

GOESKE PACESETTER



A Magazine For Active Fifty & Better Adults

February 2025

GALENTINE'S DAY

Women's Health Event

FREE
ENTRY!

This event is FREE for men and women of all ages and emphasizes women's health.

**Healthier and
Happier Together**



EVENT HIGHLIGHTS:

- Refreshments for First 100 People
- Mammograms
- Doctor Presentations
- Wellness Lounge
- Raffle Prizes
- And Much More!

**WEDNESDAY,
FEBRUARY 19TH**

From 9:00AM - 2PM

JANET GOESKE CENTER

5257 Sierra St., Riverside, CA 92504

**LET'S PRIORITIZE
WOMENS HEALTH
TOGETHER!**



FOR MORE INFORMATION:



<https://jgf4seniors.org/>



951-351-8800

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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

PRESIDENTS DAY

Monday
February 17, 2025

9:00am-4:00pm

No Lunch Service

*During Holiday Hours, all end of day classes and programs will conclude at 3:30pm





JANET GOESKE
FOUNDATION



BOOK TODAY!

Room Rentals

5257 Sierra St
Riverside CA 92504

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



For More Information Call (951) 221-6748

Announcements

Please **BE ADVISED:**

Beginning February 1st, 2025, JGF staff will be conducting random audits of members-only groups in order to preserve the value of our memberships. (Gym, Billiards, etc.)

Please be sure to keep your membership card on your person for easy access.
Thank you!

ATTORNEY SERVICES

Appointments Available

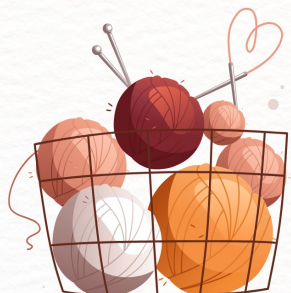
1st & 3rd Friday of the Month
9:00am - 2:00pm

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



The Goeske Center
Happy Hookers
are seeking
donations of
YARN!
All colors!
All weights!
All types!

Our dedicated volunteers will turn it into something lovely that we donate to children and seniors in need.



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: See Senior Resources

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 10:30am

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

Group Meetings

AARP (American Association of Retired Persons): Riverside Chapter

1st Saturday 9:30am

NARFE (National Active and Retired Federal Employees Association):

Chapter meeting:

4th Wednesday 10:30am

RPEA (Retired Public Employees Association):

4th Thursday 10:30am-2:30pm

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

CHAIR ZUMBA DANCE CLASS

**Date: Wednesday
February 5th
Time: 12:00pm-12:45pm
Location: Gym**

Join Us for an Energetic Workout Session!

Details:

- Class will be held sitting down
- Wear: Closed-toe shoes, comfortable clothes
- Bring: Small towel, water, and your energy!
- 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

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

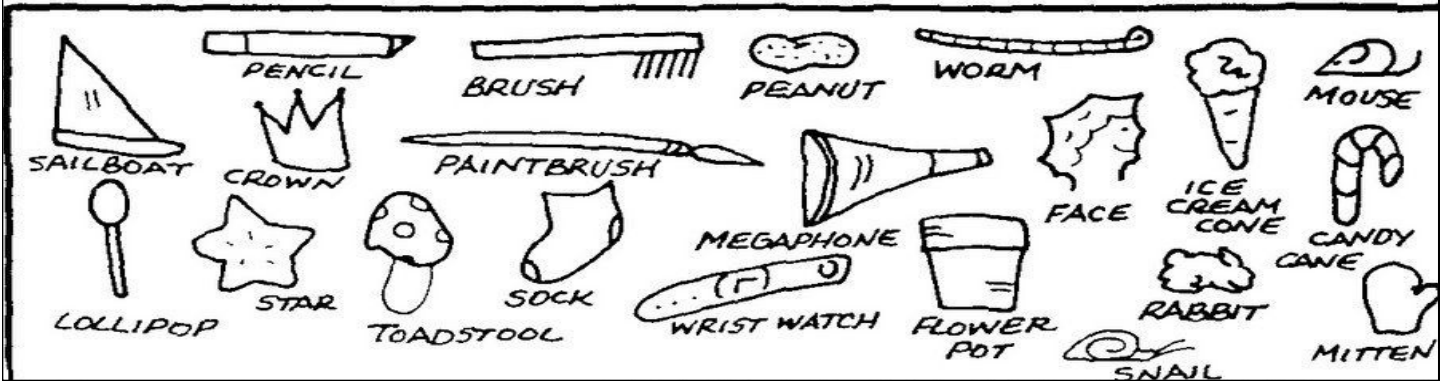
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am - 8:30 am		CLOSED	CLOSED	CLOSED	GYM OPEN	CLOSED
8:30 am - 10:30 am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	GYM OPEN
10:00 am - 11:15am	CLOSED	CLOSED	CLOSED	CLOSED	GYM OPEN	GYM OPEN
11:00 am - 12:00 pm	GYM OPEN	GYM OPEN	CLOSED	GYM OPEN	GYM OPEN	GYM 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!

have FUN



eat HEALTHY

Great Starts

FEBRUARY 7th

1st Friday

8:30AM & 9:15AM



FREE Educational Program & Breakfast
RSVP at the Welcome Desk



Taste it, Try It *Smoothies*



**Friday
February 28th
Starts at 10AM**

**Must RSVP at the front desk or call
(951) 351-8800**

Supper Club

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

**Yard House
3775 Tyler St.
Riverside, CA 92503
Tuesday February 11
2:00pm**

*Individual meal costs apply
Lunch specials change with time

RSVP Required

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

be ACTIVE

100 MILE CLUB



**FREE
REGISTRATION**

**EVERY TUESDAY 12:30 PM
DARK 3rd TUESDAY**

JOIN NOW!

