

THE PRINT



APRIL FEATURE: ART

Spring is in the air, and we will let the new blossoms inspire us to tap into our creative side! This April our focus for 55 Plus members is Art. Some of our artists have already been hard at work and a giant mural will welcome you into the Adult Recreation Center this month. We are excited to offer three hands-on workshops: calligraphy, clay, and dot painting to members. See the calendar for dates and times. At the end of the month, we will take a guided walking tour at NUMU, New Muesum Los Gatos, through the ArtNow Brave New Worlds juried exhibit with selected pieces from high school students in the surrounding area and through the Los Gatos History Hall. Sign up with the 55 Plus office is required for these events but there is no cost for members.

Our Armchair Travel group will travel to Amsterdam, check out this drone footage of the Tulip Fields bit.ly/3tQrtcO.

Our Art and Music Appreciation class in partnership with West Valley College is every Wednesday from 12pm-2pm.

Thank you to all of you who stepped up to the challenge and participated in the March Neurobics Challenge.

Our 3 lucky raffle winners are...drum roll please...Carolee C, Neil K, and Kirsten B!

They will be contacted to collect their prizes.

Lastly, we are thrilled to host a special event on Wednesday April 20th from 5:00PM-7:00PM to help celebrate the Town of Los Gatos Senior Services Committee who will share the results of their survey focused on the future of Senior Services. Join us for a fun evening of live music, appetizers, and drinks.

