

# Part of the Living Healthy, Building Community Program.



## *Kay Cenicerros Gardening Club*

**Tuesdays 10:00am to 11:00am Ages 55+**

Intro to gardening techniques such as:

- Planting and upkeep of vegetables and fruit plants.
- Keys to successful harvesting.
- Clean and safe practices of pulling plants and fruits and using as snack/enhancements to meals.

*Location: Kay Cenicerros Senior Center Community Garden*

## *Outdoor Fitness Classes*

**Tuesday & Thursdays 8:30am-9:30am 55+**

- Low impact exercises on the new outdoor fitness equipment.
- Walking the newly installed fitness course.
- Post workout discussion focusing on results.

*Location: Lazy Creek Park—Geoff Lang Fitness Course*



## *Gardening with Grandparents*

**2nd Saturday of the Month (September, December, March & June)  
Ages 5 and up**

- Multi-generational program will allow all age groups to explore and create a plan for harvesting fruits and vegetables.
- Allows families to enjoy quality time with one another.

*Location: Kay Cenicerros Senior Center Garden*



## *Path to Fitness Walking Club*

**Mondays & Wednesdays 8:00am to 9:00am 55+**

- Participants will check out a pedometer and walk from Kay Cenicerros down Geoff Lang Fitness Course.
- Incentives will be given to participant with most steps each month.

## *Geri-Fit Fitness Workshops*

**October, January, April & July 1:30pm-2:30pm 55+**

- Provide and introductory session of low impact lifting, cardio training
- Each season will have a different focus and provide new challenges for participants.

# Living Healthy, Building Community Program



## Drop in Fitness

**Monday-Friday 8:00am-6:30am Ages 18 +**

- Utilize equipment on Geoff Lang Fitness Course at your leisure.
- Check out pedometers from Kay Cenicerros Senior Center staff.
- Photo ID required and will be held during workout

*Location: Kay Cenicerros Senior Center and Geoff Lang Fitness Course*

## Story Time in the Garden

**2nd and 4th Wednesdays 2:00pm-3:00pm Ages 5—12 years**

Children will learn useful gardening tips through story time such as:

- What fruits and vegetables pair well together.
- When to harvest fruits and vegetables.
- Ways to incorporate them into the food we eat every day.

*Location: Kay Cenicerros Senior Center Community Garden*



## Community Gardening Club

**Monday—Friday 8:00am to 5:00pm All Ages**

- Learn successful gardening tips.
- Plant and upkeep on plots and harvest fruits and vegetables that you grow.
- Share gardening practices and tips with other residents!

*Location: Kay Cenicerros Senior Center Community Garden*



## Master Gardener Workshops

**Last Tuesday of the month 10:00am to 11:00am All Ages**

Led by the UCCE Riverside Master Garden Program

Participants will learn:

- Gardening techniques to garden in raised beds.
- Keys to successful harvest during every season.
- What it takes to become a sustainable gardener.

*Location: Kay Cenicerros Senior Center Community Garden*



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Life  
Better!**



**For more info  
Kay Cenicerros Senior Center  
(951) 672-9673  
[www.cityofmenifee.us](http://www.cityofmenifee.us)**

