

**September
2019**



Centennial Recreation Senior Center
171 W. Edmundson Ave., Morgan Hill
Activities for Adults 50+ Contact us: 408 782-1284

**Hours:
8 am-3 pm**

Debbie Vasquez, OAS Supervisor
 Denise Melroy, Program Coordinator
 Sandra Madriles, Nutrition Coordinator
 Hilda Rosales, Cook
 Ingrid Essary Kitchen Helper
 Ann Pember, Poch'e Reynolds, Engagement Coordinators

	SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<p>The Senior Center is part of a larger multigenerational facility, operated by the City of Morgan Hill in partnership with the Mt. Madonna YMCA. In addition to the programs being offered at the Senior Center, the Centennial Recreation Center (CRC) offers a wide array of fitness and aquatic programs for all ages. Visit the front desk of the CRC or the Senior Center for a listing and description of fitness programs.</p>	<p>9:30 am Tai Chi (Beg) 10 am 50+ Pilates (CCC) 10:15 am Bingo (\$1) 11 am Pickleball 12-3 pm Billiards/Ping-Pong 1-3 pm Drop-in Cards 1 pm 50+ Music and Moves 1pm Mahjong 1pm Mexican Train Dominoes 1:30 pm Watercolor</p>	<p>9 am Fitness for Arthritis 10 am Fitness for Arthritis 10 am 50+ Boot Camp 10-12 am Bridge 10 am Chair Yoga 11 am Chair Yoga 11 am Pickleball 12-3 pm Billiards/Ping-Pong 1-3 pm Bridge 1-3 pm Drop-in Cards 6:30 pm BINGO at CCC</p>	<p>10 am Zumba Gold 10:15 am Bingo (\$1) 8:45 Tai Chi (Energy-beg) 9:45 Tai Chi (Energy-adv) 10:45 Tai Chi (Adv) 10:30 Card Games 11 am 50+ Pilates 12 pm TRX Lite 12pm Computer Help 1 pm Bocce Ball 12-3 pm Billiards/Ping-Pong 1-3 pm Drop In Cards 1 pm 50+ Functional Fitness</p>	<p>9:30 am Knitting/ Stitchery 10 am 50+ Pilates (CCC) 10 am 50+ Yoga 10 am 50+ Boot Camp 10 am Papercrafting 10:30 am Card Games 11 am Pickleball 12-3 pm Billiards/Ping-Pong 1-3 pm Drop-In Cards 1-3 pm Mexican Train Dominoes 1 pm Mahjong</p>	<p>9 am Fitness for Arthritis 10 am Fitness for Arthritis 10 am Chair Yoga 11 am Chair Yoga 10:30 am Card Games 10:30 am Senior Resource appointments 12pm TRX Lite 12-3 pm Billiards/Ping-Pong 1-3 pm Drop-in Cards 1 pm 50+ Functional Fitness 1pm Movie Matinee</p>		

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<p>DAILY Senior Center</p> <p>Coffee, Pastries, Newspaper, TV, Puzzles, Cards in the Senior Center Lobby Weekdays 8am-3pm</p> <p>Games and More Bocce Ball, Billiards, Air Hockey, Ping-Pong, Foosball Weekdays 8am-3pm</p> <p>Free Computer Use/ Wi-Fi Weekdays 8am-10pm (50+ Age specific hours weekdays 8am-3pm)</p> <p>Morgan Hill Senior Café Lunch served weekdays at 12 pm</p>	1	2 LABOR DAY SENIOR CENTER CLOSED!	3 6:30pm Bingo CCC 	4	5 10am Paper Crafting Workshop 	6 1pm Movie Matinee	7
	8	9 10:15-11:00am Bingo 10am Creative Writing	10 11:15am Energy Assistance Program Presentation 6:30pm Bingo CCC	11 10:15-11:15am Bingo	12 10am-12pm SALA Appointments 10am Paper Crafting Workshop 	13 9am HICAP appointments 10am Karaoke with Chris 11:30am Grandparent's Day 1pm Movie Matinee 2pm Dementia Support Group	14 8am Get Fit Family Run
	15	16 10:15-11:00am Bingo 10am Discussion Group	17 9:30am Haircuts (by appt) 10am Sourcewise Resource Table 6:30pm Bingo CCC	18 10:15-11:15am Bingo 11:30am Lunch with the Mayor	19 10am Paper Crafting Workshop 10am-12pm SALA Appointments 11:20am Rebuilding Together Presentation	20 11:30am Birthday Celebration 1pm Movie Matinee 	21
	22	23 10:15-11:00am Bingo 10am Creative Writing 11:30am Welcome Fall Celebration	24 10am Caremore/Anthem Resource Table 11:30am Nutrition Education Presentation 6:30pm Bingo CCC	25 10am Infection and Immunity, SCLL (City Council Chambers) PLEASE NOTE: DIFFERENT LOCATION!!!! 10:15-11:15am Bingo	26 10am Paper Crafting Workshop 	27 9am HICAP appointments 1pm Movie Matinee	28
	29	30 10:15-11:00am Bingo					