

SENIOR SOARING

MORENO VALLEY SENIOR COMMUNITY CENTER
 25075 Fir Ave. Moreno Valley, CA | Mon. - Fri. 8 am - 5 pm | Closed Sat. & Sun.

about your Senior Center

All programs and activities for seniors are held at the Moreno Valley Senior Community Center, except where noted. All active senior citizens age 50 and older who do not require care or adult supervision are encouraged to become members. The use of exercise equipment requires completion of the Exercise Equipment Waiver. There is no fee for membership.

Save the date

Rummage Sale
3.6.20

Spring Carnival
3.19.20

Monthly Birthday Lunch
3.23.20

CPR Class
3.27.20



current events

SPRING CARNIVAL

Play, win, eat & have a good time!

Ladies and gentlemen, step right up, to the amazing Spring Carnival! Fun, games, prizes and treats await all who participate. The Spring Carnival will be held March 19 from 2 - 4 pm. Come and enjoy the fun and excitement. See you there!



RUMMAGE SALE

Shop 'til you drop!

See what treasure you can find at the Moreno Valley Senior Community Center Rummage Sale! Join us on March 6 from 9 am - 12 pm to check out all of the great deals!



Senior Soaring sponsored by:

MORENO VALLEY
UTILITY

activityschedule

DAY	DATE	ACTIVITY	START	END	ROOM
Tue	3/3	Voting Polls	8 am	5 pm	Classrooms/Art Rms
Thur	3/5	Friends Farmer's Market Trip	11:15 am	12 pm	Front desk
Fri	3/6	Rummage Sale	9 am	12 pm	Ballroom N
Tue	3/1	Friends Grocery Store Trip	11:15 am	12 pm	Front desk
Wed	3/11	United Healthcare	10 am	12 pm	Art Room 2
Thur	3/19	Spring Carnival	2 pm	4 pm	Ballroom N & S
Mon	3/23	Monthly Birthday Lunch & Cake	11:30 am	12:30 pm	Ballroom S
Tue	3/24	Foster Kinship Care	9 am	12 pm	Art Room 2
Wed	3/25	United Healthcare	10 am	12 pm	Art Room 2
Wed	3/25	SBHIS - Blood Pressure Check	10 am	11 am	Front Lobby

featured activity: **SPRING CARNIVAL** | Thursday, March 19 | 2 - 4 pm

seniormeal Program Eligibility

- Participants must be 60-years old or older.
- Participants are required to complete an intake form once per year.
- Participants 60-years old and older are requested to donate. Donations are confidential and go to support meals provided at this site. No participant will be refused a meal if they cannot donate. Please donate what you can. Suggested donation is \$3.
- All other participants under 60 MUST pay \$7 for lunch.

Exceptions to age requirement:

- Spouse (any age) of a participant 60-years old or older. Both are required to have a current intake form on file.
- A disabled adult child's (18+) parent, guardian, caretaker (with whom they live). Both are required to have a current intake on file.

Please contact Family Service Association with any questions at 951.342.3057.

monthlymeetings

Get Involved

Senior Town Hall Mtg.	Tuesday, March 10	11:30 am - 12 pm	Ballroom N
Friends of Moreno Valley Mtg.	Thursday, March 12	1:30 - 3:30 pm	Ballroom N & S
Sr. Citizens' Advisory Board Mtg.	Monday, March 16	3 - 4 pm	Classroom 1 & 2

