

# Spotlight

January- February 2023



## Highlights

**HAPPY NEW YEAR!** The Adult 50+ Program would like to wish you the best in 2023! There are fantastic activities, events, and programs planned that will provide opportunities to jump into action this year. Everything is fresh, new, and inspiring.

### Lunch

Shall we “do” lunch? Yes, indeed! Join us twice a month, the **second Wednesday** of the month at **Grant Park Community Center** and the **fourth Thursday** of the month at **Los Altos Community Center**. Lunch begins January 11. Bring a friend to enjoy the activities and stay for lunch!

### Sports and Fitness

Dust off those sweats and join the fun of Drop-In Ping Pong, now featured at Grant Park Multipurpose Room and Los Altos Community Center (LACC), Grand Oak Room. That’s right, this program has expanded to two locations, Grant Park on **Monday**, and Los Altos Community Center (LACC) on **Thursday**.

Ping Pong hours are 10:30 AM – 1 PM at Grant Park and 11:15 AM – 2 PM at LACC.

**Fee: FREE members/\$3 non-members**

Pickleball learn-to-play events are coming to Egan Gym! Kick off the new year by brushing up on your skills at our first Pickleball Fun-to-Learn Event.

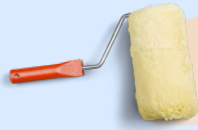
**Welcome the Pickleball Ambassador Cynthia Gin, who brings her knowledge and enthusiasm of the sport right to you. Stay tuned for upcoming dates.**

Effective January 2023, there will be a \$6 annual fee for the Spotlight to be mailed to your address.

Adult 50+ Program (650) 947-2797

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

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



# Membership

## Premiere Passport Fee - \$48 for all (residents and non-residents)

It's here! The "Premiere Passport" Adult 50+ Program Membership has arrived, and we are happy to assist with registration. The Premiere Passport has perks that you can enjoy such as discounts on classes, programs, events, and much more. We encourage registering on CivicRec, the online portal used for registration, payment, and facility rentals. Let us know if you need help with setting up your profile.

February is **Premiere+ Membership Month** at Los Altos Adult 50+ Program! Sign up on CivicRec to get started, or come in to Grant Park or LACC and our Team will help you sign up.

## Membership Perks

### Free Sports Program

- Indoor Pickleball- Egan Gym
- Members Pickleball-Grant
- Ping Pong - LACC + Grant
- Bocce Ball- LACC

### Free Equipment Loan Program

- Pickleball- Grant Park
- Mah Jong sets- LACC + Grant
- Bocce Ball- LACC
- DMV Packets- LACC + Grant

### Discounts

- Adult 50+ Classes
- Special Events

### Free Drop-in Programs:

- 3rd Thursday movies at LACC

### Other

- Meet-Ups for members
- Free Birthday Lunch
- SEE's Gift Certificates for purchase at a discount

NEW

### Notary Service

- Notarizations by appointment only
- Appointments scheduled between **9 AM and 12 PM, Thursdays**
- Appointments are 15 minutes per participant.

### Suggested donations for notarization:

- \$2 per signature for members
- \$5 per signature for non-members
- Donations made to the Adult 50+ program

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

## Tax Season

Tax Season is upon us and we are happy to have the AARP Tax Aide Program return for another year of assisting with tax preparation.

Free tax-return preparation service will be offered on Monday mornings, **February 6 through April 10**, at the Los Altos Community Center at 97 Hillview Avenue.

**Appointments required: Call the Adult 50+ Program at (650) 947-2797 to make an appointment.**

- The program focuses on clients with moderate incomes, with special emphasis on those age 50 and over.
- Clients should bring photo ID, Social Security card or statement, 2021 tax return, all 2022 tax information and evidence of health-care coverage if available.
- Trained, IRS-certified volunteers meet with clients in person, review their tax forms and records, then prepare and electronically file both Federal and California tax returns.

## Speakers

Enjoy an early lunch at 11:15 AM, and then join Adult 50+ Program member **Anita Parsons** as she brings you along on her 20-day, three-pass trek in the Everest Region of Nepal. Anita will present an in-person power point presentation on **Wednesday, January 11, 11:45 AM** in the multi-purpose room at Grant Park and on **Thursday, February 23, 12:45 PM** in the Grand Oak Room at Los Altos Community Center (LACC).

