



TOWN OF LOS GATOS
COMMUNITY HEALTH AND SENIOR SERVICES COMMISSION
REGULAR MEETING
MARCH 28, 2023
TELECONFERENCE
5:00 P.M.

Jeffrey P. Blum, Chair

Elanor Yick, Vice Chair

Dick Konrad, Commissioner

George Rossmann, Commissioner

Pradeep Khanal, Commissioner

Lydia Norcia, Commissioner

Maia Bernholz, Youth Commissioner

This meeting will be held in-person at the Los Gatos Library Conference Room, 100 Villa Ave, Los Gatos CA 95030. Members of the public may only provide public comments for the agenda item in-person.

PARTICIPATION IN THE PUBLIC PROCESS

The Town of Los Gatos strongly encourages your active participation in the public process, which is the cornerstone of democracy. If you are interested in providing oral comments during the meeting, you must attend in-person and complete a "speaker's card" located on the back of the chamber benches and return it to the staff. If you wish to speak to an item on the agenda, please list the item number. The time allocated to speakers may change to better facilitate the Board meeting. You are welcome to submit written comments via email to Clerk@losgatosca.gov.

Public Comment During the Meeting:

- When called to speak, please limit your comments to three (3) minutes, or such other time as the Chair may decide, consistent with the time limit for speakers at a Town meeting.
- Speakers at public meetings will be asked to provide their full name and to state whether they are a resident of the Town of Los Gatos. This information is optional and not required.

Deadlines for Public Comment and Presentations are as follows:

- If you are unable to participate in person, you may email Clerk@losgatosca.gov with the subject line "Public Comment Item #_" (insert the item number relevant to your comment). Persons wishing to submit written comments to be included in the materials provided to Board must provide the comments as follows:
 - For inclusion in the regular packet: by 11:00 a.m. the Friday before the Commission meeting
 - For inclusion in an Addendum: by 11:00 a.m. the Monday or Tuesday before the Commission meeting
 - For inclusion in a Desk Item: by 11:00 a.m. on the day of the Commission Meeting
- Persons wishing to make an audio/visual presentation on any agenda item must submit the presentation electronically, either in person or via email to Clerk@losgatosca.gov, to the by 3:00 p.m. the day of the meeting.

RULES OF DECORUM AND CIVILITY

The purpose of the meeting is to conduct the business of the Town in an effective and efficient manner. For the benefit of the community, the Town of Los Gatos asks that you follow the Town's meeting guidelines while attending Town meetings and treat everyone with respect and dignity. This is done by following meeting guidelines set forth in State law and in the Town Code.

The Town does not tolerate disruptive conduct, which includes but is not limited to:

- addressing the Commission without first being recognized;
- interrupting speakers, Commission or Town staff;
- continuing to speak after the allotted time has expired;
- failing to relinquish the microphone when directed to do so;
- repetitiously addressing the same subject.

Town Policy does not allow speakers to cede their commenting time to another speaker. Disruption of the meeting may result in a violation of Penal Code Section 403.

MEETING CALLED TO ORDER

ROLL CALL

COMMISSIONER REPORTS

CONSENT ITEMS (TO BE ACTED UPON BY A SINGLE MOTION)

1. Approve the Minutes of the February 28, 2023 CHSSC Regular Meeting

VERBAL COMMUNICATIONS (*Members of the public are welcome to address the Personnel Board on any matter that is not listed on the agenda. To ensure all agenda items are heard and unless additional time is authorized by the Chair, this portion of the agenda is limited to 30 minutes and no more than three (3) minutes per speaker. In the event additional speakers were not able to be heard during the initial Verbal Communications portion of the agenda, an additional Verbal Communications will be opened prior to adjournment.*)

OTHER BUSINESS (*Up to three minutes may be allotted to each speaker on any of the following items.*)

2. Informational Presentation Regarding Nominations for the 2023 Senior of Distinction Award
3. Presentation and Discussion of the Town's Draft Justice, Equity, Diversity, and Inclusion Plan
4. Announcement of Chair Blum's Senior Gameplan Task Force Assignments
5. Introduction of LGSRec's Submitted Plans for 55+ Programming for CHSSC Review
6. Staff Liaison Report

ADJOURNMENT

IN COMPLIANCE WITH THE AMERICANS WITH DISABILITIES ACT, IF YOU NEED SPECIAL ASSISTANCE TO PARTICIPATE IN THIS MEETING, PLEASE CONTACT THE CLERK DEPARTMENT AT (408) 354-6834. NOTIFICATION 48 HOURS BEFORE THE MEETING WILL ENABLE THE TOWN TO MAKE REASONABLE ARRANGEMENTS TO ENSURE ACCESSIBILITY TO THIS MEETING [28 CFR §35.102-35.104]



DRAFT
Minutes of the Community Health and Senior Services Meeting
February 28, 2023

The Community Health and Senior Services Commission conducted a regular meeting utilizing teleconference and electronic means consistent with Government Code Section 54953, as Amended by Assembly Bill 361, in response to the state of emergency relating to COVID-19 and enabling teleconferencing accommodations by suspending or waiving specified provisions in the Ralph M. Brown Act (Government Code § 54950 et seq.) and Town of Los Gatos Resolution 2021-044 on Tuesday, January 24, 2023, at 5:04 p.m.

MEETING CALLED TO ORDER 5:04 P.M.

ROLL CALL

Present: Chair Blum, Commissioners Khanal, Yick, Norcia, Konrad

Absent: Commissioners Rossmann, Bernholz

Also Present: Liaison Baker, Mayor Ristow, LGSRec Representative Kennedy

COMMISSIONER REPORTS

- Commissioner Yick reported attending a social event, Town Council meeting, and work on the Hub.
- Commissioner Norcia reviewed the Roadmap and background information.
- Commissioner Khanal attended a Town Council meeting and had one on one meetings with a Council member.
- Chair Blum asked that Commissioners also provide a written copy of reports.
- Commissioner Konrad attended Roadmap strategy meetings, presented the Roadmap to the Lions' Club, and met with Councilmembers one-on-one.
- Chair Blum attended the Town's EDI training, Roadmap meetings, Town Council meeting, wrote an article, and met with community members.

CONSENT ITEMS (TO BE ACTED UPON BY A SINGLE MOTION)

1. Approve Community and Senior Services Commission Minutes of November 22, 2022.

MOTION: Motion by Commissioner Yick to approve consent items 1. **Seconded by**
Commissioner Norcia.

SUBJECT: Draft Minutes of the Community Health and Senior Services Commission

Meeting of February 28, 2023

DATE: March 3, 2023

VOTE: Motion passed unanimously

VERBAL COMMUNICATIONS

Catherine Sommers asked questions about the community grants.

OTHER BUSINESS

2. Announce a commendation to recognize and appreciate the work of Arn Andrews

MOTION: Motion by Commissioner Yick to send the commendation to Arn Andrews Seconded by Commissioner Khanal.

VOTE: Motion passed unanimously.

3. Adopt a Resolution Establishing a New Place for Future Community Health and Senior Services Commission Regular Meetings

MOTION: Motion by Chair Blum to adopt the resolution establishing a new place for future Community Health and Senior Services Commission regular meetings with an amendment to correct a typo Seconded by Commissioner Konrad.

VOTE: Motion passed unanimously.

4. Receive Public Health Services Report

MOTION: Motion by Commissioner Konrad to forward the report to the Town Council Seconded by Commissioner Khanal.

VOTE: Motion passed unanimously.

5. CHSSC Goals/Task/Activities Update; Discussion and Action on CHSSC 2023 Goals

The Commissioners expressed areas of interest for goals as well as having a Council Liaison attending CHSSC meetings.

Opened Public Comment

Tom Picraux mentioned the Senior of Distinction Award.

Mayor Ristow mentioned her interest in establishing a Council Liaison.

Closed Public Comment

SUBJECT: Draft Minutes of the Community Health and Senior Services Commission

Meeting of February 28, 2023

DATE: March 3, 2023

Item deferred to March 28, 2023 given that discussion on the upcoming March 7, 2023 Council meeting may impact these goals.

6. Receive Final ARPA report from LGSRec 55+

LGSRec Representative Lisanne Kennedy gave a presentation on the final ARPA report for LGSRec's 55+ services and answered questions of the Commissioners. LGSRec Executive Director Rollett answered additional questions as needed.

7. Staff Liaison Report

a. Updates from CHSSC Partners

No updates

b. Update from staff liaison

Liaison Baker reported that the CHSSC will be looking at the Town's JEDI plan at their March meeting.

ADJOURNMENT

The meeting adjourned at 6:58 p.m.

This is to certify that the foregoing is a true and correct copy of the minutes of the February 28, 2023 meeting as approved by the Community Health and Senior Services Commission.

Ryan Baker, Library Director

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**TOWN OF LOS GATOS
COMMUNITY HEALTH AND SENIOR
SERVICES COMMITTEE REPORT**

MEETING DATE: 03/28/2023

ITEM NO: 2

DATE: March 28, 2023
TO: Community Health and Senior Services Committee
FROM: Ryan Baker, Library Director
SUBJECT: Informational Presentation Regarding Nominations for the 2023 Senior of Distinction Award

RECOMMENDATION:

Receive an informational presentation regarding nominations for the 2023 Senior of Distinction Award.

REMARKS:

Susan Fredkin, Vice Chair of Terraces of Los Gatos Community Advisory Board, will provide the Commission with the key dates and criteria used for selecting nominees for their Annual Seniors of Distinction Award that they are resuming this year.

Attachment:

1. Senior of Distinction award nomination form

PREPARED BY:

Ryan Baker
Library Director

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The 24th Annual

Seniors of Distinction Award

Sponsored by The Terraces of Los Gatos

The Terraces of Los Gatos is seeking Honorees for the 24th Annual Seniors of Distinction Award. This prestigious award recognizes a Los Gatos or Monte Sereno senior who has made outstanding contributions to their community through volunteerism.

- One Honoree shall be selected by each local club or organization.
- Honorees must be at least 65 years of age, residents of Los Gatos or Monte Sereno, living in the zip codes of 95030, 95032 or 95033.
- Honorees must have made significant contributions to their community through volunteerism, as determined by their club or organization.
- All Honorees selected by their organization will be honored at a champagne reception on June 22, 2023, from 3 PM to 4:30 PM at The Terraces of Los Gatos.

Club or Organization Name: _____

Club Contact Name/Phone Number: _____

Honoree's Name: _____

Honoree's Address: _____

Honoree's Email: _____

Will Honoree be able to attend the Award ceremony on June 22, 2023? Yes No

Please provide a biography that highlights the Honoree's contributions, such as:

- Honoree's history of community service and volunteerism
- What the Honoree did/does that merits special recognition
- Honoree's contribution to noteworthy projects/persons/charities
- Honoree's past or current occupation and/or field of interest
- Awards/Honors/Offices held
- TLG will arrange for a photo of the Honoree.

Deadline is Wednesday, May 17, 2023 at 5pm

Deliver to:

Linda Price, The Terraces of Los Gatos, 800 Blossom Hill Road, Los Gatos, CA 95032
Phone: (408) 357-1121 Email: Linda.Price@HumanGood.org

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TOWN OF LOS GATOS
COMMUNITY HEALTH AND SENIOR
SERVICES COMMITTEE REPORT

MEETING DATE: 03/28/2023

ITEM NO:3

DATE: March 28, 2023
TO: Community Health and Senior Services Committee
FROM: Laurel Prevetti, Town Manager
SUBJECT: Provide Input for the Draft Justice, Equity, Diversity, and Inclusion (JEDI) Plan.

RECOMMENDATION:

Provide input for the draft Justice, Equity, Diversity, and Inclusion (JEDI) Plan.

BACKGROUND:

On August 17, 2021, the Town Council unanimously voted to authorize the Town Manager to enter into an agreement for JEDI consultant services with American Leadership Forum Insights (ALFI). ALFI was selected to address the Town's external JEDI goals through Town partnerships with local organizations and the broader community. ALFI specializes in external engagement and dialogue and leveraging community partnerships.

Attachment 1 contains ALFI's final Discovery Report documenting their approach, high level findings/themes, and recommendations. ALFI engaged with community leaders and Town partners, including the Chamber of Commerce, faith-based organizations, business owners, local school districts, and others in a series of listening sessions to assess the level of understanding of the current JEDI efforts and identify barriers and opportunities.

The recommendations were organized under the following topics:

- Collaborative on-going engagement;
- Develop safe spaces;
- Build capacity for the work;
- Connect this work to the vibrancy of the Town economy;
- Intentionally engage school districts and youth; and
- Continue to build affordable housing.

PREPARED BY: Holly Young
Senior Management Analyst

BACKGROUND (continued):

On September 6, 2022, the Town Council unanimously voted to direct the Town Manager to work with ALFI on the development of a formal JEDI Plan. The Plan would fold in the individual recommendations from the Discovery Report and include specific long and short-term goals, action items with timelines, and metrics. The overall goal is to co-create with the community an actionable Plan for the Town of Los Gatos to become a more inclusive place and where all community members feel welcome and a sense of belonging.

In addition, the Town's recently adopted 2040 General Plan includes a Racial, Social, and Environmental Justice Element that includes definitions, goals, policies, and implementation programs (https://losgatos2040.com/images/docs/LGGPU_02_EJ.pdf). The JEDI Plan is intended to function in concert with this Element.

DISCUSSION:

ALFI and Town staff are taking a multipronged approach to gather input on the initial ideas for action items to be included in the JEDI Plan (Attachment 2). These items are based on the recommendations in the Discovery Report and other related Town work. Some of these items are already underway and Attachment 2 includes updates on all the items.

Feedback on the Potential Action Items is being sought from Town Boards, Committees, and Commissions; and the greater Los Gatos community. At least one community workshop will be held in Spring 2023 to garner additional public input. Town staff also will be reflecting on the organization internally in terms of how the Town can foster a more diverse workforce, strengthen procedures to protect staff from uncivil behavior, and be more welcoming for all. All of this input will be synthesized into a Draft JEDI Plan and the Town Boards, Committees, and Commissions will have another opportunity to provide comments.

The input of the Town's Boards, Committees, and Commissions is an important piece of the development of the JEDI Plan. To guide the discussion, please reflect and comment on the following:

1. Overall input on the Potential JEDI Plan Action Items in Attachment 2.
2. How should we define "inclusion" and "belonging" in Los Gatos?
3. How do justice, diversity, equity, and inclusion intersect with the work of your Board/Committee/Commission?
4. How can your Board/Committee/Commission help to increase equity and inclusivity in Los Gatos?
5. How can we measure success?
6. Other ideas for how the Town Government organization as a whole can work toward a more equitable and inclusive Los Gatos.

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SUBJECT: Input on the Draft Justice, Equity, Diversity, and Inclusion (JEDI) Plan

DATE: March 28, 2023

CONCLUSION:

Staff looks forward to the Board/Commission/Committee's feedback.

COORDINATION:

This report was coordinated with all Town Departments.

FISCAL IMPACT:

There is no fiscal impact associated with the development of the JEDI Plan.

ENVIRONMENTAL ASSESSMENT:

This is not a project defined under CEQA, and no further action is required.

Attachments:

1. ALFI Discovery Report
2. Potential JEDI Plan Action Items

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ALF INSIGHTS

DISCOVERY REPORT



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We can leverage our pride
and use the JEDI plan to build upon
the best of Los Gatos.

