

GOESKE PACESETTER

A Magazine For Active Fifty & Better Older Adults

August 2022

COME CELEBRATE SUCCESSFUL AGING WITH US!

OPEN HOUSE

Thursday, September 15th | 4pm - 7pm

Join us! Bring your family & friends to learn about the programs, activities and services that JGF provides for the 50 & Better community!



FUN ☆ **FRIENDS** ☆ **FOOD**

5257 Sierra St. Riverside | (951) 351-8800 | www.jgc4seniors.org

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Center Hours

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

**YOUTH / SENIORS
DISABLED / VETERANS**

**RIDE FOR
25¢**



Youth, Seniors, Disabled, Veterans Ride for 25 cents

Beginning August 1, RTA is offering 25-cent bus rides to youth, seniors, disabled and veterans on all bus routes, including CommuterLink! While on board, enjoy free Wi-Fi, USB charging ports, comfortable seating, friendly drivers, ad, as always, our commitment to safety wherever you're headed.

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 Advisor: Marilyn Lynch, free consultations Thursdays 9AM – 2:45PM. Call for an appointment (951) 351-8800 or sign up at the Welcome Desk

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 - 11:30am. Call (951) 826-2108 for an appointment.

Food and Nutrition

Food Box: Distribution on the 2nd Friday of the month 10 AM-12 PM. Call Community Action Partnership to apply (714) 897-6670 ext. 3613 & ext. 3612.

Food Pantry: JGC provides items to seniors in need, as available. See Linzey 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 2pm the day before (951) 877-5950

Legal Assistance

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

Notary Services

Monarch Notary Services, by appointment. Call (951) 351-8800 or sign up at the Welcome Desk. (Discount for JGC members)

Transportation

City of Riverside Special Transportation. Call for details (951) 687-8080.

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

Riverside Transit Agency. Call for details (951) 687– 8080

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

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

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

Support Groups at JGC

Bereavement/Grief Support Group:

2nd & 4th Wednesdays of the month at 8:30 AM. Call Pastor Lex Enquist to sign up (951) 334-3658

California Council of the Blind (CCB):

2nd Saturday of the month at 12PM.

Mended Hearts Support Group:

3rd Saturday of the month at 11 AM. Dedicated to “inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support”. Family members & caregivers are welcome to attend.

National Federation of the Blind (NFB):

2nd Saturday of the month at 10 AM.

Night of Hope & Joy:

1st Tuesday of the month at 6 PM. Social engagement for those with dementia and their caregivers.

Parkinson’s Support Group:

3rd Tuesday of the month at 1 PM. 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 After Stroke Group:

Meets every Thursday at 9:30AM.

Riverside Deaf Seniors:

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

Group Meetings

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

CalRTA (California Retired Teachers Association): Chapter meetings Tuesdays at 11:30AM (bi-monthly).

NARFE (National Active and Retired Federal Employees Association): Chapter meetings 4th Wednesday of the month at 9:30AM.

RPEA (Retired Public Employees Association): Chapter meetings 4th Thursday at 10AM (bi-monthly).

Información en Español

¿Sabía que ofrecemos varias clases y servicios que usted puede asistir?

*Actividades

- **Move w/ Vera** (*Mueva el Estado Físico*)
L, Mi, y V de 10:30a - 11:30a
- **Birthday Celebration** (*Celebración de Cumpleaños*) 1er miércoles del mes, 1p.
- **Chair Pilates & Latin Dance** (*Ejercicio de Música Latina*) Mi de 9:15a - 10:15a.
- **Light Exercise** (*Ejercicio Ligero*)
L, Mi, y V de 8:45a - 9:30a
- **Line Dance** (*Baile en Línea*)
Varios horarios: vea calendario
- **Sit & Be Fit** (*Ejercicio en Silla*)
Ma y J de 9a - 10a
- **Orientacion de Miembros**
3er martes del mes, 10a.
- **Table Tennis (Members Only)** (*Mesa de Tenis (Solo para Miembros)*) **Varios horarios: vea calendario.**
- **Tai Chi:** L, Mi, y V de 9:45a - 10:15a



