



Rose M. Eldridge Senior Center

NEWSLETTER

VOL. 28 DECEMBER, 2016



Norco Senior Center

"We create community through people, parks, trails and programs"



LUNCHEON

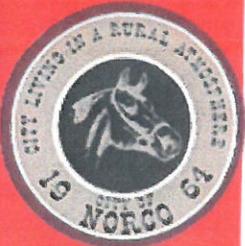
Come celebrate the joy of Christmas with a delightful lunch on December 15, 2016 at Noon at the Rose M. Eldridge, Senior Center, 2690 Clark Avenue, Norco, CA. Please make a reservation at the front desk. \$3 pre-pay.

Save the Date

Crown Plus	December 1, 2016
U.S.D.A Food Delivery	December 7, 2016
Mission Inn Festival of Lights	December 7, 2016
Party Partners	December 9, 2016
California Seniors + Pets	December 10, 2016
Drive Down Santa Lane	December 14, 2016
Senior Holiday Lunch	December 15, 2016
Intergenerational Christmas Karaoke	December 21, 2016
Inland Counties Legal	December 22, 2016
HICAP	December 27, 2016
Closed	December 26, 2016

2690 Clark Avenue
Norco, CA 92860
(951) 270-5647

www.cityofnorco/
seniorcenter



12th Annual "Secret Santa for Seniors" is designed to provide gifts, bring smiles and warm the hearts of our community's aging adults and positively impact and the emotional and physical well-being of elders who are alone and on a limited income. Starting November 14, pick a gift idea tournament Center's "Secret Santa for Tree". Then simply purchase the item listed on the ornament and return it (wrapped or unwrapped) to the Rose M. Eldridge Senior Center by Monday, December 12, 2016. A simple way to share your holiday joy with seniors in need.



FILMS FESTIVAL

Come enjoy films of the season, popcorn and friends. Mondays: Noon to 2pm



December 12



December 5



December 19



DECEMBER EXCURSION

SIGN-UPS ARE ONGOING

- Mission Inn Festival of Lights Dec. 7, 2016 9:00 a.m.
- Santa's Lane Drive Dec. 14, 2016 9:00 a.m.

Please sign up today. Space is limited. Registration is based on a first come, first served basis. See the Senior Center for more details! Dates, times and costs are subject to change.



SENIOR TRANSPORTATION SERVICE

The Norco Senior Center provides door to door transportation service to Norco seniors and disabled residents on Mondays-Thursday, from 9:00 a.m.-4:00 p.m. This service will transport residents for the purpose of grocery shopping, medical visits, obtaining prescriptions, bill paying and transportation to and from the Norco Senior Center.

Schedule subject to change. Please make reservations at least 7 days ahead. FREE

For reservations, please call 951-270-5647.



S.T.A.R. Volunteer

The City of Norco Parks, Recreation and Community Services Department is seeking caring, responsible people to volunteer and get involved within the community. There are a variety of positions available throughout the Norco area. For more information on how you can volunteer city-wide, please call (951) 270-5632.

The S.T.A.R. Volunteers – Next meeting will be held on Wednesday December 7, 2016 at 11:30 a.m.

This meeting is in conjunction with the Advisory Board Meeting.

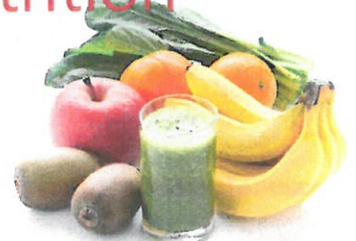
Senior Center Public Service Hours

Monday	8:00 am - 2:00 pm
Tuesday	8:00 am - 4:00 pm
Wednesday	8:00 am - 2:00 pm
Thurs.(12/24)	8:00 am - 2:00 pm
Friday (12/25)	8:00 am - 12:30 pm



Senior Nutrition Program

Enjoy a hot, tasty and nutritional meal prepared by Sodexo Corporation & sponsored by Riverside County Office on Aging. Meals served Monday - Friday at 11:20 a.m. Suggested donation is \$3.00 for those 60 and over and a fee of \$5.00 for those under 60. Reservations must be made



one day in advance by calling (951)270-5638 between 10:00 a.m.-12:00 p.m. A meal delivery program is available for the homebound, frail and elderly seniors.