**PRIZES
EVERY 25 MILES**

**OPTIONAL \$15
T-SHIRT**

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

ALL LEVELS OF MOBILITY WELCOME



Love Riverside Giveaway FRESH PRODUCE

****SIGN UP FULL****

If you received produce in January
come get your February Produce!

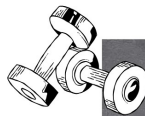
**THURSDAY | 10:00AM-
FEBRUARY 20TH | 10:30AM**

**MARCH/APRIL
disbursements**

**SIGN- UP THURSDAY
FEBRUARY 20TH AT 11AM**

- Must be low-income
- Must be 62 and older
- Must reside in Riverside
- Must complete PINK forms

5257 Sierra St., Riverside, CA 92504

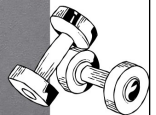


FIT FRESH FUN JGF JANET GOESKE 50+

**WANT TO WORKOUT AND HAVE
FUN WHILE DOING IT?**

**JOIN US FOR TEAM AND
INDIVIDUAL WORKOUTS WITH
FUN PRIZES!**

FEBRUARY 26TH at 10AM



eat HEALTHY

Nutrition Class

Hosted by Riverside County Office on Aging



Date: 2/27/25
Time:
9:30am-10:30am

Location:
5257 Sierra St,
Riverside, CA 92504

Please Contact: Stephanie Posada at
SPosada@rivco.org (951) 481-9913
Maricruz Carrillo at Mcarrillo@rivco.org
(951) 315-9109

Planning Healthy Meals



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 for healthy tips.
The materials or product were 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: 2/27/25
Horario:
10:30am-11:30am

Ubicación:
5257 Sierra St,
Riverside, CA 92504

Por favor, póngase en contacto con:
Stephanie Posada al SPosada@rivco.org
(951) 481-9913
Maricruz Carrillo al Mcarrillo@rivco.org
(951) 315-9109

Planificación de Comidas Saludables



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

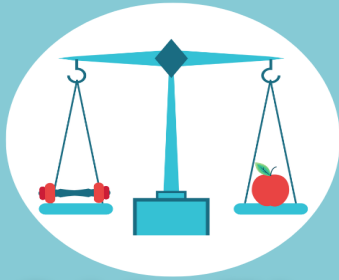


RIVERSIDE COUNTY
OFFICE ON AGING

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

stay CONNECTED

FIT FRESH FUN CHALLENGE



Starting January 2025

JGF challenges you to move & learn as much as possible!

From January 1st - June 25th

Points will be accrued when you attend the following:

- * Health Education Classes
- * Partner Education Events
- * Fitness classes

Point System:

Health Class: 1 point/ class

Partner Education Event: 2 points/class

Fitness Class: 3 points/ class

Points will be added through the check-in kiosks, so make sure you check in for every class you attend!

RCCD | RIVERSIDE COMMUNITY COLLEGE DISTRICT

Presents: Mature Driving Class

Class is free to all RCC registered students

Registration link

<https://forms.office.com/r/XYiUrNYh0p>

Hosted by:

Goeske Senior Center

5257 Sierra St, Riverside, CA 92504

March 6th and 7th 2025

8:30 am to 12:15 pm

Will be taught by:

Lieutenant Jeff Klug (Retired) C.H.P.



**Wed
9am-
12pm**

Cue Girls Billards

Instructor: Howard Owens

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!

Goeske Membership Required

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

be ACTIVE

**Feb 21st
8-11am**

PHOTOGRAPHY CLASS FIELD TRIP MISSION INN RIVERSIDE

Get ready to explore, learn, and snap stunning photos on this hands-on field trip! Whether you're a beginner or experienced, this trip is designed to inspire creativity and improve your skills.

What You'll Learn:

- Composition Techniques
- Lighting and Exposure
- Depth of Field
- Street photography

Bring Your Camera!

Don't forget to bring your camera (DSLR or smartphone)

Call center to RSVP



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

**Feb 26th
9-10:30am**

PHOTOGRAPHY CLASS EDITING

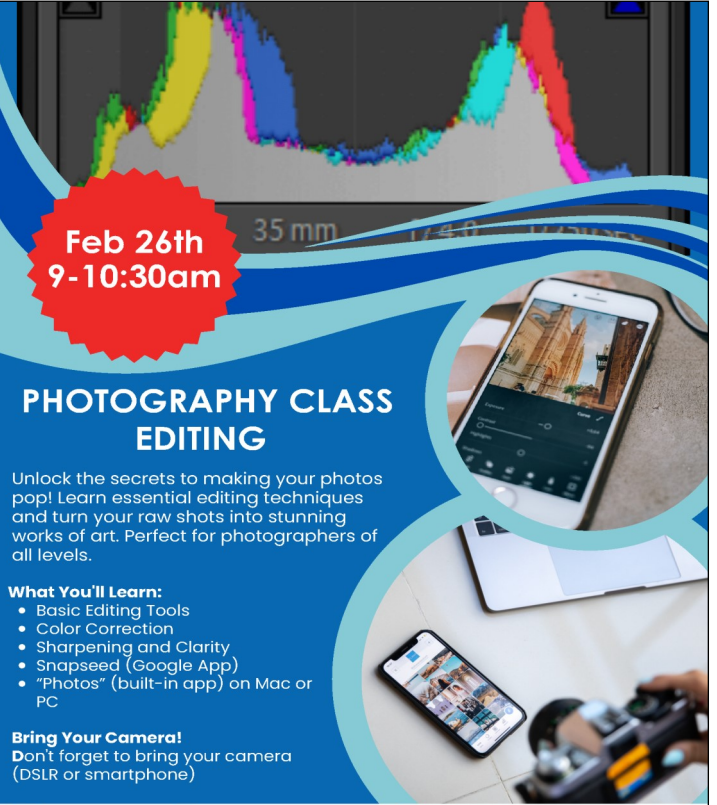
Unlock the secrets to making your photos pop! Learn essential editing techniques and turn your raw shots into stunning works of art. Perfect for photographers of all levels.

