



SENIOR COMMISSION MEETING AGENDA

September 14, 2026 - 3:30 PM
Los Altos Community Center, Sequoia Room

PARTICIPATION: Members of the public may participate by being present at the Los Altos Community Center, Sequoia Room, 97 Hillview Ave, Los Altos, CA 94022. Public comment is accepted in person at the physical meeting location, or via email to SCPublicComment@losaltosca.gov.

RULES FOR CONDUCT: Pursuant to Los Altos Municipal Code, Section 2.05.010 "Interruptions and rules for conduct": Understanding that the purpose of the commission meetings is to conduct the people's business for the benefit of all the people, in the event that any meeting of the commission is willfully interrupted by a person or group of persons so as to render the orderly conduct of the meeting impossible, the chair, vice chair, or any other member of the commission acting as the chair may order the removal of the person or persons responsible for the disruption and bar them from further attendance at the commission, or otherwise proceed pursuant to Government Code Section 54957.0 or any applicable penal statute or city ordinance.

REMOTE MEETING OBSERVATION: Members of the public may view the meeting via the link below, but will not be permitted to provide public comment via Zoom or telephone. Public comment will be taken in-person, and members of the public may provide written public comment by following the instructions below.

<https://losaltosca-gov.zoom.us/j/92294073948?pwd=ZOUt9okaWda9s3WvSUhYNEtopKphLo.1>

Webinar ID: 922 9407 3948 / Passcode: 439197

Please note: Personal information, such as email addresses, telephone numbers, home addresses, and other contact information are not required to be included with your comments. If this information is included in your written comments, they will become part of the public record. Redactions and/or edits will not be made to public comments, and the comments will be posted as they are submitted. Please do not include any information in your communication that you do not want to be made public.

The Chair will open public comment and will announce the length of time provided for comments during each item.

AGENDA

CALL MEETING TO ORDER

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

Members of the audience may bring to the Commission's attention any item that is not on the agenda. Please complete a "Request to Speak" form and submit it to the Staff Liaison. Speakers are generally given two or three minutes, at the discretion of the Chair. Please be advised that, by law, the Commission is unable to discuss or take action on issues presented during the Public Comment Period. According to State Law (also known as "the Brown Act") items must first be noticed on the agenda before any discussion or action.

ITEMS FOR CONSIDERATION/ACTION

1. Senior Committee Health Fair

Finalize event logistics for the Live Well Age Well Health Expo scheduled for Tuesday, September

15, 2026.

INFORMATIONAL ITEMS

2. Staff Oral Reports

Receive information and announcements from Town of Los Altos Hills and city of Los Altos staff.

3. Flyers

COMMITTEE/SUB-COMMITTEE REPORTS

4. Sourcewise Representative

REQUESTS FOR FUTURE AGENDA ITEMS

ADJOURNMENT

SPECIAL NOTICES TO THE PUBLIC

In compliance with the Americans with Disabilities Act, the City of Los Altos will make reasonable arrangements to ensure accessibility to this meeting. If you need special assistance to participate in this meeting, please contact the City Clerk 72 hours prior to the meeting at (650) 947-2610.

Agendas, Staff Reports and some associated documents for Senior Committee items may be viewed on the Internet at https://www.losaltosca.gov/meetings?field_microsite_tid_1=2321.

If you wish to provide written materials, please provide the Committee Staff Liaison with 10 copies of any document that you would like to submit to the Committee members in order for it to become part of the public record.

For other questions regarding the meeting proceedings, please contact the City Clerk at (650) 947-2720.

Senior Commission Staff Report



Meeting Date: September 14, 2026

Prepared By: Jaime Chew

Subject: Senior Committee Health Fair

RECOMMENDATION

Finalize event logistics for the Live Well Age Well Health Expo scheduled for Tuesday, September 15, 2026.

BACKGROUND

Summary

- The Senior Commission hosted the first Live Well Age Well Health Expo on Tuesday, September 9, 2025 from 12pm – 3pm.
- At the November 3, 2025, Senior Commission regular meeting, the Commission added hosting another health fair in 2026 to the October 2025 – September 2026 work plan.
- At the March 2, 2026, Senior Commission regular meeting, the Commission selected Tuesday, September 15, from 12pm – 3:30pm as the date and time of the next Live Well Age Well Health Expo.

Fiscal Impact

The anticipated budget for the event is \$5,000.

