

Mary Phillips Senior Center

"The Place Friends Meet"

The Community Services Department offers a wide variety of services and activities at the Mary Phillips Senior Center (MPSC). This facility is located at 41845 Sixth Street, and is equipped with four pool tables, a library, classrooms and auditorium. The center is open Monday through Friday, 8:00am-5:00pm. Stop by and pick up our monthly calendar of activities and information on senior programs and services. For more information call 694-6464.

Senior Nutrition Program **Ages: 60+ and Spouses**

Meals On-Site: In cooperation with Riverside County Office on Aging and Sodexo Corporation, we offer a lunch program for seniors age 60+ and their spouses. Meals are served in a congregate setting at the Senior Center.

Days: Monday - Friday **Time:** 11:30am

Reservations: Required 24 hours in advance. Call the Nutrition Program at 694-6465 from 9:00am-1:00pm. If you are unable to keep your reservation, please call the same number to cancel.

Suggested Donation: \$3 for seniors; \$5 for non-seniors.

Home Delivered Meals: The Nutrition Program offers home-delivered meals to homebound seniors in our community. Hot meals are delivered at lunchtime Monday-Friday, with frozen meals delivered for the weekends. Call the Office on Aging at (800) 510-2020 for details.

Senior Transport Program

Don't sit inside...call us for your next ride...to the Senior Center! The Transport Program offers door-to-door round-trip transportation to the Center.

Days: Monday-Friday **Fee:** \$.50/Resident; \$1/Non-resident

Pick-up Time: 9:00-10:30am **Return Time:** 1:30-3:30pm

Reservations: Call 694-6464 at least 24 hours in advance

Senior Education Series

You are invited to attend the Loma Linda University Rehabilitation, Orthopedics & Neurosciences Institute monthly educational series of talks at the center. Seminars are from 10:30-11:10am and refreshments are served. Below is a list of seminar dates, topics and speakers!

Topic	Date	Speaker
Movement Disorder	Wed, Jul 21	Dr. Hsu
Memory Disorder	Fri, Aug 27	Dr. Sherzai
Vestibular	Thu, Sep 23	Physical Therapy
Joint Replacement	Wed, Oct 27	Keith Anderson, NP
Spine	Wed, Dec 1	Dr. Deborah Henry

4th Annual MPSC Health & Wellness Fair

Join us for the 4th annual "Health and Wellness Fair." Health care providers will be on hand to give "free" screenings and information.

Also, the Riverside County Office of Aging and Braille Institute information van will be on hand to answer questions.

Entertainment, refreshments, prizes and much more!

Date	Day	Time	Fee
Oct 23	Sat	9:00am - 12:00pm	FREE



HMO Information Fair

Back by popular demand! Fall is the time to get information about your HMO medical benefits. Representatives from: Scan, InterValley Health Plan, Aetna, Blue Shield, Silver Care, Kaiser Permanente, MD Care, Health Net and Secure Horizon will be on hand to answer questions and provide information on 2011 benefits.

Date	Day	Time	Fee
Nov 8	Mon	9:00am - 12:00pm	FREE

Movie Day

Enjoy movie and popcorn sponsored by Prime Care and Scan.

Day: 2nd Thu **Time:** 12:30pm



Senior Excursions

The Community Services Department proudly offers exciting excursions just for our senior community. Because of limited seating, we can only allow seniors age 55+. Keep in mind that all excursions involve lots of fun, but also a great deal of walking, so remember to wear comfortable shoes. Contact the Senior Center for registration information.

Be A Kid Again! (Pennypickle's Workshop)

No matter your age; exploring, learning and interacting with others is so much fun! At Pennypickle's Workshop, the Temecula Children's Museum we provide all those things on a day set aside just for you. Come visit our Museum and enjoy the hands-on exhibits, antique in nature and see some items you may remember from your childhood.

