

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 :A Evening to Remember

Moreno Valley Senior Community Center's Holiday Party held on December 19 was a huge success. It was an evening to remember with dancing, laughter and good food. Music by Thee Champagne Band never disappoints. We would like to give a special thanks to all of our volunteers and sponsors.



Volunteer Photographer
Michelle Barlow



Volunteer Photographer's
Assistant Linda Girolamo



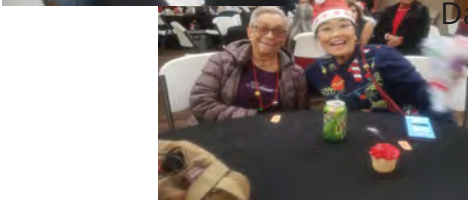
Thee Champagne Band



Volunteers: Rancho Verde High
ASB Students



Volunteer Reta Butler,
Virginia Gabrielson,
Danny Gabrielson(Santa),
Luz Guerrero



**Sponsors: Welbe Health,
Royal Benefits and Anthem.
Thank you.**



Sign-up to enjoy your lunch with a birthday treat. Sponsored by Alpha Care. December & January birthdays will be held January 23 @11:30am



Valentines Day Dance
Friday, February 14
2pm - 4pm

Black History Celebration
Thursday, February 27
2pm - 5pm

Must be a member to participate in all events/activities and classes. **In person** Preregistration required for all events

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. You answer me although I never ask you questions. What am I?
2. What has an eye but cannot see.
3. What goes up when the rain comes down?
4. My head is red but turns black when you scratch it. What am I?
5. What can you see in the middle of March and April that you can never see in any other month?
6. What has hands but can't clap?
7. What do you find at the end of a rainbow?



Winter

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

- WOOLLY HAT
- FREEZING
- COLD
- ICE
- SNOWMAN
- WINDY
- MITTENS
- COATS
- GLOVES
- FIREPLACE
- FROST
- BLANKETS
- DARK
- SNOWING

**Monthly Meetings
Get Involved**

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

Sr. Citizens' Advisory Board | January 27 | 3pm | Classroom 1 & 2

Friends of Moreno Valley Senior Center Meeting | Thursday, January 16 | 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	10-11:30am Creative Writing	8am-12pm Crochet	Support	8:30-10:15am Soul Line Dancing
10-11:30 amESL Class(English)	10:30-11:15am Zumba	9am-12pm Greeting Card Creations	9am-12:30pm Art Club	10am-11am Poemas y Reflexiones del Corazon
9:15-10:15am Soul Line Dancing	12:30-2:00pm Jewelry Design	9:15-10:15am Soul Line Dancing	9-10am Fit After 50	10:30-11:45am Silver Age Yoga
10:30-11:30am Inner Fitness	12:45-2:15pm R&B Git Fit	10:30-11:30am Ballet Folklorico	10:30-11:15am Zumba	1-4:30pm Bid Whist
12-1pm Tai Chi	1-4pm Bunco	12-4pm Quilting	12:30-3pm Loteria	1:30-3:30pm Line Dancing
12-2pm Bible Study	2:30-4pm Line Dancing	12:30-4:30pm Bid Whist	1:40-4:10pm Guitar	
1-3pm Crafty Experience		1-3pm Bingo	3:10pm-4:10pm	
1-4:30pm Bid Whist			Darcel's Solid Gold	
1:30-3:30pm Line Dancing			Dance Workout	
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

January 9 | 9am - 11am

February 13 | 9am - 11am

March 13 | 9am - 11am

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

Moval Senior Scribes



AGING IN PLACE
 By Eva Courtney

Seventeen years have passed from the time when my best half and I bought our home in Moreno Valley. After retirement the home started to age together with both of us. My husband was handy in doing small repairs around the house. But my beloved handyman is not here anymore. After his death I continued to maintain the home. However, as I aged it became difficult to keep up with damage repair.

I was able to sprint up and down the main entrance steps. Not anymore. What I can do is limited due to cost putting a restriction. Another factor is inflation. It continues to gradually reduce my fixed income and emergency savings.

So, I accepted the responsibility to take care of the home and my car. I embraced the reality that some repairs I had to do myself. I knew how to use the hammer and was able to climb a ladder. I learned to use the drill gun and other tools. For repairs that required expertise You-tube became my best friend.

I kept my spirits up. I searched the internet. I approached the city for resources. The homework paid off. I found Habitat for Humanity. A non-profit that assists to build a new home or to improve an existing one. I visited their office to inquire about qualifying. To my astonishment, I became a grantee.

The assistance I received to do minor repairs in my home and to add handrails at the entrance made a huge difference in my life. It is mentally and physically rewarding to live in a home that is safe, healthy and livable.

My children have less worries about me. They know that my world is not falling apart. At least, not yet. I am familiar with my local grocery stores. Finding a good match in-network dentist and primary doctor for my health was not easy. I found them and want to keep them for many more years. My social support is nearby at the senior center and at my church. Knowing that I can continue to age-in-place gives me peace of mind.

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

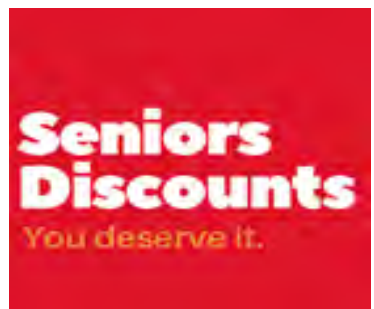
Tip Of The Month For Seniors

"Actively explore and utilize available senior discounts" at various businesses, including restaurants and retailers, as many discounts may not be readily advertised and can add up over time to significant savings.

Examples:

Check for a senior menu

Check with specific retailers



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