To sign up for April special events call 408.354.1514 or fill out this form

bit.ly/35jXbpc

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

April

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Artist Workshop (Hall) 9:00AM–12:00PM Needle Craft Corner (Lounge) 9:00AM–11:30AM Ping Pong (Rm 5) 10:30AM–12:00PM Stay Fit (Large Hall) 1:00PM–2:00PM
4	5	6	7	8
St. Mary's Bridge (Rm 5) 10:00AM–1:30PM Democracy Tent (Zoom ☒) 10:30AM–12:00PM Our Democracy in Peril (Rm 3) 1:30PM–3:00PM AARP Tax Aide by Appt. (Hall) 9:00AM–3:00PM	Tuesday Town Walk (Lounge) 9:15AM–11:00AM Mah Jongg (Rm 5) 10:00AM–12:30PM Pinochle (Rm 5) 1:00PM–4:30PM	Game Day (Hall) 9:00AM–12:00PM Ping Pong (Rm 5) 10:00AM–11:30AM Stay Fit (Large Hall) 1:00PM–2:00PM NEW Art and Music Appreciation (Lounge) 12:00PM–2:00PM	SJSU Student Nurses Health Check Drop In (Room 3) 10:30AM–1:00PM Pinochle & Hearts (Rm 5) 1:00PM–4:30PM NEW Tea Social: Prime Timer's Support Group (Lounge) 10:30AM–11:30AM 1:1 Counseling with Janeen by Appt. (Rm 2) 11:30AM–12:00PM	Artist Workshop (Hall) 9:00AM–12:00PM Needle Craft Corner (Lounge) 9:00AM–11:30AM Ping Pong (Rm 5) 10:30AM–12:00PM Stay Fit (Hall) 1:00PM–2:00PM
11	12	13	14	15
St. Mary's Bridge (Rm 5) 10:00AM–1:30PM Democracy Tent (Rm 214 & Zoom ☒) 10:30AM–12:00PM Our Democracy in Peril (Rm 3) 1:30PM–3:00PM AARP Tax Aide by Appt. (Hall) 9:00AM–3:00PM	Tuesday Town Walk (Lounge) 9:15AM–11:00AM Mah Jongg (Rm 5) 10:00AM–12:30PM Pinochle (Rm 5) 1:00PM–4:30PM HICAP by Appt. (Rm 3) 1:00PM–2:00PM Art Workshop: Intro to Ribbon Lettering/ Calligraphy DEMO (Hall) 1:00PM–2:00PM	Game Day (Hall) 9:00AM–12:00PM Ping Pong (Rm 5) 10:00AM–11:30AM Women's Artist Connection (Rm 3) 10:00AM–12:00PM Single Again (Rm 3) 12:30PM–2:30PM Stay Fit (Hall) 1:00PM–2:00PM NEW Art and Music Appreciation (Lounge) 12:00PM–2:00PM Readers Theatre (Rm 3) 3:00PM–5:00PM	Jeopardy (Lounge) 10:00AM–11:00AM SJSU Student Nurses Health Check Drop In (Rm 3) 10:30am–1:00pm NEW Hand and Foot Canasta (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
18	19	20	21	22
St. Mary's Bridge (Rm 5) 10:00AM–1:30PM Democracy Tent (Rm 214) 10:30AM–12:00PM Our Democracy in Peril (Rm 3) 1:30PM–3:00PM	Tuesday Town Walk (Lounge) 9:15AM–11:00AM Mah Jongg (Rm 5) 10:00AM–12:30PM Pinochle (Rm 5) 1:00PM–4:30PM	Game Day (Hall) 9:00AM–12:00PM Ping Pong (Rm 5) 10:00AM–11:30AM NEW Art and Music Appreciation (Lounge) 12:00PM–2:00PM Stay Fit (Hall) 1:00PM–2:00PM SPECIAL EVENT ARC Bar Entertainment and Senior Committee Presentation (Hall) 5:00PM–7:00PM	NEW Breakfast Club w/ SJSU Student Nurses (Rm 3) 11:00AM–12:00PM Pinochle & Hearts (Rm 5) 1:00PM–4:30PM Current Event Group (Lounge) 1:30PM–3:00PM Tech w/ Teens (Hall) 3:00PM–4:00PM NEW Chess Club: New and Experienced Players (Rm 3) 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 Stay Fit (Hall) 1:00PM–2:00PM Art Workshop: Working with Clay DEMO (Hall) 12:00PM–1:00PM
25	26	27	28	29
Art Workshop: Dot Painting (Hall) 10:00PM–12:00PM St. Mary's Bridge (Rm 5) 10:00AM–1:30PM Democracy Tent (Rm 214) 10:30AM–12:00PM Our Democracy in Peril (Rm 3) 1:30PM–3:00PM	Tuesday Town Walk (Lounge) 9:15AM–11:00AM Mah Jongg (Rm 5) 10:00AM–12:30PM Book Club (Rm 3) 12:00PM–1:30PM Pinochle (Rm 5) 1:00PM–4:30PM	Game Day (Hall) 9:00AM–12:00PM Ping Pong (Rm 5) 10:00AM–11:30AM NEW Art and Music Appreciation (Lounge) 12:00PM–2:00PM Stay Fit (Hall) 1:00PM–2:00PM Indoor Lawn Games (Hall) 2:15PM–3:15PM	Town Covid Testing by Appt. 9:30AM–3:00PM Armchair Travel Amsterdam (Lounge) 10:30am–1:00pm SJSU Student Nurses Health Check Drop In (Rm 3) 10:30am–1:00pm Pinochle & Hearts (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 NUMU Guided Tour (Sign up Required) 11:30AM–1:30PM Stay Fit (Hall) 1:00PM–2:00PM

Group Descriptions

- **NEW Art and Music Appreciation** – Interactive class exploring and discussing influential artists and musicians followed by the instructor playing guitar and leading the group singing well-known songs. 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** - Meets the 4th Tuesday of each month. April Book: The Dry by Jane Harper.
- **NEW Chess Club** - Welcome to beginners who would like to learn the basics of chess and more experienced players looking for a match.
- **Current Events** - Lively and informative discussions regarding local, state, national and world current events. Attendees are encouraged to bring topics that are important to them to discuss.
- **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. In person meetings resume on April 11th
- **Indoor Lawn Games Social** - Join us on the last Wednesday of the month for cornhole, ladder golf, ping pong, and shuffleboard!
- **Jeopardy** - Put your thinking cap on and test your general knowledge on ever rotating topics. Come out to join our discussion and learn something new!
- **Mah Jongg** – Friendly American Mah Jongg players group. All levels are welcome. If you are interested in learning to play, please sign up with the 55 Plus office.
- **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:** Warm and welcoming open forum social support group on the first Thursday of the month.
- **Reader's Theater** – Read aloud modern and classic plays without having to memorize the lines! Sign up with the 55 Plus office required.
- **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.
- **Stay Fit** – Join Mary Ann Smith, a certified personal trainer, from West Valley College for this chair-based exercise class. Sign up with the 55 Plus office required.
- **St. Mary's Bridge** – Looking for intermediate level bridge players interested in subbing. Sign up required, inquire with 55 Plus office 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. Stay for a cup of tea and cookies.
- **Town of Los Gatos–COVID-19 Testing** – Thursday April 28th 9:30AM -4:00PM . Appointment required bit.ly/3qQ68ND bit.ly/3qQ68ND.
- **Tuesday Town Walkers** - Get Moving! Walk to local areas at your own pace as you socialize and explore Los Gatos.
- **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.
- **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.)

