



SENIOR SOARING

A CITY OF MORENO VALLEY PUBLICATION

SAVE THE DATE FOR SEPTEMBER

September 3 Flea Market
September 22 Fall Festival

A PLACE TO CONNECT, GROW, AND LEARN

About your Senior Center

Alyso Rico

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 register. The use of exercise equipment requires completion of the Exercise Equipment Waiver. There is no fee for membership.

MORENO VALLEY SENIOR COMMUNITY CENTER
25075 Fir Ave.
Moreno Valley, CA 92553

Monday - Friday
8 am - 4 pm
Closed Saturday & Sunday

951.413.3430
www.moval.org



CURRENT EVENTS

Maria Villalobos

PANCAKE BREAKFAST

Assembly Member Jose Medina invites you to attend a Pancake Breakfast on Thursday, August 3rd, from 9:30 am to 11 am. Come enjoy a FREE pancake breakfast and receive important information about:

- The CalFresh food program and benefits
- How to apply for CalFresh
- Legislation affecting the community



JOHNNY DOLLAR RADIO THEATER

Yours Truly, Johnny Dollar is a radio drama that aired on CBS Radio from February 18, 1949 to September 30, 1962.

The first several seasons imagined protagonist Johnny Dollar as a standard private investigator drama. In 1955 after a year-long hiatus, the series came back in its best known incarnation with Bob Bailey starring in “the transcribed adventures of the man with the action-packed expense account - America’s fabulous freelance insurance investigator.” There were 809 episodes (plus two not-for-broadcast auditions) in the 12-year run, and more than 720 still exist today. Come and enjoy this radio drama performed by the “Pioneer Theater,” August 7 through August 11 from 11:30 am to 12 pm in the Ballroom.

CASINO NIGHT

Seniors will enjoy a night of Vegas-style fun, raffles and prizes. Refreshments and appetizers will be served. Join us Friday, August 11th, from 5 to 9 pm.

NOTARY SERVICE

Don't forget your ID

Free Notary Service by Mary Price will be available Wednesday, August 9th and 30th, from 11 am to 1 pm at the Senior Center. The services are provided free of charge by Mary Price.

MOVIE DAY

Popcorn, extra butter.

Bring a friend and come enjoy one of our wonderful featured films. Friday, 10 am to 1 pm in Art Room 2.

August 11
“The Magnificent Seven”

August 18
“Miracles from Heaven”

SPONSORED BY



SPECIAL EVENT SCHEDULE

| DAY | DATE | SPECIAL EVENT | START | END | ROOM |
|-----------|------|------------------------------|----------|----------|-------------|
| Thursday | 8/3 | Pancake Breakfast | 9 am | 11 am | MV Ballroom |
| Monday | 8/7 | Johnny Dollar Radio Theater | 11:30 am | 12 pm | MV Ballroom |
| Tuesday | 8/8 | Senior Town Hall Meeting | 11:30 am | 12 pm | MV Ballroom |
| Tuesday | 8/8 | Johnny Dollar Radio Theater | 11:30 pm | 12 pm | MV Ballroom |
| Wednesday | 8/9 | MediOptions | 11 pm | 12 pm | Lobby |
| Wednesday | 8/9 | Johnny Dollar Radio Theater | 11:30 am | 12 pm | MV Ballroom |
| Thursday | 8/10 | Friends of MoVal Meeting | 1 pm | 3 pm | MV Ballroom |
| Thursday | 8/10 | Johnny Dollar Radio Theater | 11:30 am | 12 pm | MV Ballroom |
| Friday | 8/11 | Johnny Dollar Radio Theater | 11:30 am | 12 pm | MV Ballroom |
| Friday | 8/11 | Casino Night | 5 pm | 9 pm | MV Ballroom |
| Thursday | 8/17 | Luau | 1 pm | 3 pm | MV Ballroom |
| Thursday | 8/17 | Medicare Information Center | 12 pm | 2 pm | Lobby |
| Tuesday | 8/22 | Foster Kinship Care | 9 am | 12 pm | Art Room 2 |
| Wednesday | 8/23 | MediOptions | 11 am | 12 pm | Lobby |
| Thursday | 8/24 | United Healthcare | 10:30 am | 11:30 pm | TBD |
| Monday | 8/28 | August Lunch & Birthday Cake | 11:30 am | 12 pm | MV Ballroom |

