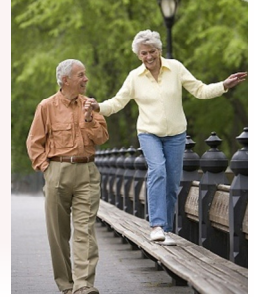


GOESKE PACESETTER

FEBRUARY 2012



Janet Goeske Foundation
12th ANNUAL
BLACK HISTORY PROGRAM

Friday, February 24th
11:00 a.m.

\$5.00 Members ~ \$6.00 Non-Members
JOIN US FOR A SOUL FOOD LUNCH

Celebrating
AFRICAN AMERICAN HISTORY



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

**A
C
T
I
V
E

F
I
F
T
Y

&

B
E
T
T
E
R**

Mission Statement

The Janet Goeske Foundation is committed to enriching the quality of life of those 50 and older in the community we serve while maintaining the highest level of advocacy and providing health and wellness programs.

INSIDE THIS ISSUE

2	NEW MEMBERS
4	SPECIAL SERVICES, SUPPORT GROUPS, RETIRED GROUPS
5-6	OFFICE OF SENIOR SERVICES
7	ACTIVITY HIGHLIGHTS Activities Exercise Classes
7	MOVIES
8-9	FEBRUARY CALENDAR
10	MEET THE PEOPLE
11	DANCING
15	STAFF, BOARD OF DIRECTORS, CORPORATE PARTNERS

WELCOME NEW MEMBERS!

Ament, Darrell	Irwin, Nancy	Ranisavljevich, R.
Ament, Rlan	Kallinger, Rebecca	Ranisavljevich, S.
Barge, Mildred	Klein, Kathryn	Ridlon-Smith, D.
Bilyew, Elizabeth	Lunsted, Grace	Robertson, Lori
Dodson, Helen	Martin, L.B.	Spencer, Mona
Houshey, Alicia	McDaniel, Marsha	Whiteman, Don
Huskey, Joyce	Miller, Joy	
Huskey, Shelby	Morales, Mary Lou	

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.

NEW MEMBER ORIENTATION

**MARCH 21st
10:30 a.m.**

Refreshments will be served.

**Invitations will be sent to
new members.**

**Please RSVP to Katie!
(951) 840-3904**

**G
U
E
S
S**



**W
H
O
?
?**

Answer on page 12

I HAVE AN IDEA!



**Drop your idea/suggestion
in the box. We will post
the action taken or the
response on the bulletin
boards.**

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.

A NOTE FROM THE EXECUTIVE DIRECTOR

Welcome February! The staff is busy planning many special activities and events for you to enjoy throughout the coming year. Stop by the Center to see what we have going on!

February is Black History month and the Center is having its 12th annual celebration. This special event is planned for Friday, February 24th. Come enjoy and experience the rich culture, history and foods that are special and unique to the African American community. Sign up at the Welcome Desk no later than February 16th and I hope to see you there!

Look for more things to do throughout this magazine. The Pacesetter is loaded with great information, and of course it outlines the activities and events for the month. Plan ahead and make the necessary arrangements to participate in everything.

If taxes are on your mind, AARP is once again sponsoring the Tax Aid Program. This is a free service for both the young and old alike with moderate incomes. This program will be available at the Center beginning Wednesday, February 1st and ending Tuesday, April 17th. Monday, Tuesday and Wednesday hours are from 9:00 a.m. to 1:00 p.m. Saturday hours are from 10:00 a.m. to 2:00 p.m. All appointments are on a first come, first serve basis. So... make sure to come in early and take advantage of this free service.

Many of you have inquired about our annual Giving Tree fundraiser. This fundraiser was started as a way to help defray the cost of the many events, activities, and programs that take place at the Center and this year's Giving Tree fundraiser brought in over \$15,000 in donations. These dollars will help in so many ways and can be stretched throughout the year to cover operational and programming needs. Thanks to everyone who donated to this annual year-end gift giving campaign.

