

GOESKE PACESETTER



A Magazine For Active Fifty & Better Adults

December 2024



THE GIVING TREE

An Annual Gift Giving Opportunity

HELP US DECORATE OUR HOLIDAY TREE!

The Giving Tree is a great opportunity to remember and honor your loved ones! For every donation received, we will hang the corresponding ornament “in honor” or “in memory” of your loved one.

Ornament

Donation

Angel	\$2,500
Christmas Tree	\$1,000
Star	\$500
Bell	\$250
Stocking	\$100
Classic	\$50
Snowflake	\$ _____

Your donation will contribute to the continued success of the services JGF provides to the local senior community!

Scan the QR Code below to donate online



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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

*Center
Holiday Hours & Closures*

Center Maintenance
December 3
Center Closed

Christmas Week
December 23-January 3
9:00am-4:00pm

Christmas Day
December 25
Center Closed

Welcome to the JGF Team



Please welcome Meredith Relyea to the JGF Team. Meredith will be happily serving the patrons of our center as the Volunteer Coordinator!




Announcements



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

IMPORTANT ANNOUNCEMENT:

Parking lot will be undergoing renovations starting **MONDAY, DECEMBER 2ND** through **THURSDAY, DECEMBER 5TH**

Additional parking will be available in the dirt lot across the street.

Senior Resource Advisory Services

Senior Resource Assistance
Need help or have questions? Our Senior Resource Team is here for you!

- Personalized Support: Get answers to your questions and guidance tailored to your needs.
- Appointment Scheduling: We can assist in scheduling appointments for various services.
- Expert Team: Our knowledgeable staff is dedicated to supporting seniors in our community.

Contact Us:

Call 951-351-8800 to request a callback from a member of our team.

For more information, check out the flyer in the Pacesetter!

Your well-being is our priority!

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 2:00pm-4:00pm

From Surviving to Thriving Support Group

1st Wednesday of the month
10am-11am



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):

Dark December



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

ZUMBA DANCE CLASS

**Date: Wednesday
December 4th
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

JGF JANET GOESKE FOUNDATION **RIVERSIDE CITY COLLEGE** **RCC RIVERSIDE CITY COLLEGE**

SENIOR CITIZEN EDUCATION (SCE) [FORMALLY, LIFELONG LEARNING]

SIGN UP TODAY FOR FREE CLASSES IN-PERSON & ZOOM

Learning is a lifelong pursuit. Riverside City College offers tuition-free courses for adults over the age of 50. These courses teach students how to stay healthy and active, design jewelry, paint, or discuss current topics with old and new friends.

Courses are offered on Zoom, at the Janet Goeske Center (5257 Sierra St. Riverside, CA 92504) and Tyler Springs (10406 Indiana Ave., Riverside, CA 92503)

[January 6, 2025 - February 13, 2025]. Enroll today!

FOR MORE INFORMATION VISIT
[HTTP://EXTENDEDLEARNING.RCCD.EDU/LIFELONG](http://EXTENDEDLEARNING.RCCD.EDU/LIFELONG)
OR EMAIL LIFELONGLEARNING@RCCD.EDU

WELLNESS ROOM GYM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am - 8:30 am	GYM OPEN	CLOSED	CLOSED	CLOSED	GYM OPEN	CLOSED
8:30 am - 10:30 am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	GYM OPEN
10:00 am - 11:00 am	CLOSED	CLOSED	CLOSED	CLOSED	GYM OPEN	GYM OPEN
11:00 am - 12:00 pm	GYM OPEN	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.



