

THE PRINT



June Feature

May had a number of great highlights for our 55 Plus community. We were thrilled to have 90 participants for our 2nd Annual Mother's Day High Tea! A huge thank you to Jazzberry Jam for providing lovely live music and Kiwanis for volunteering many helping hands! 55 Plus hosted a resource fair to celebrate the launch of our online resource page The Hub bit.ly/55PlusTHEHUB. Over 40 providers attended to share more about the programs and services they offer our community and over 100 participants attended! We are grateful to all of the providers that came to participate and support this event. Guest speaker Contessa from California Phones provided insightful phone training programs to iPhone and Android users. The fun doesn't stop in June and we look forward to: Line Dancing at the Saturday Social Dance, Boating at Vasona, Guest Speaker Stepping Stones, 2 Great Getaway Trips, a new Zumba Gold class, return of 55 Plus Water Workout at the LGHS pool, alcohol ink with Stephanie for Hands on Art, and seeing all of you throughout the week for ongoing programs!

NOTE: We will close at 2:00PM June 9th due to the Los Gatos High School Graduation and have therefore moved the social dance to Saturday June 10th!

Lastly, registration with the front desk for the July Summer Picnic is now open! Tickets are \$5 and 200 spaces fill fast, more details inside.



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
Calendar Legend:			1	2
Monthly Event			Mexican Train (Rm 3) 10:00AM-12:00PM 55 Plus ZUMBA Gold Canceled	Artist Workshop (Hall) 9:00AM-12:00PM Coffee Corner (Lounge) 10:00AM-11:30AM Ping Pong (Rm 5) 10:00AM-12:00PM NO STAY FIT OR BALANCE AWARENESS
Guest Speaker			Pinochle (Rm 5) 1:00PM-4:30PM	First Friday (The Palms Restaurant) \$15 4:00PM-5:30PM
Social Dance			Current Event Group (Lounge) 1:30PM-3:00PM	
Community Event			Live Oak Adult Day Program Re-Opening Reception (111 Church Street) 4:30PM-6:30PM	
Service Group				
Special Event				
5	6	7	8	9
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) 1:45PM-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) \$5 9:30AM-12:30PM Ping Pong (Rm 5) 10:00AM-12:00PM Art and Music Appreciation (Lounge) 12:00PM-1:15PM	Mexican Train (Rm 3) 10:00AM-12:00PM 55 Plus ZUMBA Gold (YRC Rm B) *Register \$5/Class 11:30AM-12:20PM Pinochle (Rm 5) 1:00PM-4:30PM Current Event Group (Lounge) 1:30PM-3:00PM	Artist Workshop (Hall) 9:00AM-12:00PM Coffee Corner (Lounge) 10:00AM-11:30AM Ping Pong (Rm 5) 10:00AM-12:00PM Stay Fit (Hall) 11:00AM-12:00PM Balance Awareness (Hall) 12:00PM-1:00PM OFFICE CLOSED at 2:00PM Social Dance Moved to Saturday 6/10 6:00PM-8:00PM
12	13	14	15	16
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) 1:45PM-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 Super Scrabble (Rm 3) 10:00AM-12:30PM Vasona Boats & BBQ (Vasona Boathouse) *RSVP Space Limited 10:00AM-12:00PM Pinochle (Rm 5) 1:00PM-4:30PM	Game Day (Hall) \$5 9:30AM-12:30PM Ping Pong (Rm 5) 10:00AM-12:00PM Women's Artist Connection (Rm 3) 10:00AM-12:00PM Art and Music Appreciation (Lounge) 12:00PM-1:15PM Single Again (Rm 3) 12:30PM-2:30PM Reader's Theatre (Lounge) 3:00PM-5:00PM Great Getaway - Book Of Mormon \$190 Member 10:45AM-7:00PM	Mexican Train (Rm 3) 10:00AM-12:00PM 55 Plus ZUMBA Gold (YRC Rm B) *Register \$5/Class 11:00AM-12:20PM Pinochle (Rm 5) 1:00PM-4:30PM Current Event Group (Lounge) 1:30PM-3:00PM Tech with Teens (Rm 3) 3:00PM-4:00PM Stepping Stones: Live Your Best Life (Hall) 1:00PM-1:45PM	Artist Workshop (Hall) 9:00AM-12:00PM Coffee Corner (Lounge) 10:00AM-11:30AM Ping Pong (Rm 5) 10:00AM-12:00PM Stay Fit (Hall) 1:00PM-2:00PM Balance Awareness (Hall) 2:00PM-3:00PM
19	20	21	22	23
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26	27	28	29	30
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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.
- **Guest Speaker** – Check inside the PRINT for more information on this month's guest speaker(s)