Have you heard about our Travel Department? Some great trips are planned for 2012 and you should be a part of the fun! Take a look at the new Travel Brochure posted throughout the Center. I guarantee there is something that will make you want to get away! You can also stop by and have a chat with our friendly Travel staff. They will assist you in finding a trip that is just right for you.

I hope you enjoy your February with us. We look forward to the months ahead in planning our days with you. Let's make this year at the Center a fabulous, fun, and fantastic place to be!

Warm regards,

Judith

A Special Thank You To:

Drama Group for a wonderful holiday performance and **All** who worked so hard to put it together.
String Ensemble Group for a wonderful holiday performance.
Aetna for sponsoring our String Ensemble performance.
Chemawa Middle School for their choir performance.
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, Carmen and Colleen 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 & 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 951-687-4049; **Carolyn Ponder** Tuesdays 1:00P-2:00P. Call 951-687-0410; **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: Call the City of Riverside Special Transportation @ (951) 687-8080. This service requires advance notice.

Sr 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.

Co. Riverside Prescription Discount Card: All eligible. No income requirements or 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

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..

HOW SAFE IS YOUR HOME?

Each year, many older Americans are injured in and around their homes - often from hazards that are easily overlooked, but easy to prevent. By spotting these dangers and taking simple steps to correct them, many senior injuries can be prevented.

Come join us for a **FREE** presentation with many valuable tips to insure your safety in your home.

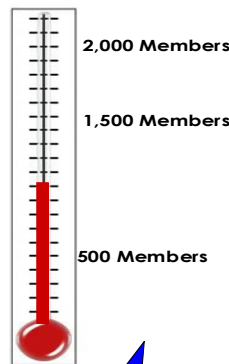
Monday, February 20th
12:00pm to 1:30 pm

Proudly sponsored by: Right Choice Homecare, a leading provider of private, in home care giving services

It's Time to Join or Renew!

The Membership Drive is HERE!

Building Membership — Building The Foundation



WE HIT 1,000 MEMBERS!!! Keep it GOING!! 1,500 is NEXT!

New Membership Cards ARE HERE!



Visit the Welcome Desk or See Katie to Renew or Join Today!



Invite a Friend to Join!



OFFICE OF SENIOR SERVICES

Natural Health Modalities Lecture Series With Carl Carnes, Research Technologist

ANTIBIOTIC CRISIS (Alternative Part B)

Wednesday, February 8th

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 on 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 (in person) 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, February 15th
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, February 27th & Tuesday, February 28th from 5:00 p.m. until 9:00 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. 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.

SCAMS TARGETING SENIORS

The National Council on Aging (NCOA) has reported that financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? Because seniors are thought to have a significant amount of money sitting in their accounts. Financial scams also often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses. It's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse and it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others.

Over the next few months, we will list some of the top scams targeting seniors that have been identified through the NCOA and the Riverside Police Department. Two scams are listed below:

Health Care/Medicare/Health Insurance Fraud

Every U.S. citizen or permanent resident over age 65 qualifies for Medicare, so there is rarely any need for a scam artist to research what private health insurance company older people have in order to scam them out of some money. In these types of scams, perpetrators may pose as a Medicare representative to get older people to give them their personal information, or they will provide bogus services for elderly people at makeshift mobile clinics, then use the personal information they provide to bill Medicare and pocket the money.

Counterfeit Prescription Drugs

Most commonly, counterfeit drug scams operate on the Internet, where seniors increasingly go to find better prices on specialized medications. This scam is growing in popularity since 2000. The FDA has investigated an average of 20 such cases per year, up from five a year in the 1990s. The danger is that besides paying money for something that will not help a person's medical condition, victims may purchase unsafe substances that can inflict even more harm. This scam can be as hard on the body as it is on the wallet.

Paid Advertisement



Do you know...

Do you know...

- ✓ How to beat your current bank CD rates and get 4 – 5% guaranteed return on your money.
- ✓ Why a Living Trust may be more effective than a Will.
- ✓ How to guard against the potential erosion in social security, medicare and medicaid.
- ✓ How to benefit from good market volatility while protecting yourself from the bad.
- ✓ Seven reasons why traditional Long Term Care insurance may be a poor choice for you.
- ✓ The difference between various types of annuities, which may be appropriate for you and which to stay away from.

