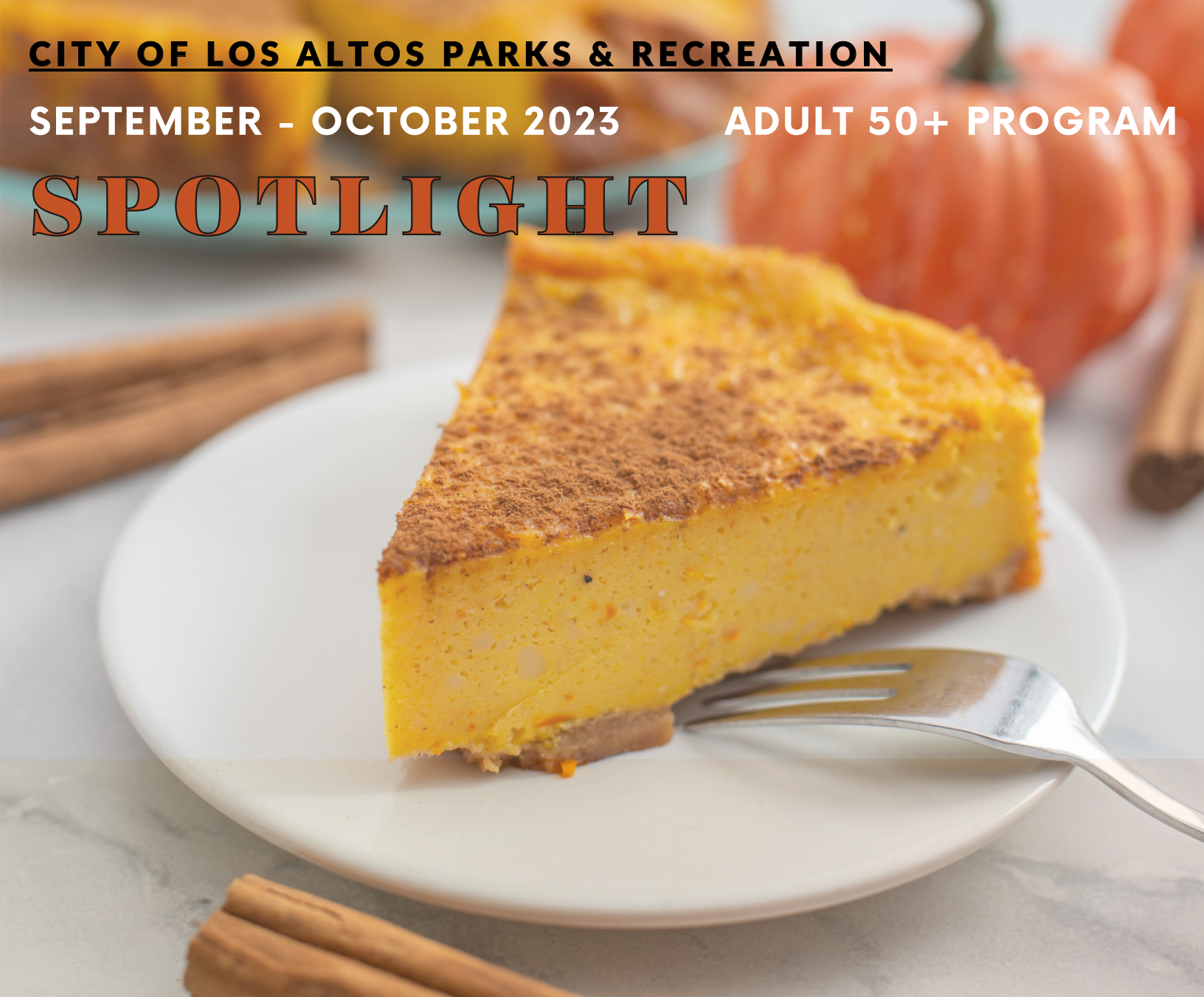


# CITY OF LOS ALTOS PARKS & RECREATION

SEPTEMBER - OCTOBER 2023

ADULT 50+ PROGRAM

# SPOTLIGHT



Please join the Los Altos Parks and Recreation Department in welcoming our new Adult 50+ Coordinator Chris Knopf! Chris comes to us from the Town of Los Altos Hills where he worked as a Recreation Specialist for six years.