The anticipated breakdown of costs will be as follows:

- Giveaway - \$1,800
- Banner - \$500
- Ads - \$1,200
- A-frame signs - \$500
- Event supplies - \$1,000

The budget for this event was approved with the adoption of the FY 2026 – 2027 budget. The Town of Los Altos Hills will provide food and refreshments for the event in an amount not to exceed \$1,500.

DISCUSSION

Event logistics for the Live Well Age Well Health Expo are as follows:

Presentations

	Sequoia Room
12:15pm – 1:15pm	<i>Preventing Scams in the Age of AI</i> Rajiv Bhateja, PhD Mayor, Los Altos Hills
2pm – 3pm	<i>Thrive at Home, A Path to Successful Aging in Place</i> Mehrdad Ayati, MD Primary Care & Geriatric Concierge Center

Vendors

- Los Altos Community Services Adult 50+ Program
- Los Altos Police Department
- Home Safety Services
- Starlight Caregivers
- The Terraces
- Resilient Los Altos
- Rebuilding Together Peninsula (RTP)
- Cancer CAREpoint
- Senior Helpers
- Sourcewise
- Right at Home
- Community Services Agency (CSA)
- Stanford Farewell to Falls
- Santa Clara Family Health Plan
- National Alliance on Mental Illness (NAMI)
- Midpeninsula Open Space
- Family Matters
- Senior Adults Legal Assistance (SALA)
- Avenidas/Friendly Voices
- Los Altos Library
- YMCA Silicon Valley
- Cancer Support Services
- Santa Clara County Fire
- Chinese Health Initiative
- El Camino Healthcare
- El Camino Health Mental Health Services
- South Asian Heart Center – El Camino
- Trust Mental Health
- Anew Vista

- ClearCaption
- Pacific Coast Farmer's Market Association
- On Lok
- Repair Café
- Pacific Hearing Services
- CADRE SV

Giveaways

- Reusable bag
- Simple pedometer

Refreshments

- Sandwiches
- Cheese pizza
- Veggies and dip
- Granola bars
- Yogurt
- Fruit
- Cookies

Marketing Efforts

- Flyers, 8.5 x 11
- Posters, 11 x 17
- A-frame signs
- Banner
- 2 Town Crier ads
- Los Altos Community Center monitor ads
- Website listing
- E-newsletters – Community Services and City Manager
- Santa Clara County Senior's Agenda Newsletter
- Flyer distribution by committee members

Day of Logistics

- Event set up will begin at 10am
- Rooms utilized will be as follows: Grand Oak & Manzanita – Vendor Showcase, Sequoia – Presentations, Lobby near main entrance – Welcome and Giveaways
- Vendor set up will occur between 11:30am – 12pm
- Welcome & opening remarks will be shared by Mayor Meadows at 12:10pm in the

Sequoia Room prior to the first presentation.

- Additional staff and volunteers will be stationed to support: room monitor, AV needs, food/beverage replenishment, etc.
- There will be a chance drawing for those that complete the BINGO card by visiting various vendors in the vendor showcase
- Clean up will begin at 3:30pm at the conclusion of the event.

Staff recommends that the Senior Committee take the following actions:

- Receive update on speakers, vendors, marketing, etc. from city staff.
- Determine which members will be in attendance of the Live Well Age Well Health Expo, and assign roles as appropriate.

Presentation Room Monitor - One is needed. Keep time to ensure presentations start and end on schedule. Introduce speaker and welcome attendees.

Welcome Station - Greet and welcome attendees. Highlight layout of the event (i.e. where things are located). Provide giveaways.

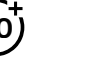
ATTACHMENTS

None

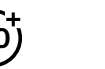


Adult 50+ Program Regular Activities

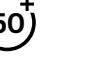
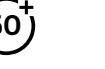
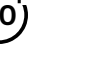
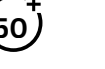
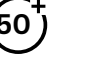
Monday

-  **Adult 50+ Rec Room**
9 AM - 2 PM
Cedar - LACC
Room 4 - GPCC
  
-  **Meditation Class**
Online, contact instructor for link
9 - 10 AM
 
-  **Ping Pong**
10:30 AM - 1 PM
Multipurpose Room - GPCC
  
-  **Discussion Group**
10:30 AM - 12 PM
Room 1 - GPCC
  
-  **Dantian Breathing class** 
10:30 AM - 11:30 AM
Classroom 2 - GPCC (1st & 3rd Monday Monthly)
  
-  **Asian Mah Jongg/Board Games**
10:00 AM - 1 PM
Classroom 2 - GPCC (4th Monday monthly)
  
