

SOUTH COUNTY LIFELONG LEARNING



Infection and Immunity

Are you concerned for your health? Would you like to learn more about your immune system and how it protects the body, how we can aid in that protection? Join us as Linda D. Caren, PhD and Biology Professor Emerita at California State University, Northridge presents information on infection and immunity.

The immune system is a double-edged sword that can cause allergies and auto-immune diseases. With aging, part of the immune system may be less robust, but that decline may help protect us from the increased incidence of autoimmune disease seen in seniors.

Dr. Caren has taught Medical Microbiology and Immunology throughout her career. She is coming to talk to us once again about the following important topics: vaccines, infections, immune system and immunotherapy for cancer.

Location: City of Morgan Hill Council Chamber (17555 Peak Avenue) - **DIFFERENT LOCATION!**

Instructor: Dr. Linda Caren

Date: Wednesday, September 25, 2019

Time: 10:00am-12:00pm

Fee: \$10

Please call the Senior Center to reserve your spot for these classes!

BULLETIN BOARD

Cribbage, Pinochle, anyone? Let the Senior Center Welcome Desk know if you'd like to play any of these games!

UPCOMING EVENTS:

- September 2 - Senior Center Closed for Labor Day
- September 5 - Paper Crafting Workshop
- September 10 - Energy Assistance Program Presentation
- September 12 - Paper Crafting Workshop
- September 13 - Karaoke with Chris
- September 13 - Grandparent's Day (bring your grandchildren for free!)
- September 13 - Dementia Support Group
- September 14 - Get Fit Family Run
- September 17 - Haircuts by Cherisse (by appt)
- September 17 - Sourcewise Resource Table
- September 18 - Lunch with the Mayor
- September 19 - Paper Crafting Workshop
- September 19 - Rebuilding Together Presentation
- September 20 - Birthday Celebration
- September 23 - Welcome Fall Celebration
- September 24 - Caremore/Anthem Resource Table
- September 24 - Nutrition Education Presentation (Santa Clara County)
- September 25 - SCLL, "Infection and Immunity" at City Council Chambers (different location)
- September 26 - Paper Crafting Workshop



SAVE THE DATE!!!!

Don't forget to put the week of October 7-11 on your calendars! This will be our 2nd annual Healthy Aging Week. Our 4th annual **Senior Resource Fair** will be held on October 11th during this week! Stay tuned for more information!

CENTENNIAL RECREATION SENIOR CENTER

171 W. EDMUNDSON AVENUE
MORGAN HILL, CA. 95037
(408)782-1284
www.mhcrc.com



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



Senior Adult Legal Assistance:

Available on **Thursdays, September 12th and 19th** by appointment only. Free appointments are available from 10:00am to 12:30pm. SALA is able to help with wills, but not with trusts. Must be 60 or over and a resident of Santa Clara County.

Health Insurance Counseling:

Available on **September 13th and 27th**, by appointment only. Free appointments are available from 9:00am-12:00pm. Please call for an appointment at the Senior Center Welcome Desk.

Senior Resource Assistance:

Need help with transportation, housing, health, caregiving, food, or employment? Donna Weisblatt will provide you with resources on Fridays, from 10:30am-12:30pm. Please make an appointment at the Senior Center Welcome Desk at 408-782-1284.

Dementia/Alzheimer's Caregiver Support Group:

This group provides a safe place for family members and friends of dementia patients. It also enables caregivers to find support and learn how to cope with the symptoms and life changes associated by dementia and other related disorders. Next group meeting is on **September 13th** from 2pm-4pm, at the Senior Center. This group meets on the 2nd Friday of every month for 2 hours.

House Sharing Program:

Sponsored by Santa Clara County in collaboration with Catholic Charities, the House Sharing Program which works to pair people that are interested in sharing a home with someone else. Free appointments are available on Tuesdays from 8:00am-3:00pm. Please call the Senior Center Welcome Desk at 408-782-1284.

