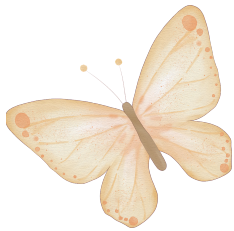


Hello April

2026



Gilroy Senior Center Newsletter

7371 Hanna Street Gilroy, CA 95020
office 408-846-0460 | rec@cityofgilroy.org
<http://www.cityofgilroy.org/recreation>





GILROY SENIOR CENTER

**OPEN DAILY
9AM - 12:30PM
60+ AGES**

**ABIERTO DIARIO
9AM - 12:30PM
EIDADES 60+**



- ✓ Daily Meals/Alimentacion Diaria
- ✓ Socialization/Socializacion
- ✓ Variety of Classes/Variedad de Clases
- ✓ Local Trips/Excursiones locales
- ✓ Volunteer Opportunities/Oportunidades para Voluntarios
- ✓ Themed Events/Eventos Tematicos
- ✓ Senior Resources/Recursos para Adultos Mayores
- ✓ Variety of Activities/Variedad de Actividades

7371 Hanna Street
Gilroy, CA 95020
408-846-0460
rec@cityofgilroy.org



**JOIN US AND
REGISTER
TODAY**

**REGISTRESE
HOY Y UNASE
CON
NOSOTROS**

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

Gilroy Senior Center

Socialization | billiards | ping pong | puzzles | games | classes | activities

The YMCA Nutrition Program is offering meals in-person,

Dine in with us!

Monday through Friday from 9:00-12pm.

A \$5.00 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
- DO NOT remove a number that has already been placed to make room for yourself or friend
- You may add another chair, if it is ok with the rest of the table. Please be considerate.
- If you have a question regarding lunch or seating, please ask a staff member. Your fellow senior may not have the correct answer.
- 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.
- If you arrive after your table has been served, you will be served after all other have been served.
- **Please be kind to the volunteers and thank them for their work.**
- Enjoy your lunch
- Thank a volunteer

Vince Saso - Chair

Terrie Berry - Vice Chair

Sharon Holloway - Secretary



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



EASTER EGG HUNT

Get ready for an egg-citing adventure at our Easter Egg Hunt Party! Join us for a morning filled with joy, laughter, and the thrill of discovering hidden treasures

FRIDAY, APRIL 3RD
STARTING AT 9 AM - EGG HUNT @ 10:30AM
(WEATHER PERMITTING)

EASTER BONNET PARADE & CONTEST @ 11AM
LUNCH IS SERVED @ 11:15AM

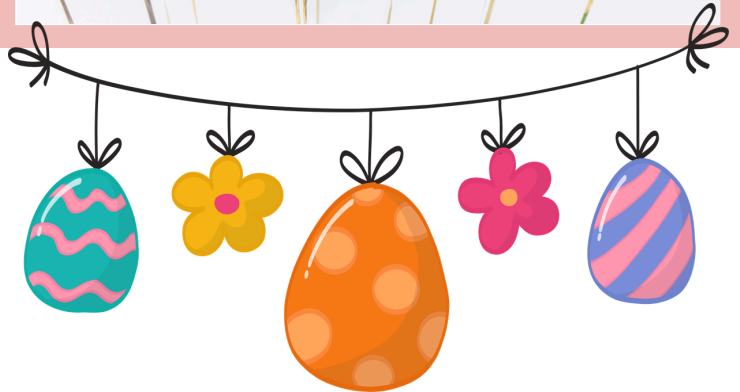
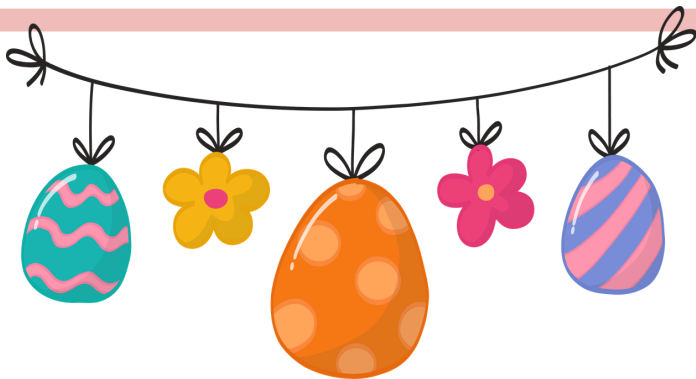




