



# Sr. Twitters

A Monthly Publication of The Los Gatos-Saratoga 55 Plus Program

Enrichment • Innovation • Fun

## HAPPY HOLIDAYS!

The Los Gatos Adult Recreation center will be closed starting Friday, December 23rd @ 2PM and re-opening on Monday, January 9th. During this closure, our Wednesday game days will still continue, along with some special activities listed below!

### HOLIDAY DANCE FEATURING THE 10th AVENUE BAND!

Friday, December 2nd @ 7PM-9PM / \$5 Donation

Enjoy wonderful swing, jazz & big band sounds to jump start the holiday season. Desserts and beverages provided. No sign up required & all are welcomed! Sponsored by the Los Gatos Lions Club!

### HOLIDAY SING ALONG

Wednesday, December 21st, 12:30PM-3PM / Free

Meet in the Large Hall of the Adult Recreation Center for an old fashioned community sing along. Hot cider/cookies provided. Everyone welcome! Bring the grandkids! \*No RSVP required.

### PURPLE ONION CAFE LUNCH & SHOPPING

Tuesday, December 20th, 1:30PM-3:30PM

Meet at the Adult Recreation Center and walk to the Purple Onion Cafe (or meet us there) for an enjoyable lunch, followed by a stroll along downtown Los Gatos to enjoy the holiday ambiance. Pay for lunch on your own. \*Please RSVP by calling (408) 354-1514 no later than December 14th.

### BOCCE BALL

Tuesday, December 27th, 10AM-11:30AM

Meet at Campo Di Bocce in Los Gatos for a short lesson and a few games of bocce ball. Afterwards, enjoy lunch on your own. Cost is \$10 per person for bocce ball. \* Please RSVP by calling (408) 354-1514 no later than December 21st.

### AFTERNOON MOVIE

Thursday, December 29th, 1PM-4PM

Meet at Cinelux Plaza Theater in Campbell for an afternoon movie. Meet at 1pm and we will decide which movie(s) we wish to see. Cost is \$5 per person for the movie. \*Please RSVP by calling (408) 354-1514 no later than December 21st.

### LOS GATOS WINE TRAIL

Tuesday, January 3rd, 1PM-5PM

Meet at the Adult Recreation Center and caravan to the Los Gatos Wine Trail. We will stop at several wineries to enjoy wine tasting. Cost varies per winery, but expect to bring about \$20 cash for wine tasting fees. \* Please RSVP by calling (408) 354-1514 no later than December 21st.

### \*ALSO, DON'T FORGET TO SIGN UP FOR "BEATING THOSE HOLIDAY BLUES" WORKSHOP, TAKING PLACE ON THURSDAY, DECEMBER 1ST.

Times Offered Are: 9AM-11AM (Code # 2373.014) & 7PM-9PM (Code # 2373.024).

A humorous, down to earth workshop that will address the realities of the holidays and how to make the best of them. Call (408) 354-8700 to register. Cost is \$25.

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## Important Phone Numbers

▶ 55 Plus Program	(408) 354-1514
▶ Senior Supervisor	(408) 207-4916
▶ SJSU Health Place	(408) 924-6506
▶ Live Oak Nutrition	(408) 354-0707
▶ Council On Aging	(408) 350-3200
▶ Fax Line	(408) 354-7251
▶ Volunteer Opportunities	(408) 207-4914

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## Subscribe to the 55 Plus Newsletter!

