



SENIOR COMMISSION MEETING AGENDA

3:30 PM - Monday, September 08, 2025

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/81662940702?pwd=7MZmWB46NRSvpSFffh2tEKjjlzHtCw.1>

Webinar ID: 816 6294 0702 / Passcode: 596679

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.

CALL MEETING TO ORDER

ESTABLISH QUORUM

PLEDGE OF ALLEGIANCE

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. [Minutes: Approve minutes of the regular Senior Commission meeting of August 4, 2025](#)
2. [Senior Health Fair: Receive ad hoc subcommittee, working pair, and staff reports, and finalize event logistics for the Live Well Age Well Health Expo](#)
3. [Fall Fling: Receive staff and ad hoc subcommittee reports, discuss event logistics, and assign working pairs to continue planning event logistics for the Halloween Fling](#)

INFORMATIONAL ITEMS

4. [Flyers: Receive informational flyers](#)

COMMISSION/SUBCOMMITTEE/STAFF ORAL REPORTS AND REQUESTS FOR FUTURE AGENDA ITEMS

5. **Staff Oral Reports:** Receive information and announcements from Town of Los Altos Hills and city of Los Altos staff
6. **Future Agenda Items**
 - A. Fall Fling
 - B. Work Plan
 - C. Chair & Vice Chair election
 - D. Sourcewise representative

ADJOURNMENT

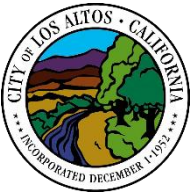
SPECIAL NOTICES TO PUBLIC

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 Commission 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 Commission Staff Liaison with **10 copies** of any document that you would like to submit to the Commissioners 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.



MINUTES OF THE REGULAR MEETING OF THE SENIOR COMMISSION OF THE CITY OF LOS ALTOS AND TOWN OF LOS ALTOS HILLS, HELD ON MONDAY, AUGUST 4, 2025, AT 3:30 P.M. VIA VIDEO CONFERENCE AND IN PERSON.

CALL MEETING TO ORDER

At 3:35 P.M., Dixit called the meeting to order.

ESTABLISH QUORUM:

PRESENT: Basiji, Buchholz, Dixit, Gallagher Thompson, and Trapnell

ABSENT:

LATE: Olson.

PLEDGE OF ALLEGIANCE

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

Connie Maritine, resident of Los Altos spoke regarding the idea of a walking support group at local events.

ITEMS FOR CONSIDERATION/ACTION

1. **Minutes:** Approve minutes of the regular Senior Commission meeting of June 2, 2025.

Public Comment: None

Action: Upon a motion by Buchholz, seconded by Trapnell, the Senior Commission approved the minutes of the regular meeting of June 2, 2025.

Approve: Basiji, Buchholz, Dixit, Gallagher Thompson, and Trapnell

Oppose: None

Absent: None

Abstention:

Motion passed unanimously: 5-0-0-0

Commissioner Olson joined the meeting via teleconference at 3:40 P.M.

2. **Senior Health Fair:** Receive ad-hoc subcommittee, working pair, and staff reports, and discuss logistics to complete planning tasks for the event.

Public Comment: None

Action: Received ad-hoc subcommittee, working pair, and staff reports, and discussed logistics to complete planning tasks for the event.

3. **Work Plan:** Update FY 2024/25 work plan

Public Comment: None

Action: Will review and update work plan in October.

INFORMATIONAL ITEMS

4. **Flyers:** Informational flyers received.

Public Comment: None

COMMISSION/SUBCOMMITTEE/STAFF ORAL REPORTS AND REQUESTS FOR FUTURE AGENDA ITEMS

1. **Staff Oral Reports:** Received information and announcements from Town of Los Altos Hills and city of Los Altos staff.

Public Comment: None

2. **Future Agenda Items:**
- A. Senior Health Fair
 - B. Fall Fling
 - C. Work Plan (October)
 - D. Appoint a representative to participate in regular Sourcewise meetings (October)

Public Comment: None

ADJOURNMENT:

At 5:00 P.M., Monday, August 4, 2025, Dixit adjourned the meeting.



SENIOR COMMISSION AGENDA REPORT

Meeting Date: September 8, 2025

Subject: Senior Health Fair

Prepared by: Jaime Chew, Parks & Recreation Deputy Director

Initiated by: Commission

Staff Recommendation

The staff recommends to receive the staff report, ad hoc subcommittee and working pair reports. Recommended actions are as follows:

1. Review and confirm commissioner attendance and assignments.
 - a. Room Monitors
 - i. Sequoia – Dolores Gallagher Thompson
 - ii. Manzanita – Nomi Trapnell
 - iii. Apricot – Bill Buchholz
 - b. Welcome/Giveaway/Survey
 - i. Kris Olson
 - ii. Sharvari Dixit
 - iii. Jim Basiji

Summary/Project Description:

- The Senior Commission will be hosting a Senior Health Fair on Tuesday, September 9, 2025, from 12pm – 3pm at the Los Altos Community Center.

