

THE PRINT



WE ASKED:
 What programs
 would you like
 to see added to
 55+ Membership
 Program?

Resources for in home care
 Intergenerational Programs
 Fitness for folks with mobility issues
 Social Clubs
 Genealogy
 Bring Back Movies
 Day Trips
 Book Club
 Podiatrist
 Yoga/ Meditation
 Spanish Lesson
 Chess
 Country Line Dancing
Fitness Classes
 English Second Language Group
 Canasta
 Seniors Help Seniors Volunteers
 Counselling
 Poker without Money
 Bocce Ball
 Programs that aren't "old people stuff"
 Medical Classes/ Presentations
 Art and World History

FEBRUARY FOCUS: FITNESS!

Fitness classes and counseling were highlighted as a need from last month's survey results, and I am happy to share these will be available! We will have an Indoor Lawn Games Social from 2pm-4pm in the Large Hall on Friday February 4th and Wednesday February 23rd. Throughout the month many of our fee-based instructors will be offering FREE DEMO classes to 55+ members. Additionally, our Happy Hoofers Walking group meets in the lounge or outside in the parking lot every Tuesday at 9:15am.

We've also added a support group program, facilitated by Janeen Pratt, that will meet on the first Thursday of every month from 11am-12pm. Private counseling will also be available by appointment.

Thank you to everyone who completed the Interest survey in January. Your input will help guide our efforts to rebuild a robust 55 plus program. I am still collecting results through February so please complete a paper copy at the ARC or online at <https://bit.ly/3Hh2cft>

Looking forward to seeing you this month! Find me at the Adult Recreation Center M-F, 9am-12pm or by phone the 55+ Office at 408.354.1514.

Sincerely,

Lisanne Kennedy (Recreation Coordinator)



Monday – Friday
 Office Hours: 9:00AM – 12:00PM
 208 E. Main Street, Los Gatos, CA 95030

408.354.1514
55plus@lgsrecreation.org
www.LGSRecreation.org

February

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Happy Hoofers Walking Group (Lounge) 9:15AM-11AM Mah Jongg (Rm 5) 10:00AM-2:00PM Pinochle (Rm 5) 1:00PM-4:30PM Santa Clara Fire - Crime Prevention and Home Fire Safety (Lounge or Virtual) 4:00PM-5:30PM	Game Day (Large Hall) 9:00AM-12:00PM	NEW Primer Timer's Support Group (Lounge) 10:30AM-11:30AM NEW 1:1 Counseling with Janeen by Appt. (Rm 2) 11:30AM-12:00PM FREE DEMO Body Conditioning with Marian 1:00PM-2:00PM Current Event Group 1:30PM-3:00PM Pinochle (Rm 5) 1:00PM-4:30PM	Artist Workshop (Hall) 9:00AM-12:00PM Needle Craft Corner (Lounge) 9:00AM-11:30AM SPECIAL EVENT Indoor Lawn Games Social (Large Hall) 2:00PM-4:00PM
7	8	9	10	11
Democracy Tent (Zoom ☒) 10:30AM-12:00PM Our Democracy in Peril (Rm 3) 1:30PM-3:00PM AARP Tax Aide by Appt. 9:00AM-3:00PM	Happy Hoofers Walking Group (Lounge) 9:15AM-11AM Mah Jongg (Rm 5) 10:00AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM Yoga for U 1:00PM-2:00PM	Game Day (Large Hall) 9:00AM-12:00PM Women's Artist Connection (Rm 3) 10:00AM-12:00PM Ping Pong (Rm 5) 10:30AM-12:00PM Single Again (Lounge) 12:30PM-2:30PM	Armchair Travel: Zambia (Lounge) 10:00AM-11:30AM Pinochle (Rm 5) 1:00PM-4:30PM Current Event Group (Lounge) 1:30PM-3:00PM	Artist Workshop (Hall) 9:00AM-12:00PM Needle Craft Corner (Lounge) 9:00AM-11:30AM Ping Pong (Rm 5) 10:30AM-12:00PM FREE DEMO Mindful Yin Yoga with Makiko 1:00PM-2:00PM
14	15	16	17	18
Democracy Tent (Zoom ☒) 10:30AM-12:00PM Our Democracy in Peril (Rm 3) 1:30PM-3:00PM AARP Tax Aide by Appt. 9:00AM-3:00PM	Happy Hoofers Walking Group (Lounge) 9:15AM-11AM Mah Jongg (Rm 5) 10:00AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM Yoga for U 1:00PM-2:00PM	Game Day (Large Hall) 9:00AM-12:00PM Ping Pong (Rm 5) 10:30AM-12:00PM Jeopardy (Lounge) 12:30PM-1:30PM	Current Event Group 1:30PM-3:00PM FREE DEMO Chair Yoga with Angela 1:00PM-2:00PM Pinochle (Rm 5) 1:00PM-4:30PM Tech with Teens (Large Hall) 3:00PM-4:00PM	Artist Workshop (Hall) 9:00AM-12:00PM Needle Craft Corner (Lounge) 9:00AM-11:30AM Ping Pong (Rm 5) 10:30AM-12:00PM
21	22	23	24	25
HOLIDAY CLOSURE	HICAP by Appt. 9:00AM-1:00PM Happy Hoofers Walking Group (Lounge) 9:15AM-11AM Mah Jongg (Rm 5) 10:00AM-12:30PM Book Club (Rm 3) 12:00PM-1:30PM Pinochle (Rm 5) 1:00PM-4:30PM Yoga for U 1:00PM-2:00PM	Game Day (Large Hall) 9:00AM-12:00PM SPECIAL EVENT Indoor Lawn Games Social (Large Hall) 2:00PM-4:00PM	Armchair Travel: Zambia (Lounge) 10:00AM-11:00AM Pinochle (Rm 5) 1:00PM-4:30PM Town Covid Testing by Appt 9:30AM-4:00PM	HOLIDAY CLOSURE

