















JANET GOESKE
FOUNDATION

Mead Valley Senior Center

21091 Rider St. #102 Perris, CA 92570
(951) 210-1587

February 2019

Center Hours:
Monday - Thursday 8:30am - 4:30pm
Friday 8:30am - 12:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
				Move Class 1 9am - 9:45am Lunch Program 11am - 12pm BINGO (\$10)(Ages 18+) Doors Open: 1pm Game Starts: 2pm
4 Fit After 50 9am - 10am Lunch Program 11:30am - 12:30pm Needles & Yarn 1pm - 2pm	5 Pala Casino Trip  9am - 5pm Strength & Balance 9am - 10am Lunch Program 11:30am - 12:30pm	6 Chair Pilates 9am - 9:45am Latin Dance 9:50am - 10:50am Beading Class 11am - 12pm Lunch Program 11:30am - 12:30pm 100 Mile Club  1pm - 2pm	7 FREE Tax Services 9am - 1pm Lunch Program 11:30am - 12:30pm Chair Volleyball  1pm - 2pm Scrapbooking Class 2pm - 4pm	8 Move Class 9am - 9:45am Craft Class with Pier 10:30am - 11:30am Lunch Program 11am - 12pm
11 Fit After 50 9am - 10am Lunch Program 11:30am - 12:30pm Needles & Yarn 1pm - 2pm	12 Strength & Balance 9am - 10am High Blood Pressure Talk  10am - 11am Lunch Program 11:30am - 12:30pm	13 Chair Pilates 9am - 9:45am Latin Dance 9:50am - 10:50am Beading Class 11am - 12pm Lunch Program 11:30am - 12:30pm 100 Mile Club 1pm - 2pm	14 Free Tax Services 9am - 1pm Coloring Corner 10:30 - 11:30am Lunch Program 11:30am - 12:30pm Chair Volleyball 1pm - 2pm Discovering Diabetes 	15 Move Class 9am - 9:45am Lunch Program 11am - 12pm
18  CENTER CLOSED	19 Strength & Balance 9am - 10am Lunch Program 11:30am - 12:30pm Heart Disease & Stroke  1pm - 2pm	20 Black History Trip  9am - 2pm Chair Pilates 9am - 9:45am Latin Dance 9:50am - 10:50am Beading Class 11am - 12:30pm Lunch Program 11:30am - 12:30pm 100 Mile Club 1pm - 2pm	21 Free Tax Services 9am - 1pm Lunch Program 11:30am - 12:30pm Chair Volleyball 1pm - 2pm Beauty 101 	22 Move Class 9am - 9:45am Lunch Program 11am - 12pm
25 Fit After 50 9am - 10am Lunch Program 11:30am - 12:30pm Needles & Yarn 1pm - 2pm Cal- Fresh  Application Assistance 1pm - 2pm OC Box Distribution 1pm - 3pm	26 Strength & Balance 9am - 10am Taste It, Try It  10:30am - 11:30am Lunch Program 11:30am - 12:30pm	27 Commodities 9am - 11am Beading Class 11am - 12pm Lunch Program 11:30am - 12:30pm 100 Mile Club 1pm - 2pm	28 Free Tax Services 9am - 1pm Great Starts at Goeske  9:30am - 10:30am Lunch Program 11:30am - 12:30pm Chair Volleyball 1pm - 2pm Birthday Celebration 1pm - 2pm	

TO LEARN MORE & RSVP (951) 210 - 1587

LATIN DANCE WORKOUT

Latin Dance | Every Wednesday* | 9:50am

This class is for adults looking to burn some calories and shake up their workout with Latin-infused dance moves.
**no class the 4th Wednesday of the month*

Esta clase es para adultos que buscan quemar algunas calorías y agitar su entrenamiento con movimientos de baile con infusión latina. **no clase el 4to Miércoles del mes*



Birthday Celebration | Every 4th Thursday | 1pm

Come enjoy a piece of cake while we celebrate our birthdays together!

Venga y disfrute de un pedazo de pastel mientras celebramos los cumpleaños juntos!

MOVE

Move Class | Every Friday | 9am

Easy to follow aerobic program created just for seniors. This class is designed to build strength and endurance.

Un programa aeróbico, fácil de seguir creado sólo para personas mayores. Esta clase esta diseñada para construir fuerza y resistencia.



Chair Pilates | Every Wednesday* | 9am

Learn and practice the fundamentals of Pilate exercises to help improve core strength, balance, posture and more.
**no class the 4th Wednesday of the month*

Aprenda practicando ejercicios fundamentales de Pilates para ayudar a mejorar las fuerza central, la postura y mas.
**no clase el 4to Miércoles del mes*

BEADING CLASS

Beading Class | Every Wednesday | 11am

Learn how to bead and use common jewelry making tools to create your own jewelry pieces.

Aprenda como rebordear y utilizar herramientas de joyería para crear sus propias piezas de joyería.



Strength & Balance | Every Tuesday | 9am

This class focuses on using bands, balls, and body weight to give you strength and tone your entire body.

Mead Valley Senior Center
21091 Rider St. #102
Perris, CA 92570
951.210.1587



COMING SOON!

FRIDAY



Doors Open: 1pm ★ Game Starts: 2pm

Buy-In - \$10
Extra Pack - \$5

LIVE CALLER
CASH PRIZES

Open to the Public
(Age 18 & Older)

GRAND OPENING

February 1st

VIEW CALENDAR ONLINE @ JGC4SENIORS.COM/MEADVALLEY