



ABOUT US

The Rose M. Eldridge Senior Center provides a variety of resources, services, programs and activities for older adults age 50 and older in the City of Norco and the surrounding communities.

The friendly staff at the Senior Center are here to help! They coordinate a range of recreational, self-enrichment and education programs as well as plan activities, trips, and special events throughout the year.



HOURS

**Monday, Wednesday
& Thursday**
8:00am- 3:00pm

Tuesday
8:00am - 4:00pm

Friday
8:00am - 12:30pm

Saturday & Sunday
Closed



CONTACT US

(951) 270-5647

seniorcenter@ci.norco.ca.us

www.norco.ca.us



HARVEST SOCIAL



Join us for our annual Harvest Social! Get ready to celebrate the season at our Harvest Social. This free event features a Holiday Thanksgiving meal complete with turkey and pie giveaways! Registration is open so be sure to secure your spot by signing up at the Welcome Desk.

When: Wednesday, November 13, from 11 AM to 1 PM

Where: Activity Room

Free Entrance: Register at Welcome Desk

Don't miss out on the fun!



SENIOR EXCURSION PROGRAM



Check out our newest trips in the **Senior Excursion Program!** Make your way over to the Senior Center and sign up for one of our popular excursions! The Excursion Program will be doing two trips a month to different locations in Southern California. Excursion Program flyers are available.

UPCOMING TRIPS:

Yaamava Casino

Highland, CA | **Wed, Nov. 6, 2024** | Admission: **\$15**

Bus departs from Senior Center at 9:00AM & returns to the Senior Center approximately at 3:30PM | Registration dates: Now Open

Mission San Juan Capistrano

San Juan Capistrano | **Wed, Nov. 20, 2024** | Admission: **\$25**

Bus departs from Senior Center at 9:00AM & returns to the Senior Center approximately at 3:30PM | Registration dates: Now to November 14

PAYMENT INFORMATION: Payment due at the time of registration. Registration is open Monday through Thursday from 9:00 a.m. to 1:30 p.m. Please make checks payable to the "City of Norco" (exact cash, card, or check). No refunds or credits applied for cancellations. A caregiver or family member, 18 years of age or older is welcome to accompany any senior who requires assistance, but is required to pay all trip related costs. The City of Norco reserves the right to make changes to excursion locations, dates and times. Face masks and/or face coverings are strongly encouraged.

Veterans Day

Join us on Veterans Day as we honor all who served and celebrate the 10th Anniversary of the George A. Ingalls Veterans Memorial Plaza. To recognize this momentous anniversary, commemorative merchandise will be available for sale before and after the ceremony.

Where: Veterans Memorial Plaza
3737 Crestview Dr., Norco, CA 92860

When: Monday, November 11

Time: 10 a.m. - Seating is limited. Attendees are asked to arrive by 9:45 a.m.

Cost: Admission/Parking Free

Parking: Gate 5: Follow Directional Signage



Important Closure Dates

Please take note of the upcoming closure dates for the Rose M. Eldridge Senior Center:

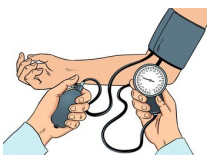


Mon, Nov. 11: Veterans Day

Thur, Nov. 28 & Fri, Nov.29: Thanksgiving

We hope you enjoy these special holidays with family and friends. We'll miss you, but look forward to seeing you back soon!

Stay Heart-Healthy with Free Screenings!



Centro Medico Community Clinic will be offering free blood pressure screenings every first Thursday of the month, starting **November 7**. Join us in the lobby at 10 AM to take advantage of this fantastic opportunity to keep your heart in check. It's a great way to stay on top of your health and enjoy peace of mind. See you there!

Get Your Game On with Pickleball!

Seniors, are you ready to have some fun and get moving? Come check out Pickleball at Riley Gym! This exciting game is perfect for adults only. If you're 50 or older, you play for **FREE!** For our younger friends aged 18-49, it's just \$6 per day.



Where: 3950 Acacia Ave



Heads Up Tai Chi! **No Class Notice!**

Attention all Tai Chi participants! Our regular class on Wednesday **November 6**, will be canceled and **November 13**, will be canceled due to our annual **Harvest Social!** We hope to see you there!

Karaoke New Time!

Our Karaoke has a new time! Join us every **Thursday from 10:00 AM to 11:00 AM** in the Lobby. Join us to sing and have a great time!

Join the Spirit of Giving



The National Day of Giving is just around the corner, and the Rose M. Eldridge Senior Center is excited to join the movement! We're accepting non-perishable food items from now until

November 30. All donations will benefit the St. Mel Catholic Church Food Pantry right here in Norco. Let's come together to spread kindness and support our community. Your generosity can make a real difference!

Golden Hour Club!

Stay connected with the Rose M. Eldridge Senior Center and join the Golden Hour Club! Golden Hour Club participants will receive a monthly newsletter, activity packet, and updates on new senior center programming by mail. Participants will also receive a free birthday goodie bag on their special day! If you wish to join our club, please contact the Senior Center.

Thank You for a Spooktacular Halloween Hi Jinx!

A huge thank you to everyone who joined us for our Annual Halloween Hi Jinx on Thursday, **October 31!** We had a fang-tastic time with delicious pretzel sandwiches, groovy tunes from our DJ, and incredible costumes that wowed us all. Congratulations to our costume contest winner you truly outdid yourselves!



Costume Contest Winners!

1st Place Linda Rangel
2nd Place Irma Renteria



Costume Contest Participants!