Servicios

- **Senior Advisor** - Marilyn Lynch
Asistencia gratis con cualquier pregunta los Jueves de 9a - 2:45p. Hable para hacer una cita (951) 351-8800.
- **Asistencia Legal** - Asistencia legal gratis. Por favor traiga a un amigo/a o familiar que pueda traducir. El abogado Ken Weiss ofrece asistencia legal gratis el **1ro y 3er Jueves de 9a - 1p.** Hable para hacer una cita (951) 351-8800.
- **Comida & Nutrición**
 - ◇ **Caja de Comida** - La distribución de las cajas de comida es el **2do Viernes del mes de 10a-12p.** Hable al Orange County Food Box para aplicar (714) 897-6670.
 - ◇ **Programa de Lonche Sodexo** - *Office on Aging* da lonche caliente de Lunes a Viernes a las 11:30a. Aplicaciones están disponibles en el Escritorio de Bienvenida o para reservar lonche llame al (951) 877-5950
 - ◇ **Dispensas** - JGC le da comida a personas mayores necesitadas. Pregunte en el Escritorio de Bienvenida sobre este programa. Las donaciones siempre son bienvenidas.



Otros Recursos

- **Transportación Especial de la Ciudad de Riverside**
(951) 687-8080.
- **Servicio de Dial-A-Ride**
(951) 565-5002
- **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).

Servicios Para La Comunidad



JANET GOESKE
FOUNDATION

MANTENTE CONECTADO CON EL **PROGRAMA DE DESCUENTOS PARA INTERNET**

Podrias reunir requisitos para el PROGRAMA DE DESCUENTOS PARA INTERNET (ACP) DEL GOBIERNO FEDERAL el cual proporciona un beneficio para el servicio de internet residencial o movil prepago.

VER SI CALIFICAS!

Martes 9 de Agosto 2022

2:00-4:00 pm

Ken Calvert en el Goeske Center

DISFRUTA

Sin contrato anual!
Instalacion sin deposito!
Sin gastos de instalacion
NSin tarifas de equipo



ACESO EN
CASA DE
WI-FI



ALIMENTA
VARIOS
DISPOSITIVOS
A LA VEZ

Regístrate hoy en la recepción o llame al 951-351-8800 para confirmar su asistencia. Espacio limitado.

Mas informacion att.com/acp



Community Resources

STAY CONNECTED WITH THE **AFFORDABLE CONNECTIVITY PROGRAM**



JANET GOESKE
FOUNDATION

You may qualify for the FEDERAL GOVERNMENT AFFORDABLE CONNECTIVITY PROGRAM (ACP) which provides a monthly benefit for home internet or prepaid wireless service.

SEE IF YOU QUALIFY!
Tuesday August 9th, 2022
2:00-4:00 pm

Ken Calvert at the Goeske Center

ENJOY

No annual contract!
No deposit installation!
No installation fees
No equipment fees

OUR SERVICES



IN-HOME
WI-FI
ACCESS



POWER
MULTIPLE
DEVICES AT
ONCE

Register today at the front desk or call 951-351-8800 to RSVP. Space is limited.

More Information: att.com/acp



Activities



Meditation and Smoothies Tuesday, August 23rd at 10:15am

Learn about how meditation can help with your sleep and focus on your overall health.

Smoothies can give you the nutrients you need, to start your day right.

We will be making strawberry and banana smoothies with hidden veggies in them.

Your taste buds won't believe that it is packed with spinach!

Brought to you by your neighbors at
Raincross at Riverside



MOVIES AT GOESKE

FRIDAYS AT 12:30PM

08/12 Get On Up
Chadwick Boseman & Viola Davis

08/19 St. Vincent
Bill Murray & Melissa McCarthy

08/26 The Terminal
Tom Hanks & Catherine Zeta-Jones

3RD SUNDAY AT 2PM

08/21 Catch Me If You Can
Leonardo DiCaprio & Tom Hanks



PRESENTS

Practice of Gratitude: What is Gratitude?

A group activity where participants will have an opportunity to discuss what gratitude is and what it means to them.

GRATITUDE
IS THE BEST
ATTITUDE!

August 23rd, 2022
at 3:00 p.m.

IT'S YOUR TIME TO SHINE DIAMOND PAINTING WITH JULIE

August 9th
10am-12pm



Weekly Class

Diamond painting is a combination of cross-stitch and paint-by-numbers. "You use an applicator to apply hundreds of sparkling resin rhinestones, one by one, on an adhesive color-coded canvas painting."

RSVP at the welcome desk. Space is limited.

