Senior Rockerz’
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FREE COFFEE THURSDAYS
For the month of July, every Thursday will be FREE coffee day.
Thank you to the Hearn Family for generously donated coffee for the participants.

Tie Dye Day
On August 9th at 10am, we will be tie dying shirts for our 70’s Party at the end of August. You will be able to create your own shirt and pick your own colors. Each shirt will be $5 per person. If you would like to participate please register on Monday, July 2nd. You must register by Friday, July 13, 2018 so we can order the right amount of shirts and the correct shirt sizes.

Loma Linda Presentation
Join us on Monday, July 16 at 10am for an educational talk from Loma Linda’s RN, Leann Terlecki. She will be discussing stroke awareness and prevention. Learn the signs and symptoms and how to reduce the risk factors.

Beginning Looms
Join us on Wednesday, July 25th, and every Wednesday after, at 12pm for beginning looms. We will start by making scarfs with the loom and graduate to beanies. You must sign up in order to participate! Please see office for more details.

The Surprising Sources of Great Sayings
Do you know where the saying “To Steal One’s Thunder” originally came from? Thor and young-adult Demigod Percy Jackson may be fiction’s most celebrated thunder stealers, but it was an 18th century dramatist named John Dennis who popularized the phrase. Dennis invented a device to stimulate the sound of thunder for his plays—so clever that a rival dramatist copied his method for a production of Macbeth. “Eternal curses light on these scoundrels!” Dennis is said to have declared. “They have stolen my thunder and don’t know how to roll it!”

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Recreation Coordinator
Julie Matull
Recreation Leader
Fabiola Pablin
Recreation Leader
James Miranda
Kim Smith
Bus Driver
Senior Center Volunteers
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Free Movie Friday

Some films may contain violence and strong language, please view at your own discretion. Movies are subject to change without notice. All movies will begin every Friday at 12:15 p.m. unless stated otherwise.

Homeward Bound: The Incredible Journey
Friday, July 6
A lovable golden retriever, a sassy cat and a feisty bulldog pup mistakenly believe their owners have abandoned them in this lighthearted adventure. The trio sets out on an incredible journey to be reunited with their family.

Miracles from Heaven
Friday, July 13
Based on real-life events, this intriguing drama recounts the story of young Annabel Beam, who suffers from an incurable digestive disorder. But when a string of miracles leads to her complete recovery, Annabel's family and doctors are mystified.

Ratatouille
Friday, July 20
Growing up beneath a five-star Parisian restaurant, Remy the rat inherits a taste for fine food. But his culinary ambitions only anger his practical father, who wishes his son could just eat garbage like everyone else.

The Odd Life of Timothy Green
Friday, July 27
When Cindy and Jim Green are told they can’t have a baby, they bury a box filled with wishes for their dream child. That night, a mysterious young boy appears who brings magic to their lives -- and to the entire town of Stanleyville.

If there is a movie you would like to see, new or old. Please put in a request with a staff member or volunteer and we will be happy to play it the following month. All movies and their descriptions are provided by Netflix.

Senior Center Services!

Lions Club Drop-off Site for Glasses, Hearing-Aids and Cell Phones
The Lions Club will refurbish your old glasses, hearing aids and cell phones and provide them to those in need. This is a great way to recycle items you no longer need and help others. The drop-off box is located in the senior center office.

LIHEAP
Low Income Home Energy Assistance Program provides help with your utility bills and assistance in providing improved weatherization for your residence. Applications are available at the Senior Center.

Notary
If you need Notary Services, please contact Joyce Teyler with the City of Lake Elsinore at 951-674-3124 ext 227 to make an appointment. Please let her know you are with the senior center and she will do your notary services for free.

YOU MUST MAKE AN APPOINTMENT TO SEE HER!

RTA Bus Passes
The Senior Center office sells various bus passes for the public.
- General Pass - $50
- Senior/Disabled - $23
- Dial-A-Ride 10 ticket booklet - $30
EXACT CASH ONLY

For information or to make an appointment with Dial-A-Ride please call 1-800-795-7887.

HICAP
Health Insurance Counseling Advocacy Program. Provides trained counselors to advise clients with the information of “what to do.” HICAP is a no cost service to help maximize your Medicare Benefits. Counselors will assist the client in making an informed independent decision.

HICAP appointments are available, please call 1-800-434-0222 to find an appointment closest to you.

Free Legal Services
Anita Cheek Milner provides FREE legal advice for seniors 55+ by appointment ONLY on the 2nd and 4th Thursday of the Month. To make an appointment please call 951-674-2526.

