



# SENIOR SOARING

A CITY OF MORENO VALLEY PUBLICATION

## SAVE THE DATE FOR APRIL

Apr 6th  
Apr 9th

Apr 20th  
Apr 23rd

High Tech Class (iPad)  
"Color Your Stress Away" Class  
*Sponsored by Humana*  
Spring Dance  
Senior Monthly Birthday Lunch & Cake

## A PLACE TO CONNECT, GROW, AND LEARN

About your Senior Center

Angela Medina

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 - 5 pm  
Closed Saturday & Sunday

951.413.3430  
www.moval.org



## CURRENT EVENTS

Maria Villalobos



### MARDI GRAS

Meet me by the bayou

Mardi Gras is a tradition that dates back thousands of years to pagan celebrations of spring and fertility. What does Mardi Gras mean? Mardi is the French word for Tuesday, and gras means "fat." In France, the day came to be known as Mardi Gras, or "Fat Tuesday." Traditionally during the day, merrymakers would binge on all the rich, fatty foods- meat, eggs, milk, lard, cheese- that remained in their homes, in anticipation of several weeks of eating only fish and different types of fasting.

Join us in celebrating this raucous event on Friday, March 2 from 1 - 3 pm in the Moreno Valley Ballroom. Grab your beads and put on a mask, Mardi Gras is here, and partying is the task!!

### ST. PATRICK'S DAY

Luck is believing you're lucky.

A bit of malarkey, lots of green tea, and plenty of leprechauns near ... make no mistake, you'll want to be here. Please join us on Friday, March 16 from 1 - 3 pm in the Moreno Valley Ballroom and have an Irish good time. Don't forget to wear green. May the luck of the Irish be on your side!

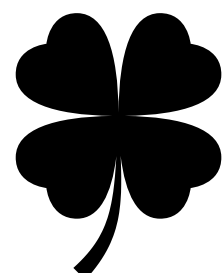
## RUMMAGE SALE

A treasure trove of fun

Calling all bargain shoppers!!! Come and catch your lucky find at the Rummage Sale on Friday, March 9 in the Moreno Valley Ballroom from 8 am - 12 pm. Save big on garage sale items, vintage collectibles, crafts and much more!!!!



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MORENO VALLEY  
UTILITY



## SPECIAL EVENT SCHEDULE

DAY	DATE	SPECIAL EVENT	START	END	ROOM
Friday	3/2	Mardi Gras Celebration	1pm	3pm	MV Ballroom
Wednesday	3/7	MediOptions	11 am	12 pm	Lobby
Friday	3/9	Rummage Sale	8 am	12 pm	MV Ballroom
Wednesday	3/14	Notary Public (Mary Price)	11 am	1 pm	TBD
Wednesday	3/14	HRBC Insurance Svcs.	10:30 am	11:30 am	Art Room 2
Thursday	3/15	Doc Talk (Regal Insurance)	2 pm	3 pm	Art Room 1 & 2
Friday	3/16	St. Patricks Celebration	1 pm	3 pm	MV Ballroom
Tuesday	3/20	CTAP (CA Telephone Access Program)	10 am	12 pm	Lobby
Wednesday	3/21	MediOptions	11 am	12 pm	Lobby
Friday	3/23	Lincoln Heritage Funeral Advantage	10 am	11 am	Lobby
Monday	3/26	Monthly Senior Birthday Lunch & Cake	11:30 am	12 pm	MV Ballroom
Tuesday	3/27	Foster Kinship Care	9 am	12 pm	Art Room 2
Wednesday	3/28	Notary Public (Mary Price)	11 am	1 pm	TBD

## FEATURED ACTIVITY: Mardi Gras Friday, March 2 | 1-3 pm

## 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	Fri	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	8 am	12 pm	MV Ballroom N
Color your stress away	2nd Mondays	10 am	11:30 am	Classroom 1
Core on the Floor (NEW)	Tuesdays	3:30 pm	4:30 pm	MV Ballroom N & S
Crafty Experience	Monday	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	Monday & Thursdays	10 am	11:30 am	Library
Exercise with George	Monday & 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	Monday	10:30 am	11:30 am	MV Ballroom N
Fit after 50	Thursday	9 am	10 am	MV Ballroom N
Greeting Card Creations	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
iPad Class	1st Friday (No Class Dec.)	9 am	11 am	MV Ballroom N
Jewelry Design (2/13 - 4/3)	Tuesdays	1 pm	4 pm	Art Room 1 & 2
Prize Mountain Tournament	Wednesdays	12:30 pm	2:30 pm	Billiards
Know Your Car	Last Tuesday	10 am	11 am	Lobby
Latin Guitar Class	Friday	1 pm	3 pm	Classroom 2
Line Dancing	Monday & 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	Monday	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

