GOESKE PACESETTER

The Magazine For Active Fifty & Better Seniors

August 2018

Center Hours: Monday thru Friday 7:00A-9:00P; Saturday 9:00A-5:00P; Sunday 1:00P-5:00P; Holiday Hours 9:00A-4:00P

Fifty and Better HEALTH FAIR

Wednesday, October 10

ALL FREE

3K Walk
7:30am - 8:00am

Flu Shots • Pneumonia Vaccines
Health Screenings • Wellness Spa
8:00am - 2:00pm

Lunch & Learn
11:30am - 12:30pm

Successful Aging Presentations
(Bi-lingual English/Spanish)
1:00pm - 2:00pm & 2:00 - 3:00pm

Mission Medicine
Drop off unused/expired prescriptions for safe disposal. (No Sharps Please)

Much More!
50+ Health Vendors & Resources

LEARN MORE & STAY CONNECTED! WWW.JGF4SENIORS.ORG/HEALTHFAIR

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WELLNESS STUDIO / BILLIARDS
Hours for Members Only
Monday - Friday 7a - 6p
Saturday 9a - 4:45p & Sunday 1p - 4:45p

"OPEN USE/PLAY"
(All Welcome Age 50+)

Wellness Studio: Monday - Friday 6p - 8:45p
Due to various classes please check posted schedule for "open room hours"

Billiards: Monday - Friday | 6p - 8:45p

Sneak Peak & New Member Orientation

This is the perfect opportunity to get to know JGF a little bit better and learn more about what we have to offer! It's a great time to explore and discover activities that are just right for you!

Thursday, August 16th
10:00am
(English/Spanish)

RSVP at the Welcome Desk

Can't make it to Orientation? Call to schedule a tour 951.351.8800

A NOTE FROM THE EXECUTIVE DIRECTOR

August is here and along with it will come some hot Inland Empire temperatures! The Goeske Center has your answer to those hot summer days, come visit us . . . one of the "coolest" places in town! We are designated as a "Cool Center" and encourage everyone to come in for relief from the heat. To avoid heat-related conditions that could be harmful to your health, please make sure you take the proper steps by drinking plenty of water and liquids to stay hydrated.

Did you hear about the success of our annual Independence Day BBQ? I hope you all had the opportunity to join us and enjoyed a good time with friends along with some great BBQ food. Thank you to all of the countless volunteers, staff, and board directors who made this event such a success; together we served over 400 a wonderful feast!

Are you a current member of the Janet Goeske Foundation? Have you renewed your membership card? The new cards have arrived and everyone is busy with sign-ups. As a reminder, on the back of the membership cards are discounts to use throughout Riverside for retailers, restaurants & service providers. Help us reach our goal and sign-up today! Or how about signing up for our Lifetime Membership with even more "perks" and "rewards"? See Fabiola for more details.

We wish all of you an enjoyable, healthy & happy summer! Remember . . . stay hydrated and come visit us often, we are open (7) seven days a week!

Judith

DON'T FORGET! It's that time again!

Renew or Purchase Your Membership now! Your donation to the Janet Goeske Foundation rewards you through June 2019!

For as little as $20.00 a year (that's $1.66 a month) you too can be a "card carrying" member. Your consideration for support of membership is greatly appreciated and applauded.

Some of the perks your card has in store for you are: great discounts at your favorite local restaurants, advance registration for RCC's "Young at Heart" classes and discounts at the Center.

Are you ready to renew your JGF membership? Stop by the Welcome Desk in our main lobby to donate & sign-up today!

Want to advertise with us?
jgc4seniors.com/pacesetter/advertise

SENIOR SERVICES AND RESOURCES

ADVOCACY

HICAP: Health Insurance Counseling and Advocacy. Free information on health insurance. Appointments available the 4th Tuesday of the month. Call (800) 434-0222.

Senior Advisor: Marilyn Lynch, free consultations Wednesdays & Thursdays 9 AM – 4 PM. Call for an appointment (951) 351-8800.

AUDIOLOGY

Floyd Milner, 4th Thursday. Call for an appointment (951) 778-0181.

FOOD AND NUTRITION

Food Box: Distribution on the 2nd Friday of the month 10 AM-12 PM. Call Community Action Partnership to apply (714) 897-6670.

Food Pantry: JGC provides items to seniors in need, as available. See Kate in the Senior Services Office or inquire at the Welcome Desk. Donations are always welcome!

Lunch Program: Office on Aging provides a hot lunch Monday–Friday at 11:30. Call Sodexo to register (951) 827-3613.

