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**

- 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.
- Please be kind to the volunteers and thank them for their work.
- Enjoy your lunch
- Thank a volunteer

**Senior Advisory Board**

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

March 12, 2024
10.00 AM
Clasroom 2

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

ST. PATRICK
CELEBRATION DAY

15
MARCH

10
A.M

GILROY SENIOR CENTER
7571 Hanna St
Gilroy, CA 95020

LUNCH $3 - 60+
Cornbeef and Cabbage
WEAR GREEN!

MUSIC ● DRINKS ● FOOD

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

MARCH 7, 2024
MAR 21, 2024

BROWN BAG IS EVERY FIRST AND THIRD THURSDAY OF THE MONTH
Location:
Gilroy Library parking lot

Socialization | billiards | ping pong | puzzles | games | classes
The YMCA Nutrition Program is offering meals in-person,
Dine in with us!
Monday through Friday from 9:00-12:30pm.
A $3.00 donation,
Check in is required and numbers will be handed out.

NATIONAL DAYS

March 1. Nat’l Employee’s Day
March 8. Int’l Women’s Day
March 10. Daylight Savings
March 17. St. Patrick’s Day
March 20. Int’l Day of Happiness
March 20. First Day of Spring
March 25. Int’l Waffle Day
March 31. Easter Sunday
April 1 Cesar Chavez - Closed

Reminder:
Turn your clocks forward
Sunday, March 10, 2024

HAPPY BIRTHDAY TO OUR MARCH BORN FRIENDS

MARCH HIGHLIGHTS
Karaoke

Thursday, March 21, 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.

Movie Day

Monday, March 11, 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

Line Dancing

Join 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 maybe cancelled due to inclement weather.

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

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
Classroom 2

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
ALL LEVELS
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.
9:00 - 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 or our classroom. You must have a digital device for home viewing.
Please sign up with Jeanne or the front office staff.
Wednesday, 10am - 10:45am
Jan. 3 - April 24, 2024
Location: Your own home, and Room 2

FACE YOGA
Join me in this fun-filled face yoga class which will bring out that child in you as you make faces (Not to a child) but to yourself. The students will learn basic facial exercises along with basic tapping methods to strengthen their facial muscles. While this class is mainly focused on the cheeks and mouth. Studies have shown that regularly doing facial exercises help improve wrinkles and tone sagging skin.
Please bring your cell phone on the first day of class so we can take a "before" picture and then you can document your progress as you regularly do your face yoga practice.
Also, bring a hand-held mirror to every class.
Fridays, 10am -11am
Starting March 22, 2024

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

Birdhouse making with
Ted Strotman and Pete Muguire
They have been happily creating these birdhouses and beautifully painting them. They would like to share their time and talent with you by teaching you how to assemble and paint a birdhouse.

Thursday, March 28, 2024, 9am - 11am
Class is limited to the first 10 registered participants.

Please register online or see one of our office staff members to register.

CRAFT CLASS

Friday, March 22, 2024
9am - 10:45am
Classroom 2
Painting with Maria is back.
Be here by 9:15, or you may lose your spot.

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

Please see the Gilroy Recreation Division for more details,
Rec@cityofgilroy.org or to register http://www.cityofgilroy.org/recreation
EXPLORE ARMCHAIR TRAVEL TO LOS MARQUESES AND EASTER ISLAND

Presentation by:
Arne Kalma,
Gilroy Senior Center Member

Friday, March 1, 2024
10am 10:45am
Classroom 1
Must register with Jeanne, at front desk or online

CEasar Chavez

Since 1993, the City of Sacramento, California has recognized Cesar Chavez’s birthday as a City Holiday, celebrating the life and work of the American activist. Reno, Nevada has also celebrated it since 2003. In 2014, Cesar Chavez Day was proclaimed a federal commemorative holiday by then-president Barack Obama, who admired the activist and even adapted the United Farm Workers of America motto, “Si se puede” to the English “Yes we can,” during his 2004 Illinois elections to the U.S. Senate.

Even though Chavez was investigated by the FBI during his life and was attacked by right-wing groups and politicians, he has become an important figure in American history and the labor movement for his tireless efforts to improve the lives of farmworkers and his advocacy for social justice and civil rights. At the start of the presidency of Joe Biden, a bust of Chavez was placed on a table directly behind the Resolute desk in the Oval Office. Cesar Chavez Day has become an important holiday to learn more about workers rights.

Closed April 1, 2024 in recognition of Cesar Chavez Day

Please see the Gilroy Recreation Division for more details,
Rec@cityofgilroy.org or to register http://www.cityofgilroy.org/recreation
Easter Bonnet Parade and Egg Hunt

Friday, March 29, 2024

MAKE YOUR BEAUTIFUL EASTER BONNET AND PARADE AROUND THE SENIOR CENTER. WINNING PARTICIPANT WILL RECEIVE A $25.00 GIFT CARD.

THEN JOIN US FOR AN EASTER EGG HUNT AROUND THE CENTER. WHO WILL FIND THE GOLDEN EGGS?

THESE FUN EVENTS ARE BROUGHT TO YOU BY GILROY RECREATION DIVISION GILROY YMCA AND SOURCEWISE GILROY SENIOR CENTER 7371 HANNA ST.

Please see the Gilroy Recreation Division for more details, Rec@cityofgilroy.org or to register http://www.cityofgilroy.org/recreation
The Gilroy YMCA Nutrition Program and Gilroy Recreation Division are seeking enthusiastic and committed individuals to assist in the kitchen with various jobs. We are also seeking volunteers to help with senior check in. Minimal computer knowledge is needed.