Fee Based Programs

Dot Painting

Have fun learning to paint intricate dot mandala designs. Classes may include painting on river rocks, glass, canvas, paper, ceramics, and flowerpots.

Come meet Tina and try a FREE demo on Monday April 25th @ 10:00AM-12:00PM



Weaving 101 or 102

Have you ever dreamed of weaving your own handbags? Learn modern weaving techniques to make your very own, beautiful, stunning handbags! Check out this fabulous bag made in Weaving Bags 102 and cute crossbody made in the 101 class.

Grab a friend and sign up to create your own!

Come meet Jean on Friday April 22nd for a FREE clay workshop (not weaving) @ 12:00PM!



Modern Brush Pen Calligraphy

Learn to use brush pens with varied pressure to make basic strokes. Learn uppercase, lowercase letters, numbers and finally words. By the end of the class, a handmade hand-lettered project will be made. Come join and explore endless possibilities for card making bookmarks, gift tags, and more!

Come meet Priti and try a FREE demo on Tuesday April 12th @ 1:00PM.



Acrylic/Oil

Join this spirited class in oil painting and be surprised by your creative power! Designed for beginner and continuing students in oil or acrylic painting. Learn basic color principles and mixing from a limited palette through lectures and individualized instruction.

Watercolor

Come and join this fun class and learn the basics and more advanced techniques. Students with little or no experience will enjoy a friendly, supportive atmosphere with class demonstrations and individualized instruction.

Watercolor: Landscapes

Learn to paint picturesque watercolor landscapes in this 3-part online class. Students will practice all kinds of different landscape examples with a live demo.

Watercolor: Let's Paint Animals

Learn to sketch and paint your favorite furry friends in this 3 part online watercolor class. Learn how to create six different animals. There will be an introduction to the use of different textures to enhance the paintings.

NEW Drawing Human Face

Learn to draw the front view of the human face step by step. Each week a different part of the face will be studied along with proportion and placement.

New and Upcoming Programs

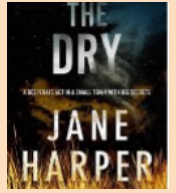
Book Club

Book Club meets on April 26th at 12:00PM

Book of the Month: The Dry by Jane Harper (352 pages)

A small-town hides big secrets in The Dry, an atmospheric, page-turning debut mystery by award-winning author Jane Harper.

Contact Linda 408.442.2994 or email lindaadams548@gmail.com for more information.



Los Gatos Library

Thank you to local librarians Breanna and Daniel for bringing over the 3D printer and presenting the many wonderful services available at the Library.

For those of you that missed the presentation check out these links:

Retro Tech to start digitizing your physical collections - bit.ly/3Dm149K

Learn more about Creative Services - bit.ly/38d11Sf

See our full list of electronic resources - bit.ly/3uvj5tu

Library Events in April: *if you need help registering call 55 Plus

Office 408.354.1514 or the Library 408.354.6891

Balance and Fall Prevention Class:

Thursday April 14th @ 11:00AM

Register Here: bit.ly/3qKhyTY

Backyard Birding with Santa Cruz Museum of Natural History:

Tuesday April 12th @ 10:30AM

Register Here: bit.ly/3IPDrY8



Reader's Theatre is Back!

