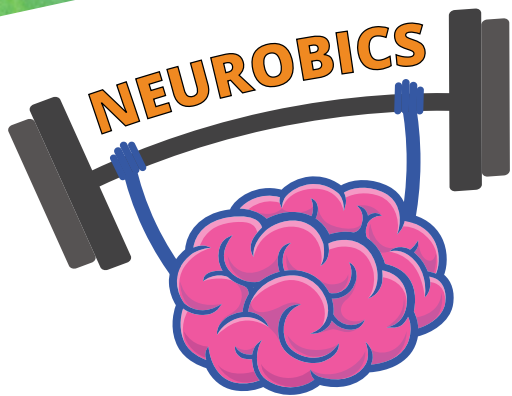


# THE PRINT



Puzzles, Puzzles, Puzzles-  
we've got puzzles galore,  
like Word Searches,  
Crosswords, Sudokus, and  
so much more.  
And for an added plus, as  
you solve them one by one,  
you'll give your brain a  
workout while you're  
having fun.

## MARCH FEATURE:

March is here and we have a fun challenge planned for 55 Plus Members. This month we will have a new puzzle for each day in March! Pick up your puzzle pack from the 55 Plus Office to earn your first raffle ticket. Show us your completed puzzle pack by March 30<sup>th</sup> for ten more raffle entries! Three lucky winners will be announced in April. This month we also have a new program starting with West Valley College. Sign up with the 55 Plus Office for Art and Music Appreciation happening Wednesdays 12:00PM-2:00PM.

In February our focus at the 55 Plus Office was fitness! We would like to extend a big thank you to our instructors Angela, Makiko, and Marian who offered free demo days in February and to the 55 Plus members that participated in these classes. If you would like to continue to focus on fitness in March sign up for Stay Fit on Wednesdays and Fridays and with experienced personal trainer Mary Ann Smith or try Gentle Chair Yoga with volunteer Prabha on Tuesdays.

