

THE PRINT



November Feature

Fall is in full swing and in October our hall was converted into both a barn and a haunted hall! (Cowboy) hats off to all of you who came to the Country and Western line dance night in October. It was a wonderful turn out and the highlight was seeing 50 people perfecting the monster mash dance led by instructor Mandi! Octobers Great Getaway Trip enjoyed the many wonders of Blackhawk Museum in Danville, followed by a picturesque lunch and tasting at Tenuta Vineyards. Things got spooktacular at the 55 Plus Member MoNsTeR MaSh with Mike the Magician. This Thanksgiving we are grateful for the growth of the 55 Plus program and extend our sincere thanks to our members who make this a vibrant community. Also, a big THANK YOU to our Wednesday Game Day players who raised \$396 for the Walk to End Alzheimer's Team "Let's Go Los Gatos"! Lastly, a shout out to our staff and volunteers who help make the magic happen!

November is a great time to be a 55 Plus member! Current members, renew your membership in November or December to save \$5, see the front office staff for assistance. Membership fees increase to \$30 in the New Year. New members can join now for \$30 and enjoy programs now through the end of December 2023.

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p>Tuesday Town Walk (Lounge) 9:15AM-11:00AM</p> <p>Mah Jongg (Hall) 10:00AM-12:30PM</p> <p>Arm Chair Travel: New England (Lounge) 11:30AM-12:30PM</p> <p>AARP Driver Safety Course (Rm 214) *Registration Required 12:00PM-4:00PM</p> <p>Pinochle (Rm 5) 1:00PM-4:30PM</p>	<p>Game Day: Bridge (Hall) 9:00AM-12:00PM</p> <p>Ping Pong (Rm 5) 10:00AM-12:00PM</p> <p>SJSU Nursing Students Wellness Checks 10:30AM-12:30PM</p> <p>Art & Music Appreciation (Lounge) 12:00PM-1:15PM</p> <p>Stay Fit (Large Hall) 1:30PM-2:30PM</p>	<p>Learn to Play: Mexican Train (Hall) 9:00AM-11:00AM</p> <p>Social Support Group with Janeen (Lounge) 10:30AM-11:30AM</p> <p>55+ ZUMBA Gold (YRC Rm B) *Register \$5/Class 11:30AM-12:30PM</p> <p>AARP Driver Safety Course (Rm 214) *Registration Required 12:00PM-4:00PM</p> <p>Pinochle (Rm 5) 1:00PM-4:30PM</p> <p>Current Event Group (Lounge) 1:30PM-3:00PM</p> <p>55 Plus Social Committee Meeting (Rm 3) 12:30PM-1:30PM</p>	<p>NEW Coffee Corner (Lounge) 10:00AM-11:00AM</p> <p>Artist Workshop (Hall) 9:00AM-12:00PM</p> <p>Needle Craft (Lounge) 9:00AM-11:30AM</p> <p>Ping Pong (Rm 5) 10:00AM-12:00PM</p> <p>Stay Fit (Hall) 1:00PM-2:00PM</p> <p>Balance Awareness (Hall) 2:00PM-3:00PM</p> <p>First Fridays @ The Palms (Hall) Flyer for Details 4:00PM-5:30PM</p> <p>55 Plus Social Dance - Ballroom Dance with Lesley & DJ Hall \$5/Members \$10/Non-Members 6:00PM-8:00PM</p>
7	8	9	10	11
<p>Great Getaway Bus Trip - USS Hornet (Large Hall) *RSVP 8:30AM-3:00PM</p> <p>Christmas Mural Paint Group (Materials Provided) 10:00AM-12:00PM</p> <p>St. Mary's Bridge (Rm 5) 10:00AM-1:30PM</p> <p>Democracy Tent (Rm 3) 10:30AM-12:00PM</p> <p>Stay Fit (Hall) 1:00PM-2:00PM</p> <p>Our Democracy in Peril (Rm 3) 1:30PM-3:00PM</p> <p>Balance Awareness (Hall) 2:00PM-3:00PM</p> <p>Hand & Foot Canasta (Rm 5) 2:00PM-4:00PM</p>	<p>HICAP by Appt (Rm 3) 9:00AM-12:30PM</p> <p>Tuesday Town Walk (Lounge) 9:15AM-11:00AM</p> <p>Mah Jongg (Hall) 10:00AM-12:30PM</p> <p>Pinochle (Rm 5) 1:00PM-4:30PM</p> <p>Jeopardy (Lounge) 1:30PM-2:30PM</p>	<p>Game Day (Hall) 9:00AM-12:00PM</p> <p>Ping Pong (Rm 5) 10:00AM-12:00PM</p> <p>Women's Art Connection (Rm 3) 10:00AM-12:00PM</p> <p>SJSU Nursing Students Brain and Heart Health Talk 12:00PM-12:30PM</p> <p>Art & Music Appreciation (Lounge) 12:00PM-1:15PM</p> <p>Single Again (Rm 3) 12:30PM-2:30PM</p> <p>Stay Fit (Large Hall) 1:30PM-2:30PM</p> <p>Reader's Theatre (Lounge) 3:00PM-5:00PM</p>	<p>Bingo (Hall) 10:00AM-11:30AM</p> <p>55+ ZUMBA Gold (YRC Rm B) *Register \$5/Class 11:30AM-12:30PM</p> <p>Pinochle (Rm 5) 1:00PM-4:30PM</p> <p>Current Event Group (Lounge) 1:30PM-3:00PM</p>	<p>Veterans Day Ceremony (Large Hall) 10:00AM-11:15AM</p> <p style="text-align: center;">Office Closed for Veterans Day</p> 