Activities

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 92505
AUG 9TH
3:00PM- 5:00PM

*Individual Meal Costs Apply
To RSVP Call Pat at (951) 213 - 6670

Birthday Celebration

1st Wednesday
1pm

FIRST COME FIRST SERVED.
JOIN US FOR A TIME OF CELEBRATION

Humana®

JOIN US!

AT THE GOESKE SENIOR CENTER

BINGO DAY!



TO REGISTER CALL:
951-346-9700

3 WINNERS WILL RECEIVE A GIFT BASKET WITH GOODIES!



WEDNESDAY
AUG 17th
10AM - 11AM

Join us for an Ice Cream Social!

Served by:
Optum Care Network (Legacy PrimeCare)

Wednesday August 10
12:30 – 1:30 pm



LADIES BILLIARD TRAINING
EVERY WED
AT 9AM



Fitness



aquamotionSM

FOR A HOT SUMMER WATER AEROBICS

Starting August 19th
Every Monday, Wednesday & Friday
9:30am - 10:30am

\$5 per session
\$50 vouchers available (12 visits)



Must be a Member to Register!

Visit the Welcome Desk
for More Information

Space is Limited

NEW**CITRUS COMMUNITY
YOGA & WELLNESS****MEMBERS
EXCLUSIVE
ONLY!**

Join Citrus Community Yoga &
Wellness for Chair Yoga & Mat Yoga.

Tuesday**Chair Yoga**

Chair yoga is gentle yoga that is done while sitting on a chair or standing on the ground using the chair for support. We will make time for a short guided meditation and breath work for deep relaxation. This is a great class for anyone who has difficulty getting up and down from the floor.

Thursday**Mat Yoga**

This mat yoga class will be a gentle yoga class, performing at a slower pace with less intense positions, than a studio class. Making time for meditation and breath work for deep relaxation. We will be utilizing mats on the floor, and modifications can be made to best suit your needs.

Starting August 25th.**10:15am-11:15am****RSVP AT THE WELCOME DESK**

Fitness



100

MILE CLUB

JOIN NOW!

EVERY TUESDAY 1:00 - 2:00 PM

WALKING FOR SENIORS IMPROVES HEART HEALTH, REDUCES PAIN, AND BOOSTS MENTAL HEALTH. **FOR THOSE WITH LIMITED MOBILITY, STRENGTH EXERCISES WILL BE PROVIDED.**

