

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: Date

**Senior Center
will be
closed
February 16**

BLACK HISTORY MONTH

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.



We welcomed the New Year with a joyful celebration at the Senior Center, filled with laughter, music, and good company. Members and guests gathered to reflect on the year behind us and look ahead with hope and excitement for the year to come.

The New Year's party featured festive decorations, refreshments, and lively conversation throughout the room. Music set the tone for the afternoon, encouraging smiles, toe-tapping, and even a bit of dancing. It was wonderful to see everyone enjoying time together and sharing stories, memories, and resolutions for the coming year.

The celebration was a reminder of the strong sense of community we share and the importance of coming together to mark special moments.

Thank you to everyone who attended and helped make this event such a success. Special thanks to our generous vendors - La Patronas Home Health Care, Dignity Memorial, Royal Benefits, and InnovAge—whose sponsorship is greatly appreciated. We would also like to thank the Moreno Valley Friends of the Senior Center for their time and dedication in volunteering. We look forward to another year filled with friendship, engaging activities, and memorable moments at the Senior Center. Here's to a happy, healthy, and fulfilling New Year for all!



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

Sponsored by
Dignity Memorial

February 26
@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.

TO KEEP THE HEART
UNWRINKLED, TO BE HOPEFUL,
KINDLY, CHEERFUL,
REVERENT—THAT IS TO
TRIUMPH OVER OLD AGE.

- THOMAS BAILEY ALDRICH -

Senior Soaring sponsored by
MORENO VALLEY
UTILITY

Answers are at front desk.



1. What is always in front of you but can't be seen?
2. What goes up but never comes down?
3. I follow you all the time and copy your every move, but you can't touch me or catch me. What am I?
4. What can you hold in your left hand but not in your right?
5. I'm found in socks, scarves and mittens; and often in the paws of playful kittens. What am I?

The Wizard of Oz

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

MELTING	JUDY
BALLOON	MUNCHKINS
SCARECROW	MONKEYS
WATER	DOROTHY
GLINDA	UNCLE HENRY
AUNT EM	COWARDLY LION
GALE	WIZARD
GARLAND	RUBY
	TOTO
NIKKO	

**Monthly Meetings
Get Involved**

Senior Town Hall | Tue March 10 | 12:30pm - 1pm | Ballroom

Sr. Citizens' Advisory Board | Monday, February 23 | 3pm | Classroom 1 & 2

Friends of Moreno Valley Senior Center Meeting | Thurs, February 19 | 1:30pm | Ballroom

class schedule

Volunteers are needed | Class instructors | Event setup/cleanup 1 hour to a few days a week. Inquire at the Front Desk

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	9am-12pm Greeting Card	9am-12:30pm Art Club	Dancing
10-11:30 am ESL Class(English)	Spanish	Creations	9-10am Fit After 50	10am-11am Poemas y
10:30-11:30am Inner Fitness	10-11:30am Creative Writing	9:15-10:15am Soul Line Dancing	10:30-11:15am Zumba	Reflexiones del Corazon
10:30-11:15am Darcel's Solid Gold	10:30-11:15am Zumba	10:30-11:30am Ballet Folklorico	12:30-3pm Loteria	10:30-11:45am Silver Age
Dance Workout	12:30-2:00pm Jewelry Design	12-4pm Quilting	1:40-4:10pm Guitar	Yoga
12-1pm Tai Chi	12:45-2:15pm R&B Git Fit	12:30-4:30pm Bid Whist		1-4:30pm Bid Whist
1-3pm Crafty Experience	1-4pm Bunco	1-3pm Bingo		1:30-3:30pm Line Dancing
1-4:30pm Bid Whist	2:30-4pm 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.

Senior Meal 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

February 12 | 9am - 11am

March 12 | 9am - 11am

GATE OPEN AT 8:00AM

All participants bring Identification
For more information please call

951-359-4757

Moval Senior Scribes

Whatever Happened to Slow Dancing?
By Dave Murray



I remember in 5th and 6th grade school, that every other week the boys and girls had gym class together and we danced. If it was an interracial class, white and black never danced together. I remember that our class had five black boys and two black girls, so you had to wait your turn in order to have a dance.

Whenever there was a rock & roll song played, none of the boys really knew how to fast dance, so the girls would dance with each other. The so-called "race music" / R&B never seemed to be played for some reason even though that's the kind of music I listened to at home.

I knew how to dance because my sisters would make my brother and me dance with them when a fast song was played, and yes, we had to slow dance to Johnny Mathis songs, otherwise our sisters used pillows while swooning to Johnny or Nat King Cole.

It seems to me that slow dancing kind of went away as the disco era started and since then, I have no idea of what is happening. I guess American Bandstand and Soul train were the last good hope.

To the best of my knowledge, there are no places in our city that I know of where a guy can take his favorite girl out and have an enjoyable night on the town. Now, you probably have to drive to Riverside, Anaheim, or LA.

I believe that some of us old-timers still remember how to slow-dance if our arthritis, hip pain, or heart condition will still allow it. I know that line dancing classes are held here at the Senior Center, but line dancing is kind of fast...right?

At a high school dance, I would always wait till the last dance to ask a girl, "May I have this dance?" because it was always a romantic slow dance. The answer was sometimes "Yes." I would feel so foolish and embarrassed if she said "no" as I made that long walk to the exits. I guess the good old days weren't always good and tomorrow ain't as bad as it seems.

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

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

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	

LEGAL ASSISTANCE 60+

1.800.977.4257

NUTRITION SERVICES

Family Services Association
Home Bound

951.342.3057

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 Of The Month For Seniors

Home safety tips for older adults

A few changes could make your home easier and safer to live in and help you continue to live independently.

Remove area rugs and fix all carpets firmly to the floor.

Install a ramp with handrails to the front door.

Ensure good lighting, particularly at the top and bottom of stairs.

Install grab bars near toilets and in the tub or shower.

Reduce fall hazards with nonslip strips on floors or surfaces that may get wet.

For more information, visit www.nia.nih.gov/aging-in-place.

NIH National Institute on Aging

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
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