

SENIOR SOARING

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

Save The Featured Event: St. Patrick's Day Celebration Date

**Health &
Resource Fair
April 24
9AM - 12PM**



Your Center

Activities are held at the Moreno Valley Senior Community Center, except where noted. All active senior citizens age 50+ years who do not require care or adult supervision are encouraged to become members.

Membership is FREE.



The event was filled with laughter, music, and plenty of green. Attendees enjoyed an afternoon of dancing, delicious green nachos, and refreshing punch. A special highlight of the celebration was a lively performance by the line dancing class led by Susy, which had the crowd smiling and tapping along.

Adding a touch of magic to our St. Patrick's Day celebration, our resident leprechaun made a special appearance throughout the building! Spreading joy and smiles wherever they went, the leprechaun delighted everyone with festive cheer and playful spirit.

We extend our heartfelt thanks to the wonderful volunteers from the Friends of the Moreno Valley Senior Center, whose dedication helped make this event such a success.

We are also deeply grateful to our generous sponsors for their support: Dr. Rios from Clinica Medica Familiar, Jessica from Welbe Health, Friends of the Moreno Valley Senior Center, Dara from Royal Benefit Insurance Service. Thank you to everyone who joined us for this memorable celebration. We look forward to many more joyful events together!



Sign-Up to enjoy your lunch with a birthday treat.

April 23 @11:30am
Details at front desk

Sponsored by
La Patronas
Home Care

Must be a member to participate in all events/activities. In-person preregistration required for most events/activities.



You must register online or in person at the Conference and Recreation Center (14075 Frederick St). Must be 18 years or older to participate. Babies, children, strollers, or animals are not allowed past the gate. You must arrange childcare.

Senior Soaring sponsored by
MORENO VALLEY
UTILITY

Answers are at front desk.



1. I have every color, but I'm not a rainbow. I can be sweet and sour.
What am I?
2. Why did the duck get fired from his Easter job?
3. How does Easter end?
4. What's the best way to make Easter easier?
5. Where does the Easter Bunny eat breakfast?
6. What kind of music does the Easter Bunny like?

Easter

R	O	N	Y	A	P	N	I	P	T	R	N	E	D
O	S	N	O	S	A	T	I	B	B	A	R	A	Y
I	P	A	A	A	Y	U	D	A	B	L	U	N	A
C	H	O	C	O	L	A	T	E	F	U	Y	Y	A
H	N	K	E	B	A	E	C	T	A	I	B	H	T
N	S	I	B	S	N	R	C	A	T	T	N	S	S
Y	A	D	N	U	S	A	R	N	N	G	O	D	P
Y	N	N	U	B	A	A	U	O	F	D	A	N	R
O	H	A	T	S	S	H	R	A	G	O	Y	N	I
M	H	S	D	P	H	T	E	K	S	A	B	O	N
H	O	S	H	O	L	I	D	A	Y	I	S	R	G
T	P	G	P	H	C	R	A	M	N	T	F	N	D
I	D	G	C	T	H	H	A	H	H	C	B	A	E
U	H	E	N	N	I	H	E	A	S	T	E	R	H

- BUNNY
- CANDY
- EGGS
- SPRING
- FIND
- HUNT
- BASKET
- RABBIT
- CHOCOLATE
- EASTER
- SUNDAY
- HOLIDAY
- MARCH
- HOP

**Monthly Meetings
Get Involved**

Senior Town Hall | Tue May 12 | 12:30pm - 1pm | Ballroom
 Sr. Citizens' Advisory Board | Monday, April 20 | 3pm | Classroom 1 & 2
 Friends of Moreno Valley Senior Center Meeting | Thurs April 16 | 1:30pm | Ballroom

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
8-9am Exercise with George	9-10am Fit After 50	8-9am Exercise with George	9-11:30am Weight Loss	8am-4:30pm Quilting
9:15-10am Rockin Chair Exercise	9-10 Beginner Spanish	8am-12pm Crochet	Support	8:30-10:15am Soul Line
9:15-10:15am Soul Line Dancing	10:10-11:10am Intermediate Spanish	9am-12pm Greeting Card Creations	9am-12:30pm Art Club	Dancing
10-11:30 amESL Class(English)	10-11:30am Creative Writing	9:15-10:15am Soul Line Dancing	9-10am Fit After 50	10am-11am Poemas y
10:30-11:30am Inner Fitness	10:30-11:15am Zumba	10:30-11:30am Ballet Folklorico	10:30-11:15am Zumba	Reflexiones del Corazon
10:30-11:15am Darcel's Solid Gold Dance Workout	12:30-2:00pm Jewelry Design	12-4pm Quilting	12:30-3pm Loteria	10:30-11:45am Silver Age
12-1pm Tai Chi	12:45-2:15pm R&B Git Fit	12:30-4:30pm Bid Whist	1:40-4:10pm Guitar	Yoga
1-3pm Crafty Experience	1-4pm Bunco	1-3pm Bingo		1-4:30pm Bid Whist
1-4:30pm Bid Whist	2:30-4pm Line Dancing			1:30-3:30pm Line Dancing
1:30-3:30pm Line Dancing				

