



Adult 50+ Regular Programming

Updated 3/27/24

Monday

- Meditation**
9- 10 AM
Online
FREE SIGN UP
- Adult 50+ Rec Room**
9 AM - 12 PM
Sycamore - LACC
Room 4 - GPCC
FREE
- Ping Pong Drop-In**
10:30 AM - 1 PM
Multi-purpose - GPCC
\$
- Discussion Group**
10:30 AM - 12 PM
Room 3 - GPCC
FREE
- Monkey Toy Makers**
12 - 2 PM
Sycamore - LACC
FREE SIGN UP
- Technology Tutoring**
1 - 3 PM (Select Mondays, by appt.)
Buckeye - LACC
FREE SIGN UP
- Fitness Dance and Fun**
1 - 2 PM
Grant Park Community Center (GPCC)
FREE
- Pickleball Drop-In**
6:30 - 9:30 PM
City Gym - Egan School
\$

Tuesday

- Play Bocce Ball**
9 AM - 1 PM
Bocce Ball Courts - LACC
FREE Weather Permitting
- Bridge Free Play**
9 AM - 2 PM (except 2nd Tuesdays)
Sycamore - LACC
FREE
- Line Dancing**
1 - 2 PM
Grand Oak - LACC
\$ SIGN UP
- Cultural Exchange**
10:30 AM - 12 PM (2nd Tuesdays)
Sycamore Room - LACC
FREE
- Monthly Movie (New Day)**
12 - 2 PM (2nd Tuesday)
5/14 - *Mother (1996 - Albert Brooks)*
6/11 - *Carmen Jones (1954)*
7/9 - *Women's Prison (1955)*
Sycamore - LACC
\$
- HICAP (Medicare Counseling)**
Health Insurance Counseling & Advocacy Program
1 - 4 PM (3rd Tuesdays, by appt.)
Madrone - LACC
FREE SIGN UP

Wednesday

- 50+ Game Day**
9 AM - 2 PM
Sycamore - LACC
FREE
- American Mah Jongg Class**
9:30 - 11:30 AM
Room 1 - GPCC
FREE SIGN UP
- ArtVenturers**
9:30 AM - 12 PM
Apricot - LACC
FREE
- Chair Yoga**
9:45 - 10:15 AM
Room 3 - GPCC
FREE SIGN UP
- Stretching & Walking**
10:15 - 10:45 AM
Basketball court area - GPCC
FREE
- Book Club**
11 AM - 12 PM (3rd Wednesdays)
Room 3 - GPCC
FREE SIGN UP
- Play American Mah Jongg**
11:30 AM - 2 PM
Room 1 - GPCC
FREE SIGN UP
- Dance Exercise**
1 - 2 PM
Multi-purpose - GPCC
FREE
- Pickleball Drop-In**
6:30 - 9:30 PM
City Gym - Egan School
\$

Thursday

- Play Bocce Ball**
9 AM - 1 PM
Bocce Ball Courts - LACC
FREE Weather Permitting
- Bridge - Welcoming Group**
10 AM - 2 PM
Sycamore - LACC
FREE
- Ping Pong Drop-In**
11:15 AM - 2 PM
Grand Oak or Birch - LACC
\$
- Adult 50+ Rec Room**
9 AM - 12 PM
Maple - LACC
FREE
- Fitness Dance and Fun**
1 - 2 PM
Online
FREE SIGN UP

Friday

- Foreign Affairs**
10:30 AM - 12 PM
Online
\$ SIGN UP

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
losaltosca.gov/parksrec

CONTACT

(650) 947-2797

CALENDAR KEY

- Fee-Required to participate
- Discounted or FREE for members
- Free to all participants
- Advanced sign-up required

“LACC” - Los Altos Community Center
“GPCC” - Grant Park Community Center



Adult 50+ Website