

SENIOR SOARING

MORENO VALLEY SENIOR COMMUNITY CENTER
 25075 Fir Ave. Moreno Valley, CA | Mon. - Fri. 8 am - 5 pm | Closed Sat. & Sun.

Save The Date

Featured Events : Valentine Day Party

St. Patrick's Day
 Monday, March 17
 2:00pm - 4:00pm



Must be a member to participate in all events/activities and classes. In-person preregistration required for most events.

Your Center

Activities are held at the Moreno Valley Senior Community Center, except where noted. All active senior citizens age 50+ years who do not require care or adult supervision are encouraged to become members. Membership is FREE.



February 14 was about creating memories, spreading joy, and celebrating community. The Ballroom was decorated beautifully, with festive touches that enhanced the lively atmosphere of love and laughter with fellow friends and romantics. The event featured music, refreshments, photo ops and games. We would like to express our sincere appreciation and thanks to our sponsors: Jessica Cifuentes from Welbe Health, Sherri Strootman from SBHIS and Dara Tovar from Royal Benefits.



Sign-Up to enjoy your lunch with a birthday treat. Sponsored by Alpha Care March 27 @11:30am Details at front desk

“Youth is the gift of nature, but age is a work of art.”

—STANISLAW JERZY LEC

Senior Soaring sponsored by
 MORENO VALLEY
 UTILITY

Answers are at front desk.



1. What has a neck but no head?
2. What has keys but can't open locks?
3. What can you catch but not throw?
4. What can be cracked, made, told, and played?
5. What is always before you but can't be seen?
6. What can you break without touching it?
7. In a one-story house at the corner of the road, the bedrooms were yellow, the kitchen was orange, the living room was red, the garage was blue, the entry hall was green, and the sitting room was purple. What color were the stairs?

Saint Patrick's Day

E	F	A	I	R	Y	C	E	A	O	B	R	E	T
C	I	N	I	R	E	L	A	N	D	S	N	N	T
I	U	Y	R	I	D	G	R	E	E	N	D	T	P
T	K	P	I	T	R	A	D	I	T	I	O	N	O
L	C	A	N	O	M	M	A	R	C	H	S	D	T
E	U	T	E	M	E	R	A	L	D	S	H	P	O
C	L	R	A	E	F	A	R	E	O	N	A	T	F
L	A	I	Y	A	D	I	L	O	H	A	M	Y	G
E	L	C	C	R	N	A	S	T	T	K	R	K	O
G	N	K	D	R	A	O	R	A	D	E	O	O	L
E	W	O	B	N	I	A	R	A	N	S	C	E	D
N	L	A	R	A	I	A	A	C	P	O	K	T	D
D	L	K	E	S	A	I	N	T	C	A	C	R	S
C	H	R	I	S	T	I	A	N	I	T	Y	E	I

- EMERALD
- GREEN
- SHAMROCK
- MARCH
- IRELAND
- CHRISTIANITY
- PATRICK
- TRADITION
- PARADE
- RAINBOW
- SNAKES
- POT OF GOLD
- LUCK
- FAIRY
- LEGEND
- SAINT
- CELTIC
- HOLIDAY

**Monthly Meetings
Get Involved**

Senior Town Hall | March 11 | 12:30pm - 1pm | Ballroom

Sr. Citizens' Advisory Board | Monday, March 17 | 3pm | Classroom 1 & 2

Friends of Moreno Valley Senior Center Meeting | Thursday, March 20 | 1:30pm - 3:30pm

Volunteers Wanted

classschedule

Volunteers are needed | Class instructors | Event setup/cleanup 1 hour
to a few days a week. Inquire at the Front Desk

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
8-9am Exercise with George	9-10am Fit After 50	8-9am Exercise with George	9-11:30am Weight Loss	8am-4:30pm Quilting
9:15-10am Rockin Chair Exercise	9-10 Beginner Spanish	8am-12pm Crochet	Support	8:30-10:15am Soul Line
9:15-10:15am Soul Line Dancing	10:10-11:10am Intermediate Spanish	9am-12pm Greeting Card Creations	9am-12:30pm Art Club	Dancing
10-11:30 amESL Class(English)	10-11:30am Creative Writing	9:15-10:15am Soul Line Dancing	9-10am Fit After 50	10am-11am Poemas y
10:30-11:30am Inner Fitness	10:30-11:15am Zumba	10:30-11:30am Ballet Folklorico	10:30-11:15am Zumba	Reflexiones del Corazon
10:30-11:15am Darcel's Solid Gold Dance Workout	12:30-2:00pm Jewelry Design	12-4pm Quilting	12:30-3pm Loteria	10:30-11:45am Silver Age
12-1pm Tai Chi	12:45-2:15pm R&B Git Fit	12:30-4:30pm Bid Whist	1:40-4:10pm Guitar	Yoga
1-3pm Crafty Experience	1-4pm Bunco	1-3pm Bingo		1-4:30pm Bid Whist
1-4:30pm Bid Whist	2:30-4pm Line Dancing			1:30-3:30pm Line Dancing
1:30-3:30pm Line Dancing				
2-4:30 Bridge				

