7**  
9:15 Int. Bridge  
10:00 Men's Group  
10:00 Bocce Ball  
12:00 Pinochle  
1:00 Beg. Mah-Jongg  
1:00 iPad&MAC

**8 AARP Driving Renewal**  
  
**2nd Friday Lunch**  
12:00 Room 11  
Italian Soup & Sandwich

**11 Closed Veterans Day**



**12**  
9:00 Bridge  
10:00 Bocce Ball  
10:00 Legacies  
12:45 Tai Chi  
1:00 Line Dancing

**13**  
9:00-12 Bridge  
9:30 Art Studio  
10:00 Bocce Ball  
10:30 Piano  
12:30 Mah-Jongg Int. free play  
5:00 Casual Dining

**14**  
9:15 Int. Bridge  
10:00 Bocce Ball  
11:30 Cooking Presentation  
12:00 Pinochle  
1:00 Beg. Mah-Jongg  
1:00 iPad&MAC  
1:00 Book Club

**15 CSA Case Mgmt. 10:00**  
  
**Birthday Party**  
12:00 Room 11  
Pasta  
 See page 8 for details

**18**  
9:00 Beg. Bridge  
9:30 Monkeys  
10:00 Bocce Ball  
12:00 Poker

**19**  
9:00 Bridge  
10:00 Bocce Ball  
12:45 Tai Chi  
1:00 Line Dancing  
1:00 PC Tutor  
1:00 HICAP

**20**  
9:00-12 Bridge  
9:30 Art Studio  
10:00 Bocce Ball  
10:30 Piano  
12:00 Fall Dessert  
12:30 Mah-Jongg Int. free play

**21**  
9:15 Int. Bridge  
10:00 Bocce Ball  
12:00 Pinochle  
1:00 Beg. Mah-Jongg  
1:00 iPad&MAC Tutor

**22 Blood Pressure Thanksgiving Luncheon**  
Multi-Purpose Room  
Members \$6.00  
Others: \$8.00

**25**  
9:00 Beg. Bridge  
9:30 Monkeys  
10:00 Bocce Ball  
12:00 Poker

**26**  
9:00 Bridge  
10:00 Bocce Ball  
1:00 Line Dancing  
1:00 PC Tutor

**27**  
9:00-12 Bridge  
9:30 Art Studio  
10:30 Piano  
10:00 Bocce Ball  
12:30 Mah-Jongg Int. free play

**28**  
**Closed for Thanksgiving Holiday**

**29**



# December 2013



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**



<p><b>2</b> 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker 4:30 <b>Senior Commission</b></p>	<p><b>3</b> 9:00 Bridge 10:00 Bocce Ball 10:15 Visions Unlimited 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor</p>	<p><b>4</b> 9:00-12 Bridge 9:30 Art Studio 10:30 Piano 12:30 Mah-Jongg Int. Free Play 6:00 PEP</p>	<p><b>5</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&amp;MAC</p>	<p><b>6</b> <b>Tree Dressing and Craft</b> 10:00 <b>Super Size Movie</b> <i>To Rome with Love</i> 1:00</p>
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**Gingerbread House Exhibit, Room 2**

<p><b>9</b> 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker</p>	<p><b>10</b> 9:00 Bridge 10:00 Bocce Ball 12:45 Tai Chi 1:00 Line Dancing 1:00 PC Tutor</p>	<p><b>11</b> 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 10:30 Piano 12:30 Mah-Jongg Int. Free Play 5:00 Casual Dining</p>	<p><b>12</b> 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&amp;MAC 1:00 Book Club</p>	<p><b>13</b> <b>Birthday Party Lunch</b> 12:00 Room 11 Taco Fiesta  See page 8 for details</p>
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<p><b>16</b> 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker</p>	<p><b>17</b> 9:00 Bridge 10:00 Bocce Ball 1:00 Line Dancing 1:00 PC Tutor 1:00 HICAP</p>	<p><b>18</b> CSA Case Mgmt. 10:00 9:00-12 Bridge 9:30 Art Studio 10:00 Bocce Ball 10:30 Piano 12:30 Mah-Jongg Int. Free Play</p>	<p><b>19</b> 9:15 Int. Bridge 10:00 Bocce Ball 12:00 Pinochle 1:00 Beg. Mah-Jongg 1:00 iPad&amp;MAC</p>	<p><b>20</b> Blood Pressure <b>Holiday Luncheon</b> Multi-Purpose Room Members \$6.00 Others: \$8.00</p>
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<p><b>23</b> 9:00 Beg. Bridge 9:30 Monkeys 10:00 Bocce Ball 12:00 Poker</p>	<p><b>24</b> 9:00 Bridge 10:00 Bocce Ball 1:00 Line Dancing 1:00 PC Tutor</p>	<p><b>25</b> </p>	<p><b>26</b></p>	<p><b>27</b></p>
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**Closed for Holiday Break from Wednesday, December 25 —Wednesday, January 1.**

