

## MIDTOWN NEWS – June 30, 2017

Editor: Annette Ashton for the Midtown Residents Association. See [www.midtownresidents.org](http://www.midtownresidents.org)  
LIST SERV at [PaloAltoMidtown@yahoo.com](mailto:PaloAltoMidtown@yahoo.com). Great place to "chat"

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### 1) MIDTOWN TIDBITS

**Leadership Palo Alto** is now accepting applications for their fall session. Leadership Palo Alto Fellows graduate ready to re-imagine and reshape our community with: 21st century leadership skills - for real world challenges - a comprehensive understanding of the inner workings of the Palo Alto community meaningful connections to your cohort of LPA Fellows and an extensive network of hundreds of LPA alumni, presenters and community leaders. IS LEADERSHIP PALO ALTO RIGHT FOR YOU? Leadership Palo Alto accelerates local leaders through a 10-full day immersion program over an academic year. Leadership Palo Alto Fellows gain an in-depth understanding of the full spectrum of Palo Alto life, including our local economic, social and government challenges, opportunities and trends while considering Palo Alto's global influence. See <http://paloaltochamber.com/>

Having a party? Use a Zero Waste **Party Pack** at your next party. Zero Waste Party Packs are FREE and available for you to borrow. Party packs come with complete table settings for 24 people – that's plates, bowls, tumblers, utensils and cloth napkins. You can borrow a party pack from a Zero Waste Block Leader near you. Zero Waste Block Leaders are neighborhood 'experts' available to answer your recycling, composting and reuse questions. Most block leaders have party packs available for you to borrow. If they don't, they'll get you in touch with a block leader who does. Help our community reach its Zero Waste goal. Use a Zero Waste Party Pack for your next gathering. Connect with a Zero Waste Block Leader at [www.cityofpaloalto.org/zwb](http://www.cityofpaloalto.org/zwb). For more information, visit [www.cityofpaloalto.org/zwparty](http://www.cityofpaloalto.org/zwparty), email [zerowaste@cityofpaloalto.org](mailto:zerowaste@cityofpaloalto.org) or call 496-5910.

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### 2) CITY/COUNTY/SCHOOL EVENTS

Applications are being accepted for the **Storm Drain Oversight committee**. Due August 1 at 4:30 PM. See <http://www.cityofpaloalto.org/civicax/filebank/documents/58297>

**CITY COUNCIL:** Next Council meeting scheduled for August 14, 2017

**UPCOMING COMMISSION & BOARD MEETINGS** - agenda not published online

JULY 5: **Public Art** Commission: Cancelled

JULY 6: **ARCHITECTURE REVIEW BOARD** at 8:30 AM in council chambers

JULY 12: **Planning & Transportation Commission** Meeting, at 6 PM in council chambers

JULY 12: Sp. **Utilities Advisory** Commission Meeting at 7PM

JULY 13: **Historic Resources** Board Meeting, Chambers, 8:30 AM

JULY 13: **Architectural Review** Board Meeting, Chambers, 11:30 AM

JULY 13: **Human Relations** Commission Meeting, CMR, 7:00 PM

JULY 20: **Architectural Review** Board Meeting, Chambers, 8:30 AM

JULY 20: **Public Art** Commission Meeting, CMR, 7:00 PM

JULY 25: **Parks & Recreation** Commission Meeting, Chambers, 7:00 PM

JULY 26: **Planning & Transportation** Commission Meeting, Chambers, 6:00 PM

JULY 27: **Historic Resources** Board Meeting, Chambers, 8:30 AM

AUGUST 2: **Utilities Advisory** Commission Meeting, Chambers, 7:00 PM

AUGUST 3: **Architectural Review** Board Meeting, Chambers, 8:30 AM

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### 3) LOCAL EVENTS

**Stanford Live's** 2017-18 season kicks off this September. Unforgettable performances by artists from Darlene Love to the St. Louis Symphony; film screenings with live orchestra; talks by speakers Claudia Rankine and Chuck Klosterman; and so much more. Subscriptions on sale June 1. More info: [www.live.stanford.edu](http://www.live.stanford.edu)

See all **Avenidas Activities** at <http://www.avenidas.org/>. PRE Register at [www.avenidas.org](http://www.avenidas.org) or by calling 289-5400. Selected events and news below. See full schedule at <http://tinyurl.com/mfhgpub>.

