



Senior Community Questionnaire

1. What type of transportation do you currently use?

201-Caltrain

316 Run/jog

318 Train

382- segway

465- Light rail from Mt. View to downtown SJ or Cal Train to SF

467-we don't live near public transportation. Takes too long

474-I can still drive

501 shuttle to airport

587-train

801-Bus transport will never work here it will never be convenient enough for people to stop driving. It's a waste of resource to pursue this only works in Cities

Inconvenient – not at time I get the need or will to somewhere

846-Can't walk in the evenings. Unfortunately no street lights in our city—can't use a bicycle either in this dark town

852-Caltrain, Amtrak

636-privateplanes/jet

955-Bart/Caltrain/Amtrak

973-Train to visit relative in Sacramento

2. If you do not currently use public transportation, what prevents you from using it?

13- Convenience the car is always waiting

37- No service in the Hills

52- Faster to ride bike

53- have not considered. Other means as can drive easily

65- bike is better – I ride 7-8000 miles per year. Don't need pub.

Transportation

76- Driving owns car is faster and allows more options, including stops per trip.

86- VTA cut the routes. I used to take 23 was ended and its was the line I used to get to all stops needed.

112-wait periods too long (for bus)

115-I don't have a clue where to find a bus schedule

125-requires tax subsidy (wasteful)

193-I can't carry the Costco load to a bus.

209-not familiar with routes & schedule

215-when speed is not important, we use bicycles. We are still mobile

222 – I like to walk

224 – I am opposed to buses that burn fuel and carry fewer people than a car under normal load.

260- Its over a mile walk down to the bus line

270- I often use bus to get to SFO, but not useful for early flights because of schedule in my neighborhood

285- I'd rather bicycle or walk if possible

288- lack of knowledge

307 Not an option

316 Why bother?

317 We need a shuttle bus system

378- no public trans from Page Mill Rd. LAH

381- drive to work in San Bruno, need car for appointments

390- no buses at all in LAH

453- I have never needed to use it. Occasionally my wife (75) uses it to go to and from SF

486-There is no bus to Los Altos downtown that I know of

503-need for a direct route specific from NLA area to right rail

525-I like freedom of autos

542-Too many transfers required

565-I don't waiting alone at a curb

834-Still able to drive my car

846-Too dark after sundown. No street lights—no one can walk anywhere after sunset—it is a bad situation.

862-Do not like buses-not appropriate for LAH

885-Loss of #23 VTA bus means 2 changes of VTA buses to get to downtown from Grant and Fremont

620-Parking is issue!! With wide spaces!!

636-I live way up on page Mill Rd.

701-No public transportation in my area702-I am legally blind and my spouse is not very mobile. We both have to use Outreach but live outside their normal support area—so we pay \$16.00 per ride (one way) when ever we go Expensive!!! I have tried through LAH Town Council, Outreach executives, Senator Finestein to change Outreach pricing policy so it does not discriminate against those of us that live outside their “normal” service area. Help! Don Leonard 650-941-9141

730 I drive 3 miles to work.

733 The closest bus stop is a mile away – I plan to drive as long as I'm able even if a bus is near

746 Difficult to get to public transportation if you live in the hills.

901- Don't know what's available. Walking works

910- I don't know to use it

941- don't know how to use

973-I frequently combine several errands in one trip North (Palo Alto) or south (Mt. View, Sunnyvale) bus would not be practical

976-It's hard to lug big bags of groceries on a bus and walk home a mile from nearest bus stop! Transit system needs minibuses (hybrid) which run more often and into town and shopping centers. How about negotiating with FJC for parking in lots for getting a bus?

977-Not really aware of schedules. Also does not go where I want i.e.

Baylands for birding, takes too long and requires transfers.. takes over an hour to get to Stanford area

989-What about VTA Community buses like in Mt. View or Palo Alto>

994-I am using Roadrunners

3. Would you use a shuttle service to get to locations within the City of Los Altos or town of Los Altos Hills? (Senior Center, Library, City Hall, Adult Education, Shopping, Doctor, etc.)

44- yes if use no tax dollars

115-Only if I were incapacitated and unable to drive,

131-Maybe sometimes, but mostly I walk to those locations and the exercise is good for me.

183-Perhaps, if timing worked.

197-Eventually when I can no longer drive.

221 – not at this time

222 –No I live only a few blocks from senior Yes – For Dr. and other

233 – Future

249-not now. But when widow I would need service for doctor

280- when I will be unable to drive safely

316 However, I am walking distance to downtown Los Altos & walk when the weather is nice.

318 El Camino/Whole Foods/ Office Depot

327-not at this time. Later when I'm no longer able to drive.

467-maybe when I'm older

502-eventually

506-Not yet, I drive

512-Not yet, but probably in another 5 yrs. or so.

522-Maybe when I'm older

561-Might be fun to try it.

577 perhaps

816-I live just a block from downtown and usually walk

820- depends on cost and convenience

846-Only if there are street lights.

619-Yes when can't drive car anymore

630-If unable to drive

733 Not at this time

743 Maybe

750 If wasn't able to drive, right now – no

966-Not while I can still drive. When I no longer drive, yes I would

973-I do not make regular trips downtown—I' sorry to say but I make more purchases in Mt. View.

993-Possible would like to see walking paths improved

4. Would you be able to pay a nominal fee for a shuttle service within Los Altos/Los Altos Hills?

112-if readily available

131-I'm able to, but I probably wouldn't.

564-depends on cost

577- perhaps

852-If and when other options are no longer viable

733 In the future

743 At time of service not as a tax

746 If it was truly nominal

913- able but not willing

5. Do you need shuttle service for outside of Los Altos/Los Altos Hills?

112-on occasion

217 – not yet

In future

249- PA Medical clinic area

311 Not a priority

322-shopping centers – Stanford

522-Not now-would in the future

536-would be nice

577-I may in the future

845-If I couldn't drive I would need it for medical appointments.

619-will if lose use of car

630-I did for years. I did not drive for medical reasons

744 Stanford Hospital, Palo Alto

922- I don't personally need it but I know several seniors who no longer drive and are paying \$50 to get to their ever increasing medical appointments. Often they are late because trans. Is undependable and its another \$50 to get to the scheduled one

6. Describe your current employment status:

112-teach piano at home

611-Los History Museum

511-I would be interested in the range of opportunities in Los Altos other than tutor

My husband is in the process of retiring.

a. Do you need resources and information to find gainful employment?

115-I get this aid through NOVA/CONNECT in Sunnyvale. They provide an excellent service for free. Part of Calif. EDD

208-contacts

241-cross cultural business

316- Only a networking lead to an enterprise requiring a CEO with experience & leadership skill.

425- ministry

816-Might like a part time job to pay for my medical insurance but figure others need that job more.

953-Consulting opportunities

b. Would you be interested in attending skill-building classes to help find gainful employment?

115-In all due respect, I doubt you have the resources to compete/complement NOVA/CONNECT

208-if focused, not platitudes

212-Computer skills

241- sales. Education

816-I have enough skills for the type of work I'd want

817-learn about pic.

844-computer, I pad

c. Do you need resources and information to find volunteer opportunities?

2- Nothing that requires use of phone am profoundly deaf

33- they are all over the internet

115- wildlife rehab

183-Plenty available-we would welcome younger volunteers to Assistance League

221 – we need volunteers

313 Very interested in expanding my volunteering.

316 Only a networking connection to an interesting non-profit requiring leadership.

322-Plenty of info already available

323-interested on weekends

347-after retirement

362- hear of openings

467-They are already available

816-I already volunteer and know how to find other opportunities

817-not particular

677-Foreign Affairs;Organizing Fed Budget and Tax Exercises/games

794- church can fill all time available

797- I want to volunteer

d. Would you be interested in attending skill-building classes to fulfill a volunteer position?

115 wildlife rehab

288- always need technology updates

347-After retirement

363- ex. Docent training

435- first responder

816-see above-but would of course attend any on-site training expected.

817-any area

609-Possibly my husband – don't know

616-Computer

619-maybe if something sedentary which interests me comes up

677-Coordinate with Hoover Inst.

946- generics skills for volunteer, using the newer technologies like Facebook, blogs, etc.

7. Describe your current living situation

210-We'll find a retirement home when the time is right:

216 – condo

227 – spouse & teenage son

229 – own a house

859-adult children

605-one grandson lives with me

8. Do you plan to remain in your current residence as you age?

20- Yes for now – still able to lead active lifestyle – and I'll want a different (ie not isolated) situation when I can no longer drive, etc.

32- Too expensive. Unpredictable expenses (like rising taxes and LAH plans to charge us \$40,000 for utility undergrounding)

34- At some point will move into a townhouse or smaller home hopefully in Los Altos

47- inadequate senior services including transportation

50- As long as possible unless CA goes bankrupt.

52- I am considering moving to some place like downtown Mt. View, Palo Alto or San Jose to have more ready access to a variety of shops, services and transportation options once I do stop driving and riding my bike.

70- If macular degeneration manifests itself I'd like to be downtown within walking distance of shopping, etc.

72- Currently in an apartment – would prefer my own home

76- will live in our house until age 80+

87- Will downsize

99- Will pay off mortgage in a few years. Anywhere else around here would be much more costly as a rental, so need to stay put.

110- house too big for 2 people

115-Not clear. I have a desire to live in a less congested area that's more rural and quieter for retirement. However, it's hard to beat the services here.

119-I will be moving to a house in Palo Alto

131-At least for 10-15 years

198-will need to sell the house and move to a condo.

207-if widowed or assisted living needed probably...

221 – In time we'll be downsizing and would like to move to downtown Los Altos

235 – as long as possible

247- will move to retirement community

252- will downsize

258- at least for a few years

260- At least 10 more years

262- when our children are grown we might downsize or move out of California

267- maybe will make a move to downsize in the next 5 years

271- we will stay in our home as long as possible. But will move if we cannot care for ourselves and our home

280- as long as my spouse and I can safely and comfortably remain in our home

296- maybe 10 years move to smaller place

299- we cannot wait to move out of Los Altos and to SF

301 I plan to move to a smaller house in a more convenient location (downtown area).

302 May want to move to a nice condo.

311 Move downtown

313-But who knows what lies ahead!

325-will sell home & move to smaller quarters, either another house, condo or co-housing

328-For the time being.

330-at least for a few more years

346-When physical limitations advance, then an alternative will be needed.

348-Yes, until I'm 75. I'm 68 now.

350-Dependent on health.

359- as long as we are physically able

371- likely move out of the area

400- we hope to move to the Terraces of Los Altos

409- unless I move closer to my children

414- we will probably downsize to a warmer climate

416- hope to

417- would like to move to the Terraces is admissible

418- as long as possible

448- maybe – depends on health and ability to live alone

475-Depends on ability to keep up house & large yard. Not if spouse dies first.

467-until no longer feasible

479-Move to smaller place

522-Too expensive to retire here, Taxes too high, cost of living too high

532-At sometime my wife and I will probably downsize to a condo or Townhouse

536-Take it year by year

541-Move to a condominium, less work, more freedom

543-This area too costly would have to relocate/reduce. Southern Calif.

544-As long as we can; I recognize that there may come a time when this is not an option.

552-Plan to move to some full service retirement community in distant future—10 years.

555-I will be moving when I am fully retired. Within the next 5 to 10 years.

571-Downsize to smaller house or condo

579-I'll eventually go to a retirement home like Hyatt

580-Need to reduce cost when retired, want to use some equity for other purposes

597-need equity for total retirement pkg.

801-as long as possible to main health and finances of course!

816-but might consider moving someday

817- planning to size down maybe move to condo

842-a senior community will be more fun/offer more

859-Eventually plan to move into a condo

869-Plan to downsize in some area

888-wish to find a smaller/newer residence

619-as long as possible

620-will move about age 80 Local services need to focus on ages 70-85.
Health is probably the big variable.

636-Hope to get married again and perhaps move

692-May live in independent living community in 15 or more years

707-Will need handicapped accessible living arrangement

718-Too expensive

731 Seventies review status as we approach eighties

736 Prefer to move to a smaller place with single story

741 Will be renting our house and moving to a less expensive area in a few years.

746 For now, but I will probably find upkeep too difficult as I age.

750 Only if maintenance is reasonable and wife and I stay healthy.

775- At some time I plan to move to another residence that is smaller and requires less maintenance

779- will move out of state

786- I plan to move in about 5 years

792- if my husband dies before me I want to be in an assisted living home

797- need info to volunteer

905- At least for the next 10-15 years

922- taxes. How the town develops will a consideration in a few years

928- Undecided. We own a second home in another county and may spend more time there

930- eventually many short flights of stairs may become a problem
952-Will eventually sell and downsize. Currently in Boomerang family as adult children graduate—come home and then leave as they start careers.
958-The difficulty and cost of maintaining a house. Need smaller place
965-I'm 58 now and know I'll be working for many more years. I may move further south in the future
966-Will need low-cost housing in Los Altos. Seniors need one level, not townhouses with stairs. Will look for one level condominium
976-Until we can't drive
987-would love to downsize to a small house (not condo) but they've all been torn down Don't want to leave the area, so will probably stay in present home as we age and the house deteriorates
1023-Property taxes are too high. Might be able to down-size once kids out of house. House fully paid for but taxes \$3000/mo
1030-Maybe. It depends.

9. Would you be interested in any of the following:

220 - Not @ this time

222 – Contractors – we use volunteers from L.A. Sr. center

271- Painter

316 Energy Assessments

322-dog walking/carers/How to stay on top of TV/internet offers

365- information about caregiving assistants

467 this info is already available

597-financial safety of reverse mortgage

506-Avenidas model

834-We have joined Avenidas Village

842-When I get old (over 85) yes, now, no.

**844-Affordable housing in our town—easy permits to build guest house—
Granny units. City rules too strict—only for the rich.**

**688-Information on home-sharing options for widows, widowers who want
to stay in their homes.**

731 No –

733 Not at this time

754 Not now, maybe in ten years from now

792- earthquake reinforcing home

928- arborist advice on safety of trees surrounding my home

**946- Would like to know what is available & current either at a central
location like the library or online. Photography, genealogy**

**952-I'm a Realtor I frequently come in contact with people who can use
this info**

1009-We belong to Avenidas Village

1020-Too expensive. Want to experience other parts of the world.

**10. Do you feel there are satisfactory opportunities offered in your community to
enroll in skill building or personal enrichment classes?**

114-somewhat

220 have no idea

221 – questionable however would like woodworking class

**307 In our community and the surrounding communities of Avenidas in
Palo Alto, Little House in Menlo Park, Cupertino, etc. we already have an
abundance of classes, trips, opportunities, etc.**

476- Attend classes 5 days a week

561-I travel to Santa Clara for a piano class—closer would be better.