During his time with the Town, he was responsible for many community events, contract classes, adult and senior-friendly programs, and sharing a variety of community resources. Chris served as the staff liaison to the Youth Commission and to our joint Los Altos-Los Altos Hills Senior Commission.

Now with the City of Los Altos, you'll find Chris at both Adult 50+ sites, and at many of our upcoming community events. Please join us for a casual meet-and-greet coffee social on Wednesday, September 20, at Grant Park (see inside for more information).

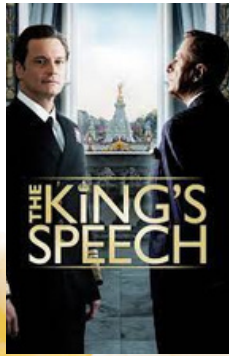
Adult 50+ Program (650) 947-2797

<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.

**3rd THURSDAY MOVIES**

**Los Altos Community Center (LACC)/ Sequoia Room**  
 Fee: \$0 member/\$1 non-member



**Thursday, September 21, 12:30 PM**

**Historical Drama, 2010**

King George VI, played by Colin Firth, and his relationship with a speech therapist, who helps the King cope with the physical and psychological roots of his agonizing stammer. As the new king, after his brother abdicates the throne, he is left in crisis when he must make a critical broadcast to all Britain following the declaration of war on Nazi Germany. A memorable, academy award winning, critical success...A must see.

**Thursday, October 19, 12:30 PM**

**Romantic Comedy, 1953**

A 1953 American romantic comedy, this film is a fun adventure of a bored and sheltered princess (Audrey Hepburn), who escapes her guardians in Rome and falls in love with an American newsman (Gregory Peck). Produced and directed by William Wyler. Enjoy this delightful film with us.



**CITY OF LOS ALTOS PARKS & RECREATION**

**ADULT 50+ PROGRAM**  
**GAMES AND ACTIVITIES**

**Join us for these fun activities, make new friends and stay fit.**

**Drop-In Ping Pong** Fee: \$0 member, \$3 non-member

Join the fun of Ping Pong, now featured at Grant Park and the Los Altos Community Center (LACC).

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

**Thursdays, 11:15 AM - 2 PM**

**NOTE: Every 4th Thursday, Ping Pong at LACC will be held in the Birch Room, 11:15 AM - 2 PM**

**Grant Park**  
**Multi-Purpose Room**

**Mondays, 10:30 AM - 1 PM**

**Pickleball** Fee: \$0 member, \$3 resident, \$5 non-resident, \$1 Youth

New to Pickleball? No worries, our beginner net is ready for you. Staff and players are available to support you with rules, as well as hints to make playing more fun. Pickleball is always a rollicking good time!

**Intergenerational Indoor Pickleball Drop-in Program**

**Egan Junior High School Gym**  
**100 W Portola Ave, Los Altos**

**Mondays/Wednesdays, 6:30 - 9:30 PM**

**Members' Pickleball Loaner Program at Grant Park**

**Grant Park Basketball Court**  
**1575 Holt Ave, Los Altos**

**Mondays, 10 AM - 1:30 PM**

**Bocce Ball**

Come and enjoy our beautiful outdoor bocce ball courts. We have two big courts for you to enjoy and spend time playing.

