

Senior Resources

The following programs are supported by the KC Senior Center but are hosted by outside agencies:

Join us for Lunch! Kay Cenicerros Senior Center offers a congregate meal Monday-Friday at 11:30 am. This is offered by County of Riverside, via federal funding, provided to Family Services Association (FSA). Suggested donation: \$3; under 60 years of age: \$6. Residents must call the day before at (951) 679-0119 to make a reservation. First time visit will require you to fill out a participant application.

Friendship Unlimited

Come make new friends in a fun supportive environment. All new friends welcome. Meets the 3rd Thursday of the month at 10:00 am.

Bereavement Group

This is a support group hosted by Hospice of the Valleys. Please contact them at (951) 200-7800 prior to attending the first meeting. Groups meetings are held in 8 week sessions.

Caregiver Support Group

Care Connexus, offers a free Caregiver Support Group on the 2nd and 4th Wednesday of each month at 2:30 pm. The support is for family members that are caring for someone with Dementia and Alzheimer's. Pre-Registration is required, please contact Anthony at (951) 509-2500.

HICAP

Provides free and objective information and counseling about Medicare. Volunteer counselors can help you understand your specific rights and health care options. Available 2nd and 4th Thursday of the month from 9:00 am-12:00 pm. To schedule an appointment call (800) 434-0222.

Books & Bagels

A monthly book club sponsored by the Sun City Library. Meets the 3rd Tuesday of each month at 1:30 pm. Pre-registration is not required.

Blues Club

Free, Open, and ongoing. Join a group of seniors and share mutual understanding and support as we face life's daily challenges as well as those times of real stress and survival. We welcome you to join our group! Meets on Thursdays at 9:00 am. No registration required.

TECH JUNCTION



Our computer lab is designed to serve anyone who wants to surf the web, shop online or pay bills. Learn some new skills with the help of our friendly staff! Computer lab is free to seniors.

Open Monday - Friday 8 am- 5 pm.

Tech Time with Staff Mon. 10 am - 1 pm

Do you have a smart phone, iPad or a tablet? Come on down to the KC Senior Center and our staff will help you get it started. This is not tech repair but a step by step on how to use your device.

Call Kay Cenicerros Senior Center for an appointment. (951) 672-9673.

Computers 101 Tues. 10 - 11 am

Come explore the new, fun and exciting world of computers. This is a very simple class for beginners. We will go over basic computer skills and operations.

Emergency Preparedness for Seniors

Thursday April 7 9:30am -11:30am

Information on:

- Earthquake safety and preparedness
- Fire safety and evacuation plans.

Presented by Supervisor Marion Ashley's Office, Cal Fire, and Riverside County Office on Aging.



March 2016

Kay Cenicerros Senior Center

FOCUS

News letter

Parks Make Life Better!

29995 Evans Rd Menifee, CA 92586
Monday to Friday 8:00 am - 5:00 pm
(951) 672-9673 or www.cityofmenifee.us

Community Services Supervisor
Jason Hendrix
jhendrix@cityofmenifee.us
or (951) 723-3750



This Month's Issue:

p.1 Senior Health Fair & Party Planning

p.2-3 Classes and Activities

p.4 Sr. Nutrition Calendar

p.6 Resources

EMPLOYEE SPOTLIGHT



Meet Tracey Trarbaugh

Kay Cenicerros Employee since July 2015. She is an instrumental staff member in helping with senior field trips and daily operations of the senior center. Tracy enjoys cooking, gardening and reading. Please be sure to stop by and talk with her, she'd love to get your input on future activities!



Join us for a St. Patrick's Day Celebration!
Green Punch & Cupcakes will be served
@ 1:00pm Thursday March 17
Be sure to wear your festive attire.

Fun Fact: Did you know that the color Traditionally associated with Saint Patrick was blue? Then, during a rebellion in 1798, Irish soldiers wore all green uniforms in hopes of drawing attention and support. This was known as 'wearing of the green'. Eventually green overtook blue, and shamrocks and their green color became the norm for those celebrating the day.

