



Los Gatos-Saratoga Community Education & Recreation
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This document provides an update about 55 Plus Program activity as requested by the CHSSC.

Program Update

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.

From July 2023-April 12th:

- 55 Plus phone line received 2381 calls which is an average of 238 calls/month *this does not include calls that go to the front office, or directly to staff extensions.
- The HUB resource page was visited 3503 times which is an average of 350 visits/month
- The APRIL Print had 800 online visits and physical copies printed and picked up from our center.
- We also receive and respond to emails sent to 55plus@lgsrecreation.org

55 Plus Annual Membership

- 2023 Membership - 806 *record high year
 - 40% ages 70-79, 32% ages 80-89, 5% ages 90+
- 2024 Membership as of 4/15/2024 - 681 *great start to 2024

Membership Historical Data:	Membership is annual and expires in December, typically the largest growth in membership is within the first quarter.
2017- 395	*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
2018 - 394	Pandemic in March 2020 prevented rebuilding of membership.
2019- 372 *	**Town of Los Gatos ARPA Grant Funding Year
2020 – 270	
2021 – 277	
2022- 652**	

Participation and Programs

- From July 2023-December 2023
 - **572 programs** with **7389 participants**.
 - Special Events Included: July Picnic (200 Participants), July Social Dance (47), Halloween Hula (25), Thanksgiving Lunch (150), November Social Dance (29), Holiday Morning Social (50), Swinging into the Holidays Dance with live music (53)
 - Guest Speakers included: Brain Health, and Cellphone Training Courses
 - Not included in these statistics 143 participants attend Great Getaway Bus Trips
- From January 2024 – April 12
 - **371 programs** have been offered with **4623 participants**
 - Special Events Included: February Dance (36), March Dance (51), April “Pi”e Day Social (30), and Mah Jong Tournament (20)
 - Guest Speakers Included: Identify/Avoid Scams, Sleep, Dementia Panel, and Healthy Eating
 - Added low-cost 55+ Yoga class and Zumba Toning classes and are now offer exercise classes 5 times a week
- Upcoming April-June 30
 - April Celebration of Arts theme with additional Hands-on Art Classes (materials provided), Free Zumba Dance Party, Author Talk, and Drumming Circle
 - Upcoming Special Events: Mother's Day High Tea, Resource Fair, Vasona Boats & BBQ

Feedback from Members (Quotes Collected at the end of 2023)

- Really appreciate all the fun and creative activities you and your team put together for the community. We are very lucky.
- Helps with isolation to socialize.
- We look forward to continuing meeting new, fun people from our community.
- My social circle has broadened significantly. I look forward to further enjoyment of senior life.
- I thoroughly enjoy the activities Los Gatos Senior center offers and always look forward to your newsletters and information.
- I can't say enough good things about this program from the number of offerings to the wonderful people that work there, it's just great. Also, the newsletter that is put out is great.
- I have improved my balance, and I am very grateful for the fitness classes. Getting older is not easy and any help is appreciated. The group is always supportive of each other. We have created a community within these classes. I love that the classes are held at the Los Gatos Rec center.
- My experience joining 55+ has been very positive. I have never been able to enjoy exercise until I enrolled in Zumba Gold and met (the instructor). She is the reason I am always excited to go to Zumba. It is what I look forward to each week.

- I love this organization and what it provides for seniors.

Fiscal Update

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 sustainable. In 2022, LGS Recreation was allocated a \$328,500 ARPA grant from the Town of Los Gatos to restore services to pre-pandemic levels. With support, we demonstrated we were able to grow our community in both membership and program expansion. The funds highlighted that the program can be successful and impactful when in partnership with the Town, but to be sustainable, financial support is required. From January 2023-June 2023, LGS Recreation assumed the full financial burden of the 55 Plus program. LGS Recreation was proactive in supporting program sustainability by creating donation opportunities, seeking additional grant opportunities, and advocating to Town Council for continued support. In July 2023, the Town appropriated \$225,000 to LGS Recreation to provide Senior Services.

LGS Recreation continues to seek long term sustainability for the 55 Plus Program. The Agency continues to do our part to seek grants to fund the 55+ program. While State funding has been awarded for \$250,000/year over the next 4 years, it is to be used for adult enrichment (age 18+) with a focus on mental wellness and decreasing social isolation for adults of all ages. The awarded funding certainly supports components of the 55+ roadmap and aligns with both agency goals and those of the 55+ roadmap; it is not exclusive to that program area and does not cover all goals and objects.

CHSSC Support

The Commission can support the 55 Plus Program by continuing to promote to seniors and other service providers and advocating for an equitable partnership between the Town and LGS Recreation to deliver the 55 Plus program through ongoing funding and lease abatement. LGS Recreation and the 55 Plus Program are in a unique position to support and implement many of the projects outlined as priorities in the roadmap because it greatly aligns with the goal of our program. The purpose of our 55 Plus Program is to offer recreation programs and services to Older Adults to increase connectedness and improve physical, cognitive, and psychological health. Our goal is to use recreation and leisure activities to improve the behavioral wellbeing of seniors in our community. Crossover between 55 Plus and Roadmap was outlined in detail in our report showing High, Medium and Low plans for Senior Services to the Town Council when we asked for financial support for FY23/24. The Town allocated an amount below the Low plan request and with great effort and funding to subsidize the differential, we anticipate our good work to continue. The Agency is anticipating Adult Recreation Center and Youth Recreation Center lease negotiations and seeks free use of space, as is customary in all other aligned programs and communities. 55 Plus Programs have an impactful presence and hub at the ARC and over 50% of programs at the YRC are for 55+/Adult Enrichment. Below are a few examples of how we are currently addressing the goals outlined in the roadmap.

- Core Senior Services:
 - Providing social opportunities for seniors through events and programs
 - Providing a variety of engaging guest speakers
 - Promote other local service providers to members, connecting seniors to resources
 - Maintain HUB Resource Page
 - Expanded fitness options for members (ex. addition of Yoga, Zumba Toning)
- Communication & Engagement
 - Monthly publication of the PRINT with a community board highlighting other programs/events
 - HUB Web Resource
 - Annual Resource Fair (planned for 5/16) *networking for providers and seniors!
 - Volunteer engagement and development with a vetting process and Agency best practices

Our Agency is passionate about offering a 55 Plus Program and continuing to build a community of active and engaged older adults!