-  **Monkey Toy Gathering**
12 - 2 PM
Sycamore - LACC
 
-  **Dance Exercise Plus**
1 - 2 PM
Maple - LACC
  
-  **Pickleball for All**
6:30 - 9:30 PM
City Gym - Egan School
 

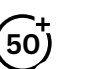
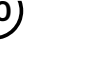
Tuesday

-  **Adult 50+ Rec Room**
9 AM - 2 PM
Cedar - LACC
  
-  **SOLAH Cultural Exchange**
10:30 AM - 12 PM (2nd Tuesday)
Sycamore - LACC
 
- Adult 50+ Showtime**
12 - 2 PM
9/2/26 - Driving Miss Daisy
2/2/27 - Rosa Parks Story
4/7/27 - Joy Luck Club
Sycamore - LACC
  
-  **Line Dancing**
1 - 2 PM
Grand Oak - LACC
 
-  **HICAP (Medicare Counseling)**
Health Insurance Counseling & Advocacy Program
1 - 3 PM (Select weekdays, 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
Classrooms 2 & 3 - GPCC
  
-  **ArtVenturers**
9:30 AM - 12 PM
Apricot - LACC
 
-  **Chair Yoga Class**
9:45 - 10:30 AM
Multipurpose - GPCC
 
-  **Stretching & Chi Balance**
10:15 - 10:45 AM
Basketball court area - GPCC
 
-  **Book Club**
11 AM - 12 PM (3rd Wednesday)
  Room 1 - GPCC
-  **American Mah Jongg**
11:30 AM - 2 PM Advanced Players
Classroom 3 - GPCC
  
-  **Dance Exercise Plus**
1 - 2 PM Class location changed - Maple room LACC - August 26.
Multipurpose or Classroom #2 - GPCC
  
-  **Technology Tutoring**
1 - 3 PM (Select weekdays, by appt.)
Buckeye - LACC
  
-  **Pickleball for All**
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
-  **Open Play Bridge**
10 AM - 2 PM
Sycamore - LACC
Open Public Spaces - LACC
  
-  **Rummikub**
10:30 AM - 2 PM
Cedar - LACC
  
-  **Ping Pong**
11:15 AM - 2 PM
Grand Oak - LACC
  

WOULD YOU LIKE TO LEARN MORE?

SCAN ME



Friday

-  **Foreign Affairs**
10:30 AM - 12 PM
Online
 
-  **Club 55 Pop Up Nightclub**
6:00 PM - 8:30 PM
Grand Oak Room & Courtyard - LACC
RSVP: Club55losaltos@gmail.com

★ August 21 ★ September 18
★ October 16 

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

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

 FREE

Free



Fee-Required



Passport Discount Accepted



Drop-In (no sign-up)



Advanced registration required



50+ Age Requirement

“LACC” Los Altos Community Center

“GPCC” Grant Park Community Center

Become a Volunteer for the Adult 50+ Program:



Social Concierge
Games & Gathering Hosts
Luncheon Service Support
Grant Park Coffee Crew Members

Connect with staff and/or visit the City's volunteer webpage

Updated 7/28/26

Adult 50+ Program Special Activities

EVENTS & EXCURSIONS



Mini-Trip: Elkhorn Slough Safari
Enjoy a 90 minute eco cruise, round trip transportation included, bring a bag lunch.
Thursday, 9/3, 9:00AM- 2:30PM

S

SIGN UP

50+

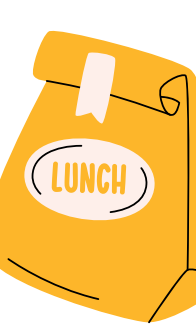


Meet-Up: Los Altos History Tour
No-host lunch at Enchante Hotel & docent-led tour of the History Museum/J. Gilbert House.
Thursday, 10/15, 11:45AM- 4:00PM

SIGN UP

50+

ADULT 50+ LUNCHEONS



Grant Park Luncheons
Wednesdays (8/12),(9/9),(9/16),(10/4)
11:30 AM - 12:45 PM
Multipurpose Room - GPCC

FREE

SIGN UP



Community Center Luncheons
Wednesdays (8/19),(8/26),(9/23),(10/21)
11:30 AM - 12:45 PM
Grand Oak Room - LACC

FREE

SIGN UP

Luncheon frequency has increased!
Seating limited. Advanced sign-up required.

