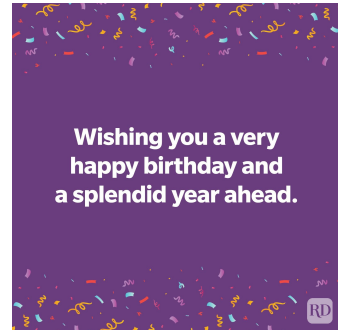


SENIOR SOARING

MORENO VALLEY SENIOR COMMUNITY CENTER
25075 Fir Ave. Moreno Valley, CA | Mon. - Fri. 8 am - 5 pm | Closed Sat. & Sun.

Save The Date Featured Events : Annual Spaghetti Dinner Big Hit

Moreno Valley Senior Community Center's annual spaghetti dinner organized by the Rotary Club with the help of some of the high school students from the Interact Club was held on October 24th. Dinner included spaghetti and meatballs, side salad, bread and dessert. Along with a magnificent meal there were extraordinary performances by the students which included folkloric dances and singing.



Health & Resource Fair
November 8
9am - 12pm



November 6th & 20th
3:10pm until 4:35pm

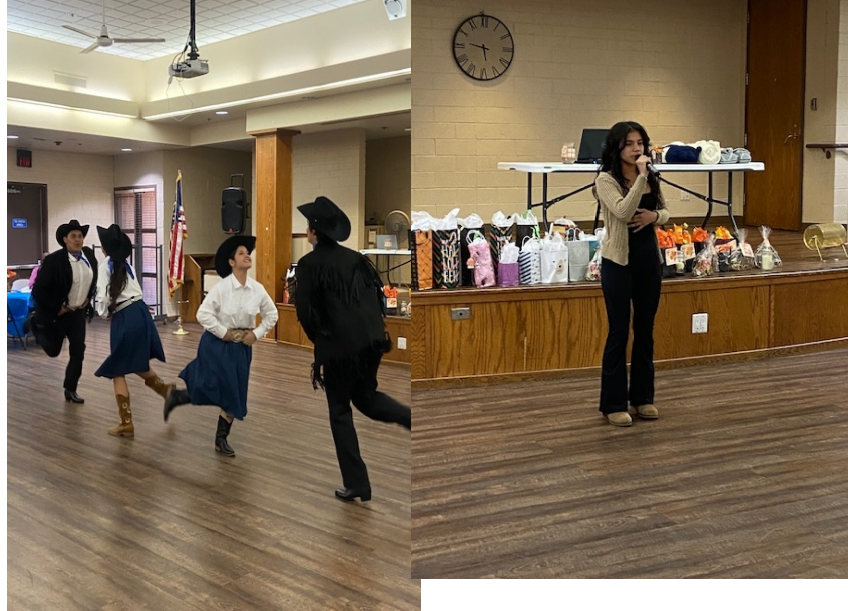


Sign-up to enjoy your lunch with a birthday treat
Sponsored by Alpha Care
November 21
@11:30am

Your Center

Activities are held at the Moreno Valley Senior Community Center, except where noted. All active senior citizens age 50+ years who do not require care or adult supervision are encouraged to become members.

Membership is FREE.



Senior Soaring sponsored by
MORENO VALLEY
UTILITY

RIDDLES: Answers at front desk

1. If you have it, you want to share it. If you share it, you don't have it. What is it?
2. What has to be broken before it can be used?
3. How many bricks does it take to complete a building made of brick?
4. What goes up and never comes down?
5. What has feet and legs and nothing else?
6. What stays where is when it goes off?
7. If a roosters laid a brown egg and a white egg, what kind of chicks would it Hatch?

Thanksgiving

S	R	G	S	I	Y	N	M	U	T	U	A	G	E
G	P	B	E	P	I	L	G	R	I	M	S	N	F
A	S	L	O	M	U	M	F	E	F	R	E	I	A
S	T	A	T	G	H	A	R	V	E	S	T	V	M
M	U	C	A	C	O	R	N	Y	P	R	I	I	I
P	F	K	T	Y	V	C	P	E	U	E	N	G	L
Y	F	F	O	K	I	E	L	K	M	T	N	S	Y
V	I	R	P	E	E	L	Y	R	P	T	O	K	L
A	N	I	D	Y	P	E	M	U	K	F	V	N	L
R	G	D	E	H	I	B	O	T	I	E	E	A	A
G	S	A	H	Y	A	R	U	A	N	A	M	H	F
G	M	Y	S	T	O	A	T	A	P	S	B	T	C
A	S	A	A	G	H	T	H	A	I	T	E	R	N
F	A	M	M	S	A	E	P	N	E	E	R	G	K

BLACK FRIDAY
 FAMILY
 TURKEY
 GRAVY
 STUFFING
 HARVEST
 CELEBRATE
 PUMPKIN PIE
 PILGRIMS
 MASHED POTATOES
 NOVEMBER
 FEAST
 CORN
 GREEN PEAS
 THANKSGIVING
 FALL
 AUTUMN
 PLYMOUTH

**Monthly Meetings
Get Involved**

Senior Town Hall | Tuesday, November 12 | 12:30pm - 1pm | Ballroom

Sr. Citizens' Advisory Board | Monday, November 18 | 3pm | Classroom 1 & 2

Friends of Moreno Valley Senior Center Meeting | Thursday, November 21 | 1:30pm - 3:30pm

