



city of corona

Activities are provided free of charge unless indicated
PLEASE REGISTER AT RECEPTION DESK

LUNCH

Monday-Friday
at 12:00pm

You may check in for lunch starting at 9:00am daily.

First come, first served.

\$3 Voluntary contribution suggested

For any questions regarding lunch,

please call

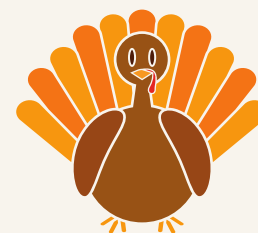
951- 739- 4966

Materials, products,
and services are funded
by the California Department of
Aging in partnership with
Riverside County Office on Aging.



*Give Thanks
with a
Grateful Heart*

CORONA SENIOR CENTER



NOVEMBER

Corona Senior Center Staff

Caroline Bustos
Program Coordinator
Elaina Toth
Assistant Recreation
Coordinator
Kalel Kyles
Office Assistant
Neda Gogani
Senior Community
Services Leader
Amal Mahran
Senior Community
Services Leader
Grecia Santiago
Senior Community
Services Leader
Jacky Wilson
Senior Community
Services Leader
Kim Brown
Community Services
Leader
Les Brown
Community Services
Leader
Lydia Kang
Community Services
Leader
Claudia Romero
Community Services
Leader
Penny Williams
Community Services
Leader

Senior Travel Program

Sawdust Festival

Laguna Beach, CA

Saturday, November 22

10:30am-4:30pm

\$ 55 Per Person

Pre-Registration Required.



PICK UP AND DROP OFF AT CIRCLE CITY CENTER

Corona Senior Center
921 South Belle Avenue
Corona, CA 92882
(951) 736-2363
www.CoronaCA.gov

Hours of Operation
Monday - Thursday:
9:00am to 6:00pm
Friday: 9:00am to 3:30pm
Closed: Saturdays & Sundays

Thank You To Our Sponsors

Allstate Insurance, Alpha Care. Carl Rowens. Citrus Valley Medical. Claro's Italian Market. Community Action Partnership. Corona Dial-A-Ride. Corona Fire Department. Corona Police Department . Corona Public Library. Dr Rios Clinica Medica Familiar. Estancia Del Sol. Foundation on Aging. Friendship Connection. HICAP. Ibrahim Insurance Agency. Kaiser Permanente. Law Steady. Liberty Senior Care. Mint Insurance. MV Transportation. NCL. Neighborhood Health Care PACE. Office on Aging. Ricardo De La Torre. SBHIS. Scan. Sodexo. Starbucks. Thomas Miller Mortuary and Crematory. VisitingHome, LLC. VNA Hospice .

9:15am	Men's Exercise
9:30am	Party Bridge
10:00am	Pilates Plus
12:00pm	Lunch
1:00pm	Balance and Flexibility
2:00pm- 3:30pm	Bingo

9:00am	Arthritis Exercise
9:00am- 11:00am	Mixed Media
10:15am	Combination Ex. A
11:00am	Combination Ex. B
12:00pm	Lunch
1:30pm-3:30pm	Tai-Chi
2:00pm	Grief Support Group
2:00pm-4:00pm	Knit-Crochet
4:00pm-5:30pm	Line Dance(Beg.)

9:00am-11:00am	Hispanic Social Circle
9:15am	Men's Exercise
10:00am-12:00pm	Ladies Card Club
10:00am-11:30am	Line Dance Imp/Int
12:00pm	Lunch
12:30pm-2:00pm	Beginning Crochet
1:00pm-2:00pm	(Dark) Spanish 101
2:15pm-4:15pm	Basic Drawing

<u>9:00am</u>	<u>Arthritis Exercise</u>
<u>9:00am-12:00pm</u>	<u>Party Quilters</u>
<u>9:00am-11:00am</u>	<u>Ilusión de Vivir</u>
<u>10:15am-11:15am</u>	<u>Cardio Crush</u>
<u>12:00pm</u>	<u>Lunch</u>
<u>1:30pm-3:30pm</u>	<u>Line Dance Beg/Int</u>

9:00am-11:00am	Mixed Media
9:00am-12:00pm	Beginning Quilting
9:30am	Balance & Flexibility
11:00am	Men's Exercise
12:00pm	Lunch
1:30pm-2:30pm	Bingo

CLOSED
SATURDAYS & SUNDAYS

3

12:30pm-1:30pm Craft & Create
with Lilly **Pre-Registration Required**

4
9:30am Information Table
Medicare 101
Alpha Care
11:00am Legal Services **Appt. Required**
Sponsored by Mark Lansing Esq. Law Steady
1:00pm Women's Improvement Bridge
No Grief Support Group

5

9:00am-12:00pm **Appt. Required** HICAP
Health Insurance Counseling Advocacy Program

12:30pm Presentation
Medicare 101 (New Plans and Benefits)
Mint

9:00am Walking Group
Senior center Neighborhood
Pre- Registration Required

9:15am Information Table
Allstate Insurance

7

10:30am Computer Basics
with Lydia
Pre-Registration Required

12:15pm Birthday Celebration
Sponsored by Alpha Care



8

10

2:00pm
Carl Rowens

Bingo



12

12:15pm Presentation

DOC Talk by Dr. Magina

Staying Active & Safe Exercises for Seniors

Mint

9:30am
Carl Rowens

14

1:30pm

Allstate Insurance

Bingo

15

17

18

9:30am Information Table

AEP Medicare Corner

SBHIS

1:00pm Women's Improvement Bridge

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9:00am-12:00pm **Appt. Required** HICAP
Health Insurance Counseling Advocacy Program

9:30am Glucose/Blood
Pressure Screening
Sponsored by Citrus Valley Medical

9:00am Walking Group
Mountain Gate Park
Pre-Registration Required

9:30am Information Table
Thomas Miller Mortuary Crematory

12:30pm-2:30pm Thanksgiving Luncheon
Circle City Rotary, Estancia Del Sol, and
Valencia Terrace

Pre-Registration Required
At Circle City Center



21

10:30am
with Lydia

Computer Basics
Pre-Registration Required

22

10:30am-4:30pm
Sawdust Festival

Travel Program
Pre-Registration Required

A blue and white bus, likely a school bus, is shown from a front-three-quarter view. It has a blue upper body and white lower body with a blue stripe. The bus is facing forward and slightly to the right.

24

25

9:30am <i>Scan</i>	Information Table
12:30pm <i>with Raman</i>	Computer Basics Pre-Registration Required

26

9:30am Blood Pressure Screening

Sponsored by Citrus Valley Medical



27

Happy Thanksgiving

Closed

28

Happy
Thanksgiving

Closed

29

**“Gratitude makes sense of our past, brings peace for today,
and creates a vision for tomorrow”.**

Melody Beattie