Calling in advance is suggested. Class times and days are subject to change or be canceled because of scheduled event.

Senior Meal lunch 11:30am-12:30pm

Program Eligibility

- Must be 60+ years old
- Intake form completed annually
- \$3 Donation suggested. No participant will be refused a meal if they do not donate.
- Under 60 years MUST pay \$9.75
- Contact Family Service Association with questions at 951.342.3057.



Program has moved to Moreno Valley
Conference & Recreation Center
14075 Frederick St | Moreno Valley, Ca. 92553
951.413.3280

Meal box distribution

- March 13 | 9am - 11am
- April 10 | 9am - 11am
- May 8 | 9am - 11am
- June 12 | 9am - 11am

All participants bring Identification
For more information please call
951-359-4757

Moval Senior Scribes



Invisible

By Leticia Garcia Bradford

Scanning the downtown skyline
Oakland, California
The Tribune Tower stands tall
measuring the blocks where business turns
Inside the city landscape
the clock marks off time of long ago
What's below the elegant structure?
Do you see the dirty sidewalks
Illuminated by a full moon
Gutters filled with a river of refuse
escaping to the underground sewer
Sidewalks cracked with uneven payment
A small wind sends a chill
over the bundle huddled
in the entryway of an abandoned storefront
Nearby books are stacked inside safe
No use for the homeless man
making the streets his home
His silent eyes peer into nothingness
Another lonely sleepless night
Invisible

frequently used Telephone Numbers

ADULT PROTECTIVE SERVICES

Riv. County Adult Protective Svcs.	800.491.7123
Dept. of Consumer Affairs	800.952.5210
Dept. Public Social Services	800.344.8477
Office on Aging	(877) 932-4100

CAREGIVER SUPPORT

Destiny Care	800.353.2994
Sensible Senior Care	951.926.4304

DISABLED / VETERAN SERVICES

Braille Institute	760.321.1111
American Cancer Society	800.ACS.2345
VA Loma Linda Healthcare	800.741.8387

Friends of Moreno Valley Senior Center	951-413-3430
Membership \$10 year	
Meets 3rd Thursday of the month @1:30pm	

HEALTH MAINTENANCE ORGANIZATIONS

HICAP (Health Insurance)	909.256.8369
Humana	951.216.0891
Kaiser Permanente	619.952.0806
SBHIS	951.452.2905
SCAN	951.505.3341
United Healthcare	951.501.9290

HOUSING

Telacu Villa 25105 Fir Ave.	951.486.9842
Eucalyptus Towers 24169 Eucalyptus Ave.	951.653.2324
Perris Isle 12960 Perris Blvd.	951.924.4070
Community Connect Section 8 5555 Arlington Ave., Riv.	951.686.4402 951.351.0700
Integrated Care PW Enhancement Center	951.243.3837 951.956.4026

LEGAL ASSISTANCE 60+	1.800.977.4257
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NUTRITION SERVICES

Family Services Association	951.342.3057
Home Bound	951.653.8109

TRANSPORTATION

Medical Transportation	951.486.4380
MoVan Shuttle	833.745.8454
RTA Dial A Ride	800.795.7887
RTA	951.565.5002
TRIP Program	800.510.2020

VOLUNTEER OPPORTUNITIES

Moreno Valley Senior Center	951.413.3430
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Looking for skilled instructors to teach active seniors 50+

Instructor needed to teach Spanish to seniors

Tip Of The Month For Seniors

Prioritize social connection by reaching out to friends and family, joining a community group, or participating in social activities to combat feelings of isolation and maintain a positive mental outlook; remember that regular social interaction is vital for overall well-being.



seniorcommunity Center Staff

RUDY RODRIGUEZ
Community Services Supervisor

Markita Smith
Community Services Coordinator

Reyna Velarde
Assist. Community Services Coordinator

Ruby Chavez
Assist. Community Services Coordinator

Janel Domingue
Recreation Aide