ISSUE #8
April 2015-June 2015

Enhancing the lives of Riverside senior citizens through activities, programs and services that stress independence, health and well-being, the City of Riverside Parks, Recreation, and Community Services Department is dedicated to providing programs that promote healthy lifestyles and positive use of leisure time. Activities focus on fitness, lifelong learning, and providing spaces to visit and meet friends.

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Providing Fitness and Social Programs for People 55 & Better!
PARTIES AND CELEBRATIONS

Everyone is invited to share magical experiences with friends at our socials and parties held throughout the year. These special events are on Friday evenings from 6 – 9 p.m. and include refreshments, non-alcoholic beverages, entertainment and dancing. It is a wonderful way to spend an evening out on the town. Upcoming events are listed below, but be sure to keep up to date by picking up flyers.

SUMMER SOCIALS

Fridays • White Park/Dales Senior Center
BBQ from 5:30-6 p.m. | Music from 6:00-8:00 p.m. | $3 per person

Our Summer Socials are a great way to spend a Friday night with friends and family. Bring your blankets and chairs to enjoy a BBQ and a night of live music under the stars. BBQ includes hamburger, potato salad, chips, and a drink.

Celebrate the warm summer nights with music from the 50s, 60s and 70s. Sing along and dance the night away with some of your favorite classic songs.
HOLIDAY LUNCHEONS
The Dales and La Sierra Senior Centers enhance the lives of seniors through activities, programs and services that stress independence, health and well-being. Socialization is a key component to a healthy mind and active living. Senior programs encourage individuals to connect with old friends and make new ones. Residents 55 and better are invited to participate in holiday luncheons at a variety of senior programs throughout the city.

**Flower Power • $3 per person**
April 8 11 a.m. - 1 p.m. Dales

**A Taste of Italy Luncheon • $3 per person**
April 16 11 a.m. - 1 p.m. La Sierra

**Wild Wild West Luncheon • $3 per person**
May 13 11 a.m. - 1 p.m. Dales

**Memorial Honors • $3 per person**
May 21 11 a.m. - 1 p.m. La Sierra

**Summer Luau • $3 per person**
June 10 11 a.m. - 1 p.m. Dales

**Vintage Picnic • $3 per person**
June 18 11 a.m. - 1 p.m. La Sierra
TRIPS & TOURS

Work is done – now is the time for fun! Join us in our exciting 55 & Better programs for the young at heart. They are fun, energizing, and the benefits are endless. Meet new friends, live healthier lives, and make the most out of your free time. This is a great way to get away and enjoy many interesting places here in Southern California. Please note: Lunch is not included unless otherwise stated.

CALIFORNIA SCIENCE CENTER/ENDEAVOR SPACE SHUTTLE

$30 per person • Saturday, April 18, 2015
9 a.m. - 5 p.m.
Avoid traffic, and leave your car at home! Join us for a trip to the California Science Center, as we venture off to marvel at the Space Shuttle Endeavour. This trip offers fun and informative permanent exhibits presented in interactive worlds. Through hands-on experiences you’ll learn about human inventions and innovations, the life processes of living things, and much more! The Science Center also features fantastic special exhibits available for additional fees. For more information, please visit http://www.californiasciencecenter.org/

HUNTINGTON LIBRARY AND OLD TOWN PASADENA

$50 per person • Saturday, June 13, 2015
9 a.m. - 5 p.m.
Start your day at the Huntington Library, exploring the art collections and beautiful gardens. Participants will enjoy an easy outdoor one-hour walking tour that covers the central area of the estate, including the world renowned galleries and gardens. The second stop of the excursion will be at Old Town Pasadena, where participants can shop, eat and relax in one of the West Coast’s most vibrant shopping, dining, and entertainment districts.

OLVERA STREET

$25 per person • Saturday, May 2, 2015
9 a.m. - 5 p.m.
Olvera Street, known as “the birthplace of Los Angeles,” is a charming historic district with structures of historic architectural significance, authentic painted stalls, regional street vendors, sidewalk cafes, and local gift shops. Olvera Street was created in 1930 “to preserve and present the customs and trades of early California.” Many of the merchants on Olvera Street today are descended from the original vendors. Participants will be swept back in time as we tour the Historic marketplace visit outdoor cafes, listen to strolling mariachi music, and enjoy Aztec and Mexican folkloric dancers.