**Scott Cady** returns with a great series of talks that will inspire and delight! Come for a good talk and stay for lunch at Los Altos Community Center **Thursday, January 26**, and at Grant Park Community Center on **Wednesday, February 8** where he will present after the 11:15 AM lunch. The series Scott is presenting runs till Wednesday, May 10, 2023. Bring a friend!

## Future Programs

Lots of participants have commented on the desire to learn more about their phones, iPads, and computers, along with how to effectively use our **CivicRec portal**. As we return to in-person programs and registering for them, there has been a request to expand on the "how to's" of using the internet with these devices. This Spring, we will offer a Tech Day where you can bring your devices and receive help understanding how to access more on them; plus stay for refreshments. Stay tuned for more information.

We're also planning a new early evening dining event program where we meet at local restaurants in Los Altos and enjoy socializing over a nice meal. This program will begin in early Spring as a Meet-Up event. This new program also encourages you to use the On-the-Move Rideshare program we offer. More details to follow!

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\*Register/Create your account on CivicRec at [LosAltosRecreation.org](https://www.losaltosca.gov/parksrec/page/adult-50-program) and click on "[View Classes](#)"

## Movie Time

### 3rd Thursday Movies

**Los Altos Community Center(LACC)/Sycamore Room**

Fee: FREE members/\$1 non-members



#### Coco

Thursday, January 19 at 12:30 PM

This delightful, Academy Award winner is an outstandingly entertaining animated film with emphasis on life lessons. The story follows a 12-year-old boy named Miguel who is accidentally transported to the Land of the Dead,

where the deceased live, if they are remembered well. While there, Miguel not only discovers his family's legacy, but his search will lead him to an unexpected truth in this Disney tale about love, hate, death, music, betrayal -- and most of all: the importance of Family.



#### An Affair to Remember

Thursday, February 16 at 12:30 PM

Celebrating February as the month of love and romance, this 1957 American classic, starring Cary Grant and Deborah Kerr is on the bill. This movie is considered to be among the most romantic films of all time according to the American Film Institute. A couple

falls in love while on a European cruise and agrees to meet in six months at the Empire State Building...but what will happen?? An unforgettable, dramatic romance, to be sure.

## Pickleball

### Intergenerational Indoor Pickleball

All levels welcome

**Egan Junior High School Gym.**

**100 W Portola Ave, Los Altos**

Monday/Wednesday, 6:30 - 9:30 PM

Fee: FREE members, \$3 residents, \$5 non-residents

### Members Pickleball Program at Grant

All levels welcome

**Grant Park Basketball Court**

Monday, 10 AM - 1:30 PM

For Members who are Pickleball enthusiasts, there are two taped courts at Grant Park on the basketball court. Members can borrow a Pickleball net, utilizing the loaner program for Members, and set up on the court on Mondays between 10 AM - 1:30 PM.

## Ping Pong

### Drop-In Ping Pong

All levels welcome

**Los Altos Community Center (LACC)/Grand Oak Room**

Thursday, 11:15 AM - 2 PM

**Grant Park/Multi-Purpose Room**

Monday, 10:30 AM - 1 PM

Fee: FREE members/\$3 non-members

Join the fun of Ping Pong, now featured at Grant Park and Los Altos Community Center. This action-packed program has expanded to both our locations.

### Create Greeting Cards for Military Service Personnel - Workshop

**Los Altos Community Center (LACC)/Manzanita Room**

**FREE Activity, Light snacks provided**

Tuesday, January 31 from 10 AM - 12 PM



In partnership with the Daughters of the American Revolution (DAR), we invite you to join this fun opportunity to create greeting cards for our active-duty service members, just in time for Valentine's Day. Let's capture our creative talents and spend some time together to express our appreciation for their service. Cards, materials and instructions will be supplied.

**\* Register on CivicRec or call the center by January 23.**

## Mini Trips

### Meet-Up in Woodside - Members only

Folger Estate Stable Historic District Group Tour and Docent-Led Natural History Walk. No-host Group Lunch at Buck's Restaurant.

