

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 Event: Black History Month Celebrated at the Senior Center

Office on Aging Nutrition Class March 4

Senior Center will be Closed March 31

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.

February was a vibrant and meaningful month at the Senior Center as we proudly celebrated Black History Month with a series of engaging presentations and special events designed to educate, inspire, and bring our community together.

Throughout the month, participants enjoyed informative presentations that highlighted the rich history, cultural contributions, and lasting impact of Black Americans. These sessions provided opportunities for learning, thoughtful discussion, and reflection on the achievements and resilience that continue to shape our nation. In addition to educational presentations throughout the month, seniors took part in the main celebration held on February 26, 2026. The celebration culminated in a special event that brought everyone together for an evening of recognition, unity, and cultural appreciation. Attendees enjoyed a welcoming atmosphere filled with shared experiences, meaningful conversations, and a renewed sense of community pride.

Black History Month at the Senior Center was more than a series of events—it was a celebration of heritage, perseverance, and the power of coming together to honor history while building a stronger future.



Sign-Up to enjoy your lunch with a birthday treat. Sponsored by Dignity Memorial

March 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.



Sip & Paint



Untold Black Military Heroes



Nutrition Class



Celebration



Celebration



C. S. LEWIS

Senior Soaring sponsored by MORENO VALLEY UTILITY



Answers are at front desk.



1. I'm orange, I wear a green hat and I sound like a parrot. What am I?
2. What must be broken before you can use it?
3. What has a heart that doesn't beat?
4. How can kids drink beer and not get drunk?
5. I make a loud sound when I'm changing. When I do change, I get bigger but weigh less. What am I?
6. What has lots of eyes, but can't see?

Cesar Chavez

B D E 4 R Z K T G A R Y Z I W E M D R 3 G Y 4 I
 T Y M 6 6 K 6 2 U 6 D E 6 T 4 O E Z R I G H T S
 T Z I 4 I Y H T K M Y L O T W F D 3 V 2 H R U A
 A O G N G 6 4 E K Y D R 2 I O F A 6 Y H A D N W
 Y M R L D D 4 I R N R L U C R D L D I Y P 3 I M
 Y M A I 2 3 4 L N 3 6 E V H K M O A S K R O T N
 O M N V 6 C U 2 A N 3 A M Y I K F Y F 4 I S E U
 E P T I M A W R U U B D A H N O F S A S L 6 D G
 D A F V M L A A D P T E W D G D R O S T O 6 F N
 D 6 A H T I G Y 4 B S R Y I C N E T T H H M A R
 B R R K L F E Z P I G B E R O Y E L I S 3 C R M
 6 3 M D R O S O T B R S 4 M N R D L N A P D M S
 C O E 3 B R L E H E B 2 M V D G O V G M M 3 W S
 E O R H E N B O Y C O T T V I R M L G V B C O 2
 G 6 2 S O I N O V N W D Z 6 T T 2 6 F W Y N R N
 U I 6 Y K A W A Z N 2 4 6 W I R F I 2 2 W C K 4
 I 3 3 D 3 W O B K 6 H L H F O U E K 4 M E H E B
 W 6 M D B T O D U O 4 Y N N N R M Z D M I B R U
 A F A C H A V E Z F U I D F S C S 4 A Z C P S B
 P C R G 3 B I B C E S A R W V S C L Y K V S V I
 U F C 2 3 Z Y Y M H 4 C H A W B D K S Z O 2 N V
 E Z H P L W Y V A W N A B B L P L N U A Z F K W
 P 6 3 W G L C 4 6 F N Y 6 D E Z L F N D K Z P G
 V T B E V R N 6 2 R P P N Y E C V 6 6 U F G V M

United Farm workers
 migrant farmer
 24 days
 rights
 wages
 Cesar

working conditions
 California
 36 days
 leader
 April
 NFWA

medal of freedom
 boycott
 fasting
 Chavez
 march



César Chávez is known as a legendary American labor leader and civil rights activist who fought for the rights of farmworkers, co-founding the United Farm Workers (UFW) union and advocating for better pay, conditions, and dignity through nonviolent tactics like strikes, marches, and fasts, most famously the Delano grape strike and grape boycott, becoming a symbol for social justice, Latino rights, and consumer rights.



**Monthly Meetings
 Get Involved**

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

Sr. Citizens' Advisory Board | Monday, March 16 | 3pm | Classroom 1 & 2

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

Volunteers Wanted

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

classschedule

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				

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

March 12 | 9am - 11am

GATE OPEN AT 8:00AM

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



Moval Senior Scribes

0 Digits of yesterday's phone
Rose Rider



When I was around ten or eleven years old, I learned my first home phone number by memorizing it like most other children. The repetition of associating letters with numbers on the rotary dial helped a lot. Our phone also had our home number in the middle of the dial. You could pick up the receiver and listen for a dial tone, then make the call. There were little holes for each number on the rotary and a small metal piece that would block how far you dialed. You would place your finger in the hole. As the rotary dial spun into place, each digit was like a little whisper from the past. Spinning the dial was a great feeling kind of like a little carousel going around each time you turned it. There were no area codes, so perhaps that made it easy to recall the sequence of numbers.

PL21989 was our little set of digits we remembered during the 1960s in Los Angeles, California. The old rotary dials had a charm without needing assistance from anyone to make the call like in previous years when there were operators to connect your calls. Back then all we had to do was spin that rotary dial. It seemed to be a simpler slower time. PL was for Pleasant, then the numbers followed. We had a crème or beige looking rotary phone with a curly spiral cord attached to the receiver. The base had a long thin cord of the same color which could have measured between 15-20 feet. Our classic phone set on a small table in the living room. We did not have the wall phone at that time. However, the lengthy cord made it convenient to walk around the house from room to room and hold conversations. Sometimes the receiver cord would get tangled, and we had to take a few minutes to untangle it. The base cord would also periodically get caught underneath a door from being dragged.

The key in trying to connect with another party was to dial every number, one by one, repeating the pattern by completely spinning it. My mother was on the phone sometimes for an hour or more talking with her sisters. I would be happy with her long conversations because I could get in some type of mischief while she was not paying attention to me. Other times, I would have a frown on my face because I would be waiting to have a turn to call one of my friends before it got too late. There were no cell phones at that time to my knowledge.

I'm not sure how the numbers were assigned to households or businesses. Perhaps they were designated by neighborhood. The number started with letters which corresponded to digits on the phone. For example, P was 7 and L was 5.

Thinking back over the years, I was pretty good at memorizing birthdays and telephone numbers. I must admit though, I only recalled a couple of my friends' numbers along with one or two of my cousins. Reciting the numbers over-and-over was sort of fun and a little game for me, even though I can't recall my rules. It's amazing when I think back to how my first childhood telephone number PL21989 still resonates in my mind, and I hope I never lose it.

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

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+

Tip Of The Month For Seniors

Tips To **BOOST** Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Manage stress — try yoga or keep a journal.



Learn something new — take a class or join a club.



Go to the doctor regularly.



Connect with family and friends.

Get moving — try gardening, biking, or walking.

Choose healthy foods rich in nutrients.

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.



SeniorCommunity Center Staff

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Markita Smith
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www.MoValParks.org | 951.413.3430