What You'll Learn:

- Basic Editing Tools
- Color Correction
- Sharpening and Clarity
- Snapseed (Google App)
- "Photos" (built-in app) on Mac or PC

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
February
10th
12pm

*First come first served.
Join us for a time of celebration
Sponsored by
Alignment Health Plan*



IGF JANET GOESKE FOUNDATION



**Open PLaY
is here!**

PICKLEBALL

Exciting news! Starting this January, Pickleball is now open play every Monday & Wednesday! Don't forget to bring your Goeske membership and show it to the instructors. See you on the court!

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



5257 Sierra Street
Riverside, CA 92504

stay CONNECTED

MOVIES

NOTTING HILL
FRIDAY, FEBRUARY 7TH
12:45PM

THE SIX TRIPLE EIGHT
FRIDAY, FEBRUARY 21ST
12:45PM

BACK IN ACTION
FRIDAY, FEBRUARY 28TH
12:45PM

ME TIME
SUNDAY, FEBRUARY 16TH
2:00PM

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

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

FOOD PANTRY DONTATIONS NEEDED

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



CAREKIT DONTATIONS NEEDED



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

Goeske 2025



JANET GOESKE
FOUNDATION

**JOIN US FOR THE
BIGGEST GAME OF
THE YEAR!**

SUPER BOWL SUNDAY 2025

**FEBRUARY 2/9
CENTER OPENS AT 2:00PM
GAME TIME 3:30PM**

**PIZZA AND DRINKS
SERVED UNTIL WE RUN OUT!**

have FUN

Cupid's Carnations

PRE-ORDER:

FEBRUARY

3-7

DISTRIBUTION:

FEBRUARY

10-14

This February, send a heartfelt surprise with Cupid's Carnations! For just a \$1 donation/each, you can send a beautiful carnation and a personalized note to brighten someone's day.

sponsored by:

jar  Insurance TM

have FUN

VALENTINE'S DAY WORD SEARCH



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

Arrow
 Be mine
 Bouquet
 Candy
 Card
 Chocolate
 Cuddle

Cupid
 February
 Flowers
 Friend
 Hearts
 Hug
 Kiss

Love
 Pink
 Red
 Romance
 Roses
 Sweet
 Valentine



stay CONNECTED

JGF

JANET GOESKE
FOUNDATION

Celebrate Valentine's Day
with music, dancing and
great company!

Valentines Day Dance



February 14th
1:00PM - 4:00PM




Non-Members \$5
Members/Life-Time Members Free

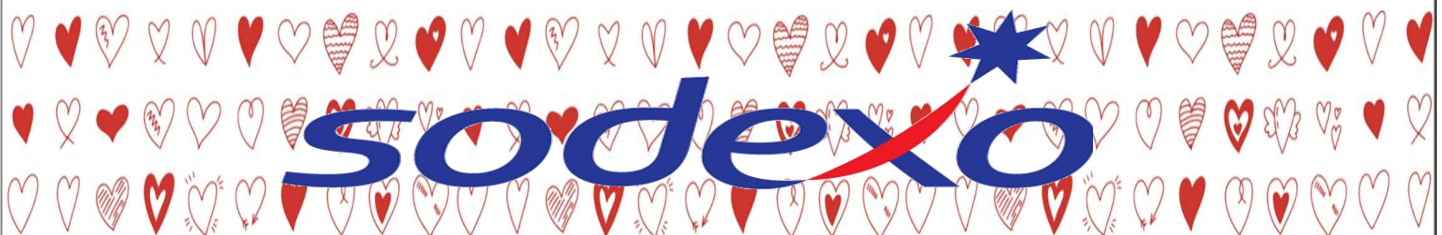
Sign-up sheets will be available
starting 1/6/25




Sodexo Lunch Menu

February 2025 Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken & Mushroom Sauce Rice Pilaf Spinach 	4 Turkey Chili Roasted Potatoes Corn	5 Salisbury Steak Mashed Potatoes Mixed Vegetables	6 Teriyaki Chicken Steamed Rice Cabbage	7 Chicken & Quinoa Salad Hard Boiled Egg Tomatoes Wheat Roll
10 Spaghetti & Meatballs (beef) California Vegetables	11 Ancho Lime Chicken Cilantro Rice Mixed Vegetables	12 BBQ Pulled Pork Potatoes Diced Carrots	13 Chicken Enchiladas Spanish Rice Corn 	14 Egg Salad Sandwich Carrot and Celery Sticks 
17  Closed	18 Chicken Parmesan Penne Pasta Steamed Broccoli	19 Pork Chop with Salsa Verde White Rice Southwestern Vegetables	20 Roasted Turkey Mashed Potatoes Green Beans 	21 Chicken Salad Sandwich Chips Cucumber Salad
24 Lemon Rosemary Chicken Egg Noodles Brussels Sprouts	25 Sweet & Sour Meatballs Steamed Rice Asian Vegetable Blend	26 Glazed Ham & Pineapple Sweet Potatoes Peas & Carrots 	27 Chicken Stir-Fry Brown Rice Broccoli	28 Chef's Salad Wheat Roll