**816- I take a class but I am dismayed at how much the price went up for
Seniors**

818- have to find out

677-Desire 1 per week courses on Foreign Affairs: Mid East, Brazil, N. Korea, Russia....
733 No sure/not aware.
739 Don't know
746 There are opportunities but it has become quite expensive
791- don't know
952-Not aware of programs/lectures
955-Not in south Los Altos

11. How often would you like to attend classes or workshops?

227 – no time

12. If you were to enroll in classes, what would appeal to you?

5- Mac, photography, assisted living, maintenance and repair, adapting to my home, identity theft, neighborhood watch, junk mail, scams
617-meditation
11- Water exercise
13- Dancing. Healthy eating
20- Yoga
35- Tai Chi
40- Painting
53- Home maintenance and repair
68- German language
70- Spanish
72- I offer workshops in Expanding Intuitive Consciousness
93- Singing Groups, dance
114-I would really enjoy a Mac/Apple computer class

115-Home maintenance and repair for women offered by people who are skilled in home maintenance but not condescending to women.

131-Art appreciation, theatre, literature, history

159-Astronomy

183-computer—beyond elementary e-mail

190-current events, music appreciation, travel interest, Mah Jongg

212-Computers (Internet ,e-mail ,graphic arts, research)

218- ping-pong

219- Genealogy

220 pilates. Home maintenance and repair

221 – woodworking

230 – Fitness and Exercise

231 – Bridge

244-Home maintenance & repair

260- except for crafts and art. I think they all sound like interesting possibilities for me

271- music, learning to play the piano, guitar

276- travel excursions, badminton

278- None- I have taken the time to do all of the above I need or want and don't want any government help and don't want to pay for it (taxes)

279- Learning Spanish – all of our workers (almost all) speak Spanish. As we age we will become more dependent on immigrants to help us, it is vital to health, safety and security that we communicate well our needs to those we rely upon for help.

280- graphic arts, woodworking, home maintenance & repair, politics, history

289- conversational languages

290- math

294- photography

300- computers – internet, email, photography, English as a second language

307 We already have a great adult ed service that provides everything below

316 Target shooting (rifle), Wilderness/urban survival skills/Basic drawing, small boat/canoe building, horse handling, maintenance and packing.

324-Anything to keep busy

330-Languages

343-Dog Obedience classes

345-not interested until need arises – like many others.

356- Continued learning

374- woodworking

378- will be taking emergency prep this year

379- computer photo

390- tai chi for seniors

409- information on fitness facilities in Los Altos area

411- Community involvement – how to make sure senior citizens are heard in Los Altos on key topics, such as making downtown safer for walking, biking and driving

414- French conversation

425- tai chi, yoga, dance

445- study Spanish at Hillview now through adult ed

452- book group

456- tai chi

469- Spanish Class

473-Hiking, Travel,

491-Playing ball (pin-pon) table-tennis, tennis, exercise. Fitness programs in Grant-Park South Los Altos Area

499-Intellectual programs – literature, philosophy, art history, history
503-international discussions
523-managing files PC
557-outdoor ed., env.
561-Ballroom dance classes, piano/music, poetry reading, stock market
Music—rehearsal and performance
597-geneology—1 hr, not 3 hr. class; knitting/crochet, home repair,
Medicare and supplemental (too much info out there—too confusing)
819-Hiking – currently involved
842-these are all already available, but boring for the most part. I don't
have to sit in a class to get the information.
849-Prefer daylight activities—reluctant to drive at night
878-welding for art
893-Spanish language and gardening
605-quilting & sewing
652-German, Spanish, French at a nearly beginning level
687-Dance, Philosophy
740 Ice Skating
46 If offered at a reasonable with good instructors at a nice facility
792- graphic arts, painting, history
794- I go to El Camino Y
797- Helping people with repair & maintenance in their home.
917- assisted living options, current events
921- water exercise, history
926- too busy with my 15 year old son & non-profit to add any classes
928- home maintenance and repair, politics, history, vocal group
931- Spanish
939- Knowledge – I take foreign relations & current events through adult
ed, languages

940- music

944- Emergency preparedness

963-Garden Club

976-Cooking, senior driving tips, world affairs

1020-Physical and mental fitness, yoga—meditation, Fit walking grps

1024-orchestra, Ikebana classes, foreign language—more French

1024-foreign language – more French classes, orchestra, Ikebana classes

13. Insurance - Do you need assistance in finding:

5- Implants

213-no

215-Fitness and Exercise (weight training, water exercise, tai chi, yoga, cardio, dance)

230 – No

384- current insurance adequate but I'm always interested in improved policies from firms with proven track record

14. What services would support your medical and personal needs

177-Help in the home

230 – none

295- place to shred documents, files, etc.

306 What we have is satisfactory

325-matching people seeking co-housing

438- Kaiser

467-already available

816-Tai Chi Class

730 When I retire at 80

741 Nothing

15. Which of the following Senior Centers do you attend?

33- Santa Clara

98- Mt. View adult ed.

117-Menlo Park 226 – Menlo Park

561-Mountain View—people come from Los Altos, even Menlo Park to attend because they have music, dancing and a fantastic nutrition program.

127-Redwood City

173-Sunnyvale 190-Sunnyvale 851-Sunnyvale 366- Sunnyvale

400- Sunnyvale 871-Sunnyvale for classes 740 Sunnyvale 917- Sunnyvale

918- Sunnyvale

207-none at this particular time

244-Campbell

280- not currently – had in the past

404- Would like to know about how operate computer for internet costs

411- Use the Y

418- home

475-not often – lectures

801-I would attend Los Altos IF it offered ANYTHING

802-Member Avenidas

818-not yet but plan to go

941- don't attend but would like to

994-County Senior Nutrition site, Church of the Good Shepherd, Cupertino

996-Grant School, American Legion Hall

16. Where do you go for your physical fitness program?

620-Mt. View swimming pool 605-Mt. View Senior Center 11- Mt. View Eagle Pool 238 – M. V. Aquatic fitness

23- Curves 48- Curves 327-Curves 408- curves 455- Curves 380- Curves 489-Curves 530-Curves 548-Curves 848-Curves 844 Curves 859- Curves 863-Curves 392- Curves. Walk 721-Curves 745 Curves, Los Altos

619-El Camino Hospital

274- LA Community Ctr.

602-Fitness USA

4- Private gym 282- gym 934- gym

17- PT Works

18- University Club

19- Shoreline

21- Hiking, horseback riding, biking, gym

31- 24 hr fitness 57- 24 Hour Fitness 85- 24 Hour 98- 24 Hour 105-24 hour Mtn. View 114-24 hr fitness 287- 24 hour fitness 297- 24 hour 300- 24 hour 147-& 607-24 hour fitness 325-24 Hour fitness 317 Twenty-four hour health club 359 24 hour 383- 24 hour 386- 24 hour 417- 24 hour 492-24 Hour Fitness 399- 24 hour 892-24 hr. fitness 673-24 hr. fitness 712-24 ht Fitness 565-24 hr. Fitness 573-24 hr. FIT 739 24 hour Fitness 740 24 Hour Fitness/Fit 842-24 hour Fitness in M.V. 922- 24 hour – miss the spa that was located in Los Altos 933- 24 hour 929- 24 hour 779- 24 hour fitness 914- 24 hour

34- Active/walking 110-walking locally 86- Walk and DVD's 201-at home & daily 2 mile walk 33- walk all over town 206-daily walking

38- Cubberly in Palo Alto

39- Reach

40- Private – pilates

43- Riding bike in good weather 44- ride bike in the hills

45- aerobic dance Los Altos

60- Palo Alto Hills Golf & CC

61- Hiking Rancho San Antonio 166-San Antonio Ranch 280- hike at Rancho 143-Rancho san Antonio 210-Hike at Rancho san Antonio 91-Hiking 802-Rancho San Antonio, Curves 822-Rancho San Antonio Park 836-Rancho San Antonio (hiking) 610-Rancho San Antonio 733 Run and walk at Rancho San Antonio

64- 3 mile dog walk

65- Shawsu

70- Private aerobics classes

74- Home 75- Home 137-Home Equipment 275- Home

100- Private lessons

117-CMG

121-Curves 194-Curves 313 Curves, Formerly The Spa of Los Altos, but now I'm looking for another gym

135-Los Altos Country Club 138-Country Club

162- golfing

164-running and cycling clubs

167-PAMF

173-Sunnyvale, Cupertino

1000- Hillview 1032 Los Altos (Hillview) 279- Hillview 463- Hillview

205-None 207-none ("forced" yard work is my physical fitness)

208-Fremont Country Club

209-Mountain View Senior Center 439- Mt. View

211-LAGCC

**213-Home & Walk 216 – home 222 – at home 247- work out at home
374- walking**

214-Jackie Sorenson/Hiking

215-sel directed (hiking, bicycle, gardening)

231 – I teach a fitness class and go to the gym & golf

234 – Span Gym (Loyola)

235 – The Forum

236 – Private trainer 239 – privately o

241-private country club

245-University Club

246-Cupertion Sr. Center 252- Cupertino Center

256- 24 hour fitness/Fremont Hills Ctry Club

262- gym at place of employment

**263- my home fitness equipment or I run around the neighborhood 267-
personal equipment home gym 268- personal; training facility**

270- home weights, bike, run swim

271- Yoga of Los Altos

278- none – have own physical fitness program

284- walk/run around block each day 358 walk

354-F.I.T. 376- FIT 299- FIT 522-FIT at Rancho

288- home/neighborhood 306 At home 310 Home

293- aerobic dance – legion hall

301 Decathlon

302 Physical Therapy

304 Hiking, SA Open Space

316 Twenty-four Fitness, Rancho San Antonio, PG&E trail, Stanford Dish

328-Egan 6 a.m.

333-Home & Personal Trainer in Mts. View

338-self

340 - Equinox – Palo Alto 531-Gym Equinex 881-Equinox 232 – Equinox

347-Individual program & cycling, running, walking

348-Mt View “overtime” gym

350-Snap Fitness 377- Snap Fitness

355-personal trainer

378- tennis club

381- home and work 423- home 456- home 483-Home and Streets 487-Home 371- home gym

389- self-directed. Cycling, hiking, home weights

391- private fitness facility

396- home/DeAnza

406- walking and hiking

411- biking, waling in area

414- Jazzercise at Blach and 24 hour and masters swimming at FHCC

416- walking, bicycle UCPA

429- hike in the hills, my pool

441- country club

442- Cupertino Health Center

446- walking, Stanford dish area

450- Gold/walking

452- home, athletic club

460- El Camino

464- Avenidas

465- Jazzercise at Lacy

467-Youth Center Jazzercise

468-Foothill Tennis & Swim Club

476-Terraces at Los Altos

477-Private Fitness Instructor 608-Private gym

479-University Club

480-Walk and Bike

484-Walk at Work

493-Outdoor Walking Bicycling

498-Jog around neighborhood

499-I jog, hike & ride a bike with Western Wheelers Bicycle Club

523-24 hour fitness, yoga of Los Altos

M.V./Los Altos Adult Ed

562—Elks Club 600-Elks Lodge 867-Elks Lodge 369- Elks 127-Elks club

567-golf

568-Curves, bicycling, hiking

569 & 618-Gold's Gym

578-walking, golf

801-I "private" aerobics (too costly really) & MVLA adult ed

829-Foothill college Track, treadmill at home

831-Active walk with family member

833-Fremont Hills country club-swim

835-Mountain View Sr. Center, have used Hillview and JCC 624-MV Senior Center

839-bicycling and hiking on nearby streets and trails on Stevens Creek trail, San Antonio open space, Hidden Villa

845-Milpitas Activity Center

863-Palo Alto Rec

818 Los Altos Yoga 622-Yoga Center 695-Los Altos Yoga

856-Cubberley

883-Los Altos Country Club

628-Abilities Unlimited (formerly CARR)

649-jazzercise (Blach School)

655-Stanford Hospital; Snap Fitness at Loyola C.

657-Palo Alto Hills golf and Country club 666-Palo Alto Hills country Club 755 Palo Alto Hills Country Club

679-Stanford Swimming

727-Pal Alto Senior Center

728 Reach/Pilates

730 I do it at work and at home 736 Home exercise 737 Home 743 My garage

731 Private gym and club

732 DeAnza Community Services

741 A Country Club

749 Club

752 Cupertino Sports Club and Tennis Courts

754 Working in my yard, walking the dog

758 Run and bike in Los Altos and Los Altos Hills

769 University Club Paly

771 PT Works

772 Senior Center Mt. View

777- walk 5 days per week

784 – health club near work (So. SF)

789- Walker – Garage 796- at home 910- Home

792- I did go to class at Sunnyview Sr. Center – provided by city of Sunnyvale. I paid a small fee

799- hike in parks and preserves

800- exercise classes at work – Los Altos Rec. Dept.

905- walking. Biking

908- just enrolled in the senior center – will try classes there

911- walk, hike, bike on own 915- walk 926- I run and workout at home
921- home equipment

928- would enjoy a walking or hiking activity with senior center

930- Personal trainer Mt. View Sr. Center

931- Squaw Valley Ski resort, Run and Bike in LAH – Free drive in Pacific
Ocean & Mexico.

942- Foothill tennis and swim club

943- Par course need revitalizing

953-Swim Club

965-SNAP Fitness

973- Gold's Gym

1027-own M.D.

1029-PT Works

1030-aerobic dancing

17 - Would you attend a senior program at Grant Park in South Los Altos?

4-if it was something I was interested in.

38- depends on what is offere

99- maybe – depends on the program

207-? What kind?

212-San Antonio Park – hiking

220 – definitely!

280- if fits my interest

356- depends on the program

384- no. going to Grant Park would require time I could use for exercise

411- depends on what it is

475- Where? What? Transportation !

816-Maybe if it was something I wanted to do

946- definitely need south Los Altos location

18. Do you use the Los Altos Library system?

609-Sometimes but seldom

736 – Occasionally for grandkids

19. Would you use library services in the form of: Bookmobile/delivery of books to homebound

13- Go to the library

153-If I was homebound

185-If I were homebound

306 Deliver books – not now but maybe later

312 Buy my own books

794- I can walk to Woodland library

922- I think the new arrangement in our library where the recreational newspaper/magazine reading is very poor in a busy area by children is busy if it were needed not senior friendly

20 - Do you participate in any of the currently offered Los Altos Senior Center activities?

