



**TOWN OF LOS GATOS
COMMUNITY HEALTH AND SENIOR SERVICES COMMISSION
REGULAR MEETING:
LOS GATOS LIBRARY CONFERENCE ROOM
100 VILLA AVE, LOS GATOS CA 95030
April 25, 2023
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*

IMPORTANT NOTICE

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.

This meeting will be teleconferenced pursuant to Government Code Section 54953(b)(3). Commissioner Konrad will be participating from a teleconference location at the 86 Fairview Plaza, Los Gatos, CA 95030. The teleconference locations shall be accessible to the public and the agenda will be posted at the teleconference location 72 hours before the meeting.

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" 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 Commission meeting. You are welcome to submit written comments via email to Clerk@losgatosca.com.

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.com 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 Commission must provide the comments as follows:
 - For inclusion in an Addendum: by 11:00 a.m. 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.

**TOWN OF LOS GATOS
COMMUNITY HEALTH AND SENIOR SERVICES COMMISSION
REGULAR MEETING
LOS GATOS LIBRARY CONFERENCE ROOM
100 VILLA AVE, LOS GATOS CA 95030
April 25, 2023
5:00 PM**

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 March 28, 2023 CHSSC Regular Meeting

VERBAL COMMUNICATIONS *(Members of the public are welcome to address the Community Health and Senior Services Commission 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. Discussion of Changes to the Time and Place Resolution for CHSSC Regular Meetings
3. Discussion Regarding LGSRec use of ARPA Funding for 55+ Program Services
4. Discussion of Candidate Suggestions for Distinguished Citizen Award
5. Amendments to the Senior Road Map Task Forces
6. Reports from Senior Road Map Task Forces Regarding Senior Road Map Goals

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
March 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, Vice Chair Yick, and Commissioners Khanal (arrived 5:05 p.m.), Konrad, and Rossman; Council Liaison Badame.

Absent: Commissioners Norcia and Bernholz

Staff Present: Town Manager Prevetti

COMMISSIONER REPORTS

- Commissioner Konrad met with Parks and Public Works Director Burnham; attended Democracy Tent, Producers Network event, and Senior Happy Hour as well as other community engagement.
- Vice Chair Yick attended presentation by Marico Sayoc and Supervisor Simitian; met with Lianne regarding the Hub graphic; attended two Council meetings as well as other community engagement.
- Commissioner Rossman attended Behavioral Health Department navigator program that may have a possible presence in Los Gatos (both in-person and telemedicine), stated that work with the Town is needed to identify a location.
- Commissioner Khanal attended a Town Council meeting and talked with community members.
- Chair Blum met with Mayor Ristow and Council member Hudes separately; attended two Council meetings, attended the West Valley Service Providers meeting with Supervisor Simitian and Marico Sayoc, Tom Picraux's birthday party, and the Navigator meeting.

SUBJECT: Draft Minutes of the Community Health and Senior Services Commission
Meeting of March 28, 2023

DATE: April 21, 2023

CONSENT ITEM

1. Approve Community and Senior Services Commission Minutes of February 28, 2023.

No Public Comment

MOTION: Motion by Commissioner Yick to approve consent item 1. Seconded by Commissioner Khanal.

VOTE: Motion passed 4-0-1, Commissioner Rossman Abstained

VERBAL COMMUNICATIONS

None.

OTHER BUSINESS

2. Information Presentation Regarding Nominations for the 2023 Senior of Distinction Award
Vice Chair Yick introduced Susan Fredkin who describes the Senior of Distinction Award process.

Open Public Comments.

Nancy Pearson asked about the role of service clubs.

Tom Picraux explained that originally only the service clubs participated and later the Town was added.

Closed Public Comments.

To be agendized as an action item at the next meeting.

3. Presentation and Discussion of the Town's Draft Justice, Equity, Diversity, and Inclusion Plan

Town Manager Prevetti gave the report.

Open Public Comments.

Tom Picraux commented that the Hanukkah lighting was well received.

Mayor Ristow said that the Town is looking to expand the holiday lights to be more representative of cultures other than Christmas.

Closed Public Comments.

The Commission discussed the item, inquired about outreach, acknowledged that racism does exist in Los Gatos, expressed feeling welcome in Los Gatos, suggested Sister City relationships, and encouraged a diversity of events to represent other cultures.

4. Announcement of Chair Blum's Senior Gameplan Task Force Assignments

Chair Blum reviewed Attachment 1 of the report and confirmed the appointments of Commissioners as stated in Attachment 1 with the following changes: Vice Chair Yick was added to the Volunteer Support and Engagement Ad Hoc and Commissioner Konrad was identified as an alternate for the Transportation Options Ad Hoc/Liaison.

Opened Public Comment.

Tom Picraux clarified the goals of the Roadmap, thanked the Commission for its implementation work, and is working on establishing the non-profit.

Catherine Somers asked how the Senior Happy Hours fit into this work.

Nancy Pearson explained that she and Ms. Somers took on the work for the Happy Hours and requested that the other service clubs not be forgotten with the implementation of the Roadmap.

Closed Public Comment.

5. Introduction of LGSRec's Submitted Plans for 55+ Programming for CHSSC Review

Chair Blum introduced the item with support by Manager Prevetti.

Opened Public Comment.

Jak Van Nada read his letter contained in the Desk Item.

Closed Public Comment.

The Commissioners discussed the matter and requested that LGSRec attend the next meeting.

SUBJECT: Draft Minutes of the Community Health and Senior Services Commission
Meeting of March 28, 2023

DATE: April 21, 2023

6. Staff Liaison Report

Manager Prevetti thanked the Commission for its work.

ADJOURNMENT

The meeting adjourned at 6:28 p.m.

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

Laurel Prevetti, Town Manager



TOWN OF LOS GATOS
COMMUNITY HEALTH AND SENIOR
SERVICES COMMITTEE REPORT

MEETING DATE: 04/25/2023

ITEM NO: 2

DATE: April 25, 2023
TO: Community Health and Senior Services Committee
FROM: Ryan Baker, Library Director
SUBJECT: Adopt a New Time and Place Resolution for Future Regular CHSSC Meetings

RECOMMENDATION:

Adopt a new time and place resolution for future regular CHSSC meetings.

REMARKS:

Based on input from the Town Attorney, commission meetings must be accessible to all members of the public during the full course for the meeting. Since the library conference room is not accessible to the public after 6:00 p.m., the Commission may wish to consider a start time earlier than 5:00 p.m. for future regular meetings if it is anticipated that future meetings will be longer than an hour.

Attachment:

1. Draft time and place resolution

PREPARED BY: Ryan Baker
Library Director

RESOLUTION 2023-2

RESOLUTION OF THE COMMUNITY HEALTH AND SENIOR SERVICES COMMISSION OF THE TOWN OF LOS GATOS ESTABLISHING A NEW TIME AND PLACE FOR REGULAR MEETING

WHEREAS, on February 28, 2023, the Community Health and Senior Services Commission adopted Resolution 2023-1 establishing the time and place for the regular meetings of the Community Health and Senior Services Commission; and

WHEREAS, this resolution is intended to rescind Resolution 2023-1 and establish a new time and place for the regular meetings of the Community Health and Senior Services Commission.

NOW, THEREFORE, BE IT RESOLVED, by the Community Health and Senior Services Commission of the Town of Los Gatos, that pursuant to Government Code Section 54954, the time and place for the regular meeting of the Community Health and Senior Services Commission shall be as follows:

Day:	
Time	
Frequency:	Once a Month
Place:	Los Gatos Library
	100 Villa Avenue
	Los Gatos, CA 95030

PASSES AND ADOPTED at a regular meeting of the Community Health and Senior Services Commission of the Town of Los Gatos, California, held on the 25th day of APRIL, 2023.

COMMISSIONERS:

AYES:

NAYS:

ABSENT:

ABSTAIN:

SIGNED: _____

CHAIR

COMMUNITY HEALTH AND SENIOR SERVICES COMMISSION

ATTEST: _____

TOWN CLERK



TOWN OF LOS GATOS
COMMUNITY HEALTH AND SENIOR
SERVICES COMMITTEE REPORT

MEETING DATE: 04/25/2023

ITEM NO: 3

DATE: April 25, 2023
TO: Community Health and Senior Services Committee
FROM: Ryan Baker, Library Director
SUBJECT: Discuss LGSRec's Plans for 55+ Programming to Provide a Recommendation to Council

RECOMMENDATION:

Discuss LGSRec's plans for 55+ programming to provide a recommendation to Council.

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.

The CHSSC received all documents necessary for this discussion at their March 28, 2023 meeting, however they are attached here again for easy reference (Attachments 1 through 5). Chair Blum has requested that an overview of LGSRec's overall 2023 operating budget (Attachment 6) for all operations be included in this packet as well for context, although it is noted that oversight of LGSRec's operating budget is held by the Board of Directors for LGSRec. Questions or suggestions regarding the overall operating budget for LGSRec may be brought directly to the Board of Directors of LGSRec during public comment at their next regular Board Meeting.

The CHSSC should review the documents provided by LGSRec and formulate their recommendation to Council.

The CHSSC

Attachment:

1. 2009 Lease Agreement Exhibit F
2. *The Print* magazine copies from January 2023 through March 2023

PREPARED BY: Ryan Baker
Library Director

PAGE 2 OF 2

SUBJECT: Discuss LGSRec's Plans for 55+ Programming to Provide a Recommendation to Council

DATE: March 28, 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
6. LGSRec 2023 proposed operating budget overview

**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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	3	4	5
	Tuesday Town Walk (Lounge) 9:15AM-11:00AM Mah Jongg (Hall) 10:00AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM	Game Day (Hall) 9:00AM-12:00PM Ping Pong (Rm 5) 10:00AM-12:00PM	Mexican Train (Hall) 10:00AM-12:00PM Birthday Card Crew (Rm 2) 1:00PM-3:00PM Pinochle (Rm 5) 1:00PM-4:30PM Current Event Group (Lounge) 1:30PM-3:00PM	Artist Workshop (Hall) 9:00AM-12:00PM Ping Pong (Rm 5) 10:00AM-12:00PM First Friday (ARC - Hall) 6:00PM-8:00PM Celebrate the New Year in Style Live Music, Appetizers, Drink Ticket and Champagne Toast \$15 at the Door, Ages 55+
9	10	11	12	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

