JANUARY 2024
NEWSLETTER

Gilroy Senior Center

7371 Hanna Street Gilroy, CA 95020
office 408-846-0460 | rec@cityofgilroy.org
http://www.cityofgilroy.org/recreation
Please check-in at the senior center table.
Find a place to sit and place your number down.
Mingle with friends and enjoy the morning.
Everyone must be back at their seats by 11:15am.
Any unattended meal number at 11:15am will not be served.
These unattended numbers will be served after all others have been served.
Enjoy your lunch
Thank a volunteer

The YMCA Nutrition Program is offering meals in-person,
Dine in with us!
Monday through Friday from 9:00-12pm.
A $3.00 donation,
Check in is required and numbers will be handed out.
Read on to see what we have to offer.

Friendly Reminders

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Senior Advisory Board

Vince Saso - Chair
Terrie Berry - Vice Chair
Sharon Holloway - Secretary

TUESDAY, JANUARY 9, 2024
10.00 AM
MEETING ROOM 2

Please see Gilroy Recreation staff for more details,
Rec@cityofgilroy.org or to register http://www.cityofgilroy.org/recreation
JANUARY HIGHLIGHTS

HAPPY BIRTHDAY TO OUR JANUARY BORN FRIENDS

NATIONAL DAYS

- January 1: New Year’s Day
- January 6: Nat’l Bean Day
- January 8: Elvis Presley’s Birthday
- January 10: Nat’l Houseplant Day
- January 15: Martin Luther King Day
- January 20: Nat’l Penguin Day
- January 29: Nat’l Puzzle Day

BROWN BAG

JANUARY 4, 2024
JANUARY 18, 2024

BROWN BAG IS EVERY FIRST AND THIRD THURSDAY OF THE MONTH

Location:
Gilroy Library parking lot

Gilroy Senior Center will be closed
Monday, January 15, 2024
in observance of Martin Luther King Day

Please see Jeanne to review the updated rules of the center. Rules and waiver must be signed to participate as a member of the Gilroy Senior Center. All seniors who attend our center must register yearly.
Karaoke

Thursday, January 11, 2024
10am - 11am
Main Hall

Come sing your heart out with friends.
Bring your ideas of songs to sing and share.
Everyone is welcome!
All songs may not be available.

Karaoke

Movie Day

Monday, January 8, 2024
Gilroy Senior Center
Classroom 1
12:30pm - 2:30pm

Please see the Gilroy Recreation Division for more details.
Rec@cityofgilroy.org or to register http://www.cityofgilroy.org/recreation
OLDER ADULT CLASSES

January 4 - April 24, 2024
Thursdays
9am - 10am
Gilroy Senior Center,
Classroom 2
Instructor: Cynthia Mercado

Seated Yoga
Meridian Flushing
Hand Reflexology
Color Healing Meditation

Stay Active

Line Dancing
Please join Lu in a beginner line dancing class. This is for new students (or with some experience).
Class begins at 12:00 pm on Fridays immediately following lunch
Please register online or with Jeanne
Fridays
Beginners - 12pm - 12:30pm
Advanced 12:30pm - 1:30pm
Jan. 5 - April 26, 2024

Walking Club
Mondays, Jan. 2 - April 24, 2024
10am - 11am
Meet at front office
Register in advance.
Please wear proper walking shoes.
Walking routes will be a moderate walk up to 2.0 miles.
Class may be cancelled due to inclement weather.

Please see the Gilroy Recreation Division for more details,
Rec@cityofgilroy.org or to register http://www.cityofgilroy.org/recreation
OLDER ADULT CLASSES

Whatever your age, interests, or abilities, you can enjoy pastimes that make you laugh, lose track of time, or feel like a goofy kid at heart....and at little to no cost.

Meditation & Mindfulness

In this new weekly class, experience quiet reflection through meditation. We will explore and practice one aspect of meditation that will help us to strengthen our inner realities and develop spiritual consciousness and capacity. Profound & inspiring passages with soft music are curated to foster reflection, elevate conversations, and develop meditative skills. All are welcome!

