



## INSIDE THIS ISSUE:

**Spot Light** - Page 1  
*Community Summer Events*

Summer time is filled with Dance opportunities. Please join us for good music throughout the year.

**HOT  
SUMMER  
NIGHTS**

**Summer Music Series**

EVERY SATURDAY  
JUNE 19, 26  
JULY 10, 17, 24, 31  
AUGUST 7, 14  
6:30-8:30PM

### Summer Music Series

Riverside Plaza invites the community to attend its summer music series featuring talented local musicians.

- Page 2

Pray without ceasing.  
1 Thessalonians 5:17

### Pray Without Ceasing

Condolences and Healing

- Page 3

In Loving Memory

### M&G/SLD Sisters and Brothers Dancing on Streets of Gold

We Will Never Forget You (visit online)

<http://www.moveandgroove4health.org/memory.html>

### ★ Birthdays

We celebrate our members that have birthdays in July and August. - Page 3

### ★ Health Tips

#### Try These Easy Summer Salads.

Say hello to summer with these refreshing salad recipes.



- Page 4

### ★ Dance Challenge

This issue Dance Challenge is Ain't that Peculiar.

- Upbeat song by Marvin Gaye gets many request in class.

Try it and have FUN.

- Page 3



July/August 2021

## *Spot Light*

*Community Summer Events*

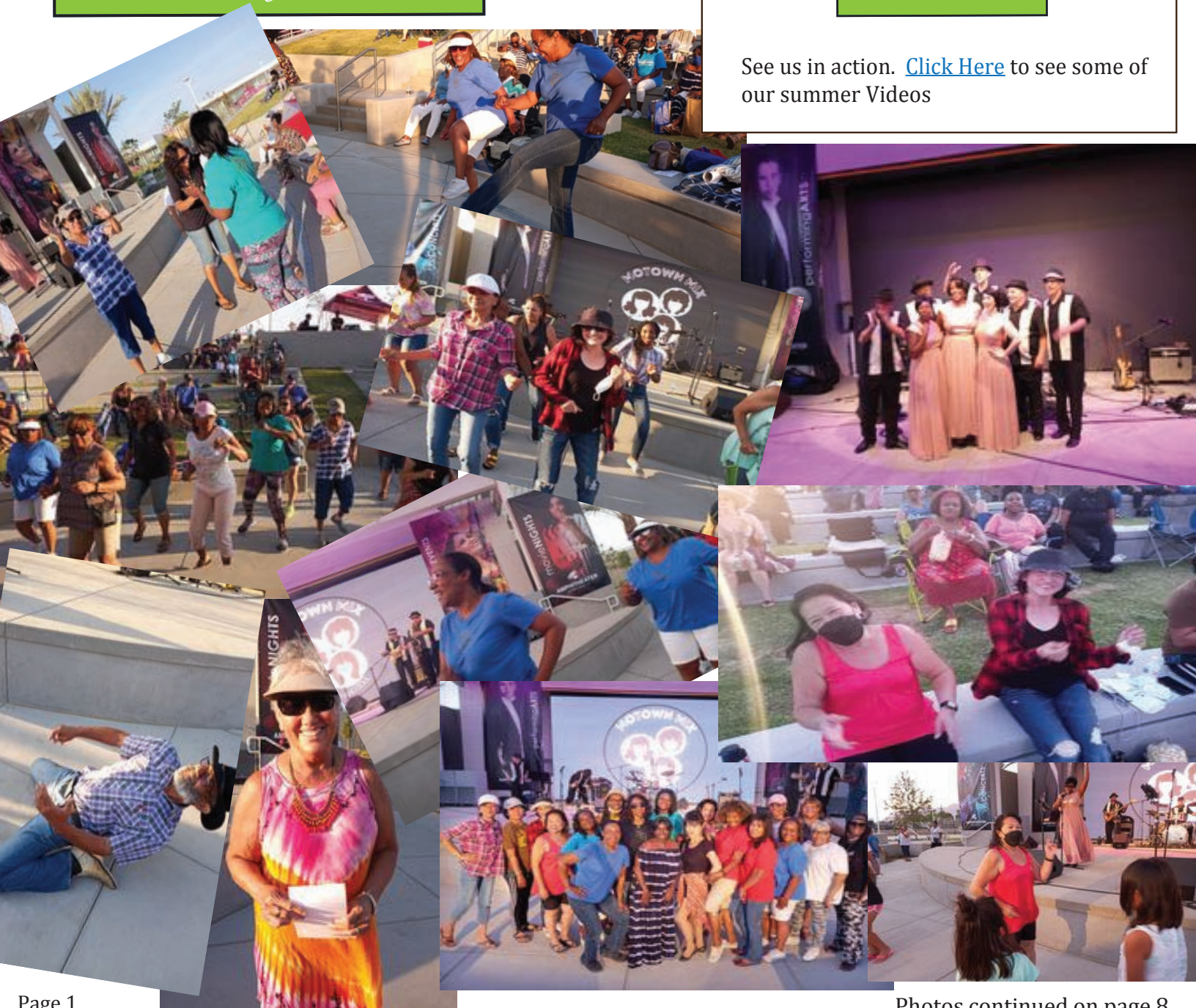
Summer time is filled with Dance opportunities. Please join us for good music throughout the year.

# SUMMER Concert Series

*Fun Photos of the Summer*

*Videos*

See us in action. [Click Here](#) to see some of our summer Videos







**Riverside Plaza**

## Summer Music Series

**June 19 - August 14**

What better way to enjoy the summer than with live music! Riverside Plaza invites the community to attend its summer music series featuring talented local musicians. Performances will be every Saturday from June 19 through August 14 from 6:30 pm to 8:30 pm in the Regal Riverside Plaza Stadium 16 Courtyard.

<https://shopriversideplaza.com/events/riverside-plaza-summer-music-series>



July/August 2021

## HAPPY BIRTHDAY



Confetti border at the top and bottom of the birthday section.

July	August
Joy Ramos Phyllis Porter Sandra Byrd Teresa Hunt Shani Oates Thana Stinson Wilma Edwards Rose Starr	Clay Drayton Lillie Montanez Berlinale Love Phyliss Bradley Bonnie Beason Valda Parker Cecilia Trajano

## 2021 CLASS schedule

**WE'RE BACK!**

"In Class" AND online "ZOOM" class are available. Come join the fun.  
[Click Here](#)

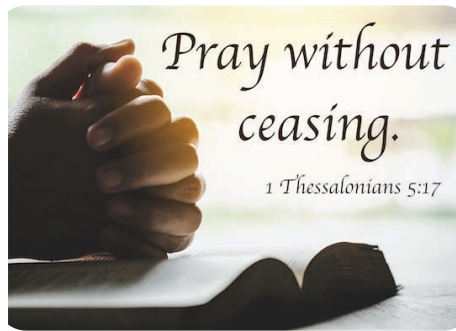
### ★ Prayer List

#### Condolences

Rhea & The Edwards family  
Wanda & The Lewis family  
Lou Cottingham & The Thornton Family

#### Healing

Glenn Garbot  
Linda Garbot  
Joann Rozelle  
Linda Girolamo  
Sherry Christenson



Dance Challenge: Ain't that Peculiar - song by Marvin Gaye.

[https://www.youtube.com/watch?v=irqJ8l2y\\_Lg](https://www.youtube.com/watch?v=irqJ8l2y_Lg)







★ Health Tips

<https://click.food.mercato.com>



Say hello to summer

Get ready for summer with these refreshing salad recipes



## Strawberry Salad

1

Recipe and photo by Jestei

Serves 3 as side salad

Ingredients:

- 1 pint of strawberries cut in thirds
- 3 cups market mesclun, washed & dried
- 1 celery rib, semi-finely chopped
- 1 small fennel bulb, chopped into bite-sized pieces

### Directions:

Compose all ingredients. Dress with mix of balsamic vinegar, good olive oil and loads of black pepper, measured to taste.