28
Democracy Tent (Zoom ☒) 10:30AM-12:00PM Our Democracy in Peril (Rm 3) 1:30PM-3:00PM AARP Tax Aide by Appt. 9:00AM-3:00PM



Sunday Swim

\$5 Senior Special for 55+ Members
 Sunday February 27th 11:15am-12:15pm
 Shallow End and Lanes 6-8 Reserved (Lane may be shared with another swimmer)
 Register with Lisanne by calling the 55+ Office 408.354.1514 or email 55plus@lgsrecreation.org
 The LGHS pool is heated to 81 degrees and LGS Aquatics offers Regular Lap Swim and Saturday Aqua Fit Classes

Group Descriptions

- **NEW Armchair Traveler** - Join Lisanne in the lounge each month to travel to a new destination. This month we travel to Zambia!
- **Art History Group** -Will return in March!
- **Artist Workshop** – Improve watercolor, acrylic, and oil painting techniques in a friendly, welcoming atmosphere. No formal instruction and all levels are welcome.
- **Book Club** - February book of the month is a historical fiction about the Spanish inquisition “The Last Jew” by Noah Gordon (348 pages). For more information call Linda 408-442-2994 or email lindaadams548@gmail.com
- **Needle Craft Corner** - Join other knitters, crocheters, cross-stitchers or hand-crafted project enthusiasts.
- **Democracy in Peril** -Take some. Leave some. Share some of what you take. That is capitalism. What say you?
- **Democracy Tent** - Nonpartisan. Discuss the most pressing issues in Los Gatos in an open environment to prompt understanding and change. Facilitators provide topics for discussion but are open to suggestions. For Zoom access and topics visit the bit.ly/32MyTmx
- **Happy Hoofers Walking Group** - Get Moving! Walk to local areas at your own pace as you socialize and explore Los Gatos.
- **NEW Jeopardy** - Join Lisanne in the lounge for some fun trivia or to learn something new.
- **Mah Jongg** – Come join our friendly group of American Mah Jongg players. No formal instruction and all levels are welcome. Looking for new players to join the group.
- **Pinochle** - Double Deck Pinochle. Experienced players only, no instruction.
- **Prime Timers’ Life Group:** Inviting you all to a warm and welcoming open forum support group. This pandemic has been a difficult and isolating time, we want to reconnect our community. Confidential support group meeting from 10:30am-11:30am first Thursday of each month. Private 1:1 session also available, either in person or by phone, by appointment through the 55+ Office. Facilitated by Janeen Pratt, GCM.
- **Reader’s Theater** – Will return this March!
- **Single Again... But Not By Choice** – For women who are widowed. Meet others who will understand and provide support in dealing with this life-changing transition.
- **Tech with Teens** - Join us on the 3rd Thursday of each month. Local High School volunteers are available to assist you with tech support. Whether you’d like to know how to send an email, work a new app, edit a photo, or any other tech question, they are here to help. Program includes both content presentations and an open forum.
- **Town of Los Gatos–COVID-19 Testing** – February 24th from 9:30am-4pm. Appointment required bit.ly/3qQ68ND.
- **Wednesday Game Day** - Bridge, Canasta, Chess, Scrabble, and everything in between! Come join our friendly group. To reserve your spot, please contact Lynnette 650.747.0605 or lahondalynnette@earthlink.net.
- **Women’s Artist Connection** – Share examples of your artwork in a friendly and non-judgmental atmosphere. Please bring 2 examples of your artwork (painting, drawing, collage, photography, poetry, etc.)
- **NEW Yoga for U** – Join our newest volunteer Prabha for a gentle class that will focus on stretching, breathing, and meditation. Mat optional and dress comfortable!
- **Special Event Indoor Lawn Games Social** - Shuffleboard, cornhole, ladder golf, lots of fun, and light refreshments.

