Los Gatos-
General Plan Land Use Update, Community Workshop

"Where can we build more housing in Town?" is the question that an upcoming Los Gatos general plan workshop is centered around. According to the Town of Los Gatos website, the state of California will require the town to plan for more housing.

"We want to provide housing to allow our young adults and seniors to stay in our community," a statement on the town website says. "But where and in what way, are key questions to make sure it fits in..."

SEE NEWS PG. 4

Los Gatos-
General Plan Land Use Update, Community Workshop

"Where can we build more housing in Town?" is the question that an upcoming Los Gatos general plan workshop is centered around. According to the Town of Los Gatos website, the state of California will require the town to plan for more housing.

"We want to provide housing to allow our young adults and seniors to stay in our community," a statement on the town website says. "But where and in what way, are key questions to make sure it fits in..."

SEE NEWS PG. 4

A NOTE FROM THE WRITER
Dear Outlook reader,
It is always our intention to seek uplifting and empowering stories that highlight the positive change occurring in our communities. In honor of January being Human Trafficking Awareness Month, we wanted to shine light on this grim, but very real issue, while acknowledging the incredible work of law enforcement and local organizations in stopping and preventing this serious crime.

Consider attending the Hope In The Darkness Event on January 26 at the Saratoga Federated Church. Stay informed and aware, for it is the aware individual who can make a difference.

Though it happens in the shadows, the Silicon Valley is a hotbed for human trafficking. Robust economy and population, large immigrant population, frequent travel to and from and an abundance of people with disposable income all make this area an attractive place for traffickers.

The U.S. State Department defines human trafficking as the "act of recruiting, harboring,Consider attending the Hope In The Darkness Event on January 26 at the Saratoga Federated Church. Stay informed and aware, for it is the aware individual who can make a difference.

Though it happens in the shadows, the Silicon Valley is a hotbed for human trafficking. Robust economy and population, large immigrant population, frequent travel to and from and an abundance of people with disposable income all make this area an attractive place for traffickers.

The U.S. State Department defines human trafficking as the "act of recruiting, harboring,
A Message From Tylor,

**Dear SASCC Family and Friends,**

**Welcome to 2020!**

We made it through another year together and what a year it was! See page 10 for a review of 2019 in pictures.

The SASCC staff is excited for what’s in store for you this year; the launch of our Bocce League, new evening programming to enjoy, and the introduction of a first-ever community Health and Wellness Expo in Los Gatos!

Our normal programs and services are ongoing, and we will continue working with our community partners to deliver fun and informative events in Saratoga and Los Gatos. You will have access to even more courses and activities this year through our partnership with West Valley College, and we have worked with Saratoga High School students to provide a new technology class called SASCC Screen Time.

We’ll also have the opportunity to spend a lunch with Saratoga Mayor Howard Miller, and several other special guests throughout the year. Help us make 2020 a year to remember and join us for as many events and classes as you can.

If you have any ideas for classes or activities you would like to see, please stop by and let us know! Our success as an organization depends on our ability to be responsive to the needs and wants of the people we serve. We are here for YOU!

I’d like to close by thanking all our readers, members, donors, community partners and elected officials for the tremendous support and empowerment you’ve given older adults in your community. Sadly, too many communities fail to include people of all ages and walks of life in their planning and vision, and do not value the input of older people. I’m proud to be part of a community that does.

Happy New Year to you all, and as always LIVE SASSY!

*Sincerely,*

Tylor Taylor

Executive Director

---

Would you like to support SASCC and see your name on our brand new Giving Tree?

There are 3 levels you can choose from, depending on your preference of seeing your name on a leaf, an acorn, or a stone. Please call 408-647-9023 to see how you can support us and get your name on our wall!
Hope In The Darkness event to shine light on human trafficking is January 26

CONTINUES FROM
HOPE PG. 1

Hope In The Darkness event to shine light on human trafficking is January 26

transporting, providing, or obtaining a person for compelled labor or commercial sex acts through the use of force, fraud or coercion.” Trafficking includes commercial sexual exploitation, slavery, forced labor and debt bondage.

In the US, there is no official number of human trafficking victims, but estimates place it in the hundreds of thousands. California, Florida, Texas, and Nevada are where most reports are received, according to the National Human Trafficking Hotline. As unfortunate as it is to know that human trafficking is prevalent in our county, that is the truth. Especially sex trafficking.

“Human trafficking is pretty prominent in Santa Clara County,” said Sgt. Kyle Benner, supervisor of the Santa Clara County Sheriff’s Department’s human trafficking task force. “It’s so prominent because commercial sex is such an issue in our county. Anywhere you have prostitution, you’re more than likely going to have some sort of human trafficking.”

