

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. July's read is Saving Cee Cee Honeycutt by Beth Hoffman.

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.

THANK YOU!

Kay Cenicerros Senior Prom was a night to be remembered! We appreciate you joining us for a night of fun and dancing and a big thank you to our sponsors for helping make this evening possible. We look forward to many more!



Upcoming Events

Miller Jones Mortuary:
Pre-planning consultation
Monday July 11th and 25th at 11:00am



Mobile Health Clinic
Wednesday July 6th 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.

July 2016

Kay Cenicerros

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 Jemmot Wilson
ajemmotwilson@cityofmenifee.us
or (951) 672-9673

SENIOR SPOTLIGHT



Meet Troy

Troy served in Korea and upon returning he attended the University of Mexico City. There he met his soon to be wife of 56 years, Mercedes Vasquez. During his career Troy taught English at Institute Satellite in Mexico City and continued teaching at College of the Desert. Troy has been teaching ESL and Spanish at the Senior Center for a few years and enjoys interacting with new students. Classes will begin again on July 12th. Help us welcome back Troy!

Saturday July 2nd
Wheatfield Park
4pm—9pm FREE

Fireworks, entertainment, parade, and more! You don't want to miss out on this celebration! Over 50 vendors will be there with a variety of food and crafts available for purchase. Be sure to bring your family and friends and get ready for an evening of fun celebrating our great nation!



Ice Cream Social

Friday July 15th 2pm—5pm

Escape the heat and enjoy a sweet treat, on us! Eight different flavors will be available, so you are sure to find something to fulfill your sweet tooth! Available while supplies last.

KC Activities Group & Senior Advisory Committee (SAC) July meetings are cancelled.



Kay Cenicerros will be closed July 4th

In honor of Independence Day.
Classes and activities will resume July 5th.



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 7/20-8/15 10:30am-11:15am

FEE: \$48 4wks Tu/Th 7/28-8/23 3:00pm-3:45 pm

**To register contact Geri-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. 2:45pm - 3:45pm

Mixed

FEE:\$3 Wed. 3:45pm - 4:45pm

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. 7/6, 7/13, 7/20. 7/27 9 - 10 am

Interested in hosting your own class? Have a special talent you'd like to share with others? Volunteer instructors are always welcome at Kay Cenicerros! Inquire at the front counter for more information!

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



Movie Day "The Sound of Music" July 22nd 1:00 pm

Julie Andrews stars as Maria, a young nun in an Austrian convent who regularly misses her morning prayers because she enjoys going to the hills to sing. Deciding that Maria needs to learn something about the real world before she can take her vows, the Mother Superior sends her off to be governess for the children of the widowed Captain Von Trapp.

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.



Join the VIP CLUB to participate in all of Kay Cenicerros Senior Center activities! All guests who participate in activities, special events, games, clubs or drop in classes must complete the Kay Cenicerros Senior Center "55 and Better" form. VIP

club is free and includes exclusive perks and access to special events!

Birthday Celebration July 29th 12:00 pm

Come join us for our monthly birthday celebration. Do you have a July 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 July 8th and 29th 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!

Free 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 July 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 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!

Conversational Spanish Starting 7/12 Tues/Thur 1pm - 2pm

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 Starting 7/12 Tues/Thurs 10am - 11am

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!