

FEBRUARY 2026

CERES RECREATION - SENIOR NEWSLETTER

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 16th, 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.

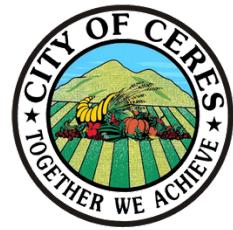
No fees or memberships are required.

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.



City of Ceres
Recreation Department

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

Birthday Celebrations!

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

Mon.

2/2

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 waitlist. As anyone who stops attending will be dropped from the program.

Wed.

2/4

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.**

Fri.

2/6

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

2701 Fourth St., Ceres, CA - Small Assembly



Lunar New Year Luncheon

**Fri.
2/13**



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



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

Free games for seniors and their caregivers.

Must pre-register in person or online at ceres.gov. Pot-luck style event. Bring an item to share.

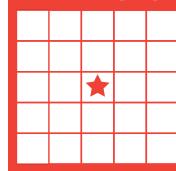
**Fri.
2/20**

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.

BINGO



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!

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.**

**Fri.
2/27**

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 CLOSED PRESIDENT'S DAY	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 Biscuit
*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 Keirnir Harris, RDN

For more information, please call the site directly.

Eligible seniors: ages 60+

K
A
R
A
O
K
E

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) 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.

February

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	W	O
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	N	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

