

# GOESKE PACESETTER



A Magazine For Active Fifty & Better Adults

October 2024



## Medicare EXPO

YOU HAVE CHOICES!

Meet with local Insurance Brokers and Health Plan Representatives to review plan changes and understand your new healthcare options.

*Get help finding the best health plan for you!*

**November 13th**  
**9AM- 12PM**



**CONTINENTAL  
BREAKFAST**



**Document  
Shredding**



**ADVANTAGE PLANS**



**RAFFLE PRIZES**



**PRESCRIPTION  
DISPOSAL**



**JANET GOESKE  
FOUNDATION**

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



# Inside this Issue

Medicare Expo..... Cover  
 Announcements.....2,3  
 Senior Services.....3,4,38  
 Información en Español.....5  
 Gym schedule.....6  
 Activities.....6,12,14,15,19  
 Nutrition & Health Edu.....8,9,26  
 Travel.....21  
 Daily Schedule.....22-25  
 Lunch Menu.....26  
 Fun Page.....11,13,20,31  
 Membership.....41  
 Who's who.....42-43  
 Halloween Party.....Back

# Center Hours

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

**IMPORTANT ANNOUNCEMENT**

In preparation for our upcoming health fair, we will be closed on the following days:

**Prep for Health Fair**  
 October 1st  
 Center Closed

**Center Open for Health Fair 10am-2pm**  
 then closed the rest of the day

October 2nd

Bag lunches will be available both days

**Columbus Day & Indigenous Peoples Day**

**October 14, 2024**

**Holiday Hours**  
 9:00am - 4:00pm

**No Lunch Program**



# Senior Services



If you are feeling unwell or have symptoms of a cold or flu--please stay home. Come back when you are feeling well.

Thank you for being considerate of others.



## 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

### Senior Resource Advisory Services

Call front desk to request a call back. A member of our Senior resource team will call you and answer your questions and/or schedule an appointment. See flyer in Pacesetter for details. 951-351-8800

### Barb's Classy Cuts

Hairdresser: Barbara Douglas  
Available every Thursday from 9am to 2pm!

Haircut Prices:

- Women: \$13
- Men: \$11
- blow dry +\$5.00

Our Schedule:  
Thursday 9:00am-2:00pm

Sign up at the front desk.

# 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 Assistance** - 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.

### Cal Fresh:

### 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

Not available at this time.

### Transportation

City of Riverside Special Transportation (Riverside Connect).

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

### **Alzheimer's Association—Support group for caregivers**

1st Friday of the month at 1:30pm

### **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.

### **Comfort & Joy support group**

2nd and 4th Thursday of the month

### **Ostomy Support Group**

3rd Sunday of the month 2:00P-4:00pm

## Group Meetings

### **AARP (American Association of Retired Persons): Riverside Chapter**

1st Saturday of the month at 9:30am.

### **NARFE (National Active and Retired Federal Employees Association):**

Chapter meeting:

4th Wednesday 10:30am

### **RPEA (Retired Public Employees Association):**

October 17, 2024 11:30a-1:30p



# Información en Español

## ¿Sabía 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 Viernes 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 el almuerzo caliente de Lunes a Viernes a las 11:30a. Aplicaciones están disponibles en el Escritorio de Bienvenida o para reservar Almuerzo 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



**JGF**  
JANET GOESKE  
FOUNDATION

**Ladies Billiards Training**  
Wed 9am-12pm

Instructor: Bob McLaren

**Join Our Ladies Pool Lessons!**

No experience is needed to join our Ladies Only Pool lessons. Whether you're a complete beginner or looking to refine your skills, we provide all the necessary equipment and expert instruction to help you enjoy and excel at the game.


This is a wonderful opportunity to socialize, have a good time, and make new friends. Feel free to stop by and check it out. We look forward to seeing you there!

**Membership Required**

Our Schedule:  
Wednesday 9:00am-12:00pm



(951)351-8800 [www.jgc4seniors.org](http://www.jgc4seniors.org) 5257 Sierra Street, Riverside, CA 92504



**ZUMBA DANCE CLASS**

Date: Wednesdays  
October 16th  
Time: 12:00pm-12:45pm  
Location: Gym

**Join Us for an Energetic Workout Session!**

Details:

- Wear: Closed-toe shoes, comfortable clothes
- Bring: Small towel, water, and your energy!
- Ability: Must move around quickly and stand for extended periods
- Level: Beginner-friendly
- Must be a Member to participate

**JGF** JANET GOESKE FOUNDATION

Don't miss out - Space is Limited!  
Register at the Front Desk

5257 Sierra Street  
Riverside, CA 92504  
(951) 351-8800



## WELLNESS ROOM GYM SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am - 8:30 am	GYM OPEN	CLOSED	CLOSED	GYM OPEN	GYM OPEN	CLOSED
8:30 am - 10:30 am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	GYM OPEN
10:00 am - 11:15 am	CLOSED	CLOSED	CLOSED	CLOSED	GYM OPEN	GYM OPEN
11:15 am - 12:00 pm	CLOSED	GYM OPEN	CLOSED	GYM OPEN	GYM OPEN	GYM OPEN
12:00 pm - 1:00 pm	GYM OPEN	GYM OPEN	GYM OPEN	GYM OPEN	GYM OPEN	GYM OPEN
1:00 pm - 2:30 pm	CLOSED	GYM OPEN	GYM OPEN	CLOSED	GYM OPEN	GYM OPEN
2:30 pm - 4:30 pm	GYM OPEN	GYM OPEN	GYM OPEN	CLOSED	GYM OPEN	GYM OPEN
4:30 pm - 6:00 pm	GYM OPEN	GYM OPEN	GYM OPEN	GYM OPEN	GYM OPEN	CLOSED
Closing 15 minutes prior to closing	CLOSED	GYM OPEN	GYM OPEN	CLOSED	CLOSED	CLOSED

No access to gym when a class is in session

3rd Sunday Gym Open

Members ONLY access to gym during GYM OPEN hours!



# Presenting Partner



## Healthcare When You Need It Most

Centro Medico Community Clinic offers a comprehensive range of health care services designed to meet the needs of under-served populations. Our services are tailored to overcome barriers such as socioeconomic status and language, ensuring access to essential health care for everyone in the community.



## Our Services



### Medical

Comprehensive healthcare tailored for all ages.



### Dental

Exceptional dental care for healthy, radiant smiles.



### Behavioral Health

Compassionate mental health support for overall well-being.



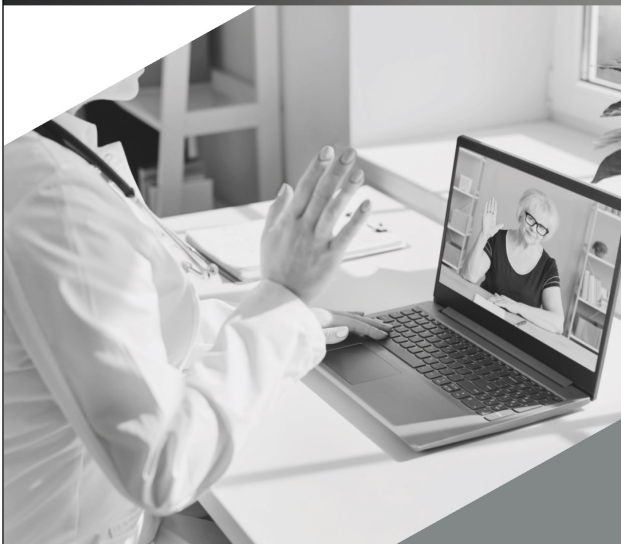
### Chiropractic

Expert pain relief and improved mobility for a better quality of life.



### Acupuncture


Holistic acupuncture treatments to restore balance and vitality.



## Why Choose Centro?

Quality healthcare is a right, not a privilege. We're here for you in person and online. We offer primary medical care for all ages, including family planning, lab services, dental, chiropractic, acupuncture, and retinal exams for diabetic patients. We also provide weight management, case management, and convenient telehealth options to ensure you receive care anytime, anywhere.

