

# THE EDDIE DEE NEWSLETTER

VOL. 6 ISSUE 3 .

JULY - SEP. 2026



5888 Mission Blvd., Jurupa Valley, CA 92509

(951) 275-9975

# Summer

Welcome, welcome! Sun-kissed days and warm nights! We invite you to join us this season for exciting special events and activities, wellness programs and social gatherings--there's something for everyone! Stay cool, stay connected, and make the most of these sizzling summer months. We look forward to sharing wonderful moments together!

Can you find all 30 starfish? ★ First 10 people to find them all wins a small prize!  
¿Puedes encontrar 30 estrellas del mar? ¡Las primeras 10 personas que los encuentren todos ganarán un pequeño premio! ★

¡Bienvenidos, bienvenidas! Con días bañados por el sol y cálidas noches de verano, los invitamos a acompañarnos esta temporada. Desde emocionantes eventos y actividades especiales hasta programas de bienestar y reuniones sociales, ¡hay algo para todos! Manténganse frescos, conectados y disfruten al máximo de estos vibrantes meses de verano. ¡Esperamos compartir momentos maravillosos juntos!

## Center Hours

Monday - Friday  
Lunes - Viernes

8:00 am - 3:00 pm

## Email

[edssc@jarpd.org](mailto:edssc@jarpd.org)

## Center Staff

**Debbie Patterson**

*Recreation  
Supervisor*

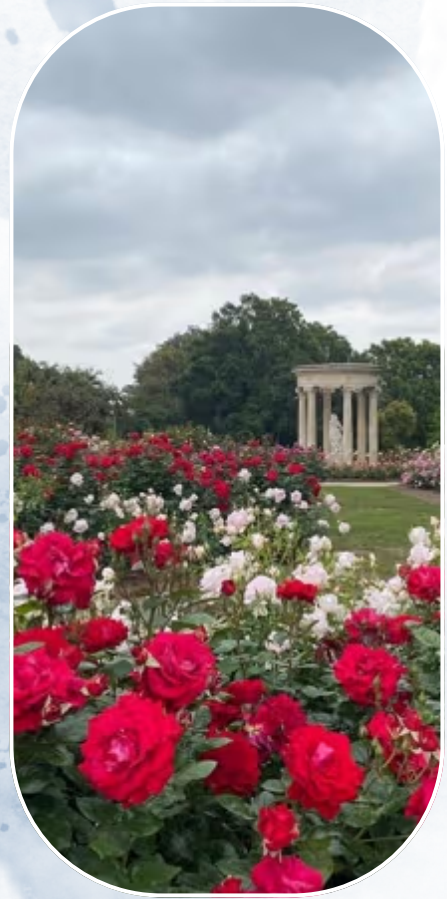
**Marely Piña**

*Recreation  
Coordinator*



**FOLLOW US**

Operated by JARPD under agreement with the City of Jurupa Valley



# THE HUNTINGTON LIBRARY & BOTANICAL GARDENS TRIP

**REGISTRATION NOW OPEN!**

Must bring a valid photo ID

\*Lunch not provided

Price	Date	Time	Age
<b>\$40</b>	<b>AUGUST 6, 2026</b>	<b>9:00 AM - 3:00 PM</b>	<b>55+</b>

# JULY



# JULIO

## Journaling Workshop

**Tuesday, July 21**

**Thursday, July 23**

**9:30 - 10:30 am**

Get inspired and discover the benefits of journaling!

This class provides a welcoming space to write, share ideas, and connect with others.

No experience necessary.

¡Inspírese y descubra los beneficios de llevar un diario!

Esta clase ofrece un espacio amigable para escribir, compartir ideas y conectar con otras personas.

No se requiere experiencia previa.

Reflect on life experiences | Express creativity | Reduce stress | Preserve meaningful memories  
Reflexione sobre sus experiencias de vida | Exprese su creatividad | Reduzca el estrés | Preserve recuerdos significativos

## LOTERIA

**Wednesday, July 22**

**9:00 - 10:30 am**



Join us for an exciting game of Loteria!

¡Únase a nosotros para un emocionante juego de loteria!

## BINGO

**Thursday, July 30**

**9:15 - 10:30 am**

Join us for an exciting game of Bingo!