Featured Fee-Based Programs



Adult Golf at Deep Cliff Golf Course

*Also an option for Women's Golf

All classes meet and play at Deep Cliff Golf Course, 10700 Clubhouse Lane. Cost: \$180 for 4 classes – New sessions starting in March and April! Acquire the basics of golf or improve your present skills. This class emphasizes understanding and building skill in the four basic swings of golf: putting, chipping, sand shots, & full swing.

Body Conditioning

Try a **FREE DEMO** of this class on Thursday 2/3 @ 1pm (Large Hall) Instructor Marian - \$69 for 8 classes
Gain strength, balance, flexibility, stamina with exercises that are safe, effective, and FUN. Modifications can be made to accommodate injuries and other movement limitations. Special emphasis is placed on good alignment for more ease of movement in class and in life! Please bring a mat or towel, weights, resistance bands (tube/w handles and flat), and water to class. If you do not have these materials, please still come enjoy the class.



Chair Yoga

55+ Members try a **FREE DEMO** of this class on Thursday 2/17 @ 1pm (Large Hall) Instructor Angela- \$65 for 6 classes This class is perfect for participants who feel that traditional (mat) yoga is uncomfortable or unavailable. Boost energy, reduce stress, and improve flexibility through gentle yoga poses practiced while seated in a chair or standing using a chair as support.



Country & Western Line Dancing

Instructor Mandy - \$80 for 5 classes

Description: Discover the enjoyment of country line dancing! Increase your stamina with these easy dances, no partner required. Beginner and intermediate classes available.

More Fee Based Dance Classes Include:
Hula, Latin, and Ballet!



Mindful Yin Yoga

Try a **FREE DEMO** of this class on Friday 2/11 @ 1pm (Large Hall) Instructor: Makiko \$101 for 8 classes

Yin Yoga is a slow-paced and passive practice. Complements all forms of exercise by helping to improve mobility and flexibility in joints and prevent injury. Also, a meditative practice, allowing participants to truly rest and nurture qualities like stillness, calmness, and mindfulness. No prior yoga experience required. Please bring a mat or towel.



Featured Fee-Based Programs

Pickleball Membership

LGS Recreation 55+ Members receive a \$10 discount off the yearly pickleball membership. Membership includes access to Pickleball courts and equipment, clinics, open play, and the opportunity to build community and social connections. New to pickleball? Clinics for beginners are available as well!



Senior Self Defense

Instructor Clay - \$120 for 6 classes.

New session starting February 7th. Learn to stay safe with our Senior Self-Defense empowerment workshop. This workshop will include hands-on responses to real-life situations. The workshop will include basic self-defense and the use of the Cain self-defense techniques.



Tai Chi for Life

Beginner- Instructor Linda - \$125 for 10 classes
Learn new ways to RELAX, REVITALIZE, and HAVE FUN. Tai Chi is flowing, gentle, and slow movement. It helps with balance, strength, and mental focus. Dress comfortably.



Yoga for Students

Over 50 w/ Dr. Bortz - Instructor Dr. Bortz - \$130 for 8 classes. This fun class, taught by a medical doctor, is designed for students over age 50 who might be intimidated by or unable to do a standard yoga class. Currently there are students from their 50's to their mid 80's in the class with varying levels of fitness. You do need to be able to get up from the floor unassisted.



Santa Clara County Fire Crime Prevention and Home Fire Safety Presentation

(Virtual ☐ & Played in-person in Lounge)

Tuesday, February 1st 4:00PM-5:30PM

Protect against fraud and identity theft. Discuss personal safety and home security protection methods. Identify suspicious activity and know when to report it. Understand fire risks and practice safety habits to prevent fires.