Tuesday, February 28 10AM-2PM

Fee: FREE members

Meet us at the Folger Estate Stable for a group tour of this fully-renovated structure and the surrounding buildings, originally owned by the Folger Coffee Family. A 40-minute natural history walk at Wunderlich Park follows the tour. Afterward, we'll gather for a no-host group lunch at near-by Bucks Restaurant, a fun, casual favorite.



**Folger Estate Stable/Wunderlich Park**  
4040 Woodside Rd.  
Woodside 94062



**Buck's Restaurant**  
3062 Woodside Rd.  
Woodside 94062

**\* Register on CivicRec or call the center by February 20.**

# Class & Activity Highlights

## BOCCE BALL

**Monday through Thursday**

Los Altos Community Center

LACC Bocce Ball Court

9 AM-1 PM

Outdoor court. Equipment provided.

## CHESS

**Monday**

Grant Park

9 AM-2 PM

**Wednesday**

Los Altos Community Center

LACC Sycamore Room

9 AM-1 PM

Contact Ben

(650) 400-0353

All Levels Welcome

## LET'S MAKE MUSIC JAM SESSION

**Monday**

Grant Park

10 AM-12 PM

Bring your favorite instrument and join in the fun.

## DROP-IN PING PONG

**Monday**

Grant Park Multi-Purpose Room

10:30 AM-1 PM

**Thursday**

Los Altos Community Center

LACC Grand Oak Room

11:15 AM-2 PM

FREE members/\$3 non-members

All levels welcome

## FITNESS DANCE AND FUN - Online

**Monday and Thursday**

Virtual class using Google Meet

1-2 PM

Join Xochitl

[meet.google.com/iqx-yoqm-wac](https://meet.google.com/iqx-yoqm-wac)

Low-impact cardio/dance, strength training, and stretching exercises for seniors using chair, exercise ball, and resistance bands.

## INTERGENERATIONAL

### INDOOR PICKLEBALL

**Monday/Wednesday**

Egan Junior High School Gym

100 W Portola Ave, Los Altos

6:30-9:30 PM

FREE members/\$3 residents/\$5 non-residents  
\$1 youth

All levels welcome

Pickleball membership available.

## LINE DANCING

**Tuesday**

Los Altos Community Center

LACC Grand Oak Room

1-2 PM

January 24-February 14

\$24 members/\$26 non-members

February 21-March 21

\$27 members/\$30 non-members

## TECH TUTOR APPOINTMENTS

**Monday**

Los Altos Community Center

1-hour appointments with Ellen Chu

1-3 PM

Need tech help?

Contact Adult 50+ Program to schedule an appointment.

## HICAP APPOINTMENTS

Health Insurance Counseling

& Advocacy Program

**Third Tuesday**

Los Altos Community Center

1-hour appointments with Nancy Lee

1-4 PM

Medicare questions?

Contact Adult 50+ Program to schedule an appointment.

## CHEN STYLE TAI CHI

**Wednesday**

Shoup Park Garden House

January 18-March 22

10:30 AM-12 PM

\$140 members/\$166 non-members

Instructor Kathleen McCarty leads exercises to open the joints and relax the muscles and tendons, which increase mobility and stability.

## BOOK CLUB - Online

**Third Wednesday**

Grant Park

11 AM-12 PM

January

"A Dream Called Home" by Reyna Grande

February

"Horse" by Geraldine Brooks

Contact Janet

[jharpca@comcast.net](mailto:jharpca@comcast.net)

The library supplies the books!

## AMERICAN MAH JONGG

**Wednesday**

Grant Park Room 1

January 18-March 22

**Beginning Mah Jongg Class**

9:30-11:30 AM

**Open Play Mah Jongg**

11:30 AM-2 PM

**Thursday**

Los Altos Community Center

LACC Sycamore Room

Open Play Mah Jongg

January 19-March 23

11:30 AM-2 PM

## RUMMIKUB

**Thursday**

Los Altos Community Center

LACC Sycamore Room

12-2 PM

Learn to play this tile-based board game. Combines elements of Rummy card game and Mah Jongg.