Mobile Fresh: Farmer's Market at JGC Thursdays 09:30 – 10:30 AM.

LEGAL ASSISTANCE

Attorney Ken Weiss provides free help on legal issues, 1st, 2nd & 4th Thursdays 9 AM – 4 PM. Call for an appointment (951) 351-8800.

NOTARY SERVICES

Forest Trowbridge, by appointment. Call (951) 575-3113. (20% discount for JGC members)

Carolyn Ponder, by appointment. Call (951) 687-4049.

TRANSPORTATION

City of Riverside Special Transportation. Call for details (951) 687-8080.

Dial-A-Ride Services. Call for details (800) 795-7887.

VISION

The Braille Institute offers free appointments with a low-vision specialist. Call for an appointment (760) 321-1111.

OTHER RESOURCES

Bureau of Automotive Repair, provides car smog assistance. Call Robert Snyder for an appointment at (951) 782-4250 x 8417.

County Prescription Discount Card (877) 321-2652

Office on Aging: HelpLink Referral Service (800) 510-2020

Utility and Weatherization Program, CAP Riverside (951) 955-6448

SUPPORT GROUPS AT JGC

Bereavement/Grief Support Group:
2nd & 4th Wednesdays of the month at 8:30 AM. Call Pastor Lex Enquist to sign up **(951) 784-1388**

California Council of the Blind (CCB):
2nd Saturday of the month at 1 PM.

Mended Hearts Support Group:
3rd Saturday of the month at 11 AM. Dedicated to "inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support". Family members & caregivers are welcome to attend.

National Federation of the Blind (NFB):
2nd Saturday of the month at 10 AM.

Night of Hope & Joy:
2nd Tuesday of the month at 6 PM. Social engagement for those with dementia and their caregivers.

Parkinson's Support Group:
3rd Tuesday of the month at 1 PM. Family members and caregivers are welcome to attend.

Riverside Braille Club (RBC):
Tuesdays at 10 AM. A social and educational gathering for those with low vision and other visual impairments.

Riverside After Stroke Group:
Meets every Thursday at 10 AM. (Educational presentations are on the 3rd Thursday of the month.)

Riverside Deaf Seniors:
4th Wednesday of the month at 11 AM. A social and educational gathering for Deaf Seniors.

GROUP MEETINGS

AARP: Meets the 1st Saturday of the month at 9:30 AM.

CalRTA: Chapter meetings Tuesdays at 9:30 AM (bi-monthly).

NARFE: Chapter meetings 4th Wednesday of the month at 11 AM.
(Dark in August)

RPEA: Chapter meetings 4th Thursday at 10AM (bi-monthly).

¿SABIA QUE OFRECEMOS VARIAS CLASES Y SERVICIOS QUE *USTED* PUEDE ATENDER?

*ACTIVIDADES

- **Alive Fitness w/ Vera** *(Viva el Estado Físico)*
- **Arthritis Exercise w/ Robin** *(Ejercicio de Artritis)*
- **Birthday Celebration** *(Celebración de Cumpleaños*
- **Coloring 4 Adults** *(Coloreando para Adultos)*
- **Early Z's Aerobics & More** *(Aeróbicos y Mas)*
- **Jewelry Class** *(Clase de Joyería)*
- **Latin Dance Workout** *(Ejercicio de Baile Latino)*
- **Light Exercise** *(Ejercicio Ligero)*
- **Line Dance** *(Baile en Línea con diferentes instructores)*
- **Pilates** *(ofrecemos diferentes clase de Pilates, con diferentes instructores y también Pilates en Silla)*
- **Sit & Be Fit** *(Ejercicio en Silla)*
- ***Sneak Peak & New Member Orientation*** *(Avance y Orientación para Miembros Nuevos. Reserve en el Escritorio de Bienvenida o hable al (951) 351-8800)*
- **Table Tennis** *(Mesa de Tenis)*
- **Tai Chi**
- **Trailblazer Walking Club** *(Club De Caminar Traiblazer)*
- **Yoga** *(ofrecemos diferentes clases de Yoga, con diferentes instructores y también Yoga en Silla)*