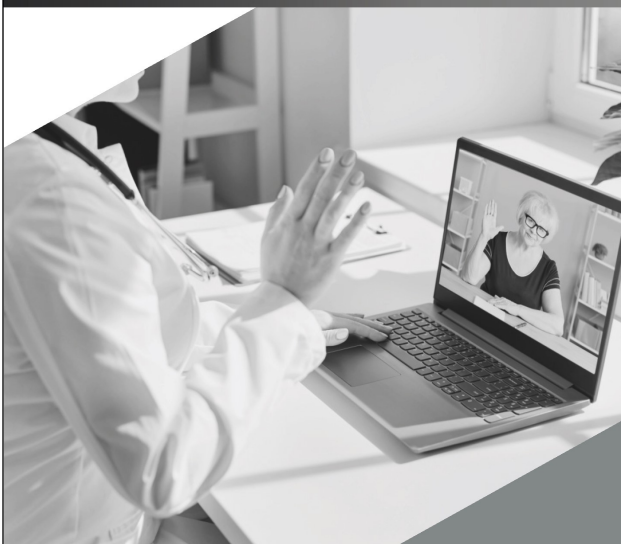
Chiropractic

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

Great Starts

DECEMBER 6th ONLY

1st Friday

8:30AM & 9:15AM



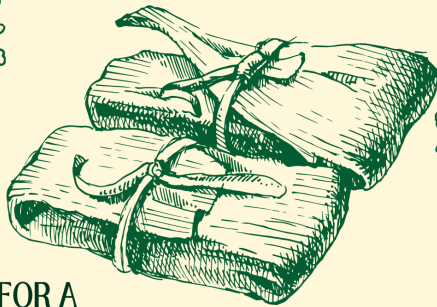
FREE Educational Program & Breakfast
RSVP at the Welcome Desk



JANET GOESKE
FOUNDATION



TASTE IT TRY IT
TAMALES!



JOIN US FOR A
TASTE OF MEXICO
THIS DECEMBER!

- EAT HEALTHY
- HAVE FUN
- BE ACTIVE
- STAY CONNECTED

13 DECEMBER
10:00 AM

Must RSVP at front desk or by phone
(951)351-8800

Supper Club

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

Red Lobster
3700 Park Sierra Dr
Riverside, CA 92505
Tuesday December 10th
2:00pm

*Individual meal costs apply
Lunch specials change with time

RSVP Required

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

Partner Highlight

To find out more about us, speak to one of our
Patient Engagement Specialists!



Fernando Lomeli
626.590.9553



Salvador Ventura
626.720.6727



Part of .+. Astrana Health

.+. Astrana Health

Partner Highlight

Since being founded in 1993, Alpha Care has grown its network to over 1,400 primary care and specialist physicians and joined the Astrana Health family, all pushing us towards our mission of providing high-quality, accessible care to our diverse communities. What does this mean for our members? It means you have access to an abundance of culturally diverse doctors delivering quality and compassionate care close to anywhere you go in the IE. Like Janet Goeske Foundation, we want you to know we are a local, trustworthy resource here to help you achieve your health goals!



JANET GOESKE
FOUNDATION

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

be ACTIVE

100 MILE CLUB

EVERY TUESDAY 12:30 PM
DARK 3rd TUESDAY

**MOVEMENT IMPROVES:
HEART HEALTH, REDUCES PAIN, & BOOSTS MENTAL HEALTH**

ALL LEVELS OF MOBILITY WELCOME

FREE REGISTRATION

JOIN NOW!

PRIZES EVERY 25 MILES

OPTIONAL \$15 T-SHIRT

100 MILE CLUB®
SINCE 1993

JGF JANET GOESKE FOUNDATION

FIT FRESH FUN
JGF JANET GOESKE FOUNDATION
50+

STAY ACTIVE AND SAFE THIS FALL!

ARE YOU CONCERNED ABOUT FALLS OR LOOKING FOR WAYS TO IMPROVE YOUR STRENGTH & BALANCE? COME LEARN PRACTICAL TIPS AND EXERCISES TO STAY STEADY ON YOUR FEET.

DECEMBER 18TH at 10AM

JGF JANET GOESKE FOUNDATION

DATE CHANGED!

OC FoodBox

will be held on DECEMBER 6th

stay CONNECTED

Community Health Education

As a part of our mission to keep older adults healthy and independent, Independence at Home (IAH) offers a wide range of community education programs and activities to older adults and their caregivers.

Our lectures, workshops and courses cover an array of health-related, social and technology topics that matter most to the older adults and caregivers we serve.

Our educational programs are offered at no cost to the community via Zoom and telephone- all at no cost! We invite you to explore our monthly classes.



Scan QR code to see the class calendar!



For more information call **1-866-421-1964** or email us at communityoutreach@scanhealthplan.com



Love Riverside FRESH PRODUCE

Giveaway

THURSDAY | STARTS
DECEMBER 19 | AT 10AM

Must RSVP at the front desk

- Must be low-income
- Must be 62 and older
- Must reside in Riverside
- Must complete intake form

5257 Sierra St., Riverside, CA 92504

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

be ACTIVE

DISCOVER THE POWER OF PHOTOGRAPHY ACCESSORIES

**December 18th
9am - 10am**

Join us for a hands-on photography event where you'll explore essential accessories to enhance your shots. Learn about tripods, filters, lighting kits, lenses, and more from an industry expert. Get practical tips, learn about the latest gear, and find out how the right accessories can take your photography to the next level!

