

Centennial Recreation Senior Center

408-782-1284
www.mhcr.com
171 W. Edmundson Avenue
Morgan Hill, CA 95037

Hours of Operation:
Monday-Friday 8am-3pm



The Senior Center is closed until further notice, however select programming is occurring. Please see pages 25-27 for our current program offerings or visit our website at www.mholderadults.com

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

The Centennial Recreation Senior Center provides comprehensive programs and services to adults 50+ who live in the South County. A “one-stop-shop”, the Senior Center offers fitness programs, opportunities for lifelong learning, enrichment programs and support services. Everyone is welcome!

Morgan Hill Senior Cafe

Until the Senior Center re-opens, we are serving

Boxed Hot To-Go Lunches

in the CRC parking lot at 11:30am.

The menu is available online at www.morganhill.ca.gov/cafemenu.

When we resume our indoor Senior Nutrition Meals

Delicious weekday lunches for seniors in a warm and welcoming environment.

Suggested donation is \$3 for anyone 60 and over, and \$8 for anyone under 60.

Lunch served at noon Mon-Fri
Please arrive by 11:30am.

Centennial Recreation Senior Center
Multipurpose Room



The Senior Center is operated by the City of Morgan Hill in partnership with the Y and funded through its many partnerships including the Mt. Madonna YMCA Annual Campaign, County of Santa Clara, Friends of the Morgan Hill Senior Center, and generous contributions from the community.

ADULT 50+

24

Arts, Crafts and More

WATERCOLOR

Painting with watercolor is both fun and challenging at the same time. In this class, you will learn about technique, color, composition, and design. Come, have fun and develop your creativity within.

Instructor: Pat

Location: CRC Senior Center, Multipurpose Room

Activity#	Date	Day	Time	Age	Sessions
FSZ001	9/7-10/12	W	1:30pm-3:30pm	50+	6
FSZ002	10/19-11/23	W	1:30pm-3:30pm	50+	6
FSZ003	11/30-1/4/22	W	1:30pm-3:30pm	50+	6

Please provide your own materials, material list available.

Fitness

PICKLEBALL

Despite its funny name, Pickleball is all the rage with older adults. Pickleball is a fusion of tennis, ping pong, and badminton. The game is played on a badminton court; however the net is lowered to 3 feet. Play takes place closer to the net than in other racquet sports and players use wooden paddles and a wiffleball. Like tennis, this sport can be played by two or four players.

Location: CRC East Gymnasium

Date	Day	Time	Age
Ongoing	M	11am-1:30pm	All
	W	11am-1:30pm	All
	F	11am-1:30pm	All

Fees: \$13 / CRC Member: Free

AQUATIC FITNESS CLASSES

See page XX for class information.

50+ CHAIR YOGA

A gentle yoga class that focuses on breath awareness, stretching, strengthening and meditation while using the chair to either sit in or stand next to while enjoying the benefits of yoga.

Instructor: Doris

Location: CRC Studio 1

Date	Day	Time	Age
Ongoing	T/TH	10:30am-11:15am	50+

Fees: \$13 / CRC Member: Free

50+ YOGA FOR HEALTHY AGING

A yoga practice for relatively physically active seniors; each class will focus on poses and sequences that support maintaining health. Key areas include strength, flexibility, balance, and agility.

Instructor: Doris

Location: CRC Studio 1

Date	Day	Time	Age
Ongoing	T/TH	1pm-1:45pm	50+

Fees: \$13 / CRC Member: Free

50+ FUNCTIONAL FITNESS

This group exercise class provides a supportive and safe environment to help increase one's strength, flexibility and balance. This class is taught by our fitness specialists with an expertise in working with active older adults. Instruments that will help participants maintain and increase strength, flexibility and balance include chairs, lightweight handheld dumb bells, resistance tubing and stability balls. Balance exercises may also include extensions of legs from chairs or performing wall squats with the use of a stability ball.

Instructor: Ben

Location: CRC Studio 2

Date	Day	Time	Age
Ongoing	M/W/F	1pm-1:45pm	50+

Fees: \$13 / CRC Member: Free

TAI CHI FOR ARTHRITIS AND FALLS PREVENTION

Tai Chi is a group recreational exercise program designed to provide people of all ages and a wide range of physical abilities with a "joint friendly" exercise alternative. This program has been designed specifically for people with arthritis. Recommended by Centers for Disease Control and Prevention (CDC.gov), and supported by Arthritis Foundations around the world, it is safe and proven to be effective. This program is designed for beginning students of Tai Chi. Our program uses Sun-Style Tai Chi, one of the discipline's five major recognized styles.

Instructor: Jerri

Location: CRC Studio 2

Activity#	Date	Day	Time	Age	Sessions
FSZ004	10/6-12/15	W	2pm-2:55pm	50+	10

Fees: \$55 / CRC Member: Free

No class: 11/24

TAI CHI FOR ENERGY

Tai Chi is a group recreational exercise program which combines movements from Chen and Sun styles to produce a powerful synergy in Tai Chi for Energy. This program will improve your health and wellness, internal energy, and the ability to manage stress.

