



THE TOWN OF LOS ALTOS HILLS

FALL-WINTER 2020-21

ACTIVITY GUIDE



COMMUNITY EVENTS, SENIOR, ADULT, YOUTH PROGRAMMING
AND RESOURCES AVAILABLE IN LOS ALTOS HILLS

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Did you know?

Westwind Community Barn is only 3.2 miles from Town Hall?

Swing by Town Hall and see the new distance markers to encourage walking, running, cycling/biking and horseback riding! Please note, these are not directional arrows.

WAYS TO REGISTER:

- 1) **Online:** www.losaltoshills.ca.gov/register
- 2) **Walk - in:** Monday – Friday
8:00 am - Noon, 1:00 - 5:00 pm

Payment must be received at the time of registration along with a release of liability. We gladly accept American Express, Cash, Check, MasterCard and Visa.

Town Hall will be closed for the following dates: 9/7, 10/12, 11/11, 11/26, 12/24, 12/25, 1/1, 1/18, 2/15 subject to change, visit website for up to date information



Make a Difference and Get Involved!

The City Council of the Town of Los Altos Hills is inviting applications from interested residents for current openings on the following committees:

- Community Relations
- Education
- Emergency Communications
- Environmental Design & Protection
- Environmental Initiatives
- Finance & Investment
- History
- Joint Volunteer Service Awards
- Library
- Open Space
- Parks and Recreation
- Pathways
- Planning Commission
- Public Art
- Senior Commission
- Youth Commission

The latest information on Committee vacancies, Committee charges & duties, and Applications can be obtained at Town Hall, by phone 650-941-7222, or from the Town website: www.losaltoshills.ca.gov under "City Government Standing Committees"



Los Altos Hills City Council

- Michelle Wu, Mayor
- Kavita Tankha, Vice Mayor
- Courtenay C. Corrigan, Council Member
- Roger Spreen, Council Member
- George Tyson, Council Member

City Manager

Carl Cahill
26379 Fremont Road
Los Altos Hills, CA 94022
650-941-7222

Parks and Recreation Department:

Sarah Robustelli
Sr. Community Services Supervisor
650-947-2518

Chris Knopf
Recreation Specialist
650-947-2506

Parks and Recreation Committee

Nina Sutaria, Chair
Yibin Tang, Vice Chair
Kathy Evans
Ying Liu
Patty Radlo
Scott Vanderlip

Parks and Recreation Committee meetings are held on the third Monday of every month from 5:30 – 7:00 pm.

The Los Altos Hills Parks and Recreation Activity Guide is a bi-annual publication, mailed and delivered to residents of Los Altos Hills. Businesses or entities referenced in this brochure do not constitute an endorsement by the Town of Los Altos Hills.

If you would like to receive this Activity Guide please visit: www.losaltoshills.ca.gov and opt in under the recreation tab or call 650-947-2518.

Find Us Online:

- Town of Los Altos Hills
- @LAHParksnRec
- @lahparksandrec
- Nextdoor is a resource to stay in the know about what's going on in your neighborhood and communicating with your fellow neighbors



featured on the cover:

Victoria Dye Equestrian Riding Camp

New Registration Software Makes It Easier

to Find and Register for Your Favorite
Los Altos Hills Parks and Recreation Programs

- 1 Visit www.losaltoshills.ca.gov/register
- 2 Open Online Registration
- 3 Click "Log in/Create Account"

TIP: You can use your Facebook or Gmail Account to log in!

After Your Account Is Created Return to Registration and Click Log-In

The impacts of COVID-19 have changed our offerings.

In this Activity Guide, you will find:

- Community services and modified events
- In-person camps and classes at Westwind Community Barn
- Variety of free and paid virtual offers for all ages

This Guide was designed to fit the current County and State Guidelines, but we will continue to modify based on the latest health information released. For the latest activities and events, subscribe to notify me through www.losaltoshills.ca.gov/list.aspx.



The Los Altos Hills Parks and Recreation Department Sarah and Chris showcasing an inspirational banner designed by Youth Commission Member Anika S.

COVID-19 RESOURCES

WE ARE IN THIS TOGETHER

Stay Informed and Stay Safe

For current information:
www.losaltoshills.ca.gov

WE'RE HERE TO HELP

- Dial 2-1-1 to get connected to a specialist for personalized assistance. Free, Confidential, multiple languages, 24/7.
- For emergencies, call 911.
- Sheriff Non-Emergency Line 408-299-2311

Call us at 650-941-7222 and the Town staff will do their best to connect you with the available resources including:

- Wellness Calls
- Food Delivery
- Medical Assistance

The Town's website contains accurate, up-to-date information including:

- Current services available at Town Hall, See COVID-19 Response Plan
- Guidance from the Santa Clara County Department of Public Health
- Guidance from the California Department of Public Health (CDPH)
- Centers for Diseases Control (CDC) Recommendations

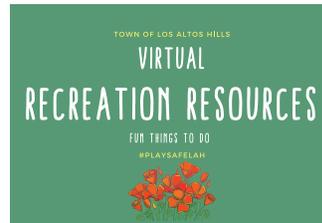
Enroll in Emergency Notifications

There are three ways to sign up to be notified of Emergencies:

- Visit www.losaltoshills.ca.gov
- Text your zip code to 888777 to opt-in
- Visit Nixle directly www.nixle.com

Below:

COVID-19 Testing with no appointments, June 12, 2020



Virtual Recreation Resources

www.losaltoshills.ca.gov/vrr

This is your place for fun, education, and resources through these unprecedented times. We are committed to ensuring that our residents have resources to maintain healthy lives, foster relationships, and continue to make memorable experiences.

If you have Los Altos Hills centric ideas or resources that you would like to share with the community, submit them to srobustelli@losaltoshills.ca.gov.

COVID-19 Testing Site

The Town of Los Altos Hills is partnering with the County of Santa Clara to offer COVID-19 testing in our community. Testing will be by appointment only.

To make an appointment please visit <https://scl.fulgentgenetics.com/appointment>. You can schedule from your phone or from a computer using a web browser other than Internet Explorer. Appointments will be open for scheduling 3 days before the testing date. Once all appointments are filled, this location will no longer appear for scheduling on the website.

This testing site is not designed to test individuals with symptoms of COVID-19. Individuals with symptoms should contact their healthcare provider for evaluation and testing. Visit sccfreetest.org for additional testing locations.