Calling in advance is suggested. Class times and days are subject to change or be canceled because of scheduled event.

**SeniorMeal
lunch
11:30am-12:30pm**

Program Eligibility

- Must be 60+ years old
- Intake form completed annually
- \$3 Donation suggested. No participant will be refused a meal if they do not donate.
- Under 60 years MUST pay \$9.75
- Contact Family Service Association with questions at 951.342.3057.



**Program has moved to Moreno Valley Conference & Recreation Center
14075 Frederick St | Moreno Valley,
Ca. 92553 951.413.3280**

Meal box distribution

April 9 | 9am - 11am

May 14 | 9am - 11am

June 11 | 9am - 11am

GATE OPEN AT 8:00AM

All participants bring Identification
For more information please call
951-359-4757

Moval Senior Scribes



**25 And Counting
By Carla Thomas**

I have the mind of a 25-year-old most of the time. Okay, okay, when I use a fast-food kiosk and wind up with 3 extra sides maybe my hand slipped. When I try to remember names of people 3 days after I meet them maybe I'm a tad over 25. When I watch YouTube and I believe that a full-grown gorilla catches a little girl that fell into their enclosure and hands it to the people above I'm slightly over that 25 thing

When I don't remember what day it is almost every day, it could be because I'm up there. When I ask, "You can do that?", when introduced to a new function on my iPhone maybe, just maybe I'm slightly above 25. I guess when I walk into a bedroom to get something and I can't remember what I was going to get, I guess that 25-year thing might be a little higher. When people use letters to communicate and I have to ask about what it stands for, I think I'm farther away from 25 than I realize. You think?

Essay of Love

You don't stop loving and wanting to be loved no matter how old you are. You still want to feel that feeling. It's like no other and in spite of sometimes thinking it's impossible, I've learned that it is because love is much more than a physical attraction, although that would be nice too.

Love for me is getting something positive from another's mind and giving another person your positive mind. If two people disagree they listen to each other. If two people agree, you get an aura, almost unimaginable happiness from each other. "The Cure", a rock singer said it best. "Love should make you feel that you're at home again. Love should make you feel that you're free again. Love should make you feel that you're young again."

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	(877) 932-4100

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 3rd Thursday of the month @ 1:30pm

HEALTH MAINTENANCE ORGANIZATIONS

HICAP (Health Insurance)	909.256.8369
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 PW Enhancement Center	951.243.3837 951.956.4026

LEGAL ASSISTANCE 60+ 1.800.977.4257

NUTRITION SERVICES

Family Services Association	951.342.3057
Home Bound	951.653.8109

TRANSPORTATION

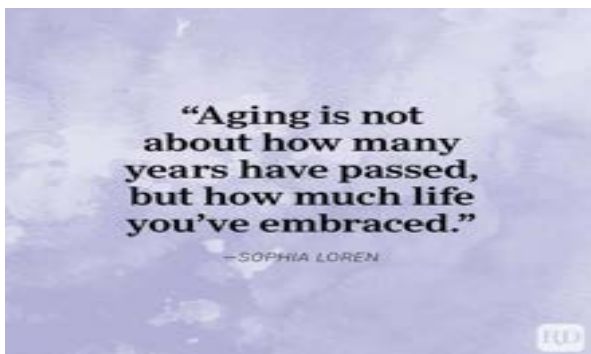
Medical Transportation	951.486.4380
MoVan Shuttle	833.745.8454
RTA Dial A Ride	800.795.7887
RTA	951.565.5002
TRIP Program	800.510.2020

VOLUNTEER OPPORTUNITIES

Moreno Valley Senior Center 951.413.3430

Looking for skilled instructors to teach active seniors 50+

Tip/encouragement Of The Month For Seniors



SeniorCommunity Center Staff

RUDY RODRIGUEZ
Community Services Supervisor

Markita Smith
Community Services Coordinator

Christian Yates
Assist. Community Services Coordinator

Janel Domingue
Community Services Coordinator