Dave Watermulder, Town of Los Gatos Interfaith Group



THE TOWN of Los Gatos over the past couple of years has worked diligently to create their Justice, Equity, Diversity and Inclusion Plan (JEDI) with the intent of lifting that work up into Town processes and policies as well as the community. The Town engaged ALF Insights (ALFI), the consulting arm of American Leadership Forum Silicon Valley (ALFSV), which is committed to bringing groups of people together in spaces of productive tension in order to build deeper relationships that lead to the creation of powerful community impact. As a neutral convener of cross sector leaders, ALFI has the ability to emerge new frameworks for how an organization or network manages change and embraces dynamic processes that use tension as a vehicle to bring their work to the next level.

ALFI was hired to accomplish the following phases of work:

Phase I Goals: Discovery

Engage community partners, through meetings with individuals and groups, in order to ascertain their understanding of the JEDI plan as well as gather input on equity and inclusion efforts in the Town.

Phase II: Summary and Recommendations

Summarize themes and ideas and provide back a set of recommendations about gaps in the current plan, suggestions for additions and deletions as well as points of clarity and to offer a process for on-going community engagement.

WHAT WE DID: PROCESS OVERVIEW

ALFI held a total of 18 Discovery sessions with 27 individuals spanning community members, business owners, nonprofit leaders, faith groups and education administrators. Please see the full list of who participated and their affiliation in Appendix D. Each individual or group was asked the following questions.

- What are the opportunities that you see for the Town as they move forward with their equity work?
- What are you feeling most hopeful about?
- What are you most concerned about?
- What in your mind creates an inclusive community?
- JEDI Plan thoughts and feedback? Are you willing to engage in the JEDI process in the future? In what context?

WHAT WE LEARNED: HIGH LEVEL THEMES

The work of grappling with race and systemic inequities is hard and are not quickly resolved. It requires courageous and brave leadership, often in the face of strong opposition. Through the discovery process, ALFI heard the following themes across all of those we spoke to. It should be noted that of all those we interviewed, everyone was willing to be engaged in the on-going work.

Opportunities Overall participants saw many opportunities for the Town's continued commitment to the **JEDI** Plan:

- The opportunity for the Town government to create initiatives, policy, action and tone setting around the **JEDI** work.
- The opportunity for community learning centered around events, specific programs and dialogue in order to create awareness and enlightenment.
- The opportunity for the Town to engage and leverage the energy and voices of youth.
- The opportunity for businesses to promote inclusive practices.
- The opportunity to address this work through affordable housing which would impact the demographics of the Town and shift the definition of who is welcome.
- The opportunity to leverage the energy of the Town and the pride the community holds for the Town.

Hope The process and plan created a sense of hope for those that **ALFI** spoke to.

- Previous and current efforts to address race equity brings hope.
- The new ideas and possibilities that are centered in creating a new future for the Town.
- The participation and voices of youth through their school campuses, the March Against Hate and participation in government.
- The open acceptance of the **LGBTQIA+** community through physical and visible solidarity such as public art displays.
- The interfaith work happening in the Town.
- That the **JEDI** Plan was created and being discussed openly and woven through the policies and practices of the Town.

Inclusion Being an inclusive Town, while defined differently by the participants, mattered to everyone. For some that was about wanting everyone to be comfortable in the Town and for others it was about ensuring that business is supported and creating a place that folks want to visit. An inclusive Town was defined as:

- A place in which there is open and visible support for all people.

- A place that is safe where people do not have to worry about being discriminated against based on their race, gender or sexual preference.
- A place with a diverse population in terms of race and economic background that provides for shared community experiences.
- A place that creates a true sense of belonging and seeks to create spaces without judgment.
- A place that can tolerate a diversity of viewpoints and in which its residents are able to engage in civil discourse across differences.
- A place that the community in Los Gatos has pride in and that those outside of the Town want to visit.

Concerns Along with the opportunities and hope that discovery participants felt, there are also real fears and concerns about the on-going **JEDI** work.

- Fear about engaging in the work and how that might impact the personal safety of participants.
- Fear that this work will reflect negatively on the Town, that it will keep people away from the Town, impacting businesses or will have negative fiscal impacts.
- Concern that the Town, and the larger community, lacks the capacity or knowledge to do the work. Who will own this work and ensure that it gets done?
- Concern that some residents do not agree with the Town doing this work and the resulting impact that has on individual leader's ability to stay engaged with the work.
- Concern that the Town will not go deep enough or far enough with the **JEDI** work to make a lasting impact. How do we ensure authentic versus performative action?
- Concern that the **JEDI** work may derail other critical work of the Town.

JEDI Plan Discovery participants had various levels of knowledge about the **JEDI** Plan in its current form and the following feedback.

- Ensure that the community is a part of creating and iterating the plan so that there is collective and coordinated energy to support the implementation of plan objectives.
- Ensure that the plan works in conjunction with the other work happening across the school,



business and nonprofits communities.

- Stay invested in the work and provide the support and infrastructure for that to occur.
- Create more specificity and accountability in the plan itself to ensure that the plan is not performative.
- Commit to this process for the long-term.

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We are Los Gatos. We are working towards an authentic and accurate depiction of the people who live in the Town.

Catherine Somers, Los Gatos Chamber of Commerce

RECOMMENDATIONS

As the Town moves forward with the JEDI plan and its resulting work products, we believe that the following recommendations will aid them in staying the course in creating a Town that is inclusive and safe for all.

Collaborative, On-going Engagement

Instead of different groups working individually to address the issues of race equity, the Town of Los Gatos should provide the infrastructure and funding for those groups to work together long-term. Additionally, as these organizations will be doing the work, their voices should be a part of the design and implementation of the work in order to ensure the authenticity of the process.

> **RECOMMENDATION:** Form a facilitated, community working group that will come together to build relationships and develop a deeper understanding of JEDI concepts. Use this group to iterate

and deepen the JEDI plan that includes short and long-term goals as well as a timeline of activities.

> **RECOMMENDATION:** Develop a statement of what inclusivity and belonging mean to the Town as a part of the JEDI Plan.

Develop Safe Spaces

In order for people to be willing to publicly engage in this work, there needs to be a commitment to the physical safety of those who participate.

> **RECOMMENDATION:** Create guidelines for safety that allow working group and community members to develop solidarity and commitment to seeing the process through.

> **RECOMMENDATION:** Ensure all threats to personal safety will not be tolerated through clear policies and practices.

> **RECOMMENDATION:** Utilize art and community engagement with art as a path to create safe spaces for learning and expression.

Build Capacity for the Work

In order for the JEDI plan to be effective, there needs to exist a baseline of knowledge and understanding of historical inequities and how those impacts show up currently. Specifically the following concepts: intersectionality, color-blindness, economic disparities, historical inequities and the work of reconciliation.

> **RECOMMENDATION:** Provide spaces for members of the community to learn and be in dialogue together.

> **RECOMMENDATION:** Emphasize that the JEDI work benefits everyone and detail how and why this is the case as they engage in these community dialogues.

Connect the Work to the Vibrancy of the Town Economy

Often there is a concern that engaging in JEDI work might negatively impact the public perception of the Town and the people who live there. In fact, the willingness to be “front and center” on the work of addressing historical and current inequities can in fact be a boost for the Town and its public image.

> **RECOMMENDATION:** Develop a public facing campaign about what the Town is doing in regards to its JEDI work along with its plan. Ensure that there is transparency about what the Town is learning

and how they will be adjusting their work in support of the JEDI Plan.

Intentionally Engage School Districts & Youth

One of the places where issues related to race and anti-semitism have shown up the most publicly has been on school campuses. In addition, there are many young people that are deeply engaged in JEDI work as the March Against Hate demonstrated.

> **RECOMMENDATION:** Ensure that the school districts and youth have an intentional and connected voice to the JEDI work as it moves forward.

> **RECOMMENDATION:** Reaffirm to the school districts that they are not alone in handling these incidents. Create space for them to work collaboratively with the Town to brainstorm solutions to these problems.

Continue to Build Affordable Housing

Across all the participants ALFI spoke with, housing was brought up at least once in each of the discovery sessions. Ensuring economic diversity through affordable housing was seen as a critical piece in the JEDI puzzle.

> **RECOMMENDATION:** continue to build and support affordable housing through the General Plan and Housing Element.



The town is starting to awaken now
and we have to do something
collectively to bring about change.

**Kareem Syed, Former Resident;
Peacemaker during BLM and other protests**



APPENDIX A: QUESTION SUMMARIES

Discovery Question #1: What are the opportunities that you see for the Town as they move forward with their equity work?

"In a world moving more and more toward a global way of thinking, the Town would be better served with the addition of a Unity Commission made up of diverse groups – ages, backgrounds, etc. – to be the eyes and ears of the Town and who bring more vitality to the community. Existing partnerships in the Town should be leveraged and synergies explored. Organizations such as NUMU, Los Gatos Library, Chamber of Commerce, Rotary, AWO, and others can work together to center, promote, and celebrate diversity."

— Folake Phillips

Overall, participants felt that opportunities exist. Most communicated that the Town government can be leveraged as conveners, supporters, or initiators of the equity work. Collaboration was mentioned as a key ingredient to the success of this work and that the Town officials should foster environments for multiple sectors to work together. Business was a key sector discussed along with Community Based Organizations (CBO's).

Although collaboration was discussed most, the need for support and leadership from the Town government, financial, organizational, and otherwise, was recognized as well. Often mentioned as initiators of events and programs that community leaders could then take over or amplify the work of CBO's that is already happening. Some participants also stated that large businesses want to recruit skilled workers from all backgrounds and having an inclusive and diverse Town aids in the process.

Events, dialogues, and programs centered on community awareness and learning about JEDI were also seen as an opportunity. These occasions create space for various experiences and perspectives to be acknowledged and valued. The events should focus on elevating voices that are often marginalized, helping to make the Town inclusive and safe for all. Some direct ideas were, music festivals, economic investments in departments to push the work forward, ongoing equity curriculum, and opportunities to learn of the Town's painful past.

A focus on youth in this process was also suggested. The thought is to have similar opportunities as mentioned above for students to lead and participate. Including JEDI into the school curriculum was also highlighted.

Affordable housing was another notable topic. The idea that diversity, equity, and inclusion depend on who can 'afford' to live in Los Gatos was at the heart of these suggestions.

Discovery Question #2: What are you most hopeful about?

"I'm hopeful with the direction of this DEI process and am glad that it has begun. I'm proud of how the Town is handling these challenges and of the steps they have taken to prioritize their DEI efforts. I have listened to a few council meetings and am impressed by how the youth in this community have spoken up about their feelings and how articulately they were able to get their points across. Due to this involvement of the town's youth I think it would be a great opportunity to engage with the Town's youth commission."

— Dominic Broadhead

Participants were most hopeful regarding past and/or current events. Events like the March Against Hate, student-led initiatives at the high school and visual representations, such as rainbow sidewalks, were repeatedly mentioned. Some participants mention the existence of a JEDI plan and the surveying AFLI was conducting as signs of positive movement. Participants also mentioned that the town leadership bringing the JEDI conversation to the forefront was encouraging along with hearing and seeing so many other residents looking to create change.

Participants also expressed hope about future events and projects. There were numerous ideas communicated that had participants excited and engaged. Many discussed the opportunity for people to engage each other as people and not ideological groups. The space for human connectivity through dialogue, storytelling, music, and the arts was highly regarded and a source of hope for many participants. Participants mentioned hope in new people hired/elected to important roles within the Town i.e., new police chief and mayor.

Participants also discussed student engagement as a source of hope. Past events and the desire to create more opportunities for young people to influence policies, share ideas, and learn more about equity and inclusion seemed to come from participants across the board.

Other things to explore: Participants mentioned that the beginning of this work may be tough but believe the overall community will come along with time. Some believe the Town can

handle the challenges ahead, but officials need to keep moving the ball forward. To change will require the development of new skills and a higher capacity to hear and understand one another. Another thing that was notable is how infrequently the topic of the Town's police department was mentioned. This is a potential place of hope since policing, by and large, has shown up a lot in other cities and communities regarding JEDI work.

Discovery Question #3: What are you most concerned about?

"Neither the Town nor the school district can solve this issue on their own. It is a community problem and to address it effectively, we need to find ways to work collaboratively across sectors to find solutions."

— Dr. Michael Grove

The overwhelming response to this question, along with it being mentioned throughout our interviews, was fear. The trepidations of many participants centered on the response of residents who may be resistant to the work. Although negative interactions were not expected from most residents, the strong and vitriolic nature of a small segment of residents weighed heavily on the minds of everyone we spoke with. Concerns about personal safety, alienation, and retaliation were consistently brought forward. Concerns about safety need to be addressed for the Town to get strong buy-in from the community. Addressing this issue will increase who and how long people stay engaged.

The next issue of concern is the efficacy and capacity to make change. Participants questioned the long-term commitment the Town has toward equity work. It was mentioned that the General Plan should reflect JEDI concerns to help it properly move forward. There was also concern that some people with influence and power will impede any progress either because change is hard or holding the status quo is preferred. Participants, acknowledging the large scope of the work and the challenging political climate, questioned if the Town possessed the knowledge and ability to create a more equitable and inclusive community.

Other things to consider in addressing

participant concerns are affordable housing, training and education for youth, and accessibility to resources to increase the community's knowledge around equity work.

Discovery Question #4: What in your mind creates an inclusive community?

"I'd like to be able to see a black, lesbian developer come and live comfortably in Los Gatos and attend her synagogue."

—Jon Hicks

When participants were asked to imagine what an inclusive community looked like they painted this picture: A community that is safe and welcoming to those who do not fit the norm, empathy and compassion exhibited between neighbors, vibrancy that is attributed to diversity, new voices welcomed at decision-making tables, and a deep sense of belonging that crosses the boundaries of gender, culture, race, sexual preference, and socio-economics. It was acknowledged that some of these characteristics may not be measurable, but the feeling would be recognizable.

Participants stated that an inclusive community has JEDI dialogues, addresses unconscious bias, educates people on the history of the indigenous people, creates intentional spaces and opportunities for residents to come together and celebrate differences. The inclusive community creates and highlights role models for the next generation to emulate, helping them be even better informed and aware of JEDI issues.

Participants stated that representations of diversity in business ownership, government officials and teachers would be part of an inclusive community. Community policing standards should be employed, where all residents are treated fairly no matter race, religion, or sexual orientation. Affordable housing should be part of an inclusive community.

Other topics to note, questions about the current demographics of the Town were raised and concerns that perceived homogeneity of economic backgrounds within the town may obscure the actual needs. Some participants mentioned the need for greater clarity regarding what the Town is communicating when it speaks of justice, equity, diversity, and inclusion.

Discovery Question #5: What are your thoughts on the JEDI Plan? Are you willing to engage in the JEDI process in the future? In what context?

"I fully support the town's JEDI efforts. I think they'll be strengthened by including reasons why this is good for Los Gatos and worth town expenditure. I'd like to add that the town staff needs to make clear to the community how and why the JEDI efforts benefit everyone and harm no one."

—Amy Nishide

Everyone who participated was open and willing to engage the JEDI process in the future. Most were enthusiastic and excited to see the Town take these initial steps. There were some concerns about possible politicizing of the process and potential backlash.