## FOREIGN AFFAIRS - Online

**Friday**

Virtual class using Zoom

January 20-March 24

10:30 AM-12 PM

\$77 members/\$90 non-members

Participants meet online to discuss a range of foreign affairs topics.

## SENIOR CHAIR/STANDING PILATES

**Friday**

Los Altos Community Center

LACC Sycamore Room

10:30-11:15 AM

January 20-March 21

\$19 per class members

\$23 per class non-members

Adult 50+ Program (650) 947-2797

\*Register/Create your account on CivicRec at [LosAltosRecreation.org](https://LosAltosRecreation.org) and click on "[View Classes](#)" Fees, if applicable, are noted.

## Additional Resources/Classes



DO YOU HAVE concerns about falling?

### What Will I Learn?

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- seated exercises to increase strength and balance

### Who Should Attend?

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

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



**Classes are on ZOOM**  
**January 10-March 7**  
**Every Tuesday**  
**10 AM-12 PM**  
**9 sessions**

Classes are held 1 time/week for 9 weeks for 2 hours each session.

Class limited to 12 participants

**To register: (650) 725-2196 or**  
**tcatiggay@stanfordhealthcare.org**

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

**BE READY:  
BE PREPARED  
FOR  
DISASTERS**

**ONLINE COURSE**



**FREE Online Class**

**Be Ready: Be Prepared for Disasters!**

**Thursday, January 19**

**10:30-11:45 AM**

**Register for class at least 30 minutes prior to the start of class.**

Learn about Bay Area disaster risks, how to make a plan and prepare for a disaster, disaster supply kit contents, and how to stay informed during and after the disaster. Learn about important communication systems and how to communicate with your support network during a disaster. Instructor: Fire Dept.

Register at <https://Jan2023LosAltosBeReady.eventbrite.com>

**FALL  
PREVENTION**



**FREE In-Person Class**

**Fall Prevention & Wellness Resources**

**Wednesday, February 15**


**11 AM-12:15 PM**

**Grant Park**

Learn how to identify fall risks and simple and effective home modifications to prevent falls. Learn six steps to prevent falls and what to do right after a fall happens. Get connected with community resources to maintain safety and wellness.

Register at <https://Feb2023LosAltosFallPrev.eventbrite.com>

**JANUARY 2023 Classes/Events/Activities (including Online)**  
**Los Altos Community Center (LACC)**  
<https://www.losaltosca.gov/parksrec/page/adult-50-program>

