

## SOUTH COUNTY LIFELONG LEARNING



### Keep Calm and Fish On, Part 2!

Join us once again as Dr. Brian Allee talks about Salmon and the sustainable seafood industry. He will talk about how salmon survive in our urban streams and what factors are affecting their survival. He will discuss how salmon find their way home from their feeding migration in the ocean and their ability to maintain sustainability and resiliency in the face of environmental change.

Dr. Brian Allee grew up in Oakland, California and graduated from Berkeley majoring in zoology, continuing to receive his Ph.D. from the University of Washington in fisheries science.

**Location:** Morgan Hill Community and Cultural Center

**Instructor:** Dr. Brian Allee

**Date:** Wednesday, May 15, 2019

**Time:** 10:00am-1:00pm

**Fee:** \$10

Please call the Senior Center to register.

### No Bees, No Honey, No Work, No Money!

Cera Malech has been keeping bees since 2012 where she learned the art of beekeeping on a rooftop in San Francisco, a very unlikely place to learn! She has lost hives to Colony Collapse, caught feral bee swarms, been stung more times than she prefers to think about, and have tasted more honey varieties than you can imagine. Currently, she maintains 9 apiaries in Morgan Hill, San Martine, and Gilroy. Join Cera as she shares with us the love of beekeeping. She will share facts about inside the bee colony, caste system, and how it operates with its Queen, worker, and drone bees. She will talk about pollination, honey production, consumption and benefits to humans. She will mention the problems with beekeeping today and have a special honey tasting, just for us!

**Location:** Morgan Hill Community and Cultural Center

**Instructor:** Cera Malech

**Date:** Wednesday, May 22, 2019

**Time:** 10:00am-12:00pm

**Fee:** \$10

Please call the Senior Center to Register.

## UPCOMING EVENTS:

May 1 - Hike to Coyote Valley Open Space Preserve

May 6 - Cinco de Mayo

May 9 - Presentation by On Lok Lifeways

May 10 - Karaoke with Chris

May 10 - Dementia Support Group

May 13 - Mother's Day Celebration

May 14 - Amgen Bike Tour of California

May 14 - Caremore Resource Table

May 15 - SCLL "Keep Calm and Fish On, Part 2!" (CCC)

May 15 - City Council Meeting to receive Proclamation for Older American's Month

May 17 - Birthday Celebration

May 22 - SCLL "No Bees, No Honey, No Work, No Money" (CCC)

May 22 - 45th Anniversary of the Senior Nutrition Program

May 24 - Road Trippin' with the Tarvins

May 27 - **Senior Center Closed for Memorial Day**

### Just a note.....

In order to ensure the best possible experience for everyone here, please keep in mind the following: We don't provide respite care, adult daycare and/or services that would normally be provided by a personal caregiver (incontinence and hygiene, inability to use the restroom independently or preventing a Senior from leaving the facility.) Please contact any staff should you have any concerns.

## CENTENNIAL RECREATION

### SENIOR CENTER

171 W. EDMUNDSON AVENUE

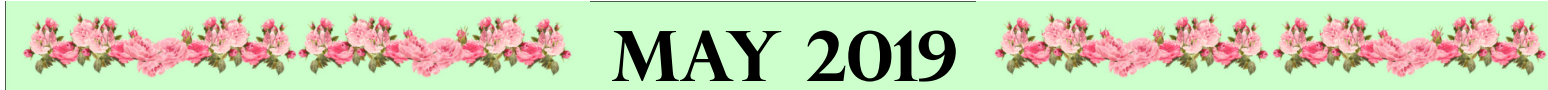
MORGAN HILL, CA. 95037

(408)782-1284

www.mhcr.com



"A place where older adults thrive as members of a community created for all ages."



### Senior Adult Legal Assistance:

Available on **Thursdays, May 9th and 23rd** by appointment only. Free appointments are available from 10:00am to 12:30pm. SALA is able to help with wills, but not with trusts. Must be 60 or over and a resident of Santa Clara County.

### Health Insurance Counseling:

Available on **May 10th and May 24th**, by appointment only. Free appointments are available from 9:00am-12:00pm. Please call for an appointment at the Senior Center Welcome Desk.

### Senior Resource Assistance:

Need help with transportation, housing, health, caregiving, food, or employment? Donna Weisblatt will provide you with resources on Fridays, from 10:30am-12:30pm. Please make an

appointment at the Senior Center Welcome Desk at 408-782-1284.

### Dementia/Alzheimer's Caregiver Support Group:

This group provides a safe place for family members and friends of dementia patients. It also enables caregivers to find support and learn how to cope with the symptoms and life changes associated by dementia and other related disorders. Next group meeting is on **May 10th** from 2pm-4pm, at the Senior Center. This group meets on the 2nd Friday of every month for 2 hours.