14	15	16	17	18
<p>St. Mary's Bridge (Rm 5) 10:00AM-1:30PM</p> <p>Democracy Tent (Rm 3) 10:30AM-12:00PM</p> <p>55 Plus Members Thanksgiving Luncheon (Hall) *RSVP 11:30AM-12:30PM - 1st Seating 1:30PM-2:30PM - 2nd Seating</p> <p>Our Democracy in Peril (Rm 3) 1:30PM-3:00PM</p> <p>Hand & Foot Canasta (Rm 5) 2:00PM-4:00PM</p>	<p>Tuesday Town Walk (Lounge) 9:15AM-11:00AM</p> <p>Mah Jongg (Hall) 10:00AM-12:30PM</p> <p>SCCFD - Prepared for Disasters (Lounge) *RSVP 10:00AM-11:15AM</p> <p>NEW Magical Movie Tour : Thanksgiving Special (Lounge) 1:00PM-3:00PM</p> <p>Pinochle (Rm 5) 1:00PM-4:30PM</p>	<p>Game Day (Hall) 9:00AM-12:00PM</p> <p>Ping Pong (Rm 5) 10:00AM-12:00PM</p> <p>SJSU Nursing Students Wellness Checks 10:30AM-12:30PM</p> <p>Art & Music Appreciation (Lounge) 12:00PM-1:15PM</p> <p>Stay Fit (Large Hall) 1:30PM-2:30PM</p>	<p>Learn to Play: Mexican Train (Hall) 9:00AM-11:00AM</p> <p>55+ ZUMBA Gold (YRC Rm B) *Register \$5/Class 11:30AM-12:30PM</p> <p>Pinochle (Rm 5) 1:00PM-4:30PM</p> <p>Current Event Group (Lounge) 1:30PM-3:00PM</p> <p>Tech with Teens (Rm 3) 3:00PM-4:00PM</p>	<p style="text-align: center;">ARC Closed for Construction November 18th- December 2nd</p>
21	22	23	24	25
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28	29	30	1	2
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- **55+ ZUMBA Gold** - Instructor Kiana is back on land to teach this 10-week program. Join this easy-to-follow dance workout perfect for the active older adult. *Pre-registration required \$5/class.*
- **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.
- **Balance Awareness** - Join Mary Ann Smith, a certified personal trainer, from West Valley College for this balance class. *Sign up with the 55 Plus office required.*
- **Book Club** - Meets on the 4th Tuesday of each month. Book club will resume in January 2023!
- **Bingo** – Get out your dauber and get ready to have some fun! Join us monthly for prize BINGO.
- **Bunco** – May the dice be in your favor in this social, luck-based game. Sign up with the 55 Plus Office Required so tables can be arranged. 12 players (or more) needed!
- **Coffee Corner** – Join us Friday mornings in the lounge to chat and enjoy a hot cup of coffee.
- **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 or meet in person.
- **Hand and Foot Canasta** – Calling all Canasta players! See the 55 Plus office for a list of rules and a description of play.
- **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!
- **Magic Movie Tour** - Lights, Camera, Action! Join Sandy Decker each month for a movie, discussion, and fun facts about the world of cinema...and maybe some popcorn! In the spirit of Thanksgiving, Sandy will make you thankful she chose the BEST THANKSGIVING MOVIE EVER!
- **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.
- **NEW Social Committee Meeting** - Volunteer opportunity. Help shape what programs, activities and socials are available through the 55 Plus program. Help plan and decorate for upcoming social events. Help make our community warmer and brighter!
- **SJSU Wellness Checks** – San Jose State Community Nursing students will be volunteering and available for blood pressure checks and health related discussions.
- **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.
- **Town of Los Gatos-COVID-19 Testing** – Appointment required 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. Proceeds for the first two Game Days will be donated to the Walk to End Alzheimer's event. See the 55 Plus Program Highlights section for more information.
- **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.)



