

# 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 3<sup>rd</sup> 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 2<sup>nd</sup> and 4<sup>th</sup> 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 2<sup>nd</sup> and 4<sup>th</sup> 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 3<sup>rd</sup> 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.



**Get Involved!**

## KC Activities Group

**Tuesday, April 12th 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.

## Senior Advisory Committee (SAC)

**Tuesday, April 26th at 10:00 am.  
(Menifee City Hall)**

Meetings include informative presentations and discussions on senior topics. Public is encouraged to attend!

## Calling all gardeners! KC Garden Club

We are looking for those with experience in gardening and those looking to explore a new hobby to add some care and color to the KC Garden.



## Mobile Health Clinic Wednesday April 6

The mobile health clinic provides drop-in care for nonemergency medical conditions for those with out insurance or who have recently lost insurance. Services include healthcare education, general medical exams, preventive health screenings, treatment of acute illnesses and chronic health conditions such as asthma, high blood pressure and diabetes.

**April 2016**

**Kay Cenicerros Senior Center**

# FOCUS News letter

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

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

## KC EXPRESS Senior Excursions

**Pala Casino Tuesday April 19th \$5/person**

Join us on an excursion to Pala Casino! Pala Casino Charter will provide transportation for this excursion. Pre-registration is required. No refunds or credits issued for cancellations. Registration includes transportation only. Meals not included. In order to participate in the KC Express excursion, participants must be in good physical health or provide a caregiver if needed. Caregiver must pay activity fee.

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

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 Community Services Supervisor Jason Hendrix at [jhendrix@cityofmenifee.us](mailto:jhendrix@cityofmenifee.us). A free lunch will be provided by Evans Brown Mortuaries along with special presentations, free health screenings, giveaways, music and prizes!



## SENIOR SPOTLIGHT



### Meet Ester Roy

Her favorite hobbies include gardening, crafting and working with children. She was a 2nd grade teacher where her love for children continued to grow. KC Activities that she enjoys most are Chair Volleyball and being in the garden. Be sure to stop by and talk to her if you see her passing by, she loves a friendly conversation!



## Emergency Preparedness for Seniors

**Thursday, April 7th 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.



# Contract Classes

## Geri-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

## Geri-Fit Personal Trainer

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

## Geri-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

*\*To register contact Geri-Fit at (951) 694-6873 or register online at [www.gerfit.com](http://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 Thurs. 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

## T'ai Chi Chih

An amazing low impact exercise that will help you focus the flow of energy in your body. Great exercise for all ages and mobility. *Please fill out waiver prior to participation.*

FEE: \$2/class Weekly Volunteer Instructor

Wed. 4/6, 4/13, 4/20, 4/27 9 - 10 am

# Games

Texas Hold'em	Mon	1 - 5 pm
Bid Whist	Mon/Fri	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



# 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 through Friday, 8am to 5pm**

## Tech Time with Staff Mondays ~ 10am - 1pm

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

**Call KC Senior Center for an appointment. (951) 672-9673**

## Computers 101

**Tuesdays ~ 11:30am -12:30pm**

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

# Special Events

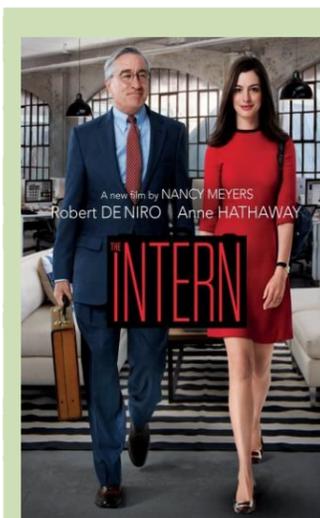
## Birthday Celebration April 29 12:00 pm

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.

## Bunco April 15th 1:00pm



Come join us for some fun and friendly competition! No teams required. Equipment will be provided by Kay Ceniceros Senior Center. Make sure to sign up ahead of time!



## Movie Day "The Intern" April 15th 1:30 pm

Ben Whittaker is a 70 year old widower who has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin.

# 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 levels.

## 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.

## Chair Volleyball Thur. 1 - 3 pm

Such a fun afternoon activity! New members are always welcomed. Suitable for all ages and mobility.



# Activities

## 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 April 12 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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 instructor.

## 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 participants are always welcome to join!