

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

Annual Spaghetti Dinner
Hosted by
The Interact Club
Thursday, October 24
4pm - 6pm
Pre-registration required

Halloween Party
Thursday, October 31
2pm - 4pm
Costume Encouraged
Pre-registration required

**Space is Limited
for both events**

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 : Extra! Extra! New classes alert!

If you haven't heard the senior center has several new classes added. Come by and check out the many additions to our programming.

Classroom Mondays:

Rockin Chair Exercise Class. Instructor Debbie Elkin.

Class meet 9:15am - 10:15am. With the stability of a chair, you can perform exercises for range of motion, balance, and strength along with music.

Bridge

Meet 2:00pm - 4:30pm. (No Bridge on the 3rd Monday of the month)

Classroom Tuesdays:

Jewelry Designs. Instructor Rebecca Carrasco

Class meet 12:30pm - 2:00pm. Attendance is first come first serve seating. No holding of seats

Artroom Tuesdays:

ESL (English as a second language). Instructor Pauline Moya

Class meet 10:00am - 11:30am

Artroom Fridays:

Poemas y Reflexiones del Corazon. Instructor Sania Leon

Class meet 10:00am - 11:00am. Una clase de poesía que se centra en la reflexión sobre los poemas y crea una experiencia profundamente enriquecedora para los estudiantes a través de discusión abierta.

Asistencia, por orden de llegada

Ballroom Thursdays:

Darcel's Solid Gold Dance Workout. Instructor Darcel Leonard

Class meet 3:10pm - 4:10pm. Dance and movement improving strength, focus, coordination, agility, flexibility, balance and stamina through music.



Come sing your favorite songs or just hang out with old friends maybe even meet new ones. Lots of singing and dancing.

Dates: October 9th & 23rd

Time: 3:10pm until 4:35pm



Sign-up to enjoy your lunch with a birthday treat
Sponsored by
Alpha Care
October 24
@11:30am

