

# GOESKE PACESETTER

A Magazine For Active Fifty & Better Adults

March 2024



JANET GOESKE  
FOUNDATION

*40th Anniversary*

## Country Fair



JGF'S ANNUAL FUNDRAISER



FOOD ★ GAMES ★ VENDORS ★ ENTERTAINMENT ★ RAFFLES ★ CONTESTS

**SATURDAY, MAY 18, 2024**

**12:00-5:00PM**

**FREE  
ENTRY**

JOIN US IN CELEBRATING FOUR DECADES OF DEDICATION TO  
IMPROVING THE QUALITY OF LIFE FOR INLAND EMPIRE SENIORS!



**FUN FOR ALL AGES!**



JANET GOESKE  
FOUNDATION

5257 SIERRA STREET RIVERSIDE  
951-351-8800 JGF4SENIORS.ORG



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## Center Hours

Monday	8am - 6pm
Tuesday	8am - 9pm
Wednesday	8am - 7pm
Thursday	8am - 6pm
Friday	8am - 6pm
Saturday	9am - 5pm
3rd Sunday	1pm - 5pm



**AARP**  
FOUNDATION

**February 5 - April 15**

**FREE TAX AIDE**

**Monday - Friday**

**9:00am to 1:00pm**

No service on Feb. 19

**WALK INS ONLY**

- A limited number of spaces are available each day
- Please bring last year's tax return, social security card, and photo ID



## Senior Services

### Senior Advisory Services

Advisory Team  
is up and running!  
See flyer  
on page 18  
for details

### Betty w/ Elegante Aspects Salon

Come in and get a haircut with Betty.  
First Come, First Served!

Every Tuesday from 8am to 4pm  
Break 12pm - 1:30pm

Women- \$13

Men- \$11

**\*Must Come w/ Clean Hair**

### Lizette Hernandez Notary Service

2nd & 4th Friday of the Month  
9:00am - 12:00pm

Visit or call Welcome Desk for an  
appointment (951)351-8800

#### Membership Pricing:

1 signature FREE per month  
Additional signatures \$15 each



#### Non- Member Pricing:

\$25 per signature

### ATTORNEY SERVICES

Appointments Available

1st & 3rd Friday of the Month  
9:00am - 2:00pm

Visit or call Welcome Desk for an  
appointment (951)351-8800

# Resources

## Senior Services & 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 Resource Advisory - Leave a message at Welcome Desk for call back by a member of the Resource Advisory Team.

Utility Assistance (RPU): Offering utility bill assistance to Riverside City residents. Free Information and application assistance provided. Appointments are available on the 2nd Wednesday of the month from 9:30am - 12:00pm.

Call Christiane Amat at (951) 826-5760 for an appointment.

Utility and Weatherization Program, CAP Riverside (951) 955-4900

Office on Aging: HelpLink Referral Service (877) 932-4100

### Food and Nutrition

Food Box: Distribution on 2nd Friday each month 10am-12pm. Bring valid government issued ID and utility bill proving residency.

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

Lunch Program: Office on Aging provides a hot lunch during the week. Lunch is served at 11:30am Monday thru Friday. See Welcome Desk for an application. Call Sodexo for lunch Reservations by 1:30pm the day before (951) 877-5950.

### Legal Assistance

Attorney Ken Weiss provides free help on legal issues, 1st & 3rd Fridays 9am – 2pm. Call for an appointment (951) 351-8800 or sign up at the Welcome Desk

### Notary services

Lizette Hernandez will be here from 9am -12pm on the 2nd & 4th Fridays.

Call front desk for appt. Membership has preferred pricing.

See flyer for details. (Holidays may affect days, check ad)

### Transportation

City of Riverside Special Transportation.

Call for details (951) 687-8080.

Dial-A-Ride Services. Call for details (951) 565-5002 or to Check –In (800) 795-7887 ext. 3

Riverside Transit Agency. Call for details (951) 565-5002

### Other Resources

Bureau of Automotive Repair, provides car smog assistance. Call David Martin Del Campo for an appointment at (951) 782-4250

County Prescription Discount Card (877) 321-2652

## Support Groups at JGC

California Council of the Blind (CCB):

2nd Saturday of the month at 12pm.

National Federation of the Blind (NFB):

2nd Saturday of the month at 10am.

### **Parkinson's Support Group:**

3rd Tuesday of the month at 1pm. Family members and caregivers are welcome to attend.

Riverside Braille Club (RBC):

Tuesdays at 9am. A social and educational gathering for those with low vision and other visual impairments.

Riverside Deaf Seniors:

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

## Group Meetings

AARP (American Association of Retired Persons): Riverside Chapter Meets the 1st Saturday of the month at 9:30am.

NARFE (National Active and Retired Federal Employees Association):

Chapter meeting:

March 27 at 10:30am

RPEA (Retired Public Employees Association):

Board Meeting:

February 15, 11:30am-1:30pm

General meeting:

March 28, at 10:30am

# Información en Español

## ¿Sabia que ofrecemos varias clases y servicios que usted puede asistir?

### \*Actividades

- Muévete con Vera (*Mueva el Estado Físico*) Mi de 10:30a - 11:30a
- Celebración de Cumpleaños (*Celebramos los cumpleaños del mes*) 1er miércoles del mes, 1p.
- Estírate y baila con Janice (*Stretch & Dance w/ Janice*) Mi de 9:00a - 10:00a.
- Ejercicio Ligero (*Light Exercise*) L, Mi, y V de 8:45a - 9:30a
- Estera de Yoga (*Mat Yoga*) J 10:15a-11:15a
- Baile de Linea (*Line Dance*) Clase intermedia con Ruth Mie 10:30am-12:30pm  
Clase Heart & Soul para principiantes Mie 3:30p - 4:30p
- Ejercicio en Silla (*Sit & Be Fit*) Mar y Jue de 9a - 10a
- Tennis de Mesa (*Table Tennis*) Varios horarios: vea calendario.
- Tai Chi: L, Mi, y V de 10:00a - 10:30a .
- Yoga en Silla (*Chair Yoga*) : Mar 10:15a- 11:15a



### Servicios

**Senior Resource Advisory.** Para hacer una cita, favor de llamar a la recepción al (951) 351-8800 y deje su nombre y número de teléfono para que un miembro de nuestro equipo pueda llamarle y hacer una cita.

