



SENIOR SOARING

A CITY OF MORENO VALLEY PUBLICATION

SAVE THE DATE FOR AUGUST

August 3
August 10
August 17
August 31

Rummage Sale Reg. Begins
Pala Casino
Casino Gala
Motown Party

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

Mon. - Fri.
8 am - 5 pm

Closed Sat. & Sun.

951.413.3430

www.moval.org



CURRENT EVENTS

Javier Venegas

TEXAS BBQ

Come join us for Texas style BBQ!

Join us for a big Texas style BBQ on Friday July 20 from 1 to 3 pm in the Ballroom. Seniors will have a choice of a hamburger or chicken along with a choice of BBQ baked beans, french fries, or coleslaw. Stay and enjoy entertainment, games and prizes.



ACTIVE SHOOTER TRAINING

Learn how to survive a shooting event.

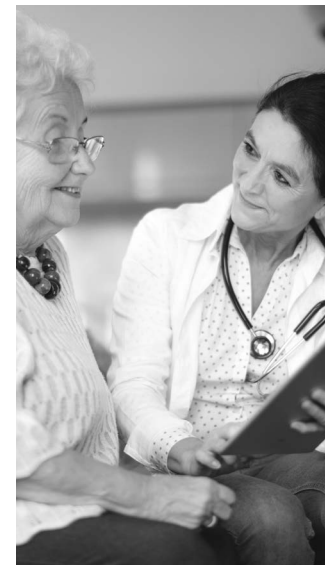
Who should attend active shooter training? EVERYONE! Join us on Friday, July 13 from 12 - 1:30 pm in the Ballroom. Local experts from the Moreno Valley Police Department will share insight, suggestions and explain proper procedure in the event of an active shooter situation.



HEALTH & RESOURCE FAIR

Join us for an informative morning

Join us on Friday, July 27 from 8 am - 12 pm in the Ballroom for a FREE Senior Health & Resource Fair. The fair will feature 19 service organizations that represent a wide variety of citywide services and programs that focus on seniors. Light refreshments will be provided.



SPONSORED BY



SPECIAL EVENT SCHEDULE

DAY	DATE	SPECIAL EVENT	START	END	ROOM
Mon	7/2	MedOptions	10 am	12 pm	Lobby
Wed	7/4	Senior Center Closed			
Fri	7/6	MedOptions	10 am	12 pm	Lobby
Mon	7/9	Health Maint. Series # 1	10:30 am	11:30 pm	Art Room 1
Mon	7/9	MedOptions	10 am	12 pm	Lobby
Tue	7/10	SBHIS Blood Pressure Testing	9 am	10 am	Lobby
Tue	7/10	Healthier Living Program # 1	9 am	11:30 am	Art Room 1
Tue	7/10	United Healthcare	10 am	11 am	Lobby
Wed	7/11	Notary Public by Mary Price	11 am	1 pm	Counseling Rm
Fri	7/13	Scam Stoppers (Asm. Medina)	9:30 am	11 am	Ballroom
Fri	7/13	MedOptions	10 am	12 pm	Lobby
Fri	7/13	Active Shooter Training	12 pm	1:30 pm	Ballroom
Mon	7/16	MedOptions	10 am	12 pm	Lobby
Tue	7/17	Farmers Market Coupon Prgm.	10 am	12 pm	Art Room 1
Tue	7/17	Healthier Living Program # 2	9 am	11:30 am	Art Room 2
Wed	7/18	SBHIS Healty Heart	10:30 am		Ballroom
Thu	7/19	HICAP	9 am	12 pm	Counseling Rm
Thu	7/19	SCAN	10:30 am	12 pm	Lobby
Thu	7/19	Mature Driving (1 of 2)	8:30 am	12 pm	Classroom 1 & 2
Fri	7/20	Marture Driving (2 of 2)	8:30 am	12 pm	Classroom 1 & 2
Fri	7/20	Texas BBQ	1 pm	3 pm	Ballroom
Fri	7/23	MedOptions	10 am	12 pm	Lobby
Mon	7/23	Senior Birthday Lunch & Cake	11:30 am	12 pm	Ballroom
Mon	7/23	Health Maint. Series # 2	10:30am	11:30 am	Art Room 1
Tue	7/24	Healthier Living Program # 3	9 am	11:30 am	Art Room 2
Wed	7/25	Brain Boot Camp (Humana)	12 pm	1 pm	Art Room 1
Wed	7/25	Notary Public by Mary Price	11 am	1 pm	TBD
Wed	7/25	Foster Kinship Care	9 am	12 pm	Art Room 2
Fri	7/27	Health & Resource Fair	8 am	12 pm	Ballroom
Mon	7/30	MedOptions	10 am	12 pm	Lobby
Tues	7/31	Healthier Living Program # 4	9 am	11:30 am	Art Room 2

FEATURED ACTIVITY: TEXAS BBQ Friday, July 20 | 1 - 3 pm

SENIOR MEAL PROGRAM ELIGIBILITY

- A person must be 60+ years old.
- They are required to fill out the intake form once a year.
- The only exceptions to the age requirement is:**
 - They are the spouse (any age) of a person who is 60+ years old. Both are required to have a current intake on file.
 - The disabled adult child (18+) dependent upon the person who they live with and

accompanies an eligible person for lunch. Both are required to have a current intake on file.

