



NEWSLETTER

June 2023

CENTENNIAL RECREATION SENIOR CENTER

171 West Edmundson Avenue,
Morgan Hill, CA 95037
www.mhcrc.com | www.morganhill.ca.gov

Welcome Desk: 408-782-1284
Café Lunch Information: 408-310-4256

Open: Monday-Friday 9:00am-3:00pm
Lunch is served in the dining hall at 11:30am.



PROGRAM UPDATES

Senior Center Nutrition Program Updates: The dining hall opens at 9am. We serve coffee and pastries in both the dining hall and Senior Center lobby. All nutrition program participants need to eat their meal inside the dining hall. We no longer offer “to go” meals or serve on the patio. There is a suggested contribution rate of \$3.00 per meal for participants 60 years and over and a guest fee of \$8.00 per meal for those under the age of 60.

Events in June:

Wednesday, June 7 th	Nutrition Presentation – Eating Healthy on a Budget 10:30-11:15am MPR
Friday, June 16 th	Hawaiian Luau Party – Come dressed in your Hawaiian gear!
Monday, June 19 th	Senior Center Closed
Tuesday, June 20 th	Father’s Day Celebration
Friday, June 23 rd	Karaoke 9:30am in MPR

Transportation:

There are several transportation options to help Seniors get to appointments, go shopping, or come to the Senior Center for lunch. Contact Anna at 408-310-4255 for more information.

Reminder: Some activities may be cancelled at the last minute. Please call the front desk at (408) 782-1284 if you are uncertain if your activity is meeting.

SENIOR SERVICES

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 and housing.

SALA will be offering in-person appointments on the 2nd Monday of the month from 10:00am-12:30pm. Call the Senior Center Welcome Desk at (408) 782-1284 to make an appointment. You can also contact SALA directly at 408-295-5991 with any legal questions.

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 and **in-person** on the 2nd Monday of each month from 11:00am-12:30pm in Activity Room 2. Please call the Senior Center at 408-782-1284 to join.

Health Insurance Counseling and Advocacy (HICAP): Offered the 2nd and 4th Wednesday of the month from 9am-12pm. This program is free of charge and by appointment only. Call the Welcome Desk at (408) 782-1284 for more information or to make an appointment.



South County Lifelong Learning Presents:

Security & Scams – How to Use Technology Safely

Learn what is real and what is a scam in this informative presentation.

John Fancher worked at Apple for 15 years and is currently one of our Computer Co-Pilot Volunteers. Wednesday, June 21st, 2023 at the Community and Cultural Center Hiram Room 2:30-3:30pm

Register online at www.mhreconline.com (Course #SSZ013).

You can also register on site the day of the presentation.

Call the Centennial Recreation Senior Center for questions at (408) 782-1284.



South County
Lifelong Learning

Preparing Your Yard for Summer

June officially marks the beginning of Summer, which means that it's time for fun, sun, and water-wise irrigation practices! Here are a few simple sprinkler and irrigation tips for efficient watering:

1. Remember Morgan Hill's New Watering Schedule
 - a. Watering on Mondays, Thursdays, and Saturdays are for ODD numbered addresses and properties with no address.
 - b. Watering on Tuesdays, Fridays, and Sundays are for EVEN numbered addresses
 - c. NO watering on Wednesdays
2. Minimize evaporation- Only water before 9 a.m. or after 7 p.m. and use a 2–3-inch layer of organic mulch around plants.
3. Eliminate Runoff- Check your irrigation system frequently and adjust sprinklers for overspray and runoff. Divide your watering cycle into shorter periods.
4. Plants and watering- Change plant material to low-water use or native plants. Water plants deep but less frequently to create healthier and stronger landscapes.
5. Take advantage of Valley Water's Landscape Rebate Program- This program is designed to encourage residents and businesses to convert high water use landscape, such as lawns and pools, to low water use landscape and retrofit existing irrigation equipment with approved high-efficiency irrigation equipment.

Visit [Water Conservation | City of Morgan Hill, CA - Official Website](#) for more information about various water conservation tips and for more information about various programs that Valley Water offers to help get your Summer started in the right direction.







SENIOR ACTIVITIES IN JUNE 2023

The following activities will take place daily from 9am-3pm when the Senior Center is open:
 Bocce Ball, Cards, Puzzles, TV, Computer Lab.
 Billiards and Ping Pong are available 12:30-3pm in the Teen Center.