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

Goeske Monthly Calendar



JANET GOESKE
FOUNDATION



February

SUN	MON	TUE	WED	THU	FRI	SAT
						1 12pm
2	3 12pm	4	5 Chair Zumba 12:00pm	6	7 Great Starts 8:30 & 9:15am 	8 12pm
9 Super Bowl Center Opens 2:00pm Game Start 3:30pm	10 12pm Birthday Celebration 12pm	11	12	13	14 OC Box 10am Valentine's Dance 1pm-4pm	15 12pm
16 Welcome we're OPEN 3rd Sunday 1pm-5pm	17 12pm PRESIDENT'S DAY Holiday Hours 9am-4pm	18	19 Galentine's Women's Health Event 9am-2pm	20 Love Riverside Fresh Produce 10am SIGN-UP FULL	21 Photography Class Trip 8am-11am	22 12pm
23	24 12pm	25	26 Photography class 9-10:30 Fit, Fresh, Fun 10am	27 We love our Volunteers Volunteer Town Hall Meeting 9am-10am	28 Taste It, Try It 10am must RSVP	

have FUN!

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Travel

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**



COUNT DOWN TO MARDI GRAS

February 25 – March 2, 2025

\$3,299.00 Per person, double occupancy
\$3,899.00 Per person, single occupancy

Sightseeing Highlights

- ♣ New Orleans City Tour
- ♣ Walking Tour of the French Quarter
- ♣ Pre-Mardi Gras Parades with Seating
- ♣ National WWII Museum and Movie
- ♣ Bayou Airboat Ride
- ♣ Baton Rouge Capitols
- ♣ Tabasco's Avery Island
- ♣ Vermilionville
- ♣ Nottoway Plantation

Tour Price Includes

- ♣ Roundtrip Airfare
- ♣ Round Trip Airport
- ♣ Deluxe Motorcoach
- ♣ Professional Tour Director
- ♣ Local Experts
- ♣ Luggage Handling
- ♣ Meals: 5 Breakfasts
- ♣ 2 Dinners

Hotel Accommodations

- ♣ 3 Nights in New Orleans Wyndham New Orleans French Quarter
- ♣ 2 Nights in Lafayette, LA Springhill Suites Marriott

FOR MORE INFORMATION www.FriendlyExcursions.net



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


Monday - Friday: 8 AM - 5:30 PM
Saturday - Sunday: 9 AM - 4 PM


COST PER TRIP

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) 687-8080.

RIVERSIDE AARP CHAPTER 237 TOUR







LINCOLN MEMORIAL SHRINE
CIVIL WAR MUSEUM • RESEARCH CENTER

Our tour today starts out going to Redlands to the Lincoln Memorial Shrine. Two hundred years after his birth; the life and legacy of our 16th President continues to fascinate and inspire. Born into poverty on the edge of an untamed frontier, his rise from obscurity to greatness has become a symbol of the universal hope that we can all improve our circumstances in life. This beautiful museum seeks to deepen the understanding of Abe and the American Civil War and it's impacts on generations of Americans through education, interaction, and exhibition. They're working on a new exhibit that will be finished when we go there. I'm so anxious to see it. Donations are greatly accepted. Then we will go feed our souls at the Golden Corral (O.Y.O) **You will love this tour!!**

Riverside AARP Chapter 237
4495 Magnolia Ave.
Riverside, Ca 92504
Mon & Thurs 9:30—12:30
PHONE: (951) 742-5708

DATE: WED, Feb. 26, 2025
TIME: 9:30 AM—2:30 PM
COST: \$65.00
Pay By: Feb. 13th
ESCORT: Beth Richards
PHONE: (951) 742-5708

AARP MEMBERSHIP TOURS

RIVERSIDE AARP CHAPTER 237 TOUR

NETHERCUTT MUSEUM




Come with us and enjoy fascinating memorabilia of the past. The Nethercutt Museum and Collection is housed in two beautifully appointed exhibit facilities.

The Lower Salon features around 25 antique automobiles plus unique musical instruments.

The Grand Salon also features approximately 25 automobiles in a 1910 to 1930 decorated showroom.

The Mezzanine displays 19th century French furniture plus much more! The Music Room features nickelodeons, disc music boxes. Enjoy the beautiful organ music that comes up from the floor.

