



SENIOR COMMISSION MEETING AGENDA

August 3, 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/96316966239?pwd=isctaDj6W162jDbmXLePbQFbZW3v0t.1>

Webinar ID: 963 1696 6239 / Passcode: 974372

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

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 June 1, 2026.
2. **Transition to Senior Services Committee**
Receive update from city staff.
3. **Senior Committee Health Fair**
Finalize event logistics for the Live Well Age Well Health Expo scheduled for Tuesday, September 15, 2026.

INFORMATIONAL ITEMS

4. **Staff Oral Reports**
Receive information and announcements from Town of Los Altos Hills and city of Los Altos staff

COMMISSION/SUB-COMMITTEE REPORTS

5. **Flyers**
6. **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 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, JUNE 1, 2026,
AT 3:30 P.M. VIA VIDEO CONFERENCE AND IN PERSON.**

CALL MEETING TO ORDER

At 3:30 P.M., Olson called the meeting to order.

ESTABLISH QUORUM:

PRESENT: Basiji, Olson, Gallagher Thompson

ABSENT: Dixit

LATE: None

PLEDGE OF ALLEGIANCE

PUBLIC COMMENTS ON ITEMS NOT ON THE AGENDA

None

ITEMS FOR CONSIDERATION/ACTION

1. **Minutes:** Approve minutes of the regular Senior Commission meeting of May 4, 2026.

Public Comment: None

Action: Upon a motion by Gallagher Thompson, seconded by Basiji, the Senior Commission approved the minutes of the regular meeting of May 4, 2026.

Approve: Basiji, Gallagher Thompson, Olson

Oppose: None

Absent: Dixit

Abstention: None

Motion passed unanimously: 3-0-1-0

2. **Spring Fling:** Reviewed and debriefed the event to inform future improvements.

Public Comment: None

3. Senior Commission Health Fair:

Action: The Commission unanimously agreed to name the Health Fair Live Well, Age Well Aging in Place: Thrive, Learn, Connect

Action: Upon a motion by Olson, seconded by Gallagher Thompson, the Senior Commission approved a recommendation to request the Town of Los Altos Hills to provide food and refreshments for the event in an amount not to exceed \$1,500.

Approve: Basiji, Gallagher Thompson, Olson

Oppose: None

Absent: Dixit

Abstention: None

Motion passed unanimously: 3-0-1-0

INFORMATIONAL ITEMS

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

Public Comment: None

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

Public Comment: None

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

6. Sourcewise representative, Commissioner Gallagher Thompson provided a verbal report.

7. **Future Agenda Items:**

A. Adult 50+ program improvements update

B. CAFÉ updates

C. Sourcewise report

D. Work Plan

E. Health Fair

F. Discuss how to reach people with access & functional needs (AFN)

G. Emergency Preparedness

Public Comment: None

ADJOURNMENT: At 4:33 P.M., Monday, June 1, 2026, Olson adjourned the meeting.

Senior Commission Staff Report



Meeting Date: August 3, 2026

Prepared By: Jaime Chew

Subject: Transition to Senior Services Committee

RECOMMENDATION

Receive update from city staff.

BACKGROUND

At the February 10, 2026, regular City Council meeting, City Council provided direction to city staff to make the following changes to city commissions.

- Amend commission membership to 5 members for Complete Streets, Environmental, Financial, and Planning through a natural attrition process so that no current commissioners would be removed from membership as a result of this action.
- Transition the Youth Commission to a Youth Council Academy that will no longer serve in an advisory capacity to the City Council and will not be subject to the Brown Act.
- Transition the Senior Commission to a Senior Services Committee that will serve in an advisory capacity to city staff and will not be subject to the Brown Act.

DISCUSSION

At the June 23, 2026, regular City Council meeting, City Council unanimously approved to transition the Senior Commission to a Senior Services Committee that will serve in an advisory capacity to city staff and will not be subject to the Brown Act.

One of the main advantages that motivated City Council to consider this change for the Senior Commission was to remove the Brown Act provisions. In recent years, the Senior Commission has focused on program and event planning. The Brown Act requirements often created challenges in planning event logistics often due to subcommittee and posting requirements. With the removal of the Brown Act, members can now meet whenever is convenient.

ATTACHMENTS

None

Senior Commission Staff Report



Meeting Date: August 3, 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.

DISCUSSION

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.

Staff recommends that the Senior Commission 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.
- Additional/supplemental marketing avenues such as: sharing with your current friends, neighbors, networks; posting on community boards; impromptu plugs at local events, etc.

ATTACHMENTS

None



8TH

ANNUAL

FREE

Adult Softball Game

VS

**LOS
ALTOS
HILLS**

**LOS
ALTOS**

SATURDAY, AUGUST 22 | 10 AM - 12 PM

ROSITA PARK

401 Rosita Ave, Los Altos

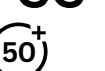
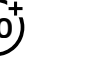
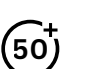
COME CHEER ON YOUR TEAM!

For more information visit LosAltosRecreation.org



Adult 50+ Program Regular Activities

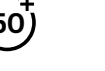
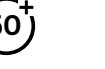
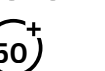
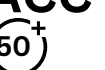
Monday

-  **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
 

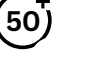
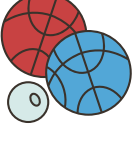
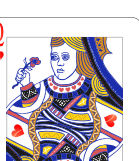
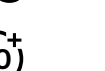
Tuesday

-  **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

FREE

SIGN UP

50+

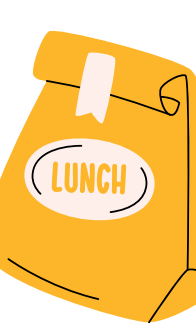


Meet-Up: Los Altos History Tour
No-host lunch at Enchante Hotel & docent-led tour of the History Museum/J. Gilbert House.
Thursday, 10/15, 11:45AM- 4:00PM

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



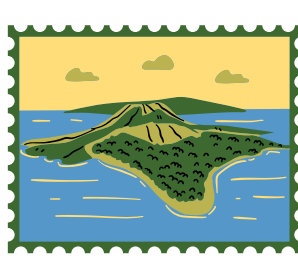
Hearing Loss in Seniors (HLAA)
Presented by **Dr. Ken Peters MD**
Wednesday, 8/19 12:15 PM - 1:15PM
Grand Oak Room- LACC

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

