



October 2022

Newsletter



www.morgan-hill.ca.gov

CENTENNIAL RECREATION SENIOR CENTER

171 West Edmundson Avenue
Morgan Hill, California 95037

Senior Center Welcome Desk: (408) 782-1284

Senior Café Lunch Information : Sandra Madriles (408) 310-4256

Living with Alzheimer's: For Caregivers—Early Stage

This program is designed to benefit caregivers of someone with early stage Alzheimer's.

In the early stages of Alzheimer's disease, families face new questions as they adjust. This program provides practical answers to the questions that arise in the early stage.

The program is free of charge and provides three (in person) sessions. **Please contact the Welcome Desk or call (408) 782-1284 if you are interested in participating.**

MoGo—Morgan Hill Quick Ride

MoGo makes it easy to catch a ride between fixed points in Morgan Hill. Every stop is within a 10-minute walk of public transit, neighborhoods, schools, stores, community centers, recreation facilities and more!

MoGo vans can accommodate up to 5 total riders and support a variety of mobility options, including wheelchairs, scooters, and bikes.

Fares (one way per rider): \$2.50 regular & \$1.00 youth 8-18, accessible (wheelchair or scooter) passengers.

Service Hours: Monday—Saturday, 7am-9pm

Download the MoGo app or visit book.mogo.ride.com. You can also call (408) 330-3302. **Ask Welcome Desk for help!**

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. 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 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.

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.

Movie Fridays are Back!

- Starting in October, join us in the Multipurpose Room every Friday from 1pm-3pm for a different movie. Popcorn will also be provided.

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. We are open Monday—Friday 9:00am-3:00pm.

Senior Activities for October*

Activity:	Day and Time:	Room:
Discussion Group	1st & 3rd Monday, 10am-12pm	Activity Room 1
Bingo	Monday, 10am-11:30am	Multipurpose Room
Dementia/Alzheimer's Caregiver Support Group	2nd 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	1st & 3rd Tuesday, 10am-12pm	Activity Room 1
Bridge	Tuesday & Thursday, 12pm-3pm	Activity Room 1
Watercolor Class	Tuesday, 1:30pm-3:30pm	Multipurpose Room—Fee Required
Tuesday Night Bingo	Tuesday, 6:30pm-9:30pm	Community Cultural Center (\$25 buy-in)
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
Movies with Grant	Wednesday 2pm-5pm	Community Playhouse—Fee Required
Mending and Alterations Service	Thursday, 9:30am-12pm	Activity Room 1
Mexican Train Dominoes	Thursday, 1pm-3pm	Activity Room 2
Bridge	Thursday, 12pm-3pm	Activity Room 1
Fitness for Arthritis	Friday, 10am-11am	Teen Center, \$3 or \$30 for 11 classes
Movie Friday	Friday, 1pm-3pm	Multipurpose Room
Duplicate Bridge	3rd Sunday, 12:30pm-4pm	Multipurpose Room

The following activities will take place daily from 9am-3pm when the Senior Center is open:

Bocce Ball
Cards, Puzzles, TV
Computer Lab
Billiards, Ping Pong (12:30-3pm)

- October 13th—Breast Cancer Awareness Day (wear pink!)
- October 21st—October Birthdays Celebration
- October 28th—Karaoke 10am in the MPR
- October 31st—Halloween (come in costume!)

RYDE (Reach Your Destination Easily)

We are always looking for volunteer drivers to participate in our RYDE program. This program uses volunteer drivers to transport seniors to their destinations in Morgan Hill. If you want more information, please let Anna know. You can also call the RYDE number: (408) 310-4250.

Anna Bielecki, Recreation Coordinator
(408) 310-4255

Ingrid Essary, Cook

Sandra Madriles, Nutrition Coordinator
(408) 310-4256

Alma Ramos, Cook

Ann Pember, Volunteer/Engagement
(408) 310-4258

Alicia Avila, Kitchen Helper