

THE PRINT



February Feature

January brought a joyous start to the New Year! Our community is already 350 members strong. We kicked off the New Year in style with a First Friday team up with the Senior Services Committee. Island Wave performed and we had a ball dancing, socializing, and celebrating with a champagne toast! This February, grab your sweetheart, galantines, guylantines, or come solo, and join us for the Winter Waltz Social Dance on the second Friday of the month! Lesley will teach a 30-minute dance lesson then we will open the floor and DJ Hal will keep us dancing. Purchase your ticket at the front office, the cost is \$5 for members and \$10 for the public. Light refreshments will be served and maybe a few sweet treats too! On the 16th SCCFD is offering a special free 90-minute class teaching hands only CPR, AED use, and choking relief. Please RSVP with the 55 Plus office as space is limited. This is a great opportunity to gain confidence with these lifesaving skills. AARP Tax Aid is back February through April, schedule your appointment with the front office. Intake forms are now available for pickup. HICAP appointments and AARP Driver Safety Courses are also available. For this month's Hands on Art class, we will be making clay roses in honor of Valentine's Day. Sending lots of love this month.

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
		1	2	3
		<p>Game Day-CONSTRUCTION CLOSURE (Hall) ALL DAY</p> <p>Ping Pong (Rm 5) 10:00AM-12:00PM</p> <p>Art and Music Appreciation (Lounge) 12:00PM-1:00PM</p>	<p>Mexican Train (Hall) 10:00AM-12:00PM</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>Artist Workshop (YRC Rm B) 9:00AM-12:00PM</p> <p>Coffee Corner (Lounge) 10:00AM-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 Friday (The Palms Restaurant) \$15 @ The Door - by Senior Service Committee 4:00PM-5:30PM</p>
6	7	8	9	10
<p>AARP Tax Aide *Apt Required (Rm 5) 9:00AM & 10:30AM</p> <p>St. Mary's Bridge (Rm 5) 10:00AM-1:30PM</p> <p>Wood Carving Group (Rm 206) 10:00AM-2:00PM</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>Super Scrabble (Rm 3) 9:00AM-2:00PM</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>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>Art and Music Appreciation (Lounge) 12:00PM-1:00PM</p> <p>Single Again (Rm 3) 12:30PM-2:30PM</p> <p>Reader's Theatre (Lounge) 3:00pm-5:00pm</p>	<p>Mexican Train (Hall) 10:00AM-12:00PM</p> <p>55+ ZUMBA Gold (YRC Rm B) *Register \$5/Class 11:30AM-12:30PM</p> <p>Hands on Art: Clay Roses (Hall) 12:00PM-1:30PM</p> <p>Pinochle (Rm 5) 1:00PM-4:30PM</p> <p>Current Event Group (Lounge) 1:30PM-3:00PM</p>	<p>Artist Workshop (Hall) 9:00AM-12:00PM</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>Social Dance - Winter Waltz with Lesley and DJ Hal (Hall) 6:00PM-8:00PM</p>
13	14	15	16	17
<p>AARP Tax Aide *Apt Required (Rm 5) 9:00AM & 10:30AM</p> <p>St. Mary's Bridge (Rm 5) 10:00AM-1:30PM</p> <p>Wood Carving Group (Rm 206) 10:00AM-2:00PM</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>Super Scrabble (Rm 3) 9:00AM-2:00PM</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>Game Day (Hall) 9:00AM-12:00PM</p> <p>Ping Pong (Rm 5) 10:00AM-12:00PM</p> <p>Art and Music Appreciation (Lounge) 12:00PM-1:00PM</p>	<p>Mexican Train (Hall) 10:00AM-12:00PM</p> <p>55+ ZUMBA Gold (YRC Rm B) 11:30AM-12:30PM</p> <p>Hands Only CPR/AED and Choking Relief Class *RSVP (Large Hall) 10:00AM-11:30AM</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>AARP Driver Safety Refresher (Rm 214) 12:00PM-4:30PM</p>	<p>Artist Workshop (Hall) 9:00AM-12:00PM</p> <p>Coffee Corner (Lounge) 10:00AM-11:30AM</p> <p>Ping Pong (Rm 5) 10:00AM-12:00PM</p> <p>Bingo (Hall) 12:30PM-2:00PM</p> <p>Stay Fit (Hall) 1:00PM-2:00PM</p> <p>Balance Awareness (Hall) 2:00PM-3:00PM</p>
20	21	22	23	24
	<p>Super Scrabble (Rm 3) 9:00AM-2:00PM</p> <p>Tuesday Town Walk (Lounge) 9:15AM-11:00AM</p> <p>Mah Jongg (Hall) 10:00AM-12:30PM</p> <p>Wood Carving Group (Rm 206) 10:00AM-2:00PM</p> <p>Magical Movie Tour (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>Arm Chair Travel: Africa with David Katra (Lounge) 1:15PM-3:00PM</p> <p>Art and Music Appreciation (Lounge) 12:00PM-1:00PM</p>	<p>Mexican Train (Hall) 10:00AM-12:00PM</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>SCCFD Crime Prevention & Home Fire Safety (Online) 1:30PM-3:00PM</p>	<p>Holiday Closure</p>
27	28			
<p>AARP Tax Aide *Apt Required (Rm 5) 9:00AM & 10:30AM</p> <p>St. Mary's Bridge (Rm 5) 10:00AM-1:30PM</p> <p>Wood Carving Group (Rm 206) 10:00AM-2:00PM</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>Super Scrabble (Rm 3) 9:00AM-2:00PM</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>Book Club (Lounge) 12:00PM-1:30PM</p>	<p>RSVP for 2/16 Hands Only CPR and Choking Relief Class or Tech with Teens with the 55 Plus Office</p> <p>Sign up for the Santa Clara County Fire Department - Crime Prevention & Home Fire Safety @10:00AM-11:30AM online http://bit.ly/3Y2fxBj</p>	<p>55 Plus Social Dance</p> <p>Purchase your ticket in advance with the front office \$5 Members / \$10 Public https://bit.ly/3SI02Br</p> <p>*Light refreshments will be served</p>	<p>AARP Tax Aide</p> <p>Schedule Appointment with the 55 Plus Office From 2/6-4/7 @ 9:00AM or 10:30AM</p> <p>Health Insurance Counselling and Advocacy (HICAP) Representative</p> <p>Available 2/7 Schedule Appointment with the 55 Plus Office</p>

