

# GOESKE PACESETTER

## JANUARY 2012



**Janet Goeske Foundation**  
**12th ANNUAL**  
**BLACK HISTORY PROGRAM**

**Friday, February 24, 2012**  
**11:00 a.m.**

**\$5.00 Members ~ \$6.00 Non-Members**

**Celebrating**  
**AFRICAN AMERICAN HISTORY**



**Please sign up at the Welcome Desk**  
**no later than February 16th.**

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**INSIDE THIS ISSUE**

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**NEW MEMBER ORIENTATION**  
**Monday, January 16th**  
**10:30 a.m.**  
 Refreshments will be served.  
 Invitations will be sent to new members.  
 Please RSVP to Katie!  
 (951) 840-3904

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Answer on page 12

**Welcome! NEW MEMBERS**

Aguilar, Robert	Hester, Jacklyn
Bakemeier, Donna	Kosowics, Broniscawa
Blanton, Tomi	Lewandowski, Beverly
Diaz, Bernard	Mahoney, Chuck
Goldstein, Bill	McCray, Judith
Goldstein, Sharon	

**PACESETTER INFORMATION**

Looking for the **Travel Section** or the **Puzzle** in this month's Pacesetter? Don't fret... these two sections are now published as separate documents. You can find the Travel Newsletter and the Puzzle Page in the magazine bins throughout the Center.

**HELP! HELP!**

**The Knit & Crochet Group needs yarn.**

**Membership**

If you are a new member and your name is not listed, please notify Regenia Griffin so that we may include it in the next Pacesetter.

## A NOTE FROM THE EXECUTIVE DIRECTOR

I hope everyone spent wonderful times with their family and friends during the holiday season. 2012 is officially here and I want to say Happy New Year to everyone! During this new year, the staff and I are looking forward to providing you with lots of exciting programs and events. Bring your friends when you stop by the Center for the many activities that are being planned and I'm sure they will enjoy this fun place as much as you do.

What a busy holiday season we had. I'm sure you will join me in congratulating the "planners and doers" of all those fabulous and entertaining events. But the fun will not stop, the new year will also be full of fun and excitement. Come spend time with us and enjoy the many planned events.

Did you make a New Year's resolution? I'm sure you did... everyone does! Well... why not make another one and become a member of the Janet Goeske Foundation. Remember membership has its privileges.

Our annual Giving Tree was beautiful as usual and would not have been possible without our many supporters. I would like to personally say "thank you" to all of you that were able to participate. A special "thank you" goes out to Goldware Senior Housing owner, Thomas Safran, for providing the Foundation with our tree topper. All donations come in many forms and various amounts throughout the year and many people like to give anonymously. To those of you who gave quietly, I say "thank you" and we appreciate your generosity.

During the Volunteer Appreciation Luncheon we announced that more than 31,900 volunteer hours were recorded for the 2011 calendar year. This number is the equivalent to 15 full-time staff. Congratulations and many thanks to the wonderful helping hands that share their time and talent with us to make the Foundation and Center a great place to be a part of.

If you would like to volunteer some time with us and join the roster of special people committed to our mission, please stop by and discuss your options and availability with Jessica and Estella. They will be happy to hear from you and you will be happy you did so. Many thanks to our Board of Directors and the Goeske staff for a truly wonderful Volunteer Appreciation luncheon.

I'm sure you have all seen the poster regarding our kitchen renovation? Well... the long awaited kitchen renovation will begin during the month of January. We have been told it will take approximately 4 weeks to complete. During the renovation, the kitchen will not be available for use and we will not have access to a water supply. Therefore coffee and hot water for tea will not be available. Everyone should plan to bring from home, a thermos or bottle of water to have available as needed during your visits. Also, keep in mind that noise during the demolition week may be disturbing to you... so sorry for the inconvenience. The Sodexo lunch program will continue service during this time, however the Friday breakfast program will not be provided while the kitchen is being renovated. Many thanks for your understanding and cooperation during this construction project.

Warm regards,

Judith

### *A Special Thank You To:*

**Aetna** for sponsoring our refreshments for the Wii Bowling event.

**Honor Guard #38** for their participation in our Veteran's Day program and **All Our Vets** who came to the program and served our country.

