

# #PRINT



## JULY FEATURE: FAB SUMMER CONTINUES!

Clear your calendars - things are heating up this July! We are so excited to announce the return of Social Dances! Join us on Friday July 8<sup>th</sup> from 6:00PM-8:00PM for live music and ballroom dancing! Whether you want to tear up the dance floor with instructor Lesley or sit on the sidelines and enjoy the band, we look forward to seeing you! Our summer art series continues every Monday, check inside the print for more details on this month's projects. Our first Great Getaway trip to cheer on the Giants will take place on July 13<sup>th</sup>. We will be doing another Promenade meet up group on July 14<sup>th</sup>. Join us for an ice-cream social and indoor lawn games on July 18<sup>th</sup>. Last but certainly not least, on Wednesday July 27<sup>th</sup>, join us for the 55 Plus Member Annual Summer Picnic on the civic center lawn! Enjoy a picnic style lunch and live blues/jazz music by Cookin' Fenny Combo! Be sure to RSVP for the picnic.

## JUNE RECAP

A big thank you to all the members that came out to join us on the hottest day of the month out at Vasona Boating! It was fun to get outdoors cooking hot dogs, snacking on watermelon, and enjoying pedal boats, kayaks, and sailing. 55 Plus members got crafty during the start of the Summer Art Series classes by learning to crochet, painting pots, and experimenting with melted crayon art. This June we started the first ever 55 Plus Water Workout class, which is now fully booked, and participants are having fun in the sun at the LGHS Pool. Our Promenade Meet Up group enjoyed the sounds of live music together.

Sincerely, Lianne Kennedy (Recreation Coordinator)



