



Senior Center Newsletter

February 2026

CENTENNIAL RECREATION SENIOR CENTER

171 West Edmundson Avenue
Morgan Hill, CA 95037

www.mhcrc.com | www.morganhill.ca.gov

Welcome Desk: 408-782-1284

Open: Monday-Friday 9:00am-3:00pm

Senior Center Coordinator: Ashleigh Bittle

Café Lunch Information: 408-310-4256

Nutrition Supervisor: Sandra Madriles

Dining room opens between 9:00am-9:30am.

Lunch served at 11:30am. Coffee and pastries served in dining room and Senior Center lobby.

There is a suggested contribution of \$5.00 per meal for participants 60 years and over and a guest fee of \$9.00 per meal for those under the age of 60.



FEBRUARY PROGRAM UPDATES

Friday, February 6

Karaoke! 9:00am in the MPR

Monday, February 9

12:30pm Lifelong Learning: Rose Kennedy Story

Friday, February 13

Valentine's Lunch Celebration

Friday, February 13

Valentine's Social Dance - 2-4pm in MPR

Monday, February 16

Senior Center Closed - President's Day

Tuesday, February 17

Mardi Gras Lunch Celebration

Friday, February 20

Karaoke! 9:00am in the MPR

Tuesday, February 24

OnLok Osteoporosis Presentation 10:30am MPR

FEBRUARY EVENTS

South County Lifelong Learning: Rose - A Mother's Story

Monday, February 9 at 12:30pm

Centennial Recreation Center Multipurpose Room

See Kathy Esteves-Bates in her final performance as Rose Kennedy, the matriarch of one of America's most extraordinary families.

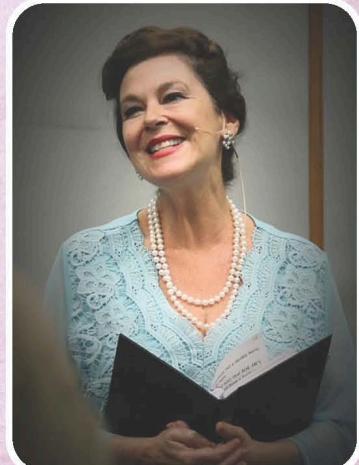
SOUTH COUNTY LIFELONG LEARNING



Rose
A MOTHER'S STORY

Monday, February 9
12:30PM

See Kathy Esteves-Bates in her final performance as Rose Kennedy, the matriarch of one of America's most extraordinary families. In this one hour presentation, "Rose" takes audiences on an emotional journey, from moments of great joy to profound sorrow, as she reflects on her long and eventful life.



South County
Lifelong Learning

Centennial Recreation Center
Multipurpose Room
171 W Edmundson Avenue
Open to all
No RSVP required



SENIOR ADVISORY COMMITTEE
SAC

FEBRUARY EVENTS

Adult Social Dance: Love & Friendship

Friday, February 13 2PM-4PM

Centennial Recreation Center Multipurpose Room

\$10 per person

Tickets are available at the Senior Center Welcome Desk

Get ready to have fun and dance as if no one is watching! Live music by the Pacific Pop 'n' Jazz Band



The poster features the Centennial Recreation Center logo at the top left. The main title "Adult Social Dance" is in black, and "LOVE & FRIENDSHIP" is in red. Below the title is a decorative banner of hearts in various colors (pink, purple, yellow, blue). The date "Friday, February 13th" is prominently displayed in large black letters, with "50+ Adults" in smaller text underneath. To the right are three pink hearts. Below the date are three rounded rectangular boxes: a location icon with "Centennial Recreation Center, Multipurpose RM 171 W Edmundson Ave, Morgan Hill, CA 95037", a clock icon with "2 PM - 4 PM", and a text box with "FEE: \$10 | ADDITIONAL DONATIONS WELCOME" and "TICKETS ARE AVAILABLE AT THE SENIOR CENTER WELCOME DESK." Below this is a paragraph encouraging fun and dancing. The "Pacific Pop 'n' Jazz Band" section features a circular logo with "PACIFIC", "POP 'n'", and "JAZZ" around a central figure, followed by a photo of the band members. At the bottom, a purple banner reads "For more information contact the Senior Center Welcome Desk at 408-782-1284" with two pink hearts on either side.