Bring Your Camera!
Don't forget to bring your camera (DSLR or smartphone)

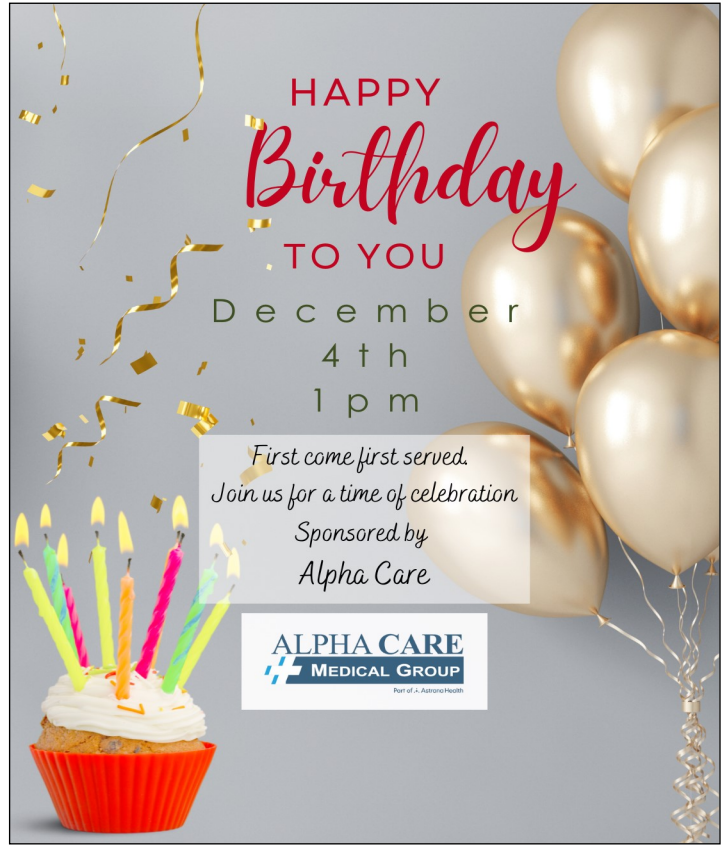
(951)351-8800 www.jgf4seniors.org 5257 Sierra Street, Riverside, CA 92504

HAPPY *Birthday* TO YOU

December 4th 1pm

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

ALPHA CARE
MEDICAL GROUP
Part of J. AstraHealth



JGF
JANET GOESKE
FOUNDATION

Join Us for a Fun Scrapbooking Workshop!

Date: Tuesday, 1/28/25

Time: 12:00pm-3:00pm

Unleash your creativity and preserve your memories!

What to Bring:

- Your favorite photos
- Scrapbooking supplies provided

All skill levels welcome!

PROUDLY BROUGHT TO YOU BY



JGF JANET GOESKE FOUNDATION 5257 SIERRA STREET RIVERSIDE 951-351-8800 JGF4SENIORS.ORG

MOVIES

BEVERLY HILLS COP: AXEL F

FRIDAY, DECEMBER 6TH @ 12:45PM

THE FAMILY MAN

FRIDAY, DECEMBER 13TH @ 12:45PM

CHRISTMAS INHERITANCE

FRIDAY, DECEMBER 15TH @ 12:45PM

THE LOST CITY

FRIDAY, DECEMBER 27TH @ 12:45PM

WHITE HOUSE DOWN

SUNDAY, DECEMBER 15TH @ 2:00PM



stay **CONNECTED**



Live Better, Longer[™]
with Blue Zones[™] Health

It's time to feel better, stronger, and happier. Blue Zones Health is ready to start you on your path forward to many more good years.

833-LIV-BLUE (833-548-2583)

bluezoneshealth.com

We're here for you!

Whether it's finding resources for food, housing, care after leaving the hospital, or managing asthma at home, IEHP's Community Supports Team can help you get the care you need.

