

Morgan Hill invites you to the

2018 Healthy Aging Week & Senior Resource Fair



**Join us for the week from
Monday, October 8 to Friday, October 12, 2018**

Adults age 50 + and families are invited to enjoy health and wellness, fitness activities, workshops, family fun, great food, prizes, giveaways and more!

Event Locations include:
Centennial Recreation Senior Center
Morgan Hill Community & Cultural Center
Morgan Hill Grange Hall
Morgan Hill Playhouse

Daily Event Times between 9AM - 4PM

For more information contact the
Centennial Recreation Senior Center
408-782-1284

Daily highlights include:

- * Hawaiian Themed Dance - with a live Hula Performance
- * Free screening of the award winning film, "Lives Well Lived"
- * Free Bingo for Beginners
- * Guided Interpretive Hike
- * Free screening of the Golden Globe nominated film, "The Intouchables"
- * Bocce Ball Tournament
- * Free screening of the award winning documentary film, "Sue's Story"
- * Senior Resource Fair!
Resources, health/wellness, classes, blood pressure health screening, fun & more!





2018 Morgan Hill Healthy Aging Week

Daily Activity Schedule

Monday October 8th, 2018			
Time	Activity	Notes	Location
1:00 - 1:55PM	Functional Fitness	Please check in at Welcome Desk. Class in the Studio Room	Centennial Recreation Center
2:00 - 5:00PM	Hawaiian Dance	Free Hawaiian themed dance - Hawaiian attire encouraged. Live Hula performance and refreshments. Sponsored by CareMore Health, Anthem Blue Cross and Visiting Angels	Morgan Hill Grange Hall
Tuesday October 9th, 2018			
Time	Activity	Notes	Location
9:00 - 9:55 AM	Fitness for Arthritis	Please come to the Teen Center	Centennial Recreation Center
11:00 - 11:55PM	Chair Yoga	Senior Center Activity Room 1	Centennial Recreation Center
12:45 - 2:45PM	Film screening of "Lives Well Lived"	Free film screening with popcorn & refreshments. Sponsored by Home Instead Senior Care	Community and Cultural Center
3:00 - 4:00PM	Bingo for Beginners	Free buy-in; 3 games total; \$25 winning prize per game	Community and Cultural Center
Wednesday October 10th, 2018			
Time	Activity	Notes	Location
9:30 - 12PM	Guided Interpretive Hike	Guided hike led by Ron Horii; classified low grade. Please meet at the Centennial Recreation Center for carpool.	Centennial Recreation Center Hike location: Little Uvas Creek Open Space Preserve
10:00 - 10:55AM	Zumba Gold	Please check in at Welcome Desk. Class in the gym	Centennial Recreation Center
1:00 - 1:55PM	Functional Fitness	Please check in at Welcome Desk. Class in the Studio Room	Centennial Recreation Center
2:00 - 4:00PM	Film screening of "The Intouchables"	Enjoy a Golden Globe nominated free movie with Grant	Morgan Hill Community Playhouse
Thursday October 11th, 2018			
Time	Activity	Notes	Location
9:30 - 12PM	VA Benefits presentation	Interactive presentation of benefits available to veterans Please come to the Senior Center	Centennial Recreation Center
10:00 - 10:55AM	Pilates	Room TBD	Community and Cultural Center
2:00 - 4:00PM	Bocce Ball Tournament	Free entry to participate. Please come to the Senior Center Bocce Court. Event and refreshments hosted by Home Instead Senior Care	Centennial Recreation Center
Friday October 12th, 2018			
Time	Activity	Notes	Location
10:00AM - 1:00PM	Senior Resource Fair	Resource tables, health/wellness, class demonstrations, blood pressure health screenings by Gardner Family Health staff, education and fun!	Community and Cultural Center
10:30AM - 12PM	Film screening of "Sue's Story"	Free special screening and discussion. Please come to the El Toro Room. Doors close at 10:40AM. Co-hosted by the Sue's Story Project, Friends of the Morgan Hill Senior Center and the City of Morgan Hill.	Community and Cultural Center

Location Legend

- Centennial Recreation Center
- Community and Cultural Center
- Morgan Hill Community Playhouse
- Morgan Hill Grange Hall

171 W. Edmundson Ave. Morgan Hill, CA 95037
 17000 Monterey St. Morgan Hill, CA 95037
 17090 Monterey St. Morgan Hill, CA 95037
 40 E. 4th St. Morgan Hill, CA 95037

Thank you to our sponsors!

