

# Senior Events

## Senior Rockerz'

Join us for our Senior Rockerz' Rock Painting group! Our group will meet twice a month, once to paint rocks and then again to board the bus and take the rocks around Lake Elsinore and neighboring cities to hide them and have lunch. We will be posting our rocks on our Facebook page and asking Rock Finders' to post pictures to our page. This month we will meet on Monday, July 9th at 12pm to paint the rocks and on Wednesday, July 25th we will be doing our Rock Drop. Let's see how far our rocks can go!

## 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!"



July 2018

## SENIOR CENTER HOURS

**Monday—Friday**

**8:00a.m. to  
4:00p.m.**

Sign-ups for all activities will begin on Monday, July 2nd. To make appointments for legal advice or notary please come in or call 951-674-2526!

## Senior Center Staff

**Priscilla Perez**  
Recreation Coordinator

**Julie Matull**  
Recreation Leader

**Fabiola Pablin**  
Recreation Leader

**James Miranda**

**Kim Smith**  
Bus Driver

**Senior Center Volunteers**  
Diane Canfield, Sandra Claiborne, Jill Cunningham, Nora Drummond, Georgia Huebner, Nancy Torn, Cheryl Williams, Greg Velasquez

# SENIOR SCOOP

420 E. Lakeshore Dr.

Lake Elsinore, CA 92530

951-674-2526



## Family Day

Join us on Thursday July 12, 2018 for a fun filled day of family fun! Bring you daughter, son, grandchildren or great grandchildren for games, lunch, a photo booth and snow cones. Family Day will be from 10am until 1pm. Please let us know if you will be attending and who will be attending with you so we can order the right amount of food.

We look forward to seeing you and your family on Family Day! :)

## Luau Potluck

Join us on Monday, July 23rd for our Luau Potluck from 11:30am to 1pm. Be sure to sign up for a main dish, side dish, appetizer or dessert. Sign up's begin on Monday, July 2nd. There will be no Sodexo lunch provided on this day. Space is limited to bring dessert and appetizers. You must bring a dish and your own serving spoon to participate. Please know the Main Room will be closed until the potluck begins.

## AARP Driver Safety Course

Join us for this months Drivers Safety Course. AARP will be here on Wednesday, July 25th and Thursday July 26th from 11:30am to 3:30pm. If you are an AARP Member, the fee will be \$15 per person. If you are a non-member, the fee is \$20. All fees are due the first day of class to the instructor. Please bring your own lunch, break provided. Space is limited to the first 20 people.

Registration will begin on Monday, July 2nd at 8am.

## Senior Center Closure

The Senior Center will be closed on

**WEDNESDAY, JULY 4, 2018**

For Independence Day.



A BIG Thank You to Evans Brown Mortuaries for donating the monthly birthday cakes!

Don't forget to join us the last Friday of the month to celebrate the monthly birthdays!





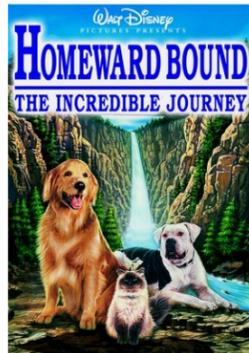
# Free Movie Friday



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 12:15p.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.

## 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.

## 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.

## 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 aides 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 (Curtailling Abuse Relating to the Elderly)

Assistance for those who experience consumer or other fraud or abuse issues.

Call 951-486-6828

## July Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 BBQ Meatballs Potato Wedges Spinach Diced Peaches	3 Garlic Basil Chicken Brown Rice Capri Blend Vegetables Fresh Orange	4 	5 Meat Lasagna Italian Vegetables Diced Peas	6 Turkey & Provolone Sandwich Carrot Raisin Salad Corn Chips Tropical Fruit
9 Macaroni, Beef & Tomatoes Sliced Carrots Mixed Fruit	10 Ham w/Pineapple Sauce Au Gratin Potatoes Brussel Sprouts Mandarin Oranges	11 Lemon Pepper Chicken Rice Pilaf California Vegetables Diced Pineapple	12 <b>Senior Center Family Day</b>	13 Southwest Chicken Salad Fresh Orange Vanilla Pudding
16 Salisbury Steak Mashed Potatoes Peas Mixed Fruit	17 Chicken Cacciatore Rice Pilaf Mixed Vegetables Diced Peas	18 Baked Tilapia Potato Wedges Broccoli Spears Diced Peas	19 Ravioli w/ Meat Sauce Italian Vegetables Diced Peaches	20 Tuna Salad Sandwich Potato Chips Side Green Salad Fresh Pear
23 <b>Senior Center Luau Potluck</b>	24 Italian Roasted Chicken Rice Pilaf Diced Carrots Apricot Halves	25 Chicken Caesar Salad Hard Boiled Egg Fresh Orange	26 Cheese Enchiladas Spanish Rice Ranch Style Beans Tropical Fruit	27 Hamburger Coleslaw Potato Chips Mixed Fruit
30 Chicken Fried Steak Mashed Potatoes Capri Blend Vegetables Applesauce	31 BBQ Chicken Baked Beans Spinach Mandarin Oranges			

