

Talk of the Town



FIGHT THE FLAB! Stop by TITLE Boxing Club in Mountain View and learn about all the classes that can help you meet your fitness and weight-loss goals. TITLE Boxing Club is a nationwide business with a new gym in the Bay Area. They offer exciting group classes such as boxing, kickboxing, and power hour in addition to personal training sessions. You can burn up to 1,000 calories per hour while boosting your energy levels, confidence and kicking stress to the curb. If you missed the recent grand opening, be sure to check out the Facebook page at www.facebook.com/tbcmountainview and website at www.mountainview.titleboxingclub.com for more information.



FRESH AND GLOWING SKIN is within reach. Elizabeth at Rebeccana Day Spa in San Carlos can help you have beautiful, healthy skin. She offers a variety of treatments, including facials, peels, peel alternatives, lip enhancement and waxing. Rebeccana Day Spa is also a great place to host a spa party! Call (650) 226-3437 or visit www.rebeccanaspa.com. The spa is located at 1199A Laurel St.

THERE IS A SUMMER SALE EVENT going on this week at BK Collections in downtown Los Altos. Belinda has everything from jewelry, art and stationary plus fine gifts. From now until Sunday, you can enjoy 20% to 50% off items storewide, except antiques. BK Collections is the ideal place to find something unique on any budget, and Belinda is always more than happy to help you find just the right gift. Stop by 342 State St. in downtown Los Altos or call (650) 948-0198. While there, be sure to check out the Potted Plants and JadeCandy Jewelry.



DO YOU NEED LOVING CARE for an older person in your life? If so, call Duanni Hurd, CEO of StarLight Caregivers. StarLight Caregivers has a reputation for providing the highest quality of caregivers; only 5% of applicants pass the rigorous 12-step screening process. StarLight provides free in-home assessment interviews so they can understand client lifestyles and personalities, and then they match caregivers with comprehensive care plans. Multilingual caregivers cater to their diverse client base, too. A unique technology platform keeps the entire family informed and engaged, so no matter where family members live they can all stay abreast of their loved ones' daily activities. For a free in-home assessment, call (650) 600-8108.



MANY FOLKS SAY, "It's better to give than to receive," and several residents at Moldaw Residences believe that wholeheartedly. Helga Newman and Joyce Tavrow have been volunteering at the local Food Closet, a supplemental grocery program that serves hundreds of local residents in need. "We are always encouraged and inspired to see the residents here at Moldaw, like Helga and Joyce, dedicating their time to help others in the community at large," said Darren Trisel, interim executive director at Moldaw Residences. "It is a good reminder for all of us to seek opportunities to give back and use our personal time, talents and passions to make a positive difference in the world around us." Moldaw Residences is an innovative retirement community located next to the Oshman Family Jewish Community Center at 899 E. Charleston Road in Palo Alto. For more information about Moldaw Residences of Palo Alto, call (650) 433-3600.



YOU DON'T NEED A REASON to treat yourself to something special. The United Nations Gift Shop has just received an outstanding collection of handmade clutches, handbags and pillowcases. This new collection is handmade by more than 150 Mayan and Hmong women artisans in Guatemala, Mexico and Northern Thailand. The shop partners with artisans from around the world to provide traditional handcrafts that represent hope and sustainability. To see their collection of crafts, visit 552 Emerson St. in downtown Palo Alto or call (650) 326-3170. The United Nations Gift Shop is now open on Sunday.



KIDS PLAY GOLF FOR FREE during the month of August at the Palo Alto Golf Course. During Family Golf Month, golfers age 17 and under will be allowed to play free of charge when accompanied by a paying adult (one per adult only). Offer is valid seven days per week after 5 p.m. Be sure to stop in the Brad Lozares Golf Shop and take advantage of the 20% discount on all golf shoes in stock. The Palo Alto Golf Course is located at 875 Embarcadero Road. For more information, call (650) 856-0881 or visit bradlozaresgolfshop.com.

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