



January 2023

Newsletter



www.morgan-hill.ca.gov

CENTENNIAL RECREATION SENIOR CENTER

171 West Edmundson Avenue
Morgan Hill, California 95037

Senior Center Welcome Desk: (408) 782-1284

Senior Café Lunch Information : Sandra Madriles (408) 310-4256

A Matter of Balance Program—*Managing Concerns about Falls*

This is an 8 week fall prevention program designed to teach strategies for managing falls and increasing activity levels.

We are offering 2 classes starting in January:

Every Thursday from January 19th—March 9th, 2023

9:15am-11:15am **OR** 12:45pm-2:45pm

Please stop by the Senior Center Welcome Desk or call (408) 782-1284 to register.

There is no cost to participate but registration is required!

South County Lifelong Learning Presents: *Living with Wildlife*

Santa Clara County Parks Interpreter, Travis Trinh will be discussing the variety of wildlife that surrounds us here in Morgan Hill and what to do should you have an encounter.

Wednesday, January 18th, 2023

2:30pm-3:30pm

Community and Cultural Center Hiram Room

17000 Monterey Street, Morgan Hill, CA 95037

Cost: \$10.00 Register at www.mhreconline.com or stop by the City of Morgan Hill Senior Center.

Senior Services:

Senior Adult Legal Assistance (SALA): Free legal assistance for Santa Clara County residents 60+ with problems pertaining to Social Security, Medicare, Medi-Cal, mobile homes, elder abuse and housing. Starting Monday, January 9th, 2023 SALA will be offering in-person appointments on the 2nd Monday of the month from 10:00am-12:30pm. Please call (408) 782-1284 to make an appointment. You can also call SALA directly at (408) 295-5991 with any legal questions.

Dementia/Alzheimer's Caregiver Support Group: This group provides a safe place for family members and friends of dementia patients. It will enable caregivers to find support and learn how to cope with the symptoms and life changes associated with dementia and other related disorders.

These meetings take place **virtually** on the 4th Monday of each month from 12:00-1:30pm and **in-person** on the 2nd Monday of each month from 11:00am-12:30pm in Activity Room 2. Please call the senior center at 408-782-1284 to join.

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 generous contributions from the community.

AARP Tax Prep is Back!

- AARP will be offering free tax preparation services every Thursday in the Teen Center from February 2nd—April 13th. Appointments can be booked at the Senior Center Welcome desk or by calling (408) 782-1284 starting in January.

*Some activities may be cancelled at the last minute. Please call the front desk at (408) 782-1284 if you are uncertain if your activity is meeting. We are open Monday—Friday 9:00am-3:00pm.

Senior Activities for January*

Activity:	Day and Time:	Room:
Discussion Group	1st & 3rd Monday, 10am-12pm	Activity Room 1
Bingo	Monday, 10am-11:30am	Multipurpose Room
Dementia/Alzheimer's Caregiver Support Group	2nd Monday, 11am-12:30pm	Activity Room 2
Mexican Train Dominoes	Monday, 1pm-3pm	Activity Room 2
Mahjong	Monday 1pm-3pm	Activity Room 1
Fitness For Arthritis	Tuesday, 10am-11am	Teen Center, \$3 or \$30 for 11 classes
Creative Writing	1st & 3rd Tuesday, 10am-12pm	Activity Room 1
Bridge	Tuesday, 12pm-3pm	Activity Room 1
Watercolor Class	Tuesday, 1:30pm-3:30pm	Multipurpose Room—Fee Required
Tuesday Night Bingo	Tuesday, 6:30pm-9:30pm	Community Cultural Center (\$25 buy-in)
Paper Crafting with Marcie	Wednesday, 10am-12pm	Activity Room 1
Computer Co-Pilots	Wednesday 12:30pm-2:30pm	Activity Room 1
Watercolor Club	Wednesday 1pm-3pm	Multipurpose Room
Movies with Grant	Wednesday 2pm-5pm	Community Playhouse—Fee Required
Mending and Alterations Service	Thursday, 9:30am-12pm	Activity Room 1
Mexican Train Dominoes	Thursday, 1pm-3pm	Activity Room 2
Fitness for Arthritis	Friday, 10am-11am	Teen Center, \$3 or \$30 for 11 classes
Bridge	Friday, 12pm-3pm	Activity Room 2
Friday Movie Matinee	Friday, 1pm-3pm	Multipurpose Room
Duplicate Bridge	3rd Sunday, 1pm-4pm	Multipurpose Room

The following activities will take place daily from 9am-3pm when the Senior Center is open:

Bocce Ball
Cards, Puzzles, TV
Computer Lab
Billiards, Ping Pong (12:30-3pm)

- January 2nd—Senior Center Closed
- January 27th—Karaoke 10am in the MPR

RYDE (Reach Your Destination Easily)

We are always looking for volunteer drivers to participate in our RYDE program. This program uses volunteer drivers to transport seniors to their destinations in Morgan Hill. If you want more information, please let Anna know. You can also call the RYDE number: (408) 310-4250.

Anna Bielecki, Recreation Coordinator
(408) 310-4255

Sandra Madriles, Nutrition Coordinator
(408) 310-4256

Ann Pember, Volunteer/Engagement
(408) 310-4258

Ingrid Essary, Cook

Alicia Avila, Kitchen Helper

Dave O'Malley, Welcome Desk