

The Centennial Recreation Senior Center provides comprehensive services, classes and enrichment programs to individuals in the Morgan Hill, San Martin and Gilroy communities who are 50+. The Senior Center is operated by the Mt. Madonna YMCA. Funding for programs is provided by the City of Morgan Hill, County of Santa Clara and the YMCA Community Support Campaign.

MORGAN HILL SENIOR CAFE

The Morgan Hill Senior Cafe offers delicious weekday lunches to seniors. Seniors who are 60+ are requested to pay a \$2.00 donation. Individuals who are under 60 pay \$5.00.

Lunches are served at noon Monday through Friday. Reservations must be made by 11:30 a.m.

Location: Centennial Recreation Senior Center, Multipurpose Room

Contact the Senior Center at 782-1284.

Senior Citizen Ball

An elegant dinner/dance especially for our Senior Community. Hosted by the Youth Advisory Committee (YAC)

April 12 • 5-9pm

Community and Cultural Center
Hiram Morgan Hill Room
17000 Monterey Road, Morgan Hill
Contact Chiquy Mejia @ 782.2128 x830
or christ.mejia@mhcr.com



Arts, Crafts and More

ART EXPLORATION

Learn the fundamental techniques for drawing, painting and collage and discover your hidden artistic talents!

Instructor: Karen Hegglin

Location: Centennial Recreation Senior Center, Activity Room 2

Activity #	Date	Day	Time	Age	Sessions
2710.201	8/12-9/9	T	1-2:30pm	50+	6

Resident: \$49 / CRC Discount: \$39

Non-resident: \$54 / CRC Discount: \$44

ARTS AND CRAFTS

This is an ongoing group that meets once a week to work on various projects. No talent needed, just a desire to have fun and explore your creative side. A different project is featured every other week.

Instructor: Denise Melroy

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	2nd and 4th Tues. of the month	1-2 pm	50+

Drop-in: \$6 per class / CRC Discount: \$5/class

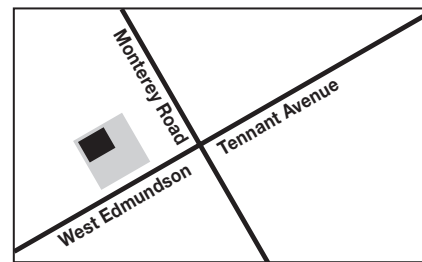


CENTENNIAL RECREATION SENIOR CENTER

171 W. Edmundson Avenue, Morgan Hill, CA 95037
(408) 782-1284

Hours of Operation

Monday - Friday 8:00am-2:00pm



Senior Center Staff

Senior Center Director Susan Fent, LCSW
susan.fent@mhcr.com
782-2128 x808

Morgan Hill Senior Café Manager

..... Patricia Wyman
patricia.wyman@mhcr.com
782-2128 x809

Cook Sandra Madriles

Recreation Leader Sandy Michaud
sandra.michaud@mhcr.com
782-2128

Kitchen Aide Alma Ramos

ADULT 50+

SCRAPBOOKING

Are your photos in boxes and needing to be organized? Create a professional looking personal photo book of you favorite vacation or family memories. Learn to crop photos, create boards and matt pictures.

Instructor: Denise Melroy

Location: Centennial Recreation Senior Center, Activity Room 2

Activity#	Date	Day	Time	Age	Sessions
2710.202	6/3 - 7/8	T	9:30-11am	50+	6

Resident: \$35 / CRC Discount: \$30

Non-resident: \$40 / CRC Discount: \$35

QUILTING

Learn the techniques of patchwork a quilt assembly. Not just for ladies only!

Instructor: Rebecca Lister

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	T	9-10 am	50+

Drop-in: \$3.00 per class

KNITTING

Now is your chance to learn how to knit! Learn the different types of stitches and how to read a pattern to create a beautiful piece of work. Men are welcome!

Instructor: Rebecca Lister

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	Th	9-10am	50+

Drop-in: \$3.00 per class

Fitness

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: Terri Wright

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	T	10:30-1:30am	50+

Resident: \$7 per class / CRC Discount: Free

Non-resident: \$9 per class



50+ YOGA

A class designed for 50+ adults that focuses on stretching, breath awareness and meditation.