# July

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p><b>RSVP for the Annual Picnic here:</b>  <a href="https://forms.office.com/r/SLg6VJ0tGv">forms.office.com/r/SLg6VJ0tGv</a></p>	<p><b>RSVP for Social Dances, Summer Art Series, Bunco, Chess, Guest Speaker Luncheon, and the Promenade Meet Up Group here:</b>  <a href="https://forms.office.com/r/5trBJW7fLw">forms.office.com/r/5trBJW7fLw</a></p>	<p><b>July 13<sup>th</sup></b>  <b>NEW Great Getaway - Adult Day Trips SF Giants</b>  <b>*Registration Required</b></p>		<p><b>Artist Workshop (Hall)</b>            9:00AM-12:00PM  <b>Learn to Crochet and Needle Craft (Lounge)</b>            9:00AM-11:30AM  <b>Ping Pong (Rm 5)</b>            10:00AM-12:00PM  <b>No 55 Plus Water Workout</b></p>
4	5	6	7	8
<p><b>Office Closed for Independence Day</b></p> <p><b>Town of Los Gatos Event Symphony in the Park @ Oak Meadow Park 11:00AM-4:00PM</b></p>	<p><b>Tuesday Town Walk (Lounge)</b>            9:15AM-11:00AM  <b>Mah Jongg (Rm 5)</b>            10:00AM-12:30PM  <b>Learn to Play: Chess (Rm 3)</b>            10:30AM-12:00PM  <b>Jeopardy (Lounge)</b>            12:30PM-1:30PM  <b>Pinochle (Rm 5)</b>            1:00PM-4:30PM</p>	<p><b>Game Day (Hall)</b>            9:00AM-12:00PM  <b>Ping Pong (Rm 5)</b>            10:00AM-12:00PM  <b>Art &amp; Music Appreciation (Lounge)</b> 12:00PM-2:10PM  <b>Stay Fit (Hall)</b>            1:00PM-2:00PM</p>	<p><b>Prime Timer's Group with Janeen Pratt (Lounge)</b>            10:30AM-11:30AM  <b>Pinochle &amp; Other Games (Rm 5)</b>            1:00PM-4:30PM  <b>Current Event Group (Lounge)</b>            1:30PM-3:00PM</p>	<p><b>Artist Workshop (Hall)</b>            9:00AM-12:00PM  <b>Learn to Crochet and Needle Craft (Lounge)</b>            9:00AM-11:30AM  <b>Ping Pong (Rm 5)</b>            10:00AM-12:00PM  <b>Water Workout (LGHS Pool) *FULLY BOOKED</b>            12:30PM-1:30PM  <b>55 Plus Social Dance (Hall) \$5 Members/\$10 Public</b>            6:00PM-8:00PM</p>
11	12	13	14	15
<p><b>Summer Art Series - Candle Votives (Hall) *RSVP</b>            10:00AM-12:00PM  <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>Stay Fit (Hall)</b>            1:00PM-2:00PM  <b>Hand &amp; Foot Canasta (Rm 5)</b>            2:00PM-4:00PM</p>	<p><b>HICAP by Appt. (Rm 3)</b>            9:00AM-12:30PM  <b>Tuesday Town Walk (Lounge)</b>            9:15AM-11:00AM  <b>Mah Jongg (Rm 5)</b>            10:00AM-12:00PM  <b>No Chess Club</b>  <b>AARP Driver Safety (Rm 214) *Apt. Required</b>            12:00PM-4:00PM  <b>Armchair Travel: Bulgaria (Lounge)</b>            12:30PM-1:30PM  <b>Pinochle (Rm 5)</b>            1:00PM-4:30PM</p>	<p><b>Game Day (Hall)</b>            9:00AM-12:00PM  <b>Ping Pong (Rm 5)</b>            10:00AM-12:00PM  <b>Women's Art Connection (Rm 3)</b> 10:00AM-12:00PM  <b>Art &amp; Music Appreciation (Lounge)</b> 12:00PM-2:10PM  <b>Single Again (Rm 3)</b>            12:30PM-2:30PM  <b>Stay Fit (Hall)</b>            1:00PM-2:00PM  <b>Reader's Theatre (Lounge)</b>            3:00PM-5:00PM</p>	<p><b>Pinochle &amp; Other Games (Rm 5)</b>            1:00PM-4:30PM  <b>AARP Driver Safety (Rm 214) *Apt. Required</b>            12:00PM-4:00PM  <b>Current Event Group (Lounge)</b>            1:30PM-3:00PM  <b>Promenade Meet Up (ARC) *RSVP</b>            *Meet at 4:30PM</p>	<p><b>Artist Workshop (Hall)</b>            9:00AM-12:00PM  <b>Learn to Crochet and Needle Craft (Lounge)</b>            9:00AM-11:30AM  <b>Ping Pong (Rm 5)</b>            10:00AM-12:00PM  <b>Water Workout (LGHS Pool) *FULLY BOOKED</b>            12:30PM-1:30PM</p>
18	19	20	21	22
<p><b>St. Mary's Bridge (Rm 5)</b>            10:00AM-1:30PM  <b>Summer Art Series - Nail and String (Hall) *RSVP</b>            10:00AM-12:00PM  <b>Democracy Tent (Rm 214)</b>            10:30AM-12:00PM  <b>Stay Fit (Hall)</b>            1:00PM-2:00PM  <b>Our Democracy in Peril (Rm 3)</b>            1:30PM-3:00PM  <b>Hand &amp; Foot Canasta (Rm 5)</b>            2:00PM-4:00PM  <b>Ice Cream Social and Indoor Lawn Games (Hall) *RSVP</b>            2:00PM-3:30PM</p>	<p><b>Tuesday Town Walk (Lounge)</b>            9:15AM-11:00AM  <b>Mah Jongg (Rm 5)</b>            10:00AM-12:30PM  <b>Learn to Play: Chess (Rm 3)</b>            10:30AM-12:30PM  <b>NEW Family Feud (Lounge)</b>            12:30PM-1:30PM  <b>Pinochle (Rm 5)</b>            1:00PM-4:30PM</p>	<p><b>Game Day (Hall)</b>            9:00AM-12:00PM  <b>Ping Pong (Rm 5)</b>            10:00AM-12:00PM  <b>Art &amp; Music Appreciation (Lounge)</b> 12:00PM-2:10PM  <b>Guest Speaker &amp; Luncheon - Melette from Next Chapter *RSVP</b>            12:15PM-1:00PM  <b>Stay Fit (Hall)</b>            1:00PM-2:00PM</p>	<p><b>Town Covid Testing by Apt.</b>            9:30AM-3:00PM  <b>NEW Bunco (Lounge) *Sign Up Required</b>            10:00AM-12:00PM  <b>Pinochle &amp; Other Games (Rm 5)</b>            1:00PM-4:30PM  <b>Current Event Group (Lounge)</b>            1:30PM-3:00PM  <b>Tech Help w/ Steph (Hall)</b>            1:00PM-4:30PM</p>	<p><b>Artist Workshop (Hall)</b>            9:00AM-12:00PM  <b>Learn to Crochet and Needle Craft (Lounge)</b>            9:00AM-11:30AM  <b>Ping Pong (Rm 5)</b>            10:00AM-12:00PM  <b>Water Workout (LGHS Pool) *FULLY BOOKED</b>            12:30PM-1:30PM</p>
25	26	27	28	29
<p><b>St. Mary's Bridge (Rm 5)</b>            10:00AM-1:30PM  <b>Summer Art Series - Wood Burning (Hall) *RSVP</b>            10:00AM-12:00PM  <b>Democracy Tent (Rm 214)</b>            10:30AM-12:00PM  <b>Stay Fit (Hall)</b>            1:00PM-2:00PM  <b>Our Democracy in Peril (Rm 3)</b>            1:30PM-3:00PM  <b>Hand &amp; Foot Canasta (Rm 5)</b>            2:00PM-4:00PM</p>	<p><b>Tuesday Town Walk (Lounge)</b>            9:15AM-11:00AM  <b>Mah Jongg (Hall)</b>            10:00AM-12:30PM  <b>Learn to Play: Chess (Rm 3)</b>            10:30AM-12:00PM  <b>Book Club (Rm 3)</b>            12:00PM-1:30PM  <b>Pinochle (Rm 5)</b>            1:00PM-4:30PM  <b>NEW Who, What, Where? (Lounge)</b>            1:30PM-2:30PM</p>	<p><b>Game Day (Hall)</b>            9:00AM-12:00PM  <b>Ping Pong (Rm 5)</b>            10:00AM-12:00PM  <b>Annual Summer Picnic for 55 Plus Members (Civic Center Lawn) *RSVP</b>            11:30AM-1:30PM  <b>Art &amp; Music Appreciation (Lounge)</b> 12:00PM-2:10PM  <b>Stay Fit (Hall)</b>            1:00PM-2:00PM</p>	<p><b>Pinochle &amp; Other Games (Rm 5)</b>            1:00PM-4:30PM  <b>Current Event Group (Lounge)</b>            1:30PM-3:00PM</p>	<p><b>Artist Workshop (Hall)</b>            9:00AM-12:00PM  <b>Learn to Crochet and Needle Craft (Lounge)</b>            9:00AM-11:30AM  <b>Ping Pong (Rm 5)</b>            10:00AM-12:00PM  <b>Water Workout (LGHS Pool) *FULLY BOOKED</b>            12:30PM-1:30PM</p>



