



January Feature

Members, thank you for making 2022 a fun and memorable year. This year our community grew to an incredible 730 members! It has been a joy to see new groups take off and new friendships form. Here is a quick highlight reel from 2022: Mah Jongg Lessons with Kalane, Van Gogh Mural Collaboration, ARC Bar with Senior Services Committee, Mother's Day High Tea, Hands on Art Projects, Vasona Boating BBQ, Water Workout, Zumba Gold, Social Dances, July Picnic, Day Trips, Thanksgiving Lunch, Veterans Day Ceremony, new floors, and the day-to-day interactions with all of you! This year's successes were made possible in part by funding from the Town of Los Gatos ARPA grant. Our sincere thanks to the Town of Los Gatos and the Senior Services Commission for assisting us in returning to and exceeding pre-pandemic levels of operation. Most recently we enjoyed a festive Christmas Morning social. Thank you to Sue for playing piano, Al for taking charming Christmas card photos, Mrs. Claus, the elves, and to Golden State Toy Train Operators for displaying their trains! We look forward to making 2023 an active, fun, and connected year for all members. Come celebrate the New Year with us on January 6th, see the invite inside. Reminder to 2022 members to renew your memberships. Please take a few moments to click this link and fill out a survey <https://forms.office.com/r/YGcG5A2LVC>

Sincerely, Lisanne Kennedy (Recreation Coordinator)



Monday – Friday
Office Hours: 9:00AM – 2:00PM
208 E. Main Street, Los Gatos, CA 95030