1-Movies

625-dining group

620-Adult education classes

605-My activities are at Mountain View Senior Center

4-Memoirs

8- Book club

9- Memoir Writing

13- NO go to the Mt. View Seniors

56- Tax prep

64- dog training

73- Qi Gong and Stretch and Flex

85- Quilting in Mountain View

115- Creative writing

127-Square dance Club at a school

153-Yoga

207-Computers would like to do that but not enough computers for individual training classes

214-Yoga

219 – genealogy

220 – gen. class

226 – Ikebana Floral Arrangement

246- Found senior center to be very unfriendly

258- trips

271- tax preparation service

289- language- Spanish

308 In my planning

319 French Language

322-informational meetings

391- stretch

409- lunch

414- French conversation

452- These activities are for seniors of a past generation rather than for active baby boomers

463- Exercise, genealogy
475-Arch.Lecture Series
506-Memoirs writing
523-Not at this time, would like to in a few years
565-Play ACBL bridge in Palo Alto. We could use ACBL game in Los Altos
816-Drop in on days I do my writing class
817-Stretch & Flex
818-I will
827-Didn't know there was a Los Altos Senior Center
835-Have taken Spanish , Tai Chi, flower arranging in the past
839-Not currently—maybe later
863-do not see line dancing offered in adult ed brochure
885-there seem to be fewer bay area one day trips
626-Geneology classes
627-Do not participate now but would like to in Art, Dancing, meditation
631-Yoga
642-Lady Circuit
652-Jackies Strong-step—Recreation Dept. I think
662-Need a chess group
728 No, but might take art/bridge/line dancing
732 Not at this time
744 Language Arts, tap dancing
773- No- don't like the director
781- Los Altos needs a new senior center!
792- Haven't tried yet. Wife would have to drive me there.
917- Pinochle
918- Pinochle

922- I would expect the senior center possesses an extremely unappealing atmosphere

928- AARP driving course

946- AARP tax services

954-Hiking, Genealogy class

963-No! Took classes. It took too long to drive. Class was too big for personal attention.

973-Driver ED (AARP /Seniors)

1030-French at Hillview

21. Do you feel you have the opportunity to socialize with others?

35- NO-Few friends

610-Now live in Asian yuppieville. Old days were different times change

167-Sometimes. Family close by, neighbors and friends

177-Don't go out socially very much

187-I find this area to be very difficult to meet people and make friends compared to any other place I have lived. Silicon Valley is not a very nice place socially

190-Still looking for more way to socialize especially as a couple

270- mainly at work

320 Too busy

326-drivers ed (mature)

402- my church friends and bridge clubs and family

441- member of several clubs

561-As in many senior centers, you can belong forever and not meet most there. People tend to congregate in static groups. I feel sorry for the loners. There should be deliberate mixing up—partner changing done once per session. I'm not shy but many are.

801-I live in Los Altos ½ the year and it is very hard to meet people. Have joined reading groups etc., no one wants to make friends all have their own agendas. Same with my fitness classes (Perhaps a group just to TALK would be helpful if anyone would ATTEND!!!)

818- Didn't have a chance get

820-have not attend many gatherings

726-don't like to socialize

831-Full time work limits certain activity

629-I don't know how?

643-We live away from many. Not a typical neighborhood. People live here to be left alone.

730 My wife is retired and she's pretty well involved in the church. I am not retired and I work full time going on 46 years building micro wave tubes.

794- Through church and family & exercise class, History House, Volunteer interactions

922- I am still physically active, I can drive my spouse is still living. I do see seniors that are 10-15 years older than I am and they really are isolated even though they live in town. These people have lived in pretty nice places The senior center is a real culture shock. Mt. View and Cupertino have nice ones – WHY NOT US!!

942- I belong to many organizations AAUW, League of Women Voters, Friends of the library, etc.

22. Volunteer opportunities. Do you have an expertise you would like to share?

5- Member of Palo Alto Comesa Club

22- Woodworking. Household repairs

40- Medical profession

59- Needlepoint (taught it before)

61- Sewing/clothing design

72- Personal Growth Workshops

115-carubg fir parrot-type birds (small ones)

222 – Too old (did lots when we could)

250- 40 years professional photography

Word, Excel Photoshop

260- already involved in several volunteer projects

271- I am a music for minors volunteer

306 We volunteer @ the VA hospital

314 Talking

315 Trap shooting, XC skiing, canoeing,

416- reading skills former teacher

425- ministry meditation

473-I already volunteer teaching these

484-Too busy with full time work

499-When I fully retire

502-I taught literature and composition at S.J. State for over 30 years.

587Astronomy

801-Tai Chi every Mon 10:30 to 11:30 at LAV Meth Church – free! (I teach class)

820-I would work on Word, Excel, PPT, not a professional just a hobby lite to learn together w/others. Maybe few Chinese cooking

821-I am an estate planning CPA

607-I play guitar & have taken lessons. I'd like to be involved some way in a guitar oriented group.

620-The word "basic" is wrong. We need to understand Facebook and how to communicate with our grandchildren!!

627-Design, Feng Shui

677-Angel Investing in entrepreneurs Help organize low cost Trips similar to Elderhostel

687-Mathematics, finance

730 Laser welding, hydrogen brazing, R.F. brazing, spot welding, and tig welding.

770 Some Day

782- Knitting

792- painting

797- helping people with repair & maintenance at home

902- Computer use, spreadsheet, email

911- nursing

917- handy work

921- retired social worker, cooking

922- none but would love to take advantage of anyone who has them.

Birdwatching?

931- I would teach abalone diving & spear fishing while free diving

935- Best at old fashioned clerical duties (not on computer) limited eye problems.

963-Creative Art

976-Gardening and design

23. What do you project your needs to be in 10-15 years? Please explain.

603-In home helper or caregiver to avoid if possible moving to a facility

3- Smaller residence. More handyman help.

626-Help with keeping up the house and transportation

622-social activities, esp. if widowed

605-I am 85 years old now the possibilities seem obvious

4-Possible in home assistance; travel assistance

5- Assisted living services, Financial/Estate planning, home repair services, transition

7- Some household help, some transportation depending on my health. I'm 62 now.

8- Change from independent living to assisted living.

9- Similar to now, I hope.

11- Assisted living – Currently a priority member at the Terraces

12- Housing and Care

13- I need more social activities and exercise. now my needs are covered. (I am now 85) I have no idea what will be in 10 years.

14- to stay healthy – play golf. Hunt & fish

16- I am in excellent health now but will be 98 in 15 years. I have no idea what my condition will be.

17- Caregivers

18- At 90-95 years – full care

20 – I am closing in fast on 69 – 10 years I would imagine that I would/might be at Channing House or the like – Channing House has such access to downtown Palo Alto

21- Independent-living. Travel

23- Possible assistance with activities of daily living as my husband and I age

28- Cremation probably

34- Smaller residence, hopefully caring for myself

35- Single story house, assisted living

38- This is the time when we would need shuttle service since we would not be driving as much

40- Will need more assistance than now

43- too far to project

44- Be able to live downtown and walk everywhere. Post office, shoe repair, drug store, supermarket, shoe store, hardware store, library. Our town has it all.

45- at age 85 I expect to keep active at dance and bridge

47- Transportation to appointments

Home maintenance and adaption for safety

Recreational/continuing ed. Opportunities locally

49- Since I'm 72 years old I may need assisted living help. I have lived in Los Altos since 1947.

52- Much different from today. Will want more services (such as this Questionnaire) to be available on-line or via mobile device (too hard too write). Also I will need a different type of bike (3 wheeler) and would like bike paths and bike parking to accommodate this especially downtown. Pedestrian safety an issue, too.

53- Exercise. Networking with others of similar interests and hobbies through clubs, etc.

55- At 85 am looking to maintain health. Joyeaux Outlook. Any ideas!

56- Stay healthy

- 57- Health, transportation- rely on daughters and other family members. I am 79 this year.
- 58- Assist in maintaining home and independent living
- 64- Prop. 13 to stay intact. wouldn't be able to afford \$15,000 in taxes
- 66- in 80- help with daily living
- 69- Housing/assisted living, etc.
- 70- At 83 and 88 (10 years) with macular degeneration may need help getting around with shopping, cleaning, etc. Maybe more depending on health.
- 71- I will probably retire in 5-10 years
- 72- (Crossed out years in question replaced with months) Administrative support – including technical savvy
- 81- If I am still around I may attend activities at the Senior Center at Hillview, may also need shuttle type services. I would not take the bus.
- 86- I don't expect to be alive then.
- 93- Income to save my home
- 96- Help maintaining house and yard. In home care if necessary.
- 97- Probably move to an assisted living facility
- 99- transportation – at some point may be wise not to drive
- 101 access to shuttle services/public transportation; senior social gatherings; easy library services
- 119-Transportation, social activities, fitness activities, classes
- 112-partial live in or checking on me more
- 113-driver training for Seniors to reduce auto insurance costs
- 114-I would like to stay in my home. That is all I know at this pt.
- 115-Physical fitness; ongoing “life planning” to deal with potential accelerating nerve pain due to genetic spinal problems; social needs
- 116-Social Activities

117-Will need assisted living, but won't be able to qualify due to preexisting conditions

124-A lot of help—assisted living

133-Transportation

135-New, smaller residence

137-Possibly local transportation

159-My age is 75, wife's age is 70. Our children and family live nearby. We hope to stay in our present home. If needed, we could afford help. If necessary we might move to retirement home, such as Pilgrim Haven.

152-At sometime I might downsize to smaller living space and, if necessary, assisted living.

153-might need public transportation

156-We are moving to the Forum and will get most of the necessary activities.

162-Activities I use now independently, may well be better delivered through the Senior Center where I don't have future flexibility

167-alternate driving to hospital, clinics, dentist. Food delivery to our home.

168-Public Transportation

170-Transportation/Medical/socialization

177-Help at home—home care

180-Hopefully, I will continue to be able to live in my own home.

181-Home Care

182-Transportation when I am no longer able to drive a car.

183-Help keeping up garden and house, transportation to the City.

184-Move to 1 story house or add on downstairs bedroom.

189-Assisted Living

190-A good handyman, housecleaners, shuttle service maybe.

196-Reasonably-priced, reliable, quality home repair and maintenance services. A reasonably-priced and well-maintained community swimming pool.

198-Senior assistance service to the home.

199-would like resource for finding in-home help in the future.

201-Transportation to Dr. appointments ,groceries, etc if no longer driving.

205-Nursing care, food preparation, Medication control

206-A well maintained cemetery!

207-No Idea, too old to project

209-Not sure. I am 75 and I am not looking that far ahead

212-Transportation, Assisted living (meals)

213-Live

216 – Have not thought about it

217 - Not sure, probably mobility

221 – senior care from basic to optimal

222 – My health at this time is good at age 85. (Spouse also at 91) Future needs depend on health.

223 – none

227 – Home repairs/handyman support

228 – House Maintenance

229 - assisted living

230 – Hospice

233- At the present I am still working part-time. However, in the future I would enjoy taking classes, volunteering and joining groups in activities. I am also very interested in finding home help, repairing, home maintenance, who to call for social groups, short term care when I have a short period when I need help, like foot surgery.

234 – Caregivers in the home.

235 – We anticipate moving to a senior housing facility when need arises.

237 – probably not in this area (House too big – most likely live with/near daughter)

240 – possibly help with living alone

242-good health – life

244-transportation for all things

245-not sure depends on health

247- the same as today

251- locating senior housing in Los Altos

253- transportation if I lose my ability to drive. Remodel house to universal design spec. social interaction if I become house bound.

257- I am 86 yrs. Of age now, your guess is as good as mine

258- I will be in a retirement facility

260- depends on our health

261- Impossible to know, Would likely need some form of transportation (taxi or shuttle) and more home maintenance/handyman help.

262- when our children are grown, we might retire and/or move elsewhere in the US (youngest is 12)

263- an undertaker

265- It depends on my state of health – which is difficult to predict

267- scale down – move to smaller home

270- I will probably retire before 10 years

271- It is hard to predict as I am in excellent health now and my husband is 14 years younger than I am, but I may want a senior living home or more social activities.

276- in-home care. Transportation

278- having enough money after taxes for the health care and activities I desire without having government created programs that result in increased expenses and do little.

- 279- Finding good help for house cleaning, gardening, finding honest & good people for health care, if needed**
- 283- shuttle – personal enrichment classes**
- 284- wow! At our ages we cannot project**
- 285- As I'm not yet 60, still working and with entirely manageable health issues. I'm not able to speculate, only to hope that no medical crisis derails me.**
- 286- Transportation, health care, socialization**
- 287- continued health/wellness information, additional learning and socialization**
- 293- move to "the home"it would offer activities**
- 296- currently volunteer for several organizations, would increase my support and more agencies**
- 299- I intend to live in a city – SF not the suburbs**
- 303 Shuttle Service. Help with home repairs.**
- 305 Community Interaction**
- 306 As we advance into our 80's transportation will be essential. Driving at night is already challenging for one of us, and being mobile will be essential to a continued active old age.**
- 309 Having assistance at home or assisted living**
- 310 Good Health!**
- 311 I think I am too young and healthy for the use of Senior Center at this point in my life. I am 55 and very healthy and financially sound. Maybe at a later point as I'm older.**
- 314 We are in need of a modern community center, such as they built one in Mill Valley.**
- 315 Lower taxes, less noise, internet grocery shopping, & a nubile 35-45 year old woman with interesting stories, a passion for the arts, and a high sex drive**

316 Transportation. I won't be able to drive.

317 I'll be 80 & probably widowed in fifteen years. Will need more house/yard maintenance help, locate bus to get around some.

318 Not known at this time

322-Help with grocery shopping, doctors' visits, home maintenance

325 financial planning

328-A shuttle to get around the downtown area, a couple of miles at most.

329-Hillview – Adult Ed

330-By then we might not live in Los Altos anymore.

331-We will move from our present home to a suitable senior-care facility.

338-I will be very old by then (probably medical attention)

339-I will try to stay as fit as possible to avoid assisted living & remain active.

340-We would need referrals for assisted living.
Haven't thought about it.

345-most potential resources in #12

346-connection to a culturally interesting community, opportunity for intellectual enrichment

350-Probably transportation & assisted living.

352-Transportation

354- transportation around town

356- I have really not thought much about it. I would like to move into a more senior community where my functional/or health needs could be met.
Right now, I am independent working.

