

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

[Fantasy Springs](#)
Casino Trip. Sign-ups start April 7
First come, First Serve. Fills up fast

[Cinco De Mayo](#)
Sign-ups start April 7
First come, First Serve. Fills up fast

[Mother's Day Tea](#)
Sign-ups start April 7
First come, First Serve. Fills up fast

Featured Events : Community Champion Award

Honoring Our Community Champion: Reta Butler

We're proud to share that Reta Butler received the prestigious Community Champion Award at the CPRS District 11 Awards and Installations Dinner! This honor recognizes her dedication, leadership, and passion for serving seniors.

For eight years, Reta has been a vital part of the Moreno Valley Community Senior Center. As an R&B Get Fit instructor, she has encouraged confidence, movement, and social connections among seniors. Outside of class, she volunteers tirelessly—helping with events, assisting new members, and creating a welcoming atmosphere for all.

As a Senior Citizens Advisory Board (SCAB) member, Reta has contributed to key initiatives, including the Senior Resource Guide and a \$4.9 million Senior Center expansion set for completion in 2025.

Reta's unwavering commitment makes her a true Community Champion. Congratulations, Reta, on this well-earned honor!



Happy Birthday! May your day be filled with lots of love and happiness.

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

DON'T FORGET MY SENIOR CITIZEN DISCOUNT

Senior Soaring sponsored by
MORENO VALLEY
UTILITY

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 has a thumb and four fingers but is not alive?
2. What is so delicate that saying its name breaks it?
3. What belongs to you, but others use it more than you?
4. What goes up but never comes down?
5. What has ears but cannot hear?
6. If you drop me, I'm sure to crack, but give me a smile and I'll always smile back. What am I?
7. What has many keys but can't open a single lock?

Easter

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

- RABBIT
- HOP
- CHOCOLATE
- MARCH
- HUNT
- EGGS
- FIND
- BASKET
- SPRING
- HOLIDAY
- EASTER
- CANDY
- SUNDAY
- BUNNY

Monthly Meetings
Get Involved

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

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

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

Volunteers Wanted

classschedule

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

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

April 10| 9am - 11am
May 8 | 9am - 11am
June 12| 9am - 11am

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

Moral Senior Scribes



UNLEARN YOUR LESSON

By Anna Chase

Our minds have been conditioned throughout our lives by various things we've been taught by parents, teachers, or simply by phrases or sayings we've heard so many times that we've come to accept them as truth. To remember who you are you need to forget who they told you to be.

Our minds are like gardens. They need to be weeded often and replanted occasionally. We need to get rid of some of these old ideas that keep popping up like weeds, choking off our ability to grow something new.

Have you ever considered taking a risk, trying something new, or going out of your comfort zone only to have a phrase pop up in your head – something you've been hearing all your life – that stops you cold.

For instance, being afraid of failure and that somehow failing is a bad thing. Is this really true? Actually, failing can be a great tool for learning. If you try something and it doesn't work, it's an opportunity to figure out why and to try a different approach until you succeed. Never failing simply means you never tried. Now the questions becomes, are you failing enough?

Another example: Let's say you're in an unhappy relationship and you're afraid to end it. You have the idea in your mind that being alone is the same as being lonely. Is that necessarily true, or is it just some erroneous belief you've picked up along the way? Being alone could be an opportunity to concentrate on your personal growth and to enjoy your own company, making you better equipped for future relationships.

You may believe that letting go is the same as giving up, but letting go of what no longer works for you is the only way to make room for what you really want and need.

Another thing some of us get hung up on is the importance of what others think of us. What others think is really none of our business. The most important thing is what we think of ourselves. We may have been taught that self-love is selfish, but the more we believe in ourselves and our dreams, the less we need the approval of others.

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 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 60+	1.800.977.4257
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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

What Seniors Value the Most:

- Routine. Routine. Routine.
- Delicious and nutritious food.
- Community and family.
- Movement is good for the body, mind, and soul.
- Financial security creates peace of mind.



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