**Los Altos Community Center (LACC)/Bocce Ball court**

**Mondays -Thursdays, 9 AM - 1 PM**



**Virtual Class via Zoom**

**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.

**October 17 to December 12, 2023, Virtual Class via Zoom**  
 Every Tuesday, 10 AM - 12 PM (9 sessions for 2 hours each)  
 Class limited to 12 participants

**Register Now! Space is Limited! No Fee!**

Call (650) 725-2196

email: [tcattiggay@stanfordhealthcare.org](mailto:tcattiggay@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.

**Coffee Social**

Attend our coffee social with a fully-hosted barista who can whip up a delectable coffee drink of your choice. Complimentary tasty snacks, with a variety of teas available, too!

While savoring your treat, socialize with your Adult 50+ Program friends, learn about upcoming activities, and meet our new Recreation Coordinator Chris Knopf. Chris comes to the City from the Town of Los Altos Hills with experience serving the 50+ population.

**Sept. 20th, 10 AM-12 PM at Grant Park**

**1575 Holt Ave, Los Altos**

650-947-2894

Chris Knopf <[cknopf@losaltosca.gov](mailto:cknopf@losaltosca.gov)>

[losaltosca.gov/parksrec/page/adult-50-program](http://losaltosca.gov/parksrec/page/adult-50-program)

**ADULT 50+ RECREATION COORDINATOR CHRIS KNOPF**



# MEETUPS/MINI TRIPS

**Important note:** It is required for all participants to have their emergency contact information updated and waivers of liability signed on CivicRec before the trip date.

## Meetup – No-Host Lunch at Fiesta Vallarta Mexican Restaurant & Hidden Villa

### Farm Tour

**Tuesday, September 19, 11AM – 3PM**

**Fee: \$24**

We'll meet at Fiesta Vallarta, downtown Los Altos, for a relaxing, no-host lunch on the patio. Then we're off to Hidden Villa Farm and Wilderness Preserve, an educational non-profit, in the quiet foothills of Los Altos. We'll tour their organic gardens, greet the farm animals, learn about sustainable agriculture, and enjoy the beauty of this special place.

**Hidden Villa Farm**  
26870 Moody Rd.  
Los Altos Hills 94022

**Fiesta Vallarta**  
301 State St.  
Los Altos 94022

**\*Register on CivicRec or call the Center at (650) 947-2797 by Monday, September 11**

## Mini Trip –Visit Carolands Mansion, Hillsborough & No-Host Lunch at Wisteria Café at Allied Arts Guild, Menlo Park

**Thursday, October 19, 9:15AM – 2:45PM**

**Fee: \$65**

Visit the Carolands Mansion in Hillsborough for a fascinating, docent-led tour of this storied "chateau." Listed on the National Registry of Historic Places, the home is considered to be one of the finest examples of French Classical architecture in the U.S. No-host lunch will follow at the charming Café Wisteria, Allied Arts Guild, in Menlo Park. Note: Walking difficulty is moderate. Transportation provided.



Carolands Mansion



Café Wisteria

**\*Register on CivicRec or call the Center at (650) 947-2797 by Monday, September 25**

## Military Service Personnel Card Writing Session

**Wednesday, October 25, 10AM – 12PM**

**Fee: Free**

In collaboration with the Daughters of the American Revolution (DAR), we invite you to create greeting cards for our active-duty military servicemembers, in time to arrive for the holidays. Bring a friend or neighbor! Let's express our appreciation for our overseas troops. Cards, craft materials, and light refreshments provided.



**\*Register on CivicRec or call the Center at (650) 947-2797 by Wednesday, October 18**

**CHES**  
**Monday**  
 Grant Park  
 9 AM-2 PM

**Wednesday**  
 Los Altos Community Center  
 9 AM-1 PM  
 Contact Ben for information  
 (650) 400-0353

**MEDITATION WITH VIJAY DHIR**  
 Virtual class via Zoom  
**Monday**  
 Grant Park  
 9-10AM

**LET'S MAKE MUSIC JAM SESSION**  
**Monday**  
 Grant Park  
 10 AM-12 PM  
 Bring your favorite instrument  
 and join in no-stress music fun.