# Group Descriptions

- **55 Plus Water Workout**– 7-week summer program - Join instructor Kiana at LGHS pool! Come enjoy this fun class and feel the benefits of water aerobics! *Sign up required – class is now fully booked!*
- **Art and Music Appreciation** – Interactive class exploring and discussing influential artists and musicians followed by the West Valley College Instructor playing guitar and leading the group singing well-known songs. Participants are welcome to bring their own instruments in! *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. July Book: *The Secret Between Us* by Thrity Umrigar (368 pages)
- **NEW Bunco** – May the dice be in your favor in this social, luck-based game. We will play for prizes. Sign up with the 55 Plus Office Required so tables can be arranged. 12 players needed! Check out how to play: [www.youtube.com/watch?v=VFjqzophg9Q](http://www.youtube.com/watch?v=VFjqzophg9Q)
- **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](http://bit.ly/32MyTmx) or meet in person.
- **NEW Family Feud** – Guess the most popular responses to survey questions in this just for fun group!
- **NEW Hand and Foot Canasta** – Calling all Canasta players! See the 55 Plus office for a list of rules and a description of play.
- **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!
- **NEW Learn to Crochet** – Ever wanted to learn to Crochet? Materials will be provided but bring your patience in with you and start to learn how to loop yarn into all sorts of cozy items..
- **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.
- **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.
- **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. *\*Our staff will be filling in for our teens this year!*
- **SPECIAL EVENT The Promenade Meet Up** – Park at the Adult Rec Center, meet up with other 55 Plus members, walk over to the Promenade stages to enjoy the sounds of summer and live music together. Sign up with 55 Plus Office is required. For more info on the Promenade visit [bit.ly/losgatospromenade](http://bit.ly/losgatospromenade)
- **Summer Art Series** – Each week we will have a fun and creative project to work on. Come explore different mediums. Materials will be provided. *Please RSVP.*
- **Town of Los Gatos–COVID-19 Testing** – Appointment required [bit.ly/3qQ68ND](http://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, Scrabble 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.
- **NEW Who, What, Where?** - Social discussion group. From famous people, interesting places, to random objects. 25 clues will be presented one by one to bring you closer to guessing Who, What or Where! Followed by a more in-depth discussion.
- **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.)