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
8-9am Exercise with George	9-10am Fit After 50	8-9am Exercise with George	9-11:30am Weight Loss	8am-4:30pm Quilting
9:15-10am Rockin Chair Exercise	10-11:30am Creative Writing	8am-12pm Crochet	Support	8:30-10:15am Soul Line
10-11:30 amESL Class(English)	10:30-11:15am Zumba	9am-12pm Greeting Card Creations	9am-12:30pm Art Club	Dancing
9:15-10:15am Soul Line Dancing	12:30-2:00pm Jewelry Design	9:15-10:15am Soul Line Dancing	9-10am Fit After 50	10am-11am Poemas y Reflexiones del Corazon
10:30-11:30am Inner Fitness	12:45-2:15pm R&B Git Fit	10:30-11:30am Ballet Folklorico	10:30-11:15am Zumba	10:30-11:45am Silver Age
12-1pm Tai Chi	1-4pm Bunco	12-4pm Quilting	12:30-3pm Loteria	Yoga
12-2pm Bible Study	2:30-4pm Line Dancing	12:30-4:30pm Bid Whist	1:40-4:10pm Guitar	1-4:30pm Bid Whist
1-3pm Crafty Experience		1-3pm Bingo	3:10pm-4:10pm	1:30-3:30pm Line Dancing
1-4:30pm Bid Whist			Darcel's Solid Gold	
1:30-3:30pm Line Dancing			Dance Workout	
2-4:30 Bridge				

Senior Meal lunch 11:30am-12:30pm

Program Eligibility

- Must be 60+ years old
- Intake form completed annually
- \$3 Donation suggested. No participant will be refused a meal if they do not donate.
- Under 60 years MUST pay \$9.75
- Contact Family Service Association with questions at 951.342.3057.



**Program has moved to Moreno Valley
Conference & Recreation Center
14075 Frederick St | Moreno Valley, Ca. 92553
951.413.3280**

Meal box distribution

November 14 | 9am - 11am

December 12 | 9am - 11am

All participants bring Identification
For more information please call
951-359-4757

Moval Senior Scribes



A Smile

By Virginia Faulkner

There are some people who when you look at them you would think they were always in a bad mood. The look on their faces signal, "Don't bother me. Don't say anything to me, I'm not interested." Not my mother. My mother's smile would light up a room. It was her natural expression. I can't remember her ever frowning much. I'm not saying that she went around with a smile on her face all the time. It's just that she had a pleasant face, a gentle face that appeared to the outside world that she was approachable, non-threatening. Some people when they see a person smile take it for weakness and get set to take advantage. My mother related once that her co-workers would sometimes get annoyed at her because of her smile.

"Don't you ever get mad?" They'd ask her. Of course, she got angry particularly at things she deemed unjust or unfair. On her job, she was a shop steward, a union representative. Co-workers would come to her if they had a grievance against management and she would represent them.

And she taught her children to stand up for their rights. She was not a push over. But it was her smile that I remember. My mother's smile was her legacy to me.

In a world filled with disaster – turmoil in Haiti, conflict between the Ukraine and Russia, Palestinians, Lebanon and the Israelis, famine in many parts of the world, how can I write about smiling? Am I being naïve? I don't think so. On the one hand, a smile can be used to seduce, to disarm or to manipulate. On the other hand, an honest smile, one that comes from the heart, can brighten a person's day. No matter how bad I feel, or if I'm having a horrible day, when someone smiles at me, for that moment, my mood lightens. A smile can connect one person to another as if to say, "I understand." It can signal that a person is receptive. Sometimes when I've smiled at others, I've noticed frowns briefly disappear. A friend of mine always has a serious expression on her face. When I first met her, I kept my distance thinking she was unfriendly. But then I saw her smile. It was radiant. It changed my perception of her. A smile is a reminder that we should not take life so seriously and that we are not alone. There is much to cry about, but there is also much to smile about. When I look at nature, a flower, a tree, a child's face, or hear a person's laughter, I can't help but smile.

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	(877) 932-4100

CAREGIVER SUPPORT

Destiny Care	800.353.2994
Sensible Senior Care	951.926.4304

DISABLED / VETERAN SERVICES

Braille Institute	760.321.1111
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 3rd Thursday of the month @1:30pm	

HEALTH MAINTENANCE ORGANIZATIONS

HICAP (Health Insurance)	909.256.8369
Humana	951.216.0891
Kaiser Permanente	619.952.0806
SBHIS	951.452.2905
SCAN	951.505.3341
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 PW Enhancement Center	951.243.3837 951.956.4026

LEGAL ASSISTANCE 60+	1.800.977.4257
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NUTRITION SERVICES

Family Services Association	951.342.3057
Home Bound	951.653.8109

TRANSPORTATION

Medical Transportation	951.486.4380
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
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Looking for skilled instructors to teach active seniors 50+

Instructor needed to teach Spanish to seniors

Tip Of The Month For Healthy Aging

Engage your brain: Keeping the mind active with creative activities can help promote emotional and physical rejuvenation, and ward off degenerative mental illnesses.



seniorcommunity Center Staff

RUDY RODRIGUEZ
Community Services Supervisor

Markita Smith
Community Services Coordinator

Reyna Velarde
Assist. Community Services Coordinator

Ruby Chavez
Assist. Community Services Coordinator

Janel Domingue
Recreation Aide