- **55 Plus ZUMBA Gold** - Instructor Kiana is back on land to teach this 10-week program. Join this easy-to-follow dance workout perfect for the active older adult. *Pre-registration required \$5/class.*
- **AARP Driver Safety** - 2 Day Course and 1 Day Refresher offered in person bi-monthly. Contact the 55 Plus Office to schedule an appointment.
- **AARP Tax Aide** - In person appointments will be available every Monday in February-April. Contact the 55 Plus Office in January to schedule an appointment.
- **Art and Music Appreciation** - Interactive class exploring and discussing influential artists and musicians followed by the West Valley College Instructor playing guitar and leading the group singing well-known songs. Participants are welcome to bring their own instruments in! *Sign up with the 55 Plus office required.*
- **Armchair Traveler** - Each month we discuss and virtually travel to a new far-off destination.
- **Artist Workshop** - Open workspace. Bring in your materials and work on your individual projects with our welcoming community of artists. No formal instruction and all levels are welcome.
- **Balance Awareness** - Join Mary Ann Smith, a certified personal trainer, from West Valley College for this balance class. *Sign up with the 55 Plus office required.*
- **Book Club** - Meets on the 4th Tuesday of each month. Pick up the booklist from the 55+ Office.
- **Bingo** - Get out your dauber and get ready to have some fun! Join us monthly for prize BINGO.
- **Bunco** - May the dice be in your favor in this social, luck-based game. Sign up with the 55 Plus Office Required so tables can be arranged. 12 players (or more) needed!
- **Coffee Corner** - Join us Friday mornings in the lounge to chat and enjoy a hot cup of coffee.
- **Current Events** - Lively and informative discussions regarding local, state, national and world current events. Attendees are encouraged to bring topics that are important to them to discuss.
- **Democracy in Peril** - Take some. Leave some. Share some of what you take. That is capitalism. What say you???
- **Democracy Tent** - Nonpartisan. Discuss the most pressing issues in Los Gatos in an open environment to prompt understanding and change. Facilitators provide topics for discussion but are open to suggestions. Zoom access bit.ly/32MyTmx or meet in person.
- **Hand and Foot Canasta** - Calling all Canasta players! See the 55 Plus office for a list of rules and a description of play.
- **Jeopardy** - Put your thinking cap on and test your general knowledge on ever rotating topics. Come out to join our discussion and learn something new!
- **Magic Movie Tour** - Lights, Camera, Action! Join Sandy Decker each month for a movie, discussion, and fun facts about the world of cinema...and maybe some popcorn!
- **Mah Jongg** - Friendly American Mah Jongg players group. All levels are welcome. If you are interested in learning to play, please sign up with the 55 Plus office.
- **Needle Craft Corner** - Join other knitters, crocheters, cross-stitchers or hand-crafted project enthusiasts.
- **Pinochle** - Double Deck Pinochle. Experienced players only, no instruction.
- **Reader's Theater** - Read aloud modern and classic plays without having to memorize the lines! Sign up with the 55 Plus office required.
- **Single Again... But Not By Choice** - For women who are widowed. Meet others who will understand and provide support in dealing with this life-changing transition.
- **Social Committee Meeting** - Volunteer opportunity. Help shape what programs, activities and socials are available through the 55 Plus program. Help plan and decorate for upcoming social events.
- **Stay Fit** - Join Mary Ann Smith, a certified personal trainer, from West Valley College for this chair-based exercise class. *Sign up with the 55 Plus office required.*
- **St. Mary's Bridge** - Looking for intermediate level bridge players interested in subbing. *Sign up required, inquire with 55 Plus office.*
- **Tech with Teens** - Bring your devices and questions on the 3rd Thursday of each month. Our knowledgeable high school volunteers are available to assist you with tech support.
- **Tuesday Town Walkers** - Get Moving! Walk to local areas at your own pace, socialize and explore Los Gatos.
- **Wednesday Game Day** - Bridge, Scrabble and Canasta. Come join our friendly group. To reserve your spot, please contact Lisanne 408.596.6813 or 55plus@lgsrecreation.org
- **Women's Artist Connection** - Share examples of your artwork in a friendly and non-judgmental atmosphere. Please bring 2 examples of your artwork (painting, drawing, collage, photography, poetry, etc.)

Live Oak Nutrition

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



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

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

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

Book Club Selections for 2023

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

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

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

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

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

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

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

7/25 - Mercy by David Baldacci, 402 pages

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

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

10/24- Book Club Social and 2024 Book Selection

January Guest Speaker & Luncheon - Melette, P.A. from Next Chapter

**Senior Transitions
Thursday January 19th**

12:00PM-12:45PM

ARC - Large Hall

Please RSVP for this event as space is limited and lunch will be provided. Learn tips and tricks for increasing your safety and strength while still living at home independently as well as guidance identifying when you might consider transitioning to a senior community. Making a plan before you need a plan reduces uncertainties and increases the chances you'll thrive in your senior years. Come find out more! After spending decades as a PA assessing, treating and advocating for patients in the emergency room, senior communities and private homes throughout Silicon Valley, Melette now assists people considering senior care communities for themselves or loved ones. For more information on Next Chapter visit www.nextchapterseniors.com

55 Plus Zumba Gold

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

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

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



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

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

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

*Please note this is an alcohol-free event.

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

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

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

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

Sudoku

Fill in the grid so that all nine columns down, all nine rows across, and all nine 3-by-3 boxes contain the numbers 1 through 9. A number appears in each column or row only once.

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



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Changing Digits

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

578 → 571
 672 → 572
 513 → 573

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

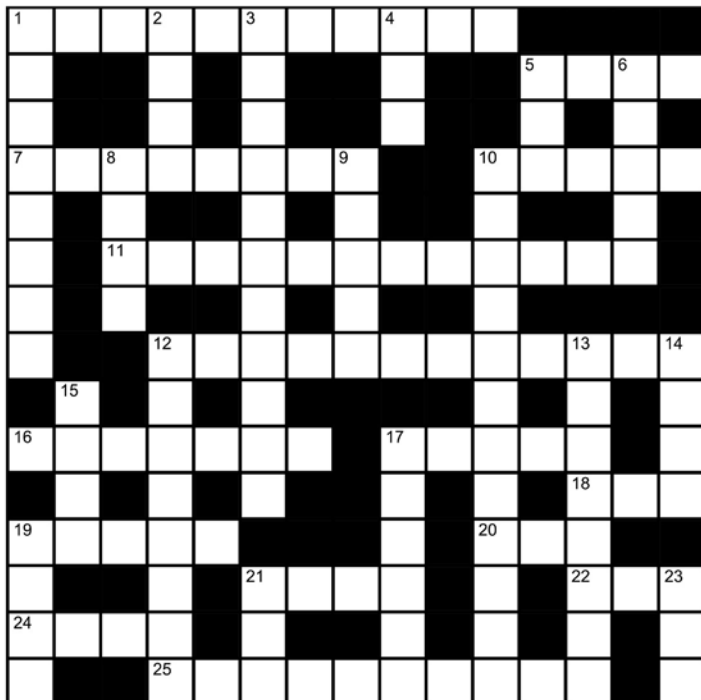
1. **6**53 _____
2. 69**6** _____
3. 295 _____
4. 616 _____
5. 797 _____
6. 694 _____
7. 629 _____
8. 740 _____
9. 301 _____
10. 708 _____



©ActivityConnection.com

Crossword #13

Use the clues to fill in the crossword.



©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/losगतoscalibrary/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/losगतoscalibrary/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.

- | | |
|---|--|
| <ul style="list-style-type: none"> • 55 Plus Office - Available Services • Alzheimer's & Dementia • Assistive Technology • Caregiver Support • Funeral Arrangements • Housing | <ul style="list-style-type: none"> • 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 PRINT



February Feature

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

Sincerely, Lisanne Kennedy (Recreation Coordinator)



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		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
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	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 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 Hands Only CPR/AED and Choking Relief Class *RSVP (Large Hall) 10:00AM-11:30AM Pinochle (Rm 5) 1:00PM-4:30PM Current Event Group (Lounge) 1:30PM-3:00PM Tech with Teens (Rm 3) 3:00PM-4:00PM AARP Driver Safety Refresher (Rm 214) 12:00PM-4:30PM	Artist Workshop (Hall) 9:00AM-12:00PM Coffee Corner (Lounge) 10:00AM-11:30AM Ping Pong (Rm 5) 10:00AM-12:00PM Bingo (Hall) 12:30PM-2:00PM Stay Fit (Hall) 1:00PM-2:00PM Balance Awareness (Hall) 2:00PM-3:00PM
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	Holiday Closure
27	28			
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	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 Book Club (Lounge) 12:00PM-1:30PM	RSVP for 2/16 Hands Only CPR and Choking Relief Class or Tech with Teens with the 55 Plus Office Sign up for the Santa Clara County Fire Department - Crime Prevention & Home Fire Safety @10:00AM-11:30AM online http://bit.ly/3Y2fxBj	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	AARP Tax Aide Schedule Appointment with the 55 Plus Office From 2/6-4/7 @ 9:00AM or 10:30AM Health Insurance Counselling and Advocacy (HICAP) Representative Available 2/7 Schedule Appointment with the 55 Plus Office

- **55 Plus ZUMBA Gold** - Instructor Kiana is back on land to teach this 10-week program. Join this easy-to-follow dance workout perfect for the active older adult. *Pre-registration required \$5/class.*
- **AARP Driver Safety** - 2 Day Course and 1 Day Refresher offered in person bi-monthly. Contact the 55 Plus Office to schedule an appointment.
- **AARP Tax Aide** - In person appointments will be available every Monday in February-April. Contact the 55 Plus Office in January to schedule an appointment.
- **Art and Music Appreciation** - Interactive class exploring and discussing influential artists and musicians followed by the West Valley College Instructor playing guitar and leading the group singing well-known songs. Participants are welcome to bring their own instruments in! *Sign up with the 55 Plus office required.*
- **Armchair Traveler** - Each month we discuss and virtually travel to a new far-off destination.
- **Artist Workshop** - Open workspace. Bring in your materials and work on your individual projects with our welcoming community of artists. No formal instruction and all levels are welcome.
- **Balance Awareness** - Join Mary Ann Smith, a certified personal trainer, from West Valley College for this balance class. *Sign up with the 55 Plus office required.*
- **Book Club** - Meets on the 4th Tuesday of each month. Pick up the booklist from the 55+ Office.
- **Bingo** - Get out your dauber and get ready to have some fun! Join us monthly for prize BINGO.
- **Bunco** - May the dice be in your favor in this social, luck-based game. Sign up with the 55 Plus Office Required so tables can be arranged. 12 players (or more) needed!
- **Coffee Corner** - Join us Friday mornings in the lounge to chat and enjoy a hot cup of coffee.
- **Current Events** - Lively and informative discussions regarding local, state, national and world current events. Attendees are encouraged to bring topics that are important to them to discuss.
- **Democracy in Peril** - Take some. Leave some. Share some of what you take. That is capitalism. What say you???
- **Democracy Tent** - Nonpartisan. Discuss the most pressing issues in Los Gatos in an open environment to prompt understanding and change. Facilitators provide topics for discussion but are open to suggestions. Zoom access bit.ly/32MyTmx or meet in person.
- **Hand and Foot Canasta** - Calling all Canasta players! See the 55 Plus office for a list of rules and a description of play.
- **Jeopardy** - Put your thinking cap on and test your general knowledge on ever rotating topics. Come out to join our discussion and learn something new!
- **Magic Movie Tour** - Lights, Camera, Action! Join Sandy Decker each month for a movie, discussion, and fun facts about the world of cinema...and maybe some popcorn!
- **Mah Jongg** - Friendly American Mah Jongg players group. All levels are welcome. If you are interested in learning to play, please sign up with the 55 Plus office.
- **Needle Craft Corner** - Join other knitters, crocheters, cross-stitchers or hand-crafted project enthusiasts.
- **Pinochle** - Double Deck Pinochle. Experienced players only, no instruction.
- **Reader's Theater** - Read aloud modern and classic plays without having to memorize the lines! Sign up with the 55 Plus office required.
- **Scrabble** - The ultimate crossword game in which every letter counts! Contact the 55 Plus Office if you are interested in playing 55plus@lgsrecreation.org
- **Single Again... But Not By Choice** - For women who are widowed. Meet others who will understand and provide support in dealing with this life-changing transition.
- **Social Committee Meeting** - Volunteer opportunity. Help shape what programs, activities and socials are available through the 55 Plus program. Help plan and decorate for upcoming social events.
- **Stay Fit** - Join Mary Ann Smith, a certified personal trainer, from West Valley College for this chair-based exercise class. *Sign up with the 55 Plus office required.*
- **St. Mary's Bridge** - Looking for intermediate level bridge players interested in subbing. *Sign up required, inquire with 55 Plus office.*
- **Tech with Teens** - Bring your devices and questions on the 3rd Thursday of each month. Our knowledgeable high school volunteers are available to assist you with tech support.
- **Tuesday Town Walkers** - Get Moving! Walk to local areas at your own pace, socialize and explore Los Gatos.
- **Wednesday Game Day** - Bridge, Scrabble and Canasta. Come join our friendly group. To reserve your spot, please contact Lisanne 408.596.6813 or 55plus@lgsrecreation.org
- **Women's Artist Connection** - Share examples of your artwork in a friendly and non-judgmental atmosphere. Please bring 2 examples of your artwork (painting, drawing, collage, photography, poetry, etc.)
- **Wood Carving** - Turn plain pieces of wood into objects of art. Open to beginners and experienced carvers alike. Group helps mentor all levels of carvers to improve your skills. Pop in to check out what projects they are working on...)