**PRIZES EVERY
25 MILES**

**OPTIONAL \$12
T-SHIRT**

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

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

Daily Schedule

Monday							Tuesday							Wednesday						
8:00A-1:00P							8:00A-12:00P							7:00A-8:00A						
Scrabble Group							Betty w/ Elegante Aspect Salon (\$11-\$13)							Wisdom Walkers (Ryan Bonaminio Park)						
8:45A-9:30A							9:00A-10:00A							8:00A-10:00A						
Light Exercise							*Sit & Be Fit							Chair Volleyball (1st, 3rd & 5th Wed)						
9:00A-4:00P							9:00A-2:00P							8:00A-12:00P						
Canasta Hand & Foot Card Game							Braille (Returns 08/13)							Mary's Ceramics Handbuilding (\$2) (2nd, 4th, and 5th Wed)						
9:30A-10:30A							9:00A-4:00P							8:00A-1:00P						
Water Aerobics (\$5, Pre-Registration Required)							Canasta Hand & Foot Card Game							Scrabble Group						
9:45A-10:15A							9:30A-12:30P							8:30A-9:30A						
Tai Chi							HiCap Counseling (4th Tues)							Bereavement Group (2nd & 4th Wed)						
10:30A-11:30A							10:00A-12:00P							8:45A-9:30A						
*MOVE w/Vera							Diamond Painting w/Julie							Light Exercise						
11:30A-12:30P							10:00A-10:30A							9:15A-10:15A						
Lunch Program							New Member Orientation (3rd Tues)							*Chair Pilates & Latin Dance w/Janice						
12:00P-4:00P							10:00A-4:00P							9:00A-12:00P						
Bingo (Buy-In Required)							Pinochle							Peggy's Painting (\$5) (1st & 3rd Wed)						
12:30P-2:00P							10:15A-11:15A							9:00A-12:00P						
Christian Bible Study							*Chair Yoga (Registration required)							Ladies Billiards Training						
12:30P-3:30P							10:30A-11:30A							9:00A-4:00P						
Bridge							Ballroom Dance							Canasta Hand & Foot Card Game						
1:00P-2:00P							11:30A-12:30P							9:30A-10:30A						
String Ensemble							Lunch Program							Water Aerobics (\$5, Pre-Registration Required)						
1:00P-3:00P							12:00P-1:00P							9:45A-10:15A						
Write Your Life Story (Inlandia) (FULL) (Returns Sept 19th)							Notary Services (By Appt) (1st & 4th Tues)							Tai Chi						
2:15P-4:45P							1:00P-2:00P							10:00A-4:00P						
Chair Volleyball (Team Practice)							Italian Class (Returns in Fall)							Pinochle						
3:00P-5:15P							1:00P-2:00P							10:30A-11:30A						
Table Tennis							100 Mile Club (Starting 07/12)							*MOVE w/Vera						
							1:00P-3:00P							10:00A-12:00P						
							Parkinson's Support Group (3rd Tues)							Inland Recorder Society (1st & 3th Wed)						
							2:00P-3:30P							10:30A-12:30P						
							Spanish Bible Study w/ Yolanda							Intermediate Line Dance w/Ruth (\$5)						
							2:15P-5:15P							10:30A-1:30P						
							Beads, Beads & More							Bunco Dice Game (3rd Wed) (\$5 Gift Card)						
							3:30P-8:30P							11:00A-4:00P						
							Table Tennis							Riverside Deaf Seniors (4th Wed)						
							5:30P-8:30P							11:30A-12:30P						
							Raincross Quilt Guild (3rd Tues)							Lunch Program						
							5:30P-9:00P							12:15P-2:45P						
							Inland Region Iris Society (1st Tues)							Ceramics w/Lee						
							6:00P-8:30P							1:00P-1:30P						
							Riverside Flower Show Gardening (4th Tues) (Returns 08/23)							Birthday Celebration (1st Wed)						
							6:00P-8:00P							2:00P-3:00P						
							Stained Glass Class (FULL)							Goeske Band (2nd & 4th Wed)						
							6:30P-8:00P							2:30P-4:30P						
							Heart & Soul Line Dance (\$4)							American Sign Language						
							6:00P-8:30P							3:00P-6:00P						
							Night of Hope (1st Tues)							Oil Painting						
							6:00P-9:00P							3:30P-4:30P						
							Riverside Newcomers Mahjong							*Heart & Soul Line Dance						
							6:30P-9:00P							4:00P-7:00P						
							Raincross Rose Society (2nd)							Table Tennis						
							6:45P-8:45P							4:30P-6:00P						
							Riverside Stamp Group (3rd Tues)							Friendship Quilters (2nd & 4th Wed)						
														5:00P-7:00P						
														Duck & Decoy Wood Carvers						
August 2022																				
Sun	Mon	Tue	Wed	Thu	Fri	Sat														
	1	2	3	4	5	6														
7	8	9	10	11	12	13														
14	15	16	17	18	19	20														
21	22	23	24	25	26	27														
28	29	30	31																	