SERVICIOS

- **Senior Advisor** – Marilyn Lynch *Asistencia gratis con cualquier pregunta los Miércoles y Jueves de 9a-4p. Hable para hacer una cita (951) 351-8800.*
- **Legal Assistance** — Asistencia legal gratis. Por favor traiga a un amigo/a o familiar que pueda traducir.
  - * Attorney Ken Weiss ofrece asistencia legal gratis el *1ro, 2do y 4to Jueves de 9a-4p.* Hable para hacer una cita (951) 351-8800.
- **Food & Nutrition** (Comida y nutrición)
  - ◊ **Food Box**—La distribución de las cajas de comida es el *2do Viernes del mes de 10a-12p.* Hable al Community Action Partnership para aplicar: (714) 897-6670.
  - ◊ **Sodexo Lunch Program** *Office on Aging* da lonche caliente de Lunes a Viernes a las 11:30a. Hable a Sodexo para registrase: (951) 827-3613.
  - ◊ **Food Pantry**—JGC le da comida a personas mayores necesitadas. Pregunte en el Escritorio de Bienvenida sobre este programa. Las donaciones siempre son bienvenidas.
  - ◊ **Mobile Fresh**—*Frutas/Vegetales a Bajo Costo.* Aquí en JGC los *Jueves de 9:30a-10:30a.*
  - ◊ **Great Starts @ Goeske** — *JGC da una presentación educacional sobre como ser mas saludable, y ofrece un desayuno saludable.* Los *Viernes a las 8:30a y 9:15a.* Hable para reservar: *(951) 351-8800.*
- **Transportation** *(Transportación)*
  - ◊ **City of Riverside Special Transportation** (Transportación Especial de la Ciudad de Riverside) (951) 687-8080.
  - ◊ Dial-A-Ride Services (800)795-7887.
- **Other Resources** *(Otros Recursos)*
  - ◊ **Bureau Of Automotive Repair** *(Ofrecen smog para autos)* Hable con Robert Snyder para hacer una cita al (951) 782-7250 x8417.
  - ◊ **County Prescription Discount Card** *(Tarjeta de Descuentos del Condado para Recetas Médicas)* (877) 321-2652.
  - ◊ **Office on Aging: HelpLink Referral Services** *(Office on Aging: Servicios de Referencia de HelpLink)* (800) 510-2020.
  - ◊ **Utility and Weatherization Program, CAP Riverside** *(Programa de Utilidad y Climatización, CAP Riverside)* (951) 955-6448.

***No ocupa saber inglés para participar en estas actividades** *(los instructores no hablan español, pero no es necesario hablar inglés para participar)*. **Si quiere saber los horarios de estás actividades, revise nuestro calendario en las páginas 10 y 11.**

Come Learn with Us!

WHY SO SALTY?

- ✓Lower Sodium Intake
- ✓Manage Hypertension,
- ✓Reduce Swelling & Fluid Retention

Friday, August 24th
10:00am

Learn how to eat healthier with less salt in your diet.

Regal Medical Group, INC.

JGF JANET GOESKE FOUNDATION

FREE Green Cleaning

Come learn how to make non-toxic cleaning supplies that are safe, affordable and easy to make.

Great for households with kids, grandkids and/or pets!

Thursday, Aug.9
1:00 pm

Tuesday, Sept. 18
1:00pm

Janet Goeske Foundation
5257 Sierra Street, Riverside

One hour class; Free and no pre-registration required

For more information call (951) 486-3200 or visit www.rcwaste.org

#rcwaste

RIVERSIDE COUNTY DEPARTMENT OF WASTE RESOURCES

TIM HATCH

07 Aug | 1:00pm Tues

CATI PORTER

Author. Poet. Professor.

Author. Poet. Editor. Director.

Tuesday Literary Series 4
An Islands for Writers Monthly Event

SPACE IS LIMITED. Guests must RSVP with CelenaDiana in person or oceanmoon.writer@gmail.com
Questions call 951.298.9470.
Check in by **12:30pm**.

CRAFT CLASS

Join us for a bilingual craft-making session and take home a creation you will be proud of!

Please sign up at the Front Desk. (space is limited)

Wednesday, August 16th 12:30pm

Activities

LOTERÍA

August 15th | 10:00am
BILINGUAL

La Lotería is a traditional Mexican game of chance. It is similar to Bingo but it uses pictures on a card instead of numbers. Bring a friend and enjoy a morning filled with fun, friendship, and prizes!

RSVP 844.418.8304

Peliculas en Español

Acompáñenos a ver una película, escuche una breve plática sobre cómo mantenerse sano y disfrute un refrigerio ligero.

28 de Agosto
9:30am

RSVP 844.418.8304

Presented By: Regal Medical Group, INC.

Tai Chi Class

10:00am-10:30am

Tai Chi

Every Monday, Wednesday & Friday

Supper Club

3:00pm—6:00pm

NORMS
3889 Tyler St, Riverside, CA 92503

2nd Tuesday of the month

Birthday Celebration

August 1st
1:00pm

Ladies Billiards Training

9am-12pm

Every Wednesday

Thanks to AT&T for their generous donation of $20,000. These funds support technology training and other JGF programs that help older adults stay connected with friends, family, and their community.