### 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 Vanh Bender at vanh@healthylivingconsulting.net. All meals funded by Riverside County Office on Aging 1-800-510-2020.

### Suggested Meal Donation of \$3

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.**

# Senior Center Activities

## 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 Crafters!

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

Mon., 7/9 at 12pm—Senior Rockerz' 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!

## 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!

## 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.

## July Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am Fit after 50 11:30am Lunch 12:00pm Ceramics 1:00pm Art "Paletteers"	8:30am TOPS, Inc. 11:30am Lunch 12:45pm BINGO	8:30am Fit after 50 11:30am Lunch	8:00am Women's Pool 11:30am Lunch	9:15am Fit after 50 11:30am Lunch 12:15pm Free Movie Friday
<b>2</b>  <b>REGISTRATION DAY!</b>	<b>3</b>	<b>4</b>  <b>SENIOR CENTER CLOSED FOR INDEPENDENCE DAY!</b>	<b>5</b>  <b>10am HICAP Meetings*</b>	<b>6</b>  <b>10am Yahtzee</b>
<b>9</b>  <b>12pm Senior Rockerz Rock Painting</b>	<b>10</b>	<b>11</b>  <b>10am Sing and Dance with Grace</b>  <b>12:15pm Bunco*\$\$</b>	<b>12</b>  <b>9am Legal Advice*</b>  <b>10am FAMILY DAY!</b>	<b>13</b>
<b>16</b>  <b>10am Loma Linda Presentation</b>	<b>17</b>	<b>18</b>  <b>10am Bracelet Making *\$</b>  <b>12pm Book Club</b>	<b>19</b>  <b>9am Pala Casino*\$</b>	<b>20</b>  <b>10am Trivial Pursuit</b>  <b>12pm Canvas Painting\$*</b>
<b>23</b>  <b>11:30am Luau Potluck*</b>	<b>24</b>  <b>10am Anthem Blue Cross Info Table</b>	<b>25</b>  <b>10am Senior Rockerz Rock Drop</b>  <b>11:30am AARP Drivers Safety Course*</b>  <b>12pm Beginning Looms*</b>	<b>26</b>  <b>8:30am Day at the Beach *\$</b>  <b>9am Legal Advice*</b>  <b>11:30am AARP Drivers Safety Course*</b>  <b>12:30pm 8 Ball Billiard Tournament*</b>	<b>27</b>
<b>30</b>  <b>10am Tile Painting*</b>	<b>31</b>			

# Senior Trippers



### Pala Casino Trip

Join us for a trip to Pala Casino on Thursday, July 19, 2018 on the big chartered bus for a fun filled day of gambling and enjoy the food. The bus will depart from the Senior Center at 9:30am and will return around 5:00pm. The trip will be \$5 per person.

Please bring \$2 the day of the trip, for the drivers tip!

Space is limited, sign up today!

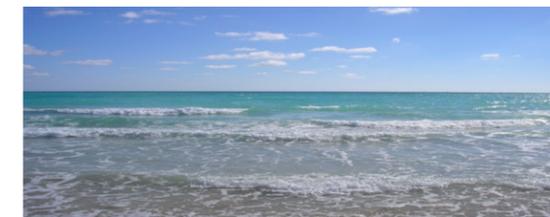
**REGISTRATION FOR THIS TRIP BEGAN ON MONDAY JUNE 4 AT 8:00AM**



### Trip to the Beach

Join us for a trip to beautiful Oceanside Beach on Thursday, July 26th. Grab your beach towel, chair and sunscreen for a fun day at the beach. You may bring your own sacked lunch or you may buy lunch by the ocean. The trip to the beach will be \$2 per person. The trip will depart the Senior Center 8:30am will depart the beach at 2:30pm.

**REGISTRATION FOR THIS TRIP BEGINS ON MONDAY, JULY 2ND AT 8:00AM**



**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**