Date: 9/4
Day: Friday
Time: 9:30 am – 4:00 pm
Location: Council Chambers



EVENTS

Neighborhood clean-up (dump day)

Los Altos Hills cleanup day; limited to residents of Los Altos Hills ONLY and proof of residency is required. Original copy of the clean-up notice is required. Event takes place rain or shine and for household use only. Note-Until further notice, social distancing protocols will be in place. Expect a slower process.

Date: October TBD

Day: Saturday

Time: 9:00 am – 3:00 pm

Location: To be determined, visit losaltoshills.ca.gov for the latest details

Accepted Items:

- House and lawn furniture (e.g. sofas, mattresses, box springs, patio chairs)
- Appliances (e.g. washers, dryers, ranges and water heaters)
- Plastic toys
- Radios and stereos
- Bicycles and exercise equipment
- Pots and pans
- Small metal appliances
- Scrap metal less than 40 pounds and less than 2 feet in length
- Wood waste
- Rock, dirt, asphalt and concrete (NO MORE than 30 gallons per household)
- Construction or demolition debris (NO MORE than 30 gallons per household)
- Tree trimmings less than 6 inches in diameter and less than 6 feet in length
- E-waste (e.g. televisions, computers, laptops)



Items Not Accepted:

- Tires
- Fuel cans or engine parts containing oil, grease, gasoline (e.g. lawn mowers)
- Large amounts of rock, dirt, asphalt and concrete
- Large pieces of plate glass
- Wet garbage
- Items you recycle with your regular service
- Household Hazardous Waste (e.g. compact fluorescent lights and tubes, oil, paints, liquids, chemicals/pesticides, sharps-needles)

Brush and Yard Trimmings Clean Up

In partnership with the Town, Los Altos Hills Fire District, and GreenWaste resident will have access to dispose of more brush and yard trimmings. Be prepared to off load material yourself. Note-Until further notice, social distancing protocols will be in place. Expect a slower process. For more information please call GreenWaste at 650-947-4994.

Dates: 9/19, 10/17, 11, 21, 12/19, 1/16, 2/20

Day: 3rd Saturday of the month

Time: 9:00 am – 2:00 pm

Location: Purissima Park or Foothill College, check Town website for location details



Shred Event

Shred event can assist residents with destroying confidential or personal documents. Document shredding is a secure and safe means to recycle old paperwork. Residents may bring a maximum of 5 standard sized file boxes or 5 brown paper bags of confidential/personal paper documents to shred. This is a free service for the residents of Los Altos Hills. Proof of residency is required. Social distancing protocol will be followed.

Remove documents from binders and binder clips (these can damage the shredding equipment); however, paperclips, staples and rubber bands are acceptable. Unacceptable items* include (but not limited to): batteries, matches, electronics, metal, cardboard, binders, binder clips, x-rays, CD's, DVD's, plastic sleeves, e-waste, pens, etc. No garbage or non-paper items.

Date: 9/12

Day: Saturday

Time: 8:00 – 11:00 am,
or when truck is full

Location: Town Hall Parking Lot

Fee: Free



EVENTS

Guess the Pumpkin's Weight

A LARGE pumpkin will be delivered to Town Hall. Come by and check it out Take your best guess and the pumpkins weight! The winners will be announced Monday, November 2nd and the closest three guesses will receive Los Altos Hills prizes. Make your guess here: www.losaltoshills.ca.gov/pumpkin.

Date: 10/23 – 10/31
Location: Town Hall
Fee: Free



VIRTUAL Virtual Costume Contest

Presented by Youth Commission and Parks and Recreation Department

Designed for the community to celebrate Halloween safety and together, while we are apart. Town Hall wants to encourage wacky, creative, fun costumes. Submit your photo on the following form at www.losaltoshills.ca.gov/costumecontest. The Youth Commission will select their favorites and announce them the week of November 2nd. Costumes photos will later be shared on a public album and printed in the Town Crier.

Date: 10/23 – 10/31
Ages: Open to all ages
Location: Town Hall
Fee: Free

VIRTUAL Tales of Page Mill Road

History Committee Presentation

Tales of Page Mill Road will feature longtime residents sharing their stories of living along the Page Mill corridor, some of whom are still residing on the land where they grew up. Among the Panelists are Eric Bredo, the Dukes, and Birgitta Silins. Jitze Couperus will moderate.

Date: 10/11
Day: Sunday
Time: 2:00 – 4:00 pm
Location: Town calendar for Zoom link
Fee: Free

VIRTUAL Virtual Holiday Barn Lighting

at Westwind Community Barn

Join the Los Altos Hills community for a special holiday celebration. Mayor Wu will light the Barn for the holidays season. View the live stream on the Towns' Facebook page.

Date: 12/8
Day: Sunday
Time: 6:00 pm
Location: Town's Facebook Live Page
Fee: Free



SAFETY PROGRAMS

TOWN SAFETY FORUMS

These one-hour community meetings will discuss critical safety topics important to all Town residents.

Heartsaver CPR/AED

Online Blended Learning

American Heart Association (AHA) Heartsaver® CPR/AED blended learning course (online and in-person) includes learning adult, child & infant CPR, how to use an Automated External Defibrillator (AED), how to assist someone who is choking. This course has two parts: 1) Online videos and guided interactive exercises (2 to 3 hours to complete at home) 2) In-person skills practice and testing session (approximately 30 minutes), offered every Wednesday from 2:00 to 6:00 pm. at a training site in Los Gatos, CA. No appointment is necessary. Course fee includes: a 2-year Heartsaver® CPR/AED AHA course completion card and a CPR keychain rescue mask. To register or for more information, visit www.sccfd.eventbrite.com.

Online Class & Skill Testing: Online blended learning video and an in-person skill & practice testing session held every Wednesday at a training site in Los Gatos, CA.

Location: ahaonlineblendedlearningcpr.eventbrite.com

Fee: \$65



VIRTUAL Wildland Fire Evacuation

This webinar provides critical information for all Town residents. It covers what to expect if a fire breaks out in Town and answers the questions: How will I be notified? When should I leave? Which way should I go? What should I take? What if I can't get out? Where will I get status updates?

Much of the information shared is specific to the Los Altos Hills Evacuation Plan written in 2018 and is particularly important for anyone with family members who have limited mobility.

Date: 9/15

Day: Tuesday

Time: 7:00 – 8:00 pm

Webinar: link will be provided when registered

Fee: Free



VIRTUAL Crime Prevention & Home Safety

Protect against fraud and identity theft. Discuss personal safety and home security protection methods. Identify suspicious activity and know when to report it. Understand fire risks and practice safety habits to prevent fires. Develop a home escape plan. Instructors: Sheriff's Office & Fire Dept.

