

# THE PRINT



## MAY FEATURE: MUSIC & DANCE

Members, get ready to move and groove this May! Art and Music appreciation with Ed from West Valley continues every Wednesday. Try a Ballroom Cha Cha Cha or a Country and Western Line dance demo this month with our talented instructors. Do not miss performances by our Ukulele and Hula Groups. Also, this month we celebrate Mother's Day on Monday May 23<sup>rd</sup> with a high tea social fit for a queen. Join us for high tea, piano serenade with Sue, and other fun activities. This is a BYOTC (Bring Your Own Teacup) event so dust off one of your favorites and be sure to bring it with you! This month we will also have a special guest speaker and author Tami Anastasia on Thursday, May 12<sup>th</sup> sharing practical advice and Essential Dementia Caregiver Strategies. On May 19<sup>th</sup> Janeen will speak about Managing Medications and Bay Area Older Adults will be on site to help you with safe disposal of old prescriptions. Lastly, we have been receiving many inquiries about Great Getaway day trips and are happy to announce we are hard at work organizing the details to be able to bring these back...stay tuned!

## APRIL RECAP

April's artistic highlights ranged from a giant collaborative Van Gogh mural, to testing out new techniques in the Art Workshops, and capped off taking a walking field trip to NUMU. The ARC Bar was an enjoyable evening spent gathering with over one hundred members of our community. Our San Jose State nursing students held a breakfast club with nutritious and tasty acai bowls. Chess club made its debut and will be back throughout the month of May for anyone looking to learn or find a good match!