The Library includes an archive of books, magazines and owner's manuals and much more!
Lunch at Denny's O-Y-O

Riverside AARP Chapter 237
4495 Magnolia Ave.
Riverside, Ca 92501
Mon & Thurs 9:30—12:30
PHONE: (951) 742-5708

Date: Thurs. March 13, 2025
Must pay by: Feb. 27, 2025
Time: 8:00 AM TO 4:30 PM
Cost: \$100.00 per person
Escort: Thora Zigler




AARP MEMBERSHIP TOURS

Daily Schedule

MONDAY

EXERCISE & WELLNESS

*Chair Volleyball	Mon.	2:15pm-4:45pm
Light Exercise	Mon.Wed. Fri.	9:00am-9:45am
***Pickleball	Mon. Wed.	9:00am-10:45am
**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
Table Tennis	Mon. Thurs. Fri	3:00pm-5:15pm
Tai Chi (Dark 2nd Friday)	Mon. Wed. Fri.	10:00am-10:30am
Yoga Therapeutics	Mon.	11:00am-12:00pm

INSTRUCTIONAL ACTIVITIES

About Writing	2nd - Mon.	10:30am-11:30am
Art Open Studio	Mon.	9:00am-12:00pm
Write You Life Story	2nd, 3rd, &4th - Mon.	1:00pm-3:00pm

SOCIALIZATION

***Billiards	Mon.-Fri.	Normal Operating Hours
Bingo (Buy-In Required)	Mon. Sat.	12:00pm-4:00pm
Scrabble Group	Mon. Wed.	8:00am-12:00pm

SUPPORT GROUPS

MONTHLY NUTRITION

Daily Lunch Program	Mon. -Fri.	11:30am-12:30pm
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SENIOR SERVICES

Computer Lab	Mon. -Sat, 3rd Sun.	Normal Operating Hours
Library	Mon. - Fri.	Normal Operating Hours
Senior Resource Advisor	Mon. - Fri.	Call for Appointment

DANCE & MUSIC

Goeske String Ensemble	Mon.	1:00pm-2:00pm
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CARD CLUB

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

Daily Schedule

TUESDAY

EXERCISE & WELLNESS

100 Mile Club (Registration Required)	1st, 2nd, & 4th - Tues.	1:00pm-2:00pm
*Chair Yoga	Tues.	10:15am-11:15am
*Sit & be Fit	Tues. Thurs.	9:00am-10:00am
***Strength Training w/Daniel (Registration Req.)	Tues.	8:30am-9:15am
***Strength Training w/Daniel (Registration Req.)	Tues.	9:15am-10:00am
Table Tennis	Tues.	3:30pm-8:30pm

INSTRUCTIONAL ACTIVITIES

Beads, Beads, & More	Tues.	2:00pm-6:00pm
Braille Club	Tue.	9:00am-2:00pm
*Diamond Painting w/Julie	Tues.	9:00am-11:00am
Raincross Quilt Guild	3rd - Tues.	5:30pm-8:30pm
Riverside Flower Show Gardening	4th - Tues.	6:00pm-8:30pm
Riverside Stamp Group	3rd - Tues.	6:45pm-8:45pm
Stained Glass	Tues.	6:00pm-8:00pm

SOCIALIZATION

***Billiards	Mon. - Fri.	Normal Operating Hours
Inland Region Iris Society	1st - Tues.	5:30pm-9:00pm
Raincross Rose Society	2nd - Tues.	6:30pm-9:00pm
Tuesday Morning Group	Tues.	10:00am-11:30am

SUPPORT GROUPS

Parkinsons Support Group	3rd - Tues.	1:00pm-3:00pm
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MONTHLY NUTRITION

Daily Lunch Program	Mon. - Fri.	11:30am-12:30pm
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SENIOR SERVICES

Computer Lab	Mon. - Sat. 3rd Sun.	Normal Operating Hours
Library	Mon. - Fri.	Normal Operating Hours
Senior Resource Advisor	Mon. - Fri.	Call for Appointment
HiCap Counseling (RSVP Required)	4th Tues.	9:30am-12:30pm

DANCE & MUSIC

Ballroom Dance Class	Tues.	10:30am-11:30am
Riverside Square Dance Club	Tues.	6:00pm-8:45am

Daily Schedule

TUESDAY

CARD CLUB

Canasta Mamas	Mon. Tues. Fri.	10:00am-4:00pm
Canasta Queens & Kings	Mon. Fri.	1:00pm-4:00pm
The Aces Pinochle	Tues. Thurs.	10:00am-4:00pm

WEDNESDAY

EXERCISE & WELLNESS

*Chair Volleyball	1st, 3rd, & 5th - Wed.	8:00am-10:00am
Fit, Fresh, and Fun	4th - Wed.	10:00am-11:00am
Light Exercise	Mon. Wed. Fri.	9:00am-9:45am
*Move Class w/Vera	Wed.	10:30am-11:30am
***Pickleball	Mon. Wed.	9:00am-10:45am
**RCC Water Exercise w/Roseanne	Mon. Wed.	11:00am-12:15pm
**RCC Water Aerobics w/Robin	Mon. Wed.	2:30pm-3:45pm
*Stretch & Dance w/Janice	Wed.	9:00am-10:00am
*Table Tennis	Wed.	3:30pm-7:00pm
Table Tennis (Beginners)	Wed.	1:30pm-4:00pm
Tai Chi (Dark 2nd Friday)	Mon. Wed. Fri.	10:00am-10:30am
Wisdom Walkers (Ryan Bonaminio Park)	Wed.	7:00am-8:00am

INSTRUCTIONAL ACTIVITIES

About Writing	3rd Wed.	10:30am-11:30am
Felting w/Kelley	2nd & 4th - Wed.	9:00am-12:00pm
Friendship Quilters	2nd & 4th - Wed.	4:00pm-7:00pm
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
Star & Scrappers Sit & Sew	2nd - Wed.	10:00am-3:00pm
Woodcarving	Wed.	4:30pm-7:00pm