Daily Schedule

Thursday		Friday		Saturday/3rd Sunday	
8:00A-11:00A	TOPS - Take Off Pounds Sensibly (\$1)	8:30A-9:00A	Great Starts @ Goeske Breakfast (3rd Fri)	Saturday	
9:00A-10:00A	*Sit & Be Fit	8:45A-9:30A	Light Exercise	9:00A-4:00P	Canasta Hand & Foot Card Game
9:00A-2:45P	Senior Advisor with Marilyn	9:00A-11:00	Goeske Choir Group (1st & 3rd Fri)	10:00A-12:00P	National Federation of the Blind (2nd Sat)
9:00A-4:00P	Canasta Hand & Foot Card Game	9:00A-12:00P	Ceramics w/Lee	11:00A-1:00P	Mended Hearts (1st & 3rd Sat)
9:30A-11:00A	Riverside After Stroke Group	9:00A-1:00P	Attorney Ken Weiss (1st & 3rd Fri)	11:00A-1:00P	Table Tennis
10:00A-11:00A	Coloring 4 Adults	9:00A-1:00P	Scrabble Group	12:00P-4:00P	Bingo (Buy-In Required)
10:00A-4:00P	Pinochle	9:00A-4:00P	Canasta Hand & Foot Card Game	12:00P-4:30P	California Council for the Blind (2nd Sat)
10:15A-11:15P	*Mat Yoga (Registration Required)	9:15A-9:45A	Great Starts @ Goeske Breakfast (3rd Fri)	1:00P-2:30P	Bible Study w Inland Lighthouse (1st & 3rd Sat)
10:30A-2:30P	Mahjong w/ Jan & Jill (2nd Thurs)	9:30A-10:30A	Water Aerobics (\$5, Pre-Registration Required)	1:00P-4:00P	Jewelry Making Class
11:30A-12:30P	Lunch Program	9:30A-1:30P	Dominoes Mexican Train		
12:30P-3:00P	Scrapbooking w/Carmen (2nd & 4th Thurs)	9:45A-10:15A	Tai Chi (Dark 2nd Fri)		
12:30P-3:30P	Bridge	10:00A-11:00A	Fit, Fresh & Fun at 50+ (1st Fri)		
1:00P-3:00P	Happy Hookers Knit & Crochet Group	10:00A-12:00P	OC Box Distribution (2nd Fri)	3rd Sunday	
2:00P-5:30P	Rock Painting (1st & 3rd Thurs)	11:00A - 1:00P	Fun Club (1st Fri)	1:00P-5:00P	Inland Wood Turners
3:15P-5:30P	Chair Volleyball	10:30A-11:30A	*MOVE w/Vera	1:30P-4:00P	Featherweight Club
3:00P-5:15P	Table Tennis	11:00A-1:00P	Goeske Drama Group	2:00P-4:00P	Sunday Movie
		11:30A-12:30P	Lunch Program	2:00P-4:30P	English Country Dance
		12:00P-3:00P	Ceramics w/Lee		
		12:30P-2:30P	Friday Movie (Dark 1st Fri)		
		1:30P-4:00P	Chair Volleyball (Dark 2nd Fri)		
		3:00P-5:15P	Table Tennis		
		3:15P-6:00P	Ceramics w/Richard - Stoneware		
				*Donation Class No fee for this class but donations are greatly appreciated.	

Nutrition



Tuesday, August 16th
12pm-1pm

Come and join Christina from Home Instead as she provides a fun, interactive, educational cooking demo! This will be a live, in-person demo. Class will take place at the Janet Goeske Center, so get your apron ready and head to the center for an hour of cooking fun!

This event is brought to you by:
 **Home Instead.**
To us, it's personal.

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

“Cauliflower Pizza”

Wednesday, August 17th
1pm—2pm

MUST RSVP BY 8/15 TO RECEIVE AN INGREDIENT



1st & 3rd Friday
8:30am & 9:15am

FREE Educational Nutrition Program & Breakfast
RSVP at the Welcome Desk

Health Education



**FRIDAY, AUGUST 5TH
AT 10AM**

Anthropometrics

Get to know your body's measurements. It is important to know where your body stands and what the measurements say about your health. Get your blood pressure, height and weight taken. Come on in to learn how nutrition and physical activity can play a role in your life!

NUTRITION ♥ EXERCISE ♥ EDUCATION ♥ SUPPORT

JOIN US FOR AN
EDUCATIONAL TALK ON

Wellness Check & Doc Talk



JOIN US AND LEARN MORE ABOUT

Dr. Luther Mangoba & Wellness (BMI, Blood Sugar, Blood Pressure)

Alignment Health Plan is committed to being an educational resource for our community. We are excited to meet you, discuss this important topic, and answer any questions you may have.

**We are here to
support YOU!**

TOPIC

Dr. Luther Mangoba

DATE

August 18th

TIME

10:00am - 11:30am

LOCATION

**Janet Goeske
Senior Center
5257 Sierra St. Riverside, Ca 92504**

RSVP INFO

(951) 351-8800



If you have any questions OR
want to learn more contact:

**Avon Hall Ca. Lic#OC89984
951-260-9024**

Alignment Health Plan is an HMO, HMO POS, HMO C-SNP, HMO D-SNP and PPO plan with a Medicare contract and a contract with the California, Nevada and North Carolina Medicaid programs. Enrollment in Alignment Health Plan depends on contract renewal. Alignment Health Plan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For accommodation of persons with special needs at sales meetings, call 888-979-2247 (TTY: 711). Y0141_22473EN_M



A SCAN COMMUNITY SERVICE...
PRESENTS

Active Every Day

Start exercising doesn't mean go and run a mile every day. There are lots of ways to stay active and healthy. Learn about what you can do to stay active every day!



