



JANET GOESKE

F O U N D A T I O N



5257 Sierra Street
Riverside, CA 92504

(951) 351-8800

<https://jgc4seniors.com/>

Our Mission

- The Janet Goeske Foundation is committed to enriching the quality of life of those 50 and older in the community we serve.
- Currently, JGF serves 10,000 patron visits each month.





Founder - Janet Goeske

- Janet Goeske spent her life advocating for the needs of seniors. Her unwavering passion and colorful personality had a far-reaching impact that is still being felt today.
- Thanks to Janet's tenacity, the City of Riverside began constructing a new project specifically designed to meet the needs of older community members; the Janet Goeske Center opened on May 18, 1984.
- The Janet Goeske Foundation is proud to follow in our founder's footsteps and continue her legacy of exceptional service to older adults in the community.

Obstacles While Aging

Depression

Isolation

**Cognitive
Decline**

**Limited
Mobility**

**Food
Insecurity**

Death

Our team is committed to bringing joy to older adults and improving their quality of life by encouraging healthy, active living and social engagement. Touching the lives of all seniors in the community is a top priority.

JGF CORE Programs



**Health Education
and FITNESS Classes**



Support groups



Senior resources



**Activities & special
events**

JGF offers over 150+ weekly programs in the form of health education, fitness classes, support groups, senior resources, activities and special events. ■

Health Education

- Health education is vital in helping seniors understand how to lengthen their life expectancy.
- JGF aims to help seniors understand their health by providing free classes and programs to meet nutritional, physical, and psychological needs.



Health Education Programming



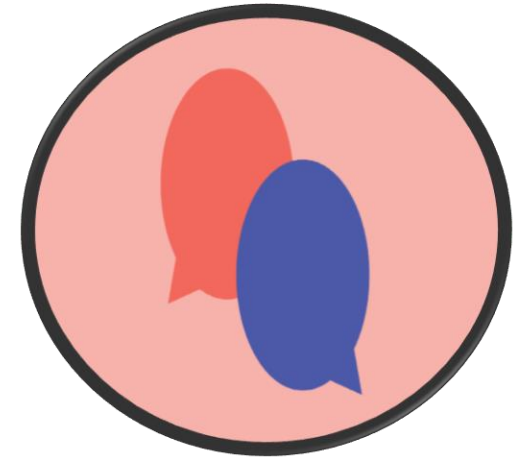
Doc
Talks



Nutrition
Support
(breakfasts, daily
lunch, healthy
eating demos,
food pantry)



Informational
Material



Motivational
Coaching

Physical Activities

- Older adults who are not physically active are at higher risk of developing chronic illness and have a shorter life expectancy.
- JGF offers daily exercise classes that are specifically designed for all levels of agility; we have something for everyone. As Janet Goeske said, "If you're not active, you're not alive. "



Support Groups

- Bereavement/Grief Support Groups
- Riverside Braille Club
- Riverside Deaf Seniors
- Parkinson's Support Group
- Riverside After Stroke Group
- And many more!!!



Senior Resources

- Senior Advisor Services
- Legal Assistance
- Utility Assistance
- Office on Aging
- Office of Veteran's Affairs
- Alzheimer's Association
- Yana Program (RPD)





Activities/Special Events

Activities

- Ballroom Dancing
- Movie Nights
- Water Aerobics
- Ice Cream Social
- 100 Mile Club
- Yoga & Wellness
- Cooking Classes
- Bingo

Special Events

- Black History Celebration
- Summer Luau
- Independence Day BBQ
- Cinco de Mayo Celebration
- New Years in July
- Halloween Parade
- Holiday Craft Fair



Why We Love Goeske!!

- "JGF Senior Center is a place where I can go exercise and visit with friends. In my opinion, Riverside is very fortunate to have a Center such as the JGF Senior Center to assist and entertain all seniors" - Marilyn Blake
- "JGF Center is my lifeline. I am bipolar and suffer from depression, the JGF Senior Center gets me out of the house. I have met a lot of people, and many have become close friends" -L.R
- "The JGF Senior Center is a wonderful place to connect with other seniors. From exercising together to learning new activities. The center has many friendly seniors and staff. I can learn about successful aging as I experience the different stages of life" - Wanda Gong








Ongoing Challenges


1. Increased funding needs as our senior population continues to grow
 - Seniors represent the largest and fastest growing segment of our population.
2. Limited grant funding
 - Only about 1% of the total grant dollars awarded by Inland Empire Foundations was designated for Aging/Senior programming.
 - This limited amount of funding makes it difficult to reach vulnerable seniors who have the greatest need for our services.
3. Transportation
 - We need affordable transportation more readily available and convenient for the aging population.
4. Volunteer Recruitment
 - Our volunteers are our heroes. We couldn't exist without them, and we are always looking for more help.

Funding and Support

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- Our partnership with the City of Riverside is both unique and rewarding; the benefits of this long-standing partnership create tremendous value for the seniors we serve.
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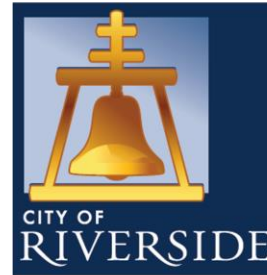
Janet Goeske Foundation receives funding support from various foundations, grantors, and business partners throughout the region.



Premier Corporate Partner



Grantors





How You Can Help

1. Tell your friends about our unparalleled quality of programming for the 50+ community
2. Share your time, talent or wealth
3. Donate items to the Center
4. Sponsor an event
5. Become a Corporate Partner

Our Vision

Our ultimate goal is to be a strong enough organization that we can touch the lives of every older adult in our community. Everyone who needs us will have a place at the Goeske Center.





WILL YOU JOIN US?

Email Danielle Nelson at dnelson@jgf4seniors.org
or call 951-840-3905