Get'n Around Town

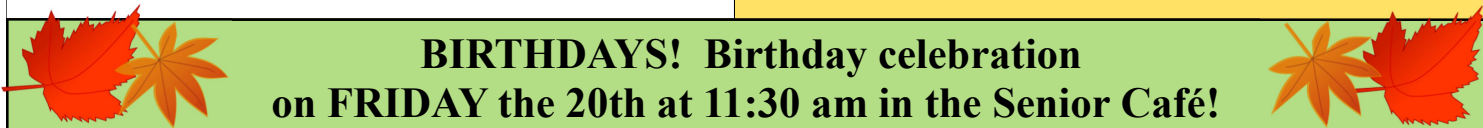
Do you know a Senior who is isolated and is not able to drive? Transportation is available in the Morgan Hill area for appointments, grocery store visits and other errands. Please call the Senior Center Welcome Desk for more information (408-782-1284).

Looking for a volunteer opportunity? Have a couple hours a week and a safe vehicle to help Morgan Hill Seniors get to appointments, run errands, or get their groceries? The Get'n Around Volunteer Driver Program is looking for volunteers to participate in our program. You can help seniors in Morgan Hill make the connection to the community! Call Denise at 408-310-4255 if you are interested.



Transportation:

Senior Transportation is provided by VTA. Applications for Paratransit riders are available in the Senior Center. For more information on transportation options please contact the Senior Center Welcome Desk at 408 782-1284. Please check with us on other options such as our Volunteer Driver Program and Sourcewise.



Minnie Lee Archbell	Luz Daniels	Ruby King	Donald O'Brien	Alfred Shumski
Joe Arellano	Conna Deleon	Susan Landau	Frances Odoms	Delia Silva
Francis Brown	Toribio Delgadillo	Bill Lanning	Baudelio Ojeda	Joseph Silva
Kaddie Ashley	Meghann Dotta	Rose Lavarias	Justina Ozoigbo	Marie Skurda
Linda Avila	Fernando Galindo	Lue Lehfeltdt	Hector Padilla	Judi Snow
Regina Bangi	Mary Elmasry	Nedra Levell	Adreiana Peimbert-	Buddy Soares
Jerry Beaulieu	Linda Furtado	Betty Lewis	Bayona	Robert Stewart
Laura Bermudez	Viva Gallegos	Patricia Lewis	Margaret Perez	Christy Stratton
Hiedi Betancourt	Richard Gobir	Thomas Lewis	Virginia Perkins	Louis Surdi
Farida Bootwala	Richard Gomez	Francisco Loayza	Panch Ponnampalam	Joseph Svoboda
Andrea Borges	Ted Gonzales	Dianne Martineau	Mary Ringo	Linda Tarvin
Mary Borns	Audrey Gray	Donald Martineau	Michael Rock	Norma Teel
Gerry Bruce	Richard Gray	Richard Mercurio	Laura Rockwell	Jack Todd
Nancy Buchanan	Paul Greenland	Lawrence McDonald	Gregorio Romero	Richard Tucker
Gregory Budde	Ramona Hague	John McDougall	Josie Ross	James Wade
Cynthia Cantrell	Barbara Harris	Larry Measele	Marlene Russell	Inger Wilson
Gary Castro	Gertrude Hepperle	Idelle Metcalf	Fran Sadler	Ann Winzeler
Richard Castro	Aurelia Hernandez	Marilyn Mitri	Rose Samson	Ruth Wiegler
Anita Cervantes	Frances Hernandez	Victor Moughler	Lisa Sanders	George Witzel
Helen Conde	Winnie Houghton	Vince Moule	Debbie Schmit	James Muellner
June Cramblit	Natalie Jones	Ellen Napoli	Rita Searcy	Ne Zhang
Juana Daniels	Etsuko Kawakami	Michelle Nylander	Michael Shay	

Debbie Vasquez-OAS Supervisor
Denise Melroy—Program Coordinator
Poch'e Reynolds—Engagement Coordinator
Ann Pember—Engagement Coordinator

Sandra Madriles-Nutrition Coordinator
Hilda Rosales—Cook
Ingrid Essary—Kitchen Helper
Contact us: 408 782-1284
Hours: 8:00 am-3:00 pm