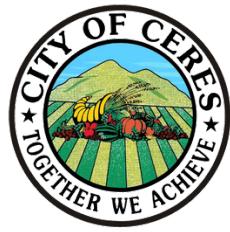


# JANUARY 2026

## 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 January 1, 19, and January 26 through 30.

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.

### What is a New Year's resolution?

Something that goes in one year and out the other.

### What happened to the man who shoplifted a calendar on New Year's Eve?

He got 12 months.

### THANK YOU TO CERES LIONS CLUB

The Ceres Lions Club has been giving back to seniors during the holidays for about 20 years. This year they donated twenty-one grocery gift cards to participants of the Silver Harvest program. We are thankful for their generosity.



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?**



# 2026 January

**Save the dates!**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 <b>NEW YEAR LUNCH PARTY</b> 12:30 P.M.
5 <b>BIRTHDAY CAKE</b> (Served with lunch)	6	7 <b>SILVER HARVEST</b> 11:00 A.M.	8	9 <b>LINE DANCING</b> 9:00 A.M.
12	13	14	15	16 <b>BINGO</b> 10:00 A.M. <b>LOTERIA</b> 11:00 A.M.
19 <b>HOLIDAY CLOSURE</b>	20	21 <b>SILVER HARVEST</b> 11:00 A.M. <b>HICAP</b> (will not be available)	22	23 <b>KARAOKE &amp; BRUNCH</b> 10:30 A.M.
26 <b><u>FACILITY CLOSURE</u></b>	27 <b><u>FACILITY CLOSURE</u></b>	28 <b><u>FACILITY CLOSURE</u></b>	29 <b><u>FACILITY CLOSURE</u></b>	30 <b><u>FACILITY CLOSURE</u></b>

**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 January. For HICAP related questions please call (209) 558-4540.

## **Birthday Celebrations!**

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

**Mon.**

**1/5**

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



## **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.

## **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



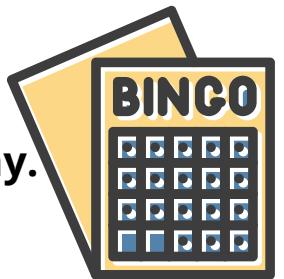
# Free games for seniors and their caregivers.

Must pre-register in person or online at [ceres.gov](http://ceres.gov).

## Bingo

This month we will be playing Bingo on the **3rd Friday**.

Play this classic game while making new friends!



**Fri.  
1/16**

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

**Spaces are  
limited!**



## Karaoke and Brunch

Join us for a fun-filled Karaoke and Brunch designed especially for seniors and their guests! This lively activity offers the perfect opportunity to sing your favorite songs. Space is limited to 30 participants to keep the atmosphere intimate and enjoyable. Meal will include a hummus and cucumber sandwich on whole wheat bread, veggie trays, and fruit. **Registration ends 1/13/26.**

**Fri.  
1/23**

10:30 A.M. - 11:30 A.M.

2701 Fourth St., Ceres, CA - Senior Lounge

# ZUMBA GOLD

2026

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
				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

"Minimalism is the intentional promotion of the things we most value and the removal of anything that distracts us from it."  
- Joshua Becker

## SENIOR LUNCHEON MENU JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*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			1 <b>NEW YEARS DAY CLOSED</b>	2 BBQ pork w/ Bun Coleslaw w/ Bell Peppers Spinach Salad Apricots
5 Italian Pasta Bake Carrot Coins Garlic Bread Fresh Fruit Mix	6 Beef Chili Peas and Carrots Cauliflower Pineapple Tidbits Cornbread	7 Spaghetti w/ Meat Sauce Green Beans Spinach Salad Orange Slices	8 Oven Baked Chicken Thigh Corn Brown Rice Peaches WW Bread	9 Stuffed Pepper Casserole Green Beans WW Roll Mandarin Oranges
12 Hamburger Green Beans Steamed Corn Fruit Cocktail	13 Hawaiian Ham Slider Carrot Coins Green Salad Pineapple Tidbits	14 Cheese Ravioli Broccoli 3 Bean Salad Peaches	15 Mushroom Chicken Brown Rice Collard Greens Green Beans Mandarin Oranges Lemon Wedge	16 Sloppy Joe WW Bun Green Salad Coleslaw w/ Bell Peppers Apricots
19 <b>MLK JR DAY CLOSED</b>	20 Beef Patty w/ Gravy Mashed Potatoes Peas & Carrots Mandarin Oranges WW Bread	21 Calico Beans Cornbread Steamed Corn Apricots	22 Oven Baked Chicken Thigh Green Salad Broccoli Brown Rice Fresh Fruit Mix WW Bread	23 Meatloaf w/ Gravy Mashed Potatoes Green Beans WW Bread Pears
26 Chicken Pasta Salad Green Salad WW Roll Pineapple Tidbits	27 Pork Loin Mashed Potatoes Collard Greens Applesauce	28 Chicken Stir Fry Brown Rice Green Salad Fresh Fruit Mix	29 Beef Stroganoff Carrot Raisin Salad Mandarin Oranges	30 Beef Tacos Carrot Coins Pinto Beans Orange Slices