But there is light within the darkness. A quick online search of “Santa Clara County Human Trafficking” prompts two things: numerous cases of trafficking arrests in recent years, and a plethora of organizations working to stop and prevent it.

The county’s task force, called the Law Enforcement to Investigate Human Trafficking Task Force, made up of sheriff’s office detectives and district attorney investigators, investigates human trafficking cases on a weekly basis and makes arrests often. But one challenge is being able to determine when commercial sex is consensual, and when there is coercion involved.

That’s one place where human trafficking awareness can help considerably, to create an informed society that is more likely to come forward with information.

A Saratoga-based organization called STOP, short for Stop Human Trafficking on Our Planet, works to spread awareness of human trafficking within the county. You may have seen members of STOP tabling outside of the local Safeway, at the Blossom Festival or perhaps you’ve attended their annual event in honor or Human Trafficking Awareness Month, “Hope In The Darkness.”

This year’s event is set for January 26 from 2-4 p.m. Featuring a play called “Lily’s Wings,” attendees will learn how quickly and easily a predator can groom a child for sexual human trafficking. A panel discussion will follow the play. The event is appropriate for ages 13 and older.

“It’ll be eye opening to parents,” said Jean Cherniss, chair of STOP. “And it’s really important that our youth are in the know, because often friends will tell one another when they have a crush, or when they’re interested in someone before their parents know. An informed friend can listen if something sounds unhealthy. That can actually have a huge impact.”

Awareness is one important aspect of human trafficking, and another is helping victims recover. The STOP organization works on both ends.

The organization has historically supported a home for commercially sexually exploited children, called The Nest, run by Advent Church Group Ministries. But now, STOP has their sights on creating their own refuge for this vulnerable population.

Cherniss said that STOP is forming an advisory board to determine “a scalable model for a group home that would be able to offer healing, hope and opportunity for these victims.”

“We know that the model needs to be somewhere the line of two to five years,” Cherniss said. “It’s not like a traditional 30 day drug recovery, even though there will be drug recovery components to it because girls are often addicted.”

The group will need to raise $1 million to make this vision a reality, through individuals and organizations who have a heart for these victims and are willing to dedicate the amount necessary to effect lasting change in their lives.

“I’ve found that once somebody understands what this is like for these children, they can’t get it out of their mind,” Cherniss said. “Sometimes it takes people a while to let it percolate down to really hear it and believe that trafficking happens everywhere. But once that takes place, the level of compassion is so huge because the degree of evil is so incomprehensible.”

But such a multifaceted issue brings challenges in actually finding children who are ready for a shift, because of the intense brainwashing that goes on in human trafficking.

“There are so many layers of confusion on top of the trauma,” Cherniss said. “Girls will often run and go back to that life.”

This type of deception is one thing Hope In The Darkness aims to depict.

Laurel Perusa, an active community volunteer and member of STOP, works to create more local awareness of human trafficking.

While tabling at events, she’ll often hear things like, “It’s not our girls, right?”

“It does happen to our girls, and girls from other countries,” Perusa said. “But it doesn’t matter who it is, it shouldn’t be anybody. No girl should go through what these girls go through.”

Hope In The Darkness is on January 26 from 2-4 p.m. at the Saratoga Federated Church, located at 20390 Park Place. This event is free. Light refreshments will be served at the conclusion of the event.

“People need to know,” Perusa said. “Because it’s the aware individual who can make a difference.”

Consider cutting this out and putting it somewhere your family can see it.

SIGN TO LOOK FOR
if you suspect someone is being trafficked

QUESTION TO ASK

SIGNS:

• They are being controlled.
• They are unable to move or leave their job.
• They have signs of physical abuse such as bruises or scars.
• Show signs of fear or depression.
• Cannot speak on their own behalf or cannot speak the country’s language.
• They have no form of identification such as a passport or other papers.

QUESTIONS:

• What type of work do you do?
• Are you being paid?
• Can you come and go as you please?
• Have you or your family been threatened?
• What are your working and living conditions like?
• Do you have to ask permission to eat/sleep/go to the bathroom?
• Are there locks on your doors/windows so you cannot get out?
SARATOGA

Howard Miller becomes mayor of Saratoga

At its December 4 meeting, the Saratoga City Council reorganized to position Howard Miller, councilmember of 11 years, as mayor of Saratoga. Miller was elected to the Saratoga City Council by voters in 2008 and re-elected in 2012 and 2016, and served as Saratoga’s Mayor in 2011 and 2015.

Miller is an adjunct professor at West Valley College after retiring as Senior Engineering Manager from Apple, Inc in 2016. Miller and his wife Sandy raised their five children in Saratoga, and have been long-time volunteers supporting local youth. Miller is a former assistant scout manager, and ran a soccer league that serves over 1,200 West Valley kids.

