

DECEMBER 2025

CERES RECREATION - SENIOR NEWSLETTER

THE MONTHLY NEWSLETTER TO KEEP YOU UP TO DATE ON
SENIOR PROGRAMMING AT THE CERES COMMUNITY CENTER



City of Ceres
Recreation Department

Monday: 9:00 A.M. - 3:00 P.M.

Tuesday - Thursday:

9:00 A.M. - 2:00 P.M.

**Friday: Only open for
programming.**

Saturday & Sunday: Closed

**Lounge is located inside the
Ceres Community Center -
2701 4th St., Ceres, CA 95307**

The facility will be closed December 24, 25,
26, 31 and January 1.

The Senior Lounge is a place where **seniors
ages 55+** can gather, meet new people, relax,
read a book, enjoy coffee, and play games.

No fees or memberships are required.

SILVER HARVEST FOOD DISTRIBUTION

Reminder that seniors who don't attend
3 times in a row can be removed from
the program. Members pick up
groceries 11:00 A.M. - 12:00 P.M.

At 12:00 P.M. all seniors (60+) who do
not meet other qualifications will be
able to receive left over groceries (until
supplies last).

Please line up at 11:30 A.M. as supplies
go by fast. More information on Page 3.

-Recreation Staff

**Why did Santa apply for a job in
Human Resources?**

He wanted to improve the "clause" in
the contract.

Why don't Christmas Trees knit?



They always drop their needles.

Lunches are served Monday through
Thursday from 11:30 A.M. to 12:30 P.M.
for eligible seniors ages 60+.
Reservations required. More
information on page 6.

GOT JOKES?

2025 December

Save the dates!

Monday	Tuesday	Wednesday	Thursday	Friday
1 BIRTHDAY CAKE (Served with lunch)	2	3 SILVER HARVEST 11:00 A.M.	4	5
8	9 UGLY SWEATER CRAFT HOUR 12:00 P.M.	10	11	12 LINE DANCING 9:00 A.M. UGLY SWEATER HOLIDAY PARTY 12:30 P.M.
15	16	17 SILVER HARVEST 11:00 A.M. HICAP (will not be available)	18	19 BINGO 10:00 A.M. LOTERIA 11:00 A.M.
22	23  AFTER LUNCH HANG OUT 12:30 P.M. 	24 HOLIDAY CLOSURE	25 HOLIDAY CLOSURE	26 HOLIDAY CLOSURE
29	30	31 HOLIDAY CLOSURE	1 HOLIDAY CLOSURE	2 NEW YEAR LUNCH 11:00 A.M.

HICAP: Appointments can normally be made for the third Wednesday of the month. However, no appointments will be available at the Ceres Community Center for the month of December. For HICAP related questions please call (209) 558-4540.

**Mon.
12/1**

Birthday Celebrations!

Celebrate seniors whose birthdays take place in December.
Sponsored by Stanislaus County.

11:30 A.M. - 12:00 P.M. (Served with lunch)
2701 Fourth St., Ceres, CA - Senior Lounge



**Wed.
12/3
&
12/17**

Silver Harvest

Must meet the following criteria: live in Ceres/pay utilities in Ceres or live in Hughson, meet low-income criteria, and be 60 years or over. Only one member per household. Applications can be found at the Ceres Community Center. Proof of address must be shown to staff at the time the application is turned in. If program is full, please register for wait list. As anyone who stops attending will be dropped from the program.

Items are a few pounds, so it is best to bring a cart to pick up your groceries. Extra bags are also encouraged.

11:00 A.M. - 12:00 P.M.
2701 Fourth St., Ceres, CA - Large Assembly



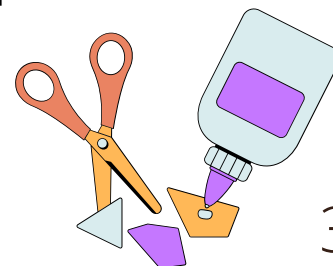
Please note that if you are 60+ and do not qualify you may still get food at 12:00 P.M. while supplies last.

**Tue.
12/9**

Craft Hour

Bring your own sweater to decorate and turn into an "Ugly Christmas Sweater". Additional supplies will be provided.
Second activity will be provided.

12:00 P.M. - 1:00 P.M. (Starts during lunch)
2701 Fourth St., Ceres, CA - Senior Lounge



**Fri.
12/12**

Line Dancing

A free and fun drop-in class for seniors. Dancing styles incorporated into the class include electric slide, cowboy hustle, and more. This is a class for seniors 55+ only and it is offered once a month. Event is sponsored by WelbeHealth. No registration is required.



