

VOL. 2 ISSUE 1 •
JULY, AUGUST, SEPTEMBER 2021

THE EDDIE DEE NEWS



Newsletter of the Eddie Dee Smith Senior Center

5888 MISSION BLVD. JURUPA VALLEY, CA. 92509

(951) 275-9975

Welcome to the Eddie Dee Smith Senior Center! This issue will feature activities that will cover July, August and September. July is Parks & Recreation Month. Make time this month to visit our local parks within the JARPD district. August is What will be your legacy month. Reflect on being hopeful and optimistic. September is national senior citizens month, join us as we celebrate YOU the entire month.

¡Bienvenido al Centro para Personas Mayores Eddie Dee Smith! Este boletín incluye actividades que cubrirán los meses de Julio, Agosto y Septiembre. Julio es el mes de Parques y Recreación. Tómese tiempo este mes para visitar nuestros parques locales dentro del Distrito JARPD. Agosto es el mes para reflejar "Que será mi legado?". Reflexione sobre la esperanza y el optimismo. Septiembre es el mes nacional del centro para personas mayores, únase a nosotros para celebrarlo a USTED todo el mes.

Center Hours

MONDAY-FRIDAY

8:00AM-3:00PM

Email

EDSSC@JARPD.org

CENTER STAFF

DEBBIE PATTERSON
Recreation Coordinator

JANET PALACIO
Recreation Specialist



Operated by JARPD
under agreement with the City of Jurupa Valley





FSA-Senior Nutrition Lunch Program

Monday - Friday/Lunes - Viernes

11:30am - 12:00pm / 12:00pm - 12:30pm

To schedule a reservation for the senior nutrition lunch program, please call (951) 275-9975. A 24 hour notice is required for all lunch reservations. Para programar una reservacion para el programa de almuerzo, llame al (951) 275-9975. Se requiere un aviso de 24 horas para todas las reservas de almuerzo.

Feeding America-Food Pantry

1st Thursday of the month/ Primer Jueves del mes
By appointment only/ Por cita solamente.

To schedule an appointment for the Food Pantry, please call (951) 275-9975 on Tuesday the week of pick-up. You Must bring a cart.

Para programar una cita para recoger la comida, llame al (951) 275-9975 los lunes de cada semana. Debe traer su propio carrito.

Orange County Food Box

Last Monday of the month/ Ultimo Lunes del mes
10:00am-1:00pm

Eddie Dee Smith Senior Center

*Drive up outdoor pick-up. Conduzca hasta la recogida al aire libre.

Pick-up the last Monday of the month.
Please call (714) 897-6670 for more information.
Llame para mas informacion.

"If you can't feed a hundred people, just feed one."

"Si no puedes alimentar a cien personas, solo dale de comer a una."

-MOTHER TERESA



AT THE BEACH

CROSSWORD PUZZLE



1

WORD BANK			
surfing	popsicle	shells	swimsuit
august	lifeguard	vacation	shorts
sand	sunscreen	seagull	fan
hot	ocean		fourth of july

2

3

4

5

6

7

8

9



10

11

12



13



ACROSS

- Kids love to dig in this.
- You can collect these on the beach.
- An American summer holiday.
- You turn this on to cool off.
- We put this on our skin to protect us from the sun.
- A trip away from home.



DOWN

- What you wear to go swimming.
- You swim in this at the beach.
- A frozen treat on a stick.
- The weather in summer.
- Someone whose job is to make sure swimmers are safe.
- The last month of summer.
- A bird you see often at the beach.
- When you ride a wave with a board.
- Commonly worn in summer.

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Para mas informacion, favor de llamar al Centro al (951) 275-9975 or visite www.JARPD.org

SEPTEMBER Activities

September is World Alzheimer's Month in September. Alzheimer's disease is the most common form of dementia, affecting about 6 percent of people 65 and older. Although it may seem like just a typical disease for older people it is, in fact, not a normal part of aging. Scientists don't know what causes Alzheimer's, but they suspect it's a combination of many factors. The disease affects parts of the brain that control memory, thought, and language. There is no cure, but experts think that lowering blood pressure, exercising, and not smoking may reduce the risk.

