

SENIOR SCOOP

January 2026

SENIOR CENTER HOURS

Monday - Thursday

8:00am to 4:00pm

Friday

8:00am to 3:00pm

Address

420 E. Lakeshore Dr.
Lake Elsinore, CA 92530

Phone Number

951-674-2526

www.lake-elsinore.org

Senior Center Staff

Recreation Supervisor

Priscilla Perez

Recreation Coordinator

Julie Matull

Recreation Leader

Simone Eakins

Mitzy Ramirez

Volunteers

Jill Cunningham

Monica Figueroa

Maria Plancarte

Lupe Ramirez

Nancy Torn

Greg Velasquez, Jr.

Emma Wharton

Welcome to the Lake Elsinore Senior Activity Center!

Read through the Senior Scoop Newsletter for all activities and announcements. If you are a new member, please make sure you have a Code of Conduct filled out and turned into the front office. If you are 60+ and would like participate in the lunch program please ask the front office for the lunch intake form.

Registration is on a first come first serve basis. Activities, fill up quickly. Registration is always on the first weekday of the Month. We cannot hold space for anyone, you must be here to register. If there is a cancellation we will go to the first person on the Wait List to fill that spot.

Senior Center Holiday Hours and Closures

January 1st the center will be Closed

Sodexo is closed on January 2nd, bring your own lunch

January 19th the center will be Closed

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Senior Center Activities

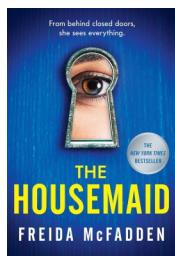
The Page Turner's Book Club

Wednesday, January 17th at 12pm

The book we will be discussing is

The Housemaid

By Freida McFadden



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

BINGO

Every Tuesday doors open at 12:00pm, Bingo starts promptly at 12:45pm. 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!

Chair Volleyball

Chair Volleyball will be Thursday, January 15th and Thursday, January 29th. Check Calendar on page 10 to confirm time.

Senior Crafters

Wednesday 01/07-12pm Rock Painting

Thursday 01/08-10am Open Craft Day \$5

Wednesday 01/14-10am Canvas Painting \$2

Monday 01/26 -12pm Wooden Heart Box \$4

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

Senior Crafters

Crafts for the month of January!

* If you are registered for a craft and fail to show up without notice, you will forfeit your spot to the next participant on the waitlist.



Holiday Luncheon



Fit & Strong! Luncheon



December Activities



December Activities



December Dress Up





Registration will begin Friday
January 2nd.



MOTTE HISTORICAL

MUSEUM



January
29

9:30am

If you are interested in history of the valley, antique cars, or deep rooted agricultural history of Perris, Romoland, Nuevo, and Lakeview, join us and sign up to participate in an educational excursion to Motte Historical Museum!

ADMISSION IS FREE.

Participants will need to bring or purchase a lunch.



\$13



HARRAH'S CASINO

THURSDAY, JANUARY 22ND

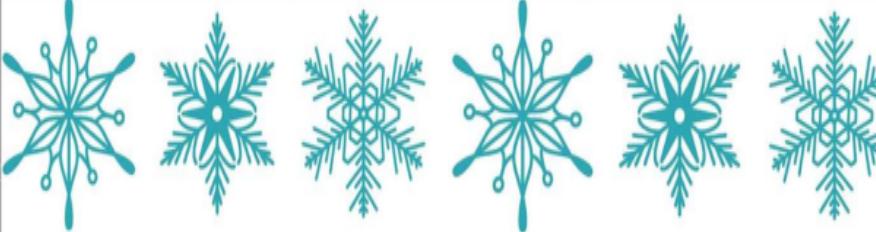
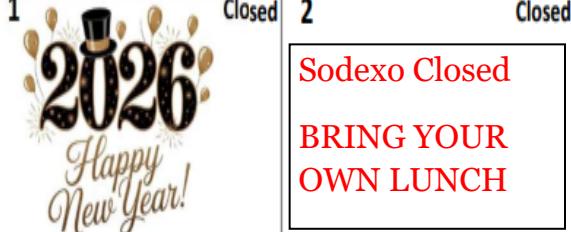
Registration begins on Friday, January 2nd.
Space is limited. At registration,
participants **MUST** bring \$3 cash for the
driver tip.
(\$10 in cash or card + \$3 in cash = \$13 total)

