

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: **Holiday Cheer Fills the Senior Center**



**Senior Center
will be closed
January
1 & 19**

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 Senior Center was filled with warmth, laughter, and festive spirit during its recent Holiday Party, which brought members together for a joyful celebration of the season. The event was a wonderful opportunity for everyone to relax, connect, and enjoy entertainment and delicious food.

Live music set the tone for the evening as a talented band, Thee Champayne Band played familiar favorites that had guests tapping their feet, singing along and dancing the night away. Adding a special touch to the program, members of the guitar class proudly performed several songs, showcasing the skills they've been practicing throughout the year. Their performance was met with enthusiastic applause and smiles all around.

Guests also enjoyed a generous spread of food, featuring Tri-Tip and Celantro Chicken that made the celebration even more memorable. Conversations, laughter, and holiday wishes filled the room as friends shared the festive meal together.

The Holiday Party was a true reflection of the strong sense of community at the Senior Center. Events like this remind us how special it is to come together, celebrate accomplishments, and create lasting memories during the holiday season.

A heartfelt thank-you to the amazing volunteers from Rancho Verde High School, the Friends of the Senior Center Board, and our staff for all their hard work in bringing this event together. We would also like to thank Jessica from Wellbe Health for the wonderful raffle prizes, as well as the Riverside County Foundation on Aging for generously providing gift cards for the raffle. Thank you Michelle Barlow for dedicating your time taking pictures at the photo booth and Debbie Elkins for the taking pictures of the Party.



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

Sponsored by

Alpha Care

January 22

@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.



Senior Soaring sponsored by
**MORENO VALLEY
UTILITY**

Answers are at front desk.



1. How many months have 28 days?
3. I am an odd number. Take away one letter and I become even. What number am I?
4. What is in the middle of America?
5. What can travel around the world while staying in one corner?
6. What flies without wings?
7. You walk into a room, and on a table, there's a match, a lamp, a candle and a fireplace. What would you light first?

Winter Wonderland

W	I	C	G	N	I	T	A	K	S	T	R	Z	D
N	D	N	A	L	R	E	D	N	O	W	D	C	L
W	O	N	R	A	R	O	R	K	A	W	O	Z	L
S	B	T	S	S	N	O	W	F	L	A	K	E	L
K	D	R	N	I	I	C	I	C	L	E	L	N	N
I	L	N	O	L	L	O	W	Y	T	S	O	R	F
I	N	T	W	L	F	L	C	S	L	S	P	N	S
N	S	R	B	A	R	L	A	N	L	L	G	I	N
G	L	E	A	F	O	T	L	N	I	P	P	Y	S
N	K	T	L	W	Z	S	L	E	D	D	I	N	G
A	S	N	L	O	E	L	G	L	I	S	T	E	N
D	D	I	W	N	N	Z	N	A	D	L	O	C	T
S	O	W	E	S	D	R	A	Z	Z	I	L	B	O
W	H	O	T	C	H	O	C	O	L	A	T	E	I

NIPPY
 SNOWBALL
 HOT CHOCOLATE
 SNOWFLAKE
 FROSTY
 ICICLE
 SKATING
 WONDERLAND
 SLEDDING
 FROZEN
 BLIZZARD
 SKIING
 SNOWFALL
 GLISTEN
 WINTER

**Monthly Meetings
Get Involved**

Senior Town Hall | Tue January 13 | 12:30pm - 1pm | Ballroom

Sr. Citizens' Advisory Board | Monday, January 12 | 3pm | Classroom 1 & 2

Friends of Moreno Valley Senior Center Meeting | Thurs, Jan 15 | 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

January 8 | 9am - 11am

February 12 | 9am - 11am

March 12 | 9am - 11am

GATE OPEN AT 8:00AM

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

Moval Senior Scribes

Jigsaw 1
Wendy Ellingsen



Since my mother's death two years ago
My father, with some help, has completed a few hundred jigsaw puzzles.

Very often I will see a photograph or painting,
and assess its suitability as a puzzle for my father.

Are the colors vivid enough? Are the objects clear?

Are there any animals or cars?

There is a limit to how challenged he can be.

Nature scenes, especially with animals, are challenging, but fun.

Mille piece casse tete- a little too challenging

Brightly colored Disneyesque with 100 pieces done in a day

Country scenes with 350 pieces- perfect.

His days are spent sorting- first the edges, then various objects

Saving the sky, water, trees and flowers for last.

When I call him we talk about the current puzzle- progress or lack thereof

When I visit we sort and assemble.

I always let him put in the last piece.

And so goes his life.

After his most recent fall

I think he finally gets it.

Sitting outside in afternoon shadows is satisfying

Asking others for help is not a sign of weakness

Appreciate what you have

Feel the warmth

Enjoy the beauty

Puzzles and life will always be challenging

Accept it and you, too, will be able to put in the last piece.

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.	
Integrated Care	951.243.3837
PW Enhancement Center	951.956.4026

LEGAL ASSISTANCE 60+	1.800.977.4257
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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

For January, a great tip for seniors is to combat winter blues & stay healthy by focusing on indoor engagement, vitamin D, gentle activity, and social connection



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