FEATURED ACTIVITY: Casino Night August 11 | 5 pm to 9 pm

CLASS SCHEDULE

| CLASS | DATE | START | END | ROOM |
|-----------------------------|----------------------|----------|----------|-------------------|
| Artist Art Club | Thursdays | 9 am | 12:30pm | Art Room 1 & 2 |
| Bid Whist | Mon, Wed & Fri | 1 pm | 3 pm | Art Room 2 |
| Bingo | Wednesdays | 12:30 pm | 3 pm | MV Ballroom NS |
| Book Club | 1st & 3rd Thursdays | 2 pm | 3 pm | MV Ballroom S |
| Bunco | Thursdays | 1 pm | 3 pm | Art Room 1 & 2 |
| Ceci's Ballet Folkloric | Wednesdays | 10:30 am | 11:30 am | MV Ballroom |
| Color Your Stress Away | 2nd Monday | 10 am | 11 am | Classroom 1 |
| CPR & First Aid Class | 4th Friday | 8 am | 12 pm | Art Room 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 |
| English ESL | Mondays & Thursdays | 10 am | 11:30 am | Library |
| 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 | 9:30 am | 10:30 am | MV Ballroom N |
| Greeting Card Creations | 1st & 3rd Fridays | 12 pm | 3 pm | Classroom 1 |
| Guitar Class | Thursdays | 1 pm | 3:30 pm | Classroom 1 & 2 |
| iPad Class | 1st Friday | 9 am | 11 am | Art Room 1 & 2 |
| Jewelry Design | Tuesdays | 1 pm | 4 pm | Art Room 1 & 2 |
| King of the Hill Billiards | Wednesdays | 12:30 pm | 2:30 pm | Billiards |
| Know Your Car | 4th Tuesday | 10 am | 11 am | Lobby |
| Line Dancing | Mondays & Tuesdays | 1:30 pm | 3:30 pm | MV Ballroom N |
| Line Dancing | Fridays | 12:30 pm | 2:30 pm | MV Ballroom N |
| Loteria (Mexican Bingo) | Tuesdays | 12 pm | 2:30 pm | Classroom 1 & 2 |
| Movie Friday | 2nd & 3rd Fridays | 10 am | 1 pm | Art Room 2 |
| Pinochle | Tuesdays & Thursdays | 10 am | 3 pm | Lobby E |
| 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 | 4:00 pm | Classroom 2 |
| Radio Pioneer Theater | Mondays | 10 am | 11 am | Art Room 1 |
| Scrappy Scrappers | 2nd & 4th Fridays | 12 pm | 3 pm | Classroom 1 |
| Soul Line Dancing | Mon, Wed & Fri | 8 am | 9:15 am | MV Ballroom |
| Spanish Conversational | Wednesday & Thursday | 9 am | 10 am | Library |
| Tai Chi | Mondays | 12 pm | 1 pm | MV Ballroom |
| Weight Loss Support | Thursdays | 9 am | 11:30 am | Classroom 1 & 2 |
| Yoga for Seniors | Tuesdays | 9 am | 10:30 am | MV Ballroom N |
| Yoga for Seniors | Fridays | 10:30 am | 11:45 am | MV Ballroom N |
| Zumba | Tuesdays & Thursdays | 10:30 am | 11:30 am | MV Ballroom |
| Zumba Gold - Toning | Wednesdays | 3:15 am | 4 pm | MV Ballroom N & S |

MONTHLY MEETING

Get involved

Calling all seniors! Join Senior Center staff for the monthly Senior Town Hall Meeting on Tuesday, August 8, 2017, from 11:30 am to 12 pm. Staff will discuss upcoming events and news taking place at the center and receive feedback from seniors.

SENIOR NUTRITION MENU

For 60 years or older - \$3 suggested donation. Call 951.342.3057 or stop by between 8 am and 10 am to reserve your meal. Lunch is served at 11:30 am