<p><b>30</b> Closed for Holiday Break</p>	<p><b>31</b></p>	<p> <b>We'll open Thursday, January 2.</b></p>
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## Appreciation and Staff

### In Appreciation

#### Senior Center Library

In appreciation to all those who donate books, books on tape and videos. 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. Thank you for all you do!

#### 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 is currently displayed at the Senior Center.

#### Newsletter Collating

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



#### Change of Seasons

The fall and winter months are upon us. Please be prepared for the cold weather by wearing layers. The Senior Center will be kept at a comfortable temperature of 73° F. Also, please be diligent about washing your hands to avoid the spread of illness.

#### Meet Kathy May!

Thank you for welcoming me into this wonderful Senior Center. I look forward to getting to know all of you. I wanted to share a little bit about myself. I was born and raised in southern California and moved to Las Vegas, Nevada about 25 years ago. I lived, worked, and raised my children in Las Vegas until my husband retired from State government in 2010. Once retired we decided to hit the road in our RV. We traveled along the coast of California, Oregon, and Washington, for about a year, enjoying the beautiful ocean and lakes. After our travel we decided to relocate to this beautiful area to help our daughter with her child care needs. Along with working part-time at the Senior Center I also help my husband run an in home day care business providing care for military families at Moffett Field. Please stop by and say hello if you haven't already.

### World Health Organization

#### Age-friendly Cities and Communities

In November of 2011 the City of Los Altos became the first Age-Friendly City in the state of California.

As an Age-Friendly City the City of Los Altos is part of a network of people and organizations around the world that are working towards an Age-Friendly environment. The Age-friendly initiative helps cities and communities become more supportive of older adults by addressing their needs across eight dimensions: the built environment, transportation, housing, social participation, respect and social inclusion, civic participation, employment, communication, community support and health services.

September 9 - 11 Anabel Pelham, Chair of the Senior Commission and Senior Center Staff Member Candace Avina attended the World Health Organizations Age-friendly Cities and Communities Conference in Quebec, Canada. There were over 700 attendees from all over the world.

Anabel and Candace presented a poster, *Creating Synergistic Partnerships* highlighting Senior Center partnerships and the programs that they create. The conference provided new programming, service delivery and analysis models, networking opportunities and data on our aging population.

Conference concepts will continue to be woven into the existing framework of the Senior Center.

## Recreation News and Intergenerational Corner

### HELLOOOO, HOLIDAYS!

Around this time of year, there is so much going on that it is hard to keep track of it all. Specifically, in the Recreation Department, we need a scorecard to keep up...or a list...that we can check twice...

Speaking of such things, our annual Santa Visits are fast approaching! Yes, the Big Guy himself has made time in his busy schedule to drop by Los Altos on the evenings of Friday, December 13 and Saturday, December 14. For those households who might be hosting kiddies up to age 12, Santa and one of his elves will stop by your Los Altos household for a quick (15 minute) visit. Reservations are required and time slots fill up FAST. There is a fee of \$49, and milk and cookies are optional--but always a hit with Santa. To reserve a space, stop by the Recreation Office (97 Hillview Avenue) or go online ([losaltosrecreation.org](http://losaltosrecreation.org)) beginning November 1st.

If your pursuits this time of year turn more toward the culinary arts (as a participant or a happy observer), the Gingerbread House Exhibit returns the week of December 2. Taking place at the Hillview Community Center (in Room 2), this popular event is FREE and open to individuals and groups. Those who wish to enter a decorated gingerbread house do need to register by November 25 (in the Recreation office or online as above).