Senior Health Fair May 23 10:00am-2:00pm

In honor of National Senior Health, Fitness, and Wellness Day Kay Cenicerros Senior Center will be hosting our first Senior Health Fair with the help of our Senior Advisory Committee and various vendors with senior interests and needs in mind. If you are interested in becoming a vendor please contact Jason Hendrix at jhendrix@cityofmenifee.us. A free lunch will be provided by Evans Brown Mortuaries and there will be special presentations, health screenings, giveaways, music and prizes! More details to come as we get closer to the date, so mark your calendars and stay tuned!

Do you have a special event coming up?

Host your party at Kay Cenicerros Senior Center! The rooms that hold your favorite activities during the day are the same rooms you can rent for your event—after 5pm or on weekends. Perfect for family parties, reunions, birthday parties, baby showers and more! Our rooms accommodate from 15 to 120 individuals and tables and chairs are included in the rental fee. For more information or questions regarding availability, please see staff. Applications are available at the front desk.

Contract Classes



Gerri-Flex

A 30-minute stretching program for active older adults. Combines the best stretches from ballet, Pilates, tai chi, and yoga. Students are required to get on the floor, exercise mat and stretch band required. Work on improving joint mobility, flexibility, balance, and muscular strength. All age groups are welcome.

FEE: \$30 8wks Thur. 4/19-6/7 4 - 4:30 pm

Gerri-Fit Personal Trainer

FEE: \$35ea. or \$120 for 4 sessions

Gerri-Fit Strength Training Workout

An evidence based strength training exercise and falls prevention program. Improve functional capacity, balance, flexibility and strength. No aerobics, dancing or choreography to learn and there's no floor work. Bring a pair of dumbbells from 2 to 5 pounds, a stretch band.

FEE: \$48 4wks Tu/Th 3/1-3/24 3 - 3:45 pm

FEE: \$48 4wks M/W 3/21-4/13 10:30am-11:15am

**The above classes are offered at KC Center but are contracted with Gerri-Fit. To register contact Gerri-Fit at (951) 694-6873 or register online at www.gerfit.com*

Heart & Soul Line Dancing

Line dances, much like ones that are performed to Motown, R&B, Gospel, Salsa, Jazz, and Country music throughout the nation. Low-impact exercise. Registration is taken by the instructor. Create friendships and learn new moves to show off at your next event!

Beginner

FEE:\$3 Wed. 3 - 4:30 pm

FEE:\$3 Tues. 3 - 4:30 pm

Intermediate

FEE:\$5 Tu/Th 6 - 7:30 pm

Paint Party

Build an appreciation for art, learn basic skills, explore uses and techniques. Broad spectrum of subjects to paint in the study. (Material Fee: \$8 paid to the instructor)

FEE: \$20 2wk Instructor: Kathi Fox

5441 Tu 3/15-3/22 10 am - 1 pm

Art Fundamentals

Explore and master the techniques of using wet and dry mediums in a wide variety of subjects including some basic shapes, value and shading, and color mixing.

(Material Fee: \$10 paid to the instructor)

FEE: \$20 2wk Instructor: Kathi Fox

5447 Fri 3/11-3/18 10 am - 12:30 pm

5449 Fri 3/25-4/1 10 am - 12:30 pm

FITNESS

Exercise Mon/Wed/Fri 8 - 9 am

This is a group exercise class that is led by a volunteer following a Richard Simmons workout video. It is low impact and designed for all mobility.

Fit After 50 Mon/Thu/Fri 9 - 10 am

Fit After 50 is a California State University, Fullerton evidence based exercise program with emphasis on improving strength, balance and mobility. This class is offered by Riverside County Office on Aging.

Natural Massage Mon/Wed 10 - 11:20 am

Through natural & healthy low impact aerobic, chair exercise, Tai Chi movements, Yoga stretching, laughter, music therapy, brain exercise and therapeutic relaxation. This activity is offered by Vivid Holistic Wellness.