If interested please visit our website and register at https://www.cityofgilroy.org/524/Volunteer-Services

**Responsibilities:**
- Food Prep
- Washing Dishes
- Compost and Trash Monitor
- Setup tables for lunch
- Check in Seniors

**MONDAY – FRIDAY**
**9:00AM – 12:30PM**
7371 Hanna St, Gilroy, CA 95020

Call For Registration
408-846-0460

www.cityofgilroy.org/reconline
**YMCA NUTRITION PROGRAM**
lkhooshabeh@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.

Please see the Gilroy Recreation Division for more details, Rec@cityofgilroy.org or to register http://www.cityofgilroy.org/recreation
FLU AND COLD SEASON

Do you have the Flu? According to the CDC, flu vaccines reduce the risk of flu illness between 40% and 60% among the overall population during seasons when most circulating flu viruses are well-matched to the flu vaccine.

COLD / Flu

Caused by viruses
Stuffy nose, coughing and sore throat
Symptoms are mild
Causes mild fatigue
Onset is gradual
Felt mainly in the head and nose
Respiratory infection

INFLUENZA

Symptoms are severe
Muscle or body aches throughout the body
Onset is sudden
Involves fever, exhaustion, loss of appetite

Prevent the Spread!

- Stay at home when you are sick
- Cover your mouth and nose with a tissue when you cough or sneeze
- Cough or sneeze into your upper sleeve, not your hand
- Put used tissues in the waste basket

Please see the Gilroy Recreation Division for more details, Rec@cityofgilroy.org or to register http://www.cityofgilroy.org/recreation
BE A VOLUNTEER TUTOR

Help an adult improve their English literacy skills!

The Reading Program, Santa Clara County Library’s Adult Literacy Program, is looking for tutors to work one-on-one with Gilroy and Morgan Hill adult learners who wish to improve their English reading, writing, listening, and speaking skills.

No prior experience is necessary.

Volunteers must:
- Be an adult (age 18 and up)
- Be patient, adaptable, and dedicated
- Be able to read and write in English at a high school level
- Attend orientation and training
- Fill out required forms for the program and the County
- Clear an online background check (fees covered by SCCLD)
- Dedicate at least 2 hours a week to your learner for at least 6 months (choose your own schedule)

Interested?
(408) 848-5366
readingprogram@sccl.org
<table>
<thead>
<tr>
<th>Day</th>
<th>Meal Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>1. Grilled Chicken Breast and Pineapple chunks with Tropical Fruit Cup</td>
</tr>
<tr>
<td></td>
<td>2. Chicken Fajitas with Sour Cream and Spanish Rice</td>
</tr>
<tr>
<td></td>
<td>3. Baked Tacos with Corn Tortilla, salsa, and ground beef</td>
</tr>
<tr>
<td></td>
<td>4. Pork Chops with Spanish Rice and beans</td>
</tr>
<tr>
<td></td>
<td>5. Meatloaf and Lasagna</td>
</tr>
<tr>
<td></td>
<td>6. Cheeseburger with Whole Wheat Bun and onion soup</td>
</tr>
<tr>
<td></td>
<td>7. Teriyaki Chicken with Vegetable Chow Mein and broccoli</td>
</tr>
<tr>
<td></td>
<td>8. Fish Tacos with Tartar sauce and grilled bell peppers</td>
</tr>
<tr>
<td></td>
<td>9. Parmesan-baked tilapia with diced carrots and cranberries</td>
</tr>
<tr>
<td></td>
<td>10. Spinach with lemon dressing and mandarin oranges</td>
</tr>
<tr>
<td></td>
<td>11. Parmesan-baked tilapia with lemon dressing and mandarin oranges</td>
</tr>
<tr>
<td></td>
<td>12. Fish tacos with tartar sauce and grilled bell peppers</td>
</tr>
<tr>
<td></td>
<td>13. Pork chili verde with steamed broccoli and fresh fruit</td>
</tr>
<tr>
<td></td>
<td>14. Pork and green beans with mushroom and shrimps</td>
</tr>
<tr>
<td></td>
<td>15. Corndog with mustard sauce and whole grain roll</td>
</tr>
<tr>
<td></td>
<td>16. Butter garlic shrimp with pasta and carrots</td>
</tr>
<tr>
<td></td>
<td>17. Chile relleno with Spanish rice and pinto beans</td>
</tr>
<tr>
<td></td>
<td>18. Baked potato with green beans and salsa</td>
</tr>
<tr>
<td></td>
<td>19. Baked potato with tomato and salsa</td>
</tr>
<tr>
<td></td>
<td>20. Baked potato with green beans and salsa</td>
</tr>
<tr>
<td></td>
<td>21. Beef and cheeseburger with lasagna and mashed potatoes</td>
</tr>
<tr>
<td></td>
<td>22. Butter garlic shrimp with pasta and carrots</td>
</tr>
<tr>
<td></td>
<td>23. Chili relleno with Spanish rice and pinto beans</td>
</tr>
<tr>
<td></td>
<td>24. Baked potato with green beans and salsa</td>
</tr>
<tr>
<td></td>
<td>25. Chicken fajitas with sour cream and Spanish rice</td>
</tr>
<tr>
<td></td>
<td>26. Baked potato with green beans and salsa</td>
</tr>
<tr>
<td></td>
<td>27. Baked potato with green beans and salsa</td>
</tr>
<tr>
<td></td>
<td>28. Baked potato with green beans and salsa</td>
</tr>
<tr>
<td></td>
<td>29. Baked potato with green beans and salsa</td>
</tr>
</tbody>
</table>

Note: The menu is subject to change at the discretion of Senior Nutrition.

Suggested contribution rate per meal: $3.00 (60 and over), $5.00 (11 meals), $8.00 (guest fee).

A Meal Card $30.00 (11 meals).