359- possibly move to a full care senior housing situation

360- I will be 89. Heaven only knows. Certainly a great deal more care in all areas

362- very little or none. I'm 85 now so 10-15 years looks like it wont happen

365- employment opportunities, post-operative assistants, home security
366- better facilities for programs varied offerings
367- I am working full time and physically active now, but I expect both will change in 10-15 years I'll be more interested in your programs then.
368- When I can no longer drive, I would probably use a personalized driving service (not a shuttle bus
373- place to live not to have to worry about security, food, grocery shopping, cooking (NOW) HAD MANY RANDOM COMMENTS DID NOT LIST
375- possibly assisted living
379- I am almost 82 so who knows. Thanks for asking tho
380- more leisure time – more fitness training
382- retired from full time work with five years, if not sooner with 10-15 years, I should be fully enjoying retired life and still living in Los Altos
384- I hope to maintain good health so that we can age well into our future
387- assisted living 92-97 years old
388- In November I will celebrate my 90th birthday and look forward to many more. My husband is also 80 years.
389- possible no change, depends on my health
391- retirement health care center
396- maintaining physical fitness
397- my parish community is available to provide for my needs
399- the same as now unless health deteriorates
400- I am 76 years old and if I am still in 10-15 years the most important need that I can see myself having is some form of transportation(other than public) that I can depend on to get me to the senior center where I can continue to enjoy the activities offered and meet friends. It becomes increasingly important to me that Los Altos has an attractive senior center located in a accessible place.

402- just being able to stay in my home

405- physical assistance

407- needs transport when stop driving at end on 2016 may increase home car needs from present 5 hours/day to 12 hours/day

408- transportation – at my expense

410- stay healthy, have friend time to ??

411- Probably will need more support then depending on how we age

415- I may need assisted living

416- In 15 years I will surely need an assisted living facility

418- assisted living

421- help with daily living. Moving to smaller quarters transportation when I can no longer drive

422- safe and reliable transportation

425- about the same as now

426- will be more interested in these programs

429- cannot tell so far in advance. Will be highly dependant on health

431- transportation when I can not drive

432- forms of transportation when I can no longer drive. In home assistance

435- money to pay my children's college education expense

441- perhaps assisted living

443- Sr. Housing and Outreach transportation services

447- Assisted living

450- Increased health care – transportation assistance

451- only 57 now – very healthy – I could answer this very differently 10-15 years from now.

452- transportation if unable to drive, we will have to move or a hire a driver

455- more social opportunities – including book groups, walking groups, classes, etc.

459- may need assistance staying in our home

461- Assistance with home repair

464- If I am unable to walk distance I would need services

465- Local shuttle service, library book delivery, p/t in-home care giver

467-Perhaps in 15 years we'll need to move to a retirement center with a progression to assisted living

468-Depends on health – ok now but who knows?

470-need caregiver

475-At 75 I see major health cared needs. Have breast cancer & hard to get to Stanford (surgery, radiation, appointments)

476-Will be 93 & 98. May need assistance

478-House and yard maintenance. If my health & mobility continues – the above – Perhaps essential transportation to Doctors etc.,

480-Stay in good health, we hope

482-Transportation

483-Safe pathways to our downtown shops

484-Sustained good health & mental clarity

490-Transporation needs change & necessitate a shuttle

493-Increased medical attention & access to good medical care

495-I expect to drive less – will need local grocery store, entertainment, opportunities for volunteering. Would like opportunities for lectures & leaning socializing. Thanks for doing this.

504-To maintain my house, be able to travel without worrying about leaving my house empty. Someone to take care of me and my needs when I am sick and not able to do my self.

506-some of what this questionnaire covers.

507-Book discussion groups

508-Perhaps a shuttle service so I drive less.

511-Transportation—help in maintaining my home and garden. Who Knows??

516-Assistance in daily care

518-Transportation services, home repairs and maintenance, yard maintenance

521-Do not expect to retire here.

522-Have a remodeling/interior design background Downsizing—what to take, what to donate or sell or give to family when moving to a retirement home. How to freshen existing furnishings.

523-More groups or friends to walk/hike with; maybe more social activities

526-If I am lucky enough to still be living, I will more than likely need help.

527-Forsee greater transportation needs as I stop driving (probably in next few years).

530-Home Care

532-Hard to know. Transportation, handy man (if I can't do it). Social activities possibly.

533-Assisted Living

534-exercise/fitness

542-Increasing volunteering/docent activities, more travel

543-Hope to continue being an active senior. Living in a retirement community

548-Assisted Living. Health Care.

551-We will probably require some form of assisted living although, hopefully, that will be more in the 20-25 years left for me.

553-Likely in a smaller living situation with better access to transit and services

557-I think I will be less independent as to driving and ability to do as much care of house etc.

Recently retired, do not use services now but might in 10-15 years, especially if mobility decreases.

584-Assisted Living as I age

591-Socialization after retirement. Mentoring opportunities or teaching

592-exercise programs; will retire in 7 years and want to keep active

596-Probably need more help with home maintenance and possibly home care

598-shuttle to Stanford Medical Ctr and shopping, to Hillview and Library, home alteration

803-can't imagine – probably dead.

807-I have no idea

801-Physical fitness classes on a low-cost basis/A good library/a senior Center (Los Altos) similar to MV and P)A offering socialization in a group setup attractive enough to have MANY participants so everyone can meet someone who share his/her interests.

802-Transportation, in home assistance

810- In home assistance – transportation to medical & senior center

819- Home evaluation for energy, security, maintenance

820- Safety environment, guaranteed immediate 911 to Hospital if disaster happens, transportation

821-Physical assistance

823-Will need transportation services. Will need assistance with shopping

824-Will need transportations services. Will need assistance with shopping.

825-Adaptive health needs. Finance

827-Help with gardening, cooking, grocery shopping

829-Transportation-probably shouldn't be driving at 87

828-Help at home-gardening, home cleaning, repairs.

831-Fully retired and doing things I love to do, like travelling here and abroad. Sleep longer in bed.

833-smaller housing, transportation

835-have not thought about it

836-Assistance with shopping for basics; transportation to appointments and other activities.

837-Help with shopping and deliveries. Social events , Library

839-No need now (age 62) for additional public transportation access, but will probably need more in 10-15 years

842-Would begin to consider a senior community around then (age 80-85). I'm too busy being productive until then.

844-Senior Housing/Long term care

848-I project that in my mid 80s , I will want to move to a full service retirement community in Los Altos.

849-At some time living assistance, possibly meals (Mt. View Senior)

851-In 10 years we will be in our early 80's. In home support might be necessary. Help with shopping and errands possibly.

852-Quite possibly will move out of area to be close to family

854-Probably someone to drive me wherever I need to go

855-Senior housing

857-Possible help with the home and maybe more social interaction.

858-Move to smaller house/condo with reduced maintenance. E-books (Kindle, Nook, etc.) from the library

859-Reduce expenses/liquefy assets by selling our home and moving into a condo. Increased public safety to protect residence when we are out of town. Programs for grandparents and grandchildren to enjoy together.

860-Transportation to see physician and other medical services

862-Will relocate out of area.

863-Possible in-home assistance

871-Interesting discussion groups (i.e. book Clubs), classes of all kinds, social settings for drop in crafts/arts/games

872-Some one to do small jobs, like hand watering and pulling weeds that doesn't cost \$25.00 an hour. A beautiful Senior Center like we had late 1950 and have it run by Seniors.

876-Possibly in-home care, transportation—depending on state of physical/mental health.

878-Driving is my biggest future concern

885-Assisted Living Care

887-Continuing exercise classes hiking

889-Delivery of Kosher meals

891-Assisted living preferably in my own home. My allergies to grasses prevent me from considering a retirement facility

892-I would project that in 10-15 years I would answer the previous questions quite differently. My need for transportation and medical and personal service will certainly change as I age.

893-Home assisted living

895-health and fitness options

615-Transportation assistance

617-Probably will need some assistance to home & health maintenance.

619-coffin

620-I will move to Sr. retirement & assisted living in 10-15 years

627-More time available for classes

628-Remain in my home

630-would like expanded Sr. Center with rooms that better accommodate attendance. Art classes need better method presentation; can't see instructors because too crowded; no overhead presentation.

631-Will need a reliable handyperson/contractor. Already I delay projects because difficult to negotiate when alone and not knowing reliability of person/s dealing with. Older people need advocates.

635-More public transport; more walk friendly streets i.g. lights, sidewalks

638-Care giver should we need one

649-Likely some sort of Assisted Living arrangement

650-assistance at home

651-In 10 years I will be approaching 80 and will need and appreciate more services and activities than now.

652-I will use the senior center, bookmobile, public transport and other classes which at present I do not need

653-Transportation (if can't drive), Home maintenance and repair and yard work

654-May need assistance at home

655-Social interaction after retirement ;handyman services

657-Assisted Living

658-Home Care

661-Better transportation, Help to stay in my home

666-smaller home

668-More money for retirement

667-transportation, food delivery, in home assistance

669-I do not expect to live that long but, if I do, I will need help at home.

672-affordable health care assistance. Transportation

674-Whatever help is needed to stay in our home

676- Possibly care in the home

677-LAH should develop 2 bed/2bath condos similar to Park Regent (San Antonio and Edith) with pool and sauna.

678-Transportation, senior housing

687-Good help for maintaining our property. Currently I do it all, which keeps me fit.

688-more time for classes, reading etc.

692-We will need less house and yard and will look into a planned community, from independent to assisted care.

695-Yoga studios, closer YMCA

704-I want to live independently but it depends on my health.

707-First floor, handicapped-accessible living quarters. Some assistance with transportation to library and fitness classes

717-Transportation. Shopping assistance

718-Affordable Senior Housing, Medical advice on major health problems, rides to stay socially connected

719-Progressive Living Facility

724-Assisted living

728 Who knows?!

730 Have meals delivered to me and my wife. I, for one, love to eat.

731 Currently have dealt with most issues in survey – durable power of attorney, Advance directives, etc. Opened up discussions and plans for exit strategies.

733 Probably would need transportation and home repair services

734 A good cremation service 😊

736 Finding a trustworthy caregiver to come to my home.

737 I plan to be self dependent in 10-15 years.

740 Closer bus stop

741 Will be moving to a retirement

743 Possibly assisted living in our home; maybe assistant living retirement home – our LTC policy could fund, shuttle service to Los Altos and to PAMF in Palo Alto, downtown Palo Alto and Mt. View.

744 Assisted living, condo instead of house,

745 Continued health maintenance, home maintenance help, and/or move to a senior facility.

746 I wish I knew. I assume there will be health issues. New knees, new hips – may need meals or help in the home. Possibly transportation.

750 More assistance in being cared for and perhaps transportation if health problems develop.

751 To be healthy, functioning mentally, and capable of self-care.

753 See's Candy and Margaritas to keep my mind focused.

754 I may be "ready" for senior center activities then, but not now!

756 We have not had time to reflect on the future as we are both busy with jobs and getting enough saved for retirement. We also have responsibility of an elderly mother in Cupertino and have adult children who come and go.

757 Not sure

761 Really don't know

762 Too old

766 None- I only hope I have ten/fifteen years. I am 82 this month.

769 Difficult question – excellent health currently – age 78

771- Transportation and personal care assistance

774- More activities like Question #22

775- Housing – town house or condominium

776- Move to smaller home probably condo that requires less maintenance

777- Would look into attending seminar programs and attending activities at the senior center

778- don't expect to be around that long

781- care in the home

782- will need help at home- cooking and cleaning

784- possible home maintenance help

786- I will need to be in a place where there is less maintenance and more companionship

787- stay healthy and playing golf

790- hopefully no change

794- Expect to move to a 3 level independent living care skilled nursing living facility. Sunnyview Forum or similar and move through levels

796- Longevity

799- Hard to say, at 71, If my spouse and I are perfectly mobile 15 years out? Maybe? We may need assistance when we cant drive

800- Exercise classes, Art classes, Travel, Home Repair help, volunteer opportunities

901- Assistance in living at home, part-time

902- Transportation

905- senior housing probably

908- Home maintenance (repair, etc) housework

910- hopefully we'll still be self sufficient

911- Hard to say but probably yard service, house maintenance

913 – more need for transportation

915- hopefully none

917- A center like Mt. View – exercise/lunch (daily)/computers

918- A full service senior center

920- Staying alive

921- I think transportation will be a need when not able to drive

922- I would like to have access to a community senior center that serves my needs and is a pleasant place to be where I can socialize and interact with people my age.

924- transportation – help in home

926- more of God's grace!!

927- transportation

928- The need to maintain physical and mental health and positive social associations

930- I expect to grow into needing the senior center as a health and safety resource, social outlet, and educational center. It will become very important to me.

931- Will probably spend more time playing golf, free driving, mt. bike riding, skiing & fly fishing in next 10-15 years

932- We are in our late 50's so still independent and mobile. Hard to project but I imagine transportation and home maintenance. Would be high on the list as we age.

933- Senior transportation within neighboring cities, will pay. Home repair assistance, legal assistance. Discount travel, financial advice.

936- Exercise, socialibility, possible assistance if there are health issues

942- More assistance in my home I now have a cleaning service & gardener

946- Socialization seems to biggest challenge to the older formerly independent seniors I know.

948-financial planning, indoor exercising

954-When I can no longer drive, I would use a shuttle, if available.

955-I'm just a little bit over the line of being considered a senior. However, in 10-15 years I hope to be retired and enjoy life with my wife. When I'm 65+, I assume that I'll want to take some classes in fitness, health , finances and other interests. Location will be important in whether or not I do take classes. Living in South Los Altos, having the opportunity to take the classes nearby at Grant Park will make a big difference in this decision. Having a social group, weekly lunch in an attractive senior setting will be wonderful thanks for providing the questionnaire. Think it's a great idea to get input from the seniors in the community

957-Move to Assisted Living Facility

958-Assisted Living

963-Watching parents, friends, etc. Projection and reality are an ocean away from one another. A nearby successful senior center will be wonderful

964-Help with transportation—although I live high in the hills

965-Mainly affordable healthcare

966-Assisted Living or skilled nursing care

967-Possibly transportation, help in house in daytime hours as I age.

971-House and garden maint. And help. Transportation

972-Down size to a one floor home or condo

973-I will have more discretionary time to give back to my community, but it's not clear if my husband and I will be living in Los Altos.

976-We are 76 and 80—may need help sometime but not yet

978-Social support system within community

980-Very convenient local village shuttle transportation to ElCamino/Showers bus connections and San Antonio Train/Caltrain station

983-Retirement Facility—assisted Living—not sure I'll be around in 10 yrs.

984-Assisted living services in my home

985-Probably assisted living

987-Resources for continued income stream as SS/Savings will not be enough

992-Better transportation

991-Transportation to medical appts, grocery store

996-Transportation—Home Care—Home Maintenance

997-I would need accessible transportation—shuttle services. I would need garbage picked up not from the curb but from. Driveway

1000-Perhaps assisted living

1004-this is the hard part. I have a friend who planned to move to the Forum. The day the van came they realized she couldn't get from their

villa to the Big House for food and activities. They immediately diverted the van to the Hyatt—indoor, warm elevators access to warm pool—full care. Worked well

1006-Transportation will be much more of a need, small household repairs.

