



# Lifelong Recreation 55+

## 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!**

## DALES SENIOR CENTER

3936 CHESTNUT ST.  
RIVERSIDE, CA  
(951) 826-5303\*  
MONDAY - FRIDAY  
9:00 a.m. - 6:00 p.m.  
CLOSED SATURDAY & SUNDAY  
\*SE HABLA ESPAÑOL

## LA SIERRA SENIOR CENTER

5215 - B LA SIERRA AVE.  
RIVERSIDE, CA  
(951) 351-6435\*  
MONDAY - FRIDAY  
9:00 a.m. - 6:00 p.m.  
CLOSED SATURDAY & SUNDAY  
\*SE HABLA ESPAÑOL

## STRATTON COMMUNITY CENTER

2008 MARTIN LUTHER KING BLVD.  
RIVERSIDE, CA  
(951) 351-5355\*  
MONDAY - FRIDAY  
9:00 A.M. - 1:00 P.M.  
CLOSED SATURDAY & SUNDAY  
\*SE HABLA ESPAÑOL

## YSMAEL VILLEGAS COMMUNITY CENTER

3091 ESPERANZA ST.  
RIVERSIDE, CA 92504  
(951) 351-6142\*  
MONDAY - FRIDAY  
9:00 A.M. - 1:00 P.M.  
Closed Saturday & Sunday  
\*Se Habla Español

## 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. | \$3per 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.

# CLASSIC COUNTRY SOCIAL July 17

Break out your cowboy boots and hats to enjoy a night of country music, featuring classic hits and today's favorites. Learn some of the popular line dances, such as the Electric Slide and Boot Scootin' Boogie.

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.

# Endless Summer Social August 21



# Black & White AFFAIR

Friday, April 17, 2015 | 6 - 9 p.m. | \$10

Celebrate the night in black and white. You are cordially invited to attend an elegant evening at the Dales Senior Center. Enjoy a delicious dinner, live entertainment, dancing, and an opportunity to mix and mingle. Arrive in style - black and white attire is kindly requested.



Friday, May 15, 2015 • 6 - 9 p.m.  
La Sierra Park/La Sierra Senior Center  
\$10 per person

Calling all Beatles fans! The La Sierra Senior Center is hosting a tribute to the Beatles. Come enjoy homage to the greatest and most influential musical act of the rock eras. The Beatles utilized several genres, ranging from pop ballads to psychedelic rock, often incorporating classical elements in innovative ways. This event will bring that phenomenon to you. The evening includes dinner, musical entertainment and much more. Register at your local community center listed on page 1 or register online at [www.RivReg.Org](http://www.RivReg.Org). Tickets are \$10. Dinner Dance will be held from 6 - 9 p.m.

## 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. - 1p.m.                      La Sierra
- Wild Wild West Luncheon • \$3 per person**  
May 13                      11 a.m. - 1p.m.                      Dales
- Memorial Honors • \$3 per person**  
May 21                      11 a.m. - 1p.m.                      La Sierra
- Summer Luau • \$3 per person**  
June 10                      11 a.m. - 1p.m.                      Dales
- Vintage Picnic • \$3 per person**  
June 18                      11 a.m. - 1p.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/>

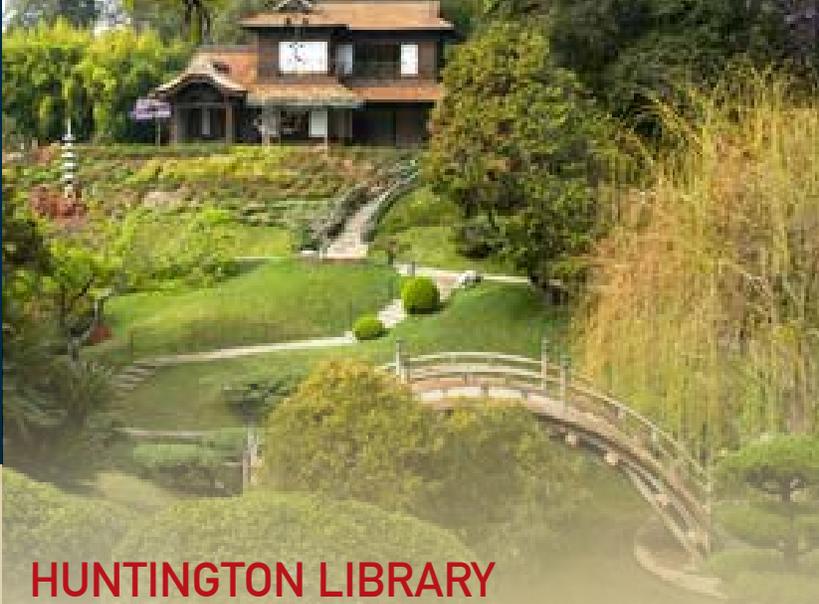


## OLVERA STREET

**\$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.



## 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.

## 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!

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

## 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:

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

## GROUPS & SERVICES

### 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	12:00p.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.	Dales
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

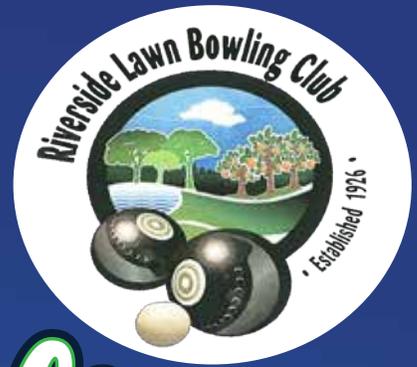
MT 9:00 a.m. Stratton

## Beginning Belly Dance

F 12:00 p.m. Dales

RIVERSIDE

# Lawn Bowling CLUB



*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



**RIVERSIDE LAWN BOWLING CLUB**

4020 Bowling Green Drive Fairmount Park Riverside, California  
Telephone Clubhouse: (951) 784-7602 Club President: Mike Bright: (951) 683-5909