♦♦No Products Will be Sold at This Seminar♦♦

Complimentary Luncheon Served!

Plan to Attend

Estate Preservation Seminar

Protect & Build Wealth in an Uncertain World

Please bring your spouse, friends and loved ones.

WEDNESDAY, FEBRUARY 15, 2012

GOESKE SENIOR CENTER

5257 SIERRA STREET, RIVERSIDE, CA 92504

10:00AM TO 11:30AM

LUNCHEON 11:30AM – 12:00PM

Information Is Especially For People 55+ & Retirees*

SEATING IS LIMITED – FOR RESERVATIONS CALL 1-888-704-1337

AARP Taxes

February 1st - April 17th

Mondays, Tuesdays & Wednesdays
 9:00 a.m. - 1:00 p.m. &
 Saturdays
 10:00 a.m. - 2:00 p.m.

No Appointments/Walk-Ins Only

AARP is sponsoring the "Tax-Aid Program". This is a free service available to young and old alike with moderate incomes. AARP representatives will be here at the Janet Goeske Center every Monday, Tuesday, Wednesday, and Saturday on a first come, first serve basis. The first day will be Wednesday, February 1st and the last day will be Tuesday, April 17th. Tell your friends and don't wait until the last minute. Beat the rush! Remember to sign in at the Welcome Desk in order to hold your spot in line. The Center opens at 7am.



REMEMBER...

There will be no coffee during the kitchen renovation.

ACTIVITY HIGHLIGHTS

- **February Birthday Celebration** - Wednesday, February 1st @ 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 @ Brandon's Diner - 10271 Magnolia Avenue; 951-637-2782)
- **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, February 21st @ 12:30P (February's Books-*The Snowball* by Warren Buffett and *The Business of Life* by Alice Schroeder; March's Book-*Sarah's Key* by Tatianade Rosnay)
- **Drawing w/Pen & Ink** - Tuesdays @ 1:30P (\$5.00 for 1-1/2 hour sessions each week)

CLASSES

- **Zumba Gold Fitness** - Monday & Wednesday @ 1:30P (RCC); Tuesday @ 1:00P

- **Alive Fitness w/Vera** - Monday, Wednesday, Friday @ 10:45A
- **Yoga with Jennifer** - Tuesday & Thursday @ 8:00A, 9:30A & 11:00A (*11:00A is RCC*)
- **"New" Chair Yoga w/Jennifer** - Tuesday & Thursday @ 1:00P
- **Chair Volleyball** - Thursday @ 3:15P & Friday @ 7:15A
- **Dynamic Fitness w/Roseanne** - Monday & Wednesday @ 7:30A
- **Beginning Yoga w/ Marilyn** - Wednesday @ 6:00P & Saturday @ 11:00A
- **Water Exercise Classes** - Monday & Wednesday @ 9:00A & 10:00A (*10:00A is RCC*); Tuesday & Thursday @ 2:30P; & Friday @ 9:30A & 10:30A
- **Early Z's (Zumba)** - Tuesday & Thursday @ 7:30A
- **Arthritis Class (RCC)** - Monday, Wednesday & Friday @ 7:45A
- **Pilates w/Diana (RCC)** - Monday & Wednesday @ 12:00P

FRIDAY MOVIES

Start Time - 12:30 PM



SUNDAY MOVIES

Start Time - 2:00 PM

February 3rd

RISE OF THE PLANET OF THE APES (2011)

Starring James Franco & John Lithgow
Sci-Fi Fantasy

February 10th

CRAZY STUPID LOVE (2011)

Starring Steve Carrell & Ryan Gosling
Comedy

February 17th

VALENTINE'S DAY (2010)

Starring Julia Roberts & Emma Roberts
Drama

February 24th

NO MOVIE

Join us for our
12th annual Black History Program
@11:00AM



February 5th

DEAR JOHN (2010)

