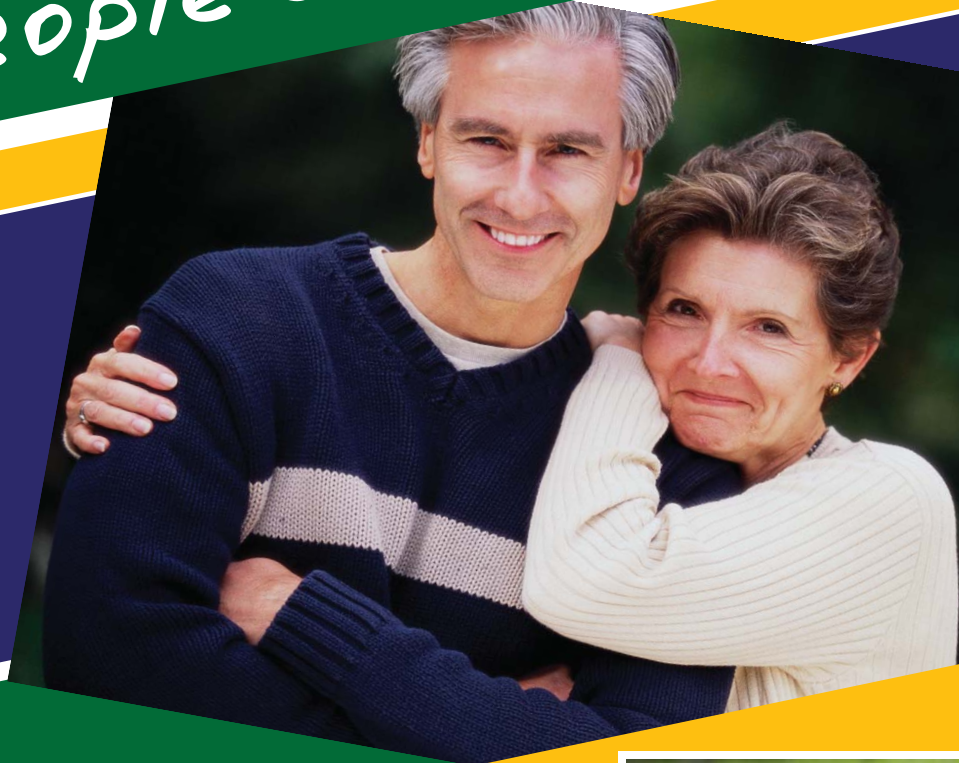
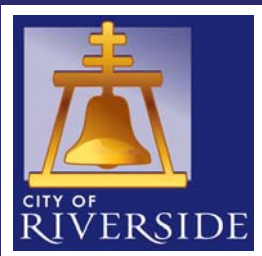


# Riverside's **THE GUIDE**

For people 55 and better



Directory of programs and support services available for people 55 and better.



City of Riverside  
Parks, Recreation and  
Community Services Department  
951.826.2000  
[www.riversideca.gov/park\\_rec](http://www.riversideca.gov/park_rec)

THE #1 REASON PEOPLE CAN'T WAIT TO TURN 55.



## BRAND NEW COMMUNITY! 1 - & 2-Bedroom Apartments from \$899/mo.\*

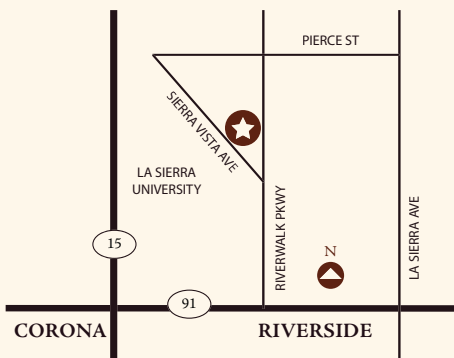
Not your parents' 55+ community! Cambria at Riverwalk offers events, entertainment & activities...so much more than bingo!

- ♦ One & Two Bedrooms
- ♦ Pet Friendly
- ♦ Fitness Center, Pool & Spa
- ♦ Expansive Clubhouse
- ♦ Billiards, Game & Card Room
- ♦ Putting Green
- ♦ Close to Paseos & Trails

  
*Cambria*  
AT RIVERWALK

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

4725 Sierra Vista Avenue, Riverside, CA 92505 • (951) 687-2464



\*See leasing agent for details. Rent prices subject to change. Offer may be withdrawn or canceled without notice.