# 55 PLUS FAB SUMMER

## Special Events

### 55 Plus Promenade Meet Up - Thursday July 14<sup>th</sup> @ 4:30PM

The Promenade is back in LG this summer and 55 Plus Members are hitting the town. Meet up and park at the Adult Recreation Center at 4:30PM. Tammy will be leading a group on a 15-20 minute walking trip. Come out to meet other 55 Plus members and enjoy live music in Los Gatos! Please RSVP.

The Promenade is presented by the Los Gatos Chamber of Commerce Thursday Nights June 16<sup>th</sup> through August 4<sup>th</sup> (except June 30<sup>th</sup>) from 5:00PM-9:00PM. N. Santa Cruz Avenue will be closed between Bachman Ave and Main St.



## Summer Social Dances

Friday July 8<sup>th</sup> 6pm-8pm

Friday August 5<sup>th</sup> 6pm-8pm

\$5 for 55 Plus Members  
\$10 for Non-Members

Live Music  
30 Minute Ballroom Dance Instruction  
1.5 Hour Social Dance  
Light Refreshments will be Provided

LGS Recreation Adult Recreation Center  
208 E Main Street  
Los Gatos 95030  
RSVP by calling 408-354-1514



Wednesday July 27<sup>th</sup>  
11:30am - 1:30pm

## 55 Plus Member Annual Summer Picnic

CIVIC CENTER LAWN OUTSIDE OF THE ADULT RECREATION CENTER

JOIN US FOR LIVE MUSIC AND A LOVELY PICNIC LUNCH  
PULLED PORK OR PORTOBELLO MUSHROOM  
OPTIONS AVAILABLE

RSVP with the 55+ Office is Required

Wednesday, July 27<sup>th</sup>  
11:30AM-1:30PM

Be sure to RSVP and select your lunch option as seats are limited.

RSVP with the 55 Plus office or at this link  
[forms.office.com/r/SLg6VJ0tGv](https://forms.office.com/r/SLg6VJ0tGv)



\*Please note this event is intended for adults aged fifty-five and above. This is an alcohol-free event. Alcohol will not be sold or permitted to be brought into the venue.



# 55 Plus Featured Programs

## 55 Guest Speaker – Melette, P.A. from Next Chapter Senior Transitions

Wednesday July 20<sup>th</sup> at 12:15PM-1:00PM

Please RSVP for this event as space is limited and lunch will be provided.

Learn tips and tricks for increasing your safety and strength while still living at home independently as well as guidance identifying when you might consider transitioning to a senior community. Making a plan before you need a plan reduces uncertainties and increases the chances you'll thrive in your senior years. Come find out more! Melette is a Stanford-trained Physician Assistant who has extraordinary empathy for older adults. After spending decades as a PA assessing, treating and advocating for patients in the emergency room, senior communities and private homes throughout Silicon Valley, Melette now assists people considering senior care communities for themselves or loved ones. For more information on Next Chapter visit [www.nextchapterseniors.com](http://www.nextchapterseniors.com)

## Summer Art Series

Materials Provided \*Please RSVP

### Modge Podge

Monday July 11<sup>th</sup> at 10:00AM-12:00PM

Join us as we dive into the world of Modge Podge and create some fun and colorful candle votives.

### String Art

Monday July 18<sup>th</sup> at 10:00AM-12:00PM

Let's get tangled up in fun with String Art! We will be hammering nails to make our own designs and bringing them to life with colorful string! Please bring in a hammer if you have one.

### Wood Burning

Monday July 25<sup>th</sup> at 10:00AM-12:00PM

Watch out! This week things will be heating up as we bust out the wood burning tools.



