

## 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
Community Action Partnership .....	(951) 955-4900
City of Jurupa Valley .....	(951) 332-6464
Community Connect .....	1(800) 465-1123
Dial-A-Ride .....	1(800) 795-7887
Elder Abuse Hotline .....	1(800) 677-1116
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/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
Sherriff's (Jurupa Valley) .....	(951) 955-2600
Social Security Administration .....	1(800) 772-1213
Veteran's Assistance .....	1(800) 827-1000



Operated by JARPD  
under agreement with the City of Jurupa Valley



5888 MISSION BLVD. JURUPA VALLEY, CA. 92509

(951) 275-9975

VOL. 2 ISSUE 4 •  
APRIL, MAY, JUNE 2022

## THE EDDIE DEE NEWS



5888 MISSION BLVD. JURUPA VALLEY, CA. 92509

(951) 275-9975



Happy Spring! Wow do we have tons of activities planned this quarter. Along with many community partners, we are planning such great programs and events for our members at EDS.

### Helpful Tip this spring: Gardening

One of the best hobbies, offering sunlight, fresh air, and a healthy dose of physical activity. Whether you've got a lifelong green thumb or you're picking up the pruning shears for the first time, spending time in the garden is a great way to stay fit and feel great in your golden years.

¡Feliz primavera! Junto con muchos socios de la comunidad, estamos planeando excelentes programas y eventos para nuestros miembros de EDS.

### Consejo útil esta primavera: Jardinería

Uno de los mejores pasatiempos, que ofrece luz solar, aire fresco y una buena dosis de actividad física. Ya sea que tenga un pulgar para la jardinería de toda la vida o que esté recogiendo las tijeras de podar por primera vez, pasar tiempo en el jardín es una excelente manera de mantenerse en forma y sentirse bien en sus años dorados.

## Center Hours

MONDAY-FRIDAY

8:00AM-3:00PM

[Email](mailto:EDSSC@JARPD.org)

EDSSC@JARPD.org

### CENTER STAFF

DEBBIE PATTERSON  
Recreation Coordinator

JANET PALACIO  
Recreation Specialist



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## FSA-Senior Nutrition Lunch Program

Monday - Friday/Lunes - Viernes

11:30am - 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



## Pool Tournament

TORNEO DE BILLAR

Tuesday, June 28th & 29th

8:00am - 3:00pm

**\$5.00 Members ONLY**

## Pool Player Meeting/Junta

April/Abril 13th & May/Mayo 11th

2:00pm

Martes, Junio 28 & 29

8:00am - 3:00pm

**\$5.00 Miembros Solamanete**

..... 8

## Eddie D's Thrift Store

LA TIENDA DE EDDIIE D

Tuesday, April 12th

10:00am - 2:00pm



Martes, Abril 12  
10:00am - 2:00pm



## Zumba Gold Returns!

Zumba Regresa

**APRIL 8TH/ABRIL 8**

Join Elia from RCHF as she hosts Zumba Gold for the months of April and May at the center.

Únase a Elia de RCHF como presentadora de Zumba Gold durante los meses de Abril y Mayo en el centro.

Fridays/Viernes

9:00 am - 10:00 am



## Medicare Resources

RECURSOS DE MEDICARE

Date	Time	Agency
4/12/22	11:00am-1pm *Ice Cream Bus	ANTHEM
4/19/22	10:30am -12pm	SCAN
4/27/22	10:30am - 1pm	ANTHEM
5/23/22	10:30am - 1pm	ANTHEM
5/24/22	10:30am - 12pm	SCAN
6/7/22	10:30am - 12pm	SCAN
6/27/22	10:30am - 1pm	ANTHEM

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(951) 275-9975



# Thank you

Alexander Family

Amistad Medical Clinic

Anthem Blue Cross

365 MD Care

Monica Ruiz

Riverside Community Health Foundation

Monica Fiallos

Neighborhood HealthCare

SCAN Health

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



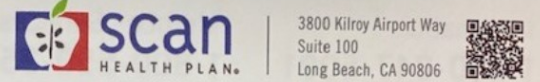
## Sponsorship/Patrocinio

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 programs 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 a los programas y las actividades del centro que sirven a nuestra comunidad de 55+.



