

November 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 Nanci

Nanci Nelson is the Master Gardener for the Kay Cenicerros Community Garden. In 2008, she graduated from Riverside County Master Garden Program. She has a passion for gardening and willing to help those who enjoy gardening. You can find Nancy in the KC Garden in the last Tuesday of each month! If you have any questions or would like to join the Garden Club, come by the Front Desk for more details!

2016 Veterans Day Ceremony

Join us in honoring our Heroes!
Friday, November 11th 2016 10am-1pm
Wheatfield Park

30627 Menifee Road, Menifee, CA 92586

There will be Guest Speaker and
Hometown Heroes Display
Chalk Walk

Essay Contest Reading

Hometown Hero Submission:

communityservices@cityofmenifee.us

For more information call 951-723-3880

Veterans Day Breakfast

Tuesday, November 15th
9:00am FREE

In celebration of Veterans Day, we would like to honor those who have served in the US Armed Forces. Veterans and their guest will enjoy the morning and have a free light breakfast at the Kay Cenicerros Senior Center. **All Veterans must RSVP by November 10th** at the Kay Cenicerros front counter or by calling the center 951-672-9673 to attend this event. Space is limited!



KAY CENICERROS WILL BE CLOSED:

Friday, November 11th

In honor of Veterans Day

November 24th and 25th

In honor of Thanksgiving Day



GAMES

Texas Hold'em	Mon	1 - 5 pm
Dominos	Mon	1 - 4pm
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	Fri	10 - 11:30 am

FEE BASED 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 9:00am-9:45am
 FEE: \$48 4wks Tu/Th 3:00pm-3:45 pm
 FEE: \$48 4wks Tu/Th 4:00pm-4:45 pm

***To register contact Geri-Fit at (951) 694-6873 or register online at www.gerfit.com**

TECH JUNCTION

The computer lab is designed to serve anyone who wants to surf the web, shop online, or pay bills. Learn 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 - 2pm

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.

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 Wed. 9:00am-10:00am

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



NOW PLAYING



"Planes, Trains and Automobiles"
November 18th at 1:00 pm

PLANES, TRAINS AND AUTOMOBILES



Neal Page is trying to get home to Chicago to spend Thanksgiving with his wife and kids, his flight is rerouted to a distant city in Kansas because of a freak snowstorm, and his sanity begins to fray. Worse yet, he is forced to bunk up with talkative Del Griffith. Together they must overcome the insanity of holiday travel to reach their intended destination.

Money Monster
November 22nd at 1:00 pm

GEORGE CLOONEY JULIA ROBERTS
MONEY MONSTER



Lee Gates is a TV personality whose popular financial network show has made him the wiz of Wall Street. But after a high tech stock mysteriously crashes, an irate investor takes Gates, and his crew hostage live on air. Gates must find a way to keep his crew alive simultaneously while simultaneously uncovering the truth behind a tangle of big money lies.

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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 the group! The group meet on Thursdays at 9:00am. No Registration Required.

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. The book for this month is "Little Perris Bookshop" by Nina George.

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.

Care Pathways

Are you a family member caring for an older adult? Riverside County Office on Aging is hosting a series of free family caregiver workshops. These series of twelve classes will provide much needed information & support as you continue through the caregiving journey. Pre-registration is required and space is limited! Please call 800-510-2020 or call 951-867-3800.

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.

Pre-planning consultation

Monday, November 17th 10:30am

Miller Jones Mortuary 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. No Pre-registration is required.



Birthday Celebration

November 18th 12:00 pm

Do you have an November birthday? Come join us for the monthly birthday celebration. 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.

November Birthdays!

- Catherine Yanda- Nov. 1st
- Michelle Cooper- Nov. 1st
- Charles Barker - Nov. 3rd
- Maria Volkoff- Nov. 9th
- Lillian Green - Nov. 10th
- Walt Wolf- Nov. 15th
- Rehga Bolden - Nov. 15th
- Patricia Richards - Nov. 15th
- Rene Stuyck- Nov. 17th
- Betsy Crosby- Nov. 20th
- Dorothy Paquin- Nov. 27th



Get Involved!

KC Activities Group

Tuesday, November 15th 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, November 22nd at 10:00 am
29714 Haun Road

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



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Bunco

November 4th and 18th 1:00pm

Come join 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



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MENIFEE COMMUNITY SERVICES DEPARTMENT



Garden Club

The Garden Club meets weekly on Tuesday mornings to share gardening tips. On the last Tuesday of each month the Master Gardener will be on site to answer any questions about successful 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 tips for successful harvesting. Stop by the Kay Cenicerros Senior Center front desk to fill out an application. *Limited plots available!*

Kay Cenicerros Senior Center - City of Menifee | 6

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Kay Cenicerros Senior Center, Menifee, CA.

C 4C 05-1025

Free Thanksgiving Dinners at Kay Cenicerros Senior Center

Ministry and Hope Christian Church of Menifee

will be hosting a

Free Senior Only Thanksgiving Dinner

Saturday, November 19, 2016

Seating times:

12:00pm 2:00pm and 4:00pm

Starting the first week of November, tickets will be available at the Kay Cenicerros front desk. Limit to 4 per family. No children.

This event is Co-sponsored by
City of Menifee

Accurate Leak Locators and Menifee Interfaith Council

will be hosting a

Free Thanksgiving Dinner

Thursday, November 24, 2016

Seating times:

12:00pm 2:00pm and 4:00pm

Reservation is required. Sign-up now and pick up your ticket at the Kay Cenicerros front desk or to make a reservation call 951-672-9672.

This event is Co-sponsored by
City of Menifee

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BEHIND EVERY PROJECT IS A True Value.

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/Thurs/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 **Thurs** **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**

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.

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** **9-10:30am**

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** **10:30-11:30am**

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** **1-2pm**

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 Gardner onsite the last Tuesday of the month that will be offering classes on a monthly basis to provide presentations.

Thankful for friends!

