



Spring 2021

Newsletter



www.mholderadults.com

CENTENNIAL RECREATION SENIOR CENTER

171 West Edmundson Avenue
Morgan Hill, California 95037

Senior Center Welcome Desk: (408) 782-1284

Senior Café Lunch Information : (408) 310-4256

Hi everyone!

Though our Senior Center is closed, we remain hopeful that with vaccinations and our County moving into the “red tier”, we will be able to begin evaluating what programs and services that we can safely bring back to all of you. This may be a very slow process as our first priority is safety, however as the County moves through the various “tiers”, we will also be able to expand our options. For starters, the Fitness Center will be moving indoors effective March 10th. Please be sure to read our future communications as we slowly get things rolling again.

On the back page, you will find a list of some of the services that we are currently providing virtually. We are serving a drive through lunch every Monday—Friday at the CRC. **Please line up in the parking lot by 11:15 AM. Lunch will be delivered to your car as you drive through at 11:30 AM.** We ask for a \$3 donation per person who is 60 and over and \$8 for those under 60. We encourage you to stay in your car, however, should you choose to get out of your car, please make sure you have a mask on and distance yourself at least 6 feet from others.

Our volunteer drivers are still taking meals to some of our homebound seniors and we so appreciate them. If you know of someone who cannot drive and get our meals by take out in the parking lot, please contact me and we can get a meal to them.

If at any time, you need help with resources or have questions, please don't hesitate to contact Denise at: 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. (NOTE: NEW TIME!) Please email Denise at denise.melroy@morganhill.ca.gov or call at 408-310-4255 if you are interested in attending.

Health Insurance Counseling (HICAP): Volunteer counselors from Sourcwise, 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. The number is (408) 350-3200 Option 2. Please leave a detailed message and Sourcwise will contact you to schedule an appointment with a Certified HICAP Counselor.

AARP Tax Preparation:

Many of you have been asking about our tax preparation program that is done by AARP trained tax volunteers. This year many things are different since there will be no in-person appointments. Currently, our AARP volunteers are **only preparing taxes for those seniors who have had their taxes prepared in past years** by the AARP tax preparation program. If you have gotten your taxes prepared here at the Senior Center in the last few years, please call our Senior Center Welcome Desk and leave a message: (408) 782-1284. One of our volunteers will call you back to put your name on the tax list. Please wait for a call from the Coordinator, Don Avery, who will give you specific instructions on how your taxes will be filed this year. All Covid protocols and precautions will be followed.

Coffee Time Anytime?

On March 25, we'd love to treat you to a cup of coffee! We will be passing out cups of coffee with all the condiments to you in your cars at 11:15am before your lunch arrives. Please don't get out of your cars, we are happy to bring coffee to you! We would like to do this on a monthly basis when budget and time permit.

Party sponsors

We all love a good party and I think that is definitely one of the things that we miss the most these days. Sandra, Ingrid, Alma, and Alicia work very hard to make every meal special for all of you, including Special Event days. We enjoy having sponsors provide us with delicious desserts on those days but we could always use more sponsors. If you know of someone affiliated with a local business who might enjoy sponsoring a dessert, please let Denise or Sandra know.



Christmas 2020 Lunch To-Go's

Looking for some a fun activity?

Do you like to draw, create and just doodle? Then take a look at Certifiably Zendoodly, which offers online Zoom sessions which helps to strengthen mindfulness, intensify your focus and unleash your creativity!

<http://www.certifiablyzendoodly.com>

RYDE (Reach Your Destination Easily)

Many of you are aware that we have a volunteer driver program which was called "Get'N Around Town". Now, due to a partnership with several cities in the San Jose area, we have renamed our program RYDE. This program is still pretty much the same as our other program, with our volunteer drivers transporting seniors to their destinations, such as errands to the grocery store or pharmacy, doctor appointments, hair and nail appointments, etc. Currently, we are not driving seniors due to Covid, however, we hope with vaccinations and new County openings, that we will be able to do so soon. If you want more information about the program or know of someone who needs transportation, please let Denise know. You may also call the RYDE number: (408) 310-4250.

Trivia Fun:

1. Which President of the US was in office from Jan 20, 1953 to Jan 20, 1961?
2. Which disease did Dr. Jonas Salk successfully create a vaccine for in 1952?
3. What year did Disneyland open?
4. What famous explorer first climbed Mt. Everest in 1953?
5. What is the name of the woman who refused to give up her seat on a bus in Montgomery, Alabama in 1955?
6. Which famous song sung by Doris Day was introduced in the 1956 Hitchcock thriller, *The Man Who Knew Too Much*?

- Answers:
1. Dwight D. Eisenhower
 2. Polio
 3. 1955
 4. Sir Edmund Hillary
 5. Rosa Parks
 6. *Que Sera Sera*