



**SAVE THE DATE FOR NOVEMBER**

Nov 3	Holiday Craft Fair Registration
Nov 9	Veterans Day BBQ
Nov 23 & 24	Closed for Thanksgiving

**A PLACE TO CONNECT, GROW, AND LEARN**

About your Senior Center

Angela Medina

All programs and activities for seniors are held at the Moreno Valley Senior Community Center, except where noted.

All active senior citizens age 50 and older who do not require care or adult supervision are encouraged to register. The use of exercise equipment requires completion of the Exercise Equipment Waiver. There is no fee for membership.

**MORENO VALLEY SENIOR COMMUNITY CENTER**  
 25075 Fir Ave.  
 Moreno Valley, CA 92553

Monday - Friday  
 8 am - 4 pm  
 Closed Saturday & Sunday

951.413.3430  
 www.moval.org



**CURRENT EVENTS**

Maria Villalobos

**HALLOWEEN PARTY & COSTUME CONTEST**

Trick or treat?

You have been summoned to the Senior Center's 1st annual Halloween Spooktacular. Join us if you dare. Enjoy a bewitching afternoon filled with ghoulish delights on Tuesday, October 31 from 1 - 3pm. Costumes strongly encouraged! Sponsored by Humana



**DR. RIOS DINNER & DANCE**

The perfect way to conclude your weekend.

You are invited to an evening of dinner and dancing, on Sunday, October 15 from 4 - 8 pm. Contact Juanita Garcia (855)921-7070 or (951)312-4117. Spaces are limited. This event is sponsored by Clinica Medica Familiar.



**ROTARY CLUB SPAGHETTI DINNER**

Don't forgetti!

The Morning Rotary Club of Moreno Valley hosts its annual Spaghetti Dinner on Thursday, October 19 from 4 - 7 pm. at no cost. Please sign up at the front desk by October 18. This event is for seniors only.

**MATURE DRIVING**

Never too late to be safe.

Tune up your driving skills and refresh your knowledge of the rules of the road on Thursday, October 26 and Friday, October 27 from 8:30 am - 12:30 pm.



**SPONSORED BY**



## SPECIAL EVENT SCHEDULE

DAY	DATE	SPECIAL EVENT	START	END	ROOM
Monday	10/2	Quinn(English Diabetes Class #4)	9 am	11 am	Art Room 1
Tuesday	10/3	Quinn(Spanish Diabetes Class #5)	9 am	11 am	Art Room 1
Wednesday	10/4	MediOptions Health Ins.	11 am	12 pm	Lobby
Monday	10/9	Quinn(English Diabetes Class #5)	9 am	11 am	Art Room 1
Tuesday	10/10	Quinn(Spanish Diabetes Class #6)	9 am	11 am	Art Room 1
Thursday	10/12	SBHIS (Free Blood Pressure Check)	9 am	10:30 am	Lobby
Thursday	10/12	Dancercise (PATIO or CANCELED)			
Friday	10/13	Smile Premier (2nd Friday of the month)	9 am	11 am	Classroom 1
Sunday	10/15	Dr. Rios Dinner & Dance	4 pm	8 pm	MV Ballroom
Monday	10/16	Quinn (English Diabetes Class #6)	9 am	11 am	Art Room 1
Tuesday	10/17	SBHIS Meeting	9:30 am	11 am	Art Room 1
Wednesday	10/18	MediOptions	11 am	12 pm	Lobby
Wednesday	10/18	United Health Care	10 am	11 am	Art Room 1
Thursday	10/19	Spaghetti Dinner	4 pm	7 pm	MV Ballroom
Monday	10/23	October Birthday Lunch & Cake	11:30 am	12 pm	MV Ballroom S
Monday	10/23	JAR Insurance	10 am	12 pm	Class Room 1
Tuesday	10/24	Humana	10 am	12 pm	Art Room 1
Tuesday	10/24	Foster Kinship Care	9 am	12 pm	Art Room 2
Wednesday	10/25	United Health Care	10 am	11 am	Art Room 1
Thursday	10/26	Mature Driving Class	8:30 am	10:30 am	Classroom 1 & 2
Thursday	10/26	Weight Loss Class (CANCELED)			
Friday	10/27	Mature Driving Class	8:30 am	10:30 am	Classroom 1 & 2
Friday	10/27	Quilting (Schedule for the Day)	1 pm	4 pm	
Friday	10/27	Greeting Card Creation (Schedule for the Day)	1 pm	3 pm	
Tuesday	10/31	Halloween Costume Party	1 pm	3 pm	MV Ballroom
Tuesday	10/31	Dancercise (CANCELED)			
Tuesday	10/31	Line Dancing (CANCELED)			