- **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+ SOCIAL DANCE COUNTRY & WESTERN LINE DANCING



Saturday June 10th 6pm-8pm

45 Minute Instruction with Mandi
Light Refreshments will be Provided

Purchase Tickets
with the
55 Plus Office or Online

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



**Purchase Your
Tickets Now!**

*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.



VASONA BOATS AND BBQ TUESDAY JUNE 13TH, 10AM-12PM



WHO: 55+ Members please RSVP

WHAT: Join us for hot dogs, lawn games,
free boat use and ice cream!

WHERE: LGS Recreation Vasona Boathouse
@ Vasona Lake County Park
333 Blossom Hill Rd, Los Gatos, CA 95032

NOTE: \$6 entrance fee to the park

NEW THIS SUMMER

55 Plus Members receive \$5 off boat rentals at
Vasona all summer long!

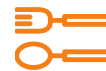
HANDS ON ART

Thursday June 29th, 10am-12pm



This month we will be dabbling with alcohol inks to create fun and fluid watercolor effects on paper. Use your creations for stationary, frame as a keepsake, or gift to a friend.

Note: Alcohol Ink can stain clothes.
Please wear something you don't mind getting dirty/stained.



JOIN US FOR THE

ANNUAL SUMMER SENIOR PICNIC

Who: 55+ Members

What: A lovely event with live music by Fossil Farms & Lunch

When: Wednesday July 26th, 11:30am-1:30pm

Where: Civic Center Lawn Outside
of the Adult Recreation Center

How: \$5 Registration Fee & Preregistration Required

RSVP AT THE FRONT DESK (408) 354-1514



SUMMER GREAT GETAWAYS

PICK UP AND DROP OFF IS AVAILABLE AT BOTH THE JOAN PISANI CENTER IN SARATOGA AND THE ADULT RECREATION CENTER IN LOS GATOS. 55 PLUS MEMBERS GET \$10 OFF ALL DAY TRIPS. VIEW FULL TRIP DETAILS ON OUR WEBSITE OR CONTACT THE FRONT DESK AT 408.354.8700

BOOK OF MORMON & SIDESHOW KITCHEN

Wednesday June 14th
10:45AM-7:00PM
\$200

Your Ticket includes: Transportation, Orpheum Orchestra Main Level Seats, Rows U-Z, and casual dinner at Sideshow Kitchen Oakland.

SF GIANTS VS. SAN DIEGO PADRES

Thursday June 22nd
9:30AM-5:30PM
\$160

Ticket includes: Club Level Seats, \$12 Meal Voucher, and transportation.

SCAN FOR INFO



CIRQUE DE SOLEIL AND GERMAN BUFFET

Thursday August 17th
2:30PM-11:15PM
\$195

Your Ticket includes: Transportation, Buffet Dinner at Speisekammer German Restaurant, and Cirque de Soleil ticket in section 115 at the Oakland Arena.

HADESTOWN AND MAX'S OPERA CAFÉ

Wednesday September 13th
10:45AM-7:00PM
\$225

Your ticket includes: transportation, theatre tickets, and 3 course dinner.

www.lgsrecreation.org 408.354.8700

COLLETTE TOURS

Extended Travel Options Now Available

Flyers available at the 55 Plus Office

Treasures of Costa Rica – February 2024

<https://gateway.gocollette.com/link/1174609>

America's Music Cities – March 2024

<https://gateway.gocollette.com/link/1174854>

Memorials of World War 2 – September 2024

<https://gateway.gocollette.com/link/1174863>

Sunny Portugal – April 2024

<https://gateway.gocollette.com/link/1174610>



MAY COMMUNITY RESOURCE FAIR

Celebrating the launch of our online information and resource page for older adults "The HUB". Check it out at bit.ly/55PlusTHEHUB

Thank you, providers and participants, for attending and making this a successful event!