All other persons under 60 years old **MUST** pay \$6 for lunch. Donations are confidential and go to support meals provided at this site. No one will be refused a meal if they cannot donate.

Please donate what you can. Suggested donation is: \$3.

Please contact us with any questions on this program at **951-342-3057**

MONTHLY MEETINGS

Get involved

Senior Town Hall Mtg.	Tuesday, July 10	11:30 am - 12 pm	MV Ballroom
Senior Advisory Board Mtg.	Monday, July 16	3 pm - 4 pm	Classroom 1 & 2
Friends of MoVal Mtg.	Thursday, July 12	1:30 pm - 3:30 pm	MV Ballroom N

CLASS SCHEDULE

CLASS	DATE	START	END	ROOM
Artist Art Club	Thursdays	9 am	12:30 pm	Art Room 1 & 2
Bid Whist	Mon & Wed	1 pm	5 pm	Art Room 2
Bid Whist/Pinochle	Friday	1 pm	5 pm	Art Room 1 & 2
Bid Whist for Beginners	Wednesdays	1 pm	2 pm	Art Room 1
Bingo	Wednesdays	1 pm	3 pm	MV Ballroom N & S
Birthday Lunch & Cake	4th Monday	11:30 am	12 pm	MV Ballroom S
Book Club	1st & 3rd Thursday	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 N
CPR & First Aid Class	4th Friday (No class in July)	8 am	12 pm	MV Ballroom N
Core on the Floor (NEW)	Tuesdays	3:30 pm	4:30 pm	MV Ballroom N & S
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 & Thursdays	10 am	11:30 am	Library
Exercise with George	Mondays & Wednesdays	9:15 am	10:15 am	Art Room 1 & 2
Exercise with George	Friday	9:15 am	10:15 am	Classroom 1 & 2
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	Fridays	12 pm	3 pm	Classroom 1
Guitar Class	Thursdays	1 pm	3:30 pm	Classroom 1 & 2
High Tech Class (4/6/18)	Fridays (Quarterly)	9 am	11 am	MV Ballroom N
Jewelry Design (4/17 - 6/5)	Tuesdays	1 pm	4 pm	Art Room 1 & 2
Prize Mountain Tournament	Wednesdays	12:30 pm	2:30 pm	Billiards
Latin Guitar Class	Friday	1 pm	3 pm	Classroom 2
Line Dancing	Mondays & Tuesdays	1:30 pm	3:30 pm	MV Ballroom N & S
Line Dancing	Friday	1:30 pm	3:30 pm	CRC
Loteria (Mexican Bingo)	Tuesdays	12 pm	2:30 pm	Classroom 1 & 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	9 am	1 pm	Art Room 1 & 2
Spanish Conversational	Tuesday	9 am	10 am	Classroom 2
Soul Line Dancing	Monday & Wednesday	8 am	9:30 am	MV Ballroom N & S
Soul Line Dancing	Thursday	1:30 pm	3 pm	MV Ballroom N & S
Tai Chi	Mondays	12 pm	1 pm	MV Ballroom N
Weight Loss Support	Thursdays	9 am	11:30 am	Classroom 1 & 2
Yoga	Tuesdays	9 am	10:20 am	MV Ballroom N
Yoga	Fridays	10:30 am	11:45 am	Classroom 1 & 2
Zumba	Tuesdays	10:20 am	11:15 am	MV Ballroom N & S
Zumba	Thursdays	10:15 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
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
HICAP	909-256-8369 800-434-0222
Humana	951-216-0891
Kaiser Permanente	800-921-2900
SBHIS	951-452-2905
SCAN	951-768-5398
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	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

TRANSPORTATION

Medical Transportation	951-486-4380
Molina Medical Shuttle	877-665-4623
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
<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 Friday from 1 - 2 pm.

SENIOR COMMUNITY CENTER STAFF

JAVIER VENEGAS

Recreation Program Leader

RUDY RODRIGUEZ

Community Services Coordinator

MARIA VILLALOBOS

Recreation Program Leader

JOSEPH BAKER

Rec. Aide

KIMBERLY MADRIGAL BUSTOS

Rec. Aide