Live Oak Nutrition

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

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

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



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.



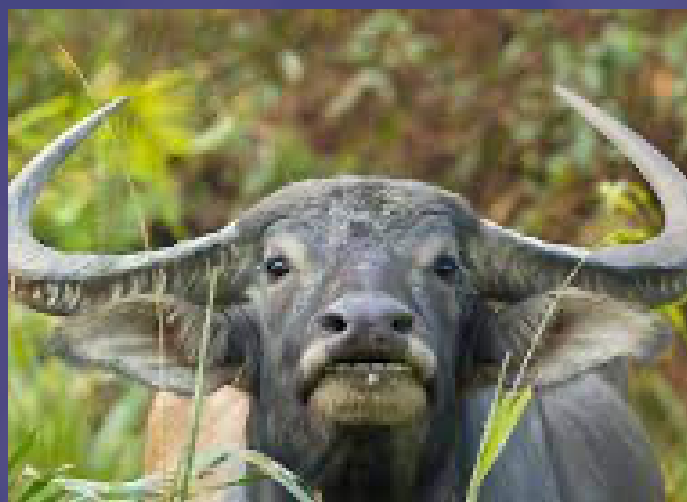
READERS THEATER 2ND WEDNESDAY OF THE MONTH @ 3:00 PM

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

LGS Recreation 55+

Social Dance

Friday, 2/10
6pm-8pm

February Winter Waltz

Join us for a fun Friday evening Social Dance!

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

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

www.lgsrecreation.org 408.354.1514

HANDS ONLY CPR/AED AND CHOKING RELIEF CLASS



**FREE
CLASS**

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



Compressions



AED



Choking

Los Gatos Saratoga Recreation

Thursday, Feb 16th

10:00am to 11:30am

Please RSVP with the 55+ Office by calling:

408-354-1514

Los Gatos Adult Center: 208 E. Main Street

24 students max



Training provided by:

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

1.31.23

AARP FOUNDATION TAX AIDE

***Schedule your appointment now
with the 55 Plus Office 408.354.1514**

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

AARP Foundation
For a future without senior poverty.



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

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

Funny Fabled Headlines

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

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



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!"

All Things Red

Use the clues to fill in the crossword.

ACROSS

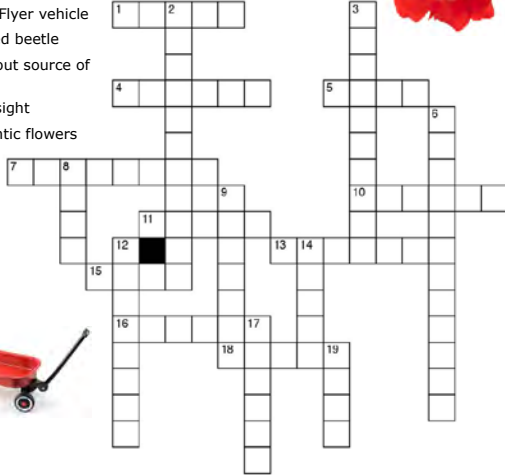
1. Opium flower
4. Sundae topper
5. Red planet
7. Bright red bird
10. Root veggie

ACROSS

1. Radio Flyer vehicle
13. Spotted beetle
15. Campout source of heat
16. Dusk sight
18. Romantic flowers

DOWN

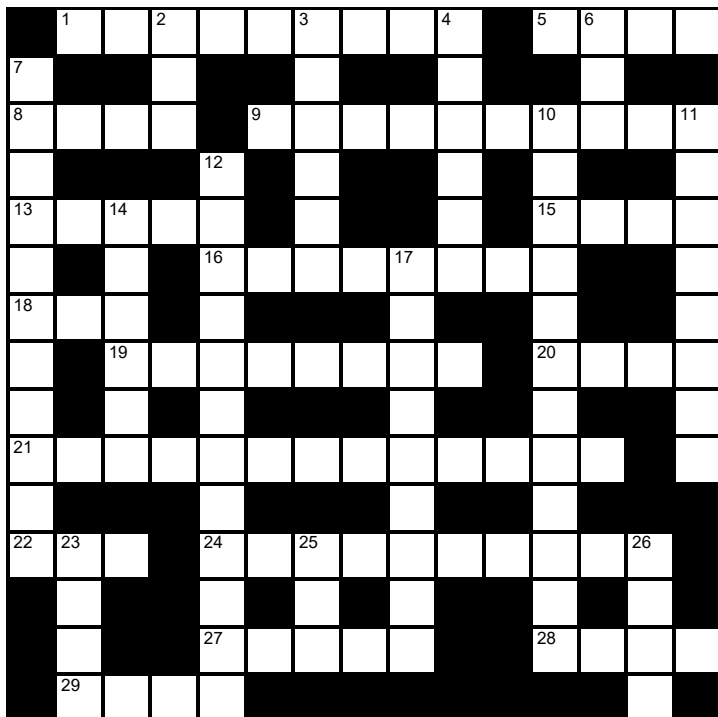
2. Many-seeded fruit
3. Shortcake's partner
6. Device to put out flames, fire _____
8. Red gemstone
9. Maine export, crustacean
12. Makeup item
14. Cider fruit
17. BLT ingredient
19. Street sign that is red



©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 Will take the microphone at the Orpheum Theatre in San Francisco to remix five hundred years of historical heartbreak into Euphoric Celebration of 21st century girl power. Join us to see why this musical has everyone "losing their head". After the show we will travel to the sea. Keeping to the theme, we will enjoy authentic English fish and chips at a British style pub in Pacifica.
- **April 13th – Oakland Zoo - \$70/\$80**
Oakland Zoo is home to over 850 native and exotic animals. Enjoy a beautiful spring day walking in the zoo. Take the gondola ride to soak in the city views. A picnic lunch will be provided. Your ticket includes transportation, zoo admission, and a picnic lunch!



Scan me



INFORMATION & RESOURCES FOR THE OLDER ADULT

LGS Recreation has provided this resource page to help connect older adults to services and information.

- | | |
|---|--|
| <ul style="list-style-type: none"> • 55 Plus Office - Available Services • Alzheimer's & Dementia • Assistive Technology • Caregiver Support • Funeral Arrangements • Housing | <ul style="list-style-type: none"> • 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!"

THE PRINT



March Feature

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

Sincerely, Lisanne Kennedy (Recreation Coordinator)



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

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

2March				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Be sure to check out upcoming Community Events listed on the Bulletin Board on page 6	55 Plus Social Dance Purchase your ticket in advance with the front office \$5 Members / \$10 Public https://bit.ly/3SI02Br *Light refreshments will be served	Game Day (Hall) 9:30AM-12:30PM <i>NEW TIME</i> Ping Pong (Rm 5) 10:00AM-12:00PM Art and Music Appreciation (Lounge) 12:00PM-1:00PM	Mexican Train (Hall) 10:00AM-12:00PM 55+ ZUMBA Gold (YRC Rm B) *Register \$5/Class 11:30AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM Current Event Group (Lounge) 1:30PM-3:00PM NUMU Special Event (NUMU) 5:00PM-8:00PM	Artist Workshop (Hall) 9:00AM-12:00PM Coffee Corner (Lounge) 10:00AM-11:30AM Ping Pong (Rm 5) 10:00AM-12:00PM BINGO (Hall) 11:30PM-1:00PM Stay Fit (Hall) 1:00PM-2:00PM Balance Awareness (Hall) 2:00PM-3:00PM SSC First Friday (The Palms Restaurant) \$15 4:00PM-5:30PM
6	7	8	9	10
AARP Tax Aide *Apt Required (Hall) 9:00AM-11:30AM St. Mary's Bridge (Rm 5) 10:00AM-1:30PM Wood Carving Group (Rm 206) 10:00AM-2:00PM Democracy Tent (Rm 3) 10:30AM-12:00PM Stay Fit (Hall) 1:00PM-2:00PM Our Democracy in Peril (Rm 3) 1:30PM-3:00PM Balance Awareness (Hall) 2:00PM-4:00PM Hand & Foot Canasta (Rm 5) 2:00PM-4:00PM	Tuesday Town Walk (Lounge) 9:15AM-11:00AM Mah Jongg (Hall) 10:00AM-12:30PM Super Scrabble (Rm 3) 10:00AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM	Game Day (Hall) 9:30AM-12:30PM <i>NEW TIME</i> Ping Pong (Rm 5) 10:00AM-12:00PM Women's Art Connection (Rm 3) 10:00AM-12:00PM Art and Music Appreciation (Lounge) 12:00PM-1:00PM Single Again (Rm 3) 12:30PM-2:30PM Reader's Theatre (Lounge) 3:00pm-5:00pm	Mexican Train (Hall) 10:00AM-12:00PM 55+ ZUMBA Gold (YRC Rm B) *Register \$5/Class 11:30AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM Current Event Group (Lounge) 1:30PM-3:00PM	Artist Workshop (Hall) 9:00AM-12:00PM Ping Pong (Rm 5) 10:00AM-12:00PM Stay Fit (Hall) 1:00PM-2:00PM Balance Awareness (Hall) 2:00PM-3:00PM Social Dance \$5 - Line Dancing with Mandi (Hall) 6:00PM-8:00PM
13	14	15	16	17
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

- **55 Plus ZUMBA Gold** - Instructor Kiana is back on land to teach this 10-week program. Join this easy-to-follow dance workout perfect for the active older adult. *Pre-registration required \$5/class.*
- **AARP Driver Safety** - 2 Day Course and 1 Day Refresher offered in person bi-monthly. Contact the 55 Plus Office to schedule an appointment.
- **AARP Tax Aide** - In person appointments will be available every Monday in February-April. Contact the 55 Plus Office in January to schedule an appointment.
- **Art and Music Appreciation** – Interactive class exploring and discussing influential artists and musicians followed by the West Valley College Instructor playing guitar and leading the group singing well-known songs. Participants are welcome to bring their own instruments in! *Sign up with the 55 Plus office required.*
- **Artist Workshop** - Open workspace. Bring in your materials and work on your individual projects with our welcoming community of artists. No formal instruction and all levels are welcome.
- **Balance Awareness** - Join Mary Ann Smith, a certified personal trainer, from West Valley College for this balance class. *Sign up with the 55 Plus office required.*
- **Book Club** - Meets on the 4th Tuesday of each month. Pick up the booklist from the 55+ Office.
- **Bingo** – Get out your dauber and get ready to have some fun! Join us monthly for prize BINGO.
- **Bunco** – May the dice be in your favor in this social, luck-based game. Sign up with the 55 Plus Office Required so tables can be arranged. 12 players (or more) needed!
- **Coffee Corner** – Join us Friday mornings in the lounge to chat and enjoy a hot cup of coffee.
- **Current Events** - Lively and informative discussions regarding local, state, national and world current events. Attendees are encouraged to bring topics that are important to them to discuss.
- **Democracy in Peril** -Take some. Leave some. Share some of what you take. That is capitalism. What say you???
- **Democracy Tent** - Nonpartisan. Discuss the most pressing issues in Los Gatos in an open environment to prompt understanding and change. Facilitators provide topics for discussion but are open to suggestions. Zoom access bit.ly/32MyTmx or meet in person.
- **Hand and Foot Canasta** – Calling all Canasta players! See the 55 Plus office for a list of rules and a description of play.
- **Jeopardy** - Put your thinking cap on and test your general knowledge on ever rotating topics. Come out to join our discussion and learn something new!
- **Magic Movie Tour** - Lights, Camera, Action! Join Sandy Decker each month for a movie, discussion, and fun facts about the world of cinema...and maybe some popcorn!
- **Mah Jongg** – Friendly American Mah Jongg players group. All levels are welcome. If you are interested in learning to play, please sign up with the 55 Plus office.
- **Needle Craft Corner** - Join other knitters, crocheters, cross-stitchers or hand-crafted project enthusiasts.
- **Pinochle** - Double Deck Pinochle. Experienced players only, no instruction.
- **Reader's Theater** – Read aloud modern and classic plays without having to memorize the lines! Sign up with the 55 Plus office required.
- **Scrabble** – The ultimate crossword game in which every letter counts! Contact the 55 Plus Office if you are interested in playing 55plus@lgsrecreation.org
- **Single Again... But Not By Choice** – For women who are widowed. Meet others who will understand and provide support in dealing with this life-changing transition.
- **Social Committee Meeting** - Volunteer opportunity. Help shape what programs, activities and socials are available through the 55 Plus program. Help plan and decorate for upcoming social events.
- **Stay Fit** – Join Mary Ann Smith, a certified personal trainer, from West Valley College for this chair-based exercise class. *Sign up with the 55 Plus office required.*
- **St. Mary's Bridge** – Looking for intermediate level bridge players interested in subbing. *Sign up required, inquire with 55 Plus office.*
- **Tech with Teens** - Bring your devices and questions on the 3rd Thursday of each month. Our knowledgeable high school volunteers are available to assist you with tech support.
- **Tuesday Town Walkers** - Get Moving! Walk to local areas at your own pace, socialize and explore Los Gatos.
- **Wednesday Game Day** - Bridge and Canasta. Come join our friendly group. To reserve your spot, please contact Lianne 408.596.6813 or 55plus@lgsrecreation.org
- **Women's Artist Connection** – Share examples of your artwork in a friendly and non-judgmental atmosphere. Please bring 2 examples of your artwork (painting, drawing, collage, photography, poetry, etc.)
- **Wood Carving** – Turn plain pieces of wood into objects of art. Open to beginners and experienced carvers alike. Group helps mentor all levels of carvers to improve your skills. Pop in to check out what projects they are working on...)