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

# May

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>St. Mary's Bridge (Rm 5)</b> 10:00AM-1:30PM <b>Democracy Tent (Zoom )</b> 10:30AM-12:00PM <b>Our Democracy in Peril (Rm 3)</b> 1:30PM-3:00PM <b>NEW Chess Club (Rm 3)</b> 3:00PM-4:30PM	<b>Tuesday Town Walk (Lounge)</b> 9:15AM-11:00AM <b>Mah Jongg (Rm 5)</b> 10:00AM-12:30PM <b>Pinochle (Rm 5)</b> 1:00PM-4:30PM	<b>Game Day (Hall)</b> 9:00AM-12:00PM <b>Ping Pong (Rm 5)</b> 10:00AM-11:30AM <b>Stay Fit (Hall)</b> 1:00PM-2:00PM <b>Art and Music Appreciation (Lounge)</b> 12:00PM-2:00PM	<b>Jeopardy (Lounge)</b> 10:30AM-11:30AM <b>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 (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>No Stay Fit</b>
9	10	11	12	13
<b>St. Mary's Bridge (Rm 5)</b> 10:00AM-1:30PM <b>Democracy Tent (Zoom )</b> 10:30AM-12:00PM <b>Indoor Lawn Games (Hall)</b> 1:00PM-2:30PM <b>Our Democracy in Peril (Rm 3)</b> 1:30PM-3:00PM	<b>Tuesday Town Walk (Lounge)</b> 9:15AM-11:00AM <b>Mah Jongg (Rm 5)</b> 10:00AM-12:30PM <b>Pinochle (Rm 5)</b> 1:00PM-4:30PM	<b>Game Day (Hall)</b> 9:00AM-12:00PM <b>Ping Pong (Rm 5)</b> 10:00AM-11:30AM <b>Women's Artist Connection (Rm 3)</b> 10:00AM-12:00PM <b>Art and Music Appreciation (Lounge)</b> 12:00PM-2:00PM <b>Single Again (Rm 3)</b> 12:30PM-2:30PM <b>Stay Fit (Hall)</b> 1:00PM-2:00PM <b>Readers Theatre (Rm 3)</b> 3:00PM-5:00PM	<b>SJSU Student Nurses Health Check Drop In (Room 3)</b> 10:30AM-1:00PM <b>Guest Speaker Tami Anastasia: Essential Dementia Caregiver Strategies (Hall)</b> 10:00AM-11:30AM <b>Pinochle &amp; Hearts (Rm 5)</b> 1:00PM-4:30PM <b>Current Event Group (Lounge)</b> 1:30PM-3:00PM <b>NEW Learn to play: Chess (Rm 3)</b> 3:00PM-4:30PM	<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>DEMO Ballroom Cha Cha (Hall)</b> 12:15PM-1:00PM <b>Stay Fit (Hall)</b> 1:00PM-2:00PM
16	17	18	19	20
<b>St. Mary's Bridge (Rm 5)</b> 10:00AM-1:30PM <b>Democracy Tent (Rm 214)</b> 10:30AM-12:00PM <b>Our Democracy in Peril (Rm 3)</b> 1:30PM-3:00PM <b>NEW Chess Club (Rm 3)</b> 3:00PM-4:30PM	<b>Tuesday Town Walk (Lounge)</b> 9:15AM-11:00AM <b>Mah Jongg (Rm 5)</b> 10:00AM-12:30PM <b>Pinochle (Rm 5)</b> 1:00PM-4:30PM	<b>Game Day (Hall)</b> 9:00AM-12:00PM <b>Ping Pong (Rm 5)</b> 10:00AM-11:30AM <b>Art and Music Appreciation (Lounge)</b> 12:00PM-2:00PM <b>Stay Fit (Hall)</b> 1:00PM-2:00PM	<b>Managing Medications Talk w/ Janeen and BAOA Safe Disposal Booth (Lounge)</b> 10:30AM-11:30AM <b>Pinochle &amp; Hearts (Rm 5)</b> 1:00PM-4:30PM <b>DEMO Ukulele Performance (Hall)</b> 1:00PM-2:00PM <b>Current Event Group (Lounge)</b> 1:30PM-3:00PM <b>Tech w/ Teens (Hall)</b> 3:00PM-4:00PM	<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>DEMO Hula Performance (Hall)</b> 12:15PM-1:00PM <b>Stay Fit (Hall)</b> 1:00PM-2:00PM
23	24	25	26	27
<b>St. Mary's Bridge (Rm 5)</b> 10:00AM-1:30PM <b>Democracy Tent (Rm 214)</b> 10:30AM-12:00PM <b>High Tea Social in Honor of Mother's Day (Hall)</b> 1:00PM-3:00PM <b>Our Democracy in Peril (Rm 3)</b> 1:30PM-3:00PM 	<b>HICAP by Appt. (Rm 3)</b> 9:00AM-12:30AM <b>Tuesday Town Walk (Lounge)</b> 9:15AM-11:00AM <b>Mah Jongg (Rm 5)</b> 10:00AM-12:30PM <b>DEMO Country Western Line Dancing (Hall)</b> 11:30AM-12:00PM <b>AARP Driver Safety Refresher Course (Sign Up Required)</b> 12:00PM-4:30PM <b>Book Club (Rm 3)</b> 12:00PM-1:30PM <b>Pinochle (Rm 5)</b> 1:00PM-4:30PM	<b>Game Day (Hall)</b> 9:00AM-12:00PM <b>Ping Pong (Rm 5)</b> 10:00AM-11:30AM <b>Art and Music Appreciation (Lounge)</b> 12:00PM-2:00PM <b>Stay Fit (Hall)</b> 1:00PM-2:00PM	<b>Town Covid Testing by Appt.</b> 9:30AM-3:00PM <b>Armchair Travel Taiwan (Lounge)</b> 10:30AM-11:30PM <b>Pinochle &amp; Hearts (Rm 5)</b> 1:00PM-4:30PM <b>Current Event Group (Lounge)</b> 1:30PM-3:00PM <b>NEW Learn to play: Chess (Rm 3)</b> 3:00PM-4:30PM	<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>Stay Fit (Hall)</b> 1:00PM-2:00PM
30	31	<b>Happy Mother's Day on Sunday May 8<sup>th</sup></b>		<b>55 Plus Lap Swim Sunday, May 15<sup>th</sup> 11:15AM-12:15PM (LGHS Pool)</b> <b>*Sign up required \$5 Fee</b>
<b>Holiday Office Closed</b>	<b>Tuesday Town Walk (Lounge)</b> 9:15AM-11:00AM <b>Mah Jongg (Rm 5)</b> 10:00AM-12:30PM <b>Pinochle (Rm 5)</b> 1:00PM-4:30PM	<b>Check out this month's Music and Dance classes! Plus Art and Music Appreciation continues every Wednesday</b>		

