



# SENIOR SOARING

A CITY OF MORENO VALLEY PUBLICATION

## SAVE THE DATE FOR JULY

- July 4 Senior Center Closed
- July 13 Texas BBQ & Chili Cook-Off
- July 24 July Birthday Lunch & Cake
- July 28 Casino Night

## A PLACE TO CONNECT, GROW, AND LEARN

About your Senior Center

Rudy Rodriguez

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



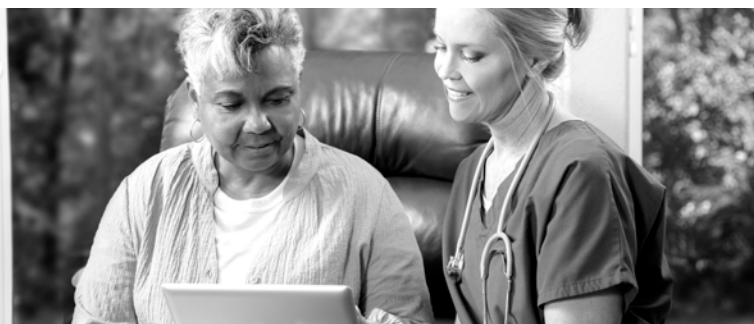
## CURRENT EVENTS

Maria Villalobos

### HEALTH & RESOURCE FAIR

Get educated. Stay healthy.

Learn more about health and the resources available to seniors on Thursday, June 1, 2017, from 8 am to 12 pm in MV Ballroom N.



### FATHER'S DAY GOLF TOURNAMENT & BBQ

Nothing a Dad loves more than sports and barbecue.

Join us for the Senior Center Golf Tournament & BBQ on Saturday, June 17, 2017. The event will be held at Cottonwood Golf Center, 13671 Frederick Street, 9 am to 2 pm.



## JUNETEENTH

Celebrate freedom.

Juneteenth is the celebration of the ending of slavery in the United States. Seniors will enjoy a celebration of freedom, poetry, art displays and cultural dancing. Please join us on Thursday, June 22, 2017, from 1 pm to 3 pm in the MV Ballroom.

## NOTARY SERVICE

Don't forget your ID

Free Notary Service will be available on Wednesday, June 7 and June 14, from 11 am to 1 pm at the Senior Center. The services is provided free of charge by Mary Price.

## MOVIE DAY

Popcorn, extra butter.

Bring a friend and enjoy one of our new featured movies. Fridays from 10 am to 1 pm, Art Room 2.

**JUNE 2**  
"La La Land"

**JUNE 9**  
"Hidden Figures"

**JUNE 16**  
"Rogue One"

**JUNE 23**  
"Lion"

## SPECIAL EVENT SCHEDULE

DAY	DATE	SPECIAL EVENT	START	END	ROOM
Thursday	6/1	Mature Driving Class 1 of 2	8:30 am	12:30 pm	Classroom 1 & 2
Thursday	6/1	Health & Resource Fair	8 am	12 pm	MV Ballroom N
Friday	6/2	Mature Driving Class 2 of 2	8:30 am	12:30 pm	Classroom 1 & 2
Friday	6/2	Flea Market	8 am	12 pm	MV Ballroom N
Tuesday	6/6	Deaf & Disabled Tel. Program	10 am	12 pm	Lobby
Wednesday	6/7	HELP (Healthy Eating & Living Program)	9 am	11:30 am	Art Room 1
Wednesday	6/7	MediOptions Health & Life Insurance	11 am	12 pm	Lobby
Thursday	6/8	Friends of MoVal Meeting	1 pm	3 pm	MV Ballroom N
Saturday	6/17	Father's Day Golf Tournament	9 am	2 pm	Cottonwood Golf Ctr.
Monday	6/19	Senior Advisory Board Meeting	3 pm	4 pm	Classroom 1 & 2
Wednesday	6/21	United Way (Center Beautification)	7:30 am	12 pm	Art Room 1
Wednesday	6/21	Deaf & Disabled Tel. Program	10 am	12 pm	Lobby
Wednesday	6/21	MediOptions Health & Life Insurance	11 am	12 pm	Lobby
Wednesday	6/21	Dr. Rios Q & A's	11:30 am	12:30 pm	MV Ballroom
Thursday	6/22	Juneteenth Celebration	1 pm	3 pm	MV Ballroom
Monday	6/26	June Birthday Lunch & Cake	11:30 am	12 pm	MV Ballroom
Tuesday	6/27	Foster Kinship Care	9 am	12 pm	Art Room 2
Friday	6/29	Seniors Got Talent	1 pm	3 pm	MV Ballroom N

