

# 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](http://www.jgc4seniors.org)

## Inside this Issue

<b>Open House.....</b>	<b>Cover</b>
<b>Senior Services .....</b>	<b>3</b>
On-Site Services, Other Resources, Retired Groups, Support Groups)	
<b>Información en Español .....</b>	<b>4 &amp; 5</b>
<b>Community Resource.....</b>	<b>6</b>
<b>Activities .....</b>	<b>7 &amp; 8</b>
<b>Fitness.....</b>	<b>9 –11</b>
<b>Daily Schedule .....</b>	<b>12 &amp; 13</b>
<b>Nutrition &amp; Health Education ..</b>	<b>14&amp;15</b>
<b>Announcements.....</b>	<b>16</b>
<b>Senior Services &amp; Resources.....</b>	<b>17</b>
<b>Fun Corner.....</b>	<b>19</b>
<b>Refer A Friend.....</b>	<b>Back Cover</b>

## Center Hours

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

**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, and, 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 2<sup>nd</sup> 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, 1<sup>st</sup> & 3<sup>rd</sup> 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:**

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

### **California Council of the Blind (CCB):**

2<sup>nd</sup> Saturday of the month at 12PM.

### **Mended Hearts Support Group:**

3<sup>rd</sup> 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):**

2<sup>nd</sup> Saturday of the month at 10 AM.

### **Night of Hope & Joy:**

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

### **Parkinson’s Support Group:**

3<sup>rd</sup> 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:**

4<sup>th</sup> 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 1<sup>st</sup> 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 4<sup>th</sup> Wednesday of the month at 9:30AM.

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



# Información en Español

## ¿Sabia 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



## 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

### NUESTROS SERVICIOS



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](http://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](http://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*

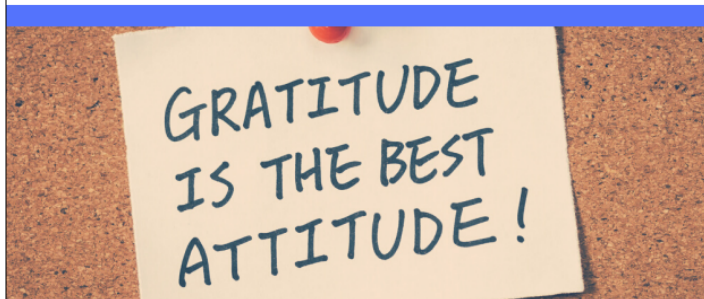
### 3RD SUNDAY AT 2PM

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



## 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.



**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!**

**B I N G O**

**TO REGISTER CALL:**  
**951-346-9700**

**3 WINNERS WILL**  
**RECEIVE A GIFT BASKET**  
**WITH GOODIES!**

**MERAZ**  
INSURANCE SERVICES

**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



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



**G**REAT STARTS @  
**GOESKE**

**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.

### 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**

**We are here to  
support YOU!**



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



## 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](http://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

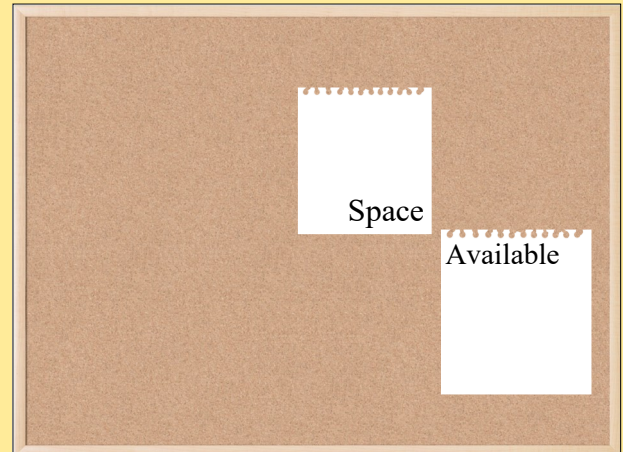


WOULD YOU LIKE TO MAKE A  
DIFFERENCE AT GOESKE?

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

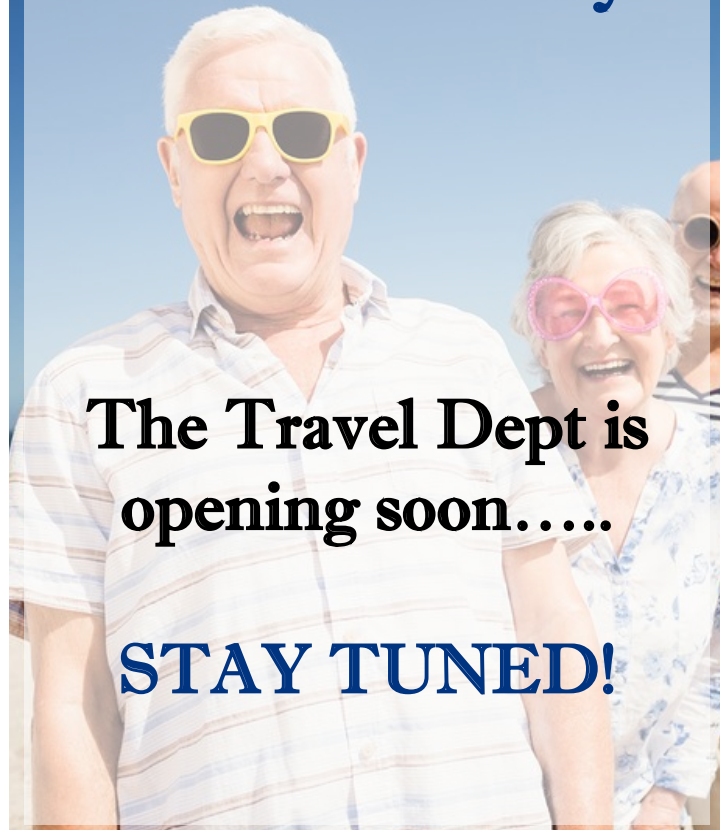
#### Part-Time Recreation Attendant

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](http://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!!

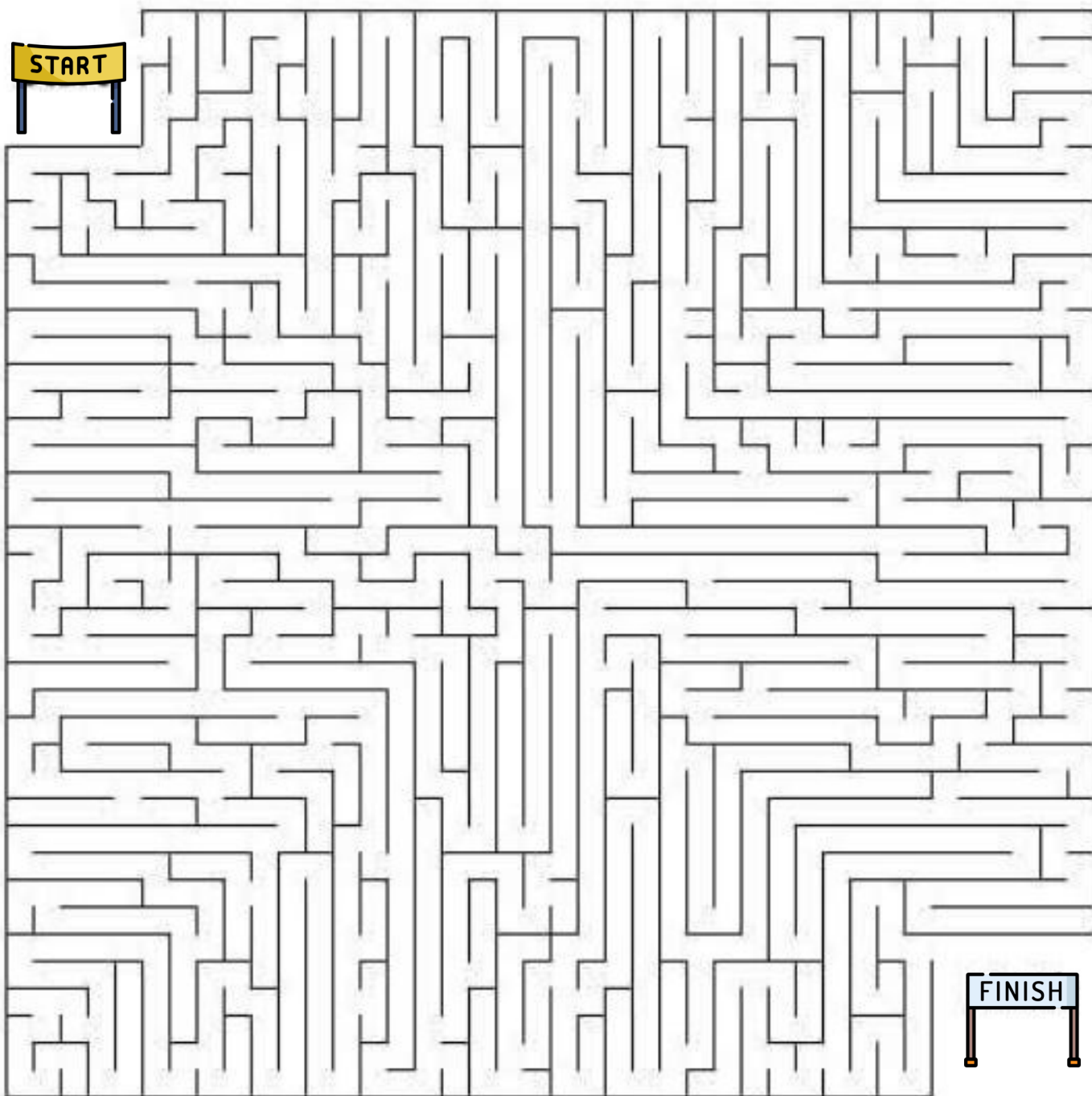
## AUGUST GIVEAWAY!