IEHP
Inland Empire Health Plan

iehp.org

be ACTIVE



JANET GOESKE
FOUNDATION



SRB Massage

Soothing & Relaxing Body Massage

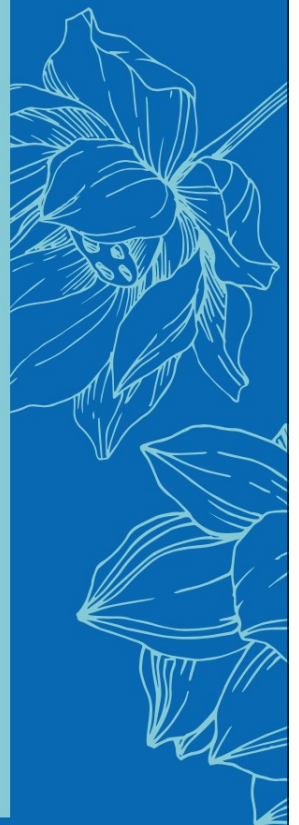
December 9th & 12th
10:00 am - 2:00 pm

Free 10 Minutes Massages
(Tips greatly appreciated)

First Come, First Serve

JGF MEMBERS ONLY

For follow-up massage
appointments, please contact
Sandy Park directly at 951-818-3346



Happy Holidays

Let the Christmas Spirit Shine
From The Janet Goeske Team



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
or scan the QR code.



4445 Magnolia Avenue
Riverside, CA 92501
951.788.3000

RiversideCommunityHospital.com



RIVERSIDE
Community Hospital

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
Email: hello@HRBCinsurance.com

Scan For
More Info



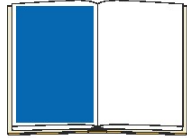
Calling the number on the front will direct you to a licensed insurance agent/broker Monday - Friday: 8:30am - 5:00pm. For more information call toll-free 1-877-651-7526 TTY: 711 (national relay). HRBC Insurance (CA License No. 0F27274) represents various Medicare Advantage (MA) and Prescription Drug 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.

Advertisement

Advertising in Pacesetter

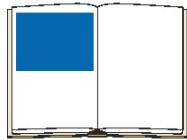


Most Popular



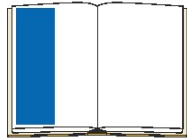
Full Page \$300/Month

- 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



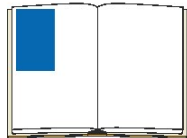
Half Page- Horizontal \$200/Month

- 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



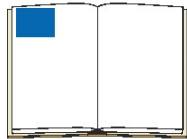
Half Page - Vertical \$200/Month

- 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



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



INLAND EMPIRE OSTOMY ASSOCIATION

OSTOMY SUPPORT GROUP



COLOSTOMY - ILEOSTOMY & UROSTOMY

Meetings: 3rd 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



Affiliated with:

www.OSTOMY.org



FROM SURVIVING TO THRIVING

a support group for survivors of rape/ sexual assault
1st Wednesday of the Month 10:00-11:00AM

