



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



HALLOWEEN COSTUME CONTEST

Attention all you ghouls and gals, the Rose M. Eldridge Senior Center invites you to participate in our annual **Halloween Costume Contest!** Get dressed up in your coolest and spookiest Halloween outfit and submit your photos to us.

CONTEST ENTRY: Contest **opens Friday, October 2nd** at 8 am and **ends Wednesday, October 28th** at 3 pm

PHOTO SUBMISSION: Email your photos to seniorcenter@ci.norco.ca.us, mail them to our Center, or drop them off in person.

WINNER: The participant with the best Halloween costume will win a gift basket of goods. Winner will be notified via phone on Thursday, October 29th.

We can't wait to see your spooktacular costumes!



AMERICAN RED CROSS BLOOD DRIVE

The American Red Cross will be hosting monthly *Blood Drives* at the Rose M. Eldridge Senior Center. The first blood drive is scheduled for **Tuesday, October 13, 2020** from **9 am to 4 pm** and is open to the general public.

Masks are required and temperature checks will be conducted upon entry. All patrons must follow all CDC, State, and local guidelines.



COOLING CENTER

The Rose M. Eldridge Senior Center serves as a Cool Center to provide temporary relief from the heat for seniors ages **60 and over**. The Cool Center is activated on days when temperatures reach 97°F and above. Hours of operation when the Cool Center is activated are Monday - Thursday from 8 a.m. to 5 p.m. and Friday - Sunday from 12 p.m. to 5 p.m. Participants are **required** to wear a face mask or face covering during their visit, maintain social distancing of at least six feet from other individuals and will undergo a screening process prior to entering the facility. Cool Center services are offered by the City of Norco in conjunction with County of Riverside Community Action Partnership and Riverside County Department of Public Health. **For a list of additional Cool Center sites visit www.capriverside.org or call 951.955.4900.**

ICLS - Inland County Legal Services, Inc.

Description: Provides free legal assistance to seniors ages 60 and over. For more information, please call **1.800.977.4257** between 8:45am and 4:45pm Monday through Friday. All services provided is strictly over the phone.

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.

Riverside County Office on Aging

Description: RIVCO provides a multitude of programs and services that are free for seniors who meet the minimum qualifications. Programs include: Assistance at Home, Family Caregiver Support, Senior Employment, Legal Assistance, Transportation Reimbursement and much more. For more information, please call **800.510.2020** Monday through Friday from 8 am to 5 pm.

California Life Line Program

Description: The California Life Line Program offers discounted home phone and cell phone services to eligible households. These discounts help consumers lower the cost of their phone bills. To see if you are eligible, fill out an application online at <https://www.californialifeline.com/en> or call **866.272.0357** Monday through Friday from 7 am to 7 pm for more information.

Home Delivered Meals

Description: For information on home delivered meals please contact:

Office on Aging	800.510.2020
Sodexo Meal Office	951.827.3613
Meals on Wheels Riverside (Mon-Fri, 8:30am to 1pm)	951.683.7151
Feeding America (Mon-Fri, 8am to 3pm)	951.359.4757

The Rose M. Eldridge Senior Center does not offer a meal delivery service.

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.

United Ways of California

Description: The United Ways of California program provides low-cost internet service to low-income and minority households that do not have high Internet speed at home. To see if you qualify, apply online at <http://broadband.unitedwaysca.org/> or call **(877) 355-8922** for more information.

United Lift Rental Assistance

Description: United Lift provides rental assistance to Riverside County residents who need help covering their past due rent. Applications will be accepted beginning August 15. Visit www.unitedlift.org/ to complete an application or call 2-1-1 for more info.

4 WAYS TO GET ACTIVE AS YOU AGE



Choose the right activities.

Tailor activities to your individual interests and ability level to keep yourself engaged. Get involved in swimming, gardening, Zumba, or even Tai Chi.

Start slow.

It is important to ease into exercise if you have had a pretty sedentary lifestyle. Take time to build your physical strength and confidence.



Establish a routine.

Participate regularly in virtual workout sessions, schedule a walk at the same time every day or set a certain hour as your "Dance Hour." This will help to make exercise a habit instead of a chore.



Keep it social.

Getting and staying active becomes a lot easier when you have companions to help motivate you and hold you accountable. Arrange an activity with a friend, while also remaining 6 six feet apart from each other and wearing a mask.



For more senior exercise & fitness tips, <https://www.helpguide.org/articles/healthy-living/exercise-and-fitness-as-you-age.htm>

GETTING ENOUGH FLUIDS



As we get older, it is very important for our body's to have enough fluids each day. Age can cause a decrease in your sense of thirst and medications may even result in dehydration. For that reason, water is essential and a great way to add fluids to your daily routine. See the tips below for getting enough fluids:

- Have a glass of water before you exercise
- Take sips of water, milk, or juice between bites during meals
- Don't wait until you feel thirsty to drink something
- Drink a full glass of water when you take a pill
- Drink fat-free or low-fat milk and drinks without added sugars
- Have a cup of low-fat soup as an afternoon snack

For more information on fluids and nutrition, visit

www.niddk.nih.gov and www.nanasp.org

9 TIPS FOR FOOD SHOPPING DURING COVID-19



1. Wash your hands for 20 seconds with soap and warm water before and after shopping.
2. Wear your face mask and use gloves when shopping. If gloves are not accessible, spray down your shopping cart with sanitizing solution.
3. Keep a safe, 6 foot distance from other people.
4. Don't go shopping if you are sick; order groceries online or have family/friends pick them up for you.
5. Avoid touching your face, nose, and mouth.
6. Avoid touching foods unless you are going to buy them.
7. Limit trips to the supermarket.
8. Use self-checkout stations when available.
9. Pay through electronic means.