Monday	Tuesday	Wednesday	Thursday	Friday
2  <b>Center Closed</b>	3 <b>Tuesday Schedule</b> 9 AM-1 PM <b>Play Bocce Ball</b> 9:15 AM-2 PM <b>Play Bridge</b> 1-3 PM <b>Ellen C. Tech Tutor (appt)</b>	4 <b>Wednesday Schedule</b> 9 AM-1 PM <b>Play Bocce Ball</b> 9 AM-1 PM <b>Chess</b> 9:15 AM-2 PM <b>Play Bridge</b> 9:30 AM-12 PM <b>Lenora V. ArtVenturers</b>	5 <b>Thursday Schedule</b> 9-11:30 AM <b>Play Bridge</b> 9 AM-1 PM <b>Play Bocce Ball</b> 11:15 AM-2 PM <b>Ping Pong</b> 11:30 AM-2 PM <b>Play Pinochle</b> 12-2 PM <b>Play Rummikub</b> 1-2 PM <b>Xochitl M. Fitness Dance and Fun*</b>	6
9 <b>Monday Schedule</b> 9 AM-1 PM <b>Play Bocce Ball</b> 9:15 AM-2 PM <b>Play Bridge</b> 12-2 PM <b>Monkey Toys</b> 6:30-9:30 PM <b>Pickleball (Egan Gym)</b>	10 <b>Tuesday Schedule repeats plus</b> 10 AM-12 PM <b>Stanford Health Care-A Matter of Balance*</b> 10:30 AM-12 PM <b>Cultural Exchange</b>	11 <b>Wednesday Schedule repeats plus</b> 6:30-9:30 PM <b>Pickleball (Egan Gym)</b>	12 <b>Thursday Schedule repeats</b>	13
16  MARTIN LUTHER KING DAY <b>Center Closed</b>	17 <b>Tuesday Schedule repeats plus</b> 10 AM-12 PM <b>Stanford Health Care-A Matter of Balance*</b> 1-4 PM <b>Nancy L. HICAP (appt)</b>  <b>No Tech Tutor appointments</b>	18 <b>Wednesday Schedule repeats plus</b> 10:30-12 PM <b>Kathleen M. Chen Tai Chi (Shoup Park Garden House)</b> 6:30-9:30 PM <b>Pickleball (Egan Gym)</b>	19 <b>Thursday Schedule repeats plus</b> 10:30-11:45 AM <b>SCCFD- Be Ready: Be Prepared for Disasters*</b> 11:30 AM-2 PM <b>Play American Mah Jongg</b> 12:30-2:30 PM <b>Movie "Coco"</b>	20 <b>Friday Schedule</b> 10:30 AM-12 PM <b>Ken P. Foreign Affairs*</b> 10:30-11:15 AM <b>Amanda B. Senior Chair/Standing Pilates</b>
23 <b>Monday Schedule repeats plus</b> 1-3 PM <b>Ellen C. Tech Tutor (appt)</b>	24 <b>Tuesday Schedule repeats plus</b> 10 AM-12 PM <b>Stanford Health Care-A Matter of Balance*</b> 1-2 PM <b>Richard C. Line Dancing</b>  <b>No Tech Tutor appointments</b>	25 <b>Wednesday Schedule repeats plus</b> 10:30-12 PM <b>Kathleen M. Chen Tai Chi (Shoup Park Garden House)</b> 6:30-9:30 PM <b>Pickleball (Egan Gym)</b>	26 <b>Thursday Schedule repeats plus</b> 11 AM <b>Scott Cady-Speaker-The Real Pirates of the Caribbean</b> 11:30 AM-2 PM <b>Play American Mah Jongg</b> 12 PM <b>Lunch Program</b>	27 <b>Friday Schedule repeats</b>
30 <b>Monday Schedule repeats</b>	31 <b>Tuesday Schedule repeats plus</b> 10 AM-12 PM <b>Write Greeting cards for Active Military</b> 10 AM-12 PM <b>Stanford Health Care-A Matter of Balance*</b> 1-2 PM <b>Richard C. Line Dancing</b>  <b>No Tech Tutor appointments</b>			

**Legend**

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

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

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

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

# FEBRUARY 2023 Classes/Events/Activities (including Online)

Los Altos Community Center (LACC)