Activity	Date and Time	Room
Discussion Group	1 st & 3 rd Monday, 10am-12pm	Activity Room 1
Bingo	Monday, 9:30am-11am	Multipurpose Room
SALA (Senior Adult Legal Assistance)	2 nd Monday, 10am-12:30pm	Activity Room 1
Dementia/Alzheimer's Caregiver Support Group	2 nd Monday, 11am-12:30pm	Activity Room 2
Mexican Train Dominoes	Monday, 1pm-3pm	Activity Room 2
Mahjong	Monday, 1pm-3pm	Activity Room 1
Fitness for Arthritis	Tuesday, 10am-11am	Teen Center \$3 or \$30 for 11 classes
Creative Writing	1 st & 3 rd Tuesday, 10am-12pm	Activity Room 1
Bridge	Tuesday, 11am-3pm	Activity Room 2
Tuesday Night Bingo	Tuesday, 6:30pm-9:30pm	Community & Cultural Center
HICAP (Health Insurance Counseling)	2 nd & 4 th Wednesday, 9am-12pm	Activity Room 2
Paper Crafting with Marcie	Wednesday, 10am-12pm	Activity Room 1
Computer Co-Pilots	Wednesday, 12:30pm-2:30pm	Activity Room 1
Watercolor Club	Wednesday, 1pm-3pm	Multipurpose Room
Mending and Alterations	Thursday, 9:30am-12pm	Activity Room 2
Mexican Train Dominoes	Thursday, 1pm-3pm	Activity Room 2
Knitting Club	Thursday, 1pm-3pm	Activity Room 1
Fitness for Arthritis	Friday, 10am-11am	Teen Center \$3 or \$30 for 11 classes
Collage Success with Marcie	Friday, 10:30am-11:30am	Activity Room 1
Bridge	Friday, 11am-3pm	Activity Room 2
Friday Movie Matinee	Friday, 1pm-3pm	Multipurpose Room
Duplicate Bridge	3 rd Sunday, 12:30pm-4pm	Multipurpose Room

NUTRITION MENU JUNE 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>"This menu is subject to change at the discretion of Senior Nutrition Program".</p>	<p>"No eligible individual shall be denied participation because of failure or inability to contribute"</p>	<p>1 Vegetarian Pizza Flat Bread Spinach, tomato, Bell Peppers, Onion in Entrée LS Butternut Squash Soup Gelatin with Mandarin Oranges / Milk</p>	<p>2 Soft Beef Taco Whole Wheat Flour Tortilla Salsa / Sour Cream Refried Beans Shredded Lettuce Cantaloupe Milk</p>
<p>5 Homemade Chicken & Cheese Enchilada Corn Tortilla Refried Black Beans Tossed Salad with Broccoli Watermelon Cup / Milk</p>	<p>6 Battered Fish Tacos Corn Tortilla (2) Tartar Sauce Pico de Gallo Primavera White Rice Cabbage Slaw Fresh Fruit / Milk</p>	<p>7 Lemon Chicken Oregano Whole Grain Roll Mashed Potatoes & Gravy Roasted Zucchini LS Corn Chowder Soup Tropical Fruit Cup Milk</p>	<p>8 Spaghetti with Meat Sauce Whole Grain Pasta Broccoli & Carrots Green Salad with Kale & Tomato wedges Fresh Fruit / Milk</p>	<p>9 Chile Relleno Spanish Rice Refried Beans Corn Tortilla (1) Romaine Salad w/ Carrots Mandarin Oranges Milk</p>
<p>12 Philly Cheese Steak Sandwich / Whole Grain Bun/ Sautéed Onion and Green Bell Peppers Potato Wedges Coleslaw Banana / Milk</p>	<p>13 Roasted Turkey Mashed Potatoes & LS Gravy Whole Grain Dinner Roll Steamed Green Beans Broccoli, Raisin Cranberry, Pineapple Salad Mandarin Oranges / Milk</p>	<p>14 Chile Verde Cook's Choice Rice Corn Tortilla (1) Refried Pinto Beans Romaine Salad with Shredded Carrots Fresh Orange / Milk</p>	<p>15 Tilapia Fish Fillet Tartar Sauce on the side Quinoa with Green Onions Roasted Carrots LS Tomato Soup Fresh Fruit Milk</p>	<p>16 Hawaii Pulled Pork Sandwiches Whole Grain Roll Potato Wedges Coleslaw with Bell Peppers and Pineapple Melon Cup / Milk</p>
<p>19 CLOSED</p> 	<p>20 Teriyaki Chicken Vegetable Chow Mein Noodles Broccoli Salad with Cucumbers Fresh Fruit / Milk</p> 	<p>21 Vegetable Lasagna Whole Grain Roll Mix Vegetables Tossed Green Salad with Broccoli Fresh Fruit Milk</p> 	<p>22 Cheeseburger Whole Grain Bun Baked Potato Fries Lettuce, Tomato, Onion LS Lentil Soup Orange Milk</p>	<p>23 Baked Salmon With Sautéed Onions and Bell Peppers / Tartar Sauce Herbed Brown Rice Garlic Spinach Gelatin with Mandarin Oranges / Milk</p>
<p>26 Turkey Meatball Soup Whole Grain Dinner Roll Carrot, Zucchini, Corn, Celery in Entrée Caesar Romaine Salad w/ Cherry Tomatoes Orange / Milk</p>	<p>27 Tomato Basil Salmon Tartar Sauce on the Side Brown Rice Roasted Brussel Sprouts Coleslaw with Carrots Fresh Fruit Milk</p>	<p>28 Chicken Tostada Spanish Rice Whole Pinto Beans Sour Cream Shredded Lettuce and Diced Tomato Strawberries / Milk</p>	<p>29 Baked Pork Chops LS Gravy Whole Grain Bread Mix Vegetables Baked Sweet Potato Pineapple Tidbits Milk</p>	<p>30 Five Spice Beef Stir Fry Steamed Brown Rice Broccoli, Bell Pepper, and Green Onion in Entrée LS Clear Onion Soup with Mushrooms Watermelon / Milk</p>

Thursday
Suggested Contribution rate per meal:
\$3.00 (60 and over)
A meal ticket: \$30
Required Guest Fee: .58.00 (under 60)