### Resources/Recursos

Adult Protective Services	1(800) 491-7123
Alzheimer's Association alz.org	1(800) 272-3900
American Society on Aging	
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	
Community Connect	
Dial-A-Ride	
Elder Abuse Hotline	1(800) 677-1116
Fair Housing Council of Riverside County	
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
Riverside County Department of Social Services	5 (951) 358-3000
Riverside Transit Agency	(951) 565-5000
Rubidoux Resource Center	
Sherriff's (Jurupa Valley)	(951) 955-2600
Social Security Administration	
	(000) 772 1213



Operated by JARPD under agreement with the City of Jurupa Valley



VOL. 4 ISSUE 4 •

### OCTOBER, NOVEMBER, DECEMBER 2024

### THE EDDIE DEE NEWS



5888 MISSION BLVD, JURUPA VALLEY, CA. 92509

(951) 275-9975

Pssst.. as you browse through the newsletter, be sure to be on the lookout for hidden candy canes! Find all 20 and win a small prize! \*\*For the first 10 people to find all 20 by 11/01/24.



Grab your scarves and favorite sweaters, the time for warm snuggles and hot cocoa are near. As we welcome in the magic of the season with those we hold dear, join us for some festive-filled fun!

Coge tus bufandas y suéteres favoritos, acurrucate con una taza de chocolate caliente. iMientras damos la bienvenida a la magia de la temporada con nuestros seres queridos, únete a nosotros para disfrutar nuestros actividades festivas, llena de diversión!



MONDAY-FRIDAY LUNES- VIERNES

8:00AM-3:00PM

<u>EMAIL</u>

edssc@jarpd.org

**CENTER STAFF** 

DEBBIE PATTERSON

Recreation Supervisor

**MARELY PIÑA** 

Recreation Coordinator

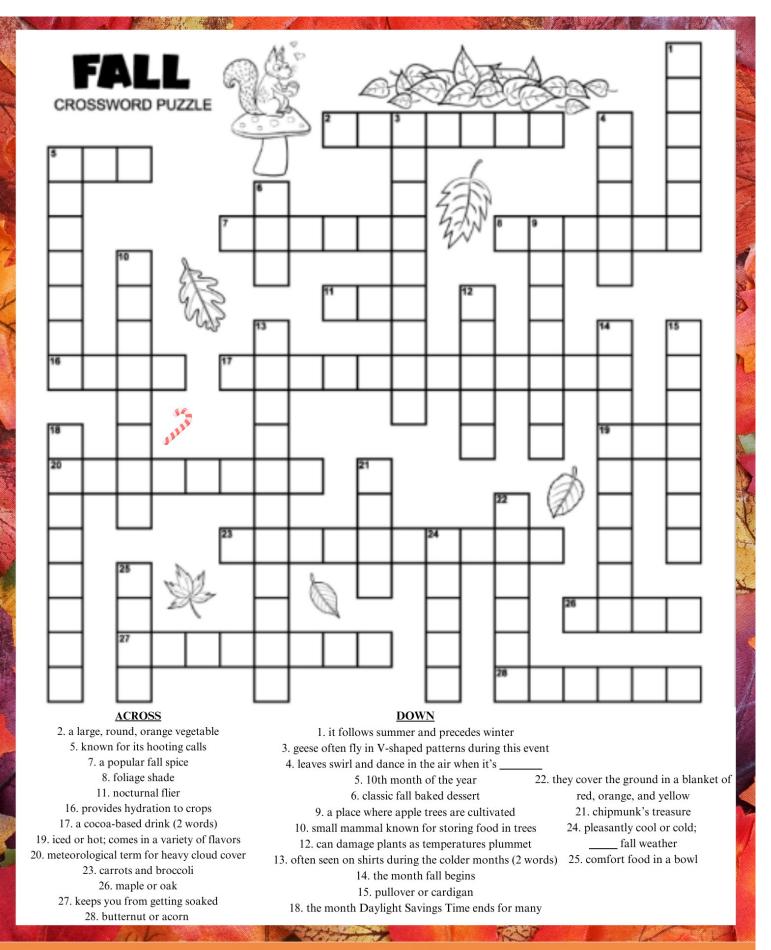
**ELVIA GUZMAN**Recreation Leader











DICITAL SHOW & TELL!

#### STRETCH & FLEX

We call ourselves the Stretch & Flex And we really try quite hard To strengthen all our muscles

And keep off excess lard

We turn and twist and kick quite high

We swing and sway and more

Sometimes we're even strong enough

To get down on the floor

We bend over from the middle

And try to touch our toes

Usually we find however

It's easier to touch our nose

We march around to music

We really are quite hep

So even when the music stops

We continue with our step

We like to meet for breakfast

We look for any excuse to eat

So if our room is not available

It's at a cafe we choose to meet

Now Lynn & Bob, they try so hard

To keep us all in line

Sometimes we're a little ornery

But usually we act just fine

We don't care about your creed

Or if you're thin or tall

We just care about each other

And want the best for all

I think our group is special

There's no reason for me to look

For any group more wonderful

You're all terrific in my book!

Jill is our leader

She's taught us well and knows

That even when she's absent We go on with our shows

Joyce Bell

July, 2024

A beautiful ode celebrating the joys and benefits of one of our most popular activities offered here! Written by one of our very own members: Joyce Bell

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

5888 MISSION BLVD. JURUPA VALLEY, CA. 92509



**Amistad Medical** Clinic

> Anthem Blue Cross

Monica Ruiz

Rosa Kuybus

Riverside Community Health Foundation

**Monica Fiallos** 

Mila Arteaga

Neighborhhod HealthCare

SCAN Health

Gloria España

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.















Sales Representative 1-951-505-3341

License #: 0H68128



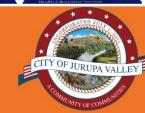


For more information on how to become a sponsor call (951) 275-9975.











### **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 apuntarse por una reservacion para el 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 programar una cita para recoger la comida, llame al (951) 275-9975 el Martes antes de recoger la comida. DEBE traer su propia caja o bolsas.

### **Orange County Food Box**

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

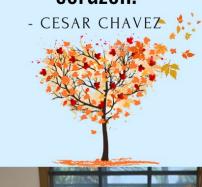
Eddie Dee Smith Senior Center \*Drive up outdoor pick-up. Conduzca hasta la recogida al aire libre.

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



"People who give you their food, give you their heart."

"La gente que te da su comida, te da su corazón."





# October / Octubre



Wear it Pink 2024! October 18 We invite you to wear pink on this

day to show your

support for breast

cancer awareness!

Halloween Dance! !Baile De Halloween!

OCTOBER / OCTUBRE 31

4pm - 7pm

TICKETS \$8

**BOLETOS \$8** 

Dance the spooky night away! ¡Baila la noche espeluznante!

iVestir Rosa 2024! 18 de Octubre

Te invitamos a vestirte de rosa en este día para mostrar tu ( apoyo sobre el cáncer del pecho!



### **PUMPKIN PAINT**

PINTURA DE CALABAZA

OCTOBER/OCTUBRE 22

9:00 AM - 10:30 AM

Get in the spirit of Halloween! Come and decorate your very

own pumpkin!

¡Sumérjase en el espíritu de Halloween! ¡Ven y decora tu propia calabaza!

### LOTERIA!

COME JOIN US FOR A ROUND OF

LOTERIA!

**JÚNETE A NOSOTRAS** PARA UN JUEGO DE LOTERIA!

OCTOBER / OCTUBRE

23 9AM - 10:30AM

\*MUST REGISTER / **DEBE REGISTRARSE** 

**Food Pantry Bag** 

Bolsa de Alimentos October / Octubre 3 9:00 am - 11:30 am

Crafts with Sandy & Kathy

Artesanía October / Octubre 7 9:00 am - 10:30 am

Bingo

October / Octubre 16 9:00 am - 10:30 am

Monthly Birthday Celebration

Celebración de Cumpleaños October / Octubre 17 11:30 am - 12:30 pm

**Pumpkin Carving** 

Tallado de Calabaza October / Octubre 22 9 am - 10:30 am

Loteria

October / Octubre 23 9:00 am - 10:30 am

**Movie Day** 

Dia de Pelicula October / Octubre 25 12:30 pm - 2:30 pm

Halloween Dance

Baile de Halloween October / Octubre 31 4:00 pm - 7:00 pm



(951) 275-9975

### **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.





### Additional Locations:

Jurupa Community Center Veterans Memorial Community Center Skyview Event Center Picnic Shelters and much more!

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

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# Classes & Workshops Talleres & Clases

### **Amistad Medical Clinic**

Health Class
Clase de Salud
10/10/24
11/14/24
9 am - 11 am

Painting Class
Clase de Pintura
11/21/24
9 am- 11 am

### Grief Support Workshop

**Tuesday** 11/26 9:30 -11

### Taller de Apoyo al Duelo

**Martes** 12/10

9:30-11

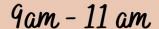


# Vision & Compromiso

10/04/24

10/28/24

11/25/24





# Upcoming Activities.

### Proximas Actividades

Crafts w/Sandy and Kathy
Artesanía
November / Noviembre 4
9:00 am - 10:30 am

Food Pantry Bag
Bolsa de Alimentos
November / Noviembre 7
9:00 am - 11:30 am

Movie Day
Dia de Pelicula
November / Noviembre 8
12:30 pm - 3:00 pm

Rotary Club November / Noviembre 9 11:00am - 2:00pm

Rock Painting
Pintar Piedras
November / Noviembre 12
9:00am - 10:30am

### **Bingo** November / Noviembre 13

November / Noviembre 13 9:00 am - 10:30 am

Monthly Birthday Celebration Celebración de Cumpleaños November / Noviembre 14 11:30 am - 12:30 pm

PAAM Concert & Coffee Concierto y Cafe November / Noviembre 20 9:00 am - 10:30 am



# November / Noviembre Dia de los Muertos

En celebración de dia de los muertos tendremos una ofrenda del 28 de Octubre al primero de noviembre. Es bienvenido a ser parte de nuestra ofrenda trayendo una foto, una nota personal u otro pequeño recuerdo para aquellos que han fallecido.

In celebration of Day of the Dead we will be having an alter from October 28 to November 1. You are welcome to be part of our alter by bringing in a picture, personal note, or other small remembrance for those whom have passed.

Pacific Avenue Academy of Music

Presents

Concert & Coffee

Concierto y Cafe

Wednesday November 20 Miércoles 20 de Noviembre



9:00 am - 10:30 am



Rock Painting!
¡Pintura Rupestre!
November / Noviembre 12
9:15 am - 10:30 am





CLOSED

NOVEMBER 11 NOVEMBER 28 - 29

11 DE NOVIEMBRE 28 - 29 DE NOVIEMBRE Painting Class
Clase de Pintura
November /
Noviembre 21

5888 MISSION BLVD. JURUPA VALLEY, CA. 92509

## December / Diciembre

### Ina Arbuckle Elementary School



### Monday December 9 Lunes 9 de Diciembre

9:30am - 11:00am



Join us this morning along with the students from Ina Arbuckle Elementary for some cookie decor!

¡Únase a nosotros esta mañana junto con los estudiantes de la escuela primaria Ina Arbuckle para decorar galletas!