HIGHLIGHTS

NATIONAL DAYS

- 4/1 Walking Day
- 4/10 Encourage A Young Writer Day
- 4/14 Gardening Day
- 4/15 Tax Day
- 4/18 Exercise Day
- 4/22 Earth Day
- 4/30 Adopt a Shelter Pet Day



BROWN BAG

APRIL 2, 2026

APRIL 16, 2026

Brown bag is every first and third
THURSDAY of the month
Location:

Gilroy Library parking lot
@ approximately 8am



Senior Advisory Board Meeting

April 7, 2026

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

Register Today



Class Registration
for May - August
is now open.
Please register
online or
in -person.



You must register for all classes
that you would like to take
part in.

Future Civic Center Presentation April 6, 2026 @ 10:15, Senior Center



We Need Your Pictures!

Did you take pictures of any our wonderful
senior center events? Looking for pictures
of all of our past events or activities.

We'd appreciate you sharing them with us.

You can send your pictures to 408-612-7041
or email to rec@cityofgilroy.org.



Crafts

With Ann

April 1, 2026

10am - 11am

In the main hall

No registration needed



Supported by the YMCA

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 12:30 pm
on Fridays immediately
following lunch.
Must Register

Fridays

Beginners - 12:30pm - 1pm
Advanced 1pm - 1:30pm
January 9 to April 24, 2026



Walking Club

Mondays, January 5 to April 27, 2026

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 canceled due to
inclement weather.



BLOOD PRESSURE CHECK

Tuesdays

Classroom 2

April 14th & 28th

Gilroy Senior Center

Indira Tojaga, RN

Registration is Open

Register today for
Winter/Spring classes
January - April 2026

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

January 5 to April 29, 2026

Mondays & Wednesdays

Location: Gilroy Civic Center Plaza or
Wheeler Center Dance Room/Gym
Instructor: Deborah Waller and
volunteers



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.

For first-time attendees, 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-Gong practice.

Hand-held mirrors will be provided for use during the class but if you want to bring your own, you are most welcome! every class.

Fridays, 10am -11am

January 9 to April 24, 2026

Meeting Room

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.

Wednesday, 10am - 10:45am

January 7 to April 29, 2026

Location: Your own home and
Conference Room 2

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.

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.

Tuesday, 10:00-11:00 am
January 6 to
April 28, 2026

Meeting Room

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!

Wednesday, 10:00-10:45 am
January 7 to
April 29, 2026

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>

K A R A O K E



FUN, FRIENDS AND MUSIC

APRIL 24, 2026

GILROY SENIOR CENTER

10AM - 11 AM

Please see staff to get your song you would like to sing in.



ART SHOWCASE



18 - 19
APRIL

1pm - 3pm
CMAP -7500 Monterey Rd
Gilroy, CA 95020

FEATURING **FREE ENTRY**
ANTONIA GUERRERO (TONI)

**ARMCHAIR
travel**

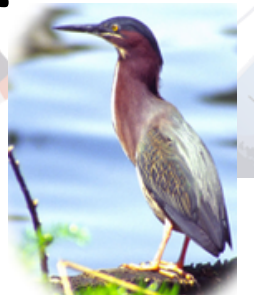


Southeast US



Monday, April 13, 2026
10am - 10:45am
Classroom 2
**Must register at front
desk or online**

Presentation by:
Arne Kalma,
Gilroy Senior Center Member



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

**Spring clean and then
come to our**

Free Friday



April 17, 2026

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"x6"
- 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.

Take part in our first ever plant swap

For The Love Of Gilroy



GILROY GARDENING GROUP

SPRING PLANT SALE 2026

Saturday, April 18 | 8am - 2pm

Miller Red Barn, Christmas Hill Park, Gilroy



- * *Hundreds of Plants Starting at \$5 Including Rare Heirlooms, Asian Vegetables and Peppers*
- * *Inspiring Garden Talks & Hands-on Learning*
- * *Live Demos with Local Beekeepers, Recology and 4H*
- * *Family Fun, Kids Activities & Food Truck*



 facebook.com/groups/gilroygardening

 Gilroy Gardening Group

 @GilroyGardeningGroup

Proceeds benefit The Miller Red Barn & other local charities

GILROY DOWNTOWN BUSINESS ASSOCIATION PRESENTS A WONDERFUL EVENT IN THE HEART OF DOWNTOWN GILROY

Heart of Gilroy
WINE AND ART STROLL
APRIL 18, 2026
1:00–5:00 P.M.