Fiscal Impact:

\$3,000 has been budgeted for this event. The breakdown of costs is as follows:

- | | |
|------------------|-------|
| • Reusable bags | \$600 |
| • Banner | \$400 |
| • Ads | \$900 |
| • A-frame signs | \$400 |
| • Event supplies | \$700 |

Background

At the September 9, 2024, Senior Commissioner special meeting, the Commission approved hosting a Senior Commission Health Fair event in 2025. On January 6, 2025, the ad hoc subcommittee of Commissioners Basiji, Buchholz, and Gallagher Thompson was formed to manage the overall coordination of the event. City staff has reserved the Grand Oak Room, Sequoia Room, Manzanita Room, and Apricot Room to facilitate the various elements of the event.



Subject: Senior Health Fair

The ad hoc subcommittee virtually met with Amanda Hui, Recreation Coordinator for the City of Cupertino to learn best practices to potentially be implemented in the Senior Commission’s event. She coordinated the Health Expo held on Friday, May 9, 2025, from 10am – 1:30pm.

At the April 7, 2025, Senior Commission regular meeting, the Commission made the following determinations for event elements:

- Vendor showcase will be hosted in the Grand Oak Room
- Speakers/Presentations will be hosted in the Sequoia Room, Manzanita Room, Apricot Room
- Presentations will be broad overviews of prioritized topics, 30 minutes for the presentation, 10 minutes for Q&A, and 10 minutes for transition time
- Preferred topics are:
 - Overview of preventing/delaying dementia/cognitive decline
 - Importance of nutrition – eating for a healthy brain
 - Importance of movement/activity/exercise
 - Importance of healthy sleep habits
 - Importance of social connectedness
 - Caring for the caregiving
 - Public safety – police and fire
- Ad hoc subcommittee will finalize the title of the event based upon confirmed speakers

The following working pair were assigned:

- Contacting vendors – Dixit, Olson
- Food/refreshments – Dixit, Gallagher Thompson
- Event layout & flow – Buchholz, Dixit
- Marketing – Olson, Trapnell
- Give Away – Olson, Trapnell

At the June 2, 2025, Senior Commission regular meeting, the Commission approved the following:

- Event title would be “Live Well Age Well Health Expo”.
- The preferred marketing banner location would be San Antonio/El Camino Real.
- Preferred giveaway was a reusable bag.
- Confirmed that Los Altos Hills would sponsor the food for the event.

To date, the following presentations have been confirmed for the event:

	Location
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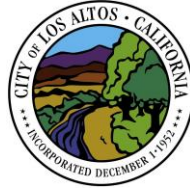
Subject: Senior Health Fair

	Sequoia Room	Manzanita Room	Apricot Room
12-12:10pm	Setup		
12:10 – 12:50pm	<u>Healthy Aging & Your Brain</u> Nusha Askari, Ph.D. 30-min presentation 10-min Q&A	<u>Jazzercise Los Altos & Sunnyvale Demonstration</u> Jazzercise, Nisa Leone 30-min presentation 10-min Q&A	<u>Raising Awareness on the Most Common Scams</u> Angela Alvarado, Community Services Officer 30-min presentation 10-min Q&A
12:50 – 1:10pm	Cleanup / Transition		
1:10 – 1:50pm	<u>Caring for the Caregiver: Tools for Stress & Cognitive Wellness</u> Sherry Beaudreau, Ph.D. 30-min presentation 10-min Q&A	<u>Be Ready: Be Prepared for Disasters</u> Jennifer Ceynowa, Community Risk Specialist 30-min presentation 10-min Q&A	<u>The Power of the Phone – Solutions for Loneliness</u> Laura Steurer, Founder & Program Director of Friendly Voices 30-min presentation 10-min Q&A
1:50 – 2:10pm	Cleanup / Transition		
2:10 – 2:50pm	<u>Paths to Healthy Aging, Focusing on the Aging Brain</u> Mehrdad Ayati, MD 30-min presentation 10-min Q&A	<u>Jazzercise & Core Strength Training Demonstration</u> Jazzercise, Barbara Peterson 30-min presentation 10-min Q&A	<u>Solving the Caregiving Puzzle</u> Linda Conover MA Educational Psychology 30-min presentation 10-min Q&A
2:50 – 3pm	Cleanup		

To date, the following vendors have been confirmed for the event:

Vendors:

- AARP
- Los Altos Parks & Recreation
- Avenidas
- Chinese Health Initiative
- El Camino Health
- enABLE Care Management



Subject: Senior Health Fair

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- | | |
|-------------------------------|---|
| • Friendly Voices | • Santa Clara County Fire Department |
| • Jazzercise – Nisa Leone | • Family Matters In-Home Care |
| • MidPen Open Space | • Anew Vista |
| • Los Altos Police Department | • South Asian Heart Center |
| • BridgePoint | • Friends of Edgewood |
| • Los Altos Library | • Hidden Villa |
| • Starlight Caregivers | • Santa Clara County Public Health Department |
| • Stanford Health | • Jazzercise – Barbara Peterson |
| • Sourcewise | • CADRESV Santa Clara County |
| • Resilient Los Altos | |

Marketing efforts included:

- Flyers, 8.5x11
- Posters, 11x17
- A-frame signs
- Banner
- Town Crier ads
- Social media posts
- Los Altos Community Center monitor ads
- Website listing
- E-newsletters – Parks & Rec and City Manager

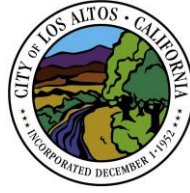
Discussion/Analysis

General logistics for the event will be as follows:

- Event set up will begin at 10am.
- Vendor set up will occur between 11:30am – 12pm.
- Welcome & opening remarks will be shared by Vice Mayor Neysa Fligor and Senior Commission Council Liaison Sally Meadows at 12pm in the Grand Oak Room.
- Additional staff and volunteers will be stationed to support: room monitors, 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 exhibit.
- Clean up will begin at 3pm.

The Senior Commission should receive and discuss the staff, ad hoc subcommittee, and working pair reports, and take action as appropriate to finalize event logistics for the Live Well Age Well Health Expo.

Attachments



Subject: Senior Health Fair

1. Live Well Age Well Health Expo Flyer



Live Well Age Well Health Expo

Los Altos Community Center
97 Hillview Avenue

Join us as we discover the world of health, wellness, and safety. Explore an array of vendors, and learn from a variety of professionals through educational sessions to enhance your quality of life! Enjoy refreshments and fun giveaways while supplies last.

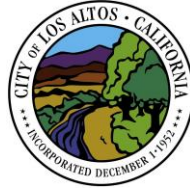


Sponsored by:

Los Altos/Los Altos Hills Senior Commission
Los Altos Parks & Recreation Adult 50+ Program
Los Altos Hills Community Services

Questions?

(650) 947-2790
rec-info@losaltosca.gov



SENIOR COMMISSION AGENDA REPORT

Meeting Date: September 8, 2025

Subject: Halloween Fling

Prepared by: Jaime Chew, Parks & Recreation Deputy Director

Initiated by: City Staff and Commission

Staff Recommendation

The staff recommends to receive the staff and ad hoc subcommittee report. Recommended actions are as follows:

1. Confirm commissioner attendance for the event.
2. Assign working pairs to complete planning tasks for the event.
3. Review and confirm commissioner attendance and assignments.
 - a. Contacting local business for prize donations
 - b. Food/refreshments
 - c. Games/activities
 - d. Event layout & flow
 - e. Marketing

Summary/Project Description:

- The Senior Commission will be hosting a Halloween Fling on Friday, October 17, 2025, from 6pm – 9pm at the Los Altos Community Center Grand Oak Room.

Fiscal Impact:

\$2,000 has been allocated for this event.

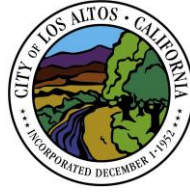
Background

At the February 3, 2025, Senior Commissioner regular meeting, the Commission approved hosting a Halloween Fling event in 2025. Additionally, the ad hoc subcommittee of Commissioners Olson, and Trapnell was formed to manage the overall coordination of the event. City staff has reserved the Grand Oak Room and courtyard to facilitate the various elements of the event.

Discussion/Analysis

The city will provide the following event support:

- Grand Oak Room and courtyard
- Room set up to include tables, cocktail tables, chairs, tablecloths
- DJ
- Decorations
- Games and activities



Subject: Halloween Fling

-
- Food
 - Pre-registration process
 - Standard city marketing (webpages, e-newsletters, Community Center monitors, social media, flyers, posters, ad)

The Senior Commission should receive and discuss the staff and ad hoc subcommittee reports, and assign working pairs to continue planning event logistics for the Halloween Fling.