## MONTHLY MEETINGS

Get involved

Senior Town Hall Meeting	Tuesday, March 13	11:30 am - 12 pm	MV Ballroom N & S
Senior Advisory Board Meeting	Monday, March 19	3 pm - 4 pm	MV Ballroom N
Friends of MoVal Meeting	Thursday, March 8	1:30 pm - 3:30 pm	MV Ballroom N

## SENIOR NUTRITION MENU

(\*\*) INDICATES HIGH SODIUM MEAL



See below for eligibility. Stop between 10am-11am to reserve your meal.  
Lunch is served at 11:30am.

MON	TUES	WED	THUR	FRI
			<b>1</b> Chicken Alfredo Fettuccini Baby Lima Beans Fresh Orange Whole Wheat Bread	<b>2</b> Baked Pangasius Fish Roasted Red Potatoes Mixed Vegetables Diced Peaches Jell-O Whole Wheat Bread
<b>5</b> Lazy Herbed Chicken Roasted Root Vegetables Mixed Vegetables Pineapple Tidbits Whole Wheat Bread	<b>6 (**)</b> BBQ Pork Riblet Au Gratin Potatoes Carrot Salad Tropical Fruit Whole Wheat Bread	<b>7</b> Beef Stroganoff Egg Noodles Spinach Mandarin Oranges Whole Wheat Bread	<b>8</b> Turkey Patty w/Gravy Brown Rice Cauliflower & Broccoli Apricots Wheat Bread Tapioca Pudding	<b>9 (**)</b> Breaded Fish Tacos Flour Tortillas Spanish Rice Mexican Corn Fresh Pear
<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 Jell-O w/Diced Pears Whole Wheat Bread	<b>15</b> Chicken Cacciatore Herbed Noodles Capri Vegetables Mandarin Oranges Whole Wheat Bread	<b>16 (**)</b> Corned Beef & Cabbage Red Potatoes Carrots Tropical Fruit Cornbread
<b>19</b> Parmesan/Herb Chicken Brown Rice Winter Blend Vegetables Peaches Whole Wheat Bread	<b>20</b> Cabbage Roll Mashed Potatoes Peas & Carrots Pineapple Tidbits Whole Wheat Bread	<b>21(**)</b> Spaghetti w/Meatballs Zucchini & Onion Fresh Apple Whole Wheat Bread	<b>22</b> Hamburger Patty Spinach-Mashed Red Potatoes Beets Mandarin Oranges	<b>23</b> Tuna sandwich On Whole Wheat Bread Vegetable Soup Carrots Diced Pears w/Jell-O Cranberry Juice
<b>26</b> Pepper Steak White Rice Carrots & Peas Apricots Whole Wheat Bread	<b>27</b> Cold Turkey & Cheese Sandwich, Wheat Bread Vegetable Soup Spinach Salad Mixed Fruit w/Jell-O	<b>28</b> Chicken Cacciatore Herbed Spaghetti Wax Beans Tropical Fruit Whole Wheat Bread	<b>29</b> Roast Beef Mashed Potatoes Broccoli Peaches Dinner Roll Chocolate Pudding	<b>30 (**)</b> Cheese Tortellini w/Marinara Sauce Brussels Sprouts Pears Whole Wheat Bread

## 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 \$6.00 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: \$3.00.

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

## FREE NOTARY SERVICE BY MARY PRICE

Wed, March 14 & 28 | 11 am - 1 pm  
Room: TBD, Senior Center



# 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
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	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

**SCOTT NICHOLSON**  
*Recreation Leader*

**ANGELA MEDINA**  
*Community Services Coordinator*

**MARIA VILLALOBOS**  
*Recreation Leader*

**JAVIER VENEGAS**  
*Rec. Aide*

**JOSEPH BAKER**  
*Rec. Aide*

**KIMBERLY MADRIGAL BUSTOS**  
*Rec. Aide*