Live Oak Nutrition

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

55 PLUS GUEST SPEAKER MARCH LINE UP:

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

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

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



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

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



Coming in the Spring:

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

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

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

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

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

CINELUX THEATRES LOS GATOS LOCATION - NOW OPEN

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

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

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



DEMOCRACY TENT

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

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

ZOOM: bit.ly/3J1GpMM

Upcoming Democracy Tent Guest:

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

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

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

MORE INFO - www.LGDemocracyTent.org



Social Dance

Friday, 3/10

6:00PM-8:00PM

Friday Night Line Dance

Join us for a fun Friday evening Social Dance!

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

Price for 55 Plus Members is \$5, for non-members \$10.

Call 408-354-1514 to inquire about membership.

Max 50 participants to ensure enough dance space!

**please note this is an alcohol-free event*

SCAN ME



www.lgsrecreation.org 408.354.1514

FALL PREVENTION & WELLNESS RESOURCES

FREE, In-Person Class

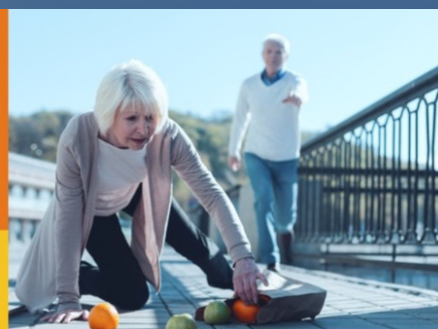
Wed, March 29th 12:15pm - 1:30pm

208 E. Main Street, Adult Center

Register for free: bit.ly/3J1F8W0

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

FALL
PREVENTION



AARP FOUNDATION TAX AIDE

***Schedule your appointment now
with the 55 Plus Office 408.354.1514**

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

AARP Foundation
For a future without senior poverty.

SCAN ME



55 Plus Program
DONATION



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

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

What Comes Next?

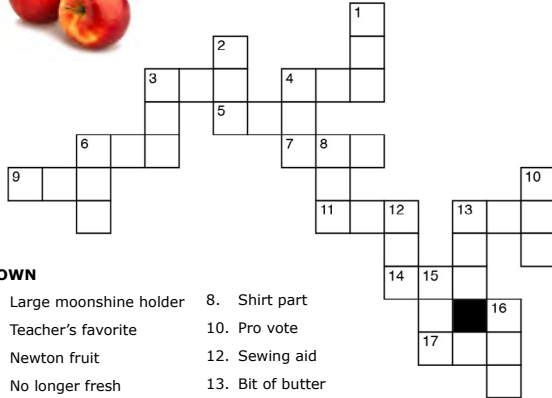
Can you figure out the letter or number patterns and determine what comes next?

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



The Big Three

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



ACROSS

- Service charge
- Large
- Herbal brew
- Cabin component
- River barrier
- Animal park
- Atlas page
- Dessert choice
- Tennis court divider
- Gal's date



DOWN

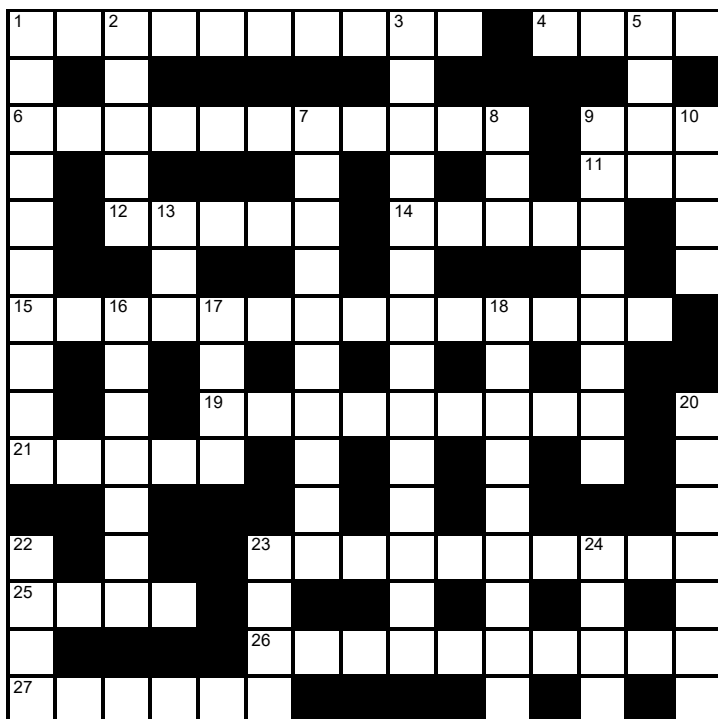
- Large moonshine holder
- Teacher's favorite
- Newton fruit
- No longer fresh
- The opposite of high
- Shirt part
- Pro vote
- Sewing aid
- Bit of butter
- Breakfast food
- Hair coloring

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©ActivityConnection.com

Crossword #15

Use the clues to fill in the crossword.



Crossword #15

(clues)

Across

- Vanishes
- Mud dauber or yellow jacket
- Lab tools
- "The Eagle ____ landed."
- Cousin of an ostrich
- Number of dwarfs in *Snow White*
- "Come in!"
- Forms of marketing
- Drawing air into the lungs
- Captains lead them
- Origins
- Folklore fiend
- Novel creations
- ____ cake (carnival treat)

Down

- This party's symbol is a blue donkey.
- Knitted foot warmers
- Congressman or congresswoman
- Tailor's line
- Faith in one's own abilities
- Habitual drinker
- Birthright
- Water pit
- The hole of a needle
- Pickling medium
- Barbecue fare
- Get rid of completely
- Get by
- A real howler
- 212°F (100°C)
- 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 | • Legal |
| • Alzheimer's & Dementia | • LGBTQ+ |
| • Assistive Technology | • Meals & Nutrition |
| • Caregiver Support | • Mental Health |
| • Funeral Arrangements | • State/Federal Resources & Local Health Organizations |
| • Housing | • 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!"



January Feature

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

Sincerely, Lisanne Kennedy (Recreation Coordinator)



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	3	4	5
	Tuesday Town Walk (Lounge) 9:15AM-11:00AM Mah Jongg (Hall) 10:00AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM	Game Day (Hall) 9:00AM-12:00PM Ping Pong (Rm 5) 10:00AM-12:00PM	Mexican Train (Hall) 10:00AM-12:00PM Birthday Card Crew (Rm 2) 1:00PM-3:00PM Pinochle (Rm 5) 1:00PM-4:30PM Current Event Group (Lounge) 1:30PM-3:00PM	Artist Workshop (Hall) 9:00AM-12:00PM Ping Pong (Rm 5) 10:00AM-12:00PM First Friday (ARC - Hall) 6:00PM-8:00PM Celebrate the New Year in Style Live Music, Appetizers, Drink Ticket and Champagne Toast \$15 at the Door, Ages 55+
9	10	11	12	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

- **55 Plus ZUMBA Gold** - Instructor Kiana is back on land to teach this 10-week program. Join this easy-to-follow dance workout perfect for the active older adult. *Pre-registration required \$5/class.*
- **AARP Driver Safety** - 2 Day Course and 1 Day Refresher offered in person bi-monthly. Contact the 55 Plus Office to schedule an appointment.
- **AARP Tax Aide** - In person appointments will be available every Monday in February-April. Contact the 55 Plus Office in January to schedule an appointment.
- **Art and Music Appreciation** - Interactive class exploring and discussing influential artists and musicians followed by the West Valley College Instructor playing guitar and leading the group singing well-known songs. Participants are welcome to bring their own instruments in! *Sign up with the 55 Plus office required.*
- **Armchair Traveler** - Each month we discuss and virtually travel to a new far-off destination.
- **Artist Workshop** - Open workspace. Bring in your materials and work on your individual projects with our welcoming community of artists. No formal instruction and all levels are welcome.
- **Balance Awareness** - Join Mary Ann Smith, a certified personal trainer, from West Valley College for this balance class. *Sign up with the 55 Plus office required.*
- **Book Club** - Meets on the 4th Tuesday of each month. Pick up the booklist from the 55+ Office.
- **Bingo** - Get out your dauber and get ready to have some fun! Join us monthly for prize BINGO.
- **Bunco** - May the dice be in your favor in this social, luck-based game. Sign up with the 55 Plus Office Required so tables can be arranged. 12 players (or more) needed!
- **Coffee Corner** - Join us Friday mornings in the lounge to chat and enjoy a hot cup of coffee.
- **Current Events** - Lively and informative discussions regarding local, state, national and world current events. Attendees are encouraged to bring topics that are important to them to discuss.
- **Democracy in Peril** - Take some. Leave some. Share some of what you take. That is capitalism. What say you???
- **Democracy Tent** - Nonpartisan. Discuss the most pressing issues in Los Gatos in an open environment to prompt understanding and change. Facilitators provide topics for discussion but are open to suggestions. Zoom access bit.ly/32MyTmx or meet in person.
- **Hand and Foot Canasta** - Calling all Canasta players! See the 55 Plus office for a list of rules and a description of play.
- **Jeopardy** - Put your thinking cap on and test your general knowledge on ever rotating topics. Come out to join our discussion and learn something new!
- **Magic Movie Tour** - Lights, Camera, Action! Join Sandy Decker each month for a movie, discussion, and fun facts about the world of cinema...and maybe some popcorn!
- **Mah Jongg** - Friendly American Mah Jongg players group. All levels are welcome. If you are interested in learning to play, please sign up with the 55 Plus office.
- **Needle Craft Corner** - Join other knitters, crocheters, cross-stitchers or hand-crafted project enthusiasts.
- **Pinochle** - Double Deck Pinochle. Experienced players only, no instruction.
- **Reader's Theater** - Read aloud modern and classic plays without having to memorize the lines! Sign up with the 55 Plus office required.
- **Single Again... But Not By Choice** - For women who are widowed. Meet others who will understand and provide support in dealing with this life-changing transition.
- **Social Committee Meeting** - Volunteer opportunity. Help shape what programs, activities and socials are available through the 55 Plus program. Help plan and decorate for upcoming social events.
- **Stay Fit** - Join Mary Ann Smith, a certified personal trainer, from West Valley College for this chair-based exercise class. *Sign up with the 55 Plus office required.*
- **St. Mary's Bridge** - Looking for intermediate level bridge players interested in subbing. *Sign up required, inquire with 55 Plus office.*
- **Tech with Teens** - Bring your devices and questions on the 3rd Thursday of each month. Our knowledgeable high school volunteers are available to assist you with tech support.
- **Tuesday Town Walkers** - Get Moving! Walk to local areas at your own pace, socialize and explore Los Gatos.
- **Wednesday Game Day** - Bridge, Scrabble and Canasta. Come join our friendly group. To reserve your spot, please contact Lisanne 408.596.6813 or 55plus@lgsrecreation.org
- **Women's Artist Connection** - Share examples of your artwork in a friendly and non-judgmental atmosphere. Please bring 2 examples of your artwork (painting, drawing, collage, photography, poetry, etc.)

