



May 2022

Newsletter



[www.mholderadults.com](http://www.mholderadults.com)

## 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

Hi everyone!

We are excited to tell you that our indoor dining will be resuming on May 5th! We will have a fun Cinco de Mayo reopening! The Cafe registration table and dining room will open at 10:30am, lunch will be served at 11:30am.

### Join us for a series of free Brain Health Series Workshops:

Brain Health and Aging—The Basics

This class is good overview for anyone interested in improving their brain health.

Wednesday, 5/25/22 10:30-11:15am in the Multipurpose Room

Dementia Friend Session

Learn the 5 key messages and 10 warning signs of dementia and learn to be a dementia advocate.

Wednesday, 6/1/22 10:30-11:15am in the Multipurpose Room

The MIND Diet

Learn the best foods for brain health and wellness.

Wednesday, 6/8/22 10:30-11:15am in the Multipurpose Room

### 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, housing and simple wills (no trusts). 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.

**Health Insurance Counseling (HICAP):** Volunteer counselors from Sourcewise, which is unaffiliated with any insurance company, will assist seniors and their families to understand and evaluate the confusing array of insurance options so that they can make informed decisions about coverage. Please call the Senior Center Welcome Desk at (408) 782-1284 to make an appointment. Phone appointments are also available.

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:

- May 5th—Nutrition resumes indoor dining with a Cinco de Mayo celebration!

## Some Things to Remember:

- 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.
- Boxed to-go lunches are served from 11:00am-noon. Walk up only until May 5th.

## Senior Activities for May\*

Activity	Day and Time	Room
Discussion Group	1st & 3rd Monday, 10am-noon	Activity Room 1
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-noon	Activity Room 1
Bridge	Tuesday & Thursday, 12pm-3pm	Activity Room 1
Tuesday Night Bingo	Tuesday, 6:30pm-9:30pm	Community Cultural Center (\$25 buy-in)
Health Insurance Counseling (HICAP)	2nd & 4th Wednesday, 9am-noon (by appt)	Activity Room 1
Computer Co-Pilots	Wednesday, 12:30pm-2:30pm	Activity Room 1
Paper Crafting with Marcie	Wednesday 10am-12pm	Activity Room 1
Watercolor Club	Wednesday 1pm-3pm	Multipurpose Room
Movies with Grant	Wednesday, 2:00pm-5:00pm	MH Playhouse, \$20 Pre-register for 8 wks
Mending and Alterations Service	Thursday, 9:30am-noon	Activity Room 1
Mexican Train Dominoes	Thursday, 1pm-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
Watercolor Class	Friday, 1:30pm-3:30pm	Multipurpose Room (Fee Required)
Duplicate Bridge	3rd Sunday, noon-4pm	Multipurpose Room

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

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

- Chess anyone? Canasta? If you'd like to play either, let us know! 408-782-1284
- Are you interested in joining a walking group? Please call us at 408-782-1284.
- We have a mending and alteration service! Bring your items of clothing to be mended to Activity Room 1 on Thursdays from 9:30am-noon to our volunteer, Peggy.
- If you enjoy the art of working with paper, then join Marcie at 10am on Wednesdays for a fun session of Paper Crafting. No supplies necessary.

## 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. **We are also still delivering meals to homebound seniors until the lunch program opens!** 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