Register at the front desk

Monthly Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am Fit & Strong! 11:30am Lunch	8:30am TOPS, Inc. 11:30am Lunch 12:30pm Bingo	8:30am Fit & Strong! 11:30am Lunch 12:30pm Blackjack	11:30am Lunch	8:30am Fit & Strong! 11:30am Lunch
			1 <u>Senior Center Closed for New Year's Day</u>	2 <u>Registration</u> <u>SODEXO CLOSED BRING YOUR OWN LUNCH</u>
5 <u>9:30am</u> Office on Aging— Nutrition Spanish & English <u>10am</u> Boomers Info Table w/Treats	6	7 <u>10am</u> Royal Benefits w/ Dara Tovar <u>12pm</u> Rock Painting	8 <u>10am-2pm</u> <u>Open Craft day \$5</u>	9 <u>10am</u> Lotiera w/Cindy Varela
12 <u>11:30am</u> Pizza Lunch Sponsored by Norma Shaw <u>Must Register</u> <u>12:15pm</u> Karaoke	13	14 <u>10am</u> Evans Brown Decisions and Doughnuts <u>12pm</u> Canvas Painting \$2	15 <u>10am</u> Chair Volleyball <u>12:30pm</u> Out to Lunch Bunch	16 <u>10am</u> Simple Select Info Table
19 <u>Senior Center Closed for</u> <u>Martin Luther King Day</u>	20 <u>10am</u> VCC: Blood Pressure Check	21 <u>9:30am</u> Office on Aging Info Table <u>12pm</u> Book Club - The Housemaid by Freida McFadden	22 <u>8:30am</u> Harrah's Casino \$13	23 <u>10am</u> Hospice of the Valleys Info Table
26 <u>10am</u> AGA Info Table w/ Silvia Jimenez <u>12pm</u> Wood Heart Box \$4	27	28	29 <u>9:30am</u> Motte Historical Car Museum <u>10am</u> Chair Volleyball	30

January 2026 Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				
5 Sweet & Sour Meatballs Brown Rice Carrots	6 Chicken Marsala Couscous Steamed Spinach	7 Pork Chop with Salsa Verde Confetti Rice Capris Vegetables	8 Meat Lasagna California Vegetables	9 Turkey Spinach Salad Wheat Roll
12 No Sodexo Lunch Pizza Lunch Sponsored by Norma Shaw	13 Salisbury Steak Mashed Potatoes Green Peas	14 Lemon Oregano Chicken Couscous Steamed Spinach	15 Meatballs in Marinara Pasta Italian Vegetables	16 Tuna Sandwich Cucumber Salad Orange
19  Closed	20 Stir Fry Chicken Brown Rice Steamed Cabbage	21 BBQ Pulled Pork Mashed Sweet Potatoes Cauliflower	22 Ancho Lime Chicken Cilantro Rice Corn	23 Egg Salad Sandwich Coleslaw
26 Chicken Picata Rice Brussels Sprouts	27 Roast Turkey Mashed Potatoes Mixed Vegetables	28 Mongolian Ground Beef Steamed Rice Broccoli	29 Chicken Fajitas Black Beans Baja Vegetables	30 Chef's Salad Turkey, Egg, Tomato Wheat Roll