# Group Descriptions

- **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** - Open workspace. Bring in your materials and work on your individual projects with our welcoming community of artists. No formal instruction and all levels are welcome.
- **Book Club** - Meets on the 4<sup>th</sup> Tuesday of each month. May Book: The Giver of Stars by Jojo Moyes
- **NEW Chess Club & Learn to Play Chess** - Welcome to beginners who would like to learn the basics of chess and more experienced players looking for a match! Led by our knowledgeable instructor Gavin.
- **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. Zoom access [bit.ly/32MyTmx](https://bit.ly/32MyTmx) or meet in person.
- **Indoor Lawn Games Social** - Join us 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 in May. No meeting on the first Thursday- Janeen will talk on Managing Medications at Home on Thursday, May 19<sup>th</sup>.
- **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.
- **Spring clean your medicine cabinet!** – Thursday May 19<sup>th</sup> 10:00AM-12:00PM. Bay Area Older Adults staff will provide free mail-back envelopes for over-the-counter and prescription medicines. They'll help pack your medications in special medicine envelopes for safe disposal. Safely disposing of your medicines prevents accidental poisoning, protects your health and our drinking water. Please do not bring sharps, inhalers, supplements or personal care products.
- **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.
- **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, May 26<sup>th</sup> 9:30AM -4:00PM. Appointment required [bit.ly/3qQ68ND](https://bit.ly/3qQ68ND)
- **Tuesday Town Walkers** - Get Moving! Walk to local areas at your own pace, socialize and explore Los Gatos.
- **Wednesday Game Day** - Bridge and Canasta. Come join our friendly group. To reserve your spot, please contact Lynnette 650.747.0605 or [lahondalynnette@earthlink.net](mailto:lahondalynnette@earthlink.net). Want to see another game? Let the 55 Plus office know. SCRABBLE PLAYERS WANTED!
- **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.)

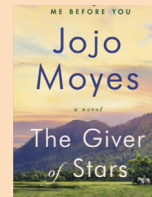
# Featured 55 Plus Programs

## Book Club - Tuesday, May 24<sup>th</sup> @ 12:00PM

The Giver of Stars by Jojo Moyes

From Jojo Moyes, the author of Me Before You, set in Depression-era America, a breathtaking historical fiction story of five extraordinary women and their remarkable journey through the mountains of Kentucky and beyond.

Contact Linda 408.442.2994 or email [lindaadams548@gmail.com](mailto:lindaadams548@gmail.com) for more information.



## JEOPARDY - Thursday, May 5<sup>th</sup> @ 10:30AM

Can you answer any of these 4 questions? Join us this month for all new categories and questions!

- Category: "F" In Geography – It is the capital of Kentucky.
- Category: And the Survey Says – Survey says this is the top answer for famous rivalries between brands.
- Category: Hit Movies – He is the proprietor of Café Americana who bumps into his old flame Ilsa in Casablanca.
- Category: This and That – This is used in sewing and to draw blood.

## Armchair Travel: Taiwan - Thursday, May 26<sup>th</sup> @ 10:30AM

Did you know? Trash is collected in a unique way. There are no garbage cans or bins. Rather, trucks drive throughout the towns directly picking up trash from the people. The trucks play Beethoven's Für Elise to announce their presence and alert people to bring out their trash. During the Christmas holiday, Christmas songs are played. Join us for Armchair Travel this month for a multimedia presentation on Taiwan!



## ♔ Chess Club ♔ - Monday, May 2<sup>nd</sup> and May 16<sup>th</sup> @ 3:00PM-4:30PM

\*All levels welcome! Instructor available to elevate your game play.

## ♔ Learn to Play Chess ♔ - Thursday, May 12<sup>th</sup> and May 26<sup>th</sup> 3:00PM-4:30PM

\*Learn the basics from how all the pieces move to how to open a match from our knowledgeable instructor Gavin! All levels welcome.

## Spring clean your medicine cabinet! - Thursday, May 19<sup>th</sup> 10:00AM-12:00PM

Bay Area Older Adults staff will provide free mail-back envelopes for over-the-counter and prescription medicines. They'll help pack your medications in special medicine envelopes for safe disposal. Safely disposing of your medicines prevents accidental poisoning, protects your health and our drinking water. Please do not bring sharps, inhalers, supplements or personal care products.



## Indoor Lawn Games - Monday, May 9<sup>th</sup> 1:00PM-2:30PM

Join us for a friendly afternoon of cornhole (bean bag toss), ping pong, and ladder golf.

# Special Events

## Special Event: Guest Speaker and Author Tami Anastasia

Thursday, May 12<sup>th</sup> @ 10:30AM - Meet us at 10:00AM for coffee.