If you have enjoyed the exhibit in the past, you know that the houses run the gamut from traditional to quite imaginative! Participants need to deliver their houses on the afternoon of Sunday, December 1 or up until noon on Monday, December 2. The houses will be on display all week, with the exhibit closing Friday, December 6 at 5:00 pm. Either way...creating or viewing...do join us for this sweet event.



Rounding out the holiday season is the traditional New Year's Day Fun Run. Although it really should be called a Fun Walk, Run & Roll (stroller or wheelchair). It takes place on...when else... Wednesday, January 1, 2014, at 9:00, in downtown Los Altos. The "race" starts and ends at the corner of Main and State Streets, with cheering crowds encouraged all along the downtown triangle route. This event is a great way to welcome the New Year and it is also FREE! Come out and welcome 2014 with your fellow Los Altans.

From our Recreation Department offices to your homes, we wish you all a wonderful holiday season and a joyful 2014.



### Intergenerational Corner

#### Fall Dessert

Senior Center Members are invited to share in a proud moment for three and four year olds that have been practicing to perform a couple of songs at the Children's Corner Fall Dessert. See the smiles and pride of the children then enjoy some yummy desserts!

**Wednesday, November 20** 12:00  
Hillview Multipurpose Room Free  
Please RSVP to (650) 947-2797

#### Holiday Craft and Tree Decorating

Kinder Prep students age four and five will decorate the Senior Center Holiday Tree with crafts that they make during this time. Senior Center Members are encouraged to join the craft and tree decorating. No preparation or responsibility other than to show up and have fun!

**Friday, December 6** 10:00 - 11:00  
Room 11 Free  
Walk-ins welcome, reservations preferred.

#### Volunteer to...

- Read a story to Kinder Prep on a monthly basis
- Teach a snack prep class to Kinder Prep students.

## Volunteer

### **MVP** City-Wide Volunteers



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).

### **2nd and 3rd Friday Lunch Chef** **2nd and 3rd Friday of the Month**

The Senior Center is looking for two volunteers 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.

### **Scarf, Hat & Yarn Collection**

We will be collecting scarves, hats, and yarn November through March. Sandy Goldstein picks up all donations of handmade or gently used scarves and hats and drops them off at shelters for those in need. Please drop off your donations in Room 10 of the Senior Center. Your generosity is greatly appreciated!

### **Holiday Luncheon Help**

**Thursday, November 21 and December 19**  
**Friday, November 22 and December 20**

The Senior Center is in need of people to help with our annual Holiday luncheons. We are in need of 3 sous-chefs on the Thursday dates listed above to assist with pre-event kitchen preparation. Volunteers are also needed on the day of the luncheons in the kitchen from 9:00 - 2:30 and from 9:30 - 10:30 and 11:00 - 2:30 to assist with set-up, decorations, serving and cleaning.



### **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!

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

All agendas and minutes are posted online and on the Los Altos Senior Center Bulletin Board.

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

All are welcome to attend.

#### **Commissioners:**

Anabel Pelham (Chair)

Ashish Mathur

Kathy Seddiqui (Vice Chair)

Linda A. Smith

Karen Jenney

Ginger Summit

### **Applications are being accepted for Los Altos Commission Members**

The Los Altos City Council invites Los Altos residents to apply for appointment to the following Commissions:

#### **Financial Commission:**

(Three vacancies for terms to expire in February 2018)

#### **Planning and Transportation Commission:**

(One vacancy for a term to expire in February 2016; three vacancies for terms to expire in February 2018)

#### **Design Review Commission:**

(One vacancy for a term to expire in February 2014)

#### **Senior Commission:**

(One vacancy for a term to expire in February 2015)

Applicants must be residents of the City of Los Altos to be considered for an appointment.

DEADLINE TO SUBMIT APPLICATIONS: FRIDAY, NOVEMBER 1, 2013. INTERVIEWS TENTATIVELY SCHEDULED: TUESDAY, NOVEMBER 12, 2013

Submit applications to the City Clerk's Office at City Hall, located at 1 North San Antonio Road, Los Altos. For more information, visit [www.losaltosca.gov](http://www.losaltosca.gov) or call (650) 947-2720.

