

SENIOR SOARING

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

Save The
Date

Featured Events : Chillin & Grillin/Talent Show

July was a month filled with great music, delicious food, and fun—highlighted by our Chillin' & Grillin' event and the annual Senior Talent Show.

We'd like to extend our heartfelt thanks to our wonderful volunteers—Reta Butler, Luz Guerrero, and Darcel Leonard. Special appreciation goes to our dedicated staff, who work tirelessly to make everything happen. Thank you also to our generous vendors, Royal Benefits and WellBe Health, for providing valuable information and fantastic raffle prizes.

Chillin & Grillin



Talent Show



HAPPY BIRTHDAY
TO YOUUUUUUU



Sign-Up to enjoy
your lunch with a
birthday treat.
Sponsored by
Alpha Care

August 28
@11:30am Details
at front desk

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

*How old would you be if you
didn't know how old you are?*

HEALTH
&
Resource
FAIR

August 15th
9:00am - 12:00pm

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.

Answers are at front desk.



1. What month of the year has 28 days?
2. What question can you never answer yes to?
3. A man who was outside in the rain without an umbrella or hat didn't get a single hair on his head wet. Why?
4. You see a boat filled with people, yet there isn't a single person on board. How is that possible?
5. I have branches, but no fruit, trunk or leaves. What am I?
6. What has one head, one foot and four legs?

Identity Theft

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

ACCOUNT
 PERPETRATOR
 ABAGNALE
 FRAUD
 VICTIM
 PASSWORDS
 CREDIT CARD
 BANKS
 THEFT
 LIABILITY
 LENDING LAW
 CREDITOR
 IDENTITY
 SCAM
 FORGED
 MALWARE
 PASSPORT
 SAFEGUARD

**Monthly Meetings
Get Involved**

Senior Town Hall | Tuesday Sept 9 | 12:30pm - 1pm | Ballroom

Sr. Citizens' Advisory Board | Monday, August 18 | 3pm | Classroom 1 & 2

Friends of Moreno Valley Senior Center Meeting | Thursday, August 21 | 1:30pm

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	12:30-2:00pm Jewelry Design	12-4pm Quilting	12:30-3pm Loteria	10:30-11:45am Silver Age
Dance Workout	12:45-2:15pm R&B Git Fit	12:30-4:30pm Bid Whist	1:40-4:10pm Guitar	Yoga
12-1pm Tai Chi	1-4pm Bunco	1-3pm Bingo		1-4:30pm Bid Whist
1-3pm Crafty Experience	2:30-4pm Line Dancing			1:30-3:30pm Line Dancing
1-4:30pm Bid Whist				
1:30-3:30pm Line Dancing				
2-4:30 Bridge				

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
August 14 | 9am - 11am**

September 11 | 9am - 11am

GATE OPEN AT 8:00AM

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

Moval Senior Scribes

Don't Change!
Monalisa Stallworth



Words like kind, loving, compassionate, nice, good and sweet have often been seen as not leadership qualities or words used to describe an individual that is more likely to be deceived and used. While I don't completely disagree with both schools of thought, it is not a given that a person possessing any or all of the qualities mentioned above needs to change to become a great leader or to avoid being deceived or used. I have found that in most cases, people (good and bad) are deceived or used because of their lack of knowledge or understanding. And in regards to leadership qualities, the ones mentioned are definitely qualities I believe are necessary for a great leader to possess.

So, what is my point and why am I really writing this? I guess I have grown weary of the mindset of some people that believe that there is something wrong or weak about a person that tries to help others and is kind and loving simply because other people have on occasions deceived and used them. Shame on the perpetrator not the good person! I want to say to all the "good" people don't change!

- Grow in knowledge, wisdom and understanding but don't change.
- Be more selective in who you help but don't change.
- Require individuals to earn your trust but don't change.
- Spend time getting to know someone before you call them "friend" but don't Change.
- Demand respect and hold individuals accountable for their actions but don't Change
- Mature but don't change.
- Be your authentic self.
- Be who you were created to be.
- Be you, that's what the world needs.
- Make no excuses for who you are.
- Make no excuses for who they are.
- Grow, mature, learn but don't change.
- Keep your core pure, good and loving.

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	951.486.9842
25105 Fir Ave.	
Eucalyptus Towers	951.653.2324
24169 Eucalyptus Ave.	
Perris Isle	951.924.4070
12960 Perris Blvd.	
Community Connect	951.686.4402
Section 8	951.351.0700
5555 Arlington Ave., Riv.	951.243.3837
Integrated Care	951.956.4026
PW Enhancement Center	

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
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Looking for skilled instructors to teach active seniors 50+

Instructor needed to teach Spanish to seniors

Tip Of The Month For Seniors

Hobbies:

Engaging in hobbies can greatly enhance well-being and mental sharpness. Popular pastimes among seniors include gardening, painting, knitting, and woodworking. Many also find joy in reading, journaling, or even exploring creative writing.

Exercise:

Staying active is important for maintaining health and mobility. Gentle activities such as walking, swimming, or participating in senior-friendly fitness classes can be enjoyable and beneficial. These exercises support cardiovascular health, flexibility, and overall strength—while also offering social interaction.

SeniorCommunity Center Staff

RUDY RODRIGUEZ
Community Services Supervisor

Markita Smith
Community Services Coordinator

Christian Yates
Assist. Community Services Coordinator

Ruby Chavez
Assist. Community Services Coordinator

Janel Domingue
Recreation Aide