Septiembre es el mes mundial del Alzheimer en Septiembre. La enfermedad de Alzheimer es la forma más común de demencia y afecta aproximadamente al 6 por ciento de las personas de 65 años o más. Aunque puede parecer una enfermedad típica de las personas mayores, de hecho, no es una parte normal del envejecimiento. Los científicos no saben qué causa la enfermedad de Alzheimer, pero sospechan que es una combinación de muchos factores. La enfermedad afecta partes del cerebro que controlan la memoria, el pensamiento y el lenguaje. No existe cura, pero los expertos creen que bajar la presión arterial, hacer ejercicio y no fumar pueden reducir el riesgo.

Upcoming Activities

Proximas actividades

Food Pantry Bag

Bolsa de Alimentos

September/Septiembre 2nd

Crazy Hat Day

Dia de la Gorra Loca

September/Septiembre 3rd

Health Screening

Examen de Salud

September/Septiembre 7

11:30am - 1:30pm

Game Day/Dia de Juego

September 9th

9am-11am

SCAN Lecture Table

SCAN mesa de lectura

September/Septiembre 9

10:00am - 12:00pm

Smart Phone Training

Android

September/Septiembre 10

9:00am - 11:00am



CENTER EVENTS & ACTIVITIES

Eventos & Actividades del Centro

Brain Exercise Initiative

INICIATIVA DE EJERCICIO CEREBRAL



Mondays/Lunes
10:00am-11:00am

Smart Phone Training

iPhone

September/Septiembre 14
9:00am - 11:00am

Monthly Birthday Celebration

Celebracion de Cumpleaños
September/Septiembre 17

BINGO

September/Septiembre 21st

Wreath Class

Clase de Corona
September/Septiembre 30
9:30 am - 11:30 am

Sports Day

Wear your favorite team jersey!
Dia de Deporte
Use su camiseta de su equipo favorito!
September/Septiembre 29



Feliz dia de los Abuelos!

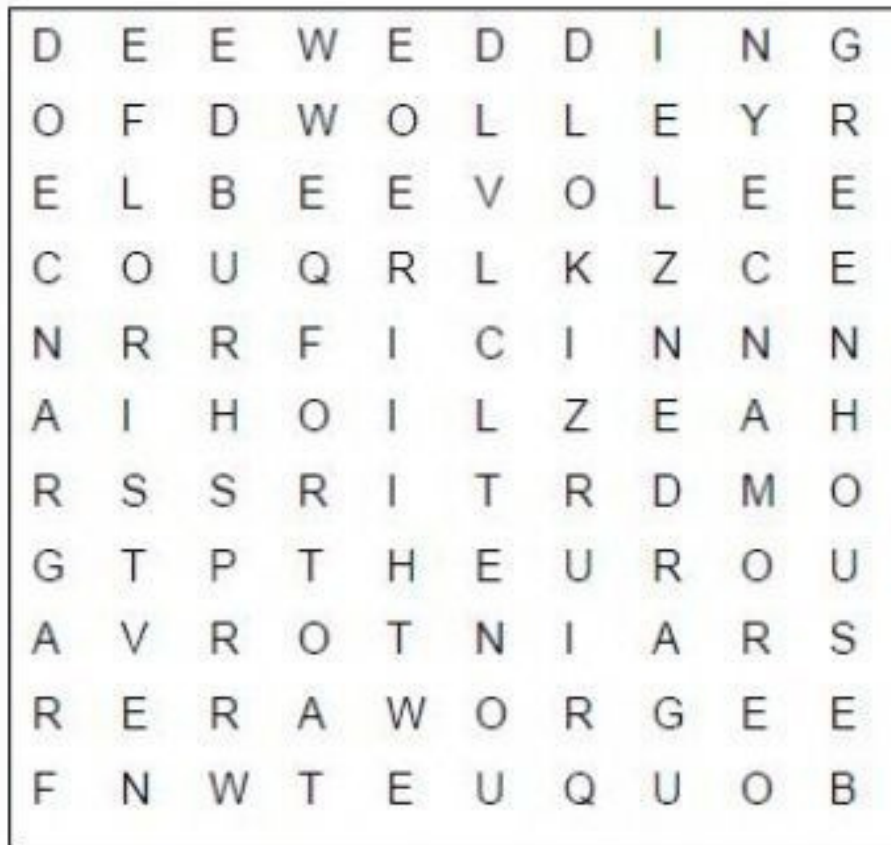
September/Septiembre 13th

1:30-2:30pm

Join us as we celebrate Grandparents Day with cupcakes. Register at the front desk.

Únase a nosotros mientras celebramos el Día de los Abuelos con pastelitos. Regístrese en la recepción.

For more information, please call the Senior Center office at (951) 275-9975 or visit www.JARPD.org



arrange
beautiful
bouquet
clippers
cultivate
deliver
dozen
fertilizer
florist
flower

fragrance
garden
gift
greenhouse
grow
leaf
love
pink
plant
prickly

prune
rain
red
romance
rose
scent
shrub
soil
stem
sun

supplier
surprise
thorn
vase
water
weather
wedding
weed
white
yellow

Joke of the Quarterly Newsletter

A young girl watched her grandmother move several duck figurines from the bottom shelf to the middle shelf of a cabinet. The grandmother picked up one of the ducks and then set it down on the middle shelf. She picked up another duck figurine from the bottom shelf and set it beside the first duck. She continued moving the ducks from one shelf to the next. Finally, she stood back and looked at the cabinet.

"Hmm..." She moved back to the cabinet and began moving the ducks onto the top shelf.

"Grandma," the little girl finally spoke, "what are you doing?"

"I'm just trying to get my ducks in a row," the grandmother answered.

What will be your Legacy?

CUAL SERA SU LEGADO?

August is the month to reflect on your past and your future goals to consider what you will be leaving behind for future generations. ...

Plan some actions this month that will allow you to leave the legacy you want! Legacy is anything handed down from the past, as from an ancestor or predecessor. This could be in the form of what you have earned/accumulated as well as more intangible gifts, such as what you have learned, your values, and giving of yourself to better the world around you.

"The goal isn't to live forever. The goal is to create something that will."

-Chuck Palanahnik

Este Agosto es el mes para reflexionar sobre su pasado y sus metas futuras. Considere lo que dejará atrás para las generaciones futuras. ... ¡Planea algunas acciones este mes que te permitirán dejar el legado que deseas! Legado es cualquier cosa heredada del pasado, como de un ancestro o un antecedente. Esto podría ser en forma de lo que ha ganado / acumulado, así como de dones más intangibles, como lo que ha aprendido, sus valores y su entrega para mejorar el mundo que lo rodea.

"El objetivo no es vivir para siempre. El objetivo es crear algo que lo hara "

-Chuck Palanahnik

Cool/Warm Center

Seniors Only 55+

Monday – Friday

10:00a.m. to 3:00p.m.

When temperatures are forecast to exceed 97°F or below 40°F.

In partnership with the County of Riverside's Community Action Partnership, the Center will act as Cool/Warm Center for vulnerable seniors in need of temporary relief from the heat or cold, under certain weather conditions.

Cuando se pronostica que las temperaturas excederán los 97 ° F o por debajo de los 40 ° F.

En asociación con la Asociación de Acción Comunitaria del Condado de Riverside, el Centro actuará como Centro Cool / Warm para personas mayores vulnerables en Necesidad de un alivio temporal del calor o el frío, en determinadas condiciones climáticas.

BOOK YOUR NEXT EVENT WITH US!

Salon de Fiestas Para Rentar

Celebrate with Us!

SPECIAL OCCASIONS!

The Jurupa Area Park District offers facilities with a wide range of amenities to meet your personal or professional needs.