## Presentations, Stay Connected

### **Council on Aging is now SOURCEWISE**

Since 1973, the Council on Aging Silicon Valley, has provided services and support to seniors in Santa Clara County. They continue to support seniors and caregivers as they expand to include persons with disabilities and all adults in Santa Clara County. Sourcewise, previously Council on Aging Silicon Valley, has changed their name to better reflect the expanded community they now serve – all adults in Santa Clara County. Sourcewise continues to aim to inform, educate, and prepare all adults within Santa Clara County to better navigate their health and life options.

Sourcewise collaborates with Santa Clara County, state, and local networks to provide a streamlined approach to service and support-systems. They empower individuals by providing access to information, allowing for personal choices, and continued independence. They strive to create a community-based system of care that crosses city boundaries, income levels, geography, and special interests. <http://www.mysourcewise.com/who-we-are>

The Los Altos Senior Center hosts Sourcewise HICAP counselors and continues to utilize their resources as they are Santa Clara County's *Area Agency on Aging*.

### **Sourcewise Presentation:**

**Medicare/HICAP Changes for 2014  
Prescription drug plans, Cal-Medicconnect,  
Covered California and Medi-Cal.**

November 5                      1:00-3:00                      Free  
Los Altos Library Program Room

Please contact the Senior Center to reserve a seat (650) 947-2797. Walk-ins welcome.

In collaboration with *Community Service Agency and USF School of Nursing & Health Professions--Present:*

### **Nutrition/Cooking for Healthy, Happy Thanksgiving**

Interested in learning new recipes for the holiday season? Join the USF nursing students, Jaemie Abad and Kelsey Marcos, and learn about the Mayo Clinics' latest nutritious recipes. We will be making some treats together for a Happy, Healthy Thanksgiving. Come Hungry. Free.

Date: Thursday, November 14      Time: 11:30

Place: Los Altos Youth Center

Reservations needed by Monday, November 11.

## **Stay Connected**

Follow the Los Altos Senior Center happenings 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 Center, Recreation Office or City Hall.

The Spotlight (Senior Center Bi-Monthly Newsletter)

Recreation Guide (Quarterly classes—all ages)

City News (Quarterly City Newsletter)

### **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.

## Friday Events

Adjustments have been made to our typical Friday event schedule due to holiday closures. We will resume our regular Friday event schedule beginning in January, 2014.

### 1st Friday - Big Screen Movie

1:00 Room 12

Members: Free Others: \$1.00

Register Room 10

*Fee provides popcorn and beverage*

**November 1** 645103-11

#### *Zookeeper*

Summary: A group of zoo animals decide to break their code of silence in order to help their lovable zoo keeper find love — without opting to leave his current job for something more illustrious.

Stars: Kevin James, Rosario Dawson, Leslie Bibb  
102 min. | Comedy, Family, Romance | Rated PG | IMDb.com

**December 6** 645103-12

#### *To Rome with Love*

Summary: The lives of some visitors and residents of Rome and the romances, adventures and predicaments they get into.

Stars: Woody Allen, Penelope Cruz, Jesse Eisenberg  
148 min. | Comedy, Romance | Rated R | IMDb.com

### 2nd Friday - Luncheon

12:00 Room 11

Members: \$4.00 Others: \$6.00

Register Room 10

Reservations Preferred (650) 947-2797

**November 8** 645201-11

#### Menu

Italian Soup with Sausage  
Focaccia Sandwich with Turkey

#### Thank you to our Luncheon Volunteers...

Rosamond Bray, Marie Evatt, Manuela Vasquez  
Joanna Price, Lauren Sweet, Daniel McCandless,  
Peggy Patton, Michael McKenna and Peggy Jones

### 3rd Friday - Birthday Celebration

12:00 Room 11

Birthday Month Members: Free

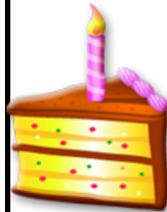
Members: \$4.00

Others: \$6.00

Register Room 10

Reservations Preferred (650) 947-2797

**November 15 & December 13** 645519-11/12



This special lunch will be hosted in honor of those celebrating their birthday month. First come, first serve. Please let us know if it is your birthday month when making a reservation.

**November 15 Pasta Lunch**

**December 13 Taco Fiesta**

Bingo will be played on 5th Fridays.