SOCIALIZATION

***Billiards	Mon. - Fri.	Normal Operating Hours
Birthday Celebration	1st - Wed.	1:00pm-1:30pm
Bunco Dice Game (\$5)	3rd - Wed.	10:30am-1:30pm
***Ladies Billiards Training	Wed.	9:00am-12:00pm
Scrabble Group	Mon. Wed.	8:00am-12:00pm

Daily Schedule

WEDNESDAY

SUPPORT GROUPS		
American Sign Language	Wed.	2:30pm-4:00pm
Riverside Deaf Seniors	4th - Wed.	11:00am-4:00pm
MONTHLY NUTRITION		
Daily Lunch Program	Mon. - Fri.	11:30am-12:30pm
SENIOR SERVICES		
Computer Lab	Mon. - Sat. 3rd Sun.	Normal Operating Hours
Library	Mon. - Fri.	Normal Operating Hours
Senior Resource Advisor	Mon. - Fri.	Call for Appointment
DANCE & MUSIC		
*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
CARD CLUB		
Canasta Queens & Kings	Mon. - Fri.	1:00pm-4:00pm

THURSDAY

EXERCISE & WELLNESS		
*Chair Volleyball	Thurs.	2:30pm-5:00pm
*Mat Yoga	Thurs.	10:15am-11:15am
***Parkinsons Strength Training	Thurs.	8:45am-9:45am
**RCC Yoga w/Lorraine	Mon. Thurs.	1:15pm-2:45pm
*Sit & be Fit	Tues. Thurs.	9:00am-10:00am
***Strength Training w/Daniel (Registration Req.)	Thurs.	1:00pm-1:45pm
***Strength Training w/Daniel (Registration Req.)	Thurs.	1:45pm-2:30pm
Table Tennis	Mon. Thurs. Fri.	3:00pm-5:15pm
TOPS (Taking off Pounds Sensibly) \$1.00 Donation	Thurs.	8:00am-10:30am

Daily Schedule

THURSDAY

INSTRUCTIONAL ACTIVITIES		
Coloring 4 Adults	Thurs.	10:00am-1:00pm
Computer Lab	Mon. - Fri.	Normal Operating Hours
Happy Hookers Knit and Crochet Group	Thurs.	11:00am-2:00pm
MahJong w/Jan & Jill	1st, 3rd, & 5th - Thurs.	10:00am-4:00pm
Marys Ceramics Handbuilding \$3.00 Fee	1st & 3rd - Thurs.	9:00am-1:00pm
Marys Ceramics Handbuilding \$3.00 Fee	2nd, 4th, & 5th - Thurs.	9:00am-4:00pm
*Rock Painting	1st & 3rd - Thurs.	1:15pm-5:30pm
SOCIALIZATION		
***Billiards	Mon. - Fri.	Normal Operating Hours
SUPPORT GROUPS		
Comfort & Joy Support Group	2nd & 4th - Thurs.	1:00pm-2:30pm
MONTHLY NUTRITION		
Daily Lunch Program	Mon. - Fri.	11:30am-12:30pm
SENIOR SERVICES		
Barbs Classy Cuts - Haircuts (M-\$11, W-\$13)	Thurs.	9:00am-3:30pm
Computer Lab	Mon. - Sat. 3rd Sun.	Normal Operating Hours
Library	Mon. - Fri.	Normal Operating Hours
Senior Resource Advisor	Mon. - Fri.	Call for Appointment
DANCE & MUSIC		
CARD CLUB		
Bridge	Thurs.	11:45am-3:30pm
The Aces Pinochle	Thurs.	10:00am-4:00pm

FRIDAY

EXERCISE & WELLNESS		
*Chair Volleyball	Fri.	8:00am-9:30am
Light Exercise	Mon. Wed. Fri.	9:00am-9:45am
Table Tennis	Mon. Thurs. Fri.	3:00pm-5:15pm
Tai Chi (Dark 2nd Friday)	Mon. Wed. Fri.	10:00am-10:30am
INSTRUCTIONAL ACTIVITIES		
Beginner & Advanced Crochet Class	1st, 3rd, & 5th - Fri.	9:30am-11:30am
Ceramics w/Richard (Stoneware) \$2.00 Fee	Fri.	10:00am-6:00pm
Sit & Sew	2nd & 4th - Fri.	10:00am-2:00pm

stay CONNECTED

FRIDAY

SUPPORT GROUPS		
Alzheimer's Support Group	1st - Fri.	10:30am-11:30am
MONTHLY NUTRITION		
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
SENIOR SERVICES		
Attorney Services (RSVP Required)	1st & 3rd - Fri.	9:00am-2:00pm
Computer Lab	Mon. - Sat. 3rd Sun.	Normal Operating Hours
Library	Mon. - Fri.	Normal Operating Hours
Senior Resource Advisor	Mon. - Fri.	Call for Appointment
DANCE & MUSIC		
Dancing for Fun	3rd-Fri.	2:00pm-4:00pm
Goeske Choir Group	1st & 3rd - Fri.	9:30am-11:00am
Goeske Drama Club	1st & 3rd-Fri.	11:00am-1:00pm
CARD CLUB		
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