¡Únete a nosotras para un emocionante juego de Bingo!

Sponsored by Welbe Health



AUGUST



AGOSTO

# DONUTS *and* DIALOGUE

Join Riverside County Supervisors Jose Medina & Karen Spiegel for an opportunity to share your priorities for the county and insight to continue improving the First and Second District.



Acompañé a los supervisores del Condado de Riverside, José Medina y Karen Spiegel, para compartir sus prioridades para el condado y brindar sus opiniones e ideas que ayuden a continuar mejorando el Primer y Segundo Distrito.



Monday, August 24  
9:30 - 10:30 am

# End of Summer Dance!

Friday, August 28

Viernes 28 de agosto

4:00 - 7:00 PM



Tickets /  
★ Boletos  
\$10

Celebrate the close of a wonderful season! Join us this evening for music, dancing, refreshments, and more!

¡Celebre el final de una maravillosa temporada! Acompañenos esta noche para disfrutar de música, baile, refrigerios y mucho más.



## Happy National Senior Center Month



### Artful Afternoon

### Tarde Artística

Wednesday, September 9

Miércoles 9 de septiembre

1:00 - 3:00 pm



**Space is limited!**

**Don't forget to sign up**

**Espacio Limitado!**

**No se le olvide registrarse!**

### How to Prepare Healthy Snacks

### Cómo Preparar Botanas Saludables

Join Riverside Community Health Foundation as they teach you how to up your snack game.

Wednesday, September 30

Miércoles, 30 de Septiembre

9:00 - 10:30 am



### Pancake Breakfast

Friday, September 18

Viernes 18 de septiembre

8:30 - 10:30 am

Join us for some pancakes and sausage to celebrate National Senior Center Month!

Acompáñenos a disfrutar de pancakes y salchichas mientras celebramos el Mes Nacional de los Centros para Personas Mayores.



### Rootbeer Floats



Tuesday, September 22

Martes 22 de septiembre

During Lunch  
11:30 am - 12:30 pm



# Eddie Dee Smith Senior Center

MONDAY		TUESDAY		WEDNESDAY	
8:00 - 8:45 am 8:45 - 9:30 am	Stretch & Flex	8:00 - 8:45 am 8:45 - 9:30 am	Stretch & Flex	8:30 - 10:30 am	Coffee Social
8:30 - 10:30 am	Coffee Social	8:30 - 10:30 am	Coffee Social	11:30 am - 12:30 pm	Lunch Program
11:30 am - 12:30 pm	Lunch Program	10:00 am - 2:00 pm	Sewing Club		
11:00 am - 3:00 pm	Ceramics	11:30 am - 12:30 pm	Lunch Program		
		11:00 am - 3:00 pm	Ceramics		



## FSA-Senior Nutrition Lunch Program

Monday - Friday / Lunes - Viernes

11:30 am - 12:30 pm

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 hacer una reservacion para la programa del almuerzo, llame al (951) 275-9975. Se requiere un aviso de 24 horas para todas las reservas del almuerzo.

## Feeding America-Food Pantry

1st Thursday of the month / Primer Jueves del mes

By appointment only / Por cita solamente

9:00 am - 11:30 am

To schedule an appointment for the Food Pantry, please call (951) 275-9975 on Tuesday, the week of pick-up. You **MUST** bring a box or bag.

Para agendar una cita para la despensa de comida, llame al (951) 275-9975 el martes antes del día de la recogida. **DEBE** traer su propia caja o bolsas.

Upcoming Pick-up Dates:

July/Julio 2 August/Agosto 6 September/Septiembre 3

## Orange County Food Box

Last Monday of the month / Ultimo Lunes del mes

10:00 am - 1:00 pm

Eddie Dee Smith Senior Center - Parking Lot

\*Drive up outdoor pick-up. Recogida en coche en el estacionamiento.

Please call (714) 897-6670 for more information. Llame al (714) 897-6670 para más información.

Upcoming Pick-up Dates:

July / Julio 27 August / Agosto 31

September / Septiembre 28



"There's enough on this planet for everyone's needs but not for everyone's greed."

-MAHATMA GANDHI

"Hay suficiente en este planeta para las necesidades de todos, pero no para la codicia de todos."


# Program Schedule

THURSDAY		FRIDAY		ONGOING	
8:00 - 8:45 am 8:45 - 9:30 am	Stretch & Flex	8:30 - 10:30 am	Coffee Social	8:00 am - 3:00 pm	Billiards
8:30 - 10:30 am	Coffee Social	9:00 - 10:00 am	Zumba (August & September)	8:00 am - 3:00 pm	Computer Lab
11:30 am - 12:30 pm	Lunch Program	10:00 am - 1:30 pm	Watercolor	8:00 am - 3:00 pm	Gym
11:30 am - 12:30 pm	Birthday Celebration (3rd of the month)	11:00 am - 3:00 pm	Canasta	8:00 am - 3:00 pm	Lending Library
12:00 - 3:00 pm	Mexican Train	11:30 am - 12:30 pm	Lunch Program	 <p>July 3, 2026 September 7, 2026</p>	
<p><b>ABILITY IS WHAT YOU'RE CAPABLE OF DOING. MOTIVATION DETERMINES WHAT YOU DO. ATTITUDE DETERMINES HOW WELL YOU DO IT.</b></p> <p>—LOU HOLTZ</p>		11:30 am - 3:00 pm	Crochet Club		
					

**Seasonal Tip:** Hydration, hydration, hydration! Don't wait for thirst--drink water throughout the day to stay refreshed!

**Consejo de Temporada:** ¡Hidratación, hidratación, hidratación! No espere a tener sed: ¡beba agua durante todo el día para mantenerse fresco(a) e hidratado(a)!

## Additional Classes & Workshops

	Education Classes	July 9 August 13 September 10 9:30 - 11:00 am
Crafts with Sandy & Kathy	Craft	July 13 August 3 September 14 9:00 - 10:30 am



# CENTER EVENTS & ACTIVITIES

## Eventos & Actividades del Centro



Try your  
luck out at  
one of our  
monthly  
Bingos!

July 15  
1:00 pm - 2:15 pm

August 12  
September 16

**Limited  
space.  
Must  
register!**

9:00 - 10:30 am

¡Pruebe su  
suerte en uno  
de nuestros  
juegos de  
Bingo  
mensual!  
**Espacio  
limitado.  
Debe  
registrarse!**

## Summer Word Scramble

1. NCBCAIGKKPA
2. ALAELSBB
3. ABIOGNT
4. NBIKI
5. MNIAGPC
6. LOREFSW
7. EIC RAMEC
8. CANEO
9. ICCPN
10. LRXAE
11. USN
12. ETAH
13. OTH
14. AADSLSN
15. MISW
16. ELVART
17. CIONTAAV
18. TERMWAONEL

## Nail Care

July 16

August 6 & 20

September 3 & 17

9:00 - 11:00 am

Come socialize, get pampered, and leave  
with beautifully polished nails

Venga a convivir y salga con unas  
uñas hermosamente arregladas



## Movie Days! ★

¡Palomitas y Películas!

July 31

August 21

September 25

12:15 pm



## GAME TIME

July 7 & 23

August 11 & 27

September 15 & 24

1:00 - 2:30pm

Join us for [Game Day!](#)

Enjoy trivia, laughter, and friendly competition in a fun and  
welcoming environment.

¡Acompáñenos para el [Día de Juegos!](#) Disfrute de trivia,  
risas y sana competencia en un ambiente divertido y  
acogedor.

# Show & Tell



## I May Be Going Crazy



I may be going crazy  
I'm not sure that I can tell  
This is the stuff that I've been doing  
Things aren't going very well

I've taken my dog on so many walks  
Trying to be law-abiding  
But now when I grab a leash  
My dog goes into hiding

I went through a McDonald's drive-thru  
I've never done that before  
I guess you have to lower your window  
They can't hear you through your door

I thought I'd read a book  
The ending was quite lame  
So I read it through a second time  
It ended just the same

I tried a jigsaw puzzle  
One thousand pieces, maybe more  
It took so long to do  
Because I did it on the floor

I thought I'd watch some squirrels  
As they scampered through the trees  
But after seven non-stop hours  
I'm even bored with these

I never like to cook  
So I eat out a lot  
But now when I sit down to order  
Someone calls a cop

I'm watching TV all the time  
The picture is all black  
The dog ate my remote  
But I'm cutting him some slack

I thought I'd take a little drive  
Tried the car outside my house  
Guess it was the neighbor's car  
Got mad at me, the louse

I decide to call my doctor  
With a list of symptoms new  
They weren't symptoms that I had  
I just wanted something to do

I think I'm going crazy  
But to my dismay  
Those who know me best  
Say I've always been this way

*By: Joyce Bell*

## Word to the Wise

### The 6 Most Important Words

**"I admit I made a mistake"**

### The 5 Most Important Words

**"You did a good job"**

### The 4 Most Important Words

**"What is your opinion?"**

### The 3 Most Important Words

**"If you please"**

### The 2 Most Important Words

**"Thank you"**

### The One Most Important Word

**"We"**

### The Least Important Word

**"Me"**

**-Lee**



## Accepting Submissions!



*¡Aceptando envíos!*

### Show & Tell

Do you have a compelling story you would like to share, some hidden talent, or piece of art tucked away? Enter your submissions at the **Front Desk** or email it to **edssc@jarpd.org**. We will review entries each quarter and choose 1-2 to showcase in the next issue of the Eddie Dee News!

**Examples of acceptable items:** include but not limited to - origami, crafts, photography, short stories, poems, paintings, drawings, clay art, memoirs--anything special or interesting you want to share!

**\*\*Items do not stay with us! If you bring in a hard copy, we will take a picture of it and return it to you.\*\***



### Mostrar & Contar

¿Tiene una historia que le gustaría compartir o una obra de arte? Puede entregarla en la recepción o enviéla por correo electrónico a **edssc@jarpd.org**, para incluirlo en una edición del Eddie Dee News.

**Ejemplos de artículos aceptables:** incluyen, entre otros, origami, manualidades, fotografía, cuentos cortos, poemas, pinturas, dibujos, trabajos en arcilla, memorias—¡cualquier cosa especial o interesante que quieras compartir!

**\*\*¡Los artículos no se quedan con nosotros! Si elige traer una copia impresa, le tomaremos una copia y el artículo se quedará con usted.\*\***

# Eddie Dee's Thrift Store

LA TIENDA DE EDDIE DEE ★

Stop by the Eddie Dee's Thrift store!  
Open every Thursday **except** the first Thursday of  
the month.

*¡Pásate por la tienda de segunda  
mano! Abierto todos los jueves  
**excepto** el primer jueves del mes.*



**Now  
Open**

**Thursdays/  
Jueves  
10:00am -  
1:00pm**

## Simple Summer Dessert

### Frozen Banana "Ice Cream"

#### Ingredients:

- 2 ripe bananas (frozen)
- Optional: 1 tsp cocoa powder, peanut butter, or vanilla extract

#### Directions:

- Blend frozen bananas until smooth and creamy like soft-serve.



## Cool/Warm Center

Seniors Only 55+  
Monday – Friday  
10:00 am - 3:00 pm

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.

When temperatures are forecasted to exceed 97°F or below 40°F, in partnership with the County of Riverside's Community Action Partnership, the Center will act as a Cool/Warm Center for vulnerable seniors in need of temporary relief from the heat or cold, under certain weather conditions.

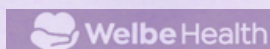
## Crafts with Welbe

JOIN SUMMER FROM WELBE HEALTH FOR A FUN MORNING CRAFT.

*¡ACOMPÁÑENOS CON SUMMER DE WELBE HEALTH PARA DISFRUTAR DE UNA DIVERTIDA MANUALIDAD POR LA MAÑANA!*

**Tuesday, August 4**

**9:00 - 10:30 am**



## Fall Prevention Class

JOIN US FOR AN INFORMATIVE CLASS ON FALL PREVENTION AND LEARN VALUABLE TIPS TO HELP IMPROVE BALANCE, INCREASE SAFETY, AND LIVE CONFIDENTLY.

PARTICIPA EN NUESTRA CLASE INFORMATIVA SOBRE LA PREVENCIÓN DE CAÍDAS Y APRENDA VALIOSOS CONSEJOS PARA MEJORAR EL EQUILIBRIO, AUMENTAR LA SEGURIDAD Y VIVIR CON CONFIANZA.