**August 23rd, 2022
at 1:30pm**



Inland Caregiver Resource Center in partnership with Janet Goeske Center

"Helping families and communities cope with and manage the challenges of caregiving"



Healthy Mind, Body & Soul

Thursday, August 4, 2022

2:00-3:00 PM

In person meeting at The Janet Goeske Center

jgc4seniors.com/events for more information

Or call 951-351-8800



Funding for these services has been provided by the San Bernardino County Department of Aging and Adult Services and the Riverside County Office on Aging Family Caregiver Support Program through grant awards from the California Department of Aging, as well as a grant from the California Department of Health Care Services for the Caregiver Resource Center Programs.

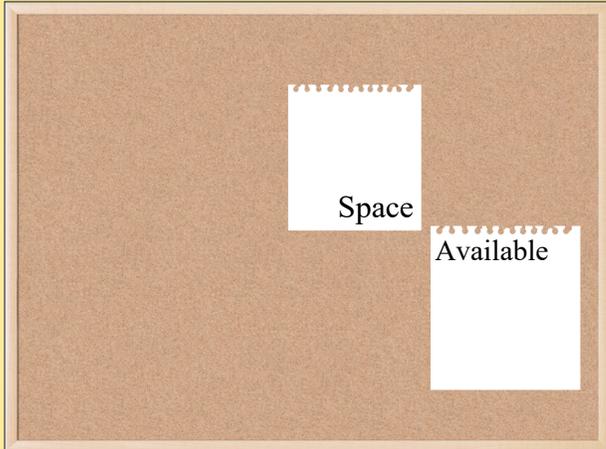
Announcements



**VOLUNTEERS
NEEDED**

WOULD YOU LIKE TO MAKE A DIFFERENCE AT GOESKE?
We are in need of your talent!
PLEASE VISIT THE WELCOME DESK FOR AN APPLICATION TODAY!

Need to post a community announcement on our bulletin board?



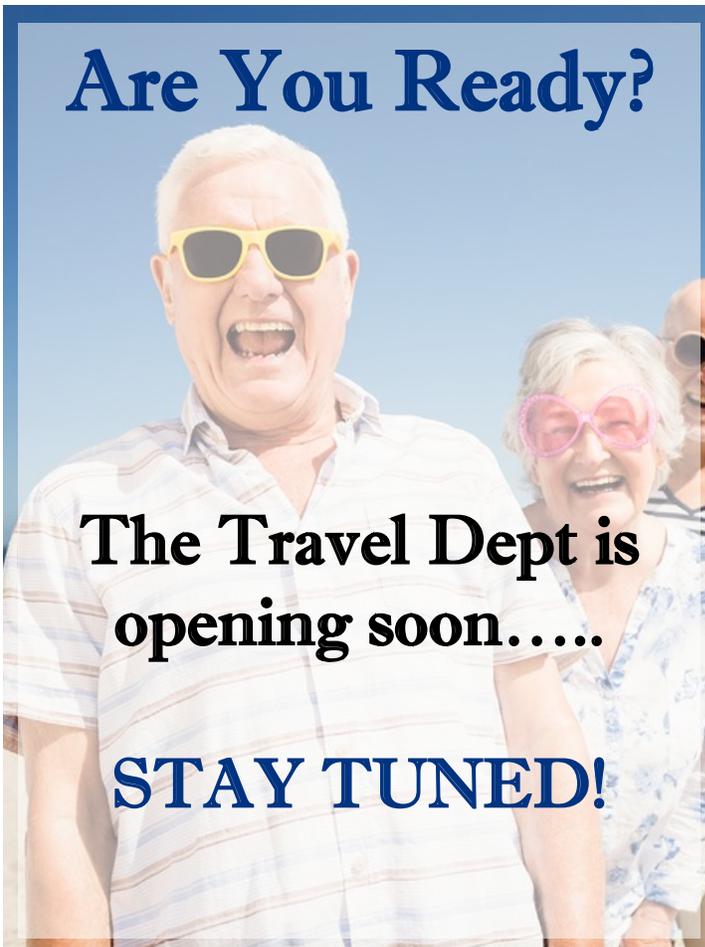
Please speak with Carmen or Ruby for more information.

JOIN OUR TEAM

**Part-Time
Recreation Attendant**

JGF is looking for a Part - Time Recreation Attendant. Must be able to work flexible hours, holidays & weekends. Job entails heavy lifting and frequent bending. Set ups & tear downs for programming, janitorial & routine maintenance. Must be customer service orientated. If interested, please call Rosa Chappell at 951-351-8800 Ext

Are You Ready?