January 3 - April 24, 2024
Wednesday: 10:00 -10:45 am
Meeting Room

Reflections on the Life of Spirit

An interactive study class with participants seeking to understand more about the purpose of our life, prayer & meditation, and the journey of the soul. The purpose of the course is to help us develop habits and capacities that enriches our spiritual life.

January 2- April 30, 2024
Tuesday: 10:00-11:00 am
Meeting Room

Must be on time in order to get the full uninterrupted experience.
Instructor: Laleh Vahdat

Please see the Gilroy Recreation Division for more details, Rec@cityofgilroy.org or to register http://www.cityofgilroy.org/recreation
OLDER ADULT CLASSES

**TAI CHI BEGINNERS/ADVANCED**

Class begins with a Qigong warm up, which introduces us to 24 of the movements in Tai Chi. Then we will practice the Yang style of Tai Chi. The 24 movements of Tai Chi have been shown to help improve balance, coordination and memory, which can help decrease unexpected falls. Join us.

8:30 am - 9:45 am
Jan. 3 - April 29, 2024
Mondays & Wednesdays

Location: Gilroy Civic Center Paseo or Wheeler Center Dance Room/Gym

Instructor: Deborah Waller and volunteers

**VIRTUAL CHAIR YOGA**

Videos will be e-mailed and shown from YouTube in your own home. You must have a digital device. Please sign up with Jeanne or the front office staff.

Wednesday, 10 am - 10:45 am
Jan. 3 - April 24, 2024
Location: Your own home

**CORE STRENGTHENING TO EASE DAILY ACTIVITIES**

Tuesday, 10:30 am - 11:15 am
January 9 - April 30, 2024
Ted Carpenetti Room
Instructor: Nadia Hart

Strengthen your core muscles for added stability. These muscles are also needed when getting out of bed, rising from chairs, and improving posture. Dance techniques will also be used for strengthening arms, legs and back in gentle, simple movement while keeping time to some interesting music. For those dealing with arthritis or stiff joints, we will include how to move joints to increase natural lubrication needed to move easier.

Please see the Gilroy Recreation Division for more details,
Rec@cityofgilroy.org or to register http://www.cityofgilroy.org/recreation
**OLDER ADULT ACTIVITIES**

**CRAFT CLASS**

**Friday, January 19, 2024**
**9AM - 10:45AM**
**Classroom 2**

**Join us for a fun and festive craft.**
**Be here by 9:15, or you may lose your spot.**

**Please register with Jeanne, at front desk or online. Must register in advance.**

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**Need Help with your iPhone? iPad? Email? Facebook?**

We have teen volunteers who are available to offer assistance with your tech device.

Free appointments between January 2-5, 2024 can be made with Jeanne or at the Recreation Office.

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**EXPLORE ARMCHAIR TRAVEL TO SCOTLAND**

Presentation by: Arne Kalma, Gilroy Senior Center Member

Friday, January 5, 2024
10am - 10:45am
Ted Carpenetti Room

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**Happy New Year**

From The Gilroy Recreation Division and Gilroy YMCA

Please see the Gilroy Recreation Division for more details, Rec@cityofgilroy.org or to register http://www.cityofgilroy.org/recreation
YMCA NUTRITION PROGRAM
Ikhoshabeh@ymcasv.org
Mt. Madonna YMCA is the Nutrition provider funded by Santa Clara County. Hot Lunch prepared onsite is served Monday-Friday at 11:15am or until lunches run out. Suggested donation is $3 for anyone age 60 and over and $8 for those 60 years and younger.

SOURCEWISE
Community Resource Solutions
Sourcewise provides free information and assistance with social security, housing and employment matters.
Monica Garcia
Thursdays 9am -11am
Call to make an appointment
408-762-7362

SALA
Senior Adults Legal Assistance
Senior Adults Legal Assistance (SALA) provides FREE legal service at the Senior Center by appointment. To use SALA services, you must be a resident of Santa Clara County and 60 years of age or older. (408) 295-5991

MEALS-ON-WHEELS
General Information: 800-510-2020
Hot Meals: 408-961-9870
Frozen Meals: 408-350-3246

REBUILDING TOGETHER HOME REPAIR
Call (408) 578-9519 to apply for NO-COST home repairs by a non-profit organization servicing Santa Clara County.
To qualify you must.....
* Be low-income
* Own a home within Gilroy
* Need home repairs, rehabilitation and/or modifications.