### Ugly Sweater Dance!

Baile de Suéter Feo

December / Diciembre 14

Tickets \$8

4:00pm - 7:00pm

Boletos \$8

Must register by Monday December 9 be registrarse antes de Lunes 9 de Diciembre



### <u>Gingerbread house decorating</u>

Monday December 16 Lunes 16 de Diciembre 9:00 am - 10:30 am

Must sign up before Wednesday December II Debe apuntarse antes de miércoles II de diciembre



Food Pantry Bag
Bolsa de Alimentos
December / Diciembre 5
9:00 am - 11:30 am

Movie Day

Dia de Pelicula December / Diciembre 6 12:30 pm - 3:00 pm

Ugly Sweater Dance
Baile de Suéter Feo
December / Diciembre 14
4:00 pm - 7:00 pm

Gingerbread Decorating
Decoración de Pan de Jengibre
December / Diciembre 16
9:00 am - 10:30 am

### Bingo

December / Diciembre 18 9:00 am - 10:30 am

Monthly Birthday Celebration Celebración de Cumpleaños December / Diciembre 19

11:30 am - 12:30 pm

Christmas Luncheon
Almuerzo de Navidad
December / Diciembre 20
11:30 am - 12:30 pm

# (OF1) O75 OO75

### **Zumba Gold**

Join Elia from RCHF as she host Zumba Gold for the months of October and November.

Únase a Elia de RCHF como presentadora de Zumba Gold durante los meses de Octubre y Noviembre.

Every Friday / Cada Viernes

9 am - 10 am





# Medicare Resources

Date Time Agency

10/16/2024 10:30 am - 12:00 pm SCAN

10/14/2024 9:00 am - 10:30 am WELBE

11/20/2024 10:30 am - 12:00 pm SCAN

"Uging is not lost youth' but a new stage of opportunity and strength." — Betty Friedan

### **Cool 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.

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### Riddle Me This

Like pieces of life's grand tableau, together we fit, and a full picture we show.

What am I?

Once I filled the room
with sound,
entertainment found,
without a visual bound.
What am I?

### **Adiviname Esto**

Como piezas del gran cuadro de la vida, juntos encajamos y mostramos una imagen completa. ¿Qué soy yo?

Lleno el cuarto con sonido, se encuentra entretenimiento, sin límite visual. ¿Qué soy yo?



# Holiday Luncheons

### **Thanksgiving Luncheon**

Friday November 22 Viernes 22 de Noviembre

Must buy ticket before Friday November 15 Debe comprar su boleto antes de viernes 15 de Noviembre

### **Christmas Luncheon**

Friday December 20 Viernes 20 de Diciembre

Must buy ticket before Friday December 13 Debe comprar su boleto antes de viernes 13 de Diciembre



Tickets: \$ 10

**Boletos: \$ 10** 

11:30 am -1:00 pm

How is the moon like dentures?

Both come out at night

¿En qué se parece la luna a las dentaduras postizas?

Ambas salen por la noche





### CENTER EVENTS & ACTIVITIES

Eventos & Actividades del Centro





Thursdays / Jueves

12/05

12/19

10/10 Are you in need of a mani-cure? Stop
by during any of the listed dates to
pick your very own lovely design to
boast!

11/21 ;Necesitas una manicura? ;Pase por

¿Necesitas una manicura? ¡Pase por aquí durante cualquiera de las fechas indicadas para elegir su propio diseño encantador para presumir!



# Wednesday / Miercoles Join us for a round of bingo on any of the listed dates! \*Must register. ¡Únase a nosotros para una ronda de bingo en cualquiera de las fechas indicadas! \*Debe registrarse.







Saturday November 9 Sábado 9 de Noviembre

12:00 pm - 2:00 pm

Must sign up! Limited Space



### Eddie Dee Smith Senior Center

MONDAY		TUESDAY		WEDNESDAY	
8:30 - 9:30	Stretch & Flex	8:00 - 9:00	Walking Club	8:00 - 10:00	Queen of the Hill
8:30 - 10:30	Coffee Social	8:30 - 9:30	Stretch & Flex	8:30 - 10:30	Coffee Social
11:00 - 12:30	Lunch Program	8:30 - 10:30	Coffee Social	8:30 - 10:30	Painting Club
11:00 - 3:00	Ceramics Class	10:00 - 2:00	Sewing Club	11:00 - 12:30	Lunch Program
"We can complain		11:00 - 12:30	Lunch Program	12:00 - 2:00	Quilting*
because rose bushes have thorns, or we can rejoice because thorn bushes have roses."		11:30 - 3:00	Ceramics Class	* <b>Food Pantry</b> Days may	
		<u>Coloring Social</u> Tuesdays/Martes		affect class. Please check with the front desk.	