Donate warm socks this winter

The Saratoga Area Senior Coordinating Council has partnered with the National League of Pen Women to support “Socks for Cold Feet and Beyond,” a sock drive for people without housing, and those in women’s cold weather shelters. Penwoman Dorothy Atkins started this project.

“We all know that when your feet are cold it is hard to be creative or even concentrate,” Atkins said. “Imagine the number of women and girls in shelters who may become, with some assistance, budding artists, writers, sculptors and such.”

You are welcome to bring packages of athletic, or warm socks to be worn by men and women, to the Senior Center to be donated to this humanitarian effort.

Council looks into eliminating sale of e-cigarettes

The Saratoga City Council received a report from city staff at its December 18 meeting detailing the recorded dangers of using e-cigarette or vaping devices.

There has been a growing concern of the effect of these devices, specifically on youth, after reports of users developing lung and cardiovascular disease. In addition, nicotine has been shown to negatively impact learning, memory and attention in adolescence. The rate of underage use is alarming, with more than 75% of high-school age and 50% of middle-school-aged youth having used a vaping device in the last 30 days, according to the 2018 National Youth Tobacco survey.

Saratoga has five tobacco retailers. The Santa Clara County Sheriff’s Department conducts decoy operations to assess compliance with the City of Saratoga tobacco requirements, and issued a citation was issued to one retailer in 2017, one in 2018, and two in 2019 for selling tobacco products to the underage decoy.

San Francisco, Santa Clara, and Los Gatos have all banned sales of vaping and e-cig products.

Town Council Votes to Eat More Plants

Los Gatos town council approved an initiative to promote a plant-based diet one day a week through Green Monday, a program that aims to reduce climate change and global food insecurity while promoting the health benefits of eating less animal products, and more plants.

The program has two components: to feature vegan, plant-based meals on Mondays (or another day of the week), and to educate the community on the impacts of their food choices on climate change and the environment. Los Gatos joins Berkeley, Emeryville and Mountain View who've also adopted the program.

An Oxford University study found that switching to a plant-based diet can reduce an individual’s food-related greenhouse gas emissions by up to 70 percent, while improving health, providing substantial savings in healthcare costs and avoiding costs of climate change impacts—supporting the basis of Green Monday.

Los Gatos will participate in the Green Monday program by offering either a fully plant-based meal or plant-based alternative for town meetings and events, including town council meetings. The town will also provide educational tables at community events, plus programs at the library to help educate the community about the benefits of making plant-based food choices.

Winchester Boulevard to become a ‘complete street’

At its December 17 meeting, the Los Gatos Town Council dedicated $280,000 to making Winchester Boulevard a “complete street,” providing it with protected bike lanes from Blossom Hill Road to Albright Way.

On November 20, the Bay Area Air Quality Management District issued a recommendation that the town receive $293,922 in Transportation Fund for Clean Air (TFCA) funding for this project. If approved, the funds can be accepted in early 2020, and applied to the construction phase.

The town may also seek Measure B funding or other grant funds for this project to include complete street treatments like pedestrian crossings, sidewalk improvements, pedestrian refuge islands, landscaped medians, intersection modifications and stormwater retention.

The town awarded the bid to create protected bike lanes to Kimley-Horn and Associates, Inc. and construction will begin sometime in 2020.
Yoga and Reiki at Vasona - Jan. 18, 10-11 a.m.

Enjoy an all-levels vinyasa yoga class plus reiki energy healing in Vasona Park. Vinyasa is a style of yoga that flows through a series of poses that flow smoothly into one another. It will begin with a gentle warm-up, flowing into a series of sun salutations, balancing poses, core work and twists to build heat, before winding down to healing and restorative poses.

Reiki, a Japanese technique for stress reduction and relaxation that also promotes healing, will be offered during the last 10 minutes of class. According to an EventBrite page, reiki treatments “feel like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing.”

Vasona Park is located at 333 Blossom Hill Rd. The event is free, but donations are welcome.

‘Listen Up Cafe’ hearing event - Jan. 17, 10 a.m. - 12 p.m.

Add hearing to your health goals in 2020! We often make new year’s resolutions around our overall health, but it’s easy to neglect our hearing health. Audiologist Dr. Christine Throm invites you to Listen Up Café, where she’ll share her top five resolutions for better hearing and well being in 2020. Invite your family and friends to this free community seminar, and enjoy coffee and treats! RSVP at (408) 614-7605 to attend. Los Gatos Audiology is located at 15899 Los Gatos-Almaden Rd. Suite 8.