light refreshments will be served

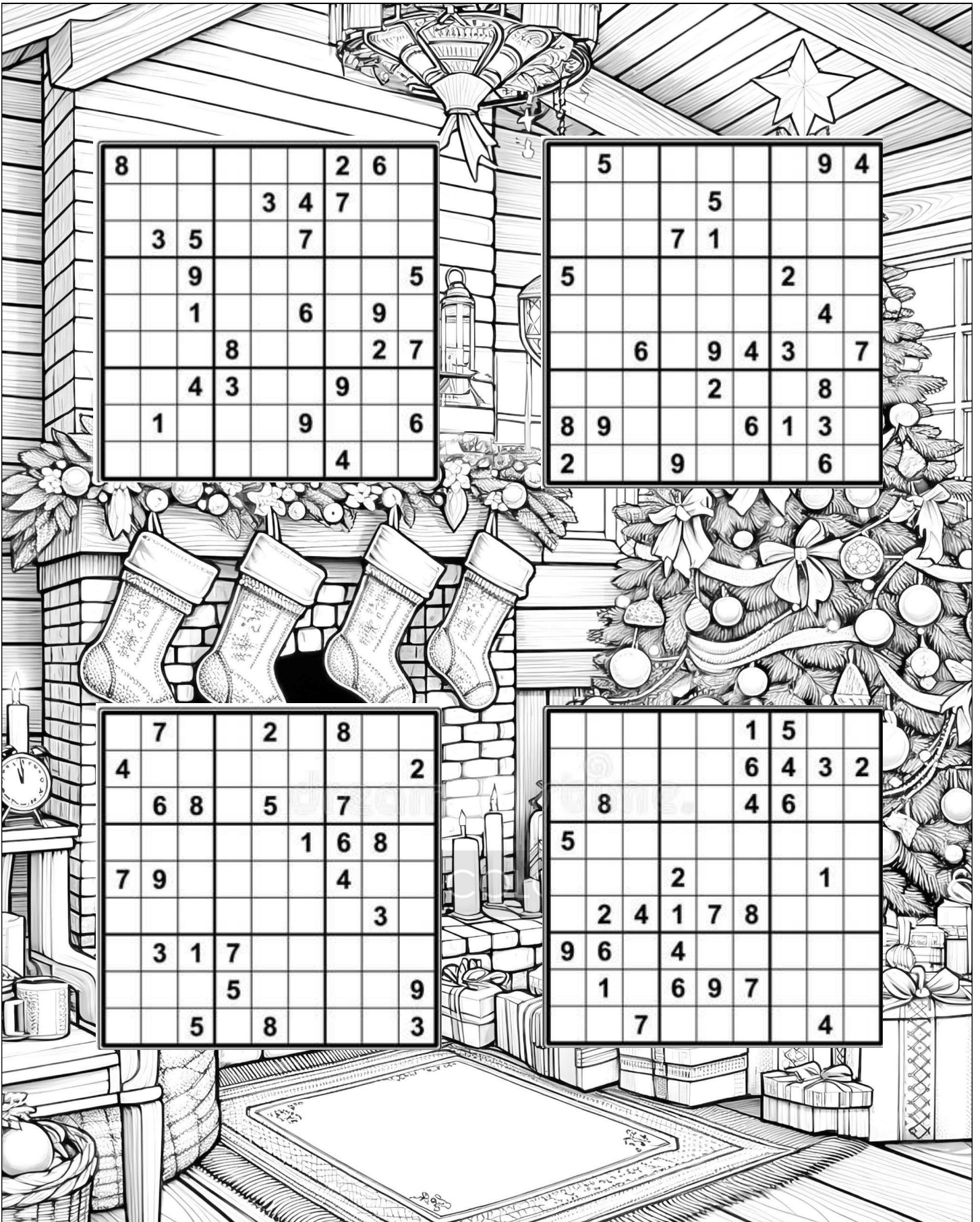
for more information email: maliasglamma57@gmail.com

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!



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

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

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Advertisement

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**



NEW YEARS ROSE PARADE
December 29 – January 2
\$2999.00 per person, Double occupancy
\$3799.00 Single

Highlights Includes

- Rose Parade
- New Year's Eve Celebration with Dinner & Dancing
- Tournament of Roses Bandfest
- Warner Bros. Studio Tour
- Universal Studios Hollywood
- City Walk
- LA Farmers Market
- The Grove
- Pasadena Rose Parade
- Float Barn: Pre-Parade Float Viewing
- Citadel Outlets

Tour Price Includes:

- Round Trip Airfare
- Deluxe Motorcoach
- 4 Nights Stay: Hilton Garden Inn Montebello, CA
- New Year's Celebration

Meals:

- 3 Breakfasts
- 1 Box Breakfast
- 1 Dinner

FOR MORE INFORMATION  www.FriendlyExcursions.net

JGF JANET GOESKE FOUNDATION

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Riverside CA 92504

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- Ample Free Parking
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- Stage & Sound Available
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For More Information Call (951) 221-6748



RIVERSIDE CONNECT

CONNECTING YOU TO WHERE YOU WANT TO GO!

If you're looking for a safe, reliable and affordable transportation option, Riverside Connect has you covered!

Owned and operated by the City, Riverside Connect provides transportation to seniors age 60+ and individuals with disabilities within the City limits.

HOURS OF OPERATION	COST PER TRIP
Monday - Friday: 8 AM - 5:30 PM Saturday - Sunday: 9 AM - 4 PM	General One-Way Fare \$3.25 Medical One-Way Fare \$2.25

 **Riv-Connect.com** Reservations are required. For more information or to schedule a ride please call (951) 487-8980.

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!!