The Travel Dept is opening soon.....

STAY TUNED!

Senior Services & Announcements

Congratulations!

TO OUR GIVEAWAY WINNERS



LORRAINE CARDINE



LINDA DURHAM

PICKED UP BY: PAUL DURHAM

SIGN IN TO CLASSES AND YOU COULD BE OUR NEXT LUCKY WINNER!

NOTARY SERVICES



Monarch Notary Services

*FREE notary services for JGF Members

**2nd & 4th Tuesday
12 - 1pm**

Appointments Only

Please call (951) 351-8800 to schedule

* 2 notarized signatures per member, per visit, per month

SENIOR ADVISOR SERVICES



“Ask Marilyn”

Appointments Available
Walk-Ins Welcome

**Thursdays
9am - 4pm**

Visit or Contact the Welcome Desk to make an appointment (951) 351-8800

ATTORNEY SERVICES



Attorney Ken Weiss

Appointments Available
Walk-Ins Welcome

**1st & 3rd Fridays
9am - 1pm**

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

Senior Resources & Fun Corner



“You Are Not Alone”

Y.A.N.A.

The “You Are Not Alone” (Y.A.N.A.) program is a free service provided by your Riverside Police Department. The Y.A.N.A. program is available to Riverside residents and provides on-going contact for seniors, persons with disabilities, or anyone that can benefit from the routine contact. A volunteer with the Y.A.N.A. program will contact each client by phone on a weekly basis, to assure the clients welfare and safety. **Participants must live in the City of Riverside and not live in an assisted living facility to participate.** For an application to participate in the program, please contact (951) 826-5275 or can be picked up at the Goeske front desk.

Please visit our website at www.riversideca.gov/rpd for more information about the Y.A.N.A. program or by scanning the below QR code.



Contact Information:
 Phellina Castillo-Rivera
 Senior Office Specialist
 4102 Orange Street
 Riverside, CA 92501
 (951) 826-5275



EVERY DAY IS A CHANCE TO WIN!!

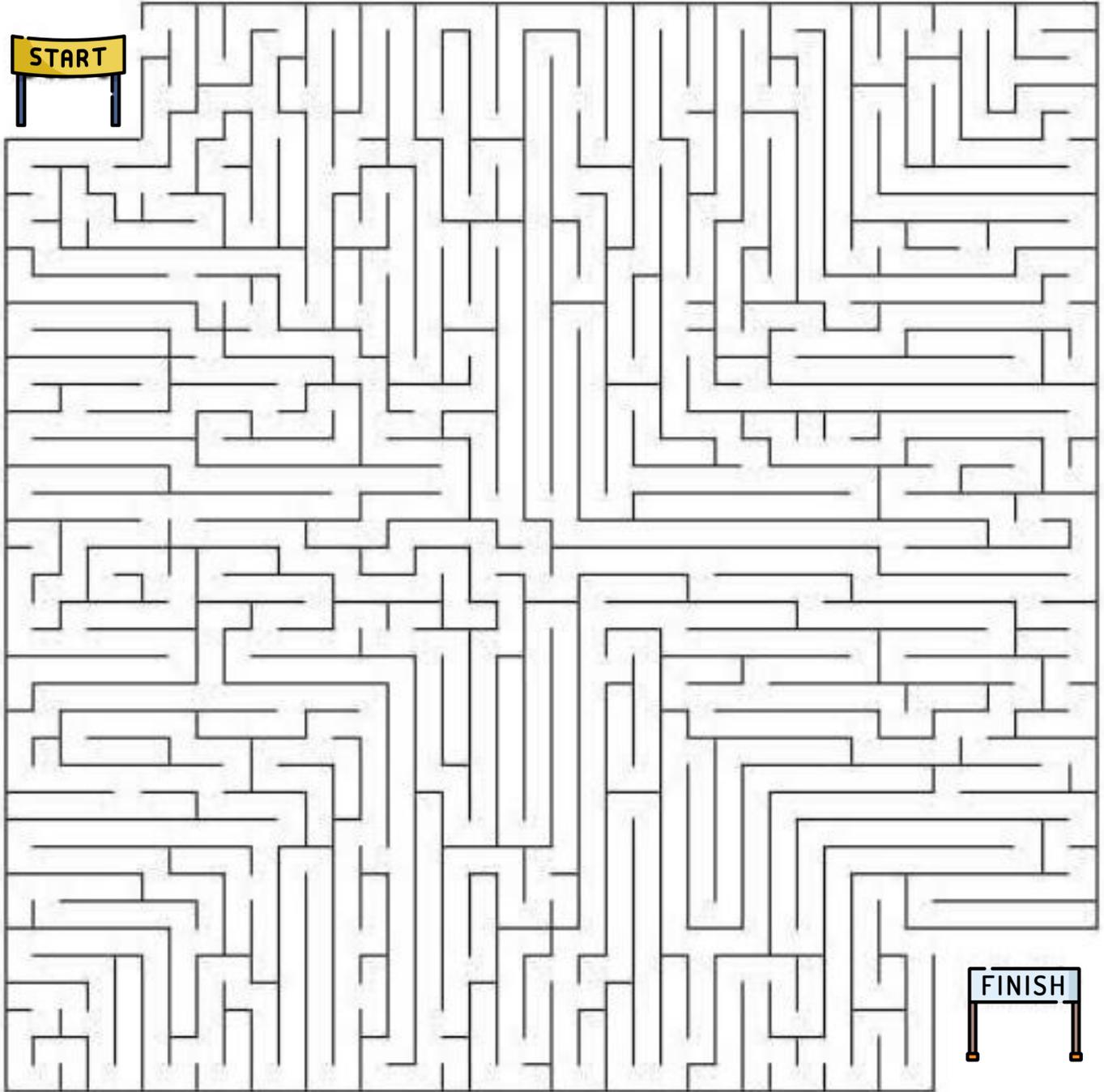
AUGUST GIVEAWAY!