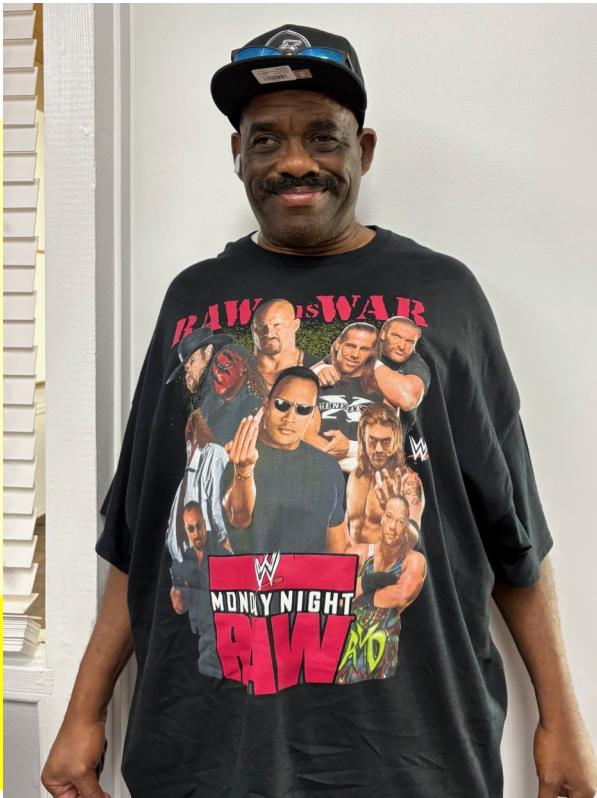
Milk served at every meal

 Indicates sodium above 1,000mg per meal

Menus may be subject to change

The City of Lake Elsinore and the Riverside County Office of Aging partner to offer weekday meals served **Monday thru Friday 11:30am-12:30pm only** 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 12:30pm (noon) the business day prior to expected lunch date. Call **951-674-2526** to make a reservation. If you have any questions regarding the meal, please contact Sodexo at **951-877-5950** 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.** Materials, products, and services are funded by the California Department of Aging in partnership with Riverside County Office on Aging.

Senior Spotlight



Meet Wayne

Wayne was born January 11, in LA county. He is 58 years old. Wayne was raised in Compton. He has lived in: Hawthorne, Riverside, Corona, Lake Elsinore, and is now living in Temecula. He has worked at Burger King, Petco and Stratton Community Center in Riverside. His favorite job was at Petco taking care of the cats. Some of Waynes hobbies include doing puzzles, bowling, drawing, and playing his Nintendo Switch . He enjoys playing Slot machines and would like to take a vacation to Las Vegas. Some of his favorite foods are chicken enchiladas in green sauce, spaghetti, ramen and in n out. His favorite restaurant is Chillis. He enjoys listening to all types of music, but enjoys rap the most. He has been coming to the Senior Center for 2 years now and enjoys playing pool and meeting new people.

Staff Spotlight



Meet Simone

Simone was born in London, England on January 16. She has a twin sister. She moved to the US when she was 3 and was raised in Murrieta CA. She has lived in Murrieta and Menifee, and currently lives in Murrieta.

She has worked at Chipotle and JCPenney but this job has been her favorite. Some of her hobbies are listening to music, playing solitaire, hanging out with friends or her sister and watching thriller movies. Her favorite food is Indian food. She enjoys listening to Pop and R&B music. She has been working for the City of Lake Elsinore of 5 years now and about 2 years on and off at the senior Center. She enjoys working at the Senior center and creating happy memories that the seniors can look back on.

Senior Center Services!

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.

For more information please call Diane Murray (949) 285-9643

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 Dial-A-Ride Ticket Booklet

Available at the Senior Center

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

Senior/Disabled 30-day Pass- \$30

EXACT CASH ONLY

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

The following RTA 30-day Passes are available at the Lake Elsinore City Hall

General 30-day Pass-\$60 and Senior/Disabled 30-day Pass- \$30

Inland County Legal Services

Inland County Legal Services meet once every three months here at the Senior Center. Please call 1(800)977-4257 to schedule an appointment.

Out to Lunch Bunch

The Out to Lunch Bunch will be enjoying lunch at Martiniz Fresko Kitchen

The lunch seating is limited to 25 and you must be registered to sit with the group.



Martiniz Fresko Kitchen - 140 Hidden Valley Pkwy. Ste. A, Norco Ca. 92860

Meet at the location on Thursday, January 15th at 12:30pm

The photo below are from last months luncheon at Yard House.