Activity#	Date	Day	Time	Fee
4100.201	Sep 8	Wed	9:30am-12:30pm	\$3.50

Queen Mary

Come aboard and learn about what goes on "Behind-the-Scene". Narrated historical tour of the Queen Mary. After our tour we will have the pleasure to dine at the lovely Prom Cafe.

Activity#	Date	Day	Time	Fee
4100.202	Sep 14	Tue	9:00am-5:00pm	\$40

A Trip to Julian

Take a stroll down the street and all you can smell is...fresh baked apple pie. October is the season for apple picking in Julian. Join us for some shopping, and just a little bit of relaxation. Help us find the best piece of apple pie in town.

Activity#	Date	Day	Time	Fee
4100.203	Oct 12	Tue	9:00am-5:00pm	\$10

The Oasis Camel Dairy

Located in Ramona, we will get up close and learn the who, what, where and anything else you would like to know about the camels and the dairy. They were also featured on the TV show "Dirty Jobs" with Mike Rowe. Join us for a fun adventure.

Activity#	Date	Day	Time	Fee
4100.204	Nov 10	Wed	8:30am-5:00pm	\$15

Welk Resort, Live Theatre Performance

"It's a Wonderful Life", Frank Capra's award-winning 1947 film, is brought to life once again by veteran playwright Joe Palermo. The guests become the "live studio audience" as the story is performed by actors in the style of an old-fashioned live radio show.

Activity#	Date	Day	Time	Fee
4100.205	Dec 7	Tue	10:00am-5:00pm	\$70

Monthly Events

You won't want to miss these fun-filled events held monthly at the Center.

Event	Date	Day	Time
Independence Day	Jul 1	Thu	10:30am
Hawaiian Luau	Aug 19	Thu	10:30am
Anniversary Party	Sep 23	Thu	10:30am
Halloween Party	Oct 28	Thu	10:30am
Thanksgiving Party	Nov 18	Thu	10:30am
Holiday Party	Dec 16	Thu	10:30am

Birthday Celebration!

Join us as we celebrate all the people born each month. Tell our staff your birth date, and we'll put your name on the birthday mailing list!

Dates	Day	Time	Fee
Monthly	2nd Wed	11:30am	FREE

Fit, Fun & Fabulous

This energizing class incorporates a variety of stretching, endurance and strengthening moves. The instructor is a great motivator!

Instructor: Lindi Abacherli

<u>Class#</u>	<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
4200.201	Jul 1-Jul 29*	Mon-Thu	9:00-9:45am	\$24/Month
4200.202	Aug 2-Aug 30	Mon-Thu	9:00-9:45am	\$27/Month
4200.203	Sep 1-Sep 30	Mon-Thu	9:00-9:45am	\$25.50/Month
4200.204	Oct 1-Oct 28	Mon-Thu	9:00-9:45am	\$24/Month
4200.205	Nov 1-Nov 24*	Mon-Thu	9:00-9:45am	\$24/Month
4200.206	Dec 1-Dec 30*	Mon-Thu	9:00-9:45am	\$27/Month

Please Note: Walk-ins available at \$2.50 per class.

***Class Skip Dates:** Jul 5, Sep 6, Nov 11, Nov 25

Chair Volleyball

Take a seat and have a ball playing chair volleyball. This fun activity is played with light weight beach balls! Drop by, observe, and you'll want to play too.

Day: Mon **Time:** 10:00am

Mary Phillips Senior Center Choral Group

Join your friends in a sing-along with a choral director and pianist! Group has gone into the community to sing for nursing homes and hospitals, and they're planning more fun performances. You don't need to be a Pavarotti to join!

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
Weekly	Tue	10:00-11:00am	FREE



Seniors Golden Years of Temecula Valley

The Seniors Golden Years is a nonprofit organization dedicated to the improvement of the lives of Temecula Valley Seniors. The club sponsors trips, fundraisers and co-sponsors several monthly activities with the Community Services Department. Seniors Golden Years is open to all seniors age 55+.

