



# Adult 50+ Regular Programming

Updated 10/29/24

## Monday

**Adult 50+ Rec Room**  
9 AM - 2 PM  
Cedar - LACC  
Room 4 - GPCC

**2025 Tax Prep. Assistance**  
*AARP Foundation's IRS certified volunteers*  
9 & 10:15 AM (Mondays Feb - Apr, by appt.)  
Sequoia - LACC

**Meditation Class**  
9 - 10 AM  
Online (Class resumes- Dec.9th)

**Ping Pong**  
10:30 AM - 1 PM  
Multi-purpose - GPCC

**Discussion Group**  
10:30 AM - 12 PM  
Room 3 - GPCC

**Monkey Toy Program**  
12 - 2 PM  
Sycamore - LACC

**Fitness Dance and Fun**  
1 - 2 PM  
Online

**Pickleball**  
6:30 - 9:30 PM  
City Gym - Egan School

## Tuesday

**Adult 50+ Rec Room**  
9 AM - 2 PM  
Cedar - LACC

**Cultural Exchange Program**  
10:30 AM - 12 PM (2nd Tuesdays)  
Sycamore Room - LACC

**Movie Days**  
12 - 2 PM  
2/11 - *The Theory of Everything*  
Sycamore - LACC

**Line Dancing**  
1 - 2 PM  
Grand Oak - LACC

**Technology Tutoring**  
1 - 3 PM (Select Tuesdays, by appt.)  
Buckeye - LACC

**HICAP (Medicare Counseling)**  
*Health Insurance Counseling & Advocacy Program*  
1 - 4 PM (3rd Tuesdays, by appt.)  
Madrone - LACC

## Wednesday

**Adult 50+ Rec Room**  
9 AM - 2 PM  
Cedar - LACC  
Room 4 - GPCC

**American Mah Jongg Class**  
9:30 - 11:30 AM  
Room 1 - GPCC

**ArtVenturers Program**  
9:30 AM - 12 PM  
Apricot - LACC

**Chair Yoga Class**  
9:45 - 10:15 AM  
Room 3 - GPCC (Class resumes- Dec., 11th)

**Stretching & Walking Class**  
10:15 - 10:45 AM  
Basketball court area - GPCC

**Book Club Program**  
11 AM - 12 PM (3rd Wednesdays)  
Room 3 - GPCC

**American Mah Jongg**  
11:30 AM - 2 PM  
Room 1 - GPCC

**Dance Exercise Class**  
1 - 2 PM (*Room 2 on luncheon dates*)  
Multi-purpose - GPCC

**Pickleball**  
6:30 - 9:30 PM  
City Gym - Egan School

## Thursday

**Adult 50+ Rec Room**  
9 AM - 2 PM  
Cedar - LACC

**Bocce Ball 50+ Play**  
9 AM - 12 PM  
Bocce Ball Courts - LACC  
 *Weather Permitting*

**Bridge**  
10 AM - 2 PM  
Sycamore - LACC

**Ping Pong**  
11:15 AM - 2 PM  
Grand Oak or Birch - LACC

**Carrom**  
11:30 AM - 1 PM  
Cedar - LACC

**Rummikub**  
10:30 AM - 2 PM  
Cedar - LACC

**Fitness Dance and Fun**  
1 - 2 PM  
Online

## Friday

**Foreign Affairs**  
10:30 AM - 12 PM  
Online

### LOCATIONS & HOURS

**Los Altos Community Center**  
97 Hillview Ave, Los Altos, CA 94022  
Monday - Thursday 9 AM - 2 PM

**Grant Park Community Center**  
1575 Holt Ave, Los Altos, CA 94024  
Mondays & Wednesdays, 9 AM - 2 PM

### ONLINE RESOURCES

[losaltosca.gov/calendar](https://losaltosca.gov/calendar)  
[losaltosca.gov/parksrec](https://losaltosca.gov/parksrec)

### CONTACT

(650) 947-2797

### CALENDAR KEY

All classes subject to change. Contact your activity leader for the latest.

- Fee-Required
- Discounted for Passport Members
- Passport Required
- Free
- Drop-In (no sign-up)
- Advanced sign-up required

- "LACC" - Los Altos Community Center
- "GPCC" - Grant Park Community Center
- Age Requirement



Adult 50+ Website