**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.

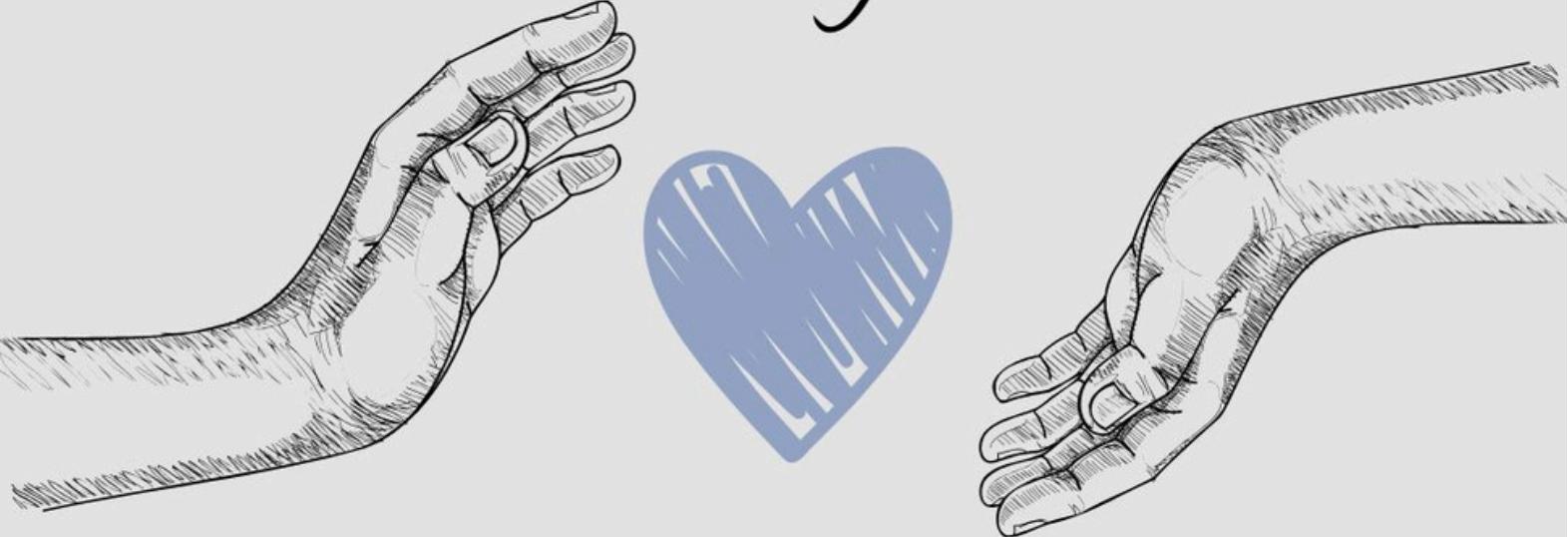
No eligible senior will be denied participation due to inability to contribute.

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

For more information, please call the site directly.

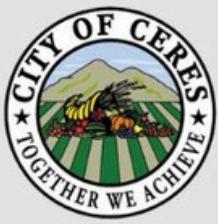
Eligible seniors: ages 60+

# KINDNESS STARTS *with you.*

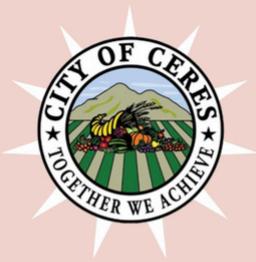


If you enjoy attending **free** programming, please consider **making a monetary contribution today**. This will help us continue having free events in the future.

On January 2, 2026, we received a total of \$132 in donations. Each special event costs approximately \$15–\$25 per person to host. All contributions will help us serve our senior community when we no longer have additional funding, starting July 2026.



THANK YOU EVERYONE!



# BEGINNER LINE DANCING



Instructor: Jana Kirchert



No class on 1/1 & 1/29

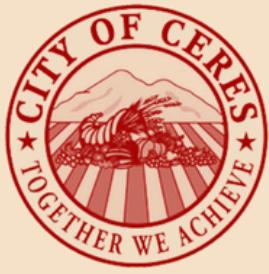
Dancing styles incorporated into the class include  
Two-Step, Cowboy Hustle, Electric Slide, and more!

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**THURSDAYS**  
**10:45AM - 11:45AM**  
**Fitness Room 1**

**\$28 - Monthly Pass**  
**\$23 - 55+ Monthly Pass**  
**\$7 - Drop-in**

Register online at [www.ceres.gov](http://www.ceres.gov) or in person at  
Ceres Community Center  
2701 4<sup>th</sup> Street, Ceres, CA 95307  
(209) 538- 5628



FREE EVENT

# LUNAR NEW YEAR LUNCH at the Ceres Community Center

Friday, February 13, 2026

11:30 A.M. - 12:30 P.M.

R.S.V.P. in person by 1/16 at  
2701 Fourth St., Ceres, CA 95307  
For Seniors 55+ and a guest of any age.

Help us welcome the Lunar New Year with good fortune  
colors. Wear red or gold clothing.

Activity #: 4670



Pictures are from the annual Ugly Sweater Holiday Party and wrapping event for Beards for Tots.