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

# March

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<b>NEUROBICS CHALLENGE KICKOFF!</b> Pick up your puzzle pack at the Adult Rec. Center	<b>Happy Hoofers Walking Group (Lounge)</b> 9:15AM-11:00AM <b>Mah Jongg (Rm 5)</b> 10:00AM-2:00PM <b>Pinochle (Rm 5)</b> 1:00PM-4:30PM <b>Gentle Chair Yoga for U (Hall)</b> 1:00PM-2:00PM	<b>Game Day (Large Hall)</b> 9:00AM-12:00PM <b>NEW Stay Fit (Large Hall)</b> 1:00PM-2:00PM	<b>NEW Primer Timer's Support Group (Lounge)</b> 10:30AM-11:30AM <b>NEW 1:1 Counseling with Janeen by Appt. (Rm 2)</b> 11:30AM-12:00PM <b>Pinochle &amp; Hearts (Rm 5)</b> 1:00PM-4:30PM <b>Current Event Group (Lounge)</b> 1:30PM-3:00PM	<b>Artist Workshop (Hall)</b> 9:00AM-12:00PM <b>Needle Craft Corner (Lounge)</b> 9:00AM-11:30AM <b>Ping Pong (Rm 5)</b> 10:30AM-12:00PM <b>NEW Stay Fit (Large Hall)</b> 1:00PM-2:00PM
	7	8	9	10
<b>Learn To Play: Mah Jongg #3 by appt. (Rm 5)</b> 10:00am-12:00pm <b>Democracy Tent (Zoom ☒)</b> 10:30AM-12:00PM <b>Our Democracy in Peril (Rm 3)</b> 1:30PM-3:00PM <b>Blair Ranch Virtual Wildlife Tour BAOA (Lounge or Virtual)</b> 1:00pm-2:00pm <b>AARP Tax Aide by Appt.</b> 9:00AM-3:00PM	<b>Happy Hoofers Walking Group (Lounge)</b> 9:15AM-11AM <b>Mah Jongg (Rm 5)</b> 10:00AM-12:30PM <b>Pinochle (Rm 5)</b> 1:00PM-4:30PM <b>Gentle Chair Yoga w/ Meditation Guest (Hall)</b> 1:00PM-2:00PM	<b>Game Day (Large Hall)</b> 9:00AM-12:00PM <b>Women's Artist Connection (Rm 3)</b> 10:00AM-12:00PM <b>Single Again (Lounge)</b> 12:30PM-2:30PM <b>NEW Stay Fit (Large Hall)</b> 1:00PM-2:00PM	<b>NEW Jeopardy (Lounge)</b> 10:00AM-11:00AM <b>NEW SJSU Student Nurses Health Check Drop In (Room 3)</b> 10:30AM-1:00PM <b>Pinochle &amp; Hearts (Rm 5)</b> 1:00PM-4:30PM <b>Current Event Group (Lounge)</b> 1:30PM-3:00PM	<b>Artist Workshop (YRC Room B)</b> 9:00AM-12:00PM <b>Needle Craft Corner (Lounge)</b> 9:00AM-11:30AM <b>Ping Pong (Rm 5)</b> 10:30AM-12:00PM <b>NEW Stay Fit (Large Hall)</b> 1:00PM-2:00PM
14	15	16	17	18
<b>Learn To Play: Mah Jongg #4 by appt. (Rm 5)</b> 10:00am-12:00pm <b>Democracy Tent (Zoom ☒)</b> 10:30AM-12:00PM <b>Our Democracy in Peril (Rm 3)</b> 1:30PM-3:00PM <b>AARP Tax Aide by Appt.</b> 9:00AM-3:00PM	<b>Happy Hoofers Walking Group (Lounge)</b> 9:15AM-11AM <b>Mah Jongg (Rm 5)</b> 10:00AM-12:30PM <b>Pinochle (Rm 5)</b> 1:00PM-4:30PM <b>Gentle Chair Yoga for U (Hall)</b> 1:00PM-2:00PM	<b>Game Day (Large Hall)</b> 9:00AM-12:00PM <b>SPECIAL EVENT Los Gatos Library Meet &amp; Greet Presentation (Large Hall) 12:30pm-1:30pm</b> <b>NEW Stay Fit (Large Hall)</b> 1:00PM-2:00PM	<b>NEW SJSU Student Nurses Health Check Drop In (Rm 3)</b> 10:30am-1:00pm <b>Pinochle &amp; Hearts (Rm 5)</b> 1:00PM-4:30PM <b>Current Event Group (Lounge)</b> 1:30PM-3:00PM <b>NEW Tech with Teens (Large Hall) 3:00PM-4:00PM</b>	<b>Artist Workshop (Hall)</b> 9:00AM-12:00PM <b>Needle Craft Corner (Lounge)</b> 9:00AM-11:30AM <b>Ping Pong (Rm 5)</b> 10:30AM-12:00PM <b>NEW Stay Fit (Large Hall)</b> 1:00PM-2:00PM
21	22	23	24	25
<b>St. Mary's Bridge (Rm 5)</b> 10:00am-12:15pm <b>Democracy Tent (Zoom ☒)</b> 10:30AM-12:00PM <b>Our Democracy in Peril (Rm 3)</b> 1:30PM-3:00PM <b>AARP Tax Aide by Appt.</b> 9:00AM-3:00PM	<b>Happy Hoofers Walking Group (Lounge)</b> 9:15AM-11AM <b>Mah Jongg (Rm 5)</b> 10:00AM-12:30PM <b>NEW Book Club (Rm 3)</b> 12:00PM-1:30PM <b>Pinochle (Rm 5)</b> 1:00PM-4:30PM <b>Gentle Chair Yoga for U (Hall)</b> 1:00PM-2:00PM	<b>Game Day (Large Hall)</b> 9:00AM-12:00PM <b>HICAP by Appt.</b> 10:00AM-12:30PM <b>SPECIAL EVENT Los Gatos Senior Services Committee Workshop (Large Hall)</b> 12:15PM-1:15PM <b>NEW Art and Music Appreciation</b> 12:00PM-2:00PM <b>NEW Stay Fit (Large Hall)</b> 1:15PM-2:15PM <b>Fall Prevention Virtual Class from SCC Fire (Lounge or Zoom ☒) 4:00PM-5:00PM</b>	<b>NEW Armchair Travel: Red Sea (Lounge)</b> 10:00AM-11:00AM <b>NEW SJSU Student Nurses Health Check Drop In (Rm 3)</b> 10:30am-1:00pm <b>Pinochle &amp; Hearts (Rm 5)</b> 1:00PM-4:30PM <b>Current Event Group (Lounge)</b> 1:30PM-3:00PM	<b>Artist Workshop (Hall)</b> 9:00AM-12:00PM <b>Needle Craft Corner (Lounge)</b> 9:00AM-11:30AM <b>Ping Pong (Rm 5)</b> 10:30AM-12:00PM <b>NEW Stay Fit (Large Hall)</b> 1:00PM-2:00PM
28	29	30	31	
<b>St. Mary's Bridge (Rm 5)</b> 10:00am-12:15pm <b>Democracy Tent (Zoom ☒)</b> 10:30AM-12:00PM <b>Our Democracy in Peril (Rm 3)</b> 1:30PM-3:00PM <b>AARP Tax Aide by Appt.</b> 9:00AM-3:00PM	<b>Happy Hoofers Walking Group (Lounge)</b> 9:15AM-11AM <b>Mah Jongg (Rm 5)</b> 10:00AM-12:30PM <b>Pinochle (Rm 5)</b> 1:00PM-4:30PM <b>Gentle Chair Yoga for U (Hall)</b> 1:00PM-2:00PM	<b>Game Day (Large Hall)</b> 9:00AM-12:00PM <b>NEW Stay Fit (Large Hall)</b> 1:00PM-2:00PM <b>Indoor Lawn Games (Large Hall)</b> 2:15PM-3:15PM	<b>Town Covid Testing by Appt.</b> 9:30AM-3:00PM <b>NEW SJSU Student Nurses Health Check Drop In (Rm 3)</b> 10:30am-1:00pm <b>Pinochle &amp; Hearts (Rm 5)</b> 1:00PM-4:30PM <b>Current Event Group (Lounge)</b> 1:30PM-3:00PM	