Instructor Jerri

Location: CRC Studio 2

Activity#	Date	Day	Time	Age	Sessions
FSZ005	10/6-12/15	W	3pm-3:55pm	50+	10

Fees: \$55 / CRC Member: Free

No class: 11/24

Support Services

HEALTH INSURANCE COUNSELING AND ADVOCACY (HICAP)

Counselors will assist seniors and their families to understand and evaluate the confusing array of insurance options. Counselors assist seniors with comparison charts, insurance plan benefits, cost and limitations, claim or benefit denials and other billing problems. This service is offered at the Senior Center by Sourcewise. They are not affiliated with any insurance company and offer unbiased information solely to aid seniors in making informed decisions about coverage. Currently, all appointments are by phone. Please call (408) 350-3200 Option 2. Leave a detailed message and Sourcewise will contact you to schedule an appointment with a Certified HICAP Counselor.

Free

SENIOR ADULT LEGAL ASSISTANCE

Free legal assistance for Santa Clara County residents 60+ with problems pertaining to Social Security, Medicare, Medi-Cal, mobile homes, elder abuse, and housing. Currently, SALA appointments are by phone only. Please call SALA directly at (408) 295-5991.

Free

DEMENTIA SUPPORT GROUP

This group provides a safe place for family members and friends of dementia patients to share feelings, concerns and information. This group is where you will find support, and learn how people cope with the symptoms and life changes caused by dementia, Alzheimer's disease and other related disorders. Facilitated by Tiffany Mikles.

These meetings are virtual. Please call Denise at (408) 310-4255 or email: denise.melroy@morganhill.ca.gov for more information.

Date	Day	Time	Age
Ongoing	4th Monday	12pm-1:30pm	60+

Free

Special Interest

TRANSPORTATION

VTA will provide eligible seniors with rides to their required destination. Applications are available by calling (408) 782-1284.

RYDE (REACH YOUR DESTINATION EASILY)

Currently, the RYDE program is suspended until the Senior Center reopens.

TUESDAY NIGHT BINGO AT THE COMMUNITY AND CULTURAL CENTER

This large-scale BINGO program, facilitated by the Friends of the Morgan Hill Senior Center operates throughout the year to raise funds for the sustainability of the Senior Centers programs and services. Games consist of Bingo, pull tabs and flash cards. Snack bar and free coffee are available. Doors open at 4:15pm. Early bird games begin at 5:45pm. Scheduled to begin again in Fall of 2021.

Location: CCC Hiram Morgan Hill Room

Date	Day	Time	Age
Ongoing	Every Tuesday	6:30pm-9:30pm	18yrs+.

Drop-in: \$25 minimum paper buy-in; \$35 electronic paper buy-in

MORGAN HILL CENTENNIAL RECREATION SENIOR CENTER

ENDOWMENT FUND

In addition to Tuesday Night Bingo, the Friends of the Morgan Hill Senior Center are working to sustain, grow and develop Older Adult Services at the Centennial Recreation Senior Center by raising funds and increasing community awareness. There are several ways to support the Senior Center. If you would like more information, please call Debbie Vasquez at (408) 310-4254 or Cricket Rubino at (408) 219-4136.

Volunteers

VOLUNTEER OPPORTUNITIES

Volunteers are our greatest resource. We have many volunteer positions available throughout the City. Visit the City of Morgan Hill webpage, email csd.volunteer@morganhill.ca.gov or call (408) 310-4258.

FRIENDS OF THE MORGAN HILL SENIOR CENTER

Friends of the Morgan Hill Senior Center consists of a group of volunteers who are committed to raising funds to sustain, grow and develop Morgan Hill's Centennial Recreation Senior Center. Friends of the Morgan Hill Senior Center is a tax-exempt 501c3 public charity focused on improving the quality of life in the greater Morgan Hill region. To learn more about the Friends of the Morgan Hill Senior Center or how you can volunteer to help raise funds for the Centennial Recreation Senior Center, call (408) 219-4136.

INTERESTED IN GETTING INVOLVED? JOIN OUR SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee (SAC) of Morgan Hill is expanding its membership to help support our 50+ population and ensure that Morgan Hill is a community where older adults thrive. The Committee is engaged in a continual improvement process to ensure Morgan Hill is Age-Friendly. In addition, ensuring programs and services are meeting the current and future needs of our community. If you have an interest in participating in the Senior Advisory Committee or if you would like additional information, please contact: Debbie Vasquez, Older Adult Services Supervisor for the City of Morgan Hill. You can reach her at (408) 310-4254 or by email at Debbie.Vasquez@mhcr.com.

RYDE (REACH YOUR DESTINATION EASILY)

Looking for a volunteer opportunity? Have a couple of hours a week and a safe vehicle to help Morgan Hill Older Adults get to appointments, run errands, or get their groceries? The RYDE Volunteer Driver Program is looking for volunteers to participate in our program. You can help older adults in Morgan Hill make the connection to the community! Call Denise Melroy at (408) 310-4255 or email at Denise.Melroy@mhcr.com for more information.

RYDE PROGRAM

REACH YOUR DESTINATION EASILY

RYDE is a curb-to-curb transportation and local trip planning service for adults 65+ living in the Morgan Hill area.

We are looking for volunteer drivers to drive Older Adults around Morgan Hill for their errands, grocery shopping, and/or doctor visits on weekdays between 8:00 AM and 5:00 PM. Drivers will be screened by DOJ and must have a negative TB test.

The schedule is flexible so you may choose when you would like to volunteer. This program truly makes an impact on an isolated Senior's life by keeping them connected to the community.



Sign up today!
To sign up or for more information, please contact:
Denise Melroy, Program Coordinator
408-310-4255 | denise.melroy@mhcr.com



ADULT 50+