Date: 11/12

Day: Thursday

Time: 11:00 am- Noon

Location: Online, register at losaltoshillscrimprevnov2020.eventbrite.com

Fee: Free, registration is required

VIRTUAL Public Safety Power Shutoff

The PSPS webinar provides updates and highlights of the 2020 PG&E Public Safety Power Shutoff plan. The webinar discusses strategies and resources to manage any long term power outages from PSPS, earthquakes or storms, dispels myths about different types of power generation and offers practical ideas for managing a 5-7 day outage. This information is particularly useful when planning for family members who may use assistive devices powered by electricity.

Date: 9/8

Days: Tuesday

Time: 7:00 – 8:00 pm

Webinar: link will be provided when registered

Fee: Free

SENIOR/ADULT PROGRAMS



VIRTUAL Tech Tutoring by Phone

Teaching Seniors Technology

Led by Los Altos Hills Youth Volunteers

To book your appointment visit seniortech.simplybook.me or call 650-947-2506. If you have any questions about this service, please contact Russell Yang at russell.a.yang@gmail.com.

Dates: By Appointment
Day: Saturday and Sunday
Time: By Appointment
Location: By phone
Fee: Free

VIRTUAL Dear Seniors – Pen Pal Program

Organized by Los Altos Hills Youth Volunteer

Our mission is to strengthen the bonds between generations in our community and to address the issues of loneliness during the shelter in place as a result of the COVID-19 pandemic. This is a great way for youth in our community to learn from the older generations and to share ideas on how to keep entertained during the quarantine. To learn more visit <https://bit.ly/dearseniorslah> or contact Anika at anikasikka1@gmail.com

VIRTUAL Advice Forum – Youth/Senior Exchange

Organized by Los Altos Hills Youth Volunteer

Here you can read advice that the seniors in LAH have given to the youth. If you are interested in getting involved visit <https://bit.ly/dearseniorslahor> contact Anika at anikasikka1@gmail.com

Los Altos Adult 50+ Program

As a Los Altos Senior Program Member, your benefits include: discounts on luncheons, programs and day trips; access to member only programs such as DMV study packets, notary, discounted See's Candies gift certificates, one-on-one technology resource tutoring, in-home repair and the equipment loan closet.

Membership:

City of Los Altos Residents: \$26

Non-Los Altos Residents: \$40

Newsletter: The online Spotlight Newsletter is your monthly guide to all programs and events at the Los Altos Adult 50+ Program. The Newsletter can be viewed online www.losaltosca.gov/recreation.

To become a member: Fill out a membership form found online and mail the form with a check payable to City of Los Altos to the address below.

Mailing Address

City of Los Altos
Attn: Adult 50+ Program
1 N. San Antonio Road
Los Altos, CA 94022

Visit the Adult 50+ Program Center online at:

www.losaltosca.gov

Call: 650-947-2797

Days: Monday – Friday

Hours: 8:30 am – 1:00 pm

Enjoy online classes, events, and resources.

Website: www.losaltosrecreation.org

On-Demand Ride Reimbursement Program

Los Altos Adult 50+ Program

The City of Los Altos is providing on-demand ride reimbursement for members of the Recreation and Community Services Adult 50+ Program. This program was created to aid local mature adults in becoming more mobile within the Los Altos Community.

To be eligible:

- Ride must begin and end within the City of Los Altos, Town of Los Altos Hills or El Camino Hospital with no stops outside those areas.
- You must use an on-demand ride company that can provide official verification of ride cost and transportation start and finish points.
- Submit completed reimbursement form and ride receipt to City of Los Altos, Attn: Adult 50+ Program, 1. North San Antonio Road, Los Altos, CA 94022.

To learn more about the program contact the Los Altos Adult 50+ Program Center or visit: www.losaltosca.gov/recreation/page/demand-ride-reimbursement-program-pilot

ADULT PROGRAMS

Meet the Instructor: Tescia Seufferlein



Tescia Seufferlein was born and raised in Los Altos Hills. She double majored in Art and Theatre at UC Berkeley. Tessie trained as a classical painter at the Louvre. In 2005 she moved to New York City and worked as a costume painter and distresser on Broadway, Film, Television and more for over ten years. During this time, she displayed her own artwork at galleries across the country. Tescia taught costume design at the Professional Performing Arts High School in NYC during this time as well. In 2015, Seufferlein moved to Oakland, CA and received her Master's in Fine Arts from California College of the Arts. During her master's program, Tescia taught paint classes to hundreds of people all over the Bay Area, from small groups of ten to a hundred engineers at Google. She also taught the Seniors Honor program as well and was a TA for two drawing classes. Tescia Seufferlein is a freelance artist and designer who loves teaching and spreading art to as many people as possible. Learn more at <https://www.cstmfx.com/>.

VIRTUAL Adult Paint Night

Art by Tessie

More of a happy hour painting class think the Paint Night classes in Bars, Tessie used to teach these. You can get together a group of friends and all paint the same painting together! Learn painting skills, we can paint many different paintings, a different painting a week, so you can take the class more than once. Could also be senior classes. Easy for everyone. Acrylic or watercolors needed.

Fall 1: 9/16 – 9/30
Fall 2: 10/15 – 10/29
Day: Wednesday
Time: 7:00 – 8:00 pm
Location: Zoom Video Conference
Fee: \$30
\$25 Resident Rate



VIRTUAL Individual Art Lesson

Create a custom art experience for yourself or a group. Tessie has taught all ages and all sizes of groups. If you are interested in learning a singular skill like watercolor, acrylic, oil paints or fashion drawing Tessie can customize a program for you.

Date: Per Appointment
Day: Wednesday
Time: 1 Hour
Location: Zoom Video Conference
Fee: \$50
\$45 Resident Rate

Los Altos Hills Cool Spots

"Cool Spots" game of clues by scanning a QR code to find and explore more "cool spots" on the LAH Pathways system and Open Space reserves in LAH! This game of clues will take you to nearby spots on LAH pathways in your neighborhood to help you discover some very cool spots.

These cool spots will often be off-road paths, or special hidden entrances to open spaces or town open spaces. You will discover places with incredible history or nature or views or places that you will want to return to on future town pathways treks.

At each spot you will find a special QR code that you SCAN with your smart phone in camera mode and it takes you to a special web page on the LAHRecreationTrails.org website. You must carry your phone with you to SCAN this QR code and the clue. lahrecreationtrails.org/coolspots/



Pathways Walk Buddy Finder

Interested in a finding a buddy to join you for a walk on the Town Pathways? Sign up at losaltoshills.ca.gov/buddyfinder and Parks and Recreation will connect you with a Walk Buddy based on availability and pace.