## 55 Plus Senior Swim 5\$

Sunday, March 27<sup>th</sup> 11:15AM-12:15PM

Shallow End and Lanes 6-8 Reserved

Sign up required. Call the 55 Plus Office 408.354.1514 or email [55plus@lgsrecreation.org](mailto:55plus@lgsrecreation.org)

# Group Descriptions

- **NEW Art and Music Appreciation** – This will be a highly interactive class to explore interesting artists and musicians who have made an impact in the Arts. The instructor will also lead the class in group singing and guitar jams covering well-known folk and popular songs from 1800 to present day. Sign up with the 55 Plus office required.
- **Armchair Traveler** - Each month we discuss and virtually travel to a new far-off destination.
- **Artist Workshop** - Improve watercolor, acrylic, and oil painting techniques in a friendly, welcoming atmosphere. No formal instruction and all levels are welcome.
- **Book Club** - March book of the month is a 1951 crime novel "The Daughter of Time" by Josephine Tey (206 pages). For more information call Linda 408.442.2994 or email [lindaadams548@gmail.com](mailto:lindaadams548@gmail.com)
- **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](https://bit.ly/32MyTmx)
- **Gentle Chair Yoga for U** – Join volunteer Prabha for a gentle class focusing on stretching, breathing, and meditation. Sign up required with 55 Plus Office.
- **Happy Hoofers Walking Group** - Get Moving! Walk to local areas at your own pace as you socialize and explore Los Gatos.
- **Indoor Lawn Games Social** - Join us on the last Wednesday of the month for cornhole, ladder golf, ping pong, and shuffleboard!
- **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.
- **Needle Craft Corner** - Join other knitters, crocheters, cross-stitchers or hand-crafted project enthusiasts.
- **Pinochle** - Double Deck Pinochle. Experienced players only, no instruction.
- **Prime Timers' Support Group:** Inviting you all to a warm and welcoming open forum support group. 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 Plus Office. Facilitated by Janeen Pratt, GCM.
- **Reader's Theater** – Read aloud modern and classic plays without having to memorize the lines! Starting again in April on the second Wednesday 3:00PM-5:00PM. Call 408.354.1514 to sign up.
- **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.
- **NEW Stay Fit** – Join Mary Ann Smith, a certified personal trainer, from West Valley College for this exercise class every Wednesday and Friday. Sign up required call 408.354.1514
- **Tech with Teens** - Bring your devices and questions on the 3rd Thursday of each month. Our knowledgeable high school volunteers are available to assist you with tech support.
- **Town of Los Gatos–COVID-19 Testing** – Thursday, March 31<sup>st</sup> from 9:30AM-4:00PM. Appointment required [bit.ly/3qQ68ND](https://bit.ly/3qQ68ND).
- **Wednesday Game Day** - Bridge, Canasta, Scrabble, and everything in between! Come join our friendly group. To reserve your spot, please contact Lynnette 650.747.0605 or [lahondalynnette@earthlink.net](mailto:lahondalynnette@earthlink.net).
- **NEW Wellness Checks** – San Jose State Community Nursing students will be volunteering and available for blood pressure checks and health related discussions every Thursday.
- **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 and Upcoming Programs