Participants were generally familiar with the JEDI plan. Overall, participants thought the direction was good, while expressing concerns about clarity of purpose, tangible deliverables, and the long-term commitment. Collaboration between the various sectors; government, business, education, and the community; was highlighted as a large need. The development of a Unity Commission was suggested as a step to keep the work moving forward. Despite all the positive feedback, fear regarding the perception and response of some residents was mentioned. Fear was one of the most expressed emotions along with the desire for progress.

Participants suggested numerous ideas about how to engage the process. The majority fell into three categories: events/entertainment, dialogue, and training/education. Ideas such as movie viewings, concert series and using the arts to bring people together around topics of diversity and inclusion were suggested. Creating spaces for open and honest dialogue to help residents learn from one another was referenced. Training and educational partnerships between CBO's, schools and the government were also highlighted. Previous events and groups were named as examples to build on; March Against Hate, the Anti-Racism Coalition and the Chamber of Commerce to name a few.

APPENDIX B: ALF INSIGHTS MODEL

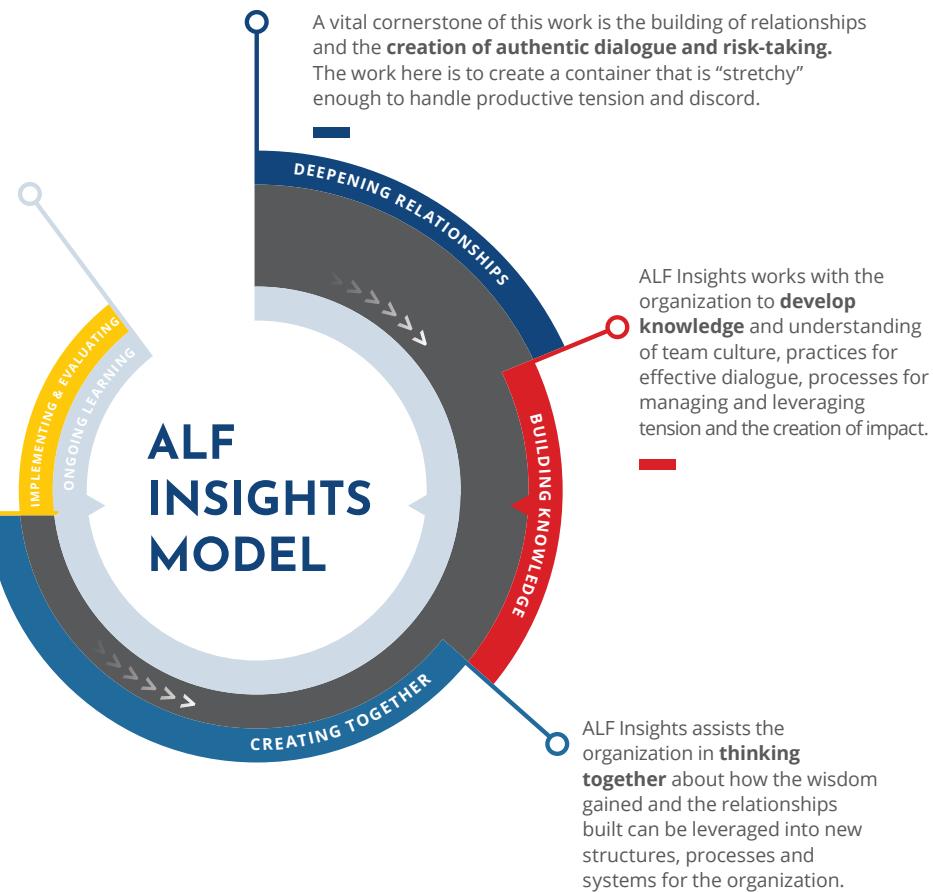
The work of emerging and building spaces for high quality dialogue within an organization is not a linear process but a cyclical one. The process of learning, creating, implementing, evaluating and iterating should become a cultural norm for an organization or network. When this process is built into the day to day ethos of an organization, it allows for growth, flexibility, nimbleness and responsiveness to the needs of employees, those served and the larger community.

ALF Insights (ALFI) knows, through its many years of working with diverse groups, that the creation and maintenance of relationships is critical for the success of any working group. In order for

members of a group to begin to engage with the work at hand, they have to be able to successfully take risks with each other in order for the ultimate products to have full buy-in and be responsive to the community's needs. The ability for members to authentically share their personal and professional value propositions, and to seek common ground, is inherently connected to the quality of relationship within the team. ALFI is focused on developing a highly personalized program that will move both relationships and impact forward. It is important to note that this is not a linear process as vigorous, generative social-impact groups are a picture of evolving social relationships *and* a robust platform for sustained production and impact.

ALF Insights works with the organization to **establish a structure of ongoing learning and development**. Maintenance of generative teams is ongoing and emergent work. It is critical to have structures in place and natural leaders identified so that the organization can evaluate, learn and iterate as needed.

ALF Insights works with the organization to **create a process of accountability at the staff, board and partner level** in order to ensure fidelity to new structures.



APPENDIX C: ALF INSIGHTS FACULTY

For this project the following faculty members were engaged:



Jenny Niklaus
ALFI Chief Facilitation Officer



Jason Reynolds
ALFI Faculty



Darcie Green
ALFI Faculty



Allyson Paul
ALFI Executive Assistant

APPENDIX D: LIST OF DISCOVERY PARTICIPANTS

Rabbi Melanie Aron, *Congregation Shir Hadash*
Father Ricardo Avila, *Dave Watermulder*,
Erica Rader, *Town of Los Gatos Interfaith Group*
Diane Fisher, *Jewish Silicon Valley*
Kareem Syed, *Former Resident; Peacemaker during BLM and other protests*
Jon Hicks, *Netflix*
Catherine Somers, *Los Gatos Chamber of Commerce*
Dr. Michael Grove, *Los Gatos-Saratoga Union High School District*
Paul Johnson, *Los Gatos Union School District*
Kristi Grasty, *Los Gatos High School*
Kylie Clark, **Jeffrey Suzuki**, **Amy Nishide**,
Ali Milano, **Sandrine Chaumette**, **Rob Moore**,
Alicia Spargo, *Los Gatos Anti-Racism Coalition*
Ami Davis, *NUMU*
Karen Rubio, *Plant Based Advocates*
Sasha Balasingham, *Youth Commission Chair, Los Gatos High School*
Dominic Broadhead, *Los Gatos-Saratoga Parks and Recreation Center*
Folake Philips, **Varily Isaacs**, *AWO*
Teri Hope, *Business Owner*
Susan Farwell, *Business Owner*
Jim Foley, *Business Owner*





Sobrato Center for Nonprofits
1400 Parkmoor Avenue, Suite 280
San Jose, CA 95126

Email: alfsv@alfsv.org
Phone: (408) 554.2000

ALFSV.ORG

STATUS OF DISCOVERY REPORT RECOMMENDATIONS AND OTHER TOWN EFFORTS

ALF Insights

Town of Los Gatos Discovery Report: Recommendations Update 2/2023

Collaborative, On-going Engagement

- **RECOMMENDATION:** Form a facilitated, community working group that will come together to build relationships and develop a deeper understanding of JEDI concepts. Use this group to iterate and deepen the JEDI plan that includes short and long-term goals as well as a timeline of activities.
- **RECOMMENDATION:** Develop a statement of what inclusivity and belonging mean to the Town as a part of the JEDI Plan.
- **UPDATE:** Both of these items are moving forward through the Community Working Group process.

Develop Safe Spaces

- **RECOMMENDATION:** Create guidelines for safety that allow working group and community members to develop solidarity and commitment to seeing the process through.
- **RECOMMENDATION:** Ensure all threats to personal safety will not be tolerated through clear policies and practices.
- **RECOMMENDATION:** Utilize art and community engagement with art as a path to create safe spaces for learning and expression.
- **UPDATE:** The Town Council has adopted civility guidelines for all Council and Commission meetings, being clear that:
 - The Town embraces diversity and strongly condemns hate speech and offensive, hateful language or racial intolerance of any kind at Town meetings.
 - Town Council and staff are well aware of the public's right to disagree with their professional opinion on various Town issues. However, anti-social behavior, slander, hatred, and bigotry statements are completely unacceptable and will not be tolerated in any way, shape, or form at Town meetings.

- All public comments at the Town Council meeting must pertain to items within the subject matter jurisdiction of the Town and shall not contain slanderous statements, hatred, and bigotry against non-public officials.

Build Capacity for the Work

- **RECOMMENDATION:** Provide spaces for members of the community to learn and be in dialogue together.
- **RECOMMENDATION:** Emphasize that the JEDI work benefits everyone and detail how and why this is the case as they engage in these community dialogues.
- **UPDATE:** The Town is providing spaces for members of the community to learn and be in dialogue together, starting with programming through our Library on Affordable Housing and the intersection of environmental sustainability and equity.

Connect the Work to the Vibrancy of the Town's Economy

- **RECOMMENDATION:** Develop a public facing campaign about what the Town is doing in regards to its JEDI work along with its plan. Ensure that there is transparency about what the Town is learning and how they will be adjusting their work in support of the JEDI Plan.

Intentionally Engage School Districts and Youth

- **RECOMMENDATION:** Ensure that the school districts and youth have an intentional and connected voice to the JEDI work as it moves forward.
- **RECOMMENDATION:** Reaffirm to the school districts that they are not alone in handling these incidents. Create space for them to work collaboratively with the Town to brainstorm solutions to these problems.
- **UPDATE:** The Town signed an agreement with the Los Gatos Saratoga Union High School District and Los Gatos Union School District to be part of a social norms effort. The Districts have been invited to participate in the Town's JEDI Plan process.

Continue to Build Affordable Housing

- **RECOMMENDATION:** Continue to build and support affordable housing through the General Plan and Housing Element.
- **UPDATE:** The 2040 General Plan adopted with its Racial, Social, and Environmental Justice Element on 6/30/22. The Housing Element with modifications was adopted by the Town Council on 1/30/23, finding it to be in substantial compliance with State

law. The Town is continuing to address the detailed comments from the State, engaging with the community in that process.

Town of Los Gatos Justice, Equity, Diversity, and Inclusion Work Plan Update 2/2023

JEDI Plan

- **UNDERWAY:** Work with ALFI to prepare an actionable JEDI Plan with clear goals, timeframes, and measurable outcomes. Town staff will lead staff, general public, and other engagement in this effort.

Town Operations

- **UNDERWAY AND ONGOING:** Require all Town Departments to use a lens of justice, equity, diversity, and inclusion in the:
 - Development of the Town budget, Capital Improvement Program, General Plan (see more information below), and other guiding documents;
 - Delivery of Town services; and
 - Creation of all new programs, projects, and policies.
- **UNDERWAY AND ONGOING:** Examine all proposed policies and ordinances in the context of promoting, facilitating, and improving justice, equity, diversity, and inclusion in Los Gatos. This work is done by the Council Policy Committee, appropriate Town Boards, Committees, and Commissions, and the Town Council.

Communications/Community Engagement

- **UNDERWAY AND ONGOING:** Expand the Town's community engagement to include more Black, Indigenous, and People of Color.
- **UNDERWAY AND ONGOING:** Communicate actively on social media and in other forums to reinforce messages of inclusion, belonging, and welcoming.

Town Boards, Committees, and Commissions

- **UNDERWAY AND ONGOING:** Recruit Town Board, Committee, and Commission members to reflect diverse communities of color, identity, and backgrounds.
- **UNDERWAY AND ONGOING:** Incorporate diversity, equity, and inclusion into the work of all Town Boards, Committees and Commissions and discuss these efforts with the Town Council and the public.
- **UPDATE:** DEI training is scheduled for all Town Board, Committee, and Commission members on February 23, 2023.

Transparency in Government

- **UNDERWAY AND ONGOING:** Expand access to Town records and information to further demonstrate the Town's commitment to transparency in governmental operations.

Police Reforms

- **UNDERWAY AND ONGOING:** Biannual Reports to review progress at Town Council meetings on Police Reforms, including independent investigations, mental health/homeless support, traffic stop data, and options for non-emergency calls.
- **UNDERWAY AND ONGOING:** Continue to strengthen the Police Department relationship with the County Behavioral Health services staff and Mobile Crisis Response Team.
- **UNDERWAY AND ONGOING:** Work toward the Police Chief's goal for all Department personnel to exceed the minimum number of hours of training in de-escalation and crisis intervention.
- **UNDERWAY AND ONGOING:** Continuously review and update Department policies and procedures to ensure that it is employing the best practices for hiring, training, eliminating bias, and ensuring the public's safety.

Town Personnel

- **UNDERWAY AND ONGOING:** Foster a more diverse workforce by updating job descriptions and minimum qualifications to encourage a broader set of candidates, promoting job opportunities using conventional and unconventional techniques to reach deeper into the talent pool, and encouraging professional development to expand skills and abilities.
- **UNDERWAY AND ONGOING:** Strengthen procedures to protect employees from bullying, racism, and other uncivil behavior.
- **UNDERWAY AND ONGOING:** Encourage justice, diversity, equity, and inclusion training for Town staff members and Departments.



**TOWN OF LOS GATOS
COMMUNITY HEALTH AND SENIOR
SERVICES COMMITTEE REPORT**

MEETING DATE: 03/28/2023

ITEM NO: 4

DATE: March 28, 2023
TO: Community Health and Senior Services Committee
FROM: Ryan Baker, Library Director
SUBJECT: Assignment of Temporary Task Forces to Address Senior Roadmap Gameplan Goals

RECOMMENDATION:

Receive information from the Chair regarding assignments for temporary task forces to address Senior Roadmap gameplan goals.

REMARKS:

The Town Attorney presented Chair Blum with several options for the formation of working groups (subcommittees, ad hoc committees, task forces, etc.) of Commissioners to begin work on the CHSSC Gameplan. The Chair reviewed the options and has selected the formation of **informal task forces appointed by Commission Chairperson only**. The Town Attorney explained that this approach would not be subject to the Brown Act because it would not have been appointed by a “legislative body” and would not be permanent (Farron v. City and County of San Francisco, 216 Cal.App.3d 1071 (1989)).

The appointments will be made by the Chair and are not voted on, debated by, or approved by the Commission as doing so would constitute formal action of a legislative body.

The Chair requests that each task force meet within the next few weeks to determine their goals, deliverables, and timelines, to be reported out at the April regular meeting of the CHSSC.

Attachment:

1. Roadmap goals and Commissioner areas of interest

PREPARED BY: Ryan Baker
Library Director

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DRAFT CHSSC 2023 GOALS & TASKS

GOAL	TASK	INTEREST	NOTES
1. IMPLEMENTATION OF SENIOR SERVICES ROAD MAP	<p>GOAL ONE: APPEALING AND INVITING FACILITY:</p> <p>GOAL TWO: MAINTENANCE OF CORE SENIOR SERVICES</p> <p>GOAL THREE: COMMUNICATIONS AND ENGAGEMENT</p> <p>GOAL FOUR: VOLUNTEER SUPPORT AND ENGAGEMENT</p>	<p>GEORGE ROSSMAN, LYDIA NORCIA, TOM PICRAUX</p> <p>GEORGE ROSSMAN, ELEANOR YICK, LISA LEONICI, NANCY ROLLETT, DICK KONRAD</p> <p>TOM PICRAUX, DICK KONRAD, NANCY PEARSON, ELEANOR YICK, LISANNE KENNEDY</p> <p>NANCY PEARSON, DICK KONRAD, LISANNE KENNEDY, TOM PICRAUX</p>	

DRAFT CHSSC 2023 GOALS & TASKS

	<p>GOAL FIVE: ENHANCED TRANSPORTATION OPTIONS FOR OLDER ADULTS</p>	STREETS AND TRANSPORTATION COMMISSION; PRADEEP KHANAL	
	<p>GOAL SIX: SENIOR HOUSING-INFORMATION ON APPROACHES AND OPTIONS CONDUCT HOUSING INVENTORY</p>	DEFERRED PENDING COMPLETION OF HOUSING ELEMENT CERTIFICATION, LYDIA NORCIA	
	<p>GOAL SEVEN: INTEGRATED GOVERNANCE, FUNDING, AND ACCOUNTABILITY FOR SENIOR SERVICES: INCLUDE METRICS SUCH AS ON THE ISSUE WHETHER LOS GATOS IS GETTING ITS FAIR SHARE OF FUNDING FROM THE COUNTY; END OF YEAR ASSESSMENT REPORT ON NATURE AND QUALITY OF SENIOR SERVICES; TRACK WHETHER THE ROAD MAP GOALS ARE BEING MET; BENCHMARK COMPARISONS WITH OTHER COMMUNITIES; ROAD TRIPS TO INVESTIGATE SENIOR SERVICES IN OTHER COMMUNITIES; EXPLORE GRANT OPTIONS; DEFINE ROLES AND RESPONSIBILITIES FOR SENIOR SERVICES: PURSUE IDEA OF HAVING .2 FTE COORDINATOR</p>	GEORGE ROSSMAN, DICK KONRAD, JEFFREY BLUM, MAUREEN HEATH	

DRAFT CHSSC 2023 GOALS & TASKS

	<p>ADDITIONAL GOALS: COMMUNITY GARDEN BY A FIXED DATE</p> <p>CHSSC MEET WITH CFO AND OTHERS FROM LGS REC.: TO DETERMINE THE SERVICES LGS REC. SHOULD PROVIDE TO LOS GATOS FOR THE \$225,000 FUNDS IT RECEIVES.</p>	<p>WORK WITH PARKS COMMISSION DICK KONRAD</p> <p>DICK KONRAD, ELEANOR YICK, GEORGE ROSSMAN</p>	
2. IMPLEMENTATION OF CHSSC'S MENTAL HEALTH AND SUBSTANCE ABUSE REPORT	<p>A. PREPARE A ROAD MAP FOR THE REPORT'S IMPLEMENTATION</p>	<p>GEORGE ROSSMAN, JEFFREY BLUM</p>	
3. PARTICIPATION IN COMMUNITY GRANT PROCESS	<p>A. INTERVIEW SERVICE PROVIDER PRINCIPAL LEADERS; REVIEW GRANT APPLICATIONS; ASSESS GRANT APPLICATIONS</p>	<p>LYDIA NORCIA, PRADEEP KHANAL</p>	
4. IMPROVING AND PUBLICIZING THE COMMISSION	<p>A. ANNUALLY REPORT OUR ACTIVITIES AND FINDINGS TO THE TOWN COUNCIL.</p> <p>B. PARTICIPATE IN LOCAL FAIRS AND EVENTS.</p> <p>C. USE KCAT TO PROMOTE THE GOALS OF THE COMMISSION.</p>	<p>ALL COMMISSIONERS: ASSIGN SPECIFIC COMMISSIONERS TO SPECIFIC TASKS</p>	

DRAFT CHSSC 2023 GOALS & TASKS

	<p>D. SOLICIT NEW MEMBERS TO FILL THE COMMISSION ROSTER.</p> <p>E. WRITE ARTICLES FOR LOCAL MEDIA CONCERNING OUR COMMISSION'S ACTIVITIES</p> <p>F. PARTICIPATE IN AWARD PROCESS FOR SELECTION OF SENIOR OF DISTINCTION</p> <p>G. INTERFACE WITH SORCEWISE, COUNTY AND STATE SERVICES, AND SASSY</p>	<p>DICK KONRAD, GEORGE ROSSMAN, JEFFREY BLUM</p>	
<p>5. SCHEDULE CHSSC SOCIAL EVENT</p>		<p>ALL COMMISSIONERS</p>	



TOWN OF LOS GATOS
COMMUNITY HEALTH AND SENIOR
SERVICES COMMITTEE REPORT

MEETING DATE: 03/28/2023

ITEM NO: 5

DATE: March 28, 2023
TO: Community Health and Senior Services Committee
FROM: Ryan Baker, Library Director
SUBJECT: Introduction of LGSRec's Submitted Plans for 55+ Programming for CHSSC Review

RECOMMENDATION:

Review LGSRec's submitted plans for 55+ programming.

REMARKS:

At the Council meeting on March 7, 2023. Council unanimously approved a motion that the Community Health and Senior Services Commission meet with Los Gatos-Saratoga Recreation (LGSRec), review their proposal, review the actual activities scheduled that can be found in *The Print*, and the list of services in Exhibit F of the 2009 lease agreement, and make recommendations to the Council for services not to exceed \$225,000 over 12 months with the goal of continuing services at the current level.

Prior to this meeting directed by Council, it would be most beneficial for the Commissioners to review and comment on all of the documentation previously submitted by LGSRec regarding their programs, services, and proposed plans. The Commission as a whole will then discuss their observations on the submitted documents at their April meeting and finalize comments on the proposed plans to be sent back to LGSRec for consideration. After the Commission's comments are received by LGSRec, a meeting with LGSRec personnel will be added to the following CHSSC meeting.

Three issues of *The Print* publication have been included in this packet. Commissioners may view additional archived issues here <https://www.lgsrecreation.org/55-plus/the-print/>

LGSRec additionally asks that each Commissioner become members in their 55+ program. Commissioners are encouraged to attend events and programs offered in order to gain first-hand knowledge of the scope of service offering and depth of programming. Please be mindful that if more than two Commissioners attend a single event or program, you are doing so as individuals and should not discuss the business of the CHSSC in compliance with the Brown Act.

PREPARED BY: Ryan Baker
Library Director

PAGE 2 OF 2

SUBJECT: Introduction of LGSRec's Submitted Plans for 55+ Programming for CHSSC

Review

DATE: March 28, 2023

REMARKS (continued):

This includes being careful about any reference to the work of the CHSSC in evaluating existing or proposed LGSRec programming outside of a CHSSC meeting.

Attachments:

1. 2009 Lease Agreement Exhibit F
2. *The Print* magazine copies from January 2023 through March 2023
3. LGSRec March 2, 2023 proposal for 55+ programming
4. LGSRec January 13, 2023 proposal for 55+ programming
5. LGSRec's ARPA financial reports for 2022

**LEASE AGREEMENT
BETWEEN
TOWN OF LOS GATOS
AND
LOS GATOS-SARATOGA COMMUNITY EDUCATION AND RECREATION**

EXHIBIT F

SENIOR SERVICES SCOPE OF WORK

DIRECT SERVICES

Los Gatos Community Education and Recreation shall ensure the provision of services/programs to include services/programs similar to the following list in scope and participation using its own staff or via contract:

1. Wednesday afternoon movies (once per month)
2. Wednesday games program (weekly)
3. Senior center dances (once per quarter)
4. Bus trips (once per quarter)
5. Senior Thanksgiving dinner (one per year)
6. Senior picnic (one per year)
7. Senior show (one per year)
8. Senior Center newsletter (bi-monthly)
9. Information and referral to other agencies (ongoing)
10. Recreation classes will be expanded significantly as demand warrants. Examples include: language, arts and crafts, computer, and other special interest classes.

INDIRECT SERVICES

Los Gatos Community Education and Recreation shall provide appropriate facility space and administrative support as needed for the following services, to be provided by outside agencies. LGS Recreation is under no obligation to provide the services directly.

1. Health presentations (once per month)
2. 55-Alive driving class
3. Grief support group
4. Blood pressure screenings
5. Brown bag grocery distribution (once per week)
6. Live Oak Senior Nutrition Program lunchtime meal service (once per week)
7. Happy Hoofers walking group
8. Older Women's group
9. HICAP insurance counseling (by appointment)
10. Income tax preparation (by appointment)
11. BART ticket sales (ongoing)
12. Hosting and organizing new groups and affiliates as interests warrant. Examples include: computer club, genealogy club, bridge club, etc.

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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

ATTACHMENT 2

January

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	3	4	5
Holiday Closure 	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
9	10	11	12	13
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

Group Descriptions

- **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.
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- **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.)



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)

Live Oak Nutrition

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

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 kickoff 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.

AARP Foundation
For a future without senior poverty.

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

Monthly-Quiz & Puzzles

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.

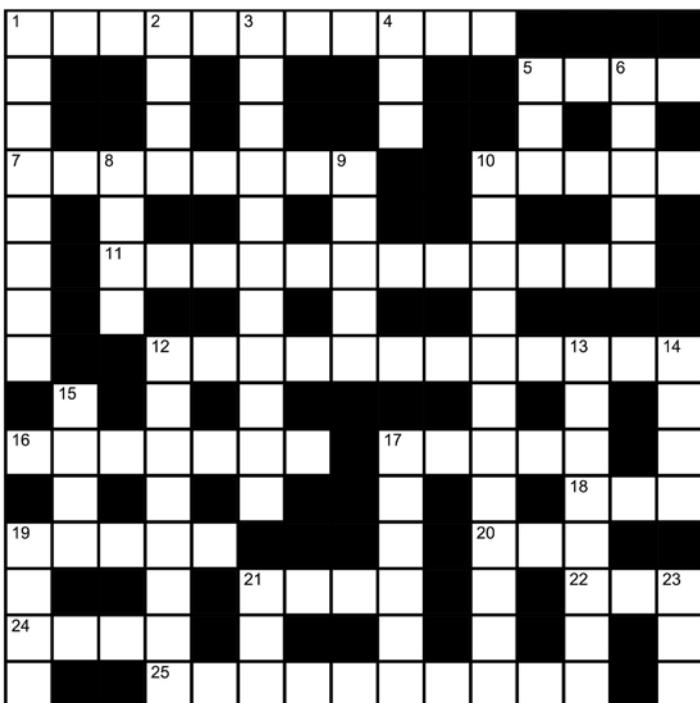
	2		8	7	1			5
			3	4		7	2	
4	7		2				9	
6	8				2	4		
	3	4		9			6	
2		9				5	3	
3			9	1			8	7
	6				7			
1	9		6	8			5	4



©ActivityConnection.com

Crossword #13

Use the clues to fill in the crossword.



©ActivityConnection.com

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. **653** _____
2. **696** _____
3. 295 _____
4. 616 _____
5. 797 _____
6. 694 _____
7. 629 _____
8. 740 _____
9. 301 _____
10. 708 _____



©ActivityConnection.com

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

©ActivityConnection.com



Christmas Social



Christmas Social



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/losgatoscibrary/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/losgatoscibrary/21954/register>

Where - Online

When - 1/31 @ 11:00AM



Christmas Social



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.

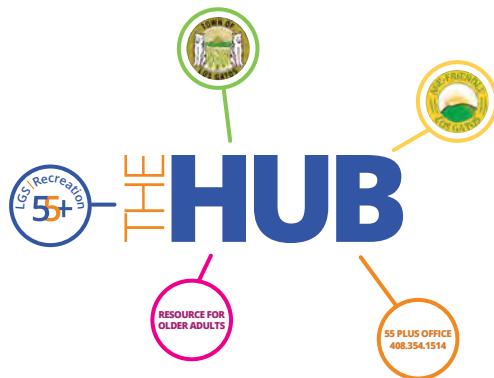
Great Getaway Adult Day Trips

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!"*

THE SPRING



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)



February

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Game Day CONSTRUCTION CLOSURE (Hall) ALL DAY 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	Artist Workshop (YRC Rm B) 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 First Friday (The Palms Restaurant) \$15 @ The Door - by Senior Service Committee 4:00PM-5:30PM
6	7	8	9	10
AARP Tax Aide *Apt Required (Rm 5) 9:00AM & 10:30AM 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-3:00PM Hand & Foot Canasta (Rm 5) 2:00PM-4:00PM	HICAP by Appt (Rm 3) 9:00AM-12:30PM Super Scrabble (Rm 3) 9:00AM-2:00PM 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 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 Hands on Art: Clay Roses (Hall) 12:00PM-1:30PM 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 - Winter Waltz with Lesley and DJ Hal (Hall) 6:00PM-8:00PM
13	14	15	16	17
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20	21	22	23	24
		Super Scrabble (Rm 3) 9:00AM-2:00PM Tuesday Town Walk (Lounge) 9:15AM-11:00AM Mah Jongg (Hall) 10:00AM-12:30PM Wood Carving Group (Rm 206) 10:00AM-2:00PM Magical Movie Tour (Lounge) 1:00PM-3:00PM Pinochle (Rm 5) 1:00PM-4:30PM	Game Day (Hall) 9:00AM-12:00PM Ping Pong (Rm 5) 10:00AM-12:00PM Arm Chair Travel: Africa with David Katra (Lounge) 1:15PM-3:00PM 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 SCCFD Crime Prevention & Home Fire Safety (Online) 1:30PM-3:00PM
27	28			
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				Health Insurance Counselling and Advocacy (HICAP) Representative Available 2/7 Schedule Appointment with the 55 Plus Office

Group Descriptions

- **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.
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- **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.
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- **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 Program Highlights

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.



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.



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

We will be reading "A Shot in the Dark" by Marcel Auchard (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.



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



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 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+ 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

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.

HANDS ONLY CPR/AED AND CHOKING RELIEF CLASS



FREE CLASS

Research has shown 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

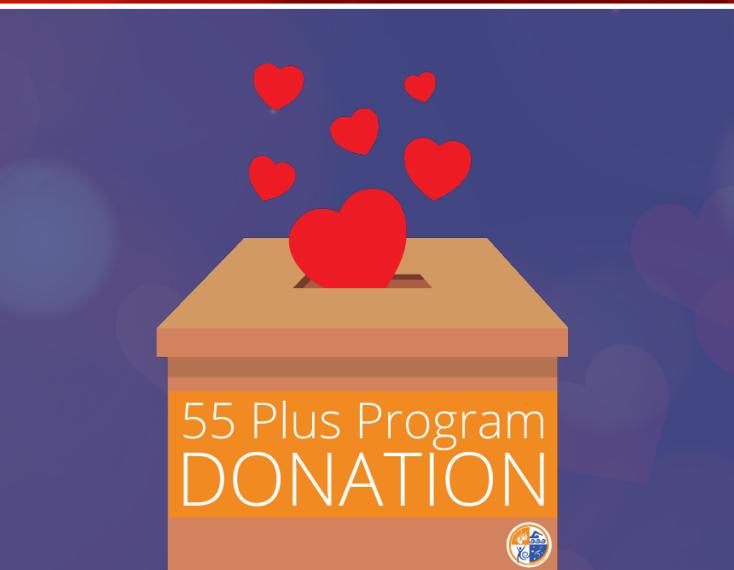
Los Gatos Saratoga Recreation
Thursday, Feb 16th
10:00am to 11:30am

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



**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

Monthly-Quiz & Puzzles

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*

All Things Red

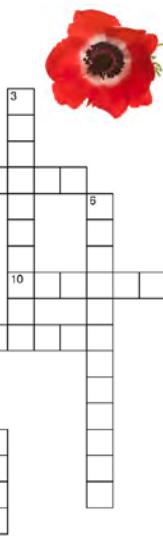
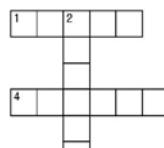
Use the clues to fill in the crossword.

ACROSS

- 1. Opium flower
- 4. Sundae topper
- 5. Red planet
- 7. Bright red bird
- 10. Root veggie

DOWN

- 2. Many-seeded fruit
- 3. Shortcake's partner
- 6. Device to put out flames, fire _____
- 8. Red gemstone
- 9. Maine export, crustacean
- 12. Makeup item
- 14. Cider fruit
- 17. BLT ingredient
- 19. Street sign that is red



1. "Scandal! Top Monarch Takes Stark Naked Stroll!"

2. "Wolf Thwarted! Swine's Masonry Skills Paid Off!"

3. "Village Maiden to Wed Castle Brute!"

4. "Miracle Legumes Planted! Local Boy Heads for the Clouds!"

5. "Local Shopkeeper Avoids Bankruptcy! Pointy-Eared Creatures Save the Day!"

6. "Young Fowl Declares the Sky Is Falling!"

7. "Curious Girl Goes Missing! White Rabbit Named Prime Suspect!"

8. "Aurora Receives True Love Kiss! Slumbering Kingdom Finally Awake!"

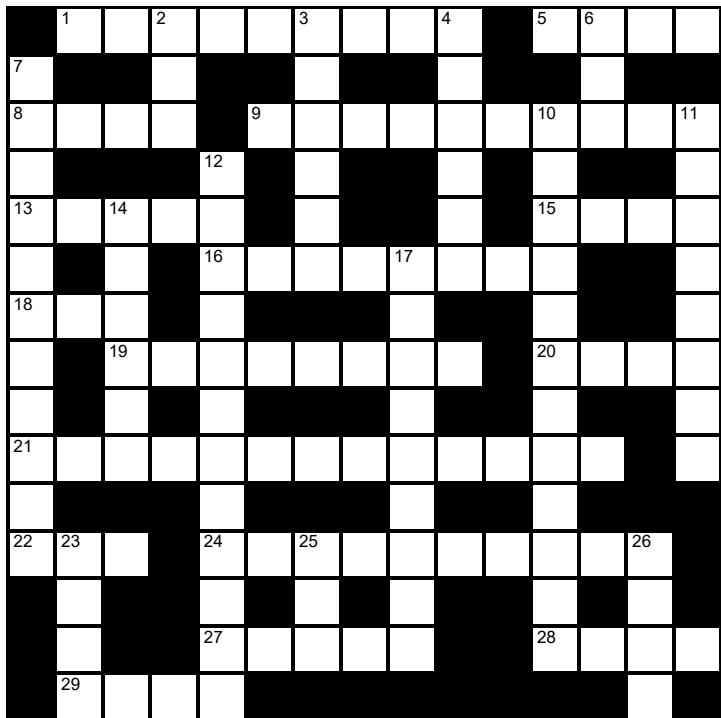
9. "Blonde Intruder Startles Family! Charges Filed for Chair Damages!"

10. "Swan Reunited with Friends! Book Deal Offered Detailing Beauty Secrets!"

©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**



Donate
Here



www.lgsrecreation.org 408.354.8700



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



Happy New Year



January Guest Speaker: Melette from Next Chapter Transitions

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



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 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.
SOLD OUT
- 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!



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!"*



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
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	1 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	2 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	3 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
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-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 Super Scrabble (Rm 3) 10:00AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM	Game Day (Hall) 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) 11:30AM-12:30PM 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 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
20	21	22	23	24
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-3:00PM	Tuesday Town Walk (Lounge) 9:15AM-11:00AM Mah Jongg (Hall) 10:00AM-12:30PM Super Scrabble (Rm 3) 10:00AM-12:30PM Magical Movie Tour (Lounge) 1:00PM-3:00PM 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 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 Guest Speaker: Dentist James Lin 12:30PM-1:00PM 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) 1:00PM-2:00PM Balance Awareness (Hall) 2:00PM-3:00PM Los Gatos Library - SF Opera (Civic Center Lawn) 7:00PM-9:30PM
27	28	29	30	31
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-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 Super Scrabble (Rm 3) 10:00AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM Book Club (Lounge) 12:00PM-1:30PM	Game Day (Hall) 9:30AM-12:30PM <i>NEW TIME</i> Ping Pong (Rm 5) 10:00AM-12:00PM SCCFD Fall Prevention Class (Rm 214) *RSVP 12:15PM-1:30PM	Hands on Art (Hall) 9:00AM-11:00AM Mexican Train (Hall) 10:00AM-12:00PM 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 BINGO (Hall) 11:30PM-1:00PM Stay Fit (Hall) 1:00PM-2:00PM Balance Awareness (Hall) 2:00PM-3:00PM

Group Descriptions

- **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???
- **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 Mattew 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

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.

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.

FALL PREVENTION



55 Plus Program DONATION



SCAN ME



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

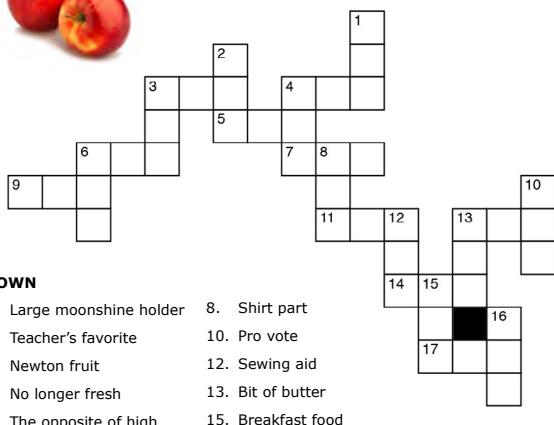
What Comes Next?

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



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



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

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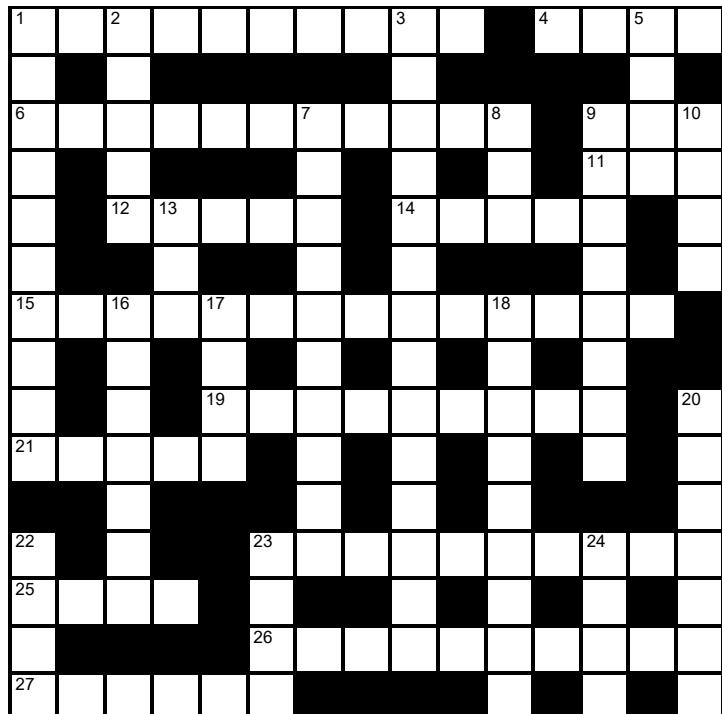
1. 125, 120, 114, 107, 99, _____
2. A, D, F, I, K, _____
3. 6, 13, 20, 27, 34, _____
4. Z, X, V, T, _____
5. 15, 16, 18, 21, 25, _____
6. CD, GH, KL, _____
7. 75, 66, 57, 48, _____
8. A, Z, B, Y, C, _____
9. 1, 3, 9, 27, _____
10. K, M, O, Q, _____
11. 24, 48, 49, 98, 99, _____
12. ZA, YB, XC, WD, _____



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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

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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!"



3/2/2023

Laurel Prevetti
Town Manager
Town of Los Gatos
110 E. Main St.
Los Gatos, CA 95030

Cc: Mayor Ristow, Vice Mayor Badame, Council Members Hudes, Rennie and Moore, Library Director, Ryan Baker

Reference: Recommendations for Use of Potential 55 Plus Funding

Hello Laurel and Council,

At the Town Council meeting on January 21, 2023, the 55 Plus program presented a proposal for funding which outlined in detail three financial options with varying levels of service and partnership in fulfilling Senior Committee Roadmap Goals. We requested Town Council Members invest in and value 55 Plus program as a partner and essential extension of Town Services. As a reminder, in 2022 we received **\$328,500** in ARPA funding and were able to offer a comprehensive program that grew to a record high number of **730 members** offering **1560 programs** for seniors. An important note is that this amount did not cover the full expense of the 55 Plus program, due to grant categories and specifications. It is also important to recognize that the majority of growth and expansion happened in second half of the year, and therefore, we anticipate an even greater need for resources (funding and staffing) in 2023.

The January 21, 2023 proposal outlined a MID plan of **\$500,000** modeled as a continuation of the current level of service with the addition of a Case Manager and additional staffing to allow for us to meet the growing demands of the program. The LOW plan of **\$251,433** modeled a basic level of service, more comparable to the pre-pandemic program. On February 21st Town Council discussed a potential allocation of **\$225,000** to 55 Plus which is **below** the LOW plan.

Based on the potential Town Council plan to fund \$225,000, below is a recommendation of what the 55 Plus Program **can offer**:

- **FUND Direct Staff Model: Total of 2.0 FTE**
 - 0.7 Recreation Coordinator
 - 0.5 FTE Front Office Staff
 - 0.5 FTE Activity Leader 1
 - 0.3 FTE Activity Leader 2
 - NOTE: Benchmarking done by the Senior Services Committee found surrounding senior centers to have the following FTEs for Senior Services:
 - Campbell- 3.8 FTEs
 - Cupertino- 4.65 FTEs
 - SASSC – 15 FTEs (with addition of RYDE and Adult Day Staff)
- **FUND** Monthly PRINT publication
- **FUND** Quarterly Social or Dance
- **SUPPORT** Review and edits of HUB content and resources
- **CONTINUE** Support of volunteer-run programs

The potential allocation of \$225,000 would require the following **reductions or limitations** of the current 55 Plus program:

- REDUCED 55 Plus Office and phone hours from 9am-5pm to 9am-12pm due to staffing constraints.
- REDUCE Social Events from 1-2 monthly to quarterly.
 - Events have greatly improved the sense of community within our program and offer increased opportunities for seniors to make new connections and friends. We believe that these events have been a key change in the program and a key success driving membership and attracting new participants.
 - CUT Music and entertainment allocations affecting social dances as well as social events.
 - REDUCE level of service for Picnic and Thanksgiving Luncheon which are member favorites and act as large marketing events.
- REDUCE level of service for Picnic and Thanksgiving Luncheon which are member favorites and act as large marketing events.
- CEASE funds available for long term contractor hosting group programs.
- LIMIT future growth and expansion of new and innovative programs
 - Ex. Intragenerational programs, new sport opportunities, fitness classes, support services, etc.
- CEASE support of some indirect services (ex. administrative efforts of hosting AARP Tax Aid)
- REDUCE training opportunities for staff and impact the ability to offer in house programs (ex. Stay Active and Independent for Life)
- UNABLE to hire a Case Manager
 - Mid Plan case manager was scheduled for 0.2 FTE allowing for 8 hours/week to work out of the 55 Plus office. Tasks would include scheduled 1:1 appointments with seniors to address a wide variety of topics and issues, host weekly or monthly support groups (cancer, grief, caregiver), support the HUB resource page, present on educational topics, organize an annual health fair with key service providers.
 - The role of the Case Manager benefits many of the Senior Services Roadmap Goals and Projects under categories of: Communications, Engagement, Core Services, Housing, Transportation, and Volunteer Support
 - **If a Case Manager is viewed as a priority by Town Council additional funding allocation of \$32,280 is necessary.**

It is important to note that while LGS Recreation is eager to see the 55 Plus program be successful, as of January 1, 2023 the Agency is fully absorbing the cost of 55 Plus programs which is not sustainable.

LGS Recreation and specifically the 55 Plus Program is grateful to members of Town Council for taking the time to listen to our proposal, read letters of support from members of the community, and review funding allocation to our program. **We respectfully request that Council revisit allocating funding to meet the minimum LOW PLAN of \$251,433. An additional \$33,280 is necessary to pursue and hire a 0.2 FTE Case Manager, for a total request of \$284,713.**

Thank you for your consideration.


Lisanne Kennedy
Recreation Coordinator, 55+ and Adult Enrichment
Los Gatos-Saratoga Recreation
208 E. Main Street
Los Gatos, CA 95030



1/13/2023

Laurel Prevetti
Town Manager
Town of Los Gatos
110 E. Main St.
Los Gatos, CA 95030

Dear Laurel,

Los Gatos-Saratoga Recreation, and specifically the 55 Plus Program, greatly appreciate the ARPA grant opportunity and support of the Town of Los Gatos Council, the Community Health and Senior Services Commission (CHSSC), and the Senior Services Committee (SSC). The commitment of resources in 2022 aided our efforts in restoring pre-pandemic services and further demonstrated what can be achieved through partnership. We share the vision, guided by the CHSSC and SSC analysis and recommendations, of creating a vibrant community where older adults are engaged, have a sense of belonging, and have inclusive opportunities to thrive.

We offer a proposal in support of a Town/LGS Recreation partnership, in which the demonstrated success of the 55 Plus and ARPA funded programs over the last 15 months will continue. In good faith, staff and programming levels were increased to support the ARPA grant effort and it is our goal to avoid difficult facility, staffing, and program decisions based on the currently fiscally unsustainable model.

The full burden of the cost to operate the 55 Plus Program at current service levels is now on the Agency. We are committed to operate at the current staffing and programming level until it becomes clear if Town Council prioritizes the 55 Plus effort and identifies sources of partnership and support. The Agency is unable to absorb the forecasted loss of ~\$457k in 2023, which considers minimal 2023 revenue via membership fees and additional grants. The fully burdened cost to operate at the current level is \$501k. By mid-year 2023 in the new Council budget cycle, decisions must be made by the Agency about the sustainability of the effort including use of facilities, staffing and program levels.

The attached proposal has been carefully crafted to consider staffing levels, the SSC survey results, and their proposed 1, 3, and 10-year roadmap. This proposal does not easily lend itself to mixing items or services as staff FTEs are tied to the overall program levels, not individual activities. We are in a unique position to support and implement many of the projects outlined as priorities in the SSC roadmap.

Most Towns and Cities recognize it's the expectation of the community to have recreation, enrichment and 55+ programs. Benchmarking by the Town's Senior Committee has demonstrated all State-wide 55+ programs are a combination of free, low-cost and subsidized programs as a cost-recovery effort of up to 30-40%. No other recreation departments in the State pay a lease for the use of

space to serve the community; the Town lease and associated programs are an unnatural arrangement that can no longer be supported.

We recognize that the SSC draft document has not been provided to Council yet and the governance elements may have a material impact on our proposal, but it is essential to provide our recommendations to Council in a timely manner for consideration in their priority setting meeting on January 24th.

Sincerely,



Emily Sprugasci
Recreation Manager



Lisanne Kennedy
Recreation Coordinator

LGS Recreation
208 E. Main Street
Los Gatos CA 95030

Cc:
Assistant Town Manager, Arn Andrews
Mayor, Maria Ristow
Vice Mayor, Mary Badame
Council Members: Hudes, Rennie and Moore

Attachments:
LGS Recreation 2023 Proposal for 55+ Programming and Services
LGS Recreation Final ARPA Grant Report



1/13/2023

LGS Recreation 2023 Proposal for 55 Plus Programming and Services

LGS Recreation is seeking a partnership with the Town of Los Gatos to continue the momentum, program level and success of the 55 Plus Program. In the partnership the Town provides funding, and the Agency provides the staffing, financial management, programs, and services. It is not a vendor relationship but one in which Town leadership has a stake in the Agency and the seniors in the community. The 55 Plus program is aligned with Town Council 2022 – 2024 strategic priorities in the areas of: building community where older adults thrive, special events, and community engagement. We share the vision of creating a community where older adults are engaged, have a sense of belonging, and have inclusive opportunities to thrive. We encourage Council to support the sustainability of core senior services of social, enrichment, educational, and wellness activities provided by LGS Recreation and the 55 Plus Program.

In 2022, LGS Recreation received ARPA grant funding from the Town of Los Gatos intended to aid the 55 Plus Program to restore services to pre-pandemic levels. During 2022 the program has evolved beyond expectation as we have seen exciting growth in membership, engagement, programs offered, and a greater sense of community. The 55 Plus program attracted hundreds of new members! In the past 5 years we have had under 400 members, but in 2022 we had 730 members! As of January 18th, there are already over 320 members registered for 2023. In 2022, 55 Plus offered 1267 programs and had 9172 encounters. The ARPA grant has highlighted what is possible for older adults in this community with Town support of the 55 Plus Program.

LGS Recreation 55 Plus Program

The 55 Plus Program is dedicated to ensuring free or low-cost access to recreation, education, socialization, and wellness opportunities for older adults throughout Los Gatos. Our goal is to create a sense of belonging by providing opportunities to make connections in the community and participate in meaningful recreation programs that address social, psychological, physical, and cognitive needs of older adults. In Los Gatos, the largest demographic living in poverty are females over 75, followed by females aged 55-64 and then males aged 65-74. By offering free and low-cost recreation programs and allocating building space to local services we are eliminating financial barriers and increasing participation and access to services. Older adults who participate in recreation and leisure activities preserve cognitive function, physical function, and mental health, therefore contributing to successful aging. In a review Rivera-Torres et al. found that the "older old" or older adults aged 80-89 are at the highest risk for social isolation and loneliness and lower engagement in physical leisure and recreation activities. 80% of our members are over the age of 70 and 42% of members are considered "older old" (80+). We are in a unique position to address seniors at the highest risk of social isolation and meet the recreation needs of this demographic to improve behavioral health and connectedness.

Our Senior Center also acts as a hub of information to connect older adults or caregivers with services and resources. Resources for seniors are available on the HUB webpage or through our 55 Plus office, email,

and phone line. The HUB resource page for Seniors has had over 1,000 visits since it was launched, averaging 270 visits per month. From May – December 2022, the 55 Plus Office received 1,222 **inbound** calls. This is an average of 175 calls/month. This does not include seniors who contact the main office line or the Recreation Coordinator directly. Therefore, this is likely an under representation. Additionally, we also receive emails to 55plus@lgsrecreation.org and directly to the Recreation Coordinator. We average 5 senior walk-ins (either Seniors or Family Members) daily that come to the front desk or 55 Plus office to inquire about services. We promote and refer people to other local senior services like Live Oak Nutrition (menu available and on display at reception each month), Live Oak Day Program, Saratoga Day Program, and RYDE. 55 Plus staff schedules appointments and allocates space for external services for seniors that are open to the public.

- **External Programs/Referral Services hosted at the ARC available to public**
 - AARP Tax Aid
 - AARP Drivers Safety Training
 - HICAP (Health Insurance Counseling & Advocacy Program)

Program Fiscal Sustainability

The 55 Plus program generates minimal revenue (forecast \$44K revenue in 2023). Historically, LGS Recreation subsidized the 55 Plus program from the profits of fee-based programming from other departments within our Agency. This approach is no longer financially sustainable.

- In 2023 the Agency is taking the following actions to offset a portion of the costs of the 55 Plus Program:
 - Membership fee increases from \$25 to \$30 (Campbell, Saratoga, Cupertino range from \$25-30)
 - Seek out additional grant opportunities (ex. El Camino Health)
 - Increase donation opportunities from members of the community. Donation button available on our website. Donation campaigns will roll out throughout 2023.
- Adult Recreation Center Lease
 - Temporary lease abatement ceases at the end of June 2023. **Permanent abatement is required to sustain programming.**
 - Benchmarking by the Town's Senior Committee has demonstrated all State-wide 55+ programs are a combination of free, low-cost, and subsidized programs as a cost-recovery effort of up to 30-40%. No other recreation departments in the State pay a lease for the use of space to serve the community; the Town lease and associated programs are an unnatural arrangement that can no longer be supported.

An ongoing commitment of resources from the Town of Los Gatos is needed to support the 55 Plus program in our efforts to meet the physical, social, and emotional health needs of older adults in our community.

Proposed Financial Plan

Below is a 3-tiered proposal of Town / Agency partnership. The mid-plan is a continuation of the ARPA funded level of programing over the last 15 months. The mid-plan will also include a Social Worker/ Case Manager who will aid in providing mental health services and resource guidance.

TOP Plan	MID Plan	LOW Plan
Financials		
\$680,866	\$501,043	\$251,433
Brief Program Model Overview		
<p>The program and community will benefit from a full time Case Manager/ Social Worker who can help aid many of the objectives of the Senior Services Committee Roadmap and be a tremendous resource to seniors in Los Gatos. This service would not be limited to 55 Plus members. The Case Manager would be housed in the Adult Recreation Center to create ease of access.</p> <p>-Monthly Socials, Guest Speakers, and Dances</p> <p>-New and innovative programs with evidence-based practice can be added ex. Music Therapy and SAIL</p> <p>-Annual Health Fair</p>	<p>Office Hours 8am-5pm</p> <p>-Programs will benefit from reliable and consistent staff lead, in-house, programs and socials which are more cost effective than hiring contractors and offer more variety.</p> <p>-Bimonthly Socials, Bimonthly Dances, Guest Speakers</p> <p>-Weekly programs to continue (bold programs below that have additional fees)</p> <p>-Staff training opportunities</p>	<p>-Office Hours 8am-12pm</p> <p>-Programs will rely on volunteer facilitators (or cease without volunteer support)</p> <p>-Highlighted programs below will be removed or reduced due to program supplies or staff costs.</p> <p>-Quarterly Socials</p>
Staff Model - FTE		
<p>1.0 FTE Case Manager</p> <p>1.0 FTE Recreation Coordinator 1</p> <p>1.0 FTE Recreation Coordinator 2</p> <p>2.0 FTE 55+ Office Technician</p> <p>0.5 FTE Activity Leader 1</p> <p>0.5 FTE Activity Leader 2</p> <p>0.35 FTE Activity Leader 3</p> <p>----</p> <p>6.35</p>	<p>1.0 FTE Recreation Coordinator 1</p> <p>1.0 FTE Recreation Coordinator 2</p> <p>1.0 55+ Office Technician</p> <p>0.5 FTE - Activity Leader 1</p> <p>0.5 FTE - Activity Leader 2</p> <p>0.35 FTE - Activity Leader 3</p> <p>0.2 FTE – Case Manager</p> <p>----</p> <p>4.55</p>	<p>1.0 FTE - Recreation Coordinator 1</p> <p>0.5 FTE - 55+ Office Technician</p> <p>0.5 FTE - Activity Leader 1</p> <p>0.35 FTE - Activity Leader 2</p> <p>----</p> <p>2.35</p>
<p>The above model illustrates FTE allocation directly to 55 Plus. Additional Agency staff play a critical role aiding the 55 Plus Programs. For example, custodial, IT, Marketing/Print Publication, Executive Director, Recreation Manager, Finance, etc.</p> <p>CURRENT 55+ PROGRAMS:</p> <p>Membership increased to \$30 annually and includes access to a variety of social events, players groups, programs, classes, social events, guest lectures, exclusive fitness classes, and access to services.</p>		

WEEKLY:

- **Hands on Art Workshop**, St. Mary's Bridge, Democracy Tent, Stay Fit, Balance Awareness, Our Democracy in Peril, Hand and Food Canasta, Tuesday Town Walk, Mah Jongg, Pinochle, **Game Day**, Ping Pong, Mexican Train, **Coffee Corner**, Artist Workshop, Current Event Group, Art and Music Appreciation, **ZUMBA**

MONTHLY:

- **Reader's Theatre, Single Again (Widow support group), Women's Artist Connection**, 55+ Social Committee, Movie in the Lounge, **BINGO**, Tech with Teens, Jeopardy/Armchair Travel/Who What Where, Book Club

SEASONAL PROGRAMS:

- **Dances, Socials, Summer Water Workout at the Pool, Guest Speakers, July Picnic, Thanksgiving Lunch, Vasona Boating and BBQ, NUMU walking field trips, etc.**

**Programs that are bold have additional fees that would be unsustainable without funding.*

Senior Services Committee Roadmap Goals and Draft Projects

Our organization values the insight of the Town of Los Gatos Community Health and Seniors Services Commission and the Senior Services Committee. We attend monthly meetings, listen to what is important, and act. For example, at the beginning of the year communication about senior services was highlighted as being lacking. We expanded the number of pages dedicated to 55 Plus in our Brochure (giving seniors more attention on the front and back cover), emailed out to our database of >7000 people over the age of 55 to announce the 55 plus program, expanded the PRINT content and delivered to key places around town as well as flyers for upcoming events, and worked on outreach at community events or gatherings. The creation and development of the HUB is a demonstration of our willingness to work with the CHSSC or SSC to reimagine senior services and meet gaps in service for older adults in Los Gatos. LGS Recreation, and specifically the 55 Plus program, is in a unique position to be the central point for seniors in the community as well as support and implement many of the projects outlined as priorities in the roadmap developed by the Senior Services Committee. Below we have provided a brief outline of how LGS Recreation and specifically the 55 Plus program can act on the proposed roadmap detailed by the Senior Services Committee. The Adult Recreation Center is centrally located in Los Gatos and close to Town buildings. It is already viewed and utilized as a central point for seniors in Los Gatos.

Below is a brief outline indicating how LGS Recreation can work in partnership with the Town of Los Gatos Senior Services Committee to meet projected Roadmap Goals.

We recognize that the Senior Services Committee roadmap document has not yet been provided to Council. Based on the information publicly available on January 10th in the Senior Services Committee Agenda on the draft roadmap document, excluding section 8 Governance, LGS Recreation has developed this below outline. Governance elements may have a material impact on our proposal and further edits may be needed, but it is essential to provide our recommendations to Council in a timely manner for consideration in the priority setting meeting on January 24th.

Senior Services Committee Roadmap Goals w/ Draft Projects	TOP Plan	MID Plan	LOW Plan
Communications and Engagement:			
PROJECT C1: Information Hub Development and Deployment	<ul style="list-style-type: none"> - Full Time Case Manager/Social Worker at the ARC -CM to run support groups as need develops in community (ex. Cancer Support, Widow Support, Caregiver Support Groups, Mental Health workshops, etc.) -CM would add input and monitor edits to HUB, working with IT. -CM to attend socials and key events to build rapport with Seniors in Community -Host an annual Health Fair -Monthly Guest Speakers 	<ul style="list-style-type: none"> -Rec Coordinator to monitor HUB edits monthly as well as update and search for resources based on incoming calls or requests. NEW-Case Manager available 8 hours/wk for appointments with Seniors and Families (55+ Staff to schedule appointments) -HUB launch health fair with Service Providers attending -Rec Coordinator to coordinate bimonthly guest speakers 	<ul style="list-style-type: none"> -Staff managed 55+ Office/Phone/Email -Host external programs/services at the ARC: HICAP, AARP Tax Aid, Live Oak, AARP Driver Safety Courses, SJSU Nursing Students and West Valley College Classes -Rec Coordinator to edit HUB yearly
PROJECT C2 Name: Events Calendar	<ul style="list-style-type: none"> -Rec Coordinator to Work with Committee and service providers to identify what events/ programs to combine into online event calendar 		<ul style="list-style-type: none"> -Continue to include community events in the PRINT publication each month
PROJECT C3 Name: Promotion of Community Opportunities for Seniors	<ul style="list-style-type: none"> -CM to promote services and resources available to Seniors in the community 	<ul style="list-style-type: none"> -Rec Coordinator to seek opportunities to partner for community events to advocate to make senior friendly -Activity Leader to continue to lead "meet up" groups for seniors that want to attend community events as a group 	<ul style="list-style-type: none"> -Continue to include community events in the PRINT publication each month

PROJECT E1 Engage Older Adults in Community Activities		<ul style="list-style-type: none"> -Rec Coordinator to seek opportunities to partner for community events to advocate to make senior friendly -Activity Leader to continue to lead "meet up" groups for seniors that want to attend community events as a group -Partner with Local Service Providers and Volunteer groups to enhance socials/events -55 Plus presence in Parade -Rec Coordinator to attend community events to advertise for 55 Plus 	<ul style="list-style-type: none"> -Great Getaway Adult Day Trips -Post community events in the PRINT
PROJECT E2 Establish and Engage Seniors in Social Activities	<ul style="list-style-type: none"> -Monthly Dances -Monthly Socials/Entertainment -Monthly Guest Speakers -Seniors seeking social worker/case manager can find aid and be encouraged to join other 55 plus activities if appropriate 	<ul style="list-style-type: none"> -Bi-Monthly Dances -Bi-Monthly Socials/Entertainment -Continue to add interest groups and players groups. -Survey community to understand programming wants/needs. -PRINT distributed to key locations in community. -Staff able to prepare and engage seniors in more in house activities 	<ul style="list-style-type: none"> -55+ Program -55+ Office Phone & Email, in person drop ins to office -Monthly PRINT & reminder emails out to members -Promote use of Live Oak Nutrition, RYDE, Live Oak/Saratoga Day Program -Quarterly dance or social
PROJECT E3 Conduct and Engage Seniors in Healthy Living Activities	<ul style="list-style-type: none"> -Monthly Guest Speakers -Case Manager to Support Seniors Seeking Assistance with Health/Skills -Offer drop in pickleball/badminton weekly in the large hall *Research and allocate funds to expand and add 	<ul style="list-style-type: none"> -Bimonthly Guest Speakers -Budget for healthy options at socials/dances -Continue to offer dances and exclusive low-cost fitness classes (Zumba gold, summer water workout). -Have Activity Leader complete SAIL training (Stay Active and 	<ul style="list-style-type: none"> -Work with WVC to offer relevant classes -Promote SCCF programs -SJSU Nursing Student Program
PROJECT E4 Establish and Engage Seniors			

in Life Learning and Life Skills Development	shuffleboard and putting greens.	Independent for Life) to be able to offer in house classes and avoid gaps in service from WVC instructors -Increase teen volunteers for more tech support options	
Appealing and Inviting Facility (Renovate or Build) Subcommittee:			
PROJECT F1 Needs Analysis		-Rec Coordinator to provide input and collect feedback from users	
PROJECT F2 Fundraising	Work with Committee and other service providers for Fundraising events, Donation Collection, raising public interest, etc.		
PROJECT F3 Optimize Existing Space		-Rec Coordinator to provide input into modifications and collect feedback from users	-Decorate the current space to be appealing to community
PROJECT F4 Facility Direction			
PROJECT F5 Facility Design (Renovate or Build)		-Rec Coordinator to provide input into design and collect feedback from users	
PROJECT F6 Facility Construction (Renovate or Build)		-Rec Coordinator to help communicate with senior community about new facility	
PROJECT F7 Facility Operations	LGS Recreation currently runs recreation programs and community events at multiple locations. Experienced staff and relevant personnel.		
Core Senior Services for Older Adults:			
PROJECT S1 Support Continuation of Social, Educational,	-Monthly Themed Socials for Seniors -Monthly Dances *Monthly Birthday Party Lunches	-Bimonthly Socials, Dances/Entertainment, Guest Speakers -Continuation of current programs and services	-55+ Program limited social opportunities weekly -Continue to promote Live Oak Nutrition and

Healthy Living and Meals Services for Older Adults	<ul style="list-style-type: none"> -Weekly hands-on art classes with materials provided -Monthly Guest Speakers -Case manager/Social worker to host support groups in coordination with Rec Staff (ex. Care givers support group in lounge while spouse engaged in activities in large hall) 	<ul style="list-style-type: none"> -Host yearly HUB resource fair at ARC with other core providers -HUB Launch Party -Monthly Hands-on art classes 	<ul style="list-style-type: none"> Live Oak Adult Day Center -Refer to meal services in HUB resources -SJSU Nursing Students
PROJECT S2 Support Re-establishment of Adult Day Services	<ul style="list-style-type: none"> -Case manager/Social Worker to facilitate caregiver support group 	<ul style="list-style-type: none"> -Rec Coordinator to assist with Fundraising Event to be held at ARC 	<ul style="list-style-type: none"> -Refer seniors/families to Live Oak Adult Day Center via walk ins and 55+ phone line. -Help advocate for the need for service.
PROJECT S3 Support Continuation of Other Core Services	<ul style="list-style-type: none"> Social Worker/Case Manager to refer people to other core services in town and county 	<ul style="list-style-type: none"> -Rec Coordinator to build relationships with other service providers and attend relevant meetings. 	
PROJECT S4 Expand Use of Parks and Facilities by Older Adults	<ul style="list-style-type: none"> -Rec Coordinator to dedicate more time working in partnership with Parks Commission and attend relevant meetings 	<ul style="list-style-type: none"> -Rec Coordinator to work with Parks Commission to host 55 plus events in the local parks. Ex. Bocce Ball in Oak Meadow Park Ex. Vasona Boating BBQ and Boats day for 55 Plus 	
PROJECT S5 Health and Welfare Assessment	<ul style="list-style-type: none"> Social Worker/ Case Manager Position to be present full time in ARC to support individuals and families 	<ul style="list-style-type: none"> Social Worker/ Case Manager Position to be present in ARC 8 hours/wk to support individuals and families 	
Enhance Transportation Options for Older Adults Subcommittee:			
PROJECT T1 Implement and Promote Transportation Awareness and Use	<ul style="list-style-type: none"> -Case Manager/Social Worker able to help direct seniors or help them fill out necessary applications and relay reoccurring concerns to 	<ul style="list-style-type: none"> -55 Plus staff to connect seniors with resources 	<ul style="list-style-type: none"> -Resources on HUB

	<p>Town Counsel, CHSSC or SSC.</p> <p>-Case Manager to help people apply for VTA/RYDE.</p> <p>-LGS Rec would like to have a 55+ Ride Group (like walking group), coordinator to work with community groups to make ARC a start location. Support with bike repair service used at Library or Summit Cycles for Seniors yearly at ARC parking lot.</p>		
PROJECT T2 Advocate for a Walking Plan for Older Adults		Coordinate support for the 55+ Tuesday Town Walk Group	Resources on HUB
PROJECT T3 Expand Mobility Options Including Evenings and Weekends		Resources on HUB	Resources on HUB
Volunteer Support and Engagement Subcommittee			
V1: Establish Volunteering Task Force	-Engage and collaborate with local Volunteer groups (Kiwanis, Lions, Rotary)	<ul style="list-style-type: none"> -Host a Volunteer Fair at the ARC for LGS Rec and other Community Groups -Host a Volunteer Appreciation lunch for ~20 volunteers and volunteer facilitators. -Continue hosting monthly Volunteer Committee Meetings to present 55+ opportunities. -Build relationship with LGHS for ongoing student volunteers and 	<ul style="list-style-type: none"> -Continue efforts with 55+ Volunteer groups to support in house and community events. -Continue working with Volunteer Facilitators to Run Programs.
V2: Recruit and Build a Volunteer Community with the Ad Hoc Task Force			
V3: Establish a Volunteer Corps			

		<p>intergenerational programs.</p> <p>-Establish work tasks within 55 Plus for volunteers in the community seeking options.</p> <p>-Engage and collaborate with local Volunteer groups (Kiwanis, Lions, Rotary)</p>	
Senior Housing Subcommittee			
H1 Identify and Inventory Residential Options for Seniors PROJECT			
H2 Enable Development of Affordable Housing for Seniors PROJECT	Case Manager/ Social Worker able to help direct seniors in need and relay reoccurring concerns to Town Counsel, CHSSC or SSC.		Make resources accessible on the HUB
H3 Establish Aging in Place Programs (Including a Los Gatos Village)			Resources on HUB
H4 Facilitate Crisis Housing PROJECT			Resources on HUB
H5 Monitor and Evaluate Housing Needs and Stock			
Notes:	<p>In our Senior Community we are noticing that more support is needed for Caregivers (respite, finances, support group). Specifically, people over 55 who are caring for another senior with little support. Members have also recommended having a Cancer Support Group on site. We believe this is another benefit of having a case manager on site at the Adult Recreation Center and embedded in the 55 Plus Program.</p>		

References

- <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0225006>
- <https://journals.sagepub.com/doi/full/10.1177/23337214211036776>

Additional Considerations:

LGS Recreation Adult Programs

In addition LGS Recreation is the longstanding Recreation provider in Los Gatos for people of all ages. For adults aged 18 and older, LGS Recreation offers a wide variety of fee-based fitness, sport, and enrichment activities in addition to the 55 Plus program. Many of these activities are geared towards or attended by adults over the age of 55.

- LGS served 1717 Individuals and 7261 registrations over the age of 55 in 2022.
 - These adult programs take place at several locations in Los Gatos and in Saratoga (Joan Pisani Community Center, Adult Recreation Center, Youth Recreation Center, Friendship Hall Saratoga, Vasona, La Rinconada Park, Oak Meadow Park, Redwood Middle School, Los Gatos High School, etc.)
 - For example, our fee-based “Great Getaway” adult day trips offer an opportunity for both social interaction and remove the barrier of transportation. In January, the average age of attendees was 72, the youngest person being 61 and the oldest being 88.
 - Pickleball Membership in 2022 reflects 36% over 55
- Adult fee-based program and participation levels have increased throughout 2022 when compared to pre-pandemic levels.
 - 69% increase to the number of fee-based classes in which those 55 and older participated.
 - 25% increase to the number of fee-based classes in which those 55 and older could participate.
 - 27% increase to the number of unduplicated individuals 55 and older who attended a program.
 - 119% increase to the number of registration records for those 55 and older.
- Data reflected for adult fee-based programming, in addition to the expansion of 55 Plus program, support the gentrification of Los Gatos and that up to a third of the citizen of Los Gatos will be over the age of 55 within the next 10 years.
- Adult fee-based programming
 - Forecasted 2023 review is \$440k, with a yielded gross margin of 40%
 - Of that 40% operating costs must be covered staffing, facilities costs, utilities, program supplies, marketing, software systems, etc.

*Note that if a birthday is not entered in the system the age defaults to 0 and as a result this number is likely an under-representation. An individual is not duplicated, whereas a registration may be duplicated, for example, Sally takes golf lessons, painting classes and yoga. Sally is counted as one individual and three participants.

**Los Gatos Saratoga Department of Community Education and Recreation
Proposed Operating Expense - Senior Services**

	Service Level		
	High	Mid	Low
Operating Expenses			
Compensation & Benefits			
Compensation	388,780	270,664	147,059
Employee Benefit	95,059	54,783	37,914
Compensation & Benefits	<u>483,839</u>	<u>325,447</u>	<u>184,973</u>
Telecom & Office Supplies	3,105	3,105	3,105
Program Service	22,500	22,500	12,250
Travel, Meals, and Entertainment	7,460	7,460	3,710
Outside Services	40,810	42,010	6,130
Facilities & Equipment	5,660	5,660	4,160
Subscription & Fees	345	345	345
Employee Development	300	300	300
Depreciation & Amortization	332	332	332
Total Direct Expense	564,351	407,159	215,305
Overhead Allocation	116,515	93,884	36,128
Total Operating Expenses	<u>680,866</u>	<u>501,043</u>	<u>251,433</u>



LGS Recreation Final ARPA Grant Report

Prepared For: Town of Los Gatos Community Health and Senior Services Commission
Prepared By: Lisanne Kennedy, Recreation Coordinator, lkennedy@lgsrecreation.org
Prepared On: 1/9/2023

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• Recreation Coordinator - 0.5, Recreation Manager - 0.25, Office Tech 1,2,3 - 0.5, Executive Director & Finance Director – hourly			
Additions:			
• Activity Leader 1 - NEW HIRE JUNE 2022– non classified part time position - Supporting in House Programs and Activities			
• Activity Leader 2 – NEW HIRE JUNE 2022 - part time – Supporting Coordinator with special projects such as building HUB resource page and Instructing Summer Art Series (on maternity leave from September-December)			
Contractors	\$32,300	\$28,485	\$3,815
Supports the following programs:			
• Wednesday Game Day, Social Dance Instruction, Prime Timers Social Support Group, Single Again but Not by Choice (Widow Support Group), Reader's Theatre, Women's Artist			

Connection, Guest Speakers, Special Program Contractors (ex. Art Instruction), and Fitness Instructor (Zumba, Summer Water Workout)			
<ul style="list-style-type: none"> • Primary contractor is moving towards retirement and reduced hours/involvement. • \$1275 in instructor fees included for Zumba GOLD 			
Program Equipment Rental			
	\$3,802	\$3,802	-
Annual Summer Picnic on Civic Center Lawn (tables, chairs, linens)			
Program Meals & Supplies	\$17,360	\$19, 294	(\$1,934)
Funding has supported new and existing programs and socials, including but not limited to: software resources for programs (Jeopardy, Neurobics challenge, Armchair Travel, monthly puzzles in newsletter, BINGO, etc.), Table Game supplies (Mah Jongg sets, Mexican Train Sets, Bunco Supplies, BINGO supplies, Chess Sets, Decks of Cards), refreshments for socials, indoor lawn game supplies, Water Workout supplies, Thanksgiving Luncheon supplies, Summer Picnic supplies, Vasona boating picnic, and more.			
TOTAL	\$328, 500	\$336,683	(\$8,183)
<p>IMPORTANT NOTE: this figure is not a complete representation of the total operating cost of the 55 Plus program in 2022. Due to the categories and stipulations of the grant, certain program or personnel costs are not reflected in the figures above. For example, marketing expenses, custodial support, IT support, Rec Coordinator full FTE, etc.</p>			

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Supply Costs *toner/ink, paper	\$2,685
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55 Plus Program Update

55 Plus Membership Participation and Programs

- Membership as of 12/31= 730 members

Membership Historical Data: 2017- 395 2018 - 394 2019- 372 * 2020 – 270 2021 – 277	Membership is annual and expires in December, typically the largest growth in membership is within the first quarter. *LGS membership numbers were 372 at onset of the SASSC outsourcing agreement in 2019, at the conclusion of the SASSC contract membership numbers were 270 as reflected in Q1 of year 2020. The onset of COVID 19 Pandemic in March 2020 prevented rebuilding of membership.
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TOTAL	1267	9172	730	

Special Events: Top 5 Attended 55 Plus Programs in 2022

Below is a list of the top social events held in 2022 by participation. Not listed we also held: Veterans Day (40), Halloween Monster Mash (30) & Vasona BBQ & Boats (20). The Annual Summer Picnic and Thanksgiving Luncheon have been marquee events for at least ten years. We hope that these additional social events can continue in 2023 and become annual events as well.

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Ongoing Programs – Top 5 Attended 55 Plus Programs in 2022

Title	Participants	Frequency	Estimated Cost of Delivery	Fee to Attend
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Canasta, Ping Pong, etc.				
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55 Plus Program:

LGS Recreation 55 Plus Program provides comprehensive free or low-cost programs for people ages 55 and over. For a full listing of programs visit The PRINT archive www.lgsrecreation.org/55-plus/the-print/. Office hours are Monday through Friday from 9am-5pm for drop-in and calls to 55 Plus Office.

55 Plus Phone Line

Note: In May we switched to a new phone system that allows us to track monthly incoming calls. From May 2022 – December 21, 2022, the 55 Plus Office received 1,222 **inbound** calls. **This is on average 175 calls/month.** This does not include seniors who contact the main office line or the Recreation Coordinator directly. Therefore, this is likely an under representation. Additionally, we also receive emails to 55plus@lgsrecreation.org and directly to the Recreation Coordinator. It should also be mentioned that we average 5 senior walk-ins (either Seniors or Family Members) each day that come into the front desk or 55 Plus office for assistance, either members or public.

- **The HUB resource page for Seniors has had over 1,000 visits since it was launched, averaging 270 visits per month.**
- **External Programs/Referral Services hosted at the ARC available to public**
 - AARP Tax Aid – free service open to public, 55 Plus office schedules all appointments and provides free use of space 1x/week from February through April.
 - AARP Drivers Safety Training - free service open to the public, 55 Plus office schedules all appointments and provides free use of space. Bimonthly.
 - HICAP (Health Insurance Counseling & Advocacy Program) - free service open to public, 55 Plus office schedules all appointments and provides free use of space

2023 Budgeting and Program Sustainability

- The 55 Plus program is nearly non-revenue generating. Historically, our Agency subsidized the 55 Plus program from the profits of fee-based programming from other departments within our Agency and this approach is no longer financially sustainable.
- This past year LGS Recreation continued to commit funding to staffing and marketing efforts, in addition to ARPA funds.
- The Agency is taking the following actions:
 - Membership fee increases
 - Seek out additional grant opportunities
 - Increase donation opportunities from members of the community
- The ARPA grant has highlighted what is possible with Town support of the 55 Plus Program
- Adult Recreation Center Lease
 - Temporary lease abatement ceases at the end of June 2023. **Permanent abatement is required to sustain programming.**
 - Benchmarking by the Town's Senior Committee has demonstrated all State-wide 55+ programs are a combination of free, low-cost and subsidized programs as a cost-recovery effort of up to 30-40%. No other recreation departments in the State pay a lease for the

use of space to serve the community; the Town lease and associated programs are an unnatural arrangement that can no longer be supported.

Our intention is to continue to offer a thriving 55 Plus Program, but partnership and financial support will be required to make the program fiscally sustainable.

Feedback from Members on 2022 Programs and Services

Twice a year we survey members to collect feedback on programs. Below are the statistics and a sample of the comments collected. We also collected responses to be able to measure loneliness using the UCLA 3-Item Loneliness Scale, these were not included in this report.

