



RIVERSIDE COUNTY  
OFFICE ON AGING

**July 2025**

# UPCOMING FREE NUTRITION CLASSES



877-932-4100



rcaging.org

**7/07**

## **SAN JACINTO SENIOR CENTER**

**LOCATION: 625 S. PICO AVE. SAN JACINTO, 92583**

**TIME: 10:00AM - 11:00AM**

**LANGUAGE: SPANISH**

**7/09**

## **BLYTHE COMMUNITY CENTER**

**LOCATION: 455 N. BROADWAY BLYTHE, 92225**

**TIME: 10:30AM - 11:30AM**

**LANGUAGE: SPANISH**

**7/09**

## **BLYTHE COMMUNITY CENTER**

**LOCATION: 455 N. BROADWAY BLYTHE, 92225**

**TIME: 11:30AM - 12:30PM**

**LANGUAGE: ENGLISH**

**7/10**

## **CHARLES MEIGS SENIOR CENTER**

**LOCATION: 21091 RIDER ST. PERRIS, 92570**

**TIME: 10:30AM - 11:30AM**

**LANGUAGE: SPANISH**

Funded by USDA SNAP, an equal opportunity provider. Visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org) for healthy tips. The materials or product were a result of a project funded by a contract with the California Department of Aging.



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**7/14**

## KAY CENICEROS SENIOR CENTER

LOCATION: 29995 EVANS RD. MENIFEE, 92586

TIME: 9:30AM - 10:30AM

LANGUAGE: SPANISH

**7/14**

## KAY CENICEROS SENIOR CENTER

LOCATION: 29995 EVANS RD. MENIFEE, 92586

TIME: 10:30AM - 11:30AM

LANGUAGE: ENGLISH

**7/15**

## MORENO VALLEY SENIOR CENTER

LOCATION: 25075 FIR AVE. MORENO VALLEY, 92553

TIME: 9:30AM - 10:30AM

LANGUAGE: SPANISH

**7/15**

## MORENO VALLEY SENIOR CENTER

LOCATION: 25075 FIR AVE. MORENO VALLEY, 92553

TIME: 10:30AM - 11:30AM

LANGUAGE: ENGLISH

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**7/16**

## ROSE M. ELDRIDGE SENIOR CENTER

LOCATION: 2690 CLARK AVE. NORCO, 92860

TIME: 10:00AM - 11:00AM

LANGUAGE: ENGLISH

**7/17**

## CHARLES MEIGS SENIOR CENTER

LOCATION: 21091 RIDER ST. PERRIS, 92570

TIME: 10:30AM - 11:30AM

LANGUAGE: ENGLISH

**7/21**

## LAKE ELSINORE SENIOR CENTER

LOCATION: 420 E. LAKESHORE DR. LAKE ELSINORE, 92530

TIME: 9:30AM - 10:30AM

LANGUAGE: ENGLISH

**7/21**

## LAKE ELSINORE SENIOR CENTER

LOCATION: 420 E. LAKESHORE DR. LAKE ELSINORE, 92530

TIME: 10:30AM - 11:30AM

LANGUAGE: SPANISH

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**7/22**

## PERRIS SENIOR CENTER

LOCATION: 100 N D ST. PERRIS, 92570

TIME: 9:00AM - 10:00AM

LANGUAGE: SPANISH

**7/22**

## PERRIS SENIOR CENTER

LOCATION: 100 N D ST. PERRIS, 92570

TIME: 10:00AM - 11:00AM

LANGUAGE: ENGLISH

**7/23**

## ROSE M. ELDRIDGE SENIOR CENTER

LOCATION: 2690 CLARK AVE. NORCO, 92860

TIME: 10:00AM - 11:00AM

LANGUAGE: SPANISH

**7/30**

## SAN JACINTO SENIOR CENTER

LOCATION: 625 S. PICO AVE. SAN JACINTO, 92583

TIME: 10:00AM - 11:00AM

LANGUAGE: ENGLISH

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