*No fee, but TIPS greatly appreciated

**RCC Session

***Members Only



Daily Schedule

SATURDAY

EXERCISE & WELLNESS		
Table Tennis	Sat.	1:00pm-4:00pm
Table Tennis (Beginners)	Sat.	11:00am-1:00pm
INSTRUCTIONAL ACTIVITIES		
**Drawing & Painting w/Subodh	Sat.	9:00am-12:30pm
Jewelry Making Class	Sat.	1:00pm-4:00pm
Quilting & Accessories Club	1st & 3rd - Sat.	9:30am-12:30pm
SOCIALIZATION		
AARP Chapter Meeting (Dark January)	1st - Sat.	9:30am-12:00pm
Bible Study w/Inland Lighthouse	1st & 3rd - Sat.	1:00pm-2:30pm
Bingo (Buy-In Required)	Mon., Sat.	12:00pm-4:00pm
SUPPORT GROUPS		
California Council of the Blind	2nd - Sat.	12:00pm-4:30pm
National Federation of the Blind	2nd - Sat.	10:00am-12:00pm
SENIOR SERVICES		
Computer Lab	Mon. - Sat. 3rd Sun.	Normal Operating Hours

3RD SUNDAY

INSTRUCTIONAL ACTIVITIES		
Featherweight Club	3rd - Sun.	1:30pm-4:00pm
Inland Wood Turners	3rd - Sun.	1:00pm-5:00pm
SOCIALIZATION		
Movie-Sunday	3rd - Sun.	2:00pm-4:00pm
SUPPORT GROUPS		
Ostomy Support Group	3rd - Sun.	2:00pm-4:00pm
SENIOR SERVICES		
Computer Lab	Mon. - Fri. 3rd-Sun.	Normal Operating Hours



Goeske 2025



Goeske Calendar 2025 (Holidays & Special Events)

SPECIAL EVENTS

February 14 (Fri.)	Valentine's Dance Party
February 19 (Wed.)	Galentine's Day
February TBD	Black History Celebration
March 28 (Fri.)	Goeske Spring Festival
April 24 (Thurs.)	Volunteer Party
May 2 (Fri.)	Cinco de Mayo
May 7th (Wed)	Senior Conference
May 28th (Wed)	Nat. Senior Health & Fitness
July 2 (Wed)	Independence Day BBQ
August 22 (Fri.)	Goeske Talent Show
September 26 (Fri.)	Hispanic Heritage
October 15 (Wed.)	Fifty & Better Health Fair
October 31 (Fri.)	Halloween Dance Party
November 5th (Wed.)	Medicare EXPO
November 12th (Wed)	Veteran's Day Celebration
November 21 (Fri.)	Goeske Holiday Festival
December 12 (Fri.)	Christmas Winter Dance

HOLIDAY HOURS (9:00AM-4:00PM)

January 1 (Wed.)	New Year's Day
January 20 (Mon.)	Martin Luther King Jr.
February 17 (Mon.)	President's Day
April 18 (Fri.)	Good Friday
May 26 (Mon.)	Memorial Day
June 19 (Thurs.)	Juneteenth
July 4 (Fri.)	Independence Day
September 1 (Mon.)	Labor Day
October 13 (Mon.)	Columbus Day
November 11 (Tues.)	Veteran's Day
November 28 (Fri.)	Day After Thanksgiving
Dec. 22 - Jan. 3	Christmas Weeks

CENTER CLOSED

November 27 (Thurs.)
October 14 (Tues.)
December 25 (Thurs.)



Important:

*This calendar is subject to change without notice. Please confirm with management.

*During Holiday Hours, all end of day classes and programs will conclude at 3:30pm.

*During special events/holidays normal programming is subject to change.

Revised December 2024

stay **CONNECTED**

We would like to cordially invite ALL of our registered **VOLUNTEERS** to our

TOWNHALL MEETING

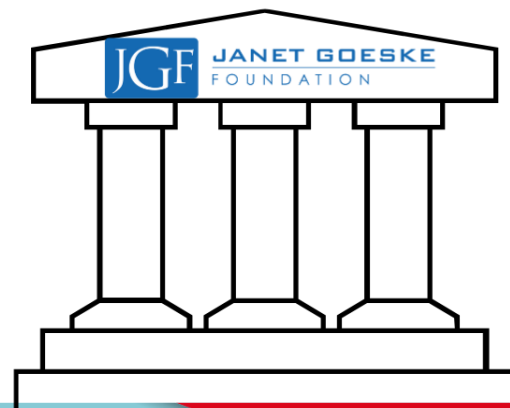
27 February 2025
9.00 am- 10.00am

The Ken Calvert Room

This is a great opportunity to share ideas, ask questions, and hear important updates about our volunteer programs. Your presence is key to staying informed and aligned as we move forward together.

This is an essential gathering & we would like ALL of our volunteers to attend.

**RSVP @ The
Front Desk!
by 2/20!**



be ACTIVE



JANET GOESKE
FOUNDATION



VOLUNTEERS LIKE YOU

build stronger
communities!



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

Our Volunteer Programs Include:

- ✓ **Maintenance Magic:** Dive in to hands-on projects and help keep our center running strong!
 - ✓ **Lunch Programs:** Serving our community one hot meal at a time.
 - ✓ **Senior Resources:** Helping our patrons get the assistance they need.
 - ✓ **Special Events:** Come help us host the best events in Riverside!
 - ✓ **Instructor Opportunities:** Teach your own class!
- ... & much more! We have something for everyone!



