

Centennial Recreation

Senior Center

“A place where older adults thrive as members of a community created for all ages.”

The Centennial Recreation Senior Center provides comprehensive programs and services to adults 50+ who live in the South County. A “one-stop-shop”, the Senior Center offers fitness programs, opportunities for lifelong learning, enrichment programs and social services. Everyone is welcome!

The Senior Center is operated by the City of Morgan Hill in partnership with the Y and funded through its many partnerships including the Mt. Madonna YMCA Annual Campaign, County of Santa Clara, Friends of the Morgan Hill Senior Center, and Episcopal Senior Communities and generous contributions from the community. While it is not a requirement, we ask that those individuals who participate in the program and service offerings at the Senior Center help to support the sustainability of these valuable programs by becoming a Centennial Recreation Senior Center Supporter for \$24 per year. For more information, contact the Senior Center Welcome Desk at 408.782.1284.



www.facebook.com/morganhillseniors

408.782.1284

www.mhcrc.com

171 W. Edmundson Avenue
Morgan Hill, CA 95037

Hours of Operation:

Monday – Friday 8am-3pm



Morgan Hill Senior Cafe

Delicious weekday lunches for seniors.

Seniors 60+ are asked to pay a \$3 donation.
Individuals under 60 pay \$8.00.

**Lunch served at noon Mon-Fri
Please arrive by 11:30am.**

**Location:
Centennial Recreation Senior Center,
Multipurpose Room**

The Daily Grind

Start the morning right with a cup of coffee and pastries in our comfortable lobby. Sip your coffee, read the newspaper, watch TV, play cards, or just relax and chat.

Location: Centennial Recreation Senior Center, Lobby

Date	Day	Time	Age
Ongoing	M-F	8am-3pm	50+

Drop-in: \$0.25 per cup

Arts, Crafts and More

WATERCOLOR

Painting with watercolor is both fun and challenging at the same time. In this class, you will learn about technique, color, composition, and design. Come, have fun and develop your creativity within.

Instructor: Mitzi Shine

Location: Centennial Recreation Senior Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	M	1:30pm-4pm	50+

Drop-in: \$8, Monthly pre-pay: \$6 per class

Please provide your own materials, material list available.

CREATIVE WRITING

We all have a story to tell. Come and share yours in this small and friendly group. No writing talent necessary! Just come and enjoy sharing and listening to stories. A booklet with writing contributions from class members will be created at the end of the class.

Instructor: Jean Walia

Location: Centennial Recreation Senior Center

Date	Day	Time	Age
Ongoing	2nd & 4th Monday	10:15am-12pm	50+

KNITTING AND STITCHERY

Do you enjoy the lovely art of needlework? Learn the different types of knitting stitches and how to read a pattern to create a beautiful piece of work. Already know how to knit? Bring your knitting needles and come and share ideas, and socialize with everyone! Men are welcome too!

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	TH	9:30am-12pm	50+

Please provide your own materials.

ROTATING ART EXHIBIT

Come walk through the halls of the Senior Center and enjoy the talents of our local community artists.

ADULT 50+

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Fitness

PICKLEBALL

Despite its funny name, Pickleball is all the rage with older adults. Pickleball is a fusion of tennis, ping pong, and badminton. The game is played on a badminton court; however the net is lowered to 3 feet. Play takes place closer to the net than in other racquet sports and players use wooden paddles and a wiffleball. Like tennis, this sport can be played by two or four players.

Location: Gymnasium

Date	Day	Time	Age
Ongoing	M	11am-1pm	All
	T	11am-1pm	All
	TH	11am-1pm	All
	S	12:30pm-2pm	All

Resident: \$8 / CRC Member: Free
Non Resident: \$10 / CRC Member: Free

50+ DROP IN BASKETBALL

Individual players 50 years of age and older are welcome to drop in for a pick up game of basketball.

