



# SENIOR SOARING

A CITY OF MORENO VALLEY PUBLICATION

January 1  
January 10  
January 21  
January 31

## SAVE THE DATES

Center Closed  
Motown Bash  
Center Closed  
Big Game Party

## A PLACE TO CONNECT, GROW, AND LEARN

About your Senior Center

Rudy Rodriguez

The seniors at the Moreno Valley Community Senior Center have truly inspired me to live life to its fullest. That is one of the greatest gifts I will receive this Christmas season. May peace, love and laughter surround you and your loved ones this holiday season. Happy Holidays!

### 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

### HOLIDAY PARTY

The most wonderful party of the year

You're invited to the Holiday Party for some holiday cheer to celebrate this special time of year. Join us for a jolly good time on Friday, December 21, from 1 - 3 p.m.



### 100 MILE CLUB WISDOM WALKERS

Staying Mobile, Fit and Active

Be a part of the new 100 Mile Club - Wisdom Walkers! Walking improves health, reduces pain and boosts mental health. Participants earn incentives when goals are met. The club meets on Mondays and Wednesdays at Sunnymead Park from 10:30 a.m.-11:30 a.m. Please see the front desk to register. Thank you to program sponsor, JAR Insurance.

### PAJAMA JAM DANCE PARTY

Senior Appreciation

The Friends of Moreno Valley Senior Center invite you to a FREE "Pajama Jam." Enjoy community, fun and food on Friday, December 7 from 1-4 p.m. Please wear appropriate pajama attire. See the front desk to register.

## TREE TRIMMING

Let's trim the tree!!

Joseph Baker

It's green and its beautiful, but it's looking quite bare. Won't you come help us add some holiday flair? Lights and ornaments galore will showcase the tree and all its decor. Come one come all on Thursday, December 6 at 11 a.m. Light refreshments will be served.



### SPONSORED BY

MORENO VALLEY  
UTILITY

## ACTIVITY SCHEDULE

DAY	DATE	ACTIVITY	START	END	ROOM
Mon	12/3	SCAN "Beating the Holiday Blues"	10 am	11 pm	Classroom 1
Tues	12/4	United Healthcare	10 am	11 am	Lobby
Thur	12/6	Tree Trimming	11 am		Lobby
Fri	12/7	Pajama Jam - Friends of MoVal	1 pm	4 pm	Ballroom N & S
Tue	12/11	Foster Kinship Care	9 am	12 pm	Art Room 2
Wed	12/12	Anthem Insurance	10:30 am	11:30 am	Lobby
Fri	12/14	Holiday Craft Fair	8 am	12 am	Ballroom N
Mon	12/17	Vitamin B-12 Shot - Dr. Rios	10 am	12 pm	Art Room 1
Mon	12/17	Monthly Birthday Lunch & Cake	11:30 am	12 pm	Ballroom S
Fri	12/21	Holiday Party	1 pm	3 pm	Ballroom N & S
Mon	12/24	Center Closed			
Tue	12/25	Center Closed			

## FEATURED ACTIVITY: HOLIDAY PARTY

Friday, Dec 21 | 1-3pm

## 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

Senior Town Hall Mtg.	Thursday, Dec 11	1:30 pm - 3:30 pm	Ballroom N & S
Friends of MoVal Mtg.	Thursday, Dec 13	11:30 am - 12 pm	Ballroom N
Sr. Ctr. Advisory Board Mtg.	Monday, Dec 17	3 pm - 4 pm	Classroom 1 & 2

# CLASS SCHEDULE

<b>CLASS</b>	<b>DATE</b>	<b>START</b>	<b>END</b>	<b>ROOM</b>
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
Chair Volleyball	Thursdays	1:30 pm	3:00 pm	MV Ballroom N
CPR & First Aid Class(No Class)	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 (No Class)	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
Wisdom Walker Club	Mondays & Wednesdays	10:30 am	11:30am	Sunnymead Park
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	951-505-3341
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	951-243-3837
PW Enhancement Center	951-616-1628

## LEGAL ASSISTANCE FOR 60+

Inland County Legal Association	888-245-4257
8:30am -4:40pm (By appointment only)	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*