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Wednesday Schedule</b> <span style="float: right;">1</span> 9 AM-1 PM <span style="color: blue;">Play Bocce Ball</span> 9 AM-1 PM <span style="color: blue;">Chess</span> 9:15 AM-2 PM <span style="color: blue;">Play Bridge</span> 9:30 AM-12 PM <span style="color: blue;">Lenora V. ArtVenturers</span> 10:45-11:45 AM <span style="color: blue;">Kathleen M. Chen Tai Chi (Shoup Park Garden House)</span> 6:30-9:30 PM <span style="color: blue;">Pickleball (Egan Gym)</span>	<b>Thursday Schedule</b> <span style="float: right;">2</span> 9-11:30 AM <span style="color: blue;">Play Bridge</span> 9 AM-1 PM <span style="color: blue;">Play Bocce Ball</span> 11:15 AM-2 PM <span style="color: blue;">Ping Pong</span> 11:30 AM-2 PM <span style="color: blue;">Play American Mah Jongg</span> 11:30 AM-2 PM <span style="color: blue;">Play Pinochle</span> 12-2 PM <span style="color: blue;">Play Rummikub</span>	<b>Friday Schedule</b> <span style="float: right;">3</span> 10:30 AM-12 PM <span style="color: blue;">Ken P. Foreign Affairs*</span> 10:30-11:15 AM <span style="color: blue;">Amanda B. Senior Chair/Standing Pilates</span>
<b>Monday Schedule</b> <span style="float: right;">6</span> 9 AM <span style="color: orange;">AARP Tax-aide Tax Preparation. Appointment required</span> 9 AM-1 PM <span style="color: blue;">Play Bocce Ball</span> 9:15 AM-2 PM <span style="color: blue;">Play Bridge</span> 12-2 PM <span style="color: blue;">Monkey Toys</span> 6:30-9:30 PM <span style="color: blue;">Pickleball (Egan Gym)</span>	<b>Tuesday Schedule</b> <span style="float: right;">7</span> 9 AM-1 PM <span style="color: blue;">Play Bocce Ball</span> 9:15 AM-2 PM <span style="color: blue;">Play Bridge</span> 10 AM-12 PM <span style="color: blue;">Stanford Health Care-A Matter of Balance*</span> 1-2 PM <span style="color: blue;">Richard C. Line Dancing</span> 1-3 PM <span style="color: blue;">Ellen C. Tech Tutor (appt)</span>	<b>Wednesday Schedule repeats</b> <span style="float: right;">8</span>	<b>Thursday Schedule repeats</b> <span style="float: right;">9</span>	<b>Friday Schedule repeats</b> <span style="float: right;">10</span>
<b>Monday Schedule repeats</b> <span style="float: right;">13</span>	<b>Tuesday Schedule repeats plus</b> <span style="float: right;">14</span> 10:30 AM-12 PM <span style="color: blue;">Cultural Exchange</span>	<b>Wednesday Schedule repeats</b> <span style="float: right;">15</span>	<b>Thursday Schedule repeats plus</b> <span style="float: right;">16</span> 12:30-2:30 PM <span style="color: red;">Movie "An Affair to Remember"</span> 1-2 PM <span style="color: blue;">Xochitl M. Fitness Dance and Fun*</span>	<b>Friday Schedule repeats</b> <span style="float: right;">17</span>
 <b>PRESIDENTS DAY</b> Center Closed	<b>Tuesday Schedule repeats plus</b> <span style="float: right;">21</span> 1-4 PM <span style="color: orange;">Nancy L. HICAP (appt)</span>  <span style="color: orange;">No Tech Tutor appointments</span>	<b>Wednesday Schedule repeats</b> <span style="float: right;">22</span>	<b>Thursday Schedule repeats plus</b> <span style="float: right;">23</span> 11 AM <span style="color: red;">Scott Cady-Speaker-Captain James Cook-Hero or Zero?</span> 12 PM <span style="color: red;">Lunch Program</span> 12:45 PM <span style="color: red;">Anita Parsons-Speaker-Trekking in Nepal</span> 1-2 PM <span style="color: blue;">Xochitl M. Fitness Dance and Fun*</span>	<b>Friday Schedule repeats</b> <span style="float: right;">24</span>
<b>Monday Schedule repeats</b> <span style="float: right;">27</span>	<b>Tuesday Schedule repeats plus</b> <span style="float: right;">28</span> 10 AM-2 PM <span style="color: red;">Meet-Up in Woodside-Folger Estate Stable</span>  <span style="color: orange;">No Tech Tutor appointments</span>			

**Legend**

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

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 Los Altos, CA 94022  
 Mon-Thu: 9 AM-2 PM  
 (650) 947-2797

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



Classes/Events/Activities (including Online)

