



SENIOR SOARING

A CITY OF MORENO VALLEY PUBLICATION

December 6
 December 14
 December 21
 December 24 & 25

SAVE THE DATES
 Holiday Tree Trimming
 Holiday Craft Fair
 Holiday Party
 Center Closed

A PLACE TO CONNECT, GROW, AND LEARN

About your Senior Center

Rudy Rodriguez

As the holiday season approaches there is an obvious emphasis on gratitude. I'm grateful for my family, health and getting up every day coming to work to make a difference in a senior's quality of life. The staff at the Moreno Valley Senior Center would like to wish all the seniors who touch our lives everyday a Happy Thanksgiving to you and your family.

MORENO VALLEY SENIOR COMMUNITY CENTER

25075 Fir Ave.
 Moreno Valley, CA

Mon. - Fri.
 8 a.m. - 5 p.m.

Closed Sat. & Sun.

951.413.3430

www.MoValParks.org



CURRENT EVENTS

Maria Villalobos

THANKSGIVING

Be thankful

Thanksgiving marks the beginning of the holiday season and represents food, family and moments of sharing and professing gratitude. It's a time to give, time to love and a time to reflect on the things that matter most in life. Join us on Tuesday, November 20 from 3:30p.m. - 5:30p.m. for a free Thanksgiving Lunch to celebrate this time of giving. Sponsored by our friends at Highland Fairview.



ELECTION DAY NOVEMBER 6

Remember to Vote

There is no greater right than the right to vote. America's democracy thrives when every eligible voter participates. Through voting, you can select your local, state and national leaders and ensure that your voice is heard. Vote here on November 6 from 7 a.m. - 8 p.m. For more information please call the Registrar of Voters at 951.486.7200 or visit www.sos.ca.gov.



VETERANS DAY

Thank our Veterans

Joseph Baker

The Moreno Valley Senior Center would like to honor and appreciate all the veterans that courageously protected and defended our country. Please join us in honoring these men and women on Friday, November 9, from 1 p.m. - 3 p.m.



SPONSORED BY

MORENO VALLEY
 UTILITY

ACTIVITY SCHEDULE

DAY	DATE	ACTIVITY	START	END	ROOM
Thur	11/1	Anthem Insurance	10 am	12 pm	Lobby
Fri	11/2	Holiday Craft Fair Registration			Front Office
Mon	11/5	Medical 101 (Brand New Day)	10 am	11 am	Classroom 1
Mon	11/5	Grief & the Holidays (VNA Hospice)	10 am	11 am	Art Room 2
Tue	11/6	Voting Polls	7 am	8 pm	Classroom 1 & 2 Art Room 1 & 2
Wed	11/7	Piano Tunes by Mary Roldan	11:30 am	12 pm	Ballroom N
Wed	11/7	South Bay Health Ins. Svcs.	9:30 am	11 am	Ballroom N & S
Fri	11/9	Veteran's Day Celebration	1 pm	3 pm	Ballroom n & S
Mon	11/12	Senior Center Closed			
Tue	11/13	United Healthcare Insurance	10 am	12 pm	Art Room 2
Tue	11/13	Humana	10 am	12 pm	Art Room 1
Wed	10/17	MedOptions Ins.	11 am	12 pm	Lobby
Tues	11/20	Foster Kinship Care	9 am	12 pm	Art Room 2
Wed	11/21	Piano Tunes by Mary Roldan	11:30 am	12 pm	Ballroom N
Thurs	11/22	Closed for Thanksgiving Holiday			
Fri	11/23	Closed for Thanksgiving Holiday			
Mon	11/26	Monthly Birthday Lunch & Cake	11:30 am	12 pm	Ballroom S
Mon	11/26	Vitamin B-12 Shot - Dr. Rios	10 am	11 am	Art Room 1
Mon	11/26	Humana	10 am	12 pm	Art Room 2

FEATURED ACTIVITY: Veterans Day Celebration Friday, Nov 9 | 1pm-3pm

SENIOR MEAL PROGRAM ELIGIBILITY

- Participants must be 60 years old or older.
 - Participants are required to complete an intake form once per year.
- Exceptions to age requirement:**
- Spouse (any age) of a participant 60 years old or older. Both are required to have a current intake form on file.
 - A disabled adult child's (18+) parent, guardian, caretaker (with whom they live). Both are required to have a current intake on file.

