

THE PRINT



March Feature

February was a busy month for the 55 Plus office with tax season underway. There was a great turn out of Valentines, Palentines, and Galentines looking fabulous at the Winter Waltz. Another highlight this month was having Santa Clara County Fire Department teach a hands only CPR, AED and choking relief class. Those who attended learned valuable skills from our knowledgeable representative. Thank you SCCFD! Later in March, SCCFD and Stanford Health are back to present on Fall Prevention, where class includes participating in some strength and balance exercises. March is a great time to get moving! Stay Fit and Balance Awareness are back on both Monday and Friday. drop in to try one of Mary Ann's classes, take a walk around town with the Tuesday Town Walk group, or get some cardio with Zumba Gold! On the second Friday join us for a fun social dance. This month there will be a 45-minute line dance lesson and all levels are welcome! The first Friday, March 3, BINGO this month will have a grand prize of an electric Sonicare toothbrush donated by this month's guest speaker and local dentist Dr. James Lin. See inside the PRINT for a full list of guest speakers scheduled through June. We are excited to welcome Stephanie back to the 55 Plus Office this month, stop by in the morning to say hi! If you would like to see Learn to Crochet return let us know! It is also just about time to get excited for our fun summer events, so be sure to save these dates: May 15-Mother's Day High Tea, June 13-Boats and BBQ at Vasona, and July 26-Summer Picnic.

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 |
| Be sure to check out upcoming Community Events listed on the Bulletin Board on page 6 | 55 Plus Social Dance Purchase your ticket in advance with the front office \$5 Members / \$10 Public https://bit.ly/3SI02Br *Light refreshments will be served | Game Day (Hall) 9:30AM-12:30PM <i>NEW TIME</i> Ping Pong (Rm 5) 10:00AM-12:00PM Art and Music Appreciation (Lounge) 12:00PM-1:00PM | 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 NUMU Special Event (NUMU) 5:00PM-8:00PM | Artist Workshop (Hall) 9:00AM-12:00PM Coffee Corner (Lounge) 10:00AM-11:30AM Ping Pong (Rm 5) 10:00AM-12:00PM BINGO (Hall) 11:30PM-1:00PM Stay Fit (Hall) 1:00PM-2:00PM Balance Awareness (Hall) 2:00PM-3:00PM SSC First Friday (The Palms Restaurant) \$15 4:00PM-5:30PM |
| 6 | 7 | 8 | 9 | 10 |
| AARP Tax Aide *Apt Required (Hall) 9:00AM-11:30AM 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-4:00PM Hand & Foot Canasta (Rm 5) 2:00PM-4:00PM | Tuesday Town Walk (Lounge) 9:15AM-11:00AM Mah Jongg (Hall) 10:00AM-12:30PM Super Scrabble (Rm 3) 10:00AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM | Game Day (Hall) 9:30AM-12:30PM <i>NEW TIME</i> Ping Pong (Rm 5) 10:00AM-12:00PM Women's Art Connection (Rm 3) 10:00AM-12:00PM Art and Music Appreciation (Lounge) 12:00PM-1:00PM 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 | Artist Workshop (Hall) 9:00AM-12:00PM Ping Pong (Rm 5) 10:00AM-12:00PM Stay Fit (Hall) 1:00PM-2:00PM Balance Awareness (Hall) 2:00PM-3:00PM Social Dance \$5 - Line Dancing with Mandi (Hall) 6:00PM-8:00PM |
| 13 | 14 | 15 | 16 | 17 |
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| 20 | 21 | 22 | 23 | 24 |
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| 27 | 28 | 29 | 30 | 31 |
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- **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.*
- **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 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

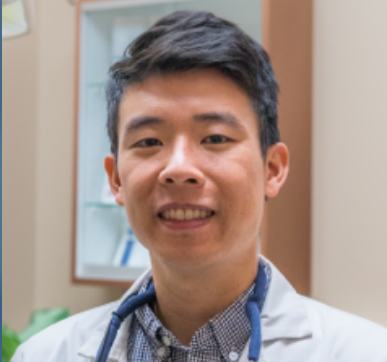
Daily meal program at
Los Gatos Methodist Church. Call 408.354.0707.

55 PLUS GUEST SPEAKER MARCH LINE UP:

3/23 @ 12:30PM - James Lin DMD on Oral Health

Did you know...not all toothbrush bristles are the same? There are different levels of firmness from "hard" to "soft" and even "extra soft". We recommend "soft" or "extra soft". Remember to change out your toothbrush or toothbrush head every 3 months!

James Lin DMD provides cosmetic, implant, and family dentistry in Los Gatos. Born and raised in Cupertino, he earned his Doctorate of Dental Medicine from the University of Pittsburgh. Don't miss him at the Adult Rec Center on 3/23 and come prepared with any questions you may have! *Special Phillips Sonicare Electric Toothbrush Raffle for those in Attendance!



