



# Mead Valley Senior Center

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

**JANET GOESKE**  
FOUNDATION

## APRIL 2019

**Center Hours:**  
**Monday - Friday 8:30am - 4:30pm**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>Fit After 50</b> 9am - 10am</p> <p><b>Lunch Program</b> 11:30am - 12:30pm</p> <p><b>Needles &amp; Yarn</b> 1pm - 2pm</p>	<p><b>2</b></p> <p><b>Strength &amp; Balance</b> 9am - 10am</p> <p><b>Diabetes 101</b> ★ 10:30am-11:30am</p> <p><b>Lunch Program</b> 11:30am - 12:30pm</p> <p><b>Basics Bingo 101</b> 1pm-2pm</p>	<p><b>3</b></p> <p><b>Chair Pilates</b> 9am- 9:45am</p> <p><b>Latin Dance</b> 9:50am- 10:50am</p> <p><b>Beading Class</b> 11am - 12pm</p> <p><b>Lunch Program</b> 11:30am - 12:30pm</p> <p><b>MVSC Walking Club</b> 1pm - 2pm</p>	<p><b>4</b></p> <p><b>FREE Tax Services</b> 9am - 1pm</p> <p><b>Lunch Program</b> 11:30am - 12:30pm</p> <p><b>Chair Volleyball</b> 1pm- 2pm</p> <p><b>Loteria</b> ★ 1pm - 2pm</p>	<p><b>5</b></p> <p><b>Move Class</b> 8:45am - 9:45am</p> <p><b>Lunch Program</b> 11am - 12pm</p> <p><b>Bingo</b> \$ 1pm-4pm</p>
<p><b>8</b></p> <p><b>Fit After 50</b> 9am - 10am</p> <p><b>Lunch Program</b> 11:30am - 12:30pm</p> <p><b>Needles &amp; Yarn</b> 1pm - 2pm</p>	<p><b>9</b></p> <p><b>Strength &amp; Balance</b> 9am - 10am</p> <p><b>Lunch Program</b> 11:30am - 12:30pm</p> <p><b>Let's Talk: Cholesterol &amp; Healthy Living</b> ★ 1pm-2pm</p>	<p><b>10</b></p> <p><b>Chair Pilates</b> 9am- 9:45am</p> <p><b>Latin Dance</b> 9:50am- 10:50am</p> <p><b>Beading Class</b> 11am - 12pm</p> <p><b>Lunch Program</b> 11:30am - 12:30pm</p> <p><b>MVSC Walking Club</b> 1pm - 2pm</p>	<p><b>11</b></p> <p><b>FREE Tax Services</b> 9am - 1pm</p> <p><b>Coloring Corner</b> 10:30- 11:30am</p> <p><b>Lunch Program</b> 11:30am - 12:30pm</p> <p><b>Chair Volleyball</b> 1pm- 2pm</p>	<p><b>12</b></p> <p><b>Move Class</b> 8:45am - 9:45am</p> <p><b>Lunch Program</b> 11am - 12pm</p> <p><b>Bingo</b> \$ 1pm-4pm</p>
<p><b>15</b></p> <p><b>Fit After 50</b> 9am - 10am</p> <p><b>Lunch Program</b> 11:30am - 12:30pm</p> <p><b>Needles &amp; Yarn</b> 1pm - 2pm</p>	<p><b>16</b></p> <p><b>Strength &amp; Balance</b> 9am - 10am</p> <p><b>Cooking Demo</b> 10:30am - 11:30 am</p> <p><b>Lunch Program</b> 11:30am - 12:30pm</p> <p><b>Easter Egg Hunt</b> 🍳 1pm-2pm</p>	<p><b>17</b></p> <p><b>Chair Pilates</b> 9am- 9:45am</p> <p><b>Latin Dance</b> 9:50am- 10:50am</p> <p><b>Beading Class</b> 11am - 12pm</p> <p><b>Lunch Program</b> 11:30am - 12:30pm</p> <p><b>MVSC Walking Club</b> 1pm - 2pm</p>	<p><b>18</b></p> <p><b>Great Starts</b> ★ <b>at Goeske</b> 9:30am - 10:30am</p> <p><b>Lunch Program</b> 11:30am - 12:30pm</p> <p><b>Chair Volleyball</b> 1pm- 2pm</p> <p><b>Crafternoon for Seniors</b> 2pm - 4pm</p>	<p><b>19</b></p> <p><b>Holiday Hours</b> 10am-4pm</p> <p><b>Lunch Program</b> 11am - 12pm</p> <p><b>Bingo</b> \$ 1pm-4pm</p>
<p><b>22</b></p> <p><b>Fit After 50</b> 9am - 10am</p> <p><b>Lunch Program</b> 11:30am - 12:30pm</p> <p><b>Needles &amp; Yarn</b> 1pm - 2pm</p> <p><b>Medicare:</b> ★ <b>Step by Step</b> 1pm - 2pm</p>	<p><b>23</b></p> <p><b>Strength &amp; Balance</b> 9am - 10am</p> <p><b>Taste It, Try It</b> ★ 10:30am - 11:30am</p> <p><b>Lunch Program</b> 11:30am - 12:30pm</p>	<p><b>24</b></p> <p><b>Commodities</b> 9am - 11am</p> <p><b>Beading Class</b> 11am - 12:00pm</p> <p><b>Lunch Program</b> 11:30am - 12:30pm</p> <p><b>Day of the Child</b> ★ <b>Celebration</b> 1pm - 2pm</p> <p><b>MVSC Walking</b> 1pm - 2pm</p>	<p><b>25</b></p> <p><b>Lunch Program</b> 11:30am - 12:30pm</p> <p><b>Birthday Celebration</b> 1pm - 2pm</p> <p><b>Chair Volleyball</b> 1pm- 2pm</p>	<p><b>26</b></p> <p><b>Move Class</b> 8:45am - 9:45am</p> <p><b>Lunch Program</b> 11am - 12pm</p> <p><b>Bingo</b> \$ 1pm-4pm</p>
<p><b>29</b></p> <p><b>Fit After 50</b> 9am - 10am</p> <p><b>Lunch Program</b> 11:30am - 12:30pm</p> <p><b>Needles &amp; Yarn</b> 1pm - 2pm</p> <p><b>OC Box Distribution</b> 1pm - 3pm</p>	<p><b>30</b></p> <p><b>Strength &amp; Balance</b> 9m - 10am</p> <p><b>Lunch Program</b> 11:30am - 12:30pm</p>			