<u>Meetings</u>	<u>Dates</u>	<u>Day</u>	<u>Time</u>
Board meetings	Monthly	2nd Wed	11:00am
General Meetings	Monthly	2nd/4th Wed	12:45pm

Golden Years Saturday Social

Join the Seniors Golden Years at their Saturday Socials. Check out the event flyer at the MPSC for details.

<u>Day</u>	<u>Time</u>	<u>Fee</u>
3rd Sat	5:00-9:00pm	Cost varies per event

Golden Years Bingo

Come play a fun game of bingo with all your friends. Cards are \$1 and ten games will be played. Buy as many cards as you wish. Money taken will be given in prizes.

<u>Day</u>	<u>Time</u>	<u>Fee</u>
2nd & 4th Wed	2:00-4:00pm	\$1/Card

Golden Years Seniors Potluck

Potluck is open to all seniors. Bring a dish to share (which serves 6-8 people), and your own place setting. The club supplies coffee, tea and ice.

<u>Day</u>	<u>Time</u>	<u>Fee</u>
1st Wed	4:00pm	FREE

Golden Years Excursions

Please check with Esther, the Seniors Golden Years representative at 694-6466 between 9:00am-12:00pm for more information.

Mary Phillips Senior Center Garden

The Community Services Department is proud to announce the completion of the Mary Phillips Senior Center Garden. This beautiful addition will not only produce needed homegrown vegetables and fruits to low income seniors but also provide a recreational and educational venue for our older adults and special needs. For more information contact the Senior Center at 694-6464.



"Staying in Touch" (S.I.T. Program)

This program is designed to keep in touch with Temecula seniors who are living alone or are homebound. Volunteers will call weekly to chat, listen and keep in touch. If you are a Temecula senior and would like to be placed on our call list or would like to become a volunteer, call the Center at 694-6464.

Picking up the Pieces (Bereavement Support Group)

Call the Senior Center for more information and schedule.

Care Connexus Inc. (Caregiver's Support Group)

If you are caring for a loved one who suffers from Alzheimer's disease or any other disability, come and share your difficulties with people who can help. This group offers lots of support, information and help. For details call 672-9536.

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
Monthly	1st Tue	10:00-11:30am	FREE

AARP Senior Driving Safety Program

This driver safety class may help reduce your auto insurance premiums, as well as refresh your knowledge of the rules of the road. This is an eight-hour class. Pre-registration is required. Payment is made directly to AARP.

Fee: \$12/members; \$14/non members

<u>Dates</u>	<u>Day</u>	<u>Time</u>
Every other Month	3rd Wed/Thu	12:15-4:15pm

Grandparents Support Group

The City of Temecula, in conjunction with the Office on Aging, is committed to helping grandparents, relatives, caregivers and children in developing, and strengthening the family.

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
Monthly	3rd Thu	10:00am-12:00pm	FREE

Social Security Information

A representative from Social Security will answer questions, replace lost social security cards and assist with retirement benefits. No appointment needed. Call 1-800-772-1213 for more information.

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
Monthly	1st Thu	1:00-2:30pm	FREE

Visiting Nurses Assoc. of Inland Counties

Monthly blood pressure checks, information and discussions on understanding Medicare, hospice services and palliative care with guest speakers and topics.

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
Monthly	1st Mon	10:00-11:30am	FREE

Health Insurance Counseling

Health Insurance Counseling and Advocacy Program (HICAP) is here to help you with details about Medicare or health insurance. A qualified counselor will provide free counseling. Call Sheila at 697-6565 ext. 242 for an appointment.

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
Monthly	1st Wed & 3rd Thu	By appointment	FREE

Bridge 4 Fun/Duplicate Bridge Club

Master Points are awarded for each game and there is a nominal table fee. All levels of play welcome! Call (760) 468-2078 or email debcameron@verizon.net for information.

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
Weekly	Wed	12:00pm-3:00pm	\$6
Weekly	Sat	11:30am-3:00pm	\$6
Weekly	Thu	1:00-4:30pm	\$6 (ACBL Sanctioned)