

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 : 4th of July in Moreno Valley



Rummage Sale
sign-ups for tables
start Tuesday, July 1st.
Limited space.
First com first serve



Celebrate the Fourth of July Celebration at the City of Moreno Valley's Civic Center Amphitheater on Friday, July 4, 2025! What you need to know before you join us at the Family FunFest:

3 p.m. Gates open (access to beer garden, food vendors, Kids Zone)

Cost: \$4 per person (3 p.m.- 8:15 p.m.), military (with valid ID) and children 5 and under are FREE!

Attendance is limited. Entry will NOT be granted when the venue reaches maximum capacity. Gates close at 8:15 p.m.

3:45 pm start of National anthem/presentation of colors

Fireworks viewing/seating area is on asphalt; please bring umbrellas and plenty of water.

Amphitheater seating is limited and to a first come, first served basis.

Umbrellas and canopies are NOT allowed in the Amphitheater seating area.

The fireworks viewing area is on asphalt and seating is NOT provided. Please bring lawn chairs, canopies, and lots of water. Cooling stations will be available.

Food, non-alcoholic beverages, and coolers are allowed.

BBQ grills are NOT permitted.

Canopies must be dismantled by 7 p.m. to ensure they do not obstruct the view of the fireworks.

Alcohol is not allowed.

Pets are not allowed.



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

July 24
@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.

YOU ARE NEVER TOO OLD TO SET ANOTHER GOAL OR TO DREAM A NEW DREAM.

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.



Senior Soaring sponsored by
MORENO VALLEY
UTILITY

Answers are at front desk.



1. You answer me although I never ask you questions. What am I?
2. Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?
3. Where is the only place that yesterday always comes after today?
4. My head is red but turns black when you scratch it. What am I?
5. What can you see in the middle of March and April that you can never see in any other month?
6. What has a neck but no head?

Fourth of July

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

STRIPES
 FRIENDS
 FREEDOM
 HEROES
 WHITE
 PARADE
 LIBERTY
 BLUE
 FIREWORKS
 DECLARATION
 FAMILY
 UNCLE SAM
 INDEPENDENCE
 UNITED STATES
 FLAG
 STARS
 AMERICA
 RED

**Monthly Meetings
Get Involved**

Senior Town Hall | July 8 | 12:30pm - 1pm | Ballroom

Sr. Citizens' Advisory Board | Monday, July 21 | 3pm | Classroom 1 & 2

Friends of Moreno Valley Senior Center Meeting | Thursday, July 17 | 1:30pm 3:30pm

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

July 10 | 9am - 11am
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

A Suspicious Phone Call
Eva Courtney



On Monday, May 12, I found myself settling into my reclining chair for a relaxing evening of watching "American Idol." The show had reached its most thrilling part, the elimination stage—where two singers would face their exit from the competition. The experience was interrupted by a commercial break. Suddenly, my cell phone rang.

Glancing at the screen, I noticed the caller ID displaying the name of my bank alongside an 800 number. I hesitated. However, the call seemed important, so I decided to answer. "Hello!" I said, cautiously.

The voice on the other end introduced himself as someone from my bank's Fraud Unit. He claimed that someone had attempted to change my password and asked if it was me. My response was a firm "No." He went on to mention a charge of \$225 for an airline ticket in Texas, which had been denied. Again, I said no.

Feeling uneasy, I ended the call, but my phone rang again. It was the same number. This time, he asked, "Did you travel to Texas?" I answered "No," then hung up.

By this time, it was almost 10 at night. I had entirely missed the end of American Idol. I verified the 800 number, and to my surprise, it matched my bank's official contact information. However, there were red flags. Why would a banker call at such a late hour? And where were the usual text or email alerts?

I decided to call a trusted friend who is known for staying up late, a retired postal worker with 42 years of night shifts under his belt, a nocturnal owl. After sharing my experience, he agreed that the situation was strange and advised me to call the bank first thing in the morning. The eleven o'clock news covered the eliminated singers from American Idol. I went to sleep.

The next morning, on Tuesday, May 14, after attending to my morning routine, I called my bank. I explained the situation to a banker, who confirmed my suspicions: the earlier calls had been a case of phone spoofing. The person who had contacted me had falsified the caller ID to appear as though they were calling from the bank. Fortunately, my account remained secure.

This experience taught me several invaluable lessons about protecting oneself from potential scams:

- Scrutinize late-night calls: Legitimate institutions rarely contact customers at odd hours.
- If in doubt, contact the institution directly using a number you trust, not the one provided during the call.
- Allow calls to go to voicemail

Though the situation was unsettling, it served as a crucial reminder to stay vigilant and informed.

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.	
Integrated Care	951.243.3837
PW Enhancement Center	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

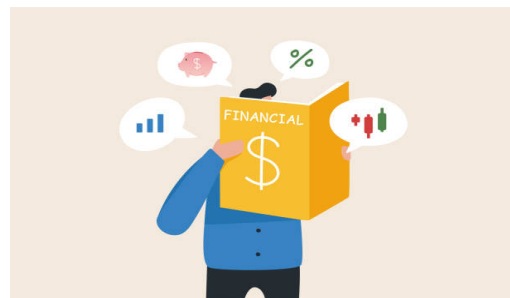
Moreno Valley Senior Center	951.413.3430
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Looking for skilled instructors to teach active seniors 50+

Instructor needed to teach Spanish to seniors

Tip Of The Month For Seniors

Focus on financial literacy. Specifically, creating a realistic budget and sticking to it is a great way to manage your money and work towards financial goals. This involves tracking your income and expenses, identifying areas to reduce spending, and prioritizing essential costs like housing, food, and savings



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