- Once-a-week options for an early morning fitness classes. 2-day per week option available at \$7/\$9 per classes in the series. Register early online on our [fitness class page](#) , or call 289-5400, or in person at the front desk.
- By appt: One-to-One Technology Tutoring FEE: \$5/\$10
- DROP-IN WELLNESS CLASSES.
  - A Mindfulness Meditation on Wednesdays, 2:30 - 3:30 PM
  - Tuina therapeutic massage on Fridays, 9:45 - 10:45 a.m.
  - Lotus Asian-inspired dance aerobics on Fridays, 2:30 - 3:30 p.m.
  - Rosen Movement on Tuesdays, from 11:30 a.m. to 12:30 p.m.
- July 6: Movies at 1:30PM. FEE: \$0/\$2. 7/6-Ride Along, 7/16- Bridesmaids; 7/20 - Central Intelligence, 7/27 - Tammy
- July 7: Wine appreciation. 3 to 4:30 PM. FEE; \$12/\$15. Bring your own glass
- July 8: Freedom from Fractures, bone health screening, from 10 AM - 2 PM. Must register
- July 10: July Movie Screening:All in this Tea. From 2-3:30 PM. FREE
- July 11: Long Term and Asset Protection Planning -- Involving the Kids, Protecting the Kids in the Age of Trump. FREE from 2:30 to 4 PM.
- July 11- Aug 8: Evening Yoga from 5 to 6PM. FEE: \$40/\$50
- July 18, POLE Walking for Balance, Exercise & Maintaining Mobility from 9 to 11:30 AM. FEE: \$28

**Deborah's Palm Events:** See all events at [www.deborahspalm.org](http://www.deborahspalm.org). Call: 473-0664.

- Thursday evenings: Women's Support Group at 6:30 PM. Contact Annette Glass at [annetteglassmft@gmail.com](mailto:annetteglassmft@gmail.com)
- Uncover Your Calling: Module 2 (August 1 & 8)
- Life Lessons w/ Gail Grant. Lessons in Forgiveness: Fridays: June 2 & 16; July 7 & 21: Noon to 1:30 PM
- Knitting Group at 10 AM; Walking Group at 10 AM
- First & Third Fridays Monthly at Noon: Life Lessons, covering the topic of forgiveness.
- Aug 16: LinkedIn Workshop: 5:30-7 PM. Designed to give you the most vital tips so you can get your LinkedIn profile in top-notch shape FAST! \$25.
- Aug 26: True Needs Workshop from 10 AM -Noon. Learn to identify your top emotional and mental needs, understand how they are getting met, come up with a plan to implement change, bring stability, and gain empowerment in this current season. Contact Philippa: 533-5075 or email: [philippa.perkin@gmail.com](mailto:philippa.perkin@gmail.com)
- Sep 20-Nov 8: Shine On Circle: Wednesdays from 10 AM- noon. Designed for moms who are ready to take on something more in their lives. The circles are mostly moms who have spent a chunk of time as primary caretaker and are interested in doing something more. but may not be sure what. For more, contact Kirsten: [kirsten@shineoncollaborative.com](mailto:kirsten@shineoncollaborative.com)
- Sep 23:Gratitude, Happiness & Healing from 9 AM to Noon. Contact Philippa: 533-5075 or email: [philippa.perkin@gmail.com](mailto:philippa.perkin@gmail.com)

WEDNESDAYS at the JCC: **Stanford Cancer Supportive Care Program** from 1:15–2:10 PM. FREE. Bring pleasure, joy, play and health to the body through low impact movement. See Stanford Supportive Care Programs at <http://tinyurl.com/ybz8usr5>

Café Scientifique on Personalized Medicine: **Using Skin & Blood Cells to Cure Blindness** by Leah Foltz. The video of the presentation is now live! See <https://bloodcenter.stanford.edu/learn/cafe-scientifique/>

JUNE 30: The **Magical Bridge Concert Series** on Magical Bridge's Community Stage. FREE. Bring friends & family to help celebrate summer with Nicholas Abraham and Ben Redlawsk! At Mitchell Park from 6:30-8:00 PM

JUNE 30: Fifth Friday/Films of Vision and Hope - **To the Ends of the Earth**: Film and discussion. Fireside Room, Unitarian Universalist Church, 505 E. Charleston from 7:30-9:30 PM.

JULY 5 start: **Town and Country Music**: 6-8PM by Trader Joe's. 7/5 - Top Shelf Classics; 7/12 - California Cowboys; 7/19 - Project 4 Band; 7/26 - Double Funk Crunch

JULY 1: **Medicare Mysteries**: Ready to apply for Medicare? Confused by the different plans to choose from? Join us for a workshop presented by Sandra Karol, MS, RDMS, RVT, and learn more about the different plans that will work best for you. Mitchell Park Library from 1- 3 PM.

JULY 1 start: **Stanford Jazz**: 8 PM Bing Music Hall.