Enjoy a beautiful day in Downtown Gilroy with local wine, art, food, music & more

Join us for a dynamic day of art, film, music, and community connection. Throughout the event footprint, guests will discover immersive activations, live performances, interactive art installations, and vibrant creative energy at every turn.



Buy WINE STROLL tickets here

HIGHLIGHTS:

- 20+ local wineries
- (3) Delicious bites from restaurant partners
Food trucks and curated culinary offerings
- 20 featured artists + interactive art
- DJ & Silent Disco experience




Visit: <https://downtowngilroy.com/events/heart-of-gilroy/> for cost and ticket information

BEAUTIFY YOUR GARDEN WITH FLOWERS THAT ATTRACT POLLINATORS



Beautify Your Garden with Flowers that Attract
Pollinators presented by the Master Gardeners

Saturday, April 4, 2026  Add to Calendar

10:30AM – 11:30AM

Gilroy Library

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

Find Your Voting District

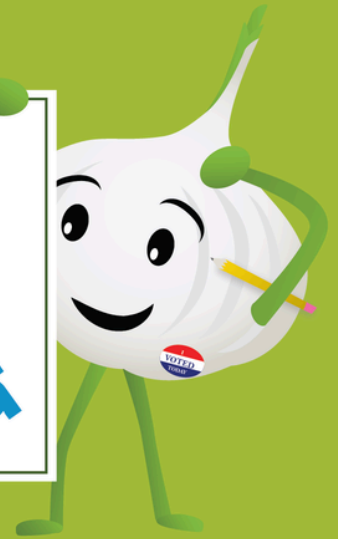


For the first time, Gilroy residents will vote by district in the 2026 election.
Por primera vez, los residentes de Gilroy votarán por distrito en las elecciones de 2026.

Districts 4, 5, and 6 will be on the ballot in 2026.
Los distritos 4, 5 y 6 estarán en la papeleta de voto en 2026.

Districts 1, 2, and 3 will be up for election in 2028.
Los distritos 1, 2 y 3 estarán en la papeleta de voto en 2028.

The **Mayor's seat** will continue to be elected at large and will be up for election in 2028.
El puesto de alcalde seguirá eligiéndose por voto general y se elegirá en 2028.



Find Your Voting District / *Encuentre su distrito electoral*

To find out which district you live in:

Scan the QR code or visit www.cityofgilroy.org/CouncilDistricts.

OR

Call the City Clerk at (408) 846-0204 and provide your home address. The City Clerk will look up your district based on the address provided.



Para saber en qué distrito vive:

Escanee el código QR o visite www.cityofgilroy.org/CouncilDistricts.

O

Llame a la Secretaría municipal al (408) 846-0204 e indique su dirección particular. La Secretaría municipal buscará su distrito de acuerdo con la dirección que brindó.

Election Day is November 3, 2026 *El Día de las elecciones es el 3 de noviembre de 2026*

SENIOR RESOURCES

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 \$5 for anyone age 60 and over and \$9 for those 59 years and younger.

SOURCEWISE

Community Resource Solutions

Sourcewise provides free information and assistance with social security, housing and employment matters.

1st & 3rd Tuesday - 9:30 am

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

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

MEALS-ON-WHEELS

General Information: 800-510-2020

Hot Meals: 408-961-9870

Frozen Meals: 408-350-3246

Friends from Meals On Wheels

Santa Clara County Senior Nutrition Program



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>**



2026

Gilroy Senior Center | Lunch Served: Monday– Friday 11:30am –12:00pm
7371 Hanna St, Gilroy, CA 95020. For information call (408) 846-0428