*Your subscription will be valid for 12 months!*

To subscribe to the LGS Recreation 55 Plus Activity Newsletter, please return the form below with \$15 subscription fee to:

**55 Plus Program Donations**  
*(Attention: Stephanie Douglas)*  
**208 East Main Street**  
**Los Gatos, CA 95030**

Office only: date rec: \_\_\_\_\_ date input: \_\_\_\_\_

Your name: \_\_\_\_\_

Address: \_\_\_\_\_

Street

City

State

Zip

Phone

Cell

Payment type:  Cash  Check  Credit Card Enclosed Payment: \$ \_\_\_\_\_

*(Make checks payable to LGS Recreation) or Credit Card Payments must be ( Visa / Mastercard )*

Name on card: \_\_\_\_\_

Card number: \_\_\_\_\_ Exp.: \_\_\_\_\_

*Thank you for your support!*

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## DECEMBER EVENTS / ACTIVITIES

### **BEATING THE HOLIDAY BLUES**

**Wednesday, December 1st @ 9AM-11AM or 7-9PM**

Many people feel lonely, sad, anxious and depressed during the holidays. Don't let this holiday season give you or your loved ones the blues. Using humor, this workshop will address the many reasons why the holidays can get us feeling down and provide practical skills and tips to avoid the pitfalls of the holiday blues. To register, please call (408) 354-8700. Class # 2373.014 (morning) or Class # 2373.024 (evening).

### **HOLIDAY DANCE FEATURING THE 10th AVENUE BAND!**

**Friday, December 2nd @ 7PM-9PM**

**\$5 Donation**

Enjoy wonderful swing, jazz & big band sounds to jump start the holiday season. Desserts and beverages provided. No sign up required & all are welcomed! Sponsored by the Los Gatos Lions Club!

### **NATURAL BRIDGES & BUTTERFLY SANCTUARY**

**Monday, December 5th @ 10AM / \$12**

Meet at Loma Prieta Community Center at 10AM sharp and carpool to Santa Cruz for a guided tour beginning at 11AM. After our one-hour tour, we'll lunch together (beverages and dessert will be provided). Cost for this excursion is \$12. For more information, contact Lynnette Vega at (650) 747-0605 or email lahondalynnette@earthlink.net

### **FRIDAY CINEMA: EVERYBODY'S FINE**

**Friday, December 16th @ 1PM / Free**

Frank (Robert De Niro) just lost his wife, and without their mother by his side, Frank's grown children aren't compelled to visit for the holidays. So he hits the road to visit them -- collecting various revelations and learning about himself along the way.

### **MTN. PROGRAM HOLIDAY PARTY & GIFT EXCHANGE**

**MONDAY, DECEMBER 19TH**

**@ 10:15AM / FREE**

We'll meet at the Loma Prieta Community Center at 10:15 and carpool to "Hazlwood" and the home of Robert and Barbara Knipe, for a pre-holiday celebration potluck. The Knipes have transformed their property into an almost dream-like event center. For the potluck, plates, napkins, utensils, cups, drinks, and cold-cut platter will be provided. Participants are invited to bring either salad or dessert -- and a gift (no more than \$5) to exchange. For information or to make a reservation for the event, contact Lynnette Vega at (650) 747-0605 or email lahondalynnette@earthlink.net

### **HOLIDAY SING-ALONG**

**Wednesday, December 21st @ 12:30PM / Free**

Come join us for a holiday filled with love, friendship and music! Songbooks will be distributed and you can sing from your seat or steal the stage with a solo. Cookies, hot cider, coffee will be served! All are welcome (bring the grandkids!) and the best part it's FREE!

### **PURPLE ONION CAFE LUNCH & SHOPPING**

**Tuesday, December 20th, 1:30Pm-3:30Pm**

Meet at the Adult Recreation Center and walk to the Purple Onion Cafe (or meet us there) for an enjoyable lunch, followed by a stroll along downtown Los Gatos to enjoy the holiday ambiance. Pay for lunch on your own. \*Please RSVP by calling (408) 354-1514 no later than December 14th.

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## **BOCCE BALL**

**Tuesday, December 27th, 10AM-11:30AM**

Meet at Campo Di Bocce in Los Gatos for a short lesson and a few games of bocce ball. afterwards, enjoy lunch on your own. Cost is \$10 per person for bocce ball. \*Please RSVP by calling (408) 354-1514 no later than December 21st.