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

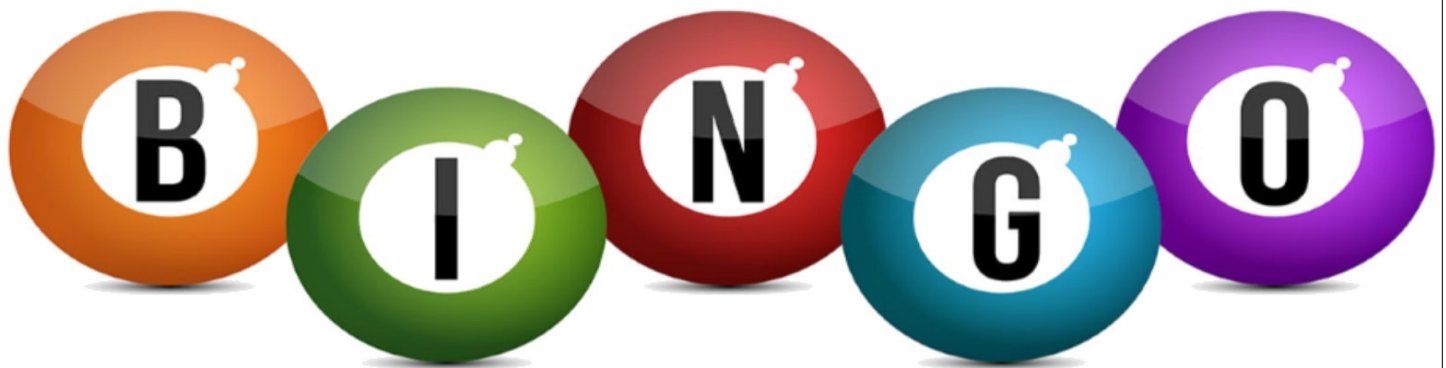
1. August was named to honor the first Roman emperor, Augustus Caesar (63B.C.— A.D. 14).
2. August 11 marks the end of the Dog Days of Summer, which started on July 3rd.
3. August's birthstone is peridot, which is said to symbolize strength and healing power, protecting its wearer from evil.

# Bingo



JANET GOESKE  
FOUNDATION

## Saturdays & Mondays



**Doors Open: 9:30am ★ Game Starts: 12pm**

2 Pack Minimum Buy-In: \$20

Extra Pack: \$5

Special Games: \$2 or 3/\$5

**LIVE CALLER  
CASH PRIZES**

**Open to the Public**  
(Age 18 & Older)

**POWERBALL**  
**Up to \$500**



# Paid Advertisement

5TH  
ANNUAL

# MIZZFITS MOVEMENT

## NEW CREATION MINISTRY

### WOMEN & MEN CONFERENCE

Janet Goeske Center 5257 SIERRA ST

Riverside, CA 92504

**EMERGE**



**COME FORTH**

**"AIN'T NO STOPPING US NOW"!!!**

***We're On the Move & I Mean That!!!***

ANointed PRAISE & WORSHIP LEADERS

**SATURDAY, SEPTEMBER 10TH  
12-4PM**

Host, Pastor Vera Brown Sisler  
Speaker



Ann Marie Bills  
Speaker  
Co-founder of HSBNTV &  
CWWNTV



Apostle Dr. Roseann Roman  
Speaker  
Co-Founder of CWWNTV



Tamara Doss  
Amazing Life Ministries  
Speaker  
Renowned Author



Pastor Dr. Roseanna Compos  
Speaker  
Warfare Ministry

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

[faithful99714@att.net](mailto:faithful99714@att.net)

**JOIN PASTOR VERA BROWN SISLER HSBNTV On-Demand 24/7**

**JUST SHOW UP!!!**



## Rentals

### BOOK YOUR NEXT PARTY WITH US



**Affordable Rates!**

FUNDRAISERS • GRADUATIONS •  
BIRTHDAY PARTIES • FUNERAL • LUNCHEONS  
BABY SHOWERS • BUSINESS MEETINGS  
CHURCH RENTALS • HOLIDAY PARTIES