**Raincross Senior Village** for sponsoring our birthday celebrations.

**Everyone** that has helped with the Wednesday Tea Parties.

**Everyone** that has donated yarn. Without this, the Happy Hookers group could not operate.

**Vangie, Delores, Doris, Charlene, Diane, Doris H. and Elaine** for helping with Great Starts @ Goeske Breakfast.

**Everyone** that helps with the Thursday night ballroom dance.

**Forest Trowbridge** for providing us with the crossword puzzles every month. Everyone enjoys the challenge and the information that is provided with the puzzles.

*Real charity doesn't care if it's tax-deductible or not - Dan Bennett*

### Special Services

**Attorney-at-Law-Ken Weiss:** 1st, 2nd, & 4th Thursday of each month.

**Health Insurance Counseling and Advocacy Program (HICAP):** Tuesdays at 9:00A. For an appointment, call (800) 434-0222.

**Counseling - Barbara Bowen MA, MS, MFT:** Every Tuesday. Call (951) 275-0386 for an appointment.

**Meals on Wheels:** Contact Debbie Keller for volunteer information at (951) 683-7151.

**Notaries: Forest Trowbridge** Monday-Friday 8:00A-10:00A. Call (951) 575-3113; **Carolyn Ponder** Tuesdays 1:00P-2:00P. Call 951-637-0410; **Elizabeth Hepler** 4th Thursday of each month 9:00A-1:00P. Call (951) 687-4972.

**Office On Aging:** Call (800) 510-2020 for information.

**Senior Advisor-Marilyn Lynch:** Wednesdays and Thursdays from 9:00A to 3:00P. Call (951) 351-8800 or see the welcome desk to schedule an appointment.

**Audiologist (Hearing Aid Specialist) Floyd Milner:** 4th Thursday of each month from 10:00A to 11:00A.

**Transportation:** Mini-Bus - call (951) 687-8080. Mini-bus requires advance notice.

**Senior Corps-RSVP (Retired Senior Volunteer Program):** Office is open Monday and Friday from 9:00A to 2:00P. Contact Jerry Rosine in Room #2 at the Center.

**County of Riverside Prescription Discount Card:** Everyone is eligible. No income requirements. No age requirements.

**Eligible for State or Federal Drug Benefits?:** If you have limited income, you may qualify for valuable benefit programs. Go to [www.benefitscheckup.org](http://www.benefitscheckup.org)

**RTA "Freedom To Go" Ambassador:** For information on how to ride the bus, where to buy bus passes, and help planning your trip, contact Aurora Chavez at (951) 359-5657.

### Support Groups

**Bereavement (Grief):** 2nd & 4th Wednesday at 8:30A. For information call (951) 784-1388.

**Braille Club:** Tuesdays at 10:00A.

**California Council of the Blind (CCB):** 2nd Saturday of every month at 12:00P.

**California Disability Rights (CDR):** 2nd Friday of every month at 11:30A.

**Mended Hearts:** 2nd Wednesday of month at 5:00P.

**Riverside After Stroke:** Thursdays at 9:30A.

**Parkinson's Support:** 3rd Tuesday of month at 1:00P.

**Chronic Pain/Fibromyalgia Support:** Interested in starting a support group? Contact Jessica.

**Grandparents Raising Grandchildren:** 4th Tuesday of month at 10:00A.

**Riverside Deaf Seniors:** 4th Wednesday of month at 12:00P.

### Retired Groups

**AARP:** 1st Saturday of month at 9:30A.

**NARFE (National Active and Retired Federal Employees Association):** 2nd Wednesday of month at 10:00A for Board Meetings; Members meeting at 10:30A on the 4th Wednesday of month.

**CRTA (California Retired Teachers Association):** 1st Tuesday of month - Board Meeting at 9:00A and 3rd Tuesday of every other month - Chapter meetings at 11:00A.

**RPEA (Retired Public Employees Association):** Chapter meetings every other month (Jan., Mar., May, Jul., Sep., Nov.) at 11:30A. Board meetings Feb., Apr., Jun., Aug., Oct., Dec. at 12:00 p.m..

## Grandparents & Lottery Scams

The Riverside Police Department is urging community members to be watchful for various phone scams where the victim is instructed to wire transfer money.

A common scam occurs when an elderly person is contacted by phone and told their grandchild or other relative has been arrested or involved in an accident in another country. The caller may identify themselves as their grandchild and then have someone else speak identifying themselves as a peace officer or attorney from that country. The elderly victim is then told to wire transfer money to the caller to pay for bail or other related costs. In many cases, victims have wire transferred over \$2,000. This scam is commonly known as the "Jailed Relative" scam or "Grandparents Scam".