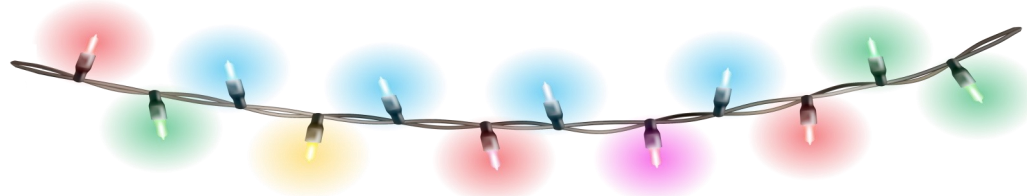
Daily Schedule

EXERCISE & WELLNESS		
Activity	Dates	Time
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	Fri.	8:00am-9:30am
*Chair Volleyball	Mon.	2:15pm-4:45pm
*Chair Volleyball	Thurs.	2:30pm-5:00pm
*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
***Pickleball	1st & 3rd- Mon.	9:00am-10:45am
***Pickleball	2nd & 4th- Wed.	9:00am-10:45am
**RCC Water Exercise w/Roseanne (Session Ends Dec.7)	Mon. Wed.	11:00am-12:15pm
**RCC Water Aerobics w/Robin (Session Ends Dec.7)	Mon., Wed.	2:30pm-3:45pm
**RCC Yoga w/Lorraine (Session Ends Dec.7)	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
About Writing	2nd - Mon.	10:30am-11:30am
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 w/Richard (Stoneware)	Fri.	10:00am-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. (Session Ends Dec.7)	9:00am-12:30pm
Featherweight Club	3rd - Sun.	1:30pm-4:00pm
Felting w/Kelley	2nd & 4th - Wed.	9:00am-12:00pm
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
Quilting & Accessories Club	1st & 3rd - Sat.	9:30am-12:30pm
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
Riverside Stamp Group	3rd - Tues.	6:45pm-8:45pm
*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
Write You Life Story	2nd, 3rd, & 4th - Mon.	1:00pm-3:00pm
Woodcarving	Wed.	4:30pm-7:00pm

*No fee, but TIPS greatly appreciated

**RCC Session (Session Ends Dec.7)

***Members Only



Daily Schedule

SOCIALIZATION		
Activity	Date	Time
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
Movie-Sunday	3rd - Sun.	2:00pm-4:00pm
Raincross Rose Society	2nd - Tues.	6:30pm-9:00pm
Scrabble Group	Mon., Wed.	8:00am-12:00pm
Tuesday Morning Group	Tues.	10:00am-11:30am
SUPPORT GROUPS		
Activity	Date	Time
Alzheimer's 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
MONTHLY NUTRITION		
Activity	Date	Time
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

SENIOR SERVICES		
Activity	Date	Time
Attorney Services (RSVP Required)	1st & 3rd - Fri.	9:00am-2:00pm
Barbs Classy Cuts - Haircuts (M-\$11, W-\$13)	Thurs.	9:00am-3:30pm
HiCap Counseling (RSVP Required)	4th Tues.	9:30am-12:30pm
Library	Mon. - Fri.	Normal Operating Hours
Senior Resource Advisor	Mon. - Fri.	Call for Appointment
DANCE & MUSIC		
Activity	Dates	Time
Ballroom Dance	Tues.	10:30am-11:30am
Dancing for Fun	3rd-Fri.	2:00pm-4:00pm
The Goeske Acoustic Music Circle	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
Goeske String Ensemble	Mon.	1:00pm-2:00pm
*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
Riverside Square Dance Club	Tues.	6:00pm-8:45am
CARD CLUB		
Activity	Date	Time
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



December 2024 Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatballs in Marinara Sauce Pasta California Vegetables	3 Chinese Garlic Chicken Steamed Rice Broccoli	4 Roasted Turkey Mashed Potatoes Green Beans	5 Southwest Chicken Breast Cilantro Rice Mixed Vegetables	6 Turkey Spinach Salad
9 Basil Lemon Chicken Breast Couscous Steamed Spinach	10 Ranch Steak Roasted Potatoes Diced Carrots	11 Garlic Ginger Pork Chop Brown Rice Cabbage	12 Beef Lasagna California Vegetables	13 BBQ Chicken Sandwich Baked Beans Corn
16 Chicken Florentine Pasta Broccoli	17 Sweedish Meatballs Mashed Potatoes Mixed Vegetables	18 Chicken Enchiladas Spanish Rice Southwest Vegetables	19 Holiday Meal Roast Beef Mashed Potatoes Green Beans	20 Tuna Sandwich Chips Cucumber Salad
23 Cajun Chicken Roasted Potatoes Diced Carrots	24 Beef Chili Biscuit Mixed Vegetables	25 Closed 	26 Pulled Pork Steamed Rice Corn	27 Grilled Chicken Salad
30 Creamy Pesto Chicken Pasta California Vegetables	31 Baked Ham New Potatoes Brussel Sprouts			