| Monday | Tuesday | Wednesday | Thursday | Friday | | | | | | | | | | | | | | | | | | | | |
|--|---|--|--|--|--|---|--|--|--|--|---|--|---|--|--|---|--|---|--|--|---|--|---|--|
| <p>No eligible individual shall be Denied participation because of failure or inability to contribute”</p>  | <p>Suggested Contribution rate per meal: \$5.00 (60 and over) A Meal Card \$50.00 (12 meals) Guest Fee: \$9.00 (under 60)</p> | <p>1 Beef Meatball Soup Whole Grain Bread Carrots, Corn, Peas, Onion And Celery in Entrée Cesar Romaine Salad with Tomato Orange / Milk</p> | <p>2 Baked Salmon Fillet Tartar Sauce Quinoa Steamed Cauliflower and Sliced Carrots Fresh Fruit Milk</p>  | <p>3 Chile Relleno (Cheese) Tomato Sauce with Diced Bell Peppers Corn Tortilla Spanish Rice Pinto Beans Tropical Fruit Cup / Milk</p> | <p>6 Beef Hamburger Whole Wheat Bun Baked Tater Tots Lettuce/ Tomato/ Onion Vegetable Soup Orange Milk</p> | <p>7 Pork Chops Gravy on the side Whole Grain Bread Mixed Vegetables Sweet Potatoes Pineapple Tidbits Milk</p> | <p>8 Beef Meat Loaf Gravy on the side Whole Grain Bread Diced Carrots Mashed Potatoes Orange Milk</p> | <p>9 Grilled Chicken Teriyaki Teriyaki Sauce Brown Rice Steamed Broccoli Fresh Fruit in Season Milk</p>  | <p>10 Fish Taco Tartar Sauce / Salsa Corn Tortilla Rice with Bell Peppers Cabbage Slaw with Carrots Jell-O with Mandarin Oranges / Milk</p> | <p>13 Baked Salmon Tartar Sauce on the side Seasoned Quinoa Spinach with Sautéed Onions Tropical Fruit Cup Milk</p> | <p>14 Italian Herbed Chicken Gravy on the side Brown Rice Pilaf Steam Carrots Pineapple Coleslaw Peach Cup Milk</p> | <p>15 Beef Stroganoff Whole Grain Pasta Mushrooms and Onions in Entrée Brussel Sprouts Mandarin Oranges Milk</p> | <p>16 Pork Chile Verde with Homemade Tomatillo and Chiles Pasillas Sauce Corn Tortilla Spanish Rice Coleslaw Fresh Fruit / Milk</p> | <p>17 Grilled Shrimp Pasta Whole Grain Pasta Garlic Bread Roasted Asparagus Romaine Salad with Red Bell Peppers Fresh Apple / Milk</p> | <p>20 Chicken Alfredo Pasta Homemade Alfredo Sauce Whole Grain Pasta Carrots with Thyme Tropical Fruit Cup Milk</p> | <p>21 Seasoned Fish Tilapia Steamed Brown Rice Spinach with Onions Bell Peppers and Onion Pineapple Coleslaw Fresh Fruit Milk</p> | <p>22 Beef Lasagna Whole Grain Bread Steamed Broccoli Vegetable Soup Fresh Fruit in Season Milk</p>  | <p>23 Cook's Choice Chicken Gravy on the side Whole Grain Roll Green Beans Mashed Potato Jell-O with Mandarin Oranges / Milk</p> | <p>24 Vegetarian Pizza With Zucchini, Mushroom Tomato, Bell Peppers, Red Onion in Entrée Green Salad with carrots and Hard Boiled Egg Orange / Milk</p>  | <p>27 Chicken Fajitas Flour Tortilla Spanish Rice Onions and Bell Peppers Romaine Salad whit Carrots / Apple / Milk</p> | <p>28 Homemade Beef Stew Whole Grain Biscuit Carrots, Peas, Potatoes and Onions in Entrée Broccoli Raisin Salad Fresh Fruit / Milk</p> | <p>29 Baked Chicken Gravy on the side Whole Grain Roll San Francisco Vegetables Mashed Potato Tropical Fruit Cup / Milk</p> | <p>30 BBQ Pulled Pork Sandwich Whole Grain Bun Whole Kernel Corn Homemade Potato Salad Orange / Milk</p> | |
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All meals include fruit and milk

Menu subject to change.

HIGH SALT (more than 1,000 mg of sodium)

Each meal has ~750 to 900 mg of sodium.
Suggested contributions for participants age 60+ is \$5 per meal.



SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS