

# 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

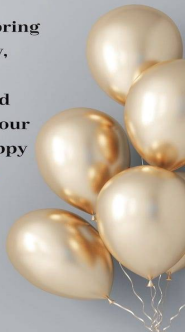
## Featured Events: A Journey Around the World - Without Leaving the City

Attendees were invited to take a "trip around the globe" through cultural experiences of fun and entertainment. The festival featured over a dozen cultural booths representing countries such as Mexico, the Philippines, British Isles, Germany, Italy and more. One of the most popular aspects of the festival was the international food fair, where attendees enjoyed dishes from every corner of the globe.

The International Day Festival has long been a cherished tradition at the Senior Center, serving as a meaningful reminder of the richness that cultural diversity it brings to the community. More than just a day of entertainment, the festival aims to foster cross-cultural understanding, respect, and unity among members of Moreno Valley Senior Center.



May this year bring you endless joy, incredible adventures, and success in all your endeavors. Happy Birthday! 🌟💖



Sign-Up to enjoy your lunch with a birthday treat. Sponsored by Alpha Care  
October 23  
@11:30am Details at front desk

Must be a member to participate in all events/ activities and classes. In-person preregistration required for most events.

*Do not regret growing older. It is a privilege denied to many.*

Halloween Party  
October 29  
2:00pm - 4:00pm  
Pumpkin Decorating Contest  
See front desk for info

Health & Resource Fair  
November 7  
9:00am - 12:00pm

## 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.

Answers are at front desk.



1. You see a boat filled with people, yet there isn't a single person on board. How is that possible?
2. You walk into a room that contains a match, a kerosene lamp, a candle and a fireplace. What would you light first?
3. David's parents have three sons: Snap, Crackle, and what's the name of the third son?
4. I'm found in socks, scarves and mittens; and often in the paws of playful kittens. What am I?
5. What invention lets you look right through a wall?
6. What runs all around a backyard, yet never moves?

## Halloween

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

GHOST  
SCARY  
BATS  
CHILDREN  
CANDY CORN  
TREATS  
JACKO LANTERN  
FALL  
WITCHES  
FUNNY  
LEAVES  
SPIDERS  
COSTUMES  
PUMPKIN  
HAPPY  
BROOM  
EYEBALLS  
DECORATIONS  
MIDNIGHT  
GOBLINS  
BOO  
TRICKS  
MONSTERS

**Monthly Meetings  
Get Involved**

Senior Town Hall | [No Townhall](#) | 12:30pm - 1pm | Ballroom  
Sr. Citizens' Advisory Board | Monday, October 20 | 3pm | Classroom 1 & 2  
Friends of Moreno Valley Senior Center Meeting | Thurs, Oct 16 | 1:30pm | Ballroom



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

**Calling in advance is suggested. Class times and days are subject to change or be canceled because of scheduled event.**

## SeniorMeal 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**

**October 9 | 9am - 11am**

**November 13 | 9am - 11am**

**December 11 | 9am - 11am**

**GATE OPEN AT 8:00AM**

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

## Moval Senior Scribes



No Heat  
Karin Richards

I worked at Fort Wainwright army base in Alaska. I took the calls asking for repair men to come fix things either in homes or places of business.

It was a very cold winter day. The phone on my desk was ringing nonstop. I barely had time to type in the information for the shops before the next call would come in. The calls were all about frozen pipes and no heat.

Then a man called. He said that he had no heat. He let me know that he had a baby, so "could we please hurry."

First I sent the information to the shop, then I called the shop to ask if they could put a rush on this one. I was told that they had a lot of emergency calls, that they would get to it as soon as they could.

Along with all the calls, the man called back, saying "Please hurry, I am having a hard time keeping the baby warm."

I called the shop again. They said that they were working as fast as they could. Well, now it is about 3pm and I get off at 4pm. The man calls again saying, "This is awful, I have a baby that is very cold."

I told my supervisor what the father had said, so she called the shop saying, please take this one next. The next thing I knew the repair men came walking in to tell me that, the house with the father and the baby were just fine.

"The heat is working. The father had all the doors and windows open.

It turns out that the father is a stay-at-home dad. It is the mother that is in the army. The mother called me to apologize.

It is so sad you are trying to help to find that some people just do not know what they are doing. I am so glad that I am not the mother and have to pay the price for what my husband has done.

# frequently used Telephone Numbers

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## 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	951.486.9842
25105 Fir Ave.	
Eucalyptus Towers	951.653.2324
24169 Eucalyptus Ave.	
Perris Isle	951.924.4070
12960 Perris Blvd.	
Community Connect	951.686.4402
Section 8	951.351.0700
5555 Arlington Ave., Riv.	
Integrated Care	951.243.3837
PW Enhancement Center	951.956.4026

## LEGAL ASSISTANCE 60+

1.800.977.4257

## 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+*

## Tip Of The Month For Seniors

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**October:** Practice fire safety. Test your smoke and carbon monoxide detectors and create an escape plan. Never leave cooking food unattended.



## SeniorCommunity Center Staff

RUDY RODRIGUEZ  
Community Services Supervisor

Markita Smith  
Community Services Coordinator

Christian Yates  
Assist. Community Services Coordinator

Ruby Chavez  
Assist. Community Services Coordinator

Janel Domingue  
Recreation Aide