2

## Plum Avocado Summer Salad

Recipe by Lena S. | Photo by James Ransom

### Serves 2

Ingredients:

- 2 medium ripe avocados
- 5 medium sized ripe black plums
- 1 cup chopped fresh cilantro
- 1 small clove of garlic
- Several pinches of sea salt
- 1 medium lemon
- 3 splashes olive oil
- 1 dried red chili pepper

### Directions:

1. Peel the black plums and avocado and cut each into cubes.
2. Gently place the black plum and avocado chunks into a dish- be careful not to mix too much, otherwise the avocado mashes all over. Squeeze with lemon and sprinkle in a couple of pinches of sea salt. **Do not mix**
3. In a mortar and pestle, smash up the garlic clove with a little salt. Add the red chili pepper and continue crushing (should still be in big messy chunks). Add the cilantro and continue to mash until the ingredients are combined. Drizzle in the olive oil (1/4 to 1/2 cup) to make the dressing, mashing well.
4. Drizzle the dressing with a spoon over the plums and avocado. Salt to taste.
5. Let the salad sit for 5 to 10 minutes to soak in a bit and then enjoy.





<https://click.food.mercato.com>

★ Health Tips continued . . .



## Health Tips

**Serves 4**

**Ingredients:**

**For the mayonnaise marinade:**

- 1 cup full-fat mayonnaise
- 1/2 cup olive oil
- 2 lemons, juiced and zested (about 1/4 cup lemon juice)
- 2 garlic cloves, mashed into a paste
- 1 tablespoon kosher salt
- 1 teaspoon Aleppo pepper (or 1/2 teaspoon red pepper flakes)
- 1 teaspoon Spanish smoked paprika
- 1 tablespoon cumin seed

**Directions:**

1. To prepare the broccoli rabe, remove thick, tough lower ends of stalks. Split lengthwise any stalks that are more than 1.2-inch thick. If you are using young, tender broccoli, prepare in the same way.
2. To prepare the mayonnaise marinade: In a large bowl, whisk the mayonnaise with olive oil, lemon juice, lemon zest, garlic, salt, smoked Spanish paprika, Aleppo pepper, and cumin seed until smooth and emulsified.
3. To prepare the vegetables: To the bowl of marinade, add the summer squash. Rinse the broccoli rabe thoroughly to remove any grit hiding among the leaves. Add it to the bowl with the summer squash, then toss with the marinade to coat the vegetables evenly. (Don't dry the broccoli rabe after rinsing—the bit of water clinging to the leaves will thin the marinade and gently steam the stalks as they're grilling, allowing any tough stalks to get tender.) Allow the vegetables to marinate at room temperature for about 30 minutes, tossing once or twice to make sure they're evenly coated.
4. To prepare grill: Meanwhile, prepare a gas grill with all burners on medium, or prepare a charcoal grill with hot coals. Brush the grilling rack with olive oil.
5. To grill the vegetables: When the grill is ready, arrange the summer squash rounds evenly across the grill grate. Grill for a few minutes on each side, or until tender and nicely blistered in spots. Remove the squash from the grill. Next, arrange the broccoli rabe in a single layer on the grill. Grill for 2 to 3 minutes per side, or until tender and blistered in spots. (Taste it if you're unsure if the stalks are tender.) If the stalks are charring quickly but aren't tender, spray or drizzle a few drops of water on them. Remove from the grill and place on a large platter or sheet pan to cool. (You don't want to stack the broccoli rabe while it's still hot because it'll lose its crisp, papery texture.)
6. To grill the bread: Brush each slice of bread (top and bottom) with about 1 tablespoon of oil, or enough to evenly and thoroughly coat each side. Season with a pinch of kosher salt and a few grinds of pepper. Grill the bread on both sides, checking frequently, until charred in spots, a few minutes per side. Turn down the heat if needed. You want the bread to be crusty but soft in the middle. When the bread is cool enough to handle, cut it into 1/2-inch cubes.
7. To assemble salad: On a large serving platter, place the bread cubes, grilled broccoli rabe, and summer squash. Garnish with toasted nuts, basil, and mint. Season with kosher salt and pepper to taste, then drizzle with extra-virgin olive oil and lemon juice to taste. Serve warm or at room temperature.