Did you know?
The Gilroy Salvation Army offers FREE shelter, showers, meals and other services to the homeless community.
Phone: 408-848-5373
Address:
200 West 5th Street
Gilroy Ca. 95020

Please see the Gilroy Recreation Division for more details,
Rec@cityofgilroy.org or to register http://www.cityofgilroy.org/recreation
Martin Luther King Jr. was a social activist and Baptist minister who played a key role in the American civil rights movement from the mid-1950s until his assassination in 1968. King sought equality and human rights for African Americans, the economically disadvantaged and all victims of injustice through peaceful protest. He was the driving force behind watershed events such as the Montgomery Bus Boycott and the 1963 March on Washington, which helped bring about such landmark legislation as the Civil Rights Act and the Voting Rights Act. King was awarded the Nobel Peace Prize in 1964 and is remembered each year on Martin Luther King Jr. Day, a U.S. federal holiday since 1986.

Martin Luther King, Jr. Quotes

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”

“Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed.”

“The time is always right to do what is right.”
FREE INCOME TAX PREPARATION
AARP TAX AIDE PROGRAM

GILROY SENIOR CENTER
7371 Hanna Street
Gilroy, CA

Tuesdays
February 6 - April 9, 2024

RETURNS PREPARED FOR LOW AND MIDDLE INCOME RETIREES AND WAGE EARNERS

PROFESSIONAL TAX PREPARATION SOFTWARE

E-FILING AND DIRECT DEPOSIT OF REFUNDS

CALL THE SENIOR CENTER FOR APPOINTMENT

408-846-0460

Please bring the following with you when you come:

☐ Copy of last year’s income tax returns
☐ All W-2, 1099-R, 1099-INT, 1099-DIV, 1099-B, forms, etc. and documentation showing original purchase price of assets
☐ 1099-Misc showing miscellaneous income
☐ SSA-1099 form if paid Social Security benefits
☐ All receipts if itemizing

Appointments will be taken starting
January 8, 2024
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>1 Senior Center Closed</td>
<td>2 Ham with Pineapple Glazed Whole Grain Roll</td>
<td>3 Homemade Turkey Chili / Corn Bread</td>
<td>4 Grilled Garlic Butter Whole Grain Noodles</td>
<td>5 Pork Chile Verde Corn Tortilla Rice</td>
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<td>8 Grilled Chicken Breast with Alfredo Sauce Whole Grain Penne Pasta</td>
<td>9 Vegetarian Pizza Flat Bread</td>
<td>10 Parmesan Tilapia Tartar Sauce with the side</td>
<td>11 Beef and Cheese Lasagna Whole Grain Garlic Bread</td>
<td>12 Baked Turkey LS Gravy on the side Whole Grain Roll</td>
</tr>
<tr>
<td>15 Senior Center Closed</td>
<td>16 Homemade Beef Stew Whole Grain Roll</td>
<td>17 Cook's Choice Chicken Whole Grilled Past</td>
<td>18 Baked Salmon Tartar Sauce on the side</td>
<td>19 Chicken Fajitas Flour Tortillas / Sour Cream Green Beans &amp; Carrots</td>
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<tr>
<td>22 Philly Cheesesteak Whole Grain Roll</td>
<td>23 Homemade Chicken &amp; Cheese Enchilada</td>
<td>25 Turkey Meatball Soup Whole Grain DInner Roll</td>
<td>26 Pesto Baked Tilapia Tartar Sauce on the side</td>
<td>27 Italian Blend Vegetables Soup LS Tomato Soup</td>
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<tr>
<td>29 Battered Fish Tacos (2)</td>
<td>30 Pork Chops with LS Gravy on the side Whole Grain Roll</td>
<td></td>
<td>28 Turkey Meatball Soup Whole Grilled Past</td>
<td>26 Pesto Baked Tilapia Tartar Sauce on the side</td>
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