## Art and Music Appreciation

In this highly interactive course, we'll explore interesting people who have made an impact in the Arts. What made their work unique? What is their background and story? We'll get to know artists like Da Vinci, Van Gogh, Norman Rockwell, Mary Cassatt, and others. We'll study famous musicians like Beethoven, John Williams, Elvis, and the Beatles. The instructor, a local musician, will also lead the class in group singing and guitar jams covering well-known folk and popular songs from 1800 to present day. Sign up with the 55 Plus office is required. Delivered by West Valley Community College School of Continuing Education.

## Blair Ranch Preserve Wildlife Virtual Life

Presented by Bay Area Older Adults

Shown in the Lounge on Monday, March 7<sup>th</sup> 1:00PM-3:00PM

Join From Home: [bit.ly/3hssHDU](https://bit.ly/3hssHDU)

Learn about the variety of wildlife from two naturalists and an entomologist who are accompanying us on the journey through meadows with wildflowers, to a hidden pond bustling with insect life and endangered Western Pond Turtles, and on the hills studded with oak trees that harbor hidden insects.

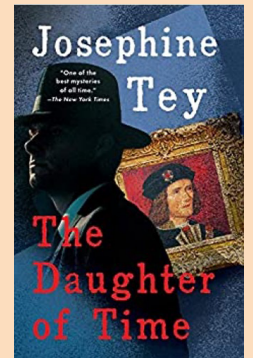
## Book Club

Full book list available at the Adult Recreation Center

"Relaxing, enjoying, and conversing with others, that's what it's all about"

We are fellow readers who enjoy reading a variety of books that are selected by our monthly book club members. We choose our yearly selection in November for the following year reading list (we do not meet in December). Book club members participate in discussion, listen to others, and share their opinions about selected book and author.

March Book of the Month "The Daughter of Time" by Josephine Tey. A crime novel concerning a police officer's investigation into the alleged crimes of King Richard III of England.



## Los Gatos Library Meet and Greet Presentation

Los Gatos Librarians will be at the Adult Recreation Center presenting on all the incredible services offered at the library. Come check out the 3D printer, learn how to preserve your memories, or how to make your own artwork with a laser cutter! Coffee and light refreshments from 12:00PM-12:30PM.



## San Jose State Community Nursing Student Wellness Checks

Students will be volunteering and available for blood pressure checks and health related discussions every Thursday starting March 10th. Is there a health topic that you would be interested in learning more about? Share your ideas with our 55 Plus Office or drop in to meet our student nurses.

## Stay Fit

Join experienced personal trainer Mary Ann Smith every Wednesday and Friday at 1:00PM. Sign up with the 55 Plus Office is required. Delivered by West Valley Community College School of Continuing Education.

# Did You Know?



*Introducing*

## THE LOS GATOS COMMUNITY HEALTH & SENIOR SERVICES COMMISSION

We are a Commission that is advisory to the Town Council about public health and other needs of our community, and particularly seniors. We are also a resource for the community on public health issues and matters of diversity and inclusion.

**What we do:**

- Offer input on the Town's General Health Plan & its Diversity, Equity, and Inclusion components
- Review grant applications
- Broaden youth involvement in intergenerational activities
- Participate in forums to review the needs of seniors, such as affordable housing

**We are here to represent you.**  
**WE ARE ALWAYS OPEN TO VOLUNTEERS!**

**Submit your ideas to:**  
**CHSSC@LosGatosCA.gov**



## *Introducing*



### The Los Gatos Senior Services Committee

We are a committee formed by the Town Council to develop a long-term strategic plan for senior services in Los Gatos. Our vision is a community where older adults are engaged, valued and thrive.

**What we are doing:**

- Assessing needs by surveys and workshops.
- Developing a roadmap for older adult services.
- Conducting community outreach and engagement.
- Exploring new initiatives for older adult services.
- Developing long term plans with the Town Council.

