



SENIOR SOARING

A CITY OF MORENO VALLEY PUBLICATION

SAVE THE DATE FOR DECEMBER

Dec 1	Holiday Tree Trimming
Dec 8	Holiday Craft Fair
Dec 8	Mrs. Kringle's Gingerbread
Dec 15	Holiday Party
Dec 25 & 26	Senior Center Closed

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

VETERANS DAY BBQ

Thank you for your service.

Veterans Day honors military veterans, that have served in the United States Armed Forces. It's observed annually on November 11 and coincides with Armistice Day and Remembrance Day. Armistice Day and Remembrance Day are celebrated in other countries that mark the anniversary of the end of World War I. Major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918, when the Armistice with Germany went into effect. The United States previously observed Armistice Day. The U.S. holiday was renamed Veterans Day in 1954. Join us in honoring our Veterans on Thursday, November 9 from 1 pm-3 pm in the Ballroom.



CROCHET CLASS SALE

Shop early for Christmas!

Visit Moreno Valley Senior Center's Crochet Class Sale on Wednesday, Nov. 1 and Nov. 8. Come from 9 - 11:30 am in Room 1 to get your Christmas shopping done early. Browse through crocheted items, novelties, Christmas gifts, children's gifts, kitchen treats, and more! All profits go to buy yarn for our charities.

MEDICARE ENROLLMENT

You're invited.

Get answers to your Medicare questions and learn about your Medicare options.

On November 14 and 30, the Senior Center will hold enrollment events to help seniors explore their medical options. Part of being healthy means choosing the right Medicare plan so call now to reserve your seat and feel free to bring a friend. Contact Michele Nazarek at (951)216-0891 for more information.

SPONSORED BY



SPECIAL EVENT SCHEDULE

DAY	DATE	SPECIAL EVENT	START	END	ROOM
Wednesday	11/1	MediOptions	11 am	12 pm	Lobby
Friday	11/3	Holiday Craft Fair Vendor Registration All Day			
Monday	11/6	South Bay Health Care Insurance Services	10 am	11 am	Art Room 1
Monday	11/6-11/14	No Line Dancing Class			
Tuesday	11/7	JAR Insurance Services	10 am	12 pm	Art Room 1
Wednesday	11/8	Inland County Legal Svcs	9 am	12 pm	Art Room 2
Wednesday	11/8	SBHIS (Free Blood Pressure)	9 am	10:30 am	Lobby
Wednesday	11/8	United Health Care	10 am	11 pm	Art Room 1
Thursday	11/9	Veterans Day BBQ	1 pm	3 pm	MV Ballroom
Friday	11/10	Senior Center Closed			
Tuesday	11/14	Humana	10 am	11:30 am	Art Room 1
Tuesday	11/14	Ivonne Welch Insurance	10 am	12 pm	Art Room 2
Wednesday	11/15	MediOptions	11 am	12 pm	Lobby
Friday	11/17	South Bay Health Care Services	1:30 pm	2:30 pm	Library
Friday	11/17	Ivonne Welch Insurance	9 am	11 am	Classroom 1
Friday	11/17	SBHIS (Free Blood Pressure)	10 am	12 pm	Lobby
Friday	11/17	No CPR Class	9 am	12 pm	Art Room 2
Tuesday	11/21	Foster Kinship			
Tuesday	11/21	Sisters in Christ Thanksgiving Lunch	1 pm	3 pm	MV Ballroom
Wednesday	11/22	No BINGO			
Wednesday	11/22	No Zumba Toning			
Thursday	11/23	SENIOR CENTER CLOSED			
Friday	11/24	SENIOR CENTER CLOSED			
Monday	11/27	November Birthday Lunch & Cake	11:30 am	12 pm	MV Ballroom
Tuesday	11/28	RCC Dental Hygiene Workshop	10 am	11 am	Art Room 2
Tuesday	11/28	Ivonne Welch Insurance	10 am	12 pm	Art Room 2
Thursday	11/30	Humana	1 pm	2:30 pm	TBD

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
Birthdays 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	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	Wednesdays	1 pm	3 pm	Counseling Room
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

Get involved

Senior Town Hall Meeting	Tuesday, November 14th	11:30 am - 12:00 pm	MV Ballroom N&S
Senior Advisory Board Meeting	Monday, November 20th	3:00 pm - 4:00 pm	Classroom 1 & 2
Friends of MoVal Meeting	Thursday, November 9th	1:30 pm - 3:30 pm	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
(**) INDICATES HIGH SODIUM MEAL		1 Spaghetti with Meat Sauce Brussels Sprouts Fresh Apple Garlic Breadstick	2 Tuna Salad Sandwich on Whole Wheat Tomato Soup, Crackers Blanched Carrot Sticks Mandarin Oranges	3 Enchilada Casserole Pinto Beans Spanish Rice Zucchini Fruit Cocktail
6 Chicken a la King Brown Rice Green Beans Pineapple Tidbits & Mandarin Oranges	7 Shepherd's Pie Broccoli Diced Peaches Whole Wheat Bread	8 Chicken Cacciatore Herbed Spaghetti Succotash Tropical Fruit Whole Wheat Bread	9 (**) Scrambled Eggs Sausage Links Country Potatoes Watermelon Biscuit, OJ	10 Senior Center closed in observance of Veteran's Day
13 (**) Vegetarian Lasagna Garden Salad Peas Mandarin Oranges Whole Wheat Bread	14 Meatloaf w/Gravy Mashed Potatoes Carrots Fruit Cocktail w/ Jell-O Whole Wheat Bread	15 Penne w/Chicken Marinara Sauce Spinach Pineapple Tidbits Whole Wheat Bread	16 (**) Baked Turkey w/Gravy Cornbread Stuffing Mashed Potatoes Yams, Green Beans Cranberry Sauce, OJ Parker House Roll Pumpkin Pie	17 Bean & Cheese Burrito Spanish Rice Corn Zucchini & Tomatoes Fresh Orange
20 teriyaki chicken rice capri vegetables fresh orange whole wheat bread	21 pork loin w/gravy roasted red potatoes peas jell-o w/pears whole wheat bread	22 taco chicken salad pinto beans corn & bell peppers tropical fruit corn tortilla	23 Senior Center closed in observance of Thanksgiving Day	24 Senior Center closed in observance of Thanksgiving Day
27 Swedish Meatballs Herb Noodles Winter Blend Vegetables Apricots Whole Wheat Bread	28 Broccoli Chicken Casserole Peas Diced Pears Whole Wheat Bread	29 Baked Pangasius Fish Roasted Red Potatoes Mixed Vegetables Diced Peaches Whole Wheat Bread	30 Chicken Alfredo Fettuccini Noodles Baby Lima Beans Fresh Orange Whole Wheat Bread	DEC. 1 Hamburger on Wheat Bun Lettuce, Tomato French Fries Broccoli Salad Mixed Fruit, Jell-O

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**

MORE SPECIAL EVENTS

For more information, visit the front counter.

Sisters in Christ - Thanksgiving Lunch		
Tuesday	10/21	1 pm - 3 pm
Medicare Enrollment Event at Moreno Valley Senior Center		
Tuesday	10/24	10 am
Tuesday	11/14	10 am
Thursday	11/30	1 pm

MoVAN Transportation to Farmer's Market
Every second Thursday of each month.
Begins Thursday 11/9 11 am - 12 pm

Crochet Class Sale
Wednesday 11/1-11/6 9 am - 11:30 am

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	951-501-9290

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	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 Friday from 1:15 pm to 2:00 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