ADULT PROGRAMS

Meet the Instructor: Lori Krolik



Lori Krolik, Certified Productive Environment Specialist and Professional Organizer, is the owner of More Time For You (www.moretimeforyou.net). She primarily works with residential, home office and small business clients to create systems out of their most serious clutter challenges (whether its piles that prevent a home from functioning the way it should or paper piles that impede office productivity). Lori's 20+ years in the organizing field has resulted in thousands of clients who are more organized and productive as a result of working with her. Her primary philosophy is that you need to be able to find what you need when you need it whether at home, at work, or on your computer. She holds a BA in accounting from the University of Texas and is a long time Palo Alto resident where she raised her 2 kids ages 18 and 22.

VIRTUAL Declutter Your Home & Life - How to Pare Down, Get Organized, and DeStress

We often have too much stuff in our home and life resulting in overwhelm and exhaustion. By paring down and getting organized you're likely to have less stress, more time, and a greater appreciation for your surroundings. Specific areas that can be covered include:

- The 6 Step Process to organize any space
- How to pare down your stuff in a practical and environmentally friendly way
- Organization strategies for various rooms of your home

Date: 9/23
Day: Wednesday
Time: 7:00 – 8:15 pm
Location: Zoom Video Conference
Fee: \$50
 \$45 Resident

Date: 1/20
Day: Wednesday
Time: 7:00 – 8:15 pm
Location: Zoom Video Conference
Fee: \$50
 \$45 Resident Rate

VIRTUAL Managing Your Time Before It Manages You - Techniques To Help You Be Productive, Stay Focused, And Reduce Your Stress

A Productive Environment™ is defined as an intentional setting in which you can accomplish your work. We will cover the following areas to help you create your Productive Environment

- Time Management – Calendar and to-do list management tips so you can get more done. Best practices for keeping track of all your to-do's in one well organized list.
- Behaviors and routines that encourage working proactively vs. reactively
- How to manage interruptions which severely impact productivity.

Date: 10/19
Day: Monday
Time: 5:30 – 6:30 pm
Location: Zoom Video Conference
Fee: \$60
 \$55 Resident Rate

Date: 1/25
Day: Monday
Time: 7:30 – 8:30 pm
Location: Zoom Video Conference
Fee: \$60
 \$55 Resident Rate

VIRTUAL Pam's Yoga Fitness

Easy flow yoga with ab work and mindfulness meditation. Emphasis on awareness, humor, and breathing. Each session includes 8 classes. For more information see www.pamwalatka.com.

Fall Session 1: 9/23 to 11/4
Winter Session 1: 11/11 to 1/6 no class 12/30
Winter Session 2: 1/13 to 3/3
Days: Wednesdays
Times: 10:15 – 11:30 am
Location: Zoom Meeting
Age: 18+
Fee: \$119
 \$105 Resident Rate
 \$100 5-Class Flex Pass



ADULT PROGRAMS

Meet the Instructor: Asha Sienkiewicz



Asha Sienkiewicz is a Professional Dancer and Fitness Professional who, after living her dream for 15 years in NYC, is now located in the beautiful Bay Area! Asha brings to LAH extensive background training in ballet, certification in Barre Fitness, and great passion for teaching. She believes in the importance of building a strong foundation using proper technique, and from there ensuring clients enjoy their fitness journey, ultimately achieving the gift of health in body as well as mind. Asha always gives 110% - her top-quality instruction methods, along with kind inspiration and unwavering encouragement, allow her clients to achieve their dream results. Her classes are for EVERY-BODY! Come dance and feel that amazing energy together with Asha! Get to know Asha more by following her at Bionic Barre Ballerina on social media at facebook.com/bionicbarre.ballerina.7.

VIRTUAL Introduction to Ballet & Barre

30 Minute Zoom Conference to Meet Asha, hear about her Journey with Dance-Fitness, and learn about upcoming LAH programs. Get to know Asha more by following her at Bionic Barre Ballerina on social media at facebook.com/bionicbarre.ballerina.7.

RSVP at [Losaltoshills.ca.gov/asha](https://losaltoshills.ca.gov/asha).

Date: 10/15
Day: Thursday
Time: 4:00 – 4:30 pm
Location: Zoom Video Conference
Fee: Free, RSVP Required

VIRTUAL Ballet for everyone

Make your dream of being a dancer come true! Learn the foundations, terms, movements of the art and technique step by step and learn new combos weekly to put it all together! No prior dance experience is required, however for new students a 20-minute consultation (\$10) is required prior to registration. To request a consultation visit: losaltoshills.ca.gov/asha.

Dates: On-going
Day: Thursdays
Time: 4:00 – 4:50 pm
Location: Zoom Video Conference
Fee: \$170 for 10-Class Pass
\$150 Resident Rate
for 10-Class Pass

VIRTUAL BarreFit for everyone

All classes are to upbeat inspiring music with props available and options for modifications, injuries, level, and special needs. This class focuses interval training with the barre, available props, and own body weight for all strengthening exercises targeted to tone, gain flexibility, bone density, coordination, enhance strength for all walks of life. You'll feel the burn for sure with every including a lengthening stretch at the end. No prior barre experience is required, however for new students a 20-minute consultation (\$10) is required prior to registration. To request a consultation visit: losaltoshills.ca.gov/asha.

Dates: On-going
Day: Sundays
Time: 3:00 – 3:50 pm
Location: Zoom Video Conference
Fee: \$170 for 10-Class Pass
\$150 Resident Rate
for 10-Class Pass

VIRTUAL Dance Fitness Coaching

Asha offers dance and fitness programs designed for beginners to professionals. The mission is to learn and grow in fitness and artistic journey while getting stronger in mind body and spirit. This is a program promoting positivity and health for any age. Asha brings knowledge and experience to the Los Altos Hills community. Work one on one, with friends, or with your household, together we can learn and grow to do amazing things! To request a consultation visit: losaltoshills.ca.gov/asha.

Dates: By appointment
Day: By appointment
Time: By appointment
Location: Zoom Video Conference
Fee: Rates are Individualized

VIRTUAL Mindful Running Seminar

A free online seminar presented by Kjersti Nelson, MFT and Run Coach to discuss the physical and mental benefits of Mindful Running including how-to get started. Some things you'll learn mindful breathing while running, examples of meditative running, how to increase your mileage safely, and how to use thought-prompts and journaling with your run practice. To learn more about Kjersti Nelson visit her website kjerstinelson.com/about.

