The Guide
For People 55 and Better
CONVALESCENT CARE

Care Connexxus: Adult Day Services Center of Riverside
4130 Adams St., Ste. B
Riverside, CA 92504
951.351.2800
www.careconnexxus.com
Adult day health care, adult day care, Alzheimer’s day care center, and family/caregiver support services.

Heartcare Rehabilitation Center at Riverside Community Hospital
4445 Magnolia Ave.
Riverside, CA 92501
951.788.3460
www.rchc.org
Comprehensive cardiac rehabilitation.

Chapman Convalescent Hospital
4301 Caroline Ct.
Riverside, CA 92506
951.880.3700
www.chapmanhcs.com
Rehabilitation services and hospice services.

Extended Care Hospital
8171 Magnolia Ave.
Riverside, CA 92504
951.687.3842
www.extendedcarehospital.com
Long-term or short-term convalescent care and rehabilitation center.

Arlington Gardens Care Center
3688 Nye Ave.
Riverside, CA 92505
951.351.2800
www.arlingtongardenscc.com
Skilled nursing facility providing short-term rehabilitation and skilled nursing care.

INSURANCE

Humana
P.O. Box 14601 (Correspondence Office)
Lexington, KY 40512
951.348.0854
www.humana.com
Provides affordable options and personalized support that can get you off and running toward a stronger, healthier you.

MEDICAL SUPPLIES

American Medical Supply
6710 Brockton Ave.
Riverside, CA 92506
951.686.3980
A store offering insurance billing for medical equipment.

Better Life Mobility
7239 Indiana Ave.
Riverside, CA 92504
951.686.3152
www.betterlifemobility.com
Wheelchairs, handicap accessible vans and other equipment for the elderly and disabled.

Heart USA
3832 La Sierra Ave.
Riverside, CA 92505
951.637.3722
www.hearusa.com
Evaluations, ear molds and hearing aids.

Beltone Hearing Center - Hearing Healthcare
5908 Magnolia Ave.
Riverside, CA 92506
951.779.1237
www.beltone.com
Hearing evaluations and hearing aids.
IN-HOME CARE

Home Instead Senior Care
6751 Brockton Ave.
Riverside, CA 92506
951.369.7047
www.homestead.com/282
Non-medical companionship, home care and personal care services.

LivHOME
7888 Mission Grove Parkway, Suite 110
Riverside, CA 92508
951.359.4434
www.livhome.com/Riverside
Assistance for seniors, post surgery, to stay at home.

Visiting Nurse Association of California
6235 River Crest Dr., Ste. L
Riverside, CA 92507
951.413.1200
www.vnacalifornia.org
Home Health: 951.413.1270
Hospice: 951.656.3153
Non-medical, in-home care.

INDEPENDENT LIVING

Cambria at Riverwalk
4725 Sierra Vista Ave.
Riverside, CA 92505
951.687.2464
www.cambriatariverwalk.com
Senior housing for the active adult lifestyle.

Mount Rubidoux Manor
3933 Tenth St.
Riverside, CA 92501
951.684.3154
www.mountrubidouxmanor.com
Affordable apartments for low-income seniors.

Victoria Springs Apartments
2801 Adams St.
Riverside, CA 92504
Phone: 951.358.0311
www.victoriaspringsapartments.com
Tailored with the amenities deemed necessary to any lifestyle, this community strives to make your life a little easier, a little more comfortable, and a whole lot more fun.

Magnolia Village
8537 Magnolia Ave.
Riverside, CA 92504
951.354.0230
www.magnoliavillageseniorliving.com
Encourages an active and independent senior lifestyle that supports residents’ privacy and dignity.

Raincross Senior Village
5234 Central Ave.
Riverside, CA 92504
951.359.0100
www.raincrossseniorapartments.com
Comfortable luxury apartment home living in the center of Riverside.

Tyler Springs Apartments
10406 Indiana Avenue
Riverside, CA 92508
1.866.554.6968
www.forrent.com/tylersprings
Apartment homes for seniors.

ASSISTED LIVING

Pacifica Senior Living
6280 Clay St.
Riverside, CA 92509
951.360.1616
www.pacificatriverside.com
Alzheimer’s, Memory Care and Assisted Living

Golden Horizon Home
15710 Silver Spur Rd.
Riverside, CA 92504
951.780.6390
www.goldenhorizonhome.com
Alzheimer’s, Memory Care and Assisted Living

HOMELESS SHELTERS

Path of Life Ministries
Administrative Office Call 951.786.9048
Homeless Men & Women (18+ yrs.) Call 951.683-4101
Homeless Families with Children (17 and under) Call 951.275.8755
www.thepathoflife.com
Rescuing, restoring, and rebuilding lives through a 60-90 day program for stabilization, case management, shelter, meals, and showers. December 1- April 15 nightly cold weather shelter.