Here are the simple steps to enter:

- 1 Check in to any Health Ed class
- 2 And participate! *

* CLASS PARTICIPATION WILL BE VERIFIED

Fun Corner



August Fun Facts

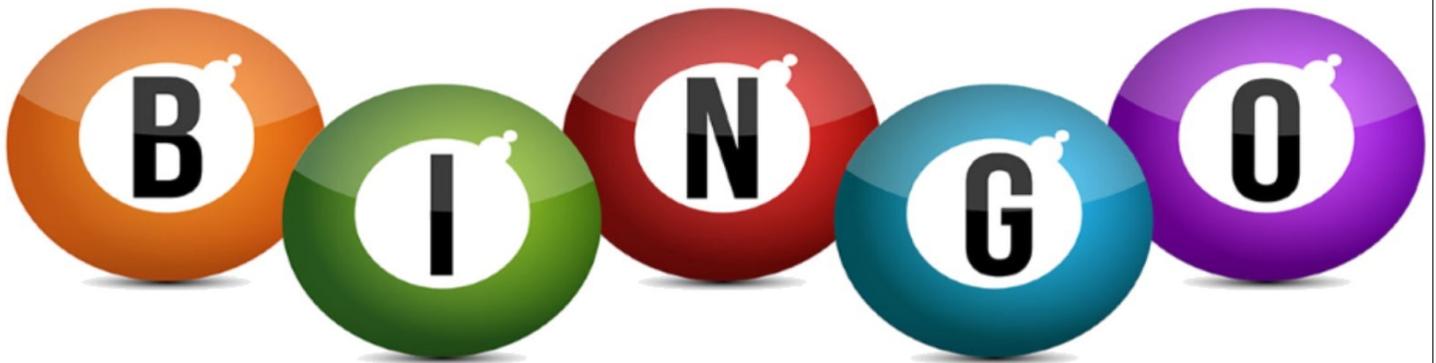
1. August was named to honor the first Roman emperor, Augustus Caesar (63B.C.— A.D. 14).
2. August 11 marks the end of the Dog Days of Summer, which started on July 3rd.
3. August's birthstone is peridot, which is said to symbolize strength and healing power, protecting its wearer from evil.

Bingo



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*Inaugural Member

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JANET GOESKE
FOUNDATION

Janet Goeske Senior Center
5257 Sierra Street
Riverside, CA 92504

Phone: 951-351-8800

www.jgc4seniors.com

Janet Goeske Foundation is a 501(c)(3) non-profit organization | TID# 33-0023938

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Refer a friend to become a NEW member of the Janet Goeske Senior Center to be entered into our raffle drawing.



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09

15

22



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REFER A FRIEND RAFFLE

"Everything but the Must" BBQ Basket!

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Visit the Event Desk