

# FEBRUARY 2026



City of Ceres  
Recreation Department

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

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

**Tuesday - Thursday:**

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

**Friday: Only open when  
programming is taking place.**

**Saturday & Sunday: Closed**

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

The facility will be closed February 16<sup>th</sup>,  
2026 in honor of Presidents' Day.

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.

**Why do skunks love Valentine's Day?**

Because they're scent-imental  
creatures.

**What's the difference between a \$20  
steak and a \$55 steak?**

February 14th.

## PRE-REGISTRATION

Registering on time for events and programming helps us plan properly and ensure everyone has an enjoyable experience. Whether it is Zumba Gold, a special event, or Bingo and Loteria, pre-registration is essential to avoid class cancellation or arriving to discover there is not enough space available. If a class is full, we encourage you to sign up for the waitlist so you can be notified if a spot opens up.

Please note that you may register online at [www.ceres.gov](http://www.ceres.gov), click on "Your Government", click "Departments", under Recreation, click "Link to Page", click "Class & Program Registration".

In-person registration is only taking place during office hours.

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 7.

**GOT JOKES?**

2026

# February

**Save the dates!**

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>BIRTHDAY CAKE</b> (Served with lunch)	3	4 <b>SILVER HARVEST</b> 11:00 A.M.	5	6 <b>FREE LINE DANCING</b> 9:00 A.M.
9	10	11	12 Registration ends for February Bingo and Loteria	13 <b>LUNAR NEW YEAR LUNCH PARTY</b> 11:30AM- 12:30 P.M.  Registration ends for Karaoke and Brunch on 2/13
16 <b>HOLIDAY CLOSURE</b>	17	18 <b>SILVER HARVEST</b> 11:00 A.M.	19 Registration ends for Karaoke and Brunch with Community Outreach on 3/6	20 <b>BINGO</b> 10:00 A.M. <b>LOTERIA</b> 11:00 A.M.
23	24	25 <b>HICAP</b> (will not be available)	26	27 <b>KARAOKE &amp; BRUNCH</b> 10:30 A.M.

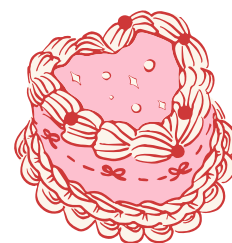
**HICAP:** Appointments can normally be made for the third Wednesday of the month. However, no appointments will be available at the Ceres Community Center for the month of February. For HICAP related questions please call (209) 558-4540.

**Mon.  
2/2**

## Birthday Celebrations!

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

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



**Wed.  
2/4**

## 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 waitlist. 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.

**Fri.  
2/6**

## 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 - Small Assembly

**Fri.  
2/13**



## Lunar New Year Luncheon

Join us as we welcome the Lunar New Year with a festive lunch full of delicious food and, vibrant decor, and community spirit! **Red or gold clothing or accessories are encouraged.** No need to buy anything new! Just bring your brightest smile.

Registration ended 1/16/26. If interested, please sign up on the waitlist.

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

2701 Fourth St., Ceres, CA - Large Assembly



**Mon.  
2/16**

## HOLIDAY FACILITY CLOSURE

In observance of Presidents' Day.

2701 Fourth St., Ceres, CA



**Wed.  
2/18**

## 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 waitlist. 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



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**Fri.  
2/20**

## Free games for seniors and their caregivers.

Must pre-register in person or online at [ceres.gov](https://ceres.gov). Pot-luck style event. Bring an item to share.

### 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 Catrín: 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!**

**Fri.  
2/27**

## Karaoke and Brunch

Join us for a fun-filled Karaoke and Brunch designed specifically 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 on 2/13/26.**

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

2701 Fourth St., Ceres, CA - Senior Lounge



# ZUMBA GOLD

2026



FEBRUARY

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

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

"Darkness cannot drive out darkness: only light can do that.  
Hate cannot drive out hate: only love can do that."

— Dr. Martin Luther King Jr.



## SENIOR LUNCHEON MENU FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Goulash Broccoli Garden Salad Fruit Cocktail WW Bread	3 BBQ Chicken CA Mixed Veggies Steamed Corn Pears WW Bread	4 BBQ pork w/ Bun Coleslaw w/ Bell Peppers Spinach Salad Apricots	5 Meatloaf w/ Gravy Mashed Potatoes Peas and Carrots Pineapple Tidbits WW Bread	6 Spinach Mushroom Bake Cauliflower Green Salad Peaches WW Roll
9 Italian Pasta Bake Carrot Coins Garlic Bread Fresh Fruit Mix	10 Spaghetti w/ Meat Sauce Green Beans Spinach Salad Orange Slices	11 Turkey & Cheese Sandwich Peas & Carrots Cauliflower Pineapple Tidbits	12 Oven Baked Chicken Thigh Corn Brown Rice Peaches WW Bread	13 Stuffed Pepper Casserole Green Beans WW Roll Mandarin Oranges
16 <b>CLOSED</b>  <b>PRESIDENT'S DAY</b>	17 Sloppy Joe on WW Bun Green Salad Coleslaw w Bell Peppers Apricot Halves	18 Cheese Ravioli Broccoli 3 Bean Salad Peaches	19 Mushroom Chicken Brown Rice Collard Greens Green Beans Mandarin Oranges	20 Hamburger CA Mixed Veggies Steamed Corn Fruit Cocktail
23 Seafood Salad Green Salad Peas & Carrots Mandarin Oranges WW Bread	24 Oven Baked Chicken Thighs Broccoli Raisin Salad Fresh Fruit Mix WW Bread	25 Calico Beans Cornbread Steamed Corn Apricot Halves	26 Meatloaf w Gravy Mashed Potatoes CA Mixed Veggies Pears WW Bread	27 Beef Stew Spinach Salad Mandarin Oranges Biscuits
*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+

# KARAOKE

*and brunch*



**WITH COMMUNITY OUTREACH**

**FRIDAY, MARCH 6, 2026**

**2701 Fourth St., Ceres, CA 95307**

**10:00 A.M. – 11:30 A.M.**

Ages: 60+ | Activity #: 4692 | Free | Must pre-register online ([www.ceres.gov](http://www.ceres.gov)) or at the Ceres Community Center's front office.

Join the Community Outreach volunteers for a fun-filled karaoke session and enjoy a delicious brunch! These wonderful volunteers help with Silver Harvest twice a month at the Ceres Community Center. They are excited to sing, share a meal, and celebrate with you.

Name: \_\_\_\_\_ Date: \_\_\_\_\_



AQUARIUS  
 CANDLELIGHT  
 CARNATION  
 CHOCOLATE  
 COZY  
 CUPID  
 FEBRUARY  
 FIREPLACE  
 FRIENDSHIP  
 GROUNDHOG DAY  
 HEART  
 HUG  
 KISS  
 LEAP YEAR  
 LOVE  
 MARDI GRAS  
 PINK  
 PISCES  
 PRESIDENTS DAY  
 RED  
 ROMANCE  
 ROSES  
 SKIING  
 SNOW  
 SWEETHEART  
 VALENTINE  
 WINTER

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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



# Pictures from New Year Lunch