## Grilled Bread Salad With Broccoli Rabe & Summer Squash

*Recipe by Emily C.*

*Photo by Mark Weinberg*



**For the grilled vegetables and bread salad:**

- 2 or 3 mixed summer squash (about 1 1/2 pounds), cut into 1/2 inch-thick rounds
- 1 large bunch broccoli rabe (or young, tender broccoli)
- 4 1/2-inch slices from the center of a loaf of crusty bread (ciabatta or sourdough works well)
- 1/4 cup extra-virgin olive oil for brushing bread
- 1 splash olive oil for brushing grill grate
- 1 handful torn basil and mint for garnish
- 1/4 cup toasted pine nuts or toasted, chopped almonds
- 1 splash extra-virgin olive oil and fresh lemon juice, to taste

3



July/August 2021

Strengthening lives through Dance & Music



## Spot Light

Community Summer Events

continued . . .



For 2021, you can see live concerts on  
Thursdays at the new City Amphitheater

### MoVal Rocks!

Check back for flyers, vendor applications and more!

City residents and visitors can enjoy free family-friendly live  
concerts with local artists every summer.

Concerts start at 6:45pm and end at 8:30 pm.

### 2021 Schedule:

- **June 24: Latin Nation**  
Get ready to enjoy the Latin music of Latin Nation.
- **July 8: MoTown Mix**  
Get ready to enjoy the classic sounds of MoTown with  
Motown Mix!
- **July 15: Reflexx**  
Enjoy the great sounds of the 80's with Reflexx.
- **July 22: Smokin Cobras**  
Enjoy the Latin sounds of Smokin Cobras.
- **July 29: Stone Soul**  
Enjoy the classic rock sound of Stone Soul.



**JEANS AND BLING SUMMER FLING  
SOUL LINE DANCE PARTY**  
SATURDAY, AUGUST 14, 2021  
2:00 P.M. - 6:00 P.M.

AT  
**PINS 'N POCKETS**  
32250 Mission Trail  
Lake Elsinore, 92530  
(EXIT THE 1-15 FWY AT EXIT 73,  
DIAMOND DR., RAILROAD CANYON)  
951.245.6250

**ADMISSION: 15.00**  
ADVANCE PAYMENT ONLY

Purchase Admissions  
Through PayPal, Cash App, Zelle or  
in-class in-person (where applicable).

**ADULTS ONLY; NO ALCOHOL**  
Dessert, water, tea & coffee provided.  
No food or beverages may be brought in  
from outside sources.

Questions? Call  
Harriette, 951.640.7888 or  
Brenda, 951.385.0177

WEAR YOUR  
JEANS  
AND  
BLING!

DEADLINE FOR  
ADMISSION PURCHASE:  
FRIDAY, JULY 30, 2021  
unless maximum capacity  
is reached earlier

HASTY AND SOUL  
LINE DANCE



RIVERSIDE  
COUNTY  
FAMILY RECREATION AND  
COMMUNITY SERVICES

## SUMMER FUN CONCERTS IN THE PARK

WEDNESDAYS 6 - 8 P.M.

LIVE ENTERTAINMENT | FOOD VENDORS  
BEER AND WINE GARDEN | FUN ACTIVITIES AND SWAG  
PROVIDER BY THE PRCSO WELLNESS VEHICLE

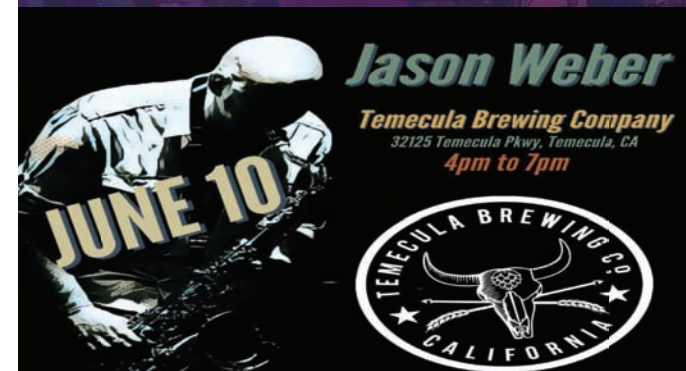
**JULY 7 | STEEL ROD - TOP 40/VARIETY**

**JULY 14 | NUEVA ERA - LATIN VARIETY/ROCKABILLY**

**JULY 21 | STONE SOUL - MOTOWN**


**JULY 28 | SUAVE THE BAND - LATIN (CUMBIA, MERENGUE, SALSA, CHACHA)**

T-SHIRT: \$20 | HAT \$20 | T-SHIRT AND HAT COMBO: \$35  
ALL PROCEEDS SERVE TO GENERATE SCHOLARSHIPS FOR UNDERSERVED COMMUNITIES