- Asistencia Legal - Asistencia legal gratis. Por favor traiga a un amigo/a o familiar que pueda traducir. El abogado Ken Weiss ofrece asistencia legal gratis el 1ro y 3er Jueves de 9a - 2p. Hable para hacer una cita (951) 351-8800.

#### • Comida & Nutrición

◊ Caja de Comida - La distribución de las cajas de comida es el 2do Viernes del mes de 10a-12p. Hable al Orange County Food Box para aplicar (714) 897-6670.

◊ Programa de Lonche Sodexo - *Office on Aging* da lonche caliente de Lunes a Viernes a las 11:30a. Aplicaciones están disponibles en el Escritorio de Bienvenida o para reservar lonche llame al (951) 877-5950

◊ Dispensas - JGC le da comida a personas mayores necesitadas. Pregunte en el Escritorio de Bienvenida sobre este programa. Las donaciones siempre son bienvenidas.



### Otros Recursos

- Transportación Especial de la Ciudad de Riverside (951) 687-8080.
- Servicio de Dial-A-Ride 800-795-7887 ext. 3
- Bureau Of Reparación de Automóviles (*Ofrecen smog para autos*) Hable con David Martin Del Campo para hacer una cita al (951) 782-7250.
- Tarjeta de Descuentos del Condado para Recetas Medicas (877) 321-2652.
- Servicios de Referencia de Ayuda, Office on Aging (877) 932-4100
- Programa de Utilidad y Climatización, CAP Riverside (951) 955-4900



\*No ocupa saber inglés para participar en estas actividades  
(los instructores no hablan español, pero no es necesario hablar inglés para participar).



# be ACTIVE



**MOVIES**

**COWBOYS AND ALIENS**  
FRIDAY, MARCH 1ST  
12:45PM

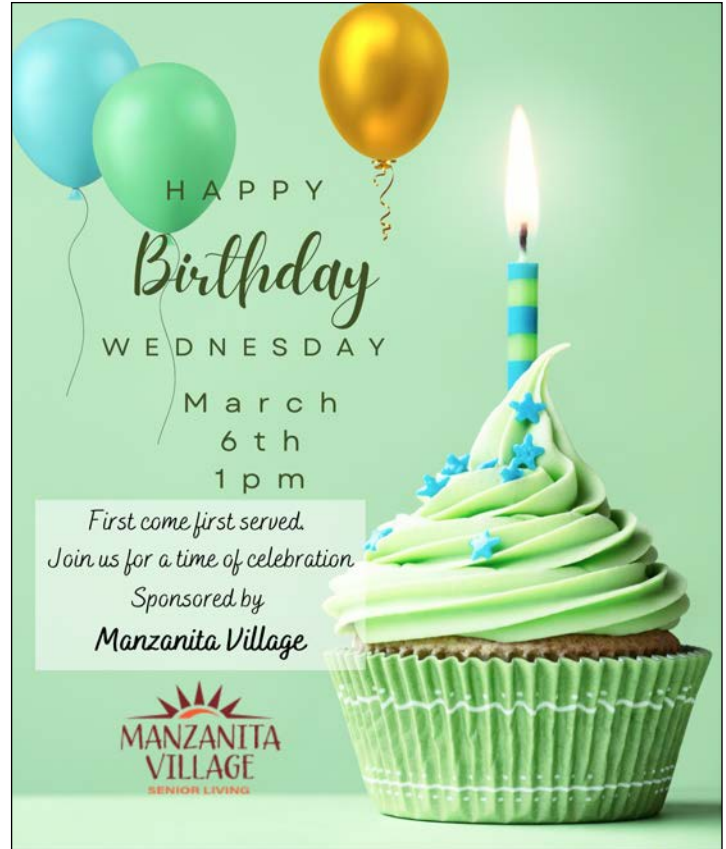
**LEAVE THE WORLD BEHIND**  
FRIDAY, MARCH 8TH  
12:45PM

**THE BLUES BROTHERS**  
FRIDAY, MARCH 15TH  
12:45PM

**THE ADAM PROJECT**  
FRIDAY, MARCH 22ND  
12:45PM

**FRIED GREEN TOMATOES**  
FRIDAY, MARCH 29TH  
12:45PM

**PAIN HUSTLERS**  
SUNDAY, MARCH 17TH  
2:00PM



HAPPY  
*Birthday*  
WEDNESDAY  
March  
6th  
1pm

*First come first served.  
Join us for a time of celebration.*

Sponsored by  
**Manzanita Village**

**MANZANITA VILLAGE**  
SENIOR LIVING

**JGF JANET GOESKE FOUNDATION**

## STRENGTH TRAINING WITH DANIEL

Classes Start: March 5  
Please call Daniel  
951-312-2049  
Limited to 6 members  
per session  
\*JGF Members Only



**Try Out Our New Gym**

- Body Solid Multi-Station Machine
- TuffStuff Multi-Function Machine
- Free weights
- And more...

**ISSA & Silver Sneaker Certified Personal Trainer**

Specializing in: Senior Fitness and Nutrition. My passion is fitness and I will adapt the classes for all fitness levels from beginners to advanced

**Class Times**


Tuesday:  
• 8:30am-9:15am  
• 9:15am-10:00am

Thursday:  
• 1:00pm-1:45pm  
• 1:45pm-2:30pm

This class is designed to help regain muscle mass and improve strength that has been lost during the aging process.

## THE WOODS SENIOR LIVING

Residents of the Woods can enjoy a multitude of local choices for entertainment, dining, shopping, local schools, nearby Riverside City College, UCR, parks, and activities. The Woods is located just minutes away from the Galleria at Tyler and Riverside Plaza Shopping Center, popular outdoor centers for dining, shopping, movies, and entertainment.



• 4800 Palm Ave  
• Riverside CA 92501

• phone: 951.228.9605  
• e: info@thewoodsriverside.com

**thewoodsriverside.com**

# PRESENTING PARTNER



## Quality Healthcare Is A Right Not A Privilege

Centro Medico Community Clinic provides quality health care to populations that are traditionally underserved. We are dedicated to ensuring that our patients are provided with the best services to achieve greater overall health and improved quality of life.

