

# SENIOR HEALTH INFORMATION

## Blood Pressure Check

On Tuesday, March 24th at 10am VCC: Lake Elsinore will be doing Blood Pressure.



## Heart Health

For health centers and providers throughout the country, February is designated heart health awareness month. More than just heart shaped candy and cards, the month of love is a time when health conversations focus more on the heart beating in your body. Because it is the number one cause of death in older adults, it's always a good time to become more aware of how heart disease may affect you.

The health of our hearts is important at any age, but as we get older and risk increases, it becomes an issue of which we need to become more conscious. The normal aging process causes our hearts and blood vessels to stiffen, and high blood pressure becomes the most commonly experienced condition once we enter our 70s. When we leave our heart health unchecked, we put ourselves at risk for heart attack, stroke, and heart failure. Since symptoms of heart disease can go unnoticed, it's important to seek regular care with a medical professional.

The good news is that there are things we can do to lower, or even reverse, our risk. Exercise, quitting smoking, eating a healthy diet, and controlling chronic diseases are great steps to take at any age to keep your heart healthy; as with any big changes to your exercise regimen, you'll want to speak with a medical professional first. However, a great place to start on the path to understanding your heart health is getting your blood pressure checked regularly, even if you are healthy. Clinicians are trained to understand what it all means and help you become the healthiest version of you. They can help you decide what next steps are needed to ensure that your heart is as healthy as possible.

The bottom line here is understanding the importance of getting help before it's too late. Heart disease is a silent killer and doesn't discriminate. Regardless of how you feel, the best way to find out if you're healthy or not is by being checked by a qualified clinician.



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



March 2020

## SENIOR CENTER HOURS

**Monday—Friday  
8:00am to 4:00pm**

Sign-ups for all activities will begin on Monday, March 2nd. 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 Driver  
**James Miranda**

### Senior Center Volunteers

Diane Canfield, Sandra Claiborne, Jill Cunningham, 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 feel 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!

Thank you to a few member for the generous donation of coffee we will be making the first week of March, FREE COFFEE WEEK. From March 2nd until March 6th you will receive FREE coffee.

## Did You Know!

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



Visit our website at [www.lake-elsinore.org](http://www.lake-elsinore.org)

# Senior Center Events

## Out to Lunch Bunch

The Out to Lunch Bunch will be enjoying lunch at Karl Strauss Restaurant



40868 Winchester Rd, Temecula, CA 92591  
Meet at the location on Thursday, March 19, 2020 at 1:00pm



## 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.**

## Karaoke

Join us on Thursday, March 12th and March 26th for Karaoke! Join us in the Main room at 12:00pm for some Karaoke!

## Cards

Join us every Tuesday and Thursday for Cards. Tuesday at 12pm and Thursday at 10am for various card games! Join us for some fun!

## Ping-Pong

Join us every Friday at 12:30pm, unless stated otherwise, for Ping-Pong! Beginners welcome to come and learn to play!

## Billiard Tournament

Join us on Thursday, March 19, 2020 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!