AT&T

JGF

JANET GOESKE FOUNDATION

Riverside County Office on Aging 1-800-510-2020

DAILY SCHEDULE / CALENDAR

MONDAY		TUESDAY		WEDNESDAY	
7:45A-8:45A	**Arthritis Exercise w/ Robin (RCC)	**7:00A-12:00P**	Betty w/ Elegant Aspects Salon ($10-$12)	**7:45A-8:45A**	**Arthritis Exercise w/ Robin
8:00A-2:00P	Table Massage w/ Becky ($5)	**7:30A-8:30A**	Early Z's Aerobics & More (DVD)	**8:00A-9:00A**	Trailblazer Walking Club (at Ryan Bonaminio Park)
8:00A-1:00P	Scrabble Group	**8:00A-9:00A**	**Yoga w/ Jennifer (RCC) (Full)	**8:00A-1:00P**	Scrabble Group
9:00A-9:45A	Light Exercise	**8:30A-9:30A**	*Sit & Be Fit Class	**8:30A-9:30A**	Bereavement Group **(2nd & 4th Wed)**
9:00A-11:30A	Bridge Lessons w/ Steven	**9:00A-12:00P**	**Oil & Acrylic w/ Subodh (RCC)	**9:00A-9:45A**	Light Exercise
9:00A-12:00P	**Pastels, Oil & Acrylic (RCC)	**9:00A-2:00P**	Braille Club	**9:00A-11:30A**	Bridge (in card room)
9:30A-10:30A	**Water Exercise w/ Robin (RCC) (Full)	**9:30A-10:30A**	Spanish Class **(Dark on 4th Tues)**	**9:00A-12:00P**	Ladies Billiard Group
10:00A-10:30A	Tai Chi Class	**9:30A-10:30A**	**Yoga Class w/ Jennifer (RCC) (Full)	**9:00A-12:00P**	Peggy's Painting Class ($5) **(1st & 3rd Wed)**
10:00A-12:00P	Braille Institute—Independent Living Skills Class	**10:00A-11:15A**	Current Events Group	**9:00A-4:00P**	Senior Advisor - Marilyn Lynch
10:30A-11:30A	*Alive Fitness w/ Vera	**10:00A-3:30P**	Pinochle	**9:30A-10:30A**	**Water Exercise w/ Robin (RCC) **(FULL)**
11:00A-12:15P	**Water Aerobics w/ Roseanne	**10:30A-11:30A**	Ballroom Dance (DARK)	**10:00A-10:30A**	Tai Chi Class
11:30A-12:30P	Lunch Program	**11:00A-12:00P**	**Yoga Class w/ Jennifer (RCC) (Full)	**10:00A-11:00A**	Coloring 4 Adults
11:45A-12:45P	**Zumba Gold w/ Robin (RCC)	**11:30A-12:30P**	Lunch Program	**10:00A-12:00P**	Intr. Line Dance ($4)
12:00P-4:00P	**BINGO**	**11:30A-1:00P**	Veterans Writing Group & Workshop	**10:00A-3:00P**	Mani/Pedi w/ Donna ($8-$12)
12:00P-2:00P	Bible Study w/ Vera	**12:00P-4:00P**	Bridge Group **(1st & 3rd Tues)**	**10:00A-3:30P**	Pinochle
12:30P-3:30P	Bridge (in card room)	**12:45P-1:45P**	Italian Class (**Dark on 4th Tues**)	**10:30A-11:30A**	*Alive Fitness w/ Vera
12:45P-1:45P	**Pilates w/ Angela (RCC)	**1:00P-1:45P**	**Chair Yoga w/ Jennifer (RCC)	**11:00A-12:15P**	**Water Aerobics w/ Roseanne
1:00P-2:30P	Goeske's String Ensemble	**1:00P-2:30P**	Poetry Writing Workshop	**11:00A-4:00P**	Riv. Deaf Seniors **(4th Wed)**
1:00P-3:00P	Write Your Life Story (FULL)	**1:00P-3:00P**	Parkinson's Support Group **(3rd Tues)**	**11:30A-12:30P**	Lunch Program
2:30P-5:30P	Art w/ Subodh (RCC)	**2:00P-5:15P**	Beads, Beads & More	**11:45A-12:45P**	**Zumba Gold w/ Robin (RCC)
2:45P-4:45P	Chair Volleyball - OPEN PLAY	**2:30P-4:00P**	Fiction & Non-Fiction Writing	**12:00P-3:00P**	Ceramics w/ Lee (Afternoon)
3:30-5:15P	Table Tennis	**3:30P-5:15P**	Table Tennis	**12:45P-1:45P**	**Pilates w/ Angela (RCC)
5:30P-7:00P	**Yoga w/ Tammy (RCC)	**5:00P-7:00P**	Duck & Decoy Wood Carvers	**1:00P-2:00P**	Christian Bible Study/Fellowship
5:30P-7:00P	Care Pathways / Caregiver Series	**5:00-8:00PM**	Bunco **(3rd Tues)**	**1:00P-1:30P**	Birthday Celebration **(1st Wed)**
6:00P-7:30P	Toastmasters Club 130 (Open)	**5:30P-7:00P**	**Yoga w/ Marianne (RCC)	**2:00P-3:00P**	Goeske Band
6:00P-8:00P	Goldware Tennis Club	**5:30P-8:30P**	Raincross Quilt Guild **(3rd Tues)**	**2:00P-3:15P**	*Yoga For Healthy Backs
7:00P-8:30P	Inland Recorder Society **(1st Mon)**	**5:30P-9:00P**	Inland Region Iris Society **(1st Tues)**	**2:30P-4:30P**	American Sign Language Class
		6:00P-9:00P	Jim's Jam Band	**3:00P-6:00P**	Oil Painting w/ Betty
		6:00P-8:30P	Night of Hope & Joy **(2nd Tues)**	**3:30P-4:30P**	*Heart & Soul Line Dance
		6:30P-9:00P	Raincross Rose Society **(2nd Tues)**	**5:30-8:30P**	Table Tennis
				6:00P-8:00P	Goldware Tennis Club
				6:00P-8:30P	Friendship Quilters **(2nd & 4th Wed)**
				6:30P-8:30P	Heart & Soul Line Dance (Mixed-Level)($4)