Los Altos Hills

Hoedown

SAT. SEPT 6 ★ 4-7PM

**Westwind Community Barn
27210 Altamont Road**

- ★ **Barnside BBQ**
- ★ **Bluegrass Music**
- ★ **Square Dance Caller**
- ★ **Equestrian Exhibitions**

LOS ALTOS HILLS

CALIFORNIA

CITY OF LOS ALTOS ADULT 50+ PROGRAM MINI TRIP

Agenda Item 4.



SCAN THE QR CODE
OR CONTACT THE
ADULT 50+ PROGRAM



THURSDAY

SEPTEMBER 18

10 AM-2:30 PM

PASSPORT MEMBERS \$60
ALL OTHERS \$75

REGISTER TODAY!

JOIN US FOR A MINI TRIP
TO FARMER JOHN'S
WHERE YOU CAN
EXPERIENCE A HAYRIDE,
AND ENJOY A NO HOST
LUNCH IN DOWNTOWN
HALF MOON BAY.
ROUNDTrip MOTOR
COACH PROVIDED.



Los Altos Parks & Recreation

POP-UP **NIGHTCLUB**

Hosted by the Los Altos Adult 50+ Program and Club 55



ENJOY FOOD, REFRESHMENTS, MUSIC, FRIENDS, & COMMUNITY!

★ **MAY 16**

★ **JUNE 20**

★ **JULY 18**

★ **AUGUST 15**

★ **SEPTEMBER 19**

LOS ALTOS COMMUNITY CENTER

GRAND OAK ROOM & COURTYARD

97 HILLVIEW AVE

6-8:30 PM



SENIOR COMMISSION COLLABORATION POP-UP ON OCTOBER 17 FROM 6-9 PM

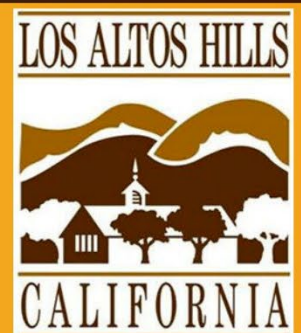


RSVP: Club55LosAltos@gmail.com | Learn More: LosAltosForward.org

LOS ALTOS HILLS **TOUCH A TRUCK**



GARDNER BULLIS
SAT. SEPTEMBER 27
9 AM TO 11 AM



Loyola Fire Station MEET-UP



FREE!

*Join us for a behind-the-scenes tour
of the Loyola Fire Station!*

START WITH COFFEE AND BREAKFAST TREATS AT MCKENZIE PARK,
THEN ENJOY A SHORT GROUP WALK TO THE FIRE STATION FOR
A SPECIAL TOUR LED BY LOCAL SAFETY PERSONNEL

THURSDAY, OCTOBER 2 • 10 AM-12 PM
MCKENZIE PARK, 707 FREMONT AVE

REGISTRATION REQUIRED

Note: Participants must be ages 50+. With advance request, each registered participant may bring one guest under age 50.





CITY OF LOS ALTOS PARKS & RECREATION PRESENTS

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

9

SUPERHEROES

OCTOBER

25

HALLOWEEN HOOPLA

DECEMBER

13

WINTER WONDERLAND

Games • Crafts • Movies • More



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



santa clara
county
library district



LOS ALTOS ADULT 50+ PROGRAM



Cultural Exchange Program



SOLAH (Seniors of Los Altos and Hills) invites seniors of all backgrounds to meet and develop cultural connections through storytelling, songs, games and much more.



2nd Tuesday of each month
10:30 am to Noon
Sycamore Room @ LACC



To register, scan the QR code or call (650) 947-2797

Los Altos Community Center - 97 Hillview Avenue, Los Altos



BOCCCE BALL

Age 50+ Play

Free

Enjoy free, recreational bocce with both courts reserved exclusively for our age 50+ community.

THURSDAYS

9 AM-12 PM

Los Altos Community Center

Bocce Ball Courts, 97 Hillview Avenue

QUESTIONS?

adult50plus@losaltos.ca.gov

or call call (650) 947-2797

LOS ALTOS PARKS & RECREATION

BECOME A VOLUNTEER!

Agenda Item 4.



OPPORTUNITIES

- ✓ **Adult 50+ Program**
- ✓ **Marketing Material Distribution**
- ✓ **Special Events & Activities**

INTERESTED?

rec-info@losaltosca.gov



(650) 947-2790



LosAltosRecreation.org



**Parks
Make
Life
Better!**





WE'RE HIRING!

Join the city of Los Altos Parks & Recreation department in creating a vibrant and welcoming community! We're excited to announce that we are hiring for a variety of positions within our dynamic team.

- ★ Make a positive impact in the Los Altos community
- ★ Gain valuable experience in a fun environment
- ★ Flexible hours

**apply
online
today!**

Scan Me!