Starring Channing Tatum & Amanda Seyfried
Romance

February 12th

THE NOTEBOOK (2004)

Starring Ryan Gosling, Rachel McAdams, & James Garner
Romance

February 19th

WHILE YOU WERE SLEEPING (1995)

Starring Sandra Bullock & Bill Pullman
Comedy

February 26th


LEAP YEAR (2009)

Starring Amy Adams & Matthew Goode
Comedy



FEBRUARY DAY & NIGHT 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 (RCC)	7:30A-8:30A	Early Z's Zumba	7:45A-8:30A	Arthritis Exercise (RCC)
8:00A-12:00P	Chair Massage w/Becky	8:00A-9:00A	Yoga w/Jennifer	8:30A-10:00A	Bereavement Group (Feb 8, 22)
9:00A-9:45A	Helen's Low Impact Exercise	8:00A-12:00P	Pedicures/Manicures w/Dyanna	9:00A-9:45A	Helen's Low Impact Exercise
9:00A-12:00P	Draw/Paint Pastels w/Lois (RCC)	8:00A-5:00P	Hand & Foot Card Game		Light Exercise
	Light Exercise	9:00A-12:00P	HICAP Counseling	9:00A-10:00A	Project Sharp (Feb 15)
9:00A-10:00A	Water Exercise		Oil & Acrylic w/Subodh (RCC)		Water Exercise
9:00A-1:00P	Scrabble Group	9:30A-10:30A	Yoga Class w/Jennifer		N.A.R.F.E. Board Meeting (Feb 8)
9:30A-11:30A	Bridge Lessons	10:00A-11:30A	Current Events Group	9:00A-11:00A	Easy Intermediate Line Dance
10:00A-10:30A	Tai Chi Class	10:00A-2:00P	Riverside Braille Club	9:00A-12:00P	Ladies Billiard Group
10:00A-11:00A	Water Exercise (RCC)	10:30A-11:30A	Ballroom Dance Lessons		Peggy's Painting Class (Feb 1, 15)
10:00A-12:00P	Costco Hearing Exams (Feb 27)	11:00A	Black History Program (Feb 24)		Bridge
10:45A-11:45A	Alive Fitness	11:00A-12:00P	Yoga Class w/Jennifer (RCC)	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 (RCC)	12:00P-4:00P	Bridge	9:30A-10:30A	Tea Party (Feb 1)
12:00P-4:00P	BINGO	12:00P-5:00P	Pinochle	10:00A-10:30A	Tai Chi
12:00P-4:00P	2 Table Bridge	12:30P-2:00P	Book Club (Feb 21)	10:00A-11:00A	Water Exercise
12:30P-3:30P	UCR Retiree Bridge (Feb 20)	1:00P-2:00P	Zumba Gold	10:00A-12:00P	Bureau Automotive Repair (Feb 15)
12:30P-4:00P	Bridge		Chair Yoga w/Jennifer (NEW)	10:30A-12:00P	N.A.R.F.E. Chapter Mtg (Feb 22)
1:00P-3:00P	Daughters of the Utah Pioneers (Feb 13)	1:00P-3:00P	Raincross Garden Club (Feb 14)	10:45A-11:45A	Alive Fitness
	Write Your Life Story	1:00P-4:00P	Parkinson's Support Group (Feb 21)	11:00A-12:00P	Natural Health Modalities (Feb 8)
1:30P-2:30P	Zumba Gold Fitness (RCC)	1:00P-4:30P	Loose End Quilters (Feb 14, 28)	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 (RCC)
6:00P	Toast Masters	2:30P-3:30P	Water Exercise	12:00P-3:00P	Ceramics/Pottery
	Goldware Tennis Club	3:00P-5:00P	String Ensemble	12:00P-4:00P	Riverside Deaf Sr. Social (Feb 22)
	Yoga w/Tammy	3:30P	Supper Club - Brandon's Diner (Feb 21)	12:00P-5:00P	Pinochle
		4:00P	Table Tennis	12:15P-12:45P	Beginners Line Dance
		4:30P	Beads, Beads & More	12:30P-4:00P	WEB
		5:00P	Decoy & Wild Fowl Carvers	1:00P-2:00P	Birthday Celebration (Feb 1)
			Bunco (Feb 21)		Christian Bible Study/Fellowship
		6:00P	Jam Sessions	1:30P-2:30P	Zumba Gold Fitness (RCC)
			Inland Region Iris Society (IRIS)	2:00P-3:00P	Goeske Band
			Yoga w/Marianne	2:00P-5:00P	Chess Club
			Raincross Quilt Guild (Feb 21)	2:30P-4:30P	Sign Language Class
		6:45P	English Country Dancing (Feb 14, 28)	3:00P-6:00P	Pastels w/David
		7:00P	Macintosh Users Group (Feb 21)	3:30P-4:30P	Heart & Soul Line Dance-Beginners
				4:00P	Table Tennis
				5:00P	Mended Hearts (Feb 15)
				6:00P	Goldware Tennis Club
					Beginning Yoga w/Marilyn
					Riverside Lyric Opera
					Friendship Quilters (Feb 1, 8, 22)
				6:30P	Raincross Rose Society (Feb 15)
				7:00P	Heart & Soul Line Dance (Mixed)