**Jason Weber**  
Temecula Brewing Company  
32125 Temecula Pkwy, Temecula, CA  
4pm to 7pm

**JUNE 10**





# ***SOUL LINE DANCING***



**All Line Dancers Come Get Your Groove On!!**

**Sunday, August 22, 2021**

**AZURE HOTEL & SUITES**

**Air conditioned Ballroom, Casual Dress, Social Distance, Masks**

**1945 E. HOLT BLVD. ONTARIO, CA 91761**

**HOLT & Vineyard NEXT TO CONVENTION CENTER (FREE Parking)**

**5:00 pm to 8:00 pm**

**\$10 Per Person, Pay at the Door - Cash Only**

**Music: By Delores Flannigan (Mama-Dee) (909)240-5852**

**\$10 Includes: Water & Protein Bars**

***Restaurant on Site to Purchase Food/Alcohol Drinks.***



July/August 2021

continued ...

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## *Spot Light*

Community Summer Events-Photos

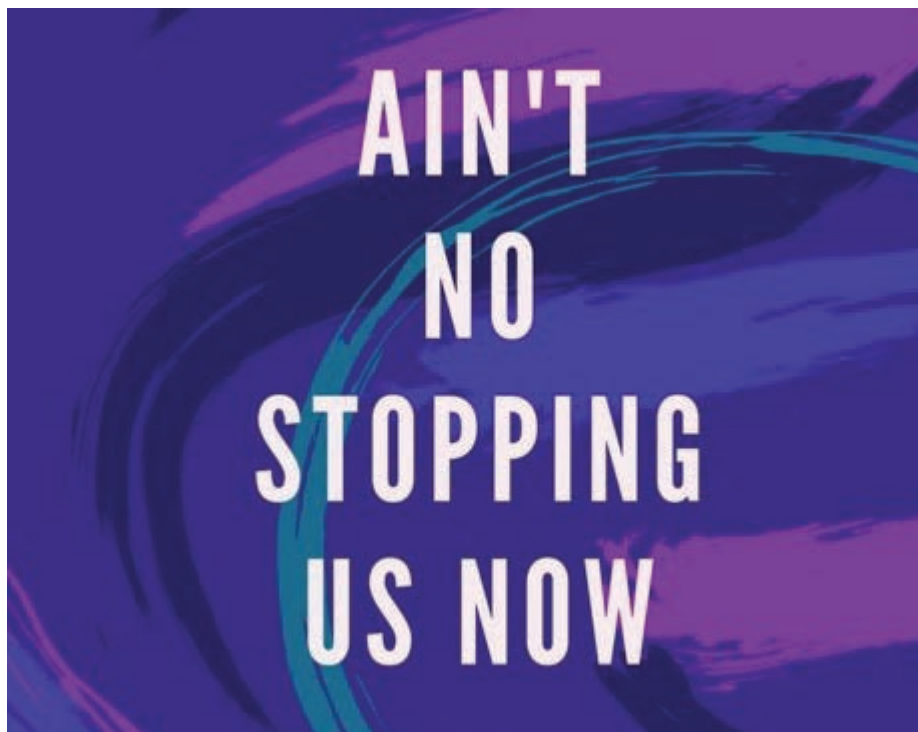






*Strengthening lives through Dance & Music*

**Closing Message:** The summer has been **HOT**, but we have endured the heat, the masks/shields, we have sanitized, and kept our distance the best we could. When we're not able to be in class at the Senior Center, we gather on Zoom. Now as we ease our way back into society, let us continue to be mindful that it's NOT over yet and we must trust & thank the Lord every day for His protection. I look forward to Dancing with you at more events in the Future! TamiD



Move and Groove For Health Newsletter published by: JGWD Solutions  
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