We welcome your ideas and inquiries:

[stpicraux@gmail.com](mailto:stpicraux@gmail.com) or [aandrews@losgatosca.gov](mailto:aandrews@losgatosca.gov)

We invite you to take the  
Official Los Gatos Open Participation Survey at:  
<https://polco.us/casoaosgatos2022open>

For more information see:  
<https://www.losgatosca.gov/2719/Senior-Service-Committee>

### Your Opinion is Needed

The Town of Los Gatos is doing a Community Assessment Survey of Older Adults (CASOA) and we need your input! If you have received the yellow postcard signed by our Town Manager along with the official Los Gatos CASOA survey please return it immediately in the prepaid envelope.

The Town wants to be a place for everyone, especially older adults, to thrive!

Tom Picraux, chair, Los Gatos Senior Services Committee

### Workshop for 55 Plus Members

Wednesday March 23<sup>rd</sup> at 12:15PM-1:15PM  
(Large Hall)

The Town of Los Gatos is asking for your input and advice on how our Town will unfold in the coming years to be a place for everyone, especially older adults, to thrive. Members of the Senior Services Committee will be at the Adult Recreation Center to host a workshop and discussion where you can share your thoughts and opinions.

**Save the Date:** Wednesday April 20<sup>th</sup>  
5:00PM-7:00PM

The Senior Services Committee will host a celebration at the Adult Recreation Center to share the results of the survey. More details to come!



### Santa Clara County Fire Fall Prevention Presentation

(Virtual & Played in-person in Lounge)

Wednesday, March 23<sup>rd</sup> 4:00PM-5:30PM

*This class is taught in partnership with Stanford Health Care Fall Prevention Program.*

Learn how to identify fall risks and simple and effective home modifications to prevent falls. Learn six steps to prevent falls and what to do right after a fall happens. Get connected with community resources to maintain safety and wellness. This will be shown virtually in the lounge or register to attend the virtual presentation from your home [bit.ly/3BZYqFS](https://bit.ly/3BZYqFS)

[bit.ly/3BZYqFS](https://bit.ly/3BZYqFS)

# Monthly-Quiz & Puzzles

## Anagrams

Anagrammatically speaking, rearrange the letter of each word to form a new word.

1. ELBOW \_\_\_\_\_
2. LISTEN \_\_\_\_\_
3. ROBED \_\_\_\_\_
4. MARCH \_\_\_\_\_
5. FINGER \_\_\_\_\_
6. LIMPED \_\_\_\_\_
7. RINSE \_\_\_\_\_
8. VOTES \_\_\_\_\_
9. STUDY \_\_\_\_\_
10. SHARP \_\_\_\_\_



©ActivityConnection.com

## Spring Pass It On

After answering each clue, use the last letter of the answer for the first letter of the next answer. The first answer is given.

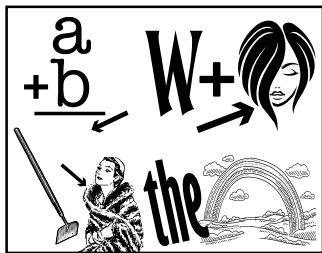
1. Sport that uses a pitcher's mound baseball \_\_\_\_\_
2. Trumpet-shaped flower associated with spring \_\_\_\_\_
3. Color of the sun \_\_\_\_\_
4. A current of blowing air \_\_\_\_\_
5. Similar to jonquils \_\_\_\_\_
6. April \_\_\_\_\_ bring May flowers. \_\_\_\_\_
7. The act of seeds and spores germinating \_\_\_\_\_
8. The area where flowers/vegetables are grown \_\_\_\_\_
9. Most birds make this home. \_\_\_\_\_
10. When you wore this, I wore a big red rose. \_\_\_\_\_
11. Spring colors often come in this palette. \_\_\_\_\_
12. A bush with fragrant purple, white, or pink flowers \_\_\_\_\_
13. A newly hatched chicken \_\_\_\_\_
14. Flown at the end of a string on a windy day \_\_\_\_\_
15. Peter Rabbit's holiday \_\_\_\_\_
16. Pots of gold are found at the end of these. \_\_\_\_\_
17. Starting point for a plant \_\_\_\_\_
18. A young duck \_\_\_\_\_
19. Rainy weather footwear \_\_\_\_\_
20. Song title, "You Are My \_\_\_\_\_" \_\_\_\_\_



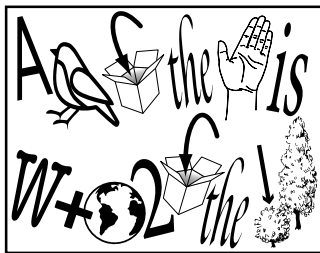
©ActivityConnection.com

## Concentration Puzzles

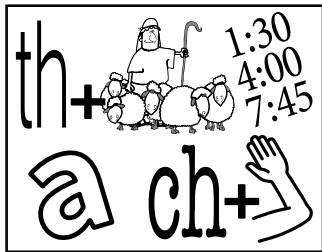
Use the visual clues in the puzzle to figure out what it says.