1009-Assisted living

1010-Assisted living at home

1012-It's easy for me to talk when I am 63 but what about when I am 75 or 80? Will I have mobility or cognitive issues? Maybe then I would need more of the charitable services suggested by this questionnaire. But I see myself as independent as my aged grandparents, aunts, and uncles when they were living. Not so much needy.

1023-Plan to move to Sequoias in Portola Valley

1024-More accessibility to downtown without driving – Need better public transportation including to nearby communities and to SF, with frequent schedule.

1026-Wish I knew, hope they are not beyond present needs (self sufficient)

1031-assisted living

24. As an active/aging adult are there any other thoughts/concerns you would like to share that have not been covered in this Questionnaire? If so, please explain below and/or use back of sheet if necessary.

4- It would be nice if inter generational activities occurred more – would be good for both age groups. It should be both ways – seniors contributing to children and vice versa.

609-We'll be 80 and 81. We will be strong and healthy/ or we won't.

5- Singles Activities

615-Hearing Aids

8- Would enjoy discussion groups on current events, current local issues and home maintenance.

Would enjoy hearing about life and work experiences of others.

Amateur Astronomy Group

Classical Music Group

11- I am wondering why the newly planned Civic Center has been stalled. I would so love to be able to walk or ride my bike to the proposed pool for lap swimming and water aerobics. What has happened to cause this delay – I would love an answer. (Left her name and address)

38- We will probably join Avenidas Village to facilitate staying in our present home. I hope that with the redevelopment of the library that the senior center will redone as well. Its present facility if not inviting.

44- The city absolutely must approve 3 and 4 story zoning downtown with residence on floors 2,3 & 4. This would enable large numbers of people and families to live in a walkable town. Keep stores and downtown vibrant by bringing more people downtown. If I had to leave my house my first choice would be to move downtown.

46- Los Altos Senior Center is a “poor cousin” to the Senior Center in Palo Alto which offers many more opportunities to attend lectures given by erudite people with specific knowledge in a field. There are also classes and opportunities for physical exercise, etc. Someone should be paying more attention to this.

47- Los Altos should consider a program like Avenidas Village that is specifically for LA/LAK – not an “extension” of Av Village

49- I don't know what the future will bring. I am active now, I walk a lot about 1 mile every other day. But as I age I find a lot more pain in parts of my body that never bother me before- not debilitating. I suppose as I get older I may need more assistance in usual every day living.

52- I look forward to seeing results. By then, I would suggest making the age, gender and city demographic question more obvious. This data will be key when you analyze the results, as the needs of the different age segments are likely to differ significantly. Since that section is above the instructions and it is not numbered it is easy to miss. Thanks!

55- Since so many “lonely” seniors use the South LA Library – we need Congenial like personnel.

Retrain? Discuss with present staff at Woodland

Set up some activities at our local like in good weather (or patio). Book groups in homes? Hey lets get Creative!

57-More questions apply to younger older people.

58- Senior living community

60- Reducing speed of bicycle traffic in Los Altos Hills, because they pose a danger to themselves & walkers when descending our hills.

62- Library parking a big problem – as is Hillview Parking. But I don't touch the apricot orchard. How about employee park on the other side of San Antonio?

65- We're glad you are doing this. Many like to depend on themselves which is a positive preference not a negative view of this type of help.

66- Service to visit seniors in their home to assist with daily living.

68- Wish you had a community garden

69- Real bike routes, not ones cars can park in

City government working for people who elected them, not special interests

72- I highly recommend looking at the aging process as an opportunity for expand in ones own creative abilities. Take a careful look at the award winning book “The Second Half of Life” by Ingeles Arrien. There is so much to life than the imagination can conceive. The fun of being is upon us. Now would you like to experience it? By the way, I'm 70 years old in

the midst of completing a PhD in Humanistic & Transpersonal Psychology within Organizational Systems.

May the Joy be with You! My best Carol Hallyn

76- We are looking forward to a larger modern facility for Seniors in Los Altos. Part of the projected Civic Center

You need to provide day trips – to museums, art shows, city affairs, Carmel, sport events, etc.

81- City should stop allowing modern building and 3 and 4 stories and condos downtown. Don't need Los Alto to increase population. We have enough people here. If there were more one on one exercises classes downtown that provided oxygen I would probably go to one. I need more weight training and I don't don it on my own.

86- The VTA cut out the Line 23 which I used to catch on Foothill Expressway; that line made it possible to get to all business needed. Los Altos does not had good transportation options for those who do not drive.

93- How about folks coming together to :

Share a meal at home

At a restaurant

At a park

Watch TV- Giants Games, 49ers. Academy Awards

Movie night

Outings: picnic, park, beach

97- For a town as wealthy as Los Altos, the Senior Center facility is almost a disgrace.

98- I have lived in Los Altos for 51 years. I have enjoyed seeing the town grow. My husband and I are retired teachers. The public library is a credit to the area. I have attended several lectures offered by Kay Payne. They have been excellent. I have also attended other lectures that I have also enjoyed. I prefer daytime activities. The Town Crier keep me abreast of

current happenings. I have recently become a member of the Senior Center and I find the members very friendly.

99- Would like to see improvement in Loyola Corners as a place to go for shopping, dining, etc. A local walking group would be a plus for seniors.

112-walking on my street is a defiantly no. Bad back and street is not conducive. Told to walk, but transportation to a park or mall is not available. Exercise daily at home.

113-Just joined the Senior Center, so don't really know what is happening. Have not found many members in the 60-70range. Those 80-90 can be difficult to relate to. Need to find others to fish, camp, hike with as spouse no longer can.

114- It would be helpful to have someone go over the different Medicare options. Maybe a seminar on how to organize papers-such as financial etc. Maybe would be nice if you center had someone we could call on to help with minor repairs. Or at least talk over the problem.

115-Why not offer driving classes for senior adults; from experience on local roads, these people can be a "menace". I mean that affectionately. I admire them for maintaining their independence—but whenever I see a white head behind the wheel, I back away and give the driver a lot of space. The increasing congestion in this area continues to bother me. With higher density housing being added to our communities come more cares on the roadways, and the potential for more accidents. I think this is a huge threat for older drivers. I think the classes/services offered by the Mtn View/Los Altos community Education program are fabulous! If there's any way you can develop connections with companies willing to hire older workers, it would be very helpful. Age discrimination is alive and well in silicon Valley. I looked at the job postings on AARP's website for older citizens, and saw postings for Walmart greeters and light clerical work. Given the educational and career backgrounds of many/most older people

in Los Altos and Los Altos Hills, such postings are an insult to our intelligence. Many companies seem unwilling to hire an older worker for more important functions. What a waste of available resources. Perhaps some of the current and former CEO's living in our communities can be convinced that extending their hiring policies to older experienced adults would be an advantage for them. We won't be spending our time on Facebook and Twitter!

131-I'm concerned about unnecessary expansion of government service at all levels—and this questionnaire suggest that the Senior Center is looking to expand (unnecessarily, I think!) Except for the library (which serves all ages) most of the services and info referred to here are available in the community right now. Seniors who can't find them aren't looking very hard. Let's concentrate on services to the entire community, not just Seniors—or spend less and let taxpayers (seniors + others) spend their own money. (gave name)

138-You did not ask if I do volunteer work now. I do and it keeps me busy and active learning new skills etc and meeting people who are very interesting.

141- Inability to find real information on retirement options for the reasonably affluent.

152- I joined the local sons In Retirement (“SIR) organization which has provided me with many activities and contacts with other seniors and occupies quite a bit of my time. Each month I participate in their monthly 1. luncheon with its speaker 2. bike ride and 3. hike. My wife usually participates with me in the bike ride and the hike.

155-I would like to see more jazz groups at the wine festival etc. We would like some swing dancing

159-Travel around Bay Area and surrounding areas on buses, sort of mini-tours on buses.

167-I could connect (phone, computer) with people my age (50 yr.) who need companionship and aid to recovery. The Los Altos Garden Club (women) is quite interesting. The Los Altos History Museum is a good source.

170-Public transport is needed by my wife due to her macular degeneration (can't drive or read). Some alternatives exist but services could be improved. We love the community and hope to remain as we age-the services you discuss will be very meaningful to us

181-I see a lot of very old, very bad drivers on Los Altos streets.

182-A class in sign language for the hearing impaired would be welcomed

183-Transportation would be a first concern—mostly to transport me to functions (i.e. academic courses) to eliminate parking situations. Our Los Altos Library has excellent opportunities for all age groups. Promote that! Eventually and hopefully not-were I to need Assisted Living –that info of the available resources would be invaluable.

185-I would like to see LA,LAH,San Antonio Hills unincorporated areas get over the notion that a lack of sidewalks contributes to the charm of this area. If we had sidewalks, more people would be out walking. The way people drive here, the many poorly maintained roads and blind curves make it dangerous to walk or bicycle. It keeps people indoors or in their cars because it's too dangerous to be out and about in these areas. We are a densely populated suburban area and need to acknowledge it and make it safe for everyone to walk and bike in this region.

189-Revitalize Loyola Corners

190-I think the senior center in Los Altos is far below the one in Sunnyvale. I've heard the one in Mountain View is good also.

196-Keep property taxes from escalating. Don't build higher than two story office buildings and homes

213-see #23.

215-your questionnaire is geared toward immobile or limited mobility people. There are many more active elders. Socializing opportunities would be useful. How about a once-a-month (or twice, one weekend time & one weekday time) drop in potluck dinners or lunch. – (no requirements to participate every month) – at the Senior Center or a local park with sufficient tables?

216 – Programs that promote day trips (out of town)

221 – have classes on volunteer opportunities & hobbies

222 – I have none at this time. Thanks for starting the men's group.

226 – I've been looking for a shredding co that I can personally see my papers actually being shredded.

227 I appreciate receiving this questionnaire.

235 – Los altos/Hills needs improved senior center!

237 – Addressing issue of dementia – How to help spouse – caregiving – etc.

245- Town Crier is great

249- transportation to doctor and grocery store

250- More ways to earn part-time income

262- we are at the stage of life when we worry about our parents aging. My wife's parents and my parents all live out of state, but there still might be caregiving issues for us regarding distance caregiving.

Your questions didn't really address elderly parents.

265- It is helpful to be kept aware of available services so that should the need arrive I would know where to seek advice, assistance, etc.

267- perhaps in the future it may be helpful to senior drivers to have shuttle service from the LAH to downtown restaurants – some people prefer not to drive at night – even to the movie theaters – same reason

271- The Los Altos Senior Center at Hillview is in poor condition & we deserve better. I would be happy to pay a special assessment to help build

a new one. I have seen the senior centers at Mt. View and Sunnyvale, something of that quality would be appropriate.

Thank you for doing this survey. I will check where when you will publish the results.

272- Great Questionnaire – spouse needs 24 hrs care so many questions do not apply

278- As an active senior the only thing I need is for the government to stay out of my life and let me spend what would be tax dollars on thing I don't need to fund programs and activities I decided I want and need rather than fund things developed as a result of a survey or government organization think I need and therefore provides and adds to taxes. I don't like to whole idea of this intent of this survey. I don't like have double buses going down El Camino every 8 min. that are mostly empty is a good example. The cost of the light rail to San Jose is another example of a very expensive solution that doesn't solve a problem.

279- As I mentioned inside, I believe speaking Spanish is extremely important in order that we can clearly express our needs to health care workers as we age and maintenance workers when we need them. A Spanish language class would be most beneficial. It would increase understanding. Thank you for doing this questionnaire.

285- We live in a single home with wide hallways and shower grab bars already installed, so we feel we have anticipated some of the challenges. If remaining in our home while aging. I do have some concerns about walking when older when much of Los Altos lacks sidewalks. Walking is one of the best ways to promote good health, yet we remain committed to charm of uneven pavement. This is just plain odd~

290- I would like to attend a drum class 1 X week for 4 or 5 weeks. In fact any short term classes (less than 2 months) that meets 1 x week might be interesting

292- Local/online community building communities of interest

305 No easy way for Seniors to Interact

306 We very much value being able to (age in place). Our little cul-de-sac has seen turnover, and there are now young, school-age and teen-age children in our neighborhood. We feel we are part of a normal continuance, not isolated by age cohort. We think this is of value to the whole community. Good luck with the survey and with any follow-on that it engenders. P.S. Mt. View SR CTR offers a daily luncheon and if Los Altos would be able to do the same, we would be interested.

307 Let's don't create a nanny state. Why are public monies and labors being spent on this! These are services best provided by private sector and individual basis. This form is very condescending and elitist.... It's as if adults 55+ can't think, plan, act, etc. on their own. What about personal responsibility? Personal initiative? Personal education, etc. Again, these are mainly private sector issues. We are OVERTAXED and OVERFED. The state of California is in dire financial straits. We need to cut, cut, cut, and be personally responsible. Peaceful, honest people need to be left alone - - no more fees, taxes, public sector --- it's killing America. Our kids and grandkids are already in deep debt thanks to adults (☹) in charge now. My parents generation was a much more responsible generation. They knew how to work.

314. I would like to add a modern facility community center is an essential part of what is needed in LA and LAHills. A center that both young and old and families use it as a club for health and fitness, socializing, using it for events and parties. We should not isolate the older people as a separate group. European and Asians have a community center that is attended by all ages.

316 It seems you are under calling/valuing the interests & abilities of today's active/aging adult, especially considering our geographical location activity, weather & and opportunity-wise. When it comes to courses, don't try to compete with Stanford, Mt. View, or Foothill. Be different or abdicate the territory. Seniors will certainly always need assistance with the items covered in question 13 and 14. But look beyond & ahead. One area under addressed by our state government for the past 30+ years is "How to drive down the cost of living in CA". While no community can be as effective as the state could have been, driving down the cost of living for seniors should receive a high priority in any organizations planning efforts. Reiterating today's senior is not the senior of our mom or dad's generation. Today's senior is not going to be satisfied retiring and watching TV or surfing the net. We want engagements, excitement, challenge, and; not so much done for us opportunity to do. The difference in unexpected looking five to fifteen years out think of the peasants that would put Los Altos on the leading edge, best in class and in the news rather than repeating refining the senior services that have been fundamentally available a very long time.

319 Thanks for doing this.

320 Where are the younger seniors (55-62)? Are there activities geared to this age?

322-Possibly hooking up another senior, or renting a room to younger person. Would be good to have some kind of data that one could research prospective tenants without jumping in blindly. Would be nice to have some exercise equipment available at Hillview without joining formal classes such as Mt. View has.

323-interested in a power point class

325-I think that an opportunity is being lost in a community such as this in not matching persons and families who would be interested in co-housing.

