



KAY CENICEROS SENIOR CENTER  
29995 Evans Rd.  
Menifee, CA 92586

February 6, 2013

To Whom It May Concern,

The Geri-Fit® Program came to the Kay Ceniceros Senior Center in May of 2012 and it has continued to grow in popularity. Participants are very dedicated to this program and the excellent instructor/s.

Every senior and/or community has its own personality and the KC Center, over the past years, has been focused on “fun activities” rather than health-related/physical movement activities. When Fran Fisher approached me about trying the Geri-Fit Program here at the Center I told her I was very supportive but was concerned about the reception she might receive. At the same time I was committed to building our program to include more “physical movement” activities – particularly with the Baby Boomer surge we were seeing.

I am very happy to tell you that the Geri-Fit Program is a hit and has helped me open the door to other “physical movement” programs. In fact, the KC Center now has a new personality! It is exciting to watch.

Specifically, the Geri-Fit Program has encouraged seniors to: take charge of their own well-being; be instrumental in their own healthy aging process; view exercising as a healthy alternative while actually having fun; and, discover, through the Geri-Fit Program, that they can increase their strength, mobility function and balance.

I can tell you that the Geri-Fit Program has been a wonderful addition to our program schedule and that it is well-received and well-attended. I would strongly recommend this program to any site/location considering adding strength and mobility training programs. Feel free to contact me with any questions at 951-672-9673.

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Kay Ceniceros Senior Center  
Riverside County EDA