Adult Social Dance
LOVE & FRIENDSHIP

Friday, February 13th
50+ Adults

Centennial Recreation Center, Multipurpose RM
171 W Edmundson Ave, Morgan Hill, CA 95037

2 PM - 4 PM

FEE: \$10 | ADDITIONAL DONATIONS WELCOME
TICKETS ARE AVAILABLE AT THE SENIOR CENTER WELCOME DESK.

GET READY TO HAVE FUN AND DANCE AS IF NO ONE IS WATCHING. WEAR YOUR MOST COMFORTABLE SHOES AND DRESS UP FOR THE OCCASION. THE LOVE IS IN THE AIR. BRING YOUR FRIENDS TO JOIN IN ON THE EXCITEMENT!

Pacific Pop 'n' Jazz Band

PACIFIC
POP 'n'
JAZZ

For more information contact the Senior Center Welcome Desk at 408-782-1284

DAY TRIPS

San Francisco de Young Museum and Japanese Tea Garden

Wednesday, February 25

Enjoy a day trip to San Francisco's Golden Gate Park with visits to the de Young Museum and the Japanese Tea Garden. Explore world-class art and architecture, then relax among peaceful gardens, koi ponds, and a traditional tea house. Trip Includes: transportation, museum and tea garden admission and travel staff.

Fee: \$110 for non-CRC members

\$100 for CRC members

Need 35 registered by Thursday, February 12 to run trip

50+ ADULT DAY TRIP

SAN FRANCISCO DE YOUNG MUSEUM AND JAPANESE TEA GARDEN

Wednesday, February 25
Depart Senior Center 9am
Leave SF 3pm

Enjoy a day trip to San Francisco's Golden Gate Park with visits to the de Young Museum and the Japanese Tea Garden. Explore world-class art and architecture, then relax among peaceful gardens, koi ponds, and a traditional tea house. Trip Includes: transportation, museum and tea garden admission and travel staff

\$110
non-CRC members
\$100
CRC members

Register by February 12 at
www.mhparksandrec.com
under 50+ Activities Tab

Questions? Call the Senior Center 408-782-1284


CENTENNIAL
RECREATION CENTER
CITY OF MOUNTAIN VIEW - TOGETHER WITH THE WORLD

SOCIAL SERVICES

Senior Adult Legal Assistance (SALA):

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

SALA will be offering in-person appointments on the second Thursday of the month from 10:00am-12:30pm. Call the Senior Center Welcome Desk at (408) 782-1284 to make an appointment. You can also contact SALA directly with any legal questions (408) 295-5991.



Dementia/Alzheimer's Caregivers 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 symptoms and life changes associated with dementia and other related disorders. These meetings take place **in-person** on the second Monday of each month from 11:00am-12:30pm in Activity Room 1. The **virtual** meeting is on the fourth Monday of each month from 12:00-1:30pm. Please call the 24/7 Helpline at 1-800-272-3900 to join.



South County Dementia Caregivers Support Group:

If you are caring for a family member with Lewy Body Dementia (LBD) we welcome you to attend our monthly, in-person meeting. Meets the fourth Sunday of every month 2:30-4:30pm. Register at caregivers@berghoff-foundation.org

Health Insurance Counseling and Advocacy (HICAP):

Sourcewise offers appointments every second Wednesday of the month at the Senior Center. Call their appointment hotline at (408) 350-3288 for phone assistance. Flyers for registration are also available at the Senior Center Welcome Desk.



MONTHLY ACTIVITIES

Bocce Ball, Cards, Puzzles, TV, Computer Lab will take place daily from 9am-3pm when the Senior Center is open.

Billiards and Ping Pong are available 12:30-3pm in the Teen Center.