Location: East Gym

Date	Day	Time	Age
Ongoing	Sundays	10am-11am	50+

Residents: \$8/CRC Member: Free
Non residents: \$10/CRC Member: Free

ZUMBA GOLD

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older adult participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements that Zumba Fitness is known for; the zesty Latin music, like Salsa, Merengue, Cumbia and Reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults will enjoy the camaraderie, excitement and fitness that Zumba Gold has to offer. This is a dance-fitness class that feels friendly, but most of all, fun!

Instructor: Teresa Flynn

Location: Gymnasium

Date	Day	Time	Age
Ongoing	W	10:00am-11:00am	All

Resident: \$8 / CRC Member: Free
Non Resident: \$10 / CRC Member: Free

FITNESS FOR ARTHRITIS

This exercise program is designed specifically for people with arthritis and uses gentle activities to help increase joint flexibility and range of motion, as well as muscle strength. Participants previously enrolled in the program have experienced such benefits as increased functional ability, decreased pain and decreased depression.

Instructors: Alison Macmillan

Location: Centennial Recreation Senior Center/Teen Center

Date	Day	Time	Age
Ongoing	T / F	9am-10am 10am-11am	50+ 50+

Drop-in: \$2 / CRC Member: Free

AQUATIC FITNESS CLASSES

See page 12 for class information.

CHAIR YOGA

A gentle yoga class that focuses on breath awareness, stretching, strengthening and meditation while using the chair to either sit in or stand next to while enjoying the benefits of yoga.

Instructor: Amy McElroy

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	T	10:00am-11:00am	50+
Ongoing	T	11:00am-12:00pm	50+
Ongoing	F	10:00am-11:00am	50+

Resident: \$8 / CRC Member: Free
Non Resident: \$10 / CRC Member: Free

50+ PILATES

This is a mat-based workout, specially designed for the older adult, which will strengthen and lengthen your muscles, help improve posture, enhance stability, increase core muscle strength, and improve flexibility.

Instructor: Melissa Profio (CCC)

Location: Community and Cultural Center

Date	Day	Time	Age
Ongoing	M	10:00am-11:00am	50+
Ongoing	TH	10:00am-11:00am	50+

Resident: \$8 / CRC Member: Free
Non Resident: \$10 / CRC Member: Free

50+ YOGA

A class designed for 50+ adults that focuses on stretching, breath awareness and meditation.

Instructor: Yvette Doublet-Weislak

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	TH	10am-11am	50+

Resident: \$8 / CRC Member: Free
Non Resident: \$10 / CRC Member: Free

50+ FUNCTIONAL FITNESS

This group exercise class provides a supportive and safe environment to help increase one's strength, flexibility and balance. This class is taught by our fitness specialists with an expertise in working with active older adults. Instruments that will help participants maintain and increase strength, flexibility and balance include chairs, lightweight handheld dumb bells, resistance tubing and stability balls. Balance exercises may also include extensions of legs from chairs or performing wall squats with the use of a stability ball.

Instructor: Alison J. Macmillan

Location: Centennial Recreation Center, Aerobics Room

Date	Day	Time	Age
Ongoing	M/W/F	1pm-2pm	50+

Resident: \$8 / CRC Member: Free
Non Resident: \$10 / CRC Member: Free

TAI CHI FOR DIABETES

Dr. Paul Lam led a team of medical and tai chi specialists who created this easy to learn program based on Sun and Yang styles. It is designed to prevent and improve the control of diabetes. This program will help to minimize the risk of complications by improving heart/lung function, muscular strength, flexibility, balance, and stress reduction while minimizing the risk of hypoglycemia. Students need not have diabetes to participate. Must pre-register. Please check with the Senior Center Welcome Desk for availability. Diabetes class is Wednesday 8:45am