- **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.
- **Scrabble** - The ultimate crossword game in which every letter counts! Contact the 55 Plus Office if you are interested in playing 55plus@lgsrecreation.org
- **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.)
- **Wood Carving** - Turn plain pieces of wood into objects of art. Open to beginners and experienced carvers alike. Group helps mentor all levels of carvers to improve your skills. Pop in to check out what projects they are working on...)

Live Oak Nutrition

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

Artist Workshop Every Friday 9:00AM-12:00PM

Pop in to check out the new Art Installation in the 55 Plus Office. Bobbie has been a member of Friday's Artist Workshop for over five years. Bobbie enjoys the satisfaction, meditation, and friendships painting gives.



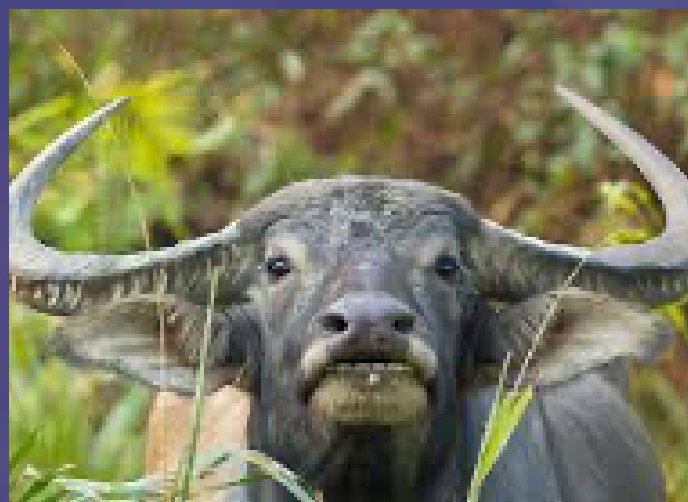
READERS THEATER 2ND WEDNESDAY OF THE MONTH @ 3:00 PM

We will be reading "A Shot in the Dark" by Marcel Auerbach (adapted by Harry Kurnitz).

