

Morgan Hill invites you to the 2019 Healthy Aging Week & Senior Resource Fair



**Join us for the week from
Monday, October 7th through Saturday, October 12th.**

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

Event locations include:
Centennial Recreation Senior Center
Morgan Hill Community and Cultural Center
Morgan Hill Playhouse
Westmont of Morgan Hill

Daily event times between 9AM and 5PM.

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

Daily highlights include:

- Hike at Rancho Canada Del Oro. Meet at the Centennial Recreation Senior Center.
- Bocce Ball Tournament, sponsored by Home Instead Senior Care and Morgan Hill Rotary Club.
- Senior Bike Ride hosted by Home Instead Senior Care.
- Movie Screening: Quartet. Hosted by Grant Richards, Gavilan College, and The Sue's Story Project.
- Senior Resource Fair - Resources, health/wellness, classes, health screenings, fun, and more!
- Free screening of the award winning documentary film, "Sue's Story". Followed by a Q&A session.



2019 Healthy Aging Week • Daily Activity Schedule



Monday, October 7, 2019			
Time	Activity	Notes	Location
9:00 AM - 12:55 PM	Hike at Rancho Canada Del Oro with Ron Horii	Guided hike led by Ron Horii	Meet at the Centennial Recreation Senior Center at 9:00 AM
10:00 AM - 10:55 AM	50+ Pilates	Check in at the Welcome Desk	Community and Cultural Center
1:00 PM - 1:55 PM	50+ Functional Fitness	Check in at the Welcome Desk	Centennial Recreation Center, Studio
2:30 PM - 4:00 PM	Advance Directive Presentation	Presented by Kaiser Permanente and Peggy Martin	Westmont of Morgan Hill
4:00 PM - 6:00 PM	Oktober Fest	Hosted by Westmont Living	Westmont of Morgan Hill
Tuesday, October 8, 2019			
Time	Activity	Notes	Location
9:00 AM - 9:55 AM	50+ Fitness for Arthritis	Check in at the Welcome Desk	Centennial Recreation Center, Teen Center
10:00 AM - 10:55 AM	50+ Fitness for Arthritis	Check in at the Welcome Desk	Centennial Recreation Center, Teen Center
10:00 AM - 10:55 AM	50+ Boot Camp	Check in at the Welcome Desk	Centennial Recreation Center, Gymnasium
10:00 AM - 10:55 AM	50+ Chair yoga	Check in at the Welcome Desk	Centennial Recreation Senior Center, Activity Rm 1
9:00 AM - 12:00 PM	Senior Bike Ride	Hosted by Home Instead Senior Care	Centennial Recreation Center
11:00 AM - 11:55 AM	50+ Chair Yoga	Check in at the Welcome Desk	Centennial Recreation Senior Center, Activity Rm 1
3:00 PM - 5:00 PM	Social Meet Up - No Host	Bubbles and Brew	17105 Monterey Road, Morgan Hill, CA 95037
Wednesday, October 9, 2019			
Time	Activity	Notes	Location
10:00 AM - 10:55 AM	50+ Zumba Gold	Check in at the Welcome Desk	Centennial Recreation Center, Gymnasium
11:00 AM - 11:45 AM	50+ Pilates	Check in at the Welcome Desk	Centennial Recreation Senior Center, Activity Rm 1
1:00 PM - 1:55 PM	50+ Functional Fitness	Check in at the Welcome Desk	Centennial Recreation Center, Studio
2:00 PM - 4:30 PM	Movie Screening: Quartet	Hosted by Grant Richards, Gavilan College, and The Sue's Story Project.	Morgan Hill Community Playhouse
2:00 PM - 4:30 PM	Older Adults Bocce Ball Tournament	Participate for free. Hosted by Home Instead and Rotary Club of Morgan Hill	Centennial Recreation Senior Center, Bocce Ball Court
Thursday, October 10, 2019			
Time	Activity	Notes	Location
10:00 AM - 10:55 AM	50+ Pilates	Check in at the Welcome Desk	Community and Cultural Center
9:30 AM - 12:30 PM	Annual Senior Resource Fair	Free event with resource tables, health/wellness, class demonstrations, education and fun!	Community and Cultural Center
11:00 AM - 12:00 PM	Film Screening of "Sue's Story"	Award winning film screening followed by a Q&A Session. Hosted by The Sue's Story Project and Kaiser Permanente	Community and Cultural Center
2:00 PM - 3:30 PM	Older Adults Focus Group	City of Morgan Hill Strategic Plan	Community and Cultural Center
Friday, October 11, 2019			
Time	Activity	Notes	Location
9:00 AM - 9:55 AM	50+ Fitness for Arthritis	Check in at the Welcome Desk	Centennial Recreation Center, Teen Center
10:00 AM - 10:55 AM	50+ Fitness for Arthritis	Check in at the Welcome Desk	Centennial Recreation Center, Teen Center
2:00 PM - 5:00 PM	50's Older Adult Dance	Free event hosted by Anthem/CareMore	Community and Cultural Center, El Toro Room
Saturday, October 12, 2019			
Time	Activity	Notes	Location
9:00 AM - 12:00 PM	Community Volunteer Project	Various volunteer projects available	Community Park, Centennial Recreation Center

Centennial Recreation Center - 171 W. Edmundson Ave., Morgan Hill, CA 95037	Morgan Hill Community and Cultural Center - 17000 Monterey Road, Morgan Hill, CA 95037
Westmont of Morgan Hill - 1160 Cochrane Rd, Morgan Hill, CA 95037	Morgan Hill Community Playhouse - 17090 Monterey Road, Morgan Hill, CA 95037
Centennial Recreation Senior Center - 171 W. Edmundson Ave., Morgan Hill, CA 95037	Park Location - Community Park Basketball Courts