RSVP at losaltoshills.ca.gov/mindfulrunning

Date: 9/16
Day: Wednesday
Time: 6:00 - 6:40 pm
Location: Zoom Video Conference
Fee: Free, RSVP Required



ADULT PROGRAMS

Instructor Profile: **Manhattan Zodiac**

Manhattan Zodiac is a female-owned and operated company based in San Francisco, specializing in bar catering, bar consulting, and virtual mixology classes and events. Co-founders, Katya Larionova and Yana Nogid, are bartenders in San Francisco with 8 years and counting of bar industry experience. Learn more at www.manhattanzodiac.com



VIRTUAL Manhattan Zodiac Presents Virtual Mixology

Free Demo for Los Altos Hills

Learn more about Manhattan Zodiac and the classes they are offering in Los Altos Hills. Enthusiasts, beginners, and professional bartenders are welcome! RSVP at losaltoshills.ca.gov/manhattanzodiac and learn more about www.manhattanzodiac.com

Date: 10/9
Days: Friday
Time: 8:00 – 8:45 pm
Location: Zoom Video Conference
Fee: Free, RSVP Required

VIRTUAL How to Bartend Your Next Party

Tips from Manhattan Zodiac

Description: To bartend your next house party, you need to know how to set up your home bar! We will provide advice, tips, and ideas for what you need to set up your home bar, what to keep at the bar, including an essential spirit list, bitters, syrups, tools, glassware, ice trays, go to cocktail recipes, and more!

Date: 11/4
Days: Wednesday
Time: 6:00 - 7:30 pm
Location: Zoom Video Conference
Fee: \$20

VIRTUAL History of Vodka

The spirit behind all spirits

Description: We dive into the foundation of all spirits: Vodka. This class will explore the history and origins of vodka, cultural traditions formed around vodka, as well as the process of making vodka. No drinking or tasting of vodka required!

Date: 12/2
Days: Wednesday
Time: 6:00 - 7:30 pm
Location: Zoom Video Conference
Fee: \$20

VIRTUAL Mr. Potato Head and the Golden Ratio

This class is about taking mixology to another level and understanding how to use a few basic rules of thumb to create your own craft cocktails with whatever you have at your home bar. You'll understand standard ratios and ingredients that are the backbone to a well-balanced, spirit-forward or sour cocktail.

Date: 1/6
Days: Wednesday
Time: 6:00 - 7:30 pm
Location: Zoom Video Conference
Fee: \$20

VIRTUAL Shrubs

The secret to amazing alcoholic & non-alcoholic cocktails

Description: Shrub is an ancient syrup with an ancient origin to its name. Instructions will be sent out to prepare for this class, and we will explore all the creative shrub syrups that one can make at home and use to make delicious alcoholic or non-alcoholic drinks.

Date: 2/3
Days: Wednesday
Time: 6:00 - 7:30 pm
Location: Zoom Video Conference
Fee: \$20

YOUTH PROGRAMS

VIRTUAL Talking Baseball with Tsunami Baseball Academy

Join Tsunami Baseball for a 30-minute presentation on all things Baseball in the Los Altos Hills region! Manager Kamakani will be sharing about his history in the world of baseball and how he has developed upcoming programs and trainings to improve and maximize skills while gaining a love for the game. Please visit Thetsunamis.wixsite.com/baseball to learn more about Tsunami Academy, its instructors and their programs.

Date: 9/29
Day: Tuesday
Time: 7:00 – 7:30pm
Location: Zoom Meeting
Fee: Free- RSVP required



VIRTUAL Virtual Baseball Instruction

Professional instructors, breakdown of mechanical adjustments, mental approach, arm preventative care, endurance/strength programs, and more! Great for individual coaching, small groups, and teams!

Date: By Appointment
Day: By Appointment
Time: By Appointment
Location: Zoom Meeting
Fee: \$100



VIRTUAL Family Art Series

A children/family series of art classes. Hour long classes covering the basics of art. An hour a week. Different class every week! Covering the basics of art- line, color, shape, texture, value, form, and space. A different project every class covering one of these basics. All ages welcome, siblings welcome, families welcome. All using items you have around your house!

Fall Session 1: 9/16 – 9/30
Fall Session 2: 10/15 -10/28
Day: Wednesday
Time: 11:00 am – Noon
Location: Zoom Video Conference
Fee: \$30
\$25 Resident Rate

Library Events and Programs for All Ages

Until further notice, all library programs and events are available online at <https://scclld.org/events>.

Programs are updated regularly along with current information about library services. Enjoy from a wide selection of programs including storytimes, book clubs, STEAM club, Art Club, ESL Conversation Club, author programs, and many more!

Buddy Boxes

by Pets In Need

Summer may be over, but the fun doesn't have to stop thanks to Camp PIN Pals Buddy Boxes! Each month, we offer a different themed box filled with hours of pet-related activities and entertainment. The boxes have all the supplies necessary to complete the projects and they are available individually and by subscription. Video content is also included through a software program called LearnWorlds. A portion of the proceeds made from Buddy Boxes will be used to cover the cost of providing free boxes for low-income seniors and children who are ill.

www.petsinneed.org/buddybox

Date: On-Going
Location: Delivered to your doorstep
Ages: 8 - 12
Fee: \$45

EQUESTRIAN ACTIVITIES

Holiday Riding Camp

A real barn experience, this program focuses on responsible, considerate care of horses. Each rider is assigned to his or her horse for the week, resembling the responsibility and fun of horse ownership. We offer quality ponies, pony club curriculum, a low student to instructor/assistant ratio in a park-like setting, with horse games and a horse show on the last day of camp. For more information please contact Victoria Dye Equestrian at 650-691-5276 or ridewithVDE@gmail.com.

Session 1	12/21 – 12/23	Session 2	12/28 – 12/31
Days:	Monday - Wednesday	Days:	Monday - Thursday
Time:	10:00 am – 2:00 pm	Time:	10:00 am – 2:00 pm
Location:	Westwind Community Barn	Location:	Westwind Community Barn
Fee:	\$325	Fee:	\$400
	\$310 Resident Rate		\$385 Resident Rate



Adult Horseback Riding Classes

These classes are open to beginner riders or those looking to get back in the saddle. Riders will learn basics of horse care and the fundamentals of riding. Participants must come in form-fitting pants (no shorts), boots with heels, and a shirt that covers the shoulders. Hair must be pulled back and out of the rider's face. For more information please contact Victoria Dye Equestrian at 650-691-5276 or ridewithVDE@gmail.com.