## FEATURED ACTIVITY: Juneteenth June 22 / 1 pm to 3 pm

## CLASS SCHEDULE

CLASS	DATE	START	END	ROOM
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	Library
Bridge (Advanced)	4th Friday	12:30 pm	3:30 pm	Art Room 1
Bunco	Thursdays	1 pm	3 pm	Art Room 1 & 2
Ceramics	Wednesdays	9 am	11:30 am	Art Room 1
Ceci's Ballet Folkloric	Wednesdays	10:30 am	11:30 am	MV Ballroom
CPR & First Aid Class	Last Friday of the month	8 am	12 pm	Art Room 1 & 2
Crafty Experience	Tuesdays	1 pm	3 pm	Classroom 2
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	Classroom 1 or 2/ 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 am	10 am	MV Ballroom N
Greeting Card Creations	Fridays (6/9 & 6/23)	12 pm	3 pm	Classroom 1
Guitar Class	Thursdays	1 pm	3:30 pm	Classroom 1 & 2
Healing Arts	Mondays	10 am	1 pm	Art Room 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	Last Tuesday	10 am	11 am	Art Room 1
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
Movie Friday	Fridays	11 am	1 pm	Art Room 2
Oil Painting	Thursdays	9 am	12:30 pm	Art Room 1 & 2
Pinochle	Tuesdays & Thursdays	10 am	3 pm	Lobby E
Quilting Club	Wednesdays	12 pm	4 pm	Classroom 1 & 2
Quilting Club	Fridays	8 am	3:45 pm	Classroom 2
Scrappy Scrappers	Fridays (6/2, 6/16 & 6/30)	12 pm	3 pm	Classroom 1
Senior Self-Defense Class	Tuesdays (Beginning date TBD)	10:30 am	12 pm	Art Room 1 & 2
Soul Line Dancing	Mon, Wed & Fri	8:15 am	9:15 am	MV Ballroom
Spanish Conversational	Tuesdays	9 am	10 am	Classroom 2
Spanish Conversational	Thursdays	9 am	10 am	Library
Tai Chi	Mondays	12 pm	1 pm	MV Ballroom
Weight Loss Support	Thursdays	8:15 am	11:30 am	Classroom 1 & 2
Yoga	Tuesdays	9 am	10:30 am	MV Ballroom N
Yoga	Fridays	10:30 am	11:45 am	MV Ballroom N
Zumba	Tuesday & 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, June 13, 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



			<b>1</b> Broccoli chicken casserole Peas Whole wheat bread Diced pears	<b>2</b> Tuna casserole Broccoli Banana Jell-o
<b>5 (**)</b> BBQ pork riblet au gratin potatoes Carrot salad Whole wheat bread Tropical fruit	<b>6</b> Lazy herbed chicken Red potatoes Mixed vegetables Whole wheat bread Pineapple tidbits	<b>7</b> Beef stroganoff w/mushrooms & gravy Spinach Whole wheat bread Mandarin oranges	<b>8</b> Turkey patty w/gravy Brown rice Cauliflower & broccoli Apricots Wheat bread Tapioca pudding	<b>9</b> Darryl's breaded fish Mashed potatoes Lima beans Fresh pear Whole wheat bread
<b>12</b> Salisbury steak w/gravy Mashed potatoes Broccoli Fruit cocktail Whole wheat bread	<b>13 (**)</b> Chicken enchilada Casserole Pinto beans Green beans Orange juice	<b>14</b> Pork loin w/gravy Spinach-mashed- red potatoes Diced pears Jell-o Whole wheat bread	<b>15</b> Chicken salad plate Hard-boiled egg Pickled beets Blanched carrot sticks Wheat bread Tropical fruit	<b>16</b> Roast beef w/gravy au gratin potatoes Capri vegetables Mandarin oranges Wheat roll Pudding
<b>19</b> Parmesan herb chicken Brown rice Winter blend vegetables Whole wheat bread Peaches	<b>20</b> Cabbage roll Mashed potatoes Peas & carrots Whole wheat bread Pineapple tidbits	<b>21</b> Baked chicken w/country gravy Garden rice Broccoli Wheat Bread Applesauce	<b>22</b> Hamburger patty w/gravy Spinach mashed potatoes Beets Whole wheat bread Mandarin oranges	<b>23</b> Tuna salad sandwich Vegetable soup Blanched carrots Cranberry juice Diced pears Jell-o
<b>26</b> Pepper steak White rice Carrots & peas Whole wheat bread Apricots	<b>27</b> Chicken cacciatore Herbed spaghetti Wax beans Whole wheat bread Tropical fruit	<b>28</b> Turkey & cheese Sandwich, wheat bread Vegetable soup Spinach salad Mixed fruit Jell-o	<b>29</b> Chicken with tortellini Marinara sauce Brussels sprouts Whole wheat bread Diced peaches	<b>30</b> Baked pangasius fish Roasted red potatoes Broccoli Wheat bread Chocolate pudding Pears

(\*\*) INDICATES HIGH SODIUM MEAL

## TEN TIPS BEFORE BUYING A USED CAR

Submitted by Robert Snyder

1. Seller is responsible for a passing Smog Test.
2. Seller supplies Buyer with the Smog Test Certificate of Compliance.
3. Verify correct operation of accessories.
4. Verify all doors, door locks, hood, gas cap, seat controls and mirrors work properly and to your satisfaction.
5. Road test the vehicle. Drive it like you normally drive.
6. Verify air conditioning and heater operation.
7. Verify windshield defroster operation.
8. Verify brakes work and emergency brakes hold vehicle still.
9. Do all the lights and turn signals work properly?
10. Do not take Seller's word that DMV records are clear on the vehicle. Prior to making payment, you, the Seller, should go to DMV and verify all liens, etc. are not your responsibility.

# 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

## RUDY RODRIGUEZ

*Community Services Coordinator*

**SCOTT NICHOLSON**  
*Recreation Leader*

**MARIA VILLALOBOS**  
*Recreation Leader*