- ✓ Personalized Care
- ✓ Telehealth Services
- ✓ Expert Providers
- ✓ Affordable Insurance Accepted

 (951) 278-8910



# eat HEALTHY



**G** GREAT STARTS @  
GOESKE

**October**  
**3rd Friday ONLY 10/18**  
**8:30 AM & 9:15 AM**

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

**JGF** JANET GOESKE  
FOUNDATION

*Taste it,*  
**TRY IT**

**HEALTHY HOMEMADE PIZZA  
&  
SPOOKY DESSERT**

- Healthy Cooking Demos
- Recipe Tastings
- Nutritional Education
- Ingredient Giveaways

**FRIDAY, OCTOBER 25TH | 10AM-11AM**

Must RSVP by 10/23 to Receive an  
Ingredient

## Supper Club

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

Oishii Sushi

6133 Magnolia Ave

Riverside, CA 92506

Tuesday October 8th

2:00pm

\*Individual meal costs apply  
Lunch specials change with time

**RSVP Required**

Aurora (951) 236-7970 or

Stephanie (951) 688-9834



eat **HEALTHY**

# Nutrition Class

Hosted by Riverside County Office on Aging



Date: 10/24/24

Time: 9:00-10:00am

Location: 5257 Sierra St, Riverside, CA 92504

Please Contact: Elias Juan Tomas at  
EJTomas@rivco.org (951) 481-6594  
Maricruz Carrillo at Mcarrillo@rivco.org  
(951) 315-9109

**Eat Smart, Live Strong: Session 1**



**Riverside County Office on Aging**  
**1-877-932-4100**



RIVERSIDE COUNTY  
OFFICE ON AGING

Funded by USDA SNAP, an equal opportunity provider. Visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org) for healthy tips. The materials or product were developed as a result of a project funded by a contract with the California Department of Aging.

# Clase de Nutrición

Presentado por La Oficina de la Tercera Edad del Condado de Riverside



Fecha: 10/24/24

Horario:  
10:00am-11:00am

Lugar: 5257 Sierra St,  
Riverside, CA 92504

Por favor, póngase en contacto con: Elias  
Juan Tomas al EJTomas@rivco.org  
(951) 481-9913  
Maricruz Carrillo al Mcarrillo@rivco.org  
(951) 315-9109

**Coma Saludable,  
Viva Sano: Sesión 1**



**La Oficina de la Tercera Edad del  
Condado de Riverside**  
**1-877-932-4100**



RIVERSIDE COUNTY  
OFFICE ON AGING

Financiado por SNAP del USDA, un proveedor que brinda igualdad de oportunidades. Para consejos saludables, visite [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org). Los materiales o productos son el resultado de un proyecto financiado por un contrato con el Departamento de Servicios para Adultos Mayores de California.

# 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.

<b>PRIZES EVERY 25 MILES</b>	<b>OPTIONAL \$15 T-SHIRT</b>	<b>JANET GOESKE CENTER</b> 5257 SIERRA ST. RIVERSIDE CA - 951-351-8800
------------------------------	------------------------------	---



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

# FIT FRESH FUN 50+

WEDNESDAY, OCTOBER 9TH AT 10AM

COME AND HEAR DR. SAHASRABUDHE DISCUSS BACK PAIN AND SPINE HEALTH. THERE WILL BE A Q&A AND REFRESHMENTS SERVED.

NUTRITION ♥ EXERCISE ♥ EDUCATION ♥ SUPPORT



## RIVERSIDE CITY COLLEGE LIFELONG LEARNING

### FALL SESSION

**Water Exercise**

Instructor: Roseanne De Leon-Callju  
Mon & Wed. 11:00am - 12:15pm

**Water Aerobics**

Instructor: Robin Carter - Rosenbloom  
Mon & Wed 9:30am - 10:30am

**Drawing & Painting**

Instructor: Subodh Maheshwari  
Sat. 9:00am - 12:30pm

**Healthy Aging Through Yoga**

Instructor: Lorraine Zank  
Mon & Thu 1:15pm - 2:45pm

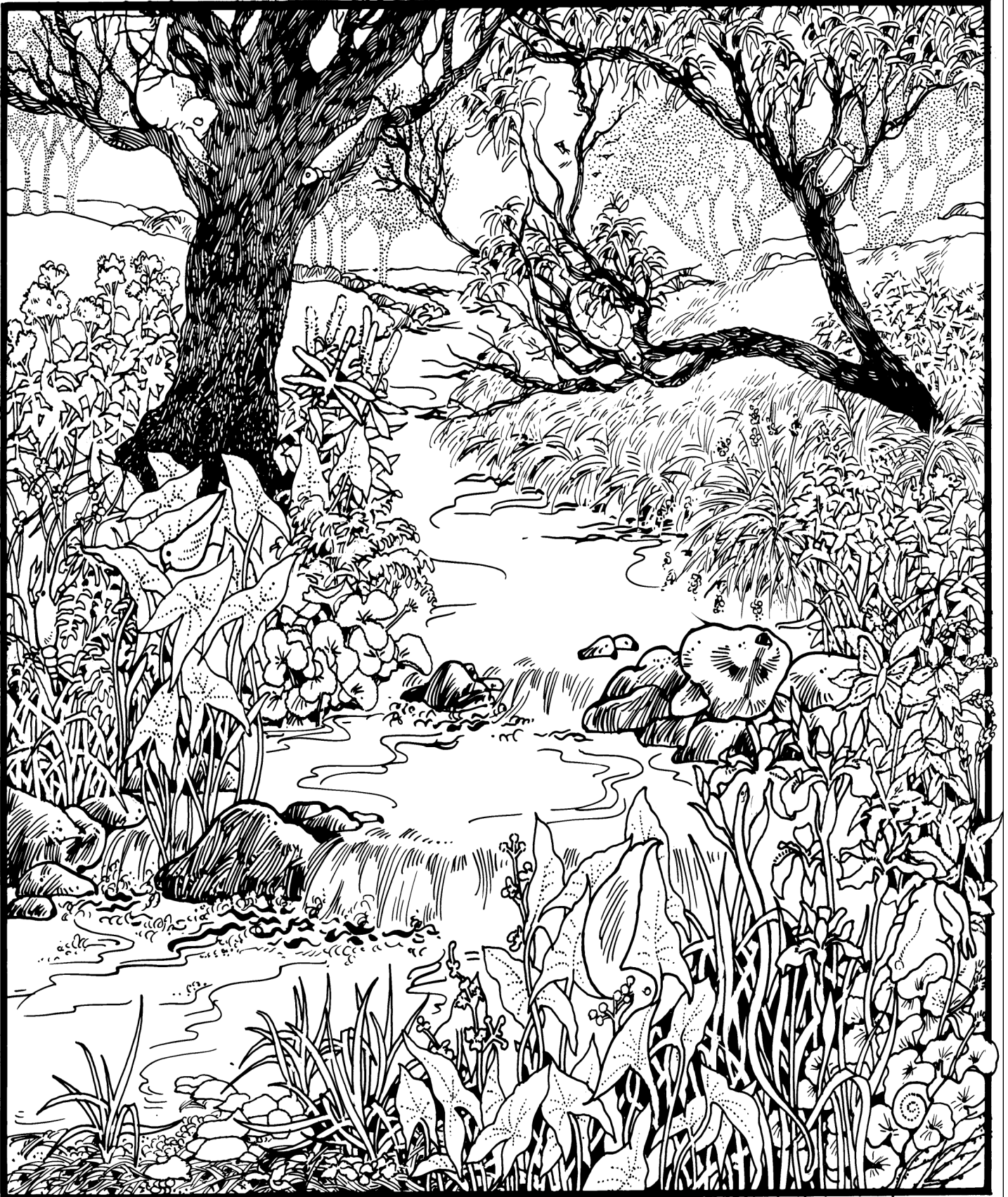
**Enroll at**

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

Fall session: August 19, 2024- December 7, 2024



# have FUN



Find the fourteen animals that are hiding in this picture: crayfish, beetle, songbird, snake, fish, turtle, dragonfly, duck, rabbit, snail, frog, butterfly, raccoon's head and a person's face.

have FUN

**JGF** JANET GOESKE  
FOUNDATION

*Happy*  
**BIRTHDAY**



Help us celebrate Janet Goeske's birthday on October 9, 2024! In her honor, we invite everyone to wear her favorite colors: red, white, and blue. Plus, join us in the Pacesetter for a fun trivia game to learn more about Janet!



have FUN

## Janet Goeske Trivia



How well do you think you know the founder of the Janet Goeske Foundation?

what's her favorite movie? \_\_\_\_\_

favorite song? \_\_\_\_\_

where was she born? \_\_\_\_\_

celebrity crush? \_\_\_\_\_

what is her fav food? \_\_\_\_\_

favorite tv show? \_\_\_\_\_

where did the couple meet? \_\_\_\_\_

how many siblings? \_\_\_\_\_

favorite alcoholic drink? \_\_\_\_\_

how did groom propose? \_\_\_\_\_

when is her birthday? \_\_\_\_\_

total: \_\_\_\_\_



# be ACTIVE



**TICKET**  
**ADMIT ONE**

**MOVIES**

**RED**  
FRIDAY, OCTOBER 4TH  
12:45PM

**LIFT**  
FRIDAY, OCTOBER 11TH  
12:45PM

**THE CURSE OF BRIDGE HOLLOW**  
FRIDAY, OCTOBER 18TH  
12:45PM

**WE HAVE A GHOST**  
FRIDAY, OCTOBER 25TH  
12:45PM

**HOLIDAY IN THE WILD**  
SUNDAY, OCTOBER 20TH  
2:00PM

**HAPPY Birthday TO YOU**

October 9th  
1pm

*First come first served.  
Join us for a time of celebration  
Sponsored by  
Alpha Care*

**ALPHA CARE**  
MEDICAL GROUP  
Part of A. AstronHealth

**RESILIENT AGING**

Join us at  
The Janet  
Goeske Center  
October 3rd  
10:00 AM & learn  
the three  
characteristics of  
Resiliency

**951-351-8800**

**JGF JANET GOESKE FOUNDATION**

**PICKLEBALL**

**Instructional Classes Begin Wednesday, September 18th**

Wednesday, September 18th	9:00am-10:45am
Monday, September 23rd	9:00am-10:45am
Monday, October 7th	9:00am-10:45am
Wednesday, October 16th	9:00am-10:45am
Monday, October 21st	9:00am-10:45am
Wednesday, October 30th	9:00am-10:45am

The class is limited to a maximum of 12 participants per session (single session class)

Please wear sunscreen, activewear, tennis shoes, and a hat if necessary. Don't forget to bring water and your enthusiasm to learn and have fun!

**Must be a Goeske Member to participate**

Scan QR code to learn more about Pickleball

**Sign ups at front desk!**

5257 Sierra Street  
Riverside, CA 92504



# stay CONNECTED



# CRAFT FAIR

Celebrate the season with creativity and community at our Fall Craft Fair! Discover unique handmade treasures and support local artisans.



Thursday, 21st  
November 2024



The Event is from  
10:00am - 4:00pm

Bring your friends and family for a day of shopping, fun activities, and autumn vibes. Don't miss out – mark your calendars today!

**SAVE THE DATE**



**951-351-8800**  
[www.jgf4seniors.org](http://www.jgf4seniors.org)



## Premier Corporate Partners

# Volunteers are people like you!



Looking for something positive and rewarding to do in your retirement or free time? Riverside Community Hospital is actively seeking senior volunteers to help in several departments throughout the facility. Volunteers help escort patients and visitors, round on patients with our amenity cart, help answer phones, greet guests in our lobby and much more.

**Come be a part of our exceptional volunteer team, give back to the Riverside community and make new friends with fellow volunteers.**

Volunteer opportunities can be found on our website.

**[RiversideCommunityHospital.com/volunteer](http://RiversideCommunityHospital.com/volunteer)**  
or scan the QR code.



4445 Magnolia Avenue  
Riverside, CA 92501  
**951.788.3000**

**[RiversideCommunityHospital.com](http://RiversideCommunityHospital.com)**



**RIVERSIDE**  
*Community Hospital*



## Premier Corporate Partners

# Gold Advantage Checking\*

Earns Interest & Extra Perks

- Complimentary:
- ✓ Cashiers Checks and Money Orders<sup>1</sup>
  - ✓ Standard Provident Bank Checks<sup>2</sup>
  - ✓ 2x5 Safe Deposit Box<sup>3</sup>

5 locations in Riverside  
Visit [myprovident.com](http://myprovident.com)  
(800) 745-2217

Your Local

Hometown Bank

Here for you since 1956

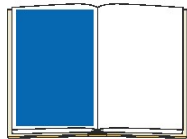


\*Offered to individuals 50+ years of age. \$100 minimum to open. Monthly service charge (\$5 with eStatement or \$7 with paper statement) can be reduced by maintaining a daily balance of \$1,000. <sup>1</sup>Limited to maximum of 5 Cashier's Checks or Money Orders per month <sup>2</sup>1 box of standard Provident Bank checks per year (excludes delivery and applicable tax) <sup>3</sup>Complimentary Safe Deposit Box size 2 x 5 (value of \$50.00 annually), or credit towards any larger Safe Deposit Box. Safe Deposit Boxes are available at the following locations: Home Office, Sun City, Hemet, Canyon Crest, Moreno Valley, Rancho Mirage, Blythe, and Redlands. All rates, fees, terms and programs are subject to change without notice except as required by law. ©2024 Provident Bank. All rights reserved. REV0824

# Advertisement

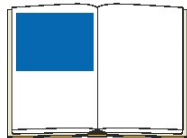
## Advertising in Pacesetter

### Most Popular



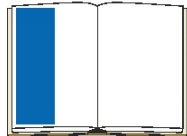
#### Full Page \$300/Month

- 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



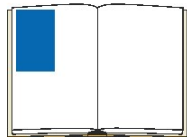
#### Half Page- Horizontal \$200/Month

- 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



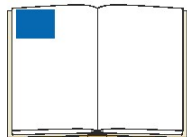
#### Half Page - Vertical \$200/Month

- 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



## NEW SUPPORT GROUP

Starting Nov. 6th  
10:00a-11:00p

# FROM SURVIVING TO THRIVING

a support group for survivors of rape/ sexual assault  
Meeting the 1st Wednesday of the Month  
10:00a-11:00p in Bob Buster  
*light refreshments will be served*  
for more information email [ssjim50@yahoo.com](mailto:ssjim50@yahoo.com)

## INLAND EMPIRE OSTOMY ASSOCIATION

### OSTOMY SUPPORT GROUP



### COLOSTOMY - ILEOSTOMY & UROSTOMY

Meetings: 3<sup>rd</sup> Sunday of every month at 2:00 pm

Janet Goeske Center

5257 Sierra Street, Riverside, CA 92504

Zoom meetings - To be announced - Please send email address to be notified

For information: **Sandee Green, President**

**CELL: 714.296.3168 / call or text**

**email: [InlandEmpireOstomy@gmail.com](mailto:InlandEmpireOstomy@gmail.com)**



California Southland Chapter

Please join us for  
**Educational Classes & a  
Caregiver Support Group**

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



Every First Friday of the Month

Educational Classes: 10:30-11:30 AM

October 4, 2024, 10 Warning Signs of Alzheimer's

November 1st, 2024, Understanding Alzheimer's and Dementia

December 6, 2024, Healthy Living for Your Brain and Body

In-Person Caregiver Support Group: 1:30- 2:30 p.m.

Our support group provides an opportunity for those experiencing Alzheimer's and/or dementia to connect with a community of compassionate individuals who understand each other.

To register: 800.272.3900 or online at [ALZ.ORG/CRF](http://ALZ.ORG/CRF)



# Comfort & Joy Support Group

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

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



# have FUN!

6	3			1	4	8
2						1
5			7	4	6	
		7	8	9		6
	1		4	5	6	
		7	8	9		2
	9					6
8	5		4		3	7

		6	8			
	7			3	4	8
1		4	5		2	
	9	6			7	
7						3
	4			7		5
	3		9	6		4
4	1	5			9	
			7	1		

5		1				6	
	8		7				
		6	2	3		1	
			3		7	8	9
9			6				2
	5	4	8		9		
		7		8	2	6	
				1		7	
1					5	8	

			2					
4				7			6	
	7	3			6		4	8
6			3				1	
1		5				7		2
	8				7			3
9	6		7				4	2
	5			8				6
					1			

# Advertisement

## HEALTHY HEART, KIDNEY SMART Empowerment Event

Saturday,  
NOVEMBER 9  
2024

JANET GOESKE SR. CENTER  
5257 SIERRA ST  
RIVERSIDE CA 92504

11:30 AM  
TO  
1:30 PM

### HHKF

HEALTH HEART AND KIDNEY FIRST, INC.  
IS A NON-PROFIT ORGANIZATION 501(C)(3)  
Contact: Brenda Pratt, PhD  
(619) 567-9479  
www.healthheartandkidneyfirst.org



**FREE ADMISSION**  
JOIN US FOR A HEALTHY CAUSE  
Community Outreach and Support

## WELCOME TO THE WOODS



### 4800 Palm Ave~Riverside

Nestled in the heart of Riverside, across from Bonaminio Park and centrally located, The Woods offers a tranquil retreat for seniors seeking a vibrant community and easy access to health care and essential services. Take advantage of this opportunity to explore our spacious apartments, vibrant community spaces, and lush surroundings. We currently have openings for new residents, and we can't wait to welcome you into our community.



CALL US AT 951.228.9605 TO SCHEDULE A TOUR!!

JGF JANET GOESKE FOUNDATION \*TELL THEM THE GOESKE CENTER SENT YOU

## Friendly Excursions -Since 1974-

BOOK NOW  
818-353-7726

Flyers Located in  
the main lobby



### 50TH CELEBRATION! GREEK ISLES, ITALY, & FRANCE October 16-31, 2024

Call for current rates

- Round Trip Airfare
- Round Trip Transfers
- 2 Nights in Athens
- 2 Nights in Rome
- City Tours of Athens and Rome
- Cocktail Party
- Welcome Dinner
- Professional Tour Director
- Port Charges & Taxes
- Cabin Gratuities
- 10-Day Cruise
- Meals on Board the Ship

FOR MORE INFORMATION → www.FriendlyExcursions.net

JGF JANET GOESKE FOUNDATION



## 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) 351-8800 X210



# Daily Schedule

<b>EXERCISE &amp; WELLNESS</b>		
<b>Activity</b>	<b>Dates</b>	<b>Time</b>
100 Mile Club (Registration Required)	1st, 2nd, & 4th - Tues.	1:00pm-2:00pm
*Chair Volleyball	1st, 3rd, & 5th - Wed.	8:00am-10:00am
*Chair Volleyball	1st, 3rd, & 5th - Fri.	1:30pm-4:00pm
*Chair Volleyball	Mon.	2:15pm-4:45pm
*Chair Volleyball	Thurs.	2:30pm-4:45pm
*Chair Yoga	Tues.	10:15am-11:15am
Fit, Fresh, and Fun	4th - Wed.	10:00am-11:00am
Light Exercise	Mon. Wed. Fri	9:00am-9:45am
*Mat Yoga	Thurs.	10:15am-11:15am
*Move Class w/Vera	Wed.	10:30am-11:30am
***Parkinsons Strength Training	Thurs.	8:45am-9:45am
**RCC Water Exercise w/Roseanne	Mon. Wed.	11:00am-12:15pm
**RCC Water Aerobics w/Robin	Mon., Wed.	2:30pm-3:45pm
**RCC Yoga w/Lorraine	Mon. Thurs.	1:15pm-2:45pm
*Sit & be Fit	Tues. Thurs.	9:00am-10:00am
*Stretch & Dance w/Janice	Wed.	9:00am-10:00am
***Strength Training w/Daniel (Registration Required)	Tues.	8:30am-9:15am
***Strength Training w/Daniel (Registration Required)	Tues.	9:15am-10:00am
***Strength Training w/Daniel (Registration Required)	Thurs.	1:00pm-1:45pm
***Strength Training w/Daniel (Registration Required)	Thurs.	1:45pm-2:30pm
Table Tennis	Mon. Thurs. Fri	3:00pm-5:15pm
Table Tennis	Tues.	3:30pm-8:30pm
*Table Tennis	Wed.	3:30pm-7:00pm
Table Tennis	Sat.	1:00pm-4:00pm
Table Tennis (Beginners)	Wed.	1:30pm-4:00pm
Table Tennis (Beginners)	Sat.	11:00am-1:00pm
Tai Chi (dark 2nd Friday)	Mon. Wed. Fri.	10:00am-10:30am
TOPS (Taking off Pounds Sensibly) \$1	Thurs.	8:00am-10:30am
Wisdom Walkers (Ryan Bonaminio Park)	Wed.	7:00am-8:00am
Yoga Therapeutics	Mon.	11:00am-12:00pm

\*No fee, but TIPS greatly appreciated

\*\*RCC Session

\*\*\*Members Only





# Daily Schedule



INSTRUCTIONAL ACTIVITIES		
Activity	Date	Time
Art Open Studio	Mon.	9:00am-12:00pm
Beads, Beads, & More	Tues.	2:00pm-6:00pm
Beginner & Advanced Crochet Class	1st, 3rd, & 5th - Fri.	9:30am-11:30am
Braille Club	Tue.	9:00am-2:00pm
Ceramics	Fri.	9:00am-6:00pm
Coloring 4 Adults	Thurs.	10:00am-1:00pm
Computer Lab	Mon. - Sat. 3rd. Sun	Normal Operating Hours
*Diamond Painting w/Julie	Tues.	9:00am-11:00am
**Drawing & Painting w/Subodh	Sat.	9:00am-12:30pm
Featherweight Club	3rd - Sun.	1:30pm-4:00pm
Felting w/Kelley	Dark October	
Friendship Quilters	2nd & 4th - Wed.	4:00pm-7:00pm
Happy Hookers Knit and Crochet Group	Thurs.	11:00am-2:00pm
Inland Wood Turners	3rd - Sun.	1:00pm-5:00pm
Jewelry Making Class	Sat.	1:00pm-4:00pm
MahJong w/Jan & Jill	1st, 3rd, & 5th - Thurs.	10:00am-4:00pm
Marys Ceramics Handbuilding	1st & 3rd - Thurs.	9:00am-1:00pm
Marys Ceramics Handbuilding	2nd, 4th, & 5th - Thurs.	9:00am-4:00pm
Oil Painting	Wed.	3:00pm-6:00pm
Peggy's Painting \$5	1st & 3rd - Wed.	9:00am-12:00pm
Photography Class	4th - Wed.	9:00am-10:00am
Raincross Quilt Guild	3rd - Tues.	5:30pm-8:30pm
Riverside Braille Club	Tues.	9:00am-2:00pm
Riverside Flower Show Gardening	4th - Tues.	6:00pm-8:30pm
*Rock Painting	1st & 3rd - Thurs.	1:15pm-5:30pm
Sit & Sew	2nd & 4th - Fri.	10:00am-2:00pm
Stained Glass	Tues.	6:00pm-8:00pm
Star & Scrappers Sit & Sew	2nd - Wed.	10:00am-3:00pm
Wood Carvers	Wed.	4:30pm-7:00pm

\*No fee, but TIPS  
greatly appreciated

\*\*RCC Session

\*\*\*Members Only



# Daily Schedule

<b>SOCIALIZATION</b>		
<b>Activity</b>	<b>Date</b>	<b>Time</b>
AARP Chapter Meeting	1st - Sat.	9:30am-12:00pm
Bible Study w/Inland Lighthouse	1st & 3rd - Sat.	1:00pm-2:30pm
***Billiards	Mon.- Fri.	Normal Operating Hours
Bingo (Buy-In Required)	Mon., Sat.	12:00pm-4:00pm
Birthday Celebration	1st - Wed.	1:00pm-1:30pm
Bunco Dice Game \$5	3rd - Wed.	10:30am-1:30pm
Dominoes Mexican Train	Fri.	8:15am-1:30pm
Fun Club	1st - Fri.	11:30am-1:00pm
Inland Region Iris Society	1st - Tues.	5:30pm-9:00pm
Journaling & Friendship Circle	1st & 3rd - Fri.	1:45pm-2:45pm
***Ladies Billiards Training	Wed.	9:00am-12:00pm
Movie	Fri.	12:45pm-2:30pm
Raincross Rose Society	2nd - Tues.	6:30pm-9:00pm
Scrabble Group	Mon., Wed.	8:00am-1:00pm
Sunday Movie	Sun.	2:00pm-4:00pm
Tuesday Morning Group	Tues.	10:00am-11:30am
<b>SUPPORT GROUPS</b>		
<b>Activity</b>	<b>Date</b>	<b>Time</b>
Alzheimers Support Group	1st - Fri.	1:30pm-2:30pm
American Sign Language	Wed.	2:30pm-4:00pm
California Council of the Blind	2nd - Sat.	12:00pm-4:30pm
Comfort & Joy Support Group	2nd & 4th - Thurs.	1:00pm-2:30pm
National Federation of the Blind	2nd - Sat.	10:00am-12:00pm
Ostomy Support Group	3rd - Sun.	2:00pm-4:00pm
Parkinsons Support Group	3rd - Tues.	1:00pm-3:00pm
Riverside Deaf Seniors	4th - Wed.	11:00am-4:00pm
<b>MONTHLY NUTRITION</b>		
<b>Activity</b>	<b>Date</b>	<b>Time</b>
Daily Lunch Program	Mon. - Fri.	11:30am-12:30pm
Great Starts at Goeske Breakfast (RSVP Required)	1st & 3rd - Fri.	8:30am-9:15am
OC Box Food Distribution	2nd - Fri.	10:00am-12:00pm
Taste It, Try It - Food Demonstration (RSVP Required)	4th - Fri.	10:00am-11:00am

# Daily Schedule

<b>SENIOR SERVICES</b>		
<b>Activity</b>	<b>Date</b>	<b>Time</b>
Attorney Services (RSVP Required)	1st & 3rd - Fri.	9:00am-2:00pm
Barbs Classy Cuts - Haircuts (M-\$11, W-\$13)	Thurs.	9:00am-2:00pm
HiCap Counseling (RSVP Required)	4th Tues.	9:30am-12:30pm
Library	Mon. - Fri.	Normal Operating Hours
Senior Resource Advisor	Mon. - Fri.	Call for Appointment
<b>DANCE &amp; MUSIC</b>		
<b>Activity</b>	<b>Dates</b>	<b>Time</b>
Ballroom Dance	Tues.	10:30am-11:30am
Goeske Acoustic Music	4th - Tues.	7:00pm-9:00pm
Goeske Choir Group	1st & 3rd - Fri.	9:30am-11:00am
Goeske Drama Club	1st & 3rd-Fri.	11:00am-1:00pm
*Heart and Soul Line Dance (Beginners)	Wed.	3:30pm-4:30pm
Inland Recorder Society	1st & 3rd - Wed.	10:30am-12:00pm
Intermediate Line Dance w/ Ruth (\$5)	Wed.	10:30am-12:30pm
String Ensemble	Mon.	1:00pm-2:00pm
<b>CARD CLUB</b>		
<b>Activity</b>	<b>Date</b>	<b>Time</b>
Bridge	Mon., Thurs.	11:45am-3:30pm
Canasta Mamas	Mon., Tues., Fri.	10:00am-4:00pm
Canasta Queens & Kings	Mon. - Fri.	1:00pm-4:00pm
Canasta Royalty	Fri.	12:00pm-6:00pm
The Aces Pinochle	Tues. - Thurs.	10:00am-4:00pm
The Mondays Pinochle	Mon.	10:00am-2:00pm

\*No fee, but TIPS greatly appreciated

\*\*RCC Session

\*\*\*Members Only






# Eat HEALTHY

## October 2024 Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Sweedish Meatballs (Beef) Potato Augratin Diced Carrots Apple	<b>2</b> Chicken Caesar Salad Wheat Roll Cherry Tomatoes Banana	<b>3</b> Mushroom Spinach Chicken Pasta Broccoli Pear 	<b>4</b> Tuna Salad Sandwich Cucumber Salad Cherry Tomatoes Apple Sauce
<b>7</b> Chicken Cacciatore Rice Pilaf Mixed Vegetables Orange	<b>8</b> Ham & Cheese Sandwich Chips Celery Sticks Apple 	<b>9</b> Chicken Enchiladas Black Beans Corn Banana	<b>10</b> Sweet & Sour Meatballs (Beef) Steamed Rice Stir Fry Vegetables Pear	<b>11</b> Mandarin Chicken Salad Wheat Roll Apple Sauce
<b>14</b> <small>Holiday - No Meal Service</small>  	<b>15</b> Country Fried Steak (Beef) Mashed Potatoes Diced Carrots Orange 	<b>16</b> Pork Chops with Salsa Verde Spanish Rice Green Peas Apple	<b>17</b> BBQ Chicken Roasted Potatoes Corn Banana	<b>18</b> Egg Salad Sandwich Baby Carrots Pear
<b>21</b> Parmesan Chicken Pasta Italian Vegetables Apple Sauce	<b>22</b> Meatloaf Mashed Potatoes Mixed Vegetables Orange	<b>23</b> Ham with Pineapple Sauce Mashed Potatoes Green Peas Apple 	<b>24</b> Chicken Teriyaki Steamed Rice Broccoli Banana	<b>25</b> Chicken Salad Sandwich Coleslaw Pear
<b>28</b> Chicken Piccata Confetti Rice Italian Vegetables Apple Sauce	<b>29</b> Cheese Tortellini with Meat Sauce California Vegetables Orange 	<b>30</b> Chef's Salad (Turkey & Cheese) Hard Boiled Egg Apple	<b>31</b> Chicken Fajitas Spanish Rice Pinto Beans Banana 	

Milk, bread and margarine served at every meal

 Indicates sodium above 760mg per meal

Menus may be subject to change

If you have any questions regarding the meal or service, please contact **Sodexo at 951-877-5950**.

If you have any questions for our Registered Dietitian, please contact Vanh Bender at Vanh@healthylivingconsulting.net.

