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NEWS RELEASE

For Immediate Release: September 5, 2024

City of Beaumont Celebrates National Senior Center Month

Beaumont, CA— September is National Senior Center Month, and the City of Beaumont Parks and Recreation Department is excited to celebrate by recognizing the essential role seniors play in fostering community well-being. Beaumont Senior Center will host a variety of special events, programs, and activities to honor and support our vibrant senior community.

Special Events for 2024 Include:

- **September 10 – Grandparent's Day**
Stop by for an appreciation gift (while supplies last) and capture memories with our photo backdrop
- **September 10 – Senior Seminar**
Hosted by San Geronio Memorial Hospital from 9:00 a.m. to 11:00 a.m.
- **September 17 – Seniors Mini Puzzle Palooza**
Compete in a fun puzzle-solving event starting at 1:00 p.m. Teams of two. REGISTER NOW!
- **September 24 – Senior Health and Wellness Fair**
Discover resources and information to enhance your well-being from 8:00 a.m. to 11:00 a.m.
- **September 27 – September Birthday Celebrations**
Enjoy donuts at 9:00 a.m. and bring a friend to the Beaumont Senior Center for a chance to win a Parks and Recreation swag bag! Winners will be drawn on September 27

Ongoing Senior Programming: In addition to our special events, the Beaumont Senior Center offers a wide range of ongoing programs to keep seniors active, healthy, and socially engaged, including:

- **Senior Meals Food Program** (Ages 60 & older, no income qualifications required, proof of residency and completed application needed)
 - Breakfast: Mondays & Fridays at 10:00 a.m.
 - Lunch: Tuesdays, Wednesdays & Thursdays at 11:00 a.m.
- **Fitness and Social Activities**
 - Aerobics: Mondays, Wednesdays & Fridays from 7:45 a.m. to 8:45 a.m.
 - Fit After 50: Mondays, Wednesdays & Fridays from 9:00 a.m. to 10:00 a.m.
 - B.I.N.G.O: Thursdays from 9:30 a.m. to 10:30 a.m.
 - Chair Yoga: Tuesdays & Thursdays from 1:00 p.m. to 1:45 p.m. (\$8 per class)
 - Line Dancing: Wednesdays from 2:00 p.m. to 4:00 p.m.
 - Senior Craft Corner: First Tuesday of the month at 9:00 a.m. (\$5 per class)

- **Senior Seminars**
 - Every second Tuesday of the month at 9:00 a.m. covering a variety of topics
- **Daily Reassurance Calls**
 - Stay connected with friendly check-ins

Senior Center Hours with Free Coffee served daily:

- Monday – Thursday: 8:00 a.m. to 3:00 p.m.
- Fridays: 8:00 a.m. to 12:00 p.m.

The City of Beaumont is committed to enriching the lives of our senior residents and fostering a sense of community. We encourage all seniors to take advantage of these enriching programs and celebrate National Senior Center Month with us.

For more information or to register for events, please contact the Parks and Recreation Department at 951-769-8524. For more information on city services and programs, visit www.beaumontca.gov and follow us on [Facebook](#), [Instagram](#), and [X](#).

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