## CLASS SCHEDULE

CLASS	DATE	START	END	ROOM
Artist Art Club	Thursdays	9 am	12:30 pm	Art Room 1 & 2
Bid Whist	Mon, Wed & Fri	1 pm	3 pm	Art Room 2
Bingo	Wednesdays	1 pm	3 pm	MV Ballroom NS
Birthday Lunch & Cake	Last Monday	11:30 am	12 pm	MV Ballroom S
Book Club	1st & 3rd Thursdays	2 pm	3 pm	MV Ballroom S
Bunco	Thursdays	1 pm	3 pm	Art Room 1 & 2
Ceci's Ballet Folkloric	Wednesdays	10:30 am	11:30 am	MV Ballroom
Color your Stress Away (Humana)	2nd Monday	10 am	11 am	Classroom 1
CPR & First Aid Class	Last Friday	8 am	12 pm	Art Room 1 & 2
Crafty Experience	Mondays	1 pm	3 pm	Art Room 1
Creative Writing/Life Story	Tuesdays	10 am	11:30 am	Classroom 1
Crochet	Wednesdays	8 am	12 pm	Classroom 1 & 2
Dancercise	Tuesdays & Thursdays	12 pm	1 pm	MV Ballroom N
English ESL	Mondays & Thursdays	10 am	11:30 am	Library
Exercise with George	Mon, Wed & Fri	9:15 am	10:15 am	MV Ballroom N
Fit after 50	Mondays	10:30 am	11:30 am	MV Ballroom N
Fit after 50	Thursdays	9 am	10:30 am	MV Ballroom N
Greeting Card Creations	1st & 3rd Friday	12 pm	3 pm	Classroom 1
Guitar Class	Thursdays	1 pm	3:30 pm	Classroom 1 & 2
iPad Class	1st Friday	9 am	11 am	Art Room 1 & 2
Jewelry Design	Tuesdays	1 pm	4 pm	Art Room 1 & 2
King of the Hill Billiards	Wednesdays	12:30 pm	2:30 pm	Billiards
Know Your Car	Last Tuesday	10 am	11 am	Lobby
Latin Guitar Class (NEW)	Wednesdays	1 pm	3 pm	Art Room 1
Line Dancing	Mondays & Tuesdays	1:30 pm	3:30 pm	MV Ballroom N
Line Dancing	Fridays	12:30 pm	2:30 pm	MV Ballroom N
Loteria (Mexican Bingo)	Tuesdays	12 pm	2:30 pm	Classroom 1 & 2
Pinochle	Tuesdays & Thursdays	10 am	3 pm	Lobby E
Queen of the Hill	Thursdays	12 pm	1:30 pm	Billiards
Queens of the Morning	Thursdays	8 am	12 pm	Billiards
Quilting Club	Wednesdays	12 pm	4 pm	Classroom 1 & 2
Quilting Club	Fridays	8 am	4 pm	Classroom 2
Radio Pioneer Theater	Mondays	10 am	11 am	Art Room 1
Scrappy Scrappers	2nd & 4th Fridays	12 pm	3 pm	Classroom 1
Soul Line Dancing	Mon, Wed & Fri	8 am	9:15 am	MV Ballroom N
Tai Chi	Mondays	12 pm	1 pm	MV Ballroom N
Weight Loss Support	Thursdays	9 am	11:30 am	Classroom 1 & 2
Yoga	Tuesdays	9 am	10:30 am	MV Ballroom N
Yoga	Fridays	10:30 am	11:45 am	MV Ballroom N
Zumba	Tuesday & Thursdays	10:30 am	11:30 am	MV Ballroom N
Zumba Toning	Wednesdays	3:15 pm	4 pm	MV Ballroom N & S

## MONTHLY MEETINGS

Senior Town Hall Meeting	Tuesday, October 10th	11:30 am - 12:00 pm	MV Ballroom N&S
Senior Advisory Board Meeting	Monday, October 16th	3:00 pm - 4:00 pm	Classroom 1 & 2
Friends of MoVal Installation Meeting	Thursday, October 12th	1:00 pm - 3:00 pm	MV Ballroom

(Beginning in November, meetings will be held every 2nd Thursday of the month 1:30pm - 3:30pm in the Ballroom)

# SENIOR NUTRITION MENU

See below for eligibility. Stop between 10am-11am to reserve your meal.  
Lunch is served at 11:30am.



