



February 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

COVID Protocol Reminders:

If you are sick, please stay home.

If you test positive for COVID, let anyone who is a close contact know. These would be the people you shared your table with.

Don't come back to the Senior Center until you are symptom-free and test negative.

If you have a close contact with someone who tests positive, wear a mask for 10 days.

AARP Tax Preparation Services:

The AARP is back to assist Seniors with free tax preparation services. They will be in the Teen Center every Thursday from February 2nd—April 13th. Please call us at (408) 782-1284 or stop by the Senior Center Welcome Desk to make an appointment.

AARP webinar: Re-Engaging Post Pandemic February 22 Noon – 1 p.m.

Learn tips for re-engaging post pandemic with NASA scientist, Dr. Tom Williams! Join AARP California for a free virtual event on Wednesday, February 22, 2023 at Noon as we hear from Dr. Tom Williams (AARP membership not required to attend). The pandemic forced many into social isolation, and as the pandemic wanes some folks are having a hard time adjusting back to in person and connecting with others – some may be fearful of getting sick, while others may feel social anxiety after being apart from family and friends. During this event, Dr. Williams will share his insights on how to reconnect socially and how to support those who are struggling to reconnect with others, based on his experience working with the military and their families and NASA astronauts, and some of the parallels he sees with the pandemic. Dr. Williams recently retired from NASA where he served as the Element Scientist for Human Factors and Behavioral Performance. A clinical psychologist, he has numerous publications in the areas related to isolation and confinement, and the impact of long-duration missions. Dr. Williams' work was featured in a recent NASA podcast where he discussed the implications of COVID isolation and the similarities to the isolation and confinement of spaceflight. This event is free and open to the public. **Registration is required.** events.aarp.org/reengaging022223

South County Lifelong Learning Program Presents: (Save the Date!)

Russia's War on Ukraine

Wednesday, March 22nd, 2023

2:30-3:30pm Hiram Room, Community and Cultural Center

Steven Pifer is affiliated with the Center for International Security and Cooperation at Stanford and the Brookings Institution. He is a retired Foreign Service officer whose assignments included deputy assistant secretary of state with responsibilities for Russia and Ukraine, U.S. ambassador to Ukraine, and special assistant to the President and senior director for Russia, Ukraine and Eurasia on the National Security Council. He also served at the U.S. embassies in Warsaw, Moscow and London as well as with the U.S. delegation to the negotiation on intermediate-range nuclear forces in Geneva.

Save the Date!

- The Kiwanis Club will be bringing back their Senior Breakfast on Saturday, March 18th from 8:00am-10:30am in the CRC Dining Hall. More details to come!

*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 February*

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, 12pm-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)
Health Insurance Counseling (HICAP)	2nd & 4th Wednesday, 9am-12pm	Activity Room 2
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 2
Mexican Train Dominoes	Thursday, 12pm-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)

- February 14th—Valentines Day Celebration
- February 20th—Senior Center Closed for Presidents Day
- February 21st—Mardi Gras Celebration
- February 24th—Karaoke at 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