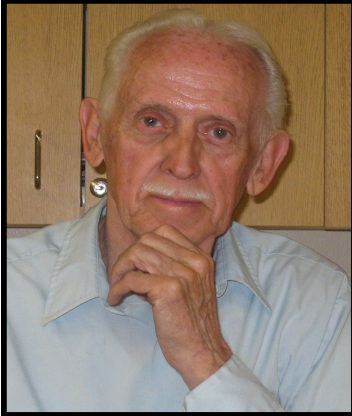
HOLIDAY HOURS
President's Day

FEBRUARY 20th
9:00 a.m. - 4:00 p.m.

FEBRUARY DAY & NIGHT SCHEDULE

THURSDAY		FRIDAY		SATURDAY/SUNDAY	
7:30A-8:30A	Early Z's (Zumba)	7:15A-8:45A	Chair Volleyball	SATURDAY ACTIVITIES	
7:30A-10:30A	TOPS	7:45A-8:30A	Arthritis Exercise (RCC)		
8:00A	FOOD SHARE (Feb 23)	8:00A-9:45A	Fun Club (Feb 3)	9:00A-12:00P	AARP Chapter Meeting (Feb 4)
8:00A-9:00A	Yoga w/Jennifer	8:30A	Great Starts Goeske Breakfast (On Hold)		Genealogy Society of Riverside (Feb 11)
9:00A-10:15A	Suzanne's Intermediate Line Dance	9:00A	Fit, Fresh & Fun (Feb 3)	9:30A-12:30P	Mixed Media w/David
	Calligraphy Class	9:00A-9:45A	Helen's Low Impact Exercise		Bridge
9:00A-3:00P	Senior Advisor - Marilyn Lynch	9:00A-10:00A	Light Exercise	11:00A-12:00P	Beginning Yoga w/Marilyn
	Attorney Ken Weiss (Feb 2, 9, 23)	9:00A-1:00P	Scrabble Group	12:00P-3:00P	Baltic Lodge (Feb 4, 18)
9:30A-1:00P	Riverside After Stroke	9:15A	Great Starts Goeske Breakfast (On Hold)	12:00P-4:00P	BINGO
10:00A-11:00A	Heart & Soul Line Dancing-Beginner	9:30A-10:30A	Water Exercise	12:30P-4:00P	Bridge
	Hearing Aid Specialist-F. Milner (Feb 23)	9:30A-2:00P	Braille Vision Van (Feb 10)	1:00P-4:00P	California Council for the Blind (Feb 11)
10:30A-11:30A	Suzanne's Upper Line Dance	9:30A-3:30A	Ceramics Class	1:00P-4:30P	Jewelry Making Class
11:00A-12:00P	Yoga w/Jennifer (RCC)		Community Action Partnership of Orange County Food Distribution (Feb 10)	SUNDAY ACTIVITIES	
11:00A-3:00P	Watercolors w/Lois Blackmore	10:00A-10:30A	Tai Chi Class		
11:30A-12:30P	Nutrition Program	10:00A-11:30A	Friday Morning Group	1:00P-5:00P	Inland Woodturners (Feb 19)
12:00P-2:00P	RPEA Chapter Board Meeting (Feb 23)	10:00A-12:00P	Goeske Choir Practice (Feb 10, 24)		Line Dance Social (Feb 19)
12:00P-4:00P	Bridge	10:00A-1:00P	Dominoes Mexican Train w/Kaye	1:30P-4:30P	Featherweight Club (Feb 19)
12:00P-5:00P	Pinochle	10:30A-11:30A	Water Exercise	1:30P-5:00P	Trailblazers (Feb 12)
1:00P-2:00P	Zumba Gold	10:45A-11:45A	Alive Fitness	2:00P-4:00P	Sunday Movie
	Chair Yoga w/Jennifer -NEW	11:30A-12:30P	Nutrition Program		
1:00P-3:00P	Knit & Crochet Group	11:30A-3:00P	CA Disability Rights (Feb 10)		
1:00P-4:00P	Dominoes: Mexican Train	12:30P-2:30P	Friday Movie		
3:00P-5:30P	Contemporary Art	12:30P-4:00P	(BIG) Bridge Is Great		
3:15P-5:15P	Chair Volleyball	1:00P-3:30P	Goeske Drama Club		
4:00P	Table Tennis	1:30P-3:30P	Nancy's Sandpainting Class		
5:30P	Latin Dance Lessons	4:00P-7:00P	Stain Glass w/Joyce		
6:00P	Stained Glass Class	6:30P	Dance Party (Cancelled for February)		
	Yoga w/Marianne	7:00P	Riverside Single Swingers (Feb 10, 24)		
	Neighborhood Leadership (Feb 9)	7:30P	Regular Pre-Round Dance (Feb 10, 24)		
6:30P	Ballroom Dancing	8:00P	Square Dance (Feb 10, 24)		