Group Sing Along Mon/Wed 9 - 10 am

Singing in a group doesn't require prior music training. There will be a range of musical activities including group sing-along. This activity is offered by Vivid Holistic Wellness.

T'ai Chi Chih FEE: \$2 ea or \$8/4-wks

An amazing low impact exercise that will help you focus the flow of energy in your body. Great exercise for all ages and mobility. Class is led by a volunteer instructor.

Wed. 3/2, 3/9, 3/16, 3/23, 3/30 9 - 10 am

Chair Volleyball Thur. 1 - 3 pm

Such a fun afternoon activity! New members are always welcomed. Suitable for all ages and mobility. Need an activity with your grandchildren? Please bring them. Class is led by a volunteer instructor.

KC 411

Would you like to help build a float for the Independence Celebration Parade?

If so, please see one of our center staff for more information on how you can become part of the float building team! The Independence Celebration will take place Saturday, July 2, 2016 from 1:00pm-10:00pm.

FREE Notary Public @ Kay Cenicerros

Tuesday, April 19 from 10:30am-11:30am

Provided by - Miller-Jones Mortuary

Activities



GAMES

Texas Hold'em	Mon	1 - 5 pm
Bid Whist	Mon	12:30 - 4:45 pm
Chess	Tues	12 - 4 pm
Pinochle	Tues	1 - 5 pm
Bridge	Wed	12:30 - 3 pm
Gin Rummy	Wed	12:30 - 3 pm
Cards	Thur	12:30 - 4 pm
Scrabble	Fri	1 - 4 pm
Black Jack	Fri	1 - 4 pm
Mah Jongg	Fri	1 - 4 pm
Wii Games	Thu/Fri	10 - 11:30 pm

Quilting



Mon. 1 - 3 pm

Come socialize, show off your unique work, share tips join in the fun! For experienced to novice quilters. New participants are always welcome. This class is led by a volunteer instructor.

Yarn & Craft

Tue. 9 - 11 am

Come and learn how to make projects with yarn knitting, looms, crochet and crafts. Class is led by a volunteer instructor.

Greeting Cards

Tues. 9 - 11 am

Join us monthly as we create new, one of a kind, seasonal greeting cards, birthday cards and more! Class will meet the 2nd Tuesday of each month. Led by Community Services Staff.

Scrapbooking

Thur. 10 - 11 am

Do you have boxes of old photos? Come learn how to preserve them in a fun seasonal theme. Class will meet the 2nd Thursday of each month Led by Community Services Staff.

Conversational Spanish Tu/Th 1 - 2 pm

Have you always wanted to learn Spanish or do you just want to brush up. Come join us and learn 200-300 new words. Led by a volunteer instructor.

ESL Tu/Th 10 - 11 am

English as a second language is designed for all ESL participants no matter your English skill level. Led by a volunteer.

Social Dance Group Tues. 9 am

Create friendships and socialize while moving around to great music! Dance is a great way to stay active. You don't need to be professional and new comers are always welcome to join!

Special Events



**Movie Day
"Age of Adaline"
March 18th
1:30 pm**

First 15 people to RSVP will receive free popcorn!

After miraculously remaining 29-years-old for almost eight decades, Adaline Bowman has lived a solitary existence, never allowing herself to get close to anyone. A chance encounter with Ellis Jones reignites her passion for life and romance. When a weekend with his parents threatens to uncover the truth, Adeline makes a decision that will change her life forever.



**Birthday Celebration
March 25 12:00 pm**

Come join us for our monthly birthday celebration. Do you have a March birthday? Don't forget to sign up at KC's front counter for a special surprise. Delicious cake and Ice Cream provided by Miller-Jones is served.

KC Activities Group

Tuesday, March 8, at 1:00 pm.

What is KC Activities Group? It's a time to sit down and plan future events, activities, trips and provide feedback on programs offered at Kay Cenicerros Senior Center. All KC participants are welcome and encouraged to be involved.