**We care about your health and wellness.**



## SERVICES



**MEDICAL**



**DENTAL**



**BEHAVIORAL  
HEALTH**



**TELE-HEALTH**



**CHIROPRACTIC**

## LOCATIONS



**CORONA**

1303 W 6th St Ste 105  
Corona, CA 92882



**RIVERSIDE**

10368 Arlington Ave  
Riverside, CA 92505




**DENTAL**

1307 W Sixth St Ste 111  
Corona, CA 92882

**(951) 278-8910**

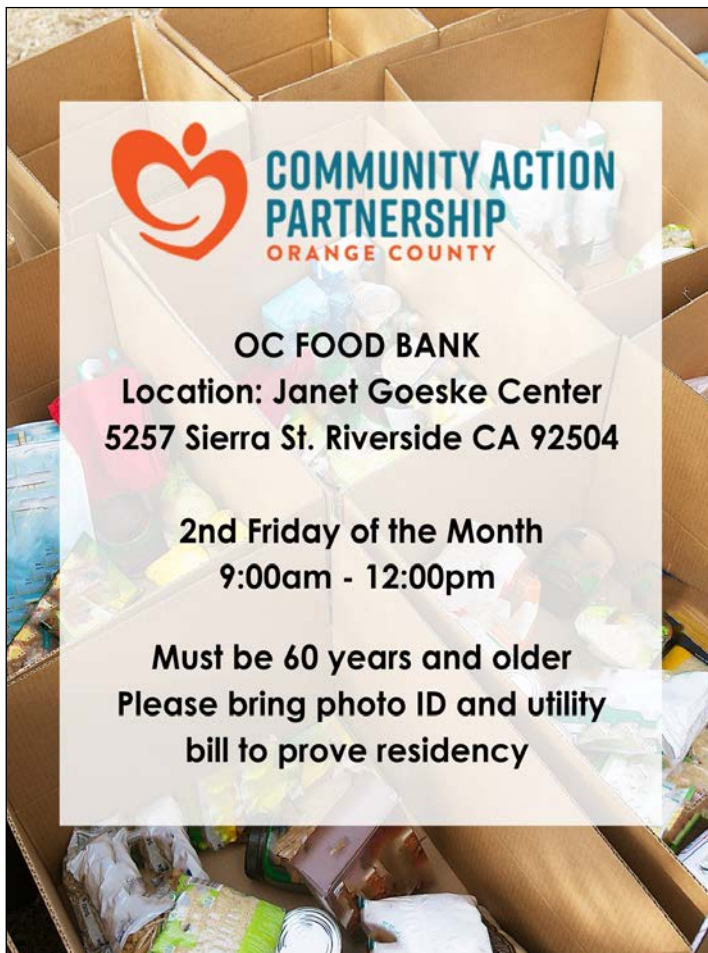


eat HEALTHY



**1st Friday 03/01  
&  
3rd Friday 03/15  
8:30 AM & 9:15 AM**

**FREE Educational Nutrition Program & Breakfast**  
*RSVP at the Welcome Desk*



**OC FOOD BANK**  
**Location: Janet Goeske Center**  
**5257 Sierra St. Riverside CA 92504**

**2nd Friday of the Month**  
**9:00am - 12:00pm**

**Must be 60 years and older**  
**Please bring photo ID and utility bill to prove residency**



**TASTE IT, TRY IT**  
**Healthy Cooking Demos, Recipe Tastings,**  
**Nutritional Education & Ingredient Giveaways**

**“Lemon-garlic Salmon with Greens”**

**Friday, March 22nd**  
**10am– 11am**

**MUST RSVP BY 03/20**  
**TO RECEIVE AN INGREDIENT**



# stay Connected



**FREE  
GROCERY  
GIVEAWAY**

FOR FAMILIES IN NEED

Reformed Baptist Church  
7250 Mission Blvd.  
Riverside, CA 92509

9:00 AM ON THE 3RD SATURDAY  
OF EACH MONTH

Your Local Food Bank  
**FEEDING  
AMERICA**  
RIVERSIDE SAN BERNARDINO



## BINGO

Join us for prizes, fun, laughs and  
information on funeral planning.

Friday, March 15, 2024 ~ 10 am

RSVP by March 11, 2024 at Front Desk or  
call 951-351-8800



**Thomas Miller**  
MORTUARY & CREMATORY

Riverside  
FD #1139  
951-687-0551

Corona  
FD #66  
951-737-3244

## Food Pantry

DAILY

Feeding those in need, one bag at a time.



Stop by our  
front desk to  
receive a  
bag full of  
non-  
perishables  
and more

PROUDLY BROUGHT TO YOU BY



5257 SIERRA STREET RIVERSIDE

951-351-8800

JGC4SENIORS.COM

## Supper Club

We meet each month at a different  
local restaurant to experience the joy  
of food, friends, & fun!

Cactus Cantina  
151 Alessandra Blvd  
Riverside, CA 92508  
Tuesday March 12th  
2:00pm

\*Individual meal costs apply  
Lunch specials change with time

**RSVP Required**

Aurora (951) 236-7970 or  
Stephanie (951) 688-9834

be Active



# 100 MILE CLUB

EVERY 1ST, 2ND & 4TH TUESDAY 1:00 - 2:00 PM

**JOIN NOW!**

WALKING FOR SENIORS IMPROVES HEART HEALTH, REDUCES PAIN, AND BOOSTS MENTAL HEALTH.