Dates:	9/9, 9/16, 9/23, 9/30
Day:	Wednesdays
Time:	10:00 – 11:00 am
Location:	Westwind Community Barn
Fee:	\$260
	\$240 Resident Rate

Horseback Riding Lessons

Victoria Dye Equestrian

The horseback riding lessons through Victoria Dye Equestrian are geared towards the beginning through advanced intermediate riders. The program focuses on learning to maintain an independent, balanced seat, tactful communication between horse and rider, and correct equitation. Students will learn the fundamentals of riding. Students will be taught how to safely handle horses, proper grooming techniques, maintenance of tack and unique characteristics of the horse. Safety helmets are required for all mounted work and can be provided. Participants must come neatly dressed in form-fitting pants (no shorts), boots with heels, and a shirt that covers the shoulders. Jewelry is not allowed. Hair must be pulled back and out of the rider's face. For more information please contact Victoria Dye Equestrian at 650-691-5276 or ridewithVDE@gmail.com.

Days:	Tuesday – Sunday
Time:	VDE works with your schedule to customize a lesson program that works for you
Location:	Westwind Community Barn
Ages:	6 and up

Private and Semi Private Lessons

Length: 30 mins **Class Size:** 1 to 2

Group Lessons

Length: 60 mins **Class Size:** 3 to 6

Fees:

Residents with VDE lesson horse	\$60
Residents with own horse.....	\$55
Residents with VDE horse package	\$420
<i>8 for the price of 7</i>	
Residents with own horse package	\$385
<i>8 for the price of 7</i>	
Non-Residents with VDE lesson horse.....	\$70
Non-Residents with own horse.....	\$60
Non-Residents with VDE horse package...	\$490
<i>8 for the price of 7</i>	
Non-Residents own horse package.....	\$420
<i>8 for the price of 7</i>	

Ski Week Camp

No previous riding experience required.

Dates:	2/15 – 2/19
Day:	Monday – Friday
Time:	10:00 am – 2:00 pm
Fee:	\$425
	\$400 Resident Discount



Boarding at Westwind Community Barn

Westwind Community Barn's boarders have access to the best amenities offered at any public facility on the Peninsula.

- 50' x 100' all-weather lesson arena with dressage letters and GGT footing
- Newly renovated 100' x 200' all-weather jumping arena with GGT footing and drainage
- Variety of jumps including gates, flower boxes and coops
- 51' sand round pen
- Hot water wash racks
- Boarder tack rooms
- Lounge with fridge, microwave, TV and DVD player
- Direct access to the fabulous trails of the Pathways System, with connections to San Antonio, Arastradero Preserve and Hidden Villa

Boarding is open to the public and options include stalls, paddock and pasture. Additional services are available including 7-day blanket service, grain, trailer parking, and free-choice hay nets.

*Barn details and rates subject to change

For more information, contact 310-880-2549.

BOX STALL	PRIVATE Paddock	FEEDING PASTURE
\$900 / month	\$900 / month	\$450 / month
Three meals daily – five flakes max of alfalfa or grass	Three meals daily – five flakes max of alfalfa or grass	Three meals daily, alfalfa for breakfast, grass for lunch and dinner
Cleaned twice daily	Cleaned once daily	Two water tubs cleaned weekly by staff
Choice of AM or PM Daily turnout, 8:30 - Noon or Noon - 4:30	Large shelter	Pasture is dragged weekly
Automatic water and rubber mats in all stalls	One horse per paddock	Two shelters measuring 14' x 14' with rocked bases



Like Westwind Community Barn and Town of Los Altos Hills on Facebook for #SaturdayswithKevin

Los Altos Hills Horsemen's Association

LAHHA is a nonprofit organization dedicated to keeping good horsemanship available in our community. Through a variety of events and a common interest in horses and equestrian activities, LAHHA strives to preserve and enhance the extensive horse friendly resources of our Town, which include the wonderful Pathways System and a Town Arena on Purissima Road. The activities bring horse lovers together to share their knowledge, experience, and enjoyment of horses in our lives. Below are important coming dates. For more information visit: www.lahha.org, contact lahhaevents@gmail.com, or find LAHHA on Facebook.

- 9/18-20** Horse Camping
- 10/20** LAHHA will be riding in Woodside Day of the Horse
- 12/13** Festive Ride and Holiday party

Westwind 4-H Riding

Horseback riding is one of the few activities that is truly physically and psychologically therapeutic. It requires the involvement of the whole body and utilizes every muscle and joint. In addition, it provides a combination of sensory, cognitive and emotional stimulation that facilitates mobility, socialization and independence. Disabled children, ranging in age from 5 to 18, receive amazing benefits from participating in the Westwind 4-H Riding program at Westwind Barn.

Riding classes during the 10-week fall session are held on Monday and Thursday afternoons, from 4:00 to 5:00 PM (see schedule below). Lessons include learning riding skills, games and sometimes trail rides. Each child advances according to his or her own ability. Volunteers are the backbone of the program, which could not exist without them. For more information about how to volunteer, or enroll your child, contact 650-947-8680 or www.westwind4h.org.

Fall Session:

Volunteer
Orientation: Saturday, September 12 at Noon
Days: Mondays and Thursdays
Dates: 9/14 – 11/19
Time: 4:00 – 5:00 pm
Rider Fees: \$200 per 10-week session + \$56 Annual 4-H fee for riders

Winter Session:

Volunteer
Orientation: Saturday, January 9 at Noon
Days: Mondays and Thursdays
Dates: 1/11 – 3/29
Time: 4:00 – 5:00 pm
Rider Fees: \$200 per 10-week session + \$56 Annual 4-H fee for riders

Doggie Waste Collection Baggies

Restocked regularly, stations located at Town Hall, Byrne Preserve, Dog Park, and Purissima Park provide residents with an on the go clean-up option. Please make sure to discard them in the waste bin.



Animal Services

City of Palo Alto Animal Control provides services for residents of Los Altos Hills. In Los Altos Hills, Animal Control Officers pick up sick and injured animals, unconfined stray dogs and all aggressive animal calls. Animal Control services are available 365 days a year.

Contact Animal Services:
Palo Alto Police 24hr Dispatch: 650-329-2413
Email: AnimalControl@CityofPaloAlto.org

MED-Project

Medication Education & Disposal

What should you do with your unwanted and expired medications? Town Hall and Westwind Community Barn are now equipped with prepaid envelopes. This service offers residents a free and convenient way to dispose of expired or unwanted medicines. For upcoming kiosks locations and more information please visit: www.med-project.org.

Locations: Town Hall, Front Desk
Westwind Community Barn, Barn Manager Office

Santa Clara County Fire Department Community Education

Santa Clara County Fire Department offers fire safety and emergency preparedness classes and programs:

- Adult and Senior Safety Programs
- CPR/AED Training
- Fire Extinguisher Information
- Fire Station Tours
- SafeSitter Babysitting Training
- and more!