**Congregate Site Reservations must be made by 1:30 pm the business day before**

Corona Snr Ctr 951-739-4966  
Mead Valley 951-210-1587  
Stratton 951-826-5355

Good Hope 951-943-9126  
Murrieta 951-461-6122  
Temecula 951-694-6464

Janet Goeske 951-351-8801  
Norco 951-270-5647  
Villegas 951-351-6142

Lake Elsinore 951-674-2526



All Meals Funded By Office On Aging 1-877-932-4100



**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

**FOOD PANTRY DONATIONS NEEDED**

- Dry uncooked pastas
- Canned foods
- Cereal
- Pasta sauce
- Rice/ Beans
- ETC



**CAREKIT DONATIONS NEEDED**

- Shampoo & Conditioner
- Lotions
- Deodorant
- Toothpaste & Toothbrushes
- Wet wipes



## Premier Corporate Partners



A PERSONAL WHOLE FOOD PLANT-BASED HEALTH COACH

# NAN SIM NSEN

*Teaching Lifestyle as Medicine*

We Can Be Young At Any Age

Website: [www.nansimonsen.com](http://www.nansimonsen.com)

Email: [agingpowerfullywithnan@gmail.com](mailto:agingpowerfullywithnan@gmail.com)

*It's time to embrace the mission about Aging Powerfully  
and join the movement to bring others along.*






## Premier Corporate Partners

# When talk turns to Medicare, refer a friend

### I have your confidence. I'm ready to earn theirs.

As they approach Medicare eligibility, your family and friends may ask you questions about premiums and benefits. But they're really asking:

-  who listened?
-  who treated you well?
-  who helped you choose your plan?

Don't be shy about telling them what you know and who you know—please feel free to share my information and I'd be happy to help.

### This is a people business

Humana strives to go above and beyond to help you get the care you need. We call that human care. That's what your friends want to know.



### Call me, your licensed sales agent



**SODA MEAN**  
OC74815

**951-630-0451 (TTY: 711)**  
**SMEAN1@HUMANA.COM**  
Monday – Friday  
8 a.m. – 5 p.m.

**Humana**® A more human way  
to healthcare™



# stay CONNECTED

## OCTOBER BREAST CANCER AWARENESS MONTH

### Breast Cancer Risk Factors

When it comes to breast cancer, there are some risk factors that you can't control, such as your age and genetics. But there are other risk factors that are in your power to control. Although breast cancer cannot be completely prevented, taking control of these risk factors and adopting healthy habits can help reduce your risk for breast cancer.

### What Can I Do To Reduce My Risk Of Breast Cancer?

Adopting healthy habits can help reduce your risk of developing breast cancer. You can:

- **Maintain a healthy weight:** Obesity is a risk factor for developing cancer in both men and women. Maintaining a healthy weight can help reduce your risk of obesity and of developing cancer.
- **Eat fruits and vegetables:** Eating 3.5 to 5 cups of fruits and vegetables daily has been shown to reduce the risk of breast cancer.
- **Stay physically active:** Studies have shown that women who are physically active have a lower risk of breast cancer than inactive women. Try to move your body at least 20 minutes every day to reduce your risk of developing breast cancer.
- **Do not smoke:** Smoking and even breathing second-hand smoke is a risk factor for developing many types of cancer, including breast cancer. Eliminate smoking and second-hand smoke from your lifestyle to reduce this risk.
- **Limit alcohol consumption:** Frequent consumption of alcohol can increase your risk for breast cancer. The more alcohol you consume, the greater your risk.
- **Schedule your screenings:** Staying proactive about your health through receiving regular health screenings, such as mammograms, well-woman exams, and other screenings as recommended by your doctor, can help identify health problems in their early stages when they are easier to treat.



**SATURDAYS & MONDAYS**

**DOORS OPEN AT 9:30AM  
GAME STARTS AT 12PM**



**JANET GOESKE  
FOUNDATION**

**LIVE CALLER  
CASH PRIZES**

**OPEN TO THE PUBLIC  
AGE 18 & OLDER**

# BINGO

**2 PACK MINIMUM BUY-IN: \$20  
EXTRA PACK: \$5  
SPECIAL GAMES: \$2 OR 3/\$5**

JANET GOESKE SENIOR CENTER  
5257 SIERRA ST RIVERSIDE 92504  
951.351.8800

**POWERBALL UP TO \$500**

Front



Back



**JGF  
T-SHIRT SALE**

**ONLY  
\$10.00**

Please see the front desk to purchase yours today!!

Janet Goeske Center • 5257 Sierra St. Riverside, CA 92504 • (951) 351-8800

## 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

## Partner Highlights



Alignment Health Plan®



### *Partner Highlight*

Alignment was established in 2012. We are in 5 different states servicing California, Nevada, Arizona, Texas and North Carolina. We are publicly traded on NASDAQ. Which demonstrates our strength in the industry. We are currently ranked 2nd in customer satisfaction with J.D. Powers and all our Medicare Health plans in California have been rated at 4 out of 5 stars. With an overall rating of 4.9 stars with over 44% growth in the past year. 2023. Here at Alignment, we love partnering with our Seniors at Janet Goeske SC because of their eagerness to learn more about their options and are open to different ideas when it comes to Medicare Health Plans. Besides having the pleasure of doing my own servicing personally to ensure all my members are getting top notch service, we also have 2 things that completely separate us from the competition. 1 is our Care Anywhere program where if you can't make it to the Doctors office we have 7 different Physicians, Physician's assistants and other Health care professionals and case workers that will come to your house to ensure you are getting the care you need and 2 we have AVA. Where we are the only Health Care Company already using A.I. for faster and real time results with your health care needs and emergencies. We are not just Senior Advocates we are your friend in the industry.



**JANET GOESKE**  
FOUNDATION

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

# have FUN

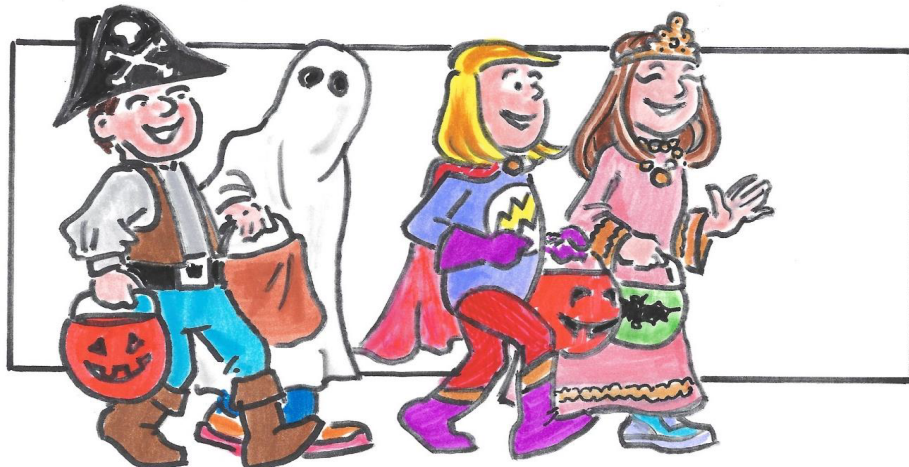
## HUGE HALLOWEEN

### WORD SEARCH PUZZLE

AFRAID  
 APPLE CIDER  
 AUTUMN  
 BATS  
 BLACK CAT  
 BROOMSTICK  
 CACKLE  
 CANDLES  
 CANDY  
 CARVE  
 CHILDREN  
 COBWEB  
 COSTUME  
 CREEPY  
 DARK  
 DISGUISE  
 EYEBALL  
 FANGS  
 FLASHLIGHT  
 FOG  
 FRIENDS  
 FRIGHT  
 FUN  
 GHOST  
 GOBLIN  
 HAUNTED HOUSE  
 HAYRIDE  
 JACK O LANTERN  
 MASK  
 MOON  
 MUSIC  
 MYSTERY  
 OCTOBER  
 ORANGE  
 PARTY  
 PRANK  
 PUMPKIN  
 SCREAM  
 SHADOWS  
 SKELETON  
 SPIDERS  
 SPIRITS  
 SPOOKY  
 TREATS  
 TRICK OR TREAT  
 WITCH  
 WIZARD  
 YELL

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.





## Premier Corporate Partners

# Connecting the Golden State to Greater Possibility

We're honored to support the Janet Goeske Foundation and help connect Californians to a brighter future where they live, learn, dance and play.

[attconnects.com/California](http://attconnects.com/California)



© 2024 AT&T Intellectual Property. All rights reserved. AT&T, the Globe logo and other marks are trademarks and service marks of AT&T Intellectual Property and/or AT&T affiliated companies.