Inland Counties LEGAL SERVICES

9:00 am. December 22, 2016
By Appointment Only





Senior Activities

Norco Senior Center Activities... for the Young at Heart... The Norco Senior Center is open to those 50 and over. Activities are scheduled throughout the week during the Center's hours of operation. Please visit the Center and join us for fun, laughter and to make some new friends. Class schedules subject to change.

Monday



- Men's Exercise 8am
- Billiards 9am
- Ladies Exercise 9:30am
- Card Games 10am
- Fine Arts 8am

Tuesday

- Yoga 9:30am
- Dolls and More 10am
- Bingo 1pm



Wednesday

- Men's Exercise 8am
- Billiards 9am
- Ceramics 9am
- Ladies Exercise 9:30am
- Chair Volleyball Noon
- Ukulele Mele 12:30pm



Thursday

- Woodcarving 9am
- Yoga 9:30am
- Scrabble 9am
- Quilting 9am



- Bunco 11:3am (2nd Thursday only)

Friday

- Men's Exercise 8am
- Chair Massage (by appointment 8:30 am)
- Billiards 9:00am
- Ladies' Exercise 9:30 am



Info HICAP

Health Insurance Counseling and Advocacy Program

Free Service to Medicare Beneficiaries

Tuesday, November 27, 2016
1:00 p.m. - 4:00 p.m.
* By Appointment only

BINGO

Every Tuesday
1:00 p.m. - 3:00 p.m.

Come out for a great time of fun and refreshments! Enjoy exciting games like zipper, the early bird and double action! Price to play may vary depending on how many games players would like to play. * Doors open at noon

HAPPINESS IS YELLING



DECEMBER 2016						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Crown Plus 12-1pms	2	3
4	5 Christmas Film Festival	6	7 S.T.A.R. 11:30 am USDA FOOD 9:00 am Mission Inn Light Show	8 Bunco	9 Party Partners 6pm	10 Seniors & Pets 9am
11	12 Christmas Film Festival Secret Santa deadline!	13	14 Santa's Lane Drive Excursion	15 Senior Holiday Lunch Noon-2pm	16	17
18	19 Christmas Film Festival	20 HICAP 1-4pm	21 International Christmas Caroling/ Karaoke	22 Inland Counties Legal	23	24
25	26 Christmas Film Festival	27 HICAP 1-4 pm	28	29	30	31



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WACKY CHRISTMAS TRADITIONS AROUND THE WORLD



Christmas Pickle: An old tradition in Spain and Germany where pickle ornament is hidden on the Christmas tree. The first person who finds the pickle is said to..



Skating to Mass: December 16th to December 24th, there's a unique tradition known as "Misa de Aguinaldo" (Early Morning Mass) that takes place in Caracas, Venezuela. From closing the busy streets before 8am to any motor vehicles' to allow everyone to skate among the streets.



Fried Chicken: Unlike traditional ham or turkey Americans are used to seeing during the holidays, however in Japan, they celebrate by eating fried chicken. By the power of marketing and advertising it has become common practice to eat KFC during Christmas. The meal is also accompanied by a delicious Christmas cake for dessert.



SantaCon: Around this time of the year, there's a huge gathering in New York City. To celebrate the holiday season, New Yorkers get together and dress up as Santa and Elves and spread the holi-

day cheer during SantaCon.



Christmas Witch: In Italy, children will go to bed waiting for a magical being to bring presents, and I don't mean Santa Claus. In Italian folklore, an old witch delivers gifts and candy to children on Epiphany Eve (January 5th). Santa's competitor, La Befana, is usually portrayed as an old lady riding a broomstick, usually covered in soot as she enters homes through chimneys. Very familiar to the tradition of leaving cookies and milk for Santa, children will leave wine and food out for the Befana.



Brooms: Ok—so going with the Christmas Witch story, here's one about brooms. There's a superstition in Norway that advises households to hide their broom on Christmas Eve. It is believed that witches and evil spirits will rise from the graves and use the brooms to fly through the sky and creates chaos until dawn!

Volunteer Teachers Needed



We would like to offer seniors new and interesting classes at the Rose M. Eldridge Senior Center. Do you have a talent and would be willing to donate several hours, once a week? We would love to offer classes in embroidery, line dancing, mixed media or something just as interesting.

If you would like to teach contact Peggy at (951) 270-5646.

Intergenerational Christmas Carol Karaoke

**December 21, 2016
Noon - 2 p.m.**

