



# SENIOR SOARING

A CITY OF MORENO VALLEY PUBLICATION

## SAVE THE DATES

July 4  
July 5  
July 16

Center Closed  
Rummage Sale  
Texas BBQ

## A PLACE TO CONNECT, GROW, AND LEARN

About your Senior Center

Rudy Rodriguez

All program 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 become members. 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 a.m. - 5 p.m.

Closed Sat. & Sun.

951.413.3430

www.MoValParks.org

## CURRENT EVENTS

Maria Villalobos

### JUNETEENTH

A celebration of freedom.

Juneteenth, also known as Juneteenth Independence Day or Freedom Day, is an American holiday that commemorates the June 19, 1865, announcement of the abolition of slavery in the U.S. state of Texas, and more generally the emancipation of enslaved African Americans throughout the former Confederate States of America. Its name is a portmanteau of “June” and “nineteenth,” the date of its celebration. Juneteenth is recognized as a state holiday or special day of observance in forty-five states. The Juneteenth celebration will be held on June 19 from 1 - 4 pm.



## FATHER'S DAY BBQ

It's grillin' time!

Joseph Baker

Father's Day in the United States is on the third Sunday of June. It celebrates the contribution that fathers and father figures make for their children's lives. The occasion is marked by giving a gift to one's father or spending time with him. It is a time set aside to value a father's role and reflect upon paternal bonding. The Father's Day BBQ will be held on June 6 from 1 - 3 pm. Be sure to bring your appetite!



SPONSORED BY

MORENO VALLEY  
UTILITY

## ACTIVITY SCHEDULE

DAY	DATE	ACTIVITY	START	END	ROOM
Mon	6/3	Spanish Diabetes (Class 6 of 6)	9 am	11 am	Classroom 1
Thur	6/6	Father's Day BBQ	1 pm	3 pm	Ballroom N & S
Fri	6/7	Rummage Sale Registration begins	8 am	5 pm	Front Desk
Fri	6/7	High Tech Class	9 am	11 am	Artroom 1 & 2
Wed	6/12	SBHIS Blood Pressure Screening	9 am	11 am	Lobby
Thur	6/13	Mature Driving (Class 1 of 2)	8:30 am	12:30 pm	Classroom 1 & 2
Fri	6/14	Mature Driving (Class 2 of 2)	8:30 am	12:30 pm	Classroom 1 & 2
Wed	6/19	Juneteenth	1 pm	4 pm	Ballroom N & S
Thur	6/20	Pala Casino Trip	11:30 am	5:30 pm	Front Lobby
Fri	6/21	Dr. Rios' Luau	1 pm	4 pm	Ballroom N & S
Tue	6/25	Foster Kinship Care	9 am	12 pm	Art Room 2
Wed	6/26	Humana Workshop	10 am	11:30 am	Art Room 2

## FEATURED ACTIVITY: Juneteenth Wednesday, June 19 | 1pm - 4pm

### SENIOR MEAL PROGRAM ELIGIBILITY

- Participants must be 60 years old or older.
- Participants are required to complete an intake form once per year.

#### **Exceptions to age requirement:**

- Spouse (any age) of a participant 60 years old or older. Both are required to have a current intake form on file.
- A disabled adult child's (18+) parent, guardian, caretaker (with whom they live). Both are required to have a current intake on file.

*All other participants under 60 years old MUST pay \$7 for lunch. Participants 60 years old and older are requested to donate. Donations are confidential and go to support meals provided at this site. No participant will be refused a meal if they cannot donate. Please donate what you can. Suggested donation is \$3.*

*Please contact Family Service Association with any questions at **951.342.3057**.*

## MONTHLY MEETINGS

Get involved

Senior Town Hall Mtg.	Tuesday, June 11	11:30 am - 12 pm	Ballroom N & S
Friends of MoVal Mtg.	Thursday, June 13	1:30 pm - 3:30 pm	Ballroom N
Sr. Ctr. Advisory Board Mtg.	Monday, June 17	3 pm - 4 pm	Classroom 1 & 2