### Holiday Luncheons

Multi -Purpose Room

Members: \$6.00

Others: \$8.00

Register Room 10

Reservations Preferred (650) 947-2797

**November 22** 645202-11

**Thanksgiving Luncheon** 11:30

#### Menu



Roast Turkey & Gravy  
Stuffing & Cranberry Sauce  
Chopped Apple Salad  
Mashed Potatoes  
Pumpkin Pie

Entertainment: Banjo Player—Jack Convery.

Please see flyer for more information.

Thank you Los Altos Legacies for your support of our holiday luncheons.

**December 20** 645202-12

**Holiday Luncheon** 12:00



#### Menu

Ham  
Sweet Potato Casserole  
Bread Pudding and more!

## Classes

### Registration, Class Refunds & Transfer

**Registration:** Please pay and register in 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 your 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.

### 10 Weeks to Play Better Bridge 645510

In ten weeks we will learn to play bridge in a pleasant social setting. We will learn how to communicate with our partner, develop our playing skills and, most importantly, have fun. This is a class for beginning bridge players.

For information, call Roy Robinson at 941-7978.

**Monday\*** 9:00 - 11:00  
Members: \$90.00 Others: \$95.00  
November 25 - December 16 Room 12

### 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 Richard Campbell (408) 377-6978  
*No experience necessary.*

**Tuesday** 1:00 - 2:00  
Members: \$6.00/class Others: \$8.00  
Pay monthly or before each class in Room 10.  
November 5-26  
December 3-31  
Members: \$24.00/session Others: \$32.00

### Tai Chi for Life! 645534

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.

**Tuesday\*** 12:45-1:45  
Members: \$10.00/class Others: \$12.00  
Pay quarterly or before each class in Room 10.  
September 17 - December 10 Room 12  
Members: \$85.00 Others: \$94.00  
\*No Class 10/15, 10/22, and 11/26

### Baby Boomer Blast Stability Ball Training

Challenge your body while improving posture, flexibility, and coordination. Work your core muscles and learn an endless variety of ways to increase muscle strength and endurance within your ability. Bring is a Stability Ball.

For more information visit [www.chezfit.com](http://www.chezfit.com).

**Tuesday** 1:30 – 2:45  
Contact the Town of Los Altos Hills for registration and more information at 947-2518.

### 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.

## Classes

### Art Studio

645514

Visual artists of all genres and levels are welcome! Bring your current project to work amongst others in a supportive environment. Visit their blog at <http://caartventurers.blogspot.com/>

**Wednesday** 9:30-12:00  
Members: \$1.00/class Others: \$3.00  
Pay quarterly or before each class in Room 10.  
September 4 - December 18 Room 12  
Members: \$16.00/session Others: 48.00

### BoneSmart Movement & Beyond

645536

We'll incorporate standing, sitting and mat Pilates exercises that will strengthen your body including your bones. You'll be guided through stretches, balance exercises, energizing weight bearing routines and basic alignment motions that will help you move through your daily activities safely. Rather than decline with age, you'll actually improve!

**Equipment notes:** Please bring a mat. Also bring 9" miniballs and resistance bands (available for purchase from instructor - \$20.00 for both).

**Wednesday**  
September 18 - November 13\*  
Los Altos Hills Council Chamber 12:30-1:30  
Members: \$128.00 Others: \$138.00  
\*No class 10/9 & 11/6

### Personal Emergency Preparedness (PEP)

Are you prepared? The City of Los Altos, in coordination with Fire and Police, 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.

**Monday, November 4** 6:00-9:00  
Hillview Room 16  
**Wednesday, December 4** 6:00-9:00  
Hillview Room 16 Free  
Register with the Recreation Department

### Intermediate Bridge Lessons

645530

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. Classes include one hour lecture and student play.

For information, call Tony Plutynski at 948-0699  
**Thursday** 9:15-12:00  
Members: \$5.00/class Others: \$7.00  
Pay monthly or before each class in Room 10  
November 7-28 Room 12  
December 5-26  
Members: \$20.00 Others: \$28.00

### Mah-Jongg Beginning

645515

If you would like to be 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.

**Thursday** 1:00-3:30  
Members: \$1.00/class Others: \$3.00  
Pay monthly or before each class in Room 10.  
November 7-28 \*No Class 11/28  
\*No Class 11/28  
Members: \$4.00/session Others: \$12.00  
December 5-26 \*No Class 12/26  
Members: \$5.00/session Others: \$15.00

### Terrible Adult Chamber Orchestra

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 social setting. Bring own instrument and stand.