## Presenting Partner

# Are you turning 65? Do you have Medicare questions? We can help.

- ✔ How and when do I apply for Medicare?
- ✔ How do I avoid penalties?
- ✔ How do I meet important deadlines?
- ✔ What are Parts A, B, C, and D of Medicare?

Let's make sure you are covered! We can answer your questions and help you find a plan that best fits your needs at no additional cost.

## Call today!

### (951) 243-6500\* (TTY: 711)

13373 Perris Blvd. Ste. E410  
Moreno Valley, CA 92553

Monday – Friday 9:00 am – 5:00 pm

Find us online: [CallJAR.com](http://CallJAR.com)  

Se habla español



\*Calling the number above will direct you to a licensed insurance agent. We do not offer every plan available in your area. Currently we represent 0-22 organizations which offer 0-685 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options. For accommodations of persons with special needs at meetings call 877-391-9988 (TTY: 711) Monday - Friday, 9:00 am - 5:00 pm.

22399 9/24

# Premier Corporate Partners

Your health care, your way.

## TIME TO GET YOUR FLU SHOT

Fall is here and our Flu Clinic is here for you. It's important to get your annual flu vaccine to protect you and others around you.

At the clinic, flu vaccines are available for everyone. They are free for Riverside Medical Center (RMC) patients and \$20 for non-RMC patients.

Children 3 years and older can be vaccinated at all clinics. Those children under 9 years of age and who have not had a flu shot before will need a second injection after 30 days.

Please act fast, as vaccine supply is limited.

### Flu Clinics:

**Monday, Sept. 9 – Friday, Nov. 8**  
8:30 a.m. – 5 p.m.

**Brockton/Main**  
7117 Brockton Ave.  
Riverside, CA 92506

**Moreno Valley**  
6405 Day St.  
Riverside, CA 92507

**Temescal Valley**  
21634 Retreat Parkway  
Temescal Valley, CA 92883

### Saturday Clinic:

**Sept. 21**  
8 a.m. – Noon

**Brockton/Main**  
7117 Brockton Ave.  
Riverside, CA 92506



For more information contact the  
Flu Clinic Hotline at (951) 321-6318.



For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 242241951-2277422 8/24



Legendary Care™

[riversidemedicalclinic.com](http://riversidemedicalclinic.com)



**Presenting Partner**



**OPTIMA**  
**HEALTH**

**GREAT  
CARE  
WHEN  
YOU  
NEED  
IT  
MOST**



**FAMILY MEDICINE • INTERNAL MEDICINE • PRIMARY CARE**

**RIVERSIDE**  
3634 ELIZABETH STREET  
RIVERSIDE, CA 92506  
951-788-0008

**CRESTLINE**  
580 FOREST SHADE ROAD  
CRESTLINE, CA 92325  
909-338-1851

**LAKE ARROWHEAD**  
29099 HOSPITAL ROAD #204  
LAKE ARROWHEAD, CA 92352  
909-337-7771

**OPTIMAHEALTHGROUP.COM**

## Partner Highlights



***Thomas Miller***  
MORTUARY & CREMATORY

### *Partner Highlight*

Since Thomas Miller Mortuary & Crematory has always been a family-owned and operated funeral home, we know what a family needs when it's time to say goodbye to a loved one. We've been working with our neighbors for generations – helping them plan traditional burial or cremation services that are meaningful and truly celebrate a life.

From one generation to another, we have passed on our most important values: compassion, community responsibility, love for family, and excellence in everything we do. When it's time for you to plan a farewell for a loved one, or if you would like to preplan, come to a trusted neighbor.

# Premier Corporate Partners



## JANET GOESKE CENTER

---



Thomas Miller Mortuary & Crematory and  
Sierra Memorial Chapel Mortuary  
are proud to be Premier Corporate Partners  
for the Fifty & Better Health Fair

***Thomas Miller Mortuary & Crematory***  
*Family-Owned & Family-Focused since 1891*



FD #1139

Riverside: 951-687-0551  
Corona: 951-737-3244

[ThomasMillerMortuary.com](http://ThomasMillerMortuary.com)



FD #66



# 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)

5257 Sierra Street, Riverside, CA 92504



## Premier Corporate Partners

**AEP RUNS:  
OCT. 15 THRU  
DEC. 7**



**HRBC**  
**INSURANCE**  
MEDICARE MADE SIMPLE



## Part D Changes Are Coming in 2025! Compare Plans with Confidence and Ease.

**Get your FREE plan review today and learn about the changes to Part D!**

**Plans change every year,  
and so can your health.**

New to Medicare or wanting a change in 2025? It's worth comparing your prescription drug and health coverage options. We can help!



### Part D Changes for 2025.

- \$590 deductible
- Annual out-of-pocket cap of \$2,000
- Manufacturer discount program for people with Medicare Part D.

**Call Today! 1-877-651-7526 TTY: 711**

6809 Magnolia Ave,  
Riverside, CA 92506

[www.HRBCinsurance.com](http://www.HRBCinsurance.com)  
Email: [hello@HRBCinsurance.com](mailto:hello@HRBCinsurance.com)

Scan For  
More Info



Calling the number on the front will direct you to a licensed insurance agent/broker Monday - Friday: 8:30am - 5:00pm. For more information call toll-free 1-877-651-7526 TTY: 711 (national relay). HRBC Insurance (CA License No. 0F27274) 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. We do not offer every plan available in your area. Currently we represent 13 organizations which offer 24 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

## Lifetime Members

Joanne Ackerman  
 Fresia Alvarez  
 Kathy Arant  
 Carolyn Bailey  
 Mary Joy Barnett  
 Bettye L. Baum  
 John Bednorz  
 Donna  
 Bendictos  
 Judy Berndt  
 Virginia  
 Blumenthal  
 Yoko Boucher  
 Peter J. Brabant  
 Sandra Brito  
 Shirley Britton  
 Lois Boatman  
 Judy Berndt  
 Lorraine Bregman  
 Randy Bregman  
 Larry Brock  
 Robin Brock  
 Vera Brown-Sisler  
 Gary Campbell  
 Patricia Campbell  
 Joan Campbell  
 Shizuyo Sue Campfield  
 Cathy S. Campos  
 Pamela Carnahan  
 Aurora Chavez  
 Harriette Coggs Stuckey  
 Melva L. Cooke  
 Marnell M. Cox  
 Alecia Curtis  
 Pauline Curtis  
 Cheryl Curtis  
 Viera Daniels  
 Francine D'Aprile  
 Mary Davis  
 Christina Deharo  
 Patricia Deike  
 Martha DeZeevw  
 Sergio G. Diaz  
 Madelaine Dibler  
 K. DiBonaventura  
 Sharon B. Dillon  
 Joyce Ehlers

Kirk Ferguson  
 James Fleming  
 Anna Flores  
 Patsi Fontaine  
 Sylvia Galbreath  
 Steven Gallagher  
 Patricia Campbell  
 Janice Geldreich  
 Jerry Goings  
 Wanda Gong  
 Estella Granillo  
 Katie Greene  
 Regenia Griffin  
 Sharon Gross  
 Deanna Hackthorne  
 Helen M. Harker  
 Shirley Hangan  
 Theresa Hanley  
 Nancy E. Hart  
 Maria Herrera  
 Patricia Hill  
 Karen Holloway  
 Lucy Holman  
 Emiko Hoquist  
 Joseph Howard  
 Julie Hugdahl  
 \*Stephen Jasina  
 Cecelia Jimenez  
 Karen S. Kane  
 Cheryl LaCount  
 Phyllis M. Kennedy  
 Janice Lance  
 Dana A. Lasater  
 Sonia Lawson  
 Sally Lauruhn  
 Sharon Lee  
 Mildred A. Leslie  
 Luiza Lopez-Cabrera  
 Feliciadad  
 S.Loustaunau  
 Marilyn Lynch  
 Van Ma  
 Judy Ma  
 Roger Marquis  
 Yolanda Martinez  
 Melanie Maxwell  
 Sheila McMahon

