

SENIOR HEALTH INFORMATION

Blood Pressure Check

On Tuesday, November 26th at 10am VCC: Lake Elsinore will be doing Blood Pressure.

Movement and Mobility:

It's fairly agreed upon that old age is synonymous with rest. With visions of relaxation at retirement many of us buy into the idea that taking it easy as we reach our golden years is the standard, but research into what that means for mobility may have you re-thinking your days of sitting on a couch.

Increasingly, studies are showing that any amount of exercise is better than none, and consistent movement carries over for a lifetime, literally. Technology, convenience, and a modern lifestyle all make it progressively easy to stay seated for long periods. However, being immobile on a regular basis can lead to a host of diseases as well as limited mobility as we age. Studies suggest that this lifestyle can even be gambling with the ability to walk at all. Current studies show that those over the age of 50 with a sedentary lifestyle can have up to three times the risk of difficulty walking in comparison to their more active counterparts.

Exercise programs have been shown to not only stave off disability, but to also cut the recovery time from a debilitating injury and decrease chances of its recurrence. To be fair, we don't move as easily or briskly in our 50s as we did in our 20s, but we can preserve the mobility we have left by continuing to move as much as we can. If you do need to sit for prolonged periods, it is advisable to get up and move around every half hour for at least one to two minutes. The bottom line here is to get activity even in small ways whenever you can.

Working to be physically active when possible can improve your quality of life by maintaining optimal function for as long as possible. As we learn more about the benefits that exercise provides to our mental and physical health, it's time that we rethink what it means to age. If you are unsure of what kind of exercise regimen you should take on, consult with a medical professional first.

Kelly Motadel, M.D., MPH, CMO, VCC: Lake Elsinore



November 2019

SENIOR CENTER HOURS

**Monday—Friday
8:00am to 4:00pm**

Sign-ups for all activities will begin on Monday, November 4th. To make appointments for Legal Advice please come in or call 951-674-2526

Senior Center Staff

Recreation Coordinator
Priscilla Perez

Volunteer Coordinator
Joey Kearney

Recreation Staff
**Julie Matull
Fabiola Pablin
Cheryl Williams**

Bus Drivers
**James Miranda
Kim Smith**

Senior Center Volunteers

Diane Canfield, Sandra Claiborne, Jill Cunningham, Margaret DeWitt, Veronica Gonzales, Linda Gower, Georgia Huebner, Betty Pierce, Nancy Torn, Greg Velasquez

SENIOR SCOOP

420 E. Lakeshore Dr.

Lake Elsinore, CA 92530

951-674-2526

For Our New Members

Welcome to the Lake Elsinore Senior Center! The place where the 55 and better community get to enjoy Extreme fun! Look through our Senior Scoop for activities, events and trips we have coming up! If you haven't already done so please make sure you have a Code of Conduct filled out and turned into the front office. If you are 60 and better and would like lunch please ask the front office for the lunch intake form.

If you have any question, please fill free to ask staff or volunteers and they will be happy to assist you. Welcome to our Senior Center!

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FREE COFFEE THURSDAYS

Every Thursday is FREE coffee day, thanks to a generous coffee donation!

Did You Know!

Did you know that, the DMV provides California Identification cards free for Seniors 65 and better!

Senior Center Closures

The Senior Center will be closed on
Monday, November 11
Thursday, November 28
Friday, November 29

Senior Center Events

Out to Lunch Bunch

The Out to Lunch Bunch will be enjoying lunch at Guadalajara Mexican Grill



27780 Jefferson Ave #2 Temecula, CA
Meet at the location on Thursday,
November 21st at 1:00pm

Billiard Tournament

Join us on Thursday, November 21, 2019 at 12:15pm 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!

Senior Center Happy Hour

Join us for the next HAPPY HOUR at the Senior Center. HAPPY HOUR will be on Thursday, November 7, 2019 at 2:00pm to 3:30pm. HAPPY HOUR will be a time to get together with your friends and other participants to play games, listen to music and enjoy hors d'oeuvres.

To participate you must bring an appetizer to share with the group! Sign up for Happy Hour begins on Monday, November 4th at 8am.

Here are a few Happy Hour suggestions: chips and salsa, pie, prepared fruit or veggie platter, chicken, pigs in a blanket, party meatballs brownies, etc.

Karaoke

The first Thursday of the month, November 7th, we will be doing Karaoke! Join us in the Main room at 12:30pm for some Karaoke!

If you have Karaoke CDs you enjoy singing along too, please feel free to bring them.

Senior Diggers

The Senior Diggers meet every Thursday at 8am to plant and maintain the various space throughout our garden. Please sign up in the office if you would like to participate with the Senior Diggers!