**Monday, August 10**

**9:00 - 10:30 am**

**Sponsored by Welbe Health**



Thank you



Amistad Medical Clinic

Monica Ruiz

Riverside Community Health Foundation

Neighborhood HealthCare

SCAN Health

Welbe Health



Yesenia Gutierrez



# Sponsorship/Patrocinio

The Eddie Dee Smith Senior Center can only achieve its goals with the assistance and generosity offered by members of our community. Thanks to their services to those in our area, we're able to make this all possible. Please consider sponsoring our center, we appreciate any contribution towards the center's programs and activities that serve our 55+ community.

El Centro para personas mayores Eddie Dee Smith solo puede lograr sus objetivos con la asistencia y generosidad ofrecida por los miembros de nuestra comunidad. Gracias a sus servicios a nuestra comunidad, podemos hacer que todo esto sea posible. Considere patrocinar nuestro centro; apreciamos cualquier contribución a los programas y actividades del centro que sirven a nuestra comunidad mayor de 55 años. For more information on how to become a sponsor call (951) 275-9975.

"Having been active in the Medicare arena since 1998, I find it very fulfilling to assist seniors in making their Medicare decisions. Being fluent in Spanish gives me the opportunity to reach even more seniors in both Riverside and San Bernardino counties."

**Reduce your out-of-pocket costs on co-pays, prescriptions, deductibles, transportation, and more!**

**What can SCAN do for you?**



**Katyta Inc.** provides senior citizens with a wide range of community support services, including assistance with Medicare, Medi-Cal, IHSS, funeral arrangements, medical appointments, transportation, Social Security matters, medications, and more. With over 10 years of experience, **Katyta Inc.** has been dedicated to guiding and supporting seniors with the utmost care and a shared commitment to always do what's best for them. If you or someone you know are in need of support, contact **Katyta Inc.** today.




**Monica Ruiz**  
Independent Agent  
CA. Insurance LIC #0K59843





# Resources/Recursos

Adult Protective Services.....	1(800) 491-7123
Alzheimer's Association alz.org.....	1(800) 272-3900
American Legion Riverside Post79.....	(909) 371-9887
American Society on Aging .....	1(800) 537-9728
Blindness Support Services .....	(951) 341-9244
Caregivers Alzheimer's Association .....	1(800) 272-3900
Community Access Center.....	(951) 274-0358
Community Action Partnership.....	(951) 955-4900
City of Jurupa Valley.....	(951) 332-6464
Community Connect.....	1(800) 465-1123
Dhammawood Meditation Center.....	(714) 884-3894
Dial-A-Ride.....	1(800) 795-7887
Elder Abuse Hotline.....	1(800) 491-7123
Fair Housing Council of Riverside County.....	(951) 682-6581
Family Caregiver Alliance.....	1(800) 445-8106
Feeding America.....	(951) 359-4757 
HICAP Health Insurance Counseling.....	(909) 256-8369   1(800) 434-0222
ICLS-Inland County Services, Ins.....	1(800) 977-4257
Inland Counties Legal Services Intake/SeniorHotline..	(888)245-4257   (951)320-7500
Jurupa Area Recreation Park District.....	(951) 361-2090
Meals on Wheels.....	(951) 683-7151
Medicare.....	1(800) 633-4227
National Call Center for Homeless Veterans.....	1(877) 424-3838
Office on Aging/County of Riverside.....	(877) 932-4100   (951) 867-3800
Poison Control Hotline.....	1(800) 222-1222
Riverside County Veterans Services.....	(951) 955-3060
Riverside County Department of Social Services.....	(951) 358-3000
Riverside Transit Agency.....	(951) 565-5000
Rubidoux Resource Center.....	(951) 328-1575
Sheriff's (Jurupa Valley).....	(951) 955-2600
Social Security Administration.....	1(800) 772-1213
Step Up Mental Health & Housing Services.....	(909) 601-0154   (909) 601-4454
Loma Linda Homeless Outreach.....	(909) 825-7084 Ext. 5034
Veterans Benefits.....	1(800) 698-2411