

Senior Center @ THE CRC!

PROGRAMS & SERVICES

Telephone Reassurance

Do you live alone? Let us call you daily for a "cheerful checkup". If you don't answer, we will follow through with an emergency contact.

Financial Services

Free half hour consultations for questions regarding investments, income tax, and managing your money. First Monday of the month by appointment only.

HICAP

HICAP counselors are state-registered staff and volunteers who offer unbiased, individual counseling and group seminars regarding Medicare and other health insurance topics. 4th Tuesday of the month from 1:00 p.m. to 4:00 p.m. Please call for appointment.

CFLC Kin Care

Kinship caregivers meet the 2nd Tuesday of each month at 10:00 a.m. For details, please call Kathy Williams 951-791-3586

Bereavement Group

Hosted by Chapman Hospice the 2nd and 4th Friday of the month at 9:00 a.m. No appointment required.

Caregivers Support Group

Discuss care giving issues and share strategies with others. 1st Tuesday of each month from 1:00 p.m. to 2:30 p.m.

DMV Test Prep Class

2nd and 4th Tuesday of the month from 10:00 a.m. to 11:00 a.m. Please register by calling 951-845-1357

Customer Service Desk - 951.769.8539

Monday - Thursday from 8:00 a.m. to 3:00 p.m.
Friday from 8:00 a.m. to 12:00 p.m.

AARP Smart Driver Certification

March 13th & 15th - 12:00 p.m. to 4:30 p.m.

Cars have changed. So have traffic rules, driving conditions and the roads you travel every day. Save money on auto insurance by completing the two day AARP Smart Driver Course! For more information, please call 951.769.8539

Senior Tax Preparation

Tuesdays & Thursdays through April 12th by appointment only



HEALTH & WELLNESS

Aerobics

Mon., Wed. & Fri., 8:00 a.m. - 9:00 a.m.

Chair Yoga

Wed., 2:15 p.m. - 3:00 p.m.
Cost: \$7.00 per class

Fit After 50

Mon., Wed. & Fri., 9:15 a.m. - 10:15 a.m.

Pickleball

Tues. - Thurs., 8:00 a.m. - 11:00 a.m.
Bring your own ball and paddle.

SOCIAL PROGRAMS

Bingo

Friday, 10:30 a.m. - 12:00 p.m.
Cost: \$.50 per card

Bridge Club

Thursday, 9:00 a.m. - 12:00 p.m.
Info: 951-206-2073

Garden Club

2nd Wednesday, 1:00 p.m. & 3:00 p.m.
Meets at the Civic Center - 550 E. 6th Street

Knit & Crochet

Wednesday, 10:00 a.m. - 12:00 p.m.

Quilters

Monday, 5:30 p.m. - Meets at CRC
Wednesday, 9:30 a.m. - Meets at Civic Center

Watercolor

Tuesdays, 9:00 a.m. & 12:00 p.m.
Cost: Nominal fee



Community Recreation Center

1310 Oak Valley Parkway | 951.769.8524

PROGRAMS & SERVICES

After School Day Camp

A service provided for school age children, grades K - 5th, to have a fun and safe place to go after school. At the CRC, children can play, do homework, and socialize with other children in the community. Regular hours of operation are Monday - Friday from 12:00 p.m. to 6:00 p.m. \$15.00 per week, per child.

Teen Center

A service provided for grades 6th - 12th to socialize and do homework after school. Regular hours of operation are Monday - Friday from 3:00 p.m. to 6:00 p.m. \$15.00 per week, per child.

Story Time

Every Monday from 11:30 a.m. to 12:00 p.m.

Cure Hunger Now!

Community food outreach program. The 2nd Tuesday of the month from 9:00 a.m. to 11:00 a.m.

Customer Service Desk

Monday - Thursday from 8:00 a.m. to 5:00 p.m.
Friday from 8:00 a.m. to 12:00 p.m.

psst... DID YOU KNOW

All City owned parks and buildings are available to rent at a low cost? Schedule your next party or event with us by calling our customer service team!



RECREATION

Open Gym Hours*

Mon. - Fri., 7:00 a.m. - 8:00 a.m. &
11:00 a.m. - 1:00 p.m.

*All participants must have a signed waiver.
Under age 13 must be accompanied by an adult.
Bring your own ball.
Schedule subject to change, please see monthly flyer for current schedule.

AAU Gymnastics

Mon. & Wed., 3:30 p.m. & 4:30 p.m.
Details: 951-777-5867

Walking

Mon. - Fri., 7:00 a.m. - 9:00 a.m.

Tai Chi

Friday, 10:30 a.m. - 11:30 a.m.
Cost: \$15.00 per month
Details: 951-381-4919

SPRING 2018 | ACTIVITY GUIDE March - May

SPECIAL EVENTS

Cherries Jubilee

Thursday, May 3rd - 5:00 p.m.
CRC Gymnasium

Low-Cost Animal Clinic

Saturday, May 5th - 9:00 a.m. to 12:00 p.m.
Beaumont Civic Center

Miss Beaumont Pageant

Saturday, May 12th - 7:00 p.m.
CRC Gymnasium



AMERICAN CANCER SOCIETY
RELAY FOR LIFE



JOIN THE RELAY FOR LIFE MOVEMENT!

May 5th @ the CRC - 9:00 a.m. to 9:00 p.m.

Register online at relayforlife.org to start your fundraising team. Then join us on the event day to celebrate survivors, remember loved ones lost, and fight back!

www.relayforlife.org/sangorgoniopassca