Adopt a rabbit event - Jan 17, 11 a.m. - 4 p.m.

Got room in your home, and your heart, for a furry new family member? Consider adopting a bunny at the Pet People Community Center on January 17, during its monthly rabbit adoption show. The show, presented by The Rabbit Haven, features 15-35 adoptable rabbits, nail trims and scent gland cleaning, ome health checks, experts to answer rabbit questions, and matchmaking and bonding services. The event is from 11 a.m. to 4 p.m. More info and a pre-adoption questionnaire are available on their website at www.therabbithaven.org. Pet People is located at 514 N. Santa Cruz Ave.
Attention all members! Important membership update!

Beginning January 1, 2020, SASCC staff will no longer be managing the 55+ program at the Los Gatos Adult Recreation Center. While SASCC and LGS Recreation will continue to work together and partner on events and services through the end of 2019, all classes and services at the Los Gatos Adult Recreation Center will be managed by LGS Recreation staff at the beginning of 2020. This also means that the dual membership privileges will no longer be in effect after December 31, 2019. Therefore, if you desire to take classes and services at the Los Gatos Adult Recreation Center, beginning in 2020, you will need to purchase a membership from LGS Recreation at their office in Los Gatos.

“What does this mean for my SASCC membership?”
All current members of SASCC will enjoy membership benefits at the Saratoga Senior Center until their current expiration date on file in our system, regardless of where you purchased your membership. Upon expiration, you may renew your membership with SASCC in Saratoga at the normal price. Please note that beginning January 1, 2020, your SASCC membership will entitle you to classes and services offered through SASCC exclusively.

“What if I bought my membership in Los Gatos under the dual-membership, and I still want to attend classes in both Saratoga and Los Gatos?”
Most memberships purchased in Los Gatos were renewed in January of 2019, meaning they will expire at the end of December when Los Gatos Recreation will resume their membership program. All current members may continue to take classes and services at both locations until the last day of business in December 2019.

SASCC will continue to have a strong presence in Los Gatos, attending and contributing to community events, commission & council meetings, as well as supporting and promoting senior services offered in the Town. We will also continue to highlight Los Gatos events, news, and Age Friendly efforts. Los Gatos has a great network of support for seniors, and SASCC will continue to be a part of that long into the future.

Please note: this change does not affect classes taken through West Valley College.

SARATOGA ADULT CARE CENTER
The Saratoga Adult Care Center gives our older adults the opportunity to socialize among their peers, get involved in fun activities, enjoy entertainment and delight in homemade nutritional lunches and great snacks.

JOIN US FOR A COMPLIMENTARY VISIT DAY
Visit days are offered FREE of charge, with no obligation.

* Financial options can be discussed for those with a need or hardship.

CONTACT: Renee Hampton (408) 868-1262
Adult Day hampton@sascc.org
Program Manager
At the Heart of All Things

By Chuck Chaffin, Member of Louise Webb’s Memoir Class

Louise Webb’s memoirs class provides a format for its members to write their life stories. Stories are the best antidotes when the tragedies of life would dehumanize us. They restore our empathy and compassion. Each story I hear in class helps me feel an immutable connection to the storyteller:

We’re a species wired for metaphor, with storytelling being at the heart of all our human tasks and endeavors. Stories build economies and start wars. They liberate oppressed people, and they are used to justify genocide. They have such power and potential. One of the fundamental questions facing us today is how do we separate stories that heal and enrich from those that divide and destroy? So, it behooves us to tell each other the right kind of story. Stories that enrich us, that connect us, that tap into our shared humanity, give us wisdom, and foster positive change.

I recently read the results of a religious survey. It turns out people who took the survey, whether they are religiously affiliated or unaffiliated, political or a-political, talk pretty much about the same things. I call them the four f’s: family, friends, Fido, and food. Enjoying time with family, enjoying time with friends, enjoying time with pets, and sharing food.

The only conventional item on the top 10 list was prayer. It is sort of the mobile technology of religion. Anyone can do it, anywhere. Sometimes prayer sneaks up on me. I don’t mean to pray, but in certain circumstances, it is the only thing I can do that addresses the emotional complexity of a certain situation.

Over the last couple of years, I have been meditating more. Meditation has a prayer-like quality for me, because it allows me to be quiet and still, and to feel my presence in the world and to feel a connection to the Almighty. It helps me feel my own smallness and my own fallibility. But also the fact that I am a unique expression of creation - like everyone else here. And that I am kind of a small miracle that has never been seen before and will never be seen again, as every living person on this planet really is.