**In Honor of Veterans Day
Join Us On
Friday, November 11th
10:00AM-11:15AM**

**Adult Recreation Center
Large Hall
208 E. Main St, Los Gatos, CA**

Donate
Here



www.lgsrecreation.org 408.354.8700

Veterans Day Ceremony

Friday November 11th - 10:00AM-11:15AM

We are hosting a Veterans Day Ceremony on November 11th in partnership with the Liberty Flame Veterans Memorial and Support Foundation. Light refreshments will be available from 10:00AM-10:30AM. The Mayor of Los Gatos will be present to give a welcome and we are honored to have guest speaker Clyde Horn. If you or a loved one is a Veteran, we want to know more about your story. If you are willing to, please bring in any memorabilia or photos that could be on display for the event.

Member Thanksgiving Luncheon Monday November 14th

Bring your appetite because our fall feast is being prepared by Los Gatos Meats. We are grateful for the Lions who will be volunteering to help serve! Entertainment will be provided by Bob "The Saxman" Lopresto.

Please bring a canned good or NEW pair of socks or underwear as your entrance fee. Preregistration is required as each seating will be held at 75 participants. Register with the 55 Plus office or online at <https://forms.office.com/r/uuyNFcQBVA>



**We gather together in the
Large Hall for a**

Thanksgiving Feast

Monday, November 14th

**Two seating times
11:30AM & 1:30PM**

**RSVP Required by November 10th
bit.ly/55plusluncheon**

First Friday Happy Hour - Presented by the Senior Services Committee

Who: Exclusively for older adults (membership not required). Brought to you by the Town of Los Gatos Senior Services Committee.

What: Bring your friends, meet new friends, and have fun during happy hour. Your \$15 ticket is good for one drink and appetizers.

Where: The Palms Restaurant (115 N. Santa Cruz Ave, Los Gatos)

When: Friday November 4th 4:00PM-5:30PM

How: Sign in with the Senior Services Committee at the door and purchase your ticket for \$15.



You're Invited!
 The Palms Restaurant & the Los Gatos Senior Services Committee invite you for Happy Hour, **exclusively for older adults.** Bring your friends! Meet new friends! But most importantly, just have fun.
Special Happy Hour - \$15 per person
 When: Oct 7, Nov 4, Dec 2
 4 pm - 5:30 pm
 Where: The Palms Restaurant
 115 N. Santa Cruz Ave. Los Gatos
 Brought to you by The Palms Restaurant & the Town of LG Senior Services Committee

55 Plus Social Ballroom Dance Friday November 4th 6:00PM-8:00PM

After the Palms head over to the Adult Recreation Center for an evening of dancing! Ballroom dance expert Lesley is back to give us 30 minutes of instruction. Music by DJ Hal will keep us dancing all night! Be sure to purchase your ticket in advance with the 55 Plus office or online bit.ly/3AK3Up0 \$5 for 55 Plus Members and \$10 for Non-Members.