The play begins when a beautiful parlor maid is found naked and unconscious at the scene of her lover's murder. But, this is no ordinary murder case, as the newly appointed chief prosecutor soon learns. Everyone has got something to hide, and it may or may not be murder. A series of confessions, denials and other sordid twists fuel this madcap comedy until the grand finale.

ARMCHAIR TRAVEL: AFRICA WITH SPECIAL GUEST WEDNESDAY 2/22 @1:15PM

David Katra will be giving a 90-minute photo presentation for anyone who has been on safari, those who might be planning on going, and those who are just curious! David's goal is to be informative, educational, and entertaining.



Art and Music Appreciation Every Wednesday @ 12:00PM-1:00PM

Back by popular demand – our knowledgeable West Valley College instructor Ed is in the building every Wednesday. Each week dive deep into a new influential artist or musician. Our Christmas Sing-A-Long in December was hosted by Ed as well as two participants Jerry and Claudette. Come by and check out this fun and informative class.



MAGICAL MOVIE TOUR 3RD TUESDAY OF THE MONTH @ 1:00PM

The Magical Movie Tour for Feb. takes you from Mid-West farmland to exotic lands where Arabian Princesses are kidnapped by ruthless Arabian sheiks with huge treasure troves. It's a fabulous adventure with a cast lead by 4 multi award winners. It's a story of loyalty, competition, passion and a mail order lion! I'll see YOU at the movies! - Sandy Decker



LGS Recreation
55+

Social Dance

Friday, 2/10
6pm-8pm

February Winter Waltz

Join us for a fun Friday evening Social Dance!

Ballroom dance instructor Lesley McIntosh will be will lead a 30 minute Rumba lesson to kick off the evening before we open up the floor. Light refreshments will be included.

Price for 55 Plus Members is \$5, for non-members \$10.
Call 408-354-1514 to inquire about membership.
Max 50 participants to ensure enough dance space!
**please note this is an alcohol-free event*

www.lgsrecreation.org **408.354.1514**

HANDS ONLY CPR/AED AND CHOKING RELIEF CLASS



FREE CLASS

Research has show immediate bystander hands only CPR increases cardiac survival rates
FREE 90 minute class teaches you compressions only CPR, how to utilize an AED, and help an adult or child who is choking.



Compressions



AED



Choking

Los Gatos Saratoga Recreation

Thursday, Feb 16th
10:00am to 11:30am

Please RSVP with the 55+ Office by calling:
408-354-1514

Los Gatos Adult Center: 208 E. Main Street

24 students max

Training provided by:
Santa Clara County Fire Department
14700 Winchester Blvd., Los Gatos 95032
408-378-4010 • www.sccfd.org

1.31.23

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.



AARP Foundation
For a future without senior poverty.



55 Plus Program DONATION

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

Funny Fabled Headlines

News headlines give us the scoop in only a few words. Can you guess the fables, fairy tales, children's stories, and nursery rhymes described by these headlines?

For example: "Siblings Escape Cannibal! Turn Tables on Her!" = *Hansel and Gretel*

- "Scandal! Top Monarch Takes Stark Naked Stroll!"
- "Wolf Thwarted! Swine's Masonry Skills Paid Off!"
- "Village Maiden to Wed Castle Brute!"
- "Miracle Legumes Planted! Local Boy Heads for the Clouds!"
- "Local Shopkeeper Avoids Bankruptcy! Pointy-Eared Creatures Save the Day!"
- "Young Fowl Declares the Sky Is Falling!"
- "Curious Girl Goes Missing! White Rabbit Named Prime Suspect!"
- "Aurora Receives True Love Kiss! Slumbering Kingdom Finally Awake!"
- "Blonde Intruder Startles Family! Charges Filed for Chair Damages!"
- "Swan Reunited with Friends! Book Deal Offered Detailing Beauty Secrets!"

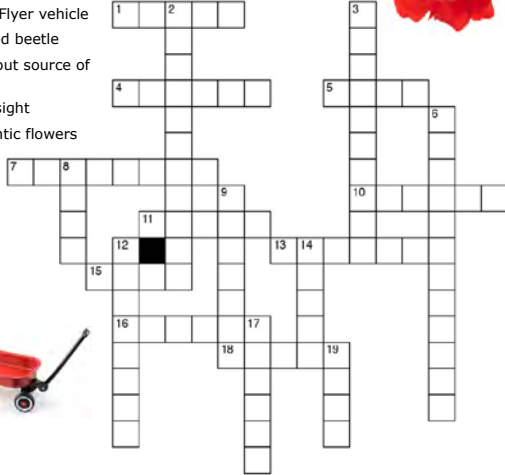


All Things Red

Use the clues to fill in the crossword.

