

# 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.



## KC Activities Group

Tuesday, June 14th 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, June 28th at 10:00 am.  
(Menifee City Hall)

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

## Upcoming Events

**Miller Jones Mortuary:  
Pre-planning consultation**  
Monday June 6th at 10:20am



**Wednesday June 15th & 22nd  
9:30am-12:00pm**

Free travel training. Learn the basic tools on how to find the bus, how to get on the bus and how to pay your fare. Pre-registration is required. Contact Bob at (951) 565-5234



**Mobile Health Clinic**  
Wednesday June 1st 9am-1pm

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.

June 2016

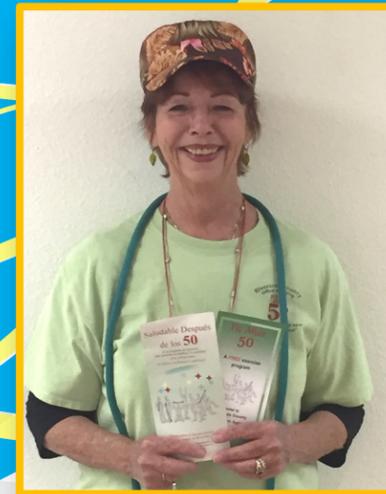
Kay Cenicerros Senior Center

# 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 Coordinator  
Aisha Wilson  
[ajemmotwilson@cityofmenifee.us](mailto:ajemmotwilson@cityofmenifee.us)  
or (951) 723-3754

## SENIOR SPOTLIGHT



### Meet Maureen

Maureen is the Fit after 50 instructor at the KC Senior Center. Her favorite hobbies include cooking, walking and reading. She is also a caregiver, where she assists seniors with their everyday needs. Her favorite activity at the center is Fit after 50, as well as, any travel clubs in and around the area of Menifee. Maureen is also a certified fitness instructor and loves to meet new people!



Friday June 17

6:00 pm- 9:00 pm \$10 individual/ \$15 couple

Get ready to dance the night away with friends at the Kay Cenicerros Senior Prom! Glitz and Glamour will surround you in this Hollywood themed dance. Festivities include a live DJ, photo opportunities and a light dinner. Be sure to purchase your tickets today at Kay Cenicerros Front Desk!

**Senior Scam Workshop FREE**

Thursday June 9th 9:30am-11:30am

One in five seniors has been a victim of fraud, but you don't have to be one of them! Join us in learning how to protect yourself against these new scams. Families and caregivers are welcome to attend. This event is brought to you by Supervisor Marion Ashley, the Riverside County Office on Aging and the Contractors State License Board.



## Primary Election Polling Place

Tuesday June 7th, 2016 10:00am-8:00pm Magnolia Room

Please note that the parking may be impacted during the election times.



# 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 M/W 6/20-7/18 10:30am-11:15am  
FEE: \$48 4wks Tu/Th 6/30-7/26 3:00pm-3:45 pm

*\*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. 2:45pm - 3:45pm

### Mixed

FEE:\$3 Wed. 3:00pm - 4:30 pm

FEE:\$3 Tues. 3:00pm - 4:30 pm

### Intermediate

FEE:\$5 Thurs. 6:00pm - 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. 6/1, 6/8, 6/15, 6/22, 6/29 9 - 10 am

## Get Involved!

Do you have a hobby, special skill, or talent you'd like to share with others? Kay Cenicerros 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.

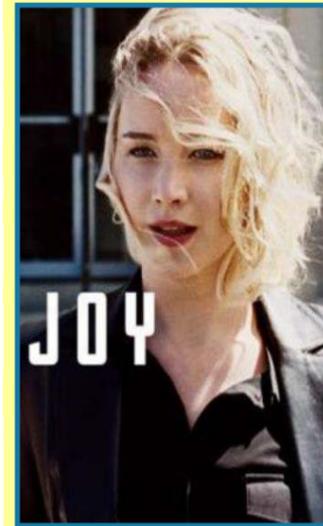
# Special Events

## Birthday Celebration June 24th 12:00 pm

Come join us for our monthly birthday celebration. Do you have a June 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 June 10th 1:00pm

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



## Movie Day "JOY" June 24th 1:30 pm

Joy grows from innocent young girl to family matriarch and head of a business dynasty. Her road to success is paved with betrayal and treachery as allies become adversaries, inside and outside the family. All the while, Joy's inner life and fierce imagination carry her through.

## 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.



**Thank you to all of those that made the 2016 Senior Health and Wellness Fair a success, along with all of those who joined us! We hope to see you all next year.**

## 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 June 14 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.

### 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!

### Conversational Spanish Class begins July 12th

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 Class begins July 12th

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

### Floral Arrangement Classes STARTING SOON!

*Come learn the art of floral arrangement with a friendly and experienced instructor and easy to follow steps!*