RENT A FACILITY!

Our Event Room and Dining Room at the Eddie Dee Smith Senior Center are the perfect venues for your wedding reception, quinceañeras, birthday party, or other special occasion.



Locations Include:

Jurupa Community Center
Veterans Memorial Community Center
SkyView Event Center
Eddie Dee Smith Senior Center
Picnic Shelters
and much more!



**FOR PRICING AND
AVAILABILITY INFORMATION,
PLEASE CALL THE CENTER!**

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Weekly Activities

Actividades Semanales



Monday/Lunes:

Billiards 8am-3pm
BEI Class 10am-11am

Tuesday/Martes:

Billiards 8am-3pm

Wednesday/Miercoles :

Queen of the Hill 8am-10:00am
Arthritis Exercises 8:30 am - 9:30 am
Billiards 10am-3pm
Beginning Quilting 12pm

Thursday/Jueves:

Billiards 8am-3pm
Mexican Train 12pm

Ongoing Activities/ Actividades en curso:

Lunch Program
Begins August 2nd.

El programa de
lonche regresa el
2 de Agosto.

Friday/Viernes:

Billiards 8am-3pm
Zumba Gold 8:30am-9:30am
Canasta 11am
Watercolor 11am



Special Events/Eventos Especiales :

Monthly Birthday Celebrations/Celebraciones de
Cumpleaños Mensuales
3rd Friday of the month/3er viernes del mes



Thank you

Dr. Javier Rios

JAR Insurance

Riverside
Community
Health
Foundation

SCAN Health

For more information on how to become a sponsor, call (951) 275-9975.

Sponsorship/Patrocinio

The Eddie Dee Smith Senior Center can only achieve its goals with assistance of generosity from members of our community. Without this assistance serving those in our area, would not be possible. Please consider sponsoring, we appreciate any contribution towards the center's program and activities that serve our 55+ community.

El Centro para Personas Mayores Eddie Dee Smith solo puede lograr sus objetivos con la ayuda de la generosidad de los miembros de nuestra comunidad. Sin esta ayuda, no sería posible servir a los que se encuentran en nuestra área. Considere patrocinar, apreciamos cualquier contribución al programa y las actividades del centro que sirven a nuestra comunidad de 55+.

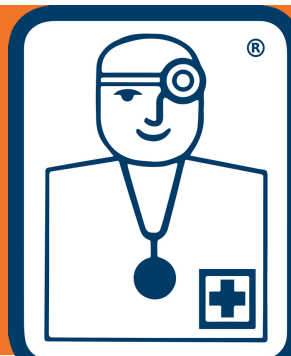


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Resources/Recursos

Adult Protective Services	1(800) 491-7123
Alzheimer's Association alz.org	1(800) 272-3900
American Society on Aging	1(800) 537-9728
Blindness Support Services	(951) 341-9244
Caregivers Alzheimer's Association	1(800) 272-3900
Center for Community Action & Enviro	(951) 360-8451
City of Jurupa Valley	(951) 332-6464
Community Connect	1(800) 465-1123
Elder Abuse Hotline	1(800) 677-1116
Family Caregiver Alliance	1(800) 445-8106
Feeding America	(951) 359-4757
HICAP Health Insurance Counseling	1(800) 434-0222
ICLS-Inland County Services, Ins.	1(800) 977-4257
Inland Counties Legal Services/Senior Hotline.....	(951) 320-7500
Jurupa Area Recreation Park District	(951) 361-2090
Meals on Wheels	(951) 683-7151
Medicare	1(800) 633-4227
Office on Aging/County of Riverside	(951) 867-3800
Poison Control Hotline	1(800) 222-1222
Riverside County Veterans Services	(951) 955-3060
Rubidoux Resource Center	(951) 328-1575
Social Security Administration	1(800) 772-1213
Veteran's Assistance	1(800) 827-1000

Due to COVID-19, masks, social distancing, and other guidelines provided by the CDC, State, or County may also be required at the time of events.



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