Instructor: Jerriane Kuehn

Location: Centennial Recreation Senior Center, Teen Center

Date	Day	Time	Age
Ongoing	W	8:45am-9:40am (Diabetes)	50+

TAI CHI FOR ARTHRITIS

Dr. Paul Lam led a team of tai chi and medical specialists to create this tai chi program based on Sun style. It is easy, enjoyable and "joint friendly" for people with arthritis to learn. It is also a great start for the beginner to improve health and wellness. The program is proven to be effective to prevent falls. It can be modified to accommodate different chronic conditions. Students need not have arthritis to participate. Must pre-register. Please check with the Senior Center Welcome Desk for availability. Advanced class Wednesday 9:45am and Beginner class is Wednesday 10:45am

Instructor: Jerrienne Kuehn

Location: Centennial Recreation Senior Center, Teen Center

Date	Day	Time	Age
Ongoing	W	9:45am-10:40am (Adv)	50+
Ongoing	W	10:45am-11:50am (Beg)	50+

50+ AEROBICS

Improve your strength, balance, flexibility, and cardio-vascular system with this fun non-impact exercise program. Lively music encourages vigorous group participation, but each person works in his or her own target heart range. Low-impact aerobics is a particularly good way for beginners to get started in an exercise program.

Instructor: Julie Houle

Location: Centennial Recreation Senior Center, Gymnasium

Date	Day	Time	Age
Ongoing	T/TH	10:00am-11:00am	50+

Drop-in: \$3 / Free for CRC Members (\$30 punch pass available)

TRX LITE

This 45-minute class is designed for those who want to gain strength and increase balance using the TRX straps. This class is ideal for those who are working around an injury, are new to exercise, or have limited mobility. The instructor will pay close attention to your form and execution of exercises to ensure you are getting the most effective and safe workout.

Instructor: Jill Sanders

Location: Gymnasium

Date	Day	Time	Age
Ongoing	W	12pm-12:45pm	All
Ongoing	F	12pm-12:45pm	All

Resident: \$8 / CRC Member: Free

Non Resident: \$10 / CRC Member: Free

Healthy Eating

SENIOR PRODUCE MARKET

In partnership with Episcopal Senior Communities, the Department of Public Health, and the Health Trust, the YMCA has its very own produce market at the CRC! While the intent is to provide produce that is accessible and affordable to older adults, this market is open for all ages. The market runs all year long with a large selection of seasonal fruits and vegetables. Produce is sold at cost and recipes are available to match the produce of the day.

Location: Centennial Recreation Senior Center, CRC Main Lobby

Date	Day	Time	Age
Ongoing	Wednesdays	9:15am-11:15am	All

Cards and Games

BOCCE BALL

Thanks to the Rotary Club of Morgan Hill and Techcon Construction Company, our community has a beautiful oyster bed Bocce Ball court that is used by our seniors and anyone of any age and ability! This Italian game is similar to lawn bowling and uses softball sized balls that are easy to handle, particularly for those who are no longer able to handle bowling balls. Like the more commonly known game of horseshoes, the main goal is to simply throw or roll your bocce balls closer to a target ball than your opponent's, but like croquet, players can knock the opponent's balls away from the target.

Location: Centennial Recreation Senior Center, Patio

Date	Day	Time	Age
Ongoing	Tuesdays	10am	All

Reservations can be made to use the Bocce Ball court by calling the Senior Center Welcome Desk at (408) 782-1284.

CARD GAMES

Drop in Card Games: includes Bridge, Pinochle, Rummy, Quiddler and others.

Location: Centennial Recreation Senior Center, Lobby

Date	Day	Time	Age
Ongoing	M-F	10am-12pm	50+
Ongoing	M-F	1pm-3pm	50+

Drop-in: Free

MEXICAN TRAIN DOMINOES

Let's connect those dots! Join us for this popular domino game, which got its name from a special optional train that belongs to all players.

Location: Centennial Recreation Senior Center

Date	Day	Time	Age
Ongoing	Th	1pm-3pm	50+

Drop-in: Free

DUPLICATE BRIDGE

Join our large group of Bridge players who pair up with a partner to play the challenging game of Duplicate Bridge.