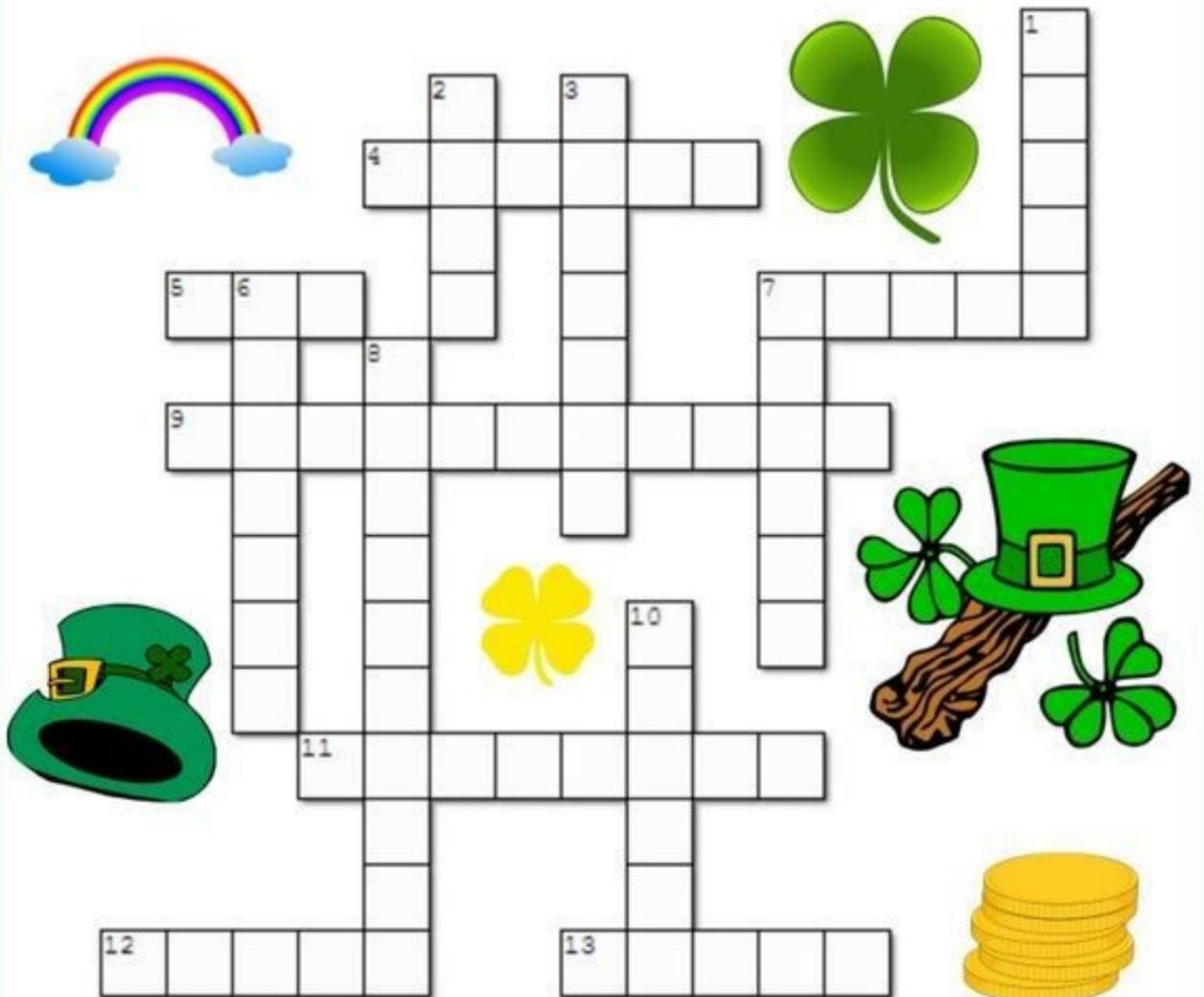
## Senior Center Happy Hour

Join us for the next HAPPY HOUR at the Senior Center. HAPPY HOUR will be on Thursday, March 5th, 2020 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! Please provide your own serving dish and spoon for your appetizer Sign up for Happy Hour begins on Monday, March 2nd at 8am.

A St. Patrick's Day theme along with corn beef will be provided. Participants are asked to bring a food item to be served with the Corn Beef or something with a St. Patrick's Day theme. Please be sure to write down what you are bringing when signing up. Remember, you **MUST** bring something to participate.



## ST. PATRICK'S DAY CROSSWORD PUZZLE



### Across

4. capital of Ireland
5. a type of Irish dance
7. if you do not wear green on March 17 this will happen
9. the day St. Patrick's Day falls on
11. the national emblem of Ireland
12. yellow and blue make \_\_\_\_\_
13. from Ireland

### Down

1. the 3rd month of the year
2. good fortune
3. nonsense or misleading talk
6. called the Emerald Isle
7. a starchy vegetable
8. a sprite
10. 4 leaf \_\_\_\_\_

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## Monthly Riddles

Solve me and receive a Prize!

## How many Shamrocks appear in this Newsletter?

Answer to last month's riddle:

March 12th



# Senior Spot Light

## Welcome to our Senior Spotlight!

Meet Norma Shaw! Norma was born on July 17th in Ohio, where she grew up until she was 22 years old. Then she relocated to California. Norma has four children, three grandchildren and three great grandchildren. Her favorite vacation was a time when she and her children took the family station wagon across the country stopping to camp along the way.



Norma was the owner of 14 Caret Gold and Gifts on Main Street here in Lake Elsinore for eight years. Norma loves western music and enjoys dancing, playing pool, shuffle board and karaoke. She also really enjoys watching football and hockey. Her favorite type of foods are Mexican Food and Chinese Food. Norma is a member at the Elks Lodge, Moose Lodge, American Legion and the VFW.