Monica Ruiz



Walter Moyano  
Sales Representative  
1-951-505-3341

wmoyano@scanhealthplan.com  
scanhealthplan.com/sales/walthermoyano  
Se habla español  
License #: 0H68128



Fiallos Insurance Solutions, Inc.  
Protection that Promotes Peace of Mind

Monica Fiallos  
Independent Broker

Lic. 0G78920  
Hablo su idioma

Medicare Solutions  
Life Insurance

Cell: (951) 314-3258  
Fax: (951) 823-5502



365 MD Care

DR. ROBERT NGUYEN MD  
Certificado en medicina interna,  
Geniatico y Obesidad  
University of Massachusetts Medical School  
Drew-UCLA

## SPRING IS IN THE AIR

T X S E V A V L E T K S L F A C P K J G H H O K  
 Y W B Q H Y D Q Q D L J F Q G U A A J G Z C O K  
 G S S Y Y X H T L P S H Y B D L R A E R A R Z F  
 O E U F V L R A S C E Z Y Y X Z E X C O U A G S  
 P P V N W V K C Z Y D S K M T U L I P W C M T P  
 T I V U S V Q S E E D S K O Y V Z D R I V R H C  
 M N J J O H D A I E F I U Y F F E D E L L H P O  
 G T A K P W I P I C N I C C S P B L O S S O M X  
 H F G L A G Z N E J O K E U W C L I U Q N O J S  
 M D A V P B N S E D P V P K B Q A F V I P J S O  
 X J W G R Q W I O H N J A P A V M L U U N I A R  
 K X K J I R D R N I G A Z O Z H J O B M B V L N  
 O J T O L V W A D E L F Y R G H E W D R W U G J  
 D L H Z J S A J F L D A A S I T K E F C Z R D N  
 N W Q G T L L S X F M R J V E L N R A M T O P N  
 E G U Z B Z K D A V O U A P B I V X A N Q P Y T  
 D S W T D T I R Q K T D U G P G P M C P H U K I  
 R E G Z Z F N I Z P Y Q I M G I M T G O D S O R  
 A N E V Q P G B Q H S G R L B W W N E Y X H D K  
 G W P N J H B S X N C L U E Y R W D X A L M I F  
 J O U S F H L H H P Z L F D F U E E D X D G D C  
 D Y B K M M O R G O L F B C N M E L C Z F G X E  
 M V L I L I O Y P U X T F J D P W N L H D G R J  
 Y X B Z U I M F B E E P Y O R J K S M A M H B P

- |          |         |         |           |        |
|----------|---------|---------|-----------|--------|
| GROW     | BLOSSOM | GARDEN  | SOIL      | PLANT  |
| BLOOM    | SEEDS   | WALKING | UMBRELLA  | TULIP  |
| SUNSHINE | SKY     | RAIN    | PICNIC    | MAY    |
| MARCH    | JONQUIL | GOLF    | GARDENING | FLOWER |
| DAFFODIL | BUD     | BIRDS   | BEE       | APRIL  |

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



# APRIL / ABRIL

## SENIOR HEALTH FAIR

If health is wealth, then just how rich are you?

**APRIL 14, 2022 | 9:00AM- 12:00PM**  
**5888 MISSION BLVD.**  
**JURUPA VALLEY, 92509**

Activities include:  
 Blood Pressure  
 Glucose  
 Giveaways  
 and much more!

This event is a free community health resource including check-ups conducted in collaboration with various organizations throughout Riverside County.

For more information,  
 please call (951) 275-9975



## FERIA DE SALUD

Si la salud es riqueza, ¿qué tan rico eres?

**ABRIL 14, 2022 | 9:00AM- 12:00PM**  
**5888 MISSION BLVD.**  
**JURUPA VALLEY, 92509**

Los chequeos incluyen:  
 Presión sanguínea  
 Glucosa  
 Regalos  
 ¡y mucho más!

Este evento es un recurso de salud comunitario gratuito que incluye chequeos realizados en colaboración con varias organizaciones en todo el condado de Riverside.

Para más información,  
 por favor llama (951) 275-9975

## Upcoming Activities

### Proximas actividades

**Food Pantry Bag**  
*Bolsa de Alimentos*  
 April / Abril 7  
 9:00am - 11:30am

**Smart Phone Training**  
*Android*  
 April / Abril 8  
 9:00am - 11:00am

**Monthly Birthday Celebration**  
*Celebracion de Cumpleaños*  
 April / Abril 15

**Wreath Class**  
*Clase de Corona*  
 April / Abril 21  
 9:00am - 11:00am

**Smart Phone Training**  
*Android*  
 April / Abril 22  
 9:00am - 11:00am

**Movie Matinee**  
*matiné de cine*  
 April / Abril 28  
 12:00pm - 3:00pm

## 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!**

5888 MISSION BLVD. JURUPA VALLEY, CA. 92509

(951) 275-9975

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(951) 275-9975





Eddie Dee Smith Senior Center



in partnership with  
Inland Caregiver Resource Center Mental Health Services present

### NEW EDUCATIONAL WORKSHOPS



Join us in our monthly in-person educational workshops as we learn different ways to better care for ourselves!

Tuesday, March 29, 2022  
9:30 am - 10:30 am  
ICRC and Mental Health Services-  
Come learn about free caregiver and senior services!