**PRIZES EVERY  
25 MILES**

**OPTIONAL \$15  
T-SHIRT**

**JANET GOESKE CENTER**  
5257 SIERRA ST. RIVERSIDE CA -  
951-351-8800

Sign up at the front desk or call 951-351-8800 to RSVP



WEDNESDAY, MARCH 20TH AT 10AM

**LEARN HOW TO KEEP YOUR MEMORY  
SHARP AND ACTIVE. THESE TIPS AND  
TRICKS ARE BOTH FUN AND USEFUL.**

NUTRITION ♥ EXERCISE ♥ EDUCATION ♥ SUPPORT



## RIVERSIDE CITY COLLEGE LIFELONG LEARNING SIGN UP TODAY FOR CLASS

### Water Exercise

Instructor: Roseanne De Leon-Callju  
Mon & Wed. 11:00am - 12:20pm

### Water Exercise

Instructor: Robin Carter - Rosenbloom  
Mon & Wed 2:30pm-3:45pm

### Drawing & Painting

Instructor: Subodh Maheshwari  
Sat. 9:00am - 12:20pm

### Healthy Aging Through Yoga

Instructor: Lorraine Zank  
Mon & Thu 1:15pm - 2:40pm

**Enroll today at**

<https://extendedlearning.rccd.edu/lifelong/>

**Spring session: Feb. 12, 2024 thru June 7, 2024**



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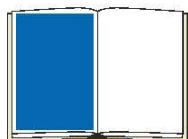
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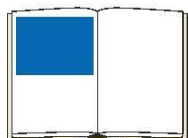
# Advertising in Pacesetter

## Most Popular



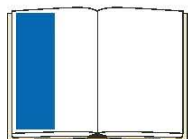
### Full Page \$300/Month

- Size: 7.5"W x 9.5"H
- Color: {Print = Black & White} {Online = Color}
- 10% discount available for 3 consecutive months when paid in advance



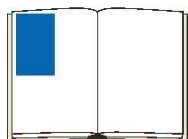
### Half Page- Horizontal \$200/Month

- Size: 7.5"W x 4.7"H
- Color: {Print = Black & White} {Online = Color}
- 10% discount available for 3 consecutive months when paid in advance



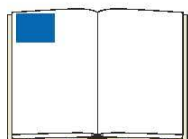
### Half Page - Vertical \$200/Month

- Size: 3.7"W x 9.5"H
- Color: {Print = Black & White} {Online = Color}
- 10% discount available for 3 consecutive months when paid in advance



### Quarter Page \$100/Month

- Size: 3.7"W x 4.7"H
- Color: {Print = Black & White} {Online = Color}
- 10% discount available for 3 consecutive months when paid in advance



### 1/8 Page \$50/Month

- Size: 3.7"W x 2.3"H
- Color: {Print = Black & White} {Online = Color}
- 10% discount available for 3 consecutive months when paid in advance

Please submit your ad by the 15th of the month prior to publication date.

## COMPANY INFORMATION

Individual/Company Name: \_\_\_\_\_  
*(Please provide as you would like it to appear in printed materials)*

Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

## PAYMENT INFORMATION



Please Invoice Me



Check Enclosed



Credit Card

Name on Card: \_\_\_\_\_

Billing Address: \_\_\_\_\_

Credit Card #: \_\_\_\_\_ Security Code: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_



# stay Connected

## Comfort & Joy Support Group

A time and place to connect with others, discuss problems, socialize, and feel supported

Beginning March 14th  
2nd and 4th Thursday  
from 1:00pm - 2:30pm

## Seeking Volunteers

Janet Goeske  
Center

**WE  
NEED  
YOU!**

**Positions available in the following areas:**

General maintenance/set-up

Snack-bar (prep, sell, serve, clean-up) Saturdays & Mondays)

Ask for application at front desk to apply.  
Background check required for snack bar



# VOTE

**DROP OFF  
BALLOTS**

**2024**

The Janet Goeske Center is a ballot drop off center for the California Primary Election  
You may drop off your ballots during any of the following times:

**March 2nd-4th      9am - 5pm**  
**March 5th          7am - 8pm**



**OPTIMA  
HEALTH**

## Senior Nutrition Insights: A Doc Talk Event at the Goeske!

**March 7th at 10AM**

- ✓ Choose foods to stabilize blood sugar and cholesterol
- ✓ Reduce sugar intake and understand food labels.
- ✓ Focus on high-fiber foods and healthy fats.
- ✓ Control portions and meal timing.

**PRESENTER:**

**DR. EMILY FARIAS**

Dr. Farias, MD is a highly accomplished physician who completed her medical education at the Medical College of Wisconsin and her family medicine residency at Loma Linda University. With a focus on partnership, Dr. Farias collaborates with her patients to improve their health and quality of life.

**Accepting New Patients:**

3634 Elizabeth St  
Riverside, CA 92506  
(951) 788-0008

951-360-6455

hello@HRBCinsurance.com

www.HRBCinsurance.com

6809 Magnolia Ave. Riverside, CA 92506





# Advertisement



**Health Screenings & Vaccinations**

Blood Pressure Screenings  
Blood Glucose Tests

**FREE Health Screenings & MORE!**

Onsite HIV Testing and Home Testing Kits Available

**Hands-Only CPR Training**

## 2nd Annual COMMUNITY health & wellness FAIR

In partnership with Riverside Project Heart and Operation Kindness...

**Saturday | April 13 | 9-12**

**RIVERSIDE MEDICAL CLINIC**  
Admin Building Parking Lot  
**3660 Arlington Avenue, Riverside**  
(Parking Entrance Off Brockton or Arlington)

Join us for an event  
full of **FREE** activities

**Spring Kindness Activity Backpacks**  
will be given away to the  
first 500 children!

Program Supported By



**US Venture**

Corporate



Thank you to our 2023 & 2024 sponsors



Sponsorships available by emailing [rmccf.info@RMCcharity.org](mailto:rmccf.info@RMCcharity.org)

Riverside Project Heart is a program funded by  
**Riverside Medical Clinic**  
**CHARITABLE**  
*foundation*

Riverside Medical Clinic Charitable Foundation is dedicated to improving health and the quality of life in Inland Southern California through advocacy, education, and service.

**RMCcharity.org**  
**RiversideProjectHeart.com**

Riverside Medical Clinic Charitable Foundation is a 501(c)(3) nonprofit organization and all of our programs are funded entirely by donations. All donations are tax-deductible to the extent allowed by law. (Federal Tax ID #30-0796418).



# Advertisement



*Are you ready for*  
**Something new?**



✓ Affordable and hassle-free	✓ Cash or finance
✓ Safe and low-maintenance	✓ Small community with pool and amenities
✓ Bloomington Senior Manufactured home park	✓ Prices start at \$129,900

Contact:  
Gene Keough 909-428-7610  
gksherwood@aol.com

This is an excellent alternative to reverse mortgage. Be secure in your own home.