9:00 A.M. - 10:00 A.M.

2701 Fourth St., Ceres, CA - Fitness Room

**Fri.
12/12**

Ugly Sweater Holiday Party

Registration has passed. However, if interested please sign up for the waitlist.

12:30 P.M. - 1:30 P.M.

2701 Fourth St., Ceres, CA - Small Assembly



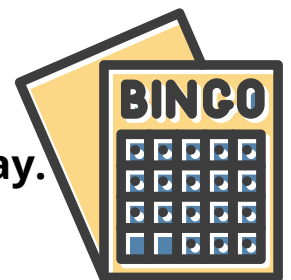
**Fri.
12/19**

Free games for seniors and their caregivers.

Must pre-register in person or online at ceres.gov.

Bingo

This month we will be playing Bingo on the **3rd Friday**. Play this classic game while making new friends!



10:00 A.M. - 11:00 A.M.

Loteria

A traditional game of chance, similar to bingo. This game consists of 54 cards each with an image of a popular figure in Mexican culture, like El Catrin: The Gentleman, La Dama: The Lady, or images of fruit or folk art.



11:00 A.M. - 12:00 P.M.

2701 Fourth St. Ceres, CA - Senior Lounge

ZUMBA GOLD

DECEMBER 2025

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

This class specifically caters to older adults who are looking for a modified Zumba® class. The class recreates the original moves you love at a lower intensity.

\$20 MONTHLY PASS | \$15 FOR 55+ | \$8 DROP IN
CERES COMMUNITY CENTER - FITNESS ROOM 1



**Tuesdays
&
Thursdays
9:00 A.M.-
10:00 A.M.**

Ages 18+



QUOTE OF THE MONTH

"After a lifetime of working, raising families, and contributing to the success of this nation in countless other ways, senior citizens deserve to retire with dignity." - Charlie Gonzalez

SENIOR LUNCHEON MENU DECEMBER 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Italian Pasta Bake Carrot Coins Garlic Bread Fresh Mixed Fruit	2 Beef Chili Peas & Carrots Cauliflower Cornbread Pineapple Tidbits	3 Spaghetti w/ Meat Sauce Green Beans Spinach Salad Orange Slices	4 Oven Baked Chicken Thighs Corn Brown Rice Peaches WW Bread	5 Stuffed Pepper Casserole Green Beans Mandarin Oranges WW Roll
8 Cheese Ravioli Broccoli Three Bean Salad Peaches	9 Hamburger Green Beans Steamed Corn Fruit Cocktail	10 Sloppy Joe on WW Bun Green Salad Coleslaw w/ Bell Peppers Apricot Halves	11  Hawaiian Ham Slider Carrot Coins Green Salad Pineapple Tidbits	12 Mushroom Chicken Brown rice Collard Greens Green Beans Mandarin Oranges Lemon Wedge
15 Calico Beans Cornbread Steamed Corn Apricot Halves	16 Beef Patty w/ Gravy Mashed Potatoes Peas and Carrots Mandarin Oranges WW Bread	17 Beef Stew Spinach Salad Mandarin Oranges Biscuit	18 Oven Baked Chicken Thighs Green Salad Broccoli Brown Rice Fresh Mixed Fruit WW Bread	19 Sliced Ham Sweet Potatoes Green Beans Ambrosia Salad
22 Stir Fry Chicken Brown Rice Green Salad Fresh Mixed Fruit	23 Pork Loin w/ Gravy Mashed Potatoes Collard Greens Applesauce	24 Beef Stroganoff Carrot Raisin Salad Mandarin Oranges	25 CLOSED CHRISTMAS	26 Chicken Pasta Salad Green Salad Pineapple Tidbits WW Roll
29 Spinach Mushroom Bake Cauliflower Green Salad Peaches WW Roll	30 Chicken Divan Green Beans Pears WW Bread	31 Goulash Broccoli Garden Salad Fruit Cocktail WW Bread	*All menu items are cooked without added salt (no added salt).	 Meal >1000 mg sodium) += good Vitamin C source *= good Vitamin A source Whole grains served unless indicated otherwise*** Condiments not included in analysis