MEET THE PEOPLE



CARL CARNES

Born in the neighborhood surrounded by Toledo, Ohio... without teeth, hair or a paper route, couldn't read or write... pretty much useless as I came into the planet. Looking back on this event after some 80+ years, I realize I have made little progress since.

The early years were filled with active sports of various kinds, which even today make up a wholesome diet of my activity. Thanks to the Janet Goeske Center, the fellowship and activity are a real blessing and provide many with pleasure in the various activities provided. I married my childhood sweetheart of the academy days, Margaret who is a blessing beyond measure and with our daughters, make a grateful father and husband. Praise God for that which is beyond all material things and the relationships are ever expanding in love and appreciation.

Research seems to have taken up my years, in the areas of nutrition, natural modalities, preventive health measures and carbon utility research... so the making of five teaching manuals came about and the lecture series followed, even today at the Center in library system. A top secret project into measures for detection and prevention of the chemical and biological agents was offered to me along with the position of Chief Researcher at one of our larger research institutes. It gave me a

look into the reality of these kinds of challenges. As I look back over the years, it became apparent that I am still in pre-kindergarten in knowledge and experience. Our friend Albert shared with us these words "The difference between that which the most and the least learned know is inexpressively trivial, as compared to that which is un-known".

So, it is the wonderful team that the Center provides, each working together for the benefit of all, that real knowledge and experience is generated.

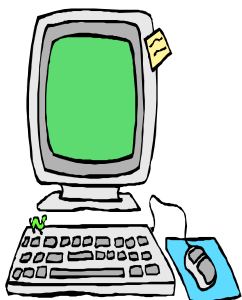
In the above, Carl has creatively shared his life story. It flows like poetry. He shared other details with Goeske of the bounty of blessings in life. Carl grew up in Ohio and in adulthood attended the Academy at Mt. Vernon, Ohio. He also attended Washington Missionary College in Washington, D.C. He married Margaret in 1950 and in 1951 was drafted into the Army. It was a blessing in disguise in that he was sent to the Medical Service School. His training there opened for him an offer to Doctor's Hospital in Columbus, Ohio as a Lab Technician. Other opportunities gave Carl experience in chemical and germ warfare at Kettering Institute. He gained skills and experience working with blood transfer service. His training is rich in medical knowledge.