JUNE GUEST SPEAKER

JUNE 15 @ 1:00PM

STEPPING STONES – QUALITY OF LIFE ADVOCATES
LIVE YOUR BEST LIFE!

More Info: steppingstonesadvocacy.org

55 PLUS EXCLUSIVE SUMMER ZUMBA GOLD

Thursdays 6/15-8/17 @ 11:00AM-11:50AM

\$50 for 10 classes

REGISTER: bit.ly/40FHL5h or with the 55 Plus Office

Happy Mother's Day from our Fabulous Zumba Instructor



EXCLUSIVE 55 PLUS WATER WORKOUT CLASS

*Limited Space Available

Thursdays 6/22-8/10 @ 12:30PM-1:30PM

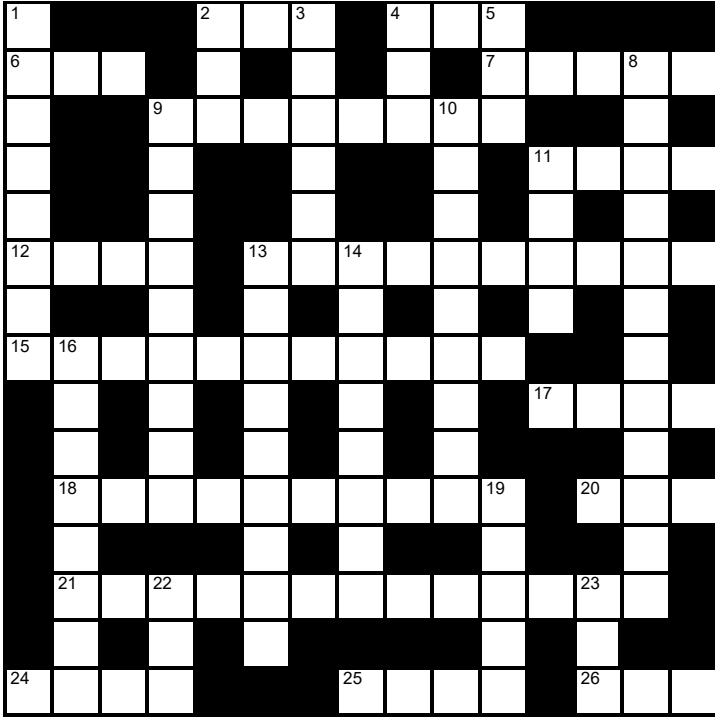
LGHS Pool

\$50 for 8 Classes

REGISTER: with the 55 Plus Office

Crossword #18

Use the clues to fill in the crossword.



Crossword #18

(clues)

Across

- 2. Spinning toy
- 4. ____ and Order
- 6. Encountered
- 7. Opposite of obtuse
- 9. Beyond redemption
- 11. Timid weakling
- 12. Innocent
- 13. Not ____ to; unfamiliar with
- 15. To seize or take over
- 17. Adjusts, as a clock
- 18. Make something more sturdy
- 20. Arid
- 21. Discussions
- 24. Coin opening
- 25. Occupied with many things
- 26. Flower starter

Down

- 1. This keeps the rain off
- 2. Couple
- 3. Kind of license
- 4. Deception
- 5. Is no longer
- 8. Degrees of difference between the seasons?
- 9. Square fare at Wendy's
- 10. Touchy or easily upset
- 11. Product of sheering sheep
- 13. Chosen for a job
- 14. Tropical, polar, and Mediterranean are some
- 16. Medical fitness exam
- 19. Full of loud sounds
- 22. After-tax amount
- 23. Stubby pencil remnant



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Summer Days Search and Solve

Find each of the items from the categories listed below. Search vertically, horizontally, diagonally, forward, and backward.



Find four items that are summer drinks.

Find five items that are camping gear.

Find four places that you might go for a swim.

