

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 Event: Senior Center Recap



June 25
2PM - 4PM
First Come
First Serve



Second & Fourth
Wednesday of
the Month After
Bingo

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.



Cinco De Mayo

On May 5, the Senior Center came alive with festive spirit as community members gathered to celebrate Cinco De Mayo. The event was filled with music, laughter, delicious food, and colorful decorations that brought everyone together for a joyful afternoon.

Guests enjoyed traditional Mexican dishes, lively entertainment, and fun activities while spending quality time with friends and neighbors. The celebration highlighted the rich culture and traditions of Cinco de Mayo and created lasting memories for all who attended. A special thank you goes out to the staff, volunteers, and everyone who helped make this event a success. Your support and participation made the celebration truly meaningful.

We look forward to many more community events at the Senior Center!



Mother's Day

On May 7, our Senior Center hosted a special Mother's Day event celebrating our seniors. About 30 police officers attended to hand out flowers and spend time with guests. The event also included food, fellowship, and a wonderful community atmosphere.

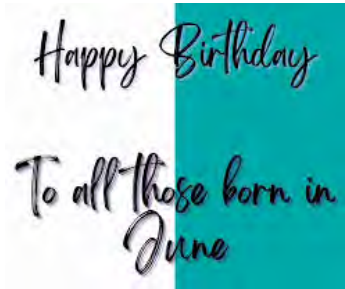


Sign-Up to enjoy your lunch with a birthday treat.

June 25 @11:30am
Details at front desk

Sponsored by Imelda Garcia from

Destiny



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

Senior Soaring sponsored by
MORENO VALLEY
UTILITY

Answers are at front desk.



1. What can you put in a bucket to make it weigh less?
2. What building has the most stories?
3. What has a bottom at the top?
4. What kind of ship has two mates but no captain?
5. What occurs once in a minute, twice in a moment, and never in 1,000 years?
6. Throw away the outside and cook the inside, then eat the outside and throw away the inside. What is it?

Charlottes web word search

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

EMPTY
RAT
CROWD
HORSE
SLOP
COW
EGGS
CARE
BABIES
KILL
SNORT
SPIDERS
LOVE
DEPRESSED
FAMOUS
WEB
CHARLOTTE
SLAUGHTER
DIED
RADIANT
FAIR
LONELY
RESCUE
SHEEP

**Monthly Meetings
Get Involved**

Senior Town Hall | Tue July 14 | 12:30pm - 1pm | Ballroom

Sr. Citizens' Advisory Board | Monday, June 15 | 3pm | Classroom 1 & 2

Friends of Moreno Valley Senior Center Meeting | Thurs June 18 | 1:30pm | Ballroom

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				

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

June 11 | 9am - 11am

GATE OPEN AT 8:00AM

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

Moval Senior Scribes

Homage to My Father
By Anna Christian



My father was a strong man. Born and raised in the South during the dark days of segregation; nonetheless, he survived with a strong set of principles and values. The oldest boy of fourteen children, though three of his sisters were older, they all looked to him for guidance because grandpa was a tyrant and womanizer. To his sisters and brother, our aunts and uncle, Daddy was the bedrock, the patriarch on whom they could depend. Whenever they had problems, they would call on him. If they needed a place to stay, our home was always open. If they needed money, advice, or help in any way, my father was there. Despite the fact that he barely finished the third grade, Daddy had wisdom that he imparted to his family and his children in an attempt to prepare us for life.

He gave us children maxims to live by; tools to guide us through all phases of our lives. He counseled my sister, brothers and me about life. He told my sister, "Don't promise anything to anyone unless you mean it. You wouldn't offer a blind man sight." "Be true to your word."

"Never say, "Yes sir," "no, sir" or "Yes ma'am," "No, ma'am," to anyone. Though he worked for a family as their chauffeur, he refused to let his children do the same. We were to get a good education. In those days, a high school diploma was the goal. I was a tomboy always trying to keep up with my brother and his friends. When I turned 12 years old, the same boys I'd played with for years, began to notice me. One gave me a bracelet. My father promptly made me give back. "Don't take presents from boys. They will expect something in return," he told me.

My father wore the mask Paul Laurence Dunbar spoke about in his poem. At work, he was a servant who drove his employer and his family around, part chauffeur, part butler, and part babysitter. He was always on call. At home he was our wise daddy who knew everything and could do anything. A loving husband, every Friday, he would bring my mother a pair of nylon stockings. And on his days off, which were few, he'd take my mother out dancing. Whatever free time he had, he spent with us.

Though he died over fifty years ago, his influence permeates my life. My brothers took after him. After he died at the age of 41, my brothers tried to fill his shoes. My oldest brother came closest. He was the one we turned to for advice. As in the home of my youth, my brother's home was always open. If we had problems, we could call on him to give us advice, to help us out. On Father's Day I thought about my father and my brothers and the men they were- faithful, loving, kind, caring, and compassionate, most of all strong. My wish is that all fathers strive to prepare their children for life armed with these traits and more.

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+

Tip/Encouragement Of The Month For Seniors

As June brings warmer weather, prioritize your health and comfort by beating the heat.



Safe Summer Activities:

Exercise Safely: Early morning or late evening walks are best. Try indoor fitness options to keep moving without the intense sun.

Stay Social: Combat isolation by connecting with local groups. Call your County of Riverside Office on Aging to learn about volunteer opportunities, classes, and social events in the Moreno Valley area.

SeniorCommunity Center Staff

RUDY RODRIGUEZ
Community Services Supervisor

Markita Smith
Community Services Coordinator

Christian Yates
Assist. Community Services Coordinator

Janel Domingue
Assist. Community Services Coordinator