## **CLASSIC FILM: National Lampoons Christmas Vacation**

**Wednesday, December 28th @ 1PM / Free**

Deck the halls with boughs of laughter -- the Griswolds are back! Hapless Clark (Chevy Chase), exasperated Ellen and their changing kids gear up for Christmas in this Vacation installment that became a holiday classic. As usual, all the good intentions in the world can't save them from disaster.

## **AFTERNOON MOVIE**

**Thursday, December 29th, 1PM-4PM**

Meet at Cinelux Plaza Theater in Campbell for an afternoon movie. Meet at 1PM and we will decide which movie(s) we wish to see. Cost is \$5 per person for the movie. \*Please RSVP by calling (408) 354-1514 no later than December 21st.

## **LOS GATOS WINE TRAIL**

**Tuesday, January 3rd, 1PM-5PM**

Meet at the Adult Recreation Center and caravan to the Los Gatos Wine Trail. We will stop at several wineries to enjoy wine tasting. Cost varies per winery, but expect to bring about \$20 cash for wine tasting fees. \*Please RSVP by calling (408) 354-1514 no later than December 21st.



## **Seasons Greetings From LGS Recreation!**

At this time nearly every culture gathers around a celebration of lights, warmth, good will and new beginnings. The staff at LGS Recreation wish to extend to you our warmest wishes and heartfelt thanks for all you have done to support the 55 Plus Program. May you and your loved ones have a very joy filled, peaceful and enriching holiday season . . .and lots of fun too!

**See you in 2012!**



# Sr. Twitters



## December Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			<b>Thursday, December 1st</b> 8AM-10AM: Massage Therapy 9AM-11AM: Beating The Holiday Blues 9AM-12:15PM: Watercolor 10AM-11AM: Blood Pressure Screening 7PM-9PM: Beating The Holiday Blues (Eve) 7PM-9PM: American Sign Language	<b>Friday, December 2nd</b> 6:30AM-9AM: Brown Bag 9AM-Noon: ElderCare Resources 9AM-Noon: Art Workshop 9AM-Noon: Crafters Circle 2PM-4:30PM: Intro To Photoshop <b>7PM-9PM: Sr. Holiday Dance</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Monday, December 5th</b> 9AM-11AM: Drawing Design 10AM-Noon: Digital Photos 10AM-Noon: Mt. Area Program	<b>Tuesday, December 6th</b> 8:45AM-10:15AM: Yoga 9AM-11AM: Creative Memoir 9AM-Noon: Happy Hoofers 10AM-12:45PM: Line Dance	<b>Wednesday, December 7th</b> 9AM-Noon: Table Games Noon: Lunch 3PM-5PM: Single Again 7:30PM-9PM: Line Dance	<b>Thursday, December 8th</b> 10AM-11AM: Blood Pressure Screening 7PM-9PM: Sign Language	<b>Friday, December 9th</b> 6:30AM-9AM: Brown Bag 9AM-Noon: Art Workshop 9AM-Noon: Crafters Circle 2PM-4:30PM: Intro To Photoshop

