

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 : Food Pantry Etiquette

May 23

9:00am - 12:00pm

Navigating food giveaways such as Feeding America can be a lifeline for many and a fulfilling way to give back for others. Proper food giveaway etiquette is crucial. It ensures everyone involved has a positive and respectful experience. By understanding and following food pantry etiquette, you contribute to a positive and supportive environment for everyone. This not only helps those in need but also strengthens the sense of community and unity. Here are some key points to remember that can make everyone's experience more enjoyable:

Be Courteous and Patient

When you visit a food pantry, remember that kindness goes a long way. Be polite and patient with both the staff and other recipients. The people working in the pantry, often volunteers, are there to help you. They might be handling a large number of people, so patience is vital.

Respect

Simple actions like saying "please" and "thank you" can go a long way. These gestures show that you value and appreciate the people around you.

Respecting the Rules and Guidelines

Each food pantry has its own set of rules and guidelines that help maintain order and fairness. By respecting these rules, you help ensure that everyone gets what they need without chaos or confusion.

Bring Necessary Documents

Some pantries require identification or proof of residence. Having these ready can speed up your visit.

Don't Skip the Lines or Break Rules

Skipping the line or ignoring the rules might seem like a small thing, but it's a big problem. It disrupts the system and can create tension. Think of it like cutting in front of someone at the grocery store checkout. Everyone is there for a reason, and everyone deserves a fair chance. Following the rules helps keep the process smooth and ensures that everything is fair. Lines and rules exist to make sure things run smoothly and that everyone gets served in an orderly manner.

Indement weather

Check weather forecasts and any local alerts before heading to the food bank to be prepared for the weather conditions. Wear appropriate clothing for the weather. To stay safe while waiting in line at a food bank during hot weather, prioritize hydration by drinking plenty of water, and wear light-colored, loose-fitting clothing. Bring light weight chair or a walker with a seat. Having an umbrella can provide shade.

So remember, proper etiquette helps keep things running smoothly and ensures everyone gets what they need.



Sign-Up to enjoy your lunch with a birthday treat.

Sponsored by Alpha Care

May 22
@11:30am Details at front desk

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

When you make a mistake, there are only three things you should ever do about it: admit it, learn from it, and don't repeat it.

Paul Bear Bryant // Quoteistan.com

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 am something you might lose over time, but you always strive to keep me sharp. I'm not a physical object but a crucial part of your mind. What am I?
2. I mark the end of a long career and the beginning of leisure time. I'm not a physical location but a phase in life. What am I?
3. I am what you leave behind for future generations, a mark of your life's work and values. I'm not a material possession but an impact. What am I?
4. I am often cherished and loved deeply, and I bring joy and a sense of renewal. I'm not a direct offspring but a beloved part of your family. What am I?
5. I mark the passage of time and celebrate significant moments in life. I'm not a day of the week but a milestone. What am I?

Mother's Day

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

COOKING
GIVING
KISSES
NURTURING
SWEET
MOTHER
WIFE
LISTEN
DRIVING
FATHER
SUNDAY
FEEDING
DAUGHTERS
HUGS
SONS
FLOWERS
ADVICE
PATIENT
CARING
GIFTS

**Monthly Meetings
Get Involved**

Senior Town Hall | May 13 | 12:30pm - 1pm | Ballroom
Sr. Citizens' Advisory Board | Monday, May 19 | 3pm | Classroom 1 & 2
Friends of Moreno Valley Senior Center Meeting | Thursday, May 15 | 1:30pm 3:30pm

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	Calling in advance is suggested. Class times and days are subject to change or be canceled because of scheduled event.			
2-4:30 Bridge				

SeniorMeal 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

May 8 | 9am - 11:00am

June 12 | 9am - 11am

GATE OPEN AT 8:00AM

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

Moval Senior Scribes



A Time I Will Never Forget
By Karin Richards

I have been an Elvis Presley fan all my life. My family always told me that I was too young to be an Elvis's fan. I kept it all to myself because I did not want to be teased by other kids. I remember I would come home from school and play records after doing my homework. My mom liked country music, my dad was into rock and roll. So, I liked both. I felt very lucky even though they have been divorced since I was 6 years old. I lived with my mom, but I also had my dad in my life full time.

Here I am 7 years old. I am lying on the floor to watch Elvis's 1968 "Come Back Special." My mom walks in to tell me that it was my bedtime. I turned and looked at her and said, "This is Elvis, I will go to bed when it is over." When it was over I went to the kitchen where she was and told her good night.

Well, time has gone by; I am now in junior high. I would ride to school every day with my best friend and her boyfriend. It was cool because junior high and high school are connected by a corridor. On the way to school, I heard on the radio that Elvis would bring in the New Year at the Pontiac Silverdome in Pontiac Michigan. That is only about an hour from my hometown of Marine City. I was a good girl; I paid attention in school. I also did my homework. When my mom got home from work, I told her that I wanted to cut our Florida trip short this year so we could go see Elvis. She said, "No.

We cannot do that. Every year we go to Florida to spend Christmas with my grandparents.

I went into my room and waited for her boyfriend to come over. When he got there, I called him to my room, and I told him what was going on. We cut our Florida trip short. I got to see Elvis with my mom and John, my boyfriend. Yes, John is the man that I am married to today.

Now it is August 16th, 1977. When I got home from school, I turned the radio on while I was washing the dishes. Then came the sad news, Elvis Presley had died. I turned the water and radio off. I sat on the couch and cried. My mom came home from work and said, "You heard."

I remember this like it just happened; just like everyone remembers when John F. Kennedy had been shot. Right now, the lamp on my nightstand is the 1968 "Come Back Special."

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

Home Safety Tip for Older Adults : Keep Emergency Numbers Handy

1. 911
2. Poison Control: 1-800-222-1222
3. Family member or friend to call in case of emergency
4. Healthcare provider's office



SeniorCommunity Center Staff

RUDY RODRIGUEZ
Community Services Supervisor

Markita Smith
Community Services Coordinator

Christian Yates
Assist. Community Services Coordinator

Ruby Chavez
Assist. Community Services Coordinator

Janel Domingue
Recreation Aide

www.MoValParks.org | 951.413.3430