**DISCUSSION GROUP  
 WITH JACK T.**  
**Monday**  
 Grant Park Room 3  
 10:30 AM-12 PM

**FITNESS DANCE AND FUN**  
 Virtual class using Google Meet  
**Monday and Thursday**  
 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.

**AUTOBIOGRAPHY & MEMOIR  
 WRITING**  
**Tuesday**  
 Los Altos Community Center  
 LACC Apricot Room  
 10:30 AM-12PM  
**October 17 - November 7**  
**\$52 member/\$ 62 non-member**

Write and share your life stories,  
 two pages at a time. Create a family  
 keepsake by using writing prompts  
 and exercises to spark memories.  
 Four-week class.

**LINE DANCING**  
**Tuesday**  
 Los Altos Community Center  
 LACC Grand Oak Room  
 1-2 PM  
 September 12 - October 10  
**\$22 member/\$ 24 non-member**  
 October 10 - November 7  
**\$24 member/\$27 non-member**  
 November 14 - December 12  
**\$24 member/\$27 non-member**

**TECH TUTOR APPOINTMENTS**  
 Select Mondays and Tuesdays  
 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

**Help with Medicare information**

Contact Adult 50+ Program  
 to schedule an appointment.

**AMERICAN MAH JONGG**  
**Wednesday**  
 Grant Park Room 1  
**September 13 -December 13**  
**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  
 11:30 AM-2PM

**CHAIR YOGA WITH VIJAY DHIR**  
**Wednesday**  
 Grant Park Room 3  
 9:45-10:15 AM

**STRETCHING AND WALKING  
 WITH ELEANOR**  
**Wednesday**  
 Grant Park Outdoors  
 10:15-10:45 AM

**BOOK CLUB**  
**Third Wednesday**  
 Grant Park  
 11 AM-12 PM

**September 20**

"Cokie: A Life Well Lived"  
 by Steven Roberts ( Biography)

**October 18**

"Midnight Library "  
 by Matt Haig ( Fiction)

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

**The library supplies the books!**

**RUMMIKUB**  
**Thursday**  
 Los Altos Community Center  
 LACC Sycamore Room  
 11 AM-1 PM

Learn to play this tile-based board  
 game with Volunteer instructor  
 Pat Sherwood.

**FIND A GRAVE 'LEARNING LAB'**  
**Friday**  
 Los Altos Community Center  
 LACC Sycamore Room  
**September 29**  
 10-11:30 AM



If you're interested in genealogy or  
 family history research, you will  
 want to use the Find a Grave  
 website or app. Join this hands-on  
 lesson for a "Learning Lab" on the  
 Find a Grave website or phone  
 app. Bring your smartphone  
 (iPhone preferred). Make sure you  
 know your password to download  
 apps (e.g. AppleID)

**FOREIGN AFFAIRS**  
**Friday**  
 Virtual class via Zoom  
**September 15 - December 15**  
 10:30 AM-12 PM

**\$68 member/\$82 non-member**

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

**OPEN PLAY BRIDGE**  
**Monday and Wednesday**  
 Grant Park  
 9:15 AM-2 PM

**Monday through Wednesday**  
 9:15 AM-2PM  
**Thursday**  
 9-11:30 AM

Los Altos Community Center  
 LACC Sycamore Room

We provide the space. Please  
 come with your group.

**CLUB 55 EVENT**  
**Friday**

Los Altos Community Center  
 LACC Grand Oak Room  
**September 15**  
 6-8:30 PM

**RSVP required by emailing**  
[Club55LosAltos@gmail.com](mailto:Club55LosAltos@gmail.com)

**SANTA CLARA COUNTY FIRE  
 DEPARTMENT (SCCFD)**

Presentations by SCCFD are  
 noted on the calendar.