June Mihalick  
 Rose Y. Monge  
 Gregory A. Moody  
 Patricia Morgan  
 Kimberlee L. Nebel  
 Dave Nelson  
 Ralph Nunez  
 Dolly Ogata  
 William Oppenheim  
 Edna A. Osborn  
 Howard Owens  
 Patricia Owens  
 June M. Parham  
 Corinne Parker  
 William D. Percy  
 Pete Peterson  
 Nancy Pierce  
 Nina Poblete  
 Terence Prosser  
 Wanda M. Prosser  
 Phyllis M. Purcell  
 Sandy Rachman  
 Jerry Rachman  
 Georgia I. Randolph  
 Andy Rascon  
 Yolanda Renn  
 Keith Renner  
 Jesus Reyez Gomez  
 Carolyn Robinson  
 Sandee Helen  
 Rudolph  
 Rosie Russell  
 Rosa Maria Salmon  
 Maria Sanchez  
 Lillian Satterfield  
 C. Sautter-Konyn  
 Peter Sellitti  
 Robert L. Scarano  
 Nan Simonsen  
 Jeannine Smith  
 Donna Steele  
 Sherril Stewart  
 Dean Stewart  
 K. Tyson-Stockton  
 Diane A. Stuart  
 Dennis R. Stuart  
 John Tavaglione

Susie Thomas  
 Janet Townsend  
 Sarah Van Buhler  
 Natalia Velasquez  
 Castro  
 Ursula Vogelsang  
 Walter Vogelsang  
 Ellen Weinfurter  
 Marsha Welch  
 Diana Jean Williams  
 Dolores Williams  
 Reza Zakikhani



**Visit the Welcome Desk for more information about becoming a Lifetime Member!!**



# Membership

## Become a Goeske Member!

**ONLY  
\$20**

Enjoy the benefits  
of being a Goeske  
member for only  
**\$20 a year!**

\*Card Valid  
July 2024 - June 2025

### Benefits of being an Annual Member:

- Members **ONLY** Gym Access
- Goeske Bingo Discounts
- Local Business Discounts
- Billiard Room Member **ONLY** Hours
- Early sign ups for Special Events
- Member **ONLY** Classes & Events
- Discounted or **FREE** Admission to Special Events!



### Benefits of being a Lifetime Member:

#### In addition to Annual Member Benefits:

- "Lifetime Member" Recognition
- Automatic Annual Membership Renewal
- **FREE** Admission to Special Events!
- Priority Seating at Special Events!



**Order yours today!  
See the front desk for more information  
or scan the QR code to order online**



# GOESKE TRUSTED PARTNERS



## Centro Medico Medical Clinic

Email: [webinquiries@centromedicoclinic.com](mailto:webinquiries@centromedicoclinic.com)  
Phone: (951) 278-8910  
Website: [centromedicoclinic.com](http://centromedicoclinic.com)



## Optima Health Medical Group

Email: [info@optimahealthgroup.com](mailto:info@optimahealthgroup.com)  
Phone: (833) 8-OPTIMA  
Website: [optimahealthgroup.com](http://optimahealthgroup.com)



## Riverside Community Hospital

Phone: (951) 788-3000  
Website: [RiversideCommunityHospital.com](http://RiversideCommunityHospital.com)



## Regal Medical Group, Inc. Medical Group

Phone: (951) 774-2870  
Website: [Regalmed.com](http://Regalmed.com)



## AT&T Fiber/Wireless Provider

Phone: (800) 310-2355  
Website: [att.com](http://att.com)



## Riverside Medical Clinic Medical Clinic

Phone: (951) 683-6370  
Website: [riversidemedicalclinic.com](http://riversidemedicalclinic.com)



## Alpha Care Medical Group

Email: [info@alphacaremed.com](mailto:info@alphacaremed.com)  
Phone: (909) 505-2388  
Website: [www.alphacaremed.com](http://www.alphacaremed.com)



## HRBC Insurance Insurance Broker

Email: [hromero@hrbcinsurance.com](mailto:hromero@hrbcinsurance.com)  
Phone: (951) 360-6455  
Website: [HRBCinsurance.com](http://HRBCinsurance.com)



## Humana Health Insurance

Email: [smean1@humana.com](mailto:smean1@humana.com)  
Phone: (951) 630-0451  
Website: [humana.com](http://humana.com)



## Optum Medical Clinic

Phone: (951) 359-0660  
Website: [optum.com](http://optum.com)



## Alignment Health Plan Health Insurance

Email: [Styson@ahcusa.com](mailto:Styson@ahcusa.com)  
Phone: (949) 306-7012  
Website: [alignmenthealth.com](http://alignmenthealth.com)



## Nan Simonsen Health Coach

Email: [agingpowerfullywithnan@gmail.com](mailto:agingpowerfullywithnan@gmail.com)  
Website: [NanSimonsen.com](http://NanSimonsen.com)



## Thomas Miller Mortuary & Crematory

Phone: (951) 737-3244 & (951) 687-0551  
Website: [ThomasMillerMortuary.com](http://ThomasMillerMortuary.com)



## Jar Insurance Insurance

Phone: 951-243-6500  
Website: [jarinsuranceservices.com](http://jarinsuranceservices.com)



## The Woods Senior Living

Email: [info@thewoodsriverside.com](mailto:info@thewoodsriverside.com)  
Phone: (951) 228-9605  
Website: [thewoodsriverside.com](http://thewoodsriverside.com)



## Provident Bank

Email: [marketingteam2@myprovident.com](mailto:marketingteam2@myprovident.com)  
Phone: (951) 782-6177  
Website: [myprovident.com](http://myprovident.com)



## EFIS Financial & Insurance Services

Phone: (866) 217-3855  
Website: [www.efisfinancial.com](http://www.efisfinancial.com)



## JGF TEAM

**Danielle Nelson**  
Executive Director  
dnelson@jgf4seniors.org

**Karen Belton**  
Executive Assistant  
kbelton@jgf4seniors.org

**Rosa Chappell**  
Center Manager  
rchappell@jgf4seniors.org

**Leticia Duran**  
Outreach Coordinator  
lduran@jgf4seniors.org

**Maggie Cosner**  
Health Educator  
Assistant  
mcosner@jgf4seniors.org

**Janice Peguero**  
Health Educator  
jpeguero@jgf4seniors.org

**Iris Preciado**  
Program Coordinator  
ipreciado@jgf4seniors.org

**Dee Keoski**  
Sr. Resource Advisor  
dkeoski@jgf4seniors.org

**Phyllis McElveny**  
Bingo Manager  
bingo@jgf4seniors.org

**Terry Flynn**  
Facilities Lead

**Eric Whitehouse**  
Recreation Attendant

**David Bedoya**  
Recreation Attendant

**Alex Zesati**  
Recreation Attendant

**Sam Rodriguez**  
Recreation Attendant

**Cirila Hernandez**  
Admin. Assistant

**Gracie Diaz**  
Admin. Assistant



## BOARD OF DIRECTORS

### Executive Board Directors

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

**Kelli Tyson Stockton, Vice Chair**  
Co-Owner  
Riverside Jazzercise  
& Personal Training

**Vickie Hawley, Past Chair**  
Controller  
Luminex Software, Inc.

**Judy Carpenter, Treasurer**  
Head of Operations  
Akido Labs

**Amy Clemens, Secretary**  
Director of Operations,  
Akido Labs

### 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

**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)



# HALLOWEEN PARTY

## October 31st, 2024

1:00 pm - 4:00 pm

### Enjoy:

- Music
- Costume Contest
- Snacks & Drinks

### Admission:

- Lifetime Members: Free
- Members: Free
- Non-Members: \$5

Registration begins September 30th at the Front Desk