

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 :

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 all events

TAX TIME

It's that time a year again. Here at the Senior Center AARP will be providing free tax preparation services our members. For those who are not 50 & over other location have been provided below as well.

Moreno Valley Senior Community Center

Start Date: Monday, February 3rd
Days and Times: Mondays and Wednesdays
Must be a member of Senior Center (50 & up).
In person sign-ups only.
Holidays February 17 and March 31 (Closed)

Main Library (25480 Alessandro Blvd, 92553)

951-413-3880
Start Date: Friday, February 7th
Days and Times: Fridays 9am - 4pm and Saturdays 9am - 3pm

Iris Plaza Library (16710 Perris Blvd, Ste C3, 92551, next to Dunkin Donuts)

951-413-3670
Start Date: Saturday, February 8th
Days and Times: Saturdays 10am - 4pm

Mall Library (22500 Town Cir. 92553 (located inside the Moreno Valley Mall, 2nd floor, above Crunch Fitness))

951-413-3761
Start Date: Monday, February 3rd
Days and Times: Mondays and Tuesdays, 10am - 4pm
Holidays February 17 and March 31 (Closed)

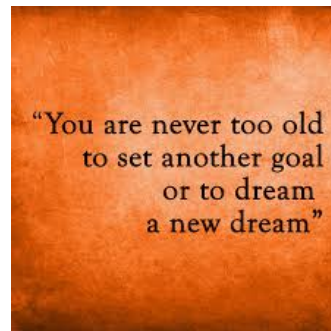


Sign-up to enjoy your lunch with a birthday treat. Sponsored by Alpha Care. February 27 @ 11:30am

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.



Senior Soaring sponsored by
MORENO VALLEY
UTILITY

Answers are at front desk.



1. I'm tall when I'm young and short when I'm old. What am I?
2. What has a head and a tail but no body?
3. The more you take, the more you leave behind. What am I?
4. Grandpa went for a walk, and it started raining. He forgot to bring an umbrella and didn't have a hat. When he got home, his clothes were soaking wet, but not a hair on his head was wet. How was this possible?
5. What can travel around the world while staying in a corner?

Valentine

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

- BE MINE
- LOVE
- FEBRUARY
- CHAMPAGNE
- BOYFRIEND
- ROMANCE
- RED ROSES
- BOUQUET
- VALENTINE
- GIRLFRIEND
- CUPID
- SWEETHEARTS
- ADMIRER
- CHERUB
- DATE
- CHOCOLATES

Monthly Meetings
Get Involved

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

Sr. Citizens' Advisory Board | Monday, February 24 | 3pm | Classroom 1 & 2

Friends of Moreno Valley Senior Center Meeting | Thursday, February 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	9am-12pm Greeting Card	9am-12:30pm Art Club	Dancing
10-11:30 amESL Class(English)	Spanish	Creations	9-10am Fit After 50	10am-11am Poemas y
10:30-11:30am Inner Fitness	10-11:30am Creative Writing	9:15-10:15am Soul Line Dancing	10:30-11:15am Zumba	Reflexiones del Corazon
10:30-11:15am Darcel's Solid Gold	10:30-11:15am Zumba	10:30-11:30am Ballet Folklorico	12:30-3pm Loteria	10:30-11:45am Silver Age
Dance Workout	12:30-2:00pm Jewelry Design	12-4pm Quilting	1:40-4:10pm Guitar	Yoga
12-1pm Tai Chi	12:45-2:15pm R&B Git Fit	12:30-4:30pm Bid Whist		1-4:30pm Bid Whist
1-3pm Crafty Experience	1-4pm Bunco	1-3pm Bingo		1:30-3:30pm Line Dancing
1-4:30pm Bid Whist	2:30-4pm 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

February 13 | 9am - 11am

March 13 | 9am - 11am

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

Moval Senior Scribes



History in the making....

By Becca Diaz

My favorite subject in school was American history, for both the events and legacies that occurred and which left their impacts for the rest of us succeeding generations to know and understand. If you like to study history, you will be able to learn about chronology and how historical events are recorded over time, and by examining these historical events, you will be able to compile source materials to use to explain them. You will also learn that historical events are encyclical, that is, they circle around and happen again.

For example, regardless of what you may feel about the newly-elected president, his political agenda for mass immigration for instance, has multiple precedents in early American historical times.

I learned American history in public school and catholic school. The curricula were similar in teaching about the Declaration of Independence and American Manifest Destiny. From later revisionist history, I learned most of the US Southwest was Mexican land ceded via the Treaty of Guadalupe. Latin American culture, which is much older than American culture, already had rodeos and cowboys, the film industry, advances in science, agriculture, mathematics, construction, and astronomy before discovering the Black Holes in space.

But in addition to being encyclical, history also reflects recurring behavior. Like people, history often repeats itself. Most people do not change very easily and so their past behavior also gives you an indication of what you can presumably expect they are going to do in the future. For both history and behavior to provide relevance, nations and people must continue to share common ground, come to the table to discuss peaceful coexistence and infrastructure, build communities, and develop the innovations for the future. We need to connect our current generations who grew up with a computer who spits out answers to them, with those older generations who had to learn how to defend a position they may truly believe in. There was such cunning and resourcefulness in those older days, mostly brought on by necessity. People faced each other when they spoke. No text or IM or an emoji that lets you off the hook for saying I am sorry.

But this is our history in the making. It's why I travel to other countries to learn all about them. Yes, we have common history. Let's learn to preserve, learn from it, and be our better selves.

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

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

A few home safety tips for seniors:

1. **Lighting:** Ensure living areas are well-lit, especially at the top and bottom of stairs. Use nightlights in bathrooms and hallways.
2. **Reduce trip hazards:** Secure loose rugs, remove clutter, and keep electrical cords out of walkways.
3. **Keep emergency numbers handy:** Keep a list of emergency numbers by each phone, including 911, Poison Control, and your healthcare provider's office.

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