Live Oak Nutrition

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



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

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

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

Book Club Selections for 2023

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

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

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

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

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

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

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

7/25 - Mercy by David Baldacci, 402 pages

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

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

10/24- Book Club Social and 2024 Book Selection

January Guest Speaker & Luncheon - Melette, P.A. from Next Chapter

**Senior Transitions
Thursday January 19th**

12:00PM-12:45PM

ARC - Large Hall

Please RSVP for this event as space is limited and lunch will be provided. Learn tips and tricks for increasing your safety and strength while still living at home independently as well as guidance identifying when you might consider transitioning to a senior community. Making a plan before you need a plan reduces uncertainties and increases the chances you'll thrive in your senior years. Come find out more! After spending decades as a PA assessing, treating and advocating for patients in the emergency room, senior communities and private homes throughout Silicon Valley, Melette now assists people considering senior care communities for themselves or loved ones. For more information on Next Chapter visit www.nextchapterseniors.com

55 Plus Zumba Gold

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

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

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



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

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

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

*Please note this is an alcohol-free event.

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

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

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

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

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

Changing Digits

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

578 → 571
 672 → 572
 513 → 573

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

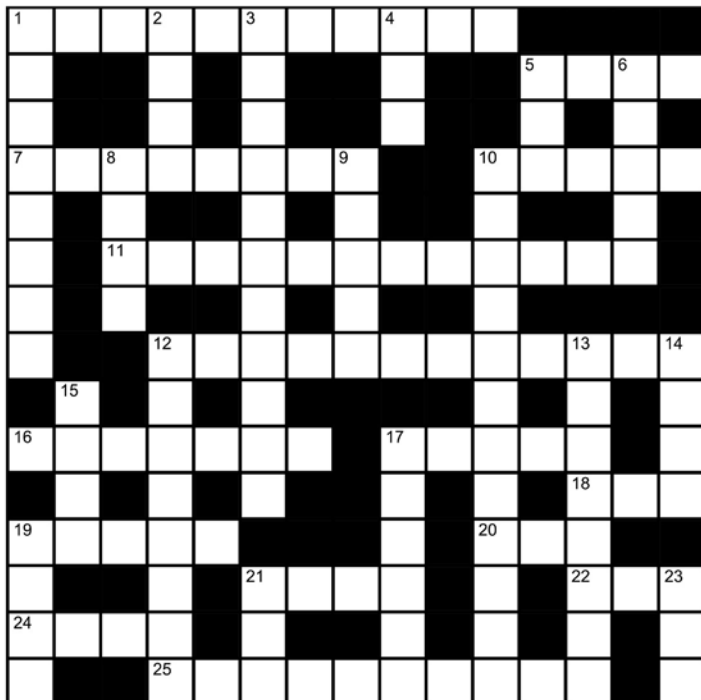
1. **6**53 _____
2. 69**6** _____
3. 295 _____
4. 616 _____
5. 797 _____
6. 694 _____
7. 629 _____
8. 740 _____
9. 301 _____
10. 708 _____



©ActivityConnection.com

Crossword #13

Use the clues to fill in the crossword.



©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

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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/losगतoscalibrary/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/losगतoscalibrary/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.

- | | |
|---|--|
| <ul style="list-style-type: none"> • 55 Plus Office - Available Services • Alzheimer's & Dementia • Assistive Technology • Caregiver Support • Funeral Arrangements • Housing | <ul style="list-style-type: none"> • 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 PRINT



February Feature

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

Sincerely, Lisanne Kennedy (Recreation Coordinator)



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		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
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	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 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 Hands Only CPR/AED and Choking Relief Class *RSVP (Large Hall) 10:00AM-11:30AM Pinochle (Rm 5) 1:00PM-4:30PM Current Event Group (Lounge) 1:30PM-3:00PM Tech with Teens (Rm 3) 3:00PM-4:00PM AARP Driver Safety Refresher (Rm 214) 12:00PM-4:30PM	Artist Workshop (Hall) 9:00AM-12:00PM Coffee Corner (Lounge) 10:00AM-11:30AM Ping Pong (Rm 5) 10:00AM-12:00PM Bingo (Hall) 12:30PM-2:00PM Stay Fit (Hall) 1:00PM-2:00PM Balance Awareness (Hall) 2:00PM-3:00PM
20	21	22	23	24
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27	28			
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	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 Book Club (Lounge) 12:00PM-1:30PM	RSVP for 2/16 Hands Only CPR and Choking Relief Class or Tech with Teens with the 55 Plus Office Sign up for the Santa Clara County Fire Department - Crime Prevention & Home Fire Safety @10:00AM-11:30AM online http://bit.ly/3Y2fxBj	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	AARP Tax Aide Schedule Appointment with the 55 Plus Office From 2/6-4/7 @ 9:00AM or 10:30AM Health Insurance Counselling and Advocacy (HICAP) Representative Available 2/7 Schedule Appointment with the 55 Plus Office

- **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.
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- **Art and Music Appreciation** - Interactive class exploring and discussing influential artists and musicians followed by the West Valley College Instructor playing guitar and leading the group singing well-known songs. Participants are welcome to bring their own instruments in! *Sign up with the 55 Plus office required.*
- **Armchair Traveler** - Each month we discuss and virtually travel to a new far-off destination.
- **Artist Workshop** - Open workspace. Bring in your materials and work on your individual projects with our welcoming community of artists. No formal instruction and all levels are welcome.
- **Balance Awareness** - Join Mary Ann Smith, a certified personal trainer, from West Valley College for this balance class. *Sign up with the 55 Plus office required.*
- **Book Club** - Meets on the 4th Tuesday of each month. Pick up the booklist from the 55+ Office.
- **Bingo** - Get out your dauber and get ready to have some fun! Join us monthly for prize BINGO.
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- **Coffee Corner** - Join us Friday mornings in the lounge to chat and enjoy a hot cup of coffee.
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- **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.
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- **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.
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- **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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- **St. Mary's Bridge** - Looking for intermediate level bridge players interested in subbing. *Sign up required, inquire with 55 Plus office.*
- **Tech with Teens** - Bring your devices and questions on the 3rd Thursday of each month. Our knowledgeable high school volunteers are available to assist you with tech support.
- **Tuesday Town Walkers** - Get Moving! Walk to local areas at your own pace, socialize and explore Los Gatos.
- **Wednesday Game Day** - Bridge, Scrabble and Canasta. Come join our friendly group. To reserve your spot, please contact Lisanne 408.596.6813 or 55plus@lgsrecreation.org
- **Women's Artist Connection** - Share examples of your artwork in a friendly and non-judgmental atmosphere. Please bring 2 examples of your artwork (painting, drawing, collage, photography, poetry, etc.)
- **Wood Carving** - Turn plain pieces of wood into objects of art. Open to beginners and experienced carvers alike. Group helps mentor all levels of carvers to improve your skills. Pop in to check out what projects they are working on...)

Live Oak Nutrition

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

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

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



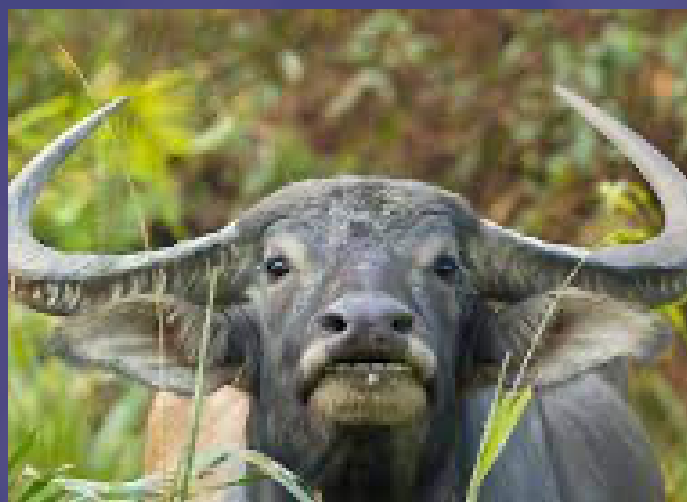
READERS THEATER 2ND WEDNESDAY OF THE MONTH @ 3:00 PM

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

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

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

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



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

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



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

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

LGS Recreation
55+

Social Dance

Friday, 2/10
6pm-8pm

February Winter Waltz

Join us for a fun Friday evening Social Dance!

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

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

www.lgsrecreation.org 408.354.1514

HANDS ONLY CPR/AED AND CHOKING RELIEF CLASS



**FREE
CLASS**

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



Compressions



AED



Choking

Los Gatos Saratoga Recreation

Thursday, Feb 16th

10:00am to 11:30am

Please RSVP with the 55+ Office by calling:

408-354-1514

Los Gatos Adult Center: 208 E. Main Street

24 students max



Training provided by:

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

1.31.23

AARP FOUNDATION TAX AIDE

***Schedule your appointment now
with the 55 Plus Office 408.354.1514**

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

AARP Foundation
For a future without senior poverty.



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

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

Funny Fabled Headlines

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

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

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!"



All Things Red

Use the clues to fill in the crossword.