More Information
mrelyea@jgf4seniors.org
(951) 351-8800 ext.206

stay **CONNECTED**



CENTER TOURS & ORIENTATION

**Come discover all that
the JGF has to offer!**

Whether you're brand new to JGF or have been a part of our community for years, our Center Orientation will introduce you to the wide range of programs, services, and activities available to you.

Learn how to get involved, explore our resources, and make the most of your time with us!

**Please call or stop by the
front desk to sign up today!**

**2/4 & 2/18 @ 2pm
2/7 & 2/21 @ 10am**

www.jgf4seniors.org

Contact Us
951-951-8800



Advertising

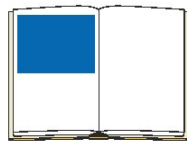
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Most Popular



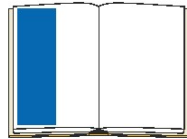
Full Page \$300/Month

- 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



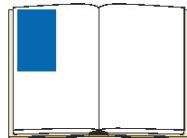
Half Page- Horizontal \$200/Month

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- Color: (Print = Black & White) (Online = Color)
- 10% discount available for 3 consecutive months when paid in advance



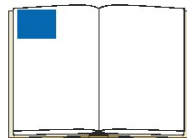
Half Page - Vertical \$200/Month

- 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: _____

Partner Highlights



Partner Highlight

At The Woods Senior Living in Riverside, we are dedicated to creating a vibrant and welcoming community for active adults aged 55 and over. As a boutique complex with 59 well-appointed apartments, we offer an ideal living environment for those transitioning into a slower paced life.

Our residents enjoy a strong sense of camaraderie and connection, and we are committed to providing them with the best opportunities to thrive in their golden years. That's why we partnered with the Janet Goeske Center, a senior community center that shares our passion for fostering friendships and offering enriching activities. At The

Woods Senior Living, we want our residents to know that they are not just living in an apartment complex, but in a vibrant community where their well-being is a top priority. With our commitment to supporting seniors and offering a space that encourages active living, we hope to provide a place where lifelong friendships are made and lasting memories are created.

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   **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 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



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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.

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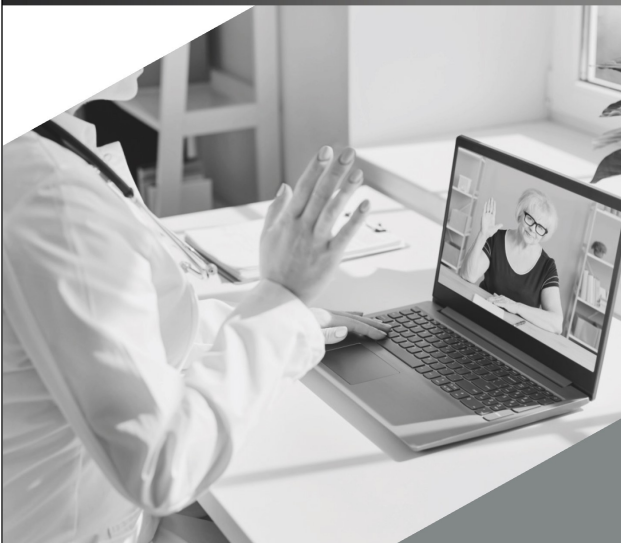
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ASK QUESTIONS - GET SUPPORT

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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:

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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

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May 7, 2025 Enforcement begins

On May 7, 2025, U.S. travelers must be REAL ID compliant to board domestic flights and access certain federal facilities.

WE CAN HELP!

The Goeske Senior Resource team can help you get a REAL ID. We will complete application online and upload your documents. IDs are free for seniors 62+



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Front



Back



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Riverside Community Hospital Hospital

Phone: (951) 788-3000
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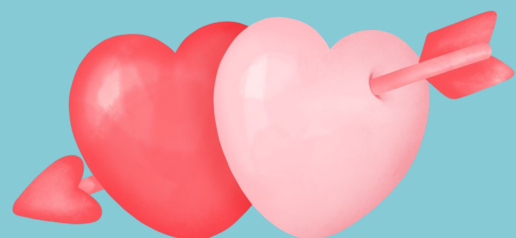
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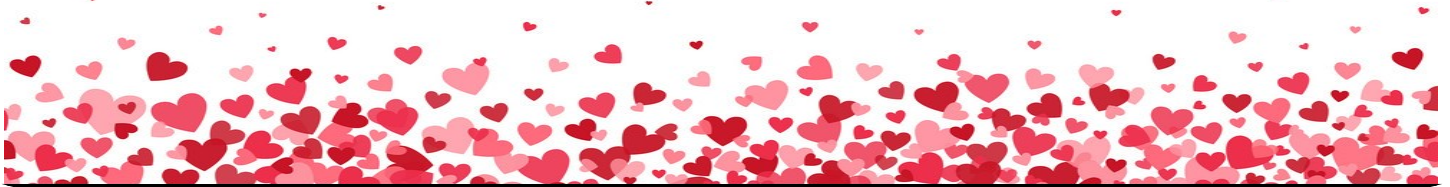
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Notes

A writing area consisting of ten sets of horizontal lines. Each set is decorated with pink hearts of various sizes. The hearts are scattered around the lines, some at the beginning, some at the end, and some in the middle. The overall theme is romantic or affectionate, consistent with the 'stay CONNECTED' header.

stay CONNECTED



To-Do List

Shopping List

Lined area for the To-Do List, bordered by a vertical line of small red hearts on the left side.

Lined area for the Shopping List, bordered by a vertical line of small red hearts on the left side.





JANET GOESKE
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