We are here for you, please don't hesitate to ask for help if you need it. (408) 782-1284

### Bulletin Board

- Drop in Bocce Ball—Wednesdays 1:00pm—**NEW TIME!!!**
- Cribbage anyone? Manipulation Rummy? Pedro? Let the Senior Center Welcome Desk know if you are interested in learning how to play or already know how to play any of these card games.

### Get'n Around Town



Looking for a volunteer opportunity? Have a couple hours a week and a safe vehicle to help Morgan Hill Seniors get to appointments, run errands, or get their groceries? The Get'n Around Volunteer Driver Program is looking for volunteers to participate in our program. You can help seniors in Morgan Hill make the connection to the community! Call Denise at 408-310-4255 if you are interested.

### Transportation:

Senior Transportation is provided by VTA. Applications for Paratransit riders are available in the Senior Center. For more information on transportation options please contact the Senior Center Welcome Desk at 408 782-1284. Please check with us on other options such as our Volunteer Driver Program and Sourcewise.

Debbie Vasquez-OAS Supervisor  
Denise Melroy—Program Coordinator  
Poch'e Reynolds—Engagement Coordinator  
Ann Pember—Engagement Coordinator

Sandra Madriles-Nutrition Coordinator  
Hilda Rosales—Cook  
Ingrid Essary—Kitchen Helper  
**Contact us: 408 782-1284**  
**Hours: 8:00 am-3:00 pm**



## BIRTHDAYS! Birthday celebration on FRIDAY the 17th at 11:30 am in the Senior Café!



GENO, ACEVEDO  
SHARON ACEVEDO  
HENRY ADVINCULA  
ADRIANA AGUILAR  
AUDREY AGUILAR  
SHOHREH AHGHARI  
NORMA ALEGRE  
DOLORES ALFONSO  
MARIA ALVARENGA  
RAFAEL ALVAREZ  
TOM APPLETON  
DANIEL ATAIDE  
HOPE AVILLA  
LINDA BAGGS  
EMMETT BARLOW  
JOHNATHAN BECK  
ANTHONY BETTEN-COURT  
LORETTA BIEHL  
LYNN BJERK  
PAUL-WESLEY BOWEN  
JAMES BYRNE

DANIEL CARLITE  
MAY MARIE CARAAN  
MIKE CARRILLO  
LUCY CHANG  
ELEANOR COLINDRES  
MARYANNE CONROY  
EMIL DELL'AGUILA  
MARY DOKTER  
CHARLOTTE DOUGLAS  
XINIAN DU  
SIDNEY FLORES  
DIANA FORSTER  
AURORA GILMOUR  
ANTONIO GONZALEZ  
JUAN GRAJEDA  
ADDIE GRAY  
MARION GUERRERO  
WILLIAM GUSTAFSON  
GEORGINA GUTIERREZ  
LUCENA HAGOS  
BELEN HERNANDEZ  
DIXIE HERREN

CHARLOTTE HUTH  
FELIPPE JAQUEZ  
CAROLYN JEISEL  
LUANNE JESSEL  
BRUCE JOHNSON  
DAVID JOHNSON  
JAMES JONES  
SOONOK KIM  
LORRAINE KIRMIL  
EDNA LAVARES  
BERNICE LAWRENCE  
RICHELLE LEWIS  
SUE LINK  
THERESA LOAYZA  
MARY LUNA  
DAVID LUPTON  
SUSAN MAPS  
DONALD MCPHEE  
DENISE MELROY  
VELMA MILLION  
SYLVIA MONGE  
NORMA MONTES

YUKO NAKAO  
MARY NARANJO  
BRENDAN O'HARA  
JOANNE ORSETTI  
CRUZ PENA  
JULIANA POON  
VAYE PUMPHREY  
MAI RADEMAKERS  
DEAN RAYMOND  
VIRGINIA RIDINGS  
HANS ROEHUL  
VIRGINIA RUSSICK  
LUIS SAMSON  
TOM SEITZLER  
ALMA SANCHEZ  
GRACE SELLERS  
RAFAEL SEPULVEDA  
FRANCES SHUSTER  
AL SIMMONS  
ROSEMARY STREICH  
JACQUELINE SUTHERLAND

TERI SWAN  
EARL TAKENAKA  
JAY TORRES  
LUPE TORRES  
CARLA TREUTING  
BEVERLY TRINDADE  
SHARON TROY  
GILBERT VALDES  
JESSE VALENZULA  
FELIX VALDIVIA  
LUCY WALKER  
LESLEY WALTNER  
REGINA WIGHT  
VICKI WILDMAN  
CHRIS YRLING  
LUZ YULO  
RAHMAT ZAFAR