Monday, April 18, 2022  
9 am - 10 am  
Mind, Body, & Soul

Monday, May 16, 2022  
9 am - 10 am  
May is Mental Health Month

Thursday, June 30, 2022  
9 am - 10 am  
Pour your heart into it

## Classes & Workshops

### Talleres & Classes

#### Amistad Medical Clinic

Tuesday/Martes  
9:00 am - 11:00 am

Nutrition Class  
Clase de Nutricion

4/26/22  
5/10/22  
6/14/22

#### Amistad Medical Clinic

Tuesday/Martes  
9:00 am - 11:00 am

Painting Class  
Clase de Pintura

4/5/22  
5/17/22  
6/21/22



¡Únase a nosotros en nuestros talleres educativos en persona mientras aprendemos diferentes formas de cuidarnos mejor!

### NUEVOS TALLERES EDUCATIVOS

Martes, marzo 29, 2022  
9:30 am - 10:30 am  
Bilingüe ICRC y Servicios de Salud Mental

Lunes, abril 18, 2022  
10 am - 11 am  
Mente, Cuerpo, & Espiritu

Lunes, mayo 16, 2022  
10 am - 11 am  
Mayo es el mes de la salud mental

Jueves, junio 30, 2022  
10 am - 11 am  
Centra tu Corazón en todo

## Upcoming Activities

Proximas actividades

Food Pantry Bag  
Bolsa de Alimentos  
May / Mayo 5

Wreath Class  
Clase de Corona  
May / Mayo 12 & 26  
9:00am - 11:00am

Smart Phone Training  
Android  
May / Mayo 13  
9:00am - 11:00am

Monthly Birthday Celebration  
Celebracion de Cumpleaños  
May / Mayo 20

Smart Phone Training  
iphone  
May / Mayo 27  
9:00am - 11:00am

# MAY / MAYO



## Loteria

Friday, May 6th  
Viernes 6 de Mayo  
9:00am - 11:00am



## 70'S DANCE/BAILE DE LOS 70

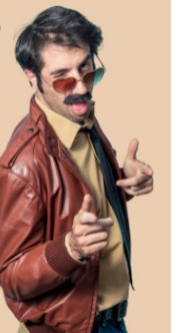
Join us at the EDS Senior Center for a 70's themed dance sponsored by the Lions Club

Saturday, May 21st  
4:00pm - 9:00pm  
\*FREE



El centro tendra un baile temático de los 70 patrocinado por el Club de Leones

Sabado, Mayo 21  
4:00pm - 9:00pm  
\*Gratis



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# JUNE / JUNIO



## Father's Day BBQ

June 17th  
12:00pm-1:00pm  
\*FREE

*\*Sign-up by June 3rd*

## BBQ Del Dia Del Padre

Junio 17th  
12:00pm-1:00pm  
\*Gratis

*\*Inscríbete antes del  
3 de junio*



## Chair Volleyball / Vóleibol de Silla

June 8th ; Junio 8  
8:30am-9:30am

*\*Sponsored by NHPACE*



*\*Sign-up by June 6th*

*\*Inscríbete antes del  
6 de junio*



## Upcoming Activities

Proximas actividades

### Food Pantry Bag

*Bolsa de Alimentos*  
June / Junio 2

### Wreath Class

*Clase de Corona*  
June / Junio 9 & 23  
9:00am - 11:00am

### Smart Phone Training

*Android*  
June / Junio 10  
9:00am - 11:00am

### Monthly Birthday Celebration

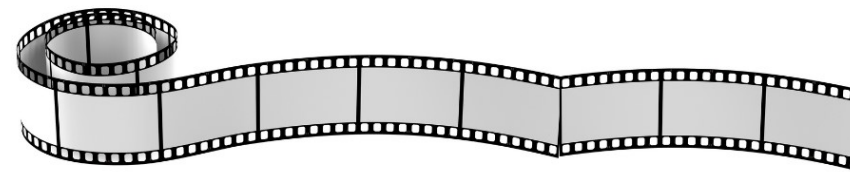
*Celebracion de Cumpleaños*  
June / Junio 17  
11:30am - 12:30pm

### Smart Phone Training

*Android*  
June / Junio 24  
9:00am - 11:00am

## Movie Matinee

Matine de Cine



**12:00pm - 3:00pm**

Now Showing!

Thursday, April 28th | **The Adam Project**  
Wednesday, May 18th | **Red Notice**



**neighborhood**  
HEALTHCARE  
PACE

**12:00pm - 3:00pm**

Estrenando!

Jueves, Abril 28 | **The Adam Project**  
Miercoles, Mayo 18 | **Red Notice**



## 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 frio, en determinadas condiciones climáticas.



Joke of the Quarterly Newsletter

A woman told her friend, "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising." She said, "So, I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotards on, the class was already over."