Develop a home escape plan. *Instructors: Law Enforcement & Fire Dept.*

This event will also be shown in the lounge for those of you that cannot access it from home.

Register to attend the virtual presentation from your home bit.ly/3HwTeLd

Monthly-Quiz & Puzzles

That's So "Sweet"

Use the clues to reveal words that rhyme with *sweet*.

- Red vegetable _____
- Bird sound _____
- Uncluttered _____
- Warmth _____
- Pedicure targets _____
- Break the rules _____
- Halloween choice _____
- Easy _____
- Protein source _____
- Welcome at the door _____
- Group of ships _____
- Winter precipitation _____
- Kind of flour _____
- Sports-shoe feature _____
- Kilt crease _____
- One piece of paper _____
- Trapshooting game _____
- Tuckered out _____



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What Comes Next?

Can you figure out the letter or number patterns and determine what comes next?

- 475, 465, 454, 446, 439, _____
- A, C, E, G, I, _____
- 15, 20, 25, 30, 35, _____
- B, E, H, K, N, _____
- 15, 45, 135, 405, _____
- CBA, FED, IHG, LKJ, _____
- 132, 121, 110, 99, _____
- A, Z, B, Y, C, _____
- 37, 39, 38, 40, 39, _____
- C, F, H, K, M, _____
- 18, 20, 24, 30, 38, _____
- BC, EF, HI, KL, _____



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Valentine's Day Search and Solve

Find each of the items from the categories listed below. Search vertically, horizontally, diagonally, forward, and backward.

N	B	C	N	Y	T	W	U	S	Z	A	B
O	V	R	L	O	I	T	S	Z	B	R	I
I	Y	I	O	N	I	E	C	P	F	R	E
T	L	B	G	O	N	T	D	C	J	O	N
A	X	S	A	D	C	F	A	X	U	W	E
N	I	F	N	B	N	H	P	R	H	M	C
R	K	O	D	E	V	O	T	I	O	N	K
A	F	S	G	N	I	R	R	A	E	D	L
C	B	R	A	C	E	L	E	T	V	E	A
T	N	E	M	R	A	E	D	N	E	S	C
Y	T	P	I	L	U	T	B	O	W	O	E
K	S	Z	T	C	Y	P	I	R	P	R	X



Find four words that are synonymous with *love*.

Find four things associated with Cupid.

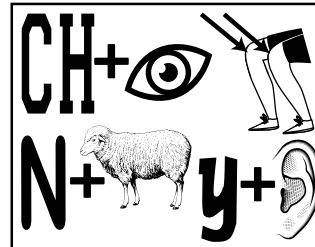
Find four types of flowers.

Find four types of jewelry.

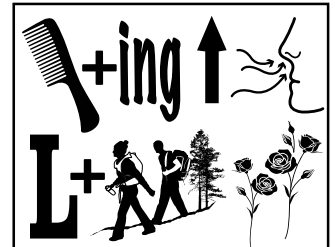
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Concentration Puzzles

Use the visual clues in the puzzle to figure out what it says.