## HEALTH SERVICES - Convalescent

### Care Connexus: Adult Day Services Center of Riverside

4130 Adams St. Ste. B  
Riverside, CA 92504  
Phone: 951.509.2500  
Fax: 951.509.2578

Website: [www.careconnexus.com](http://www.careconnexus.com)  
*Adult day health care, adult day care, Alzheimer's day care resource center, and family/caregiver supportive services.*

**Cost: Varies based on services**

### Heartcare Rehabilitation Center at Riverside Community Hospital

4445 Magnolia Ave.  
Riverside, CA 92501  
Phone: 951.788.3000

Website: [www.rchc.org](http://www.rchc.org)  
*Comprehensive cardiac rehabilitation.*

**Cost: Varies based on services**

### Chapman Convalescent Hospital

4301 Caroline Ct.  
Riverside, CA 92506  
Phone: 951.680.3700  
Fax: 951.683.6826

Website: [www.chapmanconvalescent.com](http://www.chapmanconvalescent.com)  
*Schooled nursing society with rehabilitation services, offers hospice services.*

**Cost: Varies based on services**

### Extended Care Hospital

8171 Magnolia Ave.  
Riverside, CA 92504  
Phone: 951.687.3842  
Fax: 951.687.1690

Website: [www.extendedcarehospital.com](http://www.extendedcarehospital.com)  
*Long term or short term convalescent care and rehabilitation for the elderly.*

**Cost: Varies upon insurance company**  
**Private rooms available for additional fee**

### Patient Advocate Foundation

Phone: 800.532.5274  
Website: [www.patientadvocate.org](http://www.patientadvocate.org)  
*Assist seniors with medical debt crisis and insurance issues.*

## HEALTH SERVICES - Education

### Riverside Community Health Foundation

4445-A Magnolia Ave.  
Riverside, CA 92501  
Phone: 951.788.3471  
Fax: 951.788.3589

Website: [www.rchf.org](http://www.rchf.org)  
*Project SHARP is Senior Health Advocacy Revitalization and Promotion Programs on Preventive Health Education and Physical Fitness classes.*

**Cost: Free at various sites**

### County of Riverside - Office on Aging (Fit after 50, Smart Card, InfoVan)

6296 River Crest Dr. Ste. K  
Riverside, CA 92507  
Phone: 951.867.3800

Fax: 951.867.3830  
Website: [www.rcaging.org](http://www.rcaging.org)

**Cost: Minimal fees**

### MD Care Healthplan

1640 E. Hill St.  
Signal Hill, CA 90755  
Phone: 888.322.2730

Website: [www.mdcarehealthplan.com](http://www.mdcarehealthplan.com)

## HEALTH SERVICES - Home Care

### Quality Senior Care

25345 Maroon Creek Ct.  
Moreno Valley, CA 92551  
Phone: 951.486.1181

*Provides home care assistance, allowing seniors to live independently.*

**Cost: Varies based on services**

### County of Riverside - Office on Aging (Caregiving)

6296 River Crest Dr. Ste. K  
Riverside, CA 92507  
Phone: 951.867.3800

Fax: 951.867.3830  
Website: [www.rcaging.org](http://www.rcaging.org)  
*Office on Aging coordinates services for referrals to in-home caregivers.*

**Cost: FREE referrals**

**Home Instead Senior Care**

6751 Brockton Ave.  
 Riverside, CA 92506  
 Phone: 951.369.7047  
 Fax: 951.369.7048  
 Website: www.homeinstead.com  
*Non-medical companionship, home care, and personal care services.*

**Cost: Varies based on services**

**LivHOME**

2900 Adams St. Ste. C-160  
 Riverside, CA 92504  
 Phone: 951.359.4434  
 Fax: 951.359.4386  
 Website: www.livhome.com  
*Assistance for seniors, post surgery, to stay at home.*

**Cost: Varies based on services**

**Visiting Nurse Association of the Inland Counties**

6235 River Crest Dr., Ste. L  
 Riverside, CA 92507  
 Phone: Admin. 951.413.1270  
 Fax: 951.656.2368  
 Website: www.vna-ic.org  
 Home Health: 951.413.1270  
 Hospice: 951.413.1300  
*Home health care is available for short-term convalescence or long-term skilled assistance in the home. Hospice care is an option when someone has a life-limiting illness with a prognosis of six months or less if the disease follows its normal course.*

**Cost: Paid for by Medi-Cal, Medicare, HMOs and most private insurance carriers.**

**In-Home Supportive Services Public Authority**

12125 Day St. Ste. S-101  
 Moreno Valley, CA 92557  
 Phone: 1.888.470.4477  
 Website: www.capaihss.org  
*Matches screened and trained Home Care Workers with IHSS Consumers who need assistance.*

**Cost: Varies based on services**

**HEALTH SERVICES - Medical Supplies**

**Beltone Hearing Center  
 Hearing Healthcare**

5908 Magnolia Ave.  
 Riverside, CA 92506  
 Phone: 951.779.1237  
 Fax: 951.779.1238  
 Website: www.beltone.com



*Hearing evaluations, assistive listening devices, electronic hearing protection, and more.*

**Cost: Varies based on services**

**American Medical Supply**

6710 Brockton Ave.  
 Riverside, CA 92506  
 Phone: 951.686.3980  
 Fax: 951.686.7911

*American Medical Supply is a store that offers insurance billing for medical equipment such as powerchairs and custom fit wheelchairs.*

**Cost: Varies based on services**

**Better Life Mobility**

7239 Indiana Ave.  
 Riverside, CA 92504  
 Phone: 951.686.3152  
 Fax: 951.686.1682  
 Website: www.betterlifemobility.com

*Better Life Mobility sells wheelchairs, handicap accessible vans and other equipment for elderly and disabled.*

**Cost: Varies by services**

**HearX West**

3832 La Sierra Ave.  
 Riverside, CA 92505  
 Phone: 951.637.3722  
 Fax: 951.637.3793  
 Website: www.hearusa.com

*A hearing aid company that provides hearing tests, earmolds, and hearing aids. Also offers household assistance items. Covered by most insurance companies.*

**Cost: Varies based on services**

## HOUSING - Convalescent

### **Aurelia's Assisted Living for the Elderly**

3503 Bryce Wy.  
Riverside, CA 92506  
Phone: 951.276.8006  
Fax: 951.276.2414

*An assisted living program for the elderly with 24-hour service. Provides meals, laundry, clean rooms and assistance with medication. Maximum of 6 residents, private rooms.*

**Cost: Varies based on services**

### **Encore Senior Village at Riverside**

6280 Clay St.  
Riverside, CA 92509  
Phone: 951.360.1616  
Fax: 951.360.7789

Website: [www.encoresl.com](http://www.encoresl.com)

*A living community for individuals with Alzheimer's and dementia. All services provided including meals, clean rooms, and laundry.*

**Cost: Varies based on services**

## HOUSING - Homeless

### **Path of Life Ministries - Riverside Homeless Shelter**

6216 Brockton Ave. Suite 213  
Riverside, CA 92506  
Phone: 951.786.9048  
Fax: 951.786.9049

Website: [www.polministries.net](http://www.polministries.net)

*Thirty-day program for stabilization, case management, cold weather shelter, dinner, and showers.*

**Cost: FREE**

## HOUSING - Independent

### **Arlington Gardens**

3766 Nye Ave.  
Riverside, CA 92505  
Phone: 951.689.2340

Website: [www.arlingtongardens.com](http://www.arlingtongardens.com)

*Nursing home that provides structured weekly activities including: games, intellectual activities, arts and crafts, book club, and art.*

**Cost: Varies based on services**

### **Cambria at Riverwalk**

4725 Sierra Vista Ave.  
Riverside, CA 92505  
Fax: 951.351.0940  
Phone: 951.687.2464  
[www.cambriaatriverwalk.com](http://www.cambriaatriverwalk.com)

*A vibrant way of life, call today!*

**Cost: Varies, call for more information**

### **Mt. Rubidoux Manor**

3993 Tenth St.  
Riverside, CA 92501  
Phone: 951.684.3154  
Fax: 951.684.5615  
TDD: 800.545.1833 x 478  
Website: [www.abhow.com](http://www.abhow.com)

**Cost: Varies, call for more information**

### **J.E Wall Victoria Manor Apartments**

4660 Victoria Ave.  
Riverside, CA 92507  
Phone: 951.274.0155 or 888.703.7850  
Website: [www.victoriamanor.info](http://www.victoriamanor.info)

*An affordable senior housing community with a recreation room and various activities.*

**Cost: Varies, call for more information**

### **Olive Grove Retirement Resort**

7858 California Ave.  
Riverside, CA 92504  
Phone: 951.687.2241  
Website: [www.olivegrove.com](http://www.olivegrove.com)

**Cost: Varies based on services**

### **Mission Palms I & II Apartments**

5875 Mission Blvd.  
Riverside, CA 92509  
Phone: 951.276.9529  
TDD: 800.735.2929

**Cost: Varies based on services**

### **Nightingale Companies**

Phone: Renee Sichley at 760.322.1052

We provide personalized home healthcare to the individual's needs. Our fundamental mission is to improve your quality of life.

We provide companion care and daily living activity care.



**Victoria Springs Apartments**

2801 Adams St.  
Riverside, CA 92504  
Phone: 951.358.0311  
Website: www.victoriaspringsapartments.com  
**Cost: Varies based on services**

**Magnolia Village**

8537 Magnolia Ave.  
Riverside, CA 92504  
Phone: 951.354.0230  
Fax: 951.354.0175  
Website: www.magnoliavillageseniorliving.com  
*Independent senior living center that provides meals, housekeeping, scheduled transportation and all utilities, including basic cable. Telephone additional.*  
**Cost: Varies, call for more information**

**Raincross Senior Village**

5234 Central Ave.  
Riverside, CA 92504  
Phone: 951.359.0100  
Website: www.raincross-senior.com  
**Cost: Varies, call for more information**

**Golden Horizon Home**

15710 Silver Spur Rd.  
Riverside, CA 92504  
Phone: 951.780.6390  
Fax: 951.776.9309  
*Private and semi-private rooms  
Assisted living in a small home environment at its best.*  
**Cost: Based on level of care**

**Fair Housing Council of Riverside**

3933 Mission Inn Ave.  
Riverside, CA 92501  
Phone: 951.682.6581 or 800.655.1812



Follow us on Facebook at

City of Riverside Parks & Recreation

**SUPPORT GROUPS**

**A.A.R.P.**

3713 Tibbetts St.  
Riverside, CA 92506  
Phone: 951.682.1416  
FAX: 951.682.2769  
Website: www.aarp.com  
*Offers information on where to get help, tours (both locally and worldwide), tax assistance, legislation updates, and much more.*  
**Cost: Varies based on services**

**American Cancer Society**

6355 Riverside Avenue  
Riverside, CA 92506  
Phone: 951.300.1200 or 1.800.227.2345  
Website: www.cancer.org  
*Program designed to improve the quality of life for cancer patients and caregivers.*  
**Cost: Varies based on services**

**Community Access Center**

6848 Magnolia Ave. Ste. 150  
Riverside, CA 92506  
Phone: 951.274.0358  
Fax: 951.274.0833  
Website: www.ilcac.org  
*Provides information, supportive services and independent living skills training.*  
**Cost: FREE**

**Sensible Seniors Home Care**

8478 SVL Box  
Victorville, CA 92395  
Phone: 951.681.5720  
Fax: 951.537.6531  
Website: www.sensibleseiorhomecare.com  
*Non-medical, in-home care.*  
**Cost: Varies based on services**

### **Riverside County Substance Abuse Programs**

1827 Atlanta Ave. Ste. D-1

Riverside, CA 92507

Phone: 951.955.2105

Fax: 951.955.8060

Website: [www.countyofriverside.us](http://www.countyofriverside.us)

*Substance abuse treatment (outpatient), assessment, and referral.*

**Cost: Sliding scale**

### **Alzheimer's Association**

9213 Archibald Ave.

Rancho Cucamonga, CA 91730

Phone: 909.944.9680

Fax: 909.944.944.9736

Website: [www.alz.org](http://www.alz.org)

*Provides education, information and resources to caregivers and to those who deal with Alzheimer's and dementia.*

**Cost: FREE**

### **Arthritis Foundation, Inland Empire Branch**

4060 Chestnut St.

Riverside, CA 92501

Phone: 951.320.1540

Website: [www.arthritis.org/chapters/southern-california](http://www.arthritis.org/chapters/southern-california)

*Activities and exercise programs, aquatics, tai chi, and self help to aid those with arthritis or arthritic-type symptoms.*

**Cost: Varies upon program site. Contact each site for specific fee amounts.**

### **County of Riverside Office on Aging (Grandparents Raising Grandchildren, Ombudsman Services)**

6296 River Crest Dr. Ste. K

Riverside, CA 92507

Phone: 951.867.3800

Fax: 951.867.3830

Website: [www.rcaging.org](http://www.rcaging.org)

*Grandparents Raising Grandchildren: a task force designed to assist in the complex issues faced by grandparents raising grandchildren, through education, program development and advocacy. Ombudsman Services: Trained volunteers provide advocacy and support to vulnerable individuals in nursing homes.*

**Cost: FREE**

### **Blindness Support Services**

3696 Beatty Dr. Ste. A

Riverside, CA 92506

Phone: 951.341.9244

Fax: 951.841.6335

Website: [www.blindnesssupport.com](http://www.blindnesssupport.com)

*Services include computer classes, independent living skills, cooking, cleaning, adaptive programs, orientation and mobility for the visually impaired and job assistance. Also provides a children's program with in-home based instruction.*

**Cost: FREE**

### **Community Connect**

Contact: 2-1-1 Monday through Friday

8:00 a.m. to 5:00 p.m.

Phone: 951.686.4402 or toll free 2-1-1

E-mail: [inform@vcrivco.org](mailto:inform@vcrivco.org)

Website: [www.informriverside.org/client/informriverside](http://www.informriverside.org/client/informriverside)

*Established in 1977, the Information and Referral (I&R) program of the Volunteer Center of Riverside County has been THE agency for linking people to the services they need. The 2-1-1 Riverside database stores detailed information about community agencies and the services they provide. The program connects people to appropriate community resources in the crisis stage including the Transportation Access Program (TAP), Shared Housing and the Senior Ombudsman Services (SOS) Program. Over 800 non-profit and governmental human service agencies with more than 2,000 programs are listed in this database.*

### **Riverside Parkinson's Disease Support Group**

1561 Sunshine Circle

Corona, CA 92881

Phone: 951.735.6057

Website: [www.rpsgca.org](http://www.rpsgca.org)

*Meets at Janet Goeske Center the 3rd Tuesday of each month.*

**Cost: FREE**

**NUTRITION SERVICES**

**Meals on Wheels**

4845 Brockton Ave.  
Riverside, CA 92506  
Phone: 951.683.7151  
Fax: 951.683.5911  
Website: www.riversidemealsonwheels.org

**Arlington Seventh Day Adventist Church  
(Emergency Food Program)**

8778 Magnolia Ave.  
Riverside, CA 92503  
Phone: 951.688.6630  
Website: www.arlingtonsda.org

**Second Harvest Food Bank**

2950 Jefferson St., Ste. B  
Riverside, CA 92504  
Phone: 951.359.4757  
Fax: 951.359.8314  
*Second Harvest Food Bank distributes every 3rd Saturday from 8:30 – 10:15 a.m. to zip code 92503.*

**Cost: FREE TO AGE 60+**

**County of Riverside - Office on Aging  
(Nutrition Services)**

6296 River Crest Dr. Ste. K  
Riverside, CA 92507  
Phone: 951.867.3800  
Fax: 951.867.3830  
Website: www.rcaging.org  
*Congregate and home-delivered meals are provided to persons sixty (60) or older at various sites throughout the City of Riverside. Please call for the nearest site location.*

**Cost: FREE**

**Riverside Activity Guide**

View all of the fun and innovative programming the City of Riverside Parks, Recreation and Community Services Department has to offer you!  
Visit [www.riversideca.gov/park\\_rec](http://www.riversideca.gov/park_rec) or call 951.826.2000 today!

**LEGAL ASSISTANCE**

**County of Riverside - Office on Aging  
(Legal Services)**

6296 River Crest Dr. Ste. K  
Riverside, CA 92507  
Phone: 951.867.3800  
Fax: 951.867.3830  
Website: www.rcaging.org  
*The Legal Assistance Program ensures the rights and entitlements of persons sixty (60) years of age or older by providing or securing legal assistance.*

**Cost: FREE**

**California Disability Rights Association,  
Riverside Chapter 34**

5257 Sierra Ave. (Janet Goeske Center)  
Riverside, CA 92504  
For further information contact President at  
Phone: 951.343.1327  
*Information, advocacy, ADA laws, support on independent living, and more. Meets at Janet Goeske Senior Center every 2nd Friday of the month from 11:30 a.m. – 1:30 p.m.*

**Jacobsmeier - Guzzetta, Kathleen-Elder  
Law Attorney**

6256 Riverside Ave.  
Riverside, CA 92506  
Phone: 951.788.5126  
*Attorney, basic estate plans, etc. for seniors.*

**Cost: Varies**

**Elder Law Center, P.C.**

3600 Lime St., Ste. #412 (Building 4)  
Riverside, CA 92501  
Phone: 951.684.5608  
Fax: 951.684.1106  
Website: www.elderlawcenter.net  
*Law firm that provides services for seniors including: Medi-Cal qualifying, asset protection, living trusts, conservatorships, probate will contests, trust administration, and Veteran's benefits.*

**Cost: Varies**

## RECREATION - Centers

### **Bordwell Park/Stratton Center**

2008 Martin Luther King Blvd.

Riverside, CA 92507

Phone: 951.826.5355

Website: [www.riversideca.gov/park\\_rec](http://www.riversideca.gov/park_rec)  
*Bingo (Thursdays), Arts and Crafts, Movies, Senior Nutrition, Pinochle, Riverside Walkers Program. Please call for dates and times.*

**Cost: Varies by program/services**

### **Bryant Park/Arlanza Center**

7950 Philbin Ave.

Riverside, CA 92505

Phone: 951.351.6135

Website: [www.riversideca.gov/park\\_rec](http://www.riversideca.gov/park_rec)  
*Senior fitness and computer classes.*

**Cost: Varies by program/services**

### **Hunt Park/Renck Center**

4015 Jackson Ave.

Riverside, CA 92503

Phone: 951.351.6132

Website: [www.riversideca.gov/park\\_rec](http://www.riversideca.gov/park_rec)  
*Bingo (Wednesdays), Line Dancing, Riverside Walkers Program and Computer Classes. Please call for dates and times.*

**Cost: Varies by program/services**

### **La Sierra Park/La Sierra Senior Center**

5215 La Sierra Ave.

Riverside, CA 92505

Phone: 951.351.6131

Website: [www.riversideca.gov/park\\_rec](http://www.riversideca.gov/park_rec)  
*Tai Chi, Zumba, Billiards, Chess Club, Arts and Crafts, Fitness Classes, BINGO (Wednesdays), and Special Events. Please call for dates and times.*

**Cost: Varies by program/services**

### **Lincoln Park/Lincoln Center**

4261 Park Ave.

Riverside, CA 92507

Phone: 951.686.3119

Website: [www.riversideca.gov/park\\_rec](http://www.riversideca.gov/park_rec)  
*Bingo, Senior Exercise, and Arts and Crafts. Please call for dates and times.*

**Cost: Varies by program/services**

### **Reid Park/Ruth Lewis Center**

701 N. Orange St.

Riverside, CA 92501

Phone: 951.826.5654

Website: [www.riversideca.gov/park\\_rec](http://www.riversideca.gov/park_rec)  
*Senior Exercise, Arts and Crafts and Computer Classes. Please call for dates and times.*

**Cost: Varies by program/services**

### **Villegas Park/Ysmael Villegas Center**

3091 Esperanza St.

Riverside, CA 92504

Phone: 951.351.6142

Website: [www.riversideca.gov/park\\_rec](http://www.riversideca.gov/park_rec)  
*Senior Nutrition, Bingo, Arts and Crafts, Riverside Walkers Program and Computer Classes. Please call for dates and times.*

**Cost: Varies by program/services**

### **White Park/Dales Senior Center**

3936 Chestnut St.

Riverside, CA 92501

Phone: 951.826.5303

Website: [www.riversideca.gov/park\\_rec](http://www.riversideca.gov/park_rec)  
*Bingo (Tuesdays and Fridays), Arts and Crafts, Breakfast Club, Senior Exercise, Excursions, Monthly Luncheons, Tai Chi, Line Dancing, Spanish Classes and Computer Classes. Please call for dates and times.*

**Cost: Varies by program/services**

### **Eddie Dee Smith Senior Center**

5888 Mission Blvd.

Riverside, CA 92509

Phone: 951.275.9975

Website: [www.edssc.org](http://www.edssc.org)  
*Nutritional Lunch, Classes, Bingo, Exercise Classes, Group Activities, and more.*

**Janet Goeske Senior Center**

5257 Sierra St.  
Riverside, CA 92504  
Phone: 951.351.8801  
Website: www.janetgoeskecenter.com  
*150+ weekly activities and programs.*

**Cost: Varies by program/services**

**Y.W.C.A. of Riverside County**

8172 Magnolia Ave.  
Riverside, CA 92504  
Phone: 951.687.9922  
Fax: 951.688.5270  
Website: www.ywca.org

**Cost: Varies by program/services**

**Elks Lodge No. 643**

6166 Brockton Ave.  
Riverside, CA 92506  
Phone: 951.683.0370  
Fax: 951.684.8306  
Website: www.elks643.org  
Email: elk643@sbcglobal.net  
*Organization meets Thursday nights at 7:30 p.m.*

**RECREATION - Fitness Programs**

**Parkview Community Hospital**

3865 Jackson St.  
Riverside, CA 92503  
Phone: 951.688.2211  
Website: www.pchmc.org  
*Program name is P.A.C.E.  
(People with Arthritis Can Exercise)*

**Riverside Y.M.C.A Exercise Programs**

4020 Jefferson St.  
Riverside, CA 92504  
Phone: 951.689.9622  
Website: www.riversideymca.org  
*SilverSneakers® offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health. Arthritis Foundation Water Exercise Program Water Routine, movements for joints, flexibility, range of motion, and FUN!*

**Cost: \$30-\$50 for non-members of YMCA.**

**Goldware Senior Housing (Arthritis Foundation & MCA Aquatics Exercises)**

6730 Streeter Ave. (Janet Goeske Center)  
Riverside, CA 92504  
Phone: 951.351.1234

**Cost: FREE**

**County of Riverside Office on Aging (Fit after 50 Program)**

6296 River Crest Dr. Ste. K  
Riverside, CA 92507  
Phone: 951.867.3800  
Website: www.rcaging.org  
*Exercise and health education program to increase strength, mobility, and nutrition.*

**RELIGIOUS SERVICES**

**Magnolia Presbyterian Church**

7200 Magnolia Ave.  
Riverside, CA 92504  
Phone: 951.684.7200  
Fax: 951.684.9775  
Website: www.magpres.com  
*A time and place for fellowship, study, sharing, and growing in the faith. Monthly Luncheons and Bible Study.*

**Cost: \$3 for luncheon**

**Arlington Seventh Day Adventist Church**

8778 Magnolia Ave.  
Riverside, CA 92503  
Phone: 951.688.6630  
Website: www.arlingtonsda.org  
*Social services for the homeless.*

**Cost: FREE**

**Berean Christian Stores**

3396 Tyler St.  
Riverside, CA 92503  
Phone: 951.688.1237  
Website: www.berean.com

**Our Lady of Perpetual Help**

5250 Central Ave.  
Riverside, CA 92504  
Phone: 951.689.8921  
Website: www.olphriverside.com

**Cost: FREE**

## SOCIAL SERVICES

### Riverside County Department of Social Services - C.A.R.E Program

43950 E. Acacia St.

Hemet, CA 92544

Phone: 951.791.3446

Website: [www.dpss.co.riverside.ca.us](http://www.dpss.co.riverside.ca.us)

*A division of Riverside Adult Protective Services. Provides advocacy to seniors over 65 and dependent adults 18-64 who are victims of consumer fraud by businesses. Also provides education and prevention services from elder abuse.*