**Register for Event**  
[www.sccfd.eventbrite.com](http://www.sccfd.eventbrite.com)

**Upcoming Events**  
[www.sccfd.org](http://www.sccfd.org)

**Call (408) 378-4010**



**SEPTEMBER 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
4   <b>Center Closed</b>	5 <u>Tuesday Schedule</u> 9 AM-1 PM <b>Play Bocce Ball</b> 9:15 AM-2 PM <b>Play Bridge</b> 1-3 PM <i>Ellen C.</i> <b>Tech Tutor (appt)</b>	6 <u>Wednesday Schedule</u> 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 <i>Lenora V.</i> <b>ArtVenturers</b> 6:30-9:30 PM <b>Pickleball</b> <b>(Egan Gym)</b>	7 <u>Thursday Schedule</u> 9-11:30 AM <b>Play Bridge</b> 9 AM-1 PM <b>Play Bocce Ball</b> 11 AM-1 PM <b>Play Rummikub</b> 11:15 AM-2 PM <b>Ping Pong</b> 11:30 AM-2 PM <b>Play Pinochle</b> 11:30 AM-2 PM <b>Play American Mah Jongg</b> 1-2 PM <i>Xochitl M.</i> <b>Fitness Dance and Fun*</b>	8
11 <u>Monday Schedule</u> 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</b> <b>(Egan Gym)</b>	12 <u>Tuesday Schedule repeats plus</u> 10:30 AM-12 PM <b>Cultural Exchange</b> 1-2 PM <i>Richard C.</i> <b>Line Dancing</b>	13 <u>Wednesday Schedule repeats</u>	14 <u>Thursday Schedule repeats</u>	15 <u>Friday Schedule</u> 10:30 AM-12 PM <i>Ken P.</i> <b>Foreign Affairs*</b> 6-8:30 PM <b>Club 55,</b> <b>Grand Oak Room</b>
18 <u>Monday Schedule repeats</u>	19 <u>Tuesday Schedule repeats plus</u> 11 AM-3 PM <b>Meetup-Lunch</b> <b>Fiesta/Hidden Villa Farm Tour</b> 1-2 PM <i>Richard C.</i> <b>Line Dancing</b> 1-4 PM <i>Nancy L</i> <b>HICAP (appt)</b> <u>No Tech Tutor</u>	20 <u>Wednesday Schedule repeats</u>	21 <u>Thursday Schedule repeats plus</u> 11 AM-12 PM <i>Dr Scott Cady</i> <b>Presentation-The Tale of a Whale, Apricot Room</b> 12:30-2:30 PM <b>Movie</b> <b>"The King's Speech," Sequoia Room</b>	22 <u>Friday Schedule repeats</u>
25 <u>Monday Schedule repeats plus</u> 1-3 PM <i>Ellen C.</i> <b>Tech Tutor (appt)</b>	26 <u>Tuesday Schedule repeats plus</u> 1-2 PM <i>Richard C.</i> <b>Line Dancing</b> 6:30 PM-8:30 PM <b>SCCFD</b> <b>Presentation-Prepare for Wild Fire, Los Altos Hills Town Hall</b> <u>No Tech Tutor</u>	27 <u>Wednesday Schedule repeats</u>	28 <u>Thursday Schedule repeats plus</u> 12 PM <b>4th Thursday Lunch</b>	29 <u>Friday Schedule repeats plus</u> 10-11:30 AM <b>Find a Grave Learning Lab- Genealogy and Family History Research, Sycamore Room</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.