Find five items that are summer clothing.

©ActivityConnection.com

El Camino Health | Peter C. Fung, MD Stroke Center

STROKE EDUCATION IN THE PARK Health & Wellness Fair

When: Friday, June 9, 2023
10 a.m – 2 p.m.

Where: Cuesta Park
Group BBQ Area
615 Cuesta Drive
Mountain View, CA
94040



Please join us at the park for a day of activities and education to raise awareness about stroke prevention, signs & symptoms and rehab & recovery.

Experts will be on site to provide interactive health and wellness activities including:

- Hourly speakers
- Blood pressure screening
- Ask a doctor
- Fitness and rehab area
- Stroke education materials
- Giveaways and prizes and more
- Food and drink



The event is free and open to all. Registration preferred — register at: elcaminohealth.coursestorm.com/course/free-event-stroke-education-in-the-park

For questions or more information, please email christine_kilkenny@elcaminohealth.org or call 650-962-5850



2500 Grant Road | Mountain View, CA 94040 | 650-940-7000
815 Pollard Road | Los Gatos, CA 94032 | 408-378-6131

elcaminohealth.org



**Kiwanis Volunteers -
THANK YOU!**



**Jazzberry Jam -
THANK YOU!**



**CTAP iPhone and Android
Training Classes**

June Community Events

First Fridays for Older Adults

More info - \$15 at the door for drink and appetizers.
Where - The Palms, 115 N Santa Cruz Ave.
When - 6/2 @ 4:00PM-5:30PM

Sounds of Summer - FREE Three Live Bands

More info - Bring a Lawn chair! .
Where - Los Gatos Civic Center Lawn
When - Saturday June 3 @ 2:00PM-8:30PM

Live Oak Adult Day Program Re-Opening

More info - Day program for seniors with mild
to moderate dementia. Lisa Lenoci 408.973.0905
losgatos@liveoakadultdaycare.org

Where - 111 Church St.
When - 6/20

Jazz in the Plazz

More info - live music in LG jazzontheplazz.com
Where - Los Gatos Town Plaza
When - Wednesdays 6:30PM-8:30PM starting 6/21



55 Plus Walking Trip to NUMU



May Hands on Art Project



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

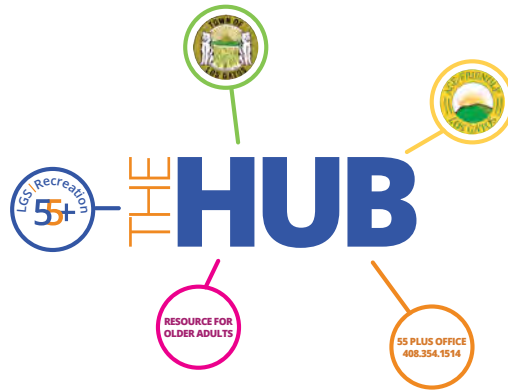
55 Plus Members receive \$10 off all Great Getaway trips!

Note: Trips are non-refundable.

To register call 408.354.8700 or bit.ly/3NN57Qw

- June 14th - Book of Mormon & Utah Inspired Dinner - \$190/\$200 - 6 Spots Left**
This outrageous musical comedy, which has won 9 Tony Awards, follows the adventures of a mismatched pair of missionaries. The New York Times calls it "the best musical of this century." A staple in every Utah suburb is several fried chicken joints and specialty soda shops so that will be our inspiration for dinner at Sideshow Kitchen. NOTE: Contains explicit language and content that some viewers may find offensive.
- June 22nd - SF Giants VS. SD Padres - SOLD OUT**
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
- August 17th- Cirque De Soliel Corteo & German Buffet - \$185/\$195- 1 Spot Left**
Always a favorite - Cirque De Soliel leaves the audience in awe with unbelievable performances from a talented cast. Join us at the Oakland Arena as Mauro the Clown plunges the audience into a theatrical world of fun, comedy, and spontaneity by envisioning his burial in a carnival atmosphere. Prior to the show we will enjoy a buffet dinner at Speisekammer German Restaurant in Alameda.

**Fall Trips
Coming Soon!**



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!"