LOS ANGELES COUNTY MUSEUM OF ART

$25 per person • Saturday, May 30, 2015
9 a.m. - 5 p.m.
Spend the day exploring The Los Angeles County Museum of Art (LACMA), which has been devoted to collecting works of art that span both history and geography, in addition to representing Los Angeles’s uniquely diverse population. LACMA is the largest art museum in the western United States, with a collection that includes over 120,000 objects dating from antiquity to the present, encompassing the geographic world and nearly the entire history of art.
LIFELONG LEARNING

Have you ever wanted to learn another language, but just couldn’t find time? Look no further. We offer a variety of classes to strengthen and further your education. It’s never too late to learn. All classes are FREE, so sign up today!

<table>
<thead>
<tr>
<th>Activity</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advanced Spanish</td>
<td>M</td>
<td>9:00 a.m.</td>
<td>La Sierra</td>
</tr>
<tr>
<td>Conversational Italian</td>
<td>M/W</td>
<td>10:00 a.m.</td>
<td>La Sierra</td>
</tr>
<tr>
<td>Beginning Spanish</td>
<td>WF</td>
<td>9:00 a.m.</td>
<td>La Sierra</td>
</tr>
<tr>
<td>Intermediate Spanish</td>
<td>WF</td>
<td>10:00 a.m.</td>
<td>La Sierra</td>
</tr>
<tr>
<td>Conversational Spanish - Beg.</td>
<td>F</td>
<td>11:00 a.m.</td>
<td>Dales</td>
</tr>
<tr>
<td>Conversational Spanish - Int.</td>
<td>MTH</td>
<td>1:15 p.m.</td>
<td>Dales</td>
</tr>
<tr>
<td>Conversational Spanish - Adv.</td>
<td>MTH</td>
<td>12:00 p.m.</td>
<td>Dales</td>
</tr>
<tr>
<td>English as a Second Language - Beg.</td>
<td>MW</td>
<td>12:00 p.m.</td>
<td>La Sierra</td>
</tr>
<tr>
<td>English as a Second Language - Int.</td>
<td>WF</td>
<td>11:00 a.m.</td>
<td>La Sierra</td>
</tr>
<tr>
<td>English as a Second Language - Beg.</td>
<td>MTH</td>
<td>10:00 a.m.</td>
<td>Dales</td>
</tr>
<tr>
<td>English as a Second Language - Int.</td>
<td>MTH</td>
<td>11:00 a.m.</td>
<td>Dales</td>
</tr>
<tr>
<td>Writing Your Life Story</td>
<td>TH</td>
<td>10:00 a.m.</td>
<td>La Sierra</td>
</tr>
<tr>
<td>Your Family History</td>
<td>T</td>
<td>11:00 a.m.</td>
<td>Dales</td>
</tr>
</tbody>
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EXERCISE & WELLNESS

The City of Riverside Parks, Recreation, and Community Services Department is dedicated to providing programs that promote healthy lifestyles and positive use of leisure time. Studies show that individuals who enjoy moderate exercise live healthier, happier lives. Senior centers throughout Riverside provide a variety of programs dedicated to promoting health through walking, movement and balance in the following programs:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness After 55</td>
<td>MW</td>
<td>9:00 a.m.</td>
<td>Dales</td>
</tr>
<tr>
<td>Chair Exercise</td>
<td>MF</td>
<td>10:00 a.m.</td>
<td>La Sierra</td>
</tr>
<tr>
<td>Chair Exercise</td>
<td>MW</td>
<td>11:30 a.m.</td>
<td>Stratton</td>
</tr>
<tr>
<td>Chair Exercise</td>
<td>MW</td>
<td>10:00 a.m.</td>
<td>Dales</td>
</tr>
<tr>
<td>Chair Exercise</td>
<td>T</td>
<td>10:00 a.m.</td>
<td>Villegas</td>
</tr>
<tr>
<td>Chair Volleyball</td>
<td>M</td>
<td>4:00 p.m.</td>
<td>La Sierra</td>
</tr>
<tr>
<td>Chair Volleyball - Beg.</td>
<td>M</td>
<td>10:30 a.m.</td>
<td>Dales</td>
</tr>
<tr>
<td>Chair Volleyball - Int.</td>
<td>W</td>
<td>12:00 p.m.</td>
<td>Dales</td>
</tr>
<tr>
<td>Dancercise</td>
<td>TTH</td>
<td>4:00 p.m.</td>
<td>La Sierra</td>
</tr>
<tr>
<td>La Sierra Walkers</td>
<td>M</td>
<td>9:00 a.m.</td>
<td>La Sierra</td>
</tr>
<tr>
<td>Pilates</td>
<td>M</td>
<td>2:30 p.m.</td>
<td>La Sierra</td>
</tr>
<tr>
<td>Pilates</td>
<td>F</td>
<td>12:30 p.m.</td>
<td>La Sierra</td>
</tr>
<tr>
<td>Senior Fitness</td>
<td>M-F</td>
<td>8:00 a.m.</td>
<td>Arlanza</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>TH</td>
<td>5:00 p.m.</td>
<td>La Sierra</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>TH</td>
<td>10:30 a.m.</td>
<td>Dales</td>
</tr>
<tr>
<td>Yoga</td>
<td>T</td>
<td>12:30 p.m.</td>
<td>La Sierra</td>
</tr>
<tr>
<td>Yoga</td>
<td>MW</td>
<td>11:00 a.m.</td>
<td>Dales</td>
</tr>
<tr>
<td>Wii® Sports</td>
<td>F</td>
<td>12:00 p.m.</td>
<td>Dales</td>
</tr>
<tr>
<td>Walking Club</td>
<td>MW</td>
<td>8:00 a.m.</td>
<td>Stratton</td>
</tr>
<tr>
<td>Walking Club</td>
<td>F</td>
<td>9:00 a.m.</td>
<td>Dales</td>
</tr>
<tr>
<td>La Sierra Walkers</td>
<td>M</td>
<td>8:00 a.m.</td>
<td>La Sierra</td>
</tr>
</tbody>
</table>

