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

Friendly Reminders

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Senior Advisory Board

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

February 13, 2024
10.00 AM
Classroom 2

Please see Gilroy Recreation staff for more details.
Rec@cityofgilroy.org | (408) 846-0460 | http://www.cityofgilroy.org/recreation
**FEBRUARY HIGHLIGHTS**

**NATIONAL DAYS**

- February 2  Groundhog Day
- February 12  Lincoln’s Birthday
- February 13  Mardi Gras Carnival
- February 14  Valentine’s Day
- February 19  Presidents Day & Washington’s Birthday
- February 29  Leap Year

**HAPPY BIRTHDAY TO OUR FEBRUARY BORN FRIENDS**

**BROWN BAG**

**FEBRUARY 1, 2024**  
**FEBRUARY 15, 2024**

**BROWN BAG IS EVERY FIRST AND THIRD THURSDAY OF THE MONTH**

**Location:**
Gilroy Library parking lot

**Gilroy Senior Center will be closed**
Monday, February 19, 2024
in observance President’s Day

**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.
Karaoke
Thursday, February 22, 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, February 12, 2024
Gilroy Senior Center
Classroom 1
12:30pm - 2:30pm

Please see Gilroy Recreation staff for more details.
Rec@cityofgilroy.org | (408) 846-0460 | 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 maybe cancelled due to inclement weather.

Please see Gilroy Recreation staff for more details.
Rec@cityofgilroy.org | (408) 846-0460 | 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 Gilroy Recreation staff for more details.
Rec@cityofgilroy.org | (408) 846-0460 | http://www.cityofgilroy.org/recreation
OLDER ADULT CLASSES

TAI CHI
ADVANCED
ONLY

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. You must have a digital device.
Please sign up with Jeanne or the front office staff.

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

CRAFT CLASS

Friday, February 23, 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.

Please see Gilroy Recreation staff for more details.
Rec@cityofgilroy.org | (408) 846-0460 | http://www.cityofgilroy.org/recreation
Pickle Ball

Wheeler Center Gym
10am - 12:30pm M, W, F

$10.00 drop-in or $80 punch pass for 10 visits

Beginners are welcome

MUST REGISTER

Stay Active

Join us for a walk in the park
Christmas Hill Park
Monday, February 26, 2024
10am - 11am
Meet @ Christmas Hill Park
750 Miller Ave
Meet at the playground.

Easy to moderate walking.
Please dress appropriately.
Register with Jeanne, at the front office, or online.

Please see Gilroy Recreation staff for more details.
Rec@cityofgilroy.org | (408) 846-0460 | http://www.cityofgilroy.org/recreation
Celebrate Chinese New Year at the Gilroy Senior Center on February 9, 2024

Breakfast treat will be green tea and moon cakes sponsored by Sourcewise

$3.00 Chinese themed lunch for seniors

Celebrate!!
Fat Tuesday
February 13, 2024
9am -11:30am

Join us for a morning treat to kick off Fat Tuesday. Dress in your best Mardi Gras attire

Please see Gilroy Recreation staff for more details.
Rec@cityofgilroy.org | (408) 846-0460 | http://www.cityofgilroy.org/recreation
Join us for Valentine’s Day Lunch
Lasagna, Ice Cream &
a take home sweet treat

14

Gilroy Senior Center - 7371 Hanna St
OPEN 9AM - 11:30AM  |  $3.00
for seniors over 60

Please see Gilroy Recreation staff for more details.
Rec@cityofgilroy.org | (408) 846-0460 | http://www.cityofgilroy.org/recreation
Free SVR Events in-person at the Gilroy Library -

Author Talk with Heather White: One Green Thing
Saturday, February 03, 11:00am–12:00pm

Attracting Pollinators & Beneficial Insects to your Garden with the Master Gardeners
Saturday, February 10, 10:30am–11:30am

Climate Change is Here. What Can We Do About It? Panel Discussion
Saturday, February 10, 2:00pm–3:30pm

Donations Accepted for Upcoming Clothing Swap
Tuesday, February 20 to Saturday, February 24

Swap It Like It’s Hot: Clothing Swap
Saturday, February 24, 1:00pm–4:00pm

One Green Thing Book Discussion
Sunday, February 25, 3:00pm–4:30pm

Please see the Gilroy Gilroy Library for more details,
https://sccld.org/locations/gilroy/
Free Friday

February 23, 2024

09:00 am – 11:00 am

All Items brought must be new or gently used.

Please see Recreation Staff if you have any questions

- No undergarments or bathing suit.
- Please do not bring any broken or missing pieced items.
- Nothing bigger than a bread box, 16" x 6"
- No electrical appliances.
- No perishable or non-perishable food items.
- The person bringing the items must stay at the Senior Center for the duration of the time the items are on the table.
- If items are not taken by 11:30am., the owner who brought them must take them back the same day.
- If items are not taken home by owner, the items will be recycled at 12pm.
- All items brought are free for anyone to take.
Join the Digital Connections Program today!

An interactive program supporting older adults with iPads, internet connectivity & training

Learn, engage, and interact with loved ones safely using technology

- Free for eligible older adults and informal caregivers
- Training is offered in English, Spanish, Vietnamese, and Mandarin

Scan QR code to begin your enrollment now!

mysourcewise.com/digital-connections-interest-form/

Devices are limited and available while supplies last

Digital Connections Program Eligibility:

- 60+ years of age or an informal caregiver of an older adult
- Resident of Santa Clara County
- Does not currently own a functioning device

Please kindly note: priority is given to those living alone and/or low-income

Do you know someone who might be eligible? Need help with enrollment or have questions?

Our team is eager to assist by phone (669) 699-2245 or e-mail tech@mysourcewise.com, mysourcewise.com

Come visit the Sourcewise table at the Gilroy Senior Center next Friday, February 9th to enroll as well as for the opportunity to receive an iPad onsite. The first 10 eligible signups on February 9th will go home with an iPad that day! Other eligible applicants will receive their iPads via mail within 5 to 7 business days.
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

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

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.

Sourcewise
Community Resource Solutions
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