



MORENO VALLEY SENIOR CENTER




## SENIOR CITIZENS' COMMISSIONERS

## **MISSION STATEMENT**

It is the mission of the Senior Citizens' Commission to support and enhance the quality of life and well-being of our senior citizens by providing services, programs, and resources that promote healthy aging for greater independence within a culturally diverse and nurturing environment.

# senior CENTER

*expansion*  
GROUND BREAKING CEREMONY



Tuesday, October 22 | 3 pm

**4,540 square feet of new building space**



The beautifully landscaped exterior of the Senior Center

# Senior Center Community Highlights

## A Day at the Senior Center



Seniors will receive a friendly greeting at the reception desk.

## Educational, Health & Support Programs



Health and Resource Fair, including on-site healthcare agencies to answer questions and offer services.



Shuttle services – medical and grocery needs.



Office on Aging Nutrition classes, Scam Prevention and Consumer Awareness presentation and CPR classes.



Family Services Association (hot lunches) – avg. **122 per day**; Homebound meal delivery – avg. **2,800 monthly**; and Food boxes – avg. **335 monthly**.



Serve as a Warming Center – temperature falls below 37 degrees and Cooling Center – temperature exceeds 97 degrees.



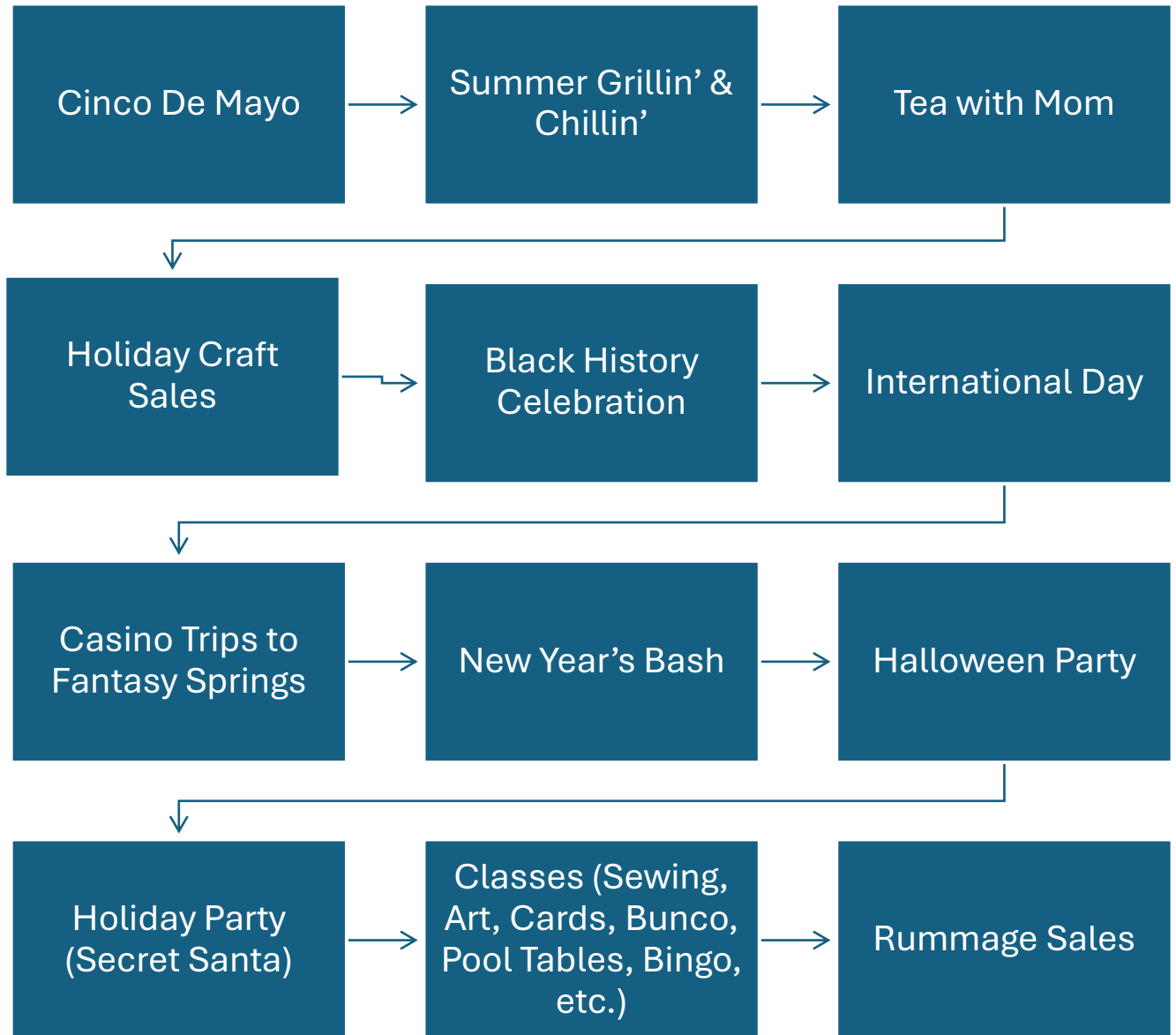
Senior Center Town Hall meetings – Bible Study.

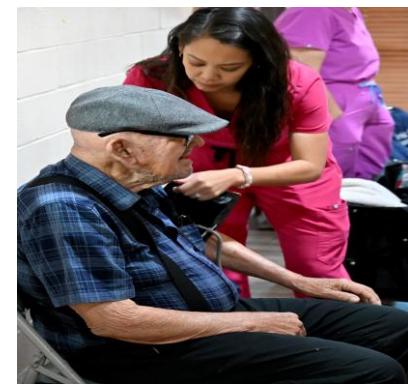


Assist with tax preparation, ELS classes, and computer literacy.

# Senior Center Events & Social Activities

## St. Patrick's Day Celebration







❖ Commissioners embody our mission and actively engage in activities that enhance the quality of life & well-being of our seniors.

- ❖ Zumba
- ❖ Silver Age Yoga
- ❖ Fit after 50





- ❖ Teaching English proficiency - often incorporating cultural education to help seniors navigate new environments.

- ❖ The English as a Second Language (ESL) classroom helps seniors develop skills in listening, speaking, reading, and writing.





❖ Instructor - R&B Get Fit & Rockin' Chair Exercise

❖ Black History Celebration – Mistress of Ceremony







Boards & Commission Appreciation Dinner

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WE'RE COOL!