## Social Discussion Groups

### JEOPARDY

Tuesday July 5<sup>th</sup> 12:30PM-1:30PM

(\$400) This three-letter word associated with you goes up every year but never comes down.

### Armchair Travel: Bulgaria

Tuesday July 12<sup>th</sup> 12:30PM-1:30PM

Join us for a multimedia look at Bulgaria! Have you traveled to the Bulgaria? We would love to swap stories!

### Family Feud

Tuesday July 19<sup>th</sup> 12:30PM-1:30PM

Guess the most popular responses to survey questions in this just for fun group!

### Who, What, Where?

Tuesday July 26<sup>th</sup> 1:30PM-2:30PM

25 clues will bring you closer and closer to figuring out the mystery topic.

# Monthly-Quiz & Puzzles

## Colorful Songs

Match the colorful song title to the correct artist.

- |   |                                  |
|---|----------------------------------|
| 1. "Yellow Submarine" _____                 | A. Bruce Springsteen             |
| 2. "Roses are Red (My Love)" _____          | B. Crystal Gayle                 |
| 3. "Brown Sugar" _____                      | C. Van Morrison                  |
| 4. "Brown Eyed Girl" _____                  | D. Elvis Presley                 |
| 5. "Pink Cadillac" _____                    | E. Prince                        |
| 6. "White Christmas" _____                  | F. Linda Ronstadt                |
| 7. "Don't It Make My Brown Eyes Blue" _____ | G. Bobby Vinton                  |
| 8. "Purple Rain" _____                      | H. Jim Croce                     |
| 9. "Blue Moon" _____                        | I. Shirley Bassey                |
| 10. "Nights in White Satin" _____           | J. The Beatles                   |
| 11. "Blue Suede Shoes" _____                | K. Bing Crosby                   |
| 12. "Goodbye Yellow Brick Road" _____       | L. The Marcels                   |
| 13. "Bad, Bad Leroy Brown" _____            | M. Elton John                    |
| 14. "Goldfinger" _____                      | N. The Rolling Stones            |
| 15. "Crimson and Clover" _____              | O. The Moody Blues               |
| 16. "Blue Bayou" _____                      | P. Tommy James and the Shondells |



## Change a Letter

Make a word into a new word by changing the last letter.

- Change royalty headpiece \_\_\_\_\_ to a large gathering \_\_\_\_\_.
- Change a farm machine \_\_\_\_\_ to a parcel of land \_\_\_\_\_.
- Change a clock arm \_\_\_\_\_ to be suspended in air \_\_\_\_\_.
- Change a shop \_\_\_\_\_ to a children's tale \_\_\_\_\_.
- Change a necklace fastener \_\_\_\_\_ to a group of students \_\_\_\_\_.
- Change the color of an emerald \_\_\_\_\_ to welcome \_\_\_\_\_.
- Change a hospital wing \_\_\_\_\_ to quite cautious \_\_\_\_\_.
- Change a yellow songbird \_\_\_\_\_ to an absurd, exaggerated story \_\_\_\_\_.
- Change a fine point \_\_\_\_\_ to hold back or delay \_\_\_\_\_.
- Change a companion \_\_\_\_\_ to a school subject \_\_\_\_\_.
- Change a red-colored gemstone \_\_\_\_\_ to gather or collect \_\_\_\_\_.
- Change well-mannered \_\_\_\_\_ to push forward \_\_\_\_\_.



## Sudoku

Fill in the grid so that all nine columns down, all nine rows across, and all nine 3-by-3 boxes contain the numbers 1 through 9. A number appears in each column, row, or box only once

	2	6		3				
	9	1	8	6	5	7	4	
	7	8	4		2	3	1	6
7					8		6	9
		4		5				
8		3				4	2	
6						9	7	
		7	9		4			
			5	7			3	4



## Math & Science Scrabble

Use the clues to find words that are associated with math and science. For each answer, cross off the lettered tiles that you use. All the letters should be crossed off when the puzzle is complete.

