



January 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 hope you all had a lovely Holiday Season and have enjoyed welcoming in a new year! I'm sure this year will bring much hope and happiness in our lives.

As many of you know, my last day of work before retiring is January 7th. It has been a difficult but good decision to retire which will leave me with more time for family (my grand babies), to travel, and to spend doing my many hobbies. I will miss all of you so very much. My years of working here with you, have shown me more friendship and support than in any time of my life. Thank you for sharing your birthdays, your holidays, and lots of laughter. Those precious days and memories will remain forever in my heart.

You've all made a huge impact in my life and I hope I have done the same for you.

I will not be a stranger, however, because those of you who know me, know that I can never be still and not involved in something so, I will be a volunteer. Not only do I have a difficult time leaving all of you, but leaving this wonderfully supportive staff team is quite difficult to do too. We've been through a lot together and when I say that you and the staff are my family, I truly mean that. I want to leave you with this blessing by George Jung:

*"May the wind always be at your back and the sun upon your face, and the winds of destiny carry you aloft to dance with the stars."*

This isn't good bye, this is see you soon! Much love to you all!

Denise

**Senior Services:** Many of our services are taking place virtually. Here is a list of those:

**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 email Denise at [denise.melroy@morganhill.ca.gov](mailto:denise.melroy@morganhill.ca.gov) if you are interested in attending.

**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. We will begin taking appointments for our Health Insurance Counselor to meet with you in person beginning October 6. 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:

- January 17—Senior Center Closed to honor Martin Luther King
- February 21—Senior Center Closed for President's Day

## Some Things to Remember as Omicron surges:

- Masks are required to be worn at all times when inside the building.
- No food or drinks in the building; only water
- Boxed to-go lunches are served from 11:30am-noon. Drive through or walk up only.

## Senior Activities for January\*

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
Brisk Walking with Janie	Tuesday, 10am-noon	Meet in the Senior Lobby
Creative Writing	1st & 3rd Tuesday, 10am-noon	Activity Room 1
Bridge	Tuesday, 1pm-3pm	Activity Room 1
Watercolor	Tuesday, 1:30pm-3:30pm	Multipurpose Room
Movies with Grant	Tuesday, 2:00pm-5:00pm	MH Playhouse, \$10 for 8week session
Health Insurance Counseling (HICAP)	Wednesday, 9am-noon (by appt)	Activity Room 1
Computer Co-Pilots	Wednesday, 12:30pm-2:30pm	Activity Room 1
Mending and Alterations Service	Thursday, 9:30am-noon	Activity Room 1
Mexican Train Dominoes	Thursday, 1pm-3pm	Activity Room 1
Paper Crafting with Marcie	Friday, 10am-12pm	Activity Room 1
Duplicate Bridge	3rd Sunday, noon-4pm	Multipurpose Room

\*Please note, some activities may be cancelled at the last minute, due to Covid concerns. Please call the front desk if you are uncertain your activity is meeting.

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

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

- Chess anyone? If you'd like a chess partner to play with, let us know!
- Come and take a brisk walk with Janie, one of our volunteers, every Tuesday at 10am. Janie was an RN with a nutrition background.
- 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 Fridays 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 Ann know. You may also call the RYDE number: (408) 310-4250.

Debbie Vasquez, Recreation Supervisor  
(408) 310-4254

Sandra Madriles, Nutrition Coordinator  
(408) 310-4256

Denise Melroy, Program Coordinator  
(408) 310-4255

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

Poch'e Reynolds, Engagement Coor  
(408) 310-4258

Ingrid Essary, Cook

Alma Ramos, Cook

Alicia Avila, Kitchen Helper