



Sr. Twitters

A Monthly Publication of The Los Gatos-Saratoga 55 Plus Program

Enrichment • Innovation • Fun

RECREATION-A GREAT WAY TO BE ACTIVE!

Being active and participating in recreation programs has proven to increase overall quality of life, however, often times we find barriers that prevent us from participating. Below you will find some of the common barriers and possible solutions to help you be active and have fun!

Common Barriers

Lack Of Money

Lack Of Time

Don't Know How

No Way To Get There

Shy / Don't Want To Join Alone

Possible Solutions

- Many 55+ Activities Are Free of Charge
- Scholarships May Be Available If Eligible
- Volunteer

- Make A Point To Schedule Time For Recreation
- Choose Activities That Don't Require much Time or Planning (many of our programs are only once a month!)

- Many of our programs have beginner levels
- Take a demo course (inquire w/ staff to do this)

- Consider public transportation or cab service
- Ask a friend to join class with you & carpool
- Let staff know that this is a challenge...we may be able to find another student in the program willing to carpool with you.

- Many people feel this way & you are likely to find someone else in the program who feels that same way.
- Use the program as an opportunity to make new friends.

At the end of August, the Los Gatos-Saratoga Recreation Brochure will be available for our Fall Programs. On page 8 you will find a listing of new classes that will be offered. You can also find our classes at www.lgsrecreation.org. **If you don't find something of interest in our brochure, you may also want to check out Bay Area Older Adults.** They are a nonprofit 501(c)3 organization that serves people 50 and over in the San Francisco Bay Area. They host a FREE and easy to use website www.bayareaolderadults.org that offers information about outdoors, fitness, social and cultural activities. It is a wonderful resource for fun and healthy adventures right in your own backyard. Bay Area Older Adults are also in the planning phase of a new program that would offer fun and healthy group activities and social ridesharing as transportation to the activities. They would like your feedback so that they can build the right program for you.

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Important Phone Numbers

▶ 55 Plus Program	(408) 354-1514
▶ Senior Supervisor	(408) 207-4916
▶ SJSU Health Place	(408) 924-6506
▶ Live Oak Nutrition	(408) 354-0707
▶ Council On Aging	(408) 350-3200
▶ Fax Line	(408) 354-7251
▶ Volunteer Opportunities	(408) 207-4914

Subscribe to the 55 Plus Newsletter!

Your subscription will be valid for 12 months!

To subscribe to the
LGS Recreation 55 Plus
Activity Newsletter, please
return the form below
with \$15 subscription fee to:

55 Plus Program Donations
(Attention: Stephanie Douglas)
208 East Main Street
Los Gatos, CA 95030

Office only: date rec: date input:

Your name: _____

Address: _____

Street

City

State

Zip

Phone

Cell

Payment type: Cash Check Credit Card Enclosed Payment: \$ _____

(Make checks payable to LGS Recreation) or Credit Card Payments must be (Visa / Mastercard)

Name on card: _____

Card number: _____ Exp.: _____

Thank you for your support!

AUGUST EVENTS / ACTIVITIES

BOCCE BALL AT NONNO'S PIZZA AND PASTA

Monday, August 1st @ 10:30AM/ \$12

Meet at 10:30 at the Loma Prieta Community Center and carpool over to the nearby Nonno's Pizza and Pasta Restaurant, where we'll try our luck at Bocce on their court. You can enjoy the Bocce game, salad, and unlimited pizza for only \$12, payable to LGS Adult Recreation Center.

For more information or to sign up, contact Lynnette Vega at (650) 747-0605 or email lahondalynnette@earthlink.net

GUIDE DOGS & HISTORIC LANDMARKS

Saturday, August 6th, 8AM-6:15PM / \$60

Enjoy time on your own for an early lunch and shopping in downtown San Anselmo. Our day continues at the Guide Dogs for the Blind campus in San Rafael. On the 60 minute guided tour of the campus we will see adult dogs in training, puppies in kennels and blind people working with their dogs. After the tour we will get seating for the Graduation Ceremony. After the graduation we will have local historical tours. Call 408-354-1514 to sign up.

JEHNING FAMILY LOCK MUSEUM TOUR

Monday, August 15th @ 10:15 / \$12

Join us on Monday, August 15, 2011 at 10:30AM as we take a walk through history and around the world in a guided tour of The Jehning Family Lock Museum. For more information or to sign up, contact Lynnette Vega at (650)747-0605 or email lahondalynnette@earthlink.net

SAN FRANCISCO BARBARY COAST TOUR

Tuesday, August 30th, 8AM-5:15PM / \$71

Enjoy the day with our walk on guide, Gary Holloway. No area of San Francisco is more notorious or famous than "the wickedest square mile on earth" - the infamous Barbary Coast. Also included is lunch at Capp's Corner, a famous Italian restaurant in North Beach, just north of the Barbary Coast. For more info, see page 9.

