



# Healthy Aging Month

## October 2021

Join us for some Healthy Aging Month activities during October! Now that the Senior Center is opening for programming, we'd like to welcome everyone back with some fun outdoor activities!



- **October 8**—Bike Ride on the Coyote Creek Trail (meet in the Coyote Creek Trail parking lot at 9:30am)
- **October 14**—Hike with Ron Horii on the Hecker Pass Trail (meet at the Senior Center to caravan at 9:00am or the Heartland Dog Park on 3rd Ave in Gilroy, off Santa Theresa Blvd at 9:30am.)
- **October 18,19**—Be our guest for free to a 50+ Fitness class (10:00am-1:00pm)
 

10/18 at 11:00-11:55 am	10/19 at 10:30-11:25 am
Zumba Gold	Chair Yoga
10/18 at 1:00-1:55pm	10/19 at 1:00-1:55pm
Functional Fitness	50+ Yoga and Healthy Aging
- **October 28**— Halloween Bocce Tournament at the Senior Center (10:00am-12:00pm)
- **October 29**—Halloween Costume

For more information, please call: (408) 782-1284 or visit: [www.mholderadults.com](http://www.mholderadults.com)



Please note that the Senior Nutrition Program is not open for indoor dining but boxed to-go lunches are still available in the CRC parking lot beginning at 11:30am.