My experience has been positive as a result of joining 55+ programs and I would recommend it to others (5 being strongly agree)	<u>Responses:</u> *91% strongly agree or agree 79% 5- Strongly Agree 13% - 4 Agree 4% - 3 Neutral 4% - 1 Strongly Disagree
I feel more connected to people and services as a result of the 55+ Programs (5 being strongly agree)	<u>Responses:</u> *90% strongly agree or agree 60% 5- Strongly Agree 31% - 4 Agree 6% - 3 Neutral 2% - 2 Disagree Somewhat 1% - 1 Strongly Disagree
Favorite Moments of 2022:	Summer BBQ Thanksgiving Veterans Day Friday Night Dances BINGO Weekly Music Classes Learning to Play Hand and Foot and Mexican Train Hands on Art Classes Senior Trips ARC Bar Christmas Sing a Long Friday Morning Workshop Pinochle Group
We asked Members: Please provide any program feedback, comments, or concerns. We would love to hear about your positive experiences!	<p><i>NOTE: comments along the lines of “when Lisanne took leadership” coincide with ARPA grant funding being received and utilized. Participants recognize the increase in staffing, programs, and communication.</i></p> <ul style="list-style-type: none">• I moved to Los Gatos about six months ago and did not know anyone living here. After seeing an advertisement for the 55+ I stopped by the office and immediately was made to feel welcome. Since joining I have started meeting people and participating in various activities that in the past I would not have done. The variety of activities and their scheduling has

provided me many opportunities to meet new friends and do new things. I am looking forward to this new year and more LGS Rec opportunities.

- The Picnic & the Thanksgiving Dinner & The Veteran's Day Celebration all made my life a little brighter.
- Since Lisanne Kennedy assumed the helm, she has injected energy and excitement into the program. Fun excursions, more daily programs, improved communications.
- I find everything offered is quite extensive & meets my needs.
- Three of you ladies are doing a great job. I look forward to coming to the center to play cards and do many other activities. I enjoyed it immensely. Keep up the good work ladies you make my day.
- The staff is so caring and so in tune with the needs of seniors. I feel like I found a new community of friends.
- The program has immensely improved. The staff is friendly and extremely dedicated to the senior population. I personally have no family near & rarely go to stores, so I enjoy the socialization offered at the center.
- The encouraging, friendly, and supportive 55+ team are special and every activity I attended has been rewarding.
- Everything is well run and for the benefit of the senior members.
- My dad loves the rec center. This has been a great social interaction opportunity for him. He takes the music class on Wednesday which he loves. He has also really enjoyed all your events. Keep up the good work! I am filling this survey out on behalf of my dad.
- What a wonderful improvement Lisanne and her team have created for the 55+ community
- Lisanne has brought true leadership to Over 55 and trebled Mah Jongg participation while encouraging participation in other events.
- I loved events with live music, Veterans Day celebrations, trip to horse races.
- I have found the staff to be particularly welcoming as well as professional. The programs are varied and although I don't participate in many of them it's important to me that they are there and available.
- Fun programs!
- I would like to share my experience in Zumba Gold class. The instructor was energetic and attentive to all class members. I always left in high spirits as the music and the dance were great!
- I love Friday morning art workshops, which offer a great environment to work art.
- The staff is incredibly helpful and friendly.
- Programs are interesting and enjoyable.
- I particularly enjoyed the Friday night ballroom dancing.
- I enjoy this group and have encouraged my friends to join.
- Everything that I have attended I have had a wonderful experience with. I think the Staff at Los Gatos Senior Center is doing a fantastic job!

LGS Recreation is grateful for the support received from the Town of Los Gatos. Community Health and Senior Services Commission, and the Senior Services Committee. ARPA funds were intended to aid the 55 Plus program to restore services to pre-pandemic levels. As indicated in this report we have successfully restored services and have also seen exciting growth in our community in terms of membership and program expansion. The full burden of the cost to operate the program at current

service levels is now on the Agency. In good faith we will operate at the current staffing level and programs until it becomes clear if / how Town Council prioritizes the 55 Plus effort and identifies sources of partnership and support. By mid-year 2023 in the new Council budget cycle, decisions must be made about the sustainability of the effort.

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LGS Recreation 55 Plus Program provides comprehensive free or low-cost programs for people ages 55 and over. For a full listing of programs visit The PRINT archive www.lgsrecreation.org/55-plus/the-print/. Office hours are Monday through Friday from 9am-5pm for drop-in and calls to 55 Plus Office.

55 Plus Phone Line

Note: In May we switched to a new phone system that allows us to track monthly incoming calls. From May 2022 – December 21, 2022, the 55 Plus Office received 1,222 inbound calls. This is on average 175 calls/month. This does not include seniors who contact the main office line or the Recreation Coordinator directly. Therefore, this is likely an under representation. Additionally, we also receive emails to 55plus@lgsrecreation.org and directly to the Recreation Coordinator. It should also be mentioned that we average 5 senior walk-ins (either Seniors or Family Members) each day that come into the front desk or 55 Plus office for assistance, either members or public.

- The HUB resource page for Seniors has had over 1,000 visits since it was launched, averaging 270 visits per month.
- **External Programs/Referral Services hosted at the ARC available to public**
 - AARP Tax Aid – free service open to public, 55 Plus office schedules all appointments and provides free use of space 1x/week from February through April.
 - AARP Drivers Safety Training - free service open to the public, 55 Plus office schedules all appointments and provides free use of space. Bimonthly.
 - HICAP (Health Insurance Counseling & Advocacy Program) - free service open to public, 55 Plus office schedules all appointments and provides free use of space

2023 Budgeting and Program Sustainability

- The 55 Plus program is nearly non-revenue generating. Historically, our Agency subsidized the 55 Plus program from the profits of fee-based programming from other departments within our Agency and this approach is no longer financially sustainable.
- This past year LGS Recreation continued to commit funding to staffing and marketing efforts, in addition to ARPA funds.
- The Agency is taking the following actions:
 - Membership fee increases
 - Seek out additional grant opportunities
 - Increase donation opportunities from members of the community
- The ARPA grant has highlighted what is possible with Town support of the 55 Plus Program
- Adult Recreation Center Lease
 - Temporary lease abatement ceases at the end of June 2023. **Permanent abatement is required to sustain programming.**
 - Benchmarking by the Town's Senior Committee has demonstrated all State-wide 55+ programs are a combination of free, low-cost and subsidized programs as a cost-recovery effort of up to 30-40%. **No other recreation departments in the State pay a lease for the**

use of space to serve the community; the Town lease and associated programs are an unnatural arrangement that can no longer be supported.

Our intention is to continue to offer a thriving 55 Plus Program, but partnership and financial support will be required to make the program fiscally sustainable.

Feedback from Members on 2022 Programs and Services

Twice a year we survey members to collect feedback on programs. Below are the statistics and a sample of the comments collected. We also collected responses to be able to measure loneliness using the UCLA 3-Item Loneliness Scale, these were not included in this report.

My experience has been positive as a result of joining 55+ programs and I would recommend it to others (5 being strongly agree)	<p><u>Responses:</u> *91% strongly agree or agree</p> <p>79% 5- Strongly Agree 13% - 4 Agree 4% - 3 Neutral 4% - 1 Strongly Disagree</p>
I feel more connected to people and services as a result of the 55+ Programs (5 being strongly agree)	<p><u>Responses:</u> *90% strongly agree or agree</p> <p>60% 5- Strongly Agree 31% - 4 Agree 6% - 3 Neutral 2% - 2 Disagree Somewhat 1% - 1 Strongly Disagree</p>
Favorite Moments of 2022:	<p>Summer BBQ Thanksgiving Veterans Day Friday Night Dances BINGO Weekly Music Classes Learning to Play Hand and Foot and Mexican Train Hands on Art Classes Senior Trips ARC Bar Christmas Sing a Long Friday Morning Workshop Pinochle Group</p>
We asked Members: Please provide any program feedback, comments, or concerns. We would love to hear about your positive experiences!	<p><i>NOTE: comments along the lines of "when Lisanne took leadership" coincide with ARPA grant funding being received and utilized. Participants recognize the increase in staffing, programs, and communication.</i></p> <ul style="list-style-type: none">• I moved to Los Gatos about six months ago and did not know anyone living here. After seeing an advertisement for the 55+ I stopped by the office and immediately was made to feel welcome. Since joining I have started meeting people and participating in various activities that in the past I would not have done. The variety of activities and their scheduling has

provided me many opportunities to meet new friends and do new things. I am looking forward to this new year and more LGS Rec opportunities.

- The Picnic & the Thanksgiving Dinner & The Veteran's Day Celebration all made my life a little brighter.
- Since Lisanne Kennedy assumed the helm, she has injected energy and excitement into the program. Fun excursions, more daily programs, improved communications.
- I find everything offered is quite extensive & meets my needs.
- Three of you ladies are doing a great job. I look forward to coming to the center to play cards and do many other activities. I enjoyed it immensely. Keep up the good work ladies you make my day.
- The staff is so caring and so in tune with the needs of seniors. I feel like I found a new community of friends.
- The program has immensely improved. The staff is friendly and extremely dedicated to the senior population. I personally have no family near & rarely go to stores, so I enjoy the socialization offered at the center.
- The encouraging, friendly, and supportive 55+ team are special and every activity I attended has been rewarding.
- Everything is well run and for the benefit of the senior members.
- My dad loves the rec center. This has been a great social interaction opportunity for him. He takes the music class on Wednesday which he loves. He has also really enjoyed all your events. Keep up the good work! I am filling this survey out on behalf of my dad.
- What a wonderful improvement Lisanne and her team have created for the 55+ community
- Lisanne has brought true leadership to Over 55 and trebled Mah Jongg participation while encouraging participation in other events.
- I loved events with live music, Veterans Day celebrations, trip to horse races.
- I have found the staff to be particularly welcoming as well as professional. The programs are varied and although I don't participate in many of them it's important to me that they are there and available.
- Fun programs!
- I would like to share my experience in Zumba Gold class. The instructor was energetic and attentive to all class members. I always left in high spirits as the music and the dance were great!
- I love Friday morning art workshops, which offer a great environment to work art.
- The staff is incredibly helpful and friendly.
- Programs are interesting and enjoyable.
- I particularly enjoyed the Friday night ballroom dancing.
- I enjoy this group and have encouraged my friends to join.
- Everything that I have attended I have had a wonderful experience with. I think the Staff at Los Gatos Senior Center is doing a fantastic job!

LGS Recreation is grateful for the support received from the Town of Los Gatos, Community Health and Senior Services Commission, and the Senior Services Committee. ARPA funds were intended to aid the 55 Plus program to restore services to pre-pandemic levels. As indicated in this report we have successfully restored services and have also seen exciting growth in our community in terms of membership and program expansion. The full burden of the cost to operate the program at current

service levels is now on the Agency. In good faith we will operate at the current staffing level and programs until it becomes clear if / how Town Council prioritizes the 55 Plus effort and identifies sources of partnership and support. By mid-year 2023 in the new Council budget cycle, decisions must be made about the sustainability of the effort.

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**TOWN OF LOS GATOS
COMMUNITY HEALTH AND SENIOR
SERVICES COMMITTEE REPORT**

MEETING DATE: 03/28/2023

ITEM NO: 5

DESK ITEM

DATE: March 28, 2023
TO: Community Health and Senior Services Committee
FROM: Ryan Baker, Library Director
SUBJECT: Introduction of LGSRec's Submitted Plans for 55+ Programming for CHSSC Review

REMARKS:

Attachment 6 contains public comments received between 11:01 a.m. Monday, March 27, 2023, and 11:00 a.m. Tuesday, March 28, 2023.

Attachments received with the Staff Report:

1. 2009 Lease Agreement Exhibit F
2. *The Print* magazine copies from January 2023 through March 2023
3. LGSRec March 2, 2023 proposal for 55+ programming
4. LGSRec January 13, 2023 proposal for 55+ programming
5. LGSRec's ARPA financial reports for 2022

Attachment received with this Desk Item:

6. Public comments received between 11:01 a.m. Monday, March 27, 2023, and 11:00 a.m. Tuesday, March 28, 2023.

PREPARED BY:

Wendy Wood
Town Clerk

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From: [REDACTED]
To: [Wendy Wood](#)
Subject: CHSSC Meeting 3-28-23 Public Comment Item #_5 Please Forward
Date: Monday, March 27, 2023 4:52:31 PM

[EXTERNAL SENDER]

Director Dick Konrad and CHSSC Members

My name is Jak Van Nada and I am a 52 year resident of Los Gatos. I am sending the following as suggestions or observations that you might find useful in your April discussion packet.

It seems to me that the "ask" from the Council is for the 55 Plus program to provide the same level of services provided in the past 12 months for \$225K. Though I am not totally sure of the last fiscal years cost, that \$225K appears to be less than 1/2 of what it took to operate during the past fiscal year.

Items that I have picked up on while reading through your various materials:

1. In one document, it said that Los Gatos was one in the lower range of cities that provided services and great facilities for Senior Programs in the bay area. Even with that noted, in the past year, the program doubled in size with the help of ARPA money. Now the Council has cut the program services back to the pre-covid levels; likely undercutting the success of the program in my opinion. Those two observations conflict not only on the surface, but also with the Town's Strategic Priorities. It's a mixed message.
2. I am guessing that you have been led to believe the Town is in dire financial straits with a projected \$3M loss for each of the next 5 years. In '22-'23, our current fiscal year, at the 1/2 way point, the Town shows a **\$1.2M** surplus instead of a deficit of **~\$1.5M**. Also, our current position is well ahead of the 1/2 way mark in '20-'21 when the General Fund surplus increased by YE to \$3.6M. Neither fiscal year includes any ARPA funds.

I was part of a 10 year study of the Los Gatos, Campbell and Saratoga budgeting practices where we found Los Gatos budgeting practices to be very, very conservative compared to the other two cities. What can happen by being so conservative is that programs such as this are cut drastically

when they really don't need to be. When one has bad information, it increases the chance of making bad decisions. Keep in mind that Los Gatos already has \$25M set aside for emergency situations. In this case, the financial message sent to you is unclear.

3. I suggest the Scope of Work needs to be reworked, though, in my opinion, the worst are item 10 under Direct Costs and Item 12 under Indirect Costs. Both are much too broad, have no guardrails nor boundaries. I think as stated, they would be nearly impossible to measure or manage. If items 1-9 under Direct Costs are important; and Items 1-11 are important under Indirect Costs, I would suggest they be cost-quantified to understand what is left for Items 10 (Direct Costs) and Item 12 (Indirect Costs).

4. Once the 1-9 and 1-11 costs are known, you would know what is left to finance item 10 of the Direct Costs and Item 12 of the Indirect and you would be in a stronger position to prioritize each item knowing the approximate cost-benefit of each. You could also reverse that process and do 10 and 12 to see what was left for all the rest.

5. As I read the Scope of Work, Items 10 and 12 are very important to the success of the program. I'm not saying the other Items aren't important, but 10 and 12 seem to be the collective soul of the program.

6. Last, I was dismayed by the size of the cuts proposed by Council. It seemed that the cuts did not take into consideration the success of the past year and they ignored the elements that were part of that success. The cuts may have inadvertently sent a negative message to not only the seniors who have participated this past year, but what is proposed indicates that the words spoken by the Council when supporting the Roadmap, don't coincide with the actions they have taken.

Again, I am a neophyte in your area of expertise but did have some thoughts and observations you may find useful.

*Jak Van Nada -
Los Gatos Community Alliance
Facts Matter; Transparency Matters; Honesty Matters*