Carl and Margaret have two daughters, Linda Sue and Carla. Carla, a dentist, has obtained many grants to enable children to be served without cost. She was voted Woman of the Year. Linda Sue lives in Tennessee. Carl is working now on a project using a compound that can be shipped easily all over the world and will combat toxins and diseases. He and Margaret enjoy Goeske and are avid bird-watchers and generous contributors of oranges to the Center and others.

From Table Tennis Group & Lecturer on Natural Health Modalities

NEW Program ... ASK Marilyn!

The Janet Goeske Foundation's Senior Advisor Services are now available to you at the click of a mouse!

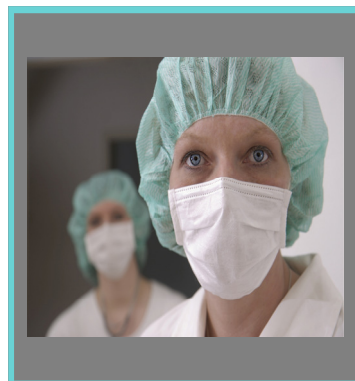


Log on to www.iamjgf.org and click on the "ASK Marilyn" Link.

Riverside Community Health Foundation



Disease Prevention



Janet Goeske
5257 Sierra Street

Wednesday
February 15, 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 Timu Arbouet at (951) 353-0711.





DANCING



Easy Intermediate Line Dance

Wednesdays
10:00 a.m. & 12:00 p.m.
12:15 p.m. - 1:00 p.m. (Beginners)

Line Dance Social

Sunday, February 26
1:00 p.m. - 5:00 p.m.
\$5.00 Per Person

Riverside Single Swingers

Advanced Round Dance

2nd & 4th Friday-7:00 p.m.-7:30 p.m.

Regular Pre-Round Dance

2nd & 4th Friday 7:30 p.m.-8:00 p.m.

Square Dance

2nd & 4th Friday 8:00 p.m.-10:00 p.m.
\$5.00 Donation Requested for Advanced,
Regular Pre-Round & Square Dances

Suzanne's Line Dance

Thursdays
8:30 a.m.-10:00 a.m. (Intermediate)
10:30 a.m.-11:30 a.m. (Upper Beginners)
4th Thursdays of each month - no class

Latin Dance Lessons w/Nestor

Thursdays
5:30 p.m. - 6:30 p.m.

Dance Party

(Cancelled for February)
6:30 p.m. - 9:30 p.m.

\$5.00 fee includes dance lessons & refreshments

HELP! HELP!



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

Thursday Evening Ballroom

6:30 pm - 8:30 pm

February 2nd - Swinging Years

February 9th - Dan Damon
(Bring your sweetheart and celebrate Valentine's Day)

February 16th - Showdown Band

February 23rd - Global Affair

\$4.00 - Member Rewards ~ \$5.00 - Non-Members

50/50 Raffle Each Week

3 Tickets for \$1.00

Ballroom Dance Lessons

Paul & Kathy w/Chapman Hospice



Tuesdays

10:30—11:30 am

**EAST COAST SWING,
FOXTROT, RUMBA**

You do not need a partner—come and have fun!

HEART & SOUL LINE DANCE



Wednesdays

3:30 p.m. - 4:30 p.m.
(Beginners)

Wednesdays

7:00 p.m. - 8:30 p.m.
(Mixed Level)

Thursdays

10:00 a.m. - 11:00 a.m.
(Beginners)



ENGLISH/COUNTRY DANCING

6:45 PM - 8:45 PM

2nd Tuesday ~ \$8.00 (With Band)

4th Tuesday ~ \$5.00 (Recorded)

\$8.00 - 2nd Week

\$5.00 - 4th Week

Everyone Is Welcome!

No Partner Needed!