Instructor: Terri Wright

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	Th	10:15-11:15am	50+

Resident: \$7 per class / CRC Discount: Free

Non-resident: \$9 per class



50+ WALKING GROUP

Enjoy the beautiful outdoors of Morgan Hill while walking with others.

Facilitator: Cindy Zuniga

Location: Centennial Recreation Senior Center, Senior Center Lobby

Date	Day	Time	Age
Ongoing	M/Th	9-10am	50+

Drop In: Free

SENIOR AEROBICS

Improve your strength, flexibility, and cardio vascular system with this fun non-impact exercise program.

Instructor: Barbara Mendonca of Gavilan College

Location: Centennial Recreation Center, Gymnasium

Date	Day	Time	Age
Ongoing	T/F	Class 1: 10-11am Class 2: 11am-12pm	50+

Drop-In: Free

50+ GOLF

Learn one of the fastest growing sports in America...golf! During this five-week program, golf professional Scott Krause will teach golf techniques from putting to the full swing. Golf clubs will be furnished or you are welcome to bring your own.

Instructor: Scott Krause

Location: Eagle Ridge Golf Course, Gilroy

Group	Date	Day	Time	Age	Sessions
1	6/24 - 7/22	T	10-11am	50+	5
2	8/5 - 9/2	T	10-11am	50+	5
3	6/30 - 7/28	M	1-2pm	50+	5
4	8/18 - 9/15	M	1-2pm	50+	5

Resident: \$79/CRC Member \$69

Non-Resident \$84/Non-Resident CRC \$74

Cards and Games

BRIDGE

Already know how to play bridge? Looking for a bridge group in Morgan Hill? This is your place! Advanced sign-up requested.

Instructor: Bob Blaine

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	M	1- 3pm	50+

Drop-in: Free

INTRODUCTION TO BRIDGE

This class will teach you the essentials of bridge. Advanced sign-up requested.

Instructor: Bob Blaine

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	F	1- 3	50+

Drop-in: Free

DROP-IN GAMES

Tables and games are open for play. Drop-in during Senior Center hours. Bring your friends and start a tournament!

Ping-Pong **Pool/Billiards** **Air Hockey**
Puzzles **Card games** **Pinochle**
Scrabble

Drop-in: Free

500 CARD CLUB

Drop in for a fun game of one of America's oldest card games. No experience necessary. Just come, learn a new card game and have a great time!

Location: Centennial Recreation Senior Center, Senior Center Lobby

Date	Day	Time	Age
Ongoing	M-F	10:30am-12pm	50+

Drop-in: Free

DUPLICATE BRIDGE

Join our large group of bridge players who pair up with a partner to play the challenging game of duplicate bridge.

Facilitator: Winston Stone

Location: Centennial Recreation Senior Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	M	6:30-10pm	50+
Ongoing	Every 3rd Sunday	12-3:30pm	50+

Drop-in: \$5.00

Music, Dancing & Entertainment

MOVIE MATINEE

Spend a relaxing afternoon watching movies on a large movie screen. We'll even provide the popcorn and soda!

Location: Centennial Recreation Senior Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	1st and 3rd Monday of each month	1-3pm	50+

Drop-in: Free

SING-A-LONG

Love to sing? Come and sing with us as we bring out the old favorites.

Facilitated by Denise Melroy

Location: Centennial Recreation Senior Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	2nd and 4th Thursday of each month	11am-12pm	50+

Drop-In: Free

B-FOUR SINGERS

Come and enjoy this dynamic family of musicians as they re-create our favorite songs of yesteryear.

Location: Centennial Recreation Senior Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	1st Tuesday of each month	11am-12pm	50+

Drop-In: Free

LINE DANCING

Have you always wanted to learn to Line Dance, but felt intimidated by the large class of those who seemed to already know what they were doing? If so, this is the class for you! Beginner and experienced dancers welcome!

Instructors: Rosemary Erwin and Gladys Aichles

Location: Centennial Recreation Senior Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	T	1-2pm	50+

Drop-In: Free

MUSIC AND DANCING

Bring your dancing shoes and spend your morning dancing to your favorite songs! Facilitated by Fred Schulz

Location: Centennial Recreation Senior Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	1st and 3rd Friday of each month	11am-12pm	50+

Drop-In: Free

MUSIC

Listen to music and stay for lunch!