VIRTUAL WORKSHOPS

Money Smart for Older Adults & COVID-19

This Money Smart webinar provides an overview of common frauds, scams, and other forms of elder financial exploitation that has emerged during the COVID-19 pandemic. You don't want to miss out!

Date: Wednesday, October 7, 2020

Time: 1:00 pm—2:00 pm

Venue: Online (Web Seminar)

Register: FREE. Click the [link](#) to sign up.

Keeping Home Safe for a Person with Alzheimer's

Learn about methods to modify your home, simple hacks, and ways you can use technology to increase a person with dementia's ability to stay at home safely.

Date: Friday, October 9, 2020

Time: 1:00 pm—2:00 pm

Venue: Online/Telephone

Register: To RSVP call 844.HELP.ALZ (844-435-7259) or email help@alzla.org.

Medicare 101 with Kaiser Permanente

Kaiser Permanente Medicare Specialist will answer questions on their Medicare Advantage Plans and assist you in learning how their health plans can support you in achieving your health goals.

Dates: October 14 & 23, 2020

Time: 11:00 am on Oct 14 and 1:00 pm on Oct 23

Venue: Online

Register: To RSVP call 760-218-0484 or email Barbara.L.Salazar-Garcia@kp.org.

Composting

This virtual course provided by the Riverside County Department of Waste Resources introduces you to composting. Learn how to compost yard, fruit, and vegetable trimmings at home!

Dates: Saturday, October 17, 2020

Time: 10:00 am—11:15am

Venue: Online

Register: <http://www.rcwaste.org/classes/composting>

DID YOU KNOW?

Virtual Recreation Center—New

The *Rose M. Eldridge Senior Center* has created a Virtual Recreation Center just for seniors! The **Virtual Recreation Center** offers seniors a fun and creative way of exploring the world around us without ever leaving home. Access resources, virtual travel, arts and crafts activities, educational activities and much more through our Center. Visit our [website](#) and start exploring today!

Pen Pal Program—New

The *Rose M. Eldridge Senior Center* has implemented its very first **Pen Pal Program**! We know that keeping in touch is highly important, so we encourage you to stay connected while we are apart during these times. We invite you to write the Senior Center staff and keep us in the know! Mail your letters to our Center and we will respond to your letter and share some of our favorite recipes, quotes, books, and more.

VIRTUAL ACTIVITIES & EVENTS

Tour Rocky Mountain State Park

Engage in this free 30 minute virtual guided tour of some of the most amazing National Parks in the US .

Date: Thursday, October 8, 2020

Time: 12:00 pm—12:30 pm

Venue: Online

Register: <https://seniorplanet.org/event/tour-rocky-mountain-state-park/>

Virtual Charades

Love charades? Enjoy this free and fun one hour event hosted by Highway 61.

Date: Monday, October 12, 2020

Time: 10:00 am—11:00 am

Venue: Online

Register: <https://calendar.highway61.co/event/virtual-heads-up-game-host-eva-2020-09-14-2020-10-05/2020-10-12/>

Virtual Halloween Parade

Tune in and watch Manhattan's Halloween Parade!

Date: Monday, October 26, 2020

Time: 4:00 pm—5:00 pm

Venue: Online

Register: <https://seniorplanet.org/event/watch-a-virtual-halloween-parade/>

WORD SEARCH

HIDDEN PICTURES

HALLOWEEN WORD SEARCH

R F E F P R Y M G H Y O Z A Q B F H O H
 A D C S E A E E O N Y V L K U X X T W I
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 T A B K O Y K O O P S O W A B B T U E A
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- Bat
- Pumpkin
- Halloween
- Mummy
- Vampire
- Witch
- Spooky
- Trick or Treat
- Fun
- Ghost
- Costume
- Skeleton
- Candy
- Scary
- Monster
- Haunted House



Piggy Pumpkin Patch

By Mike DeSantis



- bell
- spatula
- pail
- mushroom
- burton
- crescent moon
- artist's brush
- fish
- pencil
- banana
- wishbone
- musical note
- drinking straw
- nail
- shoe
- baseball cap

In this big picture, find the bell, spatula, pail, mushroom, artist's brush, burton, banana, pencil, wishbone, fish, crescent moon, baseball cap, nail, drinking straw, musical note, and shoe.

BONUS!

Can you also find the ruler, mitten, comb, sock, and candle?



HAPPY



HALLOWEEN!



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