

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.

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.

Legal Aide

Inland Counties Legal Services, Inc. organization providing legal services to low-income persons residing in Riverside and San Bernardino Counties. Services include advice and counsel, limited action (includes negotiations and preparation of legal documents), as well as direct representation before administrative law and civil courts. Appointments are needed, so please call Tuesday-Thursday from 9:00-10:00am at 951-320-7500

Books & Bagels (Meeting in September)

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. Septembers readings are "The Book of Speculation" by Erika Swyler and "Looking for Me" 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. No registration required.

Upcoming Events



HAPPY BIRTHDAY

Birthday Celebration
August 26th 12:00 pm

Come join us for our monthly birthday celebration. Do you have a August 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
August 12th and 26th 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!



MILLER-JONES
MORTUARY & CREMATORY
MENIFEE VALLEY CEMETERY

FREE Notary Service
Tuesday August 16th from 10:30-11:30am

Pre-planning consultation
Monday August 8th and 22nd at 10:30am



Mobile Health Clinic
Wednesday August 3rd 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.

August 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 Gina

Gina Zhang is the Natural Wellness and Group Sing instructor. Gina is an important contributor to the center that promotes natural, physical, emotional and spiritual healing to those in need. She is friendly, cheerful and looks to spread her positivity amongst the seniors. When she isn't instructing, her favorite hobbies include Physical Exercise, playing music and Healthy cooking. If you have any questions, or would like to talk Gina be happy to meet you!

August 5th
9am-11am
FREE

During this seminar you will learn about the variety levels of care that you are able to receive and how this care can be tailored just for you. As everyday life becomes more challenging, we all know that a little help can go a long way. Additional information will also be presented to Veterans who are in need of caregiving and the benefits that they may be able to receive. Also, information and guidance regarding long term care will be provided during this session. Do not miss out on this informative seminar! Sign up today at KC front desk!



August 16th 9am -11am **FREE**

Join us as a representative from the Department of Motor vehicles discusses insight on helping you maintain your independence for as long as you can safely. DMV developed a "Senior Driver Ombudsman" program to provide insight to the changes that occur in vision, flexibility, strength and other physical characteristics that may affect safe driving as you age. Sign up today at the KC Desk. Space is limited

S.A.F.E (Seniors Active and Fit Enrichment)
Program Grand Opening

Thursday, September 1st, 10:00am Lazy Creek Park

The S.A.F.E program was developed to target and focus on increasing community health and awareness by providing exercise, fitness, social interaction with fellow seniors and youth, as well as healthy eating and gardening opportunities city wide. Seniors will get the opportunity to sign up for programming and test out state of the art equipment. All programming made possible by the Valley Health Systems Grant.

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. 8/23-10/11 4 - 4:30 pm

NEW! Geri-Flex

This strength training exercise class strengthens and conditions the muscles of the back, legs, hips, chest, shoulders, and arms. We'll work on golf specific exercises and stretches that will help improve your golf game FEE: \$109 Thurs. 8/25-10/13 4pm-5pm

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 8/14-9/14 10:30am-11:15am

FEE: \$48 4wks Tu/Th 8/25-9/20 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
Every Wednesday in August 9 - 10 am

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

Seniors in action!



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

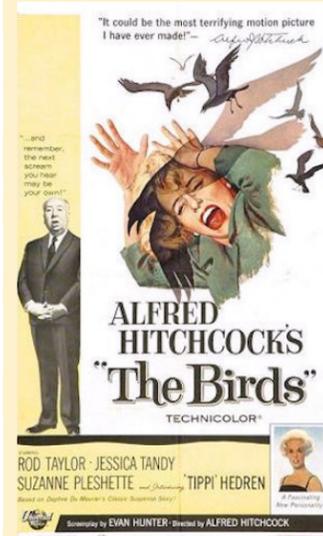
Computers 101

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.

Movie Days

Classic Flick "The Birds" August 9th 1:00 pm



Alfred Hitchcock's 1963 classic film about a wealthy San Francisco socialite who pursues a potential boyfriend to a small Northern California town that slowly takes a turn for the bizarre when birds of all kinds suddenly begin to attack people.



Modern Movie "My Big Fat Greek Wedding 2" August 19th 1:00 pm

Sixteen years after Toula Portokalos and Ian Miller get married in a wild Greek wedding, Toula, still working in her parents' Greek restaurant, and Ian strive to raise a rebellious teenage daughter, Paris, who will soon be graduating high school, while dealing with their own marital issues.

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 Wellness 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!

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 August 9th 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 Tues/Thur 1 - 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 Tues/Thurs 10 - 11am

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