

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 : Cinco De Mayo Event

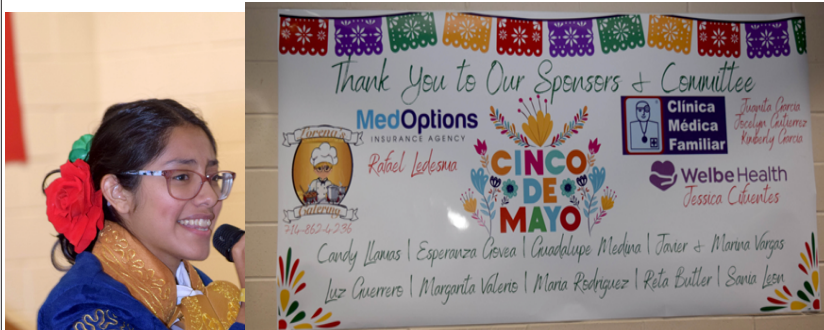
RUMMAGE
SALE

Rescheduled to
June 6

9:00am - 12:00pm

What an unforgettable celebration! Our Cinco de Mayo event was a vibrant success, filled with delicious food, a live DJ, colorful performances, and plenty of laughter and connections. Guests enjoyed traditional music and dance, tasty treats, and the warm spirit of community.

Thank you to everyone who joined us and helped make the day so special. We loved seeing new friendships form and old ones rekindled. Here's to many more celebrations together—¡hasta la próxima!



Sign-Up to enjoy
your lunch with a
birthday treat.
Sponsored by
Alpha Care

June 26
@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.

YOU ARE NEVER TOO
OLD TO SET ANOTHER
GOAL OR TO DREAM A
NEW DREAM.

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 live in the mind and guide every choice, I echo with reason, a steady, calm voice. What am I that gives you poise?
2. I bring hugs and tales, cookies and cheer, With a family bond that is crystal clear. Who am I, held so dear?
3. I grow with the years, a steady, firm base, I teach life's lessons at my own pace. What am I showing face to face?
4. I sometimes ache, but I've earned my dues, With each little pang, I've paid my clues. What am I you can't refuse?
5. I'm wealth you can't buy, but worth so much more, When lost, you'll feel it, to your very core. What am I you adore?
6. I fade like whispers in the morning mist, Moments once vivid, now barely exist. What am I, life's bittersweet twist?

Fathers Day

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

HERO
PARENT
WATCH
CUFF LINKS
STRONG
FATHER
JACKET
UNCLE
HAT
FISHING
PHONE
MAN CAVE
FOOTBALL
DADDY
SPORTSCAR
RESPECT
BEER
WALLET
RAZOR
LOVE

**Monthly Meetings
Get Involved**

Senior Town Hall | July 8 | 12:30pm - 1pm | Ballroom
 Sr. Citizens' Advisory Board | Monday, June 16 | 3pm | Classroom 1 & 2
 Friends of Moreno Valley Senior Center Meeting | Thursday, June 5 | 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	12:30-2:00pm Jewelry Design	12-4pm Quilting	12:30-3pm Loteria	10:30-11:45am Silver Age
Dance Workout	12:45-2:15pm R&B Git Fit	12:30-4:30pm Bid Whist	1:40-4:10pm Guitar	Yoga
12-1pm Tai Chi	1-4pm Bunco	1-3pm Bingo		1-4:30pm Bid Whist
1-3pm Crafty Experience	2:30-4pm Line Dancing			1:30-3:30pm Line Dancing
1-4:30pm Bid Whist				
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.

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

June 12 | 9am - 11am

GATE OPEN AT 8:00AM

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

Moval Senior Scribes



"To All The Mothers"
Deborah Anderson

- ... To any mother who has had a child, you have birthed hope, faith, and love.
- ... To the mothers who have inherited blended families or have adopted ones, you are blessed.
- ... To foster mothers, you, too, have made the courageous decision to become mothers.
- ... To the grandmothers, auntie-mothers, sister-mothers, father-mothers, church mothers, and more... thanks for filling "love" in all the gaps.
- ... To mothers who only have memories and pictures to hold on to, whose children have preceded them in spirit, whisper their names.
- ... To the older mothers who gave it one last chance to conceive and you did, you are courage, wisdom and strength!
- ... To mothers-to-be who hold out the hope and promise of a child in utero or with surrogate, keep hope alive!
- ... To the mothers whose child was stillborn or lost at birth, remember to say a quiet prayer in their name.
- ... To the mothers who suffer from the stress of just being a mother, get the help you need, it's out there.
- ... To young mothers who found themselves unexpectedly with child, seek your family, your community and hold on.
- ... To mothers whose child is a reminder of a mistake made, forgive yourself and choose love.
- ... To mothers who have fallen out of touch with their child, send a blessed thought and prayer their way.
- ... To the dog mothers, you are mothers, too, so train them with love for they are family.

Love with amazing grace as mothering is a calling from above.

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.	951.243.3837
Integrated Care	951.956.4026
PW Enhancement Center	

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

Stay Active. The positive benefits of exercise are well documented. Exercise is crucial to improving heart health, bone strength, maintain muscle mass



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