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 Class | Every Friday | 8:45am**

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*

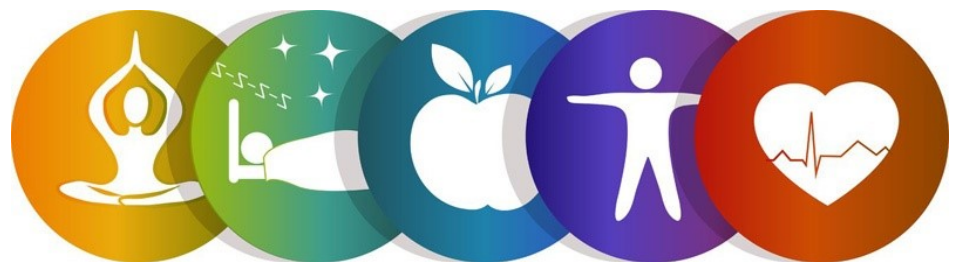


# BEADING CLASS

**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.

Esta clase se concentra en el uso de bandas, bolas y peso corporal para darle fuerza y tonificar todo su cuerpo.

**Mead Valley Senior Center**

21091 Rider St. #102

Perris, CA 92570

951.210.1587



JANET GOESKE FOUNDATION



# Every FRIDAY

**Doors Open: 1pm ★ Game Starts: 2pm**

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

**LIVE CALLER**

**CASH WINNINGS**

**Open to the Public**  
(Age 18 & Older)

VIEW CALENDAR ONLINE @ [JGC4SENIORS.COM/MEADVALLEY](http://JGC4SENIORS.COM/MEADVALLEY)