To grow as individual writers and to grow the heart of our group, we must care deeply for the unchanging thing at our center - respect for different styles and points of view. We bring all kinds of flavors for seasoning our stories. They come from the hallows of Kentucky, the cotton fields of Mississippi, the plains of Indiana, and the breweries of Wisconsin. Even though our stories may not be as emotionally moving as Dorothy’s or delivered with the professional expertise of Norma, our voices will be heard and your pats-on-the-back felt. Our passions will be recognized and our specialties will quench the listener’s thirst on a scorching, arid day.

As our stories are printed in The Outlook, we might hear in the halls of our senior center, “Look at the words in this story. They are like decorations. They are like beautiful draperies covering a unique glass-stained window. They make me feel like I am in a global village with a combination of Spanish, Italian, and Victorian touches. What a mixture.”

Our memoir’s class stands in the center of Saratoga. Amid the contagious spirit of the valley, and the rapid pace of change around us, the class reminds us that we have a tradition that grounds our striving. All of us, as human beings, are affected by our environment. Our class is generating something special - a place we can go to every two weeks and be renewed so that our environment and circumstances don’t overwhelm us.

As members of the senior center and writers in the memoirs class, we are uniquely gifted to appreciate this place and what a writing group means to this campus. We remember and are joined and come together with our inner stories. Our memoirs class is the spiritual heart of the various offerings of the senior center, and Louise has protected it well. We will remain a place for treasured memories, and a connection to each other.

“"You are never too old to set another goal or to dream a new dream.”"

- C.S. Lewis
Lunch Bunch Changes
Please note, starting January 2020, every member interested in signing up for the Wednesday Luncheons, you MUST call to RSVP! You can sign up in person, email taylor@sascc.org, or call 408-868-1254.

There will no longer be a pre-registered list. You can RSVP as early as one week in advance from the luncheon you would like to attend.

SASCC Screen Time
Do you need help figuring out how to use an app on your phone or tablet? Or maybe you would like to further your knowledge about a system you are already using?

Shaan Sridhar and other Saratoga High School students will be at the Saratoga Senior Center once a month to help members with any tech-related questions they may have.

The first session is Friday, January 17, 3:30-4:30 p.m.

Call 408-647-9023 to RSVP!

<table>
<thead>
<tr>
<th>DATE</th>
<th>ENTERTAINMENT</th>
<th>MENU</th>
</tr>
</thead>
<tbody>
<tr>
<td>JANUARY 8</td>
<td>Hat Day</td>
<td>Asian Crispy Noodle Salad, Tossed Salad with Sesame Vinaigrette, Kung Pao Pork, Vegetarian Stir Fry Noodles, Jasmine Rice, Sesame Green Beans Ice Cream</td>
</tr>
<tr>
<td>JANUARY 15</td>
<td>CREATIVE WRITING W/ DANI BURTON</td>
<td>Anti Pasto Salad, Green Salad with Italian Dressing, Beef Lasagna, Vegetarian Lasagna, Capri Vegetable Blend, Garlic Bread, Brownies</td>
</tr>
<tr>
<td>JANUARY 22</td>
<td>HAPPY 2B HEALTHY PRESENTATION</td>
<td>Potato Salad, Cilantro Slaw, BBQ Beef Brisket, Mac and Cheese, Steamed Broccoli, Corn Bread, Cookies</td>
</tr>
<tr>
<td>JANUARY 29</td>
<td>ISLANDWAVE DUO</td>
<td>Caesar Salad, Herb Pasta Salad, Grilled Chicken Bacon Sandwich on Baguette, Vegetarian Sandwich, Potato Chips, Minestrone Soup Cranberry Oatmeal Bar</td>
</tr>
</tbody>
</table>