**BOOK TODAY!**



**Room Rentals**

5257 Sierra St  
Riverside CA 92504

- Tables & Chairs Included
- Free WiFi Available
- Ample Free Parking
- Outdoor Patio Area Available
- Stage & Sound Available
- ADA Accessible



**For More Information Call (951) 840-3906**

**ON SALE!**

**JGF T-SHIRT SALE**



**Members: \$15**  
**Non-members: \$20**

See the front desk to purchase

# Daily Schedule

Monday		Tuesday		Wednesday							
Billiards***, Computer Lab, & Library are open during normal operating hours. Lunch program M-F 11:30—12:30.											
8:00A-1:00P	Scrabble Group	8:00A-4:00P	Betty w/ Elegante Aspect Salon (\$11-\$13) (Break 12-1:30)	7:00A-8:00A	Wisdom Walkers (Ryan Bonaminio Park)						
9:00A-9:45A	Light Exercise	8:30A-10:00A	Strength training w/Daniel (TBD)	8:00A-10:00A	Chair Volleyball (1st, 3rd & 5th )						
9:00A-4:00P	Canasta Hand & Foot	9:00A-10:00A	*Sit & Be Fit	8:00A-1:00P	Scrabble Group						
9:00A-12:00P	Art Open Studio	9:00A-2:00P	Braille	9:00A-9:45A	Light Exercise						
10:00A-10:30A	Tai Chi	9:00A-4:00P	Canasta Hand & Foot Card Game	9:00A-10:00A	*Stretch & Dance w/Janice						
10:00A-2:00P	<b>“The Mondays” Pinochle</b>	9:30A-12:30P	HiCap Counseling (4th )RSVP	9:00A-12:00P	<b>Peggy’s Painting (\$5)</b> (1st & 3rd )						
11:00A– 12:20P	**Water Exercise w/ Roseanne (RCC)	9:00A-11:00A	*Diamond Painting w/Julie	9:00A-12:00P	Ladies Billiards Training***						
11:00A-12:00P	Yoga Therapeutics	10:00A-4:00P	Pinochle (Aces)	9:00A-4:00P	Canasta Hand & Foot Card Game						
12:00P-4:00P	Bingo (Buy-In Required)	10:00A-11:30A	Tuesday Morning Group	9:00A-12:00P	Felting w/Kelly (2nd & 4th)						
12:30P-3:30P	Bridge	10:15A-11:15A	*Chair Yoga	9:30A—12:00P	Riverside Util. Asst (2nd) RSVP						
1:00P-2:00P	String Ensemble	10:30A-11:30A	Ballroom Dance	10:00A-10:30A	Tai Chi						
1:00P-3:00P	Write Your Life Story (Inlandia)	1:00P-2:00P	100 Mile Club (1st, 2nd, 4th) (Registration Required)	10:00A-3:00P	Star & Scrappers Sewing (2nd)						
1:15P-2:45P	** Healthy Aging through Yoga w/ Lorraine (RCC)	1:00P-3:00P	<b>Parkinson’s Support Group</b> (3rd )	10:00A-11:00A	Fit, Fresh, Fun (4th)						
2:15P-4:45P	*Chair Volleyball (Team Practice)	2:15P-5:15P	Beads, Beads & More	10:00A-12:00P	Inland Recorder (1st&3rd)						
2:30P-3:45P	**Water Exercise w/ Robin (RCC)	2:30P	Supper Club (2nd) location varies	10:30A-11:30A	*MOVE w/Vera						
3:00P-5:15P	Table Tennis (Intermediate)	3:30P-8:30P	Table Tennis (Intermediate)	10:30A-12:30P	Intermediate Line Dance w/Ruth (\$5)						
		5:30P-8:30P	Raincross Quilt Guild (3rd )	10:30A-1:30P	Bunco Dice Game (3rd ) (\$5 Gift Card)						
		5:30P-9:00P	Inland Region Iris Society (1st )	11:00A– 12:20P	**Water Exercise w/ Roseanne						
<b>March 2024</b>		6:00P-8:30P	Riverside Flower Show Gardening (4th )	11:00A-4:00P	Riverside Deaf Seniors (4th )						
Sun	Mon	Tue	Wed	Thu	Fri	Sat					
						1	2	6:00P-8:00P	Stained Glass	1:00P-1:30P	Birthday Celebration (1st )
3	4	5	6	7	8	9		6:30P-9:00P	Raincross Rose Society (2nd)	2:30P– 3:45P	**Water Exercise w/ Robin (RCC)
10	11	12	13	14	15	16		6:45P-8:45P	Riverside Stamp Group (3rd)	2:30P-4:00P	American Sign Language
										3:00P-6:00P	Oil Painting
17	18	19	20	21	22	23				3:30P-4:30P	*Heart & Soul Line Dance (Beginners)
24	25	26	27	28	29	30				4:30P-6:00P	*Table Tennis (Beginners)
31										4:30P-6:00P	Friendship Quilters (2nd & 4th)