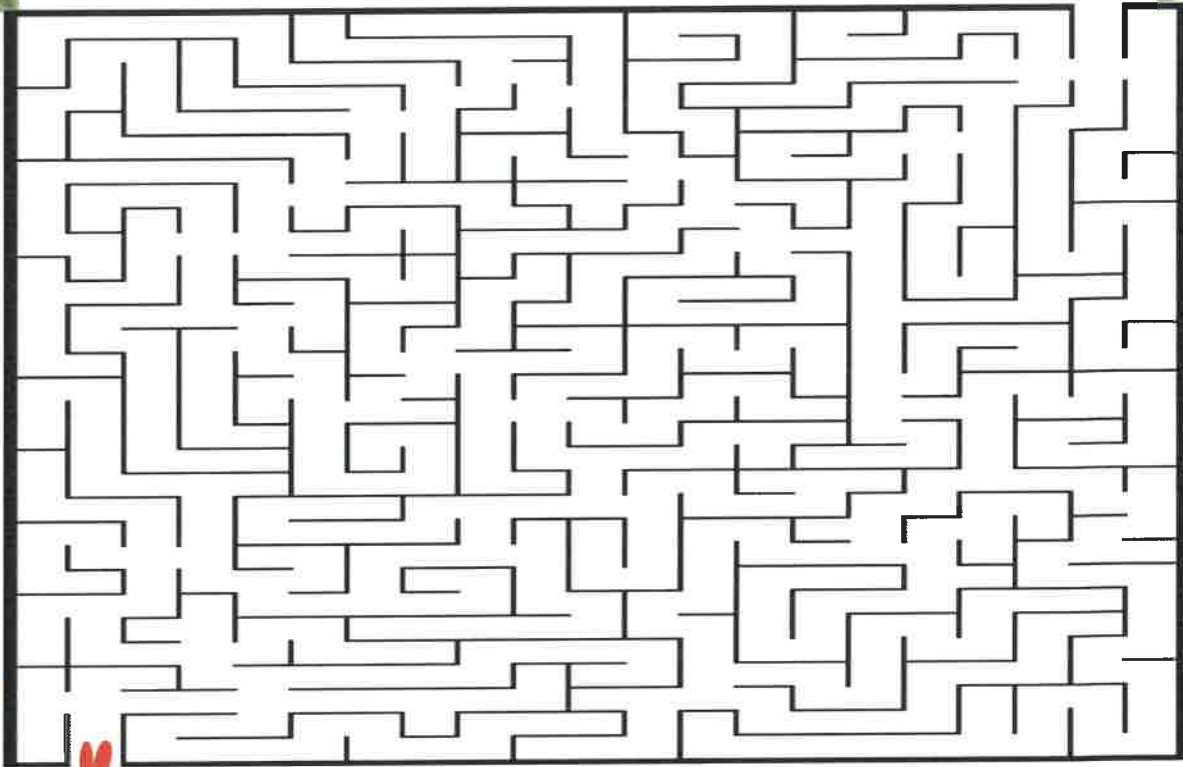


Be with those who bring out the **BEST** in you not the **STRESS** in you

Senior Soaring sponsored by
**MORENO VALLEY
UTILITY**



I BLUEBERRIES MAZE



**Monthly Meetings
Get Involved**

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

Sr. Citizens' Advisory Board | Monday, October 21 | 3pm | Classroom 1 & 2

Friends of Moreno Valley Senior Center Meeting | Thursday, October 17 | 1:30pm 3:30pm

Volunteers Wanted

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

classschedule

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 Yoga
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	1-4:30pm Bid Whist
12-1pm Tai Chi	1-4pm Bunco	12-4pm Quilting	12:30-3pm Loteria	1:30-3:30pm Line Dancing
12-2pm Bible Study	2:30-4pm Line Dancing	12:30-4:30pm Bid Whist	1:40-4:10pm Guitar	
1-3pm Crafty Experience		1-3pm Bingo	3:10pm-4:10pm Darcel's Solid Gold Dance Workout	
1-4:30pm Bid Whist				
1:30-3:30pm Line Dancing				
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.



Meal box distribution

October 10 | 9am - 11am

November 14 | 9am - 11am

December 12 | 9am - 11am

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

Moval Senior Scribes



Mixing Bowl

By Wendy Ellingsen



Reaching into the cupboard
I pull out the nested mixing bowls
Am I the only one

Who is sentimental about mixing bowls?

And what can I rhyme with mixing bowls

Or what can I replace them with

If I want to use a synonym

To give this poem some integrity?



Yellow, green, red and blue

My mother used them for mixing and fixing too

Yellow for cake batter and popcorn

Green for salads- egg and potato

Red for frosting- licking the spoon

And blue for eggs and dip



I set them aside when I cleared their apartment

Moving them to assisted living.

Ma didn't bake any more

And microwave popcorn can be eaten

Right out of the bag

I knew I would find a use for them and do.

I use them almost daily

Especially the blue.

But when I need a change of hue

I have another set

That I haven't given up yet.



I reach into the cabinet and what do I find?

Mixing bowls nested

And they are all mine



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

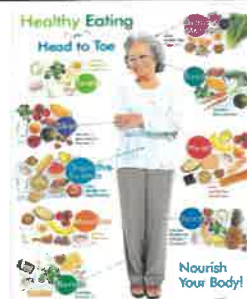
VOLUNTEER OPPORTUNITIES

Moreno Valley Senior Center 951.413.3430

Looking for skilled instructors to teach active seniors 50+

Tip Of The Month For Healthy Aging

Fill up on fiber and potassium, hold the salt. As you age, your body needs more fiber-rich foods to help it stay regular. Aim for a variety of colorful foods on your plate (i.e. fruits and veggies) to keep fiber-rich foods a part of your diet. Additionally, increasing potassium along with reducing sodium or salt may lower your risk of high blood pressure. Fruits, vegetables and low-fat or fat-free milk and yogurt are good sources of potassium.



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