Facilitator: Winston Stone

Location: Centennial Recreation Senior Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	M	6:30pm-10pm	All
Ongoing	Every 3rd Sunday	12pm-4pm	All

Drop-in: \$6

BILLIARDS/PING-PONG

Interested in picking up a game of eight or nine ball or catching a quick game of ping-pong? Billiard and ping-pong tables are available for open play during Senior Center hours.

Location: Centennial Recreation Senior Center, Teen Center

Date	Day	Time	Age
Ongoing	M-F	12pm-3pm	50+

Drop-in: Free

BINGO AT THE SENIOR CENTER

Come and meet new people while enjoying the fun game of BINGO! Winnings consist of donated prizes, no cash.

Location: Centennial Recreation Senior Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	M/W	10:15am-11:15pm	50+

Drop-in: \$1

MAHJONG

The game and its regional variants are widely played throughout eastern and south eastern asia and have a small following in western countries. Mahjong is a game of skill, strategy, and calculation and involves a degree of chance.

DATE	DAY	TIME	AGE
Ongoing	Monday	1pm	50+

Dancing

LINE DANCING

Have you always wanted to learn to Line Dance, but felt intimidated by the large class of those who seemed to already know what they were doing? If so, this is the class for you! Beginner and experienced dancers welcome!

Instructor: Lou Jenner

Location: Centennial Recreation Senior Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	T	1pm-3pm	50+

Drop-in: \$2

Singing, Music and Entertainment

FRIDAY MOVIE MATINEE

Movie lovers will enjoy our Friday movies at the Senior Center. Spend the afternoon relaxing while watching movies on a large movie screen! Contact the Senior Center for a list of scheduled movies.

Location: Centennial Recreation Senior Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	Every Friday	1pm-3pm	50+

Drop-in: Free

KARAOKE MARATHON

Come join the fun and test your vocal skills with other amateurs who enjoy a wide variety of music. All ages welcome!

Location: Senior Center-Multipurpose Room

Date	Day	Time
6/8	Thursday	1:00-3:30pm
10/10	Thursday	1:00-3:30pm

Photography Programs

PHOTOGRAPHY CLUB

Photographers of all levels of experience and skill are invited to club meetings. If you want to learn more about photography and meet other local photographers, please join us. We are a very social and friendly group that always welcomes guests and new members.

Facilitator: George Ziegler

Location: Centennial Recreation Senior Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	1st Wednesday	7pm-9pm	All

Drop-in: \$20 annual dues fee

Computer Programs

50+ ADULT PUBLIC COMPUTER CENTER

The Centennial Recreation Center provides a quiet room with access to computers and internet access. Membership is not required.

Location: Centennial Recreation Senior Center, Computer Room
Specified 50+ Adult Only Designated Hours:

Date	Day	Time	Age
Ongoing	M-F	8am-3pm	50+

Drop-in: Free

COMPUTER DROP IN HELP CENTER

(COMPUTER CO-PILOTS)

LEARN TO USE A DESKTOP, LAPTOP, TABLET OR SMARTPHONE

Do you have a new laptop, tablet or smart phone and you're not sure how to use it to its full potential? Keep yourself connected by learning how to send and receive text messages, use mobile email and the web, share photos, Skype and download apps. This volunteer facilitated drop in center will help you to unlock and explore the many features of your laptop or mobile device.

Prerequisites: No experience is necessary. Bring your laptop, tablet computer, or smartphone.

Instructors: Several Experienced Volunteers

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	W	12pm-3pm	50+

COMPUTER WORKSHOPS

Location: Centennial Recreation Senior Center, Activity Room 1

WORD PROCESSING

Learn what Word Processing is and how to use it. Create a letter, a party invitation, a flier for a yard sale or lost pet with a picture and more.

Activity #	Date	Day	Time	Age
SSX001	5/10	W	11am-12pm	50+
SSX002	8/9	W	11am-12pm	50+

Resident: \$8

Non-Resident: \$10

SPREADSHEETS

Learn what Spreadsheets are and how you can use them for all kinds of things!