Activity	Date and Time	Room
Bingo - \$1 to play	Monday, 9:30am-11am	Teen Center
Walking Group	Monday, 9:30am and 12:30pm	Senior Center Lobby
Discussion Group	1 st & 3 rd Monday, 10am-12pm	Activity Room 1
Dementia/Alzheimer's Caregiver Support Group	2 nd Monday, 11am-12:30pm	Activity Room 1
Paper Crafting with Marcie	Monday, 10am-11:30am	Activity Room 2
Mexican Train Dominoes	Monday, 1pm-3pm	Activity Room 1
Mahjong	Monday, 1pm-3pm	Activity Room 2
Fitness for Arthritis	Tuesday, 10am-11am	Teen Center \$3 or \$30 for 11 classes
Creative Writing	1 st & 3 rd Tuesday, 10am-12pm	Activity Room 1
Bridge	Tuesday, 11am-3pm	Activity Room 2
Tuesday Night Bingo	Tuesday, 6:30pm-9:30pm	Community & Cultural Center
Computer & Smart Phone Co-Pilots	Wednesday, 12:30pm-2pm	Activity Room 1
Watercolor Club	Wednesday, 1pm-3pm	Multipurpose Room
Mending Services	Thursday, 9:30am-12pm	Activity Room 1
SALA (Senior Adult Legal Assistance)	2 nd Thursday, 10am-12:30pm	Activity Room 2
Hong Kong Mahjong	Thursday, 10am-12:30pm (except 2 nd Thursday)	Activity Room 2
Hand and Foot Card Game	Thursday, 1pm-3pm	Activity Room 2
Knitting Club	Thursday, 1pm-3pm	Activity Room 1
Fitness for Arthritis	Friday, 10am-11am	Teen Center \$3 or \$30 for 11 classes
Bridge	Friday, 11am-3pm	Activity Room 2
Friday Movie Matinee with Popcorn*	Friday, 1pm-3pm	Multipurpose Room
Duplicate Bridge	3 rd Sunday, 12:30pm-4pm	Multipurpose Room
Table Key	Monday	Tuesday
	Wednesday	Thursday
	Friday	Sunday

Reminder: Some activities may be cancelled at the last minute. Please call the Front Desk (408) 782-1284 if you are uncertain if your activity is meeting.

For information on Tai Chi and Watercolor classes please view the Activity Guide or ask the Senior Center Welcome Desk for more information

FEBRUARY MOVIES

*Friday Movie Matinee with Popcorn. Movies are subject to change. Movie requests can be made at the Senior Center Front Desk.



People We Meet on Vacation

Friday, February 6

Poppy and Alex are unlikely best friends who take a week-long vacation together every summer. Over a decade of trips, they navigate careers, life changes, and a quiet romantic tension that keeps building.

Genre: Romance/Comedy

Starring: Emily Bader, Tom Blyth

Rated: PG-13

Running Time: 1 hr. 49 min.



A Big Bold Beautiful Journey

Friday, February 13

Through a surprising twist of fate, single strangers Sarah and David get to relive important moments from their respective pasts, illuminating how they got to where they are in the present.

Genre: Drama

Starring: Colin Farrell, Margot Robbie

Rated: R

Running Time: 1 hr. 49 min.



Ford v Ferrari

Friday, February 20

Car designer Carroll Shelby and driver Ken Miles as they overcome personal and corporate obstacles to build a Ford race car to challenge Ferrari at the 1966 Le Mans.

Genre: Sport Biography

Starring: Christian Bale, Matt Damon

Rated: R

Running Time: 2 hrs. 32 min.



Superman (2025)

Friday, February 27

When Superman faces conflicts at home and abroad, his actions are questioned, giving tech mogul Lex Luthor a chance to eliminate him. Can Lois Lane and Krypto save him in time?

Genre: Action/Sci-fi

Starring: David Corenswet, Rachel Brosnahan

Rated: PG-13

Running Time: 2 hrs. 10 min.

FEBRUARY MENU

FEBRUARY

2026

MORGAN HILL SENIOR CENTER | Lunch Served: Monday– Friday 11:30am –12:00pm
171 W. Edmundson Ave., Morgan Hill, CA 95037 (408) 782-1284