City of Riverside Homeless Service Campus
2880 Hulen Place
Riverside, CA 92507
951.826.2200
www.endhomeless.info
Connects homeless individuals with social services and housing.

HOUSING RESOURCES

Fair Housing Council of Riverside
3933 Mission Inn Ave.
Riverside, CA 92501
951.682.6581
www.fairhousing.net
Addresses and promotes fair housing rights.

California Department of Consumer Affairs
1625 North Market Blvd., Suite N112
Sacramento, CA 95834
800.952.5210
www.dca.ca.gov
Assists with fair housing, landlord/tenant issues.

California Association of Public Authorities for In-Home Supportive Services
12125 Day St., Ste. S-101
Moreno Valley, CA 92557
Phone: 1.888.470.4477
www.capaihss.org/index.htm
Promotes the availability of services and the right of older adults and persons with disabilities to live with independence and dignity.

Housing Authority of the County of Riverside
5555 Arlington Avenue
Riverside, CA 92504
951.351.0700
Helps provide affordable, decent, safe and sanitary housing opportunities to low and moderate income families, including elderly and handicapped persons, while supporting programs to foster economic self-sufficiency.
SUPPORT PROGRAMS

A.A.R.P.
3713 Tibbetts St.
Riverside, CA 92506
951.682.1416
www.aarp.com
Champions positive social change and delivers value through advocacy, information and service.

Mayor’s Commission on Aging
5257 Sierra Street
Riverside, CA 92504
951.826.5686
www.riversideca.gov/mayor/aging.asp
Meetings held at 4 p.m. on the second Tuesday of each month at the Janet Goeske Senior Center.

American Cancer Society
6355 Riverside Ave.
Riverside, CA 92506
951.300.1200
www.cancer.org
Program designed to improve the quality of life for cancer patients and caregivers.

Community Access Center
6848 Magnolia Ave., Ste. 150
Riverside, CA 92506
951.274.0358
www.ilcac.org
Provides information, supportive services and independent living skills training.

Alzheimer’s Association, Inland Empire
9213 Archibald Ave.
Rancho Cucamonga, CA 91730
909.944.9680
www.alz.org
Provides education, information and service to caregivers and to those who deal with Alzheimer’s and dementia.

Blindness Support Services
3696 Beatty Dr., Ste. A
Riverside, CA 92506
951.341.9244
www.blindnesssupport.com
Innovative approaches to achieving independence and self-reliance for the blind and visually impaired.

Riverside County Substance Abuse Programs
1827 Atlanta, Suite D1
Riverside, CA 92507
951.955.2105
www.countyofriverside.us
Substance abuse treatment (outpatient), assessment and referrals.

Riverside Parkinson’s Disease Support Group
5257 Sierra Street
Riverside, CA 92506
951.735.6057
www.rpsgca.org
Provides a safe, confidential location for people with Parkinson’s to come, ask questions, and find answers for their disease.

You Are Not Alone (Y.A.N.A.)
Riverside Police Department
951.826.8721
www.rpdonline.org
This program’s focus is making daily contact to ensure the safety and welfare of participants.

Disability Telecommunications Assistance Services
California Telephone Access Program
2002 Iowa Avenue, Suite 106
Riverside, CA 92507
1-800-806-1191
www.CaliforniaPhones.org
Free specialized phones program.

County of Riverside Department of Public Social Services
11060 Magnolia Ave.
Riverside, CA 92505
951.385.3400
www.dpss.co.riverside.ca.us
The Adult Services Division provides social service programs to help Riverside County’s elderly and dependent adults live safely with as much independence as possible.

Chronic Disease Fund
6900 N. Dallas Parkway, Suite 200
Plano, TX 7502
877.968.7233
www.cdfund.org
Assists patients who cannot afford the cost of their specialty therapeutics.

Riverside County HICAP
9121 Haven Ave, Suite 120
Rancho Cucamonga, CA 91739
800-434-0222
www.coac.org
Promoting the independence, health and dignity of adults through compassion, education, and advocacy.

Department of Aging and Adult Services
686 E. Mill Street, 2nd Floor
San Bernardino, CA 92414
909-891-3900
www.rpdonline.org
This program’s focus is making daily contact to ensure the safety and welfare of participants.

SHARE is a Riverside Public Utilities program that assists qualified, low-income residential customers with their electric utility bills and deposits.

Arthritis Foundation
5257 Sierra Street
Riverside, CA 92506
951.955.4900
www.capriverside.org
Helps eradicate poverty by removing barriers, and enabling the poor in the pursuit of economic security.