If you see Norma around be sure and say Hello!

**Tuesday, March 17, 2020 is St. Patrick's Day, be sure and wear your green and join us for some green treats!**

### Crockpot Corned Beef and Cabbage Recipe

#### Ingredients

- 3.5 Lb Corned Beef + Spice Packet
  - 1 Sweet Onion, (quartered)
    - 1 Lb Carrots, (cut in half)
- 2 Lbs Small Red Potatoes, (whole)
  - 1 (12oz) Beer
  - 2-3 Cups Water
- 1 Green Cabbage, (quartered)



#### Instructions

1. Place onions, corned beef, season packet ingredients, carrots, potatoes, beer in large slow cooker. Add enough water to just cover corned beef.
2. Cook on low for 9 hours.
3. Add the cabbage and cook on high for 1-1.5 hours.



# Senior Center Events

## Clear Captions



Please join your local ClearCaptions title IV ADA Specialist, Mitch McAlpine for an informative conversation. We will be discussing how you can receive a FREE caption phone if you struggle with hearing on the phone. Join ClearCaptions on Wednesday, March 4th from 10:30am to 12:30pm for an informative conversation on how to receive a free phone!

## Senior Games

The Senior Center will be hosting the Annual Senior Games on March 19th at 9am. We will be competing in six different games to test you physically and intellectually! Join us for a day of fun!

After our games, we will have a catered lunch for those who participate and ceremonies for those who have played and won! Senior games is FREE! Sign up today to play! You MUST sign up to participate.

## Caregiver Toolbox

Attention Family Caregivers, ICRC invites seniors and family caregivers at the Lake Elsinore Senior Center to participate in our Toolbox class. Join us as we discuss how we can help you. There will be two days, Monday, March 16th for Spanish speakers and Wednesday, March 18th for English speakers. The class both days will be from 10:30am to 11:30am. Space is limited please sign up beginning, Monday March 2nd.

## AARP Drivers Safety Course

Join us for AARP Driver Safety Course! The drivers safety course will be a four hour, two day course. The first class will be on Thursday, March 26th from 11am to 3pm and again on Friday, March 27th from 11am to 3pm.

You must complete both days to receive your drivers safety certificate. If you are an AARP Member the fee is \$15 and if you are a nonmember the fee is \$20. Your fee is due to the instructor the first day of class. Registration for the Drivers Safety Course in the front office.

## Springtime Luncheon

Join us for a Springtime luncheon on Thursday, April 9, 2020. Join us for a catered lunch and entertainment by Dan Damon! The event will begin at 11:30am and entertainment will be from 12pm to 1pm. Join us for a fun filled afternoon! The luncheon will be \$5 per person. Registration begins on Monday, April 6, 2020.

The main room will be closed prior to the event! Please see staff for any additional questions.