DAILY SCHEDULE / CALENDAR

THURSDAY		FRIDAY		SATURDAY/SUNDAY	
				SATURDAY ACTIVITIES	
7:30A-8:30A	Early Z's Aerobics & More (DVD)	**7:00A-9:00**	Chair Volleyball—Practice	**9:15A-10:45A**	**Yoga w/ Tammy (RCC)
7:30A-10:30A	TOPS - Take Off Pounds Sensibly	**7:45A-8:45A**	**Arthritis Exercise w/Robin (RCC)	**9:00A-12:00P**	AARP Chapter Meeting
8:00A-9:00A	**Yoga w/ Jennifer (RCC) (Full)	**8:00A-2:00P**	Table Massage w/ Becky ($5)	**9:00A-12:00P**	**Mixed Media w/ Subodh (RCC)
8:30A-9:30A	*Sit & Be Fit Class **(Dark on 4th Thurs)**	**8:00A-8:45A**	*Chair Pilates w/ Janice (Friday)	**10:00A-12:00P**	Genealogy Society of Riverside **(2nd Sat)**
9:00A-2:30P	Chair Massage w/ Casey ($5)	**8:30A-9:45A**	Fun Club **(1st Fri)**	**11:00A-1:00P**	Mended Hearts **(3rd Sat)**
9:00A-4:00P	Senior Advisor - Marilyn Lynch	**8:30A-9:00A**	Great Starts @ Goeske Breakfast **(Call for reservations 951-351-8800)**	**11:00A–1:00P**	Table Tennis
9:00A-4:00P	Attorney Ken Weiss **(1st, 2nd, & 4th Thurs)**	**9:00A-9:45A**	Light Exercise	**10:00A-12:00P**	National Federation of the Blind (**2nd Sat)**
9:30A-10:30A	**Yoga w/ Jennifer (RCC) (Full)	**9:00A-1:00P**	Scrabble Group	**12:00P-4:30P**	California Council for the Blind **(2nd Sat)**
10:00A-12:00P	Stepping w/ Suzi Line Dance ($3) **(Dark on 4th Thurs)**	**9:15A-9:45A**	Great Starts @ Goeske Breakfast **(Call for reservations 951-351-8800)**	**12:00P-4:00P**	BINGO
10:00A-12:00P	Riverside After Stroke Group	**9:30A-10:30A**	Fit, Fresh & Fun at 50+ **(1st Fri)**	**12:30P-4:00P**	Bridge
10:00A-3:30P	Pinochle	**9:30A-10:30A**	**Water Exercise w/ Robin (RCC) **(FULL)**	**1:00P-4:00P**	Jewelry Making Class
11:00A-12P	**Yoga w/ Jennifer (RCC) (Full)	**9:00A-12:00P**	Ceramics w/ Lee (Morning)		
11:00A-2:00P	**Watercolor (RCC)	**10:00A-12:00P**	Food Distribution (CAP of Orange County) **(2nd Friday)**	**SUNDAY ACTIVITIES**	
11:30A-12:30P	Lunch Program	**10:00A-12:00P**	Ceramics w/ Mary—Handbuilding	**1:00P-5:00P**	Inland Woodturners **(3rd Sun)**
11:30P-4:00P	Chicken Foot: Mexican Train	**10:00A-10:30A**	Tai Chi Class	**1:30P-4:00P**	Featherweight Club (Quilting) **(2nd Sun)**
12:30P-1:00P	*Chair Pilates w/ Janice (Thursday)	**9:15A-11:00A**	Goeske Choir Group **(1st & 3rd Fri)**	**2:00P-4:00P**	**Sunday Movie**
1:00P-1:30P	*Latin Music Workout	**10:00A-11:30A**	Friday Morning Group	**3:00P-4:30P**	English Country Dance
12:30P-3:30P	Bridge	**10:00A-1:00P**	Dominoes Mexican Train w/ Kaye	**6:00P-8:00P**	Goldware Tennis Club
12:30P-4:30P	Old Gals From Riverside Bridge **(2nd & 4th Thurs)**	**10:30A-11:30A**	*Alive Fitness w/ Vera		
1:00P-1:45P	**Chair Yoga w/ Jennifer (RCC)	**11:30A-12:30P**	Lunch Program		
1:00P-3:00P	"Happy Hookers"	**11:45A-12:45P**	**Zumba Gold w/ Robin (RCC)		
2:30P-4:30P	Art Exploration ($5)	**12:00-3:00P**	Ceramics w/ Lee (Afternoon)		
3:00P-5:00P	Chair Volleyball - OPEN PLAY	**12:30P-2:30P**	**Friday Movie**		
3:30P-5:15P	Table Tennis	**3:30P-6:00P**	Ceramics w/ Richard—Stoneware Pottery		
5:30P-7:00P	**Yoga w/ Marianne (RCC)	**3:30-5:15P**	Table Tennis		
6:00P-8:00P	Stained Glass w/ Fran	**1:30P-4:00P**	Nancy's Sandpainting Class		
6:30-8:30P	Ballroom Dancing "Live Music"	**7:00-10:30P**	Riverside Single Swingers (Square Dance) **(2nd & 4th Fri)**		
7:00P-8:30P	Burnt Toast Club 815 [Toastmasters] (Open to Everyone)				

