

December 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



The Community Services Staff would like to wish all Seniors a happy and healthy holiday season. Thank you for giving us the opportunity to serve you! Also we want to thank all of the volunteers who have helped us throughout the year. You all make Kay Cenicerros a special place for all who come through the doors.

Thank you!
Community Services Staff

Holiday Breakfast **Tuesday, December 13th** **8am-9:30am**

\$5.00 per person

Enjoy live entertainment, socialize with your friends, and celebrate the holiday season at the Kay Cenicerros Senior center. Breakfast includes: pancakes, eggs, sausage, juice and coffee. Open to all Menifee seniors 55 and older. Register at the Kay Cenicerros Senior Center or online at:



Winter Ball Dance **Saturday, January 17th** **5pm-9pm**

\$12 per person/\$20 couple

Enjoy the New Year and dance the night away at the Winter Ball Dance. Strike a pose with photo props in the KC photo booth! Open to all Menifee seniors 55 and older. Dinner, refreshments, and Winter Ball picture are provided. Register at the Kay Cenicerros Senior Center or online at: www.cityofmenifee.us/register.



Kay Cenicerros Holiday Hours:
Friday, December 23rd—Closed
Monday, December 26th-Closed
Friday, December 30th- closed at 1:00pm



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 10:30am-11:15am
 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.gerifit.com**

Tech Junction

Monday through Friday, 8am to 5pm

The 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 the KC friendly staff! Computer lab is free to seniors.

Tech Time with Staff

Mondays ~ 10am - 2pm

Do you have a smart phone, iPad, or tablet? Come down to the KC Senior Center and the 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 at (951) 672-9673 for an appointment .

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



“National Lampoon’s Christmas Vacation”

December 16th at 1:00 pm

It's Christmas time and the Griswold's are preparing for a family seasonal celebration, but things never run smoothly for Clark, his wife Ellen and their two kids. Clark's continual bad luck is worsened by his obnoxious family guests, but he manages to keep going knowing that his Christmas bonus is due soon.



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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, December 12th 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.

Free Notary Public

Tuesday, December 20th 10:30am

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

December 30th 12:00 pm

Do you have a December birthday? Come join the monthly birthday celebration. Everyone who is celebrating a birthday will receive a delicious cake and Ice Cream provided by Miller-Jones Mortuary. Please RSVP with staff at KC front desk.

December Birthdays!

- Gerri Jones - Dec. 1st
- Martha Jackson - Dec. 4th
- Hilda Rios - Dec. 9th
- Maria Ortega - Dec. 14th
- Dolores Armenta - Dec. 18th
- Joann Moore - Dec. 20th
- Shin Kang - Dec. 20th
- Barbara Born - Dec. 23rd
- Jose Chavez - Dec. 27th



KC Activities Group

Tuesday, December 13th at 2:00 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 are welcome and encouraged to be involved.

Senior Advisory Committee (SAC)

**Tuesday, January 24th at 10:00 am
(City Hall)**

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



**Holiday Craft Workshop
Thursday, December 8th
9:00-11:30am**

Kay Cenicerros– Magnolia room

Come join the holiday fun and create a quality handmade craft. In this workshop, participants will create holiday bells, wreath, and angel. Participants will complete a project to take home and use as decoration. Space is limited so sign-up today at the Kay Cenicerros Front Desk. There will be a \$10 supply fee.



**Walk with Ease
Walking Club**

**Mondays & Wednesdays
8:00 am
FREE**

Jump on the Geoff Lang Fitness Course and improve your health and fitness. Walking program offers stretching and strengthening exercises, also tips for walking comfortably and health education information. 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. Sign up today at Kay Cenicerros Front Desk!



Thank you for a successful 2016 Veterans Day Breakfast

Veterans Day Breakfast paid tribute to all Veterans and their families that attend the Kay Cenicerros Senior Center! A big thank you to all the volunteers that helped out and Charles Sanders for being the entertainer. Also a BIG thanks to our sponsors for making this event possible:

Miller-Jones Mortuary
Boomers Insurance
Provident Bank
Humana HealthCare
Zoe Move You



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**
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 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.

Happy Holidays friends of KC!