## March Activity Calendar



| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|--|---|--|
| 8:30am Fit after 50<br>11:30am Lunch<br>12:00pm Art<br>"Paletteers"             | 8:30am TOPS, Inc.<br>9:30am Walkers<br>11:30am Lunch<br>12:30 pm Cards<br>12:45pm BINGO | 8:30am Fit after 50<br>11:30am Lunch   | 8:00am Women's<br>Pool<br>8:30am Walkers<br>10am Cards<br>11:30am Lunch                                     | 9:15am Fit after 50<br>11:30am Lunch<br>12:15pm Movie  |
| <b>2</b><br><b>Registration Day</b>   | <b>3</b><br><b>9am</b> Decorating for St. Patrick's Day                                 | <b>4</b><br><b>10am</b> Cal Fresh<br><b>10:30am</b> Clear Captions                                     | <b>5</b><br><b>2pm</b> Happy Hour*  | <b>6</b><br><b>10am</b> Yahtzee with Staff<br><b>12:30pm</b> Ping-Pong                                   |
| <b>9</b><br><b>12pm</b> 5x5 Canvas Painting \$2                                 | <b>10</b><br><b>9:30am</b> Walk the Levee   | <b>11</b><br><b>10am</b> Medicare Options<br><b>12:15pm</b> Bunco*                                     | <b>12</b><br><b>8:30am</b> Pala Casino*\$7<br><b>12pm</b> Karaoke<br><b>1pm</b> Legal Advice*               | <b>13</b><br><b>10am</b> Rock Painting<br><b>12:30pm</b> Ping-Pong                                       |
| <b>16</b><br><b>10:15am</b> ICRC Services Caregiver Toolbox (Spanish)           | <b>17</b><br><b>11:30am</b> St Patrick's Day Green Treats<br>                           | <b>18</b><br><b>10:15am</b> ICRC Services Caregiver Toolbox (English)<br><b>12:15pm</b> Pebble Art*\$3 | <b>19</b><br><b>10am</b> Senior Games*<br><b>12:15pm</b> Pool Tournament*<br><b>1pm</b> Out to Lunch Bunch* | <b>20</b><br><b>12:30pm</b> Ping-Pong  |
| <b>23</b><br><b>10am</b> Mason Jar Kleenex Holder *\$3<br><b>12pm</b> Book Club | <b>24</b><br><b>10:30am</b> VCC Blood Pressure Check                                    | <b>25</b><br><b>8:30am</b> San Diego the NAT*\$20<br><b>12:15pm</b> Bunco*                             | <b>26</b><br><b>11am</b> AARP Drivers Safety*\$<br><b>12pm</b> Karaoke<br><b>1pm</b> Legal Advice*          | <b>27</b><br><b>11am</b> AARP Drivers Safety*\$<br><b>11:30am</b> Birthday Cake Sponsored by RH Benefits |
| <b>30</b><br><b>10am</b> Rock Drop  | <b>31</b>   |  |   |  |

# 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



## March Menu

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
| 2<br>Sweet & Sour Meatballs<br>Brown Rice<br>Peas<br>Mixed Fruit                  | 3<br>Chicken & Andouille Sausage Jambalaya<br>Cajun Spiced Broccoli<br>Apricots | 4<br>Brown Sugar Glazed Ham<br>Carrots<br>Au gratin Potatoes<br>Fruit Cocktail      | 5<br>Ginger Chicken<br>Asian Vegetables<br>Jasmine Rice<br>Fresh Orange              | 6<br>Fish & Chips<br>Cole Slaw<br>Fresh Apple                                     |
| 9<br>Salisbury Steak<br>Mashed Potatoes<br>Mixed Vegetables<br>Diced Peaches      | 10<br>Teriyaki Chicken<br>Cabbage<br>Jasmine Rice<br>Fruit Cocktail             | 11<br>Pork Chop with Chili Lime Sauce<br>Broccoli<br>Rice Pilaf<br>Pears            | 12<br>Roasted Turkey<br>Green Beans<br>Mashed Potatoes<br>Mandarin Oranges           | 13<br>Chicken Caesar Salad<br>Tomato<br>Hardboiled Egg<br>Mixed Fruit             |
| 16<br>BBQ Chicken<br>Spinach<br>Baked Beans<br>Fresh Apple                        | 17<br>Corn Beef & Cabbage<br>Red Potatoes<br>Banana<br>Green Cake               | 3/18<br>Italian Meatballs<br>Penne Pasta<br>California Vegetables<br>Fruit Cocktail | 3/19<br>Curry Chicken<br>Steamed Brown Rice<br>Sautéed Zucchini<br>Pineapple Tidbits | 20<br>Sloppy Joes<br>Sweet Potato Fries<br>Coleslaw<br>Fresh Orange               |
| 23<br>Turkey Cutlet<br>Mashed Potatoes<br>Broccoli<br>Apricots                    | 24<br>Meat Lasagna<br>Italian Vegetables<br>Fresh Orange                        | 25<br>Roasted Chicken<br>Brussel Sprouts<br>Macaroni & Cheese<br>Pears              | 26<br>Baked Tilapia Filet<br>Brown Rice Pilaf<br>Green Beans<br>Fresh Banana         | 27<br>Chicken Salad Sandwich<br>Carrot Salad<br>Hard Boiled Egg<br>Fruit Cocktail |
| 30<br>Turkey & Provolone Sandwich<br>Lettuce & Tomato<br>Macaroni Salad<br>Banana | 31<br>Meat Lasagna<br>Italian Vegetables<br>Fresh Orange                        |   |  |   |

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 Kesteley. 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  
**Monday, March 23rd, 2020 at 12:00pm**

The book we will be discussing is:  
**The Nightingale by Kristin Hannah**



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

### Senior Crafters!

Let's get crafty! Join us for the following crafts for the month of March!