More on Back

*See page 5 and 6 to learn more about the event scheduled for December.*

*For more information on our events and programs call (408) 354-1514.*



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Monday, December 12th</b> 10AM-Noon: Windows 10AM-Noon: HICAP 10AM-2PM: St. Mary's Bridge	<b>Tuesday, December 13th</b> 8:45AM-10:15AM: Yoga 9AM-Noon: Happy Hoofers 10AM-12:45PM: Line Dance	<b>Wednesday, December 14th</b> 9AM-Noon: Table Games Noon: Lunch 1PM-3PM: Single Again 7:30PM-9PM: Line Dance	<b>Thursday, December 15th</b> 10AM-11AM: Blood Pressure Screening 7PM-9PM: Sign Language	<b>Friday, December 16th</b> 6:30AM-9AM: Brown Bag 9AM-Noon: Art Workshop 9AM-Noon: Crafters Circle 1PM-3PM: Friday Cinema (Everybody's Fine)
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Monday, December 19th</b> 10AM-2PM: St. Mary's Bridge 10AM-Noon: Mt. Area Program Holiday Party	<b>Tuesday, December 20th</b> 8:45AM-10:15AM: Yoga 9AM-Noon: Happy Hoofers <b>1:30PM-3:30PM: Lunch at Purple Onion</b>	<b>Wednesday, December 21st</b> 9AM-Noon: Table Games Noon: Lunch <b>1PM-3PM: Holiday Sing Along</b>	<b>Thursday, December 22nd</b> 10AM-11AM: Blood Pressure Screening	<b>Friday, December 23rd</b> <b>BUILDING CLOSED @2PM</b> <b>WINTER HOLIDAY</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>Monday, December 26th</b> <b>BUILDING CLOSED-WINTER HOLIDAY</b>	<b>Tuesday, December 27th</b> <b>BUILDING CLOSED-WINTER HOLIDAY</b> * 10AM-11:30AM: Bocce Ball @ Campo Di Bocce	<b>Wednesday, December 28th</b> 9AM-Noon: Table Games Noon: Lunch 1PM-3PM: Classic Movie (National Lampoon Christmas)	<b>Thursday, December 29th</b> <b>BUILDING CLOSED</b> <b>-WINTER HOLIDAY</b> <b>* 1PM-4PM: Movie Trip @ Cinelux Theater in Campbell</b>	<b>Friday, December 30th</b> <b>BUILDING CLOSED</b> <b>-WINTER HOLIDAY</b>  <b>* ADULT RECREATION CENTER WILL BE CLOSED UNTIL MONDAY, JANUARY 9th.</b>



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## GROUP MEETING DATES

**Artist Connection** (bring a sample of your work)  
3PM /4th Wednesday of the month  
*Location:* Lounge, Adult Recreation Center

**Art Workshop** (*Watercolor, Acrylic & Oil Painting*)  
9-Noon / Every Friday (excluding Holidays)  
*Location:* Large Hall, Adult Recreation Center

**Crafter's Circle For Knitters & More**  
9-Noon / Every Friday (excluding Holidays)  
*Location:* Lounge, Adult Recreation Center

**Dinner Club** (*Dine Downtown*)  
5:30-7:30PM / 3rd Wednesday of the month.  
*Location:* TBD (Call Lynnette @ 408 207-4920)

**Friday Afternoon @ The Cinema**  
1PM/ Last Friday of every month  
*Location:* Lounge, Adult Recreation Center

**Classic Movies**  
1PM / Last Wednesday of the month  
*Location:* Lounge, Adult Recreation Center

**Ping Pong (Open Play)**  
7AM-4PM / Every Friday  
*Location:* Rm 5, Adult Recreation Center

**Happy Hoofers Walking Club**  
9:15-11:30AM / Every Tuesday.  
*Location:* Senior Office, Adult Recreation Center

**Poetry Los Gatos**  
6PM /4th Monday of the month  
*Location:* Room 2, Adult Recreation Center

**Reader's Theater:**  
2-4PM / 1st Wednesday  
*Location:* Lounge, Adult Recreation Center

**Single Again ... But Not By Choice:**  
3PM/ 2nd Wednesday of the month  
*Location:* Lounge, Adult Recreation Center

**St. Mary's Bridge Group**  
10AM-2PM / 2nd, 3rd & 4th Monday  
*Location:* Room 5, Adult Recreation Center

**Women Over Fifty**  
3PM-5PM / 3rd Sunday  
Contact Kathy Madden at (408) 629-2206  
for more info.

## SENIOR SERVICES


**Advance Health Care Directive Counseling**  
Call (408) 354-1514 for an appointment.

**Brown Bag Program (Second Harvest)**  
Fridays, 8AM-9AM at Large Hall, Adult Recreation Center.

**Health Insurance Counseling**  
Call (408) 354-1514 for an appointment.

**Income Tax Assistance (Feb-April)**  
Call (408) 354-1514 for an appointment.

**Notary Services (\$10 per signature)**  
Call (408) 207-4916 for an appointment.

**MASSAGE THERAPY**   
First Thursday of the month 8AM-10AM,  
by appointment only. Call (408) 297-3137  
for more information.