Puzzle #1



Puzzle #2



Puzzle #3



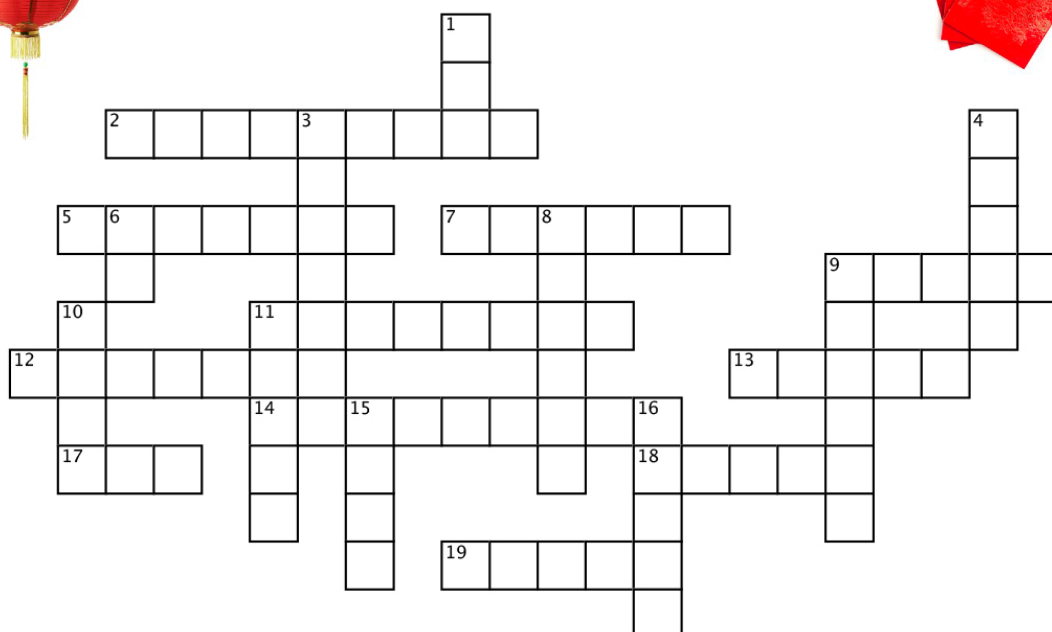
Puzzle #4

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Monthly-Quiz & Puzzles

Happy Chinese New Year

Use the clues to fill in the crossword.



Happy Chinese New Year

(clues)

ACROSS

2. Savory balls of dough
5. Luck or riches
7. Group of 12 signs
9. Red packet contents
11. Cultural event
12. Male chicken
13. Pertaining to the moon
14. Forefathers
17. Rodent
18. Stallion
19. Serpent

DOWN

1. Canine
3. Portable lamp
4. Striped cat
6. Beast of burden
8. Mythical beast
9. Primate
10. Wild hog
11. Lavish meal
15. Baked dessert
16. Woolly mammal

More Activities from Home:

2022 is the Year of the Tiger! For more information on Chinese New Year visit: <https://chinesenewyear.net>

February is Black History Month. Check out these Ted Talks to Celebrate Black History Month:
<https://bit.ly/3s5V0gl>

Attend an AARP Senior Planet Class on Zoom by clicking the link:
Friday January 28th 12pm-1pm Finding Purpose, Wellness, and Community After 60 <https://bit.ly/3rdQX2n>



55 Plus Programs

Become A 55 Plus Program Member
(\$25 Annual Fee)

55 Plus Program Facilitators

Are you interested in starting a new club or group at the Adult Recreation Center? Contact Recreation Coordinator Lisanne Kennedy if you are interested or have a recommendation.

Great Getaway Adult Day Trips

- Pick up for all trips now available for both Los Gatos and Saratoga locations.
- Adult Recreation Center
208 E Main St, Los Gatos, CA 95030
- Joan Pisani Community Center
19655 Allendale Avenue, Saratoga, CA 95070
- Check back for new trips beginning Spring 2022!
- Extended Trips with Talbot Tours
Overnight and international tours and cruises available in partnership with Talbot Tours. Guaranteed departure and home pick up. Call 408.354.1514 for more information or stop by the 55 Plus office for a detailed flyer.
- Do you have a trip you'd like to see?
Contact 55plus@lgsrecreation.org - your Great Getaways feedback is appreciated!

Free or Low Cost Services

Our staff are available to assist you with registering for trips or other fee-based classes, scheduling appointments with service providers, and providing basic referrals to services.

- **AARP Income Tax Aide** – are available every Monday at the ARC from February 7 through April 18. Call 408.354.1514 to schedule an appointment.
- **AARP Mature Driver Classes** – Information will be available in future publication. Contact 408.354.1514 for info.
- **Brown Bag Program (Second Harvest)** – Call Second Harvest at 1.800.984.3663 for application.
- **Health Insurance Counseling & Advocacy Program (HICAP/SOURCEWISE)** – In person appointments are back! Please call Senior Office 408-354-1514 to book an appointment. Appointments are available at 9am, 10:15am and 11:30am. Phone/Virtual appointments are also still available through Sourcewise by calling 408-350-3200 and select option 2. bit.ly/31nhdx
- **Live Oak Nutrition** - Meal service at Los Gatos Methodist Church. Call 408.354.0707 for details.
- **Senior Adults Legal Assistance for Adults (SALA)** – Virtual/phone appointments currently available. Call 408.295.5991 for details.

Volunteer Opportunities

Do you play cribbage, chess, or hand & foot canasta?

Please contact Lisanne Kennedy 408.354.1514



*"Building a healthy community
through enrichment,
innovation and fun!"*