

# 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

***International Day is a celebration that brings together people from diverse cultures to experience the music, food, and performances of nations around the world.***

**September 18th  
2:00pm - 4:00pm  
in Ballroom**

## 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.



## Featured Events: Health & Resource Fair

On August 15, the Moreno Valley Senior Center hosted its semi-annual Health and Resource Fair, a highly popular and well-attended event. This free gathering provides an excellent opportunity for our members to come together, connect with community resources, and receive important health information.

The event featured a variety of health screenings, including free blood pressure checks, helping attendees stay informed about their well-being. In addition to health services, informational vendors were on hand to share valuable resources and services available to seniors.

Adding to the excitement, participating vendors also hosted raffles, giving attendees the chance to win fun prizes throughout the day. This engaging and informative event continues to be a favorite among our members and supports our commitment to promoting health and wellness in our community.



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

September 25  
@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.**

**"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 ears but cannot hear?
2. An elephant in Africa is called Lala. An elephant in Asia is called Lulu. What do you call an elephant in Antarctica?
3. If you drop me, I'm sure to crack, but give me a smile and I'll always smile back. What am I?
4. What can you hold in your left hand but not in your right hand?
5. What can fill a bathtub but weighs nothing?
6. What kind of band never plays music?

## Labor Day Word Search

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

CAREER  
 PARADE  
 PICNIC  
 EMPLOYEE  
 INDUSTRY  
 COOKOUT  
 WEEKEND  
 SUPERVISOR  
 HOLIDAY  
 UNION  
 TRADE  
 LEADER  
 PROFESSION  
 WORKERS  
 SCHOOL  
 TRIP  
 PARTY  
 TOIL  
 SEPTEMBER  
 CRAFT

**Monthly Meetings  
Get Involved**

Senior Town Hall | Tuesday Sept 9 | 12:30pm - 1pm | Ballroom

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

Friends of Moreno Valley Senior Center Meeting | Thurs, Sept 11 | 1:30pm | Ballroom



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**

**September 11 | 9am - 11am**

**GATE OPEN AT 8:00AM**

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

## Moval Senior Scribes



For All Fathers

Stan Corella

For all fathers that have shown their love for their children and all the loved ones, showing honor and respect and the willingness to take all the challenges to achieve.

For all the fathers who have experienced the pain and suffering from tragedies, physical and mental pain from their personal experiences in life.

For all the fathers who continue to show love, care and take responsibilities in time of emergency affecting his family and significant others when least expected.

For all of the fathers who open honestly, show compassion, empathy for others and volunteer to assist when needed in the community, schools, churches, animal care, or other places in need.

For all of the grandfathers who take the responsibilities when a father has passed, left his children because of some unforeseen event and will not return.

For all of the fathers who stay positive, take action, and show strength in helping others to succeed by learning, sharing, mentoring and teaching in the most giving way.

For all the fathers who sacrifice, keep listening, being honest, having faith, having the willingness to pay the ultimate price, and always remembering the others who suffered and sacrificed by showing respect and reminds his loved ones never to forget.

For all of fathers who accept all people, shows openness and smiles every day, not pretending as he attempts to accomplish in his own personal way.

For all fathers who keep on working, creating, using his knowledge and skills for greater achievements and takes pride in all that is done.

For all fathers that they may continue to be dedicated, loving and hugging those of whom he holds within his heart, and may he continue to stay focussed as he is the foundation. He is to be solid so he and his family will never part and willing to offer the utmost in giving from deep within his heart.

Stan, MoVet never forgets



# frequently used Telephone Numbers

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## 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
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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 Of The Month For Seniors

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Focus on preparing for the month ahead by reflecting on the past month, brainstorming ideas, and planning for success. Additionally, incorporate self-care through healthy habits like getting enough sleep, eating well, and engaging in regular physical activity to support both your physical and mental health.



## 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