Stay active and connected, while we are away:

We will miss you during the ARC closure, but look forward to new floors for all to enjoy. Save the Date: Monday December 12th 10:00AM-12:00PM Christmas Morning Member Social. More details to come.

November Neurobics Challenge - be sure to pick up your November puzzle pack

Christmas Mural Painting - Join us on November 7th to work on a new mural for the holiday season or take a few mural pieces home to complete.

Democracy Tent - Will continue Monday's on zoom bit.ly/3zX0DT1

Art and Music Appreciation on Zoom - Join Ed from West Valley College for Virtual Class on 11/23 & 11/30 @ 12pm. Join Zoom Meeting: <https://wvm-edu.zoom.us/j/95083225949>

Missing Mary Ann? Keep fit with a YouTube class:

- <https://www.youtube.com/watch?v=WX1q4lLqWEw>
- <https://www.youtube.com/watch?v=ya8N4EF7ijY>
- <https://www.youtube.com/watch?v=E2YqFYFLSbE>
- <https://www.youtube.com/watch?v=gXB3NhOAalk>

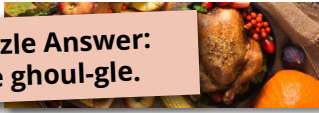
*FYI - Mary Ann will be at the Adult Recreation Center for extra Stay Fit classes before the closure on Wednesdays from 1:30PM-2:30PM!

55+ Social Dances
Friday November 4th 6pm-8pm
 Ballroom Dance with music by DJ Hal
 30 Minute Instruction Lesley
 1.5 Hour Social Dance
 Light Refreshments will be Provided
 Purchase Tickets Online or The with 55+ Office
 \$5 for 55 Plus Members
 \$10 for Non-Members
 Purchase Your Tickets Now!
 LGS Recreation 55 Plus Program
 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.

Mixed-Up Thanksgiving Feast

Unscramble the letters to reveal words associated with a Thanksgiving feast.

October Puzzle Answer:
They use ghoul-gle.



1. NFUTFIGS _____
2. SUSBCTII _____
3. ESSULRBS UORSSPT _____
4. ESOSARCLE _____
5. RCROBEDAN _____
6. ANRRBYCRE UASCE _____
7. ERNEG NBASE _____
8. DMSHAE OTSOEATP _____
9. AEMCETNMI IEP _____
10. SUQHSA _____
11. SIEBTLG _____
12. KUNMIPP EIP _____
13. LLSRO _____
14. EETSW OPASEOTT _____
15. AOLRCDL ESGENR _____
16. UYTKER _____
17. CDMAREE RONC _____
18. ADSLA _____

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RSVP Up for the Thanksgiving Feast on 11/14

Numbered Squares

Each group of three boxes follows the same formula. What number replaces the question mark to complete each group?

12	10	7	28	9	36
34		42		54	
5	76	11	19	2	65
?		?		?	



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Veterans Day Secret Quote

Follow the instructions to cross off words in the table. What do the remaining words say?

