

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.



KC Activities Group

Tuesday, May 10th 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, May 24th at 10:00 am.
(Menifee City Hall)

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

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 May 4th

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.

May 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

Community Services Coordinator
Aisha Jemmott-Wilson
ajemmotwilson@cityofmenifee.us
or (951) 672-9673

SENIOR SPOTLIGHT



Meet Tom

Tom teaches the T'ai Chi Chih class every Wednesday at the KC Senior Center. He is a member of the Honor Guard for Riverside National Cemetery. His favorite hobby outside the center is working around his yard. Along with his many other activities he volunteers with the Habitat for Humanity in which he paints houses and assists in helping seniors within the community.

Upcoming Events

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. Over 30 vendors will be participating and providing valuable information and resources. A free lunch will be provided by Evans Brown Mortuaries along with special presentations, free health screenings, giveaways, music and prizes!



Rootbeer Float Social

May 18 1:00pm Free!

Who doesn't love a good Old Fashioned Rootbeer Float? Cool off from the heat and enjoy a sweet treat on us! Come to the front counter to see how you can get a Free ticket!



Memorial Day Remembrance Ceremony

Join us in honoring our Heroes!

Monday May 30th 2016 10am-12pm

Wheatfield Park—30627 Menifee Road, Menifee, CA 92586

Help us honor those who made the ultimate sacrifice for our freedoms in a remembrance ceremony with guest speakers and special presentations.



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. 6/21-8/9 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 and a stretch band.

FEE: \$48 4wks MW 5/16-6/15 10:30am-11:15am

FEE: \$48 4wks Tu/Th 5/31-6/23 3:00pm-3:45 pm

**To register contact Geri-Fit at (951) 694-6873 or register online at www.gerifit.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 Tues. 3 - 4:30 pm

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

Intermediate

FEE:\$5 Thurs. 6 - 7:30 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. 5/4, 5/11, 5/18, 5/25 9 - 10 am

Get Involved!

Do you have a hobby, special skill, or talent you'd like to share with others? Kay Cenicerios Senior Center is looking for instructors to lead classes throughout the day. We'd love to have you join our team! Inquire at the front counter.

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



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 May 27th 12:00 pm

Come join us for our monthly birthday celebration. Do you have a May 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 Mortuary is served.

Bunco May 27th 1:00pm

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



Movie Day "The Martian" May 20th 1:30 pm

Millions of miles away, NASA and a team of international scientists work tirelessly to bring "the Martian" home, while his crewmates concurrently plot a daring, if not impossible rescue mission. As these stories of incredible bravery unfold, the world comes together to root for Watney's safe return.

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.

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 May 10 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.

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!

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.



Kay Cenicerios Senior Prom Friday June 17th 6pm-9pm

\$10 person / \$15 couple

Get your best attire and dancing shoes on for a night of good friends, music, food and fun! Register at the front counter starting May 9, 2016. Tickets will go quickly, get yours early!