

50+ Senior Snapshot

APRIL



JCSD EVENTS

- April 19: Egg-Cellent Adventure
10:00 AM-1:00 PM
Sign up to pass out Easter Eggs



UPCOMING EVENTS

APRIL

- 8 Game Day with Mint Students and Seniors
- 11 Hello Spring Event
- 16 All Shook Up with ERHS Theater
- 18 Crafting with Lisa
- 25 Bingo
- 26 2025 Inland Empire Heart and Stroke Walk
- 30 Interact Breakfast: Please sign up

LEARN MORE

- (951) 727-8010
- The Desi House
13215 Altfillisch Ct
Eastvale, CA 92
- www.jcsdparks.us

JOIN OUR AMERICAN HEART
ASSOCIATION HEART WALK TEAM



Senior 50+

ERHS Theater Presents:

ALL SHOOK UP!

April 16 8:30 AM
The Desi House
13215 Altfillisch Ct. Eastvale

Grab your leather jackets, poodle skirts, and slicked-back hair—it's time to travel back to the fabulous 1950s!

Registration code
421426



JCSD
 PARKS & RECREATION DEPARTMENT



SENIOR WALKING CLUB JOINS INLAND EMPIRE HEART & STROKE WALK

SATURDAY, APRIL 26

FESTIVAL STARTS AT 8:00 AM
 WALK STARTS AT 9:00 AM

RANCHO JURUPA PARK,
 4800 CRESTMORE ROAD, RIVERSIDE



SCAN THE QR CODE TO
 JOIN OUR TEAM!

FREE!



Senior Wellness and Education

Walk with a Doc

- Third Thursday of every month
8:00 AM

Medicare with Mint

- Third Tuesday of every month
9:00 AM

YMCA Diabetes Prevention

- Wednesdays 8:30 AM

New Classes

- Dancercise:
Monday 9:00-9:30 AM
- Fitness Training for Active Adults:
Monday 9:30-10:00 AM
- Stretch and Recovery:
Monday 10:00-10:30 AM

Registration fee:
\$25/40 per class

Free Fitness

- Walking Club:
Monday-Friday
8:00 AM
100 Mile Challenge sponsored by Mint
- Tai Chi: Tuesday
8:30 AM
- Silver Sneakers:
Wednesday and Friday
9:30 AM



Save the Date

MAY Older Adult Month

- 1 Older Adults Month Kick Off
- 5 Cinco de Mayo
- 9 Mother's Day Tea Party
- 13 Students & Seniors Graduation Party
- 14 Family Board Project
- 22 FBI Information Workshop
- 30 Lawn Games

JUNE

- 6 Family Feud
- 12 Father's Day BBQ
- 18 Crafting with Lisa
- 25 Luau

April

\$ = FEE AND REGISTRATION REQUIRED
* = REGISTRATION REQUIRED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Walking Club 8:00 AM Tai Chi 8:30 AM Pins & Needles 9:30 AM	2 Walking Club 8:00 AM YMCA Diabetes Prevention 8:30 AM * Silver Sneakers 9:30 AM Bridge 12:15 PM*	3 Walking Club 8:00 AM Coffee & Convo 9:00 AM Social Dance 11:00 AM \$	4 Walking Club 8:00 AM Silver Sneakers 9:30 AM
7 Walking Club 8:00 AM Dancercise 9:00 AM \$ Fitness Training 9:30 AM \$ Stretch & Recovery 10:00 AM \$ Karaoke 10:00 AM Jewelry Class 11:00 AM*	8 Walking Club 8:00 AM Tai Chi 8:30 AM Pins & Needles 9:30 AM Game Day with Mint 10:00 AM Students and Seniors Prom 11:30 AM	9 Walking Club 8:00 AM YMCA Diabetes Prevention 8:30 AM * Interact Club 8:30 AM Silver Sneakers 9:30 AM Bridge 12:15 PM*	10 Walking Club 8:00 AM Coffee & Convo 9:00 AM Social Dance 11:00 AM \$	11 Walking Club 8:00 AM Hello Spring 10:00 AM * Silver Sneakers 9:30 AM
14 Walking Club 8:00 AM Dancercise 9:00 AM \$ Fitness Training 9:30 AM \$ Stretch & Recovery 10:00 AM \$ Jewelry Class 11:00 AM*	15 Walking Club 8:00 AM Tai Chi 8:30 AM Medicare with Mint 9:00 AM Pins & Needles 9:30 AM	16 Walking Club 8:00 AM YMCA Diabetes Prevention 8:30 AM * All Shook Up 8:30 AM * Silver Sneakers 9:30 AM Bridge 12:15 PM*	17 Walk with a Doc 8:00 AM Coffee & Convo 9:00 AM Social Dance 11:00 AM \$	18 Walking Club 8:00 AM Silver Sneakers 9:30 AM Crafting with Lisa 9:00 AM *\$
21 Walking Club 8:00 AM Dancercise 9:00 AM \$ Fitness Training 9:30 AM \$ Stretch & Recovery 10:00 AM \$ Jewelry Class 11:00 AM*	22 Walking Club 8:00 AM Tai Chi 8:30 AM Pins & Needles 9:30 AM	23 Walking Club 8:00 AM YMCA Diabetes Prevention 8:30 AM * Silver Sneakers 9:30 AM Bridge 12:15 PM*	24 Walking Club 8:00 AM Coffee & Conversation 9:00 AM Birthday Celebration 10:00 AM Social Dance 11:00 AM \$	25 Walking Club 8:00 AM Silver Sneakers 9:30 AM Bingo 10:00 AM *
28 Walking Club 8:00 AM Dancercise 9:00 AM \$ Fitness Training 9:30 AM \$ Stretch & Recovery 10:00 AM \$ Karaoke 10:00 AM Jewelry Class 11:00 AM*	29 Walking Club 8:00 AM Tai Chi 8:30 AM Pins & Needles 9:30 AM	30 Walking Club 8:00 AM YMCA Diabetes Prevention 8:30 AM * Interact Club 8:30 AM * Silver Sneakers 9:30 AM Bridge 12:15 PM*		



A poster for a diabetes prevention program. The top half features a photo of a smiling man with his arms raised, overlaid with a blue banner that says 'COMING SOON! FOR EASTVALE RESIDENTS'. The text 'the ymca' is in the top left. The program title 'MOVE NOURISH THRIVE' is in large white letters, followed by 'Diabetes Prevention Program'. A blue circle on the right says 'Starting April 2nd'. Below the title, a paragraph describes the program: 'The Diabetes Prevention Program (DPP), for Eastvale residents, is designed to prevent type 2 diabetes through professional coaching. Topics include nutrition, healthy weight loss, stress management, staying motivated, and more.' It then lists details: 'Cost: No cost due to the generous support from the City of Eastvale and the County of Riverside', 'Ages: 50+', 'When: Wednesdays from 8:30 - 10:00am', and 'Where: Desi House, 13215 Altfillisch Ct, Eastvale, CA 92880'. A QR code is shown with the text 'Please click or scan the QR code to sign up for the interest list!'. At the bottom left, it says 'For more information contact Will at WMobley@ymcatorn.org' and 'For a better us?'. At the bottom right, it says 'In partnership with:' followed by the JCS D logo and 'CORONA-NORCO FAMILY YMCA 951-289-5099 www.ymcatorn.org'.