ATTORNEY SERVICES

Mr. Gilbert Diaz, an experienced lawyer, will gladly give you a free consultation with no obligations at the La Sierra and Dales Senior Centers. Please call to schedule a consultation. Mr. Diaz is at the La Sierra Senior Center the first and third Wednesday of each month and at the Dales Senior Center the last Tuesday of each month. Please note - any further action may require additional fees.

HICAP

HICAP counselors are state-registered staff and volunteers who offer unbiased, individualized counseling and group seminars about Medicare and other related rules and regulations. HICAP counselors are experts in helping you understand your options to maximize your benefits. Appointments are available at the Dales Senior Center on the first and fourth Tuesday of each month. For more information, call HICAP at 800-434-0222.
COMPUTER & TECH
Come join one of our exciting computer classes. We provide a variety of computer classes that range from the basics to the more advanced. Stay in touch with friends and family with Facebook, become proficient with Microsoft Word or learn to handle your home finances with Microsoft Excel. All classes are fun, easy and free for those 55+.

Activity | Dates | Time | Location
---|---|---|---
Basic Computers | MTH | 11:00 a.m. | La Sierra
Basic Computers | MTH | 12:30 p.m. | La Sierra
Basic Computers | T | 4:00 p.m. | La Sierra
Boomer Tech | F | 1:00 p.m. | Dales
Excel Intermediate Class | TH | 9:00 a.m. | La Sierra
Facebook 101 | M | 10:00 a.m. | La Sierra
Intro to Computers - Beg. | MW | 1:00 p.m. | Dales
Intro to Computers - Int. | MW | 2:00 p.m. | Dales
Photoshop | M | 9:00 a.m. | Dales
Photoshop | T | 2:00 p.m. | La Sierra
Spanish Basic Class | T | 5:00 p.m. | La Sierra
Travel the World | T | 10:30 a.m. | La Sierra
Typing Skills | F | 2:00 p.m. | Dales

SOCIALIZATION
Socialization is a key component to a healthy mind and active living. Connect with old friends and make new friends by joining these fun activities. The City of Riverside Parks, Recreation, and Community Services Department is dedicated to providing an environment that fosters socialization and a healthy, active lifestyle.

Activity | Dates | Time | Cost | Location
---|---|---|---|---
Armchair Travel | T | 12:00 p.m. | Free | Dales
Billiard Club | M-F | 9:00 a.m. | Free | Dales
Billiard Club | M-F | 9:00 a.m. | Free | Stratton
Bingo 18+ | TF | 11:00 a.m. | Varies | Dales
Bingo 18+ | WF | 9:00 a.m. | Varies | Villegas
Bingo 18+ | Th | 12:00 p.m. | Varies | Stratton
Bingo 18+ | W | 1:00 p.m. | Varies | La Sierra
Breakfast Club | T | 9:00 a.m. | $2 | La Sierra
Breakfast Club | TH | 9:00 a.m. | $2 | Dales
Brunch | W | 12:00 p.m. | $2 | La Sierra
Classic Movies | M | 1:00 p.m. | Free | La Sierra
Coffee & Conversation | M-F | 9:00 a.m. | .25¢ | Villegas
Current Event Discussion | MW | 12:00 p.m. | Free | Dales
For the Love of Lit. | T | 10:00 a.m. | Free | Dales
Matinee Movie | ThF | 1:00 p.m. | Free | Dales
Movie Monday | M | 10:00 a.m. | Free | Villegas
New Release Movie | F | 12 & 3 p.m. | Free | La Sierra
Movies and Munchies | 3rd T | 11:30 a.m. | Free | Stratton

SHRED-IT
The Dales Senior Center is proud to offer Shred-it, a safe and free way to dispose of your personal and confidential documents. Your confidential information needs special handling to avoid identity theft, fines, lawsuits, reputation damage, and lost business. Drop your documents into one of the locked consoles at the Dales Senior Center to be securely collected and shredded. For more information, contact the Dales Senior Center at 951-826-5303.