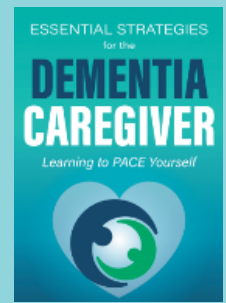
### Essential Strategies for the Dementia Caregiver: Learning to PACE Yourself

Q&A plus book signing to follow presentation

Book will be available for \$20 (cash or check)

A fresh and practical approach to the challenges faced by people who care for loved ones with dementia. Learn how to use the four D's of dementia care and how to PACE yourself.

Learn more at [www.tamianastasia.com](http://www.tamianastasia.com)



## Fee Based Programs

### Classic Ballet in Saratoga

#### Instructor: Terry

\$164 for 6 sessions

Tuesdays from 12:00PM-1:00PM

Fridays from 12:15pm-1:15pm

### Line Dancing in Saratoga

#### Instructor: Sarah

\$70 for 5 sessions

Class is available on Mondays or Wednesdays from 11:00am-12:00pm

### Classic Ballet in Saratoga

#### Instructor: Terry

\$164 for 6 sessions

Tuesdays from 12:00PM-1:00PM

Fridays from 12:15PM-1:15PM

### Hula in Saratoga

#### Instructor: Desiree

Hula Polynesian Dance I/II - Thursdays 6:00PM-6:50PM

6 sessions for \$96

Hula Performance- Thursdays 7:00PM-8:30PM

6 sessions for \$108

**DEMO Performance on  
Friday, May 20th 12:15PM-1:00PM**

### Country and Western Line Dancing

#### Instructor: Mandi

Beginner - Tuesdays

11:30AM-12:45PM \$80 for 5 sessions

Intermediate - Tuesdays

10:00AM-11:15PM \$80 for 5 sessions

Beginner/Intermediate- Wednesday Nights 7:30PM-

9:00PM \$95 for 5 sessions

**DEMO on Tuesday, May 24th 11:30AM-12:00PM**

### Taiko Drumming

#### Instructor: Kensuke

\$68 for 6 sessions plus material fee

Sundays 2:30PM-3:40PM

### Latin Dance

#### Instructor: Agnes

\*2-day deal 12 sessions for \$168 or \$90 for 6 sessions

Beginner - Social Dance - Thursdays 10:00AM-11:00AM

Intermediate- Rhythm, Latin Styling and Salsa -

Mondays 10:00AM-11:00AM

Advanced - Ballroom Rhythm & Latin Dance -

Wednesdays 10:00AM-11:00AM

**DEMO on Friday, May 13th 12:15PM-1:00PM**

### Ukulele Rocks!

#### Instructor: Tina

\$75 for 4 sessions

Beginner - Tuesdays

2:30PM-4:00PM in Saratoga

Beginner -Thursdays

2:00PM-3:00PM in Los Gatos

Intermediate - Tuesdays

2:30PM-4:00PM in Saratoga

Intermediate - Thursdays

12:00PM-1:30PM in Los Gatos

**DEMO Performance on  
Friday, May 19th 1:00PM-2:00PM**

# Monthly-Quiz & Puzzles

## Hidden Colors

Can you find the name of colors hidden in each sentence?  
Example: The boy ange**RED** his parents. (red)

- Jealousy can lead to feelings of sadness or anger. \_\_\_\_\_
- Rio de Janeiro seems like a fun vacation spot. \_\_\_\_\_
- It's no fun growing older. \_\_\_\_\_
- A vitamin taken daily has many health benefits. \_\_\_\_\_
- A closed gate always discourages visitors. \_\_\_\_\_
- Rob lacks a certain amount of professionalism. \_\_\_\_\_
- I saw Jenna vying for Chris' attention. \_\_\_\_\_
- Mary was dressed fancy and festive for the ball. \_\_\_\_\_
- Stop in K-Mart for a good deal on a TV. \_\_\_\_\_
- The chef made a fruit tart and trifle for dessert. \_\_\_\_\_
- Angelo lives on Gravel Hill Road. \_\_\_\_\_
- Michelle loved hearing Ray play his guitar. \_\_\_\_\_
- Publishing companies need a quality editor. \_\_\_\_\_
- The ogre entrusted the princess with his sword. \_\_\_\_\_
- Some companies ship lumber on flatbed trucks. \_\_\_\_\_
- He raised an eyebrow nervously while speaking to his boss. \_\_\_\_\_



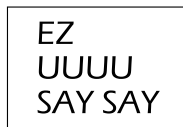
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## Wacky Wordies

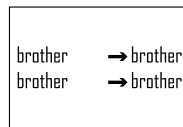
Each of the puzzles below provides a visual representation of a common word or phrase. Can you decipher the clues in each puzzle box?