CLASSIC FILM: MR. HOBBS TAKES A VACATION

Wednesday, August 31st @ 1PM / FREE

This classic family comedy, follows the misadventures of harried city-dweller Roger Hobbs (James Stewart), who agrees to take his wife, Peggy (Maureen O'Hara), and their brood of children on vacation at the beach.

FRIDAY CINEMA: TRUE GRIT

Friday, August 26th @ 1PM / FREE

After drifter Tom Chaney (Josh Brolin) murders her father, 14-year-old Mattie Ross hires alcoholic U.S. Marshal Reuben "Rooster" Cogburn to help her exact revenge. The disreputable lawman still has grit, though, and mounts an epic search.

SIGN UP TODAY!

AARP DRIVER'S SAFETY COURSE

Monday, September 19th & Friday, September 23rd, 9AM-1:30PM / \$12

Some drivers age 50-plus have never looked back since they got their first driver's licenses, but even the most experienced benefit from brushing up on their driving skills. By taking this course, you can expect to learn current rules of the road, defensive driving techniques, and also learn adjustments to accommodate common age-related changes in vision, hearing, and reaction time. Call (650) 354-1514 for more information on enrollment.



GROUP MEETING DATES

Artist Connection (bring a sample of your work)
3PM / 4th Wednesday of the month

Location: Lounge, Adult Recreation Center

Art Workshop (*Watercolor, Acrylic & Oil Painting*)
9-Noon / Every Friday (excluding Holidays)

Location: Large Hall, Adult Recreation Center

Crafter's Circle For Knitters & More
9-Noon / Every Friday (excluding Holidays)

Location: Lounge, Adult Recreation Center

Dinner Club (*Dine Downtown*)
5:30-7:30PM / 3rd Wednesday of the month.

Location: TBD (Call Lynnette @ 408 207-4920)

Friday Afternoon @ The Cinema
1PM/ Last Friday of every month

Location: Lounge, Adult Recreation Center

Classic Movies
1PM / Last Wednesday of the month

Location: Lounge, Adult Recreation Center

Ping Pong (Open Play)
7AM-4PM / Every Friday

Location: Rm 5, Adult Recreation Center

Happy Hoofers Walking Club

9:15-11:30AM / Every Tuesday.

Location: Senior Office, Adult Recreation Center

Poetry Los Gatos

6PM / 4th Monday of the month

Location: Room 2, Adult Recreation Center

Reader's Theater:

2-4PM / 1st Wednesday

Location: Lounge, Adult Recreation Center

Single Again ... But Not By Choice:

3PM/ 2nd Wednesday of the month

Location: Lounge, Adult Recreation Center

St. Mary's Bridge Group

10AM-2PM / 2nd, 3rd & 4th Monday

Location: Room 5, Adult Recreation Center

Women Over Fifty

3PM-5PM / 3rd Sunday

Contact Kathy Madden at (408) 629-2206

for more info.

SENIOR SERVICES

Advance Health Care Directive Counseling

Call (408) 354-1514 for an appointment.

Brown Bag Program (Second Harvest)

Fridays, 8AM-9AM at Large Hall, Adult Recreation Center.

Health Insurance Counseling

Call (408) 354-1514 for an appointment.

Income Tax Assistance (Feb-April)

Call (408) 354-1514 for an appointment.

Notary Services

(\$10 per signature)

Call (408) 207-4916 for an appointment.

LIONS RECYCLE FOR SIGHT

Throughout the year, Lions collect used eyeglasses and deliver them to regional Lions Eyeglass Recycling Centers (LERCs). LERC volunteers clean, sort by prescription strength and package the glasses. Most of the recycled glasses are distributed to people in need in developing countries where they will have the greatest impact. If you have used eyeglasses you no longer need, you can donate them now in the Los Gatos Senior Center Office. Lions accept prescription and reading glasses, sunglasses and plastic and metal frames. Children's glasses are especially needed.

NEED HELP? RESOURCES? GUIDANCE??

The ElderCare Group will be on-site at the LGS Adult Recreation Center the first Friday of every month from 10:00am - 12:00pm. The ElderCare Group provides information about resources that are available in the community to help manage the transitions that accompany aging. Drop ins welcome. Initial consultations are free.