- ACROSS**
- Opium flower
 - Sundae topper
 - Red planet
 - Bright red bird
 - Root veggie
- ACROSS**
- Radio Flyer vehicle
 - Spotted beetle
 - Campout source of heat
 - Dusk sight
 - Romantic flowers

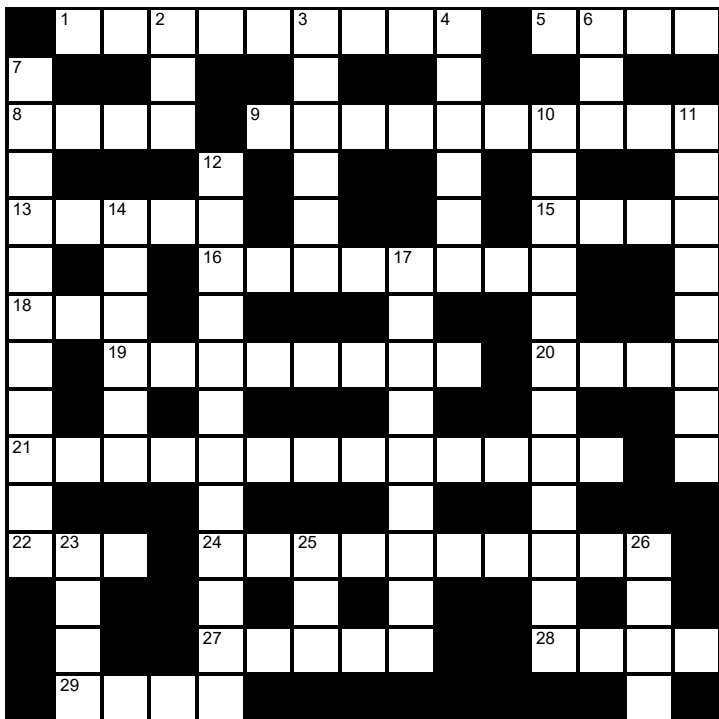
- DOWN**
- Many-seeded fruit
 - Shortcake's partner
 - Device to put out flames, fire _____
 - Red gemstone
 - Maine export, crustacean
 - Makeup item
 - Cider fruit
 - BLT ingredient
 - Street sign that is red



©ActivityConnection.com

Crossword #14

Use the clues to fill in the crossword.



©ActivityConnection.com



**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**





Catherine and Nancy from Senior Service Committee Volunteering for New Year Party



Happy New Year

February Community Events

First Fridays

More info - \$15 at the door for drink and appetizers. Hosted by the Town of Los Gatos Senior Services Committee!

Where - The Palms

When - 2/3 @ 4:00PM-5:30PM

Lions Club Cioppino Dinner

More info - Register @ <http://bit.ly/3kXxi6a>

Where - St. Mary's Church

When - 2/4 @ 6:00PM-10:00PM

Adult Maker Monday

More info - Register @ <http://bit.ly/3XSzBWJ>

Where - Los Gatos Library

When - 2/13 @ 4:30PM-6:00PM



Happy New Year



January Guest Speaker: Melette from Next Chapter Transitions



NEW - Woodcarving Group - check them out Mondays



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

- March 4th – Sea Dubs at Chase Center - \$70/\$80**
 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 - \$190/\$200**
 Attention theatre enthusiasts, SIX has won 23 awards, including a Tony award, in the 2021/22 Broadway Season. The SIX wives of Henry Will 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.
- April 13th – Oakland Zoo - \$70/\$80**
 Oakland Zoo is home to over 850 native and exotic animals. Enjoy a beautiful spring day walking in the zoo. Take the gondola ride to soak in the city views. A picnic lunch will be provided. Your ticket includes transportation, zoo admission, and a picnic lunch!



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



Grant funding from El Camino Health in part supports programs like: ZUMBA Gold, Reader's Theatre, Single Again, Women's Artist Connection, Hands on Art Workshop, Coffee Corner, and special events. We are grateful for this support.



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