3/29 @ 12:15PM - SCCFD Fall Prevention and Wellness Resources

*RSVP on Eventbrite bit.ly/3J1F8W0 or the 55 Plus Office



Coming in the Spring:

4/11 @ 1:00PM - Santa Clara County Green Team

4/20 @ 1:30pm - FBI Financial Fraud Trends

5/16 @ 1:00PM - CTAP iPhone Training

5/23 @ 1:00PM - CTAP Android Training

6/15 @ 1:00PM - Stepping Stones -
Quality of Life Advocacy

CINELUX THEATRES LOS GATOS LOCATION - NOW OPEN

Did you know that Cinelux has discounted \$9.00 Senior Rate everyday for anyone over the age of 55! Or stop by on a Tuesday for \$5.00 tickets!

MORE INFO - www.cineluxtheatres.com/cinelux-los-gatos-theatre

**THANK YOU TO CINELUX THEATRES FOR PROVIDING
MOVIE TICKETS FOR BINGO PRIZE IN FEBRUARY!**



DEMOCRACY TENT

Join Lee Fagot weekly as he hosts open forums for citizens to informally meet with key Townsfolk and Town officials to stay well-informed on local public policy issues, to prepare citizens for discussions with their neighbors, elected leaders, town and school staff.

WHEN: Every Monday @ 10:30am-12:00pm, in Room 3 or on Zoom (bring your charged computer or device and headphones) and occasional Thursday night sessions.

ZOOM: bit.ly/3J1GpMM

Upcoming Democracy Tent Guest:

3/6 @ 10:30am - Tom Picraux, Chair of Senior Services Committee

3/9 @ 7:00pm - Council Member Matthew Hudes

3/16 @ 7:00pm - Council Member Rob Rennie

MORE INFO - www.LGDemocracyTent.org



Social Dance

Friday, 3/10
6:00PM-8:00PM

Friday Night Line Dance

Join us for a fun Friday evening Social Dance!

Country and Western Line Dance instructor Mandi will be leading a 45 minute lesson before we open the floor. All levels welcome! Light refreshments will be served.

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*

SCAN ME



www.lgsrecreation.org 408.354.1514


FALL PREVENTION & WELLNESS RESOURCES

FREE, In-Person Class

Wed, March 29th 12:15pm - 1:30pm
208 E. Main Street, Adult Center

Register for free: bit.ly/3J1F8W0

Learn how to identify fall risks and simple and effective home modifications to prevent falls. Learn six steps to prevent falls and what to do right after a fall happens. Get connected with community resources to maintain safety and wellness. Instructor: Stanford Health Care & Fire Dept.




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.



SCAN ME



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

What Comes Next?

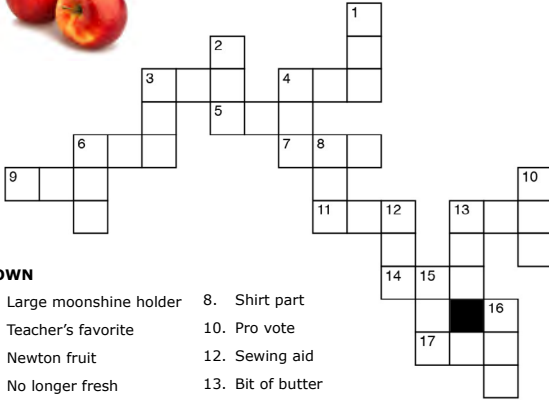
Can you figure out the letter or number patterns and determine what comes next?

1. 125, 120, 114, 107, 99, _____
2. A, D, F, I, K, _____
3. 6, 13, 20, 27, 34, _____
4. Z, X, V, T, _____
5. 15, 16, 18, 21, 25, _____
6. CD, GH, KL, _____
7. 75, 66, 57, 48, _____
8. A, Z, B, Y, C, _____
9. 1, 3, 9, 27, _____
10. K, M, O, Q, _____
11. 24, 48, 49, 98, 99, _____
12. ZA, YB, XC, WD, _____



The Big Three

Use the clues to fill in the crossword.
All of the answers are three-letter words.



ACROSS

3. Service charge
4. Large
5. Herbal brew
6. Cabin component
7. River barrier
9. Animal park
11. Atlas page
13. Dessert choice
14. Tennis court divider
17. Gal's date

