

# 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 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.

### Legal Aide

Inland Counties Legal Services, Inc. organization providing legal services to low-income persons residing in Riverside and San Bernardino Counties. Available 2<sup>nd</sup> Wednesdays of the month at 1:30 pm. **Appointments are needed**, so please call Tuesday-Thursday from 9:00-10:00am at (951)320-7500

### 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. 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.

### 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> Tuesdays of the month from 9:00 am-12:00 pm. **Appointments are needed**, so please call (909) 256-8369.

# Upcoming Events

HAPPY BIRTHDAY

## Birthday Celebration September 30th 12:00 pm

Come join us for our monthly birthday celebration. Do you have a September 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

## September 9th and 23rd 1:00pm

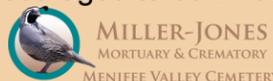
Come join us for some fun and friendly competition! No teams required. Equipment will be provided by Kay Cenicerros Senior Center. Make sure to sign up ahead of time!



## KC Activities Group

## Tuesday, September 13 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.



## Pre-planning consultation Monday September 12th and 26th at 10:30am

## Mobile Health Clinic



## Wednesday September 7th 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.

# September 2016

## Kay Cenicerros Senior Center

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

# FOCUS News letter

## SENIOR SPOTLIGHT



## Chair Volleyball Club

The Chair Volleyball Club is an activity designed to develop teamwork skills, implement physical activity and build character. On August 10, 2016, a group of Seniors from Canyon Lake came to the KC Senior Center and engaged in a friendly competition. Participants had fun and learned new rules to the game. We look forward to playing more games in the coming months. For more info or to sign up, see the Front Desk for more details!

## Grandparents Day Breakfast

### Tuesday, September 13th 9am FREE

In celebration on Grandparents day we would like to honor you for all the wonderful things that you do! All Grandparents are welcome to enjoy the morning and have a free light breakfast at the Kay Cenicerros Senior Center. **All Grandparents Must RSVP by September 9th** at the front counter or by calling 951-672-9673 to attend this event. Space is limited!



## Fall Prevention Seminar w/Exercise Demonstration

### September 22nd 10am to 11am FREE

Learn strength training exercises that you can do at home that will help make you stronger and less susceptible to falls. Handouts of the exercises will be provided. Please wear clothes that will allow you to move and stretch. RSVP by September 20th at the front desk of Kay Cenicerros Senior Center or call 951-672-9673.



## Cal MediConnect Seminar

### September 29th 9am to 11am FREE

Do you have Medicare and Medical? If so, you can combine all your Medicare and Medi-Cal benefits under one health plan called Cal MediConnect. Come learn about the benefits of combining both plans. Presentation conducted by Molina Health Care. RSVP by September 28th at the front desk at the Kay Cenicerros Senior Center or call 951-672-9673.



## S.A.F.E (Seniors Active and Fit Enrichment)

### Program Grand Opening

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

Be part of the living Healthy, Building Community Program and sign up today!

- \*Gardening Club
- \*Path to Fitness Walking Club
- \*Free Fitness Classes
- \*Outdoor Fitness Classes
- \*Community Garden Club
- \*All Star Walking Contest

# Contract Classes

## 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 9/21-10/24 10:30am-11:15am

FEE: \$48 4wks Tu/Th 9/22-10/20 3:00pm-3:45 pm

FEE: \$48 4wks Tu/Th 9/22-10/20 4:00pm-4:45 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. 3:45pm - 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 September 9 - 10 am

# KC EXPRESS

## Senior Excursions

Pala Casino Excursion  
September 27th 10:00am to 5:00pm  
\$5.00

Only 48 spots available!

# Games

Texas Hold'em	Mon	1 - 5 pm
Bid Whist	Mon	12:30 - 4:45 pm
Chess	Tues	12 - 4 pm
Pinochle	Tues	12 - 5 pm
Bridge	Wed	12:30 - 3 pm
Gin Rummy	Wed	11-2:30 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 Day



## Modern Movie "Now You See Me 2" September 16th 1:00 pm

One year after their astonishing magic shows win the public's adulation and confound the FBI, the quartet resurfaces for a dazzling comeback that will make their previous escapades seem like child's play.

# FREE Fitness Classes

## Exercise Mon/Wed/Fri 8-9am

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 9-10am

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 10-11:20am

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 9-10am

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. 1-3pm

Such a fun afternoon activity! New members are always welcomed. Suitable for all ages and mobility.

## Walking Class SIFE Mon/Wed 8-9am

Jump on the Geoff Lang Fitness Course and improve your health and fitness. All participants will be able to keep track of their steps by wearing a pedometer. Participants will walk from Kay Cenicerros down Geoff Lang Fitness Course at Lazy Creek Park.

## Outdoor Fitness SIFE Tues/Thurs 8:30-9:30am

Learn Low impact exercises on the outdoor stationary equipment will be led by instructor with emphasis on highlighted areas (pre-determined based on ability, age, need, etc.) Post workout discussion focusing on results from step counter and pre workout pulse will occur.



**Now accepting applications!**

We are looking for interested residents that want to work together to create a successful community garden! Kay Cenicerros Garden is now open and accepting applications from anyone who wants to lease a garden plot. A Master Gardener will offer tips on gardening the last Tuesday of each month.

# FREE Activities

## Quilting Mon 1-3pm

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 Tues 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 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.

## Social Dance Group Tues 9am

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!

## Convs. Spanish Tues/Thurs 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.

## Garden Club SIFE Tues 10-11am

Plant and harvest fruits and vegetables. There will be a Master Gardener on the last Tuesday of the month that will be offering classes on a monthly basis to provide presentations.