ACROSS

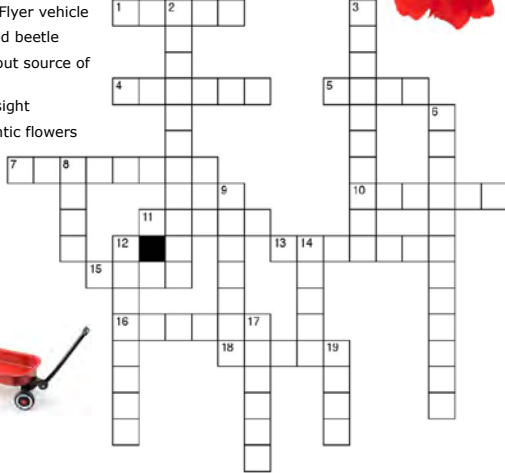
1. Opium flower
4. Sundae topper
5. Red planet
7. Bright red bird
10. Root veggie

ACROSS

1. Radio Flyer vehicle
13. Spotted beetle
15. Campout source of heat
16. Dusk sight
18. Romantic flowers

DOWN

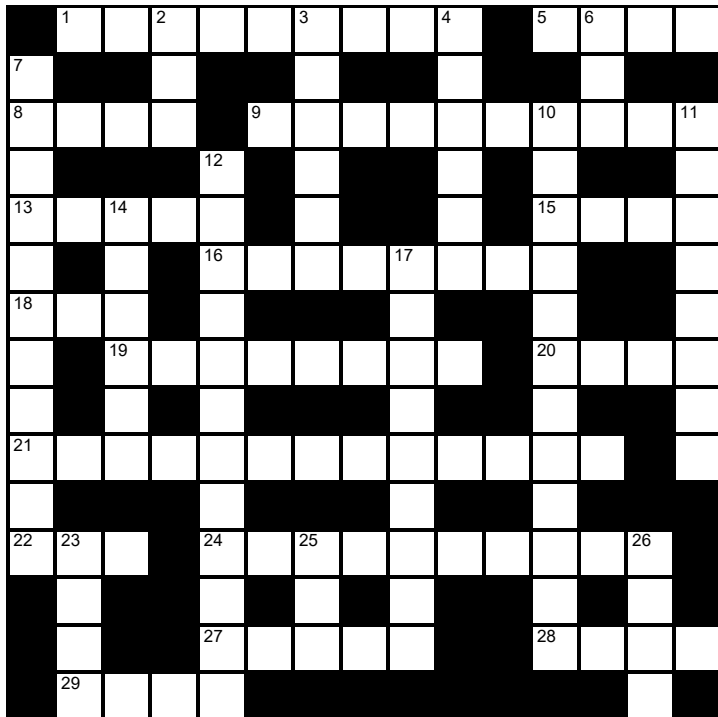
2. Many-seeded fruit
3. Shortcake's partner
6. Device to put out flames, fire _____
8. Red gemstone
9. Maine export, crustacean
12. Makeup item
14. Cider fruit
17. BLT ingredient
19. Street sign that is red



©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 Will take the microphone at the Orpheum Theatre in San Francisco to remix five hundred years of historical heartbreak into Euphoric Celebration of 21st century girl power. Join us to see why this musical has everyone "losing their head". After the show we will travel to the sea. Keeping to the theme, we will enjoy authentic English fish and chips at a British style pub in Pacifica.
- **April 13th – Oakland Zoo - \$70/\$80**
 Oakland Zoo is home to over 850 native and exotic animals. Enjoy a beautiful spring day walking in the zoo. Take the gondola ride to soak in the city views. A picnic lunch will be provided. Your ticket includes transportation, zoo admission, and a picnic lunch!



INFORMATION & RESOURCES FOR THE OLDER ADULT

LGS Recreation has provided this resource page to help connect older adults to services and information.

- **55 Plus Office - Available Services**
- **Alzheimer's & Dementia**
- **Assistive Technology**
- **Caregiver Support**
- **Funeral Arrangements**
- **Housing**
- **Legal**
- **LGBTQ+**
- **Meals & Nutrition**
- **Mental Health**
- **State/Federal Resources & Local Health Organizations**
- **Transportation, Mobile Car Care and Driver Safety**



Visit the 55+ Office in Person for more information on programs and services for seniors!
 Adult Recreation Center
 123 East Main Street, Los Gatos, 95030
55plus@lgsrecreation.org

LGS Recreation does not endorse, guarantee, represent, or warrant any of the agencies or information provided by a third party.

www.lgsrecreation.org/55-plus/hub

408.354.1514



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



"Building a healthy community through enrichment, innovation and fun!"

THE PRINT



March Feature

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

Sincerely, Lisanne Kennedy (Recreation Coordinator)



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

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

2March				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Be sure to check out upcoming Community Events listed on the Bulletin Board on page 6	55 Plus Social Dance Purchase your ticket in advance with the front office \$5 Members / \$10 Public https://bit.ly/3SI02Br *Light refreshments will be served	Game Day (Hall) 9:30AM-12:30PM <i>NEW TIME</i> Ping Pong (Rm 5) 10:00AM-12:00PM Art and Music Appreciation (Lounge) 12:00PM-1:00PM	Mexican Train (Hall) 10:00AM-12:00PM 55+ ZUMBA Gold (YRC Rm B) *Register \$5/Class 11:30AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM Current Event Group (Lounge) 1:30PM-3:00PM NUMU Special Event (NUMU) 5:00PM-8:00PM	Artist Workshop (Hall) 9:00AM-12:00PM Coffee Corner (Lounge) 10:00AM-11:30AM Ping Pong (Rm 5) 10:00AM-12:00PM BINGO (Hall) 11:30PM-1:00PM Stay Fit (Hall) 1:00PM-2:00PM Balance Awareness (Hall) 2:00PM-3:00PM SSC First Friday (The Palms Restaurant) \$15 4:00PM-5:30PM
6	7	8	9	10
AARP Tax Aide *Apt Required (Hall) 9:00AM-11:30AM St. Mary's Bridge (Rm 5) 10:00AM-1:30PM Wood Carving Group (Rm 206) 10:00AM-2:00PM Democracy Tent (Rm 3) 10:30AM-12:00PM Stay Fit (Hall) 1:00PM-2:00PM Our Democracy in Peril (Rm 3) 1:30PM-3:00PM Balance Awareness (Hall) 2:00PM-4:00PM Hand & Foot Canasta (Rm 5) 2:00PM-4:00PM	Tuesday Town Walk (Lounge) 9:15AM-11:00AM Mah Jongg (Hall) 10:00AM-12:30PM Super Scrabble (Rm 3) 10:00AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM	Game Day (Hall) 9:30AM-12:30PM <i>NEW TIME</i> Ping Pong (Rm 5) 10:00AM-12:00PM Women's Art Connection (Rm 3) 10:00AM-12:00PM Art and Music Appreciation (Lounge) 12:00PM-1:00PM Single Again (Rm 3) 12:30PM-2:30PM Reader's Theatre (Lounge) 3:00pm-5:00pm	Mexican Train (Hall) 10:00AM-12:00PM 55+ ZUMBA Gold (YRC Rm B) *Register \$5/Class 11:30AM-12:30PM Pinochle (Rm 5) 1:00PM-4:30PM Current Event Group (Lounge) 1:30PM-3:00PM	Artist Workshop (Hall) 9:00AM-12:00PM Ping Pong (Rm 5) 10:00AM-12:00PM Stay Fit (Hall) 1:00PM-2:00PM Balance Awareness (Hall) 2:00PM-3:00PM Social Dance \$5 - Line Dancing with Mandi (Hall) 6:00PM-8:00PM
13	14	15	16	17
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20	21	22	23	24
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27	28	29	30	31
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- **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 Lianne 408.596.6813 or 55plus@lgsrecreation.org
- **Women's Artist Connection** – Share examples of your artwork in a friendly and non-judgmental atmosphere. Please bring 2 examples of your artwork (painting, drawing, collage, photography, poetry, etc.)
- **Wood Carving** – Turn plain pieces of wood into objects of art. Open to beginners and experienced carvers alike. Group helps mentor all levels of carvers to improve your skills. Pop in to check out what projects they are working on...)

Live Oak Nutrition

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

55 PLUS GUEST SPEAKER MARCH LINE UP:

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

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

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



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

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



Coming in the Spring:

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

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

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

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

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

CINELUX THEATRES LOS GATOS LOCATION - NOW OPEN

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

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

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



DEMOCRACY TENT

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

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

ZOOM: bit.ly/3J1GpMM

Upcoming Democracy Tent Guest:

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

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

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

MORE INFO - www.LGDemocracyTent.org



Social Dance

Friday, 3/10

6:00PM-8:00PM

Friday Night Line Dance

Join us for a fun Friday evening Social Dance!

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

Price for 55 Plus Members is \$5, for non-members \$10.

Call 408-354-1514 to inquire about membership.

Max 50 participants to ensure enough dance space!

**please note this is an alcohol-free event*

SCAN ME



www.lgsrecreation.org 408.354.1514

FALL PREVENTION & WELLNESS RESOURCES

FREE, In-Person Class

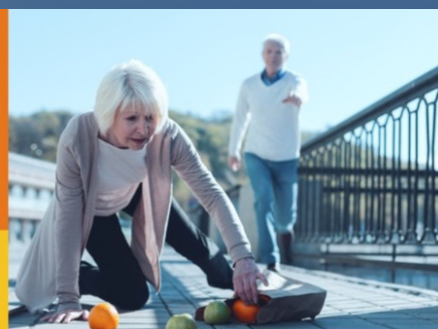
Wed, March 29th 12:15pm - 1:30pm

208 E. Main Street, Adult Center

Register for free: bit.ly/3J1F8W0

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

FALL PREVENTION



AARP FOUNDATION TAX AIDE

***Schedule your appointment now with the 55 Plus Office 408.354.1514**

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

AARP Foundation
For a future without senior poverty.

SCAN ME



55 Plus Program
DONATION



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

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

What Comes Next?

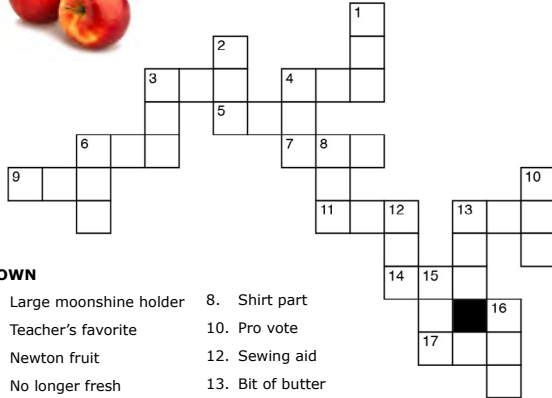
Can you figure out the letter or number patterns and determine what comes next?

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



The Big Three

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



ACROSS

- Service charge
- Large
- Herbal brew
- Cabin component
- River barrier
- Animal park
- Atlas page
- Dessert choice
- Tennis court divider
- Gal's date



DOWN

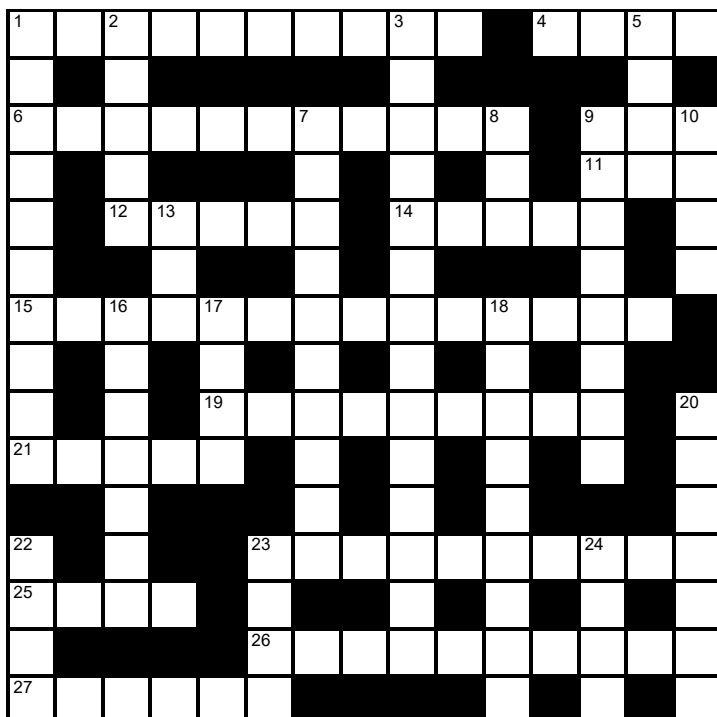
- Large moonshine holder
- Teacher's favorite
- Newton fruit
- No longer fresh
- The opposite of high
- Shirt part
- Pro vote
- Sewing aid
- Bit of butter
- Breakfast food
- Hair coloring

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Crossword #15

Use the clues to fill in the crossword.