LUNCH STARTS AT NOON
Lunch: $5/Member $10/Non-member
(408) 868-1257

RESERVATIONS ARE REQUIRED BEFORE NOON ON TUESDAY
Please let us know of any food allergies/restrictions.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>6</strong></td>
<td></td>
<td><strong>1</strong></td>
<td><strong>2</strong></td>
<td><strong>3</strong></td>
</tr>
<tr>
<td>9-10  Fitness n’ Fun</td>
<td>9-10  Beginning Yoga ($5)</td>
<td>9-10  Fitness n’ Fun</td>
<td>8:45-10:15 Intermediate Yoga ($7)</td>
<td>9-10  Fitness n’ Fun</td>
</tr>
<tr>
<td>10-1  Quilting Group</td>
<td>9-10  Tai Chi Cheh ($5)</td>
<td>10-3  Sassy Quilters</td>
<td>9-11:45 Anandvan Group</td>
<td>9:30-11:30 Erhu ($)</td>
</tr>
<tr>
<td>11:30-4  Table Tennis</td>
<td>12:00-12:30 Intermediate Line Dancing ($10)</td>
<td>11:30-12:30 Wednesday Lunch Bunch ($5)</td>
<td>10:30-1 Saratoga Art</td>
<td>11:30-4  Table Tennis</td>
</tr>
<tr>
<td>2-4  Saratoga Traders</td>
<td>12:30-4:30 Mahjong</td>
<td>2-3:30 Beginning Line Dancing</td>
<td>11-1 Pop Voice Class</td>
<td>1:30-2:15 Feldenkrais ($5)</td>
</tr>
<tr>
<td><strong>7</strong></td>
<td>1-4  Table Tennis</td>
<td></td>
<td>11-12:30 Spanish ($7)</td>
<td></td>
</tr>
<tr>
<td><strong>8</strong></td>
<td>2:30-4:30 LipReading</td>
<td></td>
<td>1-2 Meditation ($7)</td>
<td>2:30-7:30 Chinese Chamber Music</td>
</tr>
<tr>
<td><strong>9</strong></td>
<td></td>
<td></td>
<td>1:30-4:45 Karaoke</td>
<td></td>
</tr>
<tr>
<td><strong>10</strong></td>
<td></td>
<td></td>
<td>1:30 - 4 Saratoga ‘17 Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>13</strong></td>
<td></td>
<td><strong>15</strong></td>
<td><strong>16</strong></td>
<td><strong>17</strong></td>
</tr>
<tr>
<td>9-10  Fitness n’ Fun</td>
<td>9-10  Beginning Yoga ($5)</td>
<td>9-10  Fitness n’ Fun</td>
<td>8:45-10:15 Intermediate Yoga ($7)</td>
<td>9-10  Fitness n’ Fun</td>
</tr>
<tr>
<td>10-1  Quilting Group</td>
<td>9-10  Tai Chi Cheh ($5)</td>
<td>10-3  Sassy Quilters</td>
<td>9-11:45 Anandvan Group</td>
<td>9:30-11:30 Erhu ($)</td>
</tr>
<tr>
<td>11:30-4  Table Tennis</td>
<td>12:00-12:30 Intermediate Line Dancing ($10)</td>
<td>11:30-12:30 Wednesday Lunch Bunch ($5)</td>
<td>10:30-1 Saratoga Art</td>
<td>11:30-4  Table Tennis</td>
</tr>
<tr>
<td>2-4  Saratoga Traders</td>
<td>12:30-4:30 Mahjong</td>
<td>2-3:30 Beginning Line Dancing</td>
<td>11-1 Pop Voice Class</td>
<td>1:30-2:15 Feldenkrais ($5)</td>
</tr>
<tr>
<td><strong>14</strong></td>
<td>1-4  Table Tennis</td>
<td></td>
<td>11-12:30 Spanish ($7)</td>
<td>2:30-7:30 Chinese Chamber Music</td>
</tr>
<tr>
<td><strong>15</strong></td>
<td>2:30-4:30 Nutrition Made Easy ($10)</td>
<td></td>
<td>1-2 Meditation ($7)</td>
<td>3:30-4:30 Screen Time Tech Class</td>
</tr>
<tr>
<td><strong>16</strong></td>
<td></td>
<td></td>
<td>1:30-4:45 Karaoke</td>
<td></td>
</tr>
<tr>