**Sunday, November 24**  
Residents/Others: \$10.00  
Hillview Social Hall 2:00-5:00  
Please contact the director before the first class at [tacosv.com](http://tacosv.com). Register in the Recreation Dept.

## Activities and Holiday Trip

### Monkey Toy Ladies

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!

Wish to volunteer? Check them out online:

[monkeytoyladies.com](http://monkeytoyladies.com)

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

### 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 welcome, reservations preferred.

**1st Thursday** Free 10:30  
November 7 and December 5 Room 10

### Senior Center Planters

The planters in the back of the Senior Center have been planted with lettuce, red onion, broccoli, brussels sprouts and celery. Watch how they grow.



### Smoke Detector Program November 9



Sunset Rotary members will volunteer their time to change old batteries or install new smoke detectors free of charge in your home. If you are in need of this service, please call the front desk at (650) 947-2797 and leave your name, address and phone number. A Rotary Club member will call to schedule an appointment.

### Book Club

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

**2nd Thursday** 1:00  
Free Room 18

**November 14** *Orange is the New Black*  
Piper Kerman

**December 12** *Seabiscuit*  
Laura Hillenbrand



### Questions?

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



Established 2003

### Cora's Casual Dining 645502

This group meets at a different restaurant every second Wednesday of each month for a **no-host dinner**. Cora will make the restaurant reservations but please RSVP to the Senior Center (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.

**2nd Wednesday** RSVP Room 10  
**November 13** 5:00

Cibo  
3398 El Camino Real, Palo Alto

**December 11** 5:00  
Bella Vista  
376 First Street, Los Altos

## Holiday Day Trip

**Saturday, December 7, 2013**

Departing: City of Los Altos Senior Center  
97 Hillview Avenue, Los Altos, CA 94022

Cost: Senior Center Members \$55.00 Non-Members: \$65.00

Departure: 9:30 a.m. Approximate Return: 5:30 p.m.

For more information contact: (650) 947-2797



Tour Includes: Round Trip Transportation, Bus Driver Gratuity and Christmas Fair admission at the San Francisco, Cow Palace. See flyer for trip policies and additional information.

# Games

The following drop-in games are hosted by the Senior Center for free to adults 50+. No registration is required however membership is appreciated. Please sign-in before you play.

## Drop-In Games

### **Bocce Ball**

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

**Monday/Wednesday** 10:00

**Tuesday/Thursday** 10:00

Bocce Ball Courts Please sign in, free

### **Poker**

Bring your lunch to enjoy with friends at 11:30; before a casual game of poker beginning at 12:00. Haven't played in awhile? We'll help jog your memory.

**Monday** 12:00 - 3:30

Room 11 Please sign in, free

### **Bridge Free Play**

Bridge begins promptly at 9:00 a.m. 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 a.m. 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. Would you like to learn to play bridge or hone your skills? See page 9 and 10 for lessons.

**Tuesday** 9:00 - 3:30

**Wednesday** 9:00 - 12:00

Room 11 Please sign-in, free

### **Pinochle**

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

**Thursday** 12:00 - 3:30

Room 11 Please sign-in, free



Signing-in helps us to report how many people come into the Senior Center each day. Please sign-in even if you are just passing by.

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

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

**Monday-Friday** 8:30 - 3:30

Room 10 Please sign in, free

### **Wii**

Learn to play or join volunteer Cole for fun playing any of the physically active or brain challenging Wii games. Senior Center games include Price is Right, Wii Sports, Puppy Love, Deal or No Deal, Wii Play and Wii Fit.

**By Appointment** 8:30 - 3:30

Room 10 Please sign in, free

### **Shuffleboard: Indoor and Outdoor**

The Senior Center has an outdoor and indoor shuffleboard. Drop-in during operating hours to play the indoor shuffleboard. Call to make an appointment to play on the outdoor shuffleboard.

