

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 Event: A Night to Remember: Spaghetti Dinner at the Moreno Valley Senior Center

Health & Resource
Fair

November 7
9:00am - 12:00pm

Holiday Craft Fair

Sign-ups
November 5

Spaces are limited
First come, First serve

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.



The aroma of simmering marinara and cooked pasta filled the air as the Moreno Valley Senior Center opened its doors on October 9th for a special evening dedicated to friendship, good food, and warm memories. The Spaghetti Dinner was hosted by the Rotary club and local high school students from the Interact Club ended up as a special day for our members and more than just a meal—it was a celebration of community.

The event brought together over 150 of our senior members for a sit-down dinner that felt like home. Tables were set with care, music played in the background, and volunteers greeted guest with smiles and plates piled high with spaghetti, meatballs, rolls and salad. For dessert? A generous helping of laughter, conversation, performances from the students and a few sweet treats to top it all off.

"This is what it's all about—being together," said one attendee, who's been part of the Senior Center family for over 10 years. "The food was wonderful, but the company was even better."

Volunteers, staff, and local community members worked hand-in-hand to make the evening a success. Some helped cook, others served, and many simply sat down to enjoy a meal alongside our cherished seniors—proving that the simple act of sharing food can create lasting bonds.

Events like the Spaghetti Dinner serve as a reminder that the Senior Center isn't just a place to spend time—it's a place to belong. Whether you're new to the area or a longtime resident, there's always a seat at our table.

Thank You to Everyone Who Made It Happen

A heartfelt thank you goes out to the volunteers, organizers, and generous donors who made this evening possible. Your time, energy, and kindness helped create a memorable night for all who attended.



May your birthday be filled with joy, laughter... and a ton of senior discounts.



Sign-Up to enjoy your lunch with a birthday treat.

Sponsored by
Alpha Care

November 21
@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.

"Youth is the gift of nature, but age is a work of art."

—STANISLAW JERZY LEC

Senior Soaring sponsored by
MORENO VALLEY
UTILITY

Answers are at front desk.



1. What has a spine but no bones?
2. I'm made of sand, and I might have a moat. Build me near water, but I'm not a boat. What am I?
3. If you don't keep me, I'll break. What am I?
4. What can you catch but not throw?
5. You'll find me in Mercury, Earth, Mars and Jupiter, but not in Venus or Neptune. What am I?
6. What kind of coat can be put on only when wet?
7. What can jump higher than a building?
8. What do you get if you cross a vampire and a snowman?

The Wizard of Oz

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

MELTING
JUDY
BALLOON
MUNCHKINS
SCARECROW
MONKEYS
WATER
DOROTHY
GLINDA
UNCLE HENRY
AUNT EM
COWARDLY LION
GALE
GARLAND
WIZARD
RUBY
TOTO
NIKKO

Play this puzzle online at : <https://thewordsearch.com/puzzle/147/>

**Monthly Meetings
Get Involved**

Senior Town Hall | **No Townhall** | 12:30pm - 1pm | Ballroom
Sr. Citizens' Advisory Board | Monday, November 17 | 3pm | Classroom 1 & 2
Friends of Moreno Valley Senior Center Meeting | Thurs, Nov 20 | 1:30pm | Ballroom

Volunteers Wanted

classschedule

Volunteers are needed | Class instructors | Event setup/cleanup 1 hour to a few days a week. Inquire at the Front Desk

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

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

Embracing Fall
By Rose Rider



The season has changed, and it's now fall
Time to add decorations on the wall
Summer has ended so put away the beachwear
No more skimpy clothing or being practically bare
It's time to break out with the color of plaid
The entire family, including mom and dad
Lovely sweaters, scarfs and coats to keep warm
Even though we're not expecting any type of storm
Remember the boots, cowboy, ankle, or knee high
The ones you know are pleasing to the eye
No more wearing white after Labor Day
Is this true or just a myth some folks say?
Enjoy the nice crisp weather outside
As you pass others while taking a stride
Outdoorsy people can even take a hike
Join a scavenger hunt or even ride a bike
Some say it's cold, others may not agree
It's neither hot nor cold, but just perfect for me
Tree leaves changing their colors all around
Beautiful orange, gold, red, some even brown
Splendid smells of food from homes everywhere
The nutmeg, cinnamon and ginger all being prepared
I remember many desserts just sitting on the shelf
As if they were telling people "Come help yourself"
Pumpkin, sweet potatoes, apple, and key lime pie
I could have taken a bite of each, I'm not gonna lie
Plenty of veggies and beautiful leafy greens
Oh, yes and don't forget about the various beans
Grubbing on the steaks and delicious meats
This fall eating will certainly be a treat
So, enjoy the full heartwarming meals
Face it people, these are the real deals
I know it's fall when I walk down the street
Just listening to the dried leaves under my feet
The season after summer some say Autumn others say fall
Regardless of the term, let's just welcome it y'all

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	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.	951.243.3837
Integrated Care	951.956.4026
PW Enhancement Center	

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

A key tip for November is Fall Prevention, as it's National Fall Prevention Month and winter weather increases the risk. To prevent falls, stay warm by dressing in layers and ensuring your home is well-lit, especially pathways and stairs.

Other important November tips include maintaining your social connections through holiday gatherings, staying physically and mentally active, and being mindful of your health during the busy holiday season.

SeniorCommunity Center Staff

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Markita Smith
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Christian Yates
Assist. Community Services Coordinator

Ruby Chavez
Assist. Community Services Coordinator

Janel Domingue
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