

October 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 Jemmot Wilson
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KC EXPRESS

Senior Excursions

Thursday October 20th, 2016

9am to 4pm \$20.00

Come join us in kicking off the Fall season in Oak Glen! Visit orchards, enjoy apple pie and apple cider made from fresh apples and many more tasty treats! This beautiful destination is unlike any other in Southern California. Marvel in the Fall colors similar to those of New England.

NEW



Seniors Active & Fit Enrichment

Walking Class Mon/Wed 8am to 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 Tues/Thurs 8:30 to 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.

Please see page 7 for more information on the SAFE Program.



KAY CENICERROS WILL BE CLOSED OCTOBER 10th
In honor of Columbus Day.
Classes and activities will resume October 11th.



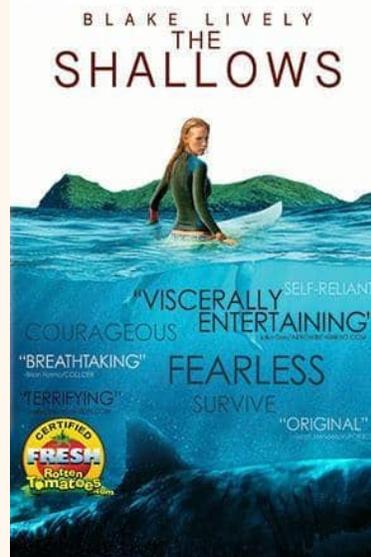


NOW PLAYING



"Miracles from Heaven" October 11th 1:00 pm

When Christy discovers her 10-year-old daughter Anna has a rare, incurable disease, she becomes an advocate as she searches for a solution. A miracle unfolds in the wake of her rescue that leaves all of the specialists mystified, her family restored and their community inspired



"The Shallows" October 21st 1:00 pm

Nancy is surfing alone on a secluded beach when she is attacked by a great white shark and stranded just a short distance from shore. Though she is only 200 yards from her survival, getting there proves the ultimate contest of wills.

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 Mondays in 8 week sessions.

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 9:00am. No Registration Required.

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.

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

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

LIHEAP

The Low Income Home Energy Assistance Program (LIHEAP) helps keep families safe and healthy through initiatives that assist families with energy costs. A representative from the Community Action Agency's LiHEAP program will be at the center on the 2nd Monday of each month from 12:30pm to 3:20pm. Please call Community Actions Agency's Hemet Service Center at (951) 791-3567 for more details.

HDMP

The Home Delivered Meals Program (HDMP) is for persons who may be at nutrition risk with transportation or health issues that would prevent them from accessing a Congregate Meal Program site or prevent them from taking care of their own nutritional needs. For more information regarding our program call: 1-800-510-2020.

New Services

Pre-planning consultation

Monday October 24th 10:30am

Pre-planning consultations help you and your family prepare with guided assistance in filling out vital forms as well as securing funds and checking into insurance. Pre-planning gives you piece of mind that your family will be taken care of.

Sponsored by Miller Jones Mortuary.
No preregistration is required.

Notary Public

Tuesday October 18th 10:30am to 11:30am

A Notary public verifies the identity of the persons signing legal documents, witnesses their signatures and may administer an oath or affirmation when required. This no cost notarization can assist with General Power of Attorney and Advance Health Care Directive signing.

Sponsored by Miller Jones Mortuary.



Birthday Celebration

October 28th 12:00 pm

Come join us for our monthly birthday celebration. Do you have an October 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.

October Birthdays!

- Alfonso Alvaran - Oct. 9th
- Richard Holloway - Oct. 14th
- Denna McDonald - Oct. 17th
- Donna McDonald - Oct. 17th
- Jack Cameron - Oct. 18th
- Jo Ann Outlaw - Oct. 23rd
- Judyth Karney - Oct. 27th



KC Activities Group

Tuesday, October 11th 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 Kay Cenicerros participants are welcome and encouraged to be involved.

Senior Advisory Committee (SAC)

**Tuesday, October 25th at 10:00 am
(Sun City Civic Association)**

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



Bunco

October 14th and 28th 1:00pm

Come join us for some fun and friendly competition! No teams required. Equipment will be provided by Kay Cenicerros Senior Center. Bring a friend or make some new ones along the way! Please make sure to sign up ahead of time at the front desk, but walk ins are always welcome!

KAY CENICERROS



COMMUNITY GARDEN

Living healthy. Building Community.
MENEFEE COMMUNITY SERVICES DEPARTMENT



Garden Club

The Garden Club meets weekly on Tuesday mornings to share gardening tips and upkeep on their garden. On the last Tuesday of each month the Master Gardner will be on site to answer questions quality on gardening practices. This program is open to all seniors and is free to join.

Lease a Plot Today!

Applications are now being accepted to lease a plot in the Community Garden! This is a great way to meet those with similar interests and trade tricks and tools for successful gardening and harvesting. Stop by the Kay Cenicerros Senior Center front desk to fill out an application. *Limited plots are available!*



In March 2016 the City of Menifee Community Services Department was awarded a grant by Valley Health Systems to provide healthy initiatives in programming within the city of Menifee. There are a variety of mutigenerational activities for the community to get involved in that are a part of the Living Healthy, Building Community program.

Activities Include:

- Outdoor Fitness Classes
- Kay Cenicerros Gardening Club
- Gardening with Grandparents
- Path to Fitness Walking Club
- Community Gardening Club
- Master Garden Workshops
- Monthly health contests to win prizes!



FREE FITNESS

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 **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 **Tues/Thurs 8:30-9:30am**
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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 2nd 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.

Garden Club **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.

THANK YOU!!

Grandparents Day Breakfast paid tribute to all Grandparents! A big thank you to Charles Sanders for being our entertainer for the morning. Also a big thanks to Humana Health Care, Miller-Jones Mortuary and Health Net for their contributions for making this event possible.