Crossword #15

(clues)

Across

- Vanishes
- Mud dauber or yellow jacket
- Lab tools
- "The Eagle ____ landed."
- Cousin of an ostrich
- Number of dwarfs in *Snow White*
- "Come in!"
- Forms of marketing
- Drawing air into the lungs
- Captains lead them
- Origins
- Folklore fiend
- Novel creations
- ____ cake (carnival treat)

Down

- This party's symbol is a blue donkey.
- Knitted foot warmers
- Congressman or congresswoman
- Tailor's line
- Faith in one's own abilities
- Habitual drinker
- Birthright
- Water pit
- The hole of a needle
- Pickling medium
- Barbecue fare
- Get rid of completely
- Get by
- A real howler
- 212°F (100°C)
- 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 | • Legal |
| • Alzheimer's & Dementia | • LGBTQ+ |
| • Assistive Technology | • Meals & Nutrition |
| • Caregiver Support | • Mental Health |
| • Funeral Arrangements | • State/Federal Resources & Local Health Organizations |
| • Housing | • 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 schedule 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



LGS | Recreation

Los Gatos-Saratoga Community Education & Recreation
123 East Main Street, Los Gatos, CA 95030
Phone: (408)354-8700 www.lgsrecreation.org

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

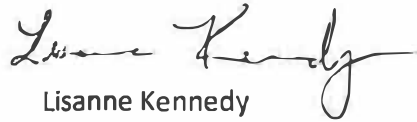
space to serve the community; the Town lease and associated programs are an unnatural arrangement that can no longer be supported.

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



Los Gatos-Saratoga Community Education & Recreation
123 East Main Street, Los Gatos, CA 95030
Phone: (408)354-8700 www.lgsrecreation.org

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 	<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). 	<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	<ul style="list-style-type: none"> *Research and allocate funds to expand and add 	<ul style="list-style-type: none"> -Have Activity Leader complete SAIL training (Stay Active and 	

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 	<p>Live Oak Adult Day Center</p> <ul style="list-style-type: none"> -Refer to meal services in HUB resources -SJSU Nursing Students
PROJECT S2 Support Re-establishment of Adult Day Services	-Case manager/Social Worker to facilitate caregiver support group	-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	Social Worker/Case Manager to refer people to other core services in town and county	-Rec Coordinator to build relationships with other service providers and attend relevant meetings.	
PROJECT S4 Expand Use of Parks and Facilities by Older Adults	-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	Social Worker/ Case Manager Position to be present full time in ARC to support individuals and families	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	-Case Manager/Social Worker able to help direct seniors or help them fill out necessary applications and relay reoccurring concerns to	-55 Plus staff to connect seniors with resources	-Resources on HUB

	<p>Town Counsel, CHSSC or SSC.</p> <p>-Case Manager to help people apply for VTA/RIDE.</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)	<p>-Host a Volunteer Fair at the ARC for LGS Rec and other Community Groups</p> <p>-Host a Volunteer Appreciation lunch for ~20 volunteers and volunteer facilitators.</p> <p>-Continue hosting monthly Volunteer Committee Meetings to present 55+ opportunities.</p> <p>-Build relationship with LGHS for ongoing student volunteers and</p>	<p>-Continue efforts with 55+ Volunteer groups to support in house and community events.</p> <p>-Continue working with Volunteer Facilitators to Run Programs.</p>
V2: Recruit and Build a Volunteer Community with the Ad Hoc Task Force			
V3: Establish a Volunteer Corps			

		intergenerational programs. -Establish work tasks within 55 Plus for volunteers in the community seeking options. -Engage and collaborate with local Volunteer groups (Kiwanis, Lions, Rotary)	
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: 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.			

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	483,839	325,447	184,973
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
Ovehead Allocation	116,515	93,884	36,128
Total Operating Expenses	680,866	501,043	251,433

**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**

The purpose of this document is to provide a final update regarding 55 Plus Program activity following the ARPA Grant received in September 2021 through December 2022.

Fiscal Update

Los Gatos Saratoga Recreation, and specifically the 55 Plus Program, greatly appreciate the ARPA grant opportunity and the continued support of the Town of Los Gatos Council, the Community Health and Senior Services Commission, and the Senior Services Committee. This commitment of resources has aided our efforts in restoring pre-pandemic services.

Expenses funded by the ARPA grant (vendor invoices, compensation, benefits) are recorded to our financial system (Intacct) with the project ID "ARPA2122". An Intacct report built to filter and present, based on a user entered date range, those expenses recorded to that Project ID is reviewed to ensure accuracy and completeness. Compensation and benefits are allocated as described in the grant application. Invoices are then provided to the Town of Los Gatos.

- As of December 31st, 2022, the full grant amount of \$328,500 has been assigned to the following ARPA funded categories.

Category	Funds Awarded	Assigned *As of 12/31	Variance
Compensation and Benefits	\$275,037	\$285,102	(\$10,065)
Recall Compensation Allocations <ul style="list-style-type: none">• Recreation Coordinator - 0.5, Recreation Manager - 0.25, Office Tech 1,2,3 - 0.5, Executive Director & Finance Director – hourly Additions: <ul style="list-style-type: none">• 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: <ul style="list-style-type: none">• 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)
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.			

Marketing or the publication of the 55 Plus newsletter The PRINT was not funded by the ARPA Grant. Our monthly newsletter has increased from 4 to 8 pages from the beginning of 2022. This is our key communication tool with both members and the community.

The PRINT – Monthly Newsletter

Associated Costs

Supply Costs *toner/ink, paper	\$2,685
Staffing Costs: *Rec Coordinator – planning of calendar of events and content, writing content, editing, electronic distribution and physical distribution *Coordinator of Marketing and Promotions – input content, formatting, printing & website distribution *Recreation Manager and Office Technician Edit	\$21, 165
ANNUAL TOTAL	\$23,850

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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55 Plus Program Statistics from January 2022-December 31, 2022

Participants sign in for programs. These numbers are then tracked by the Recreation Coordinator and Activity Leader to better monitor participation. Please note, these metrics include programs and events as well as phone calls and drop-in visits to the 55 Plus Office.

Month	Total # Programs/ Services Offered	Total Participant Encounters	Total Members	Notes: New Members & Program Highlights
January	57	313	335	2021 Members given 2022 Membership 31 New Members (not including rollovers) *COVID 19 Omicron Variant impacted programs)
February	84	607	363	28 New Members (not including rollovers)
March	119	846	393	35 New Members
April	122	924	441	48 New Members *Art Theme: Workshops with guest teachers & Mural Project *ARC Bar (85 ppl) & NUMU Tour
May	126	817	475	34 New Members *Music and Dance Theme with 4 special programs *Mother's Day Social (45 ppl)
June	130	968	527	52 New Members *Vasona Boating Picnic Day (20 ppl), Summer Art Series, Water Workout
July	129	1173	563	36 New Members *Annual Summer Picnic (180 ppl), Social Dance (50 ppl), Adult Day Trips returned
August	128	1059	602	39 New Members * Social Dance, BINGO, BUNCO, Social Committee for in-house volunteers
September	125	1043	628	26 New Members *Zumba classes began
October	124	1105	654	24 New Members

				*Halloween Monster Mash & Country and Western Line Dance Social
November	61	827	704	50 New Members *New flooring in ARC disrupted programs and closure *Thanksgiving Lunch serving 150 meals, Veterans Day Ceremony
December	62	595	730	26 New Members *New flooring in ARC disrupted programs and Holiday closure *Christmas Morning Social
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.

Title	Participants	Estimated Cost of Delivery	Fee to Attend
Annual Summer Picnic	200	\$3800 Rental Furniture \$175 LG Lawn Permit \$1200 Catered Sandwiches \$1500 Supplies, Sides and Beverages \$650 Entertainment --- \$7,325 Total + Staff Costs and Volunteer Support (coordinate event, coordinate volunteers, purchase supplies, hire entertainment, advertise, day of set up, serving, clean up, etc.)	Typically, no fee to attend – Member Appreciation
Thanksgiving Luncheon	150 +leftovers donated to Live Oak Nutrition	\$2378 Catered Food \$430 Beverages/Supplies/Dessert \$200 Entertainment --- \$3008 Total +Staff Costs and Volunteer Support	Canned food item to be donated
Mother's Day High Tea	50	\$200 Art Supplies/Instructor \$322 Supplies/Food --- \$522 Total + Staff Costs	No Fee

Christmas Morning Social	50	\$210 Food and Supplies + Staff Costs	No Fee
Monthly Social Dances	35-50	\$200 Instructor \$150 Food & Beverages (Non-Alcoholic) \$200-400 Entertainment (depending on DJ/band) --- \$350-750/event Total +Staff Costs	\$5 for members \$10 for public

Ongoing Programs – Top 5 Attended 55 Plus Programs in 2022

Title	Participants	Frequency	Estimated Cost of Delivery	Fee to Attend
Game Day	Avg. 48	Weekly	\$330 Facilitator \$72 Activity Leader \$402 + Coffee Supplies & Material Fees (Cards, Scorepads, etc.) + Additional Staff Costs for set up/take down and coordination	\$5 donation at the door
Zumba Gold	24 participants (full class)	Weekly	\$75 for instructor each class +Staff to coordinate	\$5/class
WVC Fitness Classes (Balance Awareness and Stay Fit)	15-20 participants	Twice a week	Staff costs to coordinate with WVC and manage class roster	No Fee
Tuesday Town Walk	10-18 participants	Weekly	Volunteer Facilitator	No Fee
Players Groups: Pinochle, St. Mary's Bridge, Mexican Train, Mah Jongg,	6-12 Participants each group	Weekly or Twice a Week	Staff to coordinate Material fees Volunteer Leaders	No Fee

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>NOTE: comments along the lines of “when Lianne took leadership” coincide with ARPA grant funding being received and utilized. Participants recognize the increase in staffing, programs, and communication.</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 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

The purpose of this document is to provide a final update regarding 55 Plus Program activity following the ARPA Grant received in September 2021 through December 2022.

Fiscal Update

Los Gatos Saratoga Recreation, and specifically the 55 Plus Program, greatly appreciate the ARPA grant opportunity and the continued support of the Town of Los Gatos Council, the Community Health and Senior Services Commission, and the Senior Services Committee. This commitment of resources has aided our efforts in restoring pre-pandemic services.

Expenses funded by the ARPA grant (vendor invoices, compensation, benefits) are recorded to our financial system (Intacct) with the project ID "ARPA2122". An Intacct report built to filter and present, based on a user entered date range, those expenses recorded to that Project ID is reviewed to ensure accuracy and completeness. Compensation and benefits are allocated as described in the grant application. Invoices are then provided to the Town of Los Gatos.

- As of December 31st, 2022, the full grant amount of \$328,500 has been assigned to the following ARPA funded categories.

Category	Funds Awarded	Assigned *As of 12/31	Variance
Compensation and Benefits	\$275,037	\$285,102	(\$10,065)
Recall Compensation Allocations <ul style="list-style-type: none"> • Recreation Coordinator - 0.5, Recreation Manager - 0.25, Office Tech 1,2,3 - 0.5, Executive Director & Finance Director – hourly Additions: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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)
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.			

Marketing or the publication of the 55 Plus newsletter The PRINT was not funded by the ARPA Grant. Our monthly newsletter has increased from 4 to 8 pages from the beginning of 2022. This is our key communication tool with both members and the community.

The PRINT – Monthly Newsletter

Associated Costs

Supply Costs *toner/ink, paper	\$2,685
Staffing Costs: *Rec Coordinator – planning of calendar of events and content, writing content, editing, electronic distribution and physical distribution *Coordinator of Marketing and Promotions – input content, formatting, printing & website distribution *Recreation Manager and Office Technician Edit	\$21,165
ANNUAL TOTAL	\$23,850

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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55 Plus Program Statistics from January 2022-December 31, 2022

Participants sign in for programs. These numbers are then tracked by the Recreation Coordinator and Activity Leader to better monitor participation. Please note, these metrics include programs and events as well as phone calls and drop-in visits to the 55 Plus Office.