The "Lottery" scam also continues to be a problem. Victims are contacted by mail or phone and told they have won large amounts of money in a foreign lottery. They are instructed to wire transfer money to the lottery agent for various "taxes". In fact, the victim has not won any sort of lottery and the suspect will continue to ask for additional funds so the "winnings" can be released.

The suspects in these cases often live in other countries. Once the money is wire transferred, it cannot be recovered. Additionally, once victimized in either of these scams, these individuals may be at higher risk for being targeted again.

# OFFICE OF SENIOR SERVICES

## Natural Health Modalities Lecture Series With Carl Carnes, Research Technologist

### ANTIBIOTIC CRISIS (Alternative Part B)

Wednesday, January 11th

All lectures are from 11:00 a.m. - 12:00 p.m.

This health series is free, but may cost some personal effort.  
Health is not everything, but without it everything is nothing!

## Nutrition LUNCH Program Sponsored by Riverside County Office of Aging Sodexho (951) 827-3613

Monday-Friday (11:30a.m.-12:00 p.m.)

*New Rules From Sodexho:* Please reserve your lunch with Sodexho Site Coordinator the day before lunch is served. Telephone reservations will only be added after lunch is served to those individuals who made reservations the day before. Keep in mind that your telephone call no longer guarantees a meal. You must be present the day before to make a reservation.

## The Bureau of Automotive Repair w/Robert Snyder

Wednesday, January 18th  
10:00 a.m. - 11:00 a.m.

Presenting current information on consumer affairs. Please plan to attend.

## AARP

### Mature Driving

#### “ATTENTION DRIVERS AGE 50 PLUS”

- Do you know how to adjust your driving as your vision and reflexes change?
- Do you know how to avoid aggressive drivers?
- Find out the answers to these and other questions at the **AARP Driver Safety Program** held at the Janet Goeske Center on **Monday, January 30th & Tuesday, January 31st from 1:00 p.m. until 5:00 p.m.**
- You must attend classes on both days to earn a certificate.
- The fee is **\$12.00** for AARP members and **\$14.00** for non-members. Bring your AARP membership card to class. Make your checks payable to **AARP**.
- Sign-up today at the Janet Goeske Senior Center or call the information desk at (951) 351-8800 and one of our volunteers will be more than happy to sign you up.

## DRIVING AMBITION

The AARP Driver Safety Program is offering an online version so that you can take the course in the comfort of your home. Go to [www.aarp.org/drive/online](http://www.aarp.org/drive/online). In some states, finishing the class may qualify you for a discount on car insurance. If you would like to volunteer to teach, call 888-227-7669.

## FEELING GOOD!



- ♦ Chair Massage w/Becky (Mondays & Wednesdays - 8:00A to 12:00P) 20 minute sessions; \$5 Suggested donation; For an appointment call Becky @ (951) 300-7343.
- ♦ Chair Massage w/Casey (Thursdays - 8:30A to 2:30P) 20 minute sessions; \$5 Suggested donation; For an appointment call Casey @ (951) 515-9580.
- ♦ Betty Locke from Elegante Salon (Tuesdays - 7:00A to 12:00P) \$12 Women; \$10 Men; 1st Come-1st Serve; Must come with clean hair.
- ♦ Manicures & Pedicures w/Dyanna (Tuesdays - 8:00A to 3:00P) \$12 Pedicure; \$8 Manicure; Sign up at Welcome Desk.



## LOOKING GOOD!

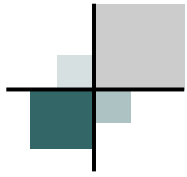


### NOTICE:

On occasion, the facility/rooms on the premises of the Janet Goeske Center are rented to private businesses/entities for private and/or public programming/functions. As a result, the Janet Goeske Foundation does not recommend nor endorse any product or service offered on the Center's premises nor do we review the legitimacy, efficacy, qualifications or validity of any product or service offered. We strongly recommend you obtain additional information regarding any product or service that may be of interest to you from independent and reliable sources, such as applicable state licensing agencies, the Better Business Bureau, the Riverside County District Attorney's office or other reputable agencies. Please exercise personal and independent due diligence in investigating all offers of products and services.

