

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

Holiday Craft Fair
December 6
9am - 12pm



December 11
3:15pm until 4:40pm

Your Center

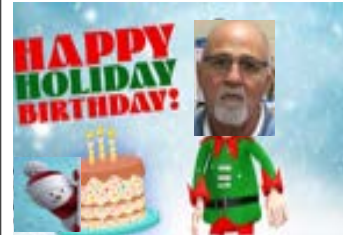
Activities are held at the Moreno Valley Senior Community Center, except where noted. All active senior citizens age 50+ years who do not require care or adult supervision are encouraged to become members.

Membership is FREE.

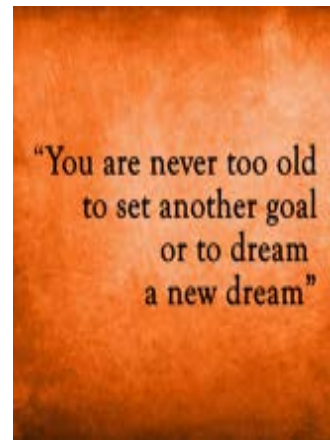


Featured Events :10th Annual Senior Dance

Moreno Valley Senior Community Center's 10th Annual Dance hosted by Dr. Rios. It was an evening of dancing, laughter and good food.



Sign-up to enjoy your lunch with a birthday treat
Sponsored by Alpha Care
December birthdays will be January 23 @11:30am



Senior Soaring sponsored by
MORENO VALLEY
UTILITY

Christmas

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

CANDY CANES
TREE
JOLLY
JACK FROST
GINGERBREAD
SNOWFLAKE
CRACKERS
MANGER
CHRISTMAS
MERRY
FRIENDS
DECORATIONS
NATIVITY
SANTA CLAUS
GIFTS
FAMILY
ANGEL

Gingerbread Cookies

Whether you are looking to raise a small army of gingerbread men or build a gingerbread house, this recipe for gingerbread cookies is certain to be a holiday crowd pleaser.

Ingredients

- ¾ cup butter, softened
- 1 cup packed brown sugar
- 1 large egg
- ¾ cup molasses
- 4 cups all-purpose flour
- 2 teaspoons ground ginger
- 1 ½ teaspoons baking soda
- 1 ½ teaspoons ground cinnamon
- ¾ teaspoon ground cloves
- ¼ teaspoon salt

Directions

Mix butter and brown sugar until light and fluffy, approximately 5-7 minutes. Add egg and molasses to mixture.

Combine flour, ginger, baking soda, cinnamon, cloves and salt in small bowl. Gradually add to wet mixture and mix well.

Cover dough and refrigerate until easy to handle, about 4 hours.

Preheat oven to 350 degrees.

Roll dough to approximately ⅛ inch thickness and cut with cookie cutters. Place each shape one-inch apart on baking sheet.

Bake 8-10 minutes until edges are firm.



Monthly Meetings Get Involved

Senior Town Hall | **No Meeting** | 12:30pm - 1pm | Ballroom

Sr. Citizens' Advisory Board | **No Meeting** | 3pm | Classroom 1 & 2

Friends of Moreno Valley Senior Center Meeting | Thursday, December 12 | 1:30pm 3:30pm

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	10-11:30am Creative Writing	8am-12pm Crochet	Support	8:30-10:15am Soul Line Dancing
10-11:30 amESL Class(English)	10:30-11:15am Zumba	9am-12pm Greeting Card Creations	9am-12:30pm Art Club	10am-11am Poemas y Reflexiones del Corazon
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	10:30-11:45am Silver Age
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				

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

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

January 9 | 9am - 11am

February 13 | 9am - 11am

March 13 | 9am - 11am

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

Moval Senior Scribes



The Day I Died, A True Story.
By Karin Richards

I was born 1960 in Detroit, Michigan. My dad named me Karin from a German typewriter. My middle name is Meta, my grandma's first name. She was from Germany. I lived with my mom, dad, sister and brother. In 1962 I was 2 years old. One day Gloria (my sister) who is 11 years older than me came home from school. She told mom, "I learned something new today. It is called CPR, and this is how you do it." Gloria showed Mom how to do CPR on adults, children and babies.

About a week later, Mom came in and found me dead. I was turning blue. She remembered what Gloria had showed her, so she started doing CPR on me. My dad Richard called for an ambulance. When the police got to our house, they told Mom, "Stop what you are doing. She is dead!" Well, Mom did not stop. When the ambulance arrived, I was starting to breathe again. I remember to this day, while she was doing CPR, I was flying around the house. I would go back to my mom Winifred, but then I would start flying again.

The ambulance took me to Boulmont Hospital. When my parents got to the hospital, they were told that my mom did the right thing. The next day when my parents came to the hospital, they were not allowed to see me. My dad went to a pay phone and called our family doctor. He told my dad to take me to Children's hospital. My dad sent my mom out to the car to get my blanket. When she brought it back in, my dad found me, picked me up and wrapped me in the blanket. I had sores on my face from crying. As my parents were leaving the hospital, the staff came running after them saying "You cannot steal the baby!" Boulmont Hospital did not feed me because I was choking. I still would not send anyone to that hospital.

My parents took me to Children's hospital where they were met by our doctor who admitted me. Later, when my parents came to see me at the hospital, they found the nurse rocking me while she fed me. I was lying on my side drinking my bottle so I would not choke. I am so happy that my parents did not listen to others and did what they felt was right, so now I am proud to be 64 yrs old telling the true story.

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

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

Drink Water Regularly: Aim for 6–8 glasses of water a day, even if you don't feel thirsty. Eat Water-Rich Foods: Fruits like watermelon and oranges, along with vegetables like cucumbers and lettuce, can contribute to your daily hydration needs.



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