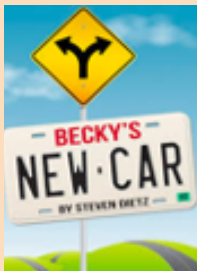
Wednesday April 13th @ 3:00PM

Read aloud modern and classic plays without having to memorize the lines!

"Becky's New Car" by Steven Dietz

Have you ever been tempted to flee your own life? Becky Foster is caught in middle age, middle management, and in a middling marriage. Then one night a socially inept and grief-struck millionaire stumbles into her car dealership. The audience is offered a chance to ride shotgun in a way that most plays would not dare. Original comedy with serious overtones, a devious and delightful romp down the road not taken.

Sign up with Lynnette 650.747.0605 or lahondalynnette@earthlink.net



Nursing Note from your SJSU Students

You are Invited:

Thursday April 21st @ 11:00AM

Build a Healthy Breakfast (and eat it!)

Space is limited, please sign up with 55 Plus Office

Emergency Preparedness Tip:

There are two important documents that need to be easy to find in an emergency:

- 1) POLST (Physician Orders for Life Support) is a document filled out by your doctor to indicate your wishes if there is an emergency and you are unable to make a decision. bit.ly/3uDvqAz
- 2) A current medication list is important to health care providers so they can know what medications you are taking to make the most successful treatment plan to keep you healthy.

Drop in to see us at the ARC Thursdays from 10:00AM-1:00PM. We can check your blood pressure, answer any medical questions, or provide assistance filling out these forms.

Monthly-Quiz & Puzzles

Funny Mix-Up

Unscramble the letters to reveal funny words.

1. IVJOLA _____
2. USILORAH I _____
3. DNCIONEEME _____
4. UUSORHMO _____
5. RLCUAJO _____
6. FSEUOTACI _____
7. ICKSTPSAL _____
8. CWNLO NDAROU _____
9. SRJTEE _____
10. UNMISAG _____
11. HTEAGURL _____
12. OINGHLTRC _____
13. GUCNICKL _____
14. ROOIRASUPU _____
15. CIAMLCO _____
16. ODLRL _____
17. IRUTOOS _____
18. AYEITCRLSH _____



A Weather Mathematic Message

Work the math problems and then match the assigned letters to the message.

$$W = 44 \overline{)748} \quad C = 17 \overline{)561} \quad S = 33 \overline{)1353}$$

$$O = 18 \overline{)1080} \quad N = 34 \overline{)442} \quad T = 19 \overline{)361}$$

$$R = 11 \overline{)572} \quad M = 37 \overline{)777} \quad E = 24 \overline{)600}$$

$$P = 28 \overline{)392} \quad A = 15 \overline{)150} \quad H = 14 \overline{)658}$$

$$Y = 12 \overline{)852} \quad U = 16 \overline{)1520} \quad L = 25 \overline{)400}$$

$$D = 15 \overline{)675}$$



What did one raindrop say to the other?

$$\frac{19}{17} \frac{60}{41} \quad \frac{33}{60} \frac{21}{14} \frac{10}{13} \frac{71}{71}$$

$$\frac{19}{47} \frac{52}{25} \frac{25}{41} \quad \frac{10}{33} \frac{16}{60} \frac{95}{45}$$

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Spring Is in the Air Pass It On Puzzle

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. Flock makeup birds
2. Winter follower _____
3. Lawn growth _____
4. Garden pest with a shell _____
5. Brightly colored beetle _____
6. Vegetable plot _____
7. Hatchling's home _____
8. Dutch flower _____
9. Muddy pool of water _____
10. April 22 (____ Day) _____
11. Fragrant bell-shaped flower _____
12. Sound of a donkey _____
13. Early bird's breakfast _____
14. Thaw _____
15. A woody plant _____
16. Nest contents _____
17. Plant's starting point _____
18. Yellow flower _____



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Amsterdam Art

The **bold** words listed below can be found vertically, horizontally, diagonally, forward, and backward.



