

SENIOR SOARING

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

about your Senior Center

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.

Save the date

Black History Celebration
 2.14.20

Center Closed
 2.17.20

Mature Driving
 2.20.20 - 2.21.20

Mardi Gras Celebration
 2.25.20



current events

BIG GAME PARTY

Grab your helmet, gear, and join us!

It's game time!!! Wear your team colors and join all of your friends for the Senior Community Center's Big Game party. Games will be played and refreshments will be served. The festivities will begin promptly at 2 pm and conclude at 4 pm on January 31.



JOIN the conversation

We know that safe neighborhoods and parks, libraries and programs for children, teens, families and seniors, and well-maintained roads help improve all residents' quality of life.

That's why we are continuing our community conversations about ongoing budget priorities, and we invite you to participate.

Please join us at www.MoVal.org/jointheconversation, and let us know YOUR priorities for Moreno Valley!

CPR & FIRST AID CLASSES

CPR Saves lives.

This class will teach you basic CPR/First aid that can be useful in the event of an emergency. This class will be held on January 24 from 8 am - 12:30 pm. Sign-up today at the front desk. You could save a life.



Senior Soaring sponsored by:



activityschedule

DAY	DATE	ACTIVITY	START	END	ROOM
Wed	1/1	Center Closed (New Year's Day)			
Thur	1/2	Mo-Town/New Years Bash	2 pm	4 pm	Ballroom N & S
Tue	1/7	LISTOS Training Session # 1	9:30 am	11:30 am	Art Room 1 & 2
Wed	1/8	Public Notary	11 am	1 pm	Art Room 2
Tue	1/14	LISTOS Training Session # 2	9:30 am	11:30 am	Art Room 1 & 2
Thur	1/16	Friends of MoVal Western Party	1 pm	4 pm	Ballroom N & S
Mon	1/20	Center Closed (Martin Luther King Jr. day)			
Tue	1/21	LISTOS Training Session # 3	9:30 am	11:30 am	Art Room 1 & 2
Tue	1/28	LISTOS Training Session # 4	9:30 am	11:30 am	Art Room 1 & 2
Fri	1/31	Big Game Party	2 pm	4 pm	Ballroom N & S

featured activity: **BIG GAME PARTY** | Friday, Jan. 31 | 2 - 4 pm

seniormeal Program Eligibility

- Participants must be 60-years old or older.
- Participants are required to complete an intake form once per year.
- 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.
- All other participants under 60 MUST pay \$7 for lunch.

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.

Please contact Family Service Association with any questions at 951.342.3057.

monthlymeetings

Get Involved

Friends of Moreno Valley Mtg.	Thursday, January 9	1:30 - 3:30 pm	Ballroom N & S
Senior Town Hall Mtg.	Tuesday, January 14	11:30 am - 12 pm	Ballroom N
Sr. Citizens' Advisory Board Mtg.	Monday, January 27	3 - 4 pm	Classroom 1 & 2

classschedule

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
Brain Games	Every Other Wednesday	9:30 am	11 pm	Art Room 2
Bunco	Thursdays	1 pm	4 pm	Art Room 1 & 2
Cea's Ballet Folklorico	Wednesdays	10:30 am	11:30 am	MV Ballroom N
Chair Volleyball	Thursdays	1:30 pm	3 pm	MV Ballroom N
Computer 101	Wednesdays	12 pm	1 pm	Library/Computer lab
CPR & First Aid Class	Friday (1.24.20)	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 (1/3/20)	Fridays (Monthly)	9 am	11 am	Art Room 1 & 2
Just Dance: Salsa	Fridays	12 pm	1 pm	Ballroom N & S
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
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	951.243.3837
PW Enhancement Center	951.956.4026

LEGAL ASSISTANCE FOR 60+

Inland County Legal Association
888.245.4257
8:30 am - 4:40 pm (By appointment only)

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+

volunteers wanted

Do you have a skill or professional experience that you would like to share with fellow seniors? The Moreno Valley Senior Center is looking for any experienced volunteers that are willing and able to teach classes. If you or someone you know would like to become a volunteer instructor contact the Moreno Valley Senior Community Center at 951.413.3430 or inquire at the front desk.

seniorcommunity Center Staff

JOSEPH BAKER
Recreation Program Leader

RUDY RODRIGUEZ
Community Services Coordinator

MARIA VILLALOBOS
Recreation Program Leader

JAILENE MADRIGAL
Recreation Aide

BRIANA MONTGOMERY
Recreation Aide