MON	TUES	WED	THUR	FRI
<b>2</b> Macaroni and Beef Mixed Vegetables Pineapple Whole Wheat Bread	<b>3 (**)</b> Scrambled Egg Sausage Links Peaches Orange Juice Biscuit	<b>4</b> Herb Roasted Chicken Brown Rice Broccoli Banana Whole Wheat Bread	<b>5</b> Beef Tips w/Gravy Green Salad Carrots Mandarin Oranges Oatmeal Cookie	<b>6</b> Sweet & Sour Chicken Brown Rice Broccoli Fruit Cocktail
<b>9</b> Breaded Chicken Patty w/Country Gravy Mashed Potatoes Spinach Watermelon Whole Wheat Bread	<b>10</b> Turkey & Cheese Sandwich on Wheat Lettuce/Tomato Tomato Soup Carrot Salad Mandarin Oranges	<b>11</b> Chicken Taco Salad Lettuce/Tomato/Cheese Pinto Beans Mexi-Corn Tropical Fruit Corn Tortilla	<b>12 (**)</b> Sweet & Sour Meatballs Egg Noodles Mixed Vegetables Diced Peaches Whole Wheat Bread Vanilla Pudding	<b>13</b> Darryl's Breaded Fish w/Tomato Ragout Brown Rice Lima Beans Fresh Pear or Apple Whole Wheat Bread
<b>16</b> Meatloaf w/Gravy Red Potatoes Apple Carrot Casserole Mandarin Oranges Whole Wheat Bread	<b>17</b> Lemon Pepper Chicken Garden Rice Broccoli Tropical Fruit, Jell-O Whole Wheat Bread	<b>18</b> Pork Loin w/Gravy Mashed Potatoes Green Beans Banana Whole Wheat Bread	<b>19 (**)</b> Vegetable Lasagna Green Salad Brussels Sprouts Fruit Cocktail Whole Wheat Bread	<b>20</b> Chicken w/Mandarin Oranges Brown Rice Mixed Vegetables Peaches, Wheat Bread
<b>23</b> Chicken Noodle Casserole Mixed Vegetables Pineapple Tidbits Wheat Bread, OJ	<b>24 (**)</b> Beef Fajitas Pinto Beans Cauliflower Apricots Flour Tortillas	<b>25</b> Parmesan Herb Chicken Brown Rice Broccoli Peaches Whole Wheat Bread	<b>26</b> Pepper Steak Herb Noodles Green Beans Banana Whole Wheat Bread	<b>27</b> Sloppy Joe on Wheat Vegetable Soup Blanched Baby Carrots Mandarin Oranges Jell-O
<b>30</b> Turkey Patty w/Gravy Sweet Potatoes Green Beans Pineapple Tidbits Whole Wheat Bread	<b>31 (**)</b> Hot dog on Wheat Bun Baked Beans Coleslaw, Carrots Tropical Fruit, Jell-O Sugar Cookie	(**) INDICATES HIGH SODIUM MEAL		

## SENIOR MEAL PROGRAM ELIGIBILITY

- A person must be 60+ years old.
- They are required to fill out the intake form once a year.

**The only exceptions to the age requirement is:**

- They are the spouse (any age) of a person who is 60+ years old. Both are required to have a current intake on file.
- The disabled adult child (18+) dependent upon the person who they live with and accompanies an eligible person for lunch. Both are required to have a current intake on file.

All other persons under 60 years old MUST pay \$6.00 for lunch. Donations are confidential and go to support meals provided at this site. No one will be refused a meal if they cannot donate. Please donate what you can. Suggested donation is: \$3.00.

Please contact us with any questions on this program at **951-342-3057**

## FREE NOTARY SERVICE BY MARY PRICE

Wed, October 4 & 18 | 11 am - 1 pm  
Counseling Room, Senior Center



# 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	800-510-2020

## CAREGIVER SUPPORT

Destiny Care	800-353-2994
Sensible Senior Care	951-926-4304

## DISABLED / VETERAN SERVICES

Braille Institute	760-321-1111
Scooter Store	909-549-9443
Hearing Aid Hotline	800-521-5247
American Cancer Society	800-ACS-2345
VA Loma Linda Healthcare	800-741-8387
Friends of Moreno Valley Senior Center	951-413-3430
<i>Membership \$10 year, meets 2nd Thursday month 1 pm except July/Aug</i>	

## HEALTH MAINTENANCE ORGANIZATIONS

Anthem	951-269-9388
Caremore	951-733-7904
Health Net	800-827-2013
Heritage CA	951-333-4692
Humana	951-216-0891
Kaiser Permanente	800-921-2900
SBHIS	951-452-2905
SCAN	951-768-5398
United Healthcare	951-315-7164

## 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	951-686-4402
Section 8, 5555 Arlington Ave., Riv.	951-351-0700
Integrated Care	951-243-3837
PW Enhancement Center	951-616-1628

## LEGAL ASSISTANCE FOR 60+

Inland County Legal Association	888-455-4257
Medicare Information	800-434-0222

## NUTRITION SERVICES

Family Services Association	951-342-3057
Home Bound	951-653-8109
Power Ministries	951-242-0188
Family Services Association	951-342-3057
Home Bound	951-653-8109

## TRANSPORTATION

Medical Transportation	951-486-4380
Molina Medical Shuttle	877-665-4623
MoVan Shuttle	800-351-6571
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
<i>Looking for skilled instructors to teach active seniors 50+</i>	

# GROCERIES ON THE GO



Like at any grocery store, fresh fruit and vegetables are on the shelf, but this store is on a bus. It's called Mobile Fresh. The Mobile Fresh Bus will stop at the Moreno Valley Senior Community Center south parking lot every Thursday from 1:00 pm to 2:30 pm.

# SENIOR COMMUNITY CENTER STAFF

**SCOTT NICHOLSON**  
*Recreation Leader*

**ANGELA MEDINA**  
*Community Services Coordinator*

**MARIA VILLALOBOS**  
*Recreation Leader*

**JAVIER VENEGAS**  
*Rec. Aide*

**KIMBERLY MADRIGAL BUSTOS**  
*Rec. Aide*

**AGKACHAI LADRIDO (AJ)**  
*Rec. Aide*