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

AMSTERDAM

BRUSSELS

CHRISTIAN DOTREMONT

COBRA ART MOVEMENT

COPENHAGEN

DUTCH GOLDEN AGE

GIRL WITH A PEARL EARRING

JOHANNES VERMEER

MUSEUMS

NICOLAES PICKENOY

REMBRANDT

SUNFLOWERS

VINCENT VAN GOGH

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Special Events/Announcements

April Special Events Bulletin:

Please sign up if you are interested in attending these April Special Events by calling the 55 Plus office at 408.354.1514, emailing 55plus@lgsrecreation.org or visit bit.ly/35jXbpc

Tuesday 12th @ 1:00PM - Calligraphy/Ribbon Lettering Workshop with Priti (Materials Provided)

Build a Healthy Breakfast with SJSU Nurses

Thursday 21st @ 11:00AM

Chess Club/Instruction with Gavin

Thursday 21st @ 3:00PM

Clay Workshop with Jean (Materials Provided)

Friday 22nd @ 12:00PM

Dot Painting Workshop with Tina (Materials Provided)

Monday 25th @ 10:00AM -12:00PM

ARC Bar Senior Services Committee Reception (Music, appetizers, drinks)

Wednesday 20th @ 5:00PM -7:00PM

NUMU - New Museum Los Gatos Art Exhibit and History Museum Guided Tour (meet at ARC lounge)

Friday 29th @ 11:30AM -1:00PM

Activities from Home:

Great Art Explained: bit.ly/3IP8inY

Bay Area Older Adults Virtual Seminars

Please register by visiting bit.ly/3ITDmCO and look for Lecture 3 and 4.

Contact Bay Area Older Adults by email share@bayareaolderadults.org or phone 408.774.0593.

Human Impact on Mountain Lions - April 7th from 11:00AM to 12:15PM Learn about this protected species from one of the leading researchers of the Henry Coe State Park Mountain Lion Study.

Science of Aging -

April 18th from 11:00AM to 12:15PM Join us for an overview of our current understanding of the process of aging and age associated diseases. Learn about the genetic and environmental components of aging, stem cell research, some of the successful interventions that ameliorate the functional decline that happens as we age.

Mah Jongg -

Learn to Play Lessons

Kalane thoughtfully taught 4 weeks of Mah Jongg lessons to interested members to help expand our players group. We are grateful for her time and for sharing her gift of teaching with us!



AARP Tax Aide

A big thank you to our AARP Tax Aide Volunteer team who has been hard at work since February to offer free tax-aid to our community every Monday!





55 Plus Programs

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

55 Plus Program Facilitators and Volunteers

Are you interested in starting a new club or group at the Adult Recreation Center? Are you looking to get involved in our community? Contact 55plus@lgsrecreation.org or call 408.354.1514.

More info
coming.
Check back
soon!

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** – Monday's at the ARC from February 7th through April 11th. All appointments booked.
- **AARP Mature Driver Classes** – Contact 408.354.1514 to join the interest list.
- **Brown Bag Program (Second Harvest)** – Call 1.800.984.3663 for application.
- **Health Insurance Counseling & Advocacy Program (HICAP)** – Meet in person with our knowledgeable representative. Call or visit the 55 Plus Office 408.354.1514.
- **Live Oak Nutrition** - Meal service at Los Gatos Methodist Church. Call 408.354.0707.
- **Reach Your Destination Easily (R.Y.D.E.)** - Transportation for adults 65 Plus. Visit www.wvcommunityservices.org/ryde to learn more or call 408.892.9739.
- **Senior Adults Legal Assistance for Adults (SALA)** – Virtual/phone appointments available. Call 408.295.5991.
- **SJSU Nursing Students** – Wellness and blood pressure checks. Thursdays 10:30AM-1:00PM.
- **1:1 Support Session with Janeen (GCM)** - Private session is available by appointment through the 55 Plus Office.

Wanted

Scrabble players to join Wednesday Game day
9:00AM-12:00PM sign up with
55plus@lgsrecreation.org or call 408.354.1514



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