408.354.1514
55plus@lgsrecreation.org
www.LGSRecreation.org

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 2 | 3 | 3 | 4 | 5 |
|  | Tuesday Town Walk (Lounge) 9:15AM-11:00AM Mah Jongg (Hall) 10:00AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM | Game Day (Hall) 9:00AM-12:00PM Ping Pong (Rm 5) 10:00AM-12:00PM | Mexican Train (Hall) 10:00AM-12:00PM Birthday Card Crew (Rm 2) 1:00PM-3:00PM Pinochle (Rm 5) 1:00PM-4:30PM Current Event Group (Lounge) 1:30PM-3:00PM | Artist Workshop (Hall) 9:00AM-12:00PM Ping Pong (Rm 5) 10:00AM-12:00PM First Friday (ARC - Hall) 6:00PM-8:00PM Celebrate the New Year in Style Live Music, Appetizers, Drink Ticket and Champagne Toast \$15 at the Door, Ages 55+ |
| | 9 | 10 | 11 | 12 |
| St. Mary's Bridge (Rm 5) 10:00AM-1:30PM Wood Carving Group (Rm 206) 10:00AM-2:00PM Democracy Tent (Rm 3) 10:30AM-12:00PM Our Democracy in Peril (Rm 3) 1:30PM-3:00PM Hand & Foot Canasta (Rm 5) 2:00PM-4:00PM | HICAP by Appt (Rm 3) 9:00AM-12:30PM Tuesday Town Walk (Lounge) 9:15AM-11:00AM Mah Jongg (Hall) 10:00AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM | Game Day (Hall) 9:00AM-12:00PM Ping Pong (Rm 5) 10:00AM-12:00PM Women's Art Connection (Rm 3) 10:00AM-12:00PM Single Again (Rm 3) 12:30PM-2:30PM Reader's Theatre (Lounge) 3:00PM-5:00PM | Mexican Train (Hall) 10:00AM-12:00PM 55+ ZUMBA Gold (YRC Rm B) *Register \$5/Class 11:30AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM Current Event Group (Lounge) 1:30PM-3:00PM Great Getaway Adult Day Trip - Ramses & El Mansour (\$190 members) 12:00PM-9:00PM | Artist Workshop (Hall) 9:00AM-12:00PM NEW Coffee Corner (Lounge) 10:00AM-11:30AM Ping Pong (Rm 5) 10:00AM-12:00PM Bingo (Hall) 12:30PM-2:00PM |
| 16 | 17 | 18 | 19 | 20 |
| St. Mary's Bridge (Rm 5) 10:00AM-1:30PM Wood Carving Group (Rm 206) 10:00AM-2:00PM Democracy Tent (Rm 3) 10:30AM-12:00PM Our Democracy in Peril (Rm 3) 1:30PM-3:00PM Hand & Foot Canasta (Rm 5) 2:00PM-4:00PM | Tuesday Town Walk (Lounge) 9:15AM-11:00AM Mah Jongg (Hall) 10:00AM-12:30PM Jeopardy (Lounge) 11:00AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM Magical Movie Tour (Lounge) 1:00PM-3:00PM | Game Day (Hall) 9:00AM-12:00PM Ping Pong (Rm 5) 10:00AM-12:00PM | Mexican Train (Hall) 10:00AM-12:00PM 55+ ZUMBA Gold (YRC Rm B) *Wear red for Lunar New Year Register \$5/Class 11:30AM-12:30PM Guest Speaker & Luncheon - Melette from Next Chapter *RSVP 12:00PM-12:45PM Pinochle (Rm 5) 1:00PM-4:30PM Current Event Group (Lounge) 1:30PM-3:00PM Tech with Teens (Rm 3) 3:00PM-4:00PM | Artist Workshop (Hall) 9:00AM-12:00PM NEW Coffee Corner (Lounge) 10:00AM-11:30AM Ping Pong (Rm 5) 10:00AM-12:00PM |
| 23 | 24 | 25 | 26 | 27 |
| Hands on Art Workshop (Hall) *RSVP 10:00AM-2:00PM St. Mary's Bridge (Rm 5) 10:00AM-1:30PM Wood Carving Group (Rm 206) 10:00AM-2:00PM Democracy Tent (Rm 3) 10:30AM-12:00PM Our Democracy in Peril (Rm 3) 1:30PM-3:00PM Hand & Foot Canasta (Rm 5) 2:00PM-4:00PM | Tuesday Town Walk (Lounge) 9:15AM-11:00AM Mah Jongg (Hall) 10:00AM-12:30PM Book Club (Lounge) 12:00PM-1:30PM Pinochle (Rm 5) 1:00PM-4:30PM | Game Day (Hall) 9:00AM-12:00PM Ping Pong (Rm 5) 10:00AM-12:00PM | Mexican Train (Hall) 10:00AM-12:00PM 55+ ZUMBA Gold (YRC Rm B) *Register \$5/Class 11:30AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM Current Event Group (Lounge) 1:30PM-3:00PM | Artist Workshop (Hall) 9:00AM-12:00PM NEW Coffee Corner (Lounge) 10:00AM-11:30AM Ping Pong (Rm 5) 10:00AM-12:00PM |
| 30 | 31 | | | |
| St. Mary's Bridge (Rm 5) 10:00AM-1:30PM Wood Carving Group (Rm 206) 10:00AM-2:00PM Democracy Tent (Rm 3) 10:30AM-12:00PM Stay Fit (Hall) 1:00PM-2:00PM Our Democracy in Peril (Rm 3) 1:30PM-3:00PM Balance Awareness (Hall) 2:00PM-3:00PM Hand & Foot Canasta (Rm 5) 2:00PM-4:00PM | Tuesday Town Walk (Lounge) 9:15AM-11:00AM Mah Jongg (Hall) 10:00AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM | RSVP for 1/6 or 1/19 at this link or with 55+ Office: bit.ly/3Vjt5GI | ZUMBA Gold Winter Session 1/12-3-23 \$50 for 10 Classes - Sign up required with the Front Desk! | AAPA Tax Aide Schedule Your Appointment with the 55 Plus Office - Appointments Available 2/6-4/7 @ 9:00AM or 10:30AM |

- **55 Plus 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.*
- **AARP Driver Safety** - 2 Day Course and 1 Day Refresher offered in person bi-monthly. Contact the 55 Plus Office to schedule an appointment.
- **AARP Tax Aide** - In person appointments will be available every Monday in February-April. Contact the 55 Plus Office in January to schedule an appointment.
- **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. Pick up the booklist from the 55+ Office.
- **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!
- **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.
- **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.
- **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.
- **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.
- **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 Lisanne 408.596.6813 or 55plus@lgsrecreation.org
- **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.)

Live Oak Nutrition

Daily meal program at
Los Gatos Methodist Church. Call 408.354.0707.

LGS Recreation
55 Plus Program

LIVE MUSIC

Celebrate the New Year in Style
partnered with the Senior Services Committee

First Friday, January 6th
6:00PM-8:00PM

\$15 at the door for 1 drink ticket, appetizers, and a champagne toast.
Open to anyone over the age of 55 (membership not required)