Activity #	Date	Day	Time	Age
SSX003	6/7	W	11am-12pm	50+

Resident: \$8

Non-Resident: \$10

THE CLOUD

This presentation will take away the mystery and fears of what the cloud really is.

Activity #	Date	Day	Time	Age
SSX004	6/14	W	11am-12pm	50+

Resident: \$8

Non-Resident: \$10

SECURITY SCAMS

Learn what is real and what's a scam. What type of security software is needed to help protect you and your electronic device?

Activity #	Date	Day	Time	Age
SSX005	7/5	W	11am-12pm	50+

Resident: \$8

Non-Resident: \$10

ADULT 50+

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HOW TO USE THE INTERNET

Learn how to surf the net, find information, and how to access videos with ease.

Activity #	Date	Day	Time	Age
SSX006	7/12	W	11am-12pm	50+

Resident: \$8

Non-Resident: \$10

SOCIAL NETWORKING

What is Social Networking and how does it work? What are the good and bad aspects?

Activity #	Date	Day	Time	Age
SSX007	8/2	W	11am-12pm	50+

Resident: \$8

Non-Resident: \$10

Social Participation



**We are active, fun,
wise and in our prime!!!**

We love music, dance, art, hiking, biking, exercise, history, exploration and learning!

- Meet other people in your community
- Attend a local concert with great musicians
- Tour estates and ranches in the area
- Learn a new skill
- Hike or explore Morgan Hill and the surrounding community

Follow our events on www.eltorosc.com or on facebook at 50+ El Toro Social Club.

For more information contact Debbie Vasquez at 408.310.4254 or debbie.vasquez@mhcrc.com.

South County Lifelong Learning (SCLL)

Rekindle your passion for learning through classes, lectures and discussions!

- Engage in discussions
- Explore new subjects
- Make new friends
- Develop new interests
- Have fun!

South County Lifelong Learning (SCLL) is a dynamic community of 50+ adults who thrive on acquiring new knowledge, sharing ideas and building a social connection with other like-minded individuals.

For more information on upcoming classes please check out the Lifelong Learning section of the El Toro Social Club Website at <http://www.eltorosc.com/#lifelong-learning/du458> or on our South County Lifelong Learning-SCLL face book page. For more information contact Debbie Vasquez at (408) 310-4254.

Support Services

CASE MANAGEMENT

Through a partnership with Live Oak Adult Day Services and the County of Santa Clara we are able to provide on-site Case Management at the Centennial Recreation Senior Center. Case Management is a collaborative process that assesses, plans, implements, coordinates, monitors, and evaluates the options and services required to meet health and human service needs of our older adults. If you are 60+ years of age and need advocacy, communication, or need help navigating community resources, you can contact the Senior Center at (408) 782-1284 to schedule an appointment.

HEALTH INSURANCE COUNSELING AND ADVOCACY (HICAP)

Counselors will assist seniors and their families to understand and evaluate the confusing array of insurance options. Counselors assist seniors with comparison charts, insurance plan benefits, cost and limitations, claim or benefit denials and other billing problems. This service is offered at the Senior Center by Sourcewise. They are not affiliated with any insurance company and offer unbiased information solely to aid seniors in making informed decisions about coverage.

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	2nd & 4th Friday	9am-12pm	60+

Advance appointment required, register at the Senior Center Welcome Desk

Drop-in: Free

ADULT 50+

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SENIOR ADULT LEGAL ASSISTANCE

Free legal assistance for Santa Clara County residents 60+ with problems pertaining to Social Security, Medicare, Medi-Cal, mobile homes, elder abuse and housing.