## Riverside Community Health Foundation

# Stress Management and You



**Janet Goeske Senior Center  
5257 Sierra St.**

**Wednesday  
January 18, 2012  
9:00 am - 10:00 am**

For more information regarding Project SHARP (Senior Health Advocacy Revitalization and Promotion) or other programs/services offered by RCHF, please call Tinu Arbouet at (951) 353-0711.



NEW CLASS TO BEGIN...

### ***“Healthier Living Program for Seniors”***

If you would like to live an active lifestyle, you are invited to participate in a **FREE** 7-week self-management educational course.

This course will include educational topics, support, health improvement, and exercise.

*Refreshments and healthy snacks will be provided.*

**First Class begins Thursday,  
January 12, 2012 from 12:30 pm to 2:30 pm  
and continues every Thursday for 7 weeks**

Sign-up at the front desk

# ACTIVITY HIGHLIGHTS

- **January Birthday Celebration** - Wednesday, January 4th @ 1:00P
- **Bunco** - 3rd Tuesday of each month @ 5:00P
- **Friday Morning Group** - Every Friday @ 10:00A
- **Tea Party** - 1st Wednesday of the month @ 9:30A
- **Supper Club** - 2nd Tuesday of the month @ 3:30P (Meeting @ Elephant Bar restaurant)
- **Jim's Jam Session** - Tuesdays @ 6:00P
- **String Ensemble** - Tuesdays @ 3:00P
- **Chess Club** - Mondays & Wednesdays @ 2:00P
- **Stained Glass w/Joyce** - Fridays @ 4:00P
- **Book Club** - Tuesday, January 17th @ 12:30P (January's Book-*Unbroken* by Laura Hillenbrand; February's Book-*The Snowball* by Warren Buffett and *The Business of Life* by Alice Schroeder)
- **Drawing w/Pen & Ink** - Tuesdays @ 1:30P (\$5.00 for 1-1/2 hour sessions each week)

## CLASSES (Non-RCC)

- **Zumba Gold Fitness** - Monday & Wednesday @ 1:30P; Tuesday & Thursday @ 2:30P
- **Fit Forever w/Vera** - Tuesdays @ 9:00A
- **Yoga with Jennifer** - Tuesday & Thursday @ 8:00A, 9:30A & 11:00A
- **Chair Yoga w/Jennifer** - Tuesday & Thursday @ 1:00P "NEW"
- **Chair Volleyball** - Thursday @ 3:15P & Friday @ 7:15A
- **Dynamic Fitness w/Roseanne** - Monday & Wednesday @ 7:30A
- **Beginning Yoga w/Marilyn** - Wednesday @ 6:00P & Saturday @ 10:00A
- **Water Exercise Classes** - Monday & Wednesday @ 9:00A & 10:00A; Tuesday & Thursday @ 2:30P; & Friday @ 9:30A & 10:30A; Friday @ 9:30A & 10:30A
- **Early Z's (Zumba)** - Tuesday & Thursday @ 7:30A
- **Arthritis Class** - Monday, Wednesday & Friday @ 7:45A