**Senior Luncheon
Reservations Required**

**To ensure a meal, reservations are
required.**

**Coffee Rd Café @ Veterans Center –
Modesto
(Mon-Wed) (209) 480-7363**

**Gladys Lemmon Center - Oakdale
(Mon-Fri) (209) 480-3759**

**Hughson Community Center
(M, W, F) (209) 480-7549**

**Mancini Hall-Modesto
(Mon-Fri) (209) 480-4389**

**Modesto Senior Center
(Mon-Thur) (209) 341-2974**

**Hammon Senior Center- Patterson
(Mon-Fri) (209) 480-6371**

**Riverbank Community Center
(M, T, Th) (209) 480-6690**

**United Community Center- Grayson
(M, W, F) (209) 480-5709**

**Ceres Community Center
(Mon-Thur) (209) 480-4508**

**Turlock Senior Center
(Mon-Wed, F) (209) 480-7381**

**Turlock Salvation Army
(Mon-Thur) (209) 480-5170**

Please call the site you would like to attend during their open hours and days of operation 1 day in advance before 12:00pm to ensure you will have a meal.

Call during their open hours and days of operation (9:45am-12:45pm) to reserve your meal.

Voluntary Contributions: \$4.00/meal for eligible senior; \$7.00 fee/guest that is under 60.

No eligible senior will be denied participation due to inability to contribute.

All menu items are cooked without added salt. Approved by Keirnin Harris, RDN

For more information, please call the site directly.

Eligible seniors: ages 60+

Up for the challenge?

Harry Potter Word Search

Q U I R R E L B E C C B O D Y B I N D C U R S E
R P K H N S M A U R O R B M O N E V I T N A R T
J U Q K Q F W K D T H C I D D I U Q A I A Q E A
H R U D M K S G Y O T T E M O C R T H A N Q T R
A C I I V I L B L C D E C R E E I B C U I P A A
G J L V L A C Y M O N O R T S A E R K D M T E P
R Z L I A J C R G G Z V G B M V O V E A A E H P
I W S N C E A C H S P M J R E M V M C J G Q T A
D A L A O A R W I A J O A U A E E G E X U E A S
B G E T N E R O M O R H G N B N R W K M S U E I
C S M I I D H O D B C R T L T L B E Z O A R D D
H S A O T T V E M E O U Y O Y C N A M H T I R A
O F L N E S Z V M O L T R S U T R O P O L L O C
C L F E N O T S Y A H B S U M R A I L L E P X E
O W S S R U A T N E C O M Q N A B A K Z A E T I
L T A P Z H V W R A T G L U A P P A R A T E I N
A A L V O L D E M O R T R A D N O R D D G E S R
T L O B K P T M P M V G I E N O I M R E H N E T
E C H D R A D M U I C E R A P A R U B A I G R D
F H C G E W N I O X D Y N C S E O A M T D A T L
R E I B M G G C C V K C A I S W G O C U G I J A
O M N B B Y E L L A N O G A I D N H L G X W D N
G Y N H O G W A R T S D H O X L E B O D C V A O
S E L K C U R T W O B C C T T H E B U R R O W R

Engorio	Expelliarmus	Accio	Acid Pops	Aconite	Acromantula
Alchemy	Alohomora	Animagus	Anti-Venom	Aparecium	Apparate
Arithmancy	Astronomy	Auror	Azkaban	Basilisk	Beater
Bezoar	Bludger	Body-bind curse	Boggart	Bowtruckle	Butterbeer
Centaurs	Charm	Chaser	Chocolate Frogs	Colloportus	Comet
Crup	Death Eaters	Decree	Dementor	Diagon Alley	Disapparate
Divination	Dumbledore	Hagrid	Harry	Hermione	Hogwarts
Nicholas Flamel stone	Quiddich	Quills	Quirrel	Ronald	Snitch
	The Burrow	Voldemort			



BEGINNER LINE DANCING

Instructor: Jana Kirchert



No class on 12/25/25

Dancing styles incorporated into the class include
Two-Step, Cowboy Hustle, Electric Slide, and more!

THURSDAYS

10:45AM - 11:45AM

Fitness Room 1

\$28 - Monthly Pass

\$23 - 55+Monthly Pass

\$7 - Drop-in

Register online at www.ceres.gov or in person at

Ceres Community Center

2701 4th Street, Ceres, CA 95307

(209) 538- 5628



YOU ARE INVITED TO OUR

NEW YEAR LUNCH

FRIDAY, JANUARY 2, 2026

All participants must pre-register.

Ages 60+ and guests may be 5+

12:30 P.M. - 2:00 P.M.

Ceres Community Center
2701 4th St., Ceres, CA 95307

Dress code: semi-formal

Free event | 209-538-5628

Registration deadline: 12/15/25