Open Craft Day

On Thursday November 21, 2019 at 10am we will be having an open Arts, Crafts and Stitchery Day. It will be the last Thursday of each month, unless otherwise posted. We will put out paints, yarn, embroidery thread, etc. Bring your own project to work on, or purchase a canvas, cross stitch or embroidery piece from the center.

Birthday Cake

The last Friday of every month we will be having Birthday Cake to celebrate those who had a birthday this month! The Cake is Sponsored by **RH Benefits Insurance Services, Inc.**

Temescal Canyon's Interact Club

Temescal Canyon High School's Interact Club will be here Monday, November 25th at 10am to hang out and play games!

Thanksgiving Word Scramble

Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.

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ETRSHVA	<input type="checkbox"/>
MEVRNOEB	<input type="checkbox"/>
ILIGPMR	<input type="checkbox"/>
KUTEYR	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
BCNERRRAY	<input type="checkbox"/>
YRAOMEFWL	<input type="checkbox"/>
TMOLPYUH	<input type="checkbox"/>
AYHLIOD	<input type="checkbox"/>
GWNMPAAAO	<input type="checkbox"/>
INKPMUP	<input type="checkbox"/>

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Monthly Riddles

Solve me and receive a Prize!

Answer to last month's riddle:

C and Y

Susan has invited her family to Thanksgiving Dinner. As her plates are not the best, Susan wants to buy new plates, one for each person at her Thanksgiving Dinner.

There'll be a grandfather, a grandmother, two fathers, two mothers, four children, three grandchildren, one brother, two sisters, two sons, two daughters, one father-in-law, one mother-in-law and a daughter-in-law.

At least how many plates does Susan need to buy?

Senior Spot Light

Welcome to our Senior Spotlight!



Meet Gary Nelson ! Gary was born on December 27, 1945 in Glendale, California, but has lived in Lake Elsinore since 1985! Gary was married for 18 years and has one son. Gary used to be a truck driver and a construction worker. Gary said his favorite job growing up was working for Lenard's as a truck driver.

Gary's favorite type of music is the oldies but goodies and R&B. His favorite location to vacation is Hemet Lake, CA and he would love to make it to Alaska one day for his dream vacation. His favorite food is Rib-Eye Steak with baked potatoes. A few of Gary hobbies include watching football, body building and Fresh water fishing, mainly bass fish. Gary loves Pitbull's and helping out those in his community.

Gary has been attending our Senior Center for the last three months! If you see Garry around please be sure and say welcome and hello!

Who am I?

Who am I is a small blurb describing a staff member, volunteer or member of our Senior Center. Please read the through the clues to figure out Who I am!

- ◆ I was born in Minneapolis
- ◆ I worked as a General Contractor in New York
- ◆ My favorite music is the Mass in "B" Minor by Bach
- ◆ My dream vacation spot would be the Bahamas
- ◆ My favorite food is Lobster
- ◆ My favorite sport is Squash
- ◆ I have been coming to the Senior Center for one month

October's Who am I was Martyn Lewis!

WHO AM I?.....

Senior Center Events

PEARLS Presents:

Join us for a PEARLS Presentation on feeling better with Art on Tuesday, November 19, 2019 from 9:30am to 11:30am.

A PEARLS Counselor will be discussing all the benefits of art to decrease negative symptoms that impact our daily routine of feeling good. The presentation will be free and snacks will be provided. If you are interested please sign up in the office!

The Eclipse Project

Join us at MSJC for a reception and gallery showing of the Eclipse Project. Some of you may remember the Eclipse Project, for those who do not, some of our seniors teamed up with young adults from Planet Youth to create a uniquely designed self portrait. The program focuses on youth mentors and seniors working together to create artworks, using mindful communication skills gaining mutual respect, empathy, trust, honesty and friendship with one another. The Gallery will be available for anyone to see Starting November 12th until December 5th, Monday—Friday from 10am to 4pm. The Reception will be Thursday November 14th from 3pm to 7pm for the reception. You must provide your own transportation to MSJC. The MSJC Gallery is located at 1499 N State St. Building 1400 San Jacinto, CA 92583



November Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am Fit after 50 11:30am Lunch 12:00pm Art "Paletteers"	8:00am Walkers 8:30am TOPS, Inc. 11:30am Lunch 12:45pm BINGO	8:30am Fit after 50 11:30am Lunch	8:00am Women's Pool 8:30am Senior Diggers 8:30am Walking in the Annex 11:30am Lunch	9:15am Fit after 50 11:30am Lunch 12:15pm Movie
4 Registration Day 9:45am Snap Ed-Nutrition Education 10am Care Patrol Info Table	5 9am Walkers, walking to El Unico* 9:45am Snap Ed-Nutrition Education	6 9:45am Snap Ed-Nutrition Education 11:30am Thanksgiving Potluck*	7 9:45am Snap Ed-Nutrition Education 12:30pm Karaoke 2pm Happy Hour*	8 9:45am Snap Ed-Nutrition Education 12:15pm Canvas Painting \$2*
11 Closed for Veteran's Day	12 10am United Healthcare Presentation	13 10am Anthem Open Enrollment Meeting 12:15pm Bunco*	14 9:30am Medicare Specialist 1pm Legal Advice* 1pm Eclipse Project Reception at MSJC	15 9:30am Yahtzee with Staff 12:30pm Tile Painting \$3*
18 10am Anthem Info Table 12:15pm Paint Wooden Signs \$5*	19 9:30am Inland Caregiver Resource Center Pearl Program 12pm Book Club	20 10am Humana Presentation 12pm Rock Painting	21 10am Open Craft Day 11:30am Sodexo Lunch* 1pm Out to Lunch Bunch* 12:15pm Pool Tournament*	22 11:30am Birthday Cake by RH Benefits
25 10am Anthem Info Table 10am Temescal Interact Club Socializing 12pm Senior Rock Drop	26 10am VCC Blood Pressure Checks	27 Elks Thanksgiving Lunch*	28 Closed For Thanksgiving	29 Closed For Thanksgiving

Senior Center Services!

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

RTA Bus Passes

The Senior Center office sells various bus passes for the public.

General Pass -\$60

Senior/Disabled - \$30

Dial-A-Ride 10 ticket booklet- \$35

EXACT CASH ONLY

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

Notary Services

The Senior Center offers FREE Notary Services for Seniors 55+. To make an appointment please call Priscilla at 951-674-2526. You must have an appointment to be seen.

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.

Inland County Legal Services

Inland County Legal Services meet once every three months here in at the Senior Center.

Please call the 1(800)977-4257 or 1(888)245-4257 to schedule an appointment.

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

November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Hamburgers Side Salad Potato Chips Fruit Cocktail
4 Salisbury Steak Mashed Potatoes Green Peas Mixed Fruit	5 Chicken Marsala Rice Pilaf Broccoli Spears Pineapple Tidbits	6 Thanksgiving Potluck	7 BBQ Chicken Ranch Style Beans Steamed Broccoli Mandarin Oranges	8 Swedish Meatballs Egg Noodles Capri Blend Vegetables Diced Peaches
11 Closed for Veteran's Day	12 Sloppy Joes Potato Wedges Mixed Vegetables Mandarin Oranges	13 Chicken Cacciatore Rice Pilaf Diced Carrots Mixed Fruit	14 Cajon Tilapia Quinoa California Vegetables Tropical Fruit	15 Chicken Caesar Salad Hard Boiled Egg Banana Wheat Roll
18 Cheese Enchiladas Spanish Rice Southwest Vegetable Medley Chocolate Pudding	19 Country Fried Steak Mashed Potatoes Mixed Vegetables Applesauce	20 Tuna Salad Sandwich Hard Boiled Egg Coleslaw Fresh Orange	21 Turkey Mashed Potatoes Stuffing, Green Beans Pumpkin Pie	22 Pork Chili Verde Brown Rice Southwest Vegetable Medley Diced Peaches
25 Spaghetti & Meatballs Italian Vegetables Diced Pears	26 Teriyaki Chicken Fried Rice Asian Vegetables Pineapple Tidbits	27 Meatloaf Mashed Potatoes Peas Applesauce	28 Closed for Thanksgiving	29 Closed for Thanksgiving

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 674-2526** to make a reservation. If you have any questions regarding the meal, please contact Sodexo at 951-827-3613 and ask to speak to Brian Kesteleyn. 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

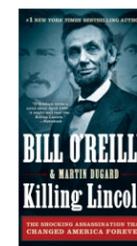
The Page Turner's Book Club

The Page Turner's will meet on

Tuesday, November 19, 2019 at 12:00pm

The book we will be discussing is:

Killing Lincoln by Bill O'Rielly and Martin Dugard



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

Senior Crafters!

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

Fri., 11/8– 12:15pm Canvas Painting \$2

Fri., 11/15— 12:15pm Tile Painting \$3

Mon., 11/18— 12:15pm Paint Wooden Sign \$5

Wed., 11/20– 12pm Rock Painting

Thurs., 10/24 10am Open Craft Day

You **MUST** register for **ALL** crafts ahead of time to reserve materials. Space and materials are limited please sign up at Registration.

BINGO

Join us every Tuesday at 12:45pm for BINGO!
Doors open at 12:00pm.
Buy in is \$6 for one 4-on. Each extra card is \$4 and you get 10 games. There are two special, odd and even at \$1 for each card. There are also 3-ons double actions for \$1 each!

Bunco

We are doing Bunco this month! Join us on Wednesday, November 13th at 12:15 pm. Roll the dice for an opportunity to win a prize. Price is \$2 per person. Space is limited so be sure to Register.