# OCTOBER 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	3	4	5	6
<p><u>Monday Schedule</u></p> <p>9 AM-1 PM <b>Play Bocce Ball</b></p> <p>9:15 AM-2 PM <b>Play Bridge</b></p> <p>12-2 PM <b>Monkey Toys</b></p> <p>6:30-9:30 PM <b>Pickleball (Egan Gym)</b></p>	<p><u>Tuesday Schedule</u></p> <p>9 AM-1 PM <b>Play Bocce Ball</b></p> <p>9:15 AM-2 PM <b>Play Bridge</b></p> <p>1-2 PM <b>Richard C. Line Dancing</b></p>	<p><u>Wednesday Schedule</u></p> <p>9 AM-1 PM <b>Play Bocce Ball</b></p> <p>9 AM-1 PM <b>Chess</b></p> <p>9:15 AM-2 PM <b>Play Bridge</b></p> <p>9:30 AM-12 PM <b>Lenora V. ArtVenturers</b></p> <p>6:30-9:30 PM <b>Pickleball (Egan Gym)</b></p>	<p><u>Thursday Schedule</u></p> <p>9-11:30 AM <b>Play Bridge</b></p> <p>9 AM-1 PM <b>Play Bocce Ball</b></p> <p>11 AM-1 PM <b>Play Rummikub</b></p> <p>11:15 AM-2 PM <b>Ping Pong</b></p> <p>11:30 AM-2 PM <b>Play Pinochle</b></p> <p>11:30 AM-2 PM <b>Play American Mah Jongg</b></p> <p>1-2 PM <b>Xochitl M. Fitness Dance and Fun*</b></p>	<p><u>Friday Schedule</u></p> <p>10:30 AM-12 PM <b>Ken P. Foreign Affairs*</b></p>
9	10	11	12	13
	<p><u>Tuesday Schedule repeats plus</u></p> <p>10:30 AM-12 PM <b>Cultural Exchange</b></p> <p>1-3 PM <b>Ellen C. Tech Tutor (appt)</b></p>	<p><u>Wednesday Schedule repeats plus</u></p> <p>6-7:30 PM <b>SCCFD Presentation-Hands Only CPR &amp; AED*</b></p>	<p><u>Thursday Schedule repeats</u></p>	<p><u>Friday Schedule repeats</u></p>
16	17	18	19	20
<p><u>Monday Schedule repeats</u></p>	<p><u>Tuesday Schedule repeats plus</u></p> <p>10 AM-12 PM <b>A Matter of Balance*</b></p> <p>10:30 AM-12 PM <b>Lyn C. Autobiography and Memoir Writing, Apricot Room</b></p> <p>1-3 PM <b>Ellen C. Tech Tutor (appt)</b></p> <p>1-4 PM <b>Nancy L. HICAP (appt)</b></p>	<p><u>Wednesday Schedule repeats</u></p>	<p><u>Thursday Schedule repeats plus</u></p> <p>9:15 AM-3:15 PM <b>MiniTrip-Carolands Mansion, Hillsborough</b></p> <p>12:30-2:30 PM <b>Movie "Roman Holiday," Sequoia Room</b></p>	<p><u>Friday Schedule repeats</u></p>
23	24	25	26	27
<p><u>Monday Schedule repeats plus</u></p> <p>1-3 PM <b>Ellen C. Tech Tutor (appt)</b></p>	<p><u>Tuesday Schedule repeats plus</u></p> <p>10 AM-12 PM <b>A Matter of Balance*</b></p> <p>10:30 AM-12 PM <b>Lyn C. Autobiography and Memoir Writing, Apricot Room</b></p> <p>1-3 PM <b>Ellen C. Tech Tutor (appt)</b></p>	<p><u>Wednesday Schedule repeats plus</u></p> <p>10 AM-12 PM <b>Military Service Personnel Card Writing Session, Sequoia Room</b></p>	<p><u>Thursday Schedule repeats plus</u></p> <p>12 PM <b>4th Thursday Lunch</b></p>	<p><u>Friday Schedule repeats</u></p>
30	31			
<p><u>Monday Schedule repeats</u></p>	<p><u>Tuesday Schedule repeats plus</u></p> <p>10 AM-12 PM <b>A Matter of Balance*</b></p> <p>10:30 AM-12 PM <b>Lyn C. Autobiography and Memoir Writing, Apricot Room</b></p> <p>1-3 PM <b>Ellen C. Tech Tutor (appt)</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.