1. Cross off all words that are military branches.
2. Cross off all words that are ranks in the military.
3. Cross off all words that rhyme with *rank*.
4. Cross off all words that mean *valor*.



honoring	Army	true grit	tank
sank	the	sergeant	sacrifices
many	Navy	have	major
corporal	made	drank	for
our	Marines	country	in
thank	the	name	commander
of	freedom	private	and
courage	democracy	is	the
very	foundation	of	admiral
bravery	veterans	Coast Guard	Day

Join us on 11/11 for a Veterans Day Ceremony

©A

Wild West 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. Cowboy competition rodeo _____
2. Wild West bandit _____
3. Cowboy specializing in horses _____
4. Showing no pity _____
5. Old West passenger vehicle _____
6. U-shaped iron bands _____
7. Western bar _____
8. Whinny _____
9. Pistol carrier _____
10. Clint Eastwood TV series _____
11. Full of spunk _____
12. Horse enclosure _____
13. Tanned animal skin _____
14. Horse farm _____
15. Cowboy's greeting _____
16. Cowardly color _____
17. Untamed _____
18. Fine dirt _____



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Country and Western Line Dance



Alan wraps up Virtual Walking Tour of "Lost" Gatos History



Fall Art - Pumpkin Decoupage



Walk to End Alzheimer's Team "Let's Go Los Gatos"

Events Around Town

NUMU Fall Exhibition Celebration

More info - bit.ly/3DruF1N

Where - NUMU Museum

When - Saturday, Nov. 5, 2022 @ 1:00PM -4:00 PM

The Crucible - 42 Saratoga High School Students

More info - bit.ly/3WIPAMH

Where - Saratoga High School

When - 11/12,11/17 & 11/18 @ 7:30PM

11/19 @ 2:00PM & 7:30PM

Los Gatos Library: Online Author Talk : Kwame Christian

More info - bit.ly/3FsAKOI

When - 11/15 9:00AM-10:00AM



55 Plus Programs

Become A 55 Plus Program Member

New to 55 Plus? Become a 55 Plus Member now for benefits through 2023.

(\$30 Annual Fee)

Current 55 Plus Members – Renew Membership in November or December and keep the \$25 rate. See our front office staff for assistance.

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.

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

Joan Pisani Community Center
19655 Allendale Ave, Saratoga, CA 95070

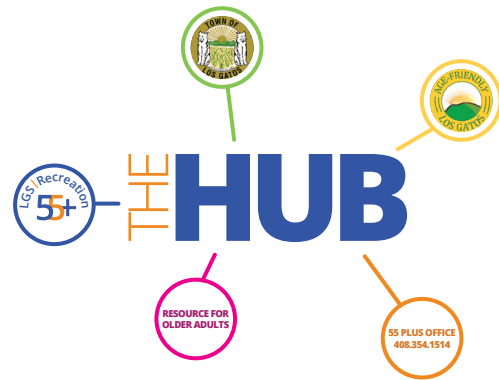
55 Plus Members receive \$10 off all Great Getaway trips!
To register call 408.354.1514 or bit.ly/3NN57Qw

- November 7th – USS Hornet Ship Museum - Sea, air, and space museum ship on the southernmost pier of the former Naval Air Station Alameda. Your ticket includes transportation, entry to the museum, a docent, and box lunch. Member Price: \$90

Cheers to all of you who attended a Great Getaway in 2022. We thoroughly enjoyed each experience with you!

Planning for 2023 is underway and we welcome any feedback on trips or experiences for the new year.

More information on 2023 trips will be available in December.



Scan me



INFORMATION & RESOURCES FOR THE OLDER ADULT

LGS Recreation has provided this resource page to help connect older adults to services and information.

- 55 Plus Office - Available Services
- Alzheimer's & Dementia
- Assistive Technology
- Caregiver Support
- Funeral Arrangements
- Housing
- Legal
- LGBTQ+
- Meals & Nutrition
- Mental Health
- State/Federal Resources & Local Health Organizations
- Transportation, Mobile Car Care and Driver Safety



Visit the 55+ Office in Person for more information on programs and services for seniors!
Adult Recreation Center
123 East Main Street, Los Gatos, 95030
55plus@lgsrecreation.org

LGS Recreation does not endorse, guarantee, represent, or warrant any of the agencies or information provided by a third party.

www.lgsrecreation.org/55-plus/hub 408.354.1514

Notice Of Construction

The Adult Recreation Center is getting all new floors installed.

Due to construction the 55 Plus Office will be closed from November 18th-December 2nd.

55plus@lgsrecreation.org or call 408.354.1514



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