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

stay CONNECTED



JANET GOESKE
FOUNDATION



December 2024

Holidays and Observances: 24-Christmas Eve, 25-Christmas Day, 31-New Year's Eve




SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 	4  Birthday Celebration 1pm	5	6  Great Starts 8:30am & 9:15am Must RSVP	7
8	9	10	11	12  WINTER DANCE 1PM-4PM Must RSVP	13	14
15	16	17	18  Photography Class 9am-10am	19	20  Taste It Try It 10:00am Must RSVP	21
22	23  Holiday Hours 9am-4pm	24  Holiday Hours 9am-4pm	25  WE ARE CLOSED Christmas Day	26  Holiday Hours 9am-4pm	27  Holiday Hours 9am-4pm	28  Holiday Hours 9am-4pm
29	30  Holiday Hours 9am-4pm	31  Holiday Hours 9am-4pm				

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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?
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-  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

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OF EACH MONTH



MONDAYS & SATURDAYS

GAME STARTS AT: 12:00PM
(DOORS OPEN AT 9:30AM)

OPEN TO THE PUBLIC (18+)

- 2 Pack Minimum, Buy In: \$20
- Extra Pack \$5
- Special Games: \$2 or 3/\$5
- ★ LIVE CALLER
- ★ CASH PRIZES
- ★ SNACK BAR

POWERBALL - UP TO \$500

JGF JANET GOESKE FOUNDATION 5257 Sierra Street, Riverside, CA 92504



Beating the Holiday Blues

December 5, 2024
10:30 AM

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

JGF JANET GOESKE FOUNDATION




PICKLEBALL

Monday, November 4th	9:00am-10:45am
Wednesday, November 13th	9:00am-10:45am
Monday, December 2nd	9:00am-10:45am
Wednesday, December 16th	9:00am-10:45am
Monday, December 30th	9:00am-10:45am

The class is limited to a maximum of 12 participants per session.

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

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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.

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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?

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Moreno Valley, CA 92553

Monday – Friday 9:00 am – 5:00 pm

Find us online: CallJAR.com  

Se habla español



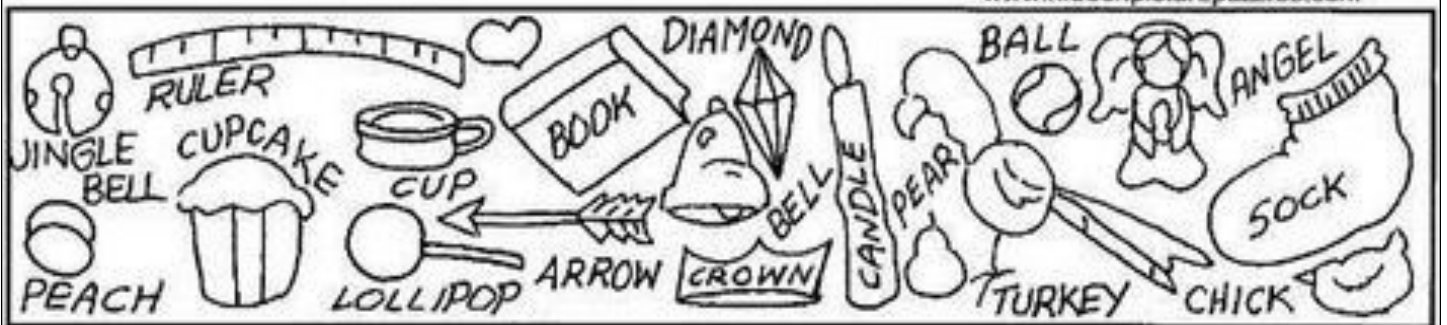
*Calling the number above will direct you to a licensed insurance agent. We do not offer every plan available in your area. Currently we represent 0-22 organizations which offer 0-685 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) 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