Facilitator: Jim Cienello

Location: Centennial Recreation Senior Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	2nd and 4th Friday of the month	11am - 12pm	50+

Drop-In: Free

Gardening

ADOPT-A-PLANTER

Do you enjoy gardening? Be a part of a team who works to maintain Morgan Hill's beauty by planting flowers and maintaining the planter boxes in Downtown Morgan Hill.

Facilitator: Margaret Johnston

Contact Senior Center for further information at 782-1284.

Free

Things To Do
 mark your calendars

Tons of fun, activities, and events - for kids, families, and teens.

See pages 4, 5, 6, 29.

Many are FREE to the public,
 AC Season Pass Holders, or CRC Members.

Computer Classes

COMPUTER CO-PILOTS

Come and learn basic computer skills in our state of the art computer center. You don't need any computer skills, just a desire to learn and have fun!

Instructor: Leigh Donaldson

Location: Centennial Recreation Senior Center, Computer Room

Date	Day	Time	Age
Ongoing	W	1:00 - 2:00 p.m.	50+
Drop-in: Free			

THE BEST OF THE INTERNET

What have you been missing? Discover web sites that are not only interesting and fun but productive and useful as well. Tap into web sites that introduce you to world-wide news media, world wide radio, web cams and information on such topics as entertainment, medicine, finance, education, Bay Area activities, travel & maps, shopping, etc. The list is practically endless. Make Email work for you any time, any place. Students should have a basic knowledge of PC operations and have access to the Internet on the computer.

Instructor: Dick DeBolt

Location: Centennial Recreation Senior Center, Computer Room

Date	Day	Time	Age	Sessions
7/15 - 8/26	T	1pm - 3pm	50+	8

Fee: Resident: \$30/CRC Member: \$25

Non-Resident: \$35/CRC Non-Resident \$30

Special Interest

DEMENTIA CAREGIVER SUPPORT GROUP

This group will provide 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 other people cope with the symptoms and life changes caused by dementia, Alzheimer's disease and other related disorders.

Instructor: Tiffany Mikles, PTA

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	1st Friday of the Month	2 - 3:30pm	50+

Drop-In: \$2.00 suggested donation

AL ANON FOR ADULTS 50+

This is a Twelve Step program for the relatives and friends of alcoholics or someone who is or has been a problem drinker.

Facilitator: Sandy Michaud

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	W	2pm - 3pm	50+

Drop-In: \$2.00 suggested donation

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.

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	2nd Wednesday of every other month	1 - 3pm	50+

Pre-registration required: Free

BLOOD PRESSURE SCREENING

Facilitated by Donna Bell of Catholic Charities, Daybreak Respite Care Services

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	3rd Friday of each month	9am - 11am	50+

Drop-In: Free

BLOOD GLUCOSE AND CHOLESTEROL SCREENING

Facilitated by Sister Rachaela of St. Louise Hospital
Location: Centennial Recreation Senior Center, Lobby

Date	Day	Time	Age
Ongoing	Every 3rd Thursday	10am - 12pm	50+

Drop-in: Free

BODY DYNAMICS & AGING - OFFERED BY GAVILAN COLLEGE

This course is designed for 55+ adult students to provide awareness and knowledge of physical fitness, stress management and nutrition to personal health. Discussions will focus on nutrition, sleep disorders, depression, leisure/social activities and chronic conditions that effect the body as aging occurs. Stretching and exercise will be incorporated into each class meeting.

Instructor: Cherry Lee

Location: Centennial Recreation Center, Activity Room 1

Date	Day	Time	Age	Sessions
6/4 - 10/1	W	10:30am -12pm	50+	18

Drop-in: Free

BROWN BAG

Recipients will receive a bag of grocery items each week from the Second Harvest Food Bank

Location: Centennial Recreation Senior Center, Activity Room 2

Must meet eligibility requirements. Apply at Senior Center.

Date	Day	Time	Age
Ongoing	Th	8am - 9am	55+

Free

SENIOR CENTER WITHOUT WALLS

Group activities and classes for seniors who are unable to go to the Senior Center. Activities and classes are conducted by toll free telephone conference calls.

Contact the Senior Center for more information at 782-1284.

ADULT 50+