Book Club Selections for 2023

Meets 4TH Tuesday of the Month from 12:00PM-1:30PM

1/24 - Trouble the Water by Rebecca Dwight Bruff, 323 pages

2/28 - The Personal Librarian by Marie Benedict, 354 pages

3/28 - Lucy by the Sea by Elizabeth Strout, 304 pages

4/25- Apples Never Fall by Liane Moriarty, 480 pages

5/23- The Beantown Girls by Jane Healey, 367 pages

6/27 - Crow Lake by Mary Lawson, 293 pages

7/25 - Mercy by David Baldacci, 402 pages

8/22 - Red Notice by Bill Browder, 296 pages

9/26- Our Kind of Traitor by John Le Carre, 320 pages

10/24- Book Club Social and 2024 Book Selection

January Guest Speaker & Luncheon - Melette, P.A. from Next Chapter Senior Transitions Thursday January 19th 12:00PM-12:45PM ARC - Large Hall

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! 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

55 Plus Zumba Gold *Sign up Required with the 55 Plus Office

Our fabulous and enthusiastic instructor Kiana is back by popular demand in 2023. Join this easy-to-follow fun dance workout. This class is perfect for the active older adult. Exclusive to 55 Plus members. Space is limited to 24 participants. Drop in available \$5/class if space is available. NO CLASS: 2/23 & 4/13.

| | | | |
|------|-----------------|--------------------|------|
| Thu. | 11:30AM-12:30PM | 10 mtgs. 1/12-3-23 | \$50 |
| Thu. | 11:30AM-12:30PM | 9 mtgs. 4/6-6/8 | \$45 |
| Thu. | 11:30am-12:30pm | 10 mtgs 6/15-8/17 | \$50 |



55 Plus Social Dances 6:00PM-8:00PM
***Sign up Required with**
the 55 Plus Office

Join us for a fun Friday night in the Large Hall. One of our fabulous instructors will kick off the night with a dance lesson. All levels welcome! Light refreshments will be provided.

\$5 for 55 Plus Members and \$10 for non-members.

*Please note this is an alcohol-free event.

| Date | Instructor | Dance |
|------|-----------------|------------|
| 2/10 | Lesley McIntosh | Waltz |
| 3/10 | Mandi Muscolo | Line Dance |
| 4/14 | Agnes Gregorian | Salsa |
| 5/12 | Agnes Gregorian | Salsa |
| 6/9 | Mandi Muscolo | Line Dance |
| 7/14 | Lesley McIntosh | Rumba |

AARP FOUNDATION TAX AIDE
***Schedule your appointment now**
with the 55 Plus Office 408.354.1514

Free in-person tax return preparation from trained volunteers on Mondays from February 6th through April 17th at 9:00AM or 10:30AM.



New Adult Enrichment Fee-Based
Classes Starting in January
Featured Class -
America Sign Language
Mondays Starting 1/23 @ 6:00pm-
7:00pm - 8 Classes \$259
ARC - Large Hall

Learn a variety of everyday signs. Learning through your hands and to the rhythm of song, participants will build their ASL vocabulary. You will be able to sign in full sentences by the end of the course. Learning sign is like learning other foreign language. It helps enhance your cognition ability, memory, small motor skill, and visual ability.



Programs are funded by grants and fee-based services, not tax dollars or subsidy. Your contribution will help to ensure long-term uninterrupted service of this vital program area. Donations may be submitted in \$1 increments and any amount, big or small, is appreciated.

LGS Recreation is a Joint Powers Authority (JPA). Please contact your financial advisor as donations may be treated as a charitable contribution. Tax ID #77-0415139

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 or row only once.

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



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Changing Digits

Change one digit in each number so that you have 10 numbers in consecutive order when you are finished. For example:

578 → 571
 672 → 572
 513 → 573

Clue: Change the bold digits in the first two numbers.

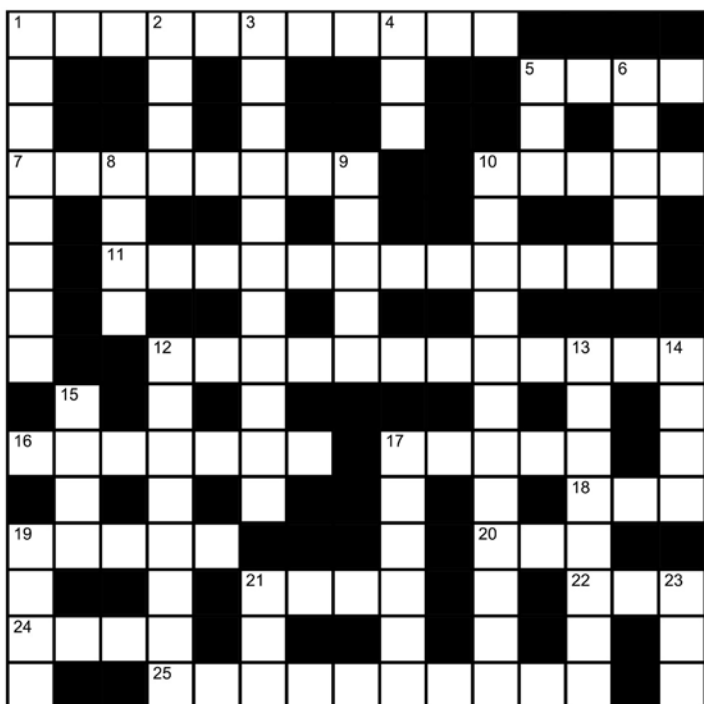
1. **6**53 _____
2. 6**9**6 _____
3. 295 _____
4. 616 _____
5. 797 _____
6. 694 _____
7. 629 _____
8. 740 _____
9. 301 _____
10. 708 _____