Call us today for more information  
(951) 351-8800

## Lifetime Members

Joanne Ackerman  
Fresia Alvarez  
Carolyn Bailey  
Mary Joy Barnett  
Bettye L.  
Baum  
Donna Bene-  
dictos  
Yoko Boucher  
Peter J. Brabant  
Shirley Britton  
Lois Boatman  
Larry Brock  
Robin Brock  
Vera Brown-Sisler  
Joan Campbell  
Shizuyo Sue Campfield  
Cathy S. Campos  
Pamela Carnahan  
Aurora Chavez  
Harriette Coggs Stuckey  
Melva L. Cooke  
Marnell M. Cox  
Alecia Curtis  
Pauline Curtis  
Cheryl Curtis  
Viera Daniels  
Mary Davis  
Patricia Deike  
Elena Susana Diaz  
Sergio G. Diaz  
Madelaine Dibler  
Kathy DiBonaventura  
Sharon Baenett Dillon

Joyce Ehlers  
Kirk Ferguson  
James Fleming  
Ann O. Foster  
Patsi Fountaine  
Sylvia Galbreath  
Janice Geldreich  
Jerry Goings  
Wanda Gong  
Estella Granillo  
Regenia Griffin  
Sharon Gross  
Deanna Hackthorne  
Helen M. Harker  
Shirley Hangan  
Theresa Hanley  
Nancy E. Hart  
Maria Herrera  
Patricia Hill  
Karen Holloway  
Emiko Hoquist  
Julie Hugdahl  
\*Stephen Jasina  
Karen S. Kane  
Phyllis M. Kennedy  
Cheryl LaCount  
Janice Lance  
Dana A. Lasater  
Sonia Lawson  
Sally Lauruhn  
Mildred A. Leslie  
Feliciadad S. Loustaunau  
Marilyn Lynch  
Van Ma

Judy Ma  
Roger Marquis  
Sheila McMahon  
June Mihalick  
Rose Yolanda Monge  
Gregory A. Moody  
Patricia Morgan  
Kimberlee L. Nebel  
Dave Nelson  
Ralph Nunez  
Dolly Ogata  
William Oppenheim  
Edna A. Osborn  
Howard Owens  
Patricia Owens  
June M. Parham  
Lucia B. Peele, PhD  
Pete Peterson  
Nancy Pierce  
Nina Poblete  
Terence L.G. Prosser  
Wanda M. Prosser  
Phyllis M. Purcell  
Jerry Rachman  
Sandy Rachman  
Georgia I. Randolph  
Andy Rascon  
Yolanda Renn  
Jesus Reyez Gomez  
Carolyn Robinson  
Sandee Helen Rudolph  
Rosie Russell  
Rosa Maria Salmon  
Lillian Satterfield

Cheryl Sautter-Konyn  
Peter Sellitti  
Robert L. Scarano  
Starr Shum  
Nan Simonsen  
Jeannine Smith  
Sherril Stewart  
Dean Stewart  
Kelly Tyson Stockton  
Diane A. Stuart  
Dennis R. Stuart  
John Tavaglione  
Susie Thomas  
Janet Townsend  
Sarah Van Buhler  
Natalia Velasquez Castro  
Ursula Vogelsang  
Walter Vogelsang  
Ellen Weinfurtnr  
Marsha Welch  
Diana Jean Williams  
Dolores Williams

\*Inaugural Member

## STAFF

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

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

**Ruby Castorena**  
Program Coordinator  
rcastorena@jgf4seniors.org

**Eric Whitehouse**  
Recreation Attendant

**Zaira Tinsley**  
Executive Assistant  
ztinsley@jgf4seniors.org

**Michelle Licon**  
Health Educator  
mlicon@jgf4seniors.org

**Marilyn Lynch**  
Senior Advisor  
mlynch@jgf4seniors.org

**Terry Flynn**  
Recreation Attendant

**Isaiah Chavez-Chappell**  
Recreation Attendant

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

## BOARD OF DIRECTORS

Executive Board Directors

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

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

**Judy Carpenter, Treasurer**

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Inter Valley Health Plan

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HCA Healthcare / Riverside Community Hospital

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**Julio Figueroa**  
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Directors

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Vice President  
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**Rey Santa Ana-Dent**  
President  
Prestigious Hospice

Emeritus

Melva L. Cooke  
Michael Goldware  
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## PARTNERS 4 PRIME



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(951) 434-6171



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(844) 310-2247



(866) 255-4795



(866) 383-4722



(800) 275-4737



(909) 991-8060



(800) 956-8000  
Option 5



(800) 658-2011



Phone: 951-351-8800

[WWW.JGC4SENIORS.COM](http://WWW.JGC4SENIORS.COM)

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

## Refer a Friend

## MEMBERSHIP DRIVE

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



**Enjoy a variety  
of perks when  
you become a  
member. Only  
\$20 for the  
year!**

**Winner announced at our  
Open House. Save the date!  
Visit us at [jgc4seniors.com](http://jgc4seniors.com)**

09

15

22