***Donation Class**
No fee for this class but donations are greatly appreciated.

****RCC Class**
All participants must register. Forms are at the Welcome Desk.

LET'S GO DANCING!

Easy Intermediate Line Dance w/Ruth
Wednesdays 10:00A & 12:00P **($4)**

Steppin' w/Suzy (Beginners Line Dance)
Thursdays 10:00A - 12:00P (Except 4th Thursday) ($3)

Ballroom Dance Lessons w/Paul & Kathy
Tuesdays 10:30A - 11:30A

Heart & Soul Line Dance
Wednesdays 3:30P - 4:30P (Beginners)
Wednesdays 6:00P - 8:30P (Mixed Level) **($4)**

English/Country Dancing
1st Sunday 3:00P - 4:30P (Band) **($8)**
3rd Sunday 3:00P - 4:30P (Recorded) **($5)**

Riverside Single Swingers
2nd & 4th Fridays
Advanced Round Dance 7:00P - 7:30P
Regular Pre-Round Dance 7:30P - 8:00P
Square Dance 8:00P - 10:00P **($8 Donation)**

THURSDAY EVENING BALLROOM DANCE

"Live Music" | 6:30p - 8:30p

August 2	Global Affair
August 9	Dan Damon
August 16	Sozo Jazz
August 23	Punch & Judy
August 30	Global Affair

$4 Members | $5 Non-Members

Table Massage w/ Becky:
Every Monday & Friday
8:00A - 2:00P | **$5**

Call Becky for info and to book your appointment
(951) 300-7343

Chair Massage w/ Casey:
Every Thursday | 8:30A - 2:30P | **$5**

Call Casey for info and to book your appointment
(951) 515-9580

Elegant Aspect Salon, Betty Locke:
Every Tuesday | 7:00A - 12:00P | **$10 - $12**

Walk-Ins Only. Must come with clean hair

Mani-Pedi w/ Donna:
Every Wednesday | 10:00A - 3:00P | **$8 - $12**

Call Donna for info and to book your appointment
(951) 505-1692

Coloring Corner

Wednesdays • 10am -11am

Join us for a fun and relaxing way to express your creative side. No artistic skills required. Coloring is a great way for adults to relieve stress and stay forever young.