# CLASS SCHEDULE

CLASS	DATE	START	END	ROOM
Artist Art Club	Thursdays	9 am	12:30 pm	Art Room 1 & 2
Bid Whist	Mon, Wed & Fri	1 pm	5 pm	Art Room 1 & 2
Bingo	Wednesdays	1 pm	3 pm	MV Ballroom N & S
Book Club	1st & 3rd Thursday	2 pm	3 pm	Library
Bunco	Thursdays	1 pm	4 pm	Art Room 1 & 2
Ceci's Ballet Folkloric	Wednesdays	10:30 am	11:30 am	MV Ballroom N
Chair Volleyball	Thursdays	1:30 pm	3 pm	MV Ballroom N
CPR & First Aid Class	Friday (Every other month)	8 am	12:30 pm	Classroom 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 N & S
English ESL	Mondays	10 am	11:30 am	Computer Lab
English ESL	Thursdays	10:30 am	12 pm	Computer Lab
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/ Scrappy Scrappers	Wednesdays	9 am	12 pm	Art Room 1
Guitar Class	Thursdays	1 pm	3:30 pm	Classroom 1 & 2
High Tech Class (6/7/19)	Fridays (Monthly)	9 am	11 am	Art Room 1 & 2
Jewelry Design	Tuesdays	1 pm	4 pm	Art Room 1 & 2
Prize Mountain Tournament	Wednesdays	12:30 pm	2:30 pm	Billiards
Line Dancing	Mondays & Tuesdays	1:30 pm	3:30 pm	MV Ballroom N & S
Line Dancing	Friday	1:30 pm	3:30 pm	MV Ballroom N
Loteria (Mexican Bingo)	Tuesdays	12 pm	2:30 pm	Classroom 1 & 2
Pinochle	Tuesdays	10 am	3 pm	Lobby E
Pinochle	Thursday	1 pm	5 pm	Ballroom S
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	5 pm	Classroom 1 & 2
Spanish Conversational	Tuesday	9 am	10 am	Classroom 2
Soul Line Dancing	Mon, Wed & Fri	8:10 am	9:10 am	MV Ballroom N & S
Tai Chi	Mondays	12 pm	1 pm	MV Ballroom N
Weight Loss Support	Thursdays	8:30 am	10:30 am	Classroom 1 & 2
Wisdom Walker Club	Mon, Wed & Fri	10:30 am	11:30am	Lobby
Yoga	Tuesdays	9 am	10:20 am	MV Ballroom N
Yoga	Fridays	10:30 am	11:45 am	MV Ballroom N
Zumba	Tuesdays	10:30 am	11:15 am	MV Ballroom N & S
Zumba	Thursdays	10:30 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
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 2nd Thursday month 1:30 pm except July/Aug*

## HEALTH MAINTENANCE ORGANIZATIONS

Aflac	951-394-1542
HICAP (Health Insurance Counseling and Advocacy Program)	909-256-8369 800-434-0222
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 FOR 60+

Inland County Legal Association 8:30 am - 4:40 pm (By appointment only)	888-245-4257
--	--------------

## 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
<i>Looking for skilled instructors to teach active seniors 50+</i>	

# 4TH OF JULY PARADE & FUNFEST | STARS, STRIPES & FIREWORKS

The Parks and Community Services Department is hosting its annual 4th of July Parade & FunFest on Thursday, July 4. The parade begins at 9:30 am on Fredrick St. heading north then west on Towngate Blvd. concluding at noon. The Funfest is held at Morrison Park/Mountain View Middle School and includes a beer garden, youth Fun Zone, food vendors, live entertainment and a fantastic fireworks display. The FunFest begins at 2 pm. Pre-sale tickets are sold at the Conference and Recreation Center from May 31 - July 1. The cost is \$2 per person or \$10 per family (up to 6 people). On July 4th entry is free between 2 - 4 pm. After 4 pm, entry is \$3 per person. Military (with valid I.D.) and children under 5 are free.

## SENIOR COMMUNITY CENTER STAFF

**JOSEPH BAKER**

*Recreation Program Leader*

**RUDY RODRIGUEZ**

*Community Services Coordinator*

**MARIA VILLALOBOS**

*Recreation Program Leader*

**KIMBERLY MADRIGAL BUSTOS**

*Recreation Aide*

**ANDREA FIELDS**

*Recreation Aide*