

SENIOR PROGRAMS

CUSTOMER SERVICE DESK - Open Monday through Friday from 8:00 a.m. to 3:00 pm - to assist older adults and persons with disabilities, and their families, with information about local resources and ideas for critical decisions. For help filling out forms, call (951) 769-8539 in advance for an appointment.

TELEPHONE REASSURANCE - Do you live alone? Let us call you daily for a "cheerful check-up." If you don't answer, we will follow through with an emergency contact. Let us know if you are interested in getting a call. (951) 769-8539

FINANCIAL SERVICES – By Appointment Only! On the first Monday of every month, free half hour consultations answering questions about investments, income tax and managing your money. Call (951)769-8539 for your appointment.

HICAP - Hicap counselors are state-registered staff and volunteers who offer unbiased, individual counseling, and group seminars about Medicare and other related health insurance topics - trained extensively on Medicare rules and regulations. 4th Tuesday 1pm to 4pm. Call (1-800)434-0222 with your questions. For additional info please call number for a one on one appointment.

CFLC KIN CARE: Kinship caregivers meet 2nd Tuesday of each month at 10:00 am. Call Kathy Williams (951) 791-3586.

PARALEGAL: Inland Counties Legal Services. A FREE service for legal questions. If you cannot be helped over the phone, you will be given an appointment and they will meet with you at the Beaumont Senior Center. Calls from seniors are only accepted on Tuesday, Wednesday and Thursdays between 9:00 am and 10:00 am. (951) 320-7500

BEREAVEMENT GROUP - Meets at the Chatigny Center on the 2nd & 4th Fridays at 9:00 am. If you have lost a loved one, please come and join in. Sponsored by Chapman Hospice. No appointment needed.

CAREGIVERS SUPPORT GROUP: 1st Tuesday of each month, 1:00pm - 2:30pm. Discuss care giving issues, share strategies with other caregivers. Facilitated Memory Care Director of Linda Valley Assisted Living (909)799-3117.

PICKLE BALL: *Thursday:8:00 am -10:00 am. Open to all seniors! Bring your buddies, paddles & balls or borrow paddle & balls from the Senior Center. The net & rules will be provided. (Must call in for court reservation)*

LOW VISION SUPPORT GROUP

Coming to Beaumont Senior Center, every 3rd Monday of the month: Starting Monday, September 19, 2016 at 10am to 12pm. Low Vision Support Group.

SENIOR ACTIVITIES

QUILTERS: Mondays - 5:30 pm, at the Chatigny Community Center. Wednesdays - 9:30 am at the Civic Center, 550 E. 6th Street with the "Special Techniques" meetings held on the 3rd Wednesday of the month, 9:00 a.m. to 1:00 p.m. also at the Civic Center.

YOGA: Beginning Yoga - Monday evenings 6:30 -7:45 pm. Fees: \$10.00 per class.
CHAIR YOGA: Wednesday Afternoon 2:15 - 3:00 pm Fees. \$7.00 per class.
Professional Instructor. Contact Carin (951) 769-5855 or Seebold2@aol.com

FIT AFTER 50: Monday, Wednesday & Friday, from 9:15am - 10:15am. Exercise to increase strength, mobility, flexibility and balance. Protect against osteoporosis. Class instructor: Connie Presson. Must pre-register. No perfume please.

WALKING: Monday through Friday mornings 8am to 9am. Walk in our Gym - Safe and Climate controlled.

WATERCOLOR CLASS: Tuesdays 9 am to 12 noon Albert A. Chatigny Community Center. These classes are conducted in a relaxed and informal atmosphere, and are open to all skill levels. Professional Instructor- Nominal fee applies.

KNIT & CROCHET: Wednesdays 10:00am -12:00pm. A friendly get together for knit and crochet enthusiasts; exchange ideas, help one another solve problems. No charge, men welcome.

Garden Club: 2nd Wednesday of each month 1:00pm - 3:00pm. Garden Club meets at the Beaumont Civic Center: 550 E. 6th Street, Beaumont.

MOVIES: 12:00 - 2:00 pm every Wednesday. Family friendly movies shown on a big screen, air conditioned room, comfortable chairs, popcorn, light snacks and beverages provided. No charge, Please call for movie title. Be prompt!

AEROBICS CLASS: Monday, Wednesday & Friday, from 8:00am - 9:00am. Traditional and mild aerobics with instructions through audio tape. No charge. New members welcome!

BINGO: Fridays: 10:30 am - 12:00 pm. Donations .50 cents per card! No Daubers, play for household items.

TAI-CHI: Fridays 10:30 -11:30 am, Dee Coughtry instructs you how to achieve health, balance, and peace by exercising your mind, body, and spirit. These exercises consist of soft, slow, flowing continuous movements with no floor or "jumpy" activities. Just 2 rules: 1) No perfume or scents 2) Relax and enjoy. Cost is \$15. per month. You must be able to stand 1 hour unassisted. Any questions, please call (951)922-9767.