8:30am-10:30am

Birthday Celebration Celebration de Cumpleaños

- Abraham Lincoln

Come celebrate your birthday month with us!

Every 3rd Thursday of the month

During your lunch time

Venga a celebrare el mes de su cumpleaños

con nosotros!

Cada 3er Jueves del mes

Durante su hora de almuerzo



Reservation required

Se requiere reservación

Lunch will be served from 11:30 am - 12:30 pm. Reservation is required with at least one day notice to ensure enough food is made. If unable to attend please call to cancel your reservation.

El almuerzo se servirá de 11:30 am - 12:30 pm. Se requiere reserva con al menos un día de anticipación para garantizar que se prepare suficiente comida. Si no puede asistir, llame para cancelar su reserva.

### Program Schedule

THURSDAY		FRIDAY		ONGOING ACTIVITIES				
8:25 - 9:30	Technology Class	8:30 - 10:30	Coffee Social	8:00 - 3:00	Billiards			
8:30 - 9:30	Stretch & Flex	9:00 - 10:00	Zumba Gold	8:00 - 3:00	Computer Lab			
8:30 - 10:30	Coffee Social	10:00 - 1:00	Watercolor	8:00 - 3:00	Gym			
11:00 - 12:30	Lunch Program	11:00 - 3:00	Canasta	8:00 - 3:00	Library			
12:00 - 3:00	Mexican Train	11:00 - 12:30	Lunch Program	Closed	/			
Get your flu shot Vacunate contra la gripe		11:30 - 12:30	Birthday Celebration (3rd Friday)	100	rado			
		11:30 - 3:00	Crochet Club	November November				

Friday December 27
Viernes 27 de Diciembre

10:00 am - 2:00 pm

Riverside University HEALTH SYSTEM Monday - Friday Saturday & Sunday

Lunes a Viernes Sábado y Domingo

8:00 am - 3:00 pm Available for Rentals

Available for Rentals

Disponible para Renta

November 11, 2024 November 28, 2024 November 29, 2024 December 25, 2024 January 1, 2025 Closing at 11:30 am

December 24, 204 December 31, 2024

# Volunteer Luncheon

As a thank you to all our volunteers we would like to hold a lunch just for you.

Como agradecimiento a todos nuestros voluntarios, nos gustaría organizar un almuerzo solo para ustedes.

> Friday December 13 Viernes 13 de Diciembre 1:00 pm - 3:00 pm









Your one-stop shop for all things crafting Monthly 9:00 am - 10:30 am

Now Accepting Submissions! ;Aceptando envíos!

Do you have a compelling story you would like to share, some hidden talent, or piece of art tucked away in a drawer, just waiting for it's moment to shine? Well look no further! If you have an art piece you would like to present, enter your submissions at the Eddie D Smith Senior Center Front Desk or email it to edsse@jarpd.org. Staff will review entries each quarter and choose one to house a significant to the property of the

Items do not stay with us! If you choose to bring it urd copy, we will take a picture of it and the item w stay with you.\*\*

Acceptable forms of submissions include bu not limited to: Origami, Crafts, Photography Short Stories, Poems, Paintings, Drawings, C Art, Memoire.

\*\*Please keen it family friendly! ¿Tiene una historia cautivante que le gustaría compartir, un talento disimulado o una obra de arte guardada en un cajón, esperando su momento para brillar? No busque más! Si gusta enseñar alguna obra de arte, ingresa sus presentaciones en la recepción del Eddie D Smitl Senior Center o envielas por correo electrónico : edssc@jarpd.org. Nuestro personal revisará las entradas cada trimestre y elegirá una para mostrarla en el próximo número de nuestro boletín, El Eddie Dee News.

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

Las formas aceptables de envíos incluyen, entre otras Origami, Manualidades, Fotografía, Cuentos cortos, Poemas, Pintur Dibujos, Arte De Arcilla, Memoria