# Daily Schedule

Wednesday/Thursday		Friday		Saturday	
Billiards***, Computer Lab, & Library are open during normal operating hours. Lunch program M-F 11:30—12:30.					
Wednesday(cont'd)		8:30A-9:00A	Great Starts @ Goeske Breakfast (1st & 3rd) RSVP	9:00A-12:20P	**Drawing & Painting w/ Subodh RCC
5:00P-7:00P	Duck & Decoy Wood Carvers	9:00A—6:00P	Ceramics w/Richard (Stoneware)	9:00A-4:00P	Canasta Hand & Foot Card Game
		9:00A-12:00P	Notary Service (2nd & 4th) by appt	9:30A-12:00P	AARP Riv. Chapter (1st)
		9:00A-9:45A	Light Exercise	10:00A-12:00P	National Federation of the Blind (2nd)
Thursday		9:00A-11:00	Goeske Choir Group (1st & 3rd Fri)	11:00A-1:00P	Table Tennis (Beginners)
8:00A-10:30A	TOPS - Take Off Pounds Sensibly (\$1)	9:00A-2:00P	Attorney Services (1st & 3rd) by appt	12:00P-4:00P	Bingo (Buy-In Required)
9:00A-1:00P	Mary's Ceramics Handbuilding (\$2)	9:00A-4:00P	Canasta Hand & Foot Card Game	12:00P-4:30P	California Council for the Blind (2nd)
9:00A-10:00A	*Sit & Be Fit	9:15A-9:45A	Great Starts @ Goeske Breakfast (1st & 3rd) RSVP	1:00P-2:30P	Bible Study w/Inland Lighthouse (1st & 3rd) (dark January)
9:00A-4:00P	Canasta Hand & Foot Card Game	9:15A-1:30P	Dominoes Mexican Train	1:00P - 4:00P	Jewelry Making Class
10:00A-4:00P	Pinochle (Aces)	9:30A—11:30A	Begin/Adv. Crochet Class (1st, 3rd & 5th)	1:00P - 4:00P	Table Tennis (Intermediate)
10:15A-11:15A	*Mat Yoga	10:00A-10:30A	Tai Chi (dark 2nd )		
10:00A-3:00P	Mahjong w/ Jan & Jill (1st, 3rd & 5th)	10:00A-12:00P	OC Box Distribution (2nd )	3rd Sunday	
10:00A-11:00P	Coloring 4 Adults	10:00A-2:00P	Sit & Sew (2nd & 4th)	1:00P-5:00P	Inland Wood Turners
11:00A-2:00P	Happy Hookers Knit & Crochet Group	10:00A -11:00P	Taste it, Try it RSVP	1:30P-4:00P	Featherweight Club
12:30P-3:30P	Bridge	11:30A-1:00P	Fun Club (1st)	2:00P-4:00P	Sunday Movie
1:00P—2:30P	Strength Training w/Daniel(TBD)	11:00A-1:00P	Goeske Drama Group (1st & 3rd)		
1:00P-2:30P	Comfort & Joy support group (2nd & 4th)	12:45P-2:30P	Friday Movie	*No fee for this class but TIPS are greatly appreciated.  ** RCC Session 2/12—6/7. Registration required See flyer for details  ***Members only	
1:15P-2:40P	** Healthy Aging through Yoga w/ Lorraine (RCC)	1:30P-4:00P	*Chair Volleyball (1st, 3rd & 4th)		
2:30P-4:00P	*Rock Painting (1st & 3rd )	1:45-2:45P	Journaling & Friendship Circle		
2:30P-4:45P	*Chair Volleyball (Team Practice)	3:00P-5:15P	Table Tennis (Intermediate)		
3:00P-5:15P	Table Tennis (Intermediate)				

# SENIOR RESOURCE ASSISTANCE

## ASK QUESTIONS - GET SUPPORT

Led by JGF's Senior Resource Advisor, Dee Keoski; our team of caring volunteers will provide information and resources for older adults in the community.

Leave your name and phone number at the front desk and one of our team members will contact you for an appointment.

## HERE IS A LIST OF SOME OF THE MANY SUBJECTS OUR TEAM CAN ASSIST YOU WITH:

DMV Driver's License Renewal

No test required Driver can take an on-line module with our help.

Health Insurance

Alzheimer's Information

Elder Abuse

Nursing Homes

Senior Housing

Estate Planning, Wills & Trusts

Nutrition Services



## FOR MORE INFORMATION

951-351-8800



[www.jgf4seniors.org](http://www.jgf4seniors.org)



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 FLOWER  
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 KITE  
 LEPRECHAUN  
 LUCK  
 MADNESS  
 MARCH  
 PARADE  
 POT OF GOLD  
 RAIN  
 REBIRTH  
 RENEWAL  
 SHAMROCK  
 SHOWERS  
 SPRING  
 ST. PATRICK'S DAY  
 WINDY



WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

Y	T	A	S	D	V	R	I	J	B	Y	L	Z	P	V	B	Y	O	F
M	S	J	C	A	F	E	T	R	H	T	K	O	G	P	N	D	E	V
D	M	H	C	D	Y	T	Y	E	G	I	C	A	A	H	U	N	Q	Z
Z	Y	G	A	K	N	S	Q	N	N	H	U	P	C	Z	A	I	U	B
F	A	X	A	M	I	A	N	E	I	O	L	R	R	W	H	W	I	M
R	D	S	F	A	R	E	Q	W	N	L	A	A	P	Y	C	Q	N	O
E	S	S	L	K	V	O	Q	A	E	M	I	M	F	G	E	N	O	B
S	K	E	G	K	D	B	C	L	K	N	H	T	W	O	R	G	X	D
H	C	N	E	H	Y	E	I	K	A	B	D	G	Q	H	P	F	V	Z
B	I	D	O	B	D	Y	I	Y	W	N	V	A	N	U	E	Y	R	J
M	R	A	L	A	G	N	I	V	A	S	T	H	G	I	L	Y	A	D
E	T	M	R	S	H	N	Y	R	U	A	T	G	H	T	R	A	Q	L
H	A	A	S	K	F	E	M	O	S	S	O	L	B	D	E	P	S	O
X	P	B	E	E	T	E	E	O	T	J	K	I	T	E	W	E	S	G
W	T	V	Y	T	W	R	J	N	Y	M	Z	K	X	Q	O	G	U	F
G	S	F	H	B	A	G	M	S	R	E	W	O	H	S	L	L	H	O
R	P	C	O	A	U	M	L	R	E	B	I	R	T	H	F	H	E	T
B	J	X	L	L	E	D	A	F	F	O	D	I	L	S	O	Z	E	O
J	A	B	I	L	I	V	P	T	K	T	V	U	O	N	G	I	Z	P