Cheeseburger Soup

Ingredients

8 slices bacon, cut into 1-in. pieces
1 lb. lean ground beef
2 medium carrots, peeled and chopped
2 celery stalks, chopped
1 medium onion, chopped
2 tsp. kosher salt
1/2 tsp. black pepper
2 cloves garlic, finely chopped
1/4 cup all-purpose flour
1/2 tsp. mustard powder
1/2 tsp. paprika
4 cups chicken broth
2 lb. russet potatoes, peeled and diced
2 1/2 cups shredded cheddar cheese
1 cup heavy cream
1/4 cup sour cream
4 green onions, thinly sliced



Directions

In a large Dutch oven, cook the bacon over medium heat, stirring occasionally, until crisp and the fat is rendered, 4 to 6 minutes. Using a slotted spoon, remove the bacon to a paper towel-lined plate, leaving the bacon fat in the Dutch oven.

To the bacon fat, add the beef, carrots, celery, onion, salt, and pepper. Cook, stirring frequently, until the meat is brown and crumbly, 5 to 7 minutes. Add the garlic and cook until fragrant, about 1 minute.

Sprinkle in the flour, mustard powder, and paprika. Cook, stirring frequently, until the raw flour smell disappears, 1 to 2 minutes. Gradually stir in the chicken broth and 1 1/2 cups of water, ensuring there are no lumps of flour. Stir in the potatoes.

Bring the mixture to a simmer. Cook until the potatoes start to become tender, 10 to 12 minutes. Use a potato masher or a wooden spoon to break up the potatoes a bit; the soup should have some lumps and not be smooth.

Remove from the heat and slowly stir in 2 cups of cheese. Stir in the heavy cream and sour cream until well combined.

Divide the soup among bowls and top with some sour cream, green onions, bacon, the remaining 1/2 cup cheddar, and a sprinkle of black pepper. Serve with hot rolls.

December Activities



FREE
FOR 65+

SAN DIEGO

SAFARI PARK

LAKE
EL SINORE
SENIOR
ACTIVITY
CENTER

WE WILL HAVE 2 TRIPS TO THE SAFARI PARK
- THURSDAY FEBRUARY 5TH, AND THURSDAY
FEBRUARY 19TH
FREE ADMISSION FOR SENIORS AGES 65 AND
OLDER!
(MUST PRESENT VALID PHOTO ID)



Registration begins on Monday February 2nd

Hearts & Flowers Dinner

\$14

February 13th from 4pm-7pm

Celebrate the season of love with a catered dinner and dance!

DRESS CODE: Semi Formal

Space is limited.

Registration begins on Monday, February 2nd

January Health Article

Winter Hydration: A Simple Way to Support Your Health

By Dr. Sarah Fatland, DO
CMO, VCC: Lake Elsinore

When the weather cools down, even in Southern California, it is easy to forget to drink enough water, but staying hydrated is just as important in winter as it is in summer, especially as we get older. As we age, our bodies hold less water and that thirst signal isn't always as clear, making dehydration more common during colder months.

Did you know that even mild dehydration can lead to fatigue, dizziness, headaches, and muscle cramps? And certain medications, including those used to treat blood pressure or heart conditions, can also increase your risk. With several factors leading to dehydration, we have put together some things to keep in mind, as we get deeper into our winter months.

Simple Winter Hydration Tips:

Sip water throughout the day, even if you don't feel thirsty.

Enjoying warm drinks like herbal tea or broth count toward hydration.

Eat your hydration too! Water-rich foods such as soups, citrus fruits, apples, and cucumbers are good choices.

Keep a glass or bottle of water nearby as a reminder to yourself. Sometimes seeing believing.

Make sure to drink extra fluids when you are sick and speak to your clinician if you need extra support.

Your friendly faces at VCC: Lake Elsinore Health Center are here to help you.

If you find yourself feeling lightheaded, unusually tired, or just "off," dehydration could be part of the cause. At our healthcare office, our senior-focused care includes medication reviews, wellness visits, and personalized guidance to support healthy aging, through every season and symptom.

To schedule an appointment, call or text 951-252-2720 or visit www.vcc.org.

Remember, stay warm, stay hydrated, and take good care this winter!