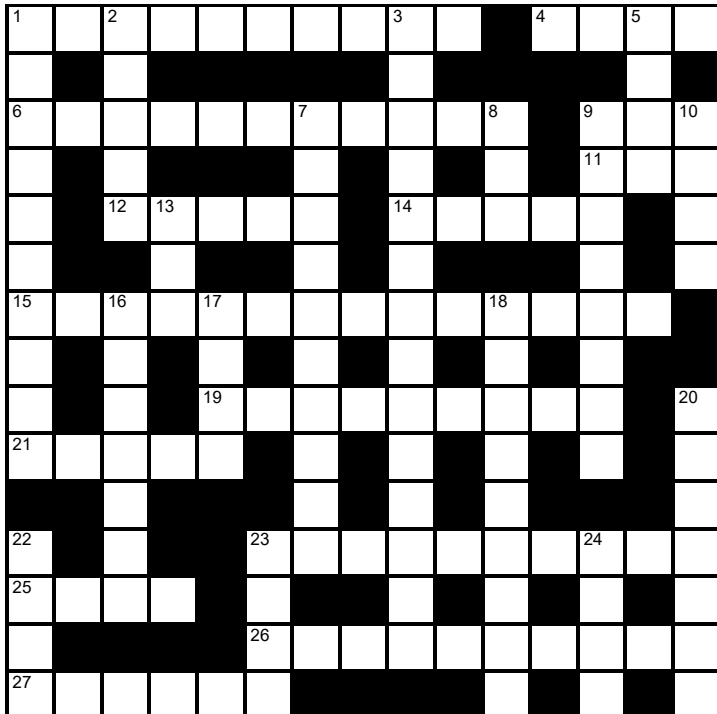
DOWN

1. Large moonshine holder
2. Teacher's favorite
3. Newton fruit
4. No longer fresh
6. The opposite of high
8. Shirt part
10. Pro vote
12. Sewing aid
13. Bit of butter
15. Breakfast food
16. Hair coloring



Crossword #15

Use the clues to fill in the crossword.



Crossword #15

(clues)

Across

1. Vanishes
4. Mud dauber or yellow jacket
6. Lab tools
9. "The Eagle ___ landed."
11. Cousin of an ostrich
12. Number of dwarfs in *Snow White*
14. "Come in!"
15. Forms of marketing
19. Drawing air into the lungs
21. Captains lead them
23. Origins
25. Folklore fiend
26. Novel creations
27. ___ cake (carnival treat)

Down

1. This party's symbol is a blue donkey.
2. Knitted foot warmers
3. Congressman or congresswoman
5. Tailor's line
7. Faith in one's own abilities
8. Habitual drinker
9. Birthright
10. Water pit
13. The hole of a needle
16. Pickling medium
17. Barbecue fare
18. Get rid of completely
20. Get by
22. A real howler
23. 212°F (100°C)
24. Bright color, or periodic table symbol *Ne*





SCCFD CPR Course

March Community Events

**NUMU Special Event -
Final Frontiers:**

Discussions of Land and Sky

More info - Free for LG residents, bit.ly/3IYsjf1

Where - NUMU, 106 E Main St.

When - 3/2 @ 5:00PM-8:00PM

First Fridays

More info - \$15 at the door for drink and appetizers. Hosted by Senior Services Committee

Where - The Palms, 115 N Santa Cruz Ave.

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

**LG Library presents performance
of La Boheme by
San Francisco Opera**

Where - Civic Center Lawn, 208 E Main St.

When - 3/24 & 3/25 @ 7:00PM-9:30PM

& 3/26 @ 2:00PM



Happy Valentine's Day!



February Dance



Winter Waltz



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

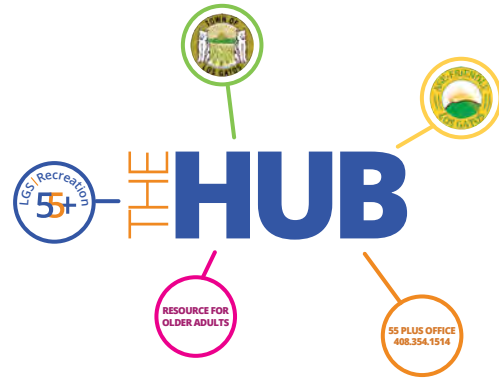
Los Gatos Adult Recreation Center
208 E Main St, Los Gatos, CA 95030

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

55 Plus Members receive \$10 off all Great Getaway trips!
Note: Trips are non-refundable.

To register call 408.354.1514 or bit.ly/3NN57Qw

- **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!
- **May 25th – SF Symphony Open Rehearsal for Her Story & Dim Sum Lunch - \$120/\$130** Get an interesting perspective on this performance with stops and edits from the conductor before the show goes live. This is the West Coast Premiere of folk/rock/classical mixologist Julia Wolfe's Her Story which pays tribute to the centuries of ongoing struggle for equal rights, representation, and access to democracy for women in America. We will then go to Osmanthus restaurant to find out why Dim Sum is all the rage right now! This will be a pre-selected family style meal allowing you to sample a variety of Dumplings and other delicious bites!
- **June 22nd - SF Giants VS. SD Padres - \$150/\$160** Let us take you out to the ball game! We will have shady club level seats on the first base side in section 202 so that you can enjoy the game and the views of the bay. Your ticket includes transportation, a game ticket, and a \$12 snack voucher.



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



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!"