classschedule

CLASS	DATE	START	END	ROOM
Artist Art Club	Thursdays	9 am	12:30 pm	Art Room 1 & 2
Bid Whist	Mon, Wed & Fri	1 pm	5 pm	Art Room 1 & 2
Bingo	Wednesdays	1 pm	3 pm	MV Ballroom N & S
Book Club	1st & 3rd Thursday	2 pm	3 pm	Library
Bunco	Thursdays	1 pm	4 pm	Art Room 1 & 2
Cecí's Ballet Folklórico	Wednesdays	10:30 am	11:30 am	MV Ballroom N
Chair Volleyball	Thursdays	1:30 pm	3 pm	MV Ballroom N
CPR & First Aid Class	Friday (3.27.20)	8 am	12:30 pm	Classroom 1 & 2
Crafty Experience	Mondays	1 pm	3 pm	Art Room 1
Creative Writing/Life Story	Tuesdays	10 am	11:30 am	Classroom 1
Crochet	Wednesdays	8 am	12 pm	Classroom 1 & 2
Dancercise	Tuesdays & Thursdays	12 pm	1 pm	MV Ballroom N & S
English ESL	Mondays	10 am	11:30 am	Computer Lab
English ESL	Thursdays	10:30 am	12 pm	Classroom 1
Exercise with George	Mon, Wed & Fri	9:15 am	10:15 am	MV Ballroom N
Fit after 50	Mondays	10:30 am	11:30 am	MV Ballroom N
Fit after 50	Thursdays	9 am	10 am	MV Ballroom N
Greeting Card Creations/ Scrappy Scrappers	Wednesdays	9 am	12 pm	Art Room 1
Guitar Class	Thursdays	1 pm	3:30 pm	Classroom 1 & 2
High Tech Class (3/6/20)	Fridays (Monthly)	9 am	11 am	Art Room 1 & 2
Just Dance: Salsa	Fridays	12 pm	1 pm	Ballroom N & S
Jewelry Design	Tuesdays	1 pm	4 pm	Art Room 1 & 2
Prize Mountain Tournament	Wednesdays	12:30 pm	2:30 pm	Billiards
Line Dancing	Mondays & Tuesdays	1:30 pm	3:30 pm	MV Ballroom N & S
Line Dancing	Friday	1:30 pm	3:30 pm	MV Ballroom N
Loteria (Mexican Bingo)	Tuesdays	12 pm	2:30 pm	Classroom 1 & 2
Pinochle	Tuesdays	10 am	3 pm	Lobby E
Pinochle	Thursday	1 pm	5 pm	Ballroom S
Queen of the Hill	Thursdays	12 pm	1:30 pm	Billiards
Queens of the Morning	Thursdays	8 am	12 pm	Billiards
Quilting Club	Wednesdays	12 pm	4 pm	Classroom 1 & 2
Quilting Club	Fridays	8 am	5 pm	Classroom 1 & 2
Spanish Conversational	Tuesday	9 am	10 am	Classroom 2
Soul Line Dancing	Mon, Wed & Fri	8:10 am	9:10 am	MV Ballroom N & S
Tai Chi	Mondays	12 pm	1 pm	MV Ballroom N
Weight Loss Support	Thursdays	8:30 am	10:30 am	Classroom 1 & 2
Yoga	Tuesdays	9 am	10:20 am	MV Ballroom N
Yoga	Fridays	10:30 am	11:45 am	MV Ballroom N
Zumba	Tuesdays	10:30 am	11:15 am	MV Ballroom N & S
Zumba	Thursdays	10:30 am	11:15 am	MV Ballroom N & S
Zumba Toning	Wednesdays	3:30 pm	4:30 pm	MV Ballroom N & S

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	800.510.2020

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 2nd Thursday month 1:30 pm except July/Aug

HEALTH MAINTENANCE ORGANIZATIONS

Aflac	951.394.1542
HICAP (Health Insurance Counseling and Advocacy Program)	909.256.8369
800.434.0222	
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	951.243.3837
PW Enhancement Center	951.956.4026

LEGAL ASSISTANCE FOR 60+

Inland County Legal Association
888.245.4257
8:30 am - 4:40 pm (By appointment only)

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
Looking for skilled instructors to teach active seniors 50+

volunteers wanted

Do you have a skill or professional experience that you would like to share with fellow seniors? The Moreno Valley Senior Center is looking for any experienced volunteers that are willing and able to teach classes. If you or someone you know would like to become a volunteer instructor contact the Moreno Valley Senior Community Center at 951.413.3430 or inquire at the front desk.

seniorcommunity Center Staff

JOSEPH BAKER
Recreation Program Leader

RUDY RODRIGUEZ
Community Services Coordinator

MARIA VILLALOBOS
Recreation Program Leader

JAILENE MADRIGAL
Recreation Aide

JHAKI HARRIS
Senior Customer Service Assistant

BRIANA MONTGOMERY
Recreation Aide