For upcoming class listings, visit www.sccfd.eventbrite.com. Also, visit their department website www.sccfd.org or contact us at: communityoutreach@sccfd.org or 408-378-4010.



RESOURCES



Patrol Check Request

If you live in the cities of Cupertino, Saratoga, Los Altos Hills or in the unincorporated areas of Santa Clara County and you are going to be away from your residence/business, you can request a deputy to check on your property while you are away. Just fill out the form below and deputies in your area will check your property. While every effort is made to fulfill every patrol check request, higher priority calls will take priority. Visit: www.sccgov.org/sites/sheriff/Pages/pcr.aspx to submit your patrol check request.

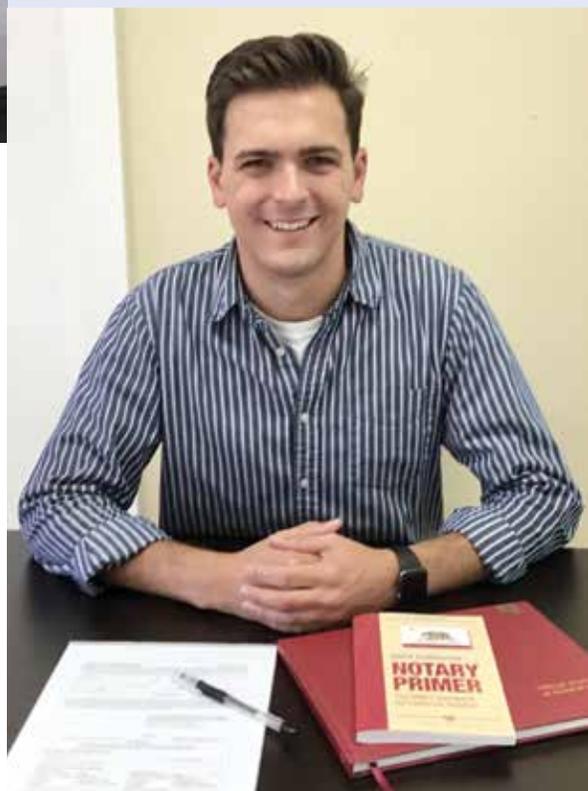
Los Altos Hills Connect APP



The Town of Los Altos Hills has launched a new online and mobile application for request management system, **Los Altos Hills Connect** to provide residents with an effortless way to participate in community-based reporting via their smartphone, other mobile devices or from their desktop computers. If you come across a problem, snap a picture, and send it to us via **Los Altos Hills Connect**. These issues will automatically be directed into our database system and channeled to the correct department to be resolved. It also

allows you to track it and engage other members of the community. The Town will provide updates as they are acknowledged and resolved.

Please note that this app should be used for **non-emergency** issues only. **Call 9-1-1 for all emergencies.** To download the free app, please go to the iPhone and Android app stores.



Compost Distribution

Thirty cubic yards of loose compost is brought to the corner of Elena and Purissima for a compost giveaway every Fridays from 8:00 -10:00 am. This service to residents is provided by GreenWaste Recovery and is limited to residents only.

Days: Fridays
Hours: 8:00 – 10:00 am
Location: Corner of Elena and Purissima

Need a Notary?

Free notary service provided by the Town Hall staff. Please reserve an appointment at least 3 days prior to notary date. Call 650-947-2508 or ceinfalt@losaltoshills.ca.gov to make an appointment.

Day: Appointments are required.
Location: Los Altos Hills Town Hall

Household Hazardous Waste

Residents interested in participating in the disposal program must contact the HHW information hotline at 408-299-7300 between the hours of 9:00 am and 5:00 pm Monday - Friday or visit www.hhw.org for an appointment. Chemicals accepted by the Household Hazardous Waste Program fall into one of four D.O.T. hazard categories:

Ignitable: paints, dry or wet, petroleum based products, polishes, gasoline.

Corrosives: acids, bases, batteries, drain clog removes. **Toxics:** poisons, pesticides, gardening chemicals, ammonia, solvents.

Reactive: pool chemicals, hydrogen peroxide, iodine, perchlorates. **Misc:** propane, helium, small oxygen tanks, smoke detectors, fluorescent lamps, medications, sharps.

Used Motor Oil & Filter Recycling

Used motor oil is hazardous to you, your children and our environment. Do not dump used oil down gutters, storm drains, in garbage cans, or into our creeks, rivers, the delta or bay. The oil from one oil change can pollute 1,000,000 gallons of water. Recycling used oil & oil filters prevents water pollution, protects public health, and preserves limited natural resources. If you have any of these contaminated products, please contact the Household Hazardous Waste Program for a disposal appointment by calling (408) 299-7300 or hhw.org/usedoil.

Battery Recycling Program

Batteries contain toxic substances such as lead, mercury, and cadmium and are to be kept out of the trash. GreenWaste Recovery offers a Resident battery recycling program. To recycle small batteries, residents can place the batteries in a clear ziplock (or similar) bag and place the closed bag on top (not inside) of the BLUE Recyclables Cart. It's highly recommended that residents also tape the ends of the batteries, so they don't cause friction with each other in the bag. For car batteries, the residents are advised to contact Santa Clara County Household Hazardous Waste Program at 408.299.7300 or visit www.hhw.org to schedule a drop-off appointment.

Los Altos Hills Club

The historic Los Altos Hills Club, founded in 1958, offers women who have a Los Altos Hills mailing address the opportunity to meet other Hills residents, form friendships, and make social contacts. The club sponsors bi-monthly luncheons, lectures and interest groups such as books, travel, bridge and other card games.

Interested in joining the club? Contact Membership Chairman Pamela Taft at (650) 917-9221 or Email: pamelajtaft@gmail.com for membership information.



Pictured emulating the "Viking Women's Empowerment Pose" – Right to Left: Patty Radlo, Co-President; Dr. Elizabeth Ward, Director of Los Altos History Museum, Speaker; & Rebecca Hickman, Co-President of LAH Club. Recent speaker was Dr. Elizabeth Ward, Director of the Los Altos History Museum who spoke on Icelandic Women's Empowerment.

