

SOCIAL PARTICIPATION



Social participation has been demonstrated to improve quality of life. It is particularly valuable for those who have left their social network behind due to retirement or to a move to a new area. The Los Altos Senior Center provides a place for seniors to network and develop areas of interest. The Mountain View/Los Altos Adult Education offer courses of interest to seniors and other residents. They are listed below along with other local organizations that are of interest to seniors.

- Los Altos Senior Center (650) 947-2797 www.losaltosrecreation.org
- Mountain View-Los Altos Adult Education (650) 940-1333
www.mvlcae.net

Volunteer Organizations

- Los Altos Sister Cities (650) 947-2700
www.losaltosca.gov
- Los Altos Community Foundation (650) 949-5908
www.losaltoscf.org
- Los Altos History Museum (650) 948-9427
www.losaltoshistory.org

- Los Altos Senior Center (650) 947-2797
www.losaltosrecreation.org
- Los Altos Main Library (650) 948-7683
www.santaclaracountylib.org/losaltos
- Assistance League of Los Altos Costume Bank (650) 941-2610
www.costumebank.com
- VEGA - Volunteers Enriching Government Action (650) 947-2700
www.losaltosca.gov
- American Cancer Society Discovery Shop (650) 949-0505

Service Clubs

- Federated Women's Club of Los Altos (650) 948-3553
- Kiwanis Club of Los Altos (650) 988-9900 www.losaltoskiwanis.org
- Rotary Club of Los Altos www.losaltosrotary.org
- Los Altos Rotary Sunset Club (408) 971-1977
- Quota International of Mtn. View/Los Altos (650) 964-4285

Community Activities

Volunteers are needed for these fun events

- Los Altos Kiwanis Club Pet Parade (**Spring**)
- Pathways Run/Walk (**May**)
- Rotary Club of Los Altos-Fine Art in the Park (**May**)
- California Country Antique Show & Sale (**June**)
- Downtown Los Altos Arts & Wine Festival (**July**)
- Los Altos Hills Town Picnic (**June**)
- Ye Olde Towne Band Concerts in Shoup Park (**Summer**)
- Los Altos Fall Festival (**October**)
- Los Altos Festival of Lights Parade (**November**)
- Hanukkah Event (**December**)



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