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Christmas Word Search

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 N Y A D W O N S O J M A H U I R E I N D E E R L
 E J X C F T H R K T N F D G R O M Q E T B C S C
 C X S F H J Q O P G E L O I A U I U J M F R L E
 S O I S W R B N E P O L K H T L B X E E D B U V
 Y H N L E C I L J C S G T T S V B C Y C H S L O
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 V O N G L V S K I M R R I C C M H Y T P N E E M
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 A M O L O G Q S U L R M T R P E N D G I M N T N
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CANDY CANE
 CHIMNEY
 CHRISTMAS
 CHRISTMAS LIGHTS
 CHRISTMAS TREE
 SNOW DAY
 GIVING
 DECEMBER
 SINGING
 ANGEL

FAMILY
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 SLED
 SLEDDING
 NATIVITY SCENE
 NAUGHTY LIST
 NICE LIST
 NORTH POLE
 ORNAMENT

STAR
 STOCKINGS
 SUGAR COOKIES
 SWEATER
 WREATH
 SLEIGH
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 SNOWFLAKE
 SNOWMAN
 SPRITE

JOY
 LOVE
 MALL SANTA
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FD #66

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Senior Services

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

5257 Sierra Street, Riverside, CA 92504



Senior Services

SENIOR RESOURCE ASSISTANCE

Driver's license renewal and REAL ID

ASK QUESTIONS - GET SUPPORT

NEWS FLASH!

The rumors are true! Most seniors (70+) do not have to take a knowledge test to renew their driver's license. Folks whose license expires in 2024 AND have a clean driving record will be able to renew without taking the test.

**Online account or email account
REAL ID or Renewal application
WE CAN HELP!**



CALL FOR APPOINTMENT

951-351-8800

5257 Sierra Street, Riverside, CA 92504

Front



JANET GOESKE FOUNDATION

Back



**JGF
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**ONLY
\$10.00**

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



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Appointments available at the front desk.

Haircut Prices:

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



Our Schedule:

Thursday 9:00am-3:30pm



be the change

DONATE NOW!

Donations are a critical part of our fundraising goals. We rely on donations to bridge the gap between funds received from foundational grants (which typically have restrictions) and the growing needs of our seniors

Your donation will help fund 200+ weekly programs offered to JGF patrons, including:

- Health Education
- Support Groups
- Senior Resources
- Activities
- Special Events
- Fitness Classes
- And so much more!

WAYS TO DONATE

Scan the QR Code | visit: jgf4seniors.org | or Speak to a Staff Member



5257 SIERRA STREET RIVERSIDE
951-351-8800



Lifetime Members

Joanne Ackerman	Kirk Ferguson	June Mihalick	Susie Thomas
Fresia Alvarez	James Fleming	Rose Y. Monge	Janet Townsend
Kathy Arant	Anna Flores	Gregory A. Moody	Sarah Van Buhler
Carolyn Bailey	Patsi Fontaine	Patricia Morgan	Natalia Velasquez
Mary Joy Barnett	Sylvia Galbreath	Kimberlee L. Nebel	Castro
Bettye L. Baum	Steven Gallagher	Dave Nelson	Ursula Vogelsang
John Bednorz	Patricia Campbell	Ralph Nunez	Walter Vogelsang
Donna	Janice Geldreich	Dolly Ogata	Ellen Weinfurter
Benedictos	Jerry Goings	William Oppenheim	Marsha Welch
Judy Berndt	Wanda Gong	Edna A. Osborn	Diana Jean Williams
Virginia	Estella Granillo	Howard Owens	Dolores Williams
Blumenthal	Katie Greene	Patricia Owens	Reza Zakikhani
Yoko Boucher	Regenia Griffin	June M. Parham	
Peter J. Brabant	Sharon Gross	Corinne Parker	
Sandra Brito	Deanna Hackthorne	William D. Percy	
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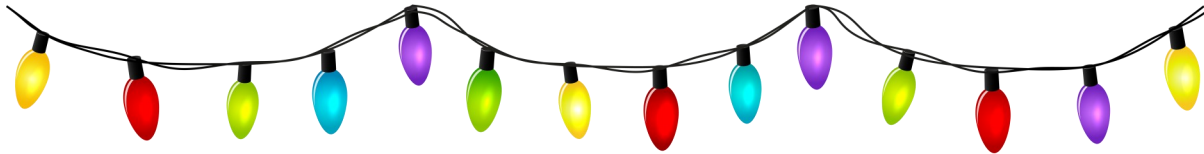
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