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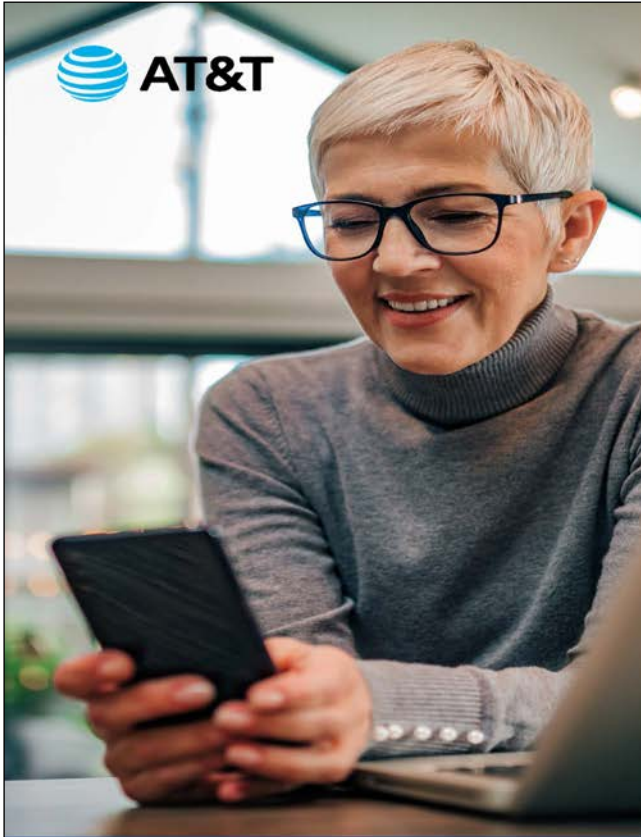
951-788-0008 (P)



951-788-0007 (F)



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## ► Please Join Us

We would like to update you about how AT&T is working to upgrade home phone service for our California customers who use traditional copper-based landlines. We want you to hear it from us—no customer is being left without service. We are not canceling home phone service in California.

**Our customers will not lose access to phone service in their home.**

We would like to hear your thoughts, and answer any questions you may have as it relates to keeping you connected.

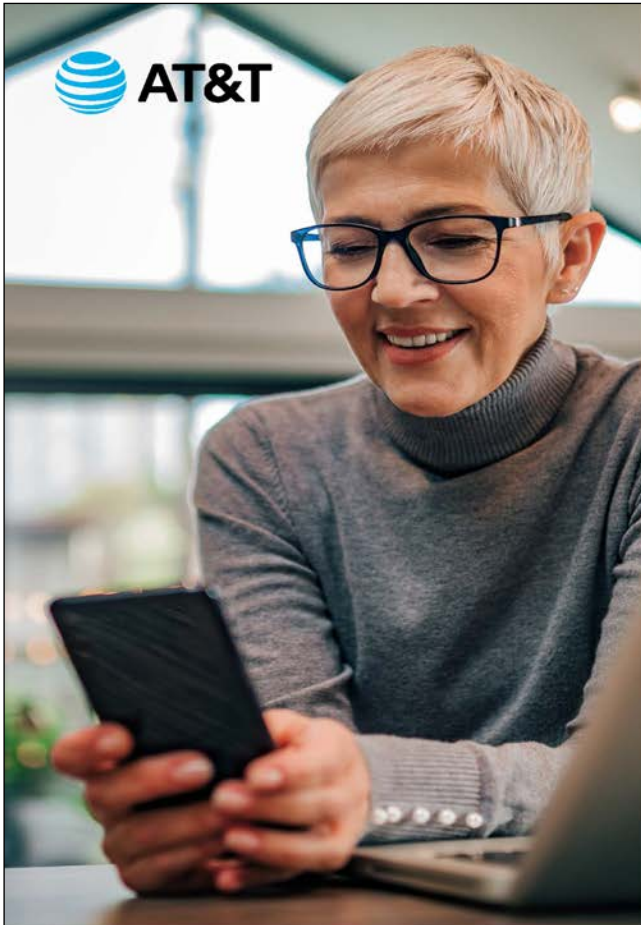
### **The Janet Goeske Senior Center**

5257 Sierra St.  
Riverside, CA 92504

### **Monday, March 4**

**10:30 a.m. – 11:30 a.m.**

**Questions?** Contact Julio Figueroa at [jf1934@att.com](mailto:jf1934@att.com) and visit our blog: [www.attconnects.com/OurCommitment](http://www.attconnects.com/OurCommitment)

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## ► Únase a nosotros

Nos gustaría informarle sobre cómo AT&T está trabajando para actualizar el servicio telefónico residencial para nuestros clientes de California que utilizan líneas fijas tradicionales basadas en cobre. Queremos que lo escuche de nosotros: ningún cliente se quedara sin servicio. No estamos cancelando el servicio de teléfono residencial en California.

**Nuestros clientes no perderán el acceso al servicio telefónico en su hogar.**

Nos gustaría escuchar sus pensamientos y responder a cualquier pregunta que pueda tener en relación con mantenerlo conectado.

### **The Janet Goeske Senior Center**

5257 Sierra St.  
Riverside, CA 92504

### **lunes 4 de marzo**

**10:30 a.m. – 11:30 a.m.**

**¿Preguntas?** Contacte a Julio Figueroa en [jf1934@att.com](mailto:jf1934@att.com) y visita nuestro blog: [www.attconnects.com/OurCommitment](http://www.attconnects.com/OurCommitment)

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Whether you're a seasoned pro or a first-time singer, everyone is welcome to come and showcase their talents. The singing will start at 10:00am. Don't miss out on the opportunity to socialize and have a blast with other seniors. We can't wait to see you there!

 **Date and time**  
March 26th, 2024  
At 10:00am

 **Janet Goeske Senior Center**  
5257 Sierra St  
Riverside, CA 92504

 **I'm Anthony Grier, (Lic #0C23172)**  
I will be available to answer  
all your Medicare questions  
at no cost to you!

**PLEASE RSVP BY CALLING THE NUMBER BELOW | 9AM - 5PM**

 **SBHIS (951) 875-6250**

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## Partner Highlight



### *Partner Highlight*



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eat Healthy

## SNAP-Ed Sessions



**(ENGLISH CLASS)**  
Classes will be provided by  
Riverside County  
Office on Aging

**Date: 03/21/24**

**Time: 11:30am-12:30pm**

**Location:**  
Janet Goeske Center 5257  
Sierra St, Riverside,  
California 92504

### Fresh from the Garden Tomatoes



Please Contact: Maricruz Carrillo at [Mcarillo@rivco.org](mailto:Mcarillo@rivco.org) (951) 358-3288  
Stephanie Posada at [Sposada@rivco.org](mailto:Sposada@rivco.org) (951) 481-9913



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County of Riverside

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La Clase Serán impartidas  
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Edad del Condado de  
Riverside

**Fecha: 3/21/24**

**Horario: 10:30am-11:30am**

**Ubicación:** Janet Goeske  
Center  
5257 Sierra St, Riverside,  
California 92504

### Tomate Fresco desde el Jardín



Por favor, póngase en contacto con: Maricruz Carrillo al  
[Mcarillo@rivco.org](mailto:Mcarillo@rivco.org) (951) 358-3288  
Stephanie Posada al [Sposada@rivco.org](mailto:Sposada@rivco.org) (951) 481-9913



Oficina de la Tercera edad del  
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We provide a FREE, no-obligation second opinion on your coverage. Our licensed team will review your benefits to ensure they align with your current health needs and lifestyle.