GreenWaste Services

The following are included with your GreenWaste service

Access to two (2) On-Call Clean Up Services for no additional charge. GreenWaste continues to provide this additional service at a time when many haulers have discontinued similar services. Each On-Call Clean Up Service allows the pickup of either one of the following:

- Up to two (2) Bulky Items, such as appliances and other household goods. Note, appliances which contain freon count as two (2) Bulky Items and smaller individual items must be containerized in bags or boxes not to exceed 3' x 3' x 3'.
- Bundled or bagged Yard Trimmings and Wood Waste. Note, bundles must not exceed 3' x 3' x 3' and bag must be compostable (no plastic).

Please Note: Once these two (2) no-charge collections have been exhausted, the service remains available for an additional charge.

All residents are provided with four (4) Yard Trimmings Vouchers annually for use on your normal collection day. Please see voucher for limitations.

Access to monthly Fire Prevention Events, held on the 3rd Saturday of each month, where residents can bring an unlimited amount of yard trimmings from 9:00am – 2:00pm. These events have been temporarily re-located to Purissima Park as a result of access restrictions to Foothill College.

Access to the Los Altos Hills County Fire District's Brush Chipping Program
To schedule an On-Call Clean-Up, contact Customer Service. Phone: 650-947-4994
Email: losaltoshills@greenwaste.com

Donor Wall

Leave a legacy on Los Altos Hills! The donor wall is a permanent installation at the Town Hall to celebrate Town Residents. A new section of the Donor Wall has opened and is now available for additional tile placement. For your convenience all tiles and paint are available at Town Hall. Purchase your tile and book your painting appointment today!

For more information or to make an appointment contact Sarah Robustelli, 650-947-2518 or srobustelli@losaltoshills.ca.gov.



REGISTRATION

REGISTER ONLINE AT WWW.LOSALTOSHILLS.CA.GOV

Participant First and Last Name	Age (if under 18)	Course/Activity	Fees
1 _____	_____	_____	_____
2 _____	_____	_____	_____
3 _____	_____	_____	_____

Billing Contact Information

Name: Last	First	Email Address
Address: City	State	Zip
Parent Name: Last	First	
Phone No: Home Work	Cell	
Emergency Contact: Name	Phone	

Release Of Liability & Assumption Of Risk Agreement

In consideration of the acceptance of the application for entry into the classes or activities listed on the Registration Form, I hereby waive, release and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me as a result of my participation in said classes or activities. I am aware that these classes or activities subject me to physical risks and dangers, nevertheless, I voluntarily agree to assume any and all risks of injury or death, and to release, discharge, and hold harmless all of the entities or persons mentioned above who, through negligence or carelessness, might otherwise be liable to me, or my heirs, personal representatives, next of kin, spouse or assigns. It is understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs, personal representatives, next of kin, spouse and assigns. I have fully read this Agreement and fully understand its content. Furthermore, the significance of this release of liability and assumption of risk agreement has been EXPLAINED TO THE MINOR. In addition, should the Town of Los Altos Hills take photographs of my or my child's program, event or activity, I agree to allow use of my and or my child's photograph to be used for program publicity purposes only.

Signature: _____ Date: _____

Refund Policy: For summer and riding camps, refunds will be given up to 14 days before commencement of program. For all other programs, refunds will only be given up to 7 days before the commencement of program. Within 7 days (or 14 days), a refund will only be granted if vacated position is filled. No refunds will be given after a program has started. A refund service charge of 10% will be added to all refunds requested by the customer. No refunds will be given for events.

To Be Completed By Parent Or Guardian Of Minor Participants

I have fully read this Agreement and fully understand its content. Furthermore, the significance of this release of liability and assumption of risk agreement has been EXPLAINED TO THE MINOR.

Signature of parent or guardian: _____ Date: _____

Print parent/guardian name: _____

Address (City, State, Zip): _____

Please indicate whether you are signing as: Parent Guardian

Payment

I hereby authorize the use of my credit card: Mastercard Visa

Name as it appears on card: _____

Card Number: _____ Exp Date: _____

Signature: _____

Note: All class fees are inclusive of a \$5.00 administrative fee.

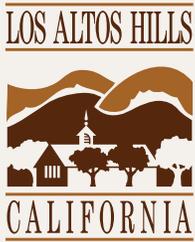
Please detach and remit payment to: Town of Los Altos Hills, 26379 Fremont Road, Los Altos Hills, CA 94022 **Federal Tax ID** # 94-6027523

Los Altos Hills Activity Guide

The Activity Guide is published with assistance from the Parks and Recreation Committee.

www.losaltoshills.ca.gov

Photography: pages cover, table of contents, and 15, Vitoria Dye Equestrian; page 3, Deborah Padovan; pages 4, 6, 7, 18 : Sarah Robustelli; page 5: Oswaldo Murillo; page 7: Santa Clara County Fire District; page 7: Russell Yang; page 9: Scott Vanderlip; pages 9 and 13: Tescia Seufferlein; page 10: Lori Krolik; page 10: Pam Walatka; page 11: Asha Sienkiewicz; page 11: Kjesrsti Nelson; page 12: Manhattan Zodiac; page 13: Kamakani Usui; pages 14, 16, 17, and back cover: Chris Knopf; page 14: Farris Scott; page 16: Pets In Need; page 17: Santa Clara County Sheriff.



TOWN OF LOS ALTOS HILLS
 26379 Fremont Road
 Los Altos Hills, CA 94022

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 Permit No. 306



◀ Visit Edith Park to enjoy recently installed Public Art called, "Look Up."



**TOWN OF LOS ALTOS HILLS
 RECREATION FACILITIES AND
 OPEN SPACE PRESERVES**

- 1 **Saddle Mountain Preserve** – Access by Pathway from Saddle Mountain Drive or Stirrup Way
- 2 **Town Hall** – 26379 Fremont Road
- 3 **Edith Park** – Fremont Road & Edith Avenue
- 4 **Purissima Park, Town Riding Arena, Outdoor Fitness Equipment and Dog Park** – 27400 Purissima Road
- 5 **Westwind Community Barn** – 27210 Altamont Road
- 6 **Byrne Preserve** – Black Mountain & Altamont Roads
- 7 **O’Keefe Preserve** – O’Keefe Lane West of Dianne Drive
- 8 **Rhus Ridge Preserve** – Rhus Ridge Drive & Moody Road
- 9 **Juan Prado Mesa Preserve** – Access by Pathway from Dawson Drive
- 10 **Murietta Ridge Open Space** – South of Moody Road
- 11 **Foothill College** – 12345 El Monte Road
- 12 **Hidden Villa** – 26870 Moody Road

 **This Activity Guide was printed on 30% post-consumer content paper!**

FIELD RENTAL
 Interested in reserving field space at Purissima Park request online today by visiting our Town website and on the top right corner How do it... Reserve Purissima Park Field Rental Request.