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Crossword #13

Use the clues to fill in the crossword.



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Crossword #13

(clues)

Across

1. Items needed in a recipe
5. Bicyclist's accessory
7. Movie maker, film _____
10. To take a spouse
11. Related to farming
12. Pertaining to numerical systems
16. Impressively large
17. Ejects saliva
18. Avoided being found
19. Untamed
20. State Corrections Institute, abbrev.
21. Legume
22. Source of iron
24. Fashioned
25. Daily tabloids

Down

1. Motivated, artistically
2. Cattail, for one
3. Graphic in portrayal
4. Acorn, for one
5. Podded plant
6. Actress Streep
8. Not written
9. Plan for parade to follow
10. Slope of a large steep hill
12. Wrong in opinion or judgement
13. Couch pillows
14. Noisy, in the extreme
15. Payment to ride the bus
17. Verse in a poem
19. Fortune's counterpart
21. "____ and arrow"
23. Grab a bite

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Christmas Social

January Community Events
Library Poetry Exchange on Zoom

More info - email lcmedley016@gmail.com
Where - Online
When - 1/5 @ 1:00PM

Library Online Author Talk with Wall Street Journal bestseller and Declutter Expert Dana K. White

More info - Register @ <https://libraryc.org/losgatocalibrary/21747/register>
Where - Online
When - 1/17 @ 11:00AM

Library Online Author Talk with Randall Munroe author of What If? 2: Additional Serious Answers to Absurd Hypothetical Questions

More info - Register @ <https://libraryc.org/losgatocalibrary/21954/register>
Where - Online
When - 1/31 @ 11:00AM



Christmas Social



Christmas Social



Christmas Social



HAPPY HOLIDAYS

Christmas Social



55 Plus Program

Become A 55 Plus Program Member
\$30 Annual Fee

Join our community of vibrant older adults! The LGS Recreation 55 Plus program provides comprehensive free or low-cost programs for people age 55 and over. You do not need to be a Los Gatos resident to join. To enjoy a variety of groups, programs, classes, social events, guest lectures, and services. Members receive special discounts for Great Getaway Adult Day Trips, LGS Pickleball League, social dances, and exclusive activities at Vasona Boating and the LGS Aquatics Center.

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

- **January 12th – Ramses at de Young & Dinner in the City** - Take a trip back in time to visit “Ramses the Great and the Gold of the Pharaoh’s” exhibit. Walk among towering statues, view 181 priceless ancient Egyptian treasures, and learn more about Ramses 67-year rule from a knowledgeable docent. From Egypt, we travel to Morocco! At El Mansour, one of the most fun restaurants in San Francisco enjoy a 5-course dinner and watch traditional Belly Dancing.
- **March 4th – Sea Dubs at Chase Center** - Visit the newly built state-of-the-art sports and entertainment arena in San Francisco. We will arrive as soon as the doors open so that you have an hour to take a self-guided tour of the arena and for a chance to be one of the first 10,000 fans to receive a Captain Klay bobblehead. Cheer on the “Sea Dubs” NBA G League team as they face the Cleveland Charge.
- **March 8th – SIX at the Theatre & Lunch by the Sea** - Attention theatre enthusiasts, SIX has won 23 awards, including a Tony award, in the 2021/22 Broadway Season. The SIX wives of Henry VIII take the microphone at the Orpheum Theatre in San Francisco to remix five hundred years of historical heartbreak into Euphoric Celebration of 21st century girl power. Join us to see why this musical has everyone “losing their head”. After the show we will travel to the sea. Keeping to the theme, we will enjoy authentic English fish and chips at a British style pub in Pacifica.



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



Made possible by funding from
El Camino Health



“Building a healthy community through enrichment, innovation and fun!”