<td><strong>17</strong></td>
<td></td>
<td></td>
<td>1:30 - 4 Saratoga ‘17 Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>20</strong></td>
<td></td>
<td><strong>22</strong></td>
<td><strong>23</strong></td>
<td><strong>24</strong></td>
</tr>
<tr>
<td>9-10  Fitness n’ Fun</td>
<td>9-10  Beginning Yoga ($5)</td>
<td>9-10  Fitness n’ Fun</td>
<td>8:45-10:15 Intermediate Yoga ($7)</td>
<td>9-10  Fitness n’ Fun</td>
</tr>
<tr>
<td>10-1  Quilting Group</td>
<td>9-10  Tai Chi Cheh ($5)</td>
<td>10-3  Sassy Quilters</td>
<td>9-11:45 Anandvan Group</td>
<td>9:30-11:30 Erhu ($)</td>
</tr>
<tr>
<td>11:30-4  Table Tennis</td>
<td>12:00-12:30 Intermediate Line Dancing ($10)</td>
<td>11:30-12:30 Wednesday Lunch Bunch ($5)</td>
<td>10:30-1 Saratoga Art</td>
<td>11:30-4  Table Tennis</td>
</tr>
<tr>
<td>2-4  Saratoga Traders</td>
<td>12:30-4:30 Mahjong</td>
<td>2-3:30 Beginning Line Dancing</td>
<td>11-1 Pop Voice Class</td>
<td>1:30-2:15 Feldenkrais ($5)</td>
</tr>
<tr>
<td><strong>21</strong></td>
<td>1-4  Table Tennis</td>
<td></td>
<td>11-12:30 Spanish ($7)</td>
<td>2:30-7:30 Chinese Chamber Music</td>
</tr>
<tr>
<td><strong>22</strong></td>
<td>2:30-4:30 Nutrition Made Easy ($10)</td>
<td></td>
<td>1-2 Meditation ($7)</td>
<td></td>
</tr>
<tr>
<td><strong>23</strong></td>
<td></td>
<td></td>
<td>1:30-4:45 Karaoke</td>
<td></td>
</tr>
<tr>
<td><strong>24</strong></td>
<td></td>
<td></td>
<td>1:30 - 4 Saratoga ‘17 Bridge</td>
<td></td>
</tr>
<tr>
<td><strong>27</strong></td>
<td></td>
<td><strong>29</strong></td>
<td><strong>30</strong></td>
<td><strong>31</strong></td>
</tr>
<tr>
<td>9-10  Fitness n’ Fun</td>
<td>9-10  Beginning Yoga ($5)</td>
<td>9-10  Fitness n’ Fun</td>
<td>8:45-10:15 Intermediate Yoga ($7)</td>
<td>9-10  Fitness n’ Fun</td>
</tr>
<tr>
<td>10-1  Quilting Group</td>
<td>9-10  Tai Chi Cheh ($5)</td>
<td>10-3  Sassy Quilters</td>
<td>9-11:45 Anandvan Group</td>
<td>9:30-11:30 Erhu ($)</td>
</tr>
<tr>
<td>11:30-4  Table Tennis</td>
<td>12:00-12:30 Intermediate Line Dancing ($10)</td>
<td>12:00-12:30 Wednesday Lunch Bunch ($5)</td>
<td>10:30-1 Saratoga Art</td>
<td>11:30-4  Table Tennis</td>
</tr>
<tr>
<td>2-4  Saratoga Traders</td>
<td>12:30-4:30 Mahjong</td>
<td>2-3:30 Beginning Line Dancing</td>
<td>11-1 Pop Voice Class</td>
<td>1:30-2:15 Feldenkrais ($5)</td>
</tr>
<tr>
<td><strong>28</strong></td>
<td>1-4  Table Tennis</td>
<td></td>
<td>11-12:30 Spanish ($7)</td>
<td>2:30-7:30 Chinese Chamber Music</td>
</tr>
<tr>
<td><strong>29</strong></td>
<td>2:30-4:30 Nutrition Made Easy ($10)</td>
<td></td>
<td>1-2 Meditation ($7)</td>
<td></td>
</tr>
<tr>
<td><strong>30</strong></td>
<td></td>
<td></td>
<td>1:30-4:45 Karaoke</td>
<td></td>
</tr>
<tr>
<td><strong>31</strong></td>
<td></td>
<td></td>
<td>1:30 - 4 Saratoga ‘17 Bridge</td>
<td></td>
</tr>
</tbody>
</table>