Join Us for a Jolly Holiday Social

Mark your calendars for our festive Holiday Social on **December 18**, from 11 AM to 1 PM! This free event promises a delightful holiday meal, along with exciting gift card and pie giveaways! Registration now open, so make sure to secure your spot by signing up at the welcome desk. Don't miss out on the holiday cheer—we can't wait to celebrate with you!



HICAP - Health Insurance Counseling Advocacy Program

Description: HICAP offers free non-biased Health Insurance Counseling for seniors. If interested, please call **909.256.8369** and leave your name and phone number on the answering machine. They will return the call within 24-48 business hours Monday through Friday. All services provided are strictly over the phone.

Adult Protective Services (APS)

Description: Everyone can help protect elder and dependent adults. If you or someone you know is being abused please call the toll free number at **1-800-491-7123 (24-hours a day, 7 days a week)**. Suspected abuse includes: physical abuse, sexual abuse, self-neglect, abandonment, financial abuse, psychological abuse and neglect by others.

Blindness Support Services

Description: The Older Adults Program at Blindness Support Services (BSS) is providing free assistance to older adults, ages 55 and older, who are blind or have a vision impairment. Those who are interested must currently reside in the Riverside County or San Bernardino County. This department is dedicated to teaching older adults who are having issues with their vision to become more independent and adaptable to the challenges they face on a day to day basis. Those who are interested in receiving free

Mental Health Support

Description: Are you feeling worried, overwhelmed, sad, lonely, and irritable? If you are experiencing mental health symptoms, the Riverside County Office on Aging (RCOA) provides free consultations and linkage to Behavioral Health resources. For more information, please call RCOA at **800.510.2020**.

Blood Pressure Screening

Description: Join us every 1st Thursday of the month to get your blood pressure screening. Centro medico Community Clinic will be providing blood pressure screenings every month. Their contact information is (951) 278-8910 at 1303 W. Sixth St. #105, Corona, CA 92882.

Independence at Home a SCAN Community Service

Description: Independence at Home, a SCAN Community Service provides a multitude of services to Riverside County residents. Services include: short-term mental health support talk therapy that is available via phone and/or virtual platforms and a friendly caller program that matches isolated older adults with a volunteer who will call them on a regular basis. Their services are available both in English and Spanish. If you would like more information, please call **866.421.1964**. You do not need to be a SCAN Health Plan Member to participate.

Friendship Line California

Description: Are you or someone you know feeling lonely and isolated during these trying times? The *Friendship Line* provides friendly people ready to listen and speak with you. Call their toll free number which is available 24/7 at **888.670.1360** to connect with someone now.

Utility Assistance and Weatherization

Description: The Community Action Partnership of Riverside County helps qualified residents with utility bill assistance and weatherization. The program assists with lowering heating and cooling costs, making homes more energy efficient through repair or replacement of ACs and heating units and refrigerator replacements. For more information, please call **951.955.4902** or email DAMoore@capriverside.org



FACILITY RENTALS

The Rose M. Eldridge Senior Center is the perfect facility for receptions, educational seminars, reunions, banquets or business meetings. The facility can accommodate up to 150 guests to modest accommodations for 30 guests. The spacious banquet room is equipped with a sound system, catering kitchen, handicapped accessible bathrooms and a lobby area. Selected rooms can be used for your occasion. If you are interested in renting the facility, please contact us at 951.270.5647 or email us at seniorcenter@ci.norco.ca.us

INFORMATIONAL LOBBY TABLES

Hosting an informational table at our facility offers a unique opportunity for senior community members to engage with groups and vendors who offer information on services that promote senior health and wellness as well as encourage senior independence. If you are interested in hosting an informational lobby table at the facility, please contact us at 951.270.5647 or email us at seniorcenter@ci.norco.ca.us.

PRESENTATIONS/WORKSHOPS

Are you interested in hosting an educational presentation or workshop for senior citizens? Please contact us at 951.270.5647 or email us at seniorcenter@ci.norco.ca.us.

SPONSORSHIP OPPORTUNITIES

Are you interested in partnering with the Rose M. Eldridge Senior Center to sponsor classes, events or programs to enrich the lives of the senior community in the City of Norco? This would be an excellent opportunity for community outreach! Please contact us at 951.270.5647 or email us at seniorcenter@ci.norco.ca.us.

BECOME A VOLUNTEER

Are you interested in volunteering for the City of Norco? Please complete an online application at www.norco.ca.us. All volunteers are required to be fingerprinted and pass a background check. If you have any questions, please contact Julie Castellanos at 951.270.5632 or JCastellanos@ci.norco.ca.us.

RIDDLE ME THIS

1. I arrive as the eleventh in a line, my days wane as holidays align. What am I?
2. I'm a bird that's prepared, yet I don't take flight; on a table I rest, a feast in the night. What am I?
3. With stars on my chest, a day is my honor; respect is given to every true fawner. Who am I?

Answers: 1: November 2: Turkey 3: Veteran

FUN FACTS

1. The full Moon in November is traditionally called the Beaver Moon, based on the month when beaver traps were set before winter in the Colonial era.
2. November's traditional birthstone is the topaz, symbolizing honor and strength.
3. In ancient Rome, November was the ninth month after March.
4. November is the time of the 'Snow Moon' in Pagan beliefs and the 'Moon of the Falling Leaves' according to Black Elk.

**QUOTE
OF THE
MONTH**

"Happiness is like a butterfly which, when pursued, is always beyond our grasp, but, if you will sit down quietly, may alight upon you." – Nathaniel Hawthorne