330-Evening programs/lectures would be very welcome- like the ones given on and off at Los Altos Library.

333-I don't have unmet needs now. But I can see that seniors need help with meals as they age. Dementia can cause seniors to lose the ability to prepare meals. Some seniors especially men do not know how to cook and are very limited in what kinds of meals they can prepare. Yet accepting help can be difficult for seniors whose pride gets in the way. Offering free or very inexpensive lunches within easy walking or driving distance would be a huge help. It could also lead to social experiences.

342-I appreciate the efforts that the Hillview Senior Cit. Office & Center makes to help oldsters socialize, as well as the food & drink offered, desk volunteers, etc. Thank you. 87 yr. old Sr. Citizen

343-Thank you sending this questionnaire out. Your thoughtfulness is appreciated Tsuki Morgan

346-What are the integration of other resources shared by residents of LA and LAH (CSAM, MTY Center, Foothill College, with the programs and services contemplated herein?

358- I'm 57 working full time with extensive travel for my job. So much does not apply to me.

360 – I am very lame from arthritis, great difficulty walking even 2 steps can drive myself but I feel those with my condition are ignored in questionnaire. Planning for senior activities, community services. Agency has been attentive and helpful and standing in everyway. Also I have sons who are willing to wheelchair me to museums, zoos and the like. I am very very fortunate. The stretch from age 55 to 80 is too long to include everyone. Too many individual differences. I can not stand for more than 5 minutes and I cannot ? applications reading is my passion.

366- for the most part I attend enrichment courses/adult ed. In Cupertino or Sunnyvale. The courses Los Altos offers are not varied enough too

expensive and are often filled too quickly with the same returning students. Facilities/classroom are unattractive.

378- helping others is mandatory. I have lost many male friends in the last 10 years. I help their families with all kinds of small tasks. I do woodworking, help with computers, set outside lights, program tv's, etc. This is a necessity, it keeps me busy and helps make people happy. Tom Tuner Liddicoate Dr. LAH

384- Good health is the foundation for aging well

400- I have attended activities at the Sunnyvale Senior Center. What a wonderful beautiful and inviting place!! The staff is wonderful and the people I have met there are very nice. Although I have been there only to play bridge, I was very impressed by the individuals in charge of this activity. If I lived closer to this senior center I know I would participate in many more activities.

I hope you understand what I am saying. I feel Hillview is a very uninviting and uncomfortable senior center. The bathrooms are horrible. The setting is worse. I have gone there for bridge lessons and found it lacking in every way. The instructor was good but after the lessons, I wanted to play but since the place is so awful very few show up to enjoy a game of bridge. I would happily pay a fee to belong if we had a nice, clean (and I cant emphasis this enough) place to come to.

We need a decent Senior Center. Many of us seniors have decided to stay in our homes and in this community. We need the important service a senior center offers and further more we deserve better that what we have.

401- Move from home to different living situation not sure what or where

408- the cost to rebuild the senior center is too much

410 – take day trips in bay area about: Filoli, wine country, parks, SF, Santa Cruz/Half Moon Bay, wild flower walks to parks, San Juan Bautista, Sacramento Capital with dinner or lunch

411- As implied in our response, we think downtown Los Altos need to be safer for walking, biking or driving. 4 way stops on Main and State at 2nd and 3rd streets would be a lot safer than the current matador approach. San Antonio is still a dangerous street to cross.

425- I'd like to know if seniors particularly the blind as well as people in chairs are on the police roster for assistance in times of emergency. For example, is there an exit plan in place for assisting me as a blind senior living alone in a a complicated apartment complex to be relocated safely in case of a large magnitude earthquake or Tsunami?

426- some of these programs are for over 60. None are targeted/geared toward 50-65 therefore the forward looking with 10-15 years before participation

429- concern: cost of living in the area – how to reduce fixed costs once retired. Interested in: health care coverage once retired – what to expect in terms of coverage and costs (answers to some simple questions without having to navigate lots of websites) Gerald Wright 415-632-6173

434- get the science and math retired people to volunteer for our schools. We need to teach our children and motivate them in math and science.

435- I just turned 55 Fortunately I am very active and in very good health. I work full time and have good medical and retirement benefits.

Therefore, many questions on this survey do not yet have any relevance to me. But I appreciate the opportunity to share my opinions and I appreciate the efforts you are taking.

451- Affordable transportation

452- we have read about the co-operative neighborhoods formed to bring services to seniors, e.g. Boston. Handyman, dry cleaners, cobbler, and others come to a co-op district to assist all residents. We'd like information about pros and cons of organizing (senior) co-op and best way to do so.

455- Los Altos really needs a nice Sr. Center so it can offer more opportunities to seniors to meet and stay active. I can envision it as a large group with offshoots that people can choose to participate in such as bridge, book clubs, bingo, nature walks, bike rides, volunteering together, etc.

459- I am unclear what services LA/LAH offers

Palo Alto Avenidas has excellent communications and outreach. Would be a good model.

464- I live within walking distance of Los Altos services. There are activities here at the Parc Regent senior housing

465- I would like to see opportunities for (and encouragement of) volunteer service opportunities to help low-income residents here and other places in the country to become self-sufficient or secure access to support services. I believe that there are many of us who could mentor/tutor another person. Most of the activities listed here seem to be for personal enrichment or entertainment. Do seniors only think of themselves. I don't think so. For example, those I know who volunteer at Hidden Villa Environmental Ed Program find pleasure and fulfillment serving others.

One more thing – as a newly retired resident, I find I often walk downtown to stores, post office or library. I need safer walkways. Many areas at the sides of the paved roads are over grown and some have been intentionally landscaped with large rocks and plants. On behalf of senior and all residents can you advocate for safe walkways? The Health Trust of Santa Clara county has stated that walkable communities are healthier communities.

466- I would love to have an indoor pool available for senior swim exercise classes. Now I must drive all the way to San Jose to the heated indoor pool. We love Los Altos. Town must have a lot of extra money to do things that are already available. You can best help seniors by helping them up

grading their properly or charging less fees to attend to do things. (permits, undergrounding) etc., so for once in their life maybe they can re-do some stuff. Those that have money do not need anything in this questionnaire. So I am assuming you are aiming this at seniors that need help. So help us.

475- Course/help for women who lose husbands who managed are investments, etc., Need step by step in what to do, with whom and when. Lists with contact numbers that will be needed for survivor. Hear all \$ frozen – how long, how to pay daily bills, Have Trust & everything in trust – home, cars, stocks, etc., How to get changed & in my name. How to deal with stepson & his family & giving money. Taxes? Cremation info & direction.

476-The senior center sounds excellent, but I'm busy in my retirement home! Los Altos has an excellent Library & I should try to take advantage of their Tape collection.

484-Thanks for your efforts to reach out to the Senior Community

490-Mt.View Senior Center is beautiful. Would like to see Los Altos upgrade their Senior Facilities.

499-I'm saddened that so much of the local senior centers focus on card games, light weight current events programs& health-Health-Health. Yuck! Take a look at the Institute for continued Learning (It might have changed it's name since I was last there) at UC San Diego. Members run the program and teach all of the classes.

500-Would like a newer/more appealing Senior Center.

501-will probably need home care.

503-physical exercise, mental health wellness, personal hobbies, short day trips, world wide views discussions, garden (vegetable/fruit/herbs)

504When I am not able to drive and take care of my self—someone to take me shopping, moving things around the house, repair some things.

505-Need more info about Avenidas village of Los Altos to be spread around town.

506-It sounds like you're putting good thought into providing services of great need to seniors. At. 72, I just don't feel quite senior enough to need services, but will appreciate their being there in the future.

509-The city of Los Altos needs to protect its residence from developers. Stop solicitation. I like the idea of a shuttle.

512-The Senior Center is an embarrassment. Like many of us the bldg. is old and the long walk from the parking lot is excessive, especially if one is carrying something. Also, the furnishing, décor etc. are hand-me-downs and could be considered in the style of "Early Goodwill". With all the ASID decorators in town why couldn't they take on the Senior Center as a special Community Service project and give it a complete do-over? That is of course, if the various city committees and Rec. Dept. would mind their own business and keep their hands off the project. As for the downtown there is a lack of variety in the stores, too much emphasis on "upscale" marketing, and greedy landlords think Main Street is Rodeo Drive. Having lived in Los Altos well over 50 yrs. I remember the quaintness of the "Village" as it used to be . The downtown had an identity apart from nearby towns and shopping areas. All that has vanished to become a mish-mash of stores in the downtown triangle not unlike other shopping districts nearby. I have worked in the downtown area in 2 shops, both now closed as the owners retired so I am aware of some of the problems, past and present. As I overheard tow "40 something's" saying one day as they strolled along Main Street, "Los Altos is a nice place to come and browse through the shops, but there is nothing you really have to buy:. I couldn't agree more!

514-I would be nice if Los Altos would finally rebuild a pool, not just for seniors but for the whole community.

522-More of what's included in your questionnaire. I'm 56 and don't plan to retire for 10-12 years.

523-I would like to see more courses offered on latest technology—Ipad touch, Iphone, more courses for PC computer

532-I have used some of the services from Avenidas for my mother (85 years). They have a nice program for the loan of equipment (walkers, commodes etc.) for seniors.

536-Very interesting after living in Los Altos since 1965 this is the 1st questionnaire I have ever received. Very good idea.

535- Stop spending money that you don't have.

552-I do not at present have an interest in a Senior Center—maybe later.

561-In Mt. View center the toddlers are brought in briefly and encouraged to dance with us. Nice to see little ones, a somewhat rare opportunity. It might be inspiring if some of the exercise leaders were to break into the social group offering a cameo exhibition of their 'wares' instead of being closeted in their classes—to encourage and entice more. Or perhaps there could be a recipe' break, just 5 or 10 minutes of "one of my favorite recipes" explained by the seniors with copies offered to anyone interested. People line-dance because they want to get up and move even if nobody asks them to dance with them—ladies often ballroom dance together or sometimes alone while couples are dancing. Live music best, but a volunteer disc jockey might be fun. People could be asked to stand and describe a book they enjoyed reading. They could be a mini book group, one or two per social gathering. Perhaps a "favorite pet" day at beginning of a social affair and they could introduce their pet—even turtles belong to some people. Left her phone number

579-Seniors should have accumulated adequate resources for their retirement. If not, their family should step up. If they can't, charity should help. The government should be involved only as a last resort.

581-Currently I would be interested in walk/bicycle paths that are safe, avoid cars and connect necessity destinations such as markets and bank in order to lessen dependence on a car.

584-I live in a lovely condo-complex with 67 other seniors. Can someone come to our community room to instruct us in self-safety features-trips-neat tips etc. for a moderate price?

589-Stimulating educations programs

592-Want access to trails and open spaces to walk and hike. They seem to be becoming less accessible. Parking is difficult—a shuttle would be a good idea.

597-Many of us have a lot of equity. I would like to age in Los Altos but cannot afford to stay in home as I need equity (due to recession) I would like to see affordable senior housing like Palo Alto (Lytton)

801- I wouldn't mind joining or contributing to this "Senior Committee" who are you – never heard about this group. I don't feel "old" yet when I go to "senior" activities I feel everyone else is "older" than ! Would be great to have activities for 40-60 as a group but I don't know how the mechanics of this would work.

802-I am an active older adult – I expect that in 5 to 10 years I would answer the questions quite differently. The questions should be worded to reflect future anticipated needs. Thanks for the interest!

803-Shuttles would need to have wheelchair/mobility scooter access. What about folks living in the County section between LA and LAH. Will they be included?

807-We have extensive resources in this area to lead very full lives. This questionnaire leaves us wondering if there is a significant need for the kind of help I infer could be necessary from the questions.

810- the Senior Center needs an exercise room – red, weights, stationary bikes – look toward MV Senior Center for inspiration

813- Weight Room for muscle building

815- same as now

816- Having visited both the Sunnyvale and Mtn. View facilities, it seems odd that our in Los Altos are so inferior. I'd probably do more with Senior Center if it were more appealing and with more to do. Also looking for a close by free and low cost Tai Chi Class.....

817-Continue the current classes – add one that uses weights.

820-Maybe a selection/safety volunteer program to others (Kids....), when our neighbors can go together as a support group. A neighbor watch program I can leave house Key to next door & & vice versa so they can help in emergencies or check on the house when one is on vacation.

823-Many older people do not have family living nearby. If they become disabled, but would like to remain living at home, they will need a ‘care manager’ to coordinate and oversee services. Information about such service would be useful

826-Dog walker would be nice to know. Electrical, plumbing, handyman, yard cleanup help

827-As one ages, one seeks things familiar from one's childhood. For those of non-Caucasian ethnicities, this means people of one's own ethnicity, food habits, culture. The level of education becomes important. Senior activities seem to cater to a dumbed-down level. This may be a mistaken impression but I remember my 80 year old mother having no interest in taking classes in paper flowermaking.

835-all these questions point to increase in programs—but the cost \$\$\$.

The library is appropriate for local gov't and it is wonderful. The rest are not the job of local gov't, and certainly not worth TAXING us.

836-The present programs for active/aging adults in this area appear to be biased against citizens living in the County, but not Los Altos or Los Altos

Hills. Information on activities and services to those of us that live in the County would be appreciated.

839-Los Altos needs to complete its section of the Stevens Creek Bike and Hiking trail! (off street—not just another sidewalk)

842-Good questionnaire, but your focus seems to be on 1. services for the truly aging (85+?) or 2. filling up time in interesting ways. I'm interested in a community-wide focus on keeping our affluent, healthy, less than approx. 85, retired, seniors involved and active in 1. giving back to community with their professional and personal skills and /or 2. pursuing their unrealized dreams.

844-will Los Altos be getting a better Senior Center building?

849-Good Luck! Don't think much is possible in Los Altos because of lack of public funds. I really doubt that there will be any changes in core area (library, Hillview). The city wouldn't vote to support. No chance for any Senior Center—and probably not needed. Hillview remains a mess and is of low priority. Too bad the person who wanted to contribute \$2million to a movie house couldn't decide on rehab of Hillview, although I'm not sure a million would do much.

851-the atmosphere at the senior center needs to be bright and cheerful. Sunnyvale's Sr. Ctr. Is new looking. I realize they have a larger tax base to build such a place. Money is always a factor.

855-Would like assistance in preparing for DMV exams to renew license

859-While my husband and I are still healthy enough to do so, we plan to travel once we both retire in 4 years. We hope to spend extended periods of time outside of Los Altos. Assuming our children stay in Northern California, Los Altos is likely to remain our primary residence.