| MON | TUES | WED | THUR | FRI |
|---|---|---|--|--|
| | 1 Cranberry Orange Chicken Brown Rice Mixed Vegetables Tropical Fruit | 2 Spaghetti w/Meat Sauce Brussels Sprouts Fresh Apple Garlic Breadstick | 3 Tuna Salad Sandwich Vegetable Soup Blanched Carrot Sticks Unsalted Crackers Mandarin Oranges | 4 (**) Enchilada Casserole Pinto Beans Spanish Rice, Zucchini Fruit Cocktail w/Jell-o Sugar Cookie |
| 7 Chicken a la King Brown Rice Green Beans Pineapple Tidbits & Mandarin Oranges | 8 Shepherd's Pie Broccoli Diced Peaches Whole Wheat Bread | 9 Chicken Cacciatore Herbed Spaghetti Succotash Tropical Fruit Whole Wheat Bread | 10 (**) Scrambled Eggs Sausage Links Country Potatoes Watermelon, OJ Biscuit | 11 Beef Pot Roast Spinach Mash Potatoes Mixed Vegetables Apple, Wheat Bread Vanilla Pudding |
| 14 (**) Vegetarian Lasagna Garden Salad Peas Mandarin Oranges Whole Wheat Bread | 15 Meatloaf w/gravy Mashed Potatoes Carrots Fruit Cocktail w/Jell-o Whole Wheat Bread | 16 Penne w/Chicken Marinara Sauce Broccoli Pineapple Tidbits Whole Wheat Bread | 17 Beef Tips w/Mushroom Gravy Red Potatoes Winter Blend Vegetables Banana, Wheat Bread | 18 Hot Turkey Sandwich Mashed Potatoes Green Beans Fresh Orange Whole Wheat Bread |
| 21 Teriyaki Chicken Rice Capri Vegetables Fresh Orange Whole Wheat Bread | 22 Pork Loin w/Gravy Red Potatoes Peas Jell-o w/Pears Whole Wheat Bread | 23 Taco Chicken Salad Lettuce/Tomato/Cheese Pinto Beans Corn & Bell Peppers Tropical Fruit Corn Tortilla | 24 (**) Au Gratin Taco Bake Spinach Mandarin Oranges Whole Wheat Bread | 25 BBQ Chicken Coleslaw Pickled Beets Apricots Corn Bread |
| 28 Fettuccini Alfredo w/Chicken Baby Lima Beans Fresh Orange Whole Wheat Bread | 29 (**) Swedish Meatballs Herb Noodles Winter Blend Vegetables Apricots Whole Wheat Bread | 30 Baked Pangasius Fish Roasted Red Potatoes Mixed Vegetables Diced Peaches Whole Wheat Bread | 31 Broccoli Chicken Casserole Peas Diced Pears Whole Wheat Bread | |

(**) INDICATES HIGH SODIUM MEAL

COLOR YOUR STRESS AWAY

Coloring as an adult may seem childish and a waste of time, but it can actually have mental health benefits to relax people dealing with stress, anxiety and other issues.

By taking time to relax your mind through coloring, anyone, no matter what his or her age, can relieve anxiety momentarily. Join us in this new class on the 2nd Monday of the month from 10 to 11 am.

This event is sponsored by Humana.



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 |
| Scooter Store | 909-549-9443 |
| Hearing Aid Hotline | 800-521-5247 |
| American Cancer Society | 800-ACS-2345 |
| VA Loma Linda Healthcare | 800-741-8387 |
| Friends of Moreno Valley Senior Center | 951-413-3430 |
| <i>Membership \$10 year, meets 2nd Thursday month 1 pm except July/Aug</i> | |

HEALTH MAINTENANCE ORGANIZATIONS

| | |
|-------------------|--------------|
| Anthem | 951-269-9388 |
| Caremore | 951-733-7904 |
| Health Net | 800-827-2013 |
| Heritage CA | 951-333-4692 |
| Humana | 951-216-0891 |
| Kaiser Permanente | 800-921-2900 |
| SBHIS | 951-452-2905 |
| SCAN | 951-768-5398 |
| United Healthcare | 951-315-7164 |

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 | 951-686-4402 |
| Section 8, 5555 Arlington Ave., Riv. | 951-351-0700 |
| Integrated Care | 951-243-3837 |
| PW Enhancement Center | 951-616-1628 |

LEGAL ASSISTANCE FOR 60+

| | |
|---------------------------------|--------------|
| Inland County Legal Association | 888-455-4257 |
| Medicare Information | 800-434-0222 |

NUTRITION SERVICES

| | |
|-----------------------------|--------------|
| Family Services Association | 951-342-3057 |
| Home Bound | 951-653-8109 |
| Power Ministries | 951-242-0188 |
| Family Services Association | 951-342-3057 |
| Home Bound | 951-653-8109 |

TRANSPORTATION

| | |
|------------------------|--------------|
| Medical Transportation | 951-486-4380 |
| Molina Medical Shuttle | 877-665-4623 |
| MoVan Shuttle | 800-351-6571 |
| 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 |
| <i>Looking for skilled instructors to teach active seniors 50+</i> | |

GROCERIES ON THE GO



Like at any grocery store, fresh fruit and vegetables are on the shelf, but this store is on a bus. It's called Mobile Fresh. The Mobile Fresh Bus will stop at the Moreno Valley Senior Community Center south parking lot every Thursday from 1:00 pm to 2:30 pm.

SENIOR COMMUNITY CENTER STAFF

ALYSSA RICO

Community Services Coordinator

SCOTT NICHOLSON
Recreation Leader

MARIA VILLALOBOS
Recreation Leader