



October 2021

Newsletter



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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!

It was so nice to see some of you this month in-person! On September 14, we opened the Senior Center Lobby for socialization, puzzles, cards, and games on Tuesday and Thursday afternoons from 1:00pm to 3:00pm. Beginning October 4, we will have much of our regular programming and classes back. If you've missed Computer Co-Pilots, Discussion Group, Mexican Train Dominoes or many more, then come and join us! We will keep you busy! We want to ensure the safety of our participants so we will have COVID protocols in place. For a complete list of October activities, please see the back page of this newsletter.

We also would like to invite you to our Healthy Aging Month activities during October. If you enjoy hiking, biking, or Bocce Ball, then take a look at the back of this newsletter for all our activities. A flyer will also be available that I will pass out to you in the lunch line.

We look forward to seeing all of you either in our lunch line or in our Senior Lobby.

Thank you!

Denise (408-310-4255)

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 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.

Important Dates:

- October 13—Party in Pink for Breast cancer awareness
- October 29—Senior Center Halloween Costume Party/Parade

Some Things to Remember as We Reopen:

- 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 Center Reopening Schedule October 4, 2021

Activity	Day and Time	Room
Discussion Group	1st & 3rd Monday, 10am-noon	Activity Room 1
Mexican Train Dominoes	Monday, 1pm-3pm	Activity Room 1
Creative Writing	2nd & 4th Tuesday, 10am-noon	Activity Room 1
Mahjong	Tuesday, 1pm-3pm	Activity Room 1
Bridge	Tuesday, 1pm-3pm	Activity Room 1
Watercolor	Tuesday, 1:30pm-3:30pm	Multipurpose Room
Health Insurance Counseling (HICAP)	Wednesday, 9am-noon (by appt)	Activity Room 1
Computer Co-Pilots	Wednesday, 12:30pm-2:30pm	Activity Room 1
Knitting and Stitching	Thursday, 9:30am-noon	Activity Room 1
Mexican Train Dominoes	Thursday, 1pm-3pm	Activity Room 1
Afternoon Movies	Friday (beginning date TBD) 1pm-3pm	Multipurpose Room
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
Billiards, Ping Pong
Computer Lab

Healthy Aging Month Activities:

- **October 8**—Bike ride on Coyote Creek Trail (meet at 9:30 at the Coyote Creek Trailhead)
- **October 14**—Hike with Ron Horii on the Hecker Pass Trail (meet at the Senior Center to caravan at 9:00am or the Heartland Dog Park on 3rd Ave in Gilroy, off Santa Teresa Blvd at 9:30am.)
- **October 18,19**—Be our guest for free day (take a 50+ Fitness Class for free) See Denise or Debbie for classes offered.
- **October 28**—Bocce Ball Tournament, 10:00am-noon
- **October 29**—Halloween Parade, 11:15am

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 Denise 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

Ingrid Essary, Cook

Alma Ramos, Cook

Alicia Avila, Kitchen Helper