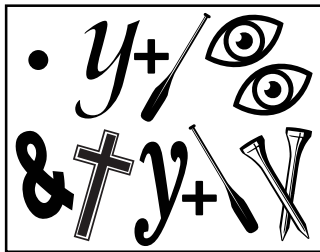
Puzzle #1



Puzzle #2



Puzzle #3

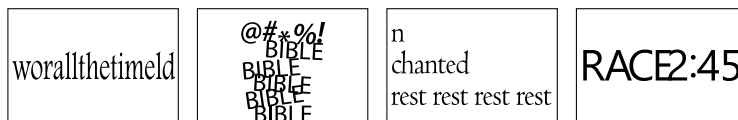


Puzzle #4

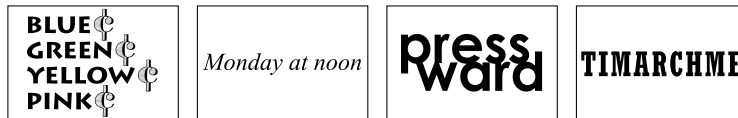
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## Wacky Wordies

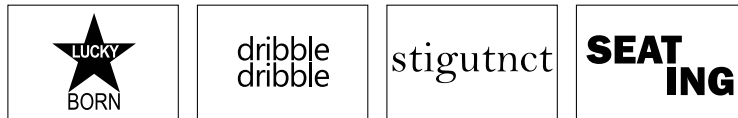
Each of the puzzles below provides a visual representation of a common word or phrase. Can you decipher the clues in each puzzle box?



1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_



5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_




9. \_\_\_\_\_ 10. \_\_\_\_\_ 11. \_\_\_\_\_ 12. \_\_\_\_\_







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# Monthly-Quiz & Puzzles

## Lucky Symbols Add-Up

Each lucky symbol represents a value in each row. Figure out the value for each symbol.

1. If  +  = 21 and  -  = 3, then  = \_\_\_\_\_ and  = \_\_\_\_\_.

2. If  -  = 16 and  +  = 30, then  = \_\_\_\_\_ and  = \_\_\_\_\_.

3. If  +  = 28 and  -  -  = 1, then  = \_\_\_\_\_ and  = \_\_\_\_\_.

4. If  +  = 31 and  -  = 5, then  = \_\_\_\_\_ and  = \_\_\_\_\_.

5. If  +  = 14 and  +  +  = 18, then  = \_\_\_\_\_ and  = \_\_\_\_\_.

6. If  +  = 17 and  +  -  = 16 then  = \_\_\_\_\_ and  = \_\_\_\_\_.

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## Synonym Search

First, find the 10 words in the first grid. Then find each word's synonym in the second grid. Words can be found horizontally, vertically, forward, or backward. One answer is given (TRIP, JOURNEY).



N	O	I	E	C	U	D	O	R	P
R	A	G	R	E	H	<del>P</del>	<del>I</del>	<del>R</del>	<del>T</del>
S	M	L	A	N	R	U	O	J	E
I	G	C	T	E	M	B	L	E	M
O	I	T	O	P	B	E	T	R	D
N	N	L	R	E	T	T	A	C	S
V	E	S	S	E	L	W	R	S	T
L	S	L	S	P	H	A	N	V	G
S	C	E	K	A	N	R	W	C	R
G	E	F	L	M	O	D	I	F	Y

=

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

trip journey produce \_\_\_\_\_ vessel \_\_\_\_\_ modify \_\_\_\_\_ journal \_\_\_\_\_

scatter \_\_\_\_\_ enigma \_\_\_\_\_ map \_\_\_\_\_ draw \_\_\_\_\_ emblem \_\_\_\_\_

©ActivityConnection.com



# 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](mailto: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<sup>th</sup> through April 11. 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 9:00AM, 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](https://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!"*