HEARING TESTING
If you are in need of having your hearing checked, be sure to stop by the La Sierra Senior Center to see Audioprosthologist Kenneth M. Becerril. He is committed to offering you the very best in hearing care. Mr. Becerril will be at the La Sierra Senior Center on Tuesday, May 5 from 10:00 to 11:30 a.m.

BEREAVEMENT GROUP
There is no right or wrong way to grieve - but there are healthy ways to cope with the pain. You can get through it! Grief that is expressed and experienced has a potential for healing that can eventually strengthen and enrich life. To aid those dealing with grief through all seasons, the Bereavement Group meets at the La Sierra Senior Center weekly on Thursdays from 1:00 - 2:30 p.m. Everyone is welcome.
INSTRUCTIONAL ACTIVITIES

Come out and have some fun! There is no better way to stay mentally sharp than to learn something new. Senior centers offer courses that will challenge your mind, keep hands and fingers nimble and your social calendar full. Come meet new people in a fun, relaxing environment.

Activity                      Dates    Time    Location
Arts and Crafts               TH       9:00 a.m.  Villegas
Art of Sewing                F        12:00 p.m.  La Sierra
Beginning Painting           T        9:00 a.m.   Dales  
Card Making with Cricket  T        9:30 a.m.   La Sierra
Creative Collages           M        12:00 p.m.  La Sierra
Fiber Spinning               T        10:00 a.m.  La Sierra
Hand Building Clay Play      M        3:00 p.m.   La Sierra
Intergenerational Crafts     TH       4:30 p.m.  La Sierra
Intro to Printmaking         W        9:00 a.m.   Dales
Jewelry Making               M        1:00 p.m.   Dales
Knit & Crochet Club          TH       3:30 p.m.  La Sierra
Needle Craft Club            W        12 p.m.    La Sierra
Manicure Club                M        12:00 p.m.  La Sierra
Tile Mosaics                 TH       9:00 a.m.  Dales
Quilling/Twilling            T        4:30 p.m.   La Sierra
Sewing and Quilt Club        T        1:00 p.m.   Dales
Scrapbooking                 T        11:00 a.m.  La Sierra
Ukulele                      M        10:00 a.m.  La Sierra
Watercolor Painting          MT       1:30 p.m.  La Sierra
Gardening Basics             M        11:00 a.m.  Dales

Clubs (card clubs)           Dates    Time    Location
Canasta                      TTH      12:00 p.m.  Dales
Bridge Club                  TW       10:00 a.m.  La Sierra
Bridge Club                  TTH      11:00 a.m.  La Sierra
Pinochle Club                F        9:00 a.m.   Stratton

DANCE PROGRAMS

At the Dales and La Sierra Senior Centers, we provide fun and interactive ways to stay fit. Dancing is a fantastic way to entertain, meet others and learn new steps that will wow others. Classes are easy, fun and free. We provide a wide variety of dance classes for anyone 55+ to enjoy.

Advanced Line Dancing        F        10:00 a.m.  Dales
Advanced Line Dancing        TTH      4:00 p.m.   Dales
Beginning Line Dancing       TTH      3:00 p.m.   Dales
Dancercise                   TTH      4:00 p.m.   La Sierra
Intermediate Line Dance      T        11:00 a.m.  La Sierra
Beginning Line Dance         F        10:00 a.m.  La Sierra
Line Dancing                 TH        9:00 a.m.  La Sierra
Soul Line Dancing            MT        9:00 a.m.  Stratton
Beginning Belly Dance        F        12:00 p.m.  Dales
Come visit, learn to play & join. Lawn bowling is healthy, inexpensive, social and most of all fun! Join the club to participate in year around tournament bowling throughout Southern California.

**January thru March**
Tuesday, Friday & Saturday - 9:30 a.m. - Wednesday Evenings - 5:30 p.m.

**Last Saturday of each Month - “Saturday on the Greens” - 9:30 a.m.**
Bowling - Lunch - Bingo - Card Games - Prizes

**April thru December**
Tuesday, Thursday & Saturday - 9:30 a.m. - Wednesday Evenings - 5:30 p.m.

**Last Saturday of each Month - “Saturday on the Greens” - 9:30 a.m.**
Bowling - Lunch - Bingo - Card Games - Prizes