California Department of Rehabilitation
721 Capitol Mall
Sacramento, CA 95814
800.952.5544
www.dor.ca.gov
Provide services and advocacy resulting in employment, independent living and equality for individuals with disabilities.

Social Security Administration
7880 Mission Grove Parkway South
Riverside, CA 92508
800.772.1213
www.socialsecurity.gov
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.

Sharing Household Assist
Riverside Energy (SHARE)
3750 University Avenue, 3rd Floor
Riverside, CA 9250
951.955.6448
www.greenriverside.com
SHARE is a Riverside Public Utilities program that assists qualified, low-income residential customers with their electric utility bills and deposits.

Arthritis Foundation
800 West 6th Street, Suite 1250
Los Angeles, CA 90017
323.954.5750
www.arthritis.org
Information, events, advocacy activities and vital programs and services.
LEGAL ASSISTANCE

California Disability Rights Association, Riverside Chapter 34
5257 Sierra Ave. (Janet Goeske Center)
Riverside, CA 92504
951.729.5532
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.

ANIMAL SERVICES

Mary S. Roberts Pet Adoption Center
6165 Industrial Ave.
Riverside, CA 92504
Phone: 951.688.4340
www.petsadoption.com
The Humane Society offers pet adoption, socialization, and humane education services.

Western Riverside County / City Animal Shelter
6851 Van Buren Blvd,
Jurupa Valley, CA 92509
951.358.7387
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.

Arlington Animal Hospital
4229 Van Buren Blvd.
Riverside, CA 92503
951.689.0440
Spay and castration services.

NUTRITION SERVICES

Meals on Wheels
4845 Brockton Ave.
Riverside, CA 92506
951.683.7151
www.riversidemealsonwheels.org

Arlington Seventh Day Adventist Church (Emergency Food Program)
8778 Magnolia Ave.
Riverside, CA 92503
951.688.6630
www.arlingtionsda.org

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

All organizations listed may have fees associated with their services.
Dales and La Sierra Senior Centers
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 a space to visit and meet friends.

Join us at the Dales and La Sierra Senior Centers for a variety of classes, including:

- Monthly Luncheons
- Dinner Dances
- Bingo
- Fitness Classes
- Art Classes
- Breakfast Club
- Computer Classes
- Excursions
- Spanish Classes

Villegas Park/Ysmael Villegas Center
3091 Esperanza St.
Riverside, CA 92504
951.351.6142
www.riversideca.gov/park_rec

La Sierra Senior Center
5215 La Sierra Ave.
Riverside, CA 92505
951.351.6435
riversideca.gov/park_rec

Eddie Dee Smith Senior Center
5888 Mission Blvd.
Riverside, CA 92509
951.275.9975
www.edsc.org

Janet Goeske Senior Center
5257 Sierra St.
Riverside, CA 92504
951.351.8800
www.janetgoeskecenter.com

SENIOR CENTERS

Dales Senior Center
3936 Chestnut St.
Riverside, CA 92501
951.826.5303
www.riversideca.gov/park_rec

La Sierra Senior Center
5215 La Sierra Ave.
Riverside, CA 92505
951.351.6435
riversideca.gov/park_rec

Eddie Dee Smith Senior Center
5888 Mission Blvd.
Riverside, CA 92509
951.275.9975
www.edsc.org

Janet Goeske Senior Center
5257 Sierra St.
Riverside, CA 92504
951.351.8800
www.janetgoeskecenter.com

COMmUNITY CENTERS

Bordwell Park/Stratton Center
2008 Martin Luther King Blvd.
Riverside, CA 92507
951.826.5355
www.riversideca.gov/park_rec

Bryant Park/Arlanza Center
7950 Philbin Ave.
Riverside, CA 92505
951.351.6135
www.riversideca.gov/park_rec

Reid Park/Ruth Lewis Center
701 N. Orange St.
Riverside, CA 92501
951.826.5654
www.riversideca.gov/park_rec

Water Aerobics and Aqua Therapy
Shamel Park
3650 Arlington Ave.
Riverside, CA 92504
951.515.5597
www.RAQsynchro.org
Splash off the weight and pain in the pool.

Geri-Fit® Strength Training
951-694-6873
www.gerifit.com
Group strength training exercise classes held at 20 locations throughout Southern California. Bring a set of 2-pound weights.

Silver Sneakers Fitness®
3191 Mission Inn Ave.
Riverside, CA 92507
888.423.4632
silversneakers.com
A fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events.

The Silver Swimmers program is open to all adults 60 years of age and over who are dedicated to improving their overall health and well-being.

Participants work at their own pace to advance to the next level.