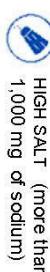
Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Salmon Fillet Tartar Sauce Quinoa with Green Onions and Mushrooms Spinach Cook's Choice LS Soup Tropical Fruit / Milk	3 Italian Herbed Chicken Low Sodium Gravy Brown Rice Pilaf Steam Carrots Pineapple Coleslaw Peach Cup Milk	4 Beef Stroganoff Whole Grain Pasta Brussels Sprouts Green Salad with Shredded Carrots Mandarin Oranges Fresh Fruit / Milk	5 Pork Chile Verde with Homemade Tomatillo and Chiles Pasillas Sauce Corn Tortilla Spanish Rice Coleslaw Fresh Fruit / Milk	6 Grilled Shrimp Pasta Whole Grain Pasta Garlic Bread Asparagus Romaine Salad With 2tbsp. Red Bell Peppers / Apple / Milk
9 Chicken Alfredo Pasta Whole Grain Pasta Carrots with Thyme Green Salad with Seasonal Vegetables Tropical Fruit Cup Milk	10 Seasoned Fish Tilapia Steamed Brown Rice Spinach with Onions Bell Peppers and Onion Pineapple Coleslaw Fresh Fruit Milk	11 Beef Lasagna Whole Grain Bread Steamed Broccoli LS Vegetable Soup Fresh Fruit Milk	12 Cook's Choice Chicken Whole Grain Roll Green Beans Garlic Mashed Potato LS Lentil Soup Jell-O with Mandarin Oranges / Milk	13 Vegetarian Pizza Zucchini, Mushroom Tomato, Bell Peppers, Red Onion in Entrée Green Salad with carrots and one Hard Boiled Egg Orange / Milk
16  16	17 Jambalaya Chicken and Sausage Corn Bread / Brown Rice Bell Peppers in Entrée Diced Carrots Mardi Gras Coleslaw Fruit / Milk	18 Baked Chicken LS Gravy/Whole Grain Roll San Francisco Blend Mashed Potato LS Corn Chowder Soup Tropical Fruit Cup Milk	19 BBQ Pulled Pork Sandwich Whole Grain Bun Whole Kernel Corn Homemade Potato Salad Orange Milk	20 Parmesan Tilapia Tartar Sauce Quinoa with Green Onions Carrots with Thyme Cesar Romaine Salad With Cranberries Mandarin Oranges / Milk
23 Philly Cheesesteak Whole Grain Bread Bell Peppers and Onions In Entrée Baked Potato Fries LS Hearty Vegetable Soup Mandarin Orange / Milk	24 Homemade Chicken Enchilada Corn Tortilla Whole Beans Green Salad with Broccoli Banana / Milk	25 Beef Meatball Soup Whole Grain Bread Carrots, Corn, Peas, Onion And Celery in Entrée Cesar Romaine Salad with Tomato Orange / Milk	26 Baked Salmon Fillet Tartar Sauce Quinoa Steamed Cauliflower LS Lentil Soup with Diced Carrots Fresh Fruit / Milk	27 Chile Relleno Tomato Sauce with Diced Bell Peppers Corn Tortilla Spanish Rice Pinto Beans Tropical Fruit / Milk
 23 Mardi Gras	Reminder: 1. First come, First Serve. 2. We don't make reservations (NO EXCEPTIONS) 3. You shouldn't save a spot for someone else. 4. You shouldn't sign-in for someone else. 5. Respect staff and volunteers.	Suggested Contribution rate per meal: \$5.00 (60 and over) A Meal Card \$50.00 (12 meals) Guest Fee: \$9.00 (under 60)	No eligible individual shall be Denied participation because of failure or inability to contribute"	

All meals include fruit and milk

Menu subject to change.



VEGETARIAN



HIGH SALT (more than
1,000 mg of sodium)

Each meal has ~750 to 900 mg of sodium.
Suggested contributions for participants age 60+ is \$5 per meal.



SOURCE WISE
COMMUNITY RESOURCE SOLUTIONS

REMINDERS

DINING ROOM FRIENDLY REMINDERS

- Please check-in at the registration table.
- Find a place to sit and place your number down.
- DO NOT remove a number that has already been placed to make room for yourself or friend.
- If you have a question regarding lunch or seating, please ask a staff member. Your fellow senior may not have the correct information.
 - Mingle with friends and enjoy the morning.
 - Everyone must be back at their seats by 11:15 am.
- Any unattended numbers will be served after all others have been served.
- If you arrive after your table has been served, you will be served after all others have been served.
 - Please be kind to the volunteers and thank them for their work.
 - Enjoy your lunch.
- Please clean up your area after eating AND be mindful to not throw away your plate and silverware.
 - Thank a volunteer.

SENIOR CENTER FRIENDLY REMINDERS

- Please remember that the “Free Table” is available only on Mondays and Tuesdays and should include items in good condition, along with non-expired, non-perishable food items. Please show the Senior Center Welcome Desk your free items before adding them to the table.
- No Gambling Policy - To keep our Senior Center games welcoming and fun for everyone, we kindly remind participants that gambling of any kind is not permitted. This includes betting any amount of money, prizes, or anything of value during games or activities. Thank you for helping us maintain a positive, safe, and inclusive environment for all!