C.A.R.E (Curtailing Abuse Relating to the Elderly)
Assistance for those who experience consumer or other fraud or abuse issues. Call 951-486-6828.
**July Menu**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>BBQ Meatballs</td>
<td>Garlic Basil Chicken</td>
<td>Meat Lasagna</td>
<td>Turkey &amp; Provolone Sandwich</td>
<td>Day prior to expected lunch date.</td>
</tr>
<tr>
<td>Potato Wedges</td>
<td>Brown Rice</td>
<td>Italian Vegetables</td>
<td>Carrot Raisin Salad</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td>Capri Blend Vegetables</td>
<td>Diced Pears</td>
<td>Corn Chips</td>
<td>Mixed Fruit</td>
</tr>
<tr>
<td>Diced Peaches</td>
<td>Fresh Orange</td>
<td>Diced Pears</td>
<td>Tropical Fruit</td>
<td>Peas</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>Macaroni, Beef &amp; Tomatoes</td>
<td>Ham w/ Pineapple Sauce</td>
<td>Lemon Pepper Chicken</td>
<td>Senior Center Family Day</td>
<td>Southwest Chicken Salad</td>
</tr>
<tr>
<td>Sliced Carrots</td>
<td>Au Gratin Potatoes</td>
<td>Rice Pilaf</td>
<td>Fresh Orange</td>
<td>Fresh Orange</td>
</tr>
<tr>
<td>Mixed Fruit</td>
<td>Brussels Sprouts</td>
<td>California Vegetables</td>
<td></td>
<td>Vanilla Pudding</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>Salisbury Steak</td>
<td>Chicken Cacciator</td>
<td>Baked Tilapia</td>
<td>Ravioli w/ Meat Sauce</td>
<td>Tuna Salad Sandwich</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>Rice Pilaf</td>
<td>Potato Wedges</td>
<td>Italian Vegetables</td>
<td>Potato Chips</td>
</tr>
<tr>
<td>Peas</td>
<td>Mixed Vegetables</td>
<td>Broccoli Spears</td>
<td>Diced Pears</td>
<td>Side Green Salad</td>
</tr>
<tr>
<td>Mixed Fruit</td>
<td>Diced Pears</td>
<td>Diced Pears</td>
<td>Diced Pears</td>
<td>Fresh Pear</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td>Senior Center Luau Potluck</td>
<td>Italian Roasted Chicken</td>
<td>Chicken Caesar Salad</td>
<td>Cheese Enchiladas</td>
<td>Hamburger</td>
</tr>
<tr>
<td></td>
<td>Rice Pilaf</td>
<td>Hard Boiled Egg</td>
<td>Spanish Rice</td>
<td>Coleslaw</td>
</tr>
<tr>
<td></td>
<td>Diced Carrots</td>
<td>Fresh Orange</td>
<td>Ranch Style Beans</td>
<td>Potato Chips</td>
</tr>
<tr>
<td></td>
<td>Apricot Halves</td>
<td></td>
<td>Tropical Fruit</td>
<td>Mixed Fruit</td>
</tr>
<tr>
<td>30</td>
<td>31</td>
<td>32</td>
<td>33</td>
<td>34</td>
</tr>
<tr>
<td>Chicken Fried Steak</td>
<td>BBQ Chicken</td>
<td>Cheese Enchiladas</td>
<td>Hamburger</td>
<td>Suggested Meal Donation of $3</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>Baked Beans</td>
<td>Spanish Rice</td>
<td>Coleslaw</td>
<td>is encouraged to offset the cost of the meal. All food must remain at center and cannot be removed from the Senior Center for health reasons.</td>
</tr>
<tr>
<td>Capri Blend Vegetables</td>
<td>Spinach</td>
<td>Ranch Style Beans</td>
<td>Potato Chips</td>
<td></td>
</tr>
<tr>
<td>Applesauce</td>
<td>Mandarins Oranges</td>
<td>Tropical Fruit</td>
<td>Mixed Fruit</td>
<td></td>
</tr>
</tbody>
</table>

**Daily Meal Program**

The City of Lake Elsinore and the Riverside County Office of Aging partner to offer weekday meals served Monday thru Friday at 11:30am to qualifying seniors, age 60 and older. Meals are served through Sodexo and are offered by reservation only. A limited number of meals are available and reservations are offered on a first come first serve basis. Reservations MUST be made by 12:00pm (noon) the business day prior to expected lunch date. Call 674-3124 ext 912 to make a reservation. If you have any questions regarding the meal, please contact Sodexo at 951-827-3613 and ask to speak to Darla Ray. If you have any questions for Sodexo’s Registered Dietician please contact Vahn Bender at vahn@healthylivingconsulting.net. All meals funded by Riverside County Office on Aging 1-800-510-2020.