Below: SASCC staff, along with John Ku, flexes its muscle during 2019’s Health Fair.

Top: Following the picnic, SASCC, the Los Gatos Lions Club, and the LGS Recreation Department came together to host the annual Thanksgiving Lunch on Nov. 23, 2019.

Saratoga Mayor Howard Miller joins the SASCC Board of Directors as Juliana Parks, a representative from Assemblyman Evan Low’s office, awards SASCC a certificate of recognition.

Frank & Helena Kiss join the West Valley Striders walking group for their monthly walk through West Valley College.

SASCC staff members Joe Maddox, Brandy Miceli, and Rajvir Kaur volunteer during Rebuilding Together Silicon Valley’s annual Rebuilding Day on April 27, 2019. Together, Rebecca’s Rockin’ Rebuilders finished the project on May 18, 2019.

SASCC hosts an appreciation dinner and a special Wednesday Lunch Bunch in honor of it’s 40-year anniversary.

SASCC participates for the first time in Wreath Across America’s mission to Remember, Honor and Teach. On Dec. 14, 2019, the community came together to remember and honor local veterans buried at Madronia Cemetery.
RESOURCES
Free or Low-Cost Services

SENIOR SERVICES
FREE or LOW-COST SERVICES with NO MEMBERSHIP REQUIRED

Saratoga Senior Center
19655 Allendale Ave, Saratoga, CA 95070
M-F, 9 a.m. to 4 p.m.
(408) 868-1257

Los Gatos Adult Recreation Center
208 E. Main St, Los Gatos, CA 95030
M-F, 9 a.m. to 4 p.m.
(408) 354-1514

PHONE NUMBERS

SASCC-LG 55+ Senior Office           (408) 354-1514
55+ Specialist, Lynnette Vega  (650) 747-0605
Live Oak Nutrition Center        (408) 354-0707
SOURCEWISE                       (408) 350-3200 x1
RYDE                              (408) 892-9739
Social Services & Support        (866) 896-3587

CALL 211 or visit 211scc.org
Food, Child Care, Legal Aid, Housing & more
(free, confidential, multi-lingual)

PROGRAMS AND SERVICES

SENIOR ADULTS LEGAL ASSISTANCE (SALA)
Providing Free Legal Assistance to Santa Clara County Elders Since 1973

SALA is a non-profit elder law office whose mission is to support older persons in their efforts to live safely, independently, non-institutionalized and with dignity. SALA representatives are at SASCC every 3rd Monday of the month, from 10 a.m. to 12 p.m. Please call (408) 868-1257 to make your appointment.

Must be 60+ years & a resident of Santa Clara County.
FREE.

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)
funded by Sourcewise
HICAP is a FREE volunteer-based program from Sourcewise that assists seniors with Medicare as a supplements to Medicare, long-term care and managed care insurance plans.

HICAP is offered at SASCC on the 4th Tuesday of every month from 10a.m. to 12p.m. Please call the front desk at (408) 868-1257 (SASCC) to make an appointment.

Must be 55+ years & a resident of Santa Clara County.

AARP: SMART DRIVER 50+
(Driver Safety & Renewal Class)
Ask to see a 2019 class schedule.
For Los Gatos registration, please call (408) 703-6621.
For Saratoga registration, please call (408) 868-1257.

R.Y.D.E.:
Curb to curb transportation for adults 65+ living in the West Valley area. For details call (408) 892-9739.

FREE BREAD:
Thanks to Food Match volunteers, the Los Gatos Adult Recreation Center often has free bread.

BROWN BAG PROGRAM
(Second Harvest): 2nd & 4th Fridays, 8-9 a.m., To pre-register, please call 1-800-984-3663.

MOBILE FOOD PANTRY & SERVICE VAN
Offered by West Valley Community Services Case Management, emergency financial assistance and more. FREE.
1st & 3rd Thursday, 3:30-5:30 p.m.
111 Church St. in the parking lot.

SHRED IT SERVICES
Available at the Saratoga Senior Center, Mon.-Fri., 9-4 p.m.
$1/per pound, $12/per Bankers Box
Call (408) 647-9023 for more information.

Annual AARP: TAX ASSISTANCE
FREE Income Tax Preparation designed for low-and middle income taxpayers (1040, 1040A, 1040EZ), with special attention to those age 60+.

2020 Information will be announced in the February 2020 Outlook.
The Community Emergency Response Team program educates people about disaster preparedness for hazards that may impact their immediate area and trains them in basic disaster response skills such as: fire safety, light search and rescue, team organization and disaster medical operations.

Using classroom and simulation based education; CERT members can assist others in the neighborhood or workplace immediately following an event when emergency responders may not be immediately available to help. Taking CERT training is easy, fun, and a great way for your business or neighborhood to strengthen working and personal relationships that will be vital in responding to an emergency.

CERT training is only $35.00 and is accomplished in about 21 hours culminating with a final disaster simulation exercise applying the skills participants have learned.

Registration: This event may be scheduled using this link: [https://saratogacert2020.eventbrite.com](https://saratogacert2020.eventbrite.com)
Questions: (408) 808-7800 or via email: cert@sccfd.org

<table>
<thead>
<tr>
<th>Class dates:</th>
<th>Location</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joan Pisani</td>
<td>Tu/Th</td>
<td>5/12/20-5/31/20</td>
<td>6:00 - 9:00 PM</td>
<td>18+</td>
<td>$35</td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td>2/1</td>
<td>8:30 AM - 12:30 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

All seven sessions (21 hours) are required to complete the academy. Missed classes may be made up at a future academy in any of the SCCFD served jurisdictions.

---

You are cordially invited to:

SASCC’s Lunar New Year celebration on **January 28, 2020 at 11 am** in the **S. Ku Foundation Hall** at the **Saratoga Senior Center**

Celebration will include:
- Chinese music instruments performances
- Tai-Chi demonstrations by Jeff Fong and his students
- Chinese calligraphy by Yufan Lu
- Singing of Jimmy Chao, a renowned singer who teaches SASCC’s Pop Voice class
- A light buffet lunch will be served afterwards
- Followed by open-mic Karaoke and dances.

Please RSVP by Friday, January 24, 2020. Space is limited so please reserve your spot early! Call Taylor at 408-647-9023 to RSVP.