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 are weigh-ins and from 9:30am to 10:30am is the meeting. For more information please call Mary 951-678-1234.

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!

Walking to Music

Walk with us every Tuesday and Thursday at 8:30am.

Tuesday enjoy a wonderful outdoor walk in the Park and Thursday, walk with us in the Annex to music. Tuesday, November 5, 2019 at 9am walk with us to El Unico for some breakfast. You must sign up if you would like to go!

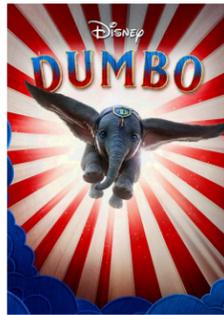
Free Movie Friday

All movies and descriptions are provided by Netflix

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.

Dumbo

Friday, November 1st



Circus owner Max Medici enlists former star Holt Farrier and his children to care for a newborn elephant whose oversized ears make him a laughingstock in an already struggling circus. But when they discover that Dumbo can fly, the circus makes an incredible comeback, attracting persuasive entrepreneur V. A. Vandevere, who recruits the peculiar pachyderm for his newest, larger-than-life entertainment venture, Dreamland. Dumbo soars to new heights alongside the charming and spectacular aerial artist Colette Marchant—until Holt learns that beneath its shiny veneer, Dreamland is full of dark secrets

Forbidden Planet

Friday, November 15th



A pulp-fiction sci-fi classic, Forbidden Planet stars Leslie Nielsen as a heroic starship captain who finds the paradise planet Altair-IV, which is inhabited by Dr. Morbius (Walter Pidgeon) and his daughter, the sole survivors of an earlier expedition. Morbius uncovered the secrets of the long-lost civilization that made Altair-IV a paradise -- the same secrets that unknowingly destroyed the society!

Shazam!

Friday, November 8th



We all have a superhero inside us, it just takes a bit of magic to bring it out. In Billy Batson's case, by shouting out one word—SHAZAM!—this streetwise 14-year-old foster kid can turn into the adult Super Hero Shazam, courtesy of an ancient wizard. Still a kid at heart—inside a ripped, godlike body—Shazam revels in this adult version of himself by doing what any teen would do with superpowers: have fun with them! Can he fly? Does he have X-ray vision? Can he shoot lightning out of his hands? Can he skip his social studies test? Shazam sets out to test the limits of his abilities with the joyful recklessness of a child. But he'll need to master these powers quickly in order to fight the deadly forces of evil controlled by Dr. Thaddeus Sivana.

The Little Mermaid

Friday, November 22nd



Winner of two Oscars for Best Score and Best Song, this colorful adventure tells the story of an impetuous mermaid princess named Ariel (voiced by Jodi Benson) who falls in love with the very human Prince Eric (Christopher Daniel Barnes) and puts everything on the line for the chance to be with him. Memorable songs and characters -- including the villainous sea witch Ursula (Pat Carroll) -- helped make this an instant Disney classic.

Thanksgiving Potluck

Join us for a Thanksgiving Day potluck on Wednesday,, November 6, 2019.

The pot luck will be from 11:30am to 1:00pm.

Please provide an appetizer, side dish or entrée item to share with the group.

You must sign up in the front office to participate.

Sign up's begin on Monday November 4, 2019 at 8am.

Turkey Trivia

- * There are several theories about how turkeys got their name. One claims that Christopher Columbus heard some birds say "Tuks, Tuka," and his interpreter came up with the name tukki, which means big bird in Hebrew.
- * Ben Franklin thought the turkey would be a better national symbol than the bald eagle. According to the Franklin Institute, he wrote in a letter to his daughter:

"For my own part, I wish the bald eagle has not been chosen as the representative for our country; he is a bird of bad moral character; he does not get his living honestly...like those among men who live by sharpening and robbing...he is generally poor and often lousy. Besides, he is a rank coward; the little king-bird, not bigger than a sparrow, attacks him boldly and drives him out of the district.. For in truth, the turkey is in comparison a much more respectable bird, and withal a true original native of America. Eagles have been found in other countries, but the turkey was particular to ours.."
- * The average person in the United States will eat 15 pounds of turkey this year.
- * The loose re skin attached to the underside of a turkey's beak is called a wattle. When the male turkey is excited, especially during mating season, the wattle turn scarlet. The fleshy flap of skin that hangs over the gobbler's beak is called a snood and also turns bright red when the bird is excited.

Elks Lodge Thanksgiving Dinner

Wednesday, November 27, 2019 the Elks Lodge will be hosting their annual Thanksgiving dinner. Please check with office staff or volunteers for times and available tickets. Once we receive the tickets we will be announcing the day we are giving them away. Tickets are FREE but limited!