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# THE 2012 WINTER BROCHURE IS COMING!

Our Winter Brochure will be released the first week of December.  
Call (408) 354-8700 for more information or to register for classes.

## ART & DESIGN

Acrylic/Oil Painting  
Calligraphy  
Crochet  
Drawing By Design  
Drawing In The Evening  
Finding Your Style  
Hat Workshop  
Illustrated Watercolor Journaling  
Jewelry Repair Workshop  
Photography - Intro.  
Photoshop Tips & Tricks  
Photoshop & Elements  
Sewing Basics  
Silver Clay Jewelry  
Watercolor Mandalas  
Watercolor Painting During Day  
Watercolor Painting In Evening

## BUSINESS & COMPUTERS

Computers For Adults 55 Plus  
Elder Law Information Seminar  
Estate Planning, An Introduction  
EZ Hands-On Computers  
Financial Workshop for Women  
Financial Workshop: Women 55+  
Long Term Care Planning  
Mortgages

## CULINARY ARTS

Indian Cuisine  
Italian Cuisine - Cucina Regionale  
Italian Cuisine - Soup & Salad  
Italian Cuisine - Taste Of Tuscany  
TAPAS! Spices Of Spain  
Ultimate Chocolate Truffles

## DANCE & MUSIC

African Dance  
Ballet  
Ballroom  
Belly Dancing  
Classical Ballet  
Country Line Dance  
Irish Dance  
Ladies Latin Salsa  
Latin Dance  
LGS Big Band  
LGS Big Band Vocalist  
Rockin' Guitar Lessons  
Salsa Rueda  
Saratoga Community Band  
Tap Dance

## FITNESS

Aerobics-Low Impact  
Aikido Of Los Gatos  
Be Fit Boot Camps  
Core And Posture  
CrossFit Fundamentals  
Fat Loss Challenge  
Jazzercise  
Ladies Lean And Strong  
Mid-Life Fitness  
Pilates  
Pilates Mat  
Qigong  
Karate  
Sizzling Seniors  
Strength And Posture  
Tae Kwon Do  
Tai Chi Chuan  
Tai Chi for Life  
Thai Boxing  
Yoga  
Zumba

## HOME & GARDEN

Composting Workshop  
Gardening In Winter  
Interior Design  
Landscape Design  
Nursery Tour

## INDUSTRIAL TECHNOLOGY

Metal Shop  
TechShop  
Cutting & Etching

## LANGUAGES

Chinese  
English  
French  
Italian Book Club  
Italian  
Italian In The Evening  
Spanish  
Spanish Conversation

## NATURE TRIPS

Beach Hike  
Kayak To The Eagles  
Mission Peak Hike

## PERSONAL GROWTH

Chinese Herbs  
Creative Memoir  
Dating 101  
How To Prevent Diabetes  
Meditation Sampler  
Speed Dating  
Weight Loss  
Through Hypnosis

## POTPOURRI

Bridge  
CPR Heartsaver w/AED  
Divorce 101  
Dog Obedience  
Italian Card Games  
Mah Jongg  
Travel Tips  
Writing

## SPORTS

Badminton  
Basketball Drop-in  
Billiards  
Fencing  
Outdoor Rock Climbing  
Surf Clinic  
Tennis  
Volleyball Drop-in  
Wilderness Survival Skills

**And More...**

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# DAY TRIPS

Call (408) 354-1514 for more info or to SIGN UP!



