

FEBRUARY 2020 - Activities and Events for Adults

Senior Center Hours:
8:00 am - 3:00 pm

Senior Center Welcome Desk:
(408) 782-1284

Daily Activities

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Daily Listings for Weekdays:</p> <p>Coffee, Pastries, Newspaper, TV, Puzzles in the Senior Center Lobby</p> <p>Bocce Ball, Billiards, Ping Pong</p> <p>Free Computer Use with Wi-Fi for ages 50+</p> <p>Morgan Hill Senior Café Lunch served 12pm</p>		9:30 am Tai Chi (beginning) 10 am 50+ Pilates* (CCC) 10:15 am Bingo (\$1) 11 am Pickleball* 12 pm Billiards/Ping-Pong 1 pm 50+ Functional Fitness* 1pm Mahjong 1pm Mexican Train Dominoes 1:30 pm Watercolor	9 & 10 am Fitness for Arthritis 10 am 50+ Boot Camp* 10 am Bridge 10 & 11 am Chair Yoga* 11 am Pickleball* 12 pm Billiards/Ping-Pong 1 pm Bridge 1 pm 50+ Yoga and Aging* 2 pm 50+ Body Sculpt* 6:30 pm BINGO at CCC	8:45 Tai Chi (Energy-beginning) 9:45 Tai Chi (Energy-advanced) 10 am Zumba Gold* 10am Paper Crafting 10 & 11 am 50+ Pilates* 10:15 am Bingo (\$1) 10:45 Tai Chi (advanced) 12pm Computer Help 12 pm Billiards/Ping-Pong 1 pm 50+ Functional Fitness*	9:30 am Knitting/Stitchery 10 am 50+ Pilates (CCC)* 10 am 50+ Yoga Flow* 10 am 50+ Boot Camp* 11 am Pickleball* 12 pm Billiards/Ping-Pong 1 pm Mexican Train Dominoes 1 pm Mahjong 1 pm 50+ Yoga and Aging* 2 pm 50+ Body Sculpt	9 & 10 am Fitness for Arthritis 10 & 11 am Chair Yoga* 10 am Bridge 10:30 am Senior Resource appts 12 pm Billiards/Ping-Pong 1 pm Bridge 1 pm 50+ Functional Fitness* 1pm Movie Matinee	
<h3 style="margin: 0;">Special Events for the Month of February</h3>							
		3 10am Discussion Group	4	5 11:30am League of Women's Voters Presentation 1:30pm Beginning Drawing class	6	7	8
	9	10 10am Creative Writing	11	12 1pm "Cybersecurity - Prevent Scams" 1:30pm Beginning Drawing class	13 10am-12pm SALA appointments	14 9am-12pm HICAP appts. 11:30am Valentine's Day Celebration (Senior Café) dessert sponsored by Season's Hospice 1pm Valentine's Dance 2pm Dementia Support Group	15
	16 12pm Duplicate Bridge	17 Senior Center Closed for President's Day	18	19 11:30am Nutrition Education 11:30am Lunch with the Mayor 1:30pm Beginning Drawing class	20	21 9am Evergreen College Students Blood Pressure Scrn 10am Karaoke with Chris 11:30am Birthday Celebration	22
	23	24 10am Creative Writing	25 10am Sourcewise Resource Table	26 10am SCLL " State of the City" (CCC) 1:30pm Beginning Drawing class	27 10am-12pm SALA appointments	28 9am-12pm HICAP appointments	29

The Senior Center is operated by the City of Morgan Hill. Funding for programs is provided by the City of Morgan Hill, the County of Santa Clara, and the YMCA Community Support Campaign.

The Older Adult Services Department including the Centennial Recreation Senior Center provides comprehensive fitness classes, educational classes, social services and enrichment programs to adults 50 years of age and older in the Morgan Hill, San Martin, and Gilroy communities. It is the "Hub" for Older Adult services and programs in South County.