860-1. Focus on reducing tax burdens on residents (i.e.reduce city budgets)
2. Then focus on the essentials
3. Transportation for Seniors is a good idea. Run the program at no cost burden to the town.

861-1. LINE DANCING—My wife loves to Line Dance but cannot attend the one class offered on Tuesdays. It would help active adults if popular classes were scheduled more once a week. If resources do not permit that, could Los Altos partner with other nearby Senior Centers to get expanded scheduling for the members of the partnered programs (My wife would also appreciate a drop-in-ladies doubles tennis program for seniors.) 2.

BICYCLING—both my wife and I have bicycles which we used to ride locally. Since I have had three bike/car accidents, we do almost no local cycling. For auto driving there a. no cars parked in the street-driving lane and b. the driving lanes are continuous, not interrupted. Driving lanes do not start and stop arbitrarily. For bicycles, as far as we know, the only local places with continuous bike lanes with no cars parked in them (even though driveways are empty) are foothill Expressway and the Steven Creek trail. On Stevens Creek the access locations and available nearby parking for riders are not well known or locally advertised/ 3/

WA;LOMG—We know of only three places for pleasant, unimpeded walking in Los Altos—the Redwood Grove, Shoup Park and the daytime Union Presbyterian parking lot. Sidewalks in old town are treated as part of the homeowner's landscape area. They are rife with low branches, intruding plants and bushes and some rose thorns. When I have complained to City Hall people about that, they are very solicitous, but almost nothing is done. That is why you see folks pushing baby carriages on the street not the sidewalk on University and Orange Avenues. 4.

PARTNERING/NETWORKING WITH COMPATIBLE LOCAL SENIOR GROUPS—I believe local Seniors could benefit from improved awareness and access to both Los Altos Center programs and existing programs other than those offered by the Los Altos Senior Center. I also believe that the Los Altos Center could utilize a dedicated senior-friendly web site to act as a central facilitator to provide both awareness

(information) and access to these programs or venues. Such partnering could include senior groups at local churches or Newcomers in addition to partnered programs at nearby Senior Centers. For example, our church sponsors non-religious forums and music programs that would be of interest to local seniors. rlgreene940@hotmail.com

865-It's a shame that Adobe Creek Lodge facilities were not saved for the good of the residents of the town (s)! we didn't need more houses

871-a nicer, updated "Senior" Center would be more inviting to go to.

Walking paths around town—too bad we lack sidewalks. More encouragement of volunteering—make volunteering easier to find and more choices—i.e. matching volunteers to need in the "senior" community (in other words "seniors helping seniors). Young seniors could help older seniors. Stop calling people seniors—age discrimination—no one wants to feel old—just acknowledge people have different physical needs

878-There is an org. called SIR (sons in Retirement) that is for retired men—offers golf, tennis, biking, bowling, travel and social. They need to get the word out to retired men in LA/LAH

880-This is a nice thing to do. I volunteer with the LASD art docent program and also at Eastside Prep in EPA reading with sixth graders and teaching art there occasionally.

884-I am disappointed that the Los Altos Sr. Center does not offer activities that are suitable for people with disabilities (eyesight issues, mild cognitive impairment). I have felt unwelcome when I have gone there.

887-I would like to see more opportunities for Senior biking tin town. Safe pedestrian and bike areas.

892-the City of Los Altos definitely needs a new, modern and efficient senior center. Our surrounding communities have been able to step up with commercial industrial funding and we need to adjust our funding priorities to include a senior center upgrade. Our adult education classes

are full and many have been cut back or eliminated. We just do not have classroom space here at Hillview Community Center,

893-I am a care giver for recovering cancer patient (my wife). I also look after a granddaughter (15) It would be most helpful if a volunteer could provide some assistance (driving, transportation etc.)

898-since I have not been able to get out and about I find dinner preparations difficult. Too much salt in prepared foods and am forced to make my own meals, when one is tired and sick this can be very difficult

899-Consider a very active group, active and less active or sedentary group.

603-As I live here without close neighbors, a list of whom to call upon, if help is needed, for transportation to medical procedures, or emergency repair. A complete list of all "help" resources available to have on hand for when and if needed.

608-Transportation for disabled, especially those needing walkers, wheelchairs, etc. From all the publicity you would assume that transportation is adequate, but it is not.

609-I think when you can no longer drive that is my limiting. A shuttle service would be great for those who need it. We belong to a golf club so we have plenty of activities for the time being. Thank you for all your good work.

610-Cops should teach/enforce bike regs. To elementary school kids. More bike lanes

617-What wonderful time & place to be aging. Thank you for exploring the needs of Seniors. I, however, find this community exceptionally supportive.

619-1)Would enjoy dinner club. Some travel. Especially, bus transport with others to concerts and/or speaker series. Also to art museums. San Francisco, San Jose, etc. 2) currentl play bridge 3 or 4 days every week at PA bridge club 3) also am currently in relatively good health and can get

around very well. Should my health decline, shuttle service & other help would be very welcome.

620-The physical deterioration and condition of Hillview Center is an embarrassment to the City of Los Altos. We also need an appropriate swimming pool for both adults and children. We should not be forced to go to either Mountain view or Palo Alto for such facilities.

630-Mt. View has lovely facility where seniors are able to eat a good meal at a reasonable price. This allows social, mental and nutritional needs to be met in a wonderful way and then they give opportunity to see a movie. Classes in AM lunch' and a movie give seniors who live alone a great gift for enjoying their day.

635-Improved senior center to the standard of the Mountain View Senior Center

638-I think it's great you're interested

641-1. Dog park in Los Altos!

2. Sidewalks 3. Better lights at night (quaint looking) 4. More activities in downtown in evening. (Look at Los Gaos, Sunnyvale) Bring back theatre!

649-would like to see Long Term Care options discussed (other than Long Term insurance).

652-As I live in a condo in the Downtown Triangle I am nervous that Safeway might move away as it is so convenient and easy to walk to.

Benches, or rather seats with backrests could be placed in Los Altos more often for people who want to sit. There are some now which I notice but maybe not enough. I love my living situation and am surprised that move active/ageing adults aren't keen on Condos. They think that assisted living accommodations are the only way to go...lots of help for people like me might be needed in the future if we age in place

653-I've been retired for 15 years, am physically active, and volunteer with the EVs, an environmental group that teaches hands-on natural science to

Peninsula school kids. Because of this ai have seen no need to use Senior Center Services

654-Limited due to eyesight and transportation. Would like to see programs to assist those with limited mobility and vision to improve quality of life.

656-I'm 67 and don't consider myself a senior yet. Can't imagine what would get me into AL Senior Center. Certainly none of the current activities as they are for old folks. Perhaps a group that went biking once a week or weekly hikes in various Mid-peninsula Regional Parks. Would likek to see the Senior Committee push for more pedestrian friendly walking facilities in Los Altos, particularly to our business districts (Woodland Plaza very cut off from the neighborhoods behind it.

666-Security against mail and mailbox theft

667-I was disappointed when I could not attend art classes at the Hillview Center

669-I would like to have the Shuttle service stops at Covington and Thatcher, Rancho Shopping Center, San Antonio and El Camino and the library.

672-nurse, nurse practitioner, Dr's visit in house calls would be very helpful. Medicine delivery. Old age-group discussions among old folks; monitored/structured exercises.673-Foothill and DeAnza are great places to take classes of personal interest/skill building also

675-This seems like a waste of resources

677-Form an energy Corp (similar to Palo Alto and Santa Clara) to get all electricity down to \$.10/kwh. We currently are at a marginal rate of \$.40 kwh. Stealing! LAH has many spaces for south facing solar collectors. Can use my 240ft. side yard that faces SW to SE. Please contact Juanita Nissley 2Yahoo.com 650-941-5973 or 94902000. I have an MS/Statistics and have

been a consultant on forming and ranking answers to questionnaires. Glad to help in future Must formulate questions better.

685-home health care for my husband, maybe

686-You need help formulating your questionnaire

687-Currently it seems a bit like we live in paradise. I'm concerned that 'feel good' initiatives by various levels of government are working toward taking that away. I guess my concerns are more on macro trends as opposed to local issues.

688-I really have no idea what the senior center offers. Does the Town Crier have a regular page for the senior center activities for the week? Rides to medical appointments are very important for people who can no longer drive.

Roadrunners does a great job but their coverage is somewhat limited. A list of "tried and true" contractors and handy people would be very useful for seniors and their families. Too many seniors are taken advantage of by unscrupulous home workers. Thanks for doing this survey.

695-Employment to have enough money to pay our taxes and living expenses at a livable pay rate

698-Assisted Living at home and shopping for food etc.

706-Program to seek out new retirees who are women

716-I am happy in my home. I will get back to writing books. I am looking for a woman in middle 60s.

718-I'm in favor of a shuttle that would run regularly along Foothill Expressway, with loops to downtown, LAH , LA country Club and nearby areas. The shuttle could be free to seniors with monthly passes to others. In my opinion a Say Hi Rides type program should be established I neighborhood clusters of up to 1000 residences in both LA and LAH (says see attached—but no attachment)

723-More physical support for maintaining a home and garden/yard723-Good public transportation all around the bay area: within los altos, to Sunnyvale, Mt. View, Cupertino and Palo Alto—also infrequently to San Jose, San Francisco,

Oakland/Berkeley that is more direct/less hassle than either BART (have to get to Fremont or Millbrae for that) or Cal Train.

726-Do not like running out of energy. Do not like increasing medical problems. Fear senility. Concerned about proposition 13. Concerned about money. Fear possible eventual loss of driver's license. Don't like not being able to walk long distances. Increasing cost of utilities (heat and water(. World is changing, rules are changing. Ongoing world, national state problems never end.

730 My wife likes home decorating. I, for one, love my job, and I enjoy working.

733 All adults in senior or younger status need to address the issue – if you are “breathing” some day you won't – when you are breathing maximize the quality of your life and community programs but also discuss and get you “ship” in order for when you die – disease, accidents, random deaths – no one knows what tomorrow will bring – plan for it and your family and your family will be spared agony and guilt and you can pass on with the comfort that you have prepared the family and yourself the best you could for your death.

734 The survey might have had an option to check “Not at this time” as although we do not need any of these services/activities now, the future is unknown.

739 Possible transportation assistance, home maintenance services

741 Not really – this is for people who are actually retired and are in some personal trouble – no problem on this end that I can't do myself – don't need government help or intervention!

742 We are very healthy and active now. We want to stay in our home in the Country Club area as long as possible, but may need some form of assistance if one of us becomes partially disabled. We have long term care insurance that will pay for some in-home care or nursing/assisted living portion of costs in a senior care facility, provided those fees are not pre bundled by our purchasing a room for life in a facility where health assistance is included in the original purchase fee.

743 Thank you for asking! Los Altos needs more condos in South Los Altos for seniors who want to leave their houses.

744 It is annoying to me that most questionnaires regarding seniors imply low income. So bully for you. I am a senior – I do not need low income activities or assistance because I/we planned ahead for retirement years. These kind of questions imply that a senior is dumb and poor and uninformed. Maybe there should be a designation of “Needy Senior” vs. Non-Needy Senior, in fact the implication of being classified as a “needy” drives people away from the Senior Center.

745 The Los Altos Senior Center has such a pathetic facility it makes the town unfriendly to seniors. The hills offer even less. The extra charge to the Hills people to use the facility is insult to injury. When your classes cost more than taking private classes you are not helpful to seniors on limited budgets who have had pensions cancelled or lost 401K’s. Two meals a month at the center compared to daily at Mt. View and price increases in Los Altos tells seniors you don’t care. But what happened to the discounted prices in the Rec Department? Things continue to worsen in our town. Transportation in the Hills is nonexistent. I get the feeling Los Altos/Los Altos Hills wants seniors to “go away” so they won’t have to spend money on them.

750 As I become a “senior” senior adult, I probably would want more services relating to aging in place:

- 1.** Reliable contractors/home maintenance reference.
- 2.** Transportation assistance to/from shopping and medical centers (e.g. PAMF, Mt. View, Palo Alto, El Camino Hospital, Safeway)
- 3.** References for in-home caretakers. There are many resources for seniors in the area making each other’s offerings more widely known would be helpful and might provide some economics to these agencies in marketing.

753 Stay involved in activities and have a positive attitude and a good sense of humor.

754 Probably a linkage to local service club activities might be of interest to seniors – they have and can offer lots of volunteer service activities they need help on - - just talk to them to determine what they may need, even if the seniors don't actually join the club (Rotary, Kiwanis, Chamber of Commerce)

755 We moved here 15 years ago. We like our neighborhood and the Los Altos Library and the many hiking trails in the area. We are not involved in any social activities in Los Altos. Most of the time we drive out of town for shopping, church, and interaction with friends. Once we can't drive, this may not be a place for us to live. It is also expensive.

754 Still working and driving. Questionnaire would be more helpful in a couple of years (not 65 yet)

758 I have no understanding of what the Senior Center does or why/when one would use it so it's hard to respond to the survey.

763 I have taken art classes for many years at Foothill College and have hit the limit on how many times I can repeat the class. Effectively, I am kicked out. I know some of this is state regulation, but as a senior, it would be nice if I could repeat a class as many times as I wished. I would be willing to be "wait listed" so new students could get into the class. But, if the class fails to fill because the "old timers" can't get in, the school saves no money as the teacher still has to be paid.

768 Close by post office – right now there is no post office in Los Altos Hills area.

773- I would like to see the Los Altos Center expand the lunch and movie program. Mt. View does a nice lunch with music, bingo and movies. Also day trips

782- I would like a place (even use my home) for older, single people (who are lonely) to come together to talk. I have a cup of coffee. There is little community feeling. People should get together with NO pressure of a class or anything to learn.

794- I live in South Los Altos and more connected with other communities, such as Mt. View, Sunnyvale, Cupertino. If there were activities at Grant Park – that interests me – they would be interesting.

796- How did I ever get over the hill without ever reaching the top?

799- Life will get hard when we cant drive. Until then all else for is likely to be OK. Our 3 children and their kids are all nearby and we have friends, too. We both work full time and that is likely to continue 5 to 15 years, as we own our own business

901- Possible need grocery/drugstore delivery service. May need trash/yard-waste pickup at garage, not at curbside. May need a non-emergency elder help phone no similar to 911 but not emergency of the level

902- I think the pros/cons of long term care insurance are not well understood by seniors (and others for that matter). I would like to see classes or literature offered on this topic by an independent expert. Not by someone with a conflict of interest i.e. Sell Insurance

907- I'd much rather have lower taxes than having my \$\$\$ go to all these activities. You are just trying to justify your jobs

915- thanks for asking us senior what we need and think

917- We need to replace the current senior center with a new one!!

918- Replace the current run down senior center with a new one similar to the one in Mountain View!!

