

**2019 Choose Morgan Hill Speaker Series**  
offered through City of Morgan Hill

**Healthcare:**  
Join us for a conversation on the healthcare industry. Learn about the plans for the DePaul Hospital site and what the city is doing to attract healthcare services to Morgan Hill.

Date: Thursday, November 7  
Time: 11:30am - 1:00pm  
Location: Granada Theatre

This session is free but an RSVP is required. To register for this session, please visit:  
[www.choosemorganhill.com/speakerseries](http://www.choosemorganhill.com/speakerseries)

**Calling all Book Worms!**

Are the books that you've read piling up around your house? Consider donating your gently used books to our Lending Library! Please bring any books you'd like to donate to the Senior Center Welcome Desk.

**Focus Groups**

We would like to invite you to a Focus Group for the City's Older Adult Programs and Services Strategic Planning for the future on **November 6 at 11am** at the Senior Center. This is a plan that coordinates and provides a network of support services and programs to ensure that the diverse needs of the older adult community are met through accessible and cost-effective models of

**UPCOMING EVENTS:**

- November 1 - Evergreen Valley Nursing Students Blood Pressure screening
- November 4 - Discussion Group
- November 6 - Focus Groups for Strategic Planning
- November 7 - Speaker Series on Healthcare (Granada Theater)
- November 7 - "The Meds Matter" (CCC)
- November 8 - Karaoke with Chris
- November 8 - Dementia Support Group
- November 9 - Duck Rehabilitation Volunteer Project
- November 11 - Senior Center Closed for Veteran's Day
- November 12 - Veteran's Celebration
- November 15 - Birthday Celebration
- November 18 - Discussion Group
- November 19 - Haircuts by Cherisse and 10 year Anniversary Celebration
- November 19 - Sourcewise Resource Table
- November 20 - Lunch with the Mayor
- November 21 - CHP Age Well, Drive Smart
- November 25 - Creative Writing
- November 26 - Thanksgiving Celebration**
- November 28 - Senior Center closed - Happy Thanksgiving
- November 29 - Senior Center closed for Thanksgiving Holiday

**"The Meds Matter"**

Join us for an educational presentation from Elizabeth Landsverk, MD, about issues surrounding medications, pain and agitation in older adults. This is for both caregivers and professionals. Thursday, November 7th from 1:30-3:30pm at the Community and Cultural Center's El Toro Room.

**CENTENNIAL RECREATION  
SENIOR CENTER**  
171 W. EDMUNDSON AVENUE  
MORGAN HILL, CA. 95037  
(408)782-1284  
[www.mhcrc.com](http://www.mhcrc.com)



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



**Senior Adult Legal Assistance:**

Available on **Thursdays, November 14th & 21st** 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 **November 8th & 22nd**, 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, care-giving, 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-

**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 **November 8th** from 2pm-4pm, at the Senior Center. This group meets on the 2nd Friday of every month for 2 hours.

**House Sharing Program:**

Sponsored by Santa Clara County in collaboration with Catholic Charities, the House Sharing Program which works to pair people that are interested in sharing a home with someone else. Free appointments are available on **Tuesdays** from 8:00am-3:00pm. Please call the Senior Center Welcome Desk at 408-782-

Don't forget to walk through our halls and take a look at our next lovely Artist Exhibit from the Morgan Hill Photography Club.

**BIRTHDAYS! Birthday celebration  
on FRIDAY the 18th at 11:30 am in the Senior Café!**

Miriam Ajluni	Lillian Broderson	Lorra Garner	Rosalba Martinez	Rosanne Seybold
Delores Alden	Velma Bulan	George Geist	Elaine Martinson	Carolyn Smith
Manuel Alvarado	Greg Cacas	Kit Geraci	Joy-Ann McCabe	Adrienne Springer
William Anderson	Luis Camacho	Stephen Grady	Frances McSorley	Al Stewart
Sandy Anger	Suzy Carden	Lisa Haggett	Bill Mellentin	Chris Stoykovich
Maria Apilado	Gordon Carlson	Reginald Haggett	Victoria Modir	Renee Sugden
Mack Arias	Catarino Castaneda	Florence Hovance	Penny Moore	Shirley Takenaka
Chris Armstrong	Maria Castillo	Anqing Hsu	Sara Morabito	Jack Thurmon
Paul Bacca	Norman Chambers	Nadine Kelley	Hortencia Morales	Tom Thompson
Deepi Babersu	Mildred Chen	Cindy Kerr	Aureliano Naranjo	Virginia Tonus
Ofelia Cevallos	Richard Chew	Gregory Klein	Carol Neal	Raul Torralba
Charles Baeulieu	Mary Ann Colvin	Phillip LaBarbara	Ruth New	Kristen Travis
Arlene Bailey	Willard Coursey	Al Larson	Gina Parker	Richard Trezise
Pauletta Baldwin	Earl Dahl	April Ledbetter	Peter Pasini	Mary Vaughn
David Banderas	Richard Van Davis	Sherry Li	Janice Pavey	Ana Verdin
Richard Barber	Carol Dewit	Yan Lin	Billie Pemberton	Mary Villa
Rick Barron	Rosemary Dix	Rolando Lopez	Maria Petrilla	Madeline Vralsted
Lynda Baxter	Richard Eichenbaum	Kathleen Lyon	Nina Ramirez	Carol Ann Walters
Doris Becker	Joan Everman	Arturo Luna	Dusty Rhodes	Peggy Wendt
Virginia Benche	Karen Feagin	Frank Macadaeg	Sam Rockwell	Derek Williams
Arlene Bidnick	Patricia Ferguson	Linda Mariaw	Gloria Rodriguez	Chris Woollens
Dennis Bjerk	Mary Fields	Connie Martin	Alex Rzesniowiecki	Feng Yang
Shabbir Bootwala	Frank Frazitta	Lorraine Martin	Dora Sack	Bill Yost
James Breck	Susie Galindo	Carlota Martinez	Gaylan Sabir	Margaret Young

**Get'n Around Town**

Do you know a Senior who is isolated and is not able to drive? Transportation is available in the Morgan Hill area for appointments, grocery store visits and other errands. Please call the Senior Center Welcome Desk for more information (408-782-1284).

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**