Mon., 3/9 - 12pm 5x5 Canvas Painting \$2

Fri., 3/13 - 10am Rock Painting

Wed., 3/18 - 12:15pm Pebble Art \$3

Mon., 3/23 - 10am Mason Jar Kleenex Holder \$3

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



### 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!

### 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!



### 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.

### Bunco

We are doing Bunco this month! Join us on Wednesday, March 11th and March 25th 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.

### Senior Walkers

Walk with us every Tuesday 9:30am 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, March 10th meet us at the Levee at 9:30am to do some walking!



# 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.

## Ford v Ferrari

Friday, March 6th

Rated: PG-13



American car designer Carroll Shelby and the fearless British-born driver Ken Miles together battle corporate interference and the laws of physics to build a revolutionary race car and take on Enzo Ferrari at the 24 Hours of Le Mans in France in 1966.

## Toy Story

Friday, March 13th

Rated: G

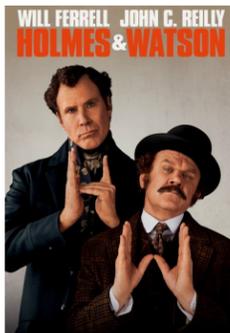


Cowboy-toy Woody feels threatened when overblown space ranger Buzz Lightyear arrives with a suitcase full of bells and whistles. But both dolls are lost when the family moves -- and finding their way home is only half the adventure.

## Holmes and Watson

Friday, March 20th

Rated: PG-13

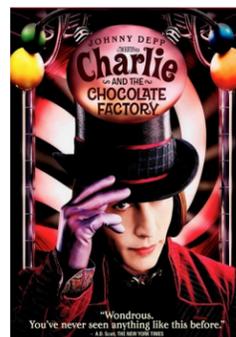


Literary sleuth Sherlock Holmes and his stalwart sidekick, Dr. Watson, get the comedic treatment as they solve a murder at Buckingham Palace. They soon realize that they only have 5760 minutes to solve the case, or the Queen will be next.

## Charlie and the Chocolate Factory

Friday, March 27th

Rated: PG



Charlie Bucket is one of five lucky golden-ticket holders treated to a tour of Willy Wonka's chocolate factory in Tim Burton's reimagining of Roald Dahl's classic. Along with the other four contest winners, good-hearted Charlie visits the factory.

Popcorn or/and a snack will be provided with every movie!

# Senior Trippers

## Pala Casino

Join us on Thursday, March 12, 2020 for a trip to Pala Casino. This trip will be on a Chartered 52 passenger bus. The trip will leave the Senior Center at 9:00am and will return around 4:00pm. Cost will be \$7 per person with lunch on your own. Registration has already begun, sign up today, we are filling up fast!

## San Diego Natural History Museum

Join us for a trip to the NAT on Wednesday, March 25th. Take a self guided tour around the four story interactive museum! The trip will leave the Senior Center at 8:30am and return to the Center around 4:30pm. Cost will be \$20 per person. You may provide your own sack lunch or purchase lunch at the museum. Registration begins Monday, March 2nd at 8am. We will be taking the city van so space is limited!

**REGISTRATION FOR THESE TRIPS BEGIN ON MONDAY, MARCH 2, 2020 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**

**If you are going on a trip, please remember to park down below to save the closer parking for those attending the Senior Center that day!**

**Thank you!**

Please be advised, the City of Lake Elsinore is not liable or responsible for any participant providing their own transportation to and from any Senior Center sponsored, hosted, or advertised programs, activities, or excursions.

## Senior Center Eclipse Project

The Senior Center will be teaming up with Planet Youth again for another amazing Eclipse Project. The Eclipse Project is youth and seniors coming together to share their past and present stories and life experiences bridging generations. The project brings youth and seniors together to work on communicating and gaining respect, trust and friendship.

If you would like to participate please sign up in the office starting Monday, February 3rd. Please know you need to commit yourself to seven different days. Monday, April 27th, Wednesday, April 29th, Thursday, April 30th, Friday, May 1st, Monday, May 4th, Wednesday May 6th and Thursday, May 7th. Everyday will be from 12pm to 3pm.

The project this year will be a clay mask based on whatever personal photo you would like to provide. Be sure to put it in your calendar!