921- Seniors should get involved in projects that could help the community they live in

922- Los Altos is a great place to live as a healthy active adult or child. I hope that it keeps up with demands of its aging baby boomers. If there is any way I can help this happen please feel free to ask:

Kathy Manchuk 130 Second Street Los Altos 94022 BD 3/30/46

926- One of the most important needs of seniors is to know they are secure in their faith in God. This has been overlooked in your forms. Connecting your

informational resource with many outreach and spiritual growth opportunities or our communities churches may be a useful service to provide.

928- Retirees who have been in careers need opportunities to redefine their identities and discover new ways to fulfill the potential(s) they still possess. They also need to share concerns about aging and how that affects relationships with others, in particular their families with children/grandchildren who have different interests and values.

929- A Magarite Bus to/from Palo Alto train station would be good

930- The location is great – close to downtown, the library and museum, but the facilities are unattractive. Not much has changed since I attended elementary school at the same site 60 years ago. It is time for a new or refreshed facility. Is there a central lobby where people can sit, visit meet? Mt. View feels so much more welcoming.

In planning a new facility please be sensitive to minimizing hard surfaces. Those of us with hearing issues have difficulty when sounds bounce off walls, ceilings and floors. Audio systems also need to be hearing aid friendly. Could a community garden be combined with a senior center?

Water exercise is kind to aging joints but few opportunities exist, none in Los Altos. I hope the senior center will be able to arrange for classes when, if, the new pool is built. Currently Foothill College has a poorly taught class.

Otherwise, Betty Wright, the JCC or the YMCA – all quite a journey.

931- Will probably need to spend more time in a gym and will need membership in a gym with a pool. Plan to take up more activities such as bridge, yoga and dancing. Will also look for Spanish language classes

932- Thanks for reaching out! One thought – many of us at my age are dealing more with aging parents. Resources to help with that challenge?

933- Assistance in longterm care. Senior exercise program @ Grant Park

934- I just turned 60 and need to find out what's available in the community and investigate if its for me.

935- My needs for activity and socializing are met for the most part by personal projects, home maintenance and time spent with family and friends.

Nevertheless, having the senior center available as a place to feel welcome, offering a variety of activities is comforting. The current facility is adequate I guess, but one with more inviting surroundings would be more in keeping with the general pleasing atmosphere of Los Altos.

936- I would like to commend the people who put this together and hope some or all of the needs can be made available, particularly transportation.

As one ages & have to relinquish driving it becomes difficult to shop, etc.

Perhaps grocery shopping volunteers.

937- Safe pedestrian and biking lanes in town and civic center area.

942- I would appreciate the senior center offering once a month transportation to a special exhibit in SF museums. I would also appreciate a shuttle service to the SF Symphony at Flint Auditorium in Cupertino.

946- Biggest challenge is finding meaning and usefulness as we continue to age.

There are lots of programs to entertain us or to pass time. I'd like things where we can continue to make a difference – volunteering opportunities, even work (low pay ok)

Lets get together to be a big part of the planning for the future for this age group. (as those of you who read these surveys are doing). I never would have received this questionnaire if a friend hadn't emailed it. Lots of seniors fall through the cracks.

Senior friendly, health, Mind

Bike – I hope to see bike safety in groups etc. for seniors.

947-During the many years of living in Los Altos 1960-2011 I have found my ageing neighbors and friends first problems loss of transportation, (shopping doctors church etc.) Reliable people for repairs, garden, house, windows, yard, trash etc.

Information on health plans, Safety who to call

948- combating obesity, healthy eating, exercise appropriate for different age groups

950-Rec Dept needs to offer active programs for seniors like ping-pong, bowling, bocce ball, badminton, softball, bike rides, swimming, etc. also would be nice to have a travel club where seniors could meet others who might be interested in trading together to a destination.

951-I like being independent—doing volunteering as a tutor, mentor and docent; tennis with friends, walking and hiking;, visiting family; travel with my wife. When those activities become too difficult, I would like to go into a CCRC to socialize and minimize the burden to my sons and their families.

952-I am probably on the “younger” end of your target market I would like to compare what I’m looking for to similar programs offered on ‘cruise ship’ scenario. When I stop working (or work less) I would love to have the ability to do fun classes: wine tasting, various cooking classes, yoga/exercise, travel, painting, etc. What a awesome thing to do all that locally—and possibly even have transportation when I need it in the future. I know my husband would benefit from some type of ‘mentoring’ program (how to transfer/sell your business) so that he had the direction needed to start the retirement process while keeping/selling your business. This is such a unique area with so many intelligent and active people that view their aging in much different terms than the prior generation. We not only deal with adult children graduation from universities and having challenges finding employment but we also have aging parents and need direction to find the supportive services for their needs once sickness or dimenenta cause them to ‘slow down’. Classes on what is available thru the county would be awesome. I would love to have a ‘adult center’ that would have the exercise option, commercial kitchen, lecture hall as wee as classes movies. I don’t think of myself as a ‘senior’ (that is for someone in their 80’s but an active adult who volunteers at city events, volunteers on Mission trips and helps with

the needs of older family members. Thank you for doing this survey, I appreciate that you are trying to shape the future of programs that are offered
954-I'm sorry to note that our current Senior Center is a disgrace to this affluent community! If/when the civic Center rebuilding takes place, I'd strongly recommend the Senior Center be in the first phase. I know the City Hall and Police Departments were redone more recently. Resident since 1961. Served on the Park Commission

955-My main concern is the distribution of senior resources in Los Altos. I strongly believe it is important to provide a reasonable set of offerings for seniors in South Los Altos. We shouldn't have to always drive over to Hillview for classes and activities

956-A good exercise gym with pool all year round would be great.

958-Need low-cost senior housing after sell house. Need more one level low cost senior condominiums

961-Keep city costs low. The City should not use taxes to pay for senior support

963-This letter is an attempt to provide you with some insights that goes beyond what you can glean from your valuable questionnaire. Dallas Ct. where we side in South Los Altos has been our home since 1985. with our neighbors, we have witnessed the cycle of life; birth, children growing up and having them bring their own kids back here to play in the street, watched senior citizens leave for a more affordable place and with saddened hearts we followed sickness and death. Currently, we have 7 senior citizens here. Last year there were 9 but 2 relocated to Mountain View for financial reasons. Last year we lost a remarkable senior citizen neighbor in his late 80's. a veteran of WWII, loving grandfather, hard working (volunteering/teaching at the American Heritage Museum, Palo Alto, in his 80's), cheerful, life loving, cherished member of a local historical organization and creative mentor to young minds and searching brains. While he was alive, we wished there was a viable senior citizen place near us. Where we could have dropped him off to enjoy some company and some fun, and have a bite to eat, etc.

However, the current Los Altos senior citizen center location and programs are too far away for us to be convenient and too demanding for many senior citizens in our area in Park Center or Woodland Library, have a determined commitment, follow through, full hearty search for the right way to inform the south Los Altos neighborhood about the Senior Center and it's offerings and embrace it so that it feels welcome and compelled to join in. Let your conscience guide you. The future rewards can be many. With thanks for your service. (Left name and address)

966-My biggest concern is the cost of housing here for seniors on fixed income. Many have had to sell their house and leave Los Altos because there is not enough low-cost housing for the number of seniors that require it and will require it. Most seniors, at some point, don't want (or can't) keep up the maintenance of a house. They want to downsize. However, what does one downsize to? A \$million condo or town house is not an option for many seniors I know. Also, most builders build townhouses versus condominiums. Seniors can't climb stairs easily and sometimes not at all. What I would like the City council together with the Senior Committee is to try to get more commitment from builders to build low-cost housing on one level.

971-I have found LAH town hall advice and help insufficient, both in terms of information and assistance. Access to my house is reached by a private road owned by neighbors who will neither maintain it nor respect the need for proper drainage to a grate on my property. Is arbitration available? Cars have been damaged and I've had to pay for help.

972-Finding good help when I can no longer handle life problems

973-completing this questionnaire brings up a few things I have not thought much about. But since your asked:1. I'm just 56 and have had very limited exposure to "senior" as a category that applies to myself. When I took the AARP driver's class last November, I was struck by the quality of the "accommodations" of the Sr. Center at Hillview. We live in a wealthy area with

lots of public-spirited citizens. My feeling is that if we cannot mobilize seniors to work towards a comfortable, attractive place to socialize and organize in the first place, the future prospects are dim indeed. 2. There seems to be an assumption here (in the questionnaire) that classes are a key area of interest. There are so many resources for education here in the South Bay that I wonder if there isn't a more compelling area to focus on, other than education. 3. It seems that there is a great deal of diversity, underlying the term "senior" There are younger seniors like myself and homebound senior in their 90s. Ones with more money, resources, education, skills, etc.—and less. Maybe I am too influenced by my managerial background but perhaps a preliminary

Step, a portrait of the "senior" community in Los Altos, would be in order, or at least some idea of a particular slice of what community wants or needs. I've lived here in Los Altos for 25 years. I've been so impressed by the caliber of the citizens here. I truly believe that the willpower+ resources are here to accomplish extraordinary things. As a parent, I saw that with regard to children's education and youth sports. Now that our kids are grown up, can we do the same for ourselves.

976-Improve sidewalks/paths. Make bike lanes safer. Have more useful places to shop. Fewer boutiques downtown. Better communication about activities—website maybe/e-mail info/Town Crier. How about providing a list of people who would drive others for errands. A list of phone contacts—a co-op. I would drive occasionally—a Yahoo group? How about using Foothill parking for LAH to use to get a bus. Could an annual permit be made available (for a fee) to hills residents?

977-Providing information re burial/funeral options would be useful

980-1. New enhanced Senior Center 2. There needs to be a convenient shuttle system that circulates through the high density housing in and near the Village Center that connects with trains at the San Antonio Train Station and the VTA buses that travel on El Camino. Also, seniors need shuttle services to Walmart,

Target etc. but we are scared the village store association would oppose.. Possible such shuttle services later in the evening could be “con call”. Also, seniors would always have priority (possibly by special card) on such shuttle services and others on a space available after loading “cardholders”.

981-We need a newer Senior Center with the following: adequate parking and shuttle service, exercise room, meeting rooms, possibly a small room to sell crafts made by seniors, computer room, nice landscaping with outdoor tables, benches, gardens, good projecting equipment for presentation. Please keep present staff-very helpful and accommodating

982-Thank you for doing this

983-I really like the idea of a Shuttle service I can drive now but in a couple of years I may not be able to do so and then I’d really use a local shuttle. I also want to say how we really do need a new Senior Center in Los Altos. . When I visit Mt. view and have lunch everyone always seems so happy—surroundings do this!

991-Offer transportation services to Unincorporated area also

993-I think that a nice meeting room (about the size of the one in the Los Altos Library) would be one of the best things the Senior Center could build. A place where you could have lectures and classes of interest or relevance to seniors. I would also serve as a place where other groups could meet at little or no coast.

996-Several years ago my 90 year old mother lived with us—it was hard to get her to and from the Sr. Center. She was an avid Bridge player it it seemed if you didn’t have a partner you couldn’t play. There should be some sort of “sign-up” for interested players. She also went to Mt. view Ar. Center to the daily lunch as that wan an outside ‘daily “ as that was an outside ‘daily” activity that was not available in Los Altos. Also sidewalks and parking for disabled. Wheelchair or walkers are difficult and are in out of the way places—some even have drains right under the car door (Back of town Crier Bldg. facing state Street

997-The current garbage contract did not take into account Los Altos 's aging population. The difficulty of pushing/pulling heavy garbage cans up/down steep driveway or any distance. The city Council needs to renegotiate this with the seniors in mind. Even New York City has a van to pick up seniors at their door and take them to Broadway shows and movies in addition to libraries or doctors, shopping and even outlying Long Island. We could do better for seniors if they could be taken to the theaters, Century movies in Mt. View, Palo Alto and Cupertino

1002-Keeping up and learning computer skills and availability of someone to teach me

1004-I think a small van service in the Hills particularly could be useful for all our families—school kids connections and seniors. Also I loved Webvan dearly and miss it desperately. There like Costco-delivered gourmet food, books and great foods. Safeway doesn't cut it. Lack quality and variety and soften no delivery of items. But for "aging in place" both of these services would be vital. Mainly we have large lots to care for. I see many drainage areas not cared for perhaps some town maintenance services would help appearances. Roadrunners operates out of EC Hospital providing reasonable rate rides to seniors on an appointment basis. Don't know if it does hills. Take to/fro medical appts, grocers, shopping etc.

1009-While it is not a present need for me, I think transportation is one of the most pressing needs once you can't drive. Outreach is slow and not especially reliable

1012 People of all ages may need help, not just seniors, and providing help is a useful service. But most I have known, especially in LA and LAH are quite active and self-sufficient. To reach these seniors, they need to be viewed as able to be helpful, not helpless. The challenge is, and I have not put my mind to thinking about solutions, how to tap into the tremendous knowledge, ability and experience of seniors in our community, rather than treat them as helpless or

thinking up unproductive time-wasters for them. I admit I am being a bit critical and certainly the resources of Los Altos are limited such that it may be best to focus on the less fortunate

1018-suggest arranging bus trips to cultural events

1019-Make downtown more senior user-friendly by repairing sidewalks. Would like to see bicycles off sidewalks.

1020-All of this survey is geared to becoming less active—I want more active! Not everyone over 50 wants to be less active. Biking, hiking, walking, yoga, Taichi, etc.etc. I do not want services delivered home. I want to connect with others of like mind

1023-I should have known that property taxes would be high. I need to save \$720,000 to give me enough at 5% interest just to pay my property taxes. Add in maintenance insurance and utilities and I may not be able to afford the town I grew up in. Fortunately good places exist such as the Sequoias when I lose my mobility (listed name and phone #)

1024-1-Need a public garage, one at triangle, one on 1st street.

2-Need to close Main at State Street to all vehicles, More outdoor eating & boutiques, flower boxes, seating, make it a

Friendly pedestrian walk – It will bring business.

3-We need a movie house to show CINEARTSFILMS

4-We need a shuttle to take people from garages to town & from new community center to town and back – on a convenient 30 minute schedule.

5-Keep stores open to 9PM – more people would come to town to shop and frequent the restaurants. Families all work (or try to) and only discretionary time they have is evenings and weekends and there is little to come to town for when most stores are closed and cars get towed too often.

1026-Hope that Los Altos will develop a program similar to “Meals on Wheels”. I know Town of Sonoma has one done strictly by Volunteer efforts and donations use the kitchen of a Church.

1031-I would like to see more walking paths. There are currently many unpaved sidewalks in my area. Clearly marked walking paths would increase safety during use.