## CALIFORNIA ACADEMY OF SCIENCE

THURSDAY, JANUARY 12, 2012 9:00AM-4:45PM \$52.00

The California Academy of Science in San Francisco is getting a winter makeover! The popular 'Tis the Season for Science exhibit returns with it the sights, sounds, and smells of the season. Experience indoor snow flurries, get up close and personal with live reindeer, and immerse yourself in a snow-themed mini-dome show. In addition, daily programs and real scientific specimens will reveal how some of our most beloved holiday symbols and traditions are connected to the natural world. Bring your own lunch or eat at the Moss Room restaurant or Academy Café. Level: 3 Maximum Activity

## MONTEREY BAY AQUARIUM

FRIDAY, FEBRUARY 10, 2012 8:45AM-5:30PM \$74.00

What does it take to run a world-class aquarium? Unlock the secrets with this special insider's tour and follow our guides through staff-only doors. You'll learn about exciting research projects we're conducting and how we prepare food for over 10,000 animals. You'll also get a glimpse of our exhibits—from the other side of the window! Lunch on your own at the Aquarium or venture out along Cannery Row. Level: 3 Maximum Activity

## THE MARVELOUS WONDERETTES

SUNDAY, FEBRUARY 19, 2012 10:00AM – 6:00PM \$89.00

Enjoy an irresistible musical comedy performance of The Marvelous Wonderettes at the Coastal Rep Theatre in Half Moon Bay. We meet four girls with hopes and dreams as big as their crinoline skirts. They perform renditions of the classic 50's songs including Mr. Sandman, Lollipop, and Sugartime. Before the show, have a hosted lunch at the Half Moon Bay Brewing Company. Lunch choices include crab & shrimp, chicken or tri-trip half sandwiches with soup or salad. Level 2: Moderate Activity

## MYSTERY TRIP

SATURDAY, MARCH 3, 2012 8:15AM-4:15PM \$54.00

Where?, What?, How? Calling all those who are daring to join us on a mysterious adventure into parts unknown. The only clues to the secrets of the day are: 1) a unique site that tells the story of California from its earliest human history 2) a top notch buffet lunch that's sure to please your pallet 3) a tour of colors, intriguing new shapes, and smells. The only way to find out where we are going is by joining in the fun. Level: 2 Moderate Activity

## A TALE OF TWO NEIGHBORHOODS

TUESDAY, APRIL 3, 2012 8:00AM-4:30PM \$83.00

Get to know about two unique neighborhoods in the San Francisco area with our step-on guide, Gary Holloway. Our first stop will be time on your own at the SF Zoo. Next will be a hosted lunch at Joe's of Westlake that includes a choice of Filet of Sole, Chicken Scaloppini or Roast Beef. After lunch we will drive through the neighborhoods of Lake Merced and Daly City viewing local landmarks. Level: 2 Moderate Activity





**LGS Recreation  
55 Plus Program**  
208 East Main Street  
Los Gatos, CA 95030

[www.lgsrecreation.org](http://www.lgsrecreation.org)



*December Calendar  
See Page 5 & 6*



## WE NEED YOUR SUPPORT!

LGS Recreation 55 Plus Program relies heavily on your support to continue our mission of providing innovative, progressive and essential programs to our older adult community. Please fill out the form below and return your tax deductible donations to:

**55 Plus Program Donations**  
208 East Main Street, Los Gatos, CA 95030

### Donation Form:

Your Name: \_\_\_\_\_

Your Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Payment Type:  Cash  Check  Credit Card    Donation: \$ \_\_\_\_\_

(Make checks payable to LGS Recreation) or *Credit Card Payments* ( Visa / Mastercard )

Name On Card: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

## Can't find it?

Check out [www.lgsrecreation.org](http://www.lgsrecreation.org) or our quarterly recreation brochure for more programs, events and services!

*Brochures are available at our site:*  
208 East Main Street,  
Los Gatos, CA 95030