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	2nd & 4th Thursday	10:00-12:30pm	60+

Advance appointment required, register at the Senior Center Welcome Desk
Drop-in: Free

INFORMATION AND ASSISTANCE/ SENIOR PEER ADVOCATE

A trained volunteer provides information regarding support services and resources available to South County older adults and caregivers. Facilitated by Nutan Oza, Senior Peer Advocate Volunteer

Location: Centennial Recreation Senior Center

Date	Day	Time	Age
Ongoing	T	10:30am and 12:00pm	50+

Drop-in or by appointment: Free

DEMENTIA SUPPORT GROUP

Location: Centennial Recreation Senior Center, Activity Room 1
This group provides a safe place for family members and friends of dementia patients to share feelings, concerns and information. This group is where you will find support, and learn how people cope with the symptoms and life changes caused by dementia, Alzheimer's disease and other related disorders. Facilitated by Tiffany Mikles.

Date	Day	Time	Age
Ongoing	1st Friday	2:00-3:30pm	60+

Special Interest

HAIRCUTS FOR SENIORS

Enjoy being pampered by professional hair stylists and walk away with a fresh new haircut? Cherisse's Hair Salon, voted best hair salon in Morgan Hill and Morgan Hill Chamber of Commerce in 2015, 2014, 2008, 2007, 2005 and "Business of the Year" in 2010, believes in giving back to the community and giving our seniors the latest and greatest in style techniques. Appointments are held and scheduled at the Senior Center every other month. Please contact the Senior Center Welcome Desk to schedule your appointment.

Location: Centennial Recreation Senior Center

Dates: May 16, July 18, Sept. 19

By appointment only: \$5

LUNCH WITH THE MAYOR

You are invited to join Mayor Steve Tate for lunch and casual conversation. Have a question or thought that you would like to share with the Mayor? Come chat with him over lunch.

Location: Centennial Recreation Senior Center, Senior Café

Date	Day	Time	Age
Ongoing	One Friday/month	11:30am-12:30pm	50+

Please contact the Senior Center or check the monthly newsletter for the dates of the Mayor Lunch Conversations.

TRANSPORTATION

VTA will provide seniors with rides to their required destination. Transportation is provided to the Senior Café for eligible riders. Applications are available at the Senior Center Front Desk (408) 782-1284.

TUESDAY NIGHT BINGO AT THE COMMUNITY AND CULTURAL CENTER

This large-scale BINGO program, facilitated by the Friends of the Morgan Hill Senior Center operates throughout the year to raise funds for the sustainability of the Senior Centers programs and services. Games consist of Bingo, pull tabs and flash cards. Snack bar and free coffee are available. Doors open at 4:15pm. Early bird games begin at 5:45pm.

Location: Community and Cultural Center, Hiram Morgan Hill Room

Date	Day	Time	Age
Ongoing	Every Tuesday	6:30pm-9:30pm	18yrs+

Drop-in: \$20 minimum paper buy-in; \$30 electronic paper buy-in

Volunteers

VOLUNTEER OPPORTUNITIES

Volunteers are our greatest resource. We have many volunteer positions available at the Senior Center and within the larger community. Visit the Senior Center for a volunteer application and a listing of available opportunities.

FRIENDS OF THE MORGAN HILL SENIOR CENTER

Friends of the Morgan Hill Senior Center consists of a group of volunteers who are committed to raising funds to sustain, grow and develop Morgan Hill's Centennial Recreation Senior Center. Friends of the Morgan Hill Senior Center is part of the Morgan Hill Community Foundation, a tax-exempt 501c3 public charity focused on improving the quality of life in the greater Morgan Hill region. To learn more about the Friends or how you can volunteer to help raise funds for the Centennial Recreation Senior Center, visit www.fmhsc.org or call (408) 310-4254.

INTERESTED IN GETTING INVOLVED? JOIN OUR SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee (SAC) of Morgan Hill is expanding its membership to help support our 50+ population and ensure that Morgan Hill is a community where older adults thrive. The Committee is engaged in a continual improvement process to ensure Morgan Hill is Age-Friendly. In addition, ensuring programs and services are meeting the current and future needs of our community. If you have an interest in participating in the Senior Advisory Committee or if you would like additional information, please contact: Debbie Vasquez, Older Adult Services Supervisor for the City of Morgan Hill. You can reach her at (408) 310-4254 or by email at Debbie.Vasquez@mhcr.com.