



**JANET GOESKE**  
FOUNDATION

# Mead Valley Senior Center

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

## May 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<b>Chair Pilates</b> 9am- 9:45am <b>Latin Dance</b> 9:50am- 10:50am <b>Beading Class</b> 11am - 12pm <b>Lunch Program</b> 11:30am - 12:30pm <b>MVSC Walking Club</b> 1pm - 2pm	<b>5 de Mayo Celebration</b> 🎉 11am - 1pm <b>Lunch Program</b> 11:30am - 12:30pm <b>Chair Volleyball</b> 1pm- 2pm	<b>Move Class</b> 8:45am - 9:45am <b>Lunch Program</b> 11am - 12pm <b>Bingo \$</b> 1pm-4pm
6	7	8	9	10
<b>Fit After 50</b> 9am - 10am <b>Lunch Program</b> 11:30am - 12:30pm <b>Needles &amp; Yarn</b> 1pm - 2pm	<b>Strength &amp; Balance</b> 9am - 10am <b>Lunch Program</b> 11:30am - 12:30pm <b>Ways to Manage Anxiety &amp; Stress</b> 1pm-2pm	<b>Chair Pilates</b> 9am- 9:45am <b>Latin Dance</b> 9:50am- 10:50am <b>Beading Class</b> 11am - 12pm <b>Lunch Program</b> 11:30am - 12:30pm <b>MVSC Walking Club</b> 1pm - 2pm	<b>RTA Training Trip</b> 🚌 9am-3pm <b>Coloring Corner</b> 10:30- 11:30am <b>Lunch Program</b> 11:30am - 12:30pm <b>Chair Volleyball</b> 1pm- 2pm <b>Crafternoon for Seniors</b> 2pm-4pm	<b>Move Class</b> 8:45am - 9:45am <b>Mother's Day Celebration</b> 💖 9am-11:30am <b>Lunch Program</b> 11am - 12pm <b>Bingo \$</b> 1pm-4pm
13	14	15	16	17
<b>Fit After 50</b> 9am - 10am <b>Lunch Program</b> 11:30am - 12:30pm <b>Needles &amp; Yarn</b> 1pm - 2pm <b>SNAP Education Workshop</b> 1pm- 2pm (S) 3pm-4pm (E)	<b>Strength &amp; Balance</b> 9am - 10am <b>Lunch Program</b> 11:30am - 12:30pm <b>SNAP Education Workshop</b> 1pm- 2pm (S) 3pm-4pm (E)	<b>Chair Pilates</b> 9am- 9:45am <b>Latin Dance</b> 9:50am- 10:50am <b>Lunch Program</b> 11:30am - 12:30pm <b>MVSC Walking Club</b> 1pm - 2pm <b>SNAP Education Workshop</b> 1pm- 2pm (S) 3pm-4pm (E)	<b>Lunch Program</b> 11:30am - 12:30pm <b>Chair Volleyball</b> 1pm- 2pm <b>SNAP Education Workshop</b> 1pm- 2pm (S) 3pm-4pm (E)	<b>Move Class</b> 8:45am - 9:45am <b>Lunch Program</b> 11am - 12pm <b>SNAP Education Workshop</b> 1pm- 2pm (S) 3pm-4pm (E) <b>Bingo \$</b> 1pm-4pm
20	21	22	23	24
<b>Fit After 50</b> 9am - 10am <b>Lunch Program</b> 11:30am - 12:30pm <b>Needles &amp; Yarn</b> 1pm - 2pm <b>Let's Talk : Skin Cancer</b> 1pm - 2pm	<b>Strength &amp; Balance</b> 9am - 10am <b>Taste It, Try It</b> 🍷 10:30am - 11:30am <b>Lunch Program</b> 11:30am - 12:30pm	<b>Commodities</b> 9am-11am <b>Beading Class</b> 11am - 12:00pm <b>Lunch Program</b> 11:30am - 12:30pm <b>MVSC Walking Club</b> 1pm - 2pm	<b>Great Starts at Goeske</b> 🍎 9:30am - 10:30am <b>Lunch Program</b> 11:30am - 12:30pm <b>Chair Volleyball</b> 1pm- 2pm <b>Birthday Celebration</b> 1pm - 2pm	<b>Move Class</b> 8:45am - 9:45am <b>Lunch Program</b> 11am - 12pm <b>Bingo \$</b> 1pm-4pm
27	28	29	30	31
 <b>Office Closed</b>	<b>Strength &amp; Balance</b> 9m - 10am <b>Diabetes 101</b> 10:30am-11:30am <b>Lunch Program</b> 11:30am - 12:30pm <b>Farmers Market Voucher Distribution</b> 🥕 12:30pm-2pm <b>OC Box Distribution</b> 1pm-5pm	<b>National Health &amp; Senior Day</b> 🎉 8:30am -4:30pm <b>Chair Pilates</b> 9am- 9:45am <b>Latin Dance</b> 9:50am- 10:50am <b>Lunch Program</b> 11:30am - 12:30pm <b>MVSC Walking Club</b> 1pm - 2pm	<b>Lunch Program</b> 11:30am - 12:30pm <b>Chair Volleyball</b> 1pm- 2pm <b>Gardening Basics</b> 🌱 1pm- 2pm	<b>Move Class</b> 8:45am - 9:45am <b>Lunch Program</b> 11am - 12pm <b>Bingo \$</b> 1pm-4pm

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.

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# 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)