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.

**Classes/Events/Activities (including Online)**

**Grant Park**

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

**SEPTEMBER 2023**

**OCTOBER 2023**

Monday		Wednesday		Monday		Wednesday	
4		<u>Wednesday Schedule</u>	6	<u>Monday Schedule</u>	2	<u>Wednesday Schedule</u>	4
		9:15 AM-2 PM <b>Play Bridge</b> 9:45-10:15 AM <b>Vijay D. Chair Yoga, Room 3</b> 10:15-10:45 AM <b>Eleanor Stretching &amp; Walking</b> 11 AM <b>Tim Giacomini, Mission Trails Presentation-Properly Separate Trash, Recycling, Organic Waste, Multi-purpose Room</b> 1-2 PM <b>Bob, Marilu &amp; Xochitl Dance Exercise</b>		9-10 AM <b>Vijay D. Meditation*</b> 9 AM-2 PM <b>Chess</b> 9:15 AM-2 PM <b>Play Bridge</b> 10 AM-12 PM <b>Barry H. Let's Make Music Jam Session</b> 10 AM-1:30 PM <b>Members Pickleball, basketball court</b> 10:30 AM-1 PM <b>Ping Pong</b> 10:30 AM-12 PM <b>Jack T. Discussion Group, Room 3</b> 1-2 PM <b>Xochitl M. Fitness Dance and Fun*</b>			
<u>Monday Schedule</u>	11	<u>Wednesday Schedule repeats plus</u>	13		9	<u>Wednesday Schedule repeats plus</u>	11
9-10 AM <b>Vijay D. Meditation*</b> 9 AM-2 PM <b>Chess</b> 9:15 AM-2 PM <b>Play Bridge</b> 10 AM-12 PM <b>Barry H. Let's Make Music Jam Session</b> 10 AM-1:30 PM <b>Members Pickleball, basketball court</b> 10:30 AM-1 PM <b>Ping Pong</b> 10:30 AM-12 PM <b>Jack T. Discussion Group, Room 3</b> 1-2 PM <b>Xochitl M. Fitness Dance and Fun*</b>		9:30-11:30 AM <b>Marilyn L. Class American Mah Jongg, Room 1</b> 11:15 AM <b>2nd Wednesday Lunch</b> 11:30 AM-2 PM <b>Play American Mah Jongg, Room 1</b> 12 PM <b>Santa Clara County Fire Department (SCCFD) Presentation-Fall Prevention and Wellness Resources, Multi-purpose Room</b>				11:15 AM <b>2nd Wednesday Lunch</b> 12 PM <b>George O. Ting, MD Presentation-Everything You Need to Know About Kidneys and Your Health. Multi-purpose Room</b>	
<u>Monday Schedule repeats</u>	18	<u>Wednesday Schedule repeats plus</u>	20	<u>Monday Schedule repeats</u>	16	<u>Wednesday Schedule repeats plus</u>	18
		9:30-11:30 AM <b>Marilyn L. Class American Mah Jongg, Room 1</b> 10 AM-12 PM <b>Coffee Social</b> 11 AM-12 PM <b>Book Club, Room 3</b> 11:30 AM-2 PM <b>Play American Mah Jongg, Room 1</b>				11 AM-12 PM <b>Book Club, Room 3</b>	
<u>Monday Schedule repeats</u>	25	<u>Wednesday Schedule repeats plus</u>	27	<u>Monday Schedule repeats</u>	30		
		9:30-11:30 AM <b>Marilyn L. Class American Mah Jongg, Room 1</b> 11:30 AM-2 PM <b>Play American Mah Jongg, Room 1</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.

**Grant Park  
Adult 50+ Program  
Room 4  
1575 Holt Avenue  
Los Altos, CA 94024**

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

**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)

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

There is a \$6 annual fee for the Spotlight to be mailed to your address.

Change Service Requested