1. \_\_\_\_\_



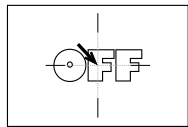
2. \_\_\_\_\_



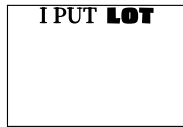
3. \_\_\_\_\_



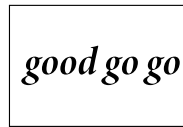
4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



7. \_\_\_\_\_



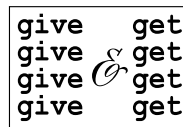
8. \_\_\_\_\_



9. \_\_\_\_\_



10. \_\_\_\_\_



11. \_\_\_\_\_



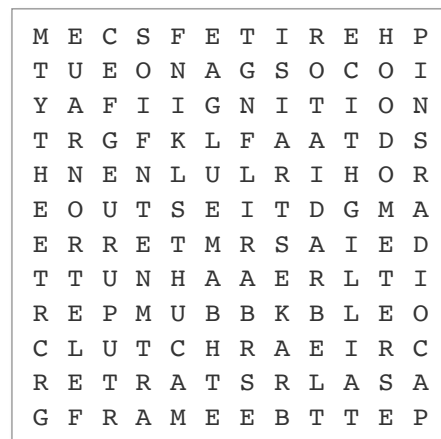
12. \_\_\_\_\_

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## Parts of a Car

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Unscramble the remaining letters to complete the saying about wheels.

- BATTERY
- BELT
- BRAKES
- BUMPER
- CAP
- CLUTCH
- COIL
- ENGINE
- FAN
- FRAME
- FUSE
- HOOD
- HORN
- IGNITION
- LATCH
- MUFFLER
- NUT
- ODOMETER
- PINS
- RADIATOR
- RADIO
- RIM
- SEAT
- STARTER
- TAILLIGHT
- TIRE
- TRUNK

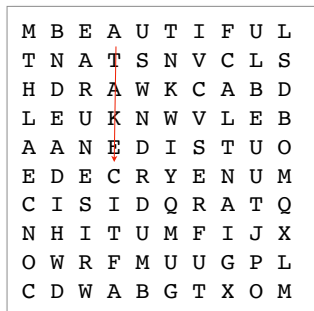


## Opposites Search

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



=



- give take forward \_\_\_\_\_ inside \_\_\_\_\_ fall \_\_\_\_\_ smart \_\_\_\_\_  
alive \_\_\_\_\_ expose \_\_\_\_\_ laugh \_\_\_\_\_ ugly \_\_\_\_\_ dwarf \_\_\_\_\_

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## The squeaky wheel

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# Special Events/Announcements

## Other Events Around Town in May:

### Los Gatos Library Balance and Fall Prevention Class -

May 12th @ 12:00PM-1:00PM - Los Gatos Library

### Los Gatos Lions Club Date Night -

May 14th @ 7:00PM-10:00PM -

985 University Ave, Los Gatos, CA

Tickets must be purchased in advance for \$100

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

### NUMU- In Her Own Words: Stories of the Ming Quong Sisters (Zoom )

<https://bit.ly/3OLeVvy>

Will be streaming live in the lounge on Thursday

May 19th 12:00PM-1:00PM

## Mother's Day High Tea:

Piano serenade with Sue

Monday May 23<sup>rd</sup>

1:00PM-3:00PM

BYO Favorite Tea Cup

Fancy Tea hat encouraged!

## ARC BAR

April's ARC Bar event was a huge success! We are grateful for the work and support of the Town of Los Gatos Senior Services Committee! Thank you to all who attended.

## Community Assessment Survey for Older Adults

If you are interested in learning more the CASOA survey results can be found here:

[bit.ly/3s0z1YO](https://bit.ly/3s0z1YO)



## April Workshops

April Art Workshops were so much fun! Thank you to all of you who participated and to our instructors Priti, Jean, and Tina!





# 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](mailto: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](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** – Closed for the season.
- **AARP Mature Driver Classes** – NOW AVAILABLE – Refresher Course on May 24<sup>th</sup>, Full Course on July 12<sup>th</sup> & 14<sup>th</sup> – Call 408.354.1514 or visit the 55 Plus Office for more details and to register.
- **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](http://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.
- **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](mailto:55plus@lgsrecreation.org) or call 408.354.1514



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