FREE ~ ALL MATERIALS PROVIDED

GOLF AT GOESKE

Join us for a **FREE** golf class and tournament right here at the Goeske Center. PGA Golf Professionals will be here to teach the class and then all participants will play the short golf course set-up just for you in the garden area.
Awards, prizes, and refreshments are included. No experience required. Special equipment is provided.

Date: Tuesday, August 21st
Time: 9:30am to 11am (Check-in at 9:15am)
Attire: Tennis shoes, comfortable clothing, hat, and sunscreen.
RSVP with Jason Taylor, PGA at Jason@SuretyHomeCare.com or at (951) 809-6847.
Class size limited to 20 participants

PGA

SURETY HOME CARE
www.SuretyHomeCare.com

Let's Go To The Movies

FRIDAYS
Start Time - 12:30 PM

August 3rd
City of Angels (1998) (PG-13)
Nicolas Cage & Meg Ryan

August 10th
The Martian (2015) (PG-13)
Matt Damon & Jessica Chastain

August 17th
Jumanji (1995) (PG)
Robin Williams & Bonnie Hunt

August 24th
Bridge to Terabithia (2007) (PG)
Josh Hutcherson & AnnaSophia Robb

August 31st
The Blind Side (2009) (PG-13)
Sandra Bullock & Quinton Aaron

SUNDAYS
Start Time - 2:00 PM

August 5th
Life of Pi (2012) (PG)
Suraj Sharma & Irrfan Khan

August 12th
Sherlock Holmes (2009) (PG-13)
Robert Downey Jr. & Jude Law

August 19th
Oz The Great and Powerful (2013) (PG)
James Franco & Mila Kunis

August 26th
Charlie & the Chocolate Factory (2005) (PG)
Johnny Depp & Freddie Highmore

* Movies are subject to change without notice

Senior Services/Partner Ads

SENIOR ADVISOR SERVICES

"Ask Marilyn"

Appointments Available
Walk-Ins Welcome

Wednesdays & Thursdays
9am - 4pm

This is one of our most unique & valuable services . . . FREE, Personalized, One-on-One Assistance! Marilyn can help you with ANY senior related questions or concerns you might have (ex: health insurance, housing, benefit enrollment, assistance programs, etc.)

Please contact the Welcome Desk to make an appointment 951-351-8800.

"Ask Marilyn" is also available on our website
WWW.JGC4SENIORS.COM

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Mon - Fri: 8am - 5pm

Carlos Ramirez
Health Insurance Consultant
Lic# 0F22102
951-961-7200 Cell
cramirez@HRBCinsurance.com

Calling the numbers above will direct you to a licensed insurance agent/broker Monday - Friday: 8am - 5pm. For more information, call toll free 1.877.651.7526 TTY: 711 (national relay). HRBC Insurance represents various Medicare Advantage (MA) and Prescription Drug Plans (PDPs) as well as other types of health plans. Each of these Medicare Advantage plans has a separate contract with Medicare to offer Medicare Advantage plans. Enrollment in one of these Medicare Advantage plans depends on contract renewal. This is an advertisement. There is no obligation to enroll. Medicare has neither reviewed nor endorsed this information.

GRATIS
CENA Y SEMINARIO

Parkview Community Hospital Medical Center

Lifestyle Medicine Solutions
PRIMARY CARE PLUS

Recuperándose de la Depresión y la Ansiedad

con la Dr. Dipika Pandit
Lifestyle Medicine Solutions

martes, 7 de agosto
a las 5:30PM
presentado en español

RSVP: 951-352-5355
www.pchmc.org/#events

Parkview Community Hospital Medical Center
FOUNDERS CENTER
3865 Jackson Street • Riverside

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FREE REVERSE MORTGAGE EDUCATION

The Fair Housing Council of Riverside County, Inc.