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

- Molecule part \_\_\_\_\_
- Fluid \_\_\_\_\_
- Addition result \_\_\_\_\_
- Chuck Yeager broke it, \_\_\_\_\_ barrier \_\_\_\_\_
- Pictorial diagram \_\_\_\_\_
- Balanced \_\_\_\_\_
- Lab glassware \_\_\_\_\_
- What ÷ signifies \_\_\_\_\_
- NASA device \_\_\_\_\_
- Science of plant life \_\_\_\_\_
- Addition symbol \_\_\_\_\_
- Subtraction symbol \_\_\_\_\_
- Four-sided figure \_\_\_\_\_
- Not a liquid or a gas \_\_\_\_\_
- Electricity supply \_\_\_\_\_
- It keeps people grounded \_\_\_\_\_





# Special Events/Announcements

## Other Events Around Town in July:

### Town of Los Gatos Fourth of July Symphony in the Park

Monday July 4<sup>th</sup> 11:00AM-4:00PM

@ Oak Meadow Park

More info at [www.LosGatosCA.gov/4thofJuly](http://www.LosGatosCA.gov/4thofJuly).

### Music in the Park

Every Sunday July 17<sup>th</sup> - August 21<sup>st</sup> 5:00PM-7:00PM

### Drums in the Park

Saturday July 16<sup>th</sup> 12:00PM-5:00PM

@ Town Plaza Park

More info at [www.awocenter.org](http://www.awocenter.org).

## Live Oak Adult Day Services

is a nonprofit, community based, adult day care that has been located in Los Gatos for 39+ years. We provide a structured day program designed to promote physical, cognitive and emotional health for seniors with mild to moderate dementia.

We are open Monday through Friday from 9am to 3pm and provide breakfast, a hot lunch and snacks, along with daily exercise, art and music, cognitive stimulation, and opportunities for socialization. Our mission is twofold: to enhance the lives of dependent seniors while also providing support and respite to their caregivers. Our goals are to enable our seniors to age in place, to combat isolation, to support caregivers and to restore dignity and respect to those affected by impairments related to aging. For more information, contact us at 408-971-9363 and find us at [www.liveoakadultdaycare.org](http://www.liveoakadultdaycare.org).



## June Highlights







# 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.

## Great Getaway Adult Day Trips

Pick up for all trips from the  
Los Gatos Adult Recreation Center  
208 E Main St, Los Gatos, CA 95030

To register call 408.354.1514 or [bit.ly/3NN57Qw](http://bit.ly/3NN57Qw)

55 Plus Members receive \$10 off all Great Getaway trips! Use promo code or call our office.

- **July: Go Giants! - Wednesday July 13<sup>th</sup>** - The trip includes Club Level seats as the Giants take on the Arizona Diamond Backs, transportation, and a \$12 meal voucher at the game.  
*Member Price: \$135, Adult Ticket: \$145*
- **August: Monterey Bay Aquarium & Lunch in Carmel - Tuesday August 16<sup>th</sup>** - This trip includes your ticket into the Aquarium, transportation, and a lovely lunch in Carmel at Earthbound Farm Stand.  
*Member Price: \$170, Adult Ticket: \$180*
- Is there somewhere you would like to go or something new you would like to experience? We welcome your input on this form [bit.ly/38NaMHw](http://bit.ly/38NaMHw)
- Extended Trips with Talbot Tours Overnight and international tours and cruises available in partnership with Talbot Tours. Guaranteed departure and home pick up. Stop by the 55 Plus office for a detailed flyer.

## 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 Driver Safety** - Full course July 12<sup>th</sup> and 14<sup>th</sup> 12:00PM-4:30PM. Call 408.354.1514 or visit the 55 Plus Office.
- **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.
- **Need help with transportation?** - Check out the VTAs comprehensive list in the Senior Mobility Guide [bit.ly/3NEH06k](http://bit.ly/3NEH06k)
- **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.
- **Santa Clara County List of Resources for Older Adults** - [bit.ly/3num6fb](http://bit.ly/3num6fb).
- **Senior Adults Legal Assistance (SALA)** - Virtual/phone appointments available. 408.295.5991.
- **1:1 Support Session with Janeen (GCM)** - Private session is available by appointment through the 55 Plus Office.

## Wanted

Bunco Players! Please contact the 55 Plus office to join us on Thursday July 21<sup>st</sup>!

[55plus@lgsrecreation.org](mailto:55plus@lgsrecreation.org) or call 408.354.1514



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