Grant Park

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

January 2023

February 2023

Monday	Wednesday
2	4
<u>Center Closed</u>	<p><u>Wednesday Schedule</u></p> <p>9:15 AM-2 PM <b>Play Bridge</b></p> <p>10:15-10:45 AM <b>Eleanor Stretching &amp; Walking</b></p> <p>1-2 PM <b>Bob, Marilu &amp; Xochitl Dance Exercise</b></p>
9	11
<p><u>Monday Schedule</u></p> <p>9 AM-2 PM <b>Chess</b></p> <p>9:15 AM-2 PM <b>Play Bridge</b></p> <p>10 AM-1:30 PM <b>Members Pickleball, Basketball Court</b></p> <p>10:30 AM-1 PM <b>Ping Pong</b></p> <p>11 AM-12 PM <b>Jack T. Conversation Group, Room 3</b></p> <p>1-2 PM <b>Xochitl M. Fitness Dance and Fun*</b></p>	<p><u>Wednesday Schedule repeats plus</u></p> <p>11:15 AM <b>Lunch Program</b></p> <p>11:30 AM-1:30 PM <b>Bookmobile-Go Go Biblio</b></p> <p>11:45 AM <b>Anita Parsons-Speaker-Trekking in Nepal</b></p>
16	18
 <p>MARTIN LUTHER KING DAY</p> <p>Center Closed</p>	<p><u>Wednesday Schedule repeats plus</u></p> <p>9:30-11:30 AM <b>Marilyn L. Class American Mah Jongg, Room 1</b></p> <p>10:45-11:45 AM <b>Shani Kleinhaus-Speaker-The Audobon Society-Landscaping for birds and nature</b></p> <p>11 AM-12 PM <b>Book Club*</b></p> <p>11:30 AM-2 PM <b>Play American Mah Jongg, Room 1</b></p>
23	25
<p><u>Monday Schedule repeats plus</u></p> <p>10 AM-12 PM <b>Barry H. Let's Make Music Jam Session</b></p>	<p><u>Wednesday Schedule repeats plus</u></p> <p>9:30-11:30 AM <b>Marilyn L. Class American Mah Jongg, Room 1</b></p> <p>11:30 AM-2 PM <b>Play American Mah Jongg, Room 1</b></p>
30	
<p><u>Monday Schedule repeats plus</u></p> <p>10 AM-12 PM <b>Barry H. Let's Make Music Jam Session</b></p>	

Monday	Wednesday
	1
	<p><u>Wednesday Schedule</u></p> <p>9:15 AM-2 PM <b>Play Bridge</b></p> <p>9:30-11:30 AM <b>Marilyn L. Class American Mah Jongg, Room 1</b></p> <p>10:15-10:45 AM <b>Eleanor Stretching &amp; Walking</b></p> <p>11:30 AM-2 PM <b>Play American Mah Jongg, Room 1</b></p> <p>1-2 PM <b>Bob, Marilu &amp; Xochitl Dance Exercise</b></p>
6	8
<p><u>Monday Schedule</u></p> <p>9 AM-2 PM <b>Chess</b></p> <p>9:15 AM-2 PM <b>Play Bridge</b></p> <p>10 AM-1:30 PM <b>Members Pickleball, Basketball Court</b></p> <p>10 AM-12 PM <b>Barry H. Let's Make Music Jam Session</b></p> <p>10:30 AM-1 PM <b>Ping Pong</b></p> <p>11 AM-12 PM <b>Jack T. Conversation Group, Room 3</b></p>	<p><u>Wednesday Schedule repeats plus</u></p> <p>11:15 AM <b>Lunch Program</b></p> <p>11:30 AM-1:30 PM <b>Bookmobile-Go Go Biblio</b></p> <p>11:45 AM <b>Scott Cady-Speaker-The Real Pirates of the Caribbean</b></p>
13	15
<p><u>Monday Schedule repeats</u></p>	<p><u>Wednesday Schedule repeats plus</u></p> <p>11 AM-12 PM <b>Book Club*</b></p> <p>11 AM-12:15 PM <b>SCCFD-Fall Prevention and Wellness Resources</b></p>
20	22
 <p>PRESIDENTS DAY</p> <p>Center Closed</p>	<p><u>Wednesday Schedule repeats</u></p>
27	
<p><u>Monday Schedule repeats plus</u></p> <p>1-2 PM <b>Xochitl M. Fitness Dance and Fun*</b></p>	

Legend

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

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

Grant Park  
 Adult 50+ Program  
 Room 4  
 1575 Holt Avenue  
 Los Altos, CA 94024  
 Mon/Wed: 9 AM-2 PM  
 (650) 947-2797



# Los Altos Adult 50+ Program



# SPOTLIGHT NEWSLETTER

Email: [rec-info@losaltosca.gov](mailto:rec-info@losaltosca.gov)

Effective January 2023, there will be a \$6 annual fee for the Spotlight to be mailed to your address.

Change Service Requested