PROGRAM CLOSURES



Labor Day Program Closure
City Holiday & 50+ Closure
Tuesday, 9/1 - Monday, 9/7



Indigenous Peoples Day
City Holiday
10/12- Monday

FEATURED ACTIVITIES



Health Data: Who Benefits —Should You?
Find out why your health data is so valuable.
Presented by **Martin Schneider, MD, PhD(Stanford)**
Wednesday, 8/12, 12:15 PM - 1:15 PM
Multipurpose Room- GPCC

FREE



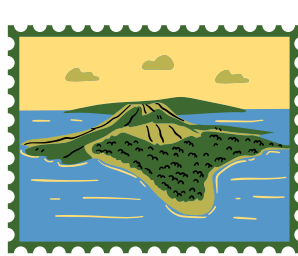
Hearing Loss in Seniors (HLAA)
Presented by **Dr. Ken Peters MD**
Wednesday, 8/19 12:15 PM - 1:15PM
Grand Oak Room- LACC

FREE



Avenidas: Friendly Voices Family
Presented by **Cathleen Harter**
Wednesday, 9/9 12:15 PM - 1:15PM
Multipurpose Room- GPCC

FREE



Cozumel: An Island Shaped by the Sea
Presented by **Dr. Scott Cady**
Wednesday, 9/16 12:15 PM - 1:15PM
Multipurpose Room- GPCC

FREE



AnewVista Community Services
Learn to identify bots, fake accounts, and misleading content.
Wednesday, 9/21, 10:30 AM - 11:30 AM
Room 3-- GPCC

FREE



Managing Asthma - Lung Health
Presented by **Sharmin Sultana, MBBS, MPH**
Wednesday, 9/23 12:15 PM - 1:15PM
Grand Oak Room- LACC

FREE



Special Luncheon - Diwali
Performances from Seniors of Los Altos + Hills
Wednesday, 10/21, 10:00 AM - 1:00 PM
Grand Oak - LACC

FREE

SIGN UP

STAY TUNED FOR
MORE ACTIVITIES!



2026

Adult 50+ Program Brochure

Stay active. Stay connected. Stay inspired.

We provide diverse activities and programs to meet community needs. Our Adult 50+ Program focuses on fostering connections, promoting healthy lifestyles, and enriching the lives of adults aged 50 and older through recreation, education, wellness, and social engagement.



Our annual program closure is from **September 1–7**, during which all Adult 50+ Program activities, including volunteer-led classes, free gatherings, and ping-pong, will be canceled.

Our Hawaiian-themed gathering with food, décor, and entertainment at the Los Altos Community Center on **Wednesday, August 26**, starting at **11:30 AM**. Registration required.

This brochure highlights select offerings from the City of Los Altos Community Services and Adult 50+ Program. For full details, visit: www.losaltosca.gov



City of Los Altos Adult 50+ Program RideCARE

All RideCARE Recipients must have an active Adult 50+ Program Passport membership and meet existing age and residency requirements.

ADULT 50+ PROGRAM HOURS & LOCATIONS

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 Monday & Wednesday, 9 AM - 2 PM
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 **CONTACT**
(650) 947-2797



CITY OF LOS ALTOS COMMUNITY SERVICES

Parks
Make
Life
Better!

Family Fun Days

AT THE LOS ALTOS COMMUNITY CENTER
CO-SPONSORED BY THE FRIENDS OF THE LIBRARY OF LOS ALTOS

10 AM -
1 PM

JOIN US ON SELECT SATURDAYS
FOR TOTAL FAMILY FUN!

FREE!

AUGUST

8

PIRATE PALOOZA



OCTOBER

24

HALLOWEEN HOOPLA



DECEMBER

12

WINTER WONDERLAND

Games • Crafts • Movies • More



97 Hillview Avenue
(650) 947-2790 | LosAltosRecreation.org



santa clara
county
library district



City of Los Altos
Parks & Recreation

CHILDCARE

Subsidy Program

The city of Los Altos is now offering a program to support Santa Clara County's initiative for affordable childcare. The program will provide 50% subsidy of the program fee up to \$10,000 per family household. Applications are accepted and approved on a first come first served basis until all funds have been allocated.

Eligibility:

- Residents of Los Altos or city of Los Altos employees
- Household meets HUD (Housing and Urban Development) income limits
- Participant must be preschool-age of 2 – 5 years old



Questions?

(650) 947-2790

Rec-Info@losaltosca.gov

Learn More

LosAltosRecreation.org

Or scan the QR code