- 7/1 Early Bird Jazz for Kids, 10AM;
- 7/1 Celebrating the Great American Songbook, 2PM
- 7/5 Dick Hyman and Ken Peplowski
- 7/7 An Osaka Tribute to Jimmy Smith
- 7/8 Tommy Igoe Groove Conspiracy
- 7/16 Wayne Wallace Quintet
- 7/19 Ruth Davies' Blues Night with Linda Tillery
- 7/23 Peter John Stoltzman and Friends
- 7/24 Natalie Cressman & Secret Garden / Sandy Cressman's Homage to Brazil
- 7/27 An Evening with Victor Lin
- 7/29 Ambrose Akinmusire Quartet
- 7/30 Taylor Eigsti Quartet
- 7/31 George Cables Trio
- 8/1 Guitar Night with Camila Meza and Charles Altura

JULY 3: **Open House - City of Palo Alto Municipal Services Center** from 10 AM - 2 PM, City of Palo Alto Municipal Services Center (MSC), 3201 East Bayshore Rd. This event showcases some of the "behind the scenes" work that they do for the Palo Alto community. Attendees will be able to enjoy free food, music, fun activities such as bean bag toilet toss, backhoe bowling, and take home educational give-a-ways including hula hoops made through plastic pipe fusion.

JULY 4: Annual **Chili Cook-off** at Mitchell Park from noon to 5 PM. Purchase a ticket online at [www.paloaltochilicookoff.com](http://www.paloaltochilicookoff.com). First 200 get water bottle or picnic mat.

JULY 8: **Customer Appreciation Day!** Visit the **Downtown Palo Alto Farmers' Market** for a chance to win free produce and market goodies! Drawings held at 8:30, 9:30, 10:30 & 11:30. See [www.pafarmersmarket.org](http://www.pafarmersmarket.org).

JULY 8: **CANOPY tree walk** meet at Junior Museum and Zoo at 10AM. FREE.

JULY 8: **Twilight Concert Series** 6:30-8 PM and FREE: 7/8: Caravanseri Cal Ave; 7/15 0 Anton Schwartz Rincondada Park; 7/29 Children's Concern at Mitchell Park

JULY 8/ 9: **Clay & Glass Festival** from 10 AM -5 PM. FREE. Featuring more than 135 clay and glass artists, hands-on clay activities, clay and glass demonstrations, and gourmet food and coffee. To learn more about this special event and becoming an Activist member, contact [rsvp@paacf.org](mailto:rsvp@paacf.org). [www.clayglassfestival.com](http://www.clayglassfestival.com)

JULY 11: At the Art Center: **Learn to Work with Acrylics**: Find out how to handle and control this marvelous medium with easy to follow step-by-step methods during our Understanding Acrylics class beginning July 11. Exciting breakthroughs with acrylic paint allow it to be handled more like traditional oil paint: slower drying time, buttery consistency, and smooth mix-ability. Class will cover staging your picture, color theory, design, materials, techniques, and tricks

JULY 11: At the JCC: **An Evening with Jonathan Safran Foer** from 7:30 - 9:00 PM. FEE: \$22 Ticket & book, \$15 ticket only, \$12 Mem & J-Pass. An evening with award-winning Jonathan Safran Foer, author of the novels "Everything Is Illuminated" and "Extremely Loud and Incredibly Close." He will discuss his new book, "Here I Am," about a family in a moment of crisis. As Jacob and Julia Bloch and their sons confront issues in their lives, a catastrophic earthquake sets in motion a quickly escalating conflict in the Middle East. At stake is the meaning of home and the question of how much aliveness one can bear. Highly anticipated, "Here I Am" is Safran Foer's most hard-hitting and grandly entertaining novel yet. Copies of "Here I Am" will be available for \$17 at the event. Ticket/book bundles are available in advance.

JULY 11: **Safe and Confident Bicycle Handling Skills** Lab (Hosted by Stanford Health Improvement Program) from 5:30 - 7:15 PM at 1070 Arastradero Road, Upper Parking lot. If you know how to balance and pedal but would like to improve your bicycle handling skills and confidence, perhaps to prepare for commuting or errand-running, this on-bike, off-street practice session is for you. Bring your working bicycle and bike helmet. Instructors: John Ciccarelli, League Cycling Instructor, and Jane Rosten, HIP Manager of Environmental Behavior Change. FEE \$35. [REGISTER HERE!](#)

JULY 13 start: **Music on the Plaza** . Lytton Plaza from 6-8 PM. FREE: 7/13 - Tinman; 7/20 - Groove Doctors; 7/27 - J C Smith Band; 8/3 - Pasto Seco; 8/10 - Long train Runnin" 8/17 - Pride & Joy

JULY 17 start: **Movie Nights** at 8 PM at Heritage Park; FREE. 7/17 -The Parent Trap; 7/22 - Jumanji; 8/5 - Willy Wonka and the Chocolate Factory

OCTOBER 9: **Moonlight Run** at Baylands. For more and to register [www.paloaltoonline.com/moonlight\\_run](http://www.paloaltoonline.com/moonlight_run)

## OLD

JULY 10- AUG 4: Stanford Course on Biomedical Research for High School students from 9-12 daily. For more, go to [www.explore.stanford.edu](http://www.explore.stanford.edu)

SEPTEMBER 3: Canary Challenge bike race for early detection of cancer. Register at [www.canarychallenge.org](http://www.canarychallenge.org)