LEARN AT A LOCAL SEMINAR

- *The ins and outs of Reverse Mortgages*
- *Details normally hidden by lenders*
- *How to avoid the most common mistakes*
- *How Reverse Mortgages work with and without a mortgage*
- *How to use these SAFELY to access more income & savings*
- ***Eliminate the burden of a monthly mortgage payment*****
- *Learn about the Reverse Mortgage Line of Credit (For those with no mortgage or a low mortgage balance)*
- *Recent changes making the program safer*

"Great information. Very interactive!" -John B., Riverside County

Call for the Next Date and Location
(866) 703-2328
www.reversewise.org

*Borrowers must still maintain Property Taxes and Insurance, and (HOA if any)
Held at the Fair Housing Council offices and other locations

Presented By: Reverse Wise/FL Capital Mortgage
2900 Adams St, Ste A 300 Riverside (Satellite)
3711 Long Beach Blvd Ste 810 Long Beach, CA NMLS# 362426

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A sales person will be present with information and applications. For accomodation of persons with special needs at sales meetings please call 951-768-5398. By calling the number above you will be directed to a licensed insurance agent. Medicare has neither reviewed nor endorsed this information. The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Benefits, formulary, pharmacy network, premium and/or co-payments/co-insurance may change on January 1 of each year. Limitations, co-payments, and restrictions may apply. You must continue to pay your Medicare Part B premium.

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- Worldwide Emergency Services

EVENTS

Humana.

See what's happening in August at your Riverside Humana location!

Every Mon. and Wed. in August 10:30am - 11:30am

SilverSneakers®

Time to get moving! In terms of your health, small steps may lead to a big payoff. That's where SilverSneakers® comes in. SilverSneakers® is a complete wellness program included in our Humana Riverside Medicare Advantage and Medi-Gap plans at no extra cost. Whether you're new to fitness or a workout pro, SilverSneakers has options for everyone. Any SilverSneakers® members are welcome.

Thursday, August 16th 10:00am -11:00am

Medicare Education Seminar

You have questions - we have answers. When can I enroll in Medicare? What are my Medicare options?How do I know if I am eligible? What do Medicare Parts A, B, C and D cover? Come to our seminar and learn the answers to your questions.

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Thursday, August 9th 1:00pm - 3:00pm
Wednesday, August 22nd 1:00pm - 3:00pm

Bingo and Ice Cream

Come to the "cool zone" and enjoy some fun times with others playing bingo . We will have some prizes and ice cream sundaes. Bring a friend, and enjoy our air conditioned office and some creamy dessert.

*Humana Inc. First Quarter 2016 Earnings Release 5-4-2016

Humana is a Medicare Advantage HMO, PPO and PFFS organization and a stand-alone prescription drug plan with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. A licensed Humana sales agent will be present with information and applications. For accommodation of persons with special needs at sales meetings call 1-855-791-4087 (TTY: 711), 8 a.m. – 8 p.m., seven days a week. Other pharmacies / physicians / providers are available in the network. Humana Inc. and its subsidiaries ("Humana") do not discriminate on the basis of race, color, religion, sexual orientation, or gender identity, national origin, age, disability, or sex. English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-800-457-4708 (TTY: 711). Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-457-4708 (TTY: 711). 繁體中文 (Chinese): 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-457-4708 (TTY: 711).

You don't have to be a Humana member to attend most events!

Humana MarketPoint Guidance Center Lite Mission Grove Center next to Riverside Medical Clinic
19318 Jesse Lane, Suite 150
Riverside, CA 92508
951-780-0180 (TTY: 711)
Humana.com/about/humana-in-your-community/
For more information, visit your neighborhood Humana location Monday – Friday, 8:30 a.m. – 5 p.m.

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951-687-2121

Have an extra walker or wheelchair?

Donate it to us!

Ask the Welcome Desk for more details
on how to donate
walkers, canes, or wheelchairs.

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Diana Jean Williams

**Inaugural Member*

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Sam Mumford
Bryce Vails
Eric Whitehouse

Bingo / Kitchen
Phyllis McElveny

Mead Valley Senior Center
Rosa Chappell, Center Manager (Habla Español)
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Central Health Medicare Plan — (866) 314-2427

Home Instead Senior Care — To us, it's personal. — (951) 369-7047

Inter Valley Health Plan — Medicare plans for health. Not for profit. — 800-251-8191

JANET GOESKE FOUNDATION

Janet Goeske Senior Center
5257 Sierra Street
Riverside, CA 92504

Phone: 951-351-8800

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Janet Goeske Foundation is a 501(c)(3) non-profit organization | TID# 33-0023938

NATIONAL NIGHT OUT

TUESDAY, AUGUST 7TH

4:30PM - 6:30PM

A Great Night to Get to Know Your Neighbors!

Bring your friends and family to enjoy a neighborhood BBQ while learning valuable tips about safety & crime prevention in our neighborhood.

In Collaboration With

NNO NIGHT OUT 2017 POLICE • COMMUNITY PARTNERSHIPS

CITY OF RIVERSIDE

JANET GOESKE FOUNDATION