All other participants under 60 years old MUST pay \$7 for lunch. Participants 60 years old and older are requested to donate. Donations are confidential and go to support meals provided at this site. No participant will be refused a meal if they cannot donate. Please donate what you can. Suggested donation is \$3.

Please contact Family Service Association with any questions at **951.342.3057**.

MONTHLY MEETINGS

Get involved

Friends of MoVal Mtg.	Thursday, Nov 8	1:30 pm - 3:30 pm	Ballroom N & S
Senior Town Hall Mtg.	Thursday, Nov 13	11:30 am - 12 pm	Ballroom N
Senior Advisory Board Mtg.	Monday, Nov 19	3 pm - 4 pm	Classroom 1 & 2

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	5 pm	Art Room 1 & 2
Bingo	Wednesdays	1 pm	3 pm	MV Ballroom N & S
Birthday Lunch & Cake	4th Monday	11:30 am	12 pm	MV Ballroom S
Book Club	1st & 3rd Thursday	2 pm	3 pm	MV Ballroom S
Bunco	Thursdays	1 pm	4 pm	Art Room 1 & 2
Ceci's Ballet Folkloric	Wednesdays	10:30 am	11:30 am	MV Ballroom N
CPR & First Aid Class(Nov. 30th)	Friday (Every two months)	8 am	12 pm	MV Ballroom N
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 & S
English ESL	Mondays & Thursdays	10 am	11:30 am	Computer Lab
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 am	MV Ballroom N
Greeting Card Creations/ Scrappy Scrappers	Fridays	12 pm	3 pm	Classroom 1
Guitar Class	Thursdays	1 pm	3:30 pm	Classroom 1 & 2
High Tech Class (Nov. 2nd)	Fridays (Monthly)	9 am	11 am	Art Room 1 & 2
Jewelry Design (10/23 - 12/11)	Tuesdays	1 pm	4 pm	Art Room 1 & 2
Prize Mountain Tournament	Wednesdays	12:30 pm	2:30 pm	Billiards
Latin Guitar Class	Friday	1 pm	3 pm	Classroom 2
Line Dancing	Mondays & Tuesdays	1:30 pm	3:30 pm	MV Ballroom N & S
Line Dancing	Friday	1:30 pm	3:30 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	9 am	1 pm	Art Room 1 & 2
Spanish Conversational	Tuesday	9 am	10 am	Classroom 2
Soul Line Dancing	Mon, Wed & Fri	8 am	9:10 am	MV Ballroom N & S
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	10:20 am	MV Ballroom N
Yoga	Fridays	10:30 am	11:45 am	Classroom 1 & 2
Zumba	Tuesdays	10:20 am	11:15 am	MV Ballroom N & S
Zumba	Thursdays	10:15 am	11:15 am	MV Ballroom N & S
Zumba Toning	Wednesdays	3:30 pm	4:30 pm	MV Ballroom N & S

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

Membership \$10 year, meets 2nd Thursday month 1 pm except July/Aug

HEALTH MAINTENANCE ORGANIZATIONS

Health Net	800-827-2013
HICAP	909-256-8369
	800-434-0222
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 Section 8 5555 Arlington Ave., Riv.	951-686-4402 951-351-0700
Integrated Care	951-243-3837
PW Enhancement Center	951-616-1628

LEGAL ASSISTANCE FOR 60+

Inland County Legal Association (By appointment only)	888-455-4257 951-320-7500
Medicare Information	800-434-0222

NUTRITION SERVICES

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

TRANSPORTATION

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

GROCERIES ON THE GO



Check out the mobile grocery store! Mobile Fresh is a bus, that comes to you, and sells fresh fruits and vegetables and other healthy options. The Mobile Fresh Bus stops at the Moreno Valley Senior Community Center south parking lot every Friday from 1 - 2 p.m.

SENIOR COMMUNITY CENTER STAFF

JOSEPH BAKER
Recreation Program Leader

RUDY RODRIGUEZ
Community Services Coordinator

MARIA VILLALOBOS
Recreation Program Leader

KIMBERLY MADRIGAL BUSTOS
Recreation Aide

ANDREA FIELDS
Recreation Aide