**Monday-Friday** 8:30 - 3:30

Room 11 Please sign in, free

### **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 - 3:30

Room 11 Please sign in, free

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

Information and Appointments  
(650) 947 - 2797

**Blood Pressure Readings: Room 10  
Friday, November 22 and December 20**

Time: 10:30-11:45am  
Nurse: Ginny Knell

**HICAP:** Health Insurance Counseling & Advocacy Program 3rd Tues. Assistance with Medicare & supplement claims, comparisons & long-term care, HMO, Appeals. No charge service. Call for appointments with Roy Ito. Next appointments Tuesday, November 19 and Wednesday, November 20, Tuesday, December 17

**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.

**Free preliminary Hearing Screening:  
Pacific Hearing Service**

Off-site appointments - call 941-0664

**Resource/Information Center:**

Sourcewise, Case - Management, Housing

**Medicine Drop-Off:**

The Senior Center takes old pills in their respective containers only. Please

**NO loose pills and NO creams or lotions.**

**November Smoke Detector Program:**

See page 11 for more information.

**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.

**Notary Service**

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

**AARP Mature Driving Renewal Course**

**Friday, November 8** 1:00 - 5:30 Room 12

*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 by check made out to "AARP" with your AARP number to class.

Certificate is required to get an insurance discount.

**Note: AARP has reorganized the AARP Mature Drivers Course. In January the course will be called "Smart Driver" and the cost will be \$15.00 for AARP members and \$20.00 for non members.**



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

November 15: Medi-Cal 10:00  
December 18: Nutrition 10:00

Call (650) 947-2797 to make an appointment

**Information and Referral**

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. Contact CSA at (650) 968-0836 (x131)



**Mountain View - Los Altos  
Adult Education**

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

**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 some time to catch up on the newspaper or chat with friends.



Donations are encouraged. Please sign in.

## Community and Membership

### Los Altos Legacies is looking for new Board members!

Los Altos Legacies meet once every other month (that's only six times a year!) on the second Tuesday of the month at 10:00. Meetings usually last 60 to 90 minutes.

NO prior experience necessary--just an interest in seniors and the Senior Center. Legacies wants to hear what you say! Help the non-profit make decisions about funding activities and other support for Los Altos/Los Altos Hills seniors.

Legacies helps with the Senior Center's Holiday party candy favors and door prizes, as well as an annual root beer float day at one of the summer BBQ's.

Current directors are Paul Gonella (chair), John Lippold (vice chair), Ellen Gonella (secretary/treasurer), King Lear, Ed Hodges and Verda Keenan.

If you want to see what the Legacies do, please stop by the next Board of Directors meeting on November 12, 2013 at 10:00 in Hillview Conference Room 3 (across from bocce courts). If you have questions, please talk to any of their board members or call Paul or Ellen Gonella at (650) 948-2920.

## Community Events

### Friends of the Library Book Sale

Hillview Community Center

Multipurpose Room

November 8 - 10

For more information please visit:

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

### Holiday Carriage Rides

Starting Saturday, December 8

Downtown Los Altos

Enjoy horse-drawn carriage rides through downtown Los Altos.

For dates, prices and more information call

(650) 949-5282 or visit [downtownlosaltos.org](http://downtownlosaltos.org).

Sponsored by Los Altos Village Association (LAVA).

### Festival of Lights

6:00

Sunday, December 1

Downtown Los Altos

Floats and Characters shining bright with lights have decorated the streets of Los Altos for 34 years. Join your fellow Los Altans in ushering in the holiday season with, "A Child's Holiday Fantasy" parade. For more information visit [losaltosparade.com](http://losaltosparade.com).

## 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 Mrs. Lee

Wednesday by appointment (30min/appt)

Members: \$1.00

Join us for fun-filled piano lessons. Senior Center Members of all levels can enjoy a thirty-minute piano lesson for \$1.00. Contact the Senior Center front desk for an appointment.

### Ping Pong By Appointment Room 12



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

See page 15 for more Senior Center Membership benefits.

## Membership Benefits

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 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.

### **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.*

### **Tennis Balls**

Tennis balls available by request. These can be cut in half and put on the bottom of walkers without wheels.

### **Members Only Programs**

Senior Center members may enjoy programs such as piano lessons and computer tutorials that are designed exclusively for members. See page 14.

### **Reduced Rates on Programs**

Senior Center members receive reduced fees on Senior Center events and offered programs. See pages 8 - 11 for details.

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

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Staff: Candace Avina Nancy Callahan Kathy May

# Spotlight Newsletter

Los Altos Senior Center