Month	Total # Programs/ Services Offered	Total Participant Encounters	Total Members	Notes: New Members & Program Highlights
January	57	313	335	2021 Members given 2022 Membership 31 New Members (not including rollovers) *COVID 19 Omicron Variant impacted programs)
February	84	607	363	28 New Members (not including rollovers)
March	119	846	393	35 New Members
April	122	924	441	48 New Members *Art Theme: Workshops with guest teachers & Mural Project *ARC Bar (85 ppl) & NUMU Tour
May	126	817	475	34 New Members *Music and Dance Theme with 4 special programs *Mother's Day Social (45 ppl)
June	130	968	527	52 New Members *Vasona Boating Picnic Day (20 ppl), Summer Art Series, Water Workout
July	129	1173	563	36 New Members *Annual Summer Picnic (180 ppl), Social Dance (50 ppl), Adult Day Trips returned
August	128	1059	602	39 New Members * Social Dance, BINGO, BUNCO, Social Committee for in-house volunteers
September	125	1043	628	26 New Members *Zumba classes began
October	124	1105	654	24 New Members

				*Halloween Monster Mash & Country and Western Line Dance Social
November	61	827	704	50 New Members *New flooring in ARC disrupted programs and closure *Thanksgiving Lunch serving 150 meals, Veterans Day Ceremony
December	62	595	730	26 New Members *New flooring in ARC disrupted programs and Holiday closure *Christmas Morning Social
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.

Title	Participants	Estimated Cost of Delivery	Fee to Attend
Annual Summer Picnic	200	\$3800 Rental Furniture \$175 LG Lawn Permit \$1200 Catered Sandwiches \$1500 Supplies, Sides and Beverages \$650 Entertainment --- \$7,325 Total + Staff Costs and Volunteer Support (coordinate event, coordinate volunteers, purchase supplies, hire entertainment, advertise, day of set up, serving, clean up, etc.)	Typically, no fee to attend – Member Appreciation
Thanksgiving Luncheon	150 +leftovers donated to Live Oak Nutrition	\$2378 Catered Food \$430 Beverages/Supplies/Dessert \$200 Entertainment --- \$3008 Total +Staff Costs and Volunteer Support	Canned food item to be donated
Mother's Day High Tea	50	\$200 Art Supplies/Instructor \$322 Supplies/Food --- \$522 Total + Staff Costs	No Fee

Christmas Morning Social	50	\$210 Food and Supplies + Staff Costs	No Fee
Monthly Social Dances	35-50	\$200 Instructor \$150 Food & Beverages (Non-Alcoholic) \$200-400 Entertainment (depending on DJ/band) --- \$350-750/event Total +Staff Costs	\$5 for members \$10 for public

Ongoing Programs – Top 5 Attended 55 Plus Programs in 2022

Title	Participants	Frequency	Estimated Cost of Delivery	Fee to Attend
Game Day	Avg. 48	Weekly	\$330 Facilitator \$72 Activity Leader \$402 + Coffee Supplies & Material Fees (Cards, Scorepads, etc.) + Additional Staff Costs for set up/take down and coordination	\$5 donation at the door
Zumba Gold	24 participants (full class)	Weekly	\$75 for instructor each class +Staff to coordinate	\$5/class
WVC Fitness Classes (Balance Awareness and Stay Fit)	15-20 participants	Twice a week	Staff costs to coordinate with WVC and manage class roster	No Fee
Tuesday Town Walk	10-18 participants	Weekly	Volunteer Facilitator	No Fee
Players Groups: Pinochle, St. Mary's Bridge, Mexican Train, Mah Jongg,	6-12 Participants each group	Weekly or Twice a Week	Staff to coordinate Material fees Volunteer Leaders	No Fee

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)	Responses: *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)	Responses: *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>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.</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

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FY 2023 Operating & Capital Budgets



LGS Recreation
Regular Board Meeting
December 15, 2022



LGS | RECREATION

2023 Proposed Budget/2022 Forecast

	Proposed 2023 Budget	Forecasted 2022 Actuals	Budget to Forecast Increase/(Decrease)
Revenue			
Recreation	5,294,291	5,511,221	(216,930)
School Services	2,470,820	2,280,805	190,015
Administration	68,475	78,646	(10,171)
Total Revenue	7,833,586	7,870,672	(37,086)
Operating Expenses			
Compensation & Benefits			
Compensation	3,265,977	2,950,132	315,845
Employee Benefit	926,398	731,577	194,821
Compensation & Benefits	4,192,375	3,681,709	510,666
Telecom & Office Supplies	51,430	49,616	1,814
Program Service	2,644,036	2,717,835	(73,799)
Travel, Meals, and Entertainment	38,766	13,103	25,663
Outside Services	264,394	225,135	39,259
Facilities & Equipment	184,829	131,310	53,519
Subscription & Fees	413,324	396,471	16,853
Employee Development	11,100	2,934	8,166
Depreciation & Amortization	156,883	150,816	6,067
Total Operating Expenses	7,957,137	7,368,929	588,208
Operating Profit/(Loss)	(123,551)	501,743	(625,294)
Other Income (Expense)			
Interest Income	126,936	42,706	84,230
Other Income	(2,704)	37,986	(40,690)
Net Profit/ (Loss)	681	582,435	(581,754)

\$0 Rent for ARC/YRC considered for 2023 Budget

Capital Budget 2022

Capital Purchase Description	Type	Dept	Estimated Asset cost	Depr Life (months)	In Service Date	FY 2023 Depreciation Expense
Lightweight Kayak Paddles	Program Equip	Vasona	4,200	84	Apr-23	450
Pamlico Tandem Kayaks	Program Equip	Vasona	6,822	84	Apr-23	729
Aspire 105 Kayaks	Program Equip	Vasona	2,700	84	Apr-23	288
Hobie Sidekicks	Program Equip	Vasona	1,800	84	Apr-23	189
Point of sale Tablet and stand	Computer	Vasona	2,400	36	Apr-23	603
Vasona Total			17,922			2,259
Internet backup project/Server	Computer	Aquatics - LGHS Pool	2,447	60	Feb-23	489
MacBooks - 13 inch (7 count)	Computer	Company wide	16,320	36	Jan-23	5,436
MacBooks - 16 inch (5 count)	Computer	Company wide	18,600	36	Jan-23	6,204
Company wide Total			34,920			11,640
Grand Total			55,289			13,899

Justification

Vasona program equipment - replace outdated/unreparable stock

Computer Equipment - replace equipment currently at end of useful life

Computer Equipment LGHS Pool – business continuity for PMind activity

Proposed Budget and 3 Year P&L Forecast

	<u>2023</u>	<u>2024</u>	<u>2025</u>	<u>2026</u>
Revenue				
Adult Recreation	440,051	462,054	485,157	509,415
Youth Recreation Revenue	4,118,076	4,323,980	4,540,179	4,767,187
Senior Recreation Revenue	43,975	46,174	48,483	50,907
AfterSchool Sports	12,525	12,525	12,525	12,525
Aquatics Revenue	317,642	333,524	350,200	367,710
Boating	315,222	346,744	364,081	382,285
Recreation Misc Revenue & Adj	46,800	17,500	17,500	17,500
Recreation	5,294,291	5,542,501	5,818,125	6,107,529
School Services	2,470,820	2,591,383	2,717,855	2,850,527
Administration	68,475	68,475	68,475	68,475
Revenue Total	7,833,586	8,202,359	8,604,455	9,026,531
Operating Expenses				
Compensation & Benefits	4,192,375	4,492,718	4,761,270	5,047,848
Telecom & Office Supplies	51,430	51,430	51,430	51,430
Program Service	2,644,036	2,817,651	3,003,693	3,147,592
Travel, Meals, and Entertainment	38,766	38,766	38,766	38,766
Outside Services	264,394	264,394	264,394	264,394
Facilities & Equipment	184,829	200,952	203,558	206,242
Subscription & Fees	413,324	427,686	442,659	458,271
Employee Development	11,100	11,100	11,100	11,100
Depreciation & Amortization	156,883	141,883	128,883	113,883
Total Operating Expenses	7,957,137	8,446,580	8,905,753	9,339,526
Interest Income	126,936	101,549	81,239	64,991
Other Income/Expense	(2,704)	(2,163)	(1,730)	(1,384)
Interest Expense	0	0	0	0
Total Other Income (Expense)	124,232	99,386	79,509	63,607
Net Profit/(Loss)	681	(144,835)	(221,789)	(249,388)
Remove Depreciation Expense	156,883	141,883	128,883	113,883
Adjusted Net Profit/(Loss)	157,564	(2,952)	(92,906)	(135,505)



TOWN OF LOS GATOS
COMMUNITY HEALTH AND SENIOR
SERVICES COMMITTEE REPORT

MEETING DATE: 04/25/2023

ITEM NO: 4

DATE: April 25, 2023
TO: Community Health and Senior Services Committee
FROM: Ryan Baker, Library Director
SUBJECT: Discuss Candidate Suggestions for the 2023 Senior of Distinction Award

RECOMMENDATION:

Discuss candidate suggestions for the 2023 Senior of Distinction Award.

REMARKS:

The CHSSC may wish to discuss possible candidate suggestions for the 2023 award based on the presentation given by Susan Fredkin, Vice Chair of Terraces of Los Gatos Community Advisory Board, at the CHSSC's March 28, 2023 meeting.

Attachment:

1. List of Past Senior of Distinction Award Recipients

PREPARED BY: Ryan Baker
Library Director

Seniors of Distinction Honor Roll

1995 – Bill Miller, Dick Peryam

2005 – Kern Hamilton

1996 – Bill DuSel, Dr. Ed Laveque

2006 – Ray Cobb

1997 – Knowlton Shore

2007 – Donald Allari

1998 – Emerson Shaw

2008 – Ted Simonson

1999 – Dale Hill

2009 – John Lochner, Paul DuBois

2000 – Beverly Rouse

2010 – Dr. Bruce Springbett

2001 – William H. Cilker

2011 – Jo Greiner

2002 – James Sugai

2012 – Don Callahan

2003 – Clare Dinno

2013 – Duino Giordano

2004 – Leon & Joann Milburn

2014 – Clyde Laird



Seniors of Distinction Honor Roll

Suzanne Boxer Bassman, Linda Sampson, Lydia Norcia

2014 – Mary Martin, Joanne Brice, Rosalie Patterson,

2015 – Michael Frangadakis, Carol Hamilton, Jobie Jaramillo,
Bob Jones, Carol Musser, Ruth Webb, Richard Schmidt

2016 – Gloria Alabaster, Rita Baum, David Knapp,
Ginger Taylor McDonald, Tom O'Donnell,
Ernie Patterson, George Shannon, Rosalie Thimann

2017 – Charles Erekson, Marlene Rodman, Maryon Hicks,
Robert D. Ross, Kathy Cusick

Maryon Karmussen, Ed Shaw, Paul Inebell, Tom Piccaury

2018 – LeRoy Neider, Thomas Atkinson, Jean Krick,





TOWN OF LOS GATOS
COMMUNITY HEALTH AND SENIOR
SERVICES COMMITTEE REPORT

MEETING DATE: 04/25/2023

ITEM NO: 5

DATE: April 25, 2023
TO: Community Health and Senior Services Committee
FROM: Ryan Baker, Library Director
SUBJECT: Amendments to the Senior Road Map Task Forces

REMARKS:

Chair Blum will be making minor changes to the composition or direction of some of the Task Forces assigned at the March 28, 2023 meeting of the CHSSC.

PREPARED BY: Ryan Baker
Library Director

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TOWN OF LOS GATOS
COMMUNITY HEALTH AND SENIOR
SERVICES COMMITTEE REPORT

MEETING DATE: 04/25/2023

ITEM NO: 6

DATE: April 25, 2023
TO: Community Health and Senior Services Committee
FROM: Ryan Baker, Library Director
SUBJECT: Reports from Senior Road Map Task Forces Regarding Senior Road Map Goals

REMARKS:

Chair Blum has asked that the Senior Road Map Task Forces report out on their established goals, timelines, and steps taken in their work during the past month.

PREPARED BY: Ryan Baker
Library Director

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