**Cost: FREE**

### County of Riverside- Office on Aging

6296 River Crest Dr. Ste. K

Riverside, CA 92507

Phone: 951.867.3800

Website: [www.rcaging.org](http://www.rcaging.org)

*Home delivered meals, personal care, transportation, senior home repair, family caregiver information and assistance to the Riverside County senior population and their families.*

**Cost: FREE**

### Chronic Disease Fund

Phone: 877.968.7233

*Assists patients with medication co-pays within the financial guidelines.*

### Inland Agency HICAP

1737 Atlanta Ave. Ste. H5

Riverside, CA 92507

Phone: 951.241.8723 or 951.684.7980

Website: [www.inlandagency.org](http://www.inlandagency.org)

*HICAP is a Medicare counseling and assistance program that provides community education.*

**Cost: FREE**

### Adult Protective Services

10769 Hole Ave. Suite 200

Riverside, CA 92505

Phone: 1.800.491.7123

IHSS 888.960.4477

Website: [www.dpss.co.riverside.ca.us](http://www.dpss.co.riverside.ca.us)

*IHSS provides assistance to families with limited income. IHSS provides in-home support to assist families to remain in their own home.*

**Cost: IHSS dependent upon income.**

### Community Action Partnership of Riverside County

2038 Iowa Ave. Ste. B-102

Riverside, CA 92507

Phone: 951.955.4900

Website: [www.capriverside.org](http://www.capriverside.org)

*Individual, family, community, and agency development, including utility assistance programs. Offers opportunities to the poor through education, wealth building, advocacy and capacity building.*

**Cost: FREE**

### Community Access Center

6848 Magnolia Ave. Ste. 150

Riverside, CA 92506

Phone: 951.274.0358

Fax: 951.274.0834

Website: [www.ilcac.org](http://www.ilcac.org)

*An information and referral system for seniors and the disabled.*

**Cost: FREE**

### California Department of Rehabilitation

3130 Chicago Ave.

Riverside, CA 92507

Phone: 951.782.6650

Fax: 951.274.0833

Website: [www.dor.ca.gov](http://www.dor.ca.gov)

**Cost: FREE**

### Riverside County Long-Term Care Ombudsman Program

Phone: 951.686.4402

*Call to make a complaint regarding nursing homes and residential facilities.*

**California Telephone Access Program**

6370 Magnolia Ave. Ste. # 310  
Riverside, CA 92506  
Website: [www.ddtp.org/CTAP](http://www.ddtp.org/CTAP)  
Phone: 800.806.1191 TTY: 800.506.4474  
Phone: 800.949.5650 TTY: 800.896.7670 (Spanish)  
**Cost: FREE**

**Social Security Administration**

7880 Mission Grove Parkway  
Riverside, CA 92508  
Phone: 800.772.1213  
Website: [www.socialsecurity.gov](http://www.socialsecurity.gov)  
*We are here for you if you need to replace a Social Security card or Medicare card, inquire about your earnings, or file a claim for Retirement, Survivor's, Disability, or Supplemental Security Income (SSI) benefits.*  
**Cost: FREE**

**County of Riverside - Office on Aging (Adult Day Care, Care Coordination)**

6296 River Crest Dr. Ste. K  
Riverside, CA 92507  
Phone: 951.867.3800  
Website: [www.rcaging.org](http://www.rcaging.org)  
*Adult Day Care: Provides non-medical care. Care Coordination: Provides resources for seniors who want to live independently.*  
**Cost: FREE**

**Home Energy Assistance Program (HEAP)**

Phone: 800.999.5584 or 951.955.6448  
Provides energy rebates and offers a weatherization program to low income seniors and disabled persons.

**TRANSPORTATION**

**Riverside County Transportation Commission**

4080 Lemon St. 3rd Floor  
Riverside, CA 92501  
Phone: 951.787.7141  
Website: [www.rctc.org](http://www.rctc.org)  
*No fee for service to the elderly, disabled, or truly needy patients of RCTC.*  
**Cost: No fee, but donations are accepted.**

**City of Riverside Special Transportation**

8095 Lincoln Ave #A  
Riverside, CA 92504  
Phone: 951.687.8080  
Website: [www.riversideca.gov/park\\_rec/seniors-transportation.asp](http://www.riversideca.gov/park_rec/seniors-transportation.asp)  
*City of Riverside special transit services program is a curb-to-curb minivan service for senior citizens and the disabled. Only travels within city limits.*  
**Cost: \$2 per person, one-way**

**Riverside Transit Agency / Dial-A-Ride**

1825 Third St.  
Riverside, CA 92507  
Phone: 800.795.7887  
TDD 800.396.3910  
Website: [www.riversidetransit.com](http://www.riversidetransit.com)  
**Cost: \$3 one way. (Please note that due to the City of Riverside providing Senior Transportation within city limits, Dial-A-Ride is only available for the disabled and those looking to travel outside of Riverside city limits).**