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Danielle Nelson  
Executive Director  
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Kathy Arant	DiBonaventura	Luiza Lopez-	Keith Renner
Carolyn Bailey	Sharon Baenett	Cabrera	Jesus Reyez Gomez
Mary Joy Barnett	Dillon	Feliciadad	Carolyn Robinson
Bettye L. Baum	Joyce Ehlers	S.Loustaunau	Sandee Helen
Donna	Kirk Ferguson	Marilyn Lynch	Rudolph
Bendictos	James Fleming	Van Ma	Rosie Russell
Judy Berndt	Ann O. Foster	Judy Ma	Rosa Maria Salmon
Yoko Boucher	Patsi Fountaine	Roger Marquis	Lillian Satterfield
Peter J. Brabant	Sylvia Galbreath	Yolanda Martinez	Cheryl Sautter-
Shirley Britton	Janice Geldreich	Sheila McMahon	Konyn
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Randy Bregman	Katie Greene	Patricia Morgan	Nan Simonsen
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Robin Brock	Sharon Gross	Dave Nelson	Donna Steele
Vera Brown-Sisler	Deanna Hack-	Ralph Nunez	Sherril Stewart
Joan Campbell	thorne	Dolly Ogata	Dean Stewart
Shizuyo Sue	Helen M. Harker	William Oppenheim	K. Tyson-Stockton
Campfield	Shirley Hangan	Edna A. Osborn	Diane A. Stuart
Cathy S. Campos	Theresa Hanley	Howard Owens	Dennis R. Stuart
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Marnell M. Cox	Julie Hugdahl	Pete Peterson	Castro
Alecia Curtis	*Stephen Jasina	Nancy Pierce	Ursula Vogelsang
Pauline Curtis	Cecelia Jimenez	Nina Poblete	Walter Vogelsang
Cheryl Curtis	Karen S. Kane	Terence L.G. Prosser	Ellen Weinfurtnr
Viera Daniels	Phyllis M. Kennedy	Wanda M. Prosser	Marsha Welch
Mary Davis	Cheryl LaCount	Phyllis M. Purcell	Diana Jean Williams
Christina Deharo	Janice Lance	Jerry Rachman	Dolores Williams
Patricia Deike	Dana A. Lasater	Sandy Rachman	Reza Zakikhani
Elena Susana Diaz	Sonia Lawson	Georgia I. Ran-	
Sergio G. Diaz		dolph	

\*Inaugural Member

**Visit the Welcome Desk for more information  
on how to become a Member!**



# 2023-24 Memberships



**JANET GOESKE**  
FOUNDATION

**ONLY  
\$20**

## JGF ANNUAL MEMBERSHIP DRIVE



### Membership Benefits

Members **ONLY** Gym  
 Goeske Merch Discount  
 Goeske Bingo Discounts  
 Local Business Discounts  
 Billiard Room Member **ONLY** Hours  
 Early sign ups for Special Events  
 Member **ONLY** Classes and Events  
 Discounted or **FREE** admission  
 to Special Events

**Ask us about  
Lifetime Member  
Benefits!**

Janet Goeske Senior Center  
 5257 Sierra St., Riverside CA 92504  
 951-351-8800

[www.jgf4seniors.com](http://www.jgf4seniors.com)

# PREMIER CORPORATE PARTNERS

## PRESENTING PARTNER



(951) 278-8910



(951) 688-8801



Legendary Care  
(866) 314-2427



(951) 683-6611



(866) 383-4722



*Thomas Miller*  
MORTUARY & CREMATORY  
(951) 687-0551



(951) 394-7500



(951) 780-0180





## JGF TEAM

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Outreach Coordinator  
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Recreation Attendant

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Recreation Attendant

Rosa Chappell  
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Sr. Resource Advisor  
dkeoski@jgf4seniors.org

Russ Thorpe  
Admin. Trainee

David Bedoya  
Recreation Attendant



## BOARD OF DIRECTORS

Executive Board Directors

Vickie Hawley, Chair  
Controller  
Luminex Software, Inc.

Julio Figueroa, Vice Chair  
Director of External Affairs  
AT&T

Judy Carpenter, Treasurer  
Head of Operations  
Akido Labs

Amy Clemens, Secretary  
Director of Operations,  
Akido Labs

Kelli Tyson Stockton, Past Chair  
Co-Owner  
Riverside Jazzercise

Directors

Richard Bennett  
Regional Airport  
Compliance Manager  
Retired / UPS

Kathleen S. Hartman  
President/Chief Executive Officer  
Riverside Personnel Services, Inc.

Christina Reid-Brown  
Retired, Associate Vice-President  
Oncology Services

Joan Roberts Cooper, Ph.D.  
Owner, Visiting Angels of  
Riverside County

Henry Romero  
President/Founder  
HRBC Insurance

Megan G. Demshki  
Attorney at Law  
Aitken Aitken Cohn

*Emeritus*

Melva L. Cooke  
Michael Goldware  
Mrs. Bobbie Ann Mays



**JANET GOESKE**  
FOUNDATION

Janet Goeske Senior Center  
5257 Sierra Street  
Riverside, CA 92504  
Phone: 951-351-8800

[WWW.JGF4SENIORS.ORG](http://WWW.JGF4SENIORS.ORG)



**FREE  
EVENT!**

## SENIOR CONFERENCE

An Older Adult Service and Resource Fair

**MAY 9 at 10AM**

## EVENT HIGHLIGHTS

- Medication Disposal
- Document Shred
- Senior Resources
- Continental Breakfast (First Come, First Serve)
- Vendors

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