## FRIDAY MOVIES

Start Time - 12:30 PM

January 6th

### SARAH'S KEY (2010)

Starring Kristin Scott Thomas & Melusine Mayance  
Drama

January 13th

### THE KING'S SPEECH (2010)

Starring Colin Firth & Geoffrey Rush  
Drama

January 20th

### LA BETE HUMAINE (1938)

Starring Jean Gabin & Simone Simon  
Drama

January 27th

### WATER FOR ELEPHANTS (2011)

Starring Reese Witherspoon & Robert Pattinson  
Drama



## SUNDAY MOVIES

Start Time - 2:00 PM

January 1st

### NO MOVIE TODAY

Center Is Closed



January 8th

### RANGO (2011)

Starring Johnny Depp & Isla Fisher  
Animation

January 15th

### THE HELP (2011)

Starring Viola Davis & Emma Stone  
Drama

January 22nd

### THE YOUNG VICTORIA (2009)

Starring Emily Blunt & Rupert Friend  
Drama

January 29th

### MY FAIR LADY (1964)

Starring Audrey Hepburn & Rex Harrison  
Romance

# JANUARY DAY SCHEDULE

MONDAY		TUESDAY		WEDNESDAY	
7:30A-8:30A	Dynamic Fitness Exercise	7:00A-12:00P	Betty w/Elegante Aspects Salon	7:30A-8:30A	Dynamic Fitness Exercise
7:45A-8:30A	Arthritis Exercise	7:30A-8:30A	Early Z's Zumba	7:45A-8:30A	Arthritis Exercise
8:00A-12:00P	Chair Massage w/Becky	8:00A-9:00A	Yoga w/Jennifer	8:30A-10:00A	Bereavement Group (Jan 11, 25)
8:00A-12:48P	Draw/Paint Pastels w/Lois	8:00A-12:00P	Pedicures/Manicures w/Dyanna	9:00A-9:45A	Helen's Low Impact Exercise
9:00A-9:45A	Helen's Low Impact Exercise	8:00A-5:00P	Hand & Foot Card Game		Light Exercise
	Light Exercise	9:00A-10:15A	Fit Forever	9:00A-10:00A	Project Sharp (Jan 18)
9:00A-10:00A	Water Exercise	9:00A-12:00P	HICAP Counseling		Water Exercise
9:00A-1:00P	Scrabble Group		Oil & Acrylic w/Subodh		N.A.R.F.E. Board Meeting (Jan 11)
9:30A-11:30A	Bridge Lessons	9:30A-10:30A	Yoga Class w/Jennifer	9:00A-11:00A	Easy Intermediate Line Dance
10:00A-10:30A	Tai Chi Class	10:00A-11:30A	Current Events Group	9:00A-12:00P	Ladies Billiard Group
10:00A-11:00A	Water Exercise	10:00A-2:00P	Riverside Braille Club		Peggy's Painting Class (Jan 4, 18)
10:00A-12:00P	Costco Hearing Exams (Jan 23)	10:30A-11:30A	Ballroom Dance Lessons		Bridge
10:45A-11:45A	Alive Fitness	11:00A-12:00P	Yoga Class w/Jennifer	9:00A-1:00P	Scrabble Group
11:30A-12:30P	Nutrition Program	11:30A-12:30P	Nutrition Program	9:00A-3:00P	Senior Advisor - Marilyn Lynch
12:00P-1:00P	Pilates w/Diana	12:00P-4:00P	Bridge	9:30A-10:30A	Tea Party (Jan 4)
12:00P-4:00P	<b>BINGO</b>	12:00P-5:00P	Pinochle	10:00A-10:30A	Tai Chi
12:00P-4:00P	2 Table Bridge	12:30P-2:00P	Book Club (Jan 17)	10:00A-11:00A	Water Exercise
12:30P-3:30P	UCR Retiree Bridge (Jan 16)	1:00P-2:00P	Zumba Gold	10:00A-12:00P	Bureau Automotive Repair (Jan 18)
12:30P-4:00P	Bridge		Chair Yoga w/Jennifer (NEW)	10:30A-12:00P	N.A.R.F.E. Chapter Meeting (Jan 25)
1:00P-3:00P	Daughters of the Utah Pioneers (Jan 9)	1:00P-3:00P	Raincross Garden Club (Jan 10)	10:45A-11:45A	Alive Fitness
	Write Your Life Story	1:00P-4:00P	Parkinson's Support Group (Jan 17)	11:00A-12:00P	Natural Health Modalities (Jan 11)
1:30P-2:30P	Zumba Gold Fitness	1:00P-4:30P	Loose End Quilters (Jan 10, 24)	11:30A-12:30P	Nutrition Program
2:00P-4:00P	Chess Club	1:30P-3:00P	Drawing w/Pen & Ink	12:00P-1:00P	Pilates w/Diana
		2:30P-3:30P	Water Exercise	12:00P-3:00P	Ceramics/Pottery
		3:00P-5:00P	String Ensemble	12:00P-4:00P	Riverside Deaf Seniors Social (Jan 11)
		3:30P	Supper Club - Elephant Bar (Jan 10)	12:00P-5:00P	Pinochle
				12:15P-12:45P	Beginners Line Dance
				12:30P-4:00P	WEB
				1:00P-2:00P	Birthday Celebration (Jan 4)
					Christian Bible Study/Fellowship
				1:30P-2:30P	Zumba Gold Fitness
				2:00P-3:00P	Goeske Band
				2:00P-5:00P	Chess Club
				2:30P-4:30P	Sign Language Class
				3:00P-6:00P	Pastels w/David
				3:30P-4:30P	Heart & Soul Line Dance-Beginners

**HOLIDAY HOURS**

**JANUARY 2ND**

**9:00 a.m. - 4:00 p.m.**