**The Page Turner’s Book Club**

The Page Turner’s meet on the third Wednesday of every month at 12:00pm. This month we will be meeting on Wednesday, July 18 2018.

The book we will be discussing is:

*Life is Short (No Pun Intended)* by Dr. Jennifer Arnold and Bill Klein

If you are interested in reading with us this month please pick up the book list and book questions in the office.

We now have the updated list for 2018. Please see office staff for the complete list!

**Billiard Tournament**

Join us on Thursday, July 26 2018 at 12:30pm for our monthly 8 Ball tournament! The 8 Ball Tournament will be doubles play, partner’s picked at random, and double elimination. Winners of the tournament will receive a prize. If you are interested please sign up in the office!

**Fit after 50**

Join us for a low impact adaptive exercise program to improve flexibility and balance. Incorporated chair exercises and resistance exercises, with optional weight and floor work. Mondays and Wednesday : 8:30am to 10am Fridays: 9:15am to 10:30am Exercise is FREE to participate!

**Senior Center Activities**

**Senior Crafters!**

Lets get crafty! Join us for the following crafts for the month of July!

**Mon., 7/9 at 12pm – Senior Rockers’ Rock Painting**

**Wed., 7/18 at 10:00am Bracelet Making $1**

**Fri. 7/20 at 12:00pm Canvas Painting $2**

**Wed., 7/25 at 12:00pm Beginning Loom Mon., 7/30 at 12:00pm Tile Painting**

Please know that you MUST sign up for ALL crafts ahead of time regardless if they have a fee or not, to reserve material. Please know that space is limited so sign up on registration date!

**Bunco**

BUNCO! Join us Wednesday, July 11, 2018 at 12:15 p.m. for Bunco. Roll the dice for an opportunity to win a prize. Price is $2 to join per person. Space is limited so be sure to sign up on Monday, July 2nd.

**T.O.P.S.**

Taking Off Pounds Sensibly! TOPS is a support group that meets and discusses how to live a healthier lifestyle! They meet every Tuesday in the Senior Center Annex from 8:30am to 10:30am. From 8:30am to 9:15am they do weigh-ins and from 9:30am to 10:30am they have their meeting. For more information please call Mary 951-678-1234.

Real People, Real Weight Loss!

**T.O.P.S.**

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# July Activity Calendar

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30am Fit after 50 11:30am Lunch 12:00pm Ceramics 1:00pm Art &quot;Paletteers&quot;</td>
<td>8:30am TOPS, Inc. 11:30am Lunch 12:45pm BINGO</td>
<td>8:30am Fit after 50 11:30am Lunch</td>
<td>8:00am Women’s Pool 11:30am Lunch</td>
<td>9:15am Fit after 50 11:30am Lunch 12:15pm Free Movie Friday</td>
</tr>
<tr>
<td>2 REGISTRATION DAY!</td>
<td>3</td>
<td>4 SENIOR CENTER CLOSED FOR INDEPENDENCE DAY!</td>
<td>5 10am HICAP Meetings*</td>
<td>6 10am Yahtzee</td>
</tr>
<tr>
<td>9 12pm Senior Rockerz Rock Painting</td>
<td>10</td>
<td>11 10am Sing and Dance with Grace 12:15pm Bunco*§</td>
<td>12 9am Legal Advice* 10am FAMILY DAY!</td>
<td></td>
</tr>
<tr>
<td>16 10am Loma Linda Presentation</td>
<td>17</td>
<td>18 10am Bracelet Making *§ 12pm Book Club</td>
<td>19 9am Pala Casino*§ 12pm Canvas Painting§*</td>
<td></td>
</tr>
<tr>
<td>23 11:30am Luau Potluck*</td>
<td>24</td>
<td>25 10am Senior Rockerz Rock Drop 11:30am AARP Drivers Safety Course* 12pm Beginning Looms*</td>
<td>26 8:30am Day at the Beach <em>§ 9am Legal Advice</em> 11:30am AARP Drivers Safety Course* 12:30pm 8 Ball Billiard Tournament*</td>
<td>27</td>
</tr>
<tr>
<td>30 10am Tile Painting*</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
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</table>

All trips listed above are limited seating to 12 passengers and 1 ADA passenger unless stated otherwise! All trips listed above are non-transferable and non-refundable.