Broma del Boletín Trimestral

¿Cómo se queda un mago después de comer?

-Magordito

¿Cuál es el colmo de un jardinero?

-Que siempre lo dejen plantado



**MEMBER SERVICES**

Fiallos Insurance Solutions, Inc. will be providing a variety of support services at no cost to our members.



Monica Fiallos

**Make an appointment the 2nd and 4th Thursday of each month.**

SERVICIOS DE MIEMBROS

Soluciones De Aseguranza Fiallos Inc. provee una variedad de servicios con apoyo sin ningun costo a nuestros miembros.

**Necesita asistencia? haga su cita el 2o y 4o Jueves de cada mes.**

**Rock Garden at EDS**

WEDNESDAY, APRIL 20TH

9:00AM - 11:00AM

Join us create our own rock garden outside in the patio. We will be painting rocks.

MIERCOLES, ABRIL 20

9:00AM - 11:00AM

Únase a nosotros para crear nuestro propio jardín de rocas en el patio. Estaremos pintando piedras.



**CENTER EVENTS & ACTIVITIES**

Eventos & Actividades del Centro

Mother's Day Tea

May 9th

9:00am-11:00am

*\*Register by May 2nd*



*\*Sponsored by NHPACE & ANTHEM*

Té Del Día De La Madre

Mayo 9

9:00am-11:00am

*\*Inscríbete antes del 2 de mayo*



**Aging Mastery Program®**

National Council on Aging

Build your own personal play book for aging well. This fun and innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community.



**JOIN THE ADVENTURE!**

- Meet new friends and become involved in the community
- Make impactful changes in your health
- Get REAL incentives!

**JUNE 6, 2022**

**9:00AM-10:30AM**

Eddie Dee Smith Senior Center  
(5888 Mission Blvd., 92509)



**¡ÚNASE A LA AVENTURA!**

- Conozca nuevos amigos/as e involúcrese en la comunidad.
- Realice cambios impactantes en su salud
- ¡Obtenga incentivos REALES!

**6 DE JUNIO DEL 2022**

**9:00AM-10:30AM**

Eddie Dee Smith Senior Center  
(5888 Mission Blvd., 92509)



# Eddie Dee Smith Senior Center

Monday		Tuesday		Wednesday	
8:30 - 10:30	Coffee Social	8:30 - 10:30	Coffee Social	8:30 - 10:30	Coffee Social
8:30 - 9:30	Stretch & Flex	8:30 - 9:30	Stretch & Flex	8:00 - 10:00	Queen of the Hill (Ladies Only)
11:30-12:30	Lunch Program	10:00 -2:00	Sewing Club	8:30 - 10:30	Painting Club
12:00 –3:00	Crochet Club	11:30 -12:30	Lunch Program	11:30 -12:30	Lunch Program
11:30 –3:00	Ceramics	11:30 –3:00	Ceramics Class	12:00 - 2:00	*Quilting
"The spirit never ages. It stays forever young." – Lailah Gifty Akita		<b>Coloring Social</b> Tuesdays/Martes 8:30am-10:30am		*Food Pantry days may affect class times. Please check with the front desk for class times.	



**Wreath Class**

**April 21**  
**May 12, 26**  
**June 9, 23**

9:30AM - 11:30AM



**IF NOT FULLY VACCINATED MASKS REQUIRED**

# Programming Schedule

Thursday		Friday		Ongoing Activities	
8:30-10:30	Coffee Social	8:30—10:30	Coffee Social	8:00-3:00	Billiards
8:30 - 9:30	*Stretch & Flex	9:00 - 10:00	Zumba Gold <i>April &amp; May</i>	8:00-3:00	Computer Lab
11:30-12:30	Lunch Program	10:00 - 1:00	Watercolor	8:00-3:00	Gym
12:00-3:00	Mexican Train	11:30 -12:30	Lunch Program	8:00-3:00	Library
 <b>May 30, 2022</b>		11:30-12:30	Birthday Celebration (3rd Fri)	<b>Center Hours</b> Monday-Friday <i>Lunes a Viernes</i> 8:00A - 3:00P  Sat & Sun Available for Rentals	
		11:00- 3:00	Canasta		
 <p><b>Lunch Program</b> Programa de Lonche 11:30 — 12:30 pm <b>Reservations Required</b> <i>Se Requiere Reservacion</i></p>		 <p><b>VOLUNTEERS MAKE A DIFFERENCE</b></p>		*Centro disponible para fiestas	
		<b>Special Events/Eventos Especiales :</b> Monthly Birthday Celebrations/Celebraciones de Cumpleaños Mensuales <i>3rd Friday of the month/3er viernes del mes</i>			