**Community Connect - Transportation Access Program (TAP)**

2060 University Ave. Ste. 212  
Riverside, CA 92507  
Phone: 951.686.4402  
Website: [www.vcrivco.org](http://www.vcrivco.org)  
**Cost: FREE**

**County of Riverside - Office on Aging (TRIP Program)**

6296 River Crest Dr. Ste. K  
Riverside, CA 92507  
Phone: 951.867.3800  
Website: [www.rcaging.org](http://www.rcaging.org)  
*A program that reimburses expenses to volunteer drivers who assist seniors with various errands such as doctor visits, grocery shopping, etc.*

## TRANSPORTATION - Trips and Tours

### White Park/Dales Senior Center

3936 Chestnut Street  
Riverside, CA 92501  
Phone: 951.826.5303  
Website: [www.riversideca.gov/park\\_rec](http://www.riversideca.gov/park_rec)  
*Low cost monthly excursions.*

### Janet Goeske Senior Center

5257 Sierra St.  
Riverside, CA 92504  
Phone: 951.351-8800  
Website: [www.janetgoeskecenter.com](http://www.janetgoeskecenter.com)  
*150+ weekly activities and programs.*

### H & L Charters

8801 Helms Ave.  
Rancho Cucamonga, CA 91730  
Phone: 909.466.3984 or 800.551.0848  
Website: [www.hlcharter.com](http://www.hlcharter.com)  
*Motor coach tours and rentals.*

**Cost: Phone for quotes**

### Travel Time Tours

P.O. Box 425  
San Dimas, CA 91773  
Phone: 909.599.9325  
Fax: 909.599.8254  
Website: [www.traveltimetours.com](http://www.traveltimetours.com)  
*A tour and travel club specializing in overnight, group and escorted tours since 1976.*

**Cost: Phone for quotes**

### Larco Enterprises, Inc.

1032 E. Lemon Ave.  
Monrovia, CA 91016  
Phone: 626.357.1227  
*Charter services.*

**Cost: Phone for quotes**

## ANIMAL SERVICES

### Humane Society Pet Adoption Center

6161 Industrial Ave.  
Riverside, CA 92504  
Phone: 951.688.4340  
Website: [www.petsadoption.com](http://www.petsadoption.com)  
*The Humane Society offers pet adoption, socialization, and humane education services. Also, a Pet-Assisted Therapy service in which volunteers take dogs on monthly visits to multiple facilities is available. Visiting with animals can help people feel less lonely and depressed and provides a change from routine. People become more active and responsive during and after visits with animals.*

**Cost: Varies - Offers discount program for seniors.**

### Western Riverside County/City Animal Shelter

6851 Van Buren Blvd.  
Riverside, CA 92509  
Phone: 951.358.7387  
Website: [www.rcdas.org](http://www.rcdas.org)  
*Pet licensing, adoptions, Volunteer Center, lost and found pets, low cost vaccine clinic, low cost spay/neuter voucher program and animal control needs.*



Follow us on Facebook at

City of Riverside Parks & Recreation

Reference herein to any specific organization, business, manufacturer, or otherwise, does not constitute or imply its endorsement, recommendation, or favoring by the City of Riverside Parks, Recreation and Community Services Department or any entities thereof.



## Great news for people with Medicare & Medi-Cal!

MD Care Preferred Dual SNP (HMO SNP) offers Vision, Dental and Transportation benefits.



For more information call: 1-888-322-2730

From November 15 to March 1, our call center hours are from 8:00 AM to 8:00 PM seven days a week. After March 2, our call center hours are from 8:00 AM to 8:00 PM Monday through Friday. TTY/TDD users should call 1-800-735-2929

MD Care Health Plan is a Medicare Advantage Organization with a Medicare Contract. The benefit summary here is a brief summary, not a comprehensive description of benefits. For more information contact the plan. Benefits, formulary, pharmacy, network, premium and/or co-payments/coinsurance may change January 1, 2012.

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## Senior Moment Services

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- Housecleaning
- Running Errands
- Laundry Service and Much More!

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seniormomentservices.com

All Information Is Confidential



## Senior Moment Services

"The need is great" "Our service is greater"



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## INTEGRITY TERMITE



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Riverside, CA 92509



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LICENSE # OPR9570



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Riverside, California 92504  
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# Tyler Springs



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[www.ForRent.com/TylerSprings](http://www.ForRent.com/TylerSprings)

# Special Transportation

**Let us pick you up!**

## Hours of Operation

**Monday - Friday** 8:00 a.m. - 5:30 p.m.

**Saturday, Sunday, Holidays** 9:00 a.m. - 4:00 p.m.

**(Closed Thanksgiving, Christmas, and New Year's Day)**

**Your friend rides free with your paid fare!\***



**Special Transportation is a shared ride service  
for seniors over 60 years of age and disabled adults.**

**(951) 687-8080**

\*Present this page to driver for free friend fare

