



July 2022

Newsletter



www.morgan-hill.ca.gov

CENTENNIAL RECREATION SENIOR CENTER

171 West Edmondson Avenue
Morgan Hill, California 95037

Senior Center Welcome Desk: (408) 782-1284

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

Hi everyone!

Starting July 1st the nutrition program will be moving to in-person dining only. The take-out option will no longer be available. The goals of the Senior Nutrition Program are to:

- Reduce hunger and food insecurity
- Support socialization
- Promote health and well-being
- Delay adverse health conditions

These goals are accomplished through the following services:

- Nutritious meals for all older adults
- Transportation benefits
- Wellness classes and workshops
- Opportunities to connect and meet new people

The dining hall will continue to open at 10:30am with lunch served at 11:30am.

“Having Lunch with a Friend”

Do you come to the CRC Senior Center for our daily lunch? Would you be willing/able to pick up a potentially homebound senior in your neighborhood and bring them with you? It is our goal to get as many seniors as possible in our community out of their homes and socializing with others. You could play a role in improving someone's life by assisting them in getting to the senior nutrition program. This agreement would be between you and your neighbor, the Senior Centers involvement would only be to help make connections. Please see the Senior Center Welcome Desk if you are willing to give a neighbor in-need a ride to and from lunch or if you know of someone who might benefit from getting out of the house and socializing with others!

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. Please call 408-295-5991 for a phone appointment with an attorney.

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. 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.

Important Dates:

- Starting July 1st the nutrition program will be going back to in-person dining only. Take-out will no longer be available.

Reminder:

*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.

Senior Activities for July*

Activity	Day and Time	Room
Discussion Group	1st & 3rd Monday, 10am-12pm	Activity Room 1
Bingo (starting 7/11/22)	Monday, 10am-11:30am	Multipurpose Room
Mexican Train Dominoes	Monday, 1pm-3pm	Activity Room 1
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 & Thursday, 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
Mending and Alterations Service	Thursday, 9:30am-12pm	Activity Room 1
Mexican Train Dominoes	Thursday, 1pm-3pm	Activity Room 1
Bridge	Thursday, 12pm-3pm	Activity Room 1
Fitness for Arthritis	Friday, 10am-11am	Teen Center, \$3 or \$30 for 11 classes
Bridge	Friday, 11am-1pm	Activity Room 1
Duplicate Bridge	3rd Sunday, 12:30pm-4pm	Multipurpose Room

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

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

- July 1st—Nutrition Program will be in-person only. No take-out.
- July 4th—Senior Center Closed for 4th of July Holiday
- July 22nd—Karaoke 10:30am in the MPR
- July 28th—Sourcewise Table 10am-11:30am

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, such as errands to the grocery store or pharmacy, doctor appointments, hair and nail appointments, etc. If you want more information about the program and think you might like to make an impact in someone's life who doesn't drive, please let Anna know. You may also call the RYDE number: (408) 310-4250.

Anna Bielecki, Recreation Coordinator
(408) 310-4255

Ingrid Essary, Cook

Sandra Madriles, Nutrition Coordinator
(408) 310-4256

Alma Ramos, Cook

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

Alicia Avila, Kitchen Helper