Earn hours on the following days and times:

- **Recreation Swim at all pools:**
  - Monday - Thursday & Saturday 1-4 p.m.
- **Recreation Night Swim at all pools:**
  - Tuesday and Thursday 7-8:30 p.m.
  - (June 14 - August 22)

- **Silver Swimmers Swim Pass:**
  - $42/$63 (Non-resident)

Scholarships are available this year thanks to the generous grant from the Kaiser Foundation.

Applications available at La Sierra and Dales Senior Centers or call 951.826.2000.

Riverside Activity Guide
View all 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 or call 951.826.2000 today!
TRANSPORTATION

Helping Hands Transportation
909.770.0256
www.hhtransports.com
Provides reliable, safe, courteous and on time non-emergency transportation to the physically and mentally challenged.

TRIPS AND TOURS

Dales Senior Center
3936 Chestnut Street
Riverside, CA 92501
951.826.5303
www.riversideca.gov/park_rec
Low cost monthly excursions.

La Sierra Senior Center
5215 La Sierra Ave.
Riverside, CA 92505
951.351.6435
www.riversideca.gov/park_rec
Low cost monthly excursions.

Janet Goeske Senior Center
5257 Sierra St.
Riverside, CA 92504
951.351.8800
www.janetgoeskecenter.com
Monthly excursions.

Riverside County Transportation Commission
4080 Lemon St., 3rd Floor
Riverside, CA 92501
951.787.7141
www.rctc.org
Transportation solutions that support our quality of life and our region’s economy.

City of Riverside Special Transportation
8095 Lincoln Ave #A
Riverside, CA 92504
951.687.8080
www.riversideca.gov/park_rec/seniors-transportation.asp
The Special Transportation services program is a curb-to-curb minivan service for senior citizens and the disabled. Only travels within city limits.

Riverside Transit Agency
1825 Third St.
Riverside, CA 92507
951.565.5002
www.riversidetransit.com
Consolidated Transportation Service Agency for western Riverside County

Dial-A-Ride
1825 Third St.
Riverside, CA 92507
800.795.7887
After hours hotline: 866.543.4782
www.riversidetransit.com
Advanced reservation transportation service for seniors and persons with disabilities.

Transportation Access Program (TAP)
2060 University Ave., Ste. 212
Riverside, CA 92507
Dial 211
www.connectriverside.org
Short-term transportation assistance.

Go as an Individual

GROUP EVENTS

VISIT YOUR LOCAL SENIOR CENTER

MAKE FRIENDS

TRAVEL TO THE MALL

SEE A MOVIE

TRAVEL TO DOCTORS’ APPOINTMENTS

LIVE YOUR LIFE

TRANSPORTATION
Did you know you may qualify for year-round enrollment?

Are you...
• Turning 65?
• A recipient of both Medicare and Medi-Cal benefits?
• Living in a new area from a recent move?
• Receiving extra help from Medicare to pay for medications?
• Losing coverage with an employer?

If you’re looking for a new Medicare Advantage plan that fits your specific needs, you may be eligible to join SCAN Health Plan® year-round.

Find out if you qualify for a Special Enrollment Period.

Andrew Culkin: 1-951-375-2381
License #0968243
Calling this number will connect you to a licensed insurance agent/broker.

SCAN Health Plan is an HMO plan with a Medicare contract. SCAN also has a contract with the California Department of Health Care Services’ (DHCS) Medi-Cal program. Enrollment in SCAN Health Plan depends on contract renewal. Generally, members may enroll in SCAN only during specific times of the year unless you meet certain special election criteria. For more information, please contact SCAN Health Plan, or you may visit www.scanhealthplan.com.

Riverside County Office on Aging
6295 River Crest Drive, St. K
Riverside, CA 92507
www.rcaging.org
(800) 510-2020
Connecting you to information about aging, living with a disability, long-term services and support.

Aging & Disability Resource Connection Senior HelpLink
Care Coordination
Care Transitions Intervention (CTI)
Hospital Liaisons
Caregiver Services
Community Outreach and Education
Community Elder Abuse Education
Fit After 50 Exercise Program
Grandparents Raising Grandchildren
Health Insurance Counseling and Advocacy Program (HICAP)
Volunteer Services
Health Promotion Programs
Legal Assistance
Network of Care
Nutrition
Ombudsman Services (Facility Visits)

Your local insurance solution

Humana, a leader in the insurance industry, has agents located right in your neighborhood. We’re ready to sit with you, discuss your situation, and recommend products that meet your needs:

• Health
• Dental
• Vision
• Life

Call today to find out if a Humana plan is right for you.
Keisha Smith (Lic.# CA 00083799)
951-348-0854
9 a.m. to 5 p.